

Otwarte Wiosenne Mistrzostwa Okręgu Warszawsko Mazowieckiego
Pruszków, 15.3.2019

Konkurencja 34
15.03.2019 - 18:09

Mężczyzn, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2018

Pozycja	Rok ur.	Czas	Pkt.
14 - 15 lat			
1. CHMIELEWSKI, Krzysztof	04	IUKS „Muszelka” Warszawa	4:05.88 643
50m: 28.74 28.74	150m: 1:31.09 31.36	250m: 2:33.71 31.33	350m: 3:36.17 31.21
100m: 59.73 30.99	200m: 2:02.38 31.29	300m: 3:04.96 31.25	400m: 4:05.88 29.71
2. BEDNAREK, Przemysław	04	IUKS „Muszelka” Warszawa	4:17.30 561
50m: 30.23 30.23	150m: 1:34.20 32.21	250m: 2:40.09 33.07	350m: 3:45.69 32.82
100m: 1:01.99 31.76	200m: 2:07.02 32.82	300m: 3:12.87 32.78	400m: 4:17.30 31.61
3. STACHURSKI, Jerzy	04	KP MZOS Płock	4:20.79 539
50m: 29.38 29.38	150m: 1:34.81 33.36	250m: 2:42.01 33.74	350m: 3:49.18 33.35
100m: 1:01.45 32.07	200m: 2:08.27 33.46	300m: 3:15.83 33.82	400m: 4:20.79 31.61
4. GRABOWSKI, Jakub	04	KP MZOS Płock	4:23.27 524
50m: 29.86 29.86	150m: 1:36.40 33.46	250m: 2:44.75 34.12	350m: 3:52.12 33.18
100m: 1:02.94 33.08	200m: 2:10.63 34.23	300m: 3:18.94 34.19	400m: 4:23.27 31.15
5. PIENI EK, Wojciech	05	UKP „Polonia Warszawa”	4:26.66 504
50m: 30.51 30.51	150m: 1:38.16 34.13	250m: 2:46.25 33.51	350m: 3:54.08 33.80
100m: 1:04.03 33.52	200m: 2:12.74 34.58	300m: 3:20.28 34.03	400m: 4:26.66 32.58
6. KUCHARCZYK, Paweł	05	UKP „Polonia Warszawa”	4:30.01 485
50m: 31.14 31.14	150m: 1:37.81 33.63	250m: 2:45.98 34.41	350m: 3:56.38 34.91
100m: 1:04.18 33.04	200m: 2:11.57 33.76	300m: 3:21.47 35.49	400m: 4:30.01 33.63
7. JAROSZ, Kacper	04	KP MZOS Płock	4:31.63 477
50m: 30.92 30.92	150m: 1:38.12 34.22	250m: 2:47.45 35.04	350m: 3:57.56 35.29
100m: 1:03.90 32.98	200m: 2:12.41 34.29	300m: 3:22.27 34.82	400m: 4:31.63 34.07
8. BARAN, Maciej	05	UKS oliborz	4:32.66 471
50m: 30.90 30.90	150m: 1:39.15 34.39	250m: 2:49.41 35.27	350m: 3:59.30 34.82
100m: 1:04.76 33.86	200m: 2:14.14 34.99	300m: 3:24.48 35.07	400m: 4:32.66 33.36
9. GÓRECKI, Kamil	04	KP MZOS Płock	4:33.62 466
50m: 31.61 31.61	150m: 1:40.12 34.34	250m: 2:50.01 34.89	350m: 3:59.94 34.42
100m: 1:05.78 34.17	200m: 2:15.12 35.00	300m: 3:25.52 35.51	400m: 4:33.62 33.68
10. MAJKOWSKI, Aleksander	04	UKS Swim Team Wilanów	4:33.86 465
50m: 32.08 32.08	150m: 2:16.60 1:09.81	250m: 3:26.85 35.12	350m: 4:33.86 32.38
100m: 1:06.79 34.71	200m: 2:51.73 35.13	300m: 4:01.48 34.63	400m: 4:33.86
11. WENERSKI, Eryk	05	UKP „Polonia Warszawa”	4:47.85 400
50m: 31.05 31.05	150m: 1:42.63 36.32	250m: 2:56.67 37.04	350m: 4:11.06 37.23
100m: 1:06.31 35.26	200m: 2:19.63 37.00	300m: 3:33.83 37.16	400m: 4:47.85 36.79
12. SIENKIEWICZ, Ignacy	05	IKS Konstancin	4:55.91 369
50m: 33.70 33.70	150m: 1:50.15 38.79	250m: 3:05.67 37.59	350m: 4:19.58 36.75
100m: 1:11.36 37.66	200m: 2:28.08 37.93	300m: 3:42.83 37.16	400m: 4:55.91 36.33
13. REGNOWSKI, Kajetan	05	UKS Swim Team Wilanów	5:03.30 342
50m: 32.05 32.05	150m: 1:48.06 38.84	250m: 3:05.94 39.18	350m: 4:25.38 39.73
100m: 1:09.22 37.17	200m: 2:26.76 38.70	300m: 3:45.65 39.71	400m: 5:03.30 37.92
16 lat i starsi			
1. LEWANDOWSKI, Oliwier	03	KP MZOS Płock	4:11.92 598
50m: 29.11 29.11	150m: 1:31.76 31.56	250m: 2:35.81 32.27	350m: 3:40.90 32.67
100m: 1:00.20 31.09	200m: 2:03.54 31.78	300m: 3:08.23 32.42	400m: 4:11.92 31.02
2. WLAZŁOWSKI, Damian	99	UKP „Polonia Warszawa”	4:13.42 587
50m: 28.18 28.18	150m: 1:30.47 31.58	250m: 2:35.15 32.53	350m: 3:41.34 33.23
100m: 58.89 30.71	200m: 2:02.62 32.15	300m: 3:08.11 32.96	400m: 4:13.42 32.08
3. DOŁOWY, Grzegorz	02	IUKS „Muszelka” Warszawa	4:15.23 575
50m: 30.09 30.09	150m: 1:33.25 31.79	250m: 2:37.84 32.26	350m: 3:42.77 32.63
100m: 1:01.46 31.37	200m: 2:05.58 32.33	300m: 3:10.14 32.30	400m: 4:15.23 32.46

Otwarte Wiosenne Mistrzostwa Okręgu Warszawsko Mazowieckiego
Pruszków, 15.3.2019

Konkurencja 34, Mężczyzn, 400m dowolny, 16 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
4.	CZERWI SKI, Łukasz		01	UKS G-8 Bielany Warszawa				4:17.92	557
	50m: 29.67	29.67	150m: 1:34.10	32.35	250m: 2:39.52	32.70	350m: 3:45.57	33.07	
	100m: 1:01.75	32.08	200m: 2:06.82	32.72	300m: 3:12.50	32.98	400m: 4:17.92	32.35	
5.	ZUBIK, Stanisław		01	UKP „Polonia Warszawa”				4:22.53	528
	50m: 29.26	29.26	150m: 1:34.59	33.22	250m: 2:41.22	33.65	350m: 3:48.99	33.95	
	100m: 1:01.37	32.11	200m: 2:07.57	32.98	300m: 3:15.04	33.82	400m: 4:22.53	33.54	
6.	RODKIEWICZ, Radosław		03	IUKS „Muszelka” Warszawa				4:22.95	525
	50m: 30.32	30.32	150m: 1:36.13	33.08	250m: 3:16.13	33.29	350m: 4:22.95	33.23	
	100m: 1:03.05	32.73	200m: 2:42.84	1:06.71	300m: 3:49.72	33.59	400m: 4:22.95		
7.	LEWANDOWSKI, Damian		03	KP MZOS Płock				4:25.16	512
	50m: 30.41	30.41	150m: 1:36.96	33.55	250m: 2:44.73	33.46	350m: 3:52.66	33.84	
	100m: 1:03.41	33.00	200m: 2:11.27	34.31	300m: 3:18.82	34.09	400m: 4:25.16	32.50	
8.	RUTA, Kamil		02	UKP „Polonia Warszawa”				4:25.86	508
	50m: 29.68	29.68	150m: 1:35.17	33.11	250m: 2:42.93	34.13	350m: 3:51.98	34.57	
	100m: 1:02.06	32.38	200m: 2:08.80	33.63	300m: 3:17.41	34.48	400m: 4:25.86	33.88	
9.	JAROSZEWSKI, Jakub		01	UKS oliborz				4:45.84	409
	50m: 31.10	31.10	150m: 1:42.28	36.10	250m: 2:55.27	36.51	350m: 4:09.76	37.55	
	100m: 1:06.18	35.08	200m: 2:18.76	36.48	300m: 3:32.21	36.94	400m: 4:45.84	36.08	