

Otwarte Letnie Mistrzostwa Warszawy w pływaniu  
Warszawa, 31.5. - 1.6.2019

Konkurencja 30  
01.06.2019 - 12:33

Chłopców, 400m zmienny

11 - 14 lat  
Wyniki

Punkty: FINA 2019

Pozycja	Rok ur.	Czas	Pkt.
<b>12 lat</b>			
1. MIŁKOWSKI, Mikołaj	07	<b>5:13.27</b>	471
50m: 33.18 33.18	150m: 1:52.03 39.86	250m: 3:16.75 45.93	350m: 4:38.38 34.76
100m: 1:12.17 38.99	200m: 2:30.82 38.79	300m: 4:03.62 46.87	400m: 5:13.27 34.89
2. OŁOWNIA, Ignacy	07	<b>5:27.09</b>	414
50m: 34.48 34.48	150m: 1:55.18 40.90	250m: 3:21.83 47.00	350m: 4:50.91 39.58
100m: 1:14.28 39.80	200m: 2:34.83 39.65	300m: 4:11.33 49.50	400m: 5:27.09 36.18
3. KOZŁOWSKI, Iwo	07	<b>5:53.01</b>	329
50m: 39.10 39.10	150m: 2:09.69 45.00	250m: 3:44.39 51.48	350m: 5:14.75 39.47
100m: 1:24.69 45.59	200m: 2:52.91 43.22	300m: 4:35.28 50.89	400m: 5:53.01 38.26
4. KULESZA, Jakub	07	<b>6:18.35</b>	267
50m: 42.54 42.54	150m: 2:22.33 48.06	250m: 4:01.05 52.61	350m: 5:37.50 42.74
100m: 1:34.27 51.73	200m: 3:08.44 46.11	300m: 4:54.76 53.71	400m: 6:18.35 40.85
5. KOSZELA, Krzysztof	07	<b>6:44.98</b>	218
50m: 44.61 44.61	150m: 2:34.86 56.50	250m: 4:19.46 50.63	350m: 5:59.67 46.89
100m: 1:38.36 53.75	200m: 3:28.83 53.97	300m: 5:12.78 53.32	400m: 6:44.98 45.31
6. SPIREWSKI, Mikołaj	07	<b>6:45.85</b>	216
50m: 48.35 48.35	150m: 2:39.80 54.33	250m: 4:24.17 52.38	350m: 6:03.42 46.01
100m: 1:45.47 57.12	200m: 3:31.79 51.99	300m: 5:17.41 53.24	400m: 6:45.85 42.43
7. STA KIEWICZ, Wiktor	07	<b>6:46.33</b>	216
50m: 45.37 45.37	150m: 2:30.97 50.41	250m: 4:18.18 59.04	350m: 6:03.35 44.97
100m: 1:40.56 55.19	200m: 3:19.14 48.17	300m: 5:18.38 1:00.20	400m: 6:46.33 42.98
8. CARSTENS, Dominik	07	<b>6:50.67</b>	209
50m: 49.09 49.09	150m: 2:36.05 49.45	250m: 4:21.75 57.99	350m: 6:06.85 45.34
100m: 1:46.60 57.51	200m: 3:23.76 47.71	300m: 5:21.51 59.76	400m: 6:50.67 43.82
9. BIE U SKI, Jakub	07	<b>7:07.40</b>	185
50m: 47.86 47.86	150m: 2:43.77 56.85	250m: 4:35.26 58.87	350m: 6:23.17 48.82
100m: 1:46.92 59.06	200m: 3:36.39 52.62	300m: 5:34.35 59.09	400m: 7:07.40 44.23
<b>13 lat</b>			
1. MIENICKI, Rafał	06	<b>5:05.49</b>	508
50m: 32.19 32.19	150m: 1:48.95 38.66	250m: 3:11.64 44.39	350m: 4:31.81 35.58
100m: 1:10.29 38.10	200m: 2:27.25 38.30	300m: 3:56.23 44.59	400m: 5:05.49 33.68
2. DUBINIAK, Kacper	06	<b>5:09.67</b>	488
50m: 31.18 31.18	150m: 1:50.28 40.80	250m: 3:13.52 44.64	350m: 4:35.52 36.56
100m: 1:09.48 38.30	200m: 2:28.88 38.60	300m: 3:58.96 45.44	400m: 5:09.67 34.15
3. LUCOW, Jan	06	<b>5:15.89</b>	459
50m: 33.87 33.87	150m: 1:53.57 39.72	250m: 3:17.83 46.05	350m: 4:41.54 36.08
100m: 1:13.85 39.98	200m: 2:31.78 38.21	300m: 4:05.46 47.63	400m: 5:15.89 34.35
4. CIBOROWSKI, Dominik	06	<b>5:40.12</b>	368
50m: 36.47 36.47	150m: 2:03.27 43.21	250m: 3:34.36 48.62	350m: 5:02.14 39.21
100m: 1:20.06 43.59	200m: 2:45.74 42.47	300m: 4:22.93 48.57	400m: 5:40.12 37.98
5. HANDZLIK, Mateusz	06	<b>5:42.63</b>	360
50m: 35.80 35.80	150m: 2:03.49 45.67	250m: 3:35.95 48.01	350m: 5:05.53 39.56
100m: 1:17.82 42.02	200m: 2:47.94 44.45	300m: 4:25.97 50.02	400m: 5:42.63 37.10
6. URBA SKI, Maciej	06	<b>5:44.16</b>	355
50m: 36.46 36.46	150m: 2:07.77 46.84	250m: 3:41.89 49.79	350m: 5:09.48 37.48
100m: 1:20.93 44.47	200m: 2:52.10 44.33	300m: 4:32.00 50.11	400m: 5:44.16 34.68
7. NOSAL, Łukasz	06	<b>5:45.55</b>	351
50m: 35.60 35.60	150m: 2:02.72 44.57	250m: 3:37.31 50.82	350m: 5:07.94 39.55
100m: 1:18.15 42.55	200m: 2:46.49 43.77	300m: 4:28.39 51.08	400m: 5:45.55 37.61

Otwarte Letnie Mistrzostwa Warszawy w pływaniu  
Warszawa, 31.5. - 1.6.2019

Konkurencja 30, Chłopców, 400m zmienny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.
8.	PUZIYCHUK, Kanstantsin		06	Akvastars				<b>5:47.79</b>	344
	50m: 37.63	37.63	150m: 2:10.27	47.83	250m: 3:43.36	48.55	350m: 5:10.82	39.23	
	100m: 1:22.44	44.81	200m: 2:54.81	44.54	300m: 4:31.59	48.23	400m: 5:47.79	36.97	
9.	SZPORAK, Kamil		06	Squatina Ostroł ka				<b>5:52.86</b>	329
	50m: 39.61	39.61	150m: 2:11.85	46.16	250m: 3:45.00	47.86	350m: 5:14.19	41.29	
	100m: 1:25.69	46.08	200m: 2:57.14	45.29	300m: 4:32.90	47.90	400m: 5:52.86	38.67	
10.	WRONA, Maciej		06	MKP „Warszawianka”				<b>6:29.30</b>	245
	50m: 44.54	44.54	150m: 2:23.75	48.48	250m: 4:07.50	55.14	350m: 5:46.82	42.86	
	100m: 1:35.27	50.73	200m: 3:12.36	48.61	300m: 5:03.96	56.46	400m: 6:29.30	42.48	
11.	JANKOWSKI, Mateusz		06	Squatina Ostroł ka				<b>7:00.09</b>	195
	50m: 48.33	48.33	150m: 2:38.91	52.46	250m: 4:25.97	57.45	350m: 6:14.77	49.83	
	100m: 1:46.45	58.12	200m: 3:28.52	49.61	300m: 5:24.94	58.97	400m: 7:00.09	45.32	
12.	KORNACKI, Hubert		06	MKP „Warszawianka”				<b>7:04.56</b>	189
	50m: 46.70	46.70	150m: 2:37.91	52.20	250m: 4:28.29	58.19	350m: 6:17.43	48.80	
	100m: 1:45.71	59.01	200m: 3:30.10	52.19	300m: 5:28.63	1:00.34	400m: 7:04.56	47.13	

14 lat

1.	ZAREMBA, Adam		05	WKS I sk Wrocław				<b>5:04.26</b>	514
	50m: 31.30	31.30	150m: 1:47.79	40.42	250m: 3:09.88	1:24.57	350m: 4:30.78	2:04.10	
	100m: 1:07.37	36.07	200m: 1:45.31		300m: 2:26.68		400m: 5:04.26	33.48	
2.	OLEWNICZAK, Maciej		05	Ukp Polonia Warszawa				<b>5:10.25</b>	485
	50m: 32.19	32.19	150m: 1:51.37	41.19	250m: 3:14.95	44.37	350m: 4:35.37	35.44	
	100m: 1:10.18	37.99	200m: 2:30.58	39.21	300m: 3:59.93	44.98	400m: 5:10.25	34.88	
PK G	STAŁ, Jan		03	MUKP Warszawianka Wodny Park				<b>4:50.61</b>	590
	50m: 29.24	29.24	150m: 1:43.06	38.69	250m: 3:02.72	42.16	350m: 4:18.15	33.32	
	100m: 1:04.37	35.13	200m: 2:20.56	37.50	300m: 3:44.83	42.11	400m: 4:50.61	32.46	
PK	PRZYBYSZ, Mateusz		03	BUKS Warszawa				<b>5:07.25</b>	499
	50m: 30.52	30.52	150m: 1:45.02	39.37	250m: 3:10.41	46.44	350m: 4:32.54	35.38	
	100m: 1:05.65	35.13	200m: 2:23.97	38.95	300m: 3:57.16	46.75	400m: 5:07.25	34.71	
PK	KOSTANOWICZ, Artur		98	MUKP Warszawianka Wodny Park				<b>5:17.79</b>	451
	50m: 31.58	31.58	150m: 1:48.36	40.45	250m: 3:14.56	46.46	350m: 4:40.14	38.02	
	100m: 1:07.91	36.33	200m: 2:28.10	39.74	300m: 4:02.12	47.56	400m: 5:17.79	37.65	