

OTWARTE JESIENNE MISTRZOSTWA OKR GU WARSZAWSKO - MAZOWIECKIEGO  
Pruszków, 15.11.2019

Konkurencja 34  
15.11.2019 - 16:40

M czynn, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2019

Pozycja			Rok ur.					Czas	Pkt.	
<b>14 - 15 lat</b>										
1.	JENDRZEJCZYK, Maxim		04	UKP „Polonia Warszawa”				<b>4:18.02</b>	556	
	50m:	30.15 30.15	150m:	1:35.33	32.79	250m:	2:41.13	32.83	350m:	3:46.71 32.80
	100m:	1:02.54 32.39	200m:	2:08.30	32.97	300m:	3:13.91	32.78	400m:	4:18.02 31.31
2.	OLEWNICZAK, Maciej		05	UKP „Polonia Warszawa”				<b>4:29.65</b>	487	
	50m:	30.66 30.66	150m:	1:38.33	34.28	250m:	2:47.11	34.37	350m:	3:56.16 34.38
	100m:	1:04.05 33.39	200m:	2:12.74	34.41	300m:	3:21.78	34.67	400m:	4:29.65 33.49
3.	KRZYSZTOF, Kasprzak		05	UKS Góra Kalwaria				<b>4:30.72</b>	481	
	50m:	30.30 30.30	150m:	1:39.17	35.25	250m:	2:48.85	34.47	350m:	3:57.86 34.33
	100m:	1:03.92 33.62	200m:	2:14.38	35.21	300m:	3:23.53	34.68	400m:	4:30.72 32.86
4.	KORONKIEWICZ, Antoni		04	UKP „Polonia Warszawa”				<b>4:30.83</b>	481	
	50m:	30.89 30.89	150m:	1:38.41	34.28	250m:	2:47.56	34.43	350m:	3:56.80 34.60
	100m:	1:04.13 33.24	200m:	2:13.13	34.72	300m:	3:22.20	34.64	400m:	4:30.83 34.03
5.	KRUSZEWSKI, Jan		05	UKP „Polonia Warszawa”				<b>4:38.26</b>	443	
	50m:	30.90 30.90	150m:	1:40.26	35.28	250m:	2:51.69	35.47	350m:	4:04.49 36.39
	100m:	1:04.98 34.08	200m:	2:16.22	35.96	300m:	3:28.10	36.41	400m:	4:38.26 33.77
<b>16 lat i starsi</b>										
1.	DOŁOWY, Grzegorz		02	IUKS „Muszelka” Warszawa				<b>4:11.14</b>	603	
	50m:	30.05 30.05	150m:	1:33.31	31.90	250m:	2:37.73	32.10	350m:	3:41.11 31.49
	100m:	1:01.41 31.36	200m:	2:05.63	32.32	300m:	3:09.62	31.89	400m:	4:11.14 30.03
2.	RODKIEWICZ, Radosław		03	IUKS „Muszelka” Warszawa				<b>4:11.20</b>	603	
	50m:	30.52 30.52	150m:	1:35.14	32.45	250m:	2:39.39	32.08	350m:	3:42.09 30.75
	100m:	1:02.69 32.17	200m:	2:07.31	32.17	300m:	3:11.34	31.95	400m:	4:11.20 29.11
3.	HORBATY, Klaudiusz		02	UKS „GIM 92 Ursynów”				<b>4:47.66</b>	401	
	50m:	31.81 31.81	150m:	1:43.22	36.15	250m:	2:57.36	37.13	350m:	4:11.65 37.21
	100m:	1:07.07 35.26	200m:	2:20.23	37.01	300m:	3:34.44	37.08	400m:	4:47.66 36.01
PK	LARY , Jerzy		06	IUKS „Muszelka” Warszawa				<b>4:22.88</b>	526	
	50m:	30.93 30.93	150m:	1:37.66	33.63	250m:	2:44.68	33.37	350m:	3:50.62 33.02
	100m:	1:04.03 33.10	200m:	2:11.31	33.65	300m:	3:17.60	32.92	400m:	4:22.88 32.26
PK	FRONCZAK, Antoni		06	UKP „Polonia Warszawa”				<b>4:33.31</b>	468	
	50m:	31.50 31.50	150m:	1:40.35	34.57	250m:	2:49.30	34.35	350m:	3:58.66 34.66
	100m:	1:05.78 34.28	200m:	2:14.95	34.60	300m:	3:24.00	34.70	400m:	4:33.31 34.65