

OTWARTE JESIENNE MISTRZOSTWA OKR GU WARSZAWSKO –MAZOWIECKIEGO
Pruszków, 13.11.2020

Konkurencja 34
13.11.2020 - 18:57

M czynn, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2020

| Pozycja | | | Rok ur. | | | | | Czas | Pkt. |
|------------------------|------------------------|-------|---------------|----------------------------|---------------|---------|----------------|-------|------|
| 14 - 15 lat | | | | | | | | | |
| 1. | LARY , Jerzy | | 06 | IUKS „Muszelka” Warszawa | | | 4:08.61 | 622 | |
| | 50m: 28.99 | 28.99 | 150m: 1:31.15 | 31.41 | 250m: 2:34.57 | 31.68 | 350m: 3:37.81 | 31.57 | |
| | 100m: 59.74 | 30.75 | 200m: 2:02.89 | 31.74 | 300m: 3:06.24 | 31.67 | 400m: 4:08.61 | 30.80 | |
| 2. | SIENKIEWICZ, Ignacy | | 05 | IKS Konstancin | | | 4:28.43 | 494 | |
| | 50m: 30.53 | 30.53 | 150m: 1:39.25 | 34.53 | 250m: 2:47.74 | 34.32 | 350m: 3:55.64 | 33.67 | |
| | 100m: 1:04.72 | 34.19 | 200m: 2:13.42 | 34.17 | 300m: 3:21.97 | 34.23 | 400m: 4:28.43 | 32.79 | |
| 3. | BŁO SKI, Patryk | | 05 | UKP „Polonia Warszawa” | | | 4:33.81 | 465 | |
| | 50m: 29.82 | 29.82 | 150m: 1:38.83 | 35.21 | 250m: 2:50.47 | 35.70 | 350m: 4:01.06 | 34.73 | |
| | 100m: 1:03.62 | 33.80 | 200m: 2:14.77 | 35.94 | 300m: 3:26.33 | 35.86 | 400m: 4:33.81 | 32.75 | |
| 4. | LYSKOVICH, Artsiom | | 05 | UKS G-8 Bielany Warszawa | | | 4:34.16 | 464 | |
| | 50m: 30.08 | 30.08 | 150m: 1:37.71 | 34.35 | 250m: 2:48.08 | 35.58 | 350m: 4:00.08 | 35.71 | |
| | 100m: 1:03.36 | 33.28 | 200m: 2:12.50 | 34.79 | 300m: 3:24.37 | 36.29 | 400m: 4:34.16 | 34.08 | |
| 5. | SZUTER, Maciej | | 05 | UKS „GIM 92 Ursynów” | | | 4:35.04 | 459 | |
| | 50m: 30.74 | 30.74 | 150m: 1:39.71 | 34.74 | 250m: 2:49.52 | 34.92 | 350m: 4:00.80 | 35.57 | |
| | 100m: 1:04.97 | 34.23 | 200m: 2:14.60 | 34.89 | 300m: 3:25.23 | 35.71 | 400m: 4:35.04 | 34.24 | |
| 6. | KASPRZAK, Krzysztof | | 05 | MKS Piaseczno | | | 4:37.59 | 447 | |
| | 50m: 30.72 | 30.72 | 150m: 1:41.04 | 35.51 | 250m: 2:52.65 | 36.04 | 350m: 4:03.78 | 34.79 | |
| | 100m: 1:05.53 | 34.81 | 200m: 2:16.61 | 35.57 | 300m: 3:28.99 | 36.34 | 400m: 4:37.59 | 33.81 | |
| 7. | KUBIAK, Olivier | | 06 | UKS G-8 Bielany Warszawa | | | 4:51.18 | 387 | |
| | 50m: 32.24 | 32.24 | 150m: 1:45.78 | 37.33 | 250m: 3:01.27 | 37.44 | 350m: 4:16.80 | 38.22 | |
| | 100m: 1:08.45 | 36.21 | 200m: 2:23.83 | 38.05 | 300m: 3:38.58 | 37.31 | 400m: 4:51.18 | 34.38 | |
| 8. | GAWLIK, Kacper | | 06 | MKS „Jagiellonka” Warszawa | | | 5:00.19 | 353 | |
| | 50m: 32.46 | 32.46 | 150m: 1:47.22 | 38.22 | 250m: 4:23.96 | 1:18.50 | 350m: | | |
| | 100m: 1:09.00 | 36.54 | 200m: 3:05.46 | 1:18.24 | 300m: | | 400m: 5:00.19 | | |
| 16 lat i starsi | | | | | | | | | |
| 1. | CHMIELEWSKI, Krzysztof | | 04 | IUKS „Muszelka” Warszawa | | | 3:56.92 | 719 | |
| | 50m: 27.21 | 27.21 | 150m: 1:26.47 | 29.81 | 250m: 2:26.81 | 30.13 | 350m: 3:27.41 | 30.33 | |
| | 100m: 56.66 | 29.45 | 200m: 1:56.68 | 30.21 | 300m: 2:57.08 | 30.27 | 400m: 3:56.92 | 29.51 | |
| 2. | CHMIELEWSKI, Michał | | 04 | IUKS „Muszelka” Warszawa | | | 3:58.41 | 705 | |
| | 50m: 27.97 | 27.97 | 150m: 1:28.06 | 30.10 | 250m: 2:28.39 | 29.93 | 350m: 3:28.25 | 30.25 | |
| | 100m: 57.96 | 29.99 | 200m: 1:58.46 | 30.40 | 300m: 2:58.00 | 29.61 | 400m: 3:58.41 | 30.16 | |
| 3. | RODKIEWICZ, Radosław | | 03 | IUKS „Muszelka” Warszawa | | | 4:17.71 | 558 | |
| | 50m: 29.57 | 29.57 | 150m: 1:34.77 | 32.79 | 250m: 2:40.07 | 32.56 | 350m: 3:45.32 | 32.67 | |
| | 100m: 1:01.98 | 32.41 | 200m: 2:07.51 | 32.74 | 300m: 3:12.65 | 32.58 | 400m: 4:17.71 | 32.39 | |
| 4. | JAKUBOWSKI, Kacper | | 04 | Uks Jagiellonia Swim | | | 4:22.38 | 529 | |
| | 50m: 29.18 | 29.18 | 150m: 2:06.54 | 1:06.02 | 250m: 3:14.27 | 34.12 | 350m: 4:22.38 | 33.63 | |
| | 100m: 1:00.52 | 31.34 | 200m: 2:40.15 | 33.61 | 300m: 3:48.75 | 34.48 | 400m: 4:22.38 | | |
| PK | CUR, Kacper | | 07 | UKS „GIM 92 Ursynów” | | | 4:39.07 | 439 | |
| | 50m: 31.12 | 31.12 | 150m: 1:40.57 | 35.32 | 250m: 2:52.18 | 36.04 | 350m: 4:03.97 | 36.00 | |
| | 100m: 1:05.25 | 34.13 | 200m: 2:16.14 | 35.57 | 300m: 3:27.97 | 35.79 | 400m: 4:39.07 | 35.10 | |
| PK | CYGA SKI, Krzysztof | | 07 | UKS „GIM 92 Ursynów” | | | 4:59.61 | 355 | |
| | 50m: 34.02 | 34.02 | 150m: 1:51.31 | 39.17 | 250m: 3:07.63 | 38.40 | 350m: 4:24.21 | 37.91 | |
| | 100m: 1:12.14 | 38.12 | 200m: 2:29.23 | 37.92 | 300m: 3:46.30 | 38.67 | 400m: 4:59.61 | 35.40 | |