

Otwarte Zimowe Mistrzostwa Warszawy w Pływaniu-Roczniki – 2008,2007,2006 i starsi
Warszawa, 4. - 5.12.2020

Konkurencja 27
05.12.2020 - 14:48

Mężczyzn, 400m dowolny

12 lat i starsi
Wyniki

Punkty: FINA 2020

| Pozycja | Rok ur. | | Czas | Pkt. | 100m | 200m | 300m | 400m | |
|------------------------|---------------------|-------|-------------------------|----------------|---------------|---------|---------------|---------|---------|
| 12 lat | | | | | | | | | |
| 1. | KRAWCZYK, Jakub | 08 | MKP Warszawianka | 4:44.01 | 465 | 1:06.44 | 1:12.91 | 1:13.11 | 1:11.55 |
| | 50m: 31.32 | 31.32 | 150m: 1:42.36 | 35.92 | 250m: 2:55.08 | 35.73 | 350m: 4:08.47 | 36.01 | |
| | 100m: 1:06.44 | 35.12 | 200m: 2:19.35 | 36.99 | 300m: 3:32.46 | 37.38 | 400m: 4:44.01 | 35.54 | |
| 2. | POLONIUS, Filip | 08 | KS Górnik Radlin | 5:01.91 | 387 | 1:10.33 | 1:20.06 | 1:19.03 | 1:12.49 |
| | 50m: 32.43 | 32.43 | 150m: 1:49.98 | 39.65 | 250m: 3:09.61 | 39.22 | 350m: 4:27.80 | 38.38 | |
| | 100m: 1:10.33 | 37.90 | 200m: 2:30.39 | 40.41 | 300m: 3:49.42 | 39.81 | 400m: 5:01.91 | 34.11 | |
| 3. | KOBAK, Nataniel | 08 | RWKS Sparta Biłgoraj | 5:06.12 | 371 | 1:12.58 | 1:19.57 | 1:19.85 | 1:14.12 |
| | 50m: 33.97 | 33.97 | 150m: 1:52.54 | 39.96 | 250m: 3:13.03 | 40.88 | 350m: 4:30.09 | 38.09 | |
| | 100m: 1:12.58 | 38.61 | 200m: 2:32.15 | 39.61 | 300m: 3:52.00 | 38.97 | 400m: 5:06.12 | 36.03 | |
| 4. | JAGOSIAK, Miłosz | 08 | RWKS Sparta Biłgoraj | 5:14.65 | 342 | 1:13.13 | 1:21.82 | 1:22.30 | 1:17.40 |
| | 50m: 33.77 | 33.77 | 150m: 1:54.19 | 41.06 | 250m: 3:15.97 | 41.02 | 350m: 4:37.45 | 40.20 | |
| | 100m: 1:13.13 | 39.36 | 200m: 2:34.95 | 40.76 | 300m: 3:57.25 | 41.28 | 400m: 5:14.65 | 37.20 | |
| 5. | BAŁABAN, Antoni | 08 | UKS 48 Warszawa ródmi | 5:17.47 | 333 | 1:13.35 | 1:20.49 | 1:21.75 | 1:21.88 |
| | 50m: 34.81 | 34.81 | 150m: 1:53.19 | 39.84 | 250m: 3:14.95 | 41.11 | 350m: 4:37.08 | 41.49 | |
| | 100m: 1:13.35 | 38.54 | 200m: 2:33.84 | 40.65 | 300m: 3:55.59 | 40.64 | 400m: 5:17.47 | 40.39 | |
| 6. | OL DZKI, Daniel | 08 | UKP „Polonia Warszawa” | 5:37.96 | 276 | 1:19.44 | 1:28.37 | 1:27.97 | 1:22.18 |
| | 50m: 36.42 | 36.42 | 150m: 2:03.30 | 43.86 | 250m: 3:31.27 | 43.46 | 350m: 4:59.35 | 43.57 | |
| | 100m: 1:19.44 | 43.02 | 200m: 2:47.81 | 44.51 | 300m: 4:15.78 | 44.51 | 400m: 5:37.96 | 38.61 | |
| 7. | BŁACHNIO, Borys | 08 | UKS 48 Warszawa ródmi | 5:52.81 | 242 | 1:19.11 | 1:32.19 | 1:32.77 | 1:28.74 |
| | 50m: 36.49 | 36.49 | 150m: 2:05.29 | 46.18 | 250m: 3:38.03 | 46.73 | 350m: 5:10.62 | 46.55 | |
| | 100m: 1:19.11 | 42.62 | 200m: 2:51.30 | 46.01 | 300m: 4:24.07 | 46.04 | 400m: 5:52.81 | 42.19 | |
| 8. | KOWALSKI, Oskar | 08 | Tomaszowskie SP OLIMPIJ | 6:02.08 | 224 | 1:28.58 | 1:34.86 | 1:34.07 | 1:24.57 |
| | 50m: 41.44 | 41.44 | 150m: 2:15.95 | 47.37 | 250m: 3:50.34 | 46.90 | 350m: 5:21.76 | 44.25 | |
| | 100m: 1:28.58 | 47.14 | 200m: 3:03.44 | 47.49 | 300m: 4:37.51 | 47.17 | 400m: 6:02.08 | 40.32 | |
| 13 lat | | | | | | | | | |
| 1. | KOZŁOWSKI, Iwo | 07 | UKP „Polonia Warszawa” | 4:41.78 | 476 | 1:06.33 | 1:11.63 | 1:12.64 | 1:11.18 |
| | 50m: 31.29 | 31.29 | 150m: 1:42.18 | 35.85 | 250m: 2:54.28 | 36.32 | 350m: 4:06.71 | 36.11 | |
| | 100m: 1:06.33 | 35.04 | 200m: 2:17.96 | 35.78 | 300m: 3:30.60 | 36.32 | 400m: 4:41.78 | 35.07 | |
| 2. | FR CZYK, Jakub | 07 | UKS Siódemka Gdynia | 5:14.64 | 342 | 1:12.74 | 1:20.81 | 1:21.82 | 1:19.27 |
| | 50m: 33.96 | 33.96 | 150m: 1:52.71 | 39.97 | 250m: 3:14.27 | 40.72 | 350m: 4:35.60 | 40.23 | |
| | 100m: 1:12.74 | 38.78 | 200m: 2:33.55 | 40.84 | 300m: 3:55.37 | 41.10 | 400m: 5:14.64 | 39.04 | |
| 3. | MUCHA, Maksym | 07 | UKS Swim Team Wilanów | 5:18.55 | 329 | 1:14.12 | 1:21.88 | 1:22.60 | 1:19.95 |
| | 50m: 35.22 | 35.22 | 150m: 1:54.86 | 40.74 | 250m: 3:17.52 | 41.52 | 350m: 4:40.13 | 41.53 | |
| | 100m: 1:14.12 | 38.90 | 200m: 2:36.00 | 41.14 | 300m: 3:58.60 | 41.08 | 400m: 5:18.55 | 38.42 | |
| 4. | KUKIER, Łukasz | 07 | KS Fenix Oarów Mazowiec | 5:51.30 | 245 | 1:21.17 | 1:31.58 | 1:30.65 | 1:27.90 |
| | 50m: 36.56 | 36.56 | 150m: 2:06.93 | 45.76 | 250m: 3:37.70 | 44.95 | 350m: 5:08.75 | 45.35 | |
| | 100m: 1:21.17 | 44.61 | 200m: 2:52.75 | 45.82 | 300m: 4:23.40 | 45.70 | 400m: 5:51.30 | 42.55 | |
| 14 lat i starsi | | | | | | | | | |
| 1. | GAWENDA, Bartłomiej | 06 | UKS 48 Warszawa ródmi | 4:45.03 | 460 | 1:05.90 | 1:12.44 | 1:14.12 | 1:12.57 |
| | 50m: 31.39 | 31.39 | 150m: 1:41.71 | 35.81 | 250m: 2:55.58 | 37.24 | 350m: 4:10.03 | 37.57 | |
| | 100m: 1:05.90 | 34.51 | 200m: 2:18.34 | 36.63 | 300m: 3:32.46 | 36.88 | 400m: 4:45.03 | 35.00 | |
| 2. | CIBOROWSKI, Dominik | 06 | MKP Warszawianka | 4:45.59 | 457 | 1:06.92 | 1:13.57 | 1:13.44 | 1:11.66 |
| | 50m: 30.89 | 30.89 | 150m: 1:43.35 | 36.43 | 250m: 2:56.92 | 36.43 | 350m: 4:09.96 | 36.03 | |
| | 100m: 1:06.92 | 36.03 | 200m: 2:20.49 | 37.14 | 300m: 3:33.93 | 37.01 | 400m: 4:45.59 | 35.63 | |
| 3. | NOSAL, Łukasz | 06 | MKP Warszawianka | 4:57.44 | 405 | 1:07.25 | 1:16.57 | 1:17.32 | 1:16.30 |
| | 50m: 31.20 | 31.20 | 150m: 1:44.98 | 37.73 | 250m: 3:02.62 | 38.80 | 350m: 4:20.14 | 39.00 | |
| | 100m: 1:07.25 | 36.05 | 200m: 2:23.82 | 38.84 | 300m: 3:41.14 | 38.52 | 400m: 4:57.44 | 37.30 | |
| 4. | JANKOWSKI, Mateusz | 06 | Squatina Ostrołka | 5:04.07 | 379 | 1:11.10 | 1:19.31 | 1:19.17 | 1:14.49 |
| | 50m: 33.46 | 33.46 | 150m: 1:50.70 | 39.60 | 250m: 3:09.88 | 39.47 | 350m: 4:28.48 | 38.90 | |
| | 100m: 1:11.10 | 37.64 | 200m: 2:30.41 | 39.71 | 300m: 3:49.58 | 39.70 | 400m: 5:04.07 | 35.59 | |
| 5. | WRONA, Maciej | 06 | MKP Warszawianka | 5:05.06 | 375 | 1:13.33 | 1:18.84 | 1:17.29 | 1:15.60 |
| | 50m: 34.41 | 34.41 | 150m: 1:52.51 | 39.18 | 250m: 3:10.54 | 38.37 | 350m: 4:27.64 | 38.18 | |
| | 100m: 1:13.33 | 38.92 | 200m: 2:32.17 | 39.66 | 300m: 3:49.46 | 38.92 | 400m: 5:05.06 | 37.42 | |

Otwarte Zimowe Mistrzostwa Warszawy w Pływaniu-Roczniki – 2008,2007,2006 i starsi
Warszawa, 4. - 5.12.2020

Konkurencja 27, M czyzn, 400m dowolny, 14 lat i starsi

| Pozycja | Rok ur. | | Czas | | Pkt. | 100m | 200m | 300m | 400m | | |
|-----------------------|---------|---------------------|----------------|---------|-------|---------|---------|---------|---------|---------|-------|
| 6. BOBROWSKI, Dominik | 06 | UKS Siódemka Gdynia | 5:15.13 | 340 | | 1:12.36 | 1:19.92 | 1:23.91 | 1:18.94 | | |
| 50m: | 33.33 | 33.33 | 150m: | 1:51.92 | 39.56 | 250m: | 3:13.75 | 41.47 | 350m: | 4:36.09 | 39.90 |
| 100m: | 1:12.36 | 39.03 | 200m: | 2:32.28 | 40.36 | 300m: | 3:56.19 | 42.44 | 400m: | 5:15.13 | 39.04 |