

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

Konkurencja 28
05.12.2020 - 15:02

M czyzn, 400m zmienny

12 lat i starsi
Wyniki

Punkty: FINA 2020

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m
12 lat								
1. JARECKI, Bartosz	08	UKS 48 Warszawa ródnie	5:40.88	366	1:23.13	1:24.42	1:37.22	1:16.11
50m:	37.47	37.47	150m:	2:05.77	42.64	250m:	3:36.04	48.49
100m:	1:23.13	45.66	200m:	2:47.55	41.78	300m:	4:24.77	48.73
						350m:	5:02.95	38.18
						400m:	5:40.88	37.93
2. KOBAK, Nataniel	08	RWKS Sparta Biłgoraj	5:47.70	344	1:17.99	1:29.88	1:42.74	1:17.09
50m:	35.78	35.78	150m:	2:04.10	46.11	250m:	3:39.31	51.44
100m:	1:17.99	42.21	200m:	2:47.87	43.77	300m:	4:30.61	51.30
						350m:	5:10.34	39.73
						400m:	5:47.70	37.36
3. ROZBICKI, Kacper	08	UKS 48 Warszawa ródnie	6:09.03	288	1:28.88	1:38.81	1:39.41	1:21.93
50m:	40.62	40.62	150m:	2:19.39	50.51	250m:	3:56.53	48.84
100m:	1:28.88	48.26	200m:	3:07.69	48.30	300m:	4:47.10	50.57
						350m:	5:29.66	42.56
						400m:	6:09.03	39.37
4. PIWKO, Filip	08	KS Fenix O arów Mazowiec	6:34.88	235	1:27.30	1:45.51	1:51.35	1:30.72
50m:	38.94	38.94	150m:	2:20.60	53.30	250m:	4:08.25	55.44
100m:	1:27.30	48.36	200m:	3:12.81	52.21	300m:	5:04.16	55.91
						350m:	5:50.54	46.38
						400m:	6:34.88	44.34

13 lat

1. MIŁKOWSKI, Mikołaj	07	UKS 48 Warszawa ródnie	4:57.30	551	1:06.10	1:13.51	1:25.96	1:11.73
50m:	30.79	30.79	150m:	1:42.61	36.51	250m:	3:01.91	42.30
100m:	1:06.10	35.31	200m:	2:19.61	37.00	300m:	3:45.57	43.66
						350m:	4:22.14	36.57
						400m:	4:57.30	35.16
2. OŁOWNIA, Ignacy	07	UKS Siódemka Gdynia	5:07.82	497	1:11.77	1:15.38	1:30.13	1:10.54
50m:	32.63	32.63	150m:	1:50.03	38.26	250m:	3:12.62	45.47
100m:	1:11.77	39.14	200m:	2:27.15	37.12	300m:	3:57.28	44.66
						350m:	4:33.69	36.41
						400m:	5:07.82	34.13
3. WDOVIK, Dominik	07	UKS „Dragon” B dzin	5:17.77	451	1:07.75	1:22.17	1:29.76	1:18.09
50m:	31.23	31.23	150m:	1:49.41	41.66	250m:	3:14.06	44.14
100m:	1:07.75	36.52	200m:	2:29.92	40.51	300m:	3:59.68	45.62
						350m:	4:37.91	38.23
						400m:	5:17.77	39.86
4. GAJDA, Jan	07	SKS 137 Delfin-Łód	5:23.42	428	1:09.96	1:28.26	1:34.15	1:11.05
50m:	30.83	30.83	150m:	1:55.33	45.37	250m:	3:24.30	46.08
100m:	1:09.96	39.13	200m:	2:38.22	42.89	300m:	4:12.37	48.07
						350m:	4:49.76	37.39
						400m:	5:23.42	33.66
5. KULESZA, Jakub	07	UKP „Polonia Warszawa”	5:40.61	366	1:18.79	1:28.74	1:35.63	1:17.45
50m:	36.78	36.78	150m:	2:04.47	45.68	250m:	3:35.21	47.68
100m:	1:18.79	42.01	200m:	2:47.53	43.06	300m:	4:23.16	47.95
						350m:	5:03.48	40.32
						400m:	5:40.61	37.13
6. ŁUKAWSKI, Tomasz	07	UKS 48 Warszawa ródnie	5:45.90	350	1:18.49	1:31.47	1:39.26	1:16.68
50m:	37.04	37.04	150m:	2:04.79	46.30	250m:	3:39.42	49.46
100m:	1:18.49	41.45	200m:	2:49.96	45.17	300m:	4:29.22	49.80
						350m:	5:08.76	39.54
						400m:	5:45.90	37.14
7. CARSTENS, Dominik	07	UKS Siódemka Gdynia	5:51.46	333	1:23.85	1:26.92	1:40.52	1:20.17
50m:	38.38	38.38	150m:	2:08.26	44.41	250m:	3:40.37	49.60
100m:	1:23.85	45.47	200m:	2:50.77	42.51	300m:	4:31.29	50.92
						350m:	5:11.99	40.70
						400m:	5:51.46	39.47

14 lat i starsi

1. POPOW, Igor	06	KS „1” O arów Mazowiecki	5:19.87	442	1:13.51	1:22.06	1:32.37	1:11.93
50m:	33.16	33.16	150m:	1:55.88	42.37	250m:	3:21.72	46.15
100m:	1:13.51	40.35	200m:	2:35.57	39.69	300m:	4:07.94	46.22
						350m:	4:45.62	37.68
						400m:	5:19.87	34.25