

Otwarte Wiosenne Mistrzostwa Okręgu Warszawsko Mazowieckiego  
Warszawa, 16.4.2021

Konkurencja 34  
16.04.2021 - 19:33

Mężczyźni, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2020

Pozycja			Rok ur.					Czas	Pkt.	
<b>14 - 15 lat</b>										
1.	MIENICKI, Rafał		06	UKS 48 Warszawa ródnie cie				<b>4:02.59</b>	669	
	50m:	28.50 28.50	150m:	1:29.26	30.53	250m:	2:30.90	30.62	350m:	3:32.52 30.67
	100m:	58.73 30.23	200m:	2:00.28	31.02	300m:	3:01.85	30.95	400m:	4:02.59 30.07
2.	LARY, Jerzy		06	IUKS „Muszelka” Warszawa				<b>4:07.06</b>	634	
	50m:	29.33 29.33	150m:	1:32.09	31.50	250m:	2:34.88	30.96	350m:	3:36.97 30.94
	100m:	1:00.59 31.26	200m:	2:03.92	31.83	300m:	3:06.03	31.15	400m:	4:07.06 30.09
3.	SZMYTKE, Bartosz		07	UKS oliborz				<b>4:22.97</b>	525	
	50m:	28.88 28.88	150m:	1:35.52	33.57	250m:	2:43.24	33.82	350m:	3:50.67 33.41
	100m:	1:01.95 33.07	200m:	2:09.42	33.90	300m:	3:17.26	34.02	400m:	4:22.97 32.30
4.	CIECHANOWSKI, Stanisław		07	UKS 307 Warszawa				<b>4:26.03</b>	507	
	50m:	31.14 31.14	150m:	1:39.34	34.37	250m:	2:47.68	33.92	350m:	3:55.03 33.71
	100m:	1:04.97 33.83	200m:	2:13.76	34.42	300m:	3:21.32	33.64	400m:	4:26.03 31.00
5.	GAWENDA, Bartłomiej		06	UKS 48 Warszawa ródnie cie				<b>4:26.30</b>	506	
	50m:	30.60 30.60	150m:	1:37.80	33.70	250m:	2:46.41	33.97	350m:	3:54.27 33.62
	100m:	1:04.10 33.50	200m:	2:12.44	34.64	300m:	3:20.65	34.24	400m:	4:26.30 32.03
6.	NOSAL, Łukasz		06	MKP „Warszawianka”				<b>4:32.02</b>	475	
	50m:	30.99 30.99	150m:	1:40.73	35.44	250m:	2:50.73	34.47	350m:	3:59.13 33.95
	100m:	1:05.29 34.30	200m:	2:16.26	35.53	300m:	3:25.18	34.45	400m:	4:32.02 32.89
7.	KRUPA, Borys		06	UKS „Skalar” Warszawa				<b>4:38.98</b>	440	
	50m:	32.21 32.21	150m:	1:43.33	36.15	250m:	2:55.10	36.11	350m:	4:05.93 35.29
	100m:	1:07.18 34.97	200m:	2:18.99	35.66	300m:	3:30.64	35.54	400m:	4:38.98 33.05
8.	DWORAKOWSKI, Błażej		07	KS Delfin Gdynia				<b>4:49.48</b>	394	
	50m:	31.74 31.74	150m:	1:45.95	37.30	250m:	3:00.69	37.42	350m:	4:15.28 37.08
	100m:	1:08.65 36.91	200m:	2:23.27	37.32	300m:	3:38.20	37.51	400m:	4:49.48 34.20
9.	MAJCHEROWICZ, Mateusz		07	KS Delfin Gdynia				<b>4:52.53</b>	381	
	50m:	32.10 32.10	150m:	1:46.92	37.93	250m:	3:03.70	38.57	350m:	4:17.86 35.97
	100m:	1:08.99 36.89	200m:	2:25.13	38.21	300m:	3:41.89	38.19	400m:	4:52.53 34.67
10.	BUKSIŃSKI, Adam		07	KS Delfin Gdynia				<b>5:00.45</b>	352	
	50m:	33.33 33.33	150m:	1:49.40	38.28	250m:	3:06.63	38.71	350m:	4:23.54 38.13
	100m:	1:11.12 37.79	200m:	2:27.92	38.52	300m:	3:45.41	38.78	400m:	5:00.45 36.91
11.	MICHALEWSKI, Franciszek		07	UKS oliborz				<b>5:04.44</b>	338	
	50m:	33.67 33.67	150m:	1:49.41	38.67	250m:	3:08.18	39.40	350m:	4:26.88 38.94
	100m:	1:10.74 37.07	200m:	2:28.78	39.37	300m:	3:47.94	39.76	400m:	5:04.44 37.56
12.	MIELCZAREK, Maciej		07	UKS oliborz				<b>5:09.18</b>	323	
	50m:	34.35 34.35	150m:	1:52.01	39.38	250m:	3:12.71	41.17	350m:	4:31.07 38.68
	100m:	1:12.63 38.28	200m:	2:31.54	39.53	300m:	3:52.39	39.68	400m:	5:09.18 38.11
13.	KACZOROWSKI, Miłosz		07	UKS Delfin Garwolin				<b>5:09.48</b>	322	
	50m:	31.97 31.97	150m:	1:48.10	38.58	250m:	3:10.09	41.16	350m:	4:31.75 40.36
	100m:	1:09.52 37.55	200m:	2:28.93	40.83	300m:	3:51.39	41.30	400m:	5:09.48 37.73
14.	LYSIK, Piotr		07	UKS oliborz				<b>5:44.49</b>	233	
	50m:	36.39 36.39	150m:	2:02.80		250m:	3:31.75	44.12	350m:	5:01.24 44.64
	100m:		200m:	2:47.63	44.83	300m:	4:16.60	44.85	400m:	5:44.49 43.25
<b>16 lat i starsi</b>										
1.	CHMIELEWSKI, Krzysztof		04	IUKS „Muszelka” Warszawa				<b>3:57.45</b>	714	
	50m:	27.38 27.38	150m:	1:27.20	30.06	250m:	2:27.53	30.24	350m:	3:27.71 30.17
	100m:	57.14 29.76	200m:	1:57.29	30.09	300m:	2:57.54	30.01	400m:	3:57.45 29.74
2.	RODKIEWICZ, Radosław		03	IUKS „Muszelka” Warszawa				<b>4:05.66</b>	644	
	50m:	29.74 29.74	150m:	1:33.51	32.02	250m:	2:36.49	31.17	350m:	3:38.54 30.93
	100m:	1:01.49 31.75	200m:	2:05.32	31.81	300m:	3:07.61	31.12	400m:	4:05.66 27.12

Otwarte Wiosenne Mistrzostwa Okręgu Warszawsko Mazowieckiego  
Warszawa, 16.4.2021

Konkurencja 34, Mężczyzn, 400m dowolny, 16 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
3.	CHMIELEWSKI, Michał		04	IUKS „Muszelka” Warszawa				<b>4:06.12</b>	641
	50m:	28.78 28.78	150m:	1:31.59	31.51	250m:	2:34.56 31.08	350m:	3:36.86 31.26
	100m:	1:00.08 31.30	200m:	2:03.48	31.89	300m:	3:05.60 31.04	400m:	4:06.12 29.26
4.	BARCHWIC, Jakub		05	UKS Manta Warszawa Włochy				<b>4:08.68</b>	621
	50m:	27.67 27.67	150m:	1:30.54	32.05	250m:	2:34.32 31.94	350m:	3:37.77 31.65
	100m:	58.49 30.82	200m:	2:02.38	31.84	300m:	3:06.12 31.80	400m:	4:08.68 30.91
5.	TRYDULSKI, Oskar		05	UKS „GIM 92 Ursynów”				<b>4:19.15</b>	549
	50m:	29.71 29.71	150m:	1:35.42	33.11	250m:	2:41.27 32.90	350m:	3:46.78 32.69
	100m:	1:02.31 32.60	200m:	2:08.37	32.95	300m:	3:14.09 32.82	400m:	4:19.15 32.37
6.	LITEWSKI, Mikołaj		04	UKP „Polonia Warszawa”				<b>4:21.81</b>	532
	50m:	29.74 29.74	150m:	1:35.88	32.91	250m:	2:42.84 33.36	350m:	3:49.63 33.36
	100m:	1:02.97 33.23	200m:	2:09.48	33.60	300m:	3:16.27 33.43	400m:	4:21.81 32.18
7.	OKO, Maksymilian		05	UKS „GIM 92 Ursynów”				<b>4:22.56</b>	528
	50m:	29.12 29.12	150m:	1:36.71	34.23	250m:	2:44.46 33.89	350m:	3:50.70 32.99
	100m:	1:02.48 33.36	200m:	2:10.57	33.86	300m:	3:17.71 33.25	400m:	4:22.56 31.86
8.	SZUTER, Maciej		05	UKS „GIM 92 Ursynów”				<b>4:33.46</b>	467
	50m:	30.30 30.30	150m:	1:38.19	34.63	250m:	2:48.38 35.25	350m:	3:58.89 35.24
	100m:	1:03.56 33.26	200m:	2:13.13	34.94	300m:	3:23.65 35.27	400m:	4:33.46 34.57
9.	GOŁY, Michał		05	UKS „GIM 92 Ursynów”				<b>4:42.49</b>	424
	50m:	30.99 30.99	150m:	1:39.89	34.98	250m:	2:52.10 35.96	350m:	4:05.89 37.16
	100m:	1:04.91 33.92	200m:	2:16.14	36.25	300m:	3:28.73 36.63	400m:	4:42.49 36.60
10.	NOWAKOWSKI, Maksymilian		05	MKP „Warszawianka”				<b>4:47.63</b>	401
	50m:	30.98 30.98	150m:	1:42.87	36.40	250m:	2:57.26 37.27	350m:	4:12.04 37.45
	100m:	1:06.47 35.49	200m:	2:19.99	37.12	300m:	3:34.59 37.33	400m:	4:47.63 35.59
11.	MAŁEK, Filip		05	UKS WAWER Warszawa				<b>5:29.68</b>	266
	50m:	35.03 35.03	150m:	1:56.19	41.47	250m:	3:20.96 42.34	350m:	4:48.07 44.24
	100m:	1:14.72 39.69	200m:	2:38.62	42.43	300m:	4:03.83 42.87	400m:	5:29.68 41.61
12.	ZACHARJASIEWICZ, Antoni		04	UKS „GIM 92 Ursynów”				<b>5:29.96</b>	266
	50m:	35.52 35.52	150m:	1:59.44	42.53	250m:	3:24.50 42.45	350m:	4:49.98 42.29
	100m:	1:16.91 41.39	200m:	2:42.05	42.61	300m:	4:07.69 43.19	400m:	5:29.96 39.98
PK	NOWAK, Krzysztof		08	UKS „Skalar” Warszawa				<b>4:43.68</b>	418
	50m:	33.20 33.20	150m:	1:45.79	36.20	250m:	2:57.89 36.26	350m:	4:10.05 36.10
	100m:	1:09.59 36.39	200m:	2:21.63	35.84	300m:	3:33.95 36.06	400m:	4:43.68 33.63