

Otwarte Letnie Mistrzostwa Okręgu Łódzkiego 2021 oraz Letnie Mistrzostwa Masters  
 Łódź, 29. - 30.5.2021

Konkurencja 30  
 30.05.2021 - 11:09

Mężczyzn, 400m dowolny

12 lat i starsi  
 Wyniki

Punkty: FINA 2021

Pozycja			Rok ur.					Czas	Pkt.
<b>12 lat</b>									
1.	OLSZYCA Igor		09	UKS 190 Łódź				<b>5:07.81</b>	365
	50m:	35.87 35.87	150m:	1:54.81 39.77	250m:	3:13.40 39.35	350m:	4:31.96 39.23	
	100m:	1:15.04 39.17	200m:	2:34.05 39.24	300m:	3:52.73 39.33	400m:	5:07.81 35.85	
2.	SEK CI SKI Mateusz		09	MKS Trójka Łódź				<b>5:23.59</b>	314
	50m:	37.30 37.30	150m:	2:01.00 42.03	250m:	3:24.86 41.98	350m:	4:47.31 40.62	
	100m:	1:18.97 41.67	200m:	2:42.88 41.88	300m:	4:06.69 41.83	400m:	5:23.59 36.28	
3.	SZUBERT-OLSZACKI Piotr		09	KP Raw-Swim				<b>5:24.30</b>	312
	50m:	36.16 36.16	150m:	1:58.26 41.39	250m:	3:21.14 42.03	350m:	4:45.30 41.30	
	100m:	1:16.87 40.71	200m:	2:39.11 40.85	300m:	4:04.00 42.86	400m:	5:24.30 39.00	
<b>13 - 14 lat</b>									
1.	JÓ WIAK Tymoteusz		08	MKS Jedyńka Łódź				<b>4:33.48</b>	521
	50m:	30.94 30.94	150m:	1:39.14 34.18	250m:	2:49.45 35.19	350m:	3:59.50 35.21	
	100m:	1:04.96 34.02	200m:	2:14.26 35.12	300m:	3:24.29 34.84	400m:	4:33.48 33.98	
2.	KACPRZAK Marcel		07	UKS 190 Łódź				<b>4:40.36</b>	483
	50m:	33.09 33.09	150m:	1:44.92 36.14	250m:	2:57.16 35.94	350m:	4:08.30 35.20	
	100m:	1:08.78 35.69	200m:	2:21.22 36.30	300m:	3:33.10 35.94	400m:	4:40.36 32.06	
3.	GŁOWACKI Sebastian		07	UKS Nawa Skierniewice				<b>4:54.35</b>	417
	50m:	33.49 33.49	150m:	1:49.19 38.26	250m:	3:04.90 37.88	350m:	4:19.60 36.89	
	100m:	1:10.93 37.44	200m:	2:27.02 37.83	300m:	3:42.71 37.81	400m:	4:54.35 34.75	
4.	BOGATEK Bartłomiej		07	LKS „Opocznianka”				<b>5:01.77</b>	387
	50m:	35.24 35.24	150m:	1:53.46 39.65	250m:	3:10.23 38.87	350m:	4:26.65 37.28	
	100m:	1:13.81 38.57	200m:	2:31.36 37.90	300m:	3:49.37 39.14	400m:	5:01.77 35.12	
5.	SELDER Krystian		07	MKS Trójka Łódź				<b>5:06.49</b>	370
	50m:	34.46 34.46	150m:	1:51.18 38.67	250m:	3:09.64 39.12	350m:	4:28.07 38.66	
	100m:	1:12.51 38.05	200m:	2:30.52 39.34	300m:	3:49.41 39.77	400m:	5:06.49 38.42	
6.	PORADA Jan		08	UKS SP-149 Łódź				<b>5:13.56</b>	345
	50m:	37.47 37.47	150m:	1:57.34 40.06	250m:	3:17.33 39.72	350m:	4:36.27 39.19	
	100m:	1:17.28 39.81	200m:	2:37.61 40.27	300m:	3:57.08 39.75	400m:	5:13.56 37.29	
7.	GAJDA Jan		07	SKS 137 Delfin Łódź				<b>5:16.01</b>	337
	50m:	32.77 32.77	150m:	1:52.29 40.59	250m:	3:15.08 41.11	350m:	4:39.02 41.80	
	100m:	1:11.70 38.93	200m:	2:33.97 41.68	300m:	3:57.22 42.14	400m:	5:16.01 36.99	
8.	FERRARETTO Albert		08	UKS SP-149 Łódź				<b>5:31.94</b>	291
	50m:	37.32 37.32	150m:	2:04.02 43.54	250m:	3:28.97 42.32	350m:	4:53.33 41.67	
	100m:	1:20.48 43.16	200m:	2:46.65 42.63	300m:	4:11.66 42.69	400m:	5:31.94 38.61	
9.	KOWALSKI Oskar		08	OLIMPIJCZYK Tomaszów Mazowiecki				<b>5:33.85</b>	286
	50m:	36.77 36.77	150m:	2:02.10 43.74	250m:	3:28.34 43.02	350m:	4:54.22 42.29	
	100m:	1:18.36 41.59	200m:	2:45.32 43.22	300m:	4:11.93 43.59	400m:	5:33.85 39.63	
10.	GONISZEWSKI Emil		08	SKS 137 Delfin Łódź				<b>5:43.67</b>	262
	50m:	38.29 38.29	150m:	2:03.98 43.33	250m:	3:33.74 45.24	350m:	5:02.88 44.53	
	100m:	1:20.65 42.36	200m:	2:48.50 44.52	300m:	4:18.35 44.61	400m:	5:43.67 40.79	
<b>15 - 16 lat</b>									
1.	PŁOSZKA Kacper		05	MKS Jedyńka Łódź				<b>4:06.97</b>	707
	50m:	27.79 27.79	150m:	2:32.36 1:34.24	250m:	3:36.87 1:36.27	350m:		
	100m:	58.12 30.33	200m:	2:00.60	300m:	3:04.65	400m:	4:06.97	
2.	MOCHNAL Kacper		05	MKS Jedyńka Łódź				<b>4:18.84</b>	614
	50m:	1:34.20 1:34.20	150m:	2:41.15 1:39.84	250m:	3:47.86 1:39.60	350m:		
	100m:	1:01.31	200m:	2:08.26	300m:	3:15.85	400m:	4:18.84	

Otwarte Letnie Mistrzostwa Okręgu Łódzkiego 2021 oraz Letnie Mistrzostwa Masters  
 Łódź, 29. - 30.5.2021

Konkurencja 30, Chłopców, 400m dowolny, 15 - 16 lat

Pozycja			Rok ur.					Czas	Pkt.		
3.	JARCZEWSKI Franciszek		05	UKS 190 Łódź				<b>4:26.94</b>	560		
	50m:	30.67 30.67	150m:	1:37.31	33.71	250m:	2:45.51	33.92	350m:	3:53.75	33.89
	100m:	1:03.60 32.93	200m:	2:11.59	34.28	300m:	3:19.86	34.35	400m:	4:26.94	33.19
4.	ARENT Artur		05	MKS Jedyńka Łódź				<b>4:29.13</b>	546		
	50m:	31.27 31.27	150m:	1:40.70	35.03	250m:	2:49.16	34.01	350m:	3:57.43	34.23
	100m:	1:05.67 34.40	200m:	2:15.15	34.45	300m:	3:23.20	34.04	400m:	4:29.13	31.70
5.	WIDERSKI Julian		06	MKS Trójka Łódź				<b>4:35.02</b>	512		
	50m:	32.09 32.09	150m:	1:44.43	36.61	250m:	2:56.20	35.61	350m:	4:05.43	34.24
	100m:	1:07.82 35.73	200m:	2:20.59	36.16	300m:	3:31.19	34.99	400m:	4:35.02	29.59
6.	JANISZEWSKI Mateusz		06	UKS 190 Łódź				<b>4:35.72</b>	508		
	50m:	32.91 32.91	150m:	1:46.43	36.83	250m:	2:58.81	35.56	350m:	4:06.01	31.10
	100m:	1:09.60 36.69	200m:	2:23.25	36.82	300m:	3:34.91	36.10	400m:	4:35.72	29.71
7.	LEDZION Szymon		06	MKS Trójka Łódź				<b>4:41.97</b>	475		
	50m:	31.90 31.90	150m:	1:43.46	36.34	250m:	2:55.98	36.57	350m:	4:08.50	36.13
	100m:	1:07.12 35.22	200m:	2:19.41	35.95	300m:	3:32.37	36.39	400m:	4:41.97	33.47
8.	GO DZIK Kamil		05	UKS Nawa Skierniewice				<b>5:12.66</b>	348		
	50m:	34.50 34.50	150m:	1:54.09	40.67	250m:	3:14.68	40.29	350m:	4:34.66	39.93
	100m:	1:13.42 38.92	200m:	2:34.39	40.30	300m:	3:54.73	40.05	400m:	5:12.66	38.00

17 - 24 lat

1.	ZIELI SKI Konrad		03	UKS 190 Łódź				<b>4:13.75</b>	652		
	50m:	28.61 28.61	150m:	1:31.08	31.66	250m:	2:36.57	33.12	350m:	3:41.84	32.78
	100m:	59.42 30.81	200m:	2:03.45	32.37	300m:	3:09.06	32.49	400m:	4:13.75	31.91
2.	J DRYKA Nikodem		04	MKS Trójka Łódź				<b>4:15.34</b>	640		
	50m:	28.82 28.82	150m:	1:33.07	32.36	250m:	2:38.95	32.76	350m:	3:45.03	32.92
	100m:	1:00.71 31.89	200m:	2:06.19	33.12	300m:	3:12.11	33.16	400m:	4:15.34	30.31
3.	LE NIAK Maksymilian		04	UKS 190 Łódź				<b>4:17.02</b>	627		
	50m:	28.55 28.55	150m:	1:32.90	32.21	250m:	2:38.65	32.76	350m:	3:45.05	33.40
	100m:	1:00.69 32.14	200m:	2:05.89	32.99	300m:	3:11.65	33.00	400m:	4:17.02	31.97
4.	JASI SKI Jakub		03	MKS Jedyńka Łódź				<b>4:22.81</b>	587		
	50m:	30.26 30.26	150m:	1:36.40	33.13	250m:	2:43.39	33.08	350m:	3:50.04	32.95
	100m:	1:03.27 33.01	200m:	2:10.31	33.91	300m:	3:17.09	33.70	400m:	4:22.81	32.77
5.	STEFANOWSKI Bartosz		03	UKS Nawa Skierniewice				<b>4:29.13</b>	546		
	50m:	31.35 31.35	150m:	1:40.45	34.74	250m:	2:49.48	34.68	350m:	3:58.76	34.85
	100m:	1:05.71 34.36	200m:	2:14.80	34.35	300m:	3:23.91	34.43	400m:	4:29.13	30.37

Open Masters

1.	GROCHOWSKI Łukasz		91	Warsaw Masters Team				<b>5:26.16</b>	307		
	50m:	36.28 36.28	150m:	1:57.40	41.14	250m:	3:20.41	41.61	350m:	4:45.24	42.36
	100m:	1:16.26 39.98	200m:	2:38.80	41.40	300m:	4:02.88	42.47	400m:	5:26.16	40.92
2.	CHWIAŁKOWSKI Łukasz		85	MUKS Zgierz				<b>5:57.11</b>	234		
	50m:	37.75 37.75	150m:	2:04.34	44.25	250m:	3:37.86	46.99	350m:	5:12.97	47.16
	100m:	1:20.09 42.34	200m:	2:50.87	46.53	300m:	4:25.81	47.95	400m:	5:57.11	44.14
3.	DZIAREK Jacek		59	MUKS Zgierz				<b>6:15.96</b>	200		
	50m:	40.79 40.79	150m:	2:13.95	47.26	250m:	3:50.88	48.97	350m:		
	100m:	1:26.69 45.90	200m:	3:01.91	47.96	300m:	6:15.96	2:25.08	400m:	6:15.96	
4.	STACHURSKI Ireneusz		69	UKS "Dwójeczka" Cz stołowa				<b>6:49.49</b>	155		
	50m:	41.48 41.48	150m:	2:25.38	54.62	250m:	4:13.69	54.01	350m:	6:01.36	53.59
	100m:	1:30.76 49.28	200m:	3:19.68	54.30	300m:	5:07.77	54.08	400m:	6:49.49	48.13
5.	ADAMOWICZ Paweł		67	Klub Sportowy Mako				<b>7:15.30</b>	129		
	50m:	46.08 46.08	150m:	2:37.14	57.26	250m:	4:30.31	56.58	350m:	6:23.05	56.48
	100m:	1:39.88 53.80	200m:	3:33.73	56.59	300m:	5:26.57	56.26	400m:	7:15.30	52.25

Otwarte Letnie Mistrzostwa Okręgu Łódzkiego 2021 oraz Letnie Mistrzostwa Masters  
Łódź, 29. - 30.5.2021

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Konkurencja 30, M - mężczyźni, 400m dowolny

PK	POPOW Igor		06	KS „1” Oarów Mazowiecki		<b>4:42.72</b>	471					
	50m:	30.91	30.91	150m:	1:41.71	36.07	250m:	2:55.28	36.94	350m:	4:08.68	36.75
	100m:	1:05.64	34.73	200m:	2:18.34	36.63	300m:	3:31.93	36.65	400m:	4:42.72	34.04
PK	HARABASZ Jakub		07	Kaliski Klub Sportowy „Włókniarz” 192		<b>5:27.54</b>	303					
	50m:	35.64	35.64	150m:	1:59.18	42.48	250m:	3:24.22	42.78	350m:	4:50.17	42.54
	100m:	1:16.70	41.06	200m:	2:41.44	42.26	300m:	4:07.63	43.41	400m:	5:27.54	37.37
PK	URAWSKI Miłosz		07	Kaliski Klub Sportowy „Włókniarz” 192		<b>5:29.00</b>	299					
	50m:	37.36	37.36	150m:	2:00.97	41.97	250m:	3:25.22	42.34	350m:	4:50.14	42.99
	100m:	1:19.00	41.64	200m:	2:42.88	41.91	300m:	4:07.15	41.93	400m:	5:29.00	38.86