

Otwarte Letnie Mistrzostwa Okręgu Warszawsko Mazowieckiego
Warszawa, 25. - 26.6.2021

Konkurencja 14
25.06.2021 - 18:43

Mężczyźni, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2021

Pozycja			Rok ur.							Czas	Pkt.	
14 - 15 lat												
1.	GAWENDA, Bartłomiej		06	UKS 48 Warszawa różnie cie						5:22.08	433	
	50m:	31.79	31.79	150m:	1:55.03	45.64	250m:	3:24.12	46.10	350m:	4:46.80	35.67
	100m:	1:09.39	37.60	200m:	2:38.02	42.99	300m:	4:11.13	47.01	400m:	5:22.08	35.28
2.	SZYMANEK, Jakub		06	UKS G-8 Bielany Warszawa						5:27.57	412	
	50m:	32.95	32.95	150m:	1:52.29	40.53	250m:	3:22.01	49.36	350m:	4:50.98	39.74
	100m:	1:11.76	38.81	200m:	2:32.65	40.36	300m:	4:11.24	49.23	400m:	5:27.57	36.59
3.	JANKOWSKI, Mateusz		06	Squatina Ostrołęka						5:32.12	395	
	50m:	32.90	32.90	150m:	1:54.70	43.26	250m:	3:24.18	47.34	350m:	4:54.10	41.74
	100m:	1:11.44	38.54	200m:	2:36.84	42.14	300m:	4:12.36	48.18	400m:	5:32.12	38.02
4.	GONTARZ, Maciej		07	UKS Delfin Garwolin						6:11.62	282	
	50m:	37.99	37.99	150m:	2:13.48	50.03	250m:	3:55.94	54.13	350m:	5:31.56	42.97
	100m:	1:23.45	45.46	200m:	3:01.81	48.33	300m:	4:48.59	52.65	400m:	6:11.62	40.06
16 lat i starsi												
1.	GÓRECKI, Kamil		04	KP MZOS Płock						4:55.47	562	
	50m:	29.75	29.75	150m:	1:43.11	38.22	250m:	3:03.58	42.57	350m:	4:21.84	35.01
	100m:	1:04.89	35.14	200m:	2:21.01	37.90	300m:	3:46.83	43.25	400m:	4:55.47	33.63
2.	LINARD, Bartosz		04	IKS Konstancin						5:00.65	533	
	50m:	31.32	31.32	150m:	1:49.55	41.12	250m:	3:09.05	39.10	350m:	4:25.75	35.78
	100m:	1:08.43	37.11	200m:	2:29.95	40.40	300m:	3:49.97	40.92	400m:	5:00.65	34.90
3.	DZIERKACZ, Igor		05	UKS G-8 Bielany Warszawa						5:02.01	526	
	50m:	31.05	31.05	150m:	1:48.55	42.24	250m:	3:11.85	43.69	350m:	4:29.98	34.60
	100m:	1:06.31	35.26	200m:	2:28.16	39.61	300m:	3:55.38	43.53	400m:	5:02.01	32.03
4.	SKRZYNIARZ, Michał		04	UKS Delfin Garwolin						5:51.78	333	
	50m:	34.64	34.64	150m:	2:04.11	49.05	250m:	3:40.73	47.89	350m:	5:12.64	42.11
	100m:	1:15.06	40.42	200m:	2:52.84	48.73	300m:	4:30.53	49.80	400m:	5:51.78	39.14
5.	SOŁTAN, Piotr		75	Warsaw Masters Team						6:06.19	295	
	50m:	39.63	39.63	150m:	2:18.27	52.02	250m:	3:56.56	48.65	350m:	5:28.03	41.97
	100m:	1:26.25	46.62	200m:	3:07.91	49.64	300m:	4:46.06	49.50	400m:	6:06.19	38.16