

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

Konkurencja 32
26.06.2021 - 10:42

Mężczyzn, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2021

Pozycja			Rok ur.					Czas	Pkt.
14 - 15 lat									
1.	Fronczak Antoni		06	UKS G-8 Bielany Warszawa				4:24.29	577
	50m:	29.75	29.75	150m:	1:36.93	34.01	250m:	2:44.15	33.68
	100m:	1:02.92	33.17	200m:	2:10.47	33.54	300m:	3:18.57	34.42
							350m:	3:51.93	33.36
							400m:	4:24.29	32.36
2.	Rystwej Maksymilian		06	MKP „SŁOWIANKA” Gorzów Wlkp.				4:31.82	530
	50m:	29.08	29.08	150m:	1:37.93	34.83	250m:	2:47.23	34.42
	100m:	1:03.10	34.02	200m:	2:12.81	34.88	300m:	3:22.69	35.46
							350m:	3:57.81	35.12
							400m:	4:31.82	34.01
3.	Majewski Kacper		06	MKS „Jagiellonka” Warszawa				4:44.43	463
	50m:	31.14	31.14	150m:	1:41.85	35.99	250m:	2:54.48	35.64
	100m:	1:05.86	34.72	200m:	2:18.84	36.99	300m:	3:30.69	36.21
							350m:	4:08.14	37.45
							400m:	4:44.43	36.29
4.	Suliński Grzegorz		06	KP MZOS Płock				4:45.51	457
	50m:	31.94	31.94	150m:	1:44.29	36.77	250m:	2:58.35	37.15
	100m:	1:07.52	35.58	200m:	2:21.20	36.91	300m:	3:35.12	36.77
							350m:	4:11.61	36.49
							400m:	4:45.51	33.90
5.	Jabłoński Bartłomiej		07	Stowarzyszenie Hobby Sport				4:47.26	449
	50m:	31.22	31.22	150m:	1:43.12	36.94	250m:	2:58.06	38.00
	100m:	1:06.18	34.96	200m:	2:20.06	36.94	300m:	3:35.11	37.05
							350m:	4:12.65	37.54
							400m:	4:47.26	34.61
6.	Mastalerek Karol		07	UKS „GIM 92 Ursynów”				5:17.39	333
	50m:	33.85	33.85	150m:	1:54.22	40.90	250m:	3:17.09	41.47
	100m:	1:13.32	39.47	200m:	2:35.62	41.40	300m:	3:57.76	40.67
							350m:	4:37.70	39.94
							400m:	5:17.39	39.69
7.	Sławiński Jakub		07	UKS „Victoria Józefów”				5:37.66	276
	50m:	35.83	35.83	150m:	2:02.46	44.37	250m:	3:31.50	44.68
	100m:	1:18.09	42.26	200m:	2:46.82	44.36	300m:	4:15.67	44.17
							350m:	4:59.81	44.14
							400m:	5:37.66	37.85
16 lat i starsi									
1.	Płoszka Kacper		05	MKS Jedyńka Łódź				4:17.39	625
	50m:	28.19	28.19	150m:	1:32.58	32.95	250m:	2:39.43	33.23
	100m:	59.63	31.44	200m:	2:06.20	33.62	300m:	3:12.66	33.23
							350m:	3:46.26	33.60
							400m:	4:17.39	31.13
2.	Jankowski Antoni		05	MKP „SŁOWIANKA” Gorzów Wlkp.				4:20.65	601
	50m:	29.36	29.36	150m:	1:35.52	33.55	250m:	2:43.61	33.90
	100m:	1:01.97	32.61	200m:	2:09.71	34.19	300m:	3:17.58	33.97
							350m:	3:50.91	33.33
							400m:	4:20.65	29.74
3.	Mochnał Kacper		05	MKS Jedyńka Łódź				4:21.17	598
	50m:	30.37	30.37	150m:	1:37.64	34.22	250m:	2:45.48	34.53
	100m:	1:03.42	33.05	200m:	2:10.95	33.31	300m:	3:19.24	33.76
							350m:	3:52.39	33.15
							400m:	4:21.17	28.78
4.	Jasiński Jakub		03	MKS Jedyńka Łódź				4:22.14	591
	50m:	30.74	30.74	150m:	1:37.44	33.68	250m:	2:43.86	32.71
	100m:	1:03.76	33.02	200m:	2:11.15	33.71	300m:	3:16.96	33.10
							350m:	3:50.39	33.43
							400m:	4:22.14	31.75
5.	Lyskovich Artsiom		05	UKS G-8 Bielany Warszawa				4:22.87	586
	50m:	29.62	29.62	150m:	1:35.47	33.14	250m:	2:43.65	33.76
	100m:	1:02.33	32.71	200m:	2:09.89	34.42	300m:	3:18.16	34.51
							350m:	3:51.48	33.32
							400m:	4:22.87	31.39
6.	Doktór Mateusz		05	MKP „SŁOWIANKA” Gorzów Wlkp.				4:23.89	579
	50m:	29.67	29.67	150m:	1:35.94	33.50	250m:	2:43.52	33.62
	100m:	1:02.44	32.77	200m:	2:09.90	33.96	300m:	3:17.60	34.08
							350m:	3:51.29	33.69
							400m:	4:23.89	32.60
7.	Fatek Szymon		05	UKS G-8 Bielany Warszawa				4:25.85	567
	50m:	30.22	30.22	150m:	1:36.07	33.29	250m:	2:44.44	34.26
	100m:	1:02.78	32.56	200m:	2:10.18	34.11	300m:	3:18.36	33.92
							350m:	3:52.35	33.99
							400m:	4:25.85	33.50
8.	Sienkiewicz Ignacy		05	IKS Konstancin				4:26.04	566
	50m:	29.95	29.95	150m:	1:37.39	34.10	250m:	2:45.77	34.22
	100m:	1:03.29	33.34	200m:	2:11.55	34.16	300m:	3:19.60	33.83
							350m:	3:53.54	33.94
							400m:	4:26.04	32.50
9.	Dec Kacper		05	Uks Jagiellonia Swim				4:38.36	494
	50m:	29.14	29.14	150m:	1:39.43	36.36	250m:	2:52.22	36.10
	100m:	1:03.07	33.93	200m:	2:16.12	36.69	300m:	3:26.16	33.94
							350m:	4:03.36	37.20
							400m:	4:38.36	35.00

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

Konkurencja 32, Mężczyźni, 400m dowolny, 16 lat i starsi

Pozycja			Rok ur.				Czas				Pkt.	
10.	Sitnik Jakub		03				UKS Delfin Garwolin				4:57.43	405
	50m:	31.39	31.39	150m:	1:44.85	38.03	250m:	3:02.47	38.86	350m:	4:20.89	39.77
	100m:	1:06.82	35.43	200m:	2:23.61	38.76	300m:	3:41.12	38.65	400m:	4:57.43	36.54
11.	Sołtan Piotr		75				Warsaw Masters Team				5:12.56	349
	50m:	36.00	36.00	150m:	1:55.50	40.21	250m:	3:15.86	39.89	350m:	4:35.65	39.70
	100m:	1:15.29	39.29	200m:	2:35.97	40.47	300m:	3:55.95	40.09	400m:	5:12.56	36.91
12.	Komiński Jan		66				Water Squad				5:40.86	269
	50m:	37.51	37.51	150m:	2:03.32	43.74	250m:	3:31.97	44.17	350m:	4:59.29	43.49
	100m:	1:19.58	42.07	200m:	2:47.80	44.48	300m:	4:15.80	43.83	400m:	5:40.86	41.57
13.	Chrostowski Marcin		89				Warsaw Masters Team				6:41.54	164
	50m:	44.15	44.15	150m:	2:25.38	51.27	250m:	4:09.85	52.57	350m:	5:53.63	51.80
	100m:	1:34.11	49.96	200m:	3:17.28	51.90	300m:	5:01.83	51.98	400m:	6:41.54	47.91
14.	Dubicki Bogdan		53				Legia Warszawa				7:26.18	119
	50m:	42.34	42.34	150m:	2:26.24	54.65	250m:	4:24.97	59.94	350m:	6:27.37	1:01.54
	100m:	1:31.59	49.25	200m:	3:25.03	58.79	300m:	5:25.83	1:00.86	400m:	7:26.18	58.81
15.	Adamowicz Paweł		67				Klub Sportowy Mako				7:59.08	96
	50m:	50.52	50.52	150m:	2:53.67	1:02.96	250m:	4:59.37	1:02.52	350m:	7:03.30	1:03.10
	100m:	1:50.71	1:00.19	200m:	3:56.85	1:03.18	300m:	6:00.20	1:00.83	400m:	7:59.08	55.78