

Otwarte Jesienne Mistrzostwa Okręgu Warszawsko Mazowieckiego
Raszyn, 17.11.2021

Konkurencja 34
17.11.2021 - 17:12

Mężczyzn, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2021

Pozycja			Rok ur.					Czas	Pkt.
14 - 15 lat									
1.	SZMYTKE, Bartosz		07	UKS oliborz				4:17.18	562
	50m:	28.59 28.59	150m:	1:33.57	32.71	250m:	2:39.57 33.20	350m:	3:45.79 33.00
	100m:	1:00.86 32.27	200m:	2:06.37	32.80	300m:	3:12.79 33.22	400m:	4:17.18 31.39
2.	LE NIEWSKI, Wiktor		06	UKP „Polonia Warszawa”				4:21.91	532
	50m:	29.50 29.50	150m:			250m:	2:42.67	350m:	3:48.65 32.82
	100m:	1:02.32 32.82	200m:			300m:	3:15.83 33.16	400m:	4:21.91 33.26
3.	LUCOW, Jan		06	UKP „Polonia Warszawa”				4:25.32	511
	50m:	29.12 29.12	150m:	1:34.76	33.97	250m:	2:43.02 34.02	350m:	3:51.62 34.08
	100m:	1:00.79 31.67	200m:	2:09.00	34.24	300m:	3:17.54 34.52	400m:	4:25.32 33.70
4.	CUR, Kacper		07	UKS „GIM 92 Ursynów”				4:28.75	492
	50m:	30.87 30.87	150m:	1:39.54	34.62	250m:	2:48.33 34.50	350m:	3:57.29 34.21
	100m:	1:04.92 34.05	200m:	2:13.83	34.29	300m:	3:23.08 34.75	400m:	4:28.75 31.46
5.	MADEY, Konrad		06	UKS GOS Raszyn				4:33.46	467
	50m:	29.85 29.85	150m:	2:11.40	1:09.38	250m:	3:22.33 35.81	350m:	3:57.98
	100m:	1:02.02 32.17	200m:	2:46.52	35.12	300m:		400m:	4:33.46 35.48
6.	WESTIN, Michał		06	UKS Manta Warszawa Włochy				4:36.13	454
	50m:	32.26 32.26	150m:	1:43.76	36.06	250m:	2:54.60 35.22	350m:	4:03.95 34.13
	100m:	1:07.70 35.44	200m:	2:19.38	35.62	300m:	3:29.82 35.22	400m:	4:36.13 32.18
7.	SZYMCZYK, Jan		06	UKS GOS Raszyn				4:37.65	446
	50m:	30.04 30.04	150m:	1:39.99	35.61	250m:	2:51.91 36.15	350m:	4:02.59 33.84
	100m:	1:04.38 34.34	200m:	2:15.76	35.77	300m:	3:28.75 36.84	400m:	4:37.65 35.06
8.	PTASZY SKI, Łukasz		06	UKS Manta Warszawa Włochy				4:38.10	444
	50m:	32.76 32.76	150m:	1:44.98	36.12	250m:	2:56.77 35.63	350m:	4:05.78 33.58
	100m:	1:08.86 36.10	200m:	2:21.14	36.16	300m:	3:32.20 35.43	400m:	4:38.10 32.32
9.	KRUPA, Borys		06	UKP „Polonia Warszawa”				4:46.47	406
	50m:	31.01 31.01	150m:	1:42.04	35.59	250m:	2:54.88 36.55	350m:	4:09.86 37.44
	100m:	1:06.45 35.44	200m:	2:18.33	36.29	300m:	3:32.42 37.54	400m:	4:46.47 36.61
10.	CYGA SKI, Krzysztof		07	UKS „GIM 92 Ursynów”				4:47.78	401
	50m:	32.91 32.91	150m:	1:47.43	37.51	250m:	3:02.14 37.26	350m:	4:14.79 36.48
	100m:	1:09.92 37.01	200m:	2:24.88	37.45	300m:	3:38.31 36.17	400m:	4:47.78 32.99
11.	STA KIEWICZ, Wiktor		07	MKP „Warszawianka”				4:53.21	379
	50m:	32.35 32.35	150m:	1:47.23	38.22	250m:	3:02.11 37.41	350m:	4:17.35 37.24
	100m:	1:09.01 36.66	200m:	2:24.70	37.47	300m:	3:40.11 38.00	400m:	4:53.21 35.86
12.	ŁAGODZKI, Damian		06	UKS Manta Warszawa Włochy				4:53.48	378
	50m:	32.58 32.58	150m:	1:45.44	37.28	250m:	3:01.80 38.08	350m:	4:16.71 37.01
	100m:	1:08.16 35.58	200m:	2:23.72	38.28	300m:	3:39.70 37.90	400m:	4:53.48 36.77
13.	LUBOI SKI, Mateusz		07	UKS oliborz				4:53.72	377
	50m:	32.49 32.49	150m:	1:47.25	37.78	250m:	3:02.14 37.39	350m:	
	100m:	1:09.47 36.98	200m:	2:24.75	37.50	300m:	4:53.72 1:51.58	400m:	4:53.72
14.	KACZOROWSKI, Miłosz		07	UKS Delfin Garwolin				5:16.88	300
	50m:	34.23 34.23	150m:	1:53.25	39.64	250m:	3:15.94 42.20	350m:	4:37.87 41.65
	100m:	1:13.61 39.38	200m:	2:33.74	40.49	300m:	3:56.22 40.28	400m:	5:16.88 39.01
16 lat i starsi									
1.	KONARSKI, Maciej		04	UKS „GIM 92 Ursynów”				4:01.75	676
	50m:	27.22 27.22	150m:	1:28.65	31.27	250m:	2:31.91 32.01	350m:	3:33.38 30.36
	100m:	57.38 30.16	200m:	1:59.90	31.25	300m:	3:03.02 31.11	400m:	4:01.75 28.37
2.	BARCZYK, Jakub		05	UKS Manta Warszawa Włochy				4:11.68	599
	50m:	27.60 27.60	150m:	1:29.74	31.59	250m:	2:34.66 32.74	350m:	3:40.82 33.02
	100m:	58.15 30.55	200m:	2:01.92	32.18	300m:	3:07.80 33.14	400m:	4:11.68 30.86

Otwarte Jesienne Mistrzostwa Okręgu Warszawsko Mazowieckiego
 Raszyn, 17.11.2021

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

Pozycja			Rok ur.						Czas	Pkt.
3.	DZIEWGU, Benjamin		05	UKS „GIM 92 Ursynów”				4:12.16	596	
	50m:	28.50 28.50	150m:	1:31.98 32.15	250m:	2:37.85 32.78	350m:	3:42.52 31.66		
	100m:	59.83 31.33	200m:	2:05.07 33.09	300m:	3:10.86 33.01	400m:	4:12.16 29.64		
4.	APTEWICZ, Arkadiusz		93	UKS Manta Warszawa Włochy				4:18.83	551	
	50m:	30.28 30.28	150m:	1:36.42 33.26	250m:	2:42.34 32.82	350m:	3:47.91 32.76		
	100m:	1:03.16 32.88	200m:	2:09.52 33.10	300m:	3:15.15 32.81	400m:	4:18.83 30.92		
5.	PTAK, Jan		05	UKS „GIM 92 Ursynów”				4:21.49	534	
	50m:	28.43 28.43	150m:	1:34.11 33.31	250m:	2:40.54 33.09	350m:	3:48.38 34.03		
	100m:	1:00.80 32.37	200m:	2:07.45 33.34	300m:	3:14.35 33.81	400m:	4:21.49 33.11		
6.	MALCZEWSKI, Szymon		05	UKS Manta Warszawa Włochy				4:34.72	461	
	50m:	30.48 30.48	150m:	1:40.19 35.16	250m:	2:51.23 35.55	350m:	4:01.31 34.54		
	100m:	1:05.03 34.55	200m:	2:15.68 35.49	300m:	3:26.77 35.54	400m:	4:34.72 33.41		
PK D	BROWSKI, Adam		08	UKS 307				4:48.18	399	
	50m:	33.27 33.27	150m:	1:46.88 37.17	250m:	3:01.35 37.43	350m:	4:14.22 35.97		
	100m:	1:09.71 36.44	200m:	2:23.92 37.04	300m:	3:38.25 36.90	400m:	4:48.18 33.96		
PK	JARECKI, Bartosz		08	UKS 48 Warszawa ródmi cie				4:48.43	398	
	50m:	32.57 32.57	150m:	1:45.95 36.78	250m:	3:00.57 37.11	350m:	4:14.20 36.24		
	100m:	1:09.17 36.60	200m:	2:23.46 37.51	300m:	3:37.96 37.39	400m:	4:48.43 34.23		
PK	BAŁABAN, Antoni		08	UKS 48 Warszawa ródmi cie				4:55.91	369	
	50m:	33.32 33.32	150m:	1:46.73 37.22	250m:	3:02.27 37.56	350m:	4:18.85 38.19		
	100m:	1:09.51 36.19	200m:	2:24.71 37.98	300m:	3:40.66 38.39	400m:	4:55.91 37.06		
PK	ROZBICKI, Kacper		08	UKS 48 Warszawa ródmi cie				4:57.62	362	
	50m:	33.82 33.82	150m:	1:49.67 38.01	250m:	3:05.84 38.22	350m:	4:21.33 37.67		
	100m:	1:11.66 37.84	200m:	2:27.62 37.95	300m:	3:43.66 37.82	400m:	4:57.62 36.29		