

Otwarte Wiosenne Mistrzostwa Okręgu Warszawsko-Mazowieckiego  
Raszyn, 22.4.2022

Konkurencja 34  
22.04.2022 - 15:14

Mężczyzn, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2021

Pozycja					Rok ur.					Czas	Pkt.	
<b>14 - 15 lat</b>												
1.	CIECHANOWSKI, Stanisław				07	Mokotowski UKP Warszawianka- Wodny				<b>4:33.48</b>	467	
	50m:	29.54	29.54	150m:	1:36.42	34.36	250m:	2:47.07	35.25	350m:	3:58.71	35.72
	100m:	1:02.06	32.52	200m:	2:11.82	35.40	300m:	3:22.99	35.92	400m:	4:33.48	34.77
2.	BOCHE SKI, Tomasz				08	UKS WAWER Warszawa				<b>4:46.06</b>	408	
	50m:	31.35	31.35	150m:	1:43.74	37.13	250m:	2:57.63	36.75	350m:	4:10.74	36.10
	100m:	1:06.61	35.26	200m:	2:20.88	37.14	300m:	3:34.64	37.01	400m:	4:46.06	35.32
3.	OSÓBKA-MORAWSKI, Eryk				08	UKP „Polonia Warszawa”				<b>4:46.50</b>	406	
	50m:	29.99	29.99	150m:	1:41.61	36.58	250m:	2:56.46	37.36	350m:	4:12.57	37.85
	100m:	1:05.03	35.04	200m:	2:19.10	37.49	300m:	3:34.72	38.26	400m:	4:46.50	33.93
4.	OL DZKI, Daniel				08	UKP „Polonia Warszawa”				<b>4:46.92</b>	404	
	50m:	29.32	29.32	150m:	1:41.94	37.62	250m:	2:56.99	37.78	350m:	4:12.90	38.15
	100m:	1:04.32	35.00	200m:	2:19.21	37.27	300m:	3:34.75	37.76	400m:	4:46.92	34.02
5.	TRAUTZEL, Maksymilian				08	UKS H2O Warszawa				<b>4:48.95</b>	396	
	50m:	32.87	32.87	150m:	1:44.92	35.90	250m:	2:57.47	36.71	350m:	4:12.74	37.32
	100m:	1:09.02	36.15	200m:	2:20.76	35.84	300m:	3:35.42	37.95	400m:	4:48.95	36.21
6.	WASIELEWSKI, Krzysztof				07	Mokotowski UKP Warszawianka- Wodny				<b>4:52.58</b>	381	
	50m:	32.68	32.68	150m:	1:45.98	37.00	250m:	3:01.22	37.99	350m:	4:16.50	37.47
	100m:	1:08.98	36.30	200m:	2:23.23	37.25	300m:	3:39.03	37.81	400m:	4:52.58	36.08
7.	STA KIEWICZ, Wiktor				07	Mokotowski UKP Warszawianka- Wodny				<b>4:53.55</b>	378	
	50m:	32.92	32.92	150m:	1:46.71	37.23	250m:	3:00.78	36.37	350m:	4:16.10	38.10
	100m:	1:09.48	36.56	200m:	2:24.41	37.70	300m:	3:38.00	37.22	400m:	4:53.55	37.45
8.	KACZOROWSKI, Miłosz				07	UKS Delfin Garwolin				<b>5:00.04</b>	354	
	50m:	33.07	33.07	150m:	1:49.18	38.28	250m:	3:07.52	39.58	350m:	4:23.97	37.95
	100m:	1:10.90	37.83	200m:	2:27.94	38.76	300m:	3:46.02	38.50	400m:	5:00.04	36.07
9.	CIURA, Robert				08	UKP „Polonia Warszawa”				<b>5:02.43</b>	345	
	50m:	32.09	32.09	150m:	1:47.52	38.15	250m:	3:04.76	38.89	350m:	4:25.28	40.03
	100m:	1:09.37	37.28	200m:	2:25.87	38.35	300m:	3:45.25	40.49	400m:	5:02.43	37.15
10.	PATUCHA, Stanisław				07	UKP „Polonia Warszawa”				<b>5:19.07</b>	294	
	50m:	31.86	31.86	150m:	1:48.54	39.11	250m:	3:12.05	42.34	350m:	4:38.12	43.71
	100m:	1:09.43	37.57	200m:	2:29.71	41.17	300m:	3:54.41	42.36	400m:	5:19.07	40.95
11.	RÓYCKI, Jan				08	UKS H2O Warszawa				<b>5:23.98</b>	281	
	50m:	34.94	34.94	150m:	1:55.78	41.12	250m:	3:19.59	42.07	350m:	4:44.17	42.40
	100m:	1:14.66	39.72	200m:	2:37.52	41.74	300m:	4:01.77	42.18	400m:	5:23.98	39.81
12.	SZLENDAK-ROTTER, Aleksander				08	UKS H2O Warszawa				<b>5:33.20</b>	258	
	50m:	36.96	36.96	150m:	2:01.29	42.16	250m:	3:27.37	42.98	350m:	4:54.18	43.29
	100m:	1:19.13	42.17	200m:	2:44.39	43.10	300m:	4:10.89	43.52	400m:	5:33.20	39.02
<b>16 lat i starsi</b>												
1.	SIENKIEWICZ, Ignacy				05	IKS Konstancin				<b>4:11.61</b>	600	
	50m:	28.87	28.87	150m:	1:31.84	31.98	250m:	2:35.99	31.84	350m:	3:40.19	32.13
	100m:	59.86	30.99	200m:	2:04.15	32.31	300m:	3:08.06	32.07	400m:	4:11.61	31.42
2.	URBA SKI, Maciej				06	Mokotowski UKP Warszawianka- Wodny				<b>4:34.77</b>	460	
	50m:	31.01	31.01	150m:	1:39.76	34.85	250m:	2:50.42	35.73	350m:	4:00.99	35.34
	100m:	1:04.91	33.90	200m:	2:14.69	34.93	300m:	3:25.65	35.23	400m:	4:34.77	33.78