

Ciechanów, 4. - 5.3.2023

Konkurencja 10
04.03.2023 - 13:13

M czyzn, 400m dowolny

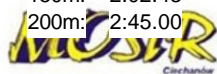
11 lat i starsi
Wyniki

Punkty: FINA 2022

| Pozycja | Rok ur. | Czas | Pkt. |
|---|-------------------------|---------------------|---------------------|
| 11 lat | | | |
| 1. GIECZEWSKI, Julian | 12 UKS „Frog” Gi ycko | 5:49.58 | 223 |
| 50m: 40.04 40.04 | 150m: 2:08.53 44.52 | 250m: 3:38.25 44.44 | 350m: 5:07.70 44.86 |
| 100m: 1:24.01 43.97 | 200m: 2:53.81 45.28 | 300m: 4:22.84 44.59 | 400m: 5:49.58 41.88 |
| 2. LANGA, Marcel | 12 UKS „Ósemka” Toru | 6:02.22 | 201 |
| 50m: 39.29 39.29 | 150m: 2:09.66 45.96 | 250m: 3:42.74 46.51 | 350m: 5:14.94 45.64 |
| 100m: 1:23.70 44.41 | 200m: 2:56.23 46.57 | 300m: 4:29.30 46.56 | 400m: 6:02.22 47.28 |
| 3. TUNKIEWICZ, Piotr | 12 MTP Kormoran Olsztyn | 6:18.03 | 176 |
| 50m: 42.06 42.06 | 150m: 2:18.94 48.36 | 250m: 3:56.47 49.71 | 350m: 5:32.73 47.86 |
| 100m: 1:30.58 48.52 | 200m: 3:06.76 47.82 | 300m: 4:44.87 48.40 | 400m: 6:18.03 45.30 |
| 4. NARKIEWICZ, Jan | 12 UKS „Ósemka” Toru | 6:30.67 | 160 |
| 50m: 43.20 43.20 | 150m: 2:22.66 49.46 | 250m: 4:00.77 48.91 | 350m: 5:39.89 51.13 |
| 100m: 1:33.20 50.00 | 200m: 3:11.86 49.20 | 300m: 4:48.76 47.99 | 400m: 6:30.67 50.78 |
| 5. BEJGER, Michał | 12 UKS „Ósemka” Toru | 6:31.08 | 159 |
| 50m: 42.24 42.24 | 150m: 2:21.14 50.11 | 250m: 4:04.01 51.64 | 350m: 5:45.99 50.26 |
| 100m: 1:31.03 48.79 | 200m: 3:12.37 51.23 | 300m: 4:55.73 51.72 | 400m: 6:31.08 45.09 |
| DYSKW. OSIAŁ, Krzysztof | 12 UKS dwójka Sochaczew | | |
| <i>O2 - Pływak nie uko czył całego dystansu</i> | | | |
| 50m: 47.07 47.07 | 150m: 2:44.63 59.59 | 250m: 4:43.42 59.87 | 350m: 6:36.20 52.93 |
| 100m: 1:45.04 57.97 | 200m: 3:43.55 58.92 | 300m: 5:43.27 59.85 | 400m: |

12 lat

| | | | |
|-----------------------|--------------------------------------|---------------------|---------------------|
| 1. SZOK, Filip | 11 MKS Ochota Warszawa | 5:07.59 | 328 |
| 50m: 35.65 35.65 | 150m: 1:54.07 39.44 | 250m: 3:12.96 39.78 | 350m: 4:30.61 39.14 |
| 100m: 1:14.63 38.98 | 200m: 2:33.18 39.11 | 300m: 3:51.47 38.51 | 400m: 5:07.59 36.98 |
| 2. R BIAŁKOWSKI, Adam | 11 TP Olimpijczyk Aleksandrów Łódzki | 5:16.39 | 301 |
| 50m: 34.03 34.03 | 150m: 1:53.22 40.37 | 250m: 3:16.37 41.16 | 350m: 4:36.97 40.30 |
| 100m: 1:12.85 38.82 | 200m: 2:35.21 41.99 | 300m: 3:56.67 40.30 | 400m: 5:16.39 39.42 |
| 3. SZYMANEK, Marcin | 11 UKS G-8 Bielany | 5:26.20 | 275 |
| 50m: 34.04 34.04 | 150m: 1:56.58 42.11 | 250m: 3:21.66 42.55 | 350m: 4:45.10 41.59 |
| 100m: 1:14.47 40.43 | 200m: 2:39.11 42.53 | 300m: 4:03.51 41.85 | 400m: 5:26.20 41.10 |
| 4. JADCAK, Wojciech | 11 DOKiS SP Vega Dobrodzie | 5:30.50 | 264 |
| 50m: 37.92 37.92 | 150m: 2:02.43 42.82 | 250m: 3:27.54 42.54 | 350m: 4:51.47 41.73 |
| 100m: 1:19.61 41.69 | 200m: 2:45.00 42.57 | 300m: 4:09.74 42.20 | 400m: 5:30.50 39.03 |



Ciechanów, 4. - 5.3.2023

Konkurencja 10, Chłopców, 400m dowolny, 12 lat

| Pozycja | | | Rok ur. | | | | Czas | | Pkt. |
|---------|----------------|---------------|----------------------------|---------------|-------|---------------|----------------|-----------------|------|
| 5. | KOZIAN, Maciej | | 11 Klub Pływacki Ciechanów | | | | 6:35.61 | | 154 |
| | 50m: | 38.95 38.95 | 150m: | 2:12.61 47.36 | 250m: | 3:49.47 49.42 | 350m: | 5:20.47 43.77 | |
| | 100m: | 1:25.25 46.30 | 200m: | 3:00.05 47.44 | 300m: | 4:36.70 47.23 | 400m: | 6:35.61 1:15.14 | |

13 lat

| | | | | | | | | | |
|----|-------------------|---------------|----------------------------|---------------|-------|---------------|----------------|-----------------|-----|
| 1. | PARDO, Kornel | | 10 UKS „Frog” Gi ycko | | | | 4:33.76 | | 466 |
| | 50m: | 30.09 30.09 | 150m: | 1:39.47 34.61 | 250m: | 2:50.69 35.53 | 350m: | 4:00.11 34.51 | |
| | 100m: | 1:04.86 34.77 | 200m: | 2:15.16 35.69 | 300m: | 3:25.60 34.91 | 400m: | 4:33.76 33.65 | |
| 2. | BUDZISZ, Szymon | | 10 MTP Kormoran Olsztyn | | | | 4:42.68 | | 423 |
| | 50m: | 32.21 32.21 | 150m: | 1:43.74 36.31 | 250m: | 2:56.84 36.77 | 350m: | 4:08.86 35.73 | |
| | 100m: | 1:07.43 35.22 | 200m: | 2:20.07 36.33 | 300m: | 3:33.13 36.29 | 400m: | 4:42.68 33.82 | |
| 3. | TOPA, Daniel | | 10 MTP Kormoran Olsztyn | | | | 5:06.32 | | 332 |
| | 50m: | 35.95 35.95 | 150m: | 1:53.98 39.30 | 250m: | 3:12.77 39.58 | 350m: | 4:32.20 39.72 | |
| | 100m: | 1:14.68 38.73 | 200m: | 2:33.19 39.21 | 300m: | 3:52.48 39.71 | 400m: | 5:06.32 34.12 | |
| 4. | SOWI SKI, Mikołaj | | 10 Klub Pływacki Ciechanów | | | | 6:21.79 | | 171 |
| | 50m: | 43.80 43.80 | 150m: | 2:23.22 49.83 | 250m: | 4:03.52 51.12 | 350m: | 5:40.01 48.64 | |
| | 100m: | 1:33.39 49.59 | 200m: | 3:12.40 49.18 | 300m: | 4:51.37 47.85 | 400m: | 6:21.79 41.78 | |
| 5. | MICHALEC, Szymon | | 10 UKS Delfin Garwolin | | | | 6:50.62 | | 138 |
| | 50m: | 34.35 34.35 | 150m: | 1:51.34 39.32 | 250m: | 3:12.97 41.21 | 350m: | 4:35.01 40.25 | |
| | 100m: | 1:12.02 37.67 | 200m: | 2:31.76 40.42 | 300m: | 3:54.76 41.79 | 400m: | 6:50.62 2:15.61 | |

14 lat

| | | | | | | | | | |
|----|---------------------|---------------|-------------------------------|---------------|-------|---------------|----------------|---------------|-----|
| 1. | SŁABEK, Wiktor | | 09 GKS „CARTUSIA” w Kartuzach | | | | 4:33.28 | | 468 |
| | 50m: | 30.82 30.82 | 150m: | 1:40.33 34.88 | 250m: | 2:50.49 34.87 | 350m: | 4:00.27 34.65 | |
| | 100m: | 1:05.45 34.63 | 200m: | 2:15.62 35.29 | 300m: | 3:25.62 35.13 | 400m: | 4:33.28 33.01 | |
| 2. | SZANIAWSKI, Hubert | | 09 UKS Delfin Garwolin | | | | 5:13.22 | | 311 |
| | 50m: | 32.00 32.00 | 150m: | 1:46.42 38.17 | 250m: | 3:06.38 40.33 | 350m: | 4:30.10 42.05 | |
| | 100m: | 1:08.25 36.25 | 200m: | 2:26.05 39.63 | 300m: | 3:48.05 41.67 | 400m: | 5:13.22 43.12 | |
| 3. | CZUPRYN, Aleksander | | 09 KP Płetwal Mława | | | | 5:14.55 | | 307 |
| | 50m: | 34.29 34.29 | 150m: | 1:55.30 40.38 | 250m: | 3:16.50 40.86 | 350m: | 4:36.85 40.04 | |
| | 100m: | 1:14.92 40.63 | 200m: | 2:35.64 40.34 | 300m: | 3:56.81 40.31 | 400m: | 5:14.55 37.70 | |
| 4. | POPIOŁEK, Mieszko | | 09 MTP Kormoran Olsztyn | | | | 6:08.94 | | 190 |
| | 50m: | 40.75 40.75 | 150m: | 2:12.13 46.59 | 250m: | 3:46.27 46.70 | 350m: | 5:19.81 45.92 | |
| | 100m: | 1:25.54 44.79 | 200m: | 2:59.57 47.44 | 300m: | 4:33.89 47.62 | 400m: | 6:08.94 49.13 | |



Ciechanów, 4. - 5.3.2023

Konkurencja 10, M cżyn, 400m dowolny

15 lat

| | | | | | |
|----|----------------------|---------------------|-------------------------|---------------------|-----|
| 1. | POL, Witold | 08 | UKS Fala Nieporet | 4:33.62 | 466 |
| | 50m: 30.22 30.22 | 150m: 1:37.97 34.30 | 250m: 2:48.52 35.50 | 350m: 3:59.41 35.14 | |
| | 100m: 1:03.67 33.45 | 200m: 2:13.02 35.05 | 300m: 3:24.27 35.75 | 400m: 4:33.62 34.21 | |
| 2. | GEBAUER, Wolfgang | 08 | MTP Kormoran Olsztyn | 4:33.87 | 465 |
| | 50m: 31.17 31.17 | 150m: 1:40.61 34.98 | 250m: 2:50.25 34.60 | 350m: 4:00.16 35.00 | |
| | 100m: 1:05.63 34.46 | 200m: 2:15.65 35.04 | 300m: 3:25.16 34.91 | 400m: 4:33.87 33.71 | |
| 3. | STANISŁAWSKI, Bła ej | 08 | Ks Assa | 4:45.67 | 410 |
| | 50m: 32.13 32.13 | 150m: 1:44.13 36.08 | 250m: 2:57.36 36.66 | 350m: 4:10.12 36.39 | |
| | 100m: 1:08.05 35.92 | 200m: 2:20.70 36.57 | 300m: 3:33.73 36.37 | 400m: 4:45.67 35.55 | |
| 4. | JURSKI, Franciszek | 08 | Klub Pływacki Ciechanów | 4:48.33 | 398 |
| | 50m: 31.16 31.16 | 150m: 1:44.58 37.31 | 250m: 2:59.99 37.59 | 350m: 4:14.82 37.29 | |
| | 100m: 1:07.27 36.11 | 200m: 2:22.40 37.82 | 300m: 3:37.53 37.54 | 400m: 4:48.33 33.51 | |
| 5. | MADEY, Ryszard | 08 | UKS GOS Raszyn | 4:52.90 | 380 |
| | 50m: 31.21 31.21 | 150m: 1:42.57 36.23 | 250m: 2:57.51 38.03 | 350m: 4:14.91 39.15 | |
| | 100m: 1:06.34 35.13 | 200m: 2:19.48 36.91 | 300m: 3:35.76 38.25 | 400m: 4:52.90 37.99 | |
| 6. | WAWRZOS, Dawid | 08 | UKS „Frog” Gi ycko | 5:01.68 | 348 |
| | 50m: 33.53 33.53 | 150m: 1:49.09 38.48 | 250m: 3:05.64 37.91 | 350m: 4:24.35 39.57 | |
| | 100m: 1:10.61 37.08 | 200m: 2:27.73 38.64 | 300m: 3:44.78 39.14 | 400m: 5:01.68 37.33 | |
| 7. | KAMI SKI, Szymon | 08 | UKP Jedyńka Elbl g | 5:07.34 | 329 |
| | 50m: 33.20 33.20 | 150m: 1:50.44 39.22 | 250m: 3:09.24 39.26 | 350m: 4:28.50 39.86 | |
| | 100m: 1:11.22 38.02 | 200m: 2:29.98 39.54 | 300m: 3:48.64 39.40 | 400m: 5:07.34 38.84 | |
| 8. | WIATROWSKI, Marcel | 08 | SSP „Orka” Iława | 5:07.71 | 328 |
| | 50m: 33.52 33.52 | 150m: 1:50.34 39.23 | 250m: 3:10.62 40.47 | 350m: 4:30.07 39.47 | |
| | 100m: 1:11.11 37.59 | 200m: 2:30.15 39.81 | 300m: 3:50.60 39.98 | 400m: 5:07.71 37.64 | |

16 lat i starsi

| | | | | | |
|----|------------------------|---------------------|--------------------------|---------------------|-----|
| 1. | CHMIELEWSKI, Krzysztof | 04 | IUKS „Muszelka” Warszawa | 4:03.25 | 664 |
| | 50m: 27.92 27.92 | 150m: 1:29.29 30.92 | 250m: 2:31.41 31.02 | 350m: 3:34.05 31.33 | |
| | 100m: 58.37 30.45 | 200m: 2:00.39 31.10 | 300m: 3:02.72 31.31 | 400m: 4:03.25 29.20 | |
| 2. | LARY , Jerzy | 06 | IUKS „Muszelka” Warszawa | 4:09.97 | 612 |
| | 50m: 29.77 29.77 | 150m: 1:33.53 31.94 | 250m: 2:37.11 31.19 | 350m: 3:39.62 31.32 | |
| | 100m: 1:01.59 31.82 | 200m: 2:05.92 32.39 | 300m: 3:08.30 31.19 | 400m: 4:09.97 30.35 | |
| 3. | CHMIELEWSKI, Michał | 04 | IUKS „Muszelka” Warszawa | 4:10.07 | 611 |
| | 50m: 29.64 29.64 | 150m: 1:34.16 32.31 | 250m: 2:37.41 31.16 | 350m: 3:40.06 31.43 | |
| | 100m: 1:01.85 32.21 | 200m: 2:06.25 32.09 | 300m: 3:08.63 31.22 | 400m: 4:10.07 30.01 | |



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Konkurencja 10, M cżyn, 400m dowolny, 16 lat i starsi

| Pozycja | | | Rok ur. | | | | | | Czas | Pkt. | |
|---------|-------------------------|---------------|---------|---------|------------------------------------|-------|---------|-------|----------------|---------|-------|
| 4. | SZMYTKE, Bartosz | | 07 | | UKS G-8 Bielany | | | | 4:13.95 | 583 | |
| | 50m: | 28.76 28.76 | 150m: | 1:33.42 | 32.54 | 250m: | 2:38.78 | 32.33 | 350m: | 3:41.97 | 31.17 |
| | 100m: | 1:00.88 32.12 | 200m: | 2:06.45 | 33.03 | 300m: | 3:10.80 | 32.02 | 400m: | 4:13.95 | 31.98 |
| 5. | ŁOJEWSKI, Adam | | 07 | | MTP Kormoran Olsztyn | | | | 4:15.88 | 570 | |
| | 50m: | 29.23 29.23 | 150m: | 1:33.28 | 32.25 | 250m: | 2:38.58 | 32.58 | 350m: | 3:43.92 | 32.64 |
| | 100m: | 1:01.03 31.80 | 200m: | 2:06.00 | 32.72 | 300m: | 3:11.28 | 32.70 | 400m: | 4:15.88 | 31.96 |
| 6. | YEVDOKYMOV, Dmytro | | 06 | | Mokotowski UKP Warszawianka- Wodny | | | | 4:17.91 | 557 | |
| | 50m: | 28.45 28.45 | 150m: | 1:33.52 | 32.83 | 250m: | 2:39.48 | 32.94 | 350m: | 3:46.15 | 33.64 |
| | 100m: | 1:00.69 32.24 | 200m: | 2:06.54 | 33.02 | 300m: | 3:12.51 | 33.03 | 400m: | 4:17.91 | 31.76 |
| 7. | WŁOCZEWSKI, Karol | | 06 | | Mpsk Orka Ciechanów | | | | 4:22.75 | 527 | |
| | 50m: | 29.49 29.49 | 150m: | 1:36.38 | 33.60 | 250m: | 2:44.13 | 33.91 | 350m: | 3:51.03 | 33.13 |
| | 100m: | 1:02.78 33.29 | 200m: | 2:10.22 | 33.84 | 300m: | 3:17.90 | 33.77 | 400m: | 4:22.75 | 31.72 |
| 8. | CHMIELEWSKI, Jan | | 07 | | UKS G-8 Bielany | | | | 4:25.33 | 511 | |
| | 50m: | 29.89 29.89 | 150m: | 1:36.15 | 33.38 | 250m: | 2:42.65 | 32.92 | 350m: | 3:51.03 | 34.53 |
| | 100m: | 1:02.77 32.88 | 200m: | 2:09.73 | 33.58 | 300m: | 3:16.50 | 33.85 | 400m: | 4:25.33 | 34.30 |
| 9. | CHMIELEWSKI, Franciszek | | 07 | | UKS G-8 Bielany | | | | 4:29.04 | 491 | |
| | 50m: | 29.90 29.90 | 150m: | 1:36.39 | 33.70 | 250m: | 2:44.88 | 34.26 | 350m: | 3:55.23 | 35.37 |
| | 100m: | 1:02.69 32.79 | 200m: | 2:10.62 | 34.23 | 300m: | 3:19.86 | 34.98 | 400m: | 4:29.04 | 33.81 |
| 10. | BONIAKOWSKI, Kacper | | 06 | | Klub Pływacki Ciechanów | | | | 4:52.27 | 382 | |
| | 50m: | 31.82 31.82 | 150m: | 1:44.46 | 37.07 | 250m: | 3:01.04 | 38.63 | 350m: | 4:15.55 | 36.75 |
| | 100m: | 1:07.39 35.57 | 200m: | 2:22.41 | 37.95 | 300m: | 3:38.80 | 37.76 | 400m: | 4:52.27 | 36.72 |
| 11. | KACZOROWSKI, Miłosz | | 07 | | UKS Delfin Garwolin | | | | 4:57.85 | 361 | |
| | 50m: | 33.20 33.20 | 150m: | 1:48.14 | 38.30 | 250m: | 3:04.83 | 38.40 | 350m: | 4:20.90 | 37.62 |
| | 100m: | 1:09.84 36.64 | 200m: | 2:26.43 | 38.29 | 300m: | 3:43.28 | 38.45 | 400m: | 4:57.85 | 36.95 |
| 12. | GRZEGRZÓŁKA, Wojciech | | 07 | | UKS Delfin Garwolin | | | | 4:58.32 | 360 | |
| | 50m: | 31.12 31.12 | 150m: | 1:45.90 | 38.36 | 250m: | 3:03.51 | 39.15 | 350m: | 4:22.24 | 39.66 |
| | 100m: | 1:07.54 36.42 | 200m: | 2:24.36 | 38.46 | 300m: | 3:42.58 | 39.07 | 400m: | 4:58.32 | 36.08 |
| 13. | SADOLEWSKI, Maciej | | 07 | | UKP Jedyńka Elbl g | | | | 4:59.05 | 357 | |
| | 50m: | 32.34 32.34 | 150m: | 1:49.28 | 39.33 | 250m: | 3:06.56 | 38.80 | 350m: | 4:24.57 | 38.53 |
| | 100m: | 1:09.95 37.61 | 200m: | 2:27.76 | 38.48 | 300m: | 3:46.04 | 39.48 | 400m: | 4:59.05 | 34.48 |
| 14. | SIEKIERSKI, Łukasz | | 07 | | Ks Assa | | | | 5:05.20 | 336 | |
| | 50m: | 31.71 31.71 | 150m: | 1:47.79 | 39.03 | 250m: | 3:07.11 | 39.75 | 350m: | 4:27.86 | 40.03 |
| | 100m: | 1:08.76 37.05 | 200m: | 2:27.36 | 39.57 | 300m: | 3:47.83 | 40.72 | 400m: | 5:05.20 | 37.34 |

