

WARSZAWSKO-MAZOWIECKI OKRĘGOWY ZWIĄZEK PŁYWACKI

OTWARTE WIOSENNE MISTRZOSTWA OKR. GU WMOZP I WARSZAWY

Warszawa, 15. - 16.4.2023

Konkurencja 26

M. czyzn, 400m dowolny

Open

15.04.2023 - 20:23

Wyniki

REKORD WMOZP Open	3:47.70	Korzeniowski Paweł	00114	Eindhoven (NED)	18.03.2008
REKORD WMOZP 19 +	3:47.70	Korzeniowski Paweł	00114	Eindhoven (NED)	18.03.2008
REKORD WMOZP 18	3:49.34	Chmielewski Krzysztof	05614	Lima (PER)	30.08.2022
REKORD WMOZP 17	3:52.87	Kału y ski Antoni	03914	Hodmezovasarhely (HUN)	06.07.2016
REKORD WMOZP 16	3:56.47	Kału y ski Antoni	03914	Hodmezovasarhely (HUN)	12.12.2015
REKORD WMOZP 15	4:02.35	Młynarczyk Karol	05114	Szczecin	30.05.2015
REKORD WMOZP 14	4:07.63	Orlicz Filip	05114	Olsztyn	09.07.2016
REKORD WMOZP 13	4:19.93	Chmielewski Krzysztof	05614	Warsaw	01.12.2017
REKORD WMOZP 12	4:33.08	Mienicki Rafał	04114	Gyor (HUN)	21.12.2018
REKORD WMOZP - 11	4:47.73	Krawczyk Jakub	10014	Warsaw	29.11.2019

Punkty: Rudolph Table 2022

Pozycja

Rok ur.

Czas

Pkt.

13 lat i młodszy

1. Kwiatkowski Jan	10	SKALAR Warszawa	4:45.09	10,6
50m: 30.31 30.31	150m: 1:42.29 35.92	250m: 2:56.16 36.59	350m: 4:09.17 35.84	
100m: 1:06.37 36.06	200m: 2:19.57 37.28	300m: 3:33.33 37.17	400m: 4:45.09 35.92	
2. Kaczmarek Mikołaj	11	GIM 92 Ursynów	5:04.50	8,4
50m: 34.79 34.79	150m: 1:53.59 39.52	250m: 3:12.39 39.73	350m: 4:28.70 38.12	
100m: 1:14.07 39.28	200m: 2:32.66 39.07	300m: 3:50.58 38.19	400m: 5:04.50 35.80	
3. Skawi ski Aleksander	10	UKS 307 Warszawa	5:06.69	5,0
50m: 33.66 33.66	150m: 1:52.31 40.04	250m: 3:10.56 39.24	350m: 4:29.35 38.96	
100m: 1:12.27 38.61	200m: 2:31.32 39.01	300m: 3:50.39 39.83	400m: 5:06.69 37.34	
4. Urbanek Damian	10	G-8 Bielany Warszawa	5:07.92	4,7
50m: 33.77 33.77	150m: 1:52.36 40.11	250m: 3:12.77 39.70	350m: 4:32.17 39.63	
100m: 1:12.25 38.48	200m: 2:33.07 40.71	300m: 3:52.54 39.77	400m: 5:07.92 35.75	
5. Jatkowski Stanisław	10	G-8 Bielany Warszawa	5:09.79	4,2
50m: 34.44 34.44	150m: 1:52.63 40.44	250m: 3:11.75 39.50	350m: 4:32.71 40.61	
100m: 1:12.19 37.75	200m: 2:32.25 39.62	300m: 3:52.10 40.35	400m: 5:09.79 37.08	
6. Drzymkowski Jan	10	GIM 92 Ursynów	5:09.80	4,2
50m: 34.49 34.49	150m: 1:54.79 40.19	250m: 3:14.26 39.02	350m: 4:34.01 39.43	
100m: 1:14.60 40.11	200m: 2:35.24 40.45	300m: 3:54.58 40.32	400m: 5:09.80 35.79	
7. Prze lakiewicz Filip	10	IKS Konstancin	5:15.00	2,8
50m: 34.82 34.82	150m: 1:53.91 40.18	250m: 3:15.55 40.98	350m: 4:37.44 40.46	
100m: 1:13.73 38.91	200m: 2:34.57 40.66	300m: 3:56.98 41.43	400m: 5:15.00 37.56	
8. Susabowski Paweł	11	MKS Piaseczno	5:15.16	5,7
50m: 35.54 35.54	150m: 1:57.01 41.24	250m: 3:18.77 40.93	350m: 4:39.28 40.48	
100m: 1:15.77 40.23	200m: 2:37.84 40.83	300m: 3:58.80 40.03	400m: 5:15.16 35.88	
9. Szymanek Marcin	11	G-8 Bielany Warszawa	5:29.11	2,2
50m: 35.19 35.19	150m: 1:58.07 42.15	250m: 3:24.24 42.87	350m: 4:49.60 42.26	
100m: 1:15.92 40.73	200m: 2:41.37 43.30	300m: 4:07.34 43.10	400m: 5:29.11 39.51	

WARSZAWSKO-MAZOWIECKI OKRĘGOWY ZWIĄZEK PŁYWACKI

OTWARTE WIOSENNE MISTRZOSTWA OKR. GU WMOZP I WARSZAWY

Warszawa, 15. - 16.4.2023

Konkurencja 26, Chłopców, 400m dowolny, 13 lat i młodszy

Pozycja	Rok ur.				Czas	Pkt.
10. Ziółkowski Jan	10	UKS 48 Warszawa	ródmie cie	5:31.95		
50m: 36.27	36.27	150m: 2:01.00	42.53	250m: 3:27.49	43.44	
100m: 1:18.47	42.20	200m: 2:44.05	43.05	300m: 4:10.61	43.12	
				350m: 4:53.00	42.39	
				400m: 5:31.95	38.95	
11. Szpala Karol	12	MKS Piaseczno		5:49.11	3,7	
50m: 37.57	37.57	150m: 2:07.30	45.23	250m: 3:36.89	44.44	
100m: 1:22.07	44.50	200m: 2:52.45	45.15	300m: 4:21.83	44.94	
				350m: 5:06.12	44.29	
				400m: 5:49.11	42.99	
12. Piechowicz Andrzej	10	Warszawianka- Wodny Park		5:54.40		
50m: 39.65	39.65	150m: 2:10.97	45.98	250m: 3:42.05	45.76	
100m: 1:24.99	45.34	200m: 2:56.29	45.32	300m: 4:28.05	46.00	
				350m: 5:12.95	44.90	
				400m: 5:54.40	41.45	
13. Sitek-Singh Rafael	12	MKS Piaseczno		5:55.77	2,2	
50m: 39.11	39.11	150m: 2:09.14	44.65	250m: 3:42.61	47.24	
100m: 1:24.49	45.38	200m: 2:55.37	46.23	300m: 4:28.80	46.19	
				350m: 5:14.86	46.06	
				400m: 5:55.77	40.91	
14. Nitecki Wojciech	13	MKS Piaseczno		6:02.27	5,3	
50m: 41.13	41.13	150m: 2:13.42	46.89	250m: 3:48.37	46.94	
100m: 1:26.53	45.40	200m: 3:01.43	48.01	300m: 4:35.31	46.94	
				350m: 5:21.19	45.88	
				400m: 6:02.27	41.08	
15. Grzelak Leonard	10	Warszawianka- Wodny Park		6:03.31		
50m: 38.53	38.53	150m: 2:08.90	46.20	250m: 3:43.83	47.51	
100m: 1:22.70	44.17	200m: 2:56.32	47.42	300m: 4:31.18	47.35	
				350m: 5:18.96	47.78	
				400m: 6:03.31	44.35	
16. Adaszek Franciszek	12	MKS Piaseczno		6:52.30		
50m: 42.61	42.61	150m: 2:25.64	53.10	250m: 4:14.36	53.96	
100m: 1:32.54	49.93	200m: 3:20.40	54.76	300m: 5:08.52	54.16	
				350m: 6:02.06	53.54	
				400m: 6:52.30	50.24	

14 - 15 lat

1. Jó wiak Tymoteusz	08	GREENS Słupno		4:13.23	14,8
50m: 28.34	28.34	150m: 1:31.39	31.87	250m: 2:35.55	32.06
100m: 59.52	31.18	200m: 2:03.49	32.10	300m: 3:09.02	33.47
				350m: 3:41.87	32.85
				400m: 4:13.23	31.36
2. Wiraszka Piotr	09	GIM 92 Ursynów		4:18.93	15,4
50m: 29.70	29.70	150m: 1:35.64	33.12	250m: 2:42.14	33.20
100m: 1:02.52	32.82	200m: 2:08.94	33.30	300m: 3:15.34	33.20
				350m: 3:47.61	32.27
				400m: 4:18.93	31.32
3. Krawczyk Jakub	08	Warszawianka- Wodny Park		4:22.37	12,3
50m: 28.92	28.92	150m: 1:34.69	33.64	250m: 2:42.48	33.62
100m: 1:01.05	32.13	200m: 2:08.86	34.17	300m: 3:16.64	34.16
				350m: 3:50.44	33.80
				400m: 4:22.37	31.93
4. Tarasiewicz Piotr	09	POLONIA Warszawa		4:34.35	11,3
50m: 30.80	30.80	150m: 1:40.98	35.48	250m: 2:51.22	34.97
100m: 1:05.50	34.70	200m: 2:16.25	35.27	300m: 3:26.04	34.82
				350m: 4:00.97	34.93
				400m: 4:34.35	33.38
5. B k Filip	08	DWÓJKA Tczew		4:35.01	8,8
50m: 31.49	31.49	150m: 1:41.56	35.37	250m: 2:53.15	36.15
100m: 1:06.19	34.70	200m: 2:17.00	35.44	300m: 3:27.89	34.74
				350m: 4:02.42	34.53
				400m: 4:35.01	32.59
6. Fedasz Alan	08	POLONIA Warszawa		4:37.45	8,2
50m: 30.59	30.59	150m: 1:41.41	35.63	250m: 2:52.62	35.43
100m: 1:05.78	35.19	200m: 2:17.19	35.78	300m: 3:28.59	35.97
				350m: 4:04.18	35.59
				400m: 4:37.45	33.27

WARSZAWSKO-MAZOWIECKI OKRĘGOWY ZWIĄZEK PŁYWACKI

OTWARTE WIOSENNE MISTRZOSTWA OKR. GU WMOZP I WARSZAWY

Warszawa, 15. - 16.4.2023

Konkurencja 26, Chłopców, 400m dowolny, 14 - 15 lat

Pozycja					Rok ur.					Czas	Pkt.	
7.	Pol Witold				08	FALA Niepor t				4:45.27	6,0	
	50m:	31.18	31.18	150m:	1:42.84	36.05	250m:	2:56.54	36.62	350m:	4:09.58	36.19
	100m:	1:06.79	35.61	200m:	2:19.92	37.08	300m:	3:33.39	36.85	400m:	4:45.27	35.69
8.	Ciołek Dawid				09	UKS 48 Warszawa ródmi cie				4:45.57	8,3	
	50m:	31.33	31.33	150m:	1:42.37	35.98	250m:	2:55.59	36.73	350m:	4:09.62	37.01
	100m:	1:06.39	35.06	200m:	2:18.86	36.49	300m:	3:32.61	37.02	400m:	4:45.57	35.95
9.	Izak Kamil				08	POLONIA Warszawa				4:46.37	5,7	
	50m:	31.26	31.26	150m:	1:44.26	37.72	250m:	2:58.74	38.24	350m:	4:12.83	37.81
	100m:	1:06.54	35.28	200m:	2:20.50	36.24	300m:	3:35.02	36.28	400m:	4:46.37	33.54
10.	Zabrocki Mikołaj				09	POLONIA Warszawa				4:46.53	8,1	
	50m:	31.24	31.24	150m:	1:45.15	37.63	250m:	2:59.35	36.76	350m:	4:11.84	35.52
	100m:	1:07.52	36.28	200m:	2:22.59	37.44	300m:	3:36.32	36.97	400m:	4:46.53	34.69
11.	Bednarek Adam				09	UKS 190 Łód				4:47.66	7,8	
	50m:	31.86	31.86	150m:	1:45.24	37.29	250m:	2:59.81	37.45	350m:	4:13.74	36.74
	100m:	1:07.95	36.09	200m:	2:22.36	37.12	300m:	3:37.00	37.19	400m:	4:47.66	33.92
12.	Rutkowski Bartosz				09	FENIX O arów Mazowiecki				4:51.84	6,6	
	50m:	31.25	31.25	150m:	1:43.99	36.93	250m:	2:59.88	37.88	350m:	4:15.59	38.01
	100m:	1:07.06	35.81	200m:	2:22.00	38.01	300m:	3:37.58	37.70	400m:	4:51.84	36.25
13.	Starczyk Franciszek				08	KAPRY-ARMEXIM Pruszków				4:54.39	3,5	
	50m:	32.51	32.51	150m:	1:44.09	35.93	250m:	2:59.39	38.11	350m:	4:16.86	38.50
	100m:	1:08.16	35.65	200m:	2:21.28	37.19	300m:	3:38.36	38.97	400m:	4:54.39	37.53
14.	Bolek Franciszek				09	POLONIA Warszawa				4:56.96	5,3	
	50m:	33.38	33.38	150m:	1:50.04	38.73	250m:	3:05.98	37.37	350m:	4:21.85	37.45
	100m:	1:11.31	37.93	200m:	2:28.61	38.57	300m:	3:44.40	38.42	400m:	4:56.96	35.11
15.	Jurski Franciszek				08	KP Ciechanów				4:57.57	2,6	
	50m:	33.14	33.14	150m:	1:48.34	37.78	250m:	3:05.42	38.57	350m:	4:22.55	38.37
	100m:	1:10.56	37.42	200m:	2:26.85	38.51	300m:	3:44.18	38.76	400m:	4:57.57	35.02
16.	Maranda Krzysztof				08	OSTROBRAMSKA Warszawa				4:59.45	2,1	
	50m:	34.02	34.02	150m:	1:50.42	38.73	250m:	3:07.49	38.41	350m:	4:23.29	37.35
	100m:	1:11.69	37.67	200m:	2:29.08	38.66	300m:	3:45.94	38.45	400m:	4:59.45	36.16
17.	Ulicki Jakub				08	BARAKUDA Mi sk Mazowiecki				5:05.70		
	50m:	32.57	32.57	150m:	1:50.80	40.34	250m:	3:11.59	40.51	350m:	4:30.70	39.12
	100m:	1:10.46	37.89	200m:	2:31.08	40.28	300m:	3:51.58	39.99	400m:	5:05.70	35.00
18.	Bartoszek Szymon				08	MKS Piaseczno				5:09.62		
	50m:	32.94	32.94	150m:	1:50.47	39.65	250m:	3:12.38	40.91	350m:	4:32.84	39.95
	100m:	1:10.82	37.88	200m:	2:31.47	41.00	300m:	3:52.89	40.51	400m:	5:09.62	36.78
19.	Szaniawski Hubert				09	DELFIN Garwolin				5:16.41		
	50m:	31.96	31.96	150m:	1:50.11	40.53	250m:	3:12.97	41.44	350m:	4:37.40	42.31
	100m:	1:09.58	37.62	200m:	2:31.53	41.42	300m:	3:55.09	42.12	400m:	5:16.41	39.01

WARSZAWSKO-MAZOWIECKI OKRĘGOWY ZWIĄZEK PŁYWACKI

OTWARTE WIOSENNE MISTRZOSTWA OKR GU WMOZP I WARSZAWY

Warszawa, 15. - 16.4.2023

Konkurencja 26, Chłopców, 400m dowolny, 14 - 15 lat

Pozycja	Rok ur.	Czas	Pkt.
20. Kokodynski Denys	09	5:22.47	
50m: 31.93 31.93	150m: 1:53.42 42.07	250m: 3:18.38 42.95	350m: 4:42.50 41.17
100m: 1:11.35 39.42	200m: 2:35.43 42.01	300m: 4:01.33 42.95	400m: 5:22.47 39.97
21. Doma ski Franciszek	09	5:25.34	
50m: 36.26 36.26	150m: 2:01.43 42.28	250m: 3:23.80 41.08	350m: 4:46.79 40.49
100m: 1:19.15 42.89	200m: 2:42.72 41.29	300m: 4:06.30 42.50	400m: 5:25.34 38.55
22. aczek Gabriel	09	5:28.97	
50m: 35.37 35.37	150m: 1:57.32 41.45	250m: 3:20.66 42.45	350m: 4:47.62 44.04
100m: 1:15.87 40.50	200m: 2:38.21 40.89	300m: 4:03.58 42.92	400m: 5:28.97 41.35
23. Adamowski Adam	09	5:29.14	
50m: 32.00 32.00	150m: 1:53.09 41.60	250m: 3:20.33 42.87	350m: 4:48.75 43.11
100m: 1:11.49 39.49	200m: 2:37.46 44.37	300m: 4:05.64 45.31	400m: 5:29.14 40.39

16 lat i starsi

1. Chmielewski Krzysztof	04	3:58.05	14,3
50m: 27.56 27.56	150m: 1:27.10 30.14	250m: 2:27.93 30.34	350m: 3:28.65 30.38
100m: 56.96 29.40	200m: 1:57.59 30.49	300m: 2:58.27 30.34	400m: 3:58.05 29.40
2. Lary Jerzy	06	4:07.27	14,5
50m: 29.11 29.11	150m: 1:31.18 31.14	250m: 2:33.75 31.17	350m: 3:36.56 31.30
100m: 1:00.04 30.93	200m: 2:02.58 31.40	300m: 3:05.26 31.51	400m: 4:07.27 30.71
3. Fronczak Antoni	06	4:20.73	10,7
50m: 29.67 29.67	150m: 1:35.08 33.68	250m: 2:42.33 33.52	350m: 3:48.73 32.85
100m: 1:01.40 31.73	200m: 2:08.81 33.73	300m: 3:15.88 33.55	400m: 4:20.73 32.00
4. Sienkiewicz Ignacy	05	4:22.28	9,1
50m: 28.70 28.70	150m: 1:34.68 33.65	250m: 2:42.80 34.13	350m: 3:50.81 33.95
100m: 1:01.03 32.33	200m: 2:08.67 33.99	300m: 3:16.86 34.06	400m: 4:22.28 31.47
5. Szmytko Bartosz	07	4:24.35	10,7
50m: 28.86 28.86	150m: 1:35.16 33.45	250m: 2:42.44 33.45	350m: 3:51.41 33.98
100m: 1:01.71 32.85	200m: 2:08.99 33.83	300m: 3:17.43 34.99	400m: 4:24.35 32.94
6. Yevdokymov Dmytro	06	4:27.41	8,8
50m: 30.10 30.10	150m: 1:36.92 33.64	250m: 2:46.25 34.57	350m: 3:54.31 33.78
100m: 1:03.28 33.18	200m: 2:11.68 34.76	300m: 3:20.53 34.28	400m: 4:27.41 33.10
7. Fałek Szymon	05	4:32.34	6,2
50m: 31.55 31.55	150m: 1:40.65 34.48	250m: 2:49.78 34.19	350m: 3:59.36 34.58
100m: 1:06.17 34.62	200m: 2:15.59 34.94	300m: 3:24.78 35.00	400m: 4:32.34 32.98
8. Bettoni Leonardo	06	4:40.49	5,1
50m: 32.82 32.82	150m: 1:45.50 36.36	250m: 2:57.26 35.18	350m: 4:07.41 35.02
100m: 1:09.14 36.32	200m: 2:22.08 36.58	300m: 3:32.39 35.13	400m: 4:40.49 33.08
9. Wrona Maciej	06	4:41.83	4,7
50m: 31.09 31.09	150m: 1:42.42 36.01	250m: 2:54.56 36.05	350m: 4:06.53 36.13
100m: 1:06.41 35.32	200m: 2:18.51 36.09	300m: 3:30.40 35.84	400m: 4:41.83 35.30

WARSZAWSKO-MAZOWIECKI OKRĘGOWY ZWIĄZEK PŁYWACKI

OTWARTE WIOSENNE MISTRZOSTWA OKR GU WMOZP I WARSZAWY

Warszawa, 15. - 16.4.2023

Konkurencja 26, M czyzn, 400m dowolny, 16 lat i starsi

Pozycja					Rok ur.					Czas	Pkt.	
10.	Obłuski Aleksander				07	Warszawianka- Wodny Park				4:47.14	4,4	
	50m:	30.33	30.33	150m:	1:41.56	36.37	250m:	2:56.47	37.55	350m:	4:11.48	37.16
	100m:	1:05.19	34.86	200m:	2:18.92	37.36	300m:	3:34.32	37.85	400m:	4:47.14	35.66
11.	Wi ckowski Piotr				06	DELFIN Garwolin				4:49.44	2,6	
	50m:	31.74	31.74	150m:	1:44.48	36.95	250m:	2:59.84	37.85	350m:	4:14.50	36.90
	100m:	1:07.53	35.79	200m:	2:21.99	37.51	300m:	3:37.60	37.76	400m:	4:49.44	34.94
12.	Yarui Stanislaw				07	SKALAR Warszawa				4:50.08	3,5	
	50m:	32.18	32.18	150m:	1:44.94	36.68	250m:	3:00.27	37.69	350m:	4:14.68	35.83
	100m:	1:08.26	36.08	200m:	2:22.58	37.64	300m:	3:38.85	38.58	400m:	4:50.08	35.40
13.	Sta kiewicz Wiktor				07	Warszawianka- Wodny Park				4:54.29	2,4	
	50m:	32.55	32.55	150m:	1:45.56	36.83	250m:	3:00.29	36.82	350m:	4:16.73	38.01
	100m:	1:08.73	36.18	200m:	2:23.47	37.91	300m:	3:38.72	38.43	400m:	4:54.29	37.56
14.	Boniakowski Kacper				06	KP Ciechanów				4:57.74		
	50m:	33.12	33.12	150m:	1:48.39	38.12	250m:	3:05.48	38.13	350m:	4:23.01	38.62
	100m:	1:10.27	37.15	200m:	2:27.35	38.96	300m:	3:44.39	38.91	400m:	4:57.74	34.73
15.	Kaczorowski Miłosz				07	DELFIN Garwolin				5:17.17		
	50m:	37.23	37.23	150m:	1:57.25	40.56	250m:	3:19.04	41.26	350m:	4:39.13	38.74
	100m:	1:16.69	39.46	200m:	2:37.78	40.53	300m:	4:00.39	41.35	400m:	5:17.17	38.04
16.	Musiał Maciej				07	SQUATINA Ostroł ka				5:28.61		
	50m:	34.92	34.92	150m:	2:01.94	44.41	250m:	3:29.99	43.87	350m:	4:56.66	44.54
	100m:	1:17.53	42.61	200m:	2:46.12	44.18	300m:	4:12.12	42.13	400m:	5:28.61	31.95