

Otwarte Mistrzostwa Okręgu Łódzkiego 2023
 Łódź, 20. - 21.5.2023

Konkurencja 18
 21.05.2023 - 8:53

Mężczyzn, 400m dowolny

13 lat i starsi
 Wyniki

Punkty: FINA 2023

Pozycja			Rok ur.					Czas	Pkt.	
13 - 14 lat										
1.	JANISZEWSKI Fabian		09	UKS 190 Łódź				4:33.71	519	
	50m:	30.71 30.71	150m:	1:41.33	35.34	250m:	2:53.21	35.84	350m:	4:01.58 33.14
	100m:	1:05.99 35.28	200m:	2:17.37	36.04	300m:	3:28.44	35.23	400m:	4:33.71 32.13
2.	LESIAK Piotr		09	SKS 137 Delfin Łódź				4:37.61	498	
	50m:	31.06 31.06	150m:	1:41.35	35.28	250m:	2:52.53	35.30	350m:	4:03.39 34.55
	100m:	1:06.07 35.01	200m:	2:17.23	35.88	300m:	3:28.84	36.31	400m:	4:37.61 34.22
3.	PORADA Antoni		10	UKS SP-149 Łódź				4:39.62	487	
	50m:	31.71 31.71	150m:	1:43.53	36.18	250m:	2:55.85	36.20	350m:	4:06.98 34.90
	100m:	1:07.35 35.64	200m:	2:19.65	36.12	300m:	3:32.08	36.23	400m:	4:39.62 32.64
4.	BEDNAREK Adam		09	UKS 190 Łódź				4:47.13	450	
	50m:	31.21 31.21	150m:	1:42.19	36.06	250m:	2:55.56	36.53	350m:	4:10.26 37.52
	100m:	1:06.13 34.92	200m:	2:19.03	36.84	300m:	3:32.74	37.18	400m:	4:47.13 36.87
5.	GRZYBOWSKI Jan		10	UKS SP-149 Łódź				4:57.21	405	
	50m:	31.85 31.85	150m:	1:46.43	38.06	250m:	3:03.64	37.98	350m:	4:20.28 37.99
	100m:	1:08.37 36.52	200m:	2:25.66	39.23	300m:	3:42.29	38.65	400m:	4:57.21 36.93
6.	OLSZYCA Igor		09	UKS 190 Łódź				5:02.04	386	
	50m:	32.93 32.93	150m:	1:47.91	38.29	250m:	3:06.01	39.37	350m:	4:24.52 39.30
	100m:	1:09.62 36.69	200m:	2:26.64	38.73	300m:	3:45.22	39.21	400m:	5:02.04 37.52
7.	WIECZOREK Marcel		09	Ks Nelasport				5:05.07	375	
	50m:	34.03 34.03	150m:	1:54.26	40.72	250m:	3:12.83	39.00	350m:	4:29.76 38.32
	100m:	1:13.54 39.51	200m:	2:33.83	39.57	300m:	3:51.44	38.61	400m:	5:05.07 35.31
8.	GAWLIKOWSKI Jakub		10	MUKS Wodnik Łask				5:55.50	237	
	50m:	37.89 37.89	150m:	2:06.46	45.56	250m:	3:38.72	46.41	350m:	5:11.38 47.01
	100m:	1:20.90 43.01	200m:	2:52.31	45.85	300m:	4:24.37	45.65	400m:	5:55.50 44.12
9.	SOŁTYSIAK Igor		10	UKS Piłkarska Konstantynów Łódzki				6:08.13	213	
	50m:	2:07.48 2:07.48	150m:	5:20.88	4:00.39	250m:			350m:	
	100m:	1:20.49	200m:	2:54.62		300m:	4:32.39		400m:	6:08.13
15 - 16 lat										
1.	WENTLAND Miłosz		07	MKS Trójka Łódź				4:27.48	556	
	50m:	29.15 29.15	150m:	1:34.75	33.45	250m:	2:44.32	35.16	350m:	3:53.25 34.41
	100m:	1:01.30 32.15	200m:	2:09.16	34.41	300m:	3:18.84	34.52	400m:	4:27.48 34.23
2.	PAWLAK Dawid		08	UKS 190 Łódź				4:29.07	547	
	50m:	30.44 30.44	150m:	1:38.65	33.97	250m:	2:47.96	34.24	350m:	3:55.93 33.69
	100m:	1:04.68 34.24	200m:	2:13.72	35.07	300m:	3:22.24	34.28	400m:	4:29.07 33.14
3.	MIKOŁAJCZYK Adrian		07	MKS Trójka Łódź				4:29.99	541	
	50m:	30.31 30.31	150m:	1:38.81	34.94	250m:	2:48.21	34.71	350m:	3:58.34 35.38
	100m:	1:03.87 33.56	200m:	2:13.50	34.69	300m:	3:22.96	34.75	400m:	4:29.99 31.65
4.	ŁUCZAK Filip		08	UKS 190 Łódź				4:40.40	483	
	50m:	31.65 31.65	150m:	1:42.12	35.00	250m:	2:53.71	35.56	350m:	4:05.13 36.35
	100m:	1:07.12 35.47	200m:	2:18.15	36.03	300m:	3:28.78	35.07	400m:	4:40.40 35.27
5.	GAJDA Jan		07	MKS Trójka Łódź				4:43.35	468	
	50m:	29.87 29.87	150m:	1:41.33	36.06	250m:	2:55.48	36.89	350m:	4:08.27 35.89
	100m:	1:05.27 35.40	200m:	2:18.59	37.26	300m:	3:32.38	36.90	400m:	4:43.35 35.08
6.	FERRARETTO Albert		08	UKS SP-149 Łódź				5:00.72	391	
	50m:	33.59 33.59	150m:	1:48.78	38.08	250m:	3:05.11	37.98	350m:	4:22.43 39.18
	100m:	1:10.70 37.11	200m:	2:27.13	38.35	300m:	3:43.25	38.14	400m:	5:00.72 38.29

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Konkurencja 18, Mężczyźni, 400m dowolny

17 lat i starsi

1.	LARY Jerzy		06	IUKS „Muszelka” Warszawa	4:07.14	706
	50m: 28.88 28.88	150m: 1:30.59 31.00	250m: 2:33.41 31.27	350m: 3:36.36 31.40		
	100m: 59.59 30.71	200m: 2:02.14 31.55	300m: 3:04.96 31.55	400m: 4:07.14 30.78		
2.	HLUSHCHENKO Zakhar		06	UKS 190 Łódź	4:19.43	610
	50m: 28.89 28.89	150m: 1:31.69 31.89	250m: 2:38.11 32.85	350m: 3:46.09 33.89		
	100m: 59.80 30.91	200m: 2:05.26 33.57	300m: 3:12.20 34.09	400m: 4:19.43 33.34		
3.	MASZEWSKI Mikołaj		06	UKS Nawa Skierniewice	4:39.26	489
	50m: 31.19 31.19	150m: 1:41.10 35.33	250m: 2:52.58 35.69	350m: 4:04.82 35.38		
	100m: 1:05.77 34.58	200m: 2:16.89 35.79	300m: 3:29.44 36.86	400m: 4:39.26 34.44		