

Otwarte Mistrzostwa Okręgu Łódzkiego 2023  
 Łódź, 20. - 21.5.2023

Konkurencja 2  
 20.05.2023 - 12:14

Mężczyźni, 400m zmienny

13 lat i starsi  
 Wyniki

Punkty: FINA 2023

Pozycja			Rok ur.					Czas	Pkt.			
<b>13 - 14 lat</b>												
1.	LESIAK Piotr		09	SKS 137 Delfin Łódź				<b>5:06.61</b>	502			
	50m:	31.73	31.73	150m:	1:46.11	37.51	250m:	3:08.09	43.50	350m:	4:30.33	36.58
	100m:	1:08.60	36.87	200m:	2:24.59	38.48	300m:	3:53.75	45.66	400m:	5:06.61	36.28
2.	SEK CI SKI Mateusz		09	MKS Trójka Łódź				<b>5:14.82</b>	464			
	50m:	30.11	30.11	150m:	1:50.58	44.06	250m:	3:17.76	45.38	350m:	4:41.24	36.59
	100m:	1:06.52	36.41	200m:	2:32.38	41.80	300m:	4:04.65	46.89	400m:	5:14.82	33.58
3.	PORADA Antoni		10	UKS SP-149 Łódź				<b>5:15.56</b>	461			
	50m:	32.66	32.66	150m:	1:55.37	43.21	250m:	3:22.58	44.84	350m:	4:42.97	34.52
	100m:	1:12.16	39.50	200m:	2:37.74	42.37	300m:	4:08.45	45.87	400m:	5:15.56	32.59
4.	DRELICH Mateusz		09	UKS 190 Łódź				<b>5:29.36</b>	405			
	50m:	32.97	32.97	150m:	1:54.88	42.64	250m:	3:23.10	46.97	350m:	4:50.15	40.48
	100m:	1:12.24	39.27	200m:	2:36.13	41.25	300m:	4:09.67	46.57	400m:	5:29.36	39.21
5.	SALAMON Jan		10	SKS 137 Delfin Łódź				<b>6:33.16</b>	238			
	50m:	41.64	41.64	150m:	2:21.90	50.49	250m:	4:07.96	58.84	350m:	5:49.26	45.06
	100m:	1:31.41	49.77	200m:	3:09.12	47.22	300m:	5:04.20	56.24	400m:	6:33.16	43.90
<b>15 - 16 lat</b>												
1.	TARCZY SKI Bartosz		07	UKS 190 Łódź				<b>4:47.35</b>	611			
	50m:	30.91	30.91	150m:	1:46.00	39.06	250m:	3:03.12	38.97	350m:	4:15.53	33.79
	100m:	1:06.94	36.03	200m:	2:24.15	38.15	300m:	3:41.74	38.62	400m:	4:47.35	31.82
2.	BORUSZEWSKI Filip		07	UKS SP-149 Łódź				<b>4:51.87</b>	583			
	50m:	29.64	29.64	150m:	1:45.51	39.75	250m:	3:03.07	40.35	350m:	4:18.39	34.40
	100m:	1:05.76	36.12	200m:	2:22.72	37.21	300m:	3:43.99	40.92	400m:	4:51.87	33.48
3.	PAWLAK Dawid		08	UKS 190 Łódź				<b>5:03.21</b>	520			
	50m:	31.54	31.54	150m:	1:49.82	42.17	250m:	3:12.43	41.76	350m:	4:30.80	35.32
	100m:	1:07.65	36.11	200m:	2:30.67	40.85	300m:	3:55.48	43.05	400m:	5:03.21	32.41
4.	WENTLAND Miłosz		07	MKS Trójka Łódź				<b>5:08.23</b>	495			
	50m:	30.19	30.19	150m:	3:12.72	2:07.30	250m:	4:33.41	2:04.56	350m:		
	100m:	1:05.42	35.23	200m:	2:28.85		300m:	3:58.24		400m:	5:08.23	
5.	TRUDNOS Ignacy		08	UKS 190 Łódź				<b>5:13.16</b>	472			
	50m:	32.69	32.69	150m:	1:51.51	41.27	250m:	3:14.76	43.37	350m:	4:37.27	37.75
	100m:	1:10.24	37.55	200m:	2:31.39	39.88	300m:	3:59.52	44.76	400m:	5:13.16	35.89
6.	PORADA Jan		08	UKS SP-149 Łódź				<b>5:32.87</b>	393			
	50m:	34.66	34.66	150m:	1:58.64	44.91	250m:	3:27.35	46.12	350m:	4:53.80	39.65
	100m:	1:13.73	39.07	200m:	2:41.23	42.59	300m:	4:14.15	46.80	400m:	5:32.87	39.07
7.	JAKÓBCZAK Jakub		08	Ks Assa				<b>5:41.14</b>	365			
	50m:	31.12	31.12	150m:	1:54.94	45.19	250m:	3:30.74	51.28	350m:	5:02.23	40.67
	100m:	1:09.75	38.63	200m:	2:39.46	44.52	300m:	4:21.56	50.82	400m:	5:41.14	38.91
<b>17 lat i starsi</b>												
1.	LARY Jerzy		06	IUKS „Muszelka” Warszawa				<b>4:36.60</b>	685			
	50m:	29.56	29.56	150m:	1:38.63	35.96	250m:	2:53.39	39.31	350m:	4:06.38	31.65
	100m:	1:02.67	33.11	200m:	2:14.08	35.45	300m:	3:34.73	41.34	400m:	4:36.60	30.22
2.	JARCZEWSKI Franciszek		05	UKS 190 Łódź				<b>4:50.26</b>	592			
	50m:	30.86	30.86	150m:	1:43.45	38.19	250m:	3:02.05	41.26	350m:	4:17.31	32.86
	100m:	1:05.26	34.40	200m:	2:20.79	37.34	300m:	3:44.45	42.40	400m:	4:50.26	32.95
3.	KOWALEWSKI Mateusz		06	MKS Jedyńka Łódź				<b>5:00.32</b>	535			
	50m:	30.98	30.98	150m:	1:46.26	39.56	250m:	3:06.77	41.66	350m:	4:26.29	35.96
	100m:	1:06.70	35.72	200m:	2:25.11	38.85	300m:	3:50.33	43.56	400m:	5:00.32	34.03