

Otwarte Jesienne Mistrzostwa Okręgu WMOZP i Warszawy – Zawody z okazji Narodowego Święta Niepodległości
Warszawa, 11. - 12.11.2023

Konkurencja 34 Mężczyzn, 400m dowolny 12 lat i starsi
12.11.2023 - 11:22 Wyniki

Punkty: FINA 2023

| Pozycja | Rok ur. | Czas | Pkt. |
|-------------------------|---|----------------|------|
| 12 - 13 lat | | | |
| 1. DAWIDOWICZ Konrad | 10 MKS Ochota Warszawa | 4:24.10 | 519 |
| 50m: 29.72 29.72 | 150m: 1:36.08 33.32 250m: 2:43.73 33.82 350m: 3:51.30 33.79 | | |
| 100m: 1:02.76 33.04 | 200m: 2:09.91 33.83 300m: 3:17.51 33.78 400m: 4:24.10 32.80 | | |
| 2. JÓ WIĄK Marcel | 10 Stowarzyszenie "GREENS" Słupno | 4:37.77 | 446 |
| 50m: 30.50 30.50 | 150m: 1:39.34 34.69 250m: 2:50.94 36.17 350m: 4:03.07 36.05 | | |
| 100m: 1:04.65 34.15 | 200m: 2:14.77 35.43 300m: 3:27.02 36.08 400m: 4:37.77 34.70 | | |
| 3. STRYCZY SKI Szymon | 10 MKS „Jagiellonka” Warszawa | 4:43.98 | 417 |
| 50m: 31.21 31.21 | 150m: 1:43.10 36.30 250m: 2:57.38 36.96 350m: 4:10.87 36.76 | | |
| 100m: 1:06.80 35.59 | 200m: 2:20.42 37.32 300m: 3:34.11 36.73 400m: 4:43.98 33.11 | | |
| 4. KACZMAREK Mikołaj | 11 UKS „GIM 92 Ursynów” | 4:47.26 | 403 |
| 50m: 33.39 33.39 | 150m: 1:47.33 36.78 250m: 3:01.65 36.93 350m: 4:13.99 35.03 | | |
| 100m: 1:10.55 37.16 | 200m: 2:24.72 37.39 300m: 3:38.96 37.31 400m: 4:47.26 33.27 | | |
| 5. SKAWI SKI Aleksander | 10 UKS 307 Warszawa | 4:48.45 | 398 |
| 50m: 31.77 31.77 | 150m: 1:45.10 37.32 250m: 2:59.64 37.65 350m: 4:13.52 36.62 | | |
| 100m: 1:07.78 36.01 | 200m: 2:21.99 36.89 300m: 3:36.90 37.26 400m: 4:48.45 34.93 | | |
| 6. SUSLIK Adam | 11 UKS „GIM 92 Ursynów” | 4:50.27 | 390 |
| 50m: 32.44 32.44 | 150m: 1:43.36 36.08 250m: 2:57.83 37.58 350m: 4:14.21 38.58 | | |
| 100m: 1:07.28 34.84 | 200m: 2:20.25 36.89 300m: 3:35.63 37.80 400m: 4:50.27 36.06 | | |
| 7. KUPISEK Antoni | 10 MKS Juvenia Białystok | 4:51.89 | 384 |
| 50m: 31.72 31.72 | 150m: 1:45.78 37.40 250m: 3:01.38 37.96 350m: 4:16.28 37.62 | | |
| 100m: 1:08.38 36.66 | 200m: 2:23.42 37.64 300m: 3:38.66 37.28 400m: 4:51.89 35.61 | | |
| 8. MITSIN Siamion | 10 MKS „Jagiellonka” Warszawa | 4:51.90 | 384 |
| 50m: 31.92 31.92 | 150m: 1:44.26 36.45 250m: 2:59.57 37.71 350m: 4:15.32 37.61 | | |
| 100m: 1:07.81 35.89 | 200m: 2:21.86 37.60 300m: 3:37.71 38.14 400m: 4:51.90 36.58 | | |
| 9. LINDNER Filip | 10 UKS G-8 Bielany Warszawa | 4:54.96 | 372 |
| 50m: 33.88 33.88 | 150m: 1:47.60 37.16 250m: 3:03.30 38.03 350m: 4:17.88 37.75 | | |
| 100m: 1:10.44 36.56 | 200m: 2:25.27 37.67 300m: 3:40.13 36.83 400m: 4:54.96 37.08 | | |
| 10. SUSABOWSKI Paweł | 11 MKS Piaseczno | 4:55.21 | 371 |
| 50m: 32.66 32.66 | 150m: 1:47.55 37.78 250m: 3:03.87 38.46 350m: 4:20.42 38.24 | | |
| 100m: 1:09.77 37.11 | 200m: 2:25.41 37.86 300m: 3:42.18 38.31 400m: 4:55.21 34.79 | | |
| 11. DRZYMKOWSKI Jan | 10 UKS „GIM 92 Ursynów” | 4:56.71 | 366 |
| 50m: 33.94 33.94 | 150m: 1:50.47 38.79 250m: 3:06.95 37.94 350m: 4:22.76 37.26 | | |
| 100m: 1:11.68 37.74 | 200m: 2:29.01 38.54 300m: 3:45.50 38.55 400m: 4:56.71 33.95 | | |
| 12. RYMARCZUK Jan | 10 UKS „GIM 92 Ursynów” | 4:57.87 | 361 |
| 50m: 32.28 32.28 | 150m: 1:48.22 39.12 250m: 3:06.30 39.11 350m: 4:21.48 37.63 | | |
| 100m: 1:09.10 36.82 | 200m: 2:27.19 38.97 300m: 3:43.85 37.55 400m: 4:57.87 36.39 | | |
| 13. PIETRYCH Igor | 10 UKS „GIM 92 Ursynów” | 5:00.53 | 352 |
| 50m: 32.75 32.75 | 150m: 1:48.03 38.42 250m: 3:05.77 38.70 350m: 4:24.71 39.66 | | |
| 100m: 1:09.61 36.86 | 200m: 2:27.07 39.04 300m: 3:45.05 39.28 400m: 5:00.53 35.82 | | |
| 14. GUZIAK Igor | 10 UKP „Polonia Warszawa” | 5:01.57 | 348 |
| 50m: 33.63 33.63 | 150m: 1:48.55 37.68 250m: 3:05.91 39.12 350m: 4:24.30 39.23 | | |
| 100m: 1:10.87 37.24 | 200m: 2:26.79 38.24 300m: 3:45.07 39.16 400m: 5:01.57 37.27 | | |
| 15. MILEWSKI Jan | 11 UKS „GIM 92 Ursynów” | 5:02.45 | 345 |
| 50m: 32.78 32.78 | 150m: 1:49.22 38.97 250m: 3:07.55 39.21 350m: 4:26.07 38.77 | | |
| 100m: 1:10.25 37.47 | 200m: 2:28.34 39.12 300m: 3:47.30 39.75 400m: 5:02.45 36.38 | | |

Obsługa informatyczna zawodów : zawody@wmozp.pl

Otwarte Jesienne Mistrzostwa Okręgu WMOZP i Warszawy – Zawody z okazji Narodowego Święta Niepodległości
Warszawa, 11. - 12.11.2023

Konkurencja 34, Chłopców, 400m dowolny, 12 - 13 lat

| Pozycja | | | Rok ur. | | | | Czas | Pkt. |
|---------|----------------------------|---------------|---------|----------------------------|-------|----------------|-------|---------------|
| 16. | NITECKI Adam | | 11 | MKS Piaseczno | | 5:04.55 | 338 | |
| | 50m: | 34.48 34.48 | 150m: | 1:52.18 39.09 | 250m: | 3:11.33 39.76 | 350m: | 4:28.84 38.43 |
| | 100m: | 1:13.09 38.61 | 200m: | 2:31.57 39.39 | 300m: | 3:50.41 39.08 | 400m: | 5:04.55 35.71 |
| 17. | SULIMA - SZULMANIEWICZ Jan | | 10 | UKS G-8 Bielany Warszawa | | 5:05.36 | 335 | |
| | 50m: | 36.01 36.01 | 150m: | 1:55.50 40.01 | 250m: | 3:13.76 38.96 | 350m: | 4:30.54 38.21 |
| | 100m: | 1:15.49 39.48 | 200m: | 2:34.80 39.30 | 300m: | 3:52.33 38.57 | 400m: | 5:05.36 34.82 |
| 18. | WŁODKOWSKI Bartosz | | 10 | UKS G-8 Bielany Warszawa | | 5:05.51 | 335 | |
| | 50m: | 33.99 33.99 | 150m: | 1:53.46 39.75 | 250m: | 3:12.69 39.39 | 350m: | 4:30.01 38.86 |
| | 100m: | 1:13.71 39.72 | 200m: | 2:33.30 39.84 | 300m: | 3:51.15 38.46 | 400m: | 5:05.51 35.50 |
| 19. | KOTŁOWSKI Piotr | | 11 | UKS „GIM 92 Ursynów” | | 5:07.05 | 330 | |
| | 50m: | 33.19 33.19 | 150m: | 1:50.91 39.70 | 250m: | 3:12.15 40.42 | 350m: | 4:30.87 39.18 |
| | 100m: | 1:11.21 38.02 | 200m: | 2:31.73 40.82 | 300m: | 3:51.69 39.54 | 400m: | 5:07.05 36.18 |
| 20. | DZIENISZEWSKI Leon | | 10 | MKS „Jagiellonka” Warszawa | | 5:07.49 | 328 | |
| | 50m: | 33.39 33.39 | 150m: | 1:50.55 38.85 | 250m: | 3:08.25 39.46 | 350m: | 4:28.71 40.73 |
| | 100m: | 1:11.70 38.31 | 200m: | 2:28.79 38.24 | 300m: | 3:47.98 39.73 | 400m: | 5:07.49 38.78 |
| 21. | KUSYK Franciszek | | 11 | MKS „Jagiellonka” Warszawa | | 5:10.72 | 318 | |
| | 50m: | 34.75 34.75 | 150m: | 1:53.43 39.60 | 250m: | 3:12.56 39.69 | 350m: | 4:33.61 40.32 |
| | 100m: | 1:13.83 39.08 | 200m: | 2:32.87 39.44 | 300m: | 3:53.29 40.73 | 400m: | 5:10.72 37.11 |
| 22. | DZI CIOŁOWSKI Kamil | | 11 | MKS „Jagiellonka” Warszawa | | 5:17.53 | 298 | |
| | 50m: | 32.58 32.58 | 150m: | 1:52.84 40.98 | 250m: | 3:16.18 41.80 | 350m: | 4:39.49 41.45 |
| | 100m: | 1:11.86 39.28 | 200m: | 2:34.38 41.54 | 300m: | 3:58.04 41.86 | 400m: | 5:17.53 38.04 |
| 23. | BOROWY Mateusz | | 10 | UKS „GIM 92 Ursynów” | | 5:18.46 | 296 | |
| | 50m: | 34.26 34.26 | 150m: | 1:56.27 41.46 | 250m: | 3:18.23 41.25 | 350m: | 4:41.79 42.20 |
| | 100m: | 1:14.81 40.55 | 200m: | 2:36.98 40.71 | 300m: | 3:59.59 41.36 | 400m: | 5:18.46 36.67 |
| 24. | POSZYTEK Filip | | 10 | UKS Delfin Garwolin | | 5:21.00 | 289 | |
| | 50m: | 34.88 34.88 | 150m: | 1:56.33 41.75 | 250m: | 3:20.19 41.75 | 350m: | 4:43.28 40.53 |
| | 100m: | 1:14.58 39.70 | 200m: | 2:38.44 42.11 | 300m: | 4:02.75 42.56 | 400m: | 5:21.00 37.72 |
| 25. | WODZY SKI Jakub | | 10 | UKS Kapry-Armexim Pruszków | | 5:21.57 | 287 | |
| | 50m: | 35.41 35.41 | 150m: | 1:56.18 41.01 | 250m: | 3:18.43 41.25 | 350m: | 4:42.16 41.84 |
| | 100m: | 1:15.17 39.76 | 200m: | 2:37.18 41.00 | 300m: | 4:00.32 41.89 | 400m: | 5:21.57 39.41 |
| 26. | SADŁO Ignacy | | 10 | UKS 48 Warszawa różmie cie | | 5:21.70 | 287 | |
| | 50m: | 34.23 34.23 | 150m: | 1:53.53 40.51 | 250m: | 3:16.13 41.29 | 350m: | 4:40.49 42.48 |
| | 100m: | 1:13.02 38.79 | 200m: | 2:34.84 41.31 | 300m: | 3:58.01 41.88 | 400m: | 5:21.70 41.21 |
| 27. | CH CIAK Patryk | | 10 | UKS „GIM 92 Ursynów” | | 5:27.67 | 271 | |
| | 50m: | 35.41 35.41 | 150m: | 1:59.48 42.30 | 250m: | 3:23.99 41.82 | 350m: | 4:48.73 42.72 |
| | 100m: | 1:17.18 41.77 | 200m: | 2:42.17 42.69 | 300m: | 4:06.01 42.02 | 400m: | 5:27.67 38.94 |
| 28. | POPŁAWSKI Filip | | 11 | UKS „GIM 92 Ursynów” | | 5:33.45 | 257 | |
| | 50m: | 37.51 37.51 | 150m: | 2:02.78 43.27 | 250m: | 3:29.62 43.13 | 350m: | 4:54.53 42.16 |
| | 100m: | 1:19.51 42.00 | 200m: | 2:46.49 43.71 | 300m: | 4:12.37 42.75 | 400m: | 5:33.45 38.92 |
| 29. | NIEDZIÓŁKA Jakub | | 11 | UKS „GIM 92 Ursynów” | | 5:36.14 | 251 | |
| | 50m: | 37.12 37.12 | 150m: | 2:02.54 43.65 | 250m: | 3:29.39 44.31 | 350m: | 4:56.81 43.60 |
| | 100m: | 1:18.89 41.77 | 200m: | 2:45.08 42.54 | 300m: | 4:13.21 43.82 | 400m: | 5:36.14 39.33 |
| 30. | TERLECKI Piotr | | 11 | UKP „Polonia Warszawa” | | 5:38.06 | 247 | |
| | 50m: | 36.06 36.06 | 150m: | 2:01.30 43.26 | 250m: | 3:29.87 43.89 | 350m: | 4:57.16 42.54 |
| | 100m: | 1:18.04 41.98 | 200m: | 2:45.98 44.68 | 300m: | 4:14.62 44.75 | 400m: | 5:38.06 40.90 |
| 31. | SMOLAREK Stanisław | | 11 | UKS „GIM 92 Ursynów” | | 5:39.49 | 244 | |
| | 50m: | 36.49 36.49 | 150m: | 2:02.12 44.11 | 250m: | 3:30.99 44.03 | 350m: | 4:59.09 44.24 |
| | 100m: | 1:18.01 41.52 | 200m: | 2:46.96 44.84 | 300m: | 4:14.85 43.86 | 400m: | 5:39.49 40.40 |

wyratujecie.pl

Obsługa informatyczna zawodów : zawody@wmozp.pl

Otwarte Jesienne Mistrzostwa Okręgu WMOZP i Warszawy – Zawody z okazji Narodowego Święta Niepodległości
Warszawa, 11. - 12.11.2023

Konkurencja 34, Chłopców, 400m dowolny, 12 - 13 lat

| Pozycja | Rok ur. | Czas | Pkt. |
|------------------------|---------------------------------|---------------------|---------------------|
| 32. PIECHOWICZ Andrzej | 10 MUKP Warszawianka Wodny park | 5:50.15 | 222 |
| 50m: 38.85 38.85 | 150m: 2:08.84 45.45 | 250m: 3:39.40 45.35 | 350m: 5:08.73 44.35 |
| 100m: 1:23.39 44.54 | 200m: 2:54.05 45.21 | 300m: 4:24.38 44.98 | 400m: 5:50.15 41.42 |

14 - 15 lat

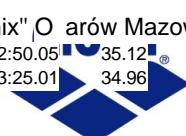
| | | | |
|-------------------------|--|---------------------|---------------------|
| 1. JACKIEWICZ Piotr | 08 UKS G-8 Bielany Warszawa | 4:11.82 | 598 |
| 50m: 28.20 28.20 | 150m: 1:32.68 32.74 | 250m: 2:37.20 32.03 | 350m: 3:41.37 32.32 |
| 100m: 59.94 31.74 | 200m: 2:05.17 32.49 | 300m: 3:09.05 31.85 | 400m: 4:11.82 30.45 |
| 2. KRAWCZYK Jakub | 08 MUKP Warszawianka Wodny park | 4:12.08 | 596 |
| 50m: 28.14 28.14 | 150m: 1:31.23 32.14 | 250m: 2:35.03 31.77 | 350m: 3:39.99 32.42 |
| 100m: 59.09 30.95 | 200m: 2:03.26 32.03 | 300m: 3:07.57 32.54 | 400m: 4:12.08 32.09 |
| 3. ZGODA Szymon | 08 UKP „Polonia Warszawa” | 4:12.09 | 596 |
| 50m: 28.77 28.77 | 150m: 1:32.07 31.72 | 250m: 2:36.29 32.30 | 350m: 3:40.76 32.36 |
| 100m: 1:00.35 31.58 | 200m: 2:03.99 31.92 | 300m: 3:08.40 32.11 | 400m: 4:12.09 31.33 |
| 4. BLUJ Aleksander | 09 UKS „GIM 92 Ursynów” | 4:15.21 | 575 |
| 50m: 29.51 29.51 | 150m: 1:33.68 31.84 | 250m: 2:38.86 32.73 | 350m: 3:44.17 32.16 |
| 100m: 1:01.84 32.33 | 200m: 2:06.13 32.45 | 300m: 3:12.01 33.15 | 400m: 4:15.21 31.04 |
| 5. DOBRYJANOWICZ Michał | 08 UKS G-8 Bielany Warszawa | 4:15.93 | 570 |
| 50m: 29.52 29.52 | 150m: 1:33.78 32.38 | 250m: 2:39.28 32.64 | 350m: 3:44.94 32.88 |
| 100m: 1:01.40 31.88 | 200m: 2:06.64 32.86 | 300m: 3:12.06 32.78 | 400m: 4:15.93 30.99 |
| 6. TARASIEWICZ Piotr | 09 UKP „Polonia Warszawa” | 4:16.95 | 563 |
| 50m: 28.37 28.37 | 150m: 1:34.05 33.22 | 250m: 2:40.60 33.08 | 350m: 3:45.50 32.16 |
| 100m: 1:00.83 32.46 | 200m: 2:07.52 33.47 | 300m: 3:13.34 32.74 | 400m: 4:16.95 31.45 |
| 7. ŁUBI SKI Szymon | 08 UKS „GIM 92 Ursynów” | 4:17.74 | 558 |
| 50m: 29.07 29.07 | 150m: 1:33.61 32.56 | 250m: 2:39.44 32.67 | 350m: 3:45.54 33.15 |
| 100m: 1:01.05 31.98 | 200m: 2:06.77 33.16 | 300m: 3:12.39 32.95 | 400m: 4:17.74 32.20 |
| 8. DOLOTA Iwo | 09 St. KF KS „Fenix” O arów Mazowiecki | 4:20.93 | 538 |
| 50m: 30.43 30.43 | 150m: 1:37.27 33.69 | 250m: 2:44.07 33.21 | 350m: 3:49.71 32.60 |
| 100m: 1:03.58 33.15 | 200m: 2:10.86 33.59 | 300m: 3:17.11 33.04 | 400m: 4:20.93 31.22 |
| 9. GÓRSKI Antoni | 08 MUKP Korona-Swim Kielce | 4:22.23 | 530 |
| 50m: 28.13 28.13 | 150m: 1:32.96 32.96 | 250m: 2:41.14 34.13 | 350m: 3:50.06 34.40 |
| 100m: 1:00.00 31.87 | 200m: 2:07.01 34.05 | 300m: 3:15.66 34.52 | 400m: 4:22.23 32.17 |
| 10. L ZAK Kamil | 08 UKP „Polonia Warszawa” | 4:22.96 | 525 |
| 50m: 28.92 28.92 | 150m: 1:34.81 33.24 | 250m: 2:41.93 33.63 | 350m: 3:49.90 34.35 |
| 100m: 1:01.57 32.65 | 200m: 2:08.30 33.49 | 300m: 3:15.55 33.62 | 400m: 4:22.96 33.06 |
| 11. ROZBICKI Kacper | 08 UKS 48 Warszawa ródmi cie | 4:32.94 | 470 |
| 50m: 29.41 29.41 | 150m: 1:38.85 35.19 | 250m: 2:49.51 35.35 | 350m: 3:59.93 35.31 |
| 100m: 1:03.66 34.25 | 200m: 2:14.16 35.31 | 300m: 3:24.62 35.11 | 400m: 4:32.94 33.01 |
| 12. FEDASZ Alan | 08 UKP „Polonia Warszawa” | 4:34.09 | 464 |
| 50m: 29.44 29.44 | 150m: 1:37.25 34.35 | 250m: 2:48.24 35.47 | 350m: 3:59.58 35.59 |
| 100m: 1:02.90 33.46 | 200m: 2:12.77 35.52 | 300m: 3:23.99 35.75 | 400m: 4:34.09 34.51 |
| 13. KONOPKA Maksymilian | 09 MUKP Korona-Swim Kielce | 4:34.18 | 463 |
| 50m: 30.53 30.53 | 150m: 1:39.82 35.16 | 250m: 2:49.93 35.26 | 350m: 4:00.01 35.15 |
| 100m: 1:04.66 34.13 | 200m: 2:14.67 34.85 | 300m: 3:24.86 34.93 | 400m: 4:34.18 34.17 |
| 14. RUTKOWSKI Bartosz | 09 St. KF KS „Fenix” O arów Mazowiecki | 4:35.25 | 458 |
| 50m: 31.51 31.51 | 150m: 1:40.00 34.43 | 250m: 2:50.05 35.12 | 350m: 4:00.78 35.77 |
| 100m: 1:05.57 34.06 | 200m: 2:14.93 34.93 | 300m: 3:25.01 34.96 | 400m: 4:35.25 34.47 |



Warszawa



wyratujecie.pl



Obsługa informatyczna zawodów : zawody@wmozp.pl



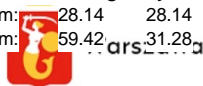
Otwarte Jesienne Mistrzostwa Okręgu WMOZP i Warszawy – Zawody z okazji Narodowego Dnia Niepodległości
Warszawa, 11. - 12.11.2023

Konkurencja 34, Chłopców, 400m dowolny, 14 - 15 lat

| Pozycja | Rok ur. | Czas | Pkt. |
|-------------------------|---|---------------------|------|
| 15. BOCHE SKI Tomasz | 08 MUKP Warszawianka Wodny park | 4:38.06 | 444 |
| 50m: 30.00 30.00 | 150m: 1:39.36 35.36 250m: 2:51.22 35.90 | 350m: 4:03.08 35.91 | |
| 100m: 1:04.00 34.00 | 200m: 2:15.32 35.96 300m: 3:27.17 35.95 | 400m: 4:38.06 34.98 | |
| 16. NIEMCZURA Wiktor | 08 UKP „Polonia Warszawa” | 4:43.38 | 420 |
| 50m: 32.63 32.63 | 150m: 1:45.00 36.24 250m: 2:57.02 35.81 | 350m: 4:08.97 36.10 | |
| 100m: 1:08.76 36.13 | 200m: 2:21.21 36.21 300m: 3:32.87 35.85 | 400m: 4:43.38 34.41 | |
| 17. BRYK Jarosław | 09 MKS Piaseczno | 4:48.29 | 399 |
| 50m: 31.41 31.41 | 150m: 1:43.76 36.87 250m: 2:57.86 37.12 | 350m: 4:12.50 37.33 | |
| 100m: 1:06.89 35.48 | 200m: 2:20.74 36.98 300m: 3:35.17 37.31 | 400m: 4:48.29 35.79 | |
| 18. SIECZEK Bartosz | 09 UKP „Polonia Warszawa” | 4:54.65 | 373 |
| 50m: 32.69 32.69 | 150m: 1:45.83 35.83 250m: 3:02.67 38.48 | 350m: 4:19.76 38.21 | |
| 100m: 1:10.00 37.31 | 200m: 2:24.19 38.36 300m: 3:41.55 38.88 | 400m: 4:54.65 34.89 | |
| 19. ACZEK Gabriel | 09 KS Barakuda Mi. sk Mazowiecki | 4:58.91 | 358 |
| 50m: 31.78 31.78 | 150m: 1:44.15 36.75 250m: 3:00.85 39.09 | 350m: 4:20.40 39.89 | |
| 100m: 1:07.40 35.62 | 200m: 2:21.76 37.61 300m: 3:40.51 39.66 | 400m: 4:58.91 38.51 | |
| 20. DOMA SKI Franciszek | 09 MKS Piaseczno | 5:03.46 | 342 |
| 50m: 33.32 33.32 | 150m: 1:51.73 39.51 250m: 3:09.70 39.84 | 350m: 4:27.96 39.47 | |
| 100m: 1:12.22 38.90 | 200m: 2:29.86 38.13 300m: 3:48.49 38.79 | 400m: 5:03.46 35.50 | |
| 21. REDKO Dawid | 08 IUKS „Muszelka” Warszawa | 5:04.52 | 338 |
| 50m: 32.77 32.77 | 150m: 1:48.48 38.49 250m: 3:09.21 40.72 | 350m: 4:29.27 40.04 | |
| 100m: 1:09.99 37.22 | 200m: 2:28.49 40.01 300m: 3:49.23 40.02 | 400m: 5:04.52 35.25 | |
| 22. WIERCI SKI Jakub | 09 MUKP Warszawianka Wodny park | 5:11.85 | 315 |
| 50m: 34.23 34.23 | 150m: 1:53.50 40.25 250m: 3:13.26 39.35 | 350m: 4:33.87 40.74 | |
| 100m: 1:13.25 39.02 | 200m: 2:33.91 40.41 300m: 3:53.13 39.87 | 400m: 5:11.85 37.98 | |
| 23. SKŁODOWSKI Jan | 09 Uks „Pingwiny” | 5:12.47 | 313 |
| 50m: 33.92 33.92 | 150m: 1:54.49 40.24 250m: 3:15.56 40.32 | 350m: 4:35.32 39.24 | |
| 100m: 1:14.25 40.33 | 200m: 2:35.24 40.75 300m: 3:56.08 40.52 | 400m: 5:12.47 37.15 | |
| 24. YAVORSKYI Luka | 09 UKP „Polonia Warszawa” | 5:21.93 | 286 |
| 50m: 30.82 30.82 | 150m: 1:49.95 41.27 250m: 3:14.95 41.92 | 350m: 4:40.73 43.05 | |
| 100m: 1:08.68 37.86 | 200m: 2:33.03 43.08 300m: 3:57.68 42.73 | 400m: 5:21.93 41.20 | |
| 25. SZANIAWSKI Hubert | 09 UKS Delfin Garwolin | 5:22.65 | 284 |
| 50m: 30.64 30.64 | 150m: 1:47.53 40.35 250m: 3:12.78 42.60 | 350m: 4:39.98 43.10 | |
| 100m: 1:07.18 36.54 | 200m: 2:30.18 42.65 300m: 3:56.88 44.10 | 400m: 5:22.65 42.67 | |

16 lat i starsi

| | | | |
|-----------------------|---|---------------------|-----|
| 1. FRONCZAK Antoni | 06 UKS G-8 Bielany Warszawa | 4:07.99 | 626 |
| 50m: 28.27 28.27 | 150m: 1:30.80 31.56 250m: 2:34.38 31.67 | 350m: 3:37.56 31.64 | |
| 100m: 59.24 30.97 | 200m: 2:02.71 31.91 300m: 3:05.92 31.54 | 400m: 4:07.99 30.43 | |
| 2. KRASOWSKI Szymon | 06 KS Posenania Pozna | 4:08.62 | 622 |
| 50m: 28.53 28.53 | 150m: 1:31.27 31.57 250m: 2:35.07 31.98 | 350m: 3:38.05 31.20 | |
| 100m: 59.70 31.17 | 200m: 2:03.09 31.82 300m: 3:06.85 31.78 | 400m: 4:08.62 30.57 | |
| 3. STEFA SKI Leon | 07 UKS G-8 Bielany Warszawa | 4:08.75 | 621 |
| 50m: 29.10 29.10 | 150m: 1:31.97 30.93 250m: 2:34.97 31.33 | 350m: 3:38.41 31.80 | |
| 100m: 1:01.04 31.94 | 200m: 2:03.64 31.67 300m: 3:06.61 31.64 | 400m: 4:08.75 30.34 | |
| 4. SIENKIEWICZ Ignacy | 05 AZS AWF Warszawa | 4:08.81 | 620 |
| 50m: 28.14 28.14 | 150m: 1:31.23 31.81 250m: 2:34.95 31.86 | 350m: 3:38.79 31.89 | |
| 100m: 59.42 31.28 | 200m: 2:03.09 31.86 300m: 3:06.90 31.95 | 400m: 4:08.81 30.02 | |



Obsługa informatyczna zawodów : zawody@wmozp.pl



Otwarte Jesienne Mistrzostwa Okręgu WMOZP i Warszawy – Zawody z okazji Narodowego Święta Niepodległości
Warszawa, 11. - 12.11.2023

Konkurencja 34, Mężczyźni, 400m dowolny, 16 lat i starsi

| Pozycja | | | Rok ur. | | | | | Czas | Pkt. |
|---------|------------------------|---------------|---------|------------------------------|-------|-------|---------------|----------------|---------------|
| 5. | BĘDY SKI Sebastian | | 07 | UKP „Polonia Warszawa” | | | | 4:15.45 | 573 |
| | 50m: | 28.98 28.98 | 150m: | 1:35.32 | 33.37 | 250m: | 2:40.89 32.96 | 350m: | 3:44.63 30.95 |
| | 100m: | 1:01.95 32.97 | 200m: | 2:07.93 | 32.61 | 300m: | 3:13.68 32.79 | 400m: | 4:15.45 30.82 |
| 6. | CIECHANOWSKI Stanisław | | 07 | MUKP Warszawianka Wodny park | | | | 4:18.76 | 551 |
| | 50m: | 29.08 29.08 | 150m: | 1:34.30 | 32.89 | 250m: | 2:39.82 32.75 | 350m: | 3:46.17 32.80 |
| | 100m: | 1:01.41 32.33 | 200m: | 2:07.07 | 32.77 | 300m: | 3:13.37 33.55 | 400m: | 4:18.76 32.59 |
| 7. | BOGATEK Bartłomiej | | 07 | UKS G-8 Bielany Warszawa | | | | 4:21.01 | 537 |
| | 50m: | 30.74 30.74 | 150m: | 1:36.74 | 33.24 | 250m: | 2:43.13 32.77 | 350m: | 3:49.60 33.50 |
| | 100m: | 1:03.50 32.76 | 200m: | 2:10.36 | 33.62 | 300m: | 3:16.10 32.97 | 400m: | 4:21.01 31.41 |
| 8. | WOJCIECHOWSKI Wiktor | | 07 | UKS G-8 Bielany Warszawa | | | | 4:30.87 | 481 |
| | 50m: | 30.85 30.85 | 150m: | 1:38.75 | 34.44 | 250m: | 2:48.35 34.92 | 350m: | 3:57.62 34.47 |
| | 100m: | 1:04.31 33.46 | 200m: | 2:13.43 | 34.68 | 300m: | 3:23.15 34.80 | 400m: | 4:30.87 33.25 |
| 9. | STA KIEWICZ Wiktor | | 07 | MUKP Warszawianka Wodny park | | | | 4:35.13 | 459 |
| | 50m: | 30.45 30.45 | 150m: | 1:39.51 | 35.07 | 250m: | 2:49.58 34.69 | 350m: | 4:00.48 35.39 |
| | 100m: | 1:04.44 33.99 | 200m: | 2:14.89 | 35.38 | 300m: | 3:25.09 35.51 | 400m: | 4:35.13 34.65 |
| 10. | LITWI SKI Igor | | 07 | MUKP Korona-Swim Kielce | | | | 4:37.56 | 447 |
| | 50m: | 29.90 29.90 | 150m: | 1:37.41 | 34.49 | 250m: | 2:48.69 35.67 | 350m: | 4:02.68 36.98 |
| | 100m: | 1:02.92 33.02 | 200m: | 2:13.02 | 35.61 | 300m: | 3:25.70 37.01 | 400m: | 4:37.56 34.88 |
| 11. | WICKOWSKI Piotr | | 06 | UKS Delfin Garwolin | | | | 4:44.17 | 416 |
| | 50m: | 30.84 30.84 | 150m: | 1:40.53 | 35.55 | 250m: | 2:53.63 36.94 | 350m: | 4:08.87 37.64 |
| | 100m: | 1:04.98 34.14 | 200m: | 2:16.69 | 36.16 | 300m: | 3:31.23 37.60 | 400m: | 4:44.17 35.30 |
| 12. | KACZOROWSKI Miłosz | | 07 | UKS Delfin Garwolin | | | | 4:46.28 | 407 |
| | 50m: | 31.74 31.74 | 150m: | 1:42.73 | 36.09 | 250m: | 2:56.74 36.72 | 350m: | 4:12.44 37.61 |
| | 100m: | 1:06.64 34.90 | 200m: | 2:20.02 | 37.29 | 300m: | 3:34.83 38.09 | 400m: | 4:46.28 33.84 |



Obsługa informatyczna zawodów : zawody@wmozp.pl