

OTWARTE WIOSENNE MISTRZOSTWA OKR GU WMOZP I WARSZAWY  
Warszawa, 11. - 12.5.2024

Konkurencja 12  
11.05.2024 - 11:50

M czyzn, 400m zmienny

Open  
Wyniki

Punkty: Rudolph Table 2023

Pozycja			Rok ur.					Czas	Pkt.	
<b>13 lat i młodszy</b>										
1.	BEDY SKI, Jakub		11	MKS „Jagiellonka” Warszawa				<b>5:31.94</b>	7,9	
	50m:	33.08 33.08	150m:	1:55.76	42.46	250m:	3:27.47	47.99	350m:	4:56.46 39.45
	100m:	1:13.30 40.22	200m:	2:39.48	43.72	300m:	4:17.01	49.54	400m:	5:31.94 35.48
2.	KRUPA, Filip		11	UKP „Polonia Warszawa”				<b>5:45.15</b>	4,8	
	50m:	33.50 33.50	150m:	2:01.63	46.43	250m:	3:38.86	52.30	350m:	5:08.92 38.75
	100m:	1:15.20 41.70	200m:	2:46.56	44.93	300m:	4:30.17	51.31	400m:	5:45.15 36.23
3.	BARYCKI, Fryderyk		11	UKP „Polonia Warszawa”				<b>5:52.38</b>	3,2	
	50m:	35.57 35.57	150m:	2:05.77	46.17	250m:	3:41.67	49.63	350m:	5:12.59 39.84
	100m:	1:19.60 44.03	200m:	2:52.04	46.27	300m:	4:32.75	51.08	400m:	5:52.38 39.79
4.	NOJSZEWSKI, Kacper		12	UKS „Skalar” Warszawa				<b>6:03.87</b>	5,3	
	50m:	38.54 38.54	150m:	2:13.56	48.63	250m:	3:53.25	52.02	350m:	5:27.31 40.32
	100m:	1:24.93 46.39	200m:	3:01.23	47.67	300m:	4:46.99	53.74	400m:	6:03.87 36.56
DYSKW.	KR GIEL, Marcin		11	UKS „Skalar” Warszawa						
	<i>O2 - Pływak nie ukończył całego dystansu</i>									

**14 - 15 lat**

1.	IWO, Dolota		09	KS Fenix Oarów Mazowiecki				<b>5:05.09</b>	10,2	
	50m:	31.62 31.62	150m:	1:50.93	41.03	250m:	3:13.71	43.35	350m:	4:32.81 34.90
	100m:	1:09.90 38.28	200m:	2:30.36	39.43	300m:	3:57.91	44.20	400m:	5:05.09 32.28
2.	SKAWI SKI, Aleksander		10	UKS 307 Warszawa				<b>5:18.91</b>	8,8	
	50m:	34.04 34.04	150m:	1:57.43	42.10	250m:	3:23.22	44.17	350m:	4:45.11 37.13
	100m:	1:15.33 41.29	200m:	2:39.05	41.62	300m:	4:07.98	44.76	400m:	5:18.91 33.80
3.	ZAWŁOCKI, Kajetan		10	UKS G-8 Bielany Warszawa				<b>5:21.05</b>	8,3	
	50m:	33.44 33.44	150m:	1:56.42	43.95	250m:	3:25.42	45.38	350m:	4:47.33 37.67
	100m:	1:12.47 39.03	200m:	2:40.04	43.62	300m:	4:09.66	44.24	400m:	5:21.05 33.72
4.	OSTASZEWSKI, Szymon		10	UKS „Skalar” Warszawa				<b>5:22.49</b>	7,9	
	50m:	32.92 32.92	150m:	1:56.77	43.33	250m:	3:25.80	46.17	350m:	4:49.47 36.54
	100m:	1:13.44 40.52	200m:	2:39.63	42.86	300m:	4:12.93	47.13	400m:	5:22.49 33.02
5.	PSODA, Filip		10	MKS „Jagiellonka” Warszawa				<b>5:37.39</b>	4,4	
	50m:	33.60 33.60	150m:	2:01.65	45.79	250m:	3:32.98	45.91	350m:	4:59.89 39.51
	100m:	1:15.86 42.26	200m:	2:47.07	45.42	300m:	4:20.38	47.40	400m:	5:37.39 37.50
6.	POSZYTEK, Filip		10	UKS Delfin Garwolin				<b>6:01.04</b>		
	50m:	33.66 33.66	150m:	2:02.87	48.68	250m:	3:44.84	53.93	350m:	5:20.14 41.02
	100m:	1:14.19 40.53	200m:	2:50.91	48.04	300m:	4:39.12	54.28	400m:	6:01.04 40.90

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16 lat i starsi

1.	LARY , Jerzy	06	IUKS „Muszelka” Warszawa	<b>4:51.11</b>	10,6
	50m: 31.24 31.24	150m: 1:44.33 38.51	250m: 3:05.32 43.35	350m: 4:20.68 32.73	
	100m: 1:05.82 34.58	200m: 2:21.97 37.64	300m: 3:47.95 42.63	400m: 4:51.11 30.43	
2.	LINARD, Bartosz	04	IKS Konstancin	<b>4:52.18</b>	8,5
	50m: 29.21 29.21	150m: 1:45.10 39.98	250m: 3:03.01 38.26	350m: 4:18.22 34.64	
	100m: 1:05.12 35.91	200m: 2:24.75 39.65	300m: 3:43.58 40.57	400m: 4:52.18 33.96	
3.	ROZBICKI, Kacper	08	AZS AWF Warszawa	<b>5:06.92</b>	8,2
	50m: 30.78 30.78	150m: 1:51.27 42.43	250m: 3:13.74 42.17	350m: 4:33.01 36.32	
	100m: 1:08.84 38.06	200m: 2:31.57 40.30	300m: 3:56.69 42.95	400m: 5:06.92 33.91	
4.	OBŁUSKI, Aleksander	07	Mokotowski UKP Warszawianka- Wodny	<b>5:08.77</b>	7,0
	50m: 30.17 30.17	150m: 1:46.11 39.82	250m: 3:09.59 43.90	350m: 4:31.52 36.90	
	100m: 1:06.29 36.12	200m: 2:25.69 39.58	300m: 3:54.62 45.03	400m: 5:08.77 37.25	
5.	ULICKI, Jakub	08	KS Barakuda Mi sk Mazowiecki	<b>5:53.88</b>	
	50m: 35.22 35.22	150m: 2:01.60 44.36	250m: 3:41.41 55.45	350m: 5:16.72 38.61	
	100m: 1:17.24 42.02	200m: 2:45.96 44.36	300m: 4:38.11 56.70	400m: 5:53.88 37.16	