

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

Konkurencja 26
11.05.2024 - 18:26

M czyzn, 400m dowolny

Open
Wyniki

Punkty: Rudolph Table 2023

Pozycja			Rok ur.					Czas	Pkt.
13 lat i młodszy									
1.	KUSYK, Franciszek		11	MKS „Jagiellonka” Warszawa				5:00.43	6,6
	50m:		150m:	250m:	350m:	400m:			
	100m:	1:10.32	200m:	300m:	4:00.43				
2.	MALINOWSKI, Stanisław		12	UKS „Skalar” Warszawa				5:00.76	9,3
	50m:		150m:	250m:	350m:	400m:			
	100m:	1:09.91	200m:	300m:	5:00.76				
3.	NOJSZEWSKI, Kacper		12	UKS „Skalar” Warszawa				5:04.99	8,3
	50m:	33.59 33.59	150m:	39.60 250m:	3:09.81 39.06	350m:	4:28.36 38.96		
	100m:	1:11.72 38.13	200m:	39.43 300m:	3:49.40 39.59	400m:	5:04.99 36.63		
4.	F FERREK, Filip		13	MUKS "TUREKin pływa"				5:10.10	12,7
	50m:	34.83 34.83	150m:	40.04 250m:	3:13.75 39.64	350m:	4:32.91 39.43		
	100m:	1:14.15 39.32	200m:	39.92 300m:	3:53.48 39.73	400m:	5:10.10 37.19		
5.	BARYCKI, Fryderyk		11	UKP „Polonia Warszawa"				5:13.18	3,3
	50m:	34.28 34.28	150m:	40.38 250m:	3:15.70 39.85	350m:	4:35.26 39.81		
	100m:	1:14.81 40.53	200m:	40.66 300m:	3:55.45 39.75	400m:	5:13.18 37.92		
14 - 15 lat									
1.	DAWIDOWICZ, Konrad		10	MKS Ochota Warszawa				4:28.54	12,9
	50m:	29.63 29.63	150m:	34.08 250m:	2:45.90 34.17	350m:	3:54.62 34.29		
	100m:	1:03.14 33.51	200m:	34.51 300m:	3:20.33 34.43	400m:	4:28.54 33.92		
2.	BARTOSZ, Rutkowski		09	KS Fenix O arów Mazowiecki				4:32.96	9,3
	50m:	31.33 31.33	150m:	34.64 250m:	2:49.64 34.77	350m:	3:59.26 34.95		
	100m:	1:05.41 34.08	200m:	34.82 300m:	3:24.31 34.67	400m:	4:32.96 33.70		
3.	SZANIAWSKI, Hubert		09	UKS Delfin Garwolin				4:41.79	6,9
	50m:		150m:	11.89 250m:	2:51.22 36.40	350m:	4:05.97 37.53		
	100m:	17.84	200m:	1:45.09 300m:	3:28.44 37.22	400m:	4:41.79 35.82		
4.	PRZE LAKIEWICZ, Filip		10	IKS Konstancin				4:49.15	7,4
	50m:	31.90 31.90	150m:	36.56 250m:	2:58.47 37.04	350m:	4:12.96 37.22		
	100m:	1:08.04 36.14	200m:	36.83 300m:	3:35.74 37.27	400m:	4:49.15 36.19		
5.	CIOŁEK, Dawid		09	UKS 48 Warszawa ródmi cie				5:03.36	
	50m:	31.19 31.19	150m:	38.41 250m:	3:04.45 39.56	350m:	4:24.43 39.92		
	100m:	1:07.44 36.25	200m:	39.04 300m:	3:44.51 40.06	400m:	5:03.36 38.93		
6.	VASIUKEVICH, Daniil		09	IUKS „Muszelka” Warszawa				5:04.65	
	50m:	34.31 34.31	150m:	38.55 250m:	3:08.48 38.57	350m:	4:26.61 39.29		
	100m:	1:12.35 38.04	200m:	39.01 300m:	3:47.32 38.84	400m:	5:04.65 38.04		
7.	ADAMOWSKI, Adam		09	IUKS „Muszelka” Warszawa				5:05.72	
	50m:	34.50 34.50	150m:	39.34 250m:	3:10.20 38.27	350m:	4:27.98 38.11		
	100m:	1:12.49 37.99	200m:	40.10 300m:	3:49.87 39.67	400m:	5:05.72 37.74		

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16 lat i starsi

1. LARY , Jerzy	06	IUKS „Muszelka” Warszawa	4:08.05	13,2
50m: 1:00.88	150m: 2:04.19	250m: 3:06.70	350m: 4:08.05	
2. KRAWCZYK, Jakub	08	UKS „GIM 92 Ursynów”	4:09.42	14,6
50m: 28.71 28.71	150m: 1:31.96 31.58	250m: 2:35.32 31.35	350m: 3:39.01 31.65	
100m: 1:00.38 31.67	200m: 2:03.97 32.01	300m: 3:07.36 32.04	400m: 4:09.42 30.41	
3. ZGODA, Szymon	08	UKP „Polonia Warszawa”	4:16.85	12,5
50m: 29.81 29.81	150m: 1:33.66 32.23	250m: 2:38.75 32.67	350m: 3:44.44 32.81	
100m: 1:01.43 31.62	200m: 2:06.08 32.42	300m: 3:11.63 32.88	400m: 4:16.85 32.41	
4. FEDASZ, Alan	08	UKP „Polonia Warszawa”	4:33.50	7,8
50m: 30.94 30.94	150m: 1:39.82 34.68	250m: 2:49.85 35.02	350m: 4:00.00 35.05	
100m: 1:05.14 34.20	200m: 2:14.83 35.01	300m: 3:24.95 35.10	400m: 4:33.50 33.50	
5. L ZAK, Kamil	08	UKP „Polonia Warszawa”	4:41.98	5,4
50m: 31.18 31.18	150m: 1:42.37 36.31	250m: 2:55.03 36.34	350m: 4:08.70 36.75	
100m: 1:06.06 34.88	200m: 2:18.69 36.32	300m: 3:31.95 36.92	400m: 4:41.98 33.28	
6. REDKO, Dawid	08	IUKS „Muszelka” Warszawa	4:51.96	2,6
50m: 31.97 31.97	150m: 1:45.38 36.82	250m: 3:01.69 38.11	350m: 4:16.84 37.61	
100m: 1:08.56 36.59	200m: 2:23.58 38.20	300m: 3:39.23 37.54	400m: 4:51.96 35.12	
7. ŁUKAWSKI, Tomasz	07	Mokotowski UKP Warszawianka- Wodny	5:24.41	
50m: 33.35 33.35	150m: 1:55.58 41.04	250m: 3:20.69 41.83	350m: 4:46.50 42.03	
100m: 1:14.54 41.19	200m: 2:38.86 43.28	300m: 4:04.47 43.78	400m: 5:24.41 37.91	