

ZAWODY PŁYWACKIE O PUCHAR PREZYDENTA MIASTA CIECHANÓW
Ciechanów, 28.1.2017

Konkurencja 30
28.01.2017 - 16:22

M czynn, 400m dowolny

Open
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.
1.	CHRZANOWSKI, Damian	98	MZOS Płock					3:56.01	727
	50m: 27.31 27.31	150m: 1:27.01	29.65	250m: 2:27.62	30.16	350m: 3:27.07	29.68		
	100m: 57.36 30.05	200m: 1:57.46	30.45	300m: 2:57.39	29.77	400m: 3:56.01	28.94		
2.	JA KIEWICZ, Adrian	02	IuKS Muszelka Warszawa					4:10.01	611
	50m: 28.75 28.75	150m: 1:31.86	31.74	250m: 2:35.68	31.87	350m: 3:39.55	31.89		
	100m: 1:00.12 31.37	200m: 2:03.81	31.95	300m: 3:07.66	31.98	400m: 4:10.01	30.46		
3.	JEMIELITA, Oskar	01	MPKS Orka Ciechanów					4:12.77	592
	50m: 28.15 28.15	150m: 1:32.09	32.19	250m: 2:36.85	32.40	350m: 3:42.01	32.62		
	100m: 59.90 31.75	200m: 2:04.45	32.36	300m: 3:09.39	32.54	400m: 4:12.77	30.76		
4.	URYNIUK, Paweł	03	UKS G-8 Bielany Warszawa					4:13.02	590
	50m: 28.79 28.79	150m: 1:33.37	32.33	250m: 2:37.50	32.38	350m: 3:42.43	32.24		
	100m: 1:01.04 32.25	200m: 2:05.12	31.75	300m: 3:10.19	32.69	400m: 4:13.02	30.59		
5.	RUTA, Kamil	02	IuKS Muszelka Warszawa					4:20.58	540
	50m: 29.72 29.72	150m: 1:34.48	32.79	250m: 2:40.95	33.31	350m: 3:47.80	33.57		
	100m: 1:01.69 31.97	200m: 2:07.64	33.16	300m: 3:14.23	33.28	400m: 4:20.58	32.78		
6.	CHMIELEWSKI, Krzysztof	04	IuKS Muszelka Warszawa					4:20.64	540
	50m: 30.39 30.39	150m: 1:35.93	32.74	250m: 2:42.36	33.07	350m: 3:48.68	32.91		
	100m: 1:03.19 32.80	200m: 2:09.29	33.36	300m: 3:15.77	33.41	400m: 4:20.64	31.96		
7.	DOŁOWY, Grzegorz	02	IuKS Muszelka Warszawa					4:21.92	532
	50m: 30.34 30.34	150m: 1:36.20	33.05	250m: 2:42.70	33.27	350m: 3:49.30	33.37		
	100m: 1:03.15 32.81	200m: 2:09.43	33.23	300m: 3:15.93	33.23	400m: 4:21.92	32.62		
8.	ROGUSKI, Mateusz	03	IuKS Muszelka Warszawa					4:27.34	500
	50m: 31.56 31.56	150m: 1:39.09	33.84	250m: 2:47.03	34.10	350m: 3:54.66	33.79		
	100m: 1:05.25 33.69	200m: 2:12.93	33.84	300m: 3:20.87	33.84	400m: 4:27.34	32.68		
9.	CHMIELEWSKI, Michał	04	IuKS Muszelka Warszawa					4:29.13	490
	50m: 31.67 31.67	150m: 1:39.45	34.13	250m: 2:48.08	34.21	350m: 3:55.80	33.74		
	100m: 1:05.32 33.65	200m: 2:13.87	34.42	300m: 3:22.06	33.98	400m: 4:29.13	33.33		
10.	CHEŁSTOWSKI, Maciej	02	MKS Polonia Warszawa					4:29.82	486
	50m: 31.22 31.22	150m: 1:39.52	34.46	250m: 2:48.51	34.19	350m: 3:56.92	34.33		
	100m: 1:05.06 33.84	200m: 2:14.32	34.80	300m: 3:22.59	34.08	400m: 4:29.82	32.90		
11.	ZUBIK, Jan	03	MKS Polonia Warszawa					4:30.71	481
	50m: 31.48 31.48	150m: 1:40.12	34.43	250m: 2:48.33	33.84	350m: 3:56.65	33.82		
	100m: 1:05.69 34.21	200m: 2:14.49	34.37	300m: 3:22.83	34.50	400m: 4:30.71	34.06		
12.	RODKIEWICZ, Radosław	03	IuKS Muszelka Warszawa					4:32.24	473
	50m: 31.05 31.05	150m: 1:39.38	34.54	250m: 2:48.75	34.83	350m: 3:58.11	34.67		
	100m: 1:04.84 33.79	200m: 2:13.92	34.54	300m: 3:23.44	34.69	400m: 4:32.24	34.13		
13.	SOBÓL, Przemysław	02	MKS Polonia Warszawa					4:34.17	463
	50m: 30.99 30.99	150m: 1:40.49	34.92	250m: 2:49.93	34.36	350m: 3:59.83	35.31		
	100m: 1:05.57 34.58	200m: 2:15.57	35.08	300m: 3:24.52	34.59	400m: 4:34.17	34.34		
14.	BEDNAREK, Przemysław	04	IuKS Muszelka Warszawa					4:45.63	410
	50m: 32.69 32.69	150m: 1:44.31	36.25	250m: 2:57.65	36.65	350m: 4:10.70	36.42		
	100m: 1:08.06 35.37	200m: 2:21.00	36.69	300m: 3:34.28	36.63	400m: 4:45.63	34.93		
15.	KRACZKOWSKI, Tomasz	04	Skp Barakuda Starachowice					5:03.66	341
	50m: 32.51 32.51	150m: 1:47.42	38.50	250m: 3:07.33	40.70	350m: 4:25.68	38.99		
	100m: 1:08.92 36.41	200m: 2:26.63	39.21	300m: 3:46.69	39.36	400m: 5:03.66	37.98		
16.	KOWALCZYK, Piotr	03	MKS Polonia Warszawa					5:05.85	334
	50m: 33.76 33.76	150m: 1:53.00	40.50	250m: 3:13.39	39.56	350m: 4:31.42	39.16		
	100m: 1:12.50 38.74	200m: 2:33.83	40.83	300m: 3:52.26	38.87	400m: 5:05.85	34.43		
17.	MIENICKI, Rafał	06	ródmiejski UKS POLNA Warszawa					5:23.48	282
	50m: 35.33 35.33	150m: 1:55.66	41.09	250m: 3:18.65	41.33	350m: 4:41.97	41.37		
	100m: 1:14.57 39.24	200m: 2:37.32	41.66	300m: 4:00.60	41.95	400m: 5:23.48	41.51		

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PK	KRUTOWICZ, Bartłomiej	SWwa	02	MKS Polonia Warszawa	4:22.62	527					
50m:	30.58	30.58	150m:	1:37.84	33.78	250m:	2:45.60	33.81	350m:	3:52.72	33.46
100m:	1:04.06	33.48	200m:	2:11.79	33.95	300m:	3:19.26	33.66	400m:	4:22.62	29.90