

Otwarte Letnie Mistrzostwa Okręgu Warszawsko Mazowieckiego  
Warszawa, 24. - 25.6.2022

Konkurencja 14  
24.06.2022 - 18:37

Mężczyźni, 400m zmienny

14 lat i starsi  
Wyniki

Punkty: FINA 2022

Pozycja			Rok ur.					Czas	Pkt.	
<b>14 - 15 lat</b>										
1.	MIŁKOWSKI, Mikołaj		07	UKS 48 Warszawa ródmi cie				<b>4:41.90</b>	647	
	50m:	29.22 29.22	150m:	1:39.18	36.10	250m:	2:54.86	40.52	350m:	4:09.62 32.80
	100m:	1:03.08 33.86	200m:	2:14.34	35.16	300m:	3:36.82	41.96	400m:	4:41.90 32.28
2.	OŁOWNIA, Ignacy		07	KS Delfin Gdynia				<b>5:00.61</b>	533	
	50m:	31.15 31.15	150m:	1:45.61	39.33	250m:	3:05.47	43.13	350m:	4:26.36 36.06
	100m:	1:06.28 35.13	200m:	2:22.34	36.73	300m:	3:50.30	44.83	400m:	5:00.61 34.25
3.	WIDERSKI, Miłosz		08	MKS Trójka Łódź				<b>5:00.71</b>	533	
	50m:	30.75 30.75	150m:	1:45.88	39.19	250m:	3:10.09	45.46	350m:	4:28.54 33.56
	100m:	1:06.69 35.94	200m:	2:24.63	38.75	300m:	3:54.98	44.89	400m:	5:00.71 32.17
4.	PERL, Piotr		08	Uks „Pingwiny”				<b>5:30.83</b>	400	
	50m:	33.69 33.69	150m:	1:57.31	43.87	250m:	3:28.22	48.54	350m:	4:53.36 36.96
	100m:	1:13.44 39.75	200m:	2:39.68	42.37	300m:	4:16.40	48.18	400m:	5:30.83 37.47
5.	ROZBICKI, Kacper		08	UKS 48 Warszawa ródmi cie				<b>5:46.14</b>	349	
	50m:	36.68 36.68	150m:	2:08.36	46.96	250m:	3:39.28	46.74	350m:	5:07.36 40.23
	100m:	1:21.40 44.72	200m:	2:52.54	44.18	300m:	4:27.13	47.85	400m:	5:46.14 38.78
DYSKW.	YARUI, Stanisław		07	UKS „Skalar” Warszawa				<b>5:35.15</b>		
	<i>G7 - Pływak znajdował się w pozycji na piersiach po opuszczeniu ciany nawrotowej.</i>									
	50m:	32.07 32.07	150m:	1:55.48	43.72	250m:	3:30.39	50.58	350m:	4:58.58 37.96
	100m:	1:11.76 39.69	200m:	2:39.81	44.33	300m:	4:20.62	50.23	400m:	5:35.15 36.57

**16 lat i starsi**

1.	POGODA, Krzysztof		05	MKS Jedyńka Łódź				<b>4:47.95</b>	607	
	50m:	29.79 29.79	150m:	1:41.01	36.79	250m:	2:57.44	41.73	350m:	4:15.05 35.66
	100m:	1:04.22 34.43	200m:	2:15.71	34.70	300m:	3:39.39	41.95	400m:	4:47.95 32.90
2.	LUCOW, Jan		06	UKP „Polonia Warszawa”				<b>4:55.35</b>	562	
	50m:	30.44 30.44	150m:	1:42.68	36.70	250m:	3:01.61	42.54	350m:	4:20.79 35.52
	100m:	1:05.98 35.54	200m:	2:19.07	36.39	300m:	3:45.27	43.66	400m:	4:55.35 34.56
3.	SZPORAK, Kamil		06	Squatina Ostrołęka				<b>5:01.23</b>	530	
	50m:	30.84 30.84	150m:	1:47.88	40.96	250m:	3:10.56	43.16	350m:	4:28.39 35.35
	100m:	1:06.92 36.08	200m:	2:27.40	39.52	300m:	3:53.04	42.48	400m:	5:01.23 32.84
4.	KOWALEWSKI, Mateusz		06	MKS Jedyńka Łódź				<b>5:06.83</b>	501	
	50m:	30.74 30.74	150m:	1:48.22	1:15.40	250m:	3:11.25	2:04.86	350m:	4:30.56 2:02.25
	100m:	32.82 2.08	200m:	1:06.39		300m:	2:28.31		400m:	5:06.83 36.27
5.	URBAŃSKI, Maciej		06	Mokotowski UKP Warszawianka- Wodny				<b>5:08.90</b>	491	
	50m:	31.27 31.27	150m:	1:47.50	39.93	250m:	3:12.29	44.82	350m:	4:34.12 36.03
	100m:	1:07.57 36.30	200m:	2:27.47	39.97	300m:	3:58.09	45.80	400m:	5:08.90 34.78
6.	HANDZLIK, Mateusz		06	Mokotowski UKP Warszawianka- Wodny				<b>5:13.09</b>	472	
	50m:	32.44 32.44	150m:	1:52.14	42.47	250m:	3:16.61	43.86	350m:	4:37.69 36.70
	100m:	1:09.67 37.23	200m:	2:32.75	40.61	300m:	4:00.99	44.38	400m:	5:13.09 35.40
7.	NOWAKOWSKI, Maksymilian		05	Mokotowski UKP Warszawianka- Wodny				<b>5:22.73</b>	431	
	50m:	33.39 33.39	150m:	1:55.97	41.59	250m:	3:22.68	46.94	350m:	4:47.66 36.87
	100m:	1:14.38 40.99	200m:	2:35.74	39.77	300m:	4:10.79	48.11	400m:	5:22.73 35.07
8.	PATOKA, Konrad		05	WOPR Malbork				<b>5:25.90</b>	418	
	50m:	31.77 31.77	150m:	1:56.37	44.76	250m:	3:27.88	50.08	350m:	4:51.31 35.93
	100m:	1:11.61 39.84	200m:	2:37.80	41.43	300m:	4:15.38	47.50	400m:	5:25.90 34.59