

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

Konkurencja 32  
25.06.2022 - 11:10

Mężczyzn, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2022

Pozycja			Rok ur.					Czas	Pkt.	
<b>14 - 15 lat</b>										
1.	OŁOWNIA, Ignacy		07	KS Delfin Gdynia				<b>4:27.49</b>	556	
	50m:	31.31 31.31	150m:	1:39.20	34.59	250m:	2:47.84	34.44	350m:	3:55.67 33.74
	100m:	1:04.61 33.30	200m:	2:13.40	34.20	300m:	3:21.93	34.09	400m:	4:27.49 31.82
2.	RUBIN, Feliks		08	MKS Trójka Łódź				<b>4:29.33</b>	545	
	50m:	30.24 30.24	150m:	1:38.54	34.36	250m:	2:47.54	34.61	350m:	3:56.28 34.28
	100m:	1:04.18 33.94	200m:	2:12.93	34.39	300m:	3:22.00	34.46	400m:	4:29.33 33.05
3.	BORKOWSKI, Marcel		07	KS Neptun widnica				<b>4:31.27</b>	533	
	50m:	30.79 30.79	150m:	1:38.19	33.86	250m:	2:48.02	35.14	350m:	3:58.83 35.05
	100m:	1:04.33 33.54	200m:	2:12.88	34.69	300m:	3:23.78	35.76	400m:	4:31.27 32.44
4.	KRAWCZYK, Jakub		08	Mokotowski UKP Warszawianka- Wodny				<b>4:35.81</b>	507	
	50m:	30.79 30.79	150m:	1:39.71	34.78	250m:	2:49.98	35.45	350m:	4:01.11 36.06
	100m:	1:04.93 34.14	200m:	2:14.53	34.82	300m:	3:25.05	35.07	400m:	4:35.81 34.70
5.	CIECHANOWSKI, Stanisław		07	Mokotowski UKP Warszawianka- Wodny				<b>4:40.52</b>	482	
	50m:	30.89 30.89	150m:	1:39.71	34.90	250m:	2:51.67	35.93	350m:	4:04.89 36.92
	100m:	1:04.81 33.92	200m:	2:15.74	36.03	300m:	3:27.97	36.30	400m:	4:40.52 35.63
6.	D BROWSKI, Adam		08	UKS 307 Warszawa-Mokotów				<b>4:46.03</b>	455	
	50m:	32.06 32.06	150m:	1:46.11	37.53	250m:	3:00.07	36.53	350m:	4:11.63 35.45
	100m:	1:08.58 36.52	200m:	2:23.54	37.43	300m:	3:36.18	36.11	400m:	4:46.03 34.40
7.	CIELIKOWSKI, Szymon		08	UKS 307 Warszawa-Mokotów				<b>4:50.92</b>	432	
	50m:	33.63 33.63	150m:	1:48.24	37.42	250m:	3:03.85	37.96	350m:	4:17.57 35.93
	100m:	1:10.82 37.19	200m:	2:25.89	37.65	300m:	3:41.64	37.79	400m:	4:50.92 33.35
8.	YARUI, Stanisław		07	UKS „Skalar” Warszawa				<b>4:51.95</b>	428	
	50m:	31.84 31.84	150m:	1:44.83	37.68	250m:	3:02.11	39.01	350m:	4:17.34 36.92
	100m:	1:07.15 35.31	200m:	2:23.10	38.27	300m:	3:40.42	38.31	400m:	4:51.95 34.61
9.	JARECKI, Bartosz		08	UKS 48 Warszawa ródnie cie				<b>4:54.95</b>	415	
	50m:	31.82 31.82	150m:	1:45.73	37.45	250m:	3:01.53	37.96	350m:	4:18.14 37.98
	100m:	1:08.28 36.46	200m:	2:23.57	37.84	300m:	3:40.16	38.63	400m:	4:54.95 36.81
10.	STA KIEWICZ, Wiktor		07	Mokotowski UKP Warszawianka- Wodny				<b>4:55.83</b>	411	
	50m:	33.40 33.40	150m:	1:47.97	37.16	250m:	3:03.39	37.25	350m:	4:20.01 38.10
	100m:	1:10.81 37.41	200m:	2:26.14	38.17	300m:	3:41.91	38.52	400m:	4:55.83 35.82
11.	STA CZYK, Franciszek		08	UKS Kapry-Armexim Pruszków				<b>5:04.25</b>	378	
	50m:	32.35 32.35	150m:	1:48.92	39.01	250m:	3:07.65	39.30	350m:	4:26.62 39.35
	100m:	1:09.91 37.56	200m:	2:28.35	39.43	300m:	3:47.27	39.62	400m:	5:04.25 37.63
12.	ROZBICKI, Kacper		08	UKS 48 Warszawa ródnie cie				<b>5:07.47</b>	366	
	50m:	33.96 33.96	150m:	1:51.98	39.54	250m:	3:12.71	40.15	350m:	4:30.64 38.31
	100m:	1:12.44 38.48	200m:	2:32.56	40.58	300m:	3:52.33	39.62	400m:	5:07.47 36.83
	TRAUTZEL, Maksymilian		08	UKS H2O Warszawa				<b>5:07.47</b>	366	
	50m:	35.14 35.14	150m:	1:52.60	38.06	250m:	3:09.15	38.15	350m:	4:29.18 40.04
	100m:	1:14.54 39.40	200m:	2:31.00	38.40	300m:	3:49.14	39.99	400m:	5:07.47 38.29
14.	KASI SKI, Mikołaj		08	UKS 307 Warszawa-Mokotów				<b>5:11.75</b>	351	
	50m:	33.95 33.95	150m:	1:54.00	40.50	250m:	3:15.21	40.17	350m:	4:34.15 39.70
	100m:	1:13.50 39.55	200m:	2:35.04	41.04	300m:	3:54.45	39.24	400m:	5:11.75 37.60
15.	BAŁABAN, Antoni		08	UKS 48 Warszawa ródnie cie				<b>5:20.75</b>	322	
	50m:	35.40 35.40	150m:	1:55.62	40.72	250m:	3:18.31	41.86	350m:	4:41.07 41.34
	100m:	1:14.90 39.50	200m:	2:36.45	40.83	300m:	3:59.73	41.42	400m:	5:20.75 39.68

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Konkurencja 32, M cieżyn, 400m dowolny

16 lat i starsi

1.	MIENICKI, Rafał		06	UKS 48 Warszawa	ródmi cie	<b>4:12.13</b>	664	
	50m: 28.61	28.61	150m: 1:33.00	32.54	250m: 2:38.08	32.66	350m: 3:41.91	31.88
	100m: 1:00.46	31.85	200m: 2:05.42	32.42	300m: 3:10.03	31.95	400m: 4:12.13	30.22
2.	J DRYKA, Nikodem		04	MKS Trójka Łód		<b>4:26.23</b>	564	
	50m: 29.88	29.88	150m: 1:37.43	34.60	250m: 2:46.39	34.25	350m: 3:54.65	33.78
	100m: 1:02.83	32.95	200m: 2:12.14	34.71	300m: 3:20.87	34.48	400m: 4:26.23	31.58
3.	SULKOWSKI, Maciej		06	Uks Jagiellonia Swim		<b>4:27.30</b>	558	
	50m: 29.55	29.55	150m: 1:36.95	34.33	250m: 2:45.74	34.51	350m: 3:55.39	34.89
	100m: 1:02.62	33.07	200m: 2:11.23	34.28	300m: 3:20.50	34.76	400m: 4:27.30	31.91
4.	KRYSIAK, Kacper		04	MKS Trójka Łód		<b>4:29.82</b>	542	
	50m: 30.22	30.22	150m: 1:38.46	34.47	250m: 2:47.32	34.54	350m: 3:56.67	34.55
	100m: 1:03.99	33.77	200m: 2:12.78	34.32	300m: 3:22.12	34.80	400m: 4:29.82	33.15
5.	STANISŁAWSKI, Bartosz		04	MKS Trójka Łód		<b>4:34.99</b>	512	
	50m: 29.79	29.79	150m: 1:35.75	33.31	250m: 2:44.96	34.79	350m: 3:58.57	36.98
	100m: 1:02.44	32.65	200m: 2:10.17	34.42	300m: 3:21.59	36.63	400m: 4:34.99	36.42
6.	PATOKA, Konrad		05	WOPR Malbork		<b>4:38.92</b>	491	
	50m: 30.73	30.73	150m: 1:40.52	35.45	250m: 2:52.64	36.34	350m: 4:04.62	35.98
	100m: 1:05.07	34.34	200m: 2:16.30	35.78	300m: 3:28.64	36.00	400m: 4:38.92	34.30