

Otwarte Jesienne Mistrzostwa Okręgu WMOZP i Warszawy z okazji Narodowego Święta Niepodległości
Warszawa, 10. - 11.11.2024

Konkurencja 34
11.11.2024 - 10:51

Mężczyźni, 400m dowolny

Open
Wyniki

Punkty: AQUA 2024

Pozycja			Rok ur.					Czas	Pkt.
13 lat i młodszy									
1.	KACZMAREK	Mikołaj	11	UKS „GIM 92 Ursynów”				4:24.27	518
	50m:	29.90	29.90	150m:	1:36.90	34.01	250m:	2:44.66	33.84
	100m:	1:02.89	32.99	200m:	2:10.82	33.92	300m:	3:19.25	34.59
							350m:	3:52.86	33.61
							400m:	4:24.27	31.41
2.	ŁUKASZEWICZ	Michał	11	UKP „Polonia Warszawa”				4:32.02	475
	50m:	31.62	31.62	150m:	1:40.88	34.80	250m:	2:50.54	34.47
	100m:	1:06.08	34.46	200m:	2:16.07	35.19	300m:	3:25.22	34.68
							350m:	3:59.69	34.47
							400m:	4:32.02	32.33
3.	KOTŁOWSKI	Piotr	11	UKS „GIM 92 Ursynów”				4:33.14	469
	50m:	30.17	30.17	150m:	1:38.49	34.82	250m:	2:49.83	36.22
	100m:	1:03.67	33.50	200m:	2:13.61	35.12	300m:	3:24.82	34.99
							350m:	3:59.64	34.82
							400m:	4:33.14	33.50
4.	MILEWSKI	Jan	11	UKS „GIM 92 Ursynów”				4:44.06	417
	50m:	29.89	29.89	150m:	1:39.57	35.55	250m:	2:53.73	37.38
	100m:	1:04.02	34.13	200m:	2:16.35	36.78	300m:	3:30.84	37.11
							350m:	4:08.08	37.24
							400m:	4:44.06	35.98
5.	KRUPA	Filip	11	UKP „Polonia Warszawa”				4:45.36	411
	50m:	31.60	31.60	150m:	1:44.45	36.92	250m:	2:58.12	36.95
	100m:	1:07.53	35.93	200m:	2:21.17	36.72	300m:	3:35.08	36.96
							350m:	4:11.54	36.46
							400m:	4:45.36	33.82
6.	SUSABOWSKI	Paweł	11	MKS Piaseczno				4:48.48	398
	50m:	31.61	31.61	150m:	1:44.34	37.09	250m:	2:58.28	36.97
	100m:	1:07.25	35.64	200m:	2:21.31	36.97	300m:	3:36.12	37.84
							350m:	4:14.17	38.05
							400m:	4:48.48	34.31
7.	KUSYK	Franciszek	11	MKS „Jagiellonka” Warszawa				4:49.33	394
	50m:	31.64	31.64	150m:	1:45.23	37.28	250m:	2:59.06	37.27
	100m:	1:07.95	36.31	200m:	2:21.79	36.56	300m:	3:36.27	37.21
							350m:	4:13.23	36.96
							400m:	4:49.33	36.10
8.	GOLON	Leon	11	IKS Konstancin				4:54.02	376
	50m:	32.42	32.42	150m:	1:47.94	38.34	250m:	3:02.90	37.60
	100m:	1:09.60	37.18	200m:	2:25.30	37.36	300m:	3:40.84	37.94
							350m:	4:18.97	38.13
							400m:	4:54.02	35.05
9.	BARYCKI	Fryderyk	11	UKP „Polonia Warszawa”				4:54.53	374
	50m:	32.72	32.72	150m:	1:49.90	39.03	250m:	3:05.03	37.54
	100m:	1:10.87	38.15	200m:	2:27.49	37.59	300m:	3:42.88	37.85
							350m:	4:20.17	37.29
							400m:	4:54.53	34.36
10.	ARMI	SKI Bruno	11	IKS Konstancin				4:56.83	365
	50m:	32.88	32.88	150m:	1:48.10	37.84	250m:	3:03.90	37.97
	100m:	1:10.26	37.38	200m:	2:25.93	37.83	300m:	3:41.97	38.07
							350m:	4:19.92	37.95
							400m:	4:56.83	36.91
11.	NIEDZIAŁKOWSKI	Tymon	12	UKS G-8 Bielany Warszawa				4:58.40	359
	50m:	32.59	32.59	150m:	1:48.93	38.30	250m:	3:05.82	38.23
	100m:	1:10.63	38.04	200m:	2:27.59	38.66	300m:	3:44.24	38.42
							350m:	4:22.39	38.15
							400m:	4:58.40	36.01
12.	SZABLI	SKI Ignacy	11	MKS Piaseczno				5:04.58	338
	50m:	33.02	33.02	150m:	1:49.01	38.82	250m:	3:07.63	39.43
	100m:	1:10.19	37.17	200m:	2:28.20	39.19	300m:	3:47.13	39.50
							350m:	4:27.27	40.14
							400m:	5:04.58	37.31
13.	NITECKI	Wojciech	13	MKS Piaseczno				5:05.93	333
	50m:	34.29	34.29	150m:	1:51.93	38.54	250m:	3:10.83	39.46
	100m:	1:13.39	39.10	200m:	2:31.37	39.44	300m:	3:50.10	39.27
							350m:	4:29.83	39.73
							400m:	5:05.93	36.10



Otwarte Jesienne Mistrzostwa Okręgu WMOZP i Warszawy z okazji Narodowego Dnia Niepodległości
Warszawa, 10. - 11.11.2024

Konkurencja 34, Chłopców, 400m dowolny, 13 lat i młodsi

Pozycja			Rok ur.					Czas	Pkt.			
14.	ROSA Michał		11	MKS „Jagiellonka” Warszawa				5:08.37	326			
	50m:	34.13 34.13	150m:	1:51.22	39.42	250m:	3:10.63	39.97	350m:	4:29.78	39.67	
	100m:	1:11.80	37.67	200m:	2:30.66	39.44	300m:	3:50.11	39.48	400m:	5:08.37	38.59
15.	LYSIUCHENKO Ivan		11	UKS "SMS KAPRY Pruszków"				5:08.99	324			
	50m:	34.21 34.21	150m:	1:56.80	41.77	250m:	3:19.26	40.38	350m:	4:36.24	37.79	
	100m:	1:15.03	40.82	200m:	2:38.88	42.08	300m:	3:58.45	39.19	400m:	5:08.99	32.75
16.	MIŁEK Filip		11	UKS G-8 Bielany Warszawa				5:09.32	323			
	50m:	33.49 33.49	150m:	1:53.04	40.58	250m:	3:13.34	40.21	350m:	4:33.73	39.76	
	100m:	1:12.46	38.97	200m:	2:33.13	40.09	300m:	3:53.97	40.63	400m:	5:09.32	35.59
17.	MISHUSTSIN Michał		12	UKS 48 Warszawa ródmi cie				5:20.38	290			
	50m:	35.04 35.04	150m:	1:57.06	41.56	250m:	3:19.02	41.28	350m:	4:41.65	40.21	
	100m:	1:15.50	40.46	200m:	2:37.74	40.68	300m:	4:01.44	42.42	400m:	5:20.38	38.73
18.	SMOLAREK Stanisław		11	UKS „GIM 92 Ursynów"				5:23.48	282			
	50m:	36.09 36.09	150m:	1:57.68	41.33	250m:	3:21.41	41.82	350m:	4:44.96	41.78	
	100m:	1:16.35	40.26	200m:	2:39.59	41.91	300m:	4:03.18	41.77	400m:	5:23.48	38.52
19.	WILKOS Aleksander		12	UKS "Wodnik Goćław"				5:29.76	266			
	50m:	36.73 36.73	150m:	2:01.42	42.81	250m:	3:26.04	41.55	350m:	4:50.11	41.69	
	100m:	1:18.61	41.88	200m:	2:44.49	43.07	300m:	4:08.42	42.38	400m:	5:29.76	39.65
20.	JEDLI SKI Julius		12	UKS 48 Warszawa ródmi cie				5:34.04	256			
	50m:	38.38 38.38	150m:	2:04.29	42.90	250m:	3:29.65	42.45	350m:	4:53.96	41.97	
	100m:	1:21.39	43.01	200m:	2:47.20	42.91	300m:	4:11.99	42.34	400m:	5:34.04	40.08
21.	METLYTSKYI Savellii		12	UKS „Skalar" Warszawa				5:49.04	224			
	50m:	36.25 36.25	150m:	2:03.97	44.65	250m:	3:34.08	44.87	350m:	5:03.91	44.97	
	100m:	1:19.32	43.07	200m:	2:49.21	45.24	300m:	4:18.94	44.86	400m:	5:49.04	45.13
22.	DUBOVETS Illia		12	UKS „Skalar" Warszawa				5:57.38	209			
	50m:	38.01 38.01	150m:	2:09.25	46.35	250m:	3:40.40	45.33	350m:	5:12.04	45.72	
	100m:	1:22.90	44.89	200m:	2:55.07	45.82	300m:	4:26.32	45.92	400m:	5:57.38	45.34
23.	MORBIATO Juliusz		12	UKS "Wodnik Goćław"				5:58.32	207			
	50m:	38.53 38.53	150m:	2:08.19	45.62	250m:	3:42.10	47.11	350m:	5:15.90	47.39	
	100m:	1:22.57	44.04	200m:	2:54.99	46.80	300m:	4:28.51	46.41	400m:	5:58.32	42.42
24.	ZINKEVICH Gleb		14	UKS 48 Warszawa ródmi cie				5:59.93	205			
	50m:	41.28 41.28	150m:	2:14.37	46.47	250m:	3:46.70	45.95	350m:	5:18.89	45.68	
	100m:	1:27.90	46.62	200m:	3:00.75	46.38	300m:	4:33.21	46.51	400m:	5:59.93	41.04
25.	WREDE Jan		13	UKS 48 Warszawa ródmi cie				6:24.55	168			
	50m:	42.55 42.55	150m:	2:20.07	48.12	250m:	3:58.97	49.17	350m:	5:37.79	49.86	
	100m:	1:31.95	49.40	200m:	3:09.80	49.73	300m:	4:47.93	48.96	400m:	6:24.55	46.76
26.	PERNAL Adam		14	UKS "Wodnik Goćław"				6:24.95	167			
	50m:	41.86 41.86	150m:	2:18.16	48.50	250m:	3:57.12	49.43	350m:	5:38.19	50.07	
	100m:	1:29.66	47.80	200m:	3:07.69	49.53	300m:	4:48.12	51.00	400m:	6:24.95	46.76



Otwarte Jesienne Mistrzostwa Okręgu WMOZP i Warszawy z okazji Narodowego Tygodnia Niepodległości
Warszawa, 10. - 11.11.2024

Konkurencja 34, Mężczyźni, 400m dowolny

14 - 15 lat

1.	TARASIEWICZ Piotr	09	UKP „Polonia Warszawa”	4:11.61	600
	50m: 27.81 27.81	150m: 1:29.09 31.11	250m: 2:33.39 32.39	350m: 3:39.37 33.22	
	100m: 57.98 30.17	200m: 2:01.00 31.91	300m: 3:06.15 32.76	400m: 4:11.61 32.24	
2.	POTRZEBOWSKI Franciszek	09	UKP „Polonia Warszawa”	4:17.38	560
	50m: 29.83 29.83	150m: 1:35.79 33.32	250m: 2:41.29 32.05	350m: 3:46.36 32.36	
	100m: 1:02.47 32.64	200m: 2:09.24 33.45	300m: 3:14.00 32.71	400m: 4:17.38 31.02	
3.	PYTEL Mikołaj	09	UKP „Polonia Warszawa”	4:24.01	519
	50m: 29.48 29.48	150m: 1:35.48 33.74	250m: 2:43.93 34.24	350m: 3:52.32 34.18	
	100m: 1:01.74 32.26	200m: 2:09.69 34.21	300m: 3:18.14 34.21	400m: 4:24.01 31.69	
4.	GŁADKOWSKI Olaf	10	UKS G-8 Bielany Warszawa	4:24.48	516
	50m: 28.82 28.82	150m: 1:34.12 33.20	250m: 2:42.20 34.18	350m: 3:51.27 34.74	
	100m: 1:00.92 32.10	200m: 2:08.02 33.90	300m: 3:16.53 34.33	400m: 4:24.48 33.21	
5.	PRZEŁAKIEWICZ Filip	10	IKS Konstancin	4:28.00	496
	50m: 30.11 30.11	150m: 1:37.43 34.01	250m: 2:46.48 34.46	350m: 3:55.30 34.08	
	100m: 1:03.42 33.31	200m: 2:12.02 34.59	300m: 3:21.22 34.74	400m: 4:28.00 32.70	
6.	SZANIAWSKI Hubert	09	UKS Delfin Garwolin	4:28.01	496
	50m: 30.03 30.03	150m: 1:35.64 33.51	250m: 2:44.38 34.48	350m: 3:53.70 34.22	
	100m: 1:02.13 32.10	200m: 2:09.90 34.26	300m: 3:19.48 35.10	400m: 4:28.01 34.31	
7.	RUTKOWSKI Bartosz	09	KS Fenix Opatów Mazowiecki	4:28.26	495
	50m: 30.40 30.40	150m: 1:37.38 33.89	250m: 2:46.25 34.44	350m: 3:55.06 34.32	
	100m: 1:03.49 33.09	200m: 2:11.81 34.43	300m: 3:20.74 34.49	400m: 4:28.26 33.20	
8.	SMYKIEWICZ Mateusz	09	SKP Delfin Koźnice	4:33.49	467
	50m: 30.34 30.34	150m: 1:39.30 34.86	250m: 2:49.00 35.00	350m: 3:59.68 35.69	
	100m: 1:04.44 34.10	200m: 2:14.00 34.70	300m: 3:23.99 34.99	400m: 4:33.49 33.81	
9.	KARDAS Tomasz	10	UKS "Wodnik Gośćów"	4:36.01	454
	50m: 29.50 29.50	150m: 1:38.14 35.20	250m: 2:51.65 37.74	350m: 4:02.75 35.01	
	100m: 1:02.94 33.44	200m: 2:13.91 35.77	300m: 3:27.74 36.09	400m: 4:36.01 33.26	
10.	URBANEK Damian	10	UKS G-8 Bielany Warszawa	4:38.09	444
	50m: 30.35 30.35	150m: 1:38.58 34.29	250m: 2:50.10 35.85	350m: 4:02.85 36.71	
	100m: 1:04.29 33.94	200m: 2:14.25 35.67	300m: 3:26.14 36.04	400m: 4:38.09 35.24	
11.	NADOLNY Jerzy	09	UKP „Polonia Warszawa”	4:41.97	426
	50m: 29.84 29.84	150m: 1:39.84 35.56	250m: 2:52.57 36.68	350m: 4:06.12 36.83	
	100m: 1:04.28 34.44	200m: 2:15.89 36.05	300m: 3:29.29 36.72	400m: 4:41.97 35.85	
12.	BRYK Jarosław	09	MKS Piaseczno	4:42.40	424
	50m: 30.91 30.91	150m: 1:41.67 35.92	250m: 2:54.74 36.59	350m: 4:08.26 36.68	
	100m: 1:05.75 34.84	200m: 2:18.15 36.48	300m: 3:31.58 36.84	400m: 4:42.40 34.14	
13.	DOMAŃSKI Franciszek	09	MKS Piaseczno	4:46.81	405
	50m: 31.67 31.67	150m: 1:44.74 37.03	250m: 2:57.55 36.68	350m: 4:11.10 36.99	
	100m: 1:07.71 36.04	200m: 2:20.87 36.13	300m: 3:34.11 36.56	400m: 4:46.81 35.71	
14.	YAVORSKYI Luka	09	UKP „Polonia Warszawa”	4:56.47	366
	50m: 29.92 29.92	150m: 1:43.25 37.63	250m: 3:02.16 39.59	350m: 4:20.46 39.02	
	100m: 1:05.62 35.70	200m: 2:22.57 39.32	300m: 3:41.44 39.28	400m: 4:56.47 36.01	



Otwarte Jesienne Mistrzostwa Okręgu WMOZP i Warszawy z okazji Narodowego Dnia Niepodległości
Warszawa, 10. - 11.11.2024

Konkurencja 34, Chłopców, 400m dowolny, 14 - 15 lat

Pozycja	Imię i nazwisko		Rok ur.	Klub				Czas	Pkt.
15.	RYMER Jakub		10	UKS „GIM 92 Ursynów”				5:03.66	341
	50m:	32.30 32.30	150m:	1:47.56 38.53	250m:	3:07.07 39.68	350m:	4:26.55 39.36	
	100m:	1:09.03 36.73	200m:	2:27.39 39.83	300m:	3:47.19 40.12	400m:	5:03.66 37.11	
16.	OWCZARCZYK Jan		10	UKP „Polonia Warszawa”				5:26.54	274
	50m:	35.72 35.72	150m:	1:58.97 41.90	250m:	3:21.53 41.16	350m:	4:46.34 42.68	
	100m:	1:17.07 41.35	200m:	2:40.37 41.40	300m:	4:03.66 42.13	400m:	5:26.54 40.20	
17.	TOMCZAK Igor		10	KS Fenix Oarów Mazowiecki				5:41.07	240
	50m:	35.60 35.60	150m:	1:58.34 42.78	250m:	3:25.48 43.92	350m:	4:55.92 45.70	
	100m:	1:15.56 39.96	200m:	2:41.56 43.22	300m:	4:10.22 44.74	400m:	5:41.07 45.15	
18.	PIECHOWICZ Andrzej		10	MUKP Warszawianka- Wodny Park				5:47.20	228
	50m:	38.07 38.07	150m:	2:06.49 44.74	250m:	3:35.59 44.48	350m:	5:06.07 45.59	
	100m:	1:21.75 43.68	200m:	2:51.11 44.62	300m:	4:20.48 44.89	400m:	5:47.20 41.13	

16 lat i starsi

1.	MIŁKOWSKI Mikołaj		07	AZS AWF Warszawa				3:56.88	719
	50m:	27.39 27.39	150m:	1:26.66 29.99	250m:	2:26.89 30.17	350m:	3:27.24 30.20	
	100m:	56.67 29.28	200m:	1:56.72 30.06	300m:	2:57.04 30.15	400m:	3:56.88 29.64	
2.	HUSZCZA Mateusz		08	UKS „GIM 92 Ursynów”				4:08.77	621
	50m:	28.47 28.47	150m:	1:31.06 31.37	250m:	2:33.69 31.41	350m:	3:37.44 31.82	
	100m:	59.69 31.22	200m:	2:02.28 31.22	300m:	3:05.62 31.93	400m:	4:08.77 31.33	
3.	MAZUR Adam		07	Grupa 5Styl				4:20.60	540
	50m:	28.98 28.98	150m:	1:33.52 32.85	250m:	2:39.95 33.25	350m:	3:47.47 33.71	
	100m:	1:00.67 31.69	200m:	2:06.70 33.18	300m:	3:13.76 33.81	400m:	4:20.60 33.13	
4.	WÓJCIK Przemysław		06	UKS Delfin Garwolin				4:55.31	371
	50m:	32.31 32.31	150m:	1:46.84 38.19	250m:	3:03.83 38.50	350m:	4:19.88 37.89	
	100m:	1:08.65 36.34	200m:	2:25.33 38.49	300m:	3:41.99 38.16	400m:	4:55.31 35.43	
5.	GOLISZEWSKI Bartosz		07	UKS Delfin Garwolin				5:28.66	269
	50m:	34.22 34.22	150m:	1:54.80 41.69	250m:	3:20.59 43.10	350m:	4:48.20 43.63	
	100m:	1:13.11 38.89	200m:	2:37.49 42.69	300m:	4:04.57 43.98	400m:	5:28.66 40.46	
6.	HOŁDY SKI Krzysztof		06	UKS Ostrobramska				6:58.23	130
	50m:	38.34 38.34	150m:	2:14.54 50.35	250m:	3:59.12 53.16	350m:	6:14.06 1:20.11	
	100m:	1:24.19 45.85	200m:	3:05.96 51.42	300m:	4:53.95 54.83	400m:	6:58.23 44.17	

