

Zimowe Mistrzostwa Polski Seniorów i M³odzie³owców 19 - 20 lat
Gorzów Wlkp., 27. - 30.11.2008

Konkurencja 10
27.11.2008

Męczyzn, 400m dowolny

Open
Wyniki Eliminacje

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Punkty: FINA 2008

Pozycja					Rok ur.					Czas	Pkt.	
1.	PIŁTKOWSKI, Mateusz SO				90	UKP Unia Oe ³ więcim				3:51.73	831	A
	50m:	26.85	26.85	150m:	1:25.35	29.63	250m:	2:23.93	28.70	350m:	3:22.76	29.60
	100m:	55.72	28.87	200m:	1:55.23	29.88	300m:	2:53.16	29.23	400m:	3:51.73	28.97
2.	PIEKUT, Krzysztof				90	MTP Kormoran Olsztyn				3:52.13	827	A
	50m:	27.45	27.45	150m:	1:26.27	29.40	250m:	2:25.68	29.54	350m:	3:23.90	28.80
	100m:	56.87	29.42	200m:	1:56.14	29.87	300m:	2:55.10	29.42	400m:	3:52.13	28.23
3.	GILSKI, Pawe ³				90	MTP Kormoran Olsztyn				3:52.85	819	A
	50m:	27.06	27.06	150m:	1:25.95	29.44	250m:	2:25.29	29.58	350m:	3:24.67	29.53
	100m:	56.51	29.45	200m:	1:55.71	29.76	300m:	2:55.14	29.85	400m:	3:52.85	28.18
4.	PIELOWSKI, Krzysztof				91	MTP Kormoran Olsztyn				3:53.34	814	A
	50m:	27.32	27.32	150m:	1:26.38	29.63	250m:	2:25.61	29.62	350m:	3:24.53	29.31
	100m:	56.75	29.43	200m:	1:55.99	29.61	300m:	2:55.22	29.61	400m:	3:53.34	28.81
5.	RURAK, Pawe ³				88	AZS-AWF Warszawa				3:53.46	813	A
	50m:	27.17	27.17	150m:	1:26.09	29.64	250m:	2:25.38	29.56	350m:	3:24.66	29.47
	100m:	56.45	29.28	200m:	1:55.82	29.73	300m:	2:55.19	29.81	400m:	3:53.46	28.80
6.	OTŁOWSKI, Aleksy SK				91	MUKP Warszawianka				3:53.76	809	A
	50m:	26.96	26.96	150m:	1:26.20	29.79	250m:	2:25.93	29.55	350m:	3:25.49	29.67
	100m:	56.41	29.45	200m:	1:56.38	30.18	300m:	2:55.82	29.89	400m:	3:53.76	28.27
7.	HURA, Bartosz				91	MTP Kormoran Olsztyn				3:54.61	801	A
	50m:	27.22	27.22	150m:	1:26.01	29.47	250m:	2:25.50	29.76	350m:	3:25.48	29.96
	100m:	56.54	29.32	200m:	1:55.74	29.73	300m:	2:55.52	30.02	400m:	3:54.61	29.13
8.	BOROWICZ SKONECZNY, Sylwester 92					MTP Kormoran Olsztyn				3:54.82	798	A
	50m:	27.72	27.72	150m:	1:26.67	29.45	250m:	2:26.19	29.88	350m:	3:25.45	29.47
	100m:	57.22	29.50	200m:	1:56.31	29.64	300m:	2:55.98	29.79	400m:	3:54.82	29.37
9.	SZAMOTULSKI, Wojciech				91	MKP S ³ owianka Gorzów Wlkp.				3:55.73	789	R
	50m:	27.52	27.52	150m:	1:27.17	29.91	250m:	2:27.03	30.01	350m:	3:26.99	29.65
	100m:	57.26	29.74	200m:	1:57.02	29.85	300m:	2:57.34	30.31	400m:	3:55.73	28.74
10.	SZUBA, Micha ³ <i>Rekord Polski 15 lat</i>				93	WKS ŒI ³ sk Wroc ³ aw				3:55.97	787	R
	50m:	27.44	27.44	150m:	1:26.66	29.86	250m:	2:26.57	29.94	350m:	3:26.72	30.10
	100m:	56.80	29.36	200m:	1:56.63	29.97	300m:	2:56.62	30.05	400m:	3:55.97	29.25
11.	KLESZCZYŃSKI, Pawe ³ SS				91	MKP Szczecin				3:56.13	785	
	50m:	27.69	27.69	150m:	1:26.87	29.67	250m:	2:27.14	30.23	350m:	3:27.26	29.94
	100m:	57.20	29.51	200m:	1:56.91	30.04	300m:	2:57.32	30.18	400m:	3:56.13	28.87
12.	ZIEJA, Dawid				89	KS AZS-AWFis Gdańsk				3:56.54	781	
	50m:	27.28	27.28	150m:	1:25.83	29.25	250m:	2:26.03	30.25	350m:	3:27.20	30.51
	100m:	56.58	29.30	200m:	1:55.78	29.95	300m:	2:56.69	30.66	400m:	3:56.54	29.34
13.	PASZEK, Marcin SZG				89	KS Warta Poznań				3:56.66	780	
	50m:	27.89	27.89	150m:	1:28.43	30.22	250m:	2:28.52	29.95	350m:	3:27.99	29.54
	100m:	58.21	30.32	200m:	1:58.57	30.14	300m:	2:58.45	29.93	400m:	3:56.66	28.67
14.	STOBIENIECKI, Jacek SO				90	EKS Skra Be ³ chatów				3:57.24	774	
	50m:	27.33	27.33	150m:	1:26.79	29.94	250m:	2:27.41	30.36	350m:	3:27.90	30.22
	100m:	56.85	29.52	200m:	1:57.05	30.26	300m:	2:57.68	30.27	400m:	3:57.24	29.34
15.	RZŹSA, Wojciech				90	KS AZS-AWFis Gdańsk				3:57.76	769	
	50m:	27.12	27.12	150m:	1:27.00	30.10	250m:	2:28.13	30.64	350m:	3:28.82	30.31
	100m:	56.90	29.78	200m:	1:57.49	30.49	300m:	2:58.51	30.38	400m:	3:57.76	28.94
16.	CZARNOTA, Mateusz SO				91	UKP Unia Oe ³ więcim				3:58.20	765	
	50m:	27.28	27.28	150m:	1:27.26	30.08	250m:	2:27.34	29.83	350m:	3:28.40	30.81
	100m:	57.18	29.90	200m:	1:57.51	30.25	300m:	2:57.59	30.25	400m:	3:58.20	29.80

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Konkurencja 10, Mężczyzn, 400m dowolny, Eliminacje, Open

Pozycja			Rok ur.				Czas		Pkt.			
17.	RYBIŃSKI, Dawid		93	WKS	Łódź	Wroc ³ aw	4:00.38	744				
	50m:	27.64	27.64	150m:	1:27.93	30.29	250m:	2:28.69	30.38	350m:	3:29.94	30.58
	100m:	57.64	30.00	200m:	1:58.31	30.38	300m:	2:59.36	30.67	400m:	4:00.38	30.44
18.	PULWIN, Pawe ³ SO		92	TS	Olimpia	Poznań	4:00.96	739				
	50m:	27.90	27.90	150m:	1:27.64	30.10	250m:	2:28.50	30.34	350m:	3:30.55	31.17
	100m:	57.54	29.64	200m:	1:58.16	30.52	300m:	2:59.38	30.88	400m:	4:00.96	30.41
19.	KWIATKOWSKI, Micha ³		90	MKS	Trójka	Łódź	4:01.43	735				
	50m:	27.08	27.08	150m:	1:26.65	30.04	250m:	2:27.60	30.53	350m:	3:30.16	31.61
	100m:	56.61	29.53	200m:	1:57.07	30.42	300m:	2:58.55	30.95	400m:	4:01.43	31.27
20.	BOR, Rados ³ aw		93	KS	Korner	Zielona Góra	4:02.30	727				
	50m:	28.04	28.04	150m:	1:29.05	30.93	250m:	2:31.34	31.42	350m:	3:33.29	30.57
	100m:	58.12	30.08	200m:	1:59.92	30.87	300m:	3:02.72	31.38	400m:	4:02.30	29.01
21.	SYGNECKI, Janusz		92	UKS	Skarpa	Lublin	4:02.44	726				
	50m:	28.25	28.25	150m:	1:29.97	31.28	250m:	2:31.38	30.53	350m:	3:32.62	30.63
	100m:	58.69	30.44	200m:	2:00.85	30.88	300m:	3:01.99	30.61	400m:	4:02.44	29.82
22.	GRZEBAŁA, Pawe ³		90	KSZO	Ostrowiec	Łw.	4:02.66	724				
	50m:	27.83	27.83	150m:	1:28.28	30.34	250m:	2:29.66	30.80	350m:	3:32.02	31.24
	100m:	57.94	30.11	200m:	1:58.86	30.58	300m:	3:00.78	31.12	400m:	4:02.66	30.64
23.	RUCIŃSKI, Konrad		92	MTP	Kormoran	Olsztyn	4:02.76	723				
	50m:	27.58	27.58	150m:	1:28.62	30.96	250m:	2:31.27	31.29	350m:	3:33.00	30.62
	100m:	57.66	30.08	200m:	1:59.98	31.36	300m:	3:02.38	31.11	400m:	4:02.76	29.76
24.	WIETESKA, Mateusz		91	SKS	Start	Łódź	4:02.81	722				
	50m:	27.00	27.00	150m:	1:27.40	30.67	250m:	2:29.21	30.93	350m:	3:31.59	31.42
	100m:	56.73	29.73	200m:	1:58.28	30.88	300m:	3:00.17	30.96	400m:	4:02.81	31.22
25.	WITKOWSKI, Krzysztof SS		91	MKP	Szczecin		4:03.27	718				
	50m:	27.92	27.92	150m:	1:29.02	30.90	250m:	2:31.32	31.06	350m:	3:33.84	31.13
	100m:	58.12	30.20	200m:	2:00.26	31.24	300m:	3:02.71	31.39	400m:	4:03.27	29.43
26.	EBROWSKI, Piotr		90	UKS	oliborz	Warszawa	4:04.85	704				
	50m:	27.03	27.03	150m:	1:27.53	30.80	250m:	2:30.65	31.59	350m:	3:34.08	31.62
	100m:	56.73	29.70	200m:	1:59.06	31.53	300m:	3:02.46	31.81	400m:	4:04.85	30.77
27.	ORŁOWSKI, Piotr SS		91	MKP	Szczecin		4:04.98	703				
	50m:	28.56	28.56	150m:	1:29.80	31.00	250m:	2:32.28	31.31	350m:	3:34.92	31.05
	100m:	58.80	30.24	200m:	2:00.97	31.17	300m:	3:03.87	31.59	400m:	4:04.98	30.06
28.	STAWIANY, Mateusz		86	AZS-AWF	Wroc ³ aw		4:06.88	687				
	50m:	27.53	27.53	150m:	1:26.89	29.93	250m:	2:28.66	31.18	350m:	3:33.68	33.16
	100m:	56.96	29.43	200m:	1:57.48	30.59	300m:	3:00.52	31.86	400m:	4:06.88	33.20
29.	ZYZNOWSKI, Micha ³		92	KP	MZOS	P ³ ock	4:07.22	684				
	50m:	28.08	28.08	150m:	1:28.52	30.30	250m:	2:29.07	30.47	350m:	3:34.07	33.25
	100m:	58.22	30.14	200m:	1:58.60	30.08	300m:	3:00.82	31.75	400m:	4:07.22	33.15
30.	MILCZAREK, Artur		90	MKS	Trójka	Łódź	4:07.32	683				
	50m:	27.71	27.71	150m:	1:29.76	31.29	250m:	2:32.80	31.55	350m:	3:35.49	31.48
	100m:	58.47	30.76	200m:	2:01.25	31.49	300m:	3:04.01	31.21	400m:	4:07.32	31.83
31.	PASTWIŃSKI, Konrad		92	MKS	Trójka	Łódź	4:07.52	682				
	50m:	28.13	28.13	150m:	1:29.57	31.11	250m:	2:32.82	31.55	350m:	3:36.11	31.60
	100m:	58.46	30.33	200m:	2:01.27	31.70	300m:	3:04.51	31.69	400m:	4:07.52	31.41
32.	BERNATOWICZ, Sebastian		94	MUKS	Piętnastka	AQUA Bydgoszcz	4:08.27	676				
	50m:	26.54	26.54	150m:	1:27.79	30.67	250m:	2:30.85	31.35	350m:	3:36.51	32.77
	100m:	57.12	30.58	200m:	1:59.50	31.71	300m:	3:03.74	32.89	400m:	4:08.27	31.76
33.	PSYK, Maciej		93	KSZO	Ostrowiec	Łw.	4:09.14	669				
	50m:	28.09	28.09	150m:	1:29.78	31.03	250m:	2:32.98	31.71	350m:	3:37.73	32.45
	100m:	58.75	30.66	200m:	2:01.27	31.49	300m:	3:05.28	32.30	400m:	4:09.14	31.41
34.	SZOTKOWSKI, Daniel		92	KP	MZOS	P ³ ock	4:09.43	666				
	50m:	27.77	27.77	150m:	1:29.53	31.36	250m:	2:33.00	31.87	350m:	3:37.52	32.21
	100m:	58.17	30.40	200m:	2:01.13	31.60	300m:	3:05.31	32.31	400m:	4:09.43	31.91

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Pozycja			Rok ur.					Czas	Pkt.		
35.	KWIATKOWSKI, Przemys ³ aw		92	MKS Trójka Łódź				4:10.39	659		
	50m:	27.61 27.61	150m:	1:28.26	30.63	250m:	2:32.17	32.36	350m:	3:38.31	33.42
	100m:	57.63 30.02	200m:	1:59.81	31.55	300m:	3:04.89	32.72	400m:	4:10.39	32.08
36.	RUDNICKI, Przemys ³ aw		92	MTKP Delfin Toruń				4:10.50	658		
	50m:	27.99 27.99	150m:	1:30.78	31.93	250m:	2:34.69	31.94	350m:	3:39.02	32.14
	100m:	58.85 30.86	200m:	2:02.75	31.97	300m:	3:06.88	32.19	400m:	4:10.50	31.48
37.	SZYDŁOWSKI, Adrian		92	UTS Orlik Lublin				4:12.27	644		
	50m:	28.11 28.11	150m:	1:30.57	31.33	250m:	2:34.42	31.97	350m:	3:40.16	32.85
	100m:	59.24 31.13	200m:	2:02.45	31.88	300m:	3:07.31	32.89	400m:	4:12.27	32.11
38.	BUJOCZEK, Filip		94	CSiR MOS D ¹ browa Górnicza				4:13.87	632		
	50m:	27.34 27.34	150m:	1:30.27	32.07	250m:	2:35.39	32.76	350m:	3:41.69	33.35
	100m:	58.20 30.86	200m:	2:02.63	32.36	300m:	3:08.34	32.95	400m:	4:13.87	32.18
39.	KONCZALSKI, Micha ³		92	MTKP Delfin Toruń				4:15.00	624		
	50m:	28.67 28.67	150m:	1:32.58	32.37	250m:	2:37.66	32.47	350m:	3:42.45	32.21
	100m:	1:00.21 31.54	200m:	2:05.19	32.61	300m:	3:10.24	32.58	400m:	4:15.00	32.55
40.	KUCHARSKI, Micha ³		93	MKP S ³ owianka Gorzów Wlkp.				4:15.73	618		
	50m:	29.01 29.01	150m:	1:32.55	31.97	250m:	2:38.28	32.88	350m:	3:43.80	32.85
	100m:	1:00.58 31.57	200m:	2:05.40	32.85	300m:	3:10.95	32.67	400m:	4:15.73	31.93
41.	POŁAWSKI, Mariusz		93	MUKP Warszawianka				4:16.00	616		
	50m:	28.65 28.65	150m:	1:32.21	31.93	250m:	2:37.44	32.80	350m:	3:43.77	33.20
	100m:	1:00.28 31.63	200m:	2:04.64	32.43	300m:	3:10.57	33.13	400m:	4:16.00	32.23
42.	BARAN, Mateusz		93	MUKP Warszawianka				4:16.89	610		
	50m:	29.36 29.36	150m:	1:34.13	32.49	250m:	2:39.19	32.42	350m:	3:44.40	32.83
	100m:	1:01.64 32.28	200m:	2:06.77	32.64	300m:	3:11.57	32.38	400m:	4:16.89	32.49
43.	SZARLIŃSKI, Filip		92	MUKP Warszawianka				4:17.02	609		
	50m:	28.90 28.90	150m:	1:32.89	32.44	250m:	2:38.90	33.27	350m:	3:45.81	33.42
	100m:	1:00.45 31.55	200m:	2:05.63	32.74	300m:	3:12.39	33.49	400m:	4:17.02	31.21
44.	RZADKOWSKI, Daniel		94	MUKS Olimpijczyk Suwa ³ ki				4:18.45	599		
	50m:	28.37 28.37	150m:	1:32.51	32.55	250m:	2:38.93	33.49	350m:	3:46.19	33.55
	100m:	59.96 31.59	200m:	2:05.44	32.93	300m:	3:12.64	33.71	400m:	4:18.45	32.26
45.	BIELAWSKI, Micha ³		93	UKS Rekin Warszawa				4:19.10	594		
	50m:	28.49 28.49	150m:	1:33.27	32.63	250m:	2:39.24	32.74	350m:	3:45.97	33.44
	100m:	1:00.64 32.15	200m:	2:06.50	33.23	300m:	3:12.53	33.29	400m:	4:19.10	33.13
46.	MICHALIK, Artur		89	AZS AWF Katowice				4:20.61	584		
	50m:	28.62 28.62	150m:	1:32.46	32.32	250m:	2:38.47	33.03	350m:	3:46.37	34.14
	100m:	1:00.14 31.52	200m:	2:05.44	32.98	300m:	3:12.23	33.76	400m:	4:20.61	34.24
47.	KOTLARSKI, Marcin		89	Astromal Akwawit Leszno				4:21.09	581		
	50m:	30.11 30.11	150m:	1:37.25	33.74	250m:	2:44.49	33.72	350m:	3:50.24	32.27
	100m:	1:03.51 33.40	200m:	2:10.77	33.52	300m:	3:17.97	33.48	400m:	4:21.09	30.85
48.	KOTLEWSKI, Micha ³		94	MKS Zryw Opole				4:24.43	559		
	50m:	28.96 28.96	150m:	1:34.03	33.00	250m:	2:41.59	34.12	350m:	3:50.42	34.06
	100m:	1:01.03 32.07	200m:	2:07.47	33.44	300m:	3:16.36	34.77	400m:	4:24.43	34.01
49.	MAKSIMOWICZ, Mateusz		94	MKP S ³ owianka Gorzów Wlkp.				4:32.66	510		
	50m:	29.46 29.46	150m:	1:35.71	34.23	250m:	2:45.66	35.15	350m:	3:56.91	35.81
	100m:	1:01.48 32.02	200m:	2:10.51	34.80	300m:	3:21.10	35.44	400m:	4:32.66	35.75
50.	TKACZYK, Andrzej		93	UKS Rekin Warszawa				4:34.45	500		
	50m:	30.55 30.55	150m:	1:40.40	35.06	250m:	2:51.54	35.47	350m:	4:01.59	35.15
	100m:	1:05.34 34.79	200m:	2:16.07	35.67	300m:	3:26.44	34.90	400m:	4:34.45	32.86
51.	LANN, Karol		93	UKS Rekin Warszawa				4:34.48	500		
	50m:	30.01 30.01	150m:	1:40.15	35.50	250m:	2:51.77	35.83	350m:	4:02.95	34.91
	100m:	1:04.65 34.64	200m:	2:15.94	35.79	300m:	3:28.04	36.27	400m:	4:34.48	31.53