

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

Konkurencja 17
28.11.2008

Mężczyzn, 400m zmienny

Open
Wyniki Eliminacje

Top Times "Poland" 4:08.25 KORZENIOWSKI, Pawel POL Durban (RSA) 12.11.2005

Punkty: FINA 2008

Pozycja			Rok ur.				Czas	Pkt.		
1.	CIECELAK, Marcin SK		92		WAWAR		4:22.87	788	A	
	<i>Rekord Polski 16 lat</i>									
	50m:	27.62 27.62	150m:	1:34.09 34.56	250m:	2:45.06 37.25	350m:	3:53.15 30.66		
	100m:	59.53 31.91	200m:	2:07.81 33.72	300m:	3:22.49 37.43	400m:	4:22.87 29.72		
2.	MATCZAK, Mateusz		89		TRLOD		4:22.98	787	A	
	50m:	27.79 27.79	150m:	1:34.30 34.28	250m:	2:44.43 36.43	350m:	3:53.03 31.94		
	100m:	1:00.02 32.23	200m:	2:08.00 33.70	300m:	3:21.09 36.66	400m:	4:22.98 29.95		
3.	STACHURA, Maciej SK		91		ZROPO		4:26.98	753	A	
	50m:	28.76 28.76	150m:	1:34.28 33.95	250m:	2:45.81 37.12	350m:	3:55.75 32.11		
	100m:	1:00.33 31.57	200m:	2:08.69 34.41	300m:	3:23.64 37.83	400m:	4:26.98 31.23		
4.	JASIŃSKI, Jakub		87		AZZIE		4:27.15	751	A	
	50m:	28.59 28.59	150m:	1:34.25 32.89	250m:	2:45.37 38.54	350m:	3:56.41 32.62		
	100m:	1:01.36 32.77	200m:	2:06.83 32.58	300m:	3:23.79 38.42	400m:	4:27.15 30.74		
5.	CERTA, Maciej SO		91		WIPUL		4:27.64	747	A	
	50m:	28.29 28.29	150m:	1:34.78 33.60	250m:	2:45.92 37.75	350m:	3:56.53 32.27		
	100m:	1:01.18 32.89	200m:	2:08.17 33.39	300m:	3:24.26 38.34	400m:	4:27.64 31.11		
6.	MIKOŁAJEWSKI, Mariusz		90		POWAR		4:29.04	735	A	
	50m:	28.90 28.90	150m:	1:36.31 34.77	250m:	2:48.06 37.72	350m:	3:58.30 32.13		
	100m:	1:01.54 32.64	200m:	2:10.34 34.03	300m:	3:26.17 38.11	400m:	4:29.04 30.74		
7.	ZACZYŃSKI, Karol		91		AWKAT		4:29.70	730	A	
	50m:	27.96 27.96	150m:	1:35.10 34.71	250m:	2:47.20 38.36	350m:	3:58.77 31.90		
	100m:	1:00.39 32.43	200m:	2:08.84 33.74	300m:	3:26.87 39.67	400m:	4:29.70 30.93		
8.	KRZYWIECKI, Tomasz		89		MKSZC		4:29.80	729	A	
	50m:	28.20 28.20	150m:	1:35.21 35.03	250m:	2:47.76 37.87	350m:	3:58.57 32.04		
	100m:	1:00.18 31.98	200m:	2:09.89 34.68	300m:	3:26.53 38.77	400m:	4:29.80 31.23		
9.	RYBIŃSKI, Dawid		93		SLWRO		4:31.56	715	R	
	50m:	28.67 28.67	150m:	1:35.88 34.42	250m:	2:48.61 38.93	350m:	4:00.36 32.03		
	100m:	1:01.46 32.79	200m:	2:09.68 33.80	300m:	3:28.33 39.72	400m:	4:31.56 31.20		
10.	SZYMANKIEWICZ, Norbert		88		OLPOZ		4:31.89	713	R	
	50m:	27.40 27.40	150m:	1:35.45 35.34	250m:	2:48.98 39.39	350m:	4:00.79 31.77		
	100m:	1:00.11 32.71	200m:	2:09.59 34.14	300m:	3:29.02 40.04	400m:	4:31.89 31.10		
11.	WIETESKA, Mateusz		91		STLOD		4:33.08	703		
	50m:	28.62 28.62	150m:	1:37.65 35.66	250m:	2:51.87 39.26	350m:	4:03.41 31.87		
	100m:	1:01.99 33.37	200m:	2:12.61 34.96	300m:	3:31.54 39.67	400m:	4:33.08 29.67		
12.	MOSIŃNY, Mateusz		92		SLGOR		4:34.10	695		
	50m:	29.23 29.23	150m:	1:37.73 35.09	250m:	2:51.53 38.74	350m:	4:03.15 31.70		
	100m:	1:02.64 33.41	200m:	2:12.79 35.06	300m:	3:31.45 39.92	400m:	4:34.10 30.95		
13.	DYREK, Mateusz		91		JOKRA		4:35.82	683		
	50m:	28.36 28.36	150m:	1:36.90 36.44	250m:	2:51.36 38.07	350m:	4:03.84 33.16		
	100m:	1:00.46 32.10	200m:	2:13.29 36.39	300m:	3:30.68 39.32	400m:	4:35.82 31.98		
14.	PIERWIENIECKI, Juliusz SS		91		MKSZC		4:38.68	662		
	50m:	29.59 29.59	150m:	1:38.17 35.12	250m:	2:52.74 39.25	350m:	4:06.00 32.21		
	100m:	1:03.05 33.46	200m:	2:13.49 35.32	300m:	3:33.79 41.05	400m:	4:38.68 32.68		
15.	CHMIEL, Łukasz		93		MODAB		4:39.10	659		
	50m:	28.99 28.99	150m:	1:37.53 35.67	250m:	2:52.39 39.36	350m:	4:06.98 32.94		
	100m:	1:01.86 32.87	200m:	2:13.03 35.50	300m:	3:34.04 41.65	400m:	4:39.10 32.12		
16.	OŁENOWSKI, Krzysztof		90		PIBYD		4:40.61	648		
	50m:	29.28 29.28	150m:	1:37.08 35.26	250m:	2:53.56 42.09	350m:	4:08.43 32.56		
	100m:	1:01.82 32.54	200m:	2:11.47 34.39	300m:	3:35.87 42.31	400m:	4:40.61 32.18		

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Pozycja	Rok ur.				Czas				Pkt.	
17.ZYZNOWSKI, Micha³	92				MZPLO				4:40.83	647
50m: 28.52 28.52	150m: 1:38.65	37.10	250m: 2:55.29	40.12	350m: 4:09.20	32.66				
100m: 1:01.55 33.03	200m: 2:15.17	36.52	300m: 3:36.54	41.25	400m: 4:40.83	31.63				
18.MORAWSKI, Krzysztof	94				PIBYD				4:46.17	611
50m: 30.40 30.40	150m: 1:40.24	35.93	250m: 2:56.90	41.78	350m: 4:13.22	34.74				
100m: 1:04.31 33.91	200m: 2:15.12	34.88	300m: 3:38.48	41.58	400m: 4:46.17	32.95				
19.SKUBICHA, Konrad	92				ORLUB				4:47.25	604
50m: 30.53 30.53	150m: 1:42.94	37.00	250m: 3:00.31	41.10	350m: 4:15.39	33.75				
100m: 1:05.94 35.41	200m: 2:19.21	36.27	300m: 3:41.64	41.33	400m: 4:47.25	31.86				
20.OPALSKI, Marcin	93				REWAR				4:48.79	595
50m: 29.14 29.14	150m: 1:41.23	37.74	250m: 3:00.72	43.25	350m: 4:17.25	33.22				
100m: 1:03.49 34.35	200m: 2:17.47	36.24	300m: 3:44.03	43.31	400m: 4:48.79	31.54				
21.IWAŃSKI, Kamil	93				REWAR				5:00.22	529
50m: 31.00 31.00	150m: 1:48.26	39.39	250m: 3:08.76	41.23	350m: 4:26.42	35.37				
100m: 1:08.87 37.87	200m: 2:27.53	39.27	300m: 3:51.05	42.29	400m: 5:00.22	33.80				
22.LIS, Tomasz	93				REWAR				5:07.56	492
50m: 31.15 31.15	150m: 1:48.85	39.43	250m: 3:12.04	44.96	350m: 4:32.80	36.68				
100m: 1:09.42 38.27	200m: 2:27.08	38.23	300m: 3:56.12	44.08	400m: 5:07.56	34.76				
23.MARECKI, Grzegorz	93				REWAR				5:20.71	434
50m: 30.66 30.66	150m: 1:51.11	42.37	250m: 3:18.54	46.16	350m: 4:42.55	38.85				
100m: 1:08.74 38.08	200m: 2:32.38	41.27	300m: 4:03.70	45.16	400m: 5:20.71	38.16				