

Zimowe Mistrzostwa Polski Juniorów 15 lat  
Nowa Ruda - S<sup>3</sup>upiec, 23. - 25.1.2009

Konkurencja 12  
2009-01-23

Ch<sup>3</sup>opców, 400m zmienny

15 lat  
Wyniki Eliminacje

Rekord Polski 4:26.19 MIKOŁAJEWSKI Mariusz BUWAR Gorzów 2005-11-25  
Punkty: FINA 2008

Pozycja			Rok ur.						Czas	Pkt.	
1.	KLIZA Mateusz		94	AVIA Œwidnik					<b>4:42.30</b>	637	A
	50m: 29.66	29.66	150m: 1:40.29	36.55	250m: 2:55.91	39.39	350m: 4:09.37	33.00			
	100m: 1:03.74	34.08	200m: 2:16.52	36.23	300m: 3:36.37	40.46	400m: 4:42.30	32.93			
2.	OSIŃSKI Szymon		94	GIM 92 URSYNÓW Warszawa					<b>4:45.42</b>	616	A
	50m: 30.21	30.21	150m: 1:42.44	37.01	250m: 2:58.07	39.28	350m: 4:13.10	34.59			
	100m: 1:05.43	35.22	200m: 2:18.79	36.35	300m: 3:38.51	40.44	400m: 4:45.42	32.32			
3.	SMEJA S <sup>3</sup> awomir		94	AZS WSG-ASTORIA Bydgoszcz					<b>4:47.51</b>	603	A
	50m: 29.93	29.93	150m: 1:43.27	38.32	250m: 3:01.61	40.14	350m: 4:15.71	33.10			
	100m: 1:04.95	35.02	200m: 2:21.47	38.20	300m: 3:42.61	41.00	400m: 4:47.51	31.80			
4.	SZWEDZKI Dawid		94	PIŹTKA Konstantinów					<b>4:50.74</b>	583	A
	50m: 32.28	32.28	150m: 1:46.95	36.75	250m: 3:01.79	39.48	350m: 4:17.19	35.10			
	100m: 1:10.20	37.92	200m: 2:22.31	35.36	300m: 3:42.09	40.30	400m: 4:50.74	33.55			
5.	BEDNARCZYK Pawe <sup>3</sup>		94	ŒŁŹSK Wroc <sup>3</sup> aw					<b>4:51.61</b>	578	A
	50m: 29.83	29.83	150m: 1:43.08	38.97	250m: 3:04.29	42.95	350m: 4:19.48	32.96			
	100m: 1:04.11	34.28	200m: 2:21.34	38.26	300m: 3:46.52	42.23	400m: 4:51.61	32.13			
6.	MITEK Edward		94	JORDAN Krakow					<b>4:53.05</b>	569	A
	50m: 30.58	30.58	150m: 1:44.89	38.62	250m: 3:04.39	41.63	350m: 4:20.16	33.70			
	100m: 1:06.27	35.69	200m: 2:22.76	37.87	300m: 3:46.46	42.07	400m: 4:53.05	32.89			
7.	KACZMARSKI Marcin		94	KSZO Ostrowiec					<b>4:54.10</b>	563	A
	50m: 31.08	31.08	150m: 1:44.40	37.15	250m: 3:03.88	43.82	350m: 4:22.61	33.95			
	100m: 1:07.25	36.17	200m: 2:20.06	35.66	300m: 3:48.66	44.78	400m: 4:54.10	31.49			
8.	POPRAWA Micha <sup>3</sup>		94	AZS AWF Katowice					<b>4:54.82</b>	559	A
	50m: 30.11	30.11	150m: 1:43.60	38.32	250m: 3:04.26	43.43	350m: 4:21.70	34.56			
	100m: 1:05.28	35.17	200m: 2:20.83	37.23	300m: 3:47.14	42.88	400m: 4:54.82	33.12			
9.	KŒPKA Maciej		94	GIM 92 URSYNÓW Warszawa					<b>4:55.52</b>	555	B
	50m: 30.61	30.61	150m: 1:45.47	38.13	250m: 3:03.65	40.21	350m: 4:20.25	35.35			
	100m: 1:07.34	36.73	200m: 2:23.44	37.97	300m: 3:44.90	41.25	400m: 4:55.52	35.27			
10.	UCZEK Piotr		94	IKAR Mielec					<b>4:56.64</b>	549	B
	50m: 32.03	32.03	150m: 1:48.33	38.96	250m: 3:07.08	39.96	350m: 4:22.73	34.61			
	100m: 1:09.37	37.34	200m: 2:27.12	38.79	300m: 3:48.12	41.04	400m: 4:56.64	33.91			
11.	STANIELEWICZ Bartosz		94	OLIMPIJCZYK Aleksandrów					<b>4:59.05</b>	536	B
	50m: 30.94	30.94	150m: 1:43.07	36.65	250m: 3:02.55	42.01	350m: 4:23.97	36.60			
	100m: 1:06.42	35.48	200m: 2:20.54	37.47	300m: 3:47.37	44.82	400m: 4:59.05	35.08			
12.	PIÓRO Filip		94	SALOS-CORTILE Kielce					<b>5:06.05</b>	500	B
	50m: 30.43	30.43	150m: 1:47.72	40.55	250m: 3:11.61	43.68	350m: 4:32.20	36.41			
	100m: 1:07.17	36.74	200m: 2:27.93	40.21	300m: 3:55.79	44.18	400m: 5:06.05	33.85			
13.	NIEMYSKI Patryk		94	JEDYNKA Ożarów Maz.					<b>5:06.07</b>	500	B
	50m: 31.47	31.47	150m: 1:49.91	41.16	250m: 3:13.02	43.46	350m: 4:33.04	35.54			
	100m: 1:08.75	37.28	200m: 2:29.56	39.65	300m: 3:57.50	44.48	400m: 5:06.07	33.03			
14.	SZUDZIK Przemys <sup>3</sup> aw		94	JEDYNKA Elbl <sup>1</sup> g					<b>5:07.11</b>	494	B
	50m: 33.02	33.02	150m: 1:50.50	40.23	250m: 3:11.89	41.46	350m: 4:32.20	36.54			
	100m: 1:10.27	37.25	200m: 2:30.43	39.93	300m: 3:55.66	43.77	400m: 5:07.11	34.91			
15.	KACZMAREK Rafa <sup>3</sup>		94	BUKS Warszawa					<b>5:08.04</b>	490	B
	50m: 32.92	32.92	150m: 1:51.13	39.58	250m: 3:14.49	44.47	350m: 4:34.97	36.33			
	100m: 1:11.55	38.63	200m: 2:30.02	38.89	300m: 3:58.64	44.15	400m: 5:08.04	33.07			
16.	ZIELIŃSKI Micha <sup>3</sup>		94	START ŁódŹ					<b>5:09.26</b>	484	B
	50m: 30.95	30.95	150m: 1:47.51	39.92	250m: 3:12.95	45.84	350m: 4:34.69	35.74			
	100m: 1:07.59	36.64	200m: 2:27.11	39.60	300m: 3:58.95	46.00	400m: 5:09.26	34.57			
17.	KWIECIEŃ Micha <sup>3</sup> SR		94	VICTORIA Racibórz					<b>5:09.92</b>	481	R
	50m: 31.16	31.16	150m: 1:48.67	39.45	250m: 3:12.40	45.42	350m: 4:35.43	36.37			
	100m: 1:09.22	38.06	200m: 2:26.98	38.31	300m: 3:59.06	46.66	400m: 5:09.92	34.49			

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Pozycja			Rok ur.					Czas	Pkt.			
18.	SZOŁOCH Robert		94	DWÓJKA MORENA Gdańsk				<b>5:15.35</b>	457 R			
	50m:	33.39	33.39	150m:	1:52.36	39.69	250m:	3:16.66	45.73	350m:	4:39.90	36.67
	100m:	1:12.67	39.28	200m:	2:30.93	38.57	300m:	4:03.23	46.57	400m:	5:15.35	35.45
19.	HOLONA Marcin		94	RMKS Rybnik				<b>5:21.18</b>	432			
	50m:	33.37	33.37	150m:	1:54.45	41.84	250m:	3:19.85	44.57	350m:	4:43.40	38.09
	100m:	1:12.61	39.24	200m:	2:35.28	40.83	300m:	4:05.31	45.46	400m:	5:21.18	37.78
20.	DROBIEC Tymoteusz		94	AZS AWF Katowice				<b>5:34.37</b>	383			
	50m:	30.54	30.54	150m:	1:51.63	42.03	250m:	3:18.76	45.96	350m:	4:50.55	43.74
	100m:	1:09.60	39.06	200m:	2:32.80	41.17	300m:	4:06.81	48.05	400m:	5:34.37	43.82
DYSKW.	ZALEWSKI Bartosz		94	AZS AWF Katowice				<b>5:33.01</b>				K 12
	50m:	34.83	34.83	150m:	2:00.98	45.22	250m:	3:29.24	45.42	350m:	4:55.16	39.95
	100m:	1:15.76	40.93	200m:	2:43.82	42.84	300m:	4:15.21	45.97	400m:	5:33.01	37.85