

Zimowe Mistrzostwa Polski Juniorów 15 lat
Nowa Ruda - S³upiec, 23. - 25.1.2009

Konkurencja 12
2009-01-23

Ch³opców, 400m zmienny

15 lat
Wyniki Fina³

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

Punkty: FINA 2008

Pozycja			Rok ur.							Czas	Pkt.	
Fina ³ A												
1.	KLIZA Mateusz		94	AVIA Ćwidnik						4:36.61	677	
	50m:	29.19	29.19	150m:	1:37.08	35.03	250m:	2:52.52	39.56	350m:	4:04.61	32.85
	100m:	1:02.05	32.86	200m:	2:12.96	35.88	300m:	3:31.76	39.24	400m:	4:36.61	32.00
2.	OSIŃSKI Szymon		94	GIM 92 URSYNÓW Warszawa						4:41.35	643	
	50m:	30.17	30.17	150m:	1:42.33	36.91	250m:	2:56.80	38.34	350m:	4:09.43	32.73
	100m:	1:05.42	35.25	200m:	2:18.46	36.13	300m:	3:36.70	39.90	400m:	4:41.35	31.92
3.	SZWEDZKI Dawid		94	PIŃTKA Konstantinów						4:46.94	606	
	50m:	32.40	32.40	150m:	1:45.13	35.90	250m:	2:59.98	39.62	350m:	4:14.20	34.14
	100m:	1:09.23	36.83	200m:	2:20.36	35.23	300m:	3:40.06	40.08	400m:	4:46.94	32.74
4.	BEDNARCZYK Pawe ³		94	ĆŁŃSK Wroc ³ aw						4:50.01	587	
	50m:	29.70	29.70	150m:	1:41.70	37.47	250m:	3:00.59	42.42	350m:	4:17.45	33.76
	100m:	1:04.23	34.53	200m:	2:18.17	36.47	300m:	3:43.69	43.10	400m:	4:50.01	32.56
5.	MITEK Edward		94	JORDAN Krakow						4:51.38	579	
	50m:	30.38	30.38	150m:	1:43.22	38.01	250m:	3:02.06	41.28	350m:	4:18.41	34.20
	100m:	1:05.21	34.83	200m:	2:20.78	37.56	300m:	3:44.21	42.15	400m:	4:51.38	32.97
6.	POPRAWA Micha ³		94	AZS AWF Katowice						4:54.01	564	
	50m:	30.70	30.70	150m:	1:43.56	37.70	250m:	3:03.46	43.34	350m:	4:21.67	34.72
	100m:	1:05.86	35.16	200m:	2:20.12	36.56	300m:	3:46.95	43.49	400m:	4:54.01	32.34
7.	KACZMARSKI Marcin		94	KSZO Ostrowiec						4:57.64	543	
	50m:	31.06	31.06	150m:	1:44.69	37.39	250m:	3:06.23	45.14	350m:	4:25.10	34.03
	100m:	1:07.30	36.24	200m:	2:21.09	36.40	300m:	3:51.07	44.84	400m:	4:57.64	32.54
DYSKW.	SMEJA S ³ awomir		94	AZS WSG-ASTORIA Bydgoszcz						4:43.63	K 13	
	50m:	29.38	29.38	150m:	1:41.79	38.28	250m:	2:58.56	39.83	350m:	4:12.34	32.66
	100m:	1:03.51	34.13	200m:	2:18.73	36.94	300m:	3:39.68	41.12	400m:	4:43.63	31.29
Fina ³ B												
9.	KĆPKA Maciej		94	GIM 92 URSYNÓW Warszawa						4:53.30	568	
	50m:	31.64	31.64	150m:	1:46.97	38.15	250m:	3:06.48	40.50	350m:	4:21.73	34.16
	100m:	1:08.82	37.18	200m:	2:25.98	39.01	300m:	3:47.57	41.09	400m:	4:53.30	31.57
10.	STANIELEWICZ Bartosz		94	OLIMPIJCZYK Aleksandrów						4:53.98	564	
	50m:	32.03	32.03	150m:	1:47.16	38.34	250m:	3:06.50	40.28	350m:	4:21.78	33.67
	100m:	1:08.82	36.79	200m:	2:26.22	39.06	300m:	3:48.11	41.61	400m:	4:53.98	32.20
11.	UCZEK Piotr		94	IKAR Mielec						4:58.01	541	
	50m:	32.94	32.94	150m:	1:50.70	39.88	250m:	3:09.90	39.86	350m:	4:24.84	34.25
	100m:	1:10.82	37.88	200m:	2:30.04	39.34	300m:	3:50.59	40.69	400m:	4:58.01	33.17
12.	NIEMYSKI Patryk		94	JEDYNKA Ołarów Maz.						5:01.08	525	
	50m:	31.52	31.52	150m:	1:49.15	39.73	250m:	3:10.78	42.55	350m:	4:29.08	34.68
	100m:	1:09.42	37.90	200m:	2:28.23	39.08	300m:	3:54.40	43.62	400m:	5:01.08	32.00
13.	PIÓRO Filip		94	SALOS-CORTILE Kielce						5:01.77	521	
	50m:	30.30	30.30	150m:	1:48.63	41.59	250m:	3:11.45	42.17	350m:	4:29.54	34.50
	100m:	1:07.04	36.74	200m:	2:29.28	40.65	300m:	3:55.04	43.59	400m:	5:01.77	32.23
14.	SZUDZIK Przemys ³ aw		94	JEDYNKA Elbl ¹ g						5:02.74	516	
	50m:	32.71	32.71	150m:	1:50.55	40.72	250m:	3:11.61	41.04	350m:	4:29.50	35.24
	100m:	1:09.83	37.12	200m:	2:30.57	40.02	300m:	3:54.26	42.65	400m:	5:02.74	33.24
15.	KACZMAREK Rafa ³		94	BUKS Warszawa						5:05.33	503	
	50m:	33.09	33.09	150m:	1:51.44	39.51	250m:	3:12.43	43.63	350m:	4:31.51	34.99
	100m:	1:11.93	38.84	200m:	2:28.80	37.36	300m:	3:56.52	44.09	400m:	5:05.33	33.82
16.	ZIELIŃSKI Micha ³		94	START ŁódŃ						5:16.92	450	
	50m:	30.71	30.71	150m:	1:48.59	41.65	250m:	3:18.18	47.82	350m:	4:41.42	36.52
	100m:	1:06.94	36.23	200m:	2:30.36	41.77	300m:	4:04.90	46.72	400m:	5:16.92	35.50