

Zimowe Mistrzostwa Polski Seniorów i Młodzieżowców 19-20 lat
Gorzów Wlkp., 26. - 29.11.2009

Konkurencja 10
2009-11-26

Mężczyzn, 400m dowolny

Open
Wyniki Eliminacje

Minimum Mistrzostw Europy Istambu³ 3:41.50
Top Times "Poland" 3:38.20 KORZENIOWSKI Paweł POL Trieste (ITA) 2005-12-08

Punkty: FINA 2009

Pozycja			Rok ur.					Czas	Pkt.		
1.	KORZENIOWSKI Pawe ³		85	AZS AWF Warszawa				3:48.93	841 A		
	50m:	26.49 26.49	150m:	1:25.50	29.48	250m:	2:23.38	28.54	350m:	3:21.21	29.01
	100m:	56.02 29.53	200m:	1:54.84	29.34	300m:	2:52.20	28.82	400m:	3:48.93	27.72
2.	HRENIAK Maciej		89	MKP Szczecin				3:48.96	841 A		
	50m:	26.99 26.99	150m:	1:25.26	29.21	250m:	2:23.52	29.26	350m:	3:21.27	28.99
	100m:	56.05 29.06	200m:	1:54.26	29.00	300m:	2:52.28	28.76	400m:	3:48.96	27.69
3.	SAWRYMOWICZ Mateusz		87	MKP Szczecin				3:49.05	840 A		
	50m:	27.68 27.68	150m:	1:25.99	28.84	250m:	2:23.68	28.68	350m:	3:21.05	28.54
	100m:	57.15 29.47	200m:	1:55.00	29.01	300m:	2:52.51	28.83	400m:	3:49.05	28.00
4.	PIELOWSKI Krzysztof		91	Kormoran Olsztyn				3:49.10	839 A		
	50m:	26.74 26.74	150m:	1:24.30	28.86	250m:	2:22.41	28.96	350m:	3:20.79	29.13
	100m:	55.44 28.70	200m:	1:53.45	29.15	300m:	2:51.66	29.25	400m:	3:49.10	28.31
5.	SZAMOTULSKI Wojciech SWR		91	WKS Oeł'sk Wroc ³ aw				3:50.85	820 A		
	50m:	27.32 27.32	150m:	1:25.44	28.88	250m:	2:24.35	29.38	350m:	3:23.31	29.01
	100m:	56.56 29.24	200m:	1:54.97	29.53	300m:	2:54.30	29.95	400m:	3:50.85	27.54
6.	STAŃCZYK Przemysław		85	MKP Szczecin				3:50.95	819 A		
	50m:	27.10 27.10	150m:	1:25.91	29.28	250m:	2:24.41	29.18	350m:	3:22.56	28.95
	100m:	56.63 29.53	200m:	1:55.23	29.32	300m:	2:53.61	29.20	400m:	3:50.95	28.39
7.	HURA Bartosz		91	Kormoran Olsztyn				3:51.43	814 A		
	50m:	27.41 27.41	150m:	1:26.07	29.24	250m:	2:24.37	29.15	350m:	3:22.87	29.17
	100m:	56.83 29.42	200m:	1:55.22	29.15	300m:	2:53.70	29.33	400m:	3:51.43	28.56
8.	GIMIŃSKI Łukasz		86	AZS AWF Warszawa				3:51.52	813 A		
	50m:	26.67 26.67	150m:	1:24.29	28.90	250m:	2:22.59	29.16	350m:	3:21.95	29.67
	100m:	55.39 28.72	200m:	1:53.43	29.14	300m:	2:52.28	29.69	400m:	3:51.52	29.57
9.	RURAK Pawe ³		88	AZS AWF Warszawa				3:51.94	809 R		
	50m:	27.12 27.12	150m:	1:26.00	29.71	250m:	2:24.68	29.40	350m:	3:23.11	29.25
	100m:	56.29 29.17	200m:	1:55.28	29.28	300m:	2:53.86	29.18	400m:	3:51.94	28.83
10.	BOROWICZ SKONECZNY Sylwester		92	Kormoran Olsztyn				3:53.58	792 R		
	50m:	27.50 27.50	150m:	1:25.75	29.15	250m:	2:24.75	29.66	350m:	3:23.84	29.49
	100m:	56.60 29.10	200m:	1:55.09	29.34	300m:	2:54.35	29.60	400m:	3:53.58	29.74
11.	MISIAK Piotr		92	UKS G-8 Bielany Warszawa				3:54.76	780		
	50m:	26.97 26.97	150m:	1:26.25	29.75	250m:	2:26.11	29.74	350m:	3:25.79	29.86
	100m:	56.50 29.53	200m:	1:56.37	30.12	300m:	2:55.93	29.82	400m:	3:54.76	28.97
12.	PIEKUT Krzysztof		90	Kormoran Olsztyn				3:55.44	773		
	50m:	27.42 27.42	150m:	1:26.61	29.84	250m:	2:26.41	29.68	350m:	3:26.46	29.76
	100m:	56.77 29.35	200m:	1:56.73	30.12	300m:	2:56.70	30.29	400m:	3:55.44	28.98
13.	KLESZCZYŃSKI Pawe ³ SS		91	MKP Szczecin				3:55.93	769		
	50m:	27.07 27.07	150m:	1:25.83	29.61	250m:	2:26.27	30.20	350m:	3:26.71	30.24
	100m:	56.22 29.15	200m:	1:56.07	30.24	300m:	2:56.47	30.20	400m:	3:55.93	29.22
14.	ZONIUK Maciej		94	WKS Oeł'sk Wroc ³ aw				3:56.29	765		
	50m:	27.65 27.65	150m:	1:27.43	30.14	250m:	2:27.26	29.72	350m:	3:27.20	30.13
	100m:	57.29 29.64	200m:	1:57.54	30.11	300m:	2:57.07	29.81	400m:	3:56.29	29.09
15.	CZARNOTA Mateusz SO		91	UKP Unia Oewięcim				3:56.37	764		
	50m:	27.31 27.31	150m:	1:25.93	29.31	250m:	2:25.22	29.60	350m:	3:26.10	30.62
	100m:	56.62 29.31	200m:	1:55.62	29.69	300m:	2:55.48	30.26	400m:	3:56.37	30.27
16.	PULWIN Pawe ³ SO		92	UKP Unia Oewięcim				3:56.38	764		
	50m:	27.55 27.55	150m:	1:26.90	29.85	250m:	2:26.56	29.83	350m:	3:26.76	30.16
	100m:	57.05 29.50	200m:	1:56.73	29.83	300m:	2:56.60	30.04	400m:	3:56.38	29.62
17.	RUCIŃSKI Konrad		92	Kormoran Olsztyn				3:56.93	759		
	50m:	27.48 27.48	150m:	1:27.34	30.16	250m:	2:27.74	30.01	350m:	3:28.25	30.04
	100m:	57.18 29.70	200m:	1:57.73	30.39	300m:	2:58.21	30.47	400m:	3:56.93	28.68

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Pozycja					Rok ur.					Czas	Pkt.	
18.	BOR Radosław SZG				93	Korner Zielona Góra				3:57.46	754	
	50m:	27.67	27.67	150m:	1:27.82	30.24	250m:	2:28.73	30.58	350m:	3:29.33	30.29
	100m:	57.58	29.91	200m:	1:58.15	30.33	300m:	2:59.04	30.31	400m:	3:57.46	28.13
19.	RZĄSA Wojciech				90	AZS AWFIS Gdańsk				3:57.71	751	
	50m:	27.24	27.24	150m:	1:26.83	29.67	250m:	2:27.33	30.31	350m:	3:27.97	30.43
	100m:	57.16	29.92	200m:	1:57.02	30.19	300m:	2:57.54	30.21	400m:	3:57.71	29.74
20.	PIATKOWSKI Mateusz SO				90	UKP Unia Oświęcim				3:57.93	749	
	50m:	27.55	27.55	150m:	1:26.70	29.66	250m:	2:26.34	30.06	350m:	3:27.60	30.64
	100m:	57.04	29.49	200m:	1:56.28	29.58	300m:	2:56.96	30.62	400m:	3:57.93	30.33
21.	ORŁOWSKI Piotr SS				91	MKP Szczecin				3:58.30	746	
	50m:	27.86	27.86	150m:	1:27.84	30.05	250m:	2:28.19	30.23	350m:	3:28.77	30.19
	100m:	57.79	29.93	200m:	1:57.96	30.12	300m:	2:58.58	30.39	400m:	3:58.30	29.53
22.	WIETESKA Mateusz				91	SKS Start Łódź				3:59.10	738	
	50m:	27.35	27.35	150m:	1:26.36	29.77	250m:	2:27.79	30.67	350m:	3:29.29	30.76
	100m:	56.59	29.24	200m:	1:57.12	30.76	300m:	2:58.53	30.74	400m:	3:59.10	29.81
23.	TOWAREK Sebastian SWR				93	WKS Olsk Wrocław				3:59.23	737	
	50m:	27.72	27.72	150m:	1:27.60	30.21	250m:	2:28.65	30.68	350m:	3:29.65	30.59
	100m:	57.39	29.67	200m:	1:57.97	30.37	300m:	2:59.06	30.41	400m:	3:59.23	29.58
24.	KURANT Roger				94	KSZO Ostrowiec Cew.				3:59.58	734	
	50m:	27.53	27.53	150m:	1:27.34	30.21	250m:	2:27.99	30.23	350m:	3:29.66	30.87
	100m:	57.13	29.60	200m:	1:57.76	30.42	300m:	2:58.79	30.80	400m:	3:59.58	29.92
25.	PIÓRO Artur				91	MKS Pałac Młodzieży Katowice				4:00.16	729	
	<i>Rekord Europy Nieszyszcych</i>											
	50m:	27.32	27.32	150m:	1:27.67	30.22	250m:	2:28.07	29.96	350m:	3:30.44	31.13
	100m:	57.45	30.13	200m:	1:58.11	30.44	300m:	2:59.31	31.24	400m:	4:00.16	29.72
26.	SZUBA Michał SWR				93	WKS Olsk Wrocław				4:00.98	721	
	50m:	27.82	27.82	150m:	1:27.11	29.76	250m:	2:27.17	30.04	350m:	3:29.75	31.66
	100m:	57.35	29.53	200m:	1:57.13	30.02	300m:	2:58.09	30.92	400m:	4:00.98	31.23
27.	PALMI-KUKIEŁKO Mieszko SWR				93	WKS Olsk Wrocław				4:01.17	720	
	50m:	28.32	28.32	150m:	1:29.07	30.63	250m:	2:29.97	30.37	350m:	3:30.91	30.51
	100m:	58.44	30.12	200m:	1:59.60	30.53	300m:	3:00.40	30.43	400m:	4:01.17	30.26
28.	ZABOROWSKI Filip SS				94	Flota Gdynia				4:02.44	708	
	50m:	27.72	27.72	150m:	1:28.93	30.89	250m:	2:30.74	30.79	350m:	3:32.49	30.98
	100m:	58.04	30.32	200m:	1:59.95	31.02	300m:	3:01.51	30.77	400m:	4:02.44	29.95
29.	KŁUSEK Adrian				93	MKS Juwenia Wrocław				4:02.88	704	
	50m:	27.24	27.24	150m:	1:28.51	31.04	250m:	2:31.42	31.48	350m:	3:33.58	30.83
	100m:	57.47	30.23	200m:	1:59.94	31.43	300m:	3:02.75	31.33	400m:	4:02.88	29.30
30.	RYBIŃSKI Dawid SWR				93	WKS Olsk Wrocław				4:02.98	704	
	50m:	28.03	28.03	150m:	1:28.78	30.50	250m:	2:30.56	30.83	350m:	3:32.46	30.89
	100m:	58.28	30.25	200m:	1:59.73	30.95	300m:	3:01.57	31.01	400m:	4:02.98	30.52
31.	SZYDŁOWSKI Adrian				92	UTS Orlik Lublin				4:03.10	703	
	50m:	27.10	27.10	150m:	1:26.94	30.22	250m:	2:28.75	31.06	350m:	3:31.69	31.59
	100m:	56.72	29.62	200m:	1:57.69	30.75	300m:	3:00.10	31.35	400m:	4:03.10	31.41
32.	KOT Maciej SR				91	Junior Kluczbork				4:03.84	696	
	50m:	27.82	27.82	150m:	1:28.59	30.38	250m:	2:29.67	30.54	350m:	3:32.07	31.29
	100m:	58.21	30.39	200m:	1:59.13	30.54	300m:	3:00.78	31.11	400m:	4:03.84	31.77
33.	RYSKI Marcin				94	Kormoran Olsztyn				4:04.27	692	
	50m:	29.59	29.59	150m:	1:32.15	31.43	250m:	2:34.32	30.55	350m:	3:35.41	30.23
	100m:	1:00.72	31.13	200m:	2:03.77	31.62	300m:	3:05.18	30.86	400m:	4:04.27	28.86
34.	KACZMARSKI Marcin				94	KSZO Ostrowiec Cew.				4:04.52	690	
	50m:	27.22	27.22	150m:	1:28.80	31.04	250m:	2:31.39	31.16	350m:	3:34.21	31.47
	100m:	57.76	30.54	200m:	2:00.23	31.43	300m:	3:02.74	31.35	400m:	4:04.52	30.31
35.	SMEJA Sławomir				94	AZS WSG Bydgoszcz				4:06.03	678	
	50m:	27.49	27.49	150m:	1:29.00	31.25	250m:	2:31.97	31.44	350m:	3:35.43	31.63
	100m:	57.75	30.26	200m:	2:00.53	31.53	300m:	3:03.80	31.83	400m:	4:06.03	30.60

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Pozycja					Rok ur.					Czas	Pkt.	
36.	PASZEK Marcin				89	AZS AWF Warszawa				4:06.63	673	
	50m:	27.57	27.57	150m:	1:27.95	30.70	250m:	2:29.59	31.27	350m:	3:34.15	32.79
	100m:	57.25	29.68	200m:	1:58.32	30.37	300m:	3:01.36	31.77	400m:	4:06.63	32.48
37.	RZADKOWSKI Daniel				94	MUKS Olimpijczyk Suwa ³ ki				4:08.57	657	
	50m:	28.00	28.00	150m:	1:31.41	31.60	250m:	2:34.52	31.45	350m:	3:38.48	31.28
	100m:	59.81	31.81	200m:	2:03.07	31.66	300m:	3:07.20	32.68	400m:	4:08.57	30.09
38.	WIAK Jakub				95	UTS Orlik Lublin				4:08.94	654	
	50m:	28.30	28.30	150m:	1:31.56	31.82	250m:	2:34.98	31.39	350m:	3:38.99	32.19
	100m:	59.74	31.44	200m:	2:03.59	32.03	300m:	3:06.80	31.82	400m:	4:08.94	29.95
39.	EBROWSKI Piotr				90	UKS Koliborz Warszawa				4:09.51	650	
	50m:	28.29	28.29	150m:	1:30.11	31.10	250m:	2:32.83	31.47	350m:	3:37.42	32.45
	100m:	59.01	30.72	200m:	2:01.36	31.25	300m:	3:04.97	32.14	400m:	4:09.51	32.09
40.	CHROŒCIELEWSKI Micha ³				91	AZS AWFis Gdańsk				4:10.06	645	
	50m:	58.38	58.38	150m:	2:00.73	31.48	250m:	4:10.10	1:37.85	350m:		
	100m:	1:29.25	30.87	200m:	2:32.25	31.52	300m:			400m:	4:10.06	
41.	SZOTKOWSKI Daniel				92	KP MZOS P ³ ock				4:10.21	644	
	50m:	27.63	27.63	150m:	1:28.41	30.79	250m:	2:31.47	31.76	350m:	3:36.85	32.64
	100m:	57.62	29.99	200m:	1:59.71	31.30	300m:	3:04.21	32.74	400m:	4:10.21	33.36
42.	PODUSZCZAK Miko ³ aj				95	KSZO Ostrowiec Œw.				4:14.71	611	
	50m:	28.58	28.58	150m:	1:32.02	32.02	250m:	2:36.55	32.42	350m:	3:41.97	32.96
	100m:	1:00.00	31.42	200m:	2:04.13	32.11	300m:	3:09.01	32.46	400m:	4:14.71	32.74
43.	KOTLEWSKI Micha ³				94	Zryw Opole				4:15.27	607	
	50m:	29.18	29.18	150m:	1:32.70	32.05	250m:	2:37.61	32.77	350m:	3:44.44	33.42
	100m:	1:00.65	31.47	200m:	2:04.84	32.14	300m:	3:11.02	33.41	400m:	4:15.27	30.83
44.	ANTKOWIAK Tomasz				94	MKP S ³ owianka Gorzów Wlkp.				4:24.16	548	
	50m:	29.27	29.27	150m:	1:34.91	33.17	250m:	2:42.28	33.54	350m:	3:50.65	34.00
	100m:	1:01.74	32.47	200m:	2:08.74	33.83	300m:	3:16.65	34.37	400m:	4:24.16	33.51
45.	GIBKI Leszek				95	MKP S ³ owianka Gorzów Wlkp.				4:24.55	545	
	50m:	28.88	28.88	150m:	1:35.70	33.77	250m:	2:43.79	34.12	350m:	3:51.76	33.75
	100m:	1:01.93	33.05	200m:	2:09.67	33.97	300m:	3:18.01	34.22	400m:	4:24.55	32.79
46.	ROGOZIŃSKI Łukasz				94	KSZO Ostrowiec Œw.				4:24.78	544	
	50m:	29.36	29.36	150m:	1:34.96	33.20	250m:	2:43.02	34.14	350m:	3:51.50	34.38
	100m:	1:01.76	32.40	200m:	2:08.88	33.92	300m:	3:17.12	34.10	400m:	4:24.78	33.28
47.	SZOSTAK Micha ³				94	UKS Orka Zamocœœ				4:26.31	534	
	50m:	29.04	29.04	150m:	1:35.43	33.61	250m:	2:43.69	34.04	350m:	3:53.12	34.57
	100m:	1:01.82	32.78	200m:	2:09.65	34.22	300m:	3:18.55	34.86	400m:	4:26.31	33.19
48.	KACZYŃSKI Ferdynand				94	MKP Szczecin				4:29.23	517	
	50m:	29.31	29.31	150m:	1:36.47	34.05	250m:	2:46.42	35.03	350m:	3:55.52	34.37
	100m:	1:02.42	33.11	200m:	2:11.39	34.92	300m:	3:21.15	34.73	400m:	4:29.23	33.71
49.	MARCHEL Adrian				95	Juvenia Bia ³ ystok				4:30.32	511	
	50m:	30.28	30.28	150m:	1:37.69	34.20	250m:	2:47.18	35.05	350m:	3:56.90	34.82
	100m:	1:03.49	33.21	200m:	2:12.13	34.44	300m:	3:22.08	34.90	400m:	4:30.32	33.42
50.	SMEJA Patryk				95	AZS WSG Bydgoszcz				4:30.36	511	
	50m:	30.47	30.47	150m:	1:39.20	34.54	250m:	2:48.34	34.49	350m:	3:57.61	34.58
	100m:	1:04.66	34.19	200m:	2:13.85	34.65	300m:	3:23.03	34.69	400m:	4:30.36	32.75
51.	BOHATYREWICZ Wojciech				95	MKP S ³ owianka Gorzów Wlkp.				4:31.40	505	
	50m:	29.71	29.71	150m:	1:37.36	34.20	250m:	2:47.26	34.51	350m:	3:56.91	34.78
	100m:	1:03.16	33.45	200m:	2:12.75	35.39	300m:	3:22.13	34.87	400m:	4:31.40	34.49
52.	KULASIEWICZ Mateusz				94	KS Neptun Stargard Szcz.				4:31.66	503	
	50m:	29.97	29.97	150m:	1:37.62	34.41	250m:	2:47.78	35.02	350m:	3:57.59	34.59
	100m:	1:03.21	33.24	200m:	2:12.76	35.14	300m:	3:23.00	35.22	400m:	4:31.66	34.07
53.	KUTKOWSKI Micha ³				95	KS Posenia Poznań				4:32.75	497	
	50m:	29.72	29.72	150m:	1:38.36	35.18	250m:	2:49.06	35.92	350m:	3:59.31	35.11
	100m:	1:03.18	33.46	200m:	2:13.14	34.78	300m:	3:24.20	35.14	400m:	4:32.75	33.44

Zimowe Mistrzostwa Polski Seniorów i Młodzieżowców 19-20 lat
Gorzów Wlkp., 26. - 29.11.2009

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

Pozycja			Rok ur.					Czas	Pkt.			
54.	KUTKOWSKI Marcin		95	KS	Posnania	Poznań		4:33.40	494			
	50m:	29.72	29.72	150m:	1:38.50	35.01	250m:	2:49.02	35.25	350m:	3:59.53	35.13
	100m:	1:03.49	33.77	200m:	2:13.77	35.27	300m:	3:24.40	35.38	400m:	4:33.40	33.87
55.	CHOJNOWSKI Paweł ³		95	MKP	Słowianka	Gorzów Wlkp.		4:37.16	474			
	50m:	31.30	31.30	150m:	1:41.30	35.47	250m:	2:52.45	35.48	350m:	4:03.12	35.07
	100m:	1:05.83	34.53	200m:	2:16.97	35.67	300m:	3:28.05	35.60	400m:	4:37.16	34.04
56.	KORNACKI Patryk		95	MKP	Słowianka	Gorzów Wlkp.		4:45.03	436			
	50m:	30.58	30.58	150m:	1:42.34	36.64	250m:	2:56.23	37.02	350m:	4:09.31	35.51
	100m:	1:05.70	35.12	200m:	2:19.21	36.87	300m:	3:33.80	37.57	400m:	4:45.03	35.72
57.	BURZYŃSKI Patryk		95	MKP	Słowianka	Gorzów Wlkp.		4:53.09	401			
	50m:	31.96	31.96	150m:	1:45.81	37.32	250m:	3:01.72	38.08	350m:	4:17.00	37.47
	100m:	1:08.49	36.53	200m:	2:23.64	37.83	300m:	3:39.53	37.81	400m:	4:53.09	36.09