

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 Fina<sup>3</sup>

Top Times "Poland" 3:38.20 KORZENIOWSKI Pawel POL Trieste (ITA) 2005-12-08  
Minimum Mistrzostw Europy Istambu<sup>3</sup> 3:41.50

Punkty: FINA 2009

Pozycja			Rok ur.			Czas	Pkt.	
<b>Fina<sup>3</sup> A</b>								
1.	KORZENIOWSKI Pawe <sup>3</sup>		85	AZS AWF Warszawa		<b>3:37.78</b>	977	
<i>Rekord Polski Seniorów Minimum ME Istambu<sup>3</sup></i>								
	50m:	25.68 25.68	150m:	1:21.49 27.91	250m:	2:17.11 27.66	350m:	3:11.61 27.05
	100m:	53.58 27.90	200m:	1:49.45 27.96	300m:	2:44.56 27.45	400m:	3:37.78 26.17
2.	HRENIAK Maciej		89	MKP Szczecin		<b>3:41.94</b>	923	
	50m:	26.38 26.38	150m:	1:22.40 28.07	250m:	2:18.78 28.14	350m:	3:14.83 27.86
	100m:	54.33 27.95	200m:	1:50.64 28.24	300m:	2:46.97 28.19	400m:	3:41.94 27.11
3.	STAŃCZYK Przemys <sup>3</sup> aw		85	MKP Szczecin		<b>3:44.33</b>	894	
	50m:	26.69 26.69	150m:	1:23.28 28.35	250m:	2:20.11 28.44	350m:	3:16.99 28.41
	100m:	54.93 28.24	200m:	1:51.67 28.39	300m:	2:48.58 28.47	400m:	3:44.33 27.34
4.	SAWRYMOWICZ Mateusz		87	MKP Szczecin		<b>3:44.74</b>	889	
	50m:	26.63 26.63	150m:	1:23.32 28.23	250m:	2:20.27 28.37	350m:	3:16.98 28.26
	100m:	55.09 28.46	200m:	1:51.90 28.58	300m:	2:48.72 28.45	400m:	3:44.74 27.76
5.	PIELOWSKI Krzysztof		91	Kormoran Olsztyn		<b>3:46.88</b>	864	
	50m:	26.74 26.74	150m:	1:23.60 28.57	250m:	2:20.87 28.60	350m:	3:18.55 28.87
	100m:	55.03 28.29	200m:	1:52.27 28.67	300m:	2:49.68 28.81	400m:	3:46.88 28.33
6.	HURA Bartosz		91	Kormoran Olsztyn		<b>3:47.31</b>	859	
	50m:	26.98 26.98	150m:	1:23.32 28.15	250m:	2:20.62 28.77	350m:	3:18.72 29.19
	100m:	55.17 28.19	200m:	1:51.85 28.53	300m:	2:49.53 28.91	400m:	3:47.31 28.59
7.	GIMIŃSKI Łukasz		86	AZS AWF Warszawa		<b>3:50.05</b>	829	
	50m:	26.85 26.85	150m:	1:23.97 28.52	250m:	2:21.93 29.14	350m:	3:20.92 29.34
	100m:	55.45 28.60	200m:	1:52.79 28.82	300m:	2:51.58 29.65	400m:	3:50.05 29.13
8.	SZAMOTULSKI Wojciech SWR		91	WKS Oeł <sup>1</sup> sk Wroc <sup>3</sup> aw		<b>3:53.67</b>	791	
	50m:	26.88 26.88	150m:	1:24.70 29.00	250m:	2:24.00 29.59	350m:	3:24.20 30.27
	100m:	55.70 28.82	200m:	1:54.41 29.71	300m:	2:53.93 29.93	400m:	3:53.67 29.47