

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

Konkurencja 17
2009-11-27

Mężczyzn, 400m zmienny

Open
Wyniki Eliminacje

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Punkty: FINA 2009

Pozycja				Rok ur.					Czas	Pkt.		
1.	SUZIN Marcin SK			93	MKS Jordan Kraków				4:19.41	816 A		
	50m:	28.43	28.43	150m:	1:34.58	34.02	250m:	2:43.70	36.51	350m:	3:49.95	29.84
	100m:	1:00.56	32.13	200m:	2:07.19	32.61	300m:	3:20.11	36.41	400m:	4:19.41	29.46
2.	MATCZAK Mateusz			89	MKP Szczecin				4:24.47	770 A		
	50m:	26.95	26.95	150m:	1:32.44	34.86	250m:	2:44.39	38.50	350m:	3:54.03	32.48
	100m:	57.58	30.63	200m:	2:05.89	33.45	300m:	3:21.55	37.16	400m:	4:24.47	30.44
3.	STACHURA Maciej SK			91	Zryw Opole				4:24.69	768 A		
	50m:	28.04	28.04	150m:	1:32.87	33.17	250m:	2:44.20	37.30	350m:	3:53.66	32.05
	100m:	59.70	31.66	200m:	2:06.90	34.03	300m:	3:21.61	37.41	400m:	4:24.69	31.03
4.	WIETESKA Mateusz			91	SKS Start Łódź				4:26.35	754 A		
	50m:	28.91	28.91	150m:	1:35.12	33.75	250m:	2:45.12	37.36	350m:	3:55.68	32.19
	100m:	1:01.37	32.46	200m:	2:07.76	32.64	300m:	3:23.49	38.37	400m:	4:26.35	30.67
5.	ZACZYŃSKI Karol SO			91	AZS AWF Katowice				4:27.12	748 A		
	50m:	27.08	27.08	150m:	1:33.10	34.53	250m:	2:44.85	38.12	350m:	3:56.52	32.50
	100m:	58.57	31.49	200m:	2:06.73	33.63	300m:	3:24.02	39.17	400m:	4:27.12	30.60
6.	DYREK Mateusz SK			91	MKS Jordan Kraków				4:28.38	737 A		
	50m:	28.06	28.06	150m:	1:35.07	34.64	250m:	2:47.23	38.09	350m:	3:57.66	32.15
	100m:	1:00.43	32.37	200m:	2:09.14	34.07	300m:	3:25.51	38.28	400m:	4:28.38	30.72
7.	PELCZYŃSKI Kacper SO			92	UKP Unia Oświęcim				4:28.54	736 A		
	50m:	28.26	28.26	150m:	1:35.16	34.88	250m:	2:46.78	37.14	350m:	3:57.26	32.01
	100m:	1:00.28	32.02	200m:	2:09.64	34.48	300m:	3:25.25	38.47	400m:	4:28.54	31.28
8.	KRZYWIECKI Tomasz			89	MKP Szczecin				4:29.55	728 A		
	50m:	28.23	28.23	150m:	1:35.49	35.36	250m:	2:47.38	37.46	350m:	3:58.02	32.16
	100m:	1:00.13	31.90	200m:	2:09.92	34.43	300m:	3:25.86	38.48	400m:	4:29.55	31.53
9.	MIKOŁAJEWSKI Mariusz			90	MKS Polonia Warszawa				4:31.43	713 R		
	50m:	28.42	28.42	150m:	1:36.05	35.14	250m:	2:48.56	38.11	350m:	4:00.21	32.53
	100m:	1:00.91	32.49	200m:	2:10.45	34.40	300m:	3:27.68	39.12	400m:	4:31.43	31.22
10.	PACIOREK Artur SK			93	MKS Jordan Kraków				4:32.70	703 R		
	50m:	28.22	28.22	150m:	1:35.73	35.46	250m:	2:49.63	39.12	350m:	4:01.58	31.80
	100m:	1:00.27	32.05	200m:	2:10.51	34.78	300m:	3:29.78	40.15	400m:	4:32.70	31.12
11.	RYBIŃSKI Dawid SWR			93	WKS Orl'sk Wrocław				4:33.10	700		
	50m:	28.37	28.37	150m:	1:34.70	33.89	250m:	2:48.59	39.10	350m:	4:02.04	32.64
	100m:	1:00.81	32.44	200m:	2:09.49	34.79	300m:	3:29.40	40.81	400m:	4:33.10	31.06
12.	BRUS Dominik SK			93	MKS Jordan Kraków				4:34.62	688		
	50m:	29.19	29.19	150m:	1:36.72	34.34	250m:	2:49.57	39.30	350m:	4:03.27	33.04
	100m:	1:02.38	33.19	200m:	2:10.27	33.55	300m:	3:30.23	40.66	400m:	4:34.62	31.35
13.	BŁĄTJEWSKI Tomasz			93	MKP Słowianka Gorzów Wlkp.				4:35.88	679		
	50m:	29.82	29.82	150m:	1:37.85	34.35	250m:	2:51.32	39.82	350m:	4:04.38	32.64
	100m:	1:03.50	33.68	200m:	2:11.50	33.65	300m:	3:31.74	40.42	400m:	4:35.88	31.50
14.	BARAN Rafał SK			93	MKS Jordan Kraków				4:36.44	674		
	50m:	28.14	28.14	150m:	1:36.31	35.83	250m:	2:50.96	39.69	350m:	4:03.94	32.60
	100m:	1:00.48	32.34	200m:	2:11.27	34.96	300m:	3:31.34	40.38	400m:	4:36.44	32.50
15.	TWORZEWSKI Adrian			93	KSZO Ostrowiec Św.				4:37.02	670		
	50m:	28.97	28.97	150m:	1:38.77	36.79	250m:	2:54.17	39.81	350m:	4:06.57	31.47
	100m:	1:01.98	33.01	200m:	2:14.36	35.59	300m:	3:35.10	40.93	400m:	4:37.02	30.45
16.	KĘPKA Maciej			94	UKS GIM 92 Ursynów Warszawa				4:37.94	664		
	50m:	29.05	29.05	150m:	1:39.32	35.17	250m:	2:55.46	40.53	350m:	4:06.86	32.46
	100m:	1:04.15	35.10	200m:	2:14.93	35.61	300m:	3:34.40	38.94	400m:	4:37.94	31.08
17.	PAWLAK Adrian			90	AZS UŁPŁ Łódź				4:41.72	637		
	50m:	29.69	29.69	150m:	1:40.42	36.23	250m:	2:57.68	41.17	350m:	4:11.08	31.93
	100m:	1:04.19	34.50	200m:	2:16.51	36.09	300m:	3:39.15	41.47	400m:	4:41.72	30.64

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Pozycja			Rok ur.					Czas	Pkt.			
18.	BIAŁEK Piotr		92	KS Warta Poznań				4:42.39	633			
	50m:	29.75	29.75	150m:	1:39.64	37.13	250m:	2:55.84	39.50	350m:	4:10.17	34.55
	100m:	1:02.51	32.76	200m:	2:16.34	36.70	300m:	3:35.62	39.78	400m:	4:42.39	32.22
19.	SMEJA Sławomir		94	AZS WSG Bydgoszcz				4:42.72	631			
	50m:	29.18	29.18	150m:	1:40.58	37.42	250m:	2:58.05	40.60	350m:	4:11.84	32.05
	100m:	1:03.16	33.98	200m:	2:17.45	36.87	300m:	3:39.79	41.74	400m:	4:42.72	30.88
20.	MICHALAK Łukasz		93	KS Warta Poznań				4:44.17	621			
	50m:	30.20	30.20	150m:	1:38.69	34.54	250m:	2:57.01	43.03	350m:	4:12.89	32.34
	100m:	1:04.15	33.95	200m:	2:13.98	35.29	300m:	3:40.55	43.54	400m:	4:44.17	31.28
21.	OSSES Arkadiusz		95	KS Warta Poznań				4:54.34	559			
	50m:	30.95	30.95	150m:	1:43.22	36.97	250m:	3:04.65	43.75	350m:	4:22.06	32.72
	100m:	1:06.25	35.30	200m:	2:20.90	37.68	300m:	3:49.34	44.69	400m:	4:54.34	32.28
22.	JANKOWSKI Jacek		93	KS Warta Poznań				5:05.04	502			
	50m:	31.64	31.64	150m:	1:44.74	36.77	250m:	3:08.25	45.60	350m:	4:29.33	35.83
	100m:	1:07.97	36.33	200m:	2:22.65	37.91	300m:	3:53.50	45.25	400m:	5:05.04	35.71
23.	KORNACKI Patryk		95	MKP Słowianka Gorzów Wlkp.				5:10.55	476			
	50m:	31.17	31.17	150m:	1:47.74	39.94	250m:	3:11.20	44.27	350m:	4:33.68	36.50
	100m:	1:07.80	36.63	200m:	2:26.93	39.19	300m:	3:57.18	45.98	400m:	5:10.55	36.87
24.	SMEJA Patryk		95	AZS WSG Bydgoszcz				5:17.94	443			
	50m:	34.05	34.05	150m:	1:55.74	42.28	250m:	3:20.25	44.01	350m:	4:42.82	37.75
	100m:	1:13.46	39.41	200m:	2:36.24	40.50	300m:	4:05.07	44.82	400m:	5:17.94	35.12
25.	TRUSZYŃSKI Aleksander		95	MKP Słowianka Gorzów Wlkp.				5:27.56	405			
	50m:	33.05	33.05	150m:	1:54.53	41.72	250m:	3:24.47	49.13	350m:	4:51.34	37.79
	100m:	1:12.81	39.76	200m:	2:35.34	40.81	300m:	4:13.55	49.08	400m:	5:27.56	36.22
DYSKW.	SZCZUKA Paweł		92	Kormoran Olsztyn				4:52.86				
	Z-2											
	50m:	30.15	30.15	150m:	1:42.95	38.20	250m:	3:00.91	40.26	350m:	4:19.52	35.28
	100m:	1:04.75	34.60	200m:	2:20.65	37.70	300m:	3:44.24	43.33	400m:	4:52.86	33.34
DYSKW.	KOTYNIA Piotr		90	AZS UŁPŁ Łódź				5:04.69				
	Z-2											
	50m:	31.34	31.34	150m:	1:48.53	39.75	250m:	3:10.62	41.63	350m:	4:30.67	35.86
	100m:	1:08.78	37.44	200m:	2:28.99	40.46	300m:	3:54.81	44.19	400m:	5:04.69	34.02