

Zimowe Mistrzostwa Polski w Pływaniu Juniorów M<sup>3</sup>odszych - 14 lat  
Zamoce, 15. - 17.1.2010

Konkurencja 20  
2010-01-16 - 17:28

Ch<sup>3</sup>opców, 400m dowolny

14 lat  
Wyniki Fina<sup>3</sup>

Top Times "Poland" 3:59.77 ZONIUK Maciej SLWRO Saint Dizier (FRA) 2008-11-15

Punkty: FINA 2009

Pozycja			Rok ur.					Czas	Pkt.
<b>Fina<sup>3</sup> A</b>									
1.	KUCEWIK Maciej		96	Ciel'sk Wroc <sup>3</sup> aw				<b>4:14.58</b>	612
	50m:	29.53 29.53	150m:	1:34.12 32.60	250m:	2:40.14 32.97	350m:	3:44.98 32.14	
	100m:	1:01.52 31.99	200m:	2:07.17 33.05	300m:	3:12.84 32.70	400m:	4:14.58 29.60	
2.	HOŁUB Jan		96	Avia Cewidnik				<b>4:15.23</b>	607
	50m:	29.75 29.75	150m:	1:36.13 33.29	250m:	2:42.23 32.92	350m:	3:46.53 31.89	
	100m:	1:02.84 33.09	200m:	2:09.31 33.18	300m:	3:14.64 32.41	400m:	4:15.23 28.70	
3.	WOJDAK Wojciech		96	Wiking Brzesko				<b>4:15.34</b>	606
	50m:	29.71 29.71	150m:	1:34.57 32.87	250m:	2:40.40 32.84	350m:	3:45.31 32.20	
	100m:	1:01.70 31.99	200m:	2:07.56 32.99	300m:	3:13.11 32.71	400m:	4:15.34 30.03	
4.	PLACHTA Emil		96	Kormoran Olsztyn				<b>4:20.55</b>	571
	50m:	29.24 29.24	150m:	1:34.85 33.26	250m:	2:42.12 33.97	350m:	3:49.36 33.63	
	100m:	1:01.59 32.35	200m:	2:08.15 33.30	300m:	3:15.73 33.61	400m:	4:20.55 31.19	
5.	WIATROWSKI Remigiusz		96	Warta Poznań				<b>4:24.39</b>	546
	50m:	30.05 30.05	150m:	1:35.56 32.95	250m:	2:42.95 34.03	350m:	3:49.77 34.28	
	100m:	1:02.61 32.56	200m:	2:08.92 33.36	300m:	3:15.49 32.54	400m:	4:24.39 34.62	
6.	LECEKIEWICZ Konrad		96	Polonia Warszawa				<b>4:25.47</b>	539
	50m:	30.46 30.46	150m:	1:36.53 33.46	250m:	2:43.90 33.66	350m:	3:52.19 34.10	
	100m:	1:03.07 32.61	200m:	2:10.24 33.71	300m:	3:18.09 34.19	400m:	4:25.47 33.28	
<b>Fina<sup>3</sup> B</b>									
7.	PIECHOWIAK Bartosz		96	AZS WSG Bydgoszcz				<b>4:22.85</b>	556
	50m:	29.52 29.52	150m:	1:35.62 33.28	250m:	2:43.09 33.90	350m:	3:50.67 33.97	
	100m:	1:02.34 32.82	200m:	2:09.19 33.57	300m:	3:16.70 33.61	400m:	4:22.85 32.18	
8.	ŁAGOCKI Jan		96	Polonia Warszawa				<b>4:26.93</b>	531
	50m:	30.43 30.43	150m:	1:37.09 33.77	250m:	2:45.71 34.33	350m:	3:53.97 33.95	
	100m:	1:03.32 32.89	200m:	2:11.38 34.29	300m:	3:20.02 34.31	400m:	4:26.93 32.96	
9.	HORAŁA Damian		96	Warta Poznań				<b>4:27.56</b>	527
	50m:	30.19 30.19	150m:	1:39.10 34.70	250m:	2:48.50 34.56	350m:	3:56.36 33.39	
	100m:	1:04.40 34.21	200m:	2:13.94 34.84	300m:	3:22.97 34.47	400m:	4:27.56 31.20	
10.	KRYCIA Mateusz		96	KSZO Ostrowiec Cew.				<b>4:27.98</b>	524
	50m:	30.18 30.18	150m:	1:38.09 34.42	250m:	2:47.03 34.70	350m:	3:55.35 33.79	
	100m:	1:03.67 33.49	200m:	2:12.33 34.24	300m:	3:21.56 34.53	400m:	4:27.98 32.63	
11.	KSIŃEK Sebastian		96	KSZO Ostrowiec Cew.				<b>4:31.57</b>	504
	50m:	30.45 30.45	150m:	1:38.78 34.44	250m:	2:47.92 34.42	350m:	3:58.11 35.25	
	100m:	1:04.34 33.89	200m:	2:13.50 34.72	300m:	3:22.86 34.94	400m:	4:31.57 33.46	
12.	GUBA Adam		96	Delfin Inowroc <sup>3</sup> aw				<b>4:42.64</b>	447
	50m:	30.30 30.30	150m:	1:39.98 35.65	250m:	2:52.77 36.69	350m:	4:06.13 36.77	
	100m:	1:04.33 34.03	200m:	2:16.08 36.10	300m:	3:29.36 36.59	400m:	4:42.64 36.51	