

Zimowe Mistrzostwa Polski Juniorów 17-18 lat
Gorzów Wlkp., 29. - 31.1.2010

Konkurencja 12
2010-01-29

Ch³opców, 400m zmienny

17 - 18 lat
Wyniki Eliminacje

Rekord Polski 17	4:11.81	MATCZAK Mateusz	TRLOD	Helsinki (FIN)	2006-12-08
Rekord Polski 18	4:09.07	MATCZAK Mateusz	TRLOD	Debreczyn (HUN)	2007-12-14

Punkty: FINA 2009

Pozycja			Rok ur.					Czas	Pkt.			
1.	PEŁCZYŃSKI Kacper	SO	92	Unia Oświęcim				4:32.07	707 A			
	50m:	28.66	28.66	150m:	1:36.91	35.37	250m:	2:49.19	36.98	350m:	4:00.04	33.24
	100m:	1:01.54	32.88	200m:	2:12.21	35.30	300m:	3:26.80	37.61	400m:	4:32.07	32.03
2.	SUZIN Marcin	SK	93	Jordan Kraków				4:32.43	705 A			
	50m:	28.39	28.39	150m:	1:36.83	35.24	250m:	2:49.59	38.21	350m:	4:01.32	32.93
	100m:	1:01.59	33.20	200m:	2:11.38	34.55	300m:	3:28.39	38.80	400m:	4:32.43	31.11
3.	PALMI-KUKIEŁKO Mieszko		93	CEI ¹ sk Wroc ³ aw				4:34.48	689 A			
	50m:	29.32	29.32	150m:	1:37.73	35.24	250m:	2:53.53	40.61	350m:	4:04.51	30.41
	100m:	1:02.49	33.17	200m:	2:12.92	35.19	300m:	3:34.10	40.57	400m:	4:34.48	29.97
4.	ŒWIŦTKIEWICZ Rafa ³		93	G-8 Bielany Warszawa				4:35.22	683 A			
	50m:	28.65	28.65	150m:	1:37.97	35.71	250m:	2:52.29	38.56	350m:	4:04.50	32.01
	100m:	1:02.26	33.61	200m:	2:13.73	35.76	300m:	3:32.49	40.20	400m:	4:35.22	30.72
5.	KUT Bart ³ omiej		93	Bobry Dêbica				4:36.44	674 A			
	50m:	29.26	29.26	150m:	1:39.69	36.42	250m:	2:53.90	38.42	350m:	4:05.24	32.44
	100m:	1:03.27	34.01	200m:	2:15.48	35.79	300m:	3:32.80	38.90	400m:	4:36.44	31.20
6.	CHMIEL Łukasz		93	MOS D ¹ browa Górnicza				4:36.82	672 A			
	50m:	28.76	28.76	150m:	1:38.32	36.47	250m:	2:54.31	39.90	350m:	4:06.14	30.84
	100m:	1:01.85	33.09	200m:	2:14.41	36.09	300m:	3:35.30	40.99	400m:	4:36.82	30.68
7.	SKUBICHA Konrad		92	Orlik Lublin				4:38.31	661 A			
	50m:	28.70	28.70	150m:	1:37.86	35.77	250m:	2:52.39	39.92	350m:	4:06.66	33.02
	100m:	1:02.09	33.39	200m:	2:12.47	34.61	300m:	3:33.64	41.25	400m:	4:38.31	31.65
8.	ŦKOWSKI Bart ³ omiej		93	CEI ¹ sk Wroc ³ aw				4:38.51	660 A			
	50m:	29.28	29.28	150m:	1:39.72	37.27	250m:	2:54.71	38.00	350m:	4:06.68	33.30
	100m:	1:02.45	33.17	200m:	2:16.71	36.99	300m:	3:33.38	38.67	400m:	4:38.51	31.83
9.	BARAN Rafa ³ SK		93	Jordan Kraków				4:39.09	655 B			
	50m:	28.90	28.90	150m:	1:38.47	36.46	250m:	2:54.27	39.72	350m:	4:07.41	33.01
	100m:	1:02.01	33.11	200m:	2:14.55	36.08	300m:	3:34.40	40.13	400m:	4:39.09	31.68
10.	TWORZEWSKI Adrian		93	KSZO Ostrowiec				4:41.91	636 B			
	50m:	29.41	29.41	150m:	1:41.01	38.08	250m:	2:57.88	40.38	350m:	4:10.52	32.39
	100m:	1:02.93	33.52	200m:	2:17.50	36.49	300m:	3:38.13	40.25	400m:	4:41.91	31.39
11.	PACIOREK Artur	SK	93	Jordan Kraków				4:42.79	630 B			
	50m:	29.48	29.48	150m:	1:40.38	36.64	250m:	2:56.69	40.64	350m:	4:10.72	33.33
	100m:	1:03.74	34.26	200m:	2:16.05	35.67	300m:	3:37.39	40.70	400m:	4:42.79	32.07
12.	MICHALAK Łukasz		93	Warta Poznań				4:43.75	624 B			
	50m:	29.95	29.95	150m:	1:39.90	36.28	250m:	2:57.57	41.94	350m:	4:12.19	32.21
	100m:	1:03.62	33.67	200m:	2:15.63	35.73	300m:	3:39.98	42.41	400m:	4:43.75	31.56
13.	ASULIAN Axel	SO	93	AZS AWF Katowice				4:44.39	619 B			
	50m:	29.82	29.82	150m:	1:40.04	36.49	250m:	2:57.14	40.87	350m:	4:12.29	33.21
	100m:	1:03.55	33.73	200m:	2:16.27	36.23	300m:	3:39.08	41.94	400m:	4:44.39	32.10
14.	MIELECKI Mateusz		93	CEI ¹ sk Wroc ³ aw				4:48.44	594 B			
	50m:	29.91	29.91	150m:	1:41.75	37.62	250m:	3:00.27	42.06	350m:	4:15.91	33.72
	100m:	1:04.13	34.22	200m:	2:18.21	36.46	300m:	3:42.19	41.92	400m:	4:48.44	32.53
15.	LISZEWSKI Rafa ³ SO		92	Unia Oświęcim				4:49.59	587 B			
	50m:	28.71	28.71	150m:	1:40.95	37.47	250m:	3:00.48	40.92	350m:	4:16.41	35.12
	100m:	1:03.48	34.77	200m:	2:19.56	38.61	300m:	3:41.29	40.81	400m:	4:49.59	33.18
16.	CZWARTOSZ Mateusz		93	Delfin Po ³ aniec				4:49.86	585 B			
	50m:	30.27	30.27	150m:	1:41.95	36.31	250m:	3:00.22	42.12	350m:	4:16.33	33.67
	100m:	1:05.64	35.37	200m:	2:18.10	36.15	300m:	3:42.66	42.44	400m:	4:49.86	33.53
17.	SZCZUKA Pawe ³		92	Kormoran Olsztyn				4:52.58	569 R			
	50m:	31.99	31.99	150m:	1:44.95	38.34	250m:	3:03.78	41.39	350m:	4:18.87	33.90
	100m:	1:06.61	34.62	200m:	2:22.39	37.44	300m:	3:44.97	41.19	400m:	4:52.58	33.71

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Pozycja	Rok ur.								Czas	Pkt.
18. KAMIŃSKI Szymon	92 S ³ owianka Gorzów								4:54.55	558 R
50m: 29.69 29.69	150m: 1:40.52	36.34	250m: 2:58.96	41.84	350m: 4:18.98	36.19				
100m: 1:04.18 34.49	200m: 2:17.12	36.60	300m: 3:42.79	43.83	400m: 4:54.55	35.57				
19. JANKOWSKI Jacek	93 Warta Poznań								4:54.88	556
50m: 30.55 30.55	150m: 1:43.26	37.69	250m: 3:02.41	42.21	350m: 4:20.37	33.82				
100m: 1:05.57 35.02	200m: 2:20.20	36.94	300m: 3:46.55	44.14	400m: 4:54.88	34.51				
20. SZCZEPAŃSKI Adam	92 Unia Busko Zdrój								4:57.98	539
50m: 30.23 30.23	150m: 1:44.18	38.45	250m: 3:04.90	42.05	350m: 4:24.26	35.77				
100m: 1:05.73 35.50	200m: 2:22.85	38.67	300m: 3:48.49	43.59	400m: 4:57.98	33.72				
21. GAWĘDA Maciej	92 Jordan Kraków								5:11.44	472
50m: 32.78 32.78	150m: 1:52.13	42.14	250m: 3:16.17	42.49	350m: 4:36.06	37.21				
100m: 1:09.99 37.21	200m: 2:33.68	41.55	300m: 3:58.85	42.68	400m: 5:11.44	35.38				
22. ZALEWSKI Igor	93 Wodnik W ³ oc ³ awek								5:19.39	437
50m: 33.16 33.16	150m: 1:53.02	41.65	250m: 3:19.86	44.60	350m: 4:43.73	37.73				
100m: 1:11.37 38.21	200m: 2:35.26	42.24	300m: 4:06.00	46.14	400m: 5:19.39	35.66				