

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 Fina³

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.
Fina³ A									
1.	PEŁCZYŃSKI Kacper SO		92	Unia Oświęcim				4:21.85	794
	50m:	28.39	28.39	150m:	1:35.58	34.64	250m:	2:45.56	35.66
	100m:	1:00.94	32.55	200m:	2:09.90	34.32	300m:	3:22.13	36.57
							350m:	3:52.81	30.68
							400m:	4:21.85	29.04
2.	SUZIN Marcin SK		93	Jordan Kraków				4:22.81	785
	50m:	27.82	27.82	150m:	1:34.79	34.27	250m:	2:45.21	37.22
	100m:	1:00.52	32.70	200m:	2:07.99	33.20	300m:	3:22.20	36.99
							350m:	3:53.01	30.81
							400m:	4:22.81	29.80
3.	CHMIEL Łukasz		93	MOS D ¹ browa Górnica				4:28.54	736
	50m:	27.67	27.67	150m:	1:34.79	35.10	250m:	2:48.25	38.96
	100m:	59.69	32.02	200m:	2:09.29	34.50	300m:	3:27.37	39.12
							350m:	3:58.52	31.15
							400m:	4:28.54	30.02
4.	PALMI-KUKIEŁKO Mieszko		93	CEI ¹ sk Wroc ³ aw				4:28.92	733
	50m:	28.97	28.97	150m:	1:36.08	34.37	250m:	2:49.56	39.32
	100m:	1:01.71	32.74	200m:	2:10.24	34.16	300m:	3:29.30	39.74
							350m:	3:59.72	30.42
							400m:	4:28.92	29.20
5.	KUT Bart ³ omiej		93	Bobry Dębica				4:30.41	721
	50m:	28.96	28.96	150m:	1:38.44	36.02	250m:	2:50.77	37.18
	100m:	1:02.42	33.46	200m:	2:13.59	35.15	300m:	3:28.63	37.86
							350m:	4:00.13	31.50
							400m:	4:30.41	30.28
6.	ŒWIŦTKIEWICZ Rafa ³		93	G-8 Bielany Warszawa				4:35.20	684
	50m:	28.42	28.42	150m:	1:36.89	35.13	250m:	2:50.85	38.75
	100m:	1:01.76	33.34	200m:	2:12.10	35.21	300m:	3:31.55	40.70
							350m:	4:03.94	32.39
							400m:	4:35.20	31.26
7.	SKUBICHA Konrad		92	Orlik Lublin				4:39.68	651
	50m:	29.38	29.38	150m:	1:39.24	35.92	250m:	2:53.71	39.03
	100m:	1:03.32	33.94	200m:	2:14.68	35.44	300m:	3:33.97	40.26
							350m:	4:06.95	32.98
							400m:	4:39.68	32.73
8.	UKOWSKI Bart ³ omiej		93	CEI ¹ sk Wroc ³ aw				4:46.03	609
	50m:	28.78	28.78	150m:	1:42.02	39.40	250m:	2:58.41	38.19
	100m:	1:02.62	33.84	200m:	2:20.22	38.20	300m:	3:38.40	39.99
							350m:	4:12.56	34.16
							400m:	4:46.03	33.47
Fina³ B									
9.	TWORZEWSKI Adrian		93	KSZO Ostrowiec				4:37.55	666
	50m:	29.14	29.14	150m:	1:39.02	36.70	250m:	2:53.84	39.25
	100m:	1:02.32	33.18	200m:	2:14.59	35.57	300m:	3:33.03	39.19
							350m:	4:05.59	32.56
							400m:	4:37.55	31.96
10.	ASULIAN Axel SO		93	AZS AWF Katowice				4:40.20	648
	50m:	29.26	29.26	150m:	1:39.20	36.40	250m:	2:55.35	40.58
	100m:	1:02.80	33.54	200m:	2:14.77	35.57	300m:	3:36.35	41.00
							350m:	4:08.87	32.52
							400m:	4:40.20	31.33
11.	BARAN Rafa ³ SK		93	Jordan Kraków				4:41.23	641
	50m:	28.19	28.19	150m:	1:36.67	36.35	250m:	2:53.36	40.92
	100m:	1:00.32	32.13	200m:	2:12.44	35.77	300m:	3:34.87	41.51
							350m:	4:08.66	33.79
							400m:	4:41.23	32.57
12.	LISZEWSKI Rafa ³ SO		92	Unia Oświęcim				4:49.24	589
	50m:	29.20	29.20	150m:	1:41.67	38.03	250m:	3:00.20	40.96
	100m:	1:03.64	34.44	200m:	2:19.24	37.57	300m:	3:41.68	41.48
							350m:	4:16.13	34.45
							400m:	4:49.24	33.11
13.	MIELECKI Mateusz		93	CEI ¹ sk Wroc ³ aw				4:49.55	587
	50m:	29.14	29.14	150m:	1:40.17	37.31	250m:	2:58.85	42.22
	100m:	1:02.86	33.72	200m:	2:16.63	36.46	300m:	3:42.20	43.35
							350m:	4:16.92	34.72
							400m:	4:49.55	32.63
14.	CZWARTOSZ Mateusz		93	Delfin Po ³ aniec				4:50.47	581
	50m:	29.64	29.64	150m:	1:41.40	36.15	250m:	3:01.03	43.22
	100m:	1:05.25	35.61	200m:	2:17.81	36.41	300m:	3:43.26	42.23
							350m:	4:17.62	34.36
							400m:	4:50.47	32.85
15.	MICHALAK Łukasz		93	Warta Poznań				4:50.93	579
	50m:	29.62	29.62	150m:	1:40.83	37.57	250m:	3:02.34	44.24
	100m:	1:03.26	33.64	200m:	2:18.10	37.27	300m:	3:46.76	44.42
							350m:	4:19.29	32.53
							400m:	4:50.93	31.64
16.	SZCZUKA Pawe ³		92	Kormoran Olsztyn				4:51.86	573
	50m:	30.48	30.48	150m:	1:44.66	38.62	250m:	3:02.74	40.72
	100m:	1:06.04	35.56	200m:	2:22.02	37.36	300m:	3:44.31	41.57
							350m:	4:18.70	34.39
							400m:	4:51.86	33.16