

G³ówne Mistrzostwa Polski Seniorów i M³odzie¿owców
Gliwice, 3. - 6.6.2010

Konkurencja 18

Mê¿czyzn, 400m zmienny

Open

2010-06-04 - 11:49

Wyniki Eliminacje

Rekord Polski Seniorów	4:12.28	MATCZAK, Mateusz	TRLOD	Belgrad	2009-07-11
Min ME Sen Budapeszt	4:20.76	,			
Min MEJun Helsinki 8-wynik	4:28.85	,			
Min MEJun Helsinki 12-wynik	4:32.72	,			

Punkty: FINA 2010

Pozycja			Rok ur.					Czas	Pkt.		
1.	SUZIN, Marcin	SK	93	MKS Jordan Kraków				4:35.29	694	A	
	50m:	28.17 28.17	150m:	1:37.56	36.67	250m:	2:51.32	38.50	350m:	4:03.90	33.43
	100m:	1:00.89 32.72	200m:	2:12.82	35.26	300m:	3:30.47	39.15	400m:	4:35.29	31.39
2.	MATCZAK, Mateusz		89	MKP Szczecin				4:35.56	692	A	
	50m:	28.23 28.23	150m:	1:36.41	36.02	250m:	2:51.28	38.77	350m:	4:03.56	33.11
	100m:	1:00.39 32.16	200m:	2:12.51	36.10	300m:	3:30.45	39.17	400m:	4:35.56	32.00
3.	KIERZKOWSKI, Mateusz		87	KS AZS-AWFis Gdańsk				4:36.35	686	A	
	50m:	27.91 27.91	150m:	1:36.75	36.29	250m:	2:52.11	39.60	350m:	4:04.91	32.69
	100m:	1:00.46 32.55	200m:	2:12.51	35.76	300m:	3:32.22	40.11	400m:	4:36.35	31.44
4.	ZACZYŃSKI, Karol	SO	91	AZS AWF Katowice				4:36.79	683	A	
	50m:	27.21 27.21	150m:	1:35.22	35.94	250m:	2:50.61	39.84	350m:	4:04.19	33.74
	100m:	59.28 32.07	200m:	2:10.77	35.55	300m:	3:30.45	39.84	400m:	4:36.79	32.60
5.	KRZYWIECKI, Tomasz		89	MKP Szczecin				4:37.84	675	A	
	50m:	28.26 28.26	150m:	1:37.15	36.38	250m:	2:52.11	39.37	350m:	4:05.59	33.61
	100m:	1:00.77 32.51	200m:	2:12.74	35.59	300m:	3:31.98	39.87	400m:	4:37.84	32.25
6.	PEŁCZYŃSKI, Kacper		92	UKP UNIA Oœwiêcim				4:38.37	672	A	
	50m:	28.75 28.75	150m:	1:38.51	37.13	250m:	2:53.52	37.68	350m:	4:06.21	32.82
	100m:	1:01.38 32.63	200m:	2:15.84	37.33	300m:	3:33.39	39.87	400m:	4:38.37	32.16
7.	STACHURA, Maciej	SK	91	MKS Zryw Opole				4:38.77	669	A	
	50m:	29.22 29.22	150m:	1:39.36	36.93	250m:	2:54.86	38.69	350m:	4:07.13	33.54
	100m:	1:02.43 33.21	200m:	2:16.17	36.81	300m:	3:33.59	38.73	400m:	4:38.77	31.64
8.	KLIZA, Mateusz		94	Avia œwidnik				4:38.87	668	A	
	50m:	29.53 29.53	150m:	1:39.12	36.46	250m:	2:54.74	38.97	350m:	4:07.60	32.78
	100m:	1:02.66 33.13	200m:	2:15.77	36.65	300m:	3:34.82	40.08	400m:	4:38.87	31.27
9.	CZARNOTA, Mateusz	SO	91	UKP UNIA Oœwiêcim				4:40.08	659	B	
	50m:	29.03 29.03	150m:	1:39.18	36.28	250m:	2:54.97	40.45	350m:	4:08.88	32.73
	100m:	1:02.90 33.87	200m:	2:14.52	35.34	300m:	3:36.15	41.18	400m:	4:40.08	31.20
10.	MIKOŁAJEWSKI, MARIUSZ		90	MKS Polonia W-Wa				4:40.31	658	B	
	50m:	28.47 28.47	150m:	1:38.97	36.88	250m:	2:54.59	39.82	350m:	4:07.99	32.85
	100m:	1:02.09 33.62	200m:	2:14.77	35.80	300m:	3:35.14	40.55	400m:	4:40.31	32.32
11.	ZABOROWSKI, Filip		94	WKS Flota Gdynia				4:41.12	652	B	
	50m:	28.52 28.52	150m:	1:37.73	36.01	250m:	2:54.52	41.19	350m:	4:09.13	32.65
	100m:	1:01.72 33.20	200m:	2:13.33	35.60	300m:	3:36.48	41.96	400m:	4:41.12	31.99
12.	PALMI-KUKIEŁKO, MIESZKO		93	WKS œl'isk Wroc³aw				4:42.03	646	B	
	50m:	29.13 29.13	150m:	1:39.49	36.85	250m:	2:56.78	41.31	350m:	4:10.14	31.48
	100m:	1:02.64 33.51	200m:	2:15.47	35.98	300m:	3:38.66	41.88	400m:	4:42.03	31.89
13.	BARAN, Rafa³	SK	93	MKS Jordan Kraków				4:43.15	638	B	
	50m:	28.80 28.80	150m:	1:38.42	36.62	250m:	2:55.59	40.88	350m:	4:10.26	32.77
	100m:	1:01.80 33.00	200m:	2:14.71	36.29	300m:	3:37.49	41.90	400m:	4:43.15	32.89
14.	CERTA, Maciej	SO	91	KS Wis³a Pu³awy				4:46.00	619	B	
	50m:	28.73 28.73	150m:	1:39.70	37.47	250m:	2:57.70	38.92	350m:	4:12.05	35.23
	100m:	1:02.23 33.50	200m:	2:18.78	39.08	300m:	3:36.82	39.12	400m:	4:46.00	33.95
15.	SZWEDZKI, Dawid		94	UKS "Pi¹tka" Konstantynów				4:47.66	609	B	
	50m:	31.10 31.10	150m:	1:44.18	37.29	250m:	2:59.91	40.18	350m:	4:15.23	34.58
	100m:	1:06.89 35.79	200m:	2:19.73	35.55	300m:	3:40.65	40.74	400m:	4:47.66	32.43
16.	POPRAWA, Micha³		94	AZS AWF Katowice				4:49.58	597	B	
	50m:	29.89 29.89	150m:	1:42.01	37.79	250m:	3:03.26	43.49	350m:	4:18.39	31.03
	100m:	1:04.22 34.33	200m:	2:19.77	37.76	300m:	3:47.36	44.10	400m:	4:49.58	31.19

G³ówne Mistrzostwa Polski Seniorów i M³odzieźowców
Gliwice, 3. - 6.6.2010

Konkurencja 18, M^ęczyzn, 400m zmienny, Eliminacje, Open

Pozycja					Rok ur.					Czas	Pkt.	
17.	KUBKOWSKI, Bart ³ omiej				95	MKS Medyk Gi ^ę ycko				4:50.47	591 R	
	50m:	30.05	30.05	150m:	1:41.67	36.92	250m:	3:02.23	43.33	350m:	4:18.77	33.37
	100m:	1:04.75	34.70	200m:	2:18.90	37.23	300m:	3:45.40	43.17	400m:	4:50.47	31.70
18.	G ^ę SIOR, Patryk				94	MKS Polonia W-Wa				4:50.83	589 R	
	50m:	30.70	30.70	150m:	1:40.69	35.06	250m:	2:58.71	43.21	350m:	4:17.13	35.09
	100m:	1:05.63	34.93	200m:	2:15.50	34.81	300m:	3:42.04	43.33	400m:	4:50.83	33.70
19.	NOWICKI, Mateusz				94	MUKS Pi ^ę tnastka AQUA Bydgoszcz				4:51.21	587	
	50m:	29.43	29.43	150m:	1:40.71	37.80	250m:	3:01.23	44.05	350m:	4:18.94	33.86
	100m:	1:02.91	33.48	200m:	2:17.18	36.47	300m:	3:45.08	43.85	400m:	4:51.21	32.27
20.	DYREK, Mateusz				91	MKS Jordan Kraków				4:52.11	581	
	50m:	29.45	29.45	150m:	1:42.11	38.55	250m:	3:01.44	41.47	350m:	4:18.42	34.90
	100m:	1:03.56	34.11	200m:	2:19.97	37.86	300m:	3:43.52	42.08	400m:	4:52.11	33.69
21.	SKUBICHA, Konrad				92	LUKS Orlik Lublin				4:52.98	576	
	50m:	28.69	28.69	150m:	1:41.31	37.91	250m:	3:00.26	41.93	350m:	4:19.89	35.65
	100m:	1:03.40	34.71	200m:	2:18.33	37.02	300m:	3:44.24	43.98	400m:	4:52.98	33.09
22.	HABRAT, KRZYSZTOF				94	AZS AGH Kraków				4:59.08	541	
	50m:	31.31	31.31	150m:	1:47.74	38.30	250m:	3:08.14	42.46	350m:	4:26.23	34.51
	100m:	1:09.44	38.13	200m:	2:25.68	37.94	300m:	3:51.72	43.58	400m:	4:59.08	32.85
23.	PACIOREK, Artur SK				93	MKS Jordan Kraków				5:03.83	516	
	50m:	29.58	29.58	150m:	1:42.73	38.49	250m:	3:05.06	44.09	350m:	4:27.89	37.30
	100m:	1:04.24	34.66	200m:	2:20.97	38.24	300m:	3:50.59	45.53	400m:	5:03.83	35.94
24.	PAWEŁEK, Igor				96	MUKS Pi ^ę tnastka AQUA Bydgoszcz				5:04.28	514	
	50m:	31.05	31.05	150m:	1:44.53	36.13	250m:	3:06.04	45.18	350m:	4:27.73	36.77
	100m:	1:08.40	37.35	200m:	2:20.86	36.33	300m:	3:50.96	44.92	400m:	5:04.28	36.55
25.	ŒWIERCZYŃSKI, Jakub				95	AZS AWF Katowice				5:05.12	510	
	50m:	31.25	31.25	150m:	1:49.21	41.28	250m:	3:10.43	42.11	350m:	4:29.48	37.56
	100m:	1:07.93	36.68	200m:	2:28.32	39.11	300m:	3:51.92	41.49	400m:	5:05.12	35.64
26.	HAJDA, Marcin				94	AZS AWF Katowice				5:05.45	508	
	50m:	31.67	31.67	150m:	1:47.32	38.98	250m:	3:10.29	44.81	350m:	4:30.72	35.03
	100m:	1:08.34	36.67	200m:	2:25.48	38.16	300m:	3:55.69	45.40	400m:	5:05.45	34.73
27.	KŁOS, Grzegorz				95	AZS AWF Katowice				5:13.66	469	
	50m:	33.68	33.68	150m:	1:55.58	42.51	250m:	3:16.69	41.02	350m:	4:37.63	37.44
	100m:	1:13.07	39.39	200m:	2:35.67	40.09	300m:	4:00.19	43.50	400m:	5:13.66	36.03
28.	MARCINIAK, Konrad				95	KS Posenia Poznań				5:22.41	432	
	50m:	33.68	33.68	150m:	1:58.11	43.98	250m:	3:24.07	43.86	350m:	4:46.21	36.98
	100m:	1:14.13	40.45	200m:	2:40.21	42.10	300m:	4:09.23	45.16	400m:	5:22.41	36.20
29.	GAWĘDA, Maciej				92	MKS Jordan Kraków				5:30.35	402	
	50m:	31.61	31.61	150m:	1:53.82	44.35	250m:	3:22.54	44.54	350m:	4:50.70	41.62
	100m:	1:09.47	37.86	200m:	2:38.00	44.18	300m:	4:09.08	46.54	400m:	5:30.35	39.65
30.	BOROWCZYK, Oskar				96	AZS-AWF Poznań				5:35.97	382	
	50m:	33.01	33.01	150m:	1:58.53	45.12	250m:	3:31.84	48.85	350m:	4:59.27	38.17
	100m:	1:13.41	40.40	200m:	2:42.99	44.46	300m:	4:21.10	49.26	400m:	5:35.97	36.70
31.	JABŁOŃSKI, Wojciech				96	KS Górnik Radlin				5:36.43	380	
	50m:	35.98	35.98	150m:	2:06.42	44.40	250m:	3:33.30	43.73	350m:	5:01.08	42.60
	100m:	1:22.02	46.04	200m:	2:49.57	43.15	300m:	4:18.48	45.18	400m:	5:36.43	35.35