

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

Konkurencja 18 Mê¿czyzn, 400m zmienny Open Wyniki Fina³  
2010-06-04 - 18:42

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.
<b>Fina³ A</b>										
1.	MATCZAK, Mateusz		89	MKP Szczecin					<b>4:25.94</b>	770
	50m:	27.49 27.49	150m:	1:33.16	34.02	250m:	2:44.21	36.62	350m:	3:53.88 31.98
	100m:	59.14 31.65	200m:	2:07.59	34.43	300m:	3:21.90	37.69	400m:	4:25.94 32.06
2.	KIERZKOWSKI, Mateusz		87	KS AZS-AWFis Gdañsk					<b>4:26.45</b>	766
	50m:	27.08 27.08	150m:	1:32.92	34.83	250m:	2:46.15	38.44	350m:	3:56.75 30.94
	100m:	58.09 31.01	200m:	2:07.71	34.79	300m:	3:25.81	39.66	400m:	4:26.45 29.70
3.	ZACZYÑSKI, Karol SO		91	AZS AWF Katowice					<b>4:26.80</b>	763
	50m:	27.49 27.49	150m:	1:34.38	34.95	250m:	2:47.23	38.62	350m:	3:57.09 30.93
	100m:	59.43 31.94	200m:	2:08.61	34.23	300m:	3:26.16	38.93	400m:	4:26.80 29.71
4.	SUZIN, Marcin SK		93	MKS Jordan Kraków					<b>4:29.72</b>	738
	<i>Min MEJ Helsinki wynik-12</i>									
	50m:	27.80 27.80	150m:	1:36.18	36.12	250m:	2:48.45	37.13	350m:	3:58.58 31.67
	100m:	1:00.06 32.26	200m:	2:11.32	35.14	300m:	3:26.91	38.46	400m:	4:29.72 31.14
5.	KRZYWIECKI, Tomasz		89	MKP Szczecin					<b>4:36.56</b>	685
	50m:	28.28 28.28	150m:	1:37.82	36.61	250m:	2:53.14	39.02	350m:	4:05.39 32.17
	100m:	1:01.21 32.93	200m:	2:14.12	36.30	300m:	3:33.22	40.08	400m:	4:36.56 31.17
	PEŁCZYÑSKI, Kacper		92	UKP UNIA Oœwiêcim					<b>4:36.56</b>	685
	50m:	28.96 28.96	150m:	1:39.71	37.62	250m:	2:53.38	36.48	350m:	4:05.51 33.32
	100m:	1:02.09 33.13	200m:	2:16.90	37.19	300m:	3:32.19	38.81	400m:	4:36.56 31.05
7.	KLIZA, Mateusz		94	Avia Œwidnik					<b>4:36.86</b>	683
	50m:	29.07 29.07	150m:	1:37.59	35.82	250m:	2:53.15	39.99	350m:	4:05.89 32.69
	100m:	1:01.77 32.70	200m:	2:13.16	35.57	300m:	3:33.20	40.05	400m:	4:36.86 30.97
8.	STACHURA, Maciej SK		91	MKS Zryw Opole					<b>4:42.84</b>	640
	50m:	28.95 28.95	150m:	1:39.88	37.42	250m:	2:55.47	37.98	350m:	4:08.61 35.42
	100m:	1:02.46 33.51	200m:	2:17.49	37.61	300m:	3:33.19	37.72	400m:	4:42.84 34.23
<b>Fina³ B</b>										
9.	MIKOŁAJEWSKI, MARIUSZ		90	MKS Polonia W-Wa					<b>4:36.10</b>	688
	50m:	28.51 28.51	150m:	1:38.11	36.50	250m:	2:54.21	39.97	350m:	4:05.41 31.42
	100m:	1:01.61 33.10	200m:	2:14.24	36.13	300m:	3:33.99	39.78	400m:	4:36.10 30.69
10.	ZABOROWSKI, Filip		94	WKS Flota Gdynia					<b>4:37.46</b>	678
	50m:	28.45 28.45	150m:	1:37.78	36.19	250m:	2:52.89	39.48	350m:	4:06.37 32.43
	100m:	1:01.59 33.14	200m:	2:13.41	35.63	300m:	3:33.94	41.05	400m:	4:37.46 31.09
11.	CZARNOTA, Mateusz SO		91	UKP UNIA Oœwiêcim					<b>4:38.64</b>	670
	50m:	29.16 29.16	150m:	1:39.14	36.05	250m:	2:54.93	40.03	350m:	4:07.01 31.70
	100m:	1:03.09 33.93	200m:	2:14.90	35.76	300m:	3:35.31	40.38	400m:	4:38.64 31.63
12.	CERTA, Maciej SO		91	KS Wis³a Pu³awy					<b>4:40.86</b>	654
	50m:	28.42 28.42	150m:	1:42.28	39.06	250m:	2:59.42	38.21	350m:	4:10.40 33.29
	100m:	1:03.22 34.80	200m:	2:21.21	38.93	300m:	3:37.11	37.69	400m:	4:40.86 30.46
13.	PALMI-KUKIEŁKO, MIESZKO		93	WKS Œl'sk Wroc³aw					<b>4:41.57</b>	649
	50m:	29.18 29.18	150m:	1:38.49	36.09	250m:	2:56.30	42.05	350m:	4:10.69 31.89
	100m:	1:02.40 33.22	200m:	2:14.25	35.76	300m:	3:38.80	42.50	400m:	4:41.57 30.88
14.	SZWEDZKI, Dawid		94	UKS "Pi'tka" Konstantynów					<b>4:43.56</b>	635
	50m:	31.99 31.99	150m:	1:44.40	36.43	250m:	2:59.09	39.47	350m:	4:11.89 33.00
	100m:	1:07.97 35.98	200m:	2:19.62	35.22	300m:	3:38.89	39.80	400m:	4:43.56 31.67
15.	BARAN, Rafa³ SK		93	MKS Jordan Kraków					<b>4:44.41</b>	630
	50m:	28.74 28.74	150m:	1:39.09	36.87	250m:	2:57.28	41.20	350m:	4:12.20 32.62
	100m:	1:02.22 33.48	200m:	2:16.08	36.99	300m:	3:39.58	42.30	400m:	4:44.41 32.21

Główne Mistrzostwa Polski Seniorów i Młodzieżowców  
Gliwice, 3. - 6.6.2010

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Pozycja	Rok ur.								Czas	Pkt.		
16.	POPRAWA, Michał		94	AZS AWF Katowice				<b>4:49.26</b>	599			
	50m:	29.06	29.06	150m:	1:41.20	38.07	250m:	3:01.93	43.52	350m:	4:17.74	32.40
	100m:	1:03.13	34.07	200m:	2:18.41	37.21	300m:	3:45.34	43.41	400m:	4:49.26	31.52