

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

Konkurencja 28

Mê¿czyzn, 400m dowolny

Open

2010-06-05 - 11:12

Wyniki Eliminacje

Rekord Polski Seniorów	3:45.71	STAŃCZYK, Przemys³aw	MKSZC	Chiba	2009-08-21
Min ME Sen Budapeszt	3:49.96	,			
Min MEJun Helsinki 8-wynik	3:57.44	,			
Min MEJun Helsinki 12-wynik	3:59.17	,			

Punkty: FINA 2010

Pozycja					Rok ur.					Czas	Pkt.	
1.	STAŃCZYK, Przemys³aw				85	MKP Szczecin				<b>3:58.66</b>	784	A
	50m:	28.33	28.33	150m:	1:29.43	30.64	250m:	2:29.90	30.32	350m:	3:29.65	29.87
	100m:	58.79	30.46	200m:	1:59.58	30.15	300m:	2:59.78	29.88	400m:	3:58.66	29.01
2.	PIELOWSKI, Krzysztof				91	Kormoran Olsztyn				<b>3:58.69</b>	783	A
	50m:	28.33	28.33	150m:	1:29.20	30.22	250m:	2:29.69	30.14	350m:	3:29.83	30.10
	100m:	58.98	30.65	200m:	1:59.55	30.35	300m:	2:59.73	30.04	400m:	3:58.69	28.86
3.	BOROWICZ SKONECZNY, Sylwester				92	Kormoran Olsztyn				<b>3:58.95</b>	781	A
	<i>Min MEJ Helsinki wynik-12</i>											
	50m:	28.32	28.32	150m:	1:28.61	30.06	250m:	2:28.81	30.21	350m:	3:28.96	30.06
	100m:	58.55	30.23	200m:	1:58.60	29.99	300m:	2:58.90	30.09	400m:	3:58.95	29.99
4.	PULWIN, Pawe³ SO				92	UKP UNIA Ocœwiêcim				<b>3:59.75</b>	773	A
	50m:	28.29	28.29	150m:	1:29.00	30.40	250m:	2:29.42	30.10	350m:	3:30.77	30.50
	100m:	58.60	30.31	200m:	1:59.32	30.32	300m:	3:00.27	30.85	400m:	3:59.75	28.98
5.	HRENIAK, Maciej				89	MKP Szczecin				<b>4:00.35</b>	767	A
	50m:	28.27	28.27	150m:	1:29.18	30.43	250m:	2:29.83	30.43	350m:	3:30.57	30.36
	100m:	58.75	30.48	200m:	1:59.40	30.22	300m:	3:00.21	30.38	400m:	4:00.35	29.78
6.	SAWRYMOWICZ, Mateusz				87	MKP Szczecin				<b>4:02.00</b>	752	A
	50m:	28.82	28.82	150m:	1:29.93	30.47	250m:	2:30.95	30.17	350m:	3:31.82	30.25
	100m:	59.46	30.64	200m:	2:00.78	30.85	300m:	3:01.57	30.62	400m:	4:02.00	30.18
7.	HURA, Bartosz				91	Kormoran Olsztyn				<b>4:02.21</b>	750	A
	50m:	28.66	28.66	150m:	1:29.47	30.46	250m:	2:30.33	30.55	350m:	3:31.93	30.97
	100m:	59.01	30.35	200m:	1:59.78	30.31	300m:	3:00.96	30.63	400m:	4:02.21	30.28
8.	SZUBA, MICHAŁ				93	WKS œI'sk Wroc³aw				<b>4:02.93</b>	743	A
	50m:	28.17	28.17	150m:	1:29.21	30.63	250m:	2:31.08	30.84	350m:	3:33.35	31.09
	100m:	58.58	30.41	200m:	2:00.24	31.03	300m:	3:02.26	31.18	400m:	4:02.93	29.58
9.	BOR, Rados³aw SZG				93	Korner Zielona Góra				<b>4:03.70</b>	736	B
	50m:	28.60	28.60	150m:	1:29.73	30.52	250m:	2:30.79	30.62	350m:	3:33.17	31.35
	100m:	59.21	30.61	200m:	2:00.17	30.44	300m:	3:01.82	31.03	400m:	4:03.70	30.53
10.	RYBIŃSKI, DAWID				93	WKS œI'sk Wroc³aw				<b>4:04.93</b>	725	B
	50m:	29.08	29.08	150m:	1:30.53	30.65	250m:	2:32.02	30.58	350m:	3:34.27	30.71
	100m:	59.88	30.80	200m:	2:01.44	30.91	300m:	3:03.56	31.54	400m:	4:04.93	30.66
11.	KACZMARSKI, Marcin				94	KSZO Ostrowiec				<b>4:04.94</b>	725	B
	50m:	28.07	28.07	150m:	1:30.27	31.25	250m:	2:32.70	31.03	350m:	3:35.43	31.31
	100m:	59.02	30.95	200m:	2:01.67	31.40	300m:	3:04.12	31.42	400m:	4:04.94	29.51
12.	ZABOROWSKI, Filip				94	WKS Flota Gdynia				<b>4:05.00</b>	724	B
	50m:	27.97	27.97	150m:	1:30.25	31.29	250m:	2:32.27	31.00	350m:	3:34.44	30.93
	100m:	58.96	30.99	200m:	2:01.27	31.02	300m:	3:03.51	31.24	400m:	4:05.00	30.56
13.	PIŃTKOWSKI, Mateusz SO				90	UKP UNIA Ocœwiêcim				<b>4:05.16</b>	723	B
	50m:	27.90	27.90	150m:	1:28.69	30.57	250m:	2:30.65	30.82	350m:	3:33.90	31.40
	100m:	58.12	30.22	200m:	1:59.83	31.14	300m:	3:02.50	31.85	400m:	4:05.16	31.26
14.	RZŹSA, Wojciech				90	KS AZS-AWFis GdaŃsk				<b>4:07.72</b>	701	B
	50m:	28.13	28.13	150m:	1:30.65	31.75	250m:	2:33.98	31.80	350m:	3:37.50	31.50
	100m:	58.90	30.77	200m:	2:02.18	31.53	300m:	3:06.00	32.02	400m:	4:07.72	30.22
15.	CZARNOTA, Mateusz SO				91	UKP UNIA Ocœwiêcim				<b>4:07.96</b>	699	B
	50m:	28.88	28.88	150m:	1:30.31	30.70	250m:	2:31.98	30.64	350m:	3:36.19	32.46
	100m:	59.61	30.73	200m:	2:01.34	31.03	300m:	3:03.73	31.75	400m:	4:07.96	31.77
16.	DUBIEL, Adam				93	MTP Lublinianka Lublin				<b>4:08.22</b>	696	B
	50m:	28.44	28.44	150m:	1:30.87	31.38	250m:	2:33.96	31.62	350m:	3:36.98	31.19
	100m:	59.49	31.05	200m:	2:02.34	31.47	300m:	3:05.79	31.83	400m:	4:08.22	31.24

G<sup>3</sup>ówne Mistrzostwa Polski Seniorów i M<sup>3</sup>odzieźowców  
Gliwice, 3. - 6.6.2010

Konkurencja 28, M<sup>3</sup>ęczyzn, 400m dowolny, Eliminacje, Open

Pozycja			Rok ur.					Czas	Pkt.
17.	KLIZA, Mateusz		94	Avia Ćwidnik			<b>4:09.27</b>	688 R	
	50m: 29.27	29.27	150m: 1:32.76	31.28	250m: 2:35.69	30.87	350m: 3:38.48	31.16	
	100m: 1:01.48	32.21	200m: 2:04.82	32.06	300m: 3:07.32	31.63	400m: 4:09.27	30.79	
18.	SMEJA, SŁAWOMIR		94	AZS-WSG Astoria Bydgoszcz			<b>4:09.31</b>	687 R	
	50m: 28.59	28.59	150m: 1:31.32	31.55	250m: 2:34.60	31.88	350m: 3:38.39	31.91	
	100m: 59.77	31.18	200m: 2:02.72	31.40	300m: 3:06.48	31.88	400m: 4:09.31	30.92	
19.	SZYDŁOWSKI, Adrian		92	LUKS Orlik Lublin			<b>4:11.57</b>	669	
	50m: 28.92	28.92	150m: 1:32.57	32.02	250m: 2:37.26	31.96	350m: 3:41.92	32.32	
	100m: 1:00.55	31.63	200m: 2:05.30	32.73	300m: 3:09.60	32.34	400m: 4:11.57	29.65	
20.	KOTKOWICZ, Micha <sup>3</sup>		93	MKP, „S <sup>3</sup> owianka" Gorzów Wlkp.			<b>4:11.89</b>	666	
	50m: 27.66	27.66	150m: 1:30.53	31.31	250m: 2:34.63	31.95	350m: 3:39.41	32.20	
	100m: 59.22	31.56	200m: 2:02.68	32.15	300m: 3:07.21	32.58	400m: 4:11.89	32.48	
21.	POPRAWA, Micha <sup>3</sup>		94	AZS AWF Katowice			<b>4:11.92</b>	666	
	50m: 28.56	28.56	150m: 1:31.49	32.00	250m: 2:37.06	32.62	350m: 3:41.46	31.38	
	100m: 59.49	30.93	200m: 2:04.44	32.95	300m: 3:10.08	33.02	400m: 4:11.92	30.46	
	KURANT, Roger		94	KSZO Ostrowiec			<b>4:11.92</b>	666	
	50m: 29.27	29.27	150m: 1:32.39	31.23	250m: 2:35.98	32.03	350m: 3:40.53	32.58	
	100m: 1:01.16	31.89	200m: 2:03.95	31.56	300m: 3:07.95	31.97	400m: 4:11.92	31.39	
23.	RZADKOWSKI, DANIEL		94	MUKS Olimpijczyk Suwa <sup>3</sup> ki			<b>4:12.05</b>	665	
	50m: 28.42	28.42	150m: 1:31.23	30.73	250m: 2:36.82	32.95	350m: 3:42.56	32.44	
	100m: 1:00.50	32.08	200m: 2:03.87	32.64	300m: 3:10.12	33.30	400m: 4:12.05	29.49	
24.	TOWAREK, SEBASTIAN		93	WKS ĆI <sup>1</sup> sk Wroc <sup>3</sup> aw			<b>4:12.06</b>	665	
	50m: 29.12	29.12	150m: 1:32.15	31.82	250m: 2:36.85	32.42	350m: 3:41.61	32.16	
	100m: 1:00.33	31.21	200m: 2:04.43	32.28	300m: 3:09.45	32.60	400m: 4:12.06	30.45	
25.	ASULIAN, Axel		93	AZS AWF Katowice			<b>4:12.34</b>	663	
	50m: 28.90	28.90	150m: 1:32.59	31.82	250m: 2:37.36	32.42	350m: 3:42.39	32.34	
	100m: 1:00.77	31.87	200m: 2:04.94	32.35	300m: 3:10.05	32.69	400m: 4:12.34	29.95	
26.	PIÓRO, Artur		91	MKS Pa <sup>3</sup> ac M <sup>3</sup> odzieźy			<b>4:12.39</b>	662	
	50m: 29.59	29.59	150m: 1:32.65	31.67	250m: 2:36.68	32.19	350m: 3:41.57	32.50	
	100m: 1:00.98	31.39	200m: 2:04.49	31.84	300m: 3:09.07	32.39	400m: 4:12.39	30.82	
27.	PALMI-KUKIEŁKO, MIESZKO		93	WKS ĆI <sup>1</sup> sk Wroc <sup>3</sup> aw			<b>4:12.92</b>	658	
	50m: 28.59	28.59	150m: 1:32.43	32.53	250m: 2:37.71	32.75	350m: 3:42.55	32.36	
	100m: 59.90	31.31	200m: 2:04.96	32.53	300m: 3:10.19	32.48	400m: 4:12.92	30.37	
28.	SZAMOTULSKI, Wojciech SWR		91	WKS ĆI <sup>1</sup> sk Wroc <sup>3</sup> aw			<b>4:13.83</b>	651	
	50m: 28.39	28.39	150m: 1:30.05	30.87	250m: 2:33.82	32.25	350m: 3:40.58	33.72	
	100m: 59.18	30.79	200m: 2:01.57	31.52	300m: 3:06.86	33.04	400m: 4:13.83	33.25	
29.	KUBKOWSKI, Bart <sup>3</sup> omiej		95	MKS Medyk Giźycko			<b>4:14.17</b>	649	
	50m: 29.73	29.73	150m: 1:34.41	32.62	250m: 2:38.49	31.60	350m: 3:43.02	31.98	
	100m: 1:01.79	32.06	200m: 2:06.89	32.48	300m: 3:11.04	32.55	400m: 4:14.17	31.15	
30.	OTŁOWSKI, Aleksy SK		91	Warszawianka Warszawa			<b>4:14.84</b>	643	
	50m: 28.17	28.17	150m: 1:31.03	31.80	250m: 2:35.77	33.15	350m: 3:42.66	33.57	
	100m: 59.23	31.06	200m: 2:02.62	31.59	300m: 3:09.09	33.32	400m: 4:14.84	32.18	
31.	KSIŹEK, Micha <sup>3</sup> SK		93	MKS Jordan Kraków			<b>4:15.06</b>	642	
	50m: 29.34	29.34	150m: 1:32.67	31.75	250m: 2:37.88	32.59	350m: 3:44.57	33.55	
	100m: 1:00.92	31.58	200m: 2:05.29	32.62	300m: 3:11.02	33.14	400m: 4:15.06	30.49	
32.	WIAK, Jakub		95	LUKS Orlik Lublin			<b>4:15.40</b>	639	
	50m: 29.44	29.44	150m: 1:34.11	32.64	250m: 2:39.64	32.47	350m: 3:45.00	32.42	
	100m: 1:01.47	32.03	200m: 2:07.17	33.06	300m: 3:12.58	32.94	400m: 4:15.40	30.40	
33.	NOWICKI, Mateusz		94	MUKS Piętnastka AQUA Bydgoszcz			<b>4:15.51</b>	638	
	50m: 29.50	29.50	150m: 1:33.90	32.42	250m: 2:39.35	32.71	350m: 3:44.02	32.18	
	100m: 1:01.48	31.98	200m: 2:06.64	32.74	300m: 3:11.84	32.49	400m: 4:15.51	31.49	
34.	KUDŁA, Łukasz		95	AZS AWF Katowice			<b>4:15.57</b>	638	
	50m: 29.62	29.62	150m: 1:33.95	32.23	250m: 2:39.09	32.37	350m: 3:45.05	32.59	
	100m: 1:01.72	32.10	200m: 2:06.72	32.77	300m: 3:12.46	33.37	400m: 4:15.57	30.52	

G<sup>3</sup>ówne Mistrzostwa Polski Seniorów i M<sup>3</sup>odzie<sup>3</sup>owców  
Gliwice, 3. - 6.6.2010

Konkurencja 28, M<sup>3</sup>ęczyzn, 400m dowolny, Eliminacje, Open

Pozycja			Rok ur.					Czas	Pkt.		
35.	STACHOWICZ, Marek		92	MKS Juvenia Wroc <sup>3</sup> aw				<b>4:20.45</b>	603		
	50m:	29.39 29.39	150m:	1:34.85	32.78	250m:	2:42.21	33.64	350m:	3:49.15	32.71
	100m:	1:02.07 32.68	200m:	2:08.57	33.72	300m:	3:16.44	34.23	400m:	4:20.45	31.30
36.	PIEKUT, Krzysztof		90	Kormoran Olsztyn				<b>4:21.99</b>	592		
	50m:	29.45 29.45	150m:	1:35.14	33.19	250m:	2:42.05	33.33	350m:	3:49.42	33.98
	100m:	1:01.95 32.50	200m:	2:08.72	33.58	300m:	3:15.44	33.39	400m:	4:21.99	32.57
37.	KWIECIEŃ, Micha <sup>3</sup> SR		94	MKS-SMS Victoria Racibórz				<b>4:22.12</b>	591		
	50m:	29.53 29.53	150m:	1:35.20	33.16	250m:	2:41.79	33.18	350m:	3:49.47	33.79
	100m:	1:02.04 32.51	200m:	2:08.61	33.41	300m:	3:15.68	33.89	400m:	4:22.12	32.65
38.	KOTLEWSKI, Micha <sup>3</sup>		94	MKS Zryw Opole				<b>4:22.37</b>	590		
	50m:	29.46 29.46	150m:	1:34.51	32.78	250m:	2:41.64	33.83	350m:	3:50.41	34.49
	100m:	1:01.73 32.27	200m:	2:07.81	33.30	300m:	3:15.92	34.28	400m:	4:22.37	31.96
39.	BEREZECKI, MATEUSZ		95	MUKS Olimpijczyk Suwa <sup>3</sup> ki				<b>4:22.73</b>	587		
	50m:	28.73 28.73	150m:	1:34.54	33.25	250m:	2:41.89	34.02	350m:	3:50.00	33.86
	100m:	1:01.29 32.56	200m:	2:07.87	33.33	300m:	3:16.14	34.25	400m:	4:22.73	32.73
40.	KORDALA, MACIEJ		93	MUKS Olimpijczyk Suwa <sup>3</sup> ki				<b>4:24.08</b>	578		
	50m:	28.52 28.52	150m:	1:32.04	32.05	250m:	2:40.71	35.16	350m:	3:50.51	34.71
	100m:	59.99 31.47	200m:	2:05.55	33.51	300m:	3:15.80	35.09	400m:	4:24.08	33.57
41.	SZOTKOWSKI, Daniel		92	KP MZOS P <sup>3</sup> ock				<b>4:24.42</b>	576		
	50m:	29.73 29.73	150m:	1:34.10	32.48	250m:	2:40.40	33.51	350m:	3:50.18	35.41
	100m:	1:01.62 31.89	200m:	2:06.89	32.79	300m:	3:14.77	34.37	400m:	4:24.42	34.24
42.	CIÊKI, BARTOSZ		94	AZS-WSG Astoria Bydgoszcz				<b>4:26.17</b>	565		
	50m:	28.54 28.54	150m:	1:35.00	33.54	250m:	2:44.11	34.65	350m:	3:53.55	34.82
	100m:	1:01.46 32.92	200m:	2:09.46	34.46	300m:	3:18.73	34.62	400m:	4:26.17	32.62
43.	KLICH, Kacper		94	AZS AWF Katowice				<b>4:28.23</b>	552		
	50m:	29.87 29.87	150m:	1:37.45	34.05	250m:	2:45.88	34.15	350m:	3:54.96	34.51
	100m:	1:03.40 33.53	200m:	2:11.73	34.28	300m:	3:20.45	34.57	400m:	4:28.23	33.27
44.	MARCHEL, Adrian		95	Juvenia Bia <sup>3</sup> ystok				<b>4:29.31</b>	545		
	50m:	30.25 30.25	150m:	1:37.20	33.75	250m:	2:45.86	34.19	350m:	3:55.62	34.70
	100m:	1:03.45 33.20	200m:	2:11.67	34.47	300m:	3:20.92	35.06	400m:	4:29.31	33.69
45.	CICHOŃ, Witold		93	Meduza Pajęczo				<b>4:31.17</b>	534		
	50m:	30.84 30.84	150m:	1:39.19	34.15	250m:	2:48.63	34.44	350m:	3:57.71	34.62
	100m:	1:05.04 34.20	200m:	2:14.19	35.00	300m:	3:23.09	34.46	400m:	4:31.17	33.46
46.	KOSZPER, Maciej		94	KS ORZEŁ Elbl <sup>1</sup> g				<b>4:32.94</b>	524		
	50m:	29.48 29.48	150m:	1:37.24	34.32	250m:	2:47.25	35.01	350m:	3:58.58	35.81
	100m:	1:02.92 33.44	200m:	2:12.24	35.00	300m:	3:22.77	35.52	400m:	4:32.94	34.36
47.	PASIECZNY, Przemys <sup>3</sup> aw		95	KS ORZEŁ Elbl <sup>1</sup> g				<b>4:33.84</b>	519		
	50m:	30.22 30.22	150m:	1:38.15	34.44	250m:	2:48.69	35.22	350m:	3:59.33	35.77
	100m:	1:03.71 33.49	200m:	2:13.47	35.32	300m:	3:23.56	34.87	400m:	4:33.84	34.51
48.	GILSKI, Pawe <sup>3</sup>		90	Kormoran Olsztyn				<b>4:35.83</b>	507		
	50m:	30.10 30.10	150m:	1:39.60	35.34	250m:	2:51.05	35.54	350m:	4:02.07	35.22
	100m:	1:04.26 34.16	200m:	2:15.51	35.91	300m:	3:26.85	35.80	400m:	4:35.83	33.76
49.	CIESIELSKI, Filip		96	MUKS Piętnastka AQUA Bydgoszcz				<b>4:37.33</b>	499		
	50m:	31.87 31.87	150m:	1:42.82	35.95	250m:	2:54.27	35.74	350m:	4:04.39	34.23
	100m:	1:06.87 35.00	200m:	2:18.53	35.71	300m:	3:30.16	35.89	400m:	4:37.33	32.94
50.	SMEJA, PATRYK		95	AZS-WSG Astoria Bydgoszcz				<b>4:37.85</b>	496		
	50m:	31.15 31.15	150m:	1:40.88	35.27	250m:	2:51.66	35.54	350m:	4:02.81	35.33
	100m:	1:05.61 34.46	200m:	2:16.12	35.24	300m:	3:27.48	35.82	400m:	4:37.85	35.04
51.	BOROWCZYK, Oskar		96	AZS-AWF Poznań				<b>4:37.95</b>	496		
	50m:	32.11 32.11	150m:	1:43.55	35.39	250m:	2:54.38	34.70	350m:	4:04.58	34.06
	100m:	1:08.16 36.05	200m:	2:19.68	36.13	300m:	3:30.52	36.14	400m:	4:37.95	33.37
52.	SIŃSKI, MATEUSZ		94	UKS "Rekin" Warszawa				<b>4:39.03</b>	490		
	50m:	28.49 28.49	150m:	1:38.01	35.49	250m:	2:51.72	37.22	350m:	4:04.61	35.30
	100m:	1:02.52 34.03	200m:	2:14.50	36.49	300m:	3:29.31	37.59	400m:	4:39.03	34.42

G<sup>3</sup>ówne Mistrzostwa Polski Seniorów i M<sup>3</sup>odzieźowców  
Gliwice, 3. - 6.6.2010

Konkurencja 28, M<sup>3</sup>ęczyzn, 400m dowolny, Eliminacje, Open

Pozycja	Rok ur.								Czas	Pkt.		
53.	HYDZIK, Piotr		95	PUKS Karol Wadowice				<b>4:39.93</b>	485			
	50m:	32.20	32.20	150m:	1:43.28	35.49	250m:	2:54.68	35.59	350m:	4:05.74	35.17
	100m:	1:07.79	35.59	200m:	2:19.09	35.81	300m:	3:30.57	35.89	400m:	4:39.93	34.19
54.	ŁOWICKI, Marcin		95	UKS Nawa Skierniewice				<b>4:41.26</b>	479			
	50m:	32.19	32.19	150m:	1:43.48	35.93	250m:	2:55.42	36.18	350m:	4:07.42	35.98
	100m:	1:07.55	35.36	200m:	2:19.24	35.76	300m:	3:31.44	36.02	400m:	4:41.26	33.84
55.	HOANG VAN, Szymon		95	UKS "Ósemka" Starogard Gdański				<b>4:42.06</b>	474			
	50m:	31.09	31.09	150m:	1:44.40	36.73	250m:	2:55.57	35.09	350m:	4:06.52	35.21
	100m:	1:07.67	36.58	200m:	2:20.48	36.08	300m:	3:31.31	35.74	400m:	4:42.06	35.54
56.	JARASZKIEWICZ, Bartosz		96	KS Posenania Poznań				<b>4:54.37</b>	417			
	50m:	33.10	33.10	150m:	1:47.58	37.80	250m:	3:02.66	37.63	350m:	4:17.98	37.78
	100m:	1:09.78	36.68	200m:	2:25.03	37.45	300m:	3:40.20	37.54	400m:	4:54.37	36.39
57.	POL, MICHAŁ		95	AZS-WSG Astoria Bydgoszcz				<b>4:56.86</b>	407			
	50m:	30.72	30.72	150m:	1:44.19	37.89	250m:	3:01.23	38.80	350m:	4:18.57	38.77
	100m:	1:06.30	35.58	200m:	2:22.43	38.24	300m:	3:39.80	38.57	400m:	4:56.86	38.29