

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

Konkurencja 28
2010-06-05 - 18:56

Mê¿czyzn, 400m dowolny

Open
Wyniki Fina³

| | | | | | |
|-----------------------------|---------|----------------------|-------|-------|------------|
| Rekord Polski Seniorów | 3:45.71 | STAÑCZYK, 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. |
|----------------|----------------------------------|---------------|----------------------|----------------|-------|
| Fina³ A | | | | | |
| 1. | HRENIAK, Maciej | 89 | MKP Szczecin | 3:53.12 | 841 |
| | 50m: 27.46 27.46 | 150m: 1:26.32 | 29.21 | 250m: 2:26.07 | 29.65 |
| | 100m: 57.11 29.65 | 200m: 1:56.42 | 30.10 | 300m: 2:56.21 | 30.14 |
| | | | | 350m: 3:24.79 | 28.58 |
| | | | | 400m: 3:53.12 | 28.33 |
| 2. | STAÑCZYK, Przemys³aw | 85 | MKP Szczecin | 3:53.61 | 836 |
| | 50m: 26.99 26.99 | 150m: 1:25.68 | 29.34 | 250m: 2:24.91 | 29.58 |
| | 100m: 56.34 29.35 | 200m: 1:55.33 | 29.65 | 300m: 2:54.75 | 29.84 |
| | | | | 350m: 3:24.09 | 29.34 |
| | | | | 400m: 3:53.61 | 29.52 |
| 3. | SAWRYMOWICZ, Mateusz | 87 | MKP Szczecin | 3:55.29 | 818 |
| | 50m: 28.26 28.26 | 150m: 1:27.73 | 29.89 | 250m: 2:27.27 | 29.85 |
| | 100m: 57.84 29.58 | 200m: 1:57.42 | 29.69 | 300m: 2:56.94 | 29.67 |
| | | | | 350m: 3:26.34 | 29.40 |
| | | | | 400m: 3:55.29 | 28.95 |
| 4. | PIELOWSKI, Krzysztof | 91 | Kormoran Olsztyn | 3:56.66 | 804 |
| | 50m: 27.54 27.54 | 150m: 1:26.39 | 29.46 | 250m: 2:26.07 | 29.76 |
| | 100m: 56.93 29.39 | 200m: 1:56.31 | 29.92 | 300m: 2:56.26 | 30.19 |
| | | | | 350m: 3:26.74 | 30.48 |
| | | | | 400m: 3:56.66 | 29.92 |
| 5. | PULWIN, Pawe³ SO | 92 | UKP UNIA Oœwiêcim | 3:56.92 | 801 |
| | <i>Min MEJ Helsinki wynik-8</i> | | | | |
| | 50m: 27.90 27.90 | 150m: 1:27.08 | 29.62 | 250m: 2:27.54 | 30.20 |
| | 100m: 57.46 29.56 | 200m: 1:57.34 | 30.26 | 300m: 2:57.95 | 30.41 |
| | | | | 350m: 3:28.18 | 30.23 |
| | | | | 400m: 3:56.92 | 28.74 |
| 6. | BOROWICZ SKONECZNY, Sylwester | 92 | Kormoran Olsztyn | 3:58.92 | 781 |
| | <i>Min MEJ Helsinki wynik-12</i> | | | | |
| | 50m: 27.91 27.91 | 150m: 1:27.96 | 29.98 | 250m: 2:28.20 | 30.04 |
| | 100m: 57.98 30.07 | 200m: 1:58.16 | 30.20 | 300m: 2:58.74 | 30.54 |
| | | | | 350m: 3:29.06 | 30.32 |
| | | | | 400m: 3:58.92 | 29.86 |
| 7. | HURA, Bartosz | 91 | Kormoran Olsztyn | 4:03.04 | 742 |
| | 50m: 27.83 27.83 | 150m: 1:27.59 | 29.91 | 250m: 2:29.00 | 30.94 |
| | 100m: 57.68 29.85 | 200m: 1:58.06 | 30.47 | 300m: 3:00.26 | 31.26 |
| | | | | 350m: 3:31.65 | 31.39 |
| | | | | 400m: 4:03.04 | 31.39 |
| 8. | SZUBA, MICHAŁ | 93 | WKS ŒI'sk Wroc³aw | 4:03.47 | 738 |
| | 50m: 28.47 28.47 | 150m: 1:28.76 | 30.32 | 250m: 2:29.91 | 30.67 |
| | 100m: 58.44 29.97 | 200m: 1:59.24 | 30.48 | 300m: 3:01.31 | 31.40 |
| | | | | 350m: 3:33.08 | 31.77 |
| | | | | 400m: 4:03.47 | 30.39 |
| Fina³ B | | | | | |
| 9. | BOR, Rados³aw SZG | 93 | Korner Zielona G³ora | 4:02.25 | 749 |
| | 50m: 26.46 26.46 | 150m: 1:25.34 | 29.70 | 250m: 2:27.92 | 31.31 |
| | 100m: 55.64 29.18 | 200m: 1:56.61 | 31.27 | 300m: 2:59.85 | 31.93 |
| | | | | 350m: 3:31.59 | 31.74 |
| | | | | 400m: 4:02.25 | 30.66 |
| 10. | CZARNOTA, Mateusz SO | 91 | UKP UNIA Oœwiêcim | 4:04.69 | 727 |
| | 50m: 28.21 28.21 | 150m: 1:28.66 | 30.22 | 250m: 2:30.55 | 30.99 |
| | 100m: 58.44 30.23 | 200m: 1:59.56 | 30.90 | 300m: 3:02.23 | 31.68 |
| | | | | 350m: 3:34.18 | 31.95 |
| | | | | 400m: 4:04.69 | 30.51 |
| 11. | ZABOROWSKI, Filip | 94 | WKS Flota Gdynia | 4:05.01 | 724 |
| | 50m: 27.79 27.79 | 150m: 1:29.64 | 31.06 | 250m: 2:31.99 | 30.80 |
| | 100m: 58.58 30.79 | 200m: 2:01.19 | 31.55 | 300m: 3:03.40 | 31.41 |
| | | | | 350m: 3:34.64 | 31.24 |
| | | | | 400m: 4:05.01 | 30.37 |
| 12. | PIŃTKOWSKI, Mateusz SO | 90 | UKP UNIA Oœwiêcim | 4:05.54 | 719 |
| | 50m: 27.65 27.65 | 150m: 1:27.80 | 30.34 | 250m: 2:30.87 | 31.66 |
| | 100m: 57.46 29.81 | 200m: 1:59.21 | 31.41 | 300m: 3:03.26 | 32.39 |
| | | | | 350m: 3:34.56 | 31.30 |
| | | | | 400m: 4:05.54 | 30.98 |
| 13. | RZŹSA, Wojciech | 90 | KS AZS-AWFIS Gdañsk | 4:06.15 | 714 |
| | 50m: 27.66 27.66 | 150m: 1:29.97 | 31.45 | 250m: 2:33.63 | 31.74 |
| | 100m: 58.52 30.86 | 200m: 2:01.89 | 31.92 | 300m: 3:05.44 | 31.81 |
| | | | | 350m: 3:37.02 | 31.58 |
| | | | | 400m: 4:06.15 | 29.13 |
| 14. | KACZMARSKI, Marcin | 94 | KSZO Ostrowiec | 4:06.66 | 710 |
| | 50m: 27.46 27.46 | 150m: 1:29.53 | 31.48 | 250m: 2:33.04 | 31.73 |
| | 100m: 58.05 30.59 | 200m: 2:01.31 | 31.78 | 300m: 3:04.97 | 31.93 |
| | | | | 350m: 3:36.20 | 31.23 |
| | | | | 400m: 4:06.66 | 30.46 |
| 15. | RYBIÑSKI, DAWID | 93 | WKS ŒI'sk Wroc³aw | 4:09.12 | 689 |
| | 50m: 28.31 28.31 | 150m: 1:30.23 | 31.37 | 250m: 2:33.35 | 31.34 |
| | 100m: 58.86 30.55 | 200m: 2:02.01 | 31.78 | 300m: 3:05.49 | 32.14 |
| | | | | 350m: 3:37.85 | 32.36 |
| | | | | 400m: 4:09.12 | 31.27 |

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| Pozycja | Rok ur. | | | | | | | | Czas | Pkt. | | |
|---------|--------------|-------|-------|------------------------|---------|-------|-------|----------------|------------|-------|---------|-------|
| 16. | DUBIEL, Adam | | 93 | MTP Lublinianka Lublin | | | | 4:12.12 | 665 | | | |
| | 50m: | 27.56 | 27.56 | 150m: | 1:30.02 | 31.74 | 250m: | 2:34.40 | 32.34 | 350m: | 3:40.11 | 32.76 |
| | 100m: | 58.28 | 30.72 | 200m: | 2:02.06 | 32.04 | 300m: | 3:07.35 | 32.95 | 400m: | 4:12.12 | 32.01 |