

Liga SMS II runda
Wroc³aw, 12. - 13.6.2010

Konkurencja 33
2010-06-13 - 10:24

Mêżczyzn, 400m zmienny

Open
Wyniki

Punkty: FINA 2010

Pozycja	Rok ur.		Czas		Pkt.	100m	200m	300m	400m
1. CIEŒELAK Marcin	92	SMS Kraków	4:33.87	705	1:01.39	1:12.72	1:18.77	1:00.99	
50m: 28.42	28.42	150m: 1:38.47	37.08	250m: 2:53.13	39.02	350m: 4:04.49	31.61		
100m: 1:01.39	32.97	200m: 2:14.11	35.64	300m: 3:32.88	39.75	400m: 4:33.87	29.38		
2. ZACZYŃSKI Karol	91	SMS Oœwiêcim	4:34.91	697	1:01.57	1:12.62	1:19.61	1:01.11	
50m: 28.59	28.59	150m: 1:38.30	36.73	250m: 2:54.10	39.91	350m: 4:05.32	31.52		
100m: 1:01.57	32.98	200m: 2:14.19	35.89	300m: 3:33.80	39.70	400m: 4:34.91	29.59		
3. SUZIN Marcin	93	SMS Kraków	4:38.08	674	1:02.87	1:13.23	1:18.98	1:03.00	
50m: 29.34	29.34	150m: 1:40.40	37.53	250m: 2:55.37	39.27	350m: 4:06.97	31.89		
100m: 1:02.87	33.53	200m: 2:16.10	35.70	300m: 3:35.08	39.71	400m: 4:38.08	31.11		
4. PALMI-KUKIEŁKO M.	93	SMS Wroc ³ aw	4:41.62	649	1:02.96	1:12.96	1:22.46	1:03.24	
50m: 29.36	29.36	150m: 1:40.41	37.45	250m: 2:57.24	41.32	350m: 4:10.47	32.09		
100m: 1:02.96	33.60	200m: 2:15.92	35.51	300m: 3:38.38	41.14	400m: 4:41.62	31.15		
5. PEŁCZYŃSKI Kacper	92	SMS Oœwiêcim	4:45.80	621	1:03.36	1:13.01	1:20.79	1:08.64	
50m: 29.48	29.48	150m: 1:39.71	36.35	250m: 2:55.57	39.20	350m: 4:11.03	33.87		
100m: 1:03.36	33.88	200m: 2:16.37	36.66	300m: 3:37.16	41.59	400m: 4:45.80	34.77		
6. MIELECKI Mateusz	93	SMS Wroc ³ aw	4:46.25	618	1:01.78	1:14.12	1:24.35	1:06.00	
50m: 28.94	28.94	150m: 1:39.66	37.88	250m: 2:57.74	41.84	350m: 4:13.26	33.01		
100m: 1:01.78	32.84	200m: 2:15.90	36.24	300m: 3:40.25	42.51	400m: 4:46.25	32.99		
7. BARAN Rafa ³	93	SMS Kraków	4:48.03	606	1:02.80	1:15.32	1:23.16	1:06.75	
50m: 29.29	29.29	150m: 1:41.04	38.24	250m: 2:59.21	41.09	350m: 4:15.06	33.78		
100m: 1:02.80	33.51	200m: 2:18.12	37.08	300m: 3:41.28	42.07	400m: 4:48.03	32.97		
8. NACHTMAN Mateusz	95	SMS Wroc ³ aw	4:50.20	593	1:07.26	1:15.89	1:21.35	1:05.70	
50m: 31.01	31.01	150m: 1:45.61	38.35	250m: 3:03.22	40.07	350m: 4:18.33	33.83		
100m: 1:07.26	36.25	200m: 2:23.15	37.54	300m: 3:44.50	41.28	400m: 4:50.20	31.87		
9. SZUBA Micha ³	93	SMS Wroc ³ aw	4:50.26	592	1:00.68	1:14.97	1:27.14	1:07.47	
50m: 27.99	27.99	150m: 1:38.60	37.92	250m: 2:58.44	42.79	350m: 4:16.49	33.70		
100m: 1:00.68	32.69	200m: 2:15.65	37.05	300m: 3:42.79	44.35	400m: 4:50.26	33.77		
10. UKOWSKI Maciej	93	SMS Wroc ³ aw	4:52.24	580	1:05.17	1:17.28	1:22.82	1:06.97	
50m: 30.65	30.65	150m: 1:43.72	38.55	250m: 3:03.53	41.08	350m: 4:18.83	33.56		
100m: 1:05.17	34.52	200m: 2:22.45	38.73	300m: 3:45.27	41.74	400m: 4:52.24	33.41		
11. ZABOROWSKI Filip	94	SMS Szczecin	4:52.42	579	1:05.24	1:14.58	1:26.56	1:06.04	
50m: 30.20	30.20	150m: 1:42.75	37.51	250m: 3:02.66	42.84	350m: 4:19.96	33.58		
100m: 1:05.24	35.04	200m: 2:19.82	37.07	300m: 3:46.38	43.72	400m: 4:52.42	32.46		
12. DALECKI Krzysztof	94	SMS Wroc ³ aw	4:53.88	571	1:04.33	1:16.69	1:26.01	1:06.85	
50m: 30.08	30.08	150m: 1:42.91	38.58	250m: 3:03.68	42.66	350m: 4:21.06	34.03		
100m: 1:04.33	34.25	200m: 2:21.02	38.11	300m: 3:47.03	43.35	400m: 4:53.88	32.82		
13. OLENDER Aleksander	94	SMS Wroc ³ aw	4:57.02	553	1:05.18	1:17.62	1:24.98	1:09.24	
50m: 29.73	29.73	150m: 1:44.55	39.37	250m: 3:04.26	41.46	350m: 4:23.05	35.27		
100m: 1:05.18	35.45	200m: 2:22.80	38.25	300m: 3:47.78	43.52	400m: 4:57.02	33.97		
14. KUŒEWIK Maciej	96	SMS Wroc ³ aw	4:59.37	540	1:03.42	1:19.89	1:28.85	1:07.21	
50m: 29.38	29.38	150m: 1:43.66	40.24	250m: 3:07.00	43.69	350m: 4:26.48	34.32		
100m: 1:03.42	34.04	200m: 2:23.31	39.65	300m: 3:52.16	45.16	400m: 4:59.37	32.89		
15. GÓRSKI Witosz	94	SMS Wroc ³ aw	5:00.85	532	1:04.83	1:21.54	1:25.03	1:09.45	
50m: 29.83	29.83	150m: 1:46.29	41.46	250m: 3:08.87	42.50	350m: 4:26.47	35.07		
100m: 1:04.83	35.00	200m: 2:26.37	40.08	300m: 3:51.40	42.53	400m: 5:00.85	34.38		
16. CZWARTOSZ Mateusz	93	SMS Racibórz	5:06.04	505	1:08.33	1:18.77	1:29.52	1:09.42	
50m: 31.16	31.16	150m: 1:48.12	39.79	250m: 3:11.67	44.57	350m: 4:31.83	35.21		
100m: 1:08.33	37.17	200m: 2:27.10	38.98	300m: 3:56.62	44.95	400m: 5:06.04	34.21		
17. RAPACEWICZ Rafa ³	92	SMS Racibórz	5:12.76	473	1:03.72	1:31.63	1:22.42	1:14.99	
50m: 28.79	28.79	150m:		250m: 3:14.97	39.62	350m:			
100m: 1:03.72	34.93	200m: 2:35.35		300m: 3:57.77	42.80	400m: 5:12.76			
18. MICHALAK Łukasz	93	SMS Poznań	5:15.72	460	1:08.98	1:18.83	1:39.72	1:08.19	
50m: 31.69	31.69	150m: 1:47.53	38.55	250m: 3:17.78	49.97	350m: 4:40.84	33.31		
100m: 1:08.98	37.29	200m: 2:27.81	40.28	300m: 4:07.53	49.75	400m: 5:15.72	34.88		