

Liga SMS II runda  
Wroc<sup>3</sup>aw, 12. - 13.6.2010

Konkurencja 35  
2010-06-13 - 11:12

Mêżczyzn, 400m dowolny

Open  
Wyniki

Punkty: FINA 2010

| Pozycja                             | Rok ur. |                          | Czas           |         | Pkt.    | 100m    | 200m    | 300m    | 400m  |
|-------------------------------------|---------|--------------------------|----------------|---------|---------|---------|---------|---------|-------|
| 1. PULWIN Pawe <sup>3</sup>         | 92      | SMS Oœwiêcim             | <b>4:02.88</b> | 743     | 58.49   | 1:01.24 | 1:02.44 | 1:00.71 |       |
| 50m:                                | 28.32   | 28.32                    | 150m:          | 1:28.88 | 30.39   | 250m:   | 2:30.44 | 30.71   | 350m: |
| 100m:                               | 58.49   | 30.17                    | 200m:          | 1:59.73 | 30.85   | 300m:   | 3:02.17 | 31.73   | 400m: |
|                                     |         |                          |                |         |         |         | 4:02.88 |         |       |
| 2. CZARNOTA Mateusz                 | 91      | SMS Oœwiêcim             | <b>4:05.52</b> | 720     | 58.44   | 1:01.03 | 1:02.40 | 1:03.65 |       |
| 50m:                                | 28.26   | 28.26                    | 150m:          | 1:28.91 | 30.47   | 250m:   | 2:30.20 | 30.73   | 350m: |
| 100m:                               | 58.44   | 30.18                    | 200m:          | 1:59.47 | 30.56   | 300m:   | 3:01.87 | 31.67   | 400m: |
|                                     |         |                          |                |         |         |         | 4:05.52 | 31.65   |       |
| 3. RYBIŃSKI Dawid                   | 93      | SMS Wroc <sup>3</sup> aw | <b>4:07.39</b> | 703     | 59.02   | 1:02.01 | 1:02.82 | 1:03.54 |       |
| 50m:                                | 28.46   | 28.46                    | 150m:          | 1:29.95 | 30.93   | 250m:   | 2:31.98 | 30.95   | 350m: |
| 100m:                               | 59.02   | 30.56                    | 200m:          | 2:01.03 | 31.08   | 300m:   | 3:03.85 | 31.87   | 400m: |
|                                     |         |                          |                |         |         |         | 4:07.39 | 31.54   |       |
| 4. ZABOROWSKI Filip                 | 94      | SMS Szczecin             | <b>4:10.19</b> | 680     | 59.54   | 1:02.72 | 1:04.06 | 1:03.87 |       |
| 50m:                                | 28.38   | 28.38                    | 150m:          | 1:30.68 | 31.14   | 250m:   | 2:34.31 | 32.05   | 350m: |
| 100m:                               | 59.54   | 31.16                    | 200m:          | 2:02.26 | 31.58   | 300m:   | 3:06.32 | 32.01   | 400m: |
|                                     |         |                          |                |         |         |         | 4:10.19 | 31.76   |       |
| 5. BRZOZA Jakub                     | 93      | SMS Wroc <sup>3</sup> aw | <b>4:10.73</b> | 676     | 59.10   | 1:03.89 | 1:04.51 | 1:03.23 |       |
| 50m:                                | 28.03   | 28.03                    | 150m:          | 1:30.99 | 31.89   | 250m:   | 2:35.06 | 32.07   | 350m: |
| 100m:                               | 59.10   | 31.07                    | 200m:          | 2:02.99 | 32.00   | 300m:   | 3:07.50 | 32.44   | 400m: |
|                                     |         |                          |                |         |         |         | 4:10.73 | 31.01   |       |
| 6. KSIŹEK Micha <sup>3</sup>        | 93      | SMS Kraków               | <b>4:11.35</b> | 671     | 59.36   | 1:03.84 | 1:04.26 | 1:03.89 |       |
| 50m:                                | 28.17   | 28.17                    | 150m:          | 1:31.20 | 31.84   | 250m:   | 2:35.24 | 32.04   | 350m: |
| 100m:                               | 59.36   | 31.19                    | 200m:          | 2:03.20 | 32.00   | 300m:   | 3:07.46 | 32.22   | 400m: |
|                                     |         |                          |                |         |         |         | 4:11.35 | 31.52   |       |
| 7. TOWAREK Sebastian                | 93      | SMS Wroc <sup>3</sup> aw | <b>4:13.29</b> | 655     | 59.43   | 1:03.73 | 1:05.10 | 1:05.03 |       |
| 50m:                                | 28.60   | 28.60                    | 150m:          | 1:31.01 | 31.58   | 250m:   | 2:35.64 | 32.48   | 350m: |
| 100m:                               | 59.43   | 30.83                    | 200m:          | 2:03.16 | 32.15   | 300m:   | 3:08.26 | 32.62   | 400m: |
|                                     |         |                          |                |         |         |         | 4:13.29 | 32.18   |       |
| 8. GĘYK Wojciech                    | 92      | SMS Oœwiêcim             | <b>4:14.13</b> | 649     | 1:00.70 | 1:04.48 | 1:04.71 | 1:04.24 |       |
| 50m:                                | 29.13   | 29.13                    | 150m:          | 1:32.73 | 32.03   | 250m:   | 2:37.35 | 32.17   | 350m: |
| 100m:                               | 1:00.70 | 31.57                    | 200m:          | 2:05.18 | 32.45   | 300m:   | 3:09.89 | 32.54   | 400m: |
|                                     |         |                          |                |         |         |         | 4:14.13 | 31.55   |       |
| 9. ŁUCZAK Piotr                     | 92      | SMS Kraków               | <b>4:18.70</b> | 615     | 1:01.11 | 1:06.23 | 1:06.51 | 1:04.85 |       |
| 50m:                                | 29.22   | 29.22                    | 150m:          | 1:33.82 | 32.71   | 250m:   | 2:40.14 | 32.80   | 350m: |
| 100m:                               | 1:01.11 | 31.89                    | 200m:          | 2:07.34 | 33.52   | 300m:   | 3:13.85 | 33.71   | 400m: |
|                                     |         |                          |                |         |         |         | 4:18.70 | 32.13   |       |
| 10. SZCZEPAŃSKI Sebastian           | 95      | SMS Zielona Góra         | <b>4:22.16</b> | 591     | 1:03.70 | 1:07.99 | 1:06.32 | 1:04.15 |       |
| 50m:                                | 30.26   | 30.26                    | 150m:          | 1:37.84 | 34.14   | 250m:   | 2:45.03 | 33.34   | 350m: |
| 100m:                               | 1:03.70 | 33.44                    | 200m:          | 2:11.69 | 33.85   | 300m:   | 3:18.01 | 32.98   | 400m: |
|                                     |         |                          |                |         |         |         | 4:22.16 | 31.57   |       |
| 11. KWIECIEŃ Micha <sup>3</sup>     | 94      | SMS Racibórz             | <b>4:24.16</b> | 578     | 1:02.76 | 1:06.57 | 1:07.71 | 1:07.12 |       |
| 50m:                                | 30.35   | 30.35                    | 150m:          | 1:35.76 | 33.00   | 250m:   | 2:43.13 | 33.80   | 350m: |
| 100m:                               | 1:02.76 | 32.41                    | 200m:          | 2:09.33 | 33.57   | 300m:   | 3:17.04 | 33.91   | 400m: |
|                                     |         |                          |                |         |         |         | 4:24.16 | 33.10   |       |
| 12. BEDNARCZYK Pawe <sup>3</sup>    | 94      | SMS Wroc <sup>3</sup> aw | <b>4:24.88</b> | 573     | 1:02.49 | 1:07.17 | 1:08.53 | 1:06.69 |       |
| 50m:                                | 29.98   | 29.98                    | 150m:          | 1:35.91 | 33.42   | 250m:   | 2:43.74 | 34.08   | 350m: |
| 100m:                               | 1:02.49 | 32.51                    | 200m:          | 2:09.66 | 33.75   | 300m:   | 3:18.19 | 34.45   | 400m: |
|                                     |         |                          |                |         |         |         | 4:24.88 | 32.46   |       |
| 13. TABISZ Pawe <sup>3</sup>        | 94      | SMS Racibórz             | <b>4:26.26</b> | 564     | 1:03.43 | 1:06.89 | 1:07.89 | 1:08.05 |       |
| 50m:                                | 30.36   | 30.36                    | 150m:          | 1:36.67 | 33.24   | 250m:   | 2:44.01 | 33.69   | 350m: |
| 100m:                               | 1:03.43 | 33.07                    | 200m:          | 2:10.32 | 33.65   | 300m:   | 3:18.21 | 34.20   | 400m: |
|                                     |         |                          |                |         |         |         | 4:26.26 | 33.46   |       |
| 14. ASULIAN Axel                    | 93      | SMS Oœwiêcim             | <b>4:29.56</b> | 544     | 1:01.11 | 1:07.48 | 1:10.91 | 1:10.06 |       |
| 50m:                                | 28.75   | 28.75                    | 150m:          | 1:34.18 | 33.07   | 250m:   | 2:43.53 | 34.94   | 350m: |
| 100m:                               | 1:01.11 | 32.36                    | 200m:          | 2:08.59 | 34.41   | 300m:   | 3:19.50 | 35.97   | 400m: |
|                                     |         |                          |                |         |         |         | 4:29.56 | 34.89   |       |
| 15. MAKOWSKI Krzysztof              | 92      | SMS Wroc <sup>3</sup> aw | <b>4:31.95</b> | 529     | 1:01.65 | 1:08.25 | 1:12.23 | 1:09.82 |       |
| 50m:                                | 29.42   | 29.42                    | 150m:          | 1:35.16 | 33.51   | 250m:   | 2:46.07 | 36.17   | 350m: |
| 100m:                               | 1:01.65 | 32.23                    | 200m:          | 2:09.90 | 34.74   | 300m:   | 3:22.13 | 36.06   | 400m: |
|                                     |         |                          |                |         |         |         | 4:31.95 |         |       |
| 16. PŁONOWSKI Mi <sup>3</sup> osz   | 93      | SMS GdaŃsk               | <b>4:33.50</b> | 520     | 1:02.99 | 1:08.61 | 1:10.88 | 1:11.02 |       |
| 50m:                                | 29.75   | 29.75                    | 150m:          | 1:37.13 | 34.14   | 250m:   | 2:45.96 | 34.36   | 350m: |
| 100m:                               | 1:02.99 | 33.24                    | 200m:          | 2:11.60 | 34.47   | 300m:   | 3:22.48 | 36.52   | 400m: |
|                                     |         |                          |                |         |         |         | 4:33.50 | 35.55   |       |
| 17. PTASZYŃSKI Miko <sup>3</sup> aj | 95      | SMS Zielona Góra         | <b>4:34.47</b> | 515     | 1:05.19 | 1:10.83 | 1:09.85 | 1:08.60 |       |
| 50m:                                | 30.92   | 30.92                    | 150m:          | 1:40.84 | 35.65   | 250m:   | 2:50.91 | 34.89   | 350m: |
| 100m:                               | 1:05.19 | 34.27                    | 200m:          | 2:16.02 | 35.18   | 300m:   | 3:25.87 | 34.96   | 400m: |
|                                     |         |                          |                |         |         |         | 4:34.47 | 33.91   |       |
| 18. DUDZIAK Jakub                   | 95      | SMS Wroc <sup>3</sup> aw | <b>4:39.41</b> | 488     | 1:06.20 | 1:12.36 | 1:10.74 | 1:10.11 |       |
| 50m:                                | 30.85   | 30.85                    | 150m:          | 1:42.43 | 36.23   | 250m:   | 2:53.86 | 35.30   | 350m: |
| 100m:                               | 1:06.20 | 35.35                    | 200m:          | 2:18.56 | 36.13   | 300m:   | 3:29.30 | 35.44   | 400m: |
|                                     |         |                          |                |         |         |         | 4:39.41 | 34.45   |       |
| 19. KUCHARSKI Micha <sup>3</sup>    | 93      | SMS Poznań               | <b>4:40.53</b> | 482     | 1:04.06 | 1:11.42 | 1:12.58 | 1:12.47 |       |
| 50m:                                | 30.46   | 30.46                    | 150m:          | 1:39.24 | 35.18   | 250m:   | 2:51.84 | 36.36   | 350m: |
| 100m:                               | 1:04.06 | 33.60                    | 200m:          | 2:15.48 | 36.24   | 300m:   | 3:28.06 | 36.22   | 400m: |
|                                     |         |                          |                |         |         |         | 4:40.53 | 35.85   |       |
| 20. MALINOWSKI Micha <sup>3</sup>   | 96      | SMS Wroc <sup>3</sup> aw | <b>4:44.21</b> | 464     | 1:08.02 | 1:11.46 | 1:12.92 | 1:11.81 |       |
| 50m:                                | 32.85   | 32.85                    | 150m:          | 1:43.72 | 35.70   | 250m:   | 2:55.98 | 36.50   | 350m: |
| 100m:                               | 1:08.02 | 35.17                    | 200m:          | 2:19.48 | 35.76   | 300m:   | 3:32.40 | 36.42   | 400m: |
|                                     |         |                          |                |         |         |         | 4:44.21 |         |       |

Liga SMS II runda  
Wroc³aw, 12. - 13.6.2010

Konkurencja 35, Mężczyzn, 400m dowolny, Open

| Pozycja               | Rok ur. |                | Czas           |         | Pkt.  | 100m    | 200m    | 300m    | 400m    |         |       |
|-----------------------|---------|----------------|----------------|---------|-------|---------|---------|---------|---------|---------|-------|
| 21. CYNK Mi³osz       | 94      | SMS Wroc³aw    | <b>4:49.14</b> |         | 440   | 1:06.91 |         |         | 1:12.38 |         |       |
| 50m:                  | 31.29   | 31.29          | 150m:          | 1:43.65 | 36.74 | 250m:   | 2:58.56 | 350m:   | 4:13.08 | 36.32   |       |
| 100m:                 | 1:06.91 | 35.62          | 200m:          |         |       | 300m:   | 3:36.76 | 38.20   | 400m:   | 4:49.14 | 36.06 |
| 22. ROSOWIECKI Micha³ | 95      | SMS Wroc³aw    | <b>4:50.24</b> |         | 435   | 1:09.26 | 1:14.04 | 1:14.02 | 1:12.92 |         |       |
| 50m:                  | 33.24   | 33.24          | 150m:          | 1:46.37 | 37.11 | 250m:   | 3:00.16 | 36.86   | 350m:   | 4:14.38 | 37.06 |
| 100m:                 | 1:09.26 | 36.02          | 200m:          | 2:23.30 | 36.93 | 300m:   | 3:37.32 | 37.16   | 400m:   | 4:50.24 | 35.86 |
| 23. DALECKI £ukasz    | 96      | SMS Wroc³aw    | <b>4:50.30</b> |         | 435   | 1:08.83 | 1:13.54 | 1:14.79 | 1:13.14 |         |       |
| 50m:                  | 32.89   | 32.89          | 150m:          | 1:45.25 | 36.42 | 250m:   | 2:59.73 | 37.36   | 350m:   | 4:14.43 | 37.27 |
| 100m:                 | 1:08.83 | 35.94          | 200m:          | 2:22.37 | 37.12 | 300m:   | 3:37.16 | 37.43   | 400m:   | 4:50.30 | 35.87 |
| 24. SIKORA Micha³     | 95      | SMS Wroc³aw    | <b>4:58.82</b> |         | 399   | 1:08.91 | 1:15.00 | 1:18.08 | 1:16.83 |         |       |
| 50m:                  | 32.47   | 32.47          | 150m:          | 1:45.87 | 36.96 | 250m:   | 3:02.76 | 38.85   | 350m:   | 4:20.13 | 38.14 |
| 100m:                 | 1:08.91 | 36.44          | 200m:          | 2:23.91 | 38.04 | 300m:   | 3:41.99 | 39.23   | 400m:   | 4:58.82 | 38.69 |
| PK FURTEK Pawe³       | 95      | CELŃSK Wroc³aw | <b>4:16.41</b> |         | 632   | 1:00.99 | 1:05.48 | 1:05.60 | 1:04.34 |         |       |
| 50m:                  | 29.20   | 29.20          | 150m:          | 1:33.55 | 32.56 | 250m:   | 2:39.11 | 32.64   | 350m:   | 3:45.23 | 33.16 |
| 100m:                 | 1:00.99 | 31.79          | 200m:          | 2:06.47 | 32.92 | 300m:   | 3:12.07 | 32.96   | 400m:   | 4:16.41 | 31.18 |
| PK BIELECKI £ukasz    | 95      | SMS Wroc³aw    | <b>4:22.53</b> |         | 589   | 1:00.37 | 1:07.11 | 1:08.55 | 1:06.50 |         |       |
| 50m:                  | 28.36   | 28.36          | 150m:          | 1:33.89 | 33.52 | 250m:   | 2:41.68 | 34.20   | 350m:   | 3:50.64 | 34.61 |
| 100m:                 | 1:00.37 | 32.01          | 200m:          | 2:07.48 | 33.59 | 300m:   | 3:16.03 | 34.35   | 400m:   | 4:22.53 | 31.89 |