

Główne Mistrzostwa Polski Seniorów i Młodzie owców  
Olsztyn, 13- - 16-6-2013

Event 18  
2013-06-14 - 18:55

Men, 400m Medley

Open  
Results Finals

Rekord Polski	4:12.28	MATCZAK Mateusz	00905	Belgrade (SRB)	2009-07-11
Minimum Mistrzostwa wiata Seniorów	4:18.99				
Minimum Mistrzostwa wiata Juniorów	4:23.78				
Minimum Mistrzostwa Europy Juniorów	4:31.95				

Points: FINA 2013

Rank			YB					Time	Pts
<b>Final A</b>									
1.	ZACZYNSKI Karol		91	AZS-AWF Katowice			<b>4:19.16</b>	832	
	<i>Minimum Uniwersjada</i>								
	50m:	27.19	27.19	150m:	1:33.77	34.43	250m:	2:42.95	35.89
	100m:	59.34	32.15	200m:	2:07.06	33.29	300m:	3:19.42	36.47
				350m:	3:49.85	30.43	400m:	4:19.16	29.31
2.	SZWEDZKI Dawid		94	Piatka Konstantynow Lodzki			<b>4:23.98</b>	788	
	50m:	27.91	27.91	150m:	1:35.35	34.97	250m:	2:44.88	35.78
	100m:	1:00.38	32.47	200m:	2:09.10	33.75	300m:	3:21.49	36.61
				350m:	3:53.33	31.84	400m:	4:23.98	30.65
3.	SUZIN Marcin		93	AZS AGH Krakow			<b>4:27.62</b>	756	
	50m:	27.98	27.98	150m:	1:37.36	36.16	250m:	2:48.76	35.77
	100m:	1:01.20	33.22	200m:	2:12.99	35.63	300m:	3:25.41	36.65
				350m:	3:56.44	31.03	400m:	4:27.62	31.18
4.	KLIZA Mateusz SK		94	KP Avia Swidnik			<b>4:28.80</b>	746	
	50m:	28.31	28.31	150m:	1:36.04	35.65	250m:	2:49.45	36.77
	100m:	1:00.39	32.08	200m:	2:12.68	36.64	300m:	3:27.08	37.63
				350m:	3:58.15	31.07	400m:	4:28.80	30.65
5.	LASSEK Bartlomiej		94	MKS Trojka Lodz			<b>4:29.68</b>	739	
	50m:	28.37	28.37	150m:	1:36.85	35.50	250m:	2:50.79	39.15
	100m:	1:01.35	32.98	200m:	2:11.64	34.79	300m:	3:30.15	39.36
				350m:	4:00.39	30.24	400m:	4:29.68	29.29
6.	CWIEK Kacper		95	MKS Polonia Warszawa			<b>4:30.02</b>	736	
	<i>minimum MEJ</i>								
	50m:	28.37	28.37	150m:	1:37.63	35.47	250m:	2:50.77	37.85
	100m:	1:02.16	33.79	200m:	2:12.92	35.29	300m:	3:29.24	38.47
				350m:	3:59.97	30.73	400m:	4:30.02	30.05
7.	KUBKOWSKI Bartlomiej		95	WKS Slask Wroclaw			<b>4:31.26</b>	726	
	<i>minimum MEJ</i>								
	50m:	29.00	29.00	150m:	1:37.68	35.60	250m:	2:51.12	38.09
	100m:	1:02.08	33.08	200m:	2:13.03	35.35	300m:	3:30.18	39.06
				350m:	4:01.19	31.01	400m:	4:31.26	30.07
8.	SOBCZYK Maciej		95	MKS Trojka Lodz			<b>4:31.88</b>	721	
	<i>minimum MEJ</i>								
	50m:	29.13	29.13	150m:	1:38.32	35.35	250m:	2:51.39	38.42
	100m:	1:02.97	33.84	200m:	2:12.97	34.65	300m:	3:30.05	38.66
				350m:	4:01.73	31.68	400m:	4:31.88	30.15
9.	NACHTMAN Mateusz		95	WKS Slask Wroclaw			<b>4:33.74</b>	706	
	50m:	28.42	28.42	150m:	1:37.64	36.80	250m:	2:51.18	37.35
	100m:	1:00.84	32.42	200m:	2:13.83	36.19	300m:	3:29.71	38.53
				350m:	4:02.38	32.67	400m:	4:33.74	31.36
10.	GASIOR Patryk		94	MKS Polonia Warszawa			<b>4:33.76</b>	706	
	50m:	28.58	28.58	150m:	1:37.49	35.64	250m:	2:51.43	39.09
	100m:	1:01.85	33.27	200m:	2:12.34	34.85	300m:	3:30.75	39.32
				350m:	4:02.51	31.76	400m:	4:33.76	31.25
<b>Final B</b>									
11.	STEPIEN Konrad		96	MKS Polonia Warszawa			<b>4:30.97</b>	728	
	<i>minimum MEJ</i>								
	50m:	28.84	28.84	150m:	1:39.98	36.99	250m:	2:51.04	37.56
	100m:	1:02.99	34.15	200m:	2:13.48	33.50	300m:	3:27.89	36.85
				350m:	3:59.98	32.09	400m:	4:30.97	30.99
12.	BALABUCH Krystian SO		95	BOSiR SP Brzesko			<b>4:35.01</b>	697	
	50m:	28.70	28.70	150m:	1:39.46	36.35	250m:	2:52.74	37.54
	100m:	1:03.11	34.41	200m:	2:15.20	35.74	300m:	3:31.48	38.74
				350m:	4:03.28	31.80	400m:	4:35.01	31.73
13.	CZARNOTA Mateusz		91	UKP Unia Oswiecim			<b>4:36.57</b>	685	
	50m:	29.44	29.44	150m:	1:39.72	36.47	250m:	2:53.11	37.76
	100m:	1:03.25	33.81	200m:	2:15.35	35.63	300m:	3:32.52	39.41
				350m:	4:05.20	32.68	400m:	4:36.57	31.37
14.	URBANIAK Jan Sp		95	KS Warta Poznan			<b>4:37.13</b>	681	
	50m:	29.75	29.75	150m:	1:40.06	36.10	250m:	2:55.31	39.89
	100m:	1:03.96	34.21	200m:	2:15.42	35.36	300m:	3:36.60	41.29
				350m:	4:07.70	31.10	400m:	4:37.13	29.43

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Rank			YB					Time	Pts		
15.	LITWA Krzysztof SK		96	MKS Jordan Krakow				<b>4:40.10</b>	659		
	50m:	29.53 29.53	150m:	1:42.44	37.90	250m:	2:58.42	40.05	350m:	4:10.18	30.73
	100m:	1:04.54 35.01	200m:	2:18.37	35.93	300m:	3:39.45	41.03	400m:	4:40.10	29.92
16.	OSSES Arkadiusz Sp		95	KS Warta Poznan				<b>4:42.27</b>	644		
	50m:	29.24 29.24	150m:	1:40.01	36.60	250m:	2:57.13	41.07	350m:	4:11.16	32.39
	100m:	1:03.41 34.17	200m:	2:16.06	36.05	300m:	3:38.77	41.64	400m:	4:42.27	31.11
17.	CHOLEWO Krzysztof		95	MKS Polonia Warszawa				<b>4:42.55</b>	642		
	50m:	29.16 29.16	150m:	1:41.55	37.89	250m:	2:58.74	40.95	350m:	4:12.55	31.22
	100m:	1:03.66 34.50	200m:	2:17.79	36.24	300m:	3:41.33	42.59	400m:	4:42.55	30.00
18.	CIESIELSKI Filip		96	MUKS "Pietnastka" Bydgoszcz				<b>4:43.39</b>	637		
	50m:	30.02 30.02	150m:	1:41.86	36.75	250m:	2:59.17	41.42	350m:	4:12.87	31.53
	100m:	1:05.11 35.09	200m:	2:17.75	35.89	300m:	3:41.34	42.17	400m:	4:43.39	30.52
19.	SOKOLOWSKI Ziemowit		97	KS Warta Poznan				<b>4:47.00</b>	613		
	50m:	30.95 30.95	150m:	1:43.15	36.35	250m:	2:59.67	42.24	350m:	4:14.78	32.73
	100m:	1:06.80 35.85	200m:	2:17.43	34.28	300m:	3:42.05	42.38	400m:	4:47.00	32.22