

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

Event 18
2013-06-14 - 11:30

Men, 400m Medley

Open
Results Prelim

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
1. SZWEDZKI Dawid	94 Piatka Konstantynow Lodzki	4:29.15	743 A
50m: 28.32 28.32	150m: 1:37.01 35.65	250m: 2:47.74 36.74	350m: 3:57.66 32.42
100m: 1:01.36 33.04	200m: 2:11.00 33.99	300m: 3:25.24 37.50	400m: 4:29.15 31.49
2. NACHTMAN Mateusz	95 WKS Slask Wroclaw	4:29.51	740 A
<i>minimu MEJ</i>			
50m: 28.52 28.52	150m: 1:37.40 36.06	250m: 2:49.84 37.34	350m: 3:59.28 31.49
100m: 1:01.34 32.82	200m: 2:12.50 35.10	300m: 3:27.79 37.95	400m: 4:29.51 30.23
3. ZACZYNSKI Karol	91 AZS-AWF Katowice	4:30.07	736 A
50m: 28.01 28.01	150m: 1:36.67 35.54	250m: 2:49.38 37.84	350m: 3:59.47 31.61
100m: 1:01.13 33.12	200m: 2:11.54 34.87	300m: 3:27.86 38.48	400m: 4:30.07 30.60
4. SUZIN Marcin	93 AZS AGH Krakow	4:30.39	733 A
50m: 27.82 27.82	150m: 1:35.20 35.07	250m: 2:46.35 35.84	350m: 3:56.67 33.12
100m: 1:00.13 32.31	200m: 2:10.51 35.31	300m: 3:23.55 37.20	400m: 4:30.39 33.72
5. KUBKOWSKI Bartlomiej	95 WKS Slask Wroclaw	4:30.87	729 A
<i>minimum MEJ</i>			
50m: 28.97 28.97	150m: 1:36.87 35.27	250m: 2:50.35 38.08	350m: 4:00.27 31.26
100m: 1:01.60 32.63	200m: 2:12.27 35.40	300m: 3:29.01 38.66	400m: 4:30.87 30.60
6. CWIEK Kacper	95 MKS Polonia Warszawa	4:30.89	729 A
<i>minimum MEJ</i>			
50m: 28.47 28.47	150m: 1:38.01 36.33	250m: 2:51.26 37.94	350m: 4:01.01 30.97
100m: 1:01.68 33.21	200m: 2:13.32 35.31	300m: 3:30.04 38.78	400m: 4:30.89 29.88
7. LASSEK Bartlomiej	94 MKS Trojka Lodz	4:31.90	721 A
50m: 27.85 27.85	150m: 1:36.19 35.54	250m: 2:50.07 39.48	350m: 4:01.48 31.21
100m: 1:00.65 32.80	200m: 2:10.59 34.40	300m: 3:30.27 40.20	400m: 4:31.90 30.42
8. GASIOR Patryk	94 MKS Polonia Warszawa	4:33.36	709 A
50m: 28.20 28.20	150m: 1:36.75 35.75	250m: 2:50.91 38.99	350m: 4:02.40 31.96
100m: 1:01.00 32.80	200m: 2:11.92 35.17	300m: 3:30.44 39.53	400m: 4:33.36 30.96
9. KLIZA Mateusz SK	94 KP Avia Swidnik	4:33.59	707 A
50m: 28.63 28.63	150m: 1:37.05 36.31	250m: 2:51.37 38.30	350m: 4:02.16 32.07
100m: 1:00.74 32.11	200m: 2:13.07 36.02	300m: 3:30.09 38.72	400m: 4:33.59 31.43
10. SOBCZYK Maciej	95 MKS Trojka Lodz	4:33.74	706 A
50m: 28.88 28.88	150m: 1:38.27 35.68	250m: 2:51.64 38.45	350m: 4:03.05 32.34
100m: 1:02.59 33.71	200m: 2:13.19 34.92	300m: 3:30.71 39.07	400m: 4:33.74 30.69
11. STEPIEN Konrad	96 MKS Polonia Warszawa	4:34.14	703 B
50m: 27.61 27.61	150m: 1:35.44 35.59	250m: 2:50.39 38.37	350m: 4:02.18 33.39
100m: 59.85 32.24	200m: 2:12.02 36.58	300m: 3:28.79 38.40	400m: 4:34.14 31.96
12. BALABUCH Krystian SO	95 BOSiR SP Brzesko	4:34.22	703 B
50m: 28.21 28.21	150m: 1:37.43 35.98	250m: 2:51.77 38.48	350m: 4:02.40 31.49
100m: 1:01.45 33.24	200m: 2:13.29 35.86	300m: 3:30.91 39.14	400m: 4:34.22 31.82
13. DUBIEL Adam	93 MTP Lublinianka Lublin	4:34.86	698 B
50m: 27.63 27.63	150m: 1:34.02 34.33	250m: 2:48.88 41.42	350m: 4:04.24 32.27
100m: 59.69 32.06	200m: 2:07.46 33.44	300m: 3:31.97 43.09	400m: 4:34.86 30.62
14. CZARNOTA Mateusz	91 UKP Unia Oswiecim	4:35.36	694 B
50m: 28.98 28.98	150m: 1:39.03 36.18	250m: 2:51.93 37.81	350m: 4:04.99 33.18
100m: 1:02.85 33.87	200m: 2:14.12 35.09	300m: 3:31.81 39.88	400m: 4:35.36 30.37
15. PIETRZAK Dawid	97 MUKS "Pietnastka" Bydgoszcz	4:35.64	692 B
50m: 28.23 28.23	150m: 1:35.21 34.48	250m: 2:51.04 40.82	350m: 4:04.20 32.64
100m: 1:00.73 32.50	200m: 2:10.22 35.01	300m: 3:31.56 40.52	400m: 4:35.64 31.44

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Rank					YB					Time	Pts	
16.	URBANIAK Jan Sp				95	KS Warta Poznan				4:40.10	659	B
	50m:	29.22	29.22	150m:	1:39.75	37.00	250m:	2:55.40	40.37	350m:	4:08.53	32.47
	100m:	1:02.75	33.53	200m:	2:15.03	35.28	300m:	3:36.06	40.66	400m:	4:40.10	31.57
17.	LITWA Krzysztof SK				96	MKS Jordan Krakow				4:42.46	643	B
	50m:	28.18	28.18	150m:	1:38.05	36.77	250m:	2:54.53	40.51	350m:	4:09.74	33.72
	100m:	1:01.28	33.10	200m:	2:14.02	35.97	300m:	3:36.02	41.49	400m:	4:42.46	32.72
18.	CHOLEWO Krzysztof				95	MKS Polonia Warszawa				4:42.73	641	B
	50m:	29.40	29.40	150m:	1:41.71	38.49	250m:	2:59.72	41.30	350m:	4:12.68	31.64
	100m:	1:03.22	33.82	200m:	2:18.42	36.71	300m:	3:41.04	41.32	400m:	4:42.73	30.05
19.	ZBUTOWICZ Karol				98	MTP Kormoran Olsztyn				4:43.18	638	B
	50m:	28.66	28.66	150m:	1:37.58	36.01	250m:	2:52.07	39.01	350m:	4:08.06	35.68
	100m:	1:01.57	32.91	200m:	2:13.06	35.48	300m:	3:32.38	40.31	400m:	4:43.18	35.12
20.	OSSES Arkadiusz Sp				95	KS Warta Poznan				4:43.96	633	B
	50m:	27.88	27.88	150m:	1:37.98	38.01	250m:	2:56.47	41.53	350m:	4:12.36	32.78
	100m:	59.97	32.09	200m:	2:14.94	36.96	300m:	3:39.58	43.11	400m:	4:43.96	31.60
21.	CIESIELSKI Filip				96	MUKS "Pietnastka" Bydgoszcz				4:44.44	630	C
	50m:	28.90	28.90	150m:	1:39.24	36.62	250m:	2:57.21	42.23	350m:	4:12.58	32.38
	100m:	1:02.62	33.72	200m:	2:14.98	35.74	300m:	3:40.20	42.99	400m:	4:44.44	31.86
22.	SOKOLOWSKI Ziemowit				97	KS Warta Poznan				4:47.54	609	C
	50m:	31.01	31.01	150m:	1:42.91	36.19	250m:	2:59.18	42.28	350m:	4:15.12	33.91
	100m:	1:06.72	35.71	200m:	2:16.90	33.99	300m:	3:41.21	42.03	400m:	4:47.54	32.42
23.	PIERZYNSKI Michal				97	MKS Trojka Lodz				4:50.44	591	C
	50m:	29.00	29.00	150m:	1:40.13	37.68	250m:	2:55.68	39.84	350m:	4:15.27	36.71
	100m:	1:02.45	33.45	200m:	2:15.84	35.71	300m:	3:38.56	42.88	400m:	4:50.44	35.17
24.	PIATKOWSKI Mateusz				90	AZS-AWF Katowice				4:50.66	590	C
	50m:	28.57	28.57	150m:	1:39.20	37.15	250m:	2:56.24	41.06	350m:	4:14.29	35.31
	100m:	1:02.05	33.48	200m:	2:15.18	35.98	300m:	3:38.98	42.74	400m:	4:50.66	36.37
25.	STEFANIAK Jakub				95	UKS 9 Kalisz				4:54.01	570	C
	50m:	28.42	28.42	150m:	1:41.69	39.62	250m:	3:03.32	42.76	350m:	4:21.45	34.69
	100m:	1:02.07	33.65	200m:	2:20.56	38.87	300m:	3:46.76	43.44	400m:	4:54.01	32.56
26.	MULLER Maksym				97	MKP Slowianka Gorzow				4:56.10	558	C
	50m:	30.43	30.43	150m:	1:45.31	39.06	250m:	3:05.82	42.84	350m:	4:23.03	34.15
	100m:	1:06.25	35.82	200m:	2:22.98	37.67	300m:	3:48.88	43.06	400m:	4:56.10	33.07
27.	MIELCZAREK Filip				96	LKS"Omega"Kleszczow				4:57.57	550	C
	50m:	31.98	31.98	150m:	1:48.77	39.62	250m:	3:08.88	41.45	350m:	4:25.21	33.32
	100m:	1:09.15	37.17	200m:	2:27.43	38.66	300m:	3:51.89	43.01	400m:	4:57.57	32.36
28.	SWIERCZYNSKI Jakub				95	AZS-AWF Katowice				4:57.71	549	C
	50m:	29.30	29.30	150m:	1:41.64	37.58	250m:	2:57.41	39.33	350m:	4:19.95	41.75
	100m:	1:04.06	34.76	200m:	2:18.08	36.44	300m:	3:38.20	40.79	400m:	4:57.71	37.76
29.	GRABCZAK Dawid				97	KS Wisla Pulawy				4:58.38	545	C
	50m:	29.50	29.50	150m:	1:46.08	40.58	250m:	3:07.22	42.63	350m:	4:25.84	34.34
	100m:	1:05.50	36.00	200m:	2:24.59	38.51	300m:	3:51.50	44.28	400m:	4:58.38	32.54
30.	KALINA Radoslaw				96	MKP Bobry Debica				5:00.00	536	C
	50m:	30.53	30.53	150m:	1:45.01	38.29	250m:	3:06.29	44.29	350m:	4:25.18	34.35
	100m:	1:06.72	36.19	200m:	2:22.00	36.99	300m:	3:50.83	44.54	400m:	5:00.00	34.82
31.	DOBRZYNSKI Tomasz				98	UKS "G-8 Bielany" Warszawa				5:00.36	535	R
	50m:	32.07	32.07	150m:	1:50.24	41.67	250m:	3:10.61	41.06	350m:	4:27.66	35.15
	100m:	1:08.57	36.50	200m:	2:29.55	39.31	300m:	3:52.51	41.90	400m:	5:00.36	32.70
32.	PARZYNOWSKI Wojciech				99	UKS 190 Lodz				5:02.71	522	R
	50m:	31.68	31.68	150m:	1:48.98	40.36	250m:	3:10.87	43.21	350m:	4:29.98	34.01
	100m:	1:08.62	36.94	200m:	2:27.66	38.68	300m:	3:55.97	45.10	400m:	5:02.71	32.73
33.	ZIELINSKI Cezary				97	MKS Medyk Gizycko				5:06.12	505	
	50m:	30.76	30.76	150m:	1:49.60	41.22	250m:	3:15.65	45.45	350m:	4:33.86	32.56
	100m:	1:08.38	37.62	200m:	2:30.20	40.60	300m:	4:01.30	45.65	400m:	5:06.12	32.26

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Rank					YB					Time	Pts	
34.	ROMANOWSKI Kamil				97	MTKP Delfin Torun				5:06.62	502	
	50m:	32.69	32.69	150m:	1:54.30	40.78	250m:	3:15.75	41.88	350m:	4:33.08	35.44
	100m:	1:13.52	40.83	200m:	2:33.87	39.57	300m:	3:57.64	41.89	400m:	5:06.62	33.54
35.	KACZOROWSKI Jakub				97	UKS „Zoliborz” Warszawa				5:06.77	502	
	50m:	32.10	32.10	150m:	1:51.88	40.00	250m:	3:14.84	43.86	350m:	4:34.08	35.21
	100m:	1:11.88	39.78	200m:	2:30.98	39.10	300m:	3:58.87	44.03	400m:	5:06.77	32.69
36.	SOLTOWSKI Dominik				98	UKS MOS Elk				5:07.89	496	
	50m:	31.43	31.43	150m:	1:50.26	41.41	250m:	3:14.79	45.00	350m:	4:34.19	34.50
	100m:	1:08.85	37.42	200m:	2:29.79	39.53	300m:	3:59.69	44.90	400m:	5:07.89	33.70
37.	KOREK Jakub				97	UKS „Zoliborz” Warszawa				5:08.68	492	
	50m:	31.70	31.70	150m:	1:49.72	41.08	250m:	3:12.14	42.91	350m:	4:32.68	36.64
	100m:	1:08.64	36.94	200m:	2:29.23	39.51	300m:	3:56.04	43.90	400m:	5:08.68	36.00
38.	BANDURSKI Piotr				96	UKS „Zoliborz” Warszawa				5:08.69	492	
	50m:	31.70	31.70	150m:	1:51.27	42.94	250m:	3:14.69	42.56	350m:	4:35.27	36.34
	100m:	1:08.33	36.63	200m:	2:32.13	40.86	300m:	3:58.93	44.24	400m:	5:08.69	33.42
39.	SZMIT Kacper				97	MTP Kormoran Olsztyn				5:11.37	480	
	50m:	31.94	31.94	150m:	1:53.23	42.65	250m:	3:15.59	40.69	350m:	4:35.44	37.18
	100m:	1:10.58	38.64	200m:	2:34.90	41.67	300m:	3:58.26	42.67	400m:	5:11.37	35.93
40.	JARMULA Milosz				98	UKS "G-8 Bielany" Warszawa				5:12.60	474	
	50m:	31.59	31.59	150m:	1:50.02	40.52	250m:	3:14.09	45.24	350m:	4:37.31	36.74
	100m:	1:09.50	37.91	200m:	2:28.85	38.83	300m:	4:00.57	46.48	400m:	5:12.60	35.29
41.	MILCZAREK Piotr				98	UKS 190 Lodz				5:15.85	460	
	50m:	32.44	32.44	150m:	1:56.93	44.76	250m:	3:23.61	44.96	350m:	4:44.59	35.92
	100m:	1:12.17	39.73	200m:	2:38.65	41.72	300m:	4:08.67	45.06	400m:	5:15.85	31.26
42.	KWIATKOWSKI Krzysztof				97	MTKP Delfin Torun				5:16.11	458	
	50m:	30.91	30.91	150m:	1:48.90	40.61	250m:	3:13.77	44.91	350m:	4:46.34	41.14
	100m:	1:08.29	37.38	200m:	2:28.86	39.96	300m:	4:05.20	51.43	400m:	5:16.11	29.77
43.	WACHNIK Jakub				98	UKS Pirania Targowek				5:20.66	439	
	50m:	33.18	33.18	150m:	1:54.45	43.65	250m:	3:23.27	45.95	350m:	4:46.25	36.03
	100m:	1:10.80	37.62	200m:	2:37.32	42.87	300m:	4:10.22	46.95	400m:	5:20.66	34.41