

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

Konkurencja 28
2013-06-15 - 18:35

M czynn, 400m dowolny

Open
Wyniki Finał

Rekord Polski	3:45.71	STANCZYK Przemyslaw	00116	Chiba (JPN)	2007-08-21
Minimum Mistrzostwa wiata Seniorów	3:49.55				
Minimum Mistrzostwa wiata Juniorów	3:56.01				
Minimum Mistrzostwa Europy Juniorów	3:57.63				

Punkty: FINA 2013

Pozycja			Rok ur.			Czas	Pkt.
Finał A							
1.	ZABOROWSKI Filip SSz		94	MKP Szczecin		3:50.64	868
	50m: 27.11 27.11	150m: 1:25.38	29.15	250m: 2:23.37	28.79	350m: 3:21.51	29.16
	100m: 56.23 29.12	200m: 1:54.58	29.20	300m: 2:52.35	28.98	400m: 3:50.64	29.13
2.	KLICH Kacper SWr		94	AZS-AWF Katowice		3:52.65	846
	50m: 27.27 27.27	150m: 1:26.16	29.34	250m: 2:25.23	29.32	350m: 3:24.37	29.61
	100m: 56.82 29.55	200m: 1:55.91	29.75	300m: 2:54.76	29.53	400m: 3:52.65	28.28
3.	FURTEK Paweł SSz		95	MKP Szczecin		3:52.76	845
	<i>minimum M w. Jun, minimum MEJ</i>						
	50m: 27.49 27.49	150m: 1:26.65	29.56	250m: 2:26.01	29.49	350m: 3:24.82	29.21
	100m: 57.09 29.60	200m: 1:56.52	29.87	300m: 2:55.61	29.60	400m: 3:52.76	27.94
4.	KACZMARSKI Marcin SSz		94	KSZO Ostrowiec		3:52.97	842
	50m: 27.19 27.19	150m: 1:26.04	29.57	250m: 2:25.47	29.72	350m: 3:24.87	29.75
	100m: 56.47 29.28	200m: 1:55.75	29.71	300m: 2:55.12	29.65	400m: 3:52.97	28.10
5.	SZUBA Michał		93	WKS I sk Wrocław		3:54.06	831
	<i>minimum Uniwersjada</i>						
	50m: 27.26 27.26	150m: 1:25.71	29.39	250m: 2:24.63	29.35	350m: 3:24.54	30.20
	100m: 56.32 29.06	200m: 1:55.28	29.57	300m: 2:54.34	29.71	400m: 3:54.06	29.52
6.	LASSEK Bartłomiej		94	MKS Trójka Łód		3:56.94	801
	50m: 27.29 27.29	150m: 1:26.45	29.62	250m: 2:26.50	29.95	350m: 3:27.53	30.42
	100m: 56.83 29.54	200m: 1:56.55	30.10	300m: 2:57.11	30.61	400m: 3:56.94	29.41
7.	WOJDAK Wojciech SO		96	BOSiR SP Brzesko		3:57.00	800
	<i>minimum MEJ</i>						
	50m: 26.98 26.98	150m: 1:26.18	29.67	250m: 2:26.14	29.75	350m: 3:26.81	30.42
	100m: 56.51 29.53	200m: 1:56.39	30.21	300m: 2:56.39	30.25	400m: 3:57.00	30.19
8.	PIELOWSKI Krzysztof		91	AZS UWM Olsztyn		3:58.83	782
	50m: 27.51 27.51	150m: 1:26.92	29.75	250m: 2:27.18	30.06	350m: 3:28.52	30.90
	100m: 57.17 29.66	200m: 1:57.12	30.20	300m: 2:57.62	30.44	400m: 3:58.83	30.31
9.	KU WIK Maciej SSz		96	WKS I sk Wrocław		4:00.60	765
	50m: 27.79 27.79	150m: 1:27.51	30.06	250m: 2:28.17	30.29	350m: 3:29.96	31.18
	100m: 57.45 29.66	200m: 1:57.88	30.37	300m: 2:58.78	30.61	400m: 4:00.60	30.64
10.	SMEJA Sławomir		94	MKS - Astoria Bydgoszcz		4:01.47	756
	50m: 28.03 28.03	150m: 1:28.23	30.00	250m: 2:29.57	30.74	350m: 3:31.56	30.94
	100m: 58.23 30.20	200m: 1:58.83	30.60	300m: 3:00.62	31.05	400m: 4:01.47	29.91
Finał B							
11.	GŁYK Wojciech		92	AZS-AWF Katowice		3:59.67	774
	50m: 28.30 28.30	150m: 1:28.37	29.93	250m: 2:28.43	29.99	350m: 3:29.32	30.60
	100m: 58.44 30.14	200m: 1:58.44	30.07	300m: 2:58.72	30.29	400m: 3:59.67	30.35
12.	BI Daniel		95	UKS "G-8 Bielany" Warszawa		4:01.64	755
	50m: 28.63 28.63	150m: 1:29.19	30.41	250m: 2:30.53	30.66	350m: 3:31.74	30.38
	100m: 58.78 30.15	200m: 1:59.87	30.68	300m: 3:01.36	30.83	400m: 4:01.64	29.90
13.	BOR Radosław SZG		93	Korner Zielona Góra		4:04.14	732
	50m: 28.04 28.04	150m: 1:29.03	30.45	250m: 2:29.89	30.59	350m: 3:33.18	31.73
	100m: 58.58 30.54	200m: 1:59.30	30.27	300m: 3:01.45	31.56	400m: 4:04.14	30.96
14.	WIAK Jakub		95	UKS Olimpijczyk		4:04.56	728
	50m: 28.39 28.39	150m: 1:28.98	30.53	250m: 2:31.07	31.21	350m: 3:34.04	31.46
	100m: 58.45 30.06	200m: 1:59.86	30.88	300m: 3:02.58	31.51	400m: 4:04.56	30.52

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Pozycja	Rok ur.						Czas	Pkt.
15. STANISZEWSKI Adam	97	MKS Trójka Łód					4:04.98	724
50m: 28.61 28.61	150m: 1:31.28	31.54	250m: 2:34.02	31.30	350m: 3:36.44	30.93		
100m: 59.74 31.13	200m: 2:02.72	31.44	300m: 3:05.51	31.49	400m: 4:04.98	28.54		
16. GOLENIEC Łukasz SO	97	UKP Unia O wi cim					4:05.15	723
50m: 28.39 28.39	150m: 1:31.35	31.30	250m: 2:34.04	31.13	350m: 3:36.12	30.34		
100m: 1:00.05 31.66	200m: 2:02.91	31.56	300m: 3:05.78	31.74	400m: 4:05.15	29.03		
17. URBANIAK Jan Sp	95	KS Warta Pozna					4:05.56	719
50m: 28.59 28.59	150m: 1:30.74	31.23	250m: 2:33.32	31.13	350m: 3:36.17	31.37		
100m: 59.51 30.92	200m: 2:02.19	31.45	300m: 3:04.80	31.48	400m: 4:05.56	29.39		
18. JASZCZAK Wiktor	97	WKS I sk Wrocław					4:05.70	718
50m: 28.36 28.36	150m: 1:30.58	31.10	250m: 2:33.22	31.20	350m: 3:35.90	31.11		
100m: 59.48 31.12	200m: 2:02.02	31.44	300m: 3:04.79	31.57	400m: 4:05.70	29.80		
19. ARNDT Mateusz	98	KS Delfin Gdynia					4:06.40	712
50m: 28.67 28.67	150m: 1:31.79	31.39	250m: 2:34.50	30.90	350m: 3:36.87	31.02		
100m: 1:00.40 31.73	200m: 2:03.60	31.81	300m: 3:05.85	31.35	400m: 4:06.40	29.53		
20. BOROWICZ SKONECZNY Sylwester	92	AZS UWM Olsztyn					4:06.94	707
50m: 28.92 28.92	150m: 1:31.56	31.44	250m: 2:34.35	31.40	350m: 3:36.79	31.11		
100m: 1:00.12 31.20	200m: 2:02.95	31.39	300m: 3:05.68	31.33	400m: 4:06.94	30.15		