

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

Event 28
2013-06-15 - 18:35

Men, 400m Freestyle

Open
Results Finals

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				

Points: FINA 2013

Rank			YB					Time	Pts	
Final 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 Pawel 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 Michal		93	WKS Slask Wroclaw				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 Bartlomiej		94	MKS Trojka Lodz				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.	KUSWIK Maciej SSz		96	WKS Slask Wroclaw				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 Slawomir		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
Final B										
11.	GLYK 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.	BIS 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 Radoslaw SZG		93	Korner Zielona Gora				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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Event 28, Men, 400m Freestyle, Final, Open

Rank			YB						Time	Pts
15.	STANISZEWSKI Adam		97		MKS Trojka Lodz				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 Lukasz SO		97		UKP Unia Oswiecim				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 Poznan				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 Slask Wroclaw				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