

Zimowe Mistrzostwa Polski Seniorów i Młodzie ovców  
Lublin, 17- - 20-12-2015

Konkurencja 11 M czyzn, 400m dowolny OPEN  
2015-12-17 - 17:45 Wyniki Finał

Minimum - ME Londyn 2016 3:44.50  
Rekord Polski Seniorów 3:37.57 WOJDAK Wojciech 01006 Netanya (ISR) 2015-12-02

Punkty: FINA 2015

Pozycja			Wiek							Czas	Pkt.	
<b>Finał A</b>												
1.	WOJDAK Wojciech		19	Unia O wi cim						<b>3:40.36</b>	893	
	<i>Minimum ME Londyn 2016</i>											
	50m:	25.20	25.20	150m:	1:20.33	27.76	250m:	2:16.49	28.21	350m:	3:12.83	28.12
	100m:	52.57	27.37	200m:	1:48.28	27.95	300m:	2:44.71	28.22	400m:	3:40.36	27.53
2.	ZABOROWSKI Filip		21	MKP Szczecin						<b>3:40.37</b>	893	
	<i>Minimum ME Londyn 2016</i>											
	50m:	25.57	25.57	150m:	1:20.48	27.61	250m:	2:16.51	28.05	350m:	3:13.05	28.15
	100m:	52.87	27.30	200m:	1:48.46	27.98	300m:	2:44.90	28.39	400m:	3:40.37	27.32
3.	KLICH Kacper		21	I sk Wrocław						<b>3:40.57</b>	891	
	<i>Minimum ME Londyn 2016</i>											
	50m:	25.54	25.54	150m:	1:20.73	27.76	250m:	2:16.82	28.16	350m:	3:13.36	28.15
	100m:	52.97	27.43	200m:	1:48.66	27.93	300m:	2:45.21	28.39	400m:	3:40.57	27.21
4.	PIELOWSKI Krzysztof		24	Kormoran Olsztyn						<b>3:48.08</b>	805	
	50m:	26.77	26.77	150m:	1:23.76	28.59	250m:	2:21.87	28.99	350m:	3:19.64	28.79
	100m:	55.17	28.40	200m:	1:52.88	29.12	300m:	2:50.85	28.98	400m:	3:48.08	28.44
5.	BI Daniel		20	AZS AWF Warszawa						<b>3:49.45</b>	791	
	50m:	27.13	27.13	150m:	1:24.37	28.83	250m:	2:22.31	29.00	350m:	3:20.84	29.25
	100m:	55.54	28.41	200m:	1:53.31	28.94	300m:	2:51.59	29.28	400m:	3:49.45	28.61
6.	KASZTELAN Mateusz SOL		17	Kormoran Olsztyn						<b>3:49.79</b>	788	
	50m:	26.01	26.01	150m:	1:23.14	29.02	250m:	2:21.64	29.05	350m:	3:20.89	29.62
	100m:	54.12	28.11	200m:	1:52.59	29.45	300m:	2:51.27	29.63	400m:	3:49.79	28.90
7.	STEPIE Konrad		19	AZS AWF Warszawa						<b>3:50.13</b>	784	
	50m:	25.91	25.91	150m:	1:23.07	28.94	250m:	2:21.64	29.20	350m:	3:21.07	29.72
	100m:	54.13	28.22	200m:	1:52.44	29.37	300m:	2:51.35	29.71	400m:	3:50.13	29.06
8.	MŁYNARCZYK Karol		15	G-8 Bielany Warszawa						<b>3:51.31</b>	772	
	50m:	25.59	25.59	150m:	1:23.22	29.51	250m:	2:22.77	29.74	350m:	3:22.65	29.94
	100m:	53.71	28.12	200m:	1:53.03	29.81	300m:	2:52.71	29.94	400m:	3:51.31	28.66
9.	JURA Maciej		19	I sk Wrocław						<b>3:51.34</b>	772	
	50m:	26.54	26.54	150m:	1:24.19	28.74	250m:	2:22.76	29.40	350m:	3:22.56	30.17
	100m:	55.45	28.91	200m:	1:53.36	29.17	300m:	2:52.39	29.63	400m:	3:51.34	28.78
10.	ARNDT Mateusz		17	Delfin Gdynia						<b>3:52.27</b>	763	
	50m:	26.91	26.91	150m:	1:25.16	29.43	250m:	2:24.28	29.49	350m:	3:23.67	29.77
	100m:	55.73	28.82	200m:	1:54.79	29.63	300m:	2:53.90	29.62	400m:	3:52.27	28.60
<b>Finał B</b>												
11.	KĄLU Y SKI Antoni		16	Warszawianka						<b>3:50.44</b>	781	
	50m:	26.26	26.26	150m:	1:24.61	29.36	250m:	2:23.13	29.13	350m:	3:22.14	29.57
	100m:	55.25	28.99	200m:	1:54.00	29.39	300m:	2:52.57	29.44	400m:	3:50.44	28.30
12.	GRABCZAK Dawid		18	Wisła Puławy						<b>3:51.01</b>	775	
	50m:	26.30	26.30	150m:	1:24.15	29.07	250m:	2:22.69	29.10	350m:	3:22.34	29.80
	100m:	55.08	28.78	200m:	1:53.59	29.44	300m:	2:52.54	29.85	400m:	3:51.01	28.67
13.	GŁYK Wojciech		23	AZS AWF Katowice						<b>3:51.45</b>	771	
	50m:	26.60	26.60	150m:	1:23.96	28.94	250m:	2:22.54	29.23	350m:	3:21.96	29.82
	100m:	55.02	28.42	200m:	1:53.31	29.35	300m:	2:52.14	29.60	400m:	3:51.45	29.49
14.	STANISZEWSKI Adam SSz		18	MKP Szczecin						<b>3:52.75</b>	758	
	50m:	27.09	27.09	150m:	1:25.82	29.30	250m:	2:24.96	29.67	350m:	3:24.28	29.79
	100m:	56.52	29.43	200m:	1:55.29	29.47	300m:	2:54.49	29.53	400m:	3:52.75	28.47
15.	PARZYNOWSKI Wojciech		16	Olimpijczyk Aleksandrów Łódzki						<b>3:54.20</b>	744	
	50m:	26.82	26.82	150m:	1:25.29	29.36	250m:	2:25.03	29.88	350m:	3:24.94	30.09
	100m:	55.93	29.11	200m:	1:55.15	29.86	300m:	2:54.85	29.82	400m:	3:54.20	29.26

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Pozycja	Wiek						Czas	Pkt.
16. TOPOLSKI Arkadiusz SO	17 Unia O wi cim						<b>3:54.40</b>	742
50m: 25.96 25.96	150m: 1:23.78	29.14	250m: 2:22.99	29.72	350m: 3:24.45	31.10		
100m: 54.64 28.68	200m: 1:53.27	29.49	300m: 2:53.35	30.36	400m: 3:54.40	29.95		
17. JASZCZAK Wiktor	18 I sk Wrocław						<b>3:54.85</b>	738
50m: 26.92 26.92	150m: 1:25.86	29.69	250m: 2:25.90	30.09	350m: 3:26.01	29.98		
100m: 56.17 29.25	200m: 1:55.81	29.95	300m: 2:56.03	30.13	400m: 3:54.85	28.84		
18. KACZMARSKI Marcin	21 AZS AWF Warszawa						<b>3:55.62</b>	730
50m: 26.63 26.63	150m: 1:25.59	29.94	250m: 2:26.03	30.08	350m: 3:26.64	30.38		
100m: 55.65 29.02	200m: 1:55.95	30.36	300m: 2:56.26	30.23	400m: 3:55.62	28.98		
19. DERE Kacper	17 9 Dzier oniów						<b>3:56.03</b>	727
50m: 26.01 26.01	150m: 1:24.12	29.23	250m: 2:23.81	30.00	350m: 3:25.59	31.12		
100m: 54.89 28.88	200m: 1:53.81	29.69	300m: 2:54.47	30.66	400m: 3:56.03	30.44		
20. BUJAK Piotr	18 Salos Cortile Kielce						<b>3:59.35</b>	697
50m: 26.99 26.99	150m: 1:26.09	29.92	250m: 2:26.80	30.35	350m: 3:28.74	31.20		
100m: 56.17 29.18	200m: 1:56.45	30.36	300m: 2:57.54	30.74	400m: 3:59.35	30.61		