

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

Konkurencja 19 M czyzn, 400m zmienny OPEN
2015-12-18 - 9:37 Wyniki Eliminacje

Minimum - ME Londyn 2016 4:10.38
Rekord Polski Seniorów 4:03.20 WOJT Lukasz POL Berlin (GER) 2009-11-14

Punkty: FINA 2015

Pozycja			Wiek					Czas	Pkt.
1.	WOJDAK Wojciech	19	Unia O wi cim				4:16.46	774 A	
	50m: 27.06 27.06	150m: 1:30.48	32.12	250m: 2:39.56	36.82	350m: 3:47.21	30.23		
	100m: 58.36 31.30	200m: 2:02.74	32.26	300m: 3:16.98	37.42	400m: 4:16.46	29.25		
2.	KUBKOWSKI Bartłomiej	20	Kormoran Olsztyn				4:18.47	756 A	
	50m: 27.97 27.97	150m: 1:33.52	33.96	250m: 2:41.56	35.67	350m: 3:48.96	31.12		
	100m: 59.56 31.59	200m: 2:05.89	32.37	300m: 3:17.84	36.28	400m: 4:18.47	29.51		
	ZBUTOWICZ Karol SOL	17	Kormoran Olsztyn				4:18.47	756 A	
	50m: 28.36 28.36	150m: 1:34.15	33.62	250m: 2:42.16	36.06	350m: 3:49.15	31.30		
	100m: 1:00.53 32.17	200m: 2:06.10	31.95	300m: 3:17.85	35.69	400m: 4:18.47	29.32		
4.	SZWEDZKI Dawid	21	I sk Wrocław				4:20.25	740 A	
	50m: 28.06 28.06	150m: 1:33.67	33.36	250m: 2:43.04	36.63	350m: 3:50.73	30.92		
	100m: 1:00.31 32.25	200m: 2:06.41	32.74	300m: 3:19.81	36.77	400m: 4:20.25	29.52		
5.	W GROWSKI Marcel	16	Olimpijczyk Aleksandrów Łódzki				4:20.63	737 A	
	50m: 27.23 27.23	150m: 1:30.94	32.42	250m: 2:40.49	37.50	350m: 3:50.19	31.73		
	100m: 58.52 31.29	200m: 2:02.99	32.05	300m: 3:18.46	37.97	400m: 4:20.63	30.44		
6.	DUBIEL Adam	22	AZS AWF Warszawa				4:20.72	736 A	
	50m: 27.75 27.75	150m: 1:31.52	32.35	250m: 2:41.01	37.33	350m: 3:50.00	31.21		
	100m: 59.17 31.42	200m: 2:03.68	32.16	300m: 3:18.79	37.78	400m: 4:20.72	30.72		
7.	CHMIELEWSKI Jakub	16	I sk Wrocław				4:21.10	733 A	
	50m: 28.32 28.32	150m: 1:33.39	33.11	250m: 2:43.52	37.69	350m: 3:51.85	30.56		
	100m: 1:00.28 31.96	200m: 2:05.83	32.44	300m: 3:21.29	37.77	400m: 4:21.10	29.25		
8.	SOBCZYK Maciej	20	AZS AGH Kraków				4:21.47	730 A	
	50m: 28.61 28.61	150m: 1:35.10	33.52	250m: 2:44.19	36.56	350m: 3:52.18	30.92		
	100m: 1:01.58 32.97	200m: 2:07.63	32.53	300m: 3:21.26	37.07	400m: 4:21.47	29.29		
9.	ZACZY SKI Karol	24	I sk Wrocław				4:22.52	721 A	
	50m: 27.58 27.58	150m: 1:33.21	33.74	250m: 2:43.08	37.25	350m: 3:52.68	31.48		
	100m: 59.47 31.89	200m: 2:05.83	32.62	300m: 3:21.20	38.12	400m: 4:22.52	29.84		
10.	PIETRZAK Dawid SSz	18	MKP Szczecin				4:22.80	719 A	
	50m: 27.87 27.87	150m: 1:34.32	34.16	250m: 2:45.55	37.86	350m: 3:53.88	30.95		
	100m: 1:00.16 32.29	200m: 2:07.69	33.37	300m: 3:22.93	37.38	400m: 4:22.80	28.92		
11.	ULATOWSKI Wojciech SOL	17	Unia O wi cim				4:25.01	701 B	
	50m: 28.46 28.46	150m: 1:35.71	34.69	250m: 2:47.03	37.88	350m: 3:55.29	29.97		
	100m: 1:01.02 32.56	200m: 2:09.15	33.44	300m: 3:25.32	38.29	400m: 4:25.01	29.72		
12.	KŁOS Grzegorz	20	AZS AWF Katowice				4:26.84	687 B	
	50m: 28.57 28.57	150m: 1:35.59	34.39	250m: 2:46.59	36.57	350m: 3:55.79	31.09		
	100m: 1:01.20 32.63	200m: 2:10.02	34.43	300m: 3:24.70	38.11	400m: 4:26.84	31.05		
13.	BUJAK Dominik	16	Salos Cortile Kielce				4:26.90	686 B	
	50m: 28.29 28.29	150m: 1:34.62	33.59	250m: 2:46.03	38.26	350m: 3:56.40	31.45		
	100m: 1:01.03 32.74	200m: 2:07.77	33.15	300m: 3:24.95	38.92	400m: 4:26.90	30.50		
14.	GOLI SKI Patryk SK	18	Jordan Kraków				4:27.48	682 B	
	50m: 28.57 28.57	150m: 1:36.91	34.81	250m: 2:49.10	38.56	350m: 3:58.32	30.53		
	100m: 1:02.10 33.53	200m: 2:10.54	33.63	300m: 3:27.79	38.69	400m: 4:27.48	29.16		
15.	CZARNOTA Mateusz	24	Unia O wi cim				4:28.02	678 B	
	50m: 28.23 28.23	150m: 1:35.53	34.64	250m: 2:46.65	37.55	350m: 3:56.88	31.83		
	100m: 1:00.89 32.66	200m: 2:09.10	33.57	300m: 3:25.05	38.40	400m: 4:28.02	31.14		
16.	ŁAPOT Radosław SR	16	MOS Katowice				4:28.06	678 B	
	50m: 28.37 28.37	150m: 1:34.54	33.25	250m: 2:45.53	38.02	350m: 3:56.57	32.12		
	100m: 1:01.29 32.92	200m: 2:07.51	32.97	300m: 3:24.45	38.92	400m: 4:28.06	31.49		

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Pozycja					Wiek					Czas	Pkt.	
17.	GRABCZAK Dawid				18	Wisła Puławy				4:28.75	672	B
	50m:	28.52	28.52	150m:	1:37.03	36.18	250m:	2:49.93	38.11	350m:	3:59.83	30.77
	100m:	1:00.85	32.33	200m:	2:11.82	34.79	300m:	3:29.06	39.13	400m:	4:28.75	28.92
18.	OLENDER Karol				19	AZS AWFIS Gda sk				4:29.70	665	B
	50m:	28.52	28.52	150m:	1:35.65	34.82	250m:	2:49.05	38.91	350m:	3:59.31	30.90
	100m:	1:00.83	32.31	200m:	2:10.14	34.49	300m:	3:28.41	39.36	400m:	4:29.70	30.39
19.	KAŁUSOWSKI Jan				15	Trójka Łód				4:30.15	662	B
	50m:	28.09	28.09	150m:	1:35.13	35.10	250m:	2:47.48	37.25	350m:	3:58.31	32.89
	100m:	1:00.03	31.94	200m:	2:10.23	35.10	300m:	3:25.42	37.94	400m:	4:30.15	31.84
20.	DOBRZY SKI Tomasz				17	G-8 Bielany Warszawa				4:30.23	661	B
	50m:	28.45	28.45	150m:	1:35.19	34.77	250m:	2:48.74	39.07	350m:	4:00.12	31.91
	100m:	1:00.42	31.97	200m:	2:09.67	34.48	300m:	3:28.21	39.47	400m:	4:30.23	30.11
21.	POWRO NIK Konrad				18	MOS D browa Górnicza				4:30.50	659	R
	50m:	28.14	28.14	150m:	1:35.06	34.18	250m:	2:48.10	39.11	350m:	3:59.05	31.23
	100m:	1:00.88	32.74	200m:	2:08.99	33.93	300m:	3:27.82	39.72	400m:	4:30.50	31.45
22.	B CZKOWSKI Bartosz				18	Polonia Warszawa				4:31.08	655	R
	50m:	29.73	29.73	150m:	1:37.91	34.23	250m:	2:49.94	38.11	350m:	4:00.62	32.13
	100m:	1:03.68	33.95	200m:	2:11.83	33.92	300m:	3:28.49	38.55	400m:	4:31.08	30.46
23.	PECYNA Maciej				16	IKS Konstancin				4:32.47	645	
	50m:	28.95	28.95	150m:	1:36.77	35.09	250m:	2:49.82	38.62	350m:	4:01.06	32.87
	100m:	1:01.68	32.73	200m:	2:11.20	34.43	300m:	3:28.19	38.37	400m:	4:32.47	31.41
24.	STEC Adam SSz				18	MKP Szczecin				4:32.77	643	
	50m:	28.74	28.74	150m:	1:34.94	33.77	250m:	2:47.69	39.47	350m:	4:00.73	32.34
	100m:	1:01.17	32.43	200m:	2:08.22	33.28	300m:	3:28.39	40.70	400m:	4:32.77	32.04
25.	GAWRON Oskar				16	I sk Wrocław				4:33.18	640	
	50m:	28.18	28.18	150m:	1:35.52	34.85	250m:	2:48.28	38.18	350m:	4:00.69	33.86
	100m:	1:00.67	32.49	200m:	2:10.10	34.58	300m:	3:26.83	38.55	400m:	4:33.18	32.49
26.	LECHOWICZ Filip SO				18	Korona Kraków				4:33.45	638	
	50m:	28.81	28.81	150m:	1:39.13	35.74	250m:	2:51.14	38.09	350m:	4:03.33	32.72
	100m:	1:03.39	34.58	200m:	2:13.05	33.92	300m:	3:30.61	39.47	400m:	4:33.45	30.12
27.	KEMPA Mikołaj SO				16	MMKS K dzierzyn-Ko le				4:33.46	638	
	50m:	28.75	28.75	150m:	1:36.90	35.46	250m:	2:50.53	38.93	350m:	4:02.27	32.24
	100m:	1:01.44	32.69	200m:	2:11.60	34.70	300m:	3:30.03	39.50	400m:	4:33.46	31.19
28.	PALMI-KUKIEŁKO Mieszko				22	I sk Wrocław				4:33.80	636	
	50m:	28.21	28.21	150m:	1:36.01	35.15	250m:	2:50.67	39.42	350m:	4:02.93	31.91
	100m:	1:00.86	32.65	200m:	2:11.25	35.24	300m:	3:31.02	40.35	400m:	4:33.80	30.87
29.	KURLETO Piotr				15	Korona Kraków				4:33.98	635	
	50m:	29.04	29.04	150m:	1:37.06	34.88	250m:	2:50.55	38.50	350m:	4:02.13	32.97
	100m:	1:02.18	33.14	200m:	2:12.05	34.99	300m:	3:29.16	38.61	400m:	4:33.98	31.85
30.	MA KA Filip				15	UKS 190 Łód				4:35.20	626	
	50m:	29.76	29.76	150m:	1:37.13	33.87	250m:	2:50.84	39.69	350m:	4:03.24	32.66
	100m:	1:03.26	33.50	200m:	2:11.15	34.02	300m:	3:30.58	39.74	400m:	4:35.20	31.96
31.	BODZIOCH Andrzej SSz				17	MKP Szczecin				4:36.08	620	
	50m:	29.16	29.16	150m:	1:37.45	34.00	250m:	2:50.39	39.05	350m:	4:03.47	32.83
	100m:	1:03.45	34.29	200m:	2:11.34	33.89	300m:	3:30.64	40.25	400m:	4:36.08	32.61
32.	JAWORSKI Norbert SOc				17	Unia Busko Zdrój				4:36.57	617	
	50m:	29.83	29.83	150m:	1:38.72	35.05	250m:	2:51.88	38.39	350m:	4:05.04	34.13
	100m:	1:03.67	33.84	200m:	2:13.49	34.77	300m:	3:30.91	39.03	400m:	4:36.57	31.53
33.	S CZEK Szymon				16	Trójka Łód				4:37.29	612	
	50m:	29.19	29.19	150m:	1:37.40	34.27	250m:	2:52.10	41.52	350m:	4:07.09	32.64
	100m:	1:03.13	33.94	200m:	2:10.58	33.18	300m:	3:34.45	42.35	400m:	4:37.29	30.20
34.	BŁASZCZYK Kacper				15	Olimpijczyk Aleksandrów Łódzki				4:37.54	610	
	50m:	29.58	29.58	150m:	1:40.21	36.60	250m:	2:54.17	38.31	350m:	4:06.53	33.97
	100m:	1:03.61	34.03	200m:	2:15.86	35.65	300m:	3:32.56	38.39	400m:	4:37.54	31.01

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Pozycja			Wiek					Czas	Pkt.
35.	BARUSI SKI Kordian		14	Korona-Swim Kielce				4:37.84	608
	50m: 29.27 29.27	150m: 1:37.84	35.16	250m: 2:52.69	39.54	350m: 4:06.11	32.83		
	100m: 1:02.68 33.41	200m: 2:13.15	35.31	300m: 3:33.28	40.59	400m: 4:37.84	31.73		
36.	JAROSZ Dawid SWwa		16	Wodnik Ko skie				4:39.60	597
	50m: 28.85 28.85	150m: 1:37.62	35.43	250m: 2:54.64	41.46	350m: 4:08.91	32.67		
	100m: 1:02.19 33.34	200m: 2:13.18	35.56	300m: 3:36.24	41.60	400m: 4:39.60	30.69		
37.	KUCZAK Adam SZG		15	Korner Zielona Góra				4:40.19	593
	50m: 31.18 31.18	150m: 1:40.80	33.72	250m: 2:54.79	40.92	350m: 4:08.52	32.82		
	100m: 1:07.08 35.90	200m: 2:13.87	33.07	300m: 3:35.70	40.91	400m: 4:40.19	31.67		
38.	WO NIAK Maciej		15	UKS 190 Łód				4:41.51	585
	50m: 29.45 29.45	150m: 1:38.76	35.86	250m: 2:55.34	41.70	350m: 4:09.65	32.20		
	100m: 1:02.90 33.45	200m: 2:13.64	34.88	300m: 3:37.45	42.11	400m: 4:41.51	31.86		
39.	CZOP Michał		15	MTS Kwidzyn				4:42.43	579
	50m: 30.14 30.14	150m: 1:39.99	35.94	250m: 2:54.74	39.21	350m: 4:08.80	33.45		
	100m: 1:04.05 33.91	200m: 2:15.53	35.54	300m: 3:35.35	40.61	400m: 4:42.43	33.63		
40.	DOMA SKI Kamil		15	Olimpijczyk Aleksandrów Łódzki				4:42.60	578
	50m: 30.18 30.18	150m: 1:40.64	35.84	250m: 2:57.60	40.97	350m: 4:12.25	32.81		
	100m: 1:04.80 34.62	200m: 2:16.63	35.99	300m: 3:39.44	41.84	400m: 4:42.60	30.35		
41.	KUBIAK Bartłomiej		16	Włóknierz 1925 Kalisz				4:44.28	568
	50m: 29.89 29.89	150m: 1:41.91	36.06	250m: 2:57.02	39.57	350m: 4:11.28	33.53		
	100m: 1:05.85 35.96	200m: 2:17.45	35.54	300m: 3:37.75	40.73	400m: 4:44.28	33.00		
42.	CZOP Filip		15	MTS Kwidzyn				4:46.16	557
	50m: 30.04 30.04	150m: 1:43.02	37.97	250m: 2:57.08	38.03	350m: 4:11.68	35.70		
	100m: 1:05.05 35.01	200m: 2:19.05	36.03	300m: 3:35.98	38.90	400m: 4:46.16	34.48		
43.	JAWORSKI Szymon		14	Salmo ory				4:47.08	552
	50m: 28.92 28.92	150m: 1:40.23	36.35	250m: 2:58.73	42.49	350m: 4:15.01	33.33		
	100m: 1:03.88 34.96	200m: 2:16.24	36.01	300m: 3:41.68	42.95	400m: 4:47.08	32.07		
44.	LENARTOWICZ Kacper		16	IKS Konstancin				4:48.32	544
	50m: 28.98 28.98	150m: 1:39.46	37.02	250m: 2:57.80	41.89	350m: 4:15.27	33.66		
	100m: 1:02.44 33.46	200m: 2:15.91	36.45	300m: 3:41.61	43.81	400m: 4:48.32	33.05		
45.	RYBARCZYK Adam		15	IKS Konstancin				4:53.24	517
	50m: 30.14 30.14	150m: 1:45.34	38.82	250m: 3:04.07	41.16	350m: 4:20.07	34.37		
	100m: 1:06.52 36.38	200m: 2:22.91	37.57	300m: 3:45.70	41.63	400m: 4:53.24	33.17		
46.	PAJ K Bartosz		14	BUKS Warszawa				4:53.76	515
	50m: 30.11 30.11	150m: 1:44.23	37.70	250m: 3:03.68	42.65	350m: 4:21.53	34.01		
	100m: 1:06.53 36.42	200m: 2:21.03	36.80	300m: 3:47.52	43.84	400m: 4:53.76	32.23		
47.	WIATR Krzysztof		15	IKS Konstancin				4:53.95	514
	50m: 31.05 31.05	150m: 1:46.19	38.93	250m: 3:03.77	39.41	350m: 4:20.10	35.91		
	100m: 1:07.26 36.21	200m: 2:24.36	38.17	300m: 3:44.19	40.42	400m: 4:53.95	33.85		
48.	R BACZ Maciej		15	G-8 Bielany Warszawa				4:55.87	504
	50m: 30.89 30.89	150m: 1:44.57	38.75	250m: 3:02.22	39.51	350m: 4:20.38	36.96		
	100m: 1:05.82 34.93	200m: 2:22.71	38.14	300m: 3:43.42	41.20	400m: 4:55.87	35.49		
49.	DUBIEL Kornel		14	abianka Gda sk				4:56.25	502
	50m: 31.49 31.49	150m: 1:46.12	37.60	250m: 3:04.76	42.44	350m: 4:22.16	34.96		
	100m: 1:08.52 37.03	200m: 2:22.32	36.20	300m: 3:47.20	42.44	400m: 4:56.25	34.09		
50.	URAWSKI Marcel		14	Sambor Tczew				4:56.38	501
	50m: 31.13 31.13	150m: 1:46.93	39.38	250m: 3:06.30	40.09	350m: 4:22.22	36.17		
	100m: 1:07.55 36.42	200m: 2:26.21	39.28	300m: 3:46.05	39.75	400m: 4:56.38	34.16		
51.	SKUBA Marcin		17	Orka Zamo				4:58.20	492
	50m: 30.49 30.49	150m: 1:44.32	37.90	250m: 3:04.68	43.27	350m: 4:24.31	35.37		
	100m: 1:06.42 35.93	200m: 2:21.41	37.09	300m: 3:48.94	44.26	400m: 4:58.20	33.89		
52.	WO NIAK Kamil		14	Wisła Puławy				5:14.59	419
	50m: 32.57 32.57	150m: 1:53.84	43.40	250m: 3:18.48	44.03	350m: 4:39.91	36.52		
	100m: 1:10.44 37.87	200m: 2:34.45	40.61	300m: 4:03.39	44.91	400m: 5:14.59	34.68		

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Pozycja	Wiek		Czas		Pkt.
DYSKW. G SIOR Patryk	21	AZS AWF Warszawa	4:27.75		
<i>K16 - Niejednoczesne dotkni cie ciany dło mi przy nawrocie lub na zako czenie wy cigu</i>					
50m:	28.07	28.07	150m:	1:34.16	33.57
100m:	1:00.59	32.52	200m:	2:07.61	33.45
			250m:	2:45.05	37.44
			300m:	3:24.03	38.98
			350m:	3:56.37	32.34
			400m:	4:27.75	31.38
DYSKW. KIJEWSKI Kasper	16	Salos Cortile Kielce	4:30.79		
<i>K16 - Niejednoczesne dotkni cie ciany dło mi przy nawrocie lub na zako czenie wy cigu</i>					
50m:	28.39	28.39	150m:	1:35.60	34.17
100m:	1:01.43	33.04	200m:	2:09.37	33.77
			250m:	2:48.62	39.25
			300m:	3:28.64	40.02
			350m:	4:00.15	31.51
			400m:	4:30.79	30.64
DYSKW. BRODOWSKI Jakub	18	Słowianka Gorzów Wlkp.	4:36.81		
<i>K14 - Praca nóg w płaszczy nie pionowej w dół</i>					
50m:	28.38	28.38	150m:	1:37.04	35.25
100m:	1:01.79	33.41	200m:	2:11.69	34.65
			250m:	2:50.90	39.21
			300m:	3:31.41	40.51
			350m:	4:04.43	33.02
			400m:	4:36.81	32.38