

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

Konkurencja 19
2015-12-18 - 17:55

M czyzn, 400m zmienny

OPEN
Wyniki Finał

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.
Finał A									
1.	SZWEDZKI Dawid		21	I sk Wrocław				4:12.19	814
	50m:	26.96 26.96	150m:	1:30.63 32.55	250m:	2:37.80 35.34	350m:	3:43.22 30.05	
	100m:	58.08 31.12	200m:	2:02.46 31.83	300m:	3:13.17 35.37	400m:	4:12.19 28.97	
2.	WOJDAK Wojciech		19	Unia O wi cim				4:12.40	812
	50m:	27.06 27.06	150m:	1:31.58 33.39	250m:	2:40.30 35.90	350m:	3:45.20 28.59	
	100m:	58.19 31.13	200m:	2:04.40 32.82	300m:	3:16.61 36.31	400m:	4:12.40 27.20	
3.	W GROWSKI Marcel		16	Olimpijczyk Aleksandrów Łódzki				4:12.62	810
	<i>wynik lepszy od rekordu Polski juniorów 16 lat</i>								
	50m:	26.48 26.48	150m:		250m:	2:36.97 36.18	350m:	3:43.40 30.05	
	100m:	57.20 30.72	200m:	2:00.79	300m:	3:13.35 36.38	400m:	4:12.62 29.22	
4.	ZBUTOWICZ Karol SOL		17	Kormoran Olsztyn				4:12.92	807
	50m:	27.23 27.23	150m:	1:30.76 32.43	250m:	2:37.70 35.52	350m:	3:43.75 30.18	
	100m:	58.33 31.10	200m:	2:02.18 31.42	300m:	3:13.57 35.87	400m:	4:12.92 29.17	
5.	ZACZY SKI Karol		24	I sk Wrocław				4:14.77	789
	50m:	26.64 26.64	150m:	1:30.11 32.62	250m:	2:38.22 35.80	350m:	3:46.05 30.84	
	100m:	57.49 30.85	200m:	2:02.42 32.31	300m:	3:15.21 36.99	400m:	4:14.77 28.72	
6.	DUBIEL Adam		22	AZS AWF Warszawa				4:15.08	786
	50m:	26.85 26.85	150m:	1:29.82 31.90	250m:	2:38.13 36.55	350m:	3:45.57 29.93	
	100m:	57.92 31.07	200m:	2:01.58 31.76	300m:	3:15.64 37.51	400m:	4:15.08 29.51	
7.	KUBKOWSKI Bartłomiej		20	Kormoran Olsztyn				4:15.34	784
	50m:	27.31 27.31	150m:	1:31.76 33.30	250m:	2:39.47 35.24	350m:	3:45.17 29.86	
	100m:	58.46 31.15	200m:	2:04.23 32.47	300m:	3:15.31 35.84	400m:	4:15.34 30.17	
8.	CHMIELEWSKI Jakub		16	I sk Wrocław				4:19.62	746
	50m:	27.72 27.72	150m:	1:33.20 33.56	250m:	2:43.41 37.66	350m:	3:50.77 29.86	
	100m:	59.64 31.92	200m:	2:05.75 32.55	300m:	3:20.91 37.50	400m:	4:19.62 28.85	
9.	SOBCZYK Maciej		20	AZS AGH Kraków				4:22.72	720
	50m:	28.51 28.51	150m:	1:33.63 33.13	250m:	2:43.88 37.68	350m:	3:53.43 31.78	
	100m:	1:00.50 31.99	200m:	2:06.20 32.57	300m:	3:21.65 37.77	400m:	4:22.72 29.29	
10.	PIETRZAK Dawid SSz		18	MKP Szczecin				4:22.84	719
	50m:	27.51 27.51	150m:	1:32.36 32.72	250m:	2:43.32 38.68	350m:	3:53.14 31.34	
	100m:	59.64 32.13	200m:	2:04.64 32.28	300m:	3:21.80 38.48	400m:	4:22.84 29.70	
Finał B									
11.	BUJAK Dominik		16	Salos Cortile Kielce				4:22.27	723
	50m:	28.19 28.19	150m:	1:34.58 33.29	250m:	2:45.53 37.98	350m:	3:53.71 29.84	
	100m:	1:01.29 33.10	200m:	2:07.55 32.97	300m:	3:23.87 38.34	400m:	4:22.27 28.56	
12.	KAŁUSOWSKI Jan		15	Trójka Łód				4:23.69	712
	<i>wynik lepszy od rekordu Polski junioró 15 lat</i>								
	50m:	28.39 28.39	150m:	1:35.34 34.72	250m:	2:46.14 36.27	350m:	3:53.84 31.18	
	100m:	1:00.62 32.23	200m:	2:09.87 34.53	300m:	3:22.66 36.52	400m:	4:23.69 29.85	
13.	CZARNOTA Mateusz		24	Unia O wi cim				4:24.96	702
	50m:	28.69 28.69	150m:	1:36.21 34.58	250m:	2:46.30 36.32	350m:	3:54.98 31.37	
	100m:	1:01.63 32.94	200m:	2:09.98 33.77	300m:	3:23.61 37.31	400m:	4:24.96 29.98	
14.	GRABCZAK Dawid		18	Wisła Puławy				4:25.13	700
	50m:	27.63 27.63	150m:	1:35.60 35.67	250m:	2:47.04 37.46	350m:	3:56.20 31.01	
	100m:	59.93 32.30	200m:	2:09.58 33.98	300m:	3:25.19 38.15	400m:	4:25.13 28.93	
15.	POWRO NIK Konrad		18	MOS D browa Górnicza				4:26.95	686
	<i>wynik lepszy od rekordu Europy niestysz cych</i>								
	50m:	28.64 28.64	150m:	1:35.80 34.30	250m:	2:47.01 37.45	350m:	3:56.12 30.80	
	100m:	1:01.50 32.86	200m:	2:09.56 33.76	300m:	3:25.32 38.31	400m:	4:26.95 30.83	

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Pozycja			Wiek						Czas	Pkt.
16.	ULATOWSKI Wojciech SOL		17	Unia O wi cim				4:27.05	685	
	50m:	28.20 28.20	150m:	1:34.04 33.32	250m:	2:44.87 37.89	350m:	3:55.43 31.77		
	100m:	1:00.72 32.52	200m:	2:06.98 32.94	300m:	3:23.66 38.79	400m:	4:27.05 31.62		
17.	OLENDER Karol		19	AZS AWFIS Gda sk				4:27.61	681	
	50m:	28.89 28.89	150m:	1:36.28 34.63	250m:	2:48.58 38.19	350m:	3:57.95 30.38		
	100m:	1:01.65 32.76	200m:	2:10.39 34.11	300m:	3:27.57 38.99	400m:	4:27.61 29.66		
18.	DOBRZY SKI Tomasz		17	G-8 Bielany Warszawa				4:30.41	660	
	50m:	29.22 29.22	150m:	1:38.23 35.04	250m:	2:50.70 37.57	350m:	4:00.59 31.76		
	100m:	1:03.19 33.97	200m:	2:13.13 34.90	300m:	3:28.83 38.13	400m:	4:30.41 29.82		
19.	ŁAPOT Radosław SR		16	MOS Katowice				4:31.89	649	
	50m:	28.16 28.16	150m:	1:35.12 33.77	250m:	2:46.99 38.56	350m:	3:59.96 33.17		
	100m:	1:01.35 33.19	200m:	2:08.43 33.31	300m:	3:26.79 39.80	400m:	4:31.89 31.93		
20.	B CZKOWSKI Bartosz		18	Polonia Warszawa				4:33.65	637	
	50m:	30.19 30.19	150m:	1:38.81 34.62	250m:	2:51.80 38.35	350m:	4:02.84 31.98		
	100m:	1:04.19 34.00	200m:	2:13.45 34.64	300m:	3:30.86 39.06	400m:	4:33.65 30.81		