

2017 Główne Mistrzostwa Polski Seniorów i Młodzie owców  
Lublin, 18. - 21.5.2017

Event 18  
19.05.2017 - 11:37

Men, 400m Medley

14 years and older  
Results Prelim

Rekord Polski 4:12.28 MATCZAK Mateusz 00905 Belgrade (SRB) 11.07.2009

Points: FINA 2017

Rank	Age				Time	Pts	RT
1.	BUJAK Dominik	18	Salos Cortile Kielce	<b>4:23.39</b>	793	+0,67	
	<i>MINIMUM - ME JUNIORÓW NETANYA, MINIMUM - M JUNIORÓW INDIANAPOLIS</i>						
	50m: 28.61 28.61	150m: 1:34.53 33.90	250m: 2:45.03 37.40	350m: 3:53.78 30.63			
	100m: 1:00.63 32.02	200m: 2:07.63 33.10	300m: 3:23.15 38.12	400m: 4:23.39 29.61			
2.	SZWEDZKI Dawid	23	Slask Wroclaw	<b>4:25.71</b>	772	+0,74	
	50m: 27.92 27.92	150m: 1:34.60 34.60	250m: 2:44.64 36.48	350m: 3:53.74 32.42			
	100m: 1:00.00 32.08	200m: 2:08.16 33.56	300m: 3:21.32 36.68	400m: 4:25.71 31.97			
3.	KALUSOWSKI Jan	17	Trojka Lodz	<b>4:26.12</b>	769	+0,63	
	<i>MINIMUM - ME JUNIORÓW NETANYA</i>						
	50m: 28.35 28.35	150m: 1:36.05 34.95	250m: 2:47.63 36.88	350m: 3:55.92 30.76			
	100m: 1:01.10 32.75	200m: 2:10.75 34.70	300m: 3:25.16 37.53	400m: 4:26.12 30.20			
4.	WAGROWSKI Marcel	18	Olimpijczyk Aleksandrow Lodz.	<b>4:31.16</b>	727	+0,76	
	50m: 27.62 27.62	150m: 1:34.26 34.80	250m: 2:47.71 38.70	350m: 3:59.34 32.51			
	100m: 59.46 31.84	200m: 2:09.01 34.75	300m: 3:26.83 39.12	400m: 4:31.16 31.82			
5.	KOZIEJKO Bartłomiej SOL	17	Kormoran Olsztyn	<b>4:31.26</b>	726	+0,71	
	50m: 28.91 28.91	150m: 1:37.49 35.93	250m: 2:51.63 38.63	350m: 4:01.56 30.96			
	100m: 1:01.56 32.65	200m: 2:13.00 35.51	300m: 3:30.60 38.97	400m: 4:31.26 29.70			
6.	KUBKOWSKI Bartłomiej	22	Kormoran Olsztyn	<b>4:31.73</b>	722	+0,89	
	50m: 28.97 28.97	150m: 1:37.79 36.15	250m: 2:50.57 37.33	350m: 3:59.79 31.61			
	100m: 1:01.64 32.67	200m: 2:13.24 35.45	300m: 3:28.18 37.61	400m: 4:31.73 31.94			
7.	ZBUTOWICZ Karol SOL	19	Kormoran Olsztyn	<b>4:32.66</b>	715	+0,68	
	50m: 28.93 28.93	150m: 1:38.35 36.22	250m: 2:51.28 37.82	350m: 4:01.60 32.60			
	100m: 1:02.13 33.20	200m: 2:13.46 35.11	300m: 3:29.00 37.72	400m: 4:32.66 31.06			
8.	LECHOWICZ Filip	20	AZS AGH Krakow	<b>4:32.69</b>	715	+0,74	
	50m: 28.70 28.70	150m: 1:37.93 35.46	250m: 2:49.72 38.05	350m: 4:01.66 33.24			
	100m: 1:02.47 33.77	200m: 2:11.67 33.74	300m: 3:28.42 38.70	400m: 4:32.69 31.03			
9.	HOJDA Bartłomiej SO	19	Unia Oswiecim	<b>4:34.73</b>	699	+0,69	
	50m: 29.45 29.45	150m: 1:38.77 35.82	250m: 2:52.35 38.52	350m: 4:03.84 32.22			
	100m: 1:02.95 33.50	200m: 2:13.83 35.06	300m: 3:31.62 39.27	400m: 4:34.73 30.89			
10.	CIASTON Sebastian SO	18	Unia Oswiecim	<b>4:34.96</b>	697	+0,55	
	50m: 29.52 29.52	150m: 1:38.69 34.60	250m: 2:51.73 37.68	350m: 4:03.39 32.34			
	100m: 1:04.09 34.57	200m: 2:14.05 35.36	300m: 3:31.05 39.32	400m: 4:34.96 31.57			
11.	LAPOT Radoslaw SR	18	MOS Katowice	<b>4:36.58</b>	685	+0,76	
	50m: 28.37 28.37	150m: 1:36.61 35.21	250m: 2:50.07 39.00	350m: 4:03.55 33.32			
	100m: 1:01.40 33.03	200m: 2:11.07 34.46	300m: 3:30.23 40.16	400m: 4:36.58 33.03			
12.	WARZOCHA Albert	16	Cityzen Poznan	<b>4:38.13</b>	673	+0,81	
	50m: 28.92 28.92	150m: 1:37.89 35.48	250m: 2:52.65 39.51	350m: 4:06.05 33.46			
	100m: 1:02.41 33.49	200m: 2:13.14 35.25	300m: 3:32.59 39.94	400m: 4:38.13 32.08			
13.	BACZKOWSKI Bartosz	20	Polonia Warszawa	<b>4:38.67</b>	669	+0,70	
	50m: 28.64 28.64	150m: 1:38.90 36.45	250m: 2:52.81 37.91	350m: 4:05.81 33.54			
	100m: 1:02.45 33.81	200m: 2:14.90 36.00	300m: 3:32.27 39.46	400m: 4:38.67 32.86			
14.	SACHA Kamil	16	MOS Dabrowa Gornicza	<b>4:38.95</b>	667	+0,65	
	50m: 29.20 29.20	150m: 1:39.33 36.49	250m: 2:54.76 39.07	350m: 4:08.32 31.98			
	100m: 1:02.84 33.64	200m: 2:15.69 36.36	300m: 3:36.34 41.58	400m: 4:38.95 30.63			
15.	OLLER Krzysztof SOL	17	Kormoran Olsztyn	<b>4:40.03</b>	660	+0,73	
	50m: 29.03 29.03	150m: 1:38.23 36.48	250m: 2:54.63 41.11	350m: 4:08.70 32.92			
	100m: 1:01.75 32.72	200m: 2:13.52 35.29	300m: 3:35.78 41.15	400m: 4:40.03 31.33			
16.	SOBCZYK Maciej	22	AZS AGH Krakow	<b>4:40.53</b>	656	+0,73	
	50m: 29.68 29.68	150m: 1:40.03 36.36	250m: 2:55.95 40.22	350m: 4:08.70 32.75			
	100m: 1:03.67 33.99	200m: 2:15.73 35.70	300m: 3:35.95 40.00	400m: 4:40.53 31.83			

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Event 18, Men, 400m Medley, Prelim, 14 years and older

Rank			Age					Time	Pts	RT
17.	WAWRZYNCZAK Alan SL		18	Skarpa Lublin				<b>4:41.66</b>	648	+0,78
	50m:	29.32 29.32	150m:	1:41.07	37.74	250m:	2:57.57	40.34	350m:	4:10.93 32.76
	100m:	1:03.33 34.01	200m:	2:17.23	36.16	300m:	3:38.17	40.60	400m:	4:41.66 30.73
18.	POWROZNIK Konrad		20	MOS Dabrowa Gornicza				<b>4:42.20</b>	645	+0,69
	50m:	29.06 29.06	150m:	1:39.03	36.19	250m:	2:56.15	41.06	350m:	4:10.13 32.22
	100m:	1:02.84 33.78	200m:	2:15.09	36.06	300m:	3:37.91	41.76	400m:	4:42.20 32.07
19.	BARUSINSKI Kordian		16	Salos Cortile Kielce				<b>4:43.00</b>	639	+0,75
	50m:	28.64 28.64	150m:	1:38.78	35.92	250m:	2:56.02	41.27	350m:	4:11.27 33.80
	100m:	1:02.86 34.22	200m:	2:14.75	35.97	300m:	3:37.47	41.45	400m:	4:43.00 31.73
20.	ELGALAL Sami		16	UKS SP 149 Lodz				<b>4:43.81</b>	634	+0,74
	50m:	29.13 29.13	150m:	1:40.59	36.23	250m:	2:58.18	41.95	350m:	4:13.30 32.02
	100m:	1:04.36 35.23	200m:	2:16.23	35.64	300m:	3:41.28	43.10	400m:	4:43.81 30.51
21.	WOZNIAK Maciej		17	UKS 190 Lodz				<b>4:44.08</b>	632	+0,71
	50m:	28.42 28.42	150m:	1:39.62	37.80	250m:	2:57.44	41.24	350m:	4:13.74 33.36
	100m:	1:01.82 33.40	200m:	2:16.20	36.58	300m:	3:40.38	42.94	400m:	4:44.08 30.34
22.	JAROSZ Dawid SWwa		18	Wodnik Konskie				<b>4:45.17</b>	625	+0,71
	50m:	28.99 28.99	150m:	1:37.92	36.04	250m:	2:57.08	43.08	350m:	4:12.99 33.69
	100m:	1:01.88 32.89	200m:	2:14.00	36.08	300m:	3:39.30	42.22	400m:	4:45.17 32.18
23.	GOLENIEC Kamil SO		18	Unia Oswiecim				<b>4:45.36</b>	623	+0,64
	50m:	29.08 29.08	150m:	1:38.96	36.37	250m:	2:57.46	42.12	350m:	4:13.44 33.81
	100m:	1:02.59 33.51	200m:	2:15.34	36.38	300m:	3:39.63	42.17	400m:	4:45.36 31.92
24.	KEMPA Mikolaj SO		18	MMKS Kedzierzyn Kozle				<b>4:46.11</b>	619	+0,69
	50m:	29.01 29.01	150m:	1:39.09	36.84	250m:	2:57.75	41.51	350m:	4:13.57 33.69
	100m:	1:02.25 33.24	200m:	2:16.24	37.15	300m:	3:39.88	42.13	400m:	4:46.11 32.54
25.	KUCZAK Adam		17	TP Zielona Gora				<b>4:47.12</b>	612	+0,74
	50m:	31.14 31.14	150m:	1:42.49	36.39	250m:	2:59.80	42.36	350m:	4:15.51 32.86
	100m:	1:06.10 34.96	200m:	2:17.44	34.95	300m:	3:42.65	42.85	400m:	4:47.12 31.61
26.	SOBEK Nikodem		15	Olimpijczyk 23 Lublin				<b>4:48.14</b>	606	+0,72
	50m:	28.93 28.93	150m:	1:39.05	35.03	250m:	2:57.18	42.34	350m:	4:14.09 33.47
	100m:	1:04.02 35.09	200m:	2:14.84	35.79	300m:	3:40.62	43.44	400m:	4:48.14 34.05
27.	RAJCA Wiktor		15	UKS 190 Lodz				<b>4:48.72</b>	602	+0,59
	50m:	30.25 30.25	150m:	1:41.41	37.21	250m:	2:59.04	40.48	350m:	4:15.36 33.02
	100m:	1:04.20 33.95	200m:	2:18.56	37.15	300m:	3:42.34	43.30	400m:	4:48.72 33.36
28.	WILEJTO Igor		16	Dwojka Tczew				<b>4:50.10</b>	593	+0,66
	50m:	30.31 30.31	150m:	1:43.60	37.79	250m:	3:02.73	42.44	350m:	4:18.87 33.26
	100m:	1:05.81 35.50	200m:	2:20.29	36.69	300m:	3:45.61	42.88	400m:	4:50.10 31.23
29.	ZDZIEBLO Piotr		15	Salmo Zory				<b>4:51.11</b>	587	+0,80
	50m:	30.01 30.01	150m:	1:43.36	38.40	250m:	3:02.96	41.87	350m:	4:19.53 34.13
	100m:	1:04.96 34.95	200m:	2:21.09	37.73	300m:	3:45.40	42.44	400m:	4:51.11 31.58
30.	URYNIUK Pawel		14	G-8 Bielany W-wa				<b>4:53.90</b>	571	+0,78
	50m:	29.04 29.04	150m:	1:43.47	40.66	250m:	3:04.02	42.29	350m:	4:21.08 34.30
	100m:	1:02.81 33.77	200m:	2:21.73	38.26	300m:	3:46.78	42.76	400m:	4:53.90 32.82
31.	JANICKI Wojciech		21	MTS Kwidzyn				<b>4:54.28</b>	568	+0,78
	50m:	28.67 28.67	150m:	1:42.44	41.05	250m:	3:04.83	42.54	350m:	4:21.55 35.17
	100m:	1:01.39 32.72	200m:	2:22.29	39.85	300m:	3:46.38	41.55	400m:	4:54.28 32.73
32.	GRABEK Oskar		14	Olimpijczyk 23 Lublin				<b>4:58.32</b>	546	+0,70
	50m:	31.61 31.61	150m:	1:48.09	38.39	250m:	3:05.81	39.71	350m:	4:24.73 36.60
	100m:	1:09.70 38.09	200m:	2:26.10	38.01	300m:	3:48.13	42.32	400m:	4:58.32 33.59
33.	WOZNIAK Kamil		16	Wisla Pulawy				<b>4:59.86</b>	537	+0,69
	50m:	29.59 29.59	150m:	1:45.69	40.65	250m:	3:09.42	44.47	350m:	4:27.56 35.06
	100m:	1:05.04 35.45	200m:	2:24.95	39.26	300m:	3:52.50	43.08	400m:	4:59.86 32.30
34.	ZIELINSKI Konrad		14	UKS 190 Lodz				<b>5:00.72</b>	533	+0,48
	50m:	30.25 30.25	150m:	1:46.98	40.98	250m:	3:10.57	44.80	350m:	4:30.37 34.43
	100m:	1:06.00 35.75	200m:	2:25.77	38.79	300m:	3:55.94	45.37	400m:	5:00.72 30.35

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Rank			Age					Time	Pts	RT
35.	WOZNIAK Kamil		17	Fregata Kolbuszowa				<b>5:00.83</b>	532	+0,73
	50m: 30.07	30.07	150m: 1:46.70	40.87	250m: 3:08.48	41.62	350m: 4:28.31	36.88		
	100m: 1:05.83	35.76	200m: 2:26.86	40.16	300m: 3:51.43	42.95	400m: 5:00.83	32.52		
36.	KRZYZANIAK Krystian		17	Juvenia Bialystok				<b>5:01.21</b>	530	+0,69
	50m: 29.64	29.64	150m: 1:45.04	39.65	250m: 3:06.68	42.27	350m: 4:25.77	35.92		
	100m: 1:05.39	35.75	200m: 2:24.41	39.37	300m: 3:49.85	43.17	400m: 5:01.21	35.44		
37.	WORONKO Krzysztof		15	Medyk Gizycko				<b>5:01.77</b>	527	+0,65
	50m: 29.53	29.53	150m: 1:42.18	37.65	250m: 3:04.94	45.61	350m: 4:27.65	35.63		
	100m: 1:04.53	35.00	200m: 2:19.33	37.15	300m: 3:52.02	47.08	400m: 5:01.77	34.12		
38.	KONCKI Bartlomiej		16	Wisla Pulawy				<b>5:05.55</b>	508	+0,65
	50m: 31.67	31.67	150m: 1:47.86	38.99	250m: 3:11.20	43.95	350m: 4:31.52	35.28		
	100m: 1:08.87	37.20	200m: 2:27.25	39.39	300m: 3:56.24	45.04	400m: 5:05.55	34.03		
39.	TASARZ Kacper		14	Dwojka Tczew				<b>5:07.77</b>	497	
	50m: 31.94	31.94	150m: 1:49.89	41.48	250m: 3:14.76	44.33	350m: 4:34.93	34.64		
	100m: 1:08.41	36.47	200m: 2:30.43	40.54	300m: 4:00.29	45.53	400m: 5:07.77	32.84		
40.	MROZ Adam		14	Orlik Lublin				<b>5:07.89</b>	496	+0,84
	50m: 32.61	32.61	150m: 1:51.50	41.60	250m: 3:15.65	44.39	350m: 4:35.81	35.39		
	100m: 1:09.90	37.29	200m: 2:31.26	39.76	300m: 4:00.42	44.77	400m: 5:07.89	32.08		
41.	MARKOWSKI Kacper		14	G-8 Bielany W-wa				<b>5:07.98</b>	496	+0,74
	50m: 33.87	33.87	150m: 1:49.42	38.56	250m: 3:12.44	44.30	350m: 4:33.97	36.87		
	100m: 1:10.86	36.99	200m: 2:28.14	38.72	300m: 3:57.10	44.66	400m: 5:07.98	34.01		
42.	DADOS Aleksander		16	Wisla Pulawy				<b>5:11.90</b>	477	+0,77
	50m: 31.10	31.10	150m: 1:48.76	40.53	250m: 3:14.75	46.04	350m: 4:36.47	35.21		
	100m: 1:08.23	37.13	200m: 2:28.71	39.95	300m: 4:01.26	46.51	400m: 5:11.90	35.43		
43.	ADAMCZYK Jan		14	Lublinianka				<b>5:27.38</b>	413	+0,57
	50m: 33.87	33.87	150m: 1:56.25	42.95	250m: 3:24.91	47.35	350m: 4:50.67	38.45		
	100m: 1:13.30	39.43	200m: 2:37.56	41.31	300m: 4:12.22	47.31	400m: 5:27.38	36.71		
44.	MATEJKO Maciej		15	Delfin Garwolin				<b>6:09.76</b>	286	+0,66
	50m: 36.00	36.00	150m: 2:09.32	50.64	250m: 3:50.72	51.97	350m: 5:28.04	44.53		
	100m: 1:18.68	42.68	200m: 2:58.75	49.43	300m: 4:43.51	52.79	400m: 6:09.76	41.72		
DSQ	MANKA Filip		17	UKS 190 Lodz						
	<i>K11 - Nierównoczesne lub naprzemienne ruchy nóg</i>									
DSQ	GAWRON Oskar		18	Slask Wroclaw						
	<i>G8 - Uko czenie wy cigu nie w poło eniu na plecach</i>									
DSQ	ZAREMBA Jakub SWR		16	Slask Wroclaw						
	<i>K14 - Praca nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie i nawrocie)</i>									