

2018 Zimowe Mistrzostwa Polski Seniorów, Młodzie owców, Juniorów 17-18 lat
Lublin, 18. - 22.12.2018

Konkurencja 4
18.12.2018 - 9:54

M czyzn, 400m zmienny

14 lat i starsi
Wyniki Eliminacje

Rekord Polski Open	4:03.20	WOJT Lukasz	POL	Berlin (GER)	14.11.2009
Rekord Polski 19 - 23	4:04.48	MATCZAK Mateusz	00116	Gorzów Wlkp.	27.11.2009
Rekord Polski 18	4:09.07	MATCZAK Mateusz	00905	Debrecen (HUN)	14.12.2007
Rekord Polski 17	4:11.22	W GROWSKI Marcel	00505	Olsztyn	16.12.2016
Rekord Polski 16	4:12.62	W GROWSKI Marcel	00505	Lublin	18.12.2015
Rekord Polski 15	4:23.69	KALUSOWSKI Jan	00905	Lublin	18.12.2015
Rekord Polski 14	4:28.26	URYNIUK Paweł	05114	Poznan	25.11.2017

Punkt: FINA 2018

Pozycja			Wiek					Czas	Pkt.	
1.	BUJAK Dominik		19	SL Salos Cortile Kielce				4:13.49	801	A
	50m:	27.48 27.48	150m:	1:31.02	32.19	250m:	2:39.23	35.51	350m:	3:44.43 29.74
	100m:	58.83 31.35	200m:	2:03.72	32.70	300m:	3:14.69	35.46	400m:	4:13.49 29.06
2.	CHMIELEWSKI Jakub		19	WKS I sk Wrocław				4:14.20	795	A
	50m:	27.63 27.63	150m:	1:31.83	32.86	250m:	2:39.47	35.46	350m:	3:45.10 30.21
	100m:	58.97 31.34	200m:	2:04.01	32.18	300m:	3:14.89	35.42	400m:	4:14.20 29.10
3.	SZWEDZKI Dawid		24	WKS I sk Wrocław				4:16.08	777	A
	50m:	27.41 27.41	150m:	1:31.95	33.22	250m:	2:40.04	35.56	350m:	3:45.82 31.12
	100m:	58.73 31.32	200m:	2:04.48	32.53	300m:	3:14.70	34.66	400m:	4:16.08 30.26
4.	W GROWSKI Marcel		19	KU AZS Politechniki Łódzkiej				4:16.99	769	A
	50m:	27.24 27.24	150m:	1:31.71	32.99	250m:	2:40.55	36.58	350m:	3:47.35 30.47
	100m:	58.72 31.48	200m:	2:03.97	32.26	300m:	3:16.88	36.33	400m:	4:16.99 29.64
5.	WOJDAK Wojciech		22	BOSiR Brzesko				4:17.66	763	A
	50m:	26.91 26.91	150m:	1:31.13	33.57	250m:	2:40.79	36.69	350m:	3:47.72 29.93
	100m:	57.56 30.65	200m:	2:04.10	32.97	300m:	3:17.79	37.00	400m:	4:17.66 29.94
6.	DUBAS Mateusz		17	AZS AWF Katowice				4:18.21	758	A
	50m:	27.79 27.79	150m:	1:31.93	32.69	250m:	2:40.74	35.22	350m:	3:47.65 30.83
	100m:	59.24 31.45	200m:	2:05.52	33.59	300m:	3:16.82	36.08	400m:	4:18.21 30.56
7.	CIASTO Sebastian		19	AZS AWF Katowice				4:19.79	744	A
	50m:	28.12 28.12	150m:	1:33.50	33.29	250m:	2:42.52	36.35	350m:	3:49.33 30.52
	100m:	1:00.21 32.09	200m:	2:06.17	32.67	300m:	3:18.81	36.29	400m:	4:19.79 30.46
8.	OLLER Krzysztof		18	KU AZS UMCS Lublin				4:21.15	733	A
	50m:	27.46 27.46	150m:	1:31.81	33.47	250m:	2:42.55	38.26	350m:	3:51.53 30.60
	100m:	58.34 30.88	200m:	2:04.29	32.48	300m:	3:20.93	38.38	400m:	4:21.15 29.62
9.	WARZOCHA Albert		17	UKS Cityzen Pozna				4:22.32	723	A
	50m:	27.21 27.21	150m:	1:32.12	33.61	250m:	2:41.92	37.17	350m:	3:51.30 31.53
	100m:	58.51 31.30	200m:	2:04.75	32.63	300m:	3:19.77	37.85	400m:	4:22.32 31.02
10.	MALEC Mikołaj		17	MKS Trójka Łód				4:22.65	720	A
	50m:	27.21 27.21	150m:	1:31.83	33.00	250m:	2:42.34	38.25	350m:	3:52.73 31.12
	100m:	58.83 31.62	200m:	2:04.09	32.26	300m:	3:21.61	39.27	400m:	4:22.65 29.92
11.	MA KA Filip		18	UKS 190 Łód				4:22.83	719	B
	50m:	28.54 28.54	150m:	1:33.28	32.99	250m:	2:44.01	37.66	350m:	3:53.49 31.50
	100m:	1:00.29 31.75	200m:	2:06.35	33.07	300m:	3:21.99	37.98	400m:	4:22.83 29.34
12.	SUCHA SKI Przemysław		17	UKP Unia O wi cim				4:24.02	709	B
	50m:	28.04 28.04	150m:	1:33.52	31.92	250m:	2:43.12	38.27	350m:	3:53.01 31.52
	100m:	1:01.60 33.56	200m:	2:04.85	31.33	300m:	3:21.49	38.37	400m:	4:24.02 31.01
13.	GAWRON Oskar		19	WKS I sk Wrocław				4:24.94	702	B
	50m:	29.39 29.39	150m:	1:37.01	34.29	250m:	2:47.17	36.73	350m:	3:54.98 30.72
	100m:	1:02.72 33.33	200m:	2:10.44	33.43	300m:	3:24.26	37.09	400m:	4:24.94 29.96
14.	WALCZYSKO Jakub		18	KU AZS UMCS Lublin				4:25.16	700	B
	50m:	28.02 28.02	150m:	1:33.48	33.41	250m:	2:45.28	38.08	350m:	3:54.67 30.84
	100m:	1:00.07 32.05	200m:	2:07.20	33.72	300m:	3:23.83	38.55	400m:	4:25.16 30.49

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Konkurencja 4, M czyzn, 400m zmienny, Eliminacje, 14 lat i starsi

Pozycja			Wiek				Czas	Pkt.				
15.	KEMPA	Mikołaj	19	KU AZS UMCS Lublin	4:25.65	696	B					
	50m:	27.97	27.97	150m:	1:32.94	33.90	250m:	2:44.05	37.22	350m:	3:54.11	31.86
	100m:	59.04	31.07	200m:	2:06.83	33.89	300m:	3:22.25	38.20	400m:	4:25.65	31.54
16.	KUCZAK	Adam	18	WKS I sk Wrocław	4:25.78	695	B					
	50m:	27.95	27.95	150m:	1:33.46	33.30	250m:	2:44.34	38.31	350m:	3:54.93	31.85
	100m:	1:00.16	32.21	200m:	2:06.03	32.57	300m:	3:23.08	38.74	400m:	4:25.78	30.85
17.	SACHA	Kamil	17	WKS I sk Wrocław	4:31.43	653	B					
	50m:	28.26	28.26	150m:	1:34.69	34.72	250m:	2:47.99	39.28	350m:	4:00.17	31.91
	100m:	59.97	31.71	200m:	2:08.71	34.02	300m:	3:28.26	40.27	400m:	4:31.43	31.26
18.	MIKOŁAJCZAK	Bła ej	17	MUKS Pi tnastka Bydgoszcz	4:32.94	642	B					
	50m:	28.27	28.27	150m:	1:35.14	34.39	250m:	2:48.75	39.66	350m:	4:01.75	32.20
	100m:	1:00.75	32.48	200m:	2:09.09	33.95	300m:	3:29.55	40.80	400m:	4:32.94	31.19
19.	BARUSI	SKI Kordian	17	UKS G-8 Bielany Warszawa	4:33.32	639	B					
	50m:	28.03	28.03	150m:	1:34.87	34.06	250m:	2:46.61	37.68	350m:	4:00.45	33.61
	100m:	1:00.81	32.78	200m:	2:08.93	34.06	300m:	3:26.84	40.23	400m:	4:33.32	32.87
20.	CHMIELEWSKI	Krzysztof	14	IUKS Muszelka Warszawa	4:33.74	636	B					
	50m:	27.98	27.98	150m:	1:33.91	33.55	250m:	2:49.06	41.78	350m:	4:03.18	31.79
	100m:	1:00.36	32.38	200m:	2:07.28	33.37	300m:	3:31.39	42.33	400m:	4:33.74	30.56
21.	ZAREMBA	Jakub	17	UKS G-8 Bielany Warszawa	4:35.89	621	C					
	50m:	28.36	28.36	150m:	1:35.58	34.61	250m:	2:50.31	40.05	350m:	4:03.65	33.12
	100m:	1:00.97	32.61	200m:	2:10.26	34.68	300m:	3:30.53	40.22	400m:	4:35.89	32.24
22.	GRZYBOWSKI	Artur	17	MKP Szczecin	4:39.43	598	C					
	50m:	28.43	28.43	150m:	1:37.30	36.12	250m:	2:54.29	41.15	350m:	4:08.38	32.26
	100m:	1:01.18	32.75	200m:	2:13.14	35.84	300m:	3:36.12	41.83	400m:	4:39.43	31.05
23.	CHMIELEWSKI	Michał	14	IUKS Muszelka Warszawa	4:42.87	577	C					
	50m:	28.96	28.96	150m:	1:37.41	35.06	250m:	2:55.44	43.53	350m:	4:12.11	32.53
	100m:	1:02.35	33.39	200m:	2:11.91	34.50	300m:	3:39.58	44.14	400m:	4:42.87	30.76
24.	ANTCZAK	Bartosz	15	UKP Polonia Warszawa	4:43.91	570	C					
	50m:	28.39	28.39	150m:	1:37.57	36.09	250m:	2:54.05	40.74	350m:	4:10.84	34.73
	100m:	1:01.48	33.09	200m:	2:13.31	35.74	300m:	3:36.11	42.06	400m:	4:43.91	33.07
25.	WO NIAK	Kamil	17	KS Wisła Puławy	4:46.65	554	C					
	50m:	29.44	29.44	150m:	1:40.91	38.38	250m:	3:00.55	41.28	350m:	4:15.31	33.04
	100m:	1:02.53	33.09	200m:	2:19.27	38.36	300m:	3:42.27	41.72	400m:	4:46.65	31.34
26.	WO NIAK	Kamil	18	UKS Fregata Kolbuszowa	4:47.82	547	C					
	50m:	29.28	29.28	150m:	1:41.85	38.65	250m:	3:00.77	41.08	350m:	4:15.73	33.45
	100m:	1:03.20	33.92	200m:	2:19.69	37.84	300m:	3:42.28	41.51	400m:	4:47.82	32.09
27.	URYNIUK	Paweł	15	UKS G-8 Bielany Warszawa	4:51.74	525	C					
	50m:	28.50	28.50	150m:	1:36.20	35.55	250m:	2:56.71	44.28	350m:	4:18.21	36.06
	100m:	1:00.65	32.15	200m:	2:12.43	36.23	300m:	3:42.15	45.44	400m:	4:51.74	33.53
28.	HAJDUK	Robert	17	SL Salos Cortile Kielce	4:55.37	506	C					
	50m:	29.84	29.84	150m:	1:43.88	38.94	250m:	3:04.16	40.78	350m:	4:21.06	35.52
	100m:	1:04.94	35.10	200m:	2:23.38	39.50	300m:	3:45.54	41.38	400m:	4:55.37	34.31
DYSKW.	CERLICH	Maksymilian	18	MKS Ikar Mielec								
	<i>K14 - Pływak wykonał kopni cie nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie lub nawrocie)</i>											
DYSKW.	FAJKOWSKI	Piotr	17	MKS Trójka Łód								
	<i>K1 - Pływak wykonał kopni cie delfinowe po pierwszym kopni ciu do stylu klasycznego (pierwszy ruch po starcie lub nawrocie)</i>											