

MISTRZOSTWA POLSKI W PŁYWANIU SENIORÓW I MŁODZIE OWCÓW  
OLSZTYN, 5- - 8-6-2014

Event 28  
2014-06-07 - 18:30

Men, 400m Freestyle

Open  
Results Finals

Rekord Polski	3:45.71	STA	CZYK	Przemysław
Minimum ME (Berlin)	3:52.80			
Minimum ME dla Juniorów (Berlin)	3:54.04			
Minimum MEJ (Dordrecht)	3:57.14			

Points: FINA 2014

Rank			YB					Time	Pts		
<b>Final A</b>											
1.	<b>ZABOROWSKI Filip</b>		<b>94</b>	<b>MKP Szczecin</b>				<b>3:49.66</b>	<b>879</b>		
	<i>minimum ME</i>										
	50m:	27.51 27.51	150m:	1:25.74	29.20	250m:	2:23.70	28.90	350m:	3:21.34	28.58
	100m:	56.54 29.03	200m:	1:54.80	29.06	300m:	2:52.76	29.06	400m:	3:49.66	28.32
2.	<b>WOJDAK Wojciech SO</b>		<b>96</b>	<b>UKP Unia Oswiecim</b>				<b>3:51.20</b>	<b>862</b>		
	<i>minimum MEJ, ME</i>										
	50m:	27.24 27.24	150m:	1:24.79	28.68	250m:	2:22.76	29.01	350m:	3:21.82	29.62
	100m:	56.11 28.87	200m:	1:53.75	28.96	300m:	2:52.20	29.44	400m:	3:51.20	29.38
3.	<b>FURTEK Pawel SSz</b>		<b>95</b>	<b>MKP Szczecin</b>				<b>3:52.83</b>	<b>844</b>		
	50m:	27.86 27.86	150m:	1:26.56	29.33	250m:	2:25.43	29.32	350m:	3:24.48	29.46
	100m:	57.23 29.37	200m:	1:56.11	29.55	300m:	2:55.02	29.59	400m:	3:52.83	28.35
4.	<b>KACZMARSKI Marcin</b>		<b>94</b>	<b>MKP Szczecin</b>				<b>3:53.04</b>	<b>842</b>		
	50m:	27.66 27.66	150m:	1:26.59	29.55	250m:	2:25.79	29.49	350m:	3:24.77	29.32
	100m:	57.04 29.38	200m:	1:56.30	29.71	300m:	2:55.45	29.66	400m:	3:53.04	28.27
5.	<b>KLICH Kacper</b>		<b>94</b>	<b>WKS Slask Wroclaw</b>				<b>3:54.52</b>	<b>826</b>		
	50m:	27.48 27.48	150m:	1:26.53	29.58	250m:	2:25.72	29.57	350m:	3:25.50	29.88
	100m:	56.95 29.47	200m:	1:56.15	29.62	300m:	2:55.62	29.90	400m:	3:54.52	29.02
6.	<b>SZUBA Michal</b>		<b>93</b>	<b>WKS Slask Wroclaw</b>				<b>3:55.08</b>	<b>820</b>		
	50m:	27.64 27.64	150m:	1:26.29	29.17	250m:	2:25.26	29.60	350m:	3:25.81	30.42
	100m:	57.12 29.48	200m:	1:55.66	29.37	300m:	2:55.39	30.13	400m:	3:55.08	29.27
7.	<b>PIELOWSKI Krzysztof</b>		<b>91</b>	<b>AZS UWM Olsztyn</b>				<b>3:55.74</b>	<b>813</b>		
	50m:	27.43 27.43	150m:	1:26.66	29.53	250m:	2:26.22	29.53	350m:	3:26.09	29.94
	100m:	57.13 29.70	200m:	1:56.69	30.03	300m:	2:56.15	29.93	400m:	3:55.74	29.65
8.	<b>GLYK Wojciech</b>		<b>92</b>	<b>AZS AWF Katowice</b>				<b>3:57.97</b>	<b>790</b>		
	50m:	27.61 27.61	150m:	1:26.95	29.86	250m:	2:26.80	29.99	350m:	3:27.34	30.50
	100m:	57.09 29.48	200m:	1:56.81	29.86	300m:	2:56.84	30.04	400m:	3:57.97	30.63
9.	<b>KUSWIK Maciej SSz</b>		<b>96</b>	<b>MKP Szczecin</b>				<b>3:58.43</b>	<b>786</b>		
	50m:	28.03 28.03	150m:	1:27.65	29.91	250m:	2:28.05	30.17	350m:	3:28.97	30.48
	100m:	57.74 29.71	200m:	1:57.88	30.23	300m:	2:58.49	30.44	400m:	3:58.43	29.46
10.	<b>DUBIEL Adam</b>		<b>93</b>	<b>KORNER Zielona Gora</b>				<b>4:03.17</b>	<b>741</b>		
	50m:	27.39 27.39	150m:	1:27.53	30.22	250m:	2:29.15	30.92	350m:	3:31.91	31.48
	100m:	57.31 29.92	200m:	1:58.23	30.70	300m:	3:00.43	31.28	400m:	4:03.17	31.26
<b>Final B</b>											
11.	<b>STANISZEWSKI Adam SS</b>		<b>97</b>	<b>MKS Trojka Lodz</b>				<b>3:59.44</b>	<b>776</b>		
	50m:	28.05 28.05	150m:	1:29.20	30.47	250m:	2:29.75	30.00	350m:	3:29.85	29.77
	100m:	58.73 30.68	200m:	1:59.75	30.55	300m:	3:00.08	30.33	400m:	3:59.44	29.59
12.	<b>JURA Maciej SWR</b>		<b>96</b>	<b>UKS Jagiellonka Warszawa</b>				<b>4:00.68</b>	<b>764</b>		
	50m:	28.43 28.43	150m:	1:29.52	30.45	250m:	2:31.26	31.08	350m:	3:32.63	30.22
	100m:	59.07 30.64	200m:	2:00.18	30.66	300m:	3:02.41	31.15	400m:	4:00.68	28.05
13.	<b>KOŁODZIEJSKI Filip SZG</b>		<b>96</b>	<b>KORNER Zielona Gora</b>				<b>4:01.00</b>	<b>761</b>		
	50m:	28.49 28.49	150m:	1:29.93	30.75	250m:	2:30.96	30.32	350m:	3:31.74	29.99
	100m:	59.18 30.69	200m:	2:00.64	30.71	300m:	3:01.75	30.79	400m:	4:01.00	29.26
14.	<b>GOLENIEC Lukasz SO</b>		<b>97</b>	<b>UKP Unia Oswiecim</b>				<b>4:02.04</b>	<b>751</b>		
	50m:	28.19 28.19	150m:	1:28.92	30.57	250m:	2:30.27	30.82	350m:	3:32.11	30.89
	100m:	58.35 30.16	200m:	1:59.45	30.53	300m:	3:01.22	30.95	400m:	4:02.04	29.93

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Rank							YB							Time	Pts
15.	SZARLINSKI Filip						92	AZS Warsaw						<b>4:02.52</b>	747
	50m:	27.82	27.82	150m:	1:29.32	30.66	250m:	2:30.77	30.65	350m:	3:32.65	30.78			
	100m:	58.66	30.84	200m:	2:00.12	30.80	300m:	3:01.87	31.10	400m:	4:02.52	29.87			
16.	JASZCZAK Wiktor SWR						97	WKS Slask Wroclaw						<b>4:02.53</b>	747
	50m:	28.16	28.16	150m:	1:29.24	30.46	250m:	2:30.99	30.57	350m:	3:32.82	30.74			
	100m:	58.78	30.62	200m:	2:00.42	31.18	300m:	3:02.08	31.09	400m:	4:02.53	29.71			
17.	PTASZYNSKI Mikolaj SZG						95	KORNER Zielona Gora						<b>4:05.48</b>	720
	50m:	28.84	28.84	150m:	1:31.37	31.25	250m:	2:32.89	30.70	350m:	3:35.20	30.92			
	100m:	1:00.12	31.28	200m:	2:02.19	30.82	300m:	3:04.28	31.39	400m:	4:05.48	30.28			
18.	CIESIELSKI Filip						96	MUKS Pietnastka Bydgoszcz						<b>4:05.63</b>	719
	50m:	28.18	28.18	150m:	1:29.34	30.88	250m:	2:32.33	31.22	350m:	3:35.08	31.28			
	100m:	58.46	30.28	200m:	2:01.11	31.77	300m:	3:03.80	31.47	400m:	4:05.63	30.55			
19.	KSIAZEK Sebastian SOc						96	KSZO Ostrowiec Sw.						<b>4:05.69</b>	718
	50m:	28.30	28.30	150m:	1:29.88	31.04	250m:	2:31.84	30.88	350m:	3:34.86	31.54			
	100m:	58.84	30.54	200m:	2:00.96	31.08	300m:	3:03.32	31.48	400m:	4:05.69	30.83			
20.	URBANIAK Jan Sp						95	KS Warta Poznan						<b>4:06.34</b>	712
	50m:	28.42	28.42	150m:	1:29.62	31.08	250m:	2:32.74	31.64	350m:	3:36.27	31.65			
	100m:	58.54	30.12	200m:	2:01.10	31.48	300m:	3:04.62	31.88	400m:	4:06.34	30.07			