

Zimowe Mistrzostwa Polski Seniorów i Młodzie ovców  
Łód , 19. - 22.12.2017

Event 19	Men, 400m Medley				OPEN
20.12.2017 - 9:42					Results Prelim
Rekord Polski Open	4:03.20	WOJT Lukasz	POL	Berlin (GER)	14.11.2009
Rekord Polski 14	4:28.26	URYNIUK Paweł	05114	Poznan	25.11.2017
Rekord Polski 15	4:23.69	KĄŁUSOWSKI Jan	00905	Lublin	18.12.2015
Rekord Polski 16	4:12.62	W GROWSKI Marcel	00505	Lublin	18.12.2015
Rekord Polski 17	4:11.22	W GROWSKI Marcel	00505	Olsztyn	16.12.2016
Rekord Polski 18	4:09.07	MATCZAK Mateusz	00905	Debrecen (HUN)	14.12.2007
Rekord Polski 19 - 23	4:03.20	WOJT Lukasz	POL	Berlin (GER)	14.11.2009

Points: FINA 2017

Rank			Age					Time	Pts		
1.	SZWEDZKI Dawid		23	WKS Slask Wroclaw				<b>4:19.28</b>	749 A		
	50m:	27.16 27.16	150m:	1:32.28	33.77	250m:	2:40.50	35.52	350m:	3:48.74	32.39
	100m:	58.51 31.35	200m:	2:04.98	32.70	300m:	3:16.35	35.85	400m:	4:19.28	30.54
2.	CHMIELEWSKI Jakub SWR		18	WKS Slask Wroclaw				<b>4:19.40</b>	748 A		
	50m:	27.52 27.52	150m:	1:32.51	33.41	250m:	2:41.52	36.17	350m:	3:49.25	31.25
	100m:	59.10 31.58	200m:	2:05.35	32.84	300m:	3:18.00	36.48	400m:	4:19.40	30.15
3.	BUJAK Dominik		18	SALOS Kielce				<b>4:19.82</b>	744 A		
	50m:		150m:			250m:			350m:		
	100m:		200m:			300m:			400m:	4:19.82	
4.	KUBKOWSKI Bartłomiej		22	AZS UWM Olsztyn				<b>4:19.91</b>	743 A		
	50m:		150m:			250m:			350m:		
	100m:		200m:			300m:			400m:	4:19.91	
5.	CIASTON Sebastian SO		18	Unia Oswiecim				<b>4:20.32</b>	740 A		
	50m:	28.78 28.78	150m:	1:34.59	33.49	250m:	2:43.71	36.10	350m:	3:50.52	30.50
	100m:	1:01.10 32.32	200m:	2:07.61	33.02	300m:	3:20.02	36.31	400m:	4:20.32	29.80
6.	KALUSOWSKI Jan		17	MKS Trojka Lodz				<b>4:20.80</b>	736 A		
	50m:		150m:			250m:			350m:		
	100m:		200m:			300m:			400m:	4:20.80	
7.	SOBCZYK Maciej		22	AZS AGH Krakow				<b>4:21.07</b>	734 A		
	50m:		150m:			250m:			350m:		
	100m:		200m:			300m:			400m:	4:21.07	
8.	LAPOT Radoslaw SR		18	MOS Katowice				<b>4:22.74</b>	720 A		
	50m:		150m:			250m:			350m:		
	100m:		200m:			300m:			400m:	4:22.74	
9.	MANKA Filip		17	UKS 190 Lodz				<b>4:23.69</b>	712 A		
	50m:	28.78 28.78	150m:	1:34.16	32.65	250m:	2:44.22	37.35	350m:	3:53.72	31.76
	100m:	1:01.51 32.73	200m:	2:06.87	32.71	300m:	3:21.96	37.74	400m:	4:23.69	29.97
10.	GAWRON Oskar		18	WKS Slask Wroclaw				<b>4:23.82</b>	711 A		
	50m:		150m:			250m:			350m:		
	100m:		200m:			300m:			400m:	4:23.82	
11.	DUBAS Mateusz		16	AZS AWF Katowice				<b>4:24.20</b>	708 B		
	50m:		150m:			250m:			350m:		
	100m:		200m:			300m:			400m:	4:24.20	
12.	OLLER Krzysztof SL		17	MTP Kormoran Olsztyn				<b>4:25.35</b>	699 B		
	50m:	28.26 28.26	150m:	1:33.86	34.13	250m:	2:45.87	39.03	350m:	3:55.21	30.77
	100m:	59.73 31.47	200m:	2:06.84	32.98	300m:	3:24.44	38.57	400m:	4:25.35	30.14
13.	KUCZAK Adam SWR		17	TP Zielona Gora				<b>4:26.02</b>	693 B		
	50m:	28.59 28.59	150m:	1:34.97	33.20	250m:			350m:		
	100m:	1:01.77 33.18	200m:	2:06.89	31.92	300m:			400m:	4:26.02	

Zimowe Mistrzostwa Polski Seniorów i Młodzie owców  
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Event 19, Men, 400m Medley, Prelim, OPEN

Rank					Age					Time	Pts
14.	CERLICH Maksymilian SMS				17	MKS Ikar Mielec				<b>4:26.40</b>	690 B
	50m:	28.68	28.68	150m:	1:36.38	34.99	250m:	350m:	350m:		
	100m:	1:01.39	32.71	200m:			300m:	400m:	4:26.40		
15.	WALCZYNSKO Jakub SL				17	Ku Azs Umcs Lublin				<b>4:26.63</b>	689 B
	50m:	28.61	28.61	150m:	1:35.24	34.10	250m:	350m:	350m:		
	100m:	1:01.14	32.53	200m:			300m:	400m:	4:26.63		
16.	BARUSINSKI Kordian				16	UKS G - 8 Bielany				<b>4:27.04</b>	685 B
	50m:	28.37	28.37	150m:	1:34.86	33.63	250m:	350m:	3:57.23	32.31	
	100m:	1:01.23	32.86	200m:	2:08.60	33.74	300m:	400m:	4:27.04	29.81	
17.	KEMPA Mikołaj SO				18	MMKS Kedzierzyn-Kozle				<b>4:27.15</b>	685 B
	50m:	28.30	28.30	150m:	1:34.14	34.03	250m:	350m:	3:56.18	31.69	
	100m:	1:00.11	31.81	200m:	2:07.86	33.72	300m:	400m:	4:27.15	30.97	
18.	SACHA Kamil SWR				16	WKS Slask Wroclaw				<b>4:27.43</b>	682 B
	50m:			150m:			250m:	350m:			
	100m:			200m:			300m:	400m:	4:27.43		
19.	GOTSZLING Dawid SZG				16	BARAKUDA Starachowice				<b>4:27.79</b>	680 B
	50m:	27.15	27.15	150m:	1:33.72	34.21	250m:	350m:	3:57.53	31.21	
	100m:	59.51	32.36	200m:	2:07.11	33.39	300m:	400m:	4:27.79	30.26	
20.	WAWRZYNCZAK Alan SL				18	UKS Skarpa Lublin				<b>4:30.15</b>	662 B
	50m:	28.07	28.07	150m:	1:35.13	34.75	250m:	350m:			
	100m:	1:00.38	32.31	200m:			300m:	400m:	4:30.15		
21.	URYNIUK Pawel				14	UKS G - 8 Bielany				<b>4:30.35</b>	660 R
	50m:			150m:			250m:	350m:			
	100m:			200m:			300m:	400m:	4:30.35		
22.	RAJCA Wiktor				15	UKS 190 Lodz				<b>4:30.44</b>	660 R
	50m:	28.56	28.56	150m:	1:34.00	33.82	250m:	350m:			
	100m:	1:00.18	31.62	200m:	2:06.81	32.81	300m:	400m:	4:30.44		
23.	POWROZNIK Konrad				20	WKS Slask Wroclaw				<b>4:30.45</b>	660
	50m:			150m:			250m:	350m:			
	100m:			200m:			300m:	400m:	4:30.45		
24.	ZAREMBA Jakub				16	UKS G - 8 Bielany				<b>4:30.58</b>	659
	50m:	28.95	28.95	150m:	1:37.77	35.99	250m:	350m:			
	100m:	1:01.78	32.83	200m:			300m:	400m:	4:30.58		
25.	SUCHANSKI Przemyslaw SO				16	Unia Oswiecim				<b>4:31.00</b>	656
	50m:	28.42	28.42	150m:	1:35.47	32.94	250m:	350m:			
	100m:	1:02.53	34.11	200m:	2:07.12	31.65	300m:	400m:	4:31.00		
26.	RABAN Maciej				15	IKSKonstancin				<b>4:31.56</b>	652
	50m:	28.63	28.63	150m:	1:36.02	33.63	250m:	350m:	4:00.21	32.23	
	100m:	1:02.39	33.76	200m:	2:08.56	32.54	300m:	400m:	4:31.56	31.35	
27.	KRULIKOWSKI Maciej SO				18	Unia Oswiecim				<b>4:31.80</b>	650
	50m:	28.74	28.74	150m:	1:37.75	36.06	250m:	350m:			
	100m:	1:01.69	32.95	200m:			300m:	400m:	4:31.80		
28.	JASKIEWICZ Adrian				15	Iuks Muszelka Warszawa				<b>4:32.48</b>	645
	50m:	28.09	28.09	150m:	1:34.90	35.06	250m:	350m:			
	100m:	59.84	31.75	200m:			300m:	400m:	4:32.48		

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Rank					Age					Time	Pts	
29.	GOLENIEC Kamil SO				18	Unia Oswiecim				<b>4:32.64</b>	644	
	50m:	28.12	28.12	150m:	1:34.71	34.30	250m:	2:47.82	38.72	350m:	4:01.11	32.99
	100m:	1:00.41	32.29	200m:	2:09.10	34.39	300m:	3:28.12	40.30	400m:	4:32.64	31.53
30.	KARNIK Kacper				16	Mks Wodnik Radom				<b>4:35.09</b>	627	
	50m:	28.62	28.62	150m:	1:37.30	35.65	250m:	2:51.08	37.19	350m:	4:02.88	33.68
	100m:	1:01.65	33.03	200m:	2:13.89	36.59	300m:	3:29.20	38.12	400m:	4:35.09	32.21
31.	KSIĄZNICKI Dawid				15	MKS Ikar Mielec				<b>4:35.38</b>	625	
	50m:	30.12	30.12	150m:	1:42.40	37.01	250m:	2:54.64	36.68	350m:	4:04.61	33.10
	100m:	1:05.39	35.27	200m:	2:17.96	35.56	300m:	3:31.51	36.87	400m:	4:35.38	30.77
32.	SMEJA Sławomir				23	AZS AWF Katowice				<b>4:37.39</b>	611	
	50m:	29.22	29.22	150m:	1:40.37	37.42	250m:	2:55.66	39.68	350m:	4:07.87	31.63
	100m:	1:02.95	33.73	200m:	2:15.98	35.61	300m:	3:36.24	40.58	400m:	4:37.39	29.52
33.	ZDZIEBLO Piotr				15	Salmo Zory				<b>4:37.94</b>	608	
	50m:	29.54	29.54	150m:	1:38.86	36.37	250m:	2:54.04	40.02	350m:	4:06.39	32.64
	100m:	1:02.49	32.95	200m:	2:14.02	35.16	300m:	3:33.75	39.71	400m:	4:37.94	31.55
34.	CWIEK Wiktor				14	Buks Warszawa				<b>4:38.48</b>	604	
	50m:	28.92	28.92	150m:	1:38.75	37.10	250m:	2:56.16	40.81	350m:	4:07.63	30.81
	100m:	1:01.65	32.73	200m:	2:15.35	36.60	300m:	3:36.82	40.66	400m:	4:38.48	30.85
35.	SORDYŁ Mateusz SO				18	Victoria Kozy				<b>4:40.50</b>	591	
	50m:	27.70	27.70	150m:	1:37.07	36.24	250m:			350m:		
	100m:	1:00.83	33.13	200m:			300m:			400m:	4:40.50	
36.	LABICH Wiktor				14	MKS Trojka Lodz				<b>4:41.21</b>	587	
	50m:	30.25	30.25	150m:	1:40.06	35.10	250m:	2:54.69	39.64	350m:	4:08.52	33.38
	100m:	1:04.96	34.71	200m:	2:15.05	34.99	300m:	3:35.14	40.45	400m:	4:41.21	32.69
37.	BLASZCZYK Kacper				17	Olimpijczyk Aleksandrow Lodzki				<b>4:41.93</b>	582	
	50m:	28.60	28.60	150m:	1:39.09	37.51	250m:	2:54.49	38.84	350m:	4:10.18	35.12
	100m:	1:01.58	32.98	200m:	2:15.65	36.56	300m:	3:35.06	40.57	400m:	4:41.93	31.75
38.	WOZNIAK Kamil				17	UKS FREGATA Kolbuszowa				<b>4:42.27</b>	580	
	50m:	29.35	29.35	150m:	1:40.75	37.37	250m:	2:58.33	40.54	350m:	4:10.75	32.08
	100m:	1:03.38	34.03	200m:	2:17.79	37.04	300m:	3:38.67	40.34	400m:	4:42.27	31.52
39.	SOLARSKI Antoni				16	K.S.Warta Poznan				<b>4:42.49</b>	579	
	50m:	29.82	29.82	150m:	1:41.60	37.17	250m:	2:56.59	38.97	350m:	4:10.11	33.25
	100m:	1:04.43	34.61	200m:	2:17.62	36.02	300m:	3:36.86	40.27	400m:	4:42.49	32.38
40.	DOEDEL Alex				16	UKS CITYZEN Poznan				<b>4:43.55</b>	572	
	50m:	31.49	31.49	150m:	1:43.67	36.45	250m:	2:59.44	40.64	350m:	4:12.14	32.05
	100m:	1:07.22	35.73	200m:	2:18.80	35.13	300m:	3:40.09	40.65	400m:	4:43.55	31.41
41.	BLIZNIEWSKI Franciszek				15	UKS SP 149 Lodz				<b>4:46.23</b>	556	
	50m:	29.12	29.12	150m:	1:37.75	34.95	250m:	2:53.46	42.22	350m:	4:12.39	34.72
	100m:	1:02.80	33.68	200m:	2:11.24	33.49	300m:	3:37.67	44.21	400m:	4:46.23	33.84
42.	WOZNIAK Kamil				16	Ks Wisla Pulawy				<b>4:46.34</b>	556	
	50m:	29.61	29.61	150m:	1:42.68	39.21	250m:	3:02.40	41.14	350m:	4:17.00	33.51
	100m:	1:03.47	33.86	200m:	2:21.26	38.58	300m:	3:43.49	41.09	400m:	4:46.34	29.34
43.	FAJKOWSKI Piotr				16	MKS Trojka Lodz				<b>4:46.62</b>	554	
	50m:	29.12	29.12	150m:	1:40.00	35.49	250m:	2:57.80	42.34	350m:	4:14.19	33.89
	100m:	1:04.51	35.39	200m:	2:15.46	35.46	300m:	3:40.30	42.50	400m:	4:46.62	32.43

Zimowe Mistrzostwa Polski Seniorów i Młodzie ovców  
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Event 19, Men, 400m Medley, Prelim, OPEN

Rank					Age					Time	Pts	
44.	POPIOLEK Dawid				15	UKS Skarpa Lublin				<b>4:50.04</b>	535	
	50m:	29.93	29.93	150m:	1:42.78	38.00	250m:	3:01.47	41.81	350m:	4:17.28	33.92
	100m:	1:04.78	34.85	200m:	2:19.66	36.88	300m:	3:43.36	41.89	400m:	4:50.04	32.76
45.	DOŁOWY Grzegorz				15	Iuks Muszelka Warszawa				<b>4:50.43</b>	533	
	50m:	30.38	30.38	150m:	1:42.05	37.54	250m:	3:02.63	43.65	350m:	4:19.19	32.77
	100m:	1:04.51	34.13	200m:	2:18.98	36.93	300m:	3:46.42	43.79	400m:	4:50.43	31.24
46.	POPIELA Karol				17	MKP Wodnik 29 Tychy				<b>4:52.70</b>	520	
	50m:	29.21	29.21	150m:	1:39.83	36.86	250m:	3:01.03	45.10	350m:	4:19.65	34.07
	100m:	1:02.97	33.76	200m:	2:15.93	36.10	300m:	3:45.58	44.55	400m:	4:52.70	33.05
47.	KEDZIERSKI Tomasz				14	UKS 190 Lodz				<b>4:54.64</b>	510	
	50m:	29.62	29.62	150m:	1:40.96	37.04	250m:	3:00.93	43.55	350m:	4:20.49	35.41
	100m:	1:03.92	34.30	200m:	2:17.38	36.42	300m:	3:45.08	44.15	400m:	4:54.64	34.15
48.	STACHECKI Jan				15	UKS CITYZEN Poznan				<b>4:57.71</b>	494	
	50m:	32.87	32.87	150m:	1:48.32	36.88	250m:	3:08.74	43.79	350m:	4:26.52	32.77
	100m:	1:11.44	38.57	200m:	2:24.95	36.63	300m:	3:53.75	45.01	400m:	4:57.71	31.19
49.	TOMASZOWSKI Michal				14	MKS Park Wodny Tarnowskie Gory				<b>4:57.92</b>	493	
	50m:	31.42	31.42	150m:	1:46.16	37.07	250m:	3:06.53	43.29	350m:	4:25.23	34.37
	100m:	1:09.09	37.67	200m:	2:23.24	37.08	300m:	3:50.86	44.33	400m:	4:57.92	32.69
50.	MARKOWSKI Kacper SWwa				14	UKP Polonia Warszawa				<b>4:59.65</b>	485	
	50m:	31.44	31.44	150m:	1:45.60	37.90	250m:	3:06.27	43.13	350m:	4:25.15	36.69
	100m:	1:07.70	36.26	200m:	2:23.14	37.54	300m:	3:48.46	42.19	400m:	4:59.65	34.50
51.	OLESKI Tomasz				14	Olimpijczyk Aleksandrow Lodzki				<b>5:00.80</b>	479	
	50m:	30.62	30.62	150m:	1:45.86	39.00	250m:	3:06.76	43.71	350m:	4:26.69	35.64
	100m:	1:06.86	36.24	200m:	2:23.05	37.19	300m:	3:51.05	44.29	400m:	5:00.80	34.11
52.	PRZYSTAL Adam				14	UKS G - 8 Bielany				<b>5:01.85</b>	474	
	50m:	32.32	32.32	150m:	1:49.74	39.13	250m:	3:09.05	41.30	350m:	4:27.34	35.72
	100m:	1:10.61	38.29	200m:	2:27.75	38.01	300m:	3:51.62	42.57	400m:	5:01.85	34.51
53.	MAGDA Patryk				15	MKS Ikar Mielec				<b>5:03.63</b>	466	
	50m:	31.29	31.29	150m:	1:45.31	38.39	250m:	3:08.57	45.81	350m:	4:30.32	35.17
	100m:	1:06.92	35.63	200m:	2:22.76	37.45	300m:	3:55.15	46.58	400m:	5:03.63	33.31
54.	KOMOROWSKI Kacper				14	MOSM Tychy				<b>5:07.23</b>	450	
	50m:	31.54	31.54	150m:	1:50.46	41.30	250m:	3:11.33	40.57	350m:	4:31.11	37.51
	100m:	1:09.16	37.62	200m:	2:30.76	40.30	300m:	3:53.60	42.27	400m:	5:07.23	36.12
55.	KALISIAK Norbert				15	UKS NAWA Skierniewice				<b>5:10.50</b>	436	
	50m:	32.26	32.26	150m:	1:48.84	39.12	250m:	3:14.50	47.29	350m:	4:36.68	36.83
	100m:	1:09.72	37.46	200m:	2:27.21	38.37	300m:	3:59.85	45.35	400m:	5:10.50	33.82
56.	KRUPINSKI Wojciech				14	KS Posnania Poznan				<b>5:10.79</b>	435	
	50m:	32.82	32.82	150m:	1:52.33	40.50	250m:	3:17.64	45.66	350m:	4:38.08	35.77
	100m:	1:11.83	39.01	200m:	2:31.98	39.65	300m:	4:02.31	44.67	400m:	5:10.79	32.71
57.	MATEJKO Maciej				15	UKS Delfin Garwolin				<b>5:45.57</b>	316	
	50m:	34.28	34.28	150m:	2:00.57	45.95	250m:	3:32.94	47.69	350m:	5:06.69	43.00
	100m:	1:14.62	40.34	200m:	2:45.25	44.68	300m:	4:23.69	50.75	400m:	5:45.57	38.88
DSQ	SOSINSKI Bartosz				16	UKS CITYZEN Poznan				<b>4:55.32</b>		
	<i>K 15 - Brak dotkni cia ciany obydwiema rozlaczonymi dlo mi przy nawrocie lub na zako czenie wy cigu</i>											
	50m:	34.08	34.08	150m:	1:50.56	37.14	250m:	3:07.75	40.75	350m:	4:22.94	34.34
	100m:	1:13.42	39.34	200m:	2:27.00	36.44	300m:	3:48.60	40.85	400m:	4:55.32	32.38