

2018 Główny Mistrzostwa Polski Seniorów i Młodzie ovców  
 Łód , 24. - 27.5.2018

Event 18 Men, 400m Medley 14 years and older  
 25.05.2018 - 18:28 Results Finals

Rekord Polski Open	4:12.28	MATCZAK Mateusz	00905	Belgrade (SRB)	11.07.2009
Rekord Polski 19 - 23	4:12.28	MATCZAK Mateusz	00905	Belgrade (SRB)	11.07.2009
Rekord Polski 18	4:18.40	MATCZAK Mateusz	00905	Antwerp (BEL)	22.07.2007
Rekord Polski 17	4:20.27	MATCZAK Mateusz	00905	Palma de Mallorca (ESP)	06.07.2006
Rekord Polski 16	4:26.91	KAŁUSOWSKI Jan	00905	Ostrowiec Sw	15.07.2016
Rekord Polski 15	4:30.55	KAŁUSOWSKI Jan	00905	Ostrowiec Sw	10.07.2015
Rekord Polski 14	4:39.38	SOBEK Nikodem	02303	Berlin (GER)	16.12.2016

Minimum-ME Glasgow M Open: 4:18.88 / Minimum-MEJ Helsinki M 15 - 18: 4:28.17

Points: FINA 2018

Rank	Age	Time	Pts	RT
<b>Final A</b>				
1.	24	<b>4:18.82</b>	836	+0,73
SZWEDZKI Dawid WKS Slask Wroclaw				
<i>Minimum-ME Glasgow</i>				
50m:	27.81	27.81	150m:	1:33.77
100m:	59.51	31.70	200m:	2:07.54
250m:	2:42.96	35.42	350m:	3:49.32
300m:	3:19.27	36.31	400m:	4:18.82
30.05			29.50	
2.	19	<b>4:23.09</b>	796	+0,64
BUJAK Dominik St. Lok. SALOS Cortile Kielce				
50m:	28.30	28.30	150m:	1:34.71
100m:	1:00.29	31.99	200m:	2:07.90
250m:	2:44.61	36.71	350m:	3:52.80
300m:	3:22.37	37.76	400m:	4:23.09
30.43			30.29	
3.	19	<b>4:24.30</b>	785	+0,70
WAGROWSKI Marcel KU AZS Politechniki Lodzkiej				
50m:	27.23	27.23	150m:	1:32.86
100m:	58.97	31.74	200m:	2:05.82
250m:	2:44.30	38.48	350m:	3:53.23
300m:	3:22.61	38.31	400m:	4:24.30
30.62			31.07	
4.	17	<b>4:27.80</b>	754	+0,73
DUBAS Mateusz AZS AWF Katowice				
<i>Minimum-MEJ Helsinki</i>				
50m:	28.37	28.37	150m:	1:35.13
100m:	1:00.70	32.33	200m:	2:09.88
250m:	2:46.57	36.69	350m:	3:56.10
300m:	3:24.21	37.64	400m:	4:27.80
31.89			31.70	
5.	19	<b>4:28.53</b>	748	+0,66
CIASTON Sebastian UKP Unia Oswiecim				
50m:	29.39	29.39	150m:	1:37.61
100m:	1:02.86	33.47	200m:	2:12.30
250m:	2:49.23	36.93	350m:	3:57.83
300m:	3:27.19	37.96	400m:	4:28.53
30.64			30.70	
6.	23	<b>4:29.89</b>	737	+0,74
BALABUCH Krystian BOSiR Brzesko				
50m:	28.25	28.25	150m:	1:37.15
100m:	1:01.29	33.04	200m:	2:12.92
250m:	2:50.32	37.40	350m:	3:59.36
300m:	3:28.34	38.02	400m:	4:29.89
31.02			30.53	
7.	19	<b>4:30.19</b>	735	+0,70
CHMIELEWSKI Jakub WKS Slask Wroclaw				
50m:	27.76	27.76	150m:	1:34.67
100m:	59.59	31.83	200m:	2:09.23
250m:	2:47.33	38.10	350m:	3:58.06
300m:	3:26.69	39.36	400m:	4:30.19
31.37			32.13	
8.	17	<b>4:30.24</b>	734	+0,73
WARZOCHA Albert Uks Cityzen				
50m:	28.05	28.05	150m:	1:35.46
100m:	1:00.59	32.54	200m:	2:09.52
250m:	2:47.28	37.76	350m:	3:58.50
300m:	3:26.04	38.76	400m:	4:30.24
32.46			31.74	
9.	17	<b>4:33.61</b>	707	+0,61
SUCHANSKI Przemyslaw UKP Unia Oswiecim				
50m:	28.70	28.70	150m:	1:38.15
100m:	1:03.13	34.43	200m:	2:11.13
250m:	2:50.59	39.46	350m:	4:02.75
300m:	3:30.47	39.88	400m:	4:33.61
32.28			30.86	
10.	18	<b>4:36.83</b>	683	+0,74
MANKA Filip UKS 190 Lodz				
50m:	29.48	29.48	150m:	1:37.76
100m:	1:03.31	33.83	200m:	2:13.06
250m:	2:52.08	39.02	350m:	4:04.83
300m:	3:31.68	39.60	400m:	4:36.83
33.15			32.00	
<b>Final B</b>				
11.	18	<b>4:30.54</b>	732	+0,66
KUCZAK Adam TP Zielona Gora				
50m:	28.54	28.54	150m:	1:37.05
100m:	1:01.60	33.06	200m:	2:11.24
250m:	2:49.33	38.09	350m:	3:59.57
300m:	3:28.77	39.44	400m:	4:30.54
30.80			30.97	
12.	17	<b>4:34.64</b>	699	+0,62
SACHA Kamil WKS Slask Wroclaw				
50m:	28.66	28.66	150m:	1:38.19
100m:	1:01.70	33.04	200m:	2:14.55
250m:	2:53.29	38.74	350m:	4:04.20
300m:	3:33.13	39.84	400m:	4:34.64
31.07			30.44	
13.	16	<b>4:37.38</b>	679	+0,78
ZDZIEBLO Piotr UKS Salmo Zory				
50m:	29.16	29.16	150m:	1:39.40
100m:	1:02.76	33.60	200m:	2:14.74
250m:	2:54.48	39.74	350m:	4:06.33
300m:	3:34.24	39.76	400m:	4:37.38
32.09			31.05	

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Rank			Age					Time	Pts	RT		
14.	GOTSZLING Dawid		17	Starachowicki Klub Plywacki BA				<b>4:38.55</b>	670	+0,79		
	50m:	27.89	27.89	150m:	1:37.36	35.86	250m:	2:53.83	41.81	350m:	4:07.81	32.26
	100m:	1:01.50	33.61	200m:	2:12.02	34.66	300m:	3:35.55	41.72	400m:	4:38.55	30.74
15.	GAWRON Oskar		19	WKS Slask Wroclaw				<b>4:38.62</b>	670	+0,83		
	50m:	29.53	29.53	150m:	1:40.16	36.53	250m:	2:54.05	38.10	350m:	4:05.84	32.40
	100m:	1:03.63	34.10	200m:	2:15.95	35.79	300m:	3:33.44	39.39	400m:	4:38.62	32.78
16.	WALCZYNSKO Jakub		18	KU AZS UMCS Lublin				<b>4:39.53</b>	663	+0,55		
	50m:	28.76	28.76	150m:	1:38.52	36.08	250m:	2:54.11	39.80	350m:	4:07.79	32.53
	100m:	1:02.44	33.68	200m:	2:14.31	35.79	300m:	3:35.26	41.15	400m:	4:39.53	31.74
17.	ZAREMBA Jakub		17	UKS G-8 Bielany Warszawa				<b>4:41.93</b>	646	+0,70		
	50m:	29.26	29.26	150m:	1:40.28	37.32	250m:	2:56.96	40.13	350m:	4:10.52	32.78
	100m:	1:02.96	33.70	200m:	2:16.83	36.55	300m:	3:37.74	40.78	400m:	4:41.93	31.41
18.	BARUSINSKI Kordian		17	UKS G-8 Bielany Warszawa				<b>4:43.25</b>	637	+0,76		
	50m:	28.09	28.09	150m:	1:37.21	36.04	250m:	2:54.09	40.24	350m:	4:09.89	34.93
	100m:	1:01.17	33.08	200m:	2:13.85	36.64	300m:	3:34.96	40.87	400m:	4:43.25	33.36
19.	JASKIEWICZ Adrian		16	IUKS „Muszelka” Warszawa				<b>4:43.60</b>	635	+0,60		
	50m:	28.07	28.07	150m:	1:36.24	36.12	250m:	2:54.39	42.81	350m:	4:11.21	32.93
	100m:	1:00.12	32.05	200m:	2:11.58	35.34	300m:	3:38.28	43.89	400m:	4:43.60	32.39
20.	BACZKOWSKI Bartosz		21	MKS Polonia Warszawa				<b>4:54.08</b>	570	+0,70		
	50m:	28.68	28.68	150m:	1:43.92	39.94	250m:	3:02.53	40.61	350m:	4:19.63	35.32
	100m:	1:03.98	35.30	200m:	2:21.92	38.00	300m:	3:44.31	41.78	400m:	4:54.08	34.45