

Zimowe Mistrzostwa Polski Seniorów i Młodzieżowców
Szczecin, 1. - 4.12.2010

Konkurencja 10
2010-12-01 - 11:09

M czynn, 400m dowolny

Open
Wyniki Eliminacje

Rekord Polski	3:37.78	KORZENIOWSKI Pawel	AZWAR	Gorzow Wielkopolski	2009-11-26
Minimum Mistrz. wiata	3:44.49				

Punkty: FINA 2010

Pozycja			Rok ur.					Czas	Pkt.	
1.	MISIAK Piotr		92	G-8 Bielany W-wa				3:50.34	788	A
	50m:	26.33 26.33	150m:	1:24.06	29.01	250m:	2:22.58	29.33	350m:	3:21.67 29.55
	100m:	55.05 28.72	200m:	1:53.25	29.19	300m:	2:52.12	29.54	400m:	3:50.34 28.67
2.	WERNER Pawel		93	Juvenia Wrocław				3:52.58	765	A
	50m:	27.43 27.43	150m:	1:26.65	29.69	250m:	2:25.96	29.58	350m:	3:24.58 28.97
	100m:	56.96 29.53	200m:	1:56.38	29.73	300m:	2:55.61	29.65	400m:	3:52.58 28.00
3.	STA CZYK Przemysław		85	MKP Szczecin				3:52.64	765	A
	50m:	27.09 27.09	150m:	1:26.22	29.66	250m:	2:25.29	29.48	350m:	3:24.40 29.51
	100m:	56.56 29.47	200m:	1:55.81	29.59	300m:	2:54.89	29.60	400m:	3:52.64 28.24
4.	PIELOWSKI Krzysztof		91	Kormoran Olsztyn				3:53.29	758	A
	50m:	27.31 27.31	150m:	1:26.36	29.53	250m:	2:25.30	29.21	350m:	3:24.49 29.58
	100m:	56.83 29.52	200m:	1:56.09	29.73	300m:	2:54.91	29.61	400m:	3:53.29 28.80
5.	HRENIAK Maciej		89	MKP Szczecin				3:53.34	758	A
	50m:	27.66 27.66	150m:	1:26.73	29.59	250m:	2:26.27	29.70	350m:	3:25.46 29.34
	100m:	57.14 29.48	200m:	1:56.57	29.84	300m:	2:56.12	29.85	400m:	3:53.34 27.88
6.	SAWRYMOWICZ Mateusz		87	MKP Szczecin				3:53.60	755	A
	50m:	27.80 27.80	150m:	1:27.06	29.65	250m:	2:26.41	29.59	350m:	3:25.34 29.42
	100m:	57.41 29.61	200m:	1:56.82	29.76	300m:	2:55.92	29.51	400m:	3:53.60 28.26
7.	BOR Radosław SZG		93	Korner Zielona Góra				3:53.80	753	A
	50m:	27.38 27.38	150m:	1:26.43	29.61	250m:	2:26.00	29.73	350m:	3:25.35 29.60
	100m:	56.82 29.44	200m:	1:56.27	29.84	300m:	2:55.75	29.75	400m:	3:53.80 28.45
8.	ZABOROWSKI Filip SS		94	MKP Szczecin				3:53.84	753	A
	50m:	27.27 27.27	150m:	1:26.18	29.49	250m:	2:25.06	29.32	350m:	3:24.29 29.78
	100m:	56.69 29.42	200m:	1:55.74	29.56	300m:	2:54.51	29.45	400m:	3:53.84 29.55
9.	HURA Bartosz		91	Kormoran Olsztyn				3:54.67	745	A
	50m:	28.05 28.05	150m:	1:27.32	29.84	250m:	2:26.56	29.58	350m:	3:25.82 29.59
	100m:	57.48 29.43	200m:	1:56.98	29.66	300m:	2:56.23	29.67	400m:	3:54.67 28.85
10.	PI TKOWSKI Mateusz		90	AZS AWF Warszawa				3:54.90	743	A
	50m:	27.15 27.15	150m:	1:26.30	29.77	250m:	2:25.70	29.48	350m:	3:25.36 29.85
	100m:	56.53 29.38	200m:	1:56.22	29.92	300m:	2:55.51	29.81	400m:	3:54.90 29.54
11.	BOROWICZ SKONECZNY Sylwester		92	Kormoran Olsztyn				3:55.00	742	R
	50m:	27.78 27.78	150m:	1:26.96	29.56	250m:	2:26.44	29.69	350m:	3:25.76 29.60
	100m:	57.40 29.62	200m:	1:56.75	29.79	300m:	2:56.16	29.72	400m:	3:55.00 29.24
12.	RYBI SKI Dawid SWR		93	I sk Wrocław				3:55.96	733	R
	50m:	27.44 27.44	150m:	1:26.97	29.76	250m:	2:27.37	29.88	350m:	3:27.05 29.94
	100m:	57.21 29.77	200m:	1:57.49	30.52	300m:	2:57.11	29.74	400m:	3:55.96 28.91
13.	SZAMOTULSKI Wojciech		91	I sk Wrocław				3:56.40	729	
	50m:	27.49 27.49	150m:	1:26.57	29.65	250m:	2:26.49	29.97	350m:	3:27.22 30.35
	100m:	56.92 29.43	200m:	1:56.52	29.95	300m:	2:56.87	30.38	400m:	3:56.40 29.18
14.	CZARNOTA Mateusz SO		91	Unia O wi cim				3:56.71	726	
	50m:	27.52 27.52	150m:	1:27.22	30.00	250m:	2:26.88	29.94	350m:	3:26.91 29.84
	100m:	57.22 29.70	200m:	1:56.94	29.72	300m:	2:57.07	30.19	400m:	3:56.71 29.80
15.	KACZMARSKI Marcin SS		94	KSZO Ostrowiec				3:56.87	724	
	50m:	26.66 26.66	150m:	1:26.39	30.24	250m:	2:27.15	30.43	350m:	3:27.63 29.95
	100m:	56.15 29.49	200m:	1:56.72	30.33	300m:	2:57.68	30.53	400m:	3:56.87 29.24
16.	TOWAREK Sebastian SWR		93	I sk Wrocław				3:57.29	720	
	50m:	28.46 28.46	150m:	1:28.92	30.09	250m:	2:29.35	30.09	350m:	3:28.75 29.61
	100m:	58.83 30.37	200m:	1:59.26	30.34	300m:	2:59.14	29.79	400m:	3:57.29 28.54

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Pozycja			Rok ur.				Czas	Pkt.
17.	PULWIN Paweł		92	AZS AWF Warszawa			3:57.31	720
	50m: 27.53	27.53	150m: 1:26.94	29.80	250m: 2:27.07	29.60	350m: 3:27.83	30.78
	100m: 57.14	29.61	200m: 1:57.47	30.53	300m: 2:57.05	29.98	400m: 3:57.31	29.48
18.	SZARLI SKI Filip		92	G-8 Bielany W-wa			3:58.04	714
	50m: 26.99	26.99	150m: 1:27.22	30.37	250m: 2:27.52	29.84	350m: 3:28.82	30.62
	100m: 56.85	29.86	200m: 1:57.68	30.46	300m: 2:58.20	30.68	400m: 3:58.04	29.22
19.	OTŁOWSKI Aleksy		91	Warszawianka			3:58.87	706
	50m: 26.73	26.73	150m: 1:27.19	30.36	250m: 2:28.19	30.24	350m: 3:29.66	30.88
	100m: 56.83	30.10	200m: 1:57.95	30.76	300m: 2:58.78	30.59	400m: 3:58.87	29.21
20.	SZUBA Michał SWR		93	I sk Wrocław			3:59.47	701
	50m: 27.27	27.27	150m: 1:26.72	30.13	250m: 2:27.89	30.76	350m: 3:29.42	31.14
	100m: 56.59	29.32	200m: 1:57.13	30.41	300m: 2:58.28	30.39	400m: 3:59.47	30.05
21.	RZ SA Wojciech		90	AZS AWFIS Gda sk			4:00.96	688
	50m: 27.66	27.66	150m: 1:28.02	30.16	250m: 2:29.43	30.87	350m: 3:31.20	30.79
	100m: 57.86	30.20	200m: 1:58.56	30.54	300m: 3:00.41	30.98	400m: 4:00.96	29.76
22.	SMEJA SŁAWOMIR		94	Astoria Bydgoszcz			4:01.30	685
	50m: 27.37	27.37	150m: 1:28.46	31.06	250m: 2:30.19	30.78	350m: 3:31.79	30.72
	100m: 57.40	30.03	200m: 1:59.41	30.95	300m: 3:01.07	30.88	400m: 4:01.30	29.51
23.	KSI EK Michał SK		93	Jordan Kraków			4:01.31	685
	50m: 28.14	28.14	150m: 1:29.07	30.66	250m: 2:29.98	30.16	350m: 3:31.24	30.72
	100m: 58.41	30.27	200m: 1:59.82	30.75	300m: 3:00.52	30.54	400m: 4:01.31	30.07
24.	POŁAWSKI Mariusz		93	G-8 Bielany W-wa			4:01.67	682
	50m: 27.48	27.48	150m: 1:27.34	30.00	250m: 2:28.47	30.56	350m: 3:30.97	31.25
	100m: 57.34	29.86	200m: 1:57.91	30.57	300m: 2:59.72	31.25	400m: 4:01.67	30.70
25.	MELLER Olaf SG		92	AZS AWFIS Gda sk			4:01.86	680
	50m: 27.40	27.40	150m: 1:27.49	30.12	250m: 2:27.87	30.18	350m: 3:30.51	31.66
	100m: 57.37	29.97	200m: 1:57.69	30.20	300m: 2:58.85	30.98	400m: 4:01.86	31.35
26.	ORŁOWSKI Piotr		91	MKP Szczecin			4:01.92	680
	50m: 27.44	27.44	150m: 1:27.43	30.07	250m: 2:29.14	31.10	350m: 3:31.50	31.12
	100m: 57.36	29.92	200m: 1:58.04	30.61	300m: 3:00.38	31.24	400m: 4:01.92	30.42
27.	POPRAWA Michał SO		94	AZS AWF Katowice			4:02.42	676
	50m: 27.00	27.00	150m: 1:27.44	30.28	250m: 2:29.38	31.01	350m: 3:31.51	31.52
	100m: 57.16	30.16	200m: 1:58.37	30.93	300m: 2:59.99	30.61	400m: 4:02.42	30.91
28.	KLIZA Mateusz SK		94	Avia widnik			4:02.98	671
	50m: 28.43	28.43	150m: 1:28.72	30.24	250m: 2:29.01	30.24	350m: 3:31.67	31.51
	100m: 58.48	30.05	200m: 1:58.77	30.05	300m: 3:00.16	31.15	400m: 4:02.98	31.31
29.	RZADKOWSKI Daniel		94	Olimpijczyk Suwałki			4:03.75	665
	50m: 27.06	27.06	150m: 1:27.69	30.42	250m: 2:30.86	31.51	350m: 3:32.74	30.37
	100m: 57.27	30.21	200m: 1:59.35	31.66	300m: 3:02.37	31.51	400m: 4:03.75	31.01
30.	KLICH Kacper SWR		94	AZS AWF Katowice			4:03.77	664
	50m: 27.65	27.65	150m: 1:28.53	30.95	250m: 2:31.10	31.26	350m: 3:33.02	30.98
	100m: 57.58	29.93	200m: 1:59.84	31.31	300m: 3:02.04	30.94	400m: 4:03.77	30.75
31.	GŁYK Wojciech		92	Orka L dziny			4:03.98	663
	50m: 28.41	28.41	150m: 1:29.39	30.75	250m: 2:30.99	30.88	350m: 3:33.67	31.37
	100m: 58.64	30.23	200m: 2:00.11	30.72	300m: 3:02.30	31.31	400m: 4:03.98	30.31
32.	PIÓRO Artur		91	AZS AWF Katowice			4:04.30	660
	50m: 27.03	27.03	150m: 1:27.22	30.38	250m: 2:30.07	31.70	350m: 3:32.42	31.37
	100m: 56.84	29.81	200m: 1:58.37	31.15	300m: 3:01.05	30.98	400m: 4:04.30	31.88
33.	EBROWSKI Piotr		90	oliborz W-wa			4:04.34	660
	50m: 27.89	27.89	150m: 1:30.23	30.99	250m: 2:31.99	30.55	350m: 3:33.95	31.03
	100m: 59.24	31.35	200m: 2:01.44	31.21	300m: 3:02.92	30.93	400m: 4:04.34	30.39
34.	RUCI SKI Konrad		92	AZS AGH Kraków			4:05.02	654
	50m: 27.99	27.99	150m: 1:29.19	30.60	250m: 2:31.63	31.09	350m: 3:34.32	31.29
	100m: 58.59	30.60	200m: 2:00.54	31.35	300m: 3:03.03	31.40	400m: 4:05.02	30.70

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Pozycja			Rok ur.					Czas	Pkt.
35.	ZEMBRZUSKI Maciej		92	Kormoran Olsztyn			4:05.60	650	
	50m: 28.41 28.41	150m: 1:29.75	30.70	250m: 2:31.97	31.35	350m: 3:35.07	31.42		
	100m: 59.05 30.64	200m: 2:00.62	30.87	300m: 3:03.65	31.68	400m: 4:05.60	30.53		
36.	KOTLEWSKI Michał SK		94	Zryw Opole			4:06.28	644	
	50m: 28.20 28.20	150m: 1:29.75	30.96	250m: 2:32.95	31.47	350m: 3:36.48	31.79		
	100m: 58.79 30.59	200m: 2:01.48	31.73	300m: 3:04.69	31.74	400m: 4:06.28	29.80		
37.	KOWALSKI Wojciech		94	Kormoran Olsztyn			4:07.04	638	
	50m: 28.90 28.90	150m: 1:31.42	31.30	250m: 2:34.27	31.35	350m: 3:37.19	31.47		
	100m: 1:00.12 31.22	200m: 2:02.92	31.50	300m: 3:05.72	31.45	400m: 4:07.04	29.85		
38.	R YSKI Marcin		94	Kormoran Olsztyn			4:07.78	633	
	50m: 29.30 29.30	150m: 1:31.45	30.85	250m: 2:33.47	31.15	350m: 3:36.62	31.65		
	100m: 1:00.60 31.30	200m: 2:02.32	30.87	300m: 3:04.97	31.50	400m: 4:07.78	31.16		
39.	NOWICKI Mateusz		94	Pi tnatka Bydgoszcz			4:07.79	633	
	50m: 28.63 28.63	150m: 1:31.78	31.85	250m: 2:34.92	31.34	350m: 3:37.41	31.26		
	100m: 59.93 31.30	200m: 2:03.58	31.80	300m: 3:06.15	31.23	400m: 4:07.79	30.38		
40.	S KOWSKI Daniel		95	Polonia Warszawa			4:09.35	621	
	50m: 28.54 28.54	150m: 1:31.68	31.66	250m: 2:35.37	31.74	350m: 3:38.32	31.43		
	100m: 1:00.02 31.48	200m: 2:03.63	31.95	300m: 3:06.89	31.52	400m: 4:09.35	31.03		
41.	SZYDŁOWSKI Adrian		92	Orlik Lublin			4:09.92	617	
	50m: 27.84 27.84	150m: 1:28.54	30.45	250m: 2:32.44	32.34	350m: 3:37.87	32.85		
	100m: 58.09 30.25	200m: 2:00.10	31.56	300m: 3:05.02	32.58	400m: 4:09.92	32.05		
42.	KUDŁA Łukasz		95	AZS AWF Katowice			4:10.47	613	
	50m: 28.91 28.91	150m: 1:31.10	31.05	250m: 2:35.09	32.36	350m: 3:39.81	32.11		
	100m: 1:00.05 31.14	200m: 2:02.73	31.63	300m: 3:07.70	32.61	400m: 4:10.47	30.66		
43.	KORSAK Bartłomiej		89	oliborz W-wa			4:11.02	608	
	50m: 28.93 28.93	150m: 1:32.00	31.65	250m: 2:35.69	31.85	350m: 3:39.52	31.86		
	100m: 1:00.35 31.42	200m: 2:03.84	31.84	300m: 3:07.66	31.97	400m: 4:11.02	31.50		
44.	WI TKIEWICZ Rafał		93	G-8 Bielany W-wa			4:11.36	606	
	50m: 27.80 27.80	150m: 1:29.69	31.45	250m: 2:32.83	31.47	350m: 3:38.48	33.19		
	100m: 58.24 30.44	200m: 2:01.36	31.67	300m: 3:05.29	32.46	400m: 4:11.36	32.88		
45.	SZMIT Bła ej		94	Kormoran Olsztyn			4:12.82	596	
	50m: 28.21 28.21	150m: 1:31.98	32.36	250m: 2:36.83	32.57	350m: 3:41.69	32.49		
	100m: 59.62 31.41	200m: 2:04.26	32.28	300m: 3:09.20	32.37	400m: 4:12.82	31.13		
46.	HOŁUB Jan		96	Avia widnik			4:12.86	595	
	50m: 28.40 28.40	150m: 1:32.38	32.02	250m: 2:36.94	32.18	350m: 3:42.06	32.43		
	100m: 1:00.36 31.96	200m: 2:04.76	32.38	300m: 3:09.63	32.69	400m: 4:12.86	30.80		
47.	WIAK Jakub		95	Orlik Lublin			4:12.92	595	
	50m: 28.53 28.53	150m: 1:32.36	32.09	250m: 2:36.33	31.80	350m: 3:40.82	32.42		
	100m: 1:00.27 31.74	200m: 2:04.53	32.17	300m: 3:08.40	32.07	400m: 4:12.92	32.10		
48.	BEREZECKI Mateusz		95	Olimpijczyk Suwałki			4:13.50	591	
	50m: 28.16 28.16	150m: 1:32.23	32.62	250m: 2:37.00	32.13	350m: 3:42.39	32.73		
	100m: 59.61 31.45	200m: 2:04.87	32.64	300m: 3:09.66	32.66	400m: 4:13.50	31.11		
49.	KŁUSEK Adrian		93	Juvenia Wrocław			4:13.59	590	
	50m: 27.73 27.73	150m: 1:29.78	31.50	250m: 2:34.99	32.93	350m: 3:41.48	33.07		
	100m: 58.28 30.55	200m: 2:02.06	32.28	300m: 3:08.41	33.42	400m: 4:13.59	32.11		
50.	KOTKOWICZ Michał		93	Słowianka Gorzów			4:15.05	580	
	50m: 28.01 28.01	150m: 1:30.10	31.73	250m: 2:35.25	33.27	350m: 3:42.40	33.28		
	100m: 58.37 30.36	200m: 2:01.98	31.88	300m: 3:09.12	33.87	400m: 4:15.05	32.65		
51.	GORRA Daniel		94	MKP Szczecin			4:15.74	575	
	50m: 28.68 28.68	150m: 1:32.00	31.96	250m: 2:37.28	32.63	350m: 3:43.07	32.98		
	100m: 1:00.04 31.36	200m: 2:04.65	32.65	300m: 3:10.09	32.81	400m: 4:15.74	32.67		
52.	CIESIELSKI Filip		96	Pi tnatka Bydgoszcz			4:16.37	571	
	50m: 29.04 29.04	150m: 1:33.68	32.78	250m: 2:38.77	32.57	350m: 3:44.82	33.15		
	100m: 1:00.90 31.86	200m: 2:06.20	32.52	300m: 3:11.67	32.90	400m: 4:16.37	31.55		

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Pozycja					Rok ur.					Czas	Pkt.	
53.	ŁOPACI SKI Kacper				95	Foka Sandomierz				4:17.55	563	
	50m:	28.55	28.55	150m:	1:32.30	32.06	250m:	2:37.54	32.82	350m:	3:44.58	33.38
	100m:	1:00.24	31.69	200m:	2:04.72	32.42	300m:	3:11.20	33.66	400m:	4:17.55	32.97
54.	KOLEC Miłosz				94	MKP Szczecin				4:17.81	562	
	50m:	28.21	28.21	150m:	1:31.79	32.15	250m:	2:37.13	32.65	350m:	3:44.63	33.81
	100m:	59.64	31.43	200m:	2:04.48	32.69	300m:	3:10.82	33.69	400m:	4:17.81	33.18
55.	KOBUS Mateusz				95	Znicz Koszalin				4:18.67	556	
	50m:	27.69	27.69	150m:	1:30.69	32.13	250m:	2:37.24	33.44	350m:	3:45.61	34.17
	100m:	58.56	30.87	200m:	2:03.80	33.11	300m:	3:11.44	34.20	400m:	4:18.67	33.06
56.	U CIŁKO Michał				95	Batory Sokółka				4:18.70	556	
	50m:	28.13	28.13	150m:	1:32.24	32.67	250m:	2:37.93	32.85	350m:	3:45.53	34.09
	100m:	59.57	31.44	200m:	2:05.08	32.84	300m:	3:11.44	33.51	400m:	4:18.70	33.17
57.	PASIECZNY Przemysław				95	Orzeł Elbl g				4:21.54	538	
	50m:	29.12	29.12	150m:	1:34.01	32.83	250m:	2:40.69	33.62	350m:	3:48.54	34.04
	100m:	1:01.18	32.06	200m:	2:07.07	33.06	300m:	3:14.50	33.81	400m:	4:21.54	33.00
58.	MOCHOL Marcin				95	Orlik Lublin				4:22.67	531	
	50m:	29.30	29.30	150m:	1:35.29	33.36	250m:	2:42.76	33.92	350m:	3:49.90	33.62
	100m:	1:01.93	32.63	200m:	2:08.84	33.55	300m:	3:16.28	33.52	400m:	4:22.67	32.77
59.	MARCHEL Adrian				95	Juvenia Białystok				4:23.05	529	
	50m:	29.54	29.54	150m:	1:35.53	33.40	250m:	2:42.81	33.75	350m:	3:50.28	33.65
	100m:	1:02.13	32.59	200m:	2:09.06	33.53	300m:	3:16.63	33.82	400m:	4:23.05	32.77
60.	LEMA CZYK Konrad				95	Znicz Koszalin				4:25.39	515	
	50m:	28.22	28.22	150m:	1:34.26	33.44	250m:	2:42.71	34.25	350m:	3:51.57	34.44
	100m:	1:00.82	32.60	200m:	2:08.46	34.20	300m:	3:17.13	34.42	400m:	4:25.39	33.82
61.	PIEKARSKI Marcin				95	Shark Rudna				4:26.33	509	
	50m:	29.67	29.67	150m:	1:35.89	33.37	250m:	2:43.86	34.20	350m:	3:52.52	34.33
	100m:	1:02.52	32.85	200m:	2:09.66	33.77	300m:	3:18.19	34.33	400m:	4:26.33	33.81
62.	WACHOWICZ Mateusz				95	Znicz Koszalin				4:35.55	460	
	50m:	27.77	27.77	150m:	1:35.48	34.95	250m:	2:47.97	36.29	350m:	4:01.03	36.51
	100m:	1:00.53	32.76	200m:	2:11.68	36.20	300m:	3:24.52	36.55	400m:	4:35.55	34.52
63.	RUDNICKI Ernest				95	Znicz Koszalin				4:35.73	459	
	50m:	29.32	29.32	150m:	1:36.02	34.55	250m:	2:48.14	36.33	350m:	4:01.12	36.33
	100m:	1:01.47	32.15	200m:	2:11.81	35.79	300m:	3:24.79	36.65	400m:	4:35.73	34.61
64.	MUSZTAFAGA Piotr				96	MKP Szczecin				4:38.16	447	
	50m:	30.38	30.38	150m:	1:39.42	34.89	250m:	2:50.77	35.74	350m:	4:02.99	36.16
	100m:	1:04.53	34.15	200m:	2:15.03	35.61	300m:	3:26.83	36.06	400m:	4:38.16	35.17