

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

Konkurencja 17 M czyzn, 400m zmienny Open
2010-12-02 - 9:20 Wyniki Eliminacje

Minimum Mistrz. świata 4:10.39
Rekord Polski 4:03.20 WOJT Lukasz POL Berlin (GER) 2009-11-14

Punkty: FINA 2010

Pozycja			Rok ur.							Czas	Pkt.	
1.	WÓJT Łukasz		82	PZP						4:24.97	718	A
	50m:	27.86 27.86	150m:	1:33.99 33.88	250m:	2:44.77 37.55	350m:	3:54.53 31.93				
	100m:	1:00.11 32.25	200m:	2:07.22 33.23	300m:	3:22.60 37.83	400m:	4:24.97 30.44				
2.	SUZIN Marcin SK		93	Jordan Kraków						4:25.21	716	A
	50m:	28.46 28.46	150m:	1:36.78 35.27	250m:	2:47.57 36.60	350m:	3:55.62 31.47				
	100m:	1:01.51 33.05	200m:	2:10.97 34.19	300m:	3:24.15 36.58	400m:	4:25.21 29.59				
3.	WITKOWSKI Jan		94	Skarpa Lublin						4:25.46	714	A
	50m:	29.02 29.02	150m:	1:37.08 34.17	250m:	2:48.37 38.42	350m:	3:57.18 30.29				
	100m:	1:02.91 33.89	200m:	2:09.95 32.87	300m:	3:26.89 38.52	400m:	4:25.46 28.28				
4.	ZACZY SKI Karol		91	AZS AWF Katowice						4:25.55	713	A
	50m:	28.04 28.04	150m:	1:34.16 33.30	250m:	2:45.70 38.72	350m:	3:56.04 31.57				
	100m:	1:00.86 32.82	200m:	2:06.98 32.82	300m:	3:24.47 38.77	400m:	4:25.55 29.51				
5.	KSI EK Michał SK		93	Jordan Kraków						4:25.58	713	A
	50m:	28.26 28.26	150m:	1:35.22 34.80	250m:	2:46.59 37.78	350m:	3:55.43 31.07				
	100m:	1:00.42 32.16	200m:	2:08.81 33.59	300m:	3:24.36 37.77	400m:	4:25.58 30.15				
6.	CIE LAK Marcin		92	Warszawianka						4:25.90	710	A
	50m:	27.57 27.57	150m:	1:34.16 34.71	250m:	2:45.57 37.42	350m:	3:54.96 31.64				
	100m:	59.45 31.88	200m:	2:08.15 33.99	300m:	3:23.32 37.75	400m:	4:25.90 30.94				
7.	MATCZAK Mateusz		89	MKP Szczecin						4:26.01	709	A
	50m:	27.89 27.89	150m:	1:34.63 34.64	250m:	2:45.98 37.48	350m:	3:55.26 31.97				
	100m:	59.99 32.10	200m:	2:08.50 33.87	300m:	3:23.29 37.31	400m:	4:26.01 30.75				
8.	KIERZKOWSKI Mateusz		87	AZS AWFIS Gda sk						4:26.21	708	A
	50m:	28.17 28.17	150m:	1:35.98 35.18	250m:	2:47.73 37.19	350m:	3:56.34 31.09				
	100m:	1:00.80 32.63	200m:	2:10.54 34.56	300m:	3:25.25 37.52	400m:	4:26.21 29.87				
9.	MIKOŁAJEWSKI Mariusz		90	AZS AWF Warszawa						4:26.58	705	A
	50m:	28.10 28.10	150m:	1:35.77 34.99	250m:	2:47.72 37.82	350m:	3:57.02 31.44				
	100m:	1:00.78 32.68	200m:	2:09.90 34.13	300m:	3:25.58 37.86	400m:	4:26.58 29.56				
10.	ZABOROWSKI Filip SS		94	MKP Szczecin						4:26.77	703	A
	50m:	28.71 28.71	150m:	1:35.90 34.36	250m:	2:47.50 38.34	350m:	3:57.18 30.92				
	100m:	1:01.54 32.83	200m:	2:09.16 33.26	300m:	3:26.26 38.76	400m:	4:26.77 29.59				
11.	DYREK Mateusz		91	AZS AGH Kraków						4:27.35	699	R
	50m:	28.22 28.22	150m:	1:35.10 34.53	250m:	2:46.50 37.80	350m:	3:56.53 32.24				
	100m:	1:00.57 32.35	200m:	2:08.70 33.60	300m:	3:24.29 37.79	400m:	4:27.35 30.82				
12.	GRULA Mateusz		93	G-8 Bielany W-wa						4:28.05	693	R
	50m:	28.26 28.26	150m:	1:36.60 35.66	250m:	2:47.78 36.25	350m:	3:56.86 32.17				
	100m:	1:00.94 32.68	200m:	2:11.53 34.93	300m:	3:24.69 36.91	400m:	4:28.05 31.19				
13.	KRZYWIECKI Tomasz		89	MKP Szczecin						4:28.97	686	
	50m:	28.10 28.10	150m:	1:35.10 34.74	250m:	2:47.29 37.87	350m:	3:58.46 32.57				
	100m:	1:00.36 32.26	200m:	2:09.42 34.32	300m:	3:25.89 38.60	400m:	4:28.97 30.51				
14.	CZARNOTA Mateusz SO		91	Unia O wi cim						4:29.01	686	
	50m:	28.75 28.75	150m:	1:35.84 34.52	250m:	2:48.17 37.86	350m:	3:58.35 31.34				
	100m:	1:01.32 32.57	200m:	2:10.31 34.47	300m:	3:27.01 38.84	400m:	4:29.01 30.66				
15.	KLIZA Mateusz SK		94	Avia widnik						4:29.57	681	
	50m:	29.20 29.20	150m:	1:36.48 34.90	250m:	2:48.69 37.84	350m:	3:58.37 31.48				
	100m:	1:01.58 32.38	200m:	2:10.85 34.37	300m:	3:26.89 38.20	400m:	4:29.57 31.20				
16.	KACZMARSKI Marcin SS		94	KSZO Ostrowiec						4:30.25	676	
	50m:	28.73 28.73	150m:	1:35.67 34.32	250m:	2:49.44 40.81	350m:	4:01.20 30.93				
	100m:	1:01.35 32.62	200m:	2:08.63 32.96	300m:	3:30.27 40.83	400m:	4:30.25 29.05				

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Pozycja	Rok ur.						Czas	Pkt.
17.	PALMI-KUKIEŁKO Mieszko SWR 93 I sk Wrocław						4:30.46	675
	50m: 28.92	28.92	150m: 1:36.13	34.38	250m: 2:49.65	39.50	350m: 4:00.32	30.58
	100m: 1:01.75	32.83	200m: 2:10.15	34.02	300m: 3:29.74	40.09	400m: 4:30.46	30.14
18.	BARAN Rafał SK 93 Jordan Kraków						4:34.79	643
	50m: 28.30	28.30	150m: 1:35.96	35.17	250m: 2:50.28	39.76	350m: 4:02.77	32.20
	100m: 1:00.79	32.49	200m: 2:10.52	34.56	300m: 3:30.57	40.29	400m: 4:34.79	32.02
19.	ZAPAŁA Łukasz 91 AZS AWF Warszawa						4:35.12	641
	50m: 27.12	27.12	150m: 1:35.19	36.56	250m: 2:51.89	40.99	350m: 4:03.86	31.50
	100m: 58.63	31.51	200m: 2:10.90	35.71	300m: 3:32.36	40.47	400m: 4:35.12	31.26
20.	WI TKIEWICZ Rafał 93 G-8 Bielany W-wa						4:35.40	639
	50m: 27.81	27.81	150m: 1:35.73	35.30	250m: 2:49.97	39.82	350m: 4:03.60	32.50
	100m: 1:00.43	32.62	200m: 2:10.15	34.42	300m: 3:31.10	41.13	400m: 4:35.40	31.80
21.	CHMIEL Łukasz 93 MOS D browa Górn.						4:36.74	630
	50m: 27.78	27.78	150m: 1:34.23	34.71	250m: 2:48.53	39.88	350m: 4:04.27	33.99
	100m: 59.52	31.74	200m: 2:08.65	34.42	300m: 3:30.28	41.75	400m: 4:36.74	32.47
22.	STACHURA Maciej 91 AZS AGH Kraków						4:37.39	625
	50m: 29.01	29.01	150m: 1:38.57	36.60	250m: 2:52.25	37.54	350m: 4:04.05	34.18
	100m: 1:01.97	32.96	200m: 2:14.71	36.14	300m: 3:29.87	37.62	400m: 4:37.39	33.34
23.	NOWICKI Mateusz 94 Pi tnastka Bydgoszcz						4:37.73	623
	50m: 28.90	28.90	150m: 1:38.92	36.96	250m: 2:54.28	40.42	350m: 4:07.24	32.28
	100m: 1:01.96	33.06	200m: 2:13.86	34.94	300m: 3:34.96	40.68	400m: 4:37.73	30.49
24.	TWAROWSKI Jerzy SK 95 Jordan Kraków						4:37.86	622
	50m: 28.26	28.26	150m: 1:38.13	36.54	250m: 2:53.03	40.07	350m: 4:06.09	32.70
	100m: 1:01.59	33.33	200m: 2:12.96	34.83	300m: 3:33.39	40.36	400m: 4:37.86	31.77
25.	KUT Bartosz SK 93 Bobry D bica						4:38.29	619
	50m: 28.66	28.66	150m: 1:37.60	35.88	250m: 2:51.78	39.09	350m: 4:06.03	33.36
	100m: 1:01.72	33.06	200m: 2:12.69	35.09	300m: 3:32.67	40.89	400m: 4:38.29	32.26
26.	WIEK Kacper 95 Polonia Warszawa						4:38.48	618
	50m: 29.62	29.62	150m: 1:39.79	35.30	250m: 2:53.74	39.05	350m: 4:07.37	33.10
	100m: 1:04.49	34.87	200m: 2:14.69	34.90	300m: 3:34.27	40.53	400m: 4:38.48	31.11
27.	JANKOWSKI Paweł 95 MOS D browa Górn.						4:38.67	617
	50m: 30.44	30.44	150m: 1:39.49	34.63	250m: 2:55.13	41.19	350m: 4:08.73	32.33
	100m: 1:04.86	34.42	200m: 2:13.94	34.45	300m: 3:36.40	41.27	400m: 4:38.67	29.94
28.	SMEJA SŁAWOMIR 94 Astoria Bydgoszcz						4:38.74	616
	50m: 29.53	29.53	150m: 1:40.20	36.57	250m: 2:56.45	40.68	350m: 4:08.37	31.80
	100m: 1:03.63	34.10	200m: 2:15.77	35.57	300m: 3:36.57	40.12	400m: 4:38.74	30.37
29.	STEFANIAK Jakub 95 Dziewi tka Kalisz						4:44.29	581
	50m: 29.68	29.68	150m: 1:42.62	37.73	250m: 2:59.72	40.78	350m: 4:13.79	32.75
	100m: 1:04.89	35.21	200m: 2:18.94	36.32	300m: 3:41.04	41.32	400m: 4:44.29	30.50
30.	PAWEŁEK Igor 96 Pi tnastka Bydgoszcz						4:44.77	578
	50m: 31.04	31.04	150m: 1:42.39	34.86	250m: 2:58.04	41.79	350m: 4:13.10	33.31
	100m: 1:07.53	36.49	200m: 2:16.25	33.86	300m: 3:39.79	41.75	400m: 4:44.77	31.67
31.	SZCZUKA Paweł 92 Kormoran Olsztyn						4:45.65	573
	50m: 30.19	30.19	150m: 1:42.68	37.93	250m: 2:58.56	39.62	350m: 4:12.99	33.87
	100m: 1:04.75	34.56	200m: 2:18.94	36.26	300m: 3:39.12	40.56	400m: 4:45.65	32.66
32.	GUZIK Jakub 91 AZS AGH Kraków						4:46.85	565
	50m: 29.55	29.55	150m: 1:42.45	38.46	250m: 2:58.44	38.69	350m: 4:13.12	35.03
	100m: 1:03.99	34.44	200m: 2:19.75	37.30	300m: 3:38.09	39.65	400m: 4:46.85	33.73
33.	KAMI SKI Szymon 92 Słowianka Gorzów						4:48.22	557
	50m: 30.31	30.31	150m: 1:41.44	36.04	250m: 2:58.68	41.33	350m: 4:15.37	34.76
	100m: 1:05.40	35.09	200m: 2:17.35	35.91	300m: 3:40.61	41.93	400m: 4:48.22	32.85
34.	G SIOR Patryk 94 Polonia Warszawa						4:48.30	557
	50m: 30.58	30.58	150m: 1:40.83	35.21	250m: 2:58.39	42.77	350m: 4:15.38	33.70
	100m: 1:05.62	35.04	200m: 2:15.62	34.79	300m: 3:41.68	43.29	400m: 4:48.30	32.92

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Pozycja			Rok ur.				Czas	Pkt.
35.	GAWRY	Sebastian	94	Polonia Warszawa			4:53.53	528
	50m:	30.34 30.34	150m:	1:42.91 37.72	250m:	3:02.78 42.07	350m:	4:19.64 34.27
	100m:	1:05.19 34.85	200m:	2:20.71 37.80	300m:	3:45.37 42.59	400m:	4:53.53 33.89
36.	AMBROZIAK	Kamil	96	Dziwiątka Kalisz			4:57.71	506
	50m:	30.72 30.72	150m:	1:46.44 39.14	250m:	3:07.67 42.20	350m:	4:24.51 34.47
	100m:	1:07.30 36.58	200m:	2:25.47 39.03	300m:	3:50.04 42.37	400m:	4:57.71 33.20
DYSKW.	PEŁCZY	SKI Kacper	92	Unia Olimpijczki			4:25.42	
	<i>Z 2/K 12</i>							
	50m:	28.31 28.31	150m:	1:35.59 34.97	250m:	2:46.15 35.90	350m:	3:54.94 31.83
	100m:	1:00.62 32.31	200m:	2:10.25 34.66	300m:	3:23.11 36.96	400m:	4:25.42 30.48