

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

Konkurencja 17
2010-12-02 - 17:34

M czynn, 400m zmienny

Open
Wyniki Finał

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

Punkty: FINA 2010

Pozycja			Rok ur.							Czas	Pkt.		
Finał A													
1.	WÓJT Łukasz		82	PZP								4:10.30	851
	<i>Minimum Mistrzostw wiata</i>												
	50m:	26.17	26.17	150m:	1:27.46	31.24	250m:	2:35.04	35.82	350m:	3:41.54	29.83	
	100m:	56.22	30.05	200m:	1:59.22	31.76	300m:	3:11.71	36.67	400m:	4:10.30	28.76	
2.	CIE LAK Marcin		92	Warszawianka								4:10.42	850
	50m:	25.59	25.59	150m:	1:27.97	32.76	250m:	2:35.56	35.63	350m:	3:42.02	30.20	
	100m:	55.21	29.62	200m:	1:59.93	31.96	300m:	3:11.82	36.26	400m:	4:10.42	28.40	
3.	MATCZAK Mateusz		89	MKP Szczecin								4:15.55	800
	50m:	26.66	26.66	150m:	1:30.04	32.85	250m:	2:38.84	36.17	350m:	3:45.25	29.91	
	100m:	57.19	30.53	200m:	2:02.67	32.63	300m:	3:15.34	36.50	400m:	4:15.55	30.30	
4.	ZACZY SKI Karol		91	AZS AWF Katowice								4:16.37	792
	50m:	27.09	27.09	150m:	1:30.42	32.63	250m:	2:39.63	37.37	350m:	3:47.64	30.46	
	100m:	57.79	30.70	200m:	2:02.26	31.84	300m:	3:17.18	37.55	400m:	4:16.37	28.73	
5.	SUZIN Marcin SK		93	Jordan Kraków								4:20.61	754
	50m:	27.65	27.65	150m:	1:33.96	34.35	250m:	2:43.40	35.81	350m:	3:50.32	30.86	
	100m:	59.61	31.96	200m:	2:07.59	33.63	300m:	3:19.46	36.06	400m:	4:20.61	30.29	
6.	WITKOWSKI Jan		94	Skarpa Lublin								4:20.95	751
	50m:	28.23	28.23	150m:	1:33.83	33.16	250m:	2:44.58	38.51	350m:	3:52.53	30.02	
	100m:	1:00.67	32.44	200m:	2:06.07	32.24	300m:	3:22.51	37.93	400m:	4:20.95	28.42	
7.	MIKOŁAJEWSKI Mariusz		90	AZS AWF Warszawa								4:24.02	725
	50m:	27.40	27.40	150m:	1:33.49	34.40	250m:	2:44.04	37.50	350m:	3:53.78	31.50	
	100m:	59.09	31.69	200m:	2:06.54	33.05	300m:	3:22.28	38.24	400m:	4:24.02	30.24	
8.	ZABOROWSKI Filip SS		94	MKP Szczecin								4:27.28	699
	50m:	27.89	27.89	150m:	1:35.10	34.59	250m:	2:47.11	38.60	350m:	3:57.62	31.15	
	100m:	1:00.51	32.62	200m:	2:08.51	33.41	300m:	3:26.47	39.36	400m:	4:27.28	29.66	
9.	KSI EK Michał SK		93	Jordan Kraków								4:27.40	698
	50m:	28.12	28.12	150m:	1:35.03	35.01	250m:	2:46.31	38.03	350m:	3:56.56	31.67	
	100m:	1:00.02	31.90	200m:	2:08.28	33.25	300m:	3:24.89	38.58	400m:	4:27.40	30.84	
10.	DYREK Mateusz		91	AZS AGH Kraków								4:30.29	676
	50m:	28.11	28.11	150m:	1:35.84	35.09	250m:	2:48.23	38.12	350m:	3:58.58	32.23	
	100m:	1:00.75	32.64	200m:	2:10.11	34.27	300m:	3:26.35	38.12	400m:	4:30.29	31.71	