

Konkurencja 18  
2016-05-28 - 11:42

M czynn, 400m zmienny

Open  
Wyniki Eliminacje

Rekord Polski	4:12.28	MATCZAK Mateusz	00905	Belgrade (SRB)	2009-07-11
Minimum IO Rio 2016	4:16.71				
Minimum MEJ Hódmez vásárhely	4:27.64				

Punkty: FINA 2016

Pozycja			Rok ur.			Czas	Pkt.	CR
1.	SZWEDZKI Dawid		94	I sk Wrocław		<b>4:23.67</b>	790	+0,67
	50m:	27.88 27.88	150m:	1:34.48 34.51	250m:	2:44.08 36.44	350m:	3:53.57 32.33
	100m:	59.97 32.09	200m:	2:07.64 33.16	300m:	3:21.24 37.16	400m:	4:23.67 30.10
2.	ZBUTOWICZ Karol SOL		98	KORMORAN Olsztyn		<b>4:26.07</b>	769	+0,71
	<i>Minimum MEJ</i>							
	50m:	28.60 28.60	150m:	1:34.77 33.90	250m:	2:45.02 37.21	350m:	3:54.92 32.60
	100m:	1:00.87 32.27	200m:	2:07.81 33.04	300m:	3:22.32 37.30	400m:	4:26.07 31.15
3.	WITKOWSKI Jan		94	Skarpa Lublin		<b>4:27.56</b>	756	+0,67
	50m:	27.92 27.92	150m:	1:34.55 34.61	250m:	2:47.30 38.35	350m:	3:57.91 31.42
	100m:	59.94 32.02	200m:	2:08.95 34.40	300m:	3:26.49 39.19	400m:	4:27.56 29.65
4.	BUJAK Dominik		99	Salos Cortile Kielce		<b>4:27.65</b>	756	+0,66
	50m:	28.19 28.19	150m:	1:35.39 34.54	250m:	2:47.13 38.37	350m:	3:57.32 30.82
	100m:	1:00.85 32.66	200m:	2:08.76 33.37	300m:	3:26.50 39.37	400m:	4:27.65 30.33
5.	W GROWSKI Marcel		99	Olimpijczyk Aleksandrów Łódź		<b>4:28.29</b>	750	+0,79
	50m:	27.00 27.00	150m:	1:33.41 34.63	250m:	2:46.19 38.77	350m:	3:57.18 31.71
	100m:	58.78 31.78	200m:	2:07.42 34.01	300m:	3:25.47 39.28	400m:	4:28.29 31.11
6.	KAŁUSOWSKI Jan		00	Trójka Łódź		<b>4:30.79</b>	730	+0,67
	50m:	28.40 28.40	150m:	1:37.06 35.42	250m:	2:49.60 37.04	350m:	3:59.20 31.60
	100m:	1:01.64 33.24	200m:	2:12.56 35.50	300m:	3:27.60 38.00	400m:	4:30.79 31.59
7.	CHMIELEWSKI Jakub SWR		99	I sk Wrocław		<b>4:31.33</b>	725	+0,65
	50m:	28.71 28.71	150m:	1:35.96 34.99	250m:	2:48.61 38.81	350m:	4:00.64 32.54
	100m:	1:00.97 32.26	200m:	2:09.80 33.84	300m:	3:28.10 39.49	400m:	4:31.33 30.69
8.	DUBIEL Adam		93	AZS AWF Warszawa		<b>4:31.53</b>	724	+0,71
	50m:	28.04 28.04	150m:	1:34.28 33.94	250m:	2:47.21 38.91	350m:	3:59.93 31.97
	100m:	1:00.34 32.30	200m:	2:08.30 34.02	300m:	3:27.96 40.75	400m:	4:31.53 31.60
9.	KOZIEJKO Bartłomiej		00	KORMORAN Olsztyn		<b>4:32.41</b>	717	+0,70
	50m:	29.11 29.11	150m:	1:37.69 35.98	250m:	2:51.38 38.18	350m:	4:02.50 32.06
	100m:	1:01.71 32.60	200m:	2:13.20 35.51	300m:	3:30.44 39.06	400m:	4:32.41 29.91
10.	PIETRZAK DAWID SSz		97	MKP Szczecin		<b>4:34.01</b>	704	+0,74
	50m:	28.95 28.95	150m:	1:37.79 35.75	250m:	2:52.30 39.21	350m:	4:04.55 32.82
	100m:	1:02.04 33.09	200m:	2:13.09 35.30	300m:	3:31.73 39.43	400m:	4:34.01 29.46
11.	ŁAPOT Radosław SR		99	MOSM Katowice		<b>4:35.06</b>	696	+0,80
	50m:	29.11 29.11	150m:	1:38.49 35.25	250m:	2:51.18 38.01	350m:	4:02.87 32.38
	100m:	1:03.24 34.13	200m:	2:13.17 34.68	300m:	3:30.49 39.31	400m:	4:35.06 32.19
12.	LECHOWICZ Filip SO		97	AZS AGH Kraków		<b>4:35.72</b>	691	+0,76
	50m:	28.97 28.97	150m:	1:39.56 36.02	250m:	2:53.49 39.26	350m:	4:05.09 32.08
	100m:	1:03.54 34.57	200m:	2:14.23 34.67	300m:	3:33.01 39.52	400m:	4:35.72 30.63
13.	PALMI-KUKIEŁKO Mieszko		93	I sk Wrocław		<b>4:36.21</b>	688	+0,73
	50m:	28.21 28.21	150m:	1:37.17 35.84	250m:	2:52.56 40.13	350m:	4:05.53 32.05
	100m:	1:01.33 33.12	200m:	2:12.43 35.26	300m:	3:33.48 40.92	400m:	4:36.21 30.68
14.	STEC ADAM SSz		97	MKP Szczecin		<b>4:37.03</b>	681	+0,73
	50m:	29.27 29.27	150m:	1:37.92 34.79	250m:	2:52.29 40.70	350m:	4:05.32 32.15
	100m:	1:03.13 33.86	200m:	2:11.59 33.67	300m:	3:33.17 40.88	400m:	4:37.03 31.71
15.	BUJAK Piotr		97	Salos Cortile Kielce		<b>4:37.44</b>	678	+0,73
	50m:	28.68 28.68	150m:	1:36.53 34.55	250m:	2:52.66 42.08	350m:	4:07.08 30.84
	100m:	1:01.98 33.30	200m:	2:10.58 34.05	300m:	3:36.24 43.58	400m:	4:37.44 30.36
16.	SOBCZYK Maciej		95	AZS AGH Kraków		<b>4:37.68</b>	677	+0,70
	50m:	29.34 29.34	150m:	1:39.57 36.51	250m:	2:54.38 38.70	350m:	4:06.03 32.39
	100m:	1:03.06 33.72	200m:	2:15.68 36.11	300m:	3:33.64 39.26	400m:	4:37.68 31.65

## Szczecin, 27- - 30-5-2016

## Konkurencja 18, M czynn, 400m zmienny, Eliminacje, Open

Pozycja			Rok ur.				Czas	Pkt.	CR
17.	OSSES Arkadiusz		95	Warta Pozna			<b>4:38.45</b>	671	+0,87
	50m: 29.21	29.21	150m: 1:38.59	35.95	250m: 2:55.32	41.61	350m: 4:08.04	31.28	
	100m: 1:02.64	33.43	200m: 2:13.71	35.12	300m: 3:36.76	41.44	400m: 4:38.45	30.41	
18.	GAWRON Oskar SWR		99	I sk Wrocław			<b>4:39.26</b>	665	+0,72
	50m: 28.83	28.83	150m: 1:38.97	36.68	250m: 2:53.63	38.98	350m: 4:06.41	33.23	
	100m: 1:02.29	33.46	200m: 2:14.65	35.68	300m: 3:33.18	39.55	400m: 4:39.26	32.85	
19.	MA KA Filip		00	UKS 190 Łód			<b>4:39.28</b>	665	+0,75
	50m: 29.88	29.88	150m: 1:38.83	35.18	250m: 2:53.80	40.39	350m: 4:08.02	33.68	
	100m: 1:03.65	33.77	200m: 2:13.41	34.58	300m: 3:34.34	40.54	400m: 4:39.28	31.26	
20.	KUBKOWSKI Bartłomiej		95	KORMORAN Olsztyn			<b>4:42.49</b>	643	+0,82
	50m: 28.93	28.93	150m: 1:36.83	35.51	250m: 2:51.45	39.20	350m: 4:07.87	35.93	
	100m: 1:01.32	32.39	200m: 2:12.25	35.42	300m: 3:31.94	40.49	400m: 4:42.49	34.62	
21.	BODZIOCH ANDRZEJ SSz		98	MKP Szczecin			<b>4:43.56</b>	635	+0,72
	50m: 29.42	29.42	150m: 1:40.28	36.40	250m: 2:56.07	39.95	350m: 4:10.42	33.67	
	100m: 1:03.88	34.46	200m: 2:16.12	35.84	300m: 3:36.75	40.68	400m: 4:43.56	33.14	
22.	SACHA Kamil		01	MOS D browa Górnicza			<b>4:43.92</b>	633	+0,67
	50m: 29.16	29.16	150m: 1:39.82	36.69	250m: 2:55.74	40.15	350m: 4:11.25	33.80	
	100m: 1:03.13	33.97	200m: 2:15.59	35.77	300m: 3:37.45	41.71	400m: 4:43.92	32.67	
23.	KACZOROWSKI Jakub		97	oliborz Warszawa			<b>4:44.25</b>	631	+0,74
	50m: 28.98	28.98	150m: 1:41.91	38.43	250m: 2:58.81	39.59	350m: 4:12.09	33.32	
	100m: 1:03.48	34.50	200m: 2:19.22	37.31	300m: 3:38.77	39.96	400m: 4:44.25	32.16	
24.	DOBRZY SKI Tomasz		98	G - 8 Bielany			<b>4:44.71</b>	628	+0,68
	50m: 29.27	29.27	150m: 1:39.85	37.39	250m: 2:57.55	41.05	350m: 4:12.57	33.79	
	100m: 1:02.46	33.19	200m: 2:16.50	36.65	300m: 3:38.78	41.23	400m: 4:44.71	32.14	
25.	OLENDER Karol		96	AZS-AWFiS Gda sk			<b>4:45.46</b>	623	+0,74
	50m: 29.42	29.42	150m: 1:41.35	38.00	250m: 2:59.82	40.71	350m: 4:13.78	32.66	
	100m: 1:03.35	33.93	200m: 2:19.11	37.76	300m: 3:41.12	41.30	400m: 4:45.46	31.68	
26.	FR CZEK Paweł		98	AZS-AWFiS Gda sk			<b>4:45.79</b>	621	+0,81
	50m: 30.24	30.24	150m: 1:43.77	37.83	250m: 3:01.15	41.31	350m: 4:14.83	31.95	
	100m: 1:05.94	35.70	200m: 2:19.84	36.07	300m: 3:42.88	41.73	400m: 4:45.79	30.96	
27.	GIERSZEWSKI Jan SB		98	Pi tnastka Bydgoszcz			<b>4:47.53</b>	609	+0,68
	50m: 29.09	29.09	150m: 1:39.51	36.97	250m: 2:58.29	41.43	350m: 4:14.36	33.40	
	100m: 1:02.54	33.45	200m: 2:16.86	37.35	300m: 3:40.96	42.67	400m: 4:47.53	33.17	
28.	URBA SKI Michał SB		97	Pi tnastka Bydgoszcz			<b>4:47.73</b>	608	+0,70
	50m: 28.21	28.21	150m: 1:38.30	37.47	250m: 2:55.13	39.50	350m: 4:12.54	36.21	
	100m: 1:00.83	32.62	200m: 2:15.63	37.33	300m: 3:36.33	41.20	400m: 4:47.73	35.19	
29.	DUBAS Mateusz		01	Pi tka Chorzów			<b>4:48.72</b>	602	+0,74
	50m: 30.15	30.15	150m: 1:45.30	39.65	250m: 3:01.15	38.08	350m: 4:15.15	34.95	
	100m: 1:05.65	35.50	200m: 2:23.07	37.77	300m: 3:40.20	39.05	400m: 4:48.72	33.57	
30.	JAROSZ Dawid SWwa		99	Wodnik Ko skie			<b>4:48.82</b>	601	+0,72
	50m: 29.28	29.28	150m: 1:41.73	38.30	250m: 3:00.67	41.49	350m: 4:16.94	34.33	
	100m: 1:03.43	34.15	200m: 2:19.18	37.45	300m: 3:42.61	41.94	400m: 4:48.82	31.88	
31.	WALCZYSKO Jakub		00	MOS D browa Górnicza			<b>4:49.79</b>	595	+0,61
	50m: 29.73	29.73	150m: 1:41.73	37.35	250m: 2:59.32	41.18	350m: 4:16.68	34.49	
	100m: 1:04.38	34.65	200m: 2:18.14	36.41	300m: 3:42.19	42.87	400m: 4:49.79	33.11	
32.	DANILEWSKI Maciej SOL		98	JUVENIA Białystok			<b>4:50.30</b>	592	+0,66
	50m: 30.45	30.45	150m: 1:43.44	38.26	250m: 3:02.07	42.61	350m: 4:18.27	33.73	
	100m: 1:05.18	34.73	200m: 2:19.46	36.02	300m: 3:44.54	42.47	400m: 4:50.30	32.03	
33.	R YSKI Marcin		94	AZS UWM Olsztyn			<b>4:51.34</b>	586	+0,71
	50m: 28.35	28.35	150m: 1:38.61	37.77	250m: 2:59.77	43.67	350m: 4:18.11	33.86	
	100m: 1:00.84	32.49	200m: 2:16.10	37.49	300m: 3:44.25	44.48	400m: 4:51.34	33.23	
34.	WILEJTO Igor		01	Sambor Tczew			<b>4:52.55</b>	579	+0,68
	50m: 31.16	31.16	150m: 1:45.70	38.27	250m: 3:05.36	42.07	350m: 4:22.29	33.52	
	100m: 1:07.43	36.27	200m: 2:23.29	37.59	300m: 3:48.77	43.41	400m: 4:52.55	30.26	

## Konkurencja 18, M czynn, 400m zmienny, Eliminacje, Open

Pozycja			Rok ur.					Czas	Pkt.	CR
35.	BARUSI	SKI Kordian	01	KORONA SWIM	Kielce		<b>4:53.79</b>	571	+0,74	
	50m:	28.84 28.84	150m:	1:39.32 36.41	250m:	2:57.89 42.02	350m:	4:18.82 36.34		
	100m:	1:02.91 34.07	200m:	2:15.87 36.55	300m:	3:42.48 44.59	400m:	4:53.79 34.97		
36.	GUZY	Marcel	01	Vega	Dobrodzie		<b>4:54.09</b>	569	+0,74	
	50m:	31.44 31.44	150m:	1:45.90 37.98	250m:	3:04.20 40.08	350m:	4:19.91 35.10		
	100m:	1:07.92 36.48	200m:	2:24.12 38.22	300m:	3:44.81 40.61	400m:	4:54.09 34.18		
37.	JA	KIEWICZ Adrian	02	Muszelka	Warszawa		<b>4:56.17</b>	558	+0,73	
	50m:	30.36 30.36	150m:	1:43.67 38.26	250m:	3:05.12 43.54	350m:	4:23.68 33.97		
	100m:	1:05.41 35.05	200m:	2:21.58 37.91	300m:	3:49.71 44.59	400m:	4:56.17 32.49		
38.	SOBEK	Nikodem	02	UKS Olimpijczyk	23		<b>4:57.44</b>	550	+0,67	
	50m:	31.03 31.03	150m:	1:46.28 37.59	250m:	3:05.57 41.34	350m:	4:24.31 35.05		
	100m:	1:08.69 37.66	200m:	2:24.23 37.95	300m:	3:49.26 43.69	400m:	4:57.44 33.13		
39.	KRZY	ANIAK Krystian	00	JUVENIA	Białystok		<b>4:57.50</b>	550	+0,63	
	50m:	30.22 30.22	150m:	1:46.17 39.78	250m:	3:07.23 42.93	350m:	4:24.63 33.91		
	100m:	1:06.39 36.17	200m:	2:24.30 38.13	300m:	3:50.72 43.49	400m:	4:57.50 32.87		
40.	KRY	Jarosław	02	MKP	Szczecin		<b>5:01.58</b>	528	+0,63	
	50m:	29.45 29.45	150m:	1:43.23 39.20	250m:	3:06.71 44.30	350m:	4:27.74 35.40		
	100m:	1:04.03 34.58	200m:	2:22.41 39.18	300m:	3:52.34 45.63	400m:	5:01.58 33.84		
41.	R	BACZ Maciej	00	G - 8	Bielany		<b>5:02.05</b>	526	+0,67	
	50m:	31.28 31.28	150m:	1:46.85 40.12	250m:	3:06.02 39.54	350m:	4:24.77 37.24		
	100m:	1:06.73 35.45	200m:	2:26.48 39.63	300m:	3:47.53 41.51	400m:	5:02.05 37.28		
42.	DOŁOWY	Grzegorz	02	Muszelka	Warszawa		<b>5:05.21</b>	509	+0,83	
	50m:	31.00 31.00	150m:	1:46.55 40.19	250m:	3:11.86 46.18	350m:	4:33.30 34.49		
	100m:	1:06.36 35.36	200m:	2:25.68 39.13	300m:	3:58.81 46.95	400m:	5:05.21 31.91		
43.	WORONKO	Krzysztof	02	Medyk	Gi ycko		<b>5:06.06</b>	505	+0,70	
	50m:	30.42 30.42	150m:	1:44.31 37.76	250m:	3:07.68 46.02	350m:	4:31.17 35.95		
	100m:	1:06.55 36.13	200m:	2:21.66 37.35	300m:	3:55.22 47.54	400m:	5:06.06 34.89		
44.	WOLI	SKI Igor	01	MKP	Szczecin		<b>5:11.25</b>	480	+0,73	
	50m:	32.11 32.11	150m:	1:49.83 40.50	250m:	3:15.02 46.05	350m:	4:37.67 36.57		
	100m:	1:09.33 37.22	200m:	2:28.97 39.14	300m:	4:01.10 46.08	400m:	5:11.25 33.58		
45.	GRZEMSKI	Kamil	01	MKP	W growiec		<b>5:11.36</b>	480	+0,69	
	50m:	32.04 32.04	150m:	1:51.62 41.46	250m:	3:16.65 45.77	350m:	4:38.37 36.06		
	100m:	1:10.16 38.12	200m:	2:30.88 39.26	300m:	4:02.31 45.66	400m:	5:11.36 32.99		
46.	ŁAZARECKI	Dominik	98	Piast	Głogów		<b>5:22.29</b>	433	+0,73	
	50m:	29.52 29.52	150m:	1:51.98 45.20	250m:	3:24.55 48.69	350m:	4:48.73 35.36		
	100m:	1:06.78 37.26	200m:	2:35.86 43.88	300m:	4:13.37 48.82	400m:	5:22.29 33.56		
47.	STANISZEWSKI	Maksymilian	02	MKP	Szczecin		<b>5:22.68</b>	431	+0,77	
	50m:	33.24 33.24	150m:	1:54.32 42.73	250m:	3:23.46 46.12	350m:	4:47.15 37.20		
	100m:	1:11.59 38.35	200m:	2:37.34 43.02	300m:	4:09.95 46.49	400m:	5:22.68 35.53		
48.	OSSOWSKI	Damian	02	MKS	SP-63 Bydgoszcz		<b>5:25.13</b>	421	+0,78	
	50m:	32.54 32.54	150m:	1:54.94 43.76	250m:	3:23.40 46.53	350m:	4:49.32 38.54		
	100m:	1:11.18 38.64	200m:	2:36.87 41.93	300m:	4:10.78 47.38	400m:	5:25.13 35.81		
DYSKW.	OLLER	Krzysztof	00	KORMORAN	Olsztyn		<b>4:36.48</b>		+0,65	
	<i>K14 - Praca nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie i nawrocie)</i>									
	50m:	28.42 28.42	150m:	1:36.64 35.46	250m:	2:51.63 39.37	350m:	4:05.02 32.90		
	100m:	1:01.18 32.76	200m:	2:12.26 35.62	300m:	3:32.12 40.49	400m:	4:36.48 31.46		
DYSKW.	KURLETO	Piotr	00	Korona	Kraków		<b>4:37.68</b>		+0,68	
	<i>K14 - Praca nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie i nawrocie)</i>									
	50m:	29.25 29.25	150m:	1:39.63 36.69	250m:	2:54.91 39.03	350m:	4:06.56 32.48		
	100m:	1:02.94 33.69	200m:	2:15.88 36.25	300m:	3:34.08 39.17	400m:	4:37.68 31.12		
DYSKW.	POWRO	NIK Konrad	97	MOS	D browa Górnicza		<b>4:40.89</b>		+0,70	
	<i>K14 - Praca nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie i nawrocie)</i>									
	50m:	29.67 29.67	150m:	1:39.78 36.21	250m:	2:54.90 39.62	350m:	4:07.86 31.60		
	100m:	1:03.57 33.90	200m:	2:15.28 35.50	300m:	3:36.26 41.36	400m:	4:40.89 33.03		