



Mistrzostwa Polski Seniorów i Młodzie owców
Ostrowiec w., 19-22 maj 2011



Konkurencja 18
20-05-2011 - 11:32

M czyzn, 400m zmienny

Open
Wyniki Eliminacje

Rek Polski Seniorów	4:12.28	Matczak Mateusz	TRLOD	Belgrad (SRB)	11-07-2009
Rek Polski Jun 18-lat	4:18.40	Matczak Mateusz	TRLOD	Antwerp (BEL)	22-07-2007
Rek Polski Jun 17-lat	4:20.27	Matczak Mateusz	TRLOD	Palma de Mallorca (ESP)	06-07-2006
Rek Polski Jun 16-lat	4:27.40	Cie lak Marcin	MUWAR	Praha (CZE)	05-12-2008
Rek Polski Jun 15-lat	4:32.62	Cie lak Marcin	MUWAR	Gorzów Wlkp.	30-11-2007
Rek Polski Jun 14-lat	4:42.16	Cie lak Marcin	BUWAR	Gorzów Wlkp.	24-11-2006

Min M Sen : 4:18.40 / Min M Jun 16 - 18: 4:24.00 / Min-8 MEJun 17 - 18: 4:27.61 / Min-12 MEJun 17 - 18: 4:29.67

Punkty: FINA 2010

Pozycja			Rok ur.				CR		Czas	Pkt.	
1.	witkowski Jan		94	SKARPA Lublin			+0,73	4:32.12	719	A	
	50m: 28.09	28.09	150m: 1:35.71	35.42	250m: 2:49.35	39.41	350m: 4:01.81	31.89			
	100m: 1:00.29	32.20	200m: 2:09.94	34.23	300m: 3:29.92	40.57	400m: 4:32.12	30.31			
2.	Korzeniowski Paweł		85	AZS AWF Warszawa			+0,77	4:32.15	719	A	
	50m: 27.61	27.61	150m: 1:35.67	35.10	250m: 2:49.36	39.65	350m: 4:01.84	33.11			
	100m: 1:00.57	32.96	200m: 2:09.71	34.04	300m: 3:28.73	39.37	400m: 4:32.15	30.31			
3.	Suzin Marcin SK		93	JORDAN Kraków			+0,66	4:32.67	715	A	
	50m: 28.74	28.74	150m: 1:38.33	36.65	250m: 2:52.15	37.72	350m: 4:02.13	31.36			
	100m: 1:01.68	32.94	200m: 2:14.43	36.10	300m: 3:30.77	38.62	400m: 4:32.67	30.54			
4.	Dubiel Adam		93	LUBLINIANKA			+0,78	4:32.91	713	A	
	50m: 27.67	27.67	150m: 1:34.74	34.91	250m: 2:48.68	40.03	350m: 4:01.87	31.88			
	100m: 59.83	32.16	200m: 2:08.65	33.91	300m: 3:29.99	41.31	400m: 4:32.91	31.04			
5.	Kliza Mateusz SK		94	KP AVIA widnik			+0,69	4:34.10	704	A	
	50m: 29.37	29.37	150m: 1:37.63	36.05	250m: 2:51.40	37.18	350m: 4:01.89	32.08			
	100m: 1:01.58	32.21	200m: 2:14.22	36.59	300m: 3:29.81	38.41	400m: 4:34.10	32.21			
6.	Mikołajewski Mariusz		90	AZS AWF Warszawa			+0,93	4:35.22	695	A	
	50m: 28.98	28.98	150m: 1:37.47	35.89	250m: 2:51.70	39.61	350m: 4:03.20	32.02			
	100m: 1:01.58	32.60	200m: 2:12.09	34.62	300m: 3:31.18	39.48	400m: 4:35.22	32.02			
7.	Cie lak Marcin		92	Warszawianka			+0,79	4:35.27	695	A	
	50m: 28.17	28.17	150m: 1:36.13	35.89	250m: 2:51.81	40.54	350m: 4:05.03	32.52			
	100m: 1:00.24	32.07	200m: 2:11.27	35.14	300m: 3:32.51	40.70	400m: 4:35.27	30.24			
8.	Kierzkowski Mateusz		87	AZS AWFIS Gda sk			+0,74	4:35.55	692	A	
	50m: 27.38	27.38	150m: 1:36.20	36.83	250m: 2:52.00	40.35	350m: 4:05.17	32.81			
	100m: 59.37	31.99	200m: 2:11.65	35.45	300m: 3:32.36	40.36	400m: 4:35.55	30.38			
9.	Palmi-Kukielko Mieszko SWr		93	L SK Wrocław			+0,75	4:35.90	690	B	
	50m: 28.43	28.43	150m: 1:36.93	36.11	250m: 2:52.27	40.22	350m: 4:04.81	31.85			
	100m: 1:00.82	32.39	200m: 2:12.05	35.12	300m: 3:32.96	40.69	400m: 4:35.90	31.09			
10.	Matczak Mateusz		89	AZS AWF Warszawa			+0,76	4:36.14	688	B skr	
	50m: 28.13	28.13	150m: 1:37.26	36.74	250m: 2:52.82	39.05	350m: 4:04.88	32.71			
	100m: 1:00.52	32.39	200m: 2:13.77	36.51	300m: 3:32.17	39.35	400m: 4:36.14	31.26			
11.	Nachtman Mateusz		95	L SK Wrocław			+0,79	4:36.73	684	B	
	50m: 29.17	29.17	150m: 1:40.91	37.12	250m: 2:55.21	37.62	350m: 4:06.18	32.30			
	100m: 1:03.79	34.62	200m: 2:17.59	36.68	300m: 3:33.88	38.67	400m: 4:36.73	30.55			
12.	Krzywiecki Tomasz		89	MKP Szczecin			+0,89	4:36.87	683	B	
	50m: 28.91	28.91	150m: 1:39.60	37.66	250m: 2:54.73	38.65	350m: 4:05.96	31.60			
	100m: 1:01.94	33.03	200m: 2:16.08	36.48	300m: 3:34.36	39.63	400m: 4:36.87	30.91			
13.	Ksi ek Michał SK		93	JORDAN Kraków			+0,78	4:39.05	667	B	
	50m: 28.80	28.80	150m: 1:39.25	37.45	250m: 2:54.74	39.70	350m: 4:07.10	32.05			
	100m: 1:01.80	33.00	200m: 2:15.04	35.79	300m: 3:35.05	40.31	400m: 4:39.05	31.95			
14.	Czarnota Mateusz SO		91	UNIA O wi cim			+0,72	4:39.12	666	B	
	50m: 28.99	28.99	150m: 1:39.96	37.06	250m: 2:54.73	38.70	350m: 4:08.00	32.77			
	100m: 1:02.90	33.91	200m: 2:16.03	36.07	300m: 3:35.23	40.50	400m: 4:39.12	31.12			
15.	Kut Bartosz SK		93	Bobry D bica			+0,83	4:39.28	665	B	
	50m: 28.28	28.28	150m: 1:40.10	38.69	250m: 2:55.13	38.28	350m: 4:07.64	32.91			
	100m: 1:01.41	33.13	200m: 2:16.85	36.75	300m: 3:34.73	39.60	400m: 4:39.28	31.64			



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Konkurencja 18, M czyzn, 400m zmienny, Eliminacje, Open

Pozycja			Rok ur.				CR	Czas	Pkt.
16.	Twarowski Jerzy SK		95	JORDAN Kraków			+0,82	4:39.68	662 B
	50m: 28.95 28.95	150m: 1:41.20		38.04	250m: 2:56.16	38.74		350m: 4:08.29	32.60
	100m: 1:03.16 34.21	200m: 2:17.42		36.22	300m: 3:35.69	39.53		400m: 4:39.68	31.39
17.	Osses Arkadiusz		95	WARTA Pozna			+0,94	4:40.40	657 R
	50m: 29.33 29.33	150m: 1:39.79		36.33	250m: 2:55.88	40.00		350m: 4:08.99	31.96
	100m: 1:03.46 34.13	200m: 2:15.88		36.09	300m: 3:37.03	41.15		400m: 4:40.40	31.41
18.	Ci kowski Dominik SK		96	JORDAN Kraków			+0,78	4:40.74	655 R
	50m: 29.03 29.03	150m: 1:39.35		37.42	250m: 2:55.13	39.67		350m: 4:08.93	33.57
	100m: 1:01.93 32.90	200m: 2:15.46		36.11	300m: 3:35.36	40.23		400m: 4:40.74	31.81
19.	Smeja Sławomir		94	Astoria Bydgoszcz			+0,79	4:42.35	644
	50m: 29.57 29.57	150m: 1:42.19		38.05	250m: 2:59.77	40.36		350m: 4:12.11	31.08
	100m: 1:04.14 34.57	200m: 2:19.41		37.22	300m: 3:41.03	41.26		400m: 4:42.35	30.24
20.	Orczyk Maciej		95	POLONIA Warszawa			+0,73	4:43.80	634
	50m: 30.02 30.02	150m: 1:42.58		37.60	250m: 2:58.59	39.38		350m: 4:11.29	32.73
	100m: 1:04.98 34.96	200m: 2:19.21		36.63	300m: 3:38.56	39.97		400m: 4:43.80	32.51
21.	Pelczy ski Kacper SO		92	UNIA O wi cim			+0,73	4:44.56	629
	50m: 28.61 28.61	150m: 1:40.75		38.38	250m: 2:57.18	38.01		350m: 4:11.10	33.54
	100m: 1:02.37 33.76	200m: 2:19.17		38.42	300m: 3:37.56	40.38		400m: 4:44.56	33.46
22.	Urbaniak Jan		95	WARTA Pozna			+0,77	4:44.95	626
	50m: 30.16 30.16	150m: 1:41.57		37.61	250m: 2:59.73	41.38		350m: 4:14.27	32.34
	100m: 1:03.96 33.80	200m: 2:18.35		36.78	300m: 3:41.93	42.20		400m: 4:44.95	30.68
23.	Staszak Dawid		95	Trójka roda Wlkp			+0,70	4:46.23	618
	50m: 29.47 29.47	150m: 1:41.57		37.80	250m: 2:59.74	41.32		350m: 4:14.10	33.30
	100m: 1:03.77 34.30	200m: 2:18.42		36.85	300m: 3:40.80	41.06		400m: 4:46.23	32.13
24.	Dyrek Mateusz		91	AZS AGH Kraków			+0,82	4:47.54	609
	50m: 29.46 29.46	150m: 1:41.91		38.19	250m: 2:59.88	40.84		350m: 4:14.03	33.91
	100m: 1:03.72 34.26	200m: 2:19.04		37.13	300m: 3:40.12	40.24		400m: 4:47.54	33.51
25.	wiek Kacper		95	POLONIA Warszawa			+0,82	4:48.81	601
	50m: 29.98 29.98	150m: 1:43.75		37.44	250m: 3:02.13	40.59		350m: 4:16.90	32.52
	100m: 1:06.31 36.33	200m: 2:21.54		37.79	300m: 3:44.38	42.25		400m: 4:48.81	31.91
26.	Pietrzak Dawid		97	AQUA 15tka Bydgoszcz			+0,88	4:50.49	591
	50m: 30.21 30.21	150m: 1:42.48		38.11	250m: 3:02.96	43.46		350m: 4:18.31	33.26
	100m: 1:04.37 34.16	200m: 2:19.50		37.02	300m: 3:45.05	42.09		400m: 4:50.49	32.18
27.	Jankowski Paweł		95	MOS D browa Grn			+0,85	4:51.01	588
	50m: 30.61 30.61	150m: 1:41.69		36.62	250m: 3:00.61	42.99		350m: 4:18.13	34.05
	100m: 1:05.07 34.46	200m: 2:17.62		35.93	300m: 3:44.08	43.47		400m: 4:51.01	32.88
28.	Pawełek Igor		96	AQUA 15tka Bydgoszcz			+0,82	4:52.49	579
	50m: 30.67 30.67	150m: 1:43.08		36.31	250m: 3:00.90	42.33		350m: 4:18.84	34.99
	100m: 1:06.77 36.10	200m: 2:18.57		35.49	300m: 3:43.85	42.95		400m: 4:52.49	33.65
29.	Wertepny Damian		96	SHARK Rudna			+0,77	4:53.89	571
	50m: 30.41 30.41	150m: 1:43.09		37.10	250m: 3:02.35	42.52		350m: 4:20.61	34.57
	100m: 1:05.99 35.58	200m: 2:19.83		36.74	300m: 3:46.04	43.69		400m: 4:53.89	33.28
30.	Piechowiak Bartosz		96	AQUA 15tka Bydgoszcz			+0,79	4:56.79	554
	50m: 29.53 29.53	150m: 1:44.24		39.65	250m: 3:05.65	43.41		350m: 4:24.24	34.22
	100m: 1:04.59 35.06	200m: 2:22.24		38.00	300m: 3:50.02	44.37		400m: 4:56.79	32.55
31.	Ciesielski Filip		96	AQUA 15tka Bydgoszcz			+0,81	4:57.79	549
	50m: 31.75 31.75	150m: 1:47.59		38.55	250m: 3:09.31	44.18		350m: 4:26.08	32.71
	100m: 1:09.04 37.29	200m: 2:25.13		37.54	300m: 3:53.37	44.06		400m: 4:57.79	31.71
32.	Kami ski Szymon		92	Słowianka Gorzów Wlkp			+0,82	5:01.01	531
	50m: 31.12 31.12	150m: 1:44.84		38.43	250m: 3:06.79	43.69		350m: 4:26.30	35.07
	100m: 1:06.41 35.29	200m: 2:23.10		38.26	300m: 3:51.23	44.44		400m: 5:01.01	34.71



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

Pozycja			Rok ur.				CR	Czas	Pkt.
33.	Gawry Sebastian		94	Meduza Warszawa			+0,92	5:04.16	515
	50m: 29.52	29.52	150m: 1:43.84	39.56	250m: 3:06.49	43.43	350m: 4:27.40	36.25	
	100m: 1:04.28	34.76	200m: 2:23.06	39.22	300m: 3:51.15	44.66	400m: 5:04.16	36.76	
34.	Cicho Witold		93	Meduza Paj czno			+0,85	5:04.44	513
	50m: 31.63	31.63	150m: 1:50.17	41.48	250m: 3:11.15	41.75	350m: 4:30.87	36.87	
	100m: 1:08.69	37.06	200m: 2:29.40	39.23	300m: 3:54.00	42.85	400m: 5:04.44	33.57	
35.	Hoderny Bartosz		96	SHARK Rudna			+0,79	5:05.39	509
	50m: 33.22	33.22	150m: 1:53.98	42.27	250m: 3:13.76	39.63	350m: 4:31.22	35.82	
	100m: 1:11.71	38.49	200m: 2:34.13	40.15	300m: 3:55.40	41.64	400m: 5:05.39	34.17	
36.	Golczyk Szymon SZG		96	KORNER Zielona G.			+0,71	5:06.93	501
	50m: 30.30	30.30	150m: 1:48.37	42.36	250m: 3:11.63	43.51	350m: 4:32.14	35.93	
	100m: 1:06.01	35.71	200m: 2:28.12	39.75	300m: 3:56.21	44.58	400m: 5:06.93	34.79	
37.	Marciniak Konrad		95	POSNANIA			+0,73	5:13.47	470
	50m: 33.24	33.24	150m: 1:52.84	42.41	250m: 3:17.22	42.42	350m: 4:37.34	36.60	
	100m: 1:10.43	37.19	200m: 2:34.80	41.96	300m: 4:00.74	43.52	400m: 5:13.47	36.13	
38.	Szmajda Michał		97	Olimpijczyk Suwałki			+0,83	5:15.34	462
	50m: 30.70	30.70	150m: 1:48.96	41.88	250m: 3:14.99	45.89	350m: 4:39.45	37.42	
	100m: 1:07.08	36.38	200m: 2:29.10	40.14	300m: 4:02.03	47.04	400m: 5:15.34	35.89	
39.	Borowczyk Oskar		96	AZS AWF Pozna			+0,95	5:16.86	455
	50m: 33.46	33.46	150m: 1:54.99	43.50	250m: 3:22.67	45.91	350m: 4:43.69	35.70	
	100m: 1:11.49	38.03	200m: 2:36.76	41.77	300m: 4:07.99	45.32	400m: 5:16.86	33.17	
40.	Bujak Piotr		97	KORONA-Swim Kielce			+0,83	5:22.60	431
	50m: 34.22	34.22	150m: 1:55.12	40.35	250m: 3:23.30	47.68	350m: 4:48.21	36.01	
	100m: 1:14.77	40.55	200m: 2:35.62	40.50	300m: 4:12.20	48.90	400m: 5:22.60	34.39	
41.	Jaraszkiwicz Bartosz		96	POSNANIA			+0,78	5:22.71	431
	50m: 35.38	35.38	150m: 1:55.73	38.97	250m: 3:21.98	48.57	350m: 4:47.94	36.24	
	100m: 1:16.76	41.38	200m: 2:33.41	37.68	300m: 4:11.70	49.72	400m: 5:22.71	34.77	
42.	Misiak Piotr		92	Bielany Warszawa			+0,83	5:23.56	428
	50m: 30.29	30.29	150m: 1:51.59	44.94	250m: 3:18.68	44.47	350m: 4:46.04	39.61	
	100m: 1:06.65	36.36	200m: 2:34.21	42.62	300m: 4:06.43	47.75	400m: 5:23.56	37.52	
43.	Szarli ski Filip		92	Bielany Warszawa			+0,88	5:23.76	427
	50m: 31.48	31.48	150m: 1:55.55	47.10	250m: 3:26.30	45.86	350m: 4:48.93	36.90	
	100m: 1:08.45	36.97	200m: 2:40.44	44.89	300m: 4:12.03	45.73	400m: 5:23.76	34.83	
44.	Machowski Filip		97	IKAR Mielec			+0,77	5:27.42	413
	50m: 33.95	33.95	150m: 1:58.54	43.88	250m: 3:27.49	45.75	350m: 4:50.81	37.95	
	100m: 1:14.66	40.71	200m: 2:41.74	43.20	300m: 4:12.86	45.37	400m: 5:27.42	36.61	
45.	Kowalski Patryk		97	UNIA Busko-Zdrój			+0,88	5:32.70	393
	50m: 35.22	35.22	150m: 2:02.94	44.89	250m: 3:30.36	45.30	350m: 4:55.21	39.41	
	100m: 1:18.05	42.83	200m: 2:45.06	42.12	300m: 4:15.80	45.44	400m: 5:32.70	37.49	
DYSKW.	G sior Patryk		94	POLONIA Warszawa					
	<i>K8 - niesymetryczna praca nóg</i>								
	50m:		150m:		250m:		350m:		
	100m:		200m:		300m:		400m:		