



Konkurencja 18
20-05-2011

M czyzn, 400m zmienny

Open
Wyniki Finał

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.	
Finał A					
1. Korzeniowski Paweł	85	AZS AWF Warszawa	+0,76	4:16.52	858
<i>Min Mistrzostw wiata</i>					
50m: 26.74 26.74	150m: 1:32.22 33.60	250m: 2:42.31 37.57	350m: 3:49.39 29.94		
100m: 58.62 31.88	200m: 2:04.74 32.52	300m: 3:19.45 37.14	400m: 4:16.52 27.13		
2. Cie lak Marcin	92	Warszawianka	+0,76	4:24.91	779
50m: 27.12 27.12	150m: 1:32.89 34.30	250m: 2:44.96 38.54	350m: 3:54.68 30.93		
100m: 58.59 31.47	200m: 2:06.42 33.53	300m: 3:23.75 38.79	400m: 4:24.91 30.23		
3. Kierzkowski Mateusz	87	AZS AWFIS Gda sk	+0,75	4:26.49	766
50m: 26.89 26.89	150m: 1:32.16 34.36	250m: 2:46.32 40.02	350m: 3:56.74 31.04		
100m: 57.80 30.91	200m: 2:06.30 34.14	300m: 3:25.70 39.38	400m: 4:26.49 29.75		
4. witkowski Jan	94	SKARPA Lublin	+0,71	4:29.93	737
50m: 28.43 28.43	150m: 1:36.62 35.06	250m: 2:49.57 38.59	350m: 4:00.47 31.47		
100m: 1:01.56 33.13	200m: 2:10.98 34.36	300m: 3:29.00 39.43	400m: 4:29.93 29.46		
5. Suzin Marcin SK	93	JORDAN Kraków	+0,66	4:30.40	733
50m: 28.02 28.02	150m: 1:37.17 36.16	250m: 2:49.91 37.08	350m: 3:58.89 31.35		
100m: 1:01.01 32.99	200m: 2:12.83 35.66	300m: 3:27.54 37.63	400m: 4:30.40 31.51		
6. Mikołajewski Mariusz	90	AZS AWF Warszawa	+0,81	4:30.58	731
50m: 28.12 28.12	150m: 1:35.91 35.46	250m: 2:49.22 39.23	350m: 4:00.46 31.37		
100m: 1:00.45 32.33	200m: 2:09.99 34.08	300m: 3:29.09 39.87	400m: 4:30.58 30.12		
7. Kliza Mateusz SK	94	KP AVIA widnik	+0,70	4:32.73	714
50m: 29.06 29.06	150m: 1:37.54 35.73	250m: 2:52.12 37.65	350m: 4:01.42 31.18		
100m: 1:01.81 32.75	200m: 2:14.47 36.93	300m: 3:30.24 38.12	400m: 4:32.73 31.31		
8. Dubiel Adam	93	LUBLINIANKA	+0,78	4:37.95	675
50m: 28.01 28.01	150m: 1:35.00 34.85	250m: 2:50.05 41.36	350m: 4:05.36 33.35		
100m: 1:00.15 32.14	200m: 2:08.69 33.69	300m: 3:32.01 41.96	400m: 4:37.95 32.59		
Finał B					
9. Nachtman Mateusz	95	L SK Wrocław	+0,86	4:34.77	698
50m: 29.10 29.10	150m: 1:39.92 37.34	250m: 2:53.41 37.05	350m: 4:04.85 32.76		
100m: 1:02.58 33.48	200m: 2:16.36 36.44	300m: 3:32.09 38.68	400m: 4:34.77 29.92		
10. Palmi-Kukielko Mieszko SWr	93	L SK Wrocław	+0,78	4:35.53	693
50m: 28.58 28.58	150m: 1:38.00 36.11	250m: 2:53.51 40.29	350m: 4:05.61 31.63		
100m: 1:01.89 33.31	200m: 2:13.22 35.22	300m: 3:33.98 40.47	400m: 4:35.53 29.92		
11. Twarowski Jerzy SK	95	JORDAN Kraków	+0,78	4:36.30	687
50m: 28.08 28.08	150m: 1:38.28 37.35	250m: 2:54.30 39.73	350m: 4:05.45 31.37		
100m: 1:00.93 32.85	200m: 2:14.57 36.29	300m: 3:34.08 39.78	400m: 4:36.30 30.85		
12. Kut Bartosz SK	93	Bobry D bica	+0,78	4:37.19	680
50m: 28.25 28.25	150m: 1:38.98 37.46	250m: 2:54.31 38.89	350m: 4:05.65 32.18		
100m: 1:01.52 33.27	200m: 2:15.42 36.44	300m: 3:33.47 39.16	400m: 4:37.19 31.54		
13. Krzywiecki Tomasz	89	MKP Szczecin	+0,80	4:38.00	674
50m: 28.45 28.45	150m: 1:39.28 37.25	250m: 2:54.50 38.55	350m: 4:06.12 31.69		
100m: 1:02.03 33.58	200m: 2:15.95 36.67	300m: 3:34.43 39.93	400m: 4:38.00 31.88		
14. Ksi ek Michał SK	93	JORDAN Kraków	+0,71	4:38.53	670
50m: 29.22 29.22	150m: 1:38.89 36.55	250m: 2:53.98 39.51	350m: 4:06.85 32.47		
100m: 1:02.34 33.12	200m: 2:14.47 35.58	300m: 3:34.38 40.40	400m: 4:38.53 31.68		



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



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

Pozycja			Rok ur.				CR	Czas	Pkt.
15.	Czarnota Mateusz SO		91	UNIA O wi cim			+0,71	4:42.10	645
	50m:	28.69 28.69	150m:	1:38.91 36.78	250m:	2:55.57 40.73	350m:	4:09.85 33.65	
	100m:	1:02.13 33.44	200m:	2:14.84 35.93	300m:	3:36.20 40.63	400m:	4:42.10 32.25	
16.	Osses Arkadiusz		95	WARTA Pozna			+0,85	4:43.23	638
	50m:	29.24 29.24	150m:	1:41.42 37.87	250m:	2:57.75 39.39	350m:	4:11.34 32.32	
	100m:	1:03.55 34.31	200m:	2:18.36 36.94	300m:	3:39.02 41.27	400m:	4:43.23 31.89	