



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



Konkurencja 28
21-05-2011 - 11:24

M czyzn, 400m dowolny

Open
Wyniki Eliminacje

Rek Polski Seniorów	3:45.71	Sta czyk Przemysław	MKSZC	Chiba (JPN)	21-08-2007
Rek Polski Jun 18-lat	3:49.72	Sawrymowicz Mateusz	MKSZC	Budapest (HUN)	15-07-2005
Rek Polski Jun 17-lat	3:53.66	Pielowski Krzysztof	KOOLS	Monterrey (MEX)	08-07-2008
Rek Polski Jun 16-lat	3:57.20	Pielowski Krzysztof	KOOLS	Gorzów Wlkp.	01-12-2007
Rek Polski Jun 15-lat	4:01.94	Zoniuk Maciej	SLWRO	Wrocław	06-06-2009
Rek Polski Jun 14-lat	4:08.01	Bernatowicz Sebastian	AQBYD	O wi cim	05-07-2008

Min M Sen : 3:49.96 / Min M Jun 16 - 18: 3:57.15 / Min-8 MEJun 17 - 18: 3:58.41 / Min-12 MEJun 17 - 18: 3:59.75

Punkty: FINA 2010

Pozycja	Rok ur.	CR	Czas	Pkt.	
1. Zaborowski Filip SSz <i>Min-8 ME Jun</i>	94 MKP Szczecin	+0,74	3:57.35	797	A
50m: 27.90 27.90	150m: 1:29.17 30.78	250m: 2:29.45 29.50	350m: 3:28.56 29.33		
100m: 58.39 30.49	200m: 1:59.95 30.78	300m: 2:59.23 29.78	400m: 3:57.35 28.79		
2. Szuba Michał SWr <i>Min-8 ME Jun</i>	93 L SK Wrocław	+0,79	3:57.39	796	A
50m: 28.22 28.22	150m: 1:28.47 30.20	250m: 2:28.75 30.05	350m: 3:28.92 30.23		
100m: 58.27 30.05	200m: 1:58.70 30.23	300m: 2:58.69 29.94	400m: 3:57.39 28.47		
3. Korzeniowski Paweł	85 AZS AWF Warszawa	+0,79	3:58.43	786	A
50m: 27.99 27.99	150m: 1:29.59 30.96	250m: 2:30.63 30.35	350m: 3:29.91 29.39		
100m: 58.63 30.64	200m: 2:00.28 30.69	300m: 3:00.52 29.89	400m: 3:58.43 28.52		
4. Sawrymowicz Mateusz	87 MKP Szczecin	+0,83	3:58.44	786	A
50m: 28.86 28.86	150m: 1:29.17 30.18	250m: 2:29.16 29.86	350m: 3:29.10 30.04		
100m: 58.99 30.13	200m: 1:59.30 30.13	300m: 2:59.06 29.90	400m: 3:58.44 29.34		
5. Pielowski Krzysztof	91 AZS UWM Olsztyn	+0,73	3:58.55	785	A
50m: 27.99 27.99	150m: 1:27.81 29.66	250m: 2:28.21 30.04	350m: 3:28.60 30.05		
100m: 58.15 30.16	200m: 1:58.17 30.36	300m: 2:58.55 30.34	400m: 3:58.55 29.95		
6. Daniec Jan	92 UNIA O wi cim	+0,79	3:58.60	784	A
50m: 27.19 27.19	150m: 1:26.83 30.13	250m: 2:27.63 30.35	350m: 3:28.89 30.57		
100m: 56.70 29.51	200m: 1:57.28 30.45	300m: 2:58.32 30.69	400m: 3:58.60 29.71		
7. Sta czyk Przemysław	85 MKP Szczecin	+0,78	3:58.82	782	A
50m: 27.73 27.73	150m: 1:29.04 30.69	250m: 2:30.24 30.29	350m: 3:30.06 29.82		
100m: 58.35 30.62	200m: 1:59.95 30.91	300m: 3:00.24 30.00	400m: 3:58.82 28.76		
8. Pulwin Paweł	92 AZS AWF Warszawa	+0,81	4:00.74	763	A
50m: 28.10 28.10	150m: 1:29.66 30.63	250m: 2:31.09 30.27	350m: 3:31.45 30.08		
100m: 59.03 30.93	200m: 2:00.82 31.16	300m: 3:01.37 30.28	400m: 4:00.74 29.29		
9. Zoniuk Maciej SWr	94 L SK Wrocław	+0,74	4:01.21	759	B
50m: 27.93 27.93	150m: 1:29.19 30.59	250m: 2:30.84 30.63	350m: 3:32.27 30.65		
100m: 58.60 30.67	200m: 2:00.21 31.02	300m: 3:01.62 30.78	400m: 4:01.21 28.94		
10. Bujoczek Filip SWr	94 L SK Wrocław	+0,84	4:01.37	757	B
50m: 26.55 26.55	150m: 1:26.65 30.60	250m: 2:29.07 31.21	350m: 3:32.05 31.47		
100m: 56.05 29.50	200m: 1:57.86 31.21	300m: 3:00.58 31.51	400m: 4:01.37 29.32		
11. Szamotulski Wojciech	91 L SK Wrocław	+0,76	4:01.60	755	B
50m: 27.85 27.85	150m: 1:28.79 30.67	250m: 2:30.76 30.55	350m: 3:32.61 30.99		
100m: 58.12 30.27	200m: 2:00.21 31.42	300m: 3:01.62 30.86	400m: 4:01.60 28.99		
12. Kaczmarski Marcin SSz	94 KS KSZO Ostrowiec	+0,80	4:01.64	755	B
50m: 28.37 28.37	150m: 1:29.83 30.68	250m: 2:31.37 30.75	350m: 3:32.28 30.19		
100m: 59.15 30.78	200m: 2:00.62 30.79	300m: 3:02.09 30.72	400m: 4:01.64 29.36		
13. Rybi ski Dawid SWr	93 L SK Wrocław	+0,69	4:01.73	754	B
50m: 28.76 28.76	150m: 1:30.30 30.56	250m: 2:31.38 30.26	350m: 3:32.72 30.52		
100m: 59.74 30.98	200m: 2:01.12 30.82	300m: 3:02.20 30.82	400m: 4:01.73 29.01		
14. Hura Bartosz	91 AZS UWM Olsztyn	+0,91	4:02.86	744	B
50m: 29.12 29.12	150m: 1:29.43 30.10	250m: 2:29.71 29.91	350m: 3:31.50 30.95		
100m: 59.33 30.21	200m: 1:59.80 30.37	300m: 3:00.55 30.84	400m: 4:02.86 31.36		



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



Konkurencja 28, M czyzn, 400m dowolny, Eliminacje, Open

Pozycja			Rok ur.				CR		Czas	Pkt.	
15.	Misiak Piotr		92	Bielany Warszawa			+0,81		4:03.69	736	B skr
	50m: 27.48	27.48	150m: 1:27.96	30.51	250m: 2:30.19	31.13	350m: 3:32.89	31.20			
	100m: 57.45	29.97	200m: 1:59.06	31.10	300m: 3:01.69	31.50	400m: 4:03.69	30.80			
16.	Pi tkowski Mateusz		90	AZS AWF Warszawa			+0,77		4:03.72	736	B
	50m: 27.99	27.99	150m: 1:29.09	30.75	250m: 2:30.90	30.99	350m: 3:33.26	31.16			
	100m: 58.34	30.35	200m: 1:59.91	30.82	300m: 3:02.10	31.20	400m: 4:03.72	30.46			
17.	Smeja Sławomir		94	Astoria Bydgoszcz			+0,75		4:03.95	734	R skr
	50m: 27.63	27.63	150m: 1:29.02	31.14	250m: 2:31.33	31.18	350m: 3:33.58	30.75			
	100m: 57.88	30.25	200m: 2:00.15	31.13	300m: 3:02.83	31.50	400m: 4:03.95	30.37			
18.	Bor Radosław SZG		93	KORNER Zielona G.			+0,76		4:03.96	734	R
	50m: 28.35	28.35	150m: 1:28.90	30.16	250m: 2:30.26	30.52	350m: 3:33.12	31.33			
	100m: 58.74	30.39	200m: 1:59.74	30.84	300m: 3:01.79	31.53	400m: 4:03.96	30.84			
19.	Towarek Sebastian SWr		93	L SK Wrocław			+0,81		4:04.26	731	
	50m: 28.37	28.37	150m: 1:29.31	30.52	250m: 2:31.11	30.95	350m: 3:33.67	31.27			
	100m: 58.79	30.42	200m: 2:00.16	30.85	300m: 3:02.40	31.29	400m: 4:04.26	30.59			
20.	Klich Kacper SWr		94	AZS AWF Katowice			+0,74		4:04.68	727	
	50m: 27.83	27.83	150m: 1:28.41	30.53	250m: 2:30.67	31.00	350m: 3:33.59	31.55			
	100m: 57.88	30.05	200m: 1:59.67	31.26	300m: 3:02.04	31.37	400m: 4:04.68	31.09			
21.	Dubiel Adam		93	LUBLINIANKA			+0,81		4:05.11	723	
	50m: 27.94	27.94	150m: 1:29.54	31.02	250m: 2:31.55	30.88	350m: 3:34.25	31.15			
	100m: 58.52	30.58	200m: 2:00.67	31.13	300m: 3:03.10	31.55	400m: 4:05.11	30.86			
22.	Ku wik Maciej		96	L SK Wrocław			+0,93		4:05.26	722	
	50m: 28.31	28.31	150m: 1:30.04	31.00	250m: 2:32.59	31.24	350m: 3:34.98	31.01			
	100m: 59.04	30.73	200m: 2:01.35	31.31	300m: 3:03.97	31.38	400m: 4:05.26	30.28			
23.	Lassek Bartłomiej		94	TRÓJKA Łód			+0,70		4:05.80	717	
	50m: 28.85	28.85	150m: 1:31.54	31.64	250m: 2:32.49	30.50	350m: 3:34.76	31.09			
	100m: 59.90	31.05	200m: 2:01.99	30.45	300m: 3:03.67	31.18	400m: 4:05.80	31.04			
24.	Kliza Mateusz SK		94	KP AVIA widnik			+0,67		4:05.86	717	
	50m: 28.28	28.28	150m: 1:30.05	30.89	250m: 2:31.93	30.65	350m: 3:34.30	31.30			
	100m: 59.16	30.88	200m: 2:01.28	31.23	300m: 3:03.00	31.07	400m: 4:05.86	31.56			
25.	Furtek Paweł		95	L SK Wrocław			+0,84		4:05.90	716	
	50m: 28.36	28.36	150m: 1:30.27	31.20	250m: 2:33.05	31.32	350m: 3:35.84	31.31			
	100m: 59.07	30.71	200m: 2:01.73	31.46	300m: 3:04.53	31.48	400m: 4:05.90	30.06			
26.	Szarli ski Filip		92	Bielany Warszawa			+0,80		4:08.36	695	
	50m: 27.70	27.70	150m: 1:29.36	31.13	250m: 2:32.87	32.07	350m: 3:37.33	32.13			
	100m: 58.23	30.53	200m: 2:00.80	31.44	300m: 3:05.20	32.33	400m: 4:08.36	31.03			
27.	Bielecki Łukasz		95	L SK Wrocław			+0,83		4:08.95	690	
	50m: 27.00	27.00	150m: 1:29.09	31.86	250m: 2:33.55	32.35	350m: 3:37.90	31.91			
	100m: 57.23	30.23	200m: 2:01.20	32.11	300m: 3:05.99	32.44	400m: 4:08.95	31.05			
28.	Bi Daniel		95	Bielany Warszawa			+0,77		4:08.97	690	
	50m: 28.02	28.02	150m: 1:30.40	31.56	250m: 2:34.46	32.25	350m: 3:38.44	31.85			
	100m: 58.84	30.82	200m: 2:02.21	31.81	300m: 3:06.59	32.13	400m: 4:08.97	30.53			
29.	G sior Patryk		94	POLONIA Warszawa			+0,83		4:09.96	682	
	50m: 28.90	28.90	150m: 1:31.69	31.26	250m: 2:34.81	31.35	350m: 3:38.65	32.08			
	100m: 1:00.43	31.53	200m: 2:03.46	31.77	300m: 3:06.57	31.76	400m: 4:09.96	31.31			
30.	Czarnota Mateusz SO		91	UNIA O wi cim			+0,73		4:10.25	680	
	50m: 27.70	27.70	150m: 1:29.57	31.34	250m: 2:33.33	31.91	350m: 3:38.25	32.47			
	100m: 58.23	30.53	200m: 2:01.42	31.85	300m: 3:05.78	32.45	400m: 4:10.25	32.00			
31.	Urbaniak Jan		95	WARTA Pozna			+0,80		4:10.50	678	
	50m: 29.54	29.54	150m: 1:32.97	31.72	250m: 2:36.91	31.90	350m: 3:39.41	30.91			
	100m: 1:01.25	31.71	200m: 2:05.01	32.04	300m: 3:08.50	31.59	400m: 4:10.50	31.09			



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



Konkurencja 28, M czyn, 400m dowolny, Eliminacje, Open

Pozycja				Rok ur.				CR	Czas	Pkt.		
32.	Hreniak Maciej			89	MKP Szczecin			+0,78	4:10.53	677		
	50m:	29.44	29.44	150m:	1:32.15	31.39	250m:	2:35.81	31.80	350m:	3:39.66	31.82
	100m:	1:00.76	31.32	200m:	2:04.01	31.86	300m:	3:07.84	32.03	400m:	4:10.53	30.87
33.	Borowicz Skoneczny Sylwester			92	Kormoran Olsztyn			+0,72	4:10.70	676		
	50m:	28.94	28.94	150m:	1:32.29	31.68	250m:	2:35.84	31.81	350m:	3:39.64	31.71
	100m:	1:00.61	31.67	200m:	2:04.03	31.74	300m:	3:07.93	32.09	400m:	4:10.70	31.06
34.	Pióro Artur			91	AZS AWF Katowice			+0,84	4:11.72	668		
	50m:	27.77	27.77	150m:	1:30.62	32.16	250m:	2:35.39	32.60	350m:	3:40.27	31.98
	100m:	58.46	30.69	200m:	2:02.79	32.17	300m:	3:08.29	32.90	400m:	4:11.72	31.45
35.	Otłowski Aleksy			91	Warszawianka			+0,86	4:11.86	667		
	50m:	27.23	27.23	150m:	1:28.23	31.29	250m:	2:32.51	32.53	350m:	3:39.18	33.43
	100m:	56.94	29.71	200m:	1:59.98	31.75	300m:	3:05.75	33.24	400m:	4:11.86	32.68
36.	R yski Marcin			94	Kormoran Olsztyn			+0,79	4:11.90	666		
	50m:	29.92	29.92	150m:	1:33.42	31.62	250m:	2:37.30	31.95	350m:	3:41.47	31.59
	100m:	1:01.80	31.88	200m:	2:05.35	31.93	300m:	3:09.88	32.58	400m:	4:11.90	30.43
37.	wiek Kacper			95	POLONIA Warszawa			+0,78	4:12.44	662		
	50m:	28.41	28.41	150m:	1:32.40	32.42	250m:	2:37.77	32.29	350m:	3:41.88	31.76
	100m:	59.98	31.57	200m:	2:05.48	33.08	300m:	3:10.12	32.35	400m:	4:12.44	30.56
38.	wi tkiewicz Rafał			93	Bielany Warszawa			+0,78	4:13.27	656		
	50m:	28.23	28.23	150m:	1:32.40	32.50	250m:	2:37.47	32.54	350m:	3:42.11	32.24
	100m:	59.90	31.67	200m:	2:04.93	32.53	300m:	3:09.87	32.40	400m:	4:13.27	31.16
39.	Kubkowski Bartłomiej			95	MEDYK Gi ycko			+0,79	4:13.40	655		
	50m:	29.25	29.25	150m:	1:33.15	32.00	250m:	2:37.11	31.46	350m:	3:41.68	32.30
	100m:	1:01.15	31.90	200m:	2:05.65	32.50	300m:	3:09.38	32.27	400m:	4:13.40	31.72
40.	ebrowski Piotr			90	oliborz W-wa			+0,82	4:13.97	650		
	50m:	28.68	28.68	150m:	1:31.24	31.30	250m:	2:35.10	31.81	350m:	3:40.96	33.51
	100m:	59.94	31.26	200m:	2:03.29	32.05	300m:	3:07.45	32.35	400m:	4:13.97	33.01
41.	Borkowski Łukasz			95	TRÓJKA Łód			+0,85	4:14.65	645		
	50m:	28.90	28.90	150m:	1:33.05	31.99	250m:	2:38.32	32.12	350m:	3:43.08	32.22
	100m:	1:01.06	32.16	200m:	2:06.20	33.15	300m:	3:10.86	32.54	400m:	4:14.65	31.57
42.	Wiak Jakub			95	UKS 23 Lublin			+0,67	4:14.84	643		
	50m:	28.29	28.29	150m:	1:32.29	32.25	250m:	2:37.61	32.10	350m:	3:43.14	32.31
	100m:	1:00.04	31.75	200m:	2:05.51	33.22	300m:	3:10.83	33.22	400m:	4:14.84	31.70
43.	Itendo Piotr			93	JUVENIA Białystok			+0,79	4:15.07	642		
	50m:	28.18	28.18	150m:	1:30.84	31.73	250m:	2:36.18	32.84	350m:	3:42.75	33.35
	100m:	59.11	30.93	200m:	2:03.34	32.50	300m:	3:09.40	33.22	400m:	4:15.07	32.32
44.	Najborowski Paweł			92	KORNER Zielona G.			+0,76	4:15.77	636		
	50m:	27.69	27.69	150m:	1:31.36	32.38	250m:	2:37.21	33.10	350m:	3:43.47	33.20
	100m:	58.98	31.29	200m:	2:04.11	32.75	300m:	3:10.27	33.06	400m:	4:15.77	32.30
45.	Ciesielski Filip			96	AQUA 15tka Bydgoszcz			+0,84	4:16.23	633		
	50m:	29.29	29.29	150m:	1:35.08	32.98	250m:	2:40.50	31.84	350m:	3:44.92	31.83
	100m:	1:02.10	32.81	200m:	2:08.66	33.58	300m:	3:13.09	32.59	400m:	4:16.23	31.31
46.	Pietrzak Dawid			97	AQUA 15tka Bydgoszcz			+0,84	4:16.54	631		
	50m:	29.56	29.56	150m:	1:34.53	32.67	250m:	2:39.60	32.53	350m:	3:45.21	32.76
	100m:	1:01.86	32.30	200m:	2:07.07	32.54	300m:	3:12.45	32.85	400m:	4:16.54	31.33
47.	Orłowski Piotr			91	MKP Szczecin			+0,73	4:17.11	627		
	50m:	28.25	28.25	150m:	1:32.14	32.28	250m:	2:37.57	32.98	350m:	3:44.31	33.11
	100m:	59.86	31.61	200m:	2:04.59	32.45	300m:	3:11.20	33.63	400m:	4:17.11	32.80
48.	Stokarski Marek			92	Bielany Warszawa			+0,75	4:18.24	618		
	50m:	28.58	28.58	150m:	1:32.51	32.19	250m:	2:37.48	32.54	350m:	3:44.42	33.60
	100m:	1:00.32	31.74	200m:	2:04.94	32.43	300m:	3:10.82	33.34	400m:	4:18.24	33.82



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



Konkurencja 28, M czyn, 400m dowolny, Eliminacje, Open

Pozycja			Rok ur.				CR	Czas	Pkt.
49.	Jura Maciej		96	Jagiellonka Warszawa			+0,75	4:19.41	610
	50m: 28.64	28.64	150m: 1:33.68	32.42	250m: 2:39.56	32.55	350m: 3:47.59	33.49	
	100m: 1:01.26	32.62	200m: 2:07.01	33.33	300m: 3:14.10	34.54	400m: 4:19.41	31.82	
50.	U ciłko Michał		95	BATORY Sokółka			+0,77	4:19.61	609
	50m: 28.47	28.47	150m: 1:33.16	33.00	250m: 2:39.99	33.66	350m: 3:47.55	33.81	
	100m: 1:00.16	31.69	200m: 2:06.33	33.17	300m: 3:13.74	33.75	400m: 4:19.61	32.06	
51.	Piechowiak Bartosz		96	AQUA 15tka Bydgoszcz			+0,75	4:19.73	608
	50m: 28.84	28.84	150m: 1:34.40	32.97	250m: 2:41.15	33.30	350m: 3:47.97	33.16	
	100m: 1:01.43	32.59	200m: 2:07.85	33.45	300m: 3:14.81	33.66	400m: 4:19.73	31.76	
52.	Kotlewski Michał SK		94	ZRYW Opole			+0,81	4:19.76	608
	50m: 28.33	28.33	150m: 1:32.70	32.87	250m: 2:39.95	33.71	350m: 3:48.71	34.12	
	100m: 59.83	31.50	200m: 2:06.24	33.54	300m: 3:14.59	34.64	400m: 4:19.76	31.05	
53.	Pasieczny Przemysław		95	ORZEŁ Elbl g			+0,75	4:20.20	605
	50m: 29.90	29.90	150m: 1:35.95	33.35	250m: 2:41.79	32.85	350m: 3:48.13	33.20	
	100m: 1:02.60	32.70	200m: 2:08.94	32.99	300m: 3:14.93	33.14	400m: 4:20.20	32.07	
54.	Kurant Roger SSz		94	KS KSZO Ostrowiec			+0,64	4:21.31	597
	50m: 28.83	28.83	150m: 1:34.78	33.42	250m: 2:41.64	33.06	350m: 3:48.18	33.07	
	100m: 1:01.36	32.53	200m: 2:08.58	33.80	300m: 3:15.11	33.47	400m: 4:21.31	33.13	
55.	Płachta Emil		96	Kormoran Olsztyn			+0,77	4:21.68	594
	50m: 29.46	29.46	150m: 1:35.51	33.33	250m: 2:42.80	33.70	350m: 3:50.12	33.47	
	100m: 1:02.18	32.72	200m: 2:09.10	33.59	300m: 3:16.65	33.85	400m: 4:21.68	31.56	
56.	Tacza ski Bartłomiej		96	SHARK Rudna			+0,84	4:22.38	590
	50m: 29.67	29.67	150m: 1:35.02	32.88	250m: 2:41.85	33.74	350m: 3:49.89	33.83	
	100m: 1:02.14	32.47	200m: 2:08.11	33.09	300m: 3:16.06	34.21	400m: 4:22.38	32.49	
57.	Marchel Adrian		95	JUVENIA Białystok			+0,78	4:23.21	584
	50m: 29.56	29.56	150m: 1:35.40	33.22	250m: 2:42.54	33.37	350m: 3:50.15	33.74	
	100m: 1:02.18	32.62	200m: 2:09.17	33.77	300m: 3:16.41	33.87	400m: 4:23.21	33.06	
58.	ybura Kornel		95	Bobry D bica			+0,71	4:24.02	579
	50m: 30.02	30.02	150m: 1:37.11	33.87	250m: 2:44.87	33.73	350m: 3:52.06	33.50	
	100m: 1:03.24	33.22	200m: 2:11.14	34.03	300m: 3:18.56	33.69	400m: 4:24.02	31.96	
59.	Koszper Maciej		94	ORZEŁ Elbl g			+0,77	4:24.36	576
	50m: 29.98	29.98	150m: 1:36.54	33.98	250m: 2:44.23	33.98	350m: 3:52.07	33.87	
	100m: 1:02.56	32.58	200m: 2:10.25	33.71	300m: 3:18.20	33.97	400m: 4:24.36	32.29	
60.	Cicho Witold		93	Meduza Paj czno			+0,85	4:26.85	560
	50m: 30.99	30.99	150m: 1:38.94	34.10	250m: 2:46.87	33.72	350m: 3:55.00	33.95	
	100m: 1:04.84	33.85	200m: 2:13.15	34.21	300m: 3:21.05	34.18	400m: 4:26.85	31.85	
61.	Skwarnicki Tomasz		95	Jagiellonka Warszawa			+0,66	4:28.03	553
	50m: 30.43	30.43	150m: 1:38.08	33.94	250m: 2:46.41	34.29	350m: 3:54.97	34.10	
	100m: 1:04.14	33.71	200m: 2:12.12	34.04	300m: 3:20.87	34.46	400m: 4:28.03	33.06	
62.	Łowicki Marcin		95	NAWA Skierniewice			+0,69	4:29.15	546
	50m: 28.99	28.99	150m: 1:34.98	33.52	250m: 2:44.05	34.69	350m: 3:54.66	35.49	
	100m: 1:01.46	32.47	200m: 2:09.36	34.38	300m: 3:19.17	35.12	400m: 4:29.15	34.49	
63.	Kudła Łukasz		95	AZS AWF Katowice			+0,75	4:33.17	522
	50m: 28.10	28.10	150m: 1:31.80	32.64	250m: 2:40.72	35.25	350m: 3:55.63	37.92	
	100m: 59.16	31.06	200m: 2:05.47	33.67	300m: 3:17.71	36.99	400m: 4:33.17	37.54	
64.	Bujak Piotr		97	KORONA-Swim Kielce			+0,77	4:36.32	505
	50m: 31.32	31.32	150m: 1:41.23	34.98	250m: 2:53.05	35.65	350m: 4:04.26	35.39	
	100m: 1:06.25	34.93	200m: 2:17.40	36.17	300m: 3:28.87	35.82	400m: 4:36.32	32.06	
65.	Kowalski Patryk		97	UNIA Busko-Zdrój			+0,79	4:36.37	504
	50m: 31.45	31.45	150m: 1:41.51	35.55	250m: 2:52.65	35.62	350m: 4:03.45	35.17	
	100m: 1:05.96	34.51	200m: 2:17.03	35.52	300m: 3:28.28	35.63	400m: 4:36.37	32.92	



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



Konkurencja 28, M czyn, 400m dowolny, Eliminacje, Open

Pozycja			Rok ur.				CR	Czas	Pkt.
66.	Grabczak Dawid		97	WISŁA Puławy			+0,99	4:37.58	498
	50m: 31.19	31.19	150m: 1:40.62	35.01	250m: 2:51.64	35.83	350m: 4:03.33	35.80	
	100m: 1:05.61	34.42	200m: 2:15.81	35.19	300m: 3:27.53	35.89	400m: 4:37.58	34.25	
67.	Kutkowski Michał		95	POSNANIA			+0,79	4:38.19	495
	50m: 30.49	30.49	150m: 1:42.15	36.07	250m: 2:53.82	35.76	350m: 4:04.97	35.30	
	100m: 1:06.08	35.59	200m: 2:18.06	35.91	300m: 3:29.67	35.85	400m: 4:38.19	33.22	
68.	Madej Jan		96	SALOS Cortile Kielce			+0,89	4:46.26	454
	50m: 30.58	30.58	150m: 1:41.99	36.14	250m: 2:56.08	36.75	350m: 4:10.58	36.71	
	100m: 1:05.85	35.27	200m: 2:19.33	37.34	300m: 3:33.87	37.79	400m: 4:46.26	35.68	
69.	Jaraszkiwicz Bartosz		96	POSNANIA			+0,79	4:47.63	447
	50m: 33.07	33.07	150m: 1:45.97	36.39	250m: 2:59.21	36.15	350m: 4:12.49	36.08	
	100m: 1:09.58	36.51	200m: 2:23.06	37.09	300m: 3:36.41	37.20	400m: 4:47.63	35.14	
70.	Salwa Piotr		96	SALOS Cortile Kielce			+0,84	4:49.08	441
	50m: 31.52	31.52	150m: 1:41.85	36.02	250m: 2:54.67	36.71	350m: 4:10.81	38.33	
	100m: 1:05.83	34.31	200m: 2:17.96	36.11	300m: 3:32.48	37.81	400m: 4:49.08	38.27	
71.	D browski Filip		95	UKS MOS Ełk			+0,95	4:50.87	433
	50m: 32.95	32.95	150m: 1:47.65	37.47	250m: 3:02.80	37.22	350m: 4:16.88	36.47	
	100m: 1:10.18	37.23	200m: 2:25.58	37.93	300m: 3:40.41	37.61	400m: 4:50.87	33.99	
72.	Zieli ski Cezary		97	MEDYK Gi ycko			+0,65	4:52.14	427
	50m: 31.87	31.87	150m: 1:46.77	37.91	250m: 3:02.73	38.01	350m: 4:18.19	37.66	
	100m: 1:08.86	36.99	200m: 2:24.72	37.95	300m: 3:40.53	37.80	400m: 4:52.14	33.95	
73.	Machowski Filip		97	IKAR Mielec			+0,82	4:55.64	412
	50m: 32.42	32.42	150m: 1:48.09	38.27	250m: 3:04.81	38.47	350m: 4:19.35	37.49	
	100m: 1:09.82	37.40	200m: 2:26.34	38.25	300m: 3:41.86	37.05	400m: 4:55.64	36.29	