

Mistrzostwa Polski Seniorów i Młodzieżowców
Ostrowiec Cew., 21. - 24.5.2009

Konkurencja 28
09-05-23

Mężczyzn, 400m dowolny

Open
Wyniki Eliminacje

Rekord Polski 3:45.71 Stańczyk Przemysław Chiba
Min MS Rzym 3:50.40

Punkty: FINA 2008

Pozycja			Rok ur.							Czas	Pkt.
1.	Stańczyk Przemysław		85	MKP Szczecin						3:55.79	842 A
	50m:	27.65 27.65	150m:	1:27.04	29.66	250m:	2:26.54	29.77	350m:	3:26.54	30.11
	100m:	57.38 29.73	200m:	1:56.77	29.73	300m:	2:56.43	29.89	400m:	3:55.79	29.25
2.	Gimiński Łukasz		86	AZS AWF Warszawa						3:57.09	829 A
	50m:	27.73 27.73	150m:	1:27.49	30.04	250m:	2:27.13	29.84	350m:	3:27.40	30.24
	100m:	57.45 29.72	200m:	1:57.29	29.80	300m:	2:57.16	30.03	400m:	3:57.09	29.69
3.	Rurak Paweł		88	AZS AWF Warszawa						3:57.77	821 A
	50m:	27.42 27.42	150m:	1:27.43	30.21	250m:	2:27.89	30.20	350m:	3:28.45	30.10
	100m:	57.22 29.80	200m:	1:57.69	30.26	300m:	2:58.35	30.46	400m:	3:57.77	29.32
4.	Szamotulski Wojciech		91	CELŃSK Wrocław						3:57.95	820 A
	<i>Min ME Jun</i>										
	50m:	27.57 27.57	150m:	1:27.83	30.36	250m:	2:28.37	29.97	350m:	3:28.89	29.93
	100m:	57.47 29.90	200m:	1:58.40	30.57	300m:	2:58.96	30.59	400m:	3:57.95	29.06
5.	Pielowski Krzysztof		91	Kormoran Olsztyn						3:58.34	816 A
	<i>Min-12 ME Jun</i>										
	50m:	28.05 28.05	150m:	1:28.22	29.94	250m:	2:28.34	30.06	350m:	3:28.61	30.24
	100m:	58.28 30.23	200m:	1:58.28	30.06	300m:	2:58.37	30.03	400m:	3:58.34	29.73
6.	Otłowski Aleksy SK		91	Warszawianka						3:58.53	814 A
	<i>Min-12 ME Jun</i>										
	50m:	28.09 28.09	150m:	1:28.45	30.33	250m:	2:28.82	30.34	350m:	3:29.43	30.37
	100m:	58.12 30.03	200m:	1:58.48	30.03	300m:	2:59.06	30.24	400m:	3:58.53	29.10
7.	Hreniak Maciej		89	MKP Szczecin						3:59.00	809 A
	50m:	27.90 27.90	150m:	1:28.14	30.44	250m:	2:29.24	30.78	350m:	3:30.04	30.29
	100m:	57.70 29.80	200m:	1:58.46	30.32	300m:	2:59.75	30.51	400m:	3:59.00	28.96
8.	Kleszczyński Paweł		91	MKP Szczecin						3:59.04	808 A
	<i>Min-12 ME Jun</i>										
	50m:	27.58 27.58	150m:	1:28.27	30.33	250m:	2:29.05	30.06	350m:	3:29.99	30.20
	100m:	57.94 30.36	200m:	1:58.99	30.72	300m:	2:59.79	30.74	400m:	3:59.04	29.05
9.	Hura Bartosz		91	Kormoran Olsztyn						3:59.17	807 B
	<i>Min-12 ME Jun</i>										
	50m:	27.89 27.89	150m:	1:27.36	29.69	250m:	2:27.52	30.11	350m:	3:28.61	30.77
	100m:	57.67 29.78	200m:	1:57.41	30.05	300m:	2:57.84	30.32	400m:	3:59.17	30.56
10.	Szuba Michał		93	CELŃSK Wrocław						3:59.37	805 B
	50m:	28.53 28.53	150m:	1:28.55	30.25	250m:	2:29.46	30.29	350m:	3:30.54	30.55
	100m:	58.30 29.77	200m:	1:59.17	30.62	300m:	2:59.99	30.53	400m:	3:59.37	28.83
11.	Borowicz Skoneczny Sylwester		92	Kormoran Olsztyn						3:59.81	801 B
	50m:	28.28 28.28	150m:	1:28.99	30.26	250m:	2:29.46	30.19	350m:	3:30.06	30.13
	100m:	58.73 30.45	200m:	1:59.27	30.28	300m:	2:59.93	30.47	400m:	3:59.81	29.75
12.	Piłtkowski Mateusz SO		90	UNIA Oświęcim						4:01.23	787 B
	50m:	28.10 28.10	150m:	1:28.62	30.53	250m:	2:29.47	30.25	350m:	3:30.77	30.54
	100m:	58.09 29.99	200m:	1:59.22	30.60	300m:	3:00.23	30.76	400m:	4:01.23	30.46
13.	Zoniuk Maciej		94	CELŃSK Wrocław						4:03.04	769 B
	<i>RP Jun 15-lat</i>										
	50m:	28.34 28.34	150m:	1:30.09	30.98	250m:	2:31.55	30.59	350m:	3:33.62	31.02
	100m:	59.11 30.77	200m:	2:00.96	30.87	300m:	3:02.60	31.05	400m:	4:03.04	29.42

Mistrzostwa Polski Seniorów i Młodzieżowców
Ostrowiec Cew., 21. - 24.5.2009

Konkurencja 28, Mężczyzn, 400m dowolny, Eliminacje, Open

Pozycja			Rok ur.					Czas	Pkt.
14.	Gilski Pawe ³		90	Kormoran Olsztyn			4:03.51	765 B	
	50m: 28.34	28.34	150m: 1:29.65	30.58	250m: 2:31.52	31.02	350m: 3:33.61	30.62	
	100m: 59.07	30.73	200m: 2:00.50	30.85	300m: 3:02.99	31.47	400m: 4:03.51	29.90	
15.	Kurant Roger		94	KSZO Ostrowiec			4:04.32	757 B	
	50m: 28.32	28.32	150m: 1:29.96	30.93	250m: 2:32.15	31.09	350m: 3:34.74	31.28	
	100m: 59.03	30.71	200m: 2:01.06	31.10	300m: 3:03.46	31.31	400m: 4:04.32	29.58	
16.	Rybiński Dawid		93	ŁKS Wroc ³ aw			4:05.16	749 B	
	50m: 28.53	28.53	150m: 1:30.77	31.24	250m: 2:33.61	31.64	350m: 3:36.58	31.54	
	100m: 59.53	31.00	200m: 2:01.97	31.20	300m: 3:05.04	31.43	400m: 4:05.16	28.58	
17.	Grzeba ³ a Pawe ³		90	KSZO Ostrowiec			4:06.59	736 R	
	50m: 28.56	28.56	150m: 1:29.85	31.07	250m: 2:32.65	31.76	350m: 3:36.08	31.55	
	100m: 58.78	30.22	200m: 2:00.89	31.04	300m: 3:04.53	31.88	400m: 4:06.59	30.51	
18.	Wieteska Mateusz		91	START Łódź			4:06.70	735 R	
	50m: 27.80	27.80	150m: 1:30.02	30.98	250m: 2:32.84	31.69	350m: 3:36.02	31.74	
	100m: 59.04	31.24	200m: 2:01.15	31.13	300m: 3:04.28	31.44	400m: 4:06.70	30.68	
19.	Misiak Piotr		92	Bielany Warszawa			4:07.12	732 R	
	50m: 27.50	27.50	150m: 1:29.40	31.15	250m: 2:32.29	31.41	350m: 3:36.38	31.88	
	100m: 58.25	30.75	200m: 2:00.88	31.48	300m: 3:04.50	32.21	400m: 4:07.12	30.74	
20.	Psyk Maciej		93	KSZO Ostrowiec			4:08.44	720	
	50m: 29.00	29.00	150m: 1:32.24	32.12	250m: 2:35.57	31.69	350m: 3:38.59	31.74	
	100m: 1:00.12	31.12	200m: 2:03.88	31.64	300m: 3:06.85	31.28	400m: 4:08.44	29.85	
21.	Zieja Dawid		89	AZS AWFis Gdańsk			4:08.49	720	
	50m: 28.70	28.70	150m: 1:31.21	31.36	250m: 2:34.14	31.63	350m: 3:37.90	32.06	
	100m: 59.85	31.15	200m: 2:02.51	31.30	300m: 3:05.84	31.70	400m: 4:08.49	30.59	
22.	Bor Rados ³ aw		93	KORNER Zielona G.			4:08.58	719	
	50m: 28.99	28.99	150m: 1:32.32	31.87	250m: 2:36.03	31.84	350m: 3:39.28	31.38	
	100m: 1:00.45	31.46	200m: 2:04.19	31.87	300m: 3:07.90	31.87	400m: 4:08.58	29.30	
23.	Piekut Krzysztof		90	Kormoran Olsztyn			4:08.90	716	
	50m: 28.87	28.87	150m: 1:32.02	31.74	250m: 2:35.17	31.46	350m: 3:38.63	31.88	
	100m: 1:00.28	31.41	200m: 2:03.71	31.69	300m: 3:06.75	31.58	400m: 4:08.90	30.27	
24.	Ruciński Konrad		92	Kormoran Olsztyn			4:09.05	715	
	50m: 28.48	28.48	150m: 1:31.67	31.88	250m: 2:35.33	31.81	350m: 3:38.49	31.49	
	100m: 59.79	31.31	200m: 2:03.52	31.85	300m: 3:07.00	31.67	400m: 4:09.05	30.56	
25.	Kaczmarek Marcin		94	KSZO Ostrowiec			4:09.70	709	
	50m: 27.91	27.91	150m: 1:30.95	32.16	250m: 2:34.85	31.93	350m: 3:38.98	31.99	
	100m: 58.79	30.88	200m: 2:02.92	31.97	300m: 3:06.99	32.14	400m: 4:09.70	30.72	
26.	Orłowski Piotr		91	MKP Szczecin			4:09.89	708	
	50m: 28.53	28.53	150m: 1:30.70	31.32	250m: 2:34.25	31.75	350m: 3:38.73	32.01	
	100m: 59.38	30.85	200m: 2:02.50	31.80	300m: 3:06.72	32.47	400m: 4:09.89	31.16	
27.	Czarnota Mateusz SO		91	UNIA Oewięcim			4:11.11	697	
	50m: 28.52	28.52	150m: 1:29.53	30.63	250m: 2:32.92	31.99	350m: 3:38.69	32.84	
	100m: 58.90	30.38	200m: 2:00.93	31.40	300m: 3:05.85	32.93	400m: 4:11.11	32.42	
28.	Towarek Sebastian		93	JEDYNKA Elbląg			4:11.65	693	
	50m: 29.22	29.22	150m: 1:32.28	31.93	250m: 2:36.39	32.19	350m: 3:40.47	32.04	
	100m: 1:00.35	31.13	200m: 2:04.20	31.92	300m: 3:08.43	32.04	400m: 4:11.65	31.18	
29.	Kot Maciej		91	JUNIOR Kluczbork			4:13.15	681	
	50m: 28.65	28.65	150m: 1:31.78	31.65	250m: 2:36.19	32.35	350m: 3:40.58	32.23	
	100m: 1:00.13	31.48	200m: 2:03.84	32.06	300m: 3:08.35	32.16	400m: 4:13.15	32.57	

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Pozycja				Rok ur.					Czas	Pkt.
30.	Kotkowicz Micha ³			93	SŁOWIANKA Gorzów W				4:14.68	668
	50m: 28.83	28.83	150m: 1:33.25	32.80	250m: 2:38.02	32.04	350m: 3:42.99	32.53		
	100m: 1:00.45	31.62	200m: 2:05.98	32.73	300m: 3:10.46	32.44	400m: 4:14.68	31.69		
31.	Księżek Micha ³ SK			93	JORDAN Kraków				4:14.98	666
	50m: 27.66	27.66	150m: 1:30.62	32.25	250m: 2:36.56	33.33	350m: 3:42.82	33.33		
	100m: 58.37	30.71	200m: 2:03.23	32.61	300m: 3:09.49	32.93	400m: 4:14.98	32.16		
32.	Pióro Artur			91	Pałac Katowice				4:15.13	665
	50m: 28.35	28.35	150m: 1:31.60	32.10	250m: 2:37.77	33.31	350m: 3:44.00	32.84		
	100m: 59.50	31.15	200m: 2:04.46	32.86	300m: 3:11.16	33.39	400m: 4:15.13	31.13		
32.	Rzysa Wojciech			90	AZS AWFis Gdańsk				4:15.13	665
	50m: 28.67	28.67	150m: 1:32.90	32.29	250m: 2:37.88	32.48	350m: 3:42.97	32.46		
	100m: 1:00.61	31.94	200m: 2:05.40	32.50	300m: 3:10.51	32.63	400m: 4:15.13	32.16		
34.	Zaborowski Filip			94	FLOTA Gdynia				4:15.24	664
	50m: 28.62	28.62	150m: 1:34.15	33.03	250m: 2:38.52	31.62	350m: 3:43.61	32.72		
	100m: 1:01.12	32.50	200m: 2:06.90	32.75	300m: 3:10.89	32.37	400m: 4:15.24	31.63		
35.	Brzoza Jakub			93	ŒELŒSK Wroc ³ aw				4:16.24	656
	50m: 28.83	28.83	150m: 1:33.01	32.08	250m: 2:38.73	32.97	350m: 3:44.39	32.64		
	100m: 1:00.93	32.10	200m: 2:05.76	32.75	300m: 3:11.75	33.02	400m: 4:16.24	31.85		
36.	Szarliński Filip			92	Warszawianka				4:17.26	649
	50m: 28.91	28.91	150m: 1:34.09	32.64	250m: 2:39.43	32.38	350m: 3:46.55	33.49		
	100m: 1:01.45	32.54	200m: 2:07.05	32.96	300m: 3:13.06	33.63	400m: 4:17.26	30.71		
37.	Tomaszewski Jacek			94	REKIN Warszawa				4:17.82	644
	50m: 28.81	28.81	150m: 1:34.09	33.34	250m: 2:40.81	33.37	350m: 3:46.35	32.52		
	100m: 1:00.75	31.94	200m: 2:07.44	33.35	300m: 3:13.83	33.02	400m: 4:17.82	31.47		
38.	Szydowski Adrian			92	ORLIK Lublin				4:18.04	643
	50m: 28.93	28.93	150m: 1:34.16	33.03	250m: 2:40.36	32.82	350m: 3:46.42	32.71		
	100m: 1:01.13	32.20	200m: 2:07.54	33.38	300m: 3:13.71	33.35	400m: 4:18.04	31.62		
39.	Szotkowski Daniel			92	MZOS Psock				4:18.34	640
	50m: 29.24	29.24	150m: 1:32.94	32.26	250m: 2:38.80	33.16	350m: 3:46.15	33.72		
	100m: 1:00.68	31.44	200m: 2:05.64	32.70	300m: 3:12.43	33.63	400m: 4:18.34	32.19		
40.	Baran Mateusz			93	Warszawianka				4:18.43	640
	50m: 28.86	28.86	150m: 1:33.64	32.76	250m: 2:39.01	32.53	350m: 3:45.93	33.47		
	100m: 1:00.88	32.02	200m: 2:06.48	32.84	300m: 3:12.46	33.45	400m: 4:18.43	32.50		
41.	Kubkowski Bart ³ omiej			95	MEDYK Giżycko				4:21.05	621
	50m: 29.73	29.73	150m: 1:35.06	32.95	250m: 2:41.18	32.85	350m: 3:48.15	33.45		
	100m: 1:02.11	32.38	200m: 2:08.33	33.27	300m: 3:14.70	33.52	400m: 4:21.05	32.90		
42.	Po ³ carz Piotr			89	AZS AWFis Gdańsk				4:21.06	621
	50m: 28.56	28.56	150m: 1:32.80	32.82	250m: 2:39.98	33.88	350m: 3:47.78	33.79		
	100m: 59.98	31.42	200m: 2:06.10	33.30	300m: 3:13.99	34.01	400m: 4:21.06	33.28		
43.	Kusek Adrian			93	JUVENIA Wroc ³ aw				4:21.16	620
	50m: 29.25	29.25	150m: 1:35.53	33.78	250m: 2:43.74	34.46	350m: 3:51.39	33.13		
	100m: 1:01.75	32.50	200m: 2:09.28	33.75	300m: 3:18.26	34.52	400m: 4:21.16	29.77		
44.	Dobrowolski Patryk			92	ORLIK Lublin				4:21.32	619
	50m: 29.46	29.46	150m: 1:34.64	33.02	250m: 2:41.98	33.87	350m: 3:49.21	33.50		
	100m: 1:01.62	32.16	200m: 2:08.11	33.47	300m: 3:15.71	33.73	400m: 4:21.32	32.11		
45.	Kotlewski Micha ³			94	ZRYW Opole				4:23.03	607
	50m: 30.03	30.03	150m: 1:36.72	33.53	250m: 2:44.17	33.83	350m: 3:51.71	33.66		
	100m: 1:03.19	33.16	200m: 2:10.34	33.62	300m: 3:18.05	33.88	400m: 4:23.03	31.32		

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Pozycja			Rok ur.					Czas	Pkt.			
46.	Graczyk Przemysław		92	ORLIK Lublin				4:25.78	588			
	50m:	29.62	29.62	150m:	1:37.39	34.17	250m:	2:45.33	33.69	350m:	3:52.12	33.48
	100m:	1:03.22	33.60	200m:	2:11.64	34.25	300m:	3:18.64	33.31	400m:	4:25.78	33.66
47.	Wiak Jakub		95	ORLIK Lublin				4:26.65	582			
	50m:	29.92	29.92	150m:	1:37.55	33.84	250m:	2:46.23	34.30	350m:	3:53.85	33.46
	100m:	1:03.71	33.79	200m:	2:11.93	34.38	300m:	3:20.39	34.16	400m:	4:26.65	32.80
48.	Berezecki Mateusz		95	Olimpijczyk Suwa ³ ki				4:27.23	579			
	50m:	29.39	29.39	150m:	1:37.61	34.26	250m:	2:46.32	33.97	350m:	3:55.06	33.79
	100m:	1:03.35	33.96	200m:	2:12.35	34.74	300m:	3:21.27	34.95	400m:	4:27.23	32.17
49.	Kotlarski Marcin		89	Akwawit Leszno				4:27.33	578			
	50m:	29.11	29.11	150m:	1:33.59	32.88	250m:	2:42.63	35.02	350m:	3:53.82	35.63
	100m:	1:00.71	31.60	200m:	2:07.61	34.02	300m:	3:18.19	35.56	400m:	4:27.33	33.51
50.	Kukulski Karol		95	FLOTA Gdynia				4:27.92	574			
	50m:	30.27	30.27	150m:	1:38.01	33.95	250m:	2:46.71	34.34	350m:	3:56.11	34.43
	100m:	1:04.06	33.79	200m:	2:12.37	34.36	300m:	3:21.68	34.97	400m:	4:27.92	31.81
51.	Osses Arkadiusz		95	WARTA Poznań				4:28.14	573			
	50m:	30.02	30.02	150m:	1:37.88	34.41	250m:	2:46.53	34.42	350m:	3:55.59	34.20
	100m:	1:03.47	33.45	200m:	2:12.11	34.23	300m:	3:21.39	34.86	400m:	4:28.14	32.55
52.	Szewczyk Mateusz		94	JEDYNKA Elbląg				4:28.53	570			
	50m:	30.49	30.49	150m:	1:38.27	34.15	250m:	2:47.08	34.28	350m:	3:55.75	33.76
	100m:	1:04.12	33.63	200m:	2:12.80	34.53	300m:	3:21.99	34.91	400m:	4:28.53	32.78
53.	Skrodzki Micha ³		86	AZS AWF Katowice				4:33.30	541			
	50m:	31.00	31.00	150m:	1:38.35	33.99	250m:	2:47.07	34.36	350m:	3:58.15	35.91
	100m:	1:04.36	33.36	200m:	2:12.71	34.36	300m:	3:22.24	35.17	400m:	4:33.30	35.15
54.	Kêcik Łukasz		94	LUBLINIANKA				4:33.68	539			
	50m:	28.80	28.80	150m:	1:35.72	34.18	250m:	2:45.86	35.58	350m:	3:58.19	36.00
	100m:	1:01.54	32.74	200m:	2:10.28	34.56	300m:	3:22.19	36.33	400m:	4:33.68	35.49
55.	Walczak Joachim		89	Warszawianka				4:34.15	536			
	50m:	29.71	29.71	150m:	1:39.06	35.08	250m:	2:48.79	35.21	350m:	4:00.05	35.65
	100m:	1:03.98	34.27	200m:	2:13.58	34.52	300m:	3:24.40	35.61	400m:	4:34.15	34.10
56.	Kielin Łukasz		94	Gwardia Szczytno				4:36.30	523			
	50m:	30.97	30.97	150m:	1:41.29	35.11	250m:	2:50.28	34.71	350m:	4:01.33	35.90
	100m:	1:06.18	35.21	200m:	2:15.57	34.28	300m:	3:25.43	35.15	400m:	4:36.30	34.97
57.	Dobrzycki Tomasz		90	Akwawit Leszno				4:37.66	516			
	50m:	30.44	30.44	150m:	1:39.07	34.43	250m:	2:49.38	35.43	350m:	4:02.10	36.36
	100m:	1:04.64	34.20	200m:	2:13.95	34.88	300m:	3:25.74	36.36	400m:	4:37.66	35.56
58.	Rogalski Igor		92	ORLIK Lublin				4:40.04	503			
	50m:	31.26	31.26	150m:	1:43.57	36.36	250m:	2:56.00	35.89	350m:	4:07.91	35.27
	100m:	1:07.21	35.95	200m:	2:20.11	36.54	300m:	3:32.64	36.64	400m:	4:40.04	32.13
59.	Glinkowski Łukasz		95	SHARK Rudna				4:41.25	496			
	50m:	32.02	32.02	150m:	1:44.55	36.39	250m:	2:57.40	36.21	350m:	4:08.89	35.57
	100m:	1:08.16	36.14	200m:	2:21.19	36.64	300m:	3:33.32	35.92	400m:	4:41.25	32.36
60.	Mochol Marcin		95	ORLIK Lublin				4:42.15	492			
	50m:	32.16	32.16	150m:	1:43.94	36.11	250m:	2:54.80	35.11	350m:	4:06.70	35.66
	100m:	1:07.83	35.67	200m:	2:19.69	35.75	300m:	3:31.04	36.24	400m:	4:42.15	35.45
61.	Kamiński Maciej		93	ORLIK Lublin				4:55.64	427			
	50m:	33.22	33.22	150m:	1:45.37	36.57	250m:	3:00.71	37.95	350m:	4:17.68	38.75
	100m:	1:08.80	35.58	200m:	2:22.76	37.39	300m:	3:38.93	38.22	400m:	4:55.64	37.96