

Mistrzostwa Polski Seniorów i Młodzie owców  
Ostrowiec w., 21- - 24-5-2009

Konkurencja 28  
23-05-2009

M czyzn, 400m dowolny

Open  
Wyniki Finał

Rekord Polski 3:45.71 Sta czyk Przemysław Chiba 21-08-2007  
Min MS Rzym 3:50.40

Punkty: FINA 2008

Pozycja			Rok ur.							Czas	Pkt.
<b>Finał A</b>											
1.	Sta czyk Przemysław		85	MKP Szczecin						<b>3:51.27</b>	893
	50m:	27.29 27.29	150m:	1:25.72	29.47	250m:	2:24.37	29.30	350m:	3:22.76 29.12	
	100m:	56.25 28.96	200m:	1:55.07	29.35	300m:	2:53.64	29.27	400m:	3:51.27 28.51	
2.	Gimi ski Łukasz		86	AZS AWF Warszawa						<b>3:53.29</b>	870
	50m:	27.65 27.65	150m:	1:26.19	29.49	250m:	2:25.17	29.63	350m:	3:24.62 29.67	
	100m:	56.70 29.05	200m:	1:55.54	29.35	300m:	2:54.95	29.78	400m:	3:53.29 28.67	
3.	Pielowski Krzysztof		91	Kormoran Olsztyn						<b>3:53.43</b>	868
	<i>Min ME Jun</i>										
	50m:	27.17 27.17	150m:	1:26.09	29.40	250m:	2:24.89	29.30	350m:	3:24.19 29.77	
	100m:	56.69 29.52	200m:	1:55.59	29.50	300m:	2:54.42	29.53	400m:	3:53.43 29.24	
4.	Rurak Paweł		88	AZS AWF Warszawa						<b>3:55.33</b>	847
	50m:	27.22 27.22	150m:	1:26.28	29.63	250m:	2:26.05	30.04	350m:	3:26.22 30.02	
	100m:	56.65 29.43	200m:	1:56.01	29.73	300m:	2:56.20	30.15	400m:	3:55.33 29.11	
5.	Hreniak Maciej		89	MKP Szczecin						<b>3:55.63</b>	844
	50m:	27.38 27.38	150m:	1:26.85	29.62	250m:	2:27.34	30.38	350m:	3:26.99 29.30	
	100m:	57.23 29.85	200m:	1:56.96	30.11	300m:	2:57.69	30.35	400m:	3:55.63 28.64	
6.	Otłowski Aleksy SK		91	Warszawianka						<b>3:57.46</b>	825
	<i>Min ME Jun</i>										
	50m:	27.78 27.78	150m:	1:27.35	30.17	250m:	2:27.59	30.17	350m:	3:28.21 30.28	
	100m:	57.18 29.40	200m:	1:57.42	30.07	300m:	2:57.93	30.34	400m:	3:57.46 29.25	
7.	Kleszczy ski Paweł		91	MKP Szczecin						<b>4:00.53</b>	793
	50m:	27.55 27.55	150m:	1:27.49	30.09	250m:	2:29.11	30.91	350m:	3:31.14 30.98	
	100m:	57.40 29.85	200m:	1:58.20	30.71	300m:	3:00.16	31.05	400m:	4:00.53 29.39	
8.	Szamotulski Wojciech		91	L SK Wrocław						<b>4:02.32</b>	776
	50m:	27.87 27.87	150m:	1:27.77	30.35	250m:	2:29.12	30.51	350m:	3:31.46 31.19	
	100m:	57.42 29.55	200m:	1:58.61	30.84	300m:	3:00.27	31.15	400m:	4:02.32 30.86	
<b>Finał B</b>											
9.	Szuba Michał		93	L SK Wrocław						<b>3:59.88</b>	800
	50m:	28.29 28.29	150m:	1:28.05	30.10	250m:	2:28.85	30.36	350m:	3:30.34 30.58	
	100m:	57.95 29.66	200m:	1:58.49	30.44	300m:	2:59.76	30.91	400m:	3:59.88 29.54	
10.	Borowicz Skoneczny Sylwester		92	Kormoran Olsztyn						<b>4:00.05</b>	798
	50m:	28.49 28.49	150m:	1:28.70	29.99	250m:	2:29.36	30.21	350m:	3:30.45 30.55	
	100m:	58.71 30.22	200m:	1:59.15	30.45	300m:	2:59.90	30.54	400m:	4:00.05 29.60	
11.	Hura Bartosz		91	Kormoran Olsztyn						<b>4:00.41</b>	795
	50m:	28.64 28.64	150m:	1:27.82	30.02	250m:	2:28.26	30.35	350m:	3:30.17 31.09	
	100m:	57.80 29.16	200m:	1:57.91	30.09	300m:	2:59.08	30.82	400m:	4:00.41 30.24	
12.	Gilski Paweł		90	Kormoran Olsztyn						<b>4:00.83</b>	791
	50m:	28.31 28.31	150m:	1:29.30	30.58	250m:	2:30.45	30.40	350m:	3:32.19 30.61	
	100m:	58.72 30.41	200m:	2:00.05	30.75	300m:	3:01.58	31.13	400m:	4:00.83 28.64	
13.	Pi tkowski Mateusz SO		90	UNIA O wi cim						<b>4:01.05</b>	788
	50m:	27.99 27.99	150m:	1:28.16	30.43	250m:	2:29.09	30.43	350m:	3:30.80 31.00	
	100m:	57.73 29.74	200m:	1:58.66	30.50	300m:	2:59.80	30.71	400m:	4:01.05 30.25	

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

Pozycja	Rok ur.								Czas	Pkt.	
14. Zoniuk Maciej	94 L SK Wrocław								<b>4:03.09</b>	769	
50m:	28.49	28.49	150m:	1:29.62	30.43	250m:	2:30.79	30.59	350m:	3:33.75	31.41
100m:	59.19	30.70	200m:	2:00.20	30.58	300m:	3:02.34	31.55	400m:	4:03.09	29.34
15. Kurant Roger	94 KSZO Ostrowiec								<b>4:03.80</b>	762	
50m:	28.65	28.65	150m:	1:30.20	30.71	250m:	2:31.91	30.88	350m:	3:34.75	31.45
100m:	59.49	30.84	200m:	2:01.03	30.83	300m:	3:03.30	31.39	400m:	4:03.80	29.05
16. Rybi ski Dawid	93 L SK Wrocław								<b>4:06.93</b>	733	
50m:	28.89	28.89	150m:	1:30.76	31.16	250m:	2:33.37	31.40	350m:	3:37.03	32.08
100m:	59.60	30.71	200m:	2:01.97	31.21	300m:	3:04.95	31.58	400m:	4:06.93	29.90