

Mistrzostwa Polski Młodzików 13-lat
Ostrowiec Sw, 15. - 17.1.2010

Konkurencja 20
10-01-16

Chłopców, 400m dowolny

13 lat
Wyniki Eliminacje

Rekord Polski Jun 14-lat	3:59.77	Zoniuk Maciej	SLWRO	Saint Dizier (FRA)	08-11-15
Rekord Polski Młodz 13-lat	4:12.91	Bernatowicz Sebastian	AQBYD	Bydgoszcz	07-12-22

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.			
1.	Pietrzak Dawid		97	WSG Bydgoszcz				4:22.16	574 A			
	50m:	30.28	30.28	150m:	1:36.65	33.43	250m:	2:43.30	32.97	350m:	3:49.37	32.72
	100m:	1:03.22	32.94	200m:	2:10.33	33.68	300m:	3:16.65	33.35	400m:	4:22.16	32.79
2.	Dytkowski Jan		97	KSZO Ostrowiec				4:36.22	491 A			
	50m:	30.67	30.67	150m:	1:40.29	35.19	250m:	2:51.48	35.44	350m:	4:02.29	35.31
	100m:	1:05.10	34.43	200m:	2:16.04	35.75	300m:	3:26.98	35.50	400m:	4:36.22	33.93
3.	Katolik Bartosz		97	MOS Dabrowa Grn.				4:36.32	490 A			
	50m:	31.28	31.28	150m:	1:42.17	35.89	250m:	2:53.43	35.65	350m:	4:03.41	34.52
	100m:	1:06.28	35.00	200m:	2:17.78	35.61	300m:	3:28.89	35.46	400m:	4:36.32	32.91
4.	Kowalski Patryk		97	UNIA Busko Zdrój				4:39.09	476 A			
	50m:	31.31	31.31	150m:	1:40.21	34.89	250m:	2:51.40	35.54	350m:	4:03.57	36.06
	100m:	1:05.32	34.01	200m:	2:15.86	35.65	300m:	3:27.51	36.11	400m:	4:39.09	35.52
5.	Stachowiak Łukasz		97	AZS AWF Poznań				4:41.88	462 A			
	50m:	31.60	31.60	150m:	1:42.99	35.81	250m:	2:55.03	36.18	350m:	4:07.21	36.05
	100m:	1:07.18	35.58	200m:	2:18.85	35.86	300m:	3:31.16	36.13	400m:	4:41.88	34.67
6.	Stecko Micha ³		97	KAPRY Pruszków				4:43.81	452 A			
	50m:	31.30	31.30	150m:	1:42.20	36.16	250m:	2:54.59	36.28	350m:	4:08.19	36.75
	100m:	1:06.04	34.74	200m:	2:18.31	36.11	300m:	3:31.44	36.85	400m:	4:43.81	35.62
7.	Ruszkowski Kacper		97	ÓSEMKA Oswiecim				4:44.54	449 A			
	50m:	31.06	31.06	150m:	1:42.75	36.56	250m:	2:55.91	36.50	350m:	4:09.72	36.69
	100m:	1:06.19	35.13	200m:	2:19.41	36.66	300m:	3:33.03	37.12	400m:	4:44.54	34.82
8.	Turawicz Mateusz		97	WSG Bydgoszcz				4:44.76	448 A			
	50m:	32.51	32.51	150m:	1:44.76	36.26	250m:	2:57.69	36.09	350m:	4:10.42	36.02
	100m:	1:08.50	35.99	200m:	2:21.60	36.84	300m:	3:34.40	36.71	400m:	4:44.76	34.34
9.	Fratczak Mateusz		97	UKS 190 Łódź				4:45.48	444 B			
	50m:	31.75	31.75	150m:	1:43.56	36.21	250m:	2:57.15	36.52	350m:	4:10.50	36.79
	100m:	1:07.35	35.60	200m:	2:20.63	37.07	300m:	3:33.71	36.56	400m:	4:45.48	34.98
10.	Wiak Bart ³ omiej		97	ORLIK Lublin				4:47.35	436 B			
	50m:	31.78	31.78	150m:	1:43.26	36.12	250m:	2:57.53	37.25	350m:	4:11.91	37.40
	100m:	1:07.14	35.36	200m:	2:20.28	37.02	300m:	3:34.51	36.98	400m:	4:47.35	35.44
11.	Zuchowski Ernest		97	MORENA Gdańsk				4:47.47	435 B			
	50m:	32.02	32.02	150m:	1:44.37	36.58	250m:	2:58.92	37.39	350m:	4:12.26	36.68
	100m:	1:07.79	35.77	200m:	2:21.53	37.16	300m:	3:35.58	36.66	400m:	4:47.47	35.21
12.	Staniszewski Adam		97	TRÓJKA Łódź				4:48.52	430 B			
	50m:	32.67	32.67	150m:	1:47.38	37.44	250m:	3:01.97	37.50	350m:	4:15.23	36.30
	100m:	1:09.94	37.27	200m:	2:24.47	37.09	300m:	3:38.93	36.96	400m:	4:48.52	33.29
13.	Soko ³ owski Ziemowit		97	AZS AWF Poznań				4:48.73	430 B			
	50m:	32.89	32.89	150m:	1:45.95	36.81	250m:	2:59.59	36.76	350m:	4:13.25	36.92
	100m:	1:09.14	36.25	200m:	2:22.83	36.88	300m:	3:36.33	36.74	400m:	4:48.73	35.48
14.	Nowak Rados ³ aw		97	VEGA Dobrodzień				4:48.95	429 B			
	50m:	33.10	33.10	150m:	1:46.86	36.89	250m:	3:00.60	36.51	350m:	4:14.67	36.80
	100m:	1:09.97	36.87	200m:	2:24.09	37.23	300m:	3:37.87	37.27	400m:	4:48.95	34.28
15.	Czarnecki Kamil		97	KORNER Zielona G.				4:50.04	424 B			
	50m:	32.29	32.29	150m:	1:45.65	37.07	250m:	3:00.13	36.95	350m:	4:14.13	37.83
	100m:	1:08.58	36.29	200m:	2:23.18	37.53	300m:	3:36.30	36.17	400m:	4:50.04	35.91

Mistrzostwa Polski Młodzików 13-lat
Ostrowiec Sw, 15. - 17.1.2010

Konkurencja 20, Chłopców, 400m dowolny, Eliminacje, 13 lat

Pozycja			Rok ur.					Czas	Pkt.			
16.	Pluta Piotr		97	KORNER Zielona G.				4:50.93	420	B		
	50m:	32.47	32.47	150m:	1:45.64	36.91	250m:	3:01.35	37.51	350m:	4:15.94	37.21
	100m:	1:08.73	36.26	200m:	2:23.84	38.20	300m:	3:38.73	37.38	400m:	4:50.93	34.99
17.	Traczewski Jan		97	KORMORAN Olsztyn				4:51.04	419	R		
	50m:	33.12	33.12	150m:	1:47.20	37.65	250m:	3:03.20	37.87	350m:	4:17.89	36.79
	100m:	1:09.55	36.43	200m:	2:25.33	38.13	300m:	3:41.10	37.90	400m:	4:51.04	33.15
18.	Lechowicz Filip		97	JORDAN Kraków				4:51.34	418	R		
	50m:	34.40	34.40	150m:	1:48.66	37.39	250m:	3:03.28	37.21	350m:	4:15.87	35.26
	100m:	1:11.27	36.87	200m:	2:26.07	37.41	300m:	3:40.61	37.33	400m:	4:51.34	35.47
19.	Popielec Micha ³		97	SŁOWIANKA Gorzów				4:51.76	416			
	50m:	33.15	33.15	150m:	1:46.93	36.89	250m:	3:01.73	37.74	350m:	4:17.06	37.52
	100m:	1:10.04	36.89	200m:	2:23.99	37.06	300m:	3:39.54	37.81	400m:	4:51.76	34.70
20.	Szel'g Ernest		97	KSZO Ostrowiec				4:52.27	414			
	50m:	33.06	33.06	150m:	1:47.17	37.49	250m:	3:01.91	37.47	350m:	4:16.54	37.74
	100m:	1:09.68	36.62	200m:	2:24.44	37.27	300m:	3:38.80	36.89	400m:	4:52.27	35.73
21.	Strachota Marek		97	MKP Myslibórz				4:53.18	410			
	50m:	31.94	31.94	150m:	1:46.08	37.87	250m:	3:02.43	38.11	350m:	4:17.96	37.99
	100m:	1:08.21	36.27	200m:	2:24.32	38.24	300m:	3:39.97	37.54	400m:	4:53.18	35.22
22.	Szulgo Filip		97	MKP Szczecin				4:53.41	409			
	50m:	33.12	33.12	150m:	1:47.17	37.28	250m:	3:02.13	37.57	350m:	4:16.97	37.58
	100m:	1:09.89	36.77	200m:	2:24.56	37.39	300m:	3:39.39	37.26	400m:	4:53.41	36.44
23.	Sobala Adam		97	AZS AWF Poznań				4:54.25	406			
	50m:	32.82	32.82	150m:	1:46.88	37.72	250m:	3:01.85	37.94	350m:	4:16.78	38.15
	100m:	1:09.16	36.34	200m:	2:23.91	37.03	300m:	3:38.63	36.78	400m:	4:54.25	37.47
24.	Bujak Piotr		97	KORONA-Swim Kielce				4:54.70	404			
	50m:	33.29	33.29	150m:	1:47.81	37.63	250m:	3:03.43	37.59	350m:	4:18.46	37.42
	100m:	1:10.18	36.89	200m:	2:25.84	38.03	300m:	3:41.04	37.61	400m:	4:54.70	36.24
25.	Sola Kornel		97	FALA Krasnik				4:55.58	400			
	50m:	33.21	33.21	150m:	1:46.84	37.50	250m:	3:02.65	37.86	350m:	4:18.51	37.82
	100m:	1:09.34	36.13	200m:	2:24.79	37.95	300m:	3:40.69	38.04	400m:	4:55.58	37.07
26.	Kaczorowski Jakub		97	ZOLIBORZ Warszawa				4:57.50	393			
	50m:	32.90	32.90	150m:	1:49.43	38.12	250m:	3:05.32	37.65	350m:	4:21.95	37.99
	100m:	1:11.31	38.41	200m:	2:27.67	38.24	300m:	3:43.96	38.64	400m:	4:57.50	35.55
27.	M ³ ynarczyk Adrian		97	JORDAN Kraków				4:57.84	391			
	50m:	33.59	33.59	150m:	1:51.29	39.46	250m:	3:08.39	37.75	350m:	4:22.77	36.69
	100m:	1:11.83	38.24	200m:	2:30.64	39.35	300m:	3:46.08	37.69	400m:	4:57.84	35.07
28.	Brodowski Jakub		97	SŁOWIANKA Gorzów				4:59.73	384			
	50m:	33.62	33.62	150m:	1:50.19	38.56	250m:	3:08.16	38.94	350m:	4:25.29	37.57
	100m:	1:11.63	38.01	200m:	2:29.22	39.03	300m:	3:47.72	39.56	400m:	4:59.73	34.44
29.	Maciejewski Pawe ³		97	KORMORAN Olsztyn				5:00.40	381			
	50m:	32.78	32.78	150m:	1:47.06	37.54	250m:	3:03.66	38.40	350m:	4:21.93	39.18
	100m:	1:09.52	36.74	200m:	2:25.26	38.20	300m:	3:42.75	39.09	400m:	5:00.40	38.47
30.	Brzeziński Jakub		97	GOSiR Piaseczno				5:00.46	381			
	50m:	32.76	32.76	150m:	1:47.92	38.27	250m:	3:04.42	38.30	350m:	4:23.41	39.54
	100m:	1:09.65	36.89	200m:	2:26.12	38.20	300m:	3:43.87	39.45	400m:	5:00.46	37.05
31.	Filek Bernard		97	MOS Dabrowa Grn.				5:00.60	381			
	50m:	33.36	33.36	150m:	1:50.39	39.08	250m:	3:07.28	37.76	350m:	4:23.91	38.17
	100m:	1:11.31	37.95	200m:	2:29.52	39.13	300m:	3:45.74	38.46	400m:	5:00.60	36.69

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Konkurencja 20, Chłopców, 400m dowolny, Eliminacje, 13 lat

Pozycja			Rok ur.						Czas	Pkt.		
32.	Cho ³ da Łukasz		97 JORDAN Kraków						5:01.50	377		
	50m:	32.47	32.47	150m:	1:48.65	38.80	250m:	3:07.39	39.58	350m:	4:26.80	40.01
	100m:	1:09.85	37.38	200m:	2:27.81	39.16	300m:	3:46.79	39.40	400m:	5:01.50	34.70
33.	Cwalina Kacper		97 NAWA Skierniewice						5:01.64	377		
	50m:	33.49	33.49	150m:	1:49.85	38.80	250m:	3:08.36	39.34	350m:	4:25.69	38.57
	100m:	1:11.05	37.56	200m:	2:29.02	39.17	300m:	3:47.12	38.76	400m:	5:01.64	35.95
34.	Oliwa Micha ³		97 MKP Szczecin						5:01.93	376		
	50m:	34.18	34.18	150m:	1:50.60	38.69	250m:	3:08.31	38.84	350m:	4:25.21	38.05
	100m:	1:11.91	37.73	200m:	2:29.47	38.87	300m:	3:47.16	38.85	400m:	5:01.93	36.72
35.	Siejak Jakub		97 DELFINEK Łuków						5:02.81	372		
	50m:	30.88	30.88	150m:	1:44.56	38.06	250m:	3:01.17	38.32	350m:	4:22.08	41.36
	100m:	1:06.50	35.62	200m:	2:22.85	38.29	300m:	3:40.72	39.55	400m:	5:02.81	40.73
36.	Kukowka Rafael		97 VEGA Dobrodzień						5:04.28	367		
	50m:	33.94	33.94	150m:	1:50.31	38.41	250m:	3:07.62	38.84	350m:	4:23.98	37.56
	100m:	1:11.90	37.96	200m:	2:28.78	38.47	300m:	3:46.42	38.80	400m:	5:04.28	40.30
37.	Skrzypek Grzegorz		97 JORDAN Kraków						5:05.09	364		
	50m:	34.37	34.37	150m:	1:50.64	39.12	250m:	3:07.26	38.82	350m:	4:25.13	39.79
	100m:	1:11.52	37.15	200m:	2:28.44	37.80	300m:	3:45.34	38.08	400m:	5:05.09	39.96
38.	Kawczak Rados ³ aw		97 MKP Szczecin						5:06.37	360		
	50m:	32.23	32.23	150m:	1:48.69	38.63	250m:	3:08.54	40.40	350m:	4:28.49	40.51
	100m:	1:10.06	37.83	200m:	2:28.14	39.45	300m:	3:47.98	39.44	400m:	5:06.37	37.88
39.	Koptyra Artur		97 MOTYL Stalowa Wola						5:07.61	355		
	50m:	34.61	34.61	150m:	1:53.21	39.87	250m:	3:12.13	39.23	350m:	4:30.14	38.51
	100m:	1:13.34	38.73	200m:	2:32.90	39.69	300m:	3:51.63	39.50	400m:	5:07.61	37.47
40.	Zwoliński Marcin		97 MOS Katowice						5:07.81	355		
	50m:	35.83	35.83	150m:	1:54.16	38.64	250m:	3:12.76	39.07	350m:	4:30.66	38.37
	100m:	1:15.52	39.69	200m:	2:33.69	39.53	300m:	3:52.29	39.53	400m:	5:07.81	37.15
41.	Staszak Rafa ³		97 MKP Szczecin						5:07.89	354		
	50m:	34.53	34.53	150m:	1:51.95	39.19	250m:	3:11.55	39.79	350m:	4:30.46	39.40
	100m:	1:12.76	38.23	200m:	2:31.76	39.81	300m:	3:51.06	39.51	400m:	5:07.89	37.43
42.	Szymula Maciej		97 MAL WOPR Malbork						5:07.92	354		
	50m:	36.26	36.26	150m:	1:56.82	40.09	250m:	3:14.25	38.35	350m:	4:31.20	38.20
	100m:	1:16.73	40.47	200m:	2:35.90	39.08	300m:	3:53.00	38.75	400m:	5:07.92	36.72
43.	Smok Witold		97 WODNIK Włocławek						5:08.57	352		
	50m:	33.64	33.64	150m:	1:52.58	40.00	250m:	3:10.61	38.45	350m:	4:30.01	40.87
	100m:	1:12.58	38.94	200m:	2:32.16	39.58	300m:	3:49.14	38.53	400m:	5:08.57	38.56
44.	Szylder Sebastian		97 AQUATICA Pawłowice						5:10.87	344		
	50m:	34.59	34.59	150m:	1:52.81	39.28	250m:	3:12.81	39.81	350m:	4:32.49	40.14
	100m:	1:13.53	38.94	200m:	2:33.00	40.19	300m:	3:52.35	39.54	400m:	5:10.87	38.38
45.	Tomzik Jakub		97 MUKP Warszawianka						5:11.93	341		
	50m:	34.78	34.78	150m:	1:55.13	40.91	250m:	3:14.80	40.37	350m:	4:34.02	39.45
	100m:	1:14.22	39.44	200m:	2:34.43	39.30	300m:	3:54.57	39.77	400m:	5:11.93	37.91
46.	Czerwiński Piotr		97 SP 63 Bydgoszcz						5:15.02	331		
	50m:	34.31	34.31	150m:	1:54.86	41.43	250m:	3:17.67	41.68	350m:	4:37.02	38.88
	100m:	1:13.43	39.12	200m:	2:35.99	41.13	300m:	3:58.14	40.47	400m:	5:15.02	38.00
47.	Buszkiewicz Wojciech		97 SHARK Rudna						5:16.51	326		
	50m:	35.02	35.02	150m:	1:55.62	40.98	250m:	3:17.17	41.12	350m:	4:38.33	40.27
	100m:	1:14.64	39.62	200m:	2:36.05	40.43	300m:	3:58.06	40.89	400m:	5:16.51	38.18

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Konkurencja 20, Chłopców, 400m dowolny, Eliminacje, 13 lat

Pozycja	Rok ur.								Czas	Pkt.
48. Wawer Mateusz	97 JORDAN Kraków								5:16.78	325
50m: 35.49	35.49	150m: 1:56.67	40.65	250m: 3:17.12	40.04	350m: 4:38.28	40.84			
100m: 1:16.02	40.53	200m: 2:37.08	40.41	300m: 3:57.44	40.32	400m: 5:16.78	38.50			
49. B ³ dek Arkadiusz	97 MOTYL Stalowa Wola								5:17.25	324
50m: 34.67	34.67	150m: 1:53.45	40.14	250m: 3:15.47	40.74	350m: 4:38.27	41.61			
100m: 1:13.31	38.64	200m: 2:34.73	41.28	300m: 3:56.66	41.19	400m: 5:17.25	38.98			
50. Mikoć Robert	97 VICTORIA Józefów								5:17.88	322
50m: 33.78	33.78	150m: 1:53.06	40.69	250m: 3:15.97	41.52	350m: 4:40.10	41.50			
100m: 1:12.37	38.59	200m: 2:34.45	41.39	300m: 3:58.60	42.63	400m: 5:17.88	37.78			
51. Kokot Damian	97 MKP Szczecin								5:18.29	321
50m: 34.45	34.45	150m: 1:54.95	41.13	250m: 3:18.13	41.11	350m: 4:40.14	40.27			
100m: 1:13.82	39.37	200m: 2:37.02	42.07	300m: 3:59.87	41.74	400m: 5:18.29	38.15			