

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

Konkurencja 20  
16-01-2010

Chłopców, 400m dowolny

13 lat  
Wyniki Eliminacje

Rekord Polski Jun 14-lat	3:59.77	Zoniuk Maciej	SLWRO	Saint Dizier (FRA)	15-11-2008
Rekord Polski Młodz 13-lat	4:12.91	Bernatowicz Sebastian	AQBYD	Bydgoszcz	22-12-2007

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.			
1.	Pietrzak Dawid		97	WSG Bydgoszcz				<b>4:22.16</b>	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				<b>4:36.22</b>	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.				<b>4:36.32</b>	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				<b>4:39.09</b>	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 Pozna				<b>4:41.88</b>	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 Michał		97	KAPRY Pruszków				<b>4:43.81</b>	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				<b>4:44.54</b>	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.	urawicz Mateusz		97	WSG Bydgoszcz				<b>4:44.76</b>	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 Łódz				<b>4:45.48</b>	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 Bartłomiej		97	ORLIK Lublin				<b>4:47.35</b>	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 Gda sk				<b>4:47.47</b>	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 Łódz				<b>4:48.52</b>	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.	Sokołowski Ziemowit		97	AZS AWF Pozna				<b>4:48.73</b>	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 Radosław		97	VEGA Dobrodzie				<b>4:48.95</b>	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.				<b>4:50.04</b>	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
16.	Pluta Piotr		97	KORNER Zielona G.				<b>4:50.93</b>	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

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

Pozycja	Rok ur.						Czas	Pkt.
17. Traczewski Jan	97	KORMORAN Olsztyn					<b>4:51.04</b>	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					<b>4:51.34</b>	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 Michał	97	SŁOWIANKA Gorzów					<b>4:51.76</b>	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					<b>4:52.27</b>	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					<b>4:53.18</b>	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					<b>4:53.41</b>	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 Pozna					<b>4:54.25</b>	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					<b>4:54.70</b>	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					<b>4:55.58</b>	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					<b>4:57.50</b>	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. Młynarczyk Adrian	97	JORDAN Kraków					<b>4:57.84</b>	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					<b>4:59.73</b>	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 Paweł	97	KORMORAN Olsztyn					<b>5:00.40</b>	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. Brzezi ski Jakub	97	GOSiR Piaseczno					<b>5:00.46</b>	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.					<b>5:00.60</b>	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	
32. Chołda Łukasz	97	JORDAN Kraków					<b>5:01.50</b>	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					<b>5:01.64</b>	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 Michał	97	MKP Szczecin					<b>5:01.93</b>	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	

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

Pozycja			Rok ur.					Czas	Pkt.
35.	Siejak Jakub		97	DELFINEK Łuków				<b>5:02.81</b>	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 Dobrodzie				<b>5:04.28</b>	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				<b>5:05.09</b>	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 Radosław		97	MKP Szczecin				<b>5:06.37</b>	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				<b>5:07.61</b>	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.	Zwoli ski Marcin		97	MOS Katowice				<b>5:07.81</b>	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 Rafał		97	MKP Szczecin				<b>5:07.89</b>	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				<b>5:07.92</b>	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				<b>5:08.57</b>	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				<b>5:10.87</b>	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				<b>5:11.93</b>	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.	Czerwi ski Piotr		97	SP 63 Bydgoszcz				<b>5:15.02</b>	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				<b>5:16.51</b>	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	
48.	Wawer Mateusz		97	JORDAN Kraków				<b>5:16.78</b>	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.	Bł dek Arkadiusz		97	MOTYL Stalowa Wola				<b>5:17.25</b>	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.	Miko Robert		97	VICTORIA Józefów				<b>5:17.88</b>	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				<b>5:18.29</b>	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	