

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

Konkurencja 20
10-01-16

Chłopców, 400m dowolny

13 lat
Wyniki Fina³

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.	
Fina³ A												
1.	Pietrzak Dawid		97	WSG Bydgoszcz						4:20.62	584	
	50m:	29.67	29.67	150m:	1:35.58	33.46	250m:	2:42.10	32.86	350m:	3:48.52	33.51
	100m:	1:02.12	32.45	200m:	2:09.24	33.66	300m:	3:15.01	32.91	400m:	4:20.62	32.10
2.	Katolik Bartosz		97	MOS Dabrowa Grn.						4:31.11	519	
	50m:	30.71	30.71	150m:	1:39.22	34.55	250m:	2:48.86	34.71	350m:	3:58.33	34.71
	100m:	1:04.67	33.96	200m:	2:14.15	34.93	300m:	3:23.62	34.76	400m:	4:31.11	32.78
3.	Kowalski Patryk		97	UNIA Busko Zdrój						4:31.25	518	
	50m:	30.39	30.39	150m:	1:38.29	34.53	250m:	2:48.32	35.18	350m:	3:58.18	34.75
	100m:	1:03.76	33.37	200m:	2:13.14	34.85	300m:	3:23.43	35.11	400m:	4:31.25	33.07
4.	Dytkowski Jan		97	KSZO Ostrowiec						4:33.88	503	
	50m:	30.56	30.56	150m:	1:38.84	34.60	250m:	2:48.91	34.97	350m:	3:58.96	35.09
	100m:	1:04.24	33.68	200m:	2:13.94	35.10	300m:	3:23.87	34.96	400m:	4:33.88	34.92
5.	Stachowiak Łukasz		97	AZS AWF Poznań						4:38.86	477	
	50m:	30.84	30.84	150m:	1:40.18	35.09	250m:	2:51.73	35.86	350m:	4:03.46	35.86
	100m:	1:05.09	34.25	200m:	2:15.87	35.69	300m:	3:27.60	35.87	400m:	4:38.86	35.40
6.	Stecko Micha ³		97	KAPRY Pruszków						4:44.21	450	
	50m:	31.65	31.65	150m:	1:41.23	35.51	250m:	2:53.93	36.56	350m:	4:07.90	37.22
	100m:	1:05.72	34.07	200m:	2:17.37	36.14	300m:	3:30.68	36.75	400m:	4:44.21	36.31
7.	Ruszkowski Kacper		97	ÓSEMKA Oswiecim						4:44.75	448	
	50m:	30.96	30.96	150m:	1:41.88	36.07	250m:	2:55.44	36.94	350m:	4:09.48	36.97
	100m:	1:05.81	34.85	200m:	2:18.50	36.62	300m:	3:32.51	37.07	400m:	4:44.75	35.27
8.	Turawicz Mateusz		97	WSG Bydgoszcz						4:46.58	439	
	50m:	31.91	31.91	150m:	1:42.86	36.04	250m:	2:56.68	37.18	350m:	4:10.90	36.86
	100m:	1:06.82	34.91	200m:	2:19.50	36.64	300m:	3:34.04	37.36	400m:	4:46.58	35.68
Fina³ B												
9.	Nowak Radosław		97	VEGA Dobrodzień						4:44.37	450	
	50m:	32.38	32.38	150m:	1:44.27	36.22	250m:	2:56.99	36.19	350m:	4:09.31	36.30
	100m:	1:08.05	35.67	200m:	2:20.80	36.53	300m:	3:33.01	36.02	400m:	4:44.37	35.06
10.	Fratczak Mateusz		97	UKS 190 Łódź						4:45.48	444	
	50m:	31.51	31.51	150m:	1:42.14	35.88	250m:	2:54.43	36.23	350m:	4:06.37	35.70
	100m:	1:06.26	34.75	200m:	2:18.20	36.06	300m:	3:30.67	36.24	400m:	4:45.48	39.11
11.	Staniszewski Adam		97	TRÓJKA Łódź						4:45.66	444	
	50m:	31.67	31.67	150m:	1:43.76	36.50	250m:	2:56.17	36.35	350m:	4:07.11	34.34
	100m:	1:07.26	35.59	200m:	2:19.82	36.06	300m:	3:32.77	36.60	400m:	4:45.66	38.55
12.	Sokołowski Ziemowit		97	AZS AWF Poznań						4:46.53	440	
	50m:	32.42	32.42	150m:	1:44.61	36.30	250m:	2:58.46	36.87	350m:	4:12.04	36.54
	100m:	1:08.31	35.89	200m:	2:21.59	36.98	300m:	3:35.50	37.04	400m:	4:46.53	34.49
13.	Zuchowski Ernest		97	MORENA Gdańsk						4:47.22	436	
	50m:	30.83	30.83	150m:	1:41.68	36.45	250m:	2:54.35	36.41	350m:	4:08.27	36.55
	100m:	1:05.23	34.40	200m:	2:17.94	36.26	300m:	3:31.72	37.37	400m:	4:47.22	38.95
14.	Czarnecki Kamil		97	KORNER Zielona G.						4:47.61	435	
	50m:	32.73	32.73	150m:	1:45.59	36.65	250m:	3:00.00	37.02	350m:	4:13.49	37.01
	100m:	1:08.94	36.21	200m:	2:22.98	37.39	300m:	3:36.48	36.48	400m:	4:47.61	34.12

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Ostrowiec Sw, 15. - 17.1.2010

Konkurencja 20, Chłopców, 400m dowolny, Fina³, 13 lat

Pozycja	Rok ur.								Czas	Pkt.	
15. Pluta Piotr	97 KORNER Zielona G.								4:48.42	431	
50m:	32.41	32.41	150m:	1:45.24	36.79	250m:	2:59.46	37.09	350m:	4:13.08	36.68
100m:	1:08.45	36.04	200m:	2:22.37	37.13	300m:	3:36.40	36.94	400m:	4:48.42	35.34
16. Wiak Bart ³ omiej	97 ORLIK Lublin								4:49.19	427	
50m:	31.79	31.79	150m:	1:43.90	36.36	250m:	2:56.98	36.86	350m:	4:11.09	37.05
100m:	1:07.54	35.75	200m:	2:20.12	36.22	300m:	3:34.04	37.06	400m:	4:49.19	38.10