

Zimowe Mistrzostwa Polski 15-lat
Katowice, 22. - 24.1.2010

Konkurencja 20
2010-01-23 - 10:45

Mężczyzn, 400m dowolny

Open
Wyniki Eliminacje

RP15 3:55.05 SZUBA, Michaś POL Nowa Ruda 2008-12-13

Punkty: FINA 2009

Pozycja			Rok ur.				Czas				Pkt.		
1.	BORKOWSKI, Łukasz		95				MKS "Trójka" Łódź				4:10.51	642	A
	50m:	28.47 28.47	150m:	1:32.09	32.02	250m:	2:36.24	31.96	350m:	3:39.96	31.62		
	100m:	1:00.07 31.60	200m:	2:04.28	32.19	300m:	3:08.34	32.10	400m:	4:10.51	30.55		
2.	WIAK, Jakub		95				UTS Orlik Lublin				4:10.87	639	A
	50m:	28.93 28.93	150m:	1:32.48	31.98	250m:	2:36.16	31.68	350m:	3:39.88	31.82		
	100m:	1:00.50 31.57	200m:	2:04.48	32.00	300m:	3:08.06	31.90	400m:	4:10.87	30.99		
3.	KUBKOWSKI, Bartłomiej		95				Medyk Gizycko				4:12.80	625	A
	50m:	29.13 29.13	150m:	1:33.17	32.34	250m:	2:37.56	31.77	350m:	3:40.44	31.48		
	100m:	1:00.83 31.70	200m:	2:05.79	32.62	300m:	3:08.96	31.40	400m:	4:12.80	32.36		
4.	PODUSZCZAK, Mikołaj		95				KSZO Ostrowiec Œw				4:13.04	623	A
	50m:	29.09 29.09	150m:	1:32.85	32.15	250m:	2:37.09	32.14	350m:	3:41.77	32.35		
	100m:	1:00.70 31.61	200m:	2:04.95	32.10	300m:	3:09.42	32.33	400m:	4:13.04	31.27		
5.	ŁOPACIŃSKI, Kacper SO		95				MUKS Foka Sandomierz				4:13.66	618	A
	50m:	28.41 28.41	150m:	1:32.90	32.67	250m:	2:37.74	32.45	350m:	3:41.70	32.18		
	100m:	1:00.23 31.82	200m:	2:05.29	32.39	300m:	3:09.52	31.78	400m:	4:13.66	31.96		
6.	CHOLEWO, Krzysztof		95				"1" Ożarów Mazowiecki				4:14.13	615	A
	50m:	28.70 28.70	150m:	1:32.27	32.16	250m:	2:37.50	32.81	350m:	3:42.57	32.66		
	100m:	1:00.11 31.41	200m:	2:04.69	32.42	300m:	3:09.91	32.41	400m:	4:14.13	31.56		
7.	TWAROWSKI, Jerzy		95				MKS Jordan Kraków				4:15.17	607	B
	50m:	28.47 28.47	150m:	1:32.92	32.50	250m:	2:38.16	32.57	350m:	3:43.30	32.70		
	100m:	1:00.42 31.95	200m:	2:05.59	32.67	300m:	3:10.60	32.44	400m:	4:15.17	31.87		
8.	ŚEKOWSKI, Daniel		95				MKS Polonia Warszawa				4:15.31	606	B
	50m:	29.13 29.13	150m:	1:32.87	32.39	250m:	2:38.14	32.75	350m:	3:43.78	33.19		
	100m:	1:00.48 31.35	200m:	2:05.39	32.52	300m:	3:10.59	32.45	400m:	4:15.31	31.53		
9.	SZCZEPAŃSKI, Sebastian		95				Korner Zielona Góra				4:16.74	596	B
	50m:	28.74 28.74	150m:	1:33.30	32.59	250m:	2:38.89	32.67	350m:	3:44.66	33.00		
	100m:	1:00.71 31.97	200m:	2:06.22	32.92	300m:	3:11.66	32.77	400m:	4:16.74	32.08		
10.	BERZECKI, MATEUSZ		95				MUKS Olimpijczyk Suwałki				4:17.07	594	B
	50m:	28.77 28.77	150m:	1:33.82	32.95	250m:	2:40.60	33.28	350m:	3:46.30	33.04		
	100m:	1:00.87 32.10	200m:	2:07.32	33.50	300m:	3:13.26	32.66	400m:	4:17.07	30.77		
11.	FURTEK, PAWEŁ		95				ŒI'sk Wrocław				4:17.10	594	B
	50m:	29.49 29.49	150m:	1:33.83	32.43	250m:	2:39.50	32.68	350m:	3:45.66	32.95		
	100m:	1:01.40 31.91	200m:	2:06.82	32.99	300m:	3:12.71	33.21	400m:	4:17.10	31.44		
12.	KUKULSKI, Karol		95				Dwójka Morena Gdańsk				4:18.12	587	B
	50m:	28.94 28.94	150m:	1:33.40	32.57	250m:	2:39.88	33.52	350m:	3:46.71	32.97		
	100m:	1:00.83 31.89	200m:	2:06.36	32.96	300m:	3:13.74	33.86	400m:	4:18.12	31.41		
13.	BICE, Daniel		95				UKS G-8 Bielany				4:19.08	580	R
	50m:	28.80 28.80	150m:	1:33.40	32.73	250m:	2:39.71	33.16	350m:	3:46.45	33.14		
	100m:	1:00.67 31.87	200m:	2:06.55	33.15	300m:	3:13.31	33.60	400m:	4:19.08	32.63		
14.	URBANIĄK, Jan		95				Warta Poznań				4:20.14	573	R
	50m:	30.26 30.26	150m:	1:36.37	33.47	250m:	2:42.20	33.10	350m:	3:48.04	32.82		
	100m:	1:02.90 32.64	200m:	2:09.10	32.73	300m:	3:15.22	33.02	400m:	4:20.14	32.10		
15.	HOANG VAN, Szymon		95				Ósemka Starogard Gdański				4:22.34	559	
	50m:	29.74 29.74	150m:	1:35.80	33.48	250m:	2:43.19	33.45	350m:	3:49.78	33.21		
	100m:	1:02.32 32.58	200m:	2:09.74	33.94	300m:	3:16.57	33.38	400m:	4:22.34	32.56		
16.	NIEDZIŃSKI, Łukasz		95				KSZO Ostrowiec Œw				4:22.76	556	
	50m:	30.30 30.30	150m:	1:36.82	33.59	250m:	2:44.07	33.48	350m:	3:50.90	33.13		
	100m:	1:03.23 32.93	200m:	2:10.59	33.77	300m:	3:17.77	33.70	400m:	4:22.76	31.86		
17.	BERNACKI, Igor		95				KSZO Ostrowiec Œw				4:23.14	554	
	50m:	29.77 29.77	150m:	1:36.01	33.69	250m:	2:43.96	34.12	350m:	3:51.88	34.02		
	100m:	1:02.32 32.55	200m:	2:09.84	33.83	300m:	3:17.86	33.90	400m:	4:23.14	31.26		

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Konkurencja 20, Mężczyzn, 400m dowolny, Eliminacje, Open

Pozycja	Rok ur.				Czas	Pkt.
18. SKWARNICKI, Tomasz	95	Jagiellonka Warszawa	4:23.58	551		
50m: 29.79 29.79	150m: 1:36.89 33.73	250m: 2:44.70 33.97	350m: 3:51.64 33.54			
100m: 1:03.16 33.37	200m: 2:10.73 33.84	300m: 3:18.10 33.40	400m: 4:23.58 31.94			
19. JANKOWSKI, Pawe ³	95	CSiR MOS D ¹ browa Górnicza	4:23.75	550		
50m: 29.90 29.90	150m: 1:35.86 33.28	250m: 2:43.34 33.92	350m: 3:51.58 34.02			
100m: 1:02.58 32.68	200m: 2:09.42 33.56	300m: 3:17.56 34.22	400m: 4:23.75 32.17			
20. LENARD, Jacek	95	MKS Polonia Warszawa	4:24.99	542		
50m: 29.66 29.66	150m: 1:36.50 33.81	250m: 2:44.16 33.95	350m: 3:52.11 33.80			
100m: 1:02.69 33.03	200m: 2:10.21 33.71	300m: 3:18.31 34.15	400m: 4:24.99 32.88			
21. MIKOŁAJCZAK, Hubert	95	Astromal-Akwawit Leszno	4:25.13	542		
50m: 30.16 30.16	150m: 1:36.72 33.61	250m: 2:45.51 34.54	350m: 3:53.65 33.56			
100m: 1:03.11 32.95	200m: 2:10.97 34.25	300m: 3:20.09 34.58	400m: 4:25.13 31.48			
22. PASIECZNY, Przemysław	95	Orze ³ Elbl ¹ g	4:26.71	532		
50m: 29.71 29.71	150m: 1:35.70 33.30	250m: 2:44.76 34.71	350m: 3:53.17 34.40			
100m: 1:02.40 32.69	200m: 2:10.05 34.35	300m: 3:18.77 34.01	400m: 4:26.71 33.54			
23. MARCHEL, Adrian	95	Juvenia Bia ³ ystok	4:27.27	529		
50m: 30.49 30.49	150m: 1:37.36 33.84	250m: 2:45.39 34.11	350m: 3:53.78 34.29			
100m: 1:03.52 33.03	200m: 2:11.28 33.92	300m: 3:19.49 34.10	400m: 4:27.27 33.49			
24. MUZYCZUK, Adrian	95	MKP Szczecin	4:27.47	527		
50m: 27.82 27.82	150m: 1:33.62 33.87	250m: 2:43.59 34.84	350m: 3:54.56 35.57			
100m: 59.75 31.93	200m: 2:08.75 35.13	300m: 3:18.99 35.40	400m: 4:27.47 32.91			
25. HOFFMANN, Robert SP	95	T.S.Olimpia Poznań	4:27.75	526		
50m: 29.93 29.93	150m: 1:36.62 33.77	250m: 2:44.96 34.20	350m: 3:54.11 34.78			
100m: 1:02.85 32.92	200m: 2:10.76 34.14	300m: 3:19.33 34.37	400m: 4:27.75 33.64			
26. GIBKI, Leszek	95	MKP Słowianka Gorzow	4:28.53	521		
50m: 30.19 30.19	150m: 1:37.69 34.10	250m: 2:46.80 34.43	350m: 3:56.02 34.26			
100m: 1:03.59 33.40	200m: 2:12.37 34.68	300m: 3:21.76 34.96	400m: 4:28.53 32.51			
27. ŁACINA, Krzysztof	95	MKS Zryw Opole	4:28.64	521		
50m: 30.34 30.34	150m: 1:37.78 34.16	250m: 2:46.11 34.24	350m: 3:55.86 34.81			
100m: 1:03.62 33.28	200m: 2:11.87 34.09	300m: 3:21.05 34.94	400m: 4:28.64 32.78			
28. FRYMUS, Tyberiusz	95	MKP Szczecin	4:29.70	514		
50m: 28.84 28.84	150m: 1:37.04 35.16	250m: 2:47.57 35.43	350m: 3:57.86 34.77			
100m: 1:01.88 33.04	200m: 2:12.14 35.10	300m: 3:23.09 35.52	400m: 4:29.70 31.84			
29. KUDŁA, Łukasz	95	AZS AWF Katowice	4:30.46	510		
50m: 28.96 28.96	150m: 1:34.38 33.21	250m: 2:44.22 35.17	350m: 3:55.86 35.67			
100m: 1:01.17 32.21	200m: 2:09.05 34.67	300m: 3:20.19 35.97	400m: 4:30.46 34.60			
30. PA•DZIURKIEWICZ, Adam	95	UKP Unia Ocwiêcim	4:30.56	510		
50m: 29.46 29.46	150m: 1:35.32 33.55	250m: 2:44.26 34.51	350m: 3:53.78 34.80			
100m: 1:01.77 32.31	200m: 2:09.75 34.43	300m: 3:18.98 34.72	400m: 4:30.56 36.78			
31. BUGDOL, Rafa ³ SR	95	Victoria Racibórz	4:31.39	505		
50m: 30.62 30.62	150m: 1:38.99 34.40	250m: 2:48.60 34.88	350m: 3:58.41 34.82			
100m: 1:04.59 33.97	200m: 2:13.72 34.73	300m: 3:23.59 34.99	400m: 4:31.39 32.98			
32. CHOJNOWSKI, Pawe ³	95	MKP Słowianka Gorzow	4:32.79	497		
50m: 30.78 30.78	150m: 1:38.62 34.45	250m: 2:48.85 35.37	350m: 3:58.47 34.77			
100m: 1:04.17 33.39	200m: 2:13.48 34.86	300m: 3:23.70 34.85	400m: 4:32.79 34.32			
33. MICE, Bart ³ omiej	95	Unia Tarnów	4:33.68	492		
50m: 29.04 29.04	150m: 1:35.21 33.78	250m: 2:45.55 35.62	350m: 3:58.14 36.28			
100m: 1:01.43 32.39	200m: 2:09.93 34.72	300m: 3:21.86 36.31	400m: 4:33.68 35.54			
34. KUTKOWSKI, Marcin	95	K.S Posenania	4:34.40	489		
50m: 30.42 30.42	150m: 1:39.85 35.25	250m: 2:50.78 35.00	350m: 4:00.51 34.79			
100m: 1:04.60 34.18	200m: 2:15.78 35.93	300m: 3:25.72 34.94	400m: 4:34.40 33.89			
35. CZECH, Dawid	95	Aquatica Paw ³ owice	4:34.87	486		
50m: 30.05 30.05	150m: 1:36.53 33.84	250m: 2:46.47 35.29	350m: 3:59.06 36.51			
100m: 1:02.69 32.64	200m: 2:11.18 34.65	300m: 3:22.55 36.08	400m: 4:34.87 35.81			

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Pozycja			Rok ur.					Czas	Pkt.		
36.	YBURA, Kornel		95	MKP Bobry Dębica				4:35.68	482		
	50m:	31.33 31.33	150m:	1:41.71	35.86	250m:	2:52.59	35.14	350m:	4:01.96	34.57
	100m:	1:05.85 34.52	200m:	2:17.45	35.74	300m:	3:27.39	34.80	400m:	4:35.68	33.72
37.	MOCHOL, Marcin		95	UTS Orlik Lublin				4:35.96	480		
	50m:	30.72 30.72	150m:	1:39.41	34.70	250m:	2:49.93	35.30	350m:	4:01.03	35.48
	100m:	1:04.71 33.99	200m:	2:14.63	35.22	300m:	3:25.55	35.62	400m:	4:35.96	34.93
38.	ŁOWICKI, Marcin		95	NAWA Skierniewice				4:35.98	480		
	50m:	29.81 29.81	150m:	1:39.03	35.48	250m:	2:50.72	35.77	350m:	4:02.72	36.01
	100m:	1:03.55 33.74	200m:	2:14.95	35.92	300m:	3:26.71	35.99	400m:	4:35.98	33.26
39.	LEMAŃCZYK, Konrad		95	Znicz Koszalin				4:36.08	480		
	50m:	29.79 29.79	150m:	1:38.88	35.29	250m:	2:49.89	35.72	350m:	4:01.65	36.09
	100m:	1:03.59 33.80	200m:	2:14.17	35.29	300m:	3:25.56	35.67	400m:	4:36.08	34.43
40.	KRASICKI, Artur		95	AZS WSG Bydgoszcz				4:36.43	478		
	50m:	30.99 30.99	150m:	1:41.74	35.91	250m:	2:53.35	35.98	350m:	4:02.85	34.02
	100m:	1:05.83 34.84	200m:	2:17.37	35.63	300m:	3:28.83	35.48	400m:	4:36.43	33.58
41.	PLUTECKI, Konrad		95	MKS Jordan Kraków				4:37.33	473		
	50m:	32.15 32.15	150m:	1:41.77	34.63	250m:	2:51.74	34.91	350m:	4:02.93	35.66
	100m:	1:07.14 34.99	200m:	2:16.83	35.06	300m:	3:27.27	35.53	400m:	4:37.33	34.40
42.	GO•DZIK, Damian		95	Warta Poznań				4:37.52	472		
	50m:	31.21 31.21	150m:	1:42.33	35.92	250m:	2:52.97	35.48	350m:	4:03.95	35.48
	100m:	1:06.41 35.20	200m:	2:17.49	35.16	300m:	3:28.47	35.50	400m:	4:37.52	33.57
43.	MARUNIAK, Jakub		95	MKP Słowianka Gorzów				4:38.03	470		
	50m:	31.74 31.74	150m:	1:41.42	35.00	250m:	2:53.02	35.90	350m:	4:04.01	35.35
	100m:	1:06.42 34.68	200m:	2:17.12	35.70	300m:	3:28.66	35.64	400m:	4:38.03	34.02
44.	KOSAKOWSKI, Mikołaj		95	MKS "Trójka" Łódź				4:38.51	467		
	50m:	30.77 30.77	150m:	1:42.17	36.17	250m:	2:53.92	36.32	350m:	4:06.90	36.42
	100m:	1:06.00 35.23	200m:	2:17.60	35.43	300m:	3:30.48	36.56	400m:	4:38.51	31.61
45.	KUTKOWSKI, Michał		95	K.S. Poznań				4:38.63	467		
	50m:	30.45 30.45	150m:	1:41.35	35.71	250m:	2:53.23	35.99	350m:	4:05.49	36.08
	100m:	1:05.64 35.19	200m:	2:17.24	35.89	300m:	3:29.41	36.18	400m:	4:38.63	33.14
46.	KASZYCA, Jakub		95	MKP Szczecin				4:38.69	466		
	50m:	30.75 30.75	150m:	1:40.94	35.50	250m:	2:53.63	36.24	350m:	4:05.11	35.81
	100m:	1:05.44 34.69	200m:	2:17.39	36.45	300m:	3:29.30	35.67	400m:	4:38.69	33.58
47.	CHMIELEWSKI, Miłosz		95	UKP Wodnik Wrocław				4:38.72	466		
	50m:	30.95 30.95	150m:	1:41.43	35.60	250m:	2:51.16	34.04	350m:	4:02.60	35.45
	100m:	1:05.83 34.88	200m:	2:17.12	35.69	300m:	3:27.15	35.99	400m:	4:38.72	36.12
48.	MARCINIAK, Konrad		95	K.S. Poznań				4:40.42	458		
	50m:	30.96 30.96	150m:	1:41.38	35.92	250m:	2:53.24	35.98	350m:	4:06.00	36.49
	100m:	1:05.46 34.50	200m:	2:17.26	35.88	300m:	3:29.51	36.27	400m:	4:40.42	34.42
49.	FELUĆ, MICHAŁ		95	Siemaszka Piekary				4:41.46	453		
	50m:	31.18 31.18	150m:	1:42.15	36.06	250m:	2:53.52	35.84	350m:	4:03.83	34.36
	100m:	1:06.09 34.91	200m:	2:17.68	35.53	300m:	3:29.47	35.95	400m:	4:41.46	37.63
50.	GAJEWSKI, Bartosz		95	MMKS Kędzierzyn-Koźle				4:41.75	451		
	50m:	30.93 30.93	150m:	1:40.57	35.20	250m:	2:52.60	36.27	350m:	4:06.13	37.14
	100m:	1:05.37 34.44	200m:	2:16.33	35.76	300m:	3:28.99	36.39	400m:	4:41.75	35.62
51.	WACHOWICZ, Mateusz		95	Znicz Koszalin				4:42.16	449		
	50m:	30.04 30.04	150m:	1:40.97	35.95	250m:	2:53.61	36.65	350m:	4:06.04	36.36
	100m:	1:05.02 34.98	200m:	2:16.96	35.99	300m:	3:29.68	36.07	400m:	4:42.16	36.12
52.	SZADŁOWSKI, Mateusz		95	Delfin Inowrocław				4:42.34	448		
	50m:	31.06 31.06	150m:	1:41.15	35.70	250m:	2:53.46	36.26	350m:	4:06.71	36.64
	100m:	1:05.45 34.39	200m:	2:17.20	36.05	300m:	3:30.07	36.61	400m:	4:42.34	35.63
53.	GRABSKI, Patryk		95	MKS Polonia Warszawa				4:43.56	443		
	50m:	31.00 31.00	150m:	1:41.60	35.82	250m:	2:53.57	36.24	350m:	4:07.18	36.92
	100m:	1:05.78 34.78	200m:	2:17.33	35.73	300m:	3:30.26	36.69	400m:	4:43.56	36.38

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Pozycja			Rok ur.				Czas	Pkt.
54.	SIKORA, MICHAŁ	95	CEI ¹ sk Wrocław				4:44.69	437
	50m: 30.77 30.77	150m: 1:41.76	36.22	250m: 2:53.92	35.83	350m: 4:08.05	37.15	
	100m: 1:05.54 34.77	200m: 2:18.09	36.33	300m: 3:30.90	36.98	400m: 4:44.69	36.64	
55.	HUTNY, Szymon	95	UKP Unia Oświęcim				4:45.96	432
	50m: 31.82 31.82	150m: 1:42.54	35.85	250m: 2:56.46	37.10	350m: 4:10.52	37.27	
	100m: 1:06.69 34.87	200m: 2:19.36	36.82	300m: 3:33.25	36.79	400m: 4:45.96	35.44	
56.	WASILKO, Maciej	95	Juvenia Bia ³ ystok				4:46.46	429
	50m: 31.05 31.05	150m: 1:43.73	36.90	250m: 2:57.03	36.90	350m: 4:10.34	36.50	
	100m: 1:06.83 35.78	200m: 2:20.13	36.40	300m: 3:33.84	36.81	400m: 4:46.46	36.12	
57.	GOŁĘBIEWSKI, Remigiusz	95	Górnik Radlin				4:46.85	428
	50m: 31.45 31.45	150m: 1:43.67	36.33	250m: 2:57.52	36.88	350m: 4:12.44	37.36	
	100m: 1:07.34 35.89	200m: 2:20.64	36.97	300m: 3:35.08	37.56	400m: 4:46.85	34.41	
58.	TKACZYK, KACPER	95	Skalar Warszawa				4:47.13	426
	50m: 31.28 31.28	150m: 1:42.49	36.45	250m: 2:56.98	37.23	350m: 4:11.66	37.45	
	100m: 1:06.04 34.76	200m: 2:19.75	37.26	300m: 3:34.21	37.23	400m: 4:47.13	35.47	
59.	STAŃKO, SEBASTIAN	95	CEI ¹ sk Wrocław				4:47.51	425
	50m: 32.11 32.11	150m: 1:44.03	36.58	250m: 2:58.70	37.15	350m: 4:14.37	37.47	
	100m: 1:07.45 35.34	200m: 2:21.55	37.52	300m: 3:36.90	38.20	400m: 4:47.51	33.14	
60.	GUZIEWICZ, Krzysztof	95	KS AZS AWFIS Gdańsk				4:47.53	425
	50m: 30.10 30.10	150m: 1:41.91	37.01	250m: 2:58.18	38.16	350m: 4:12.84	37.46	
	100m: 1:04.90 34.80	200m: 2:20.02	38.11	300m: 3:35.38	37.20	400m: 4:47.53	34.69	
61.	TRACZEWSKI, MICHAŁ	95	UKS, „oliborz” Warszawa				4:47.66	424
	50m: 31.59 31.59	150m: 1:43.29	36.03	250m: 2:56.56	36.68	350m: 4:11.20	37.30	
	100m: 1:07.26 35.67	200m: 2:19.88	36.59	300m: 3:33.90	37.34	400m: 4:47.66	36.46	
62.	SZCZEREK, ADRIAN	95	UKS, „oliborz” Warszawa				4:51.07	409
	50m: 33.11 33.11	150m: 1:45.74	36.59	250m: 3:00.32	37.42	350m: 4:15.38	37.31	
	100m: 1:09.15 36.04	200m: 2:22.90	37.16	300m: 3:38.07	37.75	400m: 4:51.07	35.69	
63.	PAWLAK, Tomasz	95	Trójka Ćeroda Wilk				4:52.26	404
	50m: 32.99 32.99	150m: 1:46.28	36.72	250m: 3:00.84	37.50	350m: 4:15.37	37.29	
	100m: 1:09.56 36.57	200m: 2:23.34	37.06	300m: 3:38.08	37.24	400m: 4:52.26	36.89	
64.	GOJ, Kordian	95	AZS AWF Katowice				4:53.99	397
	50m: 31.47 31.47	150m: 1:45.57	37.72	250m: 3:02.81	39.05	350m: 4:18.17	36.89	
	100m: 1:07.85 36.38	200m: 2:23.76	38.19	300m: 3:41.28	38.47	400m: 4:53.99	35.82	
65.	SEMBORSKI, Daniel	95	Juvenia Bia ³ ystok				4:55.03	393
	50m: 31.94 31.94	150m: 1:44.78	36.95	250m: 3:00.12	37.79	350m: 4:17.22	38.65	
	100m: 1:07.83 35.89	200m: 2:22.33	37.55	300m: 3:38.57	38.45	400m: 4:55.03	37.81	
66.	SUCHOĆEBRSKI, ADAM	95	UKS, „oliborz” Warszawa				4:55.34	392
	50m: 32.55 32.55	150m: 1:45.80	36.94	250m: 3:01.29	37.97	350m: 4:18.11	38.41	
	100m: 1:08.86 36.31	200m: 2:23.32	37.52	300m: 3:39.70	38.41	400m: 4:55.34	37.23	
67.	WARZECHA, Krystian	95	Rekin Ćwiebodzice				4:59.71	375
	50m: 33.76 33.76	150m: 1:49.07	37.38	250m: 3:05.99	38.28	350m: 4:23.49	38.71	
	100m: 1:11.69 37.93	200m: 2:27.71	38.64	300m: 3:44.78	38.79	400m: 4:59.71	36.22	
68.	PRZECHERSKI, Jakub	95	UKS Mewa W ³ adys ³ awowo				5:01.97	367
	50m: 32.39 32.39	150m: 1:45.88	37.18	250m: 3:02.67	38.86	350m: 4:22.61	40.47	
	100m: 1:08.70 36.31	200m: 2:23.81	37.93	300m: 3:42.14	39.47	400m: 5:01.97	39.36	
69.	KAMIŃSKI, Patryk	95	MKP Szczecin				5:07.37	348
	50m: 32.83 32.83	150m: 1:46.45	37.31	250m: 3:05.56	38.71	350m: 4:27.01	40.63	
	100m: 1:09.14 36.31	200m: 2:26.85	40.40	300m: 3:46.38	40.82	400m: 5:07.37	40.36	
70.	BŁOCH, Cezary	95	Meduza Warszawa				5:11.60	334
	50m: 34.40 34.40	150m: 1:54.35	40.84	250m: 3:15.52	40.07	350m: 4:34.30	38.95	
	100m: 1:13.51 39.11	200m: 2:35.45	41.10	300m: 3:55.35	39.83	400m: 5:11.60	37.30	
71.	FERENS, Kamil	95	Rekin Ćwiebodzice				5:39.86	257
	50m: 36.70 36.70	150m: 2:01.48	43.02	250m: 3:29.07	43.58	350m: 4:57.89	44.49	
	100m: 1:18.46 41.76	200m: 2:45.49	44.01	300m: 4:13.40	44.33	400m: 5:39.86	41.97	

Zimowe Mistrzostwa Polski 15-lat
Katowice, 22. - 24.1.2010

Konkurencja 20, Mężczyzn, 400m dowolny, Eliminacje, Open

Pozycja				Rok ur.					Czas	Pkt.		
DYSKW.	GIERACKI, Bartosz			95	Wodny Œwiat Kudowa Zdrój				5:12.90			
	50m:	31.23	31.23	150m:	1:43.98	36.80	250m:	3:18.52	56.61	350m:	4:36.36	39.00
	100m:	1:07.18	35.95	200m:	2:21.91	37.93	300m:	3:57.36	38.84	400m:	5:12.90	36.54