

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

Konkurencja 20
2010-01-23 - 11:50

Mężczyzn, 400m dowolny

Open
Wyniki Fina³

RP15 3:55.05 SZUBA, Micha³ POL Nowa Ruda 2008-12-13

Punkty: FINA 2009

| Pozycja | | | Rok ur. | | | | | | | Czas | Pkt. |
|---------------------------|------------------------------------|---------------|---------|---------------------------------------|-------|-------|---------|-------|-------|----------------|-------|
| Fina³ A | | | | | | | | | | | |
| 1. | KUBKOWSKI, Bart ³ omiej | | 95 | Medyk Gizycko | | | | | | 4:05.68 | 681 |
| | 50m: | 29.01 29.01 | 150m: | 1:31.31 | 31.28 | 250m: | 2:32.92 | 30.23 | 350m: | 3:35.63 | 31.02 |
| | 100m: | 1:00.03 31.02 | 200m: | 2:02.69 | 31.38 | 300m: | 3:04.61 | 31.69 | 400m: | 4:05.68 | 30.05 |
| 2. | BORKOWSKI, Łukasz | | 95 | MKS "Trójka" Łódź | | | | | | 4:06.50 | 674 |
| | 50m: | 28.67 28.67 | 150m: | 1:30.31 | 31.17 | 250m: | 2:33.35 | 31.32 | 350m: | 3:36.38 | 31.41 |
| | 100m: | 59.14 30.47 | 200m: | 2:02.03 | 31.72 | 300m: | 3:04.97 | 31.62 | 400m: | 4:06.50 | 30.12 |
| 3. | WIAK, Jakub | | 95 | UTS Orlik Lublin | | | | | | 4:07.84 | 663 |
| | 50m: | 28.40 28.40 | 150m: | 1:31.03 | 31.63 | 250m: | 2:34.56 | 31.62 | 350m: | 3:37.64 | 31.40 |
| | 100m: | 59.40 31.00 | 200m: | 2:02.94 | 31.91 | 300m: | 3:06.24 | 31.68 | 400m: | 4:07.84 | 30.20 |
| 4. | ŁOPACIŃSKI, Kacper SO | | 95 | MUKS Foka Sandomierz | | | | | | 4:08.28 | 659 |
| | 50m: | 28.16 28.16 | 150m: | 1:30.24 | 31.42 | 250m: | 2:33.94 | 31.76 | 350m: | 3:38.00 | 31.93 |
| | 100m: | 58.82 30.66 | 200m: | 2:02.18 | 31.94 | 300m: | 3:06.07 | 32.13 | 400m: | 4:08.28 | 30.28 |
| 5. | CHOLEWO, Krzysztof | | 95 | "1" Ożarów Mazowiecki | | | | | | 4:11.87 | 632 |
| | 50m: | 28.57 28.57 | 150m: | 1:31.87 | 31.97 | 250m: | 2:36.20 | 32.05 | 350m: | 3:40.81 | 32.30 |
| | 100m: | 59.90 31.33 | 200m: | 2:04.15 | 32.28 | 300m: | 3:08.51 | 32.31 | 400m: | 4:11.87 | 31.06 |
| 6. | PODUSZCZAK, Miko ³ aj | | 95 | KSZO Ostrowiec Œw | | | | | | 4:17.90 | 588 |
| | 50m: | 28.67 28.67 | 150m: | 1:32.04 | 32.23 | 250m: | 2:37.64 | 33.19 | 350m: | 3:44.33 | 33.40 |
| | 100m: | 59.81 31.14 | 200m: | 2:04.45 | 32.41 | 300m: | 3:10.93 | 33.29 | 400m: | 4:17.90 | 33.57 |
| Fina³ B | | | | | | | | | | | |
| 7. | FURTEK, PAWEŁ | | 95 | Œl ¹ sk Wroclaw | | | | | | 4:14.00 | 616 |
| | 50m: | 28.93 28.93 | 150m: | 1:32.29 | 31.98 | 250m: | 2:36.83 | 32.57 | 350m: | 3:42.60 | 33.02 |
| | 100m: | 1:00.31 31.38 | 200m: | 2:04.26 | 31.97 | 300m: | 3:09.58 | 32.75 | 400m: | 4:14.00 | 31.40 |
| 8. | URBANIAK, Jan | | 95 | Warta Poznań | | | | | | 4:16.05 | 601 |
| | 50m: | 29.91 29.91 | 150m: | 1:35.12 | 32.71 | 250m: | 2:41.00 | 32.65 | 350m: | 3:45.72 | 32.21 |
| | 100m: | 1:02.41 32.50 | 200m: | 2:08.35 | 33.23 | 300m: | 3:13.51 | 32.51 | 400m: | 4:16.05 | 30.33 |
| 9. | KUKULSKI, Karol | | 95 | Dwójka Morena Gdańsk | | | | | | 4:16.51 | 598 |
| | 50m: | 29.12 29.12 | 150m: | 1:34.26 | 32.77 | 250m: | 2:40.44 | 32.95 | 350m: | 3:46.41 | 32.75 |
| | 100m: | 1:01.49 32.37 | 200m: | 2:07.49 | 33.23 | 300m: | 3:13.66 | 33.22 | 400m: | 4:16.51 | 30.10 |
| 10. | SZCZEPAŃSKI, Sebastian | | 95 | Korner Zielona Góra | | | | | | 4:17.52 | 591 |
| | 50m: | 28.38 28.38 | 150m: | 1:32.40 | 32.51 | 250m: | 2:38.31 | 33.30 | 350m: | 3:45.43 | 33.33 |
| | 100m: | 59.89 31.51 | 200m: | 2:05.01 | 32.61 | 300m: | 3:12.10 | 33.79 | 400m: | 4:17.52 | 32.09 |
| 11. | BEREZECKI, MATEUSZ | | 95 | MUKS Olimpijczyk Suwa ³ ki | | | | | | 4:17.60 | 590 |
| | 50m: | 28.53 28.53 | 150m: | 1:33.54 | 32.94 | 250m: | 2:40.37 | 33.50 | 350m: | 3:46.76 | 32.94 |
| | 100m: | 1:00.60 32.07 | 200m: | 2:06.87 | 33.33 | 300m: | 3:13.82 | 33.45 | 400m: | 4:17.60 | 30.84 |
| 12. | BICE, Daniel | | 95 | UKS G-8 Bielany | | | | | | 4:18.94 | 581 |
| | 50m: | 28.58 28.58 | 150m: | 1:33.22 | 33.11 | 250m: | 2:39.63 | 33.51 | 350m: | 3:46.83 | 33.39 |
| | 100m: | 1:00.11 31.53 | 200m: | 2:06.12 | 32.90 | 300m: | 3:13.44 | 33.81 | 400m: | 4:18.94 | 32.11 |