

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