

Grand Prix Polski
Szczecin, 15. - 16.11.2008

Konkurencja 2 Mężczyzn, 400m zmienny 14 lat i starsi
2008-11-15 Wyniki

Top Times "Poland" 4:08.25 Korzeniowski Pawel POL Durban (RSA) 2005-11-12

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.
1.	Matczak Mateusz		89	Trójka Łódź				4:18.69	827
	50m:	28.49 28.49	150m:	1:34.37 33.96	250m:	2:43.37 36.11	350m:	3:49.79 29.63	
	100m:	1:00.41 31.92	200m:	2:07.26 32.89	300m:	3:20.16 36.79	400m:	4:18.69 28.90	
2.	Jasiński Jakub		87	AZS Korner Zielona Góra				4:20.72	808
	50m:	29.16 29.16	150m:	1:34.40 32.95	250m:	2:43.87 37.28	350m:	3:51.55 30.72	
	100m:	1:01.45 32.29	200m:	2:06.59 32.19	300m:	3:20.83 36.96	400m:	4:20.72 29.17	
3.	Certa Maciej So		91	Wisła Puławy				4:24.78	772
	50m:	28.01 28.01	150m:	1:34.35 34.03	250m:	2:45.31 37.09	350m:	3:54.29 31.66	
	100m:	1:00.32 32.31	200m:	2:08.22 33.87	300m:	3:22.63 37.32	400m:	4:24.78 30.49	
4.	Mikołajewski Mariusz		90	Polonia Warszawa				4:28.94	736
	50m:	29.23 29.23	150m:	1:37.19 34.99	250m:	2:48.50 37.56	350m:	3:58.43 31.88	
	100m:	1:02.20 32.97	200m:	2:10.94 33.75	300m:	3:26.55 38.05	400m:	4:28.94 30.51	
5.	Pełczyński Kacper So		92	UKP Unia Oświęcim SMS O				4:31.86	713
	50m:	29.66 29.66	150m:	1:37.45 35.06	250m:	2:49.26 37.21	350m:	3:59.76 32.35	
	100m:	1:02.39 32.73	200m:	2:12.05 34.60	300m:	3:27.41 38.15	400m:	4:31.86 32.10	
6.	Szymankiewicz Norbert		88	Olimpia Poznań				4:33.52	700
	50m:	28.36 28.36	150m:	1:36.38 34.99	250m:	2:49.70 39.03	350m:	4:01.87 32.41	
	100m:	1:01.39 33.03	200m:	2:10.67 34.29	300m:	3:29.46 39.76	400m:	4:33.52 31.65	
7.	Mosiński Mateusz		92	Słowianka Gorzów				4:36.43	678
	50m:	29.68 29.68	150m:	1:36.29 33.28	250m:	2:49.26 39.34	350m:	4:04.31 33.73	
	100m:	1:03.01 33.33	200m:	2:09.92 33.63	300m:	3:30.58 41.32	400m:	4:36.43 32.12	
8.	Trenda Paweł So		92	UKP Unia Oświęcim SMS O				4:37.50	670
	50m:	29.09 29.09	150m:	1:38.80 35.77	250m:	2:54.27 39.55	350m:	4:06.48 33.08	
	100m:	1:03.03 33.94	200m:	2:14.72 35.92	300m:	3:33.40 39.13	400m:	4:37.50 31.02	
9.	Krzywiecki Tomasz		89	MKP Szczecin				4:39.01	659
	50m:	29.38 29.38	150m:	1:38.48 35.85	250m:	2:53.65 39.84	350m:	4:07.45 33.38	
	100m:	1:02.63 33.25	200m:	2:13.81 35.33	300m:	3:34.07 40.42	400m:	4:39.01 31.56	
10.	Zapała Łukasz So		91	UKP Unia Oświęcim SMS O				4:40.78	647
	50m:	28.47 28.47	150m:	1:37.78 37.50	250m:	2:55.74 41.21	350m:	4:09.46 32.33	
	100m:	1:00.28 31.81	200m:	2:14.53 36.75	300m:	3:37.13 41.39	400m:	4:40.78 31.32	
11.	Pierwieniecki Juliusz Ss		91	MKP Szczecin				4:43.20	631
	50m:	30.67 30.67	150m:	1:42.38 36.59	250m:	2:57.75 39.74	350m:	4:10.72 32.27	
	100m:	1:05.79 35.12	200m:	2:18.01 35.63	300m:	3:38.45 40.70	400m:	4:43.20 32.48	
12.	Kubiak Rafał Sg		93	AZS AWFIS Gdańsk				4:50.00	587
	50m:	29.52 29.52	150m:	1:41.62 38.83	250m:	3:00.29 41.20	350m:	4:16.14 34.90	
	100m:	1:02.79 33.27	200m:	2:19.09 37.47	300m:	3:41.24 40.95	400m:	4:50.00 33.86	
13.	Bąkiewicz Tomasz		93	Słowianka Gorzów				4:51.81	576
	50m:	31.03 31.03	150m:	1:42.92 35.92	250m:	3:04.19 44.36	350m:	4:20.37 31.81	
	100m:	1:07.00 35.97	200m:	2:19.83 36.91	300m:	3:48.56 44.37	400m:	4:51.81 31.44	
14.	Laryończuk Jakub Ss		91	MKP Szczecin				4:52.23	574
	50m:	30.36 30.36	150m:	1:43.73 38.69	250m:	3:01.34 39.92	350m:	4:17.62 35.30	
	100m:	1:05.04 34.68	200m:	2:21.42 37.69	300m:	3:42.32 40.98	400m:	4:52.23 34.61	
15.	Zawada Mateusz		92	UKS 1-Solex Łębork				4:53.09	569
	50m:	27.95 27.95	150m:	1:36.77 35.58	250m:	2:53.83 42.53	350m:	4:17.00 38.37	
	100m:	1:01.19 33.24	200m:	2:11.30 34.53	300m:	3:38.63 44.80	400m:	4:53.09 36.09	
16.	Osnowski Bartosz		94	Ósemka Starogard Gd.				4:54.84	559
	50m:	32.00 32.00	150m:	1:43.88 35.79	250m:	3:02.12 42.05	350m:	4:20.33 35.10	
	100m:	1:08.09 36.09	200m:	2:20.07 36.19	300m:	3:45.23 43.11	400m:	4:54.84 34.51	
17.	Głogowski Adam		93	Flota Gdynia				4:55.66	554
	50m:	31.83 31.83	150m:	1:45.15 38.05	250m:	3:04.22 41.58	350m:	4:21.32 35.09	
	100m:	1:07.10 35.27	200m:	2:22.64 37.49	300m:	3:46.23 42.01	400m:	4:55.66 34.34	

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Pozycja				Rok ur.					Czas	Pkt.		
18.	Koćcielny Tomasz			94	MKP Szczecin				4:56.19	551		
	50m:	28.83	28.83	150m:	1:42.93	39.24	250m:	3:04.34	43.59	350m:	4:23.25	35.14
	100m:	1:03.69	34.86	200m:	2:20.75	37.82	300m:	3:48.11	43.77	400m:	4:56.19	32.94
19.	Witkowski Adrian			93	MKP Szczecin				5:02.87	516		
	50m:	30.95	30.95	150m:			250m:	3:10.47	44.81	350m:	4:30.37	34.33
	100m:	1:07.33	36.38	200m:	2:25.66		300m:	3:56.04	45.57	400m:	5:02.87	32.50
20.	Panek Nikodem			91	UKS 1-Solex Lębork				5:03.60	512		
	50m:	31.17	31.17	150m:	1:45.91	39.02	250m:	3:08.08	45.09	350m:	4:29.09	35.87
	100m:	1:06.89	35.72	200m:	2:22.99	37.08	300m:	3:53.22	45.14	400m:	5:03.60	34.51
21.	Kramek Patryk			92	MKP Szczecin				5:06.12	499		
	50m:	31.71	31.71	150m:	1:50.59	40.98	250m:	3:11.80	42.07	350m:	4:32.48	36.36
	100m:	1:09.61	37.90	200m:	2:29.73	39.14	300m:	3:56.12	44.32	400m:	5:06.12	33.64
22.	Więckowski Dariusz			94	MKP Szczecin				5:13.66	464		
	50m:	31.97	31.97	150m:			250m:	3:13.79	43.64	350m:	4:38.32	39.31
	100m:	1:09.79	37.82	200m:	2:30.15		300m:	3:59.01	45.22	400m:	5:13.66	35.34
23.	Weiss Aleksander			94	Ósemka Starogard Gd.				5:15.86	454		
	50m:	32.57	32.57	150m:	1:51.39	38.99	250m:	3:13.50	43.42	350m:	4:37.25	38.85
	100m:	1:12.40	39.83	200m:	2:30.08	38.69	300m:	3:58.40	44.90	400m:	5:15.86	38.61
24.	RódŸ Maciej			94	MKP Szczecin				5:16.20	453		
	50m:	31.78	31.78	150m:	1:49.46	40.10	250m:	3:15.63	46.16	350m:	4:40.31	37.64
	100m:	1:09.36	37.58	200m:	2:29.47	40.01	300m:	4:02.67	47.04	400m:	5:16.20	35.89
25.	Prysak Karol			92	MKP Szczecin				5:19.48	439		
	50m:	30.95	30.95	150m:	1:51.78	44.59	250m:	3:18.94	44.39	350m:		
	100m:	1:07.19	36.24	200m:	2:34.55	42.77	300m:	4:04.61	45.67	400m:	5:19.48	