

Grand Prix Polski Seniorów - Dialog Telecom
Warszawa, 19. - 20.12.2008

Konkurencja 2
2008-12-19 - 10:10

Mężczyzn, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.		
1.	MATCZAK, Mateusz		89	MKS Trójka Łódź				4:13.91	875		
	50m:	26.89 26.89	150m:	1:30.97	32.52	250m:	2:38.85	35.99	350m:	3:44.74	29.17
	100m:	58.45 31.56	200m:	2:02.86	31.89	300m:	3:15.57	36.72	400m:	4:13.91	29.17
2.	STACHURA, Maciej SK		91	Zryw Opole				4:28.20	742		
	50m:	28.31 28.31	150m:	1:34.90	35.15	250m:	2:47.31	37.71	350m:	3:56.93	31.74
	100m:	59.75 31.44	200m:	2:09.60	34.70	300m:	3:25.19	37.88	400m:	4:28.20	31.27
3.	MOSIĘNY, Mateusz		92	MKP „S³owianka” Gorzów Wlkp.				4:34.51	692		
	50m:	29.84 29.84	150m:	1:37.54	33.72	250m:	2:50.92	38.39	350m:	4:03.07	32.47
	100m:	1:03.82 33.98	200m:	2:12.53	34.99	300m:	3:30.60	39.68	400m:	4:34.51	31.44
4.	GRZELEC, Bartosz		93	UKS G-8 Bielany Warszawa				4:40.73	647		
	50m:	29.68 29.68	150m:	1:39.73	35.36	250m:	2:54.22	40.84	350m:	4:08.82	33.17
	100m:	1:04.37 34.69	200m:	2:13.38	33.65	300m:	3:35.65	41.43	400m:	4:40.73	31.91
5.	CHMIEL, Łukasz		93	CSiR MOS D¹browa Górnicza				4:40.90	646		
	50m:	28.79 28.79	150m:	1:38.04	36.29	250m:	2:55.22	41.05	350m:	4:09.42	32.45
	100m:	1:01.75 32.96	200m:	2:14.17	36.13	300m:	3:36.97	41.75	400m:	4:40.90	31.48
6.	KLIZA, Mateusz		94	KP Avia Œwidnik				4:42.28	637		
	50m:	30.48 30.48	150m:	1:38.91	34.65	250m:	2:54.65	40.34	350m:	4:08.90	33.70
	100m:	1:04.26 33.78	200m:	2:14.31	35.40	300m:	3:35.20	40.55	400m:	4:42.28	33.38
7.	GRULA, Mateusz		93	UKS G-8 Bielany Warszawa				4:42.96	632		
	50m:	30.05 30.05	150m:	1:41.84	37.62	250m:	2:58.36	39.75	350m:	4:11.34	33.57
	100m:	1:04.22 34.17	200m:	2:18.61	36.77	300m:	3:37.77	39.41	400m:	4:42.96	31.62
8.	KOTOWICZ, Jan		91	MTP Lublinianka				4:47.07	605		
	50m:	29.96 29.96	150m:	1:41.69	36.65	250m:	2:59.19	42.03	350m:	4:14.44	33.63
	100m:	1:05.04 35.08	200m:	2:17.16	35.47	300m:	3:40.81	41.62	400m:	4:47.07	32.63
9.	OPALSKI, Marcin		93	UKS GIM 92 Ursynów				4:49.81	588		
	50m:	28.91 28.91	150m:	1:41.50	38.63	250m:	3:00.83	42.72	350m:	4:17.51	33.26
	100m:	1:02.87 33.96	200m:	2:18.11	36.61	300m:	3:44.25	43.42	400m:	4:49.81	32.30
10.	KĒPKA, Maciej		94	UKS Rekin Warszawa				4:51.25	580		
	50m:	30.28 30.28	150m:	1:42.87	37.03	250m:	3:01.30	41.28	350m:	4:17.77	34.55
	100m:	1:05.84 35.56	200m:	2:20.02	37.15	300m:	3:43.22	41.92	400m:	4:51.25	33.48
11.	ŒWIATKIEWICZ, Rafa³		93	UKS G-8 Bielany Warszawa				4:52.52	572		
	50m:	30.89 30.89	150m:	1:43.64	37.31	250m:	3:02.28	42.33	350m:	4:19.36	33.61
	100m:	1:06.33 35.44	200m:	2:19.95	36.31	300m:	3:45.75	43.47	400m:	4:52.52	33.16
12.	PYTEL, Filip		93	UKS G-8 Bielany Warszawa				4:55.02	558		
	50m:	30.09 30.09	150m:	1:42.56	38.34	250m:	3:04.19	43.32	350m:	4:22.66	34.01
	100m:	1:04.22 34.13	200m:	2:20.87	38.31	300m:	3:48.65	44.46	400m:	4:55.02	32.36
13.	JANAS, Krzysztof		93	UKS GIM 92 Ursynów				4:56.83	548		
	50m:	30.21 30.21	150m:	1:46.43	39.34	250m:	3:07.11	42.27	350m:	4:24.50	33.02
	100m:	1:07.09 36.88	200m:	2:24.84	38.41	300m:	3:51.48	44.37	400m:	4:56.83	32.33
14.	IWAŃSKI, Kamil		93	UKS GIM 92 Ursynów				4:58.41	539		
	50m:	31.49 31.49	150m:	1:47.61	38.35	250m:	3:07.32	41.89	350m:	4:25.20	36.65
	100m:	1:09.26 37.77	200m:	2:25.43	37.82	300m:	3:48.55	41.23	400m:	4:58.41	33.21
15.	GŸSIOR, Patryk		94	MKS Polonia Warszawa				5:00.04	530		
	50m:	31.69 31.69	150m:	1:44.90	37.13	250m:	3:05.14	43.44	350m:	4:24.80	35.77
	100m:	1:07.77 36.08	200m:	2:21.70	36.80	300m:	3:49.03	43.89	400m:	5:00.04	35.24
16.	BIELAWSKI, Micha³		93	UKS GIM 92 Ursynów				5:07.46	493		
	50m:	29.74 29.74	150m:	1:45.27	39.55	250m:	3:10.90	46.87	350m:	4:32.94	34.51
	100m:	1:05.72 35.98	200m:	2:24.03	38.76	300m:	3:58.43	47.53	400m:	5:07.46	34.52
17.	LIS, Tomasz		93	UKS GIM 92 Ursynów				5:12.88	468		
	50m:	30.44 30.44	150m:	1:49.65	40.69	250m:	3:13.54	44.80	350m:	4:36.37	37.20
	100m:	1:08.96 38.52	200m:	2:28.74	39.09	300m:	3:59.17	45.63	400m:	5:12.88	36.51

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Pozycja				Rok ur.					Czas	Pkt.		
18.	TKACZYK, Andrzej			93	UKS GIM 92 Ursynów				5:13.71	464		
	50m:	31.80	31.80	150m:	1:47.70	40.11	250m:	3:14.75	47.61	350m:	4:38.05	36.03
	100m:	1:07.59	35.79	200m:	2:27.14	39.44	300m:	4:02.02	47.27	400m:	5:13.71	35.66
19.	LAGRZYCKI, Filip			93	UKS G-8 Bielany Warszawa				5:15.58	456		
	50m:	31.05	31.05	150m:	1:48.49	40.17	250m:	3:12.51	44.65	350m:	4:36.77	38.48
	100m:	1:08.32	37.27	200m:	2:27.86	39.37	300m:	3:58.29	45.78	400m:	5:15.58	38.81
20.	BAGNIUK, Kajetan			93	UKS G-8 Bielany Warszawa				5:21.16	432		
	50m:	31.06	31.06	150m:	1:52.47	42.09	250m:	3:15.84	42.46	350m:	4:41.00	40.88
	100m:	1:10.38	39.32	200m:	2:33.38	40.91	300m:	4:00.12	44.28	400m:	5:21.16	40.16