

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

Konkurencja 34
2008-12-20 - 10:50

Mężczyzn, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.
1.	MATCZAK, Mateusz		89	MKS Trójka Łódź				3:50.86	840
	50m:	26.48 26.48	150m:	1:25.06	29.51	250m:	2:24.33 29.47	350m:	3:22.65 28.80
	100m:	55.55 29.07	200m:	1:54.86	29.80	300m:	2:53.85 29.52	400m:	3:50.86 28.21
2.	RURAK, Paweł		88	AZS AWF Warszawa				3:53.79	809
	50m:	26.96 26.96	150m:	1:26.16	29.79	250m:	2:25.52 29.59	350m:	3:25.18 29.75
	100m:	56.37 29.41	200m:	1:55.93	29.77	300m:	2:55.43 29.91	400m:	3:53.79 28.61
3.	DUBIEL, Adam		93	MTP Lublinianka				4:08.37	675
	50m:	27.86 27.86	150m:	1:29.98	31.53	250m:	2:33.85 31.98	350m:	3:37.96 32.14
	100m:	58.45 30.59	200m:	2:01.87	31.89	300m:	3:05.82 31.97	400m:	4:08.37 30.41
4.	SZAMOTULSKI, Wojciech		91	MKP „Słowianka” Gorzów Wlkp.				4:09.85	663
	50m:	27.70 27.70	150m:	1:29.80	31.33	250m:	2:34.41 32.25	350m:	3:39.12 32.25
	100m:	58.47 30.77	200m:	2:02.16	32.36	300m:	3:06.87 32.46	400m:	4:09.85 30.73
5.	SZOTKOWSKI, Daniel		92	Klub Pływacki MZOS Płock				4:10.56	657
	50m:	28.01 28.01	150m:	1:30.02	31.07	250m:	2:32.97 31.53	350m:	3:38.59 32.80
	100m:	58.95 30.94	200m:	2:01.44	31.42	300m:	3:05.79 32.82	400m:	4:10.56 31.97
6.	PASZEK, Marcin SZG		89	Warta Poznań				4:14.11	630
	50m:	28.49 28.49	150m:	1:32.91	32.78	250m:	2:38.87 32.62	350m:	3:44.47 32.90
	100m:	1:00.13 31.64	200m:	2:06.25	33.34	300m:	3:11.57 32.70	400m:	4:14.11 29.64
7.	KOTOWICZ, Jan		91	MTP Lublinianka				4:15.53	620
	50m:	29.01 29.01	150m:	1:33.12	32.50	250m:	2:38.40 32.55	350m:	3:44.05 32.81
	100m:	1:00.62 31.61	200m:	2:05.85	32.73	300m:	3:11.24 32.84	400m:	4:15.53 31.48
8.	SZCZEPANIAK, Tomasz		91	Zryw Opole				4:16.08	616
	50m:	27.86 27.86	150m:	1:34.51	34.11	250m:	2:38.68 32.75	350m:	3:44.26 32.06
	100m:	1:00.40 32.54	200m:	2:05.93	31.42	300m:	3:12.20 33.52	400m:	4:16.08 31.82
9.	BOROWIECKI, Daniel		93	Bukś Warszawa				4:16.39	613
	50m:	28.93 28.93	150m:	1:32.64	31.81	250m:	2:37.87 32.85	350m:	3:44.33 33.00
	100m:	1:00.83 31.90	200m:	2:05.02	32.38	300m:	3:11.33 33.46	400m:	4:16.39 32.06
10.	GRULA, Mateusz		93	UKS G-8 Bielany Warszawa				4:20.28	586
	50m:	28.96 28.96	150m:	1:36.05	33.65	250m:	2:42.62 32.98	350m:	3:49.50 33.50
	100m:	1:02.40 33.44	200m:	2:09.64	33.59	300m:	3:16.00 33.38	400m:	4:20.28 30.78
11.	ŒWIATKIEWICZ, Rafał		93	UKS G-8 Bielany Warszawa				4:27.54	540
	50m:	28.79 28.79	150m:	1:35.45	34.13	250m:	2:45.23 35.13	350m:	3:53.88 34.24
	100m:	1:01.32 32.53	200m:	2:10.10	34.65	300m:	3:19.64 34.41	400m:	4:27.54 33.66
12.	GÓRNY, Jakub		93	KS Posenania Poznań				4:30.04	525
	50m:	29.46 29.46	150m:	1:36.56	34.25	250m:	2:46.15 34.73	350m:	3:55.95 35.08
	100m:	1:02.31 32.85	200m:	2:11.42	34.86	300m:	3:20.87 34.72	400m:	4:30.04 34.09
13.	GęSIOR, Patryk		94	MKS Polonia Warszawa				4:30.69	521
	50m:	31.25 31.25	150m:	1:38.34	33.71	250m:	2:47.77 34.72	350m:	3:57.41 34.85
	100m:	1:04.63 33.38	200m:	2:13.05	34.71	300m:	3:22.56 34.79	400m:	4:30.69 33.28
14.	ŒWIDERSKI, Jarosław		93	UKS G-8 Bielany Warszawa				4:44.92	447
	50m:	33.08 33.08	150m:	1:45.16	36.43	250m:	2:57.98 36.13	350m:	4:10.53 36.14
	100m:	1:08.73 35.65	200m:	2:21.85	36.69	300m:	3:34.39 36.41	400m:	4:44.92 34.39
15.	LENART, Mariusz		94	Pływacki UKS Wola Warszawa				4:56.25	398
	50m:	34.84 34.84	150m:	1:51.20	38.69	250m:	3:06.61 37.62	350m:	4:22.16 37.63
	100m:	1:12.51 37.67	200m:	2:28.99	37.79	300m:	3:44.53 37.92	400m:	4:56.25 34.09
DYSKW. Pełna	KUROWSKI, Norbert		94	UKS G-8 Bielany Warszawa				5:10.95	O4
	50m:	34.49 34.49	150m:	1:52.59	39.48	250m:	3:12.28 40.00	350m:	4:31.94 39.46
	100m:	1:13.11 38.62	200m:	2:32.28	39.69	300m:	3:52.48 40.20	400m:	5:10.95 39.01