

Grand Prix Polski w Pływaniu w Kozienicach
Kozienice ul. Legionów 4, 10. - 11.1.2009

Konkurencja 2 Mężczyzn, 400m zmienny 14 lat i starsi
10.1.09 - 10:15 Wyniki

Top Times "Poland" 4:05.13 Wojt Lukasz POL Rijeka (CRO) 12.12.08

Punkty: FINA 2008

Pozycja			Rok ur.						Czas	Pkt.		
1.	Certa Maciej SO		91	KS WISŁA Puławy				4:26.45	757			
	50m:	28.79	28.79	150m:	1:36.06	34.58	250m:	2:47.57	37.56	350m:	3:57.18	32.04
	100m:	1:01.48	32.69	200m:	2:10.01	33.95	300m:	3:25.14	37.57	400m:	4:26.45	29.27
2.	Peńczyński Kacper SO		92	UKP UNIA Oświęcim				4:28.86	737			
	50m:	28.94	28.94	150m:	1:36.85	35.34	250m:	2:48.40	37.12	350m:	3:58.44	31.74
	100m:	1:01.51	32.57	200m:	2:11.28	34.43	300m:	3:26.70	38.30	400m:	4:28.86	30.42
3.	Stachura Maciej SK		91	MKS ZRYW Opole				4:30.39	725			
	50m:	28.98	28.98	150m:	1:37.32	35.83	250m:	2:50.11	37.41	350m:	4:00.00	31.91
	100m:	1:01.49	32.51	200m:	2:12.70	35.38	300m:	3:28.09	37.98	400m:	4:30.39	30.39
4.	Zaczyński Karol SO		91	AZS AWF Katowice				4:30.63	723			
	50m:	29.15	29.15	150m:	1:37.21	35.31	250m:	2:49.76	38.52	350m:	4:01.09	31.61
	100m:	1:01.90	32.75	200m:	2:11.24	34.03	300m:	3:29.48	39.72	400m:	4:30.63	29.54
5.	Kliza Mateusz		94	KP AVIA Œwidnik				4:33.90	697			
	50m:	29.94	29.94	150m:	1:39.43	35.71	250m:	2:53.05	38.04	350m:	4:02.78	31.53
	100m:	1:03.72	33.78	200m:	2:15.01	35.58	300m:	3:31.25	38.20	400m:	4:33.90	31.12
6.	Dyrek Mateusz		91	MKS JORDAN Kraków				4:36.61	677			
	50m:	28.85	28.85	150m:	1:39.35	37.29	250m:	2:53.82	38.80	350m:	4:06.01	33.33
	100m:	1:02.06	33.21	200m:	2:15.02	35.67	300m:	3:32.68	38.86	400m:	4:36.61	30.60
7.	Misiak Piotr		92	UKS "G-8 Bielany Warszawa				4:37.70	669			
	50m:	28.88	28.88	150m:	1:37.77	35.55	250m:	2:52.30	39.69	350m:	4:06.03	32.89
	100m:	1:02.22	33.34	200m:	2:12.61	34.84	300m:	3:33.14	40.84	400m:	4:37.70	31.67
8.	Trenda Paweł SO		92	UKP UNIA Oświęcim				4:44.94	619			
	50m:	30.29	30.29	150m:	1:41.02	35.77	250m:	2:56.70	39.93	350m:	4:11.47	34.43
	100m:	1:05.25	34.96	200m:	2:16.77	35.75	300m:	3:37.04	40.34	400m:	4:44.94	33.47
9.	Osiński Szymon		94	GIM92 Ursynów Warszawa				4:48.34	597			
	50m:	30.80	30.80	150m:	1:44.52	37.53	250m:	2:59.60	38.98	350m:	4:15.20	34.11
	100m:	1:06.99	36.19	200m:	2:20.62	36.10	300m:	3:41.09	41.49	400m:	4:48.34	33.14
10.	Nocoń Sebastian SO		92	AZS AWF Katowice				4:51.59	578			
	50m:	28.84	28.84	150m:	1:38.97	37.76	250m:	2:59.94	43.25	350m:	4:18.65	35.30
	100m:	1:01.21	32.37	200m:	2:16.69	37.72	300m:	3:43.35	43.41	400m:	4:51.59	32.94
11.	Zawadka Michał		89	AZS AWF Warszawa				4:53.04	569			
	50m:	28.78	28.78	150m:	1:43.66	42.32	250m:	3:05.98	39.81	350m:	4:21.00	34.03
	100m:	1:01.34	32.56	200m:	2:26.17	42.51	300m:	3:46.97	40.99	400m:	4:53.04	32.04
12.	Łukowski Maciej		93	UKS ORKA Zamocław				4:54.21	562			
	50m:	32.05	32.05	150m:	1:47.75	39.72	250m:	3:06.68	40.32	350m:	4:21.99	34.26
	100m:	1:08.03	35.98	200m:	2:26.36	38.61	300m:	3:47.73	41.05	400m:	4:54.21	32.22
13.	Głsior Patryk		94	MKS POLONIA Warszawa				4:54.91	558			
	50m:	31.22	31.22	150m:	1:43.18	36.12	250m:	3:01.75	42.87	350m:	4:20.63	35.27
	100m:	1:07.06	35.84	200m:	2:18.88	35.70	300m:	3:45.36	43.61	400m:	4:54.91	34.28
14.	Grzelec Bartosz		93	UKS "G-8 Bielany Warszawa				4:58.52	538			
	50m:	28.69	28.69	150m:	1:39.42	37.26	250m:	2:59.72	43.14	350m:	4:22.51	37.96
	100m:	1:02.16	33.47	200m:	2:16.58	37.16	300m:	3:44.55	44.83	400m:	4:58.52	36.01
15.	Œwiłtkiewicz Rafał		93	UKS "G-8 Bielany Warszawa				5:02.81	516			
	50m:	31.53	31.53	150m:	1:48.22	38.77	250m:	3:10.91	44.42	350m:	4:30.77	34.39
	100m:	1:09.45	37.92	200m:	2:26.49	38.27	300m:	3:56.38	45.47	400m:	5:02.81	32.04
16.	Pytel Filip		93	UKS "G-8 Bielany Warszawa				5:02.85	516			
	50m:	31.22	31.22	150m:	1:45.68	39.27	250m:	3:08.94	44.77	350m:	4:29.39	35.00
	100m:	1:06.41	35.19	200m:	2:24.17	38.49	300m:	3:54.39	45.45	400m:	5:02.85	33.46
17.	Włsik Jakub		94	UKP FALA Kraconik				5:20.22	436			
	50m:	34.92	34.92	150m:	1:55.56	39.90	250m:	3:19.64	45.32	350m:	4:43.46	37.75
	100m:	1:15.66	40.74	200m:	2:34.32	38.76	300m:	4:05.71	46.07	400m:	5:20.22	36.76

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Pozycja				Rok ur.					Czas	Pkt.		
DYSKW.	Wilczyński Mateusz			92	MKS TRÓJKA Łódź				4:57.88			
	<i>K11</i>											
	50m:	30.81	30.81	150m:	1:45.96	39.47	250m:	3:07.61	43.59	350m:	4:26.33	34.92
	100m:	1:06.49	35.68	200m:	2:24.02	38.06	300m:	3:51.41	43.80	400m:	4:57.88	31.55
DYSKW.	Iwański Kamil			93	GIM92 Ursynów Warszawa				5:14.39			
	<i>K12</i>											
	50m:	33.87	33.87	150m:	1:55.23	42.53	250m:	3:14.80	39.45	350m:	4:37.77	40.49
	100m:	1:12.70	38.83	200m:	2:35.35	40.12	300m:	3:57.28	42.48	400m:	5:14.39	36.62