

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

Konkurencja 34
11.1.09 - 10:15

Mężczyzn, 400m dowolny

14 lat i starsi
Wyniki

Top Times "Poland" 3:38.20 Korzeniowski Pawel POL Trieste (ITA) 8.12.05

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.
1.	Rokicki Micha ³		84	AZS AWF Warszawa				3:55.87	788
	50m:	28.27 28.27	150m:	1:28.16 30.04	250m:	2:27.96 30.02	350m:	3:27.55 29.71	
	100m:	58.12 29.85	200m:	1:57.94 29.78	300m:	2:57.84 29.88	400m:	3:55.87 28.32	
2.	Pielowski Krzysztof		91	KORMORAN Olsztyn				3:56.45	782
	50m:	28.26 28.26	150m:	1:27.98 29.93	250m:	2:27.62 29.75	350m:	3:27.26 29.76	
	100m:	58.05 29.79	200m:	1:57.87 29.89	300m:	2:57.50 29.88	400m:	3:56.45 29.19	
3.	Hura Bartosz		91	KORMORAN Olsztyn				3:57.38	773
	50m:	28.22 28.22	150m:	1:28.17 29.96	250m:	2:28.29 29.96	350m:	3:28.14 29.87	
	100m:	58.21 29.99	200m:	1:58.33 30.16	300m:	2:58.27 29.98	400m:	3:57.38 29.24	
4.	Pulwin Pawe ³ SO		92	OLIMPIA Poznań				3:59.99	748
	50m:	28.48 28.48	150m:	1:29.57 30.47	250m:	2:30.46 30.09	350m:	3:31.43 30.68	
	100m:	59.10 30.62	200m:	2:00.37 30.80	300m:	3:00.75 30.29	400m:	3:59.99 28.56	
5.	Zapa ³ a Łukasz SO		91	UKP UNIA Oświęcim				4:00.34	745
	50m:	28.06 28.06	150m:	1:28.48 30.36	250m:	2:29.71 30.69	350m:	3:30.76 30.44	
	100m:	58.12 30.06	200m:	1:59.02 30.54	300m:	3:00.32 30.61	400m:	4:00.34 29.58	
6.	Zaczyński Karol SO		91	AZS AWF Katowice				4:00.76	741
	50m:	27.94 27.94	150m:	1:28.84 30.52	250m:	2:30.00 30.21	350m:	3:31.54 30.84	
	100m:	58.32 30.38	200m:	1:59.79 30.95	300m:	3:00.70 30.70	400m:	4:00.76 29.22	
7.	Czarnota Mateusz SO		91	UKP UNIA Oświęcim				4:00.97	739
	50m:	28.66 28.66	150m:	1:28.32 29.78	250m:	2:28.68 30.41	350m:	3:30.49 31.02	
	100m:	58.54 29.88	200m:	1:58.27 29.95	300m:	2:59.47 30.79	400m:	4:00.97 30.48	
8.	Stachura Maciej SK		91	MKS ZRYW Opole				4:05.80	696
	50m:	28.16 28.16	150m:	1:29.36 30.94	250m:	2:32.50 31.60	350m:	3:35.58 31.31	
	100m:	58.42 30.26	200m:	2:00.90 31.54	300m:	3:04.27 31.77	400m:	4:05.80 30.22	
9.	Wysoczyński Mateusz SK		93	MKS JORDAN Kraków				4:07.26	684
	50m:	28.49 28.49	150m:	1:30.83 31.47	250m:	2:34.50 31.69	350m:	3:37.23 31.38	
	100m:	59.36 30.87	200m:	2:02.81 31.98	300m:	3:05.85 31.35	400m:	4:07.26 30.03	
10.	Jasiński Jakub		87	AZS KORNER Zielona Góra				4:07.38	683
	50m:	28.64 28.64	150m:	1:28.95 30.27	250m:	2:31.86 31.82	350m:	3:36.09 31.92	
	100m:	58.68 30.04	200m:	2:00.04 31.09	300m:	3:04.17 32.31	400m:	4:07.38 31.29	
11.	Pe ³ czyński Kacper SO		92	UKP UNIA Oświęcim				4:08.91	670
	50m:	28.80 28.80	150m:	1:30.50 31.15	250m:	2:33.96 32.03	350m:	3:37.84 32.02	
	100m:	59.35 30.55	200m:	2:01.93 31.43	300m:	3:05.82 31.86	400m:	4:08.91 31.07	
12.	Dubiel Adam		93	MTP LUBLINIANKA Lublin				4:09.29	667
	50m:	29.39 29.39	150m:	1:32.91 31.95	250m:	2:36.79 31.88	350m:	3:39.91 31.37	
	100m:	1:00.96 31.57	200m:	2:04.91 32.00	300m:	3:08.54 31.75	400m:	4:09.29 29.38	
13.	Nocoń Sebastian SO		92	AZS AWF Katowice				4:10.38	659
	50m:	29.32 29.32	150m:	1:32.60 32.00	250m:	2:36.33 32.02	350m:	3:40.22 31.91	
	100m:	1:00.60 31.28	200m:	2:04.31 31.71	300m:	3:08.31 31.98	400m:	4:10.38 30.16	
14.	Tomaszewski Jacek		94	UKS REKIN Warszawa				4:12.11	645
	50m:	29.39 29.39	150m:	1:33.25 32.03	250m:	2:38.25 32.40	350m:	3:42.10 31.86	
	100m:	1:01.22 31.83	200m:	2:05.85 32.60	300m:	3:10.24 31.99	400m:	4:12.11 30.01	
15.	Dyrek Mateusz		91	MKS JORDAN Kraków				4:12.79	640
	50m:	29.00 29.00	150m:	1:30.70 31.42	250m:	2:35.51 32.89	350m:	3:41.16 32.26	
	100m:	59.28 30.28	200m:	2:02.62 31.92	300m:	3:08.90 33.39	400m:	4:12.79 31.63	
16.	Rumianowski Tomasz		85	AZS KORNER Zielona Góra				4:14.86	625
	50m:	29.28 29.28	150m:	1:34.09 32.89	250m:	2:38.88 32.41	350m:	3:43.31 32.22	
	100m:	1:01.20 31.92	200m:	2:06.47 32.38	300m:	3:11.09 32.21	400m:	4:14.86 31.55	
17.	Certa Maciej SO		91	KS WISŁA Pu ³ awy				4:17.06	609
	50m:	28.12 28.12	150m:	1:29.49 31.06	250m:	2:36.43 33.63	350m:	3:44.61 34.26	
	100m:	58.43 30.31	200m:	2:02.80 33.31	300m:	3:10.35 33.92	400m:	4:17.06 32.45	

Grand Prix Polski w Pływaniu w Kozienicach
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Konkurencja 34, Mężczyzn, 400m dowolny, 14 lat i starsi

Pozycja	Rok ur.						Czas	Pkt.
18. Kawêcki Radosław SZG	91	KORNER Zielona Góra				4:18.41	599	
50m: 28.88 28.88	150m: 1:33.45	32.73	250m: 2:39.41	32.91	350m: 3:46.02	33.86		
100m: 1:00.72 31.84	200m: 2:06.50	33.05	300m: 3:12.16	32.75	400m: 4:18.41	32.39		
19. Szczepaniak Tomasz	91	MKS ZRYW Opole				4:19.23	593	
50m: 30.11 30.11	150m: 1:36.03	32.80	250m: 2:39.53	32.27	350m: 3:45.37	32.37		
100m: 1:03.23 33.12	200m: 2:07.26	31.23	300m: 3:13.00	33.47	400m: 4:19.23	33.86		
20. Gawlik Jarosław SK	92	WARSZAWIANKA Warszawa				4:21.76	576	
50m: 30.80 30.80	150m: 1:38.44	33.94	250m: 2:45.41	33.10	350m: 3:50.79	32.44		
100m: 1:04.50 33.70	200m: 2:12.31	33.87	300m: 3:18.35	32.94	400m: 4:21.76	30.97		
21. Bielawski Michał ³	93	GIM92 Ursynów Warszawa				4:22.04	575	
50m: 28.55 28.55	150m: 1:34.50	33.15	250m: 2:42.83	33.97	350m: 3:50.46	33.29		
100m: 1:01.35 32.80	200m: 2:08.86	34.36	300m: 3:17.17	34.34	400m: 4:22.04	31.58		
22. Jacniacki Mateusz	93	UKP FALA Kraczenik				4:28.22	536	
50m: 30.97 30.97	150m: 1:38.07	33.68	250m: 2:46.22	34.31	350m: 3:54.76	34.12		
100m: 1:04.39 33.42	200m: 2:11.91	33.84	300m: 3:20.64	34.42	400m: 4:28.22	33.46		
23. Kwiatkowski Przemysław ³	92	MKS TRÓJKA Łódź				4:28.41	535	
50m: 29.75 29.75	150m: 1:36.80	34.00	250m: 2:46.16	34.66	350m: 3:55.14	34.06		
100m: 1:02.80 33.05	200m: 2:11.50	34.70	300m: 3:21.08	34.92	400m: 4:28.41	33.27		
24. Tkaczyk Andrzej	93	GIM92 Ursynów Warszawa				4:37.24	485	
50m: 30.02 30.02	150m: 1:39.16	35.18	250m: 2:51.52	36.46	350m: 4:02.60	35.30		
100m: 1:03.98 33.96	200m: 2:15.06	35.90	300m: 3:27.30	35.78	400m: 4:37.24	34.64		
25. Brodzik Andrzej	94	UKS SKARPA Lublin				4:42.00	461	
50m: 31.25 31.25	150m: 1:41.09	35.45	250m: 2:53.58	36.33	350m: 4:06.28	36.54		
100m: 1:05.64 34.39	200m: 2:17.25	36.16	300m: 3:29.74	36.16	400m: 4:42.00	35.72		
26. Zieliński Filip	95	UKS SKARPA Lublin				4:50.61	421	
50m: 32.78 32.78	150m: 1:45.56	36.98	250m: 3:00.64	37.45	350m: 4:15.44	37.45		
100m: 1:08.58 35.80	200m: 2:23.19	37.63	300m: 3:37.99	37.35	400m: 4:50.61	35.17		
27. Gwiazda Michał ³	94	UKS SKARPA Lublin				4:50.85	420	
50m: 33.39 33.39	150m: 1:47.63	37.73	250m: 3:02.27	37.48	350m: 4:16.83	37.97		
100m: 1:09.90 36.51	200m: 2:24.79	37.16	300m: 3:38.86	36.59	400m: 4:50.85	34.02		
28. Wrona Łukasz	94	UKS SKARPA Lublin				5:05.77	362	
50m: 33.69 33.69	150m: 1:50.80	39.23	250m: 3:09.77	39.62	350m: 4:28.12	39.10		
100m: 1:11.57 37.88	200m: 2:30.15	39.35	300m: 3:49.02	39.25	400m: 5:05.77	37.65		