

GRAND PRIX - PUCHAR POLSKI W PŁYWANIU  
Ciechanów, 3. - 4.10.2009

Konkurencja 2  
2009-10-03 - 11:20

Mężczyzn, 400m zmienny

14 lat i starsi  
Wyniki

Top Times "Poland" Open	4:05.13	WOJT, Lukasz	POL	Rijeka (CRO)	2008-12-12
Top Times "Poland" 14	4:39.64	KLIZA, Mateusz	AVSWI	Pulawy	2008-12-06
Top Times "Poland" 15	4:26.19	MIKOBAJEWSKI, Mariusz	BUWAR	Gorzow	2005-11-25
Top Times "Poland" 16	4:12.87	CIE[LAK, Marcin	MUWAR	Gorzow Wlkp.	2008-11-28
Top Times "Poland" 17	4:11.81	MATCZAK, Mateusz	TRLOD	Helsinki (FIN)	2006-12-08
Top Times "Poland" 18	4:09.07	MATCZAK, Mateusz	TRLOD	Debrecen (HUN)	2007-12-14
Top Times "Poland" 19 +	4:05.13	WOJT, Lukasz	POL	Rijeka (CRO)	2008-12-12

Punkty: FINA 2009

Pozycja			Rok ur.					Czas	Pkt.		
1.	KORZENIOWSKI, Paweł <sup>3</sup>		85	AZS AWF Warszawa				<b>4:17.38</b>	836		
	50m:	27.28 27.28	150m:	1:32.83	34.11	250m:	2:44.03	37.70	350m:	3:50.19	29.22
	100m:	58.72 31.44	200m:	2:06.33	33.50	300m:	3:20.97	36.94	400m:	4:17.38	27.19
2.	MATCZAK, Mateusz		89	MKP Szczecin				<b>4:19.08</b>	819		
	50m:	28.21 28.21	150m:	1:34.53	34.31	250m:	2:43.72	35.67	350m:	3:49.66	30.08
	100m:	1:00.22 32.01	200m:	2:08.05	33.52	300m:	3:19.58	35.86	400m:	4:19.08	29.42
3.	CERTA, Maciej SO		91	KS Wisła Puławy				<b>4:25.45</b>	762		
	50m:	28.44 28.44	150m:	1:36.56	35.23	250m:	2:47.10	36.21	350m:	3:55.90	32.03
	100m:	1:01.33 32.89	200m:	2:10.89	34.33	300m:	3:23.87	36.77	400m:	4:25.45	29.55
4.	SUZIN, Marcin SK		93	MKS Jordan Kraków				<b>4:34.25</b>	691		
	50m:	28.93 28.93	150m:	1:38.36	35.79	250m:	2:51.23	38.17	350m:	4:02.64	32.77
	100m:	1:02.57 33.64	200m:	2:13.06	34.70	300m:	3:29.87	38.64	400m:	4:34.25	31.61
5.	ZAPŁA, Łukasz SO		91	UKP UNIA Oświęcim				<b>4:35.94</b>	678		
	50m:	28.04 28.04	150m:	1:37.24	37.36	250m:	2:53.64	40.54	350m:	4:05.44	31.71
	100m:	59.88 31.84	200m:	2:13.10	35.86	300m:	3:33.73	40.09	400m:	4:35.94	30.50
6.	ZACZYŃSKI, Karol SO		91	AZS AWF Katowice				<b>4:38.90</b>	657		
	50m:	27.76 27.76	150m:	1:34.56	35.28	250m:	2:49.50	40.13	350m:	4:05.84	33.71
	100m:	59.28 31.52	200m:	2:09.37	34.81	300m:	3:32.13	42.63	400m:	4:38.90	33.06
7.	MORAWSKI, Krzysztof		94	MTKP Delfin Toruń				<b>4:43.84</b>	623		
	50m:	29.68 29.68	150m:	1:39.62	35.47	250m:	2:55.34	41.59	350m:	4:11.28	34.56
	100m:	1:04.15 34.47	200m:	2:13.75	34.13	300m:	3:36.72	41.38	400m:	4:43.84	32.56
8.	TWORZEWSKI, Adrian		93	KSZO Ostrowiec Świętokrzyski				<b>4:47.10</b>	602		
	50m:	29.38 29.38	150m:	1:41.48	38.19	250m:	3:00.25	42.01	350m:	4:15.43	33.02
	100m:	1:03.29 33.91	200m:	2:18.24	36.76	300m:	3:42.41	42.16	400m:	4:47.10	31.67
9.	GĘSIOR, Patryk		94	MKS Polonia Warszawa				<b>4:48.03</b>	596		
	50m:	30.47 30.47	150m:	1:40.14	35.40	250m:	2:56.75	41.80	350m:	4:14.23	35.20
	100m:	1:04.74 34.27	200m:	2:14.95	34.81	300m:	3:39.03	42.28	400m:	4:48.03	33.80
10.	RUTKOWSKI, Szymon		88	AZS AWF Warszawa				<b>4:54.13</b>	560		
	50m:	29.32 29.32	150m:	1:43.04	39.56	250m:	3:02.57	40.63	350m:	4:19.73	35.86
	100m:	1:03.48 34.16	200m:	2:21.94	38.90	300m:	3:43.87	41.30	400m:	4:54.13	34.40
11.	KWIECIŃSKI, Wojciech		94	UKS Rekin Warszawa				<b>5:00.18</b>	527		
	50m:	32.06 32.06	150m:	1:49.02	39.89	250m:	3:09.74	41.29	350m:	4:26.68	35.15
	100m:	1:09.13 37.07	200m:	2:28.45	39.43	300m:	3:51.53	41.79	400m:	5:00.18	33.50
12.	GAWRYCZ, Sebastian		94	MKS Polonia Warszawa				<b>5:13.27</b>	463		
	50m:	31.63 31.63	150m:	1:48.38	40.16	250m:	3:11.85	43.56	350m:	4:34.69	38.13
	100m:	1:08.22 36.59	200m:	2:28.29	39.91	300m:	3:56.56	44.71	400m:	5:13.27	38.58