

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

Konkurencja 34
2009-10-04 - 10:35

Mężczyzn, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2009

Pozycja			Rok ur.					Czas	Pkt.
1.	STAŃCZYK, Przemysław		85	MKP Szczecin				3:50.92	820
	50m:	27.33 27.33	150m:	1:25.95 29.29	250m:	2:24.57 29.18	350m:	3:22.69 28.99	
	100m:	56.66 29.33	200m:	1:55.39 29.44	300m:	2:53.70 29.13	400m:	3:50.92 28.23	
2.	HRENIAK, Maciej		89	MKP Szczecin				3:51.74	811
	50m:	27.32 27.32	150m:	1:25.59 29.39	250m:	2:24.64 29.69	350m:	3:23.52 29.45	
	100m:	56.20 28.88	200m:	1:54.95 29.36	300m:	2:54.07 29.43	400m:	3:51.74 28.22	
3.	PIEŁOWSKI, Krzysztof		91	Kormoran Olsztyn				3:53.07	797
	50m:	27.72 27.72	150m:	1:26.16 29.15	250m:	2:25.09 29.37	350m:	3:24.05 29.60	
	100m:	57.01 29.29	200m:	1:55.72 29.56	300m:	2:54.45 29.36	400m:	3:53.07 29.02	
4.	GIMIŃSKI, Łukasz		86	AZS AWF Warszawa				3:55.21	776
	50m:	27.08 27.08	150m:	1:25.53 29.39	250m:	2:25.39 30.10	350m:	3:25.99 30.31	
	100m:	56.14 29.06	200m:	1:55.29 29.76	300m:	2:55.68 30.29	400m:	3:55.21 29.22	
5.	HURA, Bartosz		91	Kormoran Olsztyn				3:55.80	770
	50m:	27.58 27.58	150m:	1:25.98 29.32	250m:	2:25.51 30.05	350m:	3:26.58 30.58	
	100m:	56.66 29.08	200m:	1:55.46 29.48	300m:	2:56.00 30.49	400m:	3:55.80 29.22	
6.	KAWĘCKI, Radosław		91	Korner Zielona Góra				3:57.00	758
	50m:	27.73 27.73	150m:	1:27.87 30.40	250m:	2:28.80 30.43	350m:	3:29.63 30.24	
	100m:	57.47 29.74	200m:	1:58.37 30.50	300m:	2:59.39 30.59	400m:	3:57.00 27.37	
7.	JASIŃSKI, Jakub		87	Korner Zielona Góra				3:57.70	752
	50m:	28.11 28.11	150m:	1:27.68 29.87	250m:	2:28.78 30.74	350m:	3:29.53 30.06	
	100m:	57.81 29.70	200m:	1:58.04 30.36	300m:	2:59.47 30.69	400m:	3:57.70 28.17	
8.	RURAK, Paweł		88	AZS AWF Warszawa				3:59.84	732
	50m:	28.37 28.37	150m:	1:29.22 30.45	250m:	2:30.19 30.46	350m:	3:30.71 30.08	
	100m:	58.77 30.40	200m:	1:59.73 30.51	300m:	3:00.63 30.44	400m:	3:59.84 29.13	
9.	KURANT, Roger		94	KSZO Ostrowiec Świętokrzyski				3:59.97	730
	50m:	28.12 28.12	150m:	1:28.32 30.25	250m:	2:29.24 30.26	350m:	3:30.32 30.51	
	100m:	58.07 29.95	200m:	1:58.98 30.66	300m:	2:59.81 30.57	400m:	3:59.97 29.65	
10.	OTŁOWSKI, Aleksy SK		91	MUKP Warszawianka Wodny Park				4:00.31	727
	50m:	27.90 27.90	150m:	1:28.60 30.52	250m:	2:30.48 30.94	350m:	3:31.62 30.38	
	100m:	58.08 30.18	200m:	1:59.54 30.94	300m:	3:01.24 30.76	400m:	4:00.31 28.69	
11.	KLESZCZYŃSKI, Paweł		91	MKP Szczecin				4:02.27	710
	50m:	27.55 27.55	150m:	1:27.46 30.32	250m:	2:28.48 30.46	350m:	3:31.27 31.48	
	100m:	57.14 29.59	200m:	1:58.02 30.56	300m:	2:59.79 31.31	400m:	4:02.27 31.00	
12.	SAWRYMOWICZ, Mateusz		87	MKP Szczecin				4:02.74	706
	50m:	28.52 28.52	150m:	1:30.03 30.74	250m:	2:31.73 30.53	350m:	3:33.13 30.49	
	100m:	59.29 30.77	200m:	2:01.20 31.17	300m:	3:02.64 30.91	400m:	4:02.74 29.61	
13.	PIŃTKOWSKI, Mateusz SO		90	UKP UNIA Oświęcim				4:03.58	698
	50m:	28.06 28.06	150m:	1:29.03 30.66	250m:	2:30.98 30.69	350m:	3:33.01 31.15	
	100m:	58.37 30.31	200m:	2:00.29 31.26	300m:	3:01.86 30.88	400m:	4:03.58 30.57	
14.	CZARNOTA, Mateusz SO		91	UKP UNIA Oświęcim				4:05.66	681
	50m:	27.69 27.69	150m:	1:28.06 30.56	250m:	2:30.74 31.38	350m:	3:34.77 32.00	
	100m:	57.50 29.81	200m:	1:59.36 31.30	300m:	3:02.77 32.03	400m:	4:05.66 30.89	
15.	PULWIN, Paweł SO		92	Olimpia Poznań				4:07.38	667
	50m:	28.00 28.00	150m:	1:28.38 30.63	250m:	2:30.31 30.65	350m:	3:32.62 30.06	
	100m:	57.75 29.75	200m:	1:59.66 31.28	300m:	3:02.56 32.25	400m:	4:07.38 34.76	
16.	KACZMARSKI, Marcin		94	KSZO Ostrowiec Świętokrzyski				4:07.83	663
	50m:	28.46 28.46	150m:	1:31.26 31.55	250m:	2:34.71 31.64	350m:	3:37.78 31.39	
	100m:	59.71 31.25	200m:	2:03.07 31.81	300m:	3:06.39 31.68	400m:	4:07.83 30.05	
17.	PASZEK, Marcin		89	AZS AWF Warszawa				4:10.94	639
	50m:	28.19 28.19	150m:	1:29.79 31.13	250m:	2:34.07 32.38	350m:	3:39.17 32.69	
	100m:	58.66 30.47	200m:	2:01.69 31.90	300m:	3:06.48 32.41	400m:	4:10.94 31.77	

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Konkurencja 34, Mężczyzn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.		
18.	SZOTKOWSKI, Daniel		92	KP MZOS P ³ ock				4:10.96	639		
	50m:	29.05 29.05	150m:	1:31.28	31.31	250m:	2:34.78	31.93	350m:	3:39.74	32.70
	100m:	59.97 30.92	200m:	2:02.85	31.57	300m:	3:07.04	32.26	400m:	4:10.96	31.22
19.	KUBKOWSKI, Bart ³ omiej		95	Mks Medyk Gi ³ ycko				4:11.60	634		
	50m:	29.41 29.41	150m:	1:33.41	32.04	250m:	2:37.62	32.03	350m:	3:41.32	31.86
	100m:	1:01.37 31.96	200m:	2:05.59	32.18	300m:	3:09.46	31.84	400m:	4:11.60	30.28
20.	NAJBOROWSKI, Pawe ³		92	Korner Zielona Góra				4:12.70	625		
	50m:	28.31 28.31	150m:	1:31.58	32.25	250m:	2:37.21	33.01	350m:	3:41.92	32.08
	100m:	59.33 31.02	200m:	2:04.20	32.62	300m:	3:09.84	32.63	400m:	4:12.70	30.78
21.	ORŁOWSKI, Piotr		91	MKP Szczecin				4:16.57	598		
	50m:	28.72 28.72	150m:	1:31.43	31.85	250m:	2:37.45	33.24	350m:	3:44.10	33.15
	100m:	59.58 30.86	200m:	2:04.21	32.78	300m:	3:10.95	33.50	400m:	4:16.57	32.47
22.	KOTLEWSKI, Micha ³		94	MKS Zryw Opole				4:17.38	592		
	50m:	29.47 29.47	150m:	1:33.87	32.59	250m:	2:38.90	32.70	350m:	3:45.06	32.93
	100m:	1:01.28 31.81	200m:	2:06.20	32.33	300m:	3:12.13	33.23	400m:	4:17.38	32.32
23.	RZADKOWSKI, DANIEL		94	MUKS Olimpijczyk Suwa ³ ki				4:18.58	584		
	50m:	29.19 29.19	150m:	1:33.98	32.64	250m:	2:40.15	32.94	350m:	3:47.28	33.11
	100m:	1:01.34 32.15	200m:	2:07.21	33.23	300m:	3:14.17	34.02	400m:	4:18.58	31.30
24.	PODUSZCZAK, Miko ³ aj		95	KSZO Ostrowiec Œwi ³ tokszyski				4:19.18	580		
	50m:	30.43 30.43	150m:	1:35.79	32.94	250m:	2:41.76	32.82	350m:	3:47.36	32.77
	100m:	1:02.85 32.42	200m:	2:08.94	33.15	300m:	3:14.59	32.83	400m:	4:19.18	31.82
25.	GAWLIK, Jaros ³ aw, SG		92	MUKP Warszawianka Wodny Park				4:19.26	579		
	50m:	28.75 28.75	150m:	1:33.87	33.26	250m:	2:40.54	33.31	350m:	3:47.54	33.74
	100m:	1:00.61 31.86	200m:	2:07.23	33.36	300m:	3:13.80	33.26	400m:	4:19.26	31.72
26.	LASSEK, Bart ³ omiej		94	MKS "Trójka" ŁódŹ				4:20.01	574		
	50m:	29.60 29.60	150m:	1:34.27	32.76	250m:	2:40.62	33.28	350m:	3:48.09	33.96
	100m:	1:01.51 31.91	200m:	2:07.34	33.07	300m:	3:14.13	33.51	400m:	4:20.01	31.92
27.	BEREZECKI, MATEUSZ		95	MUKS Olimpijczyk Suwa ³ ki				4:25.10	542		
	50m:	29.66 29.66	150m:	1:36.36	33.93	250m:	2:44.64	33.78	350m:	3:52.91	34.01
	100m:	1:02.43 32.77	200m:	2:10.86	34.50	300m:	3:18.90	34.26	400m:	4:25.10	32.19
28.	MIKUŁA, Piotr		94	KP MZOS P ³ ock				4:26.13	535		
	50m:	28.96 28.96	150m:	1:37.14	34.85	250m:	2:46.31	34.71	350m:	3:53.75	33.51
	100m:	1:02.29 33.33	200m:	2:11.60	34.46	300m:	3:20.24	33.93	400m:	4:26.13	32.38
29.	STAŃCZYK, Dawid		91	Korner Zielona Góra				4:26.34	534		
	50m:	30.34 30.34	150m:	1:36.63	33.57	250m:	2:44.31	33.94	350m:	3:52.92	34.40
	100m:	1:03.06 32.72	200m:	2:10.37	33.74	300m:	3:18.52	34.21	400m:	4:26.34	33.42
30.	TOMASZEWSKI, Kamil		94	KP MZOS P ³ ock				4:27.56	527		
	50m:	28.83 28.83	150m:	1:34.65	33.48	250m:	2:43.84	34.69	350m:	3:53.59	34.77
	100m:	1:01.17 32.34	200m:	2:09.15	34.50	300m:	3:18.82	34.98	400m:	4:27.56	33.97
31.	SIŃSKI, Mateusz		94	UKS Rekin Warszawa				4:29.40	516		
	50m:	29.27 29.27	150m:	1:36.44	34.40	250m:	2:46.18	35.14	350m:	3:55.22	34.77
	100m:	1:02.04 32.77	200m:	2:11.04	34.60	300m:	3:20.45	34.27	400m:	4:29.40	34.18
32.	JANKOWIAK, Krzysztof		94	KP Delfin Inowroc ³ aw				4:40.52	457		
	50m:	30.71 30.71	150m:	1:40.59	35.40	250m:	2:53.06	36.30	350m:	4:05.99	36.54
	100m:	1:05.19 34.48	200m:	2:16.76	36.17	300m:	3:29.45	36.39	400m:	4:40.52	34.53
33.	SZADŁOWSKI, Mateusz		95	KP Delfin Inowroc ³ aw				4:53.22	400		
	50m:	32.30 32.30	150m:	1:47.46	37.81	250m:	3:02.51	37.89	350m:	4:17.34	37.21
	100m:	1:09.65 37.35	200m:	2:24.62	37.16	300m:	3:40.13	37.62	400m:	4:53.22	35.88