

Grand Prix - Puchar Polski  
Łódź, 24. - 25.10.2009

Konkurencja 2  
2009-10-24 - 10:38

Mężczyzn, 400m zmienny

14 lat i starsi  
Wyniki

Punkty: FINA 2009

Pozycja			Rok ur.					Pkt.	Czas
1.	Maczak Mateusz		89	MKS Trójka Łódź				833	<b>4:17.69</b>
	50m:	28.03 28.03	150m:	1:32.48 32.77	250m:	2:41.79 36.24	350m:	3:48.57 29.92	
	100m:	59.71 31.68	200m:	2:05.55 33.07	300m:	3:18.65 36.86	400m:	4:17.69 29.12	
2.	Ciećlak Marcin SK		92	Warszawianka Warszawa				792	<b>4:22.06</b>
	50m:	27.86 27.86	150m:	1:33.60 33.77	250m:	2:44.34 37.35	350m:	3:52.66 30.47	
	100m:	59.83 31.97	200m:	2:06.99 33.39	300m:	3:22.19 37.85	400m:	4:22.06 29.40	
3.	Stachura Maciej SK		91	MKS Zryw Opole				773	<b>4:24.21</b>
	50m:	28.31 28.31	150m:	1:33.34 33.53	250m:	2:44.42 37.24	350m:	3:53.39 31.20	
	100m:	59.81 31.50	200m:	2:07.18 33.84	300m:	3:22.19 37.77	400m:	4:24.21 30.82	
4.	Suzin Marcin SK		93	MKS Jordan Kraków				745	<b>4:27.45</b>
	50m:	28.79 28.79	150m:	1:36.70 35.28	250m:	2:48.36 37.69	350m:	3:56.96 31.12	
	100m:	1:01.42 32.63	200m:	2:10.67 33.97	300m:	3:25.84 37.48	400m:	4:27.45 30.49	
5.	Chmiel Łukasz		93	CSiR MOS Dłbrowa Górnica				683	<b>4:35.23</b>
	50m:	28.50 28.50	150m:	1:37.52 36.71	250m:	2:52.21 39.52	350m:	4:05.14 31.92	
	100m:	1:00.81 32.31	200m:	2:12.69 35.17	300m:	3:33.22 41.01	400m:	4:35.23 30.09	
6.	Certa Maciej SO		91	Wisła Puawy				683	<b>4:35.25</b>
	50m:	28.93 28.93	150m:	1:37.71 35.78	250m:	2:51.42 38.02	350m:	4:02.79 33.34	
	100m:	1:01.93 33.00	200m:	2:13.40 35.69	300m:	3:29.45 38.03	400m:	4:35.25 32.46	
7.	Mielecki Mateusz SWR		93	Wks Olsk				681	<b>4:35.51</b>
	50m:	28.75 28.75	150m:	1:37.68 36.26	250m:	2:52.44 39.55	350m:	4:04.79 32.27	
	100m:	1:01.42 32.67	200m:	2:12.89 35.21	300m:	3:32.52 40.08	400m:	4:35.51 30.72	
8.	Krzywiecki Tomasz		89	MKP Szczecin				681	<b>4:35.59</b>
	50m:	28.51 28.51	150m:	1:37.38 36.39	250m:	2:51.84 39.03	350m:	4:04.03 32.64	
	100m:	1:00.99 32.48	200m:	2:12.81 35.43	300m:	3:31.39 39.55	400m:	4:35.59 31.56	
9.	Pacholczyk Mateusz		92	Kormoran Olsztyn				673	<b>4:36.62</b>
	50m:	28.90 28.90	150m:	1:38.53 37.39	250m:	2:53.35 37.07	350m:	4:04.93 33.34	
	100m:	1:01.14 32.24	200m:	2:16.28 37.75	300m:	3:31.59 38.24	400m:	4:36.62 31.69	
10.	Paciorek Artur SK		93	MKS Jordan Kraków				666	<b>4:37.58</b>
	50m:	29.21 29.21	150m:	1:38.19 36.24	250m:	2:52.53 39.27	350m:	4:06.03 32.51	
	100m:	1:01.95 32.74	200m:	2:13.26 35.07	300m:	3:33.52 40.99	400m:	4:37.58 31.55	
11.	Baran Rafał SK		93	MKS Jordan Kraków				651	<b>4:39.68</b>
	50m:	29.23 29.23	150m:	1:38.84 36.71	250m:	2:54.73 40.14	350m:	4:07.56 32.56	
	100m:	1:02.13 32.90	200m:	2:14.59 35.75	300m:	3:35.00 40.27	400m:	4:39.68 32.12	
12.	Pećczyński Kacper SO		92	UKP Unia Ocwięcim				647	<b>4:40.29</b>
	50m:	29.33 29.33	150m:	1:39.79 37.18	250m:	2:54.40 38.01	350m:	4:07.00 33.69	
	100m:	1:02.61 33.28	200m:	2:16.39 36.60	300m:	3:33.31 38.91	400m:	4:40.29 33.29	
13.	Zapała Łukasz SO		91	UKP Unia Ocwięcim				641	<b>4:41.22</b>
	50m:	28.65 28.65	150m:	1:38.69 37.77	250m:	2:56.00 41.70	350m:	4:09.74 32.67	
	100m:	1:00.92 32.27	200m:	2:14.30 35.61	300m:	3:37.07 41.07	400m:	4:41.22 31.48	
14.	Rutkowski Szymon		88	AZS AWF Warszawa				635	<b>4:42.06</b>
	50m:	28.58 28.58	150m:	1:40.81 38.58	250m:	2:58.75 39.92	350m:	4:11.08 32.52	
	100m:	1:02.23 33.65	200m:	2:18.83 38.02	300m:	3:38.56 39.81	400m:	4:42.06 30.98	
15.	Osiński Szymon		94	MKS Delfinek Łuków				627	<b>4:43.18</b>
	50m:	29.11 29.11	150m:	1:41.11 37.42	250m:	2:58.39 40.28	350m:	4:11.45 32.66	
	100m:	1:03.69 34.58	200m:	2:18.11 37.00	300m:	3:38.79 40.40	400m:	4:43.18 31.73	
16.	Michalak Łukasz SP		93	Warta Poznań				626	<b>4:43.41</b>
	50m:	30.27 30.27	150m:	1:39.20 35.47	250m:	2:56.94 43.31	350m:	4:12.69 32.14	
	100m:	1:03.73 33.46	200m:	2:13.63 34.43	300m:	3:40.55 43.61	400m:	4:43.41 30.72	
17.	Gawlik Jarosław, SG		92	MUKP Warszawianka Wodny Park				622	<b>4:44.06</b>
	50m:	29.47 29.47	150m:	1:40.37 36.58	250m:	2:57.63 42.56	350m:	4:12.62 32.70	
	100m:	1:03.79 34.32	200m:	2:15.07 34.70	300m:	3:39.92 42.29	400m:	4:44.06 31.44	

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Pozycja			Rok ur.					Pkt.	Czas		
18.	Przyborowski Piotr		93	KP MZOS P <sup>3</sup> ock				615	<b>4:45.06</b>		
	50m:	28.17 28.17	150m:	1:36.48	35.12	250m:	2:54.63	43.26	350m:	4:12.62	33.60
	100m:	1:01.36 33.19	200m:	2:11.37	34.89	300m:	3:39.02	44.39	400m:	4:45.06	32.44
19.	Łukowski Maciej SWR		93	Wks Orl <sup>1</sup> sk				608	<b>4:46.18</b>		
	50m:	29.47 29.47	150m:	1:41.68	38.45	250m:	2:59.56	40.60	350m:	4:14.60	33.67
	100m:	1:03.23 33.76	200m:	2:18.96	37.28	300m:	3:40.93	41.37	400m:	4:46.18	31.58
20.	Jankowski Jacek SP		93	Warta Poznań				603	<b>4:47.03</b>		
	50m:	29.19 29.19	150m:	1:40.36	38.13	250m:	2:58.73	41.27	350m:	4:14.28	33.79
	100m:	1:02.23 33.04	200m:	2:17.46	37.10	300m:	3:40.49	41.76	400m:	4:47.03	32.75
21.	Biaduń Adrian		93	MTP " Lublinianka "				592	<b>4:48.80</b>		
	50m:	30.20 30.20	150m:	1:44.21	38.50	250m:	3:01.79	39.76	350m:	4:15.73	34.62
	100m:	1:05.71 35.51	200m:	2:22.03	37.82	300m:	3:41.11	39.32	400m:	4:48.80	33.07
22.	Krawczyk Jarosław		91	Kormoran Olsztyn				580	<b>4:50.78</b>		
	50m:	28.21 28.21	150m:	1:36.66	35.78	250m:	2:56.10	45.80	350m:	4:16.81	36.54
	100m:	1:00.88 32.67	200m:	2:10.30	33.64	300m:	3:40.27	44.17	400m:	4:50.78	33.97
23.	Szczuka Paweł <sup>3</sup>		92	Kormoran Olsztyn				544	<b>4:56.93</b>		
	50m:	30.57 30.57	150m:	1:45.50	40.10	250m:	3:06.04	40.84	350m:	4:23.61	34.78
	100m:	1:05.40 34.83	200m:	2:25.20	39.70	300m:	3:48.83	42.79	400m:	4:56.93	33.32
24.	KWIECIŃSKI WOJCIECH		94	UKS 'Rekin' Warszawa				534	<b>4:58.84</b>		
	50m:	31.42 31.42	150m:	1:48.13	40.11	250m:	3:07.53	40.10	350m:	4:24.93	36.07
	100m:	1:08.02 36.60	200m:	2:27.43	39.30	300m:	3:48.86	41.33	400m:	4:58.84	33.91
25.	Zatka Mateusz		94	MKS Juvenia Wrocław				520	<b>5:01.45</b>		
	50m:	32.70 32.70	150m:	1:50.69	40.23	250m:	3:08.36	39.00	350m:	4:25.49	36.72
	100m:	1:10.46 37.76	200m:	2:29.36	38.67	300m:	3:48.77	40.41	400m:	5:01.45	35.96
26.	Miernik Emil		93	UKS 5 Konstantynów				477	<b>5:10.17</b>		
	50m:	32.80 32.80	150m:	1:50.51	39.94	250m:	3:13.98	44.82	350m:	4:35.15	36.59
	100m:	1:10.57 37.77	200m:	2:29.16	38.65	300m:	3:58.56	44.58	400m:	5:10.17	35.02
27.	Cichoń Witold		93	SP Meduza Pajęczno				473	<b>5:11.20</b>		
	50m:	32.38 32.38	150m:	1:50.78	40.46	250m:	3:15.41	46.00	350m:	4:37.03	35.66
	100m:	1:10.32 37.94	200m:	2:29.41	38.63	300m:	4:01.37	45.96	400m:	5:11.20	34.17
28.	Gawêda Maciej		92	MKS Jordan Kraków				469	<b>5:11.95</b>		
	50m:	32.25 32.25	150m:	1:51.13	41.67	250m:	3:13.93	41.72	350m:	4:35.34	38.58
	100m:	1:09.46 37.21	200m:	2:32.21	41.08	300m:	3:56.76	42.83	400m:	5:11.95	36.61
29.	Iwański Kamil		93	UKS "GIM 92 Ursynów" Warszawa				467	<b>5:12.41</b>		
	50m:	32.75 32.75	150m:	1:53.56	41.34	250m:	3:15.99	42.79	350m:	4:36.90	37.35
	100m:	1:12.22 39.47	200m:	2:33.20	39.64	300m:	3:59.55	43.56	400m:	5:12.41	35.51
30.	Kukla-Kuklewicz Michał <sup>3</sup>		95	KP MZOS P <sup>3</sup> ock				438	<b>5:19.12</b>		
	50m:	34.76 34.76	150m:	1:55.97	40.98	250m:	3:19.80	43.68	350m:	4:42.23	38.04
	100m:	1:14.99 40.23	200m:	2:36.12	40.15	300m:	4:04.19	44.39	400m:	5:19.12	36.89
31.	Ziósek Paweł <sup>3</sup>		95	UKS "Ósemka" Starogard Gdański				413	<b>5:25.54</b>		
	50m:	31.69 31.69	150m:	1:50.11	40.98	250m:	3:19.04	48.23	350m:	4:47.24	39.66
	100m:	1:09.13 37.44	200m:	2:30.81	40.70	300m:	4:07.58	48.54	400m:	5:25.54	38.30
32.	Lis Tomasz		93	UKS "GIM 92 Ursynów" Warszawa				410	<b>5:26.44</b>		
	50m:	32.35 32.35	150m:	1:55.14	42.21	250m:	3:22.42	46.74	350m:	4:48.36	39.43
	100m:	1:12.93 40.58	200m:	2:35.68	40.54	300m:	4:08.93	46.51	400m:	5:26.44	38.08