

Grand Prix-Puchar Polski
Szczecin, 14. - 15.11.2009

Konkurencja 2
14.11.09 - 10:35

Mężczyzn, 400m zmienny

14 lat i starsi
Wyniki

Top Times "Poland" Open	4:05.13	WOJT, Lukasz	POL	Rijeka (CRO)	12.12.08
Top Times "Poland" 14	4:39.64	KLIZA, Mateusz	AVSWI	Pulawy	6.12.08
Top Times "Poland" 15	4:26.19	MIKOBAJEWSKI, Mariusz	BUWAR	Gorzow	25.11.05
Top Times "Poland" 16	4:12.87	CIE[LAK, Marcin	MUWAR	Gorzow Wlkp.	28.11.08
Top Times "Poland" 17	4:11.81	MATCZAK, Mateusz	TRLOD	Helsinki (FIN)	8.12.06
Top Times "Poland" 18	4:09.07	MATCZAK, Mateusz	TRLOD	Debrecen (HUN)	14.12.07

Punkty: FINA 2009

Pozycja			Rok ur.					Czas	Pkt.		
1.	KORZENIOWSKI, Pawel		85	AZS-AWF Warszawa				4:08.14	933		
	50m:	26.43 26.43	150m:	1:29.20	32.48	250m:	2:37.66	36.22	350m:	3:41.66	27.52
	100m:	56.72 30.29	200m:	2:01.44	32.24	300m:	3:14.14	36.48	400m:	4:08.14	26.48
2.	MATCZAK, Mateusz		89	MKP Szczecin				4:14.47	865		
	50m:	27.86 27.86	150m:	1:32.13	33.00	250m:	2:41.11	36.97	350m:	3:46.23	29.53
	100m:	59.13 31.27	200m:	2:04.14	32.01	300m:	3:16.70	35.59	400m:	4:14.47	28.24
3.	PEŁCZYŃSKI, Kacper SO		92	UKP UNIA Oœwiêcim				4:28.97	732		
	50m:	28.55 28.55	150m:	1:37.02	35.73	250m:	2:48.67	37.10	350m:	3:58.09	31.57
	100m:	1:01.29 32.74	200m:	2:11.57	34.55	300m:	3:26.52	37.85	400m:	4:28.97	30.88
4.	KRZYWIECKI, Tomasz		89	MKP Szczecin				4:30.71	718		
	50m:	28.41 28.41	150m:	1:36.79	35.69	250m:	2:49.58	38.06	350m:	3:59.84	31.71
	100m:	1:01.10 32.69	200m:	2:11.52	34.73	300m:	3:28.13	38.55	400m:	4:30.71	30.87
5.	CZARNOTA, Mateusz SO		91	UKP UNIA Oœwiêcim				4:33.74	695		
	50m:	29.63 29.63	150m:	1:38.72	35.19	250m:	2:51.98	38.94	350m:	4:02.79	31.58
	100m:	1:03.53 33.90	200m:	2:13.04	34.32	300m:	3:31.21	39.23	400m:	4:33.74	30.95
6.	PASZEK, Marcin		89	AZS-AWF Warszawa				4:35.41	682		
	50m:	28.12 28.12	150m:	1:38.50	37.93	250m:	2:53.06	38.66	350m:	4:04.73	32.89
	100m:	1:00.57 32.45	200m:	2:14.40	35.90	300m:	3:31.84	38.78	400m:	4:35.41	30.68
7.	WIETESKA, Mateusz		91	S.K.S."Start" ŁódŹ				4:39.14	655		
	50m:	29.15 29.15	150m:	1:39.25	36.45	250m:	2:54.89	40.75	350m:	4:08.62	32.95
	100m:	1:02.80 33.65	200m:	2:14.14	34.89	300m:	3:35.67	40.78	400m:	4:39.14	30.52
8.	ZAPAŁA, Łukasz SO		91	UKP UNIA Oœwiêcim				4:39.39	653		
	50m:	28.09 28.09	150m:	1:37.50	37.40	250m:	2:56.62	42.59	350m:	4:09.05	30.62
	100m:	1:00.10 32.01	200m:	2:14.03	36.53	300m:	3:38.43	41.81	400m:	4:39.39	30.34
9.	JANKOWSKI, Jacek SP		93	KS WARTA Poznań				4:47.81	598		
	50m:	28.70 28.70	150m:	1:37.44	36.10	250m:	2:55.95	41.46	350m:	4:12.48	33.74
	100m:	1:01.34 32.64	200m:	2:14.49	37.05	300m:	3:38.74	42.79	400m:	4:47.81	35.33
10.	OSSES, Arkadiusz		95	KS WARTA Poznań				4:50.86	579		
	50m:	30.95 30.95	150m:	1:41.78	36.18	250m:	3:01.59	43.56	350m:	4:18.76	33.21
	100m:	1:05.60 34.65	200m:	2:18.03	36.25	300m:	3:45.55	43.96	400m:	4:50.86	32.10
11.	OSNOWSKI, Bartosz		94	UKS Ósemka Starogard G				4:52.93	567		
	50m:	31.26 31.26	150m:	1:43.80	36.05	250m:	3:02.36	42.87	350m:	4:19.89	33.81
	100m:	1:07.75 36.49	200m:	2:19.49	35.69	300m:	3:46.08	43.72	400m:	4:52.93	33.04
12.	MUZYCZUK, Adrian		95	MKP Szczecin				4:57.47	541		
	50m:	30.44 30.44	150m:	1:46.19	39.10	250m:	3:05.23	41.36	350m:	4:23.32	36.28
	100m:	1:07.09 36.65	200m:	2:23.87	37.68	300m:	3:47.04	41.81	400m:	4:57.47	34.15
13.	WITKOWSKI, Adrian		93	MKP Szczecin				5:01.02	522		
	50m:	30.24 30.24	150m:	1:45.67	39.69	250m:	3:08.99	45.25	350m:	4:27.69	33.98
	100m:	1:05.98 35.74	200m:	2:23.74	38.07	300m:	3:53.71	44.72	400m:	5:01.02	33.33
14.	BLAZEJEWSKI, Tomasz		93	MKP S³owianka Gorzów Wlkp.				5:01.10	522		
	50m:	30.51 30.51	150m:	1:43.08	36.77	250m:	3:03.96	44.44	350m:	4:26.80	36.96
	100m:	1:06.31 35.80	200m:	2:19.52	36.44	300m:	3:49.84	45.88	400m:	5:01.10	34.30
15.	BOHATYREWICZ, Wojciech		95	MKP S³owianka Gorzów Wlkp.				5:05.63	499		
	50m:	32.48 32.48	150m:	1:47.62	38.18	250m:	3:09.74	44.94	350m:	4:31.55	36.18
	100m:	1:09.44 36.96	200m:	2:24.80	37.18	300m:	3:55.37	45.63	400m:	5:05.63	34.08

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Konkurencja 2, Mężczyzn, 400m zmienny, 14 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.		
16.	URBANIAK, Jan			95	KS WARTA Poznań				5:07.36	491		
	50m:	32.93	32.93	150m:	1:50.08	39.88	250m:	3:13.50	44.53	350m:	4:34.29	34.59
	100m:	1:10.20	37.27	200m:	2:28.97	38.89	300m:	3:59.70	46.20	400m:	5:07.36	33.07
17.	MIKOLAJCZAK, Patryk			93	UKS 1-Solex Lêbork				5:07.56	490		
	50m:	30.90	30.90	150m:	1:46.16	38.99	250m:	3:09.15	44.50	350m:	4:32.11	36.19
	100m:	1:07.17	36.27	200m:	2:24.65	38.49	300m:	3:55.92	46.77	400m:	5:07.56	35.45
18.	KUPS, Sebastian			94	MKP S ³ owianka Gorzów Wilkp.				5:08.69	484		
	50m:	30.23	30.23	150m:	1:47.86	43.05	250m:	3:11.01	42.08	350m:	4:32.41	37.25
	100m:	1:04.81	34.58	200m:	2:28.93	41.07	300m:	3:55.16	44.15	400m:	5:08.69	36.28
19.	KRAMEK, Patryk			92	MKP Szczecin				5:15.93	452		
	50m:	31.86	31.86	150m:	1:53.43	42.49	250m:	3:19.53	45.09	350m:	4:42.05	36.61
	100m:	1:10.94	39.08	200m:	2:34.44	41.01	300m:	4:05.44	45.91	400m:	5:15.93	33.88
20.	BURZYNSKI, Patryk			95	MKP S ³ owianka Gorzów Wilkp.				5:19.11	438		
	50m:	32.81	32.81	150m:	1:51.66	40.34	250m:	3:17.59	46.00	350m:	4:42.44	38.43
	100m:	1:11.32	38.51	200m:	2:31.59	39.93	300m:	4:04.01	46.42	400m:	5:19.11	36.67
DYSKW.	RUTKOWSKI, Szymon			88	AZS-AWF Warszawa							
	50m:	29.89	29.89	150m:	1:42.69	38.85	250m:	3:00.35	39.42	350m:	4:45.53	1:04.55
	100m:	1:03.84	33.95	200m:	2:20.93	38.24	300m:	3:40.98	40.63	400m:		