

Grand Prix Polski - Kozenice 2010  
Kozenice, 9. - 10.1.2010

Konkurencja 2  
2010-01-09 - 10:30

Mężczyzn, 400m zmienny

14 lat i starsi  
Wyniki

Top Times "Poland" Open	4:03.20	WOJT Lukasz	POL	Berlin (GER)	2009-11-14
Top Times "Poland" 14	4:39.64	KLIZA Mateusz	AVSWI	Pulawy	2008-12-06
Top Times "Poland" 15	4:26.19	MIKOBĄJEWSKI 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 +	4:03.20	WOJT Lukasz	POL	Berlin (GER)	2009-11-14

Punkty: FINA 2009

Pozycja			Rok ur.					Czas	Pkt.		
1.	SUZIN Marcin SK		93	Jordan Kraków				<b>4:33.39</b>	697		
	50m:	29.36 29.36	150m:	1:39.99	36.76	250m:	2:53.36	38.56	350m:	4:04.15	31.75
	100m:	1:03.23 33.87	200m:	2:14.80	34.81	300m:	3:32.40	39.04	400m:	4:33.39	29.24
2.	PEŁCZYŃSKI Kacper SO		92	Unia Oświęcim				<b>4:34.18</b>	691		
	50m:	29.53 29.53	150m:	1:40.06	36.88	250m:	2:53.57	37.62	350m:	4:03.87	32.01
	100m:	1:03.18 33.65	200m:	2:15.95	35.89	300m:	3:31.86	38.29	400m:	4:34.18	30.31
3.	ŒWIŃTKIEWICZ Rafał		93	Bielany Warszawa				<b>4:43.89</b>	623		
	50m:	29.76 29.76	150m:	1:40.72	36.52	250m:	2:57.86	41.34	350m:	4:12.24	32.29
	100m:	1:04.20 34.44	200m:	2:16.52	35.80	300m:	3:39.95	42.09	400m:	4:43.89	31.65
4.	ŒWITKOWSKI Jan		94	Skarpa Lublin				<b>4:46.13</b>	608		
	50m:	30.70 30.70	150m:	1:41.65	36.03	250m:	2:58.50	42.31	350m:	4:14.11	33.60
	100m:	1:05.62 34.92	200m:	2:16.19	34.54	300m:	3:40.51	42.01	400m:	4:46.13	32.02
5.	KĒPKA Maciej		94	Ursynów Warszawa				<b>4:48.14</b>	596		
	50m:	29.97 29.97	150m:	1:41.56	36.51	250m:	2:59.40	41.03	350m:	4:15.07	34.48
	100m:	1:05.05 35.08	200m:	2:18.37	36.81	300m:	3:40.59	41.19	400m:	4:48.14	33.07
6.	GRZELEC Bartosz		93	Bielany Warszawa				<b>4:50.45</b>	581		
	50m:	29.51 29.51	150m:	1:41.67	37.67	250m:	3:00.37	42.38	350m:	4:17.25	34.09
	100m:	1:04.00 34.49	200m:	2:17.99	36.32	300m:	3:43.16	42.79	400m:	4:50.45	33.20
7.	ZIELIŃSKI Dawid SS		92	MKP Szczecin				<b>4:52.36</b>	570		
	50m:	30.07 30.07	150m:	1:43.59	39.17	250m:	3:05.28	44.30	350m:	4:22.32	32.69
	100m:	1:04.42 34.35	200m:	2:20.98	37.39	300m:	3:49.63	44.35	400m:	4:52.36	30.04
8.	KOŒCIELNY Tomasz SS		94	MKP Szczecin				<b>4:54.82</b>	556		
	50m:	29.02 29.02	150m:	1:44.30	38.71	250m:	3:05.30	42.67	350m:	4:21.86	33.38
	100m:	1:05.59 36.57	200m:	2:22.63	38.33	300m:	3:48.48	43.18	400m:	4:54.82	32.96
9.	CZAJKOWSKI Wojciech		94	Avia Œwidnik				<b>4:57.68</b>	540		
	50m:	31.09 31.09	150m:	1:49.22	41.83	250m:	3:08.23	39.52	350m:	4:24.00	35.92
	100m:	1:07.39 36.30	200m:	2:28.71	39.49	300m:	3:48.08	39.85	400m:	4:57.68	33.68
10.	BIŒ Daniel		95	Bielany Warszawa				<b>4:58.65</b>	535		
	50m:	30.72 30.72	150m:	1:45.13	38.77	250m:	3:06.25	42.90	350m:	4:25.09	35.08
	100m:	1:06.36 35.64	200m:	2:23.35	38.22	300m:	3:50.01	43.76	400m:	4:58.65	33.56
11.	GAWRYŒ Sebastian		94	Polonia Warszawa				<b>5:08.37</b>	486		
	50m:	32.03 32.03	150m:	1:49.54	40.02	250m:	3:11.26	42.19	350m:	4:32.32	37.16
	100m:	1:09.52 37.49	200m:	2:29.07	39.53	300m:	3:55.16	43.90	400m:	5:08.37	36.05
12.	PYDA Jakub		94	Skarpa Lublin				<b>5:14.92</b>	456		
	50m:	31.13 31.13	150m:	1:47.73	40.16	250m:	3:13.41	46.82	350m:	4:37.45	37.38
	100m:	1:07.57 36.44	200m:	2:26.59	38.86	300m:	4:00.07	46.66	400m:	5:14.92	37.47
13.	RUTKOWSKI Krzysztof		96	Lublinianka				<b>5:22.64</b>	424		
	50m:	33.39 33.39	150m:	1:56.01	43.32	250m:	3:25.07	46.15	350m:	4:47.71	35.86
	100m:	1:12.69 39.30	200m:	2:38.92	42.91	300m:	4:11.85	46.78	400m:	5:22.64	34.93
14.	ŒERODEK Arkadiusz		96	Lublinianka				<b>5:26.21</b>	410		
	50m:	34.11 34.11	150m:	1:57.41	42.39	250m:	3:27.17	47.69	350m:	4:51.77	36.83
	100m:	1:15.02 40.91	200m:	2:39.48	42.07	300m:	4:14.94	47.77	400m:	5:26.21	34.44
DYSKW.	GRULA Mateusz		93	Bielany Warszawa					M 9		