

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

Konkurencja 34  
2010-01-10 - 10:15

Mężczyzn, 400m dowolny

14 lat i starsi  
Wyniki

Top Times "Poland" Open	3:37.78	KORZENIOWSKI Pawel	AZWAR	Gorzow Wielkopolski	2009-11-26
Top Times "Poland" 14	3:59.77	ZONIUK Maciej	SLWRO	Saint Dizier (FRA)	2008-11-15
Top Times "Poland" 15	3:55.05	SZUBA MichaB	SLWRO	Nowa Ruda	2008-12-13
Top Times "Poland" 16	3:50.48	MROZ Gregor	POL	???	1999-03-01
Top Times "Poland" 17	3:49.96	STANCZYK Przemyslaw	POL	???	2002-11-01
Top Times "Poland" 18	3:43.83	SAWRYMOWICZ Mateusz	POL	Trieste (ITA)	2005-12-08
Top Times "Poland" 19 +	3:37.78	KORZENIOWSKI Pawel	AZWAR	Gorzow Wielkopolski	2009-11-26

Punkty: FINA 2009

Pozycja			Rok ur.				Czas	Pkt.
1.	DUBIEL Adam		93		Lublinianka		<b>4:02.19</b>	710
	50m:	28.34 28.34	150m:	1:29.51 30.61	250m:	2:30.94 30.72	350m:	3:32.55 30.75
	100m:	58.90 30.56	200m:	2:00.22 30.71	300m:	3:01.80 30.86	400m:	4:02.19 29.64
2.	CZARNOTA Mateusz SO		91		Unia Oeewiēcim		<b>4:03.30</b>	701
	50m:	29.26 29.26	150m:	1:30.59 30.82	250m:	2:31.54 30.25	350m:	3:32.61 30.71
	100m:	59.77 30.51	200m:	2:01.29 30.70	300m:	3:01.90 30.36	400m:	4:03.30 30.69
3.	WYSOCZYŃSKI Mateusz SK		93		Jordan Kraków		<b>4:08.39</b>	659
	50m:	29.48 29.48	150m:	1:31.17 30.65	250m:	2:34.38 31.73	350m:	3:37.99 31.87
	100m:	1:00.52 31.04	200m:	2:02.65 31.48	300m:	3:06.12 31.74	400m:	4:08.39 30.40
4.	PULWIN Pawe <sup>3</sup> SO		92		Unia Oeewiēcim		<b>4:12.56</b>	627
	50m:	28.77 28.77	150m:	1:30.99 31.41	250m:	2:34.84 32.25	350m:	3:40.27 32.72
	100m:	59.58 30.81	200m:	2:02.59 31.60	300m:	3:07.55 32.71	400m:	4:12.56 32.29
5.	HAŁACZKIEWICZ Pawe <sup>3</sup>		93		Wis <sup>3</sup> a Pu <sup>3</sup> awy		<b>4:13.02</b>	623
	50m:	28.47 28.47	150m:	1:31.97 32.16	250m:	2:37.28 32.70	350m:	3:42.12 32.21
	100m:	59.81 31.34	200m:	2:04.58 32.61	300m:	3:09.91 32.63	400m:	4:13.02 30.90
6.	ZABOROWSKI Filip SS		94		Flota Gdynia		<b>4:13.37</b>	621
	50m:	28.76 28.76	150m:	1:32.50 31.99	250m:	2:37.04 32.43	350m:	3:42.46 32.46
	100m:	1:00.51 31.75	200m:	2:04.61 32.11	300m:	3:10.00 32.96	400m:	4:13.37 30.91
7.	KSIŃEK Micha <sup>3</sup> SK		93		Jordan Kraków		<b>4:15.16</b>	608
	50m:	28.93 28.93	150m:	1:33.88 32.64	250m:	2:38.82 32.75	350m:	3:43.45 31.91
	100m:	1:01.24 32.31	200m:	2:06.07 32.19	300m:	3:11.54 32.72	400m:	4:15.16 31.71
8.	JASIŃSKI Jakub		87		Korner Zielona Góra		<b>4:16.03</b>	601
	50m:	29.05 29.05	150m:	1:31.70 31.62	250m:	2:36.61 32.35	350m:	3:43.22 33.22
	100m:	1:00.08 31.03	200m:	2:04.26 32.56	300m:	3:10.00 33.39	400m:	4:16.03 32.81
9.	ŒEWITKOWSKI Jan		94		Skarpa Lublin		<b>4:16.28</b>	600
	50m:	30.10 30.10	150m:	1:34.30 32.34	250m:	2:38.99 32.33	350m:	3:44.81 32.91
	100m:	1:01.96 31.86	200m:	2:06.66 32.36	300m:	3:11.90 32.91	400m:	4:16.28 31.47
10.	BRODZIK Andrzej		94		Skarpa Lublin		<b>4:22.66</b>	557
	50m:	30.48 30.48	150m:	1:37.50 33.57	250m:	2:44.91 33.19	350m:	3:52.37 33.74
	100m:	1:03.93 33.45	200m:	2:11.72 34.22	300m:	3:18.63 33.72	400m:	4:22.66 30.29
11.	SOBCZYK Kamil		93		Trójka ŁódŹ		<b>4:27.02</b>	530
	50m:	29.85 29.85	150m:	1:36.70 34.00	250m:	2:44.61 33.87	350m:	3:53.85 34.63
	100m:	1:02.70 32.85	200m:	2:10.74 34.04	300m:	3:19.22 34.61	400m:	4:27.02 33.17
12.	KRAWCZYK Hubert		94		Skarpa Lublin		<b>4:33.75</b>	492
	50m:	31.72 31.72	150m:	1:41.42 34.90	250m:	2:50.82 34.20	350m:	4:00.11 34.04
	100m:	1:06.52 34.80	200m:	2:16.62 35.20	300m:	3:26.07 35.25	400m:	4:33.75 33.64
13.	GWIAZDA Micha <sup>3</sup>		94		Skarpa Lublin		<b>4:35.03</b>	485
	50m:	31.67 31.67	150m:	1:41.41 34.85	250m:	2:51.72 34.84	350m:	4:01.45 34.59
	100m:	1:06.56 34.89	200m:	2:16.88 35.47	300m:	3:26.86 35.14	400m:	4:35.03 33.58
14.	SUSZEK Wojciech		92		Skarpa Lublin		<b>4:38.20</b>	469
	50m:	31.71 31.71	150m:	1:41.32 34.78	250m:	2:51.88 34.69	350m:	4:02.26 35.92
	100m:	1:06.54 34.83	200m:	2:17.19 35.87	300m:	3:26.34 34.46	400m:	4:38.20 35.94
15.	PYDA Jakub		94		Skarpa Lublin		<b>4:38.76</b>	466
	50m:	31.73 31.73	150m:	1:43.10 35.83	250m:	2:54.52 35.56	350m:	4:04.87 35.02
	100m:	1:07.27 35.54	200m:	2:18.96 35.86	300m:	3:29.85 35.33	400m:	4:38.76 33.89

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

Pozycja				Rok ur.					Czas	Pkt.		
16.	WRONA Łukasz			94	Skarpa Lublin				<b>4:39.78</b>	461		
	50m:	31.53	31.53	150m:	1:42.93	35.86	250m:	2:55.32	36.14	350m:	4:06.76	35.61
	100m:	1:07.07	35.54	200m:	2:19.18	36.25	300m:	3:31.15	35.83	400m:	4:39.78	33.02
17.	RUTKOWSKI Krzysztof			96	Lublinianka				<b>4:39.97</b>	460		
	50m:	32.02	32.02	150m:	1:40.99	34.99	250m:	2:52.16	35.27	350m:	4:04.67	36.12
	100m:	1:06.00	33.98	200m:	2:16.89	35.90	300m:	3:28.55	36.39	400m:	4:39.97	35.30
18.	GOLEŃ Filip			96	Fala Kraczenik				<b>4:48.20</b>	422		
	50m:	31.72	31.72	150m:	1:43.35	36.40	250m:	2:56.83	36.77	350m:	4:11.91	37.51
	100m:	1:06.95	35.23	200m:	2:20.06	36.71	300m:	3:34.40	37.57	400m:	4:48.20	36.29
19.	ŒERODEK Arkadiusz			96	Lublinianka				<b>5:00.82</b>	371		
	50m:	33.18	33.18	150m:	1:49.63	38.64	250m:	3:08.13	39.36	350m:	4:25.16	38.12
	100m:	1:10.99	37.81	200m:	2:28.77	39.14	300m:	3:47.04	38.91	400m:	5:00.82	35.66