

**Grand Prix Polski Seniorów
Ciechanów, 6. - 7.11.2010**

Konkurencja 2
2010-11-06 - 10:30

M czynn, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2010

Pozycja	Rok ur.	Czas	Pkt.
1. Cie lak Marcin	92 MUKP Warszawianka Wodny Park	4:19.90	760
50m: 27.32 27.32	150m: 1:33.04 34.17	250m: 2:42.60 36.22	350m: 3:50.12 30.90
100m: 58.87 31.55	200m: 2:06.38 33.34	300m: 3:19.22 36.62	400m: 4:19.90 29.78
2. Jasi ski Jakub	87 Korner Zielona Góra	4:22.86	735
50m: 28.29 28.29	150m: 1:34.84 33.94	250m: 2:44.86 37.17	350m: 3:53.30 30.31
100m: 1:00.90 32.61	200m: 2:07.69 32.85	300m: 3:22.99 38.13	400m: 4:22.86 29.56
3. Kuczko Sławomir	85 AZS AWF Warszawa	4:26.36	706
50m: 29.05 29.05	150m: 1:37.73 35.68	250m: 2:47.95 34.70	350m: 3:56.12 32.14
100m: 1:02.05 33.00	200m: 2:13.25 35.52	300m: 3:23.98 36.03	400m: 4:26.36 30.24
4. Kierzkowski Mateusz	87 KS AZS-AWFis Gda sk	4:28.73	688
50m: 27.59 27.59	150m: 1:34.31 35.52	250m: 2:47.26 38.67	350m: 3:58.55 31.99
100m: 58.79 31.20	200m: 2:08.59 34.28	300m: 3:26.56 39.30	400m: 4:28.73 30.18
5. Chmiel Łukasz	93 CSiR MOS D browa Górnicza	4:36.44	632
50m: 27.95 27.95	150m: 1:35.59 35.09	250m: 2:50.19 39.38	350m: 4:03.10 32.47
100m: 1:00.50 32.55	200m: 2:10.81 35.22	300m: 3:30.63 40.44	400m: 4:36.44 33.34
6. Zapala Łukasz	91 AZS AWF Warszawa	4:36.52	631
50m: 28.37 28.37	150m: 1:37.61 37.50	250m: 2:55.30 41.72	350m: 4:07.82 31.11
100m: 1:00.11 31.74	200m: 2:13.58 35.97	300m: 3:36.71 41.41	400m: 4:36.52 28.70
7. Kubkowski BARTŁOMIEJ	95 MKS Medyk Gi ycko	4:36.79	629
50m: 30.00 30.00	150m: 1:40.32 34.91	250m: 2:54.91 40.49	350m: 4:06.73 30.54
100m: 1:05.41 35.41	200m: 2:14.42 34.10	300m: 3:36.19 41.28	400m: 4:36.79 30.06
8. SMEJA SŁAWOMIR	94 AZS-WSG-Astoria Bydgoszcz	4:39.74	610
50m: 29.75 29.75	150m: 1:41.10 36.97	250m: 2:56.83 39.63	350m: 4:09.79 31.75
100m: 1:04.13 34.38	200m: 2:17.20 36.10	300m: 3:38.04 41.21	400m: 4:39.74 29.95
9. Morawski Krzysztof	94 Muks Pi tnastka Aqua Bydgoszcz	4:40.89	602
50m: 29.82 29.82	150m: 1:38.51 34.36	250m: 2:52.95 40.65	350m: 4:08.91 34.24
100m: 1:04.15 34.33	200m: 2:12.30 33.79	300m: 3:34.67 41.72	400m: 4:40.89 31.98
10. Certa Maciej	91 AZS AWF Warszawa	4:41.24	600
50m: 29.14 29.14	150m: 1:39.03 36.16	250m: 2:54.23 37.17	350m: 4:06.29 34.78
100m: 1:02.87 33.73	200m: 2:17.06 38.03	300m: 3:31.51 37.28	400m: 4:41.24 34.95
11. wiatkiewicz Rafał	93 UKS "G-8 Bielany" Warszawa	4:41.51	598
50m: 29.39 29.39	150m: 1:38.94 36.02	250m: 2:55.70 41.56	350m: 4:10.02 32.89
100m: 1:02.92 33.53	200m: 2:14.14 35.20	300m: 3:37.13 41.43	400m: 4:41.51 31.49
12. Lasek Bartomiej	94 MKS "Trójka" Łód	4:42.82	590
50m: 29.44 29.44	150m: 1:41.43 37.95	250m: 2:58.56 41.19	350m: 4:12.32 32.05
100m: 1:03.48 34.04	200m: 2:17.37 35.94	300m: 3:40.27 41.71	400m: 4:42.82 30.50
13. wiek Kacper	95 MKS Polonia Warszawa	4:43.57	585
50m: 30.01 30.01	150m: 1:40.27 35.72	250m: 2:55.57 39.83	350m: 4:10.54 33.59
100m: 1:04.55 34.54	200m: 2:15.74 35.47	300m: 3:36.95 41.38	400m: 4:43.57 33.03
14. Nowicki Mateusz	94 Muks Pi tnastka Aqua Bydgoszcz	4:45.78	572
50m: 29.86 29.86	150m: 1:40.68 37.23	250m: 2:59.04 42.59	350m: 4:14.64 33.16
100m: 1:03.45 33.59	200m: 2:16.45 35.77	300m: 3:41.48 42.44	400m: 4:45.78 31.14
15. Jankowski Paweł	95 CSiR MOS D browa Górnicza	4:47.99	559
50m: 30.00 30.00	150m: 1:41.16 36.11	250m: 2:59.67 42.34	350m: 4:16.12 33.91
100m: 1:05.05 35.05	200m: 2:17.33 36.17	300m: 3:42.21 42.54	400m: 4:47.99 31.87
16. Kami ski Szymon	92 MKP, „Słowianka" Gorzów Wlkp.	4:52.41	534
50m: 30.25 30.25	150m: 1:41.37 36.63	250m: 3:00.85 43.17	350m: 4:18.58 34.41
100m: 1:04.74 34.49	200m: 2:17.68 36.31	300m: 3:44.17 43.32	400m: 4:52.41 33.83
17. Pawełek Igor	96 Muks Pi tnastka Aqua Bydgoszcz	4:56.38	513
50m: 31.42 31.42	150m: 1:44.68 36.03	250m: 3:02.07 41.78	350m: 4:20.99 35.45
100m: 1:08.65 37.23	200m: 2:20.29 35.61	300m: 3:45.54 43.47	400m: 4:56.38 35.39

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Pozycja			Rok ur.						Czas	Pkt.
18.	Weiss Aleksander		94	UKS Osemka Starogard Gdanski					4:57.47	507
	50m: 30.94	30.94	150m: 1:48.24	38.71	250m: 3:05.88	40.01	350m: 4:22.47		35.00	
	100m: 1:09.53	38.59	200m: 2:25.87	37.63	300m: 3:47.47	41.59	400m: 4:57.47		35.00	
19.	Rackowski Piotr, Daniel		96	Mi dzyszkolny Uczniowski Klub Sportowy "OLIMPIJCZYK" Suwałki					5:04.30	472
	50m: 32.22	32.22	150m: 1:47.49	37.87	250m: 3:10.34	44.29	350m: 4:29.93		35.96	
	100m: 1:09.62	37.40	200m: 2:26.05	38.56	300m: 3:53.97	43.63	400m: 5:04.30		34.37	
20.	Gockowiak Radoslaw		95	UKS Osemka Starogard Gdanski					5:06.11	465
	50m: 33.96	33.96	150m: 1:54.22	40.20	250m: 3:14.08	40.90	350m: 4:32.21		36.27	
	100m: 1:14.02	40.06	200m: 2:33.18	38.96	300m: 3:55.94	41.86	400m: 5:06.11		33.90	
21.	Szwarcacki J drzej		96	Dwójka Morena Gda sk					5:07.59	458
	50m: 32.02	32.02	150m: 1:48.51	40.04	250m: 3:12.93	44.31	350m: 4:33.63		35.46	
	100m: 1:08.47	36.45	200m: 2:28.62	40.11	300m: 3:58.17	45.24	400m: 5:07.59		33.96	
22.	Krzewi ski Patryk		96	Muks Pi tnastka Aqua Bydgoszcz					5:33.21	361
	50m: 32.20	32.20	150m: 1:49.38	38.77	250m: 3:18.56	51.40	350m: 4:52.58		40.99	
	100m: 1:10.61	38.41	200m: 2:27.16	37.78	300m: 4:11.59	53.03	400m: 5:33.21		40.63	
NW	Kordala Maciej		93	Mi dzyszkolny Uczniowski Klub Sportowy "OLIMPIJCZYK" Suwałki						