

Grand Prix Polski Seniorów
Ciechanów, 6. - 7.11.2010

Konkurencja 34
2010-11-07 - 11:40

M czynn, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2010

Pozycja			Rok ur.						Czas	Pkt.		
1.	Werner Paweł		93	MKS Juvenia Wrocław				3:54.68	745			
	50m:	27.56	27.56	150m:	1:28.23	30.47	250m:	2:27.69	29.35	350m:	3:26.19	29.23
	100m:	57.76	30.20	200m:	1:58.34	30.11	300m:	2:56.96	29.27	400m:	3:54.68	28.49
2.	Pielowski Krzysztof		91	MTP Kormoran Olsztyn				3:55.38	738			
	50m:	28.08	28.08	150m:	1:26.95	29.51	250m:	2:26.33	29.67	350m:	3:25.82	30.00
	100m:	57.44	29.36	200m:	1:56.66	29.71	300m:	2:55.82	29.49	400m:	3:55.38	29.56
3.	Zaczy ski Karol		91	AZS AWF Katowice				3:56.41	729			
	50m:	27.86	27.86	150m:	1:26.54	29.49	250m:	2:26.90	30.15	350m:	3:27.49	30.12
	100m:	57.05	29.19	200m:	1:56.75	30.21	300m:	2:57.37	30.47	400m:	3:56.41	28.92
	Borowicz Skoneczny Sylwester		92	MTP Kormoran Olsztyn				3:56.41	729			
	50m:	28.46	28.46	150m:	1:28.73	29.94	250m:	2:28.63	29.98	350m:	3:27.62	29.44
	100m:	58.79	30.33	200m:	1:58.65	29.92	300m:	2:58.18	29.55	400m:	3:56.41	28.79
5.	Dubiel Adam		93	Lublinianka				4:00.03	696			
	50m:	27.78	27.78	150m:	1:28.29	30.41	250m:	2:29.74	30.55	350m:	3:30.69	30.27
	100m:	57.88	30.10	200m:	1:59.19	30.90	300m:	3:00.42	30.68	400m:	4:00.03	29.34
6.	Misiak Piotr		92	UKS "G-8 Bielany" Warszawa				4:00.49	692			
	50m:	27.97	27.97	150m:	1:27.62	29.88	250m:	2:28.55	30.66	350m:	3:30.15	30.78
	100m:	57.74	29.77	200m:	1:57.89	30.27	300m:	2:59.37	30.82	400m:	4:00.49	30.34
7.	Hura Bartosz		91	MTP Kormoran Olsztyn				4:00.65	691			
	50m:	28.44	28.44	150m:	1:28.19	29.93	250m:	2:29.13	30.73	350m:	3:30.77	30.86
	100m:	58.26	29.82	200m:	1:58.40	30.21	300m:	2:59.91	30.78	400m:	4:00.65	29.88
8.	Zieja Dawid		89	KS AZS-AWFis Gda sk				4:01.90	680			
	50m:	26.99	26.99	150m:	1:27.67	30.68	250m:	2:30.07	31.30	350m:	3:31.99	30.74
	100m:	56.99	30.00	200m:	1:58.77	31.10	300m:	3:01.25	31.18	400m:	4:01.90	29.91
9.	Pi tkowski Mateusz		90	AZS AWF Warszawa				4:02.46	675			
	50m:	27.93	27.93	150m:	1:28.06	30.28	250m:	2:29.68	30.82	350m:	3:32.36	31.43
	100m:	57.78	29.85	200m:	1:58.86	30.80	300m:	3:00.93	31.25	400m:	4:02.46	30.10
10.	Zapała Łukasz		91	AZS AWF Warszawa				4:03.06	670			
	50m:	28.48	28.48	150m:	1:29.65	30.89	250m:	2:31.57	30.68	350m:	3:32.99	30.81
	100m:	58.76	30.28	200m:	2:00.89	31.24	300m:	3:02.18	30.61	400m:	4:03.06	30.07
11.	Jasi ski Jakub		87	Korner Zielona Góra				4:04.16	661			
	50m:	28.10	28.10	150m:	1:29.67	30.80	250m:	2:31.43	30.88	350m:	3:33.87	30.97
	100m:	58.87	30.77	200m:	2:00.55	30.88	300m:	3:02.90	31.47	400m:	4:04.16	30.29
12.	Otłowski Aleksy		91	MUKP Warszawianka Wodny Park				4:04.22	661			
	50m:	27.06	27.06	150m:	1:28.56	31.25	250m:	2:31.55	31.50	350m:	3:34.16	31.03
	100m:	57.31	30.25	200m:	2:00.05	31.49	300m:	3:03.13	31.58	400m:	4:04.22	30.06
13.	Rzadkowski Daniel		94	Mi dzyszkolny Uczniowski Klub Sportowy "MPSZ" Suwałki				4:04.27	660			
	50m:	27.50	27.50	150m:	1:29.77	31.47	250m:	2:32.30	31.29	350m:	3:34.79	30.82
	100m:	58.30	30.80	200m:	2:01.01	31.24	300m:	3:03.97	31.67	400m:	4:04.27	29.48
14.	Kotkowicz Michał		93	MKP „Słowianka" Gorzów Wlkp.				4:05.06	654			
	50m:	27.89	27.89	150m:	1:29.73	31.14	250m:	2:31.86	31.21	350m:	3:34.34	31.26
	100m:	58.59	30.70	200m:	2:00.65	30.92	300m:	3:03.08	31.22	400m:	4:05.06	30.72
15.	Kubkowski BARTŁOMIEJ		95	MKS Medyk Gi ycko				4:05.32	652			
	50m:	28.93	28.93	150m:	1:31.24	31.19	250m:	2:33.49	30.96	350m:	3:35.53	30.88
	100m:	1:00.05	31.12	200m:	2:02.53	31.29	300m:	3:04.65	31.16	400m:	4:05.32	29.79
16.	wiatkiewicz Rafał		93	UKS "G-8 Bielany" Warszawa				4:05.73	649			
	50m:	27.59	27.59	150m:	1:28.72	31.07	250m:	2:31.74	31.63	350m:	3:34.56	31.55
	100m:	57.65	30.06	200m:	2:00.11	31.39	300m:	3:03.01	31.27	400m:	4:05.73	31.17
17.	Zembrzuski Maciej		92	MTP Kormoran Olsztyn				4:05.79	648			
	50m:	28.87	28.87	150m:	1:31.01	31.30	250m:	2:33.13	30.89	350m:	3:35.86	31.41
	100m:	59.71	30.84	200m:	2:02.24	31.23	300m:	3:04.45	31.32	400m:	4:05.79	29.93

Grand Prix Polski Seniorów
Ciechanów, 6. - 7.11.2010

Konkurencja 34, M czynn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.			
18.	SMEJA SŁAWOMIR		94	AZS-WSG-Astoria Bydgoszcz				4:05.87	648			
	50m:	28.29	28.29	150m:	1:29.62	30.85	250m:	2:32.90	31.76	350m:	3:35.85	31.21
	100m:	58.77	30.48	200m:	2:01.14	31.52	300m:	3:04.64	31.74	400m:	4:05.87	30.02
19.	R yski Marcin		94	MTP Kormoran Olsztyn				4:06.78	640			
	50m:	30.67	30.67	150m:	1:32.67	31.23	250m:	2:34.78	30.97	350m:	3:36.76	30.95
	100m:	1:01.44	30.77	200m:	2:03.81	31.14	300m:	3:05.81	31.03	400m:	4:06.78	30.02
20.	Szarli ski Filip		92	UKS "G-8 Bielany" Warszawa				4:06.99	639			
	50m:	27.49	27.49	150m:	1:29.59	31.25	250m:	2:32.94	31.68	350m:	3:36.61	31.94
	100m:	58.34	30.85	200m:	2:01.26	31.67	300m:	3:04.67	31.73	400m:	4:06.99	30.38
21.	Nowicki Mateusz		94	Muks Pi tnastka Aqua Bydgoszcz				4:07.65	634			
	50m:	28.91	28.91	150m:	1:30.89	31.28	250m:	2:34.10	31.47	350m:	3:37.34	31.52
	100m:	59.61	30.70	200m:	2:02.63	31.74	300m:	3:05.82	31.72	400m:	4:07.65	30.31
22.	Kowalski Wojciech		94	MTP Kormoran Olsztyn				4:08.51	627			
	50m:	28.83	28.83	150m:	1:31.77	31.63	250m:	2:34.93	31.31	350m:	3:37.99	31.34
	100m:	1:00.14	31.31	200m:	2:03.62	31.85	300m:	3:06.65	31.72	400m:	4:08.51	30.52
23.	Rz sa Wojciech		90	KS AZS-AWFis Gda sk				4:09.19	622			
	50m:	28.74	28.74	150m:	1:30.73	31.24	250m:	2:33.26	31.53	350m:	3:37.52	32.00
	100m:	59.49	30.75	200m:	2:01.73	31.00	300m:	3:05.52	32.26	400m:	4:09.19	31.67
24.	Stokarski Marek		92	UKS "G-8 Bielany" Warszawa				4:09.73	618			
	50m:	27.92	27.92	150m:	1:29.37	31.06	250m:	2:32.48	31.53	350m:	3:37.13	32.56
	100m:	58.31	30.39	200m:	2:00.95	31.58	300m:	3:04.57	32.09	400m:	4:09.73	32.60
25.	Kłusek Adrian		93	MKS Juvenia Wrocław				4:11.11	608			
	50m:	28.71	28.71	150m:	1:31.82	31.76	250m:	2:35.51	31.99	350m:	3:39.90	31.72
	100m:	1:00.06	31.35	200m:	2:03.52	31.70	300m:	3:08.18	32.67	400m:	4:11.11	31.21
26.	S kowski Daniel		95	MKS Polonia Warszawa				4:12.15	600			
	50m:	28.69	28.69	150m:	1:31.95	32.03	250m:	2:36.67	32.46	350m:	3:41.83	32.44
	100m:	59.92	31.23	200m:	2:04.21	32.26	300m:	3:09.39	32.72	400m:	4:12.15	30.32
27.	Cholewo Krzysztof		95	Klub Sportowy "1" O arów Mazowiecki				4:13.02	594			
	50m:	29.03	29.03	150m:	1:33.53	32.40	250m:	2:38.42	32.35	350m:	3:42.98	32.25
	100m:	1:01.13	32.10	200m:	2:06.07	32.54	300m:	3:10.73	32.31	400m:	4:13.02	30.04
28.	Berezecki Mateusz		95	Mi dzyszkolny Uczniowski Klub Sportowy "1007" "CZYK" Suwałki				4:16.07	513			
	50m:	28.57	28.57	150m:	1:33.14	32.47	250m:	2:39.09	32.95	350m:	3:44.81	32.60
	100m:	1:00.67	32.10	200m:	2:06.14	33.00	300m:	3:12.21	33.12	400m:	4:16.07	31.26
29.	Płachta Emil		96	MTP Kormoran Olsztyn				4:17.16	566			
	50m:	29.55	29.55	150m:	1:34.55	32.89	250m:	2:40.13	32.67	350m:	3:45.60	32.52
	100m:	1:01.66	32.11	200m:	2:07.46	32.91	300m:	3:13.08	32.95	400m:	4:17.16	31.56
30.	Iwaniuk Damian		87	AZS AWF Warszawa				4:18.85	555			
	50m:	28.25	28.25	150m:	1:30.46	31.68	250m:	2:37.00	33.69	350m:	3:44.83	33.80
	100m:	58.78	30.53	200m:	2:03.31	32.85	300m:	3:11.03	34.03	400m:	4:18.85	34.02
31.	Hołub Jan		96	Klub Pływacki AVIA widnik				4:19.43	551			
	50m:	29.22	29.22	150m:	1:34.33	32.43	250m:	2:40.37	33.08	350m:	3:46.93	33.41
	100m:	1:01.90	32.68	200m:	2:07.29	32.96	300m:	3:13.52	33.15	400m:	4:19.43	32.50
32.	Lenard Jacek		95	MKS Polonia Warszawa				4:21.94	535			
	50m:	28.97	28.97	150m:	1:34.42	33.07	250m:	2:42.13	33.76	350m:	3:49.12	33.05
	100m:	1:01.35	32.38	200m:	2:08.37	33.95	300m:	3:16.07	33.94	400m:	4:21.94	32.82
33.	Szczepa ski Sebastian		95	Korner Zielona Góra				4:23.50	526			
	50m:	29.39	29.39	150m:	1:36.42	33.81	250m:	2:43.90	33.36	350m:	3:50.73	33.35
	100m:	1:02.61	33.22	200m:	2:10.54	34.12	300m:	3:17.38	33.48	400m:	4:23.50	32.77
34.	Kurek Bartłomiej		94	UKS Osemka Starogard Gdanski				4:24.55	520			
	50m:	30.33	30.33	150m:	1:38.98	34.65	250m:	2:46.63	33.31	350m:	3:52.93	33.06
	100m:	1:04.33	34.00	200m:	2:13.32	34.34	300m:	3:19.87	33.24	400m:	4:24.55	31.62
35.	Laser Patryk		94	UKS Osemka Starogard Gdanski				4:25.30	515			
	50m:	28.88	28.88	150m:	1:34.79	33.16	250m:	2:43.15	34.43	350m:	3:51.73	34.19
	100m:	1:01.63	32.75	200m:	2:08.72	33.93	300m:	3:17.54	34.39	400m:	4:25.30	33.57

Grand Prix Polski Seniorów
Ciechanów, 6. - 7.11.2010

Konkurencja 34, M czynn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
36.	Kara Sebastian		91	MKS Polonia Warszawa			4:25.36	515	
	50m: 30.46	30.46	150m: 1:37.62	34.02	250m: 2:44.95	33.82	350m: 3:52.58	33.76	
	100m: 1:03.60	33.14	200m: 2:11.13	33.51	300m: 3:18.82	33.87	400m: 4:25.36	32.78	
37.	Kaczmarek Rafał		94	BUKS warszawa			4:25.57	514	
	50m: 30.20	30.20	150m: 1:36.16	33.06	250m: 2:43.45	33.81	350m: 3:52.12	34.46	
	100m: 1:03.10	32.90	200m: 2:09.64	33.48	300m: 3:17.66	34.21	400m: 4:25.57	33.45	
38.	Ciesielski Filip		96	Muks Pi tnastka Aqua Bydgoszcz			4:25.75	513	
	50m: 30.27	30.27	150m: 1:37.65	34.00	250m: 2:46.12	34.36	350m: 3:53.91	33.77	
	100m: 1:03.65	33.38	200m: 2:11.76	34.11	300m: 3:20.14	34.02	400m: 4:25.75	31.84	
39.	Gil Karol		94	UKS Osemka Starogard Gdanski			4:26.26	510	
	50m: 30.85	30.85	150m: 1:38.10	33.98	250m: 2:46.06	33.95	350m: 3:53.48	33.65	
	100m: 1:04.12	33.27	200m: 2:12.11	34.01	300m: 3:19.83	33.77	400m: 4:26.26	32.78	
40.	Ptaszy ski Mikołaj		95	Korner Zielona Góra			4:26.49	508	
	50m: 30.15	30.15	150m: 1:38.44	34.26	250m: 2:46.34	33.60	350m: 3:53.62	33.70	
	100m: 1:04.18	34.03	200m: 2:12.74	34.30	300m: 3:19.92	33.58	400m: 4:26.49	32.87	
41.	Hoang Van Szymon		95	UKS Osemka Starogard Gdanski			4:27.72	501	
	50m: 30.25	30.25	150m: 1:36.65	33.40	250m: 2:44.02	33.45	350m: 3:53.12	34.72	
	100m: 1:03.25	33.00	200m: 2:10.57	33.92	300m: 3:18.40	34.38	400m: 4:27.72	34.60	
42.	Gockowiak Radosław		95	UKS Osemka Starogard Gdanski			4:33.00	473	
	50m: 30.69	30.69	150m: 1:38.82	34.52	250m: 2:49.34	35.27	350m: 3:59.01	34.78	
	100m: 1:04.30	33.61	200m: 2:14.07	35.25	300m: 3:24.23	34.89	400m: 4:33.00	33.99	
43.	Pietrzak Krzysztof		96	Dwójka Morena Gda sk			4:37.01	453	
	50m: 31.44	31.44	150m: 1:42.55	36.10	250m: 2:54.04	34.94	350m: 4:03.98	34.39	
	100m: 1:06.45	35.01	200m: 2:19.10	36.55	300m: 3:29.59	35.55	400m: 4:37.01	33.03	
44.	HOŁUBIEC MACIEJ		96	UKS "Rekin" Warszawa			4:39.32	442	
	50m: 30.75	30.75	150m: 1:40.45	35.88	250m: 2:53.75	36.97	350m: 4:05.47	35.67	
	100m: 1:04.57	33.82	200m: 2:16.78	36.33	300m: 3:29.80	36.05	400m: 4:39.32	33.85	
45.	RÓ Y SKI JAN		96	Uks Skalar Warszawa			4:40.47	436	
	50m: 31.60	31.60	150m: 1:42.56	35.33	250m: 2:53.64	35.58	350m: 4:06.50	36.43	
	100m: 1:07.23	35.63	200m: 2:18.06	35.50	300m: 3:30.07	36.43	400m: 4:40.47	33.97	
46.	Sienkiewicz Jakub		96	Siódemka Sopot			4:41.59	431	
	50m: 30.93	30.93	150m: 1:42.55	36.18	250m: 2:55.02	36.02	350m: 4:06.13	35.38	
	100m: 1:06.37	35.44	200m: 2:19.00	36.45	300m: 3:30.75	35.73	400m: 4:41.59	35.46	
NW	Płonowski Miłosz SG		93	KS AZS-AWFIS Gda sk					
NW	Błoch Cezary		95	Uks Meduza Warszawa					
NW	Poławski Mariusz		93	UKS "G-8 Bielany" Warszawa					