

Grand Prix - Puchar Polski
Gorzów Wlkp., 14- - 15-4-2012

Konkurencja 2
2012-04-14 - 10:35

M czyzn, 400m zmienny

14 lat i starsi
Wyniki

Rekord Polski 14	4:42.16	CIE LAK Marcin	00414	Gorzow	2006-11-24
Rekord Polski 15	4:32.62	CIE LAK Marcin	03914	Gorzow Wlkp.	2007-11-30
Rekord Polski 16	4:27.40	CIE LAK Marcin	03914	Prague - Podoli (CZE)	2008-12-05
Rekord Polski 17	4:20.27	MATCZAK Mateusz	00905	Palma de Mallorca (ESP)	2006-07-06
Rekord Polski 18	4:18.40	MATCZAK Mateusz	00905	Antwerp (BEL)	2007-07-22
Rekord Polski 19 +	4:12.28	MATCZAK Mateusz	00905	Belgrade (SRB)	2009-07-11

Punkty: FINA 2012

Pozycja			Rok ur.			Czas	Pkt.
1.	ZACZY SKI Karol		91	AZS AWF Katowice		4:34.32	702
	50m: 28.10 28.10	150m: 1:38.04 36.88		250m: 2:52.31 38.58	350m: 4:03.39 32.08		
	100m: 1:01.16 33.06	200m: 2:13.73 35.69		300m: 3:31.31 39.00	400m: 4:34.32 30.93		
2.	DUBIEL Adam		93	Lublinianka		4:37.26	680
	50m: 28.50 28.50	150m: 1:35.96 34.22		250m: 2:50.46 40.62	350m: 4:05.45 32.37		
	100m: 1:01.74 33.24	200m: 2:09.84 33.88		300m: 3:33.08 42.62	400m: 4:37.26 31.81		
3.	MORAWSKI Krzysztof		94	Pi tnatka Bydgoszcz		4:39.05	667
	50m: 28.67 28.67	150m: 1:37.17 34.66		250m: 2:51.61 40.62	350m: 4:06.62 33.45		
	100m: 1:02.51 33.84	200m: 2:10.99 33.82		300m: 3:33.17 41.56	400m: 4:39.05 32.43		
4.	URBANIAK Jan		95	Warta Pozna		4:41.71	648
	50m: 29.93 29.93	150m: 1:41.30 37.58		250m: 2:58.20 39.76	350m: 4:11.44 32.03		
	100m: 1:03.72 33.79	200m: 2:18.44 37.14		300m: 3:39.41 41.21	400m: 4:41.71 30.27		
5.	KRZYWIECKI Tomasz		89	MKP Szczecin		4:43.18	638
	50m: 29.65 29.65	150m: 1:41.74 37.79		250m: 2:59.52 40.78	350m: 4:12.32 32.00		
	100m: 1:03.95 34.30	200m: 2:18.74 37.00		300m: 3:40.32 40.80	400m: 4:43.18 30.86		
6.	KŁOS Grzegorz SO		95	AZS AWF Katowice		4:45.98	619
	50m: 29.69 29.69	150m: 1:42.74 38.39		250m: 3:00.35 39.68	350m: 4:13.64 33.16		
	100m: 1:04.35 34.66	200m: 2:20.67 37.93		300m: 3:40.48 40.13	400m: 4:45.98 32.34		
7.	BOR Radosław SZG		93	KORNER Zielona Góra		4:47.75	608
	50m: 28.66 28.66	150m: 1:42.02 39.60		250m: 3:01.82 42.30	350m: 4:16.91 32.15		
	100m: 1:02.42 33.76	200m: 2:19.52 37.50		300m: 3:44.76 42.94	400m: 4:47.75 30.84		
8.	PIETRZAK Dawid		97	Pi tnatka Bydgoszcz		4:50.62	590
	50m: 29.87 29.87	150m: 1:42.04 37.75		250m: 3:02.47 43.07	350m: 4:18.68 33.62		
	100m: 1:04.29 34.42	200m: 2:19.40 37.36		300m: 3:45.06 42.59	400m: 4:50.62 31.94		
9.	ZABOJSZCZ Wojciech SO		95	Korona-Swim Kielce		4:52.44	579
	50m: 29.04 29.04	150m: 1:42.78 38.74		250m: 3:02.20 41.71	350m: 4:19.20 34.43		
	100m: 1:04.04 35.00	200m: 2:20.49 37.71		300m: 3:44.77 42.57	400m: 4:52.44 33.24		
10.	KURANT Roger SSz		94	KSZO Ostrowiec Sw.		4:53.20	575
	50m: 28.56 28.56	150m: 1:39.39 37.50		250m: 3:02.07 44.93	350m: 4:19.30 32.79		
	100m: 1:01.89 33.33	200m: 2:17.14 37.75		300m: 3:46.51 44.44	400m: 4:53.20 33.90		
11.	OSNOWSKI Bartosz		94	MKP Szczecin		4:54.45	567
	50m: 29.51 29.51	150m: 1:42.04 37.46		250m: 3:02.74 42.59	350m: 4:20.37 33.96		
	100m: 1:04.58 35.07	200m: 2:20.15 38.11		300m: 3:46.41 43.67	400m: 4:54.45 34.08		
12.	GALON Michał SZG		95	Akwawit Leszno		4:57.05	553
	50m: 29.59 29.59	150m: 1:46.57 41.43		250m: 3:06.87 40.97	350m: 4:22.82 35.91		
	100m: 1:05.14 35.55	200m: 2:25.90 39.33		300m: 3:46.91 40.04	400m: 4:57.05 34.23		
13.	MULLER Maksym		97	Słowianka Gorzów		4:59.56	539
	50m: 30.83 30.83	150m: 1:48.13 40.03		250m: 3:08.11 39.85	350m: 4:25.41 34.86		
	100m: 1:08.10 37.27	200m: 2:28.26 40.13		300m: 3:50.55 42.44	400m: 4:59.56 34.15		
14.	JURU Bartłomiej		96	Słowianka Gorzów		5:07.88	496
	50m: 31.25 31.25	150m: 1:47.42 38.26		250m: 3:11.83 48.26	350m: 4:34.59 35.46		
	100m: 1:09.16 37.91	200m: 2:23.57 36.15		300m: 3:59.13 47.30	400m: 5:07.88 33.29		
15.	ADAMCZYK Michał		97	Słowianka Gorzów		5:08.69	492
	50m: 31.46 31.46	150m: 1:48.89 41.49		250m: 3:13.66	350m: 4:35.93 36.85		
	100m: 1:07.40 35.94	200m:		300m: 3:59.08 45.42	400m: 5:08.69 32.76		