

Grand Prix\_Puchar Polski  
Szczecin, 10- - 11-5-2014

Konkurencja 11  
2014-05-10 - 17:15

M czyzn, 400m zmienny

14 lat i starsi  
Wyniki

Punkty: FINA 2014

Pozycja			Rok ur.					Czas	Pkt.
1.	KACZMARSKI Marcin		94	MKP Szczecin				<b>4:33.15</b>	711
	50m:	28.23 28.23	150m:	1:37.55	36.39	250m:	2:52.85 39.74	350m:	4:03.64 30.72
	100m:	1:01.16 32.93	200m:	2:13.11	35.56	300m:	3:32.92 40.07	400m:	4:33.15 29.51
2.	URBANIAK Jan Sp		95	Warta Pozna				<b>4:34.77</b>	698
	50m:	29.58 29.58	150m:	1:38.60	35.98	250m:	2:52.67 39.28	350m:	4:04.09 31.20
	100m:	1:02.62 33.04	200m:	2:13.39	34.79	300m:	3:32.89 40.22	400m:	4:34.77 30.68
3.	OLENDER Karol		96	MKP Gda sk				<b>4:44.50</b>	629
	50m:	30.43 30.43	150m:	1:42.50	37.95	250m:	3:01.15 41.30	350m:	4:14.21 31.75
	100m:	1:04.55 34.12	200m:	2:19.85	37.35	300m:	3:42.46 41.31	400m:	4:44.50 30.29
4.	ADAMCZYK PATRYK SSz		97	MKP Szczecin				<b>4:48.06</b>	606
	50m:	28.12 28.12	150m:	1:41.88	39.72	250m:	3:02.44 41.88	350m:	4:18.26 33.44
	100m:	1:02.16 34.04	200m:	2:20.56	38.68	300m:	3:44.82 42.38	400m:	4:48.06 29.80
	SALIK Jakub		96	MKS Juvenia Wrocław				<b>4:48.06</b>	606
	50m:	29.78 29.78	150m:	1:42.23	38.67	250m:	2:59.56 39.18	350m:	4:14.46 34.75
	100m:	1:03.56 33.78	200m:	2:20.38	38.15	300m:	3:39.71 40.15	400m:	4:48.06 33.60
6.	STEC Adam		97	MKP Szczecin				<b>4:48.41</b>	604
	50m:	29.90 29.90	150m:	1:40.09	35.51	250m:	2:57.64 42.48	350m:	4:14.85 34.01
	100m:	1:04.58 34.68	200m:	2:15.16	35.07	300m:	3:40.84 43.20	400m:	4:48.41 33.56
7.	PALUSZKIEWICZ Dawid		97	MKP Gda sk				<b>4:50.56</b>	591
	50m:	29.66 29.66	150m:	1:41.21	37.14	250m:	2:59.10 41.83	350m:	4:16.92 35.31
	100m:	1:04.07 34.41	200m:	2:17.27	36.06	300m:	3:41.61 42.51	400m:	4:50.56 33.64
8.	BRODOWSKI Jakub		97	MKP Słowianka Gorzów				<b>4:54.04</b>	570
	50m:	29.44 29.44	150m:	1:42.57	38.52	250m:	3:03.57 43.45	350m:	4:21.69 33.11
	100m:	1:04.05 34.61	200m:	2:20.12	37.55	300m:	3:48.58 45.01	400m:	4:54.04 32.35
9.	WERTEPNY Damian		96	UKS Shark Rudna				<b>4:55.29</b>	563
	50m:	31.11 31.11	150m:	1:45.88	38.58	250m:	3:05.37 41.88	350m:	4:22.33 33.74
	100m:	1:07.30 36.19	200m:	2:23.49	37.61	300m:	3:48.59 43.22	400m:	4:55.29 32.96
10.	SZYDŁOWSKI Kamil		98	KP Astromal Akwawit Leszno				<b>4:57.18</b>	552
	50m:	29.96 29.96	150m:	1:47.40	41.60	250m:	3:08.95 41.29	350m:	4:25.15 34.24
	100m:	1:05.80 35.84	200m:	2:27.66	40.26	300m:	3:50.91 41.96	400m:	4:57.18 32.03
11.	SIEMI SKI Piotr		00	UKS,, oliborz" Warszawa				<b>4:59.62</b>	539
	50m:	30.49 30.49	150m:	1:48.41	42.00	250m:	3:09.21 39.85	350m:	4:26.29 35.58
	100m:	1:06.41 35.92	200m:	2:29.36	40.95	300m:	3:50.71 41.50	400m:	4:59.62 33.33
12.	SZOŁOCH Robert		94	MKP Gda sk				<b>5:02.75</b>	522
	50m:	29.93 29.93	150m:	1:44.58	39.83	250m:	3:08.57 45.29	350m:	4:27.93 34.49
	100m:	1:04.75 34.82	200m:	2:23.28	38.70	300m:	3:53.44 44.87	400m:	5:02.75 34.82
13.	SZOŁOCH Andrzej		96	MKP Gda sk				<b>5:08.35</b>	494
	50m:	30.77 30.77	150m:	1:49.69	42.31	250m:	3:13.36 43.75	350m:	4:34.02 36.67
	100m:	1:07.38 36.61	200m:	2:29.61	39.92	300m:	3:57.35 43.99	400m:	5:08.35 34.33
14.	KOWALSKI Rafał		00	MKP Słowianka Gorzów				<b>5:14.10</b>	467
	50m:	33.65 33.65	150m:	1:54.20	42.19	250m:	3:19.41 44.20	350m:	4:39.61 36.26
	100m:	1:12.01 38.36	200m:	2:35.21	41.01	300m:	4:03.35 43.94	400m:	5:14.10 34.49
15.	MACIAK Artur		00	MKP Szczecin				<b>5:16.37</b>	457
	50m:	33.22 33.22	150m:	1:54.10	42.81	250m:	3:21.30 45.67	350m:	4:42.38 35.68
	100m:	1:11.29 38.07	200m:	2:35.63	41.53	300m:	4:06.70 45.40	400m:	5:16.37 33.99