

Grand Prix - Puchar Polski w pływaniu
Kozienice, 5- - 6-3-2011

Konkurencja 2
2011-03-05 - 10:20

M czynn, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2010

Pozycja			Rok ur.					Czas	Pkt.
1.	JASI	SKI Jakub	87	Korner Zielona Góra				4:22.11	741
	50m:	28.65 28.65	150m:	1:34.08 32.91	250m:	2:43.86 37.96	350m:	3:52.54 30.50	
	100m:	1:01.17 32.52	200m:	2:05.90 31.82	300m:	3:22.04 38.18	400m:	4:22.11 29.57	
2.	SUZIN	Marcin SK	93	MKS Jordan Kraków				4:28.98	686
	50m:	28.61 28.61	150m:	1:37.23 35.46	250m:	2:49.29 37.87	350m:	3:58.51 31.43	
	100m:	1:01.77 33.16	200m:	2:11.42 34.19	300m:	3:27.08 37.79	400m:	4:28.98 30.47	
3.	KLIZA	Mateusz SK	94	KP AVIA widnik				4:30.89	671
	50m:	29.50 29.50	150m:	1:38.56 36.25	250m:	2:51.98 38.46	350m:	4:00.80 30.78	
	100m:	1:02.31 32.81	200m:	2:13.52 34.96	300m:	3:30.02 38.04	400m:	4:30.89 30.09	
4.	PI	TKOWSKI Mateusz	90	AZS AWF Warszawa				4:34.26	647
	50m:	28.43 28.43	150m:	1:36.39 35.42	250m:	2:50.48 39.84	350m:	4:03.15 32.67	
	100m:	1:00.97 32.54	200m:	2:10.64 34.25	300m:	3:30.48 40.00	400m:	4:34.26 31.11	
5.	WITKOWSKI	Jan	94	UKS Skarpa Lublin				4:35.32	640
	50m:	29.98 29.98	150m:	1:38.52 34.74	250m:	2:51.29 39.36	350m:	4:04.11 32.52	
	100m:	1:03.78 33.80	200m:	2:11.93 33.41	300m:	3:31.59 40.30	400m:	4:35.32 31.21	
6.	TWAROWSKI	Jerzy SK	95	MKS Jordan Kraków				4:38.47	618
	50m:	29.43 29.43	150m:	1:39.83 36.33	250m:	2:54.42 39.74	350m:	4:06.99 33.12	
	100m:	1:03.50 34.07	200m:	2:14.68 34.85	300m:	3:33.87 39.45	400m:	4:38.47 31.48	
7.	CERTA	Maciej	91	AZS AWF Warszawa				4:42.50	592
	50m:	28.58 28.58	150m:	1:38.89 37.04	250m:	2:55.29 38.38	350m:	4:09.29 34.85	
	100m:	1:01.85 33.27	200m:	2:16.91 38.02	300m:	3:34.44 39.15	400m:	4:42.50 33.21	
8.	ZAPAŁA	Łukasz	91	AZS AWF Warszawa				4:45.13	576
	50m:	28.79 28.79	150m:	1:40.56 38.61	250m:	2:59.43 41.87	350m:	4:13.96 32.41	
	100m:	1:01.95 33.16	200m:	2:17.56 37.00	300m:	3:41.55 42.12	400m:	4:45.13 31.17	
9.	BIADU	Adrian	93	UKS 23 Lublin				4:45.60	573
	50m:	30.07 30.07	150m:	1:43.57 38.92	250m:	3:00.48 39.07	350m:	4:13.44 34.22	
	100m:	1:04.65 34.58	200m:	2:21.41 37.84	300m:	3:39.22 38.74	400m:	4:45.60 32.16	
10.	GRZEJSZCZAK	PAWEŁ	90	UKS " oliborz" Warszawa				4:47.24	563
	50m:	31.06 31.06	150m:	1:44.03 38.39	250m:	3:02.51 39.99	350m:	4:15.59 32.52	
	100m:	1:05.64 34.58	200m:	2:22.52 38.49	300m:	3:43.07 40.56	400m:	4:47.24 31.65	
11.	GAWRY	Sebastian	94	UKS Meduza Warszawa				5:05.34	469
	50m:	30.18 30.18	150m:	1:44.00 38.46	250m:	3:06.29 44.16	350m:	4:28.48 37.26	
	100m:	1:05.54 35.36	200m:	2:22.13 38.13	300m:	3:51.22 44.93	400m:	5:05.34 36.86	
12.	ROGUSKI	BARTŁOMIEJ	93	UKS " oliborz" Warszawa				5:12.44	437
	50m:	32.18 32.18	150m:	1:51.99 42.39	250m:	3:14.30 42.17	350m:	4:36.92 37.92	
	100m:	1:09.60 37.42	200m:	2:32.13 40.14	300m:	3:59.00 44.70	400m:	5:12.44 35.52	