

Grand Prix Puchar Polski w Pływaniu
Kozienice, 16- - 17-2-2013

Konkurencja 2
2013-02-16 - 10:40

M czyzn, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2012

Pozycja			Rok ur.				Czas				Pkt.	
1.	G SIOR, Patryk		94	MKS Polonia Warszawa				4:24.92				702
	50m:	28.06	28.06	150m:	1:34.39	33.46	250m:	2:45.08	37.62	350m:	3:55.11	31.95
	100m:	1:00.93	32.87	200m:	2:07.46	33.07	300m:	3:23.16	38.08	400m:	4:24.92	29.81
2.	CERTA, Maciej		91	AZS AWF Warszawa				4:26.54				689
	50m:	28.14	28.14	150m:	1:37.02	35.71	250m:	2:48.32	36.23	350m:	3:56.90	31.82
	100m:	1:01.31	33.17	200m:	2:12.09	35.07	300m:	3:25.08	36.76	400m:	4:26.54	29.64
3.	DUBIEL, Adam		93	MTP Lublinianka Lublin				4:27.17				684
	50m:	28.21	28.21	150m:	1:33.50	33.01	250m:	2:45.76	39.98	350m:	3:57.20	31.00
	100m:	1:00.49	32.28	200m:	2:05.78	32.28	300m:	3:26.20	40.44	400m:	4:27.17	29.97
4.	ST PIE , Konrad		96	MKS Polonia Warszawa				4:27.93				679
	50m:	29.23	29.23	150m:	1:37.94	35.29	250m:	2:49.71	37.34	350m:	3:58.24	31.45
	100m:	1:02.65	33.42	200m:	2:12.37	34.43	300m:	3:26.79	37.08	400m:	4:27.93	29.69
5.	WIEK, Kacper		95	MKS Polonia Warszawa				4:29.21				669
	50m:	28.85	28.85	150m:	1:38.18	35.82	250m:	2:51.58	38.78	350m:	4:00.25	30.18
	100m:	1:02.36	33.51	200m:	2:12.80	34.62	300m:	3:30.07	38.49	400m:	4:29.21	28.96
6.	LASSEK, Bartłomiej		94	MKS Trójka Łód				4:32.20				647
	50m:	27.97	27.97	150m:	1:36.46	35.38	250m:	2:50.96	40.00	350m:	4:03.23	32.04
	100m:	1:01.08	33.11	200m:	2:10.96	34.50	300m:	3:31.19	40.23	400m:	4:32.20	28.97
7.	PIETRZAK, Dawid		97	MUKS Pi tnastka Bydgoszcz				4:35.00				628
	50m:	29.06	29.06	150m:	1:37.35	35.71	250m:	2:52.29	40.18	350m:	4:04.22	31.82
	100m:	1:01.64	32.58	200m:	2:12.11	34.76	300m:	3:32.40	40.11	400m:	4:35.00	30.78
8.	SOBCZYK, Maciej		95	MKS Trójka Łód				4:35.89				621
	50m:	29.48	29.48	150m:	1:38.02	34.71	250m:	2:51.23	39.66	350m:	4:05.17	33.13
	100m:	1:03.31	33.83	200m:	2:11.57	33.55	300m:	3:32.04	40.81	400m:	4:35.89	30.72
9.	HULBÓJ, Marcin		96	MKP Szczecin				4:35.99				621
	50m:	28.78	28.78	150m:	1:38.68	36.94	250m:	2:51.37	36.69	350m:	4:02.46	33.64
	100m:	1:01.74	32.96	200m:	2:14.68	36.00	300m:	3:28.82	37.45	400m:	4:35.99	33.53
10.	WIAK, Jakub		95	UKS Olimpijczyk 23 Lublin				4:37.83				609
	50m:	29.46	29.46	150m:	1:39.60	36.40	250m:	2:55.80	40.73	350m:	4:08.40	30.77
	100m:	1:03.20	33.74	200m:	2:15.07	35.47	300m:	3:37.63	41.83	400m:	4:37.83	29.43
11.	BISZKONT, Damian		96	KP AVIA widnik				4:44.12				569
	50m:	30.25	30.25	150m:	1:41.07	37.12	250m:	2:57.44	40.34	350m:	4:12.18	34.01
	100m:	1:03.95	33.70	200m:	2:17.10	36.03	300m:	3:38.17	40.73	400m:	4:44.12	31.94
12.	GOLI SKI, Patryk		97	BUKS Warszawa				4:44.92				564
	50m:	29.98	29.98	150m:	1:41.74	35.70	250m:	2:56.61	40.80	350m:	4:12.45	33.87
	100m:	1:06.04	36.06	200m:	2:15.81	34.07	300m:	3:38.58	41.97	400m:	4:44.92	32.47
13.	ROGUSKI, Bartłomiej		93	UKS " oliborz" Warszawa				4:48.79				542
	50m:	30.25	30.25	150m:	1:45.32	38.93	250m:	3:01.26	38.66	350m:	4:15.63	34.91
	100m:	1:06.39	36.14	200m:	2:22.60	37.28	300m:	3:40.72	39.46	400m:	4:48.79	33.16
14.	MIELCZAREK, Filip		96	LKS"OMEGA"Kleszczów				4:49.03				540
	50m:	30.81	30.81	150m:	1:45.24	38.25	250m:	3:03.15	40.72	350m:	4:17.79	33.23
	100m:	1:06.99	36.18	200m:	2:22.43	37.19	300m:	3:44.56	41.41	400m:	4:49.03	31.24
15.	SKROBISZ, Marek		94	MKS Polonia Warszawa				4:49.62				537
	50m:	29.27	29.27	150m:	1:42.61	39.42	250m:	3:04.27	42.34	350m:	4:19.03	32.49
	100m:	1:03.19	33.92	200m:	2:21.93	39.32	300m:	3:46.54	42.27	400m:	4:49.62	30.59
16.	STOLARSKI, Marcin		96	UKS " oliborz" Warszawa				4:49.82				536
	50m:	30.53	30.53	150m:	1:45.14	38.58	250m:	3:01.93	38.80	350m:	4:16.69	34.82
	100m:	1:06.56	36.03	200m:	2:23.13	37.99	300m:	3:41.87	39.94	400m:	4:49.82	33.13
17.	PI TKOWSKI, Marcin		96	MKS Polonia Warszawa				4:50.13				534
	50m:	31.16	31.16	150m:	1:43.97	37.41	250m:	3:02.25	42.21	350m:	4:18.77	32.73
	100m:	1:06.56	35.40	200m:	2:20.04	36.07	300m:	3:46.04	43.79	400m:	4:50.13	31.36

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Pozycja			Rok ur.					Czas	Pkt.
18.	KOPCZY SKI, Franciszek		97	KP AVIA	widnik		4:50.84	530	
	50m: 29.41	29.41	150m: 1:41.71	37.77	250m: 3:00.39	41.36	350m: 4:17.18	34.64	
	100m: 1:03.94	34.53	200m: 2:19.03	37.32	300m: 3:42.54	42.15	400m: 4:50.84	33.66	
19.	DOBRZY SKI, Tomasz		98	UKS G - 8	Bielany Warszawa		4:52.40	522	
	50m: 31.50	31.50	150m: 1:45.93	38.95	250m: 3:03.06	40.08	350m: 4:18.60	33.58	
	100m: 1:06.98	35.48	200m: 2:22.98	37.05	300m: 3:45.02	41.96	400m: 4:52.40	33.80	
20.	URBA SKI, Michał		97	MUKS Pi	tnastka Bydgoszcz		4:53.10	518	
	50m: 30.99	30.99	150m: 1:47.84	40.64	250m: 3:05.76	38.02	350m: 4:19.93	35.12	
	100m: 1:07.20	36.21	200m: 2:27.74	39.90	300m: 3:44.81	39.05	400m: 4:53.10	33.17	
21.	GRABCZAK, Dawid		97	KS Wisła	Puławy		4:53.63	515	
	50m: 29.89	29.89	150m: 1:44.19	38.67	250m: 3:03.45	41.79	350m: 4:20.77	34.75	
	100m: 1:05.52	35.63	200m: 2:21.66	37.47	300m: 3:46.02	42.57	400m: 4:53.63	32.86	
22.	PARZYNOWSKI, Wojciech		99	UKS 190	Łódź		4:55.55	505	
	50m: 30.42	30.42	150m: 1:42.58	36.91	250m: 3:02.36	43.27	350m: 4:22.02	35.28	
	100m: 1:05.67	35.25	200m: 2:19.09	36.51	300m: 3:46.74	44.38	400m: 4:55.55	33.53	
23.	ROMANOWSKI, Kamil		97	MTKP Delfin	Toruń		4:57.51	495	
	50m: 31.73	31.73	150m: 1:49.85	39.60	250m: 3:08.59	39.86	350m: 4:23.72	34.56	
	100m: 1:10.25	38.52	200m: 2:28.73	38.88	300m: 3:49.16	40.57	400m: 4:57.51	33.79	
24.	SOŁTOWSKI, Dominik		98	UKS MOS	Ełk		4:59.15	487	
	50m: 30.99	30.99	150m: 1:45.71	38.64	250m: 3:06.87	44.08	350m: 4:26.25	34.76	
	100m: 1:07.07	36.08	200m: 2:22.79	37.08	300m: 3:51.49	44.62	400m: 4:59.15	32.90	
25.	BUJAK, Dominik		99	SALOS CORTILE	Kielce		4:59.17	487	
	50m: 31.68	31.68	150m: 1:47.32	38.58	250m: 3:07.61	41.87	350m: 4:26.03	34.35	
	100m: 1:08.74	37.06	200m: 2:25.74	38.42	300m: 3:51.68	44.07	400m: 4:59.17	33.14	
26.	SÓWKA, Denis		98	SP DOKiS "Vega:	Dobrodzie		4:59.57	485	
	50m: 31.08	31.08	150m: 1:46.79	38.66	250m: 3:06.62	42.17	350m: 4:25.02	35.09	
	100m: 1:08.13	37.05	200m: 2:24.45	37.66	300m: 3:49.93	43.31	400m: 4:59.57	34.55	
27.	DOBRZY SKI, Daniel		96	UKS G - 8	Bielany Warszawa		5:01.13	478	
	50m: 30.73	30.73	150m: 1:46.72	40.11	250m: 3:08.71	43.48	350m: 4:27.66	35.23	
	100m: 1:06.61	35.88	200m: 2:25.23	38.51	300m: 3:52.43	43.72	400m: 5:01.13	33.47	
28.	SZUTKO, Mateusz		97	MKS " AK"	Biała Podlaska		5:01.47	476	
	50m: 30.09	30.09	150m: 1:44.02	37.09	250m: 3:06.20	44.55	350m: 4:26.26	35.30	
	100m: 1:06.93	36.84	200m: 2:21.65	37.63	300m: 3:50.96	44.76	400m: 5:01.47	35.21	
29.	BANDURSKI, Piotr		96	UKS " oliborz"	Warszawa		5:01.94	474	
	50m: 31.05	31.05	150m: 1:47.26	39.53	250m: 3:08.42	41.11	350m: 4:28.11	36.67	
	100m: 1:07.73	36.68	200m: 2:27.31	40.05	300m: 3:51.44	43.02	400m: 5:01.94	33.83	
30.	KIJEWSKI, Kasper		99	SALOS CORTILE	Kielce		5:02.12	473	
	50m: 32.13	32.13	150m: 1:45.71	36.28	250m: 3:08.42	45.97	350m: 4:28.38	34.21	
	100m: 1:09.43	37.30	200m: 2:22.45	36.74	300m: 3:54.17	45.75	400m: 5:02.12	33.74	
31.	KOREK, Jakub		97	UKS " oliborz"	Warszawa		5:02.80	470	
	50m: 31.81	31.81	150m: 1:49.03	40.04	250m: 3:10.15	41.55	350m: 4:28.68	36.02	
	100m: 1:08.99	37.18	200m: 2:28.60	39.57	300m: 3:52.66	42.51	400m: 5:02.80	34.12	
32.	SOLA, Kornel		97	Fala Kra	nik		5:06.62	453	
	50m: 31.68	31.68	150m: 1:50.29	40.66	250m: 3:13.31	43.51	350m: 4:32.61	35.83	
	100m: 1:09.63	37.95	200m: 2:29.80	39.51	300m: 3:56.78	43.47	400m: 5:06.62	34.01	
33.	POZNACHOWSKI, Wiktor		98	MKS Polonia	Warszawa		5:06.77	452	
	50m: 32.37	32.37	150m: 1:49.64	39.75	250m: 3:12.81	43.87	350m: 4:33.81	36.38	
	100m: 1:09.89	37.52	200m: 2:28.94	39.30	300m: 3:57.43	44.62	400m: 5:06.77	32.96	
34.	BRZU , Michał		97	UKS Orka	Zamość		5:07.58	448	
	50m: 30.20	30.20	150m: 1:44.64	39.04	250m: 3:08.05	46.35	350m: 4:32.83	37.37	
	100m: 1:05.60	35.40	200m: 2:21.70	37.06	300m: 3:55.46	47.41	400m: 5:07.58	34.75	
35.	SKONIECZNY, Stanisław		98	UKS " oliborz"	Warszawa		5:14.76	418	
	50m: 35.42	35.42	150m: 1:58.16	40.68	250m: 3:18.41	42.12	350m: 4:39.65	38.18	
	100m: 1:17.48	42.06	200m: 2:36.29	38.13	300m: 4:01.47	43.06	400m: 5:14.76	35.11	

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Pozycja			Rok ur.					Czas	Pkt.		
36.	PECYNA, Maciej		99	IKS Konstancin				5:17.18	409		
	50m:	32.32 32.32	150m:	1:51.73	40.68	250m:	3:17.93	45.24	350m:	4:40.82	37.44
	100m:	1:11.05 38.73	200m:	2:32.69	40.96	300m:	4:03.38	45.45	400m:	5:17.18	36.36
37.	BARA CZYK, Michał		99	UKS 190 Łód				5:19.02	402		
	50m:	32.26 32.26	150m:	1:52.82	42.68	250m:	3:19.61	46.02	350m:	4:42.91	36.46
	100m:	1:10.14 37.88	200m:	2:33.59	40.77	300m:	4:06.45	46.84	400m:	5:19.02	36.11
38.	KRAWCZYK, Paweł		99	BUKS Warszawa				5:19.22	401		
	50m:	32.87 32.87	150m:	1:53.34	40.70	250m:	3:20.32	47.72	350m:	4:45.24	36.49
	100m:	1:12.64 39.77	200m:	2:32.60	39.26	300m:	4:08.75	48.43	400m:	5:19.22	33.98
39.	WINIARSKI, Mateusz		99	KP Sokół Rzeszów				5:22.84	388		
	50m:	34.10 34.10	150m:	1:55.26	41.00	250m:	3:22.75	46.42	350m:	4:47.07	37.64
	100m:	1:14.26 40.16	200m:	2:36.33	41.07	300m:	4:09.43	46.68	400m:	5:22.84	35.77
40.	OZIMEK, Kacper		99	UKS " oliborz" Warszawa				5:26.08	376		
	50m:	34.51 34.51	150m:	1:59.62	42.49	250m:	3:26.46	45.72	350m:	4:50.75	37.64
	100m:	1:17.13 42.62	200m:	2:40.74	41.12	300m:	4:13.11	46.65	400m:	5:26.08	35.33
41.	NAPIERAJ, Jan		98	MKS Polonia Warszawa				5:27.02	373		
	50m:	32.08 32.08	150m:	1:51.53	41.03	250m:	3:21.05	49.02	350m:	4:50.30	39.71
	100m:	1:10.50 38.42	200m:	2:32.03	40.50	300m:	4:10.59	49.54	400m:	5:27.02	36.72
42.	PAWLIKOWSKI, Jakub		99	UKS " oliborz" Warszawa				5:34.60	348		
	50m:	33.14 33.14	150m:	1:56.96	42.03	250m:	3:26.70	48.66	350m:	4:55.59	40.54
	100m:	1:14.93 41.79	200m:	2:38.04	41.08	300m:	4:15.05	48.35	400m:	5:34.60	39.01
43.	WIÓRKO, Patryk		98	UKS Orka Zamo				5:39.01	335		
	50m:	35.00 35.00	150m:	2:00.39	42.84	250m:	3:28.85	45.25	350m:	4:58.76	42.44
	100m:	1:17.55 42.55	200m:	2:43.60	43.21	300m:	4:16.32	47.47	400m:	5:39.01	40.25
DYSKW.	JASZEWSKI, Marcin		96	AZS AWF Warszawa				4:45.04			
	<i>M11</i>										
	50m:	30.96 30.96	150m:	1:45.02	38.13	250m:	3:03.12	41.25	350m:	4:14.48	30.79
	100m:	1:06.89 35.93	200m:	2:21.87	36.85	300m:	3:43.69	40.57	400m:	4:45.04	30.56
NIE UK.	SZEL G, Ernest		97	KSZO Ostrowiec w							
	50m:	30.50 30.50	150m:			250m:			350m:		
	100m:	1:10.96 40.46	200m:			300m:			400m:		