

Grand Prix Puchar Polski w Kozienicach 01-02.03.2014
Kozienice, 1- - 2-3-2014

Konkurencja 2 M czyzn, 400m zmienny 14 lat i starsi
2014-03-01 - 9:18 Wyniki

Top Times "Poland" 4:03.20 WOJT, Lukasz POL Berlin (GER) 2009-11-14

Punkty: FINA 2013

Pozycja			Rok ur.				Czas	Pkt.
1.	SUZIN, Marcin		93	AZS AGH Kraków			4:20.21	741
	50m: 28.32	28.32	150m: 1:35.20	34.33	250m: 2:45.21	36.17	350m: 3:50.03	30.08
	100m: 1:00.87	32.55	200m: 2:09.04	33.84	300m: 3:19.95	34.74	400m: 4:20.21	30.18
2.	ZACZY SKI, Karol		91	WKS I sk Wrocław			4:23.00	717
	50m: 27.96	27.96	150m: 1:33.94	34.15	250m: 2:44.62	37.26	350m: 3:53.67	31.04
	100m: 59.79	31.83	200m: 2:07.36	33.42	300m: 3:22.63	38.01	400m: 4:23.00	29.33
3.	DUBIEL, Adam		93	KORNER Zielona Góra			4:24.87	702
	50m: 28.09	28.09	150m: 1:32.89	32.50	250m: 2:43.77	38.90	350m: 3:54.91	31.28
	100m: 1:00.39	32.30	200m: 2:04.87	31.98	300m: 3:23.63	39.86	400m: 4:24.87	29.96
4.	G SIOR, Patryk		94	AZS AWF Warszawa			4:25.41	698
	50m: 27.97	27.97	150m: 1:35.12	34.71	250m: 2:46.24	37.39	350m: 3:56.33	32.39
	100m: 1:00.41	32.44	200m: 2:08.85	33.73	300m: 3:23.94	37.70	400m: 4:25.41	29.08
5.	SOBCZYK, Maciej		95	MKS Trójka Łód			4:25.65	696
	50m: 28.40	28.40	150m: 1:35.38	34.17	250m: 2:46.36	37.59	350m: 3:56.08	31.36
	100m: 1:01.21	32.81	200m: 2:08.77	33.39	300m: 3:24.72	38.36	400m: 4:25.65	29.57
6.	CZARNOTA, Mateusz		91	UKP UNIA O wi cim			4:27.63	681
	50m: 28.99	28.99	150m: 1:36.74	35.01	250m: 2:47.91	37.18	350m: 3:57.59	31.47
	100m: 1:01.73	32.74	200m: 2:10.73	33.99	300m: 3:26.12	38.21	400m: 4:27.63	30.04
7.	KUBKOWSKI, Bartłomiej SWR		95	WKS I sk Wrocław			4:28.06	678
	50m: 28.39	28.39	150m: 1:35.03	34.31	250m: 2:46.20	37.50	350m: 3:56.69	32.16
	100m: 1:00.72	32.33	200m: 2:08.70	33.67	300m: 3:24.53	38.33	400m: 4:28.06	31.37
8.	HULBÓJ, Marcin SZG		96	MKP Szczecin			4:29.31	668
	50m: 28.71	28.71	150m: 1:36.93	34.99	250m: 2:48.23	36.63	350m: 3:57.97	32.98
	100m: 1:01.94	33.23	200m: 2:11.60	34.67	300m: 3:24.99	36.76	400m: 4:29.31	31.34
9.	NORLANDER, Carl		97	Vaesby SS			4:31.92	649
	50m: 28.52	28.52	150m: 1:37.26	35.82	250m: 2:49.87	38.57	350m: 4:00.76	31.70
	100m: 1:01.44	32.92	200m: 2:11.30	34.04	300m: 3:29.06	39.19	400m: 4:31.92	31.16
10.	ULATOWSKI, Wojciech SO		98	UKP UNIA O wi cim			4:33.09	641
	50m: 29.17	29.17	150m: 1:38.66	36.48	250m: 2:52.00	38.72	350m: 4:03.34	32.07
	100m: 1:02.18	33.01	200m: 2:13.28	34.62	300m: 3:31.27	39.27	400m: 4:33.09	29.75
11.	BAŁABUCH, Krystian SO		95	BOSiR Brzesko			4:36.49	617
	50m: 27.54	27.54	150m: 1:36.19	35.76	250m: 2:50.50	38.73	350m: 4:03.60	32.95
	100m: 1:00.43	32.89	200m: 2:11.77	35.58	300m: 3:30.65	40.15	400m: 4:36.49	32.89
12.	PALMI-KUKIEŁKO, Mieszko		93	MKS "Ro " Pisz			4:39.76	596
	50m: 29.00	29.00	150m: 1:38.87	36.23	250m: 2:54.76	40.32	350m: 4:07.38	32.01
	100m: 1:02.64	33.64	200m: 2:14.44	35.57	300m: 3:35.37	40.61	400m: 4:39.76	32.38
13.	JURA, Maciej		96	UKS Jagiellonka Warszawa			4:42.48	579
	50m: 29.75	29.75	150m: 1:40.77	37.16	250m: 2:58.05	40.89	350m: 4:11.07	32.97
	100m: 1:03.61	33.86	200m: 2:17.16	36.39	300m: 3:38.10	40.05	400m: 4:42.48	31.41
14.	SEREMET, Konrad SO		98	UKP UNIA O wi cim			4:46.07	557
	50m: 29.62	29.62	150m: 1:42.44	37.63	250m: 2:58.79	39.71	350m: 4:14.00	33.47
	100m: 1:04.81	35.19	200m: 2:19.08	36.64	300m: 3:40.53	41.74	400m: 4:46.07	32.07
15.	STEC, Adam		97	MKP Szczecin			4:46.99	552
	50m: 30.07	30.07	150m: 1:39.28	35.36	250m: 2:56.51	40.78	350m: 4:13.74	34.56
	100m: 1:03.92	33.85	200m: 2:15.73	36.45	300m: 3:39.18	42.67	400m: 4:46.99	33.25
16.	KULESZKO, Mikołaj		98	MTKP Delfin Toru			4:48.93	541
	50m: 29.66	29.66	150m: 1:42.42	37.67	250m: 2:59.22	41.23	350m: 4:17.01	35.26
	100m: 1:04.75	35.09	200m: 2:17.99	35.57	300m: 3:41.75	42.53	400m: 4:48.93	31.92
17.	HOJDA, Bartłomiej SO		98	UKP UNIA O wi cim			4:49.18	540
	50m: 30.15	30.15	150m: 1:41.42	36.24	250m: 3:00.18	42.21	350m: 4:16.19	33.24
	100m: 1:05.18	35.03	200m: 2:17.97	36.55	300m: 3:42.95	42.77	400m: 4:49.18	32.99

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Pozycja			Rok ur.				Czas	Pkt.	
18.	GRYGLEWICZ, Juliusz		98	UKS " oliborz" Warszawa			4:54.16	513	
	50m:	30.08 30.08	150m:	1:43.42	38.09	250m:	3:03.35 43.69	350m:	4:20.86 33.32
	100m:	1:05.33 35.25	200m:	2:19.66	36.24	300m:	3:47.54 44.19	400m:	4:54.16 33.30
19.	KACZOROWSKI, Jakub		97	UKS " oliborz" Warszawa			4:54.20	512	
	50m:	31.06 31.06	150m:	1:46.13	38.17	250m:	3:04.92 41.91	350m:	4:21.54 33.44
	100m:	1:07.96 36.90	200m:	2:23.01	36.88	300m:	3:48.10 43.18	400m:	4:54.20 32.66
20.	BUJAK, Kacper		98	MTP Lublinianka Lublin			4:55.40	506	
	50m:	31.32 31.32	150m:	1:44.01	36.17	250m:	3:04.02 44.74	350m:	4:22.96 33.69
	100m:	1:07.84 36.52	200m:	2:19.28	35.27	300m:	3:49.27 45.25	400m:	4:55.40 32.44
21.	PRÓSZYNSKI, Igor		99	Fala Kra nik			4:57.24	497	
	50m:	31.65 31.65	150m:	1:47.85	38.66	250m:	3:07.70 42.44	350m:	4:24.31 34.02
	100m:	1:09.19 37.54	200m:	2:25.26	37.41	300m:	3:50.29 42.59	400m:	4:57.24 32.93
22.	JARMUŁA, Miłosz		98	UKS G-8 Bielany Warszawa			4:59.18	487	
	50m:	31.17 31.17	150m:	1:45.75	38.04	250m:	3:05.32 43.16	350m:	4:25.24 35.64
	100m:	1:07.71 36.54	200m:	2:22.16	36.41	300m:	3:49.60 44.28	400m:	4:59.18 33.94
23.	FRISK GARCIA, Oskar		96	Vaesby SS			5:00.85	479	
	50m:	29.49 29.49	150m:	1:42.25	38.46	250m:	3:04.88 44.42	350m:	
	100m:	1:03.79 34.30	200m:	2:20.46	38.21	300m:	3:50.46 45.58	400m:	5:00.85
24.	SÓWKA, Denis		98	DOKiS SP "Vega" Dobrodzie			5:02.68	471	
	50m:	31.84 31.84	150m:	1:47.72	38.77	250m:	3:08.05 42.70	350m:	4:28.54 35.53
	100m:	1:08.95 37.11	200m:	2:25.35	37.63	300m:	3:53.01 44.96	400m:	5:02.68 34.14
25.	AUGUSTYN, Aleksander		00	MUKS Sokół Kolbuszowa Dolna			5:39.99	332	
	50m:	34.69 34.69	150m:	2:43.45	1:28.05	250m:		350m:	
	100m:	1:15.40 40.71	200m:	3:33.76	50.31	300m:	4:25.30	400m:	5:39.99