

Grand Prix Puchar Polski w pływaniu  
Kozienice, 20- - 21-2-2016

Konkurencja 2  
2016-02-20 - 8:36

M czyzn, 400m zmienny

14 lat i starsi  
Wyniki

Punkty: FINA 2015

Pozycja			Rok ur.					Czas	Pkt.		
1.	DUBIEL Adam		93	AZS AWF Warszawa				<b>4:22.33</b>	723		
	50m:	27.38 27.38	150m:	1:31.82	32.88	250m:	2:42.39	38.40	350m:	3:51.94	30.87
	100m:	58.94 31.56	200m:	2:03.99	32.17	300m:	3:21.07	38.68	400m:	4:22.33	30.39
2.	CHRZANOWSKI Damian		98	MZOS Płock				<b>4:30.93</b>	656		
	50m:	27.05 27.05	150m:	1:33.31	35.40	250m:	2:47.66	40.38	350m:	4:00.33	32.19
	100m:	57.91 30.86	200m:	2:07.28	33.97	300m:	3:28.14	40.48	400m:	4:30.93	30.60
3.	LECHOWICZ Filip SO		97	Korona Kraków				<b>4:31.40</b>	653		
	50m:	30.57 30.57	150m:	1:39.19	35.01	250m:	2:52.75	38.11	350m:	4:01.54	30.12
	100m:	1:04.18 33.61	200m:	2:14.64	35.45	300m:	3:31.42	38.67	400m:	4:31.40	29.86
4.	DANILEWSKI Maciej SOL		98	MKS JUVENIA Białystok				<b>4:33.01</b>	641		
	50m:	29.20 29.20	150m:	1:37.86	34.87	250m:	2:50.72	39.32	350m:	4:02.25	32.17
	100m:	1:02.99 33.79	200m:	2:11.40	33.54	300m:	3:30.08	39.36	400m:	4:33.01	30.76
5.	KAŁUSOWSKI Jan		00	MKS Trójka Łód				<b>4:33.54</b>	638		
	50m:	28.78 28.78	150m:			250m:	2:50.29	38.37	350m:		
	100m:	1:01.31 32.53	200m:	2:11.92		300m:	3:29.33	39.04	400m:	4:33.54	
6.	ADAMCZYK PATRYK SSz		97	MKP Szczecin				<b>4:33.94</b>	635		
	50m:	28.89 28.89	150m:	1:38.39	35.82	250m:	2:52.60	38.99	350m:	4:03.51	30.76
	100m:	1:02.57 33.68	200m:	2:13.61	35.22	300m:	3:32.75	40.15	400m:	4:33.94	30.43
7.	ULATOWSKI Wojciech SOL		98	MTP KORMORAN Olsztyn				<b>4:34.62</b>	630		
	50m:	30.07 30.07	150m:			250m:	2:55.20	39.56	350m:	4:05.28	30.50
	100m:	1:05.20 35.13	200m:	2:15.64		300m:	3:34.78	39.58	400m:	4:34.62	29.34
8.	DOBRZYNSKI Tomasz		98	UKS G-8 Bielany Warszawa				<b>4:35.09</b>	627		
	50m:	29.69 29.69	150m:	1:38.53		250m:	3:33.35		350m:	4:04.88	
	100m:		200m:			300m:			400m:	4:35.09	30.21
9.	KEMPA Mikołaj SO		99	MMKS K dzierzyn Ko le				<b>4:35.47</b>	624		
	50m:	30.36 30.36	150m:	1:40.15	35.28	250m:	2:53.88	38.47	350m:	4:05.06	32.16
	100m:	1:04.87 34.51	200m:	2:15.41	35.26	300m:	3:32.90	39.02	400m:	4:35.47	30.41
10.	ŁAPOT Radosław SR		99	MOS Katowice				<b>4:38.20</b>	606		
	50m:	29.65 29.65	150m:	1:40.18	35.58	250m:	2:54.95	39.99	350m:	4:06.95	32.10
	100m:	1:04.60 34.95	200m:	2:14.96	34.78	300m:	3:34.85	39.90	400m:	4:38.20	31.25
11.	KACZOROWSKI Jakub		97	UKS " oliborz" Warszawa				<b>4:38.44</b>	605		
	50m:		150m:	1:42.29	36.56	250m:	2:57.76	40.01	350m:	4:09.27	
	100m:	1:05.73	200m:	2:17.75	35.46	300m:			400m:	4:38.44	29.17
12.	GOLENIEC Kamil SO		99	UKP UNIA O wi cim				<b>4:39.32</b>	599		
	50m:	30.64 30.64	150m:	1:38.95	35.44	250m:	2:54.81	40.67	350m:	4:07.08	32.06
	100m:	1:03.51 32.87	200m:	2:14.14	35.19	300m:	3:35.02	40.21	400m:	4:39.32	32.24
13.	CERLICH Maksymilian		00	MKS Ikar Mielec				<b>4:43.13</b>	575		
	50m:	30.05 30.05	150m:	1:41.41	35.68	250m:	2:56.72	39.20	350m:	4:10.29	32.22
	100m:	1:05.73 35.68	200m:	2:17.52	36.11	300m:	3:38.07	41.35	400m:	4:43.13	32.84
14.	KŁOSI SKI Alan		00	MKS Jedyńka Łód				<b>4:43.31</b>	574		
	50m:	31.11 31.11	150m:	1:48.20	37.94	250m:	3:02.24	37.50	350m:	4:11.35	33.05
	100m:	1:10.26 39.15	200m:	2:24.74	36.54	300m:	3:38.30	36.06	400m:	4:43.31	31.96
15.	GRYZ Dawid		99	MKP Szczecin				<b>4:47.31</b>	550		
	50m:	29.99 29.99	150m:	1:40.67	36.19	250m:	2:59.41	43.42	350m:	4:15.84	32.85
	100m:	1:04.48 34.49	200m:	2:15.99	35.32	300m:	3:42.99	43.58	400m:	4:47.31	31.47
16.	ELGALAL Sami		01	UKS SP 149 Łód				<b>4:47.57</b>	549		
	50m:	29.95 29.95	150m:	1:42.80	37.03	250m:	3:02.50	42.53	350m:	4:17.44	33.32
	100m:	1:05.77 35.82	200m:	2:19.97	37.17	300m:	3:44.12	41.62	400m:	4:47.57	30.13
17.	LENARTOWICZ Kacper		99	IKS Konstancin				<b>4:49.05</b>	540		
	50m:	30.05 30.05	150m:			250m:	3:00.01	41.20	350m:	4:16.44	33.13
	100m:	1:04.26 34.21	200m:	2:18.81		300m:	3:43.31	43.30	400m:	4:49.05	32.61

Grand Prix Puchar Polski w pływaniu  
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Konkurencja 2, M czynn, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.		
18.	NAPIERAJ Jan SOL		98	PIRANIA Targówek				<b>4:51.06</b>	529		
	50m:	30.32 30.32	150m:	1:42.78	37.05	250m:	3:01.67	43.09	350m:	4:19.03	33.65
	100m:	1:05.73 35.41	200m:	2:18.58	35.80	300m:	3:45.38	43.71	400m:	4:51.06	32.03
19.	PAJ K Bartosz		01	BUKS Warszawa				<b>4:53.77</b>	515		
	50m:	31.49 31.49	150m:	1:44.24	37.87	250m:	3:04.88	42.31	350m:		
	100m:	1:06.37 34.88	200m:	2:22.57	38.33	300m:			400m:	4:53.77	
20.	GUZY Marcel		01	DOKiS SP"Vega" Dobrodzie				<b>4:55.55</b>	505		
	50m:	32.30 32.30	150m:	1:46.90	38.08	250m:	3:06.07	40.40	350m:	4:21.42	34.21
	100m:	1:08.82 36.52	200m:	2:25.67	38.77	300m:	3:47.21	41.14	400m:	4:55.55	34.13
21.	KSI NICKI Dawid		02	MKS Ikar Mielec				<b>4:59.92</b>	484		
	50m:	34.35 34.35	150m:	1:50.81	39.18	250m:	3:09.94	41.06	350m:	4:26.65	35.01
	100m:	1:11.63 37.28	200m:	2:28.88	38.07	300m:	3:51.64	41.70	400m:	4:59.92	33.27
22.	WO NIAK Kamil		01	KS Wisła Puławy				<b>5:10.88</b>	434		
	50m:	31.84 31.84	150m:	1:51.15		250m:	3:16.73	44.42	350m:		
	100m:		200m:	2:32.31	41.16	300m:	4:37.19	1:20.46	400m:	5:10.88	
23.	SIEMI SKI Piotr		00	UKS "oliborz" Warszawa				<b>5:12.80</b>	426		
	50m:	31.71 31.71	150m:	1:53.20	43.95	250m:	3:15.89	39.38	350m:	4:36.01	39.30
	100m:	1:09.25 37.54	200m:	2:36.51	43.31	300m:	3:56.71	40.82	400m:	5:12.80	36.79
24.	CIESZKO Mateusz		01	MKS Trójka Łódź				<b>5:12.81</b>	426		
	50m:	32.69 32.69	150m:			250m:	3:16.72	45.92	350m:	4:38.22	36.17
	100m:		200m:	2:30.80		300m:	4:02.05	45.33	400m:	5:12.81	34.59
25.	WORONKO Krzysztof		02	MKS Medyk Gi ycko				<b>5:13.19</b>	425		
	50m:	32.45 32.45	150m:	1:49.56	38.48	250m:	3:13.22	45.97	350m:	4:36.97	37.18
	100m:	1:11.08 38.63	200m:	2:27.25	37.69	300m:	3:59.79	46.57	400m:	5:13.19	36.22
26.	SIEKACZY SKI Artur		02	Fala Kra nik				<b>5:14.88</b>	418		
	50m:	33.26 33.26	150m:	1:53.02	39.58	250m:	3:17.73	46.49	350m:	4:40.11	35.84
	100m:	1:13.44 40.18	200m:	2:31.24	38.22	300m:	4:04.27	46.54	400m:	5:14.88	34.77
27.	MAGDA Patryk		02	MKS Ikar Mielec				<b>5:17.33</b>	408		
	50m:		150m:			250m:	3:18.47	49.32	350m:		
	100m:	1:10.26	200m:	2:29.15		300m:	4:41.96	1:23.49	400m:	5:17.33	
28.	DADOS Aleksander		01	KS Wisła Puławy				<b>5:29.52</b>	365		
	50m:		150m:	1:56.31		250m:	3:25.28	46.44	350m:	4:52.17	
	100m:		200m:	2:38.84	42.53	300m:			400m:	5:29.52	37.35
DYSKW.	ZIELI SKI Dawid		92	MKP Szczecin							
	K12										
	50m:	28.26 28.26	150m:	1:39.28		250m:	2:53.32	38.07	350m:	4:34.83	1:02.33
	100m:		200m:	2:15.25	35.97	300m:	3:32.50	39.18	400m:		