

Arena Grand Prix Puchar Polski
Kozienice, 18. - 19.2.2017

Konkurencja 14
18.02.2017 - 17:17

Mężczyźni, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.						Czas	Pkt.
1.	SZWEDZKI, Dawid		94	WKS I sk Wrocław					4:22.82	719
	50m:	28.43 28.43	150m:	1:35.00 34.38	250m:	2:44.56 36.60	350m:	3:52.74 31.50		
	100m:	1:00.62 32.19	200m:	2:07.96 32.96	300m:	3:21.24 36.68	400m:	4:22.82 30.08		
2.	CHRZANOWSKI, Damian		98	MZOS Płock					4:26.22	692
	50m:	26.96 26.96	150m:	1:33.67 35.37	250m:	2:46.31 37.97	350m:	3:56.31 31.34		
	100m:	58.30 31.34	200m:	2:08.34 34.67	300m:	3:24.97 38.66	400m:	4:26.22 29.91		
3.	DUBIEL, Adam		93	AZS AWF Warszawa					4:26.52	689
	50m:	28.38 28.38	150m:	1:34.57 33.37	250m:	2:46.70 38.80	350m:	3:57.02 31.09		
	100m:	1:01.20 32.82	200m:	2:07.90 33.33	300m:	3:25.93 39.23	400m:	4:26.52 29.50		
4.	CHMIELEWSKI, Jakub SWR		99	WKS I sk Wrocław					4:27.39	683
	50m:	27.89 27.89	150m:	1:32.18 32.42	250m:	2:44.73 39.98	350m:	3:57.10 31.82		
	100m:	59.76 31.87	200m:	2:04.75 32.57	300m:	3:25.28 40.55	400m:	4:27.39 30.29		
5.	CIASTO, Sebastian SO		99	UKP Unia Owiścim					4:30.61	659
	50m:	29.67 29.67	150m:	1:37.64 34.57	250m:	2:49.38 37.79	350m:	3:58.80 31.82		
	100m:	1:03.07 33.40	200m:	2:11.59 33.95	300m:	3:26.98 37.60	400m:	4:30.61 31.81		
6.	NIEDZIAŁEK, Dominik SL		98	UKS Skarpa Lublin					4:32.23	647
	50m:	28.62 28.62	150m:	1:37.63 35.33	250m:	2:50.67 38.33	350m:	4:01.94 31.47		
	100m:	1:02.30 33.68	200m:	2:12.34 34.71	300m:	3:30.47 39.80	400m:	4:32.23 30.29		
7.	OLLER, Krzysztof SOL		00	MTP KORMORAN Olsztyn					4:32.24	647
	50m:	29.48 29.48	150m:	1:37.85 35.83	250m:	2:51.65 39.17	350m:	4:02.18 31.61		
	100m:	1:02.02 32.54	200m:	2:12.48 34.63	300m:	3:30.57 38.92	400m:	4:32.24 30.06		
8.	JURA, Maciej		96	WKS I sk Wrocław					4:32.32	646
	50m:	29.11 29.11	150m:	1:39.51 36.73	250m:	2:54.22 39.32	350m:	4:04.19 30.81		
	100m:	1:02.78 33.67	200m:	2:14.90 35.39	300m:	3:33.38 39.16	400m:	4:32.32 28.13		
9.	GOLENIEC, Kamil SO		99	UKP Unia Owiścim					4:32.85	642
	50m:	28.98 28.98	150m:	1:37.28 35.92	250m:	2:51.77 39.20	350m:	4:03.00 31.74		
	100m:	1:01.36 32.38	200m:	2:12.57 35.29	300m:	3:31.26 39.49	400m:	4:32.85 29.85		
10.	ELGALAL, Sami		01	UKS SP 149 Łódź					4:33.64	637
	50m:	29.12 29.12	150m:	1:38.86 35.97	250m:	2:52.84 38.71	350m:	4:04.03 31.54		
	100m:	1:02.89 33.77	200m:	2:14.13 35.27	300m:	3:32.49 39.65	400m:	4:33.64 29.61		
11.	GAWRON, Oskar SWR		99	WKS I sk Wrocław					4:34.71	630
	50m:	29.91 29.91	150m:	1:40.30 36.14	250m:	2:54.04 38.11	350m:	4:04.14 31.76		
	100m:	1:04.16 34.25	200m:	2:15.93 35.63	300m:	3:32.38 38.34	400m:	4:34.71 30.57		
12.	KEMPA, Mikołaj SO		99	MMKS Kdzierzyn Kościele					4:35.07	627
	50m:	29.30 29.30	150m:	1:38.88 36.10	250m:	2:52.82 38.63	350m:	4:05.09 32.45		
	100m:	1:02.78 33.48	200m:	2:14.19 35.31	300m:	3:32.64 39.82	400m:	4:35.07 29.98		
13.	KISZCZAK, Jakub SWR		00	WKS I sk Wrocław					4:36.84	615
	50m:	28.82 28.82	150m:	1:38.02 34.31	250m:	2:52.40 39.82	350m:	4:05.62 32.66		
	100m:	1:03.71 34.89	200m:	2:12.58 34.56	300m:	3:32.96 40.56	400m:	4:36.84 31.22		
14.	KADROW, Konrad		97	KU AZS UMCS Lublin					4:36.99	614
	50m:	30.16 30.16	150m:	1:41.37 36.59	250m:	2:54.89 37.18	350m:	4:05.93 33.07		
	100m:	1:04.78 34.62	200m:	2:17.71 36.34	300m:	3:32.86 37.97	400m:	4:36.99 31.06		
15.	WAWRZYŃCZAK, Alan SL		99	UKS Skarpa Lublin					4:38.89	602
	50m:	29.68 29.68	150m:	1:40.00 36.52	250m:	2:55.11 40.17	350m:	4:08.00 32.97		
	100m:	1:03.48 33.80	200m:	2:14.94 34.94	300m:	3:35.03 39.92	400m:	4:38.89 30.89		
16.	BALCERAK, Jakub		00	MKS Trójka Łódź					4:38.95	601
	50m:	29.72 29.72	150m:	1:37.21 33.82	250m:	2:53.82 42.69	350m:	4:08.66 32.40		
	100m:	1:03.39 33.67	200m:	2:11.13 33.92	300m:	3:36.26 42.44	400m:	4:38.95 30.29		
17.	DOMAŃSKI, Kamil		00	MKS Trójka Łódź					4:40.27	593
	50m:	30.95 30.95	150m:	1:41.73 35.79	250m:	2:57.55 40.38	350m:	4:10.10 32.27		
	100m:	1:05.94 34.99	200m:	2:17.17 35.44	300m:	3:37.83 40.28	400m:	4:40.27 30.17		

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Konkurencja 14, M czyzn, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.				Czas	Pkt.
18.	FAJKOWSKI, Piotr	01	MKS Trójka Łód			4:46.06	557	
	50m: 31.14 31.14	150m: 1:43.20	36.25	250m: 3:00.07	41.57	350m: 4:15.04	32.71	
	100m: 1:06.95 35.81	200m: 2:18.50	35.30	300m: 3:42.33	42.26	400m: 4:46.06	31.02	
19.	KRZYWANIA, Oskar	02	UKS SP 149 Łód			4:48.39	544	
	50m: 31.55 31.55	150m: 1:45.47	38.28	250m: 3:03.22	40.87	350m: 4:17.21	32.61	
	100m: 1:07.19 35.64	200m: 2:22.35	36.88	300m: 3:44.60	41.38	400m: 4:48.39	31.18	
20.	TOPOLSKI, Dawid	00	MKS Trójka Łód			4:49.50	538	
	50m: 28.69 28.69	150m: 1:40.80	39.02	250m: 2:59.42	41.26	350m: 4:16.12	33.84	
	100m: 1:01.78 33.09	200m: 2:18.16	37.36	300m: 3:42.28	42.86	400m: 4:49.50	33.38	
21.	CHAŁAT, Stanisław SL	99	UKS Skarpa Lublin			4:51.19	528	
	50m: 31.51 31.51	150m: 1:46.45	38.88	250m: 3:05.53	41.41	350m: 4:19.77	32.39	
	100m: 1:07.57 36.06	200m: 2:24.12	37.67	300m: 3:47.38	41.85	400m: 4:51.19	31.42	
22.	ZIELI SKI, Konrad	03	UKS 190 Łód			4:51.29	528	
	50m: 30.84 30.84	150m: 1:46.56	39.95	250m: 3:05.15	40.93	350m: 4:20.95	33.48	
	100m: 1:06.61 35.77	200m: 2:24.22	37.66	300m: 3:47.47	42.32	400m: 4:51.29	30.34	
23.	RAJCA, Wiktor	02	UKS 190 Łód			4:51.48	527	
	50m: 31.16 31.16	150m: 1:42.82	36.86	250m: 3:01.70	41.94	350m: 4:18.44	34.40	
	100m: 1:05.96 34.80	200m: 2:19.76	36.94	300m: 3:44.04	42.34	400m: 4:51.48	33.04	
24.	POPIOŁEK, Dawid	02	UKS Skarpa Lublin			4:53.57	516	
	50m: 30.21 30.21	150m: 1:43.99	38.23	250m: 3:03.89	43.11	350m: 4:20.95	33.81	
	100m: 1:05.76 35.55	200m: 2:20.78	36.79	300m: 3:47.14	43.25	400m: 4:53.57	32.62	
25.	BRODOWSKI, Bartosz	00	UKS NAWA Skierniewice			4:53.84	514	
	50m: 30.18 30.18	150m: 1:46.33	39.80	250m: 3:06.31	41.97	350m: 4:22.65	34.38	
	100m: 1:06.53 36.35	200m: 2:24.34	38.01	300m: 3:48.27	41.96	400m: 4:53.84	31.19	
26.	WO NIAK, Kamil	01	KS Wisła Puławy			4:53.88	514	
	50m: 30.71 30.71	150m: 1:45.76	39.94	250m: 3:06.34	41.94	350m: 4:21.84	33.51	
	100m: 1:05.82 35.11	200m: 2:24.40	38.64	300m: 3:48.33	41.99	400m: 4:53.88	32.04	
27.	DADOS, Aleksander	01	KS Wisła Puławy			4:57.61	495	
	50m: 31.05 31.05	150m: 1:45.93	38.09	250m: 3:05.79	42.62	350m: 4:23.84	34.22	
	100m: 1:07.84 36.79	200m: 2:23.17	37.24	300m: 3:49.62	43.83	400m: 4:57.61	33.77	
28.	KONCKI, Bartłomiej	01	KS Wisła Puławy			4:57.70	495	
	50m: 32.57 32.57	150m: 1:47.13	36.97	250m: 3:05.76	41.12	350m: 4:25.22	35.20	
	100m: 1:10.16 37.59	200m: 2:24.64	37.51	300m: 3:50.02	44.26	400m: 4:57.70	32.48	
29.	KRYSIĄK, Michał	01	MKS Trójka Łód			4:59.14	487	
	50m: 31.23 31.23	150m: 1:46.82	39.14	250m: 3:09.65	44.77	350m: 4:26.99	33.21	
	100m: 1:07.68 36.45	200m: 2:24.88	38.06	300m: 3:53.78	44.13	400m: 4:59.14	32.15	
30.	SIEKACZY SKI, Artur	02	Fala Kra nik			5:00.39	481	
	50m: 31.14 31.14	150m: 1:44.87	37.06	250m: 3:06.12	45.08	350m: 4:26.16	34.99	
	100m: 1:07.81 36.67	200m: 2:21.04	36.17	300m: 3:51.17	45.05	400m: 5:00.39	34.23	
31.	K DZIERSKI, Tomasz	03	UKS 190 Łód			5:02.08	473	
	50m: 31.59 31.59	150m: 1:47.01	38.91	250m: 3:07.37	42.44	350m: 4:27.08	35.95	
	100m: 1:08.10 36.51	200m: 2:24.93	37.92	300m: 3:51.13	43.76	400m: 5:02.08	35.00	
32.	JEDNASZEWSKI, Mikołaj SOL	01	MTP KORMORAN Olsztyn			5:04.24	463	
	50m: 31.92 31.92	150m: 1:48.30	39.25	250m: 3:10.14	42.68	350m: 4:30.15	36.20	
	100m: 1:09.05 37.13	200m: 2:27.46	39.16	300m: 3:53.95	43.81	400m: 5:04.24	34.09	
33.	LABICH, Wiktor	03	MKS Trójka Łód			5:04.31	463	
	50m: 32.93 32.93	150m: 1:51.31	39.26	250m: 3:12.46	42.80	350m: 4:31.19	35.23	
	100m: 1:12.05 39.12	200m: 2:29.66	38.35	300m: 3:55.96	43.50	400m: 5:04.31	33.12	
34.	CIESZKO, Mateusz	01	MKS Trójka Łód			5:05.68	457	
	50m: 31.69 31.69	150m:		250m: 3:10.50	42.04	350m: 4:30.32	36.71	
	100m: 1:08.40 36.71	200m: 2:28.46		300m: 3:53.61	43.11	400m: 5:05.68	35.36	
35.	MICHALAK, Jan	03	UKS NAWA Skierniewice			5:26.18	376	
	50m: 33.31 33.31	150m: 1:54.71	42.14	250m: 3:22.64	47.02	350m: 4:49.50	39.93	
	100m: 1:12.57 39.26	200m: 2:35.62	40.91	300m: 4:09.57	46.93	400m: 5:26.18	36.68	

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Konkurencja 14, M czyzn, 400m zmienny, 14 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.	
36.	STYCZY	SKI, Wojciech		02	UKS NAWA	Skierniewice			5:36.56	342	
	50m:	34.27	34.27	150m:	2:02.16	44.84	250m:	3:30.97	46.25	350m: 4:57.92	41.00
	100m:	1:17.32	43.05	200m:	2:44.72	42.56	300m:	4:16.92	45.95	400m: 5:36.56	38.64