

Grand Prix - Puchar Polski
Łódź , 10- - 11-11-2012

Konkurencja 34
2012-11-11 - 12:18

M czynn, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2011

Pozycja			Rok ur.					Pkt.	Czas
1.	Lassek Bartłomiej		94	Mks Trójka Łódź				745	3:54.61
	50m:	26.69 26.69	150m:	1:25.35 29.42	250m:	2:24.94 29.63	350m:	3:25.77 30.58	
	100m:	55.93 29.24	200m:	1:55.31 29.96	300m:	2:55.19 30.25	400m:	3:54.61 28.84	
2.	Wysoczy ski Mateusz SZG		93	MKS Jordan Kraków				745	3:54.62
	50m:	27.34 27.34	150m:	1:27.13 30.25	250m:	2:26.13 29.43	350m:	3:25.74 29.73	
	100m:	56.88 29.54	200m:	1:56.70 29.57	300m:	2:56.01 29.88	400m:	3:54.62 28.88	
3.	Borowicz Skoneczny Sylwester		92	AZS UWM Olsztyn				730	3:56.22
	50m:	27.98 27.98	150m:	1:27.44 29.71	250m:	2:27.23 29.86	350m:	3:27.04 29.86	
	100m:	57.73 29.75	200m:	1:57.37 29.93	300m:	2:57.18 29.95	400m:	3:56.22 29.18	
4.	Wojdak Wojciech SO		96	BOSiR SP Brzesko				727	3:56.62
	50m:	28.09 28.09	150m:	1:27.56 29.63	250m:	2:27.11 29.54	350m:	3:26.93 29.99	
	100m:	57.93 29.84	200m:	1:57.57 30.01	300m:	2:56.94 29.83	400m:	3:56.62 29.69	
5.	WIEK KACPER		95	Mks Polonia Warszawa				690	4:00.69
	50m:	28.61 28.61	150m:	1:30.58 30.97	250m:	2:32.06 30.59	350m:	3:32.95 30.22	
	100m:	59.61 31.00	200m:	2:01.47 30.89	300m:	3:02.73 30.67	400m:	4:00.69 27.74	
6.	Jura Maciej		96	UKS Jagiellonka Warszawa				689	4:00.79
	50m:	29.03 29.03	150m:	1:29.61 30.21	250m:	2:31.16 31.01	350m:	3:32.57 30.64	
	100m:	59.40 30.37	200m:	2:00.15 30.54	300m:	3:01.93 30.77	400m:	4:00.79 28.22	
7.	Dubiel Adam		93	MTP Lublinianka				688	4:00.92
	50m:	28.22 28.22	150m:	1:30.28 31.20	250m:	2:32.37 30.75	350m:	3:32.48 29.70	
	100m:	59.08 30.86	200m:	2:01.62 31.34	300m:	3:02.78 30.41	400m:	4:00.92 28.44	
8.	Rzadkowski Daniel		94	MUKS Olimpijczyk Suwałki				687	4:01.11
	50m:	28.23 28.23	150m:	1:30.79 31.46	250m:	2:32.77 30.62	350m:	3:33.03 29.36	
	100m:	59.33 31.10	200m:	2:02.15 31.36	300m:	3:03.67 30.90	400m:	4:01.11 28.08	
9.	R yski Marcin		94	AZS UWM Olsztyn				671	4:02.94
	50m:	29.62 29.62	150m:	1:31.94 31.24	250m:	2:33.05 30.52	350m:	3:33.98 30.29	
	100m:	1:00.70 31.08	200m:	2:02.53 30.59	300m:	3:03.69 30.64	400m:	4:02.94 28.96	
10.	URBANIAK Jan		95	K.S.Warta Pozna				666	4:03.54
	50m:	28.26 28.26	150m:	1:28.82 30.57	250m:	2:31.02 31.27	350m:	3:34.17 31.53	
	100m:	58.25 29.99	200m:	1:59.75 30.93	300m:	3:02.64 31.62	400m:	4:03.54 29.37	
11.	Czarnota Mateusz		91	UKP Unia O wi cim				664	4:03.79
	50m:	28.78 28.78	150m:	1:31.09 31.16	250m:	2:31.67 30.02	350m:	3:33.34 30.67	
	100m:	59.93 31.15	200m:	2:01.65 30.56	300m:	3:02.67 31.00	400m:	4:03.79 30.45	
12.	Twarowski Jerzy SK		95	MKS Jordan Kraków				660	4:04.27
	50m:	26.75 26.75	150m:	1:27.03 30.47	250m:	2:29.99 31.56	350m:	3:33.62 31.89	
	100m:	56.56 29.81	200m:	1:58.43 31.40	300m:	3:01.73 31.74	400m:	4:04.27 30.65	
13.	Iłendo Piotr		93	MKS Juwenia Białystok				654	4:05.08
	50m:	27.98 27.98	150m:	1:29.66 31.46	250m:	2:31.35 30.99	350m:	3:34.82 31.65	
	100m:	58.20 30.22	200m:	2:00.36 30.70	300m:	3:03.17 31.82	400m:	4:05.08 30.26	
14.	Kaw cki Radosław		91	KORNER Zielona Góra				649	4:05.69
	50m:	27.58 27.58	150m:	1:28.98 31.01	250m:	2:31.13 31.04	350m:	3:34.88 31.85	
	100m:	57.97 30.39	200m:	2:00.09 31.11	300m:	3:03.03 31.90	400m:	4:05.69 30.81	
15.	WIATROWSKI REMIGIUSZ		96	K.S.Warta Pozna				646	4:06.07
	50m:	28.83 28.83	150m:	1:32.33 31.75	250m:	2:35.13 31.33	350m:	3:37.80 31.64	
	100m:	1:00.58 31.75	200m:	2:03.80 31.47	300m:	3:06.16 31.03	400m:	4:06.07 28.27	
16.	Borkowski Łukasz		95	Mks Trójka Łódź				645	4:06.18
	50m:	28.69 28.69	150m:	1:31.30 30.93	250m:	2:33.04 30.91	350m:	3:35.31 30.80	
	100m:	1:00.37 31.68	200m:	2:02.13 30.83	300m:	3:04.51 31.47	400m:	4:06.18 30.87	
17.	Bening Emil		93	MKS Juwenia Wrocław				640	4:06.79
	50m:	28.51 28.51	150m:	1:32.57 32.14	250m:	2:35.14 30.54	350m:	3:37.87 31.44	
	100m:	1:00.43 31.92	200m:	2:04.60 32.03	300m:	3:06.43 31.29	400m:	4:06.79 28.92	

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Pozycja			Rok ur.					Pkt.	Czas	
18.	U ciłko Michał		95	MKS Juvenia Białystok				640	4:06.89	
	50m:	29.00 29.00	150m:	1:31.07 31.09	250m:	2:34.12 31.27	350m:	3:36.83 31.22		
	100m:	59.98 30.98	200m:	2:02.85 31.78	300m:	3:05.61 31.49	400m:	4:06.89 30.06		
19.	Bor Radosław SZG		93	KORNER Zielona Góra				616	4:09.94	
	50m:	28.25 28.25	150m:	1:29.39 30.74	250m:	2:32.79 31.84	350m:	3:37.78 32.59		
	100m:	58.65 30.40	200m:	2:00.95 31.56	300m:	3:05.19 32.40	400m:	4:09.94 32.16		
20.	WO NIAK MACIEJ		95	Mks Polonia Warszawa				609	4:10.93	
	50m:	28.55 28.55	150m:	1:31.71 31.94	250m:	2:37.54 33.04	350m:	3:42.05 31.98		
	100m:	59.77 31.22	200m:	2:04.50 32.79	300m:	3:10.07 32.53	400m:	4:10.93 28.88		
21.	KO CIELAK Adam		96	K.S.Warta Pozna				607	4:11.20	
	50m:	28.24 28.24	150m:	1:32.29 32.34	250m:	2:36.99 32.41	350m:	3:41.31 32.01		
	100m:	59.95 31.71	200m:	2:04.58 32.29	300m:	3:09.30 32.31	400m:	4:11.20 29.89		
22.	Wieteska Mateusz		91	AZS AWF Katowice				605	4:11.45	
	50m:	28.02 28.02	150m:	1:31.56 32.09	250m:	2:36.34 32.32	350m:	3:40.49 31.87		
	100m:	59.47 31.45	200m:	2:04.02 32.46	300m:	3:08.62 32.28	400m:	4:11.45 30.96		
23.	Staniszewski Adam		97	Mks Trójka Łodz				602	4:11.85	
	50m:	28.96 28.96	150m:	1:32.40 31.65	250m:	2:36.28 32.29	350m:	3:40.83 32.28		
	100m:	1:00.75 31.79	200m:	2:03.99 31.59	300m:	3:08.55 32.27	400m:	4:11.85 31.02		
24.	CHOLEWO KRZYSZTOF		95	Mks Polonia Warszawa				592	4:13.33	
	50m:	29.19 29.19	150m:	1:33.57 32.10	250m:	2:37.75 32.29	350m:	3:42.47 32.33		
	100m:	1:01.47 32.28	200m:	2:05.46 31.89	300m:	3:10.14 32.39	400m:	4:13.33 30.86		
25.	Marchel Adrian		95	MKS Juvenia Białystok				585	4:14.36	
	50m:	28.55 28.55	150m:	1:31.88 31.97	250m:	2:36.90 32.27	350m:	3:42.20 32.40		
	100m:	59.91 31.36	200m:	2:04.63 32.75	300m:	3:09.80 32.90	400m:	4:14.36 32.16		
26.	HORAŁA Damian		96	K.S.Warta Pozna				584	4:14.50	
	50m:	29.96 29.96	150m:	1:35.74 32.95	250m:	2:40.34 32.17	350m:	3:44.11 31.60		
	100m:	1:02.79 32.83	200m:	2:08.17 32.43	300m:	3:12.51 32.17	400m:	4:14.50 30.39		
27.	Mielczarek Filip		96	EKS Skra Bełchatów				582	4:14.75	
	50m:	28.77 28.77	150m:	1:33.80 32.96	250m:	2:39.85 32.65	350m:	3:45.01 32.49		
	100m:	1:00.84 32.07	200m:	2:07.20 33.40	300m:	3:12.52 32.67	400m:	4:14.75 29.74		
28.	Bruchajzer Dominik		97	KP MZOS Płock				581	4:14.90	
	50m:	29.49 29.49	150m:	1:34.08 32.69	250m:	2:39.86 32.60	350m:	3:44.24 32.00		
	100m:	1:01.39 31.90	200m:	2:07.26 33.18	300m:	3:12.24 32.38	400m:	4:14.90 30.66		
29.	Jakub Hahn		97	Jedynka Łódź				580	4:15.07	
	50m:	28.91 28.91	150m:	1:34.16 32.60	250m:	2:38.94 32.48	350m:	3:44.58 32.56		
	100m:	1:01.56 32.65	200m:	2:06.46 32.30	300m:	3:12.02 33.08	400m:	4:15.07 30.49		
30.	Hoffmann Robert		95	Ts Olimpia Poznan				577	4:15.54	
	50m:	29.94 29.94	150m:	1:34.21 32.27	250m:	2:39.92 32.77	350m:	3:44.80 32.25		
	100m:	1:01.94 32.00	200m:	2:07.15 32.94	300m:	3:12.55 32.63	400m:	4:15.54 30.74		
31.	Majewski Łukasz		96	MKP Słowianka				560	4:18.01	
	50m:	28.65 28.65	150m:	1:32.49 32.36	250m:	2:37.88 32.94	350m:	3:44.87 33.83		
	100m:	1:00.13 31.48	200m:	2:04.94 32.45	300m:	3:11.04 33.16	400m:	4:18.01 33.14		
32.	cibiorek Krzysztof		97	S.K.S."Start" Łódź				559	4:18.23	
	50m:	29.52 29.52	150m:	1:35.16 32.98	250m:	2:41.90 33.16	350m:	3:48.10 32.65		
	100m:	1:02.18 32.66	200m:	2:08.74 33.58	300m:	3:15.45 33.55	400m:	4:18.23 30.13		
33.	Chrzanowski Damian		98	KP MZOS Płock				554	4:18.96	
	50m:	29.78 29.78	150m:	1:35.12 32.96	250m:	2:41.14 32.76	350m:	3:46.69 32.49		
	100m:	1:02.16 32.38	200m:	2:08.38 33.26	300m:	3:14.20 33.06	400m:	4:18.96 32.27		
34.	Wertepny Damian		96	Uks Shark Rudna				532	4:22.52	
	50m:	29.00 29.00	150m:	1:34.95 33.26	250m:	2:42.13 33.58	350m:	3:49.43 33.60		
	100m:	1:01.69 32.69	200m:	2:08.55 33.60	300m:	3:15.83 33.70	400m:	4:22.52 33.09		
35.	Fajfer Mateusz		96	MKS Juvenia Wrocław				527	4:23.38	
	50m:	29.24 29.24	150m:	1:35.54	250m:	2:43.38 33.83	350m:	3:51.00 33.87		
	100m:		200m:	2:09.55 34.01	300m:	3:17.13 33.75	400m:	4:23.38 32.38		

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Pozycja					Rok ur.					Pkt.	Czas	
36.	Szmajda Michał				97	MUKS Olimpijczyk Suwałki				522	4:24.21	
	50m:	30.16	30.16	150m:	1:36.13	33.50	250m:	2:43.96	33.85	350m:	3:51.65	33.73
	100m:	1:02.63	32.47	200m:	2:10.11	33.98	300m:	3:17.92	33.96	400m:	4:24.21	32.56
37.	ROSKOWSKI MIKOŁAJ				95	K.S.Warta Pozna				505	4:27.04	
	50m:	30.23	30.23	150m:	1:37.48	34.02	250m:	2:46.54	34.51	350m:	3:55.10	34.27
	100m:	1:03.46	33.23	200m:	2:12.03	34.55	300m:	3:20.83	34.29	400m:	4:27.04	31.94
38.	Brzezi ski Jakub				97	MKS Piaseczno				503	4:27.46	
	50m:	29.65	29.65	150m:	1:36.80	34.06	250m:	2:45.61	34.38	350m:	3:54.07	34.12
	100m:	1:02.74	33.09	200m:	2:11.23	34.43	300m:	3:19.95	34.34	400m:	4:27.46	33.39
39.	KUSKOWSKI ADAM				96	Mks Polonia Warszawa				499	4:28.20	
	50m:	28.88	28.88	150m:	1:35.74	34.04	250m:	2:44.87	34.60	350m:	3:54.70	34.94
	100m:	1:01.70	32.82	200m:	2:10.27	34.53	300m:	3:19.76	34.89	400m:	4:28.20	33.50
40.	Tacza ski Bartłomiej				96	Uks Shark Rudna				493	4:29.23	
	50m:	29.12	29.12	150m:	1:33.58	32.81	250m:	2:41.50	34.45	350m:	3:54.42	36.97
	100m:	1:00.77	31.65	200m:	2:07.05	33.47	300m:	3:17.45	35.95	400m:	4:29.23	34.81
41.	D bski Dominik				98	S.K.S."Start" Łódź				487	4:30.34	
	50m:	30.13	30.13	150m:	1:38.68	34.51	250m:	2:47.65	34.60	350m:	3:56.83	34.21
	100m:	1:04.17	34.04	200m:	2:13.05	34.37	300m:	3:22.62	34.97	400m:	4:30.34	33.51
42.	MILCZAREK PIOTR				98	Uks 190 Łódź				465	4:34.53	
	50m:	30.39	30.39	150m:	1:39.99	35.28	250m:	2:49.90	34.75	350m:	4:00.69	35.32
	100m:	1:04.71	34.32	200m:	2:15.15	35.16	300m:	3:25.37	35.47	400m:	4:34.53	33.84
43.	Palica Łukasz				97	MKS Juvenia Wrocław				462	4:35.07	
	50m:	31.24	31.24	150m:	1:38.99	34.22	250m:	2:48.84	35.12	350m:	3:59.88	35.46
	100m:	1:04.77	33.53	200m:	2:13.72	34.73	300m:	3:24.42	35.58	400m:	4:35.07	35.19
44.	Bartkowski Bartosz				97	KP MZOS Płock				456	4:36.39	
	50m:	31.08	31.08	150m:	1:40.29	34.86	250m:	2:51.00	35.42	350m:	4:02.13	35.50
	100m:	1:05.43	34.35	200m:	2:15.58	35.29	300m:	3:26.63	35.63	400m:	4:36.39	34.26
45.	K pi ski Michał				97	S.K.S."Start" Łódź				455	4:36.61	
	50m:	30.39	30.39	150m:	1:40.12	35.81	250m:	2:52.56	36.14	350m:	4:02.93	34.06
	100m:	1:04.31	33.92	200m:	2:16.42	36.30	300m:	3:28.87	36.31	400m:	4:36.61	33.68
46.	Cichocki Jakub				98	KP MZOS Płock				454	4:36.80	
	50m:	30.93	30.93	150m:	1:40.15	34.75	250m:	2:50.88	35.62	350m:	4:02.31	35.92
	100m:	1:05.40	34.47	200m:	2:15.26	35.11	300m:	3:26.39	35.51	400m:	4:36.80	34.49
47.	Jarmuła Miłosz				98	UKS " G-8 Bielany" Warszawa				450	4:37.61	
	50m:	31.34	31.34	150m:	1:41.24	35.44	250m:	2:52.24	35.57	350m:	4:03.74	35.69
	100m:	1:05.80	34.46	200m:	2:16.67	35.43	300m:	3:28.05	35.81	400m:	4:37.61	33.87
48.	Skwarski Maciej				98	KP MZOS Płock				437	4:40.19	
	50m:	30.55	30.55	150m:	1:40.53	35.44	250m:	2:52.37	35.90	350m:	4:05.36	36.44
	100m:	1:05.09	34.54	200m:	2:16.47	35.94	300m:	3:28.92	36.55	400m:	4:40.19	34.83
49.	Cicho Maciej				97	Mks Trójka Łodz				437	4:40.30	
	50m:	31.02	31.02	150m:	1:40.69	35.65	250m:	2:52.27	35.83	350m:	4:05.49	36.49
	100m:	1:05.04	34.02	200m:	2:16.44	35.75	300m:	3:29.00	36.73	400m:	4:40.30	34.81
50.	Kami ski Marcin				97	UKP Marlin				425	4:42.95	
	50m:	31.14	31.14	150m:	1:41.45	35.58	250m:	2:54.11	36.28	350m:	4:07.42	36.77
	100m:	1:05.87	34.73	200m:	2:17.83	36.38	300m:	3:30.65	36.54	400m:	4:42.95	35.53