

Grand Prix - Puchar Polski
Łódź, 8-9-11-2014

Konkurencja 25
2014-11-09 - 9:30

Mężczyźni, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2014

Pozycja			Rok ur.					Pkt.	Czas
1.	Poprawa Michał		94	AZS AWF Katowice				729	4:21.56
	50m:	26.85 28.85	150m:	1:31.38 33.39	250m:	2:42.50 37.10	350m:	3:50.74 30.33	
	100m:	57.99 31.14	200m:	2:05.40 34.02	300m:	3:20.41 37.91	400m:	4:21.56 30.82	
2.	Zbutowicz Karol SOL		98	MTP KORMORAN Olsztyn				721	4:22.52
	50m:	29.03 29.03	150m:	1:36.15 34.14	250m:	2:45.30 36.31	350m:	3:52.92 31.25	
	100m:	1:02.01 32.98	200m:	2:08.99 32.84	300m:	3:21.67 36.37	400m:	4:22.52 29.60	
3.	Dubiel Adam		93	Azswaw				707	4:24.24
	50m:	28.40 28.40	150m:	1:33.66 33.00	250m:	2:44.35 38.30	350m:	3:54.34 30.95	
	100m:	1:00.66 32.26	200m:	2:06.05 32.39	300m:	3:23.39 39.04	400m:	4:24.24 29.90	
4.	SWwa wiek Kacper		95	Mks Polonia Warszawa				686	4:26.92
	50m:	28.80 28.80	150m:	1:36.03 34.39	250m:	2:48.65 39.01	350m:	3:58.26 30.22	
	100m:	1:01.64 32.84	200m:	2:09.64 33.61	300m:	3:28.04 39.39	400m:	4:26.92 28.66	
5.	Sobczyk Maciej		95	AZS-AGH Krakow				686	4:26.96
	50m:	29.17 29.17	150m:	1:37.54 35.06	250m:	2:48.34 37.62	350m:	3:57.43 31.25	
	100m:	1:02.48 33.31	200m:	2:10.72 33.18	300m:	3:26.18 37.84	400m:	4:26.96 29.53	
6.	Wojdak Wojciech SO		96	UKP Unia O wi cim				682	4:27.45
	50m:	28.21 28.21	150m:	1:34.77 34.80	250m:	2:46.83 37.67	350m:	3:57.40 31.42	
	100m:	59.97 31.76	200m:	2:09.16 34.39	300m:	3:25.98 39.15	400m:	4:27.45 30.05	
7.	Czarnota Mateusz		91	UKP Unia O wi cim				655	4:31.12
	50m:	29.51 29.51	150m:	1:38.09 35.28	250m:	2:50.88 38.33	350m:	4:00.79 30.95	
	100m:	1:02.81 33.30	200m:	2:12.55 34.46	300m:	3:29.84 38.96	400m:	4:31.12 30.33	
8.	Chmielewski Jakub		99	Wks Slask Wroclaw				634	4:34.08
	50m:	29.10 29.10	150m:	1:36.55 34.87	250m:	2:50.08 40.03	350m:	4:02.85 33.26	
	100m:	1:01.68 32.58	200m:	2:10.05 33.50	300m:	3:29.59 39.51	400m:	4:34.08 31.23	
9.	Chrzanowski Damian		98	KP MZOS Plock				630	4:34.70
	50m:	27.87 27.87	150m:	1:35.66 35.70	250m:	2:51.10 40.90	350m:	4:04.38 32.21	
	100m:	59.96 32.09	200m:	2:10.20 34.54	300m:	3:32.17 41.07	400m:	4:34.70 30.32	
10.	W growski Marcel		99	Tp Olimpijczyk Aleksandrów Ł.				618	4:36.44
	50m:	28.72 28.72	150m:	1:37.32 35.22	250m:	2:52.33 40.18	350m:	4:05.14 32.53	
	100m:	1:02.10 33.38	200m:	2:12.15 34.83	300m:	3:32.61 40.28	400m:	4:36.44 31.30	
11.	Lassek Bartłomiej		94	AZS UŁ PŁ Łódź				603	4:38.73
	50m:	29.37 29.37	150m:	1:39.67 36.39	250m:	2:56.13 41.80	350m:	4:08.82 30.76	
	100m:	1:03.28 33.91	200m:	2:14.33 34.66	300m:	3:38.06 41.93	400m:	4:38.73 29.91	
12.	SZG Kubot Szymon		97	KS Warta Pozna				596	4:39.79
	50m:	29.67 29.67	150m:	1:40.78 37.23	250m:	2:55.79 39.19	350m:	4:08.46 33.39	
	100m:	1:03.55 33.88	200m:	2:16.60 35.82	300m:	3:35.07 39.28	400m:	4:39.79 31.33	
13.	Paluszkiewicz Dawid		97	Mkp Gda sk				592	4:40.38
	50m:	29.84 29.84	150m:	1:40.10 36.38	250m:	2:53.79 39.66	350m:	4:08.29 34.06	
	100m:	1:03.72 33.88	200m:	2:14.13 34.03	300m:	3:34.23 40.44	400m:	4:40.38 32.09	
14.	SWwa Dobrzy ski Tomasz		98	Uks G-8 Bielany				590	4:40.75
	50m:	30.39 30.39	150m:	1:41.41 36.63	250m:	2:57.43 40.11	350m:	4:10.09 32.05	
	100m:	1:04.78 34.39	200m:	2:17.32 35.91	300m:	3:38.04 40.61	400m:	4:40.75 30.66	
15.	Januszanis Jakub SOL		98	OLIMPIJCZYK Suwałki				589	4:40.82
	50m:	30.26 30.26	150m:	1:42.89 37.17	250m:	2:59.95 39.36	350m:	4:11.11 31.70	
	100m:	1:05.72 35.46	200m:	2:20.59 37.70	300m:	3:39.41 39.46	400m:	4:40.82 29.71	
16.	Brodowski Jakub		97	MKP Słowianka Gorzów				583	4:41.78
	50m:	29.90 29.90	150m:	1:40.37 36.22	250m:	2:56.71 40.76	350m:	4:11.40 32.55	
	100m:	1:04.15 34.25	200m:	2:15.95 35.58	300m:	3:38.85 42.14	400m:	4:41.78 30.38	
17.	Olender Karol		96	Mkp Gda sk				581	4:42.22
	50m:	31.54 31.54	150m:	1:43.48 36.76	250m:	2:59.63 40.02	350m:	4:12.05 31.58	
	100m:	1:06.72 35.18	200m:	2:19.61 36.13	300m:	3:40.47 40.84	400m:	4:42.22 30.17	

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Konkurencja 25, M czynn, 400m zmienny, 14 lat i starsi

Pozycja					Rok ur.					Pkt.	Czas	
18.	Siemi ski Piotr				00	Uks,, oliborz" Warszawa				578	4:42.62	
	50m:	29.99	29.99	150m:	1:43.98	39.04	250m:	2:58.95	37.21	350m:	4:11.79	33.57
	100m:	1:04.94	34.95	200m:	2:21.74	37.76	300m:	3:38.22	39.27	400m:	4:42.62	30.83
19.	Pietrzak Dawid				97	MKP Szczecin				571	4:43.86	
	50m:	29.87	29.87	150m:	1:40.68	37.13	250m:	2:58.09	42.37	350m:		
	100m:	1:03.55	33.68	200m:	2:15.72	35.04	300m:	3:39.73	41.64	400m:	4:43.86	
20.	Macner Michał				99	MKS Park Wodny Tarnowskie Góry				567	4:44.42	
	50m:	30.93	30.93	150m:	1:42.66	36.04	250m:	2:58.59	40.56	350m:	4:13.22	32.98
	100m:	1:06.62	35.69	200m:	2:18.03	35.37	300m:	3:40.24	41.65	400m:	4:44.42	31.20
21.	Pecyna Maciej				99	IKS Konstancin				565	4:44.74	
	50m:	30.04	30.04	150m:	1:42.93	37.83	250m:	2:59.64	39.85	350m:	4:12.92	33.04
	100m:	1:05.10	35.06	200m:	2:19.79	36.86	300m:	3:39.88	40.24	400m:	4:44.74	31.82
22.	Choda Alan SOL				98	MTP KORMORAN Olsztyn				561	4:45.47	
	50m:	29.61	29.61	150m:	1:39.55	37.00	250m:	2:58.93	42.02	350m:	4:13.67	32.35
	100m:	1:02.55	32.94	200m:	2:16.91	37.36	300m:	3:41.32	42.39	400m:	4:45.47	31.80
23.	Bodzioch Andrzej				98	MKP Szczecin				559	4:45.84	
	50m:	30.30	30.30	150m:	1:41.58	35.78	250m:	2:58.86	41.59	350m:	4:13.96	33.35
	100m:	1:05.80	35.50	200m:	2:17.27	35.69	300m:	3:40.61	41.75	400m:	4:45.84	31.88
24.	SSz Adamczyk Patryk				97	MKP Szczecin				550	4:47.26	
	50m:	30.07	30.07	150m:	1:42.84	37.93	250m:	3:01.36	41.77	350m:	4:16.15	32.91
	100m:	1:04.91	34.84	200m:	2:19.59	36.75	300m:	3:43.24	41.88	400m:	4:47.26	31.11
25.	Durajczyk Michał				97	IKS Konstancin				550	4:47.35	
	50m:	29.97	29.97	150m:	1:41.84	37.66	250m:	3:00.72	43.42	350m:	4:16.37	32.97
	100m:	1:04.18	34.21	200m:	2:17.30	35.46	300m:	3:43.40	42.68	400m:	4:47.35	30.98
26.	Ma ka Filip				00	Uks 190 Łódź				539	4:49.22	
	50m:	31.49	31.49	150m:	1:44.66	36.87	250m:	3:01.19	40.49	350m:	4:15.63	33.67
	100m:	1:07.79	36.30	200m:	2:20.70	36.04	300m:	3:41.96	40.77	400m:	4:49.22	33.59
27.	Oller Krzysztof				00	MTP KORMORAN Olsztyn				537	4:49.66	
	50m:	30.97	30.97	150m:	1:45.29	38.76	250m:	3:02.52	40.24	350m:	4:16.90	33.98
	100m:	1:06.53	35.56	200m:	2:22.28	36.99	300m:	3:42.92	40.40	400m:	4:49.66	32.76
28.	Meszka Ernest				97	UKS NAWA Skierniewice				536	4:49.90	
	50m:	29.01	29.01	150m:	1:39.17	35.89	250m:	2:59.69	45.04	350m:	4:17.87	34.11
	100m:	1:03.28	34.27	200m:	2:14.65	35.48	300m:	3:43.76	44.07	400m:	4:49.90	32.03
29.	Fr czek Paweł				98	Mkp Gda sk				535	4:50.07	
	50m:	33.01	33.01	150m:	1:47.10	36.88	250m:	3:03.56	41.26	350m:	4:18.34	33.14
	100m:	1:10.22	37.21	200m:	2:22.30	35.20	300m:	3:45.20	41.64	400m:	4:50.07	31.73
30.	Doma ski Kamil				00	Tp Olimpijczyk Aleksandrów Ł.				515	4:53.65	
	50m:	31.35	31.35	150m:	1:44.62	37.27	250m:	3:03.10	41.55	350m:	4:20.43	34.42
	100m:	1:07.35	36.00	200m:	2:21.55	36.93	300m:	3:46.01	42.91	400m:	4:53.65	33.22
31.	Stec Adam				97	MKP Szczecin				515	4:53.79	
	50m:	30.49	30.49	150m:	1:41.62	36.66	250m:	3:00.60	42.88	350m:	4:19.53	35.35
	100m:	1:04.96	34.47	200m:	2:17.72	36.10	300m:	3:44.18	43.58	400m:	4:53.79	34.26
32.	Błaszczak Kacper				00	Tp Olimpijczyk Aleksandrów Ł.				501	4:56.46	
	50m:	30.82	30.82	150m:	1:45.40	38.67	250m:	3:04.56	41.17	350m:	4:22.53	36.25
	100m:	1:06.73	35.91	200m:	2:23.39	37.99	300m:	3:46.28	41.72	400m:	4:56.46	33.93
33.	Smul Bła ej				99	Mks Trójka Łódź				494	4:57.85	
	50m:	29.85	29.85	150m:	1:43.73	38.67	250m:	3:05.34	43.69	350m:	4:24.12	34.43
	100m:	1:05.06	35.21	200m:	2:21.65	37.92	300m:	3:49.69	44.35	400m:	4:57.85	33.73
34.	Kuleszko Mikołaj				98	MTKP Delfin Toru				485	4:59.57	
	50m:	30.10	30.10	150m:	1:43.68	38.16	250m:	3:04.98	43.33	350m:	4:24.85	36.90
	100m:	1:05.52	35.42	200m:	2:21.65	37.97	300m:	3:47.95	42.97	400m:	4:59.57	34.72
35.	SSz Gryz Dawid				99	MKP Szczecin				484	4:59.81	
	50m:	30.17	30.17	150m:	1:43.01	37.94	250m:	3:05.46	44.40	350m:	4:26.39	34.30
	100m:	1:05.07	34.90	200m:	2:21.06	38.05	300m:	3:52.09	46.63	400m:	4:59.81	33.42

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Pozycja			Rok ur.					Pkt.	Czas		
36.	Lenartowicz Kacper		99	IKS Konstancin				484	4:59.82		
	50m:	31.55 31.55	150m:	1:45.77	37.88	250m:	3:07.84	44.13	350m:	4:26.84	34.05
	100m:	1:07.89 36.34	200m:	2:23.71	37.94	300m:	3:52.79	44.95	400m:	4:59.82	32.98
37.	Wachnik Jakub		98	Uks Pirania Targówek				484	4:59.86		
	50m:	31.41 31.41	150m:	1:47.02	39.73	250m:	3:10.03	44.51	350m:	4:28.14	33.79
	100m:	1:07.29 35.88	200m:	2:25.52	38.50	300m:	3:54.35	44.32	400m:	4:59.86	31.72
38.	Podzimski Wojciech		99	MKS Park Wodny Tarnowskie Góry				481	5:00.41		
	50m:	30.60 30.60	150m:	1:46.47	40.15	250m:	3:08.05	42.79	350m:	4:26.16	34.55
	100m:	1:06.32 35.72	200m:	2:25.26	38.79	300m:	3:51.61	43.56	400m:	5:00.41	34.25
39.	Karwat Krzysztof		96	UKS NAWA Skierniewice				480	5:00.65		
	50m:	29.36 29.36	150m:	1:39.71	35.77	250m:	2:59.99	44.03	350m:	4:24.04	36.67
	100m:	1:03.94 34.58	200m:	2:15.96	36.25	300m:	3:47.37	47.38	400m:	5:00.65	36.61
40.	Pietrzak Wiktor		99	MKP Szczecin				472	5:02.38		
	50m:	31.31 31.31	150m:	1:48.41	39.76	250m:	3:09.38	41.72	350m:	4:27.84	35.71
	100m:	1:08.65 37.34	200m:	2:27.66	39.25	300m:	3:52.13	42.75	400m:	5:02.38	34.54
41.	Poradzi ski Paweł		99	MKP Słowianka Gorzów				445	5:08.37		
	50m:	31.37 31.37	150m:	1:49.13	41.52	250m:	3:12.23	42.43	350m:	4:33.23	37.09
	100m:	1:07.61 36.24	200m:	2:29.80	40.67	300m:	3:56.14	43.91	400m:	5:08.37	35.14
42.	Orzechowski Kacper		00	UKS NAWA Skierniewice				441	5:09.31		
	50m:	33.70 33.70	150m:	1:51.88	39.76	250m:	3:13.06	42.62	350m:	4:33.38	37.35
	100m:	1:12.12 38.42	200m:	2:30.44	38.56	300m:	3:56.03	42.97	400m:	5:09.31	35.93
43.	Piotrowicz Kamil		00	UKS "Pi tka" Konstancin Łódź				438	5:09.87		
	50m:	32.95 32.95	150m:			250m:	3:11.20	42.72	350m:	4:33.66	38.16
	100m:	1:11.39 38.44	200m:	2:28.48		300m:	3:55.50	44.30	400m:	5:09.87	36.21
44.	Wróbel Andrzej		94	AZS PWWSZ Racibórz				437	5:10.23		
	50m:	30.62 30.62	150m:	1:48.43	41.22	250m:	3:14.25	44.90	350m:	4:35.53	35.52
	100m:	1:07.21 36.59	200m:	2:29.35	40.92	300m:	4:00.01	45.76	400m:	5:10.23	34.70
45.	Cierpikowski Robert		00	UKS "Pi tka" Konstancin Łódź				418	5:14.80		
	50m:	34.33 34.33	150m:	1:54.28	40.33	250m:	3:20.25	46.11	350m:	4:41.21	35.46
	100m:	1:13.95 39.62	200m:	2:34.14	39.86	300m:	4:05.75	45.50	400m:	5:14.80	33.59
46.	Szwedzki Jakub		00	UKS SP55 Łódź				406	5:18.04		
	50m:	35.74 35.74	150m:	1:59.35	40.98	250m:	3:22.61	43.67	350m:	4:44.36	36.13
	100m:	1:18.37 42.63	200m:	2:38.94	39.59	300m:	4:08.23	45.62	400m:	5:18.04	33.68
47.	Kami ski Piotr		99	Mks Trójka Łódź				404	5:18.40		
	50m:	32.85 32.85	150m:	1:53.39	40.88	250m:	3:21.61	47.33	350m:	4:44.71	36.23
	100m:	1:12.51 39.66	200m:	2:34.28	40.89	300m:	4:08.48	46.87	400m:	5:18.40	33.69