

Grand Prix - Puchar Polski  
Łódź, 7- - 8-11-2015

Konkurencja 25  
2015-11-08 - 9:23

M czyzn, 400m zmienny

14 lat i starsi  
Wyniki

Punkty: FINA 2015

Pozycja			Rok ur.					Pkt.	Czas
1.	SOL Zbutowicz Karol		98	MTP KORMORAN Olsztyn				734	<b>4:21.05</b>
	50m:	28.81 28.81	150m:	1:34.35 33.32	250m:	2:43.37 36.56	350m:	3:51.76 31.56	
	100m:	1:01.03 32.22	200m:	2:06.81 32.46	300m:	3:20.20 36.83	400m:	4:21.05 29.29	
2.	W growski Marcel		99	Tp Olimpijczyk Aleksandrów Ł.				711	<b>4:23.74</b>
	50m:	28.26 28.26	150m:	1:34.75 34.37	250m:	2:45.59 38.01	350m:	3:54.29 30.38	
	100m:	1:00.38 32.12	200m:	2:07.58 32.83	300m:	3:23.91 38.32	400m:	4:23.74 29.45	
3.	SOL Ulatowski Wojciech		98	UKP Unia O wi cim				634	<b>4:34.11</b>
	50m:	30.46 30.46	150m:	1:40.18 35.51	250m:	2:53.49 38.94	350m:	4:04.22 31.52	
	100m:	1:04.67 34.21	200m:	2:14.55 34.37	300m:	3:32.70 39.21	400m:	4:34.11 29.89	
4.	SO Hojda Bartłomiej		98	UKP Unia O wi cim				617	<b>4:36.54</b>
	50m:	30.51 30.51	150m:	1:40.59 35.34	250m:	2:53.78 38.73	350m:	4:05.46 32.41	
	100m:	1:05.25 34.74	200m:	2:15.05 34.46	300m:	3:33.05 39.27	400m:	4:36.54 31.08	
5.	Chrzanowski Damian		98	KP MZOS Płock				608	<b>4:37.88</b>
	50m:	29.45 29.45	150m:	1:40.29 36.51	250m:	2:55.93 40.41	350m:	4:08.25 31.89	
	100m:	1:03.78 34.33	200m:	2:15.52 35.23	300m:	3:36.36 40.43	400m:	4:37.88 29.63	
6.	Ma ka Filip		00	Uks 190 Łódź				607	<b>4:38.03</b>
	50m:	30.64 30.64	150m:	1:39.48 34.61	250m:	2:53.87 40.43	350m:	4:07.26 33.02	
	100m:	1:04.87 34.23	200m:	2:13.44 33.96	300m:	3:34.24 40.37	400m:	4:38.03 30.77	
7.	Osses Arkadiusz		95	KS Warta Pozna				603	<b>4:38.75</b>
	50m:	29.72 29.72	150m:	1:38.92 35.76	250m:	2:54.27 40.83	350m:	4:08.40 31.98	
	100m:	1:03.16 33.44	200m:	2:13.44 34.52	300m:	3:36.42 42.15	400m:	4:38.75 30.35	
8.	SO Goleniec Kamil		99	UKP Unia O wi cim				594	<b>4:40.12</b>
	50m:	30.75 30.75	150m:	1:41.80 36.65	250m:	2:56.57 38.65	350m:	4:08.98 32.66	
	100m:	1:05.15 34.40	200m:	2:17.92 36.12	300m:	3:36.32 39.75	400m:	4:40.12 31.14	
9.	SO Krulikowski Maciej		99	UKP Unia O wi cim				578	<b>4:42.71</b>
	50m:	31.29 31.29	150m:	1:44.86 37.90	250m:	3:00.52 37.96	350m:	4:12.08 32.40	
	100m:	1:06.96 35.67	200m:	2:22.56 37.70	300m:	3:39.68 39.16	400m:	4:42.71 30.63	
10.	SO Kempa Mikołaj		99	MMKS K dzierzyn Ko le				572	<b>4:43.67</b>
	50m:	30.77 30.77	150m:	1:42.33 36.86	250m:	2:57.98 39.68	350m:	4:12.14 33.15	
	100m:	1:05.47 34.70	200m:	2:18.30 35.97	300m:	3:38.99 41.01	400m:	4:43.67 31.53	
11.	SO Topolski Arkadiusz		98	UKP Unia O wi cim				567	<b>4:44.48</b>
	50m:	30.43 30.43	150m:	1:41.50 36.14	250m:	2:59.10 42.12	350m:	4:12.27 32.27	
	100m:	1:05.36 34.93	200m:	2:16.98 35.48	300m:	3:40.00 40.90	400m:	4:44.48 32.21	
12.	Pachowski Adrian		97	JAGIELLONKA Warszawa				548	<b>4:47.63</b>
	50m:	29.15 29.15	150m:	1:39.87 37.40	250m:	2:58.09 41.35	350m:	4:14.84 33.56	
	100m:	1:02.47 33.32	200m:	2:16.74 36.87	300m:	3:41.28 43.19	400m:	4:47.63 32.79	
13.	Wo niak Maciej		00	Uks 190 Łódź				544	<b>4:48.33</b>
	50m:	30.15 30.15	150m:	1:41.78 36.79	250m:	3:01.09 43.09	350m:	4:16.96 33.90	
	100m:	1:04.99 34.84	200m:	2:18.00 36.22	300m:	3:43.06 41.97	400m:	4:48.33 31.37	
14.	Kubiak Bartłomiej		99	KKS Włóknierz 1925 Kalisz				539	<b>4:49.37</b>
	50m:	30.01 30.01	150m:	1:43.01 37.79	250m:	3:00.99 40.69	350m:	4:16.51 34.25	
	100m:	1:05.22 35.21	200m:	2:20.30 37.29	300m:	3:42.26 41.27	400m:	4:49.37 32.86	
15.	Lenartowicz Kacper		99	IKS Konstancin				531	<b>4:50.70</b>
	50m:	30.48 30.48	150m:	1:42.30 36.80	250m:	3:02.48 42.86	350m:	4:18.63 32.99	
	100m:	1:05.50 35.02	200m:	2:19.62 37.32	300m:	3:45.64 43.16	400m:	4:50.70 32.07	
16.	Doma ski Kamil		00	Tp Olimpijczyk Aleksandrów Ł.				513	<b>4:54.16</b>
	50m:	30.56 30.56	150m:	1:42.65 37.16	250m:	3:02.15 41.76	350m:	4:20.93 35.49	
	100m:	1:05.49 34.93	200m:	2:20.39 37.74	300m:	3:45.44 43.29	400m:	4:54.16 33.23	
17.	Kami ski Piotr		99	ISKRA Konin				483	<b>5:00.09</b>
	50m:	31.31 31.31	150m:	1:48.20 40.43	250m:	3:07.90 39.36	350m:	4:25.47 36.66	
	100m:	1:07.77 36.46	200m:	2:28.54 40.34	300m:	3:48.81 40.91	400m:	5:00.09 34.62	

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Pozycja				Rok ur.					Pkt.	Czas
18.	Zaremba Jakub			01	Wks Slask Wroclaw				476	<b>5:01.60</b>
	50m:	32.45	32.45	150m:	1:48.17	39.16	250m:	3:09.12	42.55	350m: 4:27.97 35.46
	100m:	1:09.01	36.56	200m:	2:26.57	38.40	300m:	3:52.51	43.39	400m: 5:01.60 33.63
19.	Piotrowski Kacper			01	Wks Slask Wroclaw				465	<b>5:03.81</b>
	50m:	30.81	30.81	150m:	1:44.81	37.72	250m:	3:08.25	45.96	350m: 4:30.58 35.59
	100m:	1:07.09	36.28	200m:	2:22.29	37.48	300m:	3:54.99	46.74	400m: 5:03.81 33.23
20.	Nowak Kacper			00	KS Warta Pozna				448	<b>5:07.72</b>
	50m:	32.81	32.81	150m:	1:54.38	41.15	250m:	3:15.59	41.32	350m: 4:33.85 36.19
	100m:	1:13.23	40.42	200m:	2:34.27	39.89	300m:	3:57.66	42.07	400m: 5:07.72 33.87
21.	Skuba Marcin			98	Orka Zamo				437	<b>5:10.32</b>
	50m:	32.25	32.25	150m:	1:48.88	39.15	250m:	3:12.38	44.35	350m: 4:35.45 36.02
	100m:	1:09.73	37.48	200m:	2:28.03	39.15	300m:	3:59.43	47.05	400m: 5:10.32 34.87
22.	Krzekotowski Karol			00	UKP Torpeda Ole nica				429	<b>5:12.02</b>
	50m:	31.82	31.82	150m:	1:47.13	38.54	250m:	3:15.46	48.77	350m: 4:37.42 34.02
	100m:	1:08.59	36.77	200m:	2:26.69	39.56	300m:	4:03.40	47.94	400m: 5:12.02 34.60
23.	Jó ków Cezary			01	Wks Slask Wroclaw				411	<b>5:16.69</b>
	50m:	32.93	32.93	150m:	1:52.67	40.92	250m:	3:18.32	45.65	350m: 4:41.37 37.47
	100m:	1:11.75	38.82	200m:	2:32.67	40.00	300m:	4:03.90	45.58	400m: 5:16.69 35.32
24.	Smolczewski Igor			01	UKS NAWA Skierniewice				407	<b>5:17.77</b>
	50m:	34.82	34.82	150m:	1:57.53	41.76	250m:	3:21.32	43.25	350m: 4:43.13 37.88
	100m:	1:15.77	40.95	200m:	2:38.07	40.54	300m:	4:05.25	43.93	400m: 5:17.77 34.64
25.	Nowak Aleksander			01	UKS NAWA Skierniewice				402	<b>5:18.98</b>
	50m:	33.22	33.22	150m:	1:54.47	41.31	250m:	3:20.56	46.13	350m: 4:43.68 37.35
	100m:	1:13.16	39.94	200m:	2:34.43	39.96	300m:	4:06.33	45.77	400m: 5:18.98 35.30