

ARENA GRAND PRIX PUCHAR POLSKI
Warszawa, 18. - 19.3.2017

Konkurencja 2
18.03.2017 - 11:48

M czyzn, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.
1.	GŁYK, Wojciech		92	AZS AWF Katowice				4:39.49	664
	50m:	30.06 30.06	150m:	1:41.77 38.01	250m:	2:58.21 39.36	350m:	4:09.54 31.75	
	100m:	1:03.76 33.70	200m:	2:18.85 37.08	300m:	3:37.79 39.58	400m:	4:39.49 29.95	
2.	MA KA, Filip		00	UKS 190 Łód				4:41.23	651
	50m:	29.38 29.38	150m:	1:39.65 36.17	250m:	2:56.03 40.17	350m:	4:10.44 33.64	
	100m:	1:03.48 34.10	200m:	2:15.86 36.21	300m:	3:36.80 40.77	400m:	4:41.23 30.79	
3.	LECHOWICZ, Filip		97	AZS-AGH Kraków				4:41.56	649
	50m:	29.81 29.81	150m:	1:41.98 37.21	250m:	2:57.37 40.15	350m:	4:11.04 33.19	
	100m:	1:04.77 34.96	200m:	2:17.22 35.24	300m:	3:37.85 40.48	400m:	4:41.56 30.52	
4.	HOJDA, Bartłomiej SO		98	UKP UNIA O wi cim				4:43.69	635
	50m:	30.09 30.09	150m:	1:41.48 36.01	250m:	2:57.84 40.90	350m:	4:11.75 32.95	
	100m:	1:05.47 35.38	200m:	2:16.94 35.46	300m:	3:38.80 40.96	400m:	4:43.69 31.94	
5.	KURLETO, Piotr		00	AZS-AGH Kraków				4:43.71	634
	50m:	29.44 29.44	150m:	1:39.78 37.08	250m:	2:58.19 41.21	350m:	4:11.83 32.59	
	100m:	1:02.70 33.26	200m:	2:16.98 37.20	300m:	3:39.24 41.05	400m:	4:43.71 31.88	
6.	KŁOS, Grzegorz		95	AZS AWF Katowice				4:47.34	611
	50m:	29.89 29.89	150m:	1:40.90 37.90	250m:	2:58.17 39.44	350m:	4:12.35 33.35	
	100m:	1:03.00 33.11	200m:	2:18.73 37.83	300m:	3:39.00 40.83	400m:	4:47.34 34.99	
7.	POWRO NIK, Konrad		97	CSiR MOS D browa Górnicza				4:48.22	605
	50m:	30.77 30.77	150m:	1:43.63 37.67	250m:	3:01.90 41.05	350m:	4:15.89 32.25	
	100m:	1:05.96 35.19	200m:	2:20.85 37.22	300m:	3:43.64 41.74	400m:	4:48.22 32.33	
8.	SOBCZYK, Maciej		95	AZS-AGH Kraków				4:48.32	604
	50m:	30.27 30.27	150m:	1:43.81 37.72	250m:	3:01.91 41.21	350m:	4:17.06 33.77	
	100m:	1:06.09 35.82	200m:	2:20.70 36.89	300m:	3:43.29 41.38	400m:	4:48.32 31.26	
9.	GUZY, Marcel		01	DOKiS SP Vega Dobrodzie				4:57.75	549
	50m:	31.99 31.99	150m:	1:46.43 39.45	250m:	3:06.45 41.57	350m:	4:22.75 35.79	
	100m:	1:06.98 34.99	200m:	2:24.88 38.45	300m:	3:46.96 40.51	400m:	4:57.75 35.00	
10.	ZDZIEBŁO, Piotr		02	UKS Salmo ory				4:58.03	547
	50m:	30.55 30.55	150m:	1:45.06 38.18	250m:	3:05.81 43.00	350m:	4:24.78 35.31	
	100m:	1:06.88 36.33	200m:	2:22.81 37.75	300m:	3:49.47 43.66	400m:	4:58.03 33.25	
11.	D BSKI, DOMINIK SSz		98	MKP Szczecin				4:58.41	545
	50m:	31.17 31.17	150m:	1:47.19 40.05	250m:	3:08.78 43.98	350m:	4:26.59 34.04	
	100m:	1:07.14 35.97	200m:	2:24.80 37.61	300m:	3:52.55 43.77	400m:	4:58.41 31.82	
12.	RUTA, Kamil		02	Iuks Muszelka				5:03.92	516
	50m:	30.62 30.62	150m:	1:46.07 39.10	250m:	3:09.11 43.63	350m:	4:29.40 35.02	
	100m:	1:06.97 36.35	200m:	2:25.48 39.41	300m:	3:54.38 45.27	400m:	5:03.92 34.52	
13.	WINIARSKI, Mateusz		99	Legia Warszawa				5:05.38	509
	50m:	30.92 30.92	150m:	1:46.86 39.55	250m:	3:11.29 44.09	350m:	4:31.91 34.88	
	100m:	1:07.31 36.39	200m:	2:27.20 40.34	300m:	3:57.03 45.74	400m:	5:05.38 33.47	
14.	RABAN, Maciej		02	IKS Konstancin				5:06.12	505
	50m:	29.13 29.13	150m:	1:42.83 38.15	250m:	3:06.57 46.55	350m:	4:30.30 37.10	
	100m:	1:04.68 35.55	200m:	2:20.02 37.19	300m:	3:53.20 46.63	400m:	5:06.12 35.82	
15.	WO NIAK, Kamil		01	KS Wisła Puławy				5:07.30	499
	50m:	30.27 30.27	150m:	1:50.13 43.50	250m:	3:15.31 43.92	350m:	4:34.62 34.94	
	100m:	1:06.63 36.36	200m:	2:31.39 41.26	300m:	3:59.68 44.37	400m:	5:07.30 32.68	
16.	GOTOWSKI, Dominik		02	UKS G-8 Bielany				5:08.31	494
	50m:	29.69 29.69	150m:	1:43.34 38.58	250m:	3:08.84 47.85	350m:	4:33.33 36.22	
	100m:	1:04.76 35.07	200m:	2:20.99 37.65	300m:	3:57.11 48.27	400m:	5:08.31 34.98	
17.	KRUTOWICZ, Bartłomiej SWwa		02	MKS Polonia Warszawa				5:09.13	490
	50m:	30.32 30.32	150m:	1:47.43 41.01	250m:	3:13.34 45.38	350m:	4:35.57 35.43	
	100m:	1:06.42 36.10	200m:	2:27.96 40.53	300m:	4:00.14 46.80	400m:	5:09.13 33.56	

ARENA GRAND PRIX PUCHAR POLSKI
Warszawa, 18. - 19.3.2017

Konkurencja 2, M czynn, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
18.	DOŁOWY, Grzegorz		02	luks Muszelka			5:09.20	490	
	50m: 31.16	31.16	150m: 1:46.16	39.74	250m: 3:12.96	47.85	350m: 4:35.51	34.89	
	100m: 1:06.42	35.26	200m: 2:25.11	38.95	300m: 4:00.62	47.66	400m: 5:09.20	33.69	
19.	K DZIERSKI, Tomasz		03	UKS 190 Łód			5:13.40	470	
	50m: 32.99	32.99	150m: 1:55.56	41.19	250m: 3:18.07	41.43	350m: 4:39.36	37.35	
	100m: 1:14.37	41.38	200m: 2:36.64	41.08	300m: 4:02.01	43.94	400m: 5:13.40	34.04	
20.	LIS, Paweł		02	Buks			5:15.81	460	
	50m: 30.72	30.72	150m: 1:51.11	42.79	250m: 3:19.65	45.32	350m: 4:42.04	34.93	
	100m: 1:08.32	37.60	200m: 2:34.33	43.22	300m: 4:07.11	47.46	400m: 5:15.81	33.77	
21.	MARKOWSKI, Kacper		03	UKS G-8 Bielany			5:17.41	453	
	50m: 32.42	32.42	150m: 1:52.74	41.17	250m: 3:17.75	45.12	350m: 4:41.05	37.55	
	100m: 1:11.57	39.15	200m: 2:32.63	39.89	300m: 4:03.50	45.75	400m: 5:17.41	36.36	
22.	ROGUSKI, Mateusz		03	luks Muszelka			5:17.54	452	
	50m: 31.68	31.68	150m: 1:49.98	40.08	250m: 3:18.65	48.21	350m: 4:42.07	35.27	
	100m: 1:09.90	38.22	200m: 2:30.44	40.46	300m: 4:06.80	48.15	400m: 5:17.54	35.47	
23.	WLAZŁOWSKI, Kamil		03	MKS Polonia Warszawa			5:20.47	440	
	50m: 33.35	33.35	150m: 1:54.32	43.28	250m: 3:21.10	45.13	350m: 4:44.02	36.33	
	100m: 1:11.04	37.69	200m: 2:35.97	41.65	300m: 4:07.69	46.59	400m: 5:20.47	36.45	
24.	BURCZY SKI, Piotr		02	MKS Polonia Warszawa			5:23.89	426	
	50m: 30.87	30.87	150m: 1:47.97	40.82	250m: 3:17.81	48.23	350m: 4:44.32	37.12	
	100m: 1:07.15	36.28	200m: 2:29.58	41.61	300m: 4:07.20	49.39	400m: 5:23.89	39.57	
25.	CZAJKA, Marcel		02	MKS Polonia Warszawa			5:25.69	419	
	50m: 32.84	32.84	150m: 1:56.28	43.36	250m: 3:22.98	44.34	350m: 4:45.89	38.16	
	100m: 1:12.92	40.08	200m: 2:38.64	42.36	300m: 4:07.73	44.75	400m: 5:25.69	39.80	
26.	PRZYSTAŁ, Adam		03	Solne Miasto Wieliczka			5:26.48	416	
	50m: 33.55	33.55	150m: 1:57.95	43.19	250m: 3:25.20	44.17	350m: 4:49.22	38.74	
	100m: 1:14.76	41.21	200m: 2:41.03	43.08	300m: 4:10.48	45.28	400m: 5:26.48	37.26	
27.	BURDUKIEWICZ, Maksymilian		02	MKS Polonia Warszawa			5:28.85	407	
	50m: 34.91	34.91	150m: 1:59.76	43.78	250m: 3:27.49	46.17	350m: 4:52.15	38.94	
	100m: 1:15.98	41.07	200m: 2:41.32	41.56	300m: 4:13.21	45.72	400m: 5:28.85	36.70	
28.	STWORZYJANEK, Marek		02	MKS Polonia Warszawa			5:45.38	351	
	50m: 35.77	35.77	150m: 2:02.87	44.93	250m: 3:34.88	48.17	350m: 5:06.77	42.60	
	100m: 1:17.94	42.17	200m: 2:46.71	43.84	300m: 4:24.17	49.29	400m: 5:45.38	38.61	
29.	ANTCZAK, Bartosz		03	MKS Polonia Warszawa			5:46.40	348	
	50m: 34.36	34.36	150m: 2:01.83	45.75	250m: 3:36.14	51.18	350m: 5:07.81	41.55	
	100m: 1:16.08	41.72	200m: 2:44.96	43.13	300m: 4:26.26	50.12	400m: 5:46.40	38.59	
DYSKW.	LITWA, Krzysztof		96	AZS-AGH Kraków			4:44.80		
	<i>K 14 - Praca nóg w płaszczy nie pionowej w dół / z wyj tkiem jednego ruchu po starcie i nawrocie/</i>								
	50m: 28.88	28.88	150m: 1:41.02	37.51	250m: 2:58.52	41.09	350m: 4:13.09	32.52	
	100m: 1:03.51	34.63	200m: 2:17.43	36.41	300m: 3:40.57	42.05	400m: 4:44.80	31.71	
DYSKW.	JA KIEWICZ, Adrian		02	luks Muszelka			4:50.86		
	<i>K 13 - Stopy niezwrócone na zewn trz w trakcie nap dzaj cej cz ci ruchu nóg</i>								
	50m: 29.77	29.77	150m: 1:39.90	36.56	250m: 3:00.99	42.93	350m: 4:18.16	32.77	
	100m: 1:03.34	33.57	200m: 2:18.06	38.16	300m: 3:45.39	44.40	400m: 4:50.86	32.70	
DYSKW.	ZUBIK, Jan		03	MKS Polonia Warszawa			5:08.02		
	<i>K 14 - Praca nóg w płaszczy nie pionowej w dół / z wyj tkiem jednego ruchu po starcie i nawrocie/</i>								
	50m: 31.89	31.89	150m: 1:47.05	36.91	250m: 3:12.07	48.68	350m: 4:35.41	35.32	
	100m: 1:10.14	38.25	200m: 2:23.39	36.34	300m: 4:00.09	48.02	400m: 5:08.02	32.61	
DYSKW.	MIELCZAREK, Maciej SWwa		02	MKS Polonia Warszawa			5:23.63		
	<i>K 14 - Praca nóg w płaszczy nie pionowej w dół / z wyj tkiem jednego ruchu po starcie i nawrocie/</i>								
	50m: 34.59	34.59	150m: 1:58.57	43.83	250m: 3:23.39	41.06	350m: 4:46.17	39.54	
	100m: 1:14.74	40.15	200m: 2:42.33	43.76	300m: 4:06.63	43.24	400m: 5:23.63	37.46	

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Warszawa, 18. - 19.3.2017

Konkurencja 2, Mężczyźni, 400m zmienny, 14 lat i starsi

Pozycja	Rok ur.	Czas	Pkt.				
DYSKW. SOBÓL, Przemysław	02 MKS Polonia Warszawa	5:48.89					
<i>K 15 - Brak dotknięcia ścianymi obydwiema rozłączonymi dłońmi przy nawrocie lub na zakończeniu wyścigu</i>							
50m:	33.63 33.63	150m:	1:59.30 45.00	250m:	3:37.47 53.20	350m:	5:10.10 39.11
100m:	1:14.30 40.67	200m:	2:44.27 44.97	300m:	4:30.99 53.52	400m:	5:48.89 38.79