

Grand Prix Puchar Polski w Gliwicach  
Gliwice, 22. - 23.5.2010

Konkurencja 2  
2010-05-22 - 10:30

Mężczyzn, 400m zmienny

Open  
Wyniki

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.		
1.	JASIŃSKI, Jakub		87	Korner Zielona Góra				<b>4:33.76</b>	755		
	50m:	29.16 29.16	150m:	1:38.02	34.99	250m:	2:52.25	39.55	350m:	4:03.19	31.84
	100m:	1:03.03 33.87	200m:	2:12.70	34.68	300m:	3:31.35	39.10	400m:	4:33.76	30.57
2.	SUZIN, Marcin SK		93	MKS Jordan Kraków				<b>4:37.01</b>	729		
	50m:	29.26 29.26	150m:	1:40.64	37.48	250m:	2:54.52	37.89	350m:	4:05.44	31.80
	100m:	1:03.16 33.90	200m:	2:16.63	35.99	300m:	3:33.64	39.12	400m:	4:37.01	31.57
3.	CZARNOTA, Mateusz SO		91	UKP UNIA Ocęwięcim				<b>4:39.57</b>	709		
	50m:	29.31 29.31	150m:	1:39.71	36.71	250m:	2:56.83	40.83	350m:	4:08.75	31.36
	100m:	1:03.00 33.69	200m:	2:16.00	36.29	300m:	3:37.39	40.56	400m:	4:39.57	30.82
4.	KIERZKOWSKI, Mateusz		87	KS AZS-AWFis Gdańsk				<b>4:40.13</b>	705		
	50m:	27.81 27.81	150m:	1:36.91	36.84	250m:	2:54.56	41.47	350m:	4:08.79	32.55
	100m:	1:00.07 32.26	200m:	2:13.09	36.18	300m:	3:36.24	41.68	400m:	4:40.13	31.34
5.	PEŁCZYŃSKI, Kacper		92	UKP UNIA Ocęwięcim				<b>4:42.52</b>	687		
	50m:	28.96 28.96	150m:	1:39.02	37.25	250m:	2:54.65	38.45	350m:	4:09.11	33.92
	100m:	1:01.77 32.81	200m:	2:16.20	37.18	300m:	3:35.19	40.54	400m:	4:42.52	33.41
6.	DUBIEL, Adam		93	MTP" Lublinianka" Lublin				<b>4:43.18</b>	682		
	50m:	29.43 29.43	150m:	1:38.98	35.94	250m:	2:56.18	42.51	350m:	4:12.53	32.93
	100m:	1:03.04 33.61	200m:	2:13.67	34.69	300m:	3:39.60	43.42	400m:	4:43.18	30.65
7.	ZABOROWSKI, Filip		94	WKS Flota Gdynia				<b>4:43.49</b>	680		
	50m:	28.80 28.80	150m:	1:39.15	36.86	250m:	2:57.22	41.68	350m:	4:11.78	32.28
	100m:	1:02.29 33.49	200m:	2:15.54	36.39	300m:	3:39.50	42.28	400m:	4:43.49	31.71
8.	STACHURA, Maciej SK		91	MKS Zryw Opole				<b>4:44.39</b>	673		
	50m:	29.87 29.87	150m:	1:41.37	37.42	250m:	2:58.40	39.96	350m:	4:11.51	33.56
	100m:	1:03.95 34.08	200m:	2:18.44	37.07	300m:	3:37.95	39.55	400m:	4:44.39	32.88
9.	KRZYWIECKI, Tomasz		89	MKP Szczecin				<b>4:44.93</b>	670		
	50m:	29.24 29.24	150m:	1:41.20	38.28	250m:	2:58.54	40.17	350m:	4:12.82	33.46
	100m:	1:02.92 33.68	200m:	2:18.37	37.17	300m:	3:39.36	40.82	400m:	4:44.93	32.11
10.	PULWIN, Paweł SO		92	UKP UNIA Ocęwięcim				<b>4:46.39</b>	659		
	50m:	28.84 28.84	150m:	1:39.92	37.41	250m:	2:59.45	43.48	350m:	4:15.38	32.08
	100m:	1:02.51 33.67	200m:	2:15.97	36.05	300m:	3:43.30	43.85	400m:	4:46.39	31.01
11.	BARAN, Rafał SK		93	MKS Jordan Kraków				<b>4:46.69</b>	657		
	50m:	28.83 28.83	150m:	1:38.39	36.71	250m:	2:57.25	42.14	350m:	4:13.37	33.78
	100m:	1:01.68 32.85	200m:	2:15.11	36.72	300m:	3:39.59	42.34	400m:	4:46.69	33.32
12.	POPRAWA, Michał		94	AZS-AWF Katowice				<b>4:48.84</b>	643		
	50m:	30.84 30.84	150m:	1:42.39	38.33	250m:	3:01.99	42.92	350m:	4:17.20	32.51
	100m:	1:04.06 33.22	200m:	2:19.07	36.68	300m:	3:44.69	42.70	400m:	4:48.84	31.64
13.	GĘSIOR, Patryk		94	MKS Polonia Warszawa				<b>4:50.88</b>	629		
	50m:	30.68 30.68	150m:	1:41.22	35.54	250m:	2:58.86	42.66	350m:	4:17.72	35.00
	100m:	1:05.68 35.00	200m:	2:16.20	34.98	300m:	3:42.72	43.86	400m:	4:50.88	33.16
14.	ZAPAJA, Łukasz SO		91	UKP UNIA Ocęwięcim				<b>4:51.18</b>	627		
	50m:	28.07 28.07	150m:	1:39.59	39.42	250m:	3:02.70	44.61	350m:	4:19.01	32.58
	100m:	1:00.17 32.10	200m:	2:18.09	38.50	300m:	3:46.43	43.73	400m:	4:51.18	32.17
15.	NACHTMAN, MATEUSZ		95	WKS Siłsk Wrocław				<b>4:55.27</b>	602		
	50m:	30.73 30.73	150m:	1:47.27	40.10	250m:	3:06.69	41.13	350m:	4:22.32	33.99
	100m:	1:07.17 36.44	200m:	2:25.56	38.29	300m:	3:48.33	41.64	400m:	4:55.27	32.95
16.	OSSES, Arkadiusz		95	KS Warta Poznań				<b>4:57.34</b>	589		
	50m:	30.69 30.69	150m:	1:42.80	37.18	250m:	3:05.10	44.66	350m:	4:24.27	33.08
	100m:	1:05.62 34.93	200m:	2:20.44	37.64	300m:	3:51.19	46.09	400m:	4:57.34	33.07
17.	DYREK, Mateusz		91	MKS Jordan Kraków				<b>4:58.43</b>	583		
	50m:	29.85 29.85	150m:	1:43.91	39.80	250m:	3:05.11	42.90	350m:	4:23.62	35.87
	100m:	1:04.11 34.26	200m:	2:22.21	38.30	300m:	3:47.75	42.64	400m:	4:58.43	34.81

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Pozycja			Rok ur.					Czas	Pkt.			
18.	MICHALAK, Łukasz	SP	93	KS Warta Poznań				<b>5:06.26</b>	539			
	50m:	30.39	30.39	150m:	1:44.80	39.69	250m:	3:10.74	46.71	350m:	4:31.33	33.95
	100m:	1:05.11	34.72	200m:	2:24.03	39.23	300m:	3:57.38	46.64	400m:	5:06.26	34.93
19.	KUDŁA, <sup>3</sup> UKASZ		95	AZS-AWF Katowice				<b>5:06.46</b>	538			
	50m:	29.01	29.01	150m:	1:46.72	42.66	250m:	3:13.53	45.98	350m:	4:33.89	32.73
	100m:	1:04.06	35.05	200m:	2:27.55	40.83	300m:	4:01.16	47.63	400m:	5:06.46	32.57
20.	WERTEPNY, DAMIAN		96	UKS Shark Rudna				<b>5:06.99</b>	535			
	50m:	31.10	31.10	150m:	1:46.73	38.69	250m:	3:10.42	45.97	350m:	4:32.04	35.55
	100m:	1:08.04	36.94	200m:	2:24.45	37.72	300m:	3:56.49	46.07	400m:	5:06.99	34.95
21.	HAJDA, Marcin		94	AZS-AWF Katowice				<b>5:08.00</b>	530			
	50m:	31.21	31.21	150m:	1:47.75	39.85	250m:	3:12.31	45.01	350m:	4:33.27	34.71
	100m:	1:07.90	36.69	200m:	2:27.30	39.55	300m:	3:58.56	46.25	400m:	5:08.00	34.73
22.	ŒWIERCZYŃSKI, Jakub		95	AZS-AWF Katowice				<b>5:10.03</b>	520			
	50m:	31.33	31.33	150m:	1:48.49	40.49	250m:	3:10.51	43.37	350m:	4:32.64	38.70
	100m:	1:08.00	36.67	200m:	2:27.14	38.65	300m:	3:53.94	43.43	400m:	5:10.03	37.39
23.	ZIELIŃSKI, Micha <sup>3</sup>		94	S.K.S."Start" Łódź				<b>5:11.14</b>	514			
	50m:	29.67	29.67	150m:	1:47.00	41.92	250m:	3:14.22	46.19	350m:	4:36.13	35.84
	100m:	1:05.08	35.41	200m:	2:28.03	41.03	300m:	4:00.29	46.07	400m:	5:11.14	35.01
24.	SALAMON, Jonasz		96	Górnik Radlin				<b>5:13.25</b>	504			
	50m:	34.24	34.24	150m:	1:53.24	40.02	250m:	3:17.72	45.67	350m:	4:39.69	36.14
	100m:	1:13.22	38.98	200m:	2:32.05	38.81	300m:	4:03.55	45.83	400m:	5:13.25	33.56
25.	SZCZECHURA, Patryk		95	KSZO Ostrowiec Œw				<b>5:13.70</b>	502			
	50m:	32.88	32.88	150m:	1:52.73	40.18	250m:	3:17.82	45.76	350m:	4:39.01	35.17
	100m:	1:12.55	39.67	200m:	2:32.06	39.33	300m:	4:03.84	46.02	400m:	5:13.70	34.69
26.	CICHOŃ, Witold		93	SP Meduza Pajęczno				<b>5:13.86</b>	501			
	50m:	31.05	31.05	150m:	1:50.61	41.36	250m:	3:15.08	44.67	350m:	4:38.73	37.61
	100m:	1:09.25	38.20	200m:	2:30.41	39.80	300m:	4:01.12	46.04	400m:	5:13.86	35.13
27.	SUCHODOLSKI, Rafa <sup>3</sup>		95	Górnik Radlin				<b>5:14.14</b>	500			
	50m:	32.93	32.93	150m:	1:51.92	39.34	250m:	3:15.58	45.39	350m:	4:39.19	36.99
	100m:	1:12.58	39.65	200m:	2:30.19	38.27	300m:	4:02.20	46.62	400m:	5:14.14	34.95
28.	CZWARTOSZ, Mateusz		93	Delfin Po <sup>3</sup> aniec				<b>5:16.39</b>	489			
	50m:	31.39	31.39	150m:	1:51.12	41.43	250m:	3:18.62	47.23	350m:	4:42.39	36.27
	100m:	1:09.69	38.30	200m:	2:31.39	40.27	300m:	4:06.12	47.50	400m:	5:16.39	34.00
29.	JONIEC, Artur		95	AZS-AWF Katowice				<b>5:17.82</b>	483			
	50m:	31.05	31.05	150m:	1:51.06	42.31	250m:	3:20.23	48.17	350m:	4:43.62	34.17
	100m:	1:08.75	37.70	200m:	2:32.06	41.00	300m:	4:09.45	49.22	400m:	5:17.82	34.20
30.	FREMEL, Dawid		96	UKS Wodnik Siemianowice				<b>5:18.07</b>	481			
	50m:	33.84	33.84	150m:	1:54.19	42.47	250m:	3:18.35	43.12	350m:	4:40.85	38.43
	100m:	1:11.72	37.88	200m:	2:35.23	41.04	300m:	4:02.42	44.07	400m:	5:18.07	37.22
31.	ULFIK, Pawe <sup>3</sup>		94	MKS MOS Katowice				<b>5:19.85</b>	473			
	50m:	31.54	31.54	150m:	1:51.50	43.29	250m:	3:19.66	46.34	350m:	4:44.50	37.34
	100m:	1:08.21	36.67	200m:	2:33.32	41.82	300m:	4:07.16	47.50	400m:	5:19.85	35.35
32.	NOWAK, PATRYK		95	AZS-AWF Katowice				<b>5:23.69</b>	457			
	50m:	32.27	32.27	150m:	1:56.50	44.62	250m:	3:22.69	43.14	350m:	4:45.36	39.47
	100m:	1:11.88	39.61	200m:	2:39.55	43.05	300m:	4:05.89	43.20	400m:	5:23.69	38.33
33.	GARDYAN, Dawid		95	Górnik Radlin				<b>5:26.18</b>	446			
	50m:	33.97	33.97	150m:	1:58.62	43.46	250m:	3:24.58	43.02	350m:	4:49.03	39.02
	100m:	1:15.16	41.19	200m:	2:41.56	42.94	300m:	4:10.01	45.43	400m:	5:26.18	37.15
34.	ROŃYK, Sebastian		95	Górnik Radlin				<b>5:31.02</b>	427			
	50m:	34.42	34.42	150m:	2:00.79	44.74	250m:	3:26.51	42.25	350m:	4:52.91	41.16
	100m:	1:16.05	41.63	200m:	2:44.26	43.47	300m:	4:11.75	45.24	400m:	5:31.02	38.11
35.	BUCZKOWSKI, KAMIL		96	UKS Shark Rudna				<b>5:31.42</b>	426			
	50m:	33.08	33.08	150m:	1:57.12	43.53	250m:	3:28.10	48.18	350m:	4:54.58	37.66
	100m:	1:13.59	40.51	200m:	2:39.92	42.80	300m:	4:16.92	48.82	400m:	5:31.42	36.84

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Pozycja	Rok ur.						Czas	Pkt.				
36.	JABŁOŃSKI, Wojciech			96	Górnik Radlin			<b>5:41.15</b>	390			
	50m:	37.13	37.13	150m:	2:08.42	46.44	250m:	3:38.08	44.91	350m:	5:04.25	40.20
	100m:	1:21.98	44.85	200m:	2:53.17	44.75	300m:	4:24.05	45.97	400m:	5:41.15	36.90
37.	CHLIPAŁA, Patryk			94	MKS MOS Katowice			<b>5:43.69</b>	382			
	50m:	32.27	32.27	150m:	1:58.55	46.87	250m:	3:33.42	48.65	350m:	5:04.20	40.14
	100m:	1:11.68	39.41	200m:	2:44.77	46.22	300m:	4:24.06	50.64	400m:	5:43.69	39.49