

34 edycja LLK - V runda
Lublin, 14.11.2010

Konkurencja 12
2010-11-14

M czyzn, 400m zmienny

13 lat i starsi
Wyniki

Punkty: FINA 2010

Pozycja			Rok ur.					Czas	Pkt.
1.	WITKOWSKI Jan		94	Skarpa Lublin				4:28.31	691
	50m:	29.36 29.36	150m:	1:37.45 34.83	250m:	2:49.90 38.91	350m:	4:00.24 31.01	
	100m:	1:02.62 33.26	200m:	2:10.99 33.54	300m:	3:29.23 39.33	400m:	4:28.31 28.07	
2.	DUBIEL Adam		93	Lublinianka				4:28.75	688
	50m:	29.64 29.64	150m:	1:35.91 33.45	250m:	2:49.09 40.21	350m:	3:59.87 30.53	
	100m:	1:02.46 32.82	200m:	2:08.88 32.97	300m:	3:29.34 40.25	400m:	4:28.75 28.88	
3.	BRODZIK Andrzej		94	Skarpa Lublin				4:56.20	514
	50m:	31.21 31.21	150m:	1:45.58 39.64	250m:	3:05.56 37.33	350m:	4:24.54 34.59	
	100m:	1:05.94 34.73	200m:	2:28.23 42.65	300m:	3:49.95 44.39	400m:	4:56.20 31.66	
4.	GWIAZDA Michał		94	Skarpa Lublin				5:01.51	487
	50m:	32.87 32.87	150m:	1:48.95 38.54	250m:	3:09.95 44.72	350m:	4:29.59 34.51	
	100m:	1:10.41 37.54	200m:	2:25.23 36.28	300m:	3:55.08 45.13	400m:	5:01.51 31.92	
5.	CHOJAK Rafał		95	Wisła Puławy				5:01.54	487
	50m:	30.82 30.82	150m:	1:46.26 38.88	250m:	3:09.08 44.70	350m:	4:28.94 35.23	
	100m:	1:07.38 36.56	200m:	2:24.38 38.12	300m:	3:53.71 44.63	400m:	5:01.54 32.60	
6.	BISZKONT Damian		96	Avia Swidnik				5:05.19	469
	50m:	32.19 32.19	150m:	1:48.87 39.28	250m:	3:10.88 43.03	350m:	4:31.08 35.80	
	100m:	1:09.59 37.40	200m:	2:27.85 38.98	300m:	3:55.28 44.40	400m:	5:05.19 34.11	
7.	RUTKOWSKI Krzysztof		96	Lublinianka				5:06.75	462
	50m:	32.81 32.81	150m:	1:52.66 42.32	250m:	3:16.68 42.92	350m:	4:33.91 33.63	
	100m:	1:10.34 37.53	200m:	2:33.76 41.10	300m:	4:00.28 43.60	400m:	5:06.75 32.84	
8.	WRONA Łukasz		94	Skarpa Lublin				5:09.45	450
	50m:	32.19 32.19	150m:	1:53.08 43.78	250m:	3:17.45 43.71	350m:	4:36.14 35.84	
	100m:	1:09.30 37.11	200m:	2:33.74 40.66	300m:	4:00.30 42.85	400m:	5:09.45 33.31	
9.	RODEK Arkadiusz		96	Lublinianka				5:12.26	438
	50m:	31.85 31.85	150m:	1:49.96 40.10	250m:	3:15.94 46.50	350m:	4:37.84 35.68	
	100m:	1:09.86 38.01	200m:	2:29.44 39.48	300m:	4:02.16 46.22	400m:	5:12.26 34.42	
10.	KRAWCZYK Hubert		94	Skarpa Lublin				5:19.83	408
	50m:	33.24 33.24	150m:	1:57.47 43.36	250m:	3:24.43 45.03	350m:	4:45.26 35.79	
	100m:	1:14.11 40.87	200m:	2:39.40 41.93	300m:	4:09.47 45.04	400m:	5:19.83 34.57	
11.	KOPCZY SKI Franciszek		97	Avia Swidnik				5:20.76	404
	50m:	32.11 32.11	150m:	1:51.89 41.80	250m:	3:19.19 45.53	350m:	4:42.69 37.43	
	100m:	1:10.09 37.98	200m:	2:33.66 41.77	300m:	4:05.26 46.07	400m:	5:20.76 38.07	
12.	GRABCZAK Dawid		97	Wisła Puławy				5:25.56	387
	50m:	36.29 36.29	150m:	2:01.36 42.10	250m:	3:26.54 44.23	350m:	4:49.81 38.31	
	100m:	1:19.26 42.97	200m:	2:42.31 40.95	300m:	4:11.50 44.96	400m:	5:25.56 35.75	
13.	BOROWSKI Tomasz		97	Wisła Puławy				5:44.51	326
	50m:	32.66 32.66	150m:	1:58.87 44.52	250m:	3:33.43 50.78	350m:	5:06.97 40.56	
	100m:	1:14.35 41.69	200m:	2:42.65 43.78	300m:	4:26.41 52.98	400m:	5:44.51 37.54	
14.	RUBAJ Adrian		96	Skarpa Lublin				5:44.65	326
	50m:	33.69 33.69	150m:	2:01.21 47.03	250m:	3:31.63 44.94	350m:	5:04.06 43.40	
	100m:	1:14.18 40.49	200m:	2:46.69 45.48	300m:	4:20.66 49.03	400m:	5:44.65 40.59	
15.	ZAKRZEWSKI Jakub		96	Wisła Puławy				5:46.71	320
	50m:	34.38 34.38	150m:	2:00.33 43.74	250m:	3:37.66 54.87	350m:	5:09.13 37.29	
	100m:	1:16.59 42.21	200m:	2:42.79 42.46	300m:	4:31.84 54.18	400m:	5:46.71 37.58	
16.	KUROWSKI Olaf		97	Olimpia Lublin				5:47.66	317
	50m:	36.24 36.24	150m:	2:03.66 43.47	250m:	3:37.84 51.35	350m:	5:09.49 40.05	
	100m:	1:20.19 43.95	200m:	2:46.49 42.83	300m:	4:29.44 51.60	400m:	5:47.66 38.17	
17.	IWANIAK Krzysztof		97	Olimpia Lublin				6:05.08	274
	50m:	41.81 41.81	150m:	2:19.46 47.37	250m:	3:55.46 48.50	350m:	5:26.26 41.78	
	100m:	1:32.09 50.28	200m:	3:06.96 47.50	300m:	4:44.48 49.02	400m:	6:05.08 38.82	

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Pozycja				Rok ur.					Czas	Pkt.		
18.	KOPACZ Dariusz			96	Olimpia Lublin				6:56.74	184		
	50m:	42.08	42.08	150m:	2:35.09	56.31	250m:	4:25.64	58.36	350m:	6:12.84	47.18
	100m:	1:38.78	56.70	200m:	3:27.28	52.19	300m:	5:25.66	1:00.02	400m:	6:56.74	43.90
PK	BARTNIK Mateusz			96	Orlik Lublin				5:11.41	442		
	<i>400 m st. dowolnym</i>											
	50m:	35.99	35.99	150m:	1:54.36	39.38	250m:	3:13.16	39.63	350m:	4:32.56	39.79
	100m:	1:14.98	38.99	200m:	2:33.53	39.17	300m:	3:52.77	39.61	400m:	5:11.41	38.85