

Grand Prix - Puchar Polski  
Warszawa, 18. - 19.12.2009

Konkurencja 34  
2009-12-19 - 10:35

Mężczyzn, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2009

| Pozycja |  |               | Rok ur. |                                     |       |               |       | Czas           | Pkt. |
|---------|--|---------------|---------|-------------------------------------|-------|---------------|-------|----------------|------|
| 1.      | Korzeniowski Pawe <sup>3</sup>               |               | 85      | AZS AWF Warszawa                    |       |               |       | <b>3:45.97</b> | 875  |
|         | 50m:   | 26.37 26.37   | 150m:   | 1:23.75 28.92                       | 250m: | 2:21.98 29.22 | 350m: | 3:18.81 28.25  |      |
|         | 100m:  | 54.83 28.46   | 200m:   | 1:52.76 29.01                       | 300m: | 2:50.56 28.58 | 400m: | 3:45.97 27.16  |      |
| 2.      | Pielowski Krzysztof                          |               | 91      | Kormoran Olsztyn                    |       |               |       | <b>3:49.69</b> | 833  |
|         | 50m:   | 26.81 26.81   | 150m:   | 1:24.48 28.91                       | 250m: | 2:22.92 29.04 | 350m: | 3:21.17 28.94  |      |
|         | 100m:  | 55.57 28.76   | 200m:   | 1:53.88 29.40                       | 300m: | 2:52.23 29.31 | 400m: | 3:49.69 28.52  |      |
| 3.      | Misiak Piotr                                 |               | 92      | UKS G-8 Bielany                     |       |               |       | <b>3:51.76</b> | 811  |
|         | 50m:   | 27.12 27.12   | 150m:   | 1:25.68 29.61                       | 250m: | 2:24.84 29.58 | 350m: | 3:23.74 29.52  |      |
|         | 100m:  | 56.07 28.95   | 200m:   | 1:55.26 29.58                       | 300m: | 2:54.22 29.38 | 400m: | 3:51.76 28.02  |      |
| 4.      | Gimiński Łukasz                              |               | 86      | AZS AWF Warszawa                    |       |               |       | <b>3:57.88</b> | 750  |
|         | 50m:   | 27.32 27.32   | 150m:   | 1:26.18 29.52                       | 250m: | 2:26.33 30.30 | 350m: | 3:28.18 31.06  |      |
|         | 100m:  | 56.66 29.34   | 200m:   | 1:56.03 29.85                       | 300m: | 2:57.12 30.79 | 400m: | 3:57.88 29.70  |      |
| 5.      | Iwaniuk Damian                               |               | 87      | AZS AWF Warszawa                    |       |               |       | <b>3:57.93</b> | 749  |
|         | 50m:   | 27.44 27.44   | 150m:   | 1:27.20 30.26                       | 250m: | 2:29.01 31.15 | 350m: | 3:30.22 30.56  |      |
|         | 100m:  | 56.94 29.50   | 200m:   | 1:57.86 30.66                       | 300m: | 2:59.66 30.65 | 400m: | 3:57.93 27.71  |      |
| 6.      | Karace Sebastian                             |               | 91      | MKS Polonia Warszawa                |       |               |       | <b>4:02.21</b> | 710  |
|         | 50m:   | 27.79 27.79   | 150m:   | 1:26.75 29.94                       | 250m: | 2:28.49 31.09 | 350m: | 3:31.56 31.36  |      |
|         | 100m:  | 56.81 29.02   | 200m:   | 1:57.40 30.65                       | 300m: | 3:00.20 31.71 | 400m: | 4:02.21 30.65  |      |
| 7.      | Pożawski Mariusz                             |               | 93      | UKS G-8 Bielany                     |       |               |       | <b>4:02.33</b> | 709  |
|         | 50m:   | 27.41 27.41   | 150m:   | 1:28.10 30.62                       | 250m: | 2:29.46 30.76 | 350m: | 3:31.66 31.04  |      |
|         | 100m:  | 57.48 30.07   | 200m:   | 1:58.70 30.60                       | 300m: | 3:00.62 31.16 | 400m: | 4:02.33 30.67  |      |
| 8.      | Kubkowski Bartłomiej                         |               | 95      | MKS Medyk Giżycko                   |       |               |       | <b>4:06.68</b> | 672  |
|         | 50m:   | 29.26 29.26   | 150m:   | 1:32.13 31.56                       | 250m: | 2:34.89 30.91 | 350m: | 3:36.72 30.79  |      |
|         | 100m:  | 1:00.57 31.31 | 200m:   | 2:03.98 31.85                       | 300m: | 3:05.93 31.04 | 400m: | 4:06.68 29.96  |      |
| 9.      | Cholewo Krzysztof                            |               | 95      | Klub Sportowy "1" Ożarów Mazowiecki |       |               |       | <b>4:15.32</b> | 606  |
|         | 50m:   | 28.74 28.74   | 150m:   | 1:33.06 32.62                       | 250m: | 2:38.45 32.54 | 350m: | 3:43.80 32.64  |      |
|         | 100m:  | 1:00.44 31.70 | 200m:   | 2:05.91 32.85                       | 300m: | 3:11.16 32.71 | 400m: | 4:15.32 31.52  |      |
| 10.     | SIŃSKI MATEUSZ                               |               | 94      | Uks 'Rekin' Warszawa                |       |               |       | <b>4:17.64</b> | 590  |
|         | 50m:   | 28.36 28.36   | 150m:   | 1:33.69 32.92                       | 250m: | 2:40.00 33.19 | 350m: | 3:45.93 32.82  |      |
|         | 100m:  | 1:00.77 32.41 | 200m:   | 2:06.81 33.12                       | 300m: | 3:13.11 33.11 | 400m: | 4:17.64 31.71  |      |
| 11.     | Cewi <sup>1</sup> tkiewicz Rafa <sup>3</sup> |               | 93      | UKS G-8 Bielany                     |       |               |       | <b>4:18.74</b> | 583  |
|         | 50m:   | 29.89 29.89   | 150m:   | 1:36.53 33.63                       | 250m: | 2:42.65 32.75 | 350m: | 3:47.68 32.12  |      |
|         | 100m:  | 1:02.90 33.01 | 200m:   | 2:09.90 33.37                       | 300m: | 3:15.56 32.91 | 400m: | 4:18.74 31.06  |      |
| 12.     | Pasiczny Przemysław                          |               | 95      | KS ORZEŁ Elbl'g                     |       |               |       | <b>4:19.84</b> | 575  |
|         | 50m:   | 30.09 30.09   | 150m:   | 1:36.54 33.48                       | 250m: | 2:42.76 32.95 | 350m: | 3:48.38 32.66  |      |
|         | 100m:  | 1:03.06 32.97 | 200m:   | 2:09.81 33.27                       | 300m: | 3:15.72 32.96 | 400m: | 4:19.84 31.46  |      |
| 13.     | Dziedzic Andrzej                             |               | 93      | UKS G-8 Bielany                     |       |               |       | <b>4:21.92</b> | 562  |
|         | 50m:   | 29.50 29.50   | 150m:   | 1:34.07 32.75                       | 250m: | 2:41.19 33.57 | 350m: | 3:48.49 33.79  |      |
|         | 100m:  | 1:01.32 31.82 | 200m:   | 2:07.62 33.55                       | 300m: | 3:14.70 33.51 | 400m: | 4:21.92 33.43  |      |
| 14.     | Bię Daniel                                   |               | 95      | UKS G-8 Bielany                     |       |               |       | <b>4:22.27</b> | 559  |
|         | 50m:   | 29.70 29.70   | 150m:   | 1:36.00 33.81                       | 250m: | 2:43.24 33.11 | 350m: | 3:50.32 33.71  |      |
|         | 100m:  | 1:02.19 32.49 | 200m:   | 2:10.13 34.13                       | 300m: | 3:16.61 33.37 | 400m: | 4:22.27 31.95  |      |
| 15.     | Baran Mateusz                                |               | 93      | MUKP Warszawianka Wodny Park        |       |               |       | <b>4:23.83</b> | 550  |
|         | 50m:   | 28.44 28.44   | 150m:   | 1:33.58 33.02                       | 250m: | 2:41.02 34.06 | 350m: | 3:49.80 34.41  |      |
|         | 100m:  | 1:00.56 32.12 | 200m:   | 2:06.96 33.38                       | 300m: | 3:15.39 34.37 | 400m: | 4:23.83 34.03  |      |
| 16.     | Skwarnicki Tomasz                            |               | 95      | UKS Jagiellonka                     |       |               |       | <b>4:26.06</b> | 536  |
|         | 50m:   | 30.20 30.20   | 150m:   | 1:37.29 34.00                       | 250m: | 2:46.21 34.56 | 350m: | 3:54.38 33.67  |      |
|         | 100m:  | 1:03.29 33.09 | 200m:   | 2:11.65 34.36                       | 300m: | 3:20.71 34.50 | 400m: | 4:26.06 31.68  |      |
| 17.     | KACZMAREK RAFAŁ                              |               | 94      | Buks Warszawa                       |       |               |       | <b>4:29.64</b> | 515  |
|         | 50m:   | 30.07 30.07   | 150m:   | 1:36.95 34.03                       | 250m: | 2:45.70 34.34 | 350m: | 3:55.42 34.66  |      |
|         | 100m:  | 1:02.92 32.85 | 200m:   | 2:11.36 34.41                       | 300m: | 3:20.76 35.06 | 400m: | 4:29.64 34.22  |      |

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| Pozycja                   |                           |               | Rok ur. |                              |       |               |       | Czas           | Pkt. |
|---------------------------|---------------------------|---------------|---------|------------------------------|-------|---------------|-------|----------------|------|
| 18.                       | KWIECIŃSKI WOJCIECH       |               | 94      | Uks 'Rekin' Warszawa         |       |               |       | <b>4:42.31</b> | 449  |
|                           | 50m:                      | 30.94 30.94   | 150m:   | 1:41.59 35.94                | 250m: | 2:54.19 36.85 | 350m: | 4:07.20 36.50  |      |
|                           | 100m:                     | 1:05.65 34.71 | 200m:   | 2:17.34 35.75                | 300m: | 3:30.70 36.51 | 400m: | 4:42.31 35.11  |      |
| 19.                       | LANN VEL LACE KAROL       |               | 93      | Uks 'Rekin' Warszawa         |       |               |       | <b>4:44.96</b> | 436  |
|                           | 50m:                      | 31.10 31.10   | 150m:   | 1:42.79 36.65                | 250m: | 2:57.52 37.53 | 350m: | 4:10.78 35.33  |      |
|                           | 100m:                     | 1:06.14 35.04 | 200m:   | 2:19.99 37.20                | 300m: | 3:35.45 37.93 | 400m: | 4:44.96 34.18  |      |
| 20.                       | ebrowski Piotr            |               | 90      | UKS oliborz Warszawa         |       |               |       | <b>4:48.55</b> | 420  |
|                           | 50m:                      | 33.77 33.77   | 150m:   | 1:45.31 35.23                | 250m: | 2:57.91 36.47 | 350m: | 4:11.44 36.74  |      |
|                           | 100m:                     | 1:10.08 36.31 | 200m:   | 2:21.44 36.13                | 300m: | 3:34.70 36.79 | 400m: | 4:48.55 37.11  |      |
| 21.                       | OKRÓJ JAKUB               |               | 94      | Uks 'Rekin' Warszawa         |       |               |       | <b>5:00.07</b> | 374  |
|                           | 50m:                      | 33.46 33.46   | 150m:   | 1:52.92 40.40                | 250m: | 3:09.65 38.47 | 350m: | 4:25.96 38.14  |      |
|                           | 100m:                     | 1:12.52 39.06 | 200m:   | 2:31.18 38.26                | 300m: | 3:47.82 38.17 | 400m: | 5:00.07 34.11  |      |
| 22.                       | GÓRECKI-GOMOLEA ADAM      |               | 95      | Uks 'Rekin' Warszawa         |       |               |       | <b>5:01.91</b> | 367  |
|                           | 50m:                      | 33.22 33.22   | 150m:   | 1:50.27 39.33                | 250m: | 3:07.80 38.70 | 350m: | 4:24.50 38.69  |      |
|                           | 100m:                     | 1:10.94 37.72 | 200m:   | 2:29.10 38.83                | 300m: | 3:45.81 38.01 | 400m: | 5:01.91 37.41  |      |
| 23.                       | KRZOWSKI BARTOSZ          |               | 94      | Uks 'Rekin' Warszawa         |       |               |       | <b>5:06.55</b> | 350  |
|                           | 50m:                      | 34.47 34.47   | 150m:   | 1:52.58 39.36                | 250m: | 3:11.61 39.06 | 350m: | 4:30.34 39.20  |      |
|                           | 100m:                     | 1:13.22 38.75 | 200m:   | 2:32.55 39.97                | 300m: | 3:51.14 39.53 | 400m: | 5:06.55 36.21  |      |
| 24.                       | B <sup>3</sup> och Cezary |               | 95      | Uks Meduza Warszawa          |       |               |       | <b>5:11.98</b> | 332  |
|                           | 50m:                      | 34.30 34.30   | 150m:   | 1:53.52 40.33                | 250m: | 3:13.02 39.62 | 350m: | 4:33.54 39.96  |      |
|                           | 100m:                     | 1:13.19 38.89 | 200m:   | 2:33.40 39.88                | 300m: | 3:53.58 40.56 | 400m: | 5:11.98 38.44  |      |
| DYSKW. Pe <sup>3</sup> na | Szarliński Filip          |               | 92      | MUKP Warszawianka Wodny Park |       |               |       | <b>4:10.03</b> |      |
|                           | 50m:                      | 27.30 27.30   | 150m:   | 1:29.88 31.97                | 250m: | 2:34.21 32.22 | 350m: | 3:39.22 32.72  |      |
|                           | 100m:                     | 57.91 30.61   | 200m:   | 2:01.99 32.11                | 300m: | 3:06.50 32.29 | 400m: | 4:10.03 30.81  |      |