

Grand Prix Polski  
Szczecin, 15. - 16.11.2008

Konkurencja 34  
2008-11-16

Mężczyzn, 400m dowolny

14 lat i starsi  
Wyniki

Top Times "Poland"	3:38.20	Korzeniowski Pawel	POL	Trieste (ITA)	2005-12-08
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Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.
1.	Matczak Mateusz		89	Trójka Łódź				<b>3:52.47</b>	823
	50m:	26.81 26.81	150m:	1:24.63	29.20	250m:	2:23.39 29.48	350m:	3:22.99 29.94
	100m:	55.43 28.62	200m:	1:53.91	29.28	300m:	2:53.05 29.66	400m:	3:52.47 29.48
2.	Piłkowski Mateusz So		90	UKP Unia Oświęcim SMS O				<b>3:53.54</b>	812
	50m:	27.31 27.31	150m:	1:26.13	29.59	250m:	2:25.21 29.41	350m:	3:24.33 29.63
	100m:	56.54 29.23	200m:	1:55.80	29.67	300m:	2:54.70 29.49	400m:	3:53.54 29.21
3.	Pielowski Krzysztof		91	Kormoran Olsztyn				<b>3:53.72</b>	810
	50m:	27.79 27.79	150m:	1:26.79	29.52	250m:	2:25.82 29.39	350m:	3:24.72 29.35
	100m:	57.27 29.48	200m:	1:56.43	29.64	300m:	2:55.37 29.55	400m:	3:53.72 29.00
4.	Rurak Pawe <sup>3</sup>		88	AZS AWF Warszawa				<b>3:55.96</b>	787
	50m:	27.72 27.72	150m:	1:27.15	29.86	250m:	2:27.26 29.99	350m:	3:27.30 29.87
	100m:	57.29 29.57	200m:	1:57.27	30.12	300m:	2:57.43 30.17	400m:	3:55.96 28.66
5.	Hreniak Maciej		89	MKP Szczecin				<b>3:56.83</b>	778
	50m:	27.62 27.62	150m:	1:26.94	30.01	250m:	2:27.68 30.36	350m:	3:28.76 30.30
	100m:	56.93 29.31	200m:	1:57.32	30.38	300m:	2:58.46 30.78	400m:	3:56.83 28.07
6.	Certa Maciej So		91	Wis <sup>3</sup> a Pu <sup>3</sup> awy				<b>3:57.86</b>	768
	<i>Łódzka kartka</i>								
	50m:	27.03 27.03	150m:	1:26.55	30.02	250m:	2:27.03 30.41	350m:	3:28.68 30.67
	100m:	56.53 29.50	200m:	1:56.62	30.07	300m:	2:58.01 30.98	400m:	3:57.86 29.18
7.	Paszek Marcin Szg		89	Warta Poznań				<b>3:58.17</b>	765
	50m:	27.93 27.93	150m:	1:28.61	30.44	250m:	2:28.88 29.98	350m:	3:29.23 30.00
	100m:	58.17 30.24	200m:	1:58.90	30.29	300m:	2:59.23 30.35	400m:	3:58.17 28.94
8.	Kleszczyński Pawe <sup>3</sup> Ss		91	MKP Szczecin				<b>3:58.48</b>	762
	50m:	28.26 28.26	150m:	1:28.93	30.39	250m:	2:29.53 30.03	350m:	3:29.85 29.90
	100m:	58.54 30.28	200m:	1:59.50	30.57	300m:	2:59.95 30.42	400m:	3:58.48 28.63
9.	Szamotulski Wojciech		91	S <sup>3</sup> owianka Gorzów				<b>3:58.60</b>	761
	50m:	27.93 27.93	150m:	1:28.15	29.96	250m:	2:29.05 30.28	350m:	3:29.90 30.08
	100m:	58.19 30.26	200m:	1:58.77	30.62	300m:	2:59.82 30.77	400m:	3:58.60 28.70
10.	Jasiński Jakub		87	AZS Korner Zielona Góra				<b>3:59.01</b>	757
	50m:	28.21 28.21	150m:	1:28.63	30.22	250m:	2:29.60 30.55	350m:	3:30.53 30.54
	100m:	58.41 30.20	200m:	1:59.05	30.42	300m:	2:59.99 30.39	400m:	3:59.01 28.48
11.	Zieja Dawid		89	AZS AWFIS Gdańsk				<b>3:59.08</b>	757
	50m:	28.03 28.03	150m:	1:29.36	30.81	250m:	2:30.19 30.33	350m:	3:30.69 30.05
	100m:	58.55 30.52	200m:	1:59.86	30.50	300m:	3:00.64 30.45	400m:	3:59.08 28.39
12.	Stobieniecki Jacek So		90	SKRA Belchatów				<b>3:59.68</b>	751
	50m:	28.02 28.02	150m:	1:29.41	30.93	250m:	2:30.34 30.50	350m:	3:30.60 29.98
	100m:	58.48 30.46	200m:	1:59.84	30.43	300m:	3:00.62 30.28	400m:	3:59.68 29.08
13.	Jab <sup>3</sup> oński Marcin Ss		90	MKP Szczecin				<b>4:00.40</b>	744
	50m:	28.09 28.09	150m:	1:28.94	30.82	250m:	2:30.75 30.52	350m:	3:31.87 30.63
	100m:	58.12 30.03	200m:	2:00.23	31.29	300m:	3:01.24 30.49	400m:	4:00.40 28.53
14.	Hura Bartosz		91	Kormoran Olsztyn				<b>4:00.54</b>	743
	50m:	28.45 28.45	150m:	1:29.05	30.06	250m:	2:29.52 30.21	350m:	3:30.70 30.86
	100m:	58.99 30.54	200m:	1:59.31	30.26	300m:	2:59.84 30.32	400m:	4:00.54 29.84
15.	Kwiatkowski Micha <sup>3</sup>		90	Trójka Łódź				<b>4:00.83</b>	740
	50m:	28.41 28.41	150m:	1:29.12	30.20	250m:	2:30.05 30.42	350m:	3:31.17 30.31
	100m:	58.92 30.51	200m:	1:59.63	30.51	300m:	3:00.86 30.81	400m:	4:00.83 29.66
16.	Iwaniuk Damian		87	AZS AWF Warszawa				<b>4:03.24</b>	718
	50m:	28.25 28.25	150m:	1:29.59	30.78	250m:	2:32.33 31.79	350m:	3:34.81 31.46
	100m:	58.81 30.56	200m:	2:00.54	30.95	300m:	3:03.35 31.02	400m:	4:03.24 28.43

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Konkurencja 34, Mężczyzn, 400m dowolny, 14 lat i starsi

Pozycja					Rok ur.					Czas	Pkt.	
17.	Kirsten Vincent				87	SC Empor Rostock 2000				<b>4:04.75</b>	705	
	50m:	28.15	28.15	150m:	1:29.46	30.82	250m:	2:31.25	30.89	350m:	3:33.60	31.35
	100m:	58.64	30.49	200m:	2:00.36	30.90	300m:	3:02.25	31.00	400m:	4:04.75	31.15
18.	Towarek Sebastian				93	Jedynka Elbl'g				<b>4:06.26</b>	692	
	50m:	28.60	28.60	150m:	1:29.96	30.89	250m:	2:32.49	31.32	350m:	3:35.74	31.64
	100m:	59.07	30.47	200m:	2:01.17	31.21	300m:	3:04.10	31.61	400m:	4:06.26	30.52
19.	Kot Maciej				91	Junior Kluczbork				<b>4:06.83</b>	688	
	50m:	28.32	28.32	150m:	1:29.86	30.77	250m:	2:32.35	31.22	350m:	3:35.86	31.71
	100m:	59.09	30.77	200m:	2:01.13	31.27	300m:	3:04.15	31.80	400m:	4:06.83	30.97
20.	Wilk Krzysztof				89	AZS AGH Kraków				<b>4:06.94</b>	687	
	50m:	27.82	27.82	150m:	1:29.01	30.85	250m:	2:32.15	31.75	350m:	3:36.18	32.15
	100m:	58.16	30.34	200m:	2:00.40	31.39	300m:	3:04.03	31.88	400m:	4:06.94	30.76
21.	Witkowski Krzysztof Ss				91	MKP Szczecin				<b>4:08.59</b>	673	
	50m:	29.51	29.51	150m:	1:32.83	32.00	250m:	2:36.63	31.69	350m:	3:39.62	31.34
	100m:	1:00.83	31.32	200m:	2:04.94	32.11	300m:	3:08.28	31.65	400m:	4:08.59	28.97
22.	Rusin Mariusz				88	AZS AWF Warszawa				<b>4:08.77</b>	672	
	50m:	28.74	28.74	150m:	1:31.46	31.16	250m:	2:34.79	31.77	350m:	3:38.28	31.48
	100m:	1:00.30	31.56	200m:	2:03.02	31.56	300m:	3:06.80	32.01	400m:	4:08.77	30.49
23.	Rz <sup>1</sup> sa Wojciech				90	AZS AWFIS Gdańsk				<b>4:08.95</b>	670	
	50m:	28.22	28.22	150m:	1:30.20	31.32	250m:	2:33.38	31.38	350m:	3:37.01	31.78
	100m:	58.88	30.66	200m:	2:02.00	31.80	300m:	3:05.23	31.85	400m:	4:08.95	31.94
24.	ebrowski Piotr				90	oliborz Warszawa				<b>4:09.23</b>	668	
	50m:	28.43	28.43	150m:	1:31.59	31.71	250m:	2:35.18	31.67	350m:	3:39.05	31.88
	100m:	59.88	31.45	200m:	2:03.51	31.92	300m:	3:07.17	31.99	400m:	4:09.23	30.18
25.	Or <sup>3</sup> owski Piotr Ss				91	MKP Szczecin				<b>4:11.29</b>	652	
	50m:	29.68	29.68	150m:	1:33.21	32.03	250m:	2:37.53	32.12	350m:	3:41.14	31.62
	100m:	1:01.18	31.50	200m:	2:05.41	32.20	300m:	3:09.52	31.99	400m:	4:11.29	30.15
26.	Zaborowski Filip				94	Flota Gdynia				<b>4:14.58</b>	627	
	50m:	29.25	29.25	150m:	1:33.47	32.52	250m:	2:38.47	32.30	350m:	3:43.66	32.30
	100m:	1:00.95	31.70	200m:	2:06.17	32.70	300m:	3:11.36	32.89	400m:	4:14.58	30.92
27.	Musia <sup>3</sup> Dawid Sg				93	AZS AWFIS Gdańsk				<b>4:14.68</b>	626	
	50m:	29.07	29.07	150m:	1:33.43	32.45	250m:	2:38.44	32.40	350m:	3:43.78	32.61
	100m:	1:00.98	31.91	200m:	2:06.04	32.61	300m:	3:11.17	32.73	400m:	4:14.68	30.90
28.	Milczarek Artur				90	Trójka ŁódŹ				<b>4:14.72</b>	626	
	50m:	29.20	29.20	150m:	1:34.56		250m:	2:38.53	31.80	350m:	3:42.72	32.34
	100m:			200m:	2:06.73	32.17	300m:	3:10.38	31.85	400m:	4:14.72	32.00
29.	Krzywiecki Tomasz				89	MKP Szczecin				<b>4:14.80</b>	625	
	50m:	28.44	28.44	150m:	1:31.22	31.99	250m:	2:36.77	32.72	350m:	3:42.55	32.70
	100m:	59.23	30.79	200m:	2:04.05	32.83	300m:	3:09.85	33.08	400m:	4:14.80	32.25
30.	Luftman Adam				91	S <sup>3</sup> owianka Gorzów				<b>4:17.05</b>	609	
	50m:	28.97	28.97	150m:	1:33.77	32.69	250m:	2:40.02	33.10	350m:	3:46.36	32.71
	100m:	1:01.08	32.11	200m:	2:06.92	33.15	300m:	3:13.65	33.63	400m:	4:17.05	30.69
31.	Kandulski Daniel				91	MKP Szczecin				<b>4:18.11</b>	601	
	50m:	29.48	29.48	150m:	1:34.80	33.04	250m:	2:40.82	33.13	350m:	3:46.34	32.52
	100m:	1:01.76	32.28	200m:	2:07.69	32.89	300m:	3:13.82	33.00	400m:	4:18.11	31.77
32.	Pierwieniecki Juliusz Ss				91	MKP Szczecin				<b>4:18.14</b>	601	
	50m:	29.65	29.65	150m:	1:34.14	32.63	250m:	2:40.17	33.11	350m:	3:45.56	31.95
	100m:	1:01.51	31.86	200m:	2:07.06	32.92	300m:	3:13.61	33.44	400m:	4:18.14	32.58
33.	Kolec Mi <sup>3</sup> osz				94	MKP Szczecin				<b>4:20.66</b>	584	
	50m:	29.72	29.72	150m:	1:35.50	33.23	250m:	2:42.24	33.20	350m:	3:49.68	33.75
	100m:	1:02.27	32.55	200m:	2:09.04	33.54	300m:	3:15.93	33.69	400m:	4:20.66	30.98
34.	Kotkowicz Micha <sup>3</sup>				93	Znicz Koszalin				<b>4:20.68</b>	584	
	50m:	28.49	28.49	150m:	1:31.56	32.07	250m:	2:37.53	33.37	350m:	3:46.33	34.52
	100m:	59.49	31.00	200m:	2:04.16	32.60	300m:	3:11.81	34.28	400m:	4:20.68	34.35

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Pozycja					Rok ur.					Czas	Pkt.	
35.	G³ogowski Adam				93	Flota Gdynia				<b>4:21.04</b>	581	
	50m:	30.24	30.24	150m:	1:35.78	33.12	250m:	2:42.42	33.08	350m:	3:49.78	33.58
	100m:	1:02.66	32.42	200m:	2:09.34	33.56	300m:	3:16.20	33.78	400m:	4:21.04	31.26
36.	Chroœcielewski Micha³				91	AZS AWFis Gdañsk				<b>4:21.44</b>	579	
	50m:	30.03	30.03	150m:	1:36.18	33.27	250m:	2:43.04	33.30	350m:	3:49.88	33.54
	100m:	1:02.91	32.88	200m:	2:09.74	33.56	300m:	3:16.34	33.30	400m:	4:21.44	31.56
37.	Sawala Juliusz				90	S³owianka Gorzów				<b>4:22.32</b>	573	
	50m:	28.68	28.68	150m:	1:33.38	32.50	250m:	2:41.39	34.13	350m:	3:51.77	35.52
	100m:	1:00.88	32.20	200m:	2:07.26	33.88	300m:	3:16.25	34.86	400m:	4:22.32	30.55
38.	Laryoñczuk Jakub Ss				91	MKP Szczecin				<b>4:23.07</b>	568	
	50m:	30.24	30.24	150m:	1:33.84	32.02	250m:	2:40.36	33.35	350m:	3:48.59	34.29
	100m:	1:01.82	31.58	200m:	2:07.01	33.17	300m:	3:14.30	33.94	400m:	4:23.07	34.48
39.	Dudziak Tomasz				90	S³owianka Gorzów				<b>4:23.55</b>	565	
	50m:	30.51	30.51	150m:	1:37.21	33.85	250m:	2:45.08	33.31	350m:	3:52.24	33.56
	100m:	1:03.36	32.85	200m:	2:11.77	34.56	300m:	3:18.68	33.60	400m:	4:23.55	31.31
40.	Gorra Daniel				94	MKP Szczecin				<b>4:24.21</b>	561	
	50m:	30.01	30.01	150m:	1:35.97	33.22	250m:	2:42.84	33.27	350m:	3:50.44	33.84
	100m:	1:02.75	32.74	200m:	2:09.57	33.60	300m:	3:16.60	33.76	400m:	4:24.21	33.77
41.	Kocœcielny Tomasz				94	MKP Szczecin				<b>4:24.51</b>	559	
	50m:	29.44	29.44	150m:	1:34.91	33.17	250m:	2:42.47	33.75	350m:	3:51.36	34.51
	100m:	1:01.74	32.30	200m:	2:08.72	33.81	300m:	3:16.85	34.38	400m:	4:24.51	33.15
42.	Kucharski Micha³				93	S³owianka Gorzów				<b>4:25.13</b>	555	
	50m:	29.24	29.24	150m:	1:34.01	32.71	250m:	2:41.01	33.59	350m:	3:51.17	35.12
	100m:	1:01.30	32.06	200m:	2:07.42	33.41	300m:	3:16.05	35.04	400m:	4:25.13	33.96
43.	Gralewski Micha³				94	oliborz Warszawa				<b>4:29.93</b>	526	
	50m:	30.55	30.55	150m:	1:39.47	35.44	250m:	2:50.02	35.40	350m:	3:56.65	32.99
	100m:	1:04.03	33.48	200m:	2:14.62	35.15	300m:	3:23.66	33.64	400m:	4:29.93	33.28
44.	Dammann Janis				93	SC Empor Rostock 2000				<b>4:32.18</b>	513	
	50m:	30.59	30.59	150m:	1:39.27	34.55	250m:	2:49.11	35.18	350m:	3:59.21	35.01
	100m:	1:04.72	34.13	200m:	2:13.93	34.66	300m:	3:24.20	35.09	400m:	4:32.18	32.97
45.	Wiœckowski Dariusz				94	MKP Szczecin				<b>4:34.45</b>	500	
	50m:	30.89	30.89	150m:	1:40.38	35.00	250m:	2:50.69	35.34	350m:	3:58.90	34.36
	100m:	1:05.38	34.49	200m:	2:15.35	34.97	300m:	3:24.54	33.85	400m:	4:34.45	35.55
46.	Kaczyñski Ferdynand				94	MKP Szczecin				<b>4:36.17</b>	491	
	50m:	31.02	31.02	150m:	1:41.02	35.14	250m:	2:52.00	35.47	350m:	4:02.84	35.29
	100m:	1:05.88	34.86	200m:	2:16.53	35.51	300m:	3:27.55	35.55	400m:	4:36.17	33.33
47.	Wasielewski Filip				94	MKP Szczecin				<b>4:47.44</b>	435	
	50m:	32.11	32.11	150m:	1:45.39	36.83	250m:	2:58.96	36.37	350m:	4:12.64	36.91
	100m:	1:08.56	36.45	200m:	2:22.59	37.20	300m:	3:35.73	36.77	400m:	4:47.44	34.80
48.	Raczyñski Jakub				93	Ba³tyk-Morska Odyseja Ko³obrze				<b>4:55.15</b>	402	
	50m:	33.17	33.17	150m:	1:48.83	38.24	250m:	3:02.66	36.98	350m:	4:18.02	38.15
	100m:	1:10.59	37.42	200m:	2:25.68	36.85	300m:	3:39.87	37.21	400m:	4:55.15	37.13