

Zawody P³ywackie Grand Prix - Puchar Polski Lublin 2009
Lublin, 14. - 15.3.2009

Konkurencja 34
15.3.09 - 11:05

M^ęczyzn, 400m dowolny

Open
Wyniki

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.
1.	Korzeniowski Pawe ³		85	AZS AWF Warszawa				3:45.87	897
	50m:	26.89 26.89	150m:	1:23.86 28.83	250m:	2:21.98 29.17	350m:	3:18.98 28.26	
	100m:	55.03 28.14	200m:	1:52.81 28.95	300m:	2:50.72 28.74	400m:	3:45.87 26.89	
2.	STAŃCZYK Przemys ³ aw		85	MKP Szczecin				3:48.62	865
	50m:	27.23 27.23	150m:	1:24.57 28.84	250m:	2:22.69 29.03	350m:	3:20.62 28.82	
	100m:	55.73 28.50	200m:	1:53.66 29.09	300m:	2:51.80 29.11	400m:	3:48.62 28.00	
3.	SAWRYMOWICZ Mateusz		87	MKP Szczecin				3:50.87	840
	50m:	27.92 27.92	150m:	1:26.21 29.23	250m:	2:24.62 29.06	350m:	3:22.53 28.81	
	100m:	56.98 29.06	200m:	1:55.56 29.35	300m:	2:53.72 29.10	400m:	3:50.87 28.34	
4.	Gimiński Łukasz		86	AZS AWF Warszawa				3:52.01	828
	50m:	27.79 27.79	150m:	1:26.56 29.26	250m:	2:25.25 29.16	350m:	3:23.60 29.14	
	100m:	57.30 29.51	200m:	1:56.09 29.53	300m:	2:54.46 29.21	400m:	3:52.01 28.41	
5.	Maczak Mateusz		89	TRÓJKA ŁódŹ				3:55.12	795
	50m:	27.53 27.53	150m:	1:26.58 29.65	250m:	2:26.19 29.63	350m:	3:26.12 30.09	
	100m:	56.93 29.40	200m:	1:56.56 29.98	300m:	2:56.03 29.84	400m:	3:55.12 29.00	
6.	Pielowski Krzysztof		91	KORMORAN Olsztyn				3:55.75	789
	50m:	27.84 27.84	150m:	1:26.72 29.76	250m:	2:26.32 29.80	350m:	3:26.41 30.10	
	100m:	56.96 29.12	200m:	1:56.52 29.80	300m:	2:56.31 29.99	400m:	3:55.75 29.34	
7.	Hura Bartosz		91	KORMORAN Olsztyn				3:56.12	785
	50m:	28.42 28.42	150m:	1:27.15 29.16	250m:	2:26.17 29.75	350m:	3:26.17 30.09	
	100m:	57.99 29.57	200m:	1:56.42 29.27	300m:	2:56.08 29.91	400m:	3:56.12 29.95	
8.	Rurak Pawe ³		88	AZS AWF Warszawa				3:56.19	785
	50m:	27.65 27.65	150m:	1:26.96 29.83	250m:	2:27.09 30.01	350m:	3:27.15 29.97	
	100m:	57.13 29.48	200m:	1:57.08 30.12	300m:	2:57.18 30.09	400m:	3:56.19 29.04	
9.	Hreniak Maciej		89	MKP Szczecin				3:56.30	784
	50m:	28.21 28.21	150m:	1:28.59 30.21	250m:	2:29.04 30.25	350m:	3:28.33 29.31	
	100m:	58.38 30.17	200m:	1:58.79 30.20	300m:	2:59.02 29.98	400m:	3:56.30 27.97	
10.	Wilk Krzysztof		89	AZS AGH Kraków				3:58.06	766
	50m:	26.93 26.93	150m:	1:26.25 29.86	250m:	2:26.69 30.22	350m:	3:27.91 30.63	
	100m:	56.39 29.46	200m:	1:56.47 30.22	300m:	2:57.28 30.59	400m:	3:58.06 30.15	
11.	Piatkowski Mateusz SO		90	UKP UNIA Oc ^e wi ^e cim				3:58.93	758
	50m:	27.51 27.51	150m:	1:26.44 29.77	250m:	2:27.28 30.66	350m:	3:28.79 30.81	
	100m:	56.67 29.16	200m:	1:56.62 30.18	300m:	2:57.98 30.70	400m:	3:58.93 30.14	
12.	Zieja Dawid		89	KS AZS-AWFis Gdańsk				3:59.97	748
	50m:	28.07 28.07	150m:	1:28.71 30.30	250m:	2:29.69 30.49	350m:	3:30.30 30.10	
	100m:	58.41 30.34	200m:	1:59.20 30.49	300m:	3:00.20 30.51	400m:	3:59.97 29.67	
13.	Kaw ^e cki Rados ³ aw SZG		91	KORNER Zielona Góra				4:00.21	746
	50m:	27.69 27.69	150m:	1:27.86 30.11	250m:	2:29.07 30.74	350m:	3:30.43 30.85	
	100m:	57.75 30.06	200m:	1:58.33 30.47	300m:	2:59.58 30.51	400m:	4:00.21 29.78	
14.	Zapa ³ a Łukasz SO		91	UKP UNIA Oc ^e wi ^e cim				4:01.68	732
	50m:	28.30 28.30	150m:	1:30.24 31.20	250m:	2:31.53 30.16	350m:	3:32.05 30.02	
	100m:	59.04 30.74	200m:	2:01.37 31.13	300m:	3:02.03 30.50	400m:	4:01.68 29.63	
15.	Certa Maciej SO		91	WISŁA Pu ³ awy				4:02.15	728
	50m:	27.38 27.38	150m:	1:27.61 30.22	250m:	2:29.18 30.90	350m:	3:31.51 31.12	
	100m:	57.39 30.01	200m:	1:58.28 30.67	300m:	3:00.39 31.21	400m:	4:02.15 30.64	
16.	Pulwin Pawe ³ SO		92	OLIMPIA Poznań				4:02.30	727
	50m:	28.52 28.52	150m:	1:29.12 30.42	250m:	2:30.31 30.64	350m:	3:32.76 31.38	
	100m:	58.70 30.18	200m:	1:59.67 30.55	300m:	3:01.38 31.07	400m:	4:02.30 29.54	
17.	Czarnota Mateusz SO		91	UKP UNIA Oc ^e wi ^e cim				4:03.06	720
	50m:	28.33 28.33	150m:	1:28.76 29.96	250m:	2:29.58 30.79	350m:	3:32.13 31.43	
	100m:	58.80 30.47	200m:	1:58.79 30.03	300m:	3:00.70 31.12	400m:	4:03.06 30.93	

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Konkurencja 34, Mężczyzn, 400m dowolny, Open

Pozycja	Rok ur.						Czas	Pkt.
18. Zyznowski Micha ³	92	KP MZOS P ³ ock					4:04.42	708
50m: 28.21 28.21	150m: 1:30.06	31.21	250m: 2:31.62	30.14	350m: 3:33.66	31.17		
100m: 58.85 30.64	200m: 2:01.48	31.42	300m: 3:02.49	30.87	400m: 4:04.42	30.76		
19. Dubiel Adam	93	LUBLINIANKA Lublin					4:04.68	706
50m: 28.42 28.42	150m: 1:29.87	31.06	250m: 2:32.81	31.53	350m: 3:35.68	31.24		
100m: 58.81 30.39	200m: 2:01.28	31.41	300m: 3:04.44	31.63	400m: 4:04.68	29.00		
20. Kleszczyński Pawe ³ SS	91	MKP Szczecin					4:04.97	703
50m: 28.62 28.62	150m: 1:30.27	30.94	250m: 2:32.68	31.51	350m: 3:34.95	30.96		
100m: 59.33 30.71	200m: 2:01.17	30.90	300m: 3:03.99	31.31	400m: 4:04.97	30.02		
21. Borowicz Skoneczny Sylwester	92	KORMORAN Olsztyn					4:05.29	701
50m: 28.17 28.17	150m: 1:28.94	30.67	250m: 2:31.18	31.11	350m: 3:34.14	31.62		
100m: 58.27 30.10	200m: 2:00.07	31.13	300m: 3:02.52	31.34	400m: 4:05.29	31.15		
22. Pacholczyk Mateusz	92	KORMORAN Olsztyn					4:06.19	693
50m: 29.25 29.25	150m: 1:30.90	30.77	250m: 2:32.70	30.86	350m: 3:35.75	31.61		
100m: 1:00.13 30.88	200m: 2:01.84	30.94	300m: 3:04.14	31.44	400m: 4:06.19	30.44		
23. Sygnecki Janusz SO	92	SKARPA Lublin					4:06.35	692
50m: 28.48 28.48	150m: 1:29.95	30.89	250m: 2:32.28	31.25	350m: 3:36.04	32.00		
100m: 59.06 30.58	200m: 2:01.03	31.08	300m: 3:04.04	31.76	400m: 4:06.35	30.31		
24. Jasiński Jakub	87	AZS KORNER Zielona Góra					4:07.00	686
50m: 28.26 28.26	150m: 1:28.59	30.25	250m: 2:30.04	31.05	350m: 3:34.53	32.79		
100m: 58.34 30.08	200m: 1:58.99	30.40	300m: 3:01.74	31.70	400m: 4:07.00	32.47		
25. Kot Maciej SR	91	JUNIOR Kluczbork					4:07.14	685
50m: 28.46 28.46	150m: 1:30.48	31.33	250m: 2:33.80	31.71	350m: 3:36.99	31.56		
100m: 59.15 30.69	200m: 2:02.09	31.61	300m: 3:05.43	31.63	400m: 4:07.14	30.15		
26. Kwiatkowski Przemys ³ aw	92	TRÓJKA Łódź					4:07.16	685
50m: 28.84 28.84	150m: 1:30.50	31.25	250m: 2:34.13	31.79	350m: 3:37.44	31.66		
100m: 59.25 30.41	200m: 2:02.34	31.84	300m: 3:05.78	31.65	400m: 4:07.16	29.72		
27. Pe ³ czyński Kacper SO	92	UKP UNIA Ocęwięcim					4:07.24	684
50m: 28.21 28.21	150m: 1:29.55	30.97	250m: 2:32.90	31.60	350m: 3:36.43	31.79		
100m: 58.58 30.37	200m: 2:01.30	31.75	300m: 3:04.64	31.74	400m: 4:07.24	30.81		
28. Gniadek Damian	93	TRÓJKA Łódź					4:07.30	684
50m: 28.83 28.83	150m: 1:30.61	31.24	250m: 2:33.61	31.65	350m: 3:37.98	32.15		
100m: 59.37 30.54	200m: 2:01.96	31.35	300m: 3:05.83	32.22	400m: 4:07.30	29.32		
29. Szotkowski Daniel	92	KP MZOS P ³ ock					4:07.33	683
50m: 28.87 28.87	150m: 1:30.94	31.09	250m: 2:33.95	31.54	350m: 3:36.69	31.41		
100m: 59.85 30.98	200m: 2:02.41	31.47	300m: 3:05.28	31.33	400m: 4:07.33	30.64		
30. Kurant Roger	94	KSZO Ostrowiec Cew.					4:07.55	682
50m: 29.03 29.03	150m: 1:31.33	31.35	250m: 2:34.05	31.27	350m: 3:37.56	31.87		
100m: 59.98 30.95	200m: 2:02.78	31.45	300m: 3:05.69	31.64	400m: 4:07.55	29.99		
31. Pasula Jakub	92	TRÓJKA Łódź					4:08.03	678
50m: 28.89 28.89	150m: 1:32.02	31.74	250m: 2:36.09	32.17	350m: 3:39.18	30.75		
100m: 1:00.28 31.39	200m: 2:03.92	31.90	300m: 3:08.43	32.34	400m: 4:08.03	28.85		
32. Szczepaniak Tomasz	91	KORNER Zielona Góra					4:08.89	671
50m: 28.98 28.98	150m: 1:31.72	31.43	250m: 2:34.40	31.18	350m: 3:38.10	31.67		
100m: 1:00.29 31.31	200m: 2:03.22	31.50	300m: 3:06.43	32.03	400m: 4:08.89	30.79		
33. Rutkowski Szymon	88	AZS AWF Warszawa					4:09.17	668
50m: 29.11 29.11	150m: 1:32.36	31.90	250m: 2:35.91	31.56	350m: 3:38.61	31.41		
100m: 1:00.46 31.35	200m: 2:04.35	31.99	300m: 3:07.20	31.29	400m: 4:09.17	30.56		
34. Kaczmarski Marcin	94	KSZO Ostrowiec Cew.					4:11.13	653
50m: 28.92 28.92	150m: 1:32.38	32.12	250m: 2:36.18	31.74	350m: 3:40.26	32.06		
100m: 1:00.26 31.34	200m: 2:04.44	32.06	300m: 3:08.20	32.02	400m: 4:11.13	30.87		
35. Ruciński Konrad	92	KORMORAN Olsztyn					4:11.79	648
50m: 28.95 28.95	150m: 1:32.18	32.03	250m: 2:36.21	31.97	350m: 3:40.76	32.11		
100m: 1:00.15 31.20	200m: 2:04.24	32.06	300m: 3:08.65	32.44	400m: 4:11.79	31.03		

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Pozycja			Rok ur.					Czas	Pkt.
36.	ukowski Maciej		93	UKS ORKA Zamocœæ				4:12.31	644
	50m:	28.65 28.65	150m:	1:31.14 31.60	250m:	2:35.84 32.31	350m:	3:40.75 32.18	
	100m:	59.54 30.89	200m:	2:03.53 32.39	300m:	3:08.57 32.73	400m:	4:12.31 31.56	
37.	EBROWSKI PIOTR		90	OLIBORZ Warszawa				4:12.78	640
	50m:	29.11 29.11	150m:	1:31.69 31.66	250m:	2:35.51 31.96	350m:	3:40.84 32.63	
	100m:	1:00.03 30.92	200m:	2:03.55 31.86	300m:	3:08.21 32.70	400m:	4:12.78 31.94	
38.	Tomaszewski Jacek		94	REKIN Warszawa				4:13.16	637
	50m:	29.34 29.34	150m:	1:33.10 32.08	250m:	2:38.23 32.54	350m:	3:42.91 32.00	
	100m:	1:01.02 31.68	200m:	2:05.69 32.59	300m:	3:10.91 32.68	400m:	4:13.16 30.25	
39.	Palmi Kukie ³ ko Mieszko		93	KORMORAN Olsztyn				4:13.52	635
	50m:	29.61 29.61	150m:	1:32.88 31.91	250m:	2:37.41 32.48	350m:	3:41.90 32.02	
	100m:	1:00.97 31.36	200m:	2:04.93 32.05	300m:	3:09.88 32.47	400m:	4:13.52 31.62	
40.	Dobrowolski Patryk		92	ORLIK Lublin				4:13.65	634
	50m:	28.63 28.63	150m:	1:33.19 32.75	250m:	2:38.75 32.80	350m:	3:43.85 32.66	
	100m:	1:00.44 31.81	200m:	2:05.95 32.76	300m:	3:11.19 32.44	400m:	4:13.65 29.80	
41.	Kliza Mateusz		94	KP AVIA Œwidnik				4:13.83	632
	50m:	29.90 29.90	150m:	1:34.84 32.64	250m:	2:38.75 31.27	350m:	3:42.62 31.71	
	100m:	1:02.20 32.30	200m:	2:07.48 32.64	300m:	3:10.91 32.16	400m:	4:13.83 31.21	
42.	Skubicha Konrad		92	ORLIK Lublin				4:15.20	622
	50m:	29.63 29.63	150m:	1:34.04 32.44	250m:	2:39.42 32.93	350m:	3:44.15 32.11	
	100m:	1:01.60 31.97	200m:	2:06.49 32.45	300m:	3:12.04 32.62	400m:	4:15.20 31.05	
43.	Ha ³ aczkiewicz Pawe ³		93	WISŁA Pu ³ awy				4:16.58	612
	50m:	28.87 28.87	150m:	1:33.02 32.44	250m:	2:39.02 33.15	350m:	3:45.04 32.98	
	100m:	1:00.58 31.71	200m:	2:05.87 32.85	300m:	3:12.06 33.04	400m:	4:16.58 31.54	
44.	R ³ yski Marcin		94	KORMORAN Olsztyn				4:17.57	605
	50m:	30.32 30.32	150m:	1:35.39 32.76	250m:	2:41.49 32.96	350m:	3:46.65 32.42	
	100m:	1:02.63 32.31	200m:	2:08.53 33.14	300m:	3:14.23 32.74	400m:	4:17.57 30.92	
45.	Najmowicz Sebastian		91	KORMORAN Olsztyn				4:18.57	598
	50m:	29.99 29.99	150m:	1:34.48 32.42	250m:	2:40.11 32.94	350m:	3:46.85 33.53	
	100m:	1:02.06 32.07	200m:	2:07.17 32.69	300m:	3:13.32 33.21	400m:	4:18.57 31.72	
46.	Borkowski Łukasz		95	TRÓJKA ŁódŸ				4:20.84	583
	50m:	30.19 30.19	150m:	1:36.52 33.19	250m:	2:42.94 32.94	350m:	3:50.10 33.49	
	100m:	1:03.33 33.14	200m:	2:10.00 33.48	300m:	3:16.61 33.67	400m:	4:20.84 30.74	
47.	Lasek Bart ³ omiej		94	TRÓJKA ŁódŸ				4:21.82	576
	50m:	30.74 30.74	150m:	1:36.42 33.07	250m:	2:43.39 33.72	350m:	3:49.98 33.27	
	100m:	1:03.35 32.61	200m:	2:09.67 33.25	300m:	3:16.71 33.32	400m:	4:21.82 31.84	
48.	Szwedzki Dawid		94	PIŹTKA Konstancynów				4:22.61	571
	50m:	29.85 29.85	150m:	1:36.30 33.57	250m:	2:43.70 33.59	350m:	3:50.65 33.22	
	100m:	1:02.73 32.88	200m:	2:10.11 33.81	300m:	3:17.43 33.73	400m:	4:22.61 31.96	
49.	Sobczyk Maciej		95	TRÓJKA ŁódŸ				4:25.76	551
	50m:	31.29 31.29	150m:	1:39.01 33.80	250m:	2:46.61 33.67	350m:	3:53.57 33.22	
	100m:	1:05.21 33.92	200m:	2:12.94 33.93	300m:	3:20.35 33.74	400m:	4:25.76 32.19	
50.	Wiak Jakub		95	ORLIK Lublin				4:29.11	530
	50m:	30.18 30.18	150m:	1:38.02 34.16	250m:	2:46.71 34.23	350m:	3:55.61 34.31	
	100m:	1:03.86 33.68	200m:	2:12.48 34.46	300m:	3:21.30 34.59	400m:	4:29.11 33.50	
51.	Marecki Grzegorz		93	REKIN Warszawa				4:29.46	528
	50m:	30.73 30.73	150m:	1:37.89 33.85	250m:	2:46.62 34.33	350m:	3:56.08 34.51	
	100m:	1:04.04 33.31	200m:	2:12.29 34.40	300m:	3:21.57 34.95	400m:	4:29.46 33.38	
52.	Kamiński Maciej		93	ORLIK Lublin				4:30.90	520
	50m:	31.34 31.34	150m:	1:39.72 34.54	250m:	2:48.90 34.50	350m:	3:57.99 34.62	
	100m:	1:05.18 33.84	200m:	2:14.40 34.68	300m:	3:23.37 34.47	400m:	4:30.90 32.91	
53.	Pasieczny Przemysław		95	KS ORZEŁ Elbl'g				4:30.92	520
	50m:	31.09 31.09	150m:	1:39.73 34.65	250m:	2:49.04 34.58	350m:	3:58.04 34.42	
	100m:	1:05.08 33.99	200m:	2:14.46 34.73	300m:	3:23.62 34.58	400m:	4:30.92 32.88	

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Pozycja			Rok ur.				Czas	Pkt.
54.	Kwieciński Wojciech		94 REKIN Warszawa				4:30.97	520
	50m:	31.21 31.21	150m:	1:39.24 34.34	250m:	2:48.35 34.64	350m:	3:57.40 34.48
	100m:	1:04.90 33.69	200m:	2:13.71 34.47	300m:	3:22.92 34.57	400m:	4:30.97 33.57
55.	Bożym Adam		94 KP AVIA Œwidnik				4:33.09	508
	50m:	31.60 31.60	150m:	1:41.51 34.88	250m:	2:49.87 34.03	350m:	3:58.99 34.41
	100m:	1:06.63 35.03	200m:	2:15.84 34.33	300m:	3:24.58 34.71	400m:	4:33.09 34.10
56.	Szostak Micha³		94 UKS ORKA Zamocææ				4:35.27	496
	50m:	30.34 30.34	150m:	1:39.80 35.53	250m:	2:50.50 35.25	350m:	4:01.49 35.54
	100m:	1:04.27 33.93	200m:	2:15.25 35.45	300m:	3:25.95 35.45	400m:	4:35.27 33.78
57.	Mochol Marcin		95 ORLIK Lublin				4:35.33	495
	50m:	31.32 31.32	150m:	1:40.89 34.86	250m:	2:50.62 34.84	350m:	4:00.76 35.18
	100m:	1:06.03 34.71	200m:	2:15.78 34.89	300m:	3:25.58 34.96	400m:	4:35.33 34.57
58.	Chojak Rafa³		95 WISŁA Pu³awy				4:37.14	486
	50m:	31.40 31.40	150m:	1:41.13 35.12	250m:	2:51.25 34.59	350m:	4:01.92 35.17
	100m:	1:06.01 34.61	200m:	2:16.66 35.53	300m:	3:26.75 35.50	400m:	4:37.14 35.22
59.	Skrodzki Micha³		86 AZS AWF Katowice				4:42.59	458
	50m:	31.65 31.65	150m:	1:42.06 35.56	250m:	2:54.09 36.34	350m:	4:07.31 36.63
	100m:	1:06.50 34.85	200m:	2:17.75 35.69	300m:	3:30.68 36.59	400m:	4:42.59 35.28
60.	Gwiazda Micha³		94 SKARPA Lublin				4:42.92	457
	50m:	31.93 31.93	150m:	1:43.87 36.18	250m:	2:55.85 35.93	350m:	4:08.51 36.07
	100m:	1:07.69 35.76	200m:	2:19.92 36.05	300m:	3:32.44 36.59	400m:	4:42.92 34.41
61.	Wójcik Łukasz		93 UKS ORKA Zamocææ				4:49.27	427
	50m:	30.88 30.88	150m:	1:42.15 36.33	250m:	2:56.72 37.35	350m:	4:12.69 37.91
	100m:	1:05.82 34.94	200m:	2:19.37 37.22	300m:	3:34.78 38.06	400m:	4:49.27 36.58