



Grand Prix Puchar Polski  
Bochnia, 10. - 11.10.2009



Konkurencja 34  
11.10.2009 - 12:05

Mężczyzn, 400m dowolny

14 lat i starsi  
Wyniki

Top Times "Poland" 3:38.20 Korzeniowski Pawel POL Trieste (ITA) 8.12.2005

Punkty: FINA 2009

Pozycja			Rok ur.				Czas				Pkt.
1.	Stańczyk Przemysław		85 MKP Szczecin				<b>3:49.04</b>				840
	50m:	27.24 27.24	150m:	1:25.42 29.09	250m:	2:23.57 28.89	350m:	3:21.41 28.85			
	100m:	56.33 29.09	200m:	1:54.68 29.26	300m:	2:52.56 28.99	400m:	3:49.04 27.63			
2.	Hreniak Maciej		89 MKP Szczecin				<b>3:54.10</b>				787
	50m:	27.49 27.49	150m:	1:25.67 29.22	250m:	2:25.12 29.84	350m:	3:25.01 29.99			
	100m:	56.45 28.96	200m:	1:55.28 29.61	300m:	2:55.02 29.90	400m:	3:54.10 29.09			
3.	Zaczyński Karol SO		91 AZS AWF Katowice				<b>3:56.75</b>				761
	50m:	27.44 27.44	150m:	1:26.49 29.74	250m:	2:26.32 29.57	350m:	3:27.38 30.76			
	100m:	56.75 29.31	200m:	1:56.75 30.26	300m:	2:56.62 30.30	400m:	3:56.75 29.37			
4.	Szuba Michał SWR		93 CEI'sk Wrocław				<b>3:57.32</b>				755
	50m:	28.09 28.09	150m:	1:27.82 30.23	250m:	2:27.94 30.28	350m:	3:28.65 30.47			
	100m:	57.59 29.50	200m:	1:57.66 29.84	300m:	2:58.18 30.24	400m:	3:57.32 28.67			
5.	Czarnota Mateusz SO		91 Unia Oświęcim				<b>3:57.87</b>				750
	50m:	27.85 27.85	150m:	1:26.85 29.52	250m:	2:26.69 29.85	350m:	3:27.96 30.73			
	100m:	57.33 29.48	200m:	1:56.84 29.99	300m:	2:57.23 30.54	400m:	3:57.87 29.91			
6.	Sawrymowicz Mateusz		87 MKP Szczecin				<b>3:58.76</b>				742
	50m:	28.06 28.06	150m:	1:28.11 30.20	250m:	2:28.64 30.30	350m:	3:29.49 30.43			
	100m:	57.91 29.85	200m:	1:58.34 30.23	300m:	2:59.06 30.42	400m:	3:58.76 29.27			
7.	Ośowski Aleksy SK		91 Warszawianka Warszawa				<b>3:59.56</b>				734
	50m:	27.47 27.47	150m:	1:26.70 29.72	250m:	2:27.58 30.43	350m:	3:29.57 30.82			
	100m:	56.98 29.51	200m:	1:57.15 30.45	300m:	2:58.75 31.17	400m:	3:59.56 29.99			
8.	Towarek Sebastian SWR		93 CEI'sk Wrocław				<b>4:01.07</b>				720
	50m:	28.30 28.30	150m:	1:29.15 30.60	250m:	2:31.30 31.12	350m:	3:32.33 30.46			
	100m:	58.55 30.25	200m:	2:00.18 31.03	300m:	3:01.87 30.57	400m:	4:01.07 28.74			
9.	Palmi-Kukiełko Mieszko SWR		93 CEI'sk Wrocław				<b>4:01.11</b>				720
	50m:	28.70 28.70	150m:	1:30.57 31.28	250m:	2:31.41 30.22	350m:	3:32.05 30.20			
	100m:	59.29 30.59	200m:	2:01.19 30.62	300m:	3:01.85 30.44	400m:	4:01.11 29.06			
10.	Dubiel Adam		93 Lublinianka Lublin				<b>4:01.15</b>				720
	50m:	28.10 28.10	150m:	1:28.89 30.56	250m:	2:30.77 30.87	350m:	3:32.26 30.46			
	100m:	58.33 30.23	200m:	1:59.90 31.01	300m:	3:01.80 31.03	400m:	4:01.15 28.89			
11.	Rybiński Dawid SWR		93 CEI'sk Wrocław				<b>4:01.97</b>				712
	50m:	28.85 28.85	150m:	1:30.26 30.80	250m:	2:31.68 30.45	350m:	3:33.14 30.74			
	100m:	59.46 30.61	200m:	2:01.23 30.97	300m:	3:02.40 30.72	400m:	4:01.97 28.83			
12.	Kawęcki Radosław SZG		91 Korner Zielona Góra				<b>4:02.22</b>				710
	50m:	28.43 28.43	150m:	1:29.65 30.89	250m:	2:32.11 31.19	350m:	3:32.78 30.54			
	100m:	58.76 30.33	200m:	2:00.92 31.27	300m:	3:02.24 30.13	400m:	4:02.22 29.44			
13.	Jasiński Jakub		87 Korner Zielona Góra				<b>4:02.75</b>				706
	50m:	28.30 28.30	150m:	1:29.07 30.61	250m:	2:30.98 30.93	350m:	3:33.17 30.79			
	100m:	58.46 30.16	200m:	2:00.05 30.98	300m:	3:02.38 31.40	400m:	4:02.75 29.58			
14.	Pulwin Paweł SO		92 Olimpia Poznań				<b>4:03.69</b>				697
	50m:	26.98 26.98	150m:	1:26.43 30.64	250m:	2:28.71 30.76	350m:	3:33.10 32.43			
	100m:	55.79 28.81	200m:	1:57.95 31.52	300m:	3:00.67 31.96	400m:	4:03.69 30.59			
15.	Piłtkowski Mateusz SO		90 Unia Oświęcim				<b>4:04.24</b>				693
	50m:	27.91 27.91	150m:	1:28.05 30.52	250m:	2:30.51 31.37	350m:	3:33.23 31.49			
	100m:	57.53 29.62	200m:	1:59.14 31.09	300m:	3:01.74 31.23	400m:	4:04.24 31.01			
16.	Kotkowicz Michał		93 Słowianka Gorzów Wlkp.				<b>4:06.37</b>				675
	50m:	28.08 28.08	150m:	1:30.22 31.27	250m:	2:32.75 31.30	350m:	3:36.00 31.57			
	100m:	58.95 30.87	200m:	2:01.45 31.23	300m:	3:04.43 31.68	400m:	4:06.37 30.37			



Grand Prix Puchar Polski  
Bochnia, 10. - 11.10.2009



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

Pozycja	Rok ur.						Czas	Pkt.
17.	Ksi <sup>1</sup> żek Micha <sup>3</sup> SK	93	Jordan Kraków	<b>4:06.52</b>	674			
	50m: 28.39 28.39	150m: 1:30.54	31.48	250m: 2:34.00	31.57	350m: 3:36.56	31.18	
	100m: 59.06 30.67	200m: 2:02.43	31.89	300m: 3:05.38	31.38	400m: 4:06.52	29.96	
18.	Pelczynski Kacper	92	Unia Oświęcim	<b>4:06.59</b>	673			
	50m: 28.18 28.18	150m: 1:30.15	31.43	250m: 2:32.76	31.25	350m: 3:36.22	31.77	
	100m: 58.72 30.54	200m: 2:01.51	31.36	300m: 3:04.45	31.69	400m: 4:06.59	30.37	
19.	Kleszczyński Pawe <sup>3</sup>	91	MKP Szczecin	<b>4:07.21</b>	668			
	50m: 28.21 28.21	150m: 1:29.77	31.15	250m: 2:32.45	31.42	350m: 3:36.11	31.95	
	100m: 58.62 30.41	200m: 2:01.03	31.26	300m: 3:04.16	31.71	400m: 4:07.21	31.10	
20.	Wieteska Mateusz	91	SKS Start Łódź	<b>4:11.54</b>	634			
	50m: 27.96 27.96	150m: 1:30.09	31.28	250m: 2:34.63	32.72	350m: 3:39.69	32.45	
	100m: 58.81 30.85	200m: 2:01.91	31.82	300m: 3:07.24	32.61	400m: 4:11.54	31.85	
21.	Asulian Axel	93	AZS AWF Katowice	<b>4:11.97</b>	631			
	50m: 28.96 28.96	150m: 1:33.04	32.33	250m: 2:36.99	31.40	350m: 3:41.71	32.69	
	100m: 1:00.71 31.75	200m: 2:05.59	32.55	300m: 3:09.02	32.03	400m: 4:11.97	30.26	
22.	Kotlewski Micha <sup>3</sup>	94	Zryw Opole	<b>4:13.53</b>	619			
	50m: 30.05 30.05	150m: 1:34.35	32.07	250m: 2:38.65	32.29	350m: 3:43.26	31.89	
	100m: 1:02.28 32.23	200m: 2:06.36	32.01	300m: 3:11.37	32.72	400m: 4:13.53	30.27	
23.	Mrozik Jakub	92	Orlik Lublin	<b>4:13.60</b>	619			
	50m: 28.73 28.73	150m: 1:32.62	32.42	250m: 2:37.28	32.24	350m: 3:41.65	32.09	
	100m: 1:00.20 31.47	200m: 2:05.04	32.42	300m: 3:09.56	32.28	400m: 4:13.60	31.95	
24.	Borkowski Łukasz	95	Trójka Łódź	<b>4:13.63</b>	619			
	50m: 30.11 30.11	150m: 1:34.63	32.73	250m: 2:39.53	32.42	350m: 3:43.96	32.00	
	100m: 1:01.90 31.79	200m: 2:07.11	32.48	300m: 3:11.96	32.43	400m: 4:13.63	29.67	
25.	Kliza Mateusz	94	Avia Oświęcim	<b>4:14.53</b>	612			
	50m: 29.80 29.80	150m: 1:33.17	31.94	250m: 2:36.58	31.47	350m: 3:42.09	32.86	
	100m: 1:01.23 31.43	200m: 2:05.11	31.94	300m: 3:09.23	32.65	400m: 4:14.53	32.44	
26.	Sygnecki Janusz SO	92	Unia Oświęcim	<b>4:15.12</b>	608			
	50m: 29.71 29.71	150m: 1:33.80	32.08	250m: 2:37.15	31.66	350m: 3:42.74	32.77	
	100m: 1:01.72 32.01	200m: 2:05.49	31.69	300m: 3:09.97	32.82	400m: 4:15.12	32.38	
27.	Dalecki Krzysztof	94	CEI <sup>1</sup> sk Wroc <sup>3</sup> aw	<b>4:17.57</b>	591			
	50m: 29.49 29.49	150m: 1:35.15	33.13	250m: 2:40.52	32.63	350m: 3:45.52	32.53	
	100m: 1:02.02 32.53	200m: 2:07.89	32.74	300m: 3:12.99	32.47	400m: 4:17.57	32.05	
28.	Makowski Krzysztof SWR	92	CEI <sup>1</sup> sk Wroc <sup>3</sup> aw	<b>4:18.84</b>	582			
	50m: 29.55 29.55	150m: 1:34.11	32.59	250m: 2:39.52	32.73	350m: 3:45.62	33.38	
	100m: 1:01.52 31.97	200m: 2:06.79	32.68	300m: 3:12.24	32.72	400m: 4:18.84	33.22	
29.	Sobczyk Maciej	95	Trójka Łódź	<b>4:19.56</b>	577			
	50m: 29.94 29.94	150m: 1:35.73	33.04	250m: 2:41.25	32.62	350m: 3:46.88	32.78	
	100m: 1:02.69 32.75	200m: 2:08.63	32.90	300m: 3:14.10	32.85	400m: 4:19.56	32.68	
30.	Miko <sup>3</sup> ajczyk Rafa <sup>3</sup>	93	Trójka Łódź	<b>4:20.27</b>	572			
	50m: 29.20 29.20	150m: 1:35.13	33.25	250m: 2:41.14	32.97	350m: 3:47.52	33.33	
	100m: 1:01.88 32.68	200m: 2:08.17	33.04	300m: 3:14.19	33.05	400m: 4:20.27	32.75	
31.	Lassek Bart <sup>3</sup> omiej	94	Trójka Łódź	<b>4:21.52</b>	564			
	50m: 30.06 30.06	150m: 1:34.70	32.33	250m: 2:40.42	32.58	350m: 3:48.66	34.20	
	100m: 1:02.37 32.31	200m: 2:07.84	33.14	300m: 3:14.46	34.04	400m: 4:21.52	32.86	
32.	Górski Witosz	94	CEI <sup>1</sup> sk Wroc <sup>3</sup> aw	<b>4:22.29</b>	559			
	50m: 30.12 30.12	150m: 1:37.24	33.92	250m: 2:44.78	33.39	350m: 3:50.69	33.12	
	100m: 1:03.32 33.20	200m: 2:11.39	34.15	300m: 3:17.57	32.79	400m: 4:22.29	31.60	
33.	Hoffmann Robert	95	Olimpia Poznań	<b>4:22.69</b>	557			
	50m: 29.63 29.63	150m: 1:36.34	33.85	250m: 2:44.00	33.88	350m: 3:50.98	33.27	
	100m: 1:02.49 32.86	200m: 2:10.12	33.78	300m: 3:17.71	33.71	400m: 4:22.69	31.71	



Grand Prix Puchar Polski  
Bochnia, 10. - 11.10.2009



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

Pozycja				Rok ur.					Czas	Pkt.		
34.	Stańczyk Dawid			91	Korner Zielona Góra				<b>4:24.88</b>	543		
	50m:	30.21	30.21	150m:	1:35.52	33.03	250m:	2:42.55	33.49	350m:	3:50.96	34.14
	100m:	1:02.49	32.28	200m:	2:09.06	33.54	300m:	3:16.82	34.27	400m:	4:24.88	33.92
35.	Najborowski Paweł			92	Korner Zielona Góra				<b>4:26.54</b>	533		
	50m:	29.30	29.30	150m:	1:36.14	33.82	250m:	2:44.52	34.25	350m:	3:52.89	34.06
	100m:	1:02.32	33.02	200m:	2:10.27	34.13	300m:	3:18.83	34.31	400m:	4:26.54	33.65
36.	Suszek Wojciech			92	Skarpa Lublin				<b>4:27.97</b>	525		
	50m:	29.67	29.67	150m:	1:36.83	33.63	250m:	2:44.86	34.03	350m:	3:53.72	34.58
	100m:	1:03.20	33.53	200m:	2:10.83	34.00	300m:	3:19.14	34.28	400m:	4:27.97	34.25
37.	Szostak Michał			94	Orka Zamocław				<b>4:28.06</b>	524		
	50m:	30.18	30.18	150m:	1:38.05	34.32	250m:	2:46.76	34.27	350m:	3:55.66	34.39
	100m:	1:03.73	33.55	200m:	2:12.49	34.44	300m:	3:21.27	34.51	400m:	4:28.06	32.40
38.	Puchała Wojciech			94	Słowianka Gorzów Wlkp.				<b>4:30.25</b>	511		
	50m:	30.68	30.68	150m:	1:37.57	33.52	250m:	2:46.38	34.51	350m:	3:56.81	35.53
	100m:	1:04.05	33.37	200m:	2:11.87	34.30	300m:	3:21.28	34.90	400m:	4:30.25	33.44