

Grand Prix-Puchar Polski  
Szczecin, 14. - 15.11.2009

Konkurencja 34  
15.11.09 - 10:50

Mężczyzn, 400m dowolny

14 lat i starsi  
Wyniki

Top Times "Poland" Open	3:38.20	KORZENIOWSKI, Pawel	POL	Trieste (ITA)	8.12.05
Top Times "Poland" 19 +	3:38.20	KORZENIOWSKI, Pawel	POL	Trieste (ITA)	8.12.05

Punkty: FINA 2009

Pozycja			Rok ur.					Czas	Pkt.		
1.	KORZENIOWSKI, Pawel		85	AZS-AWF Warszawa				<b>3:50.28</b>	827		
	50m:	27.87 27.87	150m:	1:27.76	30.03	250m:	2:27.15	29.61	350m:	3:23.46	26.94
	100m:	57.73 29.86	200m:	1:57.54	29.78	300m:	2:56.52	29.37	400m:	3:50.28	26.82
2.	STAŃCZYK, Przemysław		85	MKP Szczecin				<b>3:50.85</b>	820		
	50m:	27.76 27.76	150m:	1:27.45	29.93	250m:	2:26.74	29.45	350m:	3:23.99	27.79
	100m:	57.52 29.76	200m:	1:57.29	29.84	300m:	2:56.20	29.46	400m:	3:50.85	26.86
3.	HRENIAK, Maciej		89	MKP Szczecin				<b>3:51.86</b>	810		
	50m:	27.79 27.79	150m:	1:26.38	29.29	250m:	2:25.56	29.65	350m:	3:24.10	28.78
	100m:	57.09 29.30	200m:	1:55.91	29.53	300m:	2:55.32	29.76	400m:	3:51.86	27.76
4.	SAWRYMOWICZ, Mateusz		87	MKP Szczecin				<b>3:52.00</b>	808		
	50m:	27.51 27.51	150m:	1:26.23	29.34	250m:	2:25.54	29.57	350m:	3:24.36	29.18
	100m:	56.89 29.38	200m:	1:55.97	29.74	300m:	2:55.18	29.64	400m:	3:52.00	27.64
5.	HURA, Bartosz		91	Kormoran Olsztyn				<b>3:53.00</b>	798		
	50m:	27.81 27.81	150m:	1:26.60	29.29	250m:	2:25.78	29.55	350m:	3:24.74	29.33
	100m:	57.31 29.50	200m:	1:56.23	29.63	300m:	2:55.41	29.63	400m:	3:53.00	28.26
6.	MATCZAK, Mateusz		89	MKP Szczecin				<b>3:53.51</b>	793		
	50m:	27.65 27.65	150m:	1:27.55	29.92	250m:	2:26.68	29.38	350m:	3:25.18	28.99
	100m:	57.63 29.98	200m:	1:57.30	29.75	300m:	2:56.19	29.51	400m:	3:53.51	28.33
7.	PIELOWSKI, Krzysztof		91	Kormoran Olsztyn				<b>3:53.65</b>	791		
	50m:	27.62 27.62	150m:	1:27.36	29.94	250m:	2:26.95	29.59	350m:	3:25.23	28.87
	100m:	57.42 29.80	200m:	1:57.36	30.00	300m:	2:56.36	29.41	400m:	3:53.65	28.42
8.	RURAK, Pawel		88	AZS-AWF Warszawa				<b>3:54.28</b>	785		
	50m:	27.86 27.86	150m:	1:27.46	29.91	250m:	2:26.93	29.44	350m:	3:25.62	29.09
	100m:	57.55 29.69	200m:	1:57.49	30.03	300m:	2:56.53	29.60	400m:	3:54.28	28.66
9.	GIMINSKI, Lukasz		86	AZS-AWF Warszawa				<b>3:56.83</b>	760		
	50m:	28.04 28.04	150m:	1:27.39	29.64	250m:	2:26.85	29.74	350m:	3:27.07	30.15
	100m:	57.75 29.71	200m:	1:57.11	29.72	300m:	2:56.92	30.07	400m:	3:56.83	29.76
10.	CZARNOTA, Mateusz SO		91	UKP UNIA Ocęwięcim				<b>3:58.93</b>	740		
	50m:	28.16 28.16	150m:	1:28.17	29.97	250m:	2:28.59	30.13	350m:	3:28.88	30.16
	100m:	58.20 30.04	200m:	1:58.46	30.29	300m:	2:58.72	30.13	400m:	3:58.93	30.05
11.	RZASA, Wojciech		90	KS AZS-AWFis Gdańsk				<b>3:58.99</b>	739		
	50m:	27.82 27.82	150m:	1:28.04	30.23	250m:	2:29.21	30.66	350m:	3:30.27	30.36
	100m:	57.81 29.99	200m:	1:58.55	30.51	300m:	2:59.91	30.70	400m:	3:58.99	28.72
12.	KLESZCZYŃSKI, Paweł SS		91	MKP Szczecin				<b>3:59.05</b>	739		
	50m:	27.76 27.76	150m:	1:27.90	30.31	250m:	2:29.28	30.70	350m:	3:30.45	30.40
	100m:	57.59 29.83	200m:	1:58.58	30.68	300m:	3:00.05	30.77	400m:	3:59.05	28.60
13.	ORŁOWSKI, Piotr SS		91	MKP Szczecin				<b>4:00.28</b>	728		
	50m:	28.47 28.47	150m:	1:29.54	30.71	250m:	2:30.81	30.72	350m:	3:31.76	30.41
	100m:	58.83 30.36	200m:	2:00.09	30.55	300m:	3:01.35	30.54	400m:	4:00.28	28.52
14.	PIATKOWSKI, Mateusz SO		90	UKP UNIA Ocęwięcim				<b>4:01.19</b>	719		
	50m:	28.48 28.48	150m:	1:29.08	30.59	250m:	2:29.79	30.24	350m:	3:31.13	30.59
	100m:	58.49 30.01	200m:	1:59.55	30.47	300m:	3:00.54	30.75	400m:	4:01.19	30.06
15.	WIETESKA, Mateusz		91	S.K.S."Start" Łódź				<b>4:02.95</b>	704		
	50m:	28.34 28.34	150m:	1:29.42	30.41	250m:	2:30.77	30.90	350m:	3:32.80	31.25
	100m:	59.01 30.67	200m:	1:59.87	30.45	300m:	3:01.55	30.78	400m:	4:02.95	30.15
16.	ZABOROWSKI, Filip SS		94	Flota Gdynia				<b>4:05.71</b>	680		
	50m:	28.34 28.34	150m:	1:30.47	31.12	250m:	2:32.89	31.19	350m:	3:35.27	31.03
	100m:	59.35 31.01	200m:	2:01.70	31.23	300m:	3:04.24	31.35	400m:	4:05.71	30.44
17.	PIEKUT, Krzysztof		90	Kormoran Olsztyn				<b>4:05.97</b>	678		
	50m:	28.40 28.40	150m:	1:30.55	31.14	250m:	2:33.16	31.20	350m:		
	100m:	59.41 31.01	200m:	2:01.96	31.41	300m:	3:04.69	31.53	400m:	4:05.97	

Grand Prix-Puchar Polski  
Szczecin, 14. - 15.11.2009

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

Pozycja					Rok ur.					Czas	Pkt.	
18.	CHROSCIELEWSKI, Michal				91	KS AZS-AWFis Gdańsk				<b>4:08.99</b>	654	
	50m:	28.63	28.63	150m:	1:31.10	31.65	250m:	2:35.06	31.68	350m:	3:38.79	31.79
	100m:	59.45	30.82	200m:	2:03.38	32.28	300m:	3:07.00	31.94	400m:	4:08.99	30.20
19.	MUSIAL, Dawid				93	KS AZS-AWFis Gdańsk				<b>4:09.00</b>	654	
	50m:	28.27	28.27	150m:	1:30.95	31.62	250m:	2:34.62	31.49	350m:	3:38.39	31.67
	100m:	59.33	31.06	200m:	2:03.13	32.18	300m:	3:06.72	32.10	400m:	4:09.00	30.61
20.	KOLEC, Mirosz				94	MKP Szczecin				<b>4:15.68</b>	604	
	50m:	28.11	28.11	150m:	1:30.79	32.04	250m:	2:35.68	32.50	350m:	3:43.30	33.88
	100m:	58.75	30.64	200m:	2:03.18	32.39	300m:	3:09.42	33.74	400m:	4:15.68	32.38
21.	MICHALAK, Lukasz SP				93	KS WARTA Poznań				<b>4:18.90</b>	582	
	50m:	29.25	29.25	150m:	1:33.77	32.66	250m:	2:40.79	33.50	350m:	3:46.85	31.98
	100m:	1:01.11	31.86	200m:	2:07.29	33.52	300m:	3:14.87	34.08	400m:	4:18.90	32.05
22.	GORRA, Daniel				94	MKP Szczecin				<b>4:20.01</b>	574	
	50m:	29.75	29.75	150m:	1:34.36	32.77	250m:	2:40.77	33.15	350m:	3:47.48	33.25
	100m:	1:01.59	31.84	200m:	2:07.62	33.26	300m:	3:14.23	33.46	400m:	4:20.01	32.53
23.	SOBCZYK, Kamil				93	MKS Trójka Łódź				<b>4:20.91</b>	568	
	50m:	29.07	29.07	150m:	1:34.64	32.93	250m:	2:41.35	33.45	350m:	3:48.05	33.50
	100m:	1:01.71	32.64	200m:	2:07.90	33.26	300m:	3:14.55	33.20	400m:	4:20.91	32.86
24.	KUKULSKI, Karol				95	UKS Dwójka Morena Gdańsk				<b>4:23.04</b>	555	
	50m:	30.36	30.36	150m:	1:37.93	34.17	250m:	2:45.53	33.85	350m:	3:52.46	33.23
	100m:	1:03.76	33.40	200m:	2:11.68	33.75	300m:	3:19.23	33.70	400m:	4:23.04	30.58
25.	LASER, Patryk				94	UKS Ósemka Starogard G				<b>4:23.06</b>	554	
	50m:	29.79	29.79	150m:	1:36.77	33.84	250m:	2:45.37	34.53	350m:	3:52.63	33.67
	100m:	1:02.93	33.14	200m:	2:10.84	34.07	300m:	3:18.96	33.59	400m:	4:23.06	30.43
26.	KACZYŃSKI, Ferdynand				94	MKP Szczecin				<b>4:23.87</b>	549	
	50m:	29.93	29.93	150m:	1:37.72	33.95	250m:	2:45.41	33.67	350m:	3:52.25	33.25
	100m:	1:03.77	33.84	200m:	2:11.74	34.02	300m:	3:19.00	33.59	400m:	4:23.87	31.62
27.	PASZEK, Marcin				89	AZS-AWF Warszawa				<b>4:26.58</b>	533	
	50m:	29.07	29.07	150m:	1:35.18	33.92	250m:	2:44.24	34.37	350m:	3:53.63	34.68
	100m:	1:01.26	32.19	200m:	2:09.87	34.69	300m:	3:18.95	34.71	400m:	4:26.58	32.95
28.	MIKOLAJCZAK, Patryk				93	UKS 1-Solex Lębork				<b>4:27.49</b>	527	
	50m:	29.74	29.74	150m:	1:37.81	34.34	250m:	2:46.17	33.80	350m:	3:53.89	34.02
	100m:	1:03.47	33.73	200m:	2:12.37	34.56	300m:	3:19.87	33.70	400m:	4:27.49	33.60
29.	HOFFMANN, Robert SP				95	TS Olimpia Poznań				<b>4:29.22</b>	517	
	50m:	29.63	29.63	150m:	1:38.14	34.43	250m:	2:46.78	34.40	350m:	3:56.28	34.98
	100m:	1:03.71	34.08	200m:	2:12.38	34.24	300m:	3:21.30	34.52	400m:	4:29.22	32.94
30.	URBANIAK, Jan				95	KS WARTA Poznań				<b>4:31.57</b>	504	
	50m:	31.44	31.44	150m:	1:40.32	34.39	250m:	2:49.42	34.69	350m:	3:58.16	34.43
	100m:	1:05.93	34.49	200m:	2:14.73	34.41	300m:	3:23.73	34.31	400m:	4:31.57	33.41
31.	SOBIESZUK, Dawid				95	MKP Szczecin				<b>4:35.78</b>	481	
	50m:	31.72	31.72	150m:	1:41.79	35.26	250m:	2:52.40	35.06	350m:	4:02.58	35.44
	100m:	1:06.53	34.81	200m:	2:17.34	35.55	300m:	3:27.14	34.74	400m:	4:35.78	33.20
32.	KASZYCA, Jakub				95	MKP Szczecin				<b>4:36.19</b>	479	
	50m:	30.48	30.48	150m:	1:41.06	36.08	250m:	2:52.59	35.96	350m:	4:03.05	35.29
	100m:	1:04.98	34.50	200m:	2:16.63	35.57	300m:	3:27.76	35.17	400m:	4:36.19	33.14
33.	WASIELEWSKI, Filip				94	MKP Szczecin				<b>4:40.78</b>	456	
	50m:	31.98	31.98	150m:	1:42.64	35.56	250m:	2:54.97	36.26	350m:	4:07.12	36.07
	100m:	1:07.08	35.10	200m:	2:18.71	36.07	300m:	3:31.05	36.08	400m:	4:40.78	33.66
34.	FRYMUS, Tyberiusz				95	MKP Szczecin				<b>4:44.72</b>	437	
	50m:	32.71	32.71	150m:	1:42.40	35.58	250m:	2:54.07	36.86	350m:	4:06.05	36.60
	100m:	1:06.82	34.11	200m:	2:17.21	34.81	300m:	3:29.45	35.38	400m:	4:44.72	38.67