

Grand Prix Puchar Polski w Pływaniu  
Olsztyn, 1- - 2-6-2013

Konkurencja 32  
2013-06-02 - 11:10

M czynn, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2012

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m
1. Korzeniowski Paweł	85	AZS AWF Warszawa	<b>3:58.72</b>	783	59.37	1:02.25	1:00.40	56.70
50m:	27.85	27.85	150m:	1:30.60	31.23	250m:	2:32.19	30.57
100m:	59.37	31.52	200m:	2:01.62	31.02	300m:	3:02.02	29.83
350m:								3:31.04
								29.02
400m:								3:58.72
								27.68
2. Zaczy ski Karol	91	AZS AWF Katowice	<b>4:00.26</b>	768	58.70	1:01.37	1:01.25	58.94
50m:	28.21	28.21	150m:	1:29.39	30.69	250m:	2:30.88	30.81
100m:	58.70	30.49	200m:	2:00.07	30.68	300m:	3:01.32	30.44
350m:								3:31.41
								30.09
400m:								4:00.26
								28.85
3. Głk Wojciech	92	AZS AWF Katowice	<b>4:00.82</b>	763	58.67	1:01.04	1:00.95	1:00.16
50m:	28.18	28.18	150m:	1:29.18	30.51	250m:	2:30.17	30.46
100m:	58.67	30.49	200m:	1:59.71	30.53	300m:	3:00.66	30.49
350m:								3:30.92
								30.26
400m:								4:00.82
								29.90
4. Pielowski Krzysztof	91	AZS UWM Olsztyn	<b>4:01.38</b>	757	58.77	1:01.28	1:01.04	1:00.29
50m:	28.40	28.40	150m:	1:29.40	30.63	250m:	2:30.60	30.55
100m:	58.77	30.37	200m:	2:00.05	30.65	300m:	3:01.09	30.49
350m:								3:31.43
								30.34
400m:								4:01.38
								29.95
5. wiek Kacper	95	Mks Polonia Warszawa	<b>4:05.44</b>	720	59.45	1:03.01	1:02.33	1:00.65
50m:	28.30	28.30	150m:	1:30.83	31.38	250m:	2:33.54	31.08
100m:	59.45	31.15	200m:	2:02.46	31.63	300m:	3:04.79	31.25
350m:								3:35.66
								30.87
400m:								4:05.44
								29.78
6. Borowicz Skoneczny S.	92	AZS UWM Olsztyn	<b>4:08.47</b>	694	1:00.24	1:03.23	1:02.86	1:02.14
50m:	29.02	29.02	150m:	1:31.85	31.61	250m:	2:34.96	31.49
100m:	1:00.24	31.22	200m:	2:03.47	31.62	300m:	3:06.33	31.37
350m:								3:37.61
								31.28
400m:								4:08.47
								30.86
7. Bi Daniel	95	UKS "G-8 Bielany" W-wa	<b>4:09.57</b>	685	59.94	1:03.48	1:03.21	1:02.94
50m:	28.98	28.98	150m:	1:31.53	31.59	250m:	2:34.77	31.35
100m:	59.94	30.96	200m:	2:03.42	31.89	300m:	3:06.63	31.86
350m:								3:38.28
								31.65
400m:								4:09.57
								31.29
8. Arndt Mateusz	98	KS Delfin Gdynia	<b>4:10.15</b>	680	1:00.55	1:04.17	1:03.42	1:02.01
50m:	28.76	28.76	150m:	1:32.60	32.05	250m:	2:36.35	31.63
100m:	1:00.55	31.79	200m:	2:04.72	32.12	300m:	3:08.14	31.79
350m:								3:40.06
								31.92
400m:								4:10.15
								30.09
9. Iendo Piotr	93	MOS MKS Juwenia Białystok	<b>4:12.58</b>	661	59.52	1:04.51	1:05.33	1:03.22
50m:	28.51	28.51	150m:	1:31.61	32.09	250m:	2:36.45	32.42
100m:	59.52	31.01	200m:	2:04.03	32.42	300m:	3:09.36	32.91
350m:								3:41.70
								32.34
400m:								4:12.58
								30.88
10. Uściłko Michał	95	MOS MKS Juwenia Białystok	<b>4:13.13</b>	657	1:01.08	1:04.30	1:04.58	1:03.17
50m:	29.25	29.25	150m:	1:33.10	32.02	250m:	2:37.40	32.02
100m:	1:01.08	31.83	200m:	2:05.38	32.28	300m:	3:09.96	32.56
350m:								3:42.62
								32.66
400m:								4:13.13
								30.51
11. Szwedzki Dawid	94	UKS "Pi tka" Konstancin	<b>4:13.19</b>	656	1:00.24	1:04.52	1:05.72	1:02.71
50m:	28.68	28.68	150m:	1:32.18	31.94	250m:	2:37.60	32.84
100m:	1:00.24	31.56	200m:	2:04.76	32.58	300m:	3:10.48	32.88
350m:								3:43.19
								32.71
400m:								4:13.19
								30.00
12. Staniszewski Adam	97	MKS Trójka Łód	<b>4:14.33</b>	647	1:00.67	1:04.30	1:05.87	1:03.49
50m:	29.07	29.07	150m:	1:32.98	32.31	250m:	2:37.55	32.58
100m:	1:00.67	31.60	200m:	2:04.97	31.99	300m:	3:10.84	33.29
350m:								3:42.28
								31.44
400m:								4:14.33
								32.05
13. Szarli ski Filip	92	UKS "G-8 Bielany" W-wa	<b>4:14.54</b>	646	1:00.70	1:04.45	1:04.27	1:05.12
50m:	29.08	29.08	150m:	1:32.55	31.85	250m:	2:36.66	31.51
100m:	1:00.70	31.62	200m:	2:05.15	32.60	300m:	3:09.42	32.76
350m:								3:42.49
								33.07
400m:								4:14.54
								32.05
14. G sior Patryk	94	Mks Polonia Warszawa	<b>4:14.80</b>	644	1:02.50	1:06.11	1:04.31	1:01.88
50m:	29.76	29.76	150m:	1:35.61	33.11	250m:	2:40.50	31.89
100m:	1:02.50	32.74	200m:	2:08.61	33.00	300m:	3:12.92	32.42
350m:								3:44.71
								31.79
400m:								4:14.80
								30.09
15. Cholewo Krzysztof	95	Mks Polonia Warszawa	<b>4:16.78</b>	629	1:02.10	1:05.53	1:05.76	1:03.39
50m:	29.78	29.78	150m:	1:34.81	32.71	250m:	2:40.18	32.55
100m:	1:02.10	32.32	200m:	2:07.63	32.82	300m:	3:13.39	33.21
350m:								3:45.93
								32.54
400m:								4:16.78
								30.85
16. Hahn Jakub	97	Mks Jedyńka Łód	<b>4:16.91</b>	628	1:00.90	1:05.01	1:05.85	1:05.15
50m:	28.97	28.97	150m:	1:33.31	32.41	250m:	2:39.19	33.28
100m:	1:00.90	31.93	200m:	2:05.91	32.60	300m:	3:11.76	32.57
350m:								3:44.71
								32.95
400m:								4:16.91
								32.20
17. Jaszewski Marcin	96	AZS AWF Warszawa	<b>4:18.41</b>	617	1:01.36	1:05.41	1:06.98	1:04.66
50m:	28.96	28.96	150m:	1:33.78	32.42	250m:	2:40.08	33.31
100m:	1:01.36	32.40	200m:	2:06.77	32.99	300m:	3:13.75	33.67
350m:								3:46.47
								32.72
400m:								4:18.41
								31.94
18. Chodan Alan	98	MTP KORMORAN Olsztyn	<b>4:19.37</b>	610	1:01.20	1:05.67	1:06.59	1:05.91
50m:	29.31	29.31	150m:	1:34.17	32.97	250m:	2:39.88	33.01
100m:	1:01.20	31.89	200m:	2:06.87	32.70	300m:	3:13.46	33.58
350m:								3:46.35
								32.89
400m:								4:19.37
								33.02
19. Sobczyk Maciej	95	MKS Trójka Łód	<b>4:19.89</b>	607	1:02.07	1:07.22	1:06.10	1:04.50
50m:	29.28	29.28	150m:	1:35.58	33.51	250m:	2:42.20	32.91
100m:	1:02.07	32.79	200m:	2:09.29	33.71	300m:	3:15.39	33.19
350m:								3:48.32
								32.93
400m:								4:19.89
								31.57
20. Fr tczak Mateusz	97	Mks Jedyńka Łód	<b>4:20.27</b>	604	1:00.56	1:05.87	1:06.74	1:07.10
50m:	28.79	28.79	150m:	1:33.27	32.71	250m:	2:39.53	33.10
100m:	1:00.56	31.77	200m:	2:06.43	33.16	300m:	3:13.17	33.64
350m:								3:47.37
								34.20
400m:								4:20.27
								32.90

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Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
21. Lelek Mateusz	96	Mks Polonia Warszawa	<b>4:20.50</b> 602	1:02.68	1:07.22	1:06.45	1:04.15
50m: 29.74	29.74	150m: 1:36.02	33.34	250m: 2:42.92	33.02	350m: 3:49.16	32.81
100m: 1:02.68	32.94	200m: 2:09.90	33.88	300m: 3:16.35	33.43	400m: 4:20.50	31.34
22. Konopka Mateusz	97	KS Delfin Gdynia	<b>4:20.64</b> 601	1:01.62	1:06.48	1:07.05	1:05.49
50m: 29.18	29.18	150m: 1:34.91	33.29	250m: 2:41.34	33.24	350m: 3:48.77	33.62
100m: 1:01.62	32.44	200m: 2:08.10	33.19	300m: 3:15.15	33.81	400m: 4:20.64	31.87
23. Sinitchine Radoslaw	98	MTP KORMORAN Olsztyn	<b>4:21.54</b> 595	1:01.75	1:06.91	1:07.33	1:05.55
50m: 29.54	29.54	150m: 1:35.20	33.45	250m: 2:42.03	33.37	350m: 3:49.62	33.63
100m: 1:01.75	32.21	200m: 2:08.66	33.46	300m: 3:15.99	33.96	400m: 4:21.54	31.92
24. Borkowski Łukasz	95	MKS Trójka Łód	<b>4:23.14</b> 584	1:04.13	1:07.89	1:06.64	1:04.48
50m: 30.64	30.64	150m: 1:37.70	33.57	250m: 2:45.75	33.73	350m: 3:50.68	32.02
100m: 1:04.13	33.49	200m: 2:12.02	34.32	300m: 3:18.66	32.91	400m: 4:23.14	32.46
25. Kału y ski Antoni	99	UKS GIM 92 Ursynów	<b>4:23.25</b> 584	1:03.15	1:07.77	1:08.48	1:03.85
50m: 29.64	29.64	150m: 1:37.01	33.86	250m: 2:44.96	34.04	350m: 3:52.50	33.10
100m: 1:03.15	33.51	200m: 2:10.92	33.91	300m: 3:19.40	34.44	400m: 4:23.25	30.75
26. Zuchowski Ernest	97	KS Delfin Gdynia	<b>4:24.04</b> 578	1:02.87	1:07.24	1:08.24	1:05.69
50m: 29.81	29.81	150m: 1:36.23	33.36	250m: 2:44.01	33.90	350m: 3:52.20	33.85
100m: 1:02.87	33.06	200m: 2:10.11	33.88	300m: 3:18.35	34.34	400m: 4:24.04	31.84
27. Bruchajzer Dominik	97	KP MZOS Płock	<b>4:24.05</b> 578	1:02.64	1:07.84	1:08.74	1:04.83
50m: 29.90	29.90	150m: 1:36.55	33.91	250m: 2:44.92	34.44	350m: 3:53.79	34.57
100m: 1:02.64	32.74	200m: 2:10.48	33.93	300m: 3:19.22	34.30	400m: 4:24.05	30.26
28. Zieli ski Cezary	97	MKS Medyk Gi ycko	<b>4:24.90</b> 573	1:02.23	1:07.78	1:08.40	1:06.49
50m: 29.38	29.38	150m: 1:36.05	33.82	250m: 2:44.15	34.14	350m: 3:52.47	34.06
100m: 1:02.23	32.85	200m: 2:10.01	33.96	300m: 3:18.41	34.26	400m: 4:24.90	32.43
29. Parzynowski Wojciech	99	Uks 190 Łód	<b>4:25.62</b> 568	1:05.03	1:08.26	1:07.08	1:05.25
50m: 31.38	31.38	150m: 1:39.35	34.32	250m: 2:46.60	33.31	350m: 3:54.46	34.09
100m: 1:05.03	33.65	200m: 2:13.29	33.94	300m: 3:20.37	33.77	400m: 4:25.62	31.16
30. D bski Dominik	98	MKS Trójka Łód	<b>4:25.84</b> 567	1:03.45	1:08.08	1:08.22	1:06.09
50m: 30.15	30.15	150m: 1:37.54	34.09	250m: 2:45.69	34.16	350m: 3:53.56	33.81
100m: 1:03.45	33.30	200m: 2:11.53	33.99	300m: 3:19.75	34.06	400m: 4:25.84	32.28
31. Stiller Piotr, SG	96	UKS Dwójka Morena Gda	<b>4:26.77</b> 561	1:03.45	1:07.31	1:08.07	1:07.94
50m: 30.24	30.24	150m: 1:36.91	33.46	250m: 2:44.50	33.74	350m: 3:53.11	34.28
100m: 1:03.45	33.21	200m: 2:10.76	33.85	300m: 3:18.83	34.33	400m: 4:26.77	33.66
32. Dulski Piotr	96	KS Posnania Pozna	<b>4:27.69</b> 555	1:03.40	1:07.96	1:08.68	1:07.65
50m: 30.26	30.26	150m: 1:37.06	33.66	250m: 2:45.66	34.30	350m: 3:54.30	34.26
100m: 1:03.40	33.14	200m: 2:11.36	34.30	300m: 3:20.04	34.38	400m: 4:27.69	33.39
33. Raflewski Jakub	98	Uks 190 Łód	<b>4:29.27</b> 545	1:03.86	1:08.90	1:08.99	1:07.52
50m: 29.91	29.91	150m: 1:38.25	34.39	250m: 2:47.02	34.26	350m: 3:56.02	34.27
100m: 1:03.86	33.95	200m: 2:12.76	34.51	300m: 3:21.75	34.73	400m: 4:29.27	33.25
34. Lewi ski Michał	99	Siódemka Sopot	<b>4:36.11</b> 506	1:05.16	1:11.73	1:11.18	1:08.04
50m: 30.78	30.78	150m: 1:41.03	35.87	250m: 2:52.34	35.45	350m: 4:04.12	36.05
100m: 1:05.16	34.38	200m: 2:16.89	35.86	300m: 3:28.07	35.73	400m: 4:36.11	31.99
35. Popielec Michał	97	UKS GIM 92 Ursynów	<b>4:37.08</b> 501	1:03.75	1:09.81	1:12.38	1:11.14
50m: 30.28	30.28	150m: 1:38.58	34.83	250m: 2:49.31	35.75	350m: 4:02.14	36.20
100m: 1:03.75	33.47	200m: 2:13.56	34.98	300m: 3:25.94	36.63	400m: 4:37.08	34.94
36. Kruk Karol	99	Siódemka Sopot	<b>4:38.53</b> 493	1:07.33	1:12.86	1:12.26	1:06.08
50m: 31.82	31.82	150m: 1:43.70	36.37	250m: 2:56.30	36.11	350m: 4:07.37	34.92
100m: 1:07.33	35.51	200m: 2:20.19	36.49	300m: 3:32.45	36.15	400m: 4:38.53	31.16
37. Ma czak Bła ej	98	KS Delfin Gdynia	<b>4:39.45</b> 488	1:04.87	1:10.49	1:13.15	1:10.94
50m: 30.77	30.77	150m: 1:39.58	34.71	250m: 2:51.82	36.46	350m: 4:05.11	36.60
100m: 1:04.87	34.10	200m: 2:15.36	35.78	300m: 3:28.51	36.69	400m: 4:39.45	34.34
38. Smul Bła ej	99	MKS Trójka Łód	<b>4:41.80</b> 476	1:06.26	1:13.70	1:12.78	1:09.06
50m: 31.40	31.40	150m: 1:42.64	36.38	250m: 2:56.07	36.11	350m: 4:07.97	35.23
100m: 1:06.26	34.86	200m: 2:19.96	37.32	300m: 3:32.74	36.67	400m: 4:41.80	33.83
39. Janicki Wojciech	96	MTS Kwidzyn	<b>4:43.22</b> 469	1:07.82	1:14.04	1:13.36	1:08.00
50m: 31.69	31.69	150m: 1:44.75	36.93	250m: 2:58.48	36.62	350m: 4:10.38	35.16
100m: 1:07.82	36.13	200m: 2:21.86	37.11	300m: 3:35.22	36.74	400m: 4:43.22	32.84
40. Kuleszko Mikołaj	98	MTKP Delfin Toru	<b>4:43.72</b> 466	1:07.17	1:13.14	1:13.08	1:10.33
50m: 31.24	31.24	150m: 1:44.24	37.07	250m: 2:56.72	36.41	350m: 4:10.14	36.75
100m: 1:07.17	35.93	200m: 2:20.31	36.07	300m: 3:33.39	36.67	400m: 4:43.72	33.58

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Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m	
41. Szweda Mateusz	99	Siódemka Sopot	<b>4:44.32</b>	463	1:06.76	1:13.64	1:13.99	1:09.93
50m: 30.91	30.91	150m: 1:43.78	37.02	250m: 2:57.04	36.64	350m: 4:10.52	36.13	
100m: 1:06.76	35.85	200m: 2:20.40	36.62	300m: 3:34.39	37.35	400m: 4:44.32	33.80	
42. Szczepa ski Kacper	99	Muks Pi tnaстка Bydgoszcz	<b>4:44.99</b>	460	1:06.10	1:12.66	1:13.30	1:12.93
50m: 31.14	31.14	150m: 1:42.42	36.32	250m: 2:55.42	36.66	350m: 4:10.05	37.99	
100m: 1:06.10	34.96	200m: 2:18.76	36.34	300m: 3:32.06	36.64	400m: 4:44.99	34.94	
43. Tuczko Jan	97	KS Delfin Gdynia	<b>4:48.12</b>	445	1:08.18	1:14.37	1:14.66	1:10.91
50m: 32.07	32.07	150m: 1:45.53	37.35	250m: 2:59.59	37.04	350m: 4:14.13	36.92	
100m: 1:08.18	36.11	200m: 2:22.55	37.02	300m: 3:37.21	37.62	400m: 4:48.12	33.99	
44. Cicho Maciej	97	MKS Trójka Łód	<b>4:48.88</b>	442	1:07.94	1:14.19	1:14.70	1:12.05
50m: 32.19	32.19	150m: 1:44.88	36.94	250m: 2:59.58	37.45	350m: 4:13.66	36.83	
100m: 1:07.94	35.75	200m: 2:22.13	37.25	300m: 3:36.83	37.25	400m: 4:48.88	35.22	
45. Niemczyk Krzysztof	98	KS Delfin Gdynia	<b>4:52.68</b>	425	1:08.30	1:15.23	1:16.60	1:12.55
50m: 32.14	32.14	150m: 1:45.71	37.41	250m: 3:01.73	38.20	350m: 4:17.79	37.66	
100m: 1:08.30	36.16	200m: 2:23.53	37.82	300m: 3:40.13	38.40	400m: 4:52.68	34.89	
46. Gier Oliwier	99	MTP KORMORAN Olsztyn	<b>5:00.22</b>	393	1:11.31	1:18.71	1:17.45	1:12.75
50m: 33.46	33.46	150m: 1:50.95	39.64	250m: 3:08.23	38.21	350m: 4:26.14	38.67	
100m: 1:11.31	37.85	200m: 2:30.02	39.07	300m: 3:47.47	39.24	400m: 5:00.22	34.08	
47. Bartosiak Michał	99	Siódemka Sopot	<b>5:01.51</b>	388	1:10.50	1:18.43	1:18.87	1:13.71
50m: 32.82	32.82	150m: 1:49.53	39.03	250m: 3:08.61	39.68	350m: 4:26.44	38.64	
100m: 1:10.50	37.68	200m: 2:28.93	39.40	300m: 3:47.80	39.19	400m: 5:01.51	35.07	
48. Kapica Hubert	99	MTS Kwidzyn	<b>5:07.80</b>	365	1:12.82	1:18.78	1:19.66	1:16.54
50m: 34.36	34.36	150m: 1:52.10	39.28	250m: 3:11.37	39.77	350m: 4:31.03	39.77	
100m: 1:12.82	38.46	200m: 2:31.60	39.50	300m: 3:51.26	39.89	400m: 5:07.80	36.77	
49. Omak Fryderyk	99	MKS Medyk Gi ycko	<b>5:10.61</b>	355	1:13.80	1:20.13	1:20.06	1:16.62
50m: 34.34	34.34	150m: 1:53.82	40.02	250m: 3:13.95	40.02	350m: 4:33.75	39.76	
100m: 1:13.80	39.46	200m: 2:33.93	40.11	300m: 3:53.99	40.04	400m: 5:10.61	36.86	
50. Cie lewicz Maciej	99	Muks Pi tnaстка Bydgoszcz	<b>5:18.04</b>	331	1:14.75	1:21.43	1:21.84	1:20.02
50m: 35.89	35.89	150m: 1:55.10	40.35	250m: 3:17.22	41.04	350m: 4:39.17	41.15	
100m: 1:14.75	38.86	200m: 2:36.18	41.08	300m: 3:58.02	40.80	400m: 5:18.04	38.87	
51. łobi ski Krzysztof	99	Siódemka Sopot	<b>5:19.15</b>	327	1:15.48	1:21.41	1:23.19	1:19.07
50m: 35.63	35.63	150m: 1:56.61	41.13	250m: 3:18.67	41.78	350m: 4:41.15	41.07	
100m: 1:15.48	39.85	200m: 2:36.89	40.28	300m: 4:00.08	41.41	400m: 5:19.15	38.00	
DYSKW. Hodur Filip	97	Klub Sportowy "1" O arów Mazow						
O4								
50m:		150m:		250m:		350m:		
100m:		200m:		300m:		400m:		
DYSKW. Pełna Kwiatkowski Krzysztof	97	MTKP Delfin Toru						
O4								
50m:		150m:		250m:		350m:		
100m:		200m:		300m:		400m:		