

GRAND PRIX – PUCHAR POLSKI W PŁYWANIU
Ciechanów, 18- - 19-2-2012

Konkurencja 34
2012-02-19 - 12:00

M czynn, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2011

Pozycja			Rok ur.					Czas	Pkt.
1.	ZACZY SKI, Karol		91	AZS AWF Katowice				3:52.62	765
	50m:	27.14 27.14	150m:	1:25.45 29.26	250m:	2:24.67 29.73	350m:	3:24.19 29.77	
	100m:	56.19 29.05	200m:	1:54.94 29.49	300m:	2:54.42 29.75	400m:	3:52.62 28.43	
2.	PIELOWSKI, Krzysztof		91	AZS UWM Olsztyn				3:53.38	757
	50m:	27.75 27.75	150m:	1:27.06 29.65	250m:	2:25.88 29.34	350m:	3:24.68 29.31	
	100m:	57.41 29.66	200m:	1:56.54 29.48	300m:	2:55.37 29.49	400m:	3:53.38 28.70	
3.	ZABOROWSKI, Filip		94	MKP Szczecin				3:53.70	754
	50m:	28.11 28.11	150m:	1:27.33 29.58	250m:	2:26.28 29.25	350m:	3:25.29 29.59	
	100m:	57.75 29.64	200m:	1:57.03 29.70	300m:	2:55.70 29.42	400m:	3:53.70 28.41	
4.	KACZMARSKI, Marcin		94	KSZO Ostrowiec w.				3:53.92	752
	50m:	27.90 27.90	150m:	1:26.63 29.40	250m:	2:25.97 29.58	350m:	3:25.44 29.81	
	100m:	57.23 29.33	200m:	1:56.39 29.76	300m:	2:55.63 29.66	400m:	3:53.92 28.48	
5.	HRENIAK, Maciej		89	AZS AWF Katowice				3:54.66	745
	50m:	27.55 27.55	150m:	1:27.33 30.05	250m:	2:27.29 29.94	350m:	3:26.16 28.98	
	100m:	57.28 29.73	200m:	1:57.35 30.02	300m:	2:57.18 29.89	400m:	3:54.66 28.50	
6.	HURA, Bartosz		91	AZS UWM Olsztyn				3:56.09	731
	50m:	28.08 28.08	150m:	1:27.47 29.62	250m:	2:26.96 29.78	350m:	3:26.66 29.82	
	100m:	57.85 29.77	200m:	1:57.18 29.71	300m:	2:56.84 29.88	400m:	3:56.09 29.43	
7.	RZADKOWSKI, Daniel		94	MUKS Olimpijczyk Suwałki				3:57.27	721
	50m:	26.66 26.66	150m:	1:27.65 30.12	250m:	2:27.62 29.61	350m:	3:27.80 30.14	
	100m:	57.53 30.87	200m:	1:58.01 30.36	300m:	2:57.66 30.04	400m:	3:57.27 29.47	
8.	SZARLI SKI, Filip		92	UKS G - 8 Bielany				3:57.59	718
	50m:	27.53 27.53	150m:	1:27.30 30.03	250m:	2:27.60 30.08	350m:	3:27.93 30.16	
	100m:	57.27 29.74	200m:	1:57.52 30.22	300m:	2:57.77 30.17	400m:	3:57.59 29.66	
9.	KAW CKI, Radosław		91	KORNER Zielona Góra				3:58.98	705
	50m:	27.59 27.59	150m:	1:28.65 30.79	250m:	2:30.33 30.79	350m:	3:30.68 29.79	
	100m:	57.86 30.27	200m:	1:59.54 30.89	300m:	3:00.89 30.56	400m:	3:58.98 28.30	
10.	WYSOCZY SKI, Mateusz		93	JORDAN Kraków				3:59.13	704
	50m:	28.16 28.16	150m:	1:29.02 30.72	250m:	2:30.15 30.43	350m:	3:30.48 29.70	
	100m:	58.30 30.14	200m:	1:59.72 30.70	300m:	3:00.78 30.63	400m:	3:59.13 28.65	
11.	STOKARSKI, Marek		92	AZS AWF Warszawa				3:59.24	703
	50m:	28.17 28.17	150m:	1:28.86 30.52	250m:	2:29.75 30.48	350m:	3:30.28 30.09	
	100m:	58.34 30.17	200m:	1:59.27 30.41	300m:	3:00.19 30.44	400m:	3:59.24 28.96	
12.	BOROWICZ SKONECZNY, Sylwester		92	AZS UWM Olsztyn				4:00.05	696
	50m:	28.29 28.29	150m:	1:28.88 30.13	250m:	2:29.34 30.31	350m:	3:30.09 30.29	
	100m:	58.75 30.46	200m:	1:59.03 30.15	300m:	2:59.80 30.46	400m:	4:00.05 29.96	
13.	LASSEK, Bartłomiej		94	MKS "Trojka" - Łódź				4:00.40	693
	50m:	28.00 28.00	150m:	1:28.77 30.54	250m:	2:29.65 29.91	350m:	3:30.62 30.47	
	100m:	58.23 30.23	200m:	1:59.74 30.97	300m:	3:00.15 30.50	400m:	4:00.40 29.78	
14.	SMEJA, SŁAWOMIR		94	Azs-Wsg Astoria Bydgoszcz				4:00.76	690
	50m:	27.36 27.36	150m:	1:28.35 30.75	250m:	2:29.53 30.64	350m:	3:31.20 30.81	
	100m:	57.60 30.24	200m:	1:58.89 30.54	300m:	3:00.39 30.86	400m:	4:00.76 29.56	
15.	PACHOLCZYK, Mateusz		92	MTP KORMORAN Olsztyn				4:02.64	674
	50m:	28.88 28.88	150m:	1:30.25 30.61	250m:	2:31.59 30.64	350m:	3:33.38 30.88	
	100m:	59.64 30.76	200m:	2:00.95 30.70	300m:	3:02.50 30.91	400m:	4:02.64 29.26	
16.	KŁUSEK, Adrian		93	MKS Juvenia Wrocław				4:03.00	671
	50m:	28.48 28.48	150m:	1:29.46 30.74	250m:	2:31.42 30.76	350m:	3:33.53 31.04	
	100m:	58.72 30.24	200m:	2:00.66 31.20	300m:	3:02.49 31.07	400m:	4:03.00 29.47	
17.	JURA, Maciej		96	UKS Jagiellonka Warszawa				4:03.19	669
	50m:	29.16 29.16	150m:	1:30.49 30.25	250m:	2:32.53 30.86	350m:	3:35.18 31.34	
	100m:	1:00.24 31.08	200m:	2:01.67 31.18	300m:	3:03.84 31.31	400m:	4:03.19 28.01	

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Pozycja			Rok ur.				Czas				Pkt.
18.	ANDRZEJCZAK, Mateusz		94	MKS Juvenia Wrocław			4:05.22				653
	50m:	27.78 27.78	150m:	1:29.43	31.05	250m:	2:31.95	31.01	350m:	3:35.15	31.75
	100m:	58.38 30.60	200m:	2:00.94	31.51	300m:	3:03.40	31.45	400m:	4:05.22	30.07
19.	SOBCZYK, Maciej		95	MKS "Trojka" - Łódź			4:05.88				647
	50m:	28.20 28.20	150m:	1:29.60	30.93	250m:	2:32.29	31.53	350m:	3:35.46	31.59
	100m:	58.67 30.47	200m:	2:00.76	31.16	300m:	3:03.87	31.58	400m:	4:05.88	30.42
20.	GO DZIK, DAMIAN		95	Ks Warta Poznań			4:06.53				642
	50m:	28.20 28.20	150m:	1:31.44	31.91	250m:	2:35.43	32.26	350m:	3:37.55	31.26
	100m:	59.53 31.33	200m:	2:03.17	31.73	300m:	3:06.29	30.86	400m:	4:06.53	28.98
21.	BIŁY, Daniel		95	UKS G - 8 Bielany			4:07.69				633
	50m:	28.42 28.42	150m:	1:29.58	30.66	250m:	2:32.00	31.31	350m:	3:36.07	32.05
	100m:	58.92 30.50	200m:	2:00.69	31.11	300m:	3:04.02	32.02	400m:	4:07.69	31.62
22.	CHABA, Mateusz		96	MKS Juvenia Wrocław			4:09.19				622
	50m:	28.54 28.54	150m:	1:30.84	31.69	250m:	2:33.80	31.55	350m:	3:37.74	32.06
	100m:	59.15 30.61	200m:	2:02.25	31.41	300m:	3:05.68	31.88	400m:	4:09.19	31.45
23.	GRABCZAK, Dawid		97	KS Wisła Puławy			4:11.61				604
	50m:	29.41 29.41	150m:	1:32.67	31.81	250m:	2:37.41	32.36	350m:	3:41.01	31.80
	100m:	1:00.86 31.45	200m:	2:05.05	32.38	300m:	3:09.21	31.80	400m:	4:11.61	30.60
24.	BAGROWSKI, Karol		96	MTKP Delfin Toruń			4:14.53				584
	50m:	28.20 28.20	150m:	1:32.35	33.08	250m:	2:37.96	33.29	350m:	3:43.45	32.46
	100m:	59.27 31.07	200m:	2:04.67	32.32	300m:	3:10.99	33.03	400m:	4:14.53	31.08
25.	CIEMNICKI, BARTOSZ		94	Azs-Wsg Astoria Bydgoszcz			4:16.79				568
	50m:	28.19 28.19	150m:	1:32.15	32.36	250m:	2:37.89	33.01	350m:	3:44.37	33.19
	100m:	59.79 31.60	200m:	2:04.88	32.73	300m:	3:11.18	33.29	400m:	4:16.79	32.42
26.	JASZEWSKI, Marcin		96	Uks "Polonez" Wyszaków			4:17.04				567
	50m:	29.32 29.32	150m:	1:34.19	32.74	250m:	2:39.99	32.56	350m:	3:44.80	32.43
	100m:	1:01.45 32.13	200m:	2:07.43	33.24	300m:	3:12.37	32.38	400m:	4:17.04	32.24
27.	SMEJA, PATRYK		95	Azs-Wsg Astoria Bydgoszcz			4:20.21				546
	50m:	29.43 29.43	150m:	1:34.82	32.91	250m:	2:40.75	32.96	350m:	3:46.81	33.25
	100m:	1:01.91 32.48	200m:	2:07.79	32.97	300m:	3:13.56	32.81	400m:	4:20.21	33.40
28.	ZBUTOWICZ, Karol		98	MTP KORMORAN Olsztyn			4:21.59				538
	50m:	30.34 30.34	150m:	1:35.77	32.94	250m:	2:41.90	33.29	350m:	3:49.05	33.54
	100m:	1:02.83 32.49	200m:	2:08.61	32.84	300m:	3:15.51	33.61	400m:	4:21.59	32.54
29.	STANISZEWSKI, Adam		97	MKS "Trojka" - Łódź			4:22.28				533
	50m:	29.86 29.86	150m:	1:35.73	33.59	250m:	2:42.30	33.27	350m:	3:49.32	33.28
	100m:	1:02.14 32.28	200m:	2:09.03	33.30	300m:	3:16.04	33.74	400m:	4:22.28	32.96
30.	STERNAK, Piotr		98	KP MZOS Płock			4:23.13				528
	50m:	29.84 29.84	150m:	1:35.36	33.54	250m:	2:43.73	34.14	350m:	3:51.83	33.75
	100m:	1:01.82 31.98	200m:	2:09.59	34.23	300m:	3:18.08	34.35	400m:	4:23.13	31.30
31.	BRUCHAJZER, Dominik		97	KP MZOS Płock			4:23.80				524
	50m:	28.77 28.77	150m:	1:34.06	33.39	250m:	2:42.56	34.69	350m:	3:51.23	34.11
	100m:	1:00.67 31.90	200m:	2:07.87	33.81	300m:	3:17.12	34.56	400m:	4:23.80	32.57
32.	KWIATKOWSKI, Krzysztof		97	MTKP Delfin Toruń			4:23.98				523
	50m:	29.56 29.56	150m:	1:34.48	32.90	250m:	2:41.99	33.96	350m:	3:50.75	34.35
	100m:	1:01.58 32.02	200m:	2:08.03	33.55	300m:	3:16.40	34.41	400m:	4:23.98	33.23
33.	SALIK, Jakub		96	MKS Juvenia Wrocław			4:24.15				522
	50m:	31.75 31.75	150m:	1:37.96	32.96	250m:	2:44.42	33.34	350m:	3:51.06	33.41
	100m:	1:05.00 33.25	200m:	2:11.08	33.12	300m:	3:17.65	33.23	400m:	4:24.15	33.09
34.	STOLARSKI, MARCIN		96	Uks,, oliborz" Warszawa			4:24.92				518
	50m:	29.87 29.87	150m:	1:36.81	33.98	250m:	2:44.77	33.64	350m:	3:52.79	34.15
	100m:	1:02.83 32.96	200m:	2:11.13	34.32	300m:	3:18.64	33.87	400m:	4:24.92	32.13
35.	PŁACHTA, Emil		96	MTP KORMORAN Olsztyn			4:28.05				500
	50m:	29.84 29.84	150m:	1:37.48	34.32	250m:	2:45.74	34.00	350m:	3:54.30	34.31
	100m:	1:03.16 33.32	200m:	2:11.74	34.26	300m:	3:19.99	34.25	400m:	4:28.05	33.75

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Pozycja			Rok ur.					Czas	Pkt.
36.	WRONKOWSKI, PAWEŁ		96	Azs-Wsg Astoria Bydgoszcz				4:30.94	484
	50m: 30.50	30.50	150m: 1:38.68	34.77	250m: 2:48.37	34.74	350m: 3:57.59	34.81	
	100m: 1:03.91	33.41	200m: 2:13.63	34.95	300m: 3:22.78	34.41	400m: 4:30.94	33.35	
37.	ZIELI SKI, Cezary		97	MKS MEDYK Gi ycko				4:31.41	481
	50m: 30.04	30.04	150m: 1:38.26	34.61	250m: 2:48.39	35.19	350m: 3:58.15	34.80	
	100m: 1:03.65	33.61	200m: 2:13.20	34.94	300m: 3:23.35	34.96	400m: 4:31.41	33.26	
38.	KOREK, JAKUB		97	Uks,, oliborz" Warszawa				4:34.20	467
	50m: 31.55	31.55	150m: 1:40.80	34.36	250m: 2:50.36	34.61	350m: 4:00.40	34.86	
	100m: 1:06.44	34.89	200m: 2:15.75	34.95	300m: 3:25.54	35.18	400m: 4:34.20	33.80	
39.	CHRZANOWSKI, Damian		98	KP MZOS Płock				4:36.11	457
	50m: 31.35	31.35	150m: 1:41.40	35.33	250m: 2:52.20	35.29	350m: 4:01.32	33.72	
	100m: 1:06.07	34.72	200m: 2:16.91	35.51	300m: 3:27.60	35.40	400m: 4:36.11	34.79	
40.	STARUCH, Jan		97	MTP KORMORAN Olsztyn				4:36.20	457
	50m: 31.99	31.99	150m: 1:42.35	35.47	250m: 2:53.17	35.36	350m: 4:03.18	34.88	
	100m: 1:06.88	34.89	200m: 2:17.81	35.46	300m: 3:28.30	35.13	400m: 4:36.20	33.02	
41.	SOŁTOWSKI, Dominik		98	Uks Mos Elk				4:36.33	456
	50m: 31.61	31.61	150m: 1:41.64	35.10	250m: 2:52.23	35.31	350m: 4:03.14	35.37	
	100m: 1:06.54	34.93	200m: 2:16.92	35.28	300m: 3:27.77	35.54	400m: 4:36.33	33.19	
42.	DOBRZY SKI, Daniel		96	UKS G - 8 Bielany				4:37.58	450
	50m: 30.53	30.53	150m: 1:39.51	35.10	250m: 2:51.41	36.15	350m: 4:03.30	35.98	
	100m: 1:04.41	33.88	200m: 2:15.26	35.75	300m: 3:27.32	35.91	400m: 4:37.58	34.28	
43.	BŁOCH, Cezary		95	Uks Meduza Warszawa				4:38.33	446
	50m: 30.96	30.96	150m: 1:40.98	35.33	250m: 2:52.21	35.72	350m: 4:04.18	36.05	
	100m: 1:05.65	34.69	200m: 2:16.49	35.51	300m: 3:28.13	35.92	400m: 4:38.33	34.15	
44.	MACIEJEWSKI, Pawel		97	MTP KORMORAN Olsztyn				4:38.42	446
	50m: 31.80	31.80	150m: 1:42.79	35.82	250m: 2:54.19	35.48	350m: 4:05.60	35.62	
	100m: 1:06.97	35.17	200m: 2:18.71	35.92	300m: 3:29.98	35.79	400m: 4:38.42	32.82	
45.	KACZOROWSKI, JAKUB		97	Uks,, oliborz" Warszawa				4:40.33	437
	50m: 32.54	32.54	150m: 1:44.03	34.90	250m: 2:54.89	34.90	350m: 4:05.94	35.29	
	100m: 1:09.13	36.59	200m: 2:19.99	35.96	300m: 3:30.65	35.76	400m: 4:40.33	34.39	
46.	CZERWI SKI, PIOTR		97	Azs-Wsg Astoria Bydgoszcz				4:41.98	429
	50m: 30.19	30.19	150m: 1:40.47	35.90	250m: 2:54.25	36.47	350m: 4:06.96	36.41	
	100m: 1:04.57	34.38	200m: 2:17.78	37.31	300m: 3:30.55	36.30	400m: 4:41.98	35.02	
47.	MIKOŁAJCZAK, Kamil		98	Znicz Koszalin				4:46.54	409
	50m: 30.36	30.36	150m: 1:41.20	36.08	250m: 2:55.80	37.70	350m: 4:10.75	37.47	
	100m: 1:05.12	34.76	200m: 2:18.10	36.90	300m: 3:33.28	37.48	400m: 4:46.54	35.79	
48.	KONDRASIUK, Jan		97	UKS "GIM 92 Ursynów"				4:47.76	404
	50m: 31.06	31.06	150m: 1:42.72	36.58	250m: 2:56.10	37.03	350m: 4:11.27	37.85	
	100m: 1:06.14	35.08	200m: 2:19.07	36.35	300m: 3:33.42	37.32	400m: 4:47.76	36.49	
49.	BIERNACKI, Kacper		98	Znicz Koszalin				4:47.81	404
	50m: 30.49	30.49	150m: 1:40.90	36.00	250m: 2:53.74	36.18	350m: 4:12.16	39.10	
	100m: 1:04.90	34.41	200m: 2:17.56	36.66	300m: 3:33.06	39.32	400m: 4:47.81	35.65	
50.	MICHNIEWSKI, Tadeusz		98	UKS G - 8 Bielany				4:49.36	397
	50m: 33.41	33.41	150m: 1:48.00	37.46	250m: 3:02.06	36.91	350m: 4:14.48	35.88	
	100m: 1:10.54	37.13	200m: 2:25.15	37.15	300m: 3:38.60	36.54	400m: 4:49.36	34.88	
51.	RUCI SKI, Jakub		98	MTP KORMORAN Olsztyn				4:50.16	394
	50m: 34.00	34.00	150m: 1:48.11	37.12	250m: 3:02.32	36.97	350m: 4:15.52	36.42	
	100m: 1:10.99	36.99	200m: 2:25.35	37.24	300m: 3:39.10	36.78	400m: 4:50.16	34.64	
NIE UK.	CHODAN, Alan		98	MTP KORMORAN Olsztyn				4:08.60	
	50m: 30.39	30.39	150m: 1:39.29	34.64	250m: 2:47.73	33.88	350m: 3:51.93	30.89	
	100m: 1:04.65	34.26	200m: 2:13.85	34.56	300m: 3:21.04	33.31	400m: 4:08.60	16.67	