

GRAND PRIX PUCHAR POLSKI
Kozienice, 3- - 4-3-2012

Konkurencja 34
2012-03-04 - 11:25

M czyzn, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2011

Pozycja	Rok ur.				Czas				Pkt.
1. KACZMARSKI, Marcin SSz	94	KS KSZO Ostrowiec	wi	tokrzyski	3:52.50	766			
50m:	27.75	27.75	150m:	1:25.89	29.01	250m:	2:24.94	29.50	
100m:	56.88	29.13	200m:	1:55.44	29.55	300m:	2:54.46	29.52	
350m:						350m:	3:23.98	29.52	
400m:						400m:	3:52.50	28.52	
2. WITKOWSKI, Jan	94	UKS Skarpa Lublin			3:52.69	764			
50m:	27.84	27.84	150m:	1:27.71	29.85	250m:	2:26.34	29.06	
100m:	57.86	30.02	200m:	1:57.28	29.57	300m:	2:55.37	29.03	
350m:						350m:	3:24.49	29.12	
400m:						400m:	3:52.69	28.20	
3. PIELOWSKI, Krzysztof	91	AZS UWM Olsztyn			3:53.02	761			
50m:	27.96	27.96	150m:	1:26.99	29.52	250m:	2:25.76	29.36	
100m:	57.47	29.51	200m:	1:56.40	29.41	300m:	2:55.11	29.35	
350m:						350m:	3:24.47	29.36	
400m:						400m:	3:53.02	28.55	
4. STA CZYK, Przemysław	85	MKP Szczecin			3:53.29	758			
50m:	28.08	28.08	150m:	1:27.48	29.57	250m:	2:26.63	29.57	
100m:	57.91	29.83	200m:	1:57.06	29.58	300m:	2:55.96	29.33	
350m:						350m:	3:24.98	29.02	
400m:						400m:	3:53.29	28.31	
5. ZABOROWSKI, Filip SSz	94	MKP Szczecin			3:53.38	757			
50m:	27.91	27.91	150m:	1:26.92	29.57	250m:	2:25.60	29.23	
100m:	57.35	29.44	200m:	1:56.37	29.45	300m:	2:54.88	29.28	
350m:						350m:	3:24.56	29.68	
400m:						400m:	3:53.38	28.82	
6. WYSOCZY SKI, Mateusz	93	MKS JORDAN Krakow			3:53.81	753			
50m:	27.34	27.34	150m:	1:26.86	29.69	250m:	2:26.24	29.57	
100m:	57.17	29.83	200m:	1:56.67	29.81	300m:	2:55.85	29.61	
350m:						350m:	3:25.28	29.43	
400m:						400m:	3:53.81	28.53	
7. ZACZY SKI, Karol	91	AZS AWF Katowice			3:55.24	739			
50m:	26.91	26.91	150m:	1:25.20	29.44	250m:	2:24.74	30.04	
100m:	55.76	28.85	200m:	1:54.70	29.50	300m:	2:55.19	30.45	
350m:						350m:	3:25.86	30.67	
400m:						400m:	3:55.24	29.38	
8. RZADKOWSKI, Daniel	94	MUKS Olimpijczyk Suwałki			3:56.93	724			
50m:	26.70	26.70	150m:	1:24.93	29.59	250m:	2:26.22	30.73	
100m:	55.34	28.64	200m:	1:55.49	30.56	300m:	2:56.24	30.02	
350m:						350m:	3:26.85	30.61	
400m:						400m:	3:56.93	30.08	
9. WOJDAK, Wojciech SO	96	BOSiR SP Brzesko			3:57.92	715			
50m:	27.31	27.31	150m:	1:26.09	29.67	250m:	2:26.00	29.99	
100m:	56.42	29.11	200m:	1:56.01	29.92	300m:	2:56.76	30.76	
350m:						350m:	3:27.53	30.77	
400m:						400m:	3:57.92	30.39	
10. PI TKOWSKI, Mateusz	90	AZS AWF Warszawa			3:58.69	708			
50m:	28.03	28.03	150m:	1:27.97	30.01	250m:	2:28.18	30.24	
100m:	57.96	29.93	200m:	1:57.94	29.97	300m:	2:58.32	30.14	
350m:						350m:	3:28.76	30.44	
400m:						400m:	3:58.69	29.93	
11. DUBIEL, Adam	93	MTP Lublinianka			3:59.56	700			
50m:	28.19	28.19	150m:	1:28.65	30.44	250m:	2:30.08	30.65	
100m:	58.21	30.02	200m:	1:59.43	30.78	300m:	3:00.78	30.70	
350m:						350m:	3:30.99	30.21	
400m:						400m:	3:59.56	28.57	
12. STOKARSKI, Marek	92	AZS AWF Warszawa			3:59.62	700			
50m:	27.56	27.56	150m:	1:28.21	30.54	250m:	2:28.76	30.33	
100m:	57.67	30.11	200m:	1:58.43	30.22	300m:	2:59.24	30.48	
350m:						350m:	3:29.82	30.58	
400m:						400m:	3:59.62	29.80	
13. KLIZA, Mateusz SK	94	Avia widnik			3:59.91	697			
50m:	28.45	28.45	150m:	1:28.57	29.97	250m:	2:28.89	30.07	
100m:	58.60	30.15	200m:	1:58.82	30.25	300m:	2:58.92	30.03	
350m:						350m:	3:29.61	30.69	
400m:						400m:	3:59.91	30.30	
14. KURANT, Roger SSz	94	KS KSZO Ostrowiec	wi	tokrzyski	4:00.58	691			
50m:	28.00	28.00	150m:	1:28.67	30.40	250m:	2:29.95	30.56	
100m:	58.27	30.27	200m:	1:59.39	30.72	300m:	3:00.72	30.77	
350m:						350m:	3:31.31	30.59	
400m:						400m:	4:00.58	29.27	
15. BOROWICZ SKONECZNY, Sylwester	92	AZS UWM Olsztyn			4:02.49	675			
50m:	28.62	28.62	150m:	1:30.33	30.85	250m:	2:31.84	30.70	
100m:	59.48	30.86	200m:	2:01.14	30.81	300m:	3:02.66	30.82	
350m:						350m:	3:32.87	30.21	
400m:						400m:	4:02.49	29.62	
16. GO DZIK, DAMIAN	95	Ks Warta Poznan			4:05.56	650			
50m:	28.66	28.66	150m:	1:31.22	31.51	250m:	2:34.39	31.53	
100m:	59.71	31.05	200m:	2:02.86	31.64	300m:	3:05.49	31.10	
350m:						350m:	3:36.42	30.93	
400m:						400m:	4:05.56	29.14	
17. SZYMULA, Kamil	96	Avia widnik			4:07.24	637			
50m:	28.77	28.77	150m:	1:32.19	31.60	250m:	2:35.04	31.17	
100m:	1:00.59	31.82	200m:	2:03.87	31.68	300m:	3:05.90	30.86	
350m:						350m:	3:36.84	30.94	
400m:						400m:	4:07.24	30.40	

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18.	WIEK, Kacper		95	Mks Polonia Warszawa			4:07.68	633	
	50m: 29.03	29.03	150m: 1:31.14	31.08	250m: 2:34.48	31.48	350m: 3:37.33	31.27	
	100m: 1:00.06	31.03	200m: 2:03.00	31.86	300m: 3:06.06	31.58	400m: 4:07.68	30.35	
19.	ŁOPACI SKI, Kacper SO		95	Foka Sandomierz			4:08.27	629	
	50m: 27.52	27.52	150m: 1:28.77	31.12	250m: 2:32.35	32.00	350m: 3:37.04	32.44	
	100m: 57.65	30.13	200m: 2:00.35	31.58	300m: 3:04.60	32.25	400m: 4:08.27	31.23	
20.	WIAK, Jakub		95	UKS Olimpijczyk 23			4:08.46	628	
	50m: 28.32	28.32	150m: 1:30.26	31.21	250m: 2:33.93	32.06	350m: 3:37.98	31.92	
	100m: 59.05	30.73	200m: 2:01.87	31.61	300m: 3:06.06	32.13	400m: 4:08.46	30.48	
21.	CHOLEWO, Krzysztof		95	Klub Sportowy "1" O arów Mazowiecki			4:08.94	624	
	50m: 28.56	28.56	150m: 1:31.42	31.72	250m: 2:35.66	32.31	350m: 3:39.92	32.05	
	100m: 59.70	31.14	200m: 2:03.35	31.93	300m: 3:07.87	32.21	400m: 4:08.94	29.02	
22.	G SIOR, Patryk		94	Mks Polonia Warszawa			4:09.57	619	
	50m: 27.84	27.84	150m: 1:29.14	31.23	250m: 2:33.17	32.27	350m: 3:37.86	32.29	
	100m: 57.91	30.07	200m: 2:00.90	31.76	300m: 3:05.57	32.40	400m: 4:09.57	31.71	
23.	PTASZY SKI, Mikołaj		95	KORNER Zielona Góra			4:10.49	612	
	50m: 29.97	29.97	150m: 1:34.65	32.34	250m: 2:37.25	31.57	350m: 3:39.94	31.23	
	100m: 1:02.31	32.34	200m: 2:05.68	31.03	300m: 3:08.71	31.46	400m: 4:10.49	30.55	
24.	SZCZECHURA, Patryk		95	KS KSZO Ostrowiec wi tokrzyski			4:11.31	606	
	50m: 28.87	28.87	150m: 1:32.24	31.82	250m: 2:36.19	31.88	350m: 3:40.42	32.10	
	100m: 1:00.42	31.55	200m: 2:04.31	32.07	300m: 3:08.32	32.13	400m: 4:11.31	30.89	
25.	PIÓRO, Artur		91	AZS AWF Katowice			4:11.62	604	
	50m: 28.46	28.46	150m: 1:30.91	31.73	250m: 2:35.21	32.51	350m: 3:40.06	32.68	
	100m: 59.18	30.72	200m: 2:02.70	31.79	300m: 3:07.38	32.17	400m: 4:11.62	31.56	
26.	KRYCIA, Mateusz		96	KS KSZO Ostrowiec wi tokrzyski			4:12.05	601	
	50m: 29.44	29.44	150m: 1:33.41	32.37	250m: 2:37.99	32.48	350m: 3:41.94	31.65	
	100m: 1:01.04	31.60	200m: 2:05.51	32.10	300m: 3:10.29	32.30	400m: 4:12.05	30.11	
27.	KSI EK, Sebastian		96	KS KSZO Ostrowiec wi tokrzyski			4:13.72	589	
	50m: 29.28	29.28	150m: 1:33.32	32.39	250m: 2:37.57	32.05	350m: 3:42.43	32.68	
	100m: 1:00.93	31.65	200m: 2:05.52	32.20	300m: 3:09.75	32.18	400m: 4:13.72	31.29	
28.	NACHTMAN, Mateusz SK		95	WKS I sk Wrocław			4:14.83	582	
	50m: 28.65	28.65	150m: 1:32.23	32.16	250m: 2:36.80	32.72	350m: 3:42.84	33.02	
	100m: 1:00.07	31.42	200m: 2:04.08	31.85	300m: 3:09.82	33.02	400m: 4:14.83	31.99	
29.	GWIAZDA, Michał		94	UKS Skarpa Lublin			4:16.06	573	
	50m: 29.37	29.37	150m: 1:34.05	32.57	250m: 2:39.14	32.44	350m: 3:44.46	32.84	
	100m: 1:01.48	32.11	200m: 2:06.70	32.65	300m: 3:11.62	32.48	400m: 4:16.06	31.60	
30.	RUTKOWSKI, Krzysztof		96	MTP Lublinianka			4:17.71	562	
	50m: 29.71	29.71	150m: 1:35.35	33.31	250m: 2:41.06	32.20	350m: 3:46.21	32.85	
	100m: 1:02.04	32.33	200m: 2:08.86	33.51	300m: 3:13.36	32.30	400m: 4:17.71	31.50	
31.	GRZYWA, Karol		97	Fala Kra nik			4:19.99	548	
	50m: 28.93	28.93	150m: 1:34.34	33.14	250m: 2:41.27	33.55	350m: 3:48.11	33.27	
	100m: 1:01.20	32.27	200m: 2:07.72	33.38	300m: 3:14.84	33.57	400m: 4:19.99	31.88	
32.	DOROSZ, Adam		95	Mks Polonia Warszawa			4:20.30	546	
	50m: 29.02	29.02	150m: 1:33.81	32.96	250m: 2:40.49	33.19	350m: 3:47.39	33.56	
	100m: 1:00.85	31.83	200m: 2:07.30	33.49	300m: 3:13.83	33.34	400m: 4:20.30	32.91	
33.	SOLA, Kornel		97	Fala Kra nik			4:22.98	529	
	50m: 29.94	29.94	150m: 1:37.05	33.81	250m: 2:44.11	32.68	350m: 3:50.42	33.39	
	100m: 1:03.24	33.30	200m: 2:11.43	34.38	300m: 3:17.03	32.92	400m: 4:22.98	32.56	
34.	LELEK, MATEUSZ		96	Mks Polonia Warszawa			4:24.52	520	
	50m: 30.23	30.23	150m: 1:37.18	33.42	250m: 2:44.48	33.39	350m: 3:52.97	33.86	
	100m: 1:03.76	33.53	200m: 2:11.09	33.91	300m: 3:19.11	34.63	400m: 4:24.52	31.55	
35.	ZAPALSKI, Konrad		98	Fala Kra nik			4:34.25	466	
	50m: 30.62	30.62	150m: 1:39.33	34.76	250m: 2:49.64	35.18	350m: 3:59.95	35.28	
	100m: 1:04.57	33.95	200m: 2:14.46	35.13	300m: 3:24.67	35.03	400m: 4:34.25	34.30	

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Pozycja				Rok ur.					Czas	Pkt.		
36.	MUDA, Paweł			98	MTP Lublinianka				4:39.25	442		
	50m:	31.18	31.18	150m:	1:41.00	34.98	250m:	2:53.24	36.12	350m:	4:04.72	35.26
	100m:	1:06.02	34.84	200m:	2:17.12	36.12	300m:	3:29.46	36.22	400m:	4:39.25	34.53
37.	ELECHOWSKI, Rafał			96	MKS Piaseczno				4:50.12	394		
	50m:	31.51	31.51	150m:	1:42.21	35.63	250m:	2:55.55	36.98	350m:	4:11.73	38.53
	100m:	1:06.58	35.07	200m:	2:18.57	36.36	300m:	3:33.20	37.65	400m:	4:50.12	38.39
NIE UK.	LIS, Przemysław			96	Avia widnik							
	50m:	28.50	28.50	150m:	1:31.83	31.55	250m:	2:35.53	31.77	350m:		
	100m:	1:00.28	31.78	200m:	2:03.76	31.93	300m:	3:07.80	32.27	400m:		