

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

Event 34
2012-03-04 - 11:25

Men, 400m Freestyle

14 years and older
Results

Points: FINA 2011

Rank	YB				Time				Pts			
1.	KACZMARSKI, Marcin SSz 94				KS KSZO Ostrowiec Swietokrzyski				3:52.50 766			
	50m:	27.75	27.75	150m:	1:25.89	29.01	250m:	2:24.94	29.50	350m:	3:23.98	29.52
	100m:	56.88	29.13	200m:	1:55.44	29.55	300m:	2:54.46	29.52	400m:	3:52.50	28.52
2.	SWITKOWSKI, 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	350m:	3:24.49	29.12
	100m:	57.86	30.02	200m:	1:57.28	29.57	300m:	2:55.37	29.03	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	350m:	3:24.47	29.36
	100m:	57.47	29.51	200m:	1:56.40	29.41	300m:	2:55.11	29.35	400m:	3:53.02	28.55
4.	STANCZYK, Przemyslaw 85				MKP Szczecin				3:53.29 758			
	50m:	28.08	28.08	150m:	1:27.48	29.57	250m:	2:26.63	29.57	350m:	3:24.98	29.02
	100m:	57.91	29.83	200m:	1:57.06	29.58	300m:	2:55.96	29.33	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	350m:	3:24.56	29.68
	100m:	57.35	29.44	200m:	1:56.37	29.45	300m:	2:54.88	29.28	400m:	3:53.38	28.82
6.	WYSOCZYNSKI, 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	350m:	3:25.28	29.43
	100m:	57.17	29.83	200m:	1:56.67	29.81	300m:	2:55.85	29.61	400m:	3:53.81	28.53
7.	ZACZYNSKI, 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	350m:	3:25.86	30.67
	100m:	55.76	28.85	200m:	1:54.70	29.50	300m:	2:55.19	30.45	400m:	3:55.24	29.38
8.	RZADKOWSKI, Daniel 94				MUKS Olimpijczyk Suwalki				3:56.93 724			
	50m:	26.70	26.70	150m:	1:24.93	29.59	250m:	2:26.22	30.73	350m:	3:26.85	30.61
	100m:	55.34	28.64	200m:	1:55.49	30.56	300m:	2:56.24	30.02	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	350m:	3:27.53	30.77
	100m:	56.42	29.11	200m:	1:56.01	29.92	300m:	2:56.76	30.76	400m:	3:57.92	30.39
10.	PIATKOWSKI, 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	350m:	3:28.76	30.44
	100m:	57.96	29.93	200m:	1:57.94	29.97	300m:	2:58.32	30.14	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	350m:	3:30.99	30.21
	100m:	58.21	30.02	200m:	1:59.43	30.78	300m:	3:00.78	30.70	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	350m:	3:29.82	30.58
	100m:	57.67	30.11	200m:	1:58.43	30.22	300m:	2:59.24	30.48	400m:	3:59.62	29.80
13.	KLIZA, Mateusz SK 94				Avia Swidnik				3:59.91 697			
	50m:	28.45	28.45	150m:	1:28.57	29.97	250m:	2:28.89	30.07	350m:	3:29.61	30.69
	100m:	58.60	30.15	200m:	1:58.82	30.25	300m:	2:58.92	30.03	400m:	3:59.91	30.30
14.	KURANT, Roger SSz 94				KS KSZO Ostrowiec Swietokrzyski				4:00.58 691			
	50m:	28.00	28.00	150m:	1:28.67	30.40	250m:	2:29.95	30.56	350m:	3:31.31	30.59
	100m:	58.27	30.27	200m:	1:59.39	30.72	300m:	3:00.72	30.77	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	350m:	3:32.87	30.21
	100m:	59.48	30.86	200m:	2:01.14	30.81	300m:	3:02.66	30.82	400m:	4:02.49	29.62
16.	GOZDZIK, 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	350m:	3:36.42	30.93
	100m:	59.71	31.05	200m:	2:02.86	31.64	300m:	3:05.49	31.10	400m:	4:05.56	29.14
17.	SZYMULA, Kamil 96				Avia Swidnik				4:07.24 637			
	50m:	28.77	28.77	150m:	1:32.19	31.60	250m:	2:35.04	31.17	350m:	3:36.84	30.94
	100m:	1:00.59	31.82	200m:	2:03.87	31.68	300m:	3:05.90	30.86	400m:	4:07.24	30.40

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Rank					YB					Time	Pts	
18.	CWIEK, 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.	LOPACINSKI, 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" Ozarow 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.	GASIOR, 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.	PTASZYNSKI, Mikolaj				95	KORNER Zielona Gora				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.	SZCZECURA, Patryk				95	KS KSZO Ostrowiec Swietokrzyski				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.	PIORO, 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 Swietokrzyski				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.	KSIAZEK, Sebastian				96	KS KSZO Ostrowiec Swietokrzyski				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 Slask Wroclaw				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, Michal				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 Krasnik				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 Krasnik				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 Krasnik				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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Rank				YB					Time	Pts		
36.	ZMUDA, Pawel			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.	ZELECHOWSKI, Rafal			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
DNF	LIS, Przemyslaw			96	Avia Swidnik							
	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:		