

Grand Prix - Puchar Polski w Pływaniu
Gorzów Wlkp., 2- - 3-5-2015

Konkurencja 23
2015-05-03 - 9:13

M czyzn, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2014

Pozycja			Rok ur.					Czas	Pkt.
14 lat i starsi									
1.	DUBIEL Adam		93	AZS AWF Warszawa				4:31.40	725
	50m:	28.38 28.38	150m:	1:35.32 34.09	250m:	2:48.22 39.19	350m:	4:00.30 31.41	
	100m:	1:01.23 32.85	200m:	2:09.03 33.71	300m:	3:28.89 40.67	400m:	4:31.40 31.10	
2.	POPRAWA Michał		94	AZS AWF Katowice				4:36.44	686
	50m:	27.26 27.26	150m:	1:35.39 35.78	250m:	2:51.07 39.95	350m:	4:04.35 31.65	
	100m:	59.61 32.35	200m:	2:11.12 35.73	300m:	3:32.70 41.63	400m:	4:36.44 32.09	
3.	URBA SKI Michał		97	Pi tnastka Bydgoszcz				4:42.67	641
	50m:	29.04 29.04	150m:	1:42.46 38.94	250m:	2:58.62 38.49	350m:	4:10.70 33.12	
	100m:	1:03.52 34.48	200m:	2:20.13 37.67	300m:	3:37.58 38.96	400m:	4:42.67 31.97	
4.	MORAWSKI Krzysztof		94	AZS AWF Warszawa				4:45.83	620
	50m:	28.15 28.15	150m:	1:37.69 35.72	250m:	2:54.39 41.75	350m:	4:12.71 35.15	
	100m:	1:01.97 33.82	200m:	2:12.64 34.95	300m:	3:37.56 43.17	400m:	4:45.83 33.12	
5.	ADAMCZYK PATRYK SSz		97	MKP Szczecin				4:46.37	617
	50m:	29.37 29.37	150m:	1:42.84 38.72	250m:	3:02.31 42.12	350m:	4:17.08 32.75	
	100m:	1:04.12 34.75	200m:	2:20.19 37.35	300m:	3:44.33 42.02	400m:	4:46.37 29.29	
6.	OSSES Arkadiusz		95	Warta Pozna				4:46.78	614
	50m:	29.52 29.52	150m:	1:40.88 37.13	250m:	3:00.97 42.59	350m:	4:16.50 31.94	
	100m:	1:03.75 34.23	200m:	2:18.38 37.50	300m:	3:44.56 43.59	400m:	4:46.78 30.28	
7.	BODZIOCH ANDRZEJ SSz		98	MKP Szczecin				4:49.39	598
	50m:	29.71 29.71	150m:	1:41.94 37.39	250m:	3:00.69 42.71	350m:	4:16.81 33.79	
	100m:	1:04.55 34.84	200m:	2:17.98 36.04	300m:	3:43.02 42.33	400m:	4:49.39 32.58	
8.	GIERSZEWSKI Jan		98	Pi tnastka Bydgoszcz				4:54.08	570
	50m:	28.39 28.39	150m:	1:40.66 38.95	250m:	3:02.57 43.18	350m:	4:20.34 33.39	
	100m:	1:01.71 33.32	200m:	2:19.39 38.73	300m:	3:46.95 44.38	400m:	4:54.08 33.74	
9.	PIETRZAK DAWID SSz		97	MKP Szczecin				4:56.49	556
	50m:	29.85 29.85	150m:	1:42.82 38.80	250m:		350m:		
	100m:	1:04.02 34.17	200m:	2:20.81 37.99	300m:	3:48.02	400m:	4:56.49	
10.	BRODOWSKI Jakub		97	Słowianka Gorzów				4:57.78	549
	50m:	29.88 29.88	150m:	1:43.07 37.61	250m:	3:04.32 43.71	350m:	4:24.20 34.56	
	100m:	1:05.46 35.58	200m:	2:20.61 37.54	300m:	3:49.64 45.32	400m:	4:57.78 33.58	
11.	KOWALSKI Rafał		00	Słowianka Gorzów				5:02.31	524
	50m:	31.16 31.16	150m:	1:47.03 40.22	250m:	3:09.49 43.36	350m:	4:29.26 35.53	
	100m:	1:06.81 35.65	200m:	2:26.13 39.10	300m:	3:53.73 44.24	400m:	5:02.31 33.05	
12.	ADAMCZAK Jakub		01	Shark Rudna				5:02.65	522
	50m:	33.05 33.05	150m:	1:52.38 41.04	250m:	3:13.13 41.55	350m:	4:30.02 34.46	
	100m:	1:11.34 38.29	200m:	2:31.58 39.20	300m:	3:55.56 42.43	400m:	5:02.65 32.63	
13.	GRYZ Dawid SSz		99	MKP Szczecin				5:03.07	520
	50m:	30.88 30.88	150m:	1:43.79 37.34	250m:	3:07.33 45.95	350m:	4:29.41 34.72	
	100m:	1:06.45 35.57	200m:	2:21.38 37.59	300m:	3:54.69 47.36	400m:	5:03.07 33.66	
14.	DEMBSKI Patryk		99	Pi tnastka Bydgoszcz				5:07.02	500
	50m:	29.53 29.53	150m:	1:45.39 40.69	250m:	3:09.64 43.84	350m:	4:31.28 36.40	
	100m:	1:04.70 35.17	200m:	2:25.80 40.41	300m:	3:54.88 45.24	400m:	5:07.02 35.74	
15.	GRZYBOWSKI Artur		01	Znicz Koszalin				5:07.58	498
	50m:	30.76 30.76	150m:	1:47.93 40.79	250m:	3:12.00 43.81	350m:	4:33.40 34.66	
	100m:	1:07.14 36.38	200m:	2:28.19 40.26	300m:	3:58.74 46.74	400m:	5:07.58 34.18	
16.	WILEJTO Igor		01	Sambor Tczew				5:08.25	495
	50m:	32.95 32.95	150m:	1:50.42 39.68	250m:	3:14.80 45.09	350m:	4:34.97 34.26	
	100m:	1:10.74 37.79	200m:	2:29.71 39.29	300m:	4:00.71 45.91	400m:	5:08.25 33.28	
17.	PIETRZAK Wiktor SSz		99	MKP Szczecin				5:10.03	486
	50m:	30.84 30.84	150m:	1:49.45 42.39	250m:	3:12.40 41.99	350m:	4:33.98 38.24	
	100m:	1:07.06 36.22	200m:	2:30.41 40.96	300m:	3:55.74 43.34	400m:	5:10.03 36.05	

Grand Prix - Puchar Polski w Pływaniu
Gorzów Wlkp., 2- - 3-5-2015

Konkurencja 23, M czynn, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.			
18.	OLEK	Jakub	01	Słowianka Gorzów				5:12.66	474			
	50m:	30.76	30.76	150m:	1:48.48	42.36	250m:	3:16.08	46.17	350m:	4:37.69	34.98
	100m:	1:06.12	35.36	200m:	2:29.91	41.43	300m:	4:02.71	46.63	400m:	5:12.66	34.97
19.	STAWIKOWSKI	Patryk	98	Słowianka Gorzów				5:15.48	461			
	50m:	29.87	29.87	150m:	1:45.68	39.83	250m:	3:12.82	47.91	350m:	4:38.14	37.14
	100m:	1:05.85	35.98	200m:	2:24.91	39.23	300m:	4:01.00	48.18	400m:	5:15.48	37.34
20.	JĄŁTUSZEWSKI	Jakub SR	00	Victoria Racibórz				5:16.06	459			
	50m:	33.09	33.09	150m:	1:51.97	39.11	250m:	3:15.57	45.57	350m:	4:39.50	38.43
	100m:	1:12.86	39.77	200m:	2:30.00	38.03	300m:	4:01.07	45.50	400m:	5:16.06	36.56
21.	ZAREMBA	Jakub	01	I sk Wrocław				5:18.37	449			
	50m:	32.71	32.71	150m:	1:52.38	41.25	250m:	3:19.47	45.33	350m:	4:43.04	36.15
	100m:	1:11.13	38.42	200m:	2:34.14	41.76	300m:	4:06.89	47.42	400m:	5:18.37	35.33
22.	SOCHA	Kacper	01	Znicz Koszalin				5:18.40	449			
	50m:	32.08	32.08	150m:	1:56.34	45.95	250m:	3:22.85	41.49	350m:	4:42.63	37.07
	100m:	1:10.39	38.31	200m:	2:41.36	45.02	300m:	4:05.56	42.71	400m:	5:18.40	35.77
23.	SZEWCZYK	Bartosz	01	Znicz Koszalin				5:18.80	447			
	50m:	33.40	33.40	150m:	1:54.96	42.26	250m:	3:18.44	41.95	350m:	4:42.29	38.12
	100m:	1:12.70	39.30	200m:	2:36.49	41.53	300m:	4:04.17	45.73	400m:	5:18.80	36.51
24.	TYLICKI	Mateusz	01	Pi tnastka Bydgoszcz				5:19.70	443			
	50m:	30.10	30.10	150m:	1:51.38	42.42	250m:	3:20.22	47.12	350m:	4:44.52	35.20
	100m:	1:08.96	38.86	200m:	2:33.10	41.72	300m:	4:09.32	49.10	400m:	5:19.70	35.18
25.	DUBIEL	Kornel	01	abianka Gda sk				5:19.75	443			
	50m:	32.68	32.68	150m:	1:52.35	40.25	250m:	3:18.81	46.31	350m:	4:44.25	37.80
	100m:	1:12.10	39.42	200m:	2:32.50	40.15	300m:	4:06.45	47.64	400m:	5:19.75	35.50
26.	KORZENIEWSKI	Witold	01	Słowianka Gorzów				5:22.33	432			
	50m:	36.08	36.08	150m:	1:58.31	39.98	250m:	3:23.79	46.12	350m:	4:46.93	36.20
	100m:	1:18.33	42.25	200m:	2:37.67	39.36	300m:	4:10.73	46.94	400m:	5:22.33	35.40
27.	D BROWSKI	Mateusz	00	Warta Pozna				5:23.52	428			
	50m:	34.44	34.44	150m:	1:57.53	41.95	250m:	3:24.10	45.14	350m:	4:47.91	37.20
	100m:	1:15.58	41.14	200m:	2:38.96	41.43	300m:	4:10.71	46.61	400m:	5:23.52	35.61
28.	CZESZEWSKI	Krystian	01	Znicz Koszalin				5:24.07	425			
	50m:	33.12	33.12	150m:	1:54.75	42.61	250m:	3:23.44	47.36	350m:	4:48.34	37.45
	100m:	1:12.14	39.02	200m:	2:36.08	41.33	300m:	4:10.89	47.45	400m:	5:24.07	35.73
29.	RAMA	Gabriel	99	Warta Pozna				5:25.07	422			
	50m:	31.73	31.73	150m:	1:52.58	42.26	250m:	3:20.58	46.59	350m:	4:47.92	38.23
	100m:	1:10.32	38.59	200m:	2:33.99	41.41	300m:	4:09.69	49.11	400m:	5:25.07	37.15
30.	HAŁADAJ	Dawid	01	Iskra Konin				5:26.96	414			
	50m:	33.93	33.93	150m:	2:01.68	43.18	250m:	3:29.65	46.66	350m:	4:53.25	37.36
	100m:	1:18.50	44.57	200m:	2:42.99	41.31	300m:	4:15.89	46.24	400m:	5:26.96	33.71
31.	ŁOCHI	SKI Jan	01	Słowianka Gorzów				5:30.24	402			
	50m:	31.82	31.82	150m:	1:57.03	46.17	250m:	3:25.17	45.57	350m:	4:52.44	40.32
	100m:	1:10.86	39.04	200m:	2:39.60	42.57	300m:	4:12.12	46.95	400m:	5:30.24	37.80
32.	JÓ	KOW Cezary	01	I sk Wrocław				5:31.81	396			
	50m:	34.94	34.94	150m:	2:00.00	41.93	250m:	3:28.89	46.79	350m:	4:55.62	38.56
	100m:	1:18.07	43.13	200m:	2:42.10	42.10	300m:	4:17.06	48.17	400m:	5:31.81	36.19
14 lat												
1.	ADAMCZAK	Jakub	01	Shark Rudna				5:02.65	522			
	50m:	33.05	33.05	150m:	1:52.38	41.04	250m:	3:13.13	41.55	350m:	4:30.02	34.46
	100m:	1:11.34	38.29	200m:	2:31.58	39.20	300m:	3:55.56	42.43	400m:	5:02.65	32.63
2.	GRZYBOWSKI	Artur	01	Znicz Koszalin				5:07.58	498			
	50m:	30.76	30.76	150m:	1:47.93	40.79	250m:	3:12.00	43.81	350m:	4:33.40	34.66
	100m:	1:07.14	36.38	200m:	2:28.19	40.26	300m:	3:58.74	46.74	400m:	5:07.58	34.18

Grand Prix - Puchar Polski w Pływaniu
Gorzów Wlkp., 2- - 3-5-2015

Konkurencja 23, Chłopców, 400m zmienny, 14 lat

Pozycja			Rok ur.					Czas	Pkt.			
3.	WILEJTO Igor		01	Sambor Tczew				5:08.25	495			
	50m:	32.95	32.95	150m:	1:50.42	39.68	250m:	3:14.80	45.09	350m:	4:34.97	34.26
	100m:	1:10.74	37.79	200m:	2:29.71	39.29	300m:	4:00.71	45.91	400m:	5:08.25	33.28
4.	OLEK Jakub		01	Słowianka Gorzów				5:12.66	474			
	50m:	30.76	30.76	150m:	1:48.48	42.36	250m:	3:16.08	46.17	350m:	4:37.69	34.98
	100m:	1:06.12	35.36	200m:	2:29.91	41.43	300m:	4:02.71	46.63	400m:	5:12.66	34.97
5.	ZAREMBA Jakub		01	I sk Wrocław				5:18.37	449			
	50m:	32.71	32.71	150m:	1:52.38	41.25	250m:	3:19.47	45.33	350m:	4:43.04	36.15
	100m:	1:11.13	38.42	200m:	2:34.14	41.76	300m:	4:06.89	47.42	400m:	5:18.37	35.33
6.	SOCHA Kacper		01	Znicz Koszalin				5:18.40	449			
	50m:	32.08	32.08	150m:	1:56.34	45.95	250m:	3:22.85	41.49	350m:	4:42.63	37.07
	100m:	1:10.39	38.31	200m:	2:41.36	45.02	300m:	4:05.56	42.71	400m:	5:18.40	35.77
7.	SZEWCZYK Bartosz		01	Znicz Koszalin				5:18.80	447			
	50m:	33.40	33.40	150m:	1:54.96	42.26	250m:	3:18.44	41.95	350m:	4:42.29	38.12
	100m:	1:12.70	39.30	200m:	2:36.49	41.53	300m:	4:04.17	45.73	400m:	5:18.80	36.51
8.	TYLICKI Mateusz		01	Pi tnastka Bydgoszcz				5:19.70	443			
	50m:	30.10	30.10	150m:	1:51.38	42.42	250m:	3:20.22	47.12	350m:	4:44.52	35.20
	100m:	1:08.96	38.86	200m:	2:33.10	41.72	300m:	4:09.32	49.10	400m:	5:19.70	35.18
9.	DUBIEL Kornel		01	abianka Gda sk				5:19.75	443			
	50m:	32.68	32.68	150m:	1:52.35	40.25	250m:	3:18.81	46.31	350m:	4:44.25	37.80
	100m:	1:12.10	39.42	200m:	2:32.50	40.15	300m:	4:06.45	47.64	400m:	5:19.75	35.50
10.	KORZENIEWSKI Witold		01	Słowianka Gorzów				5:22.33	432			
	50m:	36.08	36.08	150m:	1:58.31	39.98	250m:	3:23.79	46.12	350m:	4:46.93	36.20
	100m:	1:18.33	42.25	200m:	2:37.67	39.36	300m:	4:10.73	46.94	400m:	5:22.33	35.40
11.	CZESZEWSKI Krystian		01	Znicz Koszalin				5:24.07	425			
	50m:	33.12	33.12	150m:	1:54.75	42.61	250m:	3:23.44	47.36	350m:	4:48.34	37.45
	100m:	1:12.14	39.02	200m:	2:36.08	41.33	300m:	4:10.89	47.45	400m:	5:24.07	35.73
12.	HAŁADAJ Dawid		01	Iskra Konin				5:26.96	414			
	50m:	33.93	33.93	150m:	2:01.68	43.18	250m:	3:29.65	46.66	350m:	4:53.25	37.36
	100m:	1:18.50	44.57	200m:	2:42.99	41.31	300m:	4:15.89	46.24	400m:	5:26.96	33.71
13.	ŁOCHI SKI Jan		01	Słowianka Gorzów				5:30.24	402			
	50m:	31.82	31.82	150m:	1:57.03	46.17	250m:	3:25.17	45.57	350m:	4:52.44	40.32
	100m:	1:10.86	39.04	200m:	2:39.60	42.57	300m:	4:12.12	46.95	400m:	5:30.24	37.80
14.	JÓ KOW Cezary		01	I sk Wrocław				5:31.81	396			
	50m:	34.94	34.94	150m:	2:00.00	41.93	250m:	3:28.89	46.79	350m:	4:55.62	38.56
	100m:	1:18.07	43.13	200m:	2:42.10	42.10	300m:	4:17.06	48.17	400m:	5:31.81	36.19

15 lat

1.	KOWALSKI Rafał		00	Słowianka Gorzów				5:02.31	524			
	50m:	31.16	31.16	150m:	1:47.03	40.22	250m:	3:09.49	43.36	350m:	4:29.26	35.53
	100m:	1:06.81	35.65	200m:	2:26.13	39.10	300m:	3:53.73	44.24	400m:	5:02.31	33.05
2.	JAŁTUSZEWSKI Jakub SR		00	Victoria Racibórz				5:16.06	459			
	50m:	33.09	33.09	150m:	1:51.97	39.11	250m:	3:15.57	45.57	350m:	4:39.50	38.43
	100m:	1:12.86	39.77	200m:	2:30.00	38.03	300m:	4:01.07	45.50	400m:	5:16.06	36.56
3.	D BROWSKI Mateusz		00	Warta Pozna				5:23.52	428			
	50m:	34.44	34.44	150m:	1:57.53	41.95	250m:	3:24.10	45.14	350m:	4:47.91	37.20
	100m:	1:15.58	41.14	200m:	2:38.96	41.43	300m:	4:10.71	46.61	400m:	5:23.52	35.61

16 lat

1.	GRYZ Dawid SSz		99	MKP Szczecin				5:03.07	520			
	50m:	30.88	30.88	150m:	1:43.79	37.34	250m:	3:07.33	45.95	350m:	4:29.41	34.72
	100m:	1:06.45	35.57	200m:	2:21.38	37.59	300m:	3:54.69	47.36	400m:	5:03.07	33.66

Grand Prix - Puchar Polski w Pływaniu
Gorzów Wlkp., 2- - 3-5-2015

Konkurencja 23, Chłopców, 400m zmienny, 16 lat

Pozycja			Rok ur.					Czas	Pkt.		
2.	DEMBSKI Patryk		99	Pi tnastka Bydgoszcz				5:07.02	500		
	50m:	29.53 29.53	150m:	1:45.39	40.69	250m:	3:09.64	43.84	350m:	4:31.28	36.40
	100m:	1:04.70 35.17	200m:	2:25.80	40.41	300m:	3:54.88	45.24	400m:	5:07.02	35.74
3.	PIETRZAK Wiktor S Sz		99	MKP Szczecin				5:10.03	486		
	50m:	30.84 30.84	150m:	1:49.45	42.39	250m:	3:12.40	41.99	350m:	4:33.98	38.24
	100m:	1:07.06 36.22	200m:	2:30.41	40.96	300m:	3:55.74	43.34	400m:	5:10.03	36.05
4.	RAMA Gabriel		99	Warta Pozna				5:25.07	422		
	50m:	31.73 31.73	150m:	1:52.58	42.26	250m:	3:20.58	46.59	350m:	4:47.92	38.23
	100m:	1:10.32 38.59	200m:	2:33.99	41.41	300m:	4:09.69	49.11	400m:	5:25.07	37.15

17 - 18 lat

1.	URBA SKI Michał		97	Pi tnastka Bydgoszcz				4:42.67	641		
	50m:	29.04 29.04	150m:	1:42.46	38.94	250m:	2:58.62	38.49	350m:	4:10.70	33.12
	100m:	1:03.52 34.48	200m:	2:20.13	37.67	300m:	3:37.58	38.96	400m:	4:42.67	31.97
2.	ADAMCZYK PATRYK S Sz		97	MKP Szczecin				4:46.37	617		
	50m:	29.37 29.37	150m:	1:42.84	38.72	250m:	3:02.31	42.12	350m:	4:17.08	32.75
	100m:	1:04.12 34.75	200m:	2:20.19	37.35	300m:	3:44.33	42.02	400m:	4:46.37	29.29
3.	BODZIOCH ANDRZEJ S Sz		98	MKP Szczecin				4:49.39	598		
	50m:	29.71 29.71	150m:	1:41.94	37.39	250m:	3:00.69	42.71	350m:	4:16.81	33.79
	100m:	1:04.55 34.84	200m:	2:17.98	36.04	300m:	3:43.02	42.33	400m:	4:49.39	32.58
4.	GIERSZEWSKI Jan		98	Pi tnastka Bydgoszcz				4:54.08	570		
	50m:	28.39 28.39	150m:	1:40.66	38.95	250m:	3:02.57	43.18	350m:	4:20.34	33.39
	100m:	1:01.71 33.32	200m:	2:19.39	38.73	300m:	3:46.95	44.38	400m:	4:54.08	33.74
5.	PIETRZAK DAWID S Sz		97	MKP Szczecin				4:56.49	556		
	50m:	29.85 29.85	150m:	1:42.82	38.80	250m:			350m:		
	100m:	1:04.02 34.17	200m:	2:20.81	37.99	300m:	3:48.02		400m:	4:56.49	
6.	BRODOWSKI Jakub		97	Słowianka Gorzów				4:57.78	549		
	50m:	29.88 29.88	150m:	1:43.07	37.61	250m:	3:04.32	43.71	350m:	4:24.20	34.56
	100m:	1:05.46 35.58	200m:	2:20.61	37.54	300m:	3:49.64	45.32	400m:	4:57.78	33.58
7.	STAWIKOWSKI Patryk		98	Słowianka Gorzów				5:15.48	461		
	50m:	29.87 29.87	150m:	1:45.68	39.83	250m:	3:12.82	47.91	350m:	4:38.14	37.14
	100m:	1:05.85 35.98	200m:	2:24.91	39.23	300m:	4:01.00	48.18	400m:	5:15.48	37.34

19 - 23 lat

1.	DUBIEL Adam		93	AZS AWF Warszawa				4:31.40	725		
	50m:	28.38 28.38	150m:	1:35.32	34.09	250m:	2:48.22	39.19	350m:	4:00.30	31.41
	100m:	1:01.23 32.85	200m:	2:09.03	33.71	300m:	3:28.89	40.67	400m:	4:31.40	31.10
2.	POPRAWA Michał		94	AZS AWF Katowice				4:36.44	686		
	50m:	27.26 27.26	150m:	1:35.39	35.78	250m:	2:51.07	39.95	350m:	4:04.35	31.65
	100m:	59.61 32.35	200m:	2:11.12	35.73	300m:	3:32.70	41.63	400m:	4:36.44	32.09
3.	MORAWSKI Krzysztof		94	AZS AWF Warszawa				4:45.83	620		
	50m:	28.15 28.15	150m:	1:37.69	35.72	250m:	2:54.39	41.75	350m:	4:12.71	35.15
	100m:	1:01.97 33.82	200m:	2:12.64	34.95	300m:	3:37.56	43.17	400m:	4:45.83	33.12
4.	OSSES Arkadiusz		95	Warta Pozna				4:46.78	614		
	50m:	29.52 29.52	150m:	1:40.88	37.13	250m:	3:00.97	42.59	350m:	4:16.50	31.94
	100m:	1:03.75 34.23	200m:	2:18.38	37.50	300m:	3:44.56	43.59	400m:	4:46.78	30.28