

Grand Prix - Puchar Polski w Pływaniu 2013-2014  
Opole, 3- - 4-5-2014

Event 23 Men, 400m Medley 14 years and older  
2014-05-04 - 9:15 Results

Top Times "Poland" 4:12.28 MATCZAK, Mateusz 00905 Belgrade (SRB) 2009-07-11

Points: FINA 2013

Rank			YB			Time	Pts	
14 years and older								
1.	KUBKOWSKI, Bartlomiej SWR		95	WKS Slask Wroclaw		<b>4:31.42</b>	725	
	50m:	28.94 28.94	150m:	1:37.88 35.54	250m:	2:51.37 37.84	350m:	4:00.76 31.64
	100m:	1:02.34 33.40	200m:	2:13.53 35.65	300m:	3:29.12 37.75	400m:	4:31.42 30.66
2.	ZACZYNSKI, Karol		91	WKS Slask Wroclaw		<b>4:36.12</b>	688	
	50m:	28.69 28.69	150m:	1:38.30 36.01	250m:	2:52.58 39.15	350m:	4:04.83 32.30
	100m:	1:02.29 33.60	200m:	2:13.43 35.13	300m:	3:32.53 39.95	400m:	4:36.12 31.29
3.	CZARNOTA, Mateusz		91	UKP Unia Oswiecim		<b>4:41.27</b>	651	
	50m:	29.95 29.95	150m:	1:40.84 37.11	250m:	2:56.57 39.41	350m:	4:09.18 32.36
	100m:	1:03.73 33.78	200m:	2:17.16 36.32	300m:	3:36.82 40.25	400m:	4:41.27 32.09
4.	GASIOR, Patryk		94	AZS Warsaw		<b>4:43.57</b>	635	
	50m:	29.09 29.09	150m:	1:38.61 35.98	250m:	2:55.45 40.79	350m:	4:11.73 35.02
	100m:	1:02.63 33.54	200m:	2:14.66 36.05	300m:	3:36.71 41.26	400m:	4:43.57 31.84
5.	ULATOWSKI, Wojciech SO		98	UKP Unia Oswiecim		<b>4:46.02</b>	619	
	50m:	29.90 29.90	150m:	1:41.39 37.32	250m:	2:59.69 41.16	350m:	4:14.47 32.52
	100m:	1:04.07 34.17	200m:	2:18.53 37.14	300m:	3:41.95 42.26	400m:	4:46.02 31.55
6.	NIEDZIALEK, Dominik		98	Skarpa Lublin		<b>4:48.48</b>	603	
	50m:	29.94 29.94	150m:	1:42.16 37.68	250m:	3:00.67 42.11	350m:	4:17.00 34.17
	100m:	1:04.48 34.54	200m:	2:18.56 36.40	300m:	3:42.83 42.16	400m:	4:48.48 31.48
7.	NAGI, Mateusz SO		97	UKP Unia Oswiecim		<b>4:48.83</b>	601	
	50m:	30.61 30.61	150m:	1:46.92 40.36	250m:	3:04.16 38.28	350m:	4:17.05 33.22
	100m:	1:06.56 35.95	200m:	2:25.88 38.96	300m:	3:43.83 39.67	400m:	4:48.83 31.78
8.	STEC, Adam		97	MKP Szczecin		<b>4:50.32</b>	592	
	50m:	28.88 28.88	150m:	1:38.98 37.09	250m:	2:57.95 43.65	350m:	4:16.42 34.29
	100m:	1:01.89 33.01	200m:	2:14.30 35.32	300m:	3:42.13 44.18	400m:	4:50.32 33.90
9.	SALIK, Jakub		96	MKS Juvenia Wroclaw		<b>4:52.02</b>	582	
	50m:	31.41 31.41	150m:	1:46.27 40.14	250m:	3:04.48 38.10	350m:	4:19.18 34.81
	100m:	1:06.13 34.72	200m:	2:26.38 40.11	300m:	3:44.37 39.89	400m:	4:52.02 32.84
10.	KEMPA, Mikolaj SO		99	MMKS Kedzierzyn-Kozle		<b>4:52.12</b>	581	
	50m:	29.93 29.93	150m:	1:43.11 38.49	250m:	3:04.02 42.28	350m:	4:20.26 33.72
	100m:	1:04.62 34.69	200m:	2:21.74 38.63	300m:	3:46.54 42.52	400m:	4:52.12 31.86
11.	KALUSOWSKI, Jan		00	MKS Trojka Lodz		<b>4:53.10</b>	575	
	50m:	30.05 30.05	150m:	1:46.16 40.74	250m:	3:04.12 38.79	350m:	4:19.52 35.11
	100m:	1:05.42 35.37	200m:	2:25.33 39.17	300m:	3:44.41 40.29	400m:	4:53.10 33.58
12.	GOLENIEC, Kamil SO		99	UKP Unia Oswiecim		<b>5:03.08</b>	520	
	50m:	32.58 32.58	150m:	1:49.78 40.14	250m:	3:11.13 41.83	350m:	4:28.95 35.19
	100m:	1:09.64 37.06	200m:	2:29.30 39.52	300m:	3:53.76 42.63	400m:	5:03.08 34.13
13.	SOLA, Kornel SOc		97	UKP FALA Krasnik		<b>5:04.94</b>	511	
	50m:	31.32 31.32	150m:	1:50.35 41.44	250m:	3:13.67 42.91	350m:	4:32.31 34.51
	100m:	1:08.91 37.59	200m:	2:30.76 40.41	300m:	3:57.80 44.13	400m:	5:04.94 32.63
14.	SECZEK, Szymon		99	MKS Trojka Lodz		<b>5:05.90</b>	506	
	50m:	31.98 31.98	150m:	1:48.12 39.76	250m:	3:12.49 46.50	350m:	4:32.97 34.61
	100m:	1:08.36 36.38	200m:	2:25.99 37.87	300m:	3:58.36 45.87	400m:	5:05.90 32.93
15.	ORLOWSKI, Kamil SOc		00	KSZO Ostrowiec		<b>5:07.27</b>	499	
	50m:	32.55 32.55	150m:	1:50.33 40.01	250m:	3:14.25 45.61	350m:	4:34.28 33.76
	100m:	1:10.32 37.77	200m:	2:28.64 38.31	300m:	4:00.52 46.27	400m:	5:07.27 32.99
16.	WAWRYCA, Szymon SR		98	MKS-SMS Victoria Raciborz		<b>5:08.06</b>	495	
	50m:	33.44 33.44	150m:	1:55.03 42.80	250m:	3:15.98 40.64	350m:	4:32.52 35.54
	100m:	1:12.23 38.79	200m:	2:35.34 40.31	300m:	3:56.98 41.00	400m:	5:08.06 35.54

Grand Prix - Puchar Polski w Pływaniu 2013-2014  
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Event 23, Men, 400m Medley, 14 years and older

Rank					YB					Time	Pts	
17.	SOWKA, Denis				98	DOKiS SP "Vega" Dobrodzien				<b>5:09.45</b>	489	
	50m:	31.34	31.34	150m:	1:49.65	41.51	250m:	3:14.10	44.55	350m:	4:35.44	36.55
	100m:	1:08.14	36.80	200m:	2:29.55	39.90	300m:	3:58.89	44.79	400m:	5:09.45	34.01
18.	PIATKIEWICZ, Mateusz				99	MZOS Plock				<b>5:10.63</b>	483	
	50m:	30.98	30.98	150m:	1:47.54	40.46	250m:	3:11.62	44.15	350m:	4:34.46	36.50
	100m:	1:07.08	36.10	200m:	2:27.47	39.93	300m:	3:57.96	46.34	400m:	5:10.63	36.17
19.	KRULIKOWSKI, Maciej SO				99	UKP Unia Oswiecim				<b>5:12.23</b>	476	
	50m:	31.16	31.16	150m:	1:48.25	40.39	250m:	3:10.02	41.42	350m:	4:32.92	39.65
	100m:	1:07.86	36.70	200m:	2:28.60	40.35	300m:	3:53.27	43.25	400m:	5:12.23	39.31
20.	MANKA, Filip				00	UKS 190 Lodz				<b>5:12.41</b>	475	
	50m:	32.52	32.52	150m:	1:49.89	39.23	250m:	3:14.11	44.70	350m:	4:37.10	36.98
	100m:	1:10.66	38.14	200m:	2:29.41	39.52	300m:	4:00.12	46.01	400m:	5:12.41	35.31
21.	PODZIMSKI, Wojciech				99	MKS Park Wodny Tarnowskie Gory				<b>5:17.69</b>	452	
	50m:	31.81	31.81	150m:	1:53.07	43.37	250m:	3:20.05	45.59	350m:	4:42.56	36.82
	100m:	1:09.70	37.89	200m:	2:34.46	41.39	300m:	4:05.74	45.69	400m:	5:17.69	35.13
22.	WOZNIAK, Maciej				00	UKS 190 Lodz				<b>5:21.64</b>	435	
	50m:	32.93	32.93	150m:	1:54.33	42.08	250m:	3:21.65	46.80	350m:	4:46.60	36.06
	100m:	1:12.25	39.32	200m:	2:34.85	40.52	300m:	4:10.54	48.89	400m:	5:21.64	35.04
23.	PIETRZYK, Cezary SOc				00	KSZO Ostrowiec				<b>5:23.71</b>	427	
	50m:	32.18	32.18	150m:	1:54.91	44.39	250m:	3:23.94	45.93	350m:	4:48.37	38.29
	100m:	1:10.52	38.34	200m:	2:38.01	43.10	300m:	4:10.08	46.14	400m:	5:23.71	35.34
24.	WOZNIAK, Kamil				00	MUKS Sokol Kolbuszowa Dolna				<b>5:32.74</b>	393	
	50m:	31.88	31.88	150m:	1:55.84	45.91	250m:	3:28.93	48.19	350m:	4:56.14	38.86
	100m:	1:09.93	38.05	200m:	2:40.74	44.90	300m:	4:17.28	48.35	400m:	5:32.74	36.60
25.	AUGUSTYN, Aleksander				00	MUKS Sokol Kolbuszowa Dolna				<b>5:38.67</b>	373	
	50m:	34.48	34.48	150m:	2:01.01	46.03	250m:	3:34.71	49.13	350m:	5:02.13	38.32
	100m:	1:14.98	40.50	200m:	2:45.58	44.57	300m:	4:23.81	49.10	400m:	5:38.67	36.54
DSQ	TUREK, Maksymilian				98	WKS Slask Wroclaw					K-14	
DSQ	PAWLACZYK, Patryk				00	UKS 190 Lodz					K-16	

19 - 23 years

1.	KUBKOWSKI, Bartlomiej SWR				95	WKS Slask Wroclaw				<b>4:31.42</b>	725	
	50m:	28.94	28.94	150m:	1:37.88	35.54	250m:	2:51.37	37.84	350m:	4:00.76	31.64
	100m:	1:02.34	33.40	200m:	2:13.53	35.65	300m:	3:29.12	37.75	400m:	4:31.42	30.66
2.	ZACZYNSKI, Karol				91	WKS Slask Wroclaw				<b>4:36.12</b>	688	
	50m:	28.69	28.69	150m:	1:38.30	36.01	250m:	2:52.58	39.15	350m:	4:04.83	32.30
	100m:	1:02.29	33.60	200m:	2:13.43	35.13	300m:	3:32.53	39.95	400m:	4:36.12	31.29
3.	CZARNOTA, Mateusz				91	UKP Unia Oswiecim				<b>4:41.27</b>	651	
	50m:	29.95	29.95	150m:	1:40.84	37.11	250m:	2:56.57	39.41	350m:	4:09.18	32.36
	100m:	1:03.73	33.78	200m:	2:17.16	36.32	300m:	3:36.82	40.25	400m:	4:41.27	32.09
4.	GASIOR, Patryk				94	AZS Warsaw				<b>4:43.57</b>	635	
	50m:	29.09	29.09	150m:	1:38.61	35.98	250m:	2:55.45	40.79	350m:	4:11.73	35.02
	100m:	1:02.63	33.54	200m:	2:14.66	36.05	300m:	3:36.71	41.26	400m:	4:43.57	31.84

17 - 18 years

1.	NAGI, Mateusz SO				97	UKP Unia Oswiecim				<b>4:48.83</b>	601	
	50m:	30.61	30.61	150m:	1:46.92	40.36	250m:	3:04.16	38.28	350m:	4:17.05	33.22
	100m:	1:06.56	35.95	200m:	2:25.88	38.96	300m:	3:43.83	39.67	400m:	4:48.83	31.78
2.	STEC, Adam				97	MKP Szczecin				<b>4:50.32</b>	592	
	50m:	28.88	28.88	150m:	1:38.98	37.09	250m:	2:57.95	43.65	350m:	4:16.42	34.29
	100m:	1:01.89	33.01	200m:	2:14.30	35.32	300m:	3:42.13	44.18	400m:	4:50.32	33.90
3.	SALIK, Jakub				96	MKS Juvenia Wroclaw				<b>4:52.02</b>	582	
	50m:	31.41	31.41	150m:	1:46.27	40.14	250m:	3:04.48	38.10	350m:	4:19.18	34.81
	100m:	1:06.13	34.72	200m:	2:26.38	40.11	300m:	3:44.37	39.89	400m:	4:52.02	32.84

Grand Prix - Puchar Polski w Pływaniu 2013-2014  
Opole, 3- - 4-5-2014

Event 23, Boys, 400m Medley, 17 - 18 years

Rank			YB					Time	Pts			
4.	SOLA, Kornel SOc		97	UKP FALA Krasnik				<b>5:04.94</b>	511			
	50m:	31.32	31.32	150m:	1:50.35	41.44	250m:	3:13.67	42.91	350m:	4:32.31	34.51
	100m:	1:08.91	37.59	200m:	2:30.76	40.41	300m:	3:57.80	44.13	400m:	5:04.94	32.63

16 years

1.	ULATOWSKI, Wojciech SO		98	UKP Unia Oswiecim				<b>4:46.02</b>	619			
	50m:	29.90	29.90	150m:	1:41.39	37.32	250m:	2:59.69	41.16	350m:	4:14.47	32.52
	100m:	1:04.07	34.17	200m:	2:18.53	37.14	300m:	3:41.95	42.26	400m:	4:46.02	31.55
2.	NIEDZIALEK, Dominik		98	Skarpa Lublin				<b>4:48.48</b>	603			
	50m:	29.94	29.94	150m:	1:42.16	37.68	250m:	3:00.67	42.11	350m:	4:17.00	34.17
	100m:	1:04.48	34.54	200m:	2:18.56	36.40	300m:	3:42.83	42.16	400m:	4:48.48	31.48
3.	WAWRYCA, Szymon SR		98	MKS-SMS Victoria Raciborz				<b>5:08.06</b>	495			
	50m:	33.44	33.44	150m:	1:55.03	42.80	250m:	3:15.98	40.64	350m:	4:32.52	35.54
	100m:	1:12.23	38.79	200m:	2:35.34	40.31	300m:	3:56.98	41.00	400m:	5:08.06	35.54
4.	SOWKA, Denis		98	DOKiS SP "Vega" Dobrodzien				<b>5:09.45</b>	489			
	50m:	31.34	31.34	150m:	1:49.65	41.51	250m:	3:14.10	44.55	350m:	4:35.44	36.55
	100m:	1:08.14	36.80	200m:	2:29.55	39.90	300m:	3:58.89	44.79	400m:	5:09.45	34.01

DSQ TUREK, Maksymilian 98 WKS Slask Wroclaw K-14

15 years

1.	KEMPA, Mikolaj SO		99	MMKS Kedzierzyn-Kozle				<b>4:52.12</b>	581			
	50m:	29.93	29.93	150m:	1:43.11	38.49	250m:	3:04.02	42.28	350m:	4:20.26	33.72
	100m:	1:04.62	34.69	200m:	2:21.74	38.63	300m:	3:46.54	42.52	400m:	4:52.12	31.86
2.	GOLENIEC, Kamil SO		99	UKP Unia Oswiecim				<b>5:03.08</b>	520			
	50m:	32.58	32.58	150m:	1:49.78	40.14	250m:	3:11.13	41.83	350m:	4:28.95	35.19
	100m:	1:09.64	37.06	200m:	2:29.30	39.52	300m:	3:53.76	42.63	400m:	5:03.08	34.13
3.	SECZEK, Szymon		99	MKS Trojka Lodz				<b>5:05.90</b>	506			
	50m:	31.98	31.98	150m:	1:48.12	39.76	250m:	3:12.49	46.50	350m:	4:32.97	34.61
	100m:	1:08.36	36.38	200m:	2:25.99	37.87	300m:	3:58.36	45.87	400m:	5:05.90	32.93
4.	PIATKIEWICZ, Mateusz		99	MZOS Plock				<b>5:10.63</b>	483			
	50m:	30.98	30.98	150m:	1:47.54	40.46	250m:	3:11.62	44.15	350m:	4:34.46	36.50
	100m:	1:07.08	36.10	200m:	2:27.47	39.93	300m:	3:57.96	46.34	400m:	5:10.63	36.17
5.	KRULIKOWSKI, Maciej SO		99	UKP Unia Oswiecim				<b>5:12.23</b>	476			
	50m:	31.16	31.16	150m:	1:48.25	40.39	250m:	3:10.02	41.42	350m:	4:32.92	39.65
	100m:	1:07.86	36.70	200m:	2:28.60	40.35	300m:	3:53.27	43.25	400m:	5:12.23	39.31
6.	PODZIMSKI, Wojciech		99	MKS Park Wodny Tarnowskie Gory				<b>5:17.69</b>	452			
	50m:	31.81	31.81	150m:	1:53.07	43.37	250m:	3:20.05	45.59	350m:	4:42.56	36.82
	100m:	1:09.70	37.89	200m:	2:34.46	41.39	300m:	4:05.74	45.69	400m:	5:17.69	35.13

14 years

1.	KALUSOWSKI, Jan		00	MKS Trojka Lodz				<b>4:53.10</b>	575			
	50m:	30.05	30.05	150m:	1:46.16	40.74	250m:	3:04.12	38.79	350m:	4:19.52	35.11
	100m:	1:05.42	35.37	200m:	2:25.33	39.17	300m:	3:44.41	40.29	400m:	4:53.10	33.58
2.	ORLOWSKI, Kamil SOc		00	KSZO Ostrowiec				<b>5:07.27</b>	499			
	50m:	32.55	32.55	150m:	1:50.33	40.01	250m:	3:14.25	45.61	350m:	4:34.28	33.76
	100m:	1:10.32	37.77	200m:	2:28.64	38.31	300m:	4:00.52	46.27	400m:	5:07.27	32.99
3.	MANKA, Filip		00	UKS 190 Lodz				<b>5:12.41</b>	475			
	50m:	32.52	32.52	150m:	1:49.89	39.23	250m:	3:14.11	44.70	350m:	4:37.10	36.98
	100m:	1:10.66	38.14	200m:	2:29.41	39.52	300m:	4:00.12	46.01	400m:	5:12.41	35.31
4.	WOZNIAK, Maciej		00	UKS 190 Lodz				<b>5:21.64</b>	435			
	50m:	32.93	32.93	150m:	1:54.33	42.08	250m:	3:21.65	46.80	350m:	4:46.60	36.06
	100m:	1:12.25	39.32	200m:	2:34.85	40.52	300m:	4:10.54	48.89	400m:	5:21.64	35.04

Grand Prix - Puchar Polski w Pływaniu 2013-2014  
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Event 23, Boys, 400m Medley, 14 years

Rank		YB						Time	Pts
5.	PIETRZYK, Cezary SOc	00	KSZO Ostrowiec					<b>5:23.71</b>	427
	50m: 32.18 32.18	150m: 1:54.91	44.39	250m: 3:23.94	45.93	350m: 4:48.37	38.29		
	100m: 1:10.52 38.34	200m: 2:38.01	43.10	300m: 4:10.08	46.14	400m: 5:23.71	35.34		
6.	WOZNIAK, Kamil	00	MUKS Sokol Kolbuszowa Dolna					<b>5:32.74</b>	393
	50m: 31.88 31.88	150m: 1:55.84	45.91	250m: 3:28.93	48.19	350m: 4:56.14	38.86		
	100m: 1:09.93 38.05	200m: 2:40.74	44.90	300m: 4:17.28	48.35	400m: 5:32.74	36.60		
7.	AUGUSTYN, Aleksander	00	MUKS Sokol Kolbuszowa Dolna					<b>5:38.67</b>	373
	50m: 34.48 34.48	150m: 2:01.01	46.03	250m: 3:34.71	49.13	350m: 5:02.13	38.32		
	100m: 1:14.98 40.50	200m: 2:45.58	44.57	300m: 4:23.81	49.10	400m: 5:38.67	36.54		
DSQ	PAWLACZYK, Patryk	00	UKS 190 Lodz						K-16