

Grand Prix - Puchar Polski w Pływaniu
Opole, 9- - 10-5-2015

Event 11
2015-05-09 - 17:33

Men, 400m Medley

14 years and older
Results

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

Points: FINA 2014

Rank			YB					Time	Pts			
14 years and older												
1.	Zbutowicz Karol	SOL	98	Kormoran Olsztyn				4:26.42	766			
	50m:	29.13	29.13	150m:	1:37.40	35.21	250m:	2:48.17	36.27	350m:	3:56.50	31.73
	100m:	1:02.19	33.06	200m:	2:11.90	34.50	300m:	3:24.77	36.60	400m:	4:26.42	29.92
2.	Szwedzki Dawid		94	WKS Slask Wroclaw				4:30.09	735			
	50m:	28.20	28.20	150m:	1:37.04	35.93	250m:	2:48.97	37.00	350m:	3:59.48	32.29
	100m:	1:01.11	32.91	200m:	2:11.97	34.93	300m:	3:27.19	38.22	400m:	4:30.09	30.61
3.	Zaczynski Karol		91	WKS Slask Wroclaw				4:30.12	735			
	50m:	28.72	28.72	150m:	1:37.90	35.57	250m:	2:50.60	38.23	350m:	4:00.91	32.26
	100m:	1:02.33	33.61	200m:	2:12.37	34.47	300m:	3:28.65	38.05	400m:	4:30.12	29.21
4.	Balabuch Krystian		95	AZS AGH Krakow				4:36.40	686			
	50m:	28.17	28.17	150m:	1:37.72	35.89	250m:	2:51.81	38.12	350m:	4:04.31	33.25
	100m:	1:01.83	33.66	200m:	2:13.69	35.97	300m:	3:31.06	39.25	400m:	4:36.40	32.09
5.	Chmielewski Jakub		99	WKS Slask Wroclaw				4:36.57	685			
	50m:	29.51	29.51	150m:	1:38.16	34.86	250m:	2:54.27	41.29	350m:	4:06.51	31.74
	100m:	1:03.30	33.79	200m:	2:12.98	34.82	300m:	3:34.77	40.50	400m:	4:36.57	30.06
6.	Sobczyk Maciej		95	AZS AGH Krakow				4:39.68	662			
	50m:	29.47	29.47	150m:	1:39.59	36.15	250m:	2:53.94	38.74	350m:	4:07.53	33.71
	100m:	1:03.44	33.97	200m:	2:15.20	35.61	300m:	3:33.82	39.88	400m:	4:39.68	32.15
7.	Urbaniak Jan		95	WARTA Poznan				4:41.07	652			
	50m:	30.25	30.25	150m:	1:41.24	37.06	250m:	2:58.19	40.76	350m:	4:10.60	31.60
	100m:	1:04.18	33.93	200m:	2:17.43	36.19	300m:	3:39.00	40.81	400m:	4:41.07	30.47
8.	Ciezkowski Dominik		96	MKS Jordan Krakow				4:43.41	636			
	50m:	28.50	28.50	150m:	1:40.44	39.24	250m:	2:59.77	41.55	350m:	4:12.22	31.72
	100m:	1:01.20	32.70	200m:	2:18.22	37.78	300m:	3:40.50	40.73	400m:	4:43.41	31.19
9.	Lechowicz Filip	SO	97	KS Korona Krakow				4:44.36	630			
	50m:	30.25	30.25	150m:	1:44.43	38.10	250m:	2:59.64	39.91	350m:	4:13.41	33.34
	100m:	1:06.33	36.08	200m:	2:19.73	35.30	300m:	3:40.07	40.43	400m:	4:44.36	30.95
10.	Hojda Bartlomiej	SO	98	UKP UNIA Oswiecim				4:46.43	616			
	50m:	30.20	30.20	150m:	1:42.19	37.30	250m:	3:00.11	40.55	350m:	4:15.17	33.08
	100m:	1:04.89	34.69	200m:	2:19.56	37.37	300m:	3:42.09	41.98	400m:	4:46.43	31.26
11.	Kempa Mikolaj	SO	99	MMKS Kedzierzyn Kozle				4:46.56	616			
	50m:	30.24	30.24	150m:	1:42.15	37.75	250m:	3:00.23	40.07	350m:	4:15.44	33.27
	100m:	1:04.40	34.16	200m:	2:20.16	38.01	300m:	3:42.17	41.94	400m:	4:46.56	31.12
12.	Palmi-Kukielko Mieszko		93	WKS Slask Wroclaw				4:47.91	607			
	50m:	29.56	29.56	150m:	1:42.50	38.71	250m:	3:02.42	41.94	350m:	4:16.17	31.77
	100m:	1:03.79	34.23	200m:	2:20.48	37.98	300m:	3:44.40	41.98	400m:	4:47.91	31.74
13.	Kubot Szymon	SZG	97	WARTA Poznan				4:48.07	606			
	50m:	29.47	29.47	150m:	1:43.65	39.62	250m:	3:01.17	39.69	350m:	4:15.63	34.15
	100m:	1:04.03	34.56	200m:	2:21.48	37.83	300m:	3:41.48	40.31	400m:	4:48.07	32.44
14.	Krulikowski Maciej	SO	99	UKP UNIA Oswiecim				4:48.78	602			
	50m:	30.05	30.05	150m:	1:43.55	37.98	250m:	3:00.64	38.80	350m:	4:15.91	34.78
	100m:	1:05.57	35.52	200m:	2:21.84	38.29	300m:	3:41.13	40.49	400m:	4:48.78	32.87
15.	Goleniec Kamil	SO	99	UKP UNIA Oswiecim				4:49.30	598			
	50m:	30.36	30.36	150m:	1:44.64	39.32	250m:	3:03.09	39.69	350m:	4:17.58	33.75
	100m:	1:05.32	34.96	200m:	2:23.40	38.76	300m:	3:43.83	40.74	400m:	4:49.30	31.72
16.	Blachura Patryk	SO	99	ULKS Victoria Kozy				4:52.37	580			
	50m:	30.13	30.13	150m:	1:42.67	38.13	250m:	3:03.44	43.19	350m:	4:21.46	34.78
	100m:	1:04.54	34.41	200m:	2:20.25	37.58	300m:	3:46.68	43.24	400m:	4:52.37	30.91

Grand Prix - Puchar Polski w Pływaniu
Opole, 9- - 10-5-2015

Event 11, Men, 400m Medley, 14 years and older

Rank					YB					Time	Pts	
17.	Sacha Kamil				01	CSiR MOS Dabrowa Gornicza				4:52.39	579	
	50m:	31.17	31.17	150m:	1:45.03	38.23	250m:	3:04.01	40.97	350m:	4:19.42	33.79
	100m:	1:06.80	35.63	200m:	2:23.04	38.01	300m:	3:45.63	41.62	400m:	4:52.39	32.97
18.	Topolski Arkadiusz SO				98	UKP UNIA Oswiecim				4:53.72	572	
	50m:	31.21	31.21	150m:	1:44.33	38.45	250m:	3:05.44	43.40	350m:	4:22.20	34.20
	100m:	1:05.88	34.67	200m:	2:22.04	37.71	300m:	3:48.00	42.56	400m:	4:53.72	31.52
19.	Manka Filip				00	UKS 190 Lodz				4:53.96	570	
	50m:	30.96	30.96	150m:	1:43.67	37.22	250m:	3:04.04	43.11	350m:	4:21.10	33.75
	100m:	1:06.45	35.49	200m:	2:20.93	37.26	300m:	3:47.35	43.31	400m:	4:53.96	32.86
20.	Macner Michal				99	MKS Park Wodny Tarnowskie Gory				4:54.71	566	
	50m:	30.89	30.89	150m:	1:46.69	39.40	250m:	3:07.26	42.48	350m:	4:23.15	33.25
	100m:	1:07.29	36.40	200m:	2:24.78	38.09	300m:	3:49.90	42.64	400m:	4:54.71	31.56
21.	Arentewicz Jacek				97	UKS Shark Rudna				4:54.91	565	
	50m:	30.52	30.52	150m:	1:48.26	41.30	250m:	3:06.63	37.94	350m:	4:20.82	35.37
	100m:	1:06.96	36.44	200m:	2:28.69	40.43	300m:	3:45.45	38.82	400m:	4:54.91	34.09
22.	Pawlaczyk Patryk				00	UKS 190 Lodz				4:56.01	558	
	50m:	31.12	31.12	150m:	1:43.62	36.24	250m:	3:05.78	44.83	350m:	4:24.85	33.81
	100m:	1:07.38	36.26	200m:	2:20.95	37.33	300m:	3:51.04	45.26	400m:	4:56.01	31.16
23.	Troja Mateusz				97	AZS AWF Katowice				4:56.91	553	
	50m:	30.24	30.24	150m:	1:46.56	38.91	250m:	3:06.84	42.25	350m:	4:23.31	33.96
	100m:	1:07.65	37.41	200m:	2:24.59	38.03	300m:	3:49.35	42.51	400m:	4:56.91	33.60
24.	Sumara Benjamin				99	CSiR MOS Dabrowa Gornicza				4:56.94	553	
	50m:	30.40	30.40	150m:	1:46.09	40.51	250m:	3:07.32	43.11	350m:	4:25.00	34.00
	100m:	1:05.58	35.18	200m:	2:24.21	38.12	300m:	3:51.00	43.68	400m:	4:56.94	31.94
25.	Fiks Krzysztof				00	UKS 190 Lodz				4:57.07	553	
	50m:	29.53	29.53	150m:	1:43.61	39.53	250m:	3:06.55	44.53	350m:	4:25.59	34.41
	100m:	1:04.08	34.55	200m:	2:22.02	38.41	300m:	3:51.18	44.63	400m:	4:57.07	31.48
26.	Durajczyk Michal				97	IKS Konstancin				4:57.23	552	
	50m:	29.64	29.64	150m:	1:42.23	38.55	250m:	3:03.47	44.75	350m:	4:24.05	33.84
	100m:	1:03.68	34.04	200m:	2:18.72	36.49	300m:	3:50.21	46.74	400m:	4:57.23	33.18
27.	Lenartowicz Kacper				99	IKS Konstancin				4:58.34	545	
	50m:	29.79	29.79	150m:	1:44.40	39.71	250m:	3:06.72	43.85	350m:	4:25.49	34.02
	100m:	1:04.69	34.90	200m:	2:22.87	38.47	300m:	3:51.47	44.75	400m:	4:58.34	32.85
28.	Lapot Radoslaw				99	MKS - MOS Katowice				4:58.76	543	
	50m:	31.38	31.38	150m:	1:48.08	39.45	250m:	3:09.48	42.51	350m:	4:25.90	33.26
	100m:	1:08.63	37.25	200m:	2:26.97	38.89	300m:	3:52.64	43.16	400m:	4:58.76	32.86
29.	Jaworski Szymon				01	UKS Salmo Zory				5:00.21	535	
	50m:	30.32	30.32	150m:	1:47.41	39.66	250m:	3:09.84	43.67	350m:	4:27.51	33.66
	100m:	1:07.75	37.43	200m:	2:26.17	38.76	300m:	3:53.85	44.01	400m:	5:00.21	32.70
30.	Roman Mateusz				00	MKS Zryw Opole				5:00.25	535	
	50m:	31.71	31.71	150m:	1:47.16	37.90	250m:	3:07.51	42.83	350m:	4:26.23	35.49
	100m:	1:09.26	37.55	200m:	2:24.68	37.52	300m:	3:50.74	43.23	400m:	5:00.25	34.02
31.	Domanski Kamil				00	Olimpijczyk Aleksandrow L.				5:01.02	531	
	50m:	31.73	31.73	150m:	1:47.84	39.51	250m:	3:10.70	43.70	350m:	4:28.15	33.74
	100m:	1:08.33	36.60	200m:	2:27.00	39.16	300m:	3:54.41	43.71	400m:	5:01.02	32.87
32.	Chromik Mateusz SO				00	UKP UNIA Oswiecim				5:05.01	510	
	50m:	34.52	34.52	150m:	1:52.64	39.09	250m:	3:13.61	43.12	350m:	4:31.75	35.08
	100m:	1:13.55	39.03	200m:	2:30.49	37.85	300m:	3:56.67	43.06	400m:	5:05.01	33.26
33.	Krzywnicki Adrian				01	MPKS ORKA Ciechanow				5:05.33	509	
	50m:	30.50	30.50	150m:	1:46.47	39.65	250m:	3:10.29	44.90	350m:	4:31.08	35.60
	100m:	1:06.82	36.32	200m:	2:25.39	38.92	300m:	3:55.48	45.19	400m:	5:05.33	34.25
34.	Taradys Jakub SZG				00	KORNER Zielona Gora				5:05.84	506	
	50m:	31.45	31.45	150m:	1:47.73	39.03	250m:	3:12.68	46.11	350m:	4:33.34	34.46
	100m:	1:08.70	37.25	200m:	2:26.57	38.84	300m:	3:58.88	46.20	400m:	5:05.84	32.50

Grand Prix - Puchar Polski w Pływaniu
Opole, 9- - 10-5-2015

Event 11, Men, 400m Medley, 14 years and older

Rank			YB					Time	Pts
35.	Klapa Filip		98	UKP UNIA Oswiecim			5:05.95	506	
	50m: 30.13	30.13	150m: 1:48.24	41.83	250m: 3:12.51	42.70	350m: 4:31.89	36.06	
	100m: 1:06.41	36.28	200m: 2:29.81	41.57	300m: 3:55.83	43.32	400m: 5:05.95	34.06	
36.	Mayerberg Kacper SO		00	UKP UNIA Oswiecim			5:06.12	505	
	50m: 32.49	32.49	150m: 1:51.79	41.72	250m: 3:15.04	44.53	350m: 4:32.96	33.87	
	100m: 1:10.07	37.58	200m: 2:30.51	38.72	300m: 3:59.09	44.05	400m: 5:06.12	33.16	
37.	Orzechowski Kacper		00	UKS NAWA Skierniewice			5:06.34	504	
	50m: 32.52	32.52	150m: 1:51.32	40.39	250m: 3:14.49	42.53	350m: 4:32.24	35.85	
	100m: 1:10.93	38.41	200m: 2:31.96	40.64	300m: 3:56.39	41.90	400m: 5:06.34	34.10	
38.	Skierski Radoslaw		00	UKS Wodnik 29 Katowice			5:07.32	499	
	50m: 31.63	31.63	150m: 1:50.67	41.84	250m: 3:14.00	42.04	350m: 4:32.25	35.63	
	100m: 1:08.83	37.20	200m: 2:31.96	41.29	300m: 3:56.62	42.62	400m: 5:07.32	35.07	
39.	Blaszczyk Kacper		00	Olimpijczyk Aleksandrow L.			5:07.69	497	
	50m: 30.25	30.25	150m: 1:48.11	41.63	250m: 3:10.51	42.43	350m: 4:32.12	36.59	
	100m: 1:06.48	36.23	200m: 2:28.08	39.97	300m: 3:55.53	45.02	400m: 5:07.69	35.57	
40.	Podzimski Wojciech		99	MKS Park Wodny Tarnowskie Gory			5:12.01	477	
	50m: 30.60	30.60	150m: 1:49.87	41.84	250m: 3:14.71	44.01	350m: 4:36.39	36.21	
	100m: 1:08.03	37.43	200m: 2:30.70	40.83	300m: 4:00.18	45.47	400m: 5:12.01	35.62	
41.	Szynalski Szymon		00	UPKS Wodnik Rawicz			5:18.08	450	
	50m: 32.24	32.24	150m: 1:53.81	41.90	250m: 3:19.79	45.67	350m: 4:43.85	36.50	
	100m: 1:11.91	39.67	200m: 2:34.12	40.31	300m: 4:07.35	47.56	400m: 5:18.08	34.23	
42.	Zaremba Jakub		01	WKS Slask Wroclaw			5:18.86	447	
	50m: 33.63	33.63	150m: 1:53.92	41.55	250m: 3:20.58	46.42	350m: 4:43.48	36.35	
	100m: 1:12.37	38.74	200m: 2:34.16	40.24	300m: 4:07.13	46.55	400m: 5:18.86	35.38	
43.	Skuba Marcin		98	Orka Zamosc			5:20.34	441	
	50m: 31.77	31.77	150m: 1:51.15	41.52	250m: 3:19.81	47.99	350m: 4:45.13	37.15	
	100m: 1:09.63	37.86	200m: 2:31.82	40.67	300m: 4:07.98	48.17	400m: 5:20.34	35.21	
44.	Guzy Marcel		01	DOKiS SP "Vega" Dobrodzien			5:23.55	428	
	50m: 33.76	33.76	150m: 1:55.96	42.93	250m: 3:23.75	45.32	350m: 4:46.77	37.48	
	100m: 1:13.03	39.27	200m: 2:38.43	42.47	300m: 4:09.29	45.54	400m: 5:23.55	36.78	
45.	Szynawa Oskar		00	UKS WODNIK Siemianowice Slaski			5:24.77	423	
	50m: 34.04	34.04	150m: 2:01.17	44.45	250m: 3:25.27	42.04	350m: 4:48.10	38.25	
	100m: 1:16.72	42.68	200m: 2:43.23	42.06	300m: 4:09.85	44.58	400m: 5:24.77	36.67	
46.	Scieszko Mateusz		01	MKS Trojka Lodz			5:25.04	422	
	50m: 31.68	31.68	150m: 1:54.00	45.01	250m: 3:23.39	46.65	350m: 4:48.07	38.00	
	100m: 1:08.99	37.31	200m: 2:36.74	42.74	300m: 4:10.07	46.68	400m: 5:25.04	36.97	
47.	Pabich Jakub		00	MPKS ORKA Ciechanow			5:29.31	405	
	50m: 32.71	32.71	150m: 1:54.28	43.92	250m: 3:25.82	48.90	350m: 4:53.32	37.95	
	100m: 1:10.36	37.65	200m: 2:36.92	42.64	300m: 4:15.37	49.55	400m: 5:29.31	35.99	
48.	Nowak Aleksander		01	UKS NAWA Skierniewice			5:32.58	394	
	50m: 34.76	34.76	150m: 1:59.42	43.33	250m: 3:29.51	48.52	350m: 4:56.35	36.51	
	100m: 1:16.09	41.33	200m: 2:40.99	41.57	300m: 4:19.84	50.33	400m: 5:32.58	36.23	
49.	Krol Mateusz		01	MKS - Astoria Bydgoszcz			5:32.71	393	
	50m: 32.99	32.99	150m: 1:59.64	45.48	250m: 3:29.92	46.23	350m: 4:55.77	36.96	
	100m: 1:14.16	41.17	200m: 2:43.69	44.05	300m: 4:18.81	48.89	400m: 5:32.71	36.94	
DSQ	Kaczorowski Jakub		97	UKS Zoliborz Warszawa				G-3	

19 - 23 years

1.	Szwedzki Dawid		94	WKS Slask Wroclaw			4:30.09	735
	50m: 28.20	28.20	150m: 1:37.04	35.93	250m: 2:48.97	37.00	350m: 3:59.48	32.29
	100m: 1:01.11	32.91	200m: 2:11.97	34.93	300m: 3:27.19	38.22	400m: 4:30.09	30.61
2.	Balabuch Krystian		95	AZS AGH Krakow			4:36.40	686
	50m: 28.17	28.17	150m: 1:37.72	35.89	250m: 2:51.81	38.12	350m: 4:04.31	33.25
	100m: 1:01.83	33.66	200m: 2:13.69	35.97	300m: 3:31.06	39.25	400m: 4:36.40	32.09

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Event 11, Men, 400m Medley, 19 - 23 years

Rank					YB					Time	Pts	
3.	Sobczyk Maciej				95	AZS AGH Krakow				4:39.68	662	
	50m:	29.47	29.47	150m:	1:39.59	36.15	250m:	2:53.94	38.74	350m:	4:07.53	33.71
	100m:	1:03.44	33.97	200m:	2:15.20	35.61	300m:	3:33.82	39.88	400m:	4:39.68	32.15
4.	Urbaniak Jan				95	WARTA Poznan				4:41.07	652	
	50m:	30.25	30.25	150m:	1:41.24	37.06	250m:	2:58.19	40.76	350m:	4:10.60	31.60
	100m:	1:04.18	33.93	200m:	2:17.43	36.19	300m:	3:39.00	40.81	400m:	4:41.07	30.47
5.	Ciezkowski Dominik				96	MKS Jordan Krakow				4:43.41	636	
	50m:	28.50	28.50	150m:	1:40.44	39.24	250m:	2:59.77	41.55	350m:	4:12.22	31.72
	100m:	1:01.20	32.70	200m:	2:18.22	37.78	300m:	3:40.50	40.73	400m:	4:43.41	31.19
6.	Palmi-Kukielko Mieszko				93	WKS Slask Wroclaw				4:47.91	607	
	50m:	29.56	29.56	150m:	1:42.50	38.71	250m:	3:02.42	41.94	350m:	4:16.17	31.77
	100m:	1:03.79	34.23	200m:	2:20.48	37.98	300m:	3:44.40	41.98	400m:	4:47.91	31.74

17 - 18 years

1.	Zbutowicz Karol SOL				98	Kormoran Olsztyn				4:26.42	766	
	50m:	29.13	29.13	150m:	1:37.40	35.21	250m:	2:48.17	36.27	350m:	3:56.50	31.73
	100m:	1:02.19	33.06	200m:	2:11.90	34.50	300m:	3:24.77	36.60	400m:	4:26.42	29.92
2.	Lechowicz Filip SO				97	KS Korona Krakow				4:44.36	630	
	50m:	30.25	30.25	150m:	1:44.43	38.10	250m:	2:59.64	39.91	350m:	4:13.41	33.34
	100m:	1:06.33	36.08	200m:	2:19.73	35.30	300m:	3:40.07	40.43	400m:	4:44.36	30.95
3.	Hojda Bartlomiej SO				98	UKP UNIA Oswiecim				4:46.43	616	
	50m:	30.20	30.20	150m:	1:42.19	37.30	250m:	3:00.11	40.55	350m:	4:15.17	33.08
	100m:	1:04.89	34.69	200m:	2:19.56	37.37	300m:	3:42.09	41.98	400m:	4:46.43	31.26
4.	Kubot Szymon SZG				97	WARTA Poznan				4:48.07	606	
	50m:	29.47	29.47	150m:	1:43.65	39.62	250m:	3:01.17	39.69	350m:	4:15.63	34.15
	100m:	1:04.03	34.56	200m:	2:21.48	37.83	300m:	3:41.48	40.31	400m:	4:48.07	32.44
5.	Topolski Arkadiusz SO				98	UKP UNIA Oswiecim				4:53.72	572	
	50m:	31.21	31.21	150m:	1:44.33	38.45	250m:	3:05.44	43.40	350m:	4:22.20	34.20
	100m:	1:05.88	34.67	200m:	2:22.04	37.71	300m:	3:48.00	42.56	400m:	4:53.72	31.52
6.	Arentewicz Jacek				97	UKS Shark Rudna				4:54.91	565	
	50m:	30.52	30.52	150m:	1:48.26	41.30	250m:	3:06.63	37.94	350m:	4:20.82	35.37
	100m:	1:06.96	36.44	200m:	2:28.69	40.43	300m:	3:45.45	38.82	400m:	4:54.91	34.09
7.	Troja Mateusz				97	AZS AWF Katowice				4:56.91	553	
	50m:	30.24	30.24	150m:	1:46.56	38.91	250m:	3:06.84	42.25	350m:	4:23.31	33.96
	100m:	1:07.65	37.41	200m:	2:24.59	38.03	300m:	3:49.35	42.51	400m:	4:56.91	33.60
8.	Durajczyk Michal				97	IKS Konstancin				4:57.23	552	
	50m:	29.64	29.64	150m:	1:42.23	38.55	250m:	3:03.47	44.75	350m:	4:24.05	33.84
	100m:	1:03.68	34.04	200m:	2:18.72	36.49	300m:	3:50.21	46.74	400m:	4:57.23	33.18
9.	Klapa Filip				98	UKP UNIA Oswiecim				5:05.95	506	
	50m:	30.13	30.13	150m:	1:48.24	41.83	250m:	3:12.51	42.70	350m:	4:31.89	36.06
	100m:	1:06.41	36.28	200m:	2:29.81	41.57	300m:	3:55.83	43.32	400m:	5:05.95	34.06
10.	Skuba Marcin				98	Orka Zamosc				5:20.34	441	
	50m:	31.77	31.77	150m:	1:51.15	41.52	250m:	3:19.81	47.99	350m:	4:45.13	37.15
	100m:	1:09.63	37.86	200m:	2:31.82	40.67	300m:	4:07.98	48.17	400m:	5:20.34	35.21

DSQ Kaczorowski Jakub

97 UKS Zoliborz Warszawa

G-3

16 years

1.	Chmielewski Jakub				99	WKS Slask Wroclaw				4:36.57	685	
	50m:	29.51	29.51	150m:	1:38.16	34.86	250m:	2:54.27	41.29	350m:	4:06.51	31.74
	100m:	1:03.30	33.79	200m:	2:12.98	34.82	300m:	3:34.77	40.50	400m:	4:36.57	30.06
2.	Kempa Mikolaj SO				99	MMKS Kedzierzyn Kozle				4:46.56	616	
	50m:	30.24	30.24	150m:	1:42.15	37.75	250m:	3:00.23	40.07	350m:	4:15.44	33.27
	100m:	1:04.40	34.16	200m:	2:20.16	38.01	300m:	3:42.17	41.94	400m:	4:46.56	31.12

Grand Prix - Puchar Polski w Pływaniu
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Event 11, Boys, 400m Medley, 16 years

Rank			YB					Time	Pts			
3.	Krulikowski Maciej SO		99	UKP UNIA Oswiecim				4:48.78	602			
	50m:	30.05	30.05	150m:	1:43.55	37.98	250m:	3:00.64	38.80	350m:	4:15.91	34.78
	100m:	1:05.57	35.52	200m:	2:21.84	38.29	300m:	3:41.13	40.49	400m:	4:48.78	32.87
4.	Goleniec Kamil SO		99	UKP UNIA Oswiecim				4:49.30	598			
	50m:	30.36	30.36	150m:	1:44.64	39.32	250m:	3:03.09	39.69	350m:	4:17.58	33.75
	100m:	1:05.32	34.96	200m:	2:23.40	38.76	300m:	3:43.83	40.74	400m:	4:49.30	31.72
5.	Blachura Patryk SO		99	ULKS Victoria Kozy				4:52.37	580			
	50m:	30.13	30.13	150m:	1:42.67	38.13	250m:	3:03.44	43.19	350m:	4:21.46	34.78
	100m:	1:04.54	34.41	200m:	2:20.25	37.58	300m:	3:46.68	43.24	400m:	4:52.37	30.91
6.	Macner Michal		99	MKS Park Wodny Tarnowskie Gory				4:54.71	566			
	50m:	30.89	30.89	150m:	1:46.69	39.40	250m:	3:07.26	42.48	350m:	4:23.15	33.25
	100m:	1:07.29	36.40	200m:	2:24.78	38.09	300m:	3:49.90	42.64	400m:	4:54.71	31.56
7.	Sumara Benjamin		99	CSiR MOS Dabrowa Gornicza				4:56.94	553			
	50m:	30.40	30.40	150m:	1:46.09	40.51	250m:	3:07.32	43.11	350m:	4:25.00	34.00
	100m:	1:05.58	35.18	200m:	2:24.21	38.12	300m:	3:51.00	43.68	400m:	4:56.94	31.94
8.	Lenartowicz Kacper		99	IKS Konstancin				4:58.34	545			
	50m:	29.79	29.79	150m:	1:44.40	39.71	250m:	3:06.72	43.85	350m:	4:25.49	34.02
	100m:	1:04.69	34.90	200m:	2:22.87	38.47	300m:	3:51.47	44.75	400m:	4:58.34	32.85
9.	Lapot Radoslaw		99	MKS - MOS Katowice				4:58.76	543			
	50m:	31.38	31.38	150m:	1:48.08	39.45	250m:	3:09.48	42.51	350m:	4:25.90	33.26
	100m:	1:08.63	37.25	200m:	2:26.97	38.89	300m:	3:52.64	43.16	400m:	4:58.76	32.86
10.	Podzimski Wojciech		99	MKS Park Wodny Tarnowskie Gory				5:12.01	477			
	50m:	30.60	30.60	150m:	1:49.87	41.84	250m:	3:14.71	44.01	350m:	4:36.39	36.21
	100m:	1:08.03	37.43	200m:	2:30.70	40.83	300m:	4:00.18	45.47	400m:	5:12.01	35.62

15 years

1.	Manka Filip		00	UKS 190 Lodz				4:53.96	570			
	50m:	30.96	30.96	150m:	1:43.67	37.22	250m:	3:04.04	43.11	350m:	4:21.10	33.75
	100m:	1:06.45	35.49	200m:	2:20.93	37.26	300m:	3:47.35	43.31	400m:	4:53.96	32.86
2.	Pawlaczyk Patryk		00	UKS 190 Lodz				4:56.01	558			
	50m:	31.12	31.12	150m:	1:43.62	36.24	250m:	3:05.78	44.83	350m:	4:24.85	33.81
	100m:	1:07.38	36.26	200m:	2:20.95	37.33	300m:	3:51.04	45.26	400m:	4:56.01	31.16
3.	Fiks Krzysztof		00	UKS 190 Lodz				4:57.07	553			
	50m:	29.53	29.53	150m:	1:43.61	39.53	250m:	3:06.55	44.53	350m:	4:25.59	34.41
	100m:	1:04.08	34.55	200m:	2:22.02	38.41	300m:	3:51.18	44.63	400m:	4:57.07	31.48
4.	Roman Mateusz		00	MKS Zryw Opole				5:00.25	535			
	50m:	31.71	31.71	150m:	1:47.16	37.90	250m:	3:07.51	42.83	350m:	4:26.23	35.49
	100m:	1:09.26	37.55	200m:	2:24.68	37.52	300m:	3:50.74	43.23	400m:	5:00.25	34.02
5.	Domanski Kamil		00	Olimpijczyk Aleksandrow L.				5:01.02	531			
	50m:	31.73	31.73	150m:	1:47.84	39.51	250m:	3:10.70	43.70	350m:	4:28.15	33.74
	100m:	1:08.33	36.60	200m:	2:27.00	39.16	300m:	3:54.41	43.71	400m:	5:01.02	32.87
6.	Chromik Mateusz SO		00	UKP UNIA Oswiecim				5:05.01	510			
	50m:	34.52	34.52	150m:	1:52.64	39.09	250m:	3:13.61	43.12	350m:	4:31.75	35.08
	100m:	1:13.55	39.03	200m:	2:30.49	37.85	300m:	3:56.67	43.06	400m:	5:05.01	33.26
7.	Taradys Jakub SZG		00	KORNER Zielona Gora				5:05.84	506			
	50m:	31.45	31.45	150m:	1:47.73	39.03	250m:	3:12.68	46.11	350m:	4:33.34	34.46
	100m:	1:08.70	37.25	200m:	2:26.57	38.84	300m:	3:58.88	46.20	400m:	5:05.84	32.50
8.	Mayerberg Kacper SO		00	UKP UNIA Oswiecim				5:06.12	505			
	50m:	32.49	32.49	150m:	1:51.79	41.72	250m:	3:15.04	44.53	350m:	4:32.96	33.87
	100m:	1:10.07	37.58	200m:	2:30.51	38.72	300m:	3:59.09	44.05	400m:	5:06.12	33.16
9.	Orzechowski Kacper		00	UKS NAWA Skierniewice				5:06.34	504			
	50m:	32.52	32.52	150m:	1:51.32	40.39	250m:	3:14.49	42.53	350m:	4:32.24	35.85
	100m:	1:10.93	38.41	200m:	2:31.96	40.64	300m:	3:56.39	41.90	400m:	5:06.34	34.10

Grand Prix - Puchar Polski w Pływaniu
Opole, 9- - 10-5-2015

Event 11, Boys, 400m Medley, 15 years

Rank					YB					Time	Pts	
10.	Skierski Radoslaw				00	UKS Wodnik 29 Katowice				5:07.32	499	
	50m:	31.63	31.63	150m:	1:50.67	41.84	250m:	3:14.00	42.04	350m:	4:32.25	35.63
	100m:	1:08.83	37.20	200m:	2:31.96	41.29	300m:	3:56.62	42.62	400m:	5:07.32	35.07
11.	Blaszczyk Kacper				00	Olimpijczyk Aleksandrow L.				5:07.69	497	
	50m:	30.25	30.25	150m:	1:48.11	41.63	250m:	3:10.51	42.43	350m:	4:32.12	36.59
	100m:	1:06.48	36.23	200m:	2:28.08	39.97	300m:	3:55.53	45.02	400m:	5:07.69	35.57
12.	Szynalski Szymon				00	UPKS Wodnik Rawicz				5:18.08	450	
	50m:	32.24	32.24	150m:	1:53.81	41.90	250m:	3:19.79	45.67	350m:	4:43.85	36.50
	100m:	1:11.91	39.67	200m:	2:34.12	40.31	300m:	4:07.35	47.56	400m:	5:18.08	34.23
13.	Szynawa Oskar				00	UKS WODNIK Siemianowice Slaski				5:24.77	423	
	50m:	34.04	34.04	150m:	2:01.17	44.45	250m:	3:25.27	42.04	350m:	4:48.10	38.25
	100m:	1:16.72	42.68	200m:	2:43.23	42.06	300m:	4:09.85	44.58	400m:	5:24.77	36.67
14.	Pabich Jakub				00	MPKS ORKA Ciechanow				5:29.31	405	
	50m:	32.71	32.71	150m:	1:54.28	43.92	250m:	3:25.82	48.90	350m:	4:53.32	37.95
	100m:	1:10.36	37.65	200m:	2:36.92	42.64	300m:	4:15.37	49.55	400m:	5:29.31	35.99

14 years

1.	Sacha Kamil				01	CSiR MOS Dabrowa Gornicza				4:52.39	579	
	50m:	31.17	31.17	150m:	1:45.03	38.23	250m:	3:04.01	40.97	350m:	4:19.42	33.79
	100m:	1:06.80	35.63	200m:	2:23.04	38.01	300m:	3:45.63	41.62	400m:	4:52.39	32.97
2.	Jaworski Szymon				01	UKS Salmo Zory				5:00.21	535	
	50m:	30.32	30.32	150m:	1:47.41	39.66	250m:	3:09.84	43.67	350m:	4:27.51	33.66
	100m:	1:07.75	37.43	200m:	2:26.17	38.76	300m:	3:53.85	44.01	400m:	5:00.21	32.70
3.	Krzywnicki Adrian				01	MPKS ORKA Ciechanow				5:05.33	509	
	50m:	30.50	30.50	150m:	1:46.47	39.65	250m:	3:10.29	44.90	350m:	4:31.08	35.60
	100m:	1:06.82	36.32	200m:	2:25.39	38.92	300m:	3:55.48	45.19	400m:	5:05.33	34.25
4.	Zaremba Jakub				01	WKS Slask Wroclaw				5:18.86	447	
	50m:	33.63	33.63	150m:	1:53.92	41.55	250m:	3:20.58	46.42	350m:	4:43.48	36.35
	100m:	1:12.37	38.74	200m:	2:34.16	40.24	300m:	4:07.13	46.55	400m:	5:18.86	35.38
5.	Guzy Marcel				01	DOKiS SP "Vega" Dobrodzien				5:23.55	428	
	50m:	33.76	33.76	150m:	1:55.96	42.93	250m:	3:23.75	45.32	350m:	4:46.77	37.48
	100m:	1:13.03	39.27	200m:	2:38.43	42.47	300m:	4:09.29	45.54	400m:	5:23.55	36.78
6.	Scieszko Mateusz				01	MKS Trojka Lodz				5:25.04	422	
	50m:	31.68	31.68	150m:	1:54.00	45.01	250m:	3:23.39	46.65	350m:	4:48.07	38.00
	100m:	1:08.99	37.31	200m:	2:36.74	42.74	300m:	4:10.07	46.68	400m:	5:25.04	36.97
7.	Nowak Aleksander				01	UKS NAWA Skierniewice				5:32.58	394	
	50m:	34.76	34.76	150m:	1:59.42	43.33	250m:	3:29.51	48.52	350m:	4:56.35	36.51
	100m:	1:16.09	41.33	200m:	2:40.99	41.57	300m:	4:19.84	50.33	400m:	5:32.58	36.23
8.	Krol Mateusz				01	MKS - Astoria Bydgoszcz				5:32.71	393	
	50m:	32.99	32.99	150m:	1:59.64	45.48	250m:	3:29.92	46.23	350m:	4:55.77	36.96
	100m:	1:14.16	41.17	200m:	2:43.69	44.05	300m:	4:18.81	48.89	400m:	5:32.71	36.94