



GRAND PRIX PUCHAR POLSKI
Opole, 16- - 17-4-2016

Konkurencja 23 M czyzn, 400m zmienny 14 lat i starsi
2016-04-17 - 9:25 Sponsor Pan Andrzej Buła Marszałek Woj. Opolskiego Wyniki

Rekord Polski Open	4:12.28	Matczak Mateusz	00905	Belgrade (SRB)	2009-07-11
Rekord Polski 14	4:42.16	Cie lak Marcin	00414	Gorzow	2006-11-24
Rekord Polski 15	4:30.55	Kałusowski Jan	00905	Ostrowiec Sw	2015-07-10
Rekord Polski 16	4:26.97	Zbutowicz Karol	00213	Gorzow Wlkp	2014-07-18
Rekord Polski 17	4:20.27	Matczak Mateusz	00905	Palma de Mallorca (ESP)	2006-07-06
Rekord Polski 18	4:18.40	Matczak Mateusz	00905	Antwerp (BEL)	2007-07-22

Punkty: FINA 2015

Pozycja Rok ur. Czas Pkt.

14 lat

1. Rajca Wiktor	02	UKS 190 Łód	5:07.13	500
50m: 31.65 31.65	150m: 1:48.37 40.62	250m: 3:10.92 43.09	350m: 4:31.70 38.07	
100m: 1:07.75 36.10	200m: 2:27.83 39.46	300m: 3:53.63 42.71	400m: 5:07.13 35.43	
2. Krzywiana Oskar	02	UKS SP 149 Łód	5:11.53	479
50m: 32.41 32.41	150m: 1:51.94 40.58	250m: 3:16.75 45.18	350m: 4:36.43 35.42	
100m: 1:11.36 38.95	200m: 2:31.57 39.63	300m: 4:01.01 44.26	400m: 5:11.53 35.10	
3. Zdziebło Piotr	02	UKS Salmo ory	5:18.49	448
50m: 34.05 34.05	150m: 1:54.85 41.03	250m: 3:21.89 46.23	350m: 4:44.57 35.85	
100m: 1:13.82 39.77	200m: 2:35.66 40.81	300m: 4:08.72 46.83	400m: 5:18.49 33.92	
4. Moryl Wojciech So	02	MMKS K dzierzyn-Ko le	5:25.67	419
50m: 33.67 33.67	150m: 1:55.43 42.84	250m: 3:25.57 47.94	350m: 4:50.76 36.99	
100m: 1:12.59 38.92	200m: 2:37.63 42.20	300m: 4:13.77 48.20	400m: 5:25.67 34.91	
5. Gała Kornel	02	K.S. Górnik Sosnowiec	5:26.67	415
50m: 34.96 34.96	150m: 1:57.44 42.07	250m: 3:26.03 46.85	350m: 4:50.70 36.99	
100m: 1:15.37 40.41	200m: 2:39.18 41.74	300m: 4:13.71 47.68	400m: 5:26.67 35.97	
6. Herisz Jakub	02	K.S. Górnik Sosnowiec	5:41.45	364
50m: 35.71 35.71	150m: 2:00.58 43.60	250m: 3:33.01 49.01	350m: 5:03.16 39.99	
100m: 1:16.98 41.27	200m: 2:44.00 43.42	300m: 4:23.17 50.16	400m: 5:41.45 38.29	

DYSKW. Mencil Miłosz 02 UKS Aligator Gorzyce
SW - Nieuko czenie wy cigu

DYSKW. Nachlik Szymon 02 UKS Aligator Gorzyce
Z 1 - Nieprawidłowa kolejno stylów pływania

15 lat

1. Sacha Kamil	01	CSiR MOS D browa Górnicza	4:46.28	617
50m: 29.48 29.48	150m: 1:41.42 37.77	250m: 2:58.50 40.48	350m: 4:13.97 33.41	
100m: 1:03.65 34.17	200m: 2:18.02 36.60	300m: 3:40.56 42.06	400m: 4:46.28 32.31	
2. Karolczak Jan	01	BUKS Warszawa	4:46.65	615
50m: 29.69 29.69	150m: 1:42.57 36.97	250m: 3:01.56 43.50	350m: 4:17.31 32.17	
100m: 1:05.60 35.91	200m: 2:18.06 35.49	300m: 3:45.14 43.58	400m: 4:46.65 29.34	
3. Dubas Mateusz	01	KS Pi tka Chorzów	4:52.79	577
50m: 30.55 30.55	150m: 1:46.02 39.86	250m: 3:03.58 38.59	350m: 4:18.64 35.29	
100m: 1:06.16 35.61	200m: 2:24.99 38.97	300m: 3:43.35 39.77	400m: 4:52.79 34.15	
4. Goraj Marcin	01	Galicja Kraków	4:55.27	563
50m: 28.84 28.84	150m: 1:42.04 38.91	250m: 3:01.33 42.78	350m: 4:20.87 35.64	
100m: 1:03.13 34.29	200m: 2:18.55 36.51	300m: 3:45.23 43.90	400m: 4:55.27 34.40	



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Konkurencja 23, Chłopców, 400m zmienny, 15 lat

Pozycja				Rok ur.					Czas	Pkt.		
5.	Milbrant Kacper			01	UKS Salmo	ory			4:57.04	553		
	50m:	29.57	29.57	150m:	1:42.93	38.61	250m:	3:05.50	44.83	350m:	4:23.96	34.26
	100m:	1:04.32	34.75	200m:	2:20.67	37.74	300m:	3:49.70	44.20	400m:	4:57.04	33.08
6.	Jaworski Szymon			01	UKS Salmo	ory			4:59.86	537		
	50m:	30.62	30.62	150m:	1:46.48	39.21	250m:	3:08.30	43.64	350m:	4:27.13	33.98
	100m:	1:07.27	36.65	200m:	2:24.66	38.18	300m:	3:53.15	44.85	400m:	4:59.86	32.73
7.	Guzy Marcel			01	DOKiS SP Vega	Dobrodzie			5:01.29	530		
	50m:	31.29	31.29	150m:	1:47.46	39.82	250m:	3:07.54	40.92	350m:	4:26.05	36.05
	100m:	1:07.64	36.35	200m:	2:26.62	39.16	300m:	3:50.00	42.46	400m:	5:01.29	35.24
8.	Wilejto Igor			01	Sambor	Tczew			5:02.53	523		
	50m:	32.19	32.19	150m:	1:49.20	39.35	250m:	3:11.97	45.01	350m:	4:31.55	34.04
	100m:	1:09.85	37.66	200m:	2:26.96	37.76	300m:	3:57.51	45.54	400m:	5:02.53	30.98
9.	Zaremba Jakub			01	WKS	lask Wrocław			5:04.71	512		
	50m:	31.57	31.57	150m:	1:48.38	40.93	250m:	3:12.00	44.07	350m:	4:31.62	35.05
	100m:	1:07.45	35.88	200m:	2:27.93	39.55	300m:	3:56.57	44.57	400m:	5:04.71	33.09
10.	Grzybowski Artur			01	MKS	Znicz Koszalin			5:09.96	486		
	50m:	30.35	30.35	150m:	1:46.93	40.65	250m:	3:11.69	44.77	350m:	4:34.00	35.97
	100m:	1:06.28	35.93	200m:	2:26.92	39.99	300m:	3:58.03	46.34	400m:	5:09.96	35.96
11.	Uryga Bartłomiej			01	UKS Salmo	ory			5:10.47	484		
	50m:	32.56	32.56	150m:	1:51.93	41.80	250m:	3:15.19	42.68	350m:	4:35.23	37.04
	100m:	1:10.13	37.57	200m:	2:32.51	40.58	300m:	3:58.19	43.00	400m:	5:10.47	35.24
12.	Jochymek Oskar			01	WKS	lask Wrocław			5:10.49	484		
	50m:	33.82	33.82	150m:	1:53.03	40.17	250m:	3:16.90	45.02	350m:	4:37.10	35.56
	100m:	1:12.86	39.04	200m:	2:31.88	38.85	300m:	4:01.54	44.64	400m:	5:10.49	33.39
13.	Muc Filip			01	CSiR MOS D	browa Górnicza			5:16.07	459		
	50m:	32.63	32.63	150m:	1:53.28	40.96	250m:	3:17.12	44.14	350m:	4:40.14	38.37
	100m:	1:12.32	39.69	200m:	2:32.98	39.70	300m:	4:01.77	44.65	400m:	5:16.07	35.93
14.	Paj czkowski Olaf			01	UKS Salmo	ory			5:16.50	457		
	50m:	33.02	33.02	150m:	1:54.55	42.32	250m:	3:19.87	45.20	350m:	4:44.36	37.72
	100m:	1:12.23	39.21	200m:	2:34.67	40.12	300m:	4:06.64	46.77	400m:	5:16.50	32.14
15.	Jó ków Cezary			01	WKS	lask Wrocław			5:16.90	455		
	50m:	32.22	32.22	150m:	1:51.00	41.20	250m:	3:17.55	46.25	350m:	4:40.96	36.83
	100m:	1:09.80	37.58	200m:	2:31.30	40.30	300m:	4:04.13	46.58	400m:	5:16.90	35.94
16.	Greber Artur			01	WKS	lask Wrocław			5:19.65	443		
	50m:	31.67	31.67	150m:	1:53.98	43.12	250m:	3:20.92	44.17	350m:	4:44.30	37.60
	100m:	1:10.86	39.19	200m:	2:36.75	42.77	300m:	4:06.70	45.78	400m:	5:19.65	35.35
17.	Nowak Aleksander			01	UKS NAWA	Skierniewice			5:23.99	426		
	50m:	32.31	32.31	150m:	1:54.81	43.89	250m:	3:22.05	45.44	350m:	4:47.04	38.35
	100m:	1:10.92	38.61	200m:	2:36.61	41.80	300m:	4:08.69	46.64	400m:	5:23.99	36.95
18.	Zalewski Ronald			01	WKS	lask Wrocław			5:24.09	425		
	50m:	33.37	33.37	150m:	1:56.74	44.39	250m:	3:25.08	44.52	350m:	4:49.83	37.90
	100m:	1:12.35	38.98	200m:	2:40.56	43.82	300m:	4:11.93	46.85	400m:	5:24.09	34.26
19.	Cielecki Kacper			01	UKS Salmo	ory			5:26.63	416		
	50m:	31.84	31.84	150m:	1:51.67	42.37	250m:	3:21.07	47.96	350m:	4:49.58	40.22
	100m:	1:09.30	37.46	200m:	2:33.11	41.44	300m:	4:09.36	48.29	400m:	5:26.63	37.05



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Konkurencja 23, Chłopców, 400m zmienny, 15 lat

Pozycja	Rok ur.	Czas	Pkt.
20. Piotrowski Natan	01 UKS Salmo ory	5:30.28	402
50m: 33.00 33.00	150m: 1:56.37 44.60	250m: 3:27.32 48.07	350m: 4:54.88 38.28
100m: 1:11.77 38.77	200m: 2:39.25 42.88	300m: 4:16.60 49.28	400m: 5:30.28 35.40
21. Rytter Igor	01 WKS lask Wrocław	5:39.75	369
50m: 32.43 32.43	150m: 1:57.89 48.19	250m: 3:35.84 50.76	350m: 5:03.87 37.02
100m: 1:09.70 37.27	200m: 2:45.08 47.19	300m: 4:26.85 51.01	400m: 5:39.75 35.88

16 lat

1. Oller Krzysztof	00 MTP KORMORAN Olsztyn	4:38.50	671
50m: 30.05 30.05	150m: 1:40.10 36.61	250m: 2:55.15 39.53	350m: 4:07.43 32.86
100m: 1:03.49 33.44	200m: 2:15.62 35.52	300m: 3:34.57 39.42	400m: 4:38.50 31.07
2. Kałusowski Jan	00 MKS Trójka Łódź	4:43.22	638
50m: 29.27 29.27	150m: 1:40.97 37.21	250m: 2:56.88 39.67	350m: 4:10.44 33.19
100m: 1:03.76 34.49	200m: 2:17.21 36.24	300m: 3:37.25 40.37	400m: 4:43.22 32.78
3. Ma ka Filip	00 UKS 190 Łódź	4:44.04	632
50m: 30.64 30.64	150m: 1:40.74 35.99	250m: 2:58.28 41.51	350m: 4:12.83 33.60
100m: 1:04.75 34.11	200m: 2:16.77 36.03	300m: 3:39.23 40.95	400m: 4:44.04 31.21
4. Kiełczewski Amadeusz	00 WKS lask Wrocław	4:45.80	621
50m: 28.65 28.65	150m: 1:40.57 37.54	250m: 2:59.52 43.81	350m: 4:15.36 32.44
100m: 1:03.03 34.38	200m: 2:15.71 35.14	300m: 3:42.92 43.40	400m: 4:45.80 30.44
5. Walczysko Jakub	00 CSiR MOS D browa Górnicza	4:50.34	592
50m: 31.02 31.02	150m: 1:44.75 37.93	250m: 3:02.74 40.81	350m: 4:17.98 33.07
100m: 1:06.82 35.80	200m: 2:21.93 37.18	300m: 3:44.91 42.17	400m: 4:50.34 32.36
6. Pawlaczyk Patryk	00 UKS 190 Łódź	4:54.91	565
50m: 29.68 29.68	150m: 1:42.23 38.02	250m: 3:03.93 45.23	350m: 4:23.68 33.66
100m: 1:04.21 34.53	200m: 2:18.70 36.47	300m: 3:50.02 46.09	400m: 4:54.91 31.23
7. Skierski Radosław	00 UKS Wodnik 29 Katowice	5:00.60	533
50m: 31.16 31.16	150m: 1:47.87 40.36	250m: 3:09.21 40.97	350m: 4:26.11 33.84
100m: 1:07.51 36.35	200m: 2:28.24 40.37	300m: 3:52.27 43.06	400m: 5:00.60 34.49
8. Hano Grzegorz	00 WKS lask Wrocław	5:02.14	525
50m: 31.83 31.83	150m: 1:49.22 39.37	250m: 3:11.90 45.44	350m: 4:30.32 33.40
100m: 1:09.85 38.02	200m: 2:26.46 37.24	300m: 3:56.92 45.02	400m: 5:02.14 31.82
9. Ła Wiktor	00 WKS lask Wrocław	5:04.55	513
50m: 30.87 30.87	150m: 1:48.36 41.30	250m: 3:12.48 44.40	350m: 4:32.89 34.27
100m: 1:07.06 36.19	200m: 2:28.08 39.72	300m: 3:58.62 46.14	400m: 5:04.55 31.66
10. Twardzik Bartosz	00 SiKReT Gliwice	5:05.34	509
50m: 31.48 31.48	150m: 1:47.71 38.77	250m: 3:12.32 46.47	350m: 4:32.61 33.80
100m: 1:08.94 37.46	200m: 2:25.85 38.14	300m: 3:58.81 46.49	400m: 5:05.34 32.73
11. Sznalski Szymon	00 UPKS Wodnik Rawicz	5:08.49	493
50m: 32.64 32.64	150m: 1:51.43 39.57	250m: 3:14.57 44.73	350m: 4:35.60 34.84
100m: 1:11.86 39.22	200m: 2:29.84 38.41	300m: 4:00.76 46.19	400m: 5:08.49 32.89
12. Wozniak Kamil	00 UKS FREGATA Kolbuszowa	5:11.43	479
50m: 30.49 30.49	150m: 1:48.34 41.21	250m: 3:13.56 43.27	350m: 4:36.35 37.13
100m: 1:07.13 36.64	200m: 2:30.29 41.95	300m: 3:59.22 45.66	400m: 5:11.43 35.08



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Konkurencja 23, Chłopców, 400m zmienny, 16 lat

Pozycja	Rok ur.	Czas	Pkt.
DYSKW. Dominiak Kacper	00 WKS lask Wrocław		
<i>G 7 - Brak pozycji na plecach przy opuszczaniu ciany nawrotowej</i>			

17 - 18 lat

1. Zbutowicz Karol SOL	98	MTP KORMORAN Olsztyn	4:31.00	728
50m: 29.09 29.09	150m: 1:37.95 35.58	250m: 2:50.35 37.77	350m: 4:00.94 32.35	
100m: 1:02.37 33.28	200m: 2:12.58 34.63	300m: 3:28.59 38.24	400m: 4:31.00 30.06	
2. W growski Marcel	99	Olimpijczyk Aleksandrów Łódzki	4:33.64	707
50m: 28.21 28.21	150m: 1:37.10 36.07	250m: 2:51.45 39.72	350m: 4:02.16 31.21	
100m: 1:01.03 32.82	200m: 2:11.73 34.63	300m: 3:30.95 39.50	400m: 4:33.64 31.48	
3. Bujak Dominik	99	Salos Cortile Kielce	4:35.19	695
50m: 29.23 29.23	150m: 1:38.25 35.09	250m: 2:52.47 39.37	350m: 4:04.92 31.67	
100m: 1:03.16 33.93	200m: 2:13.10 34.85	300m: 3:33.25 40.78	400m: 4:35.19 30.27	
4. Chmielewski Jakub	99	WKS lask Wrocław	4:37.61	677
50m: 29.65 29.65	150m: 1:38.77 35.76	250m: 2:55.43 41.60	350m: 4:07.34 31.64	
100m: 1:03.01 33.36	200m: 2:13.83 35.06	300m: 3:35.70 40.27	400m: 4:37.61 30.27	
5. Niedziałek Dominik SL	98	UKS Skarpa Lublin	4:40.10	659
50m: 29.61 29.61	150m: 1:40.46 37.16	250m: 2:56.42 40.15	350m: 4:09.48 32.21	
100m: 1:03.30 33.69	200m: 2:16.27 35.81	300m: 3:37.27 40.85	400m: 4:40.10 30.62	
6. Danilewski Maciej SOL	98	MKS Juvenia Białystok	4:42.67	641
50m: 29.80 29.80	150m: 1:39.96 36.55	250m: 2:57.64 42.21	350m: 4:12.56 32.99	
100m: 1:03.41 33.61	200m: 2:15.43 35.47	300m: 3:39.57 41.93	400m: 4:42.67 30.11	
7. Hojda Bartłomiej SO	98	UKP UNIA O wi cim	4:44.55	629
50m: 30.87 30.87	150m: 1:42.32 36.44	250m: 2:58.22 39.42	350m: 4:12.28 33.45	
100m: 1:05.88 35.01	200m: 2:18.80 36.48	300m: 3:38.83 40.61	400m: 4:44.55 32.27	
8. Gawron Oskar	99	WKS lask Wrocław	4:45.27	624
50m: 29.53 29.53	150m: 1:41.40 37.72	250m: 2:58.10 39.83	350m: 4:12.65 34.49	
100m: 1:03.68 34.15	200m: 2:18.27 36.87	300m: 3:38.16 40.06	400m: 4:45.27 32.62	
9. Kempa Mikołaj SO	99	MMKS K dzierzyn-Ko le	4:46.73	615
50m: 29.45 29.45	150m: 1:40.71 38.34	250m: 2:58.60 40.09	350m: 4:14.98 34.51	
100m: 1:02.37 32.92	200m: 2:18.51 37.80	300m: 3:40.47 41.87	400m: 4:46.73 31.75	
10. Ciasto Sebastian SO	99	UKP UNIA O wi cim	4:46.83	614
50m: 30.23 30.23	150m: 1:42.43 36.83	250m: 2:59.36 40.02	350m: 4:13.59 33.59	
100m: 1:05.60 35.37	200m: 2:19.34 36.91	300m: 3:40.00 40.64	400m: 4:46.83 33.24	
11. Łapot Radosław SR	99	MOS Katowice	4:47.66	609
50m: 29.60 29.60	150m: 1:42.12 37.06	250m: 2:58.95 40.35	350m: 4:14.10 33.85	
100m: 1:05.06 35.46	200m: 2:18.60 36.48	300m: 3:40.25 41.30	400m: 4:47.66 33.56	
12. Jarosz Dawid SWwa	99	UKS Wodnik Ko skie	4:51.78	583
50m: 29.56 29.56	150m: 1:42.65 38.63	250m: 3:02.17 41.65	350m: 4:19.17 34.34	
100m: 1:04.02 34.46	200m: 2:20.52 37.87	300m: 3:44.83 42.66	400m: 4:51.78 32.61	
13. Krulikowski Maciej SO	99	UKP UNIA O wi cim	4:53.26	574
50m: 30.66 30.66	150m: 1:45.81 38.95	250m: 3:06.10 40.19	350m: 4:20.62 33.59	
100m: 1:06.86 36.20	200m: 2:25.91 40.10	300m: 3:47.03 40.93	400m: 4:53.26 32.64	
14. Goleniec Kamil SO	99	UKP UNIA O wi cim	4:53.29	574
50m: 30.45 30.45	150m: 1:43.75 38.45	250m: 3:02.97 41.66	350m: 4:20.04 34.29	
100m: 1:05.30 34.85	200m: 2:21.31 37.56	300m: 3:45.75 42.78	400m: 4:53.29 33.25	



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Konkurencja 23, Chłopców, 400m zmienny, 17 - 18 lat

Pozycja	Rok ur.	Czas	Pkt.
15. Misiarz Adrian SK	98 RWKS Sparta Biłgoraj	4:57.90	548
50m: 29.32 29.32	150m: 1:44.74 40.40	250m: 3:07.09 41.43	350m: 4:24.36 35.43
100m: 1:04.34 35.02	200m: 2:25.66 40.92	300m: 3:48.93 41.84	400m: 4:57.90 33.54
16. Bodzioch ANDRZEJ SSz	98 MKP Szczecin	4:58.03	547
50m: 30.91 30.91	150m: 1:46.99 38.36	250m: 3:07.53 42.23	350m: 4:24.73 34.32
100m: 1:08.63 37.72	200m: 2:25.30 38.31	300m: 3:50.41 42.88	400m: 4:58.03 33.30
17. Kubiak Bartłomiej	99 KKS Włókniarz 1925 Kalisz	5:01.01	531
50m: 31.34 31.34	150m: 1:47.77 39.18	250m: 3:07.27 41.83	350m: 4:26.21 36.09
100m: 1:08.59 37.25	200m: 2:25.44 37.67	300m: 3:50.12 42.85	400m: 5:01.01 34.80
18. Skuba Marcin	98 Orka Zamo	5:16.00	459
50m: 31.39 31.39	150m: 1:49.06 40.52	250m: 3:14.80 45.83	350m: 4:39.74 37.46
100m: 1:08.54 37.15	200m: 2:28.97 39.91	300m: 4:02.28 47.48	400m: 5:16.00 36.26

14 lat i starsi

1. Kubkowski Bartłomiej	95 MTP KORMORAN Olsztyn	4:30.01	736
50m: 29.23 29.23	150m: 1:38.24 35.89	250m: 2:51.27 37.71	350m: 4:01.17 32.11
100m: 1:02.35 33.12	200m: 2:13.56 35.32	300m: 3:29.06 37.79	400m: 4:30.01 28.84
2. Zaczy ski Karol	91 WKS lask Wrocław	4:30.23	734
50m: 28.88 28.88	150m: 1:38.21 35.56	250m: 2:52.21 39.24	350m: 4:01.40 30.68
100m: 1:02.65 33.77	200m: 2:12.97 34.76	300m: 3:30.72 38.51	400m: 4:30.23 28.83
3. Zbutowicz Karol SOL	98 MTP KORMORAN Olsztyn	4:31.00	728
50m: 29.09 29.09	150m: 1:37.95 35.58	250m: 2:50.35 37.77	350m: 4:00.94 32.35
100m: 1:02.37 33.28	200m: 2:12.58 34.63	300m: 3:28.59 38.24	400m: 4:31.00 30.06
4. Szwedzki Dawid	94 WKS lask Wrocław	4:31.89	721
50m: 28.85 28.85	150m: 1:37.98 36.12	250m: 2:50.17 37.73	350m: 4:01.14 32.42
100m: 1:01.86 33.01	200m: 2:12.44 34.46	300m: 3:28.72 38.55	400m: 4:31.89 30.75
5. Poprawa Michał	94 AZS AWF Katowice	4:32.71	714
50m: 26.86 26.86	150m: 1:34.64 35.96	250m: 2:49.22 39.39	350m: 4:01.04 31.84
100m: 58.68 31.82	200m: 2:09.83 35.19	300m: 3:29.20 39.98	400m: 4:32.71 31.67
6. W growski Marcel	99 Olimpijczyk Aleksandrów Łódzki	4:33.64	707
50m: 28.21 28.21	150m: 1:37.10 36.07	250m: 2:51.45 39.72	350m: 4:02.16 31.21
100m: 1:01.03 32.82	200m: 2:11.73 34.63	300m: 3:30.95 39.50	400m: 4:33.64 31.48
7. Bujak Dominik	99 Salos Cortile Kielce	4:35.19	695
50m: 29.23 29.23	150m: 1:38.25 35.09	250m: 2:52.47 39.37	350m: 4:04.92 31.67
100m: 1:03.16 33.93	200m: 2:13.10 34.85	300m: 3:33.25 40.78	400m: 4:35.19 30.27
8. Chmielewski Jakub	99 WKS lask Wrocław	4:37.61	677
50m: 29.65 29.65	150m: 1:38.77 35.76	250m: 2:55.43 41.60	350m: 4:07.34 31.64
100m: 1:03.01 33.36	200m: 2:13.83 35.06	300m: 3:35.70 40.27	400m: 4:37.61 30.27
9. Oller Krzysztof	00 MTP KORMORAN Olsztyn	4:38.50	671
50m: 30.05 30.05	150m: 1:40.10 36.61	250m: 2:55.15 39.53	350m: 4:07.43 32.86
100m: 1:03.49 33.44	200m: 2:15.62 35.52	300m: 3:34.57 39.42	400m: 4:38.50 31.07
10. Niedziałek Dominik SL	98 UKS Skarpa Lublin	4:40.10	659
50m: 29.61 29.61	150m: 1:40.46 37.16	250m: 2:56.42 40.15	350m: 4:09.48 32.21
100m: 1:03.30 33.69	200m: 2:16.27 35.81	300m: 3:37.27 40.85	400m: 4:40.10 30.62



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Pozycja	Rok ur.	Czas	Pkt.
11. Adamczyk PATRYK SSz	97 MKP Szczecin	4:40.91	654
50m: 28.79 28.79	150m: 1:39.40 37.08	250m: 2:57.55 41.60	350m: 4:10.78 31.59
100m: 1:02.32 33.53	200m: 2:15.95 36.55	300m: 3:39.19 41.64	400m: 4:40.91 30.13
12. Palmi-Kukiełko Mieszko	93 WKS łask Wrocław	4:41.07	652
50m: 29.26 29.26	150m: 1:40.39 37.01	250m: 2:57.44 40.55	350m: 4:10.65 32.16
100m: 1:03.38 34.12	200m: 2:16.89 36.50	300m: 3:38.49 41.05	400m: 4:41.07 30.42
13. Stec ADAM SSz	97 MKP Szczecin	4:41.87	647
50m: 29.45 29.45	150m: 1:39.41 35.47	250m: 2:55.06 41.61	350m: 4:09.83 32.68
100m: 1:03.94 34.49	200m: 2:13.45 34.04	300m: 3:37.15 42.09	400m: 4:41.87 32.04
14. Danilewski Maciej SOL	98 MKS Juvenia Białystok	4:42.67	641
50m: 29.80 29.80	150m: 1:39.96 36.55	250m: 2:57.64 42.21	350m: 4:12.56 32.99
100m: 1:03.41 33.61	200m: 2:15.43 35.47	300m: 3:39.57 41.93	400m: 4:42.67 30.11
15. Kałusowski Jan	00 MKS Trójka Łódź	4:43.22	638
50m: 29.27 29.27	150m: 1:40.97 37.21	250m: 2:56.88 39.67	350m: 4:10.44 33.19
100m: 1:03.76 34.49	200m: 2:17.21 36.24	300m: 3:37.25 40.37	400m: 4:43.22 32.78
16. Ma ka Filip	00 UKS 190 Łódź	4:44.04	632
50m: 30.64 30.64	150m: 1:40.74 35.99	250m: 2:58.28 41.51	350m: 4:12.83 33.60
100m: 1:04.75 34.11	200m: 2:16.77 36.03	300m: 3:39.23 40.95	400m: 4:44.04 31.21
17. Hojda Bartłomiej SO	98 UKP UNIA O wi cim	4:44.55	629
50m: 30.87 30.87	150m: 1:42.32 36.44	250m: 2:58.22 39.42	350m: 4:12.28 33.45
100m: 1:05.88 35.01	200m: 2:18.80 36.48	300m: 3:38.83 40.61	400m: 4:44.55 32.27
18. Gawron Oskar	99 WKS łask Wrocław	4:45.27	624
50m: 29.53 29.53	150m: 1:41.40 37.72	250m: 2:58.10 39.83	350m: 4:12.65 34.49
100m: 1:03.68 34.15	200m: 2:18.27 36.87	300m: 3:38.16 40.06	400m: 4:45.27 32.62
19. Kiełczewski Amadeusz	00 WKS łask Wrocław	4:45.80	621
50m: 28.65 28.65	150m: 1:40.57 37.54	250m: 2:59.52 43.81	350m: 4:15.36 32.44
100m: 1:03.03 34.38	200m: 2:15.71 35.14	300m: 3:42.92 43.40	400m: 4:45.80 30.44
20. Bujak Piotr	97 Salos Cortile Kielce	4:45.99	619
50m: 29.95 29.95	150m: 1:40.97 36.37	250m: 3:00.07 43.53	350m: 4:15.63 31.29
100m: 1:04.60 34.65	200m: 2:16.54 35.57	300m: 3:44.34 44.27	400m: 4:45.99 30.36
21. Sacha Kamil	01 CSiR MOS D browa Górnicza	4:46.28	617
50m: 29.48 29.48	150m: 1:41.42 37.77	250m: 2:58.50 40.48	350m: 4:13.97 33.41
100m: 1:03.65 34.17	200m: 2:18.02 36.60	300m: 3:40.56 42.06	400m: 4:46.28 32.31
22. Karolczak Jan	01 BUKS Warszawa	4:46.65	615
50m: 29.69 29.69	150m: 1:42.57 36.97	250m: 3:01.56 43.50	350m: 4:17.31 32.17
100m: 1:05.60 35.91	200m: 2:18.06 35.49	300m: 3:45.14 43.58	400m: 4:46.65 29.34
23. Kempa Mikołaj SO	99 MMKS K dzierzyn-Ko le	4:46.73	615
50m: 29.45 29.45	150m: 1:40.71 38.34	250m: 2:58.60 40.09	350m: 4:14.98 34.51
100m: 1:02.37 32.92	200m: 2:18.51 37.80	300m: 3:40.47 41.87	400m: 4:46.73 31.75
24. Sobczyk Maciej	95 AZS-AGH Kraków	4:46.75	614
50m: 31.01 31.01	150m: 1:45.23 37.96	250m: 3:02.29 40.65	350m: 4:15.84 32.76
100m: 1:07.27 36.26	200m: 2:21.64 36.41	300m: 3:43.08 40.79	400m: 4:46.75 30.91
25. Ciasto Sebastian SO	99 UKP UNIA O wi cim	4:46.83	614
50m: 30.23 30.23	150m: 1:42.43 36.83	250m: 2:59.36 40.02	350m: 4:13.59 33.59
100m: 1:05.60 35.37	200m: 2:19.34 36.91	300m: 3:40.00 40.64	400m: 4:46.83 33.24



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Pozycja			Rok ur.					Czas	Pkt.
26.	Łapot Radosław SR		99	MOS Katowice				4:47.66	609
	50m:	29.60 29.60	150m:	1:42.12	37.06	250m:	2:58.95 40.35	350m:	4:14.10 33.85
	100m:	1:05.06 35.46	200m:	2:18.60	36.48	300m:	3:40.25 41.30	400m:	4:47.66 33.56
27.	B czkowski Bartosz SWwa		97	MKS Polonia Warszawa				4:48.23	605
	50m:	30.54 30.54	150m:	1:44.06	38.17	250m:	3:02.01 41.16	350m:	4:16.55 32.93
	100m:	1:05.89 35.35	200m:	2:20.85	36.79	300m:	3:43.62 41.61	400m:	4:48.23 31.68
28.	Bałabuch Krystian		95	AZS-AGH Kraków				4:48.59	603
	50m:	29.85 29.85	150m:	1:46.52	40.45	250m:	3:07.37 41.42	350m:	4:19.98 29.51
	100m:	1:06.07 36.22	200m:	2:25.95	39.43	300m:	3:50.47 43.10	400m:	4:48.59 28.61
29.	Walczyško Jakub		00	CSiR MOS D browa Górnicza				4:50.34	592
	50m:	31.02 31.02	150m:	1:44.75	37.93	250m:	3:02.74 40.81	350m:	4:17.98 33.07
	100m:	1:06.82 35.80	200m:	2:21.93	37.18	300m:	3:44.91 42.17	400m:	4:50.34 32.36
30.	Jarosz Dawid SWwa		99	UKS Wodnik Ko skie				4:51.78	583
	50m:	29.56 29.56	150m:	1:42.65	38.63	250m:	3:02.17 41.65	350m:	4:19.17 34.34
	100m:	1:04.02 34.46	200m:	2:20.52	37.87	300m:	3:44.83 42.66	400m:	4:51.78 32.61
31.	Dubas Mateusz		01	KS Pi tka Chorzów				4:52.79	577
	50m:	30.55 30.55	150m:	1:46.02	39.86	250m:	3:03.58 38.59	350m:	4:18.64 35.29
	100m:	1:06.16 35.61	200m:	2:24.99	38.97	300m:	3:43.35 39.77	400m:	4:52.79 34.15
32.	Krukowski Maciej SO		99	UKP UNIA O wi cim				4:53.26	574
	50m:	30.66 30.66	150m:	1:45.81	38.95	250m:	3:06.10 40.19	350m:	4:20.62 33.59
	100m:	1:06.86 36.20	200m:	2:25.91	40.10	300m:	3:47.03 40.93	400m:	4:53.26 32.64
33.	Goleniec Kamil SO		99	UKP UNIA O wi cim				4:53.29	574
	50m:	30.45 30.45	150m:	1:43.75	38.45	250m:	3:02.97 41.66	350m:	4:20.04 34.29
	100m:	1:05.30 34.85	200m:	2:21.31	37.56	300m:	3:45.75 42.78	400m:	4:53.29 33.25
34.	Ci kowski Dominik SK		96	MKS Jordan Kraków				4:54.57	567
	50m:	29.12 29.12	150m:	1:42.80	39.36	250m:	3:04.28 42.88	350m:	4:20.74 33.04
	100m:	1:03.44 34.32	200m:	2:21.40	38.60	300m:	3:47.70 43.42	400m:	4:54.57 33.83
35.	Pawlaczyk Patryk		00	UKS 190 Łód				4:54.91	565
	50m:	29.68 29.68	150m:	1:42.23	38.02	250m:	3:03.93 45.23	350m:	4:23.68 33.66
	100m:	1:04.21 34.53	200m:	2:18.70	36.47	300m:	3:50.02 46.09	400m:	4:54.91 31.23
36.	Goraj Marcin		01	Galicja Kraków				4:55.27	563
	50m:	28.84 28.84	150m:	1:42.04	38.91	250m:	3:01.33 42.78	350m:	4:20.87 35.64
	100m:	1:03.13 34.29	200m:	2:18.55	36.51	300m:	3:45.23 43.90	400m:	4:55.27 34.40
37.	Milbrant Kacper		01	UKS Salmo ory				4:57.04	553
	50m:	29.57 29.57	150m:	1:42.93	38.61	250m:	3:05.50 44.83	350m:	4:23.96 34.26
	100m:	1:04.32 34.75	200m:	2:20.67	37.74	300m:	3:49.70 44.20	400m:	4:57.04 33.08
38.	Karwat Krzysztof		96	UKS NAWA Skierniewice				4:57.22	552
	50m:	29.61 29.61	150m:	1:41.56	36.63	250m:	3:03.40 45.12	350m:	4:25.36 35.21
	100m:	1:04.93 35.32	200m:	2:18.28	36.72	300m:	3:50.15 46.75	400m:	4:57.22 31.86
39.	Misiarz Adrian SK		98	RWKS Sparta Biłgoraj				4:57.90	548
	50m:	29.32 29.32	150m:	1:44.74	40.40	250m:	3:07.09 41.43	350m:	4:24.36 35.43
	100m:	1:04.34 35.02	200m:	2:25.66	40.92	300m:	3:48.93 41.84	400m:	4:57.90 33.54
40.	Bodzioch ANDRZEJ SSz		98	MKP Szczecin				4:58.03	547
	50m:	30.91 30.91	150m:	1:46.99	38.36	250m:	3:07.53 42.23	350m:	4:24.73 34.32
	100m:	1:08.63 37.72	200m:	2:25.30	38.31	300m:	3:50.41 42.88	400m:	4:58.03 33.30



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Pozycja			Rok ur.					Czas	Pkt.
41.	Jaworski Szymon		01	UKS Salmo	ory			4:59.86	537
	50m: 30.62	30.62	150m: 1:46.48	39.21	250m: 3:08.30	43.64	350m: 4:27.13	33.98	
	100m: 1:07.27	36.65	200m: 2:24.66	38.18	300m: 3:53.15	44.85	400m: 4:59.86	32.73	
42.	Skierski Radosław		00	UKS Wodnik 29 Katowice				5:00.60	533
	50m: 31.16	31.16	150m: 1:47.87	40.36	250m: 3:09.21	40.97	350m: 4:26.11	33.84	
	100m: 1:07.51	36.35	200m: 2:28.24	40.37	300m: 3:52.27	43.06	400m: 5:00.60	34.49	
43.	Kubiak Bartłomiej		99	KKS Włókniarz 1925 Kalisz				5:01.01	531
	50m: 31.34	31.34	150m: 1:47.77	39.18	250m: 3:07.27	41.83	350m: 4:26.21	36.09	
	100m: 1:08.59	37.25	200m: 2:25.44	37.67	300m: 3:50.12	42.85	400m: 5:01.01	34.80	
44.	Guzy Marcel		01	DOKiS SP Vega Dobrodzie				5:01.29	530
	50m: 31.29	31.29	150m: 1:47.46	39.82	250m: 3:07.54	40.92	350m: 4:26.05	36.05	
	100m: 1:07.64	36.35	200m: 2:26.62	39.16	300m: 3:50.00	42.46	400m: 5:01.29	35.24	
45.	Hano Grzegorz		00	WKS lask Wrocław				5:02.14	525
	50m: 31.83	31.83	150m: 1:49.22	39.37	250m: 3:11.90	45.44	350m: 4:30.32	33.40	
	100m: 1:09.85	38.02	200m: 2:26.46	37.24	300m: 3:56.92	45.02	400m: 5:02.14	31.82	
46.	Wilejto Igor		01	Sambor Tczew				5:02.53	523
	50m: 32.19	32.19	150m: 1:49.20	39.35	250m: 3:11.97	45.01	350m: 4:31.55	34.04	
	100m: 1:09.85	37.66	200m: 2:26.96	37.76	300m: 3:57.51	45.54	400m: 5:02.53	30.98	
47.	Ła Wiktor		00	WKS lask Wrocław				5:04.55	513
	50m: 30.87	30.87	150m: 1:48.36	41.30	250m: 3:12.48	44.40	350m: 4:32.89	34.27	
	100m: 1:07.06	36.19	200m: 2:28.08	39.72	300m: 3:58.62	46.14	400m: 5:04.55	31.66	
48.	Zaremba Jakub		01	WKS lask Wrocław				5:04.71	512
	50m: 31.57	31.57	150m: 1:48.38	40.93	250m: 3:12.00	44.07	350m: 4:31.62	35.05	
	100m: 1:07.45	35.88	200m: 2:27.93	39.55	300m: 3:56.57	44.57	400m: 5:04.71	33.09	
49.	Twardzik Bartosz		00	SiKReT Gliwice				5:05.34	509
	50m: 31.48	31.48	150m: 1:47.71	38.77	250m: 3:12.32	46.47	350m: 4:32.61	33.80	
	100m: 1:08.94	37.46	200m: 2:25.85	38.14	300m: 3:58.81	46.49	400m: 5:05.34	32.73	
50.	Rajca Wiktor		02	UKS 190 Łódź				5:07.13	500
	50m: 31.65	31.65	150m: 1:48.37	40.62	250m: 3:10.92	43.09	350m: 4:31.70	38.07	
	100m: 1:07.75	36.10	200m: 2:27.83	39.46	300m: 3:53.63	42.71	400m: 5:07.13	35.43	
51.	Dubiel Adam		93	AZS AWF Warszawa				5:08.43	494
	50m: 32.84	32.84	150m: 1:51.74	41.22	250m: 3:09.93	38.00	350m: 4:30.04	40.91	
	100m: 1:10.52	37.68	200m: 2:31.93	40.19	300m: 3:49.13	39.20	400m: 5:08.43	38.39	
52.	Szynalski Szymon		00	UPKS Wodnik Rawicz				5:08.49	493
	50m: 32.64	32.64	150m: 1:51.43	39.57	250m: 3:14.57	44.73	350m: 4:35.60	34.84	
	100m: 1:11.86	39.22	200m: 2:29.84	38.41	300m: 4:00.76	46.19	400m: 5:08.49	32.89	
53.	Grzybowski Artur		01	MKS Znicz Koszalin				5:09.96	486
	50m: 30.35	30.35	150m: 1:46.93	40.65	250m: 3:11.69	44.77	350m: 4:34.00	35.97	
	100m: 1:06.28	35.93	200m: 2:26.92	39.99	300m: 3:58.03	46.34	400m: 5:09.96	35.96	
54.	Uryga Bartłomiej		01	UKS Salmo	ory			5:10.47	484
	50m: 32.56	32.56	150m: 1:51.93	41.80	250m: 3:15.19	42.68	350m: 4:35.23	37.04	
	100m: 1:10.13	37.57	200m: 2:32.51	40.58	300m: 3:58.19	43.00	400m: 5:10.47	35.24	
55.	Jochymek Oskar		01	WKS lask Wrocław				5:10.49	484
	50m: 33.82	33.82	150m: 1:53.03	40.17	250m: 3:16.90	45.02	350m: 4:37.10	35.56	
	100m: 1:12.86	39.04	200m: 2:31.88	38.85	300m: 4:01.54	44.64	400m: 5:10.49	33.39	



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Pozycja	Rok ur.	Czas	Pkt.
56. Wozniak Kamil	00 UKS FREGATA Kolbuszowa	5:11.43	479
50m: 30.49 30.49	150m: 1:48.34 41.21	250m: 3:13.56 43.27	350m: 4:36.35 37.13
100m: 1:07.13 36.64	200m: 2:30.29 41.95	300m: 3:59.22 45.66	400m: 5:11.43 35.08
57. Krzywania Oskar	02 UKS SP 149 Łód	5:11.53	479
50m: 32.41 32.41	150m: 1:51.94 40.58	250m: 3:16.75 45.18	350m: 4:36.43 35.42
100m: 1:11.36 38.95	200m: 2:31.57 39.63	300m: 4:01.01 44.26	400m: 5:11.53 35.10
58. Skuba Marcin	98 Orka Zamo	5:16.00	459
50m: 31.39 31.39	150m: 1:49.06 40.52	250m: 3:14.80 45.83	350m: 4:39.74 37.46
100m: 1:08.54 37.15	200m: 2:28.97 39.91	300m: 4:02.28 47.48	400m: 5:16.00 36.26
59. Muc Filip	01 CSiR MOS D browa Górnicza	5:16.07	459
50m: 32.63 32.63	150m: 1:53.28 40.96	250m: 3:17.12 44.14	350m: 4:40.14 38.37
100m: 1:12.32 39.69	200m: 2:32.98 39.70	300m: 4:01.77 44.65	400m: 5:16.07 35.93
60. Paj czkowski Olaf	01 UKS Salmo ory	5:16.50	457
50m: 33.02 33.02	150m: 1:54.55 42.32	250m: 3:19.87 45.20	350m: 4:44.36 37.72
100m: 1:12.23 39.21	200m: 2:34.67 40.12	300m: 4:06.64 46.77	400m: 5:16.50 32.14
61. Jó ków Cezary	01 WKS lask Wrocław	5:16.90	455
50m: 32.22 32.22	150m: 1:51.00 41.20	250m: 3:17.55 46.25	350m: 4:40.96 36.83
100m: 1:09.80 37.58	200m: 2:31.30 40.30	300m: 4:04.13 46.58	400m: 5:16.90 35.94
62. Zdziebło Piotr	02 UKS Salmo ory	5:18.49	448
50m: 34.05 34.05	150m: 1:54.85 41.03	250m: 3:21.89 46.23	350m: 4:44.57 35.85
100m: 1:13.82 39.77	200m: 2:35.66 40.81	300m: 4:08.72 46.83	400m: 5:18.49 33.92
63. Greber Artur	01 WKS lask Wrocław	5:19.65	443
50m: 31.67 31.67	150m: 1:53.98 43.12	250m: 3:20.92 44.17	350m: 4:44.30 37.60
100m: 1:10.86 39.19	200m: 2:36.75 42.77	300m: 4:06.70 45.78	400m: 5:19.65 35.35
64. Nowak Aleksander	01 UKS NAWA Skierniewice	5:23.99	426
50m: 32.31 32.31	150m: 1:54.81 43.89	250m: 3:22.05 45.44	350m: 4:47.04 38.35
100m: 1:10.92 38.61	200m: 2:36.61 41.80	300m: 4:08.69 46.64	400m: 5:23.99 36.95
65. Zalewski Ronald	01 WKS lask Wrocław	5:24.09	425
50m: 33.37 33.37	150m: 1:56.74 44.39	250m: 3:25.08 44.52	350m: 4:49.83 37.90
100m: 1:12.35 38.98	200m: 2:40.56 43.82	300m: 4:11.93 46.85	400m: 5:24.09 34.26
66. Moryl Wojciech So	02 MMKS K dzierzyn-Ko le	5:25.67	419
50m: 33.67 33.67	150m: 1:55.43 42.84	250m: 3:25.57 47.94	350m: 4:50.76 36.99
100m: 1:12.59 38.92	200m: 2:37.63 42.20	300m: 4:13.77 48.20	400m: 5:25.67 34.91
67. Cielecki Kacper	01 UKS Salmo ory	5:26.63	416
50m: 31.84 31.84	150m: 1:51.67 42.37	250m: 3:21.07 47.96	350m: 4:49.58 40.22
100m: 1:09.30 37.46	200m: 2:33.11 41.44	300m: 4:09.36 48.29	400m: 5:26.63 37.05
68. Gała Kornel	02 K.S. Górnik Sosnowiec	5:26.67	415
50m: 34.96 34.96	150m: 1:57.44 42.07	250m: 3:26.03 46.85	350m: 4:50.70 36.99
100m: 1:15.37 40.41	200m: 2:39.18 41.74	300m: 4:13.71 47.68	400m: 5:26.67 35.97
69. Piotrowski Natan	01 UKS Salmo ory	5:30.28	402
50m: 33.00 33.00	150m: 1:56.37 44.60	250m: 3:27.32 48.07	350m: 4:54.88 38.28
100m: 1:11.77 38.77	200m: 2:39.25 42.88	300m: 4:16.60 49.28	400m: 5:30.28 35.40
70. Rytter Igor	01 WKS lask Wrocław	5:39.75	369
50m: 32.43 32.43	150m: 1:57.89 48.19	250m: 3:35.84 50.76	350m: 5:03.87 37.02
100m: 1:09.70 37.27	200m: 2:45.08 47.19	300m: 4:26.85 51.01	400m: 5:39.75 35.88



GRAND PRIX PUCHAR POLSKI
Opole, 16- - 17-4-2016

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

Pozycja	Rok ur.	Czas	Pkt.
71. Herisz Jakub	02 K.S. Górnik Sosnowiec	5:41.45	364
50m: 35.71 35.71	150m: 2:00.58 43.60	250m: 3:33.01 49.01	350m: 5:03.16 39.99
100m: 1:16.98 41.27	200m: 2:44.00 43.42	300m: 4:23.17 50.16	400m: 5:41.45 38.29
DYSKW. Mencil Miłosz	02 UKS Aligator Gorzyce		
<i>SW - Nieuko czenie wy cigu</i>			
DYSKW. Dominiak Kacper	00 WKS lask Wrocław		
<i>G 7 - Brak pozycji na plecach przy opuszczaniu ciany nawrotowej</i>			
DYSKW. Nachlik Szymon	02 UKS Aligator Gorzyce		
<i>Z 1 - Nieprawidłowa kolejno stylów pływania</i>			