

Grand Prix - Puchar Polski
Łódź, 5-6-11-2016

Konkurencja 34
2016-11-06 - 12:10

Mężczyźni, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Pkt.	Czas	
14 lat										
1.	Wilk Jakub SOC		02	KS KSZO Ostrowiec wi tokrzyski				539	4:20.74	
	50m:	30.80 30.80	150m:	1:38.02 33.68	250m:	2:44.56 32.77	350m:	3:50.21 32.63		
	100m:	1:04.34 33.54	200m:	2:11.79 33.77	300m:	3:17.58 33.02	400m:	4:20.74 30.53		
2.	Knyszy ski Maciej SŁ		02	Jedynka Łódź				526	4:22.82	
	50m:	30.68 30.68	150m:	1:37.53 33.58	250m:	2:43.92 33.09	350m:	3:50.49 33.36		
	100m:	1:03.95 33.27	200m:	2:10.83 33.30	300m:	3:17.13 33.21	400m:	4:22.82 32.33		
3.	Ka mierzczak Bruno		02	UKS Gos Raszyn				497	4:27.79	
	50m:	30.54 30.54	150m:	1:37.94 34.00	250m:	2:45.64 33.75	350m:	3:53.78 34.30		
	100m:	1:03.94 33.40	200m:	2:11.89 33.95	300m:	3:19.48 33.84	400m:	4:27.79 34.01		
4.	Lik Kacper SŁ		02	Jedynka Łódź				462	4:34.43	
	50m:	32.06 32.06	150m:	1:42.75 35.63	250m:	2:52.42 34.90	350m:	4:01.77 34.32		
	100m:	1:07.12 35.06	200m:	2:17.52 34.77	300m:	3:27.45 35.03	400m:	4:34.43 32.66		
5.	Wody ski Bartosz		02	Olimpijczyk - Sms Aleksandrów				454	4:36.09	
	50m:	30.77 30.77	150m:	1:39.94 35.16	250m:	2:51.08 35.64	350m:	4:02.01 34.77		
	100m:	1:04.78 34.01	200m:	2:15.44 35.50	300m:	3:27.24 36.16	400m:	4:36.09 34.08		
6.	J drzejewski Albert		02	UKS Gos Raszyn				438	4:39.40	
	50m:	30.97 30.97	150m:	1:41.16 35.37	250m:	2:52.65 35.80	350m:	4:04.86 36.27		
	100m:	1:05.79 34.82	200m:	2:16.85 35.69	300m:	3:28.59 35.94	400m:	4:39.40 34.54		
7.	Majka Maksymilian		02	CSiR MOS D browa Górnicza				407	4:46.29	
	50m:	32.47 32.47	150m:	1:45.42 36.76	250m:	2:59.12 36.65	350m:	4:11.71 35.95		
	100m:	1:08.66 36.19	200m:	2:22.47 37.05	300m:	3:35.76 36.64	400m:	4:46.29 34.58		
8.	Kłosek Krystian		02	CSiR MOS D browa Górnicza				345	5:02.39	
	50m:	34.46 34.46	150m:	1:51.46 39.02	250m:	3:08.43 38.58	350m:	4:25.87 38.84		
	100m:	1:12.44 37.98	200m:	2:29.85 38.39	300m:	3:47.03 38.60	400m:	5:02.39 36.52		
15 lat										
1.	Muszy ski Wiktor		01	UKS CITYZEN Pozna				583	4:13.93	
	50m:	28.26 28.26	150m:	1:31.74 31.96	250m:	2:37.27 32.67	350m:	3:43.13 31.91		
	100m:	59.78 31.52	200m:	2:04.60 32.86	300m:	3:11.22 33.95	400m:	4:13.93 30.80		
2.	Głuszkowski Mateusz		01	UKS CITYZEN Pozna				557	4:17.95	
	50m:	31.10 31.10	150m:	1:37.73 32.70	250m:	2:42.69 31.76	350m:	3:47.12 31.93		
	100m:	1:05.03 33.93	200m:	2:10.93 33.20	300m:	3:15.19 32.50	400m:	4:17.95 30.83		
3.	Fajkowski Piotr		01	Mks Trójka Łódź				546	4:19.58	
	50m:	29.67 29.67	150m:	1:35.25 32.89	250m:	2:42.13 33.51	350m:	3:47.96 32.83		
	100m:	1:02.36 32.69	200m:	2:08.62 33.37	300m:	3:15.13 33.00	400m:	4:19.58 31.62		
4.	Krysiak Michał		01	Mks Trójka Łódź				540	4:20.55	
	50m:	30.38 30.38	150m:	1:36.27 33.27	250m:	2:42.55 33.10	350m:	3:48.56 32.94		
	100m:	1:03.00 32.62	200m:	2:09.45 33.18	300m:	3:15.62 33.07	400m:	4:20.55 31.99		
5.	migielski Mateusz		01	Jedynka Łódź				539	4:20.79	
	50m:	29.43 29.43	150m:	1:34.17 32.54	250m:	2:40.54 33.50	350m:	3:47.92 33.79		
	100m:	1:01.63 32.20	200m:	2:07.04 32.87	300m:	3:14.13 33.59	400m:	4:20.79 32.87		
6.	Perzankowski Maciej		01	UKS NAWA Skierniewice				484	4:30.27	
	50m:	30.82 30.82	150m:	1:38.63 34.09	250m:	2:47.73 34.36	350m:	3:56.48 34.25		
	100m:	1:04.54 33.72	200m:	2:13.37 34.74	300m:	3:22.23 34.50	400m:	4:30.27 33.79		
7.	Krasowski Michał		01	Zryw Opole				474	4:32.21	
	50m:	30.59 30.59	150m:	1:38.56 34.21	250m:	2:47.45 34.47	350m:	3:58.03 35.60		
	100m:	1:04.35 33.76	200m:	2:12.98 34.42	300m:	3:22.43 34.98	400m:	4:32.21 34.18		
8.	Borsuk Łukasz		01	UKP Fala Kra nik				471	4:32.76	
	50m:	29.97 29.97	150m:	1:37.66 34.26	250m:	2:47.76 35.33	350m:	3:58.93 35.67		
	100m:	1:03.40 33.43	200m:	2:12.43 34.77	300m:	3:23.26 35.50	400m:	4:32.76 33.83		

Grand Prix - Puchar Polski
Łódź, 5-6-11-2016

Konkurencja 34, Chłopców, 400m dowolny, 15 lat

Pozycja			Rok ur.					Pkt.	Czas
9.	Jakubowski Piotr		01	UKS Skalar Warszawa				468	4:33.32
	50m:	31.39 31.39	150m:	1:40.64 34.71	250m:	2:51.94 35.77	350m:	4:01.00 33.60	
	100m:	1:05.93 34.54	200m:	2:16.17 35.53	300m:	3:27.40 35.46	400m:	4:33.32 32.32	
10.	Liberski Piotr		01	UKS CITYZEN Pozna				438	4:39.29
	50m:	31.77 31.77	150m:	1:42.40 35.41	250m:	2:54.04 35.84	350m:	4:05.53 35.78	
	100m:	1:06.99 35.22	200m:	2:18.20 35.80	300m:	3:29.75 35.71	400m:	4:39.29 33.76	
11.	Sosi ski Bartosz		01	UKS CITYZEN Pozna				406	4:46.46
	50m:	33.01 33.01	150m:	1:44.98 36.46	250m:	2:58.21 36.69	350m:	4:11.63 36.77	
	100m:	1:08.52 35.51	200m:	2:21.52 36.54	300m:	3:34.86 36.65	400m:	4:46.46 34.83	
12.	Nowak Aleksander		01	UKS NAWA Skierniewice				389	4:50.60
	50m:	31.73 31.73	150m:	1:42.63 36.18	250m:	2:56.62 37.74	350m:	4:12.17 37.69	
	100m:	1:06.45 34.72	200m:	2:18.88 36.25	300m:	3:34.48 37.86	400m:	4:50.60 38.43	
13.	Libera Daniel		01	UKS NAWA Skierniewice				384	4:51.99
	50m:	33.50 33.50	150m:	1:47.89 37.43	250m:	3:03.23 37.63	350m:	4:16.90 36.52	
	100m:	1:10.46 36.96	200m:	2:25.60 37.71	300m:	3:40.38 37.15	400m:	4:51.99 35.09	

16 lat

1.	Kiełczewski Amadeusz		00	MKP Szczecin				712	3:57.67
	50m:	26.93 26.93	150m:	1:27.26 30.17	250m:	2:27.47 29.88	350m:	3:28.36 30.25	
	100m:	57.09 30.16	200m:	1:57.59 30.33	300m:	2:58.11 30.64	400m:	3:57.67 29.31	
2.	Kraska Jakub		00	UKS"Pi tka"Konstantynów Łódzki				663	4:03.38
	50m:	27.86 27.86	150m:	1:28.66 30.37	250m:	2:30.30 31.01	350m:	3:33.12 31.43	
	100m:	58.29 30.43	200m:	1:59.29 30.63	300m:	3:01.69 31.39	400m:	4:03.38 30.26	
3.	Sadłowski Piotr SOL		00	MTP KORMORAN Olsztyn				636	4:06.70
	50m:	27.96 27.96	150m:	1:29.70 31.52	250m:	2:32.77 31.81	350m:	3:36.43 31.65	
	100m:	58.18 30.22	200m:	2:00.96 31.26	300m:	3:04.78 32.01	400m:	4:06.70 30.27	
4.	Pawlaczyk Patryk		00	Uks 190 Łód				622	4:08.63
	50m:	27.85 27.85	150m:	1:30.68 31.64	250m:	2:34.41 31.99	350m:	3:38.72 32.37	
	100m:	59.04 31.19	200m:	2:02.42 31.74	300m:	3:06.35 31.94	400m:	4:08.63 29.91	
5.	Guzior Maciej		00	MZOS Płock				617	4:09.29
	50m:	28.33 28.33	150m:	1:32.97 32.44	250m:	2:37.06 31.81	350m:	3:39.43 30.57	
	100m:	1:00.53 32.20	200m:	2:05.25 32.28	300m:	3:08.86 31.80	400m:	4:09.29 29.86	
6.	Doma ski Kamil		00	Mks Trójka Łód				612	4:09.98
	50m:	28.84 28.84	150m:	1:31.17 31.64	250m:	2:35.27 32.00	350m:	3:39.64 32.08	
	100m:	59.53 30.69	200m:	2:03.27 32.10	300m:	3:07.56 32.29	400m:	4:09.98 30.34	
7.	Topolski Dawid		00	Mks Trójka Łód				606	4:10.68
	50m:	28.86 28.86	150m:	1:31.60 31.82	250m:	2:35.94 32.04	350m:	3:41.29 33.05	
	100m:	59.78 30.92	200m:	2:03.90 32.30	300m:	3:08.24 32.30	400m:	4:10.68 29.39	
8.	W sowski J dźrzej SOL		00	MTP KORMORAN Olsztyn				591	4:12.86
	50m:	29.54 29.54	150m:	1:33.30 32.21	250m:	2:37.46 31.81	350m:	3:41.50 32.04	
	100m:	1:01.09 31.55	200m:	2:05.65 32.35	300m:	3:09.46 32.00	400m:	4:12.86 31.36	
9.	Borkowski Kacper SL		00	CSiR MOSIR D browa Górnicza				567	4:16.35
	50m:	30.01 30.01	150m:	1:34.44 32.75	250m:	2:39.00 32.16	350m:	3:43.85 32.33	
	100m:	1:01.69 31.68	200m:	2:06.84 32.40	300m:	3:11.52 32.52	400m:	4:16.35 32.50	
10.	Burzykowski Maciej		00	Mks Trójka Łód				564	4:16.87
	50m:	29.89 29.89	150m:	1:35.48 32.96	250m:	2:41.16 32.91	350m:	3:45.70 31.86	
	100m:	1:02.52 32.63	200m:	2:08.25 32.77	300m:	3:13.84 32.68	400m:	4:16.87 31.17	
11.	Lewandowski Michał		00	Zryw Opole				547	4:19.47
	50m:	30.31 30.31	150m:	1:35.31 32.69	250m:	2:41.69 33.24	350m:	3:47.67 32.73	
	100m:	1:02.62 32.31	200m:	2:08.45 33.14	300m:	3:14.94 33.25	400m:	4:19.47 31.80	
12.	Kwiasowski Jakub		00	Jedynka Łód				494	4:28.33
	50m:	30.67 30.67	150m:	1:38.04 34.24	250m:	2:46.06 34.01	350m:	3:54.04 33.88	
	100m:	1:03.80 33.13	200m:	2:12.05 34.01	300m:	3:20.16 34.10	400m:	4:28.33 34.29	

Grand Prix - Puchar Polski
Łódź, 5-6-11-2016

Konkurencja 34, Chłopców, 400m dowolny, 16 lat

Pozycja			Rok ur.					Pkt.	Czas			
13.	Oller Krzysztof	SOL	00	MTP KORMORAN Olsztyn				487	4:29.67			
	50m:	29.86	29.86	150m:	1:37.41	34.62	250m:	2:46.57	34.94	350m:	3:55.57	34.36
	100m:	1:02.79	32.93	200m:	2:11.63	34.22	300m:	3:21.21	34.64	400m:	4:29.67	34.10
14.	J drzejewski Mateusz		00	UKS Gos Raszyn				470	4:32.88			
	50m:	30.18	30.18	150m:	1:37.62	34.03	250m:	2:47.74	35.30	350m:	3:59.11	35.68
	100m:	1:03.59	33.41	200m:	2:12.44	34.82	300m:	3:23.43	35.69	400m:	4:32.88	33.77
15.	Ro ek Oskar		00	KS Warta Pozna				469	4:33.12			
	50m:	31.41	31.41	150m:	1:39.37	34.28	250m:	2:49.50	35.05	350m:	4:00.42	35.52
	100m:	1:05.09	33.68	200m:	2:14.45	35.08	300m:	3:24.90	35.40	400m:	4:33.12	32.70
16.	Cichocki Maciej		00	JAGIELLONKA Warszawa				414	4:44.61			
	50m:	30.60	30.60	150m:	1:40.88	35.76	250m:	2:53.00	43.18	350m:		
	100m:	1:05.12	34.52	200m:	2:09.82	28.94	300m:	3:30.55	37.55	400m:	4:44.61	

17 - 18 lat

1.	Kasztelan Mateusz	SOL	98	MTP KORMORAN Olsztyn				761	3:52.46			
	50m:	27.34	27.34	150m:	1:25.72	29.21	250m:	2:24.61	29.43	350m:	3:23.85	29.61
	100m:	56.51	29.17	200m:	1:55.18	29.46	300m:	2:54.24	29.63	400m:	3:52.46	28.61
2.	Chrzanowski Damian		98	MZOS Płock				667	4:02.91			
	50m:	26.95	26.95	150m:	1:27.51	30.74	250m:	2:29.22	30.91	350m:	3:31.92	31.30
	100m:	56.77	29.82	200m:	1:58.31	30.80	300m:	3:00.62	31.40	400m:	4:02.91	30.99
3.	Niedziałek Dominik	SL	98	UKS Skarpa Lublin				657	4:04.09			
	50m:	27.53	27.53	150m:	1:28.81	31.14	250m:	2:31.76	31.58	350m:	3:33.93	31.34
	100m:	57.67	30.14	200m:	2:00.18	31.37	300m:	3:02.59	30.83	400m:	4:04.09	30.16
4.	Choda Alan	SOL	98	MTP KORMORAN Olsztyn				653	4:04.55			
	50m:	28.97	28.97	150m:			250m:	2:34.15	31.20	350m:	3:35.29	30.20
	100m:	1:00.68	31.71	200m:	2:02.95		300m:	3:05.09	30.94	400m:	4:04.55	29.26
5.	Bryła Kamil	SL	99	AZS UMCS Lublin				628	4:07.79			
	50m:	28.47	28.47	150m:	1:30.91	31.49	250m:	2:33.69	31.42	350m:	3:37.04	31.81
	100m:	59.42	30.95	200m:	2:02.27	31.36	300m:	3:05.23	31.54	400m:	4:07.79	30.75
6.	Skierka Jakub		98	Trops Kartuzy				627	4:07.89			
	50m:	29.50	29.50	150m:	1:32.20	31.20	250m:	2:35.65	31.93	350m:	3:39.48	31.88
	100m:	1:01.00	31.50	200m:	2:03.72	31.52	300m:	3:07.60	31.95	400m:	4:07.89	28.41
7.	Rogozinski Mateusz	SOC	99	KS KSZO Ostrowiec wi tokrzyski				615	4:09.56			
	50m:	27.71	27.71	150m:	1:30.93	31.89	250m:	2:34.95	32.24	350m:	3:38.40	31.57
	100m:	59.04	31.33	200m:	2:02.71	31.78	300m:	3:06.83	31.88	400m:	4:09.56	31.16
8.	Marczuk Szymon	SL	99	AZS UMCS Lublin				614	4:09.66			
	50m:	28.18	28.18	150m:	1:31.55	31.69	250m:	2:35.46	31.66	350m:	3:39.47	32.04
	100m:	59.86	31.68	200m:	2:03.80	32.25	300m:	3:07.43	31.97	400m:	4:09.66	30.19
9.	Dyba Jakub	SP	98	Posnania Pozna				613	4:09.80			
	50m:	28.05	28.05	150m:	1:31.07	31.82	250m:	2:35.24	32.19	350m:	3:39.47	31.89
	100m:	59.25	31.20	200m:	2:03.05	31.98	300m:	3:07.58	32.34	400m:	4:09.80	30.33
10.	Fr czek Paweł		98	Mkp				604	4:11.04			
	50m:	29.54	29.54	150m:	1:32.95	32.21	250m:	2:36.98	31.95	350m:	3:40.73	31.82
	100m:	1:00.74	31.20	200m:	2:05.03	32.08	300m:	3:08.91	31.93	400m:	4:11.04	30.31
11.	Wawrzy czak Alan	SL	99	UKS Skarpa Lublin				579	4:14.61			
	50m:	29.52	29.52	150m:	1:33.40	32.42	250m:	2:38.40	32.48	350m:	3:43.44	32.52
	100m:	1:00.98	31.46	200m:	2:05.92	32.52	300m:	3:10.92	32.52	400m:	4:14.61	31.17
12.	Chałat Stanisław	SL	99	UKS Skarpa Lublin				547	4:19.42			
	50m:	30.65	30.65	150m:	1:36.07	33.05	250m:	2:42.93	33.59	350m:	3:48.05	32.37
	100m:	1:03.02	32.37	200m:	2:09.34	33.27	300m:	3:15.68	32.75	400m:	4:19.42	31.37
13.	Stawaruk Michał		99	Jedynka Łódź				529	4:22.42			
	50m:	29.09	29.09	150m:	1:33.79	32.02	250m:	2:40.95	33.93	350m:	3:48.53	33.00
	100m:	1:01.77	32.68	200m:	2:07.02	33.23	300m:	3:15.53	34.58	400m:	4:22.42	33.89

Grand Prix - Puchar Polski
Łódź, 5-6-11-2016

Konkurencja 34, Chłopców, 400m dowolny, 17 - 18 lat

Pozycja			Rok ur.					Pkt.	Czas
14.	Napieraj Jan SOL		98	PIRANIA Targówek				517	4:24.35
	50m:	29.17 29.17	150m:	1:34.75 33.26	250m:	2:42.34 33.92	350m:	3:50.99 34.31	
	100m:	1:01.49 32.32	200m:	2:08.42 33.67	300m:	3:16.68 34.34	400m:	4:24.35 33.36	
15.	Shvets Maksym		99	Azs Uł Pł Łódź				482	4:30.53
	50m:	31.16 31.16	150m:	1:38.39 33.99	250m:	2:47.75 34.64	350m:	3:57.02 34.70	
	100m:	1:04.40 33.24	200m:	2:13.11 34.72	300m:	3:22.32 34.57	400m:	4:30.53 33.51	
16.	Szustak Hubert		99	UKS Gos Raszyn				424	4:42.45
	50m:	30.80 30.80	150m:	1:40.36 35.21	250m:	2:52.73 36.27	350m:	4:06.50 37.25	
	100m:	1:05.15 34.35	200m:	2:16.46 36.10	300m:	3:29.25 36.52	400m:	4:42.45 35.95	

14 lat i starsi

1.	Zaborowski Filip		94	MKP Szczecin				821	3:46.61
	50m:	27.07 27.07	150m:	1:24.31 28.55	250m:	2:21.33 28.32	350m:	3:18.47 28.58	
	100m:	55.76 28.69	200m:	1:53.01 28.70	300m:	2:49.89 28.56	400m:	3:46.61 28.14	
2.	Majchrzak Kacper		92	KS Warta Pozna				809	3:47.76
	50m:	27.34 27.34	150m:	1:25.83 29.18	250m:	2:23.00 28.47	350m:	3:20.03 28.52	
	100m:	56.65 29.31	200m:	1:54.53 28.70	300m:	2:51.51 28.51	400m:	3:47.76 27.73	
3.	Kasztelan Mateusz SOL		98	MTP KORMORAN Olsztyn				761	3:52.46
	50m:	27.34 27.34	150m:	1:25.72 29.21	250m:	2:24.61 29.43	350m:	3:23.85 29.61	
	100m:	56.51 29.17	200m:	1:55.18 29.46	300m:	2:54.24 29.63	400m:	3:52.46 28.61	
4.	Kiełczewski Amadeusz		00	MKP Szczecin				712	3:57.67
	50m:	26.93 26.93	150m:	1:27.26 30.17	250m:	2:27.47 29.88	350m:	3:28.36 30.25	
	100m:	57.09 30.16	200m:	1:57.59 30.33	300m:	2:58.11 30.64	400m:	3:57.67 29.31	
5.	Chrzanowski Damian		98	MZOS Płock				667	4:02.91
	50m:	26.95 26.95	150m:	1:27.51 30.74	250m:	2:29.22 30.91	350m:	3:31.92 31.30	
	100m:	56.77 29.82	200m:	1:58.31 30.80	300m:	3:00.62 31.40	400m:	4:02.91 30.99	
6.	Kraska Jakub		00	UKS"Pi tka"Konstantynów Łódzki				663	4:03.38
	50m:	27.86 27.86	150m:	1:28.66 30.37	250m:	2:30.30 31.01	350m:	3:33.12 31.43	
	100m:	58.29 30.43	200m:	1:59.29 30.63	300m:	3:01.69 31.39	400m:	4:03.38 30.26	
7.	Niedziałek Dominik SL		98	UKS Skarpa Lublin				657	4:04.09
	50m:	27.53 27.53	150m:	1:28.81 31.14	250m:	2:31.76 31.58	350m:	3:33.93 31.34	
	100m:	57.67 30.14	200m:	2:00.18 31.37	300m:	3:02.59 30.83	400m:	4:04.09 30.16	
8.	Choda Alan SOL		98	MTP KORMORAN Olsztyn				653	4:04.55
	50m:	28.97 28.97	150m:		250m:	2:34.15 31.20	350m:	3:35.29 30.20	
	100m:	1:00.68 31.71	200m:	2:02.95	300m:	3:05.09 30.94	400m:	4:04.55 29.26	
9.	Brzostowski Axel		96	AZS AWF Katowice				650	4:04.97
	50m:	28.07 28.07	150m:	1:29.91 30.77	250m:	2:30.99 30.42	350m:	3:33.46 31.46	
	100m:	59.14 31.07	200m:	2:00.57 30.66	300m:	3:02.00 31.01	400m:	4:04.97 31.51	
10.	Osses Arkadiusz		95	KS Warta Pozna				648	4:05.23
	50m:	28.51 28.51	150m:	1:29.19 30.46	250m:	2:31.39 31.16	350m:	3:34.03 31.68	
	100m:	58.73 30.22	200m:	2:00.23 31.04	300m:	3:02.35 30.96	400m:	4:05.23 31.20	
11.	Sadłowski Piotr SOL		00	MTP KORMORAN Olsztyn				636	4:06.70
	50m:	27.96 27.96	150m:	1:29.70 31.52	250m:	2:32.77 31.81	350m:	3:36.43 31.65	
	100m:	58.18 30.22	200m:	2:00.96 31.26	300m:	3:04.78 32.01	400m:	4:06.70 30.27	
12.	Bryła Kamil SL		99	AZS UMCS Lublin				628	4:07.79
	50m:	28.47 28.47	150m:	1:30.91 31.49	250m:	2:33.69 31.42	350m:	3:37.04 31.81	
	100m:	59.42 30.95	200m:	2:02.27 31.36	300m:	3:05.23 31.54	400m:	4:07.79 30.75	
13.	Skierka Jakub		98	Trops Kartuzy				627	4:07.89
	50m:	29.50 29.50	150m:	1:32.20 31.20	250m:	2:35.65 31.93	350m:	3:39.48 31.88	
	100m:	1:01.00 31.50	200m:	2:03.72 31.52	300m:	3:07.60 31.95	400m:	4:07.89 28.41	
14.	Kubkowski Bartłomiej		95	MTP KORMORAN Olsztyn				623	4:08.50
	50m:	28.42 28.42	150m:	1:30.32 31.24	250m:	2:33.47 31.57	350m:	3:37.19 32.09	
	100m:	59.08 30.66	200m:	2:01.90 31.58	300m:	3:05.10 31.63	400m:	4:08.50 31.31	

Grand Prix - Puchar Polski
Łódź, 5- 6-11-2016

Konkurencja 34, M czynn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.							Pkt.	Czas
15.	Pawlaczyk Patryk		00	Uks 190 Łódź						622	4:08.63
	50m:	27.85 27.85	150m:	1:30.68	31.64	250m:	2:34.41	31.99	350m:	3:38.72	32.37
	100m:	59.04 31.19	200m:	2:02.42	31.74	300m:	3:06.35	31.94	400m:	4:08.63	29.91
16.	Guzior Maciej		00	MZOS Płock						617	4:09.29
	50m:	28.33 28.33	150m:	1:32.97	32.44	250m:	2:37.06	31.81	350m:	3:39.43	30.57
	100m:	1:00.53 32.20	200m:	2:05.25	32.28	300m:	3:08.86	31.80	400m:	4:09.29	29.86
17.	Rogozinski Mateusz SOC		99	KS KSZO Ostrowiec wi tokrzyski						615	4:09.56
	50m:	27.71 27.71	150m:	1:30.93	31.89	250m:	2:34.95	32.24	350m:	3:38.40	31.57
	100m:	59.04 31.33	200m:	2:02.71	31.78	300m:	3:06.83	31.88	400m:	4:09.56	31.16
18.	Marczuk Szymon SL		99	AZS UMCS Lublin						614	4:09.66
	50m:	28.18 28.18	150m:	1:31.55	31.69	250m:	2:35.46	31.66	350m:	3:39.47	32.04
	100m:	59.86 31.68	200m:	2:03.80	32.25	300m:	3:07.43	31.97	400m:	4:09.66	30.19
19.	Dyba Jakub SP		98	Posnania Pozna						613	4:09.80
	50m:	28.05 28.05	150m:	1:31.07	31.82	250m:	2:35.24	32.19	350m:	3:39.47	31.89
	100m:	59.25 31.20	200m:	2:03.05	31.98	300m:	3:07.58	32.34	400m:	4:09.80	30.33
20.	Doma ski Kamil		00	Mks Trójka Łódź						612	4:09.98
	50m:	28.84 28.84	150m:	1:31.17	31.64	250m:	2:35.27	32.00	350m:	3:39.64	32.08
	100m:	59.53 30.69	200m:	2:03.27	32.10	300m:	3:07.56	32.29	400m:	4:09.98	30.34
21.	Sobczyk Maciej		95	AZS-AGH Kraków						611	4:10.09
	50m:	29.18 29.18	150m:	1:31.48	31.17	250m:	2:35.60	32.19	350m:	3:39.62	31.62
	100m:	1:00.31 31.13	200m:	2:03.41	31.93	300m:	3:08.00	32.40	400m:	4:10.09	30.47
22.	Topolski Dawid		00	Mks Trójka Łódź						606	4:10.68
	50m:	28.86 28.86	150m:	1:31.60	31.82	250m:	2:35.94	32.04	350m:	3:41.29	33.05
	100m:	59.78 30.92	200m:	2:03.90	32.30	300m:	3:08.24	32.30	400m:	4:10.68	29.39
23.	Fr czek Paweł		98	Mkp						604	4:11.04
	50m:	29.54 29.54	150m:	1:32.95	32.21	250m:	2:36.98	31.95	350m:	3:40.73	31.82
	100m:	1:00.74 31.20	200m:	2:05.03	32.08	300m:	3:08.91	31.93	400m:	4:11.04	30.31
24.	Olender Karol		96	AZS-AWFIS Gda sk						596	4:12.21
	50m:	28.92 28.92	150m:	1:31.56	31.63	250m:	2:35.47	31.98	350m:	3:40.35	32.34
	100m:	59.93 31.01	200m:	2:03.49	31.93	300m:	3:08.01	32.54	400m:	4:12.21	31.86
25.	W sowski J dzrzej SOL		00	MTP KORMORAN Olsztyn						591	4:12.86
	50m:	29.54 29.54	150m:	1:33.30	32.21	250m:	2:37.46	31.81	350m:	3:41.50	32.04
	100m:	1:01.09 31.55	200m:	2:05.65	32.35	300m:	3:09.46	32.00	400m:	4:12.86	31.36
26.	Muszy ski Wiktor		01	UKS CITYZEN Pozna						583	4:13.93
	50m:	28.26 28.26	150m:	1:31.74	31.96	250m:	2:37.27	32.67	350m:	3:43.13	31.91
	100m:	59.78 31.52	200m:	2:04.60	32.86	300m:	3:11.22	33.95	400m:	4:13.93	30.80
27.	Wawrzy czak Alan SL		99	UKS Skarpa Lublin						579	4:14.61
	50m:	29.52 29.52	150m:	1:33.40	32.42	250m:	2:38.40	32.48	350m:	3:43.44	32.52
	100m:	1:00.98 31.46	200m:	2:05.92	32.52	300m:	3:10.92	32.52	400m:	4:14.61	31.17
28.	Borkowski Kacper SL		00	CSiR MOSIR D browa Górnicza						567	4:16.35
	50m:	30.01 30.01	150m:	1:34.44	32.75	250m:	2:39.00	32.16	350m:	3:43.85	32.33
	100m:	1:01.69 31.68	200m:	2:06.84	32.40	300m:	3:11.52	32.52	400m:	4:16.35	32.50
29.	Burzykowski Maciej		00	Mks Trójka Łódź						564	4:16.87
	50m:	29.89 29.89	150m:	1:35.48	32.96	250m:	2:41.16	32.91	350m:	3:45.70	31.86
	100m:	1:02.52 32.63	200m:	2:08.25	32.77	300m:	3:13.84	32.68	400m:	4:16.87	31.17
30.	Głuszkowski Mateusz		01	UKS CITYZEN Pozna						557	4:17.95
	50m:	31.10 31.10	150m:	1:37.73	32.70	250m:	2:42.69	31.76	350m:	3:47.12	31.93
	100m:	1:05.03 33.93	200m:	2:10.93	33.20	300m:	3:15.19	32.50	400m:	4:17.95	30.83
31.	Chałat Stanisław SL		99	UKS Skarpa Lublin						547	4:19.42
	50m:	30.65 30.65	150m:	1:36.07	33.05	250m:	2:42.93	33.59	350m:	3:48.05	32.37
	100m:	1:03.02 32.37	200m:	2:09.34	33.27	300m:	3:15.68	32.75	400m:	4:19.42	31.37
32.	Lewandowski Michał		00	Zryw Opole						547	4:19.47
	50m:	30.31 30.31	150m:	1:35.31	32.69	250m:	2:41.69	33.24	350m:	3:47.67	32.73
	100m:	1:02.62 32.31	200m:	2:08.45	33.14	300m:	3:14.94	33.25	400m:	4:19.47	31.80

Grand Prix - Puchar Polski
Łódź, 5-6-11-2016

Konkurencja 34, M czynn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Pkt.	Czas	
33.	Fajkowski Piotr		01	Mks Trójka Łód				546	4:19.58	
	50m:	29.67 29.67	150m:	1:35.25 32.89	250m:	2:42.13 33.51	350m:	3:47.96 32.83		
	100m:	1:02.36 32.69	200m:	2:08.62 33.37	300m:	3:15.13 33.00	400m:	4:19.58 31.62		
34.	Krysiak Michał		01	Mks Trójka Łód				540	4:20.55	
	50m:	30.38 30.38	150m:	1:36.27 33.27	250m:	2:42.55 33.10	350m:	3:48.56 32.94		
	100m:	1:03.00 32.62	200m:	2:09.45 33.18	300m:	3:15.62 33.07	400m:	4:20.55 31.99		
35.	Wilk Jakub SOC		02	KS KSZO Ostrowiec wi tokrzyski				539	4:20.74	
	50m:	30.80 30.80	150m:	1:38.02 33.68	250m:	2:44.56 32.77	350m:	3:50.21 32.63		
	100m:	1:04.34 33.54	200m:	2:11.79 33.77	300m:	3:17.58 33.02	400m:	4:20.74 30.53		
36.	migielski Mateusz		01	Jedynka Łód				539	4:20.79	
	50m:	29.43 29.43	150m:	1:34.17 32.54	250m:	2:40.54 33.50	350m:	3:47.92 33.79		
	100m:	1:01.63 32.20	200m:	2:07.04 32.87	300m:	3:14.13 33.59	400m:	4:20.79 32.87		
37.	Stawaruk Michał		99	Jedynka Łód				529	4:22.42	
	50m:	29.09 29.09	150m:	1:33.79 32.02	250m:	2:40.95 33.93	350m:	3:48.53 33.00		
	100m:	1:01.77 32.68	200m:	2:07.02 33.23	300m:	3:15.53 34.58	400m:	4:22.42 33.89		
38.	Knyszy ski Maciej SŁ		02	Jedynka Łód				526	4:22.82	
	50m:	30.68 30.68	150m:	1:37.53 33.58	250m:	2:43.92 33.09	350m:	3:50.49 33.36		
	100m:	1:03.95 33.27	200m:	2:10.83 33.30	300m:	3:17.13 33.21	400m:	4:22.82 32.33		
39.	Napieraj Jan SOL		98	PIRANIA Targówek				517	4:24.35	
	50m:	29.17 29.17	150m:	1:34.75 33.26	250m:	2:42.34 33.92	350m:	3:50.99 34.31		
	100m:	1:01.49 32.32	200m:	2:08.42 33.67	300m:	3:16.68 34.34	400m:	4:24.35 33.36		
40.	Ka mierzczak Bruno		02	UKS Gos Raszyn				497	4:27.79	
	50m:	30.54 30.54	150m:	1:37.94 34.00	250m:	2:45.64 33.75	350m:	3:53.78 34.30		
	100m:	1:03.94 33.40	200m:	2:11.89 33.95	300m:	3:19.48 33.84	400m:	4:27.79 34.01		
41.	Kwiasowski Jakub		00	Jedynka Łód				494	4:28.33	
	50m:	30.67 30.67	150m:	1:38.04 34.24	250m:	2:46.06 34.01	350m:	3:54.04 33.88		
	100m:	1:03.80 33.13	200m:	2:12.05 34.01	300m:	3:20.16 34.10	400m:	4:28.33 34.29		
42.	Oller Krzysztof SOL		00	MTP KORMORAN Olsztyn				487	4:29.67	
	50m:	29.86 29.86	150m:	1:37.41 34.62	250m:	2:46.57 34.94	350m:	3:55.57 34.36		
	100m:	1:02.79 32.93	200m:	2:11.63 34.22	300m:	3:21.21 34.64	400m:	4:29.67 34.10		
43.	Perzankowski Maciej		01	UKS NAWA Skierniewice				484	4:30.27	
	50m:	30.82 30.82	150m:	1:38.63 34.09	250m:	2:47.73 34.36	350m:	3:56.48 34.25		
	100m:	1:04.54 33.72	200m:	2:13.37 34.74	300m:	3:22.23 34.50	400m:	4:30.27 33.79		
44.	Shvets Maksym		99	Azs Uł Pł Łód				482	4:30.53	
	50m:	31.16 31.16	150m:	1:38.39 33.99	250m:	2:47.75 34.64	350m:	3:57.02 34.70		
	100m:	1:04.40 33.24	200m:	2:13.11 34.72	300m:	3:22.32 34.57	400m:	4:30.53 33.51		
45.	Krasowski Michał		01	Zryw Opole				474	4:32.21	
	50m:	30.59 30.59	150m:	1:38.56 34.21	250m:	2:47.45 34.47	350m:	3:58.03 35.60		
	100m:	1:04.35 33.76	200m:	2:12.98 34.42	300m:	3:22.43 34.98	400m:	4:32.21 34.18		
46.	Borsuk Łukasz		01	UKP Fala Kra nik				471	4:32.76	
	50m:	29.97 29.97	150m:	1:37.66 34.26	250m:	2:47.76 35.33	350m:	3:58.93 35.67		
	100m:	1:03.40 33.43	200m:	2:12.43 34.77	300m:	3:23.26 35.50	400m:	4:32.76 33.83		
47.	J drzejewski Mateusz		00	UKS Gos Raszyn				470	4:32.88	
	50m:	30.18 30.18	150m:	1:37.62 34.03	250m:	2:47.74 35.30	350m:	3:59.11 35.68		
	100m:	1:03.59 33.41	200m:	2:12.44 34.82	300m:	3:23.43 35.69	400m:	4:32.88 33.77		
48.	Ro ek Oskar		00	KS Warta Pozna				469	4:33.12	
	50m:	31.41 31.41	150m:	1:39.37 34.28	250m:	2:49.50 35.05	350m:	4:00.42 35.52		
	100m:	1:05.09 33.68	200m:	2:14.45 35.08	300m:	3:24.90 35.40	400m:	4:33.12 32.70		
49.	Jakubowski Piotr		01	UKS Skalar Warszawa				468	4:33.32	
	50m:	31.39 31.39	150m:	1:40.64 34.71	250m:	2:51.94 35.77	350m:	4:01.00 33.60		
	100m:	1:05.93 34.54	200m:	2:16.17 35.53	300m:	3:27.40 35.46	400m:	4:33.32 32.32		
50.	Lik Kacper SŁ		02	Jedynka Łód				462	4:34.43	
	50m:	32.06 32.06	150m:	1:42.75 35.63	250m:	2:52.42 34.90	350m:	4:01.77 34.32		
	100m:	1:07.12 35.06	200m:	2:17.52 34.77	300m:	3:27.45 35.03	400m:	4:34.43 32.66		

Grand Prix - Puchar Polski
Łódź, 5-6-11-2016

Konkurencja 34, M czynn, 400m dowolny, 14 lat i starsi

Pozycja					Rok ur.					Pkt.	Czas	
51.	Wody ski Bartosz				02	Olimpijczyk - Sms Aleksandrów				454	4:36.09	
	50m:	30.77	30.77	150m:	1:39.94	35.16	250m:	2:51.08	35.64	350m:	4:02.01	34.77
	100m:	1:04.78	34.01	200m:	2:15.44	35.50	300m:	3:27.24	36.16	400m:	4:36.09	34.08
52.	Jaraszkiwicz Bartosz				96	UKS CITYZEN Pozna				449	4:36.99	
	50m:	32.52	32.52	150m:	1:42.67	34.75	250m:	2:52.70	34.91	350m:	4:02.72	35.28
	100m:	1:07.92	35.40	200m:	2:17.79	35.12	300m:	3:27.44	34.74	400m:	4:36.99	34.27
53.	Liberski Piotr				01	UKS CITYZEN Pozna				438	4:39.29	
	50m:	31.77	31.77	150m:	1:42.40	35.41	250m:	2:54.04	35.84	350m:	4:05.53	35.78
	100m:	1:06.99	35.22	200m:	2:18.20	35.80	300m:	3:29.75	35.71	400m:	4:39.29	33.76
54.	J drzejewski Albert				02	UKS Gos Raszyn				438	4:39.40	
	50m:	30.97	30.97	150m:	1:41.16	35.37	250m:	2:52.65	35.80	350m:	4:04.86	36.27
	100m:	1:05.79	34.82	200m:	2:16.85	35.69	300m:	3:28.59	35.94	400m:	4:39.40	34.54
55.	Szustak Hubert				99	UKS Gos Raszyn				424	4:42.45	
	50m:	30.80	30.80	150m:	1:40.36	35.21	250m:	2:52.73	36.27	350m:	4:06.50	37.25
	100m:	1:05.15	34.35	200m:	2:16.46	36.10	300m:	3:29.25	36.52	400m:	4:42.45	35.95
56.	Cichocki Maciej				00	JAGIELLONKA Warszawa				414	4:44.61	
	50m:	30.60	30.60	150m:	1:40.88	35.76	250m:	2:53.00	43.18	350m:		
	100m:	1:05.12	34.52	200m:	2:09.82	28.94	300m:	3:30.55	37.55	400m:	4:44.61	
57.	Majka Maksymiljan				02	CSiR MOS D browa Górnicza				407	4:46.29	
	50m:	32.47	32.47	150m:	1:45.42	36.76	250m:	2:59.12	36.65	350m:	4:11.71	35.95
	100m:	1:08.66	36.19	200m:	2:22.47	37.05	300m:	3:35.76	36.64	400m:	4:46.29	34.58
58.	Sosi ski Bartosz				01	UKS CITYZEN Pozna				406	4:46.46	
	50m:	33.01	33.01	150m:	1:44.98	36.46	250m:	2:58.21	36.69	350m:	4:11.63	36.77
	100m:	1:08.52	35.51	200m:	2:21.52	36.54	300m:	3:34.86	36.65	400m:	4:46.46	34.83
59.	Nowak Aleksander				01	UKS NAWA Skierniewice				389	4:50.60	
	50m:	31.73	31.73	150m:	1:42.63	36.18	250m:	2:56.62	37.74	350m:	4:12.17	37.69
	100m:	1:06.45	34.72	200m:	2:18.88	36.25	300m:	3:34.48	37.86	400m:	4:50.60	38.43
60.	Libera Daniel				01	UKS NAWA Skierniewice				384	4:51.99	
	50m:	33.50	33.50	150m:	1:47.89	37.43	250m:	3:03.23	37.63	350m:	4:16.90	36.52
	100m:	1:10.46	36.96	200m:	2:25.60	37.71	300m:	3:40.38	37.15	400m:	4:51.99	35.09
61.	Kłosek Krystian				02	CSiR MOS D browa Górnicza				345	5:02.39	
	50m:	34.46	34.46	150m:	1:51.46	39.02	250m:	3:08.43	38.58	350m:	4:25.87	38.84
	100m:	1:12.44	37.98	200m:	2:29.85	38.39	300m:	3:47.03	38.60	400m:	5:02.39	36.52