

Grand Prix - Puchar Polski w pływaniu
Ciechanów, 26- 27-2-2011

Konkurencja 34
2011-02-27 - 12:05

M czyzn, 400m dowolny

14 lat i starsi
Wyniki

Top Times "Poland" 3:37.78 KORZENIOWSKI, Pawel AZWAR Gorzow Wielkopolski 2009-11-26

Punkty: FINA 2010

Pozycja			Rok ur.					Czas	Pkt.
1.	PIELOWSKI, Krzysztof		91	AZS UWM Olsztyn				3:54.79	744
	50m:	27.92 27.92	150m:	1:27.33 29.71	250m:	2:26.98 29.72	350m:	3:26.46 29.68	
	100m:	57.62 29.70	200m:	1:57.26 29.93	300m:	2:56.78 29.80	400m:	3:54.79 28.33	
2.	STA CZYK, Przemysław		85	MKP Szczecin SS				3:54.82	743
	50m:	27.83 27.83	150m:	1:27.66 29.99	250m:	2:27.29 29.59	350m:	3:26.78 29.57	
	100m:	57.67 29.84	200m:	1:57.70 30.04	300m:	2:57.21 29.92	400m:	3:54.82 28.04	
3.	WERNER, Paweł		93	MKS Juvenia Wrocław				3:54.93	742
	50m:	27.80 27.80	150m:	1:28.25 30.65	250m:	2:27.88 29.78	350m:	3:26.39 28.61	
	100m:	57.60 29.80	200m:	1:58.10 29.85	300m:	2:57.78 29.90	400m:	3:54.93 28.54	
4.	WYSOCZY SKI, Mateusz SK		93	MKS Jordan Kraków				3:57.08	722
	50m:	27.54 27.54	150m:	1:28.15 30.49	250m:	2:28.31 29.82	350m:	3:28.12 29.70	
	100m:	57.66 30.12	200m:	1:58.49 30.34	300m:	2:58.42 30.11	400m:	3:57.08 28.96	
5.	KACZMARSKI, Marcin		94	KS KSZO Ostrowiec w.				3:57.25	721
	50m:	27.53 27.53	150m:	1:27.18 30.02	250m:	2:27.48 30.08	350m:	3:28.07 30.19	
	100m:	57.16 29.63	200m:	1:57.40 30.22	300m:	2:57.88 30.40	400m:	3:57.25 29.18	
6.	ZABOROWSKI, Filip		94	MKP Szczecin SS				3:58.83	707
	50m:	28.01 28.01	150m:	1:28.42 30.48	250m:	2:29.44 30.32	350m:	3:29.76 29.94	
	100m:	57.94 29.93	200m:	1:59.12 30.70	300m:	2:59.82 30.38	400m:	3:58.83 29.07	
7.	DUBIEL, Adam		93	MTP Lublinianka Lublin				3:59.19	703
	50m:	27.66 27.66	150m:	1:28.56 30.59	250m:	2:30.33 30.82	350m:	3:30.47 29.59	
	100m:	57.97 30.31	200m:	1:59.51 30.95	300m:	3:00.88 30.55	400m:	3:59.19 28.72	
8.	WITKOWSKI, Jan		94	UKS Skarpa Lublin				4:00.42	693
	50m:	28.11 28.11	150m:	1:29.20 30.60	250m:	2:30.71 30.60	350m:	3:31.89 30.40	
	100m:	58.60 30.49	200m:	2:00.11 30.91	300m:	3:01.49 30.78	400m:	4:00.42 28.53	
9.	RZADKOWSKI, Daniel		94	MUKS Olimpijczyk Suwałki				4:00.61	691
	50m:	27.87 27.87	150m:	1:29.61 30.97	250m:	2:31.16 30.78	350m:	3:32.71 30.69	
	100m:	58.64 30.77	200m:	2:00.38 30.77	300m:	3:02.02 30.86	400m:	4:00.61 27.90	
10.	JASI SKI, Jakub		87	Korner Zielona Góra				4:01.63	682
	50m:	27.49 27.49	150m:	1:27.98 30.46	250m:	2:29.71 30.87	350m:	3:31.80 30.98	
	100m:	57.52 30.03	200m:	1:58.84 30.86	300m:	3:00.82 31.11	400m:	4:01.63 29.83	
11.	LASSEK, Bartłomiej		94	MKS "Trójka" - Łódź				4:02.06	679
	50m:	27.67 27.67	150m:	1:28.22 30.61	250m:	2:30.01 30.72	350m:	3:32.20 31.01	
	100m:	57.61 29.94	200m:	1:59.29 31.07	300m:	3:01.19 31.18	400m:	4:02.06 29.86	
12.	KLIZA, Mateusz SK		94	KP AVIA widnik				4:02.41	676
	50m:	28.47 28.47	150m:	1:29.76 30.52	250m:	2:30.42 29.76	350m:	3:32.05 31.01	
	100m:	59.24 30.77	200m:	2:00.66 30.90	300m:	3:01.04 30.62	400m:	4:02.41 30.36	
13.	KURANT, Roger		94	KS KSZO Ostrowiec w.				4:02.50	675
	50m:	57.89 57.89	150m:	1:28.84 31.11	250m:	2:30.96 31.11	350m:	3:33.42 31.29	
	100m:		200m:	1:59.85 31.01	300m:	3:02.13 31.17	400m:	4:02.50 29.08	
	ORŁOWSKI, Piotr		91	MKP Szczecin SS				4:02.50	675
	50m:	28.39 28.39	150m:	1:29.32 30.66	250m:	2:31.93 31.35	350m:	3:33.57 30.57	
	100m:	58.66 30.27	200m:	2:00.58 31.26	300m:	3:03.00 31.07	400m:	4:02.50 28.93	
15.	NAJBOROWSKI, Paweł		92	Korner Zielona Góra				4:04.73	657
	50m:	27.36 27.36	150m:	1:28.78 31.29	250m:	2:32.14 31.84	350m:	3:34.84 31.22	
	100m:	57.49 30.13	200m:	2:00.30 31.52	300m:	3:03.62 31.48	400m:	4:04.73 29.89	
16.	R YSKI, Marcin		94	MTP KORMORAN Olsztyn				4:06.61	642
	50m:	29.54 29.54	150m:	1:31.81 30.96	250m:	2:34.35 30.93	350m:	3:37.18 31.67	
	100m:	1:00.85 31.31	200m:	2:03.42 31.61	300m:	3:05.51 31.16	400m:	4:06.61 29.43	
17.	HOŁUB, Jan		96	KP AVIA widnik				4:07.36	636
	50m:	29.03 29.03	150m:	1:33.15 32.28	250m:	2:36.56 30.97	350m:	3:37.91 30.03	
	100m:	1:00.87 31.84	200m:	2:05.59 32.44	300m:	3:07.88 31.32	400m:	4:07.36 29.45	

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

Pozycja			Rok ur.						Czas	Pkt.	
18.	FURTEK, PAWEŁ		95	Slask Wroclaw				4:07.72	633		
	50m:	28.69 28.69	150m:	1:32.16	32.09	250m:	2:35.31	31.51	350m:	3:37.85	31.23
	100m:	1:00.07 31.38	200m:	2:03.80	31.64	300m:	3:06.62	31.31	400m:	4:07.72	29.87
19.	G SIOR, Patryk		94	MKS Polonia Warszawa				4:08.27	629		
	50m:	29.38 29.38	150m:	1:32.47	31.73	250m:	2:35.52	30.92	350m:	3:38.18	31.24
	100m:	1:00.74 31.36	200m:	2:04.60	32.13	300m:	3:06.94	31.42	400m:	4:08.27	30.09
20.	ZIELI SKI, Dawid		92	MKP Szczecin SS				4:08.97	624		
	50m:	29.22 29.22	150m:	1:32.85	31.91	250m:	2:35.62	31.36	350m:	3:38.73	30.88
	100m:	1:00.94 31.72	200m:	2:04.26	31.41	300m:	3:07.85	32.23	400m:	4:08.97	30.24
21.	KŁUSEK, Adrian		93	MKS Juvenia Wrocław				4:09.30	621		
	50m:	29.04 29.04	150m:	1:33.00	32.34	250m:	2:36.77	31.50	350m:	3:39.19	30.92
	100m:	1:00.66 31.62	200m:	2:05.27	32.27	300m:	3:08.27	31.50	400m:	4:09.30	30.11
22.	WIEK, Kacper		95	MKS Polonia Warszawa				4:10.34	613		
	50m:	28.81 28.81	150m:	1:32.80	32.15	250m:	2:36.55	31.69	350m:	3:40.28	32.05
	100m:	1:00.65 31.84	200m:	2:04.86	32.06	300m:	3:08.23	31.68	400m:	4:10.34	30.06
23.	CHOLEWO, Krzysztof		95	KS "1" O arów Mazowiecki				4:11.27	607		
	50m:	29.19 29.19	150m:	1:32.76	32.06	250m:	2:36.90	31.93	350m:	3:40.66	31.89
	100m:	1:00.70 31.51	200m:	2:04.97	32.21	300m:	3:08.77	31.87	400m:	4:11.27	30.61
24.	BEREZECKI, Mateusz		95	MUKS Olimpijczyk Suwałki				4:12.30	599		
	50m:	28.64 28.64	150m:	1:32.64	32.16	250m:	2:36.99	31.90	350m:	3:41.33	31.91
	100m:	1:00.48 31.84	200m:	2:05.09	32.45	300m:	3:09.42	32.43	400m:	4:12.30	30.97
25.	NOWICKI, Mateusz		94	MUKS 15 AQUA Bydgoszcz				4:12.72	596		
	50m:	29.55 29.55	150m:	1:32.69	31.95	250m:	2:37.33	31.96	350m:	3:41.20	32.03
	100m:	1:00.74 31.19	200m:	2:05.37	32.68	300m:	3:09.17	31.84	400m:	4:12.72	31.52
26.	RUTKOWSKI, Krzysztof		96	MTP Lublinianka Lublin				4:14.07	587		
	50m:	29.54 29.54	150m:	1:33.30	31.95	250m:	2:37.96	32.26	350m:	3:42.92	32.18
	100m:	1:01.35 31.81	200m:	2:05.70	32.40	300m:	3:10.74	32.78	400m:	4:14.07	31.15
27.	BIELECKI, ŁUKASZ		95	Slask Wroclaw				4:14.68	583		
	50m:	28.42 28.42	150m:	1:32.76	32.55	250m:	2:38.01	32.68	350m:	3:43.16	32.68
	100m:	1:00.21 31.79	200m:	2:05.33	32.57	300m:	3:10.48	32.47	400m:	4:14.68	31.52
28.	PTASZY SKI, Mikołaj SZG		95	Korner Zielona Góra				4:15.52	577		
	50m:	29.40 29.40	150m:	1:34.59	32.68	250m:	2:39.28	31.69	350m:	3:44.13	32.37
	100m:	1:01.91 32.51	200m:	2:07.59	33.00	300m:	3:11.76	32.48	400m:	4:15.52	31.39
29.	KSIA EK, Sebastian		96	KS KSZO Ostrowiec w.				4:16.75	569		
	50m:	28.85 28.85	150m:	1:33.78	32.84	250m:	2:39.50	32.80	350m:	3:45.70	33.17
	100m:	1:00.94 32.09	200m:	2:06.70	32.92	300m:	3:12.53	33.03	400m:	4:16.75	31.05
30.	PASIECZNY, Przemysław		95	KS Orzeł Elbl g				4:17.26	565		
	50m:	29.35 29.35	150m:	1:33.63	32.31	250m:	2:38.92	32.70	350m:	3:45.58	33.46
	100m:	1:01.32 31.97	200m:	2:06.22	32.59	300m:	3:12.12	33.20	400m:	4:17.26	31.68
31.	SZCZECURA, Patryk		95	KS KSZO Ostrowiec w.				4:17.49	564		
	50m:	29.36 29.36	150m:	1:33.68	32.52	250m:	2:39.32	32.94	350m:	3:45.75	33.21
	100m:	1:01.16 31.80	200m:	2:06.38	32.70	300m:	3:12.54	33.22	400m:	4:17.49	31.74
32.	LE KIEWICZ, KONRAD		96	MKS Polonia Warszawa				4:17.57	563		
	50m:	29.18 29.18	150m:	1:34.60	32.93	250m:	2:40.83	32.88	350m:	3:46.37	32.41
	100m:	1:01.67 32.49	200m:	2:07.95	33.35	300m:	3:13.96	33.13	400m:	4:17.57	31.20
33.	SZCZEPA SKI, Sebastian SZG		95	Korner Zielona Góra				4:17.82	562		
	50m:	29.03 29.03	150m:	1:34.22	33.08	250m:	2:40.30	32.87	350m:	3:46.05	32.75
	100m:	1:01.14 32.11	200m:	2:07.43	33.21	300m:	3:13.30	33.00	400m:	4:17.82	31.77
34.	LENARD, Jacek		95	MKS Polonia Warszawa				4:18.74	556		
	50m:	29.77 29.77	150m:	1:35.05	32.85	250m:	2:41.02	32.93	350m:	3:46.96	32.89
	100m:	1:02.20 32.43	200m:	2:08.09	33.04	300m:	3:14.07	33.05	400m:	4:18.74	31.78
35.	SKWARNICKI, Tomasz		95	UKS Jagiellonka Warszawa				4:19.98	548		
	50m:	29.98 29.98	150m:	1:35.57	32.65	250m:	2:41.06	32.86	350m:	3:47.87	33.46
	100m:	1:02.92 32.94	200m:	2:08.20	32.63	300m:	3:14.41	33.35	400m:	4:19.98	32.11

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Pozycja			Rok ur.				Czas	Pkt.
36.	ŁAGOCKI, JAN		96	MKS Polonia Warszawa			4:21.62	537
	50m: 29.68	29.68	150m: 1:35.71	33.24	250m: 2:42.07	33.08	350m: 3:48.87	33.35
	100m: 1:02.47	32.79	200m: 2:08.99	33.28	300m: 3:15.52	33.45	400m: 4:21.62	32.75
37.	KRYCIA, Mateusz		96	KS KSZO Ostrowiec w.			4:22.38	533
	50m: 29.80	29.80	150m: 1:36.06	33.47	250m: 2:43.00	33.66	350m: 3:49.99	33.44
	100m: 1:02.59	32.79	200m: 2:09.34	33.28	300m: 3:16.55	33.55	400m: 4:22.38	32.39
	DYTKOWSKI, Jan		97	KS KSZO Ostrowiec w.			4:22.38	533
	50m: 29.30	29.30	150m: 1:35.06	33.51	250m: 2:42.16	33.55	350m: 3:49.07	33.45
	100m: 1:01.55	32.25	200m: 2:08.61	33.55	300m: 3:15.62	33.46	400m: 4:22.38	33.31
39.	KOSZPER, Maciej		94	KS Orzeł Elbl g			4:23.00	529
	50m: 29.75	29.75	150m: 1:35.86	33.35	250m: 2:42.77	33.73	350m: 3:50.32	33.52
	100m: 1:02.51	32.76	200m: 2:09.04	33.18	300m: 3:16.80	34.03	400m: 4:23.00	32.68
40.	STANISZEWSKI, Adam		97	MKS "Trójka" - Łód			4:23.20	528
	50m: 29.68	29.68	150m: 1:35.88	33.49	250m: 2:43.81	33.90	350m: 3:51.11	33.24
	100m: 1:02.39	32.71	200m: 2:09.91	34.03	300m: 3:17.87	34.06	400m: 4:23.20	32.09
41.	GRABCZAK, Dawid		97	Wisła Puławy			4:25.49	514
	50m: 30.64	30.64	150m: 1:37.56	33.86	250m: 2:45.04	33.87	350m: 3:53.07	34.10
	100m: 1:03.70	33.06	200m: 2:11.17	33.61	300m: 3:18.97	33.93	400m: 4:25.49	32.42
42.	STA KO, SEBASTIAN		95	Slask Wroclaw			4:27.08	505
	50m: 28.93	28.93	150m: 1:33.88	32.82	250m: 2:43.36	34.70	350m: 3:52.40	34.12
	100m: 1:01.06	32.13	200m: 2:08.66	34.78	300m: 3:18.28	34.92	400m: 4:27.08	34.68
43.	GRABSKI, Patryk		95	MKS Polonia Warszawa			4:28.34	498
	50m: 29.74	29.74	150m: 1:36.57	33.97	250m: 2:45.33	34.38	350m: 3:54.39	34.69
	100m: 1:02.60	32.86	200m: 2:10.95	34.38	300m: 3:19.70	34.37	400m: 4:28.34	33.95
44.	POPIELEC, Michał		97	UKS "GIM 92 Ursynów" Warszawa			4:29.36	492
	50m: 31.33	31.33	150m: 1:38.94	34.32	250m: 2:46.49	33.95	350m: 3:56.02	34.54
	100m: 1:04.62	33.29	200m: 2:12.54	33.60	300m: 3:21.48	34.99	400m: 4:29.36	33.34
45.	SIKORA, MICHAŁ		95	Slask Wroclaw			4:30.81	484
	50m: 29.23	29.23	150m: 1:36.59	34.48	250m: 2:47.40	35.38	350m: 3:58.19	35.35
	100m: 1:02.11	32.88	200m: 2:12.02	35.43	300m: 3:22.84	35.44	400m: 4:30.81	32.62
46.	WIAK, Bartłomiej		97	UKS 23 Lublin			4:31.04	483
	50m: 31.25	31.25	150m: 1:39.96	34.37	250m: 2:49.40	34.85	350m: 3:58.45	34.49
	100m: 1:05.59	34.34	200m: 2:14.55	34.59	300m: 3:23.96	34.56	400m: 4:31.04	32.59
47.	ŁOWICKI, Marcin		95	UKS NAWA Skierniewice			4:31.35	482
	50m: 30.39	30.39	150m: 1:37.61	34.26	250m: 2:46.89	34.60	350m: 3:56.90	35.40
	100m: 1:03.35	32.96	200m: 2:12.29	34.68	300m: 3:21.50	34.61	400m: 4:31.35	34.45
48.	KOWALSKI, Patryk		97	MUKS UNIA Busko-Zdrój			4:37.66	449
	50m: 29.86	29.86	150m: 1:37.60	34.68	250m: 2:49.10	36.08	350m: 4:02.20	36.48
	100m: 1:02.92	33.06	200m: 2:13.02	35.42	300m: 3:25.72	36.62	400m: 4:37.66	35.46
49.	ROSOWIECKI, MICHAŁ		95	Slask Wroclaw			4:38.51	445
	50m: 31.37	31.37	150m: 1:41.15	35.38	250m: 2:52.69	35.79	350m: 4:03.96	35.50
	100m: 1:05.77	34.40	200m: 2:16.90	35.75	300m: 3:28.46	35.77	400m: 4:38.51	34.55
50.	PACHOWSKI, Adrian		97	UKS Jagiellonka Warszawa			4:42.68	426
	50m: 30.96	30.96	150m: 1:41.74	36.23	250m: 2:54.76	36.90	350m: 4:07.90	36.33
	100m: 1:05.51	34.55	200m: 2:17.86	36.12	300m: 3:31.57	36.81	400m: 4:42.68	34.78
51.	ZIELI SKI, Cezary		97	MKS Medyk Gi ycko			4:46.74	408
	50m: 31.31	31.31	150m: 1:44.87	36.78	250m: 2:58.44	36.50	350m: 4:11.86	36.72
	100m: 1:08.09	36.78	200m: 2:21.94	37.07	300m: 3:35.14	36.70	400m: 4:46.74	34.88
52.	PI TKOWSKI, MARCIN		96	MKS Polonia Warszawa			4:49.56	396
	50m: 31.65	31.65	150m: 1:44.61	37.12	250m: 2:58.77	37.06	350m: 4:13.09	37.27
	100m: 1:07.49	35.84	200m: 2:21.71	37.10	300m: 3:35.82	37.05	400m: 4:49.56	36.47
53.	BOROWSKI, Tomasz		97	Wisła Puławy			5:00.30	355
	50m: 31.44	31.44	150m: 1:47.07	38.43	250m: 3:03.83	38.67	350m: 4:22.86	39.67
	100m: 1:08.64	37.20	200m: 2:25.16	38.09	300m: 3:43.19	39.36	400m: 5:07.14	44.28