

Grand Prix - Puchar Polski w pływaniu  
Kozienice, 5- - 6-3-2011

Konkurencja 34  
2011-03-06 - 10:50

M czyzn, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2010

| Pozycja |            |                 | Rok ur. |                     |       |               |       | Czas           | Pkt. |
|---------|------------|-----------------|---------|---------------------|-------|---------------|-------|----------------|------|
| 1.      | ZACZY      | SKI Karol       | 91      | AZS AWF Katowice    |       |               |       | <b>3:55.12</b> | 741  |
|         | 50m:       | 27.81 27.81     | 150m:   | 1:27.97 30.33       | 250m: | 2:27.98 29.41 | 350m: | 3:26.61 29.18  |      |
|         | 100m:      | 57.64 29.83     | 200m:   | 1:58.57 30.60       | 300m: | 2:57.43 29.45 | 400m: | 3:55.12 28.51  |      |
| 2.      | PIELOWSKI  | Krzysztof       | 91      | AZS UWM Olsztyn     |       |               |       | <b>3:55.81</b> | 734  |
|         | 50m:       | 27.85 27.85     | 150m:   | 1:27.38 29.75       | 250m: | 2:27.20 29.87 | 350m: | 3:26.77 29.57  |      |
|         | 100m:      | 57.63 29.78     | 200m:   | 1:57.33 29.95       | 300m: | 2:57.20 30.00 | 400m: | 3:55.81 29.04  |      |
| 3.      | STA        | CZYK Przemysław | 85      | MKP Szczecin        |       |               |       | <b>3:55.90</b> | 733  |
|         | 50m:       | 27.64 27.64     | 150m:   | 1:27.09 29.73       | 250m: | 2:26.90 29.82 | 350m: | 3:27.59 30.44  |      |
|         | 100m:      | 57.36 29.72     | 200m:   | 1:57.08 29.99       | 300m: | 2:57.15 30.25 | 400m: | 3:55.90 28.31  |      |
| 4.      | ZABOROWSKI | Filip SSz       | 94      | MKP Szczecin        |       |               |       | <b>3:56.32</b> | 729  |
|         | 50m:       | 27.73 27.73     | 150m:   | 1:27.80 29.93       | 250m: | 2:27.44 29.65 | 350m: | 3:27.13 29.91  |      |
|         | 100m:      | 57.87 30.14     | 200m:   | 1:57.79 29.99       | 300m: | 2:57.22 29.78 | 400m: | 3:56.32 29.19  |      |
| 5.      | POPRAWA    | Michał SO       | 94      | AZS AWF Katowice    |       |               |       | <b>3:57.76</b> | 716  |
|         | 50m:       | 28.02 28.02     | 150m:   | 1:30.84 31.55       | 250m: | 2:31.53 30.17 | 350m: | 3:29.88 28.61  |      |
|         | 100m:      | 59.29 31.27     | 200m:   | 2:01.36 30.52       | 300m: | 3:01.27 29.74 | 400m: | 3:57.76 27.88  |      |
| 6.      | KACZMARSKI | Marcin SSz      | 94      | KSZO Ostrowiec      |       |               |       | <b>3:57.86</b> | 715  |
|         | 50m:       | 27.46 27.46     | 150m:   | 1:27.30 30.13       | 250m: | 2:28.21 30.41 | 350m: | 3:28.77 30.21  |      |
|         | 100m:      | 57.17 29.71     | 200m:   | 1:57.80 30.50       | 300m: | 2:58.56 30.35 | 400m: | 3:57.86 29.09  |      |
| 7.      | PULWIN     | Paweł           | 92      | AZS AWF Warszawa    |       |               |       | <b>3:59.95</b> | 697  |
|         | 50m:       | 28.04 28.04     | 150m:   | 1:28.28 30.35       | 250m: | 2:27.13 29.39 | 350m: | 3:28.82 31.10  |      |
|         | 100m:      | 57.93 29.89     | 200m:   | 1:57.74 29.46       | 300m: | 2:57.72 30.59 | 400m: | 3:59.95 31.13  |      |
| 8.      | HURA       | Bartosz         | 91      | AZS UWM Olsztyn     |       |               |       | <b>4:00.64</b> | 691  |
|         | 50m:       | 28.61 28.61     | 150m:   | 1:28.77 30.07       | 250m: | 2:28.92 30.07 | 350m: | 3:30.20 30.80  |      |
|         | 100m:      | 58.70 30.09     | 200m:   | 1:58.85 30.08       | 300m: | 2:59.40 30.48 | 400m: | 4:00.64 30.44  |      |
| 9.      | JASI       | SKI Jakub       | 87      | Korner Zielona Góra |       |               |       | <b>4:00.82</b> | 689  |
|         | 50m:       | 28.77 28.77     | 150m:   | 1:29.71 30.83       | 250m: | 2:31.28 30.36 | 350m: | 3:31.72 29.79  |      |
|         | 100m:      | 58.88 30.11     | 200m:   | 2:00.92 31.21       | 300m: | 3:01.93 30.65 | 400m: | 4:00.82 29.10  |      |
| 10.     | KLIZA      | Mateusz SK      | 94      | KP AVIA widnik      |       |               |       | <b>4:01.07</b> | 687  |
|         | 50m:       | 28.28 28.28     | 150m:   | 1:27.74 29.93       | 250m: | 2:27.93 30.05 | 350m: | 3:30.16 31.50  |      |
|         | 100m:      | 57.81 29.53     | 200m:   | 1:57.88 30.14       | 300m: | 2:58.66 30.73 | 400m: | 4:01.07 30.91  |      |
| 11.     | PI         | TKOWSKI Mateusz | 90      | AZS AWF Warszawa    |       |               |       | <b>4:03.88</b> | 664  |
|         | 50m:       | 27.90 27.90     | 150m:   | 1:27.97 30.19       | 250m: | 2:29.72 31.04 | 350m: | 3:33.12 31.95  |      |
|         | 100m:      | 57.78 29.88     | 200m:   | 1:58.68 30.71       | 300m: | 3:01.17 31.45 | 400m: | 4:03.88 30.76  |      |
| 12.     | BRZOZA     | Jakub           | 93      | I sk Wrocław        |       |               |       | <b>4:06.17</b> | 645  |
|         | 50m:       | 28.14 28.14     | 150m:   | 1:29.14 30.78       | 250m: | 2:31.90 31.55 | 350m: | 3:35.06 31.61  |      |
|         | 100m:      | 58.36 30.22     | 200m:   | 2:00.35 31.21       | 300m: | 3:03.45 31.55 | 400m: | 4:06.17 31.11  |      |
| 13.     | WIEK       | Kacper          | 95      | Polonia Warszawa    |       |               |       | <b>4:07.54</b> | 635  |
|         | 50m:       | 28.89 28.89     | 150m:   | 1:31.49 31.54       | 250m: | 2:34.60 31.28 | 350m: | 3:37.98 31.59  |      |
|         | 100m:      | 59.95 31.06     | 200m:   | 2:03.32 31.83       | 300m: | 3:06.39 31.79 | 400m: | 4:07.54 29.56  |      |
| 14.     | BOR        | Radosław SZG    | 93      | Korner Zielona Góra |       |               |       | <b>4:07.66</b> | 634  |
|         | 50m:       | 28.73 28.73     | 150m:   | 1:29.67 30.50       | 250m: | 2:32.19 31.46 | 350m: | 3:36.21 32.21  |      |
|         | 100m:      | 59.17 30.44     | 200m:   | 2:00.73 31.06       | 300m: | 3:04.00 31.81 | 400m: | 4:07.66 31.45  |      |
| 15.     | ORŁOWSKI   | Piotr           | 91      | MKP Szczecin        |       |               |       | <b>4:07.90</b> | 632  |
|         | 50m:       | 28.91 28.91     | 150m:   | 1:31.12 31.37       | 250m: | 2:33.74 31.16 | 350m: | 3:36.82 31.62  |      |
|         | 100m:      | 59.75 30.84     | 200m:   | 2:02.58 31.46       | 300m: | 3:05.20 31.46 | 400m: | 4:07.90 31.08  |      |
| 16.     | KLICH      | Kacper          | 94      | AZS AWF Katowice    |       |               |       | <b>4:09.83</b> | 617  |
|         | 50m:       | 29.60 29.60     | 150m:   | 1:32.70 31.75       | 250m: | 2:36.31 31.85 | 350m: | 3:39.43 31.32  |      |
|         | 100m:      | 1:00.95 31.35   | 200m:   | 2:04.46 31.76       | 300m: | 3:08.11 31.80 | 400m: | 4:09.83 30.40  |      |
| 17.     | MELLER     | Olaf            | 92      | KS AZS-AWFis Gda sk |       |               |       | <b>4:10.09</b> | 615  |
|         | 50m:       | 27.56 27.56     | 150m:   | 1:28.23 30.38       | 250m: | 2:31.12 31.87 | 350m: | 3:36.90 33.00  |      |
|         | 100m:      | 57.85 30.29     | 200m:   | 1:59.25 31.02       | 300m: | 3:03.90 32.78 | 400m: | 4:10.09 33.19  |      |

Grand Prix - Puchar Polski w pływaniu  
Kozienice, 5- - 6-3-2011

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

| Pozycja |                      |       | Rok ur.       |                                |               |       | Czas          |                |     |  | Pkt. |
|---------|----------------------|-------|---------------|--------------------------------|---------------|-------|---------------|----------------|-----|--|------|
| 18.     | DALECKI Krzysztof    |       | 94            | I sk Wrocław                   |               |       |               | <b>4:10.95</b> | 609 |  |      |
|         | 50m: 28.99           | 28.99 | 150m: 1:31.96 | 31.71                          | 250m: 2:36.06 | 32.05 | 350m: 3:40.27 | 32.22          |     |  |      |
|         | 100m: 1:00.25        | 31.26 | 200m: 2:04.01 | 32.05                          | 300m: 3:08.05 | 31.99 | 400m: 4:10.95 | 30.68          |     |  |      |
| 19.     | KOTLEWSKI Michał SK  |       | 94            | Zryw Opole                     |               |       |               | <b>4:11.30</b> | 606 |  |      |
|         | 50m: 29.21           | 29.21 | 150m: 1:32.39 | 31.83                          | 250m: 2:36.54 | 32.10 | 350m: 3:41.42 | 32.22          |     |  |      |
|         | 100m: 1:00.56        | 31.35 | 200m: 2:04.44 | 32.05                          | 300m: 3:09.20 | 32.66 | 400m: 4:11.30 | 29.88          |     |  |      |
| 20.     | MACHNIEWICZ RADOSŁAW |       | 91            | UKS " oliborz" Warszawa        |               |       |               | <b>4:14.69</b> | 583 |  |      |
|         | 50m: 29.40           | 29.40 | 150m: 1:32.73 | 32.01                          | 250m: 2:37.63 | 32.16 | 350m: 3:42.42 | 32.25          |     |  |      |
|         | 100m: 1:00.72        | 31.32 | 200m: 2:05.47 | 32.74                          | 300m: 3:10.17 | 32.54 | 400m: 4:14.69 | 32.27          |     |  |      |
| 21.     | ZONIUK Maciej        |       | 94            | I sk Wrocław                   |               |       |               | <b>4:15.32</b> | 578 |  |      |
|         | 50m: 28.96           | 28.96 | 150m: 1:32.73 | 32.19                          | 250m: 2:37.52 | 32.57 | 350m: 3:43.46 | 32.85          |     |  |      |
|         | 100m: 1:00.54        | 31.58 | 200m: 2:04.95 | 32.22                          | 300m: 3:10.61 | 33.09 | 400m: 4:15.32 | 31.86          |     |  |      |
| 22.     | WIAK Jakub           |       | 95            | UKS 23 Lublin                  |               |       |               | <b>4:16.26</b> | 572 |  |      |
|         | 50m: 29.49           | 29.49 | 150m: 1:33.96 | 32.72                          | 250m: 2:38.92 | 32.20 | 350m: 3:44.66 | 32.81          |     |  |      |
|         | 100m: 1:01.24        | 31.75 | 200m: 2:06.72 | 32.76                          | 300m: 3:11.85 | 32.93 | 400m: 4:16.26 | 31.60          |     |  |      |
| 23.     | KACZY SKI Ferdynand  |       | 94            | MKP Szczecin                   |               |       |               | <b>4:18.70</b> | 556 |  |      |
|         | 50m: 30.53           | 30.53 | 150m: 1:36.50 | 32.99                          | 250m: 2:42.89 | 33.20 | 350m: 3:48.56 | 32.65          |     |  |      |
|         | 100m: 1:03.51        | 32.98 | 200m: 2:09.69 | 33.19                          | 300m: 3:15.91 | 33.02 | 400m: 4:18.70 | 30.14          |     |  |      |
| 24.     | EBROWSKI PIOTR       |       | 90            | UKS " oliborz" Warszawa        |               |       |               | <b>4:19.25</b> | 552 |  |      |
|         | 50m: 28.64           | 28.64 | 150m: 1:32.91 | 32.44                          | 250m: 2:38.62 | 32.85 | 350m: 3:45.94 | 33.77          |     |  |      |
|         | 100m: 1:00.47        | 31.83 | 200m: 2:05.77 | 32.86                          | 300m: 3:12.17 | 33.55 | 400m: 4:19.25 | 33.31          |     |  |      |
| 25.     | LENARD Jacek         |       | 95            | Polonia Warszawa               |               |       |               | <b>4:20.84</b> | 542 |  |      |
|         | 50m: 30.27           | 30.27 | 150m: 1:35.98 | 32.98                          | 250m: 2:42.46 | 33.01 | 350m: 3:48.41 | 32.67          |     |  |      |
|         | 100m: 1:03.00        | 32.73 | 200m: 2:09.45 | 33.47                          | 300m: 3:15.74 | 33.28 | 400m: 4:20.84 | 32.43          |     |  |      |
| 26.     | BRUS Dominik SK      |       | 93            | MKS Jordan Kraków              |               |       |               | <b>4:24.94</b> | 517 |  |      |
|         | 50m: 29.14           | 29.14 | 150m: 1:36.98 | 34.58                          | 250m: 2:46.60 | 34.93 | 350m: 3:55.51 | 34.32          |     |  |      |
|         | 100m: 1:02.40        | 33.26 | 200m: 2:11.67 | 34.69                          | 300m: 3:21.19 | 34.59 | 400m: 4:24.94 | 29.43          |     |  |      |
| 27.     | WO NIAK Maciej       |       | 95            | Polonia Warszawa               |               |       |               | <b>4:29.26</b> | 493 |  |      |
|         | 50m: 30.31           | 30.31 | 150m: 1:38.90 | 34.88                          | 250m: 2:48.04 | 33.93 | 350m: 3:56.79 | 34.12          |     |  |      |
|         | 100m: 1:04.02        | 33.71 | 200m: 2:14.11 | 35.21                          | 300m: 3:22.67 | 34.63 | 400m: 4:29.26 | 32.47          |     |  |      |
| 28.     | BEDNARCZYK Paweł     |       | 94            | I sk Wrocław                   |               |       |               | <b>4:29.47</b> | 492 |  |      |
|         | 50m: 31.13           | 31.13 | 150m: 1:39.16 | 34.56                          | 250m: 2:47.87 | 34.10 | 350m: 3:56.82 | 34.69          |     |  |      |
|         | 100m: 1:04.60        | 33.47 | 200m: 2:13.77 | 34.61                          | 300m: 3:22.13 | 34.26 | 400m: 4:29.47 | 32.65          |     |  |      |
| 29.     | GRZYWA Karol         |       | 97            | Fala Kra nik                   |               |       |               | <b>4:30.29</b> | 487 |  |      |
|         | 50m: 30.63           | 30.63 | 150m: 1:39.34 | 34.58                          | 250m: 2:48.42 | 34.59 | 350m: 3:57.44 | 34.49          |     |  |      |
|         | 100m: 1:04.76        | 34.13 | 200m: 2:13.83 | 34.49                          | 300m: 3:22.95 | 34.53 | 400m: 4:30.29 | 32.85          |     |  |      |
| 30.     | SOLA Kornel          |       | 97            | Fala Kra nik                   |               |       |               | <b>4:40.09</b> | 438 |  |      |
|         | 50m: 32.26           | 32.26 | 150m: 1:42.41 | 35.37                          | 250m: 2:54.24 | 35.71 | 350m: 4:05.52 | 35.54          |     |  |      |
|         | 100m: 1:07.04        | 34.78 | 200m: 2:18.53 | 36.12                          | 300m: 3:29.98 | 35.74 | 400m: 4:40.09 | 34.57          |     |  |      |
| 31.     | GRZYB Dominik        |       | 97            | MKS HURAGAN Mi dzyrzec Podlask |               |       |               | <b>4:45.27</b> | 414 |  |      |
|         | 50m: 31.28           | 31.28 | 150m: 1:43.84 | 36.95                          | 250m: 2:58.52 | 37.34 | 350m: 4:11.23 | 36.12          |     |  |      |
|         | 100m: 1:06.89        | 35.61 | 200m: 2:21.18 | 37.34                          | 300m: 3:35.11 | 36.59 | 400m: 4:45.27 | 34.04          |     |  |      |
| 32.     | YRO CYRYL            |       | 90            | UKS " oliborz" Warszawa        |               |       |               | <b>4:48.72</b> | 400 |  |      |
|         | 50m: 32.37           | 32.37 | 150m: 1:45.29 | 37.03                          | 250m: 2:59.55 | 36.61 | 350m: 4:12.70 | 36.86          |     |  |      |
|         | 100m: 1:08.26        | 35.89 | 200m: 2:22.94 | 37.65                          | 300m: 3:35.84 | 36.29 | 400m: 4:48.72 | 36.02          |     |  |      |
| 33.     | MIETANKA MARCIN      |       | 96            | Aquator Kozienice              |               |       |               | <b>5:25.80</b> | 278 |  |      |
|         | 50m: 32.58           | 32.58 | 150m: 1:51.84 | 40.56                          | 250m: 3:17.32 | 43.02 | 350m: 4:45.46 | 44.63          |     |  |      |
|         | 100m: 1:11.28        | 38.70 | 200m: 2:34.30 | 42.46                          | 300m: 4:00.83 | 43.51 | 400m: 5:25.80 | 40.34          |     |  |      |
| DYSKW.  | G SIOR Patryk        |       | 94            | Polonia Warszawa               |               |       |               |                |     |  |      |
|         | <b>O4</b>            |       |               |                                |               |       |               |                |     |  |      |
|         | 50m: 29.05           | 29.05 | 150m: 1:31.09 | 31.21                          | 250m: 2:34.12 | 31.33 | 350m: 3:37.44 | 31.65          |     |  |      |
|         | 100m: 59.88          | 30.83 | 200m: 2:02.79 | 31.70                          | 300m: 3:05.79 | 31.67 | 400m:         |                |     |  |      |