

Grand Prix Puchar Polski w Pływaniu  
Kozienice, 16- - 17-2-2013

Konkurencja 34  
2013-02-17 - 12:05

M czynn, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2012

Pozycja			Rok ur.					Czas	Pkt.			
1.	KORZENIOWSKI, Paweł		85	AZS AWF Warszawa				<b>3:49.56</b>	796			
	50m:	27.72 27.72	150m:	1:26.63	29.68	250m:	2:25.38	29.09	350m:	3:22.42	28.04	
	100m:	56.95 29.23	200m:	1:56.29	29.66	300m:	2:54.38	29.00	400m:	3:49.56	27.14	
2.	KACZMARSKI, Marcin SSz		94	KSZO Ostrowiec w				<b>3:50.08</b>	790			
	50m:	26.83 26.83	150m:	1:25.20	29.30	250m:	2:23.85	29.34	350m:	3:22.03	29.16	
	100m:	55.90 29.07	200m:	1:54.51	29.31	300m:	2:52.87	29.02	400m:	3:50.08	28.05	
3.	WOJDAK, Wojciech SO		96	BOSiR SP Brzesko				<b>3:50.85</b>	782			
	50m:	26.68 26.68	150m:	1:24.91	29.27	250m:	2:23.55	29.16	350m:	3:21.65	29.13	
	100m:	55.64 28.96	200m:	1:54.39	29.48	300m:	2:52.52	28.97	400m:	3:50.85	29.20	
4.	ZACZY SKI, Karol		91	AZS AWF Katowice				<b>3:54.27</b>	749			
	50m:	27.50 27.50	150m:	1:26.49	29.71	250m:	2:25.99	29.49	350m:	3:25.34	29.64	
	100m:	56.78 29.28	200m:	1:56.50	30.01	300m:	2:55.70	29.71	400m:	3:54.27	28.93	
5.	FURTEK, Paweł SSz		95	MKP Szczecin				<b>3:54.66</b>	745			
	50m:	27.38 27.38	150m:	1:25.93	29.24	250m:	2:25.61	29.95	350m:	3:25.56	30.01	
	100m:	56.69 29.31	200m:	1:55.66	29.73	300m:	2:55.55	29.94	400m:	3:54.66	29.10	
6.	PIELOWSKI, Krzysztof		91	AZS UWM Olsztyn				<b>3:54.97</b>	742			
	50m:	27.55 27.55	150m:	1:26.49	29.54	250m:	2:26.39	30.02	350m:	3:26.06	29.91	
	100m:	56.95 29.40	200m:	1:56.37	29.88	300m:	2:56.15	29.76	400m:	3:54.97	28.91	
7.	LASSEK, Bartłomiej		94	MKS Trójka Łód				<b>3:55.52</b>	737			
	50m:	27.06 27.06	150m:	1:25.97	29.18	250m:	2:25.22	29.85	350m:	3:25.61	30.10	
	100m:	56.79 29.73	200m:	1:55.37	29.40	300m:	2:55.51	30.29	400m:	3:55.52	29.91	
8.	ZABOROWSKI, Filip SSz		94	MKP Szczecin				<b>3:57.51</b>	718			
	50m:	27.32 27.32	150m:	1:26.74	29.98	250m:	2:26.36	29.74	350m:	3:27.44	30.75	
	100m:	56.76 29.44	200m:	1:56.62	29.88	300m:	2:56.69	30.33	400m:	3:57.51	30.07	
9.	KU WIK, Maciej		96	WKS I sk Wrocław				<b>3:58.15</b>	713			
	50m:	27.23 27.23	150m:	1:26.31	29.94	250m:	2:27.19	30.29	350m:	3:28.28	30.60	
	100m:	56.37 29.14	200m:	1:56.90	30.59	300m:	2:57.68	30.49	400m:	3:58.15	29.87	
10.	DUBIEL, Adam		93	MTP Lublinianka Lublin				<b>3:58.24</b>	712			
	50m:	27.78 27.78	150m:	1:28.44	30.42	250m:	2:29.49	30.53	350m:	3:29.79	29.82	
	100m:	58.02 30.24	200m:	1:58.96	30.52	300m:	2:59.97	30.48	400m:	3:58.24	28.45	
11.	BOROWICZ SKONECZNY, Sylwester		92	AZS UWM Olsztyn				<b>3:58.65</b>	708			
	50m:	28.21 28.21	150m:	1:28.58	30.26	250m:	2:28.68	30.07	350m:	3:28.99	30.19	
	100m:	58.32 30.11	200m:	1:58.61	30.03	300m:	2:58.80	30.12	400m:	3:58.65	29.66	
12.	ST PIE , Konrad		96	MKS Polonia Warszawa				<b>3:58.70</b>	708			
	50m:	28.39 28.39	150m:	1:29.03	30.25	250m:	2:29.88	30.32	350m:	3:30.11	29.87	
	100m:	58.78 30.39	200m:	1:59.56	30.53	300m:	3:00.24	30.36	400m:	3:58.70	28.59	
13.	PULWIN, Paweł		92	AZS AWF Warszawa				<b>3:58.84</b>	706			
	50m:	27.93 27.93	150m:	1:27.71	30.29	250m:	2:28.88	30.48	350m:	3:29.62	29.85	
	100m:	57.42 29.49	200m:	1:58.40	30.69	300m:	2:59.77	30.89	400m:	3:58.84	29.22	
14.	BORKOWSKI, Łukasz		95	MKS Trójka Łód				<b>4:00.16</b>	695			
	50m:	27.31 27.31	150m:	2:29.36	1:32.13	250m:			350m:	3:30.43		
	100m:	57.23 29.92	200m:	2:59.74	30.38	300m:			400m:	4:00.16	29.73	
15.	WIAK, Jakub		95	UKS Olimpijczyk 23 Lublin				<b>4:01.65</b>	682			
	50m:	28.25 28.25	150m:	1:29.52	30.90	250m:	2:30.89	30.80	350m:	3:31.94	30.17	
	100m:	58.62 30.37	200m:	2:00.09	30.57	300m:	3:01.77	30.88	400m:	4:01.65	29.71	
16.	WIEK, Kacper		95	MKS Polonia Warszawa				<b>4:01.86</b>	680			
	50m:	28.30 28.30	150m:	1:29.09	30.56	250m:	2:30.68	30.82	350m:	3:32.08	30.52	
	100m:	58.53 30.23	200m:	1:59.86	30.77	300m:	3:01.56	30.88	400m:	4:01.86	29.78	
17.	R YSKI, Marcin		94	AZS UWM Olsztyn				<b>4:02.57</b>	674			
	50m:	29.64 29.64	150m:	1:30.76	30.49	250m:	2:31.75	30.57	350m:	3:32.65	30.59	
	100m:	1:00.27	30.63	200m:	2:01.18	30.42	300m:	3:02.06	30.31	400m:	4:02.57	29.92

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Pozycja			Rok ur.					Czas	Pkt.
18.	G	SIOR, Patryk	94	MKS Polonia Warszawa				<b>4:03.82</b>	664
	50m:	28.22 28.22	150m:	1:29.36	30.75	250m:	2:30.97 30.76	350m:	3:32.89 30.87
	100m:	58.61 30.39	200m:	2:00.21	30.85	300m:	3:02.02 31.05	400m:	4:03.82 30.93
19.	PIETRZAK, Dawid		97	MUKS Pi tnastrka Bydgoszcz				<b>4:04.22</b>	661
	50m:	29.13 29.13	150m:	1:30.60	30.86	250m:	2:32.35 30.93	350m:	3:34.15 30.63
	100m:	59.74 30.61	200m:	2:01.42	30.82	300m:	3:03.52 31.17	400m:	4:04.22 30.07
20.	KSI EK, Sebastian		96	KSZO Ostrowiec w				<b>4:04.79</b>	656
	50m:	28.86 28.86	150m:	1:31.04	31.18	250m:	2:33.15 30.88	350m:	3:35.12 31.04
	100m:	59.86 31.00	200m:	2:02.27	31.23	300m:	3:04.08 30.93	400m:	4:04.79 29.67
21.	RZADKOWSKI, Daniel		94	MUKS Olimpijczyk Suwałki				<b>4:05.16</b>	653
	50m:	27.29 27.29	150m:	1:26.98	30.25	250m:	2:31.02 32.22	350m:	3:35.69 31.85
	100m:	56.73 29.44	200m:	1:58.80	31.82	300m:	3:03.84 32.82	400m:	4:05.16 29.47
22.	STANISZEWSKI, Adam		97	MKS Trójka Łód				<b>4:05.48</b>	651
	50m:	28.34 28.34	150m:	1:29.81	31.05	250m:	2:31.81 31.14	350m:	3:35.06 31.82
	100m:	58.76 30.42	200m:	2:00.67	30.86	300m:	3:03.24 31.43	400m:	4:05.48 30.42
23.	SOBCZYK, Maciej		95	MKS Trójka Łód				<b>4:06.20</b>	645
	50m:	28.05 28.05	150m:	1:29.66	31.29	250m:	2:32.46 31.28	350m:	3:35.58 31.64
	100m:	58.37 30.32	200m:	2:01.18	31.52	300m:	3:03.94 31.48	400m:	4:06.20 30.62
24.	DYTKOWSKI, Jan		97	KSZO Ostrowiec w				<b>4:06.72</b>	641
	50m:	28.52 28.52	150m:	1:30.41	31.33	250m:	2:33.45 31.44	350m:	3:35.73 31.13
	100m:	59.08 30.56	200m:	2:02.01	31.60	300m:	3:04.60 31.15	400m:	4:06.72 30.99
25.	LIS, Przemysław		96	KP AVIA widnik				<b>4:07.88</b>	632
	50m:	28.86 28.86	150m:	1:30.86	31.35	250m:	2:33.91 31.67	350m:	3:37.49 31.74
	100m:	59.51 30.65	200m:	2:02.24	31.38	300m:	3:05.75 31.84	400m:	4:07.88 30.39
26.	ZBUTOWICZ, Karol		98	MTP KORMORAN Olsztyn				<b>4:07.95</b>	631
	50m:	28.89 28.89	150m:	1:31.71	31.76	250m:	2:34.77 31.28	350m:	3:37.78 31.40
	100m:	59.95 31.06	200m:	2:03.49	31.78	300m:	3:06.38 31.61	400m:	4:07.95 30.17
27.	SZYMULA, Kamil		96	KP AVIA widnik				<b>4:08.67</b>	626
	50m:	28.77 28.77	150m:	1:32.50	32.17	250m:		350m:	3:38.25 31.06
	100m:	1:00.33 31.56	200m:	2:04.06	31.56	300m:	3:07.19	400m:	4:08.67 30.42
28.	KRYCIA, Mateusz		96	KSZO Ostrowiec w				<b>4:11.25</b>	607
	50m:	28.88 28.88	150m:	1:31.69	31.52	250m:	2:36.35 32.16	350m:	3:39.98 31.75
	100m:	1:00.17 31.29	200m:	2:04.19	32.50	300m:	3:08.23 31.88	400m:	4:11.25 31.27
29.	GRABCZAK, Dawid		97	KS Wisła Puławy				<b>4:14.17</b>	586
	50m:	28.98 28.98	150m:	1:32.54	32.56	250m:	2:37.61 32.52	350m:	3:42.99 32.41
	100m:	59.98 31.00	200m:	2:05.09	32.55	300m:	3:10.58 32.97	400m:	4:14.17 31.18
30.	KASZTELAN, Mateusz		98	UKS MOS Ełk				<b>4:14.40</b>	585
	50m:	28.67 28.67	150m:	1:33.87	33.16	250m:	2:38.87 32.58	350m:	3:44.16 32.44
	100m:	1:00.71 32.04	200m:	2:06.29	32.42	300m:	3:11.72 32.85	400m:	4:14.40 30.24
31.	SMEJA, Patryk		95	MKS "Astoria" Bydgoszcz				<b>4:15.16</b>	579
	50m:	29.50 29.50	150m:	1:34.22	32.93	250m:	2:40.32 33.24	350m:	3:44.37 32.20
	100m:	1:01.29 31.79	200m:	2:07.08	32.86	300m:	3:12.17 31.85	400m:	4:15.16 30.79
32.	RAFLEWSKI, Jakub		98	UKS 190 Łód				<b>4:15.57</b>	577
	50m:	28.76 28.76	150m:	1:34.71	33.29	250m:	2:39.70 31.95	350m:	3:44.56 32.12
	100m:	1:01.42 32.66	200m:	2:07.75	33.04	300m:	3:12.44 32.74	400m:	4:15.57 31.01
33.	KU MA, Bartosz		98	KS 1 O arów Mazowiecki				<b>4:16.67</b>	569
	50m:	29.85 29.85	150m:	1:34.88	32.56	250m:	2:40.99 32.91	350m:	3:46.42 32.48
	100m:	1:02.32 32.47	200m:	2:08.08	33.20	300m:	3:13.94 32.95	400m:	4:16.67 30.25
34.	MOTYCZY SKI, Jakub		96	MKS Polonia Warszawa				<b>4:16.85</b>	568
	50m:	29.63 29.63	150m:	1:34.23	32.65	250m:	2:40.51 33.20	350m:	3:46.09 32.68
	100m:	1:01.58 31.95	200m:	2:07.31	33.08	300m:	3:13.41 32.90	400m:	4:16.85 30.76
35.	LIS, Patryk		98	KP AVIA widnik				<b>4:17.32</b>	565
	50m:	30.15 30.15	150m:	1:35.12	32.63	250m:	2:40.93 32.86	350m:	3:46.75 32.55
	100m:	1:02.49 32.34	200m:	2:08.07	32.95	300m:	3:14.20 33.27	400m:	4:17.32 30.57

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Pozycja			Rok ur.						Czas	Pkt.
36.	LELEK, Mateusz		96	MKS Polonia Warszawa				<b>4:17.40</b>	564	
	50m: 29.75	29.75	150m: 1:34.51	32.90	250m: 2:40.12	32.81	350m: 3:45.89	32.60		
	100m: 1:01.61	31.86	200m: 2:07.31	32.80	300m: 3:13.29	33.17	400m: 4:17.40	31.51		
37.	GRZYWA, Karol		97	Fala Kra nik				<b>4:18.06</b>	560	
	50m: 28.65	28.65	150m: 1:34.68	33.36	250m: 2:41.01	32.98	350m: 3:46.86	32.90		
	100m: 1:01.32	32.67	200m: 2:08.03	33.35	300m: 3:13.96	32.95	400m: 4:18.06	31.20		
38.	PARZYNOWSKI, Wojciech		99	UKS 190 Łód				<b>4:18.34</b>	558	
	50m: 29.12	29.12	150m: 1:34.20	32.75	250m: 2:39.69	32.42	350m: 3:45.99	33.35		
	100m: 1:01.45	32.33	200m: 2:07.27	33.07	300m: 3:12.64	32.95	400m: 4:18.34	32.35		
39.	ZIELI SKI, Cezary		97	MKS Medyk Gi ycko				<b>4:19.78</b>	549	
	50m: 29.29	29.29	150m: 1:35.36	33.21	250m: 2:42.04	33.57	350m: 3:48.11	33.03		
	100m: 1:02.15	32.86	200m: 2:08.47	33.11	300m: 3:15.08	33.04	400m: 4:19.78	31.67		
40.	SZEL G, Ernest		97	KSZO Ostrowiec w				<b>4:23.34</b>	527	
	50m: 30.45	30.45	150m: 1:37.04	33.82	250m: 2:44.49	33.61	350m: 3:52.12	33.63		
	100m: 1:03.22	32.77	200m: 2:10.88	33.84	300m: 3:18.49	34.00	400m: 4:23.34	31.22		
41.	ADAMSKI, Adrian		96	KP Ciechanów				<b>4:23.44</b>	526	
	50m: 28.67	28.67	150m: 1:34.76	33.92	250m: 2:43.99	34.86	350m: 3:52.68	33.87		
	100m: 1:00.84	32.17	200m: 2:09.13	34.37	300m: 3:18.81	34.82	400m: 4:23.44	30.76		
	SZWUGIER, Jakub		96	MKS Trójka Łód				<b>4:23.44</b>	526	
	50m: 29.23	29.23	150m: 1:35.18	33.77	250m: 2:43.50	34.32	350m: 3:52.63	34.75		
	100m: 1:01.41	32.18	200m: 2:09.18	34.00	300m: 3:17.88	34.38	400m: 4:23.44	30.81		
43.	KUSKOWSKI, Adam		96	KP Ciechanów				<b>4:24.11</b>	522	
	50m:		150m: 1:35.52	33.52	250m: 2:43.30	33.72	350m: 3:51.79	34.33		
	100m: 1:02.00		200m: 2:09.58	34.06	300m: 3:17.46	34.16	400m: 4:24.11	32.32		
44.	HODUR, Filip		97	KS 1 O arów Mazowiecki				<b>4:24.30</b>	521	
	50m: 29.27	29.27	150m: 1:35.21	33.75	250m: 2:42.81	33.81	350m: 3:52.06	34.64		
	100m: 1:01.46	32.19	200m: 2:09.00	33.79	300m: 3:17.42	34.61	400m: 4:24.30	32.24		
45.	ZAPALSKI, Konrad		98	Fala Kra nik				<b>4:25.02</b>	517	
	50m: 29.28	29.28	150m: 1:34.92	33.40	250m: 2:42.65	34.12	350m: 3:51.31	34.44		
	100m: 1:01.52	32.24	200m: 2:08.53	33.61	300m: 3:16.87	34.22	400m: 4:25.02	33.71		
46.	RUSSEK, Filip		94	UKS " oliborz" Warszawa				<b>4:27.30</b>	504	
	50m: 30.12	30.12	150m: 1:36.98	33.97	250m: 2:45.88	34.64	350m: 3:54.94	34.33		
	100m: 1:03.01	32.89	200m: 2:11.24	34.26	300m: 3:20.61	34.73	400m: 4:27.30	32.36		
47.	KACZOROWSKI, Jakub		97	UKS " oliborz" Warszawa				<b>4:30.49</b>	486	
	50m: 30.19	30.19	150m: 1:39.09	34.45	250m: 2:48.19	34.44	350m: 3:57.50	34.64		
	100m: 1:04.64	34.45	200m: 2:13.75	34.66	300m: 3:22.86	34.67	400m: 4:30.49	32.99		
48.	SMUL, Bła ej		99	MKS Trójka Łód				<b>4:31.23</b>	482	
	50m: 31.05	31.05	150m: 1:38.71	34.03	250m: 2:48.60	35.09	350m: 3:58.49	35.01		
	100m: 1:04.68	33.63	200m: 2:13.51	34.80	300m: 3:23.48	34.88	400m: 4:31.23	32.74		
49.	BARA CZYK, Michał		99	UKS 190 Łód				<b>4:32.72</b>	474	
	50m: 30.40	30.40	150m: 1:39.28	34.79	250m: 2:50.05	35.45	350m: 4:00.24	34.98		
	100m: 1:04.49	34.09	200m: 2:14.60	35.32	300m: 3:25.26	35.21	400m: 4:32.72	32.48		
50.	ROGOZI SKI, Mateusz		99	KSZO Ostrowiec w				<b>4:33.17</b>	472	
	50m: 31.78	31.78	150m: 1:42.22	35.74	250m: 2:51.17	33.58	350m: 4:02.17	35.43		
	100m: 1:06.48	34.70	200m: 2:17.59	35.37	300m: 3:26.74	35.57	400m: 4:33.17	31.00		
51.	SOLA, Kornel		97	Fala Kra nik				<b>4:33.67</b>	469	
	50m: 31.77	31.77	150m: 1:40.91	34.86	250m: 2:50.90	35.03	350m: 4:00.56	34.68		
	100m: 1:06.05	34.28	200m: 2:15.87	34.96	300m: 3:25.88	34.98	400m: 4:33.67	33.11		
52.	URBA SKI, Michał		97	MUKS Pi tnastka Bydgoszcz				<b>4:33.91</b>	468	
	50m: 29.73	29.73	150m: 1:37.36	33.91	250m: 2:47.09	35.13	350m: 3:58.70	35.42		
	100m: 1:03.45	33.72	200m: 2:11.96	34.60	300m: 3:23.28	36.19	400m: 4:33.91	35.21		
53.	RUDNICKI, Marcin		99	UKS " oliborz" Warszawa				<b>4:36.33</b>	456	
	50m: 31.17	31.17	150m: 1:40.15	34.95	250m: 2:51.06	35.34	350m: 4:01.96	35.08		
	100m: 1:05.20	34.03	200m: 2:15.72	35.57	300m: 3:26.88	35.82	400m: 4:36.33	34.37		

Grand Prix Puchar Polski w Pływaniu  
Kozienice, 16- - 17-2-2013

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

Pozycja				Rok ur.					Czas	Pkt.		
54.	POZNACHOWSKI, Wiktor			98	MKS Polonia Warszawa				<b>4:36.64</b>	454		
	50m:	31.84	31.84	150m:	1:42.91	35.79	250m:	2:54.72	35.95	350m:	4:04.25	34.61
	100m:	1:07.12	35.28	200m:	2:18.77	35.86	300m:	3:29.64	34.92	400m:	4:36.64	32.39
55.	CZERNAK, Konrad			98	Skarpa Lublin				<b>4:38.69</b>	445		
	50m:	31.25	31.25	150m:	1:42.63	36.15	250m:	2:53.40	35.02	350m:	4:04.81	35.57
	100m:	1:06.48	35.23	200m:	2:18.38	35.75	300m:	3:29.24	35.84	400m:	4:38.69	33.88
56.	KOWALSKI, Dominik			98	UKS Ostrobramska				<b>4:39.33</b>	441		
	50m:	30.62	30.62	150m:	1:40.92	35.33	250m:	2:52.30	35.81	350m:	4:05.18	35.91
	100m:	1:05.59	34.97	200m:	2:16.49	35.57	300m:	3:29.27	36.97	400m:	4:39.33	34.15
57.	CICHO , Maciej			97	MKS Trójka Łód				<b>4:43.01</b>	424		
	50m:	31.42	31.42	150m:	1:42.48	36.39	250m:	2:55.50	36.43	350m:	4:08.19	36.05
	100m:	1:06.09	34.67	200m:	2:19.07	36.59	300m:	3:32.14	36.64	400m:	4:43.01	34.82
58.	NAPIERAJ, Jan			98	MKS Polonia Warszawa				<b>4:54.13</b>	378		
	50m:	32.46	32.46	150m:	1:46.06	37.28	250m:	3:02.40	38.16	350m:	4:18.02	37.44
	100m:	1:08.78	36.32	200m:	2:24.24	38.18	300m:	3:40.58	38.18	400m:	4:54.13	36.11
59.	KOSTANOWICZ, Artur			98	MKS Polonia Warszawa				<b>5:19.68</b>	294		
	50m:	33.27	33.27	150m:	1:52.61	40.76	250m:	3:15.69	41.76	350m:	4:39.41	41.46
	100m:	1:11.85	38.58	200m:	2:33.93	41.32	300m:	3:57.95	42.26	400m:	5:19.68	40.27