

Grand Prix Puchar Polski w Kozienicach 01-02.03.2014
Kozienice, 1- - 2-3-2014

Konkurencja 23 M czyzn, 400m dowolny 14 lat i starsi
2014-03-01 - 20:10 Wyniki

Top Times "Poland" 3:37.78 KORZENIOWSKI, Pawel 00114 Gorzow Wielkopolski 2009-11-26

Punkty: FINA 2013

Pozycja			Rok ur.					Czas	Pkt.
1.	WOJDAK, Wojciech SO		96	UKP UNIA O wi cim				3:48.48	801
	50m:	26.96 26.96	150m:	1:25.36 29.19	250m:	2:23.39 28.90	350m:	3:20.52 28.38	
	100m:	56.17 29.21	200m:	1:54.49 29.13	300m:	2:52.14 28.75	400m:	3:48.48 27.96	
2.	KACZMARSKI, Marcin		94	MKP Szczecin				3:50.23	783
	50m:	27.13 27.13	150m:	1:25.84 29.45	250m:	2:24.69 29.23	350m:	3:22.47 29.01	
	100m:	56.39 29.26	200m:	1:55.46 29.62	300m:	2:53.46 28.77	400m:	3:50.23 27.76	
3.	ZABOROWSKI, Filip		94	MKP Szczecin				3:50.71	778
	50m:	27.48 27.48	150m:	1:25.94 29.27	250m:	2:24.09 29.00	350m:	3:22.19 29.11	
	100m:	56.67 29.19	200m:	1:55.09 29.15	300m:	2:53.08 28.99	400m:	3:50.71 28.52	
4.	KLICH, Kacper		94	WKS I sk Wrocław				3:53.98	746
	50m:	27.35 27.35	150m:	1:26.50 29.72	250m:	2:25.38 29.41	350m:	3:23.83 29.51	
	100m:	56.78 29.43	200m:	1:55.97 29.47	300m:	2:54.32 28.94	400m:	3:53.98 30.15	
5.	FURTEK, Paweł SSz		95	MKP Szczecin				3:54.58	740
	50m:	27.77 27.77	150m:	1:26.72 29.41	250m:	2:25.81 29.72	350m:	3:24.95 29.55	
	100m:	57.31 29.54	200m:	1:56.09 29.37	300m:	2:55.40 29.59	400m:	3:54.58 29.63	
6.	BI , Daniel		95	AZS AWF Warszawa				3:56.38	723
	50m:	27.97 27.97	150m:	1:27.67 29.61	250m:	2:27.23 29.61	350m:	3:26.93 29.75	
	100m:	58.06 30.09	200m:	1:57.62 29.95	300m:	2:57.18 29.95	400m:	3:56.38 29.45	
7.	KU WIK, Maciej		96	MKP Szczecin				3:56.47	723
	50m:	27.85 27.85	150m:	1:26.98 29.76	250m:	2:26.65 29.69	350m:	3:26.90 30.17	
	100m:	57.22 29.37	200m:	1:56.96 29.98	300m:	2:56.73 30.08	400m:	3:56.47 29.57	
8.	KSI EK, Sebastian SOc		96	KS KSZO Ostrowiec w.				3:56.96	718
	50m:	27.50 27.50	150m:	1:26.72 29.66	250m:	2:26.88 30.27	350m:	3:27.53 30.28	
	100m:	57.06 29.56	200m:	1:56.61 29.89	300m:	2:57.25 30.37	400m:	3:56.96 29.43	
9.	SZARLI SKI, Filip		92	AZS AWF Warszawa				3:57.21	716
	50m:	28.02 28.02	150m:	1:27.91 29.72	250m:	2:27.36 29.67	350m:	3:27.93 30.39	
	100m:	58.19 30.17	200m:	1:57.69 29.78	300m:	2:57.54 30.18	400m:	3:57.21 29.28	
10.	BUGDOL, Rafał SR		95	MKS-SMS Victoria Racibórz				3:57.83	710
	50m:	26.66 26.66	150m:	1:27.20 30.49	250m:	2:28.42 30.59	350m:	3:28.91 30.22	
	100m:	56.71 30.05	200m:	1:57.83 30.63	300m:	2:58.69 30.27	400m:	3:57.83 28.92	
11.	JASZCZAK, Wiktor SWR		97	WKS I sk Wrocław				3:58.45	705
	50m:	28.30 28.30	150m:	1:28.90 30.39	250m:	2:29.33 30.21	350m:	3:29.77 29.99	
	100m:	58.51 30.21	200m:	1:59.12 30.22	300m:	2:59.78 30.45	400m:	3:58.45 28.68	
12.	KOŁODZIEJSKI, Filip SZG		96	KORNER Zielona Góra				3:58.50	704
	50m:	27.59 27.59	150m:	1:28.71 30.73	250m:	2:30.05 30.56	350m:	3:29.91 29.47	
	100m:	57.98 30.39	200m:	1:59.49 30.78	300m:	3:00.44 30.39	400m:	3:58.50 28.59	
13.	BOR, Radosław		93	WKS I sk Wrocław				3:58.91	701
	50m:	28.16 28.16	150m:	1:28.69 30.12	250m:	2:29.73 30.42	350m:	3:30.13 30.07	
	100m:	58.57 30.41	200m:	1:59.31 30.62	300m:	3:00.06 30.33	400m:	3:58.91 28.78	
14.	G SIOR, Patryk		94	AZS AWF Warszawa				3:59.45	696
	50m:	27.87 27.87	150m:	1:28.40 30.28	250m:	2:29.01 30.24	350m:	3:29.79 30.14	
	100m:	58.12 30.25	200m:	1:58.77 30.37	300m:	2:59.65 30.64	400m:	3:59.45 29.66	
15.	JURA, Maciej		96	UKS Jagiellonka Warszawa				4:00.43	687
	50m:	28.03 28.03	150m:	1:28.89 30.41	250m:	2:30.09 30.62	350m:	3:31.85 30.63	
	100m:	58.48 30.45	200m:	1:59.47 30.58	300m:	3:01.22 31.13	400m:	4:00.43 28.58	
16.	SOBCZYK, Maciej		95	MKS Trójka Łód				4:01.77	676
	50m:	27.80 27.80	150m:	1:29.71 31.09	250m:	2:31.45 30.51	350m:	3:31.79 30.19	
	100m:	58.62 30.82	200m:	2:00.94 31.23	300m:	3:01.60 30.15	400m:	4:01.77 29.98	
17.	OPALSKI, Marcin		93	UKS GIM 92 Ursynów				4:01.78	676
	50m:	26.84 26.84	150m:	1:27.31 30.68	250m:	2:29.14 30.82	350m:	3:32.05 31.01	
	100m:	56.63 29.79	200m:	1:58.32 31.01	300m:	3:01.04 31.90	400m:	4:01.78 29.73	

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Pozycja			Rok ur.						Czas	Pkt.
18.	SZYMULA, Kamil		96	KP AVIA widnik				4:02.41	671	
	50m:	27.95 27.95	150m:	1:29.42	30.70	250m:	2:30.91	30.84	350m:	
	100m:	58.72 30.77	200m:	2:00.07	30.65	300m:	3:32.27	1:01.36	400m:	4:02.41
19.	HOŁUB, Jan SWR		96	WKS I sk Wrocław				4:03.89	659	
	50m:	28.23 28.23	150m:	1:30.07	31.12	250m:	2:31.96	30.92	350m:	3:34.07
	100m:	58.95 30.72	200m:	2:01.04	30.97	300m:	3:02.75	30.79	400m:	4:03.89
20.	YBURA, Kornel		95	MKP Bobry D bica				4:03.92	658	
	50m:	28.05 28.05	150m:	1:29.73	30.96	250m:	2:31.80	31.02	350m:	3:33.80
	100m:	58.77 30.72	200m:	2:00.78	31.05	300m:	3:02.71	30.91	400m:	4:03.92
21.	STANISZEWSKI, Adam SSz		97	MKS Trójka Łód				4:06.18	640	
	50m:	28.18 28.18	150m:	1:29.63	30.95	250m:	2:31.66	31.11	350m:	3:35.13
	100m:	58.68 30.50	200m:	2:00.55	30.92	300m:	3:02.94	31.28	400m:	4:06.18
22.	GOLENIEC, Łukasz SO		97	UKP UNIA O wi cim				4:06.35	639	
	50m:	27.91 27.91	150m:	1:29.54	30.82	250m:	2:31.83	31.24	350m:	3:35.28
	100m:	58.72 30.81	200m:	2:00.59	31.05	300m:	3:03.38	31.55	400m:	4:06.35
23.	ROGUSKI, Bartłomiej		93	UKS " oliborz" Warszawa				4:06.41	639	
	50m:	27.46 27.46	150m:	1:29.04	31.05	250m:	2:31.99	31.37	350m:	3:35.63
	100m:	57.99 30.53	200m:	2:00.62	31.58	300m:	3:04.28	32.29	400m:	4:06.41
24.	DYTKOWSKI, Jan SOc		97	KS KSZO Ostrowiec w.				4:09.23	617	
	50m:	28.02 28.02	150m:	1:31.08	31.36	250m:	2:33.18	30.53	350m:	3:37.14
	100m:	59.72 31.70	200m:	2:02.65	31.57	300m:	3:04.92	31.74	400m:	4:09.23
25.	DOBRZY SKI, Tomasz		98	UKS G-8 Bielany Warszawa				4:09.54	615	
	50m:	28.89 28.89	150m:	1:32.30	31.91	250m:	2:35.67	31.52	350m:	3:39.01
	100m:	1:00.39 31.50	200m:	2:04.15	31.85	300m:	3:07.40	31.73	400m:	4:09.54
26.	NIEDZIAŁEK, Dominik		98	Skarpa Lublin				4:11.44	601	
	50m:	28.63 28.63	150m:	1:33.91	32.79	250m:	2:37.61	31.17	350m:	3:40.97
	100m:	1:01.12 32.49	200m:	2:06.44	32.53	300m:	3:09.47	31.86	400m:	4:11.44
27.	SZULGO, Filip		97	MKP Szczecin				4:11.92	598	
	50m:	28.42 28.42	150m:	1:31.52	31.59	250m:	2:35.12	31.59	350m:	3:40.03
	100m:	59.93 31.51	200m:	2:03.53	32.01	300m:	3:07.39	32.27	400m:	4:11.92
28.	ZAPALSKI, Konrad		98	Fala Kra nik				4:12.01	597	
	50m:	28.38 28.38	150m:	1:31.33	31.72	250m:	2:35.00	31.98	350m:	3:39.78
	100m:	59.61 31.23	200m:	2:03.02	31.69	300m:	3:07.22	32.22	400m:	4:12.01
29.	RÓJ, Konrad		98	MKP Szczecin				4:12.37	594	
	50m:	28.87 28.87	150m:	1:32.65	31.96	250m:	2:36.79	32.13	350m:	3:41.39
	100m:	1:00.69 31.82	200m:	2:04.66	32.01	300m:	3:09.07	32.28	400m:	4:12.37
30.	PIE NIAK, Jakub SO		97	UKP UNIA O wi cim				4:12.88	591	
	50m:	28.17 28.17	150m:	1:32.01	32.36	250m:	2:36.84	32.84	350m:	3:41.50
	100m:	59.65 31.48	200m:	2:04.00	31.99	300m:	3:09.54	32.70	400m:	4:12.88
31.	GÓRSKI, Marcin		97	MKP Szczecin				4:13.15	589	
	50m:	28.90 28.90	150m:	1:33.00	32.09	250m:	2:37.32	31.93	350m:	3:42.50
	100m:	1:00.91 32.01	200m:	2:05.39	32.39	300m:	3:09.89	32.57	400m:	4:13.15
32.	KRYCIA, Mateusz SOc		96	KS KSZO Ostrowiec w.				4:15.12	575	
	50m:	29.12 29.12	150m:	1:35.06	33.21	250m:	2:40.81	33.32	350m:	3:45.92
	100m:	1:01.85 32.73	200m:	2:07.49	32.43	300m:	3:14.44	33.63	400m:	4:15.12
33.	KOWALSKI, Patryk SOc		97	Unia Busko Zdrój				4:15.19	575	
	50m:	29.02 29.02	150m:	1:34.51	32.96	250m:	2:39.53	32.34	350m:	3:44.75
	100m:	1:01.55 32.53	200m:	2:07.19	32.68	300m:	3:12.34	32.81	400m:	4:15.19
34.	KULESZKO, Mikołaj		98	MTKP Delfin Toru				4:17.07	562	
	50m:	27.56 27.56	150m:	1:30.52	32.32	250m:	2:36.36	32.92	350m:	3:43.61
	100m:	58.20 30.64	200m:	2:03.44	32.92	300m:	3:09.58	33.22	400m:	4:17.07
35.	BUJAK, Kacper		98	MTP Lublinianka Lublin				4:17.71	558	
	50m:	29.51 29.51	150m:	1:34.60	32.76	250m:	2:39.96	32.87	350m:	3:45.97
	100m:	1:01.84 32.33	200m:	2:07.09	32.49	300m:	3:12.89	32.93	400m:	4:17.71

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Pozycja			Rok ur.				Czas		Pkt.
36.	BOCHNOWSKI, Maciej		98	MKP Bobry D bica			4:18.28	554	
	50m:	29.00 29.00	150m:	1:33.70	32.63	250m:	2:40.49	33.01	
	100m:	1:01.07 32.07	200m:	2:07.48	33.78	300m:	3:13.85	33.36	
			350m:			400m:	4:18.28	31.39	
37.	PRÓSZYNSKI, Igor		99	Fala Kra nik			4:20.14	543	
	50m:	29.38 29.38	150m:	1:35.11	33.27	250m:	2:41.51	32.96	
	100m:	1:01.84 32.46	200m:	2:08.55	33.44	300m:	3:14.88	33.37	
			350m:			400m:	4:20.14	32.10	
38.	KACZOROWSKI, Jakub		97	UKS " oliborz" Warszawa			4:20.73	539	
	50m:	29.61 29.61	150m:	1:35.71	33.06	250m:	2:42.00	33.25	
	100m:	1:02.65 33.04	200m:	2:08.75	33.04	300m:	3:15.22	33.22	
			350m:			400m:	4:20.73	32.05	
39.	FRODEBERG, Gustav		97	Vaesby SS			4:21.31	535	
	50m:	28.91 28.91	150m:	1:33.97	32.66	250m:	2:40.68	33.17	
	100m:	1:01.31 32.40	200m:	2:07.51	33.54	300m:	3:14.48	33.80	
			350m:			400m:	4:21.31	32.50	
40.	FRISK GARCIA, Oskar		96	Vaesby SS			4:21.91	532	
	50m:	29.45 29.45	150m:	1:34.98	32.90	250m:	2:41.91	33.59	
	100m:	1:02.08 32.63	200m:	2:08.32	33.34	300m:	3:15.67	33.76	
			350m:			400m:	4:21.91	32.83	
41.	MAŁYSKA, Bartosz		99	Skarpa Lublin			4:22.22	530	
	50m:	29.49 29.49	150m:	1:36.19	33.82	250m:	2:43.29	33.48	
	100m:	1:02.37 32.88	200m:	2:09.81	33.62	300m:	3:16.80	33.51	
			350m:			400m:	4:22.22	32.50	
42.	RUSSEK, Filip		94	UKS " oliborz" Warszawa			4:22.45	528	
	50m:	30.30 30.30	150m:	1:37.20	33.60	250m:	2:44.41	33.15	
	100m:	1:03.60 33.30	200m:	2:11.26	34.06	300m:	3:17.70	33.29	
			350m:			400m:	4:22.45	31.17	
43.	LIS, Patryk		98	KP AVIA widnik			4:25.34	511	
	50m:	29.23 29.23	150m:	1:35.92	33.87	250m:	2:43.96	34.04	
	100m:	1:02.05 32.82	200m:	2:09.92	34.00	300m:	3:17.82	33.86	
			350m:			400m:	4:25.34	33.33	
44.	CZERNIAK, Konrad		98	Skarpa Lublin			4:30.08	485	
	50m:	30.44 30.44	150m:	1:39.75	34.70	250m:	2:48.68	33.95	
	100m:	1:05.05 34.61	200m:	2:14.73	34.98	300m:	3:22.58	33.90	
			350m:			400m:	4:30.08	33.14	
45.	WO NIAK, Kamil		00	MUKS Sokół Kolbuszowa Dolna			4:42.21	425	
	50m:	31.26 31.26	150m:	1:42.14	35.66	250m:	2:54.19	36.19	
	100m:	1:06.48 35.22	200m:	2:18.00	35.86	300m:	3:30.43	36.24	
			350m:			400m:	4:42.21	35.58	
46.	AUGUSTYN, Aleksander		00	MUKS Sokół Kolbuszowa Dolna			4:52.20	383	
	50m:	1:10.64 1:10.64	150m:	3:02.68	37.08	250m:	4:17.23	37.19	
	100m:	2:25.60 1:14.96	200m:	3:40.04	37.36	300m:	4:52.26	35.03	
			350m:			400m:	4:52.20		
47.	BOGUSZEWSKI, Maciej		98	Skarpa Lublin			4:56.13	368	
	50m:	31.18 31.18	150m:	1:43.02	36.32	250m:	2:57.48	37.12	
	100m:	1:06.70 35.52	200m:	2:20.36	37.34	300m:	3:35.07	37.59	
			350m:			400m:	4:56.13	43.70	
48.	WI TO , Filip		99	Skarpa Lublin			4:57.64	362	
	50m:	33.04 33.04	150m:	1:49.21	38.83	250m:	3:04.25	37.83	
	100m:	1:10.38 37.34	200m:	2:26.42	37.21	300m:	3:42.85	38.60	
			350m:			400m:	4:57.64	39.00	