

Grand Prix Puchar Polski  
Kozienice, 28-2 - 1-3-2015

Konkurencja 23  
2015-02-28 - 19:38

M czyzn, 400m dowolny

14 lat i starsi  
Wyniki

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

Punkty: FINA 2014

Pozycja			Rok ur.					Czas	Pkt.
1.	WOJDAK, Wojciech SO		96	UKP Unia O wi cim				<b>3:47.95</b>	807
	50m:	26.66 26.66	150m:	1:24.50	28.84	250m:	2:22.17 28.61	350m:	3:19.79 28.92
	100m:	55.66 29.00	200m:	1:53.56	29.06	300m:	2:50.87 28.70	400m:	3:47.95 28.16
2.	KACZMARSKI, Marcin		94	MKP Szczecin				<b>3:52.57</b>	760
	50m:	27.07 27.07	150m:	1:25.96	29.56	250m:	2:24.87 29.38	350m:	3:24.62 29.92
	100m:	56.40 29.33	200m:	1:55.49	29.53	300m:	2:54.70 29.83	400m:	3:52.57 27.95
3.	GŁYK, Wojciech		92	AZS AWF Katowice				<b>3:53.07</b>	755
	50m:	27.26 27.26	150m:	1:26.13	29.62	250m:	2:25.56 29.66	350m:	3:24.62 29.60
	100m:	56.51 29.25	200m:	1:55.90	29.77	300m:	2:55.02 29.46	400m:	3:53.07 28.45
4.	POPRAWA, Michał		94	AZS AWF Katowice				<b>3:54.96</b>	737
	50m:	26.74 26.74	150m:			250m:	2:26.63 29.64	350m:	3:25.81 29.34
	100m:		200m:	1:56.99		300m:	2:56.47 29.84	400m:	3:54.96 29.15
5.	DUBIEL, Adam		93	AZS AWF Warszawa				<b>3:55.00</b>	736
	50m:	27.14 27.14	150m:	1:26.49	29.91	250m:	2:26.10 29.87	350m:	3:25.70 29.76
	100m:	56.58 29.44	200m:	1:56.23	29.74	300m:	2:55.94 29.84	400m:	3:55.00 29.30
6.	STANISZEWSKI, Adam SSz		97	MKS Trójka Łód				<b>3:55.54</b>	731
	50m:	27.27 27.27	150m:	1:26.53	29.68	250m:	2:25.82 29.80	350m:	3:26.19 30.33
	100m:	56.85 29.58	200m:	1:56.02	29.49	300m:	2:55.86 30.04	400m:	3:55.54 29.35
7.	CHRZANOWSKI, Damian		98	MZOS Płock				<b>3:57.22</b>	716
	50m:	27.42 27.42	150m:	1:27.64	30.08	250m:	2:28.14 30.03	350m:	3:28.18
	100m:	57.56 30.14	200m:	1:58.11	30.47	300m:		400m:	3:57.22 29.04
8.	KUBKOWSKI, Bartłomiej		95	MTP KORMORAN Olsztyn				<b>3:59.00</b>	700
	50m:	28.00 28.00	150m:	1:59.18	30.80	250m:	2:59.78 30.36	350m:	
	100m:	1:28.38 1:00.38	200m:	2:29.42	30.24	300m:	3:29.55 29.77	400m:	3:59.00
9.	RÓJ, Konrad SSZ		98	MKP Szczecin				<b>4:01.99</b>	674
	50m:	28.39 28.39	150m:	1:29.76	30.83	250m:	2:31.59 30.89	350m:	3:32.81 30.52
	100m:	58.93 30.54	200m:	2:00.70	30.94	300m:	3:02.29 30.70	400m:	4:01.99 29.18
10.	D BSKI, Dominik		98	MKS Trójka Łód				<b>4:03.73</b>	660
	50m:	29.15 29.15	150m:	1:31.55	31.26	250m:	2:32.66 30.38	350m:	3:34.11 30.68
	100m:	1:00.29 31.14	200m:	2:02.28	30.73	300m:	3:03.43 30.77	400m:	4:03.73 29.62
11.	ROGUSKI, Bartłomiej		93	UKS " oliborz" Warszawa				<b>4:04.46</b>	654
	50m:	28.67 28.67	150m:			250m:	2:32.56 30.74	350m:	3:34.48 31.01
	100m:	59.68 31.01	200m:	2:01.82		300m:	3:03.47 30.91	400m:	4:04.46 29.98
12.	HODUR, Filip SWwa		97	MKS Polonia Warszawa				<b>4:05.95</b>	642
	50m:	27.54 27.54	150m:	1:28.63	30.91	250m:	2:30.87 30.96	350m:	3:34.90 32.11
	100m:	57.72 30.18	200m:	1:59.91	31.28	300m:	3:02.79 31.92	400m:	4:05.95 31.05
13.	KARA , Sebastian		91	AZS AWF Warszawa				<b>4:06.26</b>	640
	50m:	29.20 29.20	150m:	1:32.66	31.78	250m:	2:35.19 31.05	350m:	3:36.58 30.44
	100m:	1:00.88 31.68	200m:	2:04.14	31.48	300m:	3:06.14 30.95	400m:	4:06.26 29.68
14.	BRYŁA, Kamil		99	MTP Lublinianka Lublin				<b>4:07.12</b>	633
	50m:	28.53 28.53	150m:	1:30.56	30.83	250m:	2:33.84 31.57	350m:	3:36.96 31.39
	100m:	59.73 31.20	200m:	2:02.27	31.71	300m:	3:05.57 31.73	400m:	4:07.12 30.16
15.	GRABCZAK, Dawid		97	KS Wisła Puławy				<b>4:07.28</b>	632
	50m:	28.29 28.29	150m:	1:29.84	31.13	250m:	2:33.38 31.82	350m:	3:36.80 31.65
	100m:	58.71 30.42	200m:	2:01.56	31.72	300m:	3:05.15 31.77	400m:	4:07.28 30.48
16.	GÓRSKI, Marcin		97	MKP Szczecin				<b>4:08.42</b>	623
	50m:	28.61 28.61	150m:	1:30.92	31.23	250m:	2:34.86 31.94	350m:	3:38.04 31.76
	100m:	59.69 31.08	200m:	2:02.92	32.00	300m:	3:06.28 31.42	400m:	4:08.42 30.38
17.	POPIS, Emil Sr		98	MKS SMS Victoria Racibórz				<b>4:08.53</b>	622
	50m:	29.05 29.05	150m:	1:33.22	32.30	250m:	2:37.06 31.41	350m:	3:39.42 30.77
	100m:	1:00.92 31.87	200m:	2:05.65	32.43	300m:	3:08.65 31.59	400m:	4:08.53 29.11

Grand Prix Puchar Polski  
Kozienice, 28-2 - 1-3-2015

Konkurencja 23, M czynn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.							Czas	Pkt.
18.	SOLA, Kornel		97	Fala Kra nik						<b>4:09.22</b>	617
	50m:	28.63 28.63	150m:	1:31.61	31.68	250m:	2:35.56	31.72	350m:	3:38.69	31.60
	100m:	59.93 31.30	200m:	2:03.84	32.23	300m:	3:07.09	31.53	400m:	4:09.22	30.53
19.	ZAPALSKI, Konrad		98	Fala Kra nik						<b>4:09.84</b>	613
	50m:	28.31 28.31	150m:	1:30.36	31.34	250m:	2:33.76	31.82	350m:	3:38.13	32.20
	100m:	59.02 30.71	200m:	2:01.94	31.58	300m:	3:05.93	32.17	400m:	4:09.84	31.71
20.	STEC, ADAM SSz		97	MKP Szczecin						<b>4:10.03</b>	611
	50m:	28.88 28.88	150m:	1:31.88	31.73	250m:	2:35.21	31.47	350m:	3:39.03	31.74
	100m:	1:00.15 31.27	200m:	2:03.74	31.86	300m:	3:07.29	32.08	400m:	4:10.03	31.00
21.	KACZOROWSKI, Jakub		97	UKS " oliborz" Warszawa						<b>4:10.10</b>	611
	50m:	28.75 28.75	150m:	1:32.01	31.32	250m:	2:35.61	31.82	350m:	3:39.90	32.26
	100m:	1:00.69 31.94	200m:	2:03.79	31.78	300m:	3:07.64	32.03	400m:	4:10.10	30.20
22.	PTASZY SKI, Mikołaj		95	AZS AWF Warszawa						<b>4:10.22</b>	610
	50m:	27.95 27.95	150m:	1:29.80	31.00	250m:	2:32.57	32.03	350m:	3:37.95	33.03
	100m:	58.80 30.85	200m:	2:00.54	30.74	300m:	3:04.92	32.35	400m:	4:10.22	32.27
23.	BRUCHAJZER, Dominik		97	MZOS Płock						<b>4:10.33</b>	609
	50m:	28.11 28.11	150m:	1:30.73	31.68	250m:	2:35.57	32.44	350m:	3:40.70	32.54
	100m:	59.05 30.94	200m:	2:03.13	32.40	300m:	3:08.16	32.59	400m:	4:10.33	29.63
24.	HODUR, Dawid SWwa		99	MKS Polonia Warszawa						<b>4:11.19</b>	603
	50m:	28.71 28.71	150m:	1:32.21		250m:	2:36.70	32.22	350m:	3:40.46	31.28
	100m:		200m:	2:04.48	32.27	300m:	3:09.18	32.48	400m:	4:11.19	30.73
25.	PORWAT, Michał		98	MZOS Płock						<b>4:11.58</b>	600
	50m:	28.67 28.67	150m:	1:32.34	31.89	250m:	2:37.07	32.17	350m:	3:41.10	31.38
	100m:	1:00.45 31.78	200m:	2:04.90	32.56	300m:	3:09.72	32.65	400m:	4:11.58	30.48
26.	ROGOZI SKI, Mateusz SOc		99	KS KSZO Ostrowiec w.						<b>4:13.11</b>	589
	50m:	28.33 28.33	150m:	1:33.81	32.93	250m:	2:37.83	32.34	350m:	3:41.36	31.19
	100m:	1:00.88 32.55	200m:	2:05.49	31.68	300m:	3:10.17	32.34	400m:	4:13.11	31.75
27.	NAPIERAJ, Jan SWwa		98	MKS Polonia Warszawa						<b>4:14.04</b>	583
	50m:	28.58 28.58	150m:	1:32.32	32.01	250m:	2:37.24	32.46	350m:	3:42.30	32.35
	100m:	1:00.31 31.73	200m:	2:04.78	32.46	300m:	3:09.95	32.71	400m:	4:14.04	31.74
28.	PAWEŁEK, Paweł		99	MKS Polonia Warszawa						<b>4:14.34</b>	581
	50m:	28.86 28.86	150m:	1:33.39	32.15	250m:	2:37.56	32.10	350m:	3:42.34	32.50
	100m:	1:01.24 32.38	200m:	2:05.46	32.07	300m:	3:09.84	32.28	400m:	4:14.34	32.00
29.	RUDNICKI, Marcin		99	UKS " oliborz" Warszawa						<b>4:15.77</b>	571
	50m:	28.48 28.48	150m:	1:33.35	32.66	250m:	2:39.51	33.20	350m:	3:45.30	32.51
	100m:	1:00.69 32.21	200m:	2:06.31	32.96	300m:	3:12.79	33.28	400m:	4:15.77	30.47
30.	CZERNIAK, Konrad		98	Skarpa Lublin						<b>4:15.91</b>	570
	50m:	28.61 28.61	150m:	1:33.20	32.44	250m:	2:39.22	33.19	350m:	3:44.86	32.86
	100m:	1:00.76 32.15	200m:	2:06.03	32.83	300m:	3:12.00	32.78	400m:	4:15.91	31.05
31.	WASIUK, Jakub SO		99	MMKS K dzierzyn Kozle						<b>4:16.37</b>	567
	50m:	29.33 29.33	150m:	1:33.70	32.40	250m:	2:38.54	32.69	350m:	3:44.03	32.89
	100m:	1:01.30 31.97	200m:	2:05.85	32.15	300m:	3:11.14	32.60	400m:	4:16.37	32.34
32.	SIECZEK, Adrian SWwa		99	MKS Polonia Warszawa						<b>4:16.60</b>	565
	50m:	28.44 28.44	150m:	1:33.88	33.03	250m:	2:39.22	32.34	350m:	3:44.80	32.60
	100m:	1:00.85 32.41	200m:	2:06.88	33.00	300m:	3:12.20	32.98	400m:	4:16.60	31.80
33.	PI TKIEWICZ, Mateusz		99	MZOS Płock						<b>4:17.48</b>	560
	50m:	28.20 28.20	150m:	1:31.96	32.59	250m:	2:38.09	33.12	350m:	4:17.48	32.57
	100m:	59.37 31.17	200m:	2:04.97	33.01	300m:	3:44.91	1:06.82	400m:	4:17.48	
34.	SZULGO, Filip		97	MKP Szczecin						<b>4:17.49</b>	560
	50m:	28.67 28.67	150m:	1:32.07	31.97	250m:			350m:	3:44.12	33.85
	100m:	1:00.10 31.43	200m:	2:04.61	32.54	300m:	3:10.27		400m:	4:17.49	33.37
35.	MICHNIEWSKI, Tadeusz		98	UKS JAGIELLONKA W-wa						<b>4:19.14</b>	549
	50m:	29.04 29.04	150m:	1:34.61	33.34	250m:	2:41.09	33.23	350m:	3:48.00	
	100m:	1:01.27 32.23	200m:	2:07.86	33.25	300m:			400m:	4:19.14	31.14

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Kozienice, 28-2 - 1-3-2015

Konkurencja 23, M czyzn, 400m dowolny, 14 lat i starsi

Pozycja					Rok ur.					Czas	Pkt.	
36.	SUCHAN, Jan SWwa				97	MKS Polonia Warszawa				<b>4:19.84</b>	545	
	50m:	29.56	29.56	150m:	1:35.18	33.15	250m:	2:42.34	33.71	350m:	3:48.84	33.11
	100m:	1:02.03	32.47	200m:	2:08.63	33.45	300m:	3:15.73	33.39	400m:	4:19.84	31.00
37.	KOMOSA, Maciej				99	UKS Pirania Targówek				<b>4:20.82</b>	538	
	50m:	28.91	28.91	150m:	1:34.56	33.64	250m:	2:41.57	33.69	350m:	3:48.38	33.30
	100m:	1:00.92	32.01	200m:	2:07.88	33.32	300m:	3:15.08	33.51	400m:	4:20.82	32.44
38.	WŁODARCZY, Stanisław				99	MKS Polonia Warszawa				<b>4:23.79</b>	520	
	50m:	28.94	28.94	150m:	1:34.97	33.52	250m:	2:43.10	34.24	350m:	3:51.38	33.88
	100m:	1:01.45	32.51	200m:	2:08.86	33.89	300m:	3:17.50	34.40	400m:	4:23.79	32.41
39.	MATURA, Klaudiusz Sr				98	MKS SMS Victoria Racibórz				<b>4:25.42</b>	511	
	50m:	29.22	29.22	150m:	1:35.42	33.48	250m:	2:43.75	34.40	350m:	3:52.30	33.81
	100m:	1:01.94	32.72	200m:	2:09.35	33.93	300m:	3:18.49	34.74	400m:	4:25.42	33.12
40.	STAWARUK, Michał				99	MKS Jedyńka Łód				<b>4:25.72</b>	509	
	50m:	29.29	29.29	150m:	1:36.24	33.86	250m:	2:44.18	33.84	350m:	3:52.27	33.70
	100m:	1:02.38	33.09	200m:	2:10.34	34.10	300m:	3:18.57	34.39	400m:	4:25.72	33.45
41.	KUROWSKI, Szymon SR				98	AZS AWF Katowice				<b>4:27.75</b>	498	
	50m:	28.60	28.60	150m:	1:35.56	33.93	250m:	2:44.82	34.40	350m:	3:54.29	34.71
	100m:	1:01.63	33.03	200m:	2:10.42	34.86	300m:	3:19.58	34.76	400m:	4:27.75	33.46
42.	JAWORSKI, Norbert SOc				98	MUKS Unia Busko Zdrój				<b>4:29.59</b>	488	
	50m:	29.66	29.66	150m:	1:36.13	33.77	250m:	2:44.87	34.35	350m:	3:54.74	34.79
	100m:	1:02.36	32.70	200m:	2:10.52	34.39	300m:	3:19.95	35.08	400m:	4:29.59	34.85
43.	CHAŁAT, Stanisław				99	Skarpa Lublin				<b>4:29.98</b>	485	
	50m:	30.58	30.58	150m:	1:38.68	34.24	250m:	2:48.08	34.56	350m:	3:56.74	33.90
	100m:	1:04.44	33.86	200m:	2:13.52	34.84	300m:	3:22.84	34.76	400m:	4:29.98	33.24
44.	KAMI SKI, Piotr				99	Iskra Konin				<b>4:32.12</b>	474	
	50m:	29.92	29.92	150m:	1:37.37	34.39	250m:	2:48.20	35.84	350m:	3:59.73	35.98
	100m:	1:02.98	33.06	200m:	2:12.36	34.99	300m:	3:23.75	35.55	400m:	4:32.12	32.39
45.	GODLEWSKI, Tomasz				99	UKS " oliborz" Warszawa				<b>4:35.33</b>	458	
	50m:	30.30	30.30	150m:	1:39.54	34.93	250m:	2:49.73	35.32	350m:	4:01.58	35.58
	100m:	1:04.61	34.31	200m:	2:14.41	34.87	300m:	3:26.00	36.27	400m:	4:35.33	33.75
46.	KACZMARCZYK, Adrian				97	UKS Delfin Legionowo				<b>4:39.73</b>	436	
	50m:	30.04	30.04	150m:	1:39.02	35.01	250m:	2:51.36	36.51	350m:	4:04.13	36.31
	100m:	1:04.01	33.97	200m:	2:14.85	35.83	300m:	3:27.82	36.46	400m:	4:39.73	35.60
47.	S DŁAK, Wiktor				99	Orka Zamo				<b>4:41.43</b>	428	
	50m:	30.27	30.27	150m:	1:39.63	35.36	250m:	2:52.10	36.49	350m:	4:05.60	36.73
	100m:	1:04.27	34.00	200m:	2:15.61	35.98	300m:	3:28.87	36.77	400m:	4:41.43	35.83
48.	KRAWCZAK, Patryk				00	MKS " AK" Biała Podlaska				<b>4:44.67</b>	414	
	50m:	30.89	30.89	150m:	1:41.14	35.71	250m:	2:53.82	36.20	350m:	4:08.08	36.77
	100m:	1:05.43	34.54	200m:	2:17.62	36.48	300m:	3:31.31	37.49	400m:	4:44.67	36.59
49.	KŁAK, Marcin				01	KS Płetwal Szczytno				<b>4:52.07</b>	383	
	50m:	33.98	33.98	150m:	1:48.45	37.09	250m:	3:01.70	36.67	350m:	4:16.44	37.40
	100m:	1:11.36	37.38	200m:	2:25.03	36.58	300m:	3:39.04	37.34	400m:	4:52.07	35.63
50.	KONCKI, Bartłomiej				01	KS Wisła Puławy				<b>4:53.31</b>	378	
	50m:	33.14	33.14	150m:	1:47.29	36.64	250m:	3:02.00	37.29	350m:	4:17.36	37.70
	100m:	1:10.65	37.51	200m:	2:24.71	37.42	300m:	3:39.66	37.66	400m:	4:53.31	35.95
51.	DADOS, Aleksander				01	KS Wisła Puławy				<b>5:04.89</b>	337	
	50m:	33.37	33.37	150m:	1:49.12	37.95	250m:	3:07.09	39.15	350m:	4:26.60	39.48
	100m:	1:11.17	37.80	200m:	2:27.94	38.82	300m:	3:47.12	40.03	400m:	5:04.89	38.29
NIE UK.	SZMYTKA, Wojciech				97	Iskra Konin						
	50m:	30.61	30.61	150m:	1:44.07	38.88	250m:	3:08.71	43.38	350m:		
	100m:	1:05.19	34.58	200m:	2:25.33	41.26	300m:			400m:		