

Grand Prix Puchar Polski w pływaniu  
Kozienice, 20- - 21-2-2016

Konkurencja 23  
2016-02-20 - 20:40

M czynzn, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2015

Pozycja			Rok ur.					Czas	Pkt.
1.	ZABOROWSKI Filip		94	MKP Szczecin				<b>3:49.37</b>	792
	50m:	26.28 26.28	150m:	1:24.30	29.01	250m:	2:22.59 29.10	350m:	3:21.07 29.28
	100m:	55.29 29.01	200m:	1:53.49	29.19	300m:	2:51.79 29.20	400m:	3:49.37 28.30
2.	STEPIE Konrad		96	AZS AWF Warszawa				<b>3:53.37</b>	752
	50m:	26.68 26.68	150m:	1:25.33	29.44	250m:	2:24.68 29.49	350m:	3:24.37 29.71
	100m:	55.89 29.21	200m:	1:55.19	29.86	300m:	2:54.66 29.98	400m:	3:53.37 29.00
3.	KASZTELAN Mateusz SOL		98	MTP KORMORAN Olsztyn				<b>3:53.86</b>	747
	50m:	26.65 26.65	150m:	1:25.87	29.76	250m:		350m:	3:25.23 30.12
	100m:	56.11 29.46	200m:	1:55.55	29.68	300m:	2:55.11	400m:	3:53.86 28.63
	OPALSKI Marcin		93	MUKP Warszawianka				<b>3:53.86</b>	747
	50m:	26.57 26.57	150m:	1:25.19	29.73	250m:	2:25.25 30.03	350m:	3:25.00 29.78
	100m:	55.46 28.89	200m:	1:55.22	30.03	300m:	2:55.22 29.97	400m:	3:53.86 28.86
5.	STANISZEWSKI ADAM SSz		97	MKP Szczecin				<b>3:55.58</b>	731
	50m:	26.76 26.76	150m:	1:25.88		250m:	2:25.80 30.03	350m:	3:26.09 30.33
	100m:		200m:	1:55.77	29.89	300m:	2:55.76 29.96	400m:	3:55.58 29.49
6.	KRAWCZYK Paweł		99	BUKS Warszawa				<b>3:56.77</b>	720
	50m:	27.46 27.46	150m:	1:27.23	29.73	250m:	2:27.33 30.18	350m:	3:27.74 30.23
	100m:	57.50 30.04	200m:	1:57.15	29.92	300m:	2:57.51 30.18	400m:	3:56.77 29.03
7.	ULATOWSKI Wojciech SOL		98	MTP KORMORAN Olsztyn				<b>3:57.61</b>	712
	50m:	27.66 27.66	150m:	1:27.48	29.89	250m:	2:27.76 29.99	350m:	3:28.47 30.16
	100m:	57.59 29.93	200m:	1:57.77	30.29	300m:	2:58.31 30.55	400m:	3:57.61 29.14
8.	KACZMARSKI Marcin		94	AZS AWF Warszawa				<b>3:59.94</b>	692
	50m:	26.75 26.75	150m:	1:26.70	30.27	250m:	2:28.34 30.58	350m:	3:29.79 30.73
	100m:	56.43 29.68	200m:	1:57.76	31.06	300m:	2:59.06 30.72	400m:	3:59.94 30.15
9.	ZIELI SKI Dawid		92	MKP Szczecin				<b>4:00.82</b>	684
	50m:	26.85 26.85	150m:	1:26.85	30.18	250m:	2:28.15 30.97	350m:	3:30.45 31.18
	100m:	56.67 29.82	200m:	1:57.18	30.33	300m:	2:59.27 31.12	400m:	4:00.82 30.37
10.	RÓJ KONRAD SSz		98	MKP Szczecin				<b>4:01.91</b>	675
	50m:	27.91 27.91	150m:	1:29.16	30.73	250m:	2:30.95 30.75	350m:	3:32.67 30.69
	100m:	58.43 30.52	200m:	2:00.20	31.04	300m:	3:01.98 31.03	400m:	4:01.91 29.24
11.	MŁYNARCZYK Karol		00	UKS G-8 Bielany Warszawa				<b>4:02.07</b>	674
	50m:	26.45 26.45	150m:	1:26.14	30.21	250m:	2:27.53 31.02	350m:	3:30.48 31.58
	100m:	55.93 29.48	200m:	1:56.51	30.37	300m:	2:58.90 31.37	400m:	4:02.07 31.59
12.	D BSKI Dominik		98	MKP Szczecin				<b>4:02.48</b>	670
	50m:	28.15 28.15	150m:	1:30.54	31.33	250m:	2:31.91 30.14	350m:	3:33.20 30.94
	100m:	59.21 31.06	200m:	2:01.77	31.23	300m:	3:02.26 30.35	400m:	4:02.48 29.28
13.	DANILEWSKI Maciej SOL		98	MKS JUVENIA Białystok				<b>4:02.68</b>	669
	50m:	28.19 28.19	150m:	1:29.95	30.97	250m:	2:31.65 30.56	350m:	3:33.52 30.87
	100m:	58.98 30.79	200m:	2:01.09	31.14	300m:	3:02.65 31.00	400m:	4:02.68 29.16
14.	MAŁYSKA Bartosz SL		99	UKS Skarpa Lublin				<b>4:02.96</b>	666
	50m:	28.61 28.61	150m:	1:30.22	31.09	250m:	2:31.76 30.38	350m:	3:34.04 31.08
	100m:	59.13 30.52	200m:	2:01.38	31.16	300m:	3:02.96 31.20	400m:	4:02.96 28.92
15.	LECHOWICZ Filip SO		97	Korona Kraków				<b>4:03.23</b>	664
	50m:	27.83 27.83	150m:	1:29.87	31.10	250m:	2:31.60 31.06	350m:	3:34.15 31.37
	100m:	58.77 30.94	200m:	2:00.54	30.67	300m:	3:02.78 31.18	400m:	4:03.23 29.08
16.	OSTROWSKI Karol		99	MKP Szczecin				<b>4:03.80</b>	659
	50m:	26.61 26.61	150m:	1:26.95	31.19	250m:		350m:	3:33.59 31.07
	100m:	55.76 29.15	200m:	1:58.44	31.49	300m:	3:02.52	400m:	4:03.80 30.21
17.	CHODA Alan SOL		98	MTP KORMORAN Olsztyn				<b>4:05.34</b>	647
	50m:	28.35 28.35	150m:	1:30.87	31.66	250m:	2:33.52 31.27	350m:	3:36.63 31.34
	100m:	59.21 30.86	200m:	2:02.25	31.38	300m:	3:05.29 31.77	400m:	4:05.34 28.71

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Pozycja			Rok ur.				Czas	Pkt.
18.	MACNER Michał	99	MTP KORMORAN Olsztyn				<b>4:06.16</b>	641
	50m: 28.60 28.60	150m: 1:30.64 31.02	250m:	350m: 3:36.91 31.80				
	100m: 59.62 31.02	200m: 2:01.97 31.33	300m: 3:05.11	400m: 4:06.16 29.25				
19.	BRYŁA Kamil	99	AZS UMCS Lublin				<b>4:08.03</b>	626
	50m: 28.19 28.19	150m: 1:31.22 31.68	250m: 2:35.06 31.86	350m: 3:37.82 31.16				
	100m: 59.54 31.35	200m: 2:03.20 31.98	300m: 3:06.66 31.60	400m: 4:08.03 30.21				
20.	MARCZUK Szymon SO	99	UKP UNIA O wi cim				<b>4:08.47</b>	623
	50m: 27.91 27.91	150m: 1:30.72 31.02	250m: 2:33.29 31.32	350m: 3:35.98 31.28				
	100m: 59.70 31.79	200m: 2:01.97 31.25	300m: 3:04.70 31.41	400m: 4:08.47 32.49				
21.	KEMPA Mikołaj SO	99	MMKS K dzierzyn Ko le				<b>4:09.39</b>	616
	50m: 29.02 29.02	150m: 1:31.88 31.52	250m: 2:34.73 31.31	350m: 3:37.99 31.66				
	100m: 1:00.36 31.34	200m: 2:03.42 31.54	300m: 3:06.33 31.60	400m: 4:09.39 31.40				
22.	POPIS Emil	98	MKP Szczecin				<b>4:10.02</b>	611
	50m: 28.63 28.63	150m: 1:31.55 31.80	250m: 2:35.74 32.08	350m: 3:39.79 31.89				
	100m: 59.75 31.12	200m: 2:03.66 32.11	300m: 3:07.90 32.16	400m: 4:10.02 30.23				
23.	NAPIERAJ Jan SOL	98	PIRANIA Targówek				<b>4:10.63</b>	607
	50m: 29.40 29.40	150m: 1:33.19 31.88	250m: 2:36.49 31.64	350m: 3:39.82 31.64				
	100m: 1:01.31 31.91	200m: 2:04.85 31.66	300m: 3:08.18 31.69	400m: 4:10.63 30.81				
24.	KACZOROWSKI Jakub	97	UKS " oliborz" Warszawa				<b>4:10.84</b>	605
	50m: 28.78 28.78	150m: 1:32.34 32.20	250m: 2:36.64 32.36	350m: 3:40.46 31.86				
	100m: 1:00.14 31.36	200m: 2:04.28 31.94	300m: 3:08.60 31.96	400m: 4:10.84 30.38				
25.	STANEK Adam	99	UKP UNIA O wi cim				<b>4:12.00</b>	597
	50m: 29.23 29.23	150m: 1:32.58 31.97	250m:	350m: 3:40.27 32.67				
	100m: 1:00.61 31.38	200m: 2:04.18 31.60	300m: 3:07.60	400m: 4:12.00 31.73				
26.	BRU DZIAK Maciej SOL	98	MTP KORMORAN Olsztyn				<b>4:12.26</b>	595
	50m: 28.32 28.32	150m: 1:31.35 31.95	250m: 2:36.05 32.40	350m: 3:40.95 32.45				
	100m: 59.40 31.08	200m: 2:03.65 32.30	300m: 3:08.50 32.45	400m: 4:12.26 31.31				
27.	K DZIA Wiktor	00	MKP Szczecin				<b>4:12.94</b>	590
	50m: 28.55 28.55	150m: 1:33.13 32.69	250m: 2:38.61 32.58	350m:				
	100m: 1:00.44 31.89	200m: 2:06.03 32.90	300m: 3:11.11 32.50	400m: 4:12.94				
28.	MICHTA Kacper SOc	00	KSZO Ostrowiec w.				<b>4:13.27</b>	588
	50m: 29.94 29.94	150m: 1:34.56 32.19	250m: 2:38.72 32.21	350m: 3:43.17 32.12				
	100m: 1:02.37 32.43	200m: 2:06.51 31.95	300m: 3:11.05 32.33	400m: 4:13.27 30.10				
29.	GRYZ Dawid	99	MKP Szczecin				<b>4:14.60</b>	579
	50m: 29.21 29.21	150m: 1:32.85 32.07	250m: 2:38.32 32.73	350m: 3:43.72 32.55				
	100m: 1:00.78 31.57	200m: 2:05.59 32.74	300m: 3:11.17 32.85	400m: 4:14.60 30.88				
30.	ORŁOWSKI Kamil SOc	00	KSZO Ostrowiec w.				<b>4:14.82</b>	577
	50m: 28.10 28.10	150m: 1:31.94 32.54	250m: 2:39.02 33.57	350m: 3:45.04 32.98				
	100m: 59.40 31.30	200m: 2:05.45 33.51	300m: 3:12.06 33.04	400m: 4:14.82 29.78				
31.	ZABOROWSKI Paweł	98	MKS Jedyńka Łód				<b>4:15.10</b>	575
	50m: 28.23 28.23	150m: 1:32.44 32.36	250m: 2:38.33 32.97	350m: 3:44.18 33.27				
	100m: 1:00.08 31.85	200m: 2:05.36 32.92	300m: 3:10.91 32.58	400m: 4:15.10 30.92				
32.	CZERNAK Konrad SL	98	UKS Skarpa Lublin				<b>4:15.43</b>	573
	50m: 29.03 29.03	150m: 1:33.87 32.90	250m: 2:39.87 32.95	350m: 3:44.79 31.71				
	100m: 1:00.97 31.94	200m: 2:06.92 33.05	300m: 3:13.08 33.21	400m: 4:15.43 30.64				
33.	WAWRZY CZAK Alan SL	99	UKS Skarpa Lublin				<b>4:15.95</b>	570
	50m: 30.36 30.36	150m: 1:36.01 32.78	250m: 2:40.56 31.92	350m: 3:44.75 32.14				
	100m: 1:03.23 32.87	200m: 2:08.64 32.63	300m: 3:12.61 32.05	400m: 4:15.95 31.20				
34.	ELGALAL Sami	01	UKS SP 149 Łód				<b>4:19.03</b>	550
	50m: 29.46 29.46	150m: 1:35.40 32.92	250m: 2:41.98 32.71	350m: 3:47.65 32.68				
	100m: 1:02.48 33.02	200m: 2:09.27 33.87	300m: 3:14.97 32.99	400m: 4:19.03 31.38				
35.	SADOWSKI Adrian SOL	99	UKS GOS Raszyn				<b>4:19.17</b>	549
	50m: 29.25 29.25	150m: 1:33.93 32.62	250m: 2:38.28 32.30	350m:				
	100m: 1:01.31 32.06	200m: 2:05.98 32.05	300m: 3:11.73 33.45	400m: 4:19.17				

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Pozycja			Rok ur.				Czas	Pkt.
36.	PAJ	K Bartosz	01	BUKS Warszawa			<b>4:19.39</b>	547
	50m:	28.19 28.19	150m:	1:32.83 32.62	250m:	350m:	3:47.59 34.05	
	100m:	1:00.21 32.02	200m:	2:06.42 33.59	300m:	400m:	4:19.39 31.80	
37.	CHAŁAT	Stanisław SL	99	UKS Skarpa Lublin			<b>4:22.00</b>	531
	50m:	31.13 31.13	150m:	1:37.80 33.77	250m:	350m:	3:50.00 34.00	
	100m:	1:04.03 32.90	200m:	2:10.89 33.09	300m:	400m:	4:22.00 32.00	
38.	ZAGRZEJEWSKI	Tomasz	01	UKS Manta Warszawa Włochy			<b>4:23.90</b>	520
	50m:	28.80 28.80	150m:	1:35.03 33.67	250m:	350m:	3:51.48 34.63	
	100m:	1:01.36 32.56	200m:	2:08.89 33.86	300m:	400m:	4:23.90 32.42	
39.	GRABEK	Filip	99	AZS UMCS Lublin			<b>4:24.42</b>	517
	50m:	28.72 28.72	150m:	1:35.50 33.99	250m:	350m:	3:51.75 33.81	
	100m:	1:01.51 32.79	200m:	2:09.64 34.14	300m:	400m:	4:24.42 32.67	
40.	G	SIOR Sebastian	99	AZS UMCS Lublin			<b>4:27.44</b>	499
	50m:	30.14 30.14	150m:	1:37.89 34.19	250m:	350m:	3:55.00 34.32	
	100m:	1:03.70 33.56	200m:	2:12.28 34.39	300m:	400m:	4:27.44 32.44	
41.	KRAWCZAK	Patryk	00	MKS" AK" Biała Podlaska			<b>4:27.59</b>	499
	50m:	29.85 29.85	150m:	1:36.88 33.94	250m:	350m:	3:55.15 33.92	
	100m:	1:02.94 33.09	200m:	2:10.97 34.09	300m:	400m:	4:27.59 32.44	
42.	ZUEHLKE	Kajetan	01	MZOS Płock			<b>4:28.11</b>	496
	50m:	29.46 29.46	150m:	1:35.82 34.92	250m:	350m:	3:55.20 32.91	
	100m:		200m:	2:10.74 34.92	300m:	400m:	4:28.11 32.91	
43.	KRZYWANIA	Oskar	02	UKS SP 149 Łódź			<b>4:29.06</b>	490
	50m:	30.46 30.46	150m:	1:39.75 34.79	250m:	350m:	3:57.01 33.78	
	100m:	1:04.96 34.50	200m:	2:14.43 34.68	300m:	400m:	4:29.06 32.05	
44.	KRAWIEC	Maciej	99	Fala Kra nik			<b>4:29.59</b>	488
	50m:	30.43 30.43	150m:	1:39.88 35.00	250m:	350m:	3:59.00 34.00	
	100m:		200m:		300m:	400m:	4:29.59 32.59	
45.	KNYSZY	SKI Maciej	02	MKS Jedyńka Łódź			<b>4:29.63</b>	487
	50m:	31.12 31.12	150m:	1:39.84 34.26	250m:	350m:	3:57.03 33.99	
	100m:	1:05.58 34.46	200m:		300m:	400m:	4:29.63 32.60	
46.	MIGIELSKI	Mateusz	01	MKS Jedyńka Łódź			<b>4:30.16</b>	484
	50m:	1:02.91 1:02.91	150m:	1:37.28 34.78	250m:	350m:	3:56.22 34.69	
	100m:		200m:	2:12.06 34.78	300m:	400m:	4:30.16 33.94	
47.	DUDKIEWICZ	Kacper	02	UKS " oliborz" Warszawa			<b>4:30.53</b>	482
	50m:		150m:	1:38.52 35.42	250m:	350m:	3:50.00 34.00	
	100m:		200m:	2:13.94 35.42	300m:	400m:	4:30.53 32.53	
48.	WOSIEK	Dawid SOc	01	KSZO Ostrowiec w.			<b>4:31.62</b>	477
	50m:	30.35 30.35	150m:	1:38.89 34.26	250m:	350m:	3:57.96 34.92	
	100m:	1:04.63 34.28	200m:	2:13.17 34.28	300m:	400m:	4:31.62 33.66	
49.	MITAK	Krystian	98	MKP Szczecin			<b>4:32.10</b>	474
	50m:	31.16 31.16	150m:	1:41.22 35.14	250m:	350m:	4:00.03 34.27	
	100m:	1:06.08 34.92	200m:	2:16.35 35.13	300m:	400m:	4:32.10 32.07	
50.	CZERWI	SKI Łukasz	01	JAGIELLONKA Warszawa			<b>4:32.63</b>	471
	50m:	31.05 31.05	150m:	1:39.41 34.39	250m:	350m:	3:58.87 34.85	
	100m:	1:05.02 33.97	200m:	2:14.14 34.73	300m:	400m:	4:32.63 33.76	
51.	SIEKACZY	SKI Artur	02	Fala Kra nik			<b>4:33.59</b>	466
	50m:	30.73 30.73	150m:	1:40.34 35.32	250m:	350m:	3:59.97 34.85	
	100m:	1:05.02 34.29	200m:	2:15.19 34.85	300m:	400m:	4:33.59 33.62	
52.	SZCZUREK	Jakub	02	BUKS Warszawa			<b>4:36.86</b>	450
	50m:	30.33 30.33	150m:	1:39.00 35.42	250m:	350m:	3:50.00 34.00	
	100m:		200m:	2:14.42 35.42	300m:	400m:	4:36.86 32.86	
53.	GONTARCZYK	Kamil	00	UKS Kapry Armexim Pruszków			<b>4:37.13</b>	449
	50m:	31.58 31.58	150m:	1:41.46 34.75	250m:	350m:	4:03.08 35.42	
	100m:	1:06.71 35.13	200m:	2:16.62 35.16	300m:	400m:	4:37.13 34.05	

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54.	GUZY Marcel		01	DOKiS SP"Vega" Dobrodzie				<b>4:39.21</b>	439
	50m: 32.38	32.38	150m: 1:43.50	35.80	250m: 2:54.21	35.14	350m: 4:04.96	35.36	
	100m: 1:07.70	35.32	200m: 2:19.07	35.57	300m: 3:29.60	35.39	400m: 4:39.21	34.25	
55.	KLIMAS Michał SOc		02	KSZO Ostrowiec w.				<b>4:39.55</b>	437
	50m: 31.16	31.16	150m: 1:42.39	35.82	250m: 2:54.61	36.02	350m: 4:06.53	35.83	
	100m: 1:06.57	35.41	200m: 2:18.59	36.20	300m: 3:30.70	36.09	400m: 4:39.55	33.02	
56.	LIS Paweł		02	BUKS Warszawa				<b>4:39.83</b>	436
	50m: 29.20	29.20	150m: 1:37.15	34.96	250m: 2:50.35	36.68	350m: 4:04.83	37.33	
	100m: 1:02.19	32.99	200m: 2:13.67	36.52	300m: 3:27.50	37.15	400m: 4:39.83	35.00	
57.	K PI SKI Paweł SOc		02	KSZO Ostrowiec w.				<b>4:40.09</b>	435
	50m: 32.29	32.29	150m: 1:45.33	36.19	250m: 2:57.20	35.52	350m: 4:07.78	34.40	
	100m: 1:09.14	36.85	200m: 2:21.68	36.35	300m: 3:33.38	36.18	400m: 4:40.09	32.31	
58.	BORSUK Łukasz		01	Fala Kra nik				<b>4:41.03</b>	430
	50m: 30.75	30.75	150m: 1:41.79	36.09	250m: 2:54.61	35.83	350m: 4:06.34	35.67	
	100m: 1:05.70	34.95	200m: 2:18.78	36.99	300m: 3:30.67	36.06	400m: 4:41.03	34.69	
59.	WORONKO Krzysztof		02	MKS Medyk Gi ycko				<b>4:41.11</b>	430
	50m: 31.39	31.39	150m: 1:42.58	35.75	250m: 2:54.29	35.85	350m: 4:05.88	35.81	
	100m: 1:06.83	35.44	200m: 2:18.44	35.86	300m: 3:30.07	35.78	400m: 4:41.11	35.23	
60.	LIK Kacper		02	MKS Jedyńka Łód				<b>4:44.69</b>	414
	50m: 32.30	32.30	150m: 1:43.91	36.21	250m: 2:57.14	36.62	350m: 4:09.60	36.07	
	100m: 1:07.70	35.40	200m: 2:20.52	36.61	300m: 3:33.53	36.39	400m: 4:44.69	35.09	
61.	WYKIERSKI Jakub SOc		02	KSZO Ostrowiec w.				<b>4:47.49</b>	402
	50m: 32.93	32.93	150m: 1:47.03	37.46	250m: 3:00.79	36.88	350m: 4:13.99	36.16	
	100m: 1:09.57	36.64	200m: 2:23.91	36.88	300m: 3:37.83	37.04	400m: 4:47.49	33.50	
62.	GOLIK Leonard		02	SP Motyl Mosir Stalowa Wola				<b>4:52.87</b>	380
	50m: 30.84	30.84	150m: 1:42.51	36.43	250m: 2:57.81	38.53	350m: 4:15.20	38.82	
	100m: 1:06.08	35.24	200m: 2:19.28	36.77	300m: 3:36.38	38.57	400m: 4:52.87	37.67	
63.	LUBA SKI Sebastian		99	BUKS Warszawa				<b>4:55.79</b>	369
	50m: 32.75	32.75	150m: 1:48.54	38.69	250m: 3:06.23	38.34	350m: 4:20.76	35.07	
	100m: 1:09.85	37.10	200m: 2:27.89	39.35	300m: 3:45.69	39.46	400m: 4:55.79	35.03	
64.	JAROSZEWSKI Łukasz		02	UKS " oliborz" Warszawa				<b>5:02.66</b>	344
	50m: 34.20	34.20	150m: 1:51.36	38.90	250m: 3:08.93	38.28	350m: 4:25.90	38.56	
	100m: 1:12.46	38.26	200m: 2:30.65	39.29	300m: 3:47.34	38.41	400m: 5:02.66	36.76	
65.	POPŁONYK Jakub		02	BUKS Warszawa				<b>5:08.29</b>	326
	50m: 33.68	33.68	150m: 1:51.47	40.14	250m: 3:11.28	39.60	350m: 4:30.34	39.22	
	100m: 1:11.33	37.65	200m: 2:31.68	40.21	300m: 3:51.12	39.84	400m: 5:08.29	37.95	