

Grand Prix - Puchar Polski  
Łódź, 20. - 21.11.2010

Konkurencja 34  
2010-11-21 - 11:38

Mężczyzn, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2010

Pozycja			Rok ur.					Pkt.	Czas	
1.	Korzeniowski Paweł		85	AZS AWF Warszawa				808	<b>3:48.36</b>	
	50m:	27.17 27.17	150m:	1:26.16 29.62	250m:	2:24.36 28.21	350m:	3:20.77 27.95		
	100m:	56.54 29.37	200m:	1:56.15 29.99	300m:	2:52.82 28.46	400m:	3:48.36 27.59		
2.	Werner Paweł		93	MKS Juvenia Wrocław				757	<b>3:53.40</b>	
	50m:	26.96 26.96	150m:	1:26.39 29.74	250m:	2:25.26 29.13	350m:	3:24.59 29.91		
	100m:	56.65 29.69	200m:	1:56.13 29.74	300m:	2:54.68 29.42	400m:	3:53.40 28.81		
3.	Pielowski Krzysztof		91	Kormoran Olsztyn				749	<b>3:54.26</b>	
	50m:	27.63 27.63	150m:	1:26.67 29.70	250m:	2:25.90 29.38	350m:	3:25.02 29.76		
	100m:	56.97 29.34	200m:	1:56.52 29.85	300m:	2:55.26 29.36	400m:	3:54.26 29.24		
4.	Hreniak Maciej		89	MKP Szczecin				748	<b>3:54.39</b>	
	50m:	27.74 27.74	150m:	1:27.03 29.76	250m:	2:26.78 29.77	350m:	3:26.52 29.79		
	100m:	57.27 29.53	200m:	1:57.01 29.98	300m:	2:56.73 29.95	400m:	3:54.39 27.87		
5.	Zaczy ski Karol		91	AZS AWF Katowice				728	<b>3:56.50</b>	
	50m:	27.67 27.67	150m:	1:26.70 29.63	250m:	2:26.55 29.90	350m:	3:27.14 30.15		
	100m:	57.07 29.40	200m:	1:56.65 29.95	300m:	2:56.99 30.44	400m:	3:56.50 29.36		
6.	Starczyk Przemysław		85	MKP Szczecin				716	<b>3:57.76</b>	
	50m:	27.49 27.49	150m:	1:27.15 29.97	250m:	2:27.36 30.03	350m:	3:28.03 30.49		
	100m:	57.18 29.69	200m:	1:57.33 30.18	300m:	2:57.54 30.18	400m:	3:57.76 29.73		
7.	Kaczmarski Marcin		94	KSZO Ostrowiec				712	<b>3:58.24</b>	
	50m:	27.12 27.12	150m:	1:27.10 30.20	250m:	2:28.29 30.69	350m:	3:29.27 30.61		
	100m:	56.90 29.78	200m:	1:57.60 30.50	300m:	2:58.66 30.37	400m:	3:58.24 28.97		
8.	Hura Bartosz		91	Kormoran Olsztyn				705	<b>3:58.97</b>	
	50m:	27.97 27.97	150m:	1:27.70 30.09	250m:	2:28.18 30.18	350m:	3:29.06 30.45		
	100m:	57.61 29.64	200m:	1:58.00 30.30	300m:	2:58.61 30.43	400m:	3:58.97 29.91		
9.	Dubiel Adam		93	MTP Lublinianka				700	<b>3:59.58</b>	
	50m:	27.97 27.97	150m:	1:28.74 30.75	250m:	2:29.93 30.56	350m:	3:30.48 30.10		
	100m:	57.99 30.02	200m:	1:59.37 30.63	300m:	3:00.38 30.45	400m:	3:59.58 29.10		
10.	Misiak Piotr		92	UKS "G-8 Bielany" Warszawa				689	<b>4:00.90</b>	
	50m:	26.93 26.93	150m:	1:25.96 29.88	250m:	2:27.44 30.99	350m:	3:30.23 31.37		
	100m:	56.08 29.15	200m:	1:56.45 30.49	300m:	2:58.86 31.42	400m:	4:00.90 30.67		
11.	Czarnota Mateusz SO		91	UKP Unia Olimpijczyków				688	<b>4:00.96</b>	
	50m:	28.19 28.19	150m:	1:28.14 29.75	250m:	2:28.59 30.55	350m:	3:30.21 30.95		
	100m:	58.39 30.20	200m:	1:58.04 29.90	300m:	2:59.26 30.67	400m:	4:00.96 30.75		
12.	Matczak Mateusz		89	MKP Szczecin				664	<b>4:03.87</b>	
	50m:	28.60 28.60	150m:	1:29.79 30.97	250m:	2:31.71 30.81	350m:	3:33.26 30.73		
	100m:	58.82 30.22	200m:	2:00.90 31.11	300m:	3:02.53 30.82	400m:	4:03.87 30.61		
13.	Poławski Mariusz		93	UKS "G-8 Bielany" Warszawa				663	<b>4:03.92</b>	
	50m:	27.69 27.69	150m:	1:29.17 30.88	250m:	2:30.55 30.73	350m:	3:33.50 31.59		
	100m:	58.29 30.60	200m:	1:59.82 30.65	300m:	3:01.91 31.36	400m:	4:03.92 30.42		
14.	Szarliński Filip		92	UKS "G-8 Bielany" Warszawa				662	<b>4:04.13</b>	
	50m:	27.38 27.38	150m:	1:27.64 30.65	250m:	2:30.85 31.55	350m:	3:34.47 31.72		
	100m:	56.99 29.61	200m:	1:59.30 31.66	300m:	3:02.75 31.90	400m:	4:04.13 29.66		
15.	Kut Bartosz SK		93	Bobyry Dębica				658	<b>4:04.53</b>	
	50m:	28.21 28.21	150m:	1:29.74 30.96	250m:	2:31.47 30.86	350m:	3:33.93 31.45		
	100m:	58.78 30.57	200m:	2:00.61 30.87	300m:	3:02.48 31.01	400m:	4:04.53 30.60		
16.	Pulwin Paweł SO		92	AZS AWF Warszawa				647	<b>4:05.95</b>	
	50m:	28.06 28.06	150m:	1:27.78 28.96	250m:	2:28.99 31.23	350m:	3:34.04 33.16		
	100m:	58.82 30.76	200m:	1:57.76 29.98	300m:	3:00.88 31.89	400m:	4:05.95 31.91		
17.	Kierzkowski Mateusz		87	KS AZS-AWFis Gdańsk				646	<b>4:06.05</b>	
	50m:	27.49 27.49	150m:	1:28.91 31.01	250m:	2:31.42 31.27	350m:	3:34.79 31.72		
	100m:	57.90 30.41	200m:	2:00.15 31.24	300m:	3:03.07 31.65	400m:	4:06.05 31.26		

Grand Prix - Puchar Polski  
Łódź, 20. - 21.11.2010

Konkurencja 34, Mężczyźni, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Pkt.	Czas			
18.	Księżak Michał	SK	93	MKS Jordan Kraków				643	<b>4:06.42</b>			
	50m:	28.13	28.13	150m:	1:29.81	31.16	250m:	2:32.67	31.36	350m:	3:35.96	31.67
	100m:	58.65	30.52	200m:	2:01.31	31.50	300m:	3:04.29	31.62	400m:	4:06.42	30.46
19.	Głyk Wojciech	SO	92	Orka Łódziny				642	<b>4:06.55</b>			
	50m:	28.77	28.77	150m:	1:30.87	31.22	250m:	2:33.36	31.19	350m:	3:36.21	31.54
	100m:	59.65	30.88	200m:	2:02.17	31.30	300m:	3:04.67	31.31	400m:	4:06.55	30.34
20.	Bor Radosław	SZG	93	Korner Zielona Góra				640	<b>4:06.87</b>			
	50m:	28.04	28.04	150m:	1:29.91	30.85	250m:	2:32.21	31.30	350m:	3:35.95	31.80
	100m:	59.06	31.02	200m:	2:00.91	31.00	300m:	3:04.15	31.94	400m:	4:06.87	30.92
21.	Kliza Mateusz	SK	94	Avia Widnik				639	<b>4:06.96</b>			
	50m:	28.77	28.77	150m:	1:29.57	30.49	250m:	2:31.59	30.98	350m:	3:35.25	31.99
	100m:	59.08	30.31	200m:	2:00.61	31.04	300m:	3:03.26	31.67	400m:	4:06.96	31.71
22.	Zięja Dawid		89	KS AZS-AWFIS Gdańsk				637	<b>4:07.20</b>			
	50m:	28.61	28.61	150m:	1:31.49	31.74	250m:	2:34.29	31.29	350m:	3:37.56	31.34
	100m:	59.75	31.14	200m:	2:03.00	31.51	300m:	3:06.22	31.93	400m:	4:07.20	29.64
23.	Rzasa Wojciech		90	KS AZS-AWFIS Gdańsk				634	<b>4:07.63</b>			
	50m:	28.58	28.58	150m:	1:30.81	31.45	250m:	2:33.71	31.29	350m:	3:37.00	31.55
	100m:	59.36	30.78	200m:	2:02.42	31.61	300m:	3:05.45	31.74	400m:	4:07.63	30.63
24.	FURTEK PAWEŁ		95	Śląsk Wrocław				630	<b>4:08.13</b>			
	50m:	28.15	28.15	150m:	1:30.57	31.42	250m:	2:33.54	31.48	350m:	3:37.18	31.79
	100m:	59.15	31.00	200m:	2:02.06	31.49	300m:	3:05.39	31.85	400m:	4:08.13	30.95
25.	Kłusek Adrian		93	MKS Juwenia Wrocław				620	<b>4:09.41</b>			
	50m:	28.67	28.67	150m:	1:31.02	31.60	250m:	2:34.56	31.69	350m:	3:38.50	31.59
	100m:	59.42	30.75	200m:	2:02.87	31.85	300m:	3:06.91	32.35	400m:	4:09.41	30.91
26.	KUWIK MACIEJ		96	Śląsk Wrocław				609	<b>4:11.00</b>			
	50m:	27.80	27.80	150m:	1:30.31	31.80	250m:	2:34.60	32.26	350m:	3:39.64	32.59
	100m:	58.51	30.71	200m:	2:02.34	32.03	300m:	3:07.05	32.45	400m:	4:11.00	31.36
27.	Lassek Bartłomiej		94	MKS Trójka Łódź				608	<b>4:11.11</b>			
	50m:	29.06	29.06	150m:	1:32.08	31.89	250m:	2:35.77	31.93	350m:	3:40.06	31.99
	100m:	1:00.19	31.13	200m:	2:03.84	31.76	300m:	3:08.07	32.30	400m:	4:11.11	31.05
28.	BIELECKI ŁUKASZ		95	Śląsk Wrocław				601	<b>4:12.01</b>			
	50m:	27.98	27.98	150m:	1:31.53	32.14	250m:	2:35.77	32.19	350m:	3:40.23	32.09
	100m:	59.39	31.41	200m:	2:03.58	32.05	300m:	3:08.14	32.37	400m:	4:12.01	31.78
29.	HABRAT KRZYSZTOF		94	AZS AGH Kraków				582	<b>4:14.73</b>			
	50m:	29.65	29.65	150m:	1:34.04	32.50	250m:	2:39.13	32.61	350m:	3:43.26	32.02
	100m:	1:01.54	31.89	200m:	2:06.52	32.48	300m:	3:11.24	32.11	400m:	4:14.73	31.47
30.	Wiłkiewicz Rafał		93	UKS "G-8 Bielany" Warszawa				567	<b>4:17.05</b>			
	50m:	27.98	27.98	150m:	1:30.99	32.12	250m:	2:37.39	33.42	350m:	3:44.17	33.45
	100m:	58.87	30.89	200m:	2:03.97	32.98	300m:	3:10.72	33.33	400m:	4:17.05	32.88
31.	Ciżka Bartosz		94	AZS-WSG-Astoria Bydgoszcz				559	<b>4:18.16</b>			
	50m:	28.32	28.32	150m:	1:32.22	32.55	250m:	2:38.15	33.08	350m:	3:45.63	33.87
	100m:	59.67	31.35	200m:	2:05.07	32.85	300m:	3:11.76	33.61	400m:	4:18.16	32.53
32.	Borkowski Łukasz		95	MKS Trójka Łódź				542	<b>4:20.93</b>			
	50m:	30.23	30.23	150m:	1:35.64	33.21	250m:	2:42.55	33.79	350m:	3:48.63	33.20
	100m:	1:02.43	32.20	200m:	2:08.76	33.12	300m:	3:15.43	32.88	400m:	4:20.93	32.30
33.	Sobczyk Kamil		93	MKS Trójka Łódź				537	<b>4:21.66</b>			
	50m:	28.63	28.63	150m:	1:34.97	33.80	250m:	2:41.78	33.68	350m:	3:48.49	33.22
	100m:	1:01.17	32.54	200m:	2:08.10	33.13	300m:	3:15.27	33.49	400m:	4:21.66	33.17
34.	Hoang Van Szymon		95	UKS Osemka Starogard Gdański				531	<b>4:22.70</b>			
	50m:	29.85	29.85	150m:	1:37.13	33.70	250m:	2:44.66	33.31	350m:	3:51.16	32.88
	100m:	1:03.43	33.58	200m:	2:11.35	34.22	300m:	3:18.28	33.62	400m:	4:22.70	31.54
35.	Szczygiel Piotr		94	UKS "G-8 Bielany" Warszawa				526	<b>4:23.54</b>			
	50m:	29.31	29.31	150m:	1:35.97	33.59	250m:	2:43.84	33.90	350m:	3:50.90	33.54
	100m:	1:02.38	33.07	200m:	2:09.94	33.97	300m:	3:17.36	33.52	400m:	4:23.54	32.64

Grand Prix - Puchar Polski  
 Łódź, 20. - 21.11.2010

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

Pozycja					Rok ur.					Pkt.	Czas	
36.	Kurek Bartłomiej				94	UKS Osemka Starogard Gdanski				521	<b>4:24.40</b>	
	50m:	30.15	30.15	150m:	1:38.07	34.34	250m:	2:46.50	34.22	350m:	3:53.45	33.32
	100m:	1:03.73	33.58	200m:	2:12.28	34.21	300m:	3:20.13	33.63	400m:	4:24.40	30.95
37.	Hoffmann Robert				95	TS Olimpia Pozna				520	<b>4:24.53</b>	
	50m:	29.18	29.18	150m:	1:35.36	33.81	250m:	2:43.08	33.88	350m:	3:51.24	34.46
	100m:	1:01.55	32.37	200m:	2:09.20	33.84	300m:	3:16.78	33.70	400m:	4:24.53	33.29
38.	Gil Karol				94	UKS Osemka Starogard Gdanski				513	<b>4:25.72</b>	
	50m:	30.35	30.35	150m:	1:37.73	33.81	250m:	2:45.13	33.51	350m:	3:53.08	33.83
	100m:	1:03.92	33.57	200m:	2:11.62	33.89	300m:	3:19.25	34.12	400m:	4:25.72	32.64
39.	Laser Patryk				94	UKS Osemka Starogard Gdanski				508	<b>4:26.49</b>	
	50m:	29.55	29.55	150m:	1:35.63	33.53	250m:			350m:	3:52.39	
	100m:	1:02.10	32.55	200m:	2:09.51	33.88	300m:			400m:	4:26.49	34.10
40.	Kaczmarek Rafał				94	BUKS Warszawa				499	<b>4:28.25</b>	
	50m:	29.44	29.44	150m:	1:35.27	33.68	250m:	2:43.87	34.69	350m:	3:54.02	35.25
	100m:	1:01.59	32.15	200m:	2:09.18	33.91	300m:	3:18.77	34.90	400m:	4:28.25	34.23
41.	Łowicki Marcin				95	UKS NAWA Skierniewice				494	<b>4:29.03</b>	
	50m:	32.11	32.11	150m:	1:40.09	34.21	250m:	2:49.30	34.75	350m:	3:56.81	33.48
	100m:	1:05.88	33.77	200m:	2:14.55	34.46	300m:	3:23.33	34.03	400m:	4:29.03	32.22
42.	Olender Karol				96	UKS "Dwójka Morena" Gda sk				494	<b>4:29.05</b>	
	50m:	31.85	31.85	150m:	1:38.75	33.77	250m:	2:47.34	34.25	350m:	3:56.42	34.32
	100m:	1:04.98	33.13	200m:	2:13.09	34.34	300m:	3:22.10	34.76	400m:	4:29.05	32.63
43.	PIECHOWIAK BARTOSZ				96	AZS-WSG-Astoria Bydgoszcz				489	<b>4:30.01</b>	
	50m:	29.18	29.18	150m:	1:36.21	33.92	250m:	2:45.73	34.89	350m:	3:56.24	35.41
	100m:	1:02.29	33.11	200m:	2:10.84	34.63	300m:	3:20.83	35.10	400m:	4:30.01	33.77
44.	Pietrzak Krzysztof				96	UKS "Dwójka Morena" Gda sk				471	<b>4:33.35</b>	
	50m:	30.52	30.52	150m:	1:39.22	34.66	250m:	2:49.52	35.11	350m:	3:59.40	34.58
	100m:	1:04.56	34.04	200m:	2:14.41	35.19	300m:	3:24.82	35.30	400m:	4:33.35	33.95
45.	SIKORA MICHAŁ				95	Slask Wroclaw				447	<b>4:38.12</b>	
	50m:	29.82	29.82	150m:	1:37.81	34.61	250m:	2:49.80	36.27	350m:	4:02.77	36.58
	100m:	1:03.20	33.38	200m:	2:13.53	35.72	300m:	3:26.19	36.39	400m:	4:38.12	35.35
46.	Sienkiewicz Jakub				96	Siódemka Sopot				435	<b>4:40.62</b>	
	50m:	31.49	31.49	150m:	1:42.67	35.95	250m:	2:54.99	36.22	350m:	4:06.41	35.41
	100m:	1:06.72	35.23	200m:	2:18.77	36.10	300m:	3:31.00	36.01	400m:	4:40.62	34.21
47.	Szwara J drzej				96	UKS "Dwójka Morena" Gda sk				432	<b>4:41.44</b>	
	50m:	31.76	31.76	150m:	1:41.61	35.50	250m:	2:53.71	35.95	350m:	4:06.45	36.32
	100m:	1:06.11	34.35	200m:	2:17.76	36.15	300m:	3:30.13	36.42	400m:	4:41.44	34.99
48.	JERZY SKI KONRAD				96	MKS Trójka Łód				416	<b>4:44.93</b>	
	50m:	32.28	32.28	150m:	1:44.61	37.19	250m:	2:57.38	35.67	350m:	4:09.77	35.53
	100m:	1:07.42	35.14	200m:	2:21.71	37.10	300m:	3:34.24	36.86	400m:	4:44.93	35.16
49.	Jachowicz Mateusz				96	SKS Start Łód				414	<b>4:45.43</b>	
	50m:	32.60	32.60	150m:	1:45.11	36.86	250m:	2:59.03	36.38	350m:	4:11.76	35.89
	100m:	1:08.25	35.65	200m:	2:22.65	37.54	300m:	3:35.87	36.84	400m:	4:45.43	33.67
50.	Arendowski Piotr				94	MOSM Tychy				391	<b>4:50.76</b>	
	50m:	31.90	31.90	150m:	1:43.52	36.42	250m:	2:57.43	37.11	350m:	4:13.15	37.55
	100m:	1:07.10	35.20	200m:	2:20.32	36.80	300m:	3:35.60	38.17	400m:	4:50.76	37.61
51.	Paluszkiewicz Patryk				96	MKS Jedynka Łód				347	<b>5:02.57</b>	
	50m:	31.67	31.67	150m:	1:46.63	38.50	250m:	3:06.08	39.46	350m:	4:24.75	39.22
	100m:	1:08.13	36.46	200m:	2:26.62	39.99	300m:	3:45.53	39.45	400m:	5:02.57	37.82