

Grand Prix - Puchar Polski
Łódź , 16- - 17-11-2013

Konkurencja 34
2013-11-17 - 12:53

Mężczyźni, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2013

Pozycja			Rok ur.					Pkt.	Czas			
1.	Zaborowski Filip		94	MKP Szczecin				799	3:48.64			
	50m:	27.19	27.19	150m:	1:25.19	29.12	250m:	2:23.32	28.77	350m:	3:20.82	28.67
	100m:	56.07	28.88	200m:	1:54.55	29.36	300m:	2:52.15	28.83	400m:	3:48.64	27.82
2.	Kaczmarek Marcin		94	MKP Szczecin				796	3:49.01			
	50m:	26.96	26.96	150m:	1:25.14	29.17	250m:	2:22.71	28.51	350m:	3:21.05	29.45
	100m:	55.97	29.01	200m:	1:54.20	29.06	300m:	2:51.60	28.89	400m:	3:49.01	27.96
3.	Furtek Paweł SSz		95	MKP Szczecin				778	3:50.73			
	50m:	27.73	27.73	150m:	1:26.26	29.07	250m:	2:24.70	29.03	350m:	3:22.46	28.75
	100m:	57.19	29.46	200m:	1:55.67	29.41	300m:	2:53.71	29.01	400m:	3:50.73	28.27
4.	Poprawa Michał		94	AZS AWF Katowice				750	3:53.52			
	50m:	27.06	27.06	150m:	1:26.70	29.76	250m:	2:26.76	29.94	350m:	3:25.50	29.01
	100m:	56.94	29.88	200m:	1:56.82	30.12	300m:	2:56.49	29.73	400m:	3:53.52	28.02
5.	Kuwik Maciej		96	WKS I sk Wrocław				745	3:54.13			
	50m:	27.72	27.72	150m:	1:26.17	29.36	250m:	2:25.52	29.74	350m:	3:24.88	29.90
	100m:	56.81	29.09	200m:	1:55.78	29.61	300m:	2:54.98	29.46	400m:	3:54.13	29.25
6.	Dubiel Adam		93	KORNER Zielona Góra				735	3:55.15			
	50m:	27.53	27.53	150m:	1:27.51	30.14	250m:	2:27.53	29.79	350m:	3:26.62	29.34
	100m:	57.37	29.84	200m:	1:57.74	30.23	300m:	2:57.28	29.75	400m:	3:55.15	28.53
7.	Lassek Bartłomiej		94	Azs Uł Pł Łódź				732	3:55.49			
	50m:	27.43	27.43	150m:	1:26.47	29.72	250m:	2:26.49	30.01	350m:	3:26.50	30.02
	100m:	56.75	29.32	200m:	1:56.48	30.01	300m:	2:56.48	29.99	400m:	3:55.49	28.99
8.	Wojdak Wojciech SO		96	BOSiR SP Brzesko				731	3:55.57			
	50m:	27.17	27.17	150m:	1:25.95	29.39	250m:	2:24.53	29.11	350m:	3:25.42	30.65
	100m:	56.56	29.39	200m:	1:55.42	29.47	300m:	2:54.77	30.24	400m:	3:55.57	30.15
9.	Stapień Konrad		96	Mks Polonia Warszawa				730	3:55.68			
	50m:	27.65	27.65	150m:	1:27.15	29.96	250m:	2:27.23	29.88	350m:	3:27.38	30.18
	100m:	57.19	29.54	200m:	1:57.35	30.20	300m:	2:57.20	29.97	400m:	3:55.68	28.30
10.	Majchrzak Kacper		92	K.S.Warta Poznań				723	3:56.47			
	50m:	26.33	26.33	150m:	1:26.60	30.10	250m:	2:26.82	29.50	350m:	3:26.88	30.51
	100m:	56.50	30.17	200m:	1:57.32	30.72	300m:	2:56.37	29.55	400m:	3:56.47	29.59
11.	Głyk Wojciech		92	AZS AWF Katowice				714	3:57.44			
	50m:	27.63	27.63	150m:	1:26.83	29.81	250m:	2:27.09	30.03	350m:	3:27.59	30.44
	100m:	57.02	29.39	200m:	1:57.06	30.23	300m:	2:57.15	30.06	400m:	3:57.44	29.85
12.	wiek Kacper		95	Mks Polonia Warszawa				695	3:59.53			
	50m:	28.19	28.19	150m:	1:29.06	30.62	250m:	2:30.00	30.38	350m:	3:30.55	30.12
	100m:	58.44	30.25	200m:	1:59.62	30.56	300m:	3:00.43	30.43	400m:	3:59.53	28.98
13.	Łopaciński Kacper SO		95	Foka Sandomierz				694	3:59.73			
	50m:	27.78	27.78	150m:	1:28.60	30.39	250m:	2:29.58	30.36	350m:	3:30.52	30.47
	100m:	58.21	30.43	200m:	1:59.22	30.62	300m:	3:00.05	30.47	400m:	3:59.73	29.21
14.	Opalski Marcin		93	UKS GIM 92 Ursynów				690	4:00.19			
	50m:	27.52	27.52	150m:	1:29.01	31.05	250m:	2:30.78	30.70	350m:	3:31.75	30.13
	100m:	57.96	30.44	200m:	2:00.08	31.07	300m:	3:01.62	30.84	400m:	4:00.19	28.44
15.	Kołodziejowski Filip SZG		96	KORNER Zielona Góra				684	4:00.88			
	50m:	27.23	27.23	150m:	1:28.35	30.78	250m:	2:30.19	30.80	350m:	3:31.78	30.68
	100m:	57.57	30.34	200m:	1:59.39	31.04	300m:	3:01.10	30.91	400m:	4:00.88	29.10
16.	Urbaniak Jan Sp		95	K.S.Warta Poznań				684	4:00.89			
	50m:	28.57	28.57	150m:	1:29.05	30.27	250m:	2:30.31	30.62	350m:	3:31.64	30.46
	100m:	58.78	30.21	200m:	1:59.69	30.64	300m:	3:01.18	30.87	400m:	4:00.89	29.25
17.	Kudła Łukasz SO		95	AZS AWF Katowice				678	4:01.58			
	50m:	27.69	27.69	150m:	1:27.00	29.91	250m:	2:27.16	29.94	350m:	3:29.96	31.71
	100m:	57.09	29.40	200m:	1:57.22	30.22	300m:	2:58.25	31.09	400m:	4:01.58	31.62

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

Pozycja					Rok ur.					Pkt.	Czas	
18.	Łowicki Marcin SO				95	UKS NAWA Skierniewice				663	4:03.32	
	50m:	26.63	26.63	150m:	1:25.94	30.08	250m:	2:28.16	31.09	350m:	3:31.82	31.97
	100m:	55.86	29.23	200m:	1:57.07	31.13	300m:	2:59.85	31.69	400m:	4:03.32	31.50
19.	Ptaszy ski Mikołaj SZG				95	KORNER Zielona Góra				657	4:04.06	
	50m:	27.95	27.95	150m:	1:28.43	30.35	250m:	2:30.51	30.95	350m:	3:33.99	31.72
	100m:	58.08	30.13	200m:	1:59.56	31.13	300m:	3:02.27	31.76	400m:	4:04.06	30.07
20.	Staniszewski Adam				97	MKS Trójka Łódź				641	4:06.08	
	50m:	27.90	27.90	150m:	1:28.65	30.36	250m:	2:31.62	31.72	350m:	3:35.47	31.86
	100m:	58.29	30.39	200m:	1:59.90	31.25	300m:	3:03.61	31.99	400m:	4:06.08	30.61
21.	Ciesielski Filip				96	MUKS Pi tnastrka Bydgoszcz				637	4:06.57	
	50m:	27.86	27.86	150m:	1:29.29	30.88	250m:	2:31.70	31.25	350m:	3:35.43	31.86
	100m:	58.41	30.55	200m:	2:00.45	31.16	300m:	3:03.57	31.87	400m:	4:06.57	31.14
22.	Kasztelan Mateusz				98	Uks Mos Elk				632	4:07.25	
	50m:	28.24	28.24	150m:	1:30.88	31.53	250m:	2:34.24	31.62	350m:	3:37.69	31.67
	100m:	59.35	31.11	200m:	2:02.62	31.74	300m:	3:06.02	31.78	400m:	4:07.25	29.56
23.	Horała Damian Sp				96	K.S.Warta Pozna				630	4:07.50	
	50m:	28.78	28.78	150m:	1:32.22	32.38	250m:	2:36.29	31.93	350m:	3:38.22	30.80
	100m:	59.84	31.06	200m:	2:04.36	32.14	300m:	3:07.42	31.13	400m:	4:07.50	29.28
24.	Białek Piotr Sp				92	K.S.Warta Pozna				626	4:08.10	
	50m:	27.48	27.48	150m:	1:30.17	31.81	250m:	2:33.93	31.98	350m:	3:38.44	32.10
	100m:	58.36	30.88	200m:	2:01.95	31.78	300m:	3:06.34	32.41	400m:	4:08.10	29.66
25.	Chrzanowski Damian				98	KP MZOS Płock				621	4:08.68	
	50m:	28.70	28.70	150m:	1:31.72	31.70	250m:	2:35.39	31.87	350m:	3:38.52	31.34
	100m:	1:00.02	31.32	200m:	2:03.52	31.80	300m:	3:07.18	31.79	400m:	4:08.68	30.16
26.	Oliwa Michał				97	MKP Szczecin				606	4:10.71	
	50m:	29.17	29.17	150m:	1:32.04	31.65	250m:	2:35.45	31.93	350m:	3:38.62	31.44
	100m:	1:00.39	31.22	200m:	2:03.52	31.48	300m:	3:07.18	31.73	400m:	4:10.71	32.09
27.	Hada Mateusz Sp				96	K.S.Warta Pozna				598	4:11.89	
	50m:	28.90	28.90	150m:	1:32.42	31.80	250m:	2:36.73	32.18	350m:	3:40.40	30.92
	100m:	1:00.62	31.72	200m:	2:04.55	32.13	300m:	3:09.48	32.75	400m:	4:11.89	31.49
28.	Bagrowski Karol				96	MUKS Pi tnastrka Bydgoszcz				597	4:11.96	
	50m:	28.33	28.33	150m:	1:32.09	32.37	250m:	2:36.80	32.38	350m:	3:41.66	32.23
	100m:	59.72	31.39	200m:	2:04.42	32.33	300m:	3:09.43	32.63	400m:	4:11.96	30.30
29.	Kału y ski Antoni				99	UKS GIM 92 Ursynów				596	4:12.09	
	50m:	28.58	28.58	150m:	1:32.07	32.05	250m:	2:36.65	32.15	350m:	3:41.84	32.22
	100m:	1:00.02	31.44	200m:	2:04.50	32.43	300m:	3:09.62	32.97	400m:	4:12.09	30.25
30.	Lelek Mateusz				96	Mks Polonia Warszawa				594	4:12.44	
	50m:	29.53	29.53	150m:	1:33.12	31.97	250m:	2:37.40	32.03	350m:	3:41.98	32.23
	100m:	1:01.15	31.62	200m:	2:05.37	32.25	300m:	3:09.75	32.35	400m:	4:12.44	30.46
31.	Safin Konrad SK				96	Uks Delfin Tarnobrzeg				592	4:12.64	
	50m:	29.25	29.25	150m:	1:32.50	31.90	250m:	2:36.57	31.83	350m:	3:41.02	32.23
	100m:	1:00.60	31.35	200m:	2:04.74	32.24	300m:	3:08.79	32.22	400m:	4:12.64	31.62
32.	Chmielewski Jakub				99	WKS I sk Wrocław				588	4:13.27	
	50m:	29.69	29.69	150m:	1:35.07	32.81	250m:	2:39.16	31.54	350m:	3:42.77	32.05
	100m:	1:02.26	32.57	200m:	2:07.62	32.55	300m:	3:10.72	31.56	400m:	4:13.27	30.50
33.	Motyczy ski Jakub				96	Mks Polonia Warszawa				580	4:14.39	
	50m:	29.35	29.35	150m:	1:32.90	32.05	250m:	2:37.90	32.63	350m:	3:43.03	32.63
	100m:	1:00.85	31.50	200m:	2:05.27	32.37	300m:	3:10.40	32.50	400m:	4:14.39	31.36
	Hahn Jakub				97	Mks Jedynka Łódź				580	4:14.39	
	50m:	28.72	28.72	150m:	1:32.79	32.52	250m:	2:37.08	32.28	350m:	3:42.53	32.72
	100m:	1:00.27	31.55	200m:	2:04.80	32.01	300m:	3:09.81	32.73	400m:	4:14.39	31.86
35.	Szulgo Filip				97	MKP Szczecin				576	4:15.03	
	50m:	29.75	29.75	150m:	1:34.65	33.01	250m:	2:38.67	31.62	350m:	3:44.25	32.96
	100m:	1:01.64	31.89	200m:	2:07.05	32.40	300m:	3:11.29	32.62	400m:	4:15.03	30.78

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Pozycja					Rok ur.					Pkt.	Czas	
36.	Parzynowski Wojciech				99	Uks 190 Łódź				573	4:15.54	
	50m:	30.09	30.09	150m:	1:33.54	32.24	250m:	2:38.81	32.65	350m:	3:43.99	32.33
	100m:	1:01.30	31.21	200m:	2:06.16	32.62	300m:	3:11.66	32.85	400m:	4:15.54	31.55
37.	Raflewski Jakub				98	Uks 190 Łódź				551	4:18.85	
	50m:	29.09	29.09	150m:	1:33.49	32.55	250m:	2:39.37	33.13	350m:	3:45.73	33.25
	100m:	1:00.94	31.85	200m:	2:06.24	32.75	300m:	3:12.48	33.11	400m:	4:18.85	33.12
38.	Porwał Michał				98	KP MZOS Płock				549	4:19.14	
	50m:	29.43	29.43	150m:	1:35.02	33.13	250m:	2:42.08	33.63	350m:	3:48.31	32.66
	100m:	1:01.89	32.46	200m:	2:08.45	33.43	300m:	3:15.65	33.57	400m:	4:19.14	30.83
39.	Górski Marcin				97	MKP Szczecin				546	4:19.62	
	50m:	29.02	29.02	150m:	1:31.69	32.57	250m:	2:39.69	34.09	350m:	3:47.65	33.80
	100m:	59.12	30.10	200m:	2:05.60	33.91	300m:	3:13.85	34.16	400m:	4:19.62	31.97
40.	Ławnik Jakub				99	WKS I sk Wrocław				544	4:19.90	
	50m:	29.18	29.18	150m:	1:34.76	33.23	250m:	2:41.55	33.56	350m:	3:48.36	33.24
	100m:	1:01.53	32.35	200m:	2:07.99	33.23	300m:	3:15.12	33.57	400m:	4:19.90	31.54
41.	Pi tkowski Marcin				96	Mks Polonia Warszawa				543	4:20.12	
	50m:	29.10	29.10	150m:	1:34.51	33.25	250m:	2:41.98	33.85	350m:	3:48.82	33.03
	100m:	1:01.26	32.16	200m:	2:08.13	33.62	300m:	3:15.79	33.81	400m:	4:20.12	31.30
42.	Szczepa ski Kacper				99	MUKS Pi tnastka Bydgoszcz				529	4:22.35	
	50m:	28.87	28.87	150m:	1:34.60	33.51	250m:	2:42.46	34.37	350m:	3:49.75	33.22
	100m:	1:01.09	32.22	200m:	2:08.09	33.49	300m:	3:16.53	34.07	400m:	4:22.35	32.60
43.	Biernacki Kacper				98	Znicz Koszalin				526	4:22.80	
	50m:	29.26	29.26	150m:	1:36.66	34.32	250m:	2:45.45	34.39	350m:	3:52.73	32.95
	100m:	1:02.34	33.08	200m:	2:11.06	34.40	300m:	3:19.78	34.33	400m:	4:22.80	30.07
44.	Orpizak Bartłomiej SP				95	WKS I sk Wrocław				524	4:23.23	
	50m:	29.17	29.17	150m:	1:34.05	32.62	250m:	2:39.58	32.50	350m:	3:48.07	35.11
	100m:	1:01.43	32.26	200m:	2:07.08	33.03	300m:	3:12.96	33.38	400m:	4:23.23	35.16
45.	Szarek Dawid				99	WKS I sk Wrocław				512	4:25.18	
	50m:	29.10	29.10	150m:	1:35.75	33.72	250m:	2:44.19	33.86	350m:	3:52.98	34.27
	100m:	1:02.03	32.93	200m:	2:10.33	34.58	300m:	3:18.71	34.52	400m:	4:25.18	32.20
46.	Kaczorowski Jakub				97	Uks,, oliborz" Warszawa				511	4:25.38	
	50m:	30.37	30.37	150m:	1:37.63	33.99	250m:	2:44.83	33.40	350m:	3:52.72	33.69
	100m:	1:03.64	33.27	200m:	2:11.43	33.80	300m:	3:19.03	34.20	400m:	4:25.38	32.66
47.	Kuleszko Mikołaj				98	MTKP Delfin Toru				511	4:25.47	
	50m:	28.27	28.27	150m:	1:33.46	33.32	250m:	2:42.55	34.75	350m:	3:51.73	34.69
	100m:	1:00.14	31.87	200m:	2:07.80	34.34	300m:	3:17.04	34.49	400m:	4:25.47	33.74
48.	Durajczyk Michał				97	IKS Konstancin				504	4:26.58	
	50m:	29.90	29.90	150m:	1:36.08	32.83	250m:	2:43.21	33.94	350m:	3:52.68	34.98
	100m:	1:03.25	33.35	200m:	2:09.27	33.19	300m:	3:17.70	34.49	400m:	4:26.58	33.90
49.	Skwarski Maciej				98	KP MZOS Płock				503	4:26.88	
	50m:	29.83	29.83	150m:	1:36.02	33.46	250m:	2:44.06	34.07	350m:	3:53.88	34.75
	100m:	1:02.56	32.73	200m:	2:09.99	33.97	300m:	3:19.13	35.07	400m:	4:26.88	33.00
50.	Stec Adam				97	MKP Szczecin				496	4:28.12	
	50m:	30.32	30.32	150m:	1:36.29	33.05	250m:	2:43.65	33.68	350m:	3:53.35	35.12
	100m:	1:03.24	32.92	200m:	2:09.97	33.68	300m:	3:18.23	34.58	400m:	4:28.12	34.77
51.	Sobala Adam Sp				97	K.S.Warta Pozna				494	4:28.37	
	50m:	30.89	30.89	150m:	1:38.71	34.14	250m:	2:46.93	33.92	350m:	3:55.52	34.43
	100m:	1:04.57	33.68	200m:	2:13.01	34.30	300m:	3:21.09	34.16	400m:	4:28.37	32.85
52.	Rudnicki Marcin				99	Uks,, oliborz" Warszawa				489	4:29.33	
	50m:	29.67	29.67	150m:	1:36.99	33.97	250m:	2:46.90	34.70	350m:	3:56.72	34.66
	100m:	1:03.02	33.35	200m:	2:12.20	35.21	300m:	3:22.06	35.16	400m:	4:29.33	32.61
53.	Russek Filip				94	Uks,, oliborz" Warszawa				483	4:30.47	
	50m:	30.03	30.03	150m:	1:36.71	34.01	250m:	2:46.52	35.14	350m:	3:56.43	34.69
	100m:	1:02.70	32.67	200m:	2:11.38	34.67	300m:	3:21.74	35.22	400m:	4:30.47	34.04

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Pozycja					Rok ur.					Pkt.	Czas	
54.	Bara czyk Michał				99	Uks 190 Łódź				483	4:30.50	
	50m:	30.27	30.27	150m:	1:37.18	33.81	250m:	2:47.26	34.99	350m:	3:57.57	35.42
	100m:	1:03.37	33.10	200m:	2:12.27	35.09	300m:	3:22.15	34.89	400m:	4:30.50	32.93
55.	Mikulski Krzysztof				98	Znicz Koszalin				482	4:30.55	
	50m:	28.45	28.45	150m:	1:35.25	34.25	250m:	2:45.32	35.09	350m:	3:56.28	35.47
	100m:	1:01.00	32.55	200m:	2:10.23	34.98	300m:	3:20.81	35.49	400m:	4:30.55	34.27
56.	Wysocki Mateusz				98	Znicz Koszalin				475	4:31.89	
	50m:	29.11	29.11	150m:	1:36.10	34.18	250m:	2:46.07	35.42	350m:	3:57.77	35.76
	100m:	1:01.92	32.81	200m:	2:10.65	34.55	300m:	3:22.01	35.94	400m:	4:31.89	34.12
57.	Gałęcki Mateusz				99	WKS I sk Wrocław				474	4:32.18	
	50m:	29.14	29.14	150m:	1:35.70	33.63	250m:	2:45.52	35.40	350m:	3:56.65	35.66
	100m:	1:02.07	32.93	200m:	2:10.12	34.42	300m:	3:20.99	35.47	400m:	4:32.18	35.53
58.	Gł ba Jan				99	WKS I sk Wrocław				467	4:33.52	
	50m:	30.44	30.44	150m:	1:38.97	34.90	250m:	2:49.40	35.46	350m:	3:59.97	34.75
	100m:	1:04.07	33.63	200m:	2:13.94	34.97	300m:	3:25.22	35.82	400m:	4:33.52	33.55
59.	Wójcik Cezary				98	Mks Jedyńka Łódź				463	4:34.32	
	50m:	30.53	30.53	150m:	1:38.81	34.77	250m:	2:49.11	35.07	350m:	4:00.45	35.39
	100m:	1:04.04	33.51	200m:	2:14.04	35.23	300m:	3:25.06	35.95	400m:	4:34.32	33.87
60.	Matusiak Michał				97	UKS 9 Kalisz				451	4:36.62	
	50m:	30.24	30.24	150m:	1:39.72		250m:			350m:		
	100m:			200m:	2:15.86	36.14	300m:	3:28.26		400m:	4:36.62	
61.	Napieraj Jan				98	Mks Polonia Warszawa				444	4:38.16	
	50m:	30.82	30.82	150m:	1:40.49	35.34	250m:	2:52.34	35.74	350m:	4:03.86	35.50
	100m:	1:05.15	34.33	200m:	2:16.60	36.11	300m:	3:28.36	36.02	400m:	4:38.16	34.30
62.	Marcinkowski Borys				99	MTKP Delfin Toru				443	4:38.31	
	50m:	29.47	29.47	150m:	1:38.91	35.63	250m:	2:51.05	35.94	350m:	4:03.67	36.13
	100m:	1:03.28	33.81	200m:	2:15.11	36.20	300m:	3:27.54	36.49	400m:	4:38.31	34.64
63.	Jakubek Kamil				97	UKS 9 Kalisz				440	4:38.94	
	50m:	30.46	30.46	150m:	1:41.32	36.06	250m:	2:53.10	35.86	350m:	4:05.15	35.85
	100m:	1:05.26	34.80	200m:	2:17.24	35.92	300m:	3:29.30	36.20	400m:	4:38.94	33.79
64.	Lenartowicz Kacper				99	IKS Konstancin				428	4:41.50	
	50m:	31.64	31.64	150m:	1:43.08	36.10	250m:	2:55.10	35.68	350m:	4:07.13	36.08
	100m:	1:06.98	35.34	200m:	2:19.42	36.34	300m:	3:31.05	35.95	400m:	4:41.50	34.37
65.	Przybylski Wojciech				99	WKS I sk Wrocław				427	4:41.82	
	50m:	30.93	30.93	150m:	1:42.49	36.03	250m:	2:54.73	35.99	350m:	4:06.83	36.15
	100m:	1:06.46	35.53	200m:	2:18.74	36.25	300m:	3:30.68	35.95	400m:	4:41.82	34.99
66.	Zaborowski Paweł				98	Mks Jedyńka Łódź				412	4:45.15	
	50m:	31.87	31.87	150m:	1:43.59	36.57	250m:	2:56.32	36.57	350m:	4:09.68	36.61
	100m:	1:07.02	35.15	200m:	2:19.75	36.16	300m:	3:33.07	36.75	400m:	4:45.15	35.47
67.	Sikora Patryk				99	WKS I sk Wrocław				410	4:45.57	
	50m:	32.80	32.80	150m:	1:44.70	36.49	250m:	2:57.74	36.14	350m:	4:10.79	36.23
	100m:	1:08.21	35.41	200m:	2:21.60	36.90	300m:	3:34.56	36.82	400m:	4:45.57	34.78
68.	Stawaruk Michał				99	Mks Jedyńka Łódź				408	4:45.94	
	50m:	32.28	32.28	150m:	1:44.53	36.61	250m:	2:57.46	36.40	350m:	4:10.85	36.74
	100m:	1:07.92	35.64	200m:	2:21.06	36.53	300m:	3:34.11	36.65	400m:	4:45.94	35.09
69.	Kostanowicz Artur				98	Mks Polonia Warszawa				362	4:57.61	
	50m:	32.39	32.39	150m:	1:46.93	37.98	250m:	3:02.68	38.02	350m:	4:19.93	38.94
	100m:	1:08.95	36.56	200m:	2:24.66	37.73	300m:	3:40.99	38.31	400m:	4:57.61	37.68
DYSKW.	widerski Patryk				99	UKS 9 Kalisz					5:02.19	
	04											
	50m:	32.22	32.22	150m:	1:48.86	38.82	250m:	3:07.05	39.14	350m:	4:25.90	39.60
	100m:	1:10.04	37.82	200m:	2:27.91	39.05	300m:	3:46.30	39.25	400m:	5:02.19	36.29

Grand Prix - Puchar Polski
Łódź , 16- - 17-11-2013

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

Pozycja				Rok ur.			Pkt.	Czas
NIE UK.	Go	dzik	Damian	Sp	95	K.S.Warta	Pozna	
	50m:	29.07	29.07	150m:	1:33.44	31.83	250m:	350m:
	100m:	1:01.61	32.54	200m:			300m:	400m: