



Grand Prix Puchar Polski
Bochnia, 23. - 24.10.2010



Konkurencja 2
23/10/2010 - 10:55

M czyzn, 400m zmienny

14 lat i starsi
Wyniki

Top Times "Poland" 4:03.20 Wojt Lukasz POL Berlin (GER) 14/11/2009

Punkty: FINA 2009

Pozycja	Rok ur.	Czas	Pkt.
1. Matczak Mateusz	89 MKP Szczecin	4:25.95	757
50m: 28.92 28.92	150m: 1:36.79 34.85	250m: 2:48.95 37.94	350m: 3:56.51 30.03
100m: 1:01.94 33.02	200m: 2:11.01 34.22	300m: 3:26.48 37.53	400m: 4:25.95 29.44
2. Kuczko Sławomir	85 AZS AWF Warszawa	4:26.85	750
50m: 28.62 28.62	150m: 1:37.68 36.18	250m: 2:48.11 35.33	350m: 3:56.25 32.42
100m: 1:01.50 32.88	200m: 2:12.78 35.10	300m: 3:23.83 35.72	400m: 4:26.85 30.60
3. Zaczy ski Karol	91 AZS AWF Katowice	4:27.47	745
50m: 28.57 28.57	150m: 1:36.42 35.27	250m: 2:49.13 38.95	350m: 3:58.28 30.70
100m: 1:01.15 32.58	200m: 2:10.18 33.76	300m: 3:27.58 38.45	400m: 4:27.47 29.19
4. Pelczy ski Kacper	92 Unia O wi cim	4:29.82	725
50m: 28.76 28.76	150m: 1:36.76 35.69	250m: 2:48.41 36.94	350m: 3:58.30 32.10
100m: 1:01.07 32.31	200m: 2:11.47 34.71	300m: 3:26.20 37.79	400m: 4:29.82 31.52
5. Certa Maciej	91 AZS AWF Warszawa	4:30.88	717
50m: 28.34 28.34	150m: 1:37.43 35.76	250m: 2:49.72 36.76	350m: 3:59.75 32.28
100m: 1:01.67 33.33	200m: 2:12.96 35.53	300m: 3:27.47 37.75	400m: 4:30.88 31.13
6. Suzin Marcin SK	93 Jordan Kraków	4:31.02	716
50m: 28.86 28.86	150m: 1:38.13 36.41	250m: 2:50.54 37.91	350m: 4:00.40 31.88
100m: 1:01.72 32.86	200m: 2:12.63 34.50	300m: 3:28.52 37.98	400m: 4:31.02 30.62
7. Ksi ek Michał SK	93 Jordan Kraków	4:31.23	714
50m: 29.02 29.02	150m: 1:37.21 35.33	250m: 2:49.40 38.73	350m: 4:00.92 32.46
100m: 1:01.88 32.86	200m: 2:10.67 33.46	300m: 3:28.46 39.06	400m: 4:31.23 30.31
8. Czarnota Mateusz SO	91 Unia O wi cim	4:31.37	713
50m: 29.20 29.20	150m: 1:36.79 34.86	250m: 2:50.02 39.15	350m: 4:01.38 31.52
100m: 1:01.93 32.73	200m: 2:10.87 34.08	300m: 3:29.86 39.84	400m: 4:31.37 29.99
9. witkowski Jan	94 Skarpa Lublin	4:32.42	705
50m: 30.95 30.95	150m: 1:39.51 34.94	250m: 2:52.33 39.16	350m: 4:02.93 31.41
100m: 1:04.57 33.62	200m: 2:13.17 33.66	300m: 3:31.52 39.19	400m: 4:32.42 29.49
10. Dubiel Adam	93 Lublinianka Lublin	4:32.75	702
50m: 29.54 29.54	150m: 1:35.77 33.37	250m: 2:49.68 40.97	350m: 4:02.15 31.19
100m: 1:02.40 32.86	200m: 2:08.71 32.94	300m: 3:30.96 41.28	400m: 4:32.75 30.60
11. Kliza Mateusz SK	94 Avia widnik	4:35.55	681
50m: 29.88 29.88	150m: 1:39.54 36.43	250m: 2:52.98 38.82	350m: 4:04.79 32.30
100m: 1:03.11 33.23	200m: 2:14.16 34.62	300m: 3:32.49 39.51	400m: 4:35.55 30.76
12. Zaborowski Filip SS	94 MKP Szczecin	4:36.25	676
50m: 29.22 29.22	150m: 1:38.12 35.59	250m: 2:52.83 40.82	350m: 4:05.72 32.18
100m: 1:02.53 33.31	200m: 2:12.01 33.89	300m: 3:33.54 40.71	400m: 4:36.25 30.53
13. Baran Rafał SK	93 Jordan Kraków	4:36.46	674
50m: 29.21 29.21	150m: 1:37.86 35.29	250m: 2:52.32 39.55	350m: 4:05.02 32.38
100m: 1:02.57 33.36	200m: 2:12.77 34.91	300m: 3:32.64 40.32	400m: 4:36.46 31.44
14. Krzywiecki Tomasz	89 MKP Szczecin	4:36.67	673
50m: 29.26 29.26	150m: 1:38.52 35.95	250m: 2:52.32 38.71	350m: 4:04.82 33.03
100m: 1:02.57 33.31	200m: 2:13.61 35.09	300m: 3:31.79 39.47	400m: 4:36.67 31.85
15. Twarowski Jerzy SK	95 Jordan Kraków	4:36.73	672
50m: 29.41 29.41	150m: 1:39.07 35.94	250m: 2:53.59 39.69	350m: 4:04.94 32.25
100m: 1:03.13 33.72	200m: 2:13.90 34.83	300m: 3:32.69 39.10	400m: 4:36.73 31.79
16. ukowski Maciej SWR	93 I sk Wrocław	4:37.34	668
50m: 29.82 29.82	150m: 1:40.86 37.64	250m: 2:56.20 39.09	350m: 4:07.17 31.63
100m: 1:03.22 33.40	200m: 2:17.11 36.25	300m: 3:35.54 39.34	400m: 4:37.34 30.17



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Pozycja					Rok ur.					Czas	Pkt.
17.	Munoz Illana Adria				90	Club Natacio Terrassa				4:39.18	655
	50m: 29.92	29.92	150m: 1:39.98	36.45	250m: 2:55.72	39.60	350m: 4:08.19	32.66			
	100m: 1:03.53	33.61	200m: 2:16.12	36.14	300m: 3:35.53	39.81	400m: 4:39.18	30.99			
18.	Stachura Maciej				91	AZS AGH Kraków				4:39.48	653
	50m: 29.77	29.77	150m: 1:39.22	35.92	250m: 2:54.18	38.38	350m: 4:06.52	33.63			
	100m: 1:03.30	33.53	200m: 2:15.80	36.58	300m: 3:32.89	38.71	400m: 4:39.48	32.96			
19.	Meller Olaf SG				92	AZS AWFIS Gda sk				4:40.04	649
	50m: 29.07	29.07	150m: 1:37.29	34.50	250m: 2:53.72	41.44	350m: 4:08.35	33.18			
	100m: 1:02.79	33.72	200m: 2:12.28	34.99	300m: 3:35.17	41.45	400m: 4:40.04	31.69			
20.	Kut Bartosz SK				93	Bobry D bica				4:41.12	641
	50m: 29.61	29.61	150m: 1:40.51	37.90	250m: 2:56.51	39.62	350m: 4:09.38	32.68			
	100m: 1:02.61	33.00	200m: 2:16.89	36.38	300m: 3:36.70	40.19	400m: 4:41.12	31.74			
21.	Dyrek Mateusz				91	AZS AGH Kraków				4:42.81	630
	50m: 29.81	29.81	150m: 1:40.71	36.97	250m: 2:57.14	40.48	350m: 4:10.64	33.72			
	100m: 1:03.74	33.93	200m: 2:16.66	35.95	300m: 3:36.92	39.78	400m: 4:42.81	32.17			
22.	Guzik Jakub				91	AZS AGH Kraków				4:43.30	627
	50m: 29.79	29.79	150m: 1:41.29	37.31	250m: 2:56.80	38.86	350m: 4:09.76	34.20			
	100m: 1:03.98	34.19	200m: 2:17.94	36.65	300m: 3:35.56	38.76	400m: 4:43.30	33.54			
23.	ukowski Bartłomiej SWR				93	I sk Wrocław				4:44.10	621
	50m: 29.76	29.76	150m: 1:42.08	38.21	250m: 2:59.42	39.85	350m: 4:12.87	33.55			
	100m: 1:03.87	34.11	200m: 2:19.57	37.49	300m: 3:39.32	39.90	400m: 4:44.10	31.23			
24.	Osses Arkadiusz				95	Warta Pozna				4:44.15	621
	50m: 30.62	30.62	150m: 1:40.47	35.41	250m: 2:58.46	42.31	350m: 4:12.96	31.80			
	100m: 1:05.06	34.44	200m: 2:16.15	35.68	300m: 3:41.16	42.70	400m: 4:44.15	31.19			
25.	Asulian Axel				93	AZS AWF Katowice				4:44.28	620
	50m: 29.94	29.94	150m: 1:41.26	36.70	250m: 2:58.15	41.13	350m: 4:12.86	32.83			
	100m: 1:04.56	34.62	200m: 2:17.02	35.76	300m: 3:40.03	41.88	400m: 4:44.28	31.42			
26.	Wiak Jakub				95	Orlik Lublin				4:44.41	619
	50m: 29.52	29.52	150m: 1:41.43	37.26	250m: 2:58.43	41.47	350m: 4:13.09	32.70			
	100m: 1:04.17	34.65	200m: 2:16.96	35.53	300m: 3:40.39	41.96	400m: 4:44.41	31.32			
27.	Skubicha Konrad				92	Orlik Lublin				4:46.69	605
	50m: 29.54	29.54	150m: 1:40.88	37.21	250m: 2:58.71	41.64	350m: 4:15.43	34.25			
	100m: 1:03.67	34.13	200m: 2:17.07	36.19	300m: 3:41.18	42.47	400m: 4:46.69	31.26			
28.	Chmiel Łukasz				93	CSiR MOS D browa Górnicza				4:46.80	604
	50m: 29.14	29.14	150m: 1:38.34	36.40	250m: 2:56.09	42.09	350m: 4:13.03	34.32			
	100m: 1:01.94	32.80	200m: 2:14.00	35.66	300m: 3:38.71	42.62	400m: 4:46.80	33.77			
29.	Brus Dominik SK				93	Jordan Kraków				4:50.68	580
	50m: 29.61	29.61	150m: 1:38.53	34.76	250m: 2:56.35	43.14	350m: 4:16.66	35.91			
	100m: 1:03.77	34.16	200m: 2:13.21	34.68	300m: 3:40.75	44.40	400m: 4:50.68	34.02			
30.	Bałabuch Krystian				95	Wiking Brzesko				4:50.94	579
	50m: 30.46	30.46	150m: 1:42.09	36.50	250m: 2:58.24	40.67	350m: 4:16.08	35.41			
	100m: 1:05.59	35.13	200m: 2:17.57	35.48	300m: 3:40.67	42.43	400m: 4:50.94	34.86			
31.	Kami ski Maciej				93	Orlik Lublin				4:52.04	572
	50m: 30.76	30.76	150m: 1:42.83	37.49	250m: 3:00.90	40.04	350m: 4:18.02	34.96			
	100m: 1:05.34	34.58	200m: 2:20.86	38.03	300m: 3:43.06	42.16	400m: 4:52.04	34.02			
32.	Zabojszcz Wojciech				95	Korona Swim Kielce				4:52.26	571
	50m: 30.20	30.20	150m: 1:46.16	39.79	250m: 3:04.08	40.01	350m: 4:19.85	34.76			
	100m: 1:06.37	36.17	200m: 2:24.07	37.91	300m: 3:45.09	41.01	400m: 4:52.26	32.41			
33.	Kurtok Tomasz				95	Unia O wi cim				4:56.40	547
	50m: 29.92	29.92	150m: 1:45.18	40.10	250m: 3:03.71	39.98	350m: 4:22.47	35.32			
	100m: 1:05.08	35.16	200m: 2:23.73	38.55	300m: 3:47.15	43.44	400m: 4:56.40	33.93			



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Pozycja			Rok ur.					Czas	Pkt.
34.	Osnowski Bartosz SS		94	Ósemka Starogard				4:59.70	529
	50m: 31.02 31.02	150m: 1:43.79 36.57		250m: 3:02.87 43.11				350m: 4:23.50 36.42	
	100m: 1:07.22 36.20	200m: 2:19.76 35.97		300m: 3:47.08 44.21				400m: 4:59.70 36.20	
35.	Pyda Jakub		94	Skarpa Lublin				4:59.77	529
	50m: 32.04 32.04	150m: 1:45.03 37.18		250m: 3:05.32 44.50				350m: 4:24.91 35.21	
	100m: 1:07.85 35.81	200m: 2:20.82 35.79		300m: 3:49.70 44.38				400m: 4:59.77 34.86	
36.	Szymanowski Jakub		96	Unia O wi cim				5:00.09	527
	50m: 31.14 31.14	150m: 1:47.45 40.41		250m: 3:08.04 41.11				350m: 4:25.62 35.49	
	100m: 1:07.04 35.90	200m: 2:26.93 39.48		300m: 3:50.13 42.09				400m: 5:00.09 34.47	
37.	Szczechura Patryk		95	KSZO Ostrowiec w.				5:02.56	514
	50m: 32.32 32.32	150m: 1:48.41 38.76		250m: 3:10.01 43.69				350m: 4:28.79 34.27	
	100m: 1:09.65 37.33	200m: 2:26.32 37.91		300m: 3:54.52 44.51				400m: 5:02.56 33.77	
38.	Krzak Patryk		95	Unia O wi cim				5:02.72	514
	50m: 30.75 30.75	150m: 1:46.90 39.96		250m: 3:08.56 42.59				350m: 4:28.24 36.33	
	100m: 1:06.94 36.19	200m: 2:25.97 39.07		300m: 3:51.91 43.35				400m: 5:02.72 34.48	
39.	Ksia ek Sebastian		96	KSZO Ostrowiec w.				5:05.78	498
	50m: 30.29 30.29	150m: 1:45.83 39.10		250m: 3:10.21 45.42				350m: 4:31.34 35.16	
	100m: 1:06.73 36.44	200m: 2:24.79 38.96		300m: 3:56.18 45.97				400m: 5:05.78 34.44	
40.	Lloyd Jake		95	Bishops Stortford SC				5:08.54	485
	50m: 30.74 30.74	150m: 1:46.11 39.49		250m: 3:10.91 45.89				350m: 4:34.28 35.25	
	100m: 1:06.62 35.88	200m: 2:25.02 38.91		300m: 3:59.03 48.12				400m: 5:08.54 34.26	
41.	Chrobok Szymon		96	MUKS Gilus Gilowice				5:11.95	469
	50m: 33.00 33.00	150m: 1:51.55 38.77		250m: 3:15.23 45.41				350m: 4:37.42 37.02	
	100m: 1:12.78 39.78	200m: 2:29.82 38.27		300m: 4:00.40 45.17				400m: 5:11.95 34.53	
42.	D bski Tomasz		93	Nawa Skierniewice				5:13.64	462
	50m: 31.73 31.73	150m: 1:47.07 38.27		250m: 3:14.49 49.92				350m: 4:38.20 36.42	
	100m: 1:08.80 37.07	200m: 2:24.57 37.50		300m: 4:01.78 47.29				400m: 5:13.64 35.44	
43.	Kulczyk Mateusz		96	MUKS Gilus Gilowice				5:31.77	390
	50m: 33.69 33.69	150m: 1:56.68 43.31		250m: 3:26.62 46.88				350m: 4:53.61 39.68	
	100m: 1:13.37 39.68	200m: 2:39.74 43.06		300m: 4:13.93 47.31				400m: 5:31.77 38.16	