



Grand Prix Puchar Polski
Bochnia, 23. - 24.10.2010



Konkurencja 34
24/10/2010 - 12:50

M czynn, 400m dowolny

14 lat i starsi
Wyniki

Top Times "Poland" 3:37.78 Korzeniowski Pawel AZWAR Gorzow Wielkopolski 26/11/2009

Punkty: FINA 2009

Pozycja	Rok ur.	Czas	Pkt.
1. Pielowski Krzysztof	91 Kormoran Olsztyn	3:54.10	787
50m: 27.92 27.92	150m: 1:27.41 29.69	250m: 2:26.77 29.66	350m: 3:25.73 29.30
100m: 57.72 29.80	200m: 1:57.11 29.70	300m: 2:56.43 29.66	400m: 3:54.10 28.37
2. Sta czyk Przemysław	85 MKP Szczecin	3:54.58	782
50m: 27.85 27.85	150m: 1:28.56 30.21	250m: 2:28.29 29.59	350m: 3:26.09 28.53
100m: 58.35 30.50	200m: 1:58.70 30.14	300m: 2:57.56 29.27	400m: 3:54.58 28.49
3. Hreniak Maciej	89 MKP Szczecin	3:55.97	768
50m: 28.08 28.08	150m: 1:28.38 30.15	250m: 2:28.70 30.32	350m: 3:27.20 28.86
100m: 58.23 30.15	200m: 1:58.38 30.00	300m: 2:58.34 29.64	400m: 3:55.97 28.77
4. Zaczy ski Karol	91 AZS AWF Katowice	3:56.24	766
50m: 27.61 27.61	150m: 1:26.62 29.76	250m: 2:27.13 30.52	350m: 3:28.26 30.58
100m: 56.86 29.25	200m: 1:56.61 29.99	300m: 2:57.68 30.55	400m: 3:56.24 27.98
5. Wysoczy ski Mateusz SK	93 Jordan Kraków	3:56.82	760
50m: 27.45 27.45	150m: 1:27.20 30.05	250m: 2:27.40 30.02	350m: 3:27.85 30.11
100m: 57.15 29.70	200m: 1:57.38 30.18	300m: 2:57.74 30.34	400m: 3:56.82 28.97
6. Szuba Michał SWR	93 I sk Wrocław	3:58.73	742
50m: 27.86 27.86	150m: 1:28.26 30.27	250m: 2:29.02 30.17	350m: 3:29.54 30.16
100m: 57.99 30.13	200m: 1:58.85 30.59	300m: 2:59.38 30.36	400m: 3:58.73 29.19
7. Bor Radosław SZG	93 Korner Zielona Góra	3:59.77	732
50m: 28.22 28.22	150m: 1:28.64 30.37	250m: 2:29.80 30.62	350m: 3:31.36 30.63
100m: 58.27 30.05	200m: 1:59.18 30.54	300m: 3:00.73 30.93	400m: 3:59.77 28.41
8. Pulwin Paweł	92 Unia O wi cim	4:00.07	729
50m: 28.15 28.15	150m: 1:28.59 30.37	250m: 2:29.55 30.31	350m: 3:31.45 31.39
100m: 58.22 30.07	200m: 1:59.24 30.65	300m: 3:00.06 30.51	400m: 4:00.07 28.62
9. Sławi ski Mateusz	86 I sk Wrocław	4:00.40	726
50m: 27.83 27.83	150m: 1:27.70 30.18	250m: 2:28.02 30.25	350m: 3:29.78 30.96
100m: 57.52 29.69	200m: 1:57.77 30.07	300m: 2:58.82 30.80	400m: 4:00.40 30.62
10. Czarnota Mateusz SO	91 Unia O wi cim	4:00.87	722
50m: 27.92 27.92	150m: 1:28.05 30.20	250m: 2:28.63 30.13	350m: 3:31.12 31.49
100m: 57.85 29.93	200m: 1:58.50 30.45	300m: 2:59.63 31.00	400m: 4:00.87 29.75
11. Pi tkowski Mateusz	90 AZS AWF Warszawa	4:01.19	719
50m: 27.87 27.87	150m: 1:28.02 30.24	250m: 2:28.86 30.60	350m: 3:30.99 31.34
100m: 57.78 29.91	200m: 1:58.26 30.24	300m: 2:59.65 30.79	400m: 4:01.19 30.20
12. Hura Bartosz	91 Kormoran Olsztyn	4:01.21	719
50m: 28.43 28.43	150m: 1:29.04 30.19	250m: 2:29.76 30.33	350m: 3:30.93 30.74
100m: 58.85 30.42	200m: 1:59.43 30.39	300m: 3:00.19 30.43	400m: 4:01.21 30.28
13. Ksi ek Michał SK	93 Jordan Kraków	4:02.04	712
50m: 27.60 27.60	150m: 1:28.60 30.63	250m: 2:30.11 30.71	350m: 3:31.89 30.75
100m: 57.97 30.37	200m: 1:59.40 30.80	300m: 3:01.14 31.03	400m: 4:02.04 30.15
14. Meller Olaf SG	92 AZS AWFIS Gda sk	4:02.06	712
50m: 27.04 27.04	150m: 1:27.98 30.79	250m: 2:29.03 30.21	350m: 3:32.28 31.85
100m: 57.19 30.15	200m: 1:58.82 30.84	300m: 3:00.43 31.40	400m: 4:02.06 29.78
15. Matczak Mateusz	89 MKP Szczecin	4:02.36	709
50m: 28.10 28.10	150m: 1:29.74 30.72	250m: 2:31.29 30.72	350m: 3:32.49 30.33
100m: 59.02 30.92	200m: 2:00.57 30.83	300m: 3:02.16 30.87	400m: 4:02.36 29.87
16. Towarek Sebastian SWR	93 I sk Wrocław	4:02.60	707
50m: 28.48 28.48	150m: 1:29.68 30.64	250m: 2:31.18 30.87	350m: 3:32.87 30.95
100m: 59.04 30.56	200m: 2:00.31 30.63	300m: 3:01.92 30.74	400m: 4:02.60 29.73



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Pozycja					Rok ur.					Czas	Pkt.	
17.	Poprawa Michał SO				94	AZS AWF Katowice				4:03.50	699	
	50m:	28.38	28.38	150m:	1:30.34	30.90	250m:	2:32.42	30.82	350m:	3:34.73	30.55
	100m:	59.44	31.06	200m:	2:01.60	31.26	300m:	3:04.18	31.76	400m:	4:03.50	28.77
18.	Gimi ski Łukasz				86	AZS AWF Warszawa				4:03.52	699	
	50m:	28.60	28.60	150m:	1:29.18	30.27	250m:	2:30.09	30.49	350m:	3:32.45	31.27
	100m:	58.91	30.31	200m:	1:59.60	30.42	300m:	3:01.18	31.09	400m:	4:03.52	31.07
19.	Rybi ski Dawid SWR				93	I sk Wrocław				4:05.35	683	
	50m:	28.04	28.04	150m:	1:28.72	30.69	250m:	2:30.85	30.67	350m:	3:33.29	31.53
	100m:	58.03	29.99	200m:	2:00.18	31.46	300m:	3:01.76	30.91	400m:	4:05.35	32.06
20.	Kliza Mateusz SK				94	Avia widnik				4:05.47	682	
	50m:	28.72	28.72	150m:	1:29.85	30.60	250m:	2:31.25	30.64	350m:	3:34.08	31.51
	100m:	59.25	30.53	200m:	2:00.61	30.76	300m:	3:02.57	31.32	400m:	4:05.47	31.39
21.	Głyk Wojciech				92	Orka L dziny				4:05.84	679	
	50m:	28.49	28.49	150m:	1:30.77	31.49	250m:	2:33.01	30.90	350m:	3:35.38	31.30
	100m:	59.28	30.79	200m:	2:02.11	31.34	300m:	3:04.08	31.07	400m:	4:05.84	30.46
22.	Dubiel Adam				93	Lublinianka Lublin				4:06.40	675	
	50m:	28.32	28.32	150m:	1:29.60	31.19	250m:	2:32.21	31.34	350m:	3:35.75	31.91
	100m:	58.41	30.09	200m:	2:00.87	31.27	300m:	3:03.84	31.63	400m:	4:06.40	30.65
23.	Kotlewski Michał SK				94	Zryw Opole				4:09.63	649	
	50m:	29.25	29.25	150m:	1:32.17	31.65	250m:	2:36.05	31.95	350m:	3:39.98	31.89
	100m:	1:00.52	31.27	200m:	2:04.10	31.93	300m:	3:08.09	32.04	400m:	4:09.63	29.65
24.	Asulian Axel				93	AZS AWF Katowice				4:09.75	648	
	50m:	28.53	28.53	150m:	1:30.93	31.38	250m:	2:34.53	31.73	350m:	3:38.86	32.28
	100m:	59.55	31.02	200m:	2:02.80	31.87	300m:	3:06.58	32.05	400m:	4:09.75	30.89
25.	Brzoza Jakub SWR				93	I sk Wrocław				4:09.85	647	
	50m:	29.14	29.14	150m:	1:31.78	31.43	250m:	2:35.35	32.01	350m:	3:38.60	31.68
	100m:	1:00.35	31.21	200m:	2:03.34	31.56	300m:	3:06.92	31.57	400m:	4:09.85	31.25
26.	Zieja Dawid				89	AZS AWFIS Gda sk				4:09.95	646	
	50m:	27.91	27.91	150m:	1:29.99	30.95	250m:	2:33.17	31.81	350m:	3:37.77	32.29
	100m:	59.04	31.13	200m:	2:01.36	31.37	300m:	3:05.48	32.31	400m:	4:09.95	32.18
27.	ukowski Maciej SWR				93	I sk Wrocław				4:12.38	628	
	50m:	29.18	29.18	150m:	1:32.97	32.44	250m:	2:37.40	32.27	350m:	3:41.20	31.78
	100m:	1:00.53	31.35	200m:	2:05.13	32.16	300m:	3:09.42	32.02	400m:	4:12.38	31.18
28.	Rz sa Wojciech				90	AZS AWFIS Gda sk				4:13.28	621	
	50m:	28.62	28.62	150m:	1:33.12	32.42	250m:	2:38.08	32.48	350m:	3:42.88	32.54
	100m:	1:00.70	32.08	200m:	2:05.60	32.48	300m:	3:10.34	32.26	400m:	4:13.28	30.40
29.	Ruci ski Konrad				92	AZS AGH Kraków				4:14.41	613	
	50m:	28.28	28.28	150m:	1:32.27	32.26	250m:	2:38.48	32.98	350m:	3:43.17	32.21
	100m:	1:00.01	31.73	200m:	2:05.50	33.23	300m:	3:10.96	32.48	400m:	4:14.41	31.24
30.	Habrat Krzysztof				94	AZS AGH Kraków				4:14.44	613	
	50m:	29.64	29.64	150m:	1:33.38	32.16	250m:	2:38.38	32.58	350m:	3:42.80	31.79
	100m:	1:01.22	31.58	200m:	2:05.80	32.42	300m:	3:11.01	32.63	400m:	4:14.44	31.64
31.	Urbaniak Jan				95	Warta Pozna				4:14.62	611	
	50m:	29.97	29.97	150m:	1:33.55	31.56	250m:	2:37.49	32.09	350m:	3:43.12	32.88
	100m:	1:01.99	32.02	200m:	2:05.40	31.85	300m:	3:10.24	32.75	400m:	4:14.62	31.50
32.	Bulak Michał				92	Orka Zamo				4:17.42	592	
	50m:	29.22	29.22	150m:	1:34.00	32.49	250m:	2:39.74	32.80	350m:	3:46.04	33.02
	100m:	1:01.51	32.29	200m:	2:06.94	32.94	300m:	3:13.02	33.28	400m:	4:17.42	31.38
33.	Łopaci ski Kacper				95	Foka Sandomierz				4:17.61	590	
	50m:	28.95	28.95	150m:	1:34.05	32.90	250m:	2:39.68	32.83	350m:	3:46.67	33.99
	100m:	1:01.15	32.20	200m:	2:06.85	32.80	300m:	3:12.68	33.00	400m:	4:17.61	30.94



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Pozycja					Rok ur.					Czas	Pkt.	
34.	Wojdak Wojciech				96	Wiking Brzesko				4:18.07	587	
	50m:	28.58	28.58	150m:	1:31.58	31.77	250m:	2:36.39	32.80	350m:	3:44.34	34.16
	100m:	59.81	31.23	200m:	2:03.59	32.01	300m:	3:10.18	33.79	400m:	4:18.07	33.73
35.	Mikołajczyk Rafał				93	Trójka Łódź				4:20.60	570	
	50m:	29.60	29.60	150m:	1:35.49	33.23	250m:	2:42.02	32.96	350m:	3:48.26	32.82
	100m:	1:02.26	32.66	200m:	2:09.06	33.57	300m:	3:15.44	33.42	400m:	4:20.60	32.34
36.	Pyda Jakub				94	Skarpa Lublin				4:23.32	553	
	50m:	30.06	30.06	150m:	1:36.01	33.20	250m:	2:42.67	33.49	350m:	3:50.29	33.93
	100m:	1:02.81	32.75	200m:	2:09.18	33.17	300m:	3:16.36	33.69	400m:	4:23.32	33.03
37.	Hoffmann Robert				95	Olimpia Poznań				4:24.23	547	
	50m:	29.69	29.69	150m:	1:35.79	33.10	250m:	2:42.75	33.56	350m:	3:49.92	33.76
	100m:	1:02.69	33.00	200m:	2:09.19	33.40	300m:	3:16.16	33.41	400m:	4:24.23	34.31
38.	Clarke Stuart				84	Bishops Stortford SC				4:29.12	518	
	50m:	31.29	31.29	150m:	1:39.76	34.47	250m:	2:46.95	31.93	350m:	3:55.32	35.15
	100m:	1:05.29	34.00	200m:	2:15.02	35.26	300m:	3:20.17	33.22	400m:	4:29.12	33.80
39.	Horała Damian				96	Warta Poznań				4:29.68	515	
	50m:	30.07	30.07	150m:	1:38.87	34.63	250m:	2:47.66	34.29	350m:	3:56.61	34.16
	100m:	1:04.24	34.17	200m:	2:13.37	34.50	300m:	3:22.45	34.79	400m:	4:29.68	33.07
40.	Łowicki Marcin				95	Nawa Skierniewice				4:30.25	511	
	50m:	29.42	29.42	150m:	1:37.16	34.31	250m:	2:45.69	34.38	350m:	3:54.42	34.08
	100m:	1:02.85	33.43	200m:	2:11.31	34.15	300m:	3:20.34	34.65	400m:	4:30.25	35.83
41.	Malczyk Marcin				95	Unia O wi cim				4:32.35	500	
	50m:	31.62	31.62	150m:	1:40.44	34.37	250m:	2:50.36	34.98	350m:	3:59.43	34.70
	100m:	1:06.07	34.45	200m:	2:15.38	34.94	300m:	3:24.73	34.37	400m:	4:32.35	32.92
42.	Lloyd Jake				95	Bishops Stortford SC				4:33.14	495	
	50m:	31.13	31.13	150m:	1:41.50	35.80	250m:	2:50.93	33.08	350m:	3:58.99	34.45
	100m:	1:05.70	34.57	200m:	2:17.85	36.35	300m:	3:24.54	33.61	400m:	4:33.14	34.15
43.	Polakovic David				95	STU Trnava				4:33.72	492	
	50m:	31.34	31.34	150m:	1:39.75	34.59	250m:	2:49.92	35.02	350m:	3:59.73	34.83
	100m:	1:05.16	33.82	200m:	2:14.90	35.15	300m:	3:24.90	34.98	400m:	4:33.72	33.99
44.	Kurtok Tomasz				95	Unia O wi cim				4:34.45	488	
	50m:	31.50	31.50	150m:	1:42.38	35.75	250m:	2:51.82	34.33	350m:	4:00.76	33.25
	100m:	1:06.63	35.13	200m:	2:17.49	35.11	300m:	3:27.51	35.69	400m:	4:34.45	33.69
45.	Wójcik Łukasz				93	Orka Zamość				4:38.48	467	
	50m:	30.16	30.16	150m:	1:39.36	34.92	250m:	2:50.67	35.43	350m:	4:03.32	36.15
	100m:	1:04.44	34.28	200m:	2:15.24	35.88	300m:	3:27.17	36.50	400m:	4:38.48	35.16
46.	Hada Mateusz				96	Warta Poznań				4:39.31	463	
	50m:	30.92	30.92	150m:	1:41.75	36.02	250m:	2:53.62	35.85	350m:	4:05.29	35.54
	100m:	1:05.73	34.81	200m:	2:17.77	36.02	300m:	3:29.75	36.13	400m:	4:39.31	34.02
47.	Ratajczak Tymoteusz				96	Unia O wi cim				4:43.84	441	
	50m:	32.21	32.21	150m:	1:45.87	36.75	250m:	2:59.52	36.48	350m:	4:11.23	36.02
	100m:	1:09.12	36.91	200m:	2:23.04	37.17	300m:	3:35.21	35.69	400m:	4:43.84	32.61
48.	Karwala Maciej				96	Jordan Kraków				4:43.89	441	
	50m:	33.15	33.15	150m:	1:45.99	36.48	250m:	2:58.27	36.52	350m:	4:11.14	36.97
	100m:	1:09.51	36.36	200m:	2:21.75	35.76	300m:	3:34.17	35.90	400m:	4:43.89	32.75
49.	Hutny Szymon				95	Unia O wi cim				4:44.50	438	
	50m:	31.72	31.72	150m:	1:43.58	36.31	250m:	2:55.62	36.06	350m:	4:09.37	37.17
	100m:	1:07.27	35.55	200m:	2:19.56	35.98	300m:	3:32.20	36.58	400m:	4:44.50	35.13
50.	Stankiewicz Dominik				96	Unia O wi cim				4:46.12	431	
	50m:	31.70	31.70	150m:	1:44.09	36.32	250m:	2:57.58	36.97	350m:	4:11.56	36.94
	100m:	1:07.77	36.07	200m:	2:20.61	36.52	300m:	3:34.62	37.04	400m:	4:46.12	34.56



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Pozycja	Rok ur.								Czas	Pkt.
51. Wróbel Andrzej	94 Jasie Sucha Besk.								4:50.10	413
50m: 31.88	31.88	150m: 1:45.55	37.28	250m: 3:00.46	37.43	350m: 4:15.52	37.21			
100m: 1:08.27	36.39	200m: 2:23.03	37.48	300m: 3:38.31	37.85	400m: 4:50.10	34.58			
52. Korasiak Robert	96 Olimpia Pozna								4:51.29	408
50m: 31.48	31.48	150m: 1:43.59	36.62	250m: 2:58.25	37.46	350m: 4:14.31	38.23			
100m: 1:06.97	35.49	200m: 2:20.79	37.20	300m: 3:36.08	37.83	400m: 4:51.29	36.98			