



Grand Prix Puchar Polski  
Kraków, 27/ - 28/10/2012



Event 2  
27/10/2012 - 11:10

Men, 400m Medley

14 years and older  
Results

Points: FINA 2012

Rank					YB					Time	Pts	
1.	Poprawa Michał SO				94	AZS AWF Katowice				<b>4:21.36</b>	731	
	50m:	26.77	26.77	150m:	1:31.03	33.44	250m:	2:42.48	38.16	350m:	3:51.53	30.89
	100m:	57.59	30.82	200m:	2:04.32	33.29	300m:	3:20.64	38.16	400m:	4:21.36	29.83
2.	Switkowski Jan				94	Skarpa Lublin				<b>4:25.53</b>	697	
	50m:	27.86	27.86	150m:	1:33.43	33.74	250m:	2:44.68	38.52	350m:	3:55.14	31.70
	100m:	59.69	31.83	200m:	2:06.16	32.73	300m:	3:23.44	38.76	400m:	4:25.53	30.39
3.	Kubkowski Bartłomiej				95	Śląsk Wrocław				<b>4:29.43</b>	667	
	50m:	28.85	28.85	150m:	1:36.71	34.50	250m:	2:49.04	38.58	350m:	3:59.48	31.27
	100m:	1:02.21	33.36	200m:	2:10.46	33.75	300m:	3:28.21	39.17	400m:	4:29.43	29.95
4.	Kłos Grzegorz SO				95	AZS AWF Katowice				<b>4:31.59</b>	651	
	50m:	29.01	29.01	150m:	1:37.51	35.55	250m:	2:49.42	37.51	350m:	4:00.22	32.61
	100m:	1:01.96	32.95	200m:	2:11.91	34.40	300m:	3:27.61	38.19	400m:	4:31.59	31.37
5.	Balabuch Krystian SO				95	BOSiR SP Brzesko				<b>4:32.32</b>	646	
	50m:	28.36	28.36	150m:	1:37.05	35.87	250m:	2:48.92	37.44	350m:	4:00.30	32.75
	100m:	1:01.18	32.82	200m:	2:11.48	34.43	300m:	3:27.55	38.63	400m:	4:32.32	32.02
6.	Dubiel Adam				93	Lublinianka Lublin				<b>4:32.56</b>	645	
	50m:	28.08	28.08	150m:	1:33.40	33.01	250m:	2:47.01	40.82	350m:	4:01.63	32.27
	100m:	1:00.39	32.31	200m:	2:06.19	32.79	300m:	3:29.36	42.35	400m:	4:32.56	30.93
7.	Czarnota Mateusz				91	Unia Oswiecim				<b>4:33.44</b>	638	
	50m:	29.37	29.37	150m:	1:38.68	35.25	250m:	2:51.78	38.59	350m:	4:02.81	31.59
	100m:	1:03.43	34.06	200m:	2:13.19	34.51	300m:	3:31.22	39.44	400m:	4:33.44	30.63
8.	Wieteska Mateusz				91	AZS AWF Katowice				<b>4:37.55</b>	610	
	50m:	28.25	28.25	150m:	1:37.65	36.07	250m:	2:52.80	40.04	350m:	4:06.18	32.58
	100m:	1:01.58	33.33	200m:	2:12.76	35.11	300m:	3:33.60	40.80	400m:	4:37.55	31.37
9.	Baran Rafał				93	AZS AGH Kraków				<b>4:40.30</b>	593	
	50m:	28.18	28.18	150m:	1:36.54	36.00	250m:	2:53.74	40.88	350m:	4:08.96	33.28
	100m:	1:00.54	32.36	200m:	2:12.86	36.32	300m:	3:35.68	41.94	400m:	4:40.30	31.34
10.	Litwa Krzysztof SK				96	Jordan Kraków				<b>4:40.48</b>	591	
	50m:	29.61	29.61	150m:	1:40.95	36.82	250m:	2:56.00	39.24	350m:	4:08.62	32.50
	100m:	1:04.13	34.52	200m:	2:16.76	35.81	300m:	3:36.12	40.12	400m:	4:40.48	31.86
11.	Salik Jakub				96	Juvenia Wrocław				<b>4:40.61</b>	591	
	50m:	30.02	30.02	150m:	1:40.23	36.84	250m:	2:54.69	38.30	350m:	4:07.52	33.10
	100m:	1:03.39	33.37	200m:	2:16.39	36.16	300m:	3:34.42	39.73	400m:	4:40.61	33.09
12.	Osses Arkadiusz				95	Warta Poznań				<b>4:41.00</b>	588	
	50m:	29.05	29.05	150m:	1:37.60	35.23	250m:	2:53.80	40.82	350m:	4:08.90	33.16
	100m:	1:02.37	33.32	200m:	2:12.98	35.38	300m:	3:35.74	41.94	400m:	4:41.00	32.10
13.	Bednarczyk Paweł				94	Śląsk Wrocław				<b>4:42.05</b>	582	
	50m:	29.28	29.28	150m:	1:40.50	37.93	250m:	2:57.78	40.05	350m:	4:11.02	32.91
	100m:	1:02.57	33.29	200m:	2:17.73	37.23	300m:	3:38.11	40.33	400m:	4:42.05	31.03
14.	Nowak Patryk				95	AZS AWF Katowice				<b>4:43.42</b>	573	
	50m:	28.89	28.89	150m:	1:40.91	38.24	250m:	2:57.10	38.56	350m:	4:11.01	34.15
	100m:	1:02.67	33.78	200m:	2:18.54	37.63	300m:	3:36.86	39.76	400m:	4:43.42	32.41
15.	Piatkowski Mateusz				90	AZS AWF Katowice				<b>4:45.46</b>	561	
	50m:	28.74	28.74	150m:	1:37.81	36.11	250m:	2:55.10	41.50	350m:	4:11.97	34.10
	100m:	1:01.70	32.96	200m:	2:13.60	35.79	300m:	3:37.87	42.77	400m:	4:45.46	33.49
16.	Wilk Przemysław				95	Jordan Kraków				<b>4:47.19</b>	551	
	50m:	29.75	29.75	150m:	1:39.91	36.34	250m:	2:56.53	41.01	350m:	4:12.59	34.13
	100m:	1:03.57	33.82	200m:	2:15.52	35.61	300m:	3:38.46	41.93	400m:	4:47.19	34.60
17.	Wolanek Szymon				96	Start Łódź				<b>4:47.50</b>	549	
	50m:	30.02	30.02	150m:	1:42.34	37.94	250m:	3:00.70	41.78	350m:	4:15.82	32.66
	100m:	1:04.40	34.38	200m:	2:18.92	36.58	300m:	3:43.16	42.46	400m:	4:47.50	31.68



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Event 2, Men, 400m Medley, 14 years and older

Rank					YB					Time	Pts	
18.	Kubot Szymon				97	Warta Poznan				<b>4:50.05</b>	535	
	50m:	29.51	29.51	150m:	1:42.67	37.88	250m:	2:59.72	39.96	350m:	4:16.46	35.54
	100m:	1:04.79	35.28	200m:	2:19.76	37.09	300m:	3:40.92	41.20	400m:	4:50.05	33.59
19.	Ksiazek Sebastian SOC				96	KSZO Ostrowiec Sw.				<b>4:53.10</b>	518	
	50m:	29.92	29.92	150m:	1:41.85	38.15	250m:	3:03.07	43.84	350m:	4:20.31	33.47
	100m:	1:03.70	33.78	200m:	2:19.23	37.38	300m:	3:46.84	43.77	400m:	4:53.10	32.79
20.	Kuca Przemyslaw				94	Warta Poznan				<b>4:53.95</b>	514	
	50m:	29.98	29.98	150m:	1:43.96	38.47	250m:	3:04.95	43.30	350m:	4:22.03	32.68
	100m:	1:05.49	35.51	200m:	2:21.65	37.69	300m:	3:49.35	44.40	400m:	4:53.95	31.92
21.	Januszanis Jakub				98	Olimpijczyk Suwalki				<b>4:54.61</b>	510	
	50m:	31.20	31.20	150m:	1:48.35	39.29	250m:	3:06.32	40.20	350m:	4:21.42	34.42
	100m:	1:09.06	37.86	200m:	2:26.12	37.77	300m:	3:47.00	40.68	400m:	4:54.61	33.19
22.	Kaminski Szymon				92	Warta Poznan				<b>4:56.47</b>	501	
	50m:	30.58	30.58	150m:	1:42.41	36.89	250m:	3:02.33	43.22	350m:	4:21.65	35.88
	100m:	1:05.52	34.94	200m:	2:19.11	36.70	300m:	3:45.77	43.44	400m:	4:56.47	34.82
23.	Machowski Filip				97	Ikar Mielec				<b>4:56.64</b>	500	
	50m:	30.91	30.91	150m:	1:46.00	38.29	250m:	3:06.67	42.75	350m:	4:23.75	34.55
	100m:	1:07.71	36.80	200m:	2:23.92	37.92	300m:	3:49.20	42.53	400m:	4:56.64	32.89
24.	Nagi Mateusz SO				97	Unia Oswiecim				<b>4:56.69</b>	500	
	50m:	31.53	31.53	150m:	1:46.76	38.61	250m:	3:06.33	41.81	350m:	4:23.25	34.52
	100m:	1:08.15	36.62	200m:	2:24.52	37.76	300m:	3:48.73	42.40	400m:	4:56.69	33.44
25.	Marciniak Konrad				95	Posnania Poznan				<b>4:58.89</b>	489	
	50m:	30.18	30.18	150m:	1:45.05	38.89	250m:	3:04.87	41.23	350m:	4:24.24	36.84
	100m:	1:06.16	35.98	200m:	2:23.64	38.59	300m:	3:47.40	42.53	400m:	4:58.89	34.65
26.	Batko Daniel				97	Jordan Krakow				<b>5:05.85</b>	456	
	50m:	32.47	32.47	150m:	1:50.13	38.99	250m:	3:11.64	42.99	350m:	4:31.73	35.79
	100m:	1:11.14	38.67	200m:	2:28.65	38.52	300m:	3:55.94	44.30	400m:	5:05.85	34.12
27.	Juchno Szymon				97	CSiR MOS Dabrowa Grn.				<b>5:08.72</b>	443	
	50m:	31.64	31.64	150m:	1:49.75	40.52	250m:	3:12.09	43.06	350m:	4:32.89	36.69
	100m:	1:09.23	37.59	200m:	2:29.03	39.28	300m:	3:56.20	44.11	400m:	5:08.72	35.83
28.	Jaworski Norbert				98	Unia Busko-Zdroj				<b>5:14.89</b>	418	
	50m:	33.70	33.70	150m:	1:58.59	41.90	250m:	3:20.67	40.96	350m:	4:40.25	37.92
	100m:	1:16.69	42.99	200m:	2:39.71	41.12	300m:	4:02.33	41.66	400m:	5:14.89	34.64
29.	Karwala Maciej				96	Jordan Krakow				<b>5:21.51</b>	392	
	50m:	31.27	31.27	150m:	1:50.59	41.61	250m:	3:16.81	46.62	350m:	4:43.78	39.15
	100m:	1:08.98	37.71	200m:	2:30.19	39.60	300m:	4:04.63	47.82	400m:	5:21.51	37.73
30.	Kasprzycki Milosz				98	Dziewiatka Kalisz				<b>5:21.77</b>	392	
	50m:	32.66	32.66	150m:	1:52.05	39.44	250m:	3:16.83	45.56	350m:	4:43.02	39.79
	100m:	1:12.61	39.95	200m:	2:31.27	39.22	300m:	4:03.23	46.40	400m:	5:21.77	38.75
31.	Sowka Denis				98	Vega Dobrodzien				<b>5:21.86</b>	391	
	50m:	31.50	31.50	150m:	1:51.98	40.88	250m:	3:18.12	45.50	350m:	4:43.85	38.77
	100m:	1:11.10	39.60	200m:	2:32.62	40.64	300m:	4:05.08	46.96	400m:	5:21.86	38.01
DSQ	Kalina Radoslaw SK				96	Bobby Debica				<b>4:59.47</b>	M9	
	<i>Z2 - uko czenie poszczególnych odcinków niezgodnie z przepisami o danym stylu (Time: 11:19)</i>											
	50m:	31.61	31.61	150m:	1:46.76	39.04	250m:	3:07.50	43.75	350m:	4:26.20	35.08
	100m:	1:07.72	36.11	200m:	2:23.75	36.99	300m:	3:51.12	43.62	400m:	4:59.47	33.27