



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



Event 34
28/10/2012 - 12:07

Men, 400m Freestyle

14 years and older
Results

Points: FINA 2012

Rank					YB					Time	Pts	
1.	Switkowski Jan				94	Skarpa Lublin				3:49.46	797	
	50m:	26.95	26.95	150m:	1:25.96	29.80	250m:	2:24.31	28.72	350m:	3:22.00	28.89
	100m:	56.16	29.21	200m:	1:55.59	29.63	300m:	2:53.11	28.80	400m:	3:49.46	27.46
2.	Szuba Michal				93	Slask Wroclaw				3:51.09	780	
	50m:	27.20	27.20	150m:	1:25.78	29.42	250m:	2:24.18	28.84	350m:	3:22.57	29.24
	100m:	56.36	29.16	200m:	1:55.34	29.56	300m:	2:53.33	29.15	400m:	3:51.09	28.52
3.	Bujoczek Filip				94	Slask Wroclaw				3:53.09	760	
	50m:	27.72	27.72	150m:	1:26.79	29.63	250m:	2:25.73	29.36	350m:	3:25.06	29.53
	100m:	57.16	29.44	200m:	1:56.37	29.58	300m:	2:55.53	29.80	400m:	3:53.09	28.03
4.	Klich Kacper				94	AZS AWF Katowice				3:53.99	751	
	50m:	27.74	27.74	150m:	1:27.14	29.75	250m:	2:26.68	29.77	350m:	3:26.04	29.42
	100m:	57.39	29.65	200m:	1:56.91	29.77	300m:	2:56.62	29.94	400m:	3:53.99	27.95
5.	Sawrymowicz Mateusz				87	MKP Szczecin				3:54.27	749	
	50m:	27.58	27.58	150m:	1:26.33	29.40	250m:	2:25.61	29.52	350m:	3:25.20	29.78
	100m:	56.93	29.35	200m:	1:56.09	29.76	300m:	2:55.42	29.81	400m:	3:54.27	29.07
6.	Wojdak Wojciech SO				96	BOSiR SP Brzesko				3:54.51	746	
	50m:	27.11	27.11	150m:	1:25.82	29.43	250m:	2:24.24	28.98	350m:	3:24.36	30.30
	100m:	56.39	29.28	200m:	1:55.26	29.44	300m:	2:54.06	29.82	400m:	3:54.51	30.15
7.	Lassek Bartlomiej				94	Trojka Lodz				3:55.00	742	
	50m:	27.10	27.10	150m:	1:26.88	30.18	250m:	2:26.71	29.68	350m:	3:26.21	29.59
	100m:	56.70	29.60	200m:	1:57.03	30.15	300m:	2:56.62	29.91	400m:	3:55.00	28.79
8.	Kuswik Maciej				96	Slask Wroclaw				3:55.20	740	
	50m:	27.66	27.66	150m:	1:26.84	29.71	250m:	2:26.65	29.76	350m:	3:26.48	29.81
	100m:	57.13	29.47	200m:	1:56.89	30.05	300m:	2:56.67	30.02	400m:	3:55.20	28.72
9.	Pielowski Krzysztof				91	AZS UWM Olsztyn				3:55.34	738	
	50m:	27.52	27.52	150m:	1:26.50	29.50	250m:	2:26.17	29.82	350m:	3:25.96	29.85
	100m:	57.00	29.48	200m:	1:56.35	29.85	300m:	2:56.11	29.94	400m:	3:55.34	29.38
10.	Wysoczynski Mateusz SZG				93	Jordan Krakow				3:55.44	738	
	50m:	26.86	26.86	150m:	1:27.03	30.34	250m:	2:27.39	29.82	350m:	3:26.86	29.46
	100m:	56.69	29.83	200m:	1:57.57	30.54	300m:	2:57.40	30.01	400m:	3:55.44	28.58
11.	Stokarski Marek				92	AZS AWF Warszawa				3:59.62	700	
	50m:	28.13	28.13	150m:	1:28.72	30.21	250m:	2:29.02	30.20	350m:	3:30.03	30.71
	100m:	58.51	30.38	200m:	1:58.82	30.10	300m:	2:59.32	30.30	400m:	3:59.62	29.59
12.	Poprawa Michal SO				94	AZS AWF Katowice				3:59.63	700	
	50m:	26.59	26.59	150m:	1:26.24	30.21	250m:	2:26.95	30.50	350m:	3:28.96	31.24
	100m:	56.03	29.44	200m:	1:56.45	30.21	300m:	2:57.72	30.77	400m:	3:59.63	30.67
13.	Kubkowski Bartlomiej				95	Slask Wroclaw				3:59.92	697	
	50m:	28.33	28.33	150m:	1:29.29	30.47	250m:	2:30.65	30.58	350m:	3:31.18	29.69
	100m:	58.82	30.49	200m:	2:00.07	30.78	300m:	3:01.49	30.84	400m:	3:59.92	28.74
14.	Urbaniak Jan				95	Warta Poznan				3:59.99	696	
	50m:	28.21	28.21	150m:	1:29.17	30.63	250m:	2:30.71	30.77	350m:	3:32.08	30.44
	100m:	58.54	30.33	200m:	1:59.94	30.77	300m:	3:01.64	30.93	400m:	3:59.99	27.91
15.	Towarek Sebastian				93	Slask Wroclaw				4:00.20	695	
	50m:	27.59	27.59	150m:	1:27.46	30.24	250m:	2:28.87	30.74	350m:	3:30.19	30.87
	100m:	57.22	29.63	200m:	1:58.13	30.67	300m:	2:59.32	30.45	400m:	4:00.20	30.01
16.	Zoniuk Maciej				94	Slask Wroclaw				4:00.79	689	
	50m:	27.80	27.80	150m:	1:27.66	30.01	250m:	2:28.18	30.30	350m:	3:29.80	30.95
	100m:	57.65	29.85	200m:	1:57.88	30.22	300m:	2:58.85	30.67	400m:	4:00.79	30.99
17.	Kawecki Radoslaw				91	Korner Zielona Gora				4:01.07	687	
	50m:	26.95	26.95	150m:	1:27.49	30.32	250m:	2:28.82	30.63	350m:	3:30.22	30.84
	100m:	57.17	30.22	200m:	1:58.19	30.70	300m:	2:59.38	30.56	400m:	4:01.07	30.85



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Event 34, Men, 400m Freestyle, 14 years and older

Rank					YB					Time	Pts	
18.	Opalski Marcin				93	GIM 92 Ursynow Warszawa				4:01.70	682	
	50m:	27.92	27.92	150m:	1:28.90	30.41	250m:	2:30.36	30.55	350m:	3:32.46	30.93
	100m:	58.49	30.57	200m:	1:59.81	30.91	300m:	3:01.53	31.17	400m:	4:01.70	29.24
19.	Glyk Wojciech				92	AZS AWF Katowice				4:02.32	676	
	50m:	28.29	28.29	150m:	1:29.54	30.64	250m:	2:30.71	30.45	350m:	3:32.13	30.63
	100m:	58.90	30.61	200m:	2:00.26	30.72	300m:	3:01.50	30.79	400m:	4:02.32	30.19
20.	Czarnota Mateusz				91	Unia Oswiecim				4:02.97	671	
	50m:	28.29	28.29	150m:	1:30.53	31.09	250m:	2:30.65	29.65	350m:	3:31.95	30.78
	100m:	59.44	31.15	200m:	2:01.00	30.47	300m:	3:01.17	30.52	400m:	4:02.97	31.02
21.	Jura Maciej				96	Jagiellonka Warszawa				4:03.67	665	
	50m:	28.65	28.65	150m:	1:29.51	30.33	250m:	2:31.81	31.44	350m:	3:34.72	31.60
	100m:	59.18	30.53	200m:	2:00.37	30.86	300m:	3:03.12	31.31	400m:	4:03.67	28.95
22.	Jaszewski Marcin				96	AZS AWF Warszawa				4:03.98	663	
	50m:	28.31	28.31	150m:	1:30.88	31.29	250m:	2:33.10	30.83	350m:	3:34.91	30.44
	100m:	59.59	31.28	200m:	2:02.27	31.39	300m:	3:04.47	31.37	400m:	4:03.98	29.07
23.	Lowicki Marcin				95	Nawa Skierniewice				4:04.20	661	
	50m:	28.61	28.61	150m:	1:30.89	31.10	250m:	2:32.39	30.46	350m:	3:33.59	30.34
	100m:	59.79	31.18	200m:	2:01.93	31.04	300m:	3:03.25	30.86	400m:	4:04.20	30.61
24.	Sobczyk Maciej				95	Trojka Lodz				4:04.29	660	
	50m:	27.58	27.58	150m:	1:28.97	30.98	250m:	2:31.41	31.02	350m:	3:34.04	31.21
	100m:	57.99	30.41	200m:	2:00.39	31.42	300m:	3:02.83	31.42	400m:	4:04.29	30.25
25.	Rzadkowski Daniel				94	Olimpijczyk Suwalki				4:04.66	657	
	50m:	28.14	28.14	150m:	1:29.76	30.63	250m:	2:32.94	31.77	350m:	3:35.08	30.36
	100m:	59.13	30.99	200m:	2:01.17	31.41	300m:	3:04.72	31.78	400m:	4:04.66	29.58
26.	Puchly Tomas				98	ASK STU Trnava				4:04.92	655	
	50m:	28.10	28.10	150m:	1:29.85	30.98	250m:	2:32.56	31.20	350m:	3:35.25	31.23
	100m:	58.87	30.77	200m:	2:01.36	31.51	300m:	3:04.02	31.46	400m:	4:04.92	29.67
27.	Wieteska Mateusz				91	AZS AWF Katowice				4:05.10	654	
	50m:	26.62	26.62	150m:	1:27.10	30.58	250m:	2:30.70	31.87	350m:	3:34.50	31.73
	100m:	56.52	29.90	200m:	1:58.83	31.73	300m:	3:02.77	32.07	400m:	4:05.10	30.60
28.	Lopacinski Kacper SO				95	Foka Sandomierz				4:05.29	652	
	50m:	27.81	27.81	150m:	1:29.81	31.05	250m:	2:32.13	31.38	350m:	3:35.68	31.71
	100m:	58.76	30.95	200m:	2:00.75	30.94	300m:	3:03.97	31.84	400m:	4:05.29	29.61
29.	Piatkowski Mateusz				90	AZS AWF Katowice				4:05.41	651	
	50m:	27.46	27.46	150m:	1:27.25	29.96	250m:	2:29.11	31.31	350m:	3:33.26	32.47
	100m:	57.29	29.83	200m:	1:57.80	30.55	300m:	3:00.79	31.68	400m:	4:05.41	32.15
30.	Kudla Lukasz SO				95	AZS AWF Katowice				4:05.62	650	
	50m:	28.81	28.81	150m:	1:29.58	30.38	250m:	2:33.02	32.71	350m:	3:37.09	31.11
	100m:	59.20	30.39	200m:	2:00.31	30.73	300m:	3:05.98	32.96	400m:	4:05.62	28.53
31.	Bening Emil				93	Juvenia Wroclaw				4:06.22	645	
	50m:	28.06	28.06	150m:	1:31.12	31.95	250m:	2:34.45	31.00	350m:	3:36.44	31.00
	100m:	59.17	31.11	200m:	2:03.45	32.33	300m:	3:05.44	30.99	400m:	4:06.22	29.78
32.	Chaba Mateusz				96	Slask Wroclaw				4:07.38	636	
	50m:	28.21	28.21	150m:	1:29.84	31.19	250m:	2:33.13	31.69	350m:	3:36.46	31.58
	100m:	58.65	30.44	200m:	2:01.44	31.60	300m:	3:04.88	31.75	400m:	4:07.38	30.92
33.	Gozdzik Damian				95	Warta Poznan				4:07.63	634	
	50m:	28.65	28.65	150m:	1:31.35	31.40	250m:	2:34.35	31.69	350m:	3:37.67	31.58
	100m:	59.95	31.30	200m:	2:02.66	31.31	300m:	3:06.09	31.74	400m:	4:07.63	29.96
34.	Gieracki Bartosz				95	Slask Wroclaw				4:09.31	621	
	50m:	28.76	28.76	150m:	1:32.14	31.93	250m:	2:35.11	31.22	350m:	3:38.05	31.50
	100m:	1:00.21	31.45	200m:	2:03.89	31.75	300m:	3:06.55	31.44	400m:	4:09.31	31.26



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Event 34, Men, 400m Freestyle, 14 years and older

Rank		YB						Time	Pts			
35.	Ksiązek Sebastian	SOC	96	KSZO Ostrowiec Sw.				4:09.52	620			
	50m:	28.77	28.77	150m:	1:31.48	31.44	250m:	2:34.71	31.61	350m:	3:38.55	31.82
	100m:	1:00.04	31.27	200m:	2:03.10	31.62	300m:	3:06.73	32.02	400m:	4:09.52	30.97
36.	Horala Damian		96	Warta Poznan				4:11.22	607			
	50m:	29.43	29.43	150m:	1:33.62	32.09	250m:	2:37.31	31.93	350m:	3:40.56	31.36
	100m:	1:01.53	32.10	200m:	2:05.38	31.76	300m:	3:09.20	31.89	400m:	4:11.22	30.66
37.	Dytkowski Jan		97	KSZO Ostrowiec Sw.				4:11.41	606			
	50m:	27.99	27.99	150m:	1:30.52	31.40	250m:	2:34.26	31.90	350m:	3:39.46	32.56
	100m:	59.12	31.13	200m:	2:02.36	31.84	300m:	3:06.90	32.64	400m:	4:11.41	31.95
38.	Borkowski Lukasz		95	Trojka Lodz				4:12.29	599			
	50m:	28.76	28.76	150m:	1:31.88	32.04	250m:	2:36.32	32.04	350m:	3:40.77	32.11
	100m:	59.84	31.08	200m:	2:04.28	32.40	300m:	3:08.66	32.34	400m:	4:12.29	31.52
39.	Malczyk Marcin	SO	95	Unia Oswiecim				4:12.48	598			
	50m:	29.27	29.27	150m:	1:33.25	31.92	250m:	2:37.09	32.04	350m:	3:41.45	32.09
	100m:	1:01.33	32.06	200m:	2:05.05	31.80	300m:	3:09.36	32.27	400m:	4:12.48	31.03
40.	Burzawa Mateusz		96	CSiR MOS Dabrowa Grn.				4:13.05	594			
	50m:	29.13	29.13	150m:	1:33.20	32.11	250m:	2:37.84	32.29	350m:	3:42.42	32.08
	100m:	1:01.09	31.96	200m:	2:05.55	32.35	300m:	3:10.34	32.50	400m:	4:13.05	30.63
41.	Hydzik Piotr		95	Karol Wadowice				4:13.14	593			
	50m:	29.18	29.18	150m:	1:33.42	32.32	250m:	2:38.21	32.24	350m:	3:42.69	32.13
	100m:	1:01.10	31.92	200m:	2:05.97	32.55	300m:	3:10.56	32.35	400m:	4:13.14	30.45
42.	Brzoza Jakub		93	Slask Wroclaw				4:13.44	591			
	50m:	28.83	28.83	150m:	1:33.27	32.45	250m:	2:38.07	32.34	350m:	3:42.74	32.29
	100m:	1:00.82	31.99	200m:	2:05.73	32.46	300m:	3:10.45	32.38	400m:	4:13.44	30.70
43.	Hoffmann Robert		95	Olimpia Poznan				4:13.54	591			
	50m:	30.05	30.05	150m:	1:33.79	32.02	250m:	2:38.52	32.47	350m:	3:42.92	31.89
	100m:	1:01.77	31.72	200m:	2:06.05	32.26	300m:	3:11.03	32.51	400m:	4:13.54	30.62
44.	Szewczyk Arkadiusz		95	Fala Niepolomice				4:13.86	588			
	50m:	28.94	28.94	150m:	1:33.71	32.47	250m:	2:38.14	32.47	350m:	3:42.49	32.02
	100m:	1:01.24	32.30	200m:	2:05.67	31.96	300m:	3:10.47	32.33	400m:	4:13.86	31.37
45.	Krycia Mateusz	SOC	96	KSZO Ostrowiec Sw.				4:13.89	588			
	50m:	29.02	29.02	150m:	1:33.44	32.44	250m:	2:38.88	32.55	350m:	3:43.37	31.71
	100m:	1:01.00	31.98	200m:	2:06.33	32.89	300m:	3:11.66	32.78	400m:	4:13.89	30.52
46.	Kowalski Patryk		97	Unia Busko-Zdroj				4:14.80	582			
	50m:	29.33	29.33	150m:	1:33.63	32.43	250m:	2:38.46	32.50	350m:	3:43.29	32.32
	100m:	1:01.20	31.87	200m:	2:05.96	32.33	300m:	3:10.97	32.51	400m:	4:14.80	31.51
47.	Zybura Kornel		95	Bobry Debica				4:14.81	582			
	50m:	28.93	28.93	150m:	1:33.48	32.45	250m:	2:37.75	31.75	350m:	3:42.55	32.46
	100m:	1:01.03	32.10	200m:	2:06.00	32.52	300m:	3:10.09	32.34	400m:	4:14.81	32.26
48.	Piesniak Jakub	SO	97	Unia Oswiecim				4:15.82	575			
	50m:	28.72	28.72	150m:	1:33.39	32.45	250m:	2:38.89	32.81	350m:	3:45.15	32.80
	100m:	1:00.94	32.22	200m:	2:06.08	32.69	300m:	3:12.35	33.46	400m:	4:15.82	30.67
49.	Sokolowski Ziemowit		97	Warta Poznan				4:16.07	573			
	50m:	29.59	29.59	150m:	1:34.64	32.53	250m:	2:39.73	32.42	350m:	3:44.93	32.39
	100m:	1:02.11	32.52	200m:	2:07.31	32.67	300m:	3:12.54	32.81	400m:	4:16.07	31.14
50.	Bruchajzer Dominik		97	MZOS Plock				4:16.61	570			
	50m:	29.24	29.24	150m:	1:34.88	32.98	250m:	2:40.63	32.75	350m:	3:45.93	32.56
	100m:	1:01.90	32.66	200m:	2:07.88	33.00	300m:	3:13.37	32.74	400m:	4:16.61	30.68
51.	Mielczarek Filip		96	Skra Belchatow				4:17.29	565			
	50m:	28.47	28.47	150m:	1:34.29	32.80	250m:	2:40.31	33.18	350m:	3:46.18	32.62
	100m:	1:01.49	33.02	200m:	2:07.13	32.84	300m:	3:13.56	33.25	400m:	4:17.29	31.11



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52.	Ulatowski Wojciech SO				98	Unia Oswiecim				4:17.48	564
	50m: 28.85	28.85	150m: 1:33.70	32.45	250m: 2:39.53	32.76	350m: 3:45.83	32.97			
	100m: 1:01.25	32.40	200m: 2:06.77	33.07	300m: 3:12.86	33.33	400m: 4:17.48	31.65			
53.	Chrzanowski Damian				98	MZOS Plock				4:17.69	562
	50m: 28.93	28.93	150m: 1:34.08	33.02	250m: 2:40.48	33.20	350m: 3:46.59	32.89			
	100m: 1:01.06	32.13	200m: 2:07.28	33.20	300m: 3:13.70	33.22	400m: 4:17.69	31.10			
54.	Wilk Przemyslaw				95	Jordan Krakow				4:18.42	558
	50m: 29.56	29.56	150m: 1:34.91	33.32	250m: 2:40.11	32.55	350m: 3:46.64	33.26			
	100m: 1:01.59	32.03	200m: 2:07.56	32.65	300m: 3:13.38	33.27	400m: 4:18.42	31.78			
55.	Grabczak Dawid				97	Wisla Pulawy				4:18.62	556
	50m: 29.05	29.05	150m: 1:33.34	32.43	250m: 2:39.74	33.39	350m: 3:46.54	33.27			
	100m: 1:00.91	31.86	200m: 2:06.35	33.01	300m: 3:13.27	33.53	400m: 4:18.62	32.08			
56.	Salik Jakub				96	Juvenia Wroclaw				4:18.73	556
	50m: 30.59	30.59	150m: 1:35.73	32.61	250m: 2:41.51	32.64	350m: 3:46.69	32.45			
	100m: 1:03.12	32.53	200m: 2:08.87	33.14	300m: 3:14.24	32.73	400m: 4:18.73	32.04			
57.	Gwiazda Michal				94	Skarpa Lublin				4:19.62	550
	50m: 30.09	30.09	150m: 1:35.31	32.99	250m: 2:40.26	32.73	350m: 3:47.25	33.36			
	100m: 1:02.32	32.23	200m: 2:07.53	32.22	300m: 3:13.89	33.63	400m: 4:19.62	32.37			
58.	Warwas Szymon				95	AZS AWF Katowice				4:20.21	546
	50m: 27.81	27.81	150m: 1:32.29	32.97	250m: 2:39.63	33.88	350m: 3:47.33	33.82			
	100m: 59.32	31.51	200m: 2:05.75	33.46	300m: 3:13.51	33.88	400m: 4:20.21	32.88			
59.	Sternak Piotr				98	MZOS Plock				4:20.85	542
	50m: 29.92	29.92	150m: 1:35.65	33.34	250m: 2:42.54	33.17	350m: 3:49.53	33.34			
	100m: 1:02.31	32.39	200m: 2:09.37	33.72	300m: 3:16.19	33.65	400m: 4:20.85	31.32			
60.	Kaminski Szymon				92	Warta Poznan				4:20.92	542
	50m: 28.77	28.77	150m: 1:34.46	33.24	250m: 2:41.62	33.49	350m: 3:48.07	33.13			
	100m: 1:01.22	32.45	200m: 2:08.13	33.67	300m: 3:14.94	33.32	400m: 4:20.92	32.85			
61.	Grudziecki Remigiusz				97	MMKS Kedzierzyn-Kozle				4:23.09	528
	50m: 29.04	29.04	150m: 1:35.48	33.64	250m: 2:41.74	32.86	350m: 3:49.62	34.37			
	100m: 1:01.84	32.80	200m: 2:08.88	33.40	300m: 3:15.25	33.51	400m: 4:23.09	33.47			
62.	Ruszkowski Kacper SO				97	Unia Oswiecim				4:23.28	527
	50m: 30.60	30.60	150m: 1:37.13	33.41	250m: 2:44.58	33.82	350m: 3:51.39	32.81			
	100m: 1:03.72	33.12	200m: 2:10.76	33.63	300m: 3:18.58	34.00	400m: 4:23.28	31.89			
63.	Zwolinski Marcin				97	CSiR MOS Dabrowa Grn.				4:24.64	519
	50m: 30.28	30.28	150m: 1:36.62	33.24	250m: 2:44.11	33.79	350m: 3:52.05	33.79			
	100m: 1:03.38	33.10	200m: 2:10.32	33.70	300m: 3:18.26	34.15	400m: 4:24.64	32.59			
64.	Roszkowski Mikolaj				95	Warta Poznan				4:25.52	514
	50m: 29.93	29.93	150m: 1:35.69	33.48	250m: 2:42.95	33.59	350m: 3:52.74	35.19			
	100m: 1:02.21	32.28	200m: 2:09.36	33.67	300m: 3:17.55	34.60	400m: 4:25.52	32.78			
65.	Dulski Piotr				96	Posnania Poznan				4:25.63	513
	50m: 30.53	30.53	150m: 1:37.15	33.56	250m: 2:45.09	34.06	350m: 3:52.93	33.77			
	100m: 1:03.59	33.06	200m: 2:11.03	33.88	300m: 3:19.16	34.07	400m: 4:25.63	32.70			
66.	Filek Bernard				97	CSiR MOS Dabrowa Grn.				4:26.68	507
	50m: 29.40	29.40	150m: 1:36.03	33.64	250m: 2:44.82	34.39	350m: 3:53.78	34.59			
	100m: 1:02.39	32.99	200m: 2:10.43	34.40	300m: 3:19.19	34.37	400m: 4:26.68	32.90			
	Januszanis Jakub				98	Olimpijczyk Suwalki				4:26.68	507
	50m: 30.36	30.36	150m: 1:38.98	34.28	250m: 2:47.47	33.84	350m: 3:54.08	33.26			
	100m: 1:04.70	34.34	200m: 2:13.63	34.65	300m: 3:20.82	33.35	400m: 4:26.68	32.60			
68.	Niedzialek Dominik				98	Skarpa Lublin				4:28.75	496
	50m: 31.02	31.02	150m: 1:39.40	34.45	250m: 2:47.79	33.75	350m: 3:55.89	33.51			
	100m: 1:04.95	33.93	200m: 2:14.04	34.64	300m: 3:22.38	34.59	400m: 4:28.75	32.86			



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



Event 34, Men, 400m Freestyle, 14 years and older

Rank			YB					Time	Pts
69.	Weglarz Kamil SO		97	Unia Oswiecim				4:30.73	485
	50m: 30.25 30.25	150m: 1:39.06		34.74	250m: 2:48.22	34.41	350m: 3:57.12	34.29	
	100m: 1:04.32 34.07	200m: 2:13.81		34.75	300m: 3:22.83	34.61	400m: 4:30.73	33.61	
70.	Kalina Radoslaw SK		96	Bobry Debica				4:31.91	479
	50m: 30.28 30.28	150m: 1:38.44		34.45	250m: 2:47.36	34.24	350m: 3:57.42	34.82	
	100m: 1:03.99 33.71	200m: 2:13.12		34.68	300m: 3:22.60	35.24	400m: 4:31.91	34.49	
71.	Hojda Bartlomiej SO		98	Unia Oswiecim				4:32.73	474
	50m: 29.85 29.85	150m: 1:38.23		34.35	250m: 2:47.81	34.59	350m: 3:57.73	35.08	
	100m: 1:03.88 34.03	200m: 2:13.22		34.99	300m: 3:22.65	34.84	400m: 4:32.73	35.00	
72.	Bartkowski Bartosz		97	MZOS Plock				4:33.88	468
	50m: 29.89 29.89	150m: 1:38.29		34.54	250m: 2:48.52	35.23	350m: 3:59.36	35.41	
	100m: 1:03.75 33.86	200m: 2:13.29		35.00	300m: 3:23.95	35.43	400m: 4:33.88	34.52	
73.	Zielinski Jaroslaw		98	Skarpa Lublin				4:39.03	443
	50m: 32.36 32.36	150m: 1:43.37		35.73	250m: 2:53.85	35.30	350m: 4:04.90	35.46	
	100m: 1:07.64 35.28	200m: 2:18.55		35.18	300m: 3:29.44	35.59	400m: 4:39.03	34.13	
74.	Brauntch Marek		98	Gilus Gilowice				4:39.91	439
	50m: 30.20 30.20	150m: 1:40.49		35.81	250m: 2:52.03	35.60	350m: 4:04.36	36.49	
	100m: 1:04.68 34.48	200m: 2:16.43		35.94	300m: 3:27.87	35.84	400m: 4:39.91	35.55	
75.	Skorulski Jakub		97	MMKS Kedzierzyn-Kozle				4:51.88	387
	50m: 31.20 31.20	150m: 1:42.27		36.08	250m: 2:57.60	38.15	350m: 4:14.58	38.82	
	100m: 1:06.19 34.99	200m: 2:19.45		37.18	300m: 3:35.76	38.16	400m: 4:51.88	37.30	