



Grand Prix Puchar Polski
Kraków, 9/ - 10/11/2013

Konkurencja 25
10/11/2013 - 9:24

M czyzn, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2013

Pozycja				Rok ur.					Czas	Pkt.		
1.	Poprawa Michał			94	AZS AWF Katowice				4:15.56	782		
	50m:	26.19	26.19	150m:	1:29.65	33.27	250m:	2:40.39	36.97	350m:	3:46.81	29.62
	100m:	56.38	30.19	200m:	2:03.42	33.77	300m:	3:17.19	36.80	400m:	4:15.56	28.75
2.	Kubkowski Bartłomiej SWR			95	I sk Wrocław				4:23.31	715		
	50m:	28.36	28.36	150m:	1:34.20	33.73	250m:	2:44.50	37.48	350m:	3:53.34	30.93
	100m:	1:00.47	32.11	200m:	2:07.02	32.82	300m:	3:22.41	37.91	400m:	4:23.31	29.97
3.	Kaczmarek Marcin SSz			94	MKP Szczecin				4:23.69	712		
	50m:	27.60	27.60	150m:	1:33.03	33.72	250m:	2:44.69	39.18	350m:	3:54.99	30.02
	100m:	59.31	31.71	200m:	2:05.51	32.48	300m:	3:24.97	40.28	400m:	4:23.69	28.70
4.	Zaborowski Filip SSz			94	MKP Szczecin				4:25.40	698		
	50m:	28.15	28.15	150m:	1:34.64	34.67	250m:	2:46.46	38.71	350m:	3:56.43	31.00
	100m:	59.97	31.82	200m:	2:07.75	33.11	300m:	3:25.43	38.97	400m:	4:25.40	28.97
5.	Urbaniak Jan			95	Warta Poznań				4:27.19	684		
	50m:	29.53	29.53	150m:	1:36.83	34.22	250m:	2:48.57	38.29	350m:	3:58.56	30.80
	100m:	1:02.61	33.08	200m:	2:10.28	33.45	300m:	3:27.76	39.19	400m:	4:27.19	28.63
6.	Twarowski Jerzy SK			95	AZS AWF Katowice				4:27.30	683		
	50m:	27.34	27.34	150m:	1:34.19	34.81	250m:	2:47.67	39.38	350m:	3:57.40	30.78
	100m:	59.38	32.04	200m:	2:08.29	34.10	300m:	3:26.62	38.95	400m:	4:27.30	29.90
7.	Sobczyk Maciej			95	Trójka Łódź				4:27.84	679		
	50m:	28.93	28.93	150m:	1:36.17	34.13	250m:	2:47.83	38.50	350m:	3:58.14	31.77
	100m:	1:02.04	33.11	200m:	2:09.33	33.16	300m:	3:26.37	38.54	400m:	4:27.84	29.70
8.	Dubiel Adam			93	Korner Zielona Góra				4:28.80	672		
	50m:	27.92	27.92	150m:	1:32.55	32.78	250m:	2:45.29	40.45	350m:	3:58.40	31.47
	100m:	59.77	31.85	200m:	2:04.84	32.29	300m:	3:26.93	41.64	400m:	4:28.80	30.40
9.	Suzin Marcin			93	AZS AGH Kraków				4:29.83	664		
	50m:	28.39	28.39	150m:	1:36.45	34.91	250m:	2:47.86	37.27	350m:	3:57.77	31.89
	100m:	1:01.54	33.15	200m:	2:10.59	34.14	300m:	3:25.88	38.02	400m:	4:29.83	32.06
10.	Lassek Bartłomiej			94	AZS UŁPŁ Łódź				4:30.67	658		
	50m:	28.40	28.40	150m:	1:37.18	35.44	250m:	2:51.81	40.37	350m:	4:02.33	30.54
	100m:	1:01.74	33.34	200m:	2:11.44	34.26	300m:	3:31.79	39.98	400m:	4:30.67	28.34
11.	Bałabuch Krystian SO			95	BOSiR SP Brzesko				4:31.55	652		
	50m:	29.08	29.08	150m:	1:38.17	35.89	250m:	2:50.98	38.19	350m:	4:01.59	31.49
	100m:	1:02.28	33.20	200m:	2:12.79	34.62	300m:	3:30.10	39.12	400m:	4:31.55	29.96
12.	Czarnota Mateusz			91	Unia O wi cim				4:34.57	630		
	50m:	28.79	28.79	150m:	1:36.91	35.05	250m:	2:50.74	39.48	350m:	4:03.19	32.26
	100m:	1:01.86	33.07	200m:	2:11.26	34.35	300m:	3:30.93	40.19	400m:	4:34.57	31.38
13.	Falis Dawid			96	CSiR MOS D browa Grn.				4:34.72	629		
	50m:	29.21	29.21	150m:	1:38.35	35.34	250m:	2:52.91	38.99	350m:	4:04.54	32.13
	100m:	1:03.01	33.80	200m:	2:13.92	35.57	300m:	3:32.41	39.50	400m:	4:34.72	30.18
14.	Furtek Paweł SSz			95	MKP Szczecin				4:38.30	605		
	50m:	29.99	29.99	150m:	1:41.04	37.34	250m:	2:59.11	42.71	350m:	4:10.28	28.91
	100m:	1:03.70	33.71	200m:	2:16.40	35.36	300m:	3:41.37	42.26	400m:	4:38.30	28.02
15.	Ulatowski Wojciech SO			98	Unia O wi cim				4:38.43	605		
	50m:	29.53	29.53	150m:	1:39.73	36.19	250m:	2:54.80	39.16	350m:	4:07.45	32.54
	100m:	1:03.54	34.01	200m:	2:15.64	35.91	300m:	3:34.91	40.11	400m:	4:38.43	30.98
16.	Goli ski Patryk SK			97	BUKS Warszawa				4:38.82	602		
	50m:	27.92	27.92	150m:	1:36.52	35.20	250m:	2:52.56	41.77	350m:	4:07.72	33.12
	100m:	1:01.32	33.40	200m:	2:10.79	34.27	300m:	3:34.60	42.04	400m:	4:38.82	31.10
17.	Borkowski Łukasz			95	Trójka Łódź				4:39.03	601		
	50m:	29.39	29.39	150m:	1:40.93	37.10	250m:	2:57.08	40.28	350m:	4:08.99	31.34
	100m:	1:03.83	34.44	200m:	2:16.80	35.87	300m:	3:37.65	40.57	400m:	4:39.03	30.04



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Pozycja			Rok ur.					Czas	Pkt.
18.	Salik Jakub		96	Juvenia Wrocław				4:39.32	599
	50m: 30.83 30.83	150m: 1:42.02 37.40		250m: 2:56.23 37.79				350m: 4:07.44 32.51	
	100m: 1:04.62 33.79	200m: 2:18.44 36.42		300m: 3:34.93 38.70				400m: 4:39.32 31.88	
19.	Ku wik Maciej SSz		96	I sk Wrocław				4:39.65	597
	50m: 28.98 28.98	150m: 1:39.39 37.33		250m: 2:56.85 41.02				350m: 4:09.55 31.68	
	100m: 1:02.06 33.08	200m: 2:15.83 36.44		300m: 3:37.87 41.02				400m: 4:39.65 30.10	
20.	Osses Arkadiusz SP		95	Warta Pozna				4:39.80	596
	50m: 28.85 28.85	150m: 1:36.73 35.23		250m: 2:53.63 41.62				350m: 4:08.55 32.49	
	100m: 1:01.50 32.65	200m: 2:12.01 35.28		300m: 3:36.06 42.43				400m: 4:39.80 31.25	
21.	Łowicki Marcin SO		95	Nawa Skierniewice				4:40.82	589
	50m: 28.72 28.72	150m: 1:40.23 37.71		250m: 2:58.01 41.09				350m: 4:09.99 31.25	
	100m: 1:02.52 33.80	200m: 2:16.92 36.69		300m: 3:38.74 40.73				400m: 4:40.82 30.83	
22.	Itendo Piotr		93	Juvenia Białystok				4:42.59	578
	50m: 30.14 30.14	150m: 1:41.25 35.61		250m: 2:57.28 40.61				350m: 4:10.25 32.56	
	100m: 1:05.64 35.50	200m: 2:16.67 35.42		300m: 3:37.69 40.41				400m: 4:42.59 32.34	
23.	Goleniec Łukasz SO		97	Unia O wi cim				4:44.02	570
	50m: 29.41 29.41	150m: 1:41.49 37.75		250m: 2:59.57 41.75				350m: 4:12.91 31.37	
	100m: 1:03.74 34.33	200m: 2:17.82 36.33		300m: 3:41.54 41.97				400m: 4:44.02 31.11	
24.	Nowodworski Dawid		97	CSiR MOS D browa Grn.				4:44.04	569
	50m: 28.50 28.50	150m: 1:38.97 36.70		250m: 2:57.25 41.91				350m: 4:13.05 33.01	
	100m: 1:02.27 33.77	200m: 2:15.34 36.37		300m: 3:40.04 42.79				400m: 4:44.04 30.99	
25.	Adamczyk Patryk SSz		97	MKP Szczecin				4:44.96	564
	50m: 28.32 28.32	150m: 1:39.73 37.53		250m: 2:57.98 42.29				350m: 4:13.28 33.29	
	100m: 1:02.20 33.88	200m: 2:15.69 35.96		300m: 3:39.99 42.01				400m: 4:44.96 31.68	
26.	Zwoli ski Marcin		97	CSiR MOS D browa Grn.				4:45.45	561
	50m: 29.15 29.15	150m: 1:40.18 37.67		250m: 2:58.12 41.77				350m: 4:13.46 33.25	
	100m: 1:02.51 33.36	200m: 2:16.35 36.17		300m: 3:40.21 42.09				400m: 4:45.45 31.99	
27.	Niedziałek Dominik		98	Skarpa Lublin				4:46.55	555
	50m: 29.76 29.76	150m: 1:41.68 37.04		250m: 2:59.01 41.62				350m: 4:14.98 33.70	
	100m: 1:04.64 34.88	200m: 2:17.39 35.71		300m: 3:41.28 42.27				400m: 4:46.55 31.57	
28.	Fr tczak Mateusz		97	Trójka Łód				4:47.50	549
	50m: 30.02 30.02	150m: 1:42.11 36.86		250m: 2:59.83 41.02				350m: 4:15.59 33.80	
	100m: 1:05.25 35.23	200m: 2:18.81 36.70		300m: 3:41.79 41.96				400m: 4:47.50 31.91	
29.	Nagi Mateusz SO		97	Unia O wi cim				4:47.89	547
	50m: 30.48 30.48	150m: 1:44.48 38.45		250m: 3:01.72 40.54				350m: 4:16.10 33.49	
	100m: 1:06.03 35.55	200m: 2:21.18 36.70		300m: 3:42.61 40.89				400m: 4:47.89 31.79	
30.	Morawski Krzysztof		94	AZS AWF Warszawa				4:48.84	542
	50m: 29.88 29.88	150m: 1:40.87 35.70		250m: 2:57.63 41.68				350m: 4:15.69 34.67	
	100m: 1:05.17 35.29	200m: 2:15.95 35.08		300m: 3:41.02 43.39				400m: 4:48.84 33.15	
31.	Drzyzga Oskar		98	I sk Wrocław				4:49.29	539
	50m: 30.13 30.13	150m: 1:43.48 39.51		250m: 3:02.47 39.04				350m: 4:16.16 33.89	
	100m: 1:03.97 33.84	200m: 2:23.43 39.95		300m: 3:42.27 39.80				400m: 4:49.29 33.13	
32.	W growski Marcel		99	Olimpijczyk Aleksandrów Ł.				4:49.62	537
	50m: 29.08 29.08	150m: 1:41.41 37.08		250m: 2:59.97 42.14				350m: 4:16.08 34.20	
	100m: 1:04.33 35.25	200m: 2:17.83 36.42		300m: 3:41.88 41.91				400m: 4:49.62 33.54	
33.	Masłowski Mateusz		98	I sk Wrocław				4:49.95	535
	50m: 29.70 29.70	150m: 1:43.89 38.50		250m: 3:03.36 42.10				350m: 4:17.81 32.74	
	100m: 1:05.39 35.69	200m: 2:21.26 37.37		300m: 3:45.07 41.71				400m: 4:49.95 32.14	
34.	Hojda Bartłomiej SO		98	Unia O wi cim				4:50.85	530
	50m: 29.75 29.75	150m: 1:41.30 36.88		250m: 2:59.65 42.07				350m: 4:17.41 34.22	
	100m: 1:04.42 34.67	200m: 2:17.58 36.28		300m: 3:43.19 43.54				400m: 4:50.85 33.44	



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Pozycja	Rok ur.							Czas	Pkt.
35. Ruszkowski Kacper SO	97	Unia O wi cim						4:50.92	530
50m: 29.88 29.88	150m: 1:42.81 38.57	250m: 3:02.91 41.87	350m: 4:17.87 33.16						
100m: 1:04.24 34.36	200m: 2:21.04 38.23	300m: 3:44.71 41.80	400m: 4:50.92 33.05						
36. Kasprzycki Miłosz	98	Dziewi tka Kalisz						4:52.43	522
50m: 30.46 30.46	150m: 1:44.53 37.53	250m: 3:02.57 41.30	350m: 4:19.62 34.65						
100m: 1:07.00 36.54	200m: 2:21.27 36.74	300m: 3:44.97 42.40	400m: 4:52.43 32.81						
37. Szczepaniak Paweł	99	SMS Galicja Kraków						4:53.60	516
50m: 30.82 30.82	150m: 1:45.70 39.40	250m: 3:06.65 42.07	350m: 4:22.83 32.97						
100m: 1:06.30 35.48	200m: 2:24.58 38.88	300m: 3:49.86 43.21	400m: 4:53.60 30.77						
38. Sodel Dominik	97	AZS AWF Katowice						4:53.99	514
50m: 30.40 30.40	150m: 1:45.05 39.06	250m: 3:04.24 41.33	350m: 4:21.98 34.42						
100m: 1:05.99 35.59	200m: 2:22.91 37.86	300m: 3:47.56 43.32	400m: 4:53.99 32.01						
39. Turek Maksymilian	98	I sk Wrocław						4:55.75	504
50m: 30.60 30.60	150m: 1:46.27 40.21	250m: 3:06.46 40.99	350m: 4:22.60 34.37						
100m: 1:06.06 35.46	200m: 2:25.47 39.20	300m: 3:48.23 41.77	400m: 4:55.75 33.15						
40. Mura ski Kacper	99	Gilus Gilowice						4:56.02	503
50m: 29.89 29.89	150m: 1:44.06 39.40	250m: 3:05.47 42.10	350m: 4:23.17 35.10						
100m: 1:04.66 34.77	200m: 2:23.37 39.31	300m: 3:48.07 42.60	400m: 4:56.02 32.85						
41. Krulikowski Maciej SO	99	Unia O wi cim						4:56.06	503
50m: 30.52 30.52	150m: 1:44.46 38.60	250m: 3:04.67 40.66	350m: 4:22.63 36.18						
100m: 1:05.86 35.34	200m: 2:24.01 39.55	300m: 3:46.45 41.78	400m: 4:56.06 33.43						
42. Blachura Patryk SO	99	Victoria Kozy						4:57.53	495
50m: 30.35 30.35	150m: 1:44.45 38.55	250m: 3:05.55 42.34	350m: 4:24.64 34.28						
100m: 1:05.90 35.55	200m: 2:23.21 38.76	300m: 3:50.36 44.81	400m: 4:57.53 32.89						
43. Drozd Tymoteusz SO	99	Unia O wi cim						5:00.82	479
50m: 30.67 30.67	150m: 1:45.80 39.07	250m: 3:06.67 42.50	350m: 4:26.26 35.73						
100m: 1:06.73 36.06	200m: 2:24.17 38.37	300m: 3:50.53 43.86	400m: 5:00.82 34.56						
44. Sumara Beniamin	99	CSiR MOS D browa Grn.						5:02.46	472
50m: 31.00 31.00	150m: 1:47.77 40.32	250m: 3:10.72 43.18	350m: 4:29.70 34.77						
100m: 1:07.45 36.45	200m: 2:27.54 39.77	300m: 3:54.93 44.21	400m: 5:02.46 32.76						
45. Podzimski Wojciech	99	Park Wodny Tarn. Góry						5:02.71	470
50m: 31.05 31.05	150m: 1:49.05 41.30	250m: 3:11.69 43.20	350m: 4:30.14 34.80						
100m: 1:07.75 36.70	200m: 2:28.49 39.44	300m: 3:55.34 43.65	400m: 5:02.71 32.57						
46. Prószyński Igor	99	Fala Kra nik						5:08.79	443
50m: 32.95 32.95	150m: 1:52.33 39.69	250m: 3:16.23 45.77	350m: 4:35.46 34.09						
100m: 1:12.64 39.69	200m: 2:30.46 38.13	300m: 4:01.37 45.14	400m: 5:08.79 33.33						
47. Kubiak Bartłomiej	99	Dziewi tka Kalisz						5:22.72	388
50m: 32.19 32.19	150m: 1:53.36 42.07	250m: 3:19.37	350m: 4:45.13 39.30						
100m: 1:11.29 39.10	200m: 2:30.46 38.13	300m: 4:05.83 46.46	400m: 5:22.72 37.59						
48. Siwy Marcel	98	Park Wodny Tarn. Góry						5:27.21	372
50m: 32.38 32.38	150m: 1:57.00 45.17	250m: 3:27.89 47.52	350m: 4:53.25 36.59						
100m: 1:11.83 39.45	200m: 2:40.37 43.37	300m: 4:16.66 48.77	400m: 5:27.21 33.96						
49. Zi bka Piotr	99	Olimpijczyk Aleksandrów Ł.						5:28.44	368
50m: 33.44 33.44	150m: 1:54.05 41.54	250m: 3:24.83 50.15	350m: 4:53.86 37.59						
100m: 1:12.51 39.07	200m: 2:34.68 40.63	300m: 4:16.27 51.44	400m: 5:28.44 34.58						
DYSKW. Wolanek Szymon	96	AZS UŁPŁ Łód						4:44.43	
<i>G7 - Brak pozycji na plecach przy opuszczaniu ciany nawrotowej (Czas: 9:49)</i>									
50m: 29.46 29.46	150m: 1:40.53 36.86	250m: 2:58.64 41.15	350m: 4:13.51 32.30						
100m: 1:03.67 34.21	200m: 2:17.49 36.96	300m: 3:41.21 42.57	400m: 4:44.43 30.92						
DYSKW. Kalina Radosław	96	Bobry D bica						4:58.84	
<i>K11 - Nierównoczesne lub naprzemienne ruchy nóg (Czas: 9:50)</i>									
50m: 31.50 31.50	150m: 1:45.32 37.35	250m: 3:05.63 43.32	350m: 4:24.77 35.02						
100m: 1:07.97 36.47	200m: 2:22.31 36.99	300m: 3:49.75 44.12	400m: 4:58.84 34.07						