



Grand Prix Puchar Polski
Kraków, 25- - 26-10-2014



Event 24
2014-10-25 - 20:50

Men, 400m Freestyle

14 years and older
Results

Points: FINA 2014

Rank					YB					Time	Pts	
1.	Wojdak Wojciech SO				96	Unia Oswiecim				3:44.26	847	
	50m:	26.32	26.32	150m:	1:22.59	28.08	250m:	2:19.02	28.13	350m:	3:16.09	28.58
	100m:	54.51	28.19	200m:	1:50.89	28.30	300m:	2:47.51	28.49	400m:	3:44.26	28.17
2.	Zaborowski Filip				94	MKP Szczecin				3:47.63	810	
	50m:	26.85	26.85	150m:	1:23.95	28.65	250m:	2:21.20	28.73	350m:	3:19.13	29.08
	100m:	55.30	28.45	200m:	1:52.47	28.52	300m:	2:50.05	28.85	400m:	3:47.63	28.50
3.	Kaczmarek Marcin				94	MKP Szczecin				3:51.86	767	
	50m:	27.11	27.11	150m:	1:25.34	29.20	250m:	2:24.14	29.46	350m:	3:23.11	29.56
	100m:	56.14	29.03	200m:	1:54.68	29.34	300m:	2:53.55	29.41	400m:	3:51.86	28.75
4.	Dubiel Adam				93	AZS Warszawa				3:53.58	750	
	50m:	27.61	27.61	150m:	1:26.64	29.89	250m:	2:25.92	29.51	350m:	3:24.71	29.38
	100m:	56.75	29.14	200m:	1:56.41	29.77	300m:	2:55.33	29.41	400m:	3:53.58	28.87
5.	Smeja Slawomir				94	AZS AWF Katowice				3:54.49	741	
	50m:	27.00	27.00	150m:	1:26.14	29.74	250m:	2:25.78	29.79	350m:	3:25.76	30.16
	100m:	56.40	29.40	200m:	1:55.99	29.85	300m:	2:55.60	29.82	400m:	3:54.49	28.73
6.	Glyk Wojciech				92	AZS AWF Katowice				3:54.57	740	
	50m:	27.63	27.63	150m:	1:26.68	29.64	250m:	2:26.01	29.59	350m:	3:25.46	29.63
	100m:	57.04	29.41	200m:	1:56.42	29.74	300m:	2:55.83	29.82	400m:	3:54.57	29.11
7.	Kolodziejki Filip				96	Korner Zielona Gora				3:54.58	740	
	50m:	27.02	27.02	150m:	1:27.04	30.34	250m:	2:27.52	30.18	350m:	3:27.00	29.54
	100m:	56.70	29.68	200m:	1:57.34	30.30	300m:	2:57.46	29.94	400m:	3:54.58	27.58
8.	Ptaszynski Mikolaj				95	AZS Warszawa				3:55.92	728	
	50m:	27.68	27.68	150m:	1:27.12	29.58	250m:	2:27.18	29.96	350m:	3:27.06	29.88
	100m:	57.54	29.86	200m:	1:57.22	30.10	300m:	2:57.18	30.00	400m:	3:55.92	28.86
9.	Arndt Mateusz				98	Delfin Gdynia				3:56.95	718	
	50m:	27.10	27.10	150m:	1:26.79	30.25	250m:	2:27.81	30.33	350m:	3:28.41	30.31
	100m:	56.54	29.44	200m:	1:57.48	30.69	300m:	2:58.10	30.29	400m:	3:56.95	28.54
10.	Stepien Konrad SWwa				96	Polonia Warszawa				3:57.25	716	
	50m:	28.42	28.42	150m:	1:28.02	29.79	250m:	2:27.54	29.53	350m:	3:27.63	29.90
	100m:	58.23	29.81	200m:	1:58.01	29.99	300m:	2:57.73	30.19	400m:	3:57.25	29.62
11.	Ksiazek Sebastian SOc				96	KSZO Ostrowiec Sw.				3:58.50	704	
	50m:	27.62	27.62	150m:	1:27.21	30.07	250m:	2:27.91	30.40	350m:	3:29.05	30.85
	100m:	57.14	29.52	200m:	1:57.51	30.30	300m:	2:58.20	30.29	400m:	3:58.50	29.45
12.	Kasztelan Mateusz				98	MOS Elk				3:58.95	700	
	50m:	26.63	26.63	150m:	1:26.24	29.94	250m:	2:27.14	30.49	350m:	3:28.82	30.98
	100m:	56.30	29.67	200m:	1:56.65	30.41	300m:	2:57.84	30.70	400m:	3:58.95	30.13
13.	Zbutowicz Karol				98	Kormoran Olsztyn				4:00.20	689	
	50m:	27.53	27.53	150m:	1:28.83	30.59	250m:	2:30.11	30.69	350m:	3:30.45	30.12
	100m:	58.24	30.71	200m:	1:59.42	30.59	300m:	3:00.33	30.22	400m:	4:00.20	29.75
14.	Burzawa Mateusz				96	CSiR MOS Dabrowa Grn.				4:01.69	677	
	50m:	27.93	27.93	150m:	1:29.19	30.62	250m:	2:30.90	30.90	350m:	3:32.23	30.45
	100m:	58.57	30.64	200m:	2:00.00	30.81	300m:	3:01.78	30.88	400m:	4:01.69	29.46
15.	Sawrymowicz Mateusz				87	MKP Szczecin				4:01.91	675	
	50m:	28.19	28.19	150m:	1:29.26	30.70	250m:	2:30.90	30.83	350m:	3:32.05	30.57
	100m:	58.56	30.37	200m:	2:00.07	30.81	300m:	3:01.48	30.58	400m:	4:01.91	29.86
16.	Uscilko Michal				95	Juvenia Bialystok				4:01.99	674	
	50m:	27.92	27.92	150m:	1:28.73	30.57	250m:	2:30.09	30.23	350m:	3:32.17	31.00
	100m:	58.16	30.24	200m:	1:59.86	31.13	300m:	3:01.17	31.08	400m:	4:01.99	29.82
17.	Gasior Patryk				94	AZS Warszawa				4:02.19	673	
	50m:	28.27	28.27	150m:	1:29.59	30.71	250m:	2:30.80	30.47	350m:	3:32.35	30.96
	100m:	58.88	30.61	200m:	2:00.33	30.74	300m:	3:01.39	30.59	400m:	4:02.19	29.84



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Rank					YB					Time	Pts	
18.	Falis Dawid				96	CSiR MOS Dabrowa Grn.				4:03.60	661	
	50m:	27.79	27.79	150m:	1:30.63	31.57	250m:	2:33.34	31.12	350m:	3:34.63	30.09
	100m:	59.06	31.27	200m:	2:02.22	31.59	300m:	3:04.54	31.20	400m:	4:03.60	28.97
19.	Staniszewski Adam				97	Trojka Lodz				4:04.09	657	
	50m:	28.44	28.44	150m:	1:30.49	31.26	250m:	2:33.42	31.53	350m:	3:34.86	30.68
	100m:	59.23	30.79	200m:	2:01.89	31.40	300m:	3:04.18	30.76	400m:	4:04.09	29.23
20.	Karas Sebastian				91	AZS Warsaw				4:04.36	655	
	50m:	28.42	28.42	150m:	1:30.98	31.34	250m:	2:32.96	31.00	350m:	3:35.01	31.00
	100m:	59.64	31.22	200m:	2:01.96	30.98	300m:	3:04.01	31.05	400m:	4:04.36	29.35
	Perzankowski Kacper				96	Nawa Skierniewice				4:04.36	655	
	50m:	27.27	27.27	150m:	1:27.69	30.41	250m:	2:29.92	31.07	350m:	3:33.25	31.83
	100m:	57.28	30.01	200m:	1:58.85	31.16	300m:	3:01.42	31.50	400m:	4:04.36	31.11
22.	Lowicki Marcin				95	Nawa Skierniewice				4:04.39	655	
	50m:	28.06	28.06	150m:	1:29.45	30.51	250m:	2:31.31	30.94	350m:	3:33.73	30.94
	100m:	58.94	30.88	200m:	2:00.37	30.92	300m:	3:02.79	31.48	400m:	4:04.39	30.66
23.	Roguski Bartłomiej				93	Zoliborz Warszawa				4:05.50	646	
	50m:	27.44	27.44	150m:	1:27.93	30.82	250m:	2:31.08	31.65	350m:	3:34.51	31.81
	100m:	57.11	29.67	200m:	1:59.43	31.50	300m:	3:02.70	31.62	400m:	4:05.50	30.99
24.	Młynarczyk Karol				00	G-8 Bielany Warszawa				4:06.52	638	
	50m:	27.73	27.73	150m:	1:30.53	31.77	250m:	2:34.13	31.76	350m:	3:37.44	31.30
	100m:	58.76	31.03	200m:	2:02.37	31.84	300m:	3:06.14	32.01	400m:	4:06.52	29.08
25.	Dobrzynski Tomasz				98	G-8 Bielany Warszawa				4:06.56	637	
	50m:	27.92	27.92	150m:	1:30.25	31.44	250m:	2:33.70	31.75	350m:	3:37.40	31.49
	100m:	58.81	30.89	200m:	2:01.95	31.70	300m:	3:05.91	32.21	400m:	4:06.56	29.16
26.	Brzostowski Axel				96	CSiR MOS Dabrowa Grn.				4:06.87	635	
	50m:	28.14	28.14	150m:	1:30.55	31.30	250m:	2:33.84	31.40	350m:	3:36.37	31.26
	100m:	59.25	31.11	200m:	2:02.44	31.89	300m:	3:05.11	31.27	400m:	4:06.87	30.50
27.	Hodur Filip				97	Polonia Warszawa				4:07.65	629	
	50m:	26.94	26.94	150m:	1:27.80	30.80	250m:	2:30.41	31.42	350m:	3:35.61	32.74
	100m:	57.00	30.06	200m:	1:58.99	31.19	300m:	3:02.87	32.46	400m:	4:07.65	32.04
28.	Dytkowski Jan SOc				97	KSZO Ostrowiec Sw.				4:08.20	625	
	50m:	28.09	28.09	150m:	1:29.88	31.13	250m:	2:32.69	30.97	350m:	3:36.06	31.71
	100m:	58.75	30.66	200m:	2:01.72	31.84	300m:	3:04.35	31.66	400m:	4:08.20	32.14
29.	Chodan Alan				98	Kormoran Olsztyn				4:09.11	618	
	50m:	27.20	27.20	150m:	1:28.58	31.19	250m:	2:32.30	31.96	350m:	3:37.22	32.46
	100m:	57.39	30.19	200m:	2:00.34	31.76	300m:	3:04.76	32.46	400m:	4:09.11	31.89
30.	Zwolinski Marcin				97	CSiR MOS Dabrowa Grn.				4:09.29	617	
	50m:	28.86	28.86	150m:	1:30.93	31.26	250m:	2:34.88	31.82	350m:	3:37.86	31.18
	100m:	59.67	30.81	200m:	2:03.06	32.13	300m:	3:06.68	31.80	400m:	4:09.29	31.43
31.	Lelek Mateusz				96	Polonia Warszawa				4:09.36	616	
	50m:	28.06	28.06	150m:	1:30.93	31.62	250m:	2:35.02	31.95	350m:	3:38.69	31.57
	100m:	59.31	31.25	200m:	2:03.07	32.14	300m:	3:07.12	32.10	400m:	4:09.36	30.67
32.	Graca Bernardo				93	Malopolski OZP				4:09.63	614	
	50m:	27.29	27.29	150m:	1:28.50	31.22	250m:	2:32.74	32.00	350m:	3:37.97	32.57
	100m:	57.28	29.99	200m:	2:00.74	32.24	300m:	3:05.40	32.66	400m:	4:09.63	31.66
33.	Kaczorowski Jakub				97	Zoliborz Warszawa				4:09.78	613	
	50m:	29.09	29.09	150m:	1:32.45	31.54	250m:	2:36.27	31.88	350m:	3:39.26	31.18
	100m:	1:00.91	31.82	200m:	2:04.39	31.94	300m:	3:08.08	31.81	400m:	4:09.78	30.52
34.	Wiak Jakub				95	Olimpijczyk 23 Lublin				4:11.29	602	
	50m:	28.27	28.27	150m:	1:31.98	32.20	250m:	2:35.63	31.75	350m:	3:40.10	32.14
	100m:	59.78	31.51	200m:	2:03.88	31.90	300m:	3:07.96	32.33	400m:	4:11.29	31.19



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Rank					YB					Time	Pts	
35.	Januszanis Jakub				98	Olimpijczyk Suwalki				4:11.87	598	
	50m:	28.30	28.30	150m:	1:31.96	32.10	250m:	2:36.20	32.24	350m:	3:40.69	32.18
	100m:	59.86	31.56	200m:	2:03.96	32.00	300m:	3:08.51	32.31	400m:	4:11.87	31.18
36.	Arentewicz Jacek				97	Shark Rudna				4:12.52	593	
	50m:	28.28	28.28	150m:	1:30.81	31.76	250m:	2:35.19	32.21	350m:	3:40.39	32.74
	100m:	59.05	30.77	200m:	2:02.98	32.17	300m:	3:07.65	32.46	400m:	4:12.52	32.13
37.	Manczak Blazej				98	Delfin Gdynia				4:12.71	592	
	50m:	28.75	28.75	150m:	1:31.35	31.50	250m:	2:35.82	32.36	350m:	3:41.12	32.61
	100m:	59.85	31.10	200m:	2:03.46	32.11	300m:	3:08.51	32.69	400m:	4:12.71	31.59
38.	Roj Konrad				98	MKP Szczecin				4:12.76	592	
	50m:	29.30	29.30	150m:	1:33.50	32.15	250m:	2:38.01	32.30	350m:	3:42.16	32.12
	100m:	1:01.35	32.05	200m:	2:05.71	32.21	300m:	3:10.04	32.03	400m:	4:12.76	30.60
39.	Koziejko Bartłomiej				00	Kormoran Olsztyn				4:13.09	589	
	50m:	28.94	28.94	150m:	1:32.90	32.18	250m:	2:37.30	32.04	350m:	3:41.94	32.28
	100m:	1:00.72	31.78	200m:	2:05.26	32.36	300m:	3:09.66	32.36	400m:	4:13.09	31.15
40.	Meszka Ernest				97	Nawa Skierniewice				4:13.57	586	
	50m:	27.99	27.99	150m:	1:32.53	32.80	250m:	2:37.82	32.63	350m:	3:43.00	32.14
	100m:	59.73	31.74	200m:	2:05.19	32.66	300m:	3:10.86	33.04	400m:	4:13.57	30.57
41.	Gorski Marcin				97	MKP Szczecin				4:14.56	579	
	50m:	29.15	29.15	150m:	1:34.57	32.81	250m:	2:38.87	31.94	350m:	3:44.33	32.55
	100m:	1:01.76	32.61	200m:	2:06.93	32.36	300m:	3:11.78	32.91	400m:	4:14.56	30.23
42.	Lechowicz Filip SO				97	Korona Krakow				4:15.00	576	
	50m:	29.53	29.53	150m:	1:34.77	32.36	250m:	2:39.74	32.20	350m:	3:44.33	32.45
	100m:	1:02.41	32.88	200m:	2:07.54	32.77	300m:	3:11.88	32.14	400m:	4:15.00	30.67
43.	Kurasz Kacper				99	Delfin Gdynia				4:15.03	576	
	50m:	28.14	28.14	150m:	1:34.08	33.28	250m:	2:39.37	31.51	350m:	3:43.91	31.91
	100m:	1:00.80	32.66	200m:	2:07.86	33.78	300m:	3:12.00	32.63	400m:	4:15.03	31.12
44.	Danilewski Maciej				98	Juvenia Bialystok				4:15.07	576	
	50m:	29.57	29.57	150m:	1:34.83	33.03	250m:	2:40.77	32.34	350m:	3:44.43	31.44
	100m:	1:01.80	32.23	200m:	2:08.43	33.60	300m:	3:12.99	32.22	400m:	4:15.07	30.64
45.	Jarocho Oskar SOc				00	KSZO Ostrowiec Sw.				4:15.35	574	
	50m:	28.80	28.80	150m:	1:33.58	32.61	250m:	2:38.80	32.56	350m:	3:43.97	32.22
	100m:	1:00.97	32.17	200m:	2:06.24	32.66	300m:	3:11.75	32.95	400m:	4:15.35	31.38
46.	Sumara Benjamin				99	CSiR MOS Dabrowa Grn.				4:15.41	573	
	50m:	29.63	29.63	150m:	1:34.44	32.79	250m:	2:39.54	32.04	350m:	3:44.27	32.33
	100m:	1:01.65	32.02	200m:	2:07.50	33.06	300m:	3:11.94	32.40	400m:	4:15.41	31.14
47.	Sternak Piotr				98	MZOS Plock				4:15.53	573	
	50m:	27.93	27.93	150m:	1:31.42	31.91	250m:	2:37.59	33.22	350m:	3:44.41	33.33
	100m:	59.51	31.58	200m:	2:04.37	32.95	300m:	3:11.08	33.49	400m:	4:15.53	31.12
48.	Bochnowski Maciej				98	Bobby Debica				4:16.20	568	
	50m:	29.39	29.39	150m:	1:35.08	33.06	250m:	2:40.20	32.16	350m:	3:44.84	31.71
	100m:	1:02.02	32.63	200m:	2:08.04	32.96	300m:	3:13.13	32.93	400m:	4:16.20	31.36
49.	Napieraj Jan SWwa				98	Polonia Warszawa				4:17.81	558	
	50m:	29.20	29.20	150m:	1:33.24	32.38	250m:	2:39.15	33.10	350m:	3:46.30	33.48
	100m:	1:00.86	31.66	200m:	2:06.05	32.81	300m:	3:12.82	33.67	400m:	4:17.81	31.51
50.	Jarmula Milosz				98	G-8 Bielany Warszawa				4:18.88	551	
	50m:	29.98	29.98	150m:	1:35.23	32.80	250m:	2:40.84	32.70	350m:	3:46.74	32.97
	100m:	1:02.43	32.45	200m:	2:08.14	32.91	300m:	3:13.77	32.93	400m:	4:18.88	32.14
51.	Sieczek Adrian SWwa				99	Polonia Warszawa				4:19.05	550	
	50m:	28.59	28.59	150m:	1:32.95	32.79	250m:	2:38.53	32.31	350m:	3:45.65	33.62
	100m:	1:00.16	31.57	200m:	2:06.22	33.27	300m:	3:12.03	33.50	400m:	4:19.05	33.40



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52.	Pytlarczyk Szymon SWwa				00	Polonia Warszawa				4:19.33	548	
	50m:	27.98	27.98	150m:	1:33.20	32.96	250m:	2:40.27	33.86	350m:	3:47.35	33.24
	100m:	1:00.24	32.26	200m:	2:06.41	33.21	300m:	3:14.11	33.84	400m:	4:19.33	31.98
53.	Michta Kacper SOc				00	KSZO Ostrowiec Sw.				4:20.45	541	
	50m:	29.19	29.19	150m:	1:34.53	32.95	250m:	2:41.52	33.48	350m:	3:47.84	32.70
	100m:	1:01.58	32.39	200m:	2:08.04	33.51	300m:	3:15.14	33.62	400m:	4:20.45	32.61
54.	Szota Grzegorz				99	CSiR MOS Dabrowa Grn.				4:20.82	538	
	50m:	28.66	28.66	150m:	1:33.55	32.93	250m:	2:40.50	33.49	350m:	3:48.44	34.06
	100m:	1:00.62	31.96	200m:	2:07.01	33.46	300m:	3:14.38	33.88	400m:	4:20.82	32.38
55.	Zaborowski Pawel				98	Jedynka Lodz				4:21.27	536	
	50m:	29.07	29.07	150m:	1:35.42	33.76	250m:	2:42.32	33.28	350m:	3:49.45	33.65
	100m:	1:01.66	32.59	200m:	2:09.04	33.62	300m:	3:15.80	33.48	400m:	4:21.27	31.82
56.	Barczyk Norbert				00	SMS Galicja Krakow				4:21.62	533	
	50m:	29.19	29.19	150m:	1:34.99	33.52	250m:	2:43.02	33.76	350m:	3:50.34	33.42
	100m:	1:01.47	32.28	200m:	2:09.26	34.27	300m:	3:16.92	33.90	400m:	4:21.62	31.28
57.	Rogozinski Mateusz				99	KSZO Ostrowiec Sw.				4:21.91	532	
	50m:	29.51	29.51	150m:	1:36.24	33.23	250m:	2:43.10	33.35	350m:	3:50.55	33.65
	100m:	1:03.01	33.50	200m:	2:09.75	33.51	300m:	3:16.90	33.80	400m:	4:21.91	31.36
58.	Chromik Szymon				99	CSiR MOS Dabrowa Grn.				4:22.94	525	
	50m:	29.52	29.52	150m:	1:35.97	33.80	250m:	2:43.91	33.94	350m:	3:51.34	33.37
	100m:	1:02.17	32.65	200m:	2:09.97	34.00	300m:	3:17.97	34.06	400m:	4:22.94	31.60
59.	Bruzdziak Maciej				98	Dwojka Morena Gdansk				4:24.21	518	
	50m:	28.64	28.64	150m:	1:34.46	33.67	250m:	2:42.51	33.96	350m:	3:50.52	33.59
	100m:	1:00.79	32.15	200m:	2:08.55	34.09	300m:	3:16.93	34.42	400m:	4:24.21	33.69
60.	Debski Szymon				99	Nawa Skierniewice				4:24.79	515	
	50m:	29.55	29.55	150m:	1:36.37	33.66	250m:	2:44.19	33.79	350m:	3:52.54	34.14
	100m:	1:02.71	33.16	200m:	2:10.40	34.03	300m:	3:18.40	34.21	400m:	4:24.79	32.25
61.	Stawaruk Michal				99	Jedynka Lodz				4:25.90	508	
	50m:	30.41	30.41	150m:	1:37.54	33.94	250m:	2:44.92	33.63	350m:	3:53.46	34.45
	100m:	1:03.60	33.19	200m:	2:11.29	33.75	300m:	3:19.01	34.09	400m:	4:25.90	32.44
62.	Walaszek Jędrzej				98	Skalar Slupsk				4:26.18	507	
	50m:	29.47	29.47	150m:	1:37.34	34.30	250m:	2:46.24	35.12	350m:	3:55.92	35.35
	100m:	1:03.04	33.57	200m:	2:11.12	33.78	300m:	3:20.57	34.33	400m:	4:26.18	30.26
63.	Trzesiec Daniel				00	CSiR MOS Dabrowa Grn.				4:26.33	506	
	50m:	29.16	29.16	150m:	1:36.47	34.17	250m:	2:45.21	34.29	350m:	3:53.96	34.03
	100m:	1:02.30	33.14	200m:	2:10.92	34.45	300m:	3:19.93	34.72	400m:	4:26.33	32.37
64.	Piatkowski Marcin SWwa				96	Polonia Warszawa				4:26.88	503	
	50m:	29.04	29.04	150m:	1:36.64	33.68	250m:	2:44.86	34.45	350m:	3:52.35	33.19
	100m:	1:02.96	33.92	200m:	2:10.41	33.77	300m:	3:19.16	34.30	400m:	4:26.88	34.53
65.	Sliwka Jakub				99	G-8 Bielany Warszawa				4:28.32	494	
	50m:	28.90	28.90	150m:	1:33.43	32.98	250m:	2:42.20	34.88	350m:	3:53.79	35.90
	100m:	1:00.45	31.55	200m:	2:07.32	33.89	300m:	3:17.89	35.69	400m:	4:28.32	34.53
66.	Orlowski Kamil SOc				00	KSZO Ostrowiec Sw.				4:30.17	484	
	50m:	30.61	30.61	150m:	1:37.97	33.89	250m:	2:46.52	34.98	350m:	3:56.52	35.04
	100m:	1:04.08	33.47	200m:	2:11.54	33.57	300m:	3:21.48	34.96	400m:	4:30.17	33.65
67.	Chwastek Dominik				00	CSiR MOS Dabrowa Grn.				4:30.75	481	
	50m:	30.33	30.33	150m:	1:38.21	34.07	250m:	2:47.42	34.72	350m:	3:57.02	34.58
	100m:	1:04.14	33.81	200m:	2:12.70	34.49	300m:	3:22.44	35.02	400m:	4:30.75	33.73
68.	Maciag Piotr				99	Wisla Krakow				4:31.00	480	
	50m:	29.69	29.69	150m:	1:37.78	34.26	250m:	2:48.27	35.58	350m:	3:57.95	34.10
	100m:	1:03.52	33.83	200m:	2:12.69	34.91	300m:	3:23.85	35.58	400m:	4:31.00	33.05



Grand Prix Puchar Polski
Kraków, 25- - 26-10-2014



Event 24, Men, 400m Freestyle, 14 years and older

Rank					YB					Time	Pts	
69.	Wozniak Kamil				00	Sokol Kolbuszowa Dln.				4:32.60	472	
	50m:	29.90	29.90	150m:	1:37.24	33.89	250m:	2:46.95	35.37	350m:	3:58.85	35.73
	100m:	1:03.35	33.45	200m:	2:11.58	34.34	300m:	3:23.12	36.17	400m:	4:32.60	33.75
70.	Popielas Dawid				98	Astromal Akwawit Leszno				4:32.70	471	
	50m:	30.22	30.22	150m:	1:37.36	34.18	250m:	2:47.02	34.96	350m:	3:58.30	35.65
	100m:	1:03.18	32.96	200m:	2:12.06	34.70	300m:	3:22.65	35.63	400m:	4:32.70	34.40
71.	Chyba Lukasz				00	Wisla Krakow				4:33.28	468	
	50m:	30.50	30.50	150m:	1:39.00	34.57	250m:	2:48.71	35.00	350m:	3:59.73	35.63
	100m:	1:04.43	33.93	200m:	2:13.71	34.71	300m:	3:24.10	35.39	400m:	4:33.28	33.55
72.	Dudek Julian				99	Nawa Skierniewice				4:34.35	463	
	50m:	29.87	29.87	150m:	1:36.97	34.30	250m:	2:47.17	35.21	350m:	3:59.18	36.30
	100m:	1:02.67	32.80	200m:	2:11.96	34.99	300m:	3:22.88	35.71	400m:	4:34.35	35.17
73.	Staniszewski Jakub				00	CSiR MOS Dabrowa Grn.				4:34.71	461	
	50m:	31.77	31.77	150m:	1:41.66	35.10	250m:	2:51.82	34.95	350m:	4:01.01	34.19
	100m:	1:06.56	34.79	200m:	2:16.87	35.21	300m:	3:26.82	35.00	400m:	4:34.71	33.70
74.	Bartkowski Jakub SOc				00	KSZO Ostrowiec Sw.				4:35.51	457	
	50m:	30.62	30.62	150m:	1:40.48	35.81	250m:	2:52.67	36.40	350m:	4:02.17	34.84
	100m:	1:04.67	34.05	200m:	2:16.27	35.79	300m:	3:27.33	34.66	400m:	4:35.51	33.34
75.	Dejzenenko Daniel				00	Polonia Warszawa				4:38.55	442	
	50m:	29.61	29.61	150m:	1:38.07	34.60	250m:	2:49.63	36.23	350m:	4:02.97	36.67
	100m:	1:03.47	33.86	200m:	2:13.40	35.33	300m:	3:26.30	36.67	400m:	4:38.55	35.58
76.	Sedlak Wiktor				99	Orka Zamosc				4:39.82	436	
	50m:	31.26	31.26	150m:	1:40.76	35.10	250m:	2:52.52	36.00	350m:	4:04.63	35.98
	100m:	1:05.66	34.40	200m:	2:16.52	35.76	300m:	3:28.65	36.13	400m:	4:39.82	35.19
77.	Klaput Bartosz				00	SMS Galicja Krakow				4:39.86	436	
	50m:	30.89	30.89	150m:	1:43.09	36.52	250m:	2:54.23	35.33	350m:	4:06.07	35.43
	100m:	1:06.57	35.68	200m:	2:18.90	35.81	300m:	3:30.64	36.41	400m:	4:39.86	33.79
78.	Bator Kacper				00	Wisla Krakow				4:40.37	433	
	50m:	31.96	31.96	150m:	1:43.06	36.13	250m:	2:55.05	35.90	350m:	4:06.99	35.93
	100m:	1:06.93	34.97	200m:	2:19.15	36.09	300m:	3:31.06	36.01	400m:	4:40.37	33.38
79.	Brodowski Bartosz				00	Nawa Skierniewice				4:40.44	433	
	50m:	30.97	30.97	150m:	1:42.32	36.12	250m:	2:54.81	36.51	350m:	4:06.76	36.01
	100m:	1:06.20	35.23	200m:	2:18.30	35.98	300m:	3:30.75	35.94	400m:	4:40.44	33.68
80.	Walessa Kamil				00	UKP Ruda Slaska				5:03.36	342	
	50m:	31.80	31.80	150m:	1:47.00	38.61	250m:	3:06.38	40.14	350m:	4:25.10	39.21
	100m:	1:08.39	36.59	200m:	2:26.24	39.24	300m:	3:45.89	39.51	400m:	5:03.36	38.26