



Grand Prix Polski
Kraków, 22 - 23/10/2016



Konkurencja 14
22/10/2016 - 16:53

M czyzn, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2016

Pozycja	Rok ur.	Czas	Pkt.
1. Zbutowicz Karol SOL	98 Kormoran Olsztyn	4:16.18	776
50m: 28.50 28.50	150m: 1:33.88 33.18	250m: 2:41.45 35.70	350m: 3:47.91 30.42
100m: 1:00.70 32.20	200m: 2:05.75 31.87	300m: 3:17.49 36.04	400m: 4:16.18 28.27
2. W growski Marcel Sms Aleksandrów Ł99zki Olimpijczyk - SMS Aleksandrów		4:18.88	752
50m: 27.10 27.10	150m: 1:31.02 33.05	250m: 2:40.98 37.58	350m: 3:49.20 30.51
100m: 57.97 30.87	200m: 2:03.40 32.38	300m: 3:18.69 37.71	400m: 4:18.88 29.68
3. Szwedzki Dawid	94 I sk Wrocław	4:20.34	740
50m: 27.99 27.99	150m: 1:32.69 32.97	250m: 2:41.59 36.24	350m: 3:49.97 31.50
100m: 59.72 31.73	200m: 2:05.35 32.66	300m: 3:18.47 36.88	400m: 4:20.34 30.37
4. Kubkowski Bartłomiej	95 Kormoran Olsztyn	4:23.08	717
50m: 29.04 29.04	150m: 1:35.16 33.92	250m: 2:44.76 36.26	350m: 3:52.99 31.11
100m: 1:01.24 32.20	200m: 2:08.50 33.34	300m: 3:21.88 37.12	400m: 4:23.08 30.09
5. Koziejko Bartłomiej SOL	00 Kormoran Olsztyn	4:24.97	702
50m: 28.93 28.93	150m: 1:36.21 34.86	250m: 2:47.58 37.10	350m: 3:55.84 30.68
100m: 1:01.35 32.42	200m: 2:10.48 34.27	300m: 3:25.16 37.58	400m: 4:24.97 29.13
6. Kaczmarski Marcin	94 AZS AWF Warszawa	4:26.26	691
50m: 27.30 27.30	150m: 1:31.18 32.75	250m: 2:44.86 41.07	350m: 3:57.09 30.54
100m: 58.43 31.13	200m: 2:03.79 32.61	300m: 3:26.55 41.69	400m: 4:26.26 29.17
7. Dubiel Adam	93 AZS AWF Warszawa	4:32.76	643
50m: 28.41 28.41	150m: 1:35.43 34.18	250m: 2:49.01 39.99	350m: 4:01.56 32.14
100m: 1:01.25 32.84	200m: 2:09.02 33.59	300m: 3:29.42 40.41	400m: 4:32.76 31.20
8. Morawski Krzysztof	94 TP Zielona Góra	4:33.53	638
50m: 29.05 29.05	150m: 1:36.81 34.45	250m: 2:49.78 39.23	350m: 4:02.49 32.76
100m: 1:02.36 33.31	200m: 2:10.55 33.74	300m: 3:29.73 39.95	400m: 4:33.53 31.04
9. Lechowicz Filip	97 AZS AGH Kraków	4:33.69	637
50m: 29.48 29.48	150m: 1:39.51 35.10	250m: 2:52.85 38.81	350m: 4:04.00 31.94
100m: 1:04.41 34.93	200m: 2:14.04 34.53	300m: 3:32.06 39.21	400m: 4:33.69 29.69
10. Jarosz Dawid SWwa	99 Wodnik Ko skie	4:33.73	636
50m: 29.08 29.08	150m: 1:38.82 36.34	250m: 2:53.56 38.90	350m: 4:04.39 31.58
100m: 1:02.48 33.40	200m: 2:14.66 35.84	300m: 3:32.81 39.25	400m: 4:33.73 29.34
11. Palmi-Kukielko Mieszko	93 I sk Wrocław	4:33.99	634
50m: 28.46 28.46	150m: 1:37.82 36.58	250m: 2:53.83 39.65	350m: 4:04.22 30.71
100m: 1:01.24 32.78	200m: 2:14.18 36.36	300m: 3:33.51 39.68	400m: 4:33.99 29.77
12. Walaszek J drzej SOL	98 Kormoran Olsztyn	4:34.55	631
50m: 29.57 29.57	150m: 1:42.18 38.38	250m: 2:54.77 36.31	350m: 4:03.97 33.28
100m: 1:03.80 34.23	200m: 2:18.46 36.28	300m: 3:30.69 35.92	400m: 4:34.55 30.58
13. Łapot Radosław SR	99 MOS Katowice	4:34.65	630
50m: 28.86 28.86	150m: 1:37.26 34.76	250m: 2:51.25 39.41	350m: 4:03.53 32.49
100m: 1:02.50 33.64	200m: 2:11.84 34.58	300m: 3:31.04 39.79	400m: 4:34.65 31.12
14. Hojda Bartłomiej SO	98 Unia O wi cim	4:34.79	629
50m: 29.76 29.76	150m: 1:40.04 35.71	250m: 2:54.63 39.28	350m: 4:05.49 31.76
100m: 1:04.33 34.57	200m: 2:15.35 35.31	300m: 3:33.73 39.10	400m: 4:34.79 29.30
15. Gawron Oskar SWR	99 I sk Wrocław	4:34.82	629
50m: 30.19 30.19	150m: 1:39.51 35.47	250m: 2:53.09 38.40	350m: 4:04.67 32.50
100m: 1:04.04 33.85	200m: 2:14.69 35.18	300m: 3:32.17 39.08	400m: 4:34.82 30.15
16. Kempa Mikołaj	99 MMKS K dzierzyn Ko le	4:34.94	628
50m: 28.66 28.66	150m: 1:37.90 36.24	250m: 2:52.95 38.78	350m: 4:05.69 32.28
100m: 1:01.66 33.00	200m: 2:14.17 36.27	300m: 3:33.41 40.46	400m: 4:34.94 29.25
17. Niedziałek Dominik SL	98 Skarpa Lublin	4:36.68	616
50m: 29.16 29.16	150m: 1:38.97 36.08	250m: 2:54.10 40.11	350m: 4:06.12 31.31
100m: 1:02.89 33.73	200m: 2:13.99 35.02	300m: 3:34.81 40.71	400m: 4:36.68 30.56



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Konkurencja 14, M czynn, 400m zmienny, 14 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.		
18.	Ciasto Sebastian	SO		99	Unia O	wi cim			4:36.82	615		
	50m:	30.01	30.01	150m:	1:40.24	35.65	250m:	2:54.46	39.01	350m:	4:05.66	32.01
	100m:	1:04.59	34.58	200m:	2:15.45	35.21	300m:	3:33.65	39.19	400m:	4:36.82	31.16
19.	Urba ski Michał			97	AZS AWF	Warszawa			4:37.14	613		
	50m:	29.36	29.36	150m:	1:39.30	36.88	250m:	2:52.79	36.83	350m:	4:04.67	33.42
	100m:	1:02.42	33.06	200m:	2:15.96	36.66	300m:	3:31.25	38.46	400m:	4:37.14	32.47
20.	Jaworski Szymon			01	Salmo	ory			4:38.16	606		
	50m:	29.69	29.69	150m:	1:39.58	35.51	250m:	2:54.92	40.20	350m:	4:07.37	32.04
	100m:	1:04.07	34.38	200m:	2:14.72	35.14	300m:	3:35.33	40.41	400m:	4:38.16	30.79
21.	Kuczak Adam	SWR		00	TP Zielona	Góra			4:38.21	606		
	50m:	29.88	29.88	150m:	1:38.97	34.79	250m:	2:53.12	40.59	350m:	4:06.81	33.04
	100m:	1:04.18	34.30	200m:	2:12.53	33.56	300m:	3:33.77	40.65	400m:	4:38.21	31.40
22.	Butkiewicz Cezary			00	G-8 Bielany	Warszawa			4:40.35	592		
	50m:	28.80	28.80	150m:	1:39.32	36.45	250m:	2:55.07	39.86	350m:	4:08.58	32.45
	100m:	1:02.87	34.07	200m:	2:15.21	35.89	300m:	3:36.13	41.06	400m:	4:40.35	31.77
23.	Kału y ski Antoni			99	Warszawianka	Wodny Park W-wa			4:40.54	591		
	50m:	29.58	29.58	150m:	1:41.79	37.71	250m:	2:59.73	41.31	350m:	4:11.83	30.60
	100m:	1:04.08	34.50	200m:	2:18.42	36.63	300m:	3:41.23	41.50	400m:	4:40.54	28.71
24.	Walczysko Jakub			00	CSiR MOS D	browa Grn.			4:40.74	590		
	50m:	30.25	30.25	150m:	1:40.91	36.04	250m:	2:56.00	39.40	350m:	4:08.32	32.87
	100m:	1:04.87	34.62	200m:	2:16.60	35.69	300m:	3:35.45	39.45	400m:	4:40.74	32.42
25.	Ka mierczak Wojciech			97	Warszawianka	Wodny Park W-wa			4:41.57	585		
	50m:	29.44	29.44	150m:	1:39.56	36.32	250m:	2:56.53	40.94	350m:	4:10.41	32.74
	100m:	1:03.24	33.80	200m:	2:15.59	36.03	300m:	3:37.67	41.14	400m:	4:41.57	31.16
	Sodel Dominik			97	AZS AWF	Katowice			4:41.57	585		
	50m:	29.80	29.80	150m:	1:41.93	37.66	250m:	2:59.26	40.15	350m:	4:12.62	32.34
	100m:	1:04.27	34.47	200m:	2:19.11	37.18	300m:	3:40.28	41.02	400m:	4:41.57	28.95
27.	Marczuk Szymon	SL		99	AZS UMCS	Lublin			4:41.59	584		
	50m:	29.37	29.37	150m:	1:39.89	35.98	250m:	2:55.86	40.83	350m:	4:10.37	32.37
	100m:	1:03.91	34.54	200m:	2:15.03	35.14	300m:	3:38.00	42.14	400m:	4:41.59	31.22
28.	Głyk Wojciech			92	AZS AWF	Katowice			4:41.94	582		
	50m:	30.47	30.47	150m:	1:42.96	37.93	250m:	2:59.71	39.63	350m:	4:12.64	32.30
	100m:	1:05.03	34.56	200m:	2:20.08	37.12	300m:	3:40.34	40.63	400m:	4:41.94	29.30
29.	Elgalal Sami			01	UKS SP 149	Łód			4:43.42	573		
	50m:	29.53	29.53	150m:	1:40.67	35.80	250m:	2:57.92	41.64	350m:	4:11.57	32.18
	100m:	1:04.87	35.34	200m:	2:16.28	35.61	300m:	3:39.39	41.47	400m:	4:43.42	31.85
30.	Mayerberg Kacper	SO		00	Unia O	wi cim			4:47.01	552		
	50m:	30.02	30.02	150m:	1:43.59	38.61	250m:	3:01.65	40.92	350m:	4:15.93	32.63
	100m:	1:04.98	34.96	200m:	2:20.73	37.14	300m:	3:43.30	41.65	400m:	4:47.01	31.08
31.	Błaszczyk Kacper	Sms Aleksandrów Ł.00			Olimpijczyk -	SMS Aleksandrów			4:47.32	550		
	50m:	30.06	30.06	150m:	1:43.23	38.23	250m:	3:01.11	40.76	350m:	4:16.69	33.80
	100m:	1:05.00	34.94	200m:	2:20.35	37.12	300m:	3:42.89	41.78	400m:	4:47.32	30.63
32.	Zaremba Jakub			01	I sk	Wrocław			4:47.38	550		
	50m:	29.77	29.77	150m:	1:41.53	37.13	250m:	2:58.32	40.44	350m:	4:14.16	34.16
	100m:	1:04.40	34.63	200m:	2:17.88	36.35	300m:	3:40.00	41.68	400m:	4:47.38	33.22
33.	Kozieł Mikołaj	SO		02	Unia O	wi cim			4:47.71	548		
	50m:	30.59	30.59	150m:	1:42.70	36.51	250m:	3:00.98	41.80	350m:	4:15.95	32.87
	100m:	1:06.19	35.60	200m:	2:19.18	36.48	300m:	3:43.08	42.10	400m:	4:47.71	31.76
34.	Rajca Wiktor			02	UKS 190	Łód			4:47.99	546		
	50m:	30.70	30.70	150m:	1:43.02	37.62	250m:	3:02.08	41.81	350m:	4:16.86	33.85
	100m:	1:05.40	34.70	200m:	2:20.27	37.25	300m:	3:43.01	40.93	400m:	4:47.99	31.13



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Pozycja				Rok ur.					Czas	Pkt.		
35.	Krzywania Oskar			02	UKS SP 149 Łódź				4:52.62	521		
	50m:	31.84	31.84	150m:	1:45.97	37.91	250m:	3:05.96	42.48	350m:	4:21.34	32.69
	100m:	1:08.06	36.22	200m:	2:23.48	37.51	300m:	3:48.65	42.69	400m:	4:52.62	31.28
36.	Wałowicz Błażej			99	Warszawianka Wodny Park W-wa				4:52.69	520		
	50m:	30.31	30.31	150m:	1:44.19	39.39	250m:	3:05.04	42.85	350m:	4:21.84	34.00
	100m:	1:04.80	34.49	200m:	2:22.19	38.00	300m:	3:47.84	42.80	400m:	4:52.69	30.85
37.	Guzy Marcel			01	Vega Dobrodzie				4:52.92	519		
	50m:	30.94	30.94	150m:	1:45.39	38.34	250m:	3:02.95	40.30	350m:	4:18.50	35.30
	100m:	1:07.05	36.11	200m:	2:22.65	37.26	300m:	3:43.20	40.25	400m:	4:52.92	34.42
38.	Kowalski Kacper			01	GIM 92 Ursynów W-wa				4:53.05	518		
	50m:	30.58	30.58	150m:	1:41.97	35.40	250m:	3:00.33	43.18	350m:	4:19.64	35.34
	100m:	1:06.57	35.99	200m:	2:17.15	35.18	300m:	3:44.30	43.97	400m:	4:53.05	33.41
	Girul Radosław SWR			01	I sk Wrocław				4:53.05	518		
	50m:	30.61	30.61	150m:	1:43.82	38.30	250m:	3:04.54	44.01	350m:	4:21.92	33.83
	100m:	1:05.52	34.91	200m:	2:20.53	36.71	300m:	3:48.09	43.55	400m:	4:53.05	31.13
40.	Chromik Mateusz SO			00	Unia Olimpijczki				4:53.86	514		
	50m:	30.76	30.76	150m:	1:44.22	37.23	250m:	3:02.32	41.79	350m:	4:20.07	35.96
	100m:	1:06.99	36.23	200m:	2:20.53	36.31	300m:	3:44.11	41.79	400m:	4:53.86	33.79
41.	Sadło Marcel			01	CSiR MOS Dobra Gr.				4:54.01	513		
	50m:	29.93	29.93	150m:	1:43.91	38.61	250m:	3:02.40	41.00	350m:	4:19.55	35.22
	100m:	1:05.30	35.37	200m:	2:21.40	37.49	300m:	3:44.33	41.93	400m:	4:54.01	34.46
42.	Szymanek Sebastian			98	Warszawianka Wodny Park W-wa				4:54.72	510		
	50m:	31.30	31.30	150m:	1:47.87	40.11	250m:	3:07.30	39.67	350m:	4:22.25	35.09
	100m:	1:07.76	36.46	200m:	2:27.63	39.76	300m:	3:47.16	39.86	400m:	4:54.72	32.47
43.	Zdziebło Piotr			02	Salmorey				4:54.85	509		
	50m:	31.29	31.29	150m:	1:46.30	38.62	250m:	3:06.49	42.67	350m:	4:22.69	34.31
	100m:	1:07.68	36.39	200m:	2:23.82	37.52	300m:	3:48.38	41.89	400m:	4:54.85	32.16
44.	Zbrojek Radosław			99	SMS Galicja Kraków				4:55.61	505		
	50m:	30.81	30.81	150m:	1:45.73	39.51	250m:	3:06.53	43.22	350m:	4:23.13	33.53
	100m:	1:06.22	35.41	200m:	2:23.31	37.58	300m:	3:49.60	43.07	400m:	4:55.61	32.48
45.	Muc Filip			01	CSiR MOS Dobra Gr.				4:57.29	497		
	50m:	31.70	31.70	150m:	1:47.45	38.21	250m:	3:06.89	40.73	350m:	4:23.65	34.78
	100m:	1:09.24	37.54	200m:	2:26.16	38.71	300m:	3:48.87	41.98	400m:	4:57.29	33.64
46.	Janecki Mateusz			01	Pałac Młodzieży Katowice				4:58.53	490		
	50m:	31.26	31.26	150m:	1:49.79	40.14	250m:	3:10.99	42.54	350m:	4:26.49	33.30
	100m:	1:09.65	38.39	200m:	2:28.45	38.66	300m:	3:53.19	42.20	400m:	4:58.53	32.04
47.	Hano Grzegorz SWR			00	I sk Wrocław				4:59.62	485		
	50m:	30.44	30.44	150m:	1:46.97	39.66	250m:	3:08.88	44.52	350m:	4:26.05	33.38
	100m:	1:07.31	36.87	200m:	2:24.36	37.39	300m:	3:52.67	43.79	400m:	4:59.62	33.57
48.	Pawłowski Bogdan			00	Bobry Dobra				5:01.10	478		
	50m:	30.92	30.92	150m:	1:47.68	39.25	250m:	3:09.53	43.94	350m:	4:27.87	34.46
	100m:	1:08.43	37.51	200m:	2:25.59	37.91	300m:	3:53.41	43.88	400m:	5:01.10	33.23
49.	Goździczek Krystian			02	Bobry Dobra				5:03.75	466		
	50m:	32.89	32.89	150m:	1:52.04	41.49	250m:	3:14.97	43.08	350m:	4:32.10	34.51
	100m:	1:10.55	37.66	200m:	2:31.89	39.85	300m:	3:57.59	42.62	400m:	5:03.75	31.65
50.	Szynawa Wiktor			02	Wodnik Siemianowice I.				5:03.91	465		
	50m:	33.08	33.08	150m:	1:52.84	39.96	250m:	3:11.98	40.16	350m:	4:31.21	36.47
	100m:	1:12.88	39.80	200m:	2:31.82	38.98	300m:	3:54.74	42.76	400m:	5:03.91	32.70
51.	Paszko Mikołaj			01	SMS Galicja Kraków				5:04.03	464		
	50m:	30.55	30.55	150m:	1:45.29	39.51	250m:	3:09.10	44.37	350m:	4:30.98	36.64
	100m:	1:05.78	35.23	200m:	2:24.73	39.44	300m:	3:54.34	45.24	400m:	5:04.03	33.05



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Pozycja				Rok ur.					Czas	Pkt.		
52.	Ła Wiktor			00	I sk Wrocław				5:05.05	460		
	50m:	31.33	31.33	150m:	1:48.53	40.44	250m:	3:10.28	42.90	350m:	4:30.94	36.19
	100m:	1:08.09	36.76	200m:	2:27.38	38.85	300m:	3:54.75	44.47	400m:	5:05.05	34.11
53.	P tłał Tadeusz			00	Warszawianka Wodny Park W-wa				5:05.52	457		
	50m:	30.79	30.79	150m:	1:51.01	41.86	250m:	3:13.41	41.51	350m:	4:31.32	36.03
	100m:	1:09.15	38.36	200m:	2:31.90	40.89	300m:	3:55.29	41.88	400m:	5:05.52	34.20
54.	Rogulin Bogdan SO			01	Unia O wi cim				5:07.85	447		
	50m:	31.80	31.80	150m:	1:50.86	40.66	250m:	3:12.04	41.37	350m:	4:32.25	37.16
	100m:	1:10.20	38.40	200m:	2:30.67	39.81	300m:	3:55.09	43.05	400m:	5:07.85	35.60
55.	Moryl Wojciech SO			02	MMKS K dzierzyn Ko le				5:09.92	438		
	50m:	33.28	33.28	150m:	1:50.11	39.13	250m:	3:14.83	46.15	350m:	4:36.19	35.13
	100m:	1:10.98	37.70	200m:	2:28.68	38.57	300m:	4:01.06	46.23	400m:	5:09.92	33.73
56.	Augustyn Aleksander			00	Fregata Kolbuszowa				5:12.55	427		
	50m:	32.12	32.12	150m:	1:50.66	41.18	250m:	3:16.04	45.56	350m:	4:37.77	36.06
	100m:	1:09.48	37.36	200m:	2:30.48	39.82	300m:	4:01.71	45.67	400m:	5:12.55	34.78
57.	Bartosiewicz Remigiusz			02	Wodnik Siemianowice l.				5:13.95	422		
	50m:	32.31	32.31	150m:	1:51.30	40.16	250m:	3:18.38	46.71	350m:	4:42.02	35.41
	100m:	1:11.14	38.83	200m:	2:31.67	40.37	300m:	4:06.61	48.23	400m:	5:13.95	31.93
58.	Płatek Maciej SO			02	Unia O wi cim				5:17.31	408		
	50m:	34.40	34.40	150m:	1:54.36	40.51	250m:	3:18.81	44.92	350m:	4:41.51	37.00
	100m:	1:13.85	39.45	200m:	2:33.89	39.53	300m:	4:04.51	45.70	400m:	5:17.31	35.80
59.	Astashev Bogdan			01	SMS Galicja Kraków				5:19.55	400		
	50m:	30.29	30.29	150m:	1:46.47	40.25	250m:	3:13.98	46.16	350m:	4:40.85	38.74
	100m:	1:06.22	35.93	200m:	2:27.82	41.35	300m:	4:02.11	48.13	400m:	5:19.55	38.70
60.	Lewandowski Jakub SO			02	Unia O wi cim				5:22.83	388		
	50m:	34.71	34.71	150m:	1:58.43	42.43	250m:	3:26.11	47.10	350m:	4:48.91	35.68
	100m:	1:16.00	41.29	200m:	2:39.01	40.58	300m:	4:13.23	47.12	400m:	5:22.83	33.92