

GP POLSKI  
Kraków, 5- - 6-11-2011

Konkurencja 34  
2011-11-06 - 12:27

M czynn, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2011

Pozycja			Rok ur.					Czas	Pkt.		
1.	KORZENIOWSKI Pawel		85	AZS AWF Warszawa				<b>3:53.25</b>	759		
	50m:	28.21 28.21	150m:	1:27.94	29.64	250m:	2:26.59	28.65	350m:	3:24.78	29.00
	100m:	58.30 30.09	200m:	1:57.94	30.00	300m:	2:55.78	29.19	400m:	3:53.25	28.47
2.	ZABOROWSKI Filip		94	MKP Szczecin				<b>3:53.46</b>	756		
	50m:	27.58 27.58	150m:	1:27.67	29.99	250m:	2:27.06	29.27	350m:	3:25.24	28.91
	100m:	57.68 30.10	200m:	1:57.79	30.12	300m:	2:56.33	29.27	400m:	3:53.46	28.22
3.	PIELOWSKI Krzysztof		91	AZS UWM Olsztyn				<b>3:54.91</b>	743		
	50m:	27.79 27.79	150m:	1:26.63	29.48	250m:	2:25.92	29.62	350m:	3:25.52	29.79
	100m:	57.15 29.36	200m:	1:56.30	29.67	300m:	2:55.73	29.81	400m:	3:54.91	29.39
4.	STA CZYK Przemysław		85	MKP Szczecin				<b>3:55.04</b>	741		
	50m:	28.15 28.15	150m:	1:28.62	30.19	250m:	2:28.12	29.61	350m:	3:26.84	29.38
	100m:	58.43 30.28	200m:	1:58.51	29.89	300m:	2:57.46	29.34	400m:	3:55.04	28.20
5.	BOROWICZ SKONECZNY Sylwester		92	AZS UWM Olsztyn				<b>3:55.96</b>	733		
	50m:	27.52 27.52	150m:	1:26.48	29.58	250m:	2:26.06	29.84	350m:	3:26.07	30.14
	100m:	56.90 29.38	200m:	1:56.22	29.74	300m:	2:55.93	29.87	400m:	3:55.96	29.89
6.	ZACZY SKI Karol		91	AZS AWF Katowice				<b>3:57.29</b>	720		
	50m:	27.95 27.95	150m:	1:27.92	29.91	250m:	2:28.45	30.09	350m:	3:28.89	30.25
	100m:	58.01 30.06	200m:	1:58.36	30.44	300m:	2:58.64	30.19	400m:	3:57.29	28.40
7.	KAW CKI Radosław		91	KORNER Zielona Góra				<b>3:58.17</b>	712		
	50m:	27.78 27.78	150m:	1:28.24	30.55	250m:	2:30.11	31.22	350m:	3:30.68	29.71
	100m:	57.69 29.91	200m:	1:58.89	30.65	300m:	3:00.97	30.86	400m:	3:58.17	27.49
8.	WERNER Paweł		93	JUVENIA Wrocław				<b>3:58.76</b>	707		
	50m:	27.99 27.99	150m:	1:27.81	29.86	250m:	2:28.54	30.26	350m:	3:29.00	30.35
	100m:	57.95 29.96	200m:	1:58.28	30.47	300m:	2:58.65	30.11	400m:	3:58.76	29.76
9.	HURA Bartosz		91	AZS UWM Olsztyn				<b>3:59.12</b>	704		
	50m:	28.13 28.13	150m:	1:27.52	29.82	250m:	2:27.56	30.05	350m:	3:28.82	30.81
	100m:	57.70 29.57	200m:	1:57.51	29.99	300m:	2:58.01	30.45	400m:	3:59.12	30.30
10.	NACHTMAN Mateusz SK		95	L SK Wrocław				<b>3:59.53</b>	700		
	50m:	27.13 27.13	150m:	1:26.64	30.13	250m:	2:28.21	30.32	350m:	3:29.53	30.56
	100m:	56.51 29.38	200m:	1:57.89	31.25	300m:	2:58.97	30.76	400m:	3:59.53	30.00
11.	WYSOCZY SKI Mateusz SZG		93	JORDAN Kraków				<b>4:00.21</b>	694		
	50m:	28.36 28.36	150m:	1:29.27	30.46	250m:	2:30.62	30.66	350m:	3:31.63	30.43
	100m:	58.81 30.45	200m:	1:59.96	30.69	300m:	3:01.20	30.58	400m:	4:00.21	28.58
12.	LASSEK Bartłomiej		94	TRÓJKA Łódź				<b>4:02.33</b>	676		
	50m:	28.23 28.23	150m:	1:28.93	30.56	250m:	2:30.77	30.95	350m:	3:32.40	30.91
	100m:	58.37 30.14	200m:	1:59.82	30.89	300m:	3:01.49	30.72	400m:	4:02.33	29.93
13.	ŁOPACI SKI Kacper SO		95	FOKA Sandomierz				<b>4:02.46</b>	675		
	50m:	27.33 27.33	150m:	1:28.62	30.81	250m:	2:30.29	30.73	350m:	3:32.10	30.87
	100m:	57.81 30.48	200m:	1:59.56	30.94	300m:	3:01.23	30.94	400m:	4:02.46	30.36
14.	R YSKI Marcin SK		94	KORMORAN Olsztyn				<b>4:02.75</b>	673		
	50m:	29.34 29.34	150m:	1:30.17	30.69	250m:	2:31.95	30.90	350m:	3:33.16	30.74
	100m:	59.48 30.14	200m:	2:01.05	30.88	300m:	3:02.42	30.47	400m:	4:02.75	29.59
15.	CZARNOTA Mateusz		91	UNIA O wi cim				<b>4:03.16</b>	669		
	50m:	28.57 28.57	150m:	1:29.66	30.57	250m:	2:30.88	30.36	350m:	3:32.29	31.17
	100m:	59.09 30.52	200m:	2:00.52	30.86	300m:	3:01.12	30.24	400m:	4:03.16	30.87
16.	JANKOWSKI Paweł		95	MOS D browa Górnica				<b>4:03.20</b>	669		
	50m:	28.65 28.65	150m:	1:30.46	31.08	250m:	2:32.52	30.31	350m:	3:34.40	30.71
	100m:	59.38 30.73	200m:	2:02.21	31.75	300m:	3:03.69	31.17	400m:	4:03.20	28.80
17.	URBANIAK Jan		95	WARTA Poznań				<b>4:03.77</b>	664		
	50m:	28.33 28.33	150m:	1:29.90	31.08	250m:	2:31.75	30.74	350m:	3:34.11	30.99
	100m:	58.82 30.49	200m:	2:01.01	31.11	300m:	3:03.12	31.37	400m:	4:03.77	29.66

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Pozycja					Rok ur.					Czas	Pkt.	
18.	BOR Radosław SZG				93	KORNER Zielona Góra				<b>4:04.12</b>	662	
	50m:	28.87	28.87	150m:	1:29.58	30.31	250m:	2:31.18	30.89	350m:	3:33.13	31.18
	100m:	59.27	30.40	200m:	2:00.29	30.71	300m:	3:01.95	30.77	400m:	4:04.12	30.99
19.	POŁAWSKI Mariusz				93	G-8 Bielany Warszawa				<b>4:04.74</b>	657	
	50m:	27.57	27.57	150m:	1:27.51	30.39	250m:	2:29.71	31.05	350m:	3:33.46	32.15
	100m:	57.12	29.55	200m:	1:58.66	31.15	300m:	3:01.31	31.60	400m:	4:04.74	31.28
20.	PIÓRO Artur				91	AZS AWF Katowice				<b>4:04.94</b>	655	
	50m:	28.27	28.27	150m:	1:29.90	31.47	250m:	2:32.80	31.25	350m:	3:35.95	30.75
	100m:	58.43	30.16	200m:	2:01.55	31.65	300m:	3:05.20	32.40	400m:	4:04.94	28.99
21.	PI TKOWSKI Mateusz				90	AZS AWF Warszawa				<b>4:06.30</b>	644	
	50m:	28.08	28.08	150m:	1:28.43	30.45	250m:	2:30.85	31.56	350m:	3:34.74	31.97
	100m:	57.98	29.90	200m:	1:59.29	30.86	300m:	3:02.77	31.92	400m:	4:06.30	31.56
22.	BI Daniel				95	G-8 Bielany Warszawa				<b>4:08.04</b>	631	
	50m:	28.09	28.09	150m:	1:30.15	31.37	250m:	2:33.08	31.41	350m:	3:36.61	31.63
	100m:	58.78	30.69	200m:	2:01.67	31.52	300m:	3:04.98	31.90	400m:	4:08.04	31.43
23.	KRZYWIECKI Tomasz				89	MKP Szczecin				<b>4:08.12</b>	630	
	50m:	28.25	28.25	150m:	1:29.17	30.76	250m:	2:32.37	31.78	350m:	3:36.61	32.14
	100m:	58.41	30.16	200m:	2:00.59	31.42	300m:	3:04.47	32.10	400m:	4:08.12	31.51
24.	GO DZIK DAMIAN				95	WARTA Pozna				<b>4:08.16</b>	630	
	50m:	27.93	27.93	150m:	1:30.45	31.74	250m:	2:34.70	32.04	350m:	3:38.67	31.81
	100m:	58.71	30.78	200m:	2:02.66	32.21	300m:	3:06.86	32.16	400m:	4:08.16	29.49
25.	GRZELEC Bartosz				93	JAGIELLONKA Warszawa				<b>4:08.73</b>	625	
	50m:	28.82	28.82	150m:	1:31.63	31.58	250m:	2:34.93	31.61	350m:	3:37.90	31.39
	100m:	1:00.05	31.23	200m:	2:03.32	31.69	300m:	3:06.51	31.58	400m:	4:08.73	30.83
26.	SZARLI SKI Filip				92	G-8 Bielany Warszawa				<b>4:10.26</b>	614	
	50m:	28.35	28.35	150m:	1:30.24	31.19	250m:	2:33.51	31.66	350m:	3:38.80	32.74
	100m:	59.05	30.70	200m:	2:01.85	31.61	300m:	3:06.06	32.55	400m:	4:10.26	31.46
27.	STANISZEWSKI Adam				97	TRÓJKA Łód				<b>4:11.17</b>	607	
	50m:	29.25	29.25	150m:	1:33.66	32.43	250m:	2:38.05	32.03	350m:	3:41.55	31.87
	100m:	1:01.23	31.98	200m:	2:06.02	32.36	300m:	3:09.68	31.63	400m:	4:11.17	29.62
28.	JURA Maciej				96	JAGIELLONKA Warszawa				<b>4:11.37</b>	606	
	50m:	27.64	27.64	150m:	1:31.08	32.42	250m:	2:35.94	32.30	350m:	3:41.27	32.30
	100m:	58.66	31.02	200m:	2:03.64	32.56	300m:	3:08.97	33.03	400m:	4:11.37	30.10
29.	BORKOWSKI Łukasz				95	TRÓJKA Łód				<b>4:11.57</b>	604	
	50m:	28.50	28.50	150m:	1:31.08	31.50	250m:	2:35.06	32.17	350m:	3:39.71	32.62
	100m:	59.58	31.08	200m:	2:02.89	31.81	300m:	3:07.09	32.03	400m:	4:11.57	31.86
30.	KATOLIK Bartosz				97	MOS D browa Górnicza				<b>4:11.66</b>	604	
	50m:	29.07	29.07	150m:	1:33.67	32.37	250m:	2:37.81	32.05	350m:	3:41.50	31.86
	100m:	1:01.30	32.23	200m:	2:05.76	32.09	300m:	3:09.64	31.83	400m:	4:11.66	30.16
31.	SKRZYPCZAK Jakub				93	IKAR Mielec				<b>4:12.34</b>	599	
	50m:	28.60	28.60	150m:	1:33.22	32.76	250m:	2:37.83	31.69	350m:	3:43.30	32.68
	100m:	1:00.46	31.86	200m:	2:06.14	32.92	300m:	3:10.62	32.79	400m:	4:12.34	29.04
32.	WIATROWSKI Remigiusz				96	WARTA Pozna				<b>4:12.52</b>	598	
	50m:	28.90	28.90	150m:	1:33.60	32.38	250m:	2:38.08	31.91	350m:	3:41.43	31.40
	100m:	1:01.22	32.32	200m:	2:06.17	32.57	300m:	3:10.03	31.95	400m:	4:12.52	31.09
33.	PUCHLY Tomasz				97	STU Tmava				<b>4:14.97</b>	581	
	50m:	29.12	29.12	150m:	1:33.03	32.04	250m:	2:38.27	32.61	350m:	3:43.40	32.48
	100m:	1:00.99	31.87	200m:	2:05.66	32.63	300m:	3:10.92	32.65	400m:	4:14.97	31.57
34.	SOBCZYK Maciej				95	TRÓJKA Łód				<b>4:15.17</b>	579	
	50m:	29.03	29.03	150m:	1:33.22	32.65	250m:	2:38.29	32.39	350m:	3:43.24	32.57
	100m:	1:00.57	31.54	200m:	2:05.90	32.68	300m:	3:10.67	32.38	400m:	4:15.17	31.93
35.	HOFFMANN ROBERT				95	OLIMPIA Pozna				<b>4:15.50</b>	577	
	50m:	28.24	28.24	150m:	1:32.78	32.67	250m:	2:38.48	32.78	350m:	3:43.85	32.56
	100m:	1:00.11	31.87	200m:	2:05.70	32.92	300m:	3:11.29	32.81	400m:	4:15.50	31.65

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Pozycja			Rok ur.						Czas	Pkt.
36.	HORAŁA Damian		96 WARTA Pozna						<b>4:16.08</b>	573
	50m:	28.95 28.95	150m:	1:34.31 32.89	250m:	2:40.16 32.91	350m:	3:45.28 32.51		
	100m:	1:01.42 32.47	200m:	2:07.25 32.94	300m:	3:12.77 32.61	400m:	4:16.08 30.80		
37.	HYDZIK Piotr SK		95 KAROL Wadowice						<b>4:18.23</b>	559
	50m:	29.34 29.34	150m:	1:33.96 32.59	250m:	2:39.46 32.65	350m:	3:45.55 33.16		
	100m:	1:01.37 32.03	200m:	2:06.81 32.85	300m:	3:12.39 32.93	400m:	4:18.23 32.68		
38.	YBURA Kornel		95 BOBRY D bica						<b>4:19.73</b>	549
	50m:	29.64 29.64	150m:	1:35.77 33.31	250m:	2:42.70 33.49	350m:	3:47.99 32.48		
	100m:	1:02.46 32.82	200m:	2:09.21 33.44	300m:	3:15.51 32.81	400m:	4:19.73 31.74		
39.	POLAKOVIC David		95 STU Trnava						<b>4:19.82</b>	549
	50m:	29.43 29.43	150m:	1:34.48 33.07	250m:	2:41.10 33.32	350m:	3:47.64 33.40		
	100m:	1:01.41 31.98	200m:	2:07.78 33.30	300m:	3:14.24 33.14	400m:	4:19.82 32.18		
40.	ŁOWICKI Marcin		95 NAWA Skierniewice						<b>4:20.36</b>	545
	50m:	29.97 29.97	150m:	1:35.86 33.45	250m:	2:42.17 32.86	350m:	3:48.50 33.60		
	100m:	1:02.41 32.44	200m:	2:09.31 33.45	300m:	3:14.90 32.73	400m:	4:20.36 31.86		
41.	STANKIEWICZ DOMINIK SO		96 UNIA O wi cim						<b>4:21.03</b>	541
	50m:	28.95 28.95	150m:	1:34.70 32.94	250m:	2:41.06 33.17	350m:	3:48.76 34.37		
	100m:	1:01.76 32.81	200m:	2:07.89 33.19	300m:	3:14.39 33.33	400m:	4:21.03 32.27		
42.	BURZAWA Mateusz		96 MOS D browa Górnicza						<b>4:22.24</b>	534
	50m:	29.95 29.95	150m:	1:36.95 33.42	250m:	2:43.74 33.33	350m:	3:50.24 33.27		
	100m:	1:03.53 33.58	200m:	2:10.41 33.46	300m:	3:16.97 33.23	400m:	4:22.24 32.00		
43.	KOTLEWSKI Michał SK		94 ZRYW Opole						<b>4:22.26</b>	533
	50m:	28.87 28.87	150m:	1:32.58 32.45	250m:	2:39.74 34.04	350m:	3:48.61 34.46		
	100m:	1:00.13 31.26	200m:	2:05.70 33.12	300m:	3:14.15 34.41	400m:	4:22.26 33.65		
44.	BRUS Dominik SK		93 JORDAN Kraków						<b>4:23.54</b>	526
	50m:	29.08 29.08	150m:	1:33.86 33.03	250m:	2:40.95 33.60	350m:	3:49.70 34.25		
	100m:	1:00.83 31.75	200m:	2:07.35 33.49	300m:	3:15.45 34.50	400m:	4:23.54 33.84		
45.	PYDA Jakub		94 SKARPA Lublin						<b>4:24.08</b>	523
	50m:	30.61 30.61	150m:	1:37.24 33.42	250m:	2:43.62 33.36	350m:	3:50.81 33.71		
	100m:	1:03.82 33.21	200m:	2:10.26 33.02	300m:	3:17.10 33.48	400m:	4:24.08 33.27		
46.	HADA Mateusz		96 WARTA Pozna						<b>4:26.68</b>	507
	50m:	28.37 28.37	150m:	1:33.53 33.13	250m:	2:42.65 34.76	350m:	3:53.01 34.74		
	100m:	1:00.40 32.03	200m:	2:07.89 34.36	300m:	3:18.27 35.62	400m:	4:26.68 33.67		
47.	POPILEC Michał		97 GIM 92 Ursynów Warszawa						<b>4:27.17</b>	505
	50m:	29.89 29.89	150m:	1:35.99 33.48	250m:	2:44.43 34.38	350m:	3:54.13 34.87		
	100m:	1:02.51 32.62	200m:	2:10.05 34.06	300m:	3:19.26 34.83	400m:	4:27.17 33.04		
48.	RUSZKOWSKI Kacper SO		97 UNIA O wi cim						<b>4:31.09</b>	483
	50m:	30.44 30.44	150m:	1:38.28 34.03	250m:	2:47.07 34.66	350m:	3:53.80 32.74		
	100m:	1:04.25 33.81	200m:	2:12.41 34.13	300m:	3:21.06 33.99	400m:	4:31.09 37.29		
49.	SZWUGIER Jakub		96 TRÓJKA Łód						<b>4:31.38</b>	481
	50m:	30.80 30.80	150m:	1:38.58 33.95	250m:	2:47.99 34.94	350m:	3:57.28 33.70		
	100m:	1:04.63 33.83	200m:	2:13.05 34.47	300m:	3:23.58 35.59	400m:	4:31.38 34.10		
50.	WŁODARCZAK Paweł		96 WARTA Pozna						<b>4:33.97</b>	468
	50m:	30.41 30.41	150m:	1:38.89 34.79	250m:	2:49.30 35.66	350m:	3:59.26 34.55		
	100m:	1:04.10 33.69	200m:	2:13.64 34.75	300m:	3:24.71 35.41	400m:	4:33.97 34.71		
51.	ZWOLI SKI Marcin		97 MOS D browa Górnicza						<b>4:35.43</b>	460
	50m:	31.28 31.28	150m:	1:40.56 35.09	250m:	2:50.83 35.06	350m:	4:01.08 35.09		
	100m:	1:05.47 34.19	200m:	2:15.77 35.21	300m:	3:25.99 35.16	400m:	4:35.43 34.35		
52.	ANDREJKO Szymon		96 GÓRNIK Radlin						<b>4:37.35</b>	451
	50m:	29.68 29.68	150m:	1:40.07 36.79	250m:	2:51.87 35.80	350m:	4:03.95 36.04		
	100m:	1:03.28 33.60	200m:	2:16.07 36.00	300m:	3:27.91 36.04	400m:	4:37.35 33.40		
53.	MACHOWSKI Filip		97 IKAR Mielec						<b>4:46.32</b>	410
	50m:	31.09 31.09	150m:	1:41.57 35.82	250m:	2:54.91 36.87	350m:	4:09.76 37.65		
	100m:	1:05.75 34.66	200m:	2:18.04 36.47	300m:	3:32.11 37.20	400m:	4:46.32 36.56		