



Grand Prix Puchar Polski  
O wi cim, 27/ - 28/4/2013



Event 32  
28/4/2013 - 9:42

Men, 400m Freestyle

14 years and older  
Results

Points: FINA 2012

Rank	YB	Time	Pts	100m	200m	300m	400m		
1.	Kaczmarek Marcin SSz	94	KSZO Ostrowiec Sw.	<b>3:59.52</b>	775	58.24	1:00.94	1:00.59	59.75
	50m:	150m:	250m:	350m:					
	100m: 58.24	200m: 1:59.18	300m: 2:59.77	400m: 3:59.52					
2.	Zaborowski Filip SSz	94	MKP Szczecin	<b>4:00.37</b>	767	59.13	1:00.65	1:00.93	59.66
	50m:	150m:	250m:	350m:					
	100m: 59.13	200m: 1:59.78	300m: 3:00.71	400m: 4:00.37					
3.	Pielowski Krzysztof	91	AZS UWM Olsztyn	<b>4:00.55</b>	765	58.42	1:01.14	1:00.81	1:00.18
	50m:	150m:	250m:	350m:					
	100m: 58.42	200m: 1:59.56	300m: 3:00.37	400m: 4:00.55					
4.	Wojdak Wojciech SO	96	BOSiR Brzesko	<b>4:01.81</b>	753	57.70	1:01.26	1:01.37	1:01.48
	50m:	150m:	250m:	350m:					
	100m: 57.70	200m: 1:58.96	300m: 3:00.33	400m: 4:01.81					
5.	Zaczynski Karol	91	AZS AWF Katowice	<b>4:02.15</b>	750	59.57	1:01.20	1:01.00	1:00.38
	50m:	150m:	250m:	350m:					
	100m: 59.57	200m: 2:00.77	300m: 3:01.77	400m: 4:02.15					
6.	Dubiel Adam	93	Lublinianka Lublin	<b>4:03.94</b>	734	58.57	1:02.83	1:02.31	1:00.23
	50m:	150m:	250m:	350m:					
	100m: 58.57	200m: 2:01.40	300m: 3:03.71	400m: 4:03.94					
7.	Glyk Wojciech	92	AZS AWF Katowice	<b>4:04.72</b>	727	59.19	1:02.17	1:02.00	1:01.36
	50m:	150m:	250m:	350m:					
	100m: 59.19	200m: 2:01.36	300m: 3:03.36	400m: 4:04.72					
8.	Kuswik Maciej	96	Slask Wroclaw	<b>4:05.10</b>	723	59.85	1:01.87	1:01.77	1:01.61
	50m:	150m:	250m:	350m:					
	100m: 59.85	200m: 2:01.72	300m: 3:03.49	400m: 4:05.10					
9.	Cwiek Kacper	95	Polonia Warszawa	<b>4:05.75</b>	718	59.61	1:02.97	1:02.33	1:00.84
	50m:	150m:	250m:	350m:					
	100m: 59.61	200m: 2:02.58	300m: 3:04.91	400m: 4:05.75					
10.	Rzadkowski Daniel	94	Olimpijczyk Suwalki	<b>4:08.07</b>	698	59.07	1:03.30	1:03.82	1:01.88
	50m:	150m:	250m:	350m:					
	100m: 59.07	200m: 2:02.37	300m: 3:06.19	400m: 4:08.07					
11.	Wysoczynski Mateusz SK	93	Jordan Krakow	<b>4:08.35</b>	695	58.64	1:03.44	1:03.43	1:02.84
	50m:	150m:	250m:	350m:					
	100m: 58.64	200m: 2:02.08	300m: 3:05.51	400m: 4:08.35					
12.	Furtek Pawel SSz	95	MKP Szczecin	<b>4:08.70</b>	692	59.68	1:02.49	1:03.07	1:03.46
	50m:	150m:	250m:	350m:					
	100m: 59.68	200m: 2:02.17	300m: 3:05.24	400m: 4:08.70					
13.	Switkowski Jan	94	Skarpa Lublin	<b>4:08.94</b>	690	1:00.45	1:03.22	1:03.20	1:02.07
	50m:	150m:	250m:	350m:					
	100m: 1:00.45	200m: 2:03.67	300m: 3:06.87	400m: 4:08.94					
14.	Kliza Mateusz SK	94	Avia Swidnik	<b>4:09.60</b>	685	59.19	1:02.85	1:03.89	1:03.67
	50m:	150m:	250m:	350m:					
	100m: 59.19	200m: 2:02.04	300m: 3:05.93	400m: 4:09.60					
15.	Urbaniak Jan SR	95	Warta Poznan	<b>4:09.81</b>	683	1:00.67	1:03.66	1:03.09	1:02.39
	50m:	150m:	250m:	350m:					
	100m: 1:00.67	200m: 2:04.33	300m: 3:07.42	400m: 4:09.81					
16.	Czarnota Mateusz	91	Unia Oswiecim	<b>4:10.15</b>	680	1:00.37	1:03.58	1:03.69	1:02.51
	50m:	150m:	250m:	350m:					
	100m: 1:00.37	200m: 2:03.95	300m: 3:07.64	400m: 4:10.15					
17.	Klos Grzegorz SO	95	AZS AWF Katowice	<b>4:10.33</b>	679	1:01.50	1:03.08	1:03.09	1:02.66
	50m:	150m:	250m:	350m:					
	100m: 1:01.50	200m: 2:04.58	300m: 3:07.67	400m: 4:10.33					
18.	Goleniec Lukasz SO	97	Unia Oswiecim	<b>4:10.92</b>	674	1:00.28	1:04.25	1:04.13	1:02.26
	50m:	150m:	250m:	350m:					
	100m: 1:00.28	200m: 2:04.53	300m: 3:08.66	400m: 4:10.92					
19.	Piatkowski Mateusz	90	AZS AWF Katowice	<b>4:11.02</b>	673	1:00.10	1:03.49	1:03.58	1:03.85
	50m:	150m:	250m:	350m:					
	100m: 1:00.10	200m: 2:03.59	300m: 3:07.17	400m: 4:11.02					



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Event 32, Men, 400m Freestyle, 14 years and older

Rank	YB	Time	Pts	100m	200m	300m	400m		
20.	Krzyzaniak Bartosz SZG	94	Korner Zielona Gora	<b>4:11.17</b>	672	1:00.72	1:05.37	1:02.51	1:02.57
	50m:	150m:	250m:	350m:					
	100m: 1:00.72	200m: 2:06.09	300m: 3:08.60	400m: 4:11.17					
21.	Bis Daniel	95	G-8 Bielany Warszawa	<b>4:11.77</b>	667	59.66	1:02.62	1:04.26	1:05.23
	50m:	150m:	250m:	350m:					
	100m: 59.66	200m: 2:02.28	300m: 3:06.54	400m: 4:11.77					
22.	Lassek Bartlomiej	94	Trojka Lodz	<b>4:12.87</b>	659	1:00.37	1:02.66	1:02.91	1:06.93
	50m:	150m:	250m:	350m:					
	100m: 1:00.37	200m: 2:03.03	300m: 3:05.94	400m: 4:12.87					
23.	Klich Kacper	94	AZS AWF Katowice	<b>4:14.46</b>	646	59.80	1:04.78	1:05.40	1:04.48
	50m:	150m:	250m:	350m:					
	100m: 59.80	200m: 2:04.58	300m: 3:09.98	400m: 4:14.46					
24.	Staniszewski Adam	97	Trojka Lodz	<b>4:14.88</b>	643	1:00.73	1:04.49	1:05.03	1:04.63
	50m:	150m:	250m:	350m:					
	100m: 1:00.73	200m: 2:05.22	300m: 3:10.25	400m: 4:14.88					
	Kudla Lukasz SO	95	AZS AWF Katowice	<b>4:14.88</b>	643	57.83	1:04.46	1:06.89	1:05.70
	50m:	150m:	250m:	350m:					
	100m: 57.83	200m: 2:02.29	300m: 3:09.18	400m: 4:14.88					
26.	Cholewo Krzysztof	95	Polonia Warszawa	<b>4:15.50</b>	639	1:01.73	1:05.40	1:05.13	1:03.24
	50m:	150m:	250m:	350m:					
	100m: 1:01.73	200m: 2:07.13	300m: 3:12.26	400m: 4:15.50					
27.	Szwedzki Dawid	94	Piatka Konstantynow L.	<b>4:16.34</b>	632				
	50m:	150m:	250m:	350m:					
	100m:	200m:	300m:	400m: 4:16.34					
28.	Gasior Patryk	94	Polonia Warszawa	<b>4:16.55</b>	631	1:01.89	1:05.02	1:04.04	1:05.60
	50m:	150m:	250m:	350m:					
	100m: 1:01.89	200m: 2:06.91	300m: 3:10.95	400m: 4:16.55					
29.	Chrzanowski Damian	98	MZOS Plock	<b>4:16.79</b>	629	1:01.15	1:05.68	1:06.06	1:03.90
	50m:	150m:	250m:	350m:					
	100m: 1:01.15	200m: 2:06.83	300m: 3:12.89	400m: 4:16.79					
30.	Jura Maciej	96	Jagiellonka Warszawa	<b>4:18.60</b>	616	1:00.00	1:05.38	1:06.48	1:06.74
	50m:	150m:	250m:	350m:					
	100m: 1:00.00	200m: 2:05.38	300m: 3:11.86	400m: 4:18.60					
31.	Hahn Jakub	97	Jedynka Lodz	<b>4:20.05</b>	606	1:02.04	1:05.94	1:06.75	1:05.32
	50m:	150m:	250m:	350m:					
	100m: 1:02.04	200m: 2:07.98	300m: 3:14.73	400m: 4:20.05					
32.	Golczyk Szymon SZG	96	Korner Zielona Gora	<b>4:20.56</b>	602	1:02.16	1:07.75	1:06.99	1:03.66
	50m:	150m:	250m:	350m:					
	100m: 1:02.16	200m: 2:09.91	300m: 3:16.90	400m: 4:20.56					
33.	Lelek Mateusz	96	Polonia Warszawa	<b>4:22.94</b>	586	1:04.02	1:08.22	1:06.77	1:03.93
	50m:	150m:	250m:	350m:					
	100m: 1:04.02	200m: 2:12.24	300m: 3:19.01	400m: 4:22.94					
34.	Sikora Michal	95	Slask Wroclaw	<b>4:23.00</b>	585	1:02.63	1:08.69	1:06.04	1:05.64
	50m:	150m:	250m:	350m:					
	100m: 1:02.63	200m: 2:11.32	300m: 3:17.36	400m: 4:23.00					
35.	Suzin Marcin	93	AZS AGH Krakow	<b>4:23.41</b>	583	1:01.87	1:07.00	1:06.86	1:07.68
	50m:	150m:	250m:	350m:					
	100m: 1:01.87	200m: 2:08.87	300m: 3:15.73	400m: 4:23.41					
36.	Mielczarek Filip	96	Omega Kleszczow	<b>4:24.75</b>	574	1:04.57	1:08.82	1:08.15	1:03.21
	50m:	150m:	250m:	350m:					
	100m: 1:04.57	200m: 2:13.39	300m: 3:21.54	400m: 4:24.75					
37.	Bruchajzer Dominik	97	MZOS Plock	<b>4:25.10</b>	572	1:02.15	1:06.96	1:08.91	1:07.08
	50m:	150m:	250m:	350m:					
	100m: 1:02.15	200m: 2:09.11	300m: 3:18.02	400m: 4:25.10					
38.	Piesniak Jakub SO	97	Unia Oswiecim	<b>4:25.23</b>	571	1:04.22	1:08.31	1:07.70	1:05.00
	50m:	150m:	250m:	350m:					
	100m: 1:04.22	200m: 2:12.53	300m: 3:20.23	400m: 4:25.23					
39.	Ulatowski Wojciech SO	98	Unia Oswiecim	<b>4:25.48</b>	569	1:01.94	1:07.96	1:09.22	1:06.36
	50m:	150m:	250m:	350m:					
	100m: 1:01.94	200m: 2:09.90	300m: 3:19.12	400m: 4:25.48					



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Event 32, Men, 400m Freestyle, 14 years and older

Rank	YB	Time	Pts	100m	200m	300m	400m
40. Sternak Piotr	98 MZOS Plock	<b>4:27.22</b>	558	1:02.39	1:08.96	1:09.10	1:06.77
50m:	150m:	250m:	350m:				
100m: 1:02.39	200m: 2:11.35	300m: 3:20.45	400m: 4:27.22				
41. Cukanow Michal	99 Olimpijczyk Aleksandrow L.	<b>4:27.32</b>	557	1:03.44	1:09.80	1:07.77	1:06.31
50m:	150m:	250m:	350m:				
100m: 1:03.44	200m: 2:13.24	300m: 3:21.01	400m: 4:27.32				
42. Topolski Arkadiusz SO	98 Unia Oswiecim	<b>4:27.85</b>	554	1:03.71	1:08.85	1:09.06	1:06.23
50m:	150m:	250m:	350m:				
100m: 1:03.71	200m: 2:12.56	300m: 3:21.62	400m: 4:27.85				
43. Kaluzynski Antoni	99 GIM 92 Ursynow	<b>4:28.14</b>	552	1:04.52	1:09.18	1:08.71	1:05.73
50m:	150m:	250m:	350m:				
100m: 1:04.52	200m: 2:13.70	300m: 3:22.41	400m: 4:28.14				
44. Popis Emil SR	98 Victoria Raciborz	<b>4:29.45</b>	544	1:04.49	1:09.47	1:09.18	1:06.31
50m:	150m:	250m:	350m:				
100m: 1:04.49	200m: 2:13.96	300m: 3:23.14	400m: 4:29.45				
45. Stankiewicz Dominik	96 Unia Oswiecim	<b>4:29.55</b>	544	1:01.70	1:07.88	1:09.93	1:10.04
50m:	150m:	250m:	350m:				
100m: 1:01.70	200m: 2:09.58	300m: 3:19.51	400m: 4:29.55				
46. Dobrzynski Tomasz	98 G-8 Bielany Warszawa	<b>4:29.82</b>	542	1:03.66	1:09.01	1:09.21	1:07.94
50m:	150m:	250m:	350m:				
100m: 1:03.66	200m: 2:12.67	300m: 3:21.88	400m: 4:29.82				
47. Parzynowski Wojciech	99 UKS 190 Lodz	<b>4:30.82</b>	536	1:06.31	1:11.09	1:08.45	1:04.97
50m:	150m:	250m:	350m:				
100m: 1:06.31	200m: 2:17.40	300m: 3:25.85	400m: 4:30.82				
48. Hodur Filip	97 Jedyinka Ozarow Maz.	<b>4:31.12</b>	534	1:05.29	1:10.25	1:10.23	1:05.35
50m:	150m:	250m:	350m:				
100m: 1:05.29	200m: 2:15.54	300m: 3:25.77	400m: 4:31.12				
49. Szewczyk Arkadiusz	95 Fala Niepolomice	<b>4:32.04</b>	529	1:04.35	1:09.34	1:09.56	1:08.79
50m:	150m:	250m:	350m:				
100m: 1:04.35	200m: 2:13.69	300m: 3:23.25	400m: 4:32.04				
50. Stolarski Marcin	96 Zoliborz Warszawa	<b>4:33.22</b>	522	1:04.28	1:09.46	1:10.65	1:08.83
50m:	150m:	250m:	350m:				
100m: 1:04.28	200m: 2:13.74	300m: 3:24.39	400m: 4:33.22				
51. Jarmula Milosz	98 G-8 Bielany Warszawa	<b>4:34.65</b>	514	1:05.65	1:09.97	1:10.79	1:08.24
50m:	150m:	250m:	350m:				
100m: 1:05.65	200m: 2:15.62	300m: 3:26.41	400m: 4:34.65				
52. Wajda Tomasz	97 Korona Krakow	<b>4:35.27</b>	510	1:05.03	1:09.70	1:11.22	1:09.32
50m:	150m:	250m:	350m:				
100m: 1:05.03	200m: 2:14.73	300m: 3:25.95	400m: 4:35.27				
53. Federowicz Jan	98 Jedyinka Ozarow Maz.	<b>4:37.70</b>	497	1:06.14	1:10.53	1:11.34	1:09.69
50m:	150m:	250m:	350m:				
100m: 1:06.14	200m: 2:16.67	300m: 3:28.01	400m: 4:37.70				
54. Hojda Bartlomiej SO	98 Unia Oswiecim	<b>4:38.20</b>	495	1:05.20	1:10.21	1:11.40	1:11.39
50m:	150m:	250m:	350m:				
100m: 1:05.20	200m: 2:15.41	300m: 3:26.81	400m: 4:38.20				
55. Niedzialek Dominik	98 Skarpa Lublin	<b>4:38.64</b>	492	1:07.05	1:11.46	1:11.00	1:09.13
50m:	150m:	250m:	350m:				
100m: 1:07.05	200m: 2:18.51	300m: 3:29.51	400m: 4:38.64				
56. Stanek Adam	99 MKS Gogolin	<b>4:40.17</b>	484	1:07.28	1:11.75	1:11.63	1:09.51
50m:	150m:	250m:	350m:				
100m: 1:07.28	200m: 2:19.03	300m: 3:30.66	400m: 4:40.17				
57. Drozd Tymoteusz SO	99 Unia Oswiecim	<b>4:44.66</b>	462	1:07.57	1:12.99	1:12.94	1:11.16
50m:	150m:	250m:	350m:				
100m: 1:07.57	200m: 2:20.56	300m: 3:33.50	400m: 4:44.66				
58. Machowski Filip	97 Ikar Mielec	<b>4:50.22</b>	436	1:07.35	1:14.28	1:15.63	1:12.96
50m:	150m:	250m:	350m:				
100m: 1:07.35	200m: 2:21.63	300m: 3:37.26	400m: 4:50.22				
59. Walentynowicz Michal	98 Skalar Warszawa	<b>4:50.91</b>	432	1:06.69	1:14.40	1:16.01	1:13.81
50m:	150m:	250m:	350m:				
100m: 1:06.69	200m: 2:21.09	300m: 3:37.10	400m: 4:50.91				



Event 32, Men, 400m Freestyle, 14 years and older

Rank	YB	Time	Pts	100m	200m	300m	400m
60. Pecyna Maciej	99 IKS Konstancin	<b>4:51.14</b>	431	1:07.13	1:14.35	1:15.25	1:14.41
50m:	150m:	250m:	350m:				
100m: 1:07.13	200m: 2:21.48	300m: 3:36.73	400m: 4:51.14				
61. Zbrozek Radoslaw	99 SMS Galicja Krakow	<b>4:59.15</b>	398	1:10.89	1:16.36	1:17.10	1:14.80
50m:	150m:	250m:	350m:				
100m: 1:10.89	200m: 2:27.25	300m: 3:44.35	400m: 4:59.15				
62. Wankowicz Blazej	99 Skalar Warszawa	<b>5:00.71</b>	391	1:11.21	1:17.82	1:17.97	1:13.71
50m:	150m:	250m:	350m:				
100m: 1:11.21	200m: 2:29.03	300m: 3:47.00	400m: 5:00.71				
63. Stoszek Szymon	99 Aligator Gorzyce	<b>5:01.72</b>	388	1:10.40	1:18.07	1:18.30	1:14.95
50m:	150m:	250m:	350m:				
100m: 1:10.40	200m: 2:28.47	300m: 3:46.77	400m: 5:01.72				
64. Winiarski Mateusz	99 Sokol Rzeszow	<b>5:04.56</b>	377	1:11.59	1:18.99	1:19.65	1:14.33
50m:	150m:	250m:	350m:				
100m: 1:11.59	200m: 2:30.58	300m: 3:50.23	400m: 5:04.56				
65. Warciarek Jan	99 Victoria Jozefow	<b>5:07.61</b>	366	1:08.29	1:18.96	1:21.06	1:19.30
50m:	150m:	250m:	350m:				
100m: 1:08.29	200m: 2:27.25	300m: 3:48.31	400m: 5:07.61				
66. Badan Dawid SO	99 Unia Oswiecim	<b>5:11.06</b>	354	1:10.98	1:21.58	1:20.15	1:18.35
50m:	150m:	250m:	350m:				
100m: 1:10.98	200m: 2:32.56	300m: 3:52.71	400m: 5:11.06				
67. Zajac Mikołaj	98 MOSM Tychy	<b>5:18.28</b>	330				
50m:	150m:	250m:	350m:				
100m:	200m:	300m:	400m: 5:18.28				