



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		<b>4:15.56</b>	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		<b>4:23.31</b>	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.	Kaczmarski Marcin SSz		94	MKP Szczecin		<b>4:23.69</b>	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		<b>4:25.40</b>	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 Pozna		<b>4:27.19</b>	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		<b>4:27.30</b>	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 Łód		<b>4:27.84</b>	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		<b>4:28.80</b>	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		<b>4:29.83</b>	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 Łód		<b>4:30.67</b>	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		<b>4:31.55</b>	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		<b>4:34.57</b>	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.		<b>4:34.72</b>	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		<b>4:38.30</b>	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		<b>4:38.43</b>	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		<b>4:38.82</b>	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 Łód		<b>4:39.03</b>	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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Konkurencja 25, M czynn, 400m zmienny, 14 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.		
18.	Salik Jakub			96	Juvenia Wrocław				<b>4:39.32</b>	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				<b>4:39.65</b>	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				<b>4:39.80</b>	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				<b>4:40.82</b>	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				<b>4:42.59</b>	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				<b>4:44.02</b>	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.				<b>4:44.04</b>	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				<b>4:44.96</b>	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.				<b>4:45.45</b>	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				<b>4:46.55</b>	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				<b>4:47.50</b>	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				<b>4:47.89</b>	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				<b>4:48.84</b>	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				<b>4:49.29</b>	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.				<b>4:49.62</b>	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				<b>4:49.95</b>	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				<b>4:50.85</b>	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	<b>4:50.92</b>	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	<b>4:52.43</b>	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	<b>4:53.60</b>	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	<b>4:53.99</b>	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	<b>4:55.75</b>	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	<b>4:56.02</b>	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	<b>4:56.06</b>	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	<b>4:57.53</b>	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	<b>5:00.82</b>	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.	<b>5:02.46</b>	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	<b>5:02.71</b>	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	<b>5:08.79</b>	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	<b>5:22.72</b>	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: 2:40.37 43.37	300m: 4:05.83 46.46	400m: 5:22.72 37.59
48. Siwy Marcel	98 Park Wodny Tarn. Góry	<b>5:27.21</b>	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.	<b>5:28.44</b>	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	<b>4:44.43</b>	
<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	<b>4:58.84</b>	
<i>K11 - Nierównoczesne lub naprzemiennie 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