

Grand Prix Puchar Polski w Gliwicach  
Gliwice, 22. - 23.5.2010

Konkurencja 32  
2010-05-23 - 11:09

Mężczyzn, 400m dowolny

Open  
Wyniki

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.		
1.	PIELOWSKI, Krzysztof		91	Kormoran Olsztyn				<b>4:00.31</b>	796		
	50m:	28.21 28.21	150m:	1:28.85	30.32	250m:	2:29.51	30.30	350m:	3:30.44	30.62
	100m:	58.53 30.32	200m:	1:59.21	30.36	300m:	2:59.82	30.31	400m:	4:00.31	29.87
2.	ZACZYŃSKI, Karol SO		91	AZS-AWF Katowice				<b>4:05.83</b>	743		
	50m:	28.30 28.30	150m:	1:29.21	30.81	250m:	2:31.78	31.24	350m:	3:35.06	31.40
	100m:	58.40 30.10	200m:	2:00.54	31.33	300m:	3:03.66	31.88	400m:	4:05.83	30.77
3.	WYSOCZYŃSKI, Mateusz SK		93	MKS Jordan Kraków				<b>4:06.09</b>	741		
	50m:	27.22 27.22	150m:	1:29.83	31.47	250m:	2:33.09	31.42	350m:	3:36.29	31.33
	100m:	58.36 31.14	200m:	2:01.67	31.84	300m:	3:04.96	31.87	400m:	4:06.09	29.80
4.	KURANT, Roger		94	KSZO Ostrowiec Œw				<b>4:07.38</b>	729		
	50m:	28.90 28.90	150m:	1:31.21	31.29	250m:	2:34.32	31.37	350m:	3:37.50	31.88
	100m:	59.92 31.02	200m:	2:02.95	31.74	300m:	3:05.62	31.30	400m:	4:07.38	29.88
5.	HURA, Bartosz		91	Kormoran Olsztyn				<b>4:08.15</b>	723		
	50m:	28.83 28.83	150m:	1:30.65	30.93	250m:	2:33.44	31.70	350m:	3:37.61	32.14
	100m:	59.72 30.89	200m:	2:01.74	31.09	300m:	3:05.47	32.03	400m:	4:08.15	30.54
6.	ZABOROWSKI, Filip		94	WKS Flota Gdynia				<b>4:08.74</b>	717		
	50m:	28.11 28.11	150m:	1:30.87	31.42	250m:	2:34.49	32.03	350m:	3:38.36	32.11
	100m:	59.45 31.34	200m:	2:02.46	31.59	300m:	3:06.25	31.76	400m:	4:08.74	30.38
7.	GIMIŃSKI, Łukasz		86	AZS AWF Warszawa				<b>4:08.83</b>	717		
	50m:	29.07 29.07	150m:	1:31.57	31.19	250m:	2:34.69	31.50	350m:	3:38.11	31.58
	100m:	1:00.38 31.31	200m:	2:03.19	31.62	300m:	3:06.53	31.84	400m:	4:08.83	30.72
8.	POPRAWA, Michał <sup>3</sup>		94	AZS-AWF Katowice				<b>4:10.38</b>	703		
	50m:	28.23 28.23	150m:	1:30.86	31.59	250m:	2:35.16	32.19	350m:	3:39.67	31.28
	100m:	59.27 31.04	200m:	2:02.97	32.11	300m:	3:08.39	33.23	400m:	4:10.38	30.71
9.	PIÓRO, Artur		91	MKS Pa <sup>3</sup> ac Katowice				<b>4:11.63</b>	693		
	50m:	29.16 29.16	150m:	1:31.79	31.69	250m:	2:36.19	32.22	350m:	3:42.00	33.35
	100m:	1:00.10 30.94	200m:	2:03.97	32.18	300m:	3:08.65	32.46	400m:	4:11.63	29.63
10.	DUBIEL, Adam		93	MTP" Lublinianka" Lublin				<b>4:12.71</b>	684		
	50m:	28.27 28.27	150m:	1:32.80	32.40	250m:	2:38.72	32.81	350m:	3:42.22	30.50
	100m:	1:00.40 32.13	200m:	2:05.91	33.11	300m:	3:11.72	33.00	400m:	4:12.71	30.49
11.	BOR, Radosław SZG		93	Korner Zielona Góra				<b>4:13.36</b>	679		
	50m:	29.24 29.24	150m:	1:33.06	31.84	250m:	2:37.00	31.66	350m:	3:41.55	32.23
	100m:	1:01.22 31.98	200m:	2:05.34	32.28	300m:	3:09.32	32.32	400m:	4:13.36	31.81
12.	PODUSZCZAK, Mikołaj <sup>3</sup>		95	KSZO Ostrowiec Œw				<b>4:14.49</b>	670		
	50m:	29.10 29.10	150m:	1:33.24	32.15	250m:	2:37.94	32.39	350m:	3:43.06	32.49
	100m:	1:01.09 31.99	200m:	2:05.55	32.31	300m:	3:10.57	32.63	400m:	4:14.49	31.43
13.	ZONIUK, MACIEJ		94	WKS SI <sup>3</sup> sk Wrocław				<b>4:14.66</b>	669		
	50m:	28.61 28.61	150m:	1:31.68	31.77	250m:	2:35.97	32.44	350m:	3:41.80	33.16
	100m:	59.91 31.30	200m:	2:03.53	31.85	300m:	3:08.64	32.67	400m:	4:14.66	32.86
14.	LASSEK, Bartłomiej		94	MKS "TRÓJKA" Łódź				<b>4:14.68</b>	668		
	50m:	29.01 29.01	150m:	1:33.27	32.48	250m:	2:38.90	32.18	350m:	3:43.48	32.44
	100m:	1:00.79 31.78	200m:	2:06.72	33.45	300m:	3:11.04	32.14	400m:	4:14.68	31.20
15.	RZĘSA, Wojciech		90	KS AZS-AWFis Gdańsk				<b>4:16.45</b>	655		
	50m:	28.98 28.98	150m:	1:33.88	32.56	250m:	2:39.71	32.85	350m:	3:45.03	32.07
	100m:	1:01.32 32.34	200m:	2:06.86	32.98	300m:	3:12.96	33.25	400m:	4:16.45	31.42
16.	RZADKOWSKI, DANIEL		94	MKS"Olimpijczyk"Suwałki				<b>4:16.49</b>	654		
	50m:	29.38 29.38	150m:	1:35.25	33.15	250m:	2:42.29	33.55	350m:	3:46.84	31.26
	100m:	1:02.10 32.72	200m:	2:08.74	33.49	300m:	3:15.58	33.29	400m:	4:16.49	29.65
17.	HABRAT, KRZYSZTOF		94	AZS AGH Kraków				<b>4:16.82</b>	652		
	50m:	29.57 29.57	150m:	1:34.77	32.93	250m:	2:41.21	33.28	350m:	3:46.83	32.37
	100m:	1:01.84 32.27	200m:	2:07.93	33.16	300m:	3:14.46	33.25	400m:	4:16.82	29.99

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Pozycja			Rok ur.				Czas	Pkt.
18.	ŒEWITKOWSKI, Jan	94	UKS Skarpa Lublin				<b>4:17.01</b>	650
	50m: 30.76 30.76	150m: 1:36.17	33.06	250m: 2:41.56	32.81	350m: 3:47.26	33.06	
	100m: 1:03.11 32.35	200m: 2:08.75	32.58	300m: 3:14.20	32.64	400m: 4:17.01	29.75	
19.	KUDŁA, <sup>3</sup> UKASZ	95	AZS-AWF Katowice				<b>4:19.03</b>	635
	50m: 28.92 28.92	150m: 1:33.85	32.70	250m: 2:40.27	33.06	350m: 3:47.35	33.12	
	100m: 1:01.15 32.23	200m: 2:07.21	33.36	300m: 3:14.23	33.96	400m: 4:19.03	31.68	
20.	KOTKOWICZ, Micha <sup>3</sup>	93	S <sup>3</sup> owianka Gorzów Wlkp.				<b>4:19.38</b>	633
	50m: 28.17 28.17	150m: 1:33.13	32.73	250m: 2:38.90	32.89	350m: 3:44.57	32.90	
	100m: 1:00.40 32.23	200m: 2:06.01	32.88	300m: 3:11.67	32.77	400m: 4:19.38	34.81	
21.	FURTEK, PAWEŁ	95	WKS SI <sup>3</sup> sk Wroc <sup>3</sup> aw				<b>4:21.61</b>	617
	50m: 29.67 29.67	150m: 1:36.00	33.49	250m: 2:43.21	33.68	350m: 3:50.03	33.26	
	100m: 1:02.51 32.84	200m: 2:09.53	33.53	300m: 3:16.77	33.56	400m: 4:21.61	31.58	
22.	URBANIAK, Jan	95	KS Warta Poznań				<b>4:21.65</b>	616
	50m: 30.36 30.36	150m: 1:36.96	33.55	250m: 2:43.51	33.13	350m: 3:50.05	33.43	
	100m: 1:03.41 33.05	200m: 2:10.38	33.42	300m: 3:16.62	33.11	400m: 4:21.65	31.60	
23.	BŁA <sup>3</sup> EJEWSKI, Tomasz	93	S <sup>3</sup> owianka Gorzów Wlkp.				<b>4:22.17</b>	613
	50m: 30.78 30.78	150m: 1:38.09	33.65	250m: 2:44.72	33.29	350m: 3:51.47	33.43	
	100m: 1:04.44 33.66	200m: 2:11.43	33.34	300m: 3:18.04	33.32	400m: 4:22.17	30.70	
24.	CHOLEWO, Krzysztof	95	KS "1" Ożarów Mazowiecki				<b>4:24.09</b>	599
	50m: 29.30 29.30	150m: 1:35.58	33.43	250m: 2:43.30	33.96	350m: 3:51.29	33.71	
	100m: 1:02.15 32.85	200m: 2:09.34	33.76	300m: 3:17.58	34.28	400m: 4:24.09	32.80	
25.	KOTLEWSKI, Micha <sup>3</sup>	94	MKS Zryw Opole				<b>4:24.99</b>	593
	50m: 30.23 30.23	150m: 1:37.26	33.71	250m: 2:45.21	33.88	350m: 3:53.85	34.18	
	100m: 1:03.55 33.32	200m: 2:11.33	34.07	300m: 3:19.67	34.46	400m: 4:24.99	31.14	
26.	JURA, Maciej	96	UKS Ostrobramska Warszawa				<b>4:25.04</b>	593
	50m: 29.92 29.92	150m: 1:37.34	34.27	250m: 2:47.22	34.96	350m: 3:55.04	33.10	
	100m: 1:03.07 33.15	200m: 2:12.26	34.92	300m: 3:21.94	34.72	400m: 4:25.04	30.00	
27.	WIATROWSKI, Remigiusz	96	KS Warta Poznań				<b>4:25.49</b>	590
	50m: 31.34 31.34	150m: 1:39.47	34.57	250m: 2:48.39	34.41	350m: 3:55.45	33.33	
	100m: 1:04.90 33.56	200m: 2:13.98	34.51	300m: 3:22.12	33.73	400m: 4:25.49	30.04	
28.	CHABA, MATEUSZ	96	UKS Shark Rudna				<b>4:26.06</b>	586
	50m: 30.02 30.02	150m: 1:37.75	34.45	250m: 2:47.09	34.75	350m: 3:54.96	33.14	
	100m: 1:03.30 33.28	200m: 2:12.34	34.59	300m: 3:21.82	34.73	400m: 4:26.06	31.10	
29.	ROGOZIŃSKI, Łukasz	94	KSZO Ostrowiec Œw				<b>4:26.33</b>	584
	50m: 29.43 29.43	150m: 1:37.03	34.12	250m: 2:45.38	34.10	350m: 3:53.42	33.95	
	100m: 1:02.91 33.48	200m: 2:11.28	34.25	300m: 3:19.47	34.09	400m: 4:26.33	32.91	
30.	BEREZECKI, MATEUSZ	95	MKS"Olimpijczyk"Suwa <sup>3</sup> ki				<b>4:26.66</b>	582
	50m: 30.30 30.30	150m: 1:38.79	35.01	250m: 2:47.36	34.52	350m: 3:55.55	33.76	
	100m: 1:03.78 33.48	200m: 2:12.84	34.05	300m: 3:21.79	34.43	400m: 4:26.66	31.11	
31.	HOFFMANN, Robert SP	95	TS Olimpia Poznań				<b>4:27.01</b>	580
	50m: 30.91 30.91	150m: 1:38.29	34.08	250m: 2:47.08	34.65	350m: 3:54.98	33.58	
	100m: 1:04.21 33.30	200m: 2:12.43	34.14	300m: 3:21.40	34.32	400m: 4:27.01	32.03	
32.	OSSES, Arkadiusz	95	KS Warta Poznań				<b>4:27.21</b>	579
	50m: 30.66 30.66	150m: 1:37.94	34.02	250m: 2:47.07	34.68	350m: 3:54.97	33.54	
	100m: 1:03.92 33.26	200m: 2:12.39	34.45	300m: 3:21.43	34.36	400m: 4:27.21	32.24	
33.	BREMBOR, Tomasz	94	AZS-AWF Katowice				<b>4:31.51</b>	552
	50m: 29.89 29.89	150m: 1:37.83	34.32	250m: 2:46.39	34.13	350m: 3:56.39	35.35	
	100m: 1:03.51 33.62	200m: 2:12.26	34.43	300m: 3:21.04	34.65	400m: 4:31.51	35.12	
34.	SZCZECHURA, Patryk	95	KSZO Ostrowiec Œw				<b>4:34.75</b>	532
	50m: 30.12 30.12	150m: 1:38.19	34.51	250m: 2:48.45	35.53	350m: 3:59.84	35.99	
	100m: 1:03.68 33.56	200m: 2:12.92	34.73	300m: 3:23.85	35.40	400m: 4:34.75	34.91	
35.	MICHALAK, Łukasz SP	93	KS Warta Poznań				<b>4:35.48</b>	528
	50m: 30.16 30.16	150m: 1:36.60	33.58	250m: 2:47.16	35.50	350m: 4:00.59	37.68	
	100m: 1:03.02 32.86	200m: 2:11.66	35.06	300m: 3:22.91	35.75	400m: 4:35.48	34.89	

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Pozycja					Rok ur.					Czas	Pkt.	
36.	TACZAŃSKI, BARTŁOMIEJ				96	UKS Shark Rudna				<b>4:36.24</b>	524	
	50m:	30.87	30.87	150m:	1:39.67	34.83	250m:	2:49.89	35.08	350m:	4:01.32	35.42
	100m:	1:04.84	33.97	200m:	2:14.81	35.14	300m:	3:25.90	36.01	400m:	4:36.24	34.92
37.	BURZAWA, Mateusz				96	CSiR MOS Dabrowa Górnicza				<b>4:37.08</b>	519	
	50m:	32.16	32.16	150m:	1:42.34	35.31	250m:	2:53.78	35.43	350m:	4:03.77	34.83
	100m:	1:07.03	34.87	200m:	2:18.35	36.01	300m:	3:28.94	35.16	400m:	4:37.08	33.31
38.	HORAŁA, Damian				96	KS Warta Poznań				<b>4:38.69</b>	510	
	50m:	32.14	32.14	150m:	1:44.13	36.47	250m:	2:55.03	35.31	350m:	4:05.62	34.82
	100m:	1:07.66	35.52	200m:	2:19.72	35.59	300m:	3:30.80	35.77	400m:	4:38.69	33.07
39.	GO•DZIK, Damian				95	KS Warta Poznań				<b>4:40.79</b>	499	
	50m:	31.73	31.73	150m:	1:44.15	36.47	250m:	2:57.56	36.61	350m:	4:08.66	34.72
	100m:	1:07.68	35.95	200m:	2:20.95	36.80	300m:	3:33.94	36.38	400m:	4:40.79	32.13
40.	HADACZ, Mateusz				96	KS Warta Poznań				<b>4:45.54</b>	474	
	50m:	32.70	32.70	150m:	1:45.98	36.30	250m:	2:58.57	36.26	350m:	4:10.07	35.09
	100m:	1:09.68	36.98	200m:	2:22.31	36.33	300m:	3:34.98	36.41	400m:	4:45.54	35.47
41.	RYKOWSKI, Piotr				94	KS Posnania Poznań				<b>4:46.09</b>	472	
	50m:	30.28	30.28	150m:	1:41.04	35.95	250m:	2:55.38	37.10	350m:	4:09.75	36.80
	100m:	1:05.09	34.81	200m:	2:18.28	37.24	300m:	3:32.95	37.57	400m:	4:46.09	36.34
42.	RACZKOWSKI, PIOTR, DANIEL				96	MKS"Olimpijczyk"Suwa³ki				<b>4:46.53</b>	469	
	50m:	31.77	31.77	150m:	1:45.55	37.40	250m:	2:59.16	36.77	350m:	4:12.79	36.84
	100m:	1:08.15	36.38	200m:	2:22.39	36.84	300m:	3:35.95	36.79	400m:	4:46.53	33.74
43.	BUCZKOWSKI, KAMIL				96	UKS Shark Rudna				<b>4:47.16</b>	466	
	50m:	32.05	32.05	150m:	1:44.42	36.75	250m:	2:58.62	37.03	350m:	4:12.66	36.90
	100m:	1:07.67	35.62	200m:	2:21.59	37.17	300m:	3:35.76	37.14	400m:	4:47.16	34.50
44.	SZOŁDRA, Przemys³aw				90	UMKS Nies³ysz¹cych Poznań				<b>4:52.63</b>	441	
	50m:	31.56	31.56	150m:	1:42.79	36.24	250m:	2:57.88	37.43	350m:	4:15.07	38.58
	100m:	1:06.55	34.99	200m:	2:20.45	37.66	300m:	3:36.49	38.61	400m:	4:52.63	37.56
45.	FUJS, Kamil				96	UKS Wodnik Siemianowice				<b>4:53.06</b>	439	
	50m:	32.56	32.56	150m:	1:46.70	37.35	250m:	3:02.19	37.67	350m:	4:17.60	37.43
	100m:	1:09.35	36.79	200m:	2:24.52	37.82	300m:	3:40.17	37.98	400m:	4:53.06	35.46
46.	ADAMCZYK, Przemys³aw				95	MMKS Kêdzierzyn-KoŸle				<b>5:05.31</b>	388	
	50m:	32.32	32.32	150m:	1:48.28	38.32	250m:	3:07.56	39.80	350m:	4:26.11	38.74
	100m:	1:09.96	37.64	200m:	2:27.76	39.48	300m:	3:47.37	39.81	400m:	5:05.31	39.20
47.	SOSNOWSKI, Maciej				96	UKS Wodnik Siemianowice				<b>5:10.59</b>	369	
	50m:	34.95	34.95	150m:	1:53.64	39.51	250m:	3:13.96	40.31	350m:	4:33.17	39.30
	100m:	1:14.13	39.18	200m:	2:33.65	40.01	300m:	3:53.87	39.91	400m:	5:10.59	37.42
48.	WAEKOWSKI, Przemys³aw				96	MMKS Kêdzierzyn-KoŸle				<b>5:20.37</b>	336	
	50m:	33.15	33.15	150m:	1:53.37	41.34	250m:	3:19.20	43.23	350m:	4:45.00	42.89
	100m:	1:12.03	38.88	200m:	2:35.97	42.60	300m:	4:02.11	42.91	400m:	5:20.37	35.37