



Arena Grand Prix Puchar Polski  
O wi cim, 19 - 20/3/2022

Konkurencja 23  
19/3/2022 - 18:00

M czyzn, 400m dowolny

14 lat i starsi  
Wyniki

Minimum kwalifikacyjne Mistrzostwa wiata Seniorów Open: 3:46.78

Punkty: FINA 2021

Pozycja		Rok ur.						Czas	Pkt.
1.	Chmielewski Krzysztof	04	Muszelka Warszawa					<b>3:57.42</b>	796
	50m: 27.24 27.24	150m: 1:26.57 30.04	250m: 2:26.95 30.31	350m: 3:27.85 30.09					
	100m: 56.53 29.29	200m: 1:56.64 30.07	300m: 2:57.76 30.81	400m: 3:57.42 29.57					
2.	Kosi ski Filip	04	AZS AWF Warszawa					<b>4:00.49</b>	766
	50m: 27.40 27.40	150m: 1:27.37 30.22	250m: 2:28.27 30.39	350m: 3:29.82 30.71					
	100m: 57.15 29.75	200m: 1:57.88 30.51	300m: 2:59.11 30.84	400m: 4:00.49 30.67					
3.	Walter Jakub	04	Unia O wi cim					<b>4:02.43</b>	748
	50m: 27.68 27.68	150m: 1:29.20 31.03	250m: 2:32.00 31.31	350m: 3:33.86 30.36					
	100m: 58.17 30.49	200m: 2:00.69 31.49	300m: 3:03.50 31.50	400m: 4:02.43 28.57					
4.	Grzegorzczak Wiktor	02	AZS AWF Warszawa					<b>4:02.74</b>	745
	50m: 28.28 28.28	150m: 1:30.18 31.30	250m: 2:32.05 30.56	350m: 3:33.47 30.74					
	100m: 58.88 30.60	200m: 2:01.49 31.31	300m: 3:02.73 30.68	400m: 4:02.74 29.27					
5.	Filipiak Mikołaj	06	abianka Gda sk					<b>4:04.06</b>	733
	50m: 28.72 28.72	150m: 1:30.92 31.29	250m: 2:33.56 31.35	350m: 3:35.27 30.62					
	100m: 59.63 30.91	200m: 2:02.21 31.29	300m: 3:04.65 31.09	400m: 4:04.06 28.79					
6.	Zdybel Adam	05	Delfin Gdynia					<b>4:04.74</b>	727
	50m: 28.41 28.41	150m: 1:31.14 31.35	250m: 2:33.82 30.96	350m: 3:35.00 30.72					
	100m: 59.79 31.38	200m: 2:02.86 31.72	300m: 3:04.28 30.46	400m: 4:04.74 29.74					
	Radkiewicz Kajetan	05	KSZO Ostrowiec w.					<b>4:04.74</b>	727
	50m: 28.76 28.76	150m: 1:31.72 31.54	250m: 2:34.38 31.24	350m: 3:35.48 30.47					
	100m: 1:00.18 31.42	200m: 2:03.14 31.42	300m: 3:05.01 30.63	400m: 4:04.74 29.26					
8.	Sieradzki Kamil	02	AZS AWF Katowice					<b>4:05.55</b>	719
	50m: 27.45 27.45	150m: 1:28.68 30.74	250m: 2:31.24 31.25	350m: 3:35.37 31.84					
	100m: 57.94 30.49	200m: 1:59.99 31.31	300m: 3:03.53 32.29	400m: 4:05.55 30.18					
9.	Hebel Maciej	05	AZS UMCS Lublin					<b>4:06.52</b>	711
	50m: 29.00 29.00	150m: 1:30.75 30.64	250m: 2:32.87 31.10	350m: 3:36.25 31.73					
	100m: 1:00.11 31.11	200m: 2:01.77 31.02	300m: 3:04.52 31.65	400m: 4:06.52 30.27					
10.	Zubik Jan	03	Polonia Warszawa					<b>4:08.48</b>	694
	50m: 29.11 29.11	150m: 1:33.84 32.50	250m: 2:38.42 32.09	350m: 3:40.04 29.38					
	100m: 1:01.34 32.23	200m: 2:06.33 32.49	300m: 3:10.66 32.24	400m: 4:08.48 28.44					
11.	Lary Jerzy	06	Muszelka Warszawa					<b>4:08.64</b>	693
	50m: 29.14 29.14	150m: 1:31.93 31.57	250m: 2:35.21 31.60	350m: 3:38.25 31.38					
	100m: 1:00.36 31.22	200m: 2:03.61 31.68	300m: 3:06.87 31.66	400m: 4:08.64 30.39					
12.	Chmielewski Michał	04	Muszelka Warszawa					<b>4:09.08</b>	689
	50m: 29.13 29.13	150m: 1:32.75 31.96	250m: 2:35.81 31.36	350m: 3:38.46 31.35					
	100m: 1:00.79 31.66	200m: 2:04.45 31.70	300m: 3:07.11 31.30	400m: 4:09.08 30.62					
13.	Kozłowski Igor	05	AZS UMCS Lublin					<b>4:09.60</b>	685
	50m: 27.93 27.93	150m: 1:30.47 31.39	250m: 2:34.79 32.22	350m: 3:39.07 31.82					
	100m: 59.08 31.15	200m: 2:02.57 32.10	300m: 3:07.25 32.46	400m: 4:09.60 30.53					
14.	Chrzanowski Damian	98	I sk Wrocław					<b>4:09.78</b>	683
	50m: 28.76 28.76	150m: 1:32.10 31.79	250m: 2:35.90 31.83	350m: 3:39.28 31.70					
	100m: 1:00.31 31.55	200m: 2:04.07 31.97	300m: 3:07.58 31.68	400m: 4:09.78 30.50					
15.	Mamcarz Mateusz	04	Unia O wi cim					<b>4:09.93</b>	682
	50m: 28.81 28.81	150m: 1:32.20 31.55	250m: 2:36.22 31.89	350m: 3:39.33 31.29					
	100m: 1:00.65 31.84	200m: 2:04.33 32.13	300m: 3:08.04 31.82	400m: 4:09.93 30.60					
16.	Pi tka Hubert	04	MKP Szczecin					<b>4:11.05</b>	673
	50m: 29.29 29.29	150m: 1:33.11 32.25	250m: 2:36.53 31.37	350m: 3:39.66 31.61					
	100m: 1:00.86 31.57	200m: 2:05.16 32.05	300m: 3:08.05 31.52	400m: 4:11.05 31.39					

Obsługa zawodów: SMS SwimArt My lenice

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20/3/2022 15:02 - Strona 1



Ministerstwo  
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VARIO POOL  
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CAROLINA  
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Konkurencja 23, M czyn, 400m dowolny, 14 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.
17.	My liwiec Bartosz			04	MKP Szczecin				<b>4:11.54</b>	669
	50m: 28.55	28.55	150m: 1:31.27	31.88	250m: 2:35.51	32.33	350m: 3:40.51	32.47		
	100m: 59.39	30.84	200m: 2:03.18	31.91	300m: 3:08.04	32.53	400m: 4:11.54	31.03		
18.	Le niak Maksymilian			04	UKS 190 Łód				<b>4:12.51</b>	661
	50m: 28.00	28.00	150m: 1:32.82	32.64	250m: 2:38.22	32.77	350m: 3:41.92	31.48		
	100m: 1:00.18	32.18	200m: 2:05.45	32.63	300m: 3:10.44	32.22	400m: 4:12.51	30.59		
19.	Gołacki Sergiusz			04	UKS 190 Łód				<b>4:13.17</b>	656
	50m: 29.01	29.01	150m: 1:32.19	31.53	250m: 2:36.71	32.43	350m: 3:41.67	32.13		
	100m: 1:00.66	31.65	200m: 2:04.28	32.09	300m: 3:09.54	32.83	400m: 4:13.17	31.50		
20.	Kowal Maciej			07	MKP Szczecin				<b>4:14.09</b>	649
	50m: 28.89	28.89	150m: 1:33.75	32.76	250m: 2:39.47	33.08	350m: 3:44.09	32.17		
	100m: 1:00.99	32.10	200m: 2:06.39	32.64	300m: 3:11.92	32.45	400m: 4:14.09	30.00		
21.	Pietro Przemysław			07	AZS UMCS Lublin				<b>4:14.27</b>	648
	50m: 29.43	29.43	150m: 1:33.81	32.76	250m: 2:40.25	33.93	350m: 3:44.74	32.32		
	100m: 1:01.05	31.62	200m: 2:06.32	32.51	300m: 3:12.42	32.17	400m: 4:14.27	29.53		
22.	Kowolik Alex			04	Unia O wi cim				<b>4:14.47</b>	646
	50m: 28.94	28.94	150m: 1:31.58	31.44	250m: 2:35.33	32.13	350m: 3:40.02	32.94		
	100m: 1:00.14	31.20	200m: 2:03.20	31.62	300m: 3:07.08	31.75	400m: 4:14.47	34.45		
23.	Kowalski Daniel			03	TP Zielona Góra				<b>4:14.68</b>	645
	50m: 27.94	27.94	150m: 1:32.54	32.57	250m: 2:37.59	32.18	350m: 3:42.80	32.63		
	100m: 59.97	32.03	200m: 2:05.41	32.87	300m: 3:10.17	32.58	400m: 4:14.68	31.88		
24.	Hlushchenko Zakhar			06	UKS 190 Łód				<b>4:15.64</b>	637
	50m: 28.02	28.02	150m: 1:31.24	31.83	250m: 2:37.41	32.98	350m: 3:43.95	33.53		
	100m: 59.41	31.39	200m: 2:04.43	33.19	300m: 3:10.42	33.01	400m: 4:15.64	31.69		
25.	Szczerba Adam			02	AZS UMCS Lublin				<b>4:15.65</b>	637
	50m: 28.92	28.92	150m: 1:33.74	32.58	250m: 2:38.18	31.84	350m: 3:43.23	32.71		
	100m: 1:01.16	32.24	200m: 2:06.34	32.60	300m: 3:10.52	32.34	400m: 4:15.65	32.42		
26.	Syldatk Wiktor			03	Skalar Słupsk				<b>4:16.15</b>	634
	50m: 29.13	29.13	150m: 1:33.04	32.26	250m: 2:38.67	33.02	350m: 3:44.12	32.75		
	100m: 1:00.78	31.65	200m: 2:05.65	32.61	300m: 3:11.37	32.70	400m: 4:16.15	32.03		
27.	Paszkowski Bła ej			06	AZS UMCS Lublin				<b>4:16.48</b>	631
	50m: 28.46	28.46	150m: 1:33.59	32.79	250m: 2:39.10	32.97	350m: 3:44.73	32.81		
	100m: 1:00.80	32.34	200m: 2:06.13	32.54	300m: 3:11.92	32.82	400m: 4:16.48	31.75		
28.	Wo ny Maksym			05	Juvenia Wrocław				<b>4:19.98</b>	606
	50m: 28.26	28.26	150m: 1:33.00	32.78	250m: 2:40.19	33.56	350m: 3:47.58	33.57		
	100m: 1:00.22	31.96	200m: 2:06.63	33.63	300m: 3:14.01	33.82	400m: 4:19.98	32.40		
29.	Szwedzki Jakub			00	Trójka Łód				<b>4:20.54</b>	602
	50m: 30.09	30.09	150m: 1:35.51	32.91	250m: 2:41.76	32.85	350m: 3:48.27	33.10		
	100m: 1:02.60	32.51	200m: 2:08.91	33.40	300m: 3:15.17	33.41	400m: 4:20.54	32.27		
30.	Olczak Kacper			04	UKS 190 Łód				<b>4:22.73</b>	587
	50m: 29.25	29.25	150m: 1:36.18	34.00	250m: 2:43.56	33.79	350m: 3:51.06	34.06		
	100m: 1:02.18	32.93	200m: 2:09.77	33.59	300m: 3:17.00	33.44	400m: 4:22.73	31.67		
31.	Hanf Szymon			03	Korona 1919 Kraków				<b>4:23.90</b>	579
	50m: 29.22	29.22	150m: 1:37.06	34.15	250m: 2:45.88	34.16	350m: 3:52.94	33.21		
	100m: 1:02.91	33.69	200m: 2:11.72	34.66	300m: 3:19.73	33.85	400m: 4:23.90	30.96		
32.	Pi tka Miłosz			07	MKP Szczecin				<b>4:23.96</b>	579
	50m: 30.31	30.31	150m: 1:36.82	33.41	250m: 2:43.99	33.60	350m: 3:51.39	33.55		
	100m: 1:03.41	33.10	200m: 2:10.39	33.57	300m: 3:17.84	33.85	400m: 4:23.96	32.57		
33.	Fronczak Antoni			06	G-8 Bielany Warszawa				<b>4:24.05</b>	578
	50m: 28.67	28.67	150m: 1:34.25	33.69	250m: 2:42.05	33.95	350m: 3:50.27	34.46		
	100m: 1:00.56	31.89	200m: 2:08.10	33.85	300m: 3:15.81	33.76	400m: 4:24.05	33.78		





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Pozycja					Rok ur.					Czas	Pkt.	
34.	Le niewski Wiktor				06	Polonia Warszawa				<b>4:25.11</b>	572	
	50m:	29.94	29.94	150m:	1:37.41	34.30	250m:	2:45.75	34.46	350m:	3:53.34	33.62
	100m:	1:03.11	33.17	200m:	2:11.29	33.88	300m:	3:19.72	33.97	400m:	4:25.11	31.77
35.	Cembala Karol				05	Unia O wi cim				<b>4:25.14</b>	571	
	50m:	29.91	29.91	150m:	1:38.30	34.35	250m:	2:45.32	33.16	350m:	3:52.49	33.19
	100m:	1:03.95	34.04	200m:	2:12.16	33.86	300m:	3:19.30	33.98	400m:	4:25.14	32.65
36.	Pera Marcin				06	Wodnik Siemianowice I.				<b>4:25.67</b>	568	
	50m:	29.01	29.01	150m:	1:36.37	33.95	250m:	2:44.73	34.34	350m:	3:54.06	34.69
	100m:	1:02.42	33.41	200m:	2:10.39	34.02	300m:	3:19.37	34.64	400m:	4:25.67	31.61
37.	Walkowski Bartosz				07	UKS 190 Łód				<b>4:26.01</b>	566	
	50m:	30.48	30.48	150m:	1:37.41	33.41	250m:	2:45.52	33.88	350m:	3:53.72	33.55
	100m:	1:04.00	33.52	200m:	2:11.64	34.23	300m:	3:20.17	34.65	400m:	4:26.01	32.29
38.	Skalski Konrad				04	Unia O wi cim				<b>4:26.31</b>	564	
	50m:	29.67	29.67	150m:	1:35.39	33.01	250m:	2:42.37	33.34	350m:	3:51.34	34.56
	100m:	1:02.38	32.71	200m:	2:09.03	33.64	300m:	3:16.78	34.41	400m:	4:26.31	34.97
39.	Oszczak Norbert				04	SMS Galicja Kraków				<b>4:27.40</b>	557	
	50m:	29.02	29.02	150m:	1:35.05	33.45	250m:	2:43.77	34.45	350m:	3:53.61	34.92
	100m:	1:01.60	32.58	200m:	2:09.32	34.27	300m:	3:18.69	34.92	400m:	4:27.40	33.79
40.	Bondar Nikita				07	Nika Swim Kyiv				<b>4:27.47</b>	557	
	50m:	30.19	30.19	150m:	1:37.97	34.22	250m:	2:46.35	34.40	350m:	3:54.71	34.14
	100m:	1:03.75	33.56	200m:	2:11.95	33.98	300m:	3:20.57	34.22	400m:	4:27.47	32.76
41.	Borski Mikołaj				06	Tri-Team Rumia				<b>4:28.08</b>	553	
	50m:	30.98	30.98	150m:	1:38.08	33.95	250m:	2:46.36	34.06	350m:	3:54.98	34.22
	100m:	1:04.13	33.15	200m:	2:12.30	34.22	300m:	3:20.76	34.40	400m:	4:28.08	33.10
42.	Kurek Bartosz				06	UKS 190 Łód				<b>4:28.64</b>	549	
	50m:	30.67	30.67	150m:	1:39.11	34.38	250m:	2:48.33	34.42	350m:	3:56.46	33.32
	100m:	1:04.73	34.06	200m:	2:13.91	34.80	300m:	3:23.14	34.81	400m:	4:28.64	32.18
43.	Walkowski Maciej				07	UKS 190 Łód				<b>4:28.78</b>	548	
	50m:	30.13	30.13	150m:	1:38.89	34.73	250m:	2:48.23	34.67	350m:	3:57.00	34.15
	100m:	1:04.16	34.03	200m:	2:13.56	34.67	300m:	3:22.85	34.62	400m:	4:28.78	31.78
44.	Kosmała Olivier				08	Salmo ory				<b>4:31.37</b>	533	
	50m:	30.36	30.36	150m:	1:38.84	34.87	250m:	2:50.17	35.54	350m:	4:00.09	34.52
	100m:	1:03.97	33.61	200m:	2:14.63	35.79	300m:	3:25.57	35.40	400m:	4:31.37	31.28
45.	Chabowski Nathaniel				06	abianka Gda sk				<b>4:31.39</b>	533	
	50m:	31.10	31.10	150m:	1:39.35	34.11	250m:	2:48.84	34.74	350m:	3:58.11	34.36
	100m:	1:05.24	34.14	200m:	2:14.10	34.75	300m:	3:23.75	34.91	400m:	4:31.39	33.28

