



Arena Grand Prix Puchar Polski
O wiecim, 25 - 26/3/2023



Konkurencja 11
25/3/2023 - 18:34

M czyzn, 400m zmienny

14 lat i starsi
Wyniki

Minimum kwalifikacyjne M Fukuoka 2023 Open: 4:17.48 / Minimum kwalifikacyjne ME Dublin 2023 19 - 23: 4:22.63 /
Minimum kwalifikacyjne Uniwersjada Chengdu 18 - 27: 4:22.63

Punkty: FINA 2023

Pozycja			Rok ur.						Czas	Pkt.	
1.	Chmielewski Krzysztof		04	Muszelka Warszawa				4:23.93	788		
	50m:	26.95 26.95	150m:	1:31.15	34.28	250m:	2:43.44	39.50	350m:	3:54.48	31.04
	100m:	56.87 29.92	200m:	2:03.94	32.79	300m:	3:23.44	40.00	400m:	4:23.93	29.45
2.	Piela Michał		04	Unia O wi cim				4:25.16	777		
	50m:	28.21 28.21	150m:	1:36.68	35.84	250m:	2:48.58	37.38	350m:	3:56.15	30.05
	100m:	1:00.84 32.63	200m:	2:11.20	34.52	300m:	3:26.10	37.52	400m:	4:25.16	29.01
3.	Konarski Maciej		04	GIM 92 Ursynów Warszawa				4:33.53	708		
	50m:	28.54 28.54	150m:	1:38.59	37.08	250m:	2:53.08	38.04	350m:	4:04.38	33.11
	100m:	1:01.51 32.97	200m:	2:15.04	36.45	300m:	3:31.27	38.19	400m:	4:33.53	29.15
4.	Popiel Mikołaj		06	AZS UMCS Lublin				4:34.58	700		
	50m:	28.47 28.47	150m:	1:37.17	35.76	250m:	2:51.84	39.72	350m:	4:04.40	32.75
	100m:	1:01.41 32.94	200m:	2:12.12	34.95	300m:	3:31.65	39.81	400m:	4:34.58	30.18
5.	Kuczak Adam		00	AZS AWF Katowice				4:36.44	686		
	50m:	28.38 28.38	150m:	1:37.38	35.66	250m:	2:51.24	38.76	350m:	4:04.51	33.01
	100m:	1:01.72 33.34	200m:	2:12.48	35.10	300m:	3:31.50	40.26	400m:	4:36.44	31.93
6.	Nowacki Bła ej		05	AZS UMCS Lublin				4:37.51	678		
	50m:	28.93 28.93	150m:	1:39.28	37.16	250m:	2:54.56	38.63	350m:	4:06.38	31.65
	100m:	1:02.12 33.19	200m:	2:15.93	36.65	300m:	3:34.73	40.17	400m:	4:37.51	31.13
7.	Lary Jerzy		06	Muszelka Warszawa				4:37.74	676		
	50m:	29.27 29.27	150m:	1:38.80	36.85	250m:	2:54.25	40.41	350m:	4:07.33	32.20
	100m:	1:01.95 32.68	200m:	2:13.84	35.04	300m:	3:35.13	40.88	400m:	4:37.74	30.41
8.	Skolasi ski Jakub		05	AZS UMCS Lublin				4:38.40	671		
	50m:	28.63 28.63	150m:	1:38.84	36.57	250m:	2:54.40	39.81	350m:	4:07.56	32.56
	100m:	1:02.27 33.64	200m:	2:14.59	35.75	300m:	3:35.00	40.60	400m:	4:38.40	30.84
9.	Kry Radosław		07	Tri-Team Rumia				4:39.51	663		
	50m:	29.30 29.30	150m:	1:39.71	37.06	250m:	2:55.11	39.85	350m:	4:08.19	32.65
	100m:	1:02.65 33.35	200m:	2:15.26	35.55	300m:	3:35.54	40.43	400m:	4:39.51	31.32
10.	Mróz Adam		03	AZS UMCS Lublin				4:40.59	656		
	50m:	28.47 28.47	150m:	1:38.93	37.35	250m:	2:54.24	38.70	350m:	4:06.95	33.33
	100m:	1:01.58 33.11	200m:	2:15.54	36.61	300m:	3:33.62	39.38	400m:	4:40.59	33.64
11.	Pogoda Krzysztof		05	Jedynka Łód				4:43.33	637		
	50m:	29.30 29.30	150m:	1:39.74	36.72	250m:	2:55.63	40.01	350m:	4:10.56	34.14
	100m:	1:03.02 33.72	200m:	2:15.62	35.88	300m:	3:36.42	40.79	400m:	4:43.33	32.77
12.	widerski Miłosz		08	Jedynka Łód				4:43.58	635		
	50m:	29.91 29.91	150m:	1:40.55	36.63	250m:	2:58.00	41.22	350m:	4:12.37	31.77
	100m:	1:03.92 34.01	200m:	2:16.78	36.23	300m:	3:40.60	42.60	400m:	4:43.58	31.21
13.	Porwik Kacper		06	Unia O wi cim				4:44.40	630		
	50m:	30.25 30.25	150m:	1:42.80	37.39	250m:	2:59.50	40.15	350m:	4:12.60	33.36
	100m:	1:05.41 35.16	200m:	2:19.35	36.55	300m:	3:39.24	39.74	400m:	4:44.40	31.80
14.	Major Erik		07	Park Wodny Tarn. Góry				4:44.89	627		
	50m:	29.28 29.28	150m:	1:41.92	38.43	250m:	2:58.07	38.96	350m:	4:12.46	33.26
	100m:	1:03.49 34.21	200m:	2:19.11	37.19	300m:	3:39.20	41.13	400m:	4:44.89	32.43
15.	Razinkov Artem		07	Unia O wi cim				4:47.54	609		
	50m:	30.19 30.19	150m:	1:44.08	38.61	250m:	3:00.89	39.15	350m:	4:15.11	33.90
	100m:	1:05.47 35.28	200m:	2:21.74	37.66	300m:	3:41.21	40.32	400m:	4:47.54	32.43





Arena Grand Prix Puchar Polski
O wiecim, 25 - 26/3/2023



Konkurencja 11, M czynn, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.				Czas	Pkt.
16.	Wi niewski Wiktor	07	Unia O wi cim	4:49.40	598			
	50m: 30.31 30.31	150m: 1:44.56 39.38	250m: 3:03.57 40.01	350m: 4:16.80 33.51				
	100m: 1:05.18 34.87	200m: 2:23.56 39.00	300m: 3:43.29 39.72	400m: 4:49.40 32.60				
17.	Boruszewski Filip	07	UKS SP-149 Łód	4:49.79	595			
	50m: 29.19 29.19	150m: 1:44.63 39.85	250m: 3:01.43 39.36	350m: 4:17.78 34.88				
	100m: 1:04.78 35.59	200m: 2:22.07 37.44	300m: 3:42.90 41.47	400m: 4:49.79 32.01				
18.	Jarczewski Franciszek	05	UKS 190 Łód	4:49.87	595			
	50m: 30.54 30.54	150m: 1:43.12 38.00	250m: 3:01.73 41.52	350m: 4:17.25 33.62				
	100m: 1:05.12 34.58	200m: 2:20.21 37.09	300m: 3:43.63 41.90	400m: 4:49.87 32.62				
19.	Sroka Bła ej	05	abianka Gda sk	4:50.79	589			
	50m: 29.52 29.52	150m: 1:42.47 36.71	250m: 2:59.66 41.05	350m: 4:16.51 34.58				
	100m: 1:05.76 36.24	200m: 2:18.61 36.14	300m: 3:41.93 42.27	400m: 4:50.79 34.28				
20.	Ołownia Ignacy	07	Delfin Gdynia	4:53.19	575			
	50m: 29.97 29.97	150m: 1:42.09 37.66	250m: 3:00.61 42.59	350m: 4:20.25 35.69				
	100m: 1:04.43 34.46	200m: 2:18.02 35.93	300m: 3:44.56 43.95	400m: 4:53.19 32.94				
21.	Kobus Tymoteusz	05	abianka Gda sk	4:54.37	568			
	50m: 28.24 28.24	150m: 1:43.65 42.82	250m: 3:04.98 41.05	350m: 4:21.17 34.61				
	100m: 1:00.83 32.59	200m: 2:23.93 40.28	300m: 3:46.56 41.58	400m: 4:54.37 33.20				
22.	Wiraszka Piotr	09	GIM 92 Ursynów Warszawa	4:54.38	568			
	50m: 32.80 32.80	150m: 1:49.72 39.28	250m: 3:07.59 39.43	350m: 4:22.43 33.36				
	100m: 1:10.44 37.64	200m: 2:28.16 38.44	300m: 3:49.07 41.48	400m: 4:54.38 31.95				
23.	Wdowiak Dominik	07	CSiR MOS D browa Grn.	4:54.82	565			
	50m: 29.92 29.92	150m: 1:41.65 37.95	250m: 3:00.91 42.19	350m: 4:19.73 36.47				
	100m: 1:03.70 33.78	200m: 2:18.72 37.07	300m: 3:43.26 42.35	400m: 4:54.82 35.09				
24.	Pinczak Mateusz	08	CSiR MOS D browa Grn.	4:59.84	537			
	50m: 30.14 30.14	150m: 1:45.27 39.68	250m: 3:06.95 42.71	350m: 4:26.73 36.34				
	100m: 1:05.59 35.45	200m: 2:24.24 38.97	300m: 3:50.39 43.44	400m: 4:59.84 33.11				
25.	Wykr t Marcin	04	Sikret Gliwice	5:00.07	536			
	50m: 30.77 30.77	150m: 1:46.21 39.60	250m: 3:07.08 42.45	350m: 4:25.50 35.68				
	100m: 1:06.61 35.84	200m: 2:24.63 38.42	300m: 3:49.82 42.74	400m: 5:00.07 34.57				
26.	Arent Artur	05	Jedynka Łód	5:02.46	523			
	50m: 31.71 31.71	150m: 1:48.66 39.40	250m: 3:11.24 43.46	350m: 4:28.89 34.00				
	100m: 1:09.26 37.55	200m: 2:27.78 39.12	300m: 3:54.89 43.65	400m: 5:02.46 33.57				
27.	Piechowski Jakub	05	Junior Kluczbork	5:03.01	521			
	50m: 29.50 29.50	150m: 1:46.29 41.55	250m: 3:10.38 43.67	350m: 4:29.24 34.87				
	100m: 1:04.74 35.24	200m: 2:26.71 40.42	300m: 3:54.37 43.99	400m: 5:03.01 33.77				
28.	Rachwał Patryk	08	SMS Galicja Kraków	5:04.97	511			
	50m: 30.00 30.00	150m: 1:47.25 40.49	250m: 3:09.89 44.77	350m: 4:31.53 35.58				
	100m: 1:06.76 36.76	200m: 2:25.12 37.87	300m: 3:55.95 46.06	400m: 5:04.97 33.44				
29.	Pawlak Dawid	08	UKS 190 Łód	5:05.02	510			
	50m: 32.31 32.31	150m: 1:52.23 42.31	250m: 3:15.09 42.11	350m: 4:32.03 34.27				
	100m: 1:09.92 37.61	200m: 2:32.98 40.75	300m: 3:57.76 42.67	400m: 5:05.02 32.99				
30.	Twaróg Mateusz	08	Kro nicka Przysta	5:06.46	503			
	50m: 29.49 29.49	150m: 1:46.64 41.96	250m: 3:13.23 45.86	350m: 4:33.48 34.42				
	100m: 1:04.68 35.19	200m: 2:27.37 40.73	300m: 3:59.06 45.83	400m: 5:06.46 32.98				
31.	Wójcik Szczepan	06	Fregata Kolbuszowa	5:06.88	501			
	50m: 31.46 31.46	150m: 1:50.37 40.71	250m: 3:14.24 44.31	350m: 4:34.20 35.31				
	100m: 1:09.66 38.20	200m: 2:29.93 39.56	300m: 3:58.89 44.65	400m: 5:06.88 32.68				
32.	Str k Krystian	08	Unia O wi cim	5:07.51	498			
	50m: 30.70 30.70	150m: 1:46.06 38.89	250m: 3:10.81 46.11	350m: 4:33.77 35.25				
	100m: 1:07.17 36.47	200m: 2:24.70 38.64	300m: 3:58.52 47.71	400m: 5:07.51 33.74				

Obsługa zawodów: SMS SwimArt My lenice

www.swimart.pl

e-mail: zawody@swimart.pl



Ministerstwo
Sportu i Turystyki



Registered to SMS SwimArt My lenice

25/3/2023 19:14 - Strona 2





Arena Grand Prix Puchar Polski
O wiecim, 25 - 26/3/2023



Konkurencja 11, M czyn, 400m zmienny, 14 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.		
33.	Krawczyk Jakub			08	Warszawianka-	Wodny Park			5:08.90	491		
	50m:	30.03	30.03	150m:	1:47.32	40.86	250m:	3:12.37	45.39	350m:	4:35.37	34.81
	100m:	1:06.46	36.43	200m:	2:26.98	39.66	300m:	4:00.56	48.19	400m:	5:08.90	33.53
34.	Górski Antoni			08	Korona-Swim	Kielce			5:09.13	490		
	50m:	29.94	29.94	150m:	1:48.28	43.34	250m:	3:13.19	43.57	350m:	4:33.78	35.47
	100m:	1:04.94	35.00	200m:	2:29.62	41.34	300m:	3:58.31	45.12	400m:	5:09.13	35.35
35.	Pawłowski Kornel			08	Juvenia	Wrocław			5:09.14	490		
	50m:	30.97	30.97	150m:	1:49.65	41.05	250m:	3:15.46	44.14	350m:	4:35.93	34.59
	100m:	1:08.60	37.63	200m:	2:31.32	41.67	300m:	4:01.34	45.88	400m:	5:09.14	33.21
36.	wistak Miłosz			06	Feniks D	bica			5:09.38	489		
	50m:	32.00	32.00	150m:	1:51.57	42.96	250m:	3:17.61	44.96	350m:	4:35.82	33.71
	100m:	1:08.61	36.61	200m:	2:32.65	41.08	300m:	4:02.11	44.50	400m:	5:09.38	33.56
37.	Bory Wojciech			09	Górnik	Sosnowiec			5:12.52	474		
	50m:	32.27	32.27	150m:	1:51.94	41.77	250m:	3:15.88	43.72	350m:	4:37.34	36.93
	100m:	1:10.17	37.90	200m:	2:32.16	40.22	300m:	4:00.41	44.53	400m:	5:12.52	35.18
38.	Trudnos Ignacy			08	UKS 190	Łódź			5:13.14	472		
	50m:	32.99	32.99	150m:	1:53.73	41.91	250m:	3:17.82	43.47	350m:	4:39.20	37.48
	100m:	1:11.82	38.83	200m:	2:34.35	40.62	300m:	4:01.72	43.90	400m:	5:13.14	33.94
39.	Gało ski Tomasz			07	Solne Miasto	Wieliczka			5:15.02	463		
	50m:	31.27	31.27	150m:	1:51.91	44.13	250m:	3:17.79	44.56	350m:	4:39.27	37.19
	100m:	1:07.78	36.51	200m:	2:33.23	41.32	300m:	4:02.08	44.29	400m:	5:15.02	35.75
40.	J dryka Nikodem			04	Trójka	Łódź			5:15.57	461		
	50m:	29.27	29.27	150m:	1:48.09	44.14	250m:	3:16.56	45.66	350m:	4:39.87	36.43
	100m:	1:03.95	34.68	200m:	2:30.90	42.81	300m:	4:03.44	46.88	400m:	5:15.57	35.70
41.	Rozumek Jan			09	Solne Miasto	Wieliczka			5:18.55	448		
	50m:	32.67	32.67	150m:	1:51.90	40.47	250m:	3:18.04	48.24	350m:	4:44.75	38.09
	100m:	1:11.43	38.76	200m:	2:29.80	37.90	300m:	4:06.66	48.62	400m:	5:18.55	33.80
42.	Konopka Maksymilian			09	Korona-Swim	Kielce			5:20.12	441		
	50m:	31.21	31.21	150m:	1:52.12	44.09	250m:	3:20.64	46.74	350m:	4:44.09	36.50
	100m:	1:08.03	36.82	200m:	2:33.90	41.78	300m:	4:07.59	46.95	400m:	5:20.12	36.03
43.	Maryjowski Marcin			09	Kro nicka	Przysta			5:21.62	435		
	50m:	31.35	31.35	150m:	1:54.21	43.63	250m:	3:22.60	48.16	350m:	4:46.95	38.20
	100m:	1:10.58	39.23	200m:	2:34.44	40.23	300m:	4:08.75	46.15	400m:	5:21.62	34.67
44.	Jurkowski Igor			08	Ósemka O	wi cim			5:22.04	434		
	50m:	32.94	32.94	150m:	1:54.60	40.91	250m:	3:23.17	48.54	350m:	4:50.16	38.11
	100m:	1:13.69	40.75	200m:	2:34.63	40.03	300m:	4:12.05	48.88	400m:	5:22.04	31.88
45.	Porada Jan			08	UKS SP-149	Łódź			5:22.19	433		
	50m:	33.72	33.72	150m:	1:57.08	44.63	250m:	3:24.15	44.04	350m:	4:47.03	37.92
	100m:	1:12.45	38.73	200m:	2:40.11	43.03	300m:	4:09.11	44.96	400m:	5:22.19	35.16
46.	Drelich Mateusz			09	UKS 190	Łódź			5:22.50	432		
	50m:	33.80	33.80	150m:	1:56.04	42.93	250m:	3:23.41	45.72	350m:	4:46.85	37.73
	100m:	1:13.11	39.31	200m:	2:37.69	41.65	300m:	4:09.12	45.71	400m:	5:22.50	35.65
47.	Przystał Antonio			07	Solne Miasto	Wieliczka			5:23.12	429		
	50m:	32.05	32.05	150m:	1:53.73	42.92	250m:	3:20.78	45.01	350m:	4:46.44	39.53
	100m:	1:10.81	38.76	200m:	2:35.77	42.04	300m:	4:06.91	46.13	400m:	5:23.12	36.68
48.	Balcerowicz Ryszard			08	abianka	Gda sk			5:23.40	428		
	50m:	32.71	32.71	150m:	1:54.68	43.07	250m:	3:21.92	47.06	350m:	4:47.79	39.11
	100m:	1:11.61	38.90	200m:	2:34.86	40.18	300m:	4:08.68	46.76	400m:	5:23.40	35.61
49.	Skolik Jeremi			09	Park Wodny	Tarn. Góry			5:25.85	419		
	50m:	33.13	33.13	150m:	1:55.14	44.05	250m:	3:25.43	48.00	350m:	4:50.75	37.32
	100m:	1:11.09	37.96	200m:	2:37.43	42.29	300m:	4:13.43	48.00	400m:	5:25.85	35.10

Obsługa zawodów: SMS SwimArt My lenice

www.swimart.pl

e-mail: zawody@swimart.pl



Ministerstwo
Sportu i Turystyki



Registered to SMS SwimArt My lenice

25/3/2023 19:14 - Strona 3





Arena Grand Prix Puchar Polski
O wiecim, 25 - 26/3/2023



Konkurencja 11, M czynn, 400m zmienny, 14 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.
50.	Kowolik Igor			08	Park Wodny Tarn. Góry				5:27.28	413
	50m: 33.52	33.52	150m: 1:55.71	41.07	250m: 3:23.92	47.91	350m: 4:49.96	38.52		
	100m: 1:14.64	41.12	200m: 2:36.01	40.30	300m: 4:11.44	47.52	400m: 5:27.28	37.32		
51.	Wojtal Wiktor			09	Manta Kochłowice Ruda I.				5:29.43	405
	50m: 32.19	32.19	150m: 1:52.80	42.31	250m: 3:25.69	50.96	350m: 4:53.33	36.75		
	100m: 1:10.49	38.30	200m: 2:34.73	41.93	300m: 4:16.58	50.89	400m: 5:29.43	36.10		
52.	Piechaczek Paweł			09	Manta Kochłowice Ruda I.				5:32.21	395
	50m: 35.96	35.96	150m: 2:05.19	43.09	250m: 3:31.86	44.42	350m: 4:55.96	37.51		
	100m: 1:22.10	46.14	200m: 2:47.44	42.25	300m: 4:18.45	46.59	400m: 5:32.21	36.25		
53.	Macha Bartłomiej			09	Manta Kochłowice Ruda I.				5:33.84	389
	50m: 35.87	35.87	150m: 2:06.44	44.75	250m: 3:34.71	45.93	350m: 4:57.06	38.11		
	100m: 1:21.69	45.82	200m: 2:48.78	42.34	300m: 4:18.95	44.24	400m: 5:33.84	36.78		
54.	Kadula Kacper			09	Nika Sport Team Kraków				5:41.44	364
	50m: 35.06	35.06	150m: 2:07.43	48.71	250m: 3:36.93	43.33	350m: 5:05.06	42.80		
	100m: 1:18.72	43.66	200m: 2:53.60	46.17	300m: 4:22.26	45.33	400m: 5:41.44	36.38		
55.	Ciołek Dawid			09	UKS 48 Warszawa ródmi cie				5:44.36	355
	50m: 36.63	36.63	150m: 2:06.88	43.86	250m: 3:40.91	50.95	350m: 5:08.27	36.78		
	100m: 1:23.02	46.39	200m: 2:49.96	43.08	300m: 4:31.49	50.58	400m: 5:44.36	36.09		
DYSKW.	Tomaszewski Piotr			05	AZS UMCS Lublin				4:49.36	
	<i>K12 - Pływak wykonał ruchy nóg nie w tej samej poziomej płaszczy nie. (Czas: 16:34)</i>									
	50m: 28.11	28.11	150m: 1:41.13	38.10	250m: 3:00.29	42.10	350m: 4:17.32	33.62		
	100m: 1:03.03	34.92	200m: 2:18.19	37.06	300m: 3:43.70	43.41	400m: 4:49.36	32.04		
DYSKW.	G barowski Olaf			08	Ósemka O wi cim				5:36.42	
	<i>G8 - Pływak uko czył wy cig w poło eniu na piersiach. (Czas: 19:09)</i>									
	50m: 33.73	33.73	150m: 1:59.79	45.02	250m: 3:31.76	48.95	350m: 4:59.62	38.38		
	100m: 1:14.77	41.04	200m: 2:42.81	43.02	300m: 4:21.24	49.48	400m: 5:36.42	36.80		

