



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



Konkurencja 32  
26/3/2023 - 15:04

M czyzn, 400m dowolny

14 lat i starsi  
Wyniki

Minimum kwalifikacyjne M Fukuoka 2023 Open: 3:48.15 / Minimum kwalifikacyjne ME Dublin 2023 19 - 23: 3:52.71 /  
Minimum kwalifikacyjne Uniwersjada Chengdu 18 - 27: 3:52.71

Punkty: FINA 2023

wyniki tymczasowe

Pozycja	Rok ur.	Czas	Pkt.
Chmielewski Krzysztof	04 Muszelka Warszawa	<b>3:55.20</b>	819
50m: 27.05 27.05	150m: 1:25.98 29.66	250m: 2:25.42 29.75	350m: 3:25.96 30.51
100m: 56.32 29.27	200m: 1:55.67 29.69	300m: 2:55.45 30.03	400m: 3:55.20 29.24
Chmielewski Michał	04 Muszelka Warszawa	<b>4:01.37</b>	757
50m: 28.07 28.07	150m: 1:28.60 30.64	250m: 2:29.73 30.64	350m: 3:31.53 31.14
100m: 57.96 29.89	200m: 1:59.09 30.49	300m: 3:00.39 30.66	400m: 4:01.37 29.84
Radkiewicz Kajetan	05 KSZO Ostrowiec w.	<b>4:02.75</b>	745
50m: 28.00 28.00	150m: 1:30.31 31.56	250m: 2:32.20 30.66	350m: 3:33.69 30.46
100m: 58.75 30.75	200m: 2:01.54 31.23	300m: 3:03.23 31.03	400m: 4:02.75 29.06
Koziejko Bartłomiej	00 AZS AWF Warszawa	<b>4:03.04</b>	742
50m: 28.07 28.07	150m: 1:29.05 30.77	250m: 2:31.42 31.08	350m: 3:34.12 31.22
100m: 58.28 30.21	200m: 2:00.34 31.29	300m: 3:02.90 31.48	400m: 4:03.04 28.92
Lary Jerzy	06 Muszelka Warszawa	<b>4:06.53</b>	711
50m: 28.75 28.75	150m: 1:30.42 31.11	250m: 2:33.18 31.32	350m: 3:35.84 31.17
100m: 59.31 30.56	200m: 2:01.86 31.44	300m: 3:04.67 31.49	400m: 4:06.53 30.69
Zaremba Adam	05 I sk Wrocław	<b>4:07.42</b>	703
50m: 27.31 27.31	150m: 1:28.60 31.32	250m: 2:32.00 31.40	350m: 3:36.30 32.03
100m: 57.28 29.97	200m: 2:00.60 32.00	300m: 3:04.27 32.27	400m: 4:07.42 31.12
Paszkowski Błażej	06 AZS UMCS Lublin	<b>4:09.52</b>	686
50m: 27.72 27.72	150m: 1:29.37 31.18	250m: 2:32.62 31.77	350m: 3:37.50 32.56
100m: 58.19 30.47	200m: 2:00.85 31.48	300m: 3:04.94 32.32	400m: 4:09.52 32.02
Jówiak Tymoteusz	08 St. Greens Słupno	<b>4:11.08</b>	673
50m: 28.55 28.55	150m: 1:32.44 32.02	250m: 2:35.89 31.42	350m: 3:40.28 31.65
100m: 1:00.42 31.87	200m: 2:04.47 32.03	300m: 3:08.63 32.74	400m: 4:11.08 30.80
Rynkiewicz Jakub	05 AZS UMCS Lublin	<b>4:11.91</b>	666
50m: 28.49 28.49	150m: 1:31.09 31.54	250m: 2:35.38 32.16	350m: 3:40.90 32.83
100m: 59.55 31.06	200m: 2:03.22 32.13	300m: 3:08.07 32.69	400m: 4:11.91 31.01
Cisowski Hubert	08 CSiR MOS D browa Grn.	<b>4:12.32</b>	663
50m: 28.81 28.81	150m: 1:33.91 32.65	250m: 2:37.93 31.50	350m: 3:41.25 31.54
100m: 1:01.26 32.45	200m: 2:06.43 32.52	300m: 3:09.71 31.78	400m: 4:12.32 31.07
Filipiak Mikołaj	06 Barrakuda Gdańsk	<b>4:13.20</b>	656
50m: 28.02 28.02	150m: 1:30.34 31.50	250m: 2:35.46 32.84	350m: 3:41.67 33.17
100m: 58.84 30.82	200m: 2:02.62 32.28	300m: 3:08.50 33.04	400m: 4:13.20 31.53
Grzegorzczak Wiktor	02 AZS AWF Warszawa	<b>4:13.23</b>	656
50m: 29.13 29.13	150m: 1:33.74 32.63	250m: 2:39.65 32.82	350m: 3:43.79 32.11
100m: 1:01.11 31.98	200m: 2:06.83 33.09	300m: 3:11.68 32.03	400m: 4:13.23 29.44
Kuczak Adam	00 AZS AWF Katowice	<b>4:13.26</b>	656
50m: 29.30 29.30	150m: 1:34.38 32.78	250m: 2:39.83 32.69	350m: 3:43.02 30.47
100m: 1:01.60 32.30	200m: 2:07.14 32.76	300m: 3:12.55 32.72	400m: 4:13.26 30.24
Belzyt Maksymilian	05 abianka Gdańsk	<b>4:13.31</b>	655
50m: 30.06 30.06	150m: 1:35.86 32.87	250m: 2:40.77 32.04	350m: 3:43.52 30.15
100m: 1:02.99 32.93	200m: 2:08.73 32.87	300m: 3:13.37 32.60	400m: 4:13.31 29.79
Gołacki Sergiusz	04 UKS 190 Łódź	<b>4:14.48</b>	646
50m: 29.29 29.29	150m: 1:33.77 32.26	250m: 2:38.17 32.10	350m: 3:42.80 32.08
100m: 1:01.51 32.22	200m: 2:06.07 32.30	300m: 3:10.72 32.55	400m: 4:14.48 31.68

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O wiecim, 25 - 26/3/2023



Konkurencja 32, M czyzn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.		
Major Erik			07	Park Wodny Tarn. Góry				<b>4:15.60</b>	638		
50m:	29.25	29.25	150m:	1:34.27	32.68	250m:	2:38.99	31.95	350m:	3:43.97	32.38
100m:	1:01.59	32.34	200m:	2:07.04	32.77	300m:	3:11.59	32.60	400m:	4:15.60	31.63
Go ci ski Jakub			05	SMS Galicja Kraków				<b>4:16.40</b>	632		
50m:	29.35	29.35	150m:	1:34.70	33.16	250m:	2:40.76	32.90	350m:	3:45.34	31.08
100m:	1:01.54	32.19	200m:	2:07.86	33.16	300m:	3:14.26	33.50	400m:	4:16.40	31.06
Bie kowski Mateusz			08	abianka Gda sk				<b>4:18.05</b>	620		
50m:	29.15	29.15	150m:	1:34.76	32.90	250m:	2:40.73	33.05	350m:	3:46.53	32.63
100m:	1:01.86	32.71	200m:	2:07.68	32.92	300m:	3:13.90	33.17	400m:	4:18.05	31.52
Jarczewski Franciszek			05	UKS 190 Łód				<b>4:19.10</b>	612		
50m:	30.10	30.10	150m:	1:35.99	32.96	250m:	2:41.35	32.70	350m:	3:47.59	33.15
100m:	1:03.03	32.93	200m:	2:08.65	32.66	300m:	3:14.44	33.09	400m:	4:19.10	31.51
Bondar Mykyta			07	Unia O wi cim				<b>4:19.64</b>	608		
50m:	28.16	28.16	150m:	1:32.36	32.56	250m:	2:39.33	33.71	350m:	3:47.00	33.84
100m:	59.80	31.64	200m:	2:05.62	33.26	300m:	3:13.16	33.83	400m:	4:19.64	32.64
Yevdokymov Dmytro			06	Warszawianka- Wodny Park				<b>4:20.03</b>	606		
50m:	28.95	28.95	150m:	1:33.86	33.18	250m:	2:41.12	34.01	350m:	3:48.53	33.71
100m:	1:00.68	31.73	200m:	2:07.11	33.25	300m:	3:14.82	33.70	400m:	4:20.03	31.50
Razinkov Artem			07	Unia O wi cim				<b>4:20.15</b>	605		
50m:	28.93	28.93	150m:	1:34.16	32.77	250m:	2:41.06	33.47	350m:	3:47.60	32.68
100m:	1:01.39	32.46	200m:	2:07.59	33.43	300m:	3:14.92	33.86	400m:	4:20.15	32.55
Mról Adam			03	AZS UMCS Lublin				<b>4:21.18</b>	598		
50m:	28.64	28.64	150m:	1:33.75	33.18	250m:	2:40.74	33.75	350m:	3:47.82	33.53
100m:	1:00.57	31.93	200m:	2:06.99	33.24	300m:	3:14.29	33.55	400m:	4:21.18	33.36
Ciechomski Rafał			06	Astoria Bydgoszcz				<b>4:21.73</b>	594		
50m:	29.19	29.19	150m:	1:34.61	33.18	250m:	2:41.53	33.58	350m:	3:48.67	33.63
100m:	1:01.43	32.24	200m:	2:07.95	33.34	300m:	3:15.04	33.51	400m:	4:21.73	33.06
Sienkiewicz Ignacy			05	IKS Konstancin				<b>4:21.82</b>	593		
50m:	28.61	28.61	150m:	1:34.06	33.04	250m:	2:40.56	33.43	350m:	3:48.56	34.17
100m:	1:01.02	32.41	200m:	2:07.13	33.07	300m:	3:14.39	33.83	400m:	4:21.82	33.26
Kanczkowski Szymon			07	Tri-Team Rumia				<b>4:22.43</b>	589		
50m:	30.58	30.58	150m:	1:37.05	33.59	250m:	2:44.60	33.70	350m:	3:51.32	33.15
100m:	1:03.46	32.88	200m:	2:10.90	33.85	300m:	3:18.17	33.57	400m:	4:22.43	31.11
Jarek Oskar			06	Unia O wi cim				<b>4:22.87</b>	586		
50m:	29.70	29.70	150m:	1:35.88	33.45	250m:	2:42.48	33.24	350m:	3:49.91	33.82
100m:	1:02.43	32.73	200m:	2:09.24	33.36	300m:	3:16.09	33.61	400m:	4:22.87	32.96
Kraska Mateusz			07	SMS Galicja Kraków				<b>4:23.61</b>	581		
50m:	29.78	29.78	150m:	1:36.87	33.82	250m:	2:44.21	33.45	350m:	3:51.38	33.46
100m:	1:03.05	33.27	200m:	2:10.76	33.89	300m:	3:17.92	33.71	400m:	4:23.61	32.23
Cembala Karol			05	Unia O wi cim				<b>4:23.66</b>	581		
50m:	29.09	29.09	150m:	1:35.74	33.60	250m:	2:43.10	33.38	350m:	3:50.74	33.47
100m:	1:02.14	33.05	200m:	2:09.72	33.98	300m:	3:17.27	34.17	400m:	4:23.66	32.92
Pi tkiewicz Piotr			07	Trójka Łód				<b>4:24.38</b>	576		
50m:	29.10	29.10	150m:	1:35.34	33.44	250m:	2:42.83	34.07	350m:	3:51.13	34.15
100m:	1:01.90	32.80	200m:	2:08.76	33.42	300m:	3:16.98	34.15	400m:	4:24.38	33.25
cigała Remigiusz			07	Juvenia Wrocław				<b>4:24.92</b>	573		
50m:	28.07	28.07	150m:	1:34.99	34.10	250m:	2:44.91	35.09	350m:	3:53.43	33.22
100m:	1:00.89	32.82	200m:	2:09.82	34.83	300m:	3:20.21	35.30	400m:	4:24.92	31.49
Krawczyk Jakub			08	Warszawianka- Wodny Park				<b>4:25.71</b>	568		
50m:	29.64	29.64	150m:	1:36.24	33.37	250m:	2:44.18	33.72	350m:	3:53.64	34.69
100m:	1:02.87	33.23	200m:	2:10.46	34.22	300m:	3:18.95	34.77	400m:	4:25.71	32.07

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Konkurencja 32, M czyn, 400m dowolny, 14 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.	
Arent Artur				05	Jedynka Łód				<b>4:25.89</b>	566	
50m:	29.14	29.14	150m:	1:35.27	33.67	250m:	2:43.58	34.32	350m:	3:52.39	34.36
100m:	1:01.60	32.46	200m:	2:09.26	33.99	300m:	3:18.03	34.45	400m:	4:25.89	33.50
Gwiazdowski Krzysztof				08	MKS Piaseczno				<b>4:26.37</b>	563	
50m:	29.87	29.87	150m:	1:36.46	33.56	250m:	2:44.67	34.17	350m:	3:53.74	34.67
100m:	1:02.90	33.03	200m:	2:10.50	34.04	300m:	3:19.07	34.40	400m:	4:26.37	32.63
Wiraszka Piotr				09	GIM 92 Ursynów Warszawa				<b>4:26.53</b>	562	
50m:	30.72	30.72	150m:	1:39.52	34.84	250m:	2:48.24	34.11	350m:	3:54.64	32.78
100m:	1:04.68	33.96	200m:	2:14.13	34.61	300m:	3:21.86	33.62	400m:	4:26.53	31.89
Rachwał Patryk				08	SMS Galicja Kraków				<b>4:26.65</b>	562	
50m:	30.25	30.25	150m:	1:37.95	34.28	250m:	2:46.49	33.64	350m:	3:54.41	33.23
100m:	1:03.67	33.42	200m:	2:12.85	34.90	300m:	3:21.18	34.69	400m:	4:26.65	32.24
Dworakowski Błażej				07	Delfin Gdynia				<b>4:27.17</b>	558	
50m:	29.73	29.73	150m:	1:36.37	33.90	250m:	2:46.22	34.73	350m:	3:54.96	34.11
100m:	1:02.47	32.74	200m:	2:11.49	35.12	300m:	3:20.85	34.63	400m:	4:27.17	32.21
Munsch Artur				08	Park Wodny Tarn. Góry				<b>4:30.61</b>	537	
50m:	30.39	30.39	150m:	1:37.99	34.46	250m:	2:47.52	34.64	350m:	3:57.13	34.57
100m:	1:03.53	33.14	200m:	2:12.88	34.89	300m:	3:22.56	35.04	400m:	4:30.61	33.48
Piórkowski Adrian				08	MKP Szczecin				<b>4:30.82</b>	536	
50m:	30.36	30.36	150m:	1:38.11	34.45	250m:	2:47.74	34.97	350m:	3:57.41	34.73
100m:	1:03.66	33.30	200m:	2:12.77	34.66	300m:	3:22.68	34.94	400m:	4:30.82	33.41
Joczyk Patryk				07	Unia O wiecim				<b>4:32.06</b>	529	
50m:	30.51	30.51	150m:	1:39.29	34.57	250m:	2:49.01	34.95	350m:	3:59.64	34.98
100m:	1:04.72	34.21	200m:	2:14.06	34.77	300m:	3:24.66	35.65	400m:	4:32.06	32.42
Twaróg Mateusz				08	Krońska Przysa				<b>4:32.80</b>	524	
50m:	31.21	31.21	150m:	1:39.72	34.50	250m:	2:49.81	35.21	350m:	4:00.03	34.62
100m:	1:05.22	34.01	200m:	2:14.60	34.88	300m:	3:25.41	35.60	400m:	4:32.80	32.77
Chabowski Nathaniel				06	abianka Gdańsk				<b>4:33.23</b>	522	
50m:	30.35	30.35	150m:	1:39.32	34.75	250m:	2:49.83	35.17	350m:	4:00.12	35.03
100m:	1:04.57	34.22	200m:	2:14.66	35.34	300m:	3:25.09	35.26	400m:	4:33.23	33.11
Herbut Oskar				06	Głosator Kraków				<b>4:33.41</b>	521	
50m:	31.16	31.16	150m:	1:41.05	35.20	250m:	2:51.12	35.05	350m:	4:00.83	34.71
100m:	1:05.85	34.69	200m:	2:16.07	35.02	300m:	3:26.12	35.00	400m:	4:33.41	32.58
Ogą Ignacy				08	Feniks Dębica				<b>4:33.79</b>	519	
50m:	29.80	29.80	150m:	1:39.29	34.82	250m:	2:50.29	35.36	350m:	4:00.41	34.50
100m:	1:04.47	34.67	200m:	2:14.93	35.64	300m:	3:25.91	35.62	400m:	4:33.79	33.38
Borski Mikołaj				06	Tri-Team Rumia				<b>4:35.76</b>	508	
50m:	30.52	30.52	150m:	1:38.51	34.40	250m:	2:49.22	35.62	350m:	4:02.08	36.54
100m:	1:04.11	33.59	200m:	2:13.60	35.09	300m:	3:25.54	36.32	400m:	4:35.76	33.68
Rolnicki Maksymilian				08	SMS Galicja Kraków				<b>4:35.78</b>	508	
50m:	31.19	31.19	150m:	1:41.10	35.34	250m:	2:52.29	35.81	350m:	4:03.58	35.49
100m:	1:05.76	34.57	200m:	2:16.48	35.38	300m:	3:28.09	35.80	400m:	4:35.78	32.20
Cicho Patryk				09	Neptun Widnica				<b>4:35.95</b>	507	
50m:	30.85	30.85	150m:	1:41.41	35.77	250m:	2:53.44	35.64	350m:	4:03.17	34.37
100m:	1:05.64	34.79	200m:	2:17.80	36.39	300m:	3:28.80	35.36	400m:	4:35.95	32.78
Pawlica Mateusz				05	Park Wodny Tarn. Góry				<b>4:35.97</b>	507	
50m:	29.49	29.49	150m:	1:38.14	35.30	250m:	2:49.16	35.09	350m:	4:01.24	35.84
100m:	1:02.84	33.35	200m:	2:14.07	35.93	300m:	3:25.40	36.24	400m:	4:35.97	34.73
Wistak Miłosz				06	Feniks Dębica				<b>4:36.19</b>	505	
50m:	32.04	32.04	150m:	1:41.64	34.99	250m:	2:52.30	35.44	350m:	4:03.47	35.64
100m:	1:06.65	34.61	200m:	2:16.86	35.22	300m:	3:27.83	35.53	400m:	4:36.19	32.72

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Konkurencja 32, M czyn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.						Czas	Pkt.	
Mazur Adam			07	5Styl Warszawa				<b>4:36.25</b>	505		
50m:	29.91	29.91	150m:	1:37.33	34.23	250m:	2:47.73	35.33	350m:	4:00.15	36.54
100m:	1:03.10	33.19	200m:	2:12.40	35.07	300m:	3:23.61	35.88	400m:	4:36.25	36.10
Smoszna Wiktor			08	Juvenia Wrocław				<b>4:36.86</b>	502		
50m:	31.55	31.55	150m:	1:40.67	34.04	250m:	2:50.99	35.70	350m:	4:02.19	35.60
100m:	1:06.63	35.08	200m:	2:15.29	34.62	300m:	3:26.59	35.60	400m:	4:36.86	34.67
Rozbicki Kacper			08	UKS 48 Warszawa ródnie cie				<b>4:38.42</b>	493		
50m:	30.21	30.21	150m:	1:40.32	35.63	250m:	2:51.83	35.68	350m:	4:03.73	35.92
100m:	1:04.69	34.48	200m:	2:16.15	35.83	300m:	3:27.81	35.98	400m:	4:38.42	34.69
Płoskonka Gracjan			06	Unia O wi cim				<b>4:38.88</b>	491		
50m:	30.98	30.98	150m:	1:40.33	35.46	250m:	2:51.90	36.07	350m:	4:03.98	35.90
100m:	1:04.87	33.89	200m:	2:15.83	35.50	300m:	3:28.08	36.18	400m:	4:38.88	34.90
Ciechanowski Stanisław			07	Warszawianka- Wodny Park				<b>4:39.33</b>	489		
50m:	31.11	31.11	150m:	1:41.10	35.62	250m:	2:52.92	36.10	350m:	4:04.80	35.55
100m:	1:05.48	34.37	200m:	2:16.82	35.72	300m:	3:29.25	36.33	400m:	4:39.33	34.53
Ł dka Gabriel			08	SMS Galicja Kraków				<b>4:40.35</b>	483		
50m:	31.38	31.38	150m:	1:43.09	36.36	250m:	2:55.77	36.35	350m:	4:07.56	35.49
100m:	1:06.73	35.35	200m:	2:19.42	36.33	300m:	3:32.07	36.30	400m:	4:40.35	32.79
Skałacki Igor			08	Ósemka O wi cim				<b>4:41.56</b>	477		
50m:	30.64	30.64	150m:	1:41.90	35.91	250m:	2:53.52	36.17	350m:	4:06.23	36.67
100m:	1:05.99	35.35	200m:	2:17.35	35.45	300m:	3:29.56	36.04	400m:	4:41.56	35.33
Ciupek Dominik			08	Unia O wi cim				<b>4:42.65</b>	471		
50m:	31.35	31.35	150m:	1:42.81	36.31	250m:	2:55.70	36.26	350m:	4:07.84	35.71
100m:	1:06.50	35.15	200m:	2:19.44	36.63	300m:	3:32.13	36.43	400m:	4:42.65	34.81
Bory Wojciech			09	Górnik Sosnowiec				<b>4:42.92</b>	470		
50m:	31.80	31.80	150m:	1:42.81	35.97	250m:	2:55.84	36.66	350m:	4:08.59	36.20
100m:	1:06.84	35.04	200m:	2:19.18	36.37	300m:	3:32.39	36.55	400m:	4:42.92	34.33
Socha Filip			06	Unia O wi cim				<b>4:43.20</b>	469		
50m:	30.95	30.95	150m:	1:41.10	35.56	250m:	2:54.02	36.63	350m:	4:07.19	36.58
100m:	1:05.54	34.59	200m:	2:17.39	36.29	300m:	3:30.61	36.59	400m:	4:43.20	36.01
Ciapuła Michał			07	Unia O wi cim				<b>4:43.21</b>	469		
50m:	29.82	29.82	150m:	1:40.01	35.77	250m:	2:52.39	36.40	350m:	4:06.63	37.51
100m:	1:04.24	34.42	200m:	2:15.99	35.98	300m:	3:29.12	36.73	400m:	4:43.21	36.58
widrak Kacper			09	STP Nowy S cz				<b>4:43.88</b>	465		
50m:	32.04	32.04	150m:	1:44.92	37.02	250m:	2:58.71	36.55	350m:	4:10.85	35.58
100m:	1:07.90	35.86	200m:	2:22.16	37.24	300m:	3:35.27	36.56	400m:	4:43.88	33.03
Szlachcic Jan			08	Ósemka O wi cim				<b>4:43.91</b>	465		
50m:	31.52	31.52	150m:	1:43.05	36.49	250m:	2:56.66	37.05	350m:	4:10.07	36.55
100m:	1:06.56	35.04	200m:	2:19.61	36.56	300m:	3:33.52	36.86	400m:	4:43.91	33.84
Pakosz Oliwier			08	MKS CKS-SMS Szczecin				<b>4:44.00</b>	465		
50m:	31.23	31.23	150m:	1:42.63	35.99	250m:	2:55.42	36.18	350m:	4:08.87	36.55
100m:	1:06.64	35.41	200m:	2:19.24	36.61	300m:	3:32.32	36.90	400m:	4:44.00	35.13
Wieczorek Kacper			07	Wodnik Siemianowice l.				<b>4:44.10</b>	464		
50m:	31.40	31.40	150m:	1:41.87	35.71	250m:	2:54.67	36.62	350m:	4:08.10	36.50
100m:	1:06.16	34.76	200m:	2:18.05	36.18	300m:	3:31.60	36.93	400m:	4:44.10	36.00
Rozumek Jan			09	Solne Miasto Wieliczka				<b>4:44.47</b>	462		
50m:	33.69	33.69	150m:	1:47.23	36.67	250m:	3:00.57	35.78	350m:	4:11.03	35.45
100m:	1:10.56	36.87	200m:	2:24.79	37.56	300m:	3:35.58	35.01	400m:	4:44.47	33.44
Maryjowski Marcin			09	Kro nicka Przysta				<b>4:45.46</b>	458		
50m:	29.74	29.74	150m:	1:42.08	36.45	250m:	2:56.80	37.61	350m:	4:11.51	37.14
100m:	1:05.63	35.89	200m:	2:19.19	37.11	300m:	3:34.37	37.57	400m:	4:45.46	33.95

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



Konkurencja 32, M czyn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.						Czas	Pkt.	
Łuczak Filip			08	UKS 190 Łódź				<b>4:45.83</b>	456		
50m:	31.86	31.86	150m:	1:44.10	36.42	250m:	2:57.76	36.25	350m:	4:10.56	35.21
100m:	1:07.68	35.82	200m:	2:21.51	37.41	300m:	3:35.35	37.59	400m:	4:45.83	35.27
Mleczo Jakub			06	Unia O wi cim				<b>4:46.00</b>	455		
50m:	32.86	32.86	150m:	1:44.28	36.27	250m:	2:56.76	36.47	350m:	4:10.37	37.06
100m:	1:08.01	35.15	200m:	2:20.29	36.01	300m:	3:33.31	36.55	400m:	4:46.00	35.63
Bie czyk Krzysztof			09	UKS 307 Warszawa				<b>4:46.08</b>	455		
50m:	31.39	31.39	150m:	1:45.08	37.25	250m:	2:58.85	37.24	350m:	4:13.32	37.72
100m:	1:07.83	36.44	200m:	2:21.61	36.53	300m:	3:35.60	36.75	400m:	4:46.08	32.76
Ciołek Dawid			09	UKS 48 Warszawa ródnie cie				<b>4:46.09</b>	455		
50m:	31.88	31.88	150m:	1:43.33	36.21	250m:	2:56.99	36.80	350m:	4:10.69	36.65
100m:	1:07.12	35.24	200m:	2:20.19	36.86	300m:	3:34.04	37.05	400m:	4:46.09	35.40
Ptaszy ski Stanisław			05	Unia O wi cim				<b>4:46.76</b>	451		
50m:	32.28	32.28	150m:	1:44.25	36.54	250m:	2:57.84	36.92	350m:	4:11.04	36.51
100m:	1:07.71	35.43	200m:	2:20.92	36.67	300m:	3:34.53	36.69	400m:	4:46.76	35.72
Aftyka Bartłomiej			08	UKS 307 Warszawa				<b>4:47.18</b>	450		
50m:	32.29	32.29	150m:	1:45.04	37.03	250m:	2:59.86	37.13	350m:	4:13.42	36.53
100m:	1:08.01	35.72	200m:	2:22.73	37.69	300m:	3:36.89	37.03	400m:	4:47.18	33.76
Kowolik Igor			08	Park Wodny Tarn. Góry				<b>4:49.87</b>	437		
50m:	31.58	31.58	150m:	1:44.50	36.79	250m:	2:59.30	37.45	350m:	4:13.97	37.14
100m:	1:07.71	36.13	200m:	2:21.85	37.35	300m:	3:36.83	37.53	400m:	4:49.87	35.90
Sta kiewicz Wiktor			07	Warszawianka- Wodny Park				<b>4:51.44</b>	430		
50m:	32.38	32.38	150m:	1:45.01	36.58	250m:	2:59.41	37.11	350m:	4:14.53	37.73
100m:	1:08.43	36.05	200m:	2:22.30	37.29	300m:	3:36.80	37.39	400m:	4:51.44	36.91
Wesecki Adrian			09	Ósemka O wi cim				<b>4:51.68</b>	429		
50m:	33.49	33.49	150m:	1:48.34	37.56	250m:	3:02.68	37.51	350m:	4:17.37	37.17
100m:	1:10.78	37.29	200m:	2:25.17	36.83	300m:	3:40.20	37.52	400m:	4:51.68	34.31
Macha Bartłomiej			09	Manta Kochłowice Ruda I.				<b>4:52.10</b>	427		
50m:	32.20	32.20	150m:	1:45.34	37.27	250m:	3:00.61	37.45	350m:	4:16.55	38.24
100m:	1:08.07	35.87	200m:	2:23.16	37.82	300m:	3:38.31	37.70	400m:	4:52.10	35.55
Boche ski Tomasz			08	Warszawianka- Wodny Park				<b>4:54.08</b>	419		
50m:	30.98	30.98	150m:	1:44.17	37.71	250m:	3:00.63	38.68	350m:	4:18.37	38.73
100m:	1:06.46	35.48	200m:	2:21.95	37.78	300m:	3:39.64	39.01	400m:	4:54.08	35.71
Mackiewicz Piotr			08	V Łomianki				<b>4:54.72</b>	416		
50m:	33.19	33.19	150m:	1:46.87	37.67	250m:	3:04.73	39.10	350m:	4:20.12	37.00
100m:	1:09.20	36.01	200m:	2:25.63	38.76	300m:	3:43.12	38.39	400m:	4:54.72	34.60
Ma ka Bartosz			09	Manta Kochłowice Ruda I.				<b>4:56.58</b>	408		
50m:	32.84	32.84	150m:	1:47.52	37.94	250m:	3:04.41	38.65	350m:	4:20.84	37.98
100m:	1:09.58	36.74	200m:	2:25.76	38.24	300m:	3:42.86	38.45	400m:	4:56.58	35.74
Borowski Mikołaj			08	SMS Galicja Kraków				<b>4:57.48</b>	404		
50m:	32.28	32.28	150m:	1:47.75	39.02	250m:	3:05.25	38.97	350m:	4:22.39	38.59
100m:	1:08.73	36.45	200m:	2:26.28	38.53	300m:	3:43.80	38.55	400m:	4:57.48	35.09
Mika Aleksander			08	SMS Galicja Kraków				<b>4:59.57</b>	396		
50m:	32.96	32.96	150m:	1:47.88	38.14	250m:	3:05.52	39.40	350m:	4:22.12	38.19
100m:	1:09.74	36.78	200m:	2:26.12	38.24	300m:	3:43.93	38.41	400m:	4:59.57	37.45
Olszyca Igor			09	UKS 190 Łódź				<b>4:59.69</b>	395		
50m:	33.11	33.11	150m:	1:48.05	37.79	250m:	3:04.88	38.68	350m:	4:22.56	38.78
100m:	1:10.26	37.15	200m:	2:26.20	38.15	300m:	3:43.78	38.90	400m:	4:59.69	37.13
Palkij Filip			09	Górnik Sosnowiec				<b>4:59.80</b>	395		
50m:	33.66	33.66	150m:	1:49.38	38.85	250m:	3:07.24	38.53	350m:	4:24.02	38.38
100m:	1:10.53	36.87	200m:	2:28.71	39.33	300m:	3:45.64	38.40	400m:	4:59.80	35.78

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



Konkurencja 32, M czynn, 400m dowolny, 14 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.
	Kami ski Jakub			09	Sikret Gliwice				<b>5:00.72</b>	391
	50m: 32.84	32.84	150m: 1:45.96		36.50	250m: 3:04.44		350m: 4:24.01		
	100m: 1:09.46	36.62	200m:		300m:			400m: 5:00.72	36.71	
	Wójcicki Bartosz			09	Manta Kochłowice Ruda I.				<b>5:01.07</b>	390
	50m: 33.58	33.58	150m: 1:51.91		39.62	250m: 3:08.61	38.87	350m: 4:25.01	37.91	
	100m: 1:12.29	38.71	200m: 2:29.74		37.83	300m: 3:47.10	38.49	400m: 5:01.07	36.06	
	Bryk Jarosław			09	MKS Piaseczno				<b>5:11.73</b>	351
	50m: 34.53	34.53	150m: 1:53.81		40.47	250m: 3:14.45	40.14	350m: 4:35.15	39.90	
	100m: 1:13.34	38.81	200m: 2:34.31		40.50	300m: 3:55.25	40.80	400m: 5:11.73	36.58	
	Hamrol Igor			09	Marato czyk Ostrów Wlkp.				<b>5:12.35</b>	349
	50m: 33.10	33.10	150m: 1:52.71		40.22	250m: 3:14.19	40.92	350m: 4:36.04	40.55	
	100m: 1:12.49	39.39	200m: 2:33.27		40.56	300m: 3:55.49	41.30	400m: 5:12.35	36.31	
	Łankiewicz Odyseas			09	Manta Kochłowice Ruda I.				<b>5:12.76</b>	348
	50m: 34.01	34.01	150m: 1:53.24		39.71	250m: 3:15.21	39.88	350m: 4:35.14	40.16	
	100m: 1:13.53	39.52	200m: 2:35.33		42.09	300m: 3:54.98	39.77	400m: 5:12.76	37.62	
	P cak Przemysław			08	Feniks D bica				<b>5:20.58</b>	323
	50m: 34.61	34.61	150m: 1:54.76		41.12	250m: 3:17.82	41.11	350m: 4:41.10	41.42	
	100m: 1:13.64	39.03	200m: 2:36.71		41.95	300m: 3:59.68	41.86	400m: 5:20.58	39.48	
	Głogowski Michał			96	Olimpijczyk Kraków				<b>5:29.57</b>	297
	50m: 33.07	33.07	150m: 1:52.89		41.63	250m: 3:20.23	43.83	350m: 4:47.86	43.08	
	100m: 1:11.26	38.19	200m: 2:36.40		43.51	300m: 4:04.78	44.55	400m: 5:29.57	41.71	

