



ARENA GRAND PRIX Puchar Polski w pływaniu
Ostrowiec wi torzyski, 26-27.02.2022

Konkurencja 12
26.02.2022 - 10:57

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. |
|--------------------------|---------------------|--------------------------|---------------------|
| Open | | | |
| 1. CHMIELEWSKI Krzysztof | 04 | IUKS MUSZELKA Warszawa | 3:57.81 792 |
| 50m: 27.69 27.69 | 150m: 1:27.79 30.17 | 250m: 2:28.59 30.56 | 350m: 3:28.55 29.75 |
| 100m: 57.62 29.93 | 200m: 1:58.03 30.24 | 300m: 2:58.80 30.21 | 400m: 3:57.81 29.26 |
| 2. KOSI SKI Filip | 04 | AZS AWF Warszawa | 3:59.89 772 |
| 50m: 28.24 28.24 | 150m: 1:29.38 30.76 | 250m: 2:30.17 30.26 | 350m: 3:30.61 30.33 |
| 100m: 58.62 30.38 | 200m: 1:59.91 30.53 | 300m: 3:00.28 30.11 | 400m: 3:59.89 29.28 |
| 3. FILIPIAK Mikołaj | 06 | UKS ABIANKA Gda sk | 4:04.06 733 |
| 50m: 28.38 28.38 | 150m: 1:30.57 31.26 | 250m: 2:33.46 31.37 | 350m: 3:34.83 30.46 |
| 100m: 59.31 30.93 | 200m: 2:02.09 31.52 | 300m: 3:04.37 30.91 | 400m: 4:04.06 29.23 |
| 4. WALTER Jakub | 04 | UKP UNIA O wi cim | 4:04.54 728 |
| 50m: 28.04 28.04 | 150m: 1:30.39 31.22 | 250m: 2:32.88 31.27 | 350m: 3:35.73 31.12 |
| 100m: 59.17 31.13 | 200m: 2:01.61 31.22 | 300m: 3:04.61 31.73 | 400m: 4:04.54 28.81 |
| 5. KOWOLIK Alex | 04 | UKP UNIA O wi cim | 4:05.53 720 |
| 50m: 28.84 28.84 | 150m: 1:31.02 31.14 | 250m: 2:33.27 31.04 | 350m: 3:35.60 30.87 |
| 100m: 59.88 31.04 | 200m: 2:02.23 31.21 | 300m: 3:04.73 31.46 | 400m: 4:05.53 29.93 |
| 6. LARY Jerzy | 06 | IUKS MUSZELKA Warszawa | 4:06.44 712 |
| 50m: 29.27 29.27 | 150m: 1:31.28 31.20 | 250m: 2:33.85 31.21 | 350m: 3:36.34 31.24 |
| 100m: 1:00.08 30.81 | 200m: 2:02.64 31.36 | 300m: 3:05.10 31.25 | 400m: 4:06.44 30.10 |
| 7. RADKIEWICZ Kajetan | 05 | KS KSZO Ostrowiec w. | 4:06.62 710 |
| 50m: 28.17 28.17 | 150m: 1:31.14 31.74 | 250m: 2:34.67 31.77 | 350m: 3:37.11 31.14 |
| 100m: 59.40 31.23 | 200m: 2:02.90 31.76 | 300m: 3:05.97 31.30 | 400m: 4:06.62 29.51 |
| 8. CHMIELEWSKI Michał | 04 | IUKS MUSZELKA Warszawa | 4:06.79 709 |
| 50m: 29.24 29.24 | 150m: 1:32.12 31.36 | 250m: 2:34.57 31.17 | 350m: 3:37.33 31.34 |
| 100m: 1:00.76 31.52 | 200m: 2:03.40 31.28 | 300m: 3:05.99 31.42 | 400m: 4:06.79 29.46 |
| 9. CHRZANOWSKI Damian | 98 | WKS L SK Wrocław | 4:07.40 703 |
| 50m: 28.84 28.84 | 150m: 1:31.64 31.69 | 250m: 2:34.85 31.39 | 350m: 3:37.29 30.79 |
| 100m: 59.95 31.11 | 200m: 2:03.46 31.82 | 300m: 3:06.50 31.65 | 400m: 4:07.40 30.11 |
| 10. JA KIEWICZ Adrian | 02 | UKS G-8 Bielany Warszawa | 4:07.55 702 |
| 50m: 28.03 28.03 | 150m: 1:31.01 31.74 | 250m: 2:34.66 31.89 | 350m: 3:37.91 31.09 |
| 100m: 59.27 31.24 | 200m: 2:02.77 31.76 | 300m: 3:06.82 32.16 | 400m: 4:07.55 29.64 |
| 11. MAMCARZ Mateusz | 04 | UKP UNIA O wi cim | 4:08.84 691 |
| 50m: 27.76 27.76 | 150m: 1:29.91 31.75 | 250m: 2:34.88 32.48 | 350m: 3:38.68 31.25 |
| 100m: 58.16 30.40 | 200m: 2:02.40 32.49 | 300m: 3:07.43 32.55 | 400m: 4:08.84 30.16 |
| 12. KUCZAK Adam | 00 | AZS AWF Katowice | 4:09.98 682 |
| 50m: 28.92 28.92 | 150m: 1:31.82 31.49 | 250m: 2:35.51 31.84 | 350m: 3:39.34 31.71 |
| 100m: 1:00.33 31.41 | 200m: 2:03.67 31.85 | 300m: 3:07.63 32.12 | 400m: 4:09.98 30.64 |
| 13. ZAREMBA Adam | 05 | WKS L SK Wrocław | 4:10.02 681 |
| 50m: 28.78 28.78 | 150m: 1:32.10 31.58 | 250m: 2:35.84 31.55 | 350m: 3:39.83 31.86 |
| 100m: 1:00.52 31.74 | 200m: 2:04.29 32.19 | 300m: 3:07.97 32.13 | 400m: 4:10.02 30.19 |
| 14. ZDYBEL Adam | 05 | KS DELFIN Gdynia | 4:11.11 673 |
| 50m: 29.05 29.05 | 150m: 1:33.16 32.33 | 250m: 2:37.52 32.15 | 350m: 3:41.18 31.37 |
| 100m: 1:00.83 31.78 | 200m: 2:05.37 32.21 | 300m: 3:09.81 32.29 | 400m: 4:11.11 29.93 |
| 15. DRABCZYK Krystian | 04 | UKP UNIA O wi cim | 4:11.54 669 |
| 50m: 29.46 29.46 | 150m: 1:33.15 31.92 | 250m: 2:37.45 31.92 | 350m: 3:41.24 31.39 |
| 100m: 1:01.23 31.77 | 200m: 2:05.53 32.38 | 300m: 3:09.85 32.40 | 400m: 4:11.54 30.30 |
| 16. JAWORSKI Szymon | 01 | AZS AWF Katowice | 4:11.91 666 |
| 50m: 27.77 27.77 | 150m: 1:30.89 31.79 | 250m: 2:35.62 32.39 | 350m: 3:40.13 32.27 |
| 100m: 59.10 31.33 | 200m: 2:03.23 32.34 | 300m: 3:07.86 32.24 | 400m: 4:11.91 31.78 |



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Ostrowiec wi torzyski, 26-27.02.2022

Konkurencja 12, M czyzn, 400m dowolny, Open

| Pozycja | | | | Rok ur. | | | | | Czas | Pkt. |
|---------|------------------------------|---------------|-------|---------------|--------------------------------|---------------|-------|---------------|----------------|------|
| 17. | POWRO NIK Konrad | | | 97 | WKS L SK Wrocław | | | | 4:12.03 | 665 |
| | 50m: 28.68 28.68 | 150m: 1:31.95 | 31.92 | 250m: 2:36.58 | 32.49 | 350m: 3:41.98 | 32.98 | 400m: 4:12.03 | 30.05 | |
| | 100m: 1:00.03 31.35 | 200m: 2:04.09 | 32.14 | 300m: 3:09.00 | 32.42 | | | | | |
| 18. | LE NIAK Maksymilian | | | 04 | UKS 190 Łódź | | | | 4:12.58 | 661 |
| | 50m: 27.86 27.86 | 150m: 1:32.77 | 32.61 | 250m: 2:37.27 | 32.09 | 350m: 3:41.55 | 31.49 | 400m: 4:12.58 | 31.03 | |
| | 100m: 1:00.16 32.30 | 200m: 2:05.18 | 32.41 | 300m: 3:10.06 | 32.79 | | | | | |
| 19. | SYLDATK Wiktor | | | 03 | TP SKALAR Słupsk | | | | 4:12.77 | 659 |
| | 50m: 28.95 28.95 | 150m: 1:32.43 | 32.27 | 250m: 2:36.63 | 32.10 | 350m: 3:41.54 | 32.41 | 400m: 4:12.77 | 31.23 | |
| | 100m: 1:00.16 31.21 | 200m: 2:04.53 | 32.10 | 300m: 3:09.13 | 32.50 | | | | | |
| 20. | BARCZEWIC Jakub | | | 05 | UKS MANTA Warszawa Włochy | | | | 4:13.17 | 656 |
| | 50m: 28.19 28.19 | 150m: 1:32.18 | 31.84 | 250m: 2:37.78 | 32.93 | 350m: 3:43.46 | 32.61 | 400m: 4:13.17 | 29.71 | |
| | 100m: 1:00.34 32.15 | 200m: 2:04.85 | 32.67 | 300m: 3:10.85 | 33.07 | | | | | |
| 21. | SZARPAK Marcin | | | 01 | AZS AWF Katowice | | | | 4:13.22 | 656 |
| | 50m: 29.26 29.26 | 150m: 1:33.28 | 32.51 | 250m: 2:38.53 | 32.63 | 350m: 3:42.98 | 31.76 | 400m: 4:13.22 | 30.24 | |
| | 100m: 1:00.77 31.51 | 200m: 2:05.90 | 32.62 | 300m: 3:11.22 | 32.69 | | | | | |
| 22. | BUJAK Piotr | | | 97 | St. Lok. SALOS Cortile Kielce | | | | 4:13.63 | 653 |
| | 50m: 29.45 29.45 | 150m: 1:33.51 | 32.27 | 250m: 2:37.39 | 31.79 | 350m: 3:42.07 | 32.05 | 400m: 4:13.63 | 31.56 | |
| | 100m: 1:01.24 31.79 | 200m: 2:05.60 | 32.09 | 300m: 3:10.02 | 32.63 | | | | | |
| 23. | GOŁACKI Sergiusz | | | 04 | UKS 190 Łódź | | | | 4:13.93 | 650 |
| | 50m: 29.00 29.00 | 150m: 1:33.08 | 32.10 | 250m: 2:37.51 | 32.18 | 350m: 3:42.15 | 32.27 | 400m: 4:13.93 | 31.78 | |
| | 100m: 1:00.98 31.98 | 200m: 2:05.33 | 32.25 | 300m: 3:09.88 | 32.37 | | | | | |
| 24. | PIELA Michał | | | 04 | UKP UNIA O wi cim | | | | 4:15.06 | 642 |
| | 50m: 29.74 29.74 | 150m: 1:34.73 | 32.88 | 250m: 2:40.67 | 32.95 | 350m: 3:45.02 | 31.96 | 400m: 4:15.06 | 30.04 | |
| | 100m: 1:01.85 32.11 | 200m: 2:07.72 | 32.99 | 300m: 3:13.06 | 32.39 | | | | | |
| 25. | MIENICKI Rafał | | | 06 | UKS 48 Warszawa ródnie cie | | | | 4:15.35 | 640 |
| | 50m: 28.56 28.56 | 150m: 1:32.84 | 32.30 | 250m: 2:37.89 | 32.34 | 350m: 3:43.81 | 32.93 | 400m: 4:15.35 | 31.54 | |
| | 100m: 1:00.54 31.98 | 200m: 2:05.55 | 32.71 | 300m: 3:10.88 | 32.99 | | | | | |
| 26. | DRAHORAD Pavel | | | 04 | Sport Club Pardubice | | | | 4:17.44 | 624 |
| | 50m: 29.64 29.64 | 150m: 1:35.04 | 33.46 | 250m: 2:41.24 | 33.33 | 350m: 3:46.97 | 32.68 | 400m: 4:17.44 | 30.47 | |
| | 100m: 1:01.58 31.94 | 200m: 2:07.91 | 32.87 | 300m: 3:14.29 | 33.05 | | | | | |
| 27. | MAJOR Erik | | | 07 | MKS Park Wodny Tarnowskie Góry | | | | 4:19.64 | 608 |
| | 50m: 30.28 30.28 | 150m: 1:37.13 | 33.62 | 250m: 2:43.56 | 33.33 | 350m: 3:49.05 | 32.34 | 400m: 4:19.64 | 30.59 | |
| | 100m: 1:03.51 33.23 | 200m: 2:10.23 | 33.10 | 300m: 3:16.71 | 33.15 | | | | | |
| 28. | SZELE NIAK-BIAŁKOWSKI Julian | | | 04 | KS KSZO Ostrowiec w. | | | | 4:20.33 | 604 |
| | 50m: 29.60 29.60 | 150m: 1:35.18 | 33.08 | 250m: 2:41.63 | 33.33 | 350m: 3:47.47 | 32.60 | 400m: 4:20.33 | 32.86 | |
| | 100m: 1:02.10 32.50 | 200m: 2:08.30 | 33.12 | 300m: 3:14.87 | 33.24 | | | | | |
| 29. | PIECHOWSKI Jakub | | | 05 | UKS JUNIOR Kluczbork | | | | 4:22.06 | 592 |
| | 50m: 29.58 29.58 | 150m: 1:35.56 | 33.27 | 250m: 2:42.25 | 33.32 | 350m: 3:49.49 | 33.55 | 400m: 4:22.06 | 32.57 | |
| | 100m: 1:02.29 32.71 | 200m: 2:08.93 | 33.37 | 300m: 3:15.94 | 33.69 | | | | | |
| 30. | WO NY Maksym | | | 05 | MKS JUVENIA Wrocław | | | | 4:22.60 | 588 |
| | 50m: 28.83 28.83 | 150m: 1:34.26 | 33.49 | 250m: 2:42.39 | 34.56 | 350m: 3:50.34 | 33.86 | 400m: 4:22.60 | 32.26 | |
| | 100m: 1:00.77 31.94 | 200m: 2:07.83 | 33.57 | 300m: 3:16.48 | 34.09 | | | | | |
| 31. | JÓ WIAK Tymoteusz | | | 08 | MKS JEDYNKA Łódź | | | | 4:24.38 | 576 |
| | 50m: 28.62 28.62 | 150m: 1:33.95 | 33.15 | 250m: 2:41.74 | 33.77 | 350m: 3:50.53 | 34.93 | 400m: 4:24.38 | 33.85 | |
| | 100m: 1:00.80 32.18 | 200m: 2:07.97 | 34.02 | 300m: 3:15.60 | 33.86 | | | | | |
| 32. | JASI SKI Jakub | | | 03 | MKS JEDYNKA Łódź | | | | 4:25.08 | 572 |
| | 50m: 30.79 30.79 | 150m: 1:37.73 | 33.90 | 250m: 2:45.28 | 33.06 | 350m: 3:52.30 | 33.50 | 400m: 4:25.08 | 32.78 | |
| | 100m: 1:03.83 33.04 | 200m: 2:12.22 | 34.49 | 300m: 3:18.80 | 33.52 | | | | | |
| 33. | PONIEWA Oliwier | | | 07 | UKS SP5 Swim | | | | 4:25.76 | 567 |
| | 50m: 31.07 31.07 | 150m: 1:39.02 | 34.16 | 250m: 2:47.60 | 34.05 | 350m: 3:55.42 | 34.15 | 400m: 4:25.76 | 30.34 | |
| | 100m: 1:04.86 33.79 | 200m: 2:13.55 | 34.53 | 300m: 3:21.27 | 33.67 | | | | | |



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|---------|---------------------|---------------|--------------------------------|---------------|-------|---------------|--|----------------|------|
| 34. | JASI SKI Kacper | 06 | MUKP Korona-Swim Kielce | | | | | 4:26.23 | 564 |
| | 50m: 30.26 30.26 | 150m: 1:37.89 | 34.02 | 250m: 2:45.72 | 33.81 | 350m: 3:53.87 | | 33.99 | |
| | 100m: 1:03.87 33.61 | 200m: 2:11.91 | 34.02 | 300m: 3:19.88 | 34.16 | 400m: 4:26.23 | | 32.36 | |
| 35. | KUCHARCZYK Paweł | 05 | UKP POLONIA Warszawa | | | | | 4:28.91 | 548 |
| | 50m: 29.43 29.43 | 150m: 1:37.22 | 34.18 | 250m: 2:45.96 | 34.90 | 350m: 3:55.52 | | 34.93 | |
| | 100m: 1:03.04 33.61 | 200m: 2:11.06 | 33.84 | 300m: 3:20.59 | 34.63 | 400m: 4:28.91 | | 33.39 | |
| 36. | WALKOWSKI Bartosz | 07 | UKS 190 Łódź | | | | | 4:29.63 | 543 |
| | 50m: 31.76 31.76 | 150m: 1:41.32 | 35.14 | 250m: 2:49.83 | 33.97 | 350m: 3:57.46 | | 33.31 | |
| | 100m: 1:06.18 34.42 | 200m: 2:15.86 | 34.54 | 300m: 3:24.15 | 34.32 | 400m: 4:29.63 | | 32.17 | |
| 37. | WALKOWSKI Maciej | 07 | UKS 190 Łódź | | | | | 4:29.71 | 543 |
| | 50m: 32.24 32.24 | 150m: 1:42.66 | 35.33 | 250m: 2:52.15 | 34.73 | 350m: 3:58.95 | | 32.90 | |
| | 100m: 1:07.33 35.09 | 200m: 2:17.42 | 34.76 | 300m: 3:26.05 | 33.90 | 400m: 4:29.71 | | 30.76 | |
| 38. | KUREK Bartosz | 06 | UKS 190 Łódź | | | | | 4:30.69 | 537 |
| | 50m: 31.75 31.75 | 150m: 1:40.17 | 34.04 | 250m: 2:49.25 | 34.43 | 350m: 3:57.83 | | 33.80 | |
| | 100m: 1:06.13 34.38 | 200m: 2:14.82 | 34.65 | 300m: 3:24.03 | 34.78 | 400m: 4:30.69 | | 32.86 | |
| 39. | ROMER Stanisław | 07 | UKS 48 Warszawa ródmi cie | | | | | 4:32.47 | 526 |
| | 50m: 30.34 30.34 | 150m: 1:39.42 | 34.94 | 250m: 2:49.45 | 34.66 | 350m: 4:00.02 | | 34.76 | |
| | 100m: 1:04.48 34.14 | 200m: 2:14.79 | 35.37 | 300m: 3:25.26 | 35.81 | 400m: 4:32.47 | | 32.45 | |
| 40. | KRASKA Mateusz | 07 | MKS Park Wodny Tarnowskie Góry | | | | | 4:33.06 | 523 |
| | 50m: 31.35 31.35 | 150m: 1:40.88 | 35.35 | 250m: 2:51.77 | 35.39 | 350m: 4:01.54 | | 34.33 | |
| | 100m: 1:05.53 34.18 | 200m: 2:16.38 | 35.50 | 300m: 3:27.21 | 35.44 | 400m: 4:33.06 | | 31.52 | |
| 41. | FILOZOF Adam | 05 | MKS Park Wodny Tarnowskie Góry | | | | | 4:33.58 | 520 |
| | 50m: 29.87 29.87 | 150m: 1:37.83 | 34.60 | 250m: 2:48.26 | 35.70 | 350m: 3:59.10 | | 35.46 | |
| | 100m: 1:03.23 33.36 | 200m: 2:12.56 | 34.73 | 300m: 3:23.64 | 35.38 | 400m: 4:33.58 | | 34.48 | |
| 42. | BORUSZEWSKI Filip | 07 | UKS SP-149 Łódź | | | | | 4:34.79 | 513 |
| | 50m: 31.79 31.79 | 150m: 1:41.73 | 35.51 | 250m: 2:52.95 | 35.47 | 350m: 4:01.89 | | 34.06 | |
| | 100m: 1:06.22 34.43 | 200m: 2:17.48 | 35.75 | 300m: 3:27.83 | 34.88 | 400m: 4:34.79 | | 32.90 | |
| 43. | FIGIEL Filip | 07 | UKS PI TKA Konstaktynow Łódzki | | | | | 4:35.08 | 512 |
| | 50m: 31.42 31.42 | 150m: 1:41.72 | 35.17 | 250m: 2:52.20 | 35.03 | 350m: 4:01.93 | | 34.56 | |
| | 100m: 1:06.55 35.13 | 200m: 2:17.17 | 35.45 | 300m: 3:27.37 | 35.17 | 400m: 4:35.08 | | 33.15 | |
| 44. | NIECKARZ Paweł | 06 | UKS 190 Łódź | | | | | 4:35.19 | 511 |
| | 50m: 31.07 31.07 | 150m: 1:40.88 | 35.45 | 250m: 2:50.99 | 35.43 | 350m: 4:01.48 | | 35.42 | |
| | 100m: 1:05.43 34.36 | 200m: 2:15.56 | 34.68 | 300m: 3:26.06 | 35.07 | 400m: 4:35.19 | | 33.71 | |
| 45. | BEKIER Wiktor | 08 | MUKP Korona-Swim Kielce | | | | | 4:35.67 | 508 |
| | 50m: 30.61 30.61 | 150m: 1:39.60 | 34.87 | 250m: 2:50.15 | 35.28 | 350m: 4:01.60 | | 35.99 | |
| | 100m: 1:04.73 34.12 | 200m: 2:14.87 | 35.27 | 300m: 3:25.61 | 35.46 | 400m: 4:35.67 | | 34.07 | |
| 46. | B K Mikołaj | 06 | WODNIK Radom | | | | | 4:35.88 | 507 |
| | 50m: 30.61 30.61 | 150m: 1:41.04 | 35.72 | 250m: 2:53.01 | 36.11 | 350m: 4:02.55 | | 33.66 | |
| | 100m: 1:05.32 34.71 | 200m: 2:16.90 | 35.86 | 300m: 3:28.89 | 35.88 | 400m: 4:35.88 | | 33.33 | |
| 47. | W SIK Marek | 06 | DOKiS SP Vega Dobrodzie | | | | | 4:36.39 | 504 |
| | 50m: 31.49 31.49 | 150m: 1:42.39 | 35.67 | 250m: 2:53.98 | 35.87 | 350m: 4:03.36 | | 34.48 | |
| | 100m: 1:06.72 35.23 | 200m: 2:18.11 | 35.72 | 300m: 3:28.88 | 34.90 | 400m: 4:36.39 | | 33.03 | |
| 48. | CHARKOT Krzysztof | 08 | UKS ORKA Zamo | | | | | 4:36.68 | 503 |
| | 50m: 31.41 31.41 | 150m: 1:42.57 | 36.20 | 250m: 2:55.04 | 36.39 | 350m: 4:05.80 | | 35.61 | |
| | 100m: 1:06.37 34.96 | 200m: 2:18.65 | 36.08 | 300m: 3:30.19 | 35.15 | 400m: 4:36.68 | | 30.88 | |
| 49. | WIECZOREK Kacper | 07 | MKS Park Wodny Tarnowskie Góry | | | | | 4:37.07 | 501 |
| | 50m: 31.96 31.96 | 150m: 1:41.90 | 35.36 | 250m: 2:52.91 | 35.38 | 350m: 4:03.13 | | 34.84 | |
| | 100m: 1:06.54 34.58 | 200m: 2:17.53 | 35.63 | 300m: 3:28.29 | 35.38 | 400m: 4:37.07 | | 33.94 | |
| 50. | BASAEZ Claudio | 05 | MKS Park Wodny Tarnowskie Góry | | | | | 4:37.99 | 496 |
| | 50m: 31.73 31.73 | 150m: 1:41.63 | 35.24 | 250m: 2:52.73 | 35.70 | 350m: 4:03.38 | | 35.04 | |
| | 100m: 1:06.39 34.66 | 200m: 2:17.03 | 35.40 | 300m: 3:28.34 | 35.61 | 400m: 4:37.99 | | 34.61 | |



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| Pozycja | | | Rok ur. | | | | | Czas | Pkt. |
|---------|-----------------------------|-------|---------------|--------------------------------|---------------|-------|---------------|----------------|------|
| 51. | GŁOWACKI Sebastian | | 07 | UKS NAWA Skierniewice | | | | 4:40.00 | 485 |
| | 50m: 31.51 | 31.51 | 150m: 1:44.00 | 36.50 | 250m: 2:55.90 | 35.76 | 350m: 4:07.04 | 35.06 | |
| | 100m: 1:07.50 | 35.99 | 200m: 2:20.14 | 36.14 | 300m: 3:31.98 | 36.08 | 400m: 4:40.00 | 32.96 | |
| 52. | PAPIER Mieszko | | 06 | MUKS UNIA Busko Zdrój | | | | 4:40.33 | 483 |
| | 50m: 30.38 | 30.38 | 150m: 1:40.70 | 35.21 | 250m: 2:53.52 | 36.79 | 350m: 4:05.76 | 36.03 | |
| | 100m: 1:05.49 | 35.11 | 200m: 2:16.73 | 36.03 | 300m: 3:29.73 | 36.21 | 400m: 4:40.33 | 34.57 | |
| 53. | MICHAŁEK Krzysztof | | 06 | MTP Lublinianka | | | | 4:40.81 | 481 |
| | 50m: 31.15 | 31.15 | 150m: 1:42.04 | 36.32 | 250m: 2:55.51 | 36.92 | 350m: 4:08.97 | 36.89 | |
| | 100m: 1:05.72 | 34.57 | 200m: 2:18.59 | 36.55 | 300m: 3:32.08 | 36.57 | 400m: 4:40.81 | 31.84 | |
| 54. | DEC Kacper | | 05 | UKS Jagiellonia Swim | | | | 4:40.82 | 481 |
| | 50m: 30.65 | 30.65 | 150m: 1:42.07 | 35.90 | 250m: 2:56.47 | 36.43 | 350m: 4:10.76 | 37.39 | |
| | 100m: 1:06.17 | 35.52 | 200m: 2:20.04 | 37.97 | 300m: 3:33.37 | 36.90 | 400m: 4:40.82 | 30.06 | |
| 55. | RYBAK Jakub | | 08 | MKS Park Wodny Tarnowskie Góry | | | | 4:42.52 | 472 |
| | 50m: 31.40 | 31.40 | 150m: 1:44.14 | 36.70 | 250m: 2:57.01 | 35.96 | 350m: 4:08.41 | 35.78 | |
| | 100m: 1:07.44 | 36.04 | 200m: 2:21.05 | 36.91 | 300m: 3:32.63 | 35.62 | 400m: 4:42.52 | 34.11 | |
| 56. | OBSZY SKI Bartłomiej | | 07 | RWKS SPARTA Biłgoraj | | | | 4:43.61 | 467 |
| | 50m: 31.25 | 31.25 | 150m: 1:44.00 | 37.25 | 250m: 2:56.66 | 36.19 | 350m: 4:08.96 | 36.29 | |
| | 100m: 1:06.75 | 35.50 | 200m: 2:20.47 | 36.47 | 300m: 3:32.67 | 36.01 | 400m: 4:43.61 | 34.65 | |
| 57. | SKROBISZ Michał | | 07 | UKS 190 Łódź | | | | 4:43.98 | 465 |
| | 50m: 33.62 | 33.62 | 150m: 1:46.07 | 36.39 | 250m: 2:58.66 | 36.17 | 350m: 4:09.77 | 34.78 | |
| | 100m: 1:09.68 | 36.06 | 200m: 2:22.49 | 36.42 | 300m: 3:34.99 | 36.33 | 400m: 4:43.98 | 34.21 | |
| 58. | GORDZIEJKO Konrad | | 06 | MTP Lublinianka | | | | 4:45.34 | 458 |
| | 50m: 31.50 | 31.50 | 150m: 1:42.32 | 36.01 | 250m: 2:54.93 | 36.50 | 350m: 4:08.94 | 36.97 | |
| | 100m: 1:06.31 | 34.81 | 200m: 2:18.43 | 36.11 | 300m: 3:31.97 | 37.04 | 400m: 4:45.34 | 36.40 | |
| 59. | POLONIUS Filip | | 08 | KS GÓRNIK Radlin | | | | 4:45.91 | 456 |
| | 50m: 32.23 | 32.23 | 150m: 1:45.35 | 36.94 | 250m: 2:59.87 | 37.35 | 350m: 4:13.25 | 36.11 | |
| | 100m: 1:08.41 | 36.18 | 200m: 2:22.52 | 37.17 | 300m: 3:37.14 | 37.27 | 400m: 4:45.91 | 32.66 | |
| 60. | KOBAK Nataniel | | 08 | RWKS SPARTA Biłgoraj | | | | 4:46.72 | 452 |
| | 50m: 31.15 | 31.15 | 150m: 1:44.60 | 37.41 | 250m: 2:59.58 | 37.88 | 350m: 4:12.70 | 36.34 | |
| | 100m: 1:07.19 | 36.04 | 200m: 2:21.70 | 37.10 | 300m: 3:36.36 | 36.78 | 400m: 4:46.72 | 34.02 | |
| 61. | JANKIEWICZ DELGADO Jarosław | | 06 | UKS NAWA Skierniewice | | | | 4:46.86 | 451 |
| | 50m: 32.14 | 32.14 | 150m: 1:43.54 | 36.05 | 250m: 2:56.96 | 36.52 | 350m: 4:10.93 | 36.78 | |
| | 100m: 1:07.49 | 35.35 | 200m: 2:20.44 | 36.90 | 300m: 3:34.15 | 37.19 | 400m: 4:46.86 | 35.93 | |
| 62. | GWIAZDOWSKI Krzysztof | | 08 | MKS Piaseczno | | | | 4:48.55 | 443 |
| | 50m: 31.74 | 31.74 | 150m: 1:43.40 | 36.38 | 250m: 2:58.29 | 37.60 | 350m: 4:12.28 | 37.33 | |
| | 100m: 1:07.02 | 35.28 | 200m: 2:20.69 | 37.29 | 300m: 3:34.95 | 36.66 | 400m: 4:48.55 | 36.27 | |
| 63. | DRZYCIMSKI Maciej | | 07 | UKP MANTA Jelcz-Laskowice | | | | 4:55.75 | 412 |
| | 50m: 32.66 | 32.66 | 150m: 1:48.61 | 38.06 | 250m: 3:04.60 | 37.87 | 350m: 4:20.51 | 38.31 | |
| | 100m: 1:10.55 | 37.89 | 200m: 2:26.73 | 38.12 | 300m: 3:42.20 | 37.60 | 400m: 4:55.75 | 35.24 | |
| 64. | LITWI SKI Igor | | 07 | MUKP Korona-Swim Kielce | | | | 4:56.35 | 409 |
| | 50m: 33.74 | 33.74 | 150m: 1:47.75 | 37.43 | 250m: 3:04.65 | 38.81 | 350m: 4:20.41 | 37.59 | |
| | 100m: 1:10.32 | 36.58 | 200m: 2:25.84 | 38.09 | 300m: 3:42.82 | 38.17 | 400m: 4:56.35 | 35.94 | |
| 65. | KIERO SKI Marcel | | 07 | KS FALA Niepołomice | | | | 4:57.16 | 406 |
| | 50m: 30.94 | 30.94 | 150m: 1:45.22 | 38.19 | 250m: 3:01.86 | 39.11 | 350m: 4:18.22 | 39.22 | |
| | 100m: 1:07.03 | 36.09 | 200m: 2:22.75 | 37.53 | 300m: 3:39.00 | 37.14 | 400m: 4:57.16 | 38.94 | |
| 66. | GO DZIK Kamil | | 05 | UKS NAWA Skierniewice | | | | 4:58.82 | 399 |
| | 50m: 32.91 | 32.91 | 150m: 1:49.80 | 39.32 | 250m: 3:07.13 | 38.76 | 350m: 4:23.73 | 37.94 | |
| | 100m: 1:10.48 | 37.57 | 200m: 2:28.37 | 38.57 | 300m: 3:45.79 | 38.66 | 400m: 4:58.82 | 35.09 | |
| 67. | OSZAJCA Radosław | | 07 | RWKS SPARTA Biłgoraj | | | | 4:59.38 | 397 |
| | 50m: 31.73 | 31.73 | 150m: 1:47.09 | 38.41 | 250m: 3:05.83 | 38.65 | 350m: 4:23.03 | 37.43 | |
| | 100m: 1:08.68 | 36.95 | 200m: 2:27.18 | 40.09 | 300m: 3:45.60 | 39.77 | 400m: 4:59.38 | 36.35 | |



ARENA GRAND PRIX Puchar Polski w pływaniu
Ostrowiec wi torzyski, 26-27.02.2022

Konkurencja 12, M czyzn, 400m dowolny, Open

| Pozycja | | | Rok ur. | | | | | | Czas | Pkt. |
|---------|-----------------------|---------------|---------|--------------------------------|---------------|-------|---------------|--|----------------|------|
| 68. | BALINOWSKI Oskar | | 07 | MTKP DELFIN Toru | | | | | 5:05.56 | 373 |
| | 50m: 33.81 33.81 | 150m: 1:51.27 | | 39.18 | 250m: 3:10.45 | 39.55 | 350m: 4:29.44 | | 38.80 | |
| | 100m: 1:12.09 38.28 | 200m: 2:30.90 | | 39.63 | 300m: 3:50.64 | 40.19 | 400m: 5:05.56 | | 36.12 | |
| 69. | J DRUCH Bartłomiej | | 05 | UKS SP5 Swim | | | | | 5:06.91 | 368 |
| | 50m: 34.16 34.16 | 150m: 1:51.40 | | 39.45 | 250m: 3:11.00 | 40.26 | 350m: 4:29.30 | | 38.71 | |
| | 100m: 1:11.95 37.79 | 200m: 2:30.74 | | 39.34 | 300m: 3:50.59 | 39.59 | 400m: 5:06.91 | | 37.61 | |
| 70. | RYBAK Grzegorz | | 08 | MKS Park Wodny Tarnowskie Góry | | | | | 5:08.23 | 363 |
| | 50m: 35.05 35.05 | 150m: 1:55.91 | | 40.26 | 250m: 3:16.14 | 39.64 | 350m: 4:34.34 | | 37.70 | |
| | 100m: 1:15.65 40.60 | 200m: 2:36.50 | | 40.59 | 300m: 3:56.64 | 40.50 | 400m: 5:08.23 | | 33.89 | |
| 71. | PORADA Jan | | 08 | UKS SP-149 Łódź | | | | | 5:11.28 | 353 |
| | 50m: 35.58 35.58 | 150m: 1:55.14 | | 40.48 | 250m: 3:15.60 | 40.36 | 350m: 4:34.77 | | 39.24 | |
| | 100m: 1:14.66 39.08 | 200m: 2:35.24 | | 40.10 | 300m: 3:55.53 | 39.93 | 400m: 5:11.28 | | 36.51 | |
| 72. | FERRARETTO Albert | | 08 | UKS SP-149 Łódź | | | | | 5:17.33 | 333 |
| | 50m: 36.42 36.42 | 150m: 1:59.12 | | 41.76 | 250m: 3:19.78 | 39.65 | 350m: 4:39.75 | | 39.21 | |
| | 100m: 1:17.36 40.94 | 200m: 2:40.13 | | 41.01 | 300m: 4:00.54 | 40.76 | 400m: 5:17.33 | | 37.58 | |
| NIE UK. | PTASZY SKI Łukasz | | 06 | UKS MANTA Warszawa Włochy | | | | | | |
| | 50m: 37.58 37.58 | 150m: | | 250m: | | 350m: | | | | |
| | 100m: | 200m: | | 300m: | | 400m: | | | | |
| 14 lat | | | | | | | | | | |
| 1. | JÓ WIAK Tymoteusz | | 08 | MKS JEDYNKA Łódź | | | | | 4:24.38 | 576 |
| | 50m: 28.62 28.62 | 150m: 1:33.95 | | 33.15 | 250m: 2:41.74 | 33.77 | 350m: 3:50.53 | | 34.93 | |
| | 100m: 1:00.80 32.18 | 200m: 2:07.97 | | 34.02 | 300m: 3:15.60 | 33.86 | 400m: 4:24.38 | | 33.85 | |
| 2. | BEKIER Wiktor | | 08 | MUKP Korona-Swim Kielce | | | | | 4:35.67 | 508 |
| | 50m: 30.61 30.61 | 150m: 1:39.60 | | 34.87 | 250m: 2:50.15 | 35.28 | 350m: 4:01.60 | | 35.99 | |
| | 100m: 1:04.73 34.12 | 200m: 2:14.87 | | 35.27 | 300m: 3:25.61 | 35.46 | 400m: 4:35.67 | | 34.07 | |
| 3. | CHARKOT Krzysztof | | 08 | UKS ORKA Zamo | | | | | 4:36.68 | 503 |
| | 50m: 31.41 31.41 | 150m: 1:42.57 | | 36.20 | 250m: 2:55.04 | 36.39 | 350m: 4:05.80 | | 35.61 | |
| | 100m: 1:06.37 34.96 | 200m: 2:18.65 | | 36.08 | 300m: 3:30.19 | 35.15 | 400m: 4:36.68 | | 30.88 | |
| 4. | RYBAK Jakub | | 08 | MKS Park Wodny Tarnowskie Góry | | | | | 4:42.52 | 472 |
| | 50m: 31.40 31.40 | 150m: 1:44.14 | | 36.70 | 250m: 2:57.01 | 35.96 | 350m: 4:08.41 | | 35.78 | |
| | 100m: 1:07.44 36.04 | 200m: 2:21.05 | | 36.91 | 300m: 3:32.63 | 35.62 | 400m: 4:42.52 | | 34.11 | |
| 5. | POLONIUS Filip | | 08 | KS GÓRNIK Radlin | | | | | 4:45.91 | 456 |
| | 50m: 32.23 32.23 | 150m: 1:45.35 | | 36.94 | 250m: 2:59.87 | 37.35 | 350m: 4:13.25 | | 36.11 | |
| | 100m: 1:08.41 36.18 | 200m: 2:22.52 | | 37.17 | 300m: 3:37.14 | 37.27 | 400m: 4:45.91 | | 32.66 | |
| 6. | KOBAK Nataniel | | 08 | RWKS SPARTA Biłgoraj | | | | | 4:46.72 | 452 |
| | 50m: 31.15 31.15 | 150m: 1:44.60 | | 37.41 | 250m: 2:59.58 | 37.88 | 350m: 4:12.70 | | 36.34 | |
| | 100m: 1:07.19 36.04 | 200m: 2:21.70 | | 37.10 | 300m: 3:36.36 | 36.78 | 400m: 4:46.72 | | 34.02 | |
| 7. | GWIAZDOWSKI Krzysztof | | 08 | MKS Piaseczno | | | | | 4:48.55 | 443 |
| | 50m: 31.74 31.74 | 150m: 1:43.40 | | 36.38 | 250m: 2:58.29 | 37.60 | 350m: 4:12.28 | | 37.33 | |
| | 100m: 1:07.02 35.28 | 200m: 2:20.69 | | 37.29 | 300m: 3:34.95 | 36.66 | 400m: 4:48.55 | | 36.27 | |
| 8. | RYBAK Grzegorz | | 08 | MKS Park Wodny Tarnowskie Góry | | | | | 5:08.23 | 363 |
| | 50m: 35.05 35.05 | 150m: 1:55.91 | | 40.26 | 250m: 3:16.14 | 39.64 | 350m: 4:34.34 | | 37.70 | |
| | 100m: 1:15.65 40.60 | 200m: 2:36.50 | | 40.59 | 300m: 3:56.64 | 40.50 | 400m: 5:08.23 | | 33.89 | |
| 9. | PORADA Jan | | 08 | UKS SP-149 Łódź | | | | | 5:11.28 | 353 |
| | 50m: 35.58 35.58 | 150m: 1:55.14 | | 40.48 | 250m: 3:15.60 | 40.36 | 350m: 4:34.77 | | 39.24 | |
| | 100m: 1:14.66 39.08 | 200m: 2:35.24 | | 40.10 | 300m: 3:55.53 | 39.93 | 400m: 5:11.28 | | 36.51 | |
| 10. | FERRARETTO Albert | | 08 | UKS SP-149 Łódź | | | | | 5:17.33 | 333 |
| | 50m: 36.42 36.42 | 150m: 1:59.12 | | 41.76 | 250m: 3:19.78 | 39.65 | 350m: 4:39.75 | | 39.21 | |
| | 100m: 1:17.36 40.94 | 200m: 2:40.13 | | 41.01 | 300m: 4:00.54 | 40.76 | 400m: 5:17.33 | | 37.58 | |



ARENA GRAND PRIX Puchar Polski w pływaniu
Ostrowiec w torzyski, 26-27.02.2022

Konkurencja 12, M czyzn, 400m dowolny

15 lat

| | | | | |
|--------------------------|---------------------|--------------------------------|---------------------|-----|
| 1. MAJOR Erik | 07 | MKS Park Wodny Tarnowskie Góry | 4:19.64 | 608 |
| 50m: 30.28 30.28 | 150m: 1:37.13 33.62 | 250m: 2:43.56 33.33 | 350m: 3:49.05 32.34 | |
| 100m: 1:03.51 33.23 | 200m: 2:10.23 33.10 | 300m: 3:16.71 33.15 | 400m: 4:19.64 30.59 | |
| 2. PONIEWA Oliwier | 07 | UKS SP5 Swim | 4:25.76 | 567 |
| 50m: 31.07 31.07 | 150m: 1:39.02 34.16 | 250m: 2:47.60 34.05 | 350m: 3:55.42 34.15 | |
| 100m: 1:04.86 33.79 | 200m: 2:13.55 34.53 | 300m: 3:21.27 33.67 | 400m: 4:25.76 30.34 | |
| 3. WALKOWSKI Bartosz | 07 | UKS 190 Łódź | 4:29.63 | 543 |
| 50m: 31.76 31.76 | 150m: 1:41.32 35.14 | 250m: 2:49.83 33.97 | 350m: 3:57.46 33.31 | |
| 100m: 1:06.18 34.42 | 200m: 2:15.86 34.54 | 300m: 3:24.15 34.32 | 400m: 4:29.63 32.17 | |
| 4. WALKOWSKI Maciej | 07 | UKS 190 Łódź | 4:29.71 | 543 |
| 50m: 32.24 32.24 | 150m: 1:42.66 35.33 | 250m: 2:52.15 34.73 | 350m: 3:58.95 32.90 | |
| 100m: 1:07.33 35.09 | 200m: 2:17.42 34.76 | 300m: 3:26.05 33.90 | 400m: 4:29.71 30.76 | |
| 5. ROMER Stanisław | 07 | UKS 48 Warszawa ródmie cie | 4:32.47 | 526 |
| 50m: 30.34 30.34 | 150m: 1:39.42 34.94 | 250m: 2:49.45 34.66 | 350m: 4:00.02 34.76 | |
| 100m: 1:04.48 34.14 | 200m: 2:14.79 35.37 | 300m: 3:25.26 35.81 | 400m: 4:32.47 32.45 | |
| 6. KRASKA Mateusz | 07 | MKS Park Wodny Tarnowskie Góry | 4:33.06 | 523 |
| 50m: 31.35 31.35 | 150m: 1:40.88 35.35 | 250m: 2:51.77 35.39 | 350m: 4:01.54 34.33 | |
| 100m: 1:05.53 34.18 | 200m: 2:16.38 35.50 | 300m: 3:27.21 35.44 | 400m: 4:33.06 31.52 | |
| 7. BORUSZEWSKI Filip | 07 | UKS SP-149 Łódź | 4:34.79 | 513 |
| 50m: 31.79 31.79 | 150m: 1:41.73 35.51 | 250m: 2:52.95 35.47 | 350m: 4:01.89 34.06 | |
| 100m: 1:06.22 34.43 | 200m: 2:17.48 35.75 | 300m: 3:27.83 34.88 | 400m: 4:34.79 32.90 | |
| 8. FIGIEL Filip | 07 | UKS PI TKA Konstaktyńów Łódzki | 4:35.08 | 512 |
| 50m: 31.42 31.42 | 150m: 1:41.72 35.17 | 250m: 2:52.20 35.03 | 350m: 4:01.93 34.56 | |
| 100m: 1:06.55 35.13 | 200m: 2:17.17 35.45 | 300m: 3:27.37 35.17 | 400m: 4:35.08 33.15 | |
| 9. WIECZOREK Kacper | 07 | MKS Park Wodny Tarnowskie Góry | 4:37.07 | 501 |
| 50m: 31.96 31.96 | 150m: 1:41.90 35.36 | 250m: 2:52.91 35.38 | 350m: 4:03.13 34.84 | |
| 100m: 1:06.54 34.58 | 200m: 2:17.53 35.63 | 300m: 3:28.29 35.38 | 400m: 4:37.07 33.94 | |
| 10. GŁOWACKI Sebastian | 07 | UKS NAWA Skierniewice | 4:40.00 | 485 |
| 50m: 31.51 31.51 | 150m: 1:44.00 36.50 | 250m: 2:55.90 35.76 | 350m: 4:07.04 35.06 | |
| 100m: 1:07.50 35.99 | 200m: 2:20.14 36.14 | 300m: 3:31.98 36.08 | 400m: 4:40.00 32.96 | |
| 11. OBSZY SKI Bartłomiej | 07 | RWKS SPARTA Biłgoraj | 4:43.61 | 467 |
| 50m: 31.25 31.25 | 150m: 1:44.00 37.25 | 250m: 2:56.66 36.19 | 350m: 4:08.96 36.29 | |
| 100m: 1:06.75 35.50 | 200m: 2:20.47 36.47 | 300m: 3:32.67 36.01 | 400m: 4:43.61 34.65 | |
| 12. SKROBISZ Michał | 07 | UKS 190 Łódź | 4:43.98 | 465 |
| 50m: 33.62 33.62 | 150m: 1:46.07 36.39 | 250m: 2:58.66 36.17 | 350m: 4:09.77 34.78 | |
| 100m: 1:09.68 36.06 | 200m: 2:22.49 36.42 | 300m: 3:34.99 36.33 | 400m: 4:43.98 34.21 | |
| 13. DRZYCIMSKI Maciej | 07 | UKP MANTA Jelcz-Laskowice | 4:55.75 | 412 |
| 50m: 32.66 32.66 | 150m: 1:48.61 38.06 | 250m: 3:04.60 37.87 | 350m: 4:20.51 38.31 | |
| 100m: 1:10.55 37.89 | 200m: 2:26.73 38.12 | 300m: 3:42.20 37.60 | 400m: 4:55.75 35.24 | |
| 14. LITWI SKI Igor | 07 | MUKP Korona-Swim Kielce | 4:56.35 | 409 |
| 50m: 33.74 33.74 | 150m: 1:47.75 37.43 | 250m: 3:04.65 38.81 | 350m: 4:20.41 37.59 | |
| 100m: 1:10.32 36.58 | 200m: 2:25.84 38.09 | 300m: 3:42.82 38.17 | 400m: 4:56.35 35.94 | |
| 15. KIERO SKI Marcel | 07 | KS FALA Niepołomice | 4:57.16 | 406 |
| 50m: 30.94 30.94 | 150m: 1:45.22 38.19 | 250m: 3:01.86 39.11 | 350m: 4:18.22 39.22 | |
| 100m: 1:07.03 36.09 | 200m: 2:22.75 37.53 | 300m: 3:39.00 37.14 | 400m: 4:57.16 38.94 | |
| 16. OSZAJCA Radosław | 07 | RWKS SPARTA Biłgoraj | 4:59.38 | 397 |
| 50m: 31.73 31.73 | 150m: 1:47.09 38.41 | 250m: 3:05.83 38.65 | 350m: 4:23.03 37.43 | |
| 100m: 1:08.68 36.95 | 200m: 2:27.18 40.09 | 300m: 3:45.60 39.77 | 400m: 4:59.38 36.35 | |
| 17. BALINOWSKI Oskar | 07 | MTKP DELFIN Toru | 5:05.56 | 373 |
| 50m: 33.81 33.81 | 150m: 1:51.27 39.18 | 250m: 3:10.45 39.55 | 350m: 4:29.44 38.80 | |
| 100m: 1:12.09 38.28 | 200m: 2:30.90 39.63 | 300m: 3:50.64 40.19 | 400m: 5:05.56 36.12 | |



ARENA GRAND PRIX Puchar Polski w pływaniu
Ostrowiec w torzyski, 26-27.02.2022

Konkurencja 12, M czyzn, 400m dowolny

16 lat

| | | | | | |
|---------|-----------------------------|---------------------|------------------------------|---------------------|-----|
| 1. | FILIPIAK Mikołaj | 06 | UKS ABIANKA Gdańsk | 4:04.06 | 733 |
| | 50m: 28.38 28.38 | 150m: 1:30.57 31.26 | 250m: 2:33.46 31.37 | 350m: 3:34.83 30.46 | |
| | 100m: 59.31 30.93 | 200m: 2:02.09 31.52 | 300m: 3:04.37 30.91 | 400m: 4:04.06 29.23 | |
| 2. | LARY Jerzy | 06 | IUKS MUSZELKA Warszawa | 4:06.44 | 712 |
| | 50m: 29.27 29.27 | 150m: 1:31.28 31.20 | 250m: 2:33.85 31.21 | 350m: 3:36.34 31.24 | |
| | 100m: 1:00.08 30.81 | 200m: 2:02.64 31.36 | 300m: 3:05.10 31.25 | 400m: 4:06.44 30.10 | |
| 3. | MIENICKI Rafał | 06 | UKS 48 Warszawa rodzimie cie | 4:15.35 | 640 |
| | 50m: 28.56 28.56 | 150m: 1:32.84 32.30 | 250m: 2:37.89 32.34 | 350m: 3:43.81 32.93 | |
| | 100m: 1:00.54 31.98 | 200m: 2:05.55 32.71 | 300m: 3:10.88 32.99 | 400m: 4:15.35 31.54 | |
| 4. | JASI SKI Kacper | 06 | MUKP Korona-Swim Kielce | 4:26.23 | 564 |
| | 50m: 30.26 30.26 | 150m: 1:37.89 34.02 | 250m: 2:45.72 33.81 | 350m: 3:53.87 33.99 | |
| | 100m: 1:03.87 33.61 | 200m: 2:11.91 34.02 | 300m: 3:19.88 34.16 | 400m: 4:26.23 32.36 | |
| 5. | KUREK Bartosz | 06 | UKS 190 Łódź | 4:30.69 | 537 |
| | 50m: 31.75 31.75 | 150m: 1:40.17 34.04 | 250m: 2:49.25 34.43 | 350m: 3:57.83 33.80 | |
| | 100m: 1:06.13 34.38 | 200m: 2:14.82 34.65 | 300m: 3:24.03 34.78 | 400m: 4:30.69 32.86 | |
| 6. | NIECKARZ Paweł | 06 | UKS 190 Łódź | 4:35.19 | 511 |
| | 50m: 31.07 31.07 | 150m: 1:40.88 35.45 | 250m: 2:50.99 35.43 | 350m: 4:01.48 35.42 | |
| | 100m: 1:05.43 34.36 | 200m: 2:15.56 34.68 | 300m: 3:26.06 35.07 | 400m: 4:35.19 33.71 | |
| 7. | B K Mikołaj | 06 | WODNIK Radom | 4:35.88 | 507 |
| | 50m: 30.61 30.61 | 150m: 1:41.04 35.72 | 250m: 2:53.01 36.11 | 350m: 4:02.55 33.66 | |
| | 100m: 1:05.32 34.71 | 200m: 2:16.90 35.86 | 300m: 3:28.89 35.88 | 400m: 4:35.88 33.33 | |
| 8. | W SIK Marek | 06 | DOKiS SP Vega Dobrodzie | 4:36.39 | 504 |
| | 50m: 31.49 31.49 | 150m: 1:42.39 35.67 | 250m: 2:53.98 35.87 | 350m: 4:03.36 34.48 | |
| | 100m: 1:06.72 35.23 | 200m: 2:18.11 35.72 | 300m: 3:28.88 34.90 | 400m: 4:36.39 33.03 | |
| 9. | PAPIER Mieszko | 06 | MUKS UNIA Busko Zdrój | 4:40.33 | 483 |
| | 50m: 30.38 30.38 | 150m: 1:40.70 35.21 | 250m: 2:53.52 36.79 | 350m: 4:05.76 36.03 | |
| | 100m: 1:05.49 35.11 | 200m: 2:16.73 36.03 | 300m: 3:29.73 36.21 | 400m: 4:40.33 34.57 | |
| 10. | MICHAŁEK Krzysztof | 06 | MTP Lublinianka | 4:40.81 | 481 |
| | 50m: 31.15 31.15 | 150m: 1:42.04 36.32 | 250m: 2:55.51 36.92 | 350m: 4:08.97 36.89 | |
| | 100m: 1:05.72 34.57 | 200m: 2:18.59 36.55 | 300m: 3:32.08 36.57 | 400m: 4:40.81 31.84 | |
| 11. | GORDZIEJKO Konrad | 06 | MTP Lublinianka | 4:45.34 | 458 |
| | 50m: 31.50 31.50 | 150m: 1:42.32 36.01 | 250m: 2:54.93 36.50 | 350m: 4:08.94 36.97 | |
| | 100m: 1:06.31 34.81 | 200m: 2:18.43 36.11 | 300m: 3:31.97 37.04 | 400m: 4:45.34 36.40 | |
| 12. | JANKIEWICZ DELGADO Jarosław | 06 | UKS NAWA Skierniewice | 4:46.86 | 451 |
| | 50m: 32.14 32.14 | 150m: 1:43.54 36.05 | 250m: 2:56.96 36.52 | 350m: 4:10.93 36.78 | |
| | 100m: 1:07.49 35.35 | 200m: 2:20.44 36.90 | 300m: 3:34.15 37.19 | 400m: 4:46.86 35.93 | |
| NIE UK. | PTASZY SKI Łukasz | 06 | UKS MANTA Warszawa Włochy | | |
| | 50m: 37.58 37.58 | 150m: | 250m: | 350m: | |
| | 100m: | 200m: | 300m: | 400m: | |

17 - 18 lat

| | | | | | |
|----|-----------------------|---------------------|------------------------|---------------------|-----|
| 1. | CHMIELEWSKI Krzysztof | 04 | IUKS MUSZELKA Warszawa | 3:57.81 | 792 |
| | 50m: 27.69 27.69 | 150m: 1:27.79 30.17 | 250m: 2:28.59 30.56 | 350m: 3:28.55 29.75 | |
| | 100m: 57.62 29.93 | 200m: 1:58.03 30.24 | 300m: 2:58.80 30.21 | 400m: 3:57.81 29.26 | |
| 2. | KOSI SKI Filip | 04 | AZS AWF Warszawa | 3:59.89 | 772 |
| | 50m: 28.24 28.24 | 150m: 1:29.38 30.76 | 250m: 2:30.17 30.26 | 350m: 3:30.61 30.33 | |
| | 100m: 58.62 30.38 | 200m: 1:59.91 30.53 | 300m: 3:00.28 30.11 | 400m: 3:59.89 29.28 | |
| 3. | WALTER Jakub | 04 | UKP UNIA O wi cim | 4:04.54 | 728 |
| | 50m: 28.04 28.04 | 150m: 1:30.39 31.22 | 250m: 2:32.88 31.27 | 350m: 3:35.73 31.12 | |
| | 100m: 59.17 31.13 | 200m: 2:01.61 31.22 | 300m: 3:04.61 31.73 | 400m: 4:04.54 28.81 | |



ARENA GRAND PRIX Puchar Polski w pływaniu
Ostrowiec w torzyski, 26-27.02.2022

Konkurencja 12, Chłopców, 400m dowolny, 17 - 18 lat

| Pozycja | | | | Rok ur. | | | | | | Czas | Pkt. | |
|---------|------------------------------|---------|-------|---------|-------------------|-----------------|-------|---------|-------|----------------|---------|-------|
| 4. | KOWOLIK Alex | | | 04 | UKP UNIA O | wi cim | | | | 4:05.53 | 720 | |
| | 50m: | 28.84 | 28.84 | 150m: | 1:31.02 | 31.14 | 250m: | 2:33.27 | 31.04 | 350m: | 3:35.60 | 30.87 |
| | 100m: | 59.88 | 31.04 | 200m: | 2:02.23 | 31.21 | 300m: | 3:04.73 | 31.46 | 400m: | 4:05.53 | 29.93 |
| 5. | RADKIEWICZ Kajetan | | | 05 | KS KSZO Ostrowiec | w. | | | | 4:06.62 | 710 | |
| | 50m: | 28.17 | 28.17 | 150m: | 1:31.14 | 31.74 | 250m: | 2:34.67 | 31.77 | 350m: | 3:37.11 | 31.14 |
| | 100m: | 59.40 | 31.23 | 200m: | 2:02.90 | 31.76 | 300m: | 3:05.97 | 31.30 | 400m: | 4:06.62 | 29.51 |
| 6. | CHMIELEWSKI Michał | | | 04 | IUKS MUSZELKA | Warszawa | | | | 4:06.79 | 709 | |
| | 50m: | 29.24 | 29.24 | 150m: | 1:32.12 | 31.36 | 250m: | 2:34.57 | 31.17 | 350m: | 3:37.33 | 31.34 |
| | 100m: | 1:00.76 | 31.52 | 200m: | 2:03.40 | 31.28 | 300m: | 3:05.99 | 31.42 | 400m: | 4:06.79 | 29.46 |
| 7. | MAMCARZ Mateusz | | | 04 | UKP UNIA O | wi cim | | | | 4:08.84 | 691 | |
| | 50m: | 27.76 | 27.76 | 150m: | 1:29.91 | 31.75 | 250m: | 2:34.88 | 32.48 | 350m: | 3:38.68 | 31.25 |
| | 100m: | 58.16 | 30.40 | 200m: | 2:02.40 | 32.49 | 300m: | 3:07.43 | 32.55 | 400m: | 4:08.84 | 30.16 |
| 8. | ZAREMBA Adam | | | 05 | WKS L SK | Wrocław | | | | 4:10.02 | 681 | |
| | 50m: | 28.78 | 28.78 | 150m: | 1:32.10 | 31.58 | 250m: | 2:35.84 | 31.55 | 350m: | 3:39.83 | 31.86 |
| | 100m: | 1:00.52 | 31.74 | 200m: | 2:04.29 | 32.19 | 300m: | 3:07.97 | 32.13 | 400m: | 4:10.02 | 30.19 |
| 9. | ZDYBEL Adam | | | 05 | KS DELFIN | Gdynia | | | | 4:11.11 | 673 | |
| | 50m: | 29.05 | 29.05 | 150m: | 1:33.16 | 32.33 | 250m: | 2:37.52 | 32.15 | 350m: | 3:41.18 | 31.37 |
| | 100m: | 1:00.83 | 31.78 | 200m: | 2:05.37 | 32.21 | 300m: | 3:09.81 | 32.29 | 400m: | 4:11.11 | 29.93 |
| 10. | DRABCZYK Krystian | | | 04 | UKP UNIA O | wi cim | | | | 4:11.54 | 669 | |
| | 50m: | 29.46 | 29.46 | 150m: | 1:33.15 | 31.92 | 250m: | 2:37.45 | 31.92 | 350m: | 3:41.24 | 31.39 |
| | 100m: | 1:01.23 | 31.77 | 200m: | 2:05.53 | 32.38 | 300m: | 3:09.85 | 32.40 | 400m: | 4:11.54 | 30.30 |
| 11. | LE NIAK Maksymilian | | | 04 | UKS 190 | Łódź | | | | 4:12.58 | 661 | |
| | 50m: | 27.86 | 27.86 | 150m: | 1:32.77 | 32.61 | 250m: | 2:37.27 | 32.09 | 350m: | 3:41.55 | 31.49 |
| | 100m: | 1:00.16 | 32.30 | 200m: | 2:05.18 | 32.41 | 300m: | 3:10.06 | 32.79 | 400m: | 4:12.58 | 31.03 |
| 12. | BARCZYK Jakub | | | 05 | UKS MANTA | Warszawa Włochy | | | | 4:13.17 | 656 | |
| | 50m: | 28.19 | 28.19 | 150m: | 1:32.18 | 31.84 | 250m: | 2:37.78 | 32.93 | 350m: | 3:43.46 | 32.61 |
| | 100m: | 1:00.34 | 32.15 | 200m: | 2:04.85 | 32.67 | 300m: | 3:10.85 | 33.07 | 400m: | 4:13.17 | 29.71 |
| 13. | GOŁACKI Sergiusz | | | 04 | UKS 190 | Łódź | | | | 4:13.93 | 650 | |
| | 50m: | 29.00 | 29.00 | 150m: | 1:33.08 | 32.10 | 250m: | 2:37.51 | 32.18 | 350m: | 3:42.15 | 32.27 |
| | 100m: | 1:00.98 | 31.98 | 200m: | 2:05.33 | 32.25 | 300m: | 3:09.88 | 32.37 | 400m: | 4:13.93 | 31.78 |
| 14. | PIELA Michał | | | 04 | UKP UNIA O | wi cim | | | | 4:15.06 | 642 | |
| | 50m: | 29.74 | 29.74 | 150m: | 1:34.73 | 32.88 | 250m: | 2:40.67 | 32.95 | 350m: | 3:45.02 | 31.96 |
| | 100m: | 1:01.85 | 32.11 | 200m: | 2:07.72 | 32.99 | 300m: | 3:13.06 | 32.39 | 400m: | 4:15.06 | 30.04 |
| 15. | DRAHORAD Pavel | | | 04 | Sport Club | Pardubice | | | | 4:17.44 | 624 | |
| | 50m: | 29.64 | 29.64 | 150m: | 1:35.04 | 33.46 | 250m: | 2:41.24 | 33.33 | 350m: | 3:46.97 | 32.68 |
| | 100m: | 1:01.58 | 31.94 | 200m: | 2:07.91 | 32.87 | 300m: | 3:14.29 | 33.05 | 400m: | 4:17.44 | 30.47 |
| 16. | SZELE NIAK-BIAŁKOWSKI Julian | | | 04 | KS KSZO Ostrowiec | w. | | | | 4:20.33 | 604 | |
| | 50m: | 29.60 | 29.60 | 150m: | 1:35.18 | 33.08 | 250m: | 2:41.63 | 33.33 | 350m: | 3:47.47 | 32.60 |
| | 100m: | 1:02.10 | 32.50 | 200m: | 2:08.30 | 33.12 | 300m: | 3:14.87 | 33.24 | 400m: | 4:20.33 | 32.86 |
| 17. | PIECHOWSKI Jakub | | | 05 | UKS JUNIOR | Kluczbork | | | | 4:22.06 | 592 | |
| | 50m: | 29.58 | 29.58 | 150m: | 1:35.56 | 33.27 | 250m: | 2:42.25 | 33.32 | 350m: | 3:49.49 | 33.55 |
| | 100m: | 1:02.29 | 32.71 | 200m: | 2:08.93 | 33.37 | 300m: | 3:15.94 | 33.69 | 400m: | 4:22.06 | 32.57 |
| 18. | WO NY Maksym | | | 05 | MKS JUVENIA | Wrocław | | | | 4:22.60 | 588 | |
| | 50m: | 28.83 | 28.83 | 150m: | 1:34.26 | 33.49 | 250m: | 2:42.39 | 34.56 | 350m: | 3:50.34 | 33.86 |
| | 100m: | 1:00.77 | 31.94 | 200m: | 2:07.83 | 33.57 | 300m: | 3:16.48 | 34.09 | 400m: | 4:22.60 | 32.26 |
| 19. | KUCHARCZYK Paweł | | | 05 | UKP POLONIA | Warszawa | | | | 4:28.91 | 548 | |
| | 50m: | 29.43 | 29.43 | 150m: | 1:37.22 | 34.18 | 250m: | 2:45.96 | 34.90 | 350m: | 3:55.52 | 34.93 |
| | 100m: | 1:03.04 | 33.61 | 200m: | 2:11.06 | 33.84 | 300m: | 3:20.59 | 34.63 | 400m: | 4:28.91 | 33.39 |
| 20. | FILOZOF Adam | | | 05 | MKS Park Wodny | Tarnowskie Góry | | | | 4:33.58 | 520 | |
| | 50m: | 29.87 | 29.87 | 150m: | 1:37.83 | 34.60 | 250m: | 2:48.26 | 35.70 | 350m: | 3:59.10 | 35.46 |
| | 100m: | 1:03.23 | 33.36 | 200m: | 2:12.56 | 34.73 | 300m: | 3:23.64 | 35.38 | 400m: | 4:33.58 | 34.48 |



ARENA GRAND PRIX Puchar Polski w pływaniu
Ostrowiec w torzyski, 26-27.02.2022

Konkurencja 12, Chłopców, 400m dowolny, 17 - 18 lat

| Pozycja | | | | Rok ur. | | | | | Czas | Pkt. | | |
|---------|--------------------|---------|-------|---------|--------------------------------|-------|-------|---------|----------------|-------|---------|-------|
| 21. | BASAEZ Claudio | | | 05 | MKS Park Wodny Tarnowskie Góry | | | | 4:37.99 | 496 | | |
| | 50m: | 31.73 | 31.73 | 150m: | 1:41.63 | 35.24 | 250m: | 2:52.73 | 35.70 | 350m: | 4:03.38 | 35.04 |
| | 100m: | 1:06.39 | 34.66 | 200m: | 2:17.03 | 35.40 | 300m: | 3:28.34 | 35.61 | 400m: | 4:37.99 | 34.61 |
| 22. | DEC Kacper | | | 05 | UKS Jagiellonia Swim | | | | 4:40.82 | 481 | | |
| | 50m: | 30.65 | 30.65 | 150m: | 1:42.07 | 35.90 | 250m: | 2:56.47 | 36.43 | 350m: | 4:10.76 | 37.39 |
| | 100m: | 1:06.17 | 35.52 | 200m: | 2:20.04 | 37.97 | 300m: | 3:33.37 | 36.90 | 400m: | 4:40.82 | 30.06 |
| 23. | GO DZIK Kamil | | | 05 | UKS NAWA Skierniewice | | | | 4:58.82 | 399 | | |
| | 50m: | 32.91 | 32.91 | 150m: | 1:49.80 | 39.32 | 250m: | 3:07.13 | 38.76 | 350m: | 4:23.73 | 37.94 |
| | 100m: | 1:10.48 | 37.57 | 200m: | 2:28.37 | 38.57 | 300m: | 3:45.79 | 38.66 | 400m: | 4:58.82 | 35.09 |
| 24. | J DRUCH Bartłomiej | | | 05 | UKS SP5 Swim | | | | 5:06.91 | 368 | | |
| | 50m: | 34.16 | 34.16 | 150m: | 1:51.40 | 39.45 | 250m: | 3:11.00 | 40.26 | 350m: | 4:29.30 | 38.71 |
| | 100m: | 1:11.95 | 37.79 | 200m: | 2:30.74 | 39.34 | 300m: | 3:50.59 | 39.59 | 400m: | 5:06.91 | 37.61 |