

Polish Open 2022
 Łódź, 30.04-03.05.2022

 Konkurencja 12
 01.05.2022

M cyczn, 400m zmienny

 Open
 Wyniki Eliminacje

Rekord Polski 4:12.28 MATCZAK Mateusz 00905 Belgrade (SRB) 11.07.2009

Mistrzostwa Europy Seniorów - Rzym 2022 Open: 4:18.40 / Letnia Uniwersjada - Chengdu 2022 Open: 4:20.96 /

Mistrzostwa Europy Juniorów- Bukareszt 2022 17 - 18: 4:27.57 / Mistrzostwa wiaty Seniorów - Budapeszt 2022 Open: 4:15.84

Punkty: FINA 2022

Pozycja			Rok ur.			Czas	Pkt.		
1.	KUCZAK Adam		00	AZS AWF Katowice		4:30.23	734	A	
	50m:	28.22 28.22	150m:	1:36.75 35.21	250m:	2:48.89 38.19	350m:	3:59.67 32.13	
	100m:	1:01.54 33.32	200m:	2:10.70 33.95	300m:	3:27.54 38.65	400m:	4:30.23 30.56	
2.	KONARSKI Maciej		04	UKS GIM 92 Ursynów		4:32.48	716	A	
	50m:	27.73 27.73	150m:	1:36.77 36.26	250m:	2:50.58 38.14	350m:	4:02.52 33.09	
	100m:	1:00.51 32.78	200m:	2:12.44 35.67	300m:	3:29.43 38.85	400m:	4:32.48 29.96	
3.	PIELA Michał		04	UKP UNIA O wi cim		4:33.71	707	A	
	50m:	28.86 28.86	150m:	1:39.07 36.29	250m:	2:52.54 38.73	350m:	4:02.75 31.91	
	100m:	1:02.78 33.92	200m:	2:13.81 34.74	300m:	3:30.84 38.30	400m:	4:33.71 30.96	
4.	STANISZEWSKI Bartosz		05	UKP Ruda l ska		4:34.15	703	A	
	50m:	28.54 28.54	150m:	1:37.91 35.48	250m:	2:51.85 39.71	350m:	4:03.63 31.66	
	100m:	1:02.43 33.89	200m:	2:12.14 34.23	300m:	3:31.97 40.12	400m:	4:34.15 30.52	
5.	W GROWSKI Marcel		99	AZS UŁ PŁ Łód		4:34.96	697	A	
	50m:	26.52 26.52	150m:	1:35.13 36.45	250m:	2:50.22 39.54	350m:	4:02.97 32.92	
	100m:	58.68 32.16	200m:	2:10.68 35.55	300m:	3:30.05 39.83	400m:	4:34.96 31.99	
6.	MALEC Mikołaj		01	MKS TRÓJKA Łód		4:37.28	680	A	
	50m:	27.54 27.54	150m:	1:34.49 35.23	250m:	2:49.65 40.52	350m:	4:05.86 33.83	
	100m:	59.26 31.72	200m:	2:09.13 34.64	300m:	3:32.03 42.38	400m:	4:37.28 31.42	
7.	MA KA Filip		00	UKS 190 Łód		4:37.72	676	A	
	50m:	29.10 29.10	150m:	1:37.49 34.90	250m:	2:52.30 39.99	350m:	4:05.53 32.78	
	100m:	1:02.59 33.49	200m:	2:12.31 34.82	300m:	3:32.75 40.45	400m:	4:37.72 32.19	
8.	WARZOCHA Albert		01	KS WARTA Pozna		4:38.10	674	A	
	50m:	27.45 27.45	150m:	1:36.82 37.10	250m:	2:51.88 38.24	350m:	4:05.53 33.29	
	100m:	59.72 32.27	200m:	2:13.64 36.82	300m:	3:32.24 40.36	400m:	4:38.10 32.57	
9.	KAPAŁA Bartosz		06	MTP KORMORAN Olsztyn		4:40.94	653	B	
	50m:	29.80 29.80	150m:	1:39.30 35.70	250m:	2:55.06 40.49	350m:	4:09.36 32.44	
	100m:	1:03.60 33.80	200m:	2:14.57 35.27	300m:	3:36.92 41.86	400m:	4:40.94 31.58	
10.	WYKR T Marcin		04	SIKRET Gliwice		4:42.53	642	B	
	50m:	29.87 29.87	150m:	1:40.82 37.28	250m:	2:56.43 38.48	350m:	4:09.57 33.33	
	100m:	1:03.54 33.67	200m:	2:17.95 37.13	300m:	3:36.24 39.81	400m:	4:42.53 32.96	
11.	MAJOR Erik		07	MKS Park Wodny Tarnowskie Góry		4:43.04	639	B	
	50m:	29.30 29.30	150m:	1:40.06 36.90	250m:	2:56.34 39.90	350m:	4:11.23 33.61	
	100m:	1:03.16 33.86	200m:	2:16.44 36.38	300m:	3:37.62 41.28	400m:	4:43.04 31.81	
12.	KRY Radosław		07	UKS Tri-Team Rumia		4:47.81	608	B	
	50m:	29.96 29.96	150m:	1:39.96 35.96	250m:	2:57.25 41.62	350m:	4:14.24 34.57	
	100m:	1:04.00 34.04	200m:	2:15.63 35.67	300m:	3:39.67 42.42	400m:	4:47.81 33.57	
13.	ARENT Artur		05	MKS JEDYNKA Łód		4:48.19	605	B	
	50m:	29.50 29.50	150m:	1:41.58 37.51	250m:	2:59.40 40.63	350m:	4:15.05 33.82	
	100m:	1:04.07 34.57	200m:	2:18.77 37.19	300m:	3:41.23 41.83	400m:	4:48.19 33.14	
14.	R YSKI Michał		06	MTP KORMORAN Olsztyn		4:49.00	600	B	
	50m:	30.27 30.27	150m:	1:45.01 39.72	250m:	3:01.85 39.45	350m:	4:15.27 33.60	
	100m:	1:05.29 35.02	200m:	2:22.40 37.39	300m:	3:41.67 39.82	400m:	4:49.00 33.73	
15.	GNACZY SKI Michał		07	MKP SŁOWIANKA Gorzów Wlkp.		4:49.86	595	B	
	50m:	31.32 31.32	150m:	1:45.01 38.61	250m:	3:04.06 40.65	350m:	4:18.13 33.17	
	100m:	1:06.40 35.08	200m:	2:23.41 38.40	300m:	3:44.96 40.90	400m:	4:49.86 31.73	

Konkurencja 12, M czołwizn, 400m zmienny, Eliminacje, Open

Pozycja			Rok ur.					Czas	Pkt.
16.	JARCZEWSKI Franciszek		05	UKS 190 Łódź				4:50.04	594 B
	50m:	30.16 30.16	150m:	1:40.34	36.63	250m:	2:58.82 42.21	350m:	4:16.29 34.45
	100m:	1:03.71 33.55	200m:	2:16.61	36.27	300m:	3:41.84 43.02	400m:	4:50.04 33.75
17.	MIŁKOWSKI Mikołaj		07	UKS 48 Warszawa ródmi cie				4:50.24	592 C
	50m:	30.17 30.17	150m:	1:42.67	37.36	250m:	3:00.51 41.47	350m:	4:16.96 34.15
	100m:	1:05.31 35.14	200m:	2:19.04	36.37	300m:	3:42.81 42.30	400m:	4:50.24 33.28
18.	LEWICKI Jakub		04	SIKRET Gliwice				4:50.43	591 C
	50m:	29.09 29.09	150m:	1:40.08	36.99	250m:	2:59.06 42.63	350m:	4:16.42 34.43
	100m:	1:03.09 34.00	200m:	2:16.43	36.35	300m:	3:41.99 42.93	400m:	4:50.43 34.01
19.	POLIAK Serhii		07	Ukraine				4:51.39	585 C
	50m:	28.78 28.78	150m:	1:39.89	37.74	250m:	2:58.09 41.25	350m:	4:16.62 35.75
	100m:	1:02.15 33.37	200m:	2:16.84	36.95	300m:	3:40.87 42.78	400m:	4:51.39 34.77
20.	PROSZOWSKI Paweł		07	MKS Park Wodny Tarnowskie Góry				4:51.47	585 C
	50m:	29.91 29.91	150m:	1:41.90	38.08	250m:	3:01.85 42.08	350m:	4:18.48 34.26
	100m:	1:03.82 33.91	200m:	2:19.77	37.87	300m:	3:44.22 42.37	400m:	4:51.47 32.99
21.	OŁOWNIA Ignacy		07	KS DELFIN Gdynia				4:51.84	583 C
	50m:	29.69 29.69	150m:	1:40.94	37.22	250m:	2:59.65 42.95	350m:	4:18.88 34.99
	100m:	1:03.72 34.03	200m:	2:16.70	35.76	300m:	3:43.89 44.24	400m:	4:51.84 32.96
22.	CHOLEWA Wojciech		06	UKS FENIKS D bica				4:55.15	563 C
	50m:	30.61 30.61	150m:	1:44.81	39.12	250m:	3:04.84 41.87	350m:	4:21.59 33.57
	100m:	1:05.69 35.08	200m:	2:22.97	38.16	300m:	3:48.02 43.18	400m:	4:55.15 33.56
23.	FILOZOF Adam		05	MKS Park Wodny Tarnowskie Góry				4:55.53	561 C
	50m:	29.61 29.61	150m:	1:44.70	40.27	250m:	3:04.77 41.14	350m:	4:21.63 35.05
	100m:	1:04.43 34.82	200m:	2:23.63	38.93	300m:	3:46.58 41.81	400m:	4:55.53 33.90
24.	DZIERKACZ Igor		05	UKS G-8 Bielany Warszawa				4:57.25	552 C
	50m:	30.55 30.55	150m:	1:46.29	1:27.07	250m:	3:08.41 42.96	350m:	4:24.55 33.17
	100m:	19.22	200m:	2:25.45	39.16	300m:	3:51.38 42.97	400m:	4:57.25 32.70
25.	JASI SKI Jakub		03	MKS JEDYNKA Łódź				4:57.83	548 R
	50m:	28.84 28.84	150m:	1:43.05	40.60	250m:	3:06.27 43.21	350m:	4:24.71 34.22
	100m:	1:02.45 33.61	200m:	2:23.06	40.01	300m:	3:50.49 44.22	400m:	4:57.83 33.12
26.	BORUSZEWSKI Filip		07	UKS SP-149 Łódź				5:00.89	532 R
	50m:	30.30 30.30	150m:	1:47.14	41.17	250m:	3:08.52 41.43	350m:	4:26.98 35.79
	100m:	1:05.97 35.67	200m:	2:27.09	39.95	300m:	3:51.19 42.67	400m:	5:00.89 33.91
27.	DYRDA Michał		06	MKS JUVENIA Wrocław				5:02.13	525
	50m:	28.75 28.75	150m:	1:42.76	39.04	250m:	3:05.06 44.78	350m:	4:26.71 36.69
	100m:	1:03.72 34.97	200m:	2:20.28	37.52	300m:	3:50.02 44.96	400m:	5:02.13 35.42
28.	J DRYKA Nikodem		04	MKS TRÓJKA Łódź				5:03.32	519
	50m:	28.80 28.80	150m:	1:44.05	40.66	250m:	3:09.69 44.92	350m:	4:29.61 34.94
	100m:	1:03.39 34.59	200m:	2:24.77	40.72	300m:	3:54.67 44.98	400m:	5:03.32 33.71
29.	PI TKIEWICZ Piotr		07	MKS TRÓJKA Łódź				5:03.37	519
	50m:	29.29 29.29	150m:	1:43.37	40.09	250m:	3:04.80 43.58	350m:	4:28.55 37.64
	100m:	1:03.28 33.99	200m:	2:21.22	37.85	300m:	3:50.91 46.11	400m:	5:03.37 34.82
30.	KOWALEWSKI Mateusz		06	MKS JEDYNKA Łódź				5:05.23	509
	50m:	31.15 31.15	150m:	1:49.10	41.44	250m:	3:11.34 41.86	350m:	4:30.73 36.83
	100m:	1:07.66 36.51	200m:	2:29.48	40.38	300m:	3:53.90 42.56	400m:	5:05.23 34.50
31.	WISTAK Miłosz		06	UKS FENIKS D bica				5:05.60	507
	50m:	32.53 32.53	150m:	1:51.73	41.59	250m:	3:15.00 42.70	350m:	4:32.25 33.25
	100m:	1:10.14 37.61	200m:	2:32.30	40.57	300m:	3:59.00 44.00	400m:	5:05.60 33.35
32.	WÓJCIK Szczepan		06	UKS FREGATA Kolbuszowa				5:10.86	482
	50m:	32.15 32.15	150m:	1:51.45	40.29	250m:	3:14.99 44.34	350m:	4:36.48 36.52
	100m:	1:11.16 39.01	200m:	2:30.65	39.20	300m:	3:59.96 44.97	400m:	5:10.86 34.38

Konkurencja 12, M czynny, 400m zmienny, Eliminacje, Open

Pozycja			Rok ur.					Czas	Pkt.
33.	WÓJCIK Mikołaj		07	UKS FREGATA Kolbuszowa				5:14.49	466
	50m:	31.50 31.50	150m:	1:46.93 39.20	250m:	3:15.17 48.23	350m:	4:40.52 35.60	
	100m:	1:07.73 36.23	200m:	2:26.94 40.01	300m:	4:04.92 49.75	400m:	5:14.49 33.97	
34.	KRASKA Mateusz		07	MKS Park Wodny Tarnowskie Góry				5:15.59	461
	50m:	31.74 31.74	150m:	1:50.03 41.20	250m:	3:17.48 47.89	350m:	4:41.14 36.20	
	100m:	1:08.83 37.09	200m:	2:29.59 39.56	300m:	4:04.94 47.46	400m:	5:15.59 34.45	
35.	ŁUKAWSKI Tomasz		07	UKS 48 Warszawa ródmi cie				5:21.98	434
	50m:	32.46 32.46	150m:	1:55.19 43.79	250m:	3:23.36 47.01	350m:	4:47.60 35.65	
	100m:	1:11.40 38.94	200m:	2:36.35 41.16	300m:	4:11.95 48.59	400m:	5:21.98 34.38	
36.	TRUDNOS Ignacy		08	UKS 190 Łódź				5:22.04	434
	50m:	33.37 33.37	150m:	1:55.58 42.47	250m:	3:20.59 44.04	350m:	4:45.74 39.79	
	100m:	1:13.11 39.74	200m:	2:36.55 40.97	300m:	4:05.95 45.36	400m:	5:22.04 36.30	
37.	KASZUBOWSKI Borys		08	KS WANKAN Legnica				5:22.17	433
	50m:	33.01 33.01	150m:	1:55.75 42.08	250m:	3:23.92 47.22	350m:	4:48.79 37.59	
	100m:	1:13.67 40.66	200m:	2:36.70 40.95	300m:	4:11.20 47.28	400m:	5:22.17 33.38	
38.	JARECKI Bartosz		08	UKS 48 Warszawa ródmi cie				5:22.59	431
	50m:	33.61 33.61	150m:	1:56.94 43.02	250m:	3:23.38 46.07	350m:	4:47.33 36.78	
	100m:	1:13.92 40.31	200m:	2:37.31 40.37	300m:	4:10.55 47.17	400m:	5:22.59 35.26	
39.	STANISZEWSKI Wiktor		08	UKP Ruda I ska				5:22.65	431
	50m:	33.42 33.42	150m:	1:56.29 42.98	250m:	3:25.56 47.53	350m:	4:49.56 35.70	
	100m:	1:13.31 39.89	200m:	2:38.03 41.74	300m:	4:13.86 48.30	400m:	5:22.65 33.09	
40.	CZERWONKA Jan		08	MTKP DELFIN Toru				5:23.84	426
	50m:	32.40 32.40	150m:	1:56.31 43.50	250m:	3:25.84 47.65	350m:	4:50.26 35.73	
	100m:	1:12.81 40.41	200m:	2:38.19 41.88	300m:	4:14.53 48.69	400m:	5:23.84 33.58	
41.	PORADA Jan		08	UKS SP-149 Łódź				5:31.36	398
	50m:	35.18 35.18	150m:	2:00.73 45.33	250m:	3:29.51 46.15	350m:	4:54.36 38.31	
	100m:	1:15.40 40.22	200m:	2:43.36 42.63	300m:	4:16.05 46.54	400m:	5:31.36 37.00	
DYSKW.	JARZ B Tymoteusz		06	UKS FENIKS D bica					
	<i>K14 - Pływak wykonał kopni cie nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie i nawrocie).</i>								