

# Finał ARENA Grand Prix Puchar Polski Łódź, 02-04.06.2023

Konkurencja 10  
02.06.2023 - 10:59

M czyzn, 400m zmienny

14 lat i starsi  
Wyniki Eliminacje

Rekord Polski	4:12.28	MATCZAK Mateusz	POL	Belgrade (SRB)	11.07.2009
Punkty: FINA 2023					

Pozycja	Rok ur.				Czas				Pkt.
1.	CHMIELEWSKI Krzysztof	04	IUKS MUSZELKA Warszawa		<b>4:28.83</b>	746	A		
	50m: 26.67 26.67	150m: 1:32.25	34.69	250m: 2:45.28	39.77	350m: 3:57.94	31.17		
	100m: 57.56 30.89	200m: 2:05.51	33.26	300m: 3:26.77	41.49	400m: 4:28.83	30.89		
2.	MRÓZ Adam	03	KU AZS UMCS Lublin		<b>4:35.58</b>	692	A		
	50m: 28.35 28.35	150m: 1:36.33	35.76	250m: 2:50.54	38.36	350m: 4:02.50	32.75		
	100m: 1:00.57 32.22	200m: 2:12.18	35.85	300m: 3:29.75	39.21	400m: 4:35.58	33.08		
3.	POPRAWA Michał	94	AZS AWF Katowice		<b>4:36.27</b>	687	A		
	50m: 26.30 26.30	150m: 1:32.69	35.26	250m: 2:48.37	39.67	350m: 4:02.94	33.55		
	100m: 57.43 31.13	200m: 2:08.70	36.01	300m: 3:29.39	41.02	400m: 4:36.27	33.33		
4.	KUCZAK Adam	00	AZS AWF Katowice		<b>4:37.31</b>	679	A		
	50m: 27.78 27.78	150m: 1:36.63	36.11	250m: 2:51.78	39.93	350m: 4:04.27	33.07		
	100m: 1:00.52 32.74	200m: 2:11.85	35.22	300m: 3:31.20	39.42	400m: 4:37.31	33.04		
5.	POGODA Krzysztof	05	MKS JEDYNKA Łódź		<b>4:43.51</b>	636	A		
	50m: 29.59 29.59	150m: 1:40.57	36.27	250m: 2:56.43	40.22	350m: 4:11.40	34.35		
	100m: 1:04.30 34.71	200m: 2:16.21	35.64	300m: 3:37.05	40.62	400m: 4:43.51	32.11		
6.	WIDERSKI Miłosz	08	MKS JEDYNKA Łódź		<b>4:45.05</b>	625	A		
	50m: 30.31 30.31	150m: 1:41.91	36.66	250m: 3:00.76	41.81	350m: 4:14.81	31.02		
	100m: 1:05.25 34.94	200m: 2:18.95	37.04	300m: 3:43.79	43.03	400m: 4:45.05	30.24		
7.	KOBUS Tymoteusz	05	UKS ABIANKA Gda sk		<b>4:46.86</b>	614	A		
	50m: 28.82 28.82	150m: 1:41.80	39.66	250m: 3:00.30	40.35	350m: 4:14.23	32.93		
	100m: 1:02.14 33.32	200m: 2:19.95	38.15	300m: 3:41.30	41.00	400m: 4:46.86	32.63		
8.	TARCZY SKI Bartosz	07	UKS 190 Łódź		<b>4:49.50</b>	597	A		
	50m: 31.07 31.07	150m: 1:47.27	40.42	250m: 3:04.64	38.62	350m: 4:17.39	34.08		
	100m: 1:06.85 35.78	200m: 2:26.02	38.75	300m: 3:43.31	38.67	400m: 4:49.50	32.11		
9.	OŁOWNIA Ignacy	07	KS DELFIN Gdynia		<b>4:50.88</b>	589	A		
	50m: 29.89 29.89	150m: 1:42.41	38.22	250m: 3:01.52	43.22	350m: 4:18.90	34.15		
	100m: 1:04.19 34.30	200m: 2:18.30	35.89	300m: 3:44.75	43.23	400m: 4:50.88	31.98		
10.	SROKA Bła ej	05	UKS ABIANKA Gda sk		<b>4:51.15</b>	587	A		
	50m: 29.82 29.82	150m: 1:44.73	38.79	250m: 3:02.26	41.28	350m: 4:18.90	34.15		
	100m: 1:05.94 36.12	200m: 2:20.98	36.25	300m: 3:44.81	42.55	400m: 4:51.15			
11.	CZOGAŁA Grzegorz	07	UKS G-8 Bielany Warszawa		<b>4:51.86</b>	583	B		
	50m: 30.08 30.08	150m: 1:46.45	40.29	250m: 3:03.34	37.96	350m: 4:18.94	32.80		
	100m: 1:06.16 36.08	200m: 2:25.38	38.93	300m: 3:42.96	39.62	400m: 4:51.86			
12.	JARCZEWSKI Franciszek	05	UKS 190 Łódź		<b>4:52.15</b>	581	B		
	50m: 30.43 30.43	150m: 1:43.66	38.04	250m: 3:03.38	42.07	350m: 4:18.94	32.80		
	100m: 1:05.62 35.19	200m: 2:21.31	37.65	300m: 3:46.14	42.76	400m: 4:52.15	33.21		
13.	HALKIEWICZ Maciej	08	UKS OMEGA Olkusz		<b>4:56.42</b>	556	B		
	50m: 29.47 29.47	150m: 1:43.17	37.41	250m: 3:04.11	44.17	350m: 4:23.45	35.33		
	100m: 1:05.76 36.29	200m: 2:19.94	36.77	300m: 3:48.12	44.01	400m: 4:56.42	32.97		
14.	BORUSZEWSKI Filip	07	UKS SP-149 Łódź		<b>5:00.06</b>	536	B		
	50m: 30.28 30.28	150m: 1:48.75	40.44	250m: 3:07.98	41.24	350m: 4:26.00	35.14		
	100m: 1:08.31 38.03	200m: 2:26.74	37.99	300m: 3:50.86	42.88	400m: 5:00.06	34.06		
15.	KARWAT Bartłomiej	08	UKS NAWA Skierniewice		<b>5:04.25</b>	514	B		
	50m: 31.66 31.66	150m: 1:48.62	39.29	250m: 3:11.99	45.15	350m: 4:31.92	34.47		
	100m: 1:09.33 37.67	200m: 2:26.84	38.22	300m: 3:57.45	45.46	400m: 5:04.25	32.33		
16.	JOACHIMOWICZ Patryk	08	KU AZS UMCS Lublin		<b>5:04.35</b>	514	B		
	50m: 29.88 29.88	150m: 1:44.34	38.91	250m: 3:07.46	44.85	350m: 4:28.21	35.28		
	100m: 1:05.43 35.55	200m: 2:22.61	38.27	300m: 3:52.93	45.47	400m: 5:04.35	36.14		

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Konkurencja 10, M czynn, 400m zmienny, Eliminacje, 14 lat i starsi

Pozycja	Rok ur.										Czas	Pkt.	
17.	LEŚIAK Piotr			09	SKS 137 DELFIN Łód						5:04.85	511	B
	50m:	34.59	34.59	150m:	1:53.15	39.08	250m:	3:14.84	42.79	350m:	4:31.98	33.43	
	100m:	1:14.07	39.48	200m:	2:32.05	38.90	300m:	3:58.55	43.71	400m:	5:04.85	32.87	
18.	WALKOWSKI Bartosz			07	UKS 190 Łód						5:05.06	510	B
	50m:	30.30	30.30	150m:	1:46.45	41.35	250m:	3:10.81	44.61	350m:	4:30.95	34.85	
	100m:	1:05.10	34.80	200m:	2:26.20	39.75	300m:	3:56.10	45.29	400m:	5:05.06	34.11	
19.	PAWLAK Dawid			08	UKS 190 Łód						5:05.81	506	B
	50m:	31.96	31.96	150m:	1:50.48	42.80	250m:	3:15.47	42.32	350m:	4:33.29	34.54	
	100m:	1:07.68	35.72	200m:	2:33.15	42.67	300m:	3:58.75	43.28	400m:	5:05.81	32.52	
20.	STR K Krystian			08	UKP UNIA O wi cim						5:07.20	500	B
	50m:	30.83	30.83	150m:	1:46.61	39.68	250m:	3:10.13	44.56	350m:	4:32.33	35.84	
	100m:	1:06.93	36.10	200m:	2:25.57	38.96	300m:	3:56.49	46.36	400m:	5:07.20	34.87	
21.	TRUDNOS Ignacy			08	UKS 190 Łód						5:13.73	469	R
	50m:	33.70	33.70	150m:	1:54.37	41.77	250m:	3:17.24	42.96	350m:	4:38.40	37.95	
	100m:	1:12.60	38.90	200m:	2:34.28	39.91	300m:	4:00.45	43.21	400m:	5:13.73	35.33	
22.	GAŁO SKI Tomasz			07	KP Solne Miasto Wieliczka						5:15.64	461	R
	50m:	33.26	33.26	150m:	1:55.33	43.73	250m:	3:20.73	43.85	350m:	4:40.95	36.79	
	100m:	1:11.60	38.34	200m:	2:36.88	41.55	300m:	4:04.16	43.43	400m:	5:15.64	34.69	
23.	BALCEROWICZ Ryszard			08	UKS ABIANKA Gda sk						5:20.43	440	
	50m:	31.96	31.96	150m:	1:50.22	40.05	250m:	3:18.09	47.88	350m:	4:43.57	37.86	
	100m:	1:10.17	38.21	200m:	2:30.21	39.99	300m:	4:05.71	47.62	400m:	5:20.43	36.86	
24.	ROZUMEK Jan			09	KP Solne Miasto Wieliczka						5:21.99	434	
	50m:	33.57	33.57	150m:	1:50.46	39.29	250m:	3:18.80	50.90	350m:	4:48.14	37.89	
	100m:	1:11.17	37.60	200m:	2:27.90	37.44	300m:	4:10.25	51.45	400m:	5:21.99	33.85	
25.	DRELICH Mateusz			09	UKS 190 Łód						5:23.34	428	
	50m:	34.34	34.34	150m:	3:24.59	2:11.04	250m:			350m:	4:48.83	37.02	
	100m:	1:13.55	39.21	200m:	2:37.54		300m:	4:11.81		400m:	5:23.34	34.51	
26.	PRZYSTAŁ Antonio			07	KP Solne Miasto Wieliczka						5:24.02	426	
	50m:	32.88	32.88	150m:	1:58.28	46.82	250m:	3:26.95	44.64	350m:	4:49.36	37.78	
	100m:	1:11.46	38.58	200m:	2:42.31	44.03	300m:	4:11.58	44.63	400m:	5:24.02	34.66	
27.	LESZCZY SKI Filip			08	UKS 190 Łód						5:24.62	423	
	50m:	34.21	34.21	150m:	2:02.06	48.00	250m:	3:29.43	42.19	350m:	4:49.60	36.69	
	100m:	1:14.06	39.85	200m:	2:47.24	45.18	300m:	4:12.91	43.48	400m:	5:24.62	35.02	
28.	GŁOWACKI Sebastian			07	UKS NAWA Skierniewice						5:24.83	423	
	50m:	34.28	34.28	150m:	2:02.44		250m:	3:27.24	42.92	350m:	4:49.15	38.36	
	100m:			200m:	2:44.32	41.88	300m:	4:10.79	43.55	400m:	5:24.83	35.68	
29.	PORADA Jan			08	UKS SP-149 Łód						5:35.45	384	
	50m:	34.72	34.72	150m:	2:00.40	44.93	250m:	3:30.39	45.98	350m:	4:56.63	38.33	
	100m:	1:15.47	40.75	200m:	2:44.41	44.01	300m:	4:18.30	47.91	400m:	5:35.45	38.82	