

ARENA GRAND PRIX Puchar Polski w pływaniu
Opole, 14-15.10.2023

 Konkurencja 22
2023-10-15 - 9:14

M czyzn, 400m dowolny

 14 lat i starsi
Wyniki

Rekord Polski 3:45.71 STANCZYK Przemyslaw 00116 Chiba (JPN) 2007-08-21

Punkty: FINA 2023

Pozycja			Rok ur.							Czas	Pkt.
1.	KAPAŁA Bartosz		06	MTP Kormoran Olsztyn						4:03.78	735
	50m:	28.78 28.78	150m:	1:30.55	31.33	250m:	2:33.01	31.09	350m:	3:34.16	30.39
	100m:	59.22 30.44	200m:	2:01.92	31.37	300m:	3:03.77	30.76	400m:	4:03.78	29.62
2.	WO NIAK Piotr		05	MTP Kormoran Olsztyn						4:04.69	727
	50m:	29.00 29.00	150m:	1:31.36	31.36	250m:	2:33.95	31.33	350m:	3:36.70	31.27
	100m:	1:00.00 31.00	200m:	2:02.62	31.26	300m:	3:05.43	31.48	400m:	4:04.69	27.99
3.	STANISZEWSKI Bartosz		05	MKP Szczecin						4:05.36	721
	50m:	28.19 28.19	150m:	1:30.67	31.52	250m:	2:33.63	31.42	350m:	3:35.54	30.44
	100m:	59.15 30.96	200m:	2:02.21	31.54	300m:	3:05.10	31.47	400m:	4:05.36	29.82
4.	KOSI SKI Filip		04	AZS AWF Warszawa						4:06.31	713
	50m:	28.38 28.38	150m:	1:30.92	31.49	250m:	2:33.90	31.52	350m:	3:36.38	31.45
	100m:	59.43 31.05	200m:	2:02.38	31.46	300m:	3:04.93	31.03	400m:	4:06.31	29.93
5.	MAJOR Erik		07	MKS Park Wodny Tarnowskie Góry						4:07.99	698
	50m:	28.81 28.81	150m:	1:32.24	32.08	250m:	2:35.85	31.52	350m:	3:39.03	31.66
	100m:	1:00.16 31.35	200m:	2:04.33	32.09	300m:	3:07.37	31.52	400m:	4:07.99	28.96
6.	LARY Jerzy		06	IUKS MUSZELKA Warszawa						4:09.18	688
	50m:	29.19 29.19	150m:	1:31.90	31.63	250m:	2:34.90	31.55	350m:	3:38.04	31.64
	100m:	1:00.27 31.08	200m:	2:03.35	31.45	300m:	3:06.40	31.50	400m:	4:09.18	31.14
7.	MIENICKI Rafał		06	UKS 48 Warszawa ródmi cie						4:10.62	677
	50m:	27.85 27.85	150m:	1:31.97	32.44	250m:	2:36.65	32.49	350m:	3:40.56	31.76
	100m:	59.53 31.68	200m:	2:04.16	32.19	300m:	3:08.80	32.15	400m:	4:10.62	30.06
8.	GRZEGORCZYK Wiktor		02	AZS AWF Warszawa						4:12.50	662
	50m:	29.10 29.10	150m:	1:33.49	32.50	250m:	2:38.34	32.49	350m:	3:40.65	31.06
	100m:	1:00.99 31.89	200m:	2:05.85	32.36	300m:	3:09.59	31.25	400m:	4:12.50	31.85
9.	HEBEL Maciej		05	AZS AWF Katowice						4:14.05	650
	50m:	28.95 28.95	150m:	1:31.61	31.64	250m:	2:35.50	32.09	350m:	3:41.27	33.50
	100m:	59.97 31.02	200m:	2:03.41	31.80	300m:	3:07.77	32.27	400m:	4:14.05	32.78
10.	NOWACKI Jacek		05	MTP Kormoran Olsztyn						4:15.82	636
	50m:	28.69 28.69	150m:	1:33.08	32.65	250m:	2:38.33	32.36	350m:	3:43.54	32.59
	100m:	1:00.43 31.74	200m:	2:05.97	32.89	300m:	3:10.95	32.62	400m:	4:15.82	32.28
11.	SZWEDZKI Jakub		00	MKS TRÓJKA Łód						4:22.00	592
	50m:	30.03 30.03	150m:	1:35.80	33.11	250m:	2:42.59	33.49	350m:	3:50.26	33.86
	100m:	1:02.69 32.66	200m:	2:09.10	33.30	300m:	3:16.40	33.81	400m:	4:22.00	31.74
12.	GWIAZDOWSKI Krzysztof		08	MKS Piaseczno						4:22.31	590
	50m:	29.28 29.28	150m:	1:34.58	32.77	250m:	2:41.77	33.53	350m:	3:49.02	33.56
	100m:	1:01.81 32.53	200m:	2:08.24	33.66	300m:	3:15.46	33.69	400m:	4:22.31	33.29
13.	JABŁO SKI Bartłomiej		07	Stow. Hobby Sport Kietrz						4:23.24	584
	50m:	29.69 29.69	150m:	1:35.19	33.36	250m:	2:42.88	34.00	350m:	3:51.45	34.44
	100m:	1:01.83 32.14	200m:	2:08.88	33.69	300m:	3:17.01	34.13	400m:	4:23.24	31.79
14.	MUSZY SKI Jakub		01	MKS ASTORIA Bydgoszcz						4:25.24	571
	50m:	29.54 29.54	150m:	1:37.54	34.54	250m:	2:45.23	33.28	350m:	3:52.02	33.29
	100m:	1:03.00 33.46	200m:	2:11.95	34.41	300m:	3:18.73	33.50	400m:	4:25.24	33.22
15.	KANCZKOWSKI Szymon		07	UKS Tri-Team Rumia						4:25.47	569
	50m:	30.33 30.33	150m:	1:37.45	34.17	250m:	2:46.20	34.58	350m:	3:53.46	33.29
	100m:	1:03.28 32.95	200m:	2:11.62	34.17	300m:	3:20.17	33.97	400m:	4:25.47	32.01

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Konkurencja 22, M czynn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
16.	MAKOWSKI Dominik		03	KS WARTA Pozna				4:27.88	554
	50m:	29.88 29.88	150m:	1:36.68 33.91	250m:	2:44.91 34.36	350m:	3:54.16 34.96	
	100m:	1:02.77 32.89	200m:	2:10.55 33.87	300m:	3:19.20 34.29	400m:	4:27.88 33.72	
17.	SIENKIEWICZ Ignacy		05	AZS AWF Warszawa				4:29.35	545
	50m:	29.71 29.71	150m:	1:37.42 34.22	250m:	2:46.65 34.61	350m:	3:55.37 34.34	
	100m:	1:03.20 33.49	200m:	2:12.04 34.62	300m:	3:21.03 34.38	400m:	4:29.35 33.98	
18.	JANISZEWSKI Fabian		09	UKS 190 Łód				4:29.61	543
	50m:	31.12 31.12	150m:	1:38.89 34.26	250m:	2:48.05 34.39	350m:	3:56.76 34.33	
	100m:	1:04.63 33.51	200m:	2:13.66 34.77	300m:	3:22.43 34.38	400m:	4:29.61 32.85	
19.	SOKOŁOWSKI Franciszek		06	MTP Kormoran Olsztyn				4:31.32	533
	50m:	30.44 30.44	150m:	1:38.16 34.44	250m:	2:47.58 34.85	350m:	3:57.38 34.83	
	100m:	1:03.72 33.28	200m:	2:12.73 34.57	300m:	3:22.55 34.97	400m:	4:31.32 33.94	
20.	TARAPATA Bartłomiej		07	SIKRET Gliwice				4:42.36	473
	50m:	32.17 32.17	150m:	1:42.30 35.75	250m:	2:54.77 36.42	350m:	4:07.84 36.36	
	100m:	1:06.55 34.38	200m:	2:18.35 36.05	300m:	3:31.48 36.71	400m:	4:42.36 34.52	
21.	ŁUCZAK Filip		08	UKS 190 Łód				4:43.24	469
	50m:	31.00 31.00	150m:	1:43.59 36.80	250m:	2:56.85 37.23	350m:	4:10.39 37.46	
	100m:	1:06.79 35.79	200m:	2:19.62 36.03	300m:	3:32.93 36.08	400m:	4:43.24 32.85	
22.	RYBAK Jakub		08	MKS Park Wodny Tarnowskie Góry				4:43.88	465
	50m:	31.59 31.59	150m:	1:41.49 35.83	250m:	2:55.59 37.65	350m:	4:09.03 37.34	
	100m:	1:05.66 34.07	200m:	2:17.94 36.45	300m:	3:31.69 36.10	400m:	4:43.88 34.85	
23.	RYBAK Grzegorz		08	MKS Park Wodny Tarnowskie Góry				4:51.12	431
	50m:	32.95 32.95	150m:	1:45.97 37.06	250m:	3:00.84 38.01	350m:	4:15.35 37.19	
	100m:	1:08.91 35.96	200m:	2:22.83 36.86	300m:	3:38.16 37.32	400m:	4:51.12 35.77	
24.	RATAJCZAK Marcel		08	MKS SP 63 Bydgoszcz				4:53.67	420
	50m:	33.14 33.14	150m:	1:48.23 37.76	250m:	3:03.01 37.50	350m:	4:17.77 37.25	
	100m:	1:10.47 37.33	200m:	2:25.51 37.28	300m:	3:40.52 37.51	400m:	4:53.67 35.90	
25.	SAPKOWSKI Michał		09	MUKS OLIMPIJCZYK Suwałki				4:56.03	410
	50m:	32.75 32.75	150m:		250m:	3:05.26 38.92	350m:	4:22.19 38.13	
	100m:	1:09.55 36.80	200m:	2:26.34	300m:	3:44.06 38.80	400m:	4:56.03 33.84	
26.	KRYSZCZUK Karol		06	UKS PI TKA Konstaktyńów Łódzki				5:08.47	363
	50m:	31.92 31.92	150m:	1:48.92 40.26	250m:	3:08.74 40.51	350m:	4:30.76 40.01	
	100m:	1:08.66 36.74	200m:	2:28.23 39.31	300m:	3:50.75 42.01	400m:	5:08.47 37.71	