

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

 Konkurencja 32  
2023-10-15 - 10:28

M czyzn, 400m zmienny

 14 lat i starsi  
Wyniki

Rekord Polski 4:12.28 MATCZAK Mateusz 00905 Belgrade (SRB) 2009-07-11

Punkty: FINA 2023

Pozycja			Rok ur.					Czas	Pkt.		
1.	MIŁKOWSKI Mikołaj		07	UKS 48 Warszawa ródnie cie				<b>4:35.98</b>	689		
	50m:	28.93 28.93	150m:	1:37.64	35.82	250m:	2:52.46	39.13	350m:	4:04.90	31.54
	100m:	1:01.82 32.89	200m:	2:13.33	35.69	300m:	3:33.36	40.90	400m:	4:35.98	31.08
2.	KAPAŁA Bartosz		06	MTP Kormoran Olsztyn				<b>4:38.69</b>	669		
	50m:	29.84 29.84	150m:	1:41.00	36.82	250m:	2:57.53	41.32	350m:	4:09.27	30.67
	100m:	1:04.18 34.34	200m:	2:16.21	35.21	300m:	3:38.60	41.07	400m:	4:38.69	29.42
3.	KUCZAK Adam		00	AZS AWF Katowice				<b>4:40.43</b>	657		
	50m:	29.25 29.25	150m:	1:40.08	36.25	250m:	2:54.73	40.03	350m:	4:08.81	33.23
	100m:	1:03.83 34.58	200m:	2:14.70	34.62	300m:	3:35.58	40.85	400m:	4:40.43	31.62
4.	LARY Jerzy		06	IUKS MUSZELKA Warszawa				<b>4:44.20</b>	631		
	50m:	30.49 30.49	150m:	1:42.08	37.46	250m:	2:58.55	40.31	350m:	4:12.46	32.02
	100m:	1:04.62 34.13	200m:	2:18.24	36.16	300m:	3:40.44	41.89	400m:	4:44.20	31.74
5.	STANISZEWSKI Bartosz		05	MKP Szczecin				<b>4:49.65</b>	596		
	50m:	30.14 30.14	150m:	1:43.56	38.20	250m:	3:02.67	42.92	350m:	4:18.58	32.48
	100m:	1:05.36 35.22	200m:	2:19.75	36.19	300m:	3:46.10	43.43	400m:	4:49.65	31.07
6.	MAJOR Erik		07	MKS Park Wodny Tarnowskie Góry				<b>4:50.84</b>	589		
	50m:	29.93 29.93	150m:	1:43.14	38.53	250m:	3:02.08	42.13	350m:	4:18.94	33.51
	100m:	1:04.61 34.68	200m:	2:19.95	36.81	300m:	3:45.43	43.35	400m:	4:50.84	31.90
7.	FILOZOF Adam		05	MKS Park Wodny Tarnowskie Góry				<b>5:07.40</b>	499		
	50m:	31.70 31.70	150m:	1:50.36	42.16	250m:	3:13.82	42.98	350m:	4:32.50	35.66
	100m:	1:08.20 36.50	200m:	2:30.84	40.48	300m:	3:56.84	43.02	400m:	5:07.40	34.90
8.	GABOR Bruno		09	MKS Park Wodny Tarnowskie Góry				<b>5:13.88</b>	468		
	50m:	32.68 32.68	150m:	1:53.39	39.61	250m:	3:17.30	43.17	350m:	4:39.49	35.75
	100m:	1:13.78 41.10	200m:	2:34.13	40.74	300m:	4:03.74	46.44	400m:	5:13.88	34.39
9.	PAWLAK Dawid		08	UKS 190 Łódź				<b>5:15.77</b>	460		
	50m:	32.50 32.50	150m:	1:55.84	44.94	250m:	3:22.68	43.46	350m:	4:41.46	35.12
	100m:	1:10.90 38.40	200m:	2:39.22	43.38	300m:	4:06.34	43.66	400m:	5:15.77	34.31
10.	DRELICH Mateusz		09	UKS 190 Łódź				<b>5:22.71</b>	431		
	50m:	32.49 32.49	150m:	1:53.42	42.60	250m:	3:21.91	46.65	350m:	4:45.98	37.24
	100m:	1:10.82 38.33	200m:	2:35.26	41.84	300m:	4:08.74	46.83	400m:	5:22.71	36.73