

2019 Arena Grand Prix Puchar Polski  
Lublin, 23. - 24.3.2019

Konkurencja 12  
23.03.2019 - 12:28

M czynn, 400m dowolny

14 lat i starsi  
Wyniki

Rekord Polski Open	3:45.71	STANCZYK Przemysław	POL	Chiba (JPN)	21.08.2007
Rekord Polski 19 - 23	3:45.71	STANCZYK Przemysław	POL	Chiba (JPN)	21.08.2007
Rekord Polski 18	3:49.21	WOJDAK Wojciech	POL	Dordrecht (NED)	09.07.2014
Rekord Polski 17	3:51.80	WOJDAK Wojciech	POL	Poznan	10.07.2013
Rekord Polski 16	3:56.47	KĄŁU Y SKI Antoni	POL	Hodmezovasarhely (HUN)	12.12.2015
Rekord Polski 15	4:00.04	DASZKIEWICZ Michał	POL	Oswiecim	14.07.2018
Rekord Polski 14	4:07.63	ORLICZ Filip	POL	Olsztyn	09.07.2016

Punkty: FINA 2019

Pozycja Wiek Czas Pkt.

JUNIOR MŁODSZY 14 LAT

1. HEBEL Maciej	14	UKS abianka Gda sk	<b>4:25.02</b>	572
50m: 29.61 29.61	150m: 1:36.97 33.85	250m: 2:44.85 33.71	350m: 3:52.34 33.71	
100m: 1:03.12 33.51	200m: 2:11.14 34.17	300m: 3:18.63 33.78	400m: 4:25.02 32.68	
2. KUCHARCZYK Paweł	14	UKP „Polonia Warszawa”	<b>4:33.51</b>	520
50m: 30.77 30.77	150m: 1:39.12 34.71	250m: 2:49.59 35.03	350m: 3:59.82 34.61	
100m: 1:04.41 33.64	200m: 2:14.56 35.44	300m: 3:25.21 35.62	400m: 4:33.51 33.69	
3. PAWŁOWSKI Michał	14	UKS "V" Łomianki	<b>4:35.22</b>	511
50m: 30.46 30.46	150m: 1:39.04 34.73	250m: 2:49.96 35.72	350m: 4:00.92 35.58	
100m: 1:04.31 33.85	200m: 2:14.24 35.20	300m: 3:25.34 35.38	400m: 4:35.22 34.30	
4. DZIEWGU Benjamin	14	MKS Piaseczno	<b>4:38.44</b>	493
50m: 31.23 31.23	150m: 1:41.26 35.50	250m: 2:52.84 36.05	350m: 4:04.77 35.67	
100m: 1:05.76 34.53	200m: 2:16.79 35.53	300m: 3:29.10 36.26	400m: 4:38.44 33.67	
5. GRAPENTYN Jakub	14	Malborskie WOPR	<b>4:42.90</b>	470
50m: 30.76 30.76	150m: 1:40.26 35.67	250m: 2:51.47 35.48	350m: 4:08.43 37.43	
100m: 1:04.59 33.83	200m: 2:15.99 35.73	300m: 3:31.00 39.53	400m: 4:42.90 34.47	
6. ZAWADZKI Marek	14	UKS G-8 Bielany Warszawa	<b>4:53.51</b>	421
50m: 33.61 33.61	150m: 1:47.83 37.40	250m: 3:02.35 37.52	350m: 4:18.32 38.86	
100m: 1:10.43 36.82	200m: 2:24.83 37.00	300m: 3:39.46 37.11	400m: 4:53.51 35.19	

JUNIOR MŁODSZY 15 LAT

1. CHMIELEWSKI Krzysztof	15	IUKS „Muszelka” Warszawa	<b>4:09.59</b>	685
50m: 28.89 28.89	150m: 1:31.56 31.65	250m: 2:34.77 31.75	350m: 3:38.41 31.62	
100m: 59.91 31.02	200m: 2:03.02 31.46	300m: 3:06.79 32.02	400m: 4:09.59 31.18	
2. BEDNAREK Przemysław	15	IUKS „Muszelka” Warszawa	<b>4:19.39</b>	610
50m: 30.11 30.11	150m: 1:34.95 32.96	250m: 2:40.89 33.14	350m: 3:47.14 33.12	
100m: 1:01.99 31.88	200m: 2:07.75 32.80	300m: 3:14.02 33.13	400m: 4:19.39 32.25	
3. KALKAN Jakub	15	LKS Jedno 32 Przyszowice	<b>4:22.65</b>	588
50m: 29.21 29.21	150m: 1:34.36 33.11	250m: 2:41.47 33.96	350m: 3:49.79 34.61	
100m: 1:01.25 32.04	200m: 2:07.51 33.15	300m: 3:15.18 33.71	400m: 4:22.65 32.86	
4. WIECZORKOWSKI Nikodem	15	UKS „Dwójka” Tczew	<b>4:23.26</b>	584
50m: 29.95 29.95	150m: 1:35.52 33.15	250m: 2:42.77 33.37	350m: 3:50.67 33.85	
100m: 1:02.37 32.42	200m: 2:09.40 33.88	300m: 3:16.82 34.05	400m: 4:23.26 32.59	
5. STANEK Kacper	15	UKS SMS Galicja Kraków	<b>4:25.89</b>	566
50m: 29.65 29.65	150m: 1:37.21 33.78	250m: 2:44.44 33.46	350m: 3:52.75 34.19	
100m: 1:03.43 33.78	200m: 2:10.98 33.77	300m: 3:18.56 34.12	400m: 4:25.89 33.14	
6. RAFAŁ Kacper	15	UKS "V" Łomianki	<b>4:27.05</b>	559
50m: 31.35 31.35	150m: 1:39.39 34.48	250m: 2:46.84 32.31	350m: 3:54.16 33.92	
100m: 1:04.91 33.56	200m: 2:14.53 35.14	300m: 3:20.24 33.40	400m: 4:27.05 32.89	
7. KORONKIEWICZ Antoni	15	St. KF KS „Fenix” O arów Mazowiecki	<b>4:32.44</b>	527
50m: 30.27 30.27	150m: 1:38.46 34.39	250m: 2:48.10 34.87	350m: 3:58.18 35.16	
100m: 1:04.07 33.80	200m: 2:13.23 34.77	300m: 3:23.02 34.92	400m: 4:32.44 34.26	
8. MINICHOWSKI Maksymilian	15	UKS "V" Łomianki	<b>4:33.52</b>	520
50m: 30.25 30.25	150m: 1:38.76 34.71	250m: 2:49.00 35.21	350m: 4:00.20 35.49	
100m: 1:04.05 33.80	200m: 2:13.79 35.03	300m: 3:24.71 35.71	400m: 4:33.52 33.32	

2019 Arena Grand Prix Puchar Polski  
Lublin, 23. - 24.3.2019

Konkurencja 12, Chłopców, 400m dowolny, JUNIOR MŁODSZY 15 LAT

Pozycja			Wiek					Czas	Pkt.
9.	KRUSZEWSKI Adrian	15	MTKP Delfin Toru					<b>4:34.64</b>	514
	50m: 30.98 30.98	150m: 1:40.62	35.36	250m: 2:50.99	35.10	350m: 4:02.16	35.47		
	100m: 1:05.26 34.28	200m: 2:15.89	35.27	300m: 3:26.69	35.70	400m: 4:34.64	32.48		
10.	KUROWSKI Tymon	15	MKP „SŁOWIANKA” Gorzów Wlkp.					<b>4:36.40</b>	504
	50m: 29.96 29.96	150m: 1:37.81	34.39	250m: 2:49.60	36.34	350m: 4:01.73	35.81		
	100m: 1:03.42 33.46	200m: 2:13.26	35.45	300m: 3:25.92	36.32	400m: 4:36.40	34.67		
11.	WRZOSEK Bartosz	15	UKS G-8 Bielany Warszawa					<b>4:41.06</b>	480
	50m: 29.86 29.86	150m: 1:38.29	34.89	250m: 2:50.35	36.27	350m: 4:04.35	37.00		
	100m: 1:03.40 33.54	200m: 2:14.08	35.79	300m: 3:27.35	37.00	400m: 4:41.06	36.71		
12.	LEWTAK Szymon	15	KS OLIMPIA Lublin					<b>4:42.61</b>	472
	50m: 32.09 32.09	150m: 1:45.03	36.65	250m: 2:57.59	35.80	350m: 4:08.93	35.85		
	100m: 1:08.38 36.29	200m: 2:21.79	36.76	300m: 3:33.08	35.49	400m: 4:42.61	33.68		
13.	KRYSIAK Kacper	15	MKS Trójka Łód					<b>4:43.18</b>	469
	50m: 31.90 31.90	150m: 1:43.52	36.14	250m: 2:55.71	35.86	350m: 4:08.53	36.30		
	100m: 1:07.38 35.48	200m: 2:19.85	36.33	300m: 3:32.23	36.52	400m: 4:43.18	34.65		
14.	BRO CZYK Hubert	15	MTKP Delfin Toru					<b>4:45.02</b>	460
	50m: 31.52 31.52	150m: 1:42.91	35.95	250m: 2:57.57	37.57	350m: 4:09.97	35.20		
	100m: 1:06.96 35.44	200m: 2:20.00	37.09	300m: 3:34.77	37.20	400m: 4:45.02	35.05		
15.	LITEWSKI Mikołaj	15	UKS 307 Warszawa					<b>4:48.49</b>	443
	50m: 33.54 33.54	150m: 1:47.88	37.64	250m: 3:02.50	37.13	350m: 4:14.93	35.68		
	100m: 1:10.24 36.70	200m: 2:25.37	37.49	300m: 3:39.25	36.75	400m: 4:48.49	33.56		
16.	KOZŁOWSKI Konrad	15	MTP Kormoran Olsztyn					<b>4:54.28</b>	418
	50m: 32.69 32.69	150m: 1:47.73	38.29	250m: 3:03.61	38.16	350m: 4:18.51	37.18		
	100m: 1:09.44 36.75	200m: 2:25.45	37.72	300m: 3:41.33	37.72	400m: 4:54.28	35.77		
17.	PASIECZNY Bartłomiej	15	UKP Jedyńka Elbl g					<b>4:59.39</b>	397
	50m: 31.99 31.99	150m: 1:46.44	37.82	250m: 3:03.75	38.69	350m: 4:21.36	38.44		
	100m: 1:08.62 36.63	200m: 2:25.06	38.62	300m: 3:42.92	39.17	400m: 4:59.39	38.03		

JUNIOR MŁODSZY 16 LAT

1.	WI ZIK Jan	16	UKP Unia O wi cim					<b>4:09.68</b>	684
	50m: 27.85 27.85	150m: 1:31.34	32.20	250m: 2:35.44	31.85	350m: 3:38.97	31.79		
	100m: 59.14 31.29	200m: 2:03.59	32.25	300m: 3:07.18	31.74	400m: 4:09.68	30.71		
2.	NIEDZIAŁEK Michał	16	MTP Kormoran Olsztyn					<b>4:19.08</b>	612
	50m: 30.51 30.51	150m: 1:35.96	32.97	250m: 2:41.68	32.88	350m: 3:47.52	32.73		
	100m: 1:02.99 32.48	200m: 2:08.80	32.84	300m: 3:14.79	33.11	400m: 4:19.08	31.56		
3.	WOJCIECHOWSKI Kajetan	16	MKS Trójka Łód					<b>4:19.57</b>	609
	50m: 29.90 29.90	150m: 1:34.98	32.67	250m: 2:40.57	33.03	350m: 3:47.46	33.59		
	100m: 1:02.31 32.41	200m: 2:07.54	32.56	300m: 3:13.87	33.30	400m: 4:19.57	32.11		
4.	SZYMCZAK Szymon	16	MKS Juwenia Wrocław					<b>4:19.68</b>	608
	50m: 29.98 29.98	150m: 1:36.78	33.68	250m: 2:43.29	32.87	350m: 3:49.02	32.35		
	100m: 1:03.10 33.12	200m: 2:10.42	33.64	300m: 3:16.67	33.38	400m: 4:19.68	30.66		
5.	KARPI SKI Jakub	16	UKS G-8 Bielany Warszawa					<b>4:20.80</b>	600
	50m: 30.00 30.00	150m: 1:36.80	33.84	250m: 2:43.82	33.71	350m: 3:50.42	32.82		
	100m: 1:02.96 32.96	200m: 2:10.11	33.31	300m: 3:17.60	33.78	400m: 4:20.80	30.38		
6.	ZUBIK Jan	16	UKP „Polonia Warszawa”					<b>4:21.99</b>	592
	50m: 29.85 29.85	150m: 1:37.38	34.14	250m: 2:44.31	32.98	350m: 3:50.91	33.24		
	100m: 1:03.24 33.39	200m: 2:11.33	33.95	300m: 3:17.67	33.36	400m: 4:21.99	31.08		
7.	LEWANDOWSKI Oliwier	16	KP MZOS Płock					<b>4:22.71</b>	587
	50m: 29.56 29.56	150m: 1:35.07	33.15	250m: 2:42.62	33.83	350m: 3:50.46	34.04		
	100m: 1:01.92 32.36	200m: 2:08.79	33.72	300m: 3:16.42	33.80	400m: 4:22.71	32.25		
8.	KAPAŁA Szymon	16	MTP Kormoran Olsztyn					<b>4:23.20</b>	584
	50m: 30.13 30.13	150m: 1:36.94	33.58	250m: 2:44.14	33.80	350m: 3:51.10	33.40		
	100m: 1:03.36 33.23	200m: 2:10.34	33.40	300m: 3:17.70	33.56	400m: 4:23.20	32.10		

2019 Arena Grand Prix Puchar Polski  
Lublin, 23. - 24.3.2019

Konkurencja 12, Chłopców, 400m dowolny, JUNIOR MŁODSZY 16 LAT

Pozycja			Wiek					Czas	Pkt.
9.	RODKIEWICZ Radosław		16	IUKS „Muszelka” Warszawa				<b>4:24.48</b>	576
	50m:	29.80 29.80	150m:	1:35.71 32.96	250m:	2:42.55 33.42	350m:	3:50.90 34.48	
	100m:	1:02.75 32.95	200m:	2:09.13 33.42	300m:	3:16.42 33.87	400m:	4:24.48 33.58	
10.	LEWICKI Filip		16	UKS SMS Galicja Kraków				<b>4:25.68</b>	568
	50m:	29.68 29.68	150m:	1:36.24 33.89	250m:	2:44.25 34.37	350m:	3:52.30 33.73	
	100m:	1:02.35 32.67	200m:	2:09.88 33.64	300m:	3:18.57 34.32	400m:	4:25.68 33.38	
11.	MALINOWSKI Jakub		16	MKP „SŁOWIANKA” Gorzów Wlkp.				<b>4:26.21</b>	564
	50m:	29.69 29.69	150m:	1:36.45 33.81	250m:	2:45.56 34.77	350m:	3:54.37 33.99	
	100m:	1:02.64 32.95	200m:	2:10.79 34.34	300m:	3:20.38 34.82	400m:	4:26.21 31.84	
12.	SWINTOZELSKI Maksymilian		16	UKP Fala Kra nik				<b>4:32.18</b>	528
	50m:	30.47 30.47	150m:	1:38.48 34.39	250m:	2:48.64 35.11	350m:	3:58.64 34.72	
	100m:	1:04.09 33.62	200m:	2:13.53 35.05	300m:	3:23.92 35.28	400m:	4:32.18 33.54	
13.	GRABSKI Mateusz		16	MKS CKS-SMS Szczecin				<b>4:35.54</b>	509
	50m:	30.44 30.44	150m:	1:39.78 35.24	250m:	2:51.13 35.90	350m:	4:01.64 34.94	
	100m:	1:04.54 34.10	200m:	2:15.23 35.45	300m:	3:26.70 35.57	400m:	4:35.54 33.90	
14.	WI Mateusz		16	UKS Olimpijczyk 23				<b>4:36.90</b>	502
	50m:	30.98 30.98	150m:	1:40.52 35.60	250m:	2:51.33 35.50	350m:	4:02.03 35.22	
	100m:	1:04.92 33.94	200m:	2:15.83 35.31	300m:	3:26.81 35.48	400m:	4:36.90 34.87	
15.	PAWLAK Hubert		16	KU AZS Politechniki Łódzkiej				<b>4:44.36</b>	463
	50m:	31.05 31.05	150m:	1:43.65 36.48	250m:	2:57.47 36.82	350m:	4:10.09 36.07	
	100m:	1:07.17 36.12	200m:	2:20.65 37.00	300m:	3:34.02 36.55	400m:	4:44.36 34.27	

JUNIOR 17 LAT

1.	KAROLCZAK Jan		18	UKS G-8 Bielany Warszawa				<b>3:58.87</b>	781
	50m:	28.43 28.43	150m:	1:29.37 30.55	250m:	2:30.25 30.31	350m:	3:30.32 29.34	
	100m:	58.82 30.39	200m:	1:59.94 30.57	300m:	3:00.98 30.73	400m:	3:58.87 28.55	
2.	CIE LA Oskar		18	AZS AWF Katowice				<b>4:07.15</b>	705
	50m:	29.05 29.05	150m:	1:32.49 31.85	250m:	2:35.31 31.12	350m:	3:37.95 31.44	
	100m:	1:00.64 31.59	200m:	2:04.19 31.70	300m:	3:06.51 31.20	400m:	4:07.15 29.20	
3.	SZCZERBA Adam		17	KU AZS UMCS Lublin				<b>4:08.18</b>	697
	50m:	28.56 28.56	150m:	1:30.59 31.13	250m:	2:33.87 31.66	350m:	3:37.41 31.97	
	100m:	59.46 30.90	200m:	2:02.21 31.62	300m:	3:05.44 31.57	400m:	4:08.18 30.77	
4.	GRZEGORCZYK Wiktor		17	UKS MOS Ełk				<b>4:08.62</b>	693
	50m:	28.81 28.81	150m:	1:31.94 31.62	250m:	2:35.21 31.50	350m:	3:38.40 31.53	
	100m:	1:00.32 31.51	200m:	2:03.71 31.77	300m:	3:06.87 31.66	400m:	4:08.62 30.22	
5.	GŁUSZKOWSKI Mateusz		18	UKS Cityzen				<b>4:10.06</b>	681
	50m:	28.92 28.92	150m:	1:33.14 32.23	250m:	2:35.83 30.52	350m:	3:39.26 31.60	
	100m:	1:00.91 31.99	200m:	2:05.31 32.17	300m:	3:07.66 31.83	400m:	4:10.06 30.80	
6.	SIERADZKI Kamil		17	UKP Unia O wi cim				<b>4:10.34</b>	679
	50m:	28.20 28.20	150m:	1:32.37 32.43	250m:	2:35.93 31.98	350m:	3:39.97 32.15	
	100m:	59.94 31.74	200m:	2:03.95 31.58	300m:	3:07.82 31.89	400m:	4:10.34 30.37	
7.	JÓ KÓW Cezary		18	WKS I sk Wrocław				<b>4:13.80</b>	651
	50m:	28.99 28.99	150m:	1:32.54 32.06	250m:	2:37.61 32.60	350m:	3:42.82 32.62	
	100m:	1:00.48 31.49	200m:	2:05.01 32.47	300m:	3:10.20 32.59	400m:	4:13.80 30.98	
8.	RÓG Adrian		18	KP Sokół Rzeszów				<b>4:14.74</b>	644
	50m:	28.93 28.93	150m:	1:32.46 31.85	250m:	2:36.96 32.42	350m:	3:42.67 32.89	
	100m:	1:00.61 31.68	200m:	2:04.54 32.08	300m:	3:09.78 32.82	400m:	4:14.74 32.07	
9.	NOWICZKOW Jakub		18	KU AZS UMCS Lublin				<b>4:14.99</b>	642
	50m:	29.23 29.23	150m:	1:34.23 32.82	250m:	2:39.78 32.77	350m:	3:44.53 31.98	
	100m:	1:01.41 32.18	200m:	2:07.01 32.78	300m:	3:12.55 32.77	400m:	4:14.99 30.46	
10.	SIEKACZY SKI Artur		17	UKP Fala Kra nik				<b>4:15.09</b>	642
	50m:	28.92 28.92	150m:	1:34.11 32.92	250m:	2:39.76 33.00	350m:	3:44.72 31.89	
	100m:	1:01.19 32.27	200m:	2:06.76 32.65	300m:	3:12.83 33.07	400m:	4:15.09 30.37	

2019 Arena Grand Prix Puchar Polski  
Lublin, 23. - 24.3.2019

Konkurencja 12, Chłopców, 400m dowolny, JUNIOR 17 LAT

Pozycja			Wiek					Czas	Pkt.
11.	MENCEL Miłosz		17	WKS I sk Wrocław				<b>4:15.19</b>	641
	50m:	28.82 28.82	150m:	1:31.94 31.92	250m:	2:36.67 32.40	350m:	3:42.73 33.13	
	100m:	1:00.02 31.20	200m:	2:04.27 32.33	300m:	3:09.60 32.93	400m:	4:15.19 32.46	
12.	WODY SKI Bartosz		17	KU AZS Politechniki Łódzkiej				<b>4:16.11</b>	634
	50m:	29.05 29.05	150m:	1:32.12 31.67	250m:	2:37.07 32.73	350m:	3:43.82 33.67	
	100m:	1:00.45 31.40	200m:	2:04.34 32.22	300m:	3:10.15 33.08	400m:	4:16.11 32.29	
13.	KLISZ Krystian		17	MKP Szczecin				<b>4:16.39</b>	632
	50m:	30.19 30.19	150m:	1:34.65 32.36	250m:	2:39.74 32.74	350m:	3:44.89 32.62	
	100m:	1:02.29 32.10	200m:	2:07.00 32.35	300m:	3:12.27 32.53	400m:	4:16.39 31.50	
14.	BARTOSIEWICZ Remigiusz		17	UKP Unia O wi cim				<b>4:18.04</b>	620
	50m:	29.49 29.49	150m:	1:34.99 32.94	250m:	2:40.91 32.85	350m:	3:46.61 32.47	
	100m:	1:02.05 32.56	200m:	2:08.06 33.07	300m:	3:14.14 33.23	400m:	4:18.04 31.43	
15.	DOŁOWY Grzegorz		17	IUKS „Muszelka” Warszawa				<b>4:18.49</b>	617
	50m:	29.90 29.90	150m:	1:34.42 32.64	250m:	2:40.26 33.02	350m:	3:46.47 33.23	
	100m:	1:01.78 31.88	200m:	2:07.24 32.82	300m:	3:13.24 32.98	400m:	4:18.49 32.02	
16.	KONCKI Bartłomiej		18	KS „Wisła” Puławy				<b>4:18.86</b>	614
	50m:	29.83 29.83	150m:	1:34.40 32.52	250m:	2:39.85 32.65	350m:	3:45.70 32.77	
	100m:	1:01.88 32.05	200m:	2:07.20 32.80	300m:	3:12.93 33.08	400m:	4:18.86 33.16	
17.	JANICZUK Patryk		17	MUKS „Lider” Chełm				<b>4:20.74</b>	601
	50m:	29.58 29.58	150m:	1:35.69 33.15	250m:	2:42.27 33.26	350m:	3:49.52 33.80	
	100m:	1:02.54 32.96	200m:	2:09.01 33.32	300m:	3:15.72 33.45	400m:	4:20.74 31.22	
18.	R PAŁA Tomasz		17	UKS GOS Raszyn				<b>4:22.64</b>	588
	50m:	29.29 29.29	150m:	1:34.26 32.97	250m:	2:41.15 33.36	350m:	3:49.61 34.09	
	100m:	1:01.29 32.00	200m:	2:07.79 33.53	300m:	3:15.52 34.37	400m:	4:22.64 33.03	
19.	NOWAK Jan		17	KU AZS UMCS Lublin				<b>4:25.18</b>	571
	50m:	30.60 30.60	150m:	1:38.40 34.21	250m:	2:45.78 33.14	350m:	3:53.67 34.03	
	100m:	1:04.19 33.59	200m:	2:12.64 34.24	300m:	3:19.64 33.86	400m:	4:25.18 31.51	
20.	KRYSIAK Michał		18	MKS Trójka Łód				<b>4:27.01</b>	559
	50m:	30.24 30.24	150m:	1:37.44 33.63	250m:	2:45.57 33.94	350m:	3:53.65 34.06	
	100m:	1:03.81 33.57	200m:	2:11.63 34.19	300m:	3:19.59 34.02	400m:	4:27.01 33.36	
21.	CHYRCHAŁA Rafał		17	UKS „ORKA” Zamo				<b>4:30.42</b>	538
	50m:	30.12 30.12	150m:	1:37.32 34.19	250m:	2:45.70 34.33	350m:	3:55.62 35.34	
	100m:	1:03.13 33.01	200m:	2:11.37 34.05	300m:	3:20.28 34.58	400m:	4:30.42 34.80	
22.	MIKO Dawid		17	MKS Trójka Łód				<b>4:32.06</b>	529
	50m:	30.00 30.00	150m:	1:37.68 34.00	250m:	2:47.02 34.85	350m:	3:58.66 35.50	
	100m:	1:03.68 33.68	200m:	2:12.17 34.49	300m:	3:23.16 36.14	400m:	4:32.06 33.40	
23.	KAŁU A Jakub		17	UKP Gryf D bica				<b>4:34.82</b>	513
	50m:	32.32 32.32	150m:	1:41.55 34.97	250m:	2:51.50 34.91	350m:	4:01.92 35.09	
	100m:	1:06.58 34.26	200m:	2:16.59 35.04	300m:	3:26.83 35.33	400m:	4:34.82 32.90	
24.	MARCZAK Radosław		17	KS Barakuda Mi sk Mazowiecki				<b>4:36.08</b>	506
	50m:	31.27 31.27	150m:	1:41.82 35.32	250m:	2:53.27 35.49	350m:	4:03.67 35.28	
	100m:	1:06.50 35.23	200m:	2:17.78 35.96	300m:	3:28.39 35.12	400m:	4:36.08 32.41	
25.	BORZYMEK Hubert		17	UKS 307 Warszawa				<b>4:40.64</b>	482
	50m:	30.77 30.77	150m:	1:40.32 34.98	250m:	2:52.57 36.12	350m:	4:05.55 36.16	
	100m:	1:05.34 34.57	200m:	2:16.45 36.13	300m:	3:29.39 36.82	400m:	4:40.64 35.09	
OPEN									
1.	WOJDAK Wojciech		23	AZS AWF Warszawa				<b>3:52.35</b>	849
	50m:	27.31 27.31	150m:	1:25.54 28.99	250m:	2:24.06 29.17	350m:	3:23.13 29.65	
	100m:	56.55 29.24	200m:	1:54.89 29.35	300m:	2:53.48 29.42	400m:	3:52.35 29.22	
2.	KAŁU Y SKI Antoni		20	MUKP Warszawianka- Wodny Park				<b>3:56.80</b>	802
	50m:	27.57 27.57	150m:	1:26.70 29.78	250m:	2:27.15 30.30	350m:	3:27.88 29.97	
	100m:	56.92 29.35	200m:	1:56.85 30.15	300m:	2:57.91 30.76	400m:	3:56.80 28.92	

2019 Arena Grand Prix Puchar Polski  
Lublin, 23. - 24.3.2019

Konkurencja 12, M czyzn, 400m dowolny, OPEN

Pozycja					Wiek					Czas	Pkt.	
3.	KAROLCZAK Jan				18	UKS G-8 Bielany Warszawa				<b>3:58.87</b>	781	
	50m:	28.43	28.43	150m:	1:29.37	30.55	250m:	2:30.25	30.31	350m:	3:30.32	29.34
	100m:	58.82	30.39	200m:	1:59.94	30.57	300m:	3:00.98	30.73	400m:	3:58.87	28.55
4.	ZABOROWSKI Filip				25	MKP Szczecin				<b>3:58.90</b>	781	
	50m:	28.18	28.18	150m:	1:28.74	30.35	250m:	2:29.30	30.26	350m:	3:29.83	30.34
	100m:	58.39	30.21	200m:	1:59.04	30.30	300m:	2:59.49	30.19	400m:	3:58.90	29.07
5.	DERE Kacper				21	WKS I sk Wrocław				<b>4:01.06</b>	760	
	50m:	27.85	27.85	150m:	1:28.57	30.53	250m:	2:29.75	30.98	350m:	3:31.70	31.17
	100m:	58.04	30.19	200m:	1:58.77	30.20	300m:	3:00.53	30.78	400m:	4:01.06	29.36
6.	KLICH Kacper				25	KU AZS UMCS Lublin				<b>4:02.22</b>	749	
	50m:	28.11	28.11	150m:	1:28.04	29.93	250m:	2:29.07	30.53	350m:	3:31.86	31.61
	100m:	58.11	30.00	200m:	1:58.54	30.50	300m:	3:00.25	31.18	400m:	4:02.22	30.36
7.	DUBIEL Adam				26	AZS AWF Warszawa				<b>4:03.35</b>	739	
	50m:	27.86	27.86	150m:	1:29.02	30.92	250m:	2:31.16	31.00	350m:	3:33.72	31.36
	100m:	58.10	30.24	200m:	2:00.16	31.14	300m:	3:02.36	31.20	400m:	4:03.35	29.63
8.	CHRZANOWSKI Damian				21	WKS I sk Wrocław				<b>4:03.76</b>	735	
	50m:	28.23	28.23	150m:	1:29.49	30.89	250m:	2:31.97	31.49	350m:	3:34.21	30.92
	100m:	58.60	30.37	200m:	2:00.48	30.99	300m:	3:03.29	31.32	400m:	4:03.76	29.55
9.	BUJAK Dominik				20	St. Lok. SALOS Cortile Kielce				<b>4:06.27</b>	713	
	50m:	28.95	28.95	150m:	1:32.64	32.19	250m:	2:36.67	31.47	350m:	3:38.26	30.35
	100m:	1:00.45	31.50	200m:	2:05.20	32.56	300m:	3:07.91	31.24	400m:	4:06.27	28.01
10.	CIE LA Oskar				18	AZS AWF Katowice				<b>4:07.15</b>	705	
	50m:	29.05	29.05	150m:	1:32.49	31.85	250m:	2:35.31	31.12	350m:	3:37.95	31.44
	100m:	1:00.64	31.59	200m:	2:04.19	31.70	300m:	3:06.51	31.20	400m:	4:07.15	29.20
11.	KRULIKOWSKI Maciej				20	AZS AWF Katowice				<b>4:07.33</b>	704	
	50m:	28.45	28.45	150m:	1:30.52	31.21	250m:	2:33.68	31.70	350m:	3:37.06	31.22
	100m:	59.31	30.86	200m:	2:01.98	31.46	300m:	3:05.84	32.16	400m:	4:07.33	30.27
	HANO Grzegorz				19	WKS I sk Wrocław				<b>4:07.33</b>	704	
	50m:	28.53	28.53	150m:	1:30.24	30.96	250m:	2:33.59	31.88	350m:	3:36.83	31.48
	100m:	59.28	30.75	200m:	2:01.71	31.47	300m:	3:05.35	31.76	400m:	4:07.33	30.50
13.	JURA Maciej				23	AZS AWF Warszawa				<b>4:07.70</b>	701	
	50m:	28.46	28.46	150m:	1:30.39	31.22	250m:	2:33.74	31.67	350m:	3:38.05	31.79
	100m:	59.17	30.71	200m:	2:02.07	31.68	300m:	3:06.26	32.52	400m:	4:07.70	29.65
14.	SKIERKA Jakub				21	TP Zielona Góra				<b>4:07.95</b>	699	
	50m:	29.01	29.01	150m:	1:33.20	32.21	250m:	2:36.21	30.48	350m:	3:38.15	30.88
	100m:	1:00.99	31.98	200m:	2:05.73	32.53	300m:	3:07.27	31.06	400m:	4:07.95	29.80
15.	SZCZERBA Adam				17	KU AZS UMCS Lublin				<b>4:08.18</b>	697	
	50m:	28.56	28.56	150m:	1:30.59	31.13	250m:	2:33.87	31.66	350m:	3:37.41	31.97
	100m:	59.46	30.90	200m:	2:02.21	31.62	300m:	3:05.44	31.57	400m:	4:08.18	30.77
16.	GUZIOR Maciej				19	WKS I sk Wrocław				<b>4:08.19</b>	697	
	50m:	28.15	28.15	150m:	1:30.86	31.83	250m:	2:34.98	32.29	350m:	3:38.30	31.40
	100m:	59.03	30.88	200m:	2:02.69	31.83	300m:	3:06.90	31.92	400m:	4:08.19	29.89
17.	GRZEGORCZYK Wiktor				17	UKS MOS Elk				<b>4:08.62</b>	693	
	50m:	28.81	28.81	150m:	1:31.94	31.62	250m:	2:35.21	31.50	350m:	3:38.40	31.53
	100m:	1:00.32	31.51	200m:	2:03.71	31.77	300m:	3:06.87	31.66	400m:	4:08.62	30.22
18.	CHMIELEWSKI Krzysztof				15	IUKS „Muszelka” Warszawa				<b>4:09.59</b>	685	
	50m:	28.89	28.89	150m:	1:31.56	31.65	250m:	2:34.77	31.75	350m:	3:38.41	31.62
	100m:	59.91	31.02	200m:	2:03.02	31.46	300m:	3:06.79	32.02	400m:	4:09.59	31.18
19.	WI ZIK Jan				16	UKP Unia O wi cim				<b>4:09.68</b>	684	
	50m:	27.85	27.85	150m:	1:31.34	32.20	250m:	2:35.44	31.85	350m:	3:38.97	31.79
	100m:	59.14	31.29	200m:	2:03.59	32.25	300m:	3:07.18	31.74	400m:	4:09.68	30.71
20.	DOMINIAK Kacper				19	WKS I sk Wrocław				<b>4:09.91</b>	682	
	50m:	28.68	28.68	150m:	1:31.51	31.81	250m:	2:35.74	32.59	350m:	3:39.70	31.77
	100m:	59.70	31.02	200m:	2:03.15	31.64	300m:	3:07.93	32.19	400m:	4:09.91	30.21

2019 Arena Grand Prix Puchar Polski  
Lublin, 23. - 24.3.2019

Konkurencja 12, M czyzn, 400m dowolny, OPEN

Pozycja			Wiek				Czas	Pkt.
21.	GŁUSZKOWSKI Mateusz		18	UKS Cityzen		<b>4:10.06</b>	681	
	50m: 28.92	28.92	150m: 1:33.14	32.23	250m: 2:35.83	30.52	350m: 3:39.26	31.60
	100m: 1:00.91	31.99	200m: 2:05.31	32.17	300m: 3:07.66	31.83	400m: 4:10.06	30.80
22.	KISZCZAK Jakub		19	WKS I sk Wrocław		<b>4:10.20</b>	680	
	50m: 27.81	27.81	150m: 1:30.15	31.16	250m: 2:35.61	33.24	350m: 3:39.75	31.00
	100m: 58.99	31.18	200m: 2:02.37	32.22	300m: 3:08.75	33.14	400m: 4:10.20	30.45
23.	SIERADZKI Kamil		17	UKP Unia O wi cim		<b>4:10.34</b>	679	
	50m: 28.20	28.20	150m: 1:32.37	32.43	250m: 2:35.93	31.98	350m: 3:39.97	32.15
	100m: 59.94	31.74	200m: 2:03.95	31.58	300m: 3:07.82	31.89	400m: 4:10.34	30.37
24.	MAŁYSKA Bartosz		20	KU AZS UMCS Lublin		<b>4:11.63</b>	668	
	50m: 28.23	28.23	150m: 1:30.85	31.58	250m: 2:34.54	32.06	350m: 3:40.05	32.79
	100m: 59.27	31.04	200m: 2:02.48	31.63	300m: 3:07.26	32.72	400m: 4:11.63	31.58
25.	BUJAK Piotr		22	St. Lok. SALOS Cortile Kielce		<b>4:11.86</b>	667	
	50m: 29.22	29.22	150m: 1:32.37	31.41	250m: 2:36.17	32.07	350m: 3:40.52	32.31
	100m: 1:00.96	31.74	200m: 2:04.10	31.73	300m: 3:08.21	32.04	400m: 4:11.86	31.34
26.	D BROWSKI Patryk		19	WKS I sk Wrocław		<b>4:13.12</b>	657	
	50m: 28.41	28.41	150m: 1:32.02	32.16	250m: 2:36.94	32.62	350m: 3:41.69	31.58
	100m: 59.86	31.45	200m: 2:04.32	32.30	300m: 3:10.11	33.17	400m: 4:13.12	31.43
27.	JÓ KÓW Cezary		18	WKS I sk Wrocław		<b>4:13.80</b>	651	
	50m: 28.99	28.99	150m: 1:32.54	32.06	250m: 2:37.61	32.60	350m: 3:42.82	32.62
	100m: 1:00.48	31.49	200m: 2:05.01	32.47	300m: 3:10.20	32.59	400m: 4:13.80	30.98
28.	CHODULSKI Jakub		19	KU AZS UMCS Lublin		<b>4:14.19</b>	648	
	50m: 30.10	30.10	150m: 1:34.33	32.29	250m: 2:38.50	32.09	350m: 3:42.79	31.85
	100m: 1:02.04	31.94	200m: 2:06.41	32.08	300m: 3:10.94	32.44	400m: 4:14.19	31.40
29.	JAWORSKI Norbert		21	KU AZS UMCS Lublin		<b>4:14.49</b>	646	
	50m: 30.27	30.27	150m: 1:35.88	33.08	250m: 2:40.29	31.73	350m: 3:43.96	32.07
	100m: 1:02.80	32.53	200m: 2:08.56	32.68	300m: 3:11.89	31.60	400m: 4:14.49	30.53
30.	RÓG Adrian		18	KP Sokół Rzeszów		<b>4:14.74</b>	644	
	50m: 28.93	28.93	150m: 1:32.46	31.85	250m: 2:36.96	32.42	350m: 3:42.67	32.89
	100m: 1:00.61	31.68	200m: 2:04.54	32.08	300m: 3:09.78	32.82	400m: 4:14.74	32.07
31.	NOWICZKOW Jakub		18	KU AZS UMCS Lublin		<b>4:14.99</b>	642	
	50m: 29.23	29.23	150m: 1:34.23	32.82	250m: 2:39.78	32.77	350m: 3:44.53	31.98
	100m: 1:01.41	32.18	200m: 2:07.01	32.78	300m: 3:12.55	32.77	400m: 4:14.99	30.46
32.	SIEKACZY SKI Artur		17	UKP Fala Kra nik		<b>4:15.09</b>	642	
	50m: 28.92	28.92	150m: 1:34.11	32.92	250m: 2:39.76	33.00	350m: 3:44.72	31.89
	100m: 1:01.19	32.27	200m: 2:06.76	32.65	300m: 3:12.83	33.07	400m: 4:15.09	30.37
33.	MENCEL Miłosz		17	WKS I sk Wrocław		<b>4:15.19</b>	641	
	50m: 28.82	28.82	150m: 1:31.94	31.92	250m: 2:36.67	32.40	350m: 3:42.73	33.13
	100m: 1:00.02	31.20	200m: 2:04.27	32.33	300m: 3:09.60	32.93	400m: 4:15.19	32.46
34.	SADŁOWSKI Piotr		19	KS AZS UWM Olsztyn		<b>4:15.24</b>	640	
	50m: 28.52	28.52	150m: 1:32.79	32.38	250m: 2:37.57	31.97	350m: 3:42.67	32.67
	100m: 1:00.41	31.89	200m: 2:05.60	32.81	300m: 3:10.00	32.43	400m: 4:15.24	32.57
35.	WODY SKI Bartosz		17	KU AZS Politechniki Łódzkiej		<b>4:16.11</b>	634	
	50m: 29.05	29.05	150m: 1:32.12	31.67	250m: 2:37.07	32.73	350m: 3:43.82	33.67
	100m: 1:00.45	31.40	200m: 2:04.34	32.22	300m: 3:10.15	33.08	400m: 4:16.11	32.29
36.	KLISZ Krystian		17	MKP Szczecin		<b>4:16.39</b>	632	
	50m: 30.19	30.19	150m: 1:34.65	32.36	250m: 2:39.74	32.74	350m: 3:44.89	32.62
	100m: 1:02.29	32.10	200m: 2:07.00	32.35	300m: 3:12.27	32.53	400m: 4:16.39	31.50
37.	CHAŁAT Stanisław		20	KU AZS UMCS Lublin		<b>4:17.20</b>	626	
	50m: 29.86	29.86	150m: 1:33.88	32.46	250m: 2:39.08	32.69	350m: 3:44.82	32.87
	100m: 1:01.42	31.56	200m: 2:06.39	32.51	300m: 3:11.95	32.87	400m: 4:17.20	32.38
38.	BARTOSIEWICZ Remigiusz		17	UKP Unia O wi cim		<b>4:18.04</b>	620	
	50m: 29.49	29.49	150m: 1:34.99	32.94	250m: 2:40.91	32.85	350m: 3:46.61	32.47
	100m: 1:02.05	32.56	200m: 2:08.06	33.07	300m: 3:14.14	33.23	400m: 4:18.04	31.43

2019 Arena Grand Prix Puchar Polski  
Lublin, 23. - 24.3.2019

Konkurencja 12, M czynn, 400m dowolny, OPEN

Pozycja			Wiek					Czas	Pkt.			
39.	DOŁOWY	Grzegorz	17	IUKS „Muszelka” Warszawa				<b>4:18.49</b>	617			
	50m:	29.90	29.90	150m:	1:34.42	32.64	250m:	2:40.26	33.02	350m:	3:46.47	33.23
	100m:	1:01.78	31.88	200m:	2:07.24	32.82	300m:	3:13.24	32.98	400m:	4:18.49	32.02
40.	KONCKI	Bartłomiej	18	KS „Wisła” Puławy				<b>4:18.86</b>	614			
	50m:	29.83	29.83	150m:	1:34.40	32.52	250m:	2:39.85	32.65	350m:	3:45.70	32.77
	100m:	1:01.88	32.05	200m:	2:07.20	32.80	300m:	3:12.93	33.08	400m:	4:18.86	33.16
41.	NIEDZIAŁEK	Michał	16	MTP Kormoran Olsztyn				<b>4:19.08</b>	612			
	50m:	30.51	30.51	150m:	1:35.96	32.97	250m:	2:41.68	32.88	350m:	3:47.52	32.73
	100m:	1:02.99	32.48	200m:	2:08.80	32.84	300m:	3:14.79	33.11	400m:	4:19.08	31.56
42.	BEDNAREK	Przemysław	15	IUKS „Muszelka” Warszawa				<b>4:19.39</b>	610			
	50m:	30.11	30.11	150m:	1:34.95	32.96	250m:	2:40.89	33.14	350m:	3:47.14	33.12
	100m:	1:01.99	31.88	200m:	2:07.75	32.80	300m:	3:14.02	33.13	400m:	4:19.39	32.25
43.	WOJCIECHOWSKI	Kajetan	16	MKS Trójka Łódź				<b>4:19.57</b>	609			
	50m:	29.90	29.90	150m:	1:34.98	32.67	250m:	2:40.57	33.03	350m:	3:47.46	33.59
	100m:	1:02.31	32.41	200m:	2:07.54	32.56	300m:	3:13.87	33.30	400m:	4:19.57	32.11
44.	SZYMCZAK	Szymon	16	MKS Juvenia Wrocław				<b>4:19.68</b>	608			
	50m:	29.98	29.98	150m:	1:36.78	33.68	250m:	2:43.29	32.87	350m:	3:49.02	32.35
	100m:	1:03.10	33.12	200m:	2:10.42	33.64	300m:	3:16.67	33.38	400m:	4:19.68	30.66
45.	JANICZUK	Patryk	17	MUKS „Lider” Chełm				<b>4:20.74</b>	601			
	50m:	29.58	29.58	150m:	1:35.69	33.15	250m:	2:42.27	33.26	350m:	3:49.52	33.80
	100m:	1:02.54	32.96	200m:	2:09.01	33.32	300m:	3:15.72	33.45	400m:	4:20.74	31.22
46.	KARPI	SKI Jakub	16	UKS G-8 Bielany Warszawa				<b>4:20.80</b>	600			
	50m:	30.00	30.00	150m:	1:36.80	33.84	250m:	2:43.82	33.71	350m:	3:50.42	32.82
	100m:	1:02.96	32.96	200m:	2:10.11	33.31	300m:	3:17.60	33.78	400m:	4:20.80	30.38
47.	PRÓSZY	SKI Igor	20	MKP Szczecin				<b>4:21.49</b>	596			
	50m:	30.34	30.34	150m:	1:35.70	32.74	250m:	2:41.56	32.92	350m:	3:48.81	33.56
	100m:	1:02.96	32.62	200m:	2:08.64	32.94	300m:	3:15.25	33.69	400m:	4:21.49	32.68
48.	ZUBIK	Jan	16	UKP „Polonia Warszawa”				<b>4:21.99</b>	592			
	50m:	29.85	29.85	150m:	1:37.38	34.14	250m:	2:44.31	32.98	350m:	3:50.91	33.24
	100m:	1:03.24	33.39	200m:	2:11.33	33.95	300m:	3:17.67	33.36	400m:	4:21.99	31.08
49.	BORKOWSKI	Kacper	19	KU AZS UMCS Lublin				<b>4:22.19</b>	591			
	50m:	29.63	29.63	150m:	1:34.42	32.85	250m:	2:40.62	32.99	350m:	3:48.36	34.15
	100m:	1:01.57	31.94	200m:	2:07.63	33.21	300m:	3:14.21	33.59	400m:	4:22.19	33.83
50.	R PAŁA	Tomasz	17	UKS GOS Raszyn				<b>4:22.64</b>	588			
	50m:	29.29	29.29	150m:	1:34.26	32.97	250m:	2:41.15	33.36	350m:	3:49.61	34.09
	100m:	1:01.29	32.00	200m:	2:07.79	33.53	300m:	3:15.52	34.37	400m:	4:22.64	33.03
51.	KALKAN	Jakub	15	LKS Jedno 32 Przyszowice				<b>4:22.65</b>	588			
	50m:	29.21	29.21	150m:	1:34.36	33.11	250m:	2:41.47	33.96	350m:	3:49.79	34.61
	100m:	1:01.25	32.04	200m:	2:07.51	33.15	300m:	3:15.18	33.71	400m:	4:22.65	32.86
52.	LEWANDOWSKI	Oliwier	16	KP MZOS Płock				<b>4:22.71</b>	587			
	50m:	29.56	29.56	150m:	1:35.07	33.15	250m:	2:42.62	33.83	350m:	3:50.46	34.04
	100m:	1:01.92	32.36	200m:	2:08.79	33.72	300m:	3:16.42	33.80	400m:	4:22.71	32.25
53.	CZERNAK	Konrad	21	KU AZS UMCS Lublin				<b>4:23.11</b>	585			
	50m:	29.99	29.99	150m:	1:38.35	34.38	250m:	2:45.81	33.09	350m:	3:51.80	32.57
	100m:	1:03.97	33.98	200m:	2:12.72	34.37	300m:	3:19.23	33.42	400m:	4:23.11	31.31
54.	K DZIA	Wiktor	19	MKP Szczecin				<b>4:23.16</b>	584			
	50m:	28.30	28.30	150m:	1:32.75	32.53	250m:	2:39.97	33.64	350m:	3:49.23	34.63
	100m:	1:00.22	31.92	200m:	2:06.33	33.58	300m:	3:14.60	34.63	400m:	4:23.16	33.93
55.	KAPAŁA	Szymon	16	MTP Kormoran Olsztyn				<b>4:23.20</b>	584			
	50m:	30.13	30.13	150m:	1:36.94	33.58	250m:	2:44.14	33.80	350m:	3:51.10	33.40
	100m:	1:03.36	33.23	200m:	2:10.34	33.40	300m:	3:17.70	33.56	400m:	4:23.20	32.10
56.	WIECZORKOWSKI	Nikodem	15	UKS „Dwójka” Tczew				<b>4:23.26</b>	584			
	50m:	29.95	29.95	150m:	1:35.52	33.15	250m:	2:42.77	33.37	350m:	3:50.67	33.85
	100m:	1:02.37	32.42	200m:	2:09.40	33.88	300m:	3:16.82	34.05	400m:	4:23.26	32.59

2019 Arena Grand Prix Puchar Polski  
Lublin, 23. - 24.3.2019

Konkurencja 12, M czyzn, 400m dowolny, OPEN

Pozycja			Wiek					Czas	Pkt.
57.	SZWEDZKI Jakub		19	MKS Trójka Łód				<b>4:23.86</b>	580
	50m:	30.58 30.58	150m:	1:37.84 34.21	250m:	2:45.14 33.23	350m:	3:52.22 33.80	
	100m:	1:03.63 33.05	200m:	2:11.91 34.07	300m:	3:18.42 33.28	400m:	4:23.86 31.64	
58.	RODKIEWICZ Radostaw		16	IUKS „Muszelka” Warszawa				<b>4:24.48</b>	576
	50m:	29.80 29.80	150m:	1:35.71 32.96	250m:	2:42.55 33.42	350m:	3:50.90 34.48	
	100m:	1:02.75 32.95	200m:	2:09.13 33.42	300m:	3:16.42 33.87	400m:	4:24.48 33.58	
59.	HEBEL Maciej		14	UKS abianka Gda sk				<b>4:25.02</b>	572
	50m:	29.61 29.61	150m:	1:36.97 33.85	250m:	2:44.85 33.71	350m:	3:52.34 33.71	
	100m:	1:03.12 33.51	200m:	2:11.14 34.17	300m:	3:18.63 33.78	400m:	4:25.02 32.68	
60.	NOWAK Jan		17	KU AZS UMCS Lublin				<b>4:25.18</b>	571
	50m:	30.60 30.60	150m:	1:38.40 34.21	250m:	2:45.78 33.14	350m:	3:53.67 34.03	
	100m:	1:04.19 33.59	200m:	2:12.64 34.24	300m:	3:19.64 33.86	400m:	4:25.18 31.51	
61.	LEWICKI Filip		16	UKS SMS Galicja Kraków				<b>4:25.68</b>	568
	50m:	29.68 29.68	150m:	1:36.24 33.89	250m:	2:44.25 34.37	350m:	3:52.30 33.73	
	100m:	1:02.35 32.67	200m:	2:09.88 33.64	300m:	3:18.57 34.32	400m:	4:25.68 33.38	
62.	STANEK Kacper		15	UKS SMS Galicja Kraków				<b>4:25.89</b>	566
	50m:	29.65 29.65	150m:	1:37.21 33.78	250m:	2:44.44 33.46	350m:	3:52.75 34.19	
	100m:	1:03.43 33.78	200m:	2:10.98 33.77	300m:	3:18.56 34.12	400m:	4:25.89 33.14	
63.	MALINOWSKI Jakub		16	MKP „SŁOWIANKA” Gorzów Wlkp.				<b>4:26.21</b>	564
	50m:	29.69 29.69	150m:	1:36.45 33.81	250m:	2:45.56 34.77	350m:	3:54.37 33.99	
	100m:	1:02.64 32.95	200m:	2:10.79 34.34	300m:	3:20.38 34.82	400m:	4:26.21 31.84	
64.	KRYSIAK Michał		18	MKS Trójka Łód				<b>4:27.01</b>	559
	50m:	30.24 30.24	150m:	1:37.44 33.63	250m:	2:45.57 33.94	350m:	3:53.65 34.06	
	100m:	1:03.81 33.57	200m:	2:11.63 34.19	300m:	3:19.59 34.02	400m:	4:27.01 33.36	
65.	RAFAŁ Kacper		15	UKS "V" Łomianki				<b>4:27.05</b>	559
	50m:	31.35 31.35	150m:	1:39.39 34.48	250m:	2:46.84 32.31	350m:	3:54.16 33.92	
	100m:	1:04.91 33.56	200m:	2:14.53 35.14	300m:	3:20.24 33.40	400m:	4:27.05 32.89	
66.	CHYRCHAŁA Rafał		17	UKS „ORKA” Zamo				<b>4:30.42</b>	538
	50m:	30.12 30.12	150m:	1:37.32 34.19	250m:	2:45.70 34.33	350m:	3:55.62 35.34	
	100m:	1:03.13 33.01	200m:	2:11.37 34.05	300m:	3:20.28 34.58	400m:	4:30.42 34.80	
67.	MIKO Dawid		17	MKS Trójka Łód				<b>4:32.06</b>	529
	50m:	30.00 30.00	150m:	1:37.68 34.00	250m:	2:47.02 34.85	350m:	3:58.66 35.50	
	100m:	1:03.68 33.68	200m:	2:12.17 34.49	300m:	3:23.16 36.14	400m:	4:32.06 33.40	
68.	SWINTOZELSKI Maksymilian		16	UKP Fala Kra nik				<b>4:32.18</b>	528
	50m:	30.47 30.47	150m:	1:38.48 34.39	250m:	2:48.64 35.11	350m:	3:58.64 34.72	
	100m:	1:04.09 33.62	200m:	2:13.53 35.05	300m:	3:23.92 35.28	400m:	4:32.18 33.54	
69.	KORONKIEWICZ Antoni		15	St. KF KS „Fenix” O arów Mazowiecki				<b>4:32.44</b>	527
	50m:	30.27 30.27	150m:	1:38.46 34.39	250m:	2:48.10 34.87	350m:	3:58.18 35.16	
	100m:	1:04.07 33.80	200m:	2:13.23 34.77	300m:	3:23.02 34.92	400m:	4:32.44 34.26	
70.	KUCHARCZYK Paweł		14	UKP „Polonia Warszawa”				<b>4:33.51</b>	520
	50m:	30.77 30.77	150m:	1:39.12 34.71	250m:	2:49.59 35.03	350m:	3:59.82 34.61	
	100m:	1:04.41 33.64	200m:	2:14.56 35.44	300m:	3:25.21 35.62	400m:	4:33.51 33.69	
71.	MINICHOWSKI Maksymilian		15	UKS "V" Łomianki				<b>4:33.52</b>	520
	50m:	30.25 30.25	150m:	1:38.76 34.71	250m:	2:49.00 35.21	350m:	4:00.20 35.49	
	100m:	1:04.05 33.80	200m:	2:13.79 35.03	300m:	3:24.71 35.71	400m:	4:33.52 33.32	
72.	KRUSZEWSKI Adrian		15	MTKP Delfin Toru				<b>4:34.64</b>	514
	50m:	30.98 30.98	150m:	1:40.62 35.36	250m:	2:50.99 35.10	350m:	4:02.16 35.47	
	100m:	1:05.26 34.28	200m:	2:15.89 35.27	300m:	3:26.69 35.70	400m:	4:34.64 32.48	
73.	KAŁU A Jakub		17	UKP Gryf D bica				<b>4:34.82</b>	513
	50m:	32.32 32.32	150m:	1:41.55 34.97	250m:	2:51.50 34.91	350m:	4:01.92 35.09	
	100m:	1:06.58 34.26	200m:	2:16.59 35.04	300m:	3:26.83 35.33	400m:	4:34.82 32.90	
74.	PAWŁOWSKI Michał		14	UKS "V" Łomianki				<b>4:35.22</b>	511
	50m:	30.46 30.46	150m:	1:39.04 34.73	250m:	2:49.96 35.72	350m:	4:00.92 35.58	
	100m:	1:04.31 33.85	200m:	2:14.24 35.20	300m:	3:25.34 35.38	400m:	4:35.22 34.30	



2019 Arena Grand Prix Puchar Polski  
Lublin, 23. - 24.3.2019

Konkurencja 12, M czynn, 400m dowolny, OPEN

Pozycja			Wiek					Czas	Pkt.
75.	GRABSKI Mateusz		16	MKS CKS-SMS Szczecin			<b>4:35.54</b>	509	
	50m: 30.44	30.44	150m: 1:39.78	35.24	250m: 2:51.13	35.90	350m: 4:01.64	34.94	
	100m: 1:04.54	34.10	200m: 2:15.23	35.45	300m: 3:26.70	35.57	400m: 4:35.54	33.90	
76.	MARCZAK Radosław		17	KS Barakuda Mi sk Mazowiecki			<b>4:36.08</b>	506	
	50m: 31.27	31.27	150m: 1:41.82	35.32	250m: 2:53.27	35.49	350m: 4:03.67	35.28	
	100m: 1:06.50	35.23	200m: 2:17.78	35.96	300m: 3:28.39	35.12	400m: 4:36.08	32.41	
77.	KUROWSKI Tymon		15	MKP „SŁOWIANKA" Gorzów Wlkp.			<b>4:36.40</b>	504	
	50m: 29.96	29.96	150m: 1:37.81	34.39	250m: 2:49.60	36.34	350m: 4:01.73	35.81	
	100m: 1:03.42	33.46	200m: 2:13.26	35.45	300m: 3:25.92	36.32	400m: 4:36.40	34.67	
78.	WI Mateusz		16	UKS Olimpijczyk 23			<b>4:36.90</b>	502	
	50m: 30.98	30.98	150m: 1:40.52	35.60	250m: 2:51.33	35.50	350m: 4:02.03	35.22	
	100m: 1:04.92	33.94	200m: 2:15.83	35.31	300m: 3:26.81	35.48	400m: 4:36.90	34.87	
79.	DZIEWGU Benjamin		14	MKS Piaseczno			<b>4:38.44</b>	493	
	50m: 31.23	31.23	150m: 1:41.26	35.50	250m: 2:52.84	36.05	350m: 4:04.77	35.67	
	100m: 1:05.76	34.53	200m: 2:16.79	35.53	300m: 3:29.10	36.26	400m: 4:38.44	33.67	
80.	BORZYMEK Hubert		17	UKS 307 Warszawa			<b>4:40.64</b>	482	
	50m: 30.77	30.77	150m: 1:40.32	34.98	250m: 2:52.57	36.12	350m: 4:05.55	36.16	
	100m: 1:05.34	34.57	200m: 2:16.45	36.13	300m: 3:29.39	36.82	400m: 4:40.64	35.09	
81.	WRZOSEK Bartosz		15	UKS G-8 Bielany Warszawa			<b>4:41.06</b>	480	
	50m: 29.86	29.86	150m: 1:38.29	34.89	250m: 2:50.35	36.27	350m: 4:04.35	37.00	
	100m: 1:03.40	33.54	200m: 2:14.08	35.79	300m: 3:27.35	37.00	400m: 4:41.06	36.71	
82.	LEWTAK Szymon		15	KS OLIMPIA Lublin			<b>4:42.61</b>	472	
	50m: 32.09	32.09	150m: 1:45.03	36.65	250m: 2:57.59	35.80	350m: 4:08.93	35.85	
	100m: 1:08.38	36.29	200m: 2:21.79	36.76	300m: 3:33.08	35.49	400m: 4:42.61	33.68	
83.	GRAPENTYN Jakub		14	Malborskie WOPR			<b>4:42.90</b>	470	
	50m: 30.76	30.76	150m: 1:40.26	35.67	250m: 2:51.47	35.48	350m: 4:08.43	37.43	
	100m: 1:04.59	33.83	200m: 2:15.99	35.73	300m: 3:31.00	39.53	400m: 4:42.90	34.47	
84.	KRYSIAK Kacper		15	MKS Trójka Łód			<b>4:43.18</b>	469	
	50m: 31.90	31.90	150m: 1:43.52	36.14	250m: 2:55.71	35.86	350m: 4:08.53	36.30	
	100m: 1:07.38	35.48	200m: 2:19.85	36.33	300m: 3:32.23	36.52	400m: 4:43.18	34.65	
85.	PAWLAK Hubert		16	KU AZS Politechniki Łódzkiej			<b>4:44.36</b>	463	
	50m: 31.05	31.05	150m: 1:43.65	36.48	250m: 2:57.47	36.82	350m: 4:10.09	36.07	
	100m: 1:07.17	36.12	200m: 2:20.65	37.00	300m: 3:34.02	36.55	400m: 4:44.36	34.27	
86.	BRO CZYK Hubert		15	MTKP Delfin Toru			<b>4:45.02</b>	460	
	50m: 31.52	31.52	150m: 1:42.91	35.95	250m: 2:57.57	37.57	350m: 4:09.97	35.20	
	100m: 1:06.96	35.44	200m: 2:20.00	37.09	300m: 3:34.77	37.20	400m: 4:45.02	35.05	
87.	LITEWSKI Mikołaj		15	UKS 307 Warszawa			<b>4:48.49</b>	443	
	50m: 33.54	33.54	150m: 1:47.88	37.64	250m: 3:02.50	37.13	350m: 4:14.93	35.68	
	100m: 1:10.24	36.70	200m: 2:25.37	37.49	300m: 3:39.25	36.75	400m: 4:48.49	33.56	
88.	ZAWADZKI Marek		14	UKS G-8 Bielany Warszawa			<b>4:53.51</b>	421	
	50m: 33.61	33.61	150m: 1:47.83	37.40	250m: 3:02.35	37.52	350m: 4:18.32	38.86	
	100m: 1:10.43	36.82	200m: 2:24.83	37.00	300m: 3:39.46	37.11	400m: 4:53.51	35.19	
89.	KOZŁOWSKI Konrad		15	MTP Kormoran Olsztyn			<b>4:54.28</b>	418	
	50m: 32.69	32.69	150m: 1:47.73	38.29	250m: 3:03.61	38.16	350m: 4:18.51	37.18	
	100m: 1:09.44	36.75	200m: 2:25.45	37.72	300m: 3:41.33	37.72	400m: 4:54.28	35.77	
90.	PASIECZNY Bartłomiej		15	UKP Jedyńka Elbl g			<b>4:59.39</b>	397	
	50m: 31.99	31.99	150m: 1:46.44	37.82	250m: 3:03.75	38.69	350m: 4:21.36	38.44	
	100m: 1:08.62	36.63	200m: 2:25.06	38.62	300m: 3:42.92	39.17	400m: 4:59.39	38.03	