



2022 Arena Grand Prix Puchar Polski  
Lublin, 9. - 10.4.2022

Konkurencja 11

M czyzn, 400m zmienny

14 lat i starsi

09.04.2022 - 16:12

Wyniki

Rekord Polski Open	4:12.28	MATCZAK Mateusz	00905	Belgrade (SRB)	11.07.2009
Rekord Polski 19 - 23	4:12.28	MATCZAK Mateusz	00905	Belgrade (SRB)	11.07.2009
Rekord Polski 18	4:18.40	MATCZAK Mateusz	00905	Antwerp (BEL)	22.07.2007
Rekord Polski 17	4:20.27	MATCZAK Mateusz	00905	Palma de Mallorca (ESP)	06.07.2006
Rekord Polski 16	4:26.91	KĄŁUSOWSKI Jan	00905	Ostrowiec Sw	15.07.2016
Rekord Polski 15	4:30.55	KĄŁUSOWSKI Jan	00905	Ostrowiec Sw	10.07.2015
Rekord Polski 14	4:39.38	SOBEK Nikodem	02303	Berlin (GER)	16.12.2016

Minimum kwal. do Uniwersjady - Chengdu Open: 4:20.96 / Minimum kwal. do ME Juniorów - Bukareszt 17 - 18: 4:27.57 /

Minimum kwal. do M Seniorów - Budapeszt Open: 4:15.84

Punkty: FINA 2022

Pozycja

Wiek

Czas

Pkt.

JUNIOR MŁODSZY 14 LAT

1.	PINCZAK Mateusz	14	UKS „Dragon” B dzin	<b>5:01.99</b>	526
	50m: 29.83 29.83	150m: 1:44.35 39.82	250m: 3:06.88 44.11	350m: 4:27.51 36.40	
	100m: 1:04.53 34.70	200m: 2:22.77 38.42	300m: 3:51.11 44.23	400m: 5:01.99 34.48	
2.	JOACHIMOWICZ Patryk	14	UKS SP5 Swim	<b>5:11.72</b>	478
	50m: 30.29 30.29	150m: 1:47.42 40.86	250m: 3:12.55 44.52	350m: 4:34.77 36.70	
	100m: 1:06.56 36.27	200m: 2:28.03 40.61	300m: 3:58.07 45.52	400m: 5:11.72 36.95	
3.	HUSZCZA Mateusz	14	UKS „GIM 92 Ursynów”	<b>5:17.35</b>	453
	50m: 33.42 33.42	150m: 1:52.59 39.24	250m: 3:20.16 47.52	350m: 4:43.58 35.21	
	100m: 1:13.35 39.93	200m: 2:32.64 40.05	300m: 4:08.37 48.21	400m: 5:17.35 33.77	
4.	STANISZEWSKI Wiktor	14	UKP „Ruda I ska”	<b>5:17.82</b>	451
	50m: 32.80 32.80	150m: 1:54.37 42.35	250m: 3:23.48 46.98	350m: 4:44.22 33.88	
	100m: 1:12.02 39.22	200m: 2:36.50 42.13	300m: 4:10.34 46.86	400m: 5:17.82 33.60	
5.	JARECKI Bartosz	14	UKS 48 Warszawa ródmi cie	<b>5:22.74</b>	431
	50m: 34.78 34.78	150m: 1:57.34 43.02	250m: 3:23.50 45.42	350m: 4:46.27 37.02	
	100m: 1:14.32 39.54	200m: 2:38.08 40.74	300m: 4:09.25 45.75	400m: 5:22.74 36.47	
6.	D BROWSKI Adam	14	UKS 307 Warszawa	<b>5:24.27</b>	425
	50m: 32.64 32.64	150m: 1:55.42 43.59	250m: 3:24.33 48.06	350m: 4:49.50 36.71	
	100m: 1:11.83 39.19	200m: 2:36.27 40.85	300m: 4:12.79 48.46	400m: 5:24.27 34.77	
7.	KOBAK Nataniel	14	RWKS Sparta Biłgoraj	<b>5:24.62</b>	423
	50m: 32.97 32.97	150m: 1:54.51 43.20	250m: 3:23.27 47.19	350m: 4:48.89 37.18	
	100m: 1:11.31 38.34	200m: 2:36.08 41.57	300m: 4:11.71 48.44	400m: 5:24.62 35.73	
8.	ACZEK Hubert	14	KS „Wisła” Puławy	<b>5:24.82</b>	423
	50m: 33.38 33.38	150m: 1:54.00 40.78	250m: 3:23.26 47.85	350m: 4:48.33 37.46	
	100m: 1:13.22 39.84	200m: 2:35.41 41.41	300m: 4:10.87 47.61	400m: 5:24.82 36.49	
9.	TRAUTZEL Maksymilian	14	UKS H2O Warszawa	<b>5:29.83</b>	404
	50m: 33.73 33.73	150m: 1:58.36 42.98	250m: 3:25.64 44.66	350m: 4:51.78 39.83	
	100m: 1:15.38 41.65	200m: 2:40.98 42.62	300m: 4:11.95 46.31	400m: 5:29.83 38.05	
10.	PORADA Jan	14	UKS SP-149 Łód	<b>5:30.93</b>	400
	50m: 35.31 35.31	150m: 2:00.44 45.58	250m: 3:29.40 46.22	350m: 4:55.45 38.98	
	100m: 1:14.86 39.55	200m: 2:43.18 42.74	300m: 4:16.47 47.07	400m: 5:30.93 35.48	
11.	CIEPAŁOWICZ Aleksander	14	UKS SP5 Swim	<b>5:43.68</b>	357
	50m: 35.02 35.02	150m: 2:04.64 46.48	250m: 3:37.47 47.09	350m: 5:05.36 39.58	
	100m: 1:18.16 43.14	200m: 2:50.38 45.74	300m: 4:25.78 48.31	400m: 5:43.68 38.32	
DYSKW.	GÓRSKI Antoni	14	MUKP Korona-Swim Kielce		
	<i>G8 - Pływak uko czył wy cig w poło eniu na piersiach</i>				



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Konkurencja 11, M czynn, 400m zmienny

JUNIOR MŁODSZY 15 LAT

1. KRY Radosław	15	UKS Tri-Team Rumia	<b>4:43.55</b>	635
50m: 29.98 29.98	150m: 1:40.32 36.33	250m: 2:56.21 40.79	350m: 4:10.92 34.12	
100m: 1:03.99 34.01	200m: 2:15.42 35.10	300m: 3:36.80 40.59	400m: 4:43.55 32.63	
2. POLIAK Serhii	15	Ukraine	<b>4:46.95</b>	613
50m: 29.59 29.59	150m: 1:41.43 37.38	250m: 2:58.40 40.69	350m: 4:13.96 34.70	
100m: 1:04.05 34.46	200m: 2:17.71 36.28	300m: 3:39.26 40.86	400m: 4:46.95 32.99	
3. WI NIEWSKI Wiktor	15	UKP Unia O wi cim	<b>4:54.87</b>	565
50m: 31.33 31.33	150m: 1:47.10 40.64	250m: 3:06.22 40.20	350m: 4:21.75 34.09	
100m: 1:06.46 35.13	200m: 2:26.02 38.92	300m: 3:47.66 41.44	400m: 4:54.87 33.12	
4. PI TKIEWICZ Piotr	15	MKS Trójka Łód	<b>4:57.05</b>	553
50m: 29.28 29.28	150m: 1:44.51 40.10	250m: 3:05.33 43.01	350m: 4:24.11 34.88	
100m: 1:04.41 35.13	200m: 2:22.32 37.81	300m: 3:49.23 43.90	400m: 4:57.05 32.94	
5. OŁOWNIA Ignacy	15	KS Delfin Gdynia	<b>4:58.04</b>	547
50m: 30.54 30.54	150m: 1:44.68 38.61	250m: 3:07.23 45.59	350m: 4:26.14 35.04	
100m: 1:06.07 35.53	200m: 2:21.64 36.96	300m: 3:51.10 43.87	400m: 4:58.04 31.90	
6. DIDYK Heorhii	15	Ukraine	<b>5:01.58</b>	528
50m: 28.71 28.71	150m: 1:42.24 39.88	250m: 3:08.37 46.74	350m: 4:29.08 33.99	
100m: 1:02.36 33.65	200m: 2:21.63 39.39	300m: 3:55.09 46.72	400m: 5:01.58 32.50	
7. BURY Paweł	15	RWKS Sparta Biłgoraj	<b>5:04.18</b>	515
50m: 30.38 30.38	150m: 1:48.62 41.74	250m: 3:12.35 42.66	350m: 4:29.91 34.34	
100m: 1:06.88 36.50	200m: 2:29.69 41.07	300m: 3:55.57 43.22	400m: 5:04.18 34.27	
8. BORUSZEWSKI Filip	15	UKS SP-149 Łód	<b>5:05.86</b>	506
50m: 32.07 32.07	150m: 1:52.65 43.00	250m: 3:14.17 43.03	350m: 4:33.49 35.97	
100m: 1:09.65 37.58	200m: 2:31.14 38.49	300m: 3:57.52 43.35	400m: 5:05.86 32.37	
9. WÓJCIK Mikołaj	15	UKS „FREGATA” Kolbuszowa	<b>5:10.89</b>	482
50m: 30.68 30.68	150m: 1:49.22 41.47	250m: 3:17.41 47.49	350m: 4:37.54 34.65	
100m: 1:07.75 37.07	200m: 2:29.92 40.70	300m: 4:02.89 45.48	400m: 5:10.89 33.35	
10. OBSZY SKI Bartłomiej	15	RWKS Sparta Biłgoraj	<b>5:23.92</b>	426
50m: 32.48 32.48	150m: 1:56.96 44.40	250m: 3:25.90 45.91	350m: 4:48.49 37.22	
100m: 1:12.56 40.08	200m: 2:39.99 43.03	300m: 4:11.27 45.37	400m: 5:23.92 35.43	
11. PRZYSTAŁ Antonio	15	KP Solne Miasto Wieliczka	<b>5:31.44</b>	398
50m: 32.76 32.76	150m: 1:59.11 46.99	250m: 3:29.22 45.98	350m: 4:55.47 39.23	
100m: 1:12.12 39.36	200m: 2:43.24 44.13	300m: 4:16.24 47.02	400m: 5:31.44 35.97	

DYSKW. MIŁKOWSKI Mikołaj 15 UKS 48 Warszawa ródnie cie  
M7 - Pływak wykonał naprzemienne lub nierównoczesne ruchy nóg

JUNIOR MŁODSZY 16 LAT

1. LARY Jerzy	16	IUKS „Muszelka” Warszawa	<b>4:35.30</b>	694
50m: 29.09 29.09	150m: 1:37.57 35.24	250m: 2:52.42 40.09	350m: 4:05.01 31.07	
100m: 1:02.33 33.24	200m: 2:12.33 34.76	300m: 3:33.94 41.52	400m: 4:35.30 30.29	
2. KAPAŁA Bartosz	16	MTP Kormoran Olsztyn	<b>4:41.42</b>	650
50m: 30.48 30.48	150m: 1:41.90 37.06	250m: 2:57.99 41.01	350m: 4:11.23 31.89	
100m: 1:04.84 34.36	200m: 2:16.98 35.08	300m: 3:39.34 41.35	400m: 4:41.42 30.19	
3. JARZ B Tymoteusz	16	UKS "Feniks" D bica	<b>4:52.38</b>	580
50m: 30.21 30.21	150m: 1:44.00 37.93	250m: 3:03.22 42.06	350m: 4:19.98 33.60	
100m: 1:06.07 35.86	200m: 2:21.16 37.16	300m: 3:46.38 43.16	400m: 4:52.38 32.40	
4. R YSKI Michał	16	MTP Kormoran Olsztyn	<b>4:53.80</b>	571
50m: 31.14 31.14	150m: 1:46.21 39.48	250m: 3:05.52 41.43	350m: 4:20.50 33.76	
100m: 1:06.73 35.59	200m: 2:24.09 37.88	300m: 3:46.74 41.22	400m: 4:53.80 33.30	



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Konkurencja 11, Chłopców, 400m zmienny, JUNIOR MŁODSZY 16 LAT

Pozycja			Wiek				Czas				Pkt.	
5.	CHOLEWA Wojciech		16				UKS "Feniks" D bica				<b>4:55.82</b>	560
	50m:	29.85 29.85	150m:	1:44.54 39.29	250m:	3:06.39 43.31	350m:	4:23.28 33.03	400m:	4:55.82 32.54		
	100m:	1:05.25 35.40	200m:	2:23.08 38.54	300m:	3:50.25 43.86						
6.	ZALEWSKI Jacek		16				KS Posnania Pozna				<b>4:59.99</b>	537
	50m:	32.04 32.04	150m:	1:50.46 40.53	250m:	3:10.43 41.25	350m:	4:26.92 34.88	400m:	4:59.99 33.07		
	100m:	1:09.93 37.89	200m:	2:29.18 38.72	300m:	3:52.04 41.61						
7.	DUBIEL Wiktor		16				UKS abianka Gda sk				<b>5:00.79</b>	532
	50m:	29.99 29.99	150m:	1:44.37 38.36	250m:	3:05.82 44.83	350m:	4:25.30 35.67	400m:	5:00.79 35.49		
	100m:	1:06.01 36.02	200m:	2:20.99 36.62	300m:	3:49.63 43.81						
8.	WÓJCIK Szczepan		16				UKS „FREGATA” Kolbuszowa				<b>5:05.77</b>	507
	50m:	32.13 32.13	150m:	1:50.73 40.14	250m:	3:14.41 44.44	350m:	4:34.21 35.54	400m:	5:05.77 31.56		
	100m:	1:10.59 38.46	200m:	2:29.97 39.24	300m:	3:58.67 44.26						
9.	HANDZLIK Mateusz		16				Mokotowski UKP Warszawianka- Wodny				<b>5:06.03</b>	505
	50m:	30.79 30.79	150m:	1:47.56 41.50	250m:	3:10.57 42.75	350m:	4:31.00 36.82	400m:	5:06.03 35.03		
	100m:	1:06.06 35.27	200m:	2:27.82 40.26	300m:	3:54.18 43.61						
10.	KOWALEWSKI Mateusz		16				MKS Jedyńka Łód				<b>5:06.69</b>	502
	50m:	30.71 30.71	150m:	1:49.46 42.43	250m:	3:13.45 42.93	350m:	4:32.63 35.64	400m:	5:06.69 34.06		
	100m:	1:07.03 36.32	200m:	2:30.52 41.06	300m:	3:56.99 43.54						
11.	JABŁO SKI Kacper		16				Sejwal Rypin				<b>5:08.20</b>	495
	50m:	30.10 30.10	150m:	1:48.46 43.09	250m:	3:14.87 45.40	350m:	4:34.94 34.05	400m:	5:08.20 33.26		
	100m:	1:05.37 35.27	200m:	2:29.47 41.01	300m:	4:00.89 46.02						
12.	GORZE Norbert		16				Uks Cityzen				<b>5:08.43</b>	494
	50m:	32.43 32.43	150m:	1:51.36 40.81	250m:	3:16.18 45.32	350m:	4:36.03 34.40	400m:	5:08.43 32.40		
	100m:	1:10.55 38.12	200m:	2:30.86 39.50	300m:	4:01.63 45.45						
13.	B K Mikołaj		16				Wodnik Radom				<b>5:09.59</b>	488
	50m:	29.55 29.55	150m:	1:47.15 41.93	250m:	3:15.25 47.45	350m:	4:37.56 34.05	400m:	5:09.59 32.03		
	100m:	1:05.22 35.67	200m:	2:27.80 40.65	300m:	4:03.51 48.26						
14.	WISTAK Miłosz		16				UKS "Feniks" D bica				<b>5:15.54</b>	461
	50m:	32.08 32.08	150m:	1:51.59 41.62	250m:	3:19.14 46.14	350m:	4:40.75 35.74	400m:	5:15.54 34.79		
	100m:	1:09.97 37.89	200m:	2:33.00 41.41	300m:	4:05.01 45.87						

JUNIOR 17-18 LAT

1.	STANISZEWSKI Bartosz		17				UKP „Ruda I ska”				<b>4:33.04</b>	712
	50m:	28.52 28.52	150m:	1:37.51 36.20	250m:	2:52.73 40.25	350m:	4:04.76 31.69	400m:	4:33.04 28.28		
	100m:	1:01.31 32.79	200m:	2:12.48 34.97	300m:	3:33.07 40.34						
2.	POGODA Krzysztof		17				MKS Jedyńka Łód				<b>4:39.41</b>	664
	50m:	29.88 29.88	150m:	1:39.82 36.24	250m:	2:53.82 39.95	350m:	4:07.61 34.17	400m:	4:39.41 31.80		
	100m:	1:03.58 33.70	200m:	2:13.87 34.05	300m:	3:33.44 39.62						
3.	DZIERKACZ Igor		17				UKS G-8 Bielany Warszawa				<b>4:49.47</b>	597
	50m:	29.46 29.46	150m:	1:41.29 38.26	250m:	3:01.51 42.07	350m:	4:16.30 32.92	400m:	4:49.47 33.17		
	100m:	1:03.03 33.57	200m:	2:19.44 38.15	300m:	3:43.38 41.87						
4.	KOWALSKI Mateusz		17				UKS abianka Gda sk				<b>4:55.28</b>	563
	50m:	29.45 29.45	150m:	1:42.40 37.85	250m:	3:04.13 44.93	350m:	4:22.77 34.03	400m:	4:55.28 32.51		
	100m:	1:04.55 35.10	200m:	2:19.20 36.80	300m:	3:48.74 44.61						
5.	JARCZEWSKI Franciszek		17				UKS 190 Łód				<b>4:56.33</b>	557
	50m:	31.02 31.02	150m:	1:43.06 37.97	250m:	3:04.09 43.55	350m:	4:22.39 34.36	400m:	4:56.33 33.94		
	100m:	1:05.09 34.07	200m:	2:20.54 37.48	300m:	3:48.03 43.94						
6.	BIGAJ Gabriel		17				UKP Unia O wi cim				<b>4:58.19</b>	546
	50m:	30.71 30.71	150m:	1:45.21 38.58	250m:	3:07.47 44.49	350m:	4:25.61 33.90	400m:	4:58.19 32.58		
	100m:	1:06.63 35.92	200m:	2:22.98 37.77	300m:	3:51.71 44.24						



2022 Arena Grand Prix Puchar Polski  
Lublin, 9. - 10.4.2022

Konkurencja 11, Chłopców, 400m zmienny, JUNIOR 17-18 LAT

Pozycja			Wiek				Czas		Pkt.
7.	KRYSIAK Kacper		18		MKS Trójka Łód		<b>5:11.24</b>		480
	50m:	29.14 29.14	150m:	1:44.29 39.76	250m:	3:11.18 48.16	350m:	4:36.11 36.38	
	100m:	1:04.53 35.39	200m:	2:23.02 38.73	300m:	3:59.73 48.55	400m:	5:11.24 35.13	
8.	PATOKA Konrad		17		WOPR Malbork		<b>5:14.19</b>		467
	50m:	31.12 31.12	150m:	1:52.76 44.19	250m:	3:20.16 46.53	350m:	4:41.27 34.82	
	100m:	1:08.57 37.45	200m:	2:33.63 40.87	300m:	4:06.45 46.29	400m:	5:14.19 32.92	
9.	NOWAKOWSKI Maksymilian		17		Mokotowski UKP Warszawianka- Wodny		<b>5:16.78</b>		456
	50m:	31.62 31.62	150m:	1:53.03 42.50	250m:	3:20.26 46.83	350m:	4:41.97 36.71	
	100m:	1:10.53 38.91	200m:	2:33.43 40.40	300m:	4:05.26 45.00	400m:	5:16.78 34.81	
10.	KREFT Szymon		17		MKP Gda sk		<b>5:17.46</b>		453
	50m:	32.20 32.20	150m:	1:51.98 42.59	250m:	3:20.17 46.12	350m:	4:42.26 36.10	
	100m:	1:09.39 37.19	200m:	2:34.05 42.07	300m:	4:06.16 45.99	400m:	5:17.46 35.20	

OPEN

1.	STANISZEWSKI Bartosz		17		UKP „Ruda I ska”		<b>4:33.04</b>		712
	50m:	28.52 28.52	150m:	1:37.51 36.20	250m:	2:52.73 40.25	350m:	4:04.76 31.69	
	100m:	1:01.31 32.79	200m:	2:12.48 34.97	300m:	3:33.07 40.34	400m:	4:33.04 28.28	
2.	ADAMCZYK Jan		19		KU AZS UMCS Lublin		<b>4:33.08</b>		711
	50m:	29.00 29.00	150m:	1:38.37 36.11	250m:	2:53.53 39.83	350m:	4:03.82 30.81	
	100m:	1:02.26 33.26	200m:	2:13.70 35.33	300m:	3:33.01 39.48	400m:	4:33.08 29.26	
3.	LARY Jerzy		16		IUKS „Muszelka” Warszawa		<b>4:35.30</b>		694
	50m:	29.09 29.09	150m:	1:37.57 35.24	250m:	2:52.42 40.09	350m:	4:05.01 31.07	
	100m:	1:02.33 33.24	200m:	2:12.33 34.76	300m:	3:33.94 41.52	400m:	4:35.30 30.29	
4.	MRÓZ Adam		19		KU AZS UMCS Lublin		<b>4:35.95</b>		689
	50m:	28.68 28.68	150m:	1:38.92 36.97	250m:	2:53.94 38.59	350m:	4:04.40 31.93	
	100m:	1:01.95 33.27	200m:	2:15.35 36.43	300m:	3:32.47 38.53	400m:	4:35.95 31.55	
5.	MA KA Filip		22		UKS 190 Łód		<b>4:38.55</b>		670
	50m:	29.13 29.13	150m:	1:38.27 35.61	250m:	2:54.48 40.99	350m:	4:07.82 32.95	
	100m:	1:02.66 33.53	200m:	2:13.49 35.22	300m:	3:34.87 40.39	400m:	4:38.55 30.73	
6.	ZUBIK Jan		19		UKP „Polonia Warszawa”		<b>4:39.07</b>		667
	50m:	27.48 27.48	150m:	1:37.57 37.35	250m:	2:52.58 39.37	350m:	4:06.59 33.87	
	100m:	1:00.22 32.74	200m:	2:13.21 35.64	300m:	3:32.72 40.14	400m:	4:39.07 32.48	
7.	POGODA Krzysztof		17		MKS Jedyńka Łód		<b>4:39.41</b>		664
	50m:	29.88 29.88	150m:	1:39.82 36.24	250m:	2:53.82 39.95	350m:	4:07.61 34.17	
	100m:	1:03.58 33.70	200m:	2:13.87 34.05	300m:	3:33.44 39.62	400m:	4:39.41 31.80	
8.	WARZOCHA Albert		21		KS Warta Pozna		<b>4:40.61</b>		656
	50m:	27.98 27.98	150m:	1:36.45 36.31	250m:	2:53.18 40.25	350m:	4:08.40 34.35	
	100m:	1:00.14 32.16	200m:	2:12.93 36.48	300m:	3:34.05 40.87	400m:	4:40.61 32.21	
9.	KAPAŁA Bartosz		16		MTP Kormoran Olsztyn		<b>4:41.42</b>		650
	50m:	30.48 30.48	150m:	1:41.90 37.06	250m:	2:57.99 41.01	350m:	4:11.23 31.89	
	100m:	1:04.84 34.36	200m:	2:16.98 35.08	300m:	3:39.34 41.35	400m:	4:41.42 30.19	
10.	KUCZAK Adam		22		AZS AWF Katowice		<b>4:41.47</b>		650
	50m:	29.19 29.19	150m:	1:39.58 36.41	250m:	2:54.80 39.91	350m:	4:08.76 33.56	
	100m:	1:03.17 33.98	200m:	2:14.89 35.31	300m:	3:35.20 40.40	400m:	4:41.47 32.71	
11.	KRY Radosław		15		UKS Tri-Team Rumia		<b>4:43.55</b>		635
	50m:	29.98 29.98	150m:	1:40.32 36.33	250m:	2:56.21 40.79	350m:	4:10.92 34.12	
	100m:	1:03.99 34.01	200m:	2:15.42 35.10	300m:	3:36.80 40.59	400m:	4:43.55 32.63	
12.	POWRO NIK Konrad		25		WKS I sk		<b>4:46.84</b>		614
	50m:	28.94 28.94	150m:	1:40.65 37.97	250m:	2:58.60 40.82	350m:	4:13.82 33.60	
	100m:	1:02.68 33.74	200m:	2:17.78 37.13	300m:	3:40.22 41.62	400m:	4:46.84 33.02	



2022 Arena Grand Prix Puchar Polski  
Lublin, 9. - 10.4.2022

Konkurencja 11, M czyzn, 400m zmienny, OPEN

Pozycja					Wiek					Czas	Pkt.	
13.	POLIAK Serhii				15	Ukraine				<b>4:46.95</b>	613	
	50m:	29.59	29.59	150m:	1:41.43	37.38	250m:	2:58.40	40.69	350m:	4:13.96	34.70
	100m:	1:04.05	34.46	200m:	2:17.71	36.28	300m:	3:39.26	40.86	400m:	4:46.95	32.99
14.	DZIERKACZ Igor				17	UKS G-8 Bielany Warszawa				<b>4:49.47</b>	597	
	50m:	29.46	29.46	150m:	1:41.29	38.26	250m:	3:01.51	42.07	350m:	4:16.30	32.92
	100m:	1:03.03	33.57	200m:	2:19.44	38.15	300m:	3:43.38	41.87	400m:	4:49.47	33.17
15.	JARZ B Tymoteusz				16	UKS "Feniks" D bica				<b>4:52.38</b>	580	
	50m:	30.21	30.21	150m:	1:44.00	37.93	250m:	3:03.22	42.06	350m:	4:19.98	33.60
	100m:	1:06.07	35.86	200m:	2:21.16	37.16	300m:	3:46.38	43.16	400m:	4:52.38	32.40
16.	R YSKI Michał				16	MTP Kormoran Olsztyn				<b>4:53.80</b>	571	
	50m:	31.14	31.14	150m:	1:46.21	39.48	250m:	3:05.52	41.43	350m:	4:20.50	33.76
	100m:	1:06.73	35.59	200m:	2:24.09	37.88	300m:	3:46.74	41.22	400m:	4:53.80	33.30
17.	WI NIEWSKI Wiktor				15	UKP Unia O wi cim				<b>4:54.87</b>	565	
	50m:	31.33	31.33	150m:	1:47.10	40.64	250m:	3:06.22	40.20	350m:	4:21.75	34.09
	100m:	1:06.46	35.13	200m:	2:26.02	38.92	300m:	3:47.66	41.44	400m:	4:54.87	33.12
18.	KOWALSKI Mateusz				17	UKS abianka Gda sk				<b>4:55.28</b>	563	
	50m:	29.45	29.45	150m:	1:42.40	37.85	250m:	3:04.13	44.93	350m:	4:22.77	34.03
	100m:	1:04.55	35.10	200m:	2:19.20	36.80	300m:	3:48.74	44.61	400m:	4:55.28	32.51
19.	CHOLEWA Wojciech				16	UKS "Feniks" D bica				<b>4:55.82</b>	560	
	50m:	29.85	29.85	150m:	1:44.54	39.29	250m:	3:06.39	43.31	350m:	4:23.28	33.03
	100m:	1:05.25	35.40	200m:	2:23.08	38.54	300m:	3:50.25	43.86	400m:	4:55.82	32.54
20.	JARCZEWSKI Franciszek				17	UKS 190 Łód				<b>4:56.33</b>	557	
	50m:	31.02	31.02	150m:	1:43.06	37.97	250m:	3:04.09	43.55	350m:	4:22.39	34.36
	100m:	1:05.09	34.07	200m:	2:20.54	37.48	300m:	3:48.03	43.94	400m:	4:56.33	33.94
21.	PI TKIEWICZ Piotr				15	MKS Trójka Łód				<b>4:57.05</b>	553	
	50m:	29.28	29.28	150m:	1:44.51	40.10	250m:	3:05.33	43.01	350m:	4:24.11	34.88
	100m:	1:04.41	35.13	200m:	2:22.32	37.81	300m:	3:49.23	43.90	400m:	4:57.05	32.94
22.	OŁOWNIA Ignacy				15	KS Delfin Gdynia				<b>4:58.04</b>	547	
	50m:	30.54	30.54	150m:	1:44.68	38.61	250m:	3:07.23	45.59	350m:	4:26.14	35.04
	100m:	1:06.07	35.53	200m:	2:21.64	36.96	300m:	3:51.10	43.87	400m:	4:58.04	31.90
23.	BIGAJ Gabriel				17	UKP Unia O wi cim				<b>4:58.19</b>	546	
	50m:	30.71	30.71	150m:	1:45.21	38.58	250m:	3:07.47	44.49	350m:	4:25.61	33.90
	100m:	1:06.63	35.92	200m:	2:22.98	37.77	300m:	3:51.71	44.24	400m:	4:58.19	32.58
24.	ZALEWSKI Jacek				16	KS Posnania Pozna				<b>4:59.99</b>	537	
	50m:	32.04	32.04	150m:	1:50.46	40.53	250m:	3:10.43	41.25	350m:	4:26.92	34.88
	100m:	1:09.93	37.89	200m:	2:29.18	38.72	300m:	3:52.04	41.61	400m:	4:59.99	33.07
25.	DUBIEL Wiktor				16	UKS abianka Gda sk				<b>5:00.79</b>	532	
	50m:	29.99	29.99	150m:	1:44.37	38.36	250m:	3:05.82	44.83	350m:	4:25.30	35.67
	100m:	1:06.01	36.02	200m:	2:20.99	36.62	300m:	3:49.63	43.81	400m:	5:00.79	35.49
26.	DIDYK Heorhii				15	Ukraine				<b>5:01.58</b>	528	
	50m:	28.71	28.71	150m:	1:42.24	39.88	250m:	3:08.37	46.74	350m:	4:29.08	33.99
	100m:	1:02.36	33.65	200m:	2:21.63	39.39	300m:	3:55.09	46.72	400m:	5:01.58	32.50
27.	PINZAK Mateusz				14	UKS „Dragon” B dzin				<b>5:01.99</b>	526	
	50m:	29.83	29.83	150m:	1:44.35	39.82	250m:	3:06.88	44.11	350m:	4:27.51	36.40
	100m:	1:04.53	34.70	200m:	2:22.77	38.42	300m:	3:51.11	44.23	400m:	5:01.99	34.48
28.	BURY Paweł				15	RWKS Sparta Biłgoraj				<b>5:04.18</b>	515	
	50m:	30.38	30.38	150m:	1:48.62	41.74	250m:	3:12.35	42.66	350m:	4:29.91	34.34
	100m:	1:06.88	36.50	200m:	2:29.69	41.07	300m:	3:55.57	43.22	400m:	5:04.18	34.27
29.	WÓJCIK Szczepan				16	UKS „FREGATA” Kolbuszowa				<b>5:05.77</b>	507	
	50m:	32.13	32.13	150m:	1:50.73	40.14	250m:	3:14.41	44.44	350m:	4:34.21	35.54
	100m:	1:10.59	38.46	200m:	2:29.97	39.24	300m:	3:58.67	44.26	400m:	5:05.77	31.56



2022 Arena Grand Prix Puchar Polski  
Lublin, 9. - 10.4.2022

Konkurencja 11, M czyzn, 400m zmienny, OPEN

Pozycja			Wiek					Czas	Pkt.
30.	BORUSZEWSKI Filip		15	UKS SP-149 Łód				<b>5:05.86</b>	506
	50m:	32.07 32.07	150m:	1:52.65	43.00	250m:	3:14.17 43.03	350m:	4:33.49 35.97
	100m:	1:09.65 37.58	200m:	2:31.14	38.49	300m:	3:57.52 43.35	400m:	5:05.86 32.37
31.	HANDZLIK Mateusz		16	Mokotowski UKP Warszawianka- Wodny				<b>5:06.03</b>	505
	50m:	30.79 30.79	150m:	1:47.56	41.50	250m:	3:10.57 42.75	350m:	4:31.00 36.82
	100m:	1:06.06 35.27	200m:	2:27.82	40.26	300m:	3:54.18 43.61	400m:	5:06.03 35.03
32.	KOWALEWSKI Mateusz		16	MKS Jedyńka Łód				<b>5:06.69</b>	502
	50m:	30.71 30.71	150m:	1:49.46	42.43	250m:	3:13.45 42.93	350m:	4:32.63 35.64
	100m:	1:07.03 36.32	200m:	2:30.52	41.06	300m:	3:56.99 43.54	400m:	5:06.69 34.06
33.	JABŁO SKI Kacper		16	Sejwal Rypin				<b>5:08.20</b>	495
	50m:	30.10 30.10	150m:	1:48.46	43.09	250m:	3:14.87 45.40	350m:	4:34.94 34.05
	100m:	1:05.37 35.27	200m:	2:29.47	41.01	300m:	4:00.89 46.02	400m:	5:08.20 33.26
34.	GORZE Norbert		16	Uks Cityzen				<b>5:08.43</b>	494
	50m:	32.43 32.43	150m:	1:51.36	40.81	250m:	3:16.18 45.32	350m:	4:36.03 34.40
	100m:	1:10.55 38.12	200m:	2:30.86	39.50	300m:	4:01.63 45.45	400m:	5:08.43 32.40
35.	B K Mikołaj		16	Wodnik Radom				<b>5:09.59</b>	488
	50m:	29.55 29.55	150m:	1:47.15	41.93	250m:	3:15.25 47.45	350m:	4:37.56 34.05
	100m:	1:05.22 35.67	200m:	2:27.80	40.65	300m:	4:03.51 48.26	400m:	5:09.59 32.03
36.	WÓJCIK Mikołaj		15	UKS „FREGATA” Kolbuszowa				<b>5:10.89</b>	482
	50m:	30.68 30.68	150m:	1:49.22	41.47	250m:	3:17.41 47.49	350m:	4:37.54 34.65
	100m:	1:07.75 37.07	200m:	2:29.92	40.70	300m:	4:02.89 45.48	400m:	5:10.89 33.35
37.	KRYSIAK Kacper		18	MKS Trójka Łód				<b>5:11.24</b>	480
	50m:	29.14 29.14	150m:	1:44.29	39.76	250m:	3:11.18 48.16	350m:	4:36.11 36.38
	100m:	1:04.53 35.39	200m:	2:23.02	38.73	300m:	3:59.73 48.55	400m:	5:11.24 35.13
38.	JOACHIMOWICZ Patryk		14	UKS SP5 Swim				<b>5:11.72</b>	478
	50m:	30.29 30.29	150m:	1:47.42	40.86	250m:	3:12.55 44.52	350m:	4:34.77 36.70
	100m:	1:06.56 36.27	200m:	2:28.03	40.61	300m:	3:58.07 45.52	400m:	5:11.72 36.95
39.	PATOKA Konrad		17	WOPR Malbork				<b>5:14.19</b>	467
	50m:	31.12 31.12	150m:	1:52.76	44.19	250m:	3:20.16 46.53	350m:	4:41.27 34.82
	100m:	1:08.57 37.45	200m:	2:33.63	40.87	300m:	4:06.45 46.29	400m:	5:14.19 32.92
40.	WISTAK Miłosz		16	UKS "Feniks" D bica				<b>5:15.54</b>	461
	50m:	32.08 32.08	150m:	1:51.59	41.62	250m:	3:19.14 46.14	350m:	4:40.75 35.74
	100m:	1:09.97 37.89	200m:	2:33.00	41.41	300m:	4:05.01 45.87	400m:	5:15.54 34.79
41.	NOWAKOWSKI Maksymilian		17	Mokotowski UKP Warszawianka- Wodny				<b>5:16.78</b>	456
	50m:	31.62 31.62	150m:	1:53.03	42.50	250m:	3:20.26 46.83	350m:	4:41.97 36.71
	100m:	1:10.53 38.91	200m:	2:33.43	40.40	300m:	4:05.26 45.00	400m:	5:16.78 34.81
42.	HUSZCZA Mateusz		14	UKS „GIM 92 Ursynów”				<b>5:17.35</b>	453
	50m:	33.42 33.42	150m:	1:52.59	39.24	250m:	3:20.16 47.52	350m:	4:43.58 35.21
	100m:	1:13.35 39.93	200m:	2:32.64	40.05	300m:	4:08.37 48.21	400m:	5:17.35 33.77
43.	KREFT Szymon		17	MKP Gda sk				<b>5:17.46</b>	453
	50m:	32.20 32.20	150m:	1:51.98	42.59	250m:	3:20.17 46.12	350m:	4:42.26 36.10
	100m:	1:09.39 37.19	200m:	2:34.05	42.07	300m:	4:06.16 45.99	400m:	5:17.46 35.20
44.	STANISZEWSKI Wiktor		14	UKP „Ruda I ska”				<b>5:17.82</b>	451
	50m:	32.80 32.80	150m:	1:54.37	42.35	250m:	3:23.48 46.98	350m:	4:44.22 33.88
	100m:	1:12.02 39.22	200m:	2:36.50	42.13	300m:	4:10.34 46.86	400m:	5:17.82 33.60
45.	JARECKI Bartosz		14	UKS 48 Warszawa ródmi cie				<b>5:22.74</b>	431
	50m:	34.78 34.78	150m:	1:57.34	43.02	250m:	3:23.50 45.42	350m:	4:46.27 37.02
	100m:	1:14.32 39.54	200m:	2:38.08	40.74	300m:	4:09.25 45.75	400m:	5:22.74 36.47
46.	OBSZY SKI Bartłomiej		15	RWKS Sparta Biłgoraj				<b>5:23.92</b>	426
	50m:	32.48 32.48	150m:	1:56.96	44.40	250m:	3:25.90 45.91	350m:	4:48.49 37.22
	100m:	1:12.56 40.08	200m:	2:39.99	43.03	300m:	4:11.27 45.37	400m:	5:23.92 35.43



2022 Arena Grand Prix Puchar Polski  
Lublin, 9. - 10.4.2022

Konkurencja 11, M czynn, 400m zmienny, OPEN

Pozycja			Wiek					Czas	Pkt.
47.	D BROWSKI Adam		14	UKS 307 Warszawa				<b>5:24.27</b>	425
	50m:	32.64 32.64	150m:	1:55.42 43.59	250m:	3:24.33 48.06	350m:	4:49.50 36.71	
	100m:	1:11.83 39.19	200m:	2:36.27 40.85	300m:	4:12.79 48.46	400m:	5:24.27 34.77	
48.	KOBAK Nataniel		14	RWKS Sparta Biłgoraj				<b>5:24.62</b>	423
	50m:	32.97 32.97	150m:	1:54.51 43.20	250m:	3:23.27 47.19	350m:	4:48.89 37.18	
	100m:	1:11.31 38.34	200m:	2:36.08 41.57	300m:	4:11.71 48.44	400m:	5:24.62 35.73	
49.	ACZEK Hubert		14	KS „Wisła” Puławy				<b>5:24.82</b>	423
	50m:	33.38 33.38	150m:	1:54.00 40.78	250m:	3:23.26 47.85	350m:	4:48.33 37.46	
	100m:	1:13.22 39.84	200m:	2:35.41 41.41	300m:	4:10.87 47.61	400m:	5:24.82 36.49	
50.	TRAUTZEL Maksymilian		14	UKS H2O Warszawa				<b>5:29.83</b>	404
	50m:	33.73 33.73	150m:	1:58.36 42.98	250m:	3:25.64 44.66	350m:	4:51.78 39.83	
	100m:	1:15.38 41.65	200m:	2:40.98 42.62	300m:	4:11.95 46.31	400m:	5:29.83 38.05	
51.	PORADA Jan		14	UKS SP-149 Łódź				<b>5:30.93</b>	400
	50m:	35.31 35.31	150m:	2:00.44 45.58	250m:	3:29.40 46.22	350m:	4:55.45 38.98	
	100m:	1:14.86 39.55	200m:	2:43.18 42.74	300m:	4:16.47 47.07	400m:	5:30.93 35.48	
52.	PRZYSTAŁ Antonio		15	KP Solne Miasto Wieliczka				<b>5:31.44</b>	398
	50m:	32.76 32.76	150m:	1:59.11 46.99	250m:	3:29.22 45.98	350m:	4:55.47 39.23	
	100m:	1:12.12 39.36	200m:	2:43.24 44.13	300m:	4:16.24 47.02	400m:	5:31.44 35.97	
53.	CIEPAŁOWICZ Aleksander		14	UKS SP5 Swim				<b>5:43.68</b>	357
	50m:	35.02 35.02	150m:	2:04.64 46.48	250m:	3:37.47 47.09	350m:	5:05.36 39.58	
	100m:	1:18.16 43.14	200m:	2:50.38 45.74	300m:	4:25.78 48.31	400m:	5:43.68 38.32	
DYSKW.	GÓRSKI Antoni		14	MUKP Korona-Swim Kielce					
	<i>G8 - Pływak ukończył wyścig w połowie dystansu na piersiach</i>								
DYSKW.	MIŁKOWSKI Mikołaj		15	UKS 48 Warszawa					
	<i>M7 - Pływak wykonał naprzemienne lub nierównoczesne ruchy nóg</i>								