



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

Event 32 Men, 400m Freestyle 14 years and older
10.04.2022 - 13:48 Results

Rekord Polski Open	3:45.71	STANCZYK Przemyslaw	00116	Chiba (JPN)	21.08.2007
Rekord Polski 19 - 23	3:45.71	STANCZYK Przemyslaw	00116	Chiba (JPN)	21.08.2007
Rekord Polski 18	3:49.21	WOJDAK Wojciech		Dordrecht (NED)	09.07.2014
Rekord Polski 17	3:51.80	WOJDAK Wojciech	03106	Poznan	10.07.2013
Rekord Polski 16	3:56.29	DASZKIEWICZ Michał	01006	Lublin	11.07.2019
Rekord Polski 15	4:00.04	DASZKIEWICZ Michał	01006	Oswiecim	14.07.2018
Rekord Polski 14	4:07.63	ORLICZ Filip	05114	Olsztyn	09.07.2016

Minimum kwal. do Uniwersjady - Chengdu Open: 3:51.32 / Minimum kwal. do ME Juniorów - Bukareszt 17 - 18: 3:55.78 /
Minimum kwal. do M Seniorów - Budapeszt Open: 3:46.78

Points: FINA 2022

Rank			Age			Time			Pts
JUNIOR MŁODSZY 14 LAT									
1.	KRAWCZYK Jakub		14	Mokotowski UKP Warszawianka- Wodny		4:28.23			552
	50m:	29.09	29.09	150m:	1:36.55	34.36	250m:	2:46.76	34.91
	100m:	1:02.19	33.10	200m:	2:11.85	35.30	300m:	3:22.25	35.49
							350m:	4:28.23	32.61
2.	WASILEWSKI Mateusz		14	UKS Tri-Team Rumia		4:32.83			524
	50m:	30.92	30.92	150m:	1:39.84	34.57	250m:	2:49.37	34.83
	100m:	1:05.27	34.35	200m:	2:14.54	34.70	300m:	3:24.15	34.78
							350m:	4:32.83	33.61
3.	DORCHYNETS Andriy		14	Ukraine		4:32.99			523
	50m:	31.25	31.25	150m:	1:40.66	34.96	250m:	2:49.77	34.35
	100m:	1:05.70	34.45	200m:	2:15.42	34.76	300m:	3:25.08	35.31
							350m:	4:32.99	32.90
4.	LUBINSKI Szymon		14	UKS „GIM 92 Ursynow”		4:37.03			501
	50m:	32.02	32.02	150m:	1:39.87	33.99	250m:	2:50.21	35.48
	100m:	1:05.88	33.86	200m:	2:14.73	34.86	300m:	3:25.93	35.72
							350m:	4:37.03	34.89
5.	SUCHOCKI Jan		14	MTP Kormoran Olsztyn		4:39.33			489
	50m:	31.81	31.81	150m:	1:43.41	35.77	250m:	2:54.75	35.05
	100m:	1:07.64	35.83	200m:	2:19.70	36.29	300m:	3:30.77	36.02
							350m:	4:39.33	32.91
6.	RUBIN Feliks		14	MKS Trojka Lodz		4:40.81			481
	50m:	30.80	30.80	150m:	1:42.49	36.21	250m:	2:55.03	36.15
	100m:	1:06.28	35.48	200m:	2:18.88	36.39	300m:	3:30.73	35.70
							350m:	4:40.81	34.38
7.	MONDYK Serhii		14	Ukraine		4:43.06			469
	50m:	30.39	30.39	150m:	1:40.08	35.28	250m:	2:53.58	37.22
	100m:	1:04.80	34.41	200m:	2:16.36	36.28	300m:	3:30.74	37.16
							350m:	4:43.06	35.64
8.	KOT Kacper		14	KP Solne Miasto Wieliczka		4:47.77			447
	50m:	32.16	32.16	150m:	1:45.09	36.73	250m:	2:59.31	37.53
	100m:	1:08.36	36.20	200m:	2:21.78	36.69	300m:	3:36.13	36.82
							350m:	4:47.77	34.39
9.	GWIAZDOWSKI Krzysztof		14	MKS Piaseczno		4:48.23			445
	50m:	32.36	32.36	150m:	1:44.62	36.49	250m:	2:58.18	36.89
	100m:	1:08.13	35.77	200m:	2:21.29	36.67	300m:	3:35.13	36.95
							350m:	4:48.23	35.93
10.	DABROWSKI Adam		14	UKS 307 Warszawa		4:51.74			429
	50m:	33.56	33.56	150m:	1:49.67	38.05	250m:	3:04.63	37.12
	100m:	1:11.62	38.06	200m:	2:27.51	37.84	300m:	3:41.42	36.79
							350m:	4:51.74	34.53
11.	RUTKOWSKI Lukasz		14	TP Olimpijczyk Aleksandrow Lodzki		4:52.04			427
	50m:	32.51	32.51	150m:	1:46.63	37.61	250m:	3:01.34	37.71
	100m:	1:09.02	36.51	200m:	2:23.63	37.00	300m:	3:38.60	37.26
							350m:	4:52.04	35.67
12.	PLUCIENNIK Filip		14	UKS Swim Team Wilanow		4:57.76			403
	50m:	31.51	31.51	150m:	1:46.12	38.04	250m:	3:03.37	38.59
	100m:	1:08.08	36.57	200m:	2:24.78	38.66	300m:	3:42.29	38.92
							350m:	4:57.76	37.17
13.	FRONCZEK Milosz		14	KU AZS UMCS Lublin		5:01.91			387
	50m:	34.19	34.19	150m:	1:50.66	38.52	250m:	3:08.41	38.46
	100m:	1:12.14	37.95	200m:	2:29.95	39.29	300m:	3:47.31	38.90
							350m:	5:01.91	35.64



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

Event 32, Boys, 400m Freestyle, JUNIOR MŁODSZY 14 LAT

Rank	Name		Age	Club	Time	Pts
14.	PORADA Jan		14	UKS SP-149 Lodz	5:03.76	380
	50m:	35.12 35.12	150m:	1:52.02 38.60	250m:	3:10.19 39.08
	100m:	1:13.42 38.30	200m:	2:31.11 39.09	300m:	3:49.21 39.02
			350m:	4:27.52 38.31	400m:	5:03.76 36.24
15.	MENDYKA Milosz		14	AZS Jaroslaw	5:19.70	326
	50m:	33.66 33.66	150m:	1:54.20 41.31	250m:	3:17.45 42.80
	100m:	1:12.89 39.23	200m:	2:34.65 40.45	300m:	3:59.18 41.73
			350m:	4:41.44 42.26	400m:	5:19.70 38.26
16.	BLAJDA Alex		14	AZS Jaroslaw	5:32.22	290
	50m:	36.82 36.82	150m:	2:01.16 42.99	250m:	3:30.21 44.91
	100m:	1:18.17 41.35	200m:	2:45.30 44.14	300m:	4:12.27 42.06
			350m:	4:54.59 42.32	400m:	5:32.22 37.63

JUNIOR MŁODSZY 15 LAT

1.	KOWAL Maciej		15	MKP Szczecin	4:10.98	674
	50m:	28.52 28.52	150m:	1:31.72 31.56	250m:	2:36.13 32.14
	100m:	1:00.16 31.64	200m:	2:03.99 32.27	300m:	3:08.57 32.44
			350m:	3:40.31 31.74	400m:	4:10.98 30.67
2.	PIETKA Milosz		15	MKP Szczecin	4:16.57	631
	50m:	28.94 28.94	150m:	1:33.37 32.47	250m:	2:39.43 33.11
	100m:	1:00.90 31.96	200m:	2:06.32 32.95	300m:	3:12.16 32.73
			350m:	3:44.92 32.76	400m:	4:16.57 31.65
3.	PONIEWAZ Oliwier		15	UKS SP5 Swim	4:17.96	620
	50m:	28.79 28.79	150m:	1:32.48 32.52	250m:	2:39.09 33.41
	100m:	59.96 31.17	200m:	2:05.68 33.20	300m:	3:12.64 33.55
			350m:	3:46.68 34.04	400m:	4:17.96 31.28
4.	PIETRON Przemyslaw		15	KU AZS UMCS Lublin	4:18.22	619
	50m:	28.86 28.86	150m:	1:33.19 32.45	250m:	2:39.16 33.10
	100m:	1:00.74 31.88	200m:	2:06.06 32.87	300m:	3:12.41 33.25
			350m:	3:45.87 33.46	400m:	4:18.22 32.35
5.	URBANIAK Olivier		15	MKS Trojka Lodz	4:22.48	589
	50m:	29.60 29.60	150m:	1:35.95 33.70	250m:	2:43.42 33.86
	100m:	1:02.25 32.65	200m:	2:09.56 33.61	300m:	3:17.59 34.17
			350m:	3:51.15 33.56	400m:	4:22.48 31.33
6.	SELDER Krystian		15	MKS Trojka Lodz	4:28.95	547
	50m:	30.07 30.07	150m:	1:37.60 34.50	250m:	2:46.73 34.66
	100m:	1:03.10 33.03	200m:	2:12.07 34.47	300m:	3:21.28 34.55
			350m:	3:55.90 34.62	400m:	4:28.95 33.05
7.	GAJDA Jan		15	MKS Trojka Lodz	4:30.60	537
	50m:	29.23 29.23	150m:	1:38.94 35.07	250m:	2:49.38 35.20
	100m:	1:03.87 34.64	200m:	2:14.18 35.24	300m:	3:24.67 35.29
			350m:	3:59.29 34.62	400m:	4:30.60 31.31
8.	PIATKIEWICZ Piotr		15	MKS Trojka Lodz	4:31.59	532
	50m:	30.24 30.24	150m:	1:39.06 34.74	250m:	2:48.42 34.09
	100m:	1:04.32 34.08	200m:	2:14.33 35.27	300m:	3:23.55 35.13
			350m:	3:58.53 34.98	400m:	4:31.59 33.06
9.	KONOPKO Mateusz		15	LKS Jednosc 32 Przyszowice	4:31.84	530
	50m:	30.41 30.41	150m:	1:38.49 34.37	250m:	2:48.80 35.28
	100m:	1:04.12 33.71	200m:	2:13.52 35.03	300m:	3:23.64 34.84
			350m:	3:58.62 34.98	400m:	4:31.84 33.22
10.	KANCZKOWSKI Szymon		15	UKS Tri-Team Rumia	4:33.25	522
	50m:	31.39 31.39	150m:	1:40.47 34.79	250m:	2:50.47 35.03
	100m:	1:05.68 34.29	200m:	2:15.44 34.97	300m:	3:25.64 35.17
			350m:	4:00.46 34.82	400m:	4:33.25 32.79
11.	BARANOWSKI Alex		15	Uks Cityzen	4:34.61	514
	50m:	30.57 30.57	150m:	1:40.62 35.20	250m:	2:52.67 36.19
	100m:	1:05.42 34.85	200m:	2:16.48 35.86	300m:	3:28.74 36.07
			350m:	4:01.03 32.29	400m:	4:34.61 33.58
12.	BORUSZEWSKI Filip		15	UKS SP-149 Lodz	4:35.34	510
	50m:	31.91 31.91	150m:	1:43.37 35.86	250m:	2:53.79 34.38
	100m:	1:07.51 35.60	200m:	2:19.41 36.04	300m:	3:29.13 35.34
			350m:	4:03.21 34.08	400m:	4:35.34 32.13
13.	KOZLOWSKI Iwo		15	UKP „Polonia Warszawa”	4:36.11	506
	50m:	30.34 30.34	150m:	1:40.61 35.48	250m:	2:52.10 35.85
	100m:	1:05.13 34.79	200m:	2:16.25 35.64	300m:	3:27.67 35.57
			350m:	4:03.28 35.61	400m:	4:36.11 32.83



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

Event 32, Boys, 400m Freestyle, JUNIOR MŁODSZY 15 LAT

Rank			Age			Time	Pts	
14.	MIKOLAJCZYK Adrian		15	MKS Trojka Lodz		4:37.63	498	
	50m:	30.68 30.68	150m:	1:41.72 35.84	250m:	2:54.20 36.11	350m:	4:04.69 34.83
	100m:	1:05.88 35.20	200m:	2:18.09 36.37	300m:	3:29.86 35.66	400m:	4:37.63 32.94
15.	OBSZYNSKI Bartlomiej		15	RWKS Sparta Bilgoraj		4:41.14	479	
	50m:	31.10 31.10	150m:	1:43.95 36.80	250m:	2:56.30 35.76	350m:	4:07.25 35.64
	100m:	1:07.15 36.05	200m:	2:20.54 36.59	300m:	3:31.61 35.31	400m:	4:41.14 33.89
16.	CIECHANOWSKI Stanislaw		15	Mokotowski UKP Warszawianka- Wodny		4:43.15	469	
	50m:	31.99 31.99	150m:	1:43.05 36.17	250m:	2:54.38 35.23	350m:	4:08.53 37.56
	100m:	1:06.88 34.89	200m:	2:19.15 36.10	300m:	3:30.97 36.59	400m:	4:43.15 34.62
17.	GLOWACKI Sebastian		15	UKS Nawa Skierniewice		4:44.42	463	
	50m:	31.66 31.66	150m:	1:43.76 36.55	250m:	2:57.21 36.18	350m:	4:10.06 36.18
	100m:	1:07.21 35.55	200m:	2:21.03 37.27	300m:	3:33.88 36.67	400m:	4:44.42 34.36
18.	BURY Pawel		15	RWKS Sparta Bilgoraj		4:44.80	461	
	50m:	30.86 30.86	150m:	1:43.41 36.66	250m:	2:56.87 36.77	350m:	4:11.06 36.70
	100m:	1:06.75 35.89	200m:	2:20.10 36.69	300m:	3:34.36 37.49	400m:	4:44.80 33.74
19.	OSZAJCA Radoslaw		15	RWKS Sparta Bilgoraj		4:52.21	427	
	50m:	31.97 31.97	150m:	1:45.47 37.60	250m:	3:00.39 37.96	350m:	4:16.07 37.35
	100m:	1:07.87 35.90	200m:	2:22.43 36.96	300m:	3:38.72 38.33	400m:	4:52.21 36.14
20.	PRZYSTAL Antonio		15	KP Solne Miasto Wieliczka		4:53.12	423	
	50m:	32.06 32.06	150m:	1:44.66 36.49	250m:	3:00.14 38.10	350m:	4:16.61 38.09
	100m:	1:08.17 36.11	200m:	2:22.04 37.38	300m:	3:38.52 38.38	400m:	4:53.12 36.51
21.	HAJDUKIEWICZ Szymon		15	MKS Juvenia Bialystok		4:55.89	411	
	50m:	31.62 31.62	150m:	1:45.88 37.59	250m:	3:03.20 38.63	350m:	4:20.73 38.19
	100m:	1:08.29 36.67	200m:	2:24.57 38.69	300m:	3:42.54 39.34	400m:	4:55.89 35.16
22.	STASKIEWICZ Wiktor		15	Mokotowski UKP Warszawianka- Wodny		5:00.13	394	
	50m:	32.45 32.45	150m:	1:47.73 38.16	250m:	3:04.99 38.49	350m:	4:22.58 38.42
	100m:	1:09.57 37.12	200m:	2:26.50 38.77	300m:	3:44.16 39.17	400m:	5:00.13 37.55
23.	JARCZEWSKI Jan		15	UKS 190 Lodz		5:05.85	372	
	50m:	34.25 34.25	150m:	1:51.28 39.28	250m:	3:09.20 39.22	350m:	4:27.98 39.31
	100m:	1:12.00 37.75	200m:	2:29.98 38.70	300m:	3:48.67 39.47	400m:	5:05.85 37.87
24.	WITERSKI Kacper		15	MKS Juvenia Bialystok		5:07.72	365	
	50m:	33.50 33.50	150m:	1:47.93 37.90	250m:	3:07.31 40.09	350m:	4:30.14 41.67
	100m:	1:10.03 36.53	200m:	2:27.22 39.29	300m:	3:48.47 41.16	400m:	5:07.72 37.58

JUNIOR MŁODSZY 16 LAT

1.	LARYS Jerzy		16	IUKS „Muszelka” Warszawa		4:08.43	695	
	50m:	29.43 29.43	150m:	1:32.11 31.61	250m:	2:35.10 31.39	350m:	3:38.07 31.48
	100m:	1:00.50 31.07	200m:	2:03.71 31.60	300m:	3:06.59 31.49	400m:	4:08.43 30.36
2.	KAPALA Bartosz		16	MTP Kormoran Olsztyn		4:12.95	658	
	50m:	29.27 29.27	150m:	1:33.93 32.67	250m:	2:38.35 32.17	350m:	3:42.31 31.75
	100m:	1:01.26 31.99	200m:	2:06.18 32.25	300m:	3:10.56 32.21	400m:	4:12.95 30.64
3.	SULKOWSKI Maciej		16	Uks Jagiellonia Swim		4:22.53	589	
	50m:	28.24 28.24	150m:	1:35.34 34.41	250m:	2:43.83 34.37	350m:	3:51.31 33.54
	100m:	1:00.93 32.69	200m:	2:09.46 34.12	300m:	3:17.77 33.94	400m:	4:22.53 31.22
4.	BORSKI Mikolaj		16	UKS Tri-Team Rumia		4:25.78	567	
	50m:	30.43 30.43	150m:	1:37.42 33.85	250m:	2:45.02 33.66	350m:	3:52.64 33.76
	100m:	1:03.57 33.14	200m:	2:11.36 33.94	300m:	3:18.88 33.86	400m:	4:25.78 33.14
5.	LESNIEWSKI Wiktor		16	UKP „Polonia Warszawa”		4:30.06	541	
	50m:	29.54 29.54	150m:	1:37.51 34.75	250m:	2:46.09 34.56	350m:	3:56.52 35.24
	100m:	1:02.76 33.22	200m:	2:11.53 34.02	300m:	3:21.28 35.19	400m:	4:30.06 33.54



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

Event 32, Boys, 400m Freestyle, JUNIOR MŁODSZY 16 LAT

Rank			Age					Time	Pts
6.	BRODKA Bartosz		16	MTS Kwidzyn				4:30.30	539
	50m:	30.28 30.28	150m:	1:38.54 34.24	250m:	2:48.23 34.49	350m:	3:57.58 34.30	
	100m:	1:04.30 34.02	200m:	2:13.74 35.20	300m:	3:23.28 35.05	400m:	4:30.30 32.72	
7.	NOWAK Aleksander		16	MKP Szczecin				4:33.03	523
	50m:	30.89 30.89	150m:	1:39.32 34.50	250m:	2:49.31 35.32	350m:	3:59.97 35.53	
	100m:	1:04.82 33.93	200m:	2:13.99 34.67	300m:	3:24.44 35.13	400m:	4:33.03 33.06	
8.	GORZEN Norbert		16	Uks Cityzen				4:36.09	506
	50m:	31.02 31.02	150m:	1:42.00 35.70	250m:	2:53.58 35.51	350m:	4:03.74 34.68	
	100m:	1:06.30 35.28	200m:	2:18.07 36.07	300m:	3:29.06 35.48	400m:	4:36.09 32.35	
9.	JANKIEWICZ DELGADO Jaroslaw		16	UKS Nawa Skierniewice				4:40.08	485
	50m:	31.31 31.31	150m:	1:41.45 35.69	250m:	2:53.60 36.31	350m:	4:05.91 36.18	
	100m:	1:05.76 34.45	200m:	2:17.29 35.84	300m:	3:29.73 36.13	400m:	4:40.08 34.17	
10.	MAKAREWICZ Filip		16	KP Aquapark Wagrowiec				4:42.46	472
	50m:	30.02 30.02	150m:	1:39.87 35.44	250m:	2:53.56 37.26	350m:	4:06.92 37.20	
	100m:	1:04.43 34.41	200m:	2:16.30 36.43	300m:	3:29.72 36.16	400m:	4:42.46 35.54	

JUNIOR 17-18 LAT

1.	ZDYBEL Adam		17	KS Delfin Gdynia				4:04.49	729
	50m:	28.23 28.23	150m:	1:31.00 31.42	250m:	2:33.71 31.25	350m:	3:34.99 30.10	
	100m:	59.58 31.35	200m:	2:02.46 31.46	300m:	3:04.89 31.18	400m:	4:04.49 29.50	
2.	RYNKIEWICZ Jakub		17	KU AZS UMCS Lublin				4:04.93	725
	50m:	28.14 28.14	150m:	1:30.37 31.28	250m:	2:33.13 31.46	350m:	3:35.57 30.85	
	100m:	59.09 30.95	200m:	2:01.67 31.30	300m:	3:04.72 31.59	400m:	4:04.93 29.36	
3.	KOZŁOWSKI Igor		17	KU AZS UMCS Lublin				4:06.88	708
	50m:	27.33 27.33	150m:	1:29.60 31.55	250m:	2:33.30 31.71	350m:	3:36.92 31.56	
	100m:	58.05 30.72	200m:	2:01.59 31.99	300m:	3:05.36 32.06	400m:	4:06.88 29.96	
4.	WOZNIAK Piotr		17	MTP Kormoran Olsztyn				4:07.48	703
	50m:	29.66 29.66	150m:	1:32.31 31.46	250m:	2:35.41 31.63	350m:	3:38.51 31.44	
	100m:	1:00.85 31.19	200m:	2:03.78 31.47	300m:	3:07.07 31.66	400m:	4:07.48 28.97	
5.	NOWACKI Jacek		17	MTP Kormoran Olsztyn				4:10.14	680
	50m:	28.25 28.25	150m:	1:31.43 31.96	250m:	2:35.60 32.07	350m:	3:40.09 32.49	
	100m:	59.47 31.22	200m:	2:03.53 32.10	300m:	3:07.60 32.00	400m:	4:10.14 30.05	
6.	MYSLIWIEC Bartosz		18	MKP Szczecin				4:11.68	668
	50m:	28.61 28.61	150m:	1:31.49 32.04	250m:	2:35.82 32.22	350m:	3:40.64 32.38	
	100m:	59.45 30.84	200m:	2:03.60 32.11	300m:	3:08.26 32.44	400m:	4:11.68 31.04	
7.	HEBEL Maciej		17	KU AZS UMCS Lublin				4:13.06	657
	50m:	28.02 28.02	150m:	1:30.00 31.34	250m:	2:33.69 31.82	350m:	3:37.61 32.02	
	100m:	58.66 30.64	200m:	2:01.87 31.87	300m:	3:05.59 31.90	400m:	4:13.06 35.45	
8.	DRABCZYK Krystian		18	UKP Unia Oswiecim				4:14.51	646
	50m:	29.63 29.63	150m:	1:33.97 32.34	250m:	2:37.96 32.29	350m:	3:42.86 32.38	
	100m:	1:01.63 32.00	200m:	2:05.67 31.70	300m:	3:10.48 32.52	400m:	4:14.51 31.65	
9.	KOWOLIK Alex		18	UKP Unia Oswiecim				4:17.00	627
	50m:	28.85 28.85	150m:	1:33.12 32.35	250m:	2:38.88 32.78	350m:	3:44.79 32.74	
	100m:	1:00.77 31.92	200m:	2:06.10 32.98	300m:	3:12.05 33.17	400m:	4:17.00 32.21	
10.	KOZŁOWSKI Konrad		18	MTP Kormoran Olsztyn				4:18.00	620
	50m:	29.54 29.54	150m:	1:34.26 32.57	250m:	2:39.51 32.74	350m:	3:46.46 32.82	
	100m:	1:01.69 32.15	200m:	2:06.77 32.51	300m:	3:13.64 34.13	400m:	4:18.00 31.54	
11.	SLEDZ Maciej		17	KU AZS UMCS Lublin				4:20.45	603
	50m:	29.74 29.74	150m:	1:36.94 34.37	250m:	2:43.91 32.95	350m:	3:50.70 33.29	
	100m:	1:02.57 32.83	200m:	2:10.96 34.02	300m:	3:17.41 33.50	400m:	4:20.45 29.75	



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

Event 32, Boys, 400m Freestyle, JUNIOR 17-18 LAT

Rank	Name		Age	Club				Time	Pts
12.	CHALAT Wojciech		18	KU AZS UMCS Lublin				4:22.71	587
	50m:	29.56 29.56	150m:	1:34.62 32.85	250m:	2:41.87 33.94	350m:	3:49.20 33.64	
	100m:	1:01.77 32.21	200m:	2:07.93 33.31	300m:	3:15.56 33.69	400m:	4:22.71 33.51	
13.	SULKOWSKI Oskar		17	MTP Kormoran Olsztyn				4:22.75	587
	50m:	30.12 30.12	150m:	1:37.05 33.39	250m:	2:43.74 33.49	350m:	3:50.78 33.57	
	100m:	1:03.66 33.54	200m:	2:10.25 33.20	300m:	3:17.21 33.47	400m:	4:22.75 31.97	
14.	DZIERKACZ Igor		17	UKS G-8 Bielany Warszawa				4:22.92	586
	50m:	29.28 29.28	150m:	1:35.70 33.24	250m:	2:43.26 33.57	350m:	3:51.27 33.75	
	100m:	1:02.46 33.18	200m:	2:09.69 33.99	300m:	3:17.52 34.26	400m:	4:22.92 31.65	
15.	JEDRYKA Nikodem		18	MKS Trojka Lodz				4:30.40	539
	50m:	28.93 28.93	150m:	1:35.13 33.44	250m:	2:44.25 35.08	350m:	3:55.41 35.73	
	100m:	1:01.69 32.76	200m:	2:09.17 34.04	300m:	3:19.68 35.43	400m:	4:30.40 34.99	
16.	JEDRYCH Krzysztof		18	KS Posenania Poznan				4:35.23	511
	50m:	30.50 30.50	150m:	1:40.83 35.68	250m:	2:52.38 35.83	350m:	4:02.62 34.57	
	100m:	1:05.15 34.65	200m:	2:16.55 35.72	300m:	3:28.05 35.67	400m:	4:35.23 32.61	
17.	NOWACKI Blazej		17	KU AZS UMCS Lublin				4:35.55	509
	50m:	29.11 29.11	150m:	1:35.51 33.43	250m:	2:46.26 35.99	350m:	3:59.38 36.76	
	100m:	1:02.08 32.97	200m:	2:10.27 34.76	300m:	3:22.62 36.36	400m:	4:35.55 36.17	
18.	KRYSIAK Kacper		18	MKS Trojka Lodz				4:37.09	500
	50m:	30.06 30.06	150m:	1:38.94 35.12	250m:	2:52.50 37.40	350m:	4:05.17 35.57	
	100m:	1:03.82 33.76	200m:	2:15.10 36.16	300m:	3:29.60 37.10	400m:	4:37.09 31.92	
19.	GOZDZIK Kamil		17	UKS Nawa Skierniewice				4:56.88	407
	50m:	32.72 32.72	150m:	1:48.33 38.46	250m:	3:04.41 38.33	350m:	4:20.51 38.13	
	100m:	1:09.87 37.15	200m:	2:26.08 37.75	300m:	3:42.38 37.97	400m:	4:56.88 36.37	
20.	JEDRUCH Bartłomiej		17	UKS SP5 Swim				5:00.70	391
	50m:	32.51 32.51	150m:	1:46.22 37.84	250m:	3:03.58 38.82	350m:	4:22.55 39.56	
	100m:	1:08.38 35.87	200m:	2:24.76 38.54	300m:	3:42.99 39.41	400m:	5:00.70 38.15	

OPEN

1.	DASZKIEWICZ Michal		19	UKP Unia Oswiecim				4:00.47	766
	50m:	27.70 27.70	150m:	1:28.28 30.60	250m:	2:29.62 30.73	350m:	3:31.06 30.69	
	100m:	57.68 29.98	200m:	1:58.89 30.61	300m:	3:00.37 30.75	400m:	4:00.47 29.41	
2.	ZABOROWSKI Filip		28	MKP Szczecin				4:00.70	764
	50m:	27.97 27.97	150m:	1:28.37 30.32	250m:	2:29.79 30.62	350m:	3:31.65 30.95	
	100m:	58.05 30.08	200m:	1:59.17 30.80	300m:	3:00.70 30.91	400m:	4:00.70 29.05	
3.	ALOVATKI Pavel		19	Moldova				4:00.79	763
	50m:	28.01 28.01	150m:	1:28.96 30.28	250m:	2:30.15 30.22	350m:	3:31.14 30.33	
	100m:	58.68 30.67	200m:	1:59.93 30.97	300m:	3:00.81 30.66	400m:	4:00.79 29.65	
4.	KAPALA Szymon		19	MTP Kormoran Olsztyn				4:01.88	753
	50m:	28.51 28.51	150m:	1:29.87 30.46	250m:	2:31.00 30.34	350m:	3:32.38 30.66	
	100m:	59.41 30.90	200m:	2:00.66 30.79	300m:	3:01.72 30.72	400m:	4:01.88 29.50	
5.	ZDYBEL Adam		17	KS Delfin Gdynia				4:04.49	729
	50m:	28.23 28.23	150m:	1:31.00 31.42	250m:	2:33.71 31.25	350m:	3:34.99 30.10	
	100m:	59.58 31.35	200m:	2:02.46 31.46	300m:	3:04.89 31.18	400m:	4:04.49 29.50	
6.	RYNKIEWICZ Jakub		17	KU AZS UMCS Lublin				4:04.93	725
	50m:	28.14 28.14	150m:	1:30.37 31.28	250m:	2:33.13 31.46	350m:	3:35.57 30.85	
	100m:	59.09 30.95	200m:	2:01.67 31.30	300m:	3:04.72 31.59	400m:	4:04.93 29.36	
7.	KOZLOWSKI Igor		17	KU AZS UMCS Lublin				4:06.88	708
	50m:	27.33 27.33	150m:	1:29.60 31.55	250m:	2:33.30 31.71	350m:	3:36.92 31.56	
	100m:	58.05 30.72	200m:	2:01.59 31.99	300m:	3:05.36 32.06	400m:	4:06.88 29.96	



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

Event 32, Men, 400m Freestyle, OPEN

Rank					Age					Time	Pts	
8.	WOZNIAK Piotr				17	MTP Kormoran Olsztyn				4:07.48	703	
	50m:	29.66	29.66	150m:	1:32.31	31.46	250m:	2:35.41	31.63	350m:	3:38.51	31.44
	100m:	1:00.85	31.19	200m:	2:03.78	31.47	300m:	3:07.07	31.66	400m:	4:07.48	28.97
9.	LARYS Jerzy				16	IUKS „Muszelka” Warszawa				4:08.43	695	
	50m:	29.43	29.43	150m:	1:32.11	31.61	250m:	2:35.10	31.39	350m:	3:38.07	31.48
	100m:	1:00.50	31.07	200m:	2:03.71	31.60	300m:	3:06.59	31.49	400m:	4:08.43	30.36
10.	GRZEGORCZYK Wiktor				20	AZS AWF Warszawa				4:09.33	687	
	50m:	28.59	28.59	150m:	1:31.20	31.88	250m:	2:34.00	31.17	350m:	3:36.60	31.71
	100m:	59.32	30.73	200m:	2:02.83	31.63	300m:	3:04.89	30.89	400m:	4:09.33	32.73
11.	NOWACKI Jacek				17	MTP Kormoran Olsztyn				4:10.14	680	
	50m:	28.25	28.25	150m:	1:31.43	31.96	250m:	2:35.60	32.07	350m:	3:40.09	32.49
	100m:	59.47	31.22	200m:	2:03.53	32.10	300m:	3:07.60	32.00	400m:	4:10.14	30.05
12.	MROZ Adam				19	KU AZS UMCS Lublin				4:10.73	676	
	50m:	28.67	28.67	150m:	1:32.62	32.12	250m:	2:37.16	31.93	350m:	3:40.80	31.45
	100m:	1:00.50	31.83	200m:	2:05.23	32.61	300m:	3:09.35	32.19	400m:	4:10.73	29.93
13.	KOWAL Maciej				15	MKP Szczecin				4:10.98	674	
	50m:	28.52	28.52	150m:	1:31.72	31.56	250m:	2:36.13	32.14	350m:	3:40.31	31.74
	100m:	1:00.16	31.64	200m:	2:03.99	32.27	300m:	3:08.57	32.44	400m:	4:10.98	30.67
14.	CHODULSKI Jakub				22	KU AZS UMCS Lublin				4:11.55	669	
	50m:	28.10	28.10	150m:	1:30.51	31.65	250m:	2:33.89	31.97	350m:	3:39.31	32.97
	100m:	58.86	30.76	200m:	2:01.92	31.41	300m:	3:06.34	32.45	400m:	4:11.55	32.24
15.	MYSLIWIEC Bartosz				18	MKP Szczecin				4:11.68	668	
	50m:	28.61	28.61	150m:	1:31.49	32.04	250m:	2:35.82	32.22	350m:	3:40.64	32.38
	100m:	59.45	30.84	200m:	2:03.60	32.11	300m:	3:08.26	32.44	400m:	4:11.68	31.04
16.	KAPALA Bartosz				16	MTP Kormoran Olsztyn				4:12.95	658	
	50m:	29.27	29.27	150m:	1:33.93	32.67	250m:	2:38.35	32.17	350m:	3:42.31	31.75
	100m:	1:01.26	31.99	200m:	2:06.18	32.25	300m:	3:10.56	32.21	400m:	4:12.95	30.64
17.	HEBEL Maciej				17	KU AZS UMCS Lublin				4:13.06	657	
	50m:	28.02	28.02	150m:	1:30.00	31.34	250m:	2:33.69	31.82	350m:	3:37.61	32.02
	100m:	58.66	30.64	200m:	2:01.87	31.87	300m:	3:05.59	31.90	400m:	4:13.06	35.45
18.	DRABCZYK Krystian				18	UKP Unia Oswiecim				4:14.51	646	
	50m:	29.63	29.63	150m:	1:33.97	32.34	250m:	2:37.96	32.29	350m:	3:42.86	32.38
	100m:	1:01.63	32.00	200m:	2:05.67	31.70	300m:	3:10.48	32.52	400m:	4:14.51	31.65
19.	KUCZAK Adam				22	AZS AWF Katowice				4:16.44	632	
	50m:	28.98	28.98	150m:	1:33.05	32.44	250m:	2:38.25	32.83	350m:	3:44.00	32.85
	100m:	1:00.61	31.63	200m:	2:05.42	32.37	300m:	3:11.15	32.90	400m:	4:16.44	32.44
20.	PIETKA Milosz				15	MKP Szczecin				4:16.57	631	
	50m:	28.94	28.94	150m:	1:33.37	32.47	250m:	2:39.43	33.11	350m:	3:44.92	32.76
	100m:	1:00.90	31.96	200m:	2:06.32	32.95	300m:	3:12.16	32.73	400m:	4:16.57	31.65
21.	KOWOLIK Alex				18	UKP Unia Oswiecim				4:17.00	627	
	50m:	28.85	28.85	150m:	1:33.12	32.35	250m:	2:38.88	32.78	350m:	3:44.79	32.74
	100m:	1:00.77	31.92	200m:	2:06.10	32.98	300m:	3:12.05	33.17	400m:	4:17.00	32.21
22.	PONIEWAZ Oliwier				15	UKS SP5 Swim				4:17.96	620	
	50m:	28.79	28.79	150m:	1:32.48	32.52	250m:	2:39.09	33.41	350m:	3:46.68	34.04
	100m:	59.96	31.17	200m:	2:05.68	33.20	300m:	3:12.64	33.55	400m:	4:17.96	31.28
23.	KOZLOWSKI Konrad				18	MTP Kormoran Olsztyn				4:18.00	620	
	50m:	29.54	29.54	150m:	1:34.26	32.57	250m:	2:39.51	32.74	350m:	3:46.46	32.82
	100m:	1:01.69	32.15	200m:	2:06.77	32.51	300m:	3:13.64	34.13	400m:	4:18.00	31.54
24.	PIETRON Przemyslaw				15	KU AZS UMCS Lublin				4:18.22	619	
	50m:	28.86	28.86	150m:	1:33.19	32.45	250m:	2:39.16	33.10	350m:	3:45.87	33.46
	100m:	1:00.74	31.88	200m:	2:06.06	32.87	300m:	3:12.41	33.25	400m:	4:18.22	32.35



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

Event 32, Men, 400m Freestyle, OPEN

Rank					Age					Time	Pts	
25.	SLEDZ Maciej				17	KU AZS UMCS Lublin				4:20.45	603	
	50m:	29.74	29.74	150m:	1:36.94	34.37	250m:	2:43.91	32.95	350m:	3:50.70	33.29
	100m:	1:02.57	32.83	200m:	2:10.96	34.02	300m:	3:17.41	33.50	400m:	4:20.45	29.75
26.	URBANIAK Olivier				15	MKS Trojka Lodz				4:22.48	589	
	50m:	29.60	29.60	150m:	1:35.95	33.70	250m:	2:43.42	33.86	350m:	3:51.15	33.56
	100m:	1:02.25	32.65	200m:	2:09.56	33.61	300m:	3:17.59	34.17	400m:	4:22.48	31.33
27.	SULKOWSKI Maciej				16	Uks Jagiellonia Swim				4:22.53	589	
	50m:	28.24	28.24	150m:	1:35.34	34.41	250m:	2:43.83	34.37	350m:	3:51.31	33.54
	100m:	1:00.93	32.69	200m:	2:09.46	34.12	300m:	3:17.77	33.94	400m:	4:22.53	31.22
28.	CHALAT Wojciech				18	KU AZS UMCS Lublin				4:22.71	587	
	50m:	29.56	29.56	150m:	1:34.62	32.85	250m:	2:41.87	33.94	350m:	3:49.20	33.64
	100m:	1:01.77	32.21	200m:	2:07.93	33.31	300m:	3:15.56	33.69	400m:	4:22.71	33.51
29.	SULKOWSKI Oskar				17	MTP Kormoran Olsztyn				4:22.75	587	
	50m:	30.12	30.12	150m:	1:37.05	33.39	250m:	2:43.74	33.49	350m:	3:50.78	33.57
	100m:	1:03.66	33.54	200m:	2:10.25	33.20	300m:	3:17.21	33.47	400m:	4:22.75	31.97
30.	DZIERKACZ Igor				17	UKS G-8 Bielany Warszawa				4:22.92	586	
	50m:	29.28	29.28	150m:	1:35.70	33.24	250m:	2:43.26	33.57	350m:	3:51.27	33.75
	100m:	1:02.46	33.18	200m:	2:09.69	33.99	300m:	3:17.52	34.26	400m:	4:22.92	31.65
31.	BORSKI Mikolaj				16	UKS Tri-Team Rumia				4:25.78	567	
	50m:	30.43	30.43	150m:	1:37.42	33.85	250m:	2:45.02	33.66	350m:	3:52.64	33.76
	100m:	1:03.57	33.14	200m:	2:11.36	33.94	300m:	3:18.88	33.86	400m:	4:25.78	33.14
32.	KRAWCZYK Jakub				14	Mokotowski UKP Warszawianka- Wodny				4:28.23	552	
	50m:	29.09	29.09	150m:	1:36.55	34.36	250m:	2:46.76	34.91	350m:	3:55.62	33.37
	100m:	1:02.19	33.10	200m:	2:11.85	35.30	300m:	3:22.25	35.49	400m:	4:28.23	32.61
33.	SELDER Krystian				15	MKS Trojka Lodz				4:28.95	547	
	50m:	30.07	30.07	150m:	1:37.60	34.50	250m:	2:46.73	34.66	350m:	3:55.90	34.62
	100m:	1:03.10	33.03	200m:	2:12.07	34.47	300m:	3:21.28	34.55	400m:	4:28.95	33.05
34.	MICHALSKI Wojciech				21	MUKS Gilus Gilowice				4:29.56	544	
	50m:	29.56	29.56	150m:	1:36.50	34.09	250m:	2:45.89	34.83	350m:	3:55.88	34.72
	100m:	1:02.41	32.85	200m:	2:11.06	34.56	300m:	3:21.16	35.27	400m:	4:29.56	33.68
35.	LESNIEWSKI Wiktor				16	UKP „Polonia Warszawa”				4:30.06	541	
	50m:	29.54	29.54	150m:	1:37.51	34.75	250m:	2:46.09	34.56	350m:	3:56.52	35.24
	100m:	1:02.76	33.22	200m:	2:11.53	34.02	300m:	3:21.28	35.19	400m:	4:30.06	33.54
36.	BRODKA Bartosz				16	MTS Kwidzyn				4:30.30	539	
	50m:	30.28	30.28	150m:	1:38.54	34.24	250m:	2:48.23	34.49	350m:	3:57.58	34.30
	100m:	1:04.30	34.02	200m:	2:13.74	35.20	300m:	3:23.28	35.05	400m:	4:30.30	32.72
37.	JEDRYKA Nikodem				18	MKS Trojka Lodz				4:30.40	539	
	50m:	28.93	28.93	150m:	1:35.13	33.44	250m:	2:44.25	35.08	350m:	3:55.41	35.73
	100m:	1:01.69	32.76	200m:	2:09.17	34.04	300m:	3:19.68	35.43	400m:	4:30.40	34.99
38.	GAJDA Jan				15	MKS Trojka Lodz				4:30.60	537	
	50m:	29.23	29.23	150m:	1:38.94	35.07	250m:	2:49.38	35.20	350m:	3:59.29	34.62
	100m:	1:03.87	34.64	200m:	2:14.18	35.24	300m:	3:24.67	35.29	400m:	4:30.60	31.31
39.	PIATKIEWICZ Piotr				15	MKS Trojka Lodz				4:31.59	532	
	50m:	30.24	30.24	150m:	1:39.06	34.74	250m:	2:48.42	34.09	350m:	3:58.53	34.98
	100m:	1:04.32	34.08	200m:	2:14.33	35.27	300m:	3:23.55	35.13	400m:	4:31.59	33.06
40.	KONOPKO Mateusz				15	LKS Jednosc 32 Przyszowice				4:31.84	530	
	50m:	30.41	30.41	150m:	1:38.49	34.37	250m:	2:48.80	35.28	350m:	3:58.62	34.98
	100m:	1:04.12	33.71	200m:	2:13.52	35.03	300m:	3:23.64	34.84	400m:	4:31.84	33.22
41.	WASILEWSKI Mateusz				14	UKS Tri-Team Rumia				4:32.83	524	
	50m:	30.92	30.92	150m:	1:39.84	34.57	250m:	2:49.37	34.83	350m:	3:59.22	35.07
	100m:	1:05.27	34.35	200m:	2:14.54	34.70	300m:	3:24.15	34.78	400m:	4:32.83	33.61



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

Event 32, Men, 400m Freestyle, OPEN

Rank					Age					Time	Pts	
42.	DORCHYNETS Andriy				14	Ukraine				4:32.99	523	
	50m:	31.25	31.25	150m:	1:40.66	34.96	250m:	2:49.77	34.35	350m:	4:00.09	35.01
	100m:	1:05.70	34.45	200m:	2:15.42	34.76	300m:	3:25.08	35.31	400m:	4:32.99	32.90
43.	NOWAK Aleksander				16	MKP Szczecin				4:33.03	523	
	50m:	30.89	30.89	150m:	1:39.32	34.50	250m:	2:49.31	35.32	350m:	3:59.97	35.53
	100m:	1:04.82	33.93	200m:	2:13.99	34.67	300m:	3:24.44	35.13	400m:	4:33.03	33.06
44.	KANCZKOWSKI Szymon				15	UKS Tri-Team Rumia				4:33.25	522	
	50m:	31.39	31.39	150m:	1:40.47	34.79	250m:	2:50.47	35.03	350m:	4:00.46	34.82
	100m:	1:05.68	34.29	200m:	2:15.44	34.97	300m:	3:25.64	35.17	400m:	4:33.25	32.79
45.	BARANOWSKI Alex				15	Uks Cityzen				4:34.61	514	
	50m:	30.57	30.57	150m:	1:40.62	35.20	250m:	2:52.67	36.19	350m:	4:01.03	32.29
	100m:	1:05.42	34.85	200m:	2:16.48	35.86	300m:	3:28.74	36.07	400m:	4:34.61	33.58
46.	JEDRYCH Krzysztof				18	KS Posnania Poznan				4:35.23	511	
	50m:	30.50	30.50	150m:	1:40.83	35.68	250m:	2:52.38	35.83	350m:	4:02.62	34.57
	100m:	1:05.15	34.65	200m:	2:16.55	35.72	300m:	3:28.05	35.67	400m:	4:35.23	32.61
47.	BORUSZEWSKI Filip				15	UKS SP-149 Lodz				4:35.34	510	
	50m:	31.91	31.91	150m:	1:43.37	35.86	250m:	2:53.79	34.38	350m:	4:03.21	34.08
	100m:	1:07.51	35.60	200m:	2:19.41	36.04	300m:	3:29.13	35.34	400m:	4:35.34	32.13
48.	NOWACKI Blazej				17	KU AZS UMCS Lublin				4:35.55	509	
	50m:	29.11	29.11	150m:	1:35.51	33.43	250m:	2:46.26	35.99	350m:	3:59.38	36.76
	100m:	1:02.08	32.97	200m:	2:10.27	34.76	300m:	3:22.62	36.36	400m:	4:35.55	36.17
49.	GORZEN Norbert				16	Uks Cityzen				4:36.09	506	
	50m:	31.02	31.02	150m:	1:42.00	35.70	250m:	2:53.58	35.51	350m:	4:03.74	34.68
	100m:	1:06.30	35.28	200m:	2:18.07	36.07	300m:	3:29.06	35.48	400m:	4:36.09	32.35
50.	KOZLOWSKI Iwo				15	UKP „Polonia Warszawa”				4:36.11	506	
	50m:	30.34	30.34	150m:	1:40.61	35.48	250m:	2:52.10	35.85	350m:	4:03.28	35.61
	100m:	1:05.13	34.79	200m:	2:16.25	35.64	300m:	3:27.67	35.57	400m:	4:36.11	32.83
51.	LUBINSKI Szymon				14	UKS „GIM 92 Ursynow”				4:37.03	501	
	50m:	32.02	32.02	150m:	1:39.87	33.99	250m:	2:50.21	35.48	350m:	4:02.14	36.21
	100m:	1:05.88	33.86	200m:	2:14.73	34.86	300m:	3:25.93	35.72	400m:	4:37.03	34.89
52.	KRYSIAK Kacper				18	MKS Trojka Lodz				4:37.09	500	
	50m:	30.06	30.06	150m:	1:38.94	35.12	250m:	2:52.50	37.40	350m:	4:05.17	35.57
	100m:	1:03.82	33.76	200m:	2:15.10	36.16	300m:	3:29.60	37.10	400m:	4:37.09	31.92
53.	MIKOLAJCZYK Adrian				15	MKS Trojka Lodz				4:37.63	498	
	50m:	30.68	30.68	150m:	1:41.72	35.84	250m:	2:54.20	36.11	350m:	4:04.69	34.83
	100m:	1:05.88	35.20	200m:	2:18.09	36.37	300m:	3:29.86	35.66	400m:	4:37.63	32.94
54.	NOWICKI Kacper				24	KS Posnania Poznan				4:37.77	497	
	50m:	31.57	31.57	150m:	1:43.28	36.75	250m:	2:55.20	35.77	350m:	4:04.81	34.50
	100m:	1:06.53	34.96	200m:	2:19.43	36.15	300m:	3:30.31	35.11	400m:	4:37.77	32.96
55.	SUCHOCKI Jan				14	MTP Kormoran Olsztyn				4:39.33	489	
	50m:	31.81	31.81	150m:	1:43.41	35.77	250m:	2:54.75	35.05	350m:	4:06.42	35.65
	100m:	1:07.64	35.83	200m:	2:19.70	36.29	300m:	3:30.77	36.02	400m:	4:39.33	32.91
56.	JANKIEWICZ DELGADO Jaroslaw				16	UKS Nawa Skierniewice				4:40.08	485	
	50m:	31.31	31.31	150m:	1:41.45	35.69	250m:	2:53.60	36.31	350m:	4:05.91	36.18
	100m:	1:05.76	34.45	200m:	2:17.29	35.84	300m:	3:29.73	36.13	400m:	4:40.08	34.17
57.	RUBIN Feliks				14	MKS Trojka Lodz				4:40.81	481	
	50m:	30.80	30.80	150m:	1:42.49	36.21	250m:	2:55.03	36.15	350m:	4:06.43	35.70
	100m:	1:06.28	35.48	200m:	2:18.88	36.39	300m:	3:30.73	35.70	400m:	4:40.81	34.38
58.	OBSZYNSKI Bartlomiej				15	RWKS Sparta Bilgoraj				4:41.14	479	
	50m:	31.10	31.10	150m:	1:43.95	36.80	250m:	2:56.30	35.76	350m:	4:07.25	35.64
	100m:	1:07.15	36.05	200m:	2:20.54	36.59	300m:	3:31.61	35.31	400m:	4:41.14	33.89



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

Event 32, Men, 400m Freestyle, OPEN

Rank	Name				Age	Club				Time	Pts	
59.	MAKAREWICZ Filip				16	KP Aquapark Wagrowiec				4:42.46	472	
	50m:	30.02	30.02	150m:	1:39.87	35.44	250m:	2:53.56	37.26	350m:	4:06.92	37.20
	100m:	1:04.43	34.41	200m:	2:16.30	36.43	300m:	3:29.72	36.16	400m:	4:42.46	35.54
60.	MONDYK Serhii				14	Ukraine				4:43.06	469	
	50m:	30.39	30.39	150m:	1:40.08	35.28	250m:	2:53.58	37.22	350m:	4:07.42	36.68
	100m:	1:04.80	34.41	200m:	2:16.36	36.28	300m:	3:30.74	37.16	400m:	4:43.06	35.64
61.	CIECHANOWSKI Stanislaw				15	Mokotowski UKP Warszawianka- Wodny				4:43.15	469	
	50m:	31.99	31.99	150m:	1:43.05	36.17	250m:	2:54.38	35.23	350m:	4:08.53	37.56
	100m:	1:06.88	34.89	200m:	2:19.15	36.10	300m:	3:30.97	36.59	400m:	4:43.15	34.62
62.	GLOWACKI Sebastian				15	UKS Nawa Skierniewice				4:44.42	463	
	50m:	31.66	31.66	150m:	1:43.76	36.55	250m:	2:57.21	36.18	350m:	4:10.06	36.18
	100m:	1:07.21	35.55	200m:	2:21.03	37.27	300m:	3:33.88	36.67	400m:	4:44.42	34.36
63.	BURY Pawel				15	RWKS Sparta Bilgoraj				4:44.80	461	
	50m:	30.86	30.86	150m:	1:43.41	36.66	250m:	2:56.87	36.77	350m:	4:11.06	36.70
	100m:	1:06.75	35.89	200m:	2:20.10	36.69	300m:	3:34.36	37.49	400m:	4:44.80	33.74
64.	KOT Kacper				14	KP Solne Miasto Wieliczka				4:47.77	447	
	50m:	32.16	32.16	150m:	1:45.09	36.73	250m:	2:59.31	37.53	350m:	4:13.38	37.25
	100m:	1:08.36	36.20	200m:	2:21.78	36.69	300m:	3:36.13	36.82	400m:	4:47.77	34.39
65.	GWIAZDOWSKI Krzysztof				14	MKS Piaseczno				4:48.23	445	
	50m:	32.36	32.36	150m:	1:44.62	36.49	250m:	2:58.18	36.89	350m:	4:12.30	37.17
	100m:	1:08.13	35.77	200m:	2:21.29	36.67	300m:	3:35.13	36.95	400m:	4:48.23	35.93
66.	DABROWSKI Adam				14	UKS 307 Warszawa				4:51.74	429	
	50m:	33.56	33.56	150m:	1:49.67	38.05	250m:	3:04.63	37.12	350m:	4:17.21	35.79
	100m:	1:11.62	38.06	200m:	2:27.51	37.84	300m:	3:41.42	36.79	400m:	4:51.74	34.53
67.	RUTKOWSKI Lukasz				14	TP Olimpijczyk Aleksandrow Lodzki				4:52.04	427	
	50m:	32.51	32.51	150m:	1:46.63	37.61	250m:	3:01.34	37.71	350m:	4:16.37	37.77
	100m:	1:09.02	36.51	200m:	2:23.63	37.00	300m:	3:38.60	37.26	400m:	4:52.04	35.67
68.	OSZAJCA Radoslaw				15	RWKS Sparta Bilgoraj				4:52.21	427	
	50m:	31.97	31.97	150m:	1:45.47	37.60	250m:	3:00.39	37.96	350m:	4:16.07	37.35
	100m:	1:07.87	35.90	200m:	2:22.43	36.96	300m:	3:38.72	38.33	400m:	4:52.21	36.14
69.	PRZYSTAL Antonio				15	KP Solne Miasto Wieliczka				4:53.12	423	
	50m:	32.06	32.06	150m:	1:44.66	36.49	250m:	3:00.14	38.10	350m:	4:16.61	38.09
	100m:	1:08.17	36.11	200m:	2:22.04	37.38	300m:	3:38.52	38.38	400m:	4:53.12	36.51
70.	HAJDUKIEWICZ Szymon				15	MKS Juwenia Bialystok				4:55.89	411	
	50m:	31.62	31.62	150m:	1:45.88	37.59	250m:	3:03.20	38.63	350m:	4:20.73	38.19
	100m:	1:08.29	36.67	200m:	2:24.57	38.69	300m:	3:42.54	39.34	400m:	4:55.89	35.16
71.	GOZDZIK Kamil				17	UKS Nawa Skierniewice				4:56.88	407	
	50m:	32.72	32.72	150m:	1:48.33	38.46	250m:	3:04.41	38.33	350m:	4:20.51	38.13
	100m:	1:09.87	37.15	200m:	2:26.08	37.75	300m:	3:42.38	37.97	400m:	4:56.88	36.37
72.	PLUCIENNIK Filip				14	UKS Swim Team Wilanow				4:57.76	403	
	50m:	31.51	31.51	150m:	1:46.12	38.04	250m:	3:03.37	38.59	350m:	4:20.59	38.30
	100m:	1:08.08	36.57	200m:	2:24.78	38.66	300m:	3:42.29	38.92	400m:	4:57.76	37.17
73.	STASKIEWICZ Wiktor				15	Mokotowski UKP Warszawianka- Wodny				5:00.13	394	
	50m:	32.45	32.45	150m:	1:47.73	38.16	250m:	3:04.99	38.49	350m:	4:22.58	38.42
	100m:	1:09.57	37.12	200m:	2:26.50	38.77	300m:	3:44.16	39.17	400m:	5:00.13	37.55
74.	JEDRUCH Bartlomiej				17	UKS SP5 Swim				5:00.70	391	
	50m:	32.51	32.51	150m:	1:46.22	37.84	250m:	3:03.58	38.82	350m:	4:22.55	39.56
	100m:	1:08.38	35.87	200m:	2:24.76	38.54	300m:	3:42.99	39.41	400m:	5:00.70	38.15
75.	FRONCZEK Milosz				14	KU AZS UMCS Lublin				5:01.91	387	
	50m:	34.19	34.19	150m:	1:50.66	38.52	250m:	3:08.41	38.46	350m:	4:26.27	38.96
	100m:	1:12.14	37.95	200m:	2:29.95	39.29	300m:	3:47.31	38.90	400m:	5:01.91	35.64



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

Event 32, Men, 400m Freestyle, OPEN

Rank				Age					Time	Pts		
76.	PORADA Jan			14	UKS SP-149 Lodz				5:03.76	380		
	50m:	35.12	35.12	150m:	1:52.02	38.60	250m:	3:10.19	39.08	350m:	4:27.52	38.31
	100m:	1:13.42	38.30	200m:	2:31.11	39.09	300m:	3:49.21	39.02	400m:	5:03.76	36.24
77.	JARCZEWSKI Jan			15	UKS 190 Lodz				5:05.85	372		
	50m:	34.25	34.25	150m:	1:51.28	39.28	250m:	3:09.20	39.22	350m:	4:27.98	39.31
	100m:	1:12.00	37.75	200m:	2:29.98	38.70	300m:	3:48.67	39.47	400m:	5:05.85	37.87
78.	WITERSKI Kacper			15	MKS Juvenia Bialystok				5:07.72	365		
	50m:	33.50	33.50	150m:	1:47.93	37.90	250m:	3:07.31	40.09	350m:	4:30.14	41.67
	100m:	1:10.03	36.53	200m:	2:27.22	39.29	300m:	3:48.47	41.16	400m:	5:07.72	37.58
79.	MENDYKA Milosz			14	AZS Jaroslav				5:19.70	326		
	50m:	33.66	33.66	150m:	1:54.20	41.31	250m:	3:17.45	42.80	350m:	4:41.44	42.26
	100m:	1:12.89	39.23	200m:	2:34.65	40.45	300m:	3:59.18	41.73	400m:	5:19.70	38.26
80.	BLAJDA Alex			14	AZS Jaroslav				5:32.22	290		
	50m:	36.82	36.82	150m:	2:01.16	42.99	250m:	3:30.21	44.91	350m:	4:54.59	42.32
	100m:	1:18.17	41.35	200m:	2:45.30	44.14	300m:	4:12.27	42.06	400m:	5:32.22	37.63