

Arena Grand Prix Puchar Polski
Lublin, 4. - 5.11.2023

Konkurencja 13
04.11.2023 - 18:48

M czynn, 400m dowolny

14 lat i starsi
Wyniki

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 - IO - Pary (Francja) Open: 3:46.78 / Minimum - M - Doha (Katar) Open: 3:48.15

Punkty: FINA 2023

Pozycja	Wiek	Czas	Pkt.	CR
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JUNIOR MŁODSZY 14 LAT

1. NOWACKI Mieszko	14	KU AZS UMCS Lublin	4:25.43	569	+0,69
50m: 29.99 29.99	150m: 1:37.11 33.43	250m: 2:44.66 33.68	350m: 3:52.49 33.59		
100m: 1:03.68 33.69	200m: 2:10.98 33.87	300m: 3:18.90 34.24	400m: 4:25.43 32.94		
2. TARASIEWICZ Piotr	14	UKP „Polonia Warszawa”	4:28.32	551	+0,68
50m: 30.42 30.42	150m: 1:38.37 34.58	250m: 2:47.35 34.44	350m: 3:55.56 33.79		
100m: 1:03.79 33.37	200m: 2:12.91 34.54	300m: 3:21.77 34.42	400m: 4:28.32 32.76		
3. POTRZEBOWSKI Franciszek	14	UKP „Polonia Warszawa”	4:35.22	511	+0,74
50m: 31.33 31.33	150m: 1:42.50 36.20	250m: 2:54.35 35.42	350m: 4:03.98 34.66		
100m: 1:06.30 34.97	200m: 2:18.93 36.43	300m: 3:29.32 34.97	400m: 4:35.22 31.24		
4. SKOCZYLAŚ Bartosz	14	KU AZS UMCS Lublin	4:39.60	487	+0,67
50m: 31.54 31.54	150m: 1:42.68 35.80	250m: 2:54.22 35.65	350m: 4:05.86 35.64		
100m: 1:06.88 35.34	200m: 2:18.57 35.89	300m: 3:30.22 36.00	400m: 4:39.60 33.74		
5. FRONCZEK Błażej	14	KU AZS UMCS Lublin	4:40.34	483	+0,54
50m: 31.76 31.76	150m: 1:43.85 36.11	250m: 2:56.27 36.18	350m: 4:07.40 35.24		
100m: 1:07.74 35.98	200m: 2:20.09 36.24	300m: 3:32.16 35.89	400m: 4:40.34 32.94		
6. WŁODARCZYK Michał	14	UKP „Polonia Warszawa”	4:43.91	465	+0,67
50m: 30.78 30.78	150m: 1:41.91 35.75	250m: 2:53.93 36.20	350m: 4:07.36 36.76		
100m: 1:06.16 35.38	200m: 2:17.73 35.82	300m: 3:30.60 36.67	400m: 4:43.91 36.55		
7. SAPKOWSKI Michał	14	Mi dzyszkołny UKS „Olimpijczyk” Suwałki	4:57.47	404	+0,67
50m: 30.73 30.73	150m: 1:45.48 38.32	250m: 3:03.72 38.95	350m: 4:21.17 38.62		
100m: 1:07.16 36.43	200m: 2:24.77 39.29	300m: 3:42.55 38.83	400m: 4:57.47 36.30		

JUNIOR MŁODSZY 15 LAT

1. CHARKOT Krzysztof	15	KU AZS UMCS Lublin	4:16.82	629	+0,70
50m: 29.46 29.46	150m: 1:34.25 32.70	250m: 2:40.02 33.13	350m: 3:46.02 32.85		
100m: 1:01.55 32.09	200m: 2:06.89 32.64	300m: 3:13.17 33.15	400m: 4:16.82 30.80		
2. GWIAZDOWSKI Krzysztof	15	MKS Piaseczno	4:19.26	611	+0,60
50m: 29.58 29.58	150m: 1:35.04 33.23	250m: 2:41.56 33.04	350m: 3:47.68 33.10		
100m: 1:01.81 32.23	200m: 2:08.52 33.48	300m: 3:14.58 33.02	400m: 4:19.26 31.58		
3. KRAWCZYK Jakub	15	Mokotowski UKP Warszawianka- Wodny	4:20.76	601	+0,75
50m: 29.22 29.22	150m: 1:34.76 33.39	250m: 2:41.12 33.24	350m: 3:48.14 33.67		
100m: 1:01.37 32.15	200m: 2:07.88 33.12	300m: 3:14.47 33.35	400m: 4:20.76 32.62		
4. WASILEWSKI Mateusz	15	KU AZS UMCS Lublin	4:22.32	590	+0,71
50m: 29.42 29.42	150m: 1:35.40 33.47	250m: 2:42.81 33.95	350m: 3:50.60 33.73		
100m: 1:01.93 32.51	200m: 2:08.86 33.46	300m: 3:16.87 34.06	400m: 4:22.32 31.72		
5. OL DZKI Daniel	15	UKP „Polonia Warszawa”	4:29.26	545	+0,77
50m: 29.67 29.67	150m: 1:37.19 34.40	250m: 2:47.22 34.94	350m: 3:58.08 35.43		
100m: 1:02.79 33.12	200m: 2:12.28 35.09	300m: 3:22.65 35.43	400m: 4:29.26 31.18		
6. KARWAT Bartłomiej	15	UKS Nawa Skierniewice	4:32.63	525	+0,64
50m: 29.46 29.46	150m: 1:37.99 34.87	250m: 2:48.92 35.41	350m: 3:59.02 34.36		
100m: 1:03.12 33.66	200m: 2:13.51 35.52	300m: 3:24.66 35.74	400m: 4:32.63 33.61		
7. FRONCZEK Miłosz	15	KU AZS UMCS Lublin	4:33.00	523	+0,65
50m: 31.18 31.18	150m: 1:39.96 35.08	250m: 2:49.77 35.03	350m: 3:59.64 35.35		
100m: 1:04.88 33.70	200m: 2:14.74 34.78	300m: 3:24.29 34.52	400m: 4:33.00 33.36		

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Konkurencja 13, Chłopców, 400m dowolny, JUNIOR MŁODSZY 15 LAT

Pozycja			Wiek					Czas	Pkt.	CR
8.	JOACHIMOWICZ Patryk		15	KU AZS UMCS Lublin				4:35.61	509	+0,69
	50m:	28.94 28.94	150m:	1:36.98	34.88	250m:	2:48.45	35.97	350m:	4:00.68 36.27
	100m:	1:02.10 33.16	200m:	2:12.48	35.50	300m:	3:24.41	35.96	400m:	4:35.61 34.93
9.	GEBAUER Wolfgang		15	MTP Kormoran Olsztyn				4:40.02	485	+0,74
	50m:	31.14 31.14	150m:	1:42.20	35.92	250m:	2:54.83	36.48	350m:	4:06.44 35.36
	100m:	1:06.28 35.14	200m:	2:18.35	36.15	300m:	3:31.08	36.25	400m:	4:40.02 33.58

JUNIOR MŁODSZY 16 LAT

1.	PONIEWA Oliwier		16	KU AZS UMCS Lublin				4:15.00	642	+0,68	
	50m:	29.37 29.37	150m:	1:33.08	32.30	250m:	2:38.45	31.71	350m:	3:47.21 32.70	
	100m:	1:00.78 31.41	200m:	2:06.74	33.66	300m:	3:12.28	33.83	400m:	4:15.00 31.31	
2.	REDZI	SKI VEL RYDZY	SKI Mateusz	16	KU AZS UMCS Lublin				4:17.75	622	+0,67
	50m:	29.03 29.03	150m:	1:34.83	33.24	250m:	2:40.94	32.93	350m:	3:46.72 32.94	
	100m:	1:01.59 32.56	200m:	2:08.01	33.18	300m:	3:13.78	32.84	400m:	4:17.75 31.03	
3.	KRASKA Mateusz		16	KU AZS UMCS Lublin				4:18.52	616	+0,64	
	50m:	28.93 28.93	150m:	1:33.75	32.91	250m:	2:40.87	33.51	350m:	3:47.21 32.70	
	100m:	1:00.84 31.91	200m:	2:07.36	33.61	300m:	3:14.51	33.64	400m:	4:18.52 31.31	
4.	KANCZKOWSKI Szymon		16	UKS Tri-Team Rumia				4:25.54	569	+0,83	
	50m:	30.97 30.97	150m:	1:39.03	34.35	250m:	2:47.41	33.97	350m:	3:54.63 33.20	
	100m:	1:04.68 33.71	200m:	2:13.44	34.41	300m:	3:21.43	34.02	400m:	4:25.54 30.91	
5.	ŁOJEWSKI Adam		16	MTP Kormoran Olsztyn				4:26.98	560	+0,72	
	50m:	29.36 29.36	150m:	1:36.21	33.81	250m:	2:45.16	34.36	350m:	3:53.70 34.24	
	100m:	1:02.40 33.04	200m:	2:10.80	34.59	300m:	3:19.46	34.30	400m:	4:26.98 33.28	
6.	BIELI SKI Bartosz		16	KU AZS UMCS Lublin				4:29.05	547	+0,62	
	50m:	28.11 28.11	150m:	1:35.98	34.70	250m:	2:45.79	35.25	350m:	3:56.29 35.31	
	100m:	1:01.28 33.17	200m:	2:10.54	34.56	300m:	3:20.98	35.19	400m:	4:29.05 32.76	
7.	STAWIARSKI Oskar		16	UKP „Polonia Warszawa”				4:41.64	477	+0,76	
	50m:	29.81 29.81	150m:	1:41.72	36.76	250m:	2:55.12	36.86	350m:	4:07.24 35.60	
	100m:	1:04.96 35.15	200m:	2:18.26	36.54	300m:	3:31.64	36.52	400m:	4:41.64 34.40	
8.	MIELCZAREK Maciej		16	UKP „Polonia Warszawa”				4:51.23	431	+0,80	
	50m:	33.26 33.26	150m:	1:46.39	36.50	250m:	3:00.94	37.27	350m:	4:15.43 36.91	
	100m:	1:09.89 36.63	200m:	2:23.67	37.28	300m:	3:38.52	37.58	400m:	4:51.23 35.80	

JUNIOR 17-18 LAT

1.	RYNKIEWICZ Jakub		18	KU AZS UMCS Lublin				4:04.37	730	+0,64
	50m:	28.01 28.01	150m:	1:29.97	31.23	250m:	2:32.61	31.29	350m:	3:34.95 31.02
	100m:	58.74 30.73	200m:	2:01.32	31.35	300m:	3:03.93	31.32	400m:	4:04.37 29.42
2.	LARY Jerzy		17	IUKS „Muszelka” Warszawa				4:07.17	705	+0,72
	50m:	28.73 28.73	150m:	1:30.54	31.20	250m:	2:33.22	31.29	350m:	3:36.44 31.60
	100m:	59.34 30.61	200m:	2:01.93	31.39	300m:	3:04.84	31.62	400m:	4:07.17 30.73
3.	HEBEL Maciej		18	AZS AWF Katowice				4:08.59	693	+0,67
	50m:	28.62 28.62	150m:	1:31.07	31.65	250m:	2:34.10	31.45	350m:	3:37.26 31.54
	100m:	59.42 30.80	200m:	2:02.65	31.58	300m:	3:05.72	31.62	400m:	4:08.59 31.33
4.	NOWACKI Jacek		18	MTP Kormoran Olsztyn				4:15.10	642	+0,80
	50m:	29.51 29.51	150m:	1:33.74	32.64	250m:	2:39.50	33.22	350m:	3:45.75 33.11
	100m:	1:01.10 31.59	200m:	2:06.28	32.54	300m:	3:12.64	33.14	400m:	4:15.10 29.35
5.	KUCHARSKI Paweł		18	AZS AWF Katowice				4:15.98	635	+0,77
	50m:	29.18 29.18	150m:	1:35.68	33.46	250m:	2:40.87	32.56	350m:	3:45.49 31.97
	100m:	1:02.22 33.04	200m:	2:08.31	32.63	300m:	3:13.52	32.65	400m:	4:15.98 30.49
6.	KOWALI SKI Adrian		17	WKS I sk				4:21.73	594	+0,72
	50m:	29.68 29.68	150m:	1:34.48	33.06	250m:	2:40.80	33.53	350m:	3:48.86 34.21
	100m:	1:01.42 31.74	200m:	2:07.27	32.79	300m:	3:14.65	33.85	400m:	4:21.73 32.87

Arena Grand Prix Puchar Polski
Lublin, 4. - 5.11.2023

Konkurencja 13, Chłopców, 400m dowolny, JUNIOR 17-18 LAT

Pozycja			Wiek					Czas	Pkt.	CR		
7.	CHODA	Maciej	17	MTP Kormoran Olsztyn				4:22.08	592	+0,67		
	50m:	30.50	30.50	150m:	1:35.88	32.95	250m:	2:42.30	33.20	350m:	3:49.25	33.37
	100m:	1:02.93	32.43	200m:	2:09.10	33.22	300m:	3:15.88	33.58	400m:	4:22.08	32.83
8.	SIENKIEWICZ	Ignacy	18	AZS AWF Warszawa				4:22.18	591	+0,77		
	50m:	29.28	29.28	150m:	1:35.40	33.54	250m:	2:42.22	33.70	350m:	3:49.47	33.55
	100m:	1:01.86	32.58	200m:	2:08.52	33.12	300m:	3:15.92	33.70	400m:	4:22.18	32.71
9.	MASZEWSKI	Mikołaj	17	UKS Nawa Skierniewice				4:27.82	554	+0,81		
	50m:	30.33	30.33	150m:	1:38.41	33.76	250m:	2:46.88	34.12	350m:	3:55.21	33.70
	100m:	1:04.65	34.32	200m:	2:12.76	34.35	300m:	3:21.51	34.63	400m:	4:27.82	32.61
10.	SOKOŁOWSKI	Franciszek	17	MTP Kormoran Olsztyn				4:30.98	535	+0,71		
	50m:	30.62	30.62	150m:	1:39.28	34.65	250m:	2:48.80	34.59	350m:	3:57.72	34.21
	100m:	1:04.63	34.01	200m:	2:14.21	34.93	300m:	3:23.51	34.71	400m:	4:30.98	33.26
11.	JANKIEWICZ DELGADO	Jarosław	17	UKS Nawa Skierniewice				4:40.29	484	+0,71		
	50m:	30.51	30.51	150m:	1:38.79	34.72	250m:	2:50.30	36.09	350m:	4:04.19	37.38
	100m:	1:04.07	33.56	200m:	2:14.21	35.42	300m:	3:26.81	36.51	400m:	4:40.29	36.10
12.	KRUPA	Borys	17	UKP „Polonia Warszawa”				5:04.38	377	+0,68		
	50m:	32.17	32.17	150m:	1:47.46	38.31	250m:	3:06.29	39.71	350m:	4:27.22	40.22
	100m:	1:09.15	36.98	200m:	2:26.58	39.12	300m:	3:47.00	40.71	400m:	5:04.38	37.16

OPEN

1.	SIERADZKI	Kamil	21	AZS AWF Katowice				4:01.88	753	+0,72		
	50m:	27.33	27.33	150m:	1:28.57	30.76	250m:	2:31.02	31.41	350m:	3:32.87	30.84
	100m:	57.81	30.48	200m:	1:59.61	31.04	300m:	3:02.03	31.01	400m:	4:01.88	29.01
2.	CHRZANOWSKI	Damian	25	WKS I sk				4:02.45	747	+0,65		
	50m:	27.69	27.69	150m:	1:28.98	30.94	250m:	2:31.02	30.99	350m:	3:33.05	30.88
	100m:	58.04	30.35	200m:	2:00.03	31.05	300m:	3:02.17	31.15	400m:	4:02.45	29.40
3.	RYNKIEWICZ	Jakub	18	KU AZS UMCS Lublin				4:04.37	730	+0,64		
	50m:	28.01	28.01	150m:	1:29.97	31.23	250m:	2:32.61	31.29	350m:	3:34.95	31.02
	100m:	58.74	30.73	200m:	2:01.32	31.35	300m:	3:03.93	31.32	400m:	4:04.37	29.42
4.	LARY	Jerzy	17	IUKS „Muszelka” Warszawa				4:07.17	705	+0,72		
	50m:	28.73	28.73	150m:	1:30.54	31.20	250m:	2:33.22	31.29	350m:	3:36.44	31.60
	100m:	59.34	30.61	200m:	2:01.93	31.39	300m:	3:04.84	31.62	400m:	4:07.17	30.73
5.	GRZEGORCZYK	Wiktor	21	AZS AWF Warszawa				4:08.02	698	+0,68		
	50m:	28.72	28.72	150m:	1:32.20	31.80	250m:	2:36.60	32.38	350m:	3:38.14	30.58
	100m:	1:00.40	31.68	200m:	2:04.22	32.02	300m:	3:07.56	30.96	400m:	4:08.02	29.88
6.	HEBEL	Maciej	18	AZS AWF Katowice				4:08.59	693	+0,67		
	50m:	28.62	28.62	150m:	1:31.07	31.65	250m:	2:34.10	31.45	350m:	3:37.26	31.54
	100m:	59.42	30.80	200m:	2:02.65	31.58	300m:	3:05.72	31.62	400m:	4:08.59	31.33
7.	PONIEWA	Oliwier	16	KU AZS UMCS Lublin				4:15.00	642	+0,68		
	50m:	29.37	29.37	150m:	1:33.08	32.30	250m:	2:38.45	31.71	350m:		
	100m:	1:00.78	31.41	200m:	2:06.74	33.66	300m:	3:12.28	33.83	400m:	4:15.00	
8.	NOWACKI	Jacek	18	MTP Kormoran Olsztyn				4:15.10	642	+0,80		
	50m:	29.51	29.51	150m:	1:33.74	32.64	250m:	2:39.50	33.22	350m:	3:45.75	33.11
	100m:	1:01.10	31.59	200m:	2:06.28	32.54	300m:	3:12.64	33.14	400m:	4:15.10	29.35
9.	KUCHARSKI	Paweł	18	AZS AWF Katowice				4:15.98	635	+0,77		
	50m:	29.18	29.18	150m:	1:35.68	33.46	250m:	2:40.87	32.56	350m:	3:45.49	31.97
	100m:	1:02.22	33.04	200m:	2:08.31	32.63	300m:	3:13.52	32.65	400m:	4:15.98	30.49
10.	CHARKOT	Krzysztof	15	KU AZS UMCS Lublin				4:16.82	629	+0,70		
	50m:	29.46	29.46	150m:	1:34.25	32.70	250m:	2:40.02	33.13	350m:	3:46.02	32.85
	100m:	1:01.55	32.09	200m:	2:06.89	32.64	300m:	3:13.17	33.15	400m:	4:16.82	30.80
11.	REDZI	SKI VEL RYDZY	SKI Mateusz	16	KU AZS UMCS Lublin				4:17.75	622	+0,67	
	50m:	29.03	29.03	150m:	1:34.83	33.24	250m:	2:40.94	32.93	350m:	3:46.72	32.94
	100m:	1:01.59	32.56	200m:	2:08.01	33.18	300m:	3:13.78	32.84	400m:	4:17.75	31.03

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Konkurencja 13, M czynn, 400m dowolny, OPEN

Pozycja					Wiek					Czas	Pkt.	CR
12.	KRASKA Mateusz				16	KU AZS UMCS Lublin				4:18.52	616	+0,64
	50m:	28.93	28.93	150m:	1:33.75	32.91	250m:	2:40.87	33.51	350m:	3:47.21	32.70
	100m:	1:00.84	31.91	200m:	2:07.36	33.61	300m:	3:14.51	33.64	400m:	4:18.52	31.31
13.	GWIAZDOWSKI Krzysztof				15	MKS Piaseczno				4:19.26	611	+0,60
	50m:	29.58	29.58	150m:	1:35.04	33.23	250m:	2:41.56	33.04	350m:	3:47.68	33.10
	100m:	1:01.81	32.23	200m:	2:08.52	33.48	300m:	3:14.58	33.02	400m:	4:19.26	31.58
14.	CHAŁAT Wojciech				19	KU AZS UMCS Lublin				4:19.43	610	+0,72
	50m:	29.74	29.74	150m:	1:35.35	33.06	250m:	2:41.81	33.08	350m:	3:47.50	32.60
	100m:	1:02.29	32.55	200m:	2:08.73	33.38	300m:	3:14.90	33.09	400m:	4:19.43	31.93
15.	GOŁACKI Sergiusz				19	UKS 190 Łódź				4:19.87	607	+0,70
	50m:	29.84	29.84	150m:	1:36.45	33.47	250m:	2:42.46	32.65	350m:	3:47.94	32.70
	100m:	1:02.98	33.14	200m:	2:09.81	33.36	300m:	3:15.24	32.78	400m:	4:19.87	31.93
16.	KRAWCZYK Jakub				15	Mokotowski UKP Warszawianka- Wodny				4:20.76	601	+0,75
	50m:	29.22	29.22	150m:	1:34.76	33.39	250m:	2:41.12	33.24	350m:	3:48.14	33.67
	100m:	1:01.37	32.15	200m:	2:07.88	33.12	300m:	3:14.47	33.35	400m:	4:20.76	32.62
17.	KOWALI SKI Adrian				17	WKS I sk				4:21.73	594	+0,72
	50m:	29.68	29.68	150m:	1:34.48	33.06	250m:	2:40.80	33.53	350m:	3:48.86	34.21
	100m:	1:01.42	31.74	200m:	2:07.27	32.79	300m:	3:14.65	33.85	400m:	4:21.73	32.87
18.	CHODA Maciej				17	MTP Kormoran Olsztyn				4:22.08	592	+0,67
	50m:	30.50	30.50	150m:	1:35.88	32.95	250m:	2:42.30	33.20	350m:	3:49.25	33.37
	100m:	1:02.93	32.43	200m:	2:09.10	33.22	300m:	3:15.88	33.58	400m:	4:22.08	32.83
19.	SIENKIEWICZ Ignacy				18	AZS AWF Warszawa				4:22.18	591	+0,77
	50m:	29.28	29.28	150m:	1:35.40	33.54	250m:	2:42.22	33.70	350m:	3:49.47	33.55
	100m:	1:01.86	32.58	200m:	2:08.52	33.12	300m:	3:15.92	33.70	400m:	4:22.18	32.71
20.	WASILEWSKI Mateusz				15	KU AZS UMCS Lublin				4:22.32	590	+0,71
	50m:	29.42	29.42	150m:	1:35.40	33.47	250m:	2:42.81	33.95	350m:	3:50.60	33.73
	100m:	1:01.93	32.51	200m:	2:08.86	33.46	300m:	3:16.87	34.06	400m:	4:22.32	31.72
21.	NOWACKI Mieszko				14	KU AZS UMCS Lublin				4:25.43	569	+0,69
	50m:	29.99	29.99	150m:	1:37.11	33.43	250m:	2:44.66	33.68	350m:	3:52.49	33.59
	100m:	1:03.68	33.69	200m:	2:10.98	33.87	300m:	3:18.90	34.24	400m:	4:25.43	32.94
22.	KANCZKOWSKI Szymon				16	UKS Tri-Team Rumia				4:25.54	569	+0,83
	50m:	30.97	30.97	150m:	1:39.03	34.35	250m:	2:47.41	33.97	350m:	3:54.63	33.20
	100m:	1:04.68	33.71	200m:	2:13.44	34.41	300m:	3:21.43	34.02	400m:	4:25.54	30.91
23.	ŁOJEWSKI Adam				16	MTP Kormoran Olsztyn				4:26.98	560	+0,72
	50m:	29.36	29.36	150m:	1:36.21	33.81	250m:	2:45.16	34.36	350m:	3:53.70	34.24
	100m:	1:02.40	33.04	200m:	2:10.80	34.59	300m:	3:19.46	34.30	400m:	4:26.98	33.28
24.	MASZEWSKI Mikołaj				17	UKS Nawa Skierniewice				4:27.82	554	+0,81
	50m:	30.33	30.33	150m:	1:38.41	33.76	250m:	2:46.88	34.12	350m:	3:55.21	33.70
	100m:	1:04.65	34.32	200m:	2:12.76	34.35	300m:	3:21.51	34.63	400m:	4:27.82	32.61
25.	TARASIEWICZ Piotr				14	UKP „Polonia Warszawa”				4:28.32	551	+0,68
	50m:	30.42	30.42	150m:	1:38.37	34.58	250m:	2:47.35	34.44	350m:	3:55.56	33.79
	100m:	1:03.79	33.37	200m:	2:12.91	34.54	300m:	3:21.77	34.42	400m:	4:28.32	32.76
26.	BIELI SKI Bartosz				16	KU AZS UMCS Lublin				4:29.05	547	+0,62
	50m:	28.11	28.11	150m:	1:35.98	34.70	250m:	2:45.79	35.25	350m:	3:56.29	35.31
	100m:	1:01.28	33.17	200m:	2:10.54	34.56	300m:	3:20.98	35.19	400m:	4:29.05	32.76
27.	OL DZKI Daniel				15	UKP „Polonia Warszawa”				4:29.26	545	+0,77
	50m:	29.67	29.67	150m:	1:37.19	34.40	250m:	2:47.22	34.94	350m:	3:58.08	35.43
	100m:	1:02.79	33.12	200m:	2:12.28	35.09	300m:	3:22.65	35.43	400m:	4:29.26	31.18
28.	KRYSTY SKI Aleksander				19	KS AZS AGH Kraków				4:30.70	537	+0,74
	50m:	29.82	29.82	150m:	1:38.02	35.01	250m:	2:47.62	34.65	350m:	3:56.81	34.85
	100m:	1:03.01	33.19	200m:	2:12.97	34.95	300m:	3:21.96	34.34	400m:	4:30.70	33.89
29.	SOKOŁOWSKI Franciszek				17	MTP Kormoran Olsztyn				4:30.98	535	+0,71
	50m:	30.62	30.62	150m:	1:39.28	34.65	250m:	2:48.80	34.59	350m:	3:57.72	34.21
	100m:	1:04.63	34.01	200m:	2:14.21	34.93	300m:	3:23.51	34.71	400m:	4:30.98	33.26

Arena Grand Prix Puchar Polski
Lublin, 4. - 5.11.2023

Konkurencja 13, M czynn, 400m dowolny, OPEN

Pozycja			Wiek					Czas	Pkt.	CR		
30.	KARWAT	Bartłomiej	15	UKS Nawa Skierniewice				4:32.63	525	+0,64		
	50m:	29.46	29.46	150m:	1:37.99	34.87	250m:	2:48.92	35.41	350m:	3:59.02	34.36
	100m:	1:03.12	33.66	200m:	2:13.51	35.52	300m:	3:24.66	35.74	400m:	4:32.63	33.61
31.	RÓ	ALSKI Marcin	19	KS AZS AGH Kraków				4:32.78	525	+0,69		
	50m:	30.26	30.26	150m:	1:38.24	34.43	250m:	2:47.81	34.58	350m:	3:58.56	35.16
	100m:	1:03.81	33.55	200m:	2:13.23	34.99	300m:	3:23.40	35.59	400m:	4:32.78	34.22
32.	FRONCZEK	Miłosz	15	KU AZS UMCS Lublin				4:33.00	523	+0,65		
	50m:	31.18	31.18	150m:	1:39.96	35.08	250m:	2:49.77	35.03	350m:	3:59.64	35.35
	100m:	1:04.88	33.70	200m:	2:14.74	34.78	300m:	3:24.29	34.52	400m:	4:33.00	33.36
33.	POTRZEBOWSKI	Franciszek	14	UKP „Polonia Warszawa”				4:35.22	511	+0,74		
	50m:	31.33	31.33	150m:	1:42.50	36.20	250m:	2:54.35	35.42	350m:	4:03.98	34.66
	100m:	1:06.30	34.97	200m:	2:18.93	36.43	300m:	3:29.32	34.97	400m:	4:35.22	31.24
34.	JOACHIMOWICZ	Patryk	15	KU AZS UMCS Lublin				4:35.61	509	+0,69		
	50m:	28.94	28.94	150m:	1:36.98	34.88	250m:	2:48.45	35.97	350m:	4:00.68	36.27
	100m:	1:02.10	33.16	200m:	2:12.48	35.50	300m:	3:24.41	35.96	400m:	4:35.61	34.93
35.	SKOCZYLAS	Bartosz	14	KU AZS UMCS Lublin				4:39.60	487	+0,67		
	50m:	31.54	31.54	150m:	1:42.68	35.80	250m:	2:54.22	35.65	350m:	4:05.86	35.64
	100m:	1:06.88	35.34	200m:	2:18.57	35.89	300m:	3:30.22	36.00	400m:	4:39.60	33.74
36.	GEBAUER	Wolfgang	15	MTP Kormoran Olsztyn				4:40.02	485	+0,74		
	50m:	31.14	31.14	150m:	1:42.20	35.92	250m:	2:54.83	36.48	350m:	4:06.44	35.36
	100m:	1:06.28	35.14	200m:	2:18.35	36.15	300m:	3:31.08	36.25	400m:	4:40.02	33.58
37.	JANKIEWICZ DELGADO	Jarosław	17	UKS Nawa Skierniewice				4:40.29	484	+0,71		
	50m:	30.51	30.51	150m:	1:38.79	34.72	250m:	2:50.30	36.09	350m:	4:04.19	37.38
	100m:	1:04.07	33.56	200m:	2:14.21	35.42	300m:	3:26.81	36.51	400m:	4:40.29	36.10
38.	FRONCZEK	Błażej	14	KU AZS UMCS Lublin				4:40.34	483	+0,54		
	50m:	31.76	31.76	150m:	1:43.85	36.11	250m:	2:56.27	36.18	350m:	4:07.40	35.24
	100m:	1:07.74	35.98	200m:	2:20.09	36.24	300m:	3:32.16	35.89	400m:	4:40.34	32.94
39.	STAWIARSKI	Oskar	16	UKP „Polonia Warszawa”				4:41.64	477	+0,76		
	50m:	29.81	29.81	150m:	1:41.72	36.76	250m:	2:55.12	36.86	350m:	4:07.24	35.60
	100m:	1:04.96	35.15	200m:	2:18.26	36.54	300m:	3:31.64	36.52	400m:	4:41.64	34.40
40.	WŁODARCZYK	Michał	14	UKP „Polonia Warszawa”				4:43.91	465	+0,67		
	50m:	30.78	30.78	150m:	1:41.91	35.75	250m:	2:53.93	36.20	350m:	4:07.36	36.76
	100m:	1:06.16	35.38	200m:	2:17.73	35.82	300m:	3:30.60	36.67	400m:	4:43.91	36.55
41.	MIELCZAREK	Maciej	16	UKP „Polonia Warszawa”				4:51.23	431	+0,80		
	50m:	33.26	33.26	150m:	1:46.39	36.50	250m:	3:00.94	37.27	350m:	4:15.43	36.91
	100m:	1:09.89	36.63	200m:	2:23.67	37.28	300m:	3:38.52	37.58	400m:	4:51.23	35.80
42.	SAPKOWSKI	Michał	14	Mi dzyszkołny UKS „Olimpijczyk” Suwałki				4:57.47	404	+0,67		
	50m:	30.73	30.73	150m:	1:45.48	38.32	250m:	3:03.72	38.95	350m:	4:21.17	38.62
	100m:	1:07.16	36.43	200m:	2:24.77	39.29	300m:	3:42.55	38.83	400m:	4:57.47	36.30
43.	KRUPA	Borys	17	UKP „Polonia Warszawa”				5:04.38	377	+0,68		
	50m:	32.17	32.17	150m:	1:47.46	38.31	250m:	3:06.29	39.71	350m:	4:27.22	40.22
	100m:	1:09.15	36.98	200m:	2:26.58	39.12	300m:	3:47.00	40.71	400m:	5:04.38	37.16

DYSKW. KAŁU Y SKI Antoni 24 Ku Azs Uw
O4 - Pływak podci gał si na linie torowej (dodatkowy ruch nap dowy) - 10.7