

Arena Grand Prix Puchar Polski
Lublin, 4. - 5.11.2023

Konkurencja 23
04.11.2023 - 18:36

M czynzn, 400m zmienny

14 lat i starsi
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 - IO - Pary (Francja) Open: 4:12.50 / Minimum - M - Doha (Katar) Open: 4:17.48

Punkty: FINA 2023

Pozycja	Wiek	Czas	Pkt.	CR
---------	------	------	------	----

JUNIOR MŁODSZY 14 LAT

1. MARYJOWSKI Marcin	14	WKS I sk	5:06.15	505	+0,67
50m: 29.56 29.56	150m: 1:46.15 40.53	250m: 3:11.97 46.05	350m: 4:33.23 35.58		
100m: 1:05.62 36.06	200m: 2:25.92 39.77	300m: 3:57.65 45.68	400m: 5:06.15 32.92		
2. SZCZEPANIAK Maciej	14	UKS 48 Warszawa ródnie cie	5:27.59	412	+0,75
50m: 32.68 32.68	150m: 1:56.50 44.30	250m: 3:25.90 47.22	350m: 4:51.63 37.85		
100m: 1:12.20 39.52	200m: 2:38.68 42.18	300m: 4:13.78 47.88	400m: 5:27.59 35.96		

JUNIOR MŁODSZY 15 LAT

1. TUPALSKI Natan	15	UKP „Polonia Warszawa”	5:15.46	461	+0,74
50m: 32.31 32.31	150m: 1:52.14 40.92	250m: 3:16.06 43.95	350m: 4:39.22 37.46		
100m: 1:11.22 38.91	200m: 2:32.11 39.97	300m: 4:01.76 45.70	400m: 5:15.46 36.24		
2. PAWLAK Dawid	15	UKS 190 Łód	5:16.78	456	+0,80
50m: 33.11 33.11	150m: 1:57.80 45.08	250m: 3:25.56 45.26	350m: 4:44.27 34.48		
100m: 1:12.72 39.61	200m: 2:40.30 42.50	300m: 4:09.79 44.23	400m: 5:16.78 32.51		

JUNIOR MŁODSZY 16 LAT

1. BORUSZEWSKI Filip	16	UKS SP-149 Łód	4:46.56	616	+0,72
50m: 29.21 29.21	150m: 1:42.48 38.19	250m: 2:59.02 39.95	350m: 4:14.33 35.30		
100m: 1:04.29 35.08	200m: 2:19.07 36.59	300m: 3:39.03 40.01	400m: 4:46.56 32.23		
2. ŁOJEWSKI Adam	16	MTP Kormoran Olsztyn	5:04.28	514	+0,75
50m: 31.19 31.19	150m: 1:47.07 39.41	250m: 3:10.06 44.39	350m: 4:29.88 35.26		
100m: 1:07.66 36.47	200m: 2:25.67 38.60	300m: 3:54.62 44.56	400m: 5:04.28 34.40		

JUNIOR 17-18 LAT

1. LARY Jerzy	17	IUKS „Muszelka” Warszawa	4:45.21	624	+0,76
50m: 30.44 30.44	150m: 1:41.94 38.04	250m: 2:59.96 41.50	350m: 4:14.71 32.35		
100m: 1:03.90 33.46	200m: 2:18.46 36.52	300m: 3:42.36 42.40	400m: 4:45.21 30.50		

OPEN

1. MRÓZ Adam	20	KU AZS UMCS Lublin	4:39.68	662	+0,70
50m: 29.30 29.30	150m: 1:39.66 36.90	250m: 2:54.79 38.44	350m: 4:07.78 33.69		
100m: 1:02.76 33.46	200m: 2:16.35 36.69	300m: 3:34.09 39.30	400m: 4:39.68 31.90		
2. LARY Jerzy	17	IUKS „Muszelka” Warszawa	4:45.21	624	+0,76
50m: 30.44 30.44	150m: 1:41.94 38.04	250m: 2:59.96 41.50	350m: 4:14.71 32.35		
100m: 1:03.90 33.46	200m: 2:18.46 36.52	300m: 3:42.36 42.40	400m: 4:45.21 30.50		
3. BORUSZEWSKI Filip	16	UKS SP-149 Łód	4:46.56	616	+0,72
50m: 29.21 29.21	150m: 1:42.48 38.19	250m: 2:59.02 39.95	350m: 4:14.33 35.30		
100m: 1:04.29 35.08	200m: 2:19.07 36.59	300m: 3:39.03 40.01	400m: 4:46.56 32.23		
4. ŁOJEWSKI Adam	16	MTP Kormoran Olsztyn	5:04.28	514	+0,75
50m: 31.19 31.19	150m: 1:47.07 39.41	250m: 3:10.06 44.39	350m: 4:29.88 35.26		
100m: 1:07.66 36.47	200m: 2:25.67 38.60	300m: 3:54.62 44.56	400m: 5:04.28 34.40		

Arena Grand Prix Puchar Polski
Lublin, 4. - 5.11.2023

Konkurencja 23, M czyzn, 400m zmienny, OPEN

Pozycja				Wiek						Czas	Pkt.	CR
5.	MARYJOWSKI Marcin			14	WKS I sk					5:06.15	505	+0,67
	50m:	29.56	29.56	150m:	1:46.15	40.53	250m:	3:11.97	46.05	350m:	4:33.23	35.58
	100m:	1:05.62	36.06	200m:	2:25.92	39.77	300m:	3:57.65	45.68	400m:	5:06.15	32.92
6.	TUPALSKI Natan			15	UKP „Polonia Warszawa”					5:15.46	461	+0,74
	50m:	32.31	32.31	150m:	1:52.14	40.92	250m:	3:16.06	43.95	350m:	4:39.22	37.46
	100m:	1:11.22	38.91	200m:	2:32.11	39.97	300m:	4:01.76	45.70	400m:	5:15.46	36.24
7.	PAWLAK Dawid			15	UKS 190 Łód					5:16.78	456	+0,80
	50m:	33.11	33.11	150m:	1:57.80	45.08	250m:	3:25.56	45.26	350m:	4:44.27	34.48
	100m:	1:12.72	39.61	200m:	2:40.30	42.50	300m:	4:09.79	44.23	400m:	5:16.78	32.51
8.	SZCZEPANIAK Maciej			14	UKS 48 Warszawa ródmi cie					5:27.59	412	+0,75
	50m:	32.68	32.68	150m:	1:56.50	44.30	250m:	3:25.90	47.22	350m:	4:51.63	37.85
	100m:	1:12.20	39.52	200m:	2:38.68	42.18	300m:	4:13.78	47.88	400m:	5:27.59	35.96