



IV MI DZYNARODOWE GRAND PRIX WARMII I MAZUR W PŁYWANIU 14-15.12.2019 r.  
OLSZTYN, 14 - 15-12-2019

Konkurencja 28  
2019-12-15 - 12:59

M czyzn, 400m zmienny

12 lat i starsi  
Wyniki

|                |         |                  |       |                |            |
|----------------|---------|------------------|-------|----------------|------------|
| Rekord PL Open | 4:03.20 | WOJT Lukasz      | POL   | Berlin (GER)   | 2009-11-14 |
| Rekord PL 19 + | 4:03.20 | WOJT Lukasz      | POL   | Berlin (GER)   | 2009-11-14 |
| Rekord PL 18   | 4:09.07 | MATCZAK Mateusz  | 00905 | Debrecen (HUN) | 2007-12-14 |
| Rekord PL 17   | 4:11.22 | W GROWSKI Marcel | 00505 | Olsztyn        | 2016-12-16 |
| Rekord PL 16   | 4:12.62 | W GROWSKI Marcel | 00505 | Lublin         | 2015-12-18 |
| Rekord PL 15   | 4:23.69 | KĄLUSOWSKI Jan   | 00905 | Lublin         | 2015-12-18 |
| Rekord PL 14   | 4:28.26 | URYNIUK Paweł    | 05114 | Poznan         | 2017-11-25 |
| Rekord PL 13   | 4:43.78 | URYNIUK Paweł    | 05114 | Olsztyn        | 2016-12-11 |
| Rekord PL 12   | 4:52.38 | MŁKOWSKI Mikołaj | 04114 | Olsztyn        | 2019-11-23 |

Punkty: FINA 2019

| Pozycja                   | Rok ur.             | Czas                     | Pkt.                |
|---------------------------|---------------------|--------------------------|---------------------|
| 12 lat                    |                     |                          |                     |
| 1. KRY Radosław           | 07                  | UKS Tri-Team Rumia       | 5:05.67 457         |
| 50m: 33.14 33.14          | 150m: 1:51.48 39.85 | 250m: 3:12.82 41.56      | 350m: 4:31.61 35.66 |
| 100m: 1:11.63 38.49       | 200m: 2:31.26 39.78 | 300m: 3:55.95 43.13      | 400m: 5:05.67 34.06 |
| 2. GARWULEWSKI Bartłomiej | 07                  | UKS G-8 Bielany Warszawa | 5:29.10 366         |
| 50m: 34.92 34.92          | 150m: 1:58.53 41.58 | 250m: 3:25.40 47.11      | 350m: 4:53.02 39.34 |
| 100m: 1:16.95 42.03       | 200m: 2:38.29 39.76 | 300m: 4:13.68 48.28      | 400m: 5:29.10 36.08 |
| 3. CYGA SKI Krzysztof     | 07                  | UKS „GIM 92 Ursynów”     | 5:34.49 348         |
| 50m: 36.70 36.70          | 150m: 2:03.94 43.26 | 250m: 3:31.71 46.16      | 350m: 4:57.42 38.30 |
| 100m: 1:20.68 43.98       | 200m: 2:45.55 41.61 | 300m: 4:19.12 47.41      | 400m: 5:34.49 37.07 |
| 4. CUR Kacper             | 07                  | UKS „GIM 92 Ursynów”     | 5:39.42 334         |
| 50m: 36.56 36.56          | 150m: 2:03.82 41.72 | 250m: 3:33.55 47.99      | 350m: 5:01.04 39.35 |
| 100m: 1:22.10 45.54       | 200m: 2:45.56 41.74 | 300m: 4:21.69 48.14      | 400m: 5:39.42 38.38 |
| DYSKW. MIKITA Damian      | 07                  | UKS Ruch Grudzi dz       | 5:47.01             |
| Z3 G8                     |                     |                          |                     |
| 50m:                      | 150m: 2:05.72       | 250m:                    | 350m: 5:07.58 40.88 |
| 100m:                     | 200m:               | 300m: 4:26.70            | 400m: 5:47.01 39.43 |

13 lat

|                                       |                     |                            |                     |
|---------------------------------------|---------------------|----------------------------|---------------------|
| 1. POPIEL Mikołaj                     | 06                  | Sekcja Pływacka Meduza Paj | cz4:37.93 608       |
| <i>Wynik lepszy od rekordu Polski</i> |                     |                            |                     |
| 50m: 29.85 29.85                      | 150m: 1:40.03 35.24 | 250m: 2:54.38 39.68        | 350m: 4:07.39 32.76 |
| 100m: 1:04.79 34.94                   | 200m: 2:14.70 34.67 | 300m: 3:34.63 40.25        | 400m: 4:37.93 30.54 |
| 2. LARY Jerzy                         | 06                  | Iuks Muszelka Warszawa     | 4:51.84 525         |
| 50m: 31.81 31.81                      | 150m: 1:44.65 37.48 | 250m: 3:03.65 42.13        | 350m: 4:20.10 32.78 |
| 100m: 1:07.17 35.36                   | 200m: 2:21.52 36.87 | 300m: 3:47.32 43.67        | 400m: 4:51.84 31.74 |
| 3. LUCOW Jan                          | 06                  | MKP Warszawianka           | 5:03.70 466         |
| 50m: 32.65 32.65                      | 150m: 1:49.27 38.11 | 250m: 3:09.24 43.25        | 350m: 4:29.16 35.23 |
| 100m: 1:11.16 38.51                   | 200m: 2:25.99 36.72 | 300m: 3:53.93 44.69        | 400m: 5:03.70 34.54 |
| 4. LEWENHAUPT Oskar                   | 06                  | MKS Trójka Łód             | 5:05.85 456         |
| 50m: 34.51 34.51                      | 150m: 1:53.72 41.56 | 250m: 3:14.01 41.30        | 350m: 4:33.16 36.52 |
| 100m: 1:12.16 37.65                   | 200m: 2:32.71 38.99 | 300m: 3:56.64 42.63        | 400m: 5:05.85 32.69 |
| 5. HRYCAN Michał                      | 06                  | UKS „GIM 92 Ursynów”       | 5:11.97 430         |
| 50m: 33.57 33.57                      | 150m: 1:50.66 38.45 | 250m: 3:14.58 44.43        | 350m: 4:37.05 36.06 |
| 100m: 1:12.21 38.64                   | 200m: 2:30.15 39.49 | 300m: 4:00.99 46.41        | 400m: 5:11.97 34.92 |



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OLSZTYN, 14 - 15-12-2019

Konkurencja 28, Chłopców, 400m zmienny, 13 lat

| Pozycja |                     | Rok ur.       |                            |               |       |               |       | Czas           | Pkt. |
|---------|---------------------|---------------|----------------------------|---------------|-------|---------------|-------|----------------|------|
| 6.      | HANDZLIK Mateusz    | 06            | MKP Warszawianka           |               |       |               |       | <b>5:13.93</b> | 422  |
|         | 50m: 33.72 33.72    | 150m: 1:53.53 | 40.64                      | 250m: 3:17.63 | 43.07 | 350m: 4:39.68 | 36.85 |                |      |
|         | 100m: 1:12.89 39.17 | 200m: 2:34.56 | 41.03                      | 300m: 4:02.83 | 45.20 | 400m: 5:13.93 | 34.25 |                |      |
| 7.      | NOSAL Łukasz        | 06            | MKP Warszawianka           |               |       |               |       | <b>5:15.82</b> | 414  |
|         | 50m: 33.96 33.96    | 150m: 1:54.33 | 41.09                      | 250m: 3:20.16 | 45.39 | 350m: 4:41.52 | 36.07 |                |      |
|         | 100m: 1:13.24 39.28 | 200m: 2:34.77 | 40.44                      | 300m: 4:05.45 | 45.29 | 400m: 5:15.82 | 34.30 |                |      |
| 8.      | CIBOROWSKI Dominik  | 06            | MKP Warszawianka           |               |       |               |       | <b>5:19.94</b> | 398  |
|         | 50m: 35.22 35.22    | 150m: 1:57.03 | 39.58                      | 250m: 3:21.27 | 45.18 | 350m: 4:43.86 | 37.04 |                |      |
|         | 100m: 1:17.45 42.23 | 200m: 2:36.09 | 39.06                      | 300m: 4:06.82 | 45.55 | 400m: 5:19.94 | 36.08 |                |      |
| 9.      | URBA SKI Maciej     | 06            | UKP „Polonia Warszawa”     |               |       |               |       | <b>5:23.64</b> | 385  |
|         | 50m: 32.14 32.14    | 150m: 1:54.71 | 43.89                      | 250m: 3:24.14 | 46.51 | 350m: 4:48.44 | 36.91 |                |      |
|         | 100m: 1:10.82 38.68 | 200m: 2:37.63 | 42.92                      | 300m: 4:11.53 | 47.39 | 400m: 5:23.64 | 35.20 |                |      |
| 10.     | MAZIARZ Mateusz     | 06            | MKS „Jagiellonka” Warszawa |               |       |               |       | <b>5:29.37</b> | 365  |
|         | 50m: 35.10 35.10    | 150m: 1:58.09 | 41.65                      | 250m: 3:27.25 | 47.72 | 350m: 4:53.95 | 38.51 |                |      |
|         | 100m: 1:16.44 41.34 | 200m: 2:39.53 | 41.44                      | 300m: 4:15.44 | 48.19 | 400m: 5:29.37 | 35.42 |                |      |
| 11.     | SZMAJDA Nikodem     | 06            | MUKS Olimpijcyk Suwałki    |               |       |               |       | <b>5:31.83</b> | 357  |
|         | 50m: 36.66 36.66    | 150m: 1:58.74 | 40.79                      | 250m: 3:27.99 | 49.11 | 350m: 4:55.10 | 37.77 |                |      |
|         | 100m: 1:17.95 41.29 | 200m: 2:38.88 | 40.14                      | 300m: 4:17.33 | 49.34 | 400m: 5:31.83 | 36.73 |                |      |
| 12.     | KOZI SKI Jan        | 06            | UKS „GIM 92 Ursynów”       |               |       |               |       | <b>5:35.87</b> | 344  |
|         | 50m: 34.59 34.59    | 150m: 1:58.82 | 41.83                      | 250m: 3:30.35 | 49.34 | 350m: 4:58.09 | 38.48 |                |      |
|         | 100m: 1:16.99 42.40 | 200m: 2:41.01 | 42.19                      | 300m: 4:19.61 | 49.26 | 400m: 5:35.87 | 37.78 |                |      |
| 13.     | WRONA Maciej        | 06            | MKP Warszawianka           |               |       |               |       | <b>5:59.01</b> | 282  |
|         | 50m: 38.94 38.94    | 150m: 2:09.93 | 43.76                      | 250m: 3:45.63 | 51.71 | 350m: 5:18.75 | 41.32 |                |      |
|         | 100m: 1:26.17 47.23 | 200m: 2:53.92 | 43.99                      | 300m: 4:37.43 | 51.80 | 400m: 5:59.01 | 40.26 |                |      |

14 lat i starsi

|    |                     |               |                    |               |       |               |       |                |     |
|----|---------------------|---------------|--------------------|---------------|-------|---------------|-------|----------------|-----|
| 1. | MISIEWICZ Igor      | 05            | UKP Jedyńka Elbl g |               |       |               |       | <b>5:25.57</b> | 378 |
|    | 50m: 34.07 34.07    | 150m: 2:00.12 | 43.54              | 250m: 3:26.70 | 44.12 | 350m: 4:49.48 | 37.05 |                |     |
|    | 100m: 1:16.58 42.51 | 200m: 2:42.58 | 42.46              | 300m: 4:12.43 | 45.73 | 400m: 5:25.57 | 36.09 |                |     |