

ARENA GRAND PRIX POLSKI W PŁYWANIU
Pozna , 23- - 24-11-2019

Konkurencja 25
2019-11-24 - 11:10

M czyzn, 400m zmienny

14 lat i starsi
Wyniki

RP Open	4:03.20	WOJT Lukasz	POL	Berlin (GER)	2009-11-14
RP 19 - 23	4:04.48	MATCZAK Mateusz	00116	Gorzów Wlkp.	2009-11-27
RP 18	4:09.07	MATCZAK Mateusz	00905	Debrecen (HUN)	2007-12-14
RP 17	4:11.22	W GROWSKI Marcel	00505	Olsztyn	2016-12-16
RP 16	4:12.62	W GROWSKI Marcel	00505	Lublin	2015-12-18
RP 15	4:23.69	KĄLUSOWSKI Jan	00905	Lublin	2015-12-18
RP 14	4:28.26	URYNIUK Paweł	05114	Poznan	2017-11-25

Punkty: FINA 2019

Pozycja	Rok ur.				Czas	Pkt.
14 lat i starsi						
1.	W GROWSKI Marcel	99	KU AZS Politechniki Łódzkiej	4:14.61	791	
	50m: 26.42 26.42	150m: 1:29.10 32.09	250m: 2:36.93 36.25	350m: 3:44.85 30.46		
	100m: 57.01 30.59	200m: 2:00.68 31.58	300m: 3:14.39 37.46	400m: 4:14.61 29.76		
2.	MALEC Mikołaj	01	MKS Trójka Łód	4:18.59	755	
	50m: 27.68 27.68	150m: 1:32.36 33.35	250m: 2:42.63 38.09	350m: 3:50.65 29.48		
	100m: 59.01 31.33	200m: 2:04.54 32.18	300m: 3:21.17 38.54	400m: 4:18.59 27.94		
3.	BUJAK Dominik	99	St. Lok. SALOS Cortile Kielce	4:18.96	752	
	50m: 27.97 27.97	150m: 1:33.87 33.79	250m: 2:43.90 37.14	350m: 3:51.09 29.88		
	100m: 1:00.08 32.11	200m: 2:06.76 32.89	300m: 3:21.21 37.31	400m: 4:18.96 27.87		
4.	WARZOCHA Albert	01	Uks Cityzen	4:22.62	721	
	50m: 27.60 27.60	150m: 1:33.22 33.71	250m: 2:43.60 37.21	350m: 3:53.00 31.16		
	100m: 59.51 31.91	200m: 2:06.39 33.17	300m: 3:21.84 38.24	400m: 4:22.62 29.62		
5.	OLLER Krzysztof	00	KU AZS UMCS Lublin	4:27.89	679	
	50m: 28.37 28.37	150m: 1:35.40 34.74	250m: 2:47.59 38.75	350m: 3:58.02 31.15		
	100m: 1:00.66 32.29	200m: 2:08.84 33.44	300m: 3:26.87 39.28	400m: 4:27.89 29.87		
6.	KONARSKI Maciej	04	UKS „GIM 92 Ursynów"	4:30.50	659	
	50m: 27.64 27.64	150m: 1:35.26 34.79	250m: 2:47.94 37.95	350m: 3:59.70 32.04		
	100m: 1:00.47 32.83	200m: 2:09.99 34.73	300m: 3:27.66 39.72	400m: 4:30.50 30.80		
7.	CIASTO Sebastian	99	AZS AWF Katowice	4:31.18	654	
	50m: 28.96 28.96	150m: 1:36.08 34.13	250m: 2:47.92 37.47	350m: 3:59.12 32.92		
	100m: 1:01.95 32.99	200m: 2:10.45 34.37	300m: 3:26.20 38.28	400m: 4:31.18 32.06		
8.	ANTCZAK Bartosz	03	UKP „Polonia Warszawa"	4:31.24	654	
	50m: 27.82 27.82	150m: 1:35.91 35.59	250m: 2:48.92 38.40	350m: 4:00.76 32.47		
	100m: 1:00.32 32.50	200m: 2:10.52 34.61	300m: 3:28.29 39.37	400m: 4:31.24 30.48		
9.	JAWORSKI Norbert	98	KU AZS UMCS Lublin	4:31.29	654	
	50m: 30.34 30.34	150m: 1:40.01 35.56	250m: 2:51.57 36.68	350m: 4:01.16 32.07		
	100m: 1:04.45 34.11	200m: 2:14.89 34.88	300m: 3:29.09 37.52	400m: 4:31.29 30.13		
10.	GOTSZLING Dawid	01	SMS Zielona Góra	4:31.41	653	
	50m: 26.98 26.98	150m: 1:33.27 34.49	250m: 2:47.21 39.78	350m: 3:59.90 32.30		
	100m: 58.78 31.80	200m: 2:07.43 34.16	300m: 3:27.60 40.39	400m: 4:31.41 31.51		
11.	GUZY Marcel	01	DOKiS SP Vega Dobrodzie	4:31.86	650	
	50m: 29.30 29.30	150m: 1:37.59 35.04	250m: 2:48.98 37.17	350m: 3:59.80 33.36		
	100m: 1:02.55 33.25	200m: 2:11.81 34.22	300m: 3:26.44 37.46	400m: 4:31.86 32.06		
12.	DOBRINDT Mikołaj	03	MUKS "Pi tnastka"	4:33.59	637	
	50m: 29.51 29.51	150m: 1:40.19 36.25	250m: 2:52.07 36.94	350m: 4:02.30 31.94		
	100m: 1:03.94 34.43	200m: 2:15.13 34.94	300m: 3:30.36 38.29	400m: 4:33.59 31.29		
13.	BOBORYK Wojciech	02	KS Delfin Gdynia	4:33.87	635	
	50m: 29.13 29.13	150m: 1:37.95 34.93	250m: 2:51.91 39.15	350m: 4:03.18 31.95		
	100m: 1:03.02 33.89	200m: 2:12.76 34.81	300m: 3:31.23 39.32	400m: 4:33.87 30.69		
14.	G STAŁ Jan	03	UKS „GIM 92 Ursynów"	4:34.99	628	
	50m: 27.92 27.92	150m: 1:36.84 35.67	250m: 2:52.06 40.00	350m: 4:04.98 32.31		
	100m: 1:01.17 33.25	200m: 2:12.06 35.22	300m: 3:32.67 40.61	400m: 4:34.99 30.01		
15.	KADROW Konrad	97	KU AZS UMCS Lublin	4:38.58	604	
	50m: 30.27 30.27	150m: 1:42.07 37.17	250m: 2:56.80 38.69	350m: 4:07.65 32.55		
	100m: 1:04.90 34.63	200m: 2:18.11 36.04	300m: 3:35.10 38.30	400m: 4:38.58 30.93		

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Pozycja			Rok ur.					Czas	Pkt.			
16.	WALCZYSKO	Jakub	00	KU AZS AGH	Kraków		4:40.26	593				
	50m:	28.67	28.67	150m:	1:38.79	36.31	250m:	2:54.98	39.79	350m:	4:08.36	32.94
	100m:	1:02.48	33.81	200m:	2:15.19	36.40	300m:	3:35.42	40.44	400m:	4:40.26	31.90
17.	POWRO	NIK Konrad	97	WKS	I sk	Wrocław		4:40.48	591			
	50m:	29.54	29.54	150m:	1:38.28	36.59	250m:	2:53.93	39.91	350m:	4:08.20	33.66
	100m:	1:01.69	32.15	200m:	2:14.02	35.74	300m:	3:34.54	40.61	400m:	4:40.48	32.28
18.	RAJCA	Wiktor	02	KS KSZO	Ostrowiec	w.		4:41.89	583			
	50m:	29.21	29.21	150m:	1:38.44	36.52	250m:	2:54.35	40.13	350m:	4:09.35	33.93
	100m:	1:01.92	32.71	200m:	2:14.22	35.78	300m:	3:35.42	41.07	400m:	4:41.89	32.54
19.	BOROWSKI	Jakub	02	St. Lok.	SALOS	Cortile Kielce		4:42.77	577			
	50m:	30.52	30.52	150m:	1:39.94	34.69	250m:	2:56.61	41.83	350m:	4:11.33	32.67
	100m:	1:05.25	34.73	200m:	2:14.78	34.84	300m:	3:38.66	42.05	400m:	4:42.77	31.44
20.	GÖRANSSON	Carl	00	VSS	VASBY			4:43.27	574			
	50m:	29.26	29.26	150m:	1:40.70	37.39	250m:	2:56.79	38.86	350m:	4:11.14	32.94
	100m:	1:03.31	34.05	200m:	2:17.93	37.23	300m:	3:38.20	41.41	400m:	4:43.27	32.13
21.	YRO	Ignacy	04	UKS „GIM 92	Ursynów"			4:43.92	570			
	50m:	29.30	29.30	150m:	1:40.55	37.51	250m:	2:57.45	40.81	350m:	4:12.00	32.68
	100m:	1:03.04	33.74	200m:	2:16.64	36.09	300m:	3:39.32	41.87	400m:	4:43.92	31.92
22.	ZUZANIUK	Igor	04	KS OLIMPIA	Lublin			4:47.26	550			
	50m:	30.36	30.36	150m:	1:42.01	37.30	250m:	2:58.02	40.54	350m:	4:14.35	34.13
	100m:	1:04.71	34.35	200m:	2:17.48	35.47	300m:	3:40.22	42.20	400m:	4:47.26	32.91
23.	J DRYKA	Nikodem	04	MKS Trójka	Łód			4:49.52	538			
	50m:	31.03	31.03	150m:	1:45.13	38.38	250m:	3:03.80	40.54	350m:	4:18.64	33.72
	100m:	1:06.75	35.72	200m:	2:23.26	38.13	300m:	3:44.92	41.12	400m:	4:49.52	30.88
24.	MACIOSZEK	Maksymilian	03	UKP „Polonia	Warszawa"			4:49.79	536			
	50m:	30.24	30.24	150m:	1:44.51	38.01	250m:	3:01.65	39.83	350m:	4:17.48	34.00
	100m:	1:06.50	36.26	200m:	2:21.82	37.31	300m:	3:43.48	41.83	400m:	4:49.79	32.31
25.	PI TKA	Hubert	04	MKP	Szczecin			4:49.86	536			
	50m:	30.39	30.39	150m:	1:44.58	38.57	250m:	3:02.68	40.86	350m:	4:19.09	34.63
	100m:	1:06.01	35.62	200m:	2:21.82	37.24	300m:	3:44.46	41.78	400m:	4:49.86	30.77
26.	SZYMA	SKI Igor	05	MUKS "Pi	tnastka"			4:53.91	514			
	50m:	30.81	30.81	150m:	1:47.13	40.14	250m:	3:04.61	37.72	350m:	4:19.07	35.81
	100m:	1:06.99	36.18	200m:	2:26.89	39.76	300m:	3:43.26	38.65	400m:	4:53.91	34.84
27.	OLEJNIK	Adam	03	TP Skalar	Słupsk			4:54.06	513			
	50m:	30.87	30.87	150m:	1:48.00	38.12	250m:	3:04.97	40.10	350m:	4:20.61	35.06
	100m:	1:09.88	39.01	200m:	2:24.87	36.87	300m:	3:45.55	40.58	400m:	4:54.06	33.45
28.	J DRYCH	Krzysztof	04	KS Posnania	Pozna			4:55.47	506			
	50m:	29.98	29.98	150m:	1:43.58	38.22	250m:	3:05.02	44.37	350m:	4:23.89	34.06
	100m:	1:05.36	35.38	200m:	2:20.65	37.07	300m:	3:49.83	44.81	400m:	4:55.47	31.58
29.	GÓRAL	Piotr	05	UKS „Dwójka"	Tczew			4:57.27	497			
	50m:	32.33	32.33	150m:	1:46.65	38.84	250m:	3:06.17	43.12	350m:	4:24.64	34.46
	100m:	1:07.81	35.48	200m:	2:23.05	36.40	300m:	3:50.18	44.01	400m:	4:57.27	32.63
30.	DZIERKACZ	Igor	05	MKS SP 63	Bydgoszcz			5:03.07	469			
	50m:	31.63	31.63	150m:	1:48.45	40.56	250m:	3:10.78	42.60	350m:	4:29.97	36.22
	100m:	1:07.89	36.26	200m:	2:28.18	39.73	300m:	3:53.75	42.97	400m:	5:03.07	33.10
31.	STRZELECKI	Wiktor	04	MKS „Astoria"	Bydgoszcz			5:03.17	468			
	50m:	30.00	30.00	150m:	1:45.28	39.63	250m:	3:08.17	43.87	350m:	4:30.15	35.61
	100m:	1:05.65	35.65	200m:	2:24.30	39.02	300m:	3:54.54	46.37	400m:	5:03.17	33.02
32.	BORZYMEK	Hubert	02	Mokotowski UKP	Warszawianka-	Wodny		5:05.97	455			
	50m:	31.23	31.23	150m:	1:47.25	38.95	250m:	3:10.99	44.57	350m:	4:31.38	35.11
	100m:	1:08.30	37.07	200m:	2:26.42	39.17	300m:	3:56.27	45.28	400m:	5:05.97	34.59
33.	LASKI	Filip	04	St. KF KS „Fenix"	O arów Mazowiecki			5:08.19	446			
	50m:	31.71	31.71	150m:	1:48.53	39.42	250m:	3:11.98	44.41	350m:	4:32.31	36.27
	100m:	1:09.11	37.40	200m:	2:27.57	39.04	300m:	3:56.04	44.06	400m:	5:08.19	35.88

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Pozycja			Rok ur.					Czas	Pkt.
34.	MAZUREK Bła ej		04	MKP Szczecin			5:10.22	437	
	50m:	31.69 31.69	150m:	1:52.26 41.24	250m:	3:18.26 44.87	350m:	4:36.93 33.57	
	100m:	1:11.02 39.33	200m:	2:33.39 41.13	300m:	4:03.36 45.10	400m:	5:10.22 33.29	
DYSKW.	OKO Maksymilian		05	UKS „GIM 92 Ursynów”					
	<i>Z3 - Pływak uko czył poszczególne odcinki niezgodnie z przepisami o zakoczeniu wy cigu w danym stylu., /M7</i>								
	50m:	31.79 31.79	150m:	1:48.87 39.76	250m:	3:12.99 45.64	350m:	4:34.03 34.90	
	100m:	1:09.11 37.32	200m:	2:27.35 38.48	300m:	3:59.13 46.14	400m:		
14 lat									
1.	SZYMA SKI Igor		05	MUKS "Pi tnastka"			4:53.91	514	
	50m:	30.81 30.81	150m:	1:47.13 40.14	250m:	3:04.61 37.72	350m:	4:19.07 35.81	
	100m:	1:06.99 36.18	200m:	2:26.89 39.76	300m:	3:43.26 38.65	400m:	4:53.91 34.84	
2.	GÓRAL Piotr		05	UKS „Dwójka” Tczew			4:57.27	497	
	50m:	32.33 32.33	150m:	1:46.65 38.84	250m:	3:06.17 43.12	350m:	4:24.64 34.46	
	100m:	1:07.81 35.48	200m:	2:23.05 36.40	300m:	3:50.18 44.01	400m:	4:57.27 32.63	
3.	DZIERKACZ Igor		05	MKS SP 63 Bydgoszcz			5:03.07	469	
	50m:	31.63 31.63	150m:	1:48.45 40.56	250m:	3:10.78 42.60	350m:	4:29.97 36.22	
	100m:	1:07.89 36.26	200m:	2:28.18 39.73	300m:	3:53.75 42.97	400m:	5:03.07 33.10	
DYSKW.	OKO Maksymilian		05	UKS „GIM 92 Ursynów”					
	<i>Z3 - Pływak uko czył poszczególne odcinki niezgodnie z przepisami o zakoczeniu wy cigu w danym stylu., /M7</i>								
	50m:	31.79 31.79	150m:	1:48.87 39.76	250m:	3:12.99 45.64	350m:	4:34.03 34.90	
	100m:	1:09.11 37.32	200m:	2:27.35 38.48	300m:	3:59.13 46.14	400m:		
15 lat									
1.	KONARSKI Maciej		04	UKS „GIM 92 Ursynów”			4:30.50	659	
	50m:	27.64 27.64	150m:	1:35.26 34.79	250m:	2:47.94 37.95	350m:	3:59.70 32.04	
	100m:	1:00.47 32.83	200m:	2:09.99 34.73	300m:	3:27.66 39.72	400m:	4:30.50 30.80	
2.	YRO Ignacy		04	UKS „GIM 92 Ursynów”			4:43.92	570	
	50m:	29.30 29.30	150m:	1:40.55 37.51	250m:	2:57.45 40.81	350m:	4:12.00 32.68	
	100m:	1:03.04 33.74	200m:	2:16.64 36.09	300m:	3:39.32 41.87	400m:	4:43.92 31.92	
3.	ZUZANIUK Igor		04	KS OLIMPIA Lublin			4:47.26	550	
	50m:	30.36 30.36	150m:	1:42.01 37.30	250m:	2:58.02 40.54	350m:	4:14.35 34.13	
	100m:	1:04.71 34.35	200m:	2:17.48 35.47	300m:	3:40.22 42.20	400m:	4:47.26 32.91	
4.	J DRYKA Nikodem		04	MKS Trójka Łód			4:49.52	538	
	50m:	31.03 31.03	150m:	1:45.13 38.38	250m:	3:03.80 40.54	350m:	4:18.64 33.72	
	100m:	1:06.75 35.72	200m:	2:23.26 38.13	300m:	3:44.92 41.12	400m:	4:49.52 30.88	
5.	PI TKA Hubert		04	MKP Szczecin			4:49.86	536	
	50m:	30.39 30.39	150m:	1:44.58 38.57	250m:	3:02.68 40.86	350m:	4:19.09 34.63	
	100m:	1:06.01 35.62	200m:	2:21.82 37.24	300m:	3:44.46 41.78	400m:	4:49.86 30.77	
6.	J DRYCH Krzysztof		04	KS Posnania Pozna			4:55.47	506	
	50m:	29.98 29.98	150m:	1:43.58 38.22	250m:	3:05.02 44.37	350m:	4:23.89 34.06	
	100m:	1:05.36 35.38	200m:	2:20.65 37.07	300m:	3:49.83 44.81	400m:	4:55.47 31.58	
7.	STRZELECKI Wiktor		04	MKS „Astoria” Bydgoszcz			5:03.17	468	
	50m:	30.00 30.00	150m:	1:45.28 39.63	250m:	3:08.17 43.87	350m:	4:30.15 35.61	
	100m:	1:05.65 35.65	200m:	2:24.30 39.02	300m:	3:54.54 46.37	400m:	5:03.17 33.02	
8.	LASKI Filip		04	St. KF KS „Fenix” O arów Mazowiecki			5:08.19	446	
	50m:	31.71 31.71	150m:	1:48.53 39.42	250m:	3:11.98 44.41	350m:	4:32.31 36.27	
	100m:	1:09.11 37.40	200m:	2:27.57 39.04	300m:	3:56.04 44.06	400m:	5:08.19 35.88	
9.	MAZUREK Bła ej		04	MKP Szczecin			5:10.22	437	
	50m:	31.69 31.69	150m:	1:52.26 41.24	250m:	3:18.26 44.87	350m:	4:36.93 33.57	
	100m:	1:11.02 39.33	200m:	2:33.39 41.13	300m:	4:03.36 45.10	400m:	5:10.22 33.29	

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16 lat

1.	ANTCZAK Bartosz		03	UKP „Polonia Warszawa”		4:31.24	654	
	50m: 27.82	27.82	150m: 1:35.91	35.59	250m: 2:48.92	38.40	350m: 4:00.76	32.47
	100m: 1:00.32	32.50	200m: 2:10.52	34.61	300m: 3:28.29	39.37	400m: 4:31.24	30.48
2.	DOBRINDT Mikołaj		03	MUKS "Pi tnastrka"		4:33.59	637	
	50m: 29.51	29.51	150m: 1:40.19	36.25	250m: 2:52.07	36.94	350m: 4:02.30	31.94
	100m: 1:03.94	34.43	200m: 2:15.13	34.94	300m: 3:30.36	38.29	400m: 4:33.59	31.29
3.	G STAŁ Jan		03	UKS „GIM 92 Ursynów”		4:34.99	628	
	50m: 27.92	27.92	150m: 1:36.84	35.67	250m: 2:52.06	40.00	350m: 4:04.98	32.31
	100m: 1:01.17	33.25	200m: 2:12.06	35.22	300m: 3:32.67	40.61	400m: 4:34.99	30.01
4.	MACIOSZEK Maksymilian		03	UKP „Polonia Warszawa”		4:49.79	536	
	50m: 30.24	30.24	150m: 1:44.51	38.01	250m: 3:01.65	39.83	350m: 4:17.48	34.00
	100m: 1:06.50	36.26	200m: 2:21.82	37.31	300m: 3:43.48	41.83	400m: 4:49.79	32.31
5.	OLEJNIK Adam		03	TP Skalar Słupsk		4:54.06	513	
	50m: 30.87	30.87	150m: 1:48.00	38.12	250m: 3:04.97	40.10	350m: 4:20.61	35.06
	100m: 1:09.88	39.01	200m: 2:24.87	36.87	300m: 3:45.55	40.58	400m: 4:54.06	33.45

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1.	MALEC Mikołaj		01	MKS Trójka Łód		4:18.59	755	
	50m: 27.68	27.68	150m: 1:32.36	33.35	250m: 2:42.63	38.09	350m: 3:50.65	29.48
	100m: 59.01	31.33	200m: 2:04.54	32.18	300m: 3:21.17	38.54	400m: 4:18.59	27.94
2.	WARZOCHA Albert		01	Uks Cityzen		4:22.62	721	
	50m: 27.60	27.60	150m: 1:33.22	33.71	250m: 2:43.60	37.21	350m: 3:53.00	31.16
	100m: 59.51	31.91	200m: 2:06.39	33.17	300m: 3:21.84	38.24	400m: 4:22.62	29.62
3.	GOTSZLING Dawid		01	SMS Zielona Góra		4:31.41	653	
	50m: 26.98	26.98	150m: 1:33.27	34.49	250m: 2:47.21	39.78	350m: 3:59.90	32.30
	100m: 58.78	31.80	200m: 2:07.43	34.16	300m: 3:27.60	40.39	400m: 4:31.41	31.51
4.	GUZY Marcel		01	DOKiS SP Vega Dobrodzie		4:31.86	650	
	50m: 29.30	29.30	150m: 1:37.59	35.04	250m: 2:48.98	37.17	350m: 3:59.80	33.36
	100m: 1:02.55	33.25	200m: 2:11.81	34.22	300m: 3:26.44	37.46	400m: 4:31.86	32.06
5.	BOBORYK Wojciech		02	KS Delfin Gdynia		4:33.87	635	
	50m: 29.13	29.13	150m: 1:37.95	34.93	250m: 2:51.91	39.15	350m: 4:03.18	31.95
	100m: 1:03.02	33.89	200m: 2:12.76	34.81	300m: 3:31.23	39.32	400m: 4:33.87	30.69
6.	RAJCA Wiktor		02	KS KSZO Ostrowiec w.		4:41.89	583	
	50m: 29.21	29.21	150m: 1:38.44	36.52	250m: 2:54.35	40.13	350m: 4:09.35	33.93
	100m: 1:01.92	32.71	200m: 2:14.22	35.78	300m: 3:35.42	41.07	400m: 4:41.89	32.54
7.	BOROWSKI Jakub		02	St. Lok. SALOS Cortile Kielce		4:42.77	577	
	50m: 30.52	30.52	150m: 1:39.94	34.69	250m: 2:56.61	41.83	350m: 4:11.33	32.67
	100m: 1:05.25	34.73	200m: 2:14.78	34.84	300m: 3:38.66	42.05	400m: 4:42.77	31.44
8.	BORZYMEK Hubert		02	Mokotowski UKP Warszawianka- Wodny		5:05.97	455	
	50m: 31.23	31.23	150m: 1:47.25	38.95	250m: 3:10.99	44.57	350m: 4:31.38	35.11
	100m: 1:08.30	37.07	200m: 2:26.42	39.17	300m: 3:56.27	45.28	400m: 5:05.97	34.59