

ARENA GRAND PRIX PUCHAR POLSKI  
Pozna , 21. - 22.11.2020

Konkurencja 12  
2020.11.21 - 13:17

M czyzn, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2020

Pozycja			Rok ur.					Czas	Pkt.
<b>14 lat i starsi</b>									
1.	KOZIEJKO Bartłomiej		00	AZS AWF Warszawa				<b>3:51.11</b>	774
	50m:	25.74 25.74	150m:	1:23.15 29.02	250m:	2:21.65 29.35	350m:	3:21.49 30.13	
	100m:	54.13 28.39	200m:	1:52.30 29.15	300m:	2:51.36 29.71	400m:	3:51.11 29.62	
2.	KAŁU Y SKI Antoni		99	Mokotowski UKP Warszawianka- Wodny				<b>3:59.10</b>	699
	50m:	27.05 27.05	150m:	1:27.02 30.58	250m:	2:28.44 30.70	350m:	3:30.31 31.05	
	100m:	56.44 29.39	200m:	1:57.74 30.72	300m:	2:59.26 30.82	400m:	3:59.10 28.79	
3.	JA KIEWICZ Adrian		02	UKS G-8 Bielany Warszawa				<b>3:59.22</b>	698
	50m:	27.62 27.62	150m:	1:29.01 31.01	250m:	2:30.52 30.24	350m:	3:30.39 29.76	
	100m:	58.00 30.38	200m:	2:00.28 31.27	300m:	3:00.63 30.11	400m:	3:59.22 28.83	
4.	WERNER Paweł		93	MKS Juwenia Wrocław				<b>3:59.24</b>	698
	50m:	27.09 27.09	150m:	1:28.26 30.93	250m:	2:29.84 30.63	350m:	3:30.51 30.39	
	100m:	57.33 30.24	200m:	1:59.21 30.95	300m:	3:00.12 30.28	400m:	3:59.24 28.73	
5.	FILIPIAK Mikołaj		06	UKS abianka Gda sk				<b>4:01.02</b>	682
	50m:	27.89 27.89	150m:	1:28.31 30.41	250m:	2:29.61 30.71	350m:	3:31.33 30.85	
	100m:	57.90 30.01	200m:	1:58.90 30.59	300m:	3:00.48 30.87	400m:	4:01.02 29.69	
6.	ZDYBEL Adam		05	KS Delfin Gdynia				<b>4:01.63</b>	677
	50m:	27.94 27.94	150m:	1:29.79 31.03	250m:	2:31.91 31.08	350m:	3:32.73 29.89	
	100m:	58.76 30.82	200m:	2:00.83 31.04	300m:	3:02.84 30.93	400m:	4:01.63 28.90	
7.	PŁOSZKA Kacper		05	MKS Jedyńka Łód				<b>4:01.91</b>	675
	50m:	28.11 28.11	150m:	1:29.84 31.30	250m:	2:32.11 30.84	350m:	3:33.30 30.44	
	100m:	58.54 30.43	200m:	2:01.27 31.43	300m:	3:02.86 30.75	400m:	4:01.91 28.61	
8.	BUJAK Piotr		97	St. Lok. SALOS Cortile Kielce				<b>4:02.35</b>	671
	50m:	28.37 28.37	150m:	1:29.14 30.57	250m:	2:30.45 30.73	350m:	3:32.15 30.87	
	100m:	58.57 30.20	200m:	1:59.72 30.58	300m:	3:01.28 30.83	400m:	4:02.35 30.20	
9.	KLISZ Krystian		02	MKP Szczecin				<b>4:05.65</b>	645
	50m:	28.35 28.35	150m:	1:30.04 31.03	250m:	2:32.39 30.96	350m:	3:35.41 31.60	
	100m:	59.01 30.66	200m:	2:01.43 31.39	300m:	3:03.81 31.42	400m:	4:05.65 30.24	
10.	MUSZY SKI Jakub		01	MKS „Astoria” Bydgoszcz				<b>4:06.15</b>	641
	50m:	27.54 27.54	150m:	1:28.04 30.57	250m:	2:30.59 31.28	350m:	3:33.75 32.16	
	100m:	57.47 29.93	200m:	1:59.31 31.27	300m:	3:01.59 31.00	400m:	4:06.15 32.40	
11.	LIK Kacper		02	MKS Jedyńka Łód				<b>4:07.96</b>	627
	50m:	27.99 27.99	150m:	1:30.35 31.45	250m:	2:33.76 31.88	350m:	3:36.83 31.67	
	100m:	58.90 30.91	200m:	2:01.88 31.53	300m:	3:05.16 31.40	400m:	4:07.96 31.13	
12.	GORRA Mikołaj		03	MKP Szczecin				<b>4:08.59</b>	622
	50m:	27.40 27.40	150m:	1:29.73 31.63	250m:	2:34.10 32.17	350m:	3:38.33 31.98	
	100m:	58.10 30.70	200m:	2:01.93 32.20	300m:	3:06.35 32.25	400m:	4:08.59 30.26	
13.	PI TKA Hubert		04	MKP Szczecin				<b>4:09.00</b>	619
	50m:	28.64 28.64	150m:	1:31.48 31.83	250m:	2:35.56 31.93	350m:	3:39.25 31.92	
	100m:	59.65 31.01	200m:	2:03.63 32.15	300m:	3:07.33 31.77	400m:	4:09.00 29.75	
14.	MY LIWIEC Bartosz		04	MKP Szczecin				<b>4:09.19</b>	617
	50m:	28.82 28.82	150m:	1:31.66 31.65	250m:	2:35.68 31.97	350m:	3:39.33 31.76	
	100m:	1:00.01 31.19	200m:	2:03.71 32.05	300m:	3:07.57 31.89	400m:	4:09.19 29.86	
15.	BOLEK Stanisław		05	UKP „Polonia Warszawa”				<b>4:12.87</b>	591
	50m:	28.45 28.45	150m:	1:32.51 32.34	250m:	2:37.15 32.40	350m:	3:41.95 31.88	
	100m:	1:00.17 31.72	200m:	2:04.75 32.24	300m:	3:10.07 32.92	400m:	4:12.87 30.92	
16.	J DRYKA Nikodem		04	MKS Trójka Łód				<b>4:12.98</b>	590
	50m:	28.77 28.77	150m:	1:33.31 32.88	250m:	2:38.15 32.36	350m:	3:42.76 32.02	
	100m:	1:00.43 31.66	200m:	2:05.79 32.48	300m:	3:10.74 32.59	400m:	4:12.98 30.22	
17.	SZYMCZAK Szymon		03	MKS Juwenia Wrocław				<b>4:13.46</b>	587
	50m:	28.31 28.31	150m:	1:31.11 31.73	250m:	2:36.23 32.73	350m:	3:42.00 32.73	
	100m:	59.38 31.07	200m:	2:03.50 32.39	300m:	3:09.27 33.04	400m:	4:13.46 31.46	

ARENA GRAND PRIX PUCHAR POLSKI  
Pozna , 21. - 22.11.2020

Konkurencja 12, M czyzn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
18.	ARENT Artur		05	MKS Jedyńka Łód			<b>4:13.72</b>	585	
	50m: 29.88	29.88	150m: 1:34.81	32.59	250m: 2:39.44	32.15	350m: 3:43.15	31.78	
	100m: 1:02.22	32.34	200m: 2:07.29	32.48	300m: 3:11.37	31.93	400m: 4:13.72	30.57	
19.	FAŁEK Szymon		05	UKS G-8 Bielany Warszawa			<b>4:14.74</b>	578	
	50m: 28.88	28.88	150m: 1:32.95	32.26	250m: 2:38.39	32.83	350m: 3:43.76	31.80	
	100m: 1:00.69	31.81	200m: 2:05.56	32.61	300m: 3:11.96	33.57	400m: 4:14.74	30.98	
20.	WRZOSEK Bartosz		04	UKS G-8 Bielany Warszawa			<b>4:15.44</b>	573	
	50m: 29.58	29.58	150m: 1:35.08	32.86	250m: 2:40.14	32.45	350m: 3:44.67	31.96	
	100m: 1:02.22	32.64	200m: 2:07.69	32.61	300m: 3:12.71	32.57	400m: 4:15.44	30.77	
21.	WIECZORKOWSKI Nikodem		04	MKP Szczecin			<b>4:15.71</b>	571	
	50m: 28.50	28.50	150m: 1:31.98	32.16	250m: 2:36.76	32.67	350m: 3:43.15	33.25	
	100m: 59.82	31.32	200m: 2:04.09	32.11	300m: 3:09.90	33.14	400m: 4:15.71	32.56	
22.	ROGUSKI Mateusz		03	UKP „Polonia Warszawa”			<b>4:16.04</b>	569	
	50m: 28.83	28.83	150m: 1:32.77	32.42	250m: 2:38.37	32.90	350m: 3:44.24	32.84	
	100m: 1:00.35	31.52	200m: 2:05.47	32.70	300m: 3:11.40	33.03	400m: 4:16.04	31.80	
23.	WYSOCKI Piotr		04	KS Warta Pozna			<b>4:17.31</b>	561	
	50m: 28.40	28.40	150m: 1:30.61	31.36	250m: 2:36.15	32.92	350m: 3:43.67	33.82	
	100m: 59.25	30.85	200m: 2:03.23	32.62	300m: 3:09.85	33.70	400m: 4:17.31	33.64	
24.	KRUSZEWSKI Adrian		04	MTKP Delfin Toru			<b>4:17.93</b>	557	
	50m: 28.71	28.71	150m: 1:33.76	32.99	250m: 2:39.97	33.28	350m: 3:46.60	33.36	
	100m: 1:00.77	32.06	200m: 2:06.69	32.93	300m: 3:13.24	33.27	400m: 4:17.93	31.33	
25.	OLCZAK Kacper		04	MKS Trójka Łód			<b>4:17.94</b>	557	
	50m: 28.56	28.56	150m: 1:31.19	31.70	250m: 2:36.88	33.22	350m: 3:44.65	33.72	
	100m: 59.49	30.93	200m: 2:03.66	32.47	300m: 3:10.93	34.05	400m: 4:17.94	33.29	
26.	KRUMPLEWSKI Gracjan		05	TP Skalar Słupsk			<b>4:18.53</b>	553	
	50m: 28.50	28.50	150m: 1:34.47	33.58	250m: 2:41.56	33.56	350m: 3:46.98	31.82	
	100m: 1:00.89	32.39	200m: 2:08.00	33.53	300m: 3:15.16	33.60	400m: 4:18.53	31.55	
27.	KUCHARCZYK Paweł		05	UKP „Polonia Warszawa”			<b>4:18.75</b>	551	
	50m: 30.01	30.01	150m: 1:37.23	34.16	250m: 2:42.16	31.69	350m: 3:47.11	32.55	
	100m: 1:03.07	33.06	200m: 2:10.47	33.24	300m: 3:14.56	32.40	400m: 4:18.75	31.64	
28.	CZERWI SKI Łukasz		01	UKS G-8 Bielany Warszawa			<b>4:21.39</b>	535	
	50m: 28.53	28.53	150m: 1:32.71	32.41	250m: 2:38.25	32.67	350m: 3:47.11	34.74	
	100m: 1:00.30	31.77	200m: 2:05.58	32.87	300m: 3:12.37	34.12	400m: 4:21.39	34.28	
29.	MAŁKOWSKI Hubert		05	MTKP Delfin Toru			<b>4:22.34</b>	529	
	50m: 29.52	29.52	150m: 1:35.17	33.13	250m: 2:42.26	33.29	350m: 3:49.37	33.71	
	100m: 1:02.04	32.52	200m: 2:08.97	33.80	300m: 3:15.66	33.40	400m: 4:22.34	32.97	
30.	RÓ ALSKI Marcin		04	St. Lok. SALOS Cortile Kielce			<b>4:23.29</b>	523	
	50m: 28.56	28.56	150m: 1:33.64	33.01	250m: 2:41.04	33.99	350m: 3:49.93	34.83	
	100m: 1:00.63	32.07	200m: 2:07.05	33.41	300m: 3:15.10	34.06	400m: 4:23.29	33.36	
31.	FRONCZAK Antoni		06	UKS G-8 Bielany Warszawa			<b>4:24.00</b>	519	
	50m: 30.63	30.63	150m: 1:38.90	34.35	250m: 2:45.57	32.59	350m: 3:51.22	32.74	
	100m: 1:04.55	33.92	200m: 2:12.98	34.08	300m: 3:18.48	32.91	400m: 4:24.00	32.78	
32.	SZCZEPANIAK Kacper		04	MKP Szczecin			<b>4:25.16</b>	512	
	50m: 30.34	30.34	150m: 1:37.80	33.84	250m: 2:45.24	33.64	350m: 3:52.62	33.54	
	100m: 1:03.96	33.62	200m: 2:11.60	33.80	300m: 3:19.08	33.84	400m: 4:25.16	32.54	
33.	J DRYCH Krzysztof		04	KS Posenania Pozna			<b>4:25.66</b>	509	
	50m: 28.75	28.75	150m: 1:35.55	34.04	250m: 2:43.52	34.03	350m: 3:53.05	34.95	
	100m: 1:01.51	32.76	200m: 2:09.49	33.94	300m: 3:18.10	34.58	400m: 4:25.66	32.61	
34.	BUGAŁA Krzysztof		01	MKP Szczecin			<b>4:26.04</b>	507	
	50m: 28.78	28.78	150m: 1:33.65	33.13	250m: 2:42.73	34.95	350m: 3:53.04	35.06	
	100m: 1:00.52	31.74	200m: 2:07.78	34.13	300m: 3:17.98	35.25	400m: 4:26.04	33.00	
35.	ŁABIK Marcin		04	TP Skalar Słupsk			<b>4:26.05</b>	507	
	50m: 28.72	28.72	150m: 1:35.20	33.91	250m: 2:43.84	33.98	350m: 3:52.31	34.44	
	100m: 1:01.29	32.57	200m: 2:09.86	34.66	300m: 3:17.87	34.03	400m: 4:26.05	33.74	

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Pozna , 21. - 22.11.2020

Konkurencja 12, M czyzn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
36.	DUDEK Kacper		02	KS Warta Pozna				<b>4:27.98</b>	496
	50m:	29.01 29.01	150m:	1:31.80 31.75	250m:	2:38.88 33.95	350m:	3:51.85 37.46	
	100m:	1:00.05 31.04	200m:	2:04.93 33.13	300m:	3:14.39 35.51	400m:	4:27.98 36.13	
37.	WI NIEWSKI Stanisław		05	Kaliski Klub Sportowy „Włókniarz” 1924				<b>4:31.67</b>	476
	50m:	29.85 29.85	150m:	1:38.02 34.51	250m:	2:47.96 35.09	350m:	3:58.53 34.80	
	100m:	1:03.51 33.66	200m:	2:12.87 34.85	300m:	3:23.73 35.77	400m:	4:31.67 33.14	
38.	ZAWALICH Oskar		04	MKS Znicz Koszalin				<b>4:31.78</b>	476
	50m:	29.72 29.72	150m:	1:36.96 33.97	250m:	2:45.50 34.05	350m:	3:56.14 35.65	
	100m:	1:02.99 33.27	200m:	2:11.45 34.49	300m:	3:20.49 34.99	400m:	4:31.78 35.64	
39.	KASPRZAK Krzysztof		05	MKS Piaseczno				<b>4:34.42</b>	462
	50m:	29.50 29.50	150m:	1:38.55 35.35	250m:	2:49.04 34.93	350m:	4:00.20 35.61	
	100m:	1:03.20 33.70	200m:	2:14.11 35.56	300m:	3:24.59 35.55	400m:	4:34.42 34.22	
40.	SZUKAJŁO Kacper		05	MKP Szczecin				<b>4:36.27</b>	453
	50m:	30.65 30.65	150m:	1:39.79 34.82	250m:	2:50.46 35.74	350m:	4:02.01 35.84	
	100m:	1:04.97 34.32	200m:	2:14.72 34.93	300m:	3:26.17 35.71	400m:	4:36.27 34.26	

17 - 18 lat

1.	JA KIEWICZ Adrian		02	UKS G-8 Bielany Warszawa				<b>3:59.22</b>	698
	50m:	27.62 27.62	150m:	1:29.01 31.01	250m:	2:30.52 30.24	350m:	3:30.39 29.76	
	100m:	58.00 30.38	200m:	2:00.28 31.27	300m:	3:00.63 30.11	400m:	3:59.22 28.83	
2.	KLISZ Krystian		02	MKP Szczecin				<b>4:05.65</b>	645
	50m:	28.35 28.35	150m:	1:30.04 31.03	250m:	2:32.39 30.96	350m:	3:35.41 31.60	
	100m:	59.01 30.66	200m:	2:01.43 31.39	300m:	3:03.81 31.42	400m:	4:05.65 30.24	
3.	LIK Kacper		02	MKS Jedyńka Łód				<b>4:07.96</b>	627
	50m:	27.99 27.99	150m:	1:30.35 31.45	250m:	2:33.76 31.88	350m:	3:36.83 31.67	
	100m:	58.90 30.91	200m:	2:01.88 31.53	300m:	3:05.16 31.40	400m:	4:07.96 31.13	
4.	GORRA Mikołaj		03	MKP Szczecin				<b>4:08.59</b>	622
	50m:	27.40 27.40	150m:	1:29.73 31.63	250m:	2:34.10 32.17	350m:	3:38.33 31.98	
	100m:	58.10 30.70	200m:	2:01.93 32.20	300m:	3:06.35 32.25	400m:	4:08.59 30.26	
5.	SZYMCZAK Szymon		03	MKS Juvenia Wrocław				<b>4:13.46</b>	587
	50m:	28.31 28.31	150m:	1:31.11 31.73	250m:	2:36.23 32.73	350m:	3:42.00 32.73	
	100m:	59.38 31.07	200m:	2:03.50 32.39	300m:	3:09.27 33.04	400m:	4:13.46 31.46	
6.	ROGUSKI Mateusz		03	UKP „Polonia Warszawa”				<b>4:16.04</b>	569
	50m:	28.83 28.83	150m:	1:32.77 32.42	250m:	2:38.37 32.90	350m:	3:44.24 32.84	
	100m:	1:00.35 31.52	200m:	2:05.47 32.70	300m:	3:11.40 33.03	400m:	4:16.04 31.80	
7.	DUDEK Kacper		02	KS Warta Pozna				<b>4:27.98</b>	496
	50m:	29.01 29.01	150m:	1:31.80 31.75	250m:	2:38.88 33.95	350m:	3:51.85 37.46	
	100m:	1:00.05 31.04	200m:	2:04.93 33.13	300m:	3:14.39 35.51	400m:	4:27.98 36.13	

16 lat

1.	PI TKA Hubert		04	MKP Szczecin				<b>4:09.00</b>	619
	50m:	28.64 28.64	150m:	1:31.48 31.83	250m:	2:35.56 31.93	350m:	3:39.25 31.92	
	100m:	59.65 31.01	200m:	2:03.63 32.15	300m:	3:07.33 31.77	400m:	4:09.00 29.75	
2.	MY LIWIEC Bartosz		04	MKP Szczecin				<b>4:09.19</b>	617
	50m:	28.82 28.82	150m:	1:31.66 31.65	250m:	2:35.68 31.97	350m:	3:39.33 31.76	
	100m:	1:00.01 31.19	200m:	2:03.71 32.05	300m:	3:07.57 31.89	400m:	4:09.19 29.86	
3.	J DRYKA Nikodem		04	MKS Trójka Łód				<b>4:12.98</b>	590
	50m:	28.77 28.77	150m:	1:33.31 32.88	250m:	2:38.15 32.36	350m:	3:42.76 32.02	
	100m:	1:00.43 31.66	200m:	2:05.79 32.48	300m:	3:10.74 32.59	400m:	4:12.98 30.22	
4.	WRZOSEK Bartosz		04	UKS G-8 Bielany Warszawa				<b>4:15.44</b>	573
	50m:	29.58 29.58	150m:	1:35.08 32.86	250m:	2:40.14 32.45	350m:	3:44.67 31.96	
	100m:	1:02.22 32.64	200m:	2:07.69 32.61	300m:	3:12.71 32.57	400m:	4:15.44 30.77	

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Konkurencja 12, Chłopców, 400m dowolny, 16 lat

Pozycja			Rok ur.					Czas	Pkt.
5.	WIECZORKOWSKI Nikodem		04	MKP Szczecin				<b>4:15.71</b>	571
	50m:	28.50 28.50	150m:	1:31.98 32.16	250m:	2:36.76 32.67	350m:	3:43.15 33.25	
	100m:	59.82 31.32	200m:	2:04.09 32.11	300m:	3:09.90 33.14	400m:	4:15.71 32.56	
6.	WYSOCKI Piotr		04	KS Warta Pozna				<b>4:17.31</b>	561
	50m:	28.40 28.40	150m:	1:30.61 31.36	250m:	2:36.15 32.92	350m:	3:43.67 33.82	
	100m:	59.25 30.85	200m:	2:03.23 32.62	300m:	3:09.85 33.70	400m:	4:17.31 33.64	
7.	KRUSZEWSKI Adrian		04	MTKP Delfin Toru				<b>4:17.93</b>	557
	50m:	28.71 28.71	150m:	1:33.76 32.99	250m:	2:39.97 33.28	350m:	3:46.60 33.36	
	100m:	1:00.77 32.06	200m:	2:06.69 32.93	300m:	3:13.24 33.27	400m:	4:17.93 31.33	
8.	OLCZAK Kacper		04	MKS Trójka Łód				<b>4:17.94</b>	557
	50m:	28.56 28.56	150m:	1:31.19 31.70	250m:	2:36.88 33.22	350m:	3:44.65 33.72	
	100m:	59.49 30.93	200m:	2:03.66 32.47	300m:	3:10.93 34.05	400m:	4:17.94 33.29	
9.	RÓ ALSKI Marcin		04	St. Lok. SALOS Cortile Kielce				<b>4:23.29</b>	523
	50m:	28.56 28.56	150m:	1:33.64 33.01	250m:	2:41.04 33.99	350m:	3:49.93 34.83	
	100m:	1:00.63 32.07	200m:	2:07.05 33.41	300m:	3:15.10 34.06	400m:	4:23.29 33.36	
10.	SZCZEPANIAK Kacper		04	MKP Szczecin				<b>4:25.16</b>	512
	50m:	30.34 30.34	150m:	1:37.80 33.84	250m:	2:45.24 33.64	350m:	3:52.62 33.54	
	100m:	1:03.96 33.62	200m:	2:11.60 33.80	300m:	3:19.08 33.84	400m:	4:25.16 32.54	
11.	J DRYCH Krzysztof		04	KS Posenania Pozna				<b>4:25.66</b>	509
	50m:	28.75 28.75	150m:	1:35.55 34.04	250m:	2:43.52 34.03	350m:	3:53.05 34.95	
	100m:	1:01.51 32.76	200m:	2:09.49 33.94	300m:	3:18.10 34.58	400m:	4:25.66 32.61	
12.	ŁABIK Marcin		04	TP Skalar Słupsk				<b>4:26.05</b>	507
	50m:	28.72 28.72	150m:	1:35.20 33.91	250m:	2:43.84 33.98	350m:	3:52.31 34.44	
	100m:	1:01.29 32.57	200m:	2:09.86 34.66	300m:	3:17.87 34.03	400m:	4:26.05 33.74	
13.	ZAWALICH Oskar		04	MKS Znicz Koszalin				<b>4:31.78</b>	476
	50m:	29.72 29.72	150m:	1:36.96 33.97	250m:	2:45.50 34.05	350m:	3:56.14 35.65	
	100m:	1:02.99 33.27	200m:	2:11.45 34.49	300m:	3:20.49 34.99	400m:	4:31.78 35.64	

15 lat

1.	ZDYBEL Adam		05	KS Delfin Gdynia				<b>4:01.63</b>	677
	50m:	27.94 27.94	150m:	1:29.79 31.03	250m:	2:31.91 31.08	350m:	3:32.73 29.89	
	100m:	58.76 30.82	200m:	2:00.83 31.04	300m:	3:02.84 30.93	400m:	4:01.63 28.90	
2.	PŁOSZKA Kacper		05	MKS Jedyńka Łód				<b>4:01.91</b>	675
	50m:	28.11 28.11	150m:	1:29.84 31.30	250m:	2:32.11 30.84	350m:	3:33.30 30.44	
	100m:	58.54 30.43	200m:	2:01.27 31.43	300m:	3:02.86 30.75	400m:	4:01.91 28.61	
3.	BOLEK Stanisław		05	UKP „Polonia Warszawa”				<b>4:12.87</b>	591
	50m:	28.45 28.45	150m:	1:32.51 32.34	250m:	2:37.15 32.40	350m:	3:41.95 31.88	
	100m:	1:00.17 31.72	200m:	2:04.75 32.24	300m:	3:10.07 32.92	400m:	4:12.87 30.92	
4.	ARENT Artur		05	MKS Jedyńka Łód				<b>4:13.72</b>	585
	50m:	29.88 29.88	150m:	1:34.81 32.59	250m:	2:39.44 32.15	350m:	3:43.15 31.78	
	100m:	1:02.22 32.34	200m:	2:07.29 32.48	300m:	3:11.37 31.93	400m:	4:13.72 30.57	
5.	FAŁEK Szymon		05	UKS G-8 Bielany Warszawa				<b>4:14.74</b>	578
	50m:	28.88 28.88	150m:	1:32.95 32.26	250m:	2:38.39 32.83	350m:	3:43.76 31.80	
	100m:	1:00.69 31.81	200m:	2:05.56 32.61	300m:	3:11.96 33.57	400m:	4:14.74 30.98	
6.	KRUMPLEWSKI Gracjan		05	TP Skalar Słupsk				<b>4:18.53</b>	553
	50m:	28.50 28.50	150m:	1:34.47 33.58	250m:	2:41.56 33.56	350m:	3:46.98 31.82	
	100m:	1:00.89 32.39	200m:	2:08.00 33.53	300m:	3:15.16 33.60	400m:	4:18.53 31.55	
7.	KUCHARCZYK Paweł		05	UKP „Polonia Warszawa”				<b>4:18.75</b>	551
	50m:	30.01 30.01	150m:	1:37.23 34.16	250m:	2:42.16 31.69	350m:	3:47.11 32.55	
	100m:	1:03.07 33.06	200m:	2:10.47 33.24	300m:	3:14.56 32.40	400m:	4:18.75 31.64	
8.	MAŁKOWSKI Hubert		05	MTKP Delfin Toru				<b>4:22.34</b>	529
	50m:	29.52 29.52	150m:	1:35.17 33.13	250m:	2:42.26 33.29	350m:	3:49.37 33.71	
	100m:	1:02.04 32.52	200m:	2:08.97 33.80	300m:	3:15.66 33.40	400m:	4:22.34 32.97	

ARENA GRAND PRIX PUCHAR POLSKI  
Pozna , 21. - 22.11.2020

Konkurencja 12, Chłopców, 400m dowolny, 15 lat

Pozycja		Rok ur.						Czas	Pkt.
9.	WI NIEWSKI Stanisław	05	Kaliski Klub Sportowy „Włókniarz” 1924	<b>4:31.67</b>	476				
	50m: 29.85 29.85	150m: 1:38.02	34.51	250m: 2:47.96	35.09	350m: 3:58.53	34.80		
	100m: 1:03.51 33.66	200m: 2:12.87	34.85	300m: 3:23.73	35.77	400m: 4:31.67	33.14		
10.	KASPRZAK Krzysztof	05	MKS Piaseczno	<b>4:34.42</b>	462				
	50m: 29.50 29.50	150m: 1:38.55	35.35	250m: 2:49.04	34.93	350m: 4:00.20	35.61		
	100m: 1:03.20 33.70	200m: 2:14.11	35.56	300m: 3:24.59	35.55	400m: 4:34.42	34.22		
11.	SZUKAJŁO Kacper	05	MKP Szczecin	<b>4:36.27</b>	453				
	50m: 30.65 30.65	150m: 1:39.79	34.82	250m: 2:50.46	35.74	350m: 4:02.01	35.84		
	100m: 1:04.97 34.32	200m: 2:14.72	34.93	300m: 3:26.17	35.71	400m: 4:36.27	34.26		

14 lat

1.	FILIPIAK Mikołaj	06	UKS abianka Gda sk	<b>4:01.02</b>	682				
	50m: 27.89 27.89	150m: 1:28.31	30.41	250m: 2:29.61	30.71	350m: 3:31.33	30.85		
	100m: 57.90 30.01	200m: 1:58.90	30.59	300m: 3:00.48	30.87	400m: 4:01.02	29.69		
2.	FRONCZAK Antoni	06	UKS G-8 Bielany Warszawa	<b>4:24.00</b>	519				
	50m: 30.63 30.63	150m: 1:38.90	34.35	250m: 2:45.57	32.59	350m: 3:51.22	32.74		
	100m: 1:04.55 33.92	200m: 2:12.98	34.08	300m: 3:18.48	32.91	400m: 4:24.00	32.78		