

ARENA GRAND PRIX PUCHAR POLSKI  
Pozna , 21. - 22.11.2020

Konkurencja 25  
2020.11.22 - 11:37

M czyzn, 400m zmienny

14 lat i starsi  
Wyniki

Punkty: FINA 2020

Pozycja			Rok ur.					Czas	Pkt.
<b>14 lat i starsi</b>									
1.	SZWEDZKI Dawid		94	WKS I sk Wrocław				<b>4:15.22</b>	778
	50m:	27.71 27.71	150m:	1:32.90 33.56	250m:	2:40.56 35.27	350m:	3:46.34 29.99	
	100m:	59.34 31.63	200m:	2:05.29 32.39	300m:	3:16.35 35.79	400m:	4:15.22 28.88	
2.	BUJAK Dominik		99	St. Lok. SALOS Cortile Kielce				<b>4:17.31</b>	759
	50m:	27.57 27.57	150m:	1:31.80 32.84	250m:	2:40.94 36.71	350m:	3:48.00 29.98	
	100m:	58.96 31.39	200m:	2:04.23 32.43	300m:	3:18.02 37.08	400m:	4:17.31 29.31	
3.	ZABOROWSKI Filip		94	MKP Szczecin				<b>4:21.33</b>	725
	50m:	27.47 27.47	150m:	1:31.53 33.20	250m:	2:42.29 37.99	350m:	3:52.41 30.98	
	100m:	58.33 30.86	200m:	2:04.30 32.77	300m:	3:21.43 39.14	400m:	4:21.33 28.92	
4.	SUCHA SKI Przemysław		01	AZS AWF Warszawa				<b>4:26.55</b>	683
	50m:	28.51 28.51	150m:	1:35.07 32.91	250m:	2:45.10 37.60	350m:	3:54.79 31.72	
	100m:	1:02.16 33.65	200m:	2:07.50 32.43	300m:	3:23.07 37.97	400m:	4:26.55 31.76	
5.	DOBRINDT Mikołaj		03	MUKS "Pi tnastrka"				<b>4:29.01</b>	665
	50m:	28.84 28.84	150m:	1:37.32 35.05	250m:	2:48.47 36.62	350m:	3:58.24 31.93	
	100m:	1:02.27 33.43	200m:	2:11.85 34.53	300m:	3:26.31 37.84	400m:	4:29.01 30.77	
6.	KUCZAK Adam		00	AZS AWF Katowice				<b>4:30.93</b>	650
	50m:	28.14 28.14	150m:	1:35.86 34.85	250m:	2:47.83 38.49	350m:	3:59.98 32.33	
	100m:	1:01.01 32.87	200m:	2:09.34 33.48	300m:	3:27.65 39.82	400m:	4:30.93 30.95	
7.	POWRO NIK Konrad		97	WKS I sk Wrocław				<b>4:31.85</b>	644
	50m:	28.35 28.35	150m:	1:36.62 34.96	250m:	2:50.17 39.09	350m:	4:01.63 31.39	
	100m:	1:01.66 33.31	200m:	2:11.08 34.46	300m:	3:30.24 40.07	400m:	4:31.85 30.22	
8.	KONARSKI Maciej		04	UKS „GIM 92 Ursynów"				<b>4:33.12</b>	635
	50m:	28.14 28.14	150m:	1:37.06 35.75	250m:	2:50.82 38.07	350m:	4:01.54 31.88	
	100m:	1:01.31 33.17	200m:	2:12.75 35.69	300m:	3:29.66 38.84	400m:	4:33.12 31.58	
9.	MOCHNAL Kacper		05	MKS Jedyńska Łód				<b>4:36.76</b>	610
	50m:	28.93 28.93	150m:	1:38.11 36.26	250m:	2:54.46 39.72	350m:	4:06.76 31.35	
	100m:	1:01.85 32.92	200m:	2:14.74 36.63	300m:	3:35.41 40.95	400m:	4:36.76 30.00	
10.	OLEWNICZAK Maciej		05	UKP „Polonia Warszawa"				<b>4:37.41</b>	606
	50m:	29.28 29.28	150m:	1:39.57 36.90	250m:	2:55.08 39.28	350m:	4:07.27 31.40	
	100m:	1:02.67 33.39	200m:	2:15.80 36.23	300m:	3:35.87 40.79	400m:	4:37.41 30.14	
11.	ANTCZAK Bartosz		03	UKS G-8 Bielany Warszawa				<b>4:38.31</b>	600
	50m:	27.52 27.52	150m:	1:36.42 36.07	250m:	2:51.38 39.09	350m:	4:05.59 33.81	
	100m:	1:00.35 32.83	200m:	2:12.29 35.87	300m:	3:31.78 40.40	400m:	4:38.31 32.72	
12.	KIEŁCZEWSKI Amadeusz		00	MKP Szczecin				<b>4:38.86</b>	597
	50m:	27.63 27.63	150m:	1:35.41 35.06	250m:	2:51.62 41.74	350m:	4:08.09 33.75	
	100m:	1:00.35 32.72	200m:	2:09.88 34.47	300m:	3:34.34 42.72	400m:	4:38.86 30.77	
13.	YRO Ignacy		04	UKS „GIM 92 Ursynów"				<b>4:40.25</b>	588
	50m:	29.33 29.33	150m:	1:39.39 36.63	250m:	2:54.77 39.67	350m:	4:08.45 33.18	
	100m:	1:02.76 33.43	200m:	2:15.10 35.71	300m:	3:35.27 40.50	400m:	4:40.25 31.80	
14.	SKOLASI SKI Jakub		05	KS Warta Pozna				<b>4:42.00</b>	577
	50m:	29.04 29.04	150m:	1:39.62 36.87	250m:	2:54.47 38.02	350m:	4:08.42 34.18	
	100m:	1:02.75 33.71	200m:	2:16.45 36.83	300m:	3:34.24 39.77	400m:	4:42.00 33.58	
15.	BOROWSKI Jakub		02	St. Lok. SALOS Cortile Kielce				<b>4:42.11</b>	576
	50m:	29.41 29.41	150m:	1:39.57 36.56	250m:	2:55.42 39.07	350m:	4:09.07 33.61	
	100m:	1:03.01 33.60	200m:	2:16.35 36.78	300m:	3:35.46 40.04	400m:	4:42.11 33.04	
16.	PI TKA Hubert		04	MKP Szczecin				<b>4:45.70</b>	555
	50m:	29.61 29.61	150m:	1:41.55 37.81	250m:	2:59.52 41.06	350m:	4:14.09 34.36	
	100m:	1:03.74 34.13	200m:	2:18.46 36.91	300m:	3:39.73 40.21	400m:	4:45.70 31.61	
17.	POGODA Krzysztof		05	MKS Jedyńska Łód				<b>4:46.32</b>	551
	50m:	30.93 30.93	150m:	1:41.46 35.87	250m:	2:56.49 40.42	350m:	4:13.20 35.52	
	100m:	1:05.59 34.66	200m:	2:16.07 34.61	300m:	3:37.68 41.19	400m:	4:46.32 33.12	

ARENA GRAND PRIX PUCHAR POLSKI  
Pozna , 21. - 22.11.2020

Konkurencja 25, M czyzn, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
18.	NOWACKI Bła ej		05	UKS abianka Gda sk			<b>4:48.62</b>	538	
	50m: 30.14	30.14	150m: 1:41.00	35.27	250m: 2:57.47	41.52	350m: 4:15.32	34.78	
	100m: 1:05.73	35.59	200m: 2:15.95	34.95	300m: 3:40.54	43.07	400m: 4:48.62	33.30	
19.	ROGUSKI Mateusz		03	UKP „Polonia Warszawa”			<b>4:51.55</b>	522	
	50m: 29.52	29.52	150m: 1:41.39	38.09	250m: 3:01.74	42.30	350m: 4:18.88	34.22	
	100m: 1:03.30	33.78	200m: 2:19.44	38.05	300m: 3:44.66	42.92	400m: 4:51.55	32.67	
20.	KUBIAK Norbert		02	KS Warta Pozna			<b>4:51.65</b>	521	
	50m: 30.56	30.56	150m: 1:40.69	35.84	250m: 3:00.34	41.14	350m: 4:16.71	33.93	
	100m: 1:04.85	34.29	200m: 2:19.20	38.51	300m: 3:42.78	42.44	400m: 4:51.65	34.94	
21.	KUCHARCZYK Paweł		05	UKP „Polonia Warszawa”			<b>4:51.81</b>	521	
	50m: 30.33	30.33	150m: 1:47.33	41.92	250m: 3:06.68	38.99	350m: 4:21.58	35.12	
	100m: 1:05.41	35.08	200m: 2:27.69	40.36	300m: 3:46.46	39.78	400m: 4:51.81	30.23	
22.	OKO Maksymilian		05	UKS „GIM 92 Ursynów”			<b>4:55.74</b>	500	
	50m: 29.99	29.99	150m: 1:43.48	38.30	250m: 3:02.71	41.64	350m: 4:20.95	35.70	
	100m: 1:05.18	35.19	200m: 2:21.07	37.59	300m: 3:45.25	42.54	400m: 4:55.74	34.79	
23.	SZUKAJŁO Kacper		05	MKP Szczecin			<b>5:10.05</b>	434	
	50m: 30.73	30.73	150m: 1:48.88	40.79	250m: 3:12.57	43.64	350m: 4:34.41	36.15	
	100m: 1:08.09	37.36	200m: 2:28.93	40.05	300m: 3:58.26	45.69	400m: 5:10.05	35.64	
DYSKW.	J DRYKA Nikodem		04	MKS Trójka Łód					
	<i>M7</i>								
	50m: 30.32	30.32	150m: 1:42.71	37.69	250m: 3:02.10	41.76	350m: 4:17.41	33.52	
	100m: 1:05.02	34.70	200m: 2:20.34	37.63	300m: 3:43.89	41.79	400m:		

17 - 18 lat

1.	DOBRINDT Mikołaj		03	MUKS "Pi tnastka"			<b>4:29.01</b>	665
	50m: 28.84	28.84	150m: 1:37.32	35.05	250m: 2:48.47	36.62	350m: 3:58.24	31.93
	100m: 1:02.27	33.43	200m: 2:11.85	34.53	300m: 3:26.31	37.84	400m: 4:29.01	30.77
2.	ANTCZAK Bartosz		03	UKS G-8 Bielany Warszawa			<b>4:38.31</b>	600
	50m: 27.52	27.52	150m: 1:36.42	36.07	250m: 2:51.38	39.09	350m: 4:05.59	33.81
	100m: 1:00.35	32.83	200m: 2:12.29	35.87	300m: 3:31.78	40.40	400m: 4:38.31	32.72
3.	BOROWSKI Jakub		02	St. Lok. SALOS Cortile Kielce			<b>4:42.11</b>	576
	50m: 29.41	29.41	150m: 1:39.57	36.56	250m: 2:55.42	39.07	350m: 4:09.07	33.61
	100m: 1:03.01	33.60	200m: 2:16.35	36.78	300m: 3:35.46	40.04	400m: 4:42.11	33.04
4.	ROGUSKI Mateusz		03	UKP „Polonia Warszawa”			<b>4:51.55</b>	522
	50m: 29.52	29.52	150m: 1:41.39	38.09	250m: 3:01.74	42.30	350m: 4:18.88	34.22
	100m: 1:03.30	33.78	200m: 2:19.44	38.05	300m: 3:44.66	42.92	400m: 4:51.55	32.67
5.	KUBIAK Norbert		02	KS Warta Pozna			<b>4:51.65</b>	521
	50m: 30.56	30.56	150m: 1:40.69	35.84	250m: 3:00.34	41.14	350m: 4:16.71	33.93
	100m: 1:04.85	34.29	200m: 2:19.20	38.51	300m: 3:42.78	42.44	400m: 4:51.65	34.94

16 lat

1.	KONARSKI Maciej		04	UKS „GIM 92 Ursynów”			<b>4:33.12</b>	635
	50m: 28.14	28.14	150m: 1:37.06	35.75	250m: 2:50.82	38.07	350m: 4:01.54	31.88
	100m: 1:01.31	33.17	200m: 2:12.75	35.69	300m: 3:29.66	38.84	400m: 4:33.12	31.58
2.	YRO Ignacy		04	UKS „GIM 92 Ursynów”			<b>4:40.25</b>	588
	50m: 29.33	29.33	150m: 1:39.39	36.63	250m: 2:54.77	39.67	350m: 4:08.45	33.18
	100m: 1:02.76	33.43	200m: 2:15.10	35.71	300m: 3:35.27	40.50	400m: 4:40.25	31.80
3.	PI TKA Hubert		04	MKP Szczecin			<b>4:45.70</b>	555
	50m: 29.61	29.61	150m: 1:41.55	37.81	250m: 2:59.52	41.06	350m: 4:14.09	34.36
	100m: 1:03.74	34.13	200m: 2:18.46	36.91	300m: 3:39.73	40.21	400m: 4:45.70	31.61

ARENA GRAND PRIX PUCHAR POLSKI  
Pozna , 21. - 22.11.2020

Konkurencja 25, Chłopców, 400m zmienny, 16 lat

Pozycja			Rok ur.					Czas	Pkt.
DYSKW.	J DRYKA Nikodem		04	MKS Trójka Łód					
	M7								
	50m:	30.32 30.32	150m:	1:42.71 37.69	250m:	3:02.10 41.76	350m:	4:17.41 33.52	
	100m:	1:05.02 34.70	200m:	2:20.34 37.63	300m:	3:43.89 41.79	400m:		

15 lat

1.	MOCHNAL Kacper		05	MKS Jedyńka Łód				<b>4:36.76</b>	610
	50m:	28.93 28.93	150m:	1:38.11 36.26	250m:	2:54.46 39.72	350m:	4:06.76 31.35	
	100m:	1:01.85 32.92	200m:	2:14.74 36.63	300m:	3:35.41 40.95	400m:	4:36.76 30.00	
2.	OLEWNICZAK Maciej		05	UKP „Polonia Warszawa”				<b>4:37.41</b>	606
	50m:	29.28 29.28	150m:	1:39.57 36.90	250m:	2:55.08 39.28	350m:	4:07.27 31.40	
	100m:	1:02.67 33.39	200m:	2:15.80 36.23	300m:	3:35.87 40.79	400m:	4:37.41 30.14	
3.	SKOLASI SKI Jakub		05	KS Warta Pozna				<b>4:42.00</b>	577
	50m:	29.04 29.04	150m:	1:39.62 36.87	250m:	2:54.47 38.02	350m:	4:08.42 34.18	
	100m:	1:02.75 33.71	200m:	2:16.45 36.83	300m:	3:34.24 39.77	400m:	4:42.00 33.58	
4.	POGODA Krzysztof		05	MKS Jedyńka Łód				<b>4:46.32</b>	551
	50m:	30.93 30.93	150m:	1:41.46 35.87	250m:	2:56.49 40.42	350m:	4:13.20 35.52	
	100m:	1:05.59 34.66	200m:	2:16.07 34.61	300m:	3:37.68 41.19	400m:	4:46.32 33.12	
5.	NOWACKI Bła ej		05	UKS abianka Gda sk				<b>4:48.62</b>	538
	50m:	30.14 30.14	150m:	1:41.00 35.27	250m:	2:57.47 41.52	350m:	4:15.32 34.78	
	100m:	1:05.73 35.59	200m:	2:15.95 34.95	300m:	3:40.54 43.07	400m:	4:48.62 33.30	
6.	KUCHARCZYK Paweł		05	UKP „Polonia Warszawa”				<b>4:51.81</b>	521
	50m:	30.33 30.33	150m:	1:47.33 41.92	250m:	3:06.68 38.99	350m:	4:21.58 35.12	
	100m:	1:05.41 35.08	200m:	2:27.69 40.36	300m:	3:46.46 39.78	400m:	4:51.81 30.23	
7.	OKO Maksymilian		05	UKS „GIM 92 Ursynów”				<b>4:55.74</b>	500
	50m:	29.99 29.99	150m:	1:43.48 38.30	250m:	3:02.71 41.64	350m:	4:20.95 35.70	
	100m:	1:05.18 35.19	200m:	2:21.07 37.59	300m:	3:45.25 42.54	400m:	4:55.74 34.79	
8.	SZUKAJŁO Kacper		05	MKP Szczecin				<b>5:10.05</b>	434
	50m:	30.73 30.73	150m:	1:48.88 40.79	250m:	3:12.57 43.64	350m:	4:34.41 36.15	
	100m:	1:08.09 37.36	200m:	2:28.93 40.05	300m:	3:58.26 45.69	400m:	5:10.05 35.64	