

GRAND PRIX PUCHAR POLSKI
Pozna , 20. - 21.11.2021

Konkurencja 12
2021.11.20 - 11:48

M czyzn, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2021

Pozycja			Rok ur.					Czas	Pkt.
14 lat i starsi									
1.	CHMIELEWSKI Krzysztof	04	IUKS „Muszelka” Warszawa					3:49.77	788
	50m: 26.08 26.08	150m: 1:23.98	29.09	250m: 2:22.51	29.36	350m: 3:21.03	29.26		
	100m: 54.89 28.81	200m: 1:53.15	29.17	300m: 2:51.77	29.26	400m: 3:49.77	28.74		
2.	CHMIELEWSKI Michał	04	IUKS „Muszelka” Warszawa					3:55.22	734
	50m: 27.87 27.87	150m: 1:28.22	30.24	250m: 2:28.05	29.69	350m: 3:27.49	29.54		
	100m: 57.98 30.11	200m: 1:58.36	30.14	300m: 2:57.95	29.90	400m: 3:55.22	27.73		
3.	WARZOCHA Albert	01	KS Warta Pozna					3:56.52	722
	50m: 26.41 26.41	150m: 1:24.92	29.36	250m: 2:24.82	30.05	350m: 3:26.20	31.07		
	100m: 55.56 29.15	200m: 1:54.77	29.85	300m: 2:55.13	30.31	400m: 3:56.52	30.32		
4.	GRZEGORCZYK Wiktor	02	AZS AWF Warszawa					3:56.61	721
	50m: 28.05 28.05	150m: 1:28.47	30.32	250m: 2:28.48	29.59	350m: 3:27.26	29.15		
	100m: 58.15 30.10	200m: 1:58.89	30.42	300m: 2:58.11	29.63	400m: 3:56.61	29.35		
5.	ZAREMBA Adam	05	WKS I sk					4:02.77	668
	50m: 27.22 27.22	150m: 1:27.41	30.32	250m: 2:29.90	31.30	350m: 3:32.77	31.15		
	100m: 57.09 29.87	200m: 1:58.60	31.19	300m: 3:01.62	31.72	400m: 4:02.77	30.00		
6.	LARY Jerzy	06	IUKS „Muszelka” Warszawa					4:02.91	667
	50m: 28.51 28.51	150m: 1:29.62	30.77	250m: 2:31.42	30.78	350m: 3:32.72	30.57		
	100m: 58.85 30.34	200m: 2:00.64	31.02	300m: 3:02.15	30.73	400m: 4:02.91	30.19		
7.	MUSZY SKI Jakub	01	MKS „Astoria” Bydgoszcz					4:03.87	659
	50m: 27.93 27.93	150m: 1:28.56	30.50	250m: 2:29.85	30.67	350m: 3:32.91	31.87		
	100m: 58.06 30.13	200m: 1:59.18	30.62	300m: 3:01.04	31.19	400m: 4:03.87	30.96		
8.	PASZKOWSKI Bła ej	06	KU AZS UMCS Lublin					4:05.69	644
	50m: 27.33 27.33	150m: 1:28.71	31.22	250m: 2:31.60	31.50	350m: 3:35.32	32.18		
	100m: 57.49 30.16	200m: 2:00.10	31.39	300m: 3:03.14	31.54	400m: 4:05.69	30.37		
9.	OLCZAK Kacper	04	UKS 190 Łód					4:06.90	635
	50m: 29.27 29.27	150m: 1:32.27	31.32	250m: 2:35.04	31.15	350m: 3:37.49	31.31		
	100m: 1:00.95 31.68	200m: 2:03.89	31.62	300m: 3:06.18	31.14	400m: 4:06.90	29.41		
10.	POPIEL Mikołaj	06	SP Meduza Paj czno					4:07.38	631
	50m: 28.54 28.54	150m: 1:31.29	31.58	250m: 2:34.14	30.83	350m: 3:38.28	31.89		
	100m: 59.71 31.17	200m: 2:03.31	32.02	300m: 3:06.39	32.25	400m: 4:07.38	29.10		
11.	PIETRO Przemysław	07	KU AZS UMCS Lublin					4:08.00	626
	50m: 28.50 28.50	150m: 1:31.68	32.32	250m: 2:35.42	31.89	350m: 3:38.64	31.28		
	100m: 59.36 30.86	200m: 2:03.53	31.85	300m: 3:07.36	31.94	400m: 4:08.00	29.36		
12.	MALINOWSKI Jakub	03	MKP „SŁOWIANKA” Gorzów Wlkp.					4:09.42	616
	50m: 27.63 27.63	150m: 1:29.69	31.47	250m: 2:33.96	32.25	350m: 3:38.31	32.07		
	100m: 58.22 30.59	200m: 2:01.71	32.02	300m: 3:06.24	32.28	400m: 4:09.42	31.11		
13.	DARUL Bartosz	04	MKP „SŁOWIANKA” Gorzów Wlkp.					4:10.30	609
	50m: 28.32 28.32	150m: 1:30.12	31.28	250m: 2:33.96	32.23	350m: 3:39.22	32.77		
	100m: 58.84 30.52	200m: 2:01.73	31.61	300m: 3:06.45	32.49	400m: 4:10.30	31.08		
14.	KUBINIEC Mikołaj	04	KU AZS UMCS Lublin					4:13.65	585
	50m: 28.99 28.99	150m: 1:32.94	32.37	250m: 2:37.67	32.45	350m: 3:42.20	32.08		
	100m: 1:00.57 31.58	200m: 2:05.22	32.28	300m: 3:10.12	32.45	400m: 4:13.65	31.45		
15.	LED Maciej	05	KU AZS UMCS Lublin					4:13.71	585
	50m: 28.17 28.17	150m: 1:32.37	32.31	250m: 2:37.47	32.41	350m: 3:43.21	32.96		
	100m: 1:00.06 31.89	200m: 2:05.06	32.69	300m: 3:10.25	32.78	400m: 4:13.71	30.50		
16.	DOKTÓR Mateusz	05	MKP „SŁOWIANKA” Gorzów Wlkp.					4:13.75	585
	50m: 27.34 27.34	150m: 1:29.66	31.71	250m: 2:34.87	32.84	350m: 3:41.46	33.33		
	100m: 57.95 30.61	200m: 2:02.03	32.37	300m: 3:08.13	33.26	400m: 4:13.75	32.29		
17.	SIENKIEWICZ Ignacy	05	IKS Konstancin					4:14.04	583
	50m: 28.39 28.39	150m: 1:31.63	31.82	250m: 2:37.24	32.73	350m: 3:42.77	32.65		
	100m: 59.81 31.42	200m: 2:04.51	32.88	300m: 3:10.12	32.88	400m: 4:14.04	31.27		

GRAND PRIX PUCHAR POLSKI
Pozna , 20. - 21.11.2021

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

Pozycja			Rok ur.					Czas	Pkt.
18.	RYSTWEJ Maksymilian		06	MKP „SŁOWIANKA" Gorzów Wlkp.			4:17.86	557	
	50m: 28.45 28.45	150m: 1:33.51 32.98		250m: 2:39.52 33.07	350m: 3:45.45 32.92				
	100m: 1:00.53 32.08	200m: 2:06.45 32.94		300m: 3:12.53 33.01	400m: 4:17.86 32.41				
19.	LASIK Olgierd		05	KU AZS UAM Pozna			4:19.13	549	
	50m: 28.61 28.61	150m: 1:34.15 33.00		250m: 2:40.54 33.29	350m: 3:47.18 33.24				
	100m: 1:01.15 32.54	200m: 2:07.25 33.10		300m: 3:13.94 33.40	400m: 4:19.13 31.95				
20.	MISZTAL Oliwier		05	KS Korona Kraków			4:22.24	530	
	50m: 29.13 29.13	150m: 1:34.54 32.93		250m: 2:41.30 33.43	350m: 3:49.17 34.01				
	100m: 1:01.61 32.48	200m: 2:07.87 33.33		300m: 3:15.16 33.86	400m: 4:22.24 33.07				
21.	PUPKA Filip		04	Uks Cityzen			4:23.03	525	
	50m: 29.71 29.71	150m: 1:36.03 33.42		250m: 2:43.10 33.37	350m: 3:50.42 33.90				
	100m: 1:02.61 32.90	200m: 2:09.73 33.70		300m: 3:16.52 33.42	400m: 4:23.03 32.61				
22.	MICHNIEWICZ Marcel		06	MKP „SŁOWIANKA" Gorzów Wlkp.			4:24.02	519	
	50m: 29.02 29.02	150m: 1:34.81 33.29		250m: 2:41.50 33.07	350m: 3:49.84 34.53				
	100m: 1:01.52 32.50	200m: 2:08.43 33.62		300m: 3:15.31 33.81	400m: 4:24.02 34.18				
23.	KOWALI SKI Adrian		06	MKP „SŁOWIANKA" Gorzów Wlkp.			4:24.71	515	
	50m: 29.16 29.16	150m: 1:36.07 33.76		250m: 2:44.52 34.24	350m: 3:52.25 33.85				
	100m: 1:02.31 33.15	200m: 2:10.28 34.21		300m: 3:18.40 33.88	400m: 4:24.71 32.46				
24.	KUSEK Mateusz		07	Mi dzyszkolny UKS „Olimpijczyk" Suwałki			4:29.97	485	
	50m: 30.01 30.01	150m: 1:38.28 34.52		250m: 2:48.83 35.48	350m: 3:58.38 34.32				
	100m: 1:03.76 33.75	200m: 2:13.35 35.07		300m: 3:24.06 35.23	400m: 4:29.97 31.59				
25.	BARANOWSKI Alex		07	Uks Cityzen			4:32.55	472	
	50m: 30.32 30.32	150m: 1:39.64 34.87		250m: 2:50.52 35.32	350m: 4:00.46 34.29				
	100m: 1:04.77 34.45	200m: 2:15.20 35.56		300m: 3:26.17 35.65	400m: 4:32.55 32.09				
26.	MIKOŁAJCZYK Adrian		07	SKS 137 Delfin Łódź			4:34.36	462	
	50m: 30.41 30.41	150m: 1:40.22 35.43		250m: 2:51.03 35.52	350m: 4:00.76 34.85				
	100m: 1:04.79 34.38	200m: 2:15.51 35.29		300m: 3:25.91 34.88	400m: 4:34.36 33.60				
27.	KASZUBSKI Jan		07	MKS Trójka Łódź			4:34.86	460	
	50m: 30.49 30.49	150m: 1:41.26 35.85		250m: 2:51.90 35.33	350m: 4:01.66 34.36				
	100m: 1:05.41 34.92	200m: 2:16.57 35.31		300m: 3:27.30 35.40	400m: 4:34.86 33.20				
28.	LECH Karol		06	MKP „SŁOWIANKA" Gorzów Wlkp.			4:38.76	441	
	50m: 30.24 30.24	150m: 1:40.17 35.35		250m: 2:51.51 35.87	350m: 3:59.54 32.86				
	100m: 1:04.82 34.58	200m: 2:15.64 35.47		300m: 3:26.68 35.17	400m: 4:38.76 39.22				
29.	ROZMIAREK Mateusz		06	MKP „SŁOWIANKA" Gorzów Wlkp.			4:39.80	436	
	50m: 30.77 30.77	150m:		250m: 2:51.95	350m:				
	100m: 1:40.01 1:09.24	200m:		300m:	400m: 4:39.80				
30.	BONIAKOWSKI Kacper		06	Klub Pływacki Ciechanów			5:14.69	306	
	50m: 32.83 32.83	150m: 1:51.07 40.09		250m: 3:13.34 41.97	350m: 4:34.66 40.09				
	100m: 1:10.98 38.15	200m: 2:31.37 40.30		300m: 3:54.57 41.23	400m: 5:14.69 40.03				

17 - 18 lat

1.	CHMIELEWSKI Krzysztof		04	IUKS „Muszelka" Warszawa			3:49.77	788
	50m: 26.08 26.08	150m: 1:23.98 29.09		250m: 2:22.51 29.36	350m: 3:21.03 29.26			
	100m: 54.89 28.81	200m: 1:53.15 29.17		300m: 2:51.77 29.26	400m: 3:49.77 28.74			
2.	CHMIELEWSKI Michał		04	IUKS „Muszelka" Warszawa			3:55.22	734
	50m: 27.87 27.87	150m: 1:28.22 30.24		250m: 2:28.05 29.69	350m: 3:27.49 29.54			
	100m: 57.98 30.11	200m: 1:58.36 30.14		300m: 2:57.95 29.90	400m: 3:55.22 27.73			
3.	OLCZAK Kacper		04	UKS 190 Łódź			4:06.90	635
	50m: 29.27 29.27	150m: 1:32.27 31.32		250m: 2:35.04 31.15	350m: 3:37.49 31.31			
	100m: 1:00.95 31.68	200m: 2:03.89 31.62		300m: 3:06.18 31.14	400m: 4:06.90 29.41			
4.	MALINOWSKI Jakub		03	MKP „SŁOWIANKA" Gorzów Wlkp.			4:09.42	616
	50m: 27.63 27.63	150m: 1:29.69 31.47		250m: 2:33.96 32.25	350m: 3:38.31 32.07			
	100m: 58.22 30.59	200m: 2:01.71 32.02		300m: 3:06.24 32.28	400m: 4:09.42 31.11			

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Pozna , 20. - 21.11.2021

Konkurencja 12, Chłopców, 400m dowolny, 17 - 18 lat

Pozycja			Rok ur.					Czas	Pkt.
5.	DARUL Bartosz		04	MKP „SŁOWIANKA” Gorzów Wlkp.				4:10.30	609
	50m:	28.32 28.32	150m:	1:30.12 31.28	250m:	2:33.96 32.23	350m:	3:39.22 32.77	
	100m:	58.84 30.52	200m:	2:01.73 31.61	300m:	3:06.45 32.49	400m:	4:10.30 31.08	
6.	KUBINIEC Mikołaj		04	KU AZS UMCS Lublin				4:13.65	585
	50m:	28.99 28.99	150m:	1:32.94 32.37	250m:	2:37.67 32.45	350m:	3:42.20 32.08	
	100m:	1:00.57 31.58	200m:	2:05.22 32.28	300m:	3:10.12 32.45	400m:	4:13.65 31.45	
7.	PUPKA Filip		04	Uks Cityzen				4:23.03	525
	50m:	29.71 29.71	150m:	1:36.03 33.42	250m:	2:43.10 33.37	350m:	3:50.42 33.90	
	100m:	1:02.61 32.90	200m:	2:09.73 33.70	300m:	3:16.52 33.42	400m:	4:23.03 32.61	

16 lat

1.	ZAREMBA Adam		05	WKS I sk				4:02.77	668
	50m:	27.22 27.22	150m:	1:27.41 30.32	250m:	2:29.90 31.30	350m:	3:32.77 31.15	
	100m:	57.09 29.87	200m:	1:58.60 31.19	300m:	3:01.62 31.72	400m:	4:02.77 30.00	
2.	LED Maciej		05	KU AZS UMCS Lublin				4:13.71	585
	50m:	28.17 28.17	150m:	1:32.37 32.31	250m:	2:37.47 32.41	350m:	3:43.21 32.96	
	100m:	1:00.06 31.89	200m:	2:05.06 32.69	300m:	3:10.25 32.78	400m:	4:13.71 30.50	
3.	DOKTÓR Mateusz		05	MKP „SŁOWIANKA” Gorzów Wlkp.				4:13.75	585
	50m:	27.34 27.34	150m:	1:29.66 31.71	250m:	2:34.87 32.84	350m:	3:41.46 33.33	
	100m:	57.95 30.61	200m:	2:02.03 32.37	300m:	3:08.13 33.26	400m:	4:13.75 32.29	
4.	SIENKIEWICZ Ignacy		05	IKS Konstancin				4:14.04	583
	50m:	28.39 28.39	150m:	1:31.63 31.82	250m:	2:37.24 32.73	350m:	3:42.77 32.65	
	100m:	59.81 31.42	200m:	2:04.51 32.88	300m:	3:10.12 32.88	400m:	4:14.04 31.27	
5.	LASIK Olgierd		05	KU AZS UAM Pozna				4:19.13	549
	50m:	28.61 28.61	150m:	1:34.15 33.00	250m:	2:40.54 33.29	350m:	3:47.18 33.24	
	100m:	1:01.15 32.54	200m:	2:07.25 33.10	300m:	3:13.94 33.40	400m:	4:19.13 31.95	
6.	MISZTAŁ Oliwier		05	KS Korona Kraków				4:22.24	530
	50m:	29.13 29.13	150m:	1:34.54 32.93	250m:	2:41.30 33.43	350m:	3:49.17 34.01	
	100m:	1:01.61 32.48	200m:	2:07.87 33.33	300m:	3:15.16 33.86	400m:	4:22.24 33.07	

15 lat

1.	LARY Jerzy		06	IUKS „Muszelka” Warszawa				4:02.91	667
	50m:	28.51 28.51	150m:	1:29.62 30.77	250m:	2:31.42 30.78	350m:	3:32.72 30.57	
	100m:	58.85 30.34	200m:	2:00.64 31.02	300m:	3:02.15 30.73	400m:	4:02.91 30.19	
2.	PASZKOWSKI Bła ej		06	KU AZS UMCS Lublin				4:05.69	644
	50m:	27.33 27.33	150m:	1:28.71 31.22	250m:	2:31.60 31.50	350m:	3:35.32 32.18	
	100m:	57.49 30.16	200m:	2:00.10 31.39	300m:	3:03.14 31.54	400m:	4:05.69 30.37	
3.	POPIEL Mikołaj		06	SP Meduza Paj czno				4:07.38	631
	50m:	28.54 28.54	150m:	1:31.29 31.58	250m:	2:34.14 30.83	350m:	3:38.28 31.89	
	100m:	59.71 31.17	200m:	2:03.31 32.02	300m:	3:06.39 32.25	400m:	4:07.38 29.10	
4.	RYSTWEJ Maksymilian		06	MKP „SŁOWIANKA” Gorzów Wlkp.				4:17.86	557
	50m:	28.45 28.45	150m:	1:33.51 32.98	250m:	2:39.52 33.07	350m:	3:45.45 32.92	
	100m:	1:00.53 32.08	200m:	2:06.45 32.94	300m:	3:12.53 33.01	400m:	4:17.86 32.41	
5.	MICHNIEWICZ Marcel		06	MKP „SŁOWIANKA” Gorzów Wlkp.				4:24.02	519
	50m:	29.02 29.02	150m:	1:34.81 33.29	250m:	2:41.50 33.07	350m:	3:49.84 34.53	
	100m:	1:01.52 32.50	200m:	2:08.43 33.62	300m:	3:15.31 33.81	400m:	4:24.02 34.18	
6.	KOWALI SKI Adrian		06	MKP „SŁOWIANKA” Gorzów Wlkp.				4:24.71	515
	50m:	29.16 29.16	150m:	1:36.07 33.76	250m:	2:44.52 34.24	350m:	3:52.25 33.85	
	100m:	1:02.31 33.15	200m:	2:10.28 34.21	300m:	3:18.40 33.88	400m:	4:24.71 32.46	
7.	LECH Karol		06	MKP „SŁOWIANKA” Gorzów Wlkp.				4:38.76	441
	50m:	30.24 30.24	150m:	1:40.17 35.35	250m:	2:51.51 35.87	350m:	3:59.54 32.86	
	100m:	1:04.82 34.58	200m:	2:15.64 35.47	300m:	3:26.68 35.17	400m:	4:38.76 39.22	

GRAND PRIX PUCHAR POLSKI
Pozna , 20. - 21.11.2021

Konkurencja 12, Chłopców, 400m dowolny, 15 lat

Pozycja			Rok ur.					Czas	Pkt.
8.	ROZMIAREK Mateusz		06	MKP „SŁOWIANKA” Gorzów Wlkp.				4:39.80	436
	50m:	30.77 30.77	150m:	250m:	2:51.95	350m:			
	100m:	1:40.01 1:09.24	200m:	300m:		400m:	4:39.80		
9.	BONIAKOWSKI Kacper		06	Klub Pływacki Ciechanów				5:14.69	306
	50m:	32.83 32.83	150m:	1:51.07 40.09	250m:	3:13.34 41.97	350m:	4:34.66 40.09	
	100m:	1:10.98 38.15	200m:	2:31.37 40.30	300m:	3:54.57 41.23	400m:	5:14.69 40.03	

14 lat

1.	PIETRO Przemysław		07	KU AZS UMCS Lublin				4:08.00	626
	50m:	28.50 28.50	150m:	1:31.68 32.32	250m:	2:35.42 31.89	350m:	3:38.64 31.28	
	100m:	59.36 30.86	200m:	2:03.53 31.85	300m:	3:07.36 31.94	400m:	4:08.00 29.36	
2.	KUSEK Mateusz		07	Mi dzyszkolny UKS „Olimpijczyk” Suwałki				4:29.97	485
	50m:	30.01 30.01	150m:	1:38.28 34.52	250m:	2:48.83 35.48	350m:	3:58.38 34.32	
	100m:	1:03.76 33.75	200m:	2:13.35 35.07	300m:	3:24.06 35.23	400m:	4:29.97 31.59	
3.	BARANOWSKI Alex		07	Uks Cityzen				4:32.55	472
	50m:	30.32 30.32	150m:	1:39.64 34.87	250m:	2:50.52 35.32	350m:	4:00.46 34.29	
	100m:	1:04.77 34.45	200m:	2:15.20 35.56	300m:	3:26.17 35.65	400m:	4:32.55 32.09	
4.	MIKOŁAJCZYK Adrian		07	SKS 137 Delfin Łódź				4:34.36	462
	50m:	30.41 30.41	150m:	1:40.22 35.43	250m:	2:51.03 35.52	350m:	4:00.76 34.85	
	100m:	1:04.79 34.38	200m:	2:15.51 35.29	300m:	3:25.91 34.88	400m:	4:34.36 33.60	
5.	KASZUBSKI Jan		07	MKS Trójka Łódź				4:34.86	460
	50m:	30.49 30.49	150m:	1:41.26 35.85	250m:	2:51.90 35.33	350m:	4:01.66 34.36	
	100m:	1:05.41 34.92	200m:	2:16.57 35.31	300m:	3:27.30 35.40	400m:	4:34.86 33.20	