

GRAND PRIX PUCHAR POLSKI  
Pozna , 20. - 21.11.2021

Konkurencja 25  
2021.11.21 - 10:06

M czyzn, 400m zmienny

14 lat i starsi  
Wyniki

Punkty: FINA 2021

Pozycja			Rok ur.					Czas	Pkt.
<b>14 lat i starsi</b>									
1.	CHMIELEWSKI Krzysztof		04	IUKS „Muszelka” Warszawa			<b>4:18.99</b>	745	
	50m: 27.14	27.14	150m: 1:31.18	33.09	250m: 2:41.60	38.42	350m: 3:50.21	29.95	
	100m: 58.09	30.95	200m: 2:03.18	32.00	300m: 3:20.26	38.66	400m: 4:18.99	28.78	
2.	CHMIELEWSKI Michał		04	IUKS „Muszelka” Warszawa			<b>4:25.31</b>	693	
	50m: 27.25	27.25	150m: 1:32.20	33.45	250m: 2:46.52	41.78	350m: 3:58.19	30.35	
	100m: 58.75	31.50	200m: 2:04.74	32.54	300m: 3:27.84	41.32	400m: 4:25.31	27.12	
3.	POPIEL Mikołaj		06	SP Meduza Paj czno			<b>4:26.89</b>	681	
	50m: 28.36	28.36	150m: 1:35.61	34.83	250m: 2:47.74	38.26	350m: 3:58.43	31.85	
	100m: 1:00.78	32.42	200m: 2:09.48	33.87	300m: 3:26.58	38.84	400m: 4:26.89	28.46	
4.	LARY Jerzy		06	IUKS „Muszelka” Warszawa			<b>4:34.43</b>	626	
	50m: 30.12	30.12	150m: 1:38.26	34.99	250m: 2:52.22	39.69	350m: 4:04.44	31.04	
	100m: 1:03.27	33.15	200m: 2:12.53	34.27	300m: 3:33.40	41.18	400m: 4:34.43	29.99	
5.	TOMASZEWSKI Piotr		05	KU AZS UMCS Lublin			<b>4:37.04</b>	608	
	50m: 28.63	28.63	150m: 1:37.49	36.02	250m: 2:52.78	39.25	350m: 4:06.03	32.80	
	100m: 1:01.47	32.84	200m: 2:13.53	36.04	300m: 3:33.23	40.45	400m: 4:37.04	31.01	
6.	GNACZY SKI Michał		07	MKP „SŁOWIANKA” Gorzów Wlkp.			<b>4:44.40</b>	562	
	50m: 29.54	29.54	150m: 1:41.58	37.69	250m: 2:58.44	40.04	350m: 4:12.57	33.05	
	100m: 1:03.89	34.35	200m: 2:18.40	36.82	300m: 3:39.52	41.08	400m: 4:44.40	31.83	
7.	MALINOWSKI Jakub		03	MKP „SŁOWIANKA” Gorzów Wlkp.			<b>4:49.37</b>	534	
	50m: 29.35	29.35	150m: 1:41.50	37.80	250m: 3:00.90	42.59	350m: 4:17.86	32.41	
	100m: 1:03.70	34.35	200m: 2:18.31	36.81	300m: 3:45.45	44.55	400m: 4:49.37	31.51	
8.	KOZŁOWSKI Julian		07	MKS „Astoria” Bydgoszcz			<b>4:55.08</b>	503	
	50m: 31.56	31.56	150m: 1:46.98	38.89	250m: 3:04.55	39.13	350m: 4:21.60	35.43	
	100m: 1:08.09	36.53	200m: 2:25.42	38.44	300m: 3:46.17	41.62	400m: 4:55.08	33.48	
9.	GRZYWI SKI Jakub		07	Włocławski Klub Nurkowy Jacques			<b>4:55.28</b>	502	
	50m: 29.32	29.32	150m: 1:44.24	40.98	250m: 3:05.95	42.48	350m: 4:23.53	34.88	
	100m: 1:03.26	33.94	200m: 2:23.47	39.23	300m: 3:48.65	42.70	400m: 4:55.28	31.75	
<b>17 - 18 lat</b>									
1.	CHMIELEWSKI Krzysztof		04	IUKS „Muszelka” Warszawa			<b>4:18.99</b>	745	
	50m: 27.14	27.14	150m: 1:31.18	33.09	250m: 2:41.60	38.42	350m: 3:50.21	29.95	
	100m: 58.09	30.95	200m: 2:03.18	32.00	300m: 3:20.26	38.66	400m: 4:18.99	28.78	
2.	CHMIELEWSKI Michał		04	IUKS „Muszelka” Warszawa			<b>4:25.31</b>	693	
	50m: 27.25	27.25	150m: 1:32.20	33.45	250m: 2:46.52	41.78	350m: 3:58.19	30.35	
	100m: 58.75	31.50	200m: 2:04.74	32.54	300m: 3:27.84	41.32	400m: 4:25.31	27.12	
3.	MALINOWSKI Jakub		03	MKP „SŁOWIANKA” Gorzów Wlkp.			<b>4:49.37</b>	534	
	50m: 29.35	29.35	150m: 1:41.50	37.80	250m: 3:00.90	42.59	350m: 4:17.86	32.41	
	100m: 1:03.70	34.35	200m: 2:18.31	36.81	300m: 3:45.45	44.55	400m: 4:49.37	31.51	
<b>16 lat</b>									
1.	TOMASZEWSKI Piotr		05	KU AZS UMCS Lublin			<b>4:37.04</b>	608	
	50m: 28.63	28.63	150m: 1:37.49	36.02	250m: 2:52.78	39.25	350m: 4:06.03	32.80	
	100m: 1:01.47	32.84	200m: 2:13.53	36.04	300m: 3:33.23	40.45	400m: 4:37.04	31.01	
<b>15 lat</b>									
1.	POPIEL Mikołaj		06	SP Meduza Paj czno			<b>4:26.89</b>	681	
	50m: 28.36	28.36	150m: 1:35.61	34.83	250m: 2:47.74	38.26	350m: 3:58.43	31.85	
	100m: 1:00.78	32.42	200m: 2:09.48	33.87	300m: 3:26.58	38.84	400m: 4:26.89	28.46	

GRAND PRIX PUCHAR POLSKI  
Pozna , 20. - 21.11.2021

---

Konkurencja 25, Chłopców, 400m zmienny, 15 lat

Pozycja				Rok ur.					Czas	Pkt.		
2.	LARY Jerzy			06	IUKS „Muszelka” Warszawa				<b>4:34.43</b>	626		
	50m:	30.12	30.12	150m:	1:38.26	34.99	250m:	2:52.22	39.69	350m:	4:04.44	31.04
	100m:	1:03.27	33.15	200m:	2:12.53	34.27	300m:	3:33.40	41.18	400m:	4:34.43	29.99

14 lat

1.	GNACZY SKI Michał			07	MKP „SŁOWIANKA” Gorzów Wlkp.				<b>4:44.40</b>	562		
	50m:	29.54	29.54	150m:	1:41.58	37.69	250m:	2:58.44	40.04	350m:	4:12.57	33.05
	100m:	1:03.89	34.35	200m:	2:18.40	36.82	300m:	3:39.52	41.08	400m:	4:44.40	31.83
2.	KOZŁOWSKI Julian			07	MKS „Astoria” Bydgoszcz				<b>4:55.08</b>	503		
	50m:	31.56	31.56	150m:	1:46.98	38.89	250m:	3:04.55	39.13	350m:	4:21.60	35.43
	100m:	1:08.09	36.53	200m:	2:25.42	38.44	300m:	3:46.17	41.62	400m:	4:55.08	33.48
3.	GRZYWI SKI Jakub			07	Włocławski Klub Nurkowy Jacques				<b>4:55.28</b>	502		
	50m:	29.32	29.32	150m:	1:44.24	40.98	250m:	3:05.95	42.48	350m:	4:23.53	34.88
	100m:	1:03.26	33.94	200m:	2:23.47	39.23	300m:	3:48.65	42.70	400m:	4:55.28	31.75