

ARENA GRAND PRIX PUCHAR POLSKI
Kozienice, 23- - 24-2-2019

Konkurencja 25
24-02-2019 - 9:18

M czyzn, 400m zmienny

Open
Wyniki

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

Punkty: Rudolph Table 2017

Pozycja	Rok ur.	Czas	Pkt.
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14 lat

1.	OLEWNICZAK Maciej	05	UKP POLONIA Warszawa	5:18.90	402
	50m: 32.54 32.54	150m: 1:51.10	41.06 250m: 3:16.71	45.01 350m: 4:41.40	39.02
	100m: 1:10.04 37.50	200m: 2:31.70	40.60 300m: 4:02.38	45.67 400m: 5:18.90	37.50

15 lat

1.	CHMIELEWSKI Krzysztof	04	IUKS MUSZELKA Warszawa	4:36.68	616
	50m: 28.55 28.55	150m: 1:35.97	34.57 250m: 2:51.81	41.80 350m: 4:06.02	31.20
	100m: 1:01.40 32.85	200m: 2:10.01	34.04 300m: 3:34.82	43.01 400m: 4:36.68	30.66
2.	BEDNAREK Przemysław	04	IUKS MUSZELKA Warszawa	4:53.00	519
	50m: 31.14 31.14	150m: 1:43.58	37.23 250m: 3:02.72	43.11 350m: 4:20.58	33.87
	100m: 1:06.35 35.21	200m: 2:19.61	36.03 300m: 3:46.71	43.99 400m: 4:53.00	32.42
3.	KOZIE SKI Oliwier	04	KS WISŁA Puławy	4:59.21	487
	50m: 28.67 28.67	150m: 1:43.16	39.35 250m: 3:04.95	43.42 350m: 4:26.99	38.00
	100m: 1:03.81 35.14	200m: 2:21.53	38.37 300m: 3:48.99	44.04 400m: 4:59.21	32.22

16 lat

1.	ROGUSKI Mateusz	03	IUKS MUSZELKA Warszawa	4:51.15	529
	50m: 30.50 30.50	150m: 1:42.08	36.95 250m: 3:01.46	43.31 350m: 4:18.69	33.00
	100m: 1:05.13 34.63	200m: 2:18.15	36.07 300m: 3:45.69	44.23 400m: 4:51.15	32.46

17 - 18 lat

1.	DUBAS Mateusz	01	AZS AWF Katowice	4:26.78	687
	50m: 28.32 28.32	150m: 1:36.45	34.96 250m: 2:48.42	36.77 350m: 3:56.77	31.50
	100m: 1:01.49 33.17	200m: 2:11.65	35.20 300m: 3:25.27	36.85 400m: 4:26.78	30.01
2.	DOŁOWY Grzegorz	02	IUKS MUSZELKA Warszawa	4:49.58	537
	50m: 31.14 31.14	150m: 1:42.55	36.62 250m: 3:02.50	44.33 350m: 4:18.75	31.99
	100m: 1:05.93 34.79	200m: 2:18.17	35.62 300m: 3:46.76	44.26 400m: 4:49.58	30.83
3.	BURDUKIEWICZ Maksymilian	02	UKP POLONIA Warszawa	4:52.57	521
	50m: 29.71 29.71	150m: 1:42.37	37.99 250m: 3:01.71	42.31 350m: 4:19.53	35.27
	100m: 1:04.38 34.67	200m: 2:19.40	37.03 300m: 3:44.26	42.55 400m: 4:52.57	33.04
4.	RUTA Kamil	02	UKP POLONIA Warszawa	4:55.21	507
	50m: 30.65 30.65	150m: 1:44.91	38.60 250m: 3:04.72	42.01 350m: 4:21.98	33.87
	100m: 1:06.31 35.66	200m: 2:22.71	37.80 300m: 3:48.11	43.39 400m: 4:55.21	33.23

Open

1.	POPRAWA Michał	94	AZS AWF Katowice	4:17.73	762
	50m: 26.26 26.26	150m: 1:29.89	33.03 250m: 2:39.45	36.35 350m: 3:47.89	30.67
	100m: 56.86 30.60	200m: 2:03.10	33.21 300m: 3:17.22	37.77 400m: 4:17.73	29.84
2.	DUBAS Mateusz	01	AZS AWF Katowice	4:26.78	687
	50m: 28.32 28.32	150m: 1:36.45	34.96 250m: 2:48.42	36.77 350m: 3:56.77	31.50
	100m: 1:01.49 33.17	200m: 2:11.65	35.20 300m: 3:25.27	36.85 400m: 4:26.78	30.01

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Kozienice, 23- - 24-2-2019

Konkurencja 25, M czynn, 400m zmienny, Open

Pozycja	Rok ur.								Czas	Pkt.		
3.	SZWEDZKI Dawid 94 WKS L SK Wrocław								4:26.92	686		
	50m:	28.82	28.82	150m:	1:35.25	34.14	250m:	2:45.49	37.29	350m:	3:56.54	32.88
	100m:	1:01.11	32.29	200m:	2:08.20	32.95	300m:	3:23.66	38.17	400m:	4:26.92	30.38
4.	CHMIELEWSKI Krzysztof 04 IUKS MUSZELKA Warszawa								4:36.68	616		
	50m:	28.55	28.55	150m:	1:35.97	34.57	250m:	2:51.81	41.80	350m:	4:06.02	31.20
	100m:	1:01.40	32.85	200m:	2:10.01	34.04	300m:	3:34.82	43.01	400m:	4:36.68	30.66
5.	DOŁOWY Grzegorz 02 IUKS MUSZELKA Warszawa								4:49.58	537		
	50m:	31.14	31.14	150m:	1:42.55	36.62	250m:	3:02.50	44.33	350m:	4:18.75	31.99
	100m:	1:05.93	34.79	200m:	2:18.17	35.62	300m:	3:46.76	44.26	400m:	4:49.58	30.83
6.	ROGUSKI Mateusz 03 IUKS MUSZELKA Warszawa								4:51.15	529		
	50m:	30.50	30.50	150m:	1:42.08	36.95	250m:	3:01.46	43.31	350m:	4:18.69	33.00
	100m:	1:05.13	34.63	200m:	2:18.15	36.07	300m:	3:45.69	44.23	400m:	4:51.15	32.46
7.	BURDUKIEWICZ Maksymilian 02 UKP POLONIA Warszawa								4:52.57	521		
	50m:	29.71	29.71	150m:	1:42.37	37.99	250m:	3:01.71	42.31	350m:	4:19.53	35.27
	100m:	1:04.38	34.67	200m:	2:19.40	37.03	300m:	3:44.26	42.55	400m:	4:52.57	33.04
8.	BEDNAREK Przemysław 04 IUKS MUSZELKA Warszawa								4:53.00	519		
	50m:	31.14	31.14	150m:	1:43.58	37.23	250m:	3:02.72	43.11	350m:	4:20.58	33.87
	100m:	1:06.35	35.21	200m:	2:19.61	36.03	300m:	3:46.71	43.99	400m:	4:53.00	32.42
9.	RUTA Kamil 02 UKP POLONIA Warszawa								4:55.21	507		
	50m:	30.65	30.65	150m:	1:44.91	38.60	250m:	3:04.72	42.01	350m:	4:21.98	33.87
	100m:	1:06.31	35.66	200m:	2:22.71	37.80	300m:	3:48.11	43.39	400m:	4:55.21	33.23
10.	KOZIE SKI Oliwier 04 KS WISŁA Puławy								4:59.21	487		
	50m:	28.67	28.67	150m:	1:43.16	39.35	250m:	3:04.95	43.42	350m:	4:26.99	38.00
	100m:	1:03.81	35.14	200m:	2:21.53	38.37	300m:	3:48.99	44.04	400m:	4:59.21	32.22
11.	OLEWNICZAK Maciej 05 UKP POLONIA Warszawa								5:18.90	402		
	50m:	32.54	32.54	150m:	1:51.10	41.06	250m:	3:16.71	45.01	350m:	4:41.40	39.02
	100m:	1:10.04	37.50	200m:	2:31.70	40.60	300m:	4:02.38	45.67	400m:	5:18.90	37.50