

ARENA GRAND PRIX PUCHAR POLSKI
Warszawa, 6. - 7.4.2019

Konkurencja 2
06.04.2019 - 9:13

M czyzn, 400m zmienny

Open
Wyniki

Punkty: FINA 2019

Pozycja			Rok ur.					Czas	Pkt.	
14 lat										
1.	POGODA, Krzysztof		05	MKS Jedyńka Łód				5:02.95	521	
	50m:	33.17 33.17	150m:	1:48.74	37.96	250m:	3:09.89	44.05	350m:	4:29.59 35.45
	100m:	1:10.78 37.61	200m:	2:25.84	37.10	300m:	3:54.14	44.25	400m:	5:02.95 33.36
2.	PŁOSZKA, Kacper		05	MKS Jedyńka Łód				5:03.31	519	
	50m:	30.48 30.48	150m:	1:47.59	41.79	250m:	3:13.64	46.58	350m:	4:31.87 33.61
	100m:	1:05.80 35.32	200m:	2:27.06	39.47	300m:	3:58.26	44.62	400m:	5:03.31 31.44
3.	NOWACKI, Błażej		05	UKS „Ósemka” Starogard Gdańsk				5:09.08	491	
	50m:	31.76 31.76	150m:	1:49.53	39.27	250m:	3:14.22	46.73	350m:	4:35.56 35.11
	100m:	1:10.26 38.50	200m:	2:27.49	37.96	300m:	4:00.45	46.23	400m:	5:09.08 33.52
4.	MOCHNAL, Kacper		05	MKS Jedyńka Łód				5:13.16	472	
	50m:	31.85 31.85	150m:	1:49.53	40.73	250m:	3:14.81	45.34	350m:	4:37.41 36.26
	100m:	1:08.80 36.95	200m:	2:29.47	39.94	300m:	4:01.15	46.34	400m:	5:13.16 35.75
5.	JARCZEWSKI, Franciszek		05	UKS 190 Łód				5:21.89	434	
	50m:	32.61 32.61	150m:	1:51.72	40.81	250m:	3:19.28	47.95	350m:	4:44.61 37.47
	100m:	1:10.91 38.30	200m:	2:31.33	39.61	300m:	4:07.14	47.86	400m:	5:21.89 37.28
6.	DOMALEWSKI, Bartłomiej		05	MTP Kormoran Olsztyn				5:22.07	433	
	50m:	33.67 33.67	150m:	1:56.18	42.99	250m:	3:26.38	48.84	350m:	4:49.89 34.24
	100m:	1:13.19 39.52	200m:	2:37.54	41.36	300m:	4:15.65	49.27	400m:	5:22.07 32.18
7.	PAWŁOWSKI, Michał		05	UKS "V" Łomianki				5:22.62	431	
	50m:	32.61 32.61	150m:	1:56.95	43.64	250m:	3:27.66	46.47	350m:	4:49.30 35.24
	100m:	1:13.31 40.70	200m:	2:41.19	44.24	300m:	4:14.06	46.40	400m:	5:22.62 33.32
8.	ZAWADZKI, Marek		05	UKS G-8 Bielany Warszawa				5:28.76	408	
	50m:	32.95 32.95	150m:	1:52.96	42.19	250m:	3:25.32	50.61	350m:	4:52.06 35.53
	100m:	1:10.77 37.82	200m:	2:34.71	41.75	300m:	4:16.53	51.21	400m:	5:28.76 36.70
9.	CHINIEWICZ, Filip		05	IUKS „Muszelka” Warszawa				5:48.61	342	
	50m:	35.19 35.19	150m:	2:01.89	46.60	250m:	3:38.42	51.68	350m:	5:10.16 39.29
	100m:	1:15.29 40.10	200m:	2:46.74	44.85	300m:	4:30.87	52.45	400m:	5:48.61 38.45
DYSKW.	WO NIAK, Piotr		05	MTP Kormoran Olsztyn				5:33.12		
	<i>K6 - Pływak wykonał nierównoczesne ruchy ramion.</i>									
	50m:	33.51 33.51	150m:	1:57.44	43.77	250m:	3:29.94	49.99	350m:	4:57.66 36.84
	100m:	1:13.67 40.16	200m:	2:39.95	42.51	300m:	4:20.82	50.88	400m:	5:33.12 35.46
15 lat										
1.	CHMIELEWSKI, Krzysztof		04	IUKS „Muszelka” Warszawa				4:43.00	639	
	50m:	28.44 28.44	150m:	1:36.65	34.85	250m:	2:54.86	43.50	350m:	4:11.43 32.36
	100m:	1:01.80 33.36	200m:	2:11.36	34.71	300m:	3:39.07	44.21	400m:	4:43.00 31.57
2.	KONARSKI, Maciej		04	UKS „GIM 92 Ursynów”				4:46.12	618	
	50m:	29.53 29.53	150m:	1:39.86	36.02	250m:	2:56.91	40.70	350m:	4:13.36 34.21
	100m:	1:03.84 34.31	200m:	2:16.21	36.35	300m:	3:39.15	42.24	400m:	4:46.12 32.76
3.	CHMIELEWSKI, Michał		04	IUKS „Muszelka” Warszawa				4:48.54	603	
	50m:	28.65 28.65	150m:	1:38.79	36.87	250m:	2:58.00	43.89	350m:	4:15.99 33.66
	100m:	1:01.92 33.27	200m:	2:14.11	35.32	300m:	3:42.33	44.33	400m:	4:48.54 32.55
4.	KORONKIEWICZ, Antoni		04	St. KF KS „Fenix” Oarów Maz				5:02.40	524	
	50m:	30.44 30.44	150m:	1:45.43	39.42	250m:	3:06.72	41.42	350m:	4:28.01 37.08
	100m:	1:06.01 35.57	200m:	2:25.30	39.87	300m:	3:50.93	44.21	400m:	5:02.40 34.39
5.	BEDNAREK, Przemysław		04	IUKS „Muszelka” Warszawa				5:03.84	516	
	50m:	31.32 31.32	150m:	1:47.82	40.63	250m:	3:11.37	45.18	350m:	4:31.71 34.69
	100m:	1:07.19 35.87	200m:	2:26.19	38.37	300m:	3:57.02	45.65	400m:	5:03.84 32.13

ARENA GRAND PRIX PUCHAR POLSKI
Warszawa, 6. - 7.4.2019

Konkurencja 2, Chłopców, 400m zmienny, 15 lat

Pozycja			Rok ur.					Czas	Pkt.
6.	J DRYKA, Nikodem		04	MKS Jedyńka Łód			5:11.15	481	
	50m: 32.49	32.49	150m: 1:53.20	43.65	250m: 3:18.88	44.05	350m: 4:37.91	34.54	
	100m: 1:09.55	37.06	200m: 2:34.83	41.63	300m: 4:03.37	44.49	400m: 5:11.15	33.24	
7.	LASKI, Filip		04	St. KF KS „Fenix” O arów Maz			5:19.51	444	
	50m: 31.61	31.61	150m: 1:50.98	41.52	250m: 3:16.89	45.06	350m: 4:41.00	37.61	
	100m: 1:09.46	37.85	200m: 2:31.83	40.85	300m: 4:03.39	46.50	400m: 5:19.51	38.51	
8.	KOZIE SKI, Oliwier		04	KS „Wisła” Puławy			5:19.73	443	
	50m: 30.38	30.38	150m: 1:51.15	43.43	250m: 3:18.97	44.86	350m: 4:44.29	38.86	
	100m: 1:07.72	37.34	200m: 2:34.11	42.96	300m: 4:05.43	46.46	400m: 5:19.73	35.44	
9.	GRABOWSKI, Mikołaj		04	MTP Kormoran Olsztyn			5:23.72	427	
	50m: 35.08	35.08	150m: 1:58.78	40.54	250m: 3:24.79	46.26	350m: 4:48.55	36.82	
	100m: 1:18.24	43.16	200m: 2:38.53	39.75	300m: 4:11.73	46.94	400m: 5:23.72	35.17	
10.	KRYSIĄK, Kacper		04	MKS Trójka Łód			5:38.82	372	
	50m: 35.23	35.23	150m: 1:56.46	41.86	250m: 3:29.79	52.02	350m: 5:01.96	38.27	
	100m: 1:14.60	39.37	200m: 2:37.77	41.31	300m: 4:23.69	53.90	400m: 5:38.82	36.86	
11.	SOBCZAK, Mateusz		04	MTP Kormoran Olsztyn			5:52.21	331	
	50m: 38.60	38.60	150m: 2:11.33	45.22	250m: 3:43.55	50.48	350m: 5:13.64	39.32	
	100m: 1:26.11	47.51	200m: 2:53.07	41.74	300m: 4:34.32	50.77	400m: 5:52.21	38.57	

16 lat

1.	KAPAŁA, Szymon		03	MTP Kormoran Olsztyn			4:52.75	577
	50m: 30.07	30.07	150m: 1:43.16	38.32	250m: 3:02.96	42.20	350m: 4:20.61	34.24
	100m: 1:04.84	34.77	200m: 2:20.76	37.60	300m: 3:46.37	43.41	400m: 4:52.75	32.14
2.	KORONA, Kacper		03	MKP Szczecin			4:55.82	560
	50m: 30.02	30.02	150m: 1:42.29	37.50	250m: 3:02.70	42.64	350m: 4:21.99	34.75
	100m: 1:04.79	34.77	200m: 2:20.06	37.77	300m: 3:47.24	44.54	400m: 4:55.82	33.83
3.	G STAŁ, Jan		03	Mokotowski UKP Warszawianka- W			5:01.29	530
	50m: 28.89	28.89	150m: 1:42.83	39.06	250m: 3:06.20	45.23	350m: 4:27.85	35.81
	100m: 1:03.77	34.88	200m: 2:20.97	38.14	300m: 3:52.04	45.84	400m: 5:01.29	33.44
4.	ROGUSKI, Mateusz		03	IUKS „Muszelka” Warszawa			5:01.77	527
	50m: 30.51	30.51	150m: 1:43.98	38.31	250m: 3:08.31	46.07	350m: 4:28.11	34.21
	100m: 1:05.67	35.16	200m: 2:22.24	38.26	300m: 3:53.90	45.59	400m: 5:01.77	33.66
5.	OLEJNIK, Adam		03	TP Skalar Słupsk			5:11.48	479
	50m: 31.71	31.71	150m: 1:54.12	41.37	250m: 3:16.44	41.68	350m: 4:35.61	37.36
	100m: 1:12.75	41.04	200m: 2:34.76	40.64	300m: 3:58.25	41.81	400m: 5:11.48	35.87

17 - 18 lat

1.	JA KIEWICZ, Adrian		02	UKS G-8 Bielany Warszawa			4:41.26	651
	50m: 26.81	26.81	150m: 1:35.83	36.58	250m: 2:53.63	40.64	350m: 4:09.35	32.50
	100m: 59.25	32.44	200m: 2:12.99	37.16	300m: 3:36.85	43.22	400m: 4:41.26	31.91
2.	GUZY, Marcel		01	DOKiS Sekcja Pływacka Vega Dob			4:44.26	631
	50m: 29.92	29.92	150m: 1:40.51	36.91	250m: 2:56.96	39.69	350m: 4:10.49	33.53
	100m: 1:03.60	33.68	200m: 2:17.27	36.76	300m: 3:36.96	40.00	400m: 4:44.26	33.77
3.	GRZYBOWSKI, Artur		01	MKP Szczecin			4:52.04	582
	50m: 28.95	28.95	150m: 1:41.10	38.70	250m: 3:02.17	43.15	350m: 4:20.77	33.56
	100m: 1:02.40	33.45	200m: 2:19.02	37.92	300m: 3:47.21	45.04	400m: 4:52.04	31.27
4.	KONCKI, Bartłomiej		01	KS „Wisła” Puławy			4:57.80	548
	50m: 31.22	31.22	150m: 1:45.83	38.87	250m: 3:07.96	44.92	350m: 4:26.36	33.54
	100m: 1:06.96	35.74	200m: 2:23.04	37.21	300m: 3:52.82	44.86	400m: 4:57.80	31.44
5.	BOBORYK, Wojciech		02	KS Delfin Gdynia			4:59.15	541
	50m: 29.89	29.89	150m: 1:43.18	38.86	250m: 3:04.96	43.50	350m: 4:24.34	35.59
	100m: 1:04.32	34.43	200m: 2:21.46	38.28	300m: 3:48.75	43.79	400m: 4:59.15	34.81

ARENA GRAND PRIX PUCHAR POLSKI
Warszawa, 6. - 7.4.2019

Konkurencja 2, Chłopców, 400m zmienny, 17 - 18 lat

Pozycja			Rok ur.					Czas	Pkt.
6.	RUTA, Kamil		02	UKP „Polonia Warszawa”				5:05.08	510
	50m:	30.72 30.72	150m:	1:47.43	40.30	250m:	3:10.76 44.30	350m:	4:30.87 34.50
	100m:	1:07.13 36.41	200m:	2:26.46	39.03	300m:	3:56.37 45.61	400m:	5:05.08 34.21
7.	J DRZEJKIEWICZ, Jan		02	UKS „GIM 92 Ursynów”				5:12.22	476
	50m:	32.88 32.88	150m:	1:50.96	38.71	250m:	3:14.75 45.04	350m:	4:36.74 36.69
	100m:	1:12.25 39.37	200m:	2:29.71	38.75	300m:	4:00.05 45.30	400m:	5:12.22 35.48
Open									
1.	JA KIEWICZ, Adrian		02	UKS G-8 Bielany Warszawa				4:41.26	651
	50m:	26.81 26.81	150m:	1:35.83	36.58	250m:	2:53.63 40.64	350m:	4:09.35 32.50
	100m:	59.25 32.44	200m:	2:12.99	37.16	300m:	3:36.85 43.22	400m:	4:41.26 31.91
2.	CHMIELEWSKI, Krzysztof		04	IUKS „Muszelka” Warszawa				4:43.00	639
	50m:	28.44 28.44	150m:	1:36.65	34.85	250m:	2:54.86 43.50	350m:	4:11.43 32.36
	100m:	1:01.80 33.36	200m:	2:11.36	34.71	300m:	3:39.07 44.21	400m:	4:43.00 31.57
3.	GUZY, Marcel		01	DOKiS Sekcja Pływacka Vega Dob				4:44.26	631
	50m:	29.92 29.92	150m:	1:40.51	36.91	250m:	2:56.96 39.69	350m:	4:10.49 33.53
	100m:	1:03.60 33.68	200m:	2:17.27	36.76	300m:	3:36.96 40.00	400m:	4:44.26 33.77
4.	KONARSKI, Maciej		04	UKS „GIM 92 Ursynów”				4:46.12	618
	50m:	29.53 29.53	150m:	1:39.86	36.02	250m:	2:56.91 40.70	350m:	4:13.36 34.21
	100m:	1:03.84 34.31	200m:	2:16.21	36.35	300m:	3:39.15 42.24	400m:	4:46.12 32.76
5.	CHMIELEWSKI, Michał		04	IUKS „Muszelka” Warszawa				4:48.54	603
	50m:	28.65 28.65	150m:	1:38.79	36.87	250m:	2:58.00 43.89	350m:	4:15.99 33.66
	100m:	1:01.92 33.27	200m:	2:14.11	35.32	300m:	3:42.33 44.33	400m:	4:48.54 32.55
6.	GRZYBOWSKI, Artur		01	MKP Szczecin				4:52.04	582
	50m:	28.95 28.95	150m:	1:41.10	38.70	250m:	3:02.17 43.15	350m:	4:20.77 33.56
	100m:	1:02.40 33.45	200m:	2:19.02	37.92	300m:	3:47.21 45.04	400m:	4:52.04 31.27
7.	KAPAŁA, Szymon		03	MTP Kormoran Olsztyn				4:52.75	577
	50m:	30.07 30.07	150m:	1:43.16	38.32	250m:	3:02.96 42.20	350m:	4:20.61 34.24
	100m:	1:04.84 34.77	200m:	2:20.76	37.60	300m:	3:46.37 43.41	400m:	4:52.75 32.14
8.	KORONA, Kacper		03	MKP Szczecin				4:55.82	560
	50m:	30.02 30.02	150m:	1:42.29	37.50	250m:	3:02.70 42.64	350m:	4:21.99 34.75
	100m:	1:04.79 34.77	200m:	2:20.06	37.77	300m:	3:47.24 44.54	400m:	4:55.82 33.83
9.	KONCKI, Bartłomiej		01	KS „Wisła” Puławy				4:57.80	548
	50m:	31.22 31.22	150m:	1:45.83	38.87	250m:	3:07.96 44.92	350m:	4:26.36 33.54
	100m:	1:06.96 35.74	200m:	2:23.04	37.21	300m:	3:52.82 44.86	400m:	4:57.80 31.44
10.	BOBORYK, Wojciech		02	KS Delfin Gdynia				4:59.15	541
	50m:	29.89 29.89	150m:	1:43.18	38.86	250m:	3:04.96 43.50	350m:	4:24.34 35.59
	100m:	1:04.32 34.43	200m:	2:21.46	38.28	300m:	3:48.75 43.79	400m:	4:59.15 34.81
11.	G STAŁ, Jan		03	Mokotowski UKP Warszawianka- W				5:01.29	530
	50m:	28.89 28.89	150m:	1:42.83	39.06	250m:	3:06.20 45.23	350m:	4:27.85 35.81
	100m:	1:03.77 34.88	200m:	2:20.97	38.14	300m:	3:52.04 45.84	400m:	5:01.29 33.44
12.	ROGUSKI, Mateusz		03	IUKS „Muszelka” Warszawa				5:01.77	527
	50m:	30.51 30.51	150m:	1:43.98	38.31	250m:	3:08.31 46.07	350m:	4:28.11 34.21
	100m:	1:05.67 35.16	200m:	2:22.24	38.26	300m:	3:53.90 45.59	400m:	5:01.77 33.66
13.	KORONKIEWICZ, Antoni		04	St. KF KS „Fenix” O arów Maz				5:02.40	524
	50m:	30.44 30.44	150m:	1:45.43	39.42	250m:	3:06.72 41.42	350m:	4:28.01 37.08
	100m:	1:06.01 35.57	200m:	2:25.30	39.87	300m:	3:50.93 44.21	400m:	5:02.40 34.39
14.	POGODA, Krzysztof		05	MKS Jedyńka Łód				5:02.95	521
	50m:	33.17 33.17	150m:	1:48.74	37.96	250m:	3:09.89 44.05	350m:	4:29.59 35.45
	100m:	1:10.78 37.61	200m:	2:25.84	37.10	300m:	3:54.14 44.25	400m:	5:02.95 33.36
15.	PŁOSZKA, Kacper		05	MKS Jedyńka Łód				5:03.31	519
	50m:	30.48 30.48	150m:	1:47.59	41.79	250m:	3:13.64 46.58	350m:	4:31.87 33.61
	100m:	1:05.80 35.32	200m:	2:27.06	39.47	300m:	3:58.26 44.62	400m:	5:03.31 31.44

ARENA GRAND PRIX PUCHAR POLSKI
Warszawa, 6. - 7.4.2019

Konkurencja 2, M czynn, 400m zmienny, Open

Pozycja			Rok ur.					Czas	Pkt.
16.	BEDNAREK, Przemysław	04	IUKS „Muszelka” Warszawa					5:03.84	516
	50m: 31.32 31.32	150m: 1:47.82	40.63	250m: 3:11.37	45.18	350m: 4:31.71	34.69		
	100m: 1:07.19 35.87	200m: 2:26.19	38.37	300m: 3:57.02	45.65	400m: 5:03.84	32.13		
17.	RUTA, Kamil	02	UKP „Polonia Warszawa”					5:05.08	510
	50m: 30.72 30.72	150m: 1:47.43	40.30	250m: 3:10.76	44.30	350m: 4:30.87	34.50		
	100m: 1:07.13 36.41	200m: 2:26.46	39.03	300m: 3:56.37	45.61	400m: 5:05.08	34.21		
18.	NOWACKI, Błażej	05	UKS „Ósemka” Starogard Gdańsk					5:09.08	491
	50m: 31.76 31.76	150m: 1:49.53	39.27	250m: 3:14.22	46.73	350m: 4:35.56	35.11		
	100m: 1:10.26 38.50	200m: 2:27.49	37.96	300m: 4:00.45	46.23	400m: 5:09.08	33.52		
19.	J DRYKA, Nikodem	04	MKS Jedyńka Łódź					5:11.15	481
	50m: 32.49 32.49	150m: 1:53.20	43.65	250m: 3:18.88	44.05	350m: 4:37.91	34.54		
	100m: 1:09.55 37.06	200m: 2:34.83	41.63	300m: 4:03.37	44.49	400m: 5:11.15	33.24		
20.	OLEJNIK, Adam	03	TP Skalar Słupsk					5:11.48	479
	50m: 31.71 31.71	150m: 1:54.12	41.37	250m: 3:16.44	41.68	350m: 4:35.61	37.36		
	100m: 1:12.75 41.04	200m: 2:34.76	40.64	300m: 3:58.25	41.81	400m: 5:11.48	35.87		
21.	J DRZEJKIEWICZ, Jan	02	UKS „GIM 92 Ursynów”					5:12.22	476
	50m: 32.88 32.88	150m: 1:50.96	38.71	250m: 3:14.75	45.04	350m: 4:36.74	36.69		
	100m: 1:12.25 39.37	200m: 2:29.71	38.75	300m: 4:00.05	45.30	400m: 5:12.22	35.48		
22.	MOCHNAL, Kacper	05	MKS Jedyńka Łódź					5:13.16	472
	50m: 31.85 31.85	150m: 1:49.53	40.73	250m: 3:14.81	45.34	350m: 4:37.41	36.26		
	100m: 1:08.80 36.95	200m: 2:29.47	39.94	300m: 4:01.15	46.34	400m: 5:13.16	35.75		
23.	LASKI, Filip	04	St. KF KS „Fenix” Oarów Maz					5:19.51	444
	50m: 31.61 31.61	150m: 1:50.98	41.52	250m: 3:16.89	45.06	350m: 4:41.00	37.61		
	100m: 1:09.46 37.85	200m: 2:31.83	40.85	300m: 4:03.39	46.50	400m: 5:19.51	38.51		
24.	KOZIEŃSKI, Oliwier	04	KS „Wisła” Puławy					5:19.73	443
	50m: 30.38 30.38	150m: 1:51.15	43.43	250m: 3:18.97	44.86	350m: 4:44.29	38.86		
	100m: 1:07.72 37.34	200m: 2:34.11	42.96	300m: 4:05.43	46.46	400m: 5:19.73	35.44		
25.	JARCZEWSKI, Franciszek	05	UKS 190 Łódź					5:21.89	434
	50m: 32.61 32.61	150m: 1:51.72	40.81	250m: 3:19.28	47.95	350m: 4:44.61	37.47		
	100m: 1:10.91 38.30	200m: 2:31.33	39.61	300m: 4:07.14	47.86	400m: 5:21.89	37.28		
26.	DOMALEWSKI, Bartłomiej	05	MTP Kormoran Olsztyn					5:22.07	433
	50m: 33.67 33.67	150m: 1:56.18	42.99	250m: 3:26.38	48.84	350m: 4:49.89	34.24		
	100m: 1:13.19 39.52	200m: 2:37.54	41.36	300m: 4:15.65	49.27	400m: 5:22.07	32.18		
27.	PAWŁOWSKI, Michał	05	UKS "V" Łomianki					5:22.62	431
	50m: 32.61 32.61	150m: 1:56.95	43.64	250m: 3:27.66	46.47	350m: 4:49.30	35.24		
	100m: 1:13.31 40.70	200m: 2:41.19	44.24	300m: 4:14.06	46.40	400m: 5:22.62	33.32		
28.	GRABOWSKI, Mikołaj	04	MTP Kormoran Olsztyn					5:23.72	427
	50m: 35.08 35.08	150m: 1:58.78	40.54	250m: 3:24.79	46.26	350m: 4:48.55	36.82		
	100m: 1:18.24 43.16	200m: 2:38.53	39.75	300m: 4:11.73	46.94	400m: 5:23.72	35.17		
29.	ZAWADZKI, Marek	05	UKS G-8 Bielany Warszawa					5:28.76	408
	50m: 32.95 32.95	150m: 1:52.96	42.19	250m: 3:25.32	50.61	350m: 4:52.06	35.53		
	100m: 1:10.77 37.82	200m: 2:34.71	41.75	300m: 4:16.53	51.21	400m: 5:28.76	36.70		
30.	KRYSIAK, Kacper	04	MKS Trójka Łódź					5:38.82	372
	50m: 35.23 35.23	150m: 1:56.46	41.86	250m: 3:29.79	52.02	350m: 5:01.96	38.27		
	100m: 1:14.60 39.37	200m: 2:37.77	41.31	300m: 4:23.69	53.90	400m: 5:38.82	36.86		
31.	CHINIEWICZ, Filip	05	IUKS „Muszelka” Warszawa					5:48.61	342
	50m: 35.19 35.19	150m: 2:01.89	46.60	250m: 3:38.42	51.68	350m: 5:10.16	39.29		
	100m: 1:15.29 40.10	200m: 2:46.74	44.85	300m: 4:30.87	52.45	400m: 5:48.61	38.45		
32.	SOBCZAK, Mateusz	04	MTP Kormoran Olsztyn					5:52.21	331
	50m: 38.60 38.60	150m: 2:11.33	45.22	250m: 3:43.55	50.48	350m: 5:13.64	39.32		
	100m: 1:26.11 47.51	200m: 2:53.07	41.74	300m: 4:34.32	50.77	400m: 5:52.21	38.57		

ARENA GRAND PRIX PUCHAR POLSKI
Warszawa, 6. - 7.4.2019

Konkurencja 2, M cyczn, 400m zmienny, Open

Pozycja			Rok ur.					Czas	Pkt.			
DYSKW.	WO NIAK, Piotr		05	MTP Kormoran Olsztyn				5:33.12				
	<i>K6 - Pływak wykonał nierównoczesne ruchy ramion.</i>											
	50m:	33.51	33.51	150m:	1:57.44	43.77	250m:	3:29.94	49.99	350m:	4:57.66	36.84
	100m:	1:13.67	40.16	200m:	2:39.95	42.51	300m:	4:20.82	50.88	400m:	5:33.12	35.46