

ARENA GRAND PRIX PUCHAR POLSKI
Kozienice, 29.2. - 1.3.2020

Konkurencja 13
29.02.2020 - 17:13

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	POL	Gorzów Wlkp.	27.11.2009
Rekord Polski 18	4:09.07	MATCZAK, Mateusz	POL	Debrecen (HUN)	14.12.2007
Rekord Polski 17	4:11.22	W GROWSKI, Marcel	POL	Olsztyn	16.12.2016
Rekord Polski 16	4:12.62	W GROWSKI, Marcel	POL	Lublin	18.12.2015
Rekord Polski 15	4:23.69	KĄŁUSOWSKI, Jan	POL	Lublin	18.12.2015
Rekord Polski 14	4:28.26	URYNIUK, Paweł	POL	Poznan	25.11.2017

Punkt: FINA 2019

Pozycja	Rok ur.				Czas	Pkt.
14 lat						
1.	MAKSAJDA, Kacper	06	TP Skalar Słupsk		4:47.11	551
	50m: 29.66 29.66	150m: 1:44.55	39.27	250m: 3:02.41	39.20	350m: 4:15.35 33.50
	100m: 1:05.28 35.62	200m: 2:23.21	38.66	300m: 3:41.85	39.44	400m: 4:47.11 31.76
2.	LARY , Jerzy	06	IUKS „Muszelka” Warszawa		4:50.88	530
	50m: 31.17 31.17	150m: 1:44.36	37.92	250m: 3:03.31	42.21	350m: 4:19.48 32.44
	100m: 1:06.44 35.27	200m: 2:21.10	36.74	300m: 3:47.04	43.73	400m: 4:50.88 31.40
15 lat						
1.	KUCHARCZYK, Paweł	05	UKP „Polonia Warszawa”		4:44.78	565
	50m: 29.76 29.76	150m: 1:45.42	41.36	250m: 3:02.91	37.68	350m: 4:13.62 33.47
	100m: 1:04.06 34.30	200m: 2:25.23	39.81	300m: 3:40.15	37.24	400m: 4:44.78 31.16
16 lat						
1.	CHMIELEWSKI, Krzysztof	04	IUKS „Muszelka” Warszawa		4:27.81	679
	50m: 27.43 27.43	150m: 1:32.57	33.76	250m: 2:46.61	40.88	350m: 3:58.27 30.55
	100m: 58.81 31.38	200m: 2:05.73	33.16	300m: 3:27.72	41.11	400m: 4:27.81 29.54
2.	KOSI SKI, Filip	04	Mi dzyszkolny UKS „Olimpijczyk” Suwałki		4:30.11	662
	50m: 27.37 27.37	150m: 1:32.25	33.13	250m: 2:45.31	41.25	350m: 3:59.32 32.67
	100m: 59.12 31.75	200m: 2:04.06	31.81	300m: 3:26.65	41.34	400m: 4:30.11 30.79
3.	CHMIELEWSKI, Michał	04	IUKS „Muszelka” Warszawa		4:35.72	623
	50m: 28.14 28.14	150m: 1:35.12	34.75	250m: 2:51.08	42.49	350m: 4:05.41 31.96
	100m: 1:00.37 32.23	200m: 2:08.59	33.47	300m: 3:33.45	42.37	400m: 4:35.72 30.31
17 - 18 lat						
1.	RAJCA, Wiktor	02	KS KSZO Ostrowiec w.		4:34.80	629
	50m: 29.50 29.50	150m: 1:38.56	36.15	250m: 2:52.35	38.50	350m: 4:03.93 32.72
	100m: 1:02.41 32.91	200m: 2:13.85	35.29	300m: 3:31.21	38.86	400m: 4:34.80 30.87
2.	KALISIAK, Norbert	02	UKS Nawa Skierniewice		4:48.63	543
	50m: 30.66 30.66	150m: 1:44.27	38.06	250m: 3:02.15	40.71	350m: 4:16.68 33.73
	100m: 1:06.21 35.55	200m: 2:21.44	37.17	300m: 3:42.95	40.80	400m: 4:48.63 31.95
3.	KESLER, Marcin	02	KS KSZO Ostrowiec w.		4:50.39	533
	50m: 29.93 29.93	150m: 1:43.01	38.65	250m: 3:01.94	41.50	350m: 4:18.77 34.11
	100m: 1:04.36 34.43	200m: 2:20.44	37.43	300m: 3:44.66	42.72	400m: 4:50.39 31.62
4.	RUTA, Kamil	02	UKP „Polonia Warszawa”		4:50.94	530
	50m: 29.62 29.62	150m: 1:41.66	37.93	250m: 3:01.67	42.40	350m: 4:18.58 32.95
	100m: 1:03.73 34.11	200m: 2:19.27	37.61	300m: 3:45.63	43.96	400m: 4:50.94 32.36

ARENA GRAND PRIX PUCHAR POLSKI
Kozienice, 29.2. - 1.3.2020

Konkurencja 13, M czyzn, 400m zmienny

Open

1.	POPRAWA, Michał	94	AZS AWF Katowice	4:23.65	712
	50m: 26.12 26.12	150m: 1:30.33	33.38	250m: 2:41.81	37.66
	100m: 56.95 30.83	200m: 2:04.15	33.82	300m: 3:20.80	38.99
				350m: 3:52.94	32.14
				400m: 4:23.65	30.71
2.	CHMIELEWSKI, Krzysztof	04	IUKS „Muszelka” Warszawa	4:27.81	679
	50m: 27.43 27.43	150m: 1:32.57	33.76	250m: 2:46.61	40.88
	100m: 58.81 31.38	200m: 2:05.73	33.16	300m: 3:27.72	41.11
				350m: 3:58.27	30.55
				400m: 4:27.81	29.54
3.	KOSI SKI, Filip	04	Mi dzyszkołny UKS „Olimpijczyk” Suwałki	4:30.11	662
	50m: 27.37 27.37	150m: 1:32.25	33.13	250m: 2:45.31	41.25
	100m: 59.12 31.75	200m: 2:04.06	31.81	300m: 3:26.65	41.34
				350m: 3:59.32	32.67
				400m: 4:30.11	30.79
4.	DUBIEL, Adam	93	AZS AWF Warszawa	4:33.25	640
	50m: 28.63 28.63	150m: 1:36.44	34.50	250m: 2:50.49	39.84
	100m: 1:01.94 33.31	200m: 2:10.65	34.21	300m: 3:30.71	40.22
				350m: 4:02.62	31.91
				400m: 4:33.25	30.63
5.	RAJCA, Wiktor	02	KS KSZO Ostrowiec w.	4:34.80	629
	50m: 29.50 29.50	150m: 1:38.56	36.15	250m: 2:52.35	38.50
	100m: 1:02.41 32.91	200m: 2:13.85	35.29	300m: 3:31.21	38.86
				350m: 4:03.93	32.72
				400m: 4:34.80	30.87
6.	CHMIELEWSKI, Michał	04	IUKS „Muszelka” Warszawa	4:35.72	623
	50m: 28.14 28.14	150m: 1:35.12	34.75	250m: 2:51.08	42.49
	100m: 1:00.37 32.23	200m: 2:08.59	33.47	300m: 3:33.45	42.37
				350m: 4:05.41	31.96
				400m: 4:35.72	30.31
7.	KUCHARCZYK, Paweł	05	UKP „Polonia Warszawa”	4:44.78	565
	50m: 29.76 29.76	150m: 1:45.42	41.36	250m: 3:02.91	37.68
	100m: 1:04.06 34.30	200m: 2:25.23	39.81	300m: 3:40.15	37.24
				350m: 4:13.62	33.47
				400m: 4:44.78	31.16
8.	MAKSAJDA, Kacper	06	TP Skalar Słupsk	4:47.11	551
	50m: 29.66 29.66	150m: 1:44.55	39.27	250m: 3:02.41	39.20
	100m: 1:05.28 35.62	200m: 2:23.21	38.66	300m: 3:41.85	39.44
				350m: 4:15.35	33.50
				400m: 4:47.11	31.76
9.	KALISIAK, Norbert	02	UKS Nawa Skierniewice	4:48.63	543
	50m: 30.66 30.66	150m: 1:44.27	38.06	250m: 3:02.15	40.71
	100m: 1:06.21 35.55	200m: 2:21.44	37.17	300m: 3:42.95	40.80
				350m: 4:16.68	33.73
				400m: 4:48.63	31.95
10.	KESLER, Marcin	02	KS KSZO Ostrowiec w.	4:50.39	533
	50m: 29.93 29.93	150m: 1:43.01	38.65	250m: 3:01.94	41.50
	100m: 1:04.36 34.43	200m: 2:20.44	37.43	300m: 3:44.66	42.72
				350m: 4:18.77	34.11
				400m: 4:50.39	31.62
11.	LARY , Jerzy	06	IUKS „Muszelka” Warszawa	4:50.88	530
	50m: 31.17 31.17	150m: 1:44.36	37.92	250m: 3:03.31	42.21
	100m: 1:06.44 35.27	200m: 2:21.10	36.74	300m: 3:47.04	43.73
				350m: 4:19.48	32.44
				400m: 4:50.88	31.40
12.	RUTA, Kamil	02	UKP „Polonia Warszawa”	4:50.94	530
	50m: 29.62 29.62	150m: 1:41.66	37.93	250m: 3:01.67	42.40
	100m: 1:03.73 34.11	200m: 2:19.27	37.61	300m: 3:45.63	43.96
				350m: 4:18.58	32.95
				400m: 4:50.94	32.36