

ARENA GRAND PRIX PUCHAR POLSKI  
Kozienice, 29.2. - 1.3.2020

Konkurencja 34  
01.03.2020 - 10:19

M czynn, 400m dowolny

Open  
Wyniki

Rekord Polski Open	3:37.57	WOJDAK, Wojciech	POL	Netanya (ISR)	02.12.2015
Rekord Polski 19 - 23	3:37.57	WOJDAK, Wojciech	POL	Netanya (ISR)	02.12.2015
Rekord Polski 18	3:41.69	WOJDAK, Wojciech	POL	Ostrowiec Sw	18.12.2014
Rekord Polski 17	3:45.26	WOJDAK, Wojciech	POL	Ostrowiec Sw	19.12.2013
Rekord Polski 16	3:47.70	WOJDAK, Wojciech	POL	Ostrowiec Sw.	19.12.2012
Rekord Polski 15	3:50.76	MŁYNARCZYK, Karol	POL	Lublin	17.12.2015
Rekord Polski 14	3:57.40	DASZKIEWICZ, Michał	POL	O wi cim	23.12.2017

Punkty: FINA 2019

Pozycja	Rok ur.				Czas	Pkt.
<b>14 lat</b>						
1.	LARY , Jerzy	06	IUKS „Muszelka” Warszawa	<b>4:14.04</b>	583	
	50m: 30.32 30.32	150m: 1:34.17 32.11	250m: 2:38.69 31.94	350m: 3:42.72 31.88		
	100m: 1:02.06 31.74	200m: 2:06.75 32.58	300m: 3:10.84 32.15	400m: 4:14.04 31.32		
2.	MAKSAJDA, Kacper	06	TP Skalar Słupsk	<b>4:16.75</b>	564	
	50m: 28.00 28.00	150m: 1:33.35 32.89	250m: 2:39.94 32.92	350m: 3:44.89 32.08		
	100m: 1:00.46 32.46	200m: 2:07.02 33.67	300m: 3:12.81 32.87	400m: 4:16.75 31.86		
3.	B K, Mikołaj	06	MKS Wodnik	<b>4:53.92</b>	376	
	50m: 30.44 30.44	150m: 1:44.92 38.45	250m: 3:01.40 38.69	350m: 4:16.85 37.25		
	100m: 1:06.47 36.03	200m: 2:22.71 37.79	300m: 3:39.60 38.20	400m: 4:53.92 37.07		
<b>15 lat</b>						
1.	WO NY, Maksym	05	MKS Juvenia Wrocław	<b>4:25.09</b>	513	
	50m: 29.85 29.85	150m: 1:36.18 33.71	250m: 2:43.89 34.22	350m: 3:52.23 33.88		
	100m: 1:02.47 32.62	200m: 2:09.67 33.49	300m: 3:18.35 34.46	400m: 4:25.09 32.86		
2.	KASPRZAK, Krzysztof	05	UKS "Skalar" Góra Kalwaria	<b>4:33.19</b>	468	
	50m: 29.88 29.88	150m: 1:39.47 35.18	250m: 2:49.44 34.40	350m: 3:59.59 35.10		
	100m: 1:04.29 34.41	200m: 2:15.04 35.57	300m: 3:24.49 35.05	400m: 4:33.19 33.60		
3.	ŁOBODA, Tymoteusz	05	MPKS Orka Ciechanów	<b>4:43.60</b>	419	
	50m: 30.15 30.15	150m: 1:41.26 36.29	250m: 2:55.01 37.05	350m: 4:09.19 37.29		
	100m: 1:04.97 34.82	200m: 2:17.96 36.70	300m: 3:31.90 36.89	400m: 4:43.60 34.41		
4.	WIELOCH, Igor	05	Mi dzyszkolny UKS „Olimpijczyk” Suwałki	<b>5:18.71</b>	295	
	50m:	150m:	250m:	350m:		
	100m:	200m:	300m: 3:59.23	400m: 5:18.71		
<b>16 lat</b>						
1.	KOSI SKI, Filip	04	Mi dzyszkolny UKS „Olimpijczyk” Suwałki	<b>3:58.54</b>	704	
	50m: 26.92 26.92	150m: 1:26.17 29.64	250m: 2:27.44 30.90	350m: 3:29.32 30.91		
	100m: 56.53 29.61	200m: 1:56.54 30.37	300m: 2:58.41 30.97	400m: 3:58.54 29.22		
2.	CHMIELEWSKI, Krzysztof	04	IUKS „Muszelka” Warszawa	<b>4:02.86</b>	667	
	50m: 26.91 26.91	150m: 1:27.31 30.51	250m: 2:28.75 30.79	350m: 3:31.74 31.63		
	100m: 56.80 29.89	200m: 1:57.96 30.65	300m: 3:00.11 31.36	400m: 4:02.86 31.12		
3.	CHMIELEWSKI, Michał	04	IUKS „Muszelka” Warszawa	<b>4:08.04</b>	626	
	50m: 28.65 28.65	150m: 1:32.68 32.47	250m: 2:35.70 30.79	350m: 3:38.00 31.34		
	100m: 1:00.21 31.56	200m: 2:04.91 32.23	300m: 3:06.66 30.96	400m: 4:08.04 30.04		
4.	JAWORSKI, Marcel	04	MKS Juvenia Wrocław	<b>4:13.18</b>	589	
	50m: 27.99 27.99	150m: 1:31.31 32.44	250m: 2:36.27 32.93	350m: 3:41.90 32.84		
	100m: 58.87 30.88	200m: 2:03.34 32.03	300m: 3:09.06 32.79	400m: 4:13.18 31.28		
5.	KRUSZEWSKI, Adrian	04	MTKP Delfin Toru	<b>4:21.76</b>	533	
	50m: 29.04 29.04	150m: 1:34.52 33.12	250m: 2:41.54 33.66	350m: 3:48.92 33.70		
	100m: 1:01.40 32.36	200m: 2:07.88 33.36	300m: 3:15.22 33.68	400m: 4:21.76 32.84		
6.	ŁABIK, Marcin	04	TP Skalar Słupsk	<b>4:32.44</b>	472	
	50m: 29.20 29.20	150m: 1:36.32 34.34	250m: 2:48.16 36.06	350m: 3:59.80 35.39		
	100m: 1:01.98 32.78	200m: 2:12.10 35.78	300m: 3:24.41 36.25	400m: 4:32.44 32.64		

ARENA GRAND PRIX PUCHAR POLSKI  
Kozienice, 29.2. - 1.3.2020

Konkurencja 34, Chłopców, 400m dowolny, 16 lat

Pozycja	Rok ur.								Czas	Pkt.		
7.	CHOJNACKI, Bartosz		04	UKS Olympic Warka						<b>4:42.51</b>	424	
	50m:	30.71	30.71	150m:	1:40.85	35.62	250m:	2:54.25	36.90	350m:	4:07.48	36.70
	100m:	1:05.23	34.52	200m:	2:17.35	36.50	300m:	3:30.78	36.53	400m:	4:42.51	35.03
8.	PASIECZNY, Bartłomiej		04	UKP Jedyńka Elbl g						<b>4:43.06</b>	421	
	50m:	30.47	30.47	150m:	1:40.56	35.69	250m:	2:53.01	36.28	350m:	4:06.76	36.82
	100m:	1:04.87	34.40	200m:	2:16.73	36.17	300m:	3:29.94	36.93	400m:	4:43.06	36.30

17 - 18 lat

1.	RODKIEWICZ, Radosław		03	IUKS „Muszelka” Warszawa						<b>4:06.13</b>	641	
	50m:	28.97	28.97	150m:	1:32.62	32.25	250m:	2:36.57	31.46	350m:	3:37.85	30.48
	100m:	1:00.37	31.40	200m:	2:05.11	32.49	300m:	3:07.37	30.80	400m:	4:06.13	28.28
2.	SZYMCZAK, Szymon		03	MKS Juwenia Wrocław						<b>4:11.31</b>	602	
	50m:	29.41	29.41	150m:	1:32.93	31.96	250m:	2:37.62	32.30	350m:	3:41.26	31.73
	100m:	1:00.97	31.56	200m:	2:05.32	32.39	300m:	3:09.53	31.91	400m:	4:11.31	30.05
3.	DUDKIEWICZ, Kacper		02	MKS Polonia Warszawa						<b>4:16.15</b>	568	
	50m:	28.36	28.36	150m:	1:32.01	32.44	250m:	2:37.70	32.97	350m:	3:44.10	33.03
	100m:	59.57	31.21	200m:	2:04.73	32.72	300m:	3:11.07	33.37	400m:	4:16.15	32.05
4.	SYLDATK, Wiktor		03	TP Skalar Słupsk						<b>4:25.01</b>	513	
	50m:	29.22	29.22	150m:	1:35.85	33.87	250m:	2:43.91	34.08	350m:	3:51.83	34.02
	100m:	1:01.98	32.76	200m:	2:09.83	33.98	300m:	3:17.81	33.90	400m:	4:25.01	33.18

Open

1.	ZABOROWSKI, Filip		94	MKP Szczecin						<b>3:49.75</b>	788	
	50m:	26.83	26.83	150m:	1:24.60	28.90	250m:	2:22.35	28.89	350m:	3:20.62	29.26
	100m:	55.70	28.87	200m:	1:53.46	28.86	300m:	2:51.36	29.01	400m:	3:49.75	29.13
2.	KRASKA, Jakub		00	AZS Łód						<b>3:57.32</b>	715	
	50m:	27.03	27.03	150m:	1:25.08	29.05	250m:	2:23.82	29.46	350m:	3:26.11	31.49
	100m:	56.03	29.00	200m:	1:54.36	29.28	300m:	2:54.62	30.80	400m:	3:57.32	31.21
3.	KOSI SKI, Filip		04	Mi dzyszkolny UKS „Olimpijczyk” Suwałki						<b>3:58.54</b>	704	
	50m:	26.92	26.92	150m:	1:26.17	29.64	250m:	2:27.44	30.90	350m:	3:29.32	30.91
	100m:	56.53	29.61	200m:	1:56.54	30.37	300m:	2:58.41	30.97	400m:	3:58.54	29.22
4.	KOMOROWSKI, Jan		01	MKS Trójka Łód						<b>3:58.85</b>	701	
	50m:	27.12	27.12	150m:	1:27.13	30.09	250m:	2:28.07	30.45	350m:	3:29.44	30.62
	100m:	57.04	29.92	200m:	1:57.62	30.49	300m:	2:58.82	30.75	400m:	3:58.85	29.41
5.	CHMIELEWSKI, Krzysztof		04	IUKS „Muszelka” Warszawa						<b>4:02.86</b>	667	
	50m:	26.91	26.91	150m:	1:27.31	30.51	250m:	2:28.75	30.79	350m:	3:31.74	31.63
	100m:	56.80	29.89	200m:	1:57.96	30.65	300m:	3:00.11	31.36	400m:	4:02.86	31.12
6.	RODKIEWICZ, Radosław		03	IUKS „Muszelka” Warszawa						<b>4:06.13</b>	641	
	50m:	28.97	28.97	150m:	1:32.62	32.25	250m:	2:36.57	31.46	350m:	3:37.85	30.48
	100m:	1:00.37	31.40	200m:	2:05.11	32.49	300m:	3:07.37	30.80	400m:	4:06.13	28.28
7.	ROGUSKI, Bartłomiej		93	AZS AWF Warszawa						<b>4:07.20</b>	632	
	50m:	28.27	28.27	150m:	1:29.60	30.88	250m:	2:32.51	31.45	350m:	3:36.02	31.96
	100m:	58.72	30.45	200m:	2:01.06	31.46	300m:	3:04.06	31.55	400m:	4:07.20	31.18
8.	CHMIELEWSKI, Michał		04	IUKS „Muszelka” Warszawa						<b>4:08.04</b>	626	
	50m:	28.65	28.65	150m:	1:32.68	32.47	250m:	2:35.70	30.79	350m:	3:38.00	31.34
	100m:	1:00.21	31.56	200m:	2:04.91	32.23	300m:	3:06.66	30.96	400m:	4:08.04	30.04
9.	SZYMCZAK, Szymon		03	MKS Juwenia Wrocław						<b>4:11.31</b>	602	
	50m:	29.41	29.41	150m:	1:32.93	31.96	250m:	2:37.62	32.30	350m:	3:41.26	31.73
	100m:	1:00.97	31.56	200m:	2:05.32	32.39	300m:	3:09.53	31.91	400m:	4:11.31	30.05
10.	JAWORSKI, Marcel		04	MKS Juwenia Wrocław						<b>4:13.18</b>	589	
	50m:	27.99	27.99	150m:	1:31.31	32.44	250m:	2:36.27	32.93	350m:	3:41.90	32.84
	100m:	58.87	30.88	200m:	2:03.34	32.03	300m:	3:09.06	32.79	400m:	4:13.18	31.28

ARENA GRAND PRIX PUCHAR POLSKI  
Kozienice, 29.2. - 1.3.2020

Konkurencja 34, M czynn, 400m dowolny, Open

Pozycja			Rok ur.					Czas	Pkt.
11.	LARY , Jerzy		06	IUKS „Muszelka” Warszawa				<b>4:14.04</b>	583
	50m: 30.32	30.32	150m: 1:34.17	32.11	250m: 2:38.69	31.94	350m: 3:42.72	31.88	
	100m: 1:02.06	31.74	200m: 2:06.75	32.58	300m: 3:10.84	32.15	400m: 4:14.04	31.32	
12.	DUDKIEWICZ, Kacper		02	MKS Polonia Warszawa				<b>4:16.15</b>	568
	50m: 28.36	28.36	150m: 1:32.01	32.44	250m: 2:37.70	32.97	350m: 3:44.10	33.03	
	100m: 59.57	31.21	200m: 2:04.73	32.72	300m: 3:11.07	33.37	400m: 4:16.15	32.05	
13.	MAKSAJDA, Kacper		06	TP Skalar Słupsk				<b>4:16.75</b>	564
	50m: 28.00	28.00	150m: 1:33.35	32.89	250m: 2:39.94	32.92	350m: 3:44.89	32.08	
	100m: 1:00.46	32.46	200m: 2:07.02	33.67	300m: 3:12.81	32.87	400m: 4:16.75	31.86	
14.	KRUSZEWSKI, Adrian		04	MTKP Delfin Toru				<b>4:21.76</b>	533
	50m: 29.04	29.04	150m: 1:34.52	33.12	250m: 2:41.54	33.66	350m: 3:48.92	33.70	
	100m: 1:01.40	32.36	200m: 2:07.88	33.36	300m: 3:15.22	33.68	400m: 4:21.76	32.84	
15.	SYLDATK, Wiktor		03	TP Skalar Słupsk				<b>4:25.01</b>	513
	50m: 29.22	29.22	150m: 1:35.85	33.87	250m: 2:43.91	34.08	350m: 3:51.83	34.02	
	100m: 1:01.98	32.76	200m: 2:09.83	33.98	300m: 3:17.81	33.90	400m: 4:25.01	33.18	
16.	WO NY, Maksym		05	MKS Juvenia Wrocław				<b>4:25.09</b>	513
	50m: 29.85	29.85	150m: 1:36.18	33.71	250m: 2:43.89	34.22	350m: 3:52.23	33.88	
	100m: 1:02.47	32.62	200m: 2:09.67	33.49	300m: 3:18.35	34.46	400m: 4:25.09	32.86	
17.	ŁABIK, Marcin		04	TP Skalar Słupsk				<b>4:32.44</b>	472
	50m: 29.20	29.20	150m: 1:36.32	34.34	250m: 2:48.16	36.06	350m: 3:59.80	35.39	
	100m: 1:01.98	32.78	200m: 2:12.10	35.78	300m: 3:24.41	36.25	400m: 4:32.44	32.64	
18.	KASPRZAK, Krzysztof		05	UKS "Skalar" Góra Kalwaria				<b>4:33.19</b>	468
	50m: 29.88	29.88	150m: 1:39.47	35.18	250m: 2:49.44	34.40	350m: 3:59.59	35.10	
	100m: 1:04.29	34.41	200m: 2:15.04	35.57	300m: 3:24.49	35.05	400m: 4:33.19	33.60	
19.	CHOJNACKI, Bartosz		04	UKS Olimpic Warka				<b>4:42.51</b>	424
	50m: 30.71	30.71	150m: 1:40.85	35.62	250m: 2:54.25	36.90	350m: 4:07.48	36.70	
	100m: 1:05.23	34.52	200m: 2:17.35	36.50	300m: 3:30.78	36.53	400m: 4:42.51	35.03	
20.	PASIECZNY, Bartłomiej		04	UKP Jedyńka Elbląg				<b>4:43.06</b>	421
	50m: 30.47	30.47	150m: 1:40.56	35.69	250m: 2:53.01	36.28	350m: 4:06.76	36.82	
	100m: 1:04.87	34.40	200m: 2:16.73	36.17	300m: 3:29.94	36.93	400m: 4:43.06	36.30	
21.	ŁOBODA, Tymoteusz		05	MPKS Orka Ciechanów				<b>4:43.60</b>	419
	50m: 30.15	30.15	150m: 1:41.26	36.29	250m: 2:55.01	37.05	350m: 4:09.19	37.29	
	100m: 1:04.97	34.82	200m: 2:17.96	36.70	300m: 3:31.90	36.89	400m: 4:43.60	34.41	
22.	B K, Mikołaj		06	MKS Wodnik				<b>4:53.92</b>	376
	50m: 30.44	30.44	150m: 1:44.92	38.45	250m: 3:01.40	38.69	350m: 4:16.85	37.25	
	100m: 1:06.47	36.03	200m: 2:22.71	37.79	300m: 3:39.60	38.20	400m: 4:53.92	37.07	
23.	WIELOCH, Igor		05	Mi dzyszkołny UKS „Olimpijczyk” Suwałki				<b>5:18.71</b>	295
	50m:		150m:		250m:		350m:		
	100m:		200m:		300m: 3:59.23		400m: 5:18.71		