



Arena Grand Prix Puchar Polski
Warszawa, 6. - 7.4.2024

Konkurencja 22
07.04.2024 - 11:54

M czynn, 400m dowolny

14 lat i starsi
Wyniki

Minim. kw. IO Paris 2024 Open: 3:46.78 / Minim. kw. MES Belgrad 2024 Open: 3:50.43 / Minim. kw. MEJ Wilno 2024 14 - 18: 3:57.65

Punkty: FINA 2024

Pozycja	Rok ur.	Czas	Pkt.
1. SIERADZKI Kamil	02 AZS AWF Katowice	3:56.70	803
50m: 26.87 26.87	150m: 1:27.39 30.36	250m: 2:27.76 30.02	350m: 3:27.36 29.69
100m: 57.03 30.16	200m: 1:57.74 30.35	300m: 2:57.67 29.91	400m: 3:56.70 29.34
2. HEBEL Maciej	05 AZS AWF Katowice	4:04.96	725
50m: 28.42 28.42	150m: 1:31.02 31.54	250m: 2:33.26 31.16	350m: 3:35.20 31.20
100m: 59.48 31.06	200m: 2:02.10 31.08	300m: 3:04.00 30.74	400m: 4:04.96 29.76
3. STANISZEWSKI Bartosz	05 MKP Szczecin	4:05.12	723
50m: 28.45 28.45	150m: 1:31.11 31.71	250m: 2:33.81 31.43	350m: 3:37.06 31.92
100m: 59.40 30.95	200m: 2:02.38 31.27	300m: 3:05.14 31.33	400m: 4:05.12 28.06
4. LARY Jerzy	06 IUKS „Muszelka” Warszawa	4:09.43	686
50m: 29.07 29.07	150m: 1:32.04 31.84	250m: 2:35.53 31.67	350m: 3:38.80 31.55
100m: 1:00.20 31.13	200m: 2:03.86 31.82	300m: 3:07.25 31.72	400m: 4:09.43 30.63
CIBA Mateusz	08 MKP Szczecin	4:09.43	686
50m: 28.73 28.73	150m: 1:32.53 32.02	250m: 2:36.18 31.48	350m: 3:39.08 31.36
100m: 1:00.51 31.78	200m: 2:04.70 32.17	300m: 3:07.72 31.54	400m: 4:09.43 30.35
6. KAŁU Y SKI Antoni	99 Ku Azs Uw	4:10.58	677
50m: 27.74 27.74	150m: 1:29.48 31.41	250m: 2:34.17 32.57	350m: 3:39.70 32.41
100m: 58.07 30.33	200m: 2:01.60 32.12	300m: 3:07.29 33.12	400m: 4:10.58 30.88
7. DARUL Bartosz	04 MKP Szczecin	4:10.62	677
50m: 29.42 29.42	150m: 1:32.81 31.93	250m: 2:36.45 31.61	350m: 3:39.99 31.78
100m: 1:00.88 31.46	200m: 2:04.84 32.03	300m: 3:08.21 31.76	400m: 4:10.62 30.63
8. ZDYBEL Adam	05 KS Delfin Gdynia	4:10.88	674
50m: 28.43 28.43	150m: 1:31.61 32.00	250m: 2:35.62 31.97	350m: 3:40.45 32.39
100m: 59.61 31.18	200m: 2:03.65 32.04	300m: 3:08.06 32.44	400m: 4:10.88 30.43
9. ZALEWSKI Jacek	06 KS Poznania Pozna	4:10.89	674
50m: 29.70 29.70	150m: 1:34.02 32.18	250m: 2:38.35 31.85	350m: 3:41.35 30.91
100m: 1:01.84 32.14	200m: 2:06.50 32.48	300m: 3:10.44 32.09	400m: 4:10.89 29.54
10. PI TKA Miłosz	07 MKP Szczecin	4:11.44	670
50m: 29.24 29.24	150m: 1:32.52 31.83	250m: 2:36.15 31.73	350m: 3:40.45 32.14
100m: 1:00.69 31.45	200m: 2:04.42 31.90	300m: 3:08.31 32.16	400m: 4:11.44 30.99
11. MRÓZ Adam	03 KU AZS UMCS Lublin	4:13.30	655
50m: 28.21 28.21	150m: 1:32.00 32.24	250m: 2:36.98 32.17	350m: 3:41.72 31.96
100m: 59.76 31.55	200m: 2:04.81 32.81	300m: 3:09.76 32.78	400m: 4:13.30 31.58
12. FRONCZAK Antoni	06 UKS G-8 Bielany Warszawa	4:14.39	647
50m: 29.89 29.89	150m: 1:34.76 32.63	250m: 2:39.59 32.39	350m: 3:43.44 31.97
100m: 1:02.13 32.24	200m: 2:07.20 32.44	300m: 3:11.47 31.88	400m: 4:14.39 30.95
13. KOWAL Maciej	07 MKP Szczecin	4:14.47	646
50m: 30.51 30.51	150m: 1:36.27 32.97	250m: 2:40.77 31.62	350m: 3:43.80 31.21
100m: 1:03.30 32.79	200m: 2:09.15 32.88	300m: 3:12.59 31.82	400m: 4:14.47 30.67
14. KRAWCZYK Jakub	08 UKS „GIM 92 Ursynów”	4:14.60	645
50m: 28.95 28.95	150m: 1:32.26 31.65	250m: 2:37.02 32.40	350m: 3:43.61 34.00
100m: 1:00.61 31.66	200m: 2:04.62 32.36	300m: 3:09.61 32.59	400m: 4:14.60 30.99





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Pozycja			Rok ur.					Czas	Pkt.
15.	DUDA Kacper		05	UKS SMS Galicja Kraków				4:15.84	636
	50m: 29.44	29.44	150m: 1:34.25	32.79	250m: 2:40.93	33.56	350m: 3:46.19	31.69	
	100m: 1:01.46	32.02	200m: 2:07.37	33.12	300m: 3:14.50	33.57	400m: 4:15.84	29.65	
16.	WISZNIOWSKI Tymoteusz		10	LKS Jedno 32 Przystowice				4:16.75	629
	50m: 29.92	29.92	150m: 1:35.01	32.65	250m: 2:40.82	32.93	350m: 3:45.49	32.34	
	100m: 1:02.36	32.44	200m: 2:07.89	32.88	300m: 3:13.15	32.33	400m: 4:16.75	31.26	
17.	PACEWICZ Wiktor		06	MKS Jedyńka Łódź				4:17.62	623
	50m: 28.94	28.94	150m: 1:34.66	33.18	250m: 2:41.18	33.31	350m: 3:47.37	32.35	
	100m: 1:01.48	32.54	200m: 2:07.87	33.21	300m: 3:15.02	33.84	400m: 4:17.62	30.25	
18.	KORONA Eryk		09	MKP Szczecin				4:17.71	622
	50m: 28.93	28.93	150m: 1:35.15	33.62	250m: 2:41.21	32.67	350m: 3:46.55	32.39	
	100m: 1:01.53	32.60	200m: 2:08.54	33.39	300m: 3:14.16	32.95	400m: 4:17.71	31.16	
19.	ZIELI SKI Dawid		09	MKP Szczecin				4:18.01	620
	50m: 29.44	29.44	150m: 1:35.68	33.46	250m: 2:42.12	32.67	350m: 3:47.66	32.72	
	100m: 1:02.22	32.78	200m: 2:09.45	33.77	300m: 3:14.94	32.82	400m: 4:18.01	30.35	
20.	NOWACKI Mieszko		09	KU AZS UMCS Lublin				4:18.39	617
	50m: 29.86	29.86	150m: 1:34.92	32.78	250m: 2:41.16	33.28	350m: 3:47.35	32.83	
	100m: 1:02.14	32.28	200m: 2:07.88	32.96	300m: 3:14.52	33.36	400m: 4:18.39	31.04	
21.	LYSKOVICH Artsiom		05	UKS G-8 Bielany Warszawa				4:19.31	611
	50m: 29.94	29.94	150m: 1:34.95	32.58	250m: 2:41.26	32.88	350m: 3:47.86	33.17	
	100m: 1:02.37	32.43	200m: 2:08.38	33.43	300m: 3:14.69	33.43	400m: 4:19.31	31.45	
22.	KRASKA Mateusz		07	KU AZS UMCS Lublin				4:19.57	609
	50m: 30.10	30.10	150m: 1:35.54	32.87	250m: 2:41.35	32.84	350m: 3:47.71	33.22	
	100m: 1:02.67	32.57	200m: 2:08.51	32.97	300m: 3:14.49	33.14	400m: 4:19.57	31.86	
23.	GWIAZDOWSKI Krzysztof		08	MKS Piaseczno				4:20.51	602
	50m: 29.36	29.36	150m: 1:34.09	32.83	250m: 2:41.35	33.99	350m: 3:48.54	33.56	
	100m: 1:01.26	31.90	200m: 2:07.36	33.27	300m: 3:14.98	33.63	400m: 4:20.51	31.97	
24.	KUCHARSKI Paweł		05	AZS AWF Katowice				4:21.26	597
	50m: 28.99	28.99	150m: 1:34.03	32.66	250m: 2:40.77	33.32	350m: 3:48.07	33.83	
	100m: 1:01.37	32.38	200m: 2:07.45	33.42	300m: 3:14.24	33.47	400m: 4:21.26	33.19	
25.	ŁUBI SKI Szymon		08	UKS „GIM 92 Ursynów”				4:23.06	585
	50m: 28.86	28.86	150m: 1:33.72	32.85	250m: 2:40.56	33.56	350m: 3:49.04	34.52	
	100m: 1:00.87	32.01	200m: 2:07.00	33.28	300m: 3:14.52	33.96	400m: 4:23.06	34.02	
26.	SIENKIEWICZ Ignacy		05	AZS AWF Warszawa				4:23.20	584
	50m: 29.07	29.07	150m: 1:34.83	33.38	250m: 2:41.90	33.80	350m: 3:50.03	34.34	
	100m: 1:01.45	32.38	200m: 2:08.10	33.27	300m: 3:15.69	33.79	400m: 4:23.20	33.17	
27.	MIELCAREK Filip		09	TP Skalar, Słupsk				4:26.01	566
	50m: 30.04	30.04	150m: 1:37.18	33.76	250m: 2:45.43	34.31	350m: 3:53.62	33.88	
	100m: 1:03.42	33.38	200m: 2:11.12	33.94	300m: 3:19.74	34.31	400m: 4:26.01	32.39	
28.	KARWAT Bartłomiej		08	UKS Nawa Skierniewice				4:26.25	564
	50m: 29.97	29.97	150m: 1:36.53	33.50	250m: 2:44.88	34.04	350m: 3:53.26	33.81	
	100m: 1:03.03	33.06	200m: 2:10.84	34.31	300m: 3:19.45	34.57	400m: 4:26.25	32.99	
29.	KACZMAREK Maksymilian		06	KU AZS UAM Poznań				4:26.44	563
	50m: 28.48	28.48	150m: 1:34.34	33.25	250m: 2:42.11	33.80	350m: 3:52.27	34.98	
	100m: 1:01.09	32.61	200m: 2:08.31	33.97	300m: 3:17.29	35.18	400m: 4:26.44	34.17	





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Pozycja		Rok ur.						Czas	Pkt.
30.	WŁODARCZYK Michał	09	UKP „Polonia Warszawa”					4:27.35	557
	50m: 29.64 29.64	150m: 1:36.49	33.38	250m: 2:43.21	33.52	350m: 3:53.62	35.58		
	100m: 1:03.11 33.47	200m: 2:09.69	33.20	300m: 3:18.04	34.83	400m: 4:27.35	33.73		
31.	CHODA Maciej	06	MTP Kormoran Olsztyn					4:28.05	553
	50m: 30.92 30.92	150m: 1:37.80	33.87	250m: 2:45.99	34.11	350m: 3:54.51	34.13		
	100m: 1:03.93 33.01	200m: 2:11.88	34.08	300m: 3:20.38	34.39	400m: 4:28.05	33.54		
32.	ŁUKAWSKI Tomasz	07	Mokotowski UKP Warszawianka- Wodny					4:28.64	549
	50m: 29.31 29.31	150m: 1:35.69	33.75	250m: 2:44.96	34.97	350m: 3:54.74	34.92		
	100m: 1:01.94 32.63	200m: 2:09.99	34.30	300m: 3:19.82	34.86	400m: 4:28.64	33.90		
33.	JANKIEWICZ Szymon	09	MKP Szczecin					4:29.01	547
	50m: 30.10 30.10	150m: 1:38.27	34.76	250m: 2:48.06	34.88	350m: 3:57.55	34.53		
	100m: 1:03.51 33.41	200m: 2:13.18	34.91	300m: 3:23.02	34.96	400m: 4:29.01	31.46		
34.	CHABOWSKI-PALONKA Krzysztof	10	MKP Szczecin					4:29.21	546
	50m: 30.09 30.09	150m: 1:38.07	34.40	250m: 2:47.40	34.73	350m: 3:56.96	34.27		
	100m: 1:03.67 33.58	200m: 2:12.67	34.60	300m: 3:22.69	35.29	400m: 4:29.21	32.25		
35.	ŁOJEWSKI Adam	07	MTP Kormoran Olsztyn					4:29.69	543
	50m: 30.18 30.18	150m: 1:38.08	34.21	250m: 2:47.00	34.41	350m: 3:56.64	34.80		
	100m: 1:03.87 33.69	200m: 2:12.59	34.51	300m: 3:21.84	34.84	400m: 4:29.69	33.05		
36.	ZEMANEK Jakub	06	Sport Club Pardubice					4:30.56	538
	50m: 29.30 29.30	150m: 1:36.36	34.14	250m: 2:46.52	35.49	350m: 3:56.99	35.42		
	100m: 1:02.22 32.92	200m: 2:11.03	34.67	300m: 3:21.57	35.05	400m: 4:30.56	33.57		
37.	KONOPKO Michał	10	UKS Aqua Team Mikołów					4:30.72	537
	50m: 29.77 29.77	150m: 1:37.92	34.67	250m: 2:48.63	35.24	350m: 3:58.62	34.74		
	100m: 1:03.25 33.48	200m: 2:13.39	35.47	300m: 3:23.88	35.25	400m: 4:30.72	32.10		
38.	TOPA Daniel	10	MTP Kormoran Olsztyn					4:31.24	534
	50m: 31.23 31.23	150m: 1:39.98	34.74	250m: 2:49.75	34.69	350m: 3:59.01	34.40		
	100m: 1:05.24 34.01	200m: 2:15.06	35.08	300m: 3:24.61	34.86	400m: 4:31.24	32.23		
39.	TRYDULSKI Wiktor	10	UKS „GIM 92 Ursynów”					4:31.36	533
	50m: 29.54 29.54	150m: 1:37.82	35.08	250m: 2:47.26	34.67	350m: 3:57.12	34.90		
	100m: 1:02.74 33.20	200m: 2:12.59	34.77	300m: 3:22.22	34.96	400m: 4:31.36	34.24		
40.	RYSTWEJ Maksymilian	06	UKS G-8 Bielany Warszawa					4:32.16	528
	50m: 30.49 30.49	150m: 1:36.53	33.20	250m: 2:44.71	34.49	350m: 3:56.47	35.97		
	100m: 1:03.33 32.84	200m: 2:10.22	33.69	300m: 3:20.50	35.79	400m: 4:32.16	35.69		
41.	MAZUR Adam	07	Grupa 5Styl					4:32.77	525
	50m: 30.29 30.29	150m: 1:38.06	34.30	250m: 2:47.74	34.85	350m: 3:58.14	35.08		
	100m: 1:03.76 33.47	200m: 2:12.89	34.83	300m: 3:23.06	35.32	400m: 4:32.77	34.63		
42.	DOŁOTA Iwo	09	St. KF KS „Fenix” O arów Mazowiecki					4:34.35	516
	50m: 31.07 31.07	150m: 1:41.99	35.90	250m: 2:54.58	36.12	350m: 4:03.30	33.73		
	100m: 1:06.09 35.02	200m: 2:18.46	36.47	300m: 3:29.57	34.99	400m: 4:34.35	31.05		
43.	RUTKOWSKI Bartosz	09	St. KF KS „Fenix” O arów Mazowiecki					4:35.52	509
	50m: 31.85 31.85	150m: 1:41.51	34.90	250m: 2:51.47	34.86	350m: 4:01.49	34.78		
	100m: 1:06.61 34.76	200m: 2:16.61	35.10	300m: 3:26.71	35.24	400m: 4:35.52	34.03		
44.	WIECZOREK Marcel	09	KU AZS UMCS Lublin					4:35.87	507
	50m: 29.86 29.86	150m: 1:39.24	35.58	250m: 2:51.03	35.51	350m: 4:01.94	34.97		
	100m: 1:03.66 33.80	200m: 2:15.52	36.28	300m: 3:26.97	35.94	400m: 4:35.87	33.93		





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Pozycja			Rok ur.					Czas	Pkt.
45.	BURCZY SKI Jakub		07	UKS G-8 Bielany Warszawa				4:36.43	504
	50m: 30.39 30.39	150m: 1:40.09 35.49		250m: 2:51.92 35.80	350m: 4:03.76 35.62				
	100m: 1:04.60 34.21	200m: 2:16.12 36.03		300m: 3:28.14 36.22	400m: 4:36.43 32.67				
46.	OSAK Kacper		10	Stowarzyszenie SIEMACHA				4:36.49	504
	50m: 31.22 31.22	150m: 1:41.44 35.65		250m: 2:53.21 36.26	350m: 4:03.32 34.40				
	100m: 1:05.79 34.57	200m: 2:16.95 35.51		300m: 3:28.92 35.71	400m: 4:36.49 33.17				
	BALKIEWICZ Ignacy		07	UKS Butterfly Łom a				4:36.49	504
	50m: 30.17 30.17	150m: 1:38.99 35.45		250m: 2:51.37 36.86	350m: 4:03.14 35.67				
	100m: 1:03.54 33.37	200m: 2:14.51 35.52		300m: 3:27.47 36.10	400m: 4:36.49 33.35				
48.	GEBAUER Wolfgang		08	MTP Kormoran Olsztyn				4:36.91	501
	50m: 31.32 31.32	150m: 1:41.57 35.39		250m: 2:52.56 35.05	350m: 4:03.36 35.23				
	100m: 1:06.18 34.86	200m: 2:17.51 35.94		300m: 3:28.13 35.57	400m: 4:36.91 33.55				
49.	FRONCZEK Bła ej		09	KU AZS UMCS Lublin				4:37.19	500
	50m: 31.29 31.29	150m: 1:41.93 35.35		250m: 2:53.48 35.26	350m: 4:04.29 35.10				
	100m: 1:06.58 35.29	200m: 2:18.22 36.29		300m: 3:29.19 35.71	400m: 4:37.19 32.90				
50.	RYTOV Illia		08	MKP Szczecin				4:38.14	495
	50m: 29.87 29.87	150m: 1:39.11 35.49		250m: 2:51.67 36.56	350m: 4:03.94 35.98				
	100m: 1:03.62 33.75	200m: 2:15.11 36.00		300m: 3:27.96 36.29	400m: 4:38.14 34.20				
51.	JARGAS Aron		10	UKS „GIM 92 Ursynów”				4:42.94	470
	50m: 30.41 30.41	150m: 1:41.24 36.16		250m: 2:54.29 36.75	350m: 4:08.43 36.94				
	100m: 1:05.08 34.67	200m: 2:17.54 36.30		300m: 3:31.49 37.20	400m: 4:42.94 34.51				
52.	SKOCZYLAS Bartosz		09	KU AZS UMCS Lublin				4:45.04	460
	50m: 32.31 32.31	150m: 1:45.25 36.80		250m: 2:57.66 36.37	350m: 4:09.79 36.02				
	100m: 1:08.45 36.14	200m: 2:21.29 36.04		300m: 3:33.77 36.11	400m: 4:45.04 35.25				
53.	SAPKOWSKI Michał		09	Mi dzyszkolny UKS „Olimpijczyk” Suwałki				4:48.70	442
	50m: 30.22 30.22	150m: 1:40.77 36.29		250m: 2:55.95 37.77	350m: 4:14.09 39.29				
	100m: 1:04.48 34.26	200m: 2:18.18 37.41		300m: 3:34.80 38.85	400m: 4:48.70 34.61				
54.	SIUDA Jeremi		08	KU AZS UMCS Lublin				4:50.33	435
	50m: 31.72 31.72	150m: 1:45.63 37.59		250m: 3:00.75 37.53	350m: 4:15.44 36.32				
	100m: 1:08.04 36.32	200m: 2:23.22 37.59		300m: 3:39.12 38.37	400m: 4:50.33 34.89				

