



Arena Grand Prix Puchar Polski  
Warszawa, 6. - 7.4.2024

Event 22  
07.04.2024 - 9:17

Men, 400m Freestyle

14 years and older  
Results

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

Points: FINA 2024

Rank		YB		Time	Pts
1.	SIERADZKI Kamil	02	AZS AWF Katowice	<b>3:56.70</b>	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	<b>4:04.96</b>	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	<b>4:05.12</b>	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.	LARYS Jerzy	06	IUKS „Muszelka” Warszawa	<b>4:09.43</b>	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	<b>4:09.43</b>	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.	KALUZYNSKI Antoni	99	Ku Azs Uw	<b>4:10.58</b>	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	<b>4:10.62</b>	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	<b>4:10.88</b>	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 Poznan	<b>4:10.89</b>	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.	PIETKA Milosz	07	MKP Szczecin	<b>4:11.44</b>	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.	MROZ Adam	03	KU AZS UMCS Lublin	<b>4:13.30</b>	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	<b>4:14.39</b>	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	<b>4:14.47</b>	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 Ursynow”	<b>4:14.60</b>	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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Rank		YB						Time	Pts
15.	DUDA Kacper	05	UKS SMS Galicja Krakow					<b>4:15.84</b>	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 Jednosc 32 Przyszowice					<b>4:16.75</b>	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 Lodz					<b>4:17.62</b>	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					<b>4:17.71</b>	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.	ZIELINSKI Dawid	09	MKP Szczecin					<b>4:18.01</b>	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					<b>4:18.39</b>	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					<b>4:19.31</b>	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					<b>4:19.57</b>	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					<b>4:20.51</b>	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 Pawel	05	AZS AWF Katowice					<b>4:21.26</b>	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.	LUBINSKI Szymon	08	UKS „GIM 92 Ursynow”					<b>4:23.06</b>	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					<b>4:23.20</b>	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, Slupsk					<b>4:26.01</b>	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 Bartlomiej	08	UKS Nawa Skierniewice					<b>4:26.25</b>	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 Poznan					<b>4:26.44</b>	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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Rank			YB							Time	Pts	
30.	WŁODARCZYK Michał		09	UKP „Polonia Warszawa”						<b>4:27.35</b>	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.	CHODAN Maciej		06	MTP Kormoran Olsztyn						<b>4:28.05</b>	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.	LUKAWSKI Tomasz		07	Mokotowski UKP Warszawianka- Wodny						<b>4:28.64</b>	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						<b>4:29.01</b>	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						<b>4:29.21</b>	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.	LOJEWSKI Adam		07	MTP Kormoran Olsztyn						<b>4:29.69</b>	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						<b>4:30.56</b>	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 Mikołow						<b>4:30.72</b>	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						<b>4:31.24</b>	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 Ursynow”						<b>4:31.36</b>	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						<b>4:32.16</b>	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						<b>4:32.77</b>	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” Ozarów Mazowiecki						<b>4:34.35</b>	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” Ozarów Mazowiecki						<b>4:35.52</b>	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						<b>4:35.87</b>	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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Rank			YB					Time	Pts			
45.	BURCZYNSKI Jakub		07	UKS G-8 Bielany Warszawa				<b>4:36.43</b>	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				<b>4:36.49</b>	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 Lomza				<b>4:36.49</b>	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				<b>4:36.91</b>	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 Blazej		09	KU AZS UMCS Lublin				<b>4:37.19</b>	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				<b>4:38.14</b>	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 Ursynow”				<b>4:42.94</b>	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				<b>4:45.04</b>	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 Michal		09	Miedzyszkolny UKS „Olimpijczyk” Suwałki				<b>4:48.70</b>	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				<b>4:50.33</b>	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

