



Arena Grand Prix Puchar Polski
Warszawa, 6. - 7.4.2024

Konkurencja 32
07.04.2024 - 12:57

M czyzn, 400m zmienny

14 lat i starsi
Wyniki

Minim. kw. IO Paris 2024 Open: 4:12.50 / Minim. kw. MES Belgrad 2024 Open: 4:20.05 / Minim. kw. MEJ Wilno 2024 14 - 18: 4:30.20

Punkty: FINA 2024

Pozycja	Rok ur.	Czas	Pkt.
1. MAJOR Erik	07	4:36.52	674
50m: 29.32 29.32	150m: 1:38.73 36.27	250m: 2:54.20 39.65	350m: 4:06.44 31.89
100m: 1:02.46 33.14	200m: 2:14.55 35.82	300m: 3:34.55 40.35	400m: 4:36.52 30.08
2. KRY Radosław	07	4:39.52	652
50m: 29.70 29.70	150m: 1:39.38 36.23	250m: 2:55.00 39.07	350m: 4:08.24 32.38
100m: 1:03.15 33.45	200m: 2:15.93 36.55	300m: 3:35.86 40.86	400m: 4:39.52 31.28
3. WIDERSKI Miłosz	08	4:39.78	651
50m: 28.94 28.94	150m: 1:39.16 35.90	250m: 2:56.49 39.97	350m: 4:09.72 31.24
100m: 1:03.26 34.32	200m: 2:16.52 37.36	300m: 3:38.48 41.99	400m: 4:39.78 30.06
4. MRÓZ Adam	03	4:40.35	647
50m: 30.50 30.50	150m: 1:41.59 37.37	250m: 2:57.96 39.00	350m: 4:09.28 32.28
100m: 1:04.22 33.72	200m: 2:18.96 37.37	300m: 3:37.00 39.04	400m: 4:40.35 31.07
5. CZERWONKA Jan	08	4:41.67	638
50m: 29.18 29.18	150m: 1:39.40 36.21	250m: 2:55.89 40.96	350m: 4:11.75 33.53
100m: 1:03.19 34.01	200m: 2:14.93 35.53	300m: 3:38.22 42.33	400m: 4:41.67 29.92
6. LARY Jerzy	06	4:44.72	617
50m: 30.14 30.14	150m: 1:40.76 37.17	250m: 2:58.47 41.62	350m: 4:13.94 32.47
100m: 1:03.59 33.45	200m: 2:16.85 36.09	300m: 3:41.47 43.00	400m: 4:44.72 30.78
7. PORWIK Kacper	06	4:46.38	607
50m: 29.58 29.58	150m: 1:43.68 38.07	250m: 2:59.85 39.33	350m: 4:13.66 33.27
100m: 1:05.61 36.03	200m: 2:20.52 36.84	300m: 3:40.39 40.54	400m: 4:46.38 32.72
8. WI NIEWSKI Wiktor	07	4:47.46	600
50m: 28.65 28.65	150m: 1:41.94 39.10	250m: 3:00.78 40.19	350m: 4:15.43 33.93
100m: 1:02.84 34.19	200m: 2:20.59 38.65	300m: 3:41.50 40.72	400m: 4:47.46 32.03
9. NOWACKI Błażej	05	4:48.05	596
50m: 28.07 28.07	150m: 1:39.14 38.27	250m: 2:59.30 42.32	350m: 4:14.60 33.52
100m: 1:00.87 32.80	200m: 2:16.98 37.84	300m: 3:41.08 41.78	400m: 4:48.05 33.45
10. KUCZAK Adam	00	4:48.18	595
50m: 28.92 28.92	150m: 1:41.15 37.73	250m: 2:59.41 41.37	350m: 4:16.08 34.73
100m: 1:03.42 34.50	200m: 2:18.04 36.89	300m: 3:41.35 41.94	400m: 4:48.18 32.10
11. JOACHIMOWICZ Patryk	08	4:50.23	583
50m: 29.22 29.22	150m: 1:41.62 37.61	250m: 3:01.27 42.14	350m: 4:17.27 33.28
100m: 1:04.01 34.79	200m: 2:19.13 37.51	300m: 3:43.99 42.72	400m: 4:50.23 32.96
12. OŁOWNIA Ignacy	07	4:50.53	581
50m: 30.34 30.34	150m: 1:43.10 37.58	250m: 3:02.26 43.08	350m: 4:18.42 33.39
100m: 1:05.52 35.18	200m: 2:19.18 36.08	300m: 3:45.03 42.77	400m: 4:50.53 32.11
13. CHALUPNIK Jiri	04	4:51.12	577
50m: 30.64 30.64	150m: 1:46.47 39.58	250m: 3:04.71 39.05	350m: 4:18.12 32.84
100m: 1:06.89 36.25	200m: 2:25.66 39.19	300m: 3:45.28 40.57	400m: 4:51.12 33.00
14. MOSKALIEV Erik	07	4:52.95	567
50m: 28.98 28.98	150m: 1:44.93 39.23	250m: 3:04.34 41.08	350m: 4:20.23 33.85
100m: 1:05.70 36.72	200m: 2:23.26 38.33	300m: 3:46.38 42.04	400m: 4:52.95 32.72





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Pozycja	Rok ur.						Czas	Pkt.
15. DRAHORAD Jan	07	Sport Club Pardubice					4:53.90	561
50m: 29.93 29.93	150m: 1:45.00 38.72	250m: 3:04.96 41.68	350m: 4:21.80 34.04	100m: 1:06.28 36.35	200m: 2:23.28 38.28	300m: 3:47.76 42.80	400m: 4:53.90 32.10	
16. JARCZEWSKI Franciszek	05	MKS Jedyńka Łód					4:54.90	556
50m: 29.95 29.95	150m: 1:43.66 38.44	250m: 3:04.68 43.56	350m: 4:22.41 33.78	100m: 1:05.22 35.27	200m: 2:21.12 37.46	300m: 3:48.63 43.95	400m: 4:54.90 32.49	
17. STR K Krystian	08	UKP Unia O wi cim					4:57.34	542
50m: 30.06 30.06	150m: 1:45.25 38.28	250m: 3:05.48 42.36	350m: 4:24.40 34.49	100m: 1:06.97 36.91	200m: 2:23.12 37.87	300m: 3:49.91 44.43	400m: 4:57.34 32.94	
18. MURAS Szymon	06	MKS "IKAR" Stal Mielec					5:04.99	502
50m: 31.17 31.17	150m: 1:53.51 41.83	250m: 3:14.62 39.99	350m: 4:31.97 34.78	100m: 1:11.68 40.51	200m: 2:34.63 41.12	300m: 3:57.19 42.57	400m: 5:04.99 33.02	
19. DOŁOTA Iwo	09	St. KF KS „Fenix” O arów Mazowiecki					5:05.73	499
50m: 31.33 31.33	150m: 1:49.88 41.08	250m: 3:11.75 42.35	350m: 4:32.54 35.80	100m: 1:08.80 37.47	200m: 2:29.40 39.52	300m: 3:56.74 44.99	400m: 5:05.73 33.19	
20. GŁOWACKI Sebastian	07	UKS Nawa Skierniewice					5:07.41	490
50m: 32.38 32.38	150m: 1:52.41 41.76	250m: 3:13.59 41.59	350m: 4:33.08 37.30	100m: 1:10.65 38.27	200m: 2:32.00 39.59	300m: 3:55.78 42.19	400m: 5:07.41 34.33	
21. TRUDNOS Ignacy	08	UKS 190 Łód					5:09.23	482
50m: 32.26 32.26	150m: 1:51.78 40.58	250m: 3:14.08 42.30	350m: 4:34.94 37.17	100m: 1:11.20 38.94	200m: 2:31.78 40.00	300m: 3:57.77 43.69	400m: 5:09.23 34.29	
22. OSAK Kacper	10	Stowarzyszenie SIEMACHA					5:10.17	477
50m: 32.26 32.26	150m: 1:51.06 39.61	250m: 3:15.00 43.93	350m: 4:35.90 35.28	100m: 1:11.45 39.19	200m: 2:31.07 40.01	300m: 4:00.62 45.62	400m: 5:10.17 34.27	
23. ŁOJEWSKI Adam	07	MTP Kormoran Olsztyn					5:10.49	476
50m: 31.53 31.53	150m: 1:50.47 41.08	250m: 3:14.39 45.16	350m: 4:36.06 35.73	100m: 1:09.39 37.86	200m: 2:29.23 38.76	300m: 4:00.33 45.94	400m: 5:10.49 34.43	
24. SIEMASZKO Leon	10	UKS „GIM 92 Ursynów”					5:12.05	469
50m: 33.25 33.25	150m: 1:55.06 42.17	250m: 3:16.60 40.43	350m: 4:34.86 36.59	100m: 1:12.89 39.64	200m: 2:36.17 41.11	300m: 3:58.27 41.67	400m: 5:12.05 37.19	
25. PRZYSTAŁ Antonio	07	Stowarzyszenie Solne Miasto Wieliczka					5:14.37	458
50m: 32.00 32.00	150m: 1:51.28 42.08	250m: 3:16.87 44.19	350m: 4:38.99 37.46	100m: 1:09.20 37.20	200m: 2:32.68 41.40	300m: 4:01.53 44.66	400m: 5:14.37 35.38	
26. PAWLAK Dawid	08	UKS 190 Łód					5:18.83	440
50m: 32.24 32.24	150m: 1:54.23 44.29	250m: 3:23.29 46.04	350m: 4:43.91 35.20	100m: 1:09.94 37.70	200m: 2:37.25 43.02	300m: 4:08.71 45.42	400m: 5:18.83 34.92	
27. ROZUMEK Jan	09	Stowarzyszenie Solne Miasto Wieliczka					5:24.56	417
50m: 31.07 31.07	150m: 1:48.28 40.82	250m: 3:16.78 48.91	350m: 4:47.60 39.93	100m: 1:07.46 36.39	200m: 2:27.87 39.59	300m: 4:07.67 50.89	400m: 5:24.56 36.96	
DYSKW. MIŁKOWSKI Mikołaj	07	AZS AWF Warszawa						
<i>K14 - Pływak wykonał kopni cie nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie i nawrocie).</i>								
50m: 28.29 28.29	150m: 1:36.49 35.78	250m: 2:51.31 39.99	350m: 4:02.73 31.30	100m: 1:00.71 32.42	200m: 2:11.32 34.83	300m: 3:31.43 40.12	400m:	





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Pozycja	Rok ur.	Czas	Pkt.
DYSKW. NOWACKI Mieszko	09 KU AZS UMCS Lublin		
<i>K14 - Pływak wykonał kopni cie nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie i nawrocie).</i>			
50m: 31.03 31.03	150m: 1:47.50 38.72	250m: 3:09.23 44.00	350m: 4:28.19 34.19
100m: 1:08.78 37.75	200m: 2:25.23 37.73	300m: 3:54.00 44.77	400m:
DYSKW. TUPALSKI Natan	08 UKP „Polonia Warszawa”		
<i>G8 - Pływak uko czył wy cig w poło eniu na piersiach.</i>			
50m: 31.98 31.98	150m: 1:53.87 42.85	250m: 3:16.14 42.44	350m: 4:37.57 36.81
100m: 1:11.02 39.04	200m: 2:33.70 39.83	300m: 4:00.76 44.62	400m:
DYSKW. KWIATKOWSKI Jan	10 UKS „GIM 92 Ursynów”		
<i>K16 - Pływak dotkn ł cian nierównocze nie dwiema dło mi przy nawrocie lub na zako czenie wy cigu.</i>			
50m: 32.42 32.42	150m: 1:52.34 40.95	250m: 3:18.36 44.01	350m: 4:42.88 37.86
100m: 1:11.39 38.97	200m: 2:34.35 42.01	300m: 4:05.02 46.66	400m:

