



Arena Grand Prix Puchar Polski  
Warszawa, 6. - 7.4.2024

Event 32  
07.04.2024 - 11:17

Men, 400m Medley

14 years and older  
Results

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

Points: FINA 2024

Rank					YB					Time	Pts	
1.	MAJOR Erik				07	MKS Park Wodny Tarnowskie Gory				<b>4:36.52</b>	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.	KRYŚ Radosław				07	MKP Szczecin				<b>4:39.52</b>	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.	SWIDERSKI Miłosz				08	MKS Jedyńka Łódź				<b>4:39.78</b>	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.	MROZ Adam				03	KU AZS UMCS Lublin				<b>4:40.35</b>	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	MTPK Delfin Toruń				<b>4:41.67</b>	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.	LARYS Jerzy				06	IUKS „Muszelka” Warszawa				<b>4:44.72</b>	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	UKP Unia Oświęcim				<b>4:46.38</b>	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.	WISNIEWSKI Wiktor				07	UKP Unia Oświęcim				<b>4:47.46</b>	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	KU AZS UMCS Lublin				<b>4:48.05</b>	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	AZS AWF Katowice				<b>4:48.18</b>	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	KU AZS UMCS Lublin				<b>4:50.23</b>	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.	OLOWNIA Ignacy				07	KS Delfin Gdynia				<b>4:50.53</b>	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	Sport Club Pardubice				<b>4:51.12</b>	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	Sport Club Pardubice				<b>4:52.95</b>	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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Rank					YB					Time	Pts	
15.	DRAHORAD Jan				07	Sport Club Pardubice				<b>4:53.90</b>	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 Łódź				<b>4:54.90</b>	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.	STRAK Krystian				08	UKP Unia Oświęcim				<b>4:57.34</b>	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				<b>5:04.99</b>	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” Ożarów Mazowiecki				<b>5:05.73</b>	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				<b>5:07.41</b>	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 Łódź				<b>5:09.23</b>	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				<b>5:10.17</b>	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.	LOJEWSKI Adam				07	MTP Kormoran Olsztyn				<b>5:10.49</b>	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”				<b>5:12.05</b>	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				<b>5:14.37</b>	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 Łódź				<b>5:18.83</b>	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				<b>5:24.56</b>	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
DSQ	MILKOWSKI Mikołaj				07	AZS AWF Warszawa						
	<i>K14 - Pływak wykonał kopniakie nogi w płaszczyźnie pionowej w dół (z wyjątkiem 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:		



Ministerstwo  
Sportu i Turystyki



Polska Grupa Energetyczna



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Warszawa, 6. - 7.4.2024

Event 32, Men, 400m Medley, 14 years and older

Rank		YB						Time	Pts			
DSQ	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:		
DSQ	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:		
DSQ	KWIATKOWSKI Jan	10	UKS „GIM 92 Ursynow”									
	<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:		

