



VII GRAND PRIX WARMII I MAZUR W PŁYWANIU
OLSZTYN, 2. - 3.12.2023

Konkurencja 20
02.12.2023 - 18:49

M czynzn, 400m zmienny

13 lat i starsi
Wyniki

Rekord PL Open	4:03.20	WOJT Lukasz	POL	Berlin (GER)	14.11.2009
Rekord PL 19 +	4:03.20	WOJT Lukasz	POL	Berlin (GER)	14.11.2009
Rekord PL 18	4:08.01	PIELA Michał	01006	Bydgoszcz	30.11.2022
Rekord PL 17	4:11.22	W GROWSKI Marcel	00505	Olsztyn	16.12.2016
Rekord PL 16	4:12.62	W GROWSKI Marcel	00505	Lublin	18.12.2015
Rekord PL 15	4:21.65	MILKOWSKI Mikołaj	04114	Gliwice	09.12.2022
Rekord PL 14	4:28.26	URYNIUK Paweł	05114	Poznan	25.11.2017
Rekord PL 13	4:37.93	POPIEL Mikołaj	00805	Olsztyn	15.12.2019

Punkty: FINA 2023

Pozycja			Wiek		Czas				Pkt.		
1. ŻU KOV Daniil			18	Klaip dos Gintaro SC 1				4:33.90	630		
50m:	28.84	28.84	150m:	1:38.75	35.80	250m:	2:53.97	40.38	350m:	4:05.23	32.23
100m:	1:02.95	34.11	200m:	2:13.59	34.84	300m:	3:33.00	39.03	400m:	4:33.90	28.67
2. OŁOWNIA Ignacy			16	KS Delfin Gdynia				4:36.72	610		
50m:	28.70	28.70	150m:	1:38.10	36.00	250m:	2:53.25	40.36	350m:	4:06.31	32.08
100m:	1:02.10	33.40	200m:	2:12.89	34.79	300m:	3:34.23	40.98	400m:	4:36.72	30.41
3. ŁOJEWSKI Adam			16	MTP Kormoran Olsztyn				4:43.53	568		
50m:	29.32	29.32	150m:	1:39.86	36.47	250m:	2:56.93	41.29	350m:	4:11.78	33.04
100m:	1:03.39	34.07	200m:	2:15.64	35.78	300m:	3:38.74	41.81	400m:	4:43.53	31.75
4. ALEKSANDRAVI IUS Aidan			15	Šiauli "Delfinas" 1				5:00.41	477		
50m:	31.86	31.86	150m:	1:51.84	40.28	250m:	3:10.93	42.41	350m:	4:29.54	34.59
100m:	1:11.56	39.70	200m:	2:28.52	36.68	300m:	3:54.95	44.02	400m:	5:00.41	30.87
5. PORADA Antoni			13	UKS SP-149 Łód				5:02.02	469		
50m:	31.87	31.87	150m:	1:49.91	40.52	250m:	3:11.45	42.59	350m:	4:29.21	34.56
100m:	1:09.39	37.52	200m:	2:28.86	38.95	300m:	3:54.65	43.20	400m:	5:02.02	32.81
6. RUZELE Vejas Jokubas			13	Palangos sporto centras				5:03.57	462		
50m:	33.11	33.11	150m:	1:49.44	38.07	250m:	3:11.18	44.54	350m:	4:30.95	35.29
100m:	1:11.37	38.26	200m:	2:26.64	37.20	300m:	3:55.66	44.48	400m:	5:03.57	32.62
7. GREGOROWICZ Paweł			49	Stowarzyszenie Pływackie Masters				5:07.98	443		
50m:	31.86	31.86	150m:	1:51.40	42.90	250m:	3:16.46	43.49	350m:	4:33.96	34.97
100m:	1:08.50	36.64	200m:	2:32.97	41.57	300m:	3:58.99	42.53	400m:	5:07.98	34.02
8. RADZEVI IUS Teodoras			16	Klaip dos Gintaro SC 2				5:08.45	441		
50m:	32.81	32.81	150m:	1:52.75	40.81	250m:	3:16.36	44.75	350m:	4:35.55	36.07
100m:	1:11.94	39.13	200m:	2:31.61	38.86	300m:	3:59.48	43.12	400m:	5:08.45	32.90
9. SROKA Zoran			15	UKS „Frog” Gi ycko				5:09.48	436		
50m:	32.69	32.69	150m:	1:51.48	40.44	250m:	3:16.35	45.65	350m:	4:36.55	33.29
100m:	1:11.04	38.35	200m:	2:30.70	39.22	300m:	4:03.26	46.91	400m:	5:09.48	32.93
10. PARDO Kornel			13	UKS „Frog” Gi ycko				5:12.17	425		
50m:	33.28	33.28	150m:	1:54.38	40.45	250m:	3:18.53	44.41	350m:	4:38.10	35.20
100m:	1:13.93	40.65	200m:	2:34.12	39.74	300m:	4:02.90	44.37	400m:	5:12.17	34.07
11. GRZYBOWSKI Jan			13	UKS SP-149 Łód				5:12.26	425		
50m:	33.91	33.91	150m:	1:51.48	40.16	250m:	3:18.27	46.33	350m:	4:38.72	34.00
100m:	1:11.32	37.41	200m:	2:31.94	40.46	300m:	4:04.72	46.45	400m:	5:12.26	33.54
12. SZYBURSKI Artur			13	UKS „Ósemka” Toru				5:14.57	415		
50m:	33.76	33.76	150m:	1:54.98	41.89	250m:	3:19.06	41.88	350m:	4:39.04	37.22
100m:	1:13.09	39.33	200m:	2:37.18	42.20	300m:	4:01.82	42.76	400m:	5:14.57	35.53
13. JARGAS Aron			13	UKS „GIM 92 Ursynów”				5:23.41	382		
50m:	33.05	33.05	150m:	1:55.34	41.78	250m:	3:21.90	46.57	350m:	4:47.04	38.28
100m:	1:13.56	40.51	200m:	2:35.33	39.99	300m:	4:08.76	46.86	400m:	5:23.41	36.37
14. KOCENKA Aleksander			13	MTP Kormoran Olsztyn				5:26.00	373		
50m:	34.83	34.83	150m:	1:58.46	43.24	250m:	3:27.14	46.23	350m:	4:51.48	38.04
100m:	1:15.22	40.39	200m:	2:40.91	42.45	300m:	4:13.44	46.30	400m:	5:26.00	34.52

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OLSZTYN, 2. - 3.12.2023

Konkurencja 20, M czyn, 400m zmienny, 13 lat i starsi

Pozycja					Wiek					Czas	Pkt.	
15.	OSTASZEWSKI Szymon				13	UKS „Skalar” Warszawa				5:26.10	373	
	50m:	33.77	33.77	150m:	1:59.86	43.65	250m:	3:27.68	46.28	350m:	4:52.75	38.55
	100m:	1:16.21	42.44	200m:	2:41.40	41.54	300m:	4:14.20	46.52	400m:	5:26.10	33.35
16.	MATYLLA Mateusz				13	Stowarzyszenie UKS Siódemka S				5:33.33	349	
	50m:	35.81	35.81	150m:	2:04.18	45.71	250m:	3:32.35	44.32	350m:	4:56.97	38.82
	100m:	1:18.47	42.66	200m:	2:48.03	43.85	300m:	4:18.15	45.80	400m:	5:33.33	36.36
17.	KOZIKOWSKI Teodozjusz				13	MTP Kormoran Olsztyn				5:43.47	319	
	50m:	36.46	36.46	150m:	2:06.31	43.35	250m:	3:37.32	48.82	350m:	5:06.98	40.47
	100m:	1:22.96	46.50	200m:	2:48.50	42.19	300m:	4:26.51	49.19	400m:	5:43.47	36.49
18.	KOZIKOWSKI Michał				43	Stowarzyszenie Pływackie Masters				5:44.52	316	
	50m:	37.35	37.35	150m:	2:07.68	46.12	250m:	3:37.28	45.86	350m:	5:06.14	42.08
	100m:	1:21.56	44.21	200m:	2:51.42	43.74	300m:	4:24.06	46.78	400m:	5:44.52	38.38
19.	JAWORSKI Szymon				13	UKS SP-149 Łód				5:48.01	307	
	50m:	36.18	36.18	150m:	2:07.78	46.99	250m:	3:42.15	49.34	350m:	5:12.09	39.71
	100m:	1:20.79	44.61	200m:	2:52.81	45.03	300m:	4:32.38	50.23	400m:	5:48.01	35.92