



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

Konkurencja 30  
03.12.2023 - 13:18

M czynzn, 400m dowolny

12 lat i starsi  
Wyniki

Rekord PL Open	3:37.57	WOJDAK Wojciech	01006	Netanya (ISR)	02.12.2015
Rekord PL 19 +	3:37.57	WOJDAK Wojciech	01006	Netanya (ISR)	02.12.2015
Rekord PL 18	3:41.69	WOJDAK Wojciech	01006	Ostrowiec Sw	18.12.2014
Rekord PL 17	3:44.45	CHMIELEWSKI Krzysztof	05614	Bydgoszcz	03.12.2021
Rekord PL 16	3:44.32	FILIPIAK Mikołaj	04610	Gorzow	10.12.2022
Rekord PL 15	3:50.76	MŁYNARCZYK Karol	05114	Lublin	17.12.2015
Rekord PL 14	3:55.30	STAWICKI Mateusz	05214	Wroclaw	28.10.2023
Rekord PL 13	4:05.92	FILIPIAK Mikołaj	01010	Olsztyn	15.12.2019
Rekord PL 12	4:24.82	MIENICKI Rafał	04114	Olsztyn	24.11.2018

Punkty: FINA 2023

Pozycja	Wiek	Czas	Pkt.
12 lat			
1. KACZMAREK Mikołaj	12	UKS „GIM 92 Ursynów”	<b>4:43.89</b> 417
50m: 33.16 33.16	150m: 1:45.90 36.21	250m: 2:59.32 36.56	350m: 4:10.47 34.92
100m: 1:09.69 36.53	200m: 2:22.76 36.86	300m: 3:35.55 36.23	400m: 4:43.89 33.42
2. KOTŁOWSKI Piotr	12	UKS „GIM 92 Ursynów”	<b>4:59.87</b> 354
50m: 33.56 33.56	150m: 1:49.73 38.76	250m: 3:06.91 38.62	350m: 4:23.40 38.06
100m: 1:10.97 37.41	200m: 2:28.29 38.56	300m: 3:45.34 38.43	400m: 4:59.87 36.47
3. JUSIAK Bartłomiej	12	UKS SP5 Swim	<b>5:02.81</b> 344
50m: 33.21 33.21	150m: 1:50.41 39.16	250m: 3:09.68 39.95	350m: 4:26.43 38.02
100m: 1:11.25 38.04	200m: 2:29.73 39.32	300m: 3:48.41 38.73	400m: 5:02.81 36.38
4. WALKIEWICZ Juliusz	12	MUKS Piorun Gołdap	<b>5:05.59</b> 335
50m: 35.23 35.23	150m: 1:52.94 38.84	250m: 3:10.81 38.96	350m: 4:28.50 39.01
100m: 1:14.10 38.87	200m: 2:31.85 38.91	300m: 3:49.49 38.68	400m: 5:05.59 37.09
5. MATYLLA Michał	12	Stowarzyszenie UKS Siódemka S5	<b>5:12.26</b> 314
50m: 35.15 35.15	150m: 1:55.39 40.63	250m: 3:17.36 40.96	350m: 4:36.80 38.11
100m: 1:14.76 39.61	200m: 2:36.40 41.01	300m: 3:58.69 41.33	400m: 5:12.26 35.46
6. POPLAWSKI Filip	12	UKS „GIM 92 Ursynów”	<b>5:28.71</b> 269
50m: 37.69 37.69	150m: 2:01.35 42.18	250m: 3:26.27 42.35	350m: 4:50.07 41.78
100m: 1:19.17 41.48	200m: 2:43.92 42.57	300m: 4:08.29 42.02	400m: 5:28.71 38.64
7. SMOLAREK Stanisław	12	UKS „GIM 92 Ursynów”	<b>5:41.99</b> 239
50m: 38.25 38.25	150m: 2:04.67 43.41	250m: 3:33.95 44.84	350m: 5:01.70 43.24
100m: 1:21.26 43.01	200m: 2:49.11 44.44	300m: 4:18.46 44.51	400m: 5:41.99 40.29
13 lat			
1. RUZELE Vejas Jokubas	13	Palangos sporto centras	<b>4:26.49</b> 505
50m: 29.84 29.84	150m: 1:37.74 34.00	250m: 2:46.85 34.62	350m: 3:54.48 33.55
100m: 1:03.74 33.90	200m: 2:12.23 34.49	300m: 3:20.93 34.08	400m: 4:26.49 32.01
2. TOPA Daniel	13	MTP Kormoran Olsztyn	<b>4:28.28</b> 495
50m: 30.93 30.93	150m: 1:39.04 34.34	250m: 2:48.38 34.83	350m: 3:57.41 34.73
100m: 1:04.70 33.77	200m: 2:13.55 34.51	300m: 3:22.68 34.30	400m: 4:28.28 30.87
3. PORADA Antoni	13	UKS SP-149 Łód	<b>4:28.32</b> 494
50m: 31.48 31.48	150m: 1:40.69 34.63	250m: 2:49.75 34.60	350m: 3:57.27 33.56
100m: 1:06.06 34.58	200m: 2:15.15 34.46	300m: 3:23.71 33.96	400m: 4:28.32 31.05
4. BUDZISZ Szymon	13	MTP Kormoran Olsztyn	<b>4:29.24</b> 489
50m: 30.58 30.58	150m: 1:38.46 34.34	250m: 2:47.94 34.84	350m: 3:57.28 34.46
100m: 1:04.12 33.54	200m: 2:13.10 34.64	300m: 3:22.82 34.88	400m: 4:29.24 31.96
5. BIELECKI Konrad	13	Stowarzyszenie UKS Siódemka S4	<b>4:33.71</b> 466
50m: 30.60 30.60	150m: 1:40.04 34.87	250m: 2:51.12 35.76	350m: 4:00.06 34.05
100m: 1:05.17 34.57	200m: 2:15.36 35.32	300m: 3:26.01 34.89	400m: 4:33.71 33.65
6. NIEZGODA Edward	13	Stowarzyszenie UKS Siódemka S4	<b>4:35.37</b> 457
50m: 31.26 31.26	150m: 1:40.93 35.22	250m: 2:51.56 35.35	350m: 4:02.01 34.94
100m: 1:05.71 34.45	200m: 2:16.21 35.28	300m: 3:27.07 35.51	400m: 4:35.37 33.36

wyniki: [www.livetiming.pl](http://www.livetiming.pl)

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

Konkurencja 30, Chłopców, 400m dowolny, 13 lat

Pozycja					Wiek					Czas	Pkt.	
7.	UREK Szymon				13	Stowarzyszenie UKS Siódemka S				<b>4:40.09</b>	435	
	50m:	31.74	31.74	150m:	1:41.12	35.22	250m:	2:52.76	36.06	350m:	4:04.43	35.84
	100m:	1:05.90	34.16	200m:	2:16.70	35.58	300m:	3:28.59	35.83	400m:	4:40.09	35.66
8.	DRZYMKOWSKI Jan				13	UKS „GIM 92 Ursynów”				<b>4:53.06</b>	379	
	50m:	34.60	34.60	150m:	1:50.40	37.97	250m:	3:04.98	37.59	350m:	4:19.10	36.55
	100m:	1:12.43	37.83	200m:	2:27.39	36.99	300m:	3:42.55	37.57	400m:	4:53.06	33.96
9.	OSTASZEWSKI Szymon				13	UKS „Skalar” Warszawa				<b>4:53.70</b>	377	
	50m:	31.86	31.86	150m:	1:45.96	38.34	250m:	3:01.84	37.95	350m:	4:17.88	36.74
	100m:	1:07.62	35.76	200m:	2:23.89	37.93	300m:	3:41.14	39.30	400m:	4:53.70	35.82
10.	JAWORSKI Szymon				13	UKS SP-149 Łód				<b>4:55.71</b>	369	
	50m:	33.57	33.57	150m:	1:49.88	38.63	250m:	3:06.26	38.15	350m:	4:20.99	37.29
	100m:	1:11.25	37.68	200m:	2:28.11	38.23	300m:	3:43.70	37.44	400m:	4:55.71	34.72
11.	PAKUSAS Pijus				13	Palangos sporto centras				<b>5:05.90</b>	334	
	50m:	34.61	34.61	150m:	1:51.65	39.22	250m:	3:09.69	39.01	350m:	4:28.93	39.53
	100m:	1:12.43	37.82	200m:	2:30.68	39.03	300m:	3:49.40	39.71	400m:	5:05.90	36.97
12.	RYMER Jakub				13	UKS „GIM 92 Ursynów”				<b>5:10.84</b>	318	
	50m:	33.97	33.97	150m:	1:49.79	38.85	250m:	3:10.65	40.59	350m:	4:32.14	41.12
	100m:	1:10.94	36.97	200m:	2:30.06	40.27	300m:	3:51.02	40.37	400m:	5:10.84	38.70
13.	FLIS Jakub				13	Stowarzyszenie UKS Siódemka S				<b>5:11.31</b>	316	
	50m:	34.65	34.65	150m:	1:52.38	39.70	250m:	3:13.48	40.70	350m:	4:33.71	39.39
	100m:	1:12.68	38.03	200m:	2:32.78	40.40	300m:	3:54.32	40.84	400m:	5:11.31	37.60

14 lat i starsi

1.	ZDYBEL Adam				18	KS Delfin Gdynia				<b>3:57.97</b>	709	
	50m:	27.07	27.07	150m:	1:26.24	29.78	250m:	2:26.24	30.04	350m:	3:27.49	30.71
	100m:	56.46	29.39	200m:	1:56.20	29.96	300m:	2:56.78	30.54	400m:	3:57.97	30.48
2.	OŁOWNIA Ignacy				16	KS Delfin Gdynia				<b>4:10.74</b>	606	
	50m:	28.33	28.33	150m:	1:31.12	31.78	250m:	2:35.13	32.04	350m:	3:39.80	32.31
	100m:	59.34	31.01	200m:	2:03.09	31.97	300m:	3:07.49	32.36	400m:	4:10.74	30.94
3.	DWORAKOWSKI Błażej				16	KS Delfin Gdynia				<b>4:14.00</b>	583	
	50m:	28.06	28.06	150m:	1:31.00	32.20	250m:	2:36.56	32.89	350m:	3:42.59	32.92
	100m:	58.80	30.74	200m:	2:03.67	32.67	300m:	3:09.67	33.11	400m:	4:14.00	31.41
4.	ALEKSANDRAVI IUS Aidan				15	Šiauliai "Delfinas" 1				<b>4:27.17</b>	501	
	50m:	29.67	29.67	150m:	1:38.01	34.50	250m:	2:46.47	34.55	350m:	3:55.39	33.86
	100m:	1:03.51	33.84	200m:	2:11.92	33.91	300m:	3:21.53	35.06	400m:	4:27.17	31.78
5.	OREHOVSKI Martin				17	Klaipėdos Gintaro SC 2				<b>4:28.57</b>	493	
	50m:	29.31	29.31	150m:	1:37.02	34.40	250m:	2:46.16	34.59	350m:	3:55.98	34.29
	100m:	1:02.62	33.31	200m:	2:11.57	34.55	300m:	3:21.69	35.53	400m:	4:28.57	32.59
6.	CYSARZ Franciszek				14	Stowarzyszenie UKS Siódemka S				<b>4:32.27</b>	473	
	50m:	30.70	30.70	150m:	1:38.00	33.97	250m:	2:47.94	35.19	350m:	3:58.32	34.96
	100m:	1:04.03	33.33	200m:	2:12.75	34.75	300m:	3:23.36	35.42	400m:	4:32.27	33.95
7.	GREGOROWICZ Paweł				49	Stowarzyszenie Pływackie Masters				<b>4:34.91</b>	460	
	50m:	31.94	31.94	150m:	1:40.89	34.77	250m:	2:50.62	34.98	350m:	4:00.95	35.23
	100m:	1:06.12	34.18	200m:	2:15.64	34.75	300m:	3:25.72	35.10	400m:	4:34.91	33.96
8.	RADZEVI IUS Teodoras				16	Klaipėdos Gintaro SC 2				<b>4:36.30</b>	453	
	50m:	30.67	30.67	150m:	1:39.84	35.04	250m:	2:51.74	35.86	350m:	4:02.68	35.19
	100m:	1:04.80	34.13	200m:	2:15.88	36.04	300m:	3:27.49	35.75	400m:	4:36.30	33.62
9.	KONOPACKI Piotr				45	Stowarzyszenie Pływackie Masters				<b>4:52.55</b>	381	
	50m:	32.10	32.10	150m:	1:45.92	37.78	250m:	3:01.64	37.77	350m:	4:18.11	37.90
	100m:	1:08.14	36.04	200m:	2:23.87	37.95	300m:	3:40.21	38.57	400m:	4:52.55	34.44



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

Konkurencja 30, M czyn, 400m dowolny, 14 lat i starsi

Pozycja					Wiek					Czas	Pkt.	
10.	PIRÓG Cyprian				15	WOPR Malbork				<b>5:33.84</b>	256	
	50m:	33.94	33.94	150m:	1:56.26	42.12	250m:	3:23.03	43.34	350m:	4:51.26	44.36
	100m:	1:14.14	40.20	200m:	2:39.69	43.43	300m:	4:06.90	43.87	400m:	5:33.84	42.58
11.	PADVOLSKIS Kajus				14	Kauno plaukimo mokykla				<b>5:35.58</b>	253	
	50m:	37.94	37.94	150m:	2:04.12	43.36	250m:	3:31.80	44.21	350m:	4:57.46	42.45
	100m:	1:20.76	42.82	200m:	2:47.59	43.47	300m:	4:15.01	43.21	400m:	5:35.58	38.12
PK	KRYSZTOF Alicja				11	MTP Kormoran Olsztyn				<b>5:25.04</b>	360	
	50m:	34.81	34.81	150m:	1:59.77	42.99	250m:	3:24.38	42.22	350m:	4:47.17	40.98
	100m:	1:16.78	41.97	200m:	2:42.16	42.39	300m:	4:06.19	41.81	400m:	5:25.04	37.87