



Arena Grand Prix Puchar Polski
O wi cim, 26 - 27/10/2019



Konkurencja 13
26/10/2019 - 16:18

M czyzn, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2019

Pozycja			Rok ur.					Czas	Pkt.
1.	W growski Marcel		99	AZS Politechniki Łódzkiej				4:15.89	779
	50m: 26.94	26.94	150m: 1:30.91	32.32	250m: 2:39.74	37.07	350m: 3:46.80	30.38	
	100m: 58.59	31.65	200m: 2:02.67	31.76	300m: 3:16.42	36.68	400m: 4:15.89	29.09	
2.	Dubas Mateusz		01	AZS AWF Katowice				4:19.66	746
	50m: 28.15	28.15	150m: 1:34.50	34.03	250m: 2:43.62	35.02	350m: 3:49.81	30.49	
	100m: 1:00.47	32.32	200m: 2:08.60	34.10	300m: 3:19.32	35.70	400m: 4:19.66	29.85	
3.	Sucha ski Przemysław		01	Unia O wi cim				4:20.63	737
	50m: 28.32	28.32	150m: 1:33.96	32.50	250m: 2:42.66	37.22	350m: 3:51.26	31.25	
	100m: 1:01.46	33.14	200m: 2:05.44	31.48	300m: 3:20.01	37.35	400m: 4:20.63	29.37	
4.	Ciasto Sebastian		99	AZS AWF Katowice				4:24.27	707
	50m: 28.94	28.94	150m: 1:36.01	33.75	250m: 2:46.43	36.88	350m: 3:54.70	31.42	
	100m: 1:02.26	33.32	200m: 2:09.55	33.54	300m: 3:23.28	36.85	400m: 4:24.27	29.57	
5.	Koziejko Bartłomiej		00	AZS UWM Olsztyn				4:26.81	687
	50m: 29.40	29.40	150m: 1:38.22	35.73	250m: 2:50.74	38.09	350m: 3:57.59	28.77	
	100m: 1:02.49	33.09	200m: 2:12.65	34.43	300m: 3:28.82	38.08	400m: 4:26.81	29.22	
6.	Kuczak Adam		00	AZS AWF Katowice				4:28.86	672
	50m: 28.53	28.53	150m: 1:35.73	34.45	250m: 2:47.71	38.79	350m: 3:58.22	31.45	
	100m: 1:01.28	32.75	200m: 2:08.92	33.19	300m: 3:26.77	39.06	400m: 4:28.86	30.64	
7.	Oller Krzysztof		00	AZS UMCS Lublin				4:30.80	657
	50m: 29.17	29.17	150m: 1:38.20	35.71	250m: 2:50.93	38.75	350m: 4:01.18	31.46	
	100m: 1:02.49	33.32	200m: 2:12.18	33.98	300m: 3:29.72	38.79	400m: 4:30.80	29.62	
8.	Jaworski Norbert		98	AZS UMCS Lublin				4:30.85	657
	50m: 29.35	29.35	150m: 1:40.49	37.05	250m: 2:52.93	37.20	350m: 4:01.15	32.04	
	100m: 1:03.44	34.09	200m: 2:15.73	35.24	300m: 3:29.11	36.18	400m: 4:30.85	29.70	
9.	Chmielewski Krzysztof		04	Muszelka Warszawa				4:30.91	656
	50m: 28.74	28.74	150m: 1:36.24	34.47	250m: 2:50.68	40.92	350m: 4:01.42	30.82	
	100m: 1:01.77	33.03	200m: 2:09.76	33.52	300m: 3:30.60	39.92	400m: 4:30.91	29.49	
10.	Kadrow Konrad		97	AZS UMCS Lublin				4:33.14	640
	50m: 29.90	29.90	150m: 1:41.75	38.06	250m: 2:55.85	37.24	350m: 4:04.19	31.06	
	100m: 1:03.69	33.79	200m: 2:18.61	36.86	300m: 3:33.13	37.28	400m: 4:33.14	28.95	
11.	Walczysko Jakub		00	AZS AGH Kraków				4:33.47	638
	50m: 29.39	29.39	150m: 1:38.17	35.09	250m: 2:51.08	38.58	350m: 4:02.63	31.97	
	100m: 1:03.08	33.69	200m: 2:12.50	34.33	300m: 3:30.66	39.58	400m: 4:33.47	30.84	
12.	Boboryk Wojciech		02	Delfin Gdynia				4:33.90	635
	50m: 29.10	29.10	150m: 1:37.78	35.36	250m: 2:50.89	38.84	350m: 4:03.16	32.38	
	100m: 1:02.42	33.32	200m: 2:12.05	34.27	300m: 3:30.78	39.89	400m: 4:33.90	30.74	
13.	Mróz Adam		03	AZS UMCS Lublin				4:34.19	633
	50m: 28.84	28.84	150m: 1:38.12	35.94	250m: 2:52.20	37.91	350m: 4:04.52	33.72	
	100m: 1:02.18	33.34	200m: 2:14.29	36.17	300m: 3:30.80	38.60	400m: 4:34.19	29.67	
14.	Kosi ski Filip		04	Olimpijczyk Suwałki				4:34.22	633
	50m: 28.77	28.77	150m: 1:34.29	33.10	250m: 2:46.89	40.31	350m: 4:02.06	33.89	
	100m: 1:01.19	32.42	200m: 2:06.58	32.29	300m: 3:28.17	41.28	400m: 4:34.22	32.16	
15.	Blachura Oskar		02	Unia O wi cim				4:34.55	631
	50m: 29.20	29.20	150m: 1:38.98	35.68	250m: 2:53.67	38.92	350m: 4:04.39	31.28	
	100m: 1:03.30	34.10	200m: 2:14.75	35.77	300m: 3:33.11	39.44	400m: 4:34.55	30.16	
16.	Guzy Marcel		01	Vega Dobrodzie				4:35.20	626
	50m: 30.55	30.55	150m: 1:40.39	35.78	250m: 2:53.85	36.89	350m: 4:04.13	32.63	
	100m: 1:04.61	34.06	200m: 2:16.96	36.57	300m: 3:31.50	37.65	400m: 4:35.20	31.07	





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Pozycja			Rok ur.					Czas	Pkt.
17.	Popiółek Dawid		02	AZS UMCS Lublin				4:36.58	617
	50m:	28.49 28.49	150m:	1:37.11 35.59	250m:	2:53.64 41.90	350m:	4:05.85 31.92	
	100m:	1:01.52 33.03	200m:	2:11.74 34.63	300m:	3:33.93 40.29	400m:	4:36.58 30.73	
18.	Chmielewski Michał		04	Muszelka Warszawa				4:37.57	610
	50m:	28.80 28.80	150m:	1:36.99 35.24	250m:	2:52.77 41.78	350m:	4:07.45 32.12	
	100m:	1:01.75 32.95	200m:	2:10.99 34.00	300m:	3:35.33 42.56	400m:	4:37.57 30.12	
19.	Synowiec Mikołaj		02	SMS Galicja Kraków				4:37.60	610
	50m:	29.46 29.46	150m:	1:39.34 35.99	250m:	2:55.09 40.88	350m:	4:07.64 31.78	
	100m:	1:03.35 33.89	200m:	2:14.21 34.87	300m:	3:35.86 40.77	400m:	4:37.60 29.96	
20.	Staniszewski Bartosz		05	UKP Ruda l ska				4:38.90	602
	50m:	29.10 29.10	150m:	1:41.37 37.27	250m:	2:55.44 38.66	350m:	4:08.37 32.67	
	100m:	1:04.10 35.00	200m:	2:16.78 35.41	300m:	3:35.70 40.26	400m:	4:38.90 30.53	
21.	Zdybel Adam		05	Delfin Gdynia				4:39.11	600
	50m:	29.06 29.06	150m:	1:38.50 36.68	250m:	2:56.04 42.09	350m:	4:08.94 31.30	
	100m:	1:01.82 32.76	200m:	2:13.95 35.45	300m:	3:37.64 41.60	400m:	4:39.11 30.17	
22.	Kempa Mikołaj		99	AZS UMCS Lublin				4:40.63	590
	50m:	27.96 27.96	150m:	1:36.60 35.95	250m:	2:52.04 39.38	350m:	4:06.93 33.97	
	100m:	1:00.65 32.69	200m:	2:12.66 36.06	300m:	3:32.96 40.92	400m:	4:40.63 33.70	
23.	Skierski Radosław		00	AZS AGH Kraków				4:41.40	586
	50m:	28.41 28.41	150m:	1:39.01 36.99	250m:	2:54.40 38.93	350m:	4:08.82 33.70	
	100m:	1:02.02 33.61	200m:	2:15.47 36.46	300m:	3:35.12 40.72	400m:	4:41.40 32.58	
24.	Sowa Łukasz		03	SMS Galicja Kraków				4:41.41	586
	50m:	29.61 29.61	150m:	1:39.93 36.05	250m:	2:54.85 39.76	350m:	4:08.73 33.29	
	100m:	1:03.88 34.27	200m:	2:15.09 35.16	300m:	3:35.44 40.59	400m:	4:41.41 32.68	
25.	Adamczyk Jan		03	AZS UMCS Lublin				4:42.23	580
	50m:	30.11 30.11	150m:	1:41.59 37.45	250m:	2:58.28 41.03	350m:	4:11.15 32.28	
	100m:	1:04.14 34.03	200m:	2:17.25 35.66	300m:	3:38.87 40.59	400m:	4:42.23 31.08	
26.	Michalak Jan		03	Nawa Skierniewice				4:42.68	578
	50m:	29.21 29.21	150m:	1:38.63 35.96	250m:	2:53.90 40.08	350m:	4:09.57 35.42	
	100m:	1:02.67 33.46	200m:	2:13.82 35.19	300m:	3:34.15 40.25	400m:	4:42.68 33.11	
27.	Kwiecie Paweł		04	AZS AWF Katowice				4:43.41	573
	50m:	30.72 30.72	150m:	1:44.15 38.23	250m:	2:58.95 40.58	350m:	4:12.74 34.33	
	100m:	1:05.92 35.20	200m:	2:18.37 34.22	300m:	3:38.41 39.46	400m:	4:43.41 30.67	
28.	Oleski Tomasz		03	AZS Politechniki Łódzkiej				4:43.87	570
	50m:	29.15 29.15	150m:	1:38.57 36.21	250m:	2:55.56 40.71	350m:	4:11.43 33.85	
	100m:	1:02.36 33.21	200m:	2:14.85 36.28	300m:	3:37.58 42.02	400m:	4:43.87 32.44	
29.	Lewicki Filip		03	SMS Galicja Kraków				4:45.20	563
	50m:	29.71 29.71	150m:	1:41.69 37.50	250m:	2:59.13 41.21	350m:	4:13.34 32.90	
	100m:	1:04.19 34.48	200m:	2:17.92 36.23	300m:	3:40.44 41.31	400m:	4:45.20 31.86	
30.	Tomaszowski Michał		03	Wodnik Siemianowice l.				4:47.97	546
	50m:	29.77 29.77	150m:	1:41.63 36.61	250m:	3:00.54 42.43	350m:	4:15.92 32.45	
	100m:	1:05.02 35.25	200m:	2:18.11 36.48	300m:	3:43.47 42.93	400m:	4:47.97 32.05	
31.	Szczerba Igor		05	SMS Galicja Kraków				4:48.49	543
	50m:	30.04 30.04	150m:	1:40.77 36.27	250m:	2:58.21 41.62	350m:	4:15.85 34.44	
	100m:	1:04.50 34.46	200m:	2:16.59 35.82	300m:	3:41.41 43.20	400m:	4:48.49 32.64	
32.	Romanowski Kamil		97	AZS AWF Katowice				4:48.56	543
	50m:	29.55 29.55	150m:	1:43.44 38.91	250m:	3:00.06 38.30	350m:	4:14.16 35.24	
	100m:	1:04.53 34.98	200m:	2:21.76 38.32	300m:	3:38.92 38.86	400m:	4:48.56 34.40	
33.	Kalisiak Norbert		02	Nawa Skierniewice				4:49.31	539
	50m:	30.50 30.50	150m:	1:43.73 38.08	250m:	3:01.35 40.96	350m:	4:16.57 34.22	
	100m:	1:05.65 35.15	200m:	2:20.39 36.66	300m:	3:42.35 41.00	400m:	4:49.31 32.74	

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Konkurencja 13, M czyzn, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.			Czas	Pkt.	
34.	Mochnał Kacper		05	Jedynka Łód		4:52.78	520	
	50m: 30.48	30.48	150m: 1:42.58	38.04	250m: 3:03.27	43.42	350m: 4:20.98	34.47
	100m: 1:04.54	34.06	200m: 2:19.85	37.27	300m: 3:46.51	43.24	400m: 4:52.78	31.80
35.	Lewicki Jakub		04	Sikret Gliwice		4:53.56	516	
	50m: 30.58	30.58	150m: 1:44.90	38.82	250m: 3:04.38	42.54	350m: 4:21.32	34.06
	100m: 1:06.08	35.50	200m: 2:21.84	36.94	300m: 3:47.26	42.88	400m: 4:53.56	32.24
36.	Dołowy Grzegorz		02	Muszelka Warszawa		4:54.77	509	
	50m: 31.24	31.24	150m: 1:44.13	37.71	250m: 3:04.35	43.50	350m: 4:23.03	33.67
	100m: 1:06.42	35.18	200m: 2:20.85	36.72	300m: 3:49.36	45.01	400m: 4:54.77	31.74
37.	Piekaru Dawid		02	Avia widnik		4:55.39	506	
	50m: 30.71	30.71	150m: 1:48.86	42.07	250m: 3:06.86	39.13	350m: 4:22.99	35.63
	100m: 1:06.79	36.08	200m: 2:27.73	38.87	300m: 3:47.36	40.50	400m: 4:55.39	32.40
38.	Stefanowski Bartosz		03	Nawa Skierniewice		4:55.59	505	
	50m: 29.85	29.85	150m: 1:42.57	39.03	250m: 3:06.51	44.62	350m: 4:24.34	32.37
	100m: 1:03.54	33.69	200m: 2:21.89	39.32	300m: 3:51.97	45.46	400m: 4:55.59	31.25
39.	Cierpiął Wiktor		04	UKS 190 Łód		4:56.02	503	
	50m: 31.81	31.81	150m: 1:49.11	39.97	250m: 3:06.81	39.62	350m: 4:23.39	35.06
	100m: 1:09.14	37.33	200m: 2:27.19	38.08	300m: 3:48.33	41.52	400m: 4:56.02	32.63
40.	Plewka Przemysław		04	Sikret Gliwice		4:57.19	497	
	50m: 31.41	31.41	150m: 1:48.33	41.41	250m: 3:08.12	39.90	350m: 4:23.84	35.18
	100m: 1:06.92	35.51	200m: 2:28.22	39.89	300m: 3:48.66	40.54	400m: 4:57.19	33.35
41.	Jarczewski Franciszek		05	UKS 190 Łód		5:00.06	483	
	50m: 31.15	31.15	150m: 1:45.77	38.06	250m: 3:06.98	43.95	350m: 4:25.50	34.73
	100m: 1:07.71	36.56	200m: 2:23.03	37.26	300m: 3:50.77	43.79	400m: 5:00.06	34.56
42.	Filozof Adam		05	Park Wodny Tarn. Góry		5:00.80	479	
	50m: 31.86	31.86	150m: 1:48.53	39.56	250m: 3:08.76	41.70	350m: 4:26.16	35.52
	100m: 1:08.97	37.11	200m: 2:27.06	38.53	300m: 3:50.64	41.88	400m: 5:00.80	34.64
43.	Niedziałek Michał		03	Kormoran Olsztyn		5:00.97	479	
	50m: 32.62	32.62	150m: 1:49.84	39.28	250m: 3:11.95	45.02	350m: 4:29.95	33.71
	100m: 1:10.56	37.94	200m: 2:26.93	37.09	300m: 3:56.24	44.29	400m: 5:00.97	31.02
44.	Jancik Samuel		03	Matador Púchov		5:04.84	461	
	50m: 30.53	30.53	150m: 1:45.23	39.60	250m: 3:08.26	43.76	350m: 4:29.44	36.62
	100m: 1:05.63	35.10	200m: 2:24.50	39.27	300m: 3:52.82	44.56	400m: 5:04.84	35.40
45.	laski Filip		04	Fenix O arów Maz.		5:06.41	454	
	50m: 31.44	31.44	150m: 1:47.25	39.14	250m: 3:09.95	43.72	350m: 4:31.04	36.22
	100m: 1:08.11	36.67	200m: 2:26.23	38.98	300m: 3:54.82	44.87	400m: 5:06.41	35.37
46.	Róg Adrian		01	Sokół Rzeszów		5:06.61	453	
	50m: 30.24	30.24	150m: 1:46.00	40.75	250m: 3:10.31	45.24	350m: 4:31.94	36.49
	100m: 1:05.25	35.01	200m: 2:25.07	39.07	300m: 3:55.45	45.14	400m: 5:06.61	34.67
47.	Basaez Claudio		05	Pi tka Chorzów		5:07.25	450	
	50m: 31.77	31.77	150m: 1:46.43	38.04	250m: 3:09.40	45.81	350m: 4:32.46	36.49
	100m: 1:08.39	36.62	200m: 2:23.59	37.16	300m: 3:55.97	46.57	400m: 5:07.25	34.79
48.	Domalewski Bartłomiej		05	Kormoran Olsztyn		5:09.64	439	
	50m: 33.67	33.67	150m: 1:52.69	40.14	250m: 3:17.45	46.71	350m: 4:37.83	33.09
	100m: 1:12.55	38.88	200m: 2:30.74	38.05	300m: 4:04.74	47.29	400m: 5:09.64	31.81
49.	Pawlica Mateusz		05	Pi tka Chorzów		5:14.36	420	
	50m: 32.98	32.98	150m: 1:53.43	40.19	250m: 3:17.51	45.38	350m: 4:39.55	35.74
	100m: 1:13.24	40.26	200m: 2:32.13	38.70	300m: 4:03.81	46.30	400m: 5:14.36	34.81
50.	aba Mateusz		05	UKS MOS Opole		5:16.89	410	
	50m: 33.13	33.13	150m: 1:53.60	40.88	250m: 3:17.10	44.17	350m: 4:40.93	38.57
	100m: 1:12.72	39.59	200m: 2:32.93	39.33	300m: 4:02.36	45.26	400m: 5:16.89	35.96

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Pozycja				Rok ur.					Czas	Pkt.		
51.	Pawłowski Jan			05	Unia O wi cim				5:17.97	406		
	50m:	35.08	35.08	150m:	1:58.37	42.36	250m:	3:21.53	42.00	350m:	4:43.09	36.12
	100m:	1:16.01	40.93	200m:	2:39.53	41.16	300m:	4:06.97	45.44	400m:	5:17.97	34.88
52.	Magner Szymon			05	UKP Ruda I ska				5:34.60	348		
	50m:	35.38	35.38	150m:	2:01.26	43.53	250m:	3:29.82	45.84	350m:	4:56.82	39.31
	100m:	1:17.73	42.35	200m:	2:43.98	42.72	300m:	4:17.51	47.69	400m:	5:34.60	37.78
DYSKW.	Zieli ski Konrad			03	UKS 190 Łód				4:35.47			
	<i>K11 - Pływak wykonał nierównoczesne lub naprzemienne ruchy nóg. (Czas: 16:36)</i>											
	50m:	29.90	29.90	150m:	1:38.63	35.04	250m:	2:53.86	40.94	350m:	4:06.07	30.73
	100m:	1:03.59	33.69	200m:	2:12.92	34.29	300m:	3:35.34	41.48	400m:	4:35.47	29.40
DYSKW.	Wo niak Piotr			05	Kormoran Olsztyn				5:10.24			
	<i>K16 - Pływak dotkn ł cian nierównocze nie dwiema dło mi przy nawrocie lub na zako czenie wy cigu. (Czas: 19:13)</i>											
	50m:	32.83	32.83	150m:	1:51.92	40.62	250m:	3:16.94	46.03	350m:	4:37.60	34.04
	100m:	1:11.30	38.47	200m:	2:30.91	38.99	300m:	4:03.56	46.62	400m:	5:10.24	32.64

