



Arena Grand Prix Puchar Polski  
O wi cim, 9 - 10/3/2024

Konkurencja 12  
9/3/2024 - 14:22

M czyzn, 400m zmienny

14 lat i starsi  
Wyniki

Minimum kwalifikacyjne IO Paris 2024 Open: 4:12.50 / Minimum kwalifikacyjne MES Belgrad 2024 Open: 4:20.05

Punkt: FINA 2023

Pozycja			Rok ur.					Czas	Pkt.
1.	Popiel Mikołaj		06	AZS UMCS Lublin				<b>4:33.89</b>	705
	50m: 27.98	27.98	150m: 1:37.46	37.19	250m: 2:52.36	38.94	350m: 4:03.41	31.94	
	100m: 1:00.27	32.29	200m: 2:13.42	35.96	300m: 3:31.47	39.11	400m: 4:33.89	30.48	
2.	Kry Radostaw		07	MKP Szczecin				<b>4:38.97</b>	667
	50m: 29.94	29.94	150m: 1:40.53	36.59	250m: 2:55.87	39.85	350m: 4:07.99	32.15	
	100m: 1:03.94	34.00	200m: 2:16.02	35.49	300m: 3:35.84	39.97	400m: 4:38.97	30.98	
3.	Mróz Adam		03	AZS UMCS Lublin				<b>4:40.15</b>	659
	50m: 28.98	28.98	150m: 1:39.41	36.87	250m: 2:54.82	39.02	350m: 4:08.26	33.07	
	100m: 1:02.54	33.56	200m: 2:15.80	36.39	300m: 3:35.19	40.37	400m: 4:40.15	31.89	
4.	Razinkov Artem		07	Unia O wi cim				<b>4:43.07</b>	639
	50m: 29.35	29.35	150m: 1:42.19	38.32	250m: 2:58.97	38.80	350m: 4:12.56	33.87	
	100m: 1:03.87	34.52	200m: 2:20.17	37.98	300m: 3:38.69	39.72	400m: 4:43.07	30.51	
5.	Wi niewski Wiktor		07	Unia O wi cim				<b>4:43.23</b>	638
	50m: 29.27	29.27	150m: 1:42.42	38.84	250m: 2:59.68	39.10	350m: 4:12.76	33.23	
	100m: 1:03.58	34.31	200m: 2:20.58	38.16	300m: 3:39.53	39.85	400m: 4:43.23	30.47	
6.	Tarczy ski Bartosz		07	UKS 190 Łód				<b>4:43.28</b>	637
	50m: 29.69	29.69	150m: 1:43.49	38.67	250m: 2:59.57	39.88	350m: 4:12.23	33.75	
	100m: 1:04.82	35.13	200m: 2:19.69	36.20	300m: 3:38.48	38.91	400m: 4:43.28	31.05	
7.	Nowacki Bła ej		05	AZS UMCS Lublin				<b>4:45.92</b>	620
	50m: 27.64	27.64	150m: 1:38.49	38.51	250m: 2:58.04	41.79	350m: 4:13.62	32.99	
	100m: 59.98	32.34	200m: 2:16.25	37.76	300m: 3:40.63	42.59	400m: 4:45.92	32.30	
8.	Lary Jerzy		06	Muszelka Warszawa				<b>4:46.45</b>	616
	50m: 30.71	30.71	150m: 1:42.77	38.00	250m: 3:01.58	41.83	350m: 4:16.08	32.27	
	100m: 1:04.77	34.06	200m: 2:19.75	36.98	300m: 3:43.81	42.23	400m: 4:46.45	30.37	
9.	Porwik Kacper		06	Unia O wi cim				<b>4:47.93</b>	607
	50m: 28.62	28.62	150m: 1:41.26	37.72	250m: 2:58.03	39.94	350m: 4:13.70	34.85	
	100m: 1:03.54	34.92	200m: 2:18.09	36.83	300m: 3:38.85	40.82	400m: 4:47.93	34.23	
10.	Ołownia Ignacy		07	Delfin Gdynia				<b>4:48.04</b>	606
	50m: 29.89	29.89	150m: 1:41.15	36.75	250m: 2:58.51	42.28	350m: 4:15.93	34.85	
	100m: 1:04.40	34.51	200m: 2:16.23	35.08	300m: 3:41.08	42.57	400m: 4:48.04	32.11	
	Kozłowski Igor		05	AZS UMCS Lublin				<b>4:48.04</b>	606
	50m: 29.17	29.17	150m: 1:42.63	38.56	250m: 3:01.24	41.19	350m: 4:16.38	34.16	
	100m: 1:04.07	34.90	200m: 2:20.05	37.42	300m: 3:42.22	40.98	400m: 4:48.04	31.66	
12.	Halkiewicz Maciej		08	Omega Olkusz				<b>4:48.71</b>	602
	50m: 28.15	28.15	150m: 1:40.39	38.13	250m: 2:58.27	41.28	350m: 4:17.06	35.97	
	100m: 1:02.26	34.11	200m: 2:16.99	36.60	300m: 3:41.09	42.82	400m: 4:48.71	31.65	
13.	Tarasiewicz Piotr		09	Polonia Warszawa				<b>4:49.61</b>	596
	50m: 30.55	30.55	150m: 1:46.50	39.38	250m: 3:04.55	39.79	350m: 4:17.73	32.92	
	100m: 1:07.12	36.57	200m: 2:24.76	38.26	300m: 3:44.81	40.26	400m: 4:49.61	31.88	
14.	Pi tkiewicz Piotr		07	Trójka Łód				<b>4:49.71</b>	596
	50m: 29.19	29.19	150m: 1:42.23	39.43	250m: 3:01.45	41.67	350m: 4:18.33	33.40	
	100m: 1:02.80	33.61	200m: 2:19.78	37.55	300m: 3:44.93	43.48	400m: 4:49.71	31.38	
15.	Joachimowicz Patryk		08	AZS UMCS Lublin				<b>4:51.29</b>	586
	50m: 29.59	29.59	150m: 1:43.06	38.50	250m: 3:02.49	41.68	350m: 4:18.40	34.11	
	100m: 1:04.56	34.97	200m: 2:20.81	37.75	300m: 3:44.29	41.80	400m: 4:51.29	32.89	





Arena Grand Prix Puchar Polski  
O wi cim, 9 - 10/3/2024

Konkurencja 12, M czynn, 400m zmienny, 14 lat i starsi

Pozycja	Rok ur.							Czas	Pkt.
16. Radzikowski Szymon	08	I sk Wrocław						<b>4:53.29</b>	574
50m: 29.04 29.04	150m:	250m: 3:01.38	41.36	350m:	4:18.89	34.99			
100m: 1:04.40 35.36	200m: 2:20.02	300m: 3:43.90	42.52	400m:	4:53.29	34.40			
17. Adamczyk Jan	03	AZS AGH Kraków						<b>4:54.21</b>	569
50m: 28.86 28.86	150m: 1:42.21	250m: 3:03.28	42.98	350m:	4:20.27	34.20			
100m: 1:02.69 33.83	200m: 2:20.30	300m: 3:46.07	42.79	400m:	4:54.21	33.94			
18. Kozłowski Julian	07	Astoria Bydgoszcz						<b>4:54.37</b>	568
50m: 29.32 29.32	150m: 1:43.48	250m: 3:04.65	41.86	350m:	4:20.88	34.38			
100m: 1:04.34 35.02	200m: 2:22.79	300m: 3:46.50	41.85	400m:	4:54.37	33.49			
19. Rachwał Patryk	08	SMS Galicja Kraków						<b>4:55.18</b>	563
50m: 29.62 29.62	150m: 1:43.15	250m: 3:04.42	43.63	350m:	4:22.70	34.03			
100m: 1:04.09 34.47	200m: 2:20.79	300m: 3:48.67	44.25	400m:	4:55.18	32.48			
20. Gajda Jan	07	Trójka Łód						<b>4:55.41</b>	562
50m: 28.79 28.79	150m: 1:44.31	250m: 3:03.81	39.89	350m:	4:20.18	36.07			
100m: 1:02.88 34.09	200m: 2:23.92	300m: 3:44.11	40.30	400m:	4:55.41	35.23			
21. Nowacki Mieszko	09	AZS UMCS Lublin						<b>4:59.32</b>	540
50m: 31.40 31.40	150m: 1:47.94	250m: 3:08.63	43.16	350m:	4:26.83	34.22			
100m: 1:08.68 37.28	200m: 2:25.47	300m: 3:52.61	43.98	400m:	4:59.32	32.49			
22. Czy Adam	06	Siemacha Kraków						<b>4:59.52</b>	539
50m: 30.71 30.71	150m: 1:47.96	250m: 3:09.31	42.41	350m:	4:26.71	34.59			
100m: 1:07.31 36.60	200m: 2:26.90	300m: 3:52.12	42.81	400m:	4:59.52	32.81			
23. Bory Wojciech	09	Unia O wi cim						<b>4:59.85</b>	537
50m: 30.76 30.76	150m: 1:46.86	250m: 3:08.11	42.91	350m:	4:25.99	36.02			
100m: 1:06.75 35.99	200m: 2:25.20	300m: 3:49.97	41.86	400m:	4:59.85	33.86			
24. Zawolik Szymon	08	CSiR MOS D browa Grn.						<b>5:00.08</b>	536
50m: 30.58 30.58	150m: 1:51.01	250m: 3:13.38	40.17	350m:	4:28.47	34.86			
100m: 1:06.93 36.35	200m: 2:33.21	300m: 3:53.61	40.23	400m:	5:00.08	31.61			
25. Muras Szymon	06	Ikar Stal Mielec						<b>5:01.93</b>	526
50m: 31.23 31.23	150m: 1:49.87	250m: 3:10.41	40.55	350m:	4:27.61	35.30			
100m: 1:08.99 37.76	200m: 2:29.86	300m: 3:52.31	41.90	400m:	5:01.93	34.32			
26. Wentland Miłosz	07	Trójka Łód						<b>5:02.07</b>	526
50m: 29.79 29.79	150m: 1:46.17	250m: 3:08.92	43.33	350m:	4:27.91	34.60			
100m: 1:04.67 34.88	200m: 2:25.59	300m: 3:53.31	44.39	400m:	5:02.07	34.16			
27. Maryjowski Marcin	09	I sk Wrocław						<b>5:03.85</b>	516
50m: 29.56 29.56	150m: 1:45.82	250m: 3:10.75	45.01	350m:	4:30.46	34.84			
100m: 1:05.33 35.77	200m: 2:25.74	300m: 3:55.62	44.87	400m:	5:03.85	33.39			
28. Janiszewski Fabian	09	UKS 190 Łód						<b>5:05.68</b>	507
50m: 32.95 32.95	150m: 1:50.55	250m: 3:14.14	44.80	350m:	4:33.51	33.51			
100m: 1:10.53 37.58	200m: 2:29.34	300m: 4:00.00	45.86	400m:	5:05.68	32.17			
29. Trudnos Ignacy	08	UKS 190 Łód						<b>5:06.43</b>	503
50m: 31.98 31.98	150m: 1:50.79	250m: 3:11.69	41.44	350m:	4:31.94	37.31			
100m: 1:10.11 38.13	200m: 2:30.25	300m: 3:54.63	42.94	400m:	5:06.43	34.49			
30. Wereszczy ski Igor	10	I sk Wrocław						<b>5:11.17</b>	481
50m: 34.34 34.34	150m: 1:54.03	250m: 3:16.53	44.03	350m:	4:37.38	35.71			
100m: 1:14.89 40.55	200m: 2:32.50	300m: 4:01.67	45.14	400m:	5:11.17	33.79			
31. Hołdys Hubert	07	Neptun widnica						<b>5:11.37</b>	480
50m: 31.70 31.70	150m: 1:49.30	250m: 3:15.97	46.42	350m:	4:36.94	34.18			
100m: 1:07.57 35.87	200m: 2:29.55	300m: 4:02.76	46.79	400m:	5:11.37	34.43			
32. Pawlak Dawid	08	UKS 190 Łód						<b>5:14.37</b>	466
50m: 31.89 31.89	150m: 1:53.33	250m: 3:19.58	44.45	350m:	4:39.79	35.62			
100m: 1:09.95 38.06	200m: 2:35.13	300m: 4:04.17	44.59	400m:	5:14.37	34.58			

Obsługa zawodów: SMS SwimArt My lenice

www.swimart.pl

e-mail: zawody@swimart.pl

Registered to SMS SwimArt My lenice

9/3/2024 14:39 - Strona 2



Ministerstwo  
Sportu i Turystyki





Arena Grand Prix Puchar Polski  
Owocim, 9 - 10/3/2024

Konkurencja 12, M czynn, 400m zmienny, 14 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.		
33.	Osak Kacper			10	Siemacha Kraków				<b>5:16.70</b>	456		
	50m:	32.83	32.83	150m:	1:54.12	41.29	250m:	3:20.51	46.15	350m:	4:43.14	35.72
	100m:	1:12.83	40.00	200m:	2:34.36	40.24	300m:	4:07.42	46.91	400m:	5:16.70	33.56
34.	Przystał Antonio			07	Solne Miasto Wieliczka				<b>5:18.84</b>	447		
	50m:	32.01	32.01	150m:	1:53.27	43.32	250m:	3:20.33	44.95	350m:	4:44.11	38.97
	100m:	1:09.95	37.94	200m:	2:35.38	42.11	300m:	4:05.14	44.81	400m:	5:18.84	34.73
35.	Drelich Mateusz			09	UKS 190 Łódź				<b>5:19.17</b>	445		
	50m:	31.49	31.49	150m:	1:51.31	42.37	250m:	3:16.81	45.51	350m:	4:41.65	38.69
	100m:	1:08.94	37.45	200m:	2:31.30	39.99	300m:	4:02.96	46.15	400m:	5:19.17	37.52
36.	Sondej Sebastian			06	Wodnik 29 Tychy				<b>5:22.91</b>	430		
	50m:	30.20	30.20	150m:	1:50.44	44.51	250m:	3:18.71	46.57	350m:		
	100m:	1:05.93	35.73	200m:	2:32.14	41.70	300m:	4:06.37	47.66	400m:	5:22.91	
37.	Wójcik Gerard			08	Siemacha Kraków				<b>5:34.44</b>	387		
	50m:	33.48	33.48	150m:	2:02.37	46.09	250m:	3:30.35	45.11	350m:	4:56.41	39.61
	100m:	1:16.28	42.80	200m:	2:45.24	42.87	300m:	4:16.80	46.45	400m:	5:34.44	38.03