



Łódzki Okręgowy
Związek Pływacki



Ministerstwo
Sportu i Turystyki



PGE Grand Prix Puchar Polski
Łód , 23-24.11.2024

Event 12

Men, 400m Medley

14 years and older

2024-11-23 - 10:54

Results

Rekord Polski 4:03.20 WOJT Lukasz POL Berlin (GER) 2009-11-14

Points: AQUA 2024

Rank			YB			Time			Pts
14 years and older									
1.	MILKOWSKI	Mikolaj	07	AZS AWF Warszawa		4:23.44		708	
	50m:	27.66	27.66	150m:	1:32.39	33.17	250m:	2:43.23	37.25
	100m:	59.22	31.56	200m:	2:05.98	33.59	300m:	3:22.16	38.93
							350m:	3:53.21	31.05
							400m:	4:23.44	30.23
2.	WIRASZKA	Piotr	09	UKS GIM 92 Ursynow		4:27.44		676	
	50m:	28.55	28.55	150m:	1:37.28	35.31	250m:	2:49.18	37.08
	100m:	1:01.97	33.42	200m:	2:12.10	34.82	300m:	3:27.36	38.18
							350m:	3:57.95	30.59
							400m:	4:27.44	29.49
3.	KRYS	Radoslaw	07	MKP Szczecin		4:27.82		673	
	50m:	29.35	29.35	150m:	1:36.98	34.32	250m:	2:49.25	38.42
	100m:	1:02.66	33.31	200m:	2:10.83	33.85	300m:	3:28.09	38.84
							350m:	3:58.81	30.72
							400m:	4:27.82	29.01
4.	MOC	Albert	04	Sport Club Pardubice		4:32.62		638	
	50m:	27.14	27.14	150m:	1:36.97	37.15	250m:	2:50.54	37.59
	100m:	59.82	32.68	200m:	2:12.95	35.98	300m:	3:28.84	38.30
							350m:	4:01.70	32.86
							400m:	4:32.62	30.92
5.	TARCZYNSKI	Bartosz	07	UKS 190 Lodz		4:32.83		637	
	50m:	30.07	30.07	150m:	1:41.18	37.30	250m:	2:53.13	37.03
	100m:	1:03.88	33.81	200m:	2:16.10	34.92	300m:	3:30.16	37.03
							350m:	4:02.69	32.53
							400m:	4:32.83	30.14
6.	SWIDERSKI	Milosz	08	MKS JEDYNKA Lodz		4:35.28		620	
	50m:	27.94	27.94	150m:	1:36.63	36.13	250m:	2:52.18	39.30
	100m:	1:00.50	32.56	200m:	2:12.88	36.25	300m:	3:32.92	40.74
							350m:	4:04.93	32.01
							400m:	4:35.28	30.35
7.	KOUTNY	Matej	07	Plavecky Klub Novy Jicin		4:36.86		610	
	50m:	29.10	29.10	150m:	1:38.06	34.58	250m:	2:52.67	40.79
	100m:	1:03.48	34.38	200m:	2:11.88	33.82	300m:	3:33.79	41.12
							350m:	4:05.32	31.53
							400m:	4:36.86	31.54
8.	PORWIK	Kacper	06	UKP UNIA Oswiecim		4:40.28		587	
	50m:	28.89	28.89	150m:	1:39.10	35.34	250m:	2:53.87	39.36
	100m:	1:03.76	34.87	200m:	2:14.51	35.41	300m:	3:35.20	41.33
							350m:	4:07.39	32.19
							400m:	4:40.28	32.89
9.	LESIAK	Piotr	09	SKS 137 DELFIN Lodz		4:40.88		584	
	50m:	30.18	30.18	150m:	1:39.51	34.28	250m:	2:54.10	40.44
	100m:	1:05.23	35.05	200m:	2:13.66	34.15	300m:	3:34.26	40.16
							350m:	4:08.03	33.77
							400m:	4:40.88	32.85
10.	DRAHORAD	Jan	07	Sport Club Pardubice		4:43.58		567	
	50m:	29.57	29.57	150m:	1:41.00	36.86	250m:	2:58.55	40.52
	100m:	1:04.14	34.57	200m:	2:18.03	37.03	300m:	3:39.63	41.08
							350m:	4:12.55	32.92
							400m:	4:43.58	31.03
11.	STACHOWIAK	Wiktor	10	KS WARTA Poznan		4:43.67		567	
	50m:	29.38	29.38	150m:	1:40.71	36.60	250m:	2:58.26	41.03
	100m:	1:04.11	34.73	200m:	2:17.23	36.52	300m:	3:40.04	41.78
							350m:	4:11.94	31.90
							400m:	4:43.67	31.73
12.	BORUSZEWSKI	Filip	07	UKS SP-149 Lodz		4:45.43		556	
	50m:	29.35	29.35	150m:	1:41.55	37.79	250m:	2:58.46	40.26
	100m:	1:03.76	34.41	200m:	2:18.20	36.65	300m:	3:39.18	40.72
							350m:	4:13.10	33.92
							400m:	4:45.43	32.33
13.	BORYS	Wojciech	09	UKP UNIA Oswiecim		4:45.57		555	
	50m:	29.27	29.27	150m:	1:41.10	37.28	250m:	2:57.04	39.49
	100m:	1:03.82	34.55	200m:	2:17.55	36.45	300m:	3:37.54	40.50
							350m:	4:12.57	35.03
							400m:	4:45.57	33.00
14.	PAWLAK	Dawid	08	UKS 190 Lodz		4:49.16		535	
	50m:	31.02	31.02	150m:	1:46.12	38.77	250m:	3:06.04	41.95
	100m:	1:07.35	36.33	200m:	2:24.09	37.97	300m:	3:47.99	41.95
							350m:	4:18.56	30.57
							400m:	4:49.16	30.60
15.	OSAK	Kacper	10	SIEMACHA Krakow		4:50.69		527	
	50m:	31.31	31.31	150m:	1:44.22	37.03	250m:	3:02.03	41.19
	100m:	1:07.19	35.88	200m:	2:20.84	36.62	300m:	3:44.33	42.30
							350m:		
							400m:	4:50.69	
16.	KOWALEWSKI	Mateusz	06	MKS JEDYNKA Lodz		4:53.03		514	
	50m:	30.58	30.58	150m:	1:44.57	39.48	250m:	3:03.07	40.64
	100m:	1:05.09	34.51	200m:	2:22.43	37.86	300m:	3:43.60	40.53
							350m:	4:19.48	35.88
							400m:	4:53.03	33.55



Łódzki Okręgowy
Związek Pływacki



Ministerstwo
Sportu i Turystyki



PGE Grand Prix Puchar Polski
Łód , 23-24.11.2024

Event 12, Men, 400m Medley, 14 years and older

Rank			YB					Time	Pts		
17.	SVETLYTSKYI Yurii		10	Kvvs Aquapark Plyazh Lviv				4:53.19	513		
	50m:	31.74 31.74	150m:	1:43.80	38.26	250m:	3:05.39	44.59	350m:	4:20.75	32.48
	100m:	1:05.54 33.80	200m:	2:20.80	37.00	300m:	3:48.27	42.88	400m:	4:53.19	32.44
18.	TRUDNOS Ignacy		08	UKS 190 Lodz				4:54.99	504		
	50m:	31.10 31.10	150m:	1:46.39	39.40	250m:	3:05.41	40.30	350m:	4:22.56	35.73
	100m:	1:06.99 35.89	200m:	2:25.11	38.72	300m:	3:46.83	41.42	400m:	4:54.99	32.43
19.	PORADA Antoni		10	UKS SP-149 Lodz				4:55.03	504		
	50m:	32.71 32.71	150m:	1:48.95	39.12	250m:	3:08.07	41.98	350m:	4:23.23	33.37
	100m:	1:09.83 37.12	200m:	2:26.09	37.14	300m:	3:49.86	41.79	400m:	4:55.03	31.80
20.	ZDZIECHOWSKI Jan		10	SKS 137 DELFIN Lodz				4:57.76	490		
	50m:	31.07 31.07	150m:	1:44.04	37.65	250m:	3:05.09	44.22	350m:	4:24.63	35.53
	100m:	1:06.39 35.32	200m:	2:20.87	36.83	300m:	3:49.10	44.01	400m:	4:57.76	33.13
21.	GLOWACKI Sebastian		07	UKS NAWA Skierniewice				5:00.00	479		
	50m:	32.39 32.39	150m:	1:51.99	41.49	250m:	3:10.73	38.97	350m:	4:25.11	34.69
	100m:	1:10.50 38.11	200m:	2:31.76	39.77	300m:	3:50.42	39.69	400m:	5:00.00	34.89
22.	VAVRIN Tobias		07	Plavecky Klub Novy Jicin				5:01.98	470		
	50m:	32.40 32.40	150m:	1:48.83	38.34	250m:	3:08.77	41.38	350m:	4:27.03	35.45
	100m:	1:10.49 38.09	200m:	2:27.39	38.56	300m:	3:51.58	42.81	400m:	5:01.98	34.95
23.	GALKA Jan		10	UKS SP-149 Lodz				5:16.30	409		
	50m:	30.83 30.83	150m:	1:47.84	39.40	250m:	3:14.11	47.86	350m:	4:40.83	38.11
	100m:	1:08.44 37.61	200m:	2:26.25	38.41	300m:	4:02.72	48.61	400m:	5:16.30	35.47
DSQ	MOSKALIEV Erik		07	Sport Club Pardubice							
	<i>M11 - Pływak dotkn ł cian nierównocze nie dwiema dło mi przy nawrocie lub na zako czenie wy cigu.</i>										

17 - 18 years

1.	MILKOWSKI Mikolaj		07	AZS AWF Warszawa				4:23.44	708		
	50m:	27.66 27.66	150m:	1:32.39	33.17	250m:	2:43.23	37.25	350m:	3:53.21	31.05
	100m:	59.22 31.56	200m:	2:05.98	33.59	300m:	3:22.16	38.93	400m:	4:23.44	30.23
2.	KRYŚ Radosław		07	MKP Szczecin				4:27.82	673		
	50m:	29.35 29.35	150m:	1:36.98	34.32	250m:	2:49.25	38.42	350m:	3:58.81	30.72
	100m:	1:02.66 33.31	200m:	2:10.83	33.85	300m:	3:28.09	38.84	400m:	4:27.82	29.01
3.	TARCZYNSKI Bartosz		07	UKS 190 Lodz				4:32.83	637		
	50m:	30.07 30.07	150m:	1:41.18	37.30	250m:	2:53.13	37.03	350m:	4:02.69	32.53
	100m:	1:03.88 33.81	200m:	2:16.10	34.92	300m:	3:30.16	37.03	400m:	4:32.83	30.14
4.	KOUTNY Matej		07	Plavecky Klub Novy Jicin				4:36.86	610		
	50m:	29.10 29.10	150m:	1:38.06	34.58	250m:	2:52.67	40.79	350m:	4:05.32	31.53
	100m:	1:03.48 34.38	200m:	2:11.88	33.82	300m:	3:33.79	41.12	400m:	4:36.86	31.54
5.	PORWIK Kacper		06	UKP UNIA Oswiecim				4:40.28	587		
	50m:	28.89 28.89	150m:	1:39.10	35.34	250m:	2:53.87	39.36	350m:	4:07.39	32.19
	100m:	1:03.76 34.87	200m:	2:14.51	35.41	300m:	3:35.20	41.33	400m:	4:40.28	32.89
6.	DRAHORAD Jan		07	Sport Club Pardubice				4:43.58	567		
	50m:	29.57 29.57	150m:	1:41.00	36.86	250m:	2:58.55	40.52	350m:	4:12.55	32.92
	100m:	1:04.14 34.57	200m:	2:18.03	37.03	300m:	3:39.63	41.08	400m:	4:43.58	31.03
7.	BORUSZEWSKI Filip		07	UKS SP-149 Lodz				4:45.43	556		
	50m:	29.35 29.35	150m:	1:41.55	37.79	250m:	2:58.46	40.26	350m:	4:13.10	33.92
	100m:	1:03.76 34.41	200m:	2:18.20	36.65	300m:	3:39.18	40.72	400m:	4:45.43	32.33
8.	KOWALEWSKI Mateusz		06	MKS JEDYNKA Lodz				4:53.03	514		
	50m:	30.58 30.58	150m:	1:44.57	39.48	250m:	3:03.07	40.64	350m:	4:19.48	35.88
	100m:	1:05.09 34.51	200m:	2:22.43	37.86	300m:	3:43.60	40.53	400m:	4:53.03	33.55
9.	GLOWACKI Sebastian		07	UKS NAWA Skierniewice				5:00.00	479		
	50m:	32.39 32.39	150m:	1:51.99	41.49	250m:	3:10.73	38.97	350m:	4:25.11	34.69
	100m:	1:10.50 38.11	200m:	2:31.76	39.77	300m:	3:50.42	39.69	400m:	5:00.00	34.89

PGE Grand Prix Puchar Polski
Łód , 23-24.11.2024

Event 12, Boys, 400m Medley, 17 - 18 years

Rank			YB						Time	Pts		
10.	VAVRIN Tobias		07	Plavecky Klub Novy Jicin					5:01.98	470		
	50m:	32.40	32.40	150m:	1:48.83	38.34	250m:	3:08.77	41.38	350m:	4:27.03	35.45
	100m:	1:10.49	38.09	200m:	2:27.39	38.56	300m:	3:51.58	42.81	400m:	5:01.98	34.95

DSQ MOSKALIEV Erik 07 Sport Club Pardubice
M11 - Pływak dotkn ł cian nierównocze nie dwiema dło mi przy nawrocie lub na zako czenie wy cigu.

16 years

1.	SWIDERSKI Milosz		08	MKS JEDYNKA Lodz					4:35.28	620		
	50m:	27.94	27.94	150m:	1:36.63	36.13	250m:	2:52.18	39.30	350m:	4:04.93	32.01
	100m:	1:00.50	32.56	200m:	2:12.88	36.25	300m:	3:32.92	40.74	400m:	4:35.28	30.35
2.	PAWLAK Dawid		08	UKS 190 Lodz					4:49.16	535		
	50m:	31.02	31.02	150m:	1:46.12	38.77	250m:	3:06.04	41.95	350m:	4:18.56	30.57
	100m:	1:07.35	36.33	200m:	2:24.09	37.97	300m:	3:47.99	41.95	400m:	4:49.16	30.60
3.	TRUDNOS Ignacy		08	UKS 190 Lodz					4:54.99	504		
	50m:	31.10	31.10	150m:	1:46.39	39.40	250m:	3:05.41	40.30	350m:	4:22.56	35.73
	100m:	1:06.99	35.89	200m:	2:25.11	38.72	300m:	3:46.83	41.42	400m:	4:54.99	32.43

15 years

1.	WIRASZKA Piotr		09	UKS GIM 92 Ursynow					4:27.44	676		
	50m:	28.55	28.55	150m:	1:37.28	35.31	250m:	2:49.18	37.08	350m:	3:57.95	30.59
	100m:	1:01.97	33.42	200m:	2:12.10	34.82	300m:	3:27.36	38.18	400m:	4:27.44	29.49
2.	LESIAK Piotr		09	SKS 137 DELFIN Lodz					4:40.88	584		
	50m:	30.18	30.18	150m:	1:39.51	34.28	250m:	2:54.10	40.44	350m:	4:08.03	33.77
	100m:	1:05.23	35.05	200m:	2:13.66	34.15	300m:	3:34.26	40.16	400m:	4:40.88	32.85
3.	BORYS Wojciech		09	UKP UNIA Oswiecim					4:45.57	555		
	50m:	29.27	29.27	150m:	1:41.10	37.28	250m:	2:57.04	39.49	350m:	4:12.57	35.03
	100m:	1:03.82	34.55	200m:	2:17.55	36.45	300m:	3:37.54	40.50	400m:	4:45.57	33.00

14 years

1.	STACHOWIAK Wiktor		10	KS WARTA Poznan					4:43.67	567		
	50m:	29.38	29.38	150m:	1:40.71	36.60	250m:	2:58.26	41.03	350m:	4:11.94	31.90
	100m:	1:04.11	34.73	200m:	2:17.23	36.52	300m:	3:40.04	41.78	400m:	4:43.67	31.73
2.	OSAK Kacper		10	SIEMACHA Krakow					4:50.69	527		
	50m:	31.31	31.31	150m:	1:44.22	37.03	250m:	3:02.03	41.19	350m:		
	100m:	1:07.19	35.88	200m:	2:20.84	36.62	300m:	3:44.33	42.30	400m:	4:50.69	
3.	SVETLYTSKYI Yurii		10	Kvvs Aquapark Plyazh Lviv					4:53.19	513		
	50m:	31.74	31.74	150m:	1:43.80	38.26	250m:	3:05.39	44.59	350m:	4:20.75	32.48
	100m:	1:05.54	33.80	200m:	2:20.80	37.00	300m:	3:48.27	42.88	400m:	4:53.19	32.44
4.	PORADA Antoni		10	UKS SP-149 Lodz					4:55.03	504		
	50m:	32.71	32.71	150m:	1:48.95	39.12	250m:	3:08.07	41.98	350m:	4:23.23	33.37
	100m:	1:09.83	37.12	200m:	2:26.09	37.14	300m:	3:49.86	41.79	400m:	4:55.03	31.80
5.	ZDZIECHOWSKI Jan		10	SKS 137 DELFIN Lodz					4:57.76	490		
	50m:	31.07	31.07	150m:	1:44.04	37.65	250m:	3:05.09	44.22	350m:	4:24.63	35.53
	100m:	1:06.39	35.32	200m:	2:20.87	36.83	300m:	3:49.10	44.01	400m:	4:57.76	33.13
6.	GALKA Jan		10	UKS SP-149 Lodz					5:16.30	409		
	50m:	30.83	30.83	150m:	1:47.84	39.40	250m:	3:14.11	47.86	350m:	4:40.83	38.11
	100m:	1:08.44	37.61	200m:	2:26.25	38.41	300m:	4:02.72	48.61	400m:	5:16.30	35.47

EXH	PAPUGA Grzegorz		11	UKS 190 Lodz					4:56.57	496		
	50m:	32.08	32.08	150m:	1:48.15	39.99	250m:	3:07.24	40.66	350m:	4:22.89	34.84
	100m:	1:08.16	36.08	200m:	2:26.58	38.43	300m:	3:48.05	40.81	400m:	4:56.57	33.68