

PGE Grand Prix Puchar Polski
OLSZTYN, 12. - 13.4.2025

Konkurencja 23
12.04.2025 - 19:04

Mężczyzn, 400m zmienny

Open
Wyniki

Minimum kwalifikacyjne MŚ Singapur 2025:17.48 ,
Minimum kwalifikacyjne ME U23 Samorin 14:22.62 ,
Minimum kwalifikacyjne Uniwersjada Berlin4:22.63 ,

Punkty: AQUA 2025

Pozycja	Wiek								Czas		Pkt.	
Open												
1.	KAPAŁA, Bartosz			19	MTP Kormoran Olsztyn					4:32.06	708	
	50m:	29.27	29.27	150m:	1:38.79	36.31	250m:	2:52.12	38.56	350m:	4:02.47	30.90
	100m:	1:02.48	33.21	200m:	2:13.56	34.77	300m:	3:31.57	39.45	400m:	4:32.06	29.59
2.	KRYŚ, Radosław			18	MKP Szczecin					4:38.39	660	
	50m:	29.38	29.38	150m:	1:38.96	36.33	250m:	2:54.10	39.76	350m:	4:07.07	32.27
	100m:	1:02.63	33.25	200m:	2:14.34	35.38	300m:	3:34.80	40.70	400m:	4:38.39	31.32
3.	ŁUSZCZYŃSKI, Krzysztof			17	UKS Żabianka Gdańsk					4:42.59	631	
	50m:	29.10	29.10	150m:	1:41.14	37.43	250m:	2:58.38	41.67	350m:	4:12.13	31.97
	100m:	1:03.71	34.61	200m:	2:16.71	35.57	300m:	3:40.16	41.78	400m:	4:42.59	30.46
4.	CZERWONKA, Jan			17	KU AZS UMCS Lublin					4:43.18	627	
	50m:	29.72	29.72	150m:	1:42.06	38.02	250m:	3:00.38	40.80	350m:	4:13.23	32.35
	100m:	1:04.04	34.32	200m:	2:19.58	37.52	300m:	3:40.88	40.50	400m:	4:43.18	29.95
5.	PAPUGA, Grzegorz			14	UKS 190 Łódź					4:43.52	625	
	50m:	29.43	29.43	150m:	1:40.19	37.23	250m:	2:56.09	39.59	350m:	4:10.18	33.78
	100m:	1:02.96	33.53	200m:	2:16.50	36.31	300m:	3:36.40	40.31	400m:	4:43.52	33.34
6.	NOWACKI, Błażej			20	KU AZS UMCS Lublin					4:47.04	602	
	50m:	29.47	29.47	150m:	1:43.85	39.29	250m:	3:02.74	40.04	350m:	4:16.74	32.10
	100m:	1:04.56	35.09	200m:	2:22.70	38.85	300m:	3:44.64	41.90	400m:	4:47.04	30.30
7.	WIRASZKA, Piotr			16	UKS „GIM 92 Ursynów"					4:48.18	595	
	50m:	29.66	29.66	150m:	1:41.52	36.62	250m:	3:00.26	41.83	350m:	4:15.23	32.48
	100m:	1:04.90	35.24	200m:	2:18.43	36.91	300m:	3:42.75	42.49	400m:	4:48.18	32.95
8.	MIZGALSKI, Tymoteusz			14	KS Warta Poznań					4:48.19	595	
	50m:	30.70	30.70	150m:	1:45.22	38.03	250m:	3:02.73	39.96	350m:	4:16.87	32.84
	100m:	1:07.19	36.49	200m:	2:22.77	37.55	300m:	3:44.03	41.30	400m:	4:48.19	31.32
9.	DRAHORAD, Jan			18	Sport Club Pardubice					4:50.00	584	
	50m:	29.48	29.48	150m:	1:42.77	38.58	250m:	3:01.65	40.86	350m:	4:18.16	33.88
	100m:	1:04.19	34.71	200m:	2:20.79	38.02	300m:	3:44.28	42.63	400m:	4:50.00	31.84
10.	ZAWADZKI, Jakub			19	UKS Ruch Grudziądz					4:53.67	563	
	50m:	30.95	30.95	150m:	1:43.52	36.30	250m:	3:02.51	43.02	350m:	4:20.26	34.25
	100m:	1:07.22	36.27	200m:	2:19.49	35.97	300m:	3:46.01	43.50	400m:	4:53.67	33.41
11.	PAWLAK, Dawid			17	UKS 190 Łódź					4:57.44	541	
	50m:	30.25	30.25	150m:	1:48.04	41.81	250m:	3:11.45	43.51	350m:	4:26.61	31.88
	100m:	1:06.23	35.98	200m:	2:27.94	39.90	300m:	3:54.73	43.28	400m:	4:57.44	30.83
12.	ŁOJEWSKI, Adam			18	MTP Kormoran Olsztyn					4:58.20	537	
	50m:	30.71	30.71	150m:	1:45.68	39.12	250m:	3:07.15	43.17	350m:	4:25.16	34.39
	100m:	1:06.56	35.85	200m:	2:23.98	38.30	300m:	3:50.77	43.62	400m:	4:58.20	33.04
13.	GAJOS, Łukasz			17	MKS Pałac Młodzieży Katowice					4:59.12	532	
	50m:	29.64	29.64	150m:	1:44.89	41.80	250m:	3:08.41	43.24	350m:	4:26.76	33.89
	100m:	1:03.09	33.45	200m:	2:25.17	40.28	300m:	3:52.87	44.46	400m:	4:59.12	32.36
14.	DZIEDZIC, Karol			15	UKS SMS Galicja Kraków					5:00.47	525	
	50m:	34.36	34.36	150m:	1:54.03	40.30	250m:	3:13.03	39.60	350m:	4:28.41	33.21
	100m:	1:13.73	39.37	200m:	2:33.43	39.40	300m:	3:55.20	42.17	400m:	5:00.47	32.06

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OLSZTYN, 12. - 13.4.2025

Konkurencja 23, Mężczyzn, 400m zmienny, Open

Pozycja		Wiek							Czas	Pkt.
15.	WALERYCH, Krzysztof	16	KS Barrakuda Gdańsk						5:01.15	522
	50m: 30.16 30.16	150m: 1:47.39	40.51	250m: 3:06.82	40.22	350m: 4:24.93			37.24	
	100m: 1:06.88 36.72	200m: 2:26.60	39.21	300m: 3:47.69	40.87	400m: 5:01.15			36.22	
16.	ZIELIŃSKI, Szymon	16	MKP Szczecin						5:01.29	521
	50m: 29.57 29.57	150m: 1:47.98	41.61	250m: 3:08.69	41.43	350m: 4:27.65			33.61	
	100m: 1:06.37 36.80	200m: 2:27.26	39.28	300m: 3:54.04	45.35	400m: 5:01.29			33.64	
17.	WILDNER, Arkadiusz	18	UKS G-8 Bielany Warszawa						5:02.90	513
	50m: 28.04 28.04	150m: 1:43.49	41.07	250m: 3:09.06	45.76	350m: 4:29.92			35.65	
	100m: 1:02.42 34.38	200m: 2:23.30	39.81	300m: 3:54.27	45.21	400m: 5:02.90			32.98	
18.	JANDIK, Matyas	18	Sport Club Pardubice						5:04.60	504
	50m: 30.48 30.48	150m: 1:47.66	40.24	250m: 3:10.65	43.30	350m: 4:29.74			36.44	
	100m: 1:07.42 36.94	200m: 2:27.35	39.69	300m: 3:53.30	42.65	400m: 5:04.60			34.86	
19.	KACZMAREK, Dawid	15	MKS Trójka Łódź						5:08.14	487
	50m: 31.40 31.40	150m: 1:50.99	43.20	250m: 3:14.37	42.50	350m: 4:36.49			36.64	
	100m: 1:07.79 36.39	200m: 2:31.87	40.88	300m: 3:59.85	45.48	400m: 5:08.14			31.65	
20.	PARDO, Kornel	15	UKS „Frog” Giżycko						5:11.00	474
	50m: 30.34 30.34	150m: 1:49.04	41.09	250m: 3:13.55	44.17	350m: 4:35.41			37.15	
	100m: 1:07.95 37.61	200m: 2:29.38	40.34	300m: 3:58.26	44.71	400m: 5:11.00			35.59	
21.	LOTKO, Oliwier	14	UKS „Dragon” Będzin						5:18.50	441
	50m: 30.82 30.82	150m: 1:52.26	43.78	250m: 3:18.81	43.27	350m: 4:41.00			38.16	
	100m: 1:08.48 37.66	200m: 2:35.54	43.28	300m: 4:02.84	44.03	400m: 5:18.50			37.50	
22.	PALMOWSKI, Jakub	14	UKS SP-149 Łódź						5:29.29	399
	50m: 33.44 33.44	150m: 1:58.31	43.04	250m: 3:27.17	47.87	350m: 4:53.61			37.35	
	100m: 1:15.27 41.83	200m: 2:39.30	40.99	300m: 4:16.26	49.09	400m: 5:29.29			35.68	

17 - 18 lat

1.	KRYŚ, Radosław	18	MKP Szczecin						4:38.39	660
	50m: 29.38 29.38	150m: 1:38.96	36.33	250m: 2:54.10	39.76	350m: 4:07.07			32.27	
	100m: 1:02.63 33.25	200m: 2:14.34	35.38	300m: 3:34.80	40.70	400m: 4:38.39			31.32	
2.	ŁUSZCZYŃSKI, Krzysztof	17	UKS Żabianka Gdańsk						4:42.59	631
	50m: 29.10 29.10	150m: 1:41.14	37.43	250m: 2:58.38	41.67	350m: 4:12.13			31.97	
	100m: 1:03.71 34.61	200m: 2:16.71	35.57	300m: 3:40.16	41.78	400m: 4:42.59			30.46	
3.	CZERWONKA, Jan	17	KU AZS UMCS Lublin						4:43.18	627
	50m: 29.72 29.72	150m: 1:42.06	38.02	250m: 3:00.38	40.80	350m: 4:13.23			32.35	
	100m: 1:04.04 34.32	200m: 2:19.58	37.52	300m: 3:40.88	40.50	400m: 4:43.18			29.95	
4.	DRAHORAD, Jan	18	Sport Club Pardubice						4:50.00	584
	50m: 29.48 29.48	150m: 1:42.77	38.58	250m: 3:01.65	40.86	350m: 4:18.16			33.88	
	100m: 1:04.19 34.71	200m: 2:20.79	38.02	300m: 3:44.28	42.63	400m: 4:50.00			31.84	
5.	PAWLAK, Dawid	17	UKS 190 Łódź						4:57.44	541
	50m: 30.25 30.25	150m: 1:48.04	41.81	250m: 3:11.45	43.51	350m: 4:26.61			31.88	
	100m: 1:06.23 35.98	200m: 2:27.94	39.90	300m: 3:54.73	43.28	400m: 4:57.44			30.83	
6.	ŁOJEWSKI, Adam	18	MTP Kormoran Olsztyn						4:58.20	537
	50m: 30.71 30.71	150m: 1:45.68	39.12	250m: 3:07.15	43.17	350m: 4:25.16			34.39	
	100m: 1:06.56 35.85	200m: 2:23.98	38.30	300m: 3:50.77	43.62	400m: 4:58.20			33.04	
7.	GAJOS, Łukasz	17	MKS Pałac Młodzieży Katowice						4:59.12	532
	50m: 29.64 29.64	150m: 1:44.89	41.80	250m: 3:08.41	43.24	350m: 4:26.76			33.89	
	100m: 1:03.09 33.45	200m: 2:25.17	40.28	300m: 3:52.87	44.46	400m: 4:59.12			32.36	

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OLSZTYN, 12. - 13.4.2025

Konkurencja 23, Chłopców, 400m zmienny, 17 - 18 lat

Pozycja	Wiek								Czas	Pkt.		
8.	WILDNER, Arkadiusz			18	UKS G-8 Bielany Warszawa				5:02.90	513		
	50m:	28.04	28.04	150m:	1:43.49	41.07	250m:	3:09.06	45.76	350m:	4:29.92	35.65
	100m:	1:02.42	34.38	200m:	2:23.30	39.81	300m:	3:54.27	45.21	400m:	5:02.90	32.98
9.	JANDIK, Matyas			18	Sport Club Pardubice				5:04.60	504		
	50m:	30.48	30.48	150m:	1:47.66	40.24	250m:	3:10.65	43.30	350m:	4:29.74	36.44
	100m:	1:07.42	36.94	200m:	2:27.35	39.69	300m:	3:53.30	42.65	400m:	5:04.60	34.86

16 lat

1.	WIRASZKA, Piotr			16	UKS „GIM 92 Ursynów"					4:48.18	595	
	50m:	29.66	29.66	150m:	1:41.52	36.62	250m:	3:00.26	41.83	350m:	4:15.23	32.48
	100m:	1:04.90	35.24	200m:	2:18.43	36.91	300m:	3:42.75	42.49	400m:	4:48.18	32.95
2.	WALERYCH, Krzysztof			16	KS Barrakuda Gdańsk					5:01.15	522	
	50m:	30.16	30.16	150m:	1:47.39	40.51	250m:	3:06.82	40.22	350m:	4:24.93	37.24
	100m:	1:06.88	36.72	200m:	2:26.60	39.21	300m:	3:47.69	40.87	400m:	5:01.15	36.22
3.	ZIELIŃSKI, Szymon			16	MKP Szczecin					5:01.29	521	
	50m:	29.57	29.57	150m:	1:47.98	41.61	250m:	3:08.69	41.43	350m:	4:27.65	33.61
	100m:	1:06.37	36.80	200m:	2:27.26	39.28	300m:	3:54.04	45.35	400m:	5:01.29	33.64

15 lat

1.	DZIEDZIC, Karol			15	UKS SMS Galicja Kraków					5:00.47	525	
	50m:	34.36	34.36	150m:	1:54.03	40.30	250m:	3:13.03	39.60	350m:	4:28.41	33.21
	100m:	1:13.73	39.37	200m:	2:33.43	39.40	300m:	3:55.20	42.17	400m:	5:00.47	32.06
2.	KACZMAREK, Dawid			15	MKS Trójka Łódź					5:08.14	487	
	50m:	31.40	31.40	150m:	1:50.99	43.20	250m:	3:14.37	42.50	350m:	4:36.49	36.64
	100m:	1:07.79	36.39	200m:	2:31.87	40.88	300m:	3:59.85	45.48	400m:	5:08.14	31.65
3.	PARDO, Kornel			15	UKS „Frog" Giżycko					5:11.00	474	
	50m:	30.34	30.34	150m:	1:49.04	41.09	250m:	3:13.55	44.17	350m:	4:35.41	37.15
	100m:	1:07.95	37.61	200m:	2:29.38	40.34	300m:	3:58.26	44.71	400m:	5:11.00	35.59

14 lat

1.	PAPUGA, Grzegorz			14	UKS 190 Łódź					4:43.52	625	
	50m:	29.43	29.43	150m:	1:40.19	37.23	250m:	2:56.09	39.59	350m:	4:10.18	33.78
	100m:	1:02.96	33.53	200m:	2:16.50	36.31	300m:	3:36.40	40.31	400m:	4:43.52	33.34
2.	MIZGALSKI, Tymoteusz			14	KS Warta Poznań					4:48.19	595	
	50m:	30.70	30.70	150m:	1:45.22	38.03	250m:	3:02.73	39.96	350m:	4:16.87	32.84
	100m:	1:07.19	36.49	200m:	2:22.77	37.55	300m:	3:44.03	41.30	400m:	4:48.19	31.32
3.	LOTKO, Oliwier			14	UKS „Dragon" Będzin					5:18.50	441	
	50m:	30.82	30.82	150m:	1:52.26	43.78	250m:	3:18.81	43.27	350m:	4:41.00	38.16
	100m:	1:08.48	37.66	200m:	2:35.54	43.28	300m:	4:02.84	44.03	400m:	5:18.50	37.50
4.	PALMOWSKI, Jakub			14	UKS SP-149 Łódź					5:29.29	399	
	50m:	33.44	33.44	150m:	1:58.31	43.04	250m:	3:27.17	47.87	350m:	4:53.61	37.35
	100m:	1:15.27	41.83	200m:	2:39.30	40.99	300m:	4:16.26	49.09	400m:	5:29.29	35.68