



PGE Grand Prix Puchar Polski  
O wicim, 15 - 16/3/2025



Konkurencja 22  
16/3/2025 - 9:16

M czyzn, 400m dowolny

14 lat i starsi  
Wyniki

Minimum kwalifikacyjne M Singapur 2025 Open: 3:48.15 / Minimum kwalifikacyjne Uniwersjada Berlin 2025 Open: 3:52.71 /  
Minimum kwalifikacyjne ME U23 Samorin 19 - 23: 3:52.71

Punkty: AQUA 2025

Pozycja					Rok ur.					Czas	Pkt.	
1.	Sieradzki Kamil				02	AZS AWF Katowice				<b>3:54.76</b>	823	
	50m:	26.26	26.26	150m:	1:25.40	29.70	250m:	2:25.70	30.06	350m:	3:25.44	30.03
	100m:	55.70	29.44	200m:	1:55.64	30.24	300m:	2:55.41	29.71	400m:	3:54.76	29.32
2.	Hebel Maciej				05	AZS AWF Katowice				<b>3:59.76</b>	773	
	50m:	27.35	27.35	150m:	1:27.68	30.12	250m:	2:28.12	30.09	350m:	3:28.85	30.51
	100m:	57.56	30.21	200m:	1:58.03	30.35	300m:	2:58.34	30.22	400m:	3:59.76	30.91
3.	Major Erik				07	Park Wodny Tarn. Góry				<b>4:02.26</b>	749	
	50m:	27.37	27.37	150m:	1:29.25	31.48	250m:	2:31.99	31.36	350m:	3:33.75	30.90
	100m:	57.77	30.40	200m:	2:00.63	31.38	300m:	3:02.85	30.86	400m:	4:02.26	28.51
4.	Radkiewicz Kajetan				05	AZS UW Warszawa				<b>4:02.47</b>	747	
	50m:	27.76	27.76	150m:	1:29.51	31.09	250m:	2:31.84	31.37	350m:	3:33.70	30.47
	100m:	58.42	30.66	200m:	2:00.47	30.96	300m:	3:03.23	31.39	400m:	4:02.47	28.77
5.	Gnaczy ski Michał				07	MKP Szczecin				<b>4:02.59</b>	746	
	50m:	28.23	28.23	150m:	1:30.31	31.22	250m:	2:32.27	30.74	350m:	3:34.25	30.78
	100m:	59.09	30.86	200m:	2:01.53	31.22	300m:	3:03.47	31.20	400m:	4:02.59	28.34
6.	Dworakowski Błażej				07	Delfin Gdynia				<b>4:08.14</b>	697	
	50m:	28.14	28.14	150m:	1:30.50	31.47	250m:	2:33.82	31.76	350m:	3:37.43	31.85
	100m:	59.03	30.89	200m:	2:02.06	31.56	300m:	3:05.58	31.76	400m:	4:08.14	30.71
7.	Bluj Aleksander				09	GIM 92 Ursynów Warszawa				<b>4:08.60</b>	693	
	50m:	29.56	29.56	150m:	1:32.95	31.93	250m:	2:36.17	31.50	350m:	3:39.11	31.12
	100m:	1:01.02	31.46	200m:	2:04.67	31.72	300m:	3:07.99	31.82	400m:	4:08.60	29.49
8.	Zaborowski Filip				94	MKP Szczecin				<b>4:09.31</b>	687	
	50m:	28.13	28.13	150m:	1:30.31	31.21	250m:	2:33.65	31.79	350m:	3:38.03	32.23
	100m:	59.10	30.97	200m:	2:01.86	31.55	300m:	3:05.80	32.15	400m:	4:09.31	31.28
9.	Grzegorzcyk Wiktor				02	AZS AWF Warszawa				<b>4:09.88</b>	683	
	50m:	28.36	28.36	150m:	1:31.33	31.70	250m:	2:35.78	32.42	350m:	3:39.63	31.20
	100m:	59.63	31.27	200m:	2:03.36	32.03	300m:	3:08.43	32.65	400m:	4:09.88	30.25
10.	Wiszniewski Tymoteusz				10	Jedno 32 Przyszowice				<b>4:11.66</b>	668	
	50m:	28.69	28.69	150m:	1:32.96	32.07	250m:	2:37.47	32.16	350m:	3:41.61	31.82
	100m:	1:00.89	32.20	200m:	2:05.31	32.35	300m:	3:09.79	32.32	400m:	4:11.66	30.05
11.	Burda Paweł				05	AZS AWF Katowice				<b>4:11.93</b>	666	
	50m:	29.16	29.16	150m:	1:32.62	32.02	250m:	2:37.10	32.34	350m:	3:42.17	32.30
	100m:	1:00.60	31.44	200m:	2:04.76	32.14	300m:	3:09.87	32.77	400m:	4:11.93	29.76
12.	Piłka Miłosz				07	MKP Szczecin				<b>4:12.21</b>	664	
	50m:	29.19	29.19	150m:	1:33.24	32.28	250m:	2:37.81	32.28	350m:	3:41.75	31.75
	100m:	1:00.96	31.77	200m:	2:05.53	32.29	300m:	3:10.00	32.19	400m:	4:12.21	30.46
13.	Ciba Mateusz				08	MKP Szczecin				<b>4:13.10</b>	657	
	50m:	29.14	29.14	150m:	1:33.69	32.55	250m:	2:38.51	32.40	350m:	3:43.01	32.12
	100m:	1:01.14	32.00	200m:	2:06.11	32.42	300m:	3:10.89	32.38	400m:	4:13.10	30.09
14.	Szeląg Alan				09	MKP Szczecin				<b>4:13.18</b>	656	
	50m:	29.27	29.27	150m:	1:33.63	32.13	250m:	2:37.64	31.78	350m:	3:42.41	32.25
	100m:	1:01.50	32.23	200m:	2:05.86	32.23	300m:	3:10.16	32.52	400m:	4:13.18	30.77
15.	Janiszewski Fabian				09	UKS 190 Łódź				<b>4:13.30</b>	655	
	50m:	29.46	29.46	150m:	1:33.42	32.15	250m:	2:38.10	32.44	350m:	3:42.63	31.83
	100m:	1:01.27	31.81	200m:	2:05.66	32.24	300m:	3:10.80	32.70	400m:	4:13.30	30.67

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16/3/2025 12:46 - Strona 1



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PGE Grand Prix Puchar Polski  
O wi cim, 15 - 16/3/2025



Konkurencja 22, M czyzn, 400m dowolny, 14 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.		
16.	Duda Kacper			05	AZS AWF Katowice				<b>4:13.93</b>	650		
	50m:	29.05	29.05	150m:	1:33.20	32.32	250m:	2:38.47	32.65	350m:	3:44.50	32.91
	100m:	1:00.88	31.83	200m:	2:05.82	32.62	300m:	3:11.59	33.12	400m:	4:13.93	29.43
17.	Bondar Mykyta			07	Unia O wi cim				<b>4:14.09</b>	649		
	50m:	29.58	29.58	150m:	1:33.80	32.32	250m:	2:37.85	32.25	350m:	3:43.41	32.99
	100m:	1:01.48	31.90	200m:	2:05.60	31.80	300m:	3:10.42	32.57	400m:	4:14.09	30.68
18.	Gajda Jan			07	Trójka Łód				<b>4:14.27</b>	648		
	50m:	28.47	28.47	150m:	1:32.60	32.63	250m:	2:38.74	33.26	350m:	3:44.19	31.92
	100m:	59.97	31.50	200m:	2:05.48	32.88	300m:	3:12.27	33.53	400m:	4:14.27	30.08
19.	Lukavetskyi Oleksandr			09	UKS 190 Łód				<b>4:14.67</b>	645		
	50m:	28.54	28.54	150m:	1:32.01	32.19	250m:	2:37.37	32.97	350m:	3:43.01	32.72
	100m:	59.82	31.28	200m:	2:04.40	32.39	300m:	3:10.29	32.92	400m:	4:14.67	31.66
20.	Krasowski Szymon			06	Posnania Pozna				<b>4:15.22</b>	641		
	50m:	28.51	28.51	150m:	1:33.28	32.75	250m:	2:38.95	32.90	350m:	3:45.05	32.85
	100m:	1:00.53	32.02	200m:	2:06.05	32.77	300m:	3:12.20	33.25	400m:	4:15.22	30.17
21.	Darul Bartosz			04	MKP Szczecin				<b>4:15.77</b>	636		
	50m:	29.24	29.24	150m:	1:33.75	32.74	250m:	2:39.36	32.58	350m:	3:44.63	32.29
	100m:	1:01.01	31.77	200m:	2:06.78	33.03	300m:	3:12.34	32.98	400m:	4:15.77	31.14
	Szwedzki Jakub			00	Trójka Łód				<b>4:15.77</b>	636		
	50m:	30.33	30.33	150m:	1:36.93	33.75	250m:	2:42.20	31.60	350m:	3:45.66	31.98
	100m:	1:03.18	32.85	200m:	2:10.60	33.67	300m:	3:13.68	31.48	400m:	4:15.77	30.11
23.	Fronczak Antoni			06	AZS UW Warszawa				<b>4:15.98</b>	635		
	50m:	28.63	28.63	150m:	1:31.69	31.96	250m:	2:36.11	32.12	350m:	3:42.54	32.84
	100m:	59.73	31.10	200m:	2:03.99	32.30	300m:	3:09.70	33.59	400m:	4:15.98	33.44
24.	Sienkiewicz Ignacy			05	AZS AWF Warszawa				<b>4:16.16</b>	634		
	50m:	29.55	29.55	150m:	1:35.14	33.02	250m:	2:40.72	32.49	350m:	3:45.45	32.13
	100m:	1:02.12	32.57	200m:	2:08.23	33.09	300m:	3:13.32	32.60	400m:	4:16.16	30.71
25.	Ulas Antoni			07	Trójka Łód				<b>4:16.20</b>	633		
	50m:	28.94	28.94	150m:	1:35.09	33.73	250m:	2:41.88	33.54	350m:	3:44.63	29.90
	100m:	1:01.36	32.42	200m:	2:08.34	33.25	300m:	3:14.73	32.85	400m:	4:16.20	31.57
26.	Kucharski Paweł			05	AZS AWF Katowice				<b>4:16.99</b>	627		
	50m:	28.19	28.19	150m:	1:31.76	31.99	250m:	2:37.46	33.26	350m:	3:44.82	33.58
	100m:	59.77	31.58	200m:	2:04.20	32.44	300m:	3:11.24	33.78	400m:	4:16.99	32.17
27.	Krawczyk Jakub			08	GIM 92 Ursynów Warszawa				<b>4:17.38</b>	625		
	50m:	29.53	29.53	150m:	1:33.26	32.06	250m:	2:38.44	32.83	350m:	3:45.87	34.06
	100m:	1:01.20	31.67	200m:	2:05.61	32.35	300m:	3:11.81	33.37	400m:	4:17.38	31.51
28.	Karwat Bartłomiej			08	Nawa Skierniewice				<b>4:18.10</b>	619		
	50m:	26.93	26.93	150m:	1:31.01	32.77	250m:	2:37.13	33.74	350m:	3:44.80	32.91
	100m:	58.24	31.31	200m:	2:03.39	32.38	300m:	3:11.89	34.76	400m:	4:18.10	33.30
29.	Tarasiewicz Piotr			09	Polonia Warszawa				<b>4:18.90</b>	614		
	50m:	28.67	28.67	150m:	1:33.25	32.74	250m:	2:39.99	33.45	350m:	3:46.67	33.16
	100m:	1:00.51	31.84	200m:	2:06.54	33.29	300m:	3:13.51	33.52	400m:	4:18.90	32.23
30.	Skłodowski Jan			11	Jedynka Łód				<b>4:19.01</b>	613		
	50m:	28.62	28.62	150m:	1:34.76	33.29	250m:	2:41.08	33.51	350m:	3:47.88	33.33
	100m:	1:01.47	32.85	200m:	2:07.57	32.81	300m:	3:14.55	33.47	400m:	4:19.01	31.13
31.	Tarasek Igor			10	G-8 Bielany Warszawa				<b>4:19.73</b>	608		
	50m:	29.50	29.50	150m:	1:34.97	33.30	250m:	2:41.66	33.32	350m:	3:48.85	33.38
	100m:	1:01.67	32.17	200m:	2:08.34	33.37	300m:	3:15.47	33.81	400m:	4:19.73	30.88
32.	Konopko Michał			10	Aqua Team Mikołów				<b>4:19.96</b>	606		
	50m:	29.68	29.68	150m:	1:36.39	33.91	250m:	2:43.24	33.29	350m:	3:49.63	32.29
	100m:	1:02.48	32.80	200m:	2:09.95	33.56	300m:	3:17.34	34.10	400m:	4:19.96	30.33

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Konkurencja 22, M czyn, 400m dowolny, 14 lat i starsi

Pozycja					Rok ur.					Czas	Pkt.
33.	Zalewski Jacek			06	Posnania Pozna				<b>4:19.99</b>	606	
	50m: 29.38	29.38	150m: 1:36.02	34.00	250m: 2:42.94	33.28	350m: 3:48.37	33.14			
	100m: 1:02.02	32.64	200m: 2:09.66	33.64	300m: 3:15.23	32.29	400m: 4:19.99	31.62			
34.	Pakuła Patryk			08	Shark Rudna				<b>4:20.47</b>	603	
	50m: 29.62	29.62	150m: 1:35.92	33.51	250m: 2:42.90	33.09	350m: 3:49.35	32.93			
	100m: 1:02.41	32.79	200m: 2:09.81	33.89	300m: 3:16.42	33.52	400m: 4:20.47	31.12			
35.	Łuczak Filip			08	UKS 190 Łód				<b>4:21.07</b>	598	
	50m: 30.15	30.15	150m: 1:36.04	32.92	250m: 2:43.22	33.42	350m: 3:49.88	32.64			
	100m: 1:03.12	32.97	200m: 2:09.80	33.76	300m: 3:17.24	34.02	400m: 4:21.07	31.19			
36.	widerski Miłosz			08	Jedynka Łód				<b>4:21.55</b>	595	
	50m: 29.15	29.15	150m: 1:34.81	33.30	250m: 2:41.79	33.72	350m: 3:49.55	33.80			
	100m: 1:01.51	32.36	200m: 2:08.07	33.26	300m: 3:15.75	33.96	400m: 4:21.55	32.00			
37.	Halkiewicz Maciej			08	Omega Olkusz				<b>4:21.66</b>	594	
	50m: 28.85	28.85	150m: 1:34.90	33.45	250m: 2:42.31	33.75	350m: 3:49.57	33.61			
	100m: 1:01.45	32.60	200m: 2:08.56	33.66	300m: 3:15.96	33.65	400m: 4:21.66	32.09			
38.	Boruszewski Filip			07	UKS SP-149 Łód				<b>4:22.31</b>	590	
	50m: 29.98	29.98	150m: 1:36.16	33.17	250m: 2:43.59	33.84	350m: 3:50.71	33.69			
	100m: 1:02.99	33.01	200m: 2:09.75	33.59	300m: 3:17.02	33.43	400m: 4:22.31	31.60			
39.	Wójciak Oliwier			07	V Łomianki				<b>4:23.42</b>	583	
	50m: 28.46	28.46	150m: 1:33.50	33.50	250m: 2:40.84	33.97	350m: 3:49.86	34.70			
	100m: 1:00.00	31.54	200m: 2:06.87	33.37	300m: 3:15.16	34.32	400m: 4:23.42	33.56			
40.	Stachowiak Adam			10	MKP Szczecin				<b>4:23.57</b>	582	
	50m: 29.98	29.98	150m: 1:36.43	33.63	250m: 2:44.10	34.09	350m: 3:52.15	34.06			
	100m: 1:02.80	32.82	200m: 2:10.01	33.58	300m: 3:18.09	33.99	400m: 4:23.57	31.42			
41.	Maliszewski Szymon			08	SMS Galicja Kraków				<b>4:24.70</b>	574	
	50m: 28.71	28.71	150m: 1:34.19	33.69	250m: 2:41.56	33.94	350m: 3:50.73	34.68			
	100m: 1:00.50	31.79	200m: 2:07.62	33.43	300m: 3:16.05	34.49	400m: 4:24.70	33.97			
42.	Osak Kacper			10	Team Sport Kraków				<b>4:25.39</b>	570	
	50m: 29.69	29.69	150m: 1:36.23	33.60	250m: 2:44.33	34.57	350m: 3:52.51	34.00			
	100m: 1:02.63	32.94	200m: 2:09.76	33.53	300m: 3:18.51	34.18	400m: 4:25.39	32.88			
43.	Chabowski-Palonka Krzysztof			10	MKP Szczecin				<b>4:28.41</b>	551	
	50m: 31.13	31.13	150m: 1:40.49	34.70	250m: 2:49.18	34.71	350m: 3:58.08	33.91			
	100m: 1:05.79	34.66	200m: 2:14.47	33.98	300m: 3:24.17	34.99	400m: 4:28.41	30.33			
44.	Fedasza Alan			08	Polonia Warszawa				<b>4:28.61</b>	549	
	50m: 30.86	30.86	150m: 1:38.95	34.27	250m: 2:47.22	33.98	350m: 3:55.92	34.33			
	100m: 1:04.68	33.82	200m: 2:13.24	34.29	300m: 3:21.59	34.37	400m: 4:28.61	32.69			
45.	Sobo Adam			08	CSiR MOS D browa Grn.				<b>4:29.05</b>	547	
	50m: 30.09	30.09	150m: 1:37.95	34.27	250m: 2:46.85	34.65	350m: 3:56.15	34.87			
	100m: 1:03.68	33.59	200m: 2:12.20	34.25	300m: 3:21.28	34.43	400m: 4:29.05	32.90			
46.	Gołacki Sergiusz			04	UKS 190 Łód				<b>4:29.62</b>	543	
	50m: 29.77	29.77	150m: 1:38.08	34.48	250m: 2:47.08	34.36	350m: 3:56.08	35.20			
	100m: 1:03.60	33.83	200m: 2:12.72	34.64	300m: 3:20.88	33.80	400m: 4:29.62	33.54			
47.	Bie czyk Krzysztof			09	Warszawianka-Wodny Park				<b>4:29.81</b>	542	
	50m: 29.35	29.35	150m: 1:37.07	34.60	250m: 2:45.97	34.17	350m: 3:55.62	35.17			
	100m: 1:02.47	33.12	200m: 2:11.80	34.73	300m: 3:20.45	34.48	400m: 4:29.81	34.19			
48.	Zawadzki Jakub			06	Ruch Grudzi dz				<b>4:30.47</b>	538	
	50m: 30.84	30.84	150m: 1:39.06	34.46	250m: 2:47.89	34.10	350m: 3:57.01	33.96			
	100m: 1:04.60	33.76	200m: 2:13.79	34.73	300m: 3:23.05	35.16	400m: 4:30.47	33.46			
49.	Myszkiewicz Paweł			10	Jedno 32 Przyszowice				<b>4:31.01</b>	535	
	50m: 31.32	31.32	150m: 1:40.36	34.42	250m: 2:49.07	34.10	350m: 3:57.82	33.95			
	100m: 1:05.94	34.62	200m: 2:14.97	34.61	300m: 3:23.87	34.80	400m: 4:31.01	33.19			

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Pozycja				Rok ur.					Czas	Pkt.
50.	Ciesielski Konrad			10	Trójka Łód				<b>4:31.11</b>	534
	50m: 28.52	28.52	150m: 1:34.56	33.82	250m: 2:44.52	35.37	350m: 3:56.69	36.41		
	100m: 1:00.74	32.22	200m: 2:09.15	34.59	300m: 3:20.28	35.76	400m: 4:31.11	34.42		
51.	Kramarczyk Jakub			01	Pałac Młodzie y Katowice				<b>4:31.22</b>	534
	50m: 30.07	30.07	150m: 1:38.66	34.89	250m: 2:48.09	34.61	350m: 3:57.54	34.51		
	100m: 1:03.77	33.70	200m: 2:13.48	34.82	300m: 3:23.03	34.94	400m: 4:31.22	33.68		
52.	Konieczny Miłosz			07	Nika Sport Team Kraków				<b>4:31.28</b>	533
	50m: 30.33	30.33	150m: 1:37.39	33.85	250m: 2:46.85	34.98	350m: 3:57.24	35.34		
	100m: 1:03.54	33.21	200m: 2:11.87	34.48	300m: 3:21.90	35.05	400m: 4:31.28	34.04		
53.	Wojtal Wiktor			09	Unia O wi cim				<b>4:31.44</b>	532
	50m: 29.27	29.27	150m: 1:36.60	34.37	250m: 2:47.22	35.68	350m: 4:00.60	36.85		
	100m: 1:02.23	32.96	200m: 2:11.54	34.94	300m: 3:23.75	36.53	400m: 4:31.44	30.84		
54.	Andrzejczak Maciej			10	Korona-Swim Kielce				<b>4:31.87</b>	530
	50m: 29.74	29.74	150m: 1:38.03	34.79	250m: 2:49.25	35.71	350m: 3:58.71	33.71		
	100m: 1:03.24	33.50	200m: 2:13.54	35.51	300m: 3:25.00	35.75	400m: 4:31.87	33.16		
55.	Krzysiek Oskar			10	Korona-Swim Kielce				<b>4:33.58</b>	520
	50m: 30.89	30.89	150m: 1:39.22	34.45	250m: 2:49.97	35.74	350m: 4:00.29	34.56		
	100m: 1:04.77	33.88	200m: 2:14.23	35.01	300m: 3:25.73	35.76	400m: 4:33.58	33.29		
56.	Wiciok Michał			10	UKP Ruda l ska				<b>4:33.60</b>	520
	50m: 30.47	30.47	150m: 1:37.98	34.52	250m: 2:48.40	35.39	350m: 3:59.88	35.49		
	100m: 1:03.46	32.99	200m: 2:13.01	35.03	300m: 3:24.39	35.99	400m: 4:33.60	33.72		
57.	Grzybowski Jan			10	UKS SP-149 Łód				<b>4:33.63</b>	520
	50m: 31.64	31.64	150m: 1:41.25	34.94	250m: 2:49.54	34.50	350m: 4:00.85	35.71		
	100m: 1:06.31	34.67	200m: 2:15.04	33.79	300m: 3:25.14	35.60	400m: 4:33.63	32.78		
58.	Lipka Piotr			10	Trójka Łód				<b>4:33.93</b>	518
	50m: 33.20	33.20	150m: 1:42.76	34.86	250m: 2:52.37	34.66	350m: 4:00.37	33.43		
	100m: 1:07.90	34.70	200m: 2:17.71	34.95	300m: 3:26.94	34.57	400m: 4:33.93	33.56		
59.	Skibi ski Szymon			10	MKP Szczecin				<b>4:35.36</b>	510
	50m: 30.91	30.91	150m: 1:40.53	34.97	250m: 2:51.95	35.73	350m: 4:02.41	34.94		
	100m: 1:05.56	34.65	200m: 2:16.22	35.69	300m: 3:27.47	35.52	400m: 4:35.36	32.95		
60.	Joszko Artur			10	SMS Galicja Kraków				<b>4:35.87</b>	507
	50m: 31.78	31.78	150m: 1:41.94	34.75	250m: 2:51.99	34.58	350m: 4:02.07	34.66		
	100m: 1:07.19	35.41	200m: 2:17.41	35.47	300m: 3:27.41	35.42	400m: 4:35.87	33.80		
61.	Głuch Piotr			10	Sikret Gliwice				<b>4:36.81</b>	502
	50m: 29.91	29.91	150m: 1:38.63	34.98	250m: 2:49.64	35.95	350m: 4:02.36	36.47		
	100m: 1:03.65	33.74	200m: 2:13.69	35.06	300m: 3:25.89	36.25	400m: 4:36.81	34.45		
62.	Kowalczyk Bartosz			10	Korona-Swim Kielce				<b>4:38.92</b>	491
	50m: 31.86	31.86	150m: 1:44.00	36.60	250m: 2:54.16	35.23	350m: 4:03.37	35.85		
	100m: 1:07.40	35.54	200m: 2:18.93	34.93	300m: 3:27.52	33.36	400m: 4:38.92	35.55		
63.	Zhadan Nikolai			08	CSiR MOS D browa Grn.				<b>4:39.11</b>	490
	50m: 30.50	30.50	150m: 1:39.44	34.83	250m: 2:50.78	35.74	350m: 4:04.01	36.80		
	100m: 1:04.61	34.11	200m: 2:15.04	35.60	300m: 3:27.21	36.43	400m: 4:39.11	35.10		
64.	Jagięto Aleksander			10	Trójka Łód				<b>4:39.78</b>	486
	50m: 31.33	31.33	150m: 1:43.59	36.54	250m: 2:54.51	34.33	350m: 4:05.30	35.09		
	100m: 1:07.05	35.72	200m: 2:20.18	36.59	300m: 3:30.21	35.70	400m: 4:39.78	34.48		
65.	Kotynia Juliusz			10	SMS Galicja Kraków				<b>4:39.95</b>	485
	50m: 30.58	30.58	150m: 1:39.31	34.65	250m: 2:51.17	36.26	350m: 4:04.14	36.20		
	100m: 1:04.66	34.08	200m: 2:14.91	35.60	300m: 3:27.94	36.77	400m: 4:39.95	35.81		
66.	Kotłowski Piotr			11	GIM 92 Ursynów Warszawa				<b>4:40.29</b>	484
	50m: 31.74	31.74	150m: 1:41.72	35.67	250m: 2:53.16	35.83	350m: 4:04.94	35.67		
	100m: 1:06.05	34.31	200m: 2:17.33	35.61	300m: 3:29.27	36.11	400m: 4:40.29	35.35		

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PGE Grand Prix Puchar Polski  
O wi cim, 15 - 16/3/2025



Konkurencja 22, M czyn, 400m dowolny, 14 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.
67.	Dorociak Franciszek	10	Korona 1919 Kraków						<b>4:40.52</b>	482
	50m: 32.47	32.47	150m: 1:43.42	35.71	250m: 2:54.94	35.48	350m: 4:05.75	35.63		
	100m: 1:07.71	35.24	200m: 2:19.46	36.04	300m: 3:30.12	35.18	400m: 4:40.52	34.77		
68.	Tobiasz Jakub	08	Unia O wi cim						<b>4:40.68</b>	482
	50m: 31.87	31.87	150m: 1:41.62	35.50	250m: 2:52.84	35.67	350m: 4:05.46	36.26		
	100m: 1:06.12	34.25	200m: 2:17.17	35.55	300m: 3:29.20	36.36	400m: 4:40.68	35.22		
69.	Pawlak Dawid	08	UKS 190 Łódź						<b>4:42.83</b>	471
	50m: 29.61	29.61	150m: 1:40.99	37.41	250m: 2:52.21	35.39	350m: 4:06.35	36.73		
	100m: 1:03.58	33.97	200m: 2:16.82	35.83	300m: 3:29.62	37.41	400m: 4:42.83	36.48		
70.	Milewski Jan	11	GIM 92 Ursynów Warszawa						<b>4:43.30</b>	468
	50m: 30.33	30.33	150m: 1:42.84	37.03	250m: 2:56.02	36.67	350m: 4:08.90	36.00		
	100m: 1:05.81	35.48	200m: 2:19.35	36.51	300m: 3:32.90	36.88	400m: 4:43.30	34.40		
71.	Kaczmarek Dawid	10	Trójka Łódź						<b>4:43.85</b>	466
	50m: 33.25	33.25	150m: 1:45.33	36.74	250m: 2:58.50	36.34	350m: 4:11.56	36.88		
	100m: 1:08.59	35.34	200m: 2:22.16	36.83	300m: 3:34.68	36.18	400m: 4:43.85	32.29		
72.	Spadło Krzysztof	09	Huragan Sosnowiec						<b>4:44.08</b>	464
	50m: 30.06	30.06	150m: 1:42.74	37.25	250m: 2:57.25	36.59	350m: 4:10.51	36.33		
	100m: 1:05.49	35.43	200m: 2:20.66	37.92	300m: 3:34.18	36.93	400m: 4:44.08	33.57		
73.	Prokop Wojciech	11	MKP Szczecin						<b>4:45.39</b>	458
	50m: 32.28	32.28	150m: 1:44.56	36.72	250m: 2:57.83	36.54	350m: 4:10.81	36.15		
	100m: 1:07.84	35.56	200m: 2:21.29	36.73	300m: 3:34.66	36.83	400m: 4:45.39	34.58		
74.	Synowiec Szymon	10	SMS Galicja Kraków						<b>4:45.66</b>	457
	50m: 31.06	31.06	150m: 1:42.45	35.69	250m: 2:55.62	36.49	350m:			
	100m: 1:06.76	35.70	200m: 2:19.13	36.68	300m: 3:31.80	36.18	400m: 4:45.66			
75.	Deredas Stanisław	11	UKS 190 Łódź						<b>4:46.12</b>	455
	50m: 33.28	33.28	150m: 1:45.76	36.06	250m: 2:58.25	36.29	350m: 4:10.45	36.04		
	100m: 1:09.70	36.42	200m: 2:21.96	36.20	300m: 3:34.41	36.16	400m: 4:46.12	35.67		
76.	Jurzak Konrad	11	Victoria Kozy						<b>4:46.19</b>	454
	50m: 31.66	31.66	150m: 1:43.13	36.47	250m: 2:56.60	36.62	350m: 4:10.58	37.13		
	100m: 1:06.66	35.00	200m: 2:19.98	36.85	300m: 3:33.45	36.85	400m: 4:46.19	35.61		
77.	Palmowski Jakub	11	UKS SP-149 Łódź						<b>4:46.77</b>	451
	50m: 31.55	31.55	150m: 1:44.15	36.70	250m: 2:57.87	37.08	350m: 4:11.71	36.63		
	100m: 1:07.45	35.90	200m: 2:20.79	36.64	300m: 3:35.08	37.21	400m: 4:46.77	35.06		
78.	Gorlach Miłosz	11	Solne Miasto Wieliczka						<b>4:47.12</b>	450
	50m: 30.43	30.43	150m: 1:42.87	36.51	250m: 2:57.45	37.02	350m: 4:11.73	36.62		
	100m: 1:06.36	35.93	200m: 2:20.43	37.56	300m: 3:35.11	37.66	400m: 4:47.12	35.39		
79.	Tosik Filip	10	Wodnik Łask						<b>4:48.56</b>	443
	50m: 30.70	30.70	150m: 1:43.54	37.28	250m: 2:58.67	37.93	350m: 4:14.75	37.97		
	100m: 1:06.26	35.56	200m: 2:20.74	37.20	300m: 3:36.78	38.11	400m: 4:48.56	33.81		
80.	Joniak Marcel	11	MKP Szczecin						<b>4:50.14</b>	436
	50m: 33.25	33.25	150m: 1:47.11	37.40	250m: 3:02.00	37.49	350m: 4:15.66	36.41		
	100m: 1:09.71	36.46	200m: 2:24.51	37.40	300m: 3:39.25	37.25	400m: 4:50.14	34.48		
81.	Kulik Konstanty	10	GIM 92 Ursynów Warszawa						<b>4:50.99</b>	432
	50m: 30.34	30.34	150m: 1:41.31	36.50	250m: 2:58.23	38.49	350m: 4:14.52	38.17		
	100m: 1:04.81	34.47	200m: 2:19.74	38.43	300m: 3:36.35	38.12	400m: 4:50.99	36.47		
82.	R białkowski Adam	11	Trójka Łódź						<b>4:51.00</b>	432
	50m: 31.89	31.89	150m: 1:45.69	37.68	250m: 3:01.52	37.78	350m: 4:15.25	36.64		
	100m: 1:08.01	36.12	200m: 2:23.74	38.05	300m: 3:38.61	37.09	400m: 4:51.00	35.75		
83.	Wi cek Patryk	09	MKP Szczecin						<b>4:52.36</b>	426
	50m: 32.68	32.68	150m: 1:46.56	37.47	250m: 3:01.63	37.67	350m: 4:16.62	37.50		
	100m: 1:09.09	36.41	200m: 2:23.96	37.40	300m: 3:39.12	37.49	400m: 4:52.36	35.74		

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PGE Grand Prix Puchar Polski  
O wi cim, 15 - 16/3/2025



Konkurencja 22, M czynn, 400m dowolny, 14 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.		
84.	Garman Dawid			09	G-8 Bielany Warszawa				<b>4:53.70</b>	420		
	50m:	31.86	31.86	150m:	1:44.76	37.31	250m:	3:01.59	38.72	350m:	4:18.21	37.63
	100m:	1:07.45	35.59	200m:	2:22.87	38.11	300m:	3:40.58	38.99	400m:	4:53.70	35.49
85.	Drozdowski Oliwier			11	Swim Płock				<b>4:54.61</b>	416		
	50m:			150m:	1:44.94	37.85	250m:	3:01.82	38.94	350m:	4:20.56	39.16
	100m:	1:07.09		200m:	2:22.88	37.94	300m:	3:41.40	39.58	400m:	4:54.61	34.05
86.	Szantar Wojciech			10	Trójka Łód				<b>4:58.46</b>	400		
	50m:	31.78	31.78	150m:	1:45.90	37.95	250m:	3:03.82	39.34	350m:	4:21.01	38.75
	100m:	1:07.95	36.17	200m:	2:24.48	38.58	300m:	3:42.26	38.44	400m:	4:58.46	37.45
87.	Wieczorek Aleksander			10	MKP Szczecin				<b>5:00.33</b>	393		
	50m:	33.35	33.35	150m:	1:50.35	39.16	250m:	3:07.64	38.59	350m:	4:25.53	38.72
	100m:	1:11.19	37.84	200m:	2:29.05	38.70	300m:	3:46.81	39.17	400m:	5:00.33	34.80
88.	Sauk Jakub			11	Jedno 32 Przyszowice				<b>5:02.47</b>	385		
	50m:	33.10	33.10	150m:	1:49.23	38.35	250m:	3:07.51	39.42	350m:	4:25.95	38.75
	100m:	1:10.88	37.78	200m:	2:28.09	38.86	300m:	3:47.20	39.69	400m:	5:02.47	36.52
89.	Mamakis Filippos			10	Park Wodny Tarn. Góry				<b>5:03.52</b>	381		
	50m:	31.41	31.41	150m:	1:46.06	38.15	250m:	3:04.65	39.53	350m:		
	100m:	1:07.91	36.50	200m:	2:25.12	39.06	300m:	3:44.66	40.01	400m:	5:03.52	
90.	D browski Jakub			10	Park Wodny Tarn. Góry				<b>5:05.00</b>	375		
	50m:	33.16	33.16	150m:	1:49.23	39.13	250m:	3:08.37	39.68	350m:	4:27.76	39.33
	100m:	1:10.10	36.94	200m:	2:28.69	39.46	300m:	3:48.43	40.06	400m:	5:05.00	37.24

