

2018 Arena Grand Prix Puchar Polski
Lublin, 10. - 11.3.2018

Event 23
11.03.2018 - 8:48

Men, 400m Medley

14 years and older
Results

Points: FINA 2017

Rank	Age				Time				Pts			
JUNIOR MŁODSZY 14 LAT												
1.	CHMIELEWSKI Krzysztof 14				IUKS „Muszelka” Warszawa				4:50.99	588		
	50m:	30.23	30.23	150m:	1:41.35	36.48	250m:	3:00.95	44.48	350m:	4:19.82	32.52
	100m:	1:04.87	34.64	200m:	2:16.47	35.12	300m:	3:47.30	46.35	400m:	4:50.99	31.17
2.	WIECZORKOWSKI Nikodem 14				UKS „Dwojka” Tczew				5:09.07	491		
	50m:	33.09	33.09	150m:	1:53.30	41.64	250m:	3:18.26	45.14	350m:	4:37.07	34.05
	100m:	1:11.66	38.57	200m:	2:33.12	39.82	300m:	4:03.02	44.76	400m:	5:09.07	32.00
3.	KORONKIEWICZ Antoni 14				SKF KS „Fenix” Ozarów Maz.				5:11.58	479		
	50m:	32.03	32.03	150m:	1:52.88	42.57	250m:	3:16.82	41.79	350m:	4:36.33	36.03
	100m:	1:10.31	38.28	200m:	2:35.03	42.15	300m:	4:00.30	43.48	400m:	5:11.58	35.25
4.	SKIBIAK Hubert 14				UKS 190 Łódź				5:13.35	471		
	50m:	33.50	33.50	150m:	1:53.74	39.65	250m:	3:19.59	46.72	350m:	4:40.46	33.83
	100m:	1:14.09	40.59	200m:	2:32.87	39.13	300m:	4:06.63	47.04	400m:	5:13.35	32.89
5.	BEDNAREK Przemysław 14				IUKS „Muszelka” Warszawa				5:17.65	452		
	50m:	33.75	33.75	150m:	1:53.28	40.85	250m:	3:21.23	47.55	350m:	4:44.20	35.57
	100m:	1:12.43	38.68	200m:	2:33.68	40.40	300m:	4:08.63	47.40	400m:	5:17.65	33.45
6.	SLASKI Filip 14				SKF KS „Fenix” Ozarów Maz.				5:18.35	449		
	50m:	32.87	32.87	150m:	1:54.42	41.78	250m:	3:20.35	44.53	350m:	4:43.90	37.34
	100m:	1:12.64	39.77	200m:	2:35.82	41.40	300m:	4:06.56	46.21	400m:	5:18.35	34.45
7.	ZEGLÉN Miłosz 14				MKS Park Wodny Tarn. Góry				5:26.85	415		
	50m:	33.09	33.09	150m:	1:53.95	40.81	250m:	3:22.58	48.59	350m:	4:50.14	37.75
	100m:	1:13.14	40.05	200m:	2:33.99	40.04	300m:	4:12.39	49.81	400m:	5:26.85	36.71
8.	STANISLAWSKI Bartosz 14				UKS SP-149 Łódź				5:29.25	406		
	50m:	31.60	31.60	150m:	1:51.18	42.10	250m:	3:22.59	51.05	350m:	4:52.70	39.03
	100m:	1:09.08	37.48	200m:	2:31.54	40.36	300m:	4:13.67	51.08	400m:	5:29.25	36.55
9.	LYSONIEWSKI Oskar 14				MKS Trojka Łódź				5:39.70	369		
	50m:	35.02	35.02	150m:	2:00.25	43.22	250m:	3:31.60	50.54	350m:	5:01.72	40.06
	100m:	1:17.03	42.01	200m:	2:41.06	40.81	300m:	4:21.66	50.06	400m:	5:39.70	37.98
DSQ	CHMIELEWSKI Michał 14				IUKS „Muszelka” Warszawa				4:56.78			
	<i>K1 - Pływak wykonał kopni cie delfinowe po pierwszym kopni ciu do stylu klasycznego (pierwszy ruch po starcie lub nawrocie)</i>											
	50m:	30.66	30.66	150m:	1:41.96	35.94	250m:	3:04.01	45.49	350m:	4:24.47	33.32
	100m:	1:06.02	35.36	200m:	2:18.52	36.56	300m:	3:51.15	47.14	400m:	4:56.78	32.31
JUNIOR MŁODSZY 15 LAT												
1.	LABICH Wiktor 15				MKS Trojka Łódź				4:52.99	576		
	50m:	30.86	30.86	150m:	1:46.21	39.42	250m:	3:05.58	40.77	350m:	4:20.85	33.09
	100m:	1:06.79	35.93	200m:	2:24.81	38.60	300m:	3:47.76	42.18	400m:	4:52.99	32.14
2.	ZUBIK Jan 15				UKP „Polonia Warszawa”				4:53.48	573		
	50m:	30.23	30.23	150m:	1:42.18	36.68	250m:	3:01.65	43.35	350m:	4:20.16	34.33
	100m:	1:05.50	35.27	200m:	2:18.30	36.12	300m:	3:45.83	44.18	400m:	4:53.48	33.32
3.	CWIEK Wiktor 15				BUKS Warszawa				4:55.81	560		
	50m:	29.47	29.47	150m:	1:43.82	39.96	250m:	3:07.16	45.04	350m:	4:23.34	32.51
	100m:	1:03.86	34.39	200m:	2:22.12	38.30	300m:	3:50.83	43.67	400m:	4:55.81	32.47
4.	MROZ Adam 15				UKS Olimpijczyk 23				4:57.96	548		
	50m:	30.42	30.42	150m:	1:46.70	40.16	250m:	3:07.65	42.57	350m:	4:25.86	35.97
	100m:	1:06.54	36.12	200m:	2:25.08	38.38	300m:	3:49.89	42.24	400m:	4:57.96	32.10
5.	ZACHARZYŃSKI Norbert 15				UKS „Wodnik Krasnystaw”				4:58.33	546		
	50m:	30.69	30.69	150m:	1:47.09	41.09	250m:	3:07.33	41.54	350m:	4:25.28	35.96
	100m:	1:06.00	35.31	200m:	2:25.79	38.70	300m:	3:49.32	41.99	400m:	4:58.33	33.05

2018 Arena Grand Prix Puchar Polski
Lublin, 10. - 11.3.2018

Event 23, Boys, 400m Medley, JUNIOR MŁODSZY 15 LAT

Rank			Age					Time	Pts
6.	WISNIEWSKI Adam		15	SPiR Aqua Zyrardow				5:01.08	531
	50m:	30.98 30.98	150m:	1:46.93	39.92	250m:	3:09.47 43.04	350m:	4:27.95 34.55
	100m:	1:07.01 36.03	200m:	2:26.43	39.50	300m:	3:53.40 43.93	400m:	5:01.08 33.13
7.	ANTCZAK Bartosz		15	UKP „Polonia Warszawa”				5:01.31	529
	50m:	30.66 30.66	150m:	1:46.43	39.51	250m:	3:08.31 42.61	350m:	4:27.44 36.25
	100m:	1:06.92 36.26	200m:	2:25.70	39.27	300m:	3:51.19 42.88	400m:	5:01.31 33.87
8.	TOMASZOWSKI Michal		15	MKS Park Wodny Tarn. Gory				5:04.46	513
	50m:	31.26 31.26	150m:	1:48.72	39.89	250m:	3:11.82 43.92	350m:	4:30.23 33.89
	100m:	1:08.83 37.57	200m:	2:27.90	39.18	300m:	3:56.34 44.52	400m:	5:04.46 34.23
9.	ROGUSKI Mateusz		15	IUKS „Muszelka” Warszawa				5:08.31	494
	50m:	31.58 31.58	150m:	1:48.04	39.70	250m:	3:12.92 46.28	350m:	4:34.50 35.26
	100m:	1:08.34 36.76	200m:	2:26.64	38.60	300m:	3:59.24 46.32	400m:	5:08.31 33.81
10.	TASARZ Kacper		15	UKS „Dwojka” Tczew				5:10.80	482
	50m:	30.88 30.88	150m:	1:47.72	41.35	250m:	3:15.09 46.11	350m:	4:36.24 34.66
	100m:	1:06.37 35.49	200m:	2:28.98	41.26	300m:	4:01.58 46.49	400m:	5:10.80 34.56
11.	KAPALA Szymon		15	MTP Kormoran Olsztyn				5:12.52	474
	50m:	33.03 33.03	150m:	1:52.57	41.32	250m:	3:17.69 44.26	350m:	4:38.69 35.88
	100m:	1:11.25 38.22	200m:	2:33.43	40.86	300m:	4:02.81 45.12	400m:	5:12.52 33.83
12.	JACHYM Maciej		15	KS Rekin Swiebodzice				5:13.87	468
	50m:	32.59 32.59	150m:	1:52.66	42.63	250m:	3:18.05 44.26	350m:	4:39.47 36.55
	100m:	1:10.03 37.44	200m:	2:33.79	41.13	300m:	4:02.92 44.87	400m:	5:13.87 34.40
13.	MARKOWSKI Kacper		15	UKP „Polonia Warszawa”				5:18.36	449
	50m:	31.73 31.73	150m:	1:50.95	40.65	250m:	3:18.65 45.93	350m:	4:42.02 37.93
	100m:	1:10.30 38.57	200m:	2:32.72	41.77	300m:	4:04.09 45.44	400m:	5:18.36 36.34
14.	TUMIALIS Maciej		15	MUKS „Olimpijczyk” Suwalki				5:23.72	427
	50m:	32.92 32.92	150m:	1:54.76	42.72	250m:	3:24.31 48.77	350m:	4:48.78 36.23
	100m:	1:12.04 39.12	200m:	2:35.54	40.78	300m:	4:12.55 48.24	400m:	5:23.72 34.94
15.	MANDZIUK Kewin		15	UKS „ORKA” Zamosc				5:37.25	377
	50m:	33.66 33.66	150m:	1:59.04	45.13	250m:	3:32.50 49.29	350m:	5:00.89 37.96
	100m:	1:13.91 40.25	200m:	2:43.21	44.17	300m:	4:22.93 50.43	400m:	5:37.25 36.36

JUNIOR MŁODSZY 16 LAT

1.	RAJCA Wiktor		16	UKS 190 Lodz				4:43.61	635
	50m:	29.87 29.87	150m:	1:40.92	37.23	250m:	2:57.62 40.85	350m:	4:12.40 33.21
	100m:	1:03.69 33.82	200m:	2:16.77	35.85	300m:	3:39.19 41.57	400m:	4:43.61 31.21
2.	JASKIEWICZ Adrian		16	IUKS „Muszelka” Warszawa				4:53.39	574
	50m:	29.52 29.52	150m:	1:41.44	37.75	250m:	3:02.72 44.52	350m:	4:21.47 33.63
	100m:	1:03.69 34.17	200m:	2:18.20	36.76	300m:	3:47.84 45.12	400m:	4:53.39 31.92
3.	WORONKO Krzysztof		16	MTP Kormoran Olsztyn				4:53.52	573
	50m:	29.65 29.65	150m:	1:42.13	37.42	250m:	3:01.46 42.60	350m:	4:20.46 34.81
	100m:	1:04.71 35.06	200m:	2:18.86	36.73	300m:	3:45.65 44.19	400m:	4:53.52 33.06
4.	BIELAWA Dominik		16	UKS Tri-Team Rumia				5:04.25	514
	50m:	29.80 29.80	150m:	1:48.96	43.12	250m:	3:12.20 41.49	350m:	4:30.46 36.10
	100m:	1:05.84 36.04	200m:	2:30.71	41.75	300m:	3:54.36 42.16	400m:	5:04.25 33.79
5.	WILK Jakub		16	KS KSZO Ostrowiec Sw.				5:08.95	491
	50m:	32.47 32.47	150m:	1:50.82	39.41	250m:	3:16.11 47.41	350m:	4:37.58 33.51
	100m:	1:11.41 38.94	200m:	2:28.70	37.88	300m:	4:04.07 47.96	400m:	5:08.95 31.37
6.	POPIOLEK Dawid		16	UKS Skarpa Lublin				5:18.07	450
	50m:	31.42 31.42	150m:	1:50.92	42.10	250m:	3:18.51 47.84	350m:	4:42.34 37.05
	100m:	1:08.82 37.40	200m:	2:30.67	39.75	300m:	4:05.29 46.78	400m:	5:18.07 35.73
7.	KALISIAK Norbert		16	UKS Nawa Skierniewice				5:23.20	429
	50m:	33.98 33.98	150m:	1:55.00	40.78	250m:	3:20.96 46.59	350m:	4:46.05 37.35
	100m:	1:14.22 40.24	200m:	2:34.37	39.37	300m:	4:08.70 47.74	400m:	5:23.20 37.15

2018 Arena Grand Prix Puchar Polski
Lublin, 10. - 11.3.2018

Event 23, Boys, 400m Medley, JUNIOR MŁODSZY 16 LAT

Rank			Age					Time	Pts			
DSQ	JACKOWSKI Tomasz		16	WKS Slask Wroclaw				4:48.07				
	<i>K11 - Pływak wykonał nierównoczesne lub naprzemienne ruchy nóg</i>											
	50m:	28.66	28.66	150m:	1:41.63	37.76	250m:	3:00.92	41.80	350m:	4:16.70	32.59
	100m:	1:03.87	35.21	200m:	2:19.12	37.49	300m:	3:44.11	43.19	400m:	4:48.07	31.37

JUNIOR 17 - 18 LAT

1.	MANKA Filip		18	UKS 190 Lodz				4:36.94	682			
	50m:	30.02	30.02	150m:	1:39.42	34.98	250m:	2:53.91	39.13	350m:	4:06.14	32.82
	100m:	1:04.44	34.42	200m:	2:14.78	35.36	300m:	3:33.32	39.41	400m:	4:36.94	30.80
2.	KUCZAK Adam		18	TP Zielona Gora				4:40.75	655			
	50m:	29.26	29.26	150m:	1:39.37	35.92	250m:	2:55.66	41.26	350m:	4:09.12	32.37
	100m:	1:03.45	34.19	200m:	2:14.40	35.03	300m:	3:36.75	41.09	400m:	4:40.75	31.63
3.	GOTSZLING Dawid		17	SKP BARAKUDA				4:40.95	653			
	50m:	28.26	28.26	150m:	1:39.05	36.91	250m:	2:57.37	42.33	350m:	4:11.39	31.71
	100m:	1:02.14	33.88	200m:	2:15.04	35.99	300m:	3:39.68	42.31	400m:	4:40.95	29.56
4.	SUCHANSKI Przemyslaw		17	UKP Unia Oswiecim				4:41.45	650			
	50m:	29.76	29.76	150m:	1:40.67	35.09	250m:	2:54.88	40.48	350m:	4:08.92	33.09
	100m:	1:05.58	35.82	200m:	2:14.40	33.73	300m:	3:35.83	40.95	400m:	4:41.45	32.53
5.	SACHA Kamil		17	WKS Slask Wroclaw				4:44.37	630			
	50m:	29.49	29.49	150m:	1:41.83	38.36	250m:	2:59.54	40.47	350m:	4:13.03	32.99
	100m:	1:03.47	33.98	200m:	2:19.07	37.24	300m:	3:40.04	40.50	400m:	4:44.37	31.34
6.	MILBRANT Kacper		17	AZS AWF Katowice				4:45.50	623			
	50m:	29.05	29.05	150m:	1:40.74	37.58	250m:	2:59.14	42.29	350m:	4:13.84	31.94
	100m:	1:03.16	34.11	200m:	2:16.85	36.11	300m:	3:41.90	42.76	400m:	4:45.50	31.66
7.	FAJKOWSKI Piotr		17	MKS Trojka Lodz				4:46.15	618			
	50m:	29.95	29.95	150m:	1:42.77	37.48	250m:	3:00.56	41.02	350m:	4:14.56	32.03
	100m:	1:05.29	35.34	200m:	2:19.54	36.77	300m:	3:42.53	41.97	400m:	4:46.15	31.59
8.	WOZNIAK Maciej		18	UKS 190 Lodz				4:46.88	614			
	50m:	29.30	29.30	150m:	1:41.14	37.63	250m:	3:00.04	42.43	350m:	4:16.27	33.18
	100m:	1:03.51	34.21	200m:	2:17.61	36.47	300m:	3:43.09	43.05	400m:	4:46.88	30.61
9.	JAWORSKI Szymon		17	WKS Slask Wroclaw				4:46.89	614			
	50m:	29.98	29.98	150m:	1:43.50	37.86	250m:	3:03.23	42.55	350m:	4:17.02	30.70
	100m:	1:05.64	35.66	200m:	2:20.68	37.18	300m:	3:46.32	43.09	400m:	4:46.89	29.87
10.	OLLER Krzysztof		18	MTP Kormoran Olsztyn				4:48.21	605			
	50m:	29.97	29.97	150m:	1:42.93	38.58	250m:	3:01.77	42.51	350m:	4:16.77	33.08
	100m:	1:04.35	34.38	200m:	2:19.26	36.33	300m:	3:43.69	41.92	400m:	4:48.21	31.44
11.	BORKOWSKI Kacper		18	KU AZS UMCS Lublin				4:49.30	598			
	50m:	29.53	29.53	150m:	1:42.77	39.17	250m:	3:04.07	42.94	350m:	4:18.08	31.39
	100m:	1:03.60	34.07	200m:	2:21.13	38.36	300m:	3:46.69	42.62	400m:	4:49.30	31.22
12.	ZAREMBA Jakub		17	UKS G-8 Bielany Warszawa				4:51.98	582			
	50m:	30.13	30.13	150m:	1:43.30	38.76	250m:	3:03.06	41.90	350m:	4:19.58	34.34
	100m:	1:04.54	34.41	200m:	2:21.16	37.86	300m:	3:45.24	42.18	400m:	4:51.98	32.40
13.	WALCZYNSKO Jakub		18	KU AZS UMCS Lublin				4:54.92	565			
	50m:	30.57	30.57	150m:	1:45.40	38.53	250m:	3:06.57	43.33	350m:	4:23.01	32.89
	100m:	1:06.87	36.30	200m:	2:23.24	37.84	300m:	3:50.12	43.55	400m:	4:54.92	31.91
14.	MAYERBERG Kacper		18	UKP Unia Oswiecim				4:55.50	561			
	50m:	30.87	30.87	150m:	1:46.00	40.29	250m:	3:07.80	42.90	350m:	4:23.28	32.65
	100m:	1:05.71	34.84	200m:	2:24.90	38.90	300m:	3:50.63	42.83	400m:	4:55.50	32.22
15.	BARUSINSKI Kordian		17	UKS G-8 Bielany Warszawa				4:57.40	551			
	50m:	29.82	29.82	150m:	1:41.41	37.16	250m:	3:01.96	42.57	350m:	4:22.06	36.86
	100m:	1:04.25	34.43	200m:	2:19.39	37.98	300m:	3:45.20	43.24	400m:	4:57.40	35.34
16.	GRZYBOWSKI Artur		17	MKP Szczecin				5:03.38	519			
	50m:	29.99	29.99	150m:	1:44.70	39.14	250m:	3:06.65	42.77	350m:	4:28.93	35.69
	100m:	1:05.56	35.57	200m:	2:23.88	39.18	300m:	3:53.24	46.59	400m:	5:03.38	34.45

2018 Arena Grand Prix Puchar Polski
Lublin, 10. - 11.3.2018

Event 23, Boys, 400m Medley, JUNIOR 17 - 18 LAT

Rank			Age					Time	Pts			
17.	JANECKI Mateusz		17	MKS „Palac Mlodziezy”				5:06.48	503			
	50m:	30.83	30.83	150m:	1:49.93	40.66	250m:	3:13.23	44.07	350m:	4:32.36	35.52
	100m:	1:09.27	38.44	200m:	2:29.16	39.23	300m:	3:56.84	43.61	400m:	5:06.48	34.12
18.	ROGULIN Bogdan		17	SKP Legia Warszawa				5:09.38	489			
	50m:	29.80	29.80	150m:	1:47.53	41.24	250m:	3:10.02	42.02	350m:	4:32.16	38.45
	100m:	1:06.29	36.49	200m:	2:28.00	40.47	300m:	3:53.71	43.69	400m:	5:09.38	37.22
19.	SOSINSKI Bartosz		17	KS Posnania Poznan				5:15.69	460			
	50m:	36.50	36.50	150m:	2:00.05	39.82	250m:	3:22.67	42.10	350m:	4:41.60	36.13
	100m:	1:20.23	43.73	200m:	2:40.57	40.52	300m:	4:05.47	42.80	400m:	5:15.69	34.09
DSQ	KVARV Kevin		17	Moss SK				5:36.32				
	<i>K16 - Pływak dotkn ł cian nierównocze nie dwiema dło mi przy nawrocie lub na zako czenie wy cigu</i>											
	50m:	32.79	32.79	150m:	1:56.32	43.24	250m:	3:30.22	50.41	350m:	5:01.05	35.99
	100m:	1:13.08	40.29	200m:	2:39.81	43.49	300m:	4:25.06	54.84	400m:	5:36.32	35.27

OPEN

1.	SZWEDZKI Dawid		24	WKS Slask Wroclaw				4:27.25	759			
	50m:	28.64	28.64	150m:	1:36.44	35.27	250m:	2:46.73	36.53	350m:	3:56.56	32.43
	100m:	1:01.17	32.53	200m:	2:10.20	33.76	300m:	3:24.13	37.40	400m:	4:27.25	30.69
2.	MANKA Filip		18	UKS 190 Lodz				4:36.94	682			
	50m:	30.02	30.02	150m:	1:39.42	34.98	250m:	2:53.91	39.13	350m:	4:06.14	32.82
	100m:	1:04.44	34.42	200m:	2:14.78	35.36	300m:	3:33.32	39.41	400m:	4:36.94	30.80
3.	CHMIELEWSKI Jakub		19	WKS Slask Wroclaw				4:39.19	666			
	50m:	28.93	28.93	150m:	1:37.90	36.58	250m:	2:53.94	40.38	350m:	4:07.78	32.73
	100m:	1:01.32	32.39	200m:	2:13.56	35.66	300m:	3:35.05	41.11	400m:	4:39.19	31.41
4.	KUCZAK Adam		18	TP Zielona Gora				4:40.75	655			
	50m:	29.26	29.26	150m:	1:39.37	35.92	250m:	2:55.66	41.26	350m:	4:09.12	32.37
	100m:	1:03.45	34.19	200m:	2:14.40	35.03	300m:	3:36.75	41.09	400m:	4:40.75	31.63
5.	GOTSZLING Dawid		17	SKP BARAKUDA				4:40.95	653			
	50m:	28.26	28.26	150m:	1:39.05	36.91	250m:	2:57.37	42.33	350m:	4:11.39	31.71
	100m:	1:02.14	33.88	200m:	2:15.04	35.99	300m:	3:39.68	42.31	400m:	4:40.95	29.56
6.	SUCHANSKI Przemyslaw		17	UKP Unia Oswiecim				4:41.45	650			
	50m:	29.76	29.76	150m:	1:40.67	35.09	250m:	2:54.88	40.48	350m:	4:08.92	33.09
	100m:	1:05.58	35.82	200m:	2:14.40	33.73	300m:	3:35.83	40.95	400m:	4:41.45	32.53
7.	RAJCA Wiktor		16	UKS 190 Lodz				4:43.61	635			
	50m:	29.87	29.87	150m:	1:40.92	37.23	250m:	2:57.62	40.85	350m:	4:12.40	33.21
	100m:	1:03.69	33.82	200m:	2:16.77	35.85	300m:	3:39.19	41.57	400m:	4:43.61	31.21
8.	SACHA Kamil		17	WKS Slask Wroclaw				4:44.37	630			
	50m:	29.49	29.49	150m:	1:41.83	38.36	250m:	2:59.54	40.47	350m:	4:13.03	32.99
	100m:	1:03.47	33.98	200m:	2:19.07	37.24	300m:	3:40.04	40.50	400m:	4:44.37	31.34
9.	CIASTON Sebastian		19	UKP Unia Oswiecim				4:44.91	626			
	50m:	30.34	30.34	150m:	1:41.56	36.28	250m:	2:57.72	39.76	350m:	4:11.76	33.78
	100m:	1:05.28	34.94	200m:	2:17.96	36.40	300m:	3:37.98	40.26	400m:	4:44.91	33.15
10.	MILBRANT Kacper		17	AZS AWF Katowice				4:45.50	623			
	50m:	29.05	29.05	150m:	1:40.74	37.58	250m:	2:59.14	42.29	350m:	4:13.84	31.94
	100m:	1:03.16	34.11	200m:	2:16.85	36.11	300m:	3:41.90	42.76	400m:	4:45.50	31.66
11.	SOBCZYK Maciej		23	KU AZS AGH Krakow				4:45.93	620			
	50m:	30.55	30.55	150m:	1:44.28	38.13	250m:	3:01.50	41.03	350m:	4:14.71	32.76
	100m:	1:06.15	35.60	200m:	2:20.47	36.19	300m:	3:41.95	40.45	400m:	4:45.93	31.22
12.	FAJKOWSKI Piotr		17	MKS Trojka Lodz				4:46.15	618			
	50m:	29.95	29.95	150m:	1:42.77	37.48	250m:	3:00.56	41.02	350m:	4:14.56	32.03
	100m:	1:05.29	35.34	200m:	2:19.54	36.77	300m:	3:42.53	41.97	400m:	4:46.15	31.59
13.	WOZNIAK Maciej		18	UKS 190 Lodz				4:46.88	614			
	50m:	29.30	29.30	150m:	1:41.14	37.63	250m:	3:00.04	42.43	350m:	4:16.27	33.18
	100m:	1:03.51	34.21	200m:	2:17.61	36.47	300m:	3:43.09	43.05	400m:	4:46.88	30.61

2018 Arena Grand Prix Puchar Polski
Lublin, 10. - 11.3.2018

Event 23, Men, 400m Medley, OPEN

Rank					Age					Time	Pts	
14.	JAWORSKI Szymon				17	WKS Slask Wroclaw				4:46.89	614	
	50m:	29.98	29.98	150m:	1:43.50	37.86	250m:	3:03.23	42.55	350m:	4:17.02	30.70
	100m:	1:05.64	35.66	200m:	2:20.68	37.18	300m:	3:46.32	43.09	400m:	4:46.89	29.87
15.	KEMPA Mikolaj				19	MMKS Kedzierzyn-Kozle				4:48.19	605	
	50m:	29.42	29.42	150m:	1:41.74	38.54	250m:	2:59.86	40.89	350m:	4:15.65	33.71
	100m:	1:03.20	33.78	200m:	2:18.97	37.23	300m:	3:41.94	42.08	400m:	4:48.19	32.54
16.	OLLER Krzysztof				18	MTP Kormoran Olsztyn				4:48.21	605	
	50m:	29.97	29.97	150m:	1:42.93	38.58	250m:	3:01.77	42.51	350m:	4:16.77	33.08
	100m:	1:04.35	34.38	200m:	2:19.26	36.33	300m:	3:43.69	41.92	400m:	4:48.21	31.44
17.	BORKOWSKI Kacper				18	KU AZS UMCS Lublin				4:49.30	598	
	50m:	29.53	29.53	150m:	1:42.77	39.17	250m:	3:04.07	42.94	350m:	4:18.08	31.39
	100m:	1:03.60	34.07	200m:	2:21.13	38.36	300m:	3:46.69	42.62	400m:	4:49.30	31.22
18.	PIORO Artur				27	MKS „Palac Mlodziezy”				4:50.22	593	
	50m:	28.79	28.79	150m:	1:40.31	37.99	250m:	3:00.97	43.23	350m:	4:17.61	33.23
	100m:	1:02.32	33.53	200m:	2:17.74	37.43	300m:	3:44.38	43.41	400m:	4:50.22	32.61
19.	CHMIELEWSKI Krzysztof				14	IUKS „Muszelka” Warszawa				4:50.99	588	
	50m:	30.23	30.23	150m:	1:41.35	36.48	250m:	3:00.95	44.48	350m:	4:19.82	32.52
	100m:	1:04.87	34.64	200m:	2:16.47	35.12	300m:	3:47.30	46.35	400m:	4:50.99	31.17
20.	KUBKOWSKI Bartlomiej				23	KS AZS UWM Olsztyn				4:51.46	585	
	50m:	30.90	30.90	150m:	1:44.94	38.92	250m:	3:02.84	40.80	350m:	4:18.28	34.14
	100m:	1:06.02	35.12	200m:	2:22.04	37.10	300m:	3:44.14	41.30	400m:	4:51.46	33.18
21.	ZAREMBA Jakub				17	UKS G-8 Bielany Warszawa				4:51.98	582	
	50m:	30.13	30.13	150m:	1:43.30	38.76	250m:	3:03.06	41.90	350m:	4:19.58	34.34
	100m:	1:04.54	34.41	200m:	2:21.16	37.86	300m:	3:45.24	42.18	400m:	4:51.98	32.40
22.	LABICH Wiktor				15	MKS Trojka Lodz				4:52.99	576	
	50m:	30.86	30.86	150m:	1:46.21	39.42	250m:	3:05.58	40.77	350m:	4:20.85	33.09
	100m:	1:06.79	35.93	200m:	2:24.81	38.60	300m:	3:47.76	42.18	400m:	4:52.99	32.14
23.	JASKIEWICZ Adrian				16	IUKS „Muszelka” Warszawa				4:53.39	574	
	50m:	29.52	29.52	150m:	1:41.44	37.75	250m:	3:02.72	44.52	350m:	4:21.47	33.63
	100m:	1:03.69	34.17	200m:	2:18.20	36.76	300m:	3:47.84	45.12	400m:	4:53.39	31.92
24.	ZUBIK Jan				15	UKP „Polonia Warszawa”				4:53.48	573	
	50m:	30.23	30.23	150m:	1:42.18	36.68	250m:	3:01.65	43.35	350m:	4:20.16	34.33
	100m:	1:05.50	35.27	200m:	2:18.30	36.12	300m:	3:45.83	44.18	400m:	4:53.48	33.32
25.	WORONKO Krzysztof				16	MTP Kormoran Olsztyn				4:53.52	573	
	50m:	29.65	29.65	150m:	1:42.13	37.42	250m:	3:01.46	42.60	350m:	4:20.46	34.81
	100m:	1:04.71	35.06	200m:	2:18.86	36.73	300m:	3:45.65	44.19	400m:	4:53.52	33.06
26.	WALCZYSKO Jakub				18	KU AZS UMCS Lublin				4:54.92	565	
	50m:	30.57	30.57	150m:	1:45.40	38.53	250m:	3:06.57	43.33	350m:	4:23.01	32.89
	100m:	1:06.87	36.30	200m:	2:23.24	37.84	300m:	3:50.12	43.55	400m:	4:54.92	31.91
27.	MAYERBERG Kacper				18	UKP Unia Oswiecim				4:55.50	561	
	50m:	30.87	30.87	150m:	1:46.00	40.29	250m:	3:07.80	42.90	350m:	4:23.28	32.65
	100m:	1:05.71	34.84	200m:	2:24.90	38.90	300m:	3:50.63	42.83	400m:	4:55.50	32.22
28.	CWIEK Wiktor				15	BUKS Warszawa				4:55.81	560	
	50m:	29.47	29.47	150m:	1:43.82	39.96	250m:	3:07.16	45.04	350m:	4:23.34	32.51
	100m:	1:03.86	34.39	200m:	2:22.12	38.30	300m:	3:50.83	43.67	400m:	4:55.81	32.47
29.	BARUSINSKI Kordian				17	UKS G-8 Bielany Warszawa				4:57.40	551	
	50m:	29.82	29.82	150m:	1:41.41	37.16	250m:	3:01.96	42.57	350m:	4:22.06	36.86
	100m:	1:04.25	34.43	200m:	2:19.39	37.98	300m:	3:45.20	43.24	400m:	4:57.40	35.34
30.	MROZ Adam				15	UKS Olimpijczyk 23				4:57.96	548	
	50m:	30.42	30.42	150m:	1:46.70	40.16	250m:	3:07.65	42.57	350m:	4:25.86	35.97
	100m:	1:06.54	36.12	200m:	2:25.08	38.38	300m:	3:49.89	42.24	400m:	4:57.96	32.10
31.	ZACHARZYNSKI Norbert				15	UKS „Wodnik Krasnystaw”				4:58.33	546	
	50m:	30.69	30.69	150m:	1:47.09	41.09	250m:	3:07.33	41.54	350m:	4:25.28	35.96
	100m:	1:06.00	35.31	200m:	2:25.79	38.70	300m:	3:49.32	41.99	400m:	4:58.33	33.05

2018 Arena Grand Prix Puchar Polski
Lublin, 10. - 11.3.2018

Event 23, Men, 400m Medley, OPEN

Rank			Age					Time	Pts
32.	WISNIEWSKI Adam		15	SPiR Aqua Zyrardow				5:01.08	531
	50m:	30.98 30.98	150m:	1:46.93	39.92	250m:	3:09.47 43.04	350m:	4:27.95 34.55
	100m:	1:07.01 36.03	200m:	2:26.43	39.50	300m:	3:53.40 43.93	400m:	5:01.08 33.13
33.	ANTCZAK Bartosz		15	UKP „Polonia Warszawa”				5:01.31	529
	50m:	30.66 30.66	150m:	1:46.43	39.51	250m:	3:08.31 42.61	350m:	4:27.44 36.25
	100m:	1:06.92 36.26	200m:	2:25.70	39.27	300m:	3:51.19 42.88	400m:	5:01.31 33.87
34.	GRZYBOWSKI Artur		17	MKP Szczecin				5:03.38	519
	50m:	29.99 29.99	150m:	1:44.70	39.14	250m:	3:06.65 42.77	350m:	4:28.93 35.69
	100m:	1:05.56 35.57	200m:	2:23.88	39.18	300m:	3:53.24 46.59	400m:	5:03.38 34.45
35.	BIELAWA Dominik		16	UKS Tri-Team Rumia				5:04.25	514
	50m:	29.80 29.80	150m:	1:48.96	43.12	250m:	3:12.20 41.49	350m:	4:30.46 36.10
	100m:	1:05.84 36.04	200m:	2:30.71	41.75	300m:	3:54.36 42.16	400m:	5:04.25 33.79
36.	TOMASZOWSKI Michal		15	MKS Park Wodny Tarn. Gory				5:04.46	513
	50m:	31.26 31.26	150m:	1:48.72	39.89	250m:	3:11.82 43.92	350m:	4:30.23 33.89
	100m:	1:08.83 37.57	200m:	2:27.90	39.18	300m:	3:56.34 44.52	400m:	5:04.46 34.23
37.	JANECKI Mateusz		17	MKS „Palac Mlodziezy”				5:06.48	503
	50m:	30.83 30.83	150m:	1:49.93	40.66	250m:	3:13.23 44.07	350m:	4:32.36 35.52
	100m:	1:09.27 38.44	200m:	2:29.16	39.23	300m:	3:56.84 43.61	400m:	5:06.48 34.12
38.	ROGUSKI Mateusz		15	IUKS „Muszelka” Warszawa				5:08.31	494
	50m:	31.58 31.58	150m:	1:48.04	39.70	250m:	3:12.92 46.28	350m:	4:34.50 35.26
	100m:	1:08.34 36.76	200m:	2:26.64	38.60	300m:	3:59.24 46.32	400m:	5:08.31 33.81
39.	WILK Jakub		16	KS KSZO Ostrowiec Sw.				5:08.95	491
	50m:	32.47 32.47	150m:	1:50.82	39.41	250m:	3:16.11 47.41	350m:	4:37.58 33.51
	100m:	1:11.41 38.94	200m:	2:28.70	37.88	300m:	4:04.07 47.96	400m:	5:08.95 31.37
40.	WIECZORKOWSKI Nikodem		14	UKS „Dwojka” Tczew				5:09.07	491
	50m:	33.09 33.09	150m:	1:53.30	41.64	250m:	3:18.26 45.14	350m:	4:37.07 34.05
	100m:	1:11.66 38.57	200m:	2:33.12	39.82	300m:	4:03.02 44.76	400m:	5:09.07 32.00
41.	ROGULIN Bogdan		17	SKP Legia Warszawa				5:09.38	489
	50m:	29.80 29.80	150m:	1:47.53	41.24	250m:	3:10.02 42.02	350m:	4:32.16 38.45
	100m:	1:06.29 36.49	200m:	2:28.00	40.47	300m:	3:53.71 43.69	400m:	5:09.38 37.22
42.	TASARZ Kacper		15	UKS „Dwojka” Tczew				5:10.80	482
	50m:	30.88 30.88	150m:	1:47.72	41.35	250m:	3:15.09 46.11	350m:	4:36.24 34.66
	100m:	1:06.37 35.49	200m:	2:28.98	41.26	300m:	4:01.58 46.49	400m:	5:10.80 34.56
43.	KORONKIEWICZ Antoni		14	SKF KS „Fenix” Ozarow Maz.				5:11.58	479
	50m:	32.03 32.03	150m:	1:52.88	42.57	250m:	3:16.82 41.79	350m:	4:36.33 36.03
	100m:	1:10.31 38.28	200m:	2:35.03	42.15	300m:	4:00.30 43.48	400m:	5:11.58 35.25
44.	KAPALA Szymon		15	MTP Kormoran Olsztyn				5:12.52	474
	50m:	33.03 33.03	150m:	1:52.57	41.32	250m:	3:17.69 44.26	350m:	4:38.69 35.88
	100m:	1:11.25 38.22	200m:	2:33.43	40.86	300m:	4:02.81 45.12	400m:	5:12.52 33.83
45.	SKIBIAK Hubert		14	UKS 190 Lodz				5:13.35	471
	50m:	33.50 33.50	150m:	1:53.74	39.65	250m:	3:19.59 46.72	350m:	4:40.46 33.83
	100m:	1:14.09 40.59	200m:	2:32.87	39.13	300m:	4:06.63 47.04	400m:	5:13.35 32.89
46.	JACHYM Maciej		15	KS Rekin Swiebodzice				5:13.87	468
	50m:	32.59 32.59	150m:	1:52.66	42.63	250m:	3:18.05 44.26	350m:	4:39.47 36.55
	100m:	1:10.03 37.44	200m:	2:33.79	41.13	300m:	4:02.92 44.87	400m:	5:13.87 34.40
47.	SOSINSKI Bartosz		17	KS Posnania Poznan				5:15.69	460
	50m:	36.50 36.50	150m:	2:00.05	39.82	250m:	3:22.67 42.10	350m:	4:41.60 36.13
	100m:	1:20.23 43.73	200m:	2:40.57	40.52	300m:	4:05.47 42.80	400m:	5:15.69 34.09
48.	BEDNAREK Przemyslaw		14	IUKS „Muszelka” Warszawa				5:17.65	452
	50m:	33.75 33.75	150m:	1:53.28	40.85	250m:	3:21.23 47.55	350m:	4:44.20 35.57
	100m:	1:12.43 38.68	200m:	2:33.68	40.40	300m:	4:08.63 47.40	400m:	5:17.65 33.45
49.	POPIOLEK Dawid		16	UKS Skarpa Lublin				5:18.07	450
	50m:	31.42 31.42	150m:	1:50.92	42.10	250m:	3:18.51 47.84	350m:	4:42.34 37.05
	100m:	1:08.82 37.40	200m:	2:30.67	39.75	300m:	4:05.29 46.78	400m:	5:18.07 35.73

2018 Arena Grand Prix Puchar Polski
Lublin, 10. - 11.3.2018

Event 23, Men, 400m Medley, OPEN

Rank			Age					Time	Pts
50.	SLASKI Filip		14	SKF KS „Fenix” Ozarów Maz.				5:18.35	449
	50m: 32.87	32.87	150m: 1:54.42	41.78	250m: 3:20.35	44.53	350m: 4:43.90	37.34	
	100m: 1:12.64	39.77	200m: 2:35.82	41.40	300m: 4:06.56	46.21	400m: 5:18.35	34.45	
51.	MARKOWSKI Kacper		15	UKP „Polonia Warszawa”				5:18.36	449
	50m: 31.73	31.73	150m: 1:50.95	40.65	250m: 3:18.65	45.93	350m: 4:42.02	37.93	
	100m: 1:10.30	38.57	200m: 2:32.72	41.77	300m: 4:04.09	45.44	400m: 5:18.36	36.34	
52.	KALISIAK Norbert		16	UKS Nawa Skierniewice				5:23.20	429
	50m: 33.98	33.98	150m: 1:55.00	40.78	250m: 3:20.96	46.59	350m: 4:46.05	37.35	
	100m: 1:14.22	40.24	200m: 2:34.37	39.37	300m: 4:08.70	47.74	400m: 5:23.20	37.15	
53.	TUMIALIS Maciej		15	MUKS „Olimpijczyk” Suwałki				5:23.72	427
	50m: 32.92	32.92	150m: 1:54.76	42.72	250m: 3:24.31	48.77	350m: 4:48.78	36.23	
	100m: 1:12.04	39.12	200m: 2:35.54	40.78	300m: 4:12.55	48.24	400m: 5:23.72	34.94	
54.	ZEGLEN Miłosz		14	MKS Park Wodny Tarn. Góry				5:26.85	415
	50m: 33.09	33.09	150m: 1:53.95	40.81	250m: 3:22.58	48.59	350m: 4:50.14	37.75	
	100m: 1:13.14	40.05	200m: 2:33.99	40.04	300m: 4:12.39	49.81	400m: 5:26.85	36.71	
55.	STANISLAWSKI Bartosz		14	UKS SP-149 Łódź				5:29.25	406
	50m: 31.60	31.60	150m: 1:51.18	42.10	250m: 3:22.59	51.05	350m: 4:52.70	39.03	
	100m: 1:09.08	37.48	200m: 2:31.54	40.36	300m: 4:13.67	51.08	400m: 5:29.25	36.55	
56.	MANDZIUK Kewin		15	UKS „ORKA” Zamość				5:37.25	377
	50m: 33.66	33.66	150m: 1:59.04	45.13	250m: 3:32.50	49.29	350m: 5:00.89	37.96	
	100m: 1:13.91	40.25	200m: 2:43.21	44.17	300m: 4:22.93	50.43	400m: 5:37.25	36.36	
57.	LYSONIEWSKI Oskar		14	MKS Trojka Łódź				5:39.70	369
	50m: 35.02	35.02	150m: 2:00.25	43.22	250m: 3:31.60	50.54	350m: 5:01.72	40.06	
	100m: 1:17.03	42.01	200m: 2:41.06	40.81	300m: 4:21.66	50.06	400m: 5:39.70	37.98	
DSQ	WAGROWSKI Marcel		19	KU AZS Politechniki Łódzkiej				4:33.81	
	<i>K14 - Pływak wykonał kopni cie nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie lub nawrocie)</i>								
	50m: 28.77	28.77	150m: 1:37.45	35.92	250m: 2:52.21	40.05	350m: 4:03.13	31.36	
	100m: 1:01.53	32.76	200m: 2:12.16	34.71	300m: 3:31.77	39.56	400m: 4:33.81	30.68	
DSQ	JACKOWSKI Tomasz		16	WKS Śląsk Wrocław				4:48.07	
	<i>K11 - Pływak wykonał nierównoczesne lub naprzemienne ruchy nóg</i>								
	50m: 28.66	28.66	150m: 1:41.63	37.76	250m: 3:00.92	41.80	350m: 4:16.70	32.59	
	100m: 1:03.87	35.21	200m: 2:19.12	37.49	300m: 3:44.11	43.19	400m: 4:48.07	31.37	
DSQ	CHMIELEWSKI Michał		14	IUKS „Muszelka” Warszawa				4:56.78	
	<i>K1 - Pływak wykonał kopni cie delfinowe po pierwszym kopni ciu do stylu klasycznego (pierwszy ruch po starcie lub nawrocie)</i>								
	50m: 30.66	30.66	150m: 1:41.96	35.94	250m: 3:04.01	45.49	350m: 4:24.47	33.32	
	100m: 1:06.02	35.36	200m: 2:18.52	36.56	300m: 3:51.15	47.14	400m: 4:56.78	32.31	
DSQ	POWROZNIK Konrad		21	WKS Śląsk Wrocław				4:59.08	
	<i>O1 - Pływak wystartował po komendzie na miejsca i zaj ciu pozycji nieruchomej, a przed sygnałem startu</i>								
	50m: 30.24	30.24	150m: 1:44.81	40.22	250m: 3:08.98	44.23	350m: 4:25.83	33.45	
	100m: 1:04.59	34.35	200m: 2:24.75	39.94	300m: 3:52.38	43.40	400m: 4:59.08	33.25	
DSQ	KVARV Kevin		17	Moss SK				5:36.32	
	<i>K16 - Pływak dotkn ł cian nierównocze nie dwiema dło mi przy nawrocie lub na zako czenie wy cigu</i>								
	50m: 32.79	32.79	150m: 1:56.32	43.24	250m: 3:30.22	50.41	350m: 5:01.05	35.99	
	100m: 1:13.08	40.29	200m: 2:39.81	43.49	300m: 4:25.06	54.84	400m: 5:36.32	35.27	