

Arena Grand Prix Puchar Polski
Kozienice, 24. - 25.2.2018

Konkurencja 2
24.02.2018 - 9:18

M czyzn, 400m zmienny

Open
Wyniki

Rekord Polski Open	4:03.20	WOJT Lukasz	POL	Berlin (GER)	14.11.2009
Rekord Polski 14	4:28.26	URYNIUK Paweł	05114	Poznan	25.11.2017
Rekord Polski 15	4:23.69	KĄŁUSOWSKI Jan	00905	Lublin	18.12.2015
Rekord Polski 16	4:12.62	W GROWSKI Marcel	00505	Lublin	18.12.2015
Rekord Polski 17	4:11.22	W GROWSKI Marcel	00505	Olsztyn	16.12.2016
Rekord Polski 18	4:09.07	MATCZAK Mateusz	00905	Debrecen (HUN)	14.12.2007
Rekord Polski 19 - 23	4:04.48	MATCZAK Mateusz	00116	Gorzów Wlkp.	27.11.2009

Punkty: FINA 2017

Pozycja			Rok ur.			Czas	Pkt.
14 lat							
1.	CHMIELEWSKI Krzysztof	04	IUKS „Muszelka” Warszawa	4:39.78	596		
	50m: 29.74 29.74	150m: 1:38.02	34.69	250m: 2:54.76	42.97	350m: 4:09.89	31.92
	100m: 1:03.33 33.59	200m: 2:11.79	33.77	300m: 3:37.97	43.21	400m: 4:39.78	29.89
2.	CALI SKI Aleksy	04	MKS Juvenia Wrocław	4:51.72	526		
	50m: 30.47 30.47	150m: 1:42.86	36.65	250m: 3:01.70	42.45	350m: 4:18.95	33.99
	100m: 1:06.21 35.74	200m: 2:19.25	36.39	300m: 3:44.96	43.26	400m: 4:51.72	32.77
3.	GOŁACKI Sergiusz	04	UKS 190 Łódź	4:56.91	498		
	50m: 30.06 30.06	150m: 1:45.04	39.12	250m: 3:06.86	43.21	350m: 4:24.43	33.28
	100m: 1:05.92 35.86	200m: 2:23.65	38.61	300m: 3:51.15	44.29	400m: 4:56.91	32.48
4.	KOSI SKI Filip	04	MUKS „Olimpijczyk” Suwałki	4:59.21	487		
	50m: 29.70 29.70	150m: 1:40.67	34.94	250m: 3:02.37	45.79	350m: 4:25.02	35.90
	100m: 1:05.73 36.03	200m: 2:16.58	35.91	300m: 3:49.12	46.75	400m: 4:59.21	34.19
5.	ZUZANIUK Igor	04	KS OLIMPIA Lublin	5:04.60	462		
	50m: 32.93 32.93	150m: 1:51.13	37.71	250m: 3:10.45	42.49	350m: 4:29.70	35.81
	100m: 1:13.42 40.49	200m: 2:27.96	36.83	300m: 3:53.89	43.44	400m: 5:04.60	34.90
6.	BEDNAREK Przemysław	04	IUKS „Muszelka” Warszawa	5:11.89	430		
	50m: 32.91 32.91	150m: 1:50.06	39.35	250m: 3:14.48	46.01	350m: 4:37.29	35.78
	100m: 1:10.71 37.80	200m: 2:28.47	38.41	300m: 4:01.51	47.03	400m: 5:11.89	34.60
15 lat							
1.	MRÓZ Adam	03	UKS Olimpijczyk 23	4:53.63	515		
	50m: 30.67 30.67	150m: 1:44.41	37.70	250m: 3:04.80	41.90	350m: 4:21.32	34.56
	100m: 1:06.71 36.04	200m: 2:22.90	38.49	300m: 3:46.76	41.96	400m: 4:53.63	32.31
2.	MICHALAK Piotr	03	MKS Ochota Warszawa	4:59.90	484		
	50m: 30.54 30.54	150m: 1:44.96	38.63	250m: 3:06.53	43.34	350m: 4:26.03	35.25
	100m: 1:06.33 35.79	200m: 2:23.19	38.23	300m: 3:50.78	44.25	400m: 4:59.90	33.87
3.	ROGUSKI Mateusz	03	IUKS „Muszelka” Warszawa	5:00.52	481		
	50m: 31.42 31.42	150m: 1:44.69	38.27	250m: 3:06.96	44.83	350m: 4:27.33	34.41
	100m: 1:06.42 35.00	200m: 2:22.13	37.44	300m: 3:52.92	45.96	400m: 5:00.52	33.19
16 lat							
1.	RABAN Maciej	02	IKS Konstancin	4:36.34	618		
	50m: 28.70 28.70	150m: 1:36.33	33.85	250m: 2:49.54	40.03	350m: 4:04.13	34.19
	100m: 1:02.48 33.78	200m: 2:09.51	33.18	300m: 3:29.94	40.40	400m: 4:36.34	32.21
2.	JA KIEWICZ Adrian	02	IUKS „Muszelka” Warszawa	4:42.90	576		
	50m: 28.49 28.49	150m: 1:36.70	35.75	250m: 2:53.94	42.82	350m: 4:10.82	33.01
	100m: 1:00.95 32.46	200m: 2:11.12	34.42	300m: 3:37.81	43.87	400m: 4:42.90	32.08
3.	RUTA Kamil	02	IUKS „Muszelka” Warszawa	4:48.51	543		
	50m: 29.93 29.93	150m: 1:42.27	37.39	250m: 3:00.42	41.05	350m: 4:15.98	33.44
	100m: 1:04.88 34.95	200m: 2:19.37	37.10	300m: 3:42.54	42.12	400m: 4:48.51	32.53
4.	DOŁOWY Grzegorz	02	IUKS „Muszelka” Warszawa	4:52.81	520		
	50m: 30.69 30.69	150m: 1:43.09	37.13	250m: 3:03.30	43.49	350m: 4:21.53	32.79
	100m: 1:05.96 35.27	200m: 2:19.81	36.72	300m: 3:48.74	45.44	400m: 4:52.81	31.28

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Kozienice, 24. - 25.2.2018

Konkurencja 2, Chłopców, 400m zmienny, 16 lat

Pozycja			Rok ur.					Czas	Pkt.
5.	BURCZY SKI Piotr		02	UKP „Polonia Warszawa”				5:12.54	427
	50m:	31.14 31.14	150m:	1:47.84 41.08	250m:	3:14.35 45.92	350m:	4:36.83 36.52	
	100m:	1:06.76 35.62	200m:	2:28.43 40.59	300m:	4:00.31 45.96	400m:	5:12.54 35.71	

17 - 18 lat

1.	WO NIAK Kamil		00	UKS „FREGATA” Kolbuszowa				4:47.28	550
	50m:	29.25 29.25	150m:	1:41.62 37.91	250m:	2:59.66 41.32	350m:	4:14.89 33.11	
	100m:	1:03.71 34.46	200m:	2:18.34 36.72	300m:	3:41.78 42.12	400m:	4:47.28 32.39	
2.	WO NIAK Kamil		01	KS „Wisła” Puławy				4:55.13	508
	50m:	29.63 29.63	150m:	1:44.21 40.41	250m:	3:05.74 42.61	350m:	4:22.48 34.40	
	100m:	1:03.80 34.17	200m:	2:23.13 38.92	300m:	3:48.08 42.34	400m:	4:55.13 32.65	

Open

1.	DUBIEL Adam		93	AZS AWF Warszawa				4:28.12	677
	50m:	28.21 28.21	150m:	1:35.14 34.01	250m:	2:47.52 39.28	350m:	3:57.74 31.36	
	100m:	1:01.13 32.92	200m:	2:08.24 33.10	300m:	3:26.38 38.86	400m:	4:28.12 30.38	
2.	B CZKOWSKI Bartosz		97	MKS Polonia Warszawa				4:32.06	648
	50m:	28.97 28.97	150m:	1:37.62 35.10	250m:	2:50.07 37.25	350m:	4:01.02 32.63	
	100m:	1:02.52 33.55	200m:	2:12.82 35.20	300m:	3:28.39 38.32	400m:	4:32.06 31.04	
3.	RABAN Maciej		02	IKS Konstancin				4:36.34	618
	50m:	28.70 28.70	150m:	1:36.33 33.85	250m:	2:49.54 40.03	350m:	4:04.13 34.19	
	100m:	1:02.48 33.78	200m:	2:09.51 33.18	300m:	3:29.94 40.40	400m:	4:36.34 32.21	
4.	KUSTO Robert		98	AZS AWF Warszawa				4:38.74	603
	50m:	27.69 27.69	150m:	1:38.16 37.16	250m:	2:54.92 38.96	350m:	4:07.03 33.05	
	100m:	1:01.00 33.31	200m:	2:15.96 37.80	300m:	3:33.98 39.06	400m:	4:38.74 31.71	
5.	CHMIELEWSKI Krzysztof		04	IUKS „Muszelka” Warszawa				4:39.78	596
	50m:	29.74 29.74	150m:	1:38.02 34.69	250m:	2:54.76 42.97	350m:	4:09.89 31.92	
	100m:	1:03.33 33.59	200m:	2:11.79 33.77	300m:	3:37.97 43.21	400m:	4:39.78 29.89	
6.	JA KIEWICZ Adrian		02	IUKS „Muszelka” Warszawa				4:42.90	576
	50m:	28.49 28.49	150m:	1:36.70 35.75	250m:	2:53.94 42.82	350m:	4:10.82 33.01	
	100m:	1:00.95 32.46	200m:	2:11.12 34.42	300m:	3:37.81 43.87	400m:	4:42.90 32.08	
7.	WO NIAK Kamil		00	UKS „FREGATA” Kolbuszowa				4:47.28	550
	50m:	29.25 29.25	150m:	1:41.62 37.91	250m:	2:59.66 41.32	350m:	4:14.89 33.11	
	100m:	1:03.71 34.46	200m:	2:18.34 36.72	300m:	3:41.78 42.12	400m:	4:47.28 32.39	
8.	RUTA Kamil		02	IUKS „Muszelka” Warszawa				4:48.51	543
	50m:	29.93 29.93	150m:	1:42.27 37.39	250m:	3:00.42 41.05	350m:	4:15.98 33.44	
	100m:	1:04.88 34.95	200m:	2:19.37 37.10	300m:	3:42.54 42.12	400m:	4:48.51 32.53	
9.	CALI SKI Aleksy		04	MKS Juvenia Wrocław				4:51.72	526
	50m:	30.47 30.47	150m:	1:42.86 36.65	250m:	3:01.70 42.45	350m:	4:18.95 33.99	
	100m:	1:06.21 35.74	200m:	2:19.25 36.39	300m:	3:44.96 43.26	400m:	4:51.72 32.77	
10.	DOŁOWY Grzegorz		02	IUKS „Muszelka” Warszawa				4:52.81	520
	50m:	30.69 30.69	150m:	1:43.09 37.13	250m:	3:03.30 43.49	350m:	4:21.53 32.79	
	100m:	1:05.96 35.27	200m:	2:19.81 36.72	300m:	3:48.74 45.44	400m:	4:52.81 31.28	
11.	MRÓZ Adam		03	UKS Olimpijczyk 23				4:53.63	515
	50m:	30.67 30.67	150m:	1:44.41 37.70	250m:	3:04.80 41.90	350m:	4:21.32 34.56	
	100m:	1:06.71 36.04	200m:	2:22.90 38.49	300m:	3:46.76 41.96	400m:	4:53.63 32.31	
12.	WO NIAK Kamil		01	KS „Wisła” Puławy				4:55.13	508
	50m:	29.63 29.63	150m:	1:44.21 40.41	250m:	3:05.74 42.61	350m:	4:22.48 34.40	
	100m:	1:03.80 34.17	200m:	2:23.13 38.92	300m:	3:48.08 42.34	400m:	4:55.13 32.65	
13.	GOŁACKI Sergiusz		04	UKS 190 Łódź				4:56.91	498
	50m:	30.06 30.06	150m:	1:45.04 39.12	250m:	3:06.86 43.21	350m:	4:24.43 33.28	
	100m:	1:05.92 35.86	200m:	2:23.65 38.61	300m:	3:51.15 44.29	400m:	4:56.91 32.48	

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Konkurencja 2, M czyzn, 400m zmienny, Open

Pozycja				Rok ur.					Czas	Pkt.		
14.	KOSI SKI Filip			04	MUKS „Olimpijczyk” Suwałki				4:59.21	487		
	50m:	29.70	29.70	150m:	1:40.67	34.94	250m:	3:02.37	45.79	350m:	4:25.02	35.90
	100m:	1:05.73	36.03	200m:	2:16.58	35.91	300m:	3:49.12	46.75	400m:	4:59.21	34.19
15.	MICHALAK Piotr			03	MKS Ochota Warszawa				4:59.90	484		
	50m:	30.54	30.54	150m:	1:44.96	38.63	250m:	3:06.53	43.34	350m:	4:26.03	35.25
	100m:	1:06.33	35.79	200m:	2:23.19	38.23	300m:	3:50.78	44.25	400m:	4:59.90	33.87
16.	ROGUSKI Mateusz			03	IUKS „Muszelka” Warszawa				5:00.52	481		
	50m:	31.42	31.42	150m:	1:44.69	38.27	250m:	3:06.96	44.83	350m:	4:27.33	34.41
	100m:	1:06.42	35.00	200m:	2:22.13	37.44	300m:	3:52.92	45.96	400m:	5:00.52	33.19
17.	ZUZANIUK Igor			04	KS OLIMPIA Lublin				5:04.60	462		
	50m:	32.93	32.93	150m:	1:51.13	37.71	250m:	3:10.45	42.49	350m:	4:29.70	35.81
	100m:	1:13.42	40.49	200m:	2:27.96	36.83	300m:	3:53.89	43.44	400m:	5:04.60	34.90
18.	BEDNAREK Przemysław			04	IUKS „Muszelka” Warszawa				5:11.89	430		
	50m:	32.91	32.91	150m:	1:50.06	39.35	250m:	3:14.48	46.01	350m:	4:37.29	35.78
	100m:	1:10.71	37.80	200m:	2:28.47	38.41	300m:	4:01.51	47.03	400m:	5:11.89	34.60
19.	BURCZY SKI Piotr			02	UKP „Polonia Warszawa”				5:12.54	427		
	50m:	31.14	31.14	150m:	1:47.84	41.08	250m:	3:14.35	45.92	350m:	4:36.83	36.52
	100m:	1:06.76	35.62	200m:	2:28.43	40.59	300m:	4:00.31	45.96	400m:	5:12.54	35.71