

Arena Grand Prix Puchar Polski  
Kozienice, 24. - 25.2.2018

Konkurencja 34  
25.02.2018 - 10:34

M cyczn, 400m dowolny

Open  
Wyniki

Rekord Polski Open	3:37.57	WOJDAK Wojciech	01006	Netanya (ISR)	02.12.2015
Rekord Polski 14	3:57.40	DASZKIEWICZ Michał	01006	O wi cim	23.12.2017
Rekord Polski 15	3:50.76	MŁYNARCZYK Karol	05114	Lublin	17.12.2015
Rekord Polski 16	3:47.70	WOJDAK Wojciech	03106	Ostrowiec Sw.	19.12.2012
Rekord Polski 17	3:45.26	WOJDAK Wojciech	01006	Ostrowiec Sw	19.12.2013
Rekord Polski 18	3:41.69	WOJDAK Wojciech	01006	Ostrowiec Sw	18.12.2014
Rekord Polski 19 - 23	3:37.57	WOJDAK Wojciech	01006	Netanya (ISR)	02.12.2015

Punkty: FINA 2017

Pozycja	Rok ur.				Czas	Pkt.
<b>14 lat</b>						
1.	CHMIELEWSKI Krzysztof	04	IUKS „Muszelka” Warszawa	<b>4:05.83</b>	643	
	50m: 28.87 28.87	150m: 1:31.20 31.29	250m: 2:33.46 31.12	350m: 3:35.86 31.32		
	100m: 59.91 31.04	200m: 2:02.34 31.14	300m: 3:04.54 31.08	400m: 4:05.83 29.97		
2.	ZUZANIUK Igor	04	KS OLIMPIA Lublin	<b>4:29.58</b>	488	
	50m: 30.56 30.56	150m: 1:38.15 34.19	250m: 2:47.01 34.56	350m: 3:56.49 34.88		
	100m: 1:03.96 33.40	200m: 2:12.45 34.30	300m: 3:21.61 34.60	400m: 4:29.58 33.09		
3.	CALI SKI Aleksy	04	MKS Juvenia Wrocław	<b>4:30.52</b>	482	
	50m: 30.34 30.34	150m: 1:37.92 34.33	250m: 2:47.70 34.47	350m: 3:57.92 35.10		
	100m: 1:03.59 33.25	200m: 2:13.23 35.31	300m: 3:22.82 35.12	400m: 4:30.52 32.60		
<b>15 lat</b>						
1.	SZYMCZAK Szymon	03	MKS Juvenia Wrocław	<b>4:23.06</b>	525	
	50m: 29.59 29.59	150m: 1:35.65 33.33	250m: 2:43.64 33.38	350m: 3:51.02 33.32		
	100m: 1:02.32 32.73	200m: 2:10.26 34.61	300m: 3:17.70 34.06	400m: 4:23.06 32.04		
2.	MRÓZ Adam	03	UKS Olimpijczyk 23	<b>4:23.87</b>	520	
	50m: 29.85 29.85	150m: 1:37.46 33.77	250m: 2:45.00 33.13	350m: 3:52.91 33.80		
	100m: 1:03.69 33.84	200m: 2:11.87 34.41	300m: 3:19.11 34.11	400m: 4:23.87 30.96		
3.	WI Mateusz	03	UKS Olimpijczyk 23	<b>4:48.20</b>	399	
	50m: 32.83 32.83	150m: 1:45.24 36.40	250m: 2:58.98 36.92	350m: 4:12.45 36.60		
	100m: 1:08.84 36.01	200m: 2:22.06 36.82	300m: 3:35.85 36.87	400m: 4:48.20 35.75		
<b>16 lat</b>						
1.	DUDKIEWICZ Kacper	02	UKP „Polonia Warszawa”	<b>4:07.04</b>	634	
	50m: 28.45 28.45	150m: 1:30.55 31.16	250m: 2:33.52 31.45	350m: 3:36.26 31.25		
	100m: 59.39 30.94	200m: 2:02.07 31.52	300m: 3:05.01 31.49	400m: 4:07.04 30.78		
2.	JA KIEWICZ Adrian	02	IUKS „Muszelka” Warszawa	<b>4:08.64</b>	622	
	50m: 28.31 28.31	150m: 1:31.02 31.56	250m: 2:34.44 31.81	350m: 3:38.13 31.78		
	100m: 59.46 31.15	200m: 2:02.63 31.61	300m: 3:06.35 31.91	400m: 4:08.64 30.51		
3.	DOŁOWY Grzegorz	02	IUKS „Muszelka” Warszawa	<b>4:10.09</b>	611	
	50m: 29.57 29.57	150m: 1:32.02 31.48	250m: 2:34.98 31.44	350m: 3:38.72 32.17		
	100m: 1:00.54 30.97	200m: 2:03.54 31.52	300m: 3:06.55 31.57	400m: 4:10.09 31.37		
4.	CHEŁSTOWSKI Maciej	02	UKP „Polonia Warszawa”	<b>4:23.57</b>	522	
	50m: 28.26 28.26	150m: 1:33.04 32.96	250m: 2:41.20 34.35	350m: 3:50.17 34.64		
	100m: 1:00.08 31.82	200m: 2:06.85 33.81	300m: 3:15.53 34.33	400m: 4:23.57 33.40		
5.	CHYRCHAŁA Rafał	02	UKS „ORKA” Zamo	<b>4:25.69</b>	509	
	50m: 30.16 30.16	150m: 1:36.97 33.68	250m: 2:44.81 34.01	350m: 3:52.75 34.06		
	100m: 1:03.29 33.13	200m: 2:10.80 33.83	300m: 3:18.69 33.88	400m: 4:25.69 32.94		
6.	SOBÓL Przemysław	02	UKP „Polonia Warszawa”	<b>4:34.57</b>	461	
	50m: 29.79 29.79	150m: 1:38.32 34.62	250m: 2:47.78 35.18	350m: 3:59.65 35.70		
	100m: 1:03.70 33.91	200m: 2:12.60 34.28	300m: 3:23.95 36.17	400m: 4:34.57 34.92		
7.	KOWALCZYK Michał	02	UKP „Polonia Warszawa”	<b>4:38.72</b>	441	
	50m: 30.15 30.15	150m: 1:39.06 35.92	250m: 2:51.19 35.81	350m: 4:03.52 35.26		
	100m: 1:03.14 32.99	200m: 2:15.38 36.32	300m: 3:28.26 37.07	400m: 4:38.72 35.20		

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Konkurencja 34, M czyzn, 400m dowolny

17 - 18 lat

1.	KRASKA Jakub		00	KU AZS Politechniki Łódzkiej	<b>3:53.64</b>	749
	50m: 26.85	26.85	150m: 1:26.57	30.15	250m: 2:26.70	30.03
	100m: 56.42	29.57	200m: 1:56.67	30.10	300m: 2:56.80	30.10
					350m: 3:26.39	29.59
					400m: 3:53.64	27.25
2.	KONCKI Bartłomiej		01	KS „Wisła” Puławy	<b>4:13.35</b>	588
	50m: 28.81	28.81	150m: 1:31.43	31.56	250m: 2:36.26	32.66
	100m: 59.87	31.06	200m: 2:03.60	32.17	300m: 3:09.12	32.86
					350m: 3:41.77	32.65
					400m: 4:13.35	31.58
3.	KO CIELAK Jacek		01	MKS Zryw Opole	<b>4:14.44</b>	580
	50m: 27.82	27.82	150m: 1:31.43	32.21	250m: 2:36.96	32.37
	100m: 59.22	31.40	200m: 2:04.59	33.16	300m: 3:09.56	32.60
					350m: 3:42.38	32.82
					400m: 4:14.44	32.06
4.	ZUBIK Stanisław		01	UKP „Polonia Warszawa”	<b>4:18.70</b>	552
	50m: 28.72	28.72	150m: 1:32.37	32.08	250m: 2:38.52	33.30
	100m: 1:00.29	31.57	200m: 2:05.22	32.85	300m: 3:12.13	33.61
					350m: 3:46.03	33.90
					400m: 4:18.70	32.67
5.	WO NIAK Kamil		00	UKS „FREGATA” Kolbuszowa	<b>4:20.84</b>	538
	50m: 29.68	29.68	150m: 1:33.24	32.11	250m: 2:39.47	33.45
	100m: 1:01.13	31.45	200m: 2:06.02	32.78	300m: 3:13.73	34.26
					350m: 3:47.42	33.69
					400m: 4:20.84	33.42
6.	SZAL Mateusz		00	MKS Zryw Opole	<b>4:21.11</b>	537
	50m: 28.55	28.55	150m: 1:35.69	34.27	250m: 2:41.29	32.56
	100m: 1:01.42	32.87	200m: 2:08.73	33.04	300m: 3:14.37	33.08
					350m: 3:48.14	33.77
					400m: 4:21.11	32.97

Open

1.	ZABOROWSKI Filip		94	MKP Szczecin	<b>3:48.25</b>	804
	50m: 26.70	26.70	150m: 1:24.58	28.87	250m: 2:22.49	28.96
	100m: 55.71	29.01	200m: 1:53.53	28.95	300m: 2:51.55	29.06
					350m: 3:20.36	28.81
					400m: 3:48.25	27.89
2.	KRASKA Jakub		00	KU AZS Politechniki Łódzkiej	<b>3:53.64</b>	749
	50m: 26.85	26.85	150m: 1:26.57	30.15	250m: 2:26.70	30.03
	100m: 56.42	29.57	200m: 1:56.67	30.10	300m: 2:56.80	30.10
					350m: 3:26.39	29.59
					400m: 3:53.64	27.25
3.	W GROWSKI Marcel		99	KU AZS Politechniki Łódzkiej	<b>3:54.89</b>	737
	50m: 27.25	27.25	150m: 1:26.58	29.85	250m: 2:26.74	30.10
	100m: 56.73	29.48	200m: 1:56.64	30.06	300m: 2:56.73	29.99
					350m: 3:26.36	29.63
					400m: 3:54.89	28.53
4.	DUBIEL Adam		93	AZS AWF Warszawa	<b>3:57.47</b>	714
	50m: 27.30	27.30	150m: 1:27.72	30.36	250m: 2:28.36	30.22
	100m: 57.36	30.06	200m: 1:58.14	30.42	300m: 2:58.50	30.14
					350m: 3:28.02	29.52
					400m: 3:57.47	29.45
5.	ROGUSKI Bartłomiej		93	AZS AWF Warszawa	<b>4:02.85</b>	667
	50m: 28.20	28.20	150m: 1:29.36	30.56	250m: 2:30.90	30.78
	100m: 58.80	30.60	200m: 2:00.12	30.76	300m: 3:01.93	31.03
					350m: 3:32.81	30.88
					400m: 4:02.85	30.04
6.	CHMIELEWSKI Krzysztof		04	IUKS „Muszelka” Warszawa	<b>4:05.83</b>	643
	50m: 28.87	28.87	150m: 1:31.20	31.29	250m: 2:33.46	31.12
	100m: 59.91	31.04	200m: 2:02.34	31.14	300m: 3:04.54	31.08
					350m: 3:35.86	31.32
					400m: 4:05.83	29.97
7.	DUDKIEWICZ Kacper		02	UKP „Polonia Warszawa”	<b>4:07.04</b>	634
	50m: 28.45	28.45	150m: 1:30.55	31.16	250m: 2:33.52	31.45
	100m: 59.39	30.94	200m: 2:02.07	31.52	300m: 3:05.01	31.49
					350m: 3:36.26	31.25
					400m: 4:07.04	30.78
8.	JA KIEWICZ Adrian		02	IUKS „Muszelka” Warszawa	<b>4:08.64</b>	622
	50m: 28.31	28.31	150m: 1:31.02	31.56	250m: 2:34.44	31.81
	100m: 59.46	31.15	200m: 2:02.63	31.61	300m: 3:06.35	31.91
					350m: 3:38.13	31.78
					400m: 4:08.64	30.51
9.	DOŁOWY Grzegorz		02	IUKS „Muszelka” Warszawa	<b>4:10.09</b>	611
	50m: 29.57	29.57	150m: 1:32.02	31.48	250m: 2:34.98	31.44
	100m: 1:00.54	30.97	200m: 2:03.54	31.52	300m: 3:06.55	31.57
					350m: 3:38.72	32.17
					400m: 4:10.09	31.37
10.	KONCKI Bartłomiej		01	KS „Wisła” Puławy	<b>4:13.35</b>	588
	50m: 28.81	28.81	150m: 1:31.43	31.56	250m: 2:36.26	32.66
	100m: 59.87	31.06	200m: 2:03.60	32.17	300m: 3:09.12	32.86
					350m: 3:41.77	32.65
					400m: 4:13.35	31.58
11.	KO CIELAK Jacek		01	MKS Zryw Opole	<b>4:14.44</b>	580
	50m: 27.82	27.82	150m: 1:31.43	32.21	250m: 2:36.96	32.37
	100m: 59.22	31.40	200m: 2:04.59	33.16	300m: 3:09.56	32.60
					350m: 3:42.38	32.82
					400m: 4:14.44	32.06

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Konkurencja 34, M czynn, 400m dowolny, Open

Pozycja	Rok ur.								Czas	Pkt.
12. ZUBIK Stanisław	01	UKP „Polonia Warszawa”							<b>4:18.70</b>	552
50m: 28.72 28.72	150m: 1:32.37 32.08	250m: 2:38.52 33.30	350m: 3:46.03 33.90							
100m: 1:00.29 31.57	200m: 2:05.22 32.85	300m: 3:12.13 33.61	400m: 4:18.70 32.67							
13. WO NIAK Kamil	00	UKS „FREGATA” Kolbuszowa							<b>4:20.84</b>	538
50m: 29.68 29.68	150m: 1:33.24 32.11	250m: 2:39.47 33.45	350m: 3:47.42 33.69							
100m: 1:01.13 31.45	200m: 2:06.02 32.78	300m: 3:13.73 34.26	400m: 4:20.84 33.42							
14. SZAL Mateusz	00	MKS Zryw Opole							<b>4:21.11</b>	537
50m: 28.55 28.55	150m: 1:35.69 34.27	250m: 2:41.29 32.56	350m: 3:48.14 33.77							
100m: 1:01.42 32.87	200m: 2:08.73 33.04	300m: 3:14.37 33.08	400m: 4:21.11 32.97							
15. SZYMCZAK Szymon	03	MKS Juvenia Wrocław							<b>4:23.06</b>	525
50m: 29.59 29.59	150m: 1:35.65 33.33	250m: 2:43.64 33.38	350m: 3:51.02 33.32							
100m: 1:02.32 32.73	200m: 2:10.26 34.61	300m: 3:17.70 34.06	400m: 4:23.06 32.04							
16. CHEŁSTOWSKI Maciej	02	UKP „Polonia Warszawa”							<b>4:23.57</b>	522
50m: 28.26 28.26	150m: 1:33.04 32.96	250m: 2:41.20 34.35	350m: 3:50.17 34.64							
100m: 1:00.08 31.82	200m: 2:06.85 33.81	300m: 3:15.53 34.33	400m: 4:23.57 33.40							
17. MRÓZ Adam	03	UKS Olimpijczyk 23							<b>4:23.87</b>	520
50m: 29.85 29.85	150m: 1:37.46 33.77	250m: 2:45.00 33.13	350m: 3:52.91 33.80							
100m: 1:03.69 33.84	200m: 2:11.87 34.41	300m: 3:19.11 34.11	400m: 4:23.87 30.96							
18. CHYRCHAŁA Rafał	02	UKS „ORKA” Zamo							<b>4:25.69</b>	509
50m: 30.16 30.16	150m: 1:36.97 33.68	250m: 2:44.81 34.01	350m: 3:52.75 34.06							
100m: 1:03.29 33.13	200m: 2:10.80 33.83	300m: 3:18.69 33.88	400m: 4:25.69 32.94							
19. ZUZANIUK Igor	04	KS OLIMPIA Lublin							<b>4:29.58</b>	488
50m: 30.56 30.56	150m: 1:38.15 34.19	250m: 2:47.01 34.56	350m: 3:56.49 34.88							
100m: 1:03.96 33.40	200m: 2:12.45 34.30	300m: 3:21.61 34.60	400m: 4:29.58 33.09							
20. CALI SKI Aleksy	04	MKS Juvenia Wrocław							<b>4:30.52</b>	482
50m: 30.34 30.34	150m: 1:37.92 34.33	250m: 2:47.70 34.47	350m: 3:57.92 35.10							
100m: 1:03.59 33.25	200m: 2:13.23 35.31	300m: 3:22.82 35.12	400m: 4:30.52 32.60							
21. SOBÓL Przemysław	02	UKP „Polonia Warszawa”							<b>4:34.57</b>	461
50m: 29.79 29.79	150m: 1:38.32 34.62	250m: 2:47.78 35.18	350m: 3:59.65 35.70							
100m: 1:03.70 33.91	200m: 2:12.60 34.28	300m: 3:23.95 36.17	400m: 4:34.57 34.92							
22. KOWALCZYK Michał	02	UKP „Polonia Warszawa”							<b>4:38.72</b>	441
50m: 30.15 30.15	150m: 1:39.06 35.92	250m: 2:51.19 35.81	350m: 4:03.52 35.26							
100m: 1:03.14 32.99	200m: 2:15.38 36.32	300m: 3:28.26 37.07	400m: 4:38.72 35.20							
23. WI Mateusz	03	UKS Olimpijczyk 23							<b>4:48.20</b>	399
50m: 32.83 32.83	150m: 1:45.24 36.40	250m: 2:58.98 36.92	350m: 4:12.45 36.60							
100m: 1:08.84 36.01	200m: 2:22.06 36.82	300m: 3:35.85 36.87	400m: 4:48.20 35.75							