

ARENA GRAND PRIX PUCHAR POLSKI - FINAŁ  
Warszawa, 12. - 13.5.2018

Konkurencja 2  
12.05.2018 - 9:19

M czyzn, 400m zmienny

Open  
Wyniki

Punkty: FINA 2017

Pozycja			Rok ur.					Czas	Pkt.	
<b>14 lat</b>										
1.	CHMIELEWSKI, Krzysztof		04	IUKS „Muszelka” Warszawa				<b>4:47.55</b>	609	
	50m:	30.37 30.37	150m:	1:38.90	36.07	250m:	2:58.19	44.14	350m:	4:16.02 32.44
	100m:	1:02.83 32.46	200m:	2:14.05	35.15	300m:	3:43.58	45.39	400m:	4:47.55 31.53
2.	MATUSZEWSKI, Krzysztof		04	MUKS PI TNASTKA BYDGOSZCZ				<b>4:50.05</b>	594	
	50m:	29.25 29.25	150m:	1:43.55	39.94	250m:	3:03.30	41.30	350m:	4:18.43 32.91
	100m:	1:03.61 34.36	200m:	2:22.00	38.45	300m:	3:45.52	42.22	400m:	4:50.05 31.62
3.	CHMIELEWSKI, Michał		04	IUKS „Muszelka” Warszawa				<b>4:58.90</b>	542	
	50m:	30.15 30.15	150m:	1:41.90	35.66	250m:	3:06.74	48.57	350m:	4:26.15 32.16
	100m:	1:06.24 36.09	200m:	2:18.17	36.27	300m:	3:53.99	47.25	400m:	4:58.90 32.75
4.	GOŁACKI, Sergiusz		04	UKS 190 Łód				<b>5:04.64</b>	512	
	50m:	30.73 30.73	150m:	1:47.47	40.74	250m:	3:12.38	45.88	350m:	4:31.90 34.06
	100m:	1:06.73 36.00	200m:	2:26.50	39.03	300m:	3:57.84	45.46	400m:	5:04.64 32.74
5.	JENDRZEJCZYK, Maxim		04	UKS G-8 Bielany Warszawa				<b>5:07.39</b>	499	
	50m:	31.59 31.59	150m:	1:51.26	42.63	250m:	3:15.90	43.32	350m:	4:34.99 33.90
	100m:	1:08.63 37.04	200m:	2:32.58	41.32	300m:	4:01.09	45.19	400m:	5:07.39 32.40
6.	ZIEMBOWICZ, Franciszek		04	UKS G-8 Bielany Warszawa				<b>5:07.41</b>	499	
	50m:	31.99 31.99	150m:	1:51.90	41.80	250m:	3:16.10	43.72	350m:	4:34.13 33.67
	100m:	1:10.10 38.11	200m:	2:32.38	40.48	300m:	4:00.46	44.36	400m:	5:07.41 33.28
7.	ZUZANIUK, Igor		04	KS OLIMPIA Lublin				<b>5:12.02</b>	477	
	50m:	32.23 32.23	150m:	1:52.35	40.86	250m:	3:14.37	43.05	350m:	4:35.60 36.88
	100m:	1:11.49 39.26	200m:	2:31.32	38.97	300m:	3:58.72	44.35	400m:	5:12.02 36.42
8.	SKIBIAK, Hubert		04	UKS 190 Łód				<b>5:12.41</b>	475	
	50m:	33.54 33.54	150m:	1:52.20	39.01	250m:	3:17.82	47.61	350m:	4:39.02 33.51
	100m:	1:13.19 39.65	200m:	2:30.21	38.01	300m:	4:05.51	47.69	400m:	5:12.41 33.39
9.	LINARD, Bartosz		04	IKS Konstancin				<b>5:14.10</b>	467	
	50m:	32.73 32.73	150m:	1:53.90	41.14	250m:	3:16.37	42.42	350m:	4:38.13 37.84
	100m:	1:12.76 40.03	200m:	2:33.95	40.05	300m:	4:00.29	43.92	400m:	5:14.10 35.97
10.	TARASEWICZ, Marcel		04	UKS G-8 Bielany Warszawa				<b>5:18.44</b>	448	
	50m:	34.05 34.05	150m:	1:55.80	42.12	250m:	3:19.44	42.92	350m:	4:41.31 38.57
	100m:	1:13.68 39.63	200m:	2:36.52	40.72	300m:	4:02.74	43.30	400m:	5:18.44 37.13
11.	BEDNAREK, Przemysław		04	IUKS „Muszelka” Warszawa				<b>5:21.52</b>	436	
	50m:	33.10 33.10	150m:	1:52.77	40.96	250m:	3:21.23	48.54	350m:	4:46.63 35.87
	100m:	1:11.81 38.71	200m:	2:32.69	39.92	300m:	4:10.76	49.53	400m:	5:21.52 34.89
12.	CIUBA, Mikołaj		04	UKS G-8 Bielany Warszawa				<b>5:25.66</b>	419	
	50m:	34.65 34.65	150m:	1:56.15	40.56	250m:	3:24.44	47.34	350m:	4:48.69 36.61
	100m:	1:15.59 40.94	200m:	2:37.10	40.95	300m:	4:12.08	47.64	400m:	5:25.66 36.97
13.	LASKI, Filip		04	St. KF KS „Fenix” O arów Maz				<b>5:26.70</b>	415	
	50m:	32.19 32.19	150m:	1:53.14	42.67	250m:	3:21.25	47.13	350m:	4:49.48 39.88
	100m:	1:10.47 38.28	200m:	2:34.12	40.98	300m:	4:09.60	48.35	400m:	5:26.70 37.22
<b>15 lat</b>										
1.	LABICH, Wiktor		03	MKS Trójka Łód				<b>4:51.98</b>	582	
	50m:	30.86 30.86	150m:	1:43.88	37.81	250m:	3:02.05	40.49	350m:	4:18.34 34.59
	100m:	1:06.07 35.21	200m:	2:21.56	37.68	300m:	3:43.75	41.70	400m:	4:51.98 33.64
2.	ROGUSKI, Mateusz		03	IUKS „Muszelka” Warszawa				<b>5:01.37</b>	529	
	50m:	31.87 31.87	150m:	1:46.28	38.70	250m:	3:09.87	45.23	350m:	4:28.08 34.08
	100m:	1:07.58 35.71	200m:	2:24.64	38.36	300m:	3:54.00	44.13	400m:	5:01.37 33.29
3.	PRZYBYSZ, Mateusz		03	BUKS Warszawa				<b>5:02.35</b>	524	
	50m:	30.89 30.89	150m:	1:44.51	38.08	250m:	3:07.92	45.17	350m:	4:28.91 35.50
	100m:	1:06.43 35.54	200m:	2:22.75	38.24	300m:	3:53.41	45.49	400m:	5:02.35 33.44

ARENA GRAND PRIX PUCHAR POLSKI - FINAŁ  
Warszawa, 12. - 13.5.2018

Konkurencja 2, Chłopców, 400m zmienny, 15 lat

Pozycja			Rok ur.					Czas	Pkt.
4.	COLEMAN, Alan		03	MKS Jedyńka Łód				<b>5:02.87</b>	521
	50m:	31.62 31.62	150m:	1:46.76 38.08	250m:	3:08.99 44.69	350m:	4:29.91 35.24	
	100m:	1:08.68 37.06	200m:	2:24.30 37.54	300m:	3:54.67 45.68	400m:	5:02.87 32.96	
5.	ZARYCHTA, Marcel		03	KS OLIMPIA Lublin				<b>5:05.86</b>	506
	50m:	30.73 30.73	150m:	1:45.21 39.41	250m:	3:10.70 46.63	350m:	4:31.42 34.58	
	100m:	1:05.80 35.07	200m:	2:24.07 38.86	300m:	3:56.84 46.14	400m:	5:05.86 34.44	
6.	JELI SKI, Marcel		03	MUKS PI TNASTKA BYDGOSZCZ				<b>5:07.04</b>	500
	50m:	30.37 30.37	150m:	1:45.53 40.45	250m:	3:11.42 46.32	350m:	4:33.83 34.94	
	100m:	1:05.08 34.71	200m:	2:25.10 39.57	300m:	3:58.89 47.47	400m:	5:07.04 33.21	
7.	SOBIECH, Szymon		03	UKS SP-149 Łód				<b>5:09.79</b>	487
	50m:	31.67 31.67	150m:	1:48.41 38.33	250m:	3:11.83 45.20	350m:	4:34.41 35.12	
	100m:	1:10.08 38.41	200m:	2:26.63 38.22	300m:	3:59.29 47.46	400m:	5:09.79 35.38	
8.	PRZYSTAŁ, Adam		03	UKS G-8 Bielany Warszawa				<b>5:13.64</b>	469
	50m:	32.35 32.35	150m:	1:52.80 41.97	250m:	3:15.77 42.83	350m:	4:36.96 36.62	
	100m:	1:10.83 38.48	200m:	2:32.94 40.14	300m:	4:00.34 44.57	400m:	5:13.64 36.68	
DYSKW.	MICHALAK, Piotr		03	MKS Ochota Warszawa				<b>5:18.09</b>	
	<i>K15 - Pływak nie dotknął ciany dwiema dłońmi przy nawrocie lub na zakończenie wyścigu.</i>								
	50m:	31.58 31.58	150m:	1:48.73 41.32	250m:	3:17.04 47.60	350m:	4:41.94 36.55	
	100m:	1:07.41 35.83	200m:	2:29.44 40.71	300m:	4:05.39 48.35	400m:	5:18.09 36.15	

16 lat

1.	ZDZIEBŁO, Piotr		02	UKS Salmory				<b>4:40.58</b>	656
	50m:	29.29 29.29	150m:	1:39.34 36.84	250m:	2:56.34 41.20	350m:	4:08.81 32.31	
	100m:	1:02.50 33.21	200m:	2:15.14 35.80	300m:	3:36.50 40.16	400m:	4:40.58 31.77	
2.	JA KIEWICZ, Adrian		02	IUKS „Muszelka” Warszawa				<b>4:44.93</b>	626
	50m:	29.27 29.27	150m:	1:38.00 36.12	250m:	2:58.12 42.90	350m:	4:13.40 31.89	
	100m:	1:01.88 32.61	200m:	2:15.22 37.22	300m:	3:41.51 43.39	400m:	4:44.93 31.53	
3.	BLI NIEWSKI, Franciszek		02	UKS SP-149 Łód				<b>4:55.93</b>	559
	50m:	30.34 30.34	150m:	1:45.14 38.14	250m:	3:04.98 43.73	350m:	4:23.73 34.93	
	100m:	1:07.00 36.66	200m:	2:21.25 36.11	300m:	3:48.80 43.82	400m:	4:55.93 32.20	
4.	BOBORYK, Wojciech		02	KS Delfin Gdynia				<b>4:56.86</b>	554
	50m:	31.59 31.59	150m:	1:47.78 39.40	250m:	3:07.62 41.64	350m:	4:23.86 33.66	
	100m:	1:08.38 36.79	200m:	2:25.98 38.20	300m:	3:50.20 42.58	400m:	4:56.86 33.00	
5.	KUSI SKI, Aleksy		02	UKS SP-149 Łód				<b>4:59.05</b>	542
	50m:	31.60 31.60	150m:	1:49.36 40.67	250m:	3:11.36 43.32	350m:	4:27.91 31.81	
	100m:	1:08.69 37.09	200m:	2:28.04 38.68	300m:	3:56.10 44.74	400m:	4:59.05 31.14	
6.	RACZY SKI, Adrian		02	UKS Jagiellonka Warszawa				<b>5:00.06</b>	536
	50m:	29.03 29.03	150m:	1:42.27 39.06	250m:	3:04.78 45.01	350m:	4:26.28 35.90	
	100m:	1:03.21 34.18	200m:	2:19.77 37.50	300m:	3:50.38 45.60	400m:	5:00.06 33.78	
7.	RUTA, Kamil		02	IUKS „Muszelka” Warszawa				<b>5:03.55</b>	518
	50m:	31.87 31.87	150m:	1:46.48 38.51	250m:	3:09.82 43.97	350m:	4:29.45 34.73	
	100m:	1:07.97 36.10	200m:	2:25.85 39.37	300m:	3:54.72 44.90	400m:	5:03.55 34.10	
8.	DOŁOWY, Grzegorz		02	IUKS „Muszelka” Warszawa				<b>5:08.64</b>	493
	50m:	32.80 32.80	150m:	1:48.99 39.87	250m:	3:14.71 47.19	350m:	4:36.22 33.70	
	100m:	1:09.12 36.32	200m:	2:27.52 38.53	300m:	4:02.52 47.81	400m:	5:08.64 32.42	
9.	KALISIAK, Norbert		02	UKS Nawa Skierniewice				<b>5:16.69</b>	456
	50m:	31.95 31.95	150m:	1:51.59 41.77	250m:	3:19.28 47.42	350m:	4:42.06 36.59	
	100m:	1:09.82 37.87	200m:	2:31.86 40.27	300m:	4:05.47 46.19	400m:	5:16.69 34.63	

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Warszawa, 12. - 13.5.2018

Konkurencja 2, M czynn, 400m zmienny

17 - 18 lat

1.	KUCZAK, Adam		00	TP Zielona Góra		<b>4:35.29</b>	694	
	50m: 28.90	28.90	150m: 1:37.31	35.59	250m: 2:51.90	40.11	350m: 4:04.24	31.40
	100m: 1:01.72	32.82	200m: 2:11.79	34.48	300m: 3:32.84	40.94	400m: 4:35.29	31.05
2.	SACHA, Kamil		01	WKS I sk Wrocław		<b>4:35.48</b>	693	
	50m: 28.96	28.96	150m: 1:37.75	36.23	250m: 2:53.23	39.74	350m: 4:04.86	31.10
	100m: 1:01.52	32.56	200m: 2:13.49	35.74	300m: 3:33.76	40.53	400m: 4:35.48	30.62
3.	ZAREMBA, Jakub		01	UKS G-8 Bielany Warszawa		<b>4:46.40</b>	617	
	50m: 29.49	29.49	150m: 1:41.28	38.08	250m: 2:58.36	39.95	350m: 4:13.75	34.15
	100m: 1:03.20	33.71	200m: 2:18.41	37.13	300m: 3:39.60	41.24	400m: 4:46.40	32.65
4.	JÓ KÓW, Cezary		01	WKS I sk Wrocław		<b>4:54.16</b>	569	
	50m: 30.16	30.16	150m: 1:44.25	39.39	250m: 3:03.92	41.54	350m: 4:20.66	34.38
	100m: 1:04.86	34.70	200m: 2:22.38	38.13	300m: 3:46.28	42.36	400m: 4:54.16	33.50
5.	WO NIAK, Kamil		01	KS „Wisła” Puławy		<b>4:56.91</b>	553	
	50m: 30.43	30.43	150m: 1:46.24	40.22	250m: 3:08.53	42.84	350m: 4:25.47	34.04
	100m: 1:06.02	35.59	200m: 2:25.69	39.45	300m: 3:51.43	42.90	400m: 4:56.91	31.44
6.	KONCKI, Bartłomiej		01	KS „Wisła” Puławy		<b>4:58.20</b>	546	
	50m: 31.17	31.17	150m: 1:47.00	39.73	250m: 3:08.52	44.04	350m: 4:25.91	34.29
	100m: 1:07.27	36.10	200m: 2:24.48	37.48	300m: 3:51.62	43.10	400m: 4:58.20	32.29
DYSKW.	CHYCZEWSKI, Oliwer		00	MKP „SŁOWIANKA” Gorzów Wlkp.		<b>4:58.29</b>		
	<i>K14 - Pływak wykonał kopni cie nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie i nawrocie).</i>							
	50m: 29.99	29.99	150m: 1:44.71	39.44	250m: 3:07.37	44.22	350m: 4:25.32	34.90
	100m: 1:05.27	35.28	200m: 2:23.15	38.44	300m: 3:50.42	43.05	400m: 4:58.29	32.97

Open

1.	KUCZAK, Adam		00	TP Zielona Góra		<b>4:35.29</b>	694	
	50m: 28.90	28.90	150m: 1:37.31	35.59	250m: 2:51.90	40.11	350m: 4:04.24	31.40
	100m: 1:01.72	32.82	200m: 2:11.79	34.48	300m: 3:32.84	40.94	400m: 4:35.29	31.05
2.	SACHA, Kamil		01	WKS I sk Wrocław		<b>4:35.48</b>	693	
	50m: 28.96	28.96	150m: 1:37.75	36.23	250m: 2:53.23	39.74	350m: 4:04.86	31.10
	100m: 1:01.52	32.56	200m: 2:13.49	35.74	300m: 3:33.76	40.53	400m: 4:35.48	30.62
3.	ZDZIEBŁO, Piotr		02	UKS Salmo ory		<b>4:40.58</b>	656	
	50m: 29.29	29.29	150m: 1:39.34	36.84	250m: 2:56.34	41.20	350m: 4:08.81	32.31
	100m: 1:02.50	33.21	200m: 2:15.14	35.80	300m: 3:36.50	40.16	400m: 4:40.58	31.77
4.	JA KIEWICZ, Adrian		02	IUKS „Muszelka” Warszawa		<b>4:44.93</b>	626	
	50m: 29.27	29.27	150m: 1:38.00	36.12	250m: 2:58.12	42.90	350m: 4:13.40	31.89
	100m: 1:01.88	32.61	200m: 2:15.22	37.22	300m: 3:41.51	43.39	400m: 4:44.93	31.53
5.	ZAREMBA, Jakub		01	UKS G-8 Bielany Warszawa		<b>4:46.40</b>	617	
	50m: 29.49	29.49	150m: 1:41.28	38.08	250m: 2:58.36	39.95	350m: 4:13.75	34.15
	100m: 1:03.20	33.71	200m: 2:18.41	37.13	300m: 3:39.60	41.24	400m: 4:46.40	32.65
6.	CHMIELEWSKI, Krzysztof		04	IUKS „Muszelka” Warszawa		<b>4:47.55</b>	609	
	50m: 30.37	30.37	150m: 1:38.90	36.07	250m: 2:58.19	44.14	350m: 4:16.02	32.44
	100m: 1:02.83	32.46	200m: 2:14.05	35.15	300m: 3:43.58	45.39	400m: 4:47.55	31.53
7.	MATUSZEWSKI, Krzysztof		04	MUKS PI TNASTKA BYDGOSZCZ		<b>4:50.05</b>	594	
	50m: 29.25	29.25	150m: 1:43.55	39.94	250m: 3:03.30	41.30	350m: 4:18.43	32.91
	100m: 1:03.61	34.36	200m: 2:22.00	38.45	300m: 3:45.52	42.22	400m: 4:50.05	31.62
8.	LABICH, Wiktor		03	MKS Trójka Łód		<b>4:51.98</b>	582	
	50m: 30.86	30.86	150m: 1:43.88	37.81	250m: 3:02.05	40.49	350m: 4:18.34	34.59
	100m: 1:06.07	35.21	200m: 2:21.56	37.68	300m: 3:43.75	41.70	400m: 4:51.98	33.64
9.	JÓ KÓW, Cezary		01	WKS I sk Wrocław		<b>4:54.16</b>	569	
	50m: 30.16	30.16	150m: 1:44.25	39.39	250m: 3:03.92	41.54	350m: 4:20.66	34.38
	100m: 1:04.86	34.70	200m: 2:22.38	38.13	300m: 3:46.28	42.36	400m: 4:54.16	33.50

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Konkurencja 2, M czynn, 400m zmienny, Open

Pozycja			Rok ur.					Czas	Pkt.
10.	BLI NIEWSKI, Franciszek		02	UKS SP-149 Łód				<b>4:55.93</b>	559
	50m: 30.34	30.34	150m: 1:45.14	38.14	250m: 3:04.98	43.73	350m: 4:23.73	34.93	
	100m: 1:07.00	36.66	200m: 2:21.25	36.11	300m: 3:48.80	43.82	400m: 4:55.93	32.20	
11.	BOBORYK, Wojciech		02	KS Delfin Gdynia				<b>4:56.86</b>	554
	50m: 31.59	31.59	150m: 1:47.78	39.40	250m: 3:07.62	41.64	350m: 4:23.86	33.66	
	100m: 1:08.38	36.79	200m: 2:25.98	38.20	300m: 3:50.20	42.58	400m: 4:56.86	33.00	
12.	WO NIAK, Kamil		01	KS „Wisła” Puławy				<b>4:56.91</b>	553
	50m: 30.43	30.43	150m: 1:46.24	40.22	250m: 3:08.53	42.84	350m: 4:25.47	34.04	
	100m: 1:06.02	35.59	200m: 2:25.69	39.45	300m: 3:51.43	42.90	400m: 4:56.91	31.44	
13.	KONCKI, Bartłomiej		01	KS „Wisła” Puławy				<b>4:58.20</b>	546
	50m: 31.17	31.17	150m: 1:47.00	39.73	250m: 3:08.52	44.04	350m: 4:25.91	34.29	
	100m: 1:07.27	36.10	200m: 2:24.48	37.48	300m: 3:51.62	43.10	400m: 4:58.20	32.29	
14.	CHMIELEWSKI, Michał		04	IUKS „Muszelka” Warszawa				<b>4:58.90</b>	542
	50m: 30.15	30.15	150m: 1:41.90	35.66	250m: 3:06.74	48.57	350m: 4:26.15	32.16	
	100m: 1:06.24	36.09	200m: 2:18.17	36.27	300m: 3:53.99	47.25	400m: 4:58.90	32.75	
15.	KUSI SKI, Aleksy		02	UKS SP-149 Łód				<b>4:59.05</b>	542
	50m: 31.60	31.60	150m: 1:49.36	40.67	250m: 3:11.36	43.32	350m: 4:27.91	31.81	
	100m: 1:08.69	37.09	200m: 2:28.04	38.68	300m: 3:56.10	44.74	400m: 4:59.05	31.14	
16.	RACZY SKI, Adrian		02	UKS Jagiellonka Warszawa				<b>5:00.06</b>	536
	50m: 29.03	29.03	150m: 1:42.27	39.06	250m: 3:04.78	45.01	350m: 4:26.28	35.90	
	100m: 1:03.21	34.18	200m: 2:19.77	37.50	300m: 3:50.38	45.60	400m: 5:00.06	33.78	
17.	ROGUSKI, Mateusz		03	IUKS „Muszelka” Warszawa				<b>5:01.37</b>	529
	50m: 31.87	31.87	150m: 1:46.28	38.70	250m: 3:09.87	45.23	350m: 4:28.08	34.08	
	100m: 1:07.58	35.71	200m: 2:24.64	38.36	300m: 3:54.00	44.13	400m: 5:01.37	33.29	
18.	PRZYBYSZ, Mateusz		03	BUKS Warszawa				<b>5:02.35</b>	524
	50m: 30.89	30.89	150m: 1:44.51	38.08	250m: 3:07.92	45.17	350m: 4:28.91	35.50	
	100m: 1:06.43	35.54	200m: 2:22.75	38.24	300m: 3:53.41	45.49	400m: 5:02.35	33.44	
19.	COLEMAN, Alan		03	MKS Jedyńka Łód				<b>5:02.87</b>	521
	50m: 31.62	31.62	150m: 1:46.76	38.08	250m: 3:08.99	44.69	350m: 4:29.91	35.24	
	100m: 1:08.68	37.06	200m: 2:24.30	37.54	300m: 3:54.67	45.68	400m: 5:02.87	32.96	
20.	RUTA, Kamil		02	IUKS „Muszelka” Warszawa				<b>5:03.55</b>	518
	50m: 31.87	31.87	150m: 1:46.48	38.51	250m: 3:09.82	43.97	350m: 4:29.45	34.73	
	100m: 1:07.97	36.10	200m: 2:25.85	39.37	300m: 3:54.72	44.90	400m: 5:03.55	34.10	
21.	GOŁACKI, Sergiusz		04	UKS 190 Łód				<b>5:04.64</b>	512
	50m: 30.73	30.73	150m: 1:47.47	40.74	250m: 3:12.38	45.88	350m: 4:31.90	34.06	
	100m: 1:06.73	36.00	200m: 2:26.50	39.03	300m: 3:57.84	45.46	400m: 5:04.64	32.74	
22.	ZARYCHTA, Marcel		03	KS OLIMPIA Lublin				<b>5:05.86</b>	506
	50m: 30.73	30.73	150m: 1:45.21	39.41	250m: 3:10.70	46.63	350m: 4:31.42	34.58	
	100m: 1:05.80	35.07	200m: 2:24.07	38.86	300m: 3:56.84	46.14	400m: 5:05.86	34.44	
23.	JELI SKI, Marcel		03	MUKS PI TNASTKA BYDGOSZCZ				<b>5:07.04</b>	500
	50m: 30.37	30.37	150m: 1:45.53	40.45	250m: 3:11.42	46.32	350m: 4:33.83	34.94	
	100m: 1:05.08	34.71	200m: 2:25.10	39.57	300m: 3:58.89	47.47	400m: 5:07.04	33.21	
24.	JENDRZEJCZYK, Maxim		04	UKS G-8 Bielany Warszawa				<b>5:07.39</b>	499
	50m: 31.59	31.59	150m: 1:51.26	42.63	250m: 3:15.90	43.32	350m: 4:34.99	33.90	
	100m: 1:08.63	37.04	200m: 2:32.58	41.32	300m: 4:01.09	45.19	400m: 5:07.39	32.40	
25.	ZIEMBOWICZ, Franciszek		04	UKS G-8 Bielany Warszawa				<b>5:07.41</b>	499
	50m: 31.99	31.99	150m: 1:51.90	41.80	250m: 3:16.10	43.72	350m: 4:34.13	33.67	
	100m: 1:10.10	38.11	200m: 2:32.38	40.48	300m: 4:00.46	44.36	400m: 5:07.41	33.28	
26.	DOŁOWY, Grzegorz		02	IUKS „Muszelka” Warszawa				<b>5:08.64</b>	493
	50m: 32.80	32.80	150m: 1:48.99	39.87	250m: 3:14.71	47.19	350m: 4:36.22	33.70	
	100m: 1:09.12	36.32	200m: 2:27.52	38.53	300m: 4:02.52	47.81	400m: 5:08.64	32.42	
27.	SOBIECH, Szymon		03	UKS SP-149 Łód				<b>5:09.79</b>	487
	50m: 31.67	31.67	150m: 1:48.41	38.33	250m: 3:11.83	45.20	350m: 4:34.41	35.12	
	100m: 1:10.08	38.41	200m: 2:26.63	38.22	300m: 3:59.29	47.46	400m: 5:09.79	35.38	

ARENA GRAND PRIX PUCHAR POLSKI - FINAŁ  
Warszawa, 12. - 13.5.2018

Konkurencja 2, M czyzn, 400m zmienny, Open

Pozycja					Rok ur.					Czas	Pkt.	
28.	ZUZANIUK, Igor				04	KS OLIMPIA Lublin				<b>5:12.02</b>	477	
	50m:	32.23	32.23	150m:	1:52.35	40.86	250m:	3:14.37	43.05	350m:	4:35.60	36.88
	100m:	1:11.49	39.26	200m:	2:31.32	38.97	300m:	3:58.72	44.35	400m:	5:12.02	36.42
29.	SKIBIAK, Hubert				04	UKS 190 Łódź				<b>5:12.41</b>	475	
	50m:	33.54	33.54	150m:	1:52.20	39.01	250m:	3:17.82	47.61	350m:	4:39.02	33.51
	100m:	1:13.19	39.65	200m:	2:30.21	38.01	300m:	4:05.51	47.69	400m:	5:12.41	33.39
30.	PRZYSTAŁ, Adam				03	UKS G-8 Bielany Warszawa				<b>5:13.64</b>	469	
	50m:	32.35	32.35	150m:	1:52.80	41.97	250m:	3:15.77	42.83	350m:	4:36.96	36.62
	100m:	1:10.83	38.48	200m:	2:32.94	40.14	300m:	4:00.34	44.57	400m:	5:13.64	36.68
31.	LINARD, Bartosz				04	IKS Konstancin				<b>5:14.10</b>	467	
	50m:	32.73	32.73	150m:	1:53.90	41.14	250m:	3:16.37	42.42	350m:	4:38.13	37.84
	100m:	1:12.76	40.03	200m:	2:33.95	40.05	300m:	4:00.29	43.92	400m:	5:14.10	35.97
32.	KALISIAK, Norbert				02	UKS Nawa Skierniewice				<b>5:16.69</b>	456	
	50m:	31.95	31.95	150m:	1:51.59	41.77	250m:	3:19.28	47.42	350m:	4:42.06	36.59
	100m:	1:09.82	37.87	200m:	2:31.86	40.27	300m:	4:05.47	46.19	400m:	5:16.69	34.63
33.	TARASEWICZ, Marcel				04	UKS G-8 Bielany Warszawa				<b>5:18.44</b>	448	
	50m:	34.05	34.05	150m:	1:55.80	42.12	250m:	3:19.44	42.92	350m:	4:41.31	38.57
	100m:	1:13.68	39.63	200m:	2:36.52	40.72	300m:	4:02.74	43.30	400m:	5:18.44	37.13
34.	BEDNAREK, Przemysław				04	IUKS „Muszelka” Warszawa				<b>5:21.52</b>	436	
	50m:	33.10	33.10	150m:	1:52.77	40.96	250m:	3:21.23	48.54	350m:	4:46.63	35.87
	100m:	1:11.81	38.71	200m:	2:32.69	39.92	300m:	4:10.76	49.53	400m:	5:21.52	34.89
35.	CIUBA, Mikołaj				04	UKS G-8 Bielany Warszawa				<b>5:25.66</b>	419	
	50m:	34.65	34.65	150m:	1:56.15	40.56	250m:	3:24.44	47.34	350m:	4:48.69	36.61
	100m:	1:15.59	40.94	200m:	2:37.10	40.95	300m:	4:12.08	47.64	400m:	5:25.66	36.97
36.	LASKI, Filip				04	St. KF KS „Fenix” Oarów Maz				<b>5:26.70</b>	415	
	50m:	32.19	32.19	150m:	1:53.14	42.67	250m:	3:21.25	47.13	350m:	4:49.48	39.88
	100m:	1:10.47	38.28	200m:	2:34.12	40.98	300m:	4:09.60	48.35	400m:	5:26.70	37.22
DYSKW.	CHYCZEWSKI, Oliwier				00	MKP „SŁOWIANKA” Gorzów Wlkp.				<b>4:58.29</b>		
	<i>K14 - Pływak wykonał kopni cie nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie i nawrocie).</i>											
	50m:	29.99	29.99	150m:	1:44.71	39.44	250m:	3:07.37	44.22	350m:	4:25.32	34.90
	100m:	1:05.27	35.28	200m:	2:23.15	38.44	300m:	3:50.42	43.05	400m:	4:58.29	32.97
DYSKW.	MICHALAK, Piotr				03	MKS Ochota Warszawa				<b>5:18.09</b>		
	<i>K15 - Pływak nie dotkn ł ciany dwiema dło mi przy nawrocie lub na zako czenie wy cigu.</i>											
	50m:	31.58	31.58	150m:	1:48.73	41.32	250m:	3:17.04	47.60	350m:	4:41.94	36.55
	100m:	1:07.41	35.83	200m:	2:29.44	40.71	300m:	4:05.39	48.35	400m:	5:18.09	36.15