

Grand Prix Polski w Aquathlonie
Mi sk Mazowiecki, 12.4.2026

Konkurencja 10
12.04.2026

M czyzn, 400m dowolny

18 lat i starsi
Wyniki

Punkty: AQUA 2025

Pozycja			Rok ur.					Czas	Pkt.
1.	SŁUPIK, Tomasz		93	Bez Wstawionej Nazwy Klubu				5:03.07	343
	50m:	33.46 33.46	150m:	1:50.19	39.18	250m:	3:08.48 38.92	350m:	4:26.46 39.01
	100m:	1:11.01 37.55	200m:	2:29.56	39.37	300m:	3:47.45 38.97	400m:	5:03.07 36.61
2.	KALINOWSKI, Piotr		73	Szymanowski Triathlon Team				5:08.98	324
	50m:	35.82 35.82	150m:	1:52.36	38.55	250m:	3:10.76 39.48	350m:	4:30.21 39.58
	100m:	1:13.81 37.99	200m:	2:31.28	38.92	300m:	3:50.63 39.87	400m:	5:08.98 38.77
3.	JANKOWSKI, Paweł		84	@podwyscoach				5:27.00	273
	50m:	34.86 34.86	150m:	1:53.46	39.81	250m:	3:18.32 42.56	350m:	4:44.99 43.49
	100m:	1:13.65 38.79	200m:	2:35.76	42.30	300m:	4:01.50 43.18	400m:	5:27.00 42.01
4.	DZI CIELSKI, Jan		07	Dtz				5:31.21	263
	50m:		150m:			250m:		350m:	
	100m:		200m:			300m:		400m:	5:31.21
5.	WINDERICKX, Gillis		78	KS Barakuda Mi sk Mazowiecki				5:59.14	206
	50m:		150m:			250m:		350m:	
	100m:		200m:			300m:		400m:	5:59.14
6.	MŁODZIKOWSKI, Paweł		87	V-Max Adamów				6:03.14	199
	50m:	36.38 36.38	150m:	2:03.06	45.17	250m:	3:38.54 47.83	350m:	5:15.96 48.24
	100m:	1:17.89 41.51	200m:	2:50.71	47.65	300m:	4:27.72 49.18	400m:	6:03.14 47.18
7.	DZI CIELSKI, Aleksander		05	Dtz				6:30.95	160
	50m:		150m:			250m:		350m:	
	100m:		200m:			300m:		400m:	6:30.95
8.	RUTA, Tomasz		70	Niezrzeszony				7:07.89	122
	50m:	44.18 44.18	150m:	2:26.89	53.11	250m:	4:18.34 56.51	350m:	6:11.58 56.37
	100m:	1:33.78 49.60	200m:	3:21.83	54.94	300m:	5:15.21 56.87	400m:	7:07.89 56.31
9.	KALISIAK, Tomasz		70	TRI Nawa				7:11.77	118
	50m:	47.06 47.06	150m:	2:31.81	54.67	250m:	4:22.25 55.26	350m:	6:16.73 57.71
	100m:	1:37.14 50.08	200m:	3:26.99	55.18	300m:	5:19.02 56.77	400m:	7:11.77 55.04
10.	BUDZISZEWSKI, Piotr		74	Sage Ekspresy Tri Team				7:29.99	104
	50m:	43.05 43.05	150m:	3:27.61	58.45	250m:	6:27.97 59.89	350m:	
	100m:	2:29.16 1:46.11	200m:	5:28.08	2:00.47	300m:		400m:	7:29.99
11.	PACIOREK, Jakub		84	Tri Nawa Skierniewice				7:38.54	99
	50m:	46.54 46.54	150m:	2:35.61	57.02	250m:	4:33.48 58.77	350m:	6:36.94 1:01.41
	100m:	1:38.59 52.05	200m:	3:34.71	59.10	300m:	5:35.53 1:02.05	400m:	7:38.54 1:01.60
12.	DZI CIELSKI, Lukasz		78	Dtz				8:12.89	79
	50m:	44.42 44.42	150m:	2:32.40	57.73	250m:	4:45.84 1:07.36	350m:	7:08.33 1:09.93
	100m:	1:34.67 50.25	200m:	3:38.48	1:06.08	300m:	5:58.40 1:12.56	400m:	8:12.89 1:04.56
13.	FUS, Marcin		73	Mfc Klub				9:47.39	47
	50m:	58.50 58.50	150m:	3:24.51	1:15.36	250m:	5:58.72 1:17.51	350m:	8:31.43 1:16.92
	100m:	2:09.15 1:10.65	200m:	4:41.21	1:16.70	300m:	7:14.51 1:15.79	400m:	9:47.39 1:15.96
14.	KALINOWSKI, Jarosław		85	KS AAF Ostroł ka				10:15.84	40
	50m:	1:01.11 1:01.11	150m:	3:29.03	1:16.76	250m:	6:08.09 1:20.02	350m:	8:54.29 1:24.23
	100m:	2:12.27 1:11.16	200m:	4:48.07	1:19.04	300m:	7:30.06 1:21.97	400m:	10:15.84 1:21.55