



Zimowe Mistrzostwa Polski Juniorów Młodszych 14 lat w pływaniu  
Poznań, 8. - 10.12.2023

Konkurencja 20  
2023.12.09 - 10:06

Chłopców, 400m dowolny

14 lat  
Wyniki Eliminacje

Rekord Polski 14 lat 3:55.30 STAWICKI Mateusz POL Wrocław 2023.10.27

Punkty: FINA 2023

Pozycja			Rok ur.							Czas	Pkt.	
1.	STAWICKI Mateusz		09	UKS „GIM 92 Ursynów”						<b>4:01.28</b>	680	A
	50m:	26.03 26.03	150m:	1:27.04	30.71	250m:	2:29.71	31.33	350m:	3:31.56	30.76	
	100m:	56.33 30.30	200m:	1:58.38	31.34	300m:	3:00.80	31.09	400m:	4:01.28	29.72	
2.	ZIELI SKI Dawid		09	MKP Szczecin						<b>4:09.01</b>	619	A
	50m:	29.04 29.04	150m:	1:32.65	31.99	250m:	2:36.13	31.77	350m:	3:39.20	31.31	
	100m:	1:00.66 31.62	200m:	2:04.36	31.71	300m:	3:07.89	31.76	400m:	4:09.01	29.81	
3.	WÓJCIK Remigiusz		09	KU AZS UMCS Lublin						<b>4:09.51</b>	615	A
	50m:	28.62 28.62	150m:	1:32.01	31.89	250m:	2:36.41	32.40	350m:	3:40.71	32.01	
	100m:	1:00.12 31.50	200m:	2:04.01	32.00	300m:	3:08.70	32.29	400m:	4:09.51	28.80	
4.	JANISZEWSKI Fabian		09	UKS 190 Łódź						<b>4:11.93</b>	598	A
	50m:	29.48 29.48	150m:	1:33.20	32.14	250m:	2:37.00	31.60	350m:	3:41.16	32.27	
	100m:	1:01.06 31.58	200m:	2:05.40	32.20	300m:	3:08.89	31.89	400m:	4:11.93	30.77	
5.	MAJEWSKI Igor		09	UKS Delfin Tamobrzeg						<b>4:13.78</b>	585	A
	50m:	28.63 28.63	150m:	1:32.13	32.16	250m:	2:36.84	32.61	350m:	3:42.28	32.92	
	100m:	59.97 31.34	200m:	2:04.23	32.10	300m:	3:09.36	32.52	400m:	4:13.78	31.50	
6.	DZIEDZIC Michał		09	UKS "ORKA" Luba						<b>4:14.38</b>	580	A
	50m:	28.24 28.24	150m:	1:32.37	32.28	250m:	2:37.10	32.28	350m:	3:42.42	32.54	
	100m:	1:00.09 31.85	200m:	2:04.82	32.45	300m:	3:09.88	32.78	400m:	4:14.38	31.96	
7.	SZEL EK Alan		09	MKP Szczecin						<b>4:14.46</b>	580	A
	50m:	28.85 28.85	150m:	1:33.54	32.61	250m:	2:38.84	32.60	350m:	3:44.44	32.68	
	100m:	1:00.93 32.08	200m:	2:06.24	32.70	300m:	3:11.76	32.92	400m:	4:14.46	30.02	
8.	BLUJ Aleksander		09	UKS „GIM 92 Ursynów”						<b>4:14.55</b>	579	A
	50m:	28.86 28.86	150m:	1:33.56	32.56	250m:	2:39.11	32.58	350m:	3:44.51	32.42	
	100m:	1:01.00 32.14	200m:	2:06.53	32.97	300m:	3:12.09	32.98	400m:	4:14.55	30.04	
9.	NOWACKI Mieszko		09	KU AZS UMCS Lublin						<b>4:16.64</b>	565	A
	50m:	29.06 29.06	150m:	1:33.22	32.24	250m:	2:39.46	33.25	350m:	3:46.15	33.30	
	100m:	1:00.98 31.92	200m:	2:06.21	32.99	300m:	3:12.85	33.39	400m:	4:16.64	30.49	
10.	MARYJOWSKI Marcin		09	WKS I sk						<b>4:16.77</b>	564	A
	50m:	28.35 28.35	150m:	1:32.96	32.51	250m:	2:38.47	32.87	350m:	3:44.97	33.41	
	100m:	1:00.45 32.10	200m:	2:05.60	32.64	300m:	3:11.56	33.09	400m:	4:16.77	31.80	
11.	DOŁOTA Iwo		09	St. KF KS „Fenix” Oarów Mazowiecki						<b>4:17.21</b>	561	B
	50m:	29.20 29.20	150m:	1:34.18	32.61	250m:	2:40.08	32.67	350m:	3:45.95	32.67	
	100m:	1:01.57 32.37	200m:	2:07.41	33.23	300m:	3:13.28	33.20	400m:	4:17.21	31.26	
12.	KORONA Eryk		09	MKP Szczecin						<b>4:17.50</b>	560	B
	50m:	28.85 28.85	150m:	1:33.80	32.79	250m:	2:40.21	33.49	350m:	3:45.96	32.26	
	100m:	1:01.01 32.16	200m:	2:06.72	32.92	300m:	3:13.70	33.49	400m:	4:17.50	31.54	
13.	WŁODARCZYK Michał		09	UKP „Polonia Warszawa”						<b>4:19.71</b>	545	B
	50m:	29.55 29.55	150m:	1:34.54	32.47	250m:	2:41.01	33.40	350m:	3:47.57	33.36	
	100m:	1:02.07 32.52	200m:	2:07.61	33.07	300m:	3:14.21	33.20	400m:	4:19.71	32.14	
14.	MIELCAREK Filip		09	TP Skalar, Słupsk						<b>4:20.21</b>	542	B
	50m:	29.55 29.55	150m:	1:35.70	33.21	250m:	2:42.54	33.62	350m:	3:48.52	32.99	
	100m:	1:02.49 32.94	200m:	2:08.92	33.22	300m:	3:15.53	32.99	400m:	4:20.21	31.69	
15.	JANKIEWICZ Szymon		09	MKP Szczecin						<b>4:21.49</b>	534	B
	50m:	29.23 29.23	150m:	1:34.42	33.21	250m:	2:42.13	34.01	350m:	3:49.74	33.67	
	100m:	1:01.21 31.98	200m:	2:08.12	33.70	300m:	3:16.07	33.94	400m:	4:21.49	31.75	
16.	WIRKO Dominik		09	Akademia Sms Racibórz						<b>4:21.79</b>	532	B
	50m:	29.28 29.28	150m:	1:35.08	33.33	250m:	2:42.38	33.32	350m:	3:49.56	33.05	
	100m:	1:01.75 32.47	200m:	2:09.06	33.98	300m:	3:16.51	34.13	400m:	4:21.79	32.23	
17.	NALEJ Maciej		09	St. Lok. SALOS Cortile Kielce						<b>4:22.84</b>	526	B
	50m:	30.87 30.87	150m:	1:36.91	32.95	250m:	2:43.79	33.38	350m:	3:50.53	33.61	
	100m:	1:03.96 33.09	200m:	2:10.41	33.50	300m:	3:16.92	33.13	400m:	4:22.84	32.31	



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Konkurencja 20, Chłopców, 400m dowolny, Eliminacje, 14 lat

Pozycja					Rok ur.					Czas	Pkt.	
18.	WOJTAL Wiktor				09	UKP Unia O wi cim				<b>4:24.06</b>	519 B	
	50m:	29.98	29.98	150m:	1:36.93	33.73	250m:	2:44.53	34.11	350m:	3:51.40	33.22
	100m:	1:03.20	33.22	200m:	2:10.42	33.49	300m:	3:18.18	33.65	400m:	4:24.06	32.66
19.	CICHO Patryk				09	KS Neptun widnica				<b>4:24.66</b>	515 B	
	50m:	28.65	28.65	150m:	1:33.62	32.97	250m:	2:42.43	34.76	350m:	3:51.03	33.93
	100m:	1:00.65	32.00	200m:	2:07.67	34.05	300m:	3:17.10	34.67	400m:	4:24.66	33.63
20.	NADAJ Filip				09	UKS abianka Gdańsk				<b>4:24.83</b>	514 B	
	50m:	30.17	30.17	150m:	1:36.60	33.35	250m:	2:44.36	33.97	350m:	3:52.51	34.13
	100m:	1:03.25	33.08	200m:	2:10.39	33.79	300m:	3:18.38	34.02	400m:	4:24.83	32.32
21.	RUTKOWSKI Bartosz				09	St. KF KS „Fenix” Oarów Mazowiecki				<b>4:25.59</b>	510 R	
	50m:	30.12	30.12	150m:	1:36.86	33.49	250m:	2:44.48	33.91	350m:	3:52.52	34.07
	100m:	1:03.37	33.25	200m:	2:10.57	33.71	300m:	3:18.45	33.97	400m:	4:25.59	33.07
22.	FRONCZEK Błażej				09	KU AZS UMCS Lublin				<b>4:26.13</b>	507 R	
	50m:	30.21	30.21	150m:	1:38.41	34.40	250m:	2:47.23	34.34	350m:	3:54.41	33.27
	100m:	1:04.01	33.80	200m:	2:12.89	34.48	300m:	3:21.14	33.91	400m:	4:26.13	31.72
23.	SKOCZYŁAS Bartosz				09	KU AZS UMCS Lublin				<b>4:27.46</b>	499	
	50m:	30.01	30.01	150m:	1:38.36	34.40	250m:	2:47.21	34.20	350m:	3:55.23	33.85
	100m:	1:03.96	33.95	200m:	2:13.01	34.65	300m:	3:21.38	34.17	400m:	4:27.46	32.23
24.	GRABI SKI Szymon				09	WKS I sk				<b>4:29.50</b>	488	
	50m:	28.77	28.77	150m:	1:36.37	34.51	250m:	2:46.42	35.16	350m:	3:55.90	34.57
	100m:	1:01.86	33.09	200m:	2:11.26	34.89	300m:	3:21.33	34.91	400m:	4:29.50	33.60
25.	MICHALSKI Maksymilian				09	MUKS "Piłastka"				<b>4:30.28</b>	484	
	50m:	30.04	30.04	150m:	1:39.43	34.72	250m:	2:48.93	34.71	350m:	3:57.25	33.83
	100m:	1:04.71	34.67	200m:	2:14.22	34.79	300m:	3:23.42	34.49	400m:	4:30.28	33.03
26.	ROZUMEK Jan				09	Stowarzyszenie Solne Miasto Wieliczka				<b>4:32.14</b>	474	
	50m:	30.52	30.52	150m:	1:39.39	34.75	250m:	2:48.76	34.36	350m:	3:58.72	34.77
	100m:	1:04.64	34.12	200m:	2:14.40	35.01	300m:	3:23.95	35.19	400m:	4:32.14	33.42
27.	WOJTKOWIAK Wiktor				09	KS Posenania Poznań				<b>4:32.80</b>	470	
	50m:	28.63	28.63	150m:	1:38.83	35.47	250m:	2:50.35	35.88	350m:	4:01.20	35.08
	100m:	1:03.36	34.73	200m:	2:14.47	35.64	300m:	3:26.12	35.77	400m:	4:32.80	31.60
28.	PALUSZKIEWICZ Jan				09	UPKS Wodnik Rawicz				<b>4:32.95</b>	470	
	50m:	30.14	30.14	150m:	1:37.99	34.31	250m:	2:47.28	34.72	350m:	3:58.67	35.99
	100m:	1:03.68	33.54	200m:	2:12.56	34.57	300m:	3:22.68	35.40	400m:	4:32.95	34.28
29.	MIZGALSKI Kacper				09	KS Posenania Poznań				<b>4:33.34</b>	468	
	50m:	30.46	30.46	150m:	1:39.31	34.53	250m:	2:49.87	35.26	350m:	3:59.84	34.45
	100m:	1:04.78	34.32	200m:	2:14.61	35.30	300m:	3:25.39	35.52	400m:	4:33.34	33.50
30.	BINEK Bartosz				09	Kaliski KS „Włókniarz” 1925 Kalisz				<b>4:33.38</b>	467	
	50m:	30.02	30.02	150m:	1:38.96	34.85	250m:	2:50.24	36.05	350m:	4:01.54	35.06
	100m:	1:04.11	34.09	200m:	2:14.19	35.23	300m:	3:26.48	36.24	400m:	4:33.38	31.84
31.	KOCIOŁEK Leon				09	UKS NIKA Sport Team Kraków				<b>4:34.09</b>	464	
	50m:	31.30	31.30	150m:	1:40.29	34.77	250m:	2:50.94	35.60	350m:	4:01.18	34.50
	100m:	1:05.52	34.22	200m:	2:15.34	35.05	300m:	3:26.68	35.74	400m:	4:34.09	32.91
32.	KOMAR Mateusz				09	TP Skalar, Słupsk				<b>4:34.66</b>	461	
	50m:	30.89	30.89	150m:	1:40.90	35.39	250m:	2:52.46	35.63	350m:	4:03.07	34.03
	100m:	1:05.51	34.62	200m:	2:16.83	35.93	300m:	3:29.04	36.58	400m:	4:34.66	31.59
33.	WRZEŃNIAK Oskar				09	Stowarzyszenie Solne Miasto Wieliczka				<b>4:35.21</b>	458	
	50m:	30.86	30.86	150m:	1:41.00	35.55	250m:	2:52.57	35.80	350m:	4:02.82	34.88
	100m:	1:05.45	34.59	200m:	2:16.77	35.77	300m:	3:27.94	35.37	400m:	4:35.21	32.39
34.	ZABROCKI Mikołaj				09	UKS G-8 Bielany Warszawa				<b>4:35.57</b>	456	
	50m:	29.78	29.78	150m:	1:38.51	35.15	250m:	2:49.53	35.56	350m:	4:00.77	35.58
	100m:	1:03.36	33.58	200m:	2:13.97	35.46	300m:	3:25.19	35.66	400m:	4:35.57	34.80
35.	TKACZYK Kajetan				09	UKP Unia O wi cim				<b>4:35.60</b>	456	
	50m:	32.08	32.08	150m:	1:41.88	35.15	250m:	2:52.59	35.07	350m:	4:02.56	34.99
	100m:	1:06.73	34.65	200m:	2:17.52	35.64	300m:	3:27.57	34.98	400m:	4:35.60	33.04



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Konkurencja 20, Chłopców, 400m dowolny, Eliminacje, 14 lat

Pozycja					Rok ur.					Czas	Pkt.	
36.	SAPKOWSKI Michał				09	Mi dzyszkolny UKS „Olimpijczyk” Suwałki				<b>4:36.44</b>	452	
	50m:	30.05	30.05	150m:	1:38.93	34.62	250m:	2:50.16	35.76	350m:	4:02.65	36.69
	100m:	1:04.31	34.26	200m:	2:14.40	35.47	300m:	3:25.96	35.80	400m:	4:36.44	33.79
37.	K PI SKI Rafał				09	KS KSZO Ostrowiec w.				<b>4:37.69</b>	446	
	50m:	31.98	31.98	150m:	1:41.15	34.74	250m:	2:51.78	35.55	350m:	4:03.43	36.09
	100m:	1:06.41	34.43	200m:	2:16.23	35.08	300m:	3:27.34	35.56	400m:	4:37.69	34.26
38.	WIERZCHOWSKI Patryk				09	MKP Szczecin				<b>4:41.16</b>	430	
	50m:	30.92	30.92	150m:	1:41.79	35.92	250m:	2:53.41	35.86	350m:	4:06.28	36.20
	100m:	1:05.87	34.95	200m:	2:17.55	35.76	300m:	3:30.08	36.67	400m:	4:41.16	34.88
39.	CIOŁEK Dawid				09	UKS 48 Warszawa różnie cie				<b>4:41.28</b>	429	
	50m:	31.20	31.20	150m:	1:41.31	35.55	250m:	2:53.53	36.18	350m:	4:06.50	36.49
	100m:	1:05.76	34.56	200m:	2:17.35	36.04	300m:	3:30.01	36.48	400m:	4:41.28	34.78
40.	PALKIJ Filip				09	KS „Górnik” Sosnowiec				<b>4:42.72</b>	423	
	50m:	31.74	31.74	150m:	1:42.40	35.64	250m:	2:55.25	36.55	350m:	4:08.43	36.43
	100m:	1:06.76	35.02	200m:	2:18.70	36.30	300m:	3:32.00	36.75	400m:	4:42.72	34.29
41.	BZOWSKI Dawid				09	UKS „Huragan” przy SP nr 45 w Sosnowcu				<b>4:43.24</b>	420	
	50m:	31.08	31.08	150m:	1:42.25	36.50	250m:	2:55.32	36.63	350m:	4:07.87	36.37
	100m:	1:05.75	34.67	200m:	2:18.69	36.44	300m:	3:31.50	36.18	400m:	4:43.24	35.37
42.	BIAŁEK Kacper				09	UKS oliborz				<b>4:43.52</b>	419	
	50m:	30.01	30.01	150m:	1:40.41	35.85	250m:	2:53.89	36.91	350m:	4:08.59	37.58
	100m:	1:04.56	34.55	200m:	2:16.98	36.57	300m:	3:31.01	37.12	400m:	4:43.52	34.93
43.	ŁANKIEWICZ Odyseas				09	UKS „MANTA” Kochłowice Ruda I sk				<b>4:48.86</b>	396	
	50m:	32.22	32.22	150m:	1:44.89	36.78	250m:	2:58.76	36.97	350m:	4:12.01	37.14
	100m:	1:08.11	35.89	200m:	2:21.79	36.90	300m:	3:34.87	36.11	400m:	4:48.86	36.85
44.	ROGÓ -ADAMCZYK Natan				09	MKS „Astoria” Bydgoszcz				<b>4:49.39</b>	394	
	50m:	30.54	30.54	150m:	1:42.33	36.05	250m:	2:55.92	37.24	350m:	4:11.65	38.45
	100m:	1:06.28	35.74	200m:	2:18.68	36.35	300m:	3:33.20	37.28	400m:	4:49.39	37.74
45.	OLSZYCA Igor				09	UKS G-8 Bielany Warszawa				<b>4:50.88</b>	388	
	50m:	31.66	31.66	150m:	1:45.17	37.04	250m:	3:00.01	37.47	350m:	4:15.25	38.01
	100m:	1:08.13	36.47	200m:	2:22.54	37.37	300m:	3:37.24	37.23	400m:	4:50.88	35.63
46.	SZYMA SKI Karol				09	UKS „Huragan” przy SP nr 45 w Sosnowcu				<b>4:54.44</b>	374	
	50m:	32.29	32.29	150m:	1:45.55	37.05	250m:	3:01.16	37.98	350m:	4:17.51	38.61
	100m:	1:08.50	36.21	200m:	2:23.18	37.63	300m:	3:38.90	37.74	400m:	4:54.44	36.93
47.	ACZEK Gabriel				09	KS Barakuda Mi sk Mazowiecki				<b>4:54.51</b>	374	
	50m:	31.66	31.66	150m:	1:42.90	36.53	250m:	2:58.96	38.26	350m:	4:17.92	39.87
	100m:	1:06.37	34.71	200m:	2:20.70	37.80	300m:	3:38.05	39.09	400m:	4:54.51	36.59
48.	WÓJCICKI Bartosz				09	UKS „MANTA” Kochłowice Ruda I sk				<b>4:54.63</b>	373	
	50m:	32.78	32.78	150m:	1:47.10	37.67	250m:	3:03.46	38.20	350m:	4:19.47	37.18
	100m:	1:09.43	36.65	200m:	2:25.26	38.16	300m:	3:42.29	38.83	400m:	4:54.63	35.16
49.	SPADŁO Krzysztof				09	UKS „Huragan” przy SP nr 45 w Sosnowcu				<b>5:00.08</b>	353	
	50m:	32.64	32.64	150m:	1:50.57	39.88	250m:	3:08.70	39.93	350m:	4:24.40	37.46
	100m:	1:10.69	38.05	200m:	2:28.77	38.20	300m:	3:46.94	38.24	400m:	5:00.08	35.68
50.	DOMA SKI Franciszek				09	MKS Piaseczno				<b>5:01.10</b>	350	
	50m:	31.95	31.95	150m:	1:48.57	39.31	250m:	3:06.27	39.25	350m:	4:24.00	39.09
	100m:	1:09.26	37.31	200m:	2:27.02	38.45	300m:	3:44.91	38.64	400m:	5:01.10	37.10
51.	BINIEK Aleksander				09	Kaliski KS „Włókniarz” 1925 Kalisz				<b>5:06.35</b>	332	
	50m:	32.27	32.27	150m:	1:47.56	38.72	250m:	3:09.74	41.67	350m:	4:28.78	39.94
	100m:	1:08.84	36.57	200m:	2:28.07	40.51	300m:	3:48.84	39.10	400m:	5:06.35	37.57
52.	WIERC I SKI Jakub				09	Mokotowski UKP Warszawianka- Wodny				<b>5:13.07</b>	311	
	50m:	35.31	35.31	150m:	1:54.07	39.88	250m:	3:14.60	40.78	350m:	4:35.40	40.18
	100m:	1:14.19	38.88	200m:	2:33.82	39.75	300m:	3:55.22	40.62	400m:	5:13.07	37.67
53.	MARSZCZYK Daniel				09	MOSM Tychy				<b>5:16.44</b>	301	
	50m:	32.36	32.36	150m:	1:52.26	40.95	250m:	3:15.63	42.13	350m:	4:38.65	41.29
	100m:	1:11.31	38.95	200m:	2:33.50	41.24	300m:	3:57.36	41.73	400m:	5:16.44	37.79