



Ministerstwo  
Sportu i Turystyki



Mistrzostwa Polski w pływaniu w kat. Open, Młodzie owców 19-23 lat, Juniorów 17-18 lat  
Bydgoszcz, 19-22.12.2024

Konkurencja 22  
2024-12-20

M cyczn, 400m zmienny

Open  
Wyniki Finał

Rekord Polski 4:03.20 WOJT Lukasz POL Berlin (GER) 2009-11-14

Punkty: AQUA 2024

Pozycja			Rok ur.					Czas	Pkt.
<b>Finał A</b>									
1.	<b>CHMIELEWSKI Krzysztof</b>		<b>04</b>	<b>IUKS MUSZELKA Warszawa</b>				<b>4:07.50</b>	<b>853</b>
	25m:	11.59 11.59	125m:	1:10.30	16.01	225m:	2:14.09 18.21	325m:	3:24.77 15.30
	50m:	25.35 13.76	150m:	1:25.55	15.25	250m:	2:32.30 18.21	350m:	3:39.03 14.26
	75m:	39.64 14.29	175m:	1:40.72	15.17	275m:	2:50.78 18.48	375m:	3:53.53 14.50
	100m:	54.29 14.65	200m:	1:55.88	15.16	300m:	3:09.47 18.69	400m:	4:07.50 13.97
2.	<b>SUCHA SKI Filip</b>		<b>05</b>	<b>UKS 51 Lublin</b>				<b>4:13.22</b>	<b>797</b>
	25m:	11.96 11.96	125m:	1:13.11	16.21	225m:	2:18.48 19.32	325m:	3:29.58 15.23
	50m:	26.30 14.34	150m:	1:28.40	15.29	250m:	2:37.27 18.79	350m:	3:44.00 14.42
	75m:	41.29 14.99	175m:	1:43.94	15.54	275m:	2:55.73 18.46	375m:	3:58.82 14.82
	100m:	56.90 15.61	200m:	1:59.16	15.22	300m:	3:14.35 18.62	400m:	4:13.22 14.40
3.	<b>POPIEL Mikołaj</b>		<b>06</b>	<b>KU AZS UMCS Lublin</b>				<b>4:14.42</b>	<b>786</b>
	25m:	11.87 11.87	125m:	1:13.93	16.51	225m:	2:20.47 18.82	325m:	3:31.63 15.04
	50m:	26.62 14.75	150m:	1:29.80	15.87	250m:	2:39.18 18.71	350m:	3:46.24 14.61
	75m:	41.81 15.19	175m:	1:45.83	16.03	275m:	2:57.84 18.66	375m:	4:00.67 14.43
	100m:	57.42 15.61	200m:	2:01.65	15.82	300m:	3:16.59 18.75	400m:	4:14.42 13.75
4.	<b>PIELA Michał</b>		<b>04</b>	<b>UKP UNIA O wi cim</b>				<b>4:14.75</b>	<b>783</b>
	25m:	12.17 12.17	125m:	1:14.57	16.98	225m:	2:21.66 17.83	325m:	3:32.14 15.30
	50m:	26.67 14.50	150m:	1:30.91	16.34	250m:	2:39.73 18.07	350m:	3:46.94 14.80
	75m:	42.05 15.38	175m:	1:47.46	16.55	275m:	2:58.12 18.39	375m:	4:01.41 14.47
	100m:	57.59 15.54	200m:	2:03.83	16.37	300m:	3:16.84 18.72	400m:	4:14.75 13.34
5.	<b>MRÓZ Adam</b>		<b>03</b>	<b>KU AZS UMCS Lublin</b>				<b>4:17.31</b>	<b>759</b>
	25m:	12.53 12.53	125m:	1:15.55	16.70	225m:	2:23.45 17.74	325m:	3:33.61 15.62
	50m:	27.54 15.01	150m:	1:31.85	16.30	250m:	2:41.63 18.18	350m:	3:48.92 15.31
	75m:	42.96 15.42	175m:	1:48.76	16.91	275m:	2:59.64 18.01	375m:	4:03.35 14.43
	100m:	58.85 15.89	200m:	2:05.71	16.95	300m:	3:17.99 18.35	400m:	4:17.31 13.96
6.	<b>MIŁKOWSKI Mikołaj</b>		<b>07</b>	<b>AZS AWF Warszawa</b>				<b>4:17.40</b>	<b>759</b>
	25m:	12.55 12.55	125m:	1:14.52	16.21	225m:	2:20.78 18.67	325m:	3:32.98 15.39
	50m:	27.41 14.86	150m:	1:30.25	15.73	250m:	2:39.49 18.71	350m:	3:47.83 14.85
	75m:	42.74 15.33	175m:	1:46.33	16.08	275m:	2:58.36 18.87	375m:	4:02.88 15.05
	100m:	58.31 15.57	200m:	2:02.11	15.78	300m:	3:17.59 19.23	400m:	4:17.40 14.52
7.	<b>MAJOR Erik</b>		<b>07</b>	<b>MKS Park Wodny Tarnowskie Góry</b>				<b>4:19.91</b>	<b>737</b>
	25m:	12.18 12.18	125m:	1:16.16	17.39	225m:	2:24.53 18.00	325m:	3:36.51 15.37
	50m:	27.29 15.11	150m:	1:32.83	16.67	250m:	2:42.90 18.37	350m:	3:51.13 14.62
	75m:	42.84 15.55	175m:	1:49.62	16.79	275m:	3:02.06 19.16	375m:	4:05.76 14.63
	100m:	58.77 15.93	200m:	2:06.53	16.91	300m:	3:21.14 19.08	400m:	4:19.91 14.15
8.	<b>KRY Radosław</b>		<b>07</b>	<b>MKP Szczecin</b>				<b>4:23.57</b>	<b>707</b>
	25m:	12.58 12.58	125m:	1:15.99	16.59	225m:	2:24.28 18.93	325m:	3:37.67 15.68
	50m:	27.81 15.23	150m:	1:32.47	16.48	250m:	2:43.48 19.20	350m:	3:52.98 15.31
	75m:	43.46 15.65	175m:	1:49.11	16.64	275m:	3:02.64 19.16	375m:	4:08.47 15.49
	100m:	59.40 15.94	200m:	2:05.35	16.24	300m:	3:21.99 19.35	400m:	4:23.57 15.10
9.	<b>WI NIEWSKI Wiktor</b>		<b>07</b>	<b>UKP UNIA O wi cim</b>				<b>4:24.13</b>	<b>702</b>
	25m:	12.51 12.51	125m:	1:17.78	18.27	225m:	2:28.30 18.24	325m:	3:38.85 15.91
	50m:	27.75 15.24	150m:	1:35.23	17.45	250m:	2:46.27 17.97	350m:	3:54.16 15.31
	75m:	43.50 15.75	175m:	1:52.62	17.39	275m:	3:04.56 18.29	375m:	4:09.44 15.28
	100m:	59.51 16.01	200m:	2:10.06	17.44	300m:	3:22.94 18.38	400m:	4:24.13 14.69
10.	<b>OŁOWNIA Ignacy</b>		<b>07</b>	<b>KS DELFIN Gdynia</b>				<b>4:26.38</b>	<b>684</b>
	25m:	12.40 12.40	125m:	1:16.42	17.37	225m:	2:25.99 19.67	325m:	3:40.75 16.34
	50m:	27.30 14.90	150m:	1:33.10	16.68	250m:	2:45.13 19.14	350m:	3:56.11 15.36
	75m:	42.99 15.69	175m:	1:49.81	16.71	275m:	3:04.66 19.53	375m:	4:11.59 15.48
	100m:	59.05 16.06	200m:	2:06.32	16.51	300m:	3:24.41 19.75	400m:	4:26.38 14.79

Mistrzostwa Polski w pływaniu w kat. Open, Młodzieowców 19-23 lat, Juniorów 17-18 lat  
Bydgoszcz, 19-22.12.2024

## Konkurencja 22, M czyzn, 400m zmienny, Finał, Open

Pozycja			Rok ur.					Czas	Pkt.
Finał B									
11.	CHMIELEWSKI Michał		04	IUKS MUSZELKA Warszawa				<b>4:19.81</b>	738
	25m: 11.70 11.70	125m: 1:10.63		16.47	225m: 2:18.54	20.41	325m: 3:34.66	15.83	
	50m: 25.25 13.55	150m: 1:26.31		15.68	250m: 2:38.58	20.04	350m: 3:50.02	15.36	
	75m: 39.45 14.20	175m: 1:42.32		16.01	275m: 2:58.67	20.09	375m: 4:05.12	15.10	
	100m: 54.16 14.71	200m: 1:58.13		15.81	300m: 3:18.83	20.16	400m: 4:19.81	14.69	
12.	KAPAŁA Bartosz		06	MTP KORMORAN Olsztyn				<b>4:21.21</b>	726
	25m: 13.07 13.07	125m: 1:17.82		17.60	225m: 2:25.93	18.41	325m: 3:37.31	15.40	
	50m: 28.23 15.16	150m: 1:34.44		16.62	250m: 2:44.38	18.45	350m: 3:52.05	14.74	
	75m: 44.04 15.81	175m: 1:51.04		16.60	275m: 3:03.04	18.66	375m: 4:06.81	14.76	
	100m: 1:00.22 16.18	200m: 2:07.52		16.48	300m: 3:21.91	18.87	400m: 4:21.21	14.40	
13.	NOWACKI Błażej		05	KU AZS UMCS Lublin				<b>4:26.91</b>	680
	25m: 11.78 11.78	125m: 1:14.79		18.09	225m: 2:25.90	18.43	325m: 3:39.71	16.68	
	50m: 26.08 14.30	150m: 1:32.23		17.44	250m: 2:44.30	18.40	350m: 3:55.78	16.07	
	75m: 41.01 14.93	175m: 1:49.85		17.62	275m: 3:03.51	19.21	375m: 4:12.01	16.23	
	100m: 56.70 15.69	200m: 2:07.47		17.62	300m: 3:23.03	19.52	400m: 4:26.91	14.90	
14.	TARCZY SKI Bartosz		07	UKS 190 Łódź				<b>4:27.09</b>	679
	25m: 12.41 12.41	125m: 1:18.85		18.55	225m: 2:27.97	18.29	325m: 3:40.25	16.70	
	50m: 27.62 15.21	150m: 1:36.13		17.28	250m: 2:46.44	18.47	350m: 3:56.19	15.94	
	75m: 44.04 16.42	175m: 1:53.27		17.14	275m: 3:04.99	18.55	375m: 4:12.06	15.87	
	100m: 1:00.30 16.26	200m: 2:09.68		16.41	300m: 3:23.55	18.56	400m: 4:27.09	15.03	
15.	PORWIK Kacper		06	UKP UNIA Owi cim				<b>4:28.94</b>	665
	25m: 12.81 12.81	125m: 1:20.26		18.38	225m: 2:30.82	18.31	325m: 3:43.03	16.16	
	50m: 28.59 15.78	150m: 1:37.75		17.49	250m: 2:49.07	18.25	350m: 3:58.60	15.57	
	75m: 45.03 16.44	175m: 1:55.36		17.61	275m: 3:07.74	18.67	375m: 4:14.14	15.54	
	100m: 1:01.88 16.85	200m: 2:12.51		17.15	300m: 3:26.87	19.13	400m: 4:28.94	14.80	
16.	OKO Jakub		07	MKS JUVENIA Wrocław				<b>4:31.21</b>	648
	25m: 12.34 12.34	125m: 1:17.77		17.83	225m: 2:29.66	19.80	325m: 3:45.22	15.90	
	50m: 27.49 15.15	150m: 1:34.93		17.16	250m: 2:49.37	19.71	350m: 4:00.48	15.26	
	75m: 43.39 15.90	175m: 1:52.37		17.44	275m: 3:09.17	19.80	375m: 4:15.90	15.42	
	100m: 59.94 16.55	200m: 2:09.86		17.49	300m: 3:29.32	20.15	400m: 4:31.21	15.31	
17.	HALKIEWICZ Maciej		08	UKS OMEGA Oikusz				<b>4:32.81</b>	637
	25m: 12.50 12.50	125m: 1:18.23		17.56	225m: 2:28.97	19.71	325m: 3:45.84	16.03	
	50m: 27.99 15.49	150m: 1:35.28		17.05	250m: 2:49.26	20.29	350m: 4:01.69	15.85	
	75m: 44.22 16.23	175m: 1:52.31		17.03	275m: 3:09.14	19.88	375m: 4:17.68	15.99	
	100m: 1:00.67 16.45	200m: 2:09.26		16.95	300m: 3:29.81	20.67	400m: 4:32.81	15.13	
18.	BORUSZEWSKI Filip		07	UKS SP-149 Łódź				<b>4:39.86</b>	590
	25m: 12.91 12.91	125m: 1:20.88		19.11	225m: 2:34.70	19.37	325m: 3:50.79	17.01	
	50m: 28.42 15.51	150m: 1:38.74		17.86	250m: 2:54.20	19.50	350m: 4:07.43	16.64	
	75m: 44.96 16.54	175m: 1:57.07		18.33	275m: 3:13.65	19.45	375m: 4:24.07	16.64	
	100m: 1:01.77 16.81	200m: 2:15.33		18.26	300m: 3:33.78	20.13	400m: 4:39.86	15.79	
19.	ZAWADZKI Jakub		06	UKS RUCH Grudzi dz				<b>4:40.25</b>	588
	25m: 13.06 13.06	125m: 1:20.53		18.09	225m: 2:33.04	19.61	325m: 3:51.26	17.25	
	50m: 28.98 15.92	150m: 1:37.83		17.30	250m: 2:53.11	20.07	350m: 4:07.63	16.37	
	75m: 45.44 16.46	175m: 1:55.45		17.62	275m: 3:13.41	20.30	375m: 4:24.42	16.79	
	100m: 1:02.44 17.00	200m: 2:13.43		17.98	300m: 3:34.01	20.60	400m: 4:40.25	15.83	
20.	MURAS Szymon		06	MKS IKAR Stal Mielec				<b>4:44.62</b>	561
	25m: 12.62 12.62	125m: 1:21.97		19.27	225m: 2:36.52	19.46	325m: 3:53.65	17.64	
	50m: 28.36 15.74	150m: 1:40.27		18.30	250m: 2:56.35	19.83	350m: 4:11.26	17.61	
	75m: 44.90 16.54	175m: 1:58.89		18.62	275m: 3:16.21	19.86	375m: 4:28.31	17.05	
	100m: 1:02.70 17.80	200m: 2:17.06		18.17	300m: 3:36.01	19.80	400m: 4:44.62	16.31	
Finał C									
21.	KOZŁOWSKI Julian		07	MKS ASTORIA Bydgoszcz				<b>4:37.20</b>	607
	25m: 13.37 13.37	125m: 1:21.54		18.36	225m: 2:34.79	18.76	325m: 3:49.86	16.92	
	50m: 29.31 15.94	150m: 1:39.77		18.23	250m: 2:53.94	19.15	350m: 4:05.94	16.08	
	75m: 46.06 16.75	175m: 1:57.91		18.14	275m: 3:13.23	19.29	375m: 4:21.99	16.05	
	100m: 1:03.18 17.12	200m: 2:16.03		18.12	300m: 3:32.94	19.71	400m: 4:37.20	15.21	

Mistrzostwa Polski w pływaniu w kat. Open, Młodzieowców 19-23 lat, Juniorów 17-18 lat  
Bydgoszcz, 19-22.12.2024

## Konkurencja 22, Mężczyzn, 400m zmienny, Finał, Open

Pozycja			Rok ur.					Czas	Pkt.		
22.	GŁOWACKI Sebastian		07	UKS NAWA Skierniewice				<b>4:43.56</b>	567		
	25m:	14.02 14.02	125m:	1:24.54	18.51	225m:	2:37.73	18.61	325m:	3:53.29	18.15
	50m:	31.00 16.98	150m:	1:42.62	18.08	250m:	2:56.10	18.37	350m:	4:09.82	16.53
	75m:	48.34 17.34	175m:	2:00.83	18.21	275m:	3:15.45	19.35	375m:	4:27.25	17.43
	100m:	1:06.03 17.69	200m:	2:19.12	18.29	300m:	3:35.14	19.69	400m:	4:43.56	16.31
23.	KOWALEWSKI Mateusz		06	MKS JEDYNKA Łódź				<b>4:47.91</b>	542		
	25m:	13.06 13.06	125m:	1:21.76	19.19	225m:	2:38.62	19.92	325m:	3:57.43	18.69
	50m:	28.76 15.70	150m:	1:40.80	19.04	250m:	2:58.43	19.81	350m:	4:14.88	17.45
	75m:	45.63 16.87	175m:	1:59.87	19.07	275m:	3:18.38	19.95	375m:	4:32.00	17.12
	100m:	1:02.57 16.94	200m:	2:18.70	18.83	300m:	3:38.74	20.36	400m:	4:47.91	15.91
24.	CZY Adam		06	SIEMACHA Kraków				<b>4:48.02</b>	541		
	25m:	12.91 12.91	125m:	1:21.61	18.72	225m:	2:36.81	20.60	325m:	3:57.08	17.49
	50m:	28.52 15.61	150m:	1:39.85	18.24	250m:	2:57.27	20.46	350m:	4:14.28	17.20
	75m:	45.46 16.94	175m:	1:58.24	18.39	275m:	3:18.54	21.27	375m:	4:31.75	17.47
	100m:	1:02.89 17.43	200m:	2:16.21	17.97	300m:	3:39.59	21.05	400m:	4:48.02	16.27
25.	PRZYSTAŁ Antonio		07	Stow. Solne Miasto Wieliczka				<b>4:53.79</b>	510		
	25m:	13.44 13.44	125m:	1:24.37	19.67	225m:	2:42.19	21.01	325m:	4:02.63	18.04
	50m:	29.65 16.21	150m:	1:43.27	18.90	250m:	3:02.63	20.44	350m:	4:19.77	17.14
	75m:	46.83 17.18	175m:	2:02.35	19.08	275m:	3:23.67	21.04	375m:	4:37.23	17.46
	100m:	1:04.70 17.87	200m:	2:21.18	18.83	300m:	3:44.59	20.92	400m:	4:53.79	16.56
26.	OBŁUSKI Aleksander		07	Mokotowski UKP Warszawianka-Wodny				<b>4:55.50</b>	501		
	25m:	13.78 13.78	125m:	1:25.70	19.77	225m:	2:44.11	22.09	325m:	4:06.01	17.89
	50m:	29.94 16.16	150m:	1:44.70	19.00	250m:	3:05.48	21.37	350m:	4:22.94	16.93
	75m:	47.68 17.74	175m:	2:03.41	18.71	275m:	3:26.59	21.11	375m:	4:39.59	16.65
	100m:	1:05.93 18.25	200m:	2:22.02	18.61	300m:	3:48.12	21.53	400m:	4:55.50	15.91