

Mistrzostwa Polski w pływaniu w kat. Open, Młodzie owców 19-23 lat, Juniorów 17-18 lat  
Bydgoszcz, 19-22.12.2024Konkurencja 33  
2024-12-21

M cyczn, 400m dowolny

Open  
Wyniki Finał

Rekord Polski 3:37.57 WOJDAK Wojciech 01006 Netanya (ISR) 2015-12-02

Punkty: AQUA 2024

Pozycja			Rok ur.			Czas	Pkt.	
<b>Finał A</b>								
1.	SIERADZKI Kamil		02	AZS AWF Katowice		<b>3:42.99</b>	862	
	25m:	11.79 11.79	125m:	1:08.16 14.39	225m:	2:06.19 14.44	325m:	3:02.68 14.14
	50m:	25.57 13.78	150m:	1:22.52 14.36	250m:	2:20.40 14.21	350m:	3:16.72 14.04
	75m:	39.66 14.09	175m:	1:37.13 14.61	275m:	2:34.42 14.02	375m:	3:30.18 13.46
	100m:	53.77 14.11	200m:	1:51.75 14.62	300m:	2:48.54 14.12	400m:	3:42.99 12.81
2.	CHMIELEWSKI Krzysztof		04	IUKS MUSZELKA Warszawa		<b>3:43.88</b>	852	
	25m:	11.96 11.96	125m:	1:08.13 14.33	225m:	2:05.92 14.25	325m:	3:02.92 14.27
	50m:	25.56 13.60	150m:	1:22.59 14.46	250m:	2:20.10 14.18	350m:	3:17.11 14.19
	75m:	39.51 13.95	175m:	1:37.08 14.49	275m:	2:34.34 14.24	375m:	3:30.93 13.82
	100m:	53.80 14.29	200m:	1:51.67 14.59	300m:	2:48.65 14.31	400m:	3:43.88 12.95
3.	FILIPIAK Mikołaj		06	KS BARRAKUDA Gda sk		<b>3:43.90</b>	851	
	25m:	11.96 11.96	125m:	1:08.08 14.42	225m:	2:06.23 14.28	325m:	3:03.45 14.03
	50m:	25.45 13.49	150m:	1:22.48 14.40	250m:	2:20.62 14.39	350m:	3:17.05 13.60
	75m:	39.49 14.04	175m:	1:37.19 14.71	275m:	2:35.01 14.39	375m:	3:30.85 13.80
	100m:	53.66 14.17	200m:	1:51.95 14.76	300m:	2:49.42 14.41	400m:	3:43.90 13.05
4.	HEBEL Maciej		05	AZS AWF Katowice		<b>3:49.27</b>	793	
	25m:	12.25 12.25	125m:	1:08.55 14.33	225m:	2:06.58 14.51	325m:	3:05.11 14.85
	50m:	25.84 13.59	150m:	1:22.97 14.42	250m:	2:21.04 14.46	350m:	3:20.02 14.91
	75m:	40.12 14.28	175m:	1:37.47 14.50	275m:	2:35.59 14.55	375m:	3:34.95 14.93
	100m:	54.22 14.10	200m:	1:52.07 14.60	300m:	2:50.26 14.67	400m:	3:49.27 14.32
5.	MAJOR Erik		07	MKS Park Wodny Tarnowskie Góry		<b>3:50.45</b>	781	
	25m:	12.38 12.38	125m:	1:09.36 14.42	225m:	2:08.43 14.84	325m:	3:07.83 14.85
	50m:	26.23 13.85	150m:	1:23.95 14.59	250m:	2:23.22 14.79	350m:	3:22.66 14.83
	75m:	40.43 14.20	175m:	1:38.74 14.79	275m:	2:38.12 14.90	375m:	3:36.98 14.32
	100m:	54.94 14.51	200m:	1:53.59 14.85	300m:	2:52.98 14.86	400m:	3:50.45 13.47
6.	CHMIELEWSKI Michał		04	IUKS MUSZELKA Warszawa		<b>3:51.28</b>	772	
	25m:	11.89 11.89	125m:	1:08.38 14.20	225m:	2:06.83 14.67	325m:	3:06.37 15.10
	50m:	25.71 13.82	150m:	1:22.77 14.39	250m:	2:21.59 14.76	350m:	3:21.42 15.05
	75m:	39.91 14.20	175m:	1:37.40 14.63	275m:	2:36.19 14.60	375m:	3:36.74 15.32
	100m:	54.18 14.27	200m:	1:52.16 14.76	300m:	2:51.27 15.08	400m:	3:51.28 14.54
7.	STANISZEWSKI Bartosz		05	MKP Szczecin		<b>3:54.06</b>	745	
	25m:	12.33 12.33	125m:	1:10.66 15.02	225m:	2:10.71 15.27	325m:	3:10.92 14.98
	50m:	26.31 13.98	150m:	1:25.56 14.90	250m:	2:25.71 15.00	350m:	3:25.95 15.03
	75m:	40.87 14.56	175m:	1:40.55 14.99	275m:	2:40.94 15.23	375m:	3:40.57 14.62
	100m:	55.64 14.77	200m:	1:55.44 14.89	300m:	2:55.94 15.00	400m:	3:54.06 13.49
8.	LITOBORSKI Mikołaj		08	O AZS w Poznaniu		<b>3:54.58</b>	740	
	25m:	12.49 12.49	125m:	1:10.82 15.12	225m:	2:10.81 15.02	325m:	3:10.97 15.10
	50m:	26.34 13.85	150m:	1:25.71 14.89	250m:	2:25.79 14.98	350m:	3:25.95 14.98
	75m:	40.79 14.45	175m:	1:40.70 14.99	275m:	2:40.84 15.05	375m:	3:40.72 14.77
	100m:	55.70 14.91	200m:	1:55.79 15.09	300m:	2:55.87 15.03	400m:	3:54.58 13.86
9.	MIŁKOWSKI Mikołaj		07	AZS AWF Warszawa		<b>3:54.73</b>	739	
	25m:	12.92 12.92	125m:	1:10.82 14.81	225m:	2:10.92 14.92	325m:	3:11.23 14.96
	50m:	26.91 13.99	150m:	1:25.76 14.94	250m:	2:26.07 15.15	350m:	3:26.25 15.02
	75m:	41.20 14.29	175m:	1:40.79 15.03	275m:	2:41.06 14.99	375m:	3:40.81 14.56
	100m:	56.01 14.81	200m:	1:56.00 15.21	300m:	2:56.27 15.21	400m:	3:54.73 13.92
10.	GRZEGORCZYK Wiktor		02	AZS AWF Warszawa		<b>3:55.40</b>	733	
	25m:	12.69 12.69	125m:	1:11.06 14.93	225m:	2:11.22 15.04	325m:	3:11.01 14.91
	50m:	26.83 14.14	150m:	1:26.17 15.11	250m:	2:26.26 15.04	350m:	3:26.12 15.11
	75m:	41.41 14.58	175m:	1:41.25 15.08	275m:	2:41.18 14.92	375m:	3:40.69 14.57
	100m:	56.13 14.72	200m:	1:56.18 14.93	300m:	2:56.10 14.92	400m:	3:55.40 14.71

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

## Konkurencja 33, M czyzn, 400m dowolny, Finał, Open

Pozycja				Rok ur.					Czas	Pkt.		
Finał B												
11.	GNACZY	SKI Michał		07	MKP Szczecin				<b>3:51.69</b>	768		
	25m:	12.43	12.43	125m:	1:09.34	14.51	225m:	2:09.00	14.91	325m:	3:08.92	14.95
	50m:	26.15	13.72	150m:	1:24.18	14.84	250m:	2:24.01	15.01	350m:	3:23.81	14.89
	75m:	40.40	14.25	175m:	1:39.05	14.87	275m:	2:38.92	14.91	375m:	3:38.03	14.22
	100m:	54.83	14.43	200m:	1:54.09	15.04	300m:	2:53.97	15.05	400m:	3:51.69	13.66
12.	WO	NIAK Piotr		05	MTP KORMORAN Olsztyn				<b>3:51.94</b>	766		
	25m:	13.04	13.04	125m:	1:11.31	14.72	225m:	2:10.71	14.95	325m:	3:10.37	14.92
	50m:	27.48	14.44	150m:	1:26.02	14.71	250m:	2:25.57	14.86	350m:	3:24.58	14.21
	75m:	41.96	14.48	175m:	1:40.82	14.80	275m:	2:40.58	15.01	375m:	3:38.77	14.19
	100m:	56.59	14.63	200m:	1:55.76	14.94	300m:	2:55.45	14.87	400m:	3:51.94	13.17
13.	FRONCZAK	Antoni		06	UKS G-8 BIELANY Warszawa				<b>3:52.03</b>	765		
	25m:	12.72	12.72	125m:	1:10.51	14.56	225m:	2:09.19	14.69	325m:	3:08.22	14.88
	50m:	26.93	14.21	150m:	1:25.15	14.64	250m:	2:23.79	14.60	350m:	3:23.19	14.97
	75m:	41.29	14.36	175m:	1:39.93	14.78	275m:	2:38.57	14.78	375m:	3:38.02	14.83
	100m:	55.95	14.66	200m:	1:54.50	14.57	300m:	2:53.34	14.77	400m:	3:52.03	14.01
14.	KAPAŁA	Bartosz		06	MTP KORMORAN Olsztyn				<b>3:53.26</b>	753		
	25m:	12.97	12.97	125m:	1:11.34	14.69	225m:	2:10.60	14.62	325m:	3:09.87	14.75
	50m:	27.31	14.34	150m:	1:26.24	14.90	250m:	2:25.49	14.89	350m:	3:24.93	15.06
	75m:	41.87	14.56	175m:	1:40.98	14.74	275m:	2:40.16	14.67	375m:	3:39.57	14.64
	100m:	56.65	14.78	200m:	1:55.98	15.00	300m:	2:55.12	14.96	400m:	3:53.26	13.69
15.	RADKIEWICZ	Kajetan		05	KU AZS UW				<b>3:53.96</b>	746		
	25m:	12.74	12.74	125m:	1:11.86	15.02	225m:	2:11.26	14.59	325m:	3:10.52	14.84
	50m:	26.99	14.25	150m:	1:26.78	14.92	250m:	2:25.89	14.63	350m:	3:25.37	14.85
	75m:	41.74	14.75	175m:	1:41.71	14.93	275m:	2:40.74	14.85	375m:	3:40.08	14.71
	100m:	56.84	15.10	200m:	1:56.67	14.96	300m:	2:55.68	14.94	400m:	3:53.96	13.88
16.	KAPAŁA	Szymon		03	MTP KORMORAN Olsztyn				<b>3:54.76</b>	739		
	25m:	13.04	13.04	125m:	1:10.98	14.58	225m:	2:10.17	14.73	325m:	3:10.15	15.05
	50m:	27.28	14.24	150m:	1:25.78	14.80	250m:	2:25.06	14.89	350m:	3:25.17	15.02
	75m:	41.72	14.44	175m:	1:40.49	14.71	275m:	2:40.06	15.00	375m:	3:40.44	15.27
	100m:	56.40	14.68	200m:	1:55.44	14.95	300m:	2:55.10	15.04	400m:	3:54.76	14.32
17.	DARUL	Bartosz		04	MKP Szczecin				<b>3:55.43</b>	732		
	25m:	12.63	12.63	125m:	1:10.56	14.71	225m:	2:10.26	15.04	325m:	3:11.18	15.23
	50m:	26.78	14.15	150m:	1:25.38	14.82	250m:	2:25.52	15.26	350m:	3:26.24	15.06
	75m:	41.26	14.48	175m:	1:40.38	15.00	275m:	2:40.81	15.29	375m:	3:41.23	14.99
	100m:	55.85	14.59	200m:	1:55.22	14.84	300m:	2:55.95	15.14	400m:	3:55.43	14.20
18.	BLUJ	Aleksander		09	UKS GIM 92 Ursynów				<b>3:56.24</b>	725		
	25m:	12.64	12.64	125m:	1:10.85	14.76	225m:	2:10.70	14.89	325m:	3:11.24	15.03
	50m:	26.74	14.10	150m:	1:25.90	15.05	250m:	2:25.79	15.09	350m:	3:26.56	15.32
	75m:	41.34	14.60	175m:	1:40.96	15.06	275m:	2:40.93	15.14	375m:	3:41.64	15.08
	100m:	56.09	14.75	200m:	1:55.81	14.85	300m:	2:56.21	15.28	400m:	3:56.24	14.60
19.	PI	TKA Miłosz		07	MKP Szczecin				<b>3:58.63</b>	703		
	25m:	13.13	13.13	125m:	1:11.83	14.91	225m:	2:12.24	15.14	325m:	3:13.07	15.36
	50m:	27.44	14.31	150m:	1:26.81	14.98	250m:	2:27.36	15.12	350m:	3:28.46	15.39
	75m:	42.06	14.62	175m:	1:41.88	15.07	275m:	2:42.53	15.17	375m:	3:43.87	15.41
	100m:	56.92	14.86	200m:	1:57.10	15.22	300m:	2:57.71	15.18	400m:	3:58.63	14.76
20.	WIRASZKA	Piotr		09	UKS GIM 92 Ursynów				<b>3:59.54</b>	695		
	25m:	12.66	12.66	125m:	1:12.08	15.13	225m:	2:13.02	15.18	325m:	3:13.80	15.53
	50m:	27.18	14.52	150m:	1:27.21	15.13	250m:	2:27.96	14.94	350m:	3:29.20	15.40
	75m:	41.94	14.76	175m:	1:42.53	15.32	275m:	2:43.04	15.08	375m:	3:44.78	15.58
	100m:	56.95	15.01	200m:	1:57.84	15.31	300m:	2:58.27	15.23	400m:	3:59.54	14.76
Finał C												
21.	OKO	Jakub		07	MKS JUVENIA Wrocław				<b>3:56.81</b>	720		
	25m:	12.80	12.80	125m:	1:11.80	14.84	225m:	2:11.92	14.88	325m:	3:12.53	14.98
	50m:	27.26	14.46	150m:	1:26.83	15.03	250m:	2:27.08	15.16	350m:	3:27.58	15.05
	75m:	42.09	14.83	175m:	1:41.89	15.06	275m:	2:42.24	15.16	375m:	3:42.39	14.81
	100m:	56.96	14.87	200m:	1:57.04	15.15	300m:	2:57.55	15.31	400m:	3:56.81	14.42

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

## Konkurencja 33, M czyzn, 400m dowolny, Finał, Open

Pozycja				Rok ur.					Czas	Pkt.		
22.	REDZI SKI	VEL RYDZY	SKI Mateusz	07	KU AZS UMCS	Lublin			<b>3:57.75</b>	711		
	25m:	12.66	12.66	125m:	1:11.81	14.97	225m:	2:12.36	15.23	325m:	3:13.53	15.57
	50m:	27.07	14.41	150m:	1:26.76	14.95	250m:	2:27.37	15.01	350m:	3:28.51	14.98
	75m:	41.75	14.68	175m:	1:42.01	15.25	275m:	2:42.85	15.48	375m:	3:43.64	15.13
	100m:	56.84	15.09	200m:	1:57.13	15.12	300m:	2:57.96	15.11	400m:	3:57.75	14.11
23.	KRASKA	Mateusz		07	KU AZS UMCS	Lublin			<b>3:58.93</b>	701		
	25m:	12.69	12.69	125m:	1:10.68	14.92	225m:	2:11.50	15.20	325m:	3:12.83	15.28
	50m:	26.70	14.01	150m:	1:25.82	15.14	250m:	2:26.79	15.29	350m:	3:28.14	15.31
	75m:	41.13	14.43	175m:	1:40.95	15.13	275m:	2:42.15	15.36	375m:	3:43.42	15.28
	100m:	55.76	14.63	200m:	1:56.30	15.35	300m:	2:57.55	15.40	400m:	3:58.93	15.51
24.	SHYPIN	Aliaksandr		07	UKS G-8	BIELANY	Warszawa		<b>4:00.25</b>	689		
	25m:	12.84	12.84	125m:	1:12.57	15.27	225m:	2:14.29	15.57	325m:	3:16.00	15.15
	50m:	27.33	14.49	150m:	1:27.74	15.17	250m:	2:29.74	15.45	350m:	3:31.31	15.31
	75m:	42.22	14.89	175m:	1:43.11	15.37	275m:	2:45.29	15.55	375m:	3:46.11	14.80
	100m:	57.30	15.08	200m:	1:58.72	15.61	300m:	3:00.85	15.56	400m:	4:00.25	14.14
25.	WENTLAND	Miłosz		07	MKS TRÓJKA	Łód			<b>4:02.09</b>	673		
	25m:	13.20	13.20	125m:	1:12.56	15.08	225m:	2:14.16	15.43	325m:	3:16.88	15.63
	50m:	27.60	14.40	150m:	1:27.74	15.18	250m:	2:29.95	15.79	350m:	3:32.47	15.59
	75m:	42.30	14.70	175m:	1:43.13	15.39	275m:	2:45.51	15.56	375m:	3:47.94	15.47
	100m:	57.48	15.18	200m:	1:58.73	15.60	300m:	3:01.25	15.74	400m:	4:02.09	14.15
26.	SOKOŁOWSKI	Franciszek		06	MTP KORMORAN	Olsztyn			<b>4:05.34</b>	647		
	25m:	13.30	13.30	125m:	1:14.16	15.49	225m:	2:16.72	15.58	325m:	3:18.76	15.38
	50m:	28.18	14.88	150m:	1:29.72	15.56	250m:	2:32.31	15.59	350m:	3:34.97	16.21
	75m:	43.41	15.23	175m:	1:45.30	15.58	275m:	2:47.76	15.45	375m:	3:50.86	15.89
	100m:	58.67	15.26	200m:	2:01.14	15.84	300m:	3:03.38	15.62	400m:	4:05.34	14.48
27.	JAREK	Oskar		06	UKP UNIA	O wi cim			<b>4:05.40</b>	647		
	25m:	13.42	13.42	125m:	1:14.44	15.41	225m:	2:17.35	15.55	325m:	3:19.52	15.23
	50m:	28.31	14.89	150m:	1:29.97	15.53	250m:	2:33.08	15.73	350m:	3:35.35	15.83
	75m:	43.62	15.31	175m:	1:45.69	15.72	275m:	2:48.58	15.50	375m:	3:50.81	15.46
	100m:	59.03	15.41	200m:	2:01.80	16.11	300m:	3:04.29	15.71	400m:	4:05.40	14.59
28.	CHODA	Maciej		06	MTP KORMORAN	Olsztyn			<b>4:07.22</b>	632		
	25m:	13.75	13.75	125m:	1:14.60	15.33	225m:	2:17.29	15.67	325m:	3:20.41	15.77
	50m:	28.67	14.92	150m:	1:30.25	15.65	250m:	2:33.13	15.84	350m:	3:36.53	16.12
	75m:	43.76	15.09	175m:	1:45.74	15.49	275m:	2:48.79	15.66	375m:	3:52.16	15.63
	100m:	59.27	15.51	200m:	2:01.62	15.88	300m:	3:04.64	15.85	400m:	4:07.22	15.06
29.	SELDER	Krystian		07	MKS TRÓJKA	Łód			<b>4:08.97</b>	619		
	25m:	13.25	13.25	125m:	1:14.19	15.54	225m:	2:17.64	16.13	325m:	3:21.55	15.91
	50m:	28.04	14.79	150m:	1:29.64	15.45	250m:	2:33.43	15.79	350m:	3:37.51	15.96
	75m:	43.23	15.19	175m:	1:45.61	15.97	275m:	2:49.58	16.15	375m:	3:53.37	15.86
	100m:	58.65	15.42	200m:	2:01.51	15.90	300m:	3:05.64	16.06	400m:	4:08.97	15.60
30.	ŁOJEWSKI	Adam		07	MTP KORMORAN	Olsztyn			<b>4:10.48</b>	608		
	25m:	13.30	13.30	125m:	1:14.32	15.47	225m:	2:17.64	15.92	325m:	3:21.49	16.20
	50m:	28.14	14.84	150m:	1:29.95	15.63	250m:	2:33.46	15.82	350m:	3:37.90	16.41
	75m:	43.42	15.28	175m:	1:45.81	15.86	275m:	2:49.32	15.86	375m:	3:54.34	16.44
	100m:	58.85	15.43	200m:	2:01.72	15.91	300m:	3:05.29	15.97	400m:	4:10.48	16.14