

Zimowe Mistrzostwa Polski Juniorów Młodszych 14-lat
Łódź, 19-21.12.2025Konkurencja 18
2025-12-20 - 10:16

Chłopców, 400m dowolny

14 lat
Wyniki Eliminacje

Rekord Polski 14-lat 3:55.30 STAWICKI Mateusz 05214 Wrocław 2023-10-28

Punkty: AQUA 2025

Pozycja	Rok ur.				Czas				Pkt.	
1.	KACZMAREK Mikołaj	11	UKS GIM 92 Ursynów		4:11.57	600	A			
	50m: 28.41 28.41	150m: 1:32.17	32.14	250m: 2:36.83	32.35	350m: 3:40.51	31.53			
	100m: 1:00.03 31.62	200m: 2:04.48	32.31	300m: 3:08.98	32.15	400m: 4:11.57	31.06			
2.	BORKOWSKI Albert	11	UKS DELFIN Tarnobrzeg		4:11.74	599	A			
	50m: 28.98 28.98	150m: 1:32.00	31.90	250m: 2:36.75	32.50	350m: 3:40.94	31.88			
	100m: 1:00.10 31.12	200m: 2:04.25	32.25	300m: 3:09.06	32.31	400m: 4:11.74	30.80			
3.	PROKOP Wojciech	11	MKP Szczecin		4:12.02	597	A			
	50m: 28.75 28.75	150m: 1:31.90	31.86	250m: 2:36.08	32.23	350m: 3:40.58	32.01			
	100m: 1:00.04 31.29	200m: 2:03.85	31.95	300m: 3:08.57	32.49	400m: 4:12.02	31.44			
4.	MIZGALSKI Tymoteusz	11	OŚ AZS w Poznaniu		4:12.18	596	A			
	50m: 28.91 28.91	150m: 1:32.24	32.18	250m: 2:36.94	32.38	350m: 3:41.64	31.94			
	100m: 1:00.06 31.15	200m: 2:04.56	32.32	300m: 3:09.70	32.76	400m: 4:12.18	30.54			
5.	DŻWILEWSKI Oskar	11	KS DELFIN Gdynia		4:12.89	591	A			
	50m: 28.47 28.47	150m: 1:32.21	32.13	250m: 2:36.38	32.12	350m: 3:41.06	32.40			
	100m: 1:00.08 31.61	200m: 2:04.26	32.05	300m: 3:08.66	32.28	400m: 4:12.89	31.83			
6.	SKŁODOWSKI Jan	11	MKS Jedyńka Łódź		4:13.41	587	A			
	50m: 27.80 27.80	150m: 1:31.08	31.84	250m: 2:35.37	32.03	350m: 3:39.36	31.58			
	100m: 59.24 31.44	200m: 2:03.34	32.26	300m: 3:07.78	32.41	400m: 4:13.41	34.05			
7.	KOPERSKI Borys	11	UKS FALA Nieporęt		4:13.49	587	A			
	50m: 28.49 28.49	150m: 1:32.38	32.24	250m: 2:37.40	32.50	350m: 3:42.43	32.37			
	100m: 1:00.14 31.65	200m: 2:04.90	32.52	300m: 3:10.06	32.66	400m: 4:13.49	31.06			
8.	IGNATENKO Mykola	11	CSiR MOS w Dąbrowie Górniczej		4:15.13	575	A			
	50m: 29.41 29.41	150m: 1:33.01	32.01	250m: 2:37.87	32.44	350m: 3:43.16	32.65			
	100m: 1:01.00 31.59	200m: 2:05.43	32.42	300m: 3:10.51	32.64	400m: 4:15.13	31.97			
9.	BILAVSKYI Filip	11	TP Zielona Góra		4:16.32	567	A			
	50m: 28.83 28.83	150m: 1:32.24	31.90	250m: 2:37.89	33.22	350m: 3:44.39	33.29			
	100m: 1:00.34 31.51	200m: 2:04.67	32.43	300m: 3:11.10	33.21	400m: 4:16.32	31.93			
10.	OLIFIRENKO Makar	11	TP Zielona Góra		4:17.61	559	A			
	50m: 27.97 27.97	150m: 1:31.42	32.32	250m: 2:37.67	33.25	350m: 3:44.61	33.38			
	100m: 59.10 31.13	200m: 2:04.42	33.00	300m: 3:11.23	33.56	400m: 4:17.61	33.00			
11.	ŁUKASZEWICZ Michał	11	UKP POLONIA Warszawa		4:18.70	552	B			
	50m: 29.27 29.27	150m: 1:33.57	32.39	250m: 2:39.32	32.87	350m: 3:45.63	33.27			
	100m: 1:01.18 31.91	200m: 2:06.45	32.88	300m: 3:12.36	33.04	400m: 4:18.70	33.07			
12.	KUCZMAR Zbigniew	11	MKS Ochota Warszawa		4:19.11	549	B			
	50m: 29.43 29.43	150m: 1:34.05	32.61	250m: 2:40.55	33.19	350m: 3:46.46	32.92			
	100m: 1:01.44 32.01	200m: 2:07.36	33.31	300m: 3:13.54	32.99	400m: 4:19.11	32.65			
13.	DEREDAS Stanisław	11	UKS 190 Łódź		4:19.30	548	B			
	50m: 29.01 29.01	150m: 1:32.64	32.22	250m: 2:38.85	33.34	350m: 3:46.14	33.74			
	100m: 1:00.42 31.41	200m: 2:05.51	32.87	300m: 3:12.40	33.55	400m: 4:19.30	33.16			
14.	KUSYK Franciszek	11	MKS Jagiellonka Warszawa		4:19.88	544	B			
	50m: 29.08 29.08	150m: 1:33.41	32.50	250m: 2:40.21	33.59	350m: 3:47.26	33.31			
	100m: 1:00.91 31.83	200m: 2:06.62	33.21	300m: 3:13.95	33.74	400m: 4:19.88	32.62			
15.	GORLACH Miłosz	11	Stow. Solne Miasto Wieliczka		4:20.06	543	B			
	50m: 28.69 28.69	150m: 1:34.46	33.35	250m: 2:41.37	33.55	350m: 3:47.96	33.16			
	100m: 1:01.11 32.42	200m: 2:07.82	33.36	300m: 3:14.80	33.43	400m: 4:20.06	32.10			
16.	MAZUR Kajetan	11	Dwójka Morena Gdańsk		4:20.34	541	B			
	50m: 29.44 29.44	150m: 1:34.60	32.94	250m: 2:40.71	32.75	350m: 3:47.65	33.42			
	100m: 1:01.66 32.22	200m: 2:07.96	33.36	300m: 3:14.23	33.52	400m: 4:20.34	32.69			

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Łódź, 19-21.12.2025

Konkurencja 18, Chłopców, 400m dowolny, Eliminacje, 14 lat

Pozycja	Rok ur.										Czas	Pkt.	
17.	KOWALCZYK Kamil				11	MKS JUVENIA Wrocław					4:21.19	536	B
	50m:	29.19	29.19	150m:	1:34.28	32.85	250m:	2:41.73	33.74	350m:	3:48.59	32.82	
	100m:	1:01.43	32.24	200m:	2:07.99	33.71	300m:	3:15.77	34.04	400m:	4:21.19	32.60	
18.	PIASECKI Igor				11	Grudziądzki KP ORKA					4:23.13	524	B
	50m:	29.77	29.77	150m:	1:35.76	33.41	250m:	2:43.60	33.97	350m:	3:50.97	33.10	
	100m:	1:02.35	32.58	200m:	2:09.63	33.87	300m:	3:17.87	34.27	400m:	4:23.13	32.16	
19.	SAUK Jakub				11	LKS Jedność 32 Przyszowice					4:23.57	522	B
	50m:	29.16	29.16	150m:	1:34.87	33.14	250m:	2:42.48	34.03	350m:	3:51.10	34.37	
	100m:	1:01.73	32.57	200m:	2:08.45	33.58	300m:	3:16.73	34.25	400m:	4:23.57	32.47	
20.	JURZAK Konrad				11	UKS Victoria Kozy					4:23.97	519	B
	50m:	29.03	29.03	150m:	1:35.18	33.62	250m:	2:43.20	34.11	350m:	3:51.33	33.81	
	100m:	1:01.56	32.53	200m:	2:09.09	33.91	300m:	3:17.52	34.32	400m:	4:23.97	32.64	
21.	ŁUNIEWSKI Tymoteusz				11	TP Skalar Słupsk					4:24.28	518	R
	50m:	29.52	29.52	150m:	1:35.14	33.00	250m:	2:43.73	34.16	350m:	3:52.05	33.71	
	100m:	1:02.14	32.62	200m:	2:09.57	34.43	300m:	3:18.34	34.61	400m:	4:24.28	32.23	
22.	BEDYŃSKI Jakub				11	MKS Jagiellonka Warszawa					4:25.13	513	R
	50m:	29.27	29.27	150m:	1:34.93	33.14	250m:	2:42.66	33.94	350m:	3:50.22	33.74	
	100m:	1:01.79	32.52	200m:	2:08.72	33.79	300m:	3:16.48	33.82	400m:	4:25.13	34.91	
23.	BAŁAŻAK Stanisław				11	KU AZS UMCS Lublin					4:25.22	512	
	50m:	29.91	29.91	150m:	1:37.17	34.27	250m:	2:45.39	34.07	350m:	3:53.03	33.75	
	100m:	1:02.90	32.99	200m:	2:11.32	34.15	300m:	3:19.28	33.89	400m:	4:25.22	32.19	
24.	URA Mikołaj				11	KS KSZO Ostrowiec Św.					4:27.12	501	
	50m:	30.07	30.07	150m:	1:37.49	34.00	250m:	2:47.02	34.85	350m:	3:56.33	34.26	
	100m:	1:03.49	33.42	200m:	2:12.17	34.68	300m:	3:22.07	35.05	400m:	4:27.12	30.79	
25.	GOLON Leon				11	IKS Konstancin					4:28.28	495	
	50m:	29.63	29.63	150m:	1:37.65	34.77	250m:	2:45.90	34.25	350m:	3:55.14	34.23	
	100m:	1:02.88	33.25	200m:	2:11.65	34.00	300m:	3:20.91	35.01	400m:	4:28.28	33.14	
26.	SZYMAŃSKI Jakub				11	KS Warta Poznań					4:28.37	494	
	50m:	30.34	30.34	150m:	1:37.36	33.80	250m:	2:45.79	34.65	350m:	3:54.94	34.56	
	100m:	1:03.56	33.22	200m:	2:11.14	33.78	300m:	3:20.38	34.59	400m:	4:28.37	33.43	
27.	WOŹNY Julian				11	Just Swim Beavers					4:30.43	483	
	50m:	30.85	30.85	150m:	1:38.28	33.97	250m:	2:47.78	34.82	350m:	3:57.29	34.64	
	100m:	1:04.31	33.46	200m:	2:12.96	34.68	300m:	3:22.65	34.87	400m:	4:30.43	33.14	
28.	REBIAŁKOWSKI Adam				11	MKS TRÓJKA Łódź					4:32.05	474	
	50m:	29.81	29.81	150m:	1:37.46	34.24	250m:	2:46.88	34.74	350m:	3:57.62	35.29	
	100m:	1:03.22	33.41	200m:	2:12.14	34.68	300m:	3:22.33	35.45	400m:	4:32.05	34.43	
29.	MIŚKOWIEC Oliwier				11	UKS Manta Kochłowice Ruda Śląska					4:32.19	474	
	50m:	31.50	31.50	150m:	1:39.18	33.93	250m:	2:47.75	34.31	350m:	3:57.44	35.01	
	100m:	1:05.25	33.75	200m:	2:13.44	34.26	300m:	3:22.43	34.68	400m:	4:32.19	34.75	
30.	DZIAMSKI Szymon				11	KS Warta Poznań					4:32.29	473	
	50m:	30.11	30.11	150m:	1:37.35	34.32	250m:	2:47.67	35.84	350m:	3:58.68	35.61	
	100m:	1:03.03	32.92	200m:	2:11.83	34.48	300m:	3:23.07	35.40	400m:	4:32.29	33.61	
31.	WAŃHA Stanisław				11	UKS Manta Kochłowice Ruda Śląska					4:32.32	473	
	50m:	28.96	28.96	150m:	1:35.92	34.12	250m:	2:46.46	35.90	350m:	3:58.40	35.68	
	100m:	1:01.80	32.84	200m:	2:10.56	34.64	300m:	3:22.72	36.26	400m:	4:32.32	33.92	
32.	PALMOWSKI Jakub				11	UKS SP-149 Łódź					4:32.95	470	
	50m:	29.57	29.57	150m:	1:38.56	35.11	250m:	2:49.15	35.24	350m:	3:59.85	34.98	
	100m:	1:03.45	33.88	200m:	2:13.91	35.35	300m:	3:24.87	35.72	400m:	4:32.95	33.10	
33.	BUGAJSKI Hubert				11	KS Bieżanowianka					4:33.35	468	
	50m:	30.99	30.99	150m:	1:39.82	34.91	250m:	2:50.99	35.79	350m:	4:01.24	34.65	
	100m:	1:04.91	33.92	200m:	2:15.20	35.38	300m:	3:26.59	35.60	400m:	4:33.35	32.11	

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Konkurencja 18, Chłopców, 400m dowolny, Eliminacje, 14 lat

Pozycja	Rok ur.										Czas	Pkt.
34.	KMIEĆ Karol				11	UKS Sokół-Mościce Tarnów					4:33.64	466
	50m:	30.76	30.76	150m:	1:40.11	34.83	250m:	2:51.18	35.65	350m:	4:02.04	35.19
	100m:	1:05.28	34.52	200m:	2:15.53	35.42	300m:	3:26.85	35.67	400m:	4:33.64	31.60
35.	RYBAK Anatol				11	MTP Lublinianka					4:33.67	466
	50m:	29.43	29.43	150m:	1:38.73	35.49	250m:	2:49.18	35.63	350m:	4:00.49	35.49
	100m:	1:03.24	33.81	200m:	2:13.55	34.82	300m:	3:25.00	35.82	400m:	4:33.67	33.18
36.	NOWICKI Wiktor				11	KS Warta Poznań					4:34.18	463
	50m:	30.56	30.56	150m:	1:39.59	35.22	250m:	2:50.17	35.18	350m:	4:01.39	35.12
	100m:	1:04.37	33.81	200m:	2:14.99	35.40	300m:	3:26.27	36.10	400m:	4:34.18	32.79
37.	WITKOWIAK Filip				11	UKS Olimp Gorzów Wlkp.					4:34.70	461
	50m:	30.65	30.65	150m:	1:39.58	34.64	250m:	2:50.10	35.24	350m:	4:00.98	35.76
	100m:	1:04.94	34.29	200m:	2:14.86	35.28	300m:	3:25.22	35.12	400m:	4:34.70	33.72
38.	JONIAK Marcel				11	MKP Szczecin					4:35.03	459
	50m:	31.71	31.71	150m:	1:40.99	34.78	250m:	2:50.60	34.78	350m:	4:00.49	35.02
	100m:	1:06.21	34.50	200m:	2:15.82	34.83	300m:	3:25.47	34.87	400m:	4:35.03	34.54
39.	HUBACZ Mateusz				11	MTP Kormoran Olsztyn					4:35.40	457
	50m:	30.43	30.43	150m:	1:39.48	35.38	250m:	2:51.23	35.62	350m:	4:02.14	35.12
	100m:	1:04.10	33.67	200m:	2:15.61	36.13	300m:	3:27.02	35.79	400m:	4:35.40	33.26
40.	JADCZAK Wojciech				11	DOKiS SP Vega Dobrodzień					4:36.01	454
	50m:	29.46	29.46	150m:	1:38.32	35.17	250m:	2:49.95	36.01	350m:	4:01.84	35.76
	100m:	1:03.15	33.69	200m:	2:13.94	35.62	300m:	3:26.08	36.13	400m:	4:36.01	34.17
41.	LUBICKI Adam				11	MKS Jedyńka Łódź					4:36.42	452
	50m:	30.66	30.66	150m:	1:38.87	34.58	250m:	2:49.50	35.63	350m:	4:01.14	35.88
	100m:	1:04.29	33.63	200m:	2:13.87	35.00	300m:	3:25.26	35.76	400m:	4:36.42	35.28
42.	DZIEKAN Igor				11	KS Górnik Sosnowiec					4:36.74	451
	50m:	30.17	30.17	150m:			250m:	2:52.10	36.12	350m:	4:03.61	35.43
	100m:	1:04.64	34.47	200m:	2:15.98		300m:	3:28.18	36.08	400m:	4:36.74	33.13
43.	HEBROWSKI Łukasz				11	KS Warta Poznań					4:37.06	449
	50m:	30.58	30.58	150m:	1:41.20	35.95	250m:	2:53.72	36.14	350m:	4:03.85	34.30
	100m:	1:05.25	34.67	200m:	2:17.58	36.38	300m:	3:29.55	35.83	400m:	4:37.06	33.21
44.	LASEK Tomasz				11	KS Swim2Win Krosno					4:37.36	448
	50m:	30.78	30.78	150m:	1:40.25	35.02	250m:	2:51.21	35.53	350m:	4:02.98	35.89
	100m:	1:05.23	34.45	200m:	2:15.68	35.43	300m:	3:27.09	35.88	400m:	4:37.36	34.38
45.	MROZEK Filip				11	MUKS Piętnastka Bydgoszcz					4:37.41	447
	50m:	29.08	29.08	150m:	1:39.79	36.71	250m:	2:51.96	36.31	350m:	4:04.17	35.79
	100m:	1:03.08	34.00	200m:	2:15.65	35.86	300m:	3:28.38	36.42	400m:	4:37.41	33.24
46.	SZABLIŃSKI Ignacy				11	MKS Piaseczno					4:37.59	447
	50m:	29.99	29.99	150m:	1:39.29	35.34	250m:	2:50.64	35.69	350m:	4:03.01	36.21
	100m:	1:03.95	33.96	200m:	2:14.95	35.66	300m:	3:26.80	36.16	400m:	4:37.59	34.58
47.	MOSKAL Tomasz				11	UKS SMS Galicja Kraków					4:37.92	445
	50m:	30.28	30.28	150m:	1:39.93	34.98	250m:	2:51.86	36.12	350m:	4:03.96	35.71
	100m:	1:04.95	34.67	200m:	2:15.74	35.81	300m:	3:28.25	36.39	400m:	4:37.92	33.96
48.	LYSIUCHENKO Ivan				11	UKS SMS KAPRY Pruszków					4:38.06	444
	50m:	30.18	30.18	150m:	1:42.16	36.78	250m:	2:54.65	36.17	350m:	4:05.55	35.39
	100m:	1:05.38	35.20	200m:	2:18.48	36.32	300m:	3:30.16	35.51	400m:	4:38.06	32.51
49.	POSMYK Aleksander				11	Dwójka Morena Gdańsk					4:38.08	444
	50m:	31.47	31.47	150m:	1:43.20	37.21	250m:	2:54.74	36.61	350m:	4:05.30	34.95
	100m:	1:05.99	34.52	200m:	2:18.13	34.93	300m:	3:30.35	35.61	400m:	4:38.08	32.78
50.	DOMINIK Hubert				11	KS H2O Bochnia					4:38.52	442
	50m:	30.35	30.35	150m:	1:41.16	35.84	250m:	2:52.40	35.53	350m:	4:03.46	35.43
	100m:	1:05.32	34.97	200m:	2:16.87	35.71	300m:	3:28.03	35.63	400m:	4:38.52	35.06

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Pozycja	Rok ur.								Czas		Pkt.	
51.	RYSZKOWSKI Kacper			11	Akademia SMS Racibórz					4:39.12	439	
	50m:	31.53	31.53	150m:	1:41.38	35.53	250m:	2:52.51	35.05	350m:	4:04.28	35.88
	100m:	1:05.85	34.32	200m:	2:17.46	36.08	300m:	3:28.40	35.89	400m:	4:39.12	34.84
	DZIEĆCIOŁOWSKI Kamil			11	MKS Jagiellonka Warszawa					4:39.12	439	
	50m:	28.99	28.99	150m:	1:35.78	34.31	250m:	2:48.66	36.74	350m:	4:03.67	37.20
	100m:	1:01.47	32.48	200m:	2:11.92	36.14	300m:	3:26.47	37.81	400m:	4:39.12	35.45
53.	GAJOCHA Nataniel			11	CSiR MOS w Dąbrowie Górniczej					4:40.44	433	
	50m:	30.81	30.81	150m:	1:41.49	35.88	250m:	2:54.00	36.45	350m:	4:05.65	35.94
	100m:	1:05.61	34.80	200m:	2:17.55	36.06	300m:	3:29.71	35.71	400m:	4:40.44	34.79
54.	RUSEK Michał			11	MKS Jordan Kraków					4:41.48	428	
	50m:	30.75	30.75	150m:	1:40.81	35.56	250m:	2:52.88	36.23	350m:	4:05.81	36.69
	100m:	1:05.25	34.50	200m:	2:16.65	35.84	300m:	3:29.12	36.24	400m:	4:41.48	35.67
55.	MATYLLA Michał			11	Stow. UKS Siódemka Sopot					4:41.78	427	
	50m:	32.19	32.19	150m:	1:44.52	36.65	250m:	2:57.64	36.61	350m:	4:09.26	35.23
	100m:	1:07.87	35.68	200m:	2:21.03	36.51	300m:	3:34.03	36.39	400m:	4:41.78	32.52
56.	MAŁECKI Adam			11	KS Warta Poznań					4:41.89	426	
	50m:	32.24	32.24	150m:	1:41.31	34.69	250m:	2:51.69	35.47	350m:	4:05.73	37.50
	100m:	1:06.62	34.38	200m:	2:16.22	34.91	300m:	3:28.23	36.54	400m:	4:41.89	36.16
57.	ROBAKIEWICZ Kacper			11	CSiR MOS w Dąbrowie Górniczej					4:42.09	425	
	50m:	30.39	30.39	150m:	1:40.49	35.47	250m:	2:53.31	36.62	350m:	4:06.53	36.40
	100m:	1:05.02	34.63	200m:	2:16.69	36.20	300m:	3:30.13	36.82	400m:	4:42.09	35.56
58.	SZYDLIK Adam			11	UKS Dwójka Sochaczew					4:42.99	421	
	50m:	29.94	29.94	150m:	1:40.38	36.09	250m:	2:53.56	36.36	350m:	4:07.88	37.17
	100m:	1:04.29	34.35	200m:	2:17.20	36.82	300m:	3:30.71	37.15	400m:	4:42.99	35.11
59.	MAĆKOWIAK Mateusz			11	UKS V Łomianki					4:43.00	421	
	50m:	30.18	30.18	150m:	1:40.94	36.49	250m:	2:55.54	37.11	350m:	4:08.82	36.16
	100m:	1:04.45	34.27	200m:	2:18.43	37.49	300m:	3:32.66	37.12	400m:	4:43.00	34.18
60.	NOWAK Witold			11	KS Barrakuda Gdańsk					4:44.08	417	
	50m:	30.36	30.36	150m:	1:39.69	35.53	250m:	2:54.10	37.03	350m:	4:07.61	36.77
	100m:	1:04.16	33.80	200m:	2:17.07	37.38	300m:	3:30.84	36.74	400m:	4:44.08	36.47
61.	MUSZYŃSKI Wojciech			11	UKS Żabianka Gdańsk					4:44.41	415	
	50m:	30.43	30.43	150m:	1:41.14	36.01	250m:	2:54.88	36.94	350m:	4:08.48	36.98
	100m:	1:05.13	34.70	200m:	2:17.94	36.80	300m:	3:31.50	36.62	400m:	4:44.41	35.93
62.	ŻÓŁTOWSKI Adam			11	MKS Jagiellonka Warszawa					4:45.19	412	
	50m:	31.51	31.51	150m:	1:42.52	35.93	250m:	2:55.71	36.61	350m:	4:09.11	36.83
	100m:	1:06.59	35.08	200m:	2:19.10	36.58	300m:	3:32.28	36.57	400m:	4:45.19	36.08
63.	TURSKI Szymon			11	UKS Ruch Grudziądz					4:45.92	409	
	50m:	30.91	30.91	150m:	1:40.52	35.10	250m:	2:54.40	37.13	350m:	4:08.70	37.39
	100m:	1:05.42	34.51	200m:	2:17.27	36.75	300m:	3:31.31	36.91	400m:	4:45.92	37.22
64.	RATAJ Damian			11	UKP FALA Kraśnik					4:46.13	408	
	50m:	31.86	31.86	150m:	1:43.46	36.49	250m:	2:57.34	36.77	350m:	4:11.71	36.35
	100m:	1:06.97	35.11	200m:	2:20.57	37.11	300m:	3:35.36	38.02	400m:	4:46.13	34.42
65.	RÓŻALSKI Kamil			11	UKP Jedyńka Elbląg					4:46.61	406	
	50m:	31.78	31.78	150m:	1:43.54	36.29	250m:	2:56.91	36.81	350m:	4:11.21	36.85
	100m:	1:07.25	35.47	200m:	2:20.10	36.56	300m:	3:34.36	37.45	400m:	4:46.61	35.40
66.	BANUCH Dorian			11	MKP Szczecin					4:46.67	405	
	50m:	31.25	31.25	150m:	1:43.18	36.64	250m:	2:57.02	36.69	350m:	4:11.04	36.94
	100m:	1:06.54	35.29	200m:	2:20.33	37.15	300m:	3:34.10	37.08	400m:	4:46.67	35.63
67.	MATUSZAK Antoni			11	Kaliski KS Włókniarz 1925 Kalisz					4:47.71	401	
	50m:	31.49	31.49	150m:	1:44.78	37.03	250m:	2:59.70	37.38	350m:	4:12.70	36.59
	100m:	1:07.75	36.26	200m:	2:22.32	37.54	300m:	3:36.11	36.41	400m:	4:47.71	35.01

Zimowe Mistrzostwa Polski Juniorów Młodszych 14-lat
Łódź, 19-21.12.2025

Konkurencja 18, Chłopców, 400m dowolny, Eliminacje, 14 lat

Pozycja	Rok ur.										Czas	Pkt.
68.	TERLECKI Piotr			11	UKP POLONIA Warszawa						4:48.38	398
	50m:	30.93	30.93	150m:	1:42.36	36.52	250m:	2:56.89	37.50	350m:	4:12.49	37.87
	100m:	1:05.84	34.91	200m:	2:19.39	37.03	300m:	3:34.62	37.73	400m:	4:48.38	35.89
69.	ALEKSANDROWICZ Modest			11	MKS Jagiellonka Warszawa						4:49.40	394
	50m:	32.51	32.51	150m:	1:44.87	36.91	250m:	3:00.29	37.80	350m:	4:14.42	36.93
	100m:	1:07.96	35.45	200m:	2:22.49	37.62	300m:	3:37.49	37.20	400m:	4:49.40	34.98
70.	WALC Jan			11	MKS Park Wodny Tarnowskie Góry						4:49.47	394
	50m:	31.83	31.83	150m:	1:44.17	36.36	250m:	2:57.90	36.64	350m:	4:12.56	37.14
	100m:	1:07.81	35.98	200m:	2:21.26	37.09	300m:	3:35.42	37.52	400m:	4:49.47	36.91
71.	ROZCZYPAŁA Mikołaj			11	UKS Salmo Żory						4:50.39	390
	50m:	31.76	31.76	150m:	1:44.24	36.88	250m:	2:58.85	37.38	350m:	4:14.05	37.55
	100m:	1:07.36	35.60	200m:	2:21.47	37.23	300m:	3:36.50	37.65	400m:	4:50.39	36.34
72.	MARUSIAK Iwo			11	MKS Park Wodny Tarnowskie Góry						4:54.01	376
	50m:	32.74	32.74	150m:	1:47.21	37.86	250m:	3:03.44	37.96	350m:	4:19.92	38.04
	100m:	1:09.35	36.61	200m:	2:25.48	38.27	300m:	3:41.88	38.44	400m:	4:54.01	34.09
73.	NOWACKI Oskar			11	UKS SP5 Swim Lublin						4:55.27	371
	50m:	30.77	30.77	150m:	1:42.24	36.53	250m:	2:59.46	38.99	350m:	4:17.49	38.89
	100m:	1:05.71	34.94	200m:	2:20.47	38.23	300m:	3:38.60	39.14	400m:	4:55.27	37.78
74.	CZARNOTA Maksymilian			11	UKP Ruda Śląska						4:55.55	370
	50m:	31.36	31.36	150m:	1:44.38	36.83	250m:	2:59.42	38.16	350m:	4:17.60	39.02
	100m:	1:07.55	36.19	200m:	2:21.26	36.88	300m:	3:38.58	39.16	400m:	4:55.55	37.95
75.	TRZCIŃSKI Cezary			11	MKS Piaseczno						4:57.54	363
	50m:	31.53	31.53	150m:	1:46.97	38.59	250m:	3:04.25	38.92	350m:	4:21.13	38.07
	100m:	1:08.38	36.85	200m:	2:25.33	38.36	300m:	3:43.06	38.81	400m:	4:57.54	36.41
76.	BALKIEWICZ Kajetan			11	UKS Butterfly Łomża						4:59.06	357
	50m:	31.24	31.24	150m:	1:46.52	38.63	250m:	3:05.37	39.78	350m:	4:23.65	38.97
	100m:	1:07.89	36.65	200m:	2:25.59	39.07	300m:	3:44.68	39.31	400m:	4:59.06	35.41
77.	WIERZBICKI Maksymilian			11	UKS Salmo Żory						5:00.48	352
	50m:	32.14	32.14	150m:	1:47.77	38.95	250m:	3:06.43	39.90	350m:	4:25.74	40.00
	100m:	1:08.82	36.68	200m:	2:26.53	38.76	300m:	3:45.74	39.31	400m:	5:00.48	34.74
78.	STEFANIAK Piotr			11	MKS CKS-SMS Szczecin						5:01.87	347
	50m:	31.92	31.92	150m:	1:48.01	39.02	250m:	3:06.91	39.71	350m:	4:24.73	38.13
	100m:	1:08.99	37.07	200m:	2:27.20	39.19	300m:	3:46.60	39.69	400m:	5:01.87	37.14
79.	GWIAZDOWSKI Bruno			11	MKS Piaseczno						5:02.36	345
	50m:	33.29	33.29	150m:	1:49.37	38.67	250m:	3:08.58	39.25	350m:	4:25.50	38.17
	100m:	1:10.70	37.41	200m:	2:29.33	39.96	300m:	3:47.33	38.75	400m:	5:02.36	36.86
80.	KOWALCZYK Jakub			11	TP Zielona Góra						5:02.80	344
	50m:	33.01	33.01	150m:	1:48.99	38.65	250m:	3:07.64	39.47	350m:	4:25.48	38.65
	100m:	1:10.34	37.33	200m:	2:28.17	39.18	300m:	3:46.83	39.19	400m:	5:02.80	37.32
81.	PYTEL Michał			11	UKS Ósemka Oświęcim						5:05.64	334
	50m:	33.44	33.44	150m:	1:49.62	38.50	250m:	3:07.79	38.98	350m:	4:28.28	40.15
	100m:	1:11.12	37.68	200m:	2:28.81	39.19	300m:	3:48.13	40.34	400m:	5:05.64	37.36
82.	ORŁOWSKI Łukasz			11	UKS SP AQUARIUS Lesko						5:05.68	334
	50m:	32.88	32.88	150m:	1:49.82	39.37	250m:	3:09.37	39.77	350m:	4:30.34	40.36
	100m:	1:10.45	37.57	200m:	2:29.60	39.78	300m:	3:49.98	40.61	400m:	5:05.68	35.34
83.	FRASK Jan			11	UKS Olympic Warka						5:06.40	332
	50m:	31.63	31.63	150m:			250m:			350m:	4:27.68	
	100m:	1:09.27	37.64	200m:			300m:			400m:	5:06.40	38.72
84.	PALUSZKIEWICZ Grzegorz			11	UPKS Wodnik Rawicz						5:09.71	321
	50m:	34.16	34.16	150m:	1:51.74	39.57	250m:	3:11.92	40.40	350m:	4:32.48	39.76
	100m:	1:12.17	38.01	200m:	2:31.52	39.78	300m:	3:52.72	40.80	400m:	5:09.71	37.23



Polska Grupa
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ZATOKA
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Politechnika Łódzka



Ministerstwo
Sportu i Turystyki



Zimowe Mistrzostwa Polski Juniorów Młodszych 14-lat
Łódź, 19-21.12.2025

Konkurencja 18, Chłopców, 400m dowolny, Eliminacje, 14 lat

Pozycja	Rok ur.										Czas	Pkt.		
85.	GRZYWACZ Michał										11	UKS Siódemka Brodnica	5:37.61	248
	50m:	34.54	34.54	150m:	1:56.81	42.53	250m:	3:24.82	44.23	350m:	4:55.26	45.31		
	100m:	1:14.28	39.74	200m:	2:40.59	43.78	300m:	4:09.95	45.13	400m:	5:37.61	42.35		
DYSKW.	ZIELIŃSKI Jakub										11	UKS Na Fali Bytom		
	O1 - Pływak zainicjował start przed sygnałem startu.													