



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

Konkurencja 4  
2025-12-19 - 17:24

Chłopców, 400m zmienny

14 lat  
Wyniki Finał

Rekord Polski 14-lat 4:24.79 WIRASZKA Piotr 05214 Poznan 2023-12-08

Punkty: AQUA 2025

Pozycja	Rok ur.	Czas	Pkt.
<b>Finał A</b>			
1. PAPUGA Grzegorz	11 UKS 190 Łód	<b>4:21.77</b>	721
<i>Wynik Lepszy od Rekordu Polski 14-lat</i>			
50m: 28.36 28.36	150m: 1:34.38 34.40	250m: 2:43.59 35.55	350m: 3:51.35 31.83
100m: 59.98 31.62	200m: 2:08.04 33.66	300m: 3:19.52 35.93	400m: 4:21.77 30.42
2. MIZGALSKI Tymoteusz	11 O AZS w Poznaniu	<b>4:34.44</b>	626
50m: 29.64 29.64	150m: 1:39.47 34.95	250m: 2:53.64 38.88	350m: 4:04.02 31.15
100m: 1:04.52 34.88	200m: 2:14.76 35.29	300m: 3:32.87 39.23	400m: 4:34.44 30.42
3. SOBCZYK Jan	11 MKS Jedynka Łód	<b>4:34.45</b>	626
50m: 29.38 29.38	150m: 1:39.02 37.06	250m: 2:53.38 37.63	350m: 4:03.89 32.24
100m: 1:01.96 32.58	200m: 2:15.75 36.73	300m: 3:31.65 38.27	400m: 4:34.45 30.56
4. PIELA Mateusz	11 UKS Ósemka O wi cim	<b>4:45.58</b>	555
50m: 29.68 29.68	150m: 1:41.03 36.87	250m: 2:59.21 42.20	350m: 4:14.16 32.95
100m: 1:04.16 34.48	200m: 2:17.01 35.98	300m: 3:41.21 42.00	400m: 4:45.58 31.42
5. BEDY SKI Jakub	11 MKS Jagiellonka Warszawa	<b>4:46.49</b>	550
50m: 30.31 30.31	150m: 1:41.47 36.73	250m: 2:59.06 42.03	350m: 4:15.27 32.51
100m: 1:04.74 34.43	200m: 2:17.03 35.56	300m: 3:42.76 43.70	400m: 4:46.49 31.22
6. MENDAKIEWICZ Mikołaj	11 UKS 190 Łód	<b>4:46.97</b>	547
50m: 30.35 30.35	150m: 1:42.88 35.51	250m: 3:00.18 42.02	350m: 4:15.85 33.70
100m: 1:07.37 37.02	200m: 2:18.16 35.28	300m: 3:42.15 41.97	400m: 4:46.97 31.12
7. WOLNICKI Franciszek	11 UKS SMS Galicja Kraków	<b>4:49.69</b>	532
50m: 30.43 30.43	150m: 1:45.61 39.57	250m: 3:03.75 39.72	350m: 4:18.05 33.62
100m: 1:06.04 35.61	200m: 2:24.03 38.42	300m: 3:44.43 40.68	400m: 4:49.69 31.64
8. KUCZMAR Zbigniew	11 MKS Ochota Warszawa	<b>4:50.39</b>	528
50m: 30.89 30.89	150m: 1:44.32 37.82	250m: 3:02.80 41.72	350m: 4:18.21 32.90
100m: 1:06.50 35.61	200m: 2:21.08 36.76	300m: 3:45.31 42.51	400m: 4:50.39 32.18
9. DUBAJ Mikołaj	11 SP Motyl Stalowa Wola	<b>4:50.85</b>	526
50m: 29.98 29.98	150m: 1:42.84 37.69	250m: 3:01.19 41.14	350m: 4:17.70 34.86
100m: 1:05.15 35.17	200m: 2:20.05 37.21	300m: 3:42.84 41.65	400m: 4:50.85 33.15
10. BARYCKI Fryderyk	11 UKP POLONIA Warszawa	<b>5:00.11</b>	478
50m: 32.31 32.31	150m: 1:48.46 37.81	250m: 3:09.44 44.14	350m: 4:26.84 34.45
100m: 1:10.65 38.34	200m: 2:25.30 36.84	300m: 3:52.39 42.95	400m: 5:00.11 33.27
<b>Finał B</b>			
11. BAŁA AK Stanisław	11 KU AZS UMCS Lublin	<b>4:54.13</b>	508
50m: 31.94 31.94	150m: 1:48.01 39.36	250m: 3:06.47 39.97	350m: 4:20.91 33.90
100m: 1:08.65 36.71	200m: 2:26.50 38.49	300m: 3:47.01 40.54	400m: 4:54.13 33.22
12. ADAMIOK Jan	11 UKS Karlik Katowice	<b>4:55.96</b>	499
50m: 31.77 31.77	150m: 1:47.25 36.73	250m: 3:07.21 42.62	350m: 4:23.65 34.09
100m: 1:10.52 38.75	200m: 2:24.59 37.34	300m: 3:49.56 42.35	400m: 4:55.96 32.31
13. RONOWSKI Szymon	11 UKS abianka Gda sk	<b>4:59.62</b>	481
50m: 29.96 29.96	150m: 1:44.16 38.66	250m: 3:04.21 42.84	350m: 4:24.02 35.95
100m: 1:05.50 35.54	200m: 2:21.37 37.21	300m: 3:48.07 43.86	400m: 4:59.62 35.60
14. MAZUR Kajetan	11 Dwójka Morena Gda sk	<b>5:02.89</b>	465
50m: 30.70 30.70	150m: 1:46.88 39.96	250m: 3:10.81 44.26	350m: 4:30.15 34.22
100m: 1:06.92 36.22	200m: 2:26.55 39.67	300m: 3:55.93 45.12	400m: 5:02.89 32.74
15. SZALAST Piotr	11 MKS JUVENIA Wrocław	<b>5:03.89</b>	461
50m: 30.24 30.24	150m: 1:47.54 41.39	250m: 3:11.61 44.22	350m: 4:30.28 35.05
100m: 1:06.15 35.91	200m: 2:27.39 39.85	300m: 3:55.23 43.62	400m: 5:03.89 33.61



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

Konkurencja 4, Chłopców, 400m zmienny, Finał, 14 lat

Pozycja				Rok ur.					Czas	Pkt.		
16.	CIE LIK Jan			11	Akademia SMS Racibórz				<b>5:05.57</b>	453		
	50m:	33.52	33.52	150m:	1:53.78	39.22	250m:	3:13.14	41.02	350m:	4:31.53	36.56
	100m:	1:14.56	41.04	200m:	2:32.12	38.34	300m:	3:54.97	41.83	400m:	5:05.57	34.04
17.	NOWICKI Wiktor			11	KS Warta Poznań				<b>5:05.99</b>	451		
	50m:	32.83	32.83	150m:	1:52.49	41.48	250m:	3:14.52	41.29	350m:	4:32.90	34.47
	100m:	1:11.01	38.18	200m:	2:33.23	40.74	300m:	3:58.43	43.91	400m:	5:05.99	33.09
18.	PALMOWSKI Jakub			11	UKS SP-149 Łódź				<b>5:08.27</b>	441		
	50m:	32.58	32.58	150m:	1:50.35	38.71	250m:	3:15.24	46.63	350m:	4:35.96	34.35
	100m:	1:11.64	39.06	200m:	2:28.61	38.26	300m:	4:01.61	46.37	400m:	5:08.27	32.31
19.	DUL BA Aleksander			11	UKP FALA Krańnik				<b>5:08.91</b>	439		
	50m:	31.95	31.95	150m:	1:50.03	39.43	250m:	3:14.80	46.81	350m:	4:35.87	34.06
	100m:	1:10.60	38.65	200m:	2:27.99	37.96	300m:	4:01.81	47.01	400m:	5:08.91	33.04
20.	JADCZAK Wojciech			11	DOKiS SP Vega Dobrodzie				<b>5:13.25</b>	421		
	50m:	30.99	30.99	150m:	1:49.74	40.51	250m:	3:15.13	46.02	350m:	4:37.74	35.17
	100m:	1:09.23	38.24	200m:	2:29.11	39.37	300m:	4:02.57	47.44	400m:	5:13.25	35.51