



SPONSOR GŁÓWNY

Ministerstwo  
Sportu i TurystykiPGE Grand Prix Puchar Polski 4. Memoriał Zbigniewa Pacelta i Jana Wiederka  
Ostrowiec wi tokrzyski, 12-14.06.2026

Konkurencja 16

M czyzn, 400m dowolny

14 lat i starsi

2026-06-13 - 10:27

Wyniki

Rekord Polski Open 3:45.71 STANCZYK Przemysław 00116 Chiba (JPN) 2007-08-21

Min. kwal. ME Juniorów Monachium 14 - 16: 3:59.09; 17 - 18: 3:56.72 / Min. kwal. ME Seniorów Pary (Min A) Open: 3:50.43 /

Min. kwal. ME Seniorów Pary (Min B) - 19: 3:52.71

Punkty: AQUA 2026

Pozycja			Rok ur.			Czas	Pkt.	
1.	FILIPIAK Mikołaj		06	KS Barrakuda Gda sk		<b>3:59.31</b>	776	
	50m:	26.60 26.60	150m:	1:26.97 30.68	250m:	2:28.86 30.99	350m:	3:30.36 30.13
	100m:	56.29 29.69	200m:	1:57.87 30.90	300m:	3:00.23 31.37	400m:	3:59.31 28.95
2.	POTENZA Emanuele		06	Livorno Aquatics ASD		<b>3:59.36</b>	776	
	50m:	27.74 27.74	150m:	1:27.16 30.03	250m:	2:28.53 31.08	350m:	3:31.14 31.10
	100m:	57.13 29.39	200m:	1:57.45 30.29	300m:	3:00.04 31.51	400m:	3:59.36 28.22
3.	WIRASZKA Piotr		09	UKS GIM 92 Ursynów		<b>4:01.65</b>	754	
	50m:	28.07 28.07	150m:	1:28.71 30.60	250m:	2:30.59 30.99	350m:	3:32.09 30.65
	100m:	58.11 30.04	200m:	1:59.60 30.89	300m:	3:01.44 30.85	400m:	4:01.65 29.56
4.	HEBEL Maciej		05	AZS AWF Katowice		<b>4:01.82</b>	752	
	50m:	27.34 27.34	150m:	1:27.72 30.74	250m:	2:29.66 31.06	350m:	3:31.81 31.05
	100m:	56.98 29.64	200m:	1:58.60 30.88	300m:	3:00.76 31.10	400m:	4:01.82 30.01
5.	TARASEK Igor		10	UKP Unia O wi cim		<b>4:03.78</b>	734	
	50m:	27.89 27.89	150m:	1:29.47 31.08	250m:	2:32.28 31.53	350m:	3:34.45 30.87
	100m:	58.39 30.50	200m:	2:00.75 31.28	300m:	3:03.58 31.30	400m:	4:03.78 29.33
6.	MAJOR Erik		07	MKS Park Wodny Tarnowskie Góry		<b>4:03.82</b>	734	
	50m:	27.79 27.79	150m:	1:29.22 30.86	250m:	2:31.91 31.30	350m:	3:34.57 30.90
	100m:	58.36 30.57	200m:	2:00.61 31.39	300m:	3:03.67 31.76	400m:	4:03.82 29.25
7.	CIBA Mateusz		08	MKP Szczecin		<b>4:04.41</b>	728	
	50m:	28.67 28.67	150m:	1:30.89 31.01	250m:	2:33.41 31.39	350m:	3:35.39 30.96
	100m:	59.88 31.21	200m:	2:02.02 31.13	300m:	3:04.43 31.02	400m:	4:04.41 29.02
8.	BLUJ Aleksander		09	UKS GIM 92 Ursynów		<b>4:04.54</b>	727	
	50m:	27.90 27.90	150m:	1:29.52 31.08	250m:	2:32.28 31.37	350m:	3:35.02 31.05
	100m:	58.44 30.54	200m:	2:00.91 31.39	300m:	3:03.97 31.69	400m:	4:04.54 29.52
9.	RADZIKOWSKI Szymon		08	WKS I sk Wrocław		<b>4:06.87</b>	707	
	50m:	27.26 27.26	150m:	1:28.11 30.46	250m:	2:30.53 31.50	350m:	3:34.79 32.32
	100m:	57.65 30.39	200m:	1:59.03 30.92	300m:	3:02.47 31.94	400m:	4:06.87 32.08
10.	STANISZEWSKI Bartosz		05	MKP Szczecin		<b>4:08.73</b>	691	
	50m:	28.34 28.34	150m:	1:31.26 31.81	250m:	2:34.68 31.76	350m:	3:38.58 32.04
	100m:	59.45 31.11	200m:	2:02.92 31.66	300m:	3:06.54 31.86	400m:	4:08.73 30.15
11.	NAWOJCZYK Michał		09	KU AZS UMCS Lublin		<b>4:09.49</b>	685	
	50m:	29.03 29.03	150m:	1:33.19 32.59	250m:	2:37.64 31.78	350m:	3:40.25 30.91
	100m:	1:00.60 31.57	200m:	2:05.86 32.67	300m:	3:09.34 31.70	400m:	4:09.49 29.24
12.	SHYPIN Aliaksandr		07	KU AZS Uniwersytetu Warszawskiego		<b>4:10.37</b>	678	
	50m:	27.69 27.69	150m:	1:31.60 32.28	250m:	2:36.58 32.50	350m:	3:40.64 31.45
	100m:	59.32 31.63	200m:	2:04.08 32.48	300m:	3:09.19 32.61	400m:	4:10.37 29.73
13.	SIKORA Cyprian		07	KS KSZO Ostrowiec w.		<b>4:10.79</b>	674	
	50m:	28.27 28.27	150m:	1:31.62 31.94	250m:	2:36.49 32.25	350m:	3:40.72 31.49
	100m:	59.68 31.41	200m:	2:04.24 32.62	300m:	3:09.23 32.74	400m:	4:10.79 30.07
14.	ZIELI SKI Szymon		09	MKP Szczecin		<b>4:11.08</b>	672	
	50m:	28.08 28.08	150m:	1:31.79 32.30	250m:	2:36.23 31.87	350m:	3:40.33 32.01
	100m:	59.49 31.41	200m:	2:04.36 32.57	300m:	3:08.32 32.09	400m:	4:11.08 30.75
15.	DARUL Bartosz		04	MKP Szczecin		<b>4:11.09</b>	672	
	50m:	29.37 29.37	150m:	1:32.07 31.96	250m:	2:36.66 32.74	350m:	3:40.72 32.13
	100m:	1:00.11 30.74	200m:	2:03.92 31.85	300m:	3:08.59 31.93	400m:	4:11.09 30.37





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Konkurencja 16, M czyzn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
16.	TRYDULSKI Wiktor		10	KU AZS UMCS Lublin				<b>4:11.12</b>	672
	50m: 28.50	28.50	150m: 1:31.37	31.36	250m: 2:34.77	31.69	350m: 3:39.71	32.38	
	100m: 1:00.01	31.51	200m: 2:03.08	31.71	300m: 3:07.33	32.56	400m: 4:11.12	31.41	
17.	STACHOWIAK Adam		10	MKP Szczecin				<b>4:11.38</b>	669
	50m: 29.49	29.49	150m: 1:33.57	32.38	250m: 2:38.04	32.47	350m: 3:42.32	31.88	
	100m: 1:01.19	31.70	200m: 2:05.57	32.00	300m: 3:10.44	32.40	400m: 4:11.38	29.06	
18.	MILKOWSKI Mikołaj		07	UKS 48 Warszawa ródmi cie				<b>4:11.73</b>	667
	50m: 29.02	29.02	150m: 1:32.72	32.47	250m: 2:36.53	31.99	350m: 3:40.70	31.91	
	100m: 1:00.25	31.23	200m: 2:04.54	31.82	300m: 3:08.79	32.26	400m: 4:11.73	31.03	
19.	SZEL EK Alan		09	MKP Szczecin				<b>4:11.88</b>	665
	50m: 28.56	28.56	150m: 1:31.09	31.66	250m: 2:35.87	32.34	350m: 3:41.47	32.45	
	100m: 59.43	30.87	200m: 2:03.53	32.44	300m: 3:09.02	33.15	400m: 4:11.88	30.41	
20.	KORONA Eryk		09	MKP Szczecin				<b>4:12.17</b>	663
	50m: 29.47	29.47	150m: 1:33.40	32.12	250m: 2:37.76	31.93	350m: 3:41.80	31.89	
	100m: 1:01.28	31.81	200m: 2:05.83	32.43	300m: 3:09.91	32.15	400m: 4:12.17	30.37	
21.	PRYCZYNICZ Olaf		10	UKS G-8 Bielany Warszawa				<b>4:13.80</b>	650
	50m: 27.71	27.71	150m: 1:30.96	32.20	250m: 2:36.59	32.48	350m: 3:42.22	32.71	
	100m: 58.76	31.05	200m: 2:04.11	33.15	300m: 3:09.51	32.92	400m: 4:13.80	31.58	
22.	WALTER Jakub		04	UKP Unia O wi cim				<b>4:14.32</b>	646
	50m: 28.12	28.12	150m: 1:31.17	31.91	250m: 2:36.55	32.70	350m: 3:42.37	33.02	
	100m: 59.26	31.14	200m: 2:03.85	32.68	300m: 3:09.35	32.80	400m: 4:14.32	31.95	
23.	ZIELI SKI Dawid		09	MKP Szczecin				<b>4:16.30</b>	632
	50m: 29.72	29.72	150m: 1:34.95	32.77	250m: 2:40.63	32.86	350m: 3:45.69	32.40	
	100m: 1:02.18	32.46	200m: 2:07.77	32.82	300m: 3:13.29	32.66	400m: 4:16.30	30.61	
24.	KOPERSKI Borys		11	UKS Fala Niepor t				<b>4:17.11</b>	626
	50m: 28.10	28.10	150m: 1:32.59	32.75	250m: 2:38.83	33.24	350m: 3:45.01	32.87	
	100m: 59.84	31.74	200m: 2:05.59	33.00	300m: 3:12.14	33.31	400m: 4:17.11	32.10	
	WOJCIECHOWSKI Wiktor		07	UKS G-8 Bielany Warszawa				<b>4:17.11</b>	626
	50m: 29.12	29.12	150m: 1:34.46	33.06	250m: 2:40.60	33.24	350m: 3:46.62	33.26	
	100m: 1:01.40	32.28	200m: 2:07.36	32.90	300m: 3:13.36	32.76	400m: 4:17.11	30.49	
26.	KOZAKIEWICZ Aleksander		07	Mokotowski UKP Warszawianka- Wodny				<b>4:17.60</b>	622
	50m: 28.46	28.46	150m: 1:35.23	33.58	250m: 2:41.01	32.67	350m: 3:46.23	32.44	
	100m: 1:01.65	33.19	200m: 2:08.34	33.11	300m: 3:13.79	32.78	400m: 4:17.60	31.37	
27.	PI TKA Miłosz		07	MKP Szczecin				<b>4:17.74</b>	621
	50m: 29.76	29.76	150m: 1:34.61	32.75	250m: 2:39.95	32.82	350m: 3:45.93	33.10	
	100m: 1:01.86	32.10	200m: 2:07.13	32.52	300m: 3:12.83	32.88	400m: 4:17.74	31.81	
28.	MARYJOWSKI Marcin		09	KU AZS UMCS Lublin				<b>4:17.95</b>	620
	50m: 29.25	29.25	150m: 1:34.11	32.81	250m: 2:39.21	32.46	350m: 3:45.57	33.20	
	100m: 1:01.30	32.05	200m: 2:06.75	32.64	300m: 3:12.37	33.16	400m: 4:17.95	32.38	
29.	MAKOWSKI Jakub		10	MKP Szczecin				<b>4:18.23</b>	618
	50m: 30.01	30.01	150m: 1:35.82	33.10	250m: 2:42.36	33.18	350m: 3:47.20	32.18	
	100m: 1:02.72	32.71	200m: 2:09.18	33.36	300m: 3:15.02	32.66	400m: 4:18.23	31.03	
30.	SKAŁACKI Igor		08	UKP Unia O wi cim				<b>4:18.27</b>	617
	50m: 29.27	29.27	150m: 1:35.39	33.33	250m: 2:40.56	31.87	350m: 3:45.97	32.91	
	100m: 1:02.06	32.79	200m: 2:08.69	33.30	300m: 3:13.06	32.50	400m: 4:18.27	32.30	
31.	ZDYBEL Adam		05	KS Delfin Gdynia				<b>4:19.73</b>	607
	50m: 29.40	29.40	150m: 1:34.01	32.79	250m: 2:40.51	33.33	350m: 3:47.06	33.55	
	100m: 1:01.22	31.82	200m: 2:07.18	33.17	300m: 3:13.51	33.00	400m: 4:19.73	32.67	
32.	JAKUBCZYK Robert		10	UKS SMS Galicja Kraków				<b>4:19.89</b>	606
	50m: 29.28	29.28	150m: 1:35.34	33.10	250m: 2:42.37	33.35	350m: 3:48.87	33.27	
	100m: 1:02.24	32.96	200m: 2:09.02	33.68	300m: 3:15.60	33.23	400m: 4:19.89	31.02	





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Pozycja			Rok ur.						Czas	Pkt.		
33.	SZLACHCIC Jan		08	UKP Unia O wi cim					<b>4:20.82</b>	599		
	50m:	29.69	29.69	150m:	1:36.50	33.83	250m:	2:43.89	33.29	350m:	3:48.96	31.57
	100m:	1:02.67	32.98	200m:	2:10.60	34.10	300m:	3:17.39	33.50	400m:	4:20.82	31.86
34.	PI TKIEWICZ Piotr		07	AZS Łód					<b>4:21.76</b>	593		
	50m:	28.90	28.90	150m:	1:34.58	32.94	250m:	2:41.92	33.84	350m:	3:49.62	33.37
	100m:	1:01.64	32.74	200m:	2:08.08	33.50	300m:	3:16.25	34.33	400m:	4:21.76	32.14
35.	PŁUCIENNIKOWSKI Jan		12	MKS Trójka Łód					<b>4:21.94</b>	592		
	50m:	29.90	29.90	150m:	1:36.65	33.40	250m:	2:43.83	33.51	350m:	3:50.31	32.34
	100m:	1:03.25	33.35	200m:	2:10.32	33.67	300m:	3:17.97	34.14	400m:	4:21.94	31.63
36.	OGÓREK Mariusz		12	MKP Szczecin					<b>4:22.70</b>	587		
	50m:	29.92	29.92	150m:	1:36.33	33.47	250m:	2:43.81	33.83	350m:	3:51.06	33.04
	100m:	1:02.86	32.94	200m:	2:09.98	33.65	300m:	3:18.02	34.21	400m:	4:22.70	31.64
37.	OŁOWNIA Ignacy		07	KS Delfin Gdynia					<b>4:23.24</b>	583		
	50m:	29.00	29.00	150m:	1:34.40	33.09	250m:	2:42.00	33.81	350m:	3:50.32	34.25
	100m:	1:01.31	32.31	200m:	2:08.19	33.79	300m:	3:16.07	34.07	400m:	4:23.24	32.92
38.	MURAS Szymon		06	AZS AWF Katowice					<b>4:23.83</b>	579		
	50m:	28.80	28.80	150m:	1:35.62	34.00	250m:	2:43.76	34.05	350m:	3:51.48	33.40
	100m:	1:01.62	32.82	200m:	2:09.71	34.09	300m:	3:18.08	34.32	400m:	4:23.83	32.35
39.	KONOPKO Michał		10	UKS G-8 Bielany Warszawa					<b>4:24.32</b>	576		
	50m:	29.74	29.74	150m:	1:37.07	34.27	250m:	2:45.11	33.41	350m:	3:51.80	33.19
	100m:	1:02.80	33.06	200m:	2:11.70	34.63	300m:	3:18.61	33.50	400m:	4:24.32	32.52
40.	KOCIOŁEK Leon		09	UKS NIKA Sport Team Kraków					<b>4:24.57</b>	574		
	50m:	29.08	29.08	150m:	1:35.20	33.57	250m:	2:43.24	34.24	350m:	3:51.06	33.50
	100m:	1:01.63	32.55	200m:	2:09.00	33.80	300m:	3:17.56	34.32	400m:	4:24.57	33.51
41.	SYNOWIEC Szymon		10	UKS SMS Galicja Kraków					<b>4:25.52</b>	568		
	50m:	29.21	29.21	150m:	1:35.13	33.47	250m:	2:42.52	33.66	350m:	3:50.88	34.19
	100m:	1:01.66	32.45	200m:	2:08.86	33.73	300m:	3:16.69	34.17	400m:	4:25.52	34.64
42.	DOMINEK Michał		11	UKS NIKA Sport Team Kraków					<b>4:26.84</b>	560		
	50m:	29.70	29.70	150m:	1:36.05	33.54	250m:	2:44.45	34.05	350m:	3:53.20	34.00
	100m:	1:02.51	32.81	200m:	2:10.40	34.35	300m:	3:19.20	34.75	400m:	4:26.84	33.64
43.	ULAS Antoni		07	AZS Łód					<b>4:27.07</b>	558		
	50m:	29.25	29.25	150m:	1:36.17	34.00	250m:	2:45.38	34.80	350m:	3:53.64	33.62
	100m:	1:02.17	32.92	200m:	2:10.58	34.41	300m:	3:20.02	34.64	400m:	4:27.07	33.43
44.	D BSKI Antoni		09	KS KSZO Ostrowiec w.					<b>4:27.09</b>	558		
	50m:	28.75	28.75	150m:	1:35.32	33.74	250m:	2:43.83	34.26	350m:	3:53.48	35.03
	100m:	1:01.58	32.83	200m:	2:09.57	34.25	300m:	3:18.45	34.62	400m:	4:27.09	33.61
45.	OSAK Kacper		10	UKS SMS Galicja Kraków					<b>4:28.11</b>	552		
	50m:	29.44	29.44	150m:	1:34.67	32.91	250m:	2:42.34	33.87	350m:	3:52.09	35.04
	100m:	1:01.76	32.32	200m:	2:08.47	33.80	300m:	3:17.05	34.71	400m:	4:28.11	36.02
46.	TAMBORSKI Zbigniew		12	MKS Trójka Łód					<b>4:28.28</b>	551		
	50m:	30.26	30.26	150m:	1:38.46	34.43	250m:	2:47.98	34.59	350m:	3:56.17	34.24
	100m:	1:04.03	33.77	200m:	2:13.39	34.93	300m:	3:21.93	33.95	400m:	4:28.28	32.11
47.	KURZAWA Igor		10	MKS CKS-SMS Szczecin					<b>4:29.80</b>	541		
	50m:	28.73	28.73	150m:	1:33.79	33.04	250m:	2:43.59	34.75	350m:	3:55.04	35.36
	100m:	1:00.75	32.02	200m:	2:08.84	35.05	300m:	3:19.68	36.09	400m:	4:29.80	34.76
48.	WIECZOREK Aleksander		10	MKP Szczecin					<b>4:30.56</b>	537		
	50m:	30.22	30.22	150m:	1:39.30	34.71	250m:	2:48.93	34.79	350m:	3:58.44	34.64
	100m:	1:04.59	34.37	200m:	2:14.14	34.84	300m:	3:23.80	34.87	400m:	4:30.56	32.12
49.	KOWALSKI Adrian		10	UKS SMS Galicja Kraków					<b>4:31.28</b>	533		
	50m:	29.61	29.61	150m:	1:36.81	34.28	250m:	2:46.62	34.79	350m:	3:56.36	35.12
	100m:	1:02.53	32.92	200m:	2:11.83	35.02	300m:	3:21.24	34.62	400m:	4:31.28	34.92





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Pozycja			Rok ur.						Czas	Pkt.
50.	SKIBI SKI Szymon		10	MKP Szczecin					<b>4:32.25</b>	527
	50m: 30.54 30.54	150m: 1:38.85		34.52	250m: 2:48.34	34.80	350m: 3:58.30		34.86	
	100m: 1:04.33 33.79	200m: 2:13.54		34.69	300m: 3:23.44	35.10	400m: 4:32.25		33.95	
51.	KOSOWSKI Bartosz		12	UKS Olimpijczyk 23					<b>4:33.84</b>	518
	50m: 30.23 30.23	150m: 1:41.29		35.78	250m: 2:52.71	35.89	350m: 4:02.60		34.15	
	100m: 1:05.51 35.28	200m: 2:16.82		35.53	300m: 3:28.45	35.74	400m: 4:33.84		31.24	
52.	DUBAS Filip		10	KU AZS UMCS Lublin					<b>4:34.13</b>	516
	50m: 30.83 30.83	150m: 1:41.62		35.82	250m: 2:52.83	35.47	350m: 4:02.60		34.14	
	100m: 1:05.80 34.97	200m: 2:17.36		35.74	300m: 3:28.46	35.63	400m: 4:34.13		31.53	
53.	KOTLEWSKI Hubert		10	UKS ORKA Luba					<b>4:34.74</b>	513
	50m: 29.62 29.62	150m: 1:37.70		34.24	250m: 2:47.72	35.27	350m: 3:59.29		35.65	
	100m: 1:03.46 33.84	200m: 2:12.45		34.75	300m: 3:23.64	35.92	400m: 4:34.74		35.45	
54.	KRÓLIKOWSKI Mateusz		10	MKS IKAR Stal Mielec					<b>4:34.78</b>	512
	50m: 32.41 32.41	150m: 1:42.85		35.64	250m: 2:54.18	35.92	350m: 4:04.31		34.63	
	100m: 1:07.21 34.80	200m: 2:18.26		35.41	300m: 3:29.68	35.50	400m: 4:34.78		30.47	
55.	OTR BA Igor		09	UKP Unia O wi cim					<b>4:35.26</b>	510
	50m: 29.59 29.59	150m: 1:39.08		35.35	250m: 2:50.93	36.28	350m: 4:04.05		36.63	
	100m: 1:03.73 34.14	200m: 2:14.65		35.57	300m: 3:27.42	36.49	400m: 4:35.26		31.21	
56.	JONIAK Marcel		11	MKP Szczecin					<b>4:36.17</b>	505
	50m: 31.52 31.52	150m: 1:40.69		35.10	250m: 2:51.17	35.19	350m: 4:02.05		35.33	
	100m: 1:05.59 34.07	200m: 2:15.98		35.29	300m: 3:26.72	35.55	400m: 4:36.17		34.12	
57.	WÓJCICKI Xavier		12	MKS Trójka Łód					<b>4:36.23</b>	504
	50m: 31.73 31.73	150m: 1:41.82		35.09	250m: 2:53.36	35.92	350m: 4:04.04		34.82	
	100m: 1:06.73 35.00	200m: 2:17.44		35.62	300m: 3:29.22	35.86	400m: 4:36.23		32.19	
58.	CHAŁAT Adam		10	KU AZS UMCS Lublin					<b>4:36.55</b>	503
	50m: 31.50 31.50	150m: 1:41.65		35.52	250m: 2:53.02	35.98	350m: 4:03.89		35.49	
	100m: 1:06.13 34.63	200m: 2:17.04		35.39	300m: 3:28.40	35.38	400m: 4:36.55		32.66	
	PIETRYCH Igor		10	UKS GIM 92 Ursynów					<b>4:36.55</b>	503
	50m: 30.87 30.87	150m: 1:40.87		35.63	250m: 2:52.50	35.40	350m: 4:03.11		35.35	
	100m: 1:05.24 34.37	200m: 2:17.10		36.23	300m: 3:27.76	35.26	400m: 4:36.55		33.44	
60.	GORLACH Miłosz		11	Stow. Solne Miasto Wieliczka					<b>4:37.58</b>	497
	50m: 30.12 30.12	150m: 1:39.26		34.96	250m: 2:50.65	35.74	350m: 4:03.03		35.93	
	100m: 1:04.30 34.18	200m: 2:14.91		35.65	300m: 3:27.10	36.45	400m: 4:37.58		34.55	
61.	MAJERSKI Paweł		10	UKS SMS Galicja Kraków					<b>4:37.77</b>	496
	50m: 32.30 32.30	150m: 1:43.80		35.94	250m: 2:55.95	36.10	350m: 4:05.29		33.22	
	100m: 1:07.86 35.56	200m: 2:19.85		36.05	300m: 3:32.07	36.12	400m: 4:37.77		32.48	
62.	R BIAŁKOWSKI Adam		11	MKS Trójka Łód					<b>4:38.99</b>	490
	50m: 31.40 31.40	150m: 1:43.15		36.38	250m: 2:55.30	36.24	350m: 4:04.71		34.27	
	100m: 1:06.77 35.37	200m: 2:19.06		35.91	300m: 3:30.44	35.14	400m: 4:38.99		34.28	
63.	KA MIERCZAK Szymon		12	MKP Szczecin					<b>4:41.11</b>	479
	50m: 31.68 31.68	150m: 1:43.73		36.31	250m: 2:56.70	36.35	350m: 4:08.04		35.11	
	100m: 1:07.42 35.74	200m: 2:20.35		36.62	300m: 3:32.93	36.23	400m: 4:41.11		33.07	
64.	ZI BA Oskar		11	UKS SMS Galicja Kraków					<b>4:45.19</b>	458
	50m: 30.82 30.82	150m: 1:41.53		35.78	250m: 2:55.72	37.02	350m: 4:08.78		36.35	
	100m: 1:05.75 34.93	200m: 2:18.70		37.17	300m: 3:32.43	36.71	400m: 4:45.19		36.41	
65.	RYCHTER Adam		10	MKS Trójka Łód					<b>4:46.86</b>	450
	50m: 32.03 32.03	150m: 1:43.23		36.07	250m: 2:57.24	37.42	350m: 4:11.56		37.70	
	100m: 1:07.16 35.13	200m: 2:19.82		36.59	300m: 3:33.86	36.62	400m: 4:46.86		35.30	
66.	STRUMI SKI Olaf		12	MKS Trójka Łód					<b>4:49.04</b>	440
	50m: 33.46 33.46	150m: 1:45.91		36.47	250m: 2:59.27	36.45	350m: 4:14.23		38.32	
	100m: 1:09.44 35.98	200m: 2:22.82		36.91	300m: 3:35.91	36.64	400m: 4:49.04		34.81	





PGE Grand Prix Puchar Polski 4. Memoriał Zbigniewa Pacelta i Jana Wiederka  
Ostrowiec wi tokrzycki, 12-14.06.2026

Konkurencja 16, M czyzn, 400m dowolny, 14 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.		
67.	NALEJ Maciej			09	St. Lok. SALOS Cortile Kielce				<b>4:49.16</b>	440		
	50m:	30.27	30.27	150m:	1:41.09	36.31	250m:	2:56.49	37.53	350m:	4:12.11	37.55
	100m:	1:04.78	34.51	200m:	2:18.96	37.87	300m:	3:34.56	38.07	400m:	4:49.16	37.05
68.	PIETRA Szymon			10	KU AZS UMCS Lublin				<b>4:51.99</b>	427		
	50m:	31.55	31.55	150m:	1:44.31	37.12	250m:	3:00.35	37.87	350m:	4:16.49	38.50
	100m:	1:07.19	35.64	200m:	2:22.48	38.17	300m:	3:37.99	37.64	400m:	4:51.99	35.50
69.	PATOKA Kacper			10	UKS G-8 Bielany Warszawa				<b>4:52.39</b>	425		
	50m:	31.25	31.25	150m:	1:44.60	37.60	250m:	3:02.92	39.89	350m:	4:16.03	34.79
	100m:	1:07.00	35.75	200m:	2:23.03	38.43	300m:	3:41.24	38.32	400m:	4:52.39	36.36
70.	MAKOWSKI Piotr			11	KU AZS UMCS Lublin				<b>4:52.71</b>	424		
	50m:	32.24	32.24	150m:	1:45.14	37.23	250m:	3:00.21	37.73	350m:	4:16.08	38.07
	100m:	1:07.91	35.67	200m:	2:22.48	37.34	300m:	3:38.01	37.80	400m:	4:52.71	36.63
71.	SZAFRAN Adam			12	UKS Skarpa Lublin				<b>4:53.44</b>	421		
	50m:	33.47	33.47	150m:	1:46.12	36.62	250m:	3:01.04	37.97	350m:	4:16.81	37.70
	100m:	1:09.50	36.03	200m:	2:23.07	36.95	300m:	3:39.11	38.07	400m:	4:53.44	36.63
72.	MOSKAL Tomasz			11	UKS SMS Galicja Kraków				<b>4:57.24</b>	405		
	50m:	33.02	33.02	150m:	1:48.55	38.46	250m:	3:04.93	38.50	350m:	4:21.54	38.42
	100m:	1:10.09	37.07	200m:	2:26.43	37.88	300m:	3:43.12	38.19	400m:	4:57.24	35.70
73.	WIDRAK Oliwier			12	MKS STP Nowy S cz				<b>5:00.00</b>	394		
	50m:	33.71	33.71	150m:	1:49.94	39.09	250m:	3:07.20	40.14	350m:	4:23.10	38.34
	100m:	1:10.85	37.14	200m:	2:27.06	37.12	300m:	3:44.76	37.56	400m:	5:00.00	36.90
74.	WIDRAK Marcel			12	MKS STP Nowy S cz				<b>5:07.18</b>	367		
	50m:	33.53	33.53	150m:	1:52.02	39.33	250m:	3:10.64	39.51	350m:	4:29.50	38.82
	100m:	1:12.69	39.16	200m:	2:31.13	39.11	300m:	3:50.68	40.04	400m:	5:07.18	37.68

