Konkurencja 19 — Mężczyzn, 400m dowolny — 12 lat i starsi
21.11.2026 - 16:32 — Wyniki

Rekord POZP Open wg Swimrankings 3:59.07 ŻYBURA Kornel 00308 Lublin 17.12.2015

Punkty: AQUA 2026

Pozycja | Rok ur. | Czas | Pkt.

12 lat

1.	FLORKIEWICZ Frank			14	UKS DELFINEK Ustrzyki Dolne							**5:16.12**	302
	50m:	33.97	33.97	150m:	1:52.99	40.36	250m:	3:14.08	41.02	350m:	4:37.20		41.92
	100m:	1:12.63	38.66	200m:	2:33.06	40.07	300m:	3:55.28	41.20	400m:	5:16.12		38.92
2.	DEMBOWSKI Kuba			14	UKS Aqua Sport							**5:29.21**	267
	50m:	34.08	34.08	150m:	1:54.52	40.94	250m:	3:20.63	43.55	350m:	4:48.36		43.37
	100m:	1:13.58	39.50	200m:	2:37.08	42.56	300m:	4:04.99	44.36	400m:	5:29.21		40.85
3.	KUŹMA Maurycy			14	SP Motyl Stalowa Wola							**5:36.12**	251
	50m:	35.41	35.41	150m:	1:57.77	41.68	250m:	3:24.56	43.69	350m:	4:53.09		44.40
	100m:	1:16.09	40.68	200m:	2:40.87	43.10	300m:	4:08.69	44.13	400m:	5:36.12		43.03
4.	BAŁA Ignacy			14	UKS FENIKS Dębica							**5:49.09**	224
	50m:	38.38	38.38	150m:	2:07.35	44.84	250m:	3:38.23	45.43	350m:	5:07.83		44.57
	100m:	1:22.51	44.13	200m:	2:52.80	45.45	300m:	4:23.26	45.03	400m:	5:49.09		41.26
5.	DARAŻ Franciszek			14	KP SOKÓŁ Rzeszów							**5:51.63**	219
	50m:	36.88	36.88	150m:	2:05.34	44.96	250m:	3:37.86		350m:	5:09.20		
	100m:	1:20.38	43.50	200m:			300m:			400m:	5:51.63		42.43
6.	ŚLĄCZKA Jakub			14	Proswim							**6:24.15**	168
	50m:	39.36	39.36	150m:	2:16.70	49.85	250m:	3:56.48	50.41	350m:	5:37.67		49.23
	100m:	1:26.85	47.49	200m:	3:06.07	49.37	300m:	4:48.44	51.96	400m:	6:24.15		46.48
7.	CHROBAK Borys			14	KSW Stal Rzeszów							**6:25.87**	166
	50m:	42.21	42.21	150m:	2:21.44	51.04	250m:	4:02.41	50.41	350m:	5:41.48		48.40
	100m:	1:30.40	48.19	200m:	3:12.00	50.56	300m:	4:53.08	50.67	400m:	6:25.87		44.39
8.	POŹNIAK Tymoteusz			14	UKS Aqua Sport							**6:54.54**	134
	50m:	42.52	42.52	150m:	2:27.41	52.92	250m:	4:15.45	54.92	350m:	6:03.89		53.80
	100m:	1:34.49	51.97	200m:	3:20.53	53.12	300m:	5:10.09	54.64	400m:	6:54.54		50.65
9.	KOZIARZ Jakub			14	Proswim							**7:09.32**	120
	50m:	47.02	47.02	150m:	2:36.50	56.02	250m:	4:28.77	56.20	350m:	6:19.64		55.34
	100m:	1:40.48	53.46	200m:	3:32.57	56.07	300m:	5:24.30	55.53	400m:	7:09.32		49.68

13 lat

1.	WRÓBEL Filip			13	UKS Aqua Sport							**4:45.70**	410
	50m:	31.07	31.07	150m:	1:42.81	36.48	250m:	2:56.68	37.43	350m:	4:11.68		37.93
	100m:	1:06.33	35.26	200m:	2:19.25	36.44	300m:	3:33.75	37.07	400m:	4:45.70		34.02
2.	JAREMA Antoni			13	KP SOKÓŁ Rzeszów							**4:48.83**	396
	50m:	31.60	31.60	150m:	1:44.03	36.38	250m:	2:59.45	37.79	350m:	4:14.12		37.01
	100m:	1:07.65	36.05	200m:	2:21.66	37.63	300m:	3:37.11	37.66	400m:	4:48.83		34.71
3.	KOZIOŁ Michał			13	UKS DELFIN Tarnobrzeg							**5:07.38**	329
	50m:	32.86	32.86	150m:	1:48.79	39.19	250m:	3:08.49	40.24	350m:	4:29.29		40.65
	100m:	1:09.60	36.74	200m:	2:28.25	39.46	300m:	3:48.64	40.15	400m:	5:07.38		38.09
4.	SZELIGA Vincent			13	UKS SP AQUARIUS Lesko							**5:13.72**	309
	50m:	33.23	33.23	150m:	1:52.27	40.25	250m:	3:12.96	40.56	350m:	4:34.98		41.26
	100m:	1:12.02	38.79	200m:	2:32.40	40.13	300m:	3:53.72	40.76	400m:	5:13.72		38.74
5.	BAJ Jan			13	KP ORLIK Przeworsk							**5:41.90**	239
	50m:	38.21	38.21	150m:	2:04.47	43.83	250m:	3:33.96	45.49	350m:	5:02.00		43.43
	100m:	1:20.64	42.43	200m:	2:48.47	44.00	300m:	4:18.57	44.61	400m:	5:41.90		39.90

Konkurencja 19, Chłopców, 400m dowolny, 13 lat

Pozycja		Rok ur.		Czas	Pkt.
6.	JANOWSKI Szymon	13	UKP GRYF Dębica	**5:48.56**	225
	50m: 37.95 37.95 150m: 2:09.48 45.89 250m: 3:40.86 45.65 350m: 5:10.32 43.96				
	100m: 1:23.59 45.64 200m: 2:55.21 45.73 300m: 4:26.36 45.50 400m: 5:48.56 38.24				
7.	BIEŃKOWSKI Patryk	13	KP SOKÓŁ Rzeszów	**5:52.48**	218
	50m: 38.34 38.34 150m: 2:06.11 44.32 250m: 3:36.55 44.63 350m: 5:08.91 46.93				
	100m: 1:21.79 43.45 200m: 2:51.92 45.81 300m: 4:21.98 45.43 400m: 5:52.48 43.57				

14 lat

1.	FAFF Wojciech	12	Proswim	**4:41.58**	428
	50m: 30.84 30.84 150m: 1:39.59 34.61 250m: 2:52.28 36.59 350m: 4:06.03 37.04				
	100m: 1:04.98 34.14 200m: 2:15.69 36.10 300m: 3:28.99 36.71 400m: 4:41.58 35.55				
2.	GAJ Karol	12	UKS FENIKS Dębica	**4:52.09**	383
	50m: 32.11 32.11 150m: 1:46.14 37.69 250m: 3:01.11 37.66 350m: 4:16.64 37.63				
	100m: 1:08.45 36.34 200m: 2:23.45 37.31 300m: 3:39.01 37.90 400m: 4:52.09 35.45				
3.	GAWLIK Cyprian	12	UKS FENIKS Dębica	**5:11.49**	316
	50m: 33.32 33.32 150m: 1:52.13 39.41 250m: 3:12.42 40.27 350m: 4:33.05 40.10				
	100m: 1:12.72 39.40 200m: 2:32.15 40.02 300m: 3:52.95 40.53 400m: 5:11.49 38.44				
4.	PRZYBYŁA Aleksander	12	Stow. Sportowe SWIM TRI Rzeszów	**5:35.10**	254
	50m: 38.64 38.64 150m: 2:05.36 43.16 250m: 3:31.32 42.87 350m: 4:56.19 41.37				
	100m: 1:22.20 43.56 200m: 2:48.45 43.09 300m: 4:14.82 43.50 400m: 5:35.10 38.91				

15 - 16 lat

1.	BORKOWSKI Albert	11	UKS DELFIN Tarnobrzeg	**3:58.02**	709
	Wynik lepszy od rek. POZP Open wg Swimrankings				
	50m: 28.54 28.54 150m: 1:27.72 29.68 250m: 2:27.85 30.28 350m: 3:29.15 30.65				
	100m: 58.04 29.50 200m: 1:57.57 29.85 300m: 2:58.50 30.65 400m: 3:58.02 28.87				
2.	KRÓLIKOWSKI Mateusz	10	MKS IKAR Stal Mielec	**4:20.53**	540
	50m: 29.96 29.96 150m: 1:35.54 33.21 250m: 2:42.70 33.63 350m: 3:50.23 33.55				
	100m: 1:02.33 32.37 200m: 2:09.07 33.53 300m: 3:16.68 33.98 400m: 4:20.53 30.30				
3.	BLACHA Wiktor	11	UKS FENIKS Dębica	**4:26.31**	506
	50m: 29.31 29.31 150m: 1:35.19 33.44 250m: 2:45.14 35.28 350m: 3:54.10 34.20				
	100m: 1:01.75 32.44 200m: 2:09.86 34.67 300m: 3:19.90 34.76 400m: 4:26.31 32.21				
4.	PELC Szymon	11	KP ORLIK Przeworsk	**4:51.35**	386
	50m: 31.96 31.96 150m: 1:44.38 36.84 250m: 2:59.37 37.90 350m: 4:14.83 37.56				
	100m: 1:07.54 35.58 200m: 2:21.47 37.09 300m: 3:37.27 37.90 400m: 4:51.35 36.52				
5.	ORŁOWSKI Łukasz	11	UKS SP AQUARIUS Lesko	**4:59.48**	355
	50m: 33.70 33.70 150m: 1:49.63 38.25 250m: 3:06.76 38.72 350m: 4:23.72 38.51				
	100m: 1:11.38 37.68 200m: 2:28.04 38.41 300m: 3:45.21 38.45 400m: 4:59.48 35.76				
6.	PĘCAK Mikołaj	11	Proswim	**5:33.57**	257
	50m: 36.23 36.23 150m: 1:59.59 42.29 250m: 3:26.02 43.42 350m: 4:53.54 43.15				
	100m: 1:17.30 41.07 200m: 2:42.60 43.01 300m: 4:10.39 44.37 400m: 5:33.57 40.03				

17 lat i starsi

1.	JOŃCZYK Patryk	07	Stow. Sportowe SWIM TRI Rzeszów	**4:08.34**	624
	50m: 29.44 29.44 150m: 1:31.32 30.94 250m: 2:34.63 31.57 350m: 3:38.35 31.71				
	100m: 1:00.38 30.94 200m: 2:03.06 31.74 300m: 3:06.64 32.01 400m: 4:08.34 29.99				
2.	JAWORSKI Krzysztof	08	UKS Aqua Sport	**4:20.84**	538
	50m: 29.60 29.60 150m: 1:34.83 32.52 250m: 2:41.88 33.67 350m: 3:49.05 33.57				
	100m: 1:02.31 32.71 200m: 2:08.21 33.38 300m: 3:15.48 33.60 400m: 4:20.84 31.79				

Konkurencja 19, Mężczyzn, 400m dowolny, 17 lat i starsi

Pozycja		Rok ur.		Czas	Pkt.
3.	BLACHA Kamil	09	SP Motyl Stalowa Wola	**5:02.99**	343

50m:	31.06	31.06	150m:	1:44.80	37.90	250m:	3:03.93	39.72	350m:	4:24.73	40.25
100m:	1:06.90	35.84	200m:	2:24.21	39.41	300m:	3:44.48	40.55	400m:	5:02.99	38.26

4.	GOGACZ Sebastian	76	UKS Trójka Puławy	**5:08.66**	325						
50m:	35.10	35.10	150m:	1:51.62	38.50	250m:	3:09.79	39.14	350m:	4:28.93	39.83
100m:	1:13.12	38.02	200m:	2:30.65	39.03	300m:	3:49.10	39.31	400m:	5:08.66	39.73

5.	CARKOWSKI Filip	09	MKS Sanok	**5:30.63**	264						
50m:	35.98	35.98	150m:	1:59.16	42.28	250m:	3:25.69	43.15	350m:	4:52.03	43.33
100m:	1:16.88	40.90	200m:	2:42.54	43.38	300m:	4:08.70	43.01	400m:	5:30.63	38.60