Konkurencja 6 — Mężczyzn, 400m zmienny — 13 lat i starsi
21.11.2026 - 11:31 — Wyniki

Rekord POZP Open wg Swimrankings 4:23.47 KSIĄŻNICKI Dawid 00508 Ostrowiec Sw 18.12.2019

Punkty: AQUA 2026

Pozycja		Rok ur.								Czas	Pkt.
13 lat											
1.	KOZŁOWSKI Mateusz	13	Proswim							**5:57.08**	284
	50m: 38.01	38.01	150m: 2:10.12	48.03	250m: 3:44.83	48.08	350m: 5:15.91	42.55			
	100m: 1:22.09	44.08	200m: 2:56.75	46.63	300m: 4:33.36	48.53	400m: 5:57.08	41.17			
14 lat											
1.	FAFF Wojciech	12	Proswim							**5:13.89**	418
	50m: 31.88	31.88	150m: 1:52.91	43.35	250m: 3:17.44	42.21	350m: 4:38.10	36.47			
	100m: 1:09.56	37.68	200m: 2:35.23	42.32	300m: 4:01.63	44.19	400m: 5:13.89	35.79			
2.	BERNACKI Dawid	12	KP REKIN Lubaczów							**6:06.91**	262
	50m: 37.32	37.32	150m: 2:15.00	48.10	250m: 3:51.84	51.23	350m: 5:26.72	41.81			
	100m: 1:26.90	49.58	200m: 3:00.61	45.61	300m: 4:44.91	53.07	400m: 6:06.91	40.19			
3.	PĘCAK Maksymilian	12	Proswim							**6:14.84**	245
	50m: 40.50	40.50	150m: 2:18.21	48.28	250m: 3:51.14	46.66	350m: 5:29.75	48.73			
	100m: 1:29.93	49.43	200m: 3:04.48	46.27	300m: 4:41.02	49.88	400m: 6:14.84	45.09			
15 - 16 lat											
1.	DUBAJ Mikołaj	11	SP Motyl Stalowa Wola							**4:41.83**	578
	50m: 30.59	30.59	150m: 1:41.33	35.48	250m: 2:56.16	39.21	350m: 4:09.48	33.33			
	100m: 1:05.85	35.26	200m: 2:16.95	35.62	300m: 3:36.15	39.99	400m: 4:41.83	32.35			
2.	GRUCELA Jakub	11	KP SOKÓŁ Rzeszów							**5:17.65**	403
	50m: 32.26	32.26	150m: 1:55.03	43.23	250m: 3:19.27	42.56	350m: 4:41.05	37.68			
	100m: 1:11.80	39.54	200m: 2:36.71	41.68	300m: 4:03.37	44.10	400m: 5:17.65	36.60			
17 lat i starsi											
1.	MURAS Szymon	06	MKS IKAR Stal Mielec							**4:50.84**	526
	50m: 28.99	28.99	150m: 1:42.40	37.35	250m: 2:57.59	38.81	350m: 4:15.25	36.75			
	100m: 1:05.05	36.06	200m: 2:18.78	36.38	300m: 3:38.50	40.91	400m: 4:50.84	35.59			