

Międzynarodowe Zawody o Puchar Dyrektora ZSOMS Kraków
Kraków, 11. - 12.10.2025

Konkurencja 12
11.10.2025 - 11:37

Mężczyzn, 400m zmienny

13 lat i starsi
Wyniki

Punkty: AQUA 2024

Pozycja	Rok ur.										Czas	Pkt.
13 - 14 lat												
1.	CYZ, Maciej	12	Ks Korona 1919							4:55.18	503	
	50m: 30.20 30.20	150m: 1:45.28	39.79	250m: 3:04.62	40.22	350m: 4:23.51	35.41	100m: 1:05.49 35.29	200m: 2:24.40	39.12	300m: 3:48.10 43.48	400m: 4:55.18 31.67
2.	WOLNICKI, Franciszek	11	UKS SMS Galicja Kraków							4:58.38	487	
	50m: 31.22 31.22	150m: 1:47.63	40.45	250m: 3:08.10	41.63	350m: 4:26.06	35.50	100m: 1:07.18 35.96	200m: 2:26.47	38.84	300m: 3:50.56 42.46	400m: 4:58.38 32.32
3.	ROMANTSOV, Kyrylo	11	UKP Unia Oświęcim							5:04.37	459	
	50m: 32.33 32.33	150m: 1:49.46	38.95	250m: 3:10.53	43.10	350m: 4:29.88	35.94	100m: 1:10.51 38.18	200m: 2:27.43	37.97	300m: 3:53.94 43.41	400m: 5:04.37 34.49
4.	SKŁODOWSKI, Stanisław	12	MKS Jedyńka Łódź							5:15.87	410	
	50m: 33.53 33.53	150m: 1:51.55	39.00	250m: 3:16.70	46.74	350m: 4:40.53	36.71	100m: 1:12.55 39.02	200m: 2:29.96	38.41	300m: 4:03.82 47.12	400m: 5:15.87 35.34
5.	CHUDOBA, Karol	12	UKS SMS Galicja Kraków							5:25.82	374	
	50m: 35.20 35.20	150m: 2:00.17	43.53	250m: 3:29.14	47.52	350m: 4:53.14	36.29	100m: 1:16.64 41.44	200m: 2:41.62	41.45	300m: 4:16.85 47.71	400m: 5:25.82 32.68
6.	STOLCZYK, Antoni	12	UKS SMS Galicja Kraków							5:27.19	369	
	50m: 35.73 35.73	150m: 1:58.91	41.01	250m: 3:25.83	48.01	350m: 4:51.55	37.70	100m: 1:17.90 42.17	200m: 2:37.82	38.91	300m: 4:13.85 48.02	400m: 5:27.19 35.64
7.	RUSEK, Michał	11	MKS Jordan Kraków							5:30.58	358	
	50m: 35.23 35.23	150m: 1:59.55	42.16	250m: 3:28.67	48.63	350m: 4:55.18	37.26	100m: 1:17.39 42.16	200m: 2:40.04	40.49	300m: 4:17.92 49.25	400m: 5:30.58 35.40
8.	NOWICKI, Franciszek	12	UKS SMS Galicja Kraków							5:31.65	354	
	50m: 31.28 31.28	150m: 1:55.02	43.30	250m: 3:23.79	46.67	350m: 4:52.18	40.68	100m: 1:11.72 40.44	200m: 2:37.12	42.10	300m: 4:11.50 47.71	400m: 5:31.65 39.47
9.	WOSZCZYNA, Aleksander	11	KS "Bieżanowianka"							5:41.74	324	
	50m: 34.99 34.99	150m: 2:02.81	43.21	250m: 3:34.09	48.91	350m: 5:03.75	39.59	100m: 1:19.60 44.61	200m: 2:45.18	42.37	300m: 4:24.16 50.07	400m: 5:41.74 37.99
15 - 16 lat												
1.	OSAK, Kacper	10	UKS SMS Galicja Kraków							4:48.41	539	
	50m: 30.39 30.39	150m: 1:42.45	37.20	250m: 3:00.06	41.18	350m: 4:15.31	34.06	100m: 1:05.25 34.86	200m: 2:18.88	36.43	300m: 3:41.25 41.19	400m: 4:48.41 33.10
2.	PANAS, Danylo	09	Lviv Region							4:51.70	521	
	50m: 31.20 31.20	150m: 1:44.64	37.89	250m: 3:03.09	42.11	350m: 4:20.00	33.99	100m: 1:06.75 35.55	200m: 2:20.98	36.34	300m: 3:46.01 42.92	400m: 4:51.70 31.70
3.	JAKUBCZYK, Robert	10	UKS SMS Galicja Kraków							4:55.76	500	
	50m: 30.34 30.34	150m: 1:45.88	40.15	250m: 3:09.46	44.55	350m: 4:25.43	32.32	100m: 1:05.73 35.39	200m: 2:24.91	39.03	300m: 3:53.11 43.65	400m: 4:55.76 30.33
4.	KOWALSKI, Adrian	10	UKS SMS Galicja Kraków							4:58.43	487	
	50m: 31.19 31.19	150m: 1:46.39	38.79	250m: 3:06.27	41.85	350m: 4:23.97	35.08	100m: 1:07.60 36.41	200m: 2:24.42	38.03	300m: 3:48.89 42.62	400m: 4:58.43 34.46
5.	DZIEDZIC, Karol	10	UKS SMS Galicja Kraków							5:00.21	478	
	50m: 29.40 29.40	150m: 1:44.39	38.75	250m: 3:02.36	39.00	350m: 4:24.21	36.98	100m: 1:05.64 36.24	200m: 2:23.36	38.97	300m: 3:47.23 44.87	400m: 5:00.21 36.00
6.	ROMANYSHYN, Liubomyr	10	Lviv Region							5:04.37	459	
	50m: 32.51 32.51	150m: 1:50.12	39.64	250m: 3:12.00	43.48	350m: 4:31.12	34.90	100m: 1:10.48 37.97	200m: 2:28.52	38.40	300m: 3:56.22 44.22	400m: 5:04.37 33.25
7.	PYVOVAR, Danylo	10	Klub Sportowy "H2O Bochnia"							5:12.87	422	
	50m: 31.69 31.69	150m: 1:49.82	40.24	250m: 3:11.66	42.30	350m: 4:36.83	39.69	100m: 1:09.58 37.89	200m: 2:29.36	39.54	300m: 3:57.14 45.48	400m: 5:12.87 36.04

Międzynarodowe Zawody o Puchar Dyrektora ZSOMS Kraków
Kraków, 11. - 12.10.2025

Konkurencja 12, Chłopców, 400m zmienny, 15 - 16 lat

Pozycja									Rok ur.					Czas	Pkt.
8.	CETNAROWSKI, Jakub								10	Klub Sportowy "H2O Bochnia"				5:27.83	367
	50m:	34.72	34.72	150m:	2:00.53	43.90	250m:	3:27.14	43.57	350m:	4:50.97		38.46		
	100m:	1:16.63	41.91	200m:	2:43.57	43.04	300m:	4:12.51	45.37	400m:	5:27.83		36.86		
DYSKW.	BORYSENKO, Markian								10	Lviv Region					
	Z-3/G-8														
	50m:	30.47	30.47	150m:	1:45.17	39.05	250m:	3:05.68	41.56	350m:	4:21.50		33.73		
	100m:	1:06.12	35.65	200m:	2:24.12	38.95	300m:	3:47.77	42.09	400m:					

13 lat i starsi

1.	HALKIEWICZ, Maciej			08	UKS „Omega” Olkusz					4:29.70	659	
	50m:	27.22	27.22	150m:	1:33.79	34.43	250m:	2:46.95	39.39	350m:	3:59.60	32.11
	100m:	59.36	32.14	200m:	2:07.56	33.77	300m:	3:27.49	40.54	400m:	4:29.70	30.10
2.	OSAK, Kacper			10	UKS SMS Galicja Kraków					4:48.41	539	
	50m:	30.39	30.39	150m:	1:42.45	37.20	250m:	3:00.06	41.18	350m:	4:15.31	34.06
	100m:	1:05.25	34.86	200m:	2:18.88	36.43	300m:	3:41.25	41.19	400m:	4:48.41	33.10
3.	PANAS, Danylo			09	Lviv Region					4:51.70	521	
	50m:	31.20	31.20	150m:	1:44.64	37.89	250m:	3:03.09	42.11	350m:	4:20.00	33.99
	100m:	1:06.75	35.55	200m:	2:20.98	36.34	300m:	3:46.01	42.92	400m:	4:51.70	31.70
4.	CYZ, Maciej			12	Ks Korona 1919					4:55.18	503	
	50m:	30.20	30.20	150m:	1:45.28	39.79	250m:	3:04.62	40.22	350m:	4:23.51	35.41
	100m:	1:05.49	35.29	200m:	2:24.40	39.12	300m:	3:48.10	43.48	400m:	4:55.18	31.67
5.	JAKUBCZYK, Robert			10	UKS SMS Galicja Kraków					4:55.76	500	
	50m:	30.34	30.34	150m:	1:45.88	40.15	250m:	3:09.46	44.55	350m:	4:25.43	32.32
	100m:	1:05.73	35.39	200m:	2:24.91	39.03	300m:	3:53.11	43.65	400m:	4:55.76	30.33
6.	WOLNICKI, Franciszek			11	UKS SMS Galicja Kraków					4:58.38	487	
	50m:	31.22	31.22	150m:	1:47.63	40.45	250m:	3:08.10	41.63	350m:	4:26.06	35.50
	100m:	1:07.18	35.96	200m:	2:26.47	38.84	300m:	3:50.56	42.46	400m:	4:58.38	32.32
7.	KOWALSKI, Adrian			10	UKS SMS Galicja Kraków					4:58.43	487	
	50m:	31.19	31.19	150m:	1:46.39	38.79	250m:	3:06.27	41.85	350m:	4:23.97	35.08
	100m:	1:07.60	36.41	200m:	2:24.42	38.03	300m:	3:48.89	42.62	400m:	4:58.43	34.46
8.	DZIEDZIC, Karol			10	UKS SMS Galicja Kraków					5:00.21	478	
	50m:	29.40	29.40	150m:	1:44.39	38.75	250m:	3:02.36	39.00	350m:	4:24.21	36.98
	100m:	1:05.64	36.24	200m:	2:23.36	38.97	300m:	3:47.23	44.87	400m:	5:00.21	36.00
9.	ROMANYSHYN, Liubomyr			10	Lviv Region					5:04.37	459	
	50m:	32.51	32.51	150m:	1:50.12	39.64	250m:	3:12.00	43.48	350m:	4:31.12	34.90
	100m:	1:10.48	37.97	200m:	2:28.52	38.40	300m:	3:56.22	44.22	400m:	5:04.37	33.25
	ROMANTSOV, Kyrylo			11	UKP Unia Oświęcim					5:04.37	459	
	50m:	32.33	32.33	150m:	1:49.46	38.95	250m:	3:10.53	43.10	350m:	4:29.88	35.94
	100m:	1:10.51	38.18	200m:	2:27.43	37.97	300m:	3:53.94	43.41	400m:	5:04.37	34.49
11.	PYVOVAR, Danylo			10	Klub Sportowy "H2O Bochnia"					5:12.87	422	
	50m:	31.69	31.69	150m:	1:49.82	40.24	250m:	3:11.66	42.30	350m:	4:36.83	39.69
	100m:	1:09.58	37.89	200m:	2:29.36	39.54	300m:	3:57.14	45.48	400m:	5:12.87	36.04
12.	SKŁODOWSKI, Stanisław			12	MKS Jedyńka Łódź					5:15.87	410	
	50m:	33.53	33.53	150m:	1:51.55	39.00	250m:	3:16.70	46.74	350m:	4:40.53	36.71
	100m:	1:12.55	39.02	200m:	2:29.96	38.41	300m:	4:03.82	47.12	400m:	5:15.87	35.34
13.	CHUDOBA, Karol			12	UKS SMS Galicja Kraków					5:25.82	374	
	50m:	35.20	35.20	150m:	2:00.17	43.53	250m:	3:29.14	47.52	350m:	4:53.14	36.29
	100m:	1:16.64	41.44	200m:	2:41.62	41.45	300m:	4:16.85	47.71	400m:	5:25.82	32.68
14.	STOLCZYK, Antoni			12	UKS SMS Galicja Kraków					5:27.19	369	
	50m:	35.73	35.73	150m:	1:58.91	41.01	250m:	3:25.83	48.01	350m:	4:51.55	37.70
	100m:	1:17.90	42.17	200m:	2:37.82	38.91	300m:	4:13.85	48.02	400m:	5:27.19	35.64
15.	CETNAROWSKI, Jakub			10	Klub Sportowy "H2O Bochnia"					5:27.83	367	
	50m:	34.72	34.72	150m:	2:00.53	43.90	250m:	3:27.14	43.57	350m:	4:50.97	38.46
	100m:	1:16.63	41.91	200m:	2:43.57	43.04	300m:	4:12.51	45.37	400m:	5:27.83	36.86

Międzynarodowe Zawody o Puchar Dyrektora ZSOMS Kraków
Kraków, 11. - 12.10.2025

Konkurencja 12, Mężczyzn, 400m zmienny, 13 lat i starsi

Pozycja	Rok ur.									Czas	Pkt.	
16.	RUSEK, Michał			11	MKS Jordan Kraków					5:30.58	358	
	50m:	35.23	35.23	150m:	1:59.55	42.16	250m:	3:28.67	48.63	350m:	4:55.18	37.26
	100m:	1:17.39	42.16	200m:	2:40.04	40.49	300m:	4:17.92	49.25	400m:	5:30.58	35.40
17.	NOWICKI, Franciszek			12	UKS SMS Galicja Kraków					5:31.65	354	
	50m:	31.28	31.28	150m:	1:55.02	43.30	250m:	3:23.79	46.67	350m:	4:52.18	40.68
	100m:	1:11.72	40.44	200m:	2:37.12	42.10	300m:	4:11.50	47.71	400m:	5:31.65	39.47
18.	WOSZCZYNA, Aleksander			11	KS "Bieżanowianka"					5:41.74	324	
	50m:	34.99	34.99	150m:	2:02.81	43.21	250m:	3:34.09	48.91	350m:	5:03.75	39.59
	100m:	1:19.60	44.61	200m:	2:45.18	42.37	300m:	4:24.16	50.07	400m:	5:41.74	37.99
DYSKW.	BORYSENKO, Markian			10	Lviv Region							
	Z-3/G-8											
	50m:	30.47	30.47	150m:	1:45.17	39.05	250m:	3:05.68	41.56	350m:	4:21.50	33.73
	100m:	1:06.12	35.65	200m:	2:24.12	38.95	300m:	3:47.77	42.09	400m:		