

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

Konkurencja 17
11.10.2025 - 16:55

Mężczyzn, 400m dowolny

13 lat i starsi
Wyniki

Punkty: AQUA 2024

Pozycja	Rok ur.										Czas	Pkt.
13 - 14 lat												
1.	GRZESIAK, Filip			12	UKS „Sokół-Mościce” Tarnów					4:33.33	468	
	50m:	30.63	30.63	150m:	1:39.02	34.72	250m:	2:49.27	35.34	350m:	3:59.91	35.81
	100m:	1:04.30	33.67	200m:	2:13.93	34.91	300m:	3:24.10	34.83	400m:	4:33.33	33.42
2.	ROMANTSOV, Kyrylo			11	UKP Unia Oświęcim					4:41.38	429	
	50m:	31.04	31.04	150m:	1:41.09	35.21	250m:	2:53.00	36.00	350m:	4:05.60	36.17
	100m:	1:05.88	34.84	200m:	2:17.00	35.91	300m:	3:29.43	36.43	400m:	4:41.38	35.78
3.	DOMINIK, Hubert			11	Klub Sportowy "H2O Bochnia"					4:45.13	412	
	50m:	31.12	31.12	150m:	1:42.99	36.16	250m:	2:56.10	36.57	350m:	4:10.07	36.49
	100m:	1:06.83	35.71	200m:	2:19.53	36.54	300m:	3:33.58	37.48	400m:	4:45.13	35.06
4.	BUGAJSKI, Hubert			11	KS "Bieżanowianka"					4:46.45	406	
	50m:	30.71	30.71	150m:	1:42.40	36.54	250m:	2:56.35	36.75	350m:	4:11.38	37.76
	100m:	1:05.86	35.15	200m:	2:19.60	37.20	300m:	3:33.62	37.27	400m:	4:46.45	35.07
5.	MOSKAL, Tomasz			11	UKS SMS Galicja Kraków					4:47.56	402	
	50m:	32.02	32.02	150m:	1:45.31	37.15	250m:	2:58.87	37.20	350m:	4:13.00	36.87
	100m:	1:08.16	36.14	200m:	2:21.67	36.36	300m:	3:36.13	37.26	400m:	4:47.56	34.56
6.	NOWICKI, Franciszek			12	UKS SMS Galicja Kraków					4:47.59	401	
	50m:	1:06.27	1:06.27	150m:	3:34.42	1:14.32	250m:	4:47.59	35.82	350m:		
	100m:	2:20.10	1:13.83	200m:	4:11.77	37.35	300m:			400m:	4:47.59	
7.	RUSEK, Michał			11	MKS Jordan Kraków					4:48.12	399	
	50m:	31.95	31.95	150m:	1:44.14	36.47	250m:	2:58.32	36.97	350m:	4:12.26	37.20
	100m:	1:07.67	35.72	200m:	2:21.35	37.21	300m:	3:35.06	36.74	400m:	4:48.12	35.86
8.	PELAHEIN, Mykhailo			12	Lviv Region					4:57.96	361	
	50m:	34.83	34.83	150m:	1:51.19	38.26	250m:	3:08.31	38.51	350m:	4:23.84	38.44
	100m:	1:12.93	38.10	200m:	2:29.80	38.61	300m:	3:45.40	37.09	400m:	4:57.96	34.12
9.	GAWĘŁ, Jakub			12	UKS Ósemka Oświęcim					4:57.98	361	
	50m:	34.76	34.76	150m:	1:52.14	38.82	250m:	3:08.39	37.41	350m:	4:22.29	36.88
	100m:	1:13.32	38.56	200m:	2:30.98	38.84	300m:	3:45.41	37.02	400m:	4:57.98	35.69
10.	REBIZANT, Kacper			12	UKS Ósemka Oświęcim					5:06.13	333	
	50m:	35.80	35.80	150m:	1:54.39	39.09	250m:	3:11.73	38.49	350m:	4:29.47	38.69
	100m:	1:15.30	39.50	200m:	2:33.24	38.85	300m:	3:50.78	39.05	400m:	5:06.13	36.66
11.	KARWAT, Adam			12	UKS SMS Galicja Kraków					5:16.97	300	
	50m:	36.15	36.15	150m:	1:57.52	40.95	250m:	3:19.65	40.93	350m:	4:39.80	39.72
	100m:	1:16.57	40.42	200m:	2:38.72	41.20	300m:	4:00.08	40.43	400m:	5:16.97	37.17
12.	GRZYWA, Karol			12	UKS Ósemka Oświęcim					5:19.01	294	
	50m:	35.41	35.41	150m:	1:56.24	40.80	250m:	3:18.04	40.94	350m:	4:39.77	40.96
	100m:	1:15.44	40.03	200m:	2:37.10	40.86	300m:	3:58.81	40.77	400m:	5:19.01	39.24
13.	KOS, Mateusz			12	UKS Ósemka Oświęcim					5:26.38	275	
	50m:			150m:			250m:	3:24.31	41.85	350m:	4:47.69	41.38
	100m:			200m:	2:42.46		300m:	4:06.31	42.00	400m:	5:26.38	38.69
14.	CHYŁEK, Martin			11	MKS Jordan Kraków					5:31.06	263	
	50m:	35.65	35.65	150m:	2:00.15	42.55	250m:	3:25.03	42.98	350m:	4:50.85	42.40
	100m:	1:17.60	41.95	200m:	2:42.05	41.90	300m:	4:08.45	43.42	400m:	5:31.06	40.21

15 - 16 lat

1.	ŚWIDRAK, Kacper		09	UKP Unia Oświęcim				4:06.23	640
	50m: 27.24 27.24	150m: 1:29.23	31.04	250m: 2:32.74	31.80	350m: 3:36.03	31.48		
	100m: 58.19 30.95	200m: 2:00.94	31.71	300m: 3:04.55	31.81	400m: 4:06.23	30.20		
2.	TARASEK, Igor		10	UKP Unia Oświęcim				4:06.99	634
	50m: 28.47 28.47	150m: 1:30.84	31.26	250m: 2:33.99	31.59	350m: 3:37.31	31.38		
	100m: 59.58 31.11	200m: 2:02.40	31.56	300m: 3:05.93	31.94	400m: 4:06.99	29.68		

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

Konkurencja 17, Chłopców, 400m dowolny, 15 - 16 lat

Pozycja			Rok ur.					Czas	Pkt.
3.	SYNOWIEC, Szymon		10	UKS SMS Galicja Kraków				4:12.25	595
	50m:	28.26	28.26	150m:	1:31.58	32.10	250m:	2:36.53	32.63
	100m:	59.48	31.22	200m:	2:03.90	32.32	300m:	3:09.09	32.56
							350m:	4:12.25	30.99
4.	BORYSENKO, Markian		10	Lviv Region				4:15.26	574
	50m:	29.24	29.24	150m:	1:33.69	32.68	250m:	2:39.40	33.06
	100m:	1:01.01	31.77	200m:	2:06.34	32.65	300m:	3:12.12	32.72
							350m:	4:15.26	30.37
5.	WOJTAL, Wiktor		09	UKP Unia Oświęcim				4:17.32	561
	50m:	29.94	29.94	150m:	1:37.53	34.13	250m:	2:43.17	31.09
	100m:	1:03.40	33.46	200m:	2:12.08	34.55	300m:	3:14.72	31.55
							350m:	4:17.32	31.20
6.	BORYŚ, Wojciech		09	UKP Unia Oświęcim				4:18.82	551
	50m:	28.67	28.67	150m:	1:35.12	33.37	250m:	2:41.81	33.27
	100m:	1:01.75	33.08	200m:	2:08.54	33.42	300m:	3:15.11	33.30
							350m:	4:18.82	30.70
7.	JAKUBCZYK, Robert		10	UKS SMS Galicja Kraków				4:19.23	548
	50m:	29.29	29.29	150m:	1:35.03	33.34	250m:	2:42.76	33.71
	100m:	1:01.69	32.40	200m:	2:09.05	34.02	300m:	3:16.63	33.87
							350m:	4:19.23	30.43
8.	KOTYNIA, Juliusz		10	UKS SMS Galicja Kraków				4:19.31	548
	50m:	29.14	29.14	150m:	1:33.93	32.69	250m:	2:39.65	33.03
	100m:	1:01.24	32.10	200m:	2:06.62	32.69	300m:	3:13.40	33.75
							350m:	4:19.31	32.45
9.	ROMANYSHYN, Liubomyr		10	Lviv Region				4:19.53	546
	50m:	29.46	29.46	150m:	1:35.09	33.24	250m:	2:41.89	33.50
	100m:	1:01.85	32.39	200m:	2:08.39	33.30	300m:	3:15.63	33.74
							350m:	4:19.53	30.77
10.	PANAS, Danylo		09	Lviv Region				4:19.98	544
	50m:	29.79	29.79	150m:	1:34.62	32.85	250m:	2:41.38	33.23
	100m:	1:01.77	31.98	200m:	2:08.15	33.53	300m:	3:15.10	33.72
							350m:	4:19.98	31.66
11.	GIEŁDOŃ, Antoni		10	Ks Korona 1919				4:20.31	542
	50m:	30.25	30.25	150m:	1:36.03	33.18	250m:	2:41.90	32.97
	100m:	1:02.85	32.60	200m:	2:08.93	32.90	300m:	3:15.45	33.55
							350m:	4:20.31	32.88
12.	JOSZKO, Artur		10	UKS SMS Galicja Kraków				4:22.56	528
	50m:	30.80	30.80	150m:	1:37.55	33.69	250m:	2:43.96	32.72
	100m:	1:03.86	33.06	200m:	2:11.24	33.69	300m:	3:16.94	32.98
							350m:	4:22.56	32.38
13.	TOKARSKI, Szymon		10	UKP Unia Oświęcim				4:23.26	524
	50m:	29.33	29.33	150m:	1:37.06	34.15	250m:	2:44.42	32.88
	100m:	1:02.91	33.58	200m:	2:11.54	34.48	300m:	3:17.40	32.98
							350m:	4:23.26	32.34
14.	OTRĘBA, Igor		09	UKP Unia Oświęcim				4:26.52	505
	50m:	29.06	29.06	150m:	1:35.56	33.71	250m:	2:43.89	34.48
	100m:	1:01.85	32.79	200m:	2:09.41	33.85	300m:	3:18.64	34.75
							350m:	4:26.52	32.54
15.	MAJERSKI, Paweł		10	UKS SMS Galicja Kraków				4:28.16	495
	50m:	30.95	30.95	150m:	1:39.35	34.58	250m:	2:48.85	34.61
	100m:	1:04.77	33.82	200m:	2:14.24	34.89	300m:	3:23.68	34.83
							350m:	4:28.16	31.40
16.	WESECKI, Adrian		09	UKP Unia Oświęcim				4:28.73	492
	50m:	30.53	30.53	150m:	1:39.06	34.46	250m:	2:47.23	33.98
	100m:	1:04.60	34.07	200m:	2:13.25	34.19	300m:	3:21.51	34.28
							350m:	4:28.73	32.93
17.	DOROCIĄK, Franciszek		10	Ks Korona 1919				4:29.20	490
	50m:	31.21	31.21	150m:	1:38.74	33.85	250m:	2:46.68	33.96
	100m:	1:04.89	33.68	200m:	2:12.72	33.98	300m:	3:21.18	34.50
							350m:	4:29.20	33.26
18.	RAZINKOV, Tymofii		10	UKP Unia Oświęcim				4:29.91	486
	50m:	28.43	28.43	150m:	1:34.99	33.86	250m:	2:44.33	35.33
	100m:	1:01.13	32.70	200m:	2:09.00	34.01	300m:	3:20.08	35.75
							350m:	4:29.91	34.97
19.	SUDER, Jacek		10	UKS SMS Galicja Kraków				4:34.49	462
	50m:	30.75	30.75	150m:	1:39.74	34.96	250m:	2:50.26	35.21
	100m:	1:04.78	34.03	200m:	2:15.05	35.31	300m:	3:26.00	35.74
							350m:	4:34.49	33.45
20.	TARGIEL, Tomasz		10	Stowarzyszenie "OLIMPIJCZYK KRAKÓW				4:39.14	439
	50m:	31.72	31.72	150m:	1:42.03	35.69	250m:	2:52.70	35.95
	100m:	1:06.34	34.62	200m:	2:16.75	34.72	300m:	3:28.38	35.68
							350m:	4:39.14	35.14

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

Konkurencja 17, Chłopców, 400m dowolny, 15 - 16 lat

Pozycja			Rok ur.						Czas	Pkt.
21.	JACHYM, Franciszek		10	KS "Bieżanowianka"					5:07.07	330
	50m: 31.98 31.98	150m:		250m: 3:09.06 40.53	350m:	4:30.12 40.73				
	100m: 1:09.98 38.00	200m: 2:28.53		300m: 3:49.39 40.33	400m:	5:07.07 36.95				
22.	PADULA, Tomasz		10	Klub Sportowy "H2O Bochnia"					5:15.44	304
	50m: 33.16 33.16	150m: 1:50.27 39.14		250m: 3:52.77 1:22.16	350m:	5:15.44 41.44				
	100m: 1:11.13 37.97	200m: 2:30.61 40.34		300m: 4:34.00 41.23	400m:	5:15.44				

13 lat i starsi

1.	HALKIEWICZ, Maciej		08	UKS „Omega” Olkusz					4:01.90	675
	50m: 27.01 27.01	150m: 1:29.85 31.45		250m: 2:32.24 30.70	350m:	3:33.40 30.46				
	100m: 58.40 31.39	200m: 2:01.54 31.69		300m: 3:02.94 30.70	400m:	4:01.90 28.50				
2.	BONDAR, Mykyta		07	UKP Unia Oświęcim					4:02.45	670
	50m: 27.98 27.98	150m: 1:29.40 30.86		250m: 2:31.76 31.05	350m:	3:33.50 30.54				
	100m: 58.54 30.56	200m: 2:00.71 31.31		300m: 3:02.96 31.20	400m:	4:02.45 28.95				
3.	ŚWIDRAK, Kacper		09	UKP Unia Oświęcim					4:06.23	640
	50m: 27.24 27.24	150m: 1:29.23 31.04		250m: 2:32.74 31.80	350m:	3:36.03 31.48				
	100m: 58.19 30.95	200m: 2:00.94 31.71		300m: 3:04.55 31.81	400m:	4:06.23 30.20				
4.	TARASEK, Igor		10	UKP Unia Oświęcim					4:06.99	634
	50m: 28.47 28.47	150m: 1:30.84 31.26		250m: 2:33.99 31.59	350m:	3:37.31 31.38				
	100m: 59.58 31.11	200m: 2:02.40 31.56		300m: 3:05.93 31.94	400m:	4:06.99 29.68				
5.	ZOZULIA, Illia		08	UKP Unia Oświęcim					4:09.03	619
	50m: 26.93 26.93	150m: 1:31.69 32.83		250m: 2:36.99 32.68	350m:	4:09.03 59.94				
	100m: 58.86 31.93	200m: 2:04.31 32.62		300m: 3:09.09 32.10	400m:	4:09.03				
6.	RAZINKOV, Artem		07	UKP Unia Oświęcim					4:11.58	600
	50m: 28.12 28.12	150m: 2:03.98 1:04.37		250m: 3:08.79 32.58	350m:					
	100m: 59.61 31.49	200m: 2:36.21 32.23		300m: 4:11.58 1:02.79	400m:	4:11.58				
7.	SYNOWIEC, Szymon		10	UKS SMS Galicja Kraków					4:12.25	595
	50m: 28.26 28.26	150m: 1:31.58 32.10		250m: 2:36.53 32.63	350m:	3:41.26 32.17				
	100m: 59.48 31.22	200m: 2:03.90 32.32		300m: 3:09.09 32.56	400m:	4:12.25 30.99				
8.	MALISZEWSKI, Szymon		08	UKS SMS Galicja Kraków					4:14.03	583
	50m: 28.16 28.16	150m: 1:31.67 31.93		250m: 2:36.40 32.44	350m:	3:41.59 32.72				
	100m: 59.74 31.58	200m: 2:03.96 32.29		300m: 3:08.87 32.47	400m:	4:14.03 32.44				
9.	BORYSENKO, Markian		10	Lviv Region					4:15.26	574
	50m: 29.24 29.24	150m: 1:33.69 32.68		250m: 2:39.40 33.06	350m:	3:44.89 32.77				
	100m: 1:01.01 31.77	200m: 2:06.34 32.65		300m: 3:12.12 32.72	400m:	4:15.26 30.37				
10.	WOJTAL, Wiktor		09	UKP Unia Oświęcim					4:17.32	561
	50m: 29.94 29.94	150m: 1:37.53 34.13		250m: 2:43.17 31.09	350m:	3:46.12 31.40				
	100m: 1:03.40 33.46	200m: 2:12.08 34.55		300m: 3:14.72 31.55	400m:	4:17.32 31.20				
11.	PALKOVIČ, Jakub		06	STU Trnava					4:17.79	558
	50m: 29.30 29.30	150m: 1:34.66 33.31		250m: 2:41.08 33.14	350m:	3:46.64 32.66				
	100m: 1:01.35 32.05	200m: 2:07.94 33.28		300m: 3:13.98 32.90	400m:	4:17.79 31.15				
12.	BORYŚ, Wojciech		09	UKP Unia Oświęcim					4:18.82	551
	50m: 28.67 28.67	150m: 1:35.12 33.37		250m: 2:41.81 33.27	350m:	3:48.12 33.01				
	100m: 1:01.75 33.08	200m: 2:08.54 33.42		300m: 3:15.11 33.30	400m:	4:18.82 30.70				
13.	JAKUBCZYK, Robert		10	UKS SMS Galicja Kraków					4:19.23	548
	50m: 29.29 29.29	150m: 1:35.03 33.34		250m: 2:42.76 33.71	350m:	3:48.80 32.17				
	100m: 1:01.69 32.40	200m: 2:09.05 34.02		300m: 3:16.63 33.87	400m:	4:19.23 30.43				
14.	KOTYNIA, Juliusz		10	UKS SMS Galicja Kraków					4:19.31	548
	50m: 29.14 29.14	150m: 1:33.93 32.69		250m: 2:39.65 33.03	350m:	3:46.86 33.46				
	100m: 1:01.24 32.10	200m: 2:06.62 32.69		300m: 3:13.40 33.75	400m:	4:19.31 32.45				
15.	ŁADKA, Gabriel		08	UKS SMS Galicja Kraków					4:19.32	548
	50m: 29.63 29.63	150m: 1:35.62 33.41		250m: 2:43.19 33.91	350m:	3:49.22 32.02				
	100m: 1:02.21 32.58	200m: 2:09.28 33.66		300m: 3:17.20 34.01	400m:	4:19.32 30.10				

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

Konkurencja 17, Mężczyzn, 400m dowolny, 13 lat i starsi

Pozycja	Rok ur.										Czas	Pkt.
16.	ROMANYSHYN, Liubomyr				10	Lviv Region					4:19.53	546
	50m:	29.46	29.46	150m:	1:35.09	33.24	250m:	2:41.89	33.50	350m:	3:48.76	33.13
	100m:	1:01.85	32.39	200m:	2:08.39	33.30	300m:	3:15.63	33.74	400m:	4:19.53	30.77
17.	PANAS, Danylo				09	Lviv Region					4:19.98	544
	50m:	29.79	29.79	150m:	1:34.62	32.85	250m:	2:41.38	33.23	350m:	3:48.32	33.22
	100m:	1:01.77	31.98	200m:	2:08.15	33.53	300m:	3:15.10	33.72	400m:	4:19.98	31.66
18.	GIEŁDOŃ, Antoni				10	Ks Korona 1919					4:20.31	542
	50m:	30.25	30.25	150m:	1:36.03	33.18	250m:	2:41.90	32.97	350m:	3:48.33	32.88
	100m:	1:02.85	32.60	200m:	2:08.93	32.90	300m:	3:15.45	33.55	400m:	4:20.31	31.98
19.	JURKOWSKI, Igor				08	UKP Unia Oświęcim					4:21.80	532
	50m:	29.55	29.55	150m:	1:35.63	33.48	250m:	2:42.81	33.33	350m:	3:50.57	33.88
	100m:	1:02.15	32.60	200m:	2:09.48	33.85	300m:	3:16.69	33.88	400m:	4:21.80	31.23
20.	KIEROŃSKI, Marcel				07	Stowarzyszenie Olimpijczyk Brzesko					4:21.92	532
	50m:	29.55	29.55	150m:	1:35.08	33.10	250m:	2:41.59	33.49	350m:	3:48.88	33.41
	100m:	1:01.98	32.43	200m:	2:08.10	33.02	300m:	3:15.47	33.88	400m:	4:21.92	33.04
21.	SZLACHCIC, Jan				08	UKP Unia Oświęcim					4:22.26	530
	50m:	29.63	29.63	150m:	1:36.72	33.47	250m:	2:44.71	33.82	350m:	3:52.01	33.09
	100m:	1:03.25	33.62	200m:	2:10.89	34.17	300m:	3:18.92	34.21	400m:	4:22.26	30.25
22.	JOSZKO, Artur				10	UKS SMS Galicja Kraków					4:22.56	528
	50m:	30.80	30.80	150m:	1:37.55	33.69	250m:	2:43.96	32.72	350m:	3:50.18	33.24
	100m:	1:03.86	33.06	200m:	2:11.24	33.69	300m:	3:16.94	32.98	400m:	4:22.56	32.38
23.	TOKARSKI, Szymon				10	UKP Unia Oświęcim					4:23.26	524
	50m:	29.33	29.33	150m:	1:37.06	34.15	250m:	2:44.42	32.88	350m:	3:50.92	33.52
	100m:	1:02.91	33.58	200m:	2:11.54	34.48	300m:	3:17.40	32.98	400m:	4:23.26	32.34
24.	OTRĘBA, Igor				09	UKP Unia Oświęcim					4:26.52	505
	50m:	29.06	29.06	150m:	1:35.56	33.71	250m:	2:43.89	34.48	350m:	3:53.98	35.34
	100m:	1:01.85	32.79	200m:	2:09.41	33.85	300m:	3:18.64	34.75	400m:	4:26.52	32.54
25.	MAJERSKI, Paweł				10	UKS SMS Galicja Kraków					4:28.16	495
	50m:	30.95	30.95	150m:	1:39.35	34.58	250m:	2:48.85	34.61	350m:	3:56.76	33.08
	100m:	1:04.77	33.82	200m:	2:14.24	34.89	300m:	3:23.68	34.83	400m:	4:28.16	31.40
26.	WESECKI, Adrian				09	UKP Unia Oświęcim					4:28.73	492
	50m:	30.53	30.53	150m:	1:39.06	34.46	250m:	2:47.23	33.98	350m:	3:55.80	34.29
	100m:	1:04.60	34.07	200m:	2:13.25	34.19	300m:	3:21.51	34.28	400m:	4:28.73	32.93
27.	DOROCIAK, Franciszek				10	Ks Korona 1919					4:29.20	490
	50m:	31.21	31.21	150m:	1:38.74	33.85	250m:	2:46.68	33.96	350m:	3:55.94	34.76
	100m:	1:04.89	33.68	200m:	2:12.72	33.98	300m:	3:21.18	34.50	400m:	4:29.20	33.26
28.	RAZINKOV, Tymofii				10	UKP Unia Oświęcim					4:29.91	486
	50m:	28.43	28.43	150m:	1:34.99	33.86	250m:	2:44.33	35.33	350m:	3:54.94	34.86
	100m:	1:01.13	32.70	200m:	2:09.00	34.01	300m:	3:20.08	35.75	400m:	4:29.91	34.97
29.	GRZESIAK, Filip				12	UKS „Sokół-Mościce" Tarnów					4:33.33	468
	50m:	30.63	30.63	150m:	1:39.02	34.72	250m:	2:49.27	35.34	350m:	3:59.91	35.81
	100m:	1:04.30	33.67	200m:	2:13.93	34.91	300m:	3:24.10	34.83	400m:	4:33.33	33.42
30.	SUDER, Jacek				10	UKS SMS Galicja Kraków					4:34.49	462
	50m:	30.75	30.75	150m:	1:39.74	34.96	250m:	2:50.26	35.21	350m:	4:01.04	35.04
	100m:	1:04.78	34.03	200m:	2:15.05	35.31	300m:	3:26.00	35.74	400m:	4:34.49	33.45
31.	KAMIENIORZ, Kacper				08	UKP Unia Oświęcim					4:35.78	455
	50m:	30.03	30.03	150m:	1:40.48	35.68	250m:	2:50.22	34.74	350m:	4:01.62	36.13
	100m:	1:04.80	34.77	200m:	2:15.48	35.00	300m:	3:25.49	35.27	400m:	4:35.78	34.16
32.	TARGIEL, Tomasz				10	Stowarzyszenie "OLIMPIJCZYK KRAKÓW					4:39.14	439
	50m:	31.72	31.72	150m:	1:42.03	35.69	250m:	2:52.70	35.95	350m:	4:04.00	35.62
	100m:	1:06.34	34.62	200m:	2:16.75	34.72	300m:	3:28.38	35.68	400m:	4:39.14	35.14
33.	ROMANTSOV, Kyrylo				11	UKP Unia Oświęcim					4:41.38	429
	50m:	31.04	31.04	150m:	1:41.09	35.21	250m:	2:53.00	36.00	350m:	4:05.60	36.17
	100m:	1:05.88	34.84	200m:	2:17.00	35.91	300m:	3:29.43	36.43	400m:	4:41.38	35.78

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

Konkurencja 17, Mężczyzn, 400m dowolny, 13 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.
34.	DOMINIK, Hubert			11	Klub Sportowy "H2O Bochnia"				4:45.13	412
	50m:	31.12	31.12	150m:	1:42.99	36.16	250m:	2:56.10	36.57	350m: 4:10.07 36.49
	100m:	1:06.83	35.71	200m:	2:19.53	36.54	300m:	3:33.58	37.48	400m: 4:45.13 35.06
35.	BUGAJSKI, Hubert			11	KS "Biezanowianka"				4:46.45	406
	50m:	30.71	30.71	150m:	1:42.40	36.54	250m:	2:56.35	36.75	350m: 4:11.38 37.76
	100m:	1:05.86	35.15	200m:	2:19.60	37.20	300m:	3:33.62	37.27	400m: 4:46.45 35.07
36.	MOSKAL, Tomasz			11	UKS SMS Galicja Kraków				4:47.56	402
	50m:	32.02	32.02	150m:	1:45.31	37.15	250m:	2:58.87	37.20	350m: 4:13.00 36.87
	100m:	1:08.16	36.14	200m:	2:21.67	36.36	300m:	3:36.13	37.26	400m: 4:47.56 34.56
37.	NOWICKI, Franciszek			12	UKS SMS Galicja Kraków				4:47.59	401
	50m:	1:06.27	1:06.27	150m:	3:34.42	1:14.32	250m:	4:47.59	35.82	350m:
	100m:	2:20.10	1:13.83	200m:	4:11.77	37.35	300m:			400m: 4:47.59
38.	RUSEK, Michał			11	MKS Jordan Kraków				4:48.12	399
	50m:	31.95	31.95	150m:	1:44.14	36.47	250m:	2:58.32	36.97	350m: 4:12.26 37.20
	100m:	1:07.67	35.72	200m:	2:21.35	37.21	300m:	3:35.06	36.74	400m: 4:48.12 35.86
39.	PELAHEIN, Mykhailo			12	Lviv Region				4:57.96	361
	50m:	34.83	34.83	150m:	1:51.19	38.26	250m:	3:08.31	38.51	350m: 4:23.84 38.44
	100m:	1:12.93	38.10	200m:	2:29.80	38.61	300m:	3:45.40	37.09	400m: 4:57.96 34.12
40.	GAWEL, Jakub			12	UKS Ósemka Oświęcim				4:57.98	361
	50m:	34.76	34.76	150m:	1:52.14	38.82	250m:	3:08.39	37.41	350m: 4:22.29 36.88
	100m:	1:13.32	38.56	200m:	2:30.98	38.84	300m:	3:45.41	37.02	400m: 4:57.98 35.69
41.	REBIZANT, Kacper			12	UKS Ósemka Oświęcim				5:06.13	333
	50m:	35.80	35.80	150m:	1:54.39	39.09	250m:	3:11.73	38.49	350m: 4:29.47 38.69
	100m:	1:15.30	39.50	200m:	2:33.24	38.85	300m:	3:50.78	39.05	400m: 5:06.13 36.66
42.	JACHYM, Franciszek			10	KS "Biezanowianka"				5:07.07	330
	50m:	31.98	31.98	150m:			250m:	3:09.06	40.53	350m: 4:30.12 40.73
	100m:	1:09.98	38.00	200m:	2:28.53		300m:	3:49.39	40.33	400m: 5:07.07 36.95
43.	PADULA, Tomasz			10	Klub Sportowy "H2O Bochnia"				5:15.44	304
	50m:	33.16	33.16	150m:	1:50.27	39.14	250m:	3:52.77	1:22.16	350m: 5:15.44 41.44
	100m:	1:11.13	37.97	200m:	2:30.61	40.34	300m:	4:34.00	41.23	400m: 5:15.44
44.	KARWAT, Adam			12	UKS SMS Galicja Kraków				5:16.97	300
	50m:	36.15	36.15	150m:	1:57.52	40.95	250m:	3:19.65	40.93	350m: 4:39.80 39.72
	100m:	1:16.57	40.42	200m:	2:38.72	41.20	300m:	4:00.08	40.43	400m: 5:16.97 37.17
45.	GRZYWA, Karol			12	UKS Ósemka Oświęcim				5:19.01	294
	50m:	35.41	35.41	150m:	1:56.24	40.80	250m:	3:18.04	40.94	350m: 4:39.77 40.96
	100m:	1:15.44	40.03	200m:	2:37.10	40.86	300m:	3:58.81	40.77	400m: 5:19.01 39.24
46.	KOS, Mateusz			12	UKS Ósemka Oświęcim				5:26.38	275
	50m:			150m:			250m:	3:24.31	41.85	350m: 4:47.69 41.38
	100m:			200m:	2:42.46		300m:	4:06.31	42.00	400m: 5:26.38 38.69
47.	CHYŁEK, Martin			11	MKS Jordan Kraków				5:31.06	263
	50m:	35.65	35.65	150m:	2:00.15	42.55	250m:	3:25.03	42.98	350m: 4:50.85 42.40
	100m:	1:17.60	41.95	200m:	2:42.05	41.90	300m:	4:08.45	43.42	400m: 5:31.06 40.21