

Mistrzostwa Polski w pływaniu w kategorii OPEN i Młodzieżowców 19-23 lat
Lublin, 28.4. - 1.5.2025

Konkurencja 18
29.04.2025 - 11:44

Mężczyzn, 400m zmienny

O P E N
Wyniki Eliminacje

Rekord Polski Open	4:12.28	MATCZAK Mateusz	00905	Belgrade (SRB)	11.07.2009
Rekord Polski 19 - 23	4:12.28	MATCZAK Mateusz	00905	Belgrade (SRB)	11.07.2009
Rekord Polski 18	4:18.40	MATCZAK Mateusz	00905	Antwerp (BEL)	22.07.2007
Rekord Polski 17	4:20.27	MATCZAK Mateusz	00905	Palma de Mallorca (ESP)	06.07.2006
Rekord Polski 16	4:26.91	KAŁUSOWSKI Jan	00905	Ostrowiec Sw	15.07.2016
Rekord Polski 15	4:30.55	KAŁUSOWSKI Jan	00905	Ostrowiec Sw	10.07.2015
Rekord Polski 14	4:39.38	SOBEK Nikodem	02303	Berlin (GER)	16.12.2016

Minimum kwalifikacyjne MŚ Seniorów - Singapur Open: 4:17.48 / Minimum kwalifikacyjne MŚ Juniorów - Otwopeni 14 - 18: 4:24.36 /
Minimum kwalifikacyjne ME Juniorów - Samorin 17 - 18: 4:25.64; 14 - 16: 4:28.30 / Minimum kwalifikacyjne ME U-23 - Samorin 19 -
23: 4:22.62 / Minimum kwalifikacyjne Uniwersjada - Berlin 19 - 26: 4:22.62

Punkty: AQUA 2025

Pozycja	Wiek				Czas				Pkt.	CR
1. PIELA Michał	21				UKP Unia Oświęcim				4:31.47	712A +0,69
50m: 28.07	28.07	150m: 1:35.62	34.44	250m: 2:48.91	38.96	350m: 4:00.50	32.81			
100m: 1:01.18	33.11	200m: 2:09.95	34.33	300m: 3:27.69	38.78	400m: 4:31.47	30.97			
2. SUCHAŃSKI Filip	20				KU AZS UMCS Lublin				4:31.79	710A +0,75
50m: 27.17	27.17	150m: 1:33.32	34.15	250m: 2:47.28	40.86	350m: 4:01.01	32.40			
100m: 59.17	32.00	200m: 2:06.42	33.10	300m: 3:28.61	41.33	400m: 4:31.79	30.78			
3. MRÓZ Adam	22				KU AZS UMCS Lublin				4:32.73	702A +0,80
50m: 28.04	28.04	150m: 1:35.88	36.03	250m: 2:49.45	37.97	350m: 4:01.71	33.37			
100m: 59.85	31.81	200m: 2:11.48	35.60	300m: 3:28.34	38.89	400m: 4:32.73	31.02			
4. WIRASZKA Piotr	16				UKS GIM 92 Ursynów				4:34.66	688A +0,69
50m: 28.32	28.32	150m: 1:37.33	36.40	250m: 2:52.59	39.32	350m: 4:04.18	31.49			
100m: 1:00.93	32.61	200m: 2:13.27	35.94	300m: 3:32.69	40.10	400m: 4:34.66	30.48			
5. MIŁKOWSKI Mikołaj	18				UKS 48 Warszawa Śródmieście				4:34.98	685A +0,77
50m: 27.97	27.97	150m: 1:35.45	35.65	250m: 2:50.86	40.36	350m: 4:03.89	32.66			
100m: 59.80	31.83	200m: 2:10.50	35.05	300m: 3:31.23	40.37	400m: 4:34.98	31.09			
6. KAPALA Bartosz	19				MTP Kormoran Olsztyn				4:35.44	682A +0,72
50m: 29.52	29.52	150m: 1:39.28	36.61	250m: 2:54.27	39.83	350m: 4:06.10	31.97			
100m: 1:02.67	33.15	200m: 2:14.44	35.16	300m: 3:34.13	39.86	400m: 4:35.44	29.34			
7. NOWACKI Błażej	20				KU AZS UMCS Lublin				4:35.67	680A +0,67
50m: 28.50	28.50	150m: 1:39.51	37.52	250m: 2:55.14	38.77	350m: 4:05.40	31.96			
100m: 1:01.99	33.49	200m: 2:16.37	36.86	300m: 3:33.44	38.30	400m: 4:35.67	30.27			
8. MAJOR Erik	18				MKS Park Wodny Tarnowskie Góry				4:35.69	680A +0,73
50m: 27.68	27.68	150m: 1:36.18	36.04	250m: 2:51.32	39.21	350m: 4:04.89	32.21			
100m: 1:00.14	32.46	200m: 2:12.11	35.93	300m: 3:32.68	41.36	400m: 4:35.69	30.80			
9. TARCZYŃSKI Bartosz	18				UKS 190 Łódź				4:35.82	679A +0,68
50m: 28.85	28.85	150m: 1:40.60	37.84	250m: 2:53.62	37.61	350m: 4:05.02	32.80			
100m: 1:02.76	33.91	200m: 2:16.01	35.41	300m: 3:32.22	38.60	400m: 4:35.82	30.80			
10. KRYŚ Radosław	18				MKP Szczecin				4:35.87	679A +0,69
50m: 29.10	29.10	150m: 1:37.23	35.32	250m: 2:51.55	39.74	350m: 4:04.80	32.70			
100m: 1:01.91	32.81	200m: 2:11.81	34.58	300m: 3:32.10	40.55	400m: 4:35.87	31.07			
11. TARASIEWICZ Piotr	16				UKP Polonia Warszawa				4:39.27	654B +0,68
50m: 28.77	28.77	150m: 1:40.46	37.80	250m: 2:55.06	37.98	350m: 4:07.23	32.88			
100m: 1:02.66	33.89	200m: 2:17.08	36.62	300m: 3:34.35	39.29	400m: 4:39.27	32.04			
12. CZERWONKA Jan	17				KU AZS UMCS Lublin				4:39.42	653B +0,71
50m: 28.79	28.79	150m: 1:40.01	37.72	250m: 2:55.97	39.96	350m: 4:08.93	32.87			
100m: 1:02.29	33.50	200m: 2:16.01	36.00	300m: 3:36.06	40.09	400m: 4:39.42	30.49			



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Pozycja				Wiek							Czas	Pkt.	CR
13.	OŁOWNIA Ignacy			18	KS Delfin Gdynia						4:40.97	642B	+0,74
	50m:	29.35	29.35	150m:	1:37.73	35.77	250m:	2:53.24	41.13	350m:	4:09.14	33.52	
	100m:	1:01.96	32.61	200m:	2:12.11	34.38	300m:	3:35.62	42.38	400m:	4:40.97	31.83	
14.	KAPAŁA Szymon			22	MTP Kormoran Olsztyn						4:41.30	640B	+0,68
	50m:	29.00	29.00	150m:	1:40.34	37.63	250m:	2:58.90	41.63	350m:	4:11.96	30.68	
	100m:	1:02.71	33.71	200m:	2:17.27	36.93	300m:	3:41.28	42.38	400m:	4:41.30	29.34	
15.	PORWIK Kacper			19	UKP Unia Oświęcim						4:45.41	613B	+0,76
	50m:	29.49	29.49	150m:	1:41.90	37.30	250m:	2:58.60	39.87	350m:	4:12.37	33.42	
	100m:	1:04.60	35.11	200m:	2:18.73	36.83	300m:	3:38.95	40.35	400m:	4:45.41	33.04	
16.	POWROŹNIK Konrad			28	WKS Śląsk						4:45.42	613B	+0,72
	50m:	28.69	28.69	150m:	1:37.58	36.81	250m:	2:55.53	41.90	350m:	4:11.10	34.70	
	100m:	1:00.77	32.08	200m:	2:13.63	36.05	300m:	3:36.40	40.87	400m:	4:45.42	34.32	
17.	HALKIEWICZ Maciej			17	UKS Omega Olkusz						4:46.28	607B	+0,69
	50m:	29.36	29.36	150m:	1:41.27	37.47	250m:	2:58.78	41.14	350m:	4:13.99	33.72	
	100m:	1:03.80	34.44	200m:	2:17.64	36.37	300m:	3:40.27	41.49	400m:	4:46.28	32.29	
18.	MURAS Szymon			19	MKS IKAR Stal Mielec						4:46.75	604B	+0,78
	50m:	29.80	29.80	150m:	1:42.57	37.93	250m:	2:58.97	39.46	350m:	4:13.68	34.83	
	100m:	1:04.64	34.84	200m:	2:19.51	36.94	300m:	3:38.85	39.88	400m:	4:46.75	33.07	
19.	KARWAT Bartłomiej			17	UKS Nawa Skierniewice						4:51.06	578B	+0,64
	50m:	29.12	29.12	150m:	1:38.22	36.84	250m:	2:58.50	43.62	350m:	4:17.24	34.27	
	100m:	1:01.38	32.26	200m:	2:14.88	36.66	300m:	3:42.97	44.47	400m:	4:51.06	33.82	
20.	ZAWADZKI Jakub			19	UKS Ruch Grudziądz						4:52.23	571B	+0,69
	50m:	29.96	29.96	150m:	1:42.33	36.82	250m:	3:01.22	42.78	350m:	4:18.56	34.38	
	100m:	1:05.51	35.55	200m:	2:18.44	36.11	300m:	3:44.18	42.96	400m:	4:52.23	33.67	
21.	DĘBSKI Antoni			16	KS KSZO Ostrowiec Św.						4:53.34	564R	+0,66
	50m:	28.87	28.87	150m:	1:39.94	37.66	250m:	3:00.82	43.96	350m:	4:19.90	34.81	
	100m:	1:02.28	33.41	200m:	2:16.86	36.92	300m:	3:45.09	44.27	400m:	4:53.34	33.44	
22.	HERBUT Oskar			19	SSKSit GLOSATOR Kraków						4:55.17	554R	+0,78
	50m:	30.60	30.60	150m:	1:45.62	39.67	250m:	3:06.20	42.21	350m:	4:22.74	34.05	
	100m:	1:05.95	35.35	200m:	2:23.99	38.37	300m:	3:48.69	42.49	400m:	4:55.17	32.43	
23.	OSAK Kacper			15	Stowarzyszenie TEAM SPORT						4:55.56	552	+0,69
	50m:	29.61	29.61	150m:	1:43.60	38.68	250m:	3:03.31	41.59	350m:	4:22.08	35.50	
	100m:	1:04.92	35.31	200m:	2:21.72	38.12	300m:	3:46.58	43.27	400m:	4:55.56	33.48	
24.	KOWALCZYK Bartosz			15	MUKP Korona-Swim Kielce						4:57.85	539	+0,71
	50m:	30.46	30.46	150m:	1:45.76	39.60	250m:	3:09.93	45.74	350m:	4:27.30	32.84	
	100m:	1:06.16	35.70	200m:	2:24.19	38.43	300m:	3:54.46	44.53	400m:	4:57.85	30.55	
25.	GOŁACKI Sergiusz			21	UKS 190 Łódź						4:57.95	539	+0,70
	50m:	28.73	28.73	150m:	1:43.71	41.21	250m:	3:07.11	43.72	350m:	4:25.35	34.13	
	100m:	1:02.50	33.77	200m:	2:23.39	39.68	300m:	3:51.22	44.11	400m:	4:57.95	32.60	
26.	PAWLAK Dawid			17	UKS 190 Łódź						4:58.64	535	+0,73
	50m:	29.76	29.76	150m:	1:44.16	39.01	250m:	3:07.72	44.59	350m:	4:25.63	33.00	
	100m:	1:05.15	35.39	200m:	2:23.13	38.97	300m:	3:52.63	44.91	400m:	4:58.64	33.01	
27.	SUSLIK Adam			14	UKS GIM 92 Ursynów						4:59.68	529	+0,77
	50m:	31.52	31.52	150m:	1:46.14	38.86	250m:	3:06.83	42.20	350m:	4:25.36	35.24	
	100m:	1:07.28	35.76	200m:	2:24.63	38.49	300m:	3:50.12	43.29	400m:	4:59.68	34.32	
28.	PAKUŁA Patryk			17	UKS Shark Rudna						5:01.51	520	+0,70
	50m:	29.80	29.80	150m:	1:45.77	40.49	250m:	3:09.46	44.45	350m:	4:28.87	34.69	
	100m:	1:05.28	35.48	200m:	2:25.01	39.24	300m:	3:54.18	44.72	400m:	5:01.51	32.64	

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Pozycja	Wiek									Czas	Pkt.	CR
29.	SKAWIŃSKI Aleksander			15	UKS 307 Warszawa					5:04.55	504	+0,70
	50m:	30.78	30.78	150m:	1:49.00	41.48	250m:	3:11.46	42.16	350m:	4:30.83	36.92
	100m:	1:07.52	36.74	200m:	2:29.30	40.30	300m:	3:53.91	42.45	400m:	5:04.55	33.72
30.	ŁAWRYNOWICZ Kacper			16	MUKS Piętnastka					5:05.09	502	+0,66
	50m:	30.36	30.36	150m:	1:48.53	42.09	250m:	3:10.74	42.02	350m:	4:29.81	36.71
	100m:	1:06.44	36.08	200m:	2:28.72	40.19	300m:	3:53.10	42.36	400m:	5:05.09	35.28
31.	KONOPKO Michał			15	UKS Aqua Team Mikołów					5:05.56	499	+0,66
	50m:	30.87	30.87	150m:	1:47.68	40.26	250m:	3:13.06	46.64	350m:	4:33.13	34.11
	100m:	1:07.42	36.55	200m:	2:26.42	38.74	300m:	3:59.02	45.96	400m:	5:05.56	32.43
32.	CZYŻ Adam			19	UKS Omega Olkusz					5:08.88	483	+0,76
	50m:	30.50	30.50	150m:	1:49.23	40.73	250m:	3:12.29	44.00	350m:	4:33.09	36.22
	100m:	1:08.50	38.00	200m:	2:28.29	39.06	300m:	3:56.87	44.58	400m:	5:08.88	35.79
33.	JABŁOŃSKI Maciej			15	MKS AVIA Świdnik					5:12.50	467	+0,70
	50m:	32.59	32.59	150m:	1:51.18	41.57	250m:	3:16.65	45.92	350m:	4:38.32	37.38
	100m:	1:09.61	37.02	200m:	2:30.73	39.55	300m:	4:00.94	44.29	400m:	5:12.50	34.18
34.	AŻGIN Krzysztof			17	Neptun Gdańsk					5:15.18	455	+0,64
	50m:	32.13	32.13	150m:	1:48.73	39.06	250m:	3:13.74	45.99	350m:	4:38.22	36.77
	100m:	1:09.67	37.54	200m:	2:27.75	39.02	300m:	4:01.45	47.71	400m:	5:15.18	36.96
35.	CHROMY Kuba			14	UKS Jasień Sucha Beskidzka					5:30.60	394	+0,74
	50m:	34.73	34.73	150m:	1:58.07	42.00	250m:	3:28.19	48.85	350m:	4:54.11	36.92
	100m:	1:16.07	41.34	200m:	2:39.34	41.27	300m:	4:17.19	49.00	400m:	5:30.60	36.49
36.	WITKOWSKI Tymon			15	KS AZS AWF Biała Podlaska					5:35.05	379	+0,81
	50m:	34.38	34.38	150m:	2:01.40	45.93	250m:	3:31.06	44.42	350m:	4:56.88	40.68
	100m:	1:15.47	41.09	200m:	2:46.64	45.24	300m:	4:16.20	45.14	400m:	5:35.05	38.17
37.	WĄSIK Wojciech			15	KS Płetwał Szczytno					5:56.12	315	+0,71
	50m:	36.59	36.59	150m:	2:10.19	47.80	250m:	3:41.63	46.48	350m:	5:13.42	44.05
	100m:	1:22.39	45.80	200m:	2:55.15	44.96	300m:	4:29.37	47.74	400m:	5:56.12	42.70
38.	KOWALEWSKI Mateusz			19	MKS Jedyńka Łódź					5:58.18	310	+0,76
	50m:	34.97	34.97	150m:	2:05.31	49.74	250m:	3:41.26	49.73	350m:	5:14.88	44.48
	100m:	1:15.57	40.60	200m:	2:51.53	46.22	300m:	4:30.40	49.14	400m:	5:58.18	43.30