



Liga Szkół Mistrzostwa Sportowego - II runda  
Lublin, 7. - 8.3.2026

Konkurencja 17  
08.03.2026 - 9:32

M czyzn, 400m dowolny

Open  
Wyniki

Punkty: AQUA 2025

Pozycja					Wiek					Czas	Pkt.	CR
1.	LITOBORSKI Mikołaj				18	SMS Pozna				<b>4:00.19</b>	769	+0.82
	50m:	28.45	28.45	150m:	1:30.07	31.02	250m:	2:31.32	30.19	350m:	3:31.66	29.99
	100m:	59.05	30.60	200m:	2:01.13	31.06	300m:	3:01.67	30.35	400m:	4:00.19	28.53
2.	GNACZY SKI Michał				19	SMS Szczecin				<b>4:00.90</b>	762	+0.58
	50m:	28.56	28.56	150m:	1:30.29	30.83	250m:	2:32.00	30.60	350m:	3:32.14	30.14
	100m:	59.46	30.90	200m:	2:01.40	31.11	300m:	3:02.00	30.00	400m:	4:00.90	28.76
3.	CIBA Mateusz				18	SMS Szczecin				<b>4:04.65</b>	727	+0.69
	50m:	29.07	29.07	150m:	1:31.70	31.49	250m:	2:34.08	31.16	350m:	3:35.62	30.57
	100m:	1:00.21	31.14	200m:	2:02.92	31.22	300m:	3:05.05	30.97	400m:	4:04.65	29.03
4.	TARASEK Igor				16	SMS O wi cim				<b>4:05.61</b>	719	+0.68
	50m:	29.21	29.21	150m:	1:32.04	31.27	250m:	2:34.93	31.26	350m:	3:35.84	30.22
	100m:	1:00.77	31.56	200m:	2:03.67	31.63	300m:	3:05.62	30.69	400m:	4:05.61	29.77
5.	PONIEWA Oliwier				19	SMS Lublin				<b>4:06.76</b>	709	+0.74
	50m:	29.09	29.09	150m:	1:31.95	31.78	250m:	2:34.70	31.43	350m:	3:36.71	30.94
	100m:	1:00.17	31.08	200m:	2:03.27	31.32	300m:	3:05.77	31.07	400m:	4:06.76	30.05
6.	JÓ WIAK Tymoteusz				18	SMS Lublin				<b>4:07.58</b>	702	+0.78
	50m:	28.69	28.69	150m:	1:30.93	31.41	250m:	2:32.87	31.12	350m:	3:36.06	32.16
	100m:	59.52	30.83	200m:	2:01.75	30.82	300m:	3:03.90	31.03	400m:	4:07.58	31.52
7.	WÓJCIK Remigiusz				17	SMS Lublin				<b>4:09.10</b>	689	+0.78
	50m:	28.72	28.72	150m:	1:31.69	31.47	250m:	2:34.85	31.36	350m:	3:38.74	32.40
	100m:	1:00.22	31.50	200m:	2:03.49	31.80	300m:	3:06.34	31.49	400m:	4:09.10	30.36
8.	ZGODA Szymon				18	SMS Warszawa Konwiktorska				<b>4:10.01</b>	682	+0.75
	50m:	28.72	28.72	150m:	1:31.58	31.64	250m:	2:35.75	31.83	350m:	3:40.00	32.17
	100m:	59.94	31.22	200m:	2:03.92	32.34	300m:	3:07.83	32.08	400m:	4:10.01	30.01
9.	KORONA Eryk				17	SMS Szczecin				<b>4:10.22</b>	680	+0.77
	50m:	28.94	28.94	150m:	1:31.96	31.73	250m:	2:35.88	31.72	350m:	3:40.01	31.88
	100m:	1:00.23	31.29	200m:	2:04.16	32.20	300m:	3:08.13	32.25	400m:	4:10.22	30.21
10.	ACZEK Hubert				18	SMS Lublin				<b>4:10.68</b>	676	+0.74
	50m:	28.29	28.29	150m:	1:31.57	31.99	250m:	2:35.36	31.83	350m:	3:40.04	32.61
	100m:	59.58	31.29	200m:	2:03.53	31.96	300m:	3:07.43	32.07	400m:	4:10.68	30.64
11.	SYLWESTROWICZ Wiktor				19	SMS Bydgoszcz				<b>4:13.21</b>	656	+0.76
	50m:	28.85	28.85	150m:	1:32.69	32.83	250m:	2:37.08	32.22	350m:	3:41.52	32.09
	100m:	59.86	31.01	200m:	2:04.86	32.17	300m:	3:09.43	32.35	400m:	4:13.21	31.69
12.	PI TKA Miłosz				19	SMS Szczecin				<b>4:13.28</b>	655	+0.79
	50m:	29.43	29.43	150m:	1:32.98	31.74	250m:	2:37.06	31.91	350m:	3:41.92	32.44
	100m:	1:01.24	31.81	200m:	2:05.15	32.17	300m:	3:09.48	32.42	400m:	4:13.28	31.36
13.	SIKORA Cyprian				19	SMS Ostrowiec				<b>4:14.28</b>	648	+0.74
	50m:	27.94	27.94	150m:	1:31.47	32.33	250m:	2:36.35	32.31	350m:	3:42.15	32.42
	100m:	59.14	31.20	200m:	2:04.04	32.57	300m:	3:09.73	33.38	400m:	4:14.28	32.13
14.	PIOTROWSKI Kacper				19	SMS Warszawa Bielany				<b>4:14.37</b>	647	+0.67
	50m:	28.35	28.35	150m:	1:32.35	32.12	250m:	2:38.55	33.40	350m:	3:44.73	33.07
	100m:	1:00.23	31.88	200m:	2:05.15	32.80	300m:	3:11.66	33.11	400m:	4:14.37	29.64
15.	JABŁO SKI Bartłomiej				19	SMS Racibórz				<b>4:14.40</b>	647	+0.75
	50m:	28.70	28.70	150m:	1:32.02	31.98	250m:	2:37.98	32.84	350m:	3:43.85	32.50
	100m:	1:00.04	31.34	200m:	2:05.14	33.12	300m:	3:11.35	33.37	400m:	4:14.40	30.55
16.	TARASIEWICZ Piotr				17	SMS Warszawa Konwiktorska				<b>4:15.84</b>	636	+0.74
	50m:	28.43	28.43	150m:	1:31.55	31.81	250m:	2:37.08	32.97	350m:	3:43.31	33.29
	100m:	59.74	31.31	200m:	2:04.11	32.56	300m:	3:10.02	32.94	400m:	4:15.84	32.53



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Pozycja			Wiek					Czas	Pkt.	CR
17.	SYNOWIEC Szymon		16	SMS Kraków				<b>4:16.54</b>	631	+0.91
	50m:	29.24 29.24	150m:	1:33.12	32.63	250m:	2:38.65 32.93	350m:	3:44.82 33.09	
	100m:	1:00.49 31.25	200m:	2:05.72	32.60	300m:	3:11.73 33.08	400m:	4:16.54 31.72	
18.	KOWALSKI Adrian		16	SMS Kraków				<b>4:17.59</b>	623	+0.76
	50m:	29.84 29.84	150m:	1:34.68	33.12	250m:	2:41.29 32.98	350m:	3:46.54 32.06	
	100m:	1:01.56 31.72	200m:	2:08.31	33.63	300m:	3:14.48 33.19	400m:	4:17.59 31.05	
19.	KOSIAREK Mateusz		16	SMS Wrocław				<b>4:20.06</b>	605	+0.82
	50m:	28.58 28.58	150m:	1:34.09	33.21	250m:	2:41.07 32.83	350m:	3:47.54 33.34	
	100m:	1:00.88 32.30	200m:	2:08.24	34.15	300m:	3:14.20 33.13	400m:	4:20.06 32.52	
20.	MICHALSKI Maksymilian		17	SMS Bydgoszcz				<b>4:20.48</b>	603	+0.67
	50m:	29.28 29.28	150m:	1:35.38	33.13	250m:	2:42.77 33.74	350m:	3:50.48 33.87	
	100m:	1:02.25 32.97	200m:	2:09.03	33.65	300m:	3:16.61 33.84	400m:	4:20.48 30.00	
21.	KONOPKO Michał		16	SMS Warszawa Bielany				<b>4:20.67</b>	601	+0.67
	50m:	29.12 29.12	150m:	1:34.72	33.18	250m:	2:41.86 33.50	350m:	3:49.66 33.90	
	100m:	1:01.54 32.42	200m:	2:08.36	33.64	300m:	3:15.76 33.90	400m:	4:20.67 31.01	
22.	WOJCIECHOWSKI Wiktor		19	SMS Warszawa Bielany				<b>4:21.10</b>	598	+0.77
	50m:	28.89 28.89	150m:	1:33.63	32.77	250m:	2:40.76 33.71	350m:	3:49.76 34.49	
	100m:	1:00.86 31.97	200m:	2:07.05	33.42	300m:	3:15.27 34.51	400m:	4:21.10 31.34	
23.	GÓRECKI Wiktor		16	SMS Gda sk				<b>4:22.73</b>	587	+0.84
	50m:	29.25 29.25	150m:	1:35.01	33.15	250m:	2:43.21 34.22	350m:	3:51.46 33.67	
	100m:	1:01.86 32.61	200m:	2:08.99	33.98	300m:	3:17.79 34.58	400m:	4:22.73 31.27	
24.	KRZE NIAK Jakub		16	SMS Pozna				<b>4:22.84</b>	586	+0.89
	50m:	28.42 28.42	150m:	1:33.56	33.10	250m:	2:41.40 33.98	350m:	3:49.93 33.99	
	100m:	1:00.46 32.04	200m:	2:07.42	33.86	300m:	3:15.94 34.54	400m:	4:22.84 32.91	
25.	JAKUBCZYK Robert		16	SMS Kraków				<b>4:22.86</b>	586	+0.80
	50m:	29.84 29.84	150m:	1:35.84	33.47	250m:	2:43.53 33.92	350m:	3:50.87 33.19	
	100m:	1:02.37 32.53	200m:	2:09.61	33.77	300m:	3:17.68 34.15	400m:	4:22.86 31.99	
26.	BATUGOWSKI Szymon		17	SMS Ostrowiec				<b>4:24.51</b>	575	+0.58
	50m:	29.01 29.01	150m:	1:34.89	33.37	250m:	2:42.41 33.66	350m:	3:50.35 34.17	
	100m:	1:01.52 32.51	200m:	2:08.75	33.86	300m:	3:16.18 33.77	400m:	4:24.51 34.16	
27.	D BICKI Marcel		16	SMS Wrocław				<b>4:24.74</b>	574	+0.82
	50m:	29.89 29.89	150m:	1:36.45	34.02	250m:	2:45.03 34.35	350m:	3:53.74 34.14	
	100m:	1:02.43 32.54	200m:	2:10.68	34.23	300m:	3:19.60 34.57	400m:	4:24.74 31.00	
28.	PRYZYNYCZ Olaf		16	SMS Warszawa Bielany				<b>4:25.20</b>	571	+0.72
	50m:	29.64 29.64	150m:	1:35.72	33.73	250m:	2:44.32 34.76	350m:	3:52.61 34.43	
	100m:	1:01.99 32.35	200m:	2:09.56	33.84	300m:	3:18.18 33.86	400m:	4:25.20 32.59	
29.	SZLACHCIC Jan		18	SMS O wi cim				<b>4:26.33</b>	564	+0.77
	50m:	28.94 28.94	150m:	1:35.73	34.38	250m:	2:44.20 33.65	350m:	3:52.89 34.15	
	100m:	1:01.35 32.41	200m:	2:10.55	34.82	300m:	3:18.74 34.54	400m:	4:26.33 33.44	
30.	FILIPIAK Mateusz		19	SMS Bydgoszcz				<b>4:30.13</b>	540	+0.69
	50m:	30.69 30.69	150m:	1:38.41	34.13	250m:	2:47.40 34.53	350m:	3:56.57 34.38	
	100m:	1:04.28 33.59	200m:	2:12.87	34.46	300m:	3:22.19 34.79	400m:	4:30.13 33.56	
31.	KUMAR Ryan		16	SMS Racibórz				<b>4:35.49</b>	509	+0.81
	50m:	30.08 30.08	150m:	1:39.01	35.34	250m:	2:50.23 35.62	350m:	4:01.14 35.07	
	100m:	1:03.67 33.59	200m:	2:14.61	35.60	300m:	3:26.07 35.84	400m:	4:35.49 34.35	
32.	DOM AŁ Szymon		16	SMS Gda sk				<b>4:39.23</b>	489	+0.71
	50m:	31.14 31.14	150m:	1:41.04	35.32	250m:	2:53.77 35.88	350m:	4:05.33 34.96	
	100m:	1:05.72 34.58	200m:	2:17.89	36.85	300m:	3:30.37 36.60	400m:	4:39.23 33.90	
33.	NADAJ Filip		17	SMS Gda sk				<b>4:44.18</b>	464	+0.71
	50m:	30.70 30.70	150m:	1:40.31	35.72	250m:	2:54.05 37.08	350m:	4:07.86 36.90	
	100m:	1:04.59 33.89	200m:	2:16.97	36.66	300m:	3:30.96 36.91	400m:	4:44.18 36.32	



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Konkurencja 17, M czynn, 400m dowolny, Open

Pozycja			Wiek			Czas	Pkt.	CR
34.	KOTYNIA Juliusz		16	SMS Kraków		<b>4:46.24</b>	454	+0.79
	50m:	30.55 30.55	150m:	1:38.35 34.40	250m:	2:50.92 36.83	350m:	4:08.60 39.08
	100m:	1:03.95 33.40	200m:	2:14.09 35.74	300m:	3:29.52 38.60	400m:	4:46.24 37.64
35.	KAMIENIORZ Kacper		18	SMS O wi cim		<b>4:48.35</b>	444	+0.93
	50m:	30.93 30.93	150m:	1:43.98 37.40	250m:	2:58.61 37.68	350m:	4:13.10 37.67
	100m:	1:06.58 35.65	200m:	2:20.93 36.95	300m:	3:35.43 36.82	400m:	4:48.35 35.25
PK	TRYDULSKI Wiktor		16	SMS Lublin		<b>4:08.44</b>	695	+0.73
	50m:	28.92 28.92	150m:	1:32.03 31.84	250m:	2:34.35 31.17	350m:	3:38.09 31.85
	100m:	1:00.19 31.27	200m:	2:03.18 31.15	300m:	3:06.24 31.89	400m:	4:08.44 30.35
PK	KRASKA Mateusz		19	SMS Lublin		<b>4:09.89</b>	683	+0.68
	50m:	29.08 29.08	150m:	1:31.44 31.59	250m:	2:34.68 31.69	350m:	3:38.50 31.87
	100m:	59.85 30.77	200m:	2:02.99 31.55	300m:	3:06.63 31.95	400m:	4:09.89 31.39
PK	NAWOJCZYK Michał		17	SMS Lublin		<b>4:13.28</b>	655	+0.72
	50m:	27.97 27.97	150m:	1:32.21 33.36	250m:	2:37.48 32.14	350m:	3:42.25 32.38
	100m:	58.85 30.88	200m:	2:05.34 33.13	300m:	3:09.87 32.39	400m:	4:13.28 31.03
PK	CHARKOT Krzysztof		18	SMS Lublin		<b>4:14.55</b>	646	+0.80
	50m:	28.76 28.76	150m:	1:32.50 32.39	250m:	2:37.97 32.54	350m:	3:43.79 32.54
	100m:	1:00.11 31.35	200m:	2:05.43 32.93	300m:	3:11.25 33.28	400m:	4:14.55 30.76
PK	SZOREK Igor		16	SMS Lublin		<b>4:16.61</b>	630	+0.77
	50m:	29.00 29.00	150m:	1:33.32 33.05	250m:	2:38.67 32.89	350m:	3:44.37 32.65
	100m:	1:00.27 31.27	200m:	2:05.78 32.46	300m:	3:11.72 33.05	400m:	4:16.61 32.24
PK	BONDAR Mykyta		19	SMS O wi cim		<b>4:17.09</b>	627	+0.79
	50m:	28.43 28.43	150m:	1:31.89 32.08	250m:	2:37.23 32.64	350m:	3:44.39 33.42
	100m:	59.81 31.38	200m:	2:04.59 32.70	300m:	3:10.97 33.74	400m:	4:17.09 32.70
PK	SKOCZYLAS Bartosz		17	SMS Lublin		<b>4:19.19</b>	612	+0.66
	50m:	29.14 29.14	150m:	1:34.16 32.72	250m:	2:40.16 33.19	350m:	3:47.15 33.52
	100m:	1:01.44 32.30	200m:	2:06.97 32.81	300m:	3:13.63 33.47	400m:	4:19.19 32.04
PK	ZASADA Szymon		16	SMS Lublin		<b>4:19.40</b>	610	+0.78
	50m:	29.57 29.57	150m:	1:34.61 33.06	250m:	2:40.84 33.53	350m:	3:47.02 33.07
	100m:	1:01.55 31.98	200m:	2:07.31 32.70	300m:	3:13.95 33.11	400m:	4:19.40 32.38
PK	SMOLAREK Filip		16	SMS Lublin		<b>4:26.78</b>	561	+0.71
	50m:	29.98 29.98	150m:	1:35.52 33.24	250m:	2:43.63 34.16	350m:	3:53.38 34.56
	100m:	1:02.28 32.30	200m:	2:09.47 33.95	300m:	3:18.82 35.19	400m:	4:26.78 33.40
PK	FRONCZEK Błażej		17	SMS Lublin		<b>4:31.00</b>	535	+0.66
	50m:	30.15 30.15	150m:	1:38.21 34.56	250m:	2:47.72 34.82	350m:	3:57.31 34.84
	100m:	1:03.65 33.50	200m:	2:12.90 34.69	300m:	3:22.47 34.75	400m:	4:31.00 33.69
PK	CHAŁAT Adam		16	SMS Lublin		<b>4:36.39</b>	504	+0.77
	50m:	30.80 30.80	150m:	1:40.63 35.06	250m:	2:51.01 35.16	350m:	4:02.39 35.34
	100m:	1:05.57 34.77	200m:	2:15.85 35.22	300m:	3:27.05 36.04	400m:	4:36.39 34.00
PK	DUBAS Filip		16	SMS Lublin		<b>4:38.24</b>	494	+0.69
	50m:	31.09 31.09	150m:	1:41.13 35.61	250m:	2:53.49 36.11	350m:	4:05.47 35.57
	100m:	1:05.52 34.43	200m:	2:17.38 36.25	300m:	3:29.90 36.41	400m:	4:38.24 32.77
PK	PIETRA Szymon		16	SMS Lublin		<b>4:39.09</b>	490	+0.74
	50m:	31.69 31.69	150m:	1:41.85 35.95	250m:	2:53.56 36.19	350m:	4:06.14 36.11
	100m:	1:05.90 34.21	200m:	2:17.37 35.52	300m:	3:30.03 36.47	400m:	4:39.09 32.95
PK	ZAMECKI Aleksander		16	SMS Lublin		<b>4:40.30</b>	483	+0.76
	50m:	30.89 30.89	150m:	1:41.21 35.70	250m:	2:53.58 36.27	350m:	4:06.15 36.22
	100m:	1:05.51 34.62	200m:	2:17.31 36.10	300m:	3:29.93 36.35	400m:	4:40.30 34.15