



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

Konkurencja 4  
07.03.2026 - 16:30

M czyzn, 400m zmienny

Open  
Wyniki

Punkty: AQUA 2025

Pozycja			Wiek					Czas	Pkt.	CR
1.	KLONOWSKI Mikołaj		19	SMS Bydgoszcz				<b>4:28.78</b>	734	+0.79
	50m:	28.77 28.77	150m:	1:34.68	35.01	250m:	2:47.67 38.48	350m:	3:57.60 31.35	
	100m:	59.67 30.90	200m:	2:09.19	34.51	300m:	3:26.25 38.58	400m:	4:28.78 31.18	
2.	GNACZY SKI Michał		19	SMS Szczecin				<b>4:31.74</b>	710	+0.68
	50m:	29.76 29.76	150m:	1:39.77	36.44	250m:	2:52.71 37.73	350m:	4:02.37 31.28	
	100m:	1:03.33 33.57	200m:	2:14.98	35.21	300m:	3:31.09 38.38	400m:	4:31.74 29.37	
3.	RADZIKOWSKI Szymon		18	SMS Wrocław				<b>4:32.62</b>	703	+0.79
	50m:	28.32 28.32	150m:	1:35.35	35.70	250m:	2:49.27 38.19	350m:	4:00.49 32.15	
	100m:	59.65 31.33	200m:	2:11.08	35.73	300m:	3:28.34 39.07	400m:	4:32.62 32.13	
4.	TARASIEWICZ Piotr		17	SMS Warszawa Konwiktorska				<b>4:37.25</b>	669	+0.70
	50m:	29.44 29.44	150m:	1:41.40	37.58	250m:	2:56.40 38.75	350m:	4:06.65 31.07	
	100m:	1:03.82 34.38	200m:	2:17.65	36.25	300m:	3:35.58 39.18	400m:	4:37.25 30.60	
5.	KRY Radosław		19	SMS Szczecin				<b>4:38.33</b>	661	
	50m:	29.17 29.17	150m:	1:38.60	36.19	250m:	2:54.92 40.30	350m:	4:07.42 31.63	
	100m:	1:02.41 33.24	200m:	2:14.62	36.02	300m:	3:35.79 40.87	400m:	4:38.33 30.91	
6.	CZERWONKA Jan		18	SMS Lublin				<b>4:41.94</b>	636	+0.74
	50m:	28.83 28.83	150m:	1:41.40	39.09	250m:	2:57.95 39.32	350m:	4:10.87 32.88	
	100m:	1:02.31 33.48	200m:	2:18.63	37.23	300m:	3:37.99 40.04	400m:	4:41.94 31.07	
7.	ZIELI SKI Szymon		17	SMS Szczecin				<b>4:42.02</b>	635	+0.59
	50m:	28.83 28.83	150m:	1:40.22	38.16	250m:	2:56.93 39.63	350m:	4:11.27 33.42	
	100m:	1:02.06 33.23	200m:	2:17.30	37.08	300m:	3:37.85 40.92	400m:	4:42.02 30.75	
8.	NOWACKI Mieszko		17	SMS Lublin				<b>4:46.74</b>	604	+0.65
	50m:	28.59 28.59	150m:	1:39.17	36.09	250m:	2:57.09 42.84	350m:	4:14.23 34.19	
	100m:	1:03.08 34.49	200m:	2:14.25	35.08	300m:	3:40.04 42.95	400m:	4:46.74 32.51	
9.	MARYJOWSKI Marcin		17	SMS Lublin				<b>4:48.35</b>	594	+0.71
	50m:	28.92 28.92	150m:	1:40.26	37.53	250m:	2:57.93 41.64	350m:	4:14.47 34.65	
	100m:	1:02.73 33.81	200m:	2:16.29	36.03	300m:	3:39.82 41.89	400m:	4:48.35 33.88	
10.	RACHWAŁ Patryk		18	SMS Warszawa Konwiktorska				<b>4:48.44</b>	594	+0.76
	50m:	29.90 29.90	150m:	1:40.85	38.69	250m:	3:02.12 43.04	350m:	4:18.70 32.86	
	100m:	1:02.16 32.26	200m:	2:19.08	38.23	300m:	3:45.84 43.72	400m:	4:48.44 29.74	
11.	ŁAWRYNOWICZ Kacper		17	SMS Bydgoszcz				<b>4:49.43</b>	588	+0.83
	50m:	28.68 28.68	150m:	1:42.99	40.37	250m:	3:02.66 40.51	350m:	4:17.47 34.19	
	100m:	1:02.62 33.94	200m:	2:22.15	39.16	300m:	3:43.28 40.62	400m:	4:49.43 31.96	
12.	STEFA SKI Leon		19	SMS Warszawa Bielany				<b>4:49.54</b>	587	+0.78
	50m:	29.46 29.46	150m:	1:43.78	39.46	250m:	3:01.02 39.04	350m:	4:15.86 34.61	
	100m:	1:04.32 34.86	200m:	2:21.98	38.20	300m:	3:41.25 40.23	400m:	4:49.54 33.68	
13.	MIZGALSKI Tymoteusz		15	SMS Poznań				<b>4:49.67</b>	586	+0.76
	50m:	31.04 31.04	150m:	1:44.90	39.24	250m:	3:04.45 41.36	350m:	4:18.00 32.23	
	100m:	1:05.66 34.62	200m:	2:23.09	38.19	300m:	3:45.77 41.32	400m:	4:49.67 31.67	
14.	BORY Wojciech		17	SMS O wi cim				<b>4:52.88</b>	567	+0.66
	50m:	29.12 29.12	150m:	1:42.28	39.00	250m:	3:02.35 41.79	350m:	4:19.85 35.34	
	100m:	1:03.28 34.16	200m:	2:20.56	38.28	300m:	3:44.51 42.16	400m:	4:52.88 33.03	
15.	SIKORA Cyprian		19	SMS Ostrowiec				<b>4:54.28</b>	559	
	50m:	28.55 28.55	150m:	1:42.80	39.06	250m:	3:05.44 43.32	350m:	4:21.86 32.64	
	100m:	1:03.74 35.19	200m:	2:22.12	39.32	300m:	3:49.22 43.78	400m:	4:54.28 32.42	
16.	ZASADA Szymon		16	SMS Lublin				<b>4:55.14</b>	554	+0.66
	50m:	30.12 30.12	150m:	1:43.25	38.50	250m:	3:04.83 44.24	350m:	4:22.77 34.27	
	100m:	1:04.75 34.63	200m:	2:20.59	37.34	300m:	3:48.50 43.67	400m:	4:55.14 32.37	



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Pozycja		Wiek						Czas	Pkt.	CR
17.	D BSKI Antoni	17	SMS Ostrowiec					<b>4:56.54</b>	546	
	50m: 29.84 29.84	150m: 1:42.96	39.03	250m: 3:04.30	43.11	350m: 4:22.71	35.29			
	100m: 1:03.93 34.09	200m: 2:21.19	38.23	300m: 3:47.42	43.12	400m: 4:56.54	33.83			
18.	STACHOWIAK Wiktor	16	SMS Pozna					<b>4:56.77</b>	545	+0.77
	50m: 29.12 29.12	150m: 1:40.00	37.67	250m: 3:02.96	44.30	350m: 4:21.03	35.12			
	100m: 1:02.33 33.21	200m: 2:18.66	38.66	300m: 3:45.91	42.95	400m: 4:56.77	35.74			
19.	KOWALSKI Adrian	16	SMS Kraków					<b>4:57.42</b>	542	+0.72
	50m: 30.35 30.35	150m: 1:46.35	40.84	250m: 3:06.83	41.41	350m: 4:24.31	35.37			
	100m: 1:05.51 35.16	200m: 2:25.42	39.07	300m: 3:48.94	42.11	400m: 4:57.42	33.11			
20.	STR K Krystian	18	SMS O wi cim					<b>4:57.86</b>	539	+0.70
	50m: 28.99 28.99	150m: 1:42.52	38.87	250m: 3:04.41	43.90	350m: 4:24.23	35.36			
	100m: 1:03.65 34.66	200m: 2:20.51	37.99	300m: 3:48.87	44.46	400m: 4:57.86	33.63			
21.	JAKUBCZYK Robert	16	SMS Kraków					<b>4:59.75</b>	529	+0.75
	50m: 29.97 29.97	150m: 1:46.01	41.44	250m: 3:10.90	44.83	350m: 4:28.58	33.39			
	100m: 1:04.57 34.60	200m: 2:26.07	40.06	300m: 3:55.19	44.29	400m: 4:59.75	31.17			
22.	FLORCZAK Aleksander	15	SMS Gda sk					<b>5:00.50</b>	525	+0.78
	50m: 31.47 31.47	150m: 1:47.90	41.16	250m: 3:10.26	43.65	350m: 4:27.81	34.78			
	100m: 1:06.74 35.27	200m: 2:26.61	38.71	300m: 3:53.03	42.77	400m: 5:00.50	32.69			
23.	PRYCZYNICZ Olaf	16	SMS Warszawa Bielany					<b>5:00.60</b>	525	+0.72
	50m: 30.23 30.23	150m: 1:45.02	39.60	250m: 3:07.29	43.50	350m: 4:26.51	35.04			
	100m: 1:05.42 35.19	200m: 2:23.79	38.77	300m: 3:51.47	44.18	400m: 5:00.60	34.09			
24.	DZIEDZIC Karol	16	SMS Kraków					<b>5:01.45</b>	520	+0.71
	50m: 29.57 29.57	150m: 1:46.05	41.19	250m: 3:09.19	42.51	350m: 4:27.30	34.58			
	100m: 1:04.86 35.29	200m: 2:26.68	40.63	300m: 3:52.72	43.53	400m: 5:01.45	34.15			
25.	BALCEROWICZ Ryszard	18	SMS Gda sk					<b>5:01.70</b>	519	+0.79
	50m: 31.61 31.61	150m: 1:45.28	39.23	250m: 3:08.94	43.72	350m: 4:26.51	35.49			
	100m: 1:06.05 34.44	200m: 2:25.22	39.94	300m: 3:51.02	42.08	400m: 5:01.70	35.19			
26.	KRAWCZUK Aleksander	17	SMS Bydgoszcz					<b>5:03.49</b>	510	+0.68
	50m: 31.91 31.91	150m: 1:50.18	40.92	250m: 3:11.49	41.80	350m: 4:29.53	36.13			
	100m: 1:09.26 37.35	200m: 2:29.69	39.51	300m: 3:53.40	41.91	400m: 5:03.49	33.96			
27.	SZLACHCIC Jan	18	SMS O wi cim					<b>5:06.29</b>	496	+0.68
	50m: 30.65 30.65	150m: 1:48.74	42.68	250m: 3:10.98	41.73	350m: 4:33.64	36.33			
	100m: 1:06.06 35.41	200m: 2:29.25	40.51	300m: 3:57.31	46.33	400m: 5:06.29	32.65			
28.	WERESZCZY SKI Igor	16	SMS Wrocław					<b>5:14.94</b>	456	+0.77
	50m: 34.83 34.83	150m: 1:52.30	38.11	250m: 3:16.16	45.17	350m: 4:38.24	36.06			
	100m: 1:14.19 39.36	200m: 2:30.99	38.69	300m: 4:02.18	46.02	400m: 5:14.94	36.70			
29.	DOM AŁ Szymon	16	SMS Gda sk					<b>5:15.30</b>	454	+0.75
	50m: 30.47 30.47	150m: 1:48.01	40.78	250m: 3:16.82	49.46	350m: 4:40.76	36.07			
	100m: 1:07.23 36.76	200m: 2:27.36	39.35	300m: 4:04.69	47.87	400m: 5:15.30	34.54			
30.	FLIS Jakub	16	SMS Gda sk					<b>5:27.05</b>	407	+0.83
	50m: 30.81 30.81	150m: 1:56.98	48.32	250m: 3:27.05	46.24	350m: 4:50.28	39.46			
	100m: 1:08.66 37.85	200m: 2:40.81	43.83	300m: 4:10.82	43.77	400m: 5:27.05	36.77			
PK	PONIEWA Oliwier	19	SMS Lublin					<b>4:47.81</b>	598	+0.65
	50m: 29.27 29.27	150m: 1:41.74	38.43	250m: 3:00.71	42.70	350m: 4:16.50	32.52			
	100m: 1:03.31 34.04	200m: 2:18.01	36.27	300m: 3:43.98	43.27	400m: 4:47.81	31.31			
PK	SZYBURSKI Artur	16	SMS Lublin					<b>5:20.02</b>	435	+0.47
	50m: 33.84 33.84	150m: 1:56.85	43.86	250m: 3:23.78	43.54	350m: 4:43.33	36.11			
	100m: 1:12.99 39.15	200m: 2:40.24	43.39	300m: 4:07.22	43.44	400m: 5:20.02	36.69			