

Główne Mistrzostwa Województwa Lubelskiego
Lublin, 30. - 31.5.2026

Konkurencja 4
30.05.2026 - 10:43

M czyzn, 400m zmienny

12 lat i starsi
Wyniki

Rekord LOZP Open	4:19.87	WITKOWSKI Jan	01003	Szczecin	28.05.2016
Rekord LOZP 19 +	4:19.87	WITKOWSKI Jan	01003	Szczecin	28.05.2016
Rekord LOZP 18	4:25.01	WITKOWSKI Jan	01003	Oswiecim	18.07.2012
Rekord LOZP 17	4:28.77	POPIEL Mikołaj	03103	Olsztyn	27.04.2023
Rekord LOZP 16	4:34.48	CERTA Maciej	00603	Gorzow Wlkp.	30.11.2007
Rekord LOZP 15	4:38.80	SOBEK Nikodem	02503	Lublin	14.07.2017
Rekord LOZP 14	4:39.38	SOBEK Nikodem	02303	Berlin (GER)	16.12.2016
Rekord LOZP 13	4:58.51	SOBEK Nikodem	02303	Berlin (GER)	18.12.2015
Rekord LOZP 12	5:40.45	KLIZA Mateusz	00303	Krasnik	17.06.2006

Punkty: AQUA 2026

Pozycja Wiek Czas Pkt. CR

MŁODZIK

1. KARA Filip	13	UKS Olimpijczyk 23	5:56.69	314	+0,61
50m: 40.59 40.59	150m: 2:13.70 45.74	250m: 3:49.83 50.84	350m: 5:20.08 38.11		
100m: 1:27.96 47.37	200m: 2:58.99 45.29	300m: 4:41.97 52.14	400m: 5:56.69 36.61		
2. KULIGOWSKI Jan	12	MTP Lublinianka	7:39.06	147	+0,71
50m: 44.24 44.24	150m: 2:45.58 1:01.94	250m: 4:55.67 1:11.18	350m: 6:49.28 47.31		
100m: 1:43.64 59.40	200m: 3:44.49 58.91	300m: 6:01.97 1:06.30	400m: 7:39.06 49.78		

JUNIOR MŁODSZY

1. BAŁA AK Stanisław	15	KU AZS UMCS Lublin	5:00.43	525	+0,75
50m: 31.29 31.29	150m: 1:48.02 40.92	250m: 3:09.26 41.47	350m: 4:26.66 35.10		
100m: 1:07.10 35.81	200m: 2:27.79 39.77	300m: 3:51.56 42.30	400m: 5:00.43 33.77		
2. RATAJ Damian	15	UKP Fala Kra nik	5:21.88	427	+0,84
50m: 34.73 34.73	150m: 1:54.35 38.15	250m: 3:20.47 48.64	350m: 4:45.84 36.72		
100m: 1:16.20 41.47	200m: 2:31.83 37.48	300m: 4:09.12 48.65	400m: 5:21.88 36.04		
3. DANYLUK Piotr	14	MKS AVIA widnik	5:23.08	422	+0,76
50m: 33.00 33.00	150m: 1:55.26 43.40	250m: 3:24.85 47.11	350m: 4:47.88 37.00		
100m: 1:11.86 38.86	200m: 2:37.74 42.48	300m: 4:10.88 46.03	400m: 5:23.08 35.20		
4. ZI BA Ignacy	14	KS OLIMPIA Lublin	5:32.37	388	+0,79
50m: 33.41 33.41	150m: 1:57.46 45.23	250m: 3:29.26 47.97	350m: 4:57.24 38.37		
100m: 1:12.23 38.82	200m: 2:41.29 43.83	300m: 4:18.87 49.61	400m: 5:32.37 35.13		
5. KORONA Ignacy	15	MKS AVIA widnik	5:32.75	387	+0,68
50m: 33.08 33.08	150m: 2:00.69 47.98	250m: 3:32.90 45.94	350m: 4:56.41 37.85		
100m: 1:12.71 39.63	200m: 2:46.96 46.27	300m: 4:18.56 45.66	400m: 5:32.75 36.34		
6. WRÓBEL Filip	14	KP Strzałka Puławy	5:36.51	374	+0,79
50m: 33.85 33.85	150m: 1:57.70 44.87	250m: 3:30.94 49.20	350m: 4:59.05 39.41		
100m: 1:12.83 38.98	200m: 2:41.74 44.04	300m: 4:19.64 48.70	400m: 5:36.51 37.46		
7. PALKA Dominik	14	RWKS Sparta Biłgoraj	5:39.45	364	+0,61
50m: 35.04 35.04	150m: 2:02.04 45.30	250m: 3:35.26 50.02	350m: 5:03.72 38.32		
100m: 1:16.74 41.70	200m: 2:45.24 43.20	300m: 4:25.40 50.14	400m: 5:39.45 35.73		
8. TARGO SKI Cyprian	14	UKS Szkoła Pływania 23 Lublin	6:11.92	277	+0,79
50m: 37.00 37.00	150m: 2:06.46 43.59	250m: 3:47.64 56.27	350m: 5:27.01 45.24		
100m: 1:22.87 45.87	200m: 2:51.37 44.91	300m: 4:41.77 54.13	400m: 6:11.92 44.91		
9. SZCZUCHNIAK Mateusz	14	KS OLIMPIA Lublin	6:19.45	261	
50m: 39.09 39.09	150m: 2:14.77 51.66	250m: 3:59.95 56.48	350m: 5:39.27 45.08		
100m: 1:23.11 44.02	200m: 3:03.47 48.70	300m: 4:54.19 54.24	400m: 6:19.45 40.18		

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OPEN

1.	MARYJOWSKI Marcin	17	KU AZS UMCS Lublin	4:46.46	606	+0,75
	50m: 29.97 29.97	150m: 1:42.02 38.21	250m: 2:59.43 41.51	350m: 4:14.80 34.28		
	100m: 1:03.81 33.84	200m: 2:17.92 35.90	300m: 3:40.52 41.09	400m: 4:46.46 31.66		
2.	RYNKIEWICZ Jakub	21	KU AZS UMCS Lublin	4:49.35	588	+0,82
	50m: 28.96 28.96	150m: 1:41.55 38.62	250m: 3:02.46 43.70	350m: 4:18.57 33.10		
	100m: 1:02.93 33.97	200m: 2:18.76 37.21	300m: 3:45.47 43.01	400m: 4:49.35 30.78		
3.	BAŁA AK Stanisław	15	KU AZS UMCS Lublin	5:00.43	525	+0,75
	50m: 31.29 31.29	150m: 1:48.02 40.92	250m: 3:09.26 41.47	350m: 4:26.66 35.10		
	100m: 1:07.10 35.81	200m: 2:27.79 39.77	300m: 3:51.56 42.30	400m: 5:00.43 33.77		
4.	JABŁO SKI Maciej	16	MKS AVIA widnik	5:01.02	522	+0,70
	50m: 30.50 30.50	150m: 1:44.73 39.20	250m: 3:07.52 44.29	350m: 4:27.89 36.64		
	100m: 1:05.53 35.03	200m: 2:23.23 38.50	300m: 3:51.25 43.73	400m: 5:01.02 33.13		
5.	RATAJ Damian	15	UKP Fala Kra nik	5:21.88	427	+0,84
	50m: 34.73 34.73	150m: 1:54.35 38.15	250m: 3:20.47 48.64	350m: 4:45.84 36.72		
	100m: 1:16.20 41.47	200m: 2:31.83 37.48	300m: 4:09.12 48.65	400m: 5:21.88 36.04		
6.	DANYLUK Piotr	14	MKS AVIA widnik	5:23.08	422	+0,76
	50m: 33.00 33.00	150m: 1:55.26 43.40	250m: 3:24.85 47.11	350m: 4:47.88 37.00		
	100m: 1:11.86 38.86	200m: 2:37.74 42.48	300m: 4:10.88 46.03	400m: 5:23.08 35.20		
7.	ZI BA Ignacy	14	KS OLIMPIA Lublin	5:32.37	388	+0,79
	50m: 33.41 33.41	150m: 1:57.46 45.23	250m: 3:29.26 47.97	350m: 4:57.24 38.37		
	100m: 1:12.23 38.82	200m: 2:41.29 43.83	300m: 4:18.87 49.61	400m: 5:32.37 35.13		
8.	KORONA Ignacy	15	MKS AVIA widnik	5:32.75	387	+0,68
	50m: 33.08 33.08	150m: 2:00.69 47.98	250m: 3:32.90 45.94	350m: 4:56.41 37.85		
	100m: 1:12.71 39.63	200m: 2:46.96 46.27	300m: 4:18.56 45.66	400m: 5:32.75 36.34		
9.	WRÓBEL Filip	14	KP Strzałka Puławy	5:36.51	374	+0,79
	50m: 33.85 33.85	150m: 1:57.70 44.87	250m: 3:30.94 49.20	350m: 4:59.05 39.41		
	100m: 1:12.83 38.98	200m: 2:41.74 44.04	300m: 4:19.64 48.70	400m: 5:36.51 37.46		
10.	PALKA Dominik	14	RWKS Sparta Biłgoraj	5:39.45	364	+0,61
	50m: 35.04 35.04	150m: 2:02.04 45.30	250m: 3:35.26 50.02	350m: 5:03.72 38.32		
	100m: 1:16.74 41.70	200m: 2:45.24 43.20	300m: 4:25.40 50.14	400m: 5:39.45 35.73		
11.	KARA Filip	13	UKS Olimpijczyk 23	5:56.69	314	+0,61
	50m: 40.59 40.59	150m: 2:13.70 45.74	250m: 3:49.83 50.84	350m: 5:20.08 38.11		
	100m: 1:27.96 47.37	200m: 2:58.99 45.29	300m: 4:41.97 52.14	400m: 5:56.69 36.61		
12.	TARGO SKI Cyprian	14	UKS Szkoła Pływania 23 Lublin	6:11.92	277	+0,79
	50m: 37.00 37.00	150m: 2:06.46 43.59	250m: 3:47.64 56.27	350m: 5:27.01 45.24		
	100m: 1:22.87 45.87	200m: 2:51.37 44.91	300m: 4:41.77 54.13	400m: 6:11.92 44.91		
13.	SZCZUCHNIAK Mateusz	14	KS OLIMPIA Lublin	6:19.45	261	
	50m: 39.09 39.09	150m: 2:14.77 51.66	250m: 3:59.95 56.48	350m: 5:39.27 45.08		
	100m: 1:23.11 44.02	200m: 3:03.47 48.70	300m: 4:54.19 54.24	400m: 6:19.45 40.18		
14.	KULIGOWSKI Jan	12	MTP Lublinianka	7:39.06	147	+0,71
	50m: 44.24 44.24	150m: 2:45.58 1:01.94	250m: 4:55.67 1:11.18	350m: 6:49.28 47.31		
	100m: 1:43.64 59.40	200m: 3:44.49 58.91	300m: 6:01.97 1:06.30	400m: 7:39.06 49.78		
PK	ZASADA Szymon	16	SP Meduza Paj czno	4:56.30	548	+0,79
	50m: 30.24 30.24	150m: 1:43.50 38.16	250m: 3:04.35 43.85	350m: 4:23.54 33.27		
	100m: 1:05.34 35.10	200m: 2:20.50 37.00	300m: 3:50.27 45.92	400m: 4:56.30 32.76		
PK	SZEWczyk Ignacy	14	MUKP Korona-Swim Kielce	5:16.85	448	+0,71
	50m: 32.50 32.50	150m: 1:50.41 41.10	250m: 3:19.36 48.39	350m: 4:40.97 37.00		
	100m: 1:09.31 36.81	200m: 2:30.97 40.56	300m: 4:03.97 44.61	400m: 5:16.85 35.88		
PK	MUCHA Kornel	14	MUKP Korona-Swim Kielce	5:31.05	393	
	50m: 35.28 35.28	150m: 1:58.68 42.33	250m: 3:27.51 46.04	350m: 4:54.32 39.22		
	100m: 1:16.35 41.07	200m: 2:41.47 42.79	300m: 4:15.10 47.59	400m: 5:31.05 36.73		

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Pozycja			Wiek					Czas	Pkt.	CR
PK	PRASAŁ Bartosz		14	MUKP Korona-Swim Kielce				5:31.75	390	+0,71
	50m: 34.13 34.13	150m: 1:58.22		43.99	250m: 3:28.29	48.51	350m: 4:55.62	39.12		
	100m: 1:14.23 40.10	200m: 2:39.78		41.56	300m: 4:16.50	48.21	400m: 5:31.75	36.13		
PK	LIZANOWSKI Szymon		14	MUKP Korona-Swim Kielce				5:35.77	376	+0,73
	50m: 34.59 34.59	150m: 2:00.37		44.57	250m: 3:32.06	47.92	350m: 5:00.02	39.03		
	100m: 1:15.80 41.21	200m: 2:44.14		43.77	300m: 4:20.99	48.93	400m: 5:35.77	35.75		
PK	LIZANOWSKI Mateusz		14	MUKP Korona-Swim Kielce				5:37.11	372	+0,73
	50m: 34.11 34.11	150m: 2:01.71		47.94	250m: 3:35.24	48.06	350m: 5:01.74	38.08		
	100m: 1:13.77 39.66	200m: 2:47.18		45.47	300m: 4:23.66	48.42	400m: 5:37.11	35.37		
PK	PIETRASIAK Tomasz		14	MUKP Korona-Swim Kielce				5:45.01	347	+0,68
	50m: 41.31 41.31	150m: 2:13.91		44.34	250m: 3:44.79	47.68	350m: 5:08.76	37.28		
	100m: 1:29.57 48.26	200m: 2:57.11		43.20	300m: 4:31.48	46.69	400m: 5:45.01	36.25		