

Konkurencja 21
16.07.2026 - 9:52

Chłopców, 400m dowolny

16 lat
Wyniki Eliminacje

Rekord Polski Juniorów 16 lat 3:56.29 DASZKIEWICZ Michał 01006 Lublin 11.07.2019

Punktty: AQUA 2026

Pozycja						Woj.	Czas	Pkt	SSM	CR	
1. TRYDULSKI Wiktor	KU AZS UMCS Lublin					03	4:08.30	695	-A	+0,71	
50m:	28.78	28.78	150m:	1:32.32	32.20	250m:	2:36.48	31.93	350m:	3:39.76	31.48
100m:	1:00.12	31.34	200m:	2:04.55	32.23	300m:	3:08.28	31.80	400m:	4:08.30	28.54
2. TARASEK Igor	UKP Unia Oświęcim					06	4:08.35	694	-A	+0,71	
50m:	29.15	29.15	150m:	1:32.65	32.04	250m:	2:36.41	31.51	350m:	3:39.46	31.16
100m:	1:00.61	31.46	200m:	2:04.90	32.25	300m:	3:08.30	31.89	400m:	4:08.35	28.89
3. TOPA Daniel	MTP Kormoran Olsztyn					13	4:08.36	694	-A	+0,80	
50m:	28.56	28.56	150m:	1:30.77	31.27	250m:	2:34.39	31.90	350m:	3:37.62	31.66
100m:	59.50	30.94	200m:	2:02.49	31.72	300m:	3:05.96	31.57	400m:	4:08.36	30.74
4. KRZEŚNIAK Jakub	OŚ AZS w Poznaniu					15	4:10.92	673	-A		
50m:	28.69	28.69	150m:	1:32.51	32.64	250m:	2:36.99	32.47	350m:	3:40.22	31.63
100m:	59.87	31.18	200m:	2:04.52	32.01	300m:	3:08.59	31.60	400m:	4:10.92	30.70
5. STACHOWIAK Adam	MKP Szczecin					16	4:12.97	657	-A	+0,68	
50m:	28.84	28.84	150m:	1:33.13	32.36	250m:	2:38.06	32.47	350m:	3:42.08	31.96
100m:	1:00.77	31.93	200m:	2:05.59	32.46	300m:	3:10.12	32.06	400m:	4:12.97	30.89
6. SZOREK Igor	KU AZS UMCS Lublin					03	4:13.52	653	-A	+0,84	
50m:	28.66	28.66	150m:	1:33.21	32.62	250m:	2:38.55	32.92	350m:	3:43.52	32.31
100m:	1:00.59	31.93	200m:	2:05.63	32.42	300m:	3:11.21	32.66	400m:	4:13.52	30.00
7. WISZNIOWSKI Tymoteusz	LKS Jedność 32 Przyszowice					11	4:13.63	652	-A	+0,74	
50m:	29.04	29.04	150m:	1:33.44	32.54	250m:	2:38.34	32.48	350m:	3:42.69	32.04
100m:	1:00.90	31.86	200m:	2:05.86	32.42	300m:	3:10.65	32.31	400m:	4:13.63	30.94
8. SYNOWIEC Szymon	UKS SMS Galicja Kraków					06	4:14.43	646	-A	+0,76	
50m:	29.09	29.09	150m:	1:33.24	32.55	250m:	2:38.16	32.40	350m:	3:43.18	32.47
100m:	1:00.69	31.60	200m:	2:05.76	32.52	300m:	3:10.71	32.55	400m:	4:14.43	31.25
9. MAKOWSKI Jakub	MKP Szczecin					16	4:14.61	644	-A		
50m:	29.51	29.51	150m:	1:34.61	32.53	250m:	2:40.64	32.91	350m:	3:44.78	31.80
100m:	1:02.08	32.57	200m:	2:07.73	33.12	300m:	3:12.98	32.34	400m:	4:14.61	29.83
10. ZASADA Szymon	Seksja Pływacka Meduza Pajęczno					05	4:15.02	641	-A	+0,66	
50m:	29.29	29.29	150m:	1:33.22	32.14	250m:	2:38.49	32.77	350m:	3:43.58	32.35
100m:	1:01.08	31.79	200m:	2:05.72	32.50	300m:	3:11.23	32.74	400m:	4:15.02	31.44
11. ANDRZEJCZAK Maciej	MUKP Korona-Swim Kielce					12	4:15.18	640	-B	+0,73	
50m:	28.68	28.68	150m:	1:32.61	32.21	250m:	2:38.99	33.14	350m:	3:44.62	32.24
100m:	1:00.40	31.72	200m:	2:05.85	33.24	300m:	3:12.38	33.39	400m:	4:15.18	30.56
12. KOSIAREK Mateusz	WKS Śląsk					01	4:15.41	638	-B	+0,79	
50m:	28.85	28.85	150m:	1:33.56	32.79	250m:	2:39.42	32.84	350m:	3:45.16	32.53
100m:	1:00.77	31.92	200m:	2:06.58	33.02	300m:	3:12.63	33.21	400m:	4:15.41	30.25
13. PAWLIK Ben	MUKP Warszawianka-Wodny Par					14	4:15.89	635	-B	+0,68	
50m:	28.99	28.99	150m:	1:35.17	33.10	250m:	2:40.48	32.52	350m:	3:45.47	32.52
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Pozycja			Woj.	Czas	Pkt	SSM	CR
17.	KOWALSKI Adrian	UKS SMS Galicja Kraków	06	4:18.57	615	-B	+0,78
	50m: 29.10 29.10	150m: 1:33.60 32.48	250m: 2:40.27 33.36	350m: 3:46.97 33.27			
	100m: 1:01.12 32.02	200m: 2:06.91 33.31	300m: 3:13.70 33.43	400m: 4:18.57 31.60			
18.	KOCHAN Mateusz	CSiR MOS w Dąbrowie Górniczej	11	4:18.82	613	-B	+0,62
	50m: 28.78 28.78	150m: 1:34.01 33.37	250m: 2:40.98 33.68	350m: 3:47.65 33.30			
	100m: 1:00.64 31.86	200m: 2:07.30 33.29	300m: 3:14.35 33.37	400m: 4:18.82 31.17			
19.	GÓRECKI Wiktor	UKS Żabianka Gdańsk	10	4:19.24	610	-B	+0,75
	50m: 28.72 28.72	150m: 1:33.19 33.17	250m: 2:40.05 33.47	350m: 3:46.63 32.89			
	100m: 1:00.02 31.30	200m: 2:06.58 33.39	300m: 3:13.74 33.69	400m: 4:19.24 32.61			
20.	SUDER Jacek	UKS SMS Galicja Kraków	06	4:19.87	606	-B	+0,75
	50m: 28.65 28.65	150m: 1:33.64 33.51	250m: 2:41.06 33.57	350m: 3:48.24 33.16			
	100m: 1:00.13 31.48	200m: 2:07.49 33.85	300m: 3:15.08 34.02	400m: 4:19.87 31.63			
21.	CHAŁAT Adam	KU AZS UMCS Lublin	03	4:22.56	587	-R	+0,77
	50m: 29.79 29.79	150m: 1:35.94 33.38	250m: 2:43.09 33.63	350m: 3:50.47 33.55			
	100m: 1:02.56 32.77	200m: 2:09.46 33.52	300m: 3:16.92 33.83	400m: 4:22.56 32.09			
22.	GRZYBOWSKI Jan	UKS SP-149 Łódź	05	4:22.76	586	-R	+0,66
	50m: 28.94 28.94	150m: 1:34.13 33.23	250m: 2:40.10 32.87	350m: 3:48.67 34.76			
	100m: 1:00.90 31.96	200m: 2:07.23 33.10	300m: 3:13.91 33.81	400m: 4:22.76 34.09			
23.	DĘBICKI Marcel	WKS Śląsk	01	4:24.11	577	-	
	50m: 29.18 29.18	150m: 1:36.36 34.33	250m: 2:44.21 33.37	350m: 3:51.27 33.33			
	100m: 1:02.03 32.85	200m: 2:10.84 34.48	300m: 3:17.94 33.73	400m: 4:24.11 32.84			
24.	KUPISZEK Antoni	UKP Polonia Warszawa	14	4:24.89	572	-	+0,67
	50m: 28.56 28.56	150m: 1:34.53 33.95	250m: 2:42.93 34.13	350m: 3:52.14 34.71			
	100m: 1:00.58 32.02	200m: 2:08.80 34.27	300m: 3:17.43 34.50	400m: 4:24.89 32.75			
25.	CIENIEK Kacper	KS AGH Kraków	06	4:25.42	569	-	+0,70
	50m: 28.93 28.93	150m: 1:35.56 33.99	250m: 2:43.92 34.17	350m: 3:52.25 34.03			
	100m: 1:01.57 32.64	200m: 2:09.75 34.19	300m: 3:18.22 34.30	400m: 4:25.42 33.17			
26.	PISARSKI Kornel	KS "BALTI" Bielawa	01	4:26.21	564	-	
	50m: 28.62 28.62	150m: 1:35.02 33.92	250m: 2:44.38 34.73	350m: 3:53.22 33.96			
	100m: 1:01.10 32.48	200m: 2:09.65 34.63	300m: 3:19.26 34.88	400m: 4:26.21 32.99			
27.	DOMŻAŁ Szymon	UKS Żabianka Gdańsk	10	4:27.59	555	-	
	50m: 30.29 30.29	150m: 1:38.80 34.78	250m: 2:48.82 34.87	350m: 3:56.44 32.69			
	100m: 1:04.02 33.73	200m: 2:13.95 35.15	300m: 3:23.75 34.93	400m: 4:27.59 31.15			
28.	MOCNY Dariusz	OŚ AZS w Poznaniu	15	4:27.60	555	-	+0,66
	50m: 29.99 29.99	150m: 1:37.02 33.82	250m: 2:45.46 34.33	350m: 3:54.31 34.26			
	100m: 1:03.20 33.21	200m: 2:11.13 34.11	300m: 3:20.05 34.59	400m: 4:27.60 33.29			
29.	DOROCIAK Franciszek	KS Korona 1919 Kraków	06	4:28.30	551	-	
	50m: 30.59 30.59	150m: 1:36.24 33.37	250m: 2:44.70 34.13	350m: 3:54.24 34.29			
	100m: 1:02.87 32.28	200m: 2:10.57 34.33	300m: 3:19.95 35.25	400m: 4:28.30 34.06			
30.	DUBAS Filip	KU AZS UMCS Lublin	03	4:30.10	540	-	+0,69
	50m: 29.07 29.07	150m: 1:36.76 34.70	250m: 2:46.90 35.18	350m: 3:57.93 35.68			
	100m: 1:02.06 32.99	200m: 2:11.72 34.96	300m: 3:22.25 35.35	400m: 4:30.10 32.17			
31.	WERESZCZYŃSKI Igor	WKS Śląsk	01	4:30.54	537	-	+0,70
	50m: 29.27 29.27	150m: 1:36.33 34.36	250m: 2:44.97 34.06	350m: 3:55.88 35.70			
	100m: 1:01.97 32.70	200m: 2:10.91 34.58	300m: 3:20.18 35.21	400m: 4:30.54 34.66			
32.	SKIBIŃSKI Szymon	MKP Szczecin	16	4:30.60	537	-	+0,75
	50m: 29.66 29.66	150m: 1:36.09 33.61	250m: 2:45.51 34.75	350m: 3:55.70 35.22			
	100m: 1:02.48 32.82	200m: 2:10.76 34.67	300m: 3:20.48 34.97	400m: 4:30.60 34.90			
33.	STANEK Julian	M					

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Pozycja							Woj.	Czas		Pkt	SSM	CR
34.	KURZAWA Igor			MKS CKS-SMS Szczecin			16	4:31.97		529	-	
	50m:	29.35	29.35	150m:	1:37.25	34.38	250m:	2:47.50	35.40	350m:	3:57.91	34.80
	100m:	1:02.87	33.52	200m:	2:12.10	34.85	300m:	3:23.11	35.61	400m:	4:31.97	34.06
35.	JOSZKO Artur			UKS SMS Galicja Kraków			06	4:32.51		525	-	+0,74
	50m:	30.98	30.98	150m:	1:38.38	33.67	250m:	2:48.12	34.78	350m:	3:58.30	35.27
	100m:	1:04.71	33.73	200m:	2:13.34	34.96	300m:	3:23.03	34.91	400m:	4:32.51	34.21
36.	MAJERSKI Paweł			UKS SMS Galicja Kraków			06	4:34.26		515	-	+0,71
	50m:	29.85	29.85	150m:	1:38.12	34.75	250m:	2:49.44	35.89	350m:	4:00.45	35.19
	100m:	1:03.37	33.52	200m:	2:13.55	35.43	300m:	3:25.26	35.82	400m:	4:34.26	33.81
37.	STEIER Michał			UKP Unia Oświęcim			06	4:34.61		513	-	+0,71
	50m:	31.40	31.40	150m:	1:40.68	34.63	250m:	2:51.86	35.60	350m:	4:02.29	34.73
	100m:	1:06.05	34.65	200m:	2:16.26	35.58	300m:	3:27.56	35.70	400m:	4:34.61	32.32
38.	WIECZOREK Aleksander			MKP Szczecin			16	4:34.79		512	-	+0,77
	50m:	30.24	30.24	150m:	1:39.66	35.24	250m:	2:50.30	35.71	350m:	4:01.28	35.34
	100m:	1:04.42	34.18	200m:	2:14.59	34.93	300m:	3:25.94	35.64	400m:	4:34.79	33.51
	PATOKA Kacper			UKS G-8 Bielany Warszawa			14	4:34.79		512	-	+0,64
	50m:	29.46	29.46	150m:	1:37.54	34.80	250m:	2:49.84	36.46	350m:	4:02.25	35.53
	100m:	1:02.74	33.28	200m:	2:13.38	35.84	300m:	3:26.72	36.88	400m:	4:34.79	32.54
40.	JABŁOŃSKI Maciej			MKS AVIA Świdnik			03	4:34.89		512	-	+0,54
	50m:	29.83	29.83	150m:	1:37.04	34.28	250m:	2:47.73	35.90	350m:	4:00.12	36.60
	100m:	1:02.76	32.93	200m:	2:11.83	34.79	300m:	3:23.52	35.79	400m:	4:34.89	34.77
41.	PAWELEC Sebastian			UKS Feniks Dębica			08	4:35.26		510	-	+0,57
	50m:	30.20	30.20	150m:	1:38.30	34.74	250m:	2:48.83	35.49	350m:	4:00.38	35.76
	100m:	1:03.56	33.36	200m:	2:13.34	35.04	300m:	3:24.62	35.79	400m:	4:35.26	34.88
42.	PIETRYCH Igor			UKS GIM 92 Ursynów			14	4:35.61		508	-	+0,88
	50m:	29.66	29.66	150m:	1:36.85	34.27	250m:	2:48.63	36.08	350m:	4:01.38	36.43
	100m:	1:02.58	32.92	200m:	2:12.55	35.70	300m:	3:24.95	36.32	400m:	4:35.61	34.23
43.	MALINOWSKI Albert			MKS SP 63 Bydgoszcz			02	4:35.83		507	-	+0,80
	50m:	30.43	30.43	150m:	1:40.30	35.55	250m:	2:52.36	36.37	350m:	4:02.54	33.94
	100m:	1:04.75	34.32	200m:	2:15.99	35.69	300m:	3:28.60	36.24	400m:	4:35.83	33.29
44.	GAWROŃSKI Kacper			UKP Unia Oświęcim			06	4:36.03		506	-	+0,73
	50m:	30.83	30.83	150m:	1:40.55	35.24	250m:	2:51.45	35.31	350m:	4:02.25	35.36
	100m:	1:05.31	34.48	200m:	2:16.14	35.59	300m:	3:26.89	35.44	400m:	4:36.03	33.78
45.	KRÓLIKOWSKI Mateusz			MKS "IKAR" Stal Mielec			08	4:37.08		500	-	+0,65
	50m:	31.97	31.97	150m:	1:41.22	34.98	250m:	2:52.78	35.96	350m:	4:04.18	35.67
	100m:	1:06.24	34.27	200m:	2:16.82	35.60	300m:	3:28.51	35.73	400m:	4:37.08	32.90
46.	TARGIEL											

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Pozycja							Woj.	Czas		Pkt	SSM	CR
51.	GAWLE Olivier			UKP Gryf Dębica			08	4:58.51		400	-	+0,64
	50m:	32.18	32.18	150m:	1:48.43	38.77	250m:	3:05.70	39.06	350m:	4:22.36	38.11
	100m:	1:09.66	37.48	200m:	2:26.64	38.21	300m:	3:44.25	38.55	400m:	4:58.51	36.15
52.	SZYMANDERA Jakub			UTP Aqua Ustka			10	5:00.48		392	-	+0,75
	50m:	32.98	32.98	150m:	1:50.99	39.62	250m:	3:10.60	39.31	350m:	4:27.81	37.89
	100m:	1:11.37	38.39	200m:	2:31.29	40.30	300m:	3:49.92	39.32	400m:	5:00.48	32.67
53.	PIECHOWICZ Andrzej			MUKP Warszawianka-Wodny Par14				5:05.05		374	-	+0,80
	50m:	33.73	33.73	150m:	1:50.96	39.65	250m:	3:10.90	40.36	350m:	4:29.20	39.17
	100m:	1:11.31	37.58	200m:	2:30.54	39.58	300m:	3:50.03	39.13	400m:	5:05.05	35.85