

Konkurencja 7
15.07.2026 - 9:46

Chłopców, 400m zmienny

16 lat
Wyniki Eliminacje

Rekord Polski Juniorów 16 lat 4:26.91 KAŁUSOWSKI Jan 00905 Ostrowiec Sw 15.07.2016
Punkty: AQUA 2026

Pozycja						Woj.	Czas	Pkt	SSM	CR
1.	ZDZIECHOWSKI Jan	MKS Trójka Łódź	05	4:44.73	617	-A				
	50m: 28.53 28.53	150m: 1:37.88 35.61	250m: 2:54.03 41.00	350m: 4:10.94 34.92						
	100m: 1:02.27 33.74	200m: 2:13.03 35.15	300m: 3:36.02 41.99	400m: 4:44.73 33.79						
2.	LUTOMSKI Jan	OŚ AZS w Poznaniu	15	4:46.25	607	-A				+0,62
	50m: 30.05 30.05	150m: 1:41.62 36.92	250m: 2:57.42 39.54	350m: 4:12.65 34.52						
	100m: 1:04.70 34.65	200m: 2:17.88 36.26	300m: 3:38.13 40.71	400m: 4:46.25 33.60						
3.	SKAWIŃSKI Aleksander	UKS 307 Warszawa	14	4:47.57	599	-A				+0,72
	50m: 28.69 28.69	150m: 1:41.44 38.29	250m: 2:59.74 40.25	350m: 4:14.11 33.78						
	100m: 1:03.15 34.46	200m: 2:19.49 38.05	300m: 3:40.33 40.59	400m: 4:47.57 33.46						
4.	SYNOWIEC Szymon	UKS SMS Galicja Kraków	06	4:50.53	581	-A				+0,62
	50m: 30.20 30.20	150m: 1:43.75 37.66	250m: 3:02.51 41.21	350m: 4:17.32 33.21						
	100m: 1:06.09 35.89	200m: 2:21.30 37.55	300m: 3:44.11 41.60	400m: 4:50.53 33.21						
5.	JAKUBCZYK Robert	UKS SMS Galicja Kraków	06	4:51.34	576	-A				+0,71
	50m: 29.60 29.60	150m: 1:44.52 40.32	250m: 3:06.05 41.61	350m: 4:20.96 32.01						
	100m: 1:04.20 34.60	200m: 2:24.44 39.92	300m: 3:48.95 42.90	400m: 4:51.34 30.38						
6.	PRZEŚLAKIEWICZ Filip	IKS Konstancin	14	4:52.79	568	-A				
	50m: 29.85 29.85	150m: 1:43.33 38.09	250m: 3:02.67 41.48	350m: 4:19.18 34.56						
	100m: 1:05.24 35.39	200m: 2:21.19 37.86	300m: 3:44.62 41.95	400m: 4:52.79 33.61						
7.	STACHOWIAK Wiktor	KS Warta Poznań	15	4:53.08	566	-A				+0,70
	50m: 29.19 29.19	150m: 1:42.95 37.49	250m: 3:03.40 41.84	350m: 4:20.43 34.60						
	100m: 1:05.46 36.27	200m: 2:21.56 38.61	300m: 3:45.83 42.43	400m: 4:53.08 32.65						
8.	GRABOWSKI Wojciech	UKP Polonia Warszawa	14	4:53.76	562	1,00A				
	50m: 31.18 31.18	150m: 1:49.40 40.37	250m: 3:07.64 39.29	350m: 4:21.55 34.46						
	100m: 1:09.03 37.85	200m: 2:28.35 38.95	300m: 3:47.09 39.45	400m: 4:53.76 32.21						
9.	LIPKA Piotr	MKS Trójka Łódź	05	4:54.94	555	-A				
	50m: 29.89 29.89	150m: 1:44.63 39.96	250m: 3:06.46 42.94	350m: 4:22.63 33.41						
	100m: 1:04.67 34.78	200m: 2:23.52 38.89	300m: 3:49.22 42.76	400m: 4:54.94 32.31						
10.	KOWALCZYK Bartosz	MUKP Korona-Swim Kielce	12	4:55.29	553	-A				+0,65
	50m: 29.91 29.91	150m: 1:41.74 37.87	250m: 3:02.58 43.72	350m: 4:23.27 34.88						
	100m: 1:03.87 33.96	200m: 2:18.86 37.12	300m: 3:48.39 45.81	400m: 4:55.29 32.02						
11.	ZASADA Szymon	Sekcja Pływacka Meduza Pajęczno	05	4:58.81	534	-B				+0,64
	50m: 30.44 30.44	150m: 1:44.27 38.95	250m: 3:06.97 45.26	350m: 4:25.97 33.21						
	100m: 1:05.32 34.88	200m: 2:21.71 37.44	300m: 3:52.76 45.79	400m: 4:58.81 32.84						
12.	WITECKI Wojciech	CSiR MOS w Dąbrowie Górniczej	11	5:00.38	526	-B				+0,79
	50m: 29.24 29.24	150m: 1:44.68 40.81	250m: 3:09.40 45.44	350m: 4:28.03 34.46						
	100m: 1:03.87 34.63	200m: 2:23.96 39.28	300m: 3:53.57 44.17	400m: 5:00.38 32.35						
13.	OSTASZEWSKI Szymon	UKS GIM 92 Ursynów	14	5:01.66	519	-B				
	50m: 30.94 30.94	150m: 1:46.75 38.98	250m: 3:09.47 44.86	350m: 4:27.33 35.61						
	100m: 1:07.77 36.83	200m: 2:24.61 37.86	300m: 3:51.72 42.25	400m: 5:01.66 34.33						
14.	KOWALSKI Adrian	UKS SMS Galicja Kraków	06	5:05.89	498	-B				+0,73
	50m: 31.38 31.38	150m: 1:46.57 39.55	250m: 3:10.49 43.49	350m: 4:30.31 35.52						
	100m: 1:07.02 35.64	200m: 2:27.00 40.43	300m: 3:54.79 44.30	400m: 5:05.89 35.58						
15.	JABŁOŃSKI Maciej	MKS AVIA Świdnik	03	5:09.56	480	-B				+0,72
	50m: 30.95 30.95	150m: 1:46.55 41.06	250m: 3:12.88 45.10	350m: 4:34.28 37.56						
	100m: 1:05.49 34.54	200m: 2:27.78 41.23	300m: 3:56.72 43.84	400m: 5:09.56 35.28						
16.	KULIK Konstanty	UKS GIM 92 Ursynów	14	5:11.14	473	-B				
	50m: 30.55 30.55	150m: 1:48.59 41.11	250m: 3:13.39 44.75	350m: 4:36.17 36.85						
	100m: 1:07.48 36.93	200m: 2:28.64 40.05	300m: 3:59.32 45.93	400m: 5:11.14 34.97						

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Pozycja						Woj.	Czas	Pkt	SSM	CR
17.	PYVOVAR Danylo		Klub Sportowy H2O Bochnia			06	5:18.92	439	-B	
	50m: 30.13	30.13	150m: 1:48.31	41.29	250m: 3:15.16		45.95	350m: 4:42.98	39.57	
	100m: 1:07.02	36.89	200m: 2:29.21	40.90	300m: 4:03.41		48.25	400m: 5:18.92	35.94	
18.	FLIS Jakub		UKS Żabianka Gdańsk			10	5:20.01	435	-B	
	50m: 31.01	31.01	150m: 1:51.30	44.64	250m: 3:19.00		44.75	350m: 4:43.12	38.82	
	100m: 1:06.66	35.65	200m: 2:34.25	42.95	300m: 4:04.30		45.30	400m: 5:20.01	36.89	
19.	WĄSIŃSKI Dominik		MUKP Warszawianka-Wodny Par			14	5:20.05	434	-B	+0,76
	50m: 31.14	31.14	150m: 1:47.83	39.88	250m: 3:14.78		47.86	350m: 4:41.97	39.13	
	100m: 1:07.95	36.81	200m: 2:26.92	39.09	300m: 4:02.84		48.06	400m: 5:20.05	38.08	
20.	JAKUBOWSKI Stanisław		UKS Ostrobramska			14	5:28.88	400	-B	+0,66
	50m: 33.49	33.49	150m: 1:55.10	43.10	250m: 3:23.64		46.20	350m: 4:50.80	39.95	
	100m: 1:12.00	38.51	200m: 2:37.44	42.34	300m: 4:10.85		47.21	400m: 5:28.88	38.08	
21.	FOJT Wiktor		UKP „Ruda Śląska”			11	5:30.32	395	-R	+0,71
	50m: 31.84	31.84	150m: 1:55.41	44.57	250m: 3:25.86		46.71	350m: 4:52.41	39.41	
	100m: 1:10.84	39.00	200m: 2:39.15	43.74	300m: 4:13.00		47.14	400m: 5:30.32	37.91	
22.	ALIPOW Mateusz		Grudziądzki KP „Orka”			02	5:32.56	387	-R	+0,78
	50m: 32.08	32.08	150m: 1:53.07	42.08	250m: 3:23.08		48.14	350m: 4:53.52	39.63	
	100m: 1:10.99	38.91	200m: 2:34.94	41.87	300m: 4:13.89		50.81	400m: 5:32.56	39.04	
23.	WARDECKI Ryszard		UKS Ostrobramska			14	5:35.44	377	-	+0,83
	50m: 33.23	33.23	150m: 2:00.05	46.62	250m: 3:32.44		46.52	350m: 4:59.97	38.44	
	100m: 1:13.43	40.20	200m: 2:45.92	45.87	300m: 4:21.53		49.09	400m: 5:35.44	35.47	
24.	GRZELAK Szymon		UTP Aqua Ustka			10	5:36.35	374	-	+0,78
	50m: 35.65	35.65	150m: 2:03.41	44.51	250m: 3:34.18		46.83	350m: 5:00.20	37.97	
	100m: 1:18.90	43.25	200m: 2:47.35	43.94	300m: 4:22.23		48.05	400m: 5:36.35	36.15	