

Konkurencja 7
15.07.2026 - 17:30

Chłopców, 400m zmienny

16 lat
Wyniki Finał

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
Finał A										
1.	SYNOWIEC Szymon	UKS SMS Galicja Kraków	06	4:38.75	658	12,00				+0,72
	50m: 28.98 28.98	150m: 1:39.70 37.48	250m: 2:55.49 39.25	350m: 4:08.69 32.27						
	100m: 1:02.22 33.24	200m: 2:16.24 36.54	300m: 3:36.42 40.93	400m: 4:38.75 30.06						
2.	ZDZIECHOWSKI Jan	MKS Trójka Łódź	05	4:39.80	651	10,00				+0,76
	50m: 28.19 28.19	150m: 1:35.35 34.51	250m: 2:50.48 41.08	350m: 4:07.07 33.91						
	100m: 1:00.84 32.65	200m: 2:09.40 34.05	300m: 3:33.16 42.68	400m: 4:39.80 32.73						
3.	LUTOMSKI Jan	OŚ AZS w Poznaniu	15	4:43.00	629	8,00				+0,67
	50m: 28.79 28.79	150m: 1:35.75 34.60	250m: 2:50.62 40.15	350m: 4:08.31 35.52						
	100m: 1:01.15 32.36	200m: 2:10.47 34.72	300m: 3:32.79 42.17	400m: 4:43.00 34.69						
4.	SKAWIŃSKI Aleksander	UKS 307 Warszawa	14	4:43.40	626	6,00				+0,74
	50m: 29.77 29.77	150m: 1:41.34 38.46	250m: 2:59.39 40.14	350m: 4:11.77 32.23						
	100m: 1:02.88 33.11	200m: 2:19.25 37.91	300m: 3:39.54 40.15	400m: 4:43.40 31.63						
5.	STACHOWIAK Wiktor	KS Warta Poznań	15	4:46.34	607	4,00				+0,54
	50m: 29.18 29.18	150m: 1:40.90 37.29	250m: 2:58.95 40.64	350m: 4:13.35 32.83						
	100m: 1:03.61 34.43	200m: 2:18.31 37.41	300m: 3:40.52 41.57	400m: 4:46.34 32.99						
6.	LIPKA Piotr	MKS Trójka Łódź	05	4:48.42	594	3,00				+0,69
	50m: 29.93 29.93	150m: 1:43.36 39.19	250m: 3:01.64 40.83	350m: 4:16.19 33.17						
	100m: 1:04.17 34.24	200m: 2:20.81 37.45	300m: 3:43.02 41.38	400m: 4:48.42 32.23						
7.	JAKUBCZYK Robert	UKS SMS Galicja Kraków	06	4:48.79	592	2,00				
	50m: 29.83 29.83	150m: 1:43.84 39.55	250m: 3:04.41 41.99	350m: 4:18.43 31.70						
	100m: 1:04.29 34.46	200m: 2:22.42 38.58	300m: 3:46.73 42.32	400m: 4:48.79 30.36						
8.	ZASADA Szymon	Sekcja Pływacka Meduza Pajęczno	05	4:50.32	582	1,00				+0,67
	50m: 29.81 29.81	150m: 1:42.41 37.84	250m: 3:02.25 43.73	350m: 4:19.17 32.75						
	100m: 1:04.57 34.76	200m: 2:18.52 36.11	300m: 3:46.42 44.17	400m: 4:50.32 31.15						
9.	KOWALCZYK Bartosz	MUKP Korona-Swim Kielce	12	4:52.76	568	-				+0,80
	50m: 29.25 29.25	150m: 1:41.66 38.24	250m: 3:01.46 42.84	350m: 4:19.39 33.26						
	100m: 1:03.42 34.17	200m: 2:18.62 36.96	300m: 3:46.13 44.67	400m: 4:52.76 33.37						
10.	PRZEŚLAKIEWICZ Filip	IKS Konstancin	14	4:53.47	564	-				+0,64
	50m: 30.99 30.99	150m: 1:42.79 37.60	250m: 3:03.45 42.65	350m: 4:20.41 34.75						
	100m: 1:05.19 34.20	200m: 2:20.80 38.01	300m: 3:45.66 42.21	400m: 4:53.47 33.06						
Finał B										
11.	KOWALSKI Adrian	UKS SMS Galicja Kraków	06	4:55.98	549	-				+0,73
	50m: 29.55 29.55	150m: 1:43.93 39.29	250m: 3:04.31 42.00	350m: 4:22.90 35.30						
	100m: 1:04.64 35.09	200m: 2:22.31 38.38	300m: 3:47.60 43.29	400m: 4:55.98 33.08						
12.	WITECKI Wojciech	CSiR MOS w Dąbrowie Górniczej	11	4:57.19	543	-				+0,79
	50m: 29.88 29.88	150m: 1:44.79 40.04	250m: 3:07.84 43.94	350m: 4:25.60 33.81						
	100m: 1:04.75 34.87	200m: 2:23.90 39.11	300m: 3:51.79 43.95	400m: 4:57.19 31.59						
13.	JABŁOŃSKI Maciej	MKS AVIA Świdnik	03	5:05.39	500	-				+0,76
	50m: 30.56 30.56	150m: 1:45.77 39.73	250m: 3:11.03 45.09	350m: 4:31.98 37.35						
	100m: 1:06.04 35.48	200m: 2:25.94 40.17	300m: 3:54.63 43.60	400m: 5:05.39 33.41						
14.	KULIK Konstanty	UKS GIM 92 Ursynów	14	5:05.57	499	-				
	50m: 29.64 29.64	150m: 1:46.68 40.74	250m: 3:09.94 43.77	350m: 4:31.08 36.04						
	100m: 1:05.94 36.30	200m: 2:26.17 39.49	300m: 3:55.04 45.10	400m: 5:05.57 34.49						
15.	WAŚIŃSKI Dominik	MUKP Warszawianka-Wodny Par	14	5:13.66	462	-				+0,68
	50m: 30.81 30.81	150m: 1:46.72 39.15	250m: 3:12.63 47.19	350m: 4:37.90 37.78						
	100m: 1:07.57 36.76	200m: 2:25.44 38.72	300m: 4:00.12 47.49	400m: 5:13.66 35.76						
16.	FLIS Jakub	UKS Żabianka Gdańsk	10	5:15.16	455	-				
	50m: 31.63 31.63	150m: 1:52.45 44.97	250m: 3:20.27 44.89	350m: 4:40.60 37.80						
	100m: 1:07.48 35.85	200m: 2:35.38 42.93	300m: 4:02.80 42.53	400m: 5:15.16 34.56						

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Pozycja							Woj.	Czas		Pkt	SSM	CR
17. JAKUBOWSKI Stanisław	UKS Ostrobramska						14	5:21.99		427	-	
50m:	32.99	32.99	150m:	1:54.61	42.22	250m:	3:22.05	45.40	350m:	4:47.06	38.49	
100m:	1:12.39	39.40	200m:	2:36.65	42.04	300m:	4:08.57	46.52	400m:	5:21.99	34.93	
18. FOJT Wiktor	UKP „Ruda Śląska"						11	5:26.19		410	-	+0,73
50m:	32.00	32.00	150m:	1:55.58	44.37	250m:	3:24.92	46.40	350m:	4:48.91	37.80	
100m:	1:11.21	39.21	200m:	2:38.52	42.94	300m:	4:11.11	46.19	400m:	5:26.19	37.28	
19. ALIPOW Mateusz	Grudziądzki KP „Orka"						02	5:26.87		408	-	+0,85
50m:	31.89	31.89	150m:	1:52.26	41.79	250m:	3:21.63	47.85	350m:	4:49.76	38.65	
100m:	1:10.47	38.58	200m:	2:33.78	41.52	300m:	4:11.11	49.48	400m:	5:26.87	37.11	
20. WARDECKI Ryszard	UKS Ostrobramska						14	5:30.98		393	-	+0,78
50m:	33.33	33.33	150m:	1:59.55	44.75	250m:	3:30.80	47.10	350m:	4:56.19	37.08	
100m:	1:14.80	41.47	200m:	2:43.70	44.15	300m:	4:19.11	48.31	400m:	5:30.98	34.79	