

III Ogólnopolskie Zawody Pływackie "Bijemy Rekordy w Gdyni"
Gdynia, 20. - 21.12.2025

Konkurencja 32
21.12.2025 - 12:42

Mężczyzn, 400m dowolny

12 lat i starsi
Wyniki

Punkty: AQUA 2025

Pozycja	Rok ur.										Czas	Pkt.
12 lat												
1.	Bancewicz-Boguta Natan				13	Piątka Konstantynów Łódzki				4:36.67	451	
	50m:	30.23	30.23	150m:	1:40.09	35.90	250m:	2:51.92	35.70	350m:	4:03.01	35.16
	100m:	1:04.19	33.96	200m:	2:16.22	36.13	300m:	3:27.85	35.93	400m:	4:36.67	33.66
2.	Mroczko Antoni				13	Znicz Koszalin				4:59.96	354	
	50m:	32.64	32.64	150m:	1:45.92	37.34	250m:	3:04.20	39.84	350m:	4:23.42	39.53
	100m:	1:08.58	35.94	200m:	2:24.36	38.44	300m:	3:43.89	39.69	400m:	4:59.96	36.54
3.	Kowalewski Tomasz				13	Dwójka Morena Gdańsk				5:04.73	337	
	50m:	33.51	33.51	150m:	1:50.25	38.90	250m:	3:08.94	39.32	350m:	4:27.76	39.34
	100m:	1:11.35	37.84	200m:	2:29.62	39.37	300m:	3:48.42	39.48	400m:	5:04.73	36.97
4.	Jarecki Robert				13	Dwójka Morena Gdańsk				5:16.75	300	
	50m:	35.96	35.96	150m:	1:55.32	39.79	250m:	3:16.67	40.82	350m:	4:37.35	40.12
	100m:	1:15.53	39.57	200m:	2:35.85	40.53	300m:	3:57.23	40.56	400m:	5:16.75	39.40
5.	Tomczak Tadeusz				13	Dwójka Morena Gdańsk				5:28.55	269	
	50m:	35.50	35.50	150m:	1:57.48	42.14	250m:	3:23.44	43.10	350m:	4:47.98	41.96
	100m:	1:15.34	39.84	200m:	2:40.34	42.86	300m:	4:06.02	42.58	400m:	5:28.55	40.57
6.	Migot-Paczyński Tymon				13	Delfin Gdynia				5:34.72	254	
	50m:	36.94	36.94	150m:	2:02.79	43.34	250m:	3:29.77	43.93	350m:	4:53.93	42.08
	100m:	1:19.45	42.51	200m:	2:45.84	43.05	300m:	4:11.85	42.08	400m:	5:34.72	40.79
7.	Hejenkowski Jan				13	Ósemka Starogard Gd				5:36.33	251	
	50m:	36.27	36.27	150m:	2:00.41	42.63	250m:	3:27.58	43.97	350m:	4:54.97	43.67
	100m:	1:17.78	41.51	200m:	2:43.61	43.20	300m:	4:11.30	43.72	400m:	5:36.33	41.36
8.	Forkasiewicz Kamil				13	Flota Gdynia				5:39.00	245	
	50m:	37.81	37.81	150m:	2:05.07	44.06	250m:	3:33.04	43.81	350m:	4:59.18	42.66
	100m:	1:21.01	43.20	200m:	2:49.23	44.16	300m:	4:16.52	43.48	400m:	5:39.00	39.82
13 lat												
1.	Ziskowski Wiktor				12	Flota Gdynia				5:18.49	295	
	50m:	35.36	35.36	150m:	1:55.46	40.68	250m:	3:18.94	42.11	350m:	4:41.55	41.28
	100m:	1:14.78	39.42	200m:	2:36.83	41.37	300m:	4:00.27	41.33	400m:	5:18.49	36.94
2.	Lech Mateusz				12	Dwójka Morena Gdańsk				5:31.39	262	
	50m:	36.97	36.97	150m:	2:00.98	42.33	250m:	3:26.92	42.82	350m:	4:47.44	39.09
	100m:	1:18.65	41.68	200m:	2:44.10	43.12	300m:	4:08.35	41.43	400m:	5:31.39	43.95
3.	Bartłomiejczyk Wojciech				12	Marcovia Marki				5:56.07	211	
	50m:	39.67	39.67	150m:	2:09.49	45.85	250m:	3:41.58	45.81	350m:	5:13.07	45.75
	100m:	1:23.64	43.97	200m:	2:55.77	46.28	300m:	4:27.32	45.74	400m:	5:56.07	43.00
14 lat												
1.	Puchalski Kacper				11	Maratończyk Ostrów Wlkp.				5:24.66	279	
	50m:	34.98	34.98	150m:	1:56.65	41.49	250m:	3:19.16	41.48	350m:	4:42.64	41.19
	100m:	1:15.16	40.18	200m:	2:37.68	41.03	300m:	4:01.45	42.29	400m:	5:24.66	42.02
15 lat												
1.	Bielecki Konrad				10	Delfin Gdynia				4:14.13	582	
	50m:	28.13	28.13	150m:	1:32.10	32.54	250m:	2:37.76	32.76	350m:	3:43.27	32.82
	100m:	59.56	31.43	200m:	2:05.00	32.90	300m:	3:10.45	32.69	400m:	4:14.13	30.86
2.	Matylla Mateusz				10	Delfin Gdynia				4:30.35	483	
	50m:	31.13	31.13	150m:	1:40.06	34.41	250m:	2:48.90	34.41	350m:	3:57.49	33.87
	100m:	1:05.65	34.52	200m:	2:14.49	34.43	300m:	3:23.62	34.72	400m:	4:30.35	32.86

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Konkurencja 32, Chłopców, 400m dowolny, 15 lat

Pozycja	Rok ur.								Czas		Pkt.	
3.	Wereszczyński Igor			10		Śląsk Wrocław			4:30.62		482	
	50m:	30.45	30.45	150m:	1:38.08	33.64	250m:	2:48.21	35.09	350m:	3:58.24	34.93
	100m:	1:04.44	33.99	200m:	2:13.12	35.04	300m:	3:23.31	35.10	400m:	4:30.62	32.38
4.	Talarczyk Jan			10		Trójmiejska Akademia Triathlon			5:07.47		328	
	50m:	32.89	32.89	150m:	1:51.67	40.04	250m:	3:12.66	40.10	350m:	4:33.20	40.36
	100m:	1:11.63	38.74	200m:	2:32.56	40.89	300m:	3:52.84	40.18	400m:	5:07.47	34.27

16 lat i starsi

1.	Fifielski Kasjan			09	TRI-Team Rumia				4:24.51		516	
	50m:	29.95	29.95	150m:	1:37.22	34.01	250m:	2:45.84	34.17	350m:	3:53.04	33.23
	100m:	1:03.21	33.26	200m:	2:11.67	34.45	300m:	3:19.81	33.97	400m:	4:24.51	31.47
2.	Rudowicz Bartłomiej			08	Maratończyk Ostrów Wlkp.				4:49.29		394	
	50m:	32.41	32.41	150m:	1:44.57	36.58	250m:	2:58.74	36.99	350m:	4:13.07	37.08
	100m:	1:07.99	35.58	200m:	2:21.75	37.18	300m:	3:35.99	37.25	400m:	4:49.29	36.22
3.	Agaciak Norbert			09	Flota Gdynia				5:18.55		295	
	50m:	34.26	34.26	150m:	1:51.80	39.27	250m:	3:13.81	41.27	350m:	4:37.31	42.08
	100m:	1:12.53	38.27	200m:	2:32.54	40.74	300m:	3:55.23	41.42	400m:	5:18.55	41.24
4.	Skowronek Bartosz			09	Trójmiejska Akademia Triathlon				5:21.01		289	
	50m:	34.59	34.59	150m:	1:53.60	40.71	250m:	3:16.24	41.40	350m:	4:40.75	42.73
	100m:	1:12.89	38.30	200m:	2:34.84	41.24	300m:	3:58.02	41.78	400m:	5:21.01	40.26

DYSKW.	Tomczak Tymon			08 Trójmiejska Akademia Triathlon					4:51.42		
O1 - Pływak zainicjował start przed sygnałem startu (Czas: 12:30)											
50m:	30.34	30.34	150m:	1:40.45	35.57	250m:	2:56.10	38.45	350m:	4:13.10	38.46
100m:	1:04.88	34.54	200m:	2:17.65	37.20	300m:	3:34.64	38.54	400m:	4:51.42	38.32

PK	Nadaj Hubert				14	Siódemka Sopot				5:06.77	331	
	50m:	35.02	35.02	150m:	1:52.88	39.32	250m:	3:12.53	39.47	350m:	4:30.53	39.19
	100m:	1:13.56	38.54	200m:	2:33.06	40.18	300m:	3:51.34	38.81	400m:	5:06.77	36.24