

Ogólnopolskie Zawody Pływackie Poprawiamy Rekordy na Termach  
Pozna , 15.3.2025

Konkurencja 10  
2025.03.15 - 14:20

M czyzn, 400m dowolny

Open  
Wyniki

Punkty: AQUA 2025

Pozycja			Rok ur.					Czas	Pkt.
<b>Grupa A</b>									
1.	OKO	Jakub	07	MKS Juwenia Wrocław				<b>4:07.70</b>	701
	50m:	28.33	28.33	150m:	1:31.24	31.57	250m:	2:33.93	31.21
	100m:	59.67	31.34	200m:	2:02.72	31.48	300m:	3:05.77	31.84
				350m:	3:37.12		400m:	4:07.70	30.58
2.	POWRO	NIK Konrad	97	WKS I sk				<b>4:13.75</b>	652
	50m:	28.12	28.12	150m:	1:31.10	31.88	250m:	2:36.04	32.60
	100m:	59.22	31.10	200m:	2:03.44	32.34	300m:	3:08.68	32.64
				350m:	3:41.77		400m:	4:13.75	31.98
3.	BORKOWSKI	Marcel	07	KS Neptun widnica				<b>4:21.59</b>	595
	50m:	29.18	29.18	150m:	1:33.59	32.56	250m:	2:40.56	33.75
	100m:	1:01.03	31.85	200m:	2:06.81	33.22	300m:	3:14.76	34.20
				350m:	3:48.15		400m:	4:21.59	33.44
<b>Grupa B</b>									
1.	NAWOJCZYK	Michał	09	MKS Juwenia Wrocław				<b>4:17.70</b>	622
	50m:	28.63	28.63	150m:	1:32.30	31.82	250m:	2:38.48	33.24
	100m:	1:00.48	31.85	200m:	2:05.24	32.94	300m:	3:12.45	33.97
				350m:	3:45.41		400m:	4:17.70	32.29
2.	MIELCAREK	Filip	09	TP Skalar, Słupsk				<b>4:23.92</b>	579
	50m:	30.00	30.00	150m:	1:36.11	33.41	250m:	2:43.78	33.80
	100m:	1:02.70	32.70	200m:	2:09.98	33.87	300m:	3:17.72	33.94
				350m:	3:51.64		400m:	4:23.92	32.28
3.	CICHO	Patryk	09	KS Neptun widnica				<b>4:26.61</b>	562
	50m:	30.54	30.54	150m:	1:38.88	33.92	250m:	2:46.57	33.68
	100m:	1:04.96	34.42	200m:	2:12.89	34.01	300m:	3:20.86	34.29
				350m:	3:54.17		400m:	4:26.61	32.44
4.	GONERA	Miłosz	08	UKS Shark Rudna				<b>4:34.23</b>	516
	50m:	30.41	30.41	150m:	1:39.91	35.22	250m:	2:50.41	35.34
	100m:	1:04.69	34.28	200m:	2:15.07	35.16	300m:	3:25.21	34.80
				350m:	4:00.14		400m:	4:34.23	34.09
5.	GOŁ	BIEWSKI Wiktor	09	WKS I sk				<b>4:36.97</b>	501
	50m:	30.96	30.96	150m:	1:40.28	35.58	250m:	2:51.57	35.95
	100m:	1:04.70	33.74	200m:	2:15.62	35.34	300m:	3:27.15	35.58
				350m:	4:02.59		400m:	4:36.97	34.38
6.	KOWAL	Konrad	09	IUKS „Muszelka” Warszawa				<b>5:03.69</b>	380
	50m:	33.26	33.26	150m:	1:49.40	38.64	250m:	3:08.17	39.70
	100m:	1:10.76	37.50	200m:	2:28.47	39.07	300m:	3:47.64	39.47
				350m:	4:27.03		400m:	5:03.69	36.66
<b>Grupa C</b>									
1.	KOSIAREK	Mateusz	10	WKS I sk				<b>4:25.93</b>	566
	50m:	30.28	30.28	150m:	1:37.65	33.83	250m:	2:46.19	34.22
	100m:	1:03.82	33.54	200m:	2:11.97	34.32	300m:	3:20.33	34.14
				350m:	3:53.80		400m:	4:25.93	32.13
2.	BIELECKI	Konrad	10	Stowarzyszenie UKS Siódemka Sopot				<b>4:26.33</b>	564
	50m:	30.13	30.13	150m:	1:36.53	33.75	250m:	2:45.07	34.13
	100m:	1:02.78	32.65	200m:	2:10.94	34.41	300m:	3:19.52	34.45
				350m:	3:53.72		400m:	4:26.33	32.61
3.	D BICKI	Marcel	10	WKS I sk				<b>4:27.85</b>	554
	50m:	30.17	30.17	150m:	1:38.07	34.11	250m:	2:46.72	34.03
	100m:	1:03.96	33.79	200m:	2:12.69	34.62	300m:	3:21.50	34.78
				350m:	3:55.17		400m:	4:27.85	32.68
4.	KOPACKI	Aleksander	10	TP Skalar, Słupsk				<b>4:40.43</b>	483
	50m:	30.89	30.89	150m:	1:40.18	35.34	250m:	2:51.66	35.70
	100m:	1:04.84	33.95	200m:	2:15.96	35.78	300m:	3:27.97	36.31
				350m:	4:04.89		400m:	4:40.43	35.54
5.	ZASADA	Szymon	10	Sekcja Pływacka Meduza Paj czno				<b>4:41.77</b>	476
	50m:	31.21	31.21	150m:	1:42.57	36.18	250m:	2:55.57	36.50
	100m:	1:06.39	35.18	200m:	2:19.07	36.50	300m:	3:32.31	36.74
				350m:	4:07.70		400m:	4:41.77	34.07
6.	PICHT	Patryk	10	CSiR MOS w D browie Górnicyej				<b>4:43.13</b>	469
	50m:	31.68	31.68	150m:	1:44.01	36.52	250m:	2:56.79	36.15
	100m:	1:07.49	35.81	200m:	2:20.64	36.63	300m:	3:33.20	36.41
				350m:	4:09.29		400m:	4:43.13	33.84

Ogólnopolskie Zawody Pływackie Poprawiamy Rekordy na Termach  
Pozna , 15.3.2025

Konkurencja 10, Chłopców, 400m dowolny, Grupa C

Pozycja			Rok ur.					Czas	Pkt.		
7.	GUZIAK Igor		10	UKP „Polonia Warszawa”				<b>4:46.29</b>	454		
	50m:	31.01 31.01	150m:	1:42.53	36.74	250m:	2:57.07	37.63	350m:	4:11.02	36.89
	100m:	1:05.79 34.78	200m:	2:19.44	36.91	300m:	3:34.13	37.06	400m:	4:46.29	35.27
8.	KOTLEWSKI Hubert		10	UKS "ORKA" Luba				<b>4:47.08</b>	450		
	50m:	30.60 30.60	150m:	1:42.37	36.69	250m:	2:58.42	38.60	350m:	4:13.59	36.97
	100m:	1:05.68 35.08	200m:	2:19.82	37.45	300m:	3:36.62	38.20	400m:	4:47.08	33.49
9.	SKORUPA Sławek		10	UKS Shark Rudna				<b>4:47.09</b>	450		
	50m:	31.16 31.16	150m:	1:43.79	36.41	250m:	2:57.76	36.69	350m:	4:11.49	36.16
	100m:	1:07.38 36.22	200m:	2:21.07	37.28	300m:	3:35.33	37.57	400m:	4:47.09	35.60
10.	GROSZEWSKI Aleksander		10	KS Warta Pozna				<b>4:58.98</b>	398		
	50m:	33.20 33.20	150m:	1:48.37	38.23	250m:	3:05.08	38.27	350m:	4:22.23	38.88
	100m:	1:10.14 36.94	200m:	2:26.81	38.44	300m:	3:43.35	38.27	400m:	4:58.98	36.75
11.	RYMER Jakub		10	UKS „GIM 92 Ursynów”				<b>5:02.35</b>	385		
	50m:	32.97 32.97	150m:	1:48.40	38.38	250m:	3:06.74	39.65	350m:	4:26.24	39.54
	100m:	1:10.02 37.05	200m:	2:27.09	38.69	300m:	3:46.70	39.96	400m:	5:02.35	36.11
12.	PIECHOWICZ Andrzej		10	Mokotowski UKP Warszawianka- Wodny				<b>5:45.46</b>	258		
	50m:	37.30 37.30	150m:	2:04.68	44.52	250m:	3:34.26	44.78	350m:	5:03.71	44.12
	100m:	1:20.16 42.86	200m:	2:49.48	44.80	300m:	4:19.59	45.33	400m:	5:45.46	41.75

Grupa D

1.	MIZGALSKI Tymoteusz		11	KS Warta Pozna				<b>4:23.59</b>	581		
	50m:	30.26 30.26	150m:	1:37.44	33.66	250m:	2:44.90	33.68	350m:	3:51.94	32.96
	100m:	1:03.78 33.52	200m:	2:11.22	33.78	300m:	3:18.98	34.08	400m:	4:23.59	31.65
2.	ŁUNIEWSKI Tymoteusz		11	TP Skalar, Słupsk				<b>4:40.03</b>	485		
	50m:	31.14 31.14	150m:	1:44.51	37.53	250m:	2:55.93	36.64	350m:	4:05.83	32.55
	100m:	1:06.98 35.84	200m:	2:19.29	34.78	300m:	3:33.28	37.35	400m:	4:40.03	34.20
3.	BANUCH Dorian		11	MKP Szczecin				<b>4:47.47</b>	448		
	50m:	32.48 32.48	150m:	1:45.47	37.03	250m:	2:59.59	37.17	350m:	4:12.09	35.35
	100m:	1:08.44 35.96	200m:	2:22.42	36.95	300m:	3:36.74	37.15	400m:	4:47.47	35.38
4.	MAZUR Kajetan		11	Dwójka Morena Gda sk				<b>4:50.56</b>	434		
	50m:	33.00 33.00	150m:	1:46.82	36.66	250m:	3:01.58	37.04	350m:	4:15.20	36.30
	100m:	1:10.16 37.16	200m:	2:24.54	37.72	300m:	3:38.90	37.32	400m:	4:50.56	35.36
5.	SZYMA SKI Jakub		11	KS Warta Pozna				<b>4:51.58</b>	429		
	50m:	33.04 33.04	150m:	1:45.75	36.81	250m:	3:01.47	37.63	350m:	4:16.57	37.35
	100m:	1:08.94 35.90	200m:	2:23.84	38.09	300m:	3:39.22	37.75	400m:	4:51.58	35.01
6.	NOWICKI Wiktor		11	KS Warta Pozna				<b>4:57.29</b>	405		
	50m:	32.88 32.88	150m:	1:47.54	37.65	250m:	3:03.75	37.98	350m:	4:19.87	37.86
	100m:	1:09.89 37.01	200m:	2:25.77	38.23	300m:	3:42.01	38.26	400m:	4:57.29	37.42

Grupa E

1.	KOWALSKI Antoni		12	Dwójka Morena Gda sk				<b>4:53.25</b>	422		
	50m:	32.63 32.63	150m:	1:47.09	37.60	250m:	3:02.69	38.18	350m:	4:18.15	37.51
	100m:	1:09.49 36.86	200m:	2:24.51	37.42	300m:	3:40.64	37.95	400m:	4:53.25	35.10
2.	BORYSOW Borys		12	KS Warta Pozna				<b>5:13.12</b>	347		
	50m:	34.70 34.70	150m:	1:55.95	41.09	250m:	3:16.35	40.16	350m:	4:36.41	39.87
	100m:	1:14.86 40.16	200m:	2:36.19	40.24	300m:	3:56.54	40.19	400m:	5:13.12	36.71
3.	WIDEREK Kacper		12	UKS Fala Swarz dz				<b>5:50.69</b>	247		
	50m:	39.01 39.01	150m:	2:07.17	45.05	250m:	3:39.06	46.47	350m:	5:10.33	45.78
	100m:	1:22.12 43.11	200m:	2:52.59	45.42	300m:	4:24.55	45.49	400m:	5:50.69	40.36

Ogólnopolskie Zawody Pływackie Poprawiamy Rekordy na Termach  
Pozna , 15.3.2025

---

Konkurencja 10, M czynn, 400m dowolny

Grupa F

1.	ZDUNEK Maksymilian	13	KS „HARPUN” Osiecznica	<b>5:26.74</b>	305
	50m: 37.04 37.04	150m: 2:01.29	42.35 250m: 3:26.06	42.52 350m: 4:49.31	40.66
	100m: 1:18.94 41.90	200m: 2:43.54	42.25 300m: 4:08.65	42.59 400m: 5:26.74	37.43
2.	CZERNYHOWSKI Nataniel	13	TP Skalar, Słupsk	<b>5:46.31</b>	256
	50m: 37.22 37.22	150m: 2:04.84	44.57 250m: 3:35.41	44.67 350m: 5:05.92	45.12
	100m: 1:20.27 43.05	200m: 2:50.74	45.90 300m: 4:20.80	45.39 400m: 5:46.31	40.39
3.	GWARDYS Antoni	13	Mokotowski UKP Warszawianka- Wodny	<b>6:28.44</b>	181
	50m: 43.15 43.15	150m: 2:23.76	50.74 250m: 4:05.66	50.48 350m: 5:46.63	50.05
	100m: 1:33.02 49.87	200m: 3:15.18	51.42 300m: 4:56.58	50.92 400m: 6:28.44	41.81

Grupa G

1.	CHEŁMICKI Artur	15	UKS Fala Swarz dz	<b>6:30.90</b>	178
	50m: 42.79 42.79	150m: 2:23.50	51.43 250m: 4:09.11	53.56 350m: 5:48.38	48.44
	100m: 1:32.07 49.28	200m: 3:15.55	52.05 300m: 4:59.94	50.83 400m: 6:30.90	42.52