

Ogólnopolskie Zawody Pływackie - Sprawdzamy Formę na Termach
Poznań, 12.4.2025

Konkurencja 10
2025.04.12 - 14:00

Mężczyzn, 400m dowolny

Open
Wyniki

Punkty: Rudolph Table 2025

Pozycja	Rok ur.								Czas		Pkt.	
Grupa A												
1.	PAKUŁA Patryk		08	UKS Shark Rudna				4:18.61		10,9		
	50m:	29.77	29.77	150m:	1:34.69	32.37	250m:	2:40.82	33.02	350m:	3:47.17	33.15
	100m:	1:02.32	32.55	200m:	2:07.80	33.11	300m:	3:14.02	33.20	400m:	4:18.61	31.44
2.	PAKOSZ Oliwier		08	MKS CKS-SMS Szczecin				4:28.21		8,1		
	50m:	29.89	29.89	150m:	1:35.90	33.16	250m:	2:43.61	33.99	350m:	3:53.83	35.66
	100m:	1:02.74	32.85	200m:	2:09.62	33.72	300m:	3:18.17	34.56	400m:	4:28.21	34.38
3.	GONERA Miłosz		08	UKS Shark Rudna				4:29.77		7,7		
	50m:	30.35	30.35	150m:	1:38.17		250m:	2:47.12	34.30	350m:	3:55.99	34.25
	100m:			200m:	2:12.82	34.65	300m:	3:21.74	34.62	400m:	4:29.77	33.78
4.	JAŃCZAK Michał		08	MKP Gdańsk				4:32.86		6,8		
	50m:	31.08	31.08	150m:	1:40.21	34.97	250m:	2:50.64	35.31	350m:	3:59.48	34.17
	100m:	1:05.24	34.16	200m:	2:15.33	35.12	300m:	3:25.31	34.67	400m:	4:32.86	33.38
5.	WOJCIECHOWSKI Mateusz		07	KP Totis Viribus Świebodzin				4:46.49		1,9		
	50m:	30.51	30.51	150m:	1:40.64	36.00	250m:	2:54.38	36.75	350m:	4:08.92	36.79
	100m:	1:04.64	34.13	200m:	2:17.63	36.99	300m:	3:32.13	37.75	400m:	4:46.49	37.57
6.	WESTFAL Łukasz		08	UKS Fala Swarzędz				5:10.78				
	50m:	31.37	31.37	150m:	1:47.14	39.48	250m:	3:08.78	41.07	350m:	4:32.69	42.12
	100m:	1:07.66	36.29	200m:	2:27.71	40.57	300m:	3:50.57	41.79	400m:	5:10.78	38.09
7.	RUDOWICZ Bartłomiej		08	UKS Maratończyk Ostrów Wlkp.				5:16.34				
	50m:	35.73	35.73	150m:	1:58.11	41.51	250m:	3:19.74	39.76	350m:	4:38.46	38.42
	100m:	1:16.60	40.87	200m:	2:39.98	41.87	300m:	4:00.04	40.30	400m:	5:16.34	37.88
8.	ZLOCH Oskar		07	UKS Fala Swarzędz				5:19.14				
	50m:	32.88	32.88	150m:	1:51.66	40.78	250m:	3:15.00	41.98	350m:	4:39.62	42.55
	100m:	1:10.88	38.00	200m:	2:33.02	41.36	300m:	3:57.07	42.07	400m:	5:19.14	39.52

Grupa B

1.	KWIATKOWSKI Jan	10	UKS „GIM 92 Ursynów"						4:25.84	11,2
	50m: 29.07 29.07	150m: 1:35.74	33.65	250m: 2:43.68	33.79	350m: 3:52.11	34.01			
	100m: 1:02.09 33.02	200m: 2:09.89	34.15	300m: 3:18.10	34.42	400m: 4:25.84	33.73			
2.	DABROWSKI Oliwier	10	MKP Słowianka						4:32.11	9,5
	50m: 30.92 30.92	150m: 1:39.54	34.91	250m: 2:49.59	35.28	350m: 3:59.27	35.16			
	100m: 1:04.63 33.71	200m: 2:14.31	34.77	300m: 3:24.11	34.52	400m: 4:32.11	32.84			
3.	JOŃCZYK Nikodem	10	MKS Juvenia Wrocław						4:38.99	7,6
	50m: 30.32 30.32	150m: 1:41.33	35.60	250m: 2:52.93	35.46	350m: 4:04.49	35.28			
	100m: 1:05.73 35.41	200m: 2:17.47	36.14	300m: 3:29.21	36.28	400m: 4:38.99	34.50			
4.	GOŁĘBIEWSKI Wiktor	09	WKS Śląsk						4:39.03	6,1
	50m: 30.11 30.11	150m: 1:38.53	34.85	250m: 2:49.93	36.05	350m: 4:03.09	36.50			
	100m: 1:03.68 33.57	200m: 2:13.88	35.35	300m: 3:26.59	36.66	400m: 4:39.03	35.94			
5.	MIECHOWIECKI Mateusz	09	St. KP Olimpia Świecie						4:42.30	5,2
	50m: 32.66 32.66	150m: 1:44.10		250m: 2:56.69	36.04	350m: 4:07.20	34.54			
	100m: 1:05.73 35.41	200m: 2:20.65	36.55	300m: 3:32.66	35.97	400m: 4:42.30	35.10			
6.	SKORUPA Sławek	10	UKS Shark Rudna						4:42.74	6,6
	50m: 30.84 30.84	150m: 1:44.10		250m: 2:57.15	36.77	350m: 4:07.20	34.54			
	100m: 1:06.82 35.98	200m: 2:20.38		300m: 3:33.53	36.38	400m: 4:42.74	35.10			
7.	MILER Mateusz	10	MKS CKS-SMS Szczecin						4:44.52	6,1
	50m: 32.71 32.71	150m: 1:45.57	36.90	250m: 2:59.24	36.29	350m: 4:11.24	35.76			
	100m: 1:08.67 35.96	200m: 2:22.95	37.38	300m: 3:35.48	36.24	400m: 4:44.52	33.28			

Ogólnopolskie Zawody Pływackie - Sprawdzamy Formę na Termach
Poznań, 12.4.2025

Konkurencja 10, Mężczyzn, 400m dowolny

Grupa C

1.	KACZMAREK Mikołaj	11	UKS „GIM 92 Ursynów"	4:18.84	15,4
	50m: 30.38 30.38	150m: 1:36.95 33.15	250m: 2:43.24 32.97	350m: 3:48.70 32.59	
	100m: 1:03.80 33.42	200m: 2:10.27 33.32	300m: 3:16.11 32.87	400m: 4:18.84 30.14	
2.	SUSLIK Adam	11	UKS „GIM 92 Ursynów"	4:28.97	12,7
	50m: 30.80 30.80	150m: 1:39.17 35.35	250m: 2:48.54 35.24	350m: 3:57.12 34.87	
	100m: 1:03.82 33.02	200m: 2:13.30 34.13	300m: 3:22.25 33.71	400m: 4:28.97 31.85	
3.	SZYMAŃSKI Jakub	11	KS Warta Poznań	4:44.96	8,4
	50m: 32.98 32.98	150m: 1:43.07 35.42	250m: 2:55.63 36.53	350m: 4:09.61 36.96	
	100m: 1:07.65 34.67	200m: 2:19.10 36.03	300m: 3:32.65 37.02	400m: 4:44.96 35.35	
4.	HEBROWSKI Łukasz	11	KS Warta Poznań	4:48.63	7,4
	50m: 32.49 32.49	150m: 1:44.69 36.48	250m: 2:58.54 37.04	350m: 4:13.81 37.62	
	100m: 1:08.21 35.72	200m: 2:21.50 36.81	300m: 3:36.19 37.65	400m: 4:48.63 34.82	
5.	NOJSZEWSKI Kacper	12	UKS „Skalar" Warszawa	4:51.57	8,9
	50m: 31.22 31.22	150m: 1:43.30 36.90	250m: 2:58.24 37.77	350m: 4:14.52 38.02	
	100m: 1:06.40 35.18	200m: 2:20.47 37.17	300m: 3:36.50 38.26	400m: 4:51.57 37.05	
6.	NOWICKI Wiktor	11	KS Warta Poznań	4:54.75	5,8
	50m: 32.40 32.40	150m: 1:46.24 37.19	250m: 3:02.20 37.87	350m: 4:18.78 38.31	
	100m: 1:09.05 36.65	200m: 2:24.33 38.09	300m: 3:40.47 38.27	400m: 4:54.75 35.97	
7.	LUBICKI Adam	11	MKS Jedyńka Łódź	4:57.41	5,1
	50m: 32.99 32.99	150m: 1:49.52 38.82	250m: 3:04.93 37.29	350m: 4:57.41	
	100m: 1:10.70 37.71	200m: 2:27.64 38.12	300m: 2:55.21	400m: 4:57.41	
8.	FABISZAK Oktawian	11	KTP Iskra Konin	4:58.65	4,8
	50m: 30.34 30.34	150m: 1:44.10 37.83	250m: 3:02.89 39.71	350m: 4:21.60 38.56	
	100m: 1:06.27 35.93	200m: 2:23.18 39.08	300m: 3:43.04 40.15	400m: 4:58.65 37.05	
9.	GAWLIK Stanisław	11	UKS Żabianka Gdańsk	4:58.88	4,7
	50m: 31.55 31.55	150m: 1:47.02 38.40	250m: 3:05.72 39.62	350m: 4:22.61 38.71	
	100m: 1:08.62 37.07	200m: 2:26.10 39.08	300m: 3:43.90 38.18	400m: 4:58.88 36.27	
10.	WITKOWIAK Filip	11	UKS Olimp	5:00.30	4,3
	50m: 33.78 33.78	150m: 1:51.00 39.16	250m: 3:08.61 38.35	350m: 4:24.65 37.59	
	100m: 1:11.84 38.06	200m: 2:30.26 39.26	300m: 3:47.06 38.45	400m: 5:00.30 35.65	
11.	STELMASIAK Juliusz	12	UKS „GIM 92 Ursynów"	5:10.62	4,0
	50m: 33.19 33.19	150m: 1:51.75 39.32	250m: 3:12.15 40.08	350m: 4:33.11 39.60	
	100m: 1:12.43 39.24	200m: 2:32.07 40.32	300m: 3:53.51 41.36	400m: 5:10.62 37.51	
12.	SMOLAREK Stanisław	11	UKS „GIM 92 Ursynów"	5:13.33	
	50m: 35.25 35.25	150m: 1:55.13 40.46	250m: 3:16.32 40.50	350m: 4:36.21 38.97	
	100m: 1:14.67 39.42	200m: 2:35.82 40.69	300m: 3:57.24 40.92	400m: 5:13.33 37.12	
13.	FLISIŃSKI Tymoteusz	12	MKS Juvenia Wrocław	5:13.59	3,2
	50m: 34.41 34.41	150m: 1:54.95 40.88	250m: 3:15.25 40.09	350m: 4:36.36 40.33	
	100m: 1:14.07 39.66	200m: 2:35.16 40.21	300m: 3:56.03 40.78	400m: 5:13.59 37.23	
14.	MUSZYŃSKI Wojciech	11	UKS Żabianka Gdańsk	5:16.66	
	50m: 35.99 35.99	150m: 1:59.15 42.11	250m: 3:21.70 41.19	350m: 4:41.89 39.33	
	100m: 1:17.04 41.05	200m: 2:40.51 41.36	300m: 4:02.56 40.86	400m: 5:16.66 34.77	
15.	PAWŁOWICZ Filip	11	Sp "Żagańskie Boberki"	5:19.43	
	50m: 35.07 35.07	150m: 1:55.14 40.67	250m: 3:18.49 41.73	350m: 4:41.10 40.44	
	100m: 1:14.47 39.40	200m: 2:36.76 41.62	300m: 4:00.66 42.17	400m: 5:19.43 38.33	
16.	NOWAKOWSKI Marcel	12	UKS „GIM 92 Ursynów"	5:23.83	
	50m: 35.90 35.90	150m: 1:57.13 40.87	250m: 3:20.78 41.80	350m: 4:43.84 41.46	
	100m: 1:16.26 40.36	200m: 2:38.98 41.85	300m: 4:02.38 41.60	400m: 5:23.83 39.99	
17.	KANIKOWSKI Nataniel	11	Uks Cityzen	5:24.60	
	50m: 36.41 36.41	150m: 1:59.01 41.38	250m: 3:21.20 41.40	350m: 4:43.99 41.44	
	100m: 1:17.63 41.22	200m: 2:39.80 40.79	300m: 4:02.55 41.35	400m: 5:24.60 40.61	
18.	ŁAWIŃSKI Artur	12	UKS „GIM 92 Ursynów"	5:26.36	
	50m: 37.09 37.09	150m: 1:59.62 41.27	250m: 3:23.13 42.40	350m: 4:46.98 41.54	
	100m: 1:18.35 41.26	200m: 2:40.73 41.11	300m: 4:05.44 42.31	400m: 5:26.36 39.38	

Ogólnopolskie Zawody Pływackie - Sprawdzamy Formę na Termach
Poznań, 12.4.2025

Konkurencja 10, Chłopców, 400m dowolny, Grupa C

Pozycja	Rok ur.								Czas	Pkt.
19. SIEŁACZ Igor	11 UKS Fala Swarzędz								5:46.45	
50m: 34.88 34.88	150m: 2:01.39 44.62	250m: 3:32.67 45.62	350m:							
100m: 1:16.77 41.89	200m: 2:47.05 45.66	300m: 4:18.67 46.00	400m:	5:46.45						
20. PRZYBYŁA Alan	11 MKS Jedyńka Łódź								6:04.95	
50m: 37.88 37.88	150m: 2:13.89 48.40	250m: 3:50.93 49.25	350m:	5:24.15 44.17						
100m: 1:25.49 47.61	200m: 3:01.68 47.79	300m: 4:39.98 49.05	400m:	6:04.95 40.80						

Grupa D

1.	KAŻMIERCZAK Jan	13	UKS „GIM 92 Ursynów"	5:25.99	3,0
	50m: 35.97 35.97	150m: 1:59.93	41.87 250m: 3:24.56	42.43 350m: 4:47.60	41.72
	100m: 1:18.06 42.09	200m: 2:42.13	42.20 300m: 4:05.88	41.32 400m: 5:25.99	38.39
2.	BARDZKI Mikołaj	13	UKS „GIM 92 Ursynów"	5:40.92	
	50m: 35.69 35.69	150m: 2:02.70	44.38 250m: 3:31.33	43.45 350m: 5:01.76	45.11
	100m: 1:18.32 42.63	200m: 2:47.88	45.18 300m: 4:16.65	45.32 400m: 5:40.92	39.16
3.	WIETESKA Aleksander	13	MKS Ochota Warszawa	5:55.00	
	50m: 37.60 37.60	150m: 2:07.26	45.91 250m: 3:41.11	46.80 350m: 5:11.22	44.17
	100m: 1:21.35 43.75	200m: 2:54.31	47.05 300m: 4:27.05	45.94 400m: 5:55.00	43.78
4.	WIKĄ-CZARNOWSKI Mikołaj	13	UKS Siódemka Gdynia	6:09.81	
	50m: 37.29 37.29	150m: 2:10.05	47.73 250m: 3:47.46	48.79 350m: 5:24.53	48.87
	100m: 1:22.32 45.03	200m: 2:58.67	48.62 300m: 4:35.66	48.20 400m: 6:09.81	45.28
5.	GOŃDA Bruno	14	MKS Znicz Koszalin	6:11.74	
	50m: 41.10 41.10	150m: 2:18.10	49.77 250m: 3:56.25	49.77 350m: 5:30.82	47.25
	100m: 1:28.33 47.23	200m: 3:06.48	48.38 300m: 4:43.57	47.32 400m: 6:11.74	40.92
6.	SZEWCZYK Borys	14	MKS Znicz Koszalin	6:14.46	
	50m: 40.75 40.75	150m: 2:17.02	49.03 250m: 3:54.83	49.01 350m: 5:30.71	47.46
	100m: 1:27.99 47.24	200m: 3:05.82	48.80 300m: 4:43.25	48.42 400m: 6:14.46	43.75
7.	ŚLIWAKOWSKI Michał	14	MKS Znicz Koszalin	6:48.55	
	50m: 41.62 41.62	150m: 2:24.39	51.92 250m: 4:11.58	54.33 350m: 5:58.49	53.87
	100m: 1:32.47 50.85	200m: 3:17.25	52.86 300m: 5:04.62	53.04 400m: 6:48.55	50.06
8.	SIADAK Borys	14	MKS Znicz Koszalin	6:58.52	
	50m: 41.19 41.19	150m: 2:25.10	53.61 250m: 4:14.54	54.11 350m: 6:04.77	54.27
	100m: 1:31.49 50.30	200m: 3:20.43	55.33 300m: 5:10.50	55.96 400m: 6:58.52	53.75