

Ogólnopolskie Zawody Pływackie Szybkie Pływanie na Termach Maltańskich  
Poznań, 17.5.2025

Konkurencja 6  
2025.05.17 - 12:18

Mężczyzn, 400m dowolny

Open  
Wyniki

Punkty: AQUA 2025

| Pozycja                  | Rok ur. |                        |                | Czas Pkt.     |         | 100m          | 200m    | 300m    | 400m |
|--------------------------|---------|------------------------|----------------|---------------|---------|---------------|---------|---------|------|
| Grupa A                  |         |                        |                |               |         |               |         |         |      |
| 1. KOWAL Maciej          | 07      | MKP Szczecin           | <b>4:15.63</b> | 638           | 1:01.22 | 1:05.01       | 1:05.42 | 1:03.98 |      |
| 50m: 29.66               | 29.66   | 150m: 1:33.87          | 32.65          | 250m: 2:38.81 | 32.58   | 350m: 3:43.99 | 32.34   |         |      |
| 100m: 1:01.22            | 31.56   | 200m: 2:06.23          | 32.36          | 300m: 3:11.65 | 32.84   | 400m: 4:15.63 | 31.64   |         |      |
| 2. RUTKIEWICZ Łukasz     | 08      | OŚ AZS w Poznaniu      | <b>4:27.77</b> | 555           | 1:02.67 | 1:07.59       | 1:08.98 | 1:08.53 |      |
| 50m: 29.78               | 29.78   | 150m: 1:36.16          | 33.49          | 250m: 2:44.30 | 34.04   | 350m: 3:54.58 | 35.34   |         |      |
| 100m: 1:02.67            | 32.89   | 200m: 2:10.26          | 34.10          | 300m: 3:19.24 | 34.94   | 400m: 4:27.77 | 33.19   |         |      |
| 3. KUŁTON Jakub          | 07      | OŚ AZS w Poznaniu      | <b>4:28.44</b> | 550           | 1:02.96 | 1:07.27       | 1:09.72 | 1:08.49 |      |
| 50m: 30.07               | 30.07   | 150m: 1:36.20          | 33.24          | 250m: 2:44.90 | 34.67   | 350m: 3:54.09 | 34.14   |         |      |
| 100m: 1:02.96            | 32.89   | 200m: 2:10.23          | 34.03          | 300m: 3:19.95 | 35.05   | 400m: 4:28.44 | 34.35   |         |      |
| 4. BIELIENKOV Nikita     | 08      | OŚ AZS w Poznaniu      | <b>4:38.19</b> | 495           | 1:03.14 | 1:07.62       | 1:13.88 | 1:13.55 |      |
| 50m: 30.12               | 30.12   | 150m: 1:36.30          | 33.16          | 250m: 2:47.22 | 36.46   | 350m: 4:01.76 | 37.12   |         |      |
| 100m: 1:03.14            | 33.02   | 200m: 2:10.76          | 34.46          | 300m: 3:24.64 | 37.42   | 400m: 4:38.19 | 36.43   |         |      |
| 5. KĘDZIOR Mateusz       | 73      | KS Warta Poznań        | <b>6:01.78</b> | 225           | 1:20.72 | 1:32.21       | 1:34.92 | 1:33.93 |      |
| 50m: 38.14               | 38.14   | 150m:                  |                | 250m: 3:39.83 | 46.90   | 350m:         |         |         |      |
| 100m: 1:20.72            | 42.58   | 200m: 2:52.93          |                | 300m: 4:27.85 | 48.02   | 400m: 6:01.78 |         |         |      |
| Grupa B                  |         |                        |                |               |         |               |         |         |      |
| 1. PALUSZKIEWICZ Jan     | 09      | UPKS Wodnik Rawicz     | <b>4:30.24</b> | 540           | 1:03.58 | 1:08.68       | 1:09.33 | 1:08.65 |      |
| 50m: 29.71               | 29.71   | 150m: 1:37.88          | 34.30          | 250m: 2:46.49 | 34.23   | 350m: 3:56.18 | 34.59   |         |      |
| 100m: 1:03.58            | 33.87   | 200m: 2:12.26          | 34.38          | 300m: 3:21.59 | 35.10   | 400m: 4:30.24 | 34.06   |         |      |
| Grupa C                  |         |                        |                |               |         |               |         |         |      |
| 1. LUTOMSKI Jan          | 10      | OŚ AZS w Poznaniu      | <b>4:26.07</b> | 565           | 1:03.48 | 1:07.06       | 1:08.62 | 1:06.91 |      |
| 50m: 30.37               | 30.37   | 150m: 1:36.65          | 33.17          | 250m: 2:44.50 | 33.96   | 350m: 3:53.37 | 34.21   |         |      |
| 100m: 1:03.48            | 33.11   | 200m: 2:10.54          | 33.89          | 300m: 3:19.16 | 34.66   | 400m: 4:26.07 | 32.70   |         |      |
| 2. KRZEŚNIAK Jakub       | 10      | OŚ AZS w Poznaniu      | <b>4:27.11</b> | 559           | 1:03.40 | 1:08.15       | 1:08.87 | 1:06.69 |      |
| 50m: 30.03               | 30.03   | 150m: 1:37.48          | 34.08          | 250m: 2:45.90 | 34.35   | 350m: 3:54.70 | 34.28   |         |      |
| 100m: 1:03.40            | 33.37   | 200m: 2:11.55          | 34.07          | 300m: 3:20.42 | 34.52   | 400m: 4:27.11 | 32.41   |         |      |
| 3. MOCNY Dariusz         | 10      | "UKS - Jedyńka Kórnik" | <b>4:29.98</b> | 541           | 1:04.09 | 1:08.45       | 1:09.65 | 1:07.79 |      |
| 50m: 30.80               | 30.80   | 150m: 1:38.21          | 34.12          | 250m: 2:47.19 | 34.65   | 350m: 3:56.57 | 34.38   |         |      |
| 100m: 1:04.09            | 33.29   | 200m: 2:12.54          | 34.33          | 300m: 3:22.19 | 35.00   | 400m: 4:29.98 | 33.41   |         |      |
| 4. KLUCZYŃSKI Antoni     | 10      | MKS Znicz Koszalin     | <b>4:42.70</b> | 471           | 1:05.61 | 1:12.50       | 1:14.41 | 1:10.18 |      |
| 50m: 30.33               | 30.33   | 150m: 1:41.55          | 35.94          | 250m: 2:54.97 | 36.86   | 350m: 4:08.11 | 35.59   |         |      |
| 100m: 1:05.61            | 35.28   | 200m: 2:18.11          | 36.56          | 300m: 3:32.52 | 37.55   | 400m: 4:42.70 | 34.59   |         |      |
| 5. DOMŻAŁ Szymon         | 10      | MKS Znicz Koszalin     | <b>4:52.69</b> | 425           | 1:09.70 | 1:16.48       | 1:16.62 | 1:09.89 |      |
| 50m: 32.60               | 32.60   | 150m: 1:47.47          | 37.77          | 250m: 3:04.60 | 38.42   | 350m: 4:18.85 | 36.05   |         |      |
| 100m: 1:09.70            | 37.10   | 200m: 2:26.18          | 38.71          | 300m: 3:42.80 | 38.20   | 400m: 4:52.69 | 33.84   |         |      |
| 6. GROSZEWSKI Aleksander | 10      | KS Warta Poznań        | <b>5:03.26</b> | 382           | 1:11.39 | 1:17.81       | 1:18.23 | 1:15.83 |      |
| 50m: 33.85               | 33.85   | 150m: 1:50.04          | 38.65          | 250m: 3:07.95 | 38.75   | 350m: 4:26.21 | 38.78   |         |      |
| 100m: 1:11.39            | 37.54   | 200m: 2:29.20          | 39.16          | 300m: 3:47.43 | 39.48   | 400m: 5:03.26 | 37.05   |         |      |
| 7. OWCZAREK Mikołaj      | 10      | MKS Znicz Koszalin     | <b>5:14.63</b> | 342           | 1:11.40 | 1:20.83       | 1:23.32 | 1:19.08 |      |
| 50m: 32.80               | 32.80   | 150m: 1:51.21          | 39.81          | 250m: 3:13.63 | 41.40   | 350m: 4:36.50 | 40.95   |         |      |
| 100m: 1:11.40            | 38.60   | 200m: 2:32.23          | 41.02          | 300m: 3:55.55 | 41.92   | 400m: 5:14.63 | 38.13   |         |      |
| 8. ZARĘBA Maciej         | 10      | Sejwal Rypin           | <b>5:15.36</b> | 339           | 1:14.33 | 1:20.43       | 1:21.98 | 1:18.62 |      |
| 50m: 33.93               | 33.93   | 150m: 1:53.27          | 38.94          | 250m: 3:15.10 | 40.34   | 350m: 4:36.64 | 39.90   |         |      |
| 100m: 1:14.33            | 40.40   | 200m: 2:34.76          | 41.49          | 300m: 3:56.74 | 41.64   | 400m: 5:15.36 | 38.72   |         |      |
| Grupa D                  |         |                        |                |               |         |               |         |         |      |
| 1. MIZGALSKI Tymoteusz   | 11      | KS Warta Poznań        | <b>4:18.34</b> | 618           | 1:02.77 | 1:05.74       | 1:06.59 | 1:03.24 |      |
| 50m: 30.19               | 30.19   | 150m: 1:35.52          | 32.75          | 250m: 2:42.10 | 33.59   | 350m: 3:47.81 | 32.71   |         |      |
| 100m: 1:02.77            | 32.58   | 200m: 2:08.51          | 32.99          | 300m: 3:15.10 | 33.00   | 400m: 4:18.34 | 30.53   |         |      |
| 2. SZYMAŃSKI Jakub       | 11      | KS Warta Poznań        | <b>4:41.30</b> | 478           | 1:05.78 | 1:10.97       | 1:12.61 | 1:11.94 |      |
| 50m: 31.32               | 31.32   | 150m: 1:41.14          | 35.36          | 250m: 2:53.01 | 36.26   | 350m: 4:05.96 | 36.60   |         |      |
| 100m: 1:05.78            | 34.46   | 200m: 2:16.75          | 35.61          | 300m: 3:29.36 | 36.35   | 400m: 4:41.30 | 35.34   |         |      |

Ogólnopolskie Zawody Pływackie Szybkie Pływanie na Termach Maltańskich  
Poznań, 17.5.2025

Konkurencja 6, Chłopców, 400m dowolny, Grupa D

| Pozycja |                   |         | Rok ur.                |                |         | Czas    | Pkt.    | 100m    | 200m    | 300m  | 400m    |       |
|---------|-------------------|---------|------------------------|----------------|---------|---------|---------|---------|---------|-------|---------|-------|
| 3.      | HEBROWSKI Łukasz  | 11      | KS Warta Poznań        | <b>4:52.15</b> | 427     | 1:07.10 | 1:15.17 | 1:16.69 | 1:13.19 |       |         |       |
|         | 50m:              | 31.05   | 31.05                  | 150m:          | 1:44.31 | 37.21   | 250m:   | 3:01.03 | 38.76   | 350m: | 4:16.78 | 37.82 |
|         | 100m:             | 1:07.10 | 36.05                  | 200m:          | 2:22.27 | 37.96   | 300m:   | 3:38.96 | 37.93   | 400m: | 4:52.15 | 35.37 |
| 4.      | DZIAMSKI Szymon   | 11      | KS Warta Poznań        | <b>4:54.05</b> | 419     | 1:10.32 | 1:15.46 | 1:15.48 | 1:12.79 |       |         |       |
|         | 50m:              | 33.27   | 33.27                  | 150m:          | 1:47.79 | 37.47   | 250m:   | 3:03.60 | 37.82   | 350m: | 4:18.73 | 37.47 |
|         | 100m:             | 1:10.32 | 37.05                  | 200m:          | 2:25.78 | 37.99   | 300m:   | 3:41.26 | 37.66   | 400m: | 4:54.05 | 35.32 |
| 5.      | LIDER Marcel      | 11      | Kaliski KS „Włókniarz” | <b>5:00.13</b> | 394     | 1:12.40 | 1:18.93 | 1:17.34 | 1:11.46 |       |         |       |
|         | 50m:              | 34.74   | 34.74                  | 150m:          | 1:51.63 | 39.23   | 250m:   | 3:10.57 | 39.24   | 350m: | 4:26.57 | 37.90 |
|         | 100m:             | 1:12.40 | 37.66                  | 200m:          | 2:31.33 | 39.70   | 300m:   | 3:48.67 | 38.10   | 400m: | 5:00.13 | 33.56 |
| 6.      | MATUSZAK Antoni   | 11      | Kaliski KS „Włókniarz” | <b>5:04.42</b> | 377     | 1:13.53 | 1:18.90 | 1:18.17 | 1:13.82 |       |         |       |
|         | 50m:              | 34.61   | 34.61                  | 150m:          | 1:53.37 | 39.84   | 250m:   | 3:12.27 | 39.84   | 350m: | 4:28.93 | 38.33 |
|         | 100m:             | 1:13.53 | 38.92                  | 200m:          | 2:32.43 | 39.06   | 300m:   | 3:50.60 | 38.33   | 400m: | 5:04.42 | 35.49 |
| 7.      | FABISZAK Oktawian | 11      | KTP Iskra Konin        | <b>5:06.71</b> | 369     | 1:07.02 | 1:18.13 | 1:21.14 | 1:20.42 |       |         |       |
|         | 50m:              | 31.14   | 31.14                  | 150m:          | 1:46.02 | 39.00   | 250m:   | 3:06.16 | 41.01   | 350m: | 4:27.97 | 41.68 |
|         | 100m:             | 1:07.02 | 35.88                  | 200m:          | 2:25.15 | 39.13   | 300m:   | 3:46.29 | 40.13   | 400m: | 5:06.71 | 38.74 |
| 8.      | PAWŁOWICZ Filip   | 11      | Sp "Żagańskie Boberki" | <b>5:21.52</b> | 320     | 1:15.44 | 1:22.03 | 1:23.90 | 1:20.15 |       |         |       |
|         | 50m:              | 35.90   | 35.90                  | 150m:          | 1:55.93 | 40.49   | 250m:   | 3:19.26 | 41.79   | 350m: | 4:42.45 | 41.08 |
|         | 100m:             | 1:15.44 | 39.54                  | 200m:          | 2:37.47 | 41.54   | 300m:   | 4:01.37 | 42.11   | 400m: | 5:21.52 | 39.07 |

Grupa E

|                        |         |                    |                |         |         |         |         |         |       |         |       |
|------------------------|---------|--------------------|----------------|---------|---------|---------|---------|---------|-------|---------|-------|
| 1. ENGHOLM JONS Bertel | 12      | Herning Svømmeklub | <b>5:02.91</b> | 383     | 1:13.80 | 1:18.39 | 1:18.22 | 1:12.50 |       |         |       |
| 50m:                   | 34.07   | 34.07              | 150m:          | 1:53.14 | 39.34   | 250m:   | 3:10.81 | 38.62   | 350m: | 4:28.32 | 37.91 |
| 100m:                  | 1:13.80 | 39.73              | 200m:          | 2:32.19 | 39.05   | 300m:   | 3:50.41 | 39.60   | 400m: | 5:02.91 | 34.59 |

Grupa G

|                    |         |                   |                |         |         |         |         |         |       |         |       |
|--------------------|---------|-------------------|----------------|---------|---------|---------|---------|---------|-------|---------|-------|
| 1. CHEŁMICKI Artur | 15      | UKS Fala Swarzędz | <b>6:16.02</b> | 200     | 1:30.05 | 1:40.22 | 1:38.74 | 1:27.01 |       |         |       |
| 50m:               | 40.78   | 40.78             | 150m:          | 2:19.93 | 49.88   | 250m:   | 3:59.75 | 49.48   | 350m: | 5:35.64 | 46.63 |
| 100m:              | 1:30.05 | 49.27             | 200m:          | 3:10.27 | 50.34   | 300m:   | 4:49.01 | 49.26   | 400m: | 6:16.02 | 40.38 |