

Letnie Mistrzostwa Okręgu Wielkopolskiego
Poznań, 20. - 21.6.2025

Konkurencja 6
2025.06.20 - 12:34

Mężczyzn, 400m dowolny

Open
Wyniki

Punkty: AQUA 2025

Pozycja	Rok ur.										Czas	Pkt.
19 lat i starsi												
1.	WARZOCHA Albert			01	KS Warta Poznań					4:09.73	684	
	50m:	27.35	27.35	150m:	1:27.97	30.52	250m:	2:30.53	31.54	350m:	3:36.87	33.50
	100m:	57.45	30.10	200m:	1:58.99	31.02	300m:	3:03.37	32.84	400m:	4:09.73	32.86
16 - 18 lat												
1.	BORKOWSKI Marcel			07	KS Neptun Świdnica					4:12.71	660	
	50m:	29.10	29.10	150m:	1:32.34	31.71	250m:	2:36.87	32.27	350m:	3:42.04	32.35
	100m:	1:00.63	31.53	200m:	2:04.60	32.26	300m:	3:09.69	32.82	400m:	4:12.71	30.67
2.	PAKUŁA Patryk			08	UKS Shark Rudna					4:16.77	629	
	50m:	28.88	28.88	150m:	1:33.05	32.10	250m:	2:38.37	32.58	350m:	3:44.52	33.37
	100m:	1:00.95	32.07	200m:	2:05.79	32.74	300m:	3:11.15	32.78	400m:	4:16.77	32.25
3.	CICHONÍ Patryk			09	KS Neptun Świdnica					4:25.37	570	
	50m:	30.01	30.01	150m:	1:37.75	34.13	250m:	2:45.37	33.50	350m:	3:52.29	32.96
	100m:	1:03.62	33.61	200m:	2:11.87	34.12	300m:	3:19.33	33.96	400m:	4:25.37	33.08
4.	BARANOWSKI Alex			07	KS Poznań Poznań					4:29.86	542	
	50m:	30.74	30.74	150m:	1:38.69	34.18	250m:	2:46.70	33.71	350m:	3:55.55	34.51
	100m:	1:04.51	33.77	200m:	2:12.99	34.30	300m:	3:21.04	34.34	400m:	4:29.86	34.31
5.	GAJEK Bartosz			08	MKP Gdańsk					4:31.99	529	
	50m:	30.64	30.64	150m:	1:38.27	34.18	250m:	2:48.06	35.44	350m:	3:57.88	34.71
	100m:	1:04.09	33.45	200m:	2:12.62	34.35	300m:	3:23.17	35.11	400m:	4:31.99	34.11
6.	PALUSZKIEWICZ Jan			09	UPKS Wodnik Rawicz					4:32.29	527	
	50m:	30.09	30.09	150m:	1:39.15	34.96	250m:	2:48.27	34.37	350m:	3:58.26	34.98
	100m:	1:04.19	34.10	200m:	2:13.90	34.75	300m:	3:23.28	35.01	400m:	4:32.29	34.03
7.	SOBIERALSKI Igor			08	MUKS "Piętnastka"					4:33.03	523	
	50m:	29.34	29.34	150m:	1:37.71	34.54	250m:	2:48.83	35.55	350m:	4:00.05	35.26
	100m:	1:03.17	33.83	200m:	2:13.28	35.57	300m:	3:24.79	35.96	400m:	4:33.03	32.98
8.	BIELIENKOV Nikita			08	OŚ AZS w Poznaniu					4:38.56	493	
	50m:	30.00	30.00	150m:	1:36.57	33.75	250m:	2:47.24	36.13	350m:	4:02.00	37.73
	100m:	1:02.82	32.82	200m:	2:11.11	34.54	300m:	3:24.27	37.03	400m:	4:38.56	36.56
9.	GONERA Miłosz			08	UKS Shark Rudna					4:40.98	480	
	50m:	30.59	30.59	150m:	1:41.11	35.99	250m:	2:53.99	36.87	350m:	4:06.14	35.77
	100m:	1:05.12	34.53	200m:	2:17.12	36.01	300m:	3:30.37	36.38	400m:	4:40.98	34.84
10.	ŁATKA Aleksander			08	KP Aquapark Wągrowiec					4:59.57	396	
	50m:	31.82	31.82	150m:	1:46.80	38.79	250m:	3:04.93	38.68	350m:	4:23.50	39.19
	100m:	1:08.01	36.19	200m:	2:26.25	39.45	300m:	3:44.31	39.38	400m:	4:59.57	36.07
11.	NAPIERAJ Gerard			09	MKS Jedyńka Łódź					5:02.02	386	
	50m:	33.04	33.04	150m:	1:49.30	38.68	250m:	3:07.94	39.47	350m:	4:25.63	39.10
	100m:	1:10.62	37.58	200m:	2:28.47	39.17	300m:	3:46.53	38.59	400m:	5:02.02	36.39
12.	DREWICZ Franciszek			09	KP Aquapark Wągrowiec					5:03.93	379	
	50m:	30.99	30.99	150m:	1:45.79	38.82	250m:	3:04.74	40.12	350m:	4:25.92	40.26
	100m:	1:06.97	35.98	200m:	2:24.62	38.83	300m:	3:45.66	40.92	400m:	5:03.93	38.01
13.	RUDOWICZ Bartłomiej			08	UKS Maratończyk Ostrów Wlkp.					5:09.13	360	
	50m:	35.20	35.20	150m:	1:54.55	39.66	250m:	3:13.96	39.64	350m:	4:31.90	39.21
	100m:	1:14.89	39.69	200m:	2:34.32	39.77	300m:	3:52.69	38.73	400m:	5:09.13	37.23
14.	ZLOCH Oskar			07	UKS Fala Swarzędz					5:21.16	321	
	50m:	32.47	32.47	150m:	1:49.84	39.73	250m:	3:12.63	41.81	350m:	4:39.27	43.66
	100m:	1:10.11	37.64	200m:	2:30.82	40.98	300m:	3:55.61	42.98	400m:	5:21.16	41.89

Letnie Mistrzostwa Okręgu Wielkopolskiego
Poznań, 20. - 21.6.2025

Konkurencja 6, Mężczyzn, 400m dowolny

14 - 15 lat

1.	MIZGALSKI Tymoteusz	11	KS Warta Poznań	4:12.80	659
	50m: 29.71 29.71	150m: 1:33.45	32.02 250m: 2:37.94	32.25 350m: 3:42.27	32.20
	100m: 1:01.43 31.72	200m: 2:05.69	32.24 300m: 3:10.07	32.13 400m: 4:12.80	30.53
2.	KRZEŚNIAK Jakub	10	OŚ AZS w Poznaniu	4:25.10	572
	50m: 30.30 30.30	150m: 1:37.63	34.02 250m: 2:45.65	33.84 350m: 3:53.11	33.52
	100m: 1:03.61 33.31	200m: 2:11.81	34.18 300m: 3:19.59	33.94 400m: 4:25.10	31.99
3.	SKORUPA Sławek	10	UKS Shark Rudna	4:36.13	506
	50m: 29.61 29.61	150m: 1:38.92	35.33 250m: 2:49.93	35.62 350m: 4:01.50	35.88
	100m: 1:03.59 33.98	200m: 2:14.31	35.39 300m: 3:25.62	35.69 400m: 4:36.13	34.63
4.	PROKOP Wojciech	11	MKP Szczecin	4:37.34	499
	50m: 30.96 30.96	150m: 1:40.79	35.52 250m: 2:51.49	35.78 350m: 4:02.95	35.83
	100m: 1:05.27 34.31	200m: 2:15.71	34.92 300m: 3:27.12	35.63 400m: 4:37.34	34.39
5.	SZYMAŃSKI Jakub	11	KS Warta Poznań	4:40.57	482
	50m: 31.60 31.60	150m: 1:41.91	35.46 250m: 2:53.54	35.79 350m: 4:05.23	35.97
	100m: 1:06.45 34.85	200m: 2:17.75	35.84 300m: 3:29.26	35.72 400m: 4:40.57	35.34
6.	STEFANIAK Bartosz	11	KS Warta Poznań	4:48.36	444
	50m: 32.35 32.35	150m: 1:45.84	37.31 250m: 3:00.13	36.89 350m: 4:13.42	36.62
	100m: 1:08.53 36.18	200m: 2:23.24	37.40 300m: 3:36.80	36.67 400m: 4:48.36	34.94
7.	DZIAMSKI Szymon	11	KS Warta Poznań	4:48.37	444
	50m: 32.13 32.13	150m: 1:44.62	36.71 250m: 3:00.08	38.09 350m: 4:14.10	36.99
	100m: 1:07.91 35.78	200m: 2:21.99	37.37 300m: 3:37.11	37.03 400m: 4:48.37	34.27
8.	SIEDZIUKIEWICZ-CHANAKA Bartosz	11	UKS Shark Rudna	4:48.74	442
	50m: 31.87 31.87	150m: 1:45.00	37.07 250m: 2:59.92	37.24 350m: 4:12.84	36.27
	100m: 1:07.93 36.06	200m: 2:22.68	37.68 300m: 3:36.57	36.65 400m: 4:48.74	35.90
9.	NOWICKI Wiktor	11	KS Warta Poznań	4:48.97	441
	50m: 32.71 32.71	150m: 1:46.03	37.08 250m: 3:00.40	37.13 350m: 4:14.34	36.78
	100m: 1:08.95 36.24	200m: 2:23.27	37.24 300m: 3:37.56	37.16 400m: 4:48.97	34.63
10.	SOBIERALSKI Wojciech	10	MUKS "Piętnastka"	4:59.17	398
	50m: 31.75 31.75	150m: 1:46.71	37.65 250m: 3:02.33	37.95 350m: 4:20.04	39.15
	100m: 1:09.06 37.31	200m: 2:24.38	37.67 300m: 3:40.89	38.56 400m: 4:59.17	39.13
11.	GROSZEWSKI Aleksander	10	KS Warta Poznań	4:59.31	397
	50m: 32.53 32.53	150m: 1:46.46	37.71 250m: 3:03.14	38.68 350m: 4:21.18	38.27
	100m: 1:08.75 36.22	200m: 2:24.46	38.00 300m: 3:42.91	39.77 400m: 4:59.31	38.13
12.	GARCZYŃSKI Marcel	11	Uks Cityzen	5:39.70	271
	50m: 36.12 36.12	150m: 2:00.63	43.37 250m: 3:28.64	43.93 350m: 4:59.26	45.93
	100m: 1:17.26 41.14	200m: 2:44.71	44.08 300m: 4:13.33	44.69 400m: 5:39.70	40.44
13.	HRYCAK Tymoteusz	11	UMKS Niesłyszących Poznań	5:50.50	247
	50m: 34.44 34.44	150m: 2:01.95	45.52 250m: 3:35.26	46.68 350m: 5:08.40	47.14
	100m: 1:16.43 41.99	200m: 2:48.58	46.63 300m: 4:21.26	46.00 400m: 5:50.50	42.10

12 - 13 lat

1.	FĄFEREK Filip	13	MUKS "TUREKin pływa"	4:50.44	435
	50m: 32.42 32.42	150m: 1:46.76	37.37 250m: 3:01.56	37.43 350m: 4:15.89	37.00
	100m: 1:09.39 36.97	200m: 2:24.13	37.37 300m: 3:38.89	37.33 400m: 4:50.44	34.55
2.	OKUPNIAREK Oliwier	12	KTP Iskra Konin	4:56.12	410
	50m: 32.41 32.41	150m: 1:48.35	38.86 250m: 3:05.79	38.64 350m: 4:22.04	38.02
	100m: 1:09.49 37.08	200m: 2:27.15	38.80 300m: 3:44.02	38.23 400m: 4:56.12	34.08
3.	SZWAST Marcin	12	MUKS „HURAGAN” Koło	5:15.26	340
	50m: 34.56 34.56	150m: 1:54.95	40.78 250m: 3:17.13	41.64 350m: 4:38.28	40.03
	100m: 1:14.17 39.61	200m: 2:35.49	40.54 300m: 3:58.25	41.12 400m: 5:15.26	36.98
4.	DUDA Marcel	12	MKP Astromal-Leszno	5:16.17	337
	50m: 34.25 34.25	150m: 1:52.65	40.04 250m: 3:15.25	41.21 350m: 4:36.91	41.03
	100m: 1:12.61 38.36	200m: 2:34.04	41.39 300m: 3:55.88	40.63 400m: 5:16.17	39.26

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Poznań, 20. - 21.6.2025

Konkurencja 6, Chłopców, 400m dowolny, 12 - 13 lat

Pozycja				Rok ur.					Czas	Pkt.
5.	SOCHACKI Adam			13	MUKS „HURAGAN” Koło				5:29.02	299
	50m:	35.82	35.82	150m:	1:58.89	42.61	250m:	3:24.88	43.66	350m: 4:50.28 42.14
	100m:	1:16.28	40.46	200m:	2:41.22	42.33	300m:	4:08.14	43.26	400m: 5:29.02 38.74
6.	LEWICKI Bartłomiej			13	UKS "Dwójka" w Obornikach				5:42.08	266
	50m:	36.72	36.72	150m:	2:03.97	44.28	250m:	3:31.96	43.42	350m: 5:00.16 43.31
	100m:	1:19.69	42.97	200m:	2:48.54	44.57	300m:	4:16.85	44.89	400m: 5:42.08 41.92
7.	PRZYBYŁA Błażej			13	Niagara Jedynka Wolsztyn				5:48.61	251
	50m:	37.96	37.96	150m:	2:05.61	44.64	250m:	3:36.45	45.38	350m: 5:06.81 44.90
	100m:	1:20.97	43.01	200m:	2:51.07	45.46	300m:	4:21.91	45.46	400m: 5:48.61 41.80
8.	JAWORSKI Jan			13	KS Warta Poznań				6:00.49	227
	50m:	39.31	39.31	150m:	2:12.49	46.95	250m:	3:45.38	46.78	350m: 5:16.46 44.94
	100m:	1:25.54	46.23	200m:	2:58.60	46.11	300m:	4:31.52	46.14	400m: 6:00.49 44.03
9.	ZIEGLER Bartosz			12	MKP Astromal-Leszno				6:08.19	213
	50m:	39.18	39.18	150m:	2:13.20	48.64	250m:	3:48.36	48.93	350m: 5:23.25 48.21
	100m:	1:24.56	45.38	200m:	2:59.43	46.23	300m:	4:35.04	46.68	400m: 6:08.19 44.94
10.	KUREK Franciszek			12	KS Posenania Poznań				6:58.61	145
	50m:	45.53	45.53	150m:	2:33.86	54.21	250m:	4:22.99	55.31	350m: 6:08.76 53.05
	100m:	1:39.65	54.12	200m:	3:27.68	53.82	300m:	5:15.71	52.72	400m: 6:58.61 49.85

11 lat i młodszy

1.	MASZTALERZ Tymoteusz			14	KU AZS UAM Poznań				5:43.25	263
	50m:	38.07	38.07	150m:	2:05.29	44.63	250m:	3:34.10	44.34	350m: 5:02.32 43.74
	100m:	1:20.66	42.59	200m:	2:49.76	44.47	300m:	4:18.58	44.48	400m: 5:43.25 40.93
2.	WIĘCŁAW Leon			14	Uks Cityzen				5:55.18	237
	50m:	38.57	38.57	150m:	2:08.00	45.62	250m:	3:41.17	46.57	350m: 5:12.73 45.50
	100m:	1:22.38	43.81	200m:	2:54.60	46.60	300m:	4:27.23	46.06	400m: 5:55.18 42.45
3.	STRZYŻYKOWSKI Eryk			14	KTP Iskra Konin				5:56.07	236
	50m:	37.69	37.69	150m:	2:08.15	46.41	250m:	3:41.61	46.86	350m: 5:14.43 45.40
	100m:	1:21.74	44.05	200m:	2:54.75	46.60	300m:	4:29.03	47.42	400m: 5:56.07 41.64
4.	MICHAŁOWSKI Nikolas			14	KU AZS UAM Poznań				6:08.79	212
	50m:	41.48	41.48	150m:	2:14.92	48.40	250m:	3:50.62	48.11	350m: 5:25.48 47.23
	100m:	1:26.52	45.04	200m:	3:02.51	47.59	300m:	4:38.25	47.63	400m: 6:08.79 43.31
5.	CHEŁMICKI Artur			15	UKS Fala Swarzędz				6:14.65	202
	50m:	41.00	41.00	150m:	2:19.33	50.03	250m:	3:57.16	49.03	350m: 5:31.86 45.87
	100m:	1:29.30	48.30	200m:	3:08.13	48.80	300m:	4:45.99	48.83	400m: 6:14.65 42.79