



Mistrzostwa Polski Juniorów Młodszych 16 lat - Ogólnopolska Olimpiada Młodzieży
Poznań, 10. - 13.7.2025



Konkurencja 21
2025.07.12 - 9:40

Chłopców, 400m dowolny

16 lat
Wyniki Eliminacje

Rekord Polski 16 lat 3:56.29 DASZKIEWICZ Michał POL 2015.12.12

Punkty: AQUA 2025

Pozycja				Rok ur.						Czas	Pkt.	
1.	BLUJ Aleksander			09	UKS „GIM 92 Ursynów”					4:11.36	671	A
	50m: 28.35	28.35	150m: 1:32.57	32.25	250m: 2:36.77	32.12	350m: 3:39.97	31.37				
	100m: 1:00.32	31.97	200m: 2:04.65	32.08	300m: 3:08.60	31.83	400m: 4:11.36	31.39				
2.	SZELAŹEK Alan			09	MKP Szczecin					4:13.01	658	A
	50m: 29.21	29.21	150m: 1:33.93	32.28	250m: 2:38.69	32.38	350m: 3:42.73	31.39				
	100m: 1:01.65	32.44	200m: 2:06.31	32.38	300m: 3:11.34	32.65	400m: 4:13.01	30.28				
3.	WÓJCIK Remigiusz			09	KU AZS UMCS Lublin					4:14.19	648	A
	50m: 28.28	28.28	150m: 1:31.80	32.22	250m: 2:36.94	32.66	350m: 3:43.37	33.18				
	100m: 59.58	31.30	200m: 2:04.28	32.48	300m: 3:10.19	33.25	400m: 4:14.19	30.82				
4.	JANISZEWSKI Fabian			09	UKS 190 Łódź					4:14.26	648	A
	50m: 28.78	28.78	150m: 1:32.04	31.95	250m: 2:37.23	32.64	350m: 3:43.08	32.42				
	100m: 1:00.09	31.31	200m: 2:04.59	32.55	300m: 3:10.66	33.43	400m: 4:14.26	31.18				
5.	KORONA Eryk			09	MKP Szczecin					4:14.83	644	A
	50m: 29.64	29.64	150m: 1:34.31	32.70	250m: 2:38.77	32.39	350m: 3:43.01	31.74				
	100m: 1:01.61	31.97	200m: 2:06.38	32.07	300m: 3:11.27	32.50	400m: 4:14.83	31.82				
6.	MAJEWSKI Igor			09	KU AZS UMCS Lublin					4:16.97	628	A
	50m: 29.65	29.65	150m: 1:33.81	31.96	250m: 2:39.43	32.59	350m: 3:44.97	32.67				
	100m: 1:01.85	32.20	200m: 2:06.84	33.03	300m: 3:12.30	32.87	400m: 4:16.97	32.00				
7.	ZIELIŃSKI Dawid			09	MKP Szczecin					4:19.39	610	A
	50m: 29.48	29.48	150m: 1:35.12	33.13	250m: 2:41.08	32.82	350m: 3:46.83	32.91				
	100m: 1:01.99	32.51	200m: 2:08.26	33.14	300m: 3:13.92	32.84	400m: 4:19.39	32.56				
8.	SKOCZYLAS Bartosz			09	KU AZS UMCS Lublin					4:21.23	597	A
	50m: 29.19	29.19	150m: 1:35.84	33.69	250m: 2:42.52	33.36	350m: 3:49.45	33.31				
	100m: 1:02.15	32.96	200m: 2:09.16	33.32	300m: 3:16.14	33.62	400m: 4:21.23	31.78				
9.	MICHALSKI Maksymilian			09	MUKS "Piętnastka"					4:21.77	594	A
	50m: 29.10	29.10	150m: 1:35.74	33.30	250m: 2:42.74	33.45	350m: 3:50.33	33.61				
	100m: 1:02.44	33.34	200m: 2:09.29	33.55	300m: 3:16.72	33.98	400m: 4:21.77	31.44				
10.	CICHOŃ Patryk			09	KS Neptun Świdnica					4:21.97	592	A
	50m: 29.63	29.63	150m: 1:35.83	33.29	250m: 2:43.09	33.25	350m: 3:49.95	33.11				
	100m: 1:02.54	32.91	200m: 2:09.84	34.01	300m: 3:16.84	33.75	400m: 4:21.97	32.02				
11.	FRONCZEK Błażej			09	KU AZS UMCS Lublin					4:22.47	589	B
	50m: 29.75	29.75	150m: 1:36.56	33.74	250m: 2:43.55	33.46	350m: 3:50.16	32.94				
	100m: 1:02.82	33.07	200m: 2:10.09	33.53	300m: 3:17.22	33.67	400m: 4:22.47	32.31				
12.	DĘBSKI Antoni			09	KS KSZO Ostrowiec Św.					4:22.55	588	B
	50m: 29.74	29.74	150m: 1:36.24	33.55	250m: 2:42.76	33.19	350m: 3:50.00	33.29				
	100m: 1:02.69	32.95	200m: 2:09.57	33.33	300m: 3:16.71	33.95	400m: 4:22.55	32.55				
13.	BATUGOWSKI Szymon			09	KS KSZO Ostrowiec Św.					4:25.71	568	B
	50m: 30.05	30.05	150m: 1:36.49	33.60	250m: 2:43.62	33.65	350m: 3:52.18	34.46				
	100m: 1:02.89	32.84	200m: 2:09.97	33.48	300m: 3:17.72	34.10	400m: 4:25.71	33.53				
14.	NADAJ Filip			09	UKS Żabianka Gdańsk					4:27.98	553	B
	50m: 30.08	30.08	150m: 1:36.68	33.59	250m: 2:45.31	34.07	350m: 3:54.54	34.41				
	100m: 1:03.09	33.01	200m: 2:11.24	34.56	300m: 3:20.13	34.82	400m: 4:27.98	33.44				
15.	MIELCAREK Filip			09	TP Skalar, Słupsk					4:29.27	545	B
	50m: 30.06	30.06	150m: 1:38.39	34.70	250m: 2:47.11	34.05	350m: 3:56.62	34.76				
	100m: 1:03.69	33.63	200m: 2:13.06	34.67	300m: 3:21.86	34.75	400m: 4:29.27	32.65				



Konkurencja 21, Chłopców, 400m dowolny, Eliminacje, 16 lat

Pozycja			Rok ur.						Czas	Pkt.
16.	PALUSZKIEWICZ Jan		09	UPKS Wodnik Rawicz					4:30.59	537 B
	50m: 30.45 30.45	150m: 1:37.67	33.79	250m: 2:46.08	34.44	350m: 3:56.32	35.22			
	100m: 1:03.88 33.43	200m: 2:11.64	33.97	300m: 3:21.10	35.02	400m: 4:30.59	34.27			
17.	KOCIOŁEK Leon		09	UKS NIKA Sport Team Kraków					4:30.71	537 B
	50m: 29.96 29.96	150m: 1:37.41	34.31	250m: 2:46.55	34.63	350m: 3:56.87	35.06			
	100m: 1:03.10 33.14	200m: 2:11.92	34.51	300m: 3:21.81	35.26	400m: 4:30.71	33.84			
18.	SMYKIEWICZ Mateusz		09	SKP Delfin Kozienice					4:30.82	536 B
	50m: 30.03 30.03	150m: 1:36.75	34.19	250m: 2:45.76	34.75	350m: 3:56.44	35.60			
	100m: 1:02.56 32.53	200m: 2:11.01	34.26	300m: 3:20.84	35.08	400m: 4:30.82	34.38			
19.	SZANIAWSKI Hubert		09	UKS Delfin Garwolin					4:31.26	533 B
	50m: 30.09 30.09	150m: 1:37.64	34.37	250m: 2:47.40	34.76	350m: 3:57.85	35.02			
	100m: 1:03.27 33.18	200m: 2:12.64	35.00	300m: 3:22.83	35.43	400m: 4:31.26	33.41			
20.	MIZGAŁSKI Kacper		09	KS Poznań Poznań					4:31.34	533 B
	50m: 29.65 29.65	150m: 1:37.56	34.46	250m: 2:47.87	35.30	350m: 3:58.53	35.21			
	100m: 1:03.10 33.45	200m: 2:12.57	35.01	300m: 3:23.32	35.45	400m: 4:31.34	32.81			
21.	PREG Kajetan		09	"Sikret" Gliwice					4:31.99	529 R
	50m: 30.73 30.73	150m: 1:40.21	35.02	250m: 2:49.76	35.02	350m: 3:59.51	33.97			
	100m: 1:05.19 34.46	200m: 2:14.74	34.53	300m: 3:25.54	35.78	400m: 4:31.99	32.48			
22.	GOŁĘBIEWSKI Wiktor		09	WKS Śląsk					4:34.33	516 R
	50m: 29.86 29.86	150m: 1:37.84	34.87	250m: 2:50.39	36.70	350m: 4:01.72	34.87			
	100m: 1:02.97 33.11	200m: 2:13.69	35.85	300m: 3:26.85	36.46	400m: 4:34.33	32.61			
23.	FIFIELSKI Kasjan		09	UKS Tri-Team Rumia					4:35.44	510
	50m: 31.75 31.75	150m: 1:41.33	34.91	250m: 2:52.93	35.34	350m: 4:03.56	34.86			
	100m: 1:06.42 34.67	200m: 2:17.59	36.26	300m: 3:28.70	35.77	400m: 4:35.44	31.88			
24.	MIECHOWIECKI Mateusz		09	St. KP Olimpia Świecie					4:35.82	507
	50m: 31.29 31.29	150m: 1:41.99	36.05	250m: 2:53.26	35.80	350m: 4:04.30	35.62			
	100m: 1:05.94 34.65	200m: 2:17.46	35.47	300m: 3:28.68	35.42	400m: 4:35.82	31.52			
25.	SPADŁO Krzysztof		09	UKS „Huragan” przy SP nr 45 w Sosnow					4:37.20	500
	50m: 30.44 30.44	150m: 1:41.01	35.90	250m: 2:52.97	35.90	350m: 4:03.88	34.99			
	100m: 1:05.11 34.67	200m: 2:17.07	36.06	300m: 3:28.89	35.92	400m: 4:37.20	33.32			
26.	OTRĘBA Igor		09	UKP Unia Oświęcim					4:43.55	467
	50m: 29.64 29.64	150m: 1:40.58	36.44	250m: 2:54.37	37.12	350m: 4:09.55	37.34			
	100m: 1:04.14 34.50	200m: 2:17.25	36.67	300m: 3:32.21	37.84	400m: 4:43.55	34.00			
27.	PIOTROWSKI Oliwier		09	MUKS Wodnik Łask					4:47.11	450
	50m: 30.58 30.58	150m: 1:41.97	36.42	250m: 2:55.85	36.62	350m: 4:10.72	37.46			
	100m: 1:05.55 34.97	200m: 2:19.23	37.26	300m: 3:33.26	37.41	400m: 4:47.11	36.39			
28.	DOMAŃSKI Franciszek		09	MKS Piaseczno					4:53.58	421
	50m: 30.66 30.66	150m: 1:43.28	37.05	250m: 2:59.34	38.50	350m: 4:16.31	38.61			
	100m: 1:06.23 35.57	200m: 2:20.84	37.56	300m: 3:37.70	38.36	400m: 4:53.58	37.27			