



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



Konkurencja 7  
2025.07.11 - 9:34

Chłopców, 400m zmienny

16 lat  
Wyniki Eliminacje

Rekord Polski 16 lat 4:26.91 KAŁUSOWSKI Jan POL Ostrowiec Sw 2016.07.15  
Punkty: AQUA 2025

| Pozycja | Rok ur.             |                     |                                |                     | Czas |  |                |     | Pkt. |  |
|---------|---------------------|---------------------|--------------------------------|---------------------|------|--|----------------|-----|------|--|
| 1.      | TARASIEWICZ Piotr   | 09                  | UKP „Polonia Warszawa”         |                     |      |  | <b>4:43.86</b> | 623 | Q    |  |
|         | 50m: 29.23 29.23    | 150m: 1:41.20 37.67 | 250m: 2:56.14 38.62            | 350m: 4:10.88 34.65 |      |  |                |     |      |  |
|         | 100m: 1:03.53 34.30 | 200m: 2:17.52 36.32 | 300m: 3:36.23 40.09            | 400m: 4:43.86 32.98 |      |  |                |     |      |  |
| 2.      | ZIELIŃSKI Szymon    | 09                  | MKP Szczecin                   |                     |      |  | <b>4:44.72</b> | 617 | Q    |  |
|         | 50m: 28.94 28.94    | 150m: 1:42.02 38.63 | 250m: 2:58.26 39.23            | 350m: 4:11.27 32.35 |      |  |                |     |      |  |
|         | 100m: 1:03.39 34.45 | 200m: 2:19.03 37.01 | 300m: 3:38.92 40.66            | 400m: 4:44.72 33.45 |      |  |                |     |      |  |
| 3.      | BORYŚ Wojciech      | 09                  | UKP Unia Oświęcim              |                     |      |  | <b>4:45.70</b> | 611 | Q    |  |
|         | 50m: 28.19 28.19    | 150m: 1:39.96 37.94 | 250m: 2:56.37 39.63            | 350m: 4:11.79 35.10 |      |  |                |     |      |  |
|         | 100m: 1:02.02 33.83 | 200m: 2:16.74 36.78 | 300m: 3:36.69 40.32            | 400m: 4:45.70 33.91 |      |  |                |     |      |  |
| 4.      | WIRASZKA Piotr      | 09                  | UKS „GIM 92 Ursynów”           |                     |      |  | <b>4:49.75</b> | 586 | Q    |  |
|         | 50m: 30.25 30.25    | 150m: 1:42.51 37.02 | 250m: 3:00.97 41.66            | 350m: 4:16.58 33.39 |      |  |                |     |      |  |
|         | 100m: 1:05.49 35.24 | 200m: 2:19.31 36.80 | 300m: 3:43.19 42.22            | 400m: 4:49.75 33.17 |      |  |                |     |      |  |
| 5.      | DZIEDZIC Michał     | 09                  | UKS "ORKA" Lubañ               |                     |      |  | <b>4:50.19</b> | 583 | Q    |  |
|         | 50m: 28.88 28.88    | 150m: 1:40.52 38.20 | 250m: 3:00.43 42.14            | 350m: 4:17.41 33.54 |      |  |                |     |      |  |
|         | 100m: 1:02.32 33.44 | 200m: 2:18.29 37.77 | 300m: 3:43.87 43.44            | 400m: 4:50.19 32.78 |      |  |                |     |      |  |
| 6.      | MARYJOWSKI Marcin   | 09                  | WKS Śląsk                      |                     |      |  | <b>4:50.80</b> | 579 | Q    |  |
|         | 50m: 29.89 29.89    | 150m: 1:42.27 38.62 | 250m: 3:01.26 41.99            | 350m: 4:17.60 34.33 |      |  |                |     |      |  |
|         | 100m: 1:03.65 33.76 | 200m: 2:19.27 37.00 | 300m: 3:43.27 42.01            | 400m: 4:50.80 33.20 |      |  |                |     |      |  |
| 7.      | DEBSKI Antoni       | 09                  | KS KSZO Ostrowiec Św.          |                     |      |  | <b>4:52.52</b> | 569 | Q    |  |
|         | 50m: 29.50 29.50    | 150m: 1:41.19 38.03 | 250m: 3:00.83 42.21            | 350m: 4:19.51 34.55 |      |  |                |     |      |  |
|         | 100m: 1:03.16 33.66 | 200m: 2:18.62 37.43 | 300m: 3:44.96 44.13            | 400m: 4:52.52 33.01 |      |  |                |     |      |  |
| 8.      | GABOR Bruno         | 09                  | MKS Park Wodny Tarnowskie Góry |                     |      |  | <b>4:56.19</b> | 548 | Q    |  |
|         | 50m: 29.66 29.66    | 150m: 1:44.03 38.25 | 250m: 3:03.46 41.44            | 350m: 4:22.94 34.83 |      |  |                |     |      |  |
|         | 100m: 1:05.78 36.12 | 200m: 2:22.02 37.99 | 300m: 3:48.11 44.65            | 400m: 4:56.19 33.25 |      |  |                |     |      |  |
| 9.      | OGRODNIK Marcel     | 09                  | KS Delfin Gdynia               |                     |      |  | <b>4:57.80</b> | 539 | Q    |  |
|         | 50m: 30.08 30.08    | 150m: 1:45.85 40.51 | 250m: 3:06.40 42.06            | 350m: 4:24.30 35.27 |      |  |                |     |      |  |
|         | 100m: 1:05.34 35.26 | 200m: 2:24.34 38.49 | 300m: 3:49.03 42.63            | 400m: 4:57.80 33.50 |      |  |                |     |      |  |
| 10.     | ŁAWRYNOWICZ Kacper  | 09                  | MUKS "Piętnastka"              |                     |      |  | <b>4:59.64</b> | 530 | Q    |  |
|         | 50m: 30.40 30.40    | 150m: 1:47.22 40.80 | 250m: 3:07.05 40.28            | 350m: 4:25.57 36.40 |      |  |                |     |      |  |
|         | 100m: 1:06.42 36.02 | 200m: 2:26.77 39.55 | 300m: 3:49.17 42.12            | 400m: 4:59.64 34.07 |      |  |                |     |      |  |
| 11.     | MIZGALSKI Kacper    | 09                  | KS Posenania Poznań            |                     |      |  | <b>5:02.54</b> | 514 | R    |  |
|         | 50m: 30.81 30.81    | 150m: 1:47.23 40.40 | 250m: 3:09.26 42.34            | 350m: 4:29.33 36.80 |      |  |                |     |      |  |
|         | 100m: 1:06.83 36.02 | 200m: 2:26.92 39.69 | 300m: 3:52.53 43.27            | 400m: 5:02.54 33.21 |      |  |                |     |      |  |
| 12.     | DRELICH Mateusz     | 09                  | MKS Trójka Łódź                |                     |      |  | <b>5:04.89</b> | 503 | R    |  |
|         | 50m: 30.77 30.77    | 150m: 1:47.91 41.80 | 250m: 3:11.33 43.28            | 350m: 4:30.06 35.10 |      |  |                |     |      |  |
|         | 100m: 1:06.11 35.34 | 200m: 2:28.05 40.14 | 300m: 3:54.96 43.63            | 400m: 5:04.89 34.83 |      |  |                |     |      |  |
| 13.     | SKOLIK Jeremi       | 09                  | MKS Park Wodny Tarnowskie Góry |                     |      |  | <b>5:05.13</b> | 501 |      |  |
|         | 50m: 29.55 29.55    | 150m: 1:44.68 40.61 | 250m: 3:09.27 45.13            | 350m: 4:30.91 35.78 |      |  |                |     |      |  |
|         | 100m: 1:04.07 34.52 | 200m: 2:24.14 39.46 | 300m: 3:55.13 45.86            | 400m: 5:05.13 34.22 |      |  |                |     |      |  |
| 14.     | KOCIOŁEK Leon       | 09                  | UKS NIKA Sport Team Kraków     |                     |      |  | <b>5:10.01</b> | 478 |      |  |
|         | 50m: 31.40 31.40    | 150m: 1:48.88 41.48 | 250m: 3:13.63 44.64            | 350m: 4:35.74 37.08 |      |  |                |     |      |  |
|         | 100m: 1:07.40 36.00 | 200m: 2:28.99 40.11 | 300m: 3:58.66 45.03            | 400m: 5:10.01 34.27 |      |  |                |     |      |  |
| 15.     | GACHEWICZ Jan       | 09                  | MTKP Delfin Toruń              |                     |      |  | <b>5:17.17</b> | 446 |      |  |
|         | 50m: 31.82 31.82    | 150m: 1:55.06 43.74 | 250m: 3:19.60 43.40            | 350m: 4:41.25 37.19 |      |  |                |     |      |  |
|         | 100m: 1:11.32 39.50 | 200m: 2:36.20 41.14 | 300m: 4:04.06 44.46            | 400m: 5:17.17 35.92 |      |  |                |     |      |  |





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| Pozycja |                    |         |       | Rok ur. |                      |       |       |         |       | Czas  |         | Pkt.  |
|---------|--------------------|---------|-------|---------|----------------------|-------|-------|---------|-------|-------|---------|-------|
| 16.     | RADEK Paweł        |         |       | 09      | MOSM Tychy           |       |       |         |       |       | 5:18.47 | 441   |
|         | 50m:               | 31.41   | 31.41 | 150m:   | 1:52.78              | 44.32 | 250m: | 3:22.28 | 46.11 | 350m: | 4:44.57 | 35.91 |
|         | 100m:              | 1:08.46 | 37.05 | 200m:   | 2:36.17              | 43.39 | 300m: | 4:08.66 | 46.38 | 400m: | 5:18.47 | 33.90 |
| 17.     | KAPKA Adam         |         |       | 09      | KP NEPTUN Stargard   |       |       |         |       |       | 5:24.08 | 418   |
|         | 50m:               | 30.62   | 30.62 | 150m:   | 1:52.23              | 44.10 | 250m: | 3:21.67 | 46.77 | 350m: | 4:46.18 | 37.92 |
|         | 100m:              | 1:08.13 | 37.51 | 200m:   | 2:34.90              | 42.67 | 300m: | 4:08.26 | 46.59 | 400m: | 5:24.08 | 37.90 |
| 18.     | SMYKIEWICZ Mateusz |         |       | 09      | SKP Delfin Kozienice |       |       |         |       |       | 5:25.19 | 414   |
|         | 50m:               | 31.17   | 31.17 | 150m:   | 1:50.10              | 42.37 | 250m: | 3:19.19 | 47.08 | 350m: | 4:47.21 | 39.29 |
|         | 100m:              | 1:07.73 | 36.56 | 200m:   | 2:32.11              | 42.01 | 300m: | 4:07.92 | 48.73 | 400m: | 5:25.19 | 37.98 |

