

Ogólnopolskie Zawody Pływackie 14 Urodziny Term Maltańskich
Poznań, 11.10.2025

Konkurencja 14
2025.10.11 - 14:14

Mężczyzn, 400m dowolny

Open
Wyniki

Punkty: Rudolph Table 2025

Pozycja	Rok ur.										Czas	Pkt.
15 lat i starsi												
1.	LITOBORSKI Mikołaj			08	OŚ AZS w Poznaniu						3:54.86	17,6
	50m:	26.93	26.93	150m:	1:26.86	30.18	250m:	2:26.25	29.56	350m:	3:25.68	29.61
	100m:	56.68	29.75	200m:	1:56.69	29.83	300m:	2:56.07	29.82	400m:	3:54.86	29.18
2.	ZALEWSKI Jacek			06	OŚ AZS w Poznaniu						4:00.85	13,1
	50m:	27.09	27.09	150m:	1:27.13	30.26	250m:	2:27.50	30.07	350m:	3:30.15	31.47
	100m:	56.87	29.78	200m:	1:57.43	30.30	300m:	2:58.68	31.18	400m:	4:00.85	30.70
3.	NAWOJCZYK Michał			09	MKS Juvenia Wrocław						4:05.14	15,6
	50m:	28.32	28.32	150m:	1:30.74	31.59	250m:	2:33.17	31.10	350m:	3:35.49	31.12
	100m:	59.15	30.83	200m:	2:02.07	31.33	300m:	3:04.37	31.20	400m:	4:05.14	29.65
4.	DZIEDZIC Michał			09	UKS "ORKA" Lubań						4:06.42	15,3
	50m:	28.18	28.18	150m:	1:30.57	31.49	250m:	2:33.85	31.63	350m:	3:36.28	30.64
	100m:	59.08	30.90	200m:	2:02.22	31.65	300m:	3:05.64	31.79	400m:	4:06.42	30.14
5.	KRASOWSKI Szymon			06	OŚ AZS w Poznaniu						4:10.50	10,3
	50m:	28.10	28.10	150m:	1:30.79	31.76	250m:	2:34.46	31.96	350m:	3:38.60	32.01
	100m:	59.03	30.93	200m:	2:02.50	31.71	300m:	3:06.59	32.13	400m:	4:10.50	31.90
6.	MAKOWSKI Dominik			03	KS Warta Poznań						4:11.63	9,9
	50m:	28.87	28.87	150m:	1:32.81	31.96	250m:	2:37.43	32.37	350m:	3:40.79	31.52
	100m:	1:00.85	31.98	200m:	2:05.06	32.25	300m:	3:09.27	31.84	400m:	4:11.63	30.84
7.	KRZEŚNIAK Jakub			10	OŚ AZS w Poznaniu						4:13.30	14,7
	50m:	28.26	28.26	150m:	1:31.63	32.04	250m:	2:36.69	32.31	350m:	3:42.33	32.83
	100m:	59.59	31.33	200m:	2:04.38	32.75	300m:	3:09.50	32.81	400m:	4:13.30	30.97
8.	ANDRZEJCZAK Maciej			10	MUKP Korona-Swim Kielce						4:13.94	14,5
	50m:	28.39	28.39	150m:	1:32.33	32.31	250m:	2:36.57	31.57	350m:	3:42.02	32.56
	100m:	1:00.02	31.63	200m:	2:05.00	32.67	300m:	3:09.46	32.89	400m:	4:13.94	31.92
9.	KOSIAREK Mateusz			10	WKS Śląsk						4:19.11	13,1
	50m:	28.78	28.78	150m:	1:34.33	33.24	250m:	2:41.05	33.49	350m:	3:47.27	33.24
	100m:	1:01.09	32.31	200m:	2:07.56	33.23	300m:	3:14.03	32.98	400m:	4:19.11	31.84
10.	KRZYSIEK Oskar			10	MUKP Korona-Swim Kielce						4:19.15	13,1
	50m:	30.08	30.08	150m:	1:34.90	32.43	250m:	2:40.87	33.16	350m:	3:47.17	32.77
	100m:	1:02.47	32.39	200m:	2:07.71	32.81	300m:	3:14.40	33.53	400m:	4:19.15	31.98
11.	JANKIEWICZ Szymon			09	MKP Szczecin						4:20.67	11,3
	50m:	29.20	29.20	150m:	1:33.77	32.84	250m:	2:40.72	33.69	350m:	3:48.43	33.79
	100m:	1:00.93	31.73	200m:	2:07.03	33.26	300m:	3:14.64	33.92	400m:	4:20.67	32.24
12.	BARANOWSKI Alex			07	KS Poznań Poznań						4:23.86	8,4
	50m:	29.25	29.25	150m:	1:34.78	33.05	250m:	2:41.69	33.43	350m:	3:50.09	34.23
	100m:	1:01.73	32.48	200m:	2:08.26	33.48	300m:	3:15.86	34.17	400m:	4:23.86	33.77
13.	PALUSZKIEWICZ Jan			09	UPKS Wodnik Rawicz						4:25.84	9,8
	50m:	28.43	28.43	150m:	1:33.74	33.24	250m:	2:41.59	34.33	350m:	3:51.02	34.99
	100m:	1:00.50	32.07	200m:	2:07.26	33.52	300m:	3:16.03	34.44	400m:	4:25.84	34.82
14.	MOCNY Dariusz			10	OŚ AZS w Poznaniu						4:26.10	11,1
	50m:	30.37	30.37	150m:	1:36.41	33.59	250m:	2:44.38	34.10	350m:	3:53.44	34.40
	100m:	1:02.82	32.45	200m:	2:10.28	33.87	300m:	3:19.04	34.66	400m:	4:26.10	32.66
15.	PIETRZYK Mikołaj			10	MKP Astromal-Leszno						4:26.88	10,9
	50m:	28.74	28.74	150m:	1:34.31	33.30	250m:	2:43.29	34.93	350m:	3:53.20	34.78
	100m:	1:01.01	32.27	200m:	2:08.36	34.05	300m:	3:18.42	35.13	400m:	4:26.88	33.68
16.	WOJCIECHOWSKI Mateusz			07	KP Totis Viribus Świebodzin						4:26.90	7,6
	50m:	29.89	29.89	150m:	1:36.96	34.09	250m:	2:44.67	33.80	350m:	3:53.12	33.88
	100m:	1:02.87	32.98	200m:	2:10.87	33.91	300m:	3:19.24	34.57	400m:	4:26.90	33.78
17.	GRZESIK Michał			10	KP Totis Viribus Świebodzin						4:35.11	8,7
	50m:	30.03	30.03	150m:	1:39.78	35.36	250m:	2:50.85	35.81	350m:	4:00.60	34.16
	100m:	1:04.42	34.39	200m:	2:15.04	35.26	300m:	3:26.44	35.59	400m:	4:35.11	34.51

Ogólnopolskie Zawody Pływackie 14 Urodziny Term Maltańskich
Poznań, 11.10.2025

Konkurencja 14, Mężczyzn, 400m dowolny, 15 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
18.	PRZĄDKA Amadeusz		09	KP Totis Viribus Świebodzin				4:43.79	4,8
	50m: 30.09 30.09	150m: 1:39.98		36.39 250m: 2:54.32	36.95	350m: 4:08.52		37.54	
	100m: 1:03.59 33.50	200m: 2:17.37		37.39 300m: 3:30.98	36.66	400m: 4:43.79		35.27	
19.	ŚWITAŁA Franciszek		09	KP Totis Viribus Świebodzin				4:57.75	
	50m: 30.76 30.76	150m: 1:46.63		38.34 250m: 3:05.09	38.61	350m: 4:19.77		37.05	
	100m: 1:08.29 37.53	200m: 2:26.48		39.85 300m: 3:42.72	37.63	400m: 4:57.75		37.98	
20.	WAWRZYNIAK Kamil		08	KP Totis Viribus Świebodzin				5:02.39	
	50m: 30.43 30.43	150m: 1:43.53		37.98 250m: 3:02.26	39.68	350m: 4:22.40		39.83	
	100m: 1:05.55 35.12	200m: 2:22.58		39.05 300m: 3:42.57	40.31	400m: 5:02.39		39.99	
21.	RADZIEWICZ Marcin		10	Uks Cityzen				5:06.29	
	50m: 31.83 31.83	150m: 1:45.49		37.96 250m: 3:05.04	39.67	350m: 4:26.41		40.90	
	100m: 1:07.53 35.70	200m: 2:25.37		39.88 300m: 3:45.51	40.47	400m: 5:06.29		39.88	
22.	ZAJDEL Mikołaj		10	KP Totis Viribus Świebodzin				5:27.50	
	50m: 35.15 35.15	150m: 1:56.82		41.38 250m: 3:23.28	43.19	350m: 4:47.89		42.19	
	100m: 1:15.44 40.29	200m: 2:40.09		43.27 300m: 4:05.70	42.42	400m: 5:27.50		39.61	

12 - 14 lat

1.	MIZGAŁSKI Tymoteusz		11	OŚ AZS w Poznaniu				4:06.78	18,6
	50m: 28.67 28.67	150m: 1:30.93		31.40 250m: 2:34.09	31.76	350m: 3:36.77		31.12	
	100m: 59.53 30.86	200m: 2:02.33		31.40 300m: 3:05.65	31.56	400m: 4:06.78		30.01	
2.	DZIAMSKI Szymon		11	KS Warta Poznań				4:31.11	12,1
	50m: 30.59 30.59	150m: 1:39.25		34.77 250m: 2:48.79	35.05	350m: 3:57.49		34.22	
	100m: 1:04.48 33.89	200m: 2:13.74		34.49 300m: 3:23.27	34.48	400m: 4:31.11		33.62	
3.	KOWALCZYK Kamil		11	MKS Juvenia Wrocław				4:31.36	12,1
	50m: 29.49 29.49	150m: 1:37.67		34.52 250m: 2:47.97	35.50	350m: 3:58.34		35.16	
	100m: 1:03.15 33.66	200m: 2:12.47		34.80 300m: 3:23.18	35.21	400m: 4:31.36		33.02	
4.	NOWICKI Wiktor		11	KS Warta Poznań				4:36.18	10,8
	50m: 31.01 31.01	150m: 1:40.55		35.31 250m: 2:51.64	35.53	350m: 4:02.76		35.41	
	100m: 1:05.24 34.23	200m: 2:16.11		35.56 300m: 3:27.35	35.71	400m: 4:36.18		33.42	
5.	STEFANIAK Bartosz		11	KS Warta Poznań				4:45.13	8,4
	50m: 31.51 31.51	150m: 1:42.93		36.22 250m: 2:56.61	37.20	350m: 4:10.54		36.73	
	100m: 1:06.71 35.20	200m: 2:19.41		36.48 300m: 3:33.81	37.20	400m: 4:45.13		34.59	
6.	DUDA Marcel		12	MKP Astromal-Leszno				4:59.43	6,9
	50m: 32.61 32.61	150m: 1:47.46		38.44 250m: 3:04.97	38.58	350m: 4:23.25		38.82	
	100m: 1:09.02 36.41	200m: 2:26.39		38.93 300m: 3:44.43	39.46	400m: 4:59.43		36.18	
7.	ZDUNEK Maksymilian		13	KS „HARPUN” Osiecznica				5:03.09	8,7
	50m: 33.63 33.63	150m: 1:51.12		39.26 250m: 3:09.82	39.38	350m: 4:26.19		37.94	
	100m: 1:11.86 38.23	200m: 2:30.44		39.32 300m: 3:48.25	38.43	400m: 5:03.09		36.90	
8.	SERHIIENKO Yevhenij		11	MKS Juvenia Wrocław				5:12.76	
	50m: 33.49 33.49	150m: 1:52.90		40.55 250m: 3:14.16	40.91	350m: 4:35.88		40.79	
	100m: 1:12.35 38.86	200m: 2:33.25		40.35 300m: 3:55.09	40.93	400m: 5:12.76		36.88	
9.	STASIAK Maksymilian		11	MKS Juvenia Wrocław				5:16.87	
	50m: 33.91 33.91	150m: 1:54.17		40.98 250m: 3:16.68	41.43	350m: 4:38.27		40.99	
	100m: 1:13.19 39.28	200m: 2:35.25		41.08 300m: 3:57.28	40.60	400m: 5:16.87		38.60	
10.	PAWŁOWICZ Filip		11	Sp "Żagańskie Boberki"				5:18.48	
	50m: 34.94 34.94	150m: 1:54.28		40.35 250m: 3:17.37	41.99	350m: 4:39.45		40.40	
	100m: 1:13.93 38.99	200m: 2:35.38		41.10 300m: 3:59.05	41.68	400m: 5:18.48		39.03	
11.	SZMAJDA Leonard		12	KS Warta Poznań				5:20.39	1,4
	50m: 36.47 36.47	150m: 1:57.90		41.02 250m: 3:20.13	40.83	350m: 4:40.73		40.41	
	100m: 1:16.88 40.41	200m: 2:39.30		41.40 300m: 4:00.32	40.19	400m: 5:20.39		39.66	
12.	SADKOWSKI Kacper		13	KP Totis Viribus Świebodzin				5:25.67	3,1
	50m: 34.36 34.36	150m: 1:57.12		41.52 250m: 3:20.87	42.11	350m: 4:45.47		42.45	
	100m: 1:15.60 41.24	200m: 2:38.76		41.64 300m: 4:03.02	42.15	400m: 5:25.67		40.20	

Ogólnopolskie Zawody Pływackie 14 Urodziny Term Maltańskich
Poznań, 11.10.2025

Konkurencja 14, Chłopców, 400m dowolny, 12 - 14 lat

Pozycja				Rok ur.							Czas	Pkt.
13.	MARULSKI Sebastian			12	UKS Fala Swarzędz						5:26.49	
	50m:	35.50	35.50	150m:	1:56.81	41.32	250m:	3:21.97	42.68	350m:	4:46.76	41.39
	100m:	1:15.49	39.99	200m:	2:39.29	42.48	300m:	4:05.37	43.40	400m:	5:26.49	39.73
14.	MAROZ Aliksandr			13	MKS Juvenia Wrocław						5:28.25	2,4
	50m:	36.11	36.11	150m:	1:59.86	42.16	250m:	3:22.90	41.82	350m:	4:47.29	41.87
	100m:	1:17.70	41.59	200m:	2:41.08	41.22	300m:	4:05.42	42.52	400m:	5:28.25	40.96
15.	ŚWIDEREK Kacper			12	UKS Fala Swarzędz						5:32.19	
	50m:	36.39	36.39	150m:	1:59.92	42.45	250m:	3:26.19	43.47	350m:	4:52.55	43.22
	100m:	1:17.47	41.08	200m:	2:42.72	42.80	300m:	4:09.33	43.14	400m:	5:32.19	39.64
16.	PALUSZKIEWICZ Grzegorz			11	UPKS Wodnik Rawicz						5:36.56	
	50m:	35.95	35.95	150m:	1:57.39	41.52	250m:	3:24.58	43.41	350m:	4:52.82	43.57
	100m:	1:15.87	39.92	200m:	2:41.17	43.78	300m:	4:09.25	44.67	400m:	5:36.56	43.74
17.	LUBIENIECKI Hubert			13	KP Totis Viribus Świebodzin						5:37.22	
	50m:	36.35	36.35	150m:	2:01.95	43.20	250m:	3:29.14	42.97	350m:	4:56.82	42.61
	100m:	1:18.75	42.40	200m:	2:46.17	44.22	300m:	4:14.21	45.07	400m:	5:37.22	40.40
18.	ZIĘCINA Błażej			13	MKS Juvenia Wrocław						5:37.42	
	50m:	37.41	37.41	150m:	2:02.95	43.19	250m:	3:31.01	43.73	350m:	4:56.79	42.30
	100m:	1:19.76	42.35	200m:	2:47.28	44.33	300m:	4:14.49	43.48	400m:	5:37.42	40.63
19.	WOJTERA Krzysztof			12	WKS Śląsk						5:40.25	
	50m:	39.54	39.54	150m:	2:05.47	43.47	250m:	3:33.07	43.24	350m:	4:59.53	42.48
	100m:	1:22.00	42.46	200m:	2:49.83	44.36	300m:	4:17.05	43.98	400m:	5:40.25	40.72
20.	LESIŃSKI Michał			11	Aquapark Strzelin						5:57.91	
	50m:	34.84	34.84	150m:	2:03.51	46.72	250m:	3:37.66	46.90	350m:	5:13.43	47.88
	100m:	1:16.79	41.95	200m:	2:50.76	47.25	300m:	4:25.55	47.89	400m:	5:57.91	44.48

11 lat i młodszy

1.	CHEŁMICKI Artur			15	UKS Fala Swarzędz						5:54.40	7,1
	50m:	39.44	39.44	150m:	2:11.89	46.87	250m:	3:45.15	46.20	350m:	5:14.26	44.55
	100m:	1:25.02	45.58	200m:	2:58.95	47.06	300m:	4:29.71	44.56	400m:	5:54.40	40.14