

Ogólnopolskie Zawody Pływackie 14 Urodziny Term Maltańskich
Poznań, 11.10.2025

Konkurencja 24
2025.10.11 - 16:32

Mężczyzn, 400m zmienny

Open
Wyniki

Punkty: Rudolph Table 2025

Pozycja	Rok ur.										Czas	Pkt.
15 lat i starsi												
1.	OKOŃ Jakub			07	MKS Juvenia Wrocław						4:31.15	15,4
	50m:	29.42	29.42	150m:	1:37.91	34.28	250m:	2:50.26	38.23	350m:	4:00.55	31.20
	100m:	1:03.63	34.21	200m:	2:12.03	34.12	300m:	3:29.35	39.09	400m:	4:31.15	30.60
2.	LUTOMSKI Jan			10	OŚ AZS w Poznaniu						4:45.18	15,1
	50m:	31.14	31.14	150m:	1:45.42	37.73	250m:	3:01.78	40.29	350m:	4:14.69	32.28
	100m:	1:07.69	36.55	200m:	2:21.49	36.07	300m:	3:42.41	40.63	400m:	4:45.18	30.49
3.	ANDZIŃSKI Szymon			08	Toruński MKS CHAMPIONS						5:01.13	8,6
	50m:	31.48	31.48	150m:	1:46.15	38.66	250m:	3:07.00	43.13	350m:	4:26.42	36.15
	100m:	1:07.49	36.01	200m:	2:23.87	37.72	300m:	3:50.27	43.27	400m:	5:01.13	34.71
4.	PALMI-KUKIEŁKO Mieszko			93	Stowarzyszenie Pływackie Masters Olsz						5:07.02	4,5
	50m:	30.00	30.00	150m:	1:44.86	39.33	250m:	3:09.45	45.17	350m:	4:31.43	35.89
	100m:	1:05.53	35.53	200m:	2:24.28	39.42	300m:	3:55.54	46.09	400m:	5:07.02	35.59
12 - 14 lat												
1.	PRĘDKI Karol			12	Toruński MKS CHAMPIONS						5:02.10	14,8
	50m:	31.66	31.66	150m:	1:47.78	39.28	250m:	3:09.53	42.66	350m:	4:29.26	36.54
	100m:	1:08.50	36.84	200m:	2:26.87	39.09	300m:	3:52.72	43.19	400m:	5:02.10	32.84
2.	MORYTO Filip			12	UKS "ORKA" Lubań						5:10.86	12,8
	50m:	31.74	31.74	150m:	1:51.22	41.99	250m:	3:16.96	45.68	350m:	4:37.29	34.50
	100m:	1:09.23	37.49	200m:	2:31.28	40.06	300m:	4:02.79	45.83	400m:	5:10.86	33.57
3.	JADCZAK Wojciech			11	DOKiS SP Vega Dobrodzień						5:13.60	10,0
	50m:	32.23	32.23	150m:	1:51.15	41.04	250m:	3:17.50	46.50	350m:	4:39.54	35.33
	100m:	1:10.11	37.88	200m:	2:31.00	39.85	300m:	4:04.21	46.71	400m:	5:13.60	34.06
4.	ZIEMBICKI Borys			11	MKS Juvenia Wrocław						5:13.72	10,0
	50m:	33.13	33.13	150m:	1:53.53	39.99	250m:	3:17.25	44.23	350m:	4:38.44	36.86
	100m:	1:13.54	40.41	200m:	2:33.02	39.49	300m:	4:01.58	44.33	400m:	5:13.72	35.28
5.	NOWICKI Wiktor			11	KS Warta Poznań						5:14.27	9,9
	50m:	32.84	32.84	150m:	1:54.63	43.00	250m:	3:20.36	43.62	350m:	4:40.78	35.60
	100m:	1:11.63	38.79	200m:	2:36.74	42.11	300m:	4:05.18	44.82	400m:	5:14.27	33.49
6.	SPOTT Szymon			11	DOKiS SP Vega Dobrodzień						5:21.04	8,3
	50m:	33.57	33.57	150m:	1:58.40	44.63	250m:	3:23.72	41.49	350m:	4:45.23	38.73
	100m:	1:13.77	40.20	200m:	2:42.23	43.83	300m:	4:06.50	42.78	400m:	5:21.04	35.81
7.	SZALAŚT Piotr			11	MKS Juvenia Wrocław						5:25.09	7,3
	50m:	32.07	32.07	150m:	1:55.66	45.33	250m:	3:25.48	45.73	350m:	4:49.72	38.12
	100m:	1:10.33	38.26	200m:	2:39.75	44.09	300m:	4:11.60	46.12	400m:	5:25.09	35.37
8.	MIKOŁAJCZYK Franciszek			12	Uks Cityzen						5:45.91	4,7
	50m:	36.91	36.91	150m:	2:06.04	43.88	250m:	3:39.19	48.75	350m:	5:08.69	38.95
	100m:	1:22.16	45.25	200m:	2:50.44	44.40	300m:	4:29.74	50.55	400m:	5:45.91	37.22