

Konkurencja 12
2025.11.21 - 16:16

Mężczyzn, 400m dowolny

12 lat i starsi
Wyniki

Punkty: AQUA 2025

Pozycja	Rok ur.										Czas	Pkt.
19 lat i starsi												
1.	GŁUSZKOWSKI Mateusz			01	Uks Cityzen						4:08.35	624
	50m:	27.12	27.12	150m:	1:29.05	31.31	250m:	2:31.09	30.20	350m:	3:35.48	32.40
	100m:	57.74	30.62	200m:	2:00.89	31.84	300m:	3:03.08	31.99	400m:	4:08.35	32.87
2.	KRASOWSKI Szymon			06	OŚ AZS w Poznaniu						4:08.97	619
	50m:	27.79	27.79	150m:	1:29.67	31.04	250m:	2:33.22	31.62	350m:	3:37.61	32.36
	100m:	58.63	30.84	200m:	2:01.60	31.93	300m:	3:05.25	32.03	400m:	4:08.97	31.36
16 - 18 lat												
1.	BĄCZYK Maciej			08	KS Posenania Poznań						4:15.95	570
	50m:	27.84	27.84	150m:	1:32.39	32.60	250m:	2:38.16	32.93	350m:	3:44.31	33.05
	100m:	59.79	31.95	200m:	2:05.23	32.84	300m:	3:11.26	33.10	400m:	4:15.95	31.64
2.	BARANOWSKI Alex			07	KS Posenania Poznań						4:20.01	543
	50m:	28.36	28.36	150m:	1:31.98	32.28	250m:	2:38.98	33.70	350m:	3:46.62	33.72
	100m:	59.70	31.34	200m:	2:05.28	33.30	300m:	3:12.90	33.92	400m:	4:20.01	33.39
3.	KWIASOWSKI Jakub			07	Kaliski KS „Włóknierz" 1925 Kalisz						4:27.12	501
	50m:	30.12	30.12	150m:	1:36.95	33.67	250m:	2:45.25	34.19	350m:	3:53.70	34.04
	100m:	1:03.28	33.16	200m:	2:11.06	34.11	300m:	3:19.66	34.41	400m:	4:27.12	33.42
4.	MALENDOWSKI Olivier			09	KS Posenania Poznań						4:39.41	438
	50m:	29.94	29.94	150m:	1:40.69	35.92	250m:	2:53.30	35.86	350m:	4:04.17	35.24
	100m:	1:04.77	34.83	200m:	2:17.44	36.75	300m:	3:28.93	35.63	400m:	4:39.41	35.24
5.	RUDOWICZ Bartłomiej			08	UKS Maratończyk Ostrów Wlkp.						4:48.16	399
	50m:	32.15	32.15	150m:	1:43.87	36.22	250m:	2:57.50	36.86	350m:	4:11.83	37.28
	100m:	1:07.65	35.50	200m:	2:20.64	36.77	300m:	3:34.55	37.05	400m:	4:48.16	36.33
6.	SZWAST Mateusz			09	KS Posenania Poznań						4:49.92	392
	50m:	30.63	30.63	150m:	1:41.86	36.35	250m:	2:56.75	37.63	350m:	4:12.58	37.78
	100m:	1:05.51	34.88	200m:	2:19.12	37.26	300m:	3:34.80	38.05	400m:	4:49.92	37.34
14 - 15 lat												
1.	KRZEŚNIAK Jakub			10	OŚ AZS w Poznaniu						4:10.16	610
	50m:	27.88	27.88	150m:	1:30.44	31.60	250m:	2:34.10	31.85	350m:	3:38.72	32.54
	100m:	58.84	30.96	200m:	2:02.25	31.81	300m:	3:06.18	32.08	400m:	4:10.16	31.44
2.	SZYMAŃSKI Jakub			11	KS Warta Poznań						4:28.93	491
	50m:	31.48	31.48	150m:	1:39.16	33.78	250m:	2:47.73	34.09	350m:	3:55.72	33.65
	100m:	1:05.38	33.90	200m:	2:13.64	34.48	300m:	3:22.07	34.34	400m:	4:28.93	33.21
3.	NOWAK Adam			10	KU AZS UAM Poznań						4:30.17	484
	50m:	28.92	28.92	150m:	1:36.02	34.26	250m:	2:46.18	35.24	350m:	3:56.73	35.36
	100m:	1:01.76	32.84	200m:	2:10.94	34.92	300m:	3:21.37	35.19	400m:	4:30.17	33.44
4.	DZIAMSKI Szymon			11	KS Warta Poznań						4:30.73	481
	50m:	30.81	30.81	150m:	1:38.92	34.20	250m:	2:48.65	34.84	350m:	3:57.66	34.42
	100m:	1:04.72	33.91	200m:	2:13.81	34.89	300m:	3:23.24	34.59	400m:	4:30.73	33.07
5.	NOWICKI Wiktor			11	KS Warta Poznań						4:32.49	472
	50m:	30.79	30.79	150m:	1:39.37	34.36	250m:	2:49.48	34.98	350m:	3:59.15	34.83
	100m:	1:05.01	34.22	200m:	2:14.50	35.13	300m:	3:24.32	34.84	400m:	4:32.49	33.34
6.	KRZYWANIA Iwo			11	KS Warta Poznań						4:37.44	447
	50m:	30.73	30.73	150m:	1:40.76	35.45	250m:	2:52.73	36.02	350m:	4:04.07	35.83
	100m:	1:05.31	34.58	200m:	2:16.71	35.95	300m:	3:28.24	35.51	400m:	4:37.44	33.37
7.	HEBROWSKI Łukasz			11	KS Warta Poznań						4:41.64	428
	50m:	31.53	31.53	150m:	1:40.45	34.67	250m:	2:51.72	35.81	350m:	4:05.68	36.99
	100m:	1:05.78	34.25	200m:	2:15.91	35.46	300m:	3:28.69	36.97	400m:	4:41.64	35.96

Poznań, 21. - 22.11.2025

Konkurencja 12, Chłopców, 400m dowolny, 14 - 15 lat

Pozycja	Rok ur.								Czas		Pkt.	
8.	STEFANIAK Bartosz			11	KS Warta Poznań					4:41.91	426	
	50m:	31.79	31.79	150m:	1:43.02	35.99	250m:	2:55.74	36.64	350m:	4:07.52	35.78
	100m:	1:07.03	35.24	200m:	2:19.10	36.08	300m:	3:31.74	36.00	400m:	4:41.91	34.39
9.	MAŁECKI Adam			11	KS Warta Poznań					4:45.53	410	
	50m:	31.80	31.80	150m:	1:43.09	35.88	250m:	2:56.15	36.59	350m:	4:10.65	37.58
	100m:	1:07.21	35.41	200m:	2:19.56	36.47	300m:	3:33.07	36.92	400m:	4:45.53	34.88
10.	MATUSZAK Antoni			11	Kaliski KS „Włókniarz” 1925 Kalisz					4:52.82	380	
	50m:	31.29	31.29	150m:	1:46.44	38.76	250m:	3:01.99	37.71	350m:	4:18.07	38.12
	100m:	1:07.68	36.39	200m:	2:24.28	37.84	300m:	3:39.95	37.96	400m:	4:52.82	34.75
11.	KROWICKI Stefan			11	KS Posenania Poznań					5:07.27	329	
	50m:	32.73	32.73	150m:	1:49.37	38.95	250m:	3:09.42	40.34	350m:	4:30.89	40.46
	100m:	1:10.42	37.69	200m:	2:29.08	39.71	300m:	3:50.43	41.01	400m:	5:07.27	36.38
12.	PALUSZKIEWICZ Grzegorz			11	UPKS Wodnik Rawicz					5:18.81	295	
	50m:	34.83	34.83	150m:	1:55.63	41.16	250m:	3:18.42	41.43	350m:	4:40.57	41.27
	100m:	1:14.47	39.64	200m:	2:36.99	41.36	300m:	3:59.30	40.88	400m:	5:18.81	38.24
13.	PUCHALSKI Kacper			11	UKS Maratończyk Ostrów Wlkp.					5:23.11	283	
	50m:	33.15	33.15	150m:	1:52.63	40.78	250m:	3:17.18	42.76	350m:	4:42.85	42.77
	100m:	1:11.85	38.70	200m:	2:34.42	41.79	300m:	4:00.08	42.90	400m:	5:23.11	40.26
14.	JĘDRZEJEWSKI Jeremi			11	KS Posenania Poznań					5:23.52	282	
	50m:	33.02	33.02	150m:	1:52.13	41.35	250m:	3:15.85	42.62	350m:	4:41.97	43.13
	100m:	1:10.78	37.76	200m:	2:33.23	41.10	300m:	3:58.84	42.99	400m:	5:23.52	41.55

12 - 13 lat

1. OKUPNIAREK Oliwier	12	KTP Iskra Konin				4:34.79		460
50m: 30.19 30.19	150m: 1:39.73 35.57	250m: 2:51.11 35.64	350m: 4:01.15 35.09					
100m: 1:04.16 33.97	200m: 2:15.47 35.74	300m: 3:26.06 34.95	400m: 4:34.79 33.64					
2. FAFEREK Filip	13	MUKS "TUREKin pływa"				4:36.51		452
50m: 31.16 31.16	150m: 1:41.55 35.75	250m: 2:52.26 35.21	350m: 4:02.62 35.28					
100m: 1:05.80 34.64	200m: 2:17.05 35.50	300m: 3:27.34 35.08	400m: 4:36.51 33.89					
3. MIZERSKI Antoni	12	Niagara Jedyńka Wolsztyn				4:42.05		426
50m: 30.60 30.60	150m: 1:42.14 36.30	250m: 2:55.19 36.81	350m: 4:06.85 35.53					
100m: 1:05.84 35.24	200m: 2:18.38 36.24	300m: 3:31.32 36.13	400m: 4:42.05 35.20					
4. BORYSOW Borys	12	KS Warta Poznań				4:45.56		410
50m: 32.38 32.38	150m: 1:44.89 36.37	250m: 2:58.91 37.29	350m: 4:12.23 36.55					
100m: 1:08.52 36.14	200m: 2:21.62 36.73	300m: 3:35.68 36.77	400m: 4:45.56 33.33					
5. DUDA Marcel	12	MKP Astromal-Leszno				4:45.93		409
50m: 31.97 31.97	150m: 1:45.79 37.62	250m: 3:00.79 37.54	350m: 4:13.29 35.90					
100m: 1:08.17 36.20	200m: 2:23.25 37.46	300m: 3:37.39 36.60	400m: 4:45.93 32.64					
6. SZWAST Marcin	12	MUKS „HURAGAN” Koło				4:58.34		360
50m: 32.37 32.37	150m: 1:46.46 37.74	250m: 3:03.96 38.81	350m: 4:20.63 38.21					
100m: 1:08.72 36.35	200m: 2:25.15 38.69	300m: 3:42.42 38.46	400m: 4:58.34 37.71					
7. SZMAJDA Leonard	12	KS Warta Poznań				5:05.12		336
50m: 35.38 35.38	150m: 1:53.61 39.22	250m: 3:11.65 38.55	350m: 4:28.44 38.28					
100m: 1:14.39 39.01	200m: 2:33.10 39.49	300m: 3:50.16 38.51	400m: 5:05.12 36.68					
8. SZAFRAŃSKI Dominik	12	KS Warta Poznań				5:11.10		317
50m: 33.51 33.51	150m: 1:51.88 40.19	250m: 3:11.65 39.95	350m: 4:31.07 39.38					
100m: 1:11.69 38.18	200m: 2:31.70 39.82	300m: 3:51.69 40.04	400m: 5:11.10 40.03					
9. LEWICKI Bartłomiej	13	UKS "Dwójka" w Obornikach				5:16.36		301
50m: 35.19 35.19	150m: 1:56.05 40.86	250m: 3:18.14 40.81	350m: 4:38.41 39.85					
100m: 1:15.19 40.00	200m: 2:37.33 41.28	300m: 3:58.56 40.42	400m: 5:16.36 37.95					
10. CUDZIŁO Michał	12	KS Posenania Poznań				5:21.19		288
50m: 35.30 35.30	150m: 1:55.60 40.72	250m: 3:19.82 42.04	350m: 4:43.56 41.43					
100m: 1:14.88 39.58	200m: 2:37.78 42.18	300m: 4:02.13 42.31	400m: 5:21.19 37.63					

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

Pozycja	Rok ur.								Czas	Pkt.
11. ZIEGLER Bartosz	12 MKP Astromal-Leszno								5:37.32	249
50m: 36.18 36.18	150m: 2:03.41 44.62	250m: 3:31.55 44.14	350m: 4:58.28 43.83							
100m: 1:18.79 42.61	200m: 2:47.41 44.00	300m: 4:14.45 42.90	400m: 5:37.32 39.04							
12. JUSZKIEWICZ-ZAPATA Piotr	12 KS Posenania Poznań								5:46.31	230
50m: 38.80 38.80	150m: 2:06.45 45.04	250m: 4:20.83 44.83	350m: 5:46.31 41.37							
100m: 1:21.41 42.61	200m: 3:36.00 1:29.55	300m: 5:04.94 44.11	400m: 5:46.31							
13. PAŁCZYŃSKI Jakub	13 KS Lusovia Lusowo								6:23.39	169
50m: 40.11 40.11	150m: 2:19.83 51.83	250m: 4:01.30 50.48	350m: 5:41.67 49.47							
100m: 1:28.00 47.89	200m: 3:10.82 50.99	300m: 4:52.20 50.90	400m: 6:23.39 41.72							
14. KUREK Franciszek	12 KS Posenania Poznań								6:35.52	154
50m: 40.93 40.93	150m: 2:22.51 51.35	250m: 4:04.45 51.05	350m: 5:49.04 51.49							
100m: 1:31.16 50.23	200m: 3:13.40 50.89	300m: 4:57.55 53.10	400m: 6:35.52 46.48							
15. WAWRZYNIAK Łukasz	12 KS Lusovia Lusowo								6:49.99	138
50m: 43.99 43.99	150m: 2:28.26 51.99	250m: 4:15.88 53.78	350m: 6:01.98 52.86							
100m: 1:36.27 52.28	200m: 3:22.10 53.84	300m: 5:09.12 53.24	400m: 6:49.99 48.01							