

Gor ce ciganie na Termach Malta skich
Pozna , 11.4.2026

Konkurencja 22
2026.04.11 - 17:50

M czyzn, 400m zmienny

14 lat i starsi
Wyniki

Punkty: AQUA 2025

Pozycja			Rok ur.					Czas	Pkt.
18 lat i starsi									
1.	OKO	Jakub	07	MKS Juvenia Wrocław				4:43.44	626
	50m:	27.58	27.58	150m:	1:36.74	36.49	250m:	2:55.79	42.87
	100m:	1:00.25	32.67	200m:	2:12.92	36.18	300m:	3:38.04	42.25
							350m:	4:10.78	32.74
							400m:	4:43.44	32.66
2.	BALCEROWICZ	Ryszard	08	UKS abianka Gda sk				5:03.27	511
	50m:	31.25	31.25	150m:	1:46.42	39.22	250m:	3:08.35	42.53
	100m:	1:07.20	35.95	200m:	2:25.82	39.40	300m:	3:52.13	43.78
							350m:	4:27.77	35.64
							400m:	5:03.27	35.50
16 - 17 lat									
1.	LUTOMSKI	Jan	10	O AZS w Poznaniu				4:48.71	592
	50m:	30.44	30.44	150m:	1:44.41	38.72	250m:	3:02.09	40.55
	100m:	1:05.69	35.25	200m:	2:21.54	37.13	300m:	3:43.32	41.23
							350m:	4:17.02	33.70
							400m:	4:48.71	31.69
2.	JANKOWSKI	Jacek	09	MKP Szczecin				4:50.84	579
	50m:	30.03	30.03	150m:	1:43.78	37.33	250m:	3:01.28	40.76
	100m:	1:06.45	36.42	200m:	2:20.52	36.74	300m:	3:43.18	41.90
							350m:	4:17.99	34.81
							400m:	4:50.84	32.85
3.	W SI SKI	Dominik	10	Mokotowski UKP Warszawianka- Wodny				5:15.01	456
	50m:	31.67	31.67	150m:	1:48.63	39.49	250m:	3:13.08	46.30
	100m:	1:09.14	37.47	200m:	2:26.78	38.15	300m:	3:59.66	46.58
							350m:	4:38.16	38.50
							400m:	5:15.01	36.85
15 lat									
1.	GOLON	Leon	11	IKS Konstancin				5:10.25	477
	50m:	30.67	30.67	150m:	1:48.44	41.16	250m:	3:15.23	46.58
	100m:	1:07.28	36.61	200m:	2:28.65	40.21	300m:	4:01.55	46.32
							350m:	4:36.73	35.18
							400m:	5:10.25	33.52
2.	MATYLLA	Michał	11	Stowarzyszenie UKS Siódemka Sopot				5:33.79	383
	50m:	34.28	34.28	150m:	1:59.67	44.41	250m:	3:30.15	46.85
	100m:	1:15.26	40.98	200m:	2:43.30	43.63	300m:	4:18.28	48.13
							350m:	4:57.50	39.22
							400m:	5:33.79	36.29
14 lat									
1.	OGÓREK	Mariusz	12	MKP Szczecin				5:05.79	498
	50m:	31.52	31.52	150m:	1:49.85	41.34	250m:	3:11.61	42.97
	100m:	1:08.51	36.99	200m:	2:28.64	38.79	300m:	3:55.61	44.00
							350m:	4:31.38	35.77
							400m:	5:05.79	34.41
2.	BIEGALSKI	Grzegorz	12	UKS Siódemka Gdynia				5:27.05	407
	50m:	34.85	34.85	150m:	1:59.21	41.13	250m:	3:25.54	46.93
	100m:	1:18.08	43.23	200m:	2:38.61	39.40	300m:	4:11.08	45.54
							350m:	4:50.61	39.53
							400m:	5:27.05	36.44
3.	DETTOMA	Igor	12	UKS "Olimp" Gorzów Wlkp.				6:19.04	261
	50m:	39.97	39.97	150m:	2:22.21	51.99	250m:	4:04.81	53.30
	100m:	1:30.22	50.25	200m:	3:11.51	49.30	300m:	4:58.79	53.98
							350m:	5:39.88	41.09
							400m:	6:19.04	39.16
4.	FRONTCZAK	Stanisław	12	UKS "Olimp" Gorzów Wlkp.				6:47.17	211
	50m:	45.49	45.49	150m:	2:30.90	51.92	250m:	4:19.65	58.28
	100m:	1:38.98	53.49	200m:	3:21.37	50.47	300m:	5:19.50	59.85
							350m:	6:02.59	43.09
							400m:	6:47.17	44.58