

Ogólnopolskie Zawody Pływackie Poprawiamy Rekordy na Termach  
Pozna , 16.5.2026

Konkurencja 18  
2026.05.16 - 14:48

M czyzn, 400m dowolny

13 lat i starsi  
Wyniki

Punkty: Rudolph Table 2025

Pozycja			Rok ur.					Czas	Pkt.
<b>16 lat i starsi</b>									
1.	ZALEWSKI	Jacek	06	O	AZS w Poznaniu		<b>4:09.34</b>	10,6	
	50m:	28.93	28.93	150m:	1:32.52	31.66	250m:	2:35.77	31.33
	100m:	1:00.86	31.93	200m:	2:04.44	31.92	300m:	3:07.78	32.01
				350m:	3:39.12		400m:	4:09.34	30.22
2.	LUTOMSKI	Jan	10	O	AZS w Poznaniu		<b>4:16.86</b>	12,3	
	50m:	29.64	29.64	150m:	1:34.51	32.54	250m:	2:39.88	32.47
	100m:	1:01.97	32.33	200m:	2:07.41	32.90	300m:	3:13.08	33.20
				350m:	3:45.65		400m:	4:16.86	31.21
3.	KRZE NIAK	Jakub	10	O	AZS w Poznaniu		<b>4:18.94</b>	11,8	
	50m:	29.11	29.11	150m:	1:33.04	32.36	250m:	2:39.29	33.49
	100m:	1:00.68	31.57	200m:	2:05.80	32.76	300m:	3:12.37	33.08
				350m:	3:46.32		400m:	4:18.94	32.62
4.	KRASOWSKI	Szymon	06	O	AZS w Poznaniu		<b>4:24.90</b>	6,0	
	50m:	29.45	29.45	150m:	1:34.10	32.37	250m:	2:40.45	33.15
	100m:	1:01.73	32.28	200m:	2:07.30	33.20	300m:	3:14.65	34.20
				350m:	3:49.71		400m:	4:24.90	35.19
5.	TOMCZYK	Jan	07	SSP	„Orka” Iława		<b>4:35.32</b>	2,9	
	50m:	29.34	29.34	150m:	1:37.58	34.79	250m:	2:49.50	36.23
	100m:	1:02.79	33.45	200m:	2:13.27	35.69	300m:	3:25.48	35.98
				350m:	4:00.94		400m:	4:35.32	34.38
6.	MOCNY	Dariusz	10	O	AZS w Poznaniu		<b>4:35.33</b>	7,1	
	50m:	31.52	31.52	150m:	1:40.11	34.29	250m:	2:50.12	35.03
	100m:	1:05.82	34.30	200m:	2:15.09	34.98	300m:	3:25.33	35.21
				350m:	4:00.83		400m:	4:35.33	34.50
7.	SOBCZY SKI	Mikołaj	10	ORKA	Szamotuły		<b>4:58.34</b>		
	50m:	30.20	30.20	150m:	1:42.75	37.12	250m:	3:01.23	39.67
	100m:	1:05.63	35.43	200m:	2:21.56	38.81	300m:	3:42.08	40.85
				350m:	4:20.91		400m:	4:58.34	37.43
8.	RADZIEWICZ	Marcin	10	UKS	Cityzen		<b>5:16.28</b>		
	50m:	33.16	33.16	150m:	1:51.69	40.28	250m:	3:12.70	41.47
	100m:	1:11.41	38.25	200m:	2:31.23	39.54	300m:	3:53.87	41.17
				350m:	4:35.24		400m:	5:16.28	41.04
9.	WACHOWSKI	Bła ej	80	KS	Warta Pozna		<b>5:22.97</b>		
	50m:	37.11	37.11	150m:	2:01.01	42.27	250m:	3:24.60	41.68
	100m:	1:18.74	41.63	200m:	2:42.92	41.91	300m:	4:05.11	40.51
				350m:	4:45.24		400m:	5:22.97	37.73
10.	K DZIOR	Mateusz	73	KS	Warta Pozna		<b>6:15.77</b>		
	50m:	39.98	39.98	150m:	2:11.93	47.18	250m:	3:48.18	48.30
	100m:	1:24.75	44.77	200m:	2:59.88	47.95	300m:	4:37.09	48.91
				350m:	5:27.74		400m:	6:15.77	48.03
<b>13 - 15 lat</b>									
1.	DZIAMSKI	Szymon	11	KS	Warta Pozna		<b>4:41.28</b>	7,0	
	50m:	31.83	31.83	150m:	1:42.66	35.46	250m:	2:55.31	36.50
	100m:	1:07.20	35.37	200m:	2:18.81	36.15	300m:	3:31.64	36.33
				350m:	4:06.93		400m:	4:41.28	34.35
2.	DUDA	Marcel	12	MKP	Astromal-Leszno		<b>4:44.73</b>	8,5	
	50m:	31.48	31.48	150m:	1:42.13	36.19	250m:	2:56.53	37.68
	100m:	1:05.94	34.46	200m:	2:18.85	36.72	300m:	3:33.68	37.15
				350m:	4:10.29		400m:	4:44.73	34.44
3.	OKUPNIAREK	Oliwier	12	KTP	Iskra Konin		<b>4:47.59</b>	7,7	
	50m:	32.00	32.00	150m:	1:44.22	37.34	250m:	2:58.65	37.66
	100m:	1:06.88	34.88	200m:	2:20.99	36.77	300m:	3:34.95	36.30
				350m:	4:11.99		400m:	4:47.59	35.60
4.	RUPI SKI	Filip	11	UKS	Nawa Skierniewice		<b>4:59.34</b>	2,0	
	50m:	33.44	33.44	150m:	1:49.21	38.39	250m:	3:06.33	38.70
	100m:	1:10.82	37.38	200m:	2:27.63	38.42	300m:	3:44.81	38.48
				350m:	4:23.03		400m:	4:59.34	36.31
5.	MATUSZAK	Antoni	11	Kaliski KS	„Włókniarz” 1925 Kalisz		<b>4:59.40</b>	1,9	
	50m:	33.54	33.54	150m:	1:50.20	38.96	250m:	3:07.65	38.97
	100m:	1:11.24	37.70	200m:	2:28.68	38.48	300m:	3:46.33	38.68
				350m:	4:23.63		400m:	4:59.40	35.77
6.	SZMAJDA	Leonard	12	KS	Warta Pozna		<b>5:01.00</b>	4,1	
	50m:	34.06	34.06	150m:	1:50.58	38.49	250m:	3:07.40	38.36
	100m:	1:12.09	38.03	200m:	2:29.04	38.46	300m:	3:46.07	38.67
				350m:	4:23.59		400m:	5:01.00	37.41

Ogólnopolskie Zawody Pływackie Poprawiamy Rekordy na Termach  
Pozna , 16.5.2026

Konkurencja 18, Chłopców, 400m dowolny, 13 - 15 lat

Pozycja					Rok ur.					Czas	Pkt.	
7.	SZWAST Marcin				12	MUKS „HURAGAN” Koło				<b>5:01.54</b>	4,0	
	50m:	33.99	33.99	150m:	1:50.38	38.74	250m:	3:08.47	39.21	350m:	4:25.62	37.83
	100m:	1:11.64	37.65	200m:	2:29.26	38.88	300m:	3:47.79	39.32	400m:	5:01.54	35.92
8.	ZWADA Mateusz				11	KS Lusovia Lusowo				<b>5:09.05</b>		
	50m:	31.63	31.63	150m:	1:45.88	38.22	250m:	3:07.14	41.23	350m:	4:30.41	41.66
	100m:	1:07.66	36.03	200m:	2:25.91	40.03	300m:	3:48.75	41.61	400m:	5:09.05	38.64
9.	DUBANIEWICZ Franciszek				12	UKS 3-Wodnik Wolsztyn				<b>5:13.03</b>		
	50m:	35.45	35.45	150m:	1:55.00	40.27	250m:	3:16.38	40.41	350m:	4:36.24	39.70
	100m:	1:14.73	39.28	200m:	2:35.97	40.97	300m:	3:56.54	40.16	400m:	5:13.03	36.79
10.	WIDEREK Kacper				12	UKS Fala Swarzewice				<b>5:20.99</b>		
	50m:	34.49	34.49	150m:	1:54.11	41.03	250m:	3:19.10	41.59	350m:	4:42.21	41.74
	100m:	1:13.08	38.59	200m:	2:37.51	43.40	300m:	4:00.47	41.37	400m:	5:20.99	38.78
11.	LEWICKI Bartłomiej				13	UKS "Dwójka" w Obornikach				<b>5:24.07</b>		
	50m:	34.87	34.87	150m:	1:57.44	41.55	250m:	3:21.81	42.18	350m:	4:44.61	41.12
	100m:	1:15.89	41.02	200m:	2:39.63	42.19	300m:	4:03.49	41.68	400m:	5:24.07	39.46
12.	CUDZIŁO Michał				12	KS Posnania Poznań				<b>5:26.23</b>		
	50m:	36.63	36.63	150m:	2:00.20	42.46	250m:	3:25.70	42.88	350m:	4:48.57	40.36
	100m:	1:17.74	41.11	200m:	2:42.82	42.62	300m:	4:08.21	42.51	400m:	5:26.23	37.66
13.	PRZYBYŁA Błażej				13	Niagara Jedyńka Wolsztyn				<b>5:26.24</b>		
	50m:	38.85	38.85	150m:	2:03.38	42.19	250m:	3:27.04	41.43	350m:	4:49.60	41.22
	100m:	1:21.19	42.34	200m:	2:45.61	42.23	300m:	4:08.38	41.34	400m:	5:26.24	36.64
14.	KORALEWSKI Franciszek				11	KS Lusovia Lusowo				<b>5:27.83</b>		
	50m:	33.55	33.55	150m:	1:55.00	41.90	250m:	3:23.56	44.92	350m:	4:48.52	40.38
	100m:	1:13.10	39.55	200m:	2:38.64	43.64	300m:	4:08.14	44.58	400m:	5:27.83	39.31
15.	JUSZCZAK Michał				11	Kaliski KS „Włókniarz” 1925 Kalisz				<b>5:51.39</b>		
	50m:	36.19	36.19	150m:	2:06.43	45.49	250m:	3:39.00	46.29	350m:	5:11.08	45.96
	100m:	1:20.94	44.75	200m:	2:52.71	46.28	300m:	4:25.12	46.12	400m:	5:51.39	40.31
16.	RÓWNIAK Olivier				11	KS Lusovia Lusowo				<b>6:17.18</b>		
	50m:	35.91	35.91	150m:	2:11.16	49.46	250m:	3:52.08	49.71	350m:	5:31.35	49.00
	100m:	1:21.70	45.79	200m:	3:02.37	51.21	300m:	4:42.35	50.27	400m:	6:17.18	45.83
17.	WOLNIK Cezary				13	Niagara Jedyńka Wolsztyn				<b>6:24.05</b>		
	50m:	39.28	39.28	150m:	2:14.47	49.09	250m:	3:54.30	49.05	350m:	5:36.40	50.77
	100m:	1:25.38	46.10	200m:	3:05.25	50.78	300m:	4:45.63	51.33	400m:	6:24.05	47.65