

Letnie Mistrzostwa Okręgu Wielkopolskiego  
Poznań, 12. - 13.6.2026

Konkurencja 19  
2026.06.13 - 10:40

Mężczyźni, 400m dowolny

12 lat i starsi  
Wyniki

Punkty: Rudolph Table 2025

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m	
<b>19 lat i starsi</b>									
1.	ZALEWSKI Jacek	06	O AZS w Poznaniu	<b>4:13.45</b>	9,4	1:01.49	1:04.80	1:04.48	1:02.68
	50m: 29.18	29.18	150m: 1:33.87	32.38	250m: 2:38.39	32.10	350m: 3:42.71	31.94	
	100m: 1:01.49	32.31	200m: 2:06.29	32.42	300m: 3:10.77	32.38	400m: 4:13.45	30.74	
2.	BARANOWSKI Alex	07	KS Poznań Poznań	<b>4:34.05</b>	3,3	1:04.44	1:10.11	1:10.27	1:09.23
	50m: 30.67	30.67	150m: 1:39.37	34.93	250m: 2:50.11	35.56	350m: 4:00.57	35.75	
	100m: 1:04.44	33.77	200m: 2:14.55	35.18	300m: 3:24.82	34.71	400m: 4:34.05	33.48	
<b>16 - 18 lat</b>									
1.	LITOBORSKI Mikołaj	08	O AZS w Poznaniu	<b>4:05.74</b>	13,7	59.59	1:01.90	1:01.83	1:02.42
	50m: 28.45	28.45	150m: 1:30.46	30.87	250m: 2:31.82	30.33	350m: 3:34.83	31.51	
	100m: 59.59	31.14	200m: 2:01.49	31.03	300m: 3:03.32	31.50	400m: 4:05.74	30.91	
2.	KRZEŃ NIAK Jakub	10	O AZS w Poznaniu	<b>4:18.10</b>	12,0	1:02.20	1:05.70	1:05.62	1:04.58
	50m: 29.40	29.40	150m: 1:35.00	32.80	250m: 2:40.52	32.62	350m: 3:46.25	32.73	
	100m: 1:02.20	32.80	200m: 2:07.90	32.90	300m: 3:13.52	33.00	400m: 4:18.10	31.85	
3.	B CZYK Maciej	08	KS Poznań Poznań	<b>4:29.46</b>	6,8	1:04.91	1:09.42	1:09.21	1:05.92
	50m: 31.22	31.22	150m: 1:39.49	34.58	250m: 2:48.86	34.53	350m: 3:57.60	34.06	
	100m: 1:04.91	33.69	200m: 2:14.33	34.84	300m: 3:23.54	34.68	400m: 4:29.46	31.86	
4.	MOCNY Dariusz	10	O AZS w Poznaniu	<b>4:35.20</b>	7,2	1:03.97	1:09.78	1:10.89	1:10.56
	50m: 30.58	30.58	150m: 1:38.96	34.99	250m: 2:49.16	35.41	350m: 4:00.54	35.90	
	100m: 1:03.97	33.39	200m: 2:13.75	34.79	300m: 3:24.64	35.48	400m: 4:35.20	34.66	
5.	SZWAJST Mateusz	09	KS Poznań Poznań	<b>4:55.04</b>		1:08.91	1:15.89	1:15.38	1:14.86
	50m: 32.44	32.44	150m: 1:46.81	37.90	250m: 3:02.35	37.55	350m: 4:18.31	38.13	
	100m: 1:08.91	36.47	200m: 2:24.80	37.99	300m: 3:40.18	37.83	400m: 4:55.04	36.73	
6.	RUDOWICZ Bartłomiej	08	UKS Maratończyk Ostrów Wlkp.	<b>5:02.26</b>		1:11.71	1:17.38	1:17.68	1:15.49
	50m: 34.09	34.09	150m: 1:50.02	38.31	250m: 3:07.87	38.78	350m: 4:24.80	38.03	
	100m: 1:11.71	37.62	200m: 2:29.09	39.07	300m: 3:46.77	38.90	400m: 5:02.26	37.46	
<b>14 - 15 lat</b>									
1.	DZIAMSKI Szymon	11	KS Warta Poznań	<b>4:32.29</b>	9,4	1:03.00	1:09.48	1:10.61	1:09.20
	50m: 29.97	29.97	150m: 1:37.32	34.32	250m: 2:47.62	35.14	350m: 3:58.28	35.19	
	100m: 1:03.00	33.03	200m: 2:12.48	35.16	300m: 3:23.09	35.47	400m: 4:32.29	34.01	
2.	LECHOWICZ Mikołaj	11	KS Poznań Poznań	<b>4:41.74</b>	6,8	1:06.88	1:12.46	1:11.30	1:11.10
	50m: 31.02	31.02	150m: 1:43.36	36.48	250m: 2:55.34	36.00	350m: 4:06.69	36.05	
	100m: 1:06.88	35.86	200m: 2:19.34	35.98	300m: 3:30.64	35.30	400m: 4:41.74	35.05	
3.	DUDA Marcel	12	MKP Astromal-Leszno	<b>4:46.16</b>	8,1	1:05.10	1:12.78	1:14.60	1:13.68
	50m: 30.40	30.40	150m: 1:40.98	35.88	250m: 2:55.15	37.27	350m: 4:09.82	37.34	
	100m: 1:05.10	34.70	200m: 2:17.88	36.90	300m: 3:32.48	37.33	400m: 4:46.16	36.34	
4.	SZWAJST Marcin	12	MUKS „HURAGAN” Koło	<b>4:59.43</b>	4,6	1:09.95	1:17.37	1:18.40	1:13.71
	50m: 33.05	33.05	150m: 1:48.45	38.50	250m: 3:06.49	39.17	350m: 4:23.36	37.64	
	100m: 1:09.95	36.90	200m: 2:27.32	38.87	300m: 3:45.72	39.23	400m: 4:59.43	36.07	
5.	KROWICKI Stefan	11	KS Poznań Poznań	<b>5:18.33</b>		1:09.66	1:20.83	1:24.01	1:23.83
	50m: 32.27	32.27	150m: 1:49.46	39.80	250m: 3:12.44	41.95	350m: 4:36.74	42.24	
	100m: 1:09.66	37.39	200m: 2:30.49	41.03	300m: 3:54.50	42.06	400m: 5:18.33	41.59	
6.	WIDEREK Kacper	12	UKS Fala Swarzędz	<b>5:20.17</b>		1:11.89	1:22.61	1:24.32	1:21.35
	50m: 33.20	33.20	150m: 1:52.76	40.87	250m: 3:16.98	42.48	350m: 4:40.89	42.07	
	100m: 1:11.89	38.69	200m: 2:34.50	41.74	300m: 3:58.82	41.84	400m: 5:20.17	39.28	
7.	CUDZIŁO Michał	12	KS Poznań Poznań	<b>5:22.36</b>		1:14.13	1:23.76	1:23.82	1:20.65
	50m: 34.75	34.75	150m: 1:56.09	41.96	250m: 3:19.43	41.54	350m: 4:43.21	41.50	
	100m: 1:14.13	39.38	200m: 2:37.89	41.80	300m: 4:01.71	42.28	400m: 5:22.36	39.15	
8.	STELMASZYK Borys	12	Uks Cityzen	<b>5:23.02</b>		1:14.95	1:23.51	1:24.07	1:20.49
	50m: 35.45	35.45	150m: 1:56.58	41.63	250m: 3:20.34	41.88	350m: 4:44.37	41.84	
	100m: 1:14.95	39.50	200m: 2:38.46	41.88	300m: 4:02.53	42.19	400m: 5:23.02	38.65	
9.	PATALAS Aleksander	11	Niagara Jedyńka Wolsztyn	<b>5:23.65</b>		1:15.58	1:25.21	1:26.89	1:15.97
	50m: 35.31	35.31	150m: 1:58.05	42.47	250m: 3:24.55	43.76	350m: 4:48.58	40.90	
	100m: 1:15.58	40.27	200m: 2:40.79	42.74	300m: 4:07.68	43.13	400m: 5:23.65	35.07	

Letnie Mistrzostwa Okręgu Wielkopolskiego  
Poznań, 12. - 13.6.2026

Konkurencja 19, Chłopców, 400m dowolny, 14 - 15 lat

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
10. ZIEGLER Bartosz	12 MKP Astromal-Leszno	<b>5:25.79</b>		1:16.61	1:26.26	1:24.73	1:18.19
50m: 35.93	35.93	150m: 2:00.07	43.46	250m: 3:24.72	41.85	350m: 4:47.13	39.53
100m: 1:16.61	40.68	200m: 2:42.87	42.80	300m: 4:07.60	42.88	400m: 5:25.79	38.66
11. MŁODECKI Eryk	12 UKS Fala Swarzędz	<b>5:27.65</b>		1:15.14	1:25.28	1:25.79	1:21.44
50m: 34.71	34.71	150m: 1:57.21	42.07	250m: 3:21.86	41.44	350m: 4:47.97	41.76
100m: 1:15.14	40.43	200m: 2:40.42	43.21	300m: 4:06.21	44.35	400m: 5:27.65	39.68
12. KIRSCHKE Teodor	12 KS Lusovia Lusowo	<b>6:10.44</b>		1:25.10	1:37.40	1:39.40	1:28.54
50m: 38.83	38.83	150m: 2:13.19	48.09	250m: 3:52.69	50.19	350m: 5:28.68	46.78
100m: 1:25.10	46.27	200m: 3:02.50	49.31	300m: 4:41.90	49.21	400m: 6:10.44	41.76
13. WAWRZYNIAK Łukasz	12 KS Lusovia Lusowo	<b>6:34.73</b>		1:31.54	1:41.88	1:42.98	1:38.33
50m: 42.40	42.40	150m: 2:22.01	50.47	250m: 4:05.18	51.76	350m: 5:48.33	51.93
100m: 1:31.54	49.14	200m: 3:13.42	51.41	300m: 4:56.40	51.22	400m: 6:34.73	46.40

12 - 13 lat

1. STRZYŻYKOWSKI Eryk	14 KTP Iskra Konin	<b>5:02.21</b>	9,0	1:08.78	1:17.74	1:19.23	1:16.46
50m: 32.01	32.01	150m: 1:47.27	38.49	250m: 3:06.16	39.64	350m: 4:24.50	38.75
100m: 1:08.78	36.77	200m: 2:26.52	39.25	300m: 3:45.75	39.59	400m: 5:02.21	37.71
2. LEWICKI Bartłomiej	13 UKS "Dwójka" w Obornikach	<b>5:26.26</b>		1:16.06	1:24.27	1:24.22	1:21.71
50m: 35.46	35.46	150m: 1:58.21	42.15	250m: 3:22.82	42.49	350m: 4:46.77	42.22
100m: 1:16.06	40.60	200m: 2:40.33	42.12	300m: 4:04.55	41.73	400m: 5:26.26	39.49
3. MISZKIEWICZ Igor	14 "UKS - Jedynka Kórnik"	<b>5:26.90</b>	2,8	1:15.28	1:25.66	1:25.76	1:20.20
50m: 34.78	34.78	150m: 1:57.94	42.66	250m: 3:23.87	42.93	350m: 4:47.43	40.73
100m: 1:15.28	40.50	200m: 2:40.94	43.00	300m: 4:06.70	42.83	400m: 5:26.90	39.47
4. SZYSZKA Xavier	14 KS Warta Poznań	<b>6:09.96</b>		1:23.52	1:34.76	1:37.43	1:34.25
50m: 39.30	39.30	150m: 2:10.45	46.93	250m: 3:47.51	49.23	350m: 5:24.24	48.53
100m: 1:23.52	44.22	200m: 2:58.28	47.83	300m: 4:35.71	48.20	400m: 6:09.96	45.72
5. PAŁCZYŃSKI Jakub	13 KS Lusovia Lusowo	<b>6:18.16</b>		1:26.02	1:38.54	1:39.38	1:34.22
50m: 39.02	39.02	150m: 2:15.89	49.87	250m: 3:54.32	49.76	350m: 5:32.82	48.88
100m: 1:26.02	47.00	200m: 3:04.56	48.67	300m: 4:43.94	49.62	400m: 6:18.16	45.34
6. HAMOLKA Marcin	13 UKS Fala Swarzędz	<b>6:23.94</b>		1:25.71	1:40.86	1:39.42	1:37.95
50m: 38.47	38.47	150m: 2:16.74	51.03	250m: 3:56.73	50.16	350m: 5:37.60	51.61
100m: 1:25.71	47.24	200m: 3:06.57	49.83	300m: 4:45.99	49.26	400m: 6:23.94	46.34
PK PAKUŁA Patryk	08 UKS Shark Rudna	<b>4:14.72</b>	11,1	1:01.47	1:05.48	1:04.35	1:03.42
50m: 28.91	28.91	150m: 1:34.11	32.64	250m: 2:38.86	31.91	350m: 3:43.53	32.23
100m: 1:01.47	32.56	200m: 2:06.95	32.84	300m: 3:11.30	32.44	400m: 4:14.72	31.19
PK DUBICKI Marcel	10 WKS I sk	<b>4:29.18</b>	8,9	1:03.41	1:08.54	1:10.14	1:07.09
50m: 30.14	30.14	150m: 1:37.79	34.38	250m: 2:46.66	34.71	350m: 3:55.79	33.70
100m: 1:03.41	33.27	200m: 2:11.95	34.16	300m: 3:22.09	35.43	400m: 4:29.18	33.39
PK GONERA Miłosz	08 UKS Shark Rudna	<b>4:36.96</b>	4,7	1:04.49	1:11.53	1:11.77	1:09.17
50m: 30.22	30.22	150m: 1:40.09	35.60	250m: 2:52.36	36.34	350m: 4:02.85	35.06
100m: 1:04.49	34.27	200m: 2:16.02	35.93	300m: 3:27.79	35.43	400m: 4:36.96	34.11
PK GOŁĘBIOWSKI Wiktor	09 WKS I sk	<b>4:41.05</b>	4,5	1:05.13	1:12.07	1:12.56	1:11.29
50m: 30.81	30.81	150m: 1:40.65	35.52	250m: 2:53.33	36.13	350m: 4:05.84	36.08
100m: 1:05.13	34.32	200m: 2:17.20	36.55	300m: 3:29.76	36.43	400m: 4:41.05	35.21
PK SIEDZIUKIEWICZ-CHANAI 1 B.	UKS Shark Rudna	<b>4:41.54</b>	6,9	1:06.09	1:13.21	1:11.67	1:10.57
50m: 31.33	31.33	150m: 1:42.53	36.44	250m: 2:54.93	35.63	350m: 4:06.83	35.86
100m: 1:06.09	34.76	200m: 2:19.30	36.77	300m: 3:30.97	36.04	400m: 4:41.54	34.71
PK SOBIERALSKI Wojciech	10 MUKS "Piastka"	<b>5:02.39</b>		1:07.31	1:17.05	1:19.30	1:18.73
50m: 31.49	31.49	150m: 1:45.55	38.24	250m: 3:04.25	39.89	350m: 4:23.49	39.83
100m: 1:07.31	35.82	200m: 2:24.36	38.81	300m: 3:43.66	39.41	400m: 5:02.39	38.90