



OTWARTE WIOSENNE MISTRZOSTWA WMOZP I WARSZAWY



Otwarte Wiosenne Mistrzostwa Okręgu WMOZP i Warszawy
Warszawa, 17. - 18.5.2025

Konkurencja 26
17.05.2025 - 20:04

Mężczyzn, 400m dowolny

Open
Wyniki

Punkty: AQUA 2025

Pozycja	Rok ur.	Czas	Pkt.
13 lat i młodszy			
1. WACHOWSKI Maksymilian	12	MKS Ochota Warszawa	4:45.75 456
50m: 32.07 32.07	150m: 1:44.69 36.78	250m: 2:58.40 36.45	350m: 4:10.61 35.94
100m: 1:07.91 35.84	200m: 2:21.95 37.26	300m: 3:34.67 36.27	400m: 4:45.75 35.14
2. FAŁEREC Filip	13	MUKS "TUREKin pływa"	4:51.52 430
50m: 32.28 32.28	150m: 1:46.11 37.25	250m: 3:01.53 37.86	350m: 4:17.00 37.68
100m: 1:08.86 36.58	200m: 2:23.67 37.56	300m: 3:39.32 37.79	400m: 4:51.52 34.52
3. GOLAN Antoni	12	UKS Piątka Ostrołęka	4:52.83 424
50m: 33.64 33.64	150m: 1:48.22 37.58	250m: 3:02.63 36.92	350m: 4:16.36 36.57
100m: 1:10.64 37.00	200m: 2:25.71 37.49	300m: 3:39.79 37.16	400m: 4:52.83 36.47
4. GEBEL Szymon	12	IKS Konstancin	4:58.35 401
50m: 32.23 32.23	150m: 1:48.13 38.37	250m: 3:05.33 38.62	350m: 4:22.72 38.34
100m: 1:09.76 37.53	200m: 2:26.71 38.58	300m: 3:44.38 39.05	400m: 4:58.35 35.63
5. NITECKI Wojciech	13	MKS Piaseczno	5:11.66 352
50m: 33.80 33.80	150m: 1:51.23 39.49	250m: 3:11.87 40.97	350m: 4:33.07 41.07
100m: 1:11.74 37.94	200m: 2:30.90 39.67	300m: 3:52.00 40.13	400m: 5:11.66 38.59
6. MYDŁOWSKI Bryan	12	KP Raw-Swim	5:32.54 289
50m: 35.49 35.49	150m: 2:00.96 43.13	250m: 3:28.36 43.75	350m: 4:54.72 42.89
100m: 1:17.83 42.34	200m: 2:44.61 43.65	300m: 4:11.83 43.47	400m: 5:32.54 37.82
7. KIEŁKIEWICZ Jakub	13	UKS "V" Łomianki	6:33.59 174
50m: 40.56 40.56	150m: 2:22.38 51.81	250m: 4:05.20 52.20	350m: 5:49.13 52.55
100m: 1:30.57 50.01	200m: 3:13.00 50.62	300m: 4:56.58 51.38	400m: 6:33.59 44.46

14 - 15 lat

1. KACZMAREK Mikołaj	11	UKS „GIM 92 Ursynów"	4:18.66 615
50m: 30.11 30.11	150m: 1:36.17 33.60	250m: 2:42.11 33.20	350m: 3:47.60 32.37
100m: 1:02.57 32.46	200m: 2:08.91 32.74	300m: 3:15.23 33.12	400m: 4:18.66 31.06
2. OSTASZEWSKI Szymon	10	UKS „GIM 92 Ursynów"	4:29.17 546
50m: 29.67 29.67	150m: 1:38.80 35.33	250m: 2:48.12 34.98	350m: 3:57.12 33.69
100m: 1:03.47 33.80	200m: 2:13.14 34.34	300m: 3:23.43 35.31	400m: 4:29.17 32.05
3. GRZEGORSKI Maciej	10	UKS Manta Warszawa Włochy	4:30.51 538
50m: 29.55 29.55	150m: 1:38.43 34.72	250m: 2:47.21 34.15	350m: 3:56.21 34.16
100m: 1:03.71 34.16	200m: 2:13.06 34.63	300m: 3:22.05 34.84	400m: 4:30.51 34.30
4. ŁUKASZEWICZ Michał	11	UKP „Polonia Warszawa"	4:33.41 521
50m: 30.89 30.89	150m: 1:41.41 35.15	250m: 2:50.91 34.49	350m: 4:00.08 34.08
100m: 1:06.26 35.37	200m: 2:16.42 35.01	300m: 3:26.00 35.09	400m: 4:33.41 33.33
5. GRZYBOWSKI Jan	10	UKS SP-149 Łódź	4:33.59 520
50m: 32.09 32.09	150m: 1:41.35 34.61	250m: 2:50.28 33.57	350m: 4:00.15 34.85
100m: 1:06.74 34.65	200m: 2:16.71 35.36	300m: 3:25.30 35.02	400m: 4:33.59 33.44
6. SZOK Filip	11	MKS Ochota Warszawa	4:34.33 516
50m: 29.66 29.66	150m: 1:38.52 34.76	250m: 2:49.30 35.26	350m: 3:59.86 35.02
100m: 1:03.76 34.10	200m: 2:14.04 35.52	300m: 3:24.84 35.54	400m: 4:34.33 34.47



Fundacja
Pływanie Polskie





OTWARTE WIOSENNE MISTRZOSTWA WMOZP I WARSZAWY



Otwarte Wiosenne Mistrzostwa Okręgu WMOZP i Warszawy
Warszawa, 17. - 18.5.2025

Konkurencja 26, Chłopców, 400m dowolny, 14 - 15 lat

Pozycja	Rok ur.								Czas	Pkt.	
7.	DRZYMKOWSKI Jan			10	UKS „GIM 92 Ursynów"				4:41.27	478	
	50m:		150m:	1:43.63	35.90	250m:	2:55.35	35.48	350m:	4:06.48	35.43
	100m:	1:07.73	200m:	2:19.87	36.24	300m:	3:31.05	35.70	400m:	4:41.27	34.79
8.	NITECKI Adam			11	MKS Piaseczno				4:43.85	466	
	50m:	31.70	150m:	1:43.85	36.49	250m:	2:56.62	36.59	350m:	4:09.75	36.33
	100m:	1:07.36	200m:	2:20.03	36.18	300m:	3:33.42	36.80	400m:	4:43.85	34.10
9.	RYMARCZUK Jan			10	UKS „GIM 92 Ursynów"				4:45.25	459	
	50m:	30.82	150m:	1:43.23	36.89	250m:	2:56.68	36.62	350m:	4:09.36	36.40
	100m:	1:06.34	200m:	2:20.06	36.83	300m:	3:32.96	36.28	400m:	4:45.25	35.89
10.	KUSYK Franciszek			11	MKS „Jagiellonka" Warszawa				4:53.44	421	
	50m:	33.40	150m:	1:47.84	37.73	250m:	3:04.19	38.30	350m:	4:18.64	37.27
	100m:	1:10.11	200m:	2:25.89	38.05	300m:	3:41.37	37.18	400m:	4:53.44	34.80
11.	SUSABOWSKI Paweł			11	MKS Piaseczno				4:55.83	411	
	50m:	32.99	150m:	1:47.71	37.54	250m:	3:03.55	37.66	350m:	4:20.05	37.95
	100m:	1:10.17	200m:	2:25.89	38.18	300m:	3:42.10	38.55	400m:	4:55.83	35.78
12.	SZABLIŃSKI Ignacy			11	MKS Piaseczno				4:56.55	408	
	50m:	32.22	150m:	1:46.81	37.92	250m:	3:04.38	38.99	350m:	4:21.99	38.68
	100m:	1:08.89	200m:	2:25.39	38.58	300m:	3:43.31	38.93	400m:	4:56.55	34.56
13.	TERLECKI Piotr			11	UKP „Polonia Warszawa"				5:00.38	393	
	50m:	32.70	150m:	1:48.24	38.58	250m:	3:05.86	38.94	350m:	4:24.04	39.10
	100m:	1:09.66	200m:	2:26.92	38.68	300m:	3:44.94	39.08	400m:	5:00.38	36.34
14.	ANDRZEJUK Jan			10	UKS „GIM 92 Ursynów"				5:06.94	368	
	50m:	33.67	150m:	1:50.55	38.94	250m:	3:09.08	39.13	350m:	4:28.33	39.54
	100m:	1:11.61	200m:	2:29.95	39.40	300m:	3:48.79	39.71	400m:	5:06.94	38.61
15.	DYBALSKI Filip			10	Buks				5:19.82	325	
	50m:	35.70	150m:	1:55.27	39.97	250m:	3:17.67	41.66	350m:	4:40.33	41.24
	100m:	1:15.30	200m:	2:36.01	40.74	300m:	3:59.09	41.42	400m:	5:19.82	39.49
16.	SMOLAREK Stanisław			11	UKS „GIM 92 Ursynów"				5:19.86	325	
	50m:	34.99	150m:	1:55.73	40.95	250m:	3:18.85	41.61	350m:	4:41.17	40.37
	100m:	1:14.78	200m:	2:37.24	41.51	300m:	4:00.80	41.95	400m:	5:19.86	38.69
17.	TUREK Bartłomiej			11	UKS Delfin Garwolin				5:28.04	301	
	50m:	32.33	150m:	1:49.20	39.73	250m:	3:14.65	43.48	350m:	4:46.17	45.33
	100m:	1:09.47	200m:	2:31.17	41.97	300m:	4:00.84	46.19	400m:	5:28.04	41.87
18.	GÓRKA Aleksander			11	UKS Delfin Garwolin				5:31.29	293	
	50m:	33.16	150m:	1:55.58	42.77	250m:	3:21.99	43.63	350m:	4:50.14	44.36
	100m:	1:12.81	200m:	2:38.36	42.78	300m:	4:05.78	43.79	400m:	5:31.29	41.15
19.	GAJOWNIK Filip			11	UKS Delfin Legionowo				5:32.27	290	
	50m:	33.88	150m:	1:56.41	41.98	250m:	3:23.42	43.63	350m:	4:51.51	43.72
	100m:	1:14.43	200m:	2:39.79	43.38	300m:	4:07.79	44.37	400m:	5:32.27	40.76
20.	PAPROCKI Andrzej			10	Swim Team Lubartów				5:38.04	275	
	50m:	33.95	150m:	1:57.26	43.22	250m:	3:26.58	43.64	350m:	4:55.89	44.41
	100m:	1:14.04	200m:	2:42.94	45.68	300m:	4:11.48	44.90	400m:	5:38.04	42.15
21.	PIECHOWICZ Andrzej			10	Mokotowski UKP Warszawianka- Wodny				5:39.16	273	
	50m:	37.08	150m:	2:03.24	43.23	250m:	3:31.49	44.58	350m:	4:58.84	43.01
	100m:	1:20.01	200m:	2:46.91	43.67	300m:	4:15.83	44.34	400m:	5:39.16	40.32



Fundacja
Pływanie Polskie





OTWARTE WIOSENNE MISTRZOSTWA WMOZP I WARSZAWY



Otwarte Wiosenne Mistrzostwa Okręgu WMOZP i Warszawy
Warszawa, 17. - 18.5.2025

Konkurencja 26, Mężczyzn, 400m dowolny

16 lat i starsi

1. JAŚKIEWICZ Adrian	02	Ku Azs Uw	4:05.38	721
50m: 27.75 27.75	150m: 1:29.23	30.96 250m: 2:32.25 31.73	350m: 3:35.92	31.84
100m: 58.27 30.52	200m: 2:00.52	31.29 300m: 3:04.08 31.83	400m: 4:05.38	29.46
2. FRONCZAK Antoni	06	Ku Azs Uw	4:10.02	681
50m: 28.46 28.46	150m: 1:31.50	31.80 250m: 2:35.16 31.79	350m: 3:39.39	32.29
100m: 59.70 31.24	200m: 2:03.37	31.87 300m: 3:07.10 31.94	400m: 4:10.02	30.63
3. TARASIEWICZ Piotr	09	UKP „Polonia Warszawa”	4:14.72	644
50m: 29.25 29.25	150m: 1:33.72	32.47 250m: 2:38.54 32.36	350m: 3:43.93	32.42
100m: 1:01.25 32.00	200m: 2:06.18	32.46 300m: 3:11.51 32.97	400m: 4:14.72	30.79
4. SIENKIEWICZ Ignacy	05	AZS AWF Warszawa	4:15.07	642
50m: 29.62 29.62	150m: 1:34.35	32.47 250m: 2:39.50 32.63	350m: 3:44.66	32.64
100m: 1:01.88 32.26	200m: 2:06.87	32.52 300m: 3:12.02 32.52	400m: 4:15.07	30.41
5. OSÓBKA-MORAWSKI Eryk	08	UKP „Polonia Warszawa”	4:17.16	626
50m: 28.52 28.52	150m: 1:34.48	33.35 250m: 2:40.02 32.30	350m: 3:45.51	32.44
100m: 1:01.13 32.61	200m: 2:07.72	33.24 300m: 3:13.07 33.05	400m: 4:17.16	31.65
6. LARYŚ Jerzy	06	IUKS „Muszelka” Warszawa	4:17.71	622
50m: 29.48 29.48	150m: 1:34.61	32.94 250m: 2:40.46 32.90	350m: 3:46.08	32.89
100m: 1:01.67 32.19	200m: 2:07.56	32.95 300m: 3:13.19 32.73	400m: 4:17.71	31.63
7. WÓJCIAK Oliwier	07	UKS "V" Łomianki	4:23.47	582
50m: 28.70 28.70	150m: 1:34.22	33.25 250m: 2:40.99 33.16	350m: 3:49.76	34.48
100m: 1:00.97 32.27	200m: 2:07.83	33.61 300m: 3:15.28 34.29	400m: 4:23.47	33.71
8. DOŁOTA Iwo	09	St. KF KS „Fenix” Ożarów Mazowiecki	4:23.98	579
50m: 29.66 29.66	150m: 1:36.68	33.81 250m: 2:44.65 33.71	350m: 3:52.14	33.46
100m: 1:02.87 33.21	200m: 2:10.94	34.26 300m: 3:18.68 34.03	400m: 4:23.98	31.84
9. RUTKOWSKI Bartosz	09	St. KF KS „Fenix” Ożarów Mazowiecki	4:31.05	535
50m: 30.26 30.26	150m: 1:39.27	34.72 250m: 2:48.76 34.84	350m: 3:57.59	34.35
100m: 1:04.55 34.29	200m: 2:13.92	34.65 300m: 3:23.24 34.48	400m: 4:31.05	33.46
10. SZANIAWSKI Hubert	09	UKS Delfin Garwolin	4:31.26	533
50m: 28.30 28.30	150m: 1:34.50	33.75 250m: 2:44.59 35.45	350m: 3:57.44	36.62
100m: 1:00.75 32.45	200m: 2:09.14	34.64 300m: 3:20.82 36.23	400m: 4:31.26	33.82
11. BOGATEK Bartłomiej	07	UKS G-8 Bielany Warszawa	4:32.47	526
50m: 31.13 31.13	150m: 1:39.89	34.77 250m: 2:48.80 34.47	350m: 3:59.28	35.44
100m: 1:05.12 33.99	200m: 2:14.33	34.44 300m: 3:23.84 35.04	400m: 4:32.47	33.19
12. GODOS Jakub	08	MKS Piaseczno	4:35.50	509
50m: 30.33 30.33	150m: 1:38.08	34.60 250m: 2:47.20 35.38	350m: 4:00.45	36.89
100m: 1:03.48 33.15	200m: 2:11.82	33.74 300m: 3:23.56 36.36	400m: 4:35.50	35.05
13. REDKO Dawid	08	IUKS „Muszelka” Warszawa	4:44.38	463
50m: 30.78 30.78	150m: 1:42.26	35.96 250m: 2:55.64 36.52	350m: 4:09.84	36.86
100m: 1:06.30 35.52	200m: 2:19.12	36.86 300m: 3:32.98 37.34	400m: 4:44.38	34.54
14. DOMAŃSKI Franciszek	09	MKS Piaseczno	4:47.58	448
50m: 31.70 31.70	150m: 1:44.34	37.21 250m: 2:57.58 36.80	350m: 4:11.76	37.13
100m: 1:07.13 35.43	200m: 2:20.78	36.44 300m: 3:34.63 37.05	400m: 4:47.58	35.82
15. WÓJCIK Przemysław	06	UKS Delfin Garwolin	4:54.09	419
50m: 31.92 31.92	150m: 1:46.58	37.97 250m: 3:03.11 38.28	350m: 4:19.26	37.36
100m: 1:08.61 36.69	200m: 2:24.83	38.25 300m: 3:41.90 38.79	400m: 4:54.09	34.83



Fundacja
Pływanie Polskie





OTWARTE WIOSENNE MISTRZOSTWA WMOZP I WARSZAWY



Otwarte Wiosenne Mistrzostwa Okręgu WMOZP i Warszawy
Warszawa, 17. - 18.5.2025

Konkurencja 26, Mężczyzn, 400m dowolny, 16 lat i starsi

Pozycja	Rok ur.								Czas		Pkt.	
16.	CZUPRYN Aleksander			09	KP Płetwal Mława				4:57.04		406	
	50m:	32.61	32.61	150m:	1:46.91	37.09	250m:	3:02.94	38.02	350m:	4:20.31	38.06
	100m:	1:09.82	37.21	200m:	2:24.92	38.01	300m:	3:42.25	39.31	400m:	4:57.04	36.73
17.	KOWAL Konrad			09	IUKS „Muszelka” Warszawa				5:01.27		389	
	50m:	33.64	33.64	150m:	1:49.16	38.12	250m:	3:06.82	38.76	350m:	4:24.65	39.18
	100m:	1:11.04	37.40	200m:	2:28.06	38.90	300m:	3:45.47	38.65	400m:	5:01.27	36.62
18.	JONCZYK Krzysztof			09	UKS Delfin Garwolin				5:35.85		281	
	50m:	33.95	33.95	150m:	1:55.17	42.08	250m:	3:23.01	44.42	350m:	4:52.31	44.70
	100m:	1:13.09	39.14	200m:	2:38.59	43.42	300m:	4:07.61	44.60	400m:	5:35.85	43.54



Fundacja
Pływanie Polskie



martes

