



PGE Grand Prix Puchar Polski
Warszawa, 18. - 19.10.2025

Konkurencja 12
18.10.2025 - 11:26

Mężczyzn, 400m zmienny

14 lat i starsi
Wyniki

Rekord Polski Open	4:03.20	WOJT Lukasz	POL	Berlin (GER)	14.11.2009
Rekord Polski 19 - 23	4:04.48	MATCZAK Mateusz		Gorzów Wlk	27.11.2009
Rekord Polski 18	4:08.01	PIELA Michał	01006	Bydgoszcz	30.11.2022
Rekord Polski 17	4:11.22	WĄGROWSKI Marcel	00505	Olsztyn	16.12.2016
Rekord Polski 16	4:12.62	WĄGROWSKI Marcel	00505	Lublin	18.12.2015
Rekord Polski 15	4:21.65	MIŁKOWSKI Mikołaj	04114	Gliwice	9.12.2022
Rekord Polski 14	4:24.79	WIRASZKA Piotr	05214	Poznan	8.12.2023

Punkty: AQUA 2025

Pozycja	Rok ur.								Czas	Pkt.		
OPEN												
1.	MAJOR Erik			07	MKS Park Wodny Tarnowskie Góry					4:24.76	697	
	50m:	28.01	28.01	150m:	1:35.62	34.68	250m:	2:47.85	37.59	350m:	3:56.95	30.11
	100m:	1:00.94	32.93	200m:	2:10.26	34.64	300m:	3:26.84	38.99	400m:	4:24.76	27.81
2.	TARCZYŃSKI Bartosz			07	UKS 190 Łódź					4:25.01	695	
	50m:	28.17	28.17	150m:	1:36.86	36.21	250m:	2:47.98	36.97	350m:	3:55.73	32.00
	100m:	1:00.65	32.48	200m:	2:11.01	34.15	300m:	3:23.73	35.75	400m:	4:25.01	29.28
3.	HALKIEWICZ Maciej			08	UKS „Omega” Olkusz					4:27.17	678	
	50m:	27.91	27.91	150m:	1:36.18	34.73	250m:	2:49.35	39.03	350m:	3:58.40	30.44
	100m:	1:01.45	33.54	200m:	2:10.32	34.14	300m:	3:27.96	38.61	400m:	4:27.17	28.77
4.	POPIEL Mikołaj			06	KU AZS UMCS Lublin					4:27.52	676	
	50m:	28.15	28.15	150m:	1:35.75	35.03	250m:	2:48.52	38.18	350m:	3:58.34	31.36
	100m:	1:00.72	32.57	200m:	2:10.34	34.59	300m:	3:26.98	38.46	400m:	4:27.52	29.18
5.	GAJDA Jan			07	MKS Trójka Łódź					4:31.27	648	
	50m:	27.45	27.45	150m:	1:37.36	37.45	250m:	2:50.46	36.97	350m:	4:01.00	32.31
	100m:	59.91	32.46	200m:	2:13.49	36.13	300m:	3:28.69	38.23	400m:	4:31.27	30.27
6.	PAPUGA Grzegorz			11	UKS 190 Łódź					4:34.08	628	
	50m:	29.40	29.40	150m:	1:39.08	36.35	250m:	2:52.34	38.67	350m:	4:03.31	32.38
	100m:	1:02.73	33.33	200m:	2:13.67	34.59	300m:	3:30.93	38.59	400m:	4:34.08	30.77
7.	NIESTUJ Piotr			02	St. Lok. SALOS Cortile Kielce					4:41.16	582	
	50m:	29.07	29.07	150m:	1:39.75	36.17	250m:	2:55.83	39.99	350m:	4:10.49	33.12
	100m:	1:03.58	34.51	200m:	2:15.84	36.09	300m:	3:37.37	41.54	400m:	4:41.16	30.67
8.	DOŁOTA Iwo			09	St. KF KS „Fenix” Ożarów Mazowiecki					4:41.39	581	
	50m:	28.47	28.47	150m:	1:37.57	35.38	250m:	2:52.90	40.58	350m:	4:08.76	34.56
	100m:	1:02.19	33.72	200m:	2:12.32	34.75	300m:	3:34.20	41.30	400m:	4:41.39	32.63
9.	BORUSZEWSKI Filip			07	UKS SP-149 Łódź					4:42.15	576	
	50m:	28.71	28.71	150m:	1:40.07	37.23	250m:	2:56.44	39.53	350m:	4:10.40	33.01
	100m:	1:02.84	34.13	200m:	2:16.91	36.84	300m:	3:37.39	40.95	400m:	4:42.15	31.75
10.	KWIATKOWSKI Jan			10	UKS „GIM 92 Ursynów”					4:42.48	574	
	50m:	29.78	29.78	150m:	1:41.54	37.30	250m:	2:58.10	39.97	350m:	4:10.91	32.45
	100m:	1:04.24	34.46	200m:	2:18.13	36.59	300m:	3:38.46	40.36	400m:	4:42.48	31.57
11.	GRABOWSKI Wojciech			10	UKP „Polonia Warszawa”					4:43.08	570	
	50m:	30.36	30.36	150m:	1:44.14	38.37	250m:	2:59.48	37.97	350m:	4:11.98	33.95
	100m:	1:05.77	35.41	200m:	2:21.51	37.37	300m:	3:38.03	38.55	400m:	4:43.08	31.10
12.	ZDZIECHOWSKI Jan			10	MKS Trójka Łódź					4:43.54	567	
	50m:	31.14	31.14	150m:	1:41.70	34.52	250m:	2:57.24	42.11	350m:	4:12.34	33.50
	100m:	1:07.18	36.04	200m:	2:15.13	33.43	300m:	3:38.84	41.60	400m:	4:43.54	31.20
13.	SUSLIK Adam			11	UKS „GIM 92 Ursynów”					4:43.56	567	
	50m:	30.02	30.02	150m:	1:40.88	36.71	250m:	2:58.73	41.32	350m:	4:12.19	32.43
	100m:	1:04.17	34.15	200m:	2:17.41	36.53	300m:	3:39.76	41.03	400m:	4:43.56	31.37
14.	LUNOV Illia			08	MKS Park Wodny Tarnowskie Góry					4:43.68	567	
	50m:	29.02	29.02	150m:	1:41.01	37.92	250m:	2:56.63	38.86	350m:	4:10.18	34.16
	100m:	1:03.09	34.07	200m:	2:17.77	36.76	300m:	3:36.02	39.39	400m:	4:43.68	33.50
15.	LESIK Piotr			09	MKS Trójka Łódź					4:45.69	555	
	50m:	30.09	30.09	150m:	1:38.46	34.23	250m:	2:53.62	41.10	350m:	4:11.78	35.14
	100m:	1:04.23	34.14	200m:	2:12.52	34.06	300m:	3:36.64	43.02	400m:	4:45.69	33.91



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Konkurencja 12, Mężczyzn, 400m zmienny, OPEN

Pozycja	Rok ur.								Czas	Pkt.
16.	PAWLAK Dawid	08	UKS 190 Łódź						4:45.95	553
	50m: 30.10 30.10	150m: 1:45.32 39.19	250m: 3:01.27 38.34	350m: 4:14.55 32.35						
	100m: 1:06.13 36.03	200m: 2:22.93 37.61	300m: 3:42.20 40.93	400m: 4:45.95 31.40						
17.	OSTASZEWSKI Szymon	10	UKS „GIM 92 Ursynów”						4:47.12	546
	50m: 29.74 29.74	150m: 1:41.77 37.07	250m: 3:00.05 41.34	350m: 4:15.10 33.46						
	100m: 1:04.70 34.96	200m: 2:18.71 36.94	300m: 3:41.64 41.59	400m: 4:47.12 32.02						
18.	TRUDNOS Ignacy	08	UKS 190 Łódź						4:48.24	540
	50m: 29.41 29.41	150m: 1:43.29 38.42	250m: 2:59.55 38.89	350m: 4:15.51 35.36						
	100m: 1:04.87 35.46	200m: 2:20.66 37.37	300m: 3:40.15 40.60	400m: 4:48.24 32.73						
19.	SOBCZYK Jan	11	MKS Jedynka Łódź						4:48.95	536
	50m: 30.41 30.41	150m: 1:45.50 39.64	250m: 3:03.21 39.68	350m: 4:15.74 32.57						
	100m: 1:05.86 35.45	200m: 2:23.53 38.03	300m: 3:43.17 39.96	400m: 4:48.95 33.21						
20.	PRZEŚLAKIEWICZ Filip	10	IKS Konstancin						4:49.69	532
	50m: 30.23 30.23	150m: 1:45.72 39.57	250m: 3:04.58 41.10	350m: 4:18.66 33.53						
	100m: 1:06.15 35.92	200m: 2:23.48 37.76	300m: 3:45.13 40.55	400m: 4:49.69 31.03						
21.	MURAS Szymon	06	AZS AWF Katowice						4:50.54	527
	50m: 29.11 29.11	150m: 1:42.03 38.01	250m: 2:58.85 40.47	350m: 4:16.56 36.78						
	100m: 1:04.02 34.91	200m: 2:18.38 36.35	300m: 3:39.78 40.93	400m: 4:50.54 33.98						
22.	JANUS Filip	07	UKS Aquatica Pawłowice						4:51.76	521
	50m: 27.90 27.90	150m: 1:38.69 38.16	250m: 2:57.89 41.37	350m: 4:16.87 36.16						
	100m: 1:00.53 32.63	200m: 2:16.52 37.83	300m: 3:40.71 42.82	400m: 4:51.76 34.89						
23.	PARDO Kornel	10	UKS „Frog” Giżycko						4:52.39	517
	50m: 29.01 29.01	150m: 1:41.82 37.20	250m: 3:01.40 41.86	350m: 4:19.16 34.80						
	100m: 1:04.62 35.61	200m: 2:19.54 37.72	300m: 3:44.36 42.96	400m: 4:52.39 33.23						
24.	KLOC Maciej	08	UKS Fala Nieporęt						4:52.99	514
	50m: 29.79 29.79	150m: 1:44.42 38.52	250m: 2:58.83 37.01	350m: 4:19.55 42.16						
	100m: 1:05.90 36.11	200m: 2:21.82 37.40	300m: 3:37.39 38.56	400m: 4:52.99 33.44						
25.	SKAWIŃSKI Aleksander	10	UKS 307 Warszawa						4:53.08	514
	50m: 30.13 30.13	150m: 1:42.23 36.96	250m: 3:00.98 41.52	350m: 4:19.79 36.20						
	100m: 1:05.27 35.14	200m: 2:19.46 37.23	300m: 3:43.59 42.61	400m: 4:53.08 33.29						
26.	PAKUŁA Patryk	08	UKS Shark Rudna						4:53.55	511
	50m: 29.88 29.88	150m: 1:43.23 38.63	250m: 3:04.35 43.79	350m: 4:22.06 32.94						
	100m: 1:04.60 34.72	200m: 2:20.56 37.33	300m: 3:49.12 44.77	400m: 4:53.55 31.49						
27.	KACZMAREK Dawid	10	MKS Trójka Łódź						4:54.50	506
	50m: 31.07 31.07	150m: 1:48.70 41.35	250m: 3:08.57 40.95	350m: 4:23.01 32.96						
	100m: 1:07.35 36.28	200m: 2:27.62 38.92	300m: 3:50.05 41.48	400m: 4:54.50 31.49						
28.	KOCIOŁEK Leon	09	UKS NIKA Sport Team Kraków						4:54.81	505
	50m: 30.16 30.16	150m: 1:44.19 39.50	250m: 3:05.06 42.08	350m: 4:21.66 34.28						
	100m: 1:04.69 34.53	200m: 2:22.98 38.79	300m: 3:47.38 42.32	400m: 4:54.81 33.15						
29.	ZASADA Szymon	10	Sekcja Pływacka Meduza Pajęczno						4:55.52	501
	50m: 31.61 31.61	150m: 1:46.30 37.41	250m: 3:07.22 44.46	350m: 4:24.23 32.93						
	100m: 1:08.89 37.28	200m: 2:22.76 36.46	300m: 3:51.30 44.08	400m: 4:55.52 31.29						
30.	DRELICH Mateusz	09	MKS Trójka Łódź						4:57.72	490
	50m: 30.41 30.41	150m: 1:47.22 41.65	250m: 3:09.56 41.69	350m: 4:25.35 33.53						
	100m: 1:05.57 35.16	200m: 2:27.87 40.65	300m: 3:51.82 42.26	400m: 4:57.72 32.37						
31.	ROZUMEK Jan	09	Stowarzyszenie Solne Miasto Wieliczka						4:58.47	486
	50m: 29.96 29.96	150m: 1:42.10 36.68	250m: 3:01.07 42.82	350m: 4:23.49 37.43						
	100m: 1:05.42 35.46	200m: 2:18.25 36.15	300m: 3:46.06 44.99	400m: 4:58.47 34.98						
32.	MENDAKIEWICZ Mikołaj	11	UKS 190 Łódź						4:59.12	483
	50m: 31.40 31.40	150m: 1:46.56 38.50	250m: 3:06.94 43.13	350m: 4:26.01 35.39						
	100m: 1:08.06 36.66	200m: 2:23.81 37.25	300m: 3:50.62 43.68	400m: 4:59.12 33.11						
33.	MADEY Ryszard	08	UKS GOS Raszyn						4:59.83	480
	50m: 30.27 30.27	150m: 1:44.33 38.52	250m: 3:06.35 44.19	350m: 4:26.42 35.84						
	100m: 1:05.81 35.54	200m: 2:22.16 37.83	300m: 3:50.58 44.23	400m: 4:59.83 33.41						



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Konkurencja 12, Mężczyzn, 400m zmienny, OPEN

Pozycja	Rok ur.								Czas	Pkt.		
34.	BEDYŃSKI Jakub			11	MKS „Jagiellonka" Warszawa				4:59.97	479		
	50m:	30.80	30.80	150m:	1:45.44	38.75	250m:	3:08.50	44.62	350m:	4:27.67	33.49
	100m:	1:06.69	35.89	200m:	2:23.88	38.44	300m:	3:54.18	45.68	400m:	4:59.97	32.30
35.	DOMINEK Michał			11	UKS NIKA Sport Team Kraków				5:01.57	472		
	50m:	30.84	30.84	150m:	1:46.05	37.92	250m:	3:07.30	43.63	350m:	4:27.75	36.00
	100m:	1:08.13	37.29	200m:	2:23.67	37.62	300m:	3:51.75	44.45	400m:	5:01.57	33.82
36.	BARYCKI Fryderyk			11	UKP „Polonia Warszawa"				5:06.95	447		
	50m:	33.21	33.21	150m:	1:51.35	39.74	250m:	3:13.25	42.43	350m:	4:32.21	35.51
	100m:	1:11.61	38.40	200m:	2:30.82	39.47	300m:	3:56.70	43.45	400m:	5:06.95	34.74
37.	LISOWSKI Wojciech			10	IKS Konstancin				5:12.55	424		
	50m:	29.94	29.94	150m:	1:49.74	41.29	250m:	3:12.52	42.61	350m:	4:35.32	38.23
	100m:	1:08.45	38.51	200m:	2:29.91	40.17	300m:	3:57.09	44.57	400m:	5:12.55	37.23
38.	NOWAKOWSKI Aleksander			11	IKS Konstancin				5:20.34	393		
	50m:	31.68	31.68	150m:	1:52.83	42.79	250m:	3:19.40	44.87	350m:	4:43.19	37.58
	100m:	1:10.04	38.36	200m:	2:34.53	41.70	300m:	4:05.61	46.21	400m:	5:20.34	37.15
DYSKW.	ZAMIARA Jan			10	IKS Konstancin							
	<i>K15 - Pływak nie dotknął ściany dwiema dłońmi przy nawrocie lub na zakończeniu wyścigu.</i>											
	50m:	32.98	32.98	150m:	1:57.06	43.11	250m:	3:32.49	52.98	350m:	5:05.36	39.04
	100m:	1:13.95	40.97	200m:	2:39.51	42.45	300m:	4:26.32	53.83	400m:		
DYSKW.	PALMOWSKI Jakub			11	UKS SP-149 Łódź							
	<i>K16 - Pływak dotknął ścianę nierównocześnie dwiema dłońmi przy nawrocie lub na zakończeniu wyścigu.</i>											
	50m:	32.87	32.87	150m:	1:54.08	41.98	250m:	3:20.17	45.85	350m:	4:42.81	36.50
	100m:	1:12.10	39.23	200m:	2:34.32	40.24	300m:	4:06.31	46.14	400m:		

17 - 18 lat

1.	MAJOR Erik		07	MKS Park Wodny Tarnowskie Góry				4:24.76	697
	50m:	28.01	28.01	150m:	1:35.62	34.68	250m:	2:47.85	37.59
	100m:	1:00.94	32.93	200m:	2:10.26	34.64	300m:	3:26.84	38.99
							350m:	3:56.95	30.11
							400m:	4:24.76	27.81
2.	TARCZYŃSKI Bartosz		07	UKS 190 Łódź				4:25.01	695
	50m:	28.17	28.17	150m:	1:36.86	36.21	250m:	2:47.98	36.97
	100m:	1:00.65	32.48	200m:	2:11.01	34.15	300m:	3:23.73	35.75
							350m:	3:55.73	32.00
							400m:	4:25.01	29.28
3.	HALKIEWICZ Maciej		08	UKS „Omega” Olkusz				4:27.17	678
	50m:	27.91	27.91	150m:	1:36.18	34.73	250m:	2:49.35	39.03
	100m:	1:01.45	33.54	200m:	2:10.32	34.14	300m:	3:27.96	38.61
							350m:	3:58.40	30.44
							400m:	4:27.17	28.77
4.	GAJDA Jan		07	MKS Trójka Łódź				4:31.27	648
	50m:	27.45	27.45	150m:	1:37.36	37.45	250m:	2:50.46	36.97
	100m:	59.91	32.46	200m:	2:13.49	36.13	300m:	3:28.69	38.23
							350m:	4:01.00	32.31
							400m:	4:31.27	30.27
5.	BORUSZEWSKI Filip		07	UKS SP-149 Łódź				4:42.15	576
	50m:	28.71	28.71	150m:	1:40.07	37.23	250m:	2:56.44	39.53
	100m:	1:02.84	34.13	200m:	2:16.91	36.84	300m:	3:37.39	40.95
							350m:	4:10.40	33.01
							400m:	4:42.15	31.75
6.	LUNOV Illia		08	MKS Park Wodny Tarnowskie Góry				4:43.68	567
	50m:	29.02	29.02	150m:	1:41.01	37.92	250m:	2:56.63	38.86
	100m:	1:03.09	34.07	200m:	2:17.77	36.76	300m:	3:36.02	39.39
							350m:	4:10.18	34.16
							400m:	4:43.68	33.50
7.	PAWLAK Dawid		08	UKS 190 Łódź				4:45.95	553
	50m:	30.10	30.10	150m:	1:45.32	39.19	250m:	3:01.27	38.34
	100m:	1:06.13	36.03	200m:	2:22.93	37.61	300m:	3:42.20	40.93
							350m:	4:14.55	32.35
							400m:	4:45.95	31.40
8.	TRUDNOS Ignacy		08	UKS 190 Łódź				4:48.24	540
	50m:	29.41	29.41	150m:	1:43.29	38.42	250m:	2:59.55	38.89
	100m:	1:04.87	35.46	200m:	2:20.66	37.37	300m:	3:40.15	40.60
							350m:	4:15.51	35.36
							400m:	4:48.24	32.73
9.	JANUS Filip		07	UKS Aquatica Pawłowice				4:51.76	521
	50m:	27.90	27.90	150m:	1:38.69	38.16	250m:	2:57.89	41.37
	100m:	1:00.53	32.63	200m:	2:16.52	37.83	300m:	3:40.71	42.82
							350m:	4:16.87	36.16
							400m:	4:51.76	34.89



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Konkurencja 12, Chłopców, 400m zmienny, 17 - 18 lat

Pozycja	Rok ur.								Czas	Pkt.		
10.	KLOC Maciej			08	UKS Fala Nieporęt					4:52.99	514	
	50m:	29.79	29.79	150m:	1:44.42	38.52	250m:	2:58.83	37.01	350m:	4:19.55	42.16
	100m:	1:05.90	36.11	200m:	2:21.82	37.40	300m:	3:37.39	38.56	400m:	4:52.99	33.44
11.	PAKUŁA Patryk			08	UKS Shark Rudna					4:53.55	511	
	50m:	29.88	29.88	150m:	1:43.23	38.63	250m:	3:04.35	43.79	350m:	4:22.06	32.94
	100m:	1:04.60	34.72	200m:	2:20.56	37.33	300m:	3:49.12	44.77	400m:	4:53.55	31.49
12.	MADEY Ryszard			08	UKS GOS Raszyn					4:59.83	480	
	50m:	30.27	30.27	150m:	1:44.33	38.52	250m:	3:06.35	44.19	350m:	4:26.42	35.84
	100m:	1:05.81	35.54	200m:	2:22.16	37.83	300m:	3:50.58	44.23	400m:	4:59.83	33.41

16 lat

1.	DOŁOTA Iwo			09	St. KF KS „Fenix” Ożarów Mazowiecki				4:41.39	581		
	50m:	28.47	28.47	150m:	1:37.57	35.38	250m:	2:52.90	40.58	350m:	4:08.76	34.56
	100m:	1:02.19	33.72	200m:	2:12.32	34.75	300m:	3:34.20	41.30	400m:	4:41.39	32.63
2.	LEŚIAK Piotr			09	MKS Trójka Łódź					4:45.69	555	
	50m:	30.09	30.09	150m:	1:38.46	34.23	250m:	2:53.62	41.10	350m:	4:11.78	35.14
	100m:	1:04.23	34.14	200m:	2:12.52	34.06	300m:	3:36.64	43.02	400m:	4:45.69	33.91
3.	KOCIOŁEK Leon			09	UKS NIKA Sport Team Kraków					4:54.81	505	
	50m:	30.16	30.16	150m:	1:44.19	39.50	250m:	3:05.06	42.08	350m:	4:21.66	34.28
	100m:	1:04.69	34.53	200m:	2:22.98	38.79	300m:	3:47.38	42.32	400m:	4:54.81	33.15
4.	DRELICH Mateusz			09	MKS Trójka Łódź					4:57.72	490	
	50m:	30.41	30.41	150m:	1:47.22	41.65	250m:	3:09.56	41.69	350m:	4:25.35	33.53
	100m:	1:05.57	35.16	200m:	2:27.87	40.65	300m:	3:51.82	42.26	400m:	4:57.72	32.37
5.	ROZUMEK Jan			09	Stowarzyszenie Solne Miasto Wieliczka					4:58.47	486	
	50m:	29.96	29.96	150m:	1:42.10	36.68	250m:	3:01.07	42.82	350m:	4:23.49	37.43
	100m:	1:05.42	35.46	200m:	2:18.25	36.15	300m:	3:46.06	44.99	400m:	4:58.47	34.98

15 lat

1.	KWIATKOWSKI Jan			10	UKS „GIM 92 Ursynów"				4:42.48	574		
	50m:	29.78	29.78	150m:	1:41.54	37.30	250m:	2:58.10	39.97	350m:	4:10.91	32.45
	100m:	1:04.24	34.46	200m:	2:18.13	36.59	300m:	3:38.46	40.36	400m:	4:42.48	31.57
2.	GRABOWSKI Wojciech			10	UKP „Polonia Warszawa"				4:43.08	570		
	50m:	30.36	30.36	150m:	1:44.14	38.37	250m:	2:59.48	37.97	350m:	4:11.98	33.95
	100m:	1:05.77	35.41	200m:	2:21.51	37.37	300m:	3:38.03	38.55	400m:	4:43.08	31.10
3.	ZDZIECHOWSKI Jan			10	MKS Trójka Łódź				4:43.54	567		
	50m:	31.14	31.14	150m:	1:41.70	34.52	250m:	2:57.24	42.11	350m:	4:12.34	33.50
	100m:	1:07.18	36.04	200m:	2:15.13	33.43	300m:	3:38.84	41.60	400m:	4:43.54	31.20
4.	OSTASZEWSKI Szymon			10	UKS „GIM 92 Ursynów"				4:47.12	546		
	50m:	29.74	29.74	150m:	1:41.77	37.07	250m:	3:00.05	41.34	350m:	4:15.10	33.46
	100m:	1:04.70	34.96	200m:	2:18.71	36.94	300m:	3:41.64	41.59	400m:	4:47.12	32.02
5.	PRZEŚLAKIEWICZ Filip			10	IKS Konstancin				4:49.69	532		
	50m:	30.23	30.23	150m:	1:45.72	39.57	250m:	3:04.58	41.10	350m:	4:18.66	33.53
	100m:	1:06.15	35.92	200m:	2:23.48	37.76	300m:	3:45.13	40.55	400m:	4:49.69	31.03
6.	PARDO Kornel			10	UKS „Frog" Giżycko				4:52.39	517		
	50m:	29.01	29.01	150m:	1:41.82	37.20	250m:	3:01.40	41.86	350m:	4:19.16	34.80
	100m:	1:04.62	35.61	200m:	2:19.54	37.72	300m:	3:44.36	42.96	400m:	4:52.39	33.23
7.	SKAWIŃSKI Aleksander			10	UKS 307 Warszawa				4:53.08	514		
	50m:	30.13	30.13	150m:	1:42.23	36.96	250m:	3:00.98	41.52	350m:	4:19.79	36.20
	100m:	1:05.27	35.14	200m:	2:19.46	37.23	300m:	3:43.59	42.61	400m:	4:53.08	33.29
8.	KACZMAREK Dawid			10	MKS Trójka Łódź				4:54.50	506		
	50m:	31.07	31.07	150m:	1:48.70	41.35	250m:	3:08.57	40.95	350m:	4:23.01	32.96
	100m:	1:07.35	36.28	200m:	2:27.62	38.92	300m:	3:50.05	41.48	400m:	4:54.50	31.49



PGE Grand Prix Puchar Polski
Warszawa, 18. - 19.10.2025

Konkurencja 12, Chłopców, 400m zmienny, 15 lat

Pozycja									Rok ur.					Czas	Pkt.
9.	ZASADA Szymon				10	Sekcja Pływacka Meduza Pajęczno					4:55.52	501			
	50m:	31.61	31.61	150m:	1:46.30	37.41	250m:	3:07.22	44.46	350m:	4:24.23	32.93			
	100m:	1:08.89	37.28	200m:	2:22.76	36.46	300m:	3:51.30	44.08	400m:	4:55.52	31.29			
10.	LISOWSKI Wojciech				10	IKS Konstancin					5:12.55	424			
	50m:	29.94	29.94	150m:	1:49.74	41.29	250m:	3:12.52	42.61	350m:	4:35.32	38.23			
	100m:	1:08.45	38.51	200m:	2:29.91	40.17	300m:	3:57.09	44.57	400m:	5:12.55	37.23			
DYSKW.	ZAMIARA Jan				10	IKS Konstancin									
	<i>K15 - Pływak nie dotknął ściany dwiema dłońmi przy nawrocie lub na zakończeniu wyścigu.</i>														
	50m:	32.98	32.98	150m:	1:57.06	43.11	250m:	3:32.49	52.98	350m:	5:05.36	39.04			
	100m:	1:13.95	40.97	200m:	2:39.51	42.45	300m:	4:26.32	53.83	400m:					

14 lat

1.	PAPUGA Grzegorz			11	UKS 190 Łódź					4:34.08	628	
	50m:	29.40	29.40	150m:	1:39.08	36.35	250m:	2:52.34	38.67	350m:	4:03.31	32.38
	100m:	1:02.73	33.33	200m:	2:13.67	34.59	300m:	3:30.93	38.59	400m:	4:34.08	30.77
2.	SUSLIK Adam			11	UKS „GIM 92 Ursynów"					4:43.56	567	
	50m:	30.02	30.02	150m:	1:40.88	36.71	250m:	2:58.73	41.32	350m:	4:12.19	32.43
	100m:	1:04.17	34.15	200m:	2:17.41	36.53	300m:	3:39.76	41.03	400m:	4:43.56	31.37
3.	SOBCZYK Jan			11	MKS Jedynka Łódź					4:48.95	536	
	50m:	30.41	30.41	150m:	1:45.50	39.64	250m:	3:03.21	39.68	350m:	4:15.74	32.57
	100m:	1:05.86	35.45	200m:	2:23.53	38.03	300m:	3:43.17	39.96	400m:	4:48.95	33.21
4.	MENDAKIEWICZ Mikołaj			11	UKS 190 Łódź					4:59.12	483	
	50m:	31.40	31.40	150m:	1:46.56	38.50	250m:	3:06.94	43.13	350m:	4:26.01	35.39
	100m:	1:08.06	36.66	200m:	2:23.81	37.25	300m:	3:50.62	43.68	400m:	4:59.12	33.11
5.	BEDYŃSKI Jakub			11	MKS „Jagiellonka" Warszawa					4:59.97	479	
	50m:	30.80	30.80	150m:	1:45.44	38.75	250m:	3:08.50	44.62	350m:	4:27.67	33.49
	100m:	1:06.69	35.89	200m:	2:23.88	38.44	300m:	3:54.18	45.68	400m:	4:59.97	32.30
6.	DOMINEK Michał			11	UKS NIKA Sport Team Kraków					5:01.57	472	
	50m:	30.84	30.84	150m:	1:46.05	37.92	250m:	3:07.30	43.63	350m:	4:27.75	36.00
	100m:	1:08.13	37.29	200m:	2:23.67	37.62	300m:	3:51.75	44.45	400m:	5:01.57	33.82
7.	BARYCKI Fryderyk			11	UKP „Polonia Warszawa"					5:06.95	447	
	50m:	33.21	33.21	150m:	1:51.35	39.74	250m:	3:13.25	42.43	350m:	4:32.21	35.51
	100m:	1:11.61	38.40	200m:	2:30.82	39.47	300m:	3:56.70	43.45	400m:	5:06.95	34.74
8.	NOWAKOWSKI Aleksander			11	IKS Konstancin					5:20.34	393	
	50m:	31.68	31.68	150m:	1:52.83	42.79	250m:	3:19.40	44.87	350m:	4:43.19	37.58
	100m:	1:10.04	38.36	200m:	2:34.53	41.70	300m:	4:05.61	46.21	400m:	5:20.34	37.15
DYSKW.	PALMOWSKI Jakub			11	UKS SP-149 Łódź							
	<i>K16 - Pływak dotknął ścianę nierównocześnie dwiema dłońmi przy nawrocie lub na zakończenie wyścigu.</i>											
	50m:	32.87	32.87	150m:	1:54.08	41.98	250m:	3:20.17	45.85	350m:	4:42.81	36.50
	100m:	1:12.10	39.23	200m:	2:34.32	40.24	300m:	4:06.31	46.14	400m:		