



OTWARTE JESIENNE MISTRZOSTWA OKRĘGU WMOZP I WARSZAWY



Otwarte Jesienne Mistrzostwa Okręgu Warszawsko Mazowieckiego i Warszawy
Warszawa, 10. - 11.11.2025

Konkurencja 34
11.11.2025 - 11:20

Mężczyzn, 400m dowolny

Open
Wyniki

Punkty: AQUA 2025

Pozycja	Rok ur.	Czas	Pkt.	
13 lat i młodszy				
1. FAŁEREK Filip	13	MUKS "TUREKin pływa"	4:34.16	464 16,0
50m: 32.11 32.11	150m: 1:42.06	35.08 250m: 2:51.92 34.82	350m: 4:01.06	34.40
100m: 1:06.98 34.87	200m: 2:17.10	35.04 300m: 3:26.66 34.74	400m: 4:34.16	33.10
2. ZAWISZEWSKI Emil	12	UKS G-8 Bielany Warszawa	4:38.42	443 12,3
50m: 31.88 31.88	150m: 1:42.59	35.60 250m: 2:53.98 35.26	350m: 4:04.34	34.89
100m: 1:06.99 35.11	200m: 2:18.72	36.13 300m: 3:29.45 35.47	400m: 4:38.42	34.08
3. PATOKA Antoni	12	UKS G-8 Bielany Warszawa	4:39.42	438 12,1
50m: 31.07 31.07	150m: 1:43.14	36.72 250m: 2:55.25 36.02	350m: 4:05.35	35.05
100m: 1:06.42 35.35	200m: 2:19.23	36.09 300m: 3:30.30 35.05	400m: 4:39.42	34.07
4. WACHOWSKI Maksymilian	12	MKS Ochota Warszawa	4:40.14	434 11,9
50m: 12.60 12.60	150m: 1:04.96	34.59 250m: 2:17.28 36.62	350m: 3:28.28	35.80
100m: 30.37 17.77	200m: 1:40.66	35.70 300m: 2:52.48 35.20	400m: 4:40.14	1:11.86
5. FIJAŁKOWSKI Konstanty	12	UKP „Polonia Warszawa”	4:50.70	389 9,1
50m: 32.36 32.36	150m: 1:45.63	36.86 250m: 3:00.21 37.35	350m: 4:14.99	37.06
100m: 1:08.77 36.41	200m: 2:22.86	37.23 300m: 3:37.93 37.72	400m: 4:50.70	35.71
6. DENIS Krzysztof	12	UKS G-8 Bielany Warszawa	4:57.40	363 7,4
50m: 32.93 32.93	150m: 1:47.32	37.83 250m: 3:03.06 37.74	350m: 4:20.31	38.80
100m: 1:09.49 36.56	200m: 2:25.32	38.00 300m: 3:41.51 38.45	400m: 4:57.40	37.09
7. MACHNACZ Leon	12	UKS H2O Warszawa	5:00.01	354 6,7
50m: 31.46 31.46	150m: 1:45.85	38.09 250m: 3:04.15 39.36	350m: 4:23.09	39.03
100m: 1:07.76 36.30	200m: 2:24.79	38.94 300m: 3:44.06 39.91	400m: 5:00.01	36.92
8. TROŚCIAŃCZYK Kajetan	12	MKS „Jagiellonka” Warszawa	5:00.28	353 6,7
50m: 26.71 26.71	150m: 1:48.57	38.56 250m: 3:07.18 39.82	350m: 4:25.51	39.40
100m: 1:10.01 43.30	200m: 2:27.36	38.79 300m: 3:46.11 38.93	400m: 5:00.28	34.77
9. PINIEWSKI Ignacy	13	IKS Konstancin	5:03.08	343 8,7
50m: 33.51 33.51	150m: 1:49.76	38.54 250m: 3:08.42 39.39	350m: 4:26.15	38.90
100m: 1:11.22 37.71	200m: 2:29.03	39.27 300m: 3:47.25 38.83	400m: 5:03.08	36.93
10. TROJANEK Ignacy	12	MKS „Jagiellonka” Warszawa	5:05.74	334 5,2
50m: 34.64 34.64	150m: 1:54.17	39.72 250m: 3:12.36 38.57	350m: 4:29.53	39.11
100m: 1:14.45 39.81	200m: 2:33.79	39.62 300m: 3:50.42 38.06	400m: 5:05.74	36.21
11. OLSZEWSKI Tomasz	13	UKP „Polonia Warszawa”	5:17.01	300 5,3
50m: 34.52 34.52	150m: 1:55.39	40.98 250m: 3:16.67 40.37	350m: 4:38.90	40.94
100m: 1:14.41 39.89	200m: 2:36.30	40.91 300m: 3:57.96 41.29	400m: 5:17.01	38.11
12. KRUPIŃSKI-PANNA Mateusz	14	MKS Ochota Warszawa	5:19.95	291 10,4
50m: 35.97 35.97	150m: 1:57.36	41.13 250m: 3:19.92 40.81	350m: 4:41.80	41.02
100m: 1:16.23 40.26	200m: 2:39.11	41.75 300m: 4:00.78 40.86	400m: 5:19.95	38.15
13. KAMIŃSKI Witold	12	UKS H2O Warszawa	5:21.80	286 1,1
50m: 34.02 34.02	150m: 1:56.21	41.63 250m: 3:19.95 42.17	350m: 4:42.21	39.85
100m: 1:14.58 40.56	200m: 2:37.78	41.57 300m: 4:02.36 42.41	400m: 5:21.80	39.59
14. WIERCIGROCH Jerzy	12	MKS „Jagiellonka” Warszawa	5:21.87	286 1,0
50m: 36.62 36.62	150m: 2:00.30	42.66 250m: 3:22.18 40.66	350m: 4:43.55	40.08
100m: 1:17.64 41.02	200m: 2:41.52	41.22 300m: 4:03.47 41.29	400m: 5:21.87	38.32



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Otwarte Jesienne Mistrzostwa Okręgu Warszawsko Mazowieckiego i Warszawy Warszawa, 10. - 11.11.2025

Konkurencja 34, Chłopców, 400m dowolny, 13 lat i młodszy

Pozycja	Rok ur.										Czas	Pkt.	
15.	ZINKEVICH Gleb			14		UKS 48 Warszawa Śródmieście					5:22.19	285	9,9
	50m:	37.20	37.20	150m:	2:00.60	41.66	250m:	3:22.87	40.81	350m:	4:44.38	40.22	
	100m:	1:18.94	41.74	200m:	2:42.06	41.46	300m:	4:04.16	41.29	400m:	5:22.19	37.81	
16.	ZIELIŃSKI Oskar			14		MPKS "Orka" Ciechanów					5:23.60	282	9,6
	50m:	35.28	35.28	150m:	1:56.05	41.38	250m:	3:20.21	42.47	350m:	4:45.97	43.49	
	100m:	1:14.67	39.39	200m:	2:37.74	41.69	300m:	4:02.48	42.27	400m:	5:23.60	37.63	
17.	JEDLIŃSKI Julius			12		UKS 48 Warszawa Śródmieście					5:27.68	271	
	50m:	37.22	37.22	150m:	2:01.00	42.43	250m:	3:26.42	42.31	350m:	4:49.72	41.88	
	100m:	1:18.57	41.35	200m:	2:44.11	43.11	300m:	4:07.84	41.42	400m:	5:27.68	37.96	
18.	JANCZAREK Jakub			12		MKS „Jagiellonka" Warszawa					5:38.68	246	
	50m:	38.66	38.66	150m:	2:05.76	43.55	250m:	3:34.07	44.59	350m:	5:01.30	44.21	
	100m:	1:22.21	43.55	200m:	2:49.48	43.72	300m:	4:17.09	43.02	400m:	5:38.68	37.38	
19.	CHYCHKAN Vladyslav			15		UKS 48 Warszawa Śródmieście					5:39.10	245	10,4
	50m:	40.06	40.06	150m:	2:08.28	44.15	250m:	3:36.33	43.68	350m:	5:01.65	41.75	
	100m:	1:24.13	44.07	200m:	2:52.65	44.37	300m:	4:19.90	43.57	400m:	5:39.10	37.45	
20.	WIETESKA Aleksander			13		MKS Ochota Warszawa					5:42.21	238	
	50m:	37.39	37.39	150m:	2:04.74	44.34	250m:	3:34.14	44.25	350m:	5:02.07	42.97	
	100m:	1:20.40	43.01	200m:	2:49.89	45.15	300m:	4:19.10	44.96	400m:	5:42.21	40.14	
21.	ŚLIWKA Grzegorz			14		MKS Ochota Warszawa					5:46.96	228	4,1
	50m:	37.22	37.22	150m:	2:07.37	45.78	250m:	3:37.61	44.35	350m:	5:06.91	44.07	
	100m:	1:21.59	44.37	200m:	2:53.26	45.89	300m:	4:22.84	45.23	400m:	5:46.96	40.05	
22.	WOŹNIAK Mateusz			14		KP „Sukces" Chorzów					5:47.24	228	4,1
	50m:	38.53	38.53	150m:	2:04.35	43.58	250m:	3:34.15	44.95	350m:	5:04.33	45.07	
	100m:	1:20.77	42.24	200m:	2:49.20	44.85	300m:	4:19.26	45.11	400m:	5:47.24	42.91	
23.	SZYMAŃSKI Antoni			14		IUKS „Muszelka" Warszawa					5:52.18	218	2,9
	50m:	39.48	39.48	150m:	2:08.42	45.52	250m:	3:41.46	46.24	350m:	5:11.86	45.32	
	100m:	1:22.90	43.42	200m:	2:55.22	46.80	300m:	4:26.54	45.08	400m:	5:52.18	40.32	
24.	SIERADZKI Teodor			15		UKS 48 Warszawa Śródmieście					5:54.53	214	7,0
	50m:	40.15	40.15	150m:	2:11.22	45.85	250m:	3:43.22	46.57	350m:	5:11.61	44.62	
	100m:	1:25.37	45.22	200m:	2:56.65	45.43	300m:	4:26.99	43.77	400m:	5:54.53	42.92	
25.	GÓRECKI Karol			14		MKS Ochota Warszawa					6:22.40	170	
	50m:	42.82	42.82	150m:	2:20.88	49.87	250m:	3:59.75	50.45	350m:	5:36.96	48.22	
	100m:	1:31.01	48.19	200m:	3:09.30	48.42	300m:	4:48.74	48.99	400m:	6:22.40	45.44	

14 - 15 lat

1.	PRZEŚLAKIEWICZ Filip		10	IKS Konstancin			4:21.20	536	12,5
	50m: 29.46	29.46	150m: 1:34.60	32.90	250m: 2:40.68	33.28	350m: 3:48.27	34.00	
	100m: 1:01.70	32.24	200m: 2:07.40	32.80	300m: 3:14.27	33.59	400m: 4:21.20	32.93	
2.	SZOK Filip		11	MKS Ochota Warszawa			4:21.74	533	14,6
	50m: 28.58	28.58	150m: 1:34.35	33.30	250m: 2:41.80	33.80	350m: 3:49.51	33.74	
	100m: 1:01.05	32.47	200m: 2:08.00	33.65	300m: 3:15.77	33.97	400m: 4:21.74	32.23	
3.	PIETRYCH Igor		10	UKS „GIM 92 Ursynów”			4:31.82	476	9,6
	50m: 30.28	30.28	150m: 1:38.36	34.31	250m: 2:47.98	34.64	350m: 3:57.44	34.92	
	100m: 1:04.05	33.77	200m: 2:13.34	34.98	300m: 3:22.52	34.54	400m: 4:31.82	34.38	



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Otwarte Jesienne Mistrzostwa Okręgu Warszawsko Mazowieckiego i Warszawy Warszawa, 10. - 11.11.2025

Konkurencja 34, Chłopców, 400m dowolny, 14 - 15 lat

Pozycja					Rok ur.					Czas	Pkt.	
4.	GOLON Leon				11	IKS Konstancin				4:33.23	468	11,6
	50m:	31.55	31.55	150m:	1:41.75	35.43	250m:	2:51.37	34.36	350m:	4:00.96	34.33
	100m:	1:06.32	34.77	200m:	2:17.01	35.26	300m:	3:26.63	35.26	400m:	4:33.23	32.27
5.	KUSYK Franciszek				11	MKS „Jagiellonka” Warszawa				4:34.61	461	11,2
	50m:	29.47	29.47	150m:	1:36.98	34.28	250m:	2:47.70	35.48	350m:	3:59.60	35.52
	100m:	1:02.70	33.23	200m:	2:12.22	35.24	300m:	3:24.08	36.38	400m:	4:34.61	35.01
6.	SZABLIŃSKI Ignacy				11	MKS Piaseczno				4:40.34	433	9,7
	50m:	31.52	31.52	150m:	1:41.96	35.68	250m:	2:52.80	35.12	350m:	4:05.61	36.60
	100m:	1:06.28	34.76	200m:	2:17.68	35.72	300m:	3:29.01	36.21	400m:	4:40.34	34.73
7.	ŻÓŁTOWSKI Adam				11	MKS „Jagiellonka” Warszawa				4:46.45	406	8,0
	50m:	33.23	33.23	150m:	1:45.16	35.65	250m:	2:57.80	36.31	350m:	4:11.38	36.96
	100m:	1:09.51	36.28	200m:	2:21.49	36.33	300m:	3:34.42	36.62	400m:	4:46.45	35.07
8.	MAĆKOWIAK Mateusz				11	UKS "V" Łomianki				4:57.49	363	5,1
	50m:	30.72	30.72	150m:	1:46.07	39.20	250m:	3:05.32	39.43	350m:	4:23.07	38.71
	100m:	1:06.87	36.15	200m:	2:25.89	39.82	300m:	3:44.36	39.04	400m:	4:57.49	34.42
9.	STĘCLIŁ Jan				11	UKS Żoliborz				5:04.31	339	3,2
	50m:	34.19	34.19	150m:	1:51.09	38.45	250m:	3:08.77	38.57	350m:	4:27.21	39.40
	100m:	1:12.64	38.45	200m:	2:30.20	39.11	300m:	3:47.81	39.04	400m:	5:04.31	37.10
10.	PIECHOWICZ Andrzej				10	Mokotowski UKP Warszawianka- Wodny				5:17.14	299	
	50m:	35.49	35.49	150m:	1:55.47	40.58	250m:	3:17.20	40.43	350m:	4:39.24	40.70
	100m:	1:14.89	39.40	200m:	2:36.77	41.30	300m:	3:58.54	41.34	400m:	5:17.14	37.90
11.	BLUJ Tymoteusz				11	IKS Konstancin				5:17.34	299	
	50m:	35.75	35.75	150m:	1:58.40	41.46	250m:	3:20.73	41.43	350m:	4:39.91	39.37
	100m:	1:16.94	41.19	200m:	2:39.30	40.90	300m:	4:00.54	39.81	400m:	5:17.34	37.43
12.	BYLIŃSKI Szymon				10	UKS "SMS KAPRY Pruszków"				6:17.13	178	
	50m:	34.68	34.68	150m:	2:06.19	48.47	250m:	3:47.07	50.59	350m:	5:26.40	48.81
	100m:	1:17.72	43.04	200m:	2:56.48	50.29	300m:	4:37.59	50.52	400m:	6:17.13	50.73

16 lat i starsi

1.	RACHWAŁ Patryk				08	UKP „Polonia Warszawa"				4:06.09	641	14,4
	50m:	27.79	27.79	150m:	1:30.13	31.34	250m:	2:33.16	31.63	350m:	3:36.09	31.26
	100m:	58.79	31.00	200m:	2:01.53	31.40	300m:	3:04.83	31.67	400m:	4:06.09	30.00
2.	HUSZCZA Mateusz				08	UKS „GIM 92 Ursynów"				4:06.12	641	14,4
	50m:	28.11	28.11	150m:	1:30.38	31.24	250m:	2:33.31	31.54	350m:	3:36.26	31.38
	100m:	59.14	31.03	200m:	2:01.77	31.39	300m:	3:04.88	31.57	400m:	4:06.12	29.86
3.	IWO Dolota				09	KS Fenix Ozarów Mazowiecki				4:12.66	592	13,5
	50m:	28.44	28.44	150m:	1:32.01	32.17	250m:	2:37.02	32.50	350m:	3:41.56	32.38
	100m:	59.84	31.40	200m:	2:04.52	32.51	300m:	3:09.18	32.16	400m:	4:12.66	31.10
4.	SMYKIEWICZ Mateusz				09	SKP Delfin Kozienice				4:18.89	551	11,8
	50m:	29.16	29.16	150m:	1:34.28	32.88	250m:	2:40.71	33.28	350m:	3:47.23	33.19
	100m:	1:01.40	32.24	200m:	2:07.43	33.15	300m:	3:14.04	33.33	400m:	4:18.89	31.66
5.	BOGATEK Bartłomiej				07	UKS G-8 Bielany Warszawa				4:26.50	505	7,7
	50m:	29.26	29.26	150m:	1:34.25	32.68	250m:	2:41.97	33.88	350m:	3:51.10	35.10
	100m:	1:01.57	32.31	200m:	2:08.09	33.84	300m:	3:16.00	34.03	400m:	4:26.50	35.40