

OTWARTE WIOSENNE MISTRZOSTWA WARSZAWY I WOJ. MAZOWIECKIEGO
Warszawa, 16. - 17.5.2026

Konkurencja 12
16.05.2026 - 12:48

M czynn, 400m dowolny

Open
Wyniki

Punkty: Rudolph Table 2025

Pozycja			Rok ur.					Czas	Pkt.	
13 lat i młodszy										
1.	F FEREK Filip		13	MUKS "TUREKin pływa"				4:49.06	9,6	440
	50m: 33.00	33.00	150m: 1:46.70	37.30	250m: 3:00.91	37.10	350m: 4:14.92	36.42		
	100m: 1:09.40	36.40	200m: 2:23.81	37.11	300m: 3:38.50	37.59	400m: 4:49.06	34.14		
2.	ZINKEVICH Gleb		14	UKS 48 Warszawa ródmi cie				5:09.30	7,2	359
	50m: 34.90	34.90	150m: 1:54.59	40.14	250m: 3:13.38	39.38	350m: 4:32.51	39.33		
	100m: 1:14.45	39.55	200m: 2:34.00	39.41	300m: 3:53.18	39.80	400m: 5:09.30	36.79		
3.	KA MIERCZAK Jan		13	UKS „GIM 92 Ursynów"				5:10.38	4,0	355
	50m: 33.56	33.56	150m: 1:55.99	41.16	250m: 3:16.71	39.89	350m: 4:34.85	38.52		
	100m: 1:14.83	41.27	200m: 2:36.82	40.83	300m: 3:56.33	39.62	400m: 5:10.38	35.53		
4.	ZIELI SKI Oskar		14	MPKS "Orka" w Ciechanowie				5:21.17	4,2	321
	50m: 34.59	34.59	150m: 1:56.97	41.37	250m: 3:20.14	41.18	350m: 4:43.31	41.69		
	100m: 1:15.60	41.01	200m: 2:38.96	41.99	300m: 4:01.62	41.48	400m: 5:21.17	37.86		
5.	ZALEWSKI Jan		14	IKS Konstancin				5:25.59	3,1	308
	50m: 36.11	36.11	150m: 1:59.98	41.95	250m: 3:24.61	42.50	350m: 4:47.36	41.67		
	100m: 1:18.03	41.92	200m: 2:42.11	42.13	300m: 4:05.69	41.08	400m: 5:25.59	38.23		
6.	CHYCHKAN Vladyslaw		15	UKS 48 Warszawa ródmi cie				5:32.34	7,5	289
	50m: 36.09	36.09	150m: 2:00.58	41.67	250m: 3:26.58	42.60	350m: 4:51.14	41.24		
	100m: 1:18.91	42.82	200m: 2:43.98	43.40	300m: 4:09.90	43.32	400m: 5:32.34	41.20		
7.	TATAREK Antoni		14	Klub Pływacki Ciechanów				5:36.31		279
	50m: 37.14	37.14	150m: 2:04.82	44.86	250m: 3:33.36	44.81	350m: 4:58.66	42.26		
	100m: 1:19.96	42.82	200m: 2:48.55	43.73	300m: 4:16.40	43.04	400m: 5:36.31	37.65		
8.	SIERADZKI Teodor		15	UKS 48 Warszawa ródmi cie				5:38.38	6,1	274
	50m: 37.92	37.92	150m: 2:05.49	44.42	250m: 3:31.62	42.65	350m: 4:56.59	42.09		
	100m: 1:21.07	43.15	200m: 2:48.97	43.48	300m: 4:14.50	42.88	400m: 5:38.38	41.79		
9.	MIANOWANY Michał		13	St. KF KS „Fenix" O arów Mazowiecki				5:42.91		263
	50m: 37.41	37.41	150m: 2:03.86	43.26	250m: 3:30.96	43.61	350m: 5:00.77	44.74		
	100m: 1:20.60	43.19	200m: 2:47.35	43.49	300m: 4:16.03	45.07	400m: 5:42.91	42.14		
10.	SKOCZE Franciszek		13	IKS Konstancin				5:50.92		246
	50m: 37.35	37.35	150m: 2:06.17	45.90	250m: 3:37.18	45.44	350m: 5:07.30	44.87		
	100m: 1:20.27	42.92	200m: 2:51.74	45.57	300m: 4:22.43	45.25	400m: 5:50.92	43.62		
11.	KIEŁKIEWICZ Jakub		13	UKS "V" Łomianki				5:53.22		241
	50m: 35.00	35.00	150m: 2:04.11	45.16	250m: 3:38.03	46.83	350m: 5:09.68	45.18		
	100m: 1:18.95	43.95	200m: 2:51.20	47.09	300m: 4:24.50	46.47	400m: 5:53.22	43.54		

OTWARTE WIOSENNE MISTRZOSTWA WARSZAWY I WOJ. MAZOWIECKIEGO
Warszawa, 16. - 17.5.2026

Konkurencja 12, M cżyn, 400m dowolny

14 - 15 lat

1.	SUSLIK Adam	11	UKS „GIM 92 Ursynów”	4:19.24	13,0	610
	50m: 29.02 29.02	150m: 1:34.31 33.05	250m: 2:41.34 33.28	350m: 3:47.38 32.80		
	100m: 1:01.26 32.24	200m: 2:08.06 33.75	300m: 3:14.58 33.24	400m: 4:19.24 31.86		
2.	SZOK Filip	11	MKS Ochota Warszawa	4:24.66	11,5	574
	50m: 28.99 28.99	150m: 1:34.28 33.10	250m: 2:42.23 34.04	350m: 3:51.53 34.67		
	100m: 1:01.18 32.19	200m: 2:08.19 33.91	300m: 3:16.86 34.63	400m: 4:24.66 33.13		
3.	KUCZMAR Zbigniew	11	MKS Ochota Warszawa	4:28.84	10,4	547
	50m: 30.61 30.61	150m: 1:38.32 34.00	250m: 2:47.04 34.31	350m: 3:55.84 34.07		
	100m: 1:04.32 33.71	200m: 2:12.73 34.41	300m: 3:21.77 34.73	400m: 4:28.84 33.00		
4.	BEDY SKI Jakub	11	MKS „Jagiellonka” Warszawa	4:36.95	8,2	500
	50m: 30.24 30.24	150m: 1:39.15 35.23	250m: 2:50.81 35.99	350m: 4:02.33 35.78		
	100m: 1:03.92 33.68	200m: 2:14.82 35.67	300m: 3:26.55 35.74	400m: 4:36.95 34.62		
5.	MILEWSKI Jan	11	UKS „GIM 92 Ursynów”	4:40.12	7,3	484
	50m: 30.16 30.16	150m: 1:40.80 36.01	250m: 2:52.95 36.25	350m: 4:04.94 35.69		
	100m: 1:04.79 34.63	200m: 2:16.70 35.90	300m: 3:29.25 36.30	400m: 4:40.12 35.18		
6.	NOJSZEWSKI Kacper	12	UKS „Skalar” Warszawa	4:43.82	8,7	465
	50m: 32.61 32.61	150m: 1:45.23 36.58	250m: 2:58.09 36.45	350m: 4:09.51 35.25		
	100m: 1:08.65 36.04	200m: 2:21.64 36.41	300m: 3:34.26 36.17	400m: 4:43.82 34.31		
7.	GRAJKOWSKI Piotr	11	MKS Piaseczno	4:44.94	5,9	460
	50m: 31.91 31.91	150m: 1:45.15 36.60	250m: 2:57.62 35.43	350m: 4:11.22 36.45		
	100m: 1:08.55 36.64	200m: 2:22.19 37.04	300m: 3:34.77 37.15	400m: 4:44.94 33.72		
8.	ÓŁTOWSKI Adam	11	MKS „Jagiellonka” Warszawa	4:49.51	4,7	438
	50m: 31.92 31.92	150m: 1:44.51 36.95	250m: 2:58.58 37.04	350m: 4:13.65 37.48		
	100m: 1:07.56 35.64	200m: 2:21.54 37.03	300m: 3:36.17 37.59	400m: 4:49.51 35.86		
9.	KUSYK Franciszek	11	MKS „Jagiellonka” Warszawa	4:52.77	3,8	424
	50m: 30.79 30.79	150m: 1:43.36 37.15	250m: 2:59.54 38.18	350m: 4:15.98 38.32		
	100m: 1:06.21 35.42	200m: 2:21.36 38.00	300m: 3:37.66 38.12	400m: 4:52.77 36.79		
10.	LYSIUCHENKO Ivan	11	UKS "SMS KAPRY Pruszków"	4:53.48	3,6	421
	50m: 31.90 31.90	150m: 1:47.68 38.28	250m: 3:03.88 38.55	350m: 4:19.06 37.12		
	100m: 1:09.40 37.50	200m: 2:25.33 37.65	300m: 3:41.94 38.06	400m: 4:53.48 34.42		
11.	BANASIAK Jakub	11	Klub Pływacki Ciechanów	4:53.82	3,5	419
	50m: 34.12 34.12	150m: 1:49.45 37.55	250m: 3:04.85 37.64	350m: 4:19.96 37.37		
	100m: 1:11.90 37.78	200m: 2:27.21 37.76	300m: 3:42.59 37.74	400m: 4:53.82 33.86		
12.	TERLECKI Piotr	11	UKP „Polonia Warszawa”	4:53.96	3,5	418
	50m: 31.97 31.97	150m: 1:45.29 37.45	250m: 3:00.96 37.72	350m: 4:18.52 38.07		
	100m: 1:07.84 35.87	200m: 2:23.24 37.95	300m: 3:40.45 39.49	400m: 4:53.96 35.44		
13.	SZABLI SKI Ignacy	11	MKS Piaseczno	4:58.28	2,3	401
	50m: 31.97 31.97	150m: 1:46.40 38.23	250m: 3:05.16 39.60	350m: 4:22.04 36.63		
	100m: 1:08.17 36.20	200m: 2:25.56 39.16	300m: 3:45.41 40.25	400m: 4:58.28 36.24		
14.	CYRAN Artur	12	IKS Konstancin	5:05.06	3,0	374
	50m: 32.93 32.93	150m: 1:50.41 39.53	250m: 3:10.00 39.55	350m: 4:28.28 39.03		
	100m: 1:10.88 37.95	200m: 2:30.45 40.04	300m: 3:49.25 39.25	400m: 5:05.06 36.78		

OTWARTE WIOSENNE MISTRZOSTWA WARSZAWY I WOJ. MAZOWIECKIEGO
Warszawa, 16. - 17.5.2026

Konkurencja 12, Chłopców, 400m dowolny, 14 - 15 lat

Pozycja			Rok ur.					Czas	Pkt.			
15.	KOZIAN	Maciej	11	Klub Pływacki Ciechanów				5:07.39	366			
	50m:	33.14	33.14	150m:	1:50.97	39.20	250m:	3:11.10	39.81	350m:	4:29.74	38.81
	100m:	1:11.77	38.63	200m:	2:31.29	40.32	300m:	3:50.93	39.83	400m:	5:07.39	37.65
16.	SERBISTA	Alan	12	Klub Pływacki Ciechanów				5:17.81	331			
	50m:	34.81	34.81	150m:	1:57.13	42.36	250m:	3:21.05	42.01	350m:	4:41.41	39.01
	100m:	1:14.77	39.96	200m:	2:39.04	41.91	300m:	4:02.40	41.35	400m:	5:17.81	36.40
17.	GRONOWSKI	Mateusz	12	UKS 307 Warszawa				5:28.59	299			
	50m:	34.61	34.61	150m:	1:55.37	40.82	250m:	3:20.58	42.52	350m:	4:47.87	43.90
	100m:	1:14.55	39.94	200m:	2:38.06	42.69	300m:	4:03.97	43.39	400m:	5:28.59	40.72
18.	STAROSZCZUK	Igor	11	Stowarzyszenie MKS " wit"				5:39.53	271			
	50m:	37.24	37.24	150m:	2:03.53	43.69	250m:	3:31.72	43.65	350m:	4:59.29	42.91
	100m:	1:19.84	42.60	200m:	2:48.07	44.54	300m:	4:16.38	44.66	400m:	5:39.53	40.24
19.	LUBELSKI	Michał	11	Stowarzyszenie MKS " wit"				5:44.22	260			
	50m:	35.94	35.94	150m:	2:00.58	43.60	250m:	3:30.05	45.00	350m:	5:00.22	45.21
	100m:	1:16.98	41.04	200m:	2:45.05	44.47	300m:	4:15.01	44.96	400m:	5:44.22	44.00

16 lat i starsi

1.	SIENKIEWICZ	Ignacy	05	AZS AWF Warszawa				4:13.97	9,2	649		
	50m:	28.76	28.76	150m:	1:32.57	32.28	250m:	2:38.38	33.27	350m:	3:44.81	33.19
	100m:	1:00.29	31.53	200m:	2:05.11	32.54	300m:	3:11.62	33.24	400m:	4:13.97	29.16
2.	PRYZYNICZ	Olaf	10	UKS G-8 Bielany Warszawa				4:17.87	12,1	620		
	50m:	28.60	28.60	150m:	1:31.94	32.10	250m:	2:37.67	32.94	350m:	3:44.44	33.19
	100m:	59.84	31.24	200m:	2:04.73	32.79	300m:	3:11.25	33.58	400m:	4:17.87	33.43
3.	MILKOWSKI	Mikołaj	07	UKS 48 Warszawa ródnie cie				4:25.29	5,9	569		
	50m:	29.70	29.70	150m:	1:36.41	33.29	250m:	2:43.60	33.82	350m:	3:51.64	34.18
	100m:	1:03.12	33.42	200m:	2:09.78	33.37	300m:	3:17.46	33.86	400m:	4:25.29	33.65
4.	YAROSHENKO	Alexander	10	UKS G-8 Bielany Warszawa				4:25.46	9,9	568		
	50m:	30.24	30.24	150m:	1:37.96	33.99	250m:	2:46.74	34.53	350m:	3:53.06	32.85
	100m:	1:03.97	33.73	200m:	2:12.21	34.25	300m:	3:20.21	33.47	400m:	4:25.46	32.40
5.	ANDRZEJUK	Jan	10	UKS „GIM 92 Ursynów"				4:46.59	4,0	452		
	50m:	32.41	32.41	150m:	1:45.30	37.07	250m:	2:58.04	35.77	350m:	4:11.22	36.63
	100m:	1:08.23	35.82	200m:	2:22.27	36.97	300m:	3:34.59	36.55	400m:	4:46.59	35.37
6.	CZUPRYN	Aleksander	09	KP Płetwal Mława				4:47.80	2,5	446		
	50m:	33.10	33.10	150m:	1:47.31	37.01	250m:	3:01.36	37.21	350m:	4:14.26	36.20
	100m:	1:10.30	37.20	200m:	2:24.15	36.84	300m:	3:38.06	36.70	400m:	4:47.80	33.54
7.	GR DZIK	Olaf	10	Klub Pływacki Ciechanów				4:48.17	3,5	444		
	50m:	31.25	31.25	150m:	1:43.17	36.45	250m:	2:56.65	36.45	350m:	4:10.33	36.92
	100m:	1:06.72	35.47	200m:	2:20.20	37.03	300m:	3:33.41	36.76	400m:	4:48.17	37.84
8.	HERMAN	Wiktor	09	KP Płetwal Mława				4:50.35	1,8	434		
	50m:	30.76	30.76	150m:	1:43.11	37.17	250m:	2:59.57	38.26	350m:	4:15.71	37.95
	100m:	1:05.94	35.18	200m:	2:21.31	38.20	300m:	3:37.76	38.19	400m:	4:50.35	34.64

OTWARTE WIOSENNE MISTRZOSTWA WARSZAWY I WOJ. MAZOWIECKIEGO
Warszawa, 16. - 17.5.2026

Konkurencja 12, Mężczyzn, 400m dowolny, 16 lat i starsi

Pozycja			Rok ur.							Czas	Pkt.	
9.	BRYK Jarosław		09	MKS Piaseczno						4:53.71	420	
	50m:	30.94	30.94	150m:	1:44.30	37.15	250m:	2:59.82	37.92	350m:	4:17.69	38.93
	100m:	1:07.15	36.21	200m:	2:21.90	37.60	300m:	3:38.76	38.94	400m:	4:53.71	36.02
10.	SIALITSKI Ryhor		08	St. KF KS „Fenix” O arów Mazowiecki						4:55.31	413	
	50m:	30.74	30.74	150m:	1:45.84	38.31	250m:	3:03.63	38.87	350m:	4:19.10	37.24
	100m:	1:07.53	36.79	200m:	2:24.76	38.92	300m:	3:41.86	38.23	400m:	4:55.31	36.21
11.	PIECHOWICZ Andrzej		10	Mokotowski UKP Warszawianka- Wodny						5:07.93	364	
	50m:	33.03	33.03	150m:	1:50.87	39.10	250m:	3:10.65	39.94	350m:	4:30.25	39.22
	100m:	1:11.77	38.74	200m:	2:30.71	39.84	300m:	3:51.03	40.38	400m:	5:07.93	37.68
12.	KRÓLIKOWSKI Franciszek		10	UKS GOS Raszyn						5:19.48	326	
	50m:	35.21	35.21	150m:	1:55.77	40.68	250m:	3:18.66	41.76	350m:	4:41.82	41.17
	100m:	1:15.09	39.88	200m:	2:36.90	41.13	300m:	4:00.65	41.99	400m:	5:19.48	37.66
DYSKW.	POWIERZA Arkadiusz		09	UKS „GIM 92 Ursynów”								
	<i>D2 - Pływak zanurzył się całkowicie w trakcie wyścigu (z wyjściem 15 m po starcie lub nawrocie).</i>											