

ARENA SPEED CHALLENGE

26.09.2026 | WARSZAWA



POLSKIE PŁYWANIE
FUNDACJA PIOTRA WOŹNICKIEGO

ARENA SPEED CHALLENGE Warszawa, 26.9.2026

Konkurencja 24
26.09.2026 - 20:54

Mężczyzn, 400m dowolny

12 lat i starsi
Wyniki

Punkty: AQUA 2026

Pozycja	Rok ur.										Czas	Pkt.
12 lat												
1.	ZIELIŃSKI Oskar			14	Ks Swim Projekt Ciechanów					5:01.67	348	
	50m:	33.66	33.66	150m:	1:48.93	37.99	250m:	3:06.98	39.23	350m:	4:25.31	39.15
	100m:	1:10.94	37.28	200m:	2:27.75	38.82	300m:	3:46.16	39.18	400m:	5:01.67	36.36
2.	SOSNOWSKI Aleksander			14	UKS G-8 Bielany Warszawa					5:18.29	296	
	50m:	34.47	34.47	150m:	1:55.25	41.33	250m:	3:17.70	41.37	350m:	4:39.55	41.03
	100m:	1:13.92	39.45	200m:	2:36.33	41.08	300m:	3:58.52	40.82	400m:	5:18.29	38.74
3.	ŚLIWKA Grzegorz			14	MKS Ochota Warszawa					5:32.63	259	
	50m:	37.39	37.39	150m:	2:04.36	43.49	250m:	3:30.53	43.15	350m:	4:54.88	41.64
	100m:	1:20.87	43.48	200m:	2:47.38	43.02	300m:	4:13.24	42.71	400m:	5:32.63	37.75
13 lat												
1.	LIWIŃSKI Jakub			13	UKS 190 Łódź					4:45.34	411	
	50m:	31.43	31.43	150m:	1:43.47	36.51	250m:	2:57.46	37.39	350m:	4:10.89	36.37
	100m:	1:06.96	35.53	200m:	2:20.07	36.60	300m:	3:34.52	37.06	400m:	4:45.34	34.45
2.	GROMEK Szymon			13	MTP Kormoran Olsztyn					4:49.02	396	
	50m:	33.00	33.00	150m:	1:46.82	36.78	250m:	3:00.65	36.84	350m:	4:14.24	36.86
	100m:	1:10.04	37.04	200m:	2:23.81	36.99	300m:	3:37.38	36.73	400m:	4:49.02	34.78
3.	SZOSTAWICKI Tomasz			13	MTP Kormoran Olsztyn					4:52.52	382	
	50m:	33.38	33.38	150m:	1:48.15	37.53	250m:	3:02.77	37.10	350m:	4:17.60	37.39
	100m:	1:10.62	37.24	200m:	2:25.67	37.52	300m:	3:40.21	37.44	400m:	4:52.52	34.92
4.	NOWACKI Cyprian			13	Uks Czwórka Nakło					5:00.16	353	
	50m:	33.40	33.40	150m:	1:48.53	38.19	250m:	3:06.24	38.77	350m:	4:23.79	38.68
	100m:	1:10.34	36.94	200m:	2:27.47	38.94	300m:	3:45.11	38.87	400m:	5:00.16	36.37
5.	WIETESKA Aleksander			13	MKS Ochota Warszawa					5:00.69	351	
	50m:	33.16	33.16	150m:	1:49.35	38.52	250m:	3:05.99	38.89	350m:	4:23.23	38.77
	100m:	1:10.83	37.67	200m:	2:27.10	37.75	300m:	3:44.46	38.47	400m:	5:00.69	37.46
6.	SKUBIDA Bartosz			13	UKS 307 Warszawa					5:05.13	336	
	50m:	33.03	33.03	150m:	1:50.49	38.92	250m:	3:10.29	39.91	350m:	4:27.73	38.51
	100m:	1:11.57	38.54	200m:	2:30.38	39.89	300m:	3:49.22	38.93	400m:	5:05.13	37.40
7.	POŚEPNY Szymon			13	UKS 307 Warszawa					5:36.63	250	
	50m:	38.58	38.58	150m:	2:04.50	43.37	250m:	3:31.11	43.85	350m:	4:56.38	41.79
	100m:	1:21.13	42.55	200m:	2:47.26	42.76	300m:	4:14.59	43.48	400m:	5:36.63	40.25
14 lat												
1.	PŁUCIENNIKOWSKI Jan			12	MKS Trójka Łódź					4:10.17	610	
	50m:	28.83	28.83	150m:	1:33.70	32.42	250m:	2:38.77	32.30	350m:	3:42.05	31.09
	100m:	1:01.28	32.45	200m:	2:06.47	32.77	300m:	3:10.96	32.19	400m:	4:10.17	28.12
2.	KOWALSKI Antoni			12	AZS AWF Warszawa					4:18.36	554	
	50m:	29.15	29.15	150m:	1:34.45	33.05	250m:	2:40.21	32.98	350m:	3:46.23	32.83
	100m:	1:01.40	32.25	200m:	2:07.23	32.78	300m:	3:13.40	33.19	400m:	4:18.36	32.13



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Konkurencja 24, Chłopców, 400m dowolny, 14 lat

Pozycja			Rok ur.						Czas	Pkt.
3.	PAWLAK Mateusz		12	UKS 190 Łódź					4:23.04	525
	50m: 30.15	30.15	150m: 1:36.81	33.72	250m: 2:44.37	33.66	350m: 3:51.41	33.22		
	100m: 1:03.09	32.94	200m: 2:10.71	33.90	300m: 3:18.19	33.82	400m: 4:23.04	31.63		
4.	TUNKIEWICZ Piotr		12	MTP Kormoran Olsztyn					4:27.08	501
	50m: 30.42	30.42	150m: 1:37.82	33.86	250m: 2:45.81	33.96	350m: 3:54.67	34.39		
	100m: 1:03.96	33.54	200m: 2:11.85	34.03	300m: 3:20.28	34.47	400m: 4:27.08	32.41		
5.	RAC Mikołaj		12	MTP Kormoran Olsztyn					4:40.86	431
	50m: 30.64	30.64	150m: 1:40.06	35.35	250m: 2:52.65	36.32	350m: 4:05.82	36.46		
	100m: 1:04.71	34.07	200m: 2:16.33	36.27	300m: 3:29.36	36.71	400m: 4:40.86	35.04		
6.	ANKOWSKI Igor		12	UKS G-8 Bielany Warszawa					4:50.02	391
	50m: 32.28	32.28	150m: 1:46.29	37.54	250m: 3:00.72	37.18	350m: 4:14.88	37.15		
	100m: 1:08.75	36.47	200m: 2:23.54	37.25	300m: 3:37.73	37.01	400m: 4:50.02	35.14		
7.	JENČIK Emo		12	MPK Bardejov					4:51.76	385
	50m: 30.97	30.97	150m: 1:43.99	37.26	250m: 2:58.52	38.24	350m: 4:15.11	37.83		
	100m: 1:06.73	35.76	200m: 2:20.28	36.29	300m: 3:37.28	38.76	400m: 4:51.76	36.65		

15 lat

1.	KACZMAREK Mikołaj		11	UKS „GIM 92 Ursynów”					3:58.55	704
	50m: 26.73	26.73	150m: 1:26.72	30.07	250m: 2:28.62	30.98	350m: 3:30.22	30.52		
	100m: 56.65	29.92	200m: 1:57.64	30.92	300m: 2:59.70	31.08	400m: 3:58.55	28.33		
2.	BORKOWSKI Albert		11	UKS Delfin Tarnobrzeg					4:00.87	684
	50m: 28.11	28.11	150m: 1:27.89	30.05	250m: 2:29.03	30.69	350m: 3:30.94	31.01		
	100m: 57.84	29.73	200m: 1:58.34	30.45	300m: 2:59.93	30.90	400m: 4:00.87	29.93		
3.	KUCZMAR Zbigniew		11	UKP „Polonia Warszawa”					4:14.79	578
	50m: 29.90	29.90	150m: 1:34.84	32.63	250m: 2:39.55	32.18	350m: 3:44.21	32.37		
	100m: 1:02.21	32.31	200m: 2:07.37	32.53	300m: 3:11.84	32.29	400m: 4:14.79	30.58		
4.	KUSYK Franciszek		11	UKP „Polonia Warszawa”					4:30.09	485
	50m: 30.03	30.03	150m: 1:37.34	34.17	250m: 2:46.37	34.83	350m: 3:55.83	34.63		
	100m: 1:03.17	33.14	200m: 2:11.54	34.20	300m: 3:21.20	34.83	400m: 4:30.09	34.26		
5.	TERLECKI Piotr		11	UKP „Polonia Warszawa”					4:39.29	438
	50m: 30.85	30.85	150m: 1:40.86	35.71	250m: 2:53.53	36.11	350m: 4:05.49	36.10		
	100m: 1:05.15	34.30	200m: 2:17.42	36.56	300m: 3:29.39	35.86	400m: 4:39.29	33.80		

16 lat

1.	TARASEK Igor		10	UKP Unia Oświęcim					3:58.70	703
	50m: 27.48	27.48	150m: 1:27.48	30.15	250m: 2:28.50	30.51	350m: 3:30.29	30.67		
	100m: 57.33	29.85	200m: 1:57.99	30.51	300m: 2:59.62	31.12	400m: 3:58.70	28.41		
2.	CHMIELECKI Kacper		10	MTKP Delfin Toruń					4:46.74	405
	50m: 32.52	32.52	150m: 1:45.69	36.74	250m: 2:59.95	37.70	350m: 4:12.97	35.74		
	100m: 1:08.95	36.43	200m: 2:22.25	36.56	300m: 3:37.23	37.28	400m: 4:46.74	33.77		



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17 lat i starsi

1.	GNACZYŃSKI Michał	07	MTP Kormoran Olsztyn	3:56.24	725
	50m: 27.71 27.71	150m: 1:27.79	30.23 250m: 2:28.98 30.51	350m: 3:28.60	29.49
	100m: 57.56 29.85	200m: 1:58.47	30.68 300m: 2:59.11 30.13	400m: 3:56.24	27.64
2.	MŁKOWSKI Mikołaj	07	UKS 48 Warszawa Śródmieście	3:59.00	700
	50m: 27.79 27.79	150m: 1:27.71	30.21 250m: 2:28.68 30.44	350m: 3:29.78	30.34
	100m: 57.50 29.71	200m: 1:58.24	30.53 300m: 2:59.44 30.76	400m: 3:59.00	29.22
3.	RADKIEWICZ Kajetan	05	KU AZS Uniwersytetu Warszawskiego	3:59.22	698
	50m: 27.39 27.39	150m: 1:28.06	30.35 250m: 2:28.97 30.30	350m: 3:30.11	30.28
	100m: 57.71 30.32	200m: 1:58.67	30.61 300m: 2:59.83 30.86	400m: 3:59.22	29.11
4.	KRYŚ Radosław	07	MTP Kormoran Olsztyn	4:06.76	636
	50m: 28.88 28.88	150m: 1:31.28	31.44 250m: 2:34.75 31.75	350m: 3:37.59	31.29
	100m: 59.84 30.96	200m: 2:03.00	31.72 300m: 3:06.30 31.55	400m: 4:06.76	29.17
5.	KARWAT Bartłomiej	08	UKS Nawa Skierniewice	4:09.53	615
	50m: 27.06 27.06	150m: 1:30.31	32.10 250m: 2:34.42 32.39	350m: 3:38.42	32.01
	100m: 58.21 31.15	200m: 2:02.03	31.72 300m: 3:06.41 31.99	400m: 4:09.53	31.11
6.	SIENKIEWICZ Ignacy	05	AZS AWF Warszawa	4:13.70	585
	50m: 28.69 28.69	150m: 1:31.97	31.84 250m: 2:36.51 32.52	350m: 3:41.75	32.70
	100m: 1:00.13 31.44	200m: 2:03.99	32.02 300m: 3:09.05 32.54	400m: 4:13.70	31.95
7.	PAWLAK Dawid	08	UKS 190 Łódź	4:19.54	546
	50m: 28.74 28.74	150m: 1:32.59	31.97 250m: 2:39.14 33.83	350m: 3:46.08	33.47
	100m: 1:00.62 31.88	200m: 2:05.31	32.72 300m: 3:12.61 33.47	400m: 4:19.54	33.46
8.	MASZEWSKI Mikołaj	06	UKS Nawa Skierniewice	4:35.31	458
	50m: 29.69 29.69	150m: 1:37.87	34.65 250m: 2:49.51 35.74	350m: 4:00.98	35.75
	100m: 1:03.22 33.53	200m: 2:13.77	35.90 300m: 3:25.23 35.72	400m: 4:35.31	34.33



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