

Konkurencja 22 — Mężczyzn, 400m dowolny — Open
8.11.2026 - 10:18 — Wyniki

Punkty: AQUA 2026

Pozycja		Rok ur.		Czas	Pkt.
1.	HERMAN Wiktor	09	KP Płetwal Mława	**4:46.16**	408
	50m: 31.09 31.09 150m: 1:43.19 36.88 250m: 2:57.60 37.11 350m: 4:12.41 37.09				
	100m: 1:06.31 35.22 200m: 2:20.49 37.30 300m: 3:35.32 37.72 400m: 4:46.16 33.75				
2.	ANKOWSKI Igor	12	UKS G-8 Bielany Warszawa	**4:48.40**	398
	50m: 31.69 31.69 150m: 1:44.75 36.76 250m: 2:59.07 37.51 350m: 4:13.18 36.69				
	100m: 1:07.99 36.30 200m: 2:21.56 36.81 300m: 3:36.49 37.42 400m: 4:48.40 35.22				
3.	LESIŃSKI Antoni	13	UKS ,,Dwójka" Tczew	**4:56.68**	366
	50m: 32.91 32.91 150m: 1:47.92 38.16 250m: 3:04.30 38.04 350m: 4:20.35 37.56				
	100m: 1:09.76 36.85 200m: 2:26.26 38.34 300m: 3:42.79 38.49 400m: 4:56.68 36.33				
4.	JAKOWICZ Kuba	12	UKS ,,Frog" Giżycko	**4:59.93**	354
	50m: 32.98 32.98 150m: 1:48.03 38.01 250m: 3:04.75 38.33 350m: 4:22.99 39.10				
	100m: 1:10.02 37.04 200m: 2:26.42 38.39 300m: 3:43.89 39.14 400m: 4:59.93 36.94				
5.	JAKOWICZ Patryk	12	UKS ,,Frog" Giżycko	**5:06.63**	331
	50m: 33.52 33.52 150m: 1:49.17 38.41 250m: 3:09.12 40.28 350m: 4:29.27 39.83				
	100m: 1:10.76 37.24 200m: 2:28.84 39.67 300m: 3:49.44 40.32 400m: 5:06.63 37.36				
6.	WIERZCHOWSKI Oliwier	13	UKS Fala Nieporęt	**5:11.27**	317
	50m: 34.13 34.13 150m: 1:53.13 40.87 250m: 3:15.37 40.68 350m: 4:36.20 39.45				
	100m: 1:12.26 38.13 200m: 2:34.69 41.56 300m: 3:56.75 41.38 400m: 5:11.27 35.07				
7.	KOWALSKI Oskar	12	Ks "Marlin Mława"	**5:16.20**	302
	50m: 36.45 36.45 150m: 1:57.83 41.34 250m: 3:21.08 41.51 350m: 5:16.20 33.10				
	100m: 1:16.49 40.04 200m: 2:39.57 41.74 300m: 4:43.10 1:22.02 400m: 5:16.20				
8.	GÓRSKI Maciej	08	MKP Wodnik Bielsk Podlaski	**5:20.52**	290
	50m: 31.26 31.26 150m: 1:48.44 39.26 250m: 3:12.04 42.27 350m: 4:38.20 43.09				
	100m: 1:09.18 37.92 200m: 2:29.77 41.33 300m: 3:55.11 43.07 400m: 5:20.52 42.32				
9.	FANDZLOCH Igor	13	UKS ,,Siódemka" Brodnica	**5:26.51**	274
	50m: 35.90 35.90 150m: 1:59.06 42.65 250m: 3:25.38 43.58 350m: 4:50.58 42.33				
	100m: 1:16.41 40.51 200m: 2:41.80 42.74 300m: 4:08.25 42.87 400m: 5:26.51 35.93				
10.	MAROTO Kuba	14	UKS Fala Nieporęt	**5:54.86**	213
	50m: 39.72 39.72 150m: 2:10.90 46.46 250m: 3:42.60 45.63 350m: 5:13.40 44.28				
	100m: 1:24.44 44.72 200m: 2:56.97 46.07 300m: 4:29.12 46.52 400m: 5:54.86 41.46				
11.	SIERADZKI Przemysław	13	UKS Fala Nieporęt	**5:56.84**	210
	50m: 38.43 38.43 150m: 2:07.60 45.44 250m: 3:41.74 46.75 350m: 5:16.85 48.68				
	100m: 1:22.16 43.73 200m: 2:54.99 47.39 300m: 4:28.17 46.43 400m: 5:56.84 39.99				
DYSKW.	TROITSKYI Wsewołod	15	SSP ,,Orka" Iława		
	O2 - Pływak nie ukończył całego dystansu				
	50m: 39.29 39.29 150m: 2:09.99 45.96 250m: 3:42.75 46.34 350m: 5:12.53 43.53				
	100m: 1:24.03 44.74 200m: 2:56.41 46.42 300m: 4:29.00 46.25 400m:				

SHOCKSPORT
ORGANIZATORZY: PŁETWAL MŁAWA MIASTO MŁAWA MOSiR Mława
PARTNERZY: ANIMEX FOODS KROSS NEXTMOVE