



Grand Prix Województwa Zachodniopomorskiego i Lubuskiego - Finał
Szczecin, 5-6-2025

Konkurencja 10
2025-06-05 - 13:32

Chłopców, 400m dowolny

12 - 15 lat
Wyniki

Punkt: AQUA 2024

Pozycja			Rok ur.			Czas	Pkt.	CR	100m	200m	300m	400m	
15 lat													
1.	STACHOWIAK Adam		10	MKP Szczecin		4:14.24	648 +0,71		1:01.10	1:04.98	1:05.47	1:02.69	
	50m:	29.12	29.12	150m:	1:33.55	32.45		250m:	2:38.95	32.87	350m:	3:43.83	32.28
	100m:	1:01.10	31.98	200m:	2:06.08	32.53		300m:	3:11.55	32.60	400m:	4:14.24	30.41
2.	GÓRECKI Wiktor		10	MKS Znicz Koszalin		4:35.23	511 +0,69		1:02.70	1:11.05	1:12.73	1:08.75	
	50m:	29.82	29.82	150m:	1:37.91	35.21		250m:	2:49.70	35.95	350m:	4:01.73	35.25
	100m:	1:02.70	32.88	200m:	2:13.75	35.84		300m:	3:26.48	36.78	400m:	4:35.23	33.50
3.	RADIUN Aleksander		10	MKS Znicz Koszalin		4:43.13	469 +0,79		1:06.24	1:12.11	1:13.55	1:11.23	
	50m:	31.50	31.50	150m:	1:42.17	35.93		250m:	2:55.13	36.78	350m:	4:08.32	36.42
	100m:	1:06.24	34.74	200m:	2:18.35	36.18		300m:	3:31.90	36.77	400m:	4:43.13	34.81
4.	GRACZYK Michał		10	UKS Olimp Gorzów Wlkp.		4:50.91	432 +0,85		1:08.37	1:14.53	1:15.30	1:12.71	
	50m:	32.06	32.06	150m:	1:45.33	36.96		250m:	3:00.12	37.22	350m:	4:15.13	36.93
	100m:	1:08.37	36.31	200m:	2:22.90	37.57		300m:	3:38.20	38.08	400m:	4:50.91	35.78
5.	DOMŻAŁ Szymon		10	MKS Znicz Koszalin		4:51.77	429 +0,82		1:05.90	1:15.54	1:17.45	1:12.88	
	50m:	30.64	30.64	150m:	1:43.26	37.36		250m:	3:00.08	38.64	350m:	4:16.38	37.49
	100m:	1:05.90	35.26	200m:	2:21.44	38.18		300m:	3:38.89	38.81	400m:	4:51.77	35.39
6.	KUJAWSKI Bartosz		10	MKP Szczecin		5:06.32	370 +0,76		1:12.55	1:18.85	1:19.80	1:15.12	
	50m:	35.00	35.00	150m:	1:51.88	39.33		250m:	3:11.16	39.76	350m:	4:29.92	38.72
	100m:	1:12.55	37.55	200m:	2:31.40	39.52		300m:	3:51.20	40.04	400m:	5:06.32	36.40
7.	JUCHNIEWICZ Filip		10	KP Neptun Stargard		5:06.73	369 +0,68		1:12.02	1:19.58	1:19.70	1:15.43	
	50m:	34.00	34.00	150m:	1:51.49	39.47		250m:	3:11.54	39.94	350m:	4:30.06	38.76
	100m:	1:12.02	38.02	200m:	2:31.60	40.11		300m:	3:51.30	39.76	400m:	5:06.73	36.67

14 lat

1. PROKOP Wojciech	11	MKP Szczecin	4:35.01	512 +0,62	1:05.30	1:10.93	1:10.68	1:08.10			
50m:	31.30	31.30	150m:	1:41.03	35.73	250m:	2:51.59	35.36	350m:	4:01.79	34.88
100m:	1:05.30	34.00	200m:	2:16.23	35.20	300m:	3:26.91	35.32	400m:	4:35.01	33.22
2. FLORCZAK Aleksander	11	MKS Znicz Koszalin	4:38.99	490 +0,72	1:03.31	1:11.45	1:12.73	1:11.50			
50m:	30.03	30.03	150m:	1:38.80	35.49	250m:	2:51.13	36.37	350m:	4:03.60	36.11
100m:	1:03.31	33.28	200m:	2:14.76	35.96	300m:	3:27.49	36.36	400m:	4:38.99	35.39
3. PIĘTKA Joachim	11	MKP Szczecin	4:46.21	454 +0,67	1:09.05	1:13.98	1:13.37	1:09.81			
50m:	33.13	33.13	150m:	1:46.05	37.00	250m:	2:59.60	36.57	350m:		
100m:	1:09.05	35.92	200m:	2:23.03	36.98	300m:	3:36.40	36.80	400m:	4:46.21	
4. WITKOWIAK Filip	11	UKS Olimp Gorzów Wlkp.	4:50.07	436 +0,67	1:09.18	1:14.92	1:15.42	1:10.55			
50m:	32.22	32.22	150m:	1:46.80	37.62	250m:	3:01.90	37.80	350m:	4:15.02	35.50
100m:	1:09.18	36.96	200m:	2:24.10	37.30	300m:	3:39.52	37.62	400m:	4:50.07	35.05
5. ŚLIWIŃSKI Filip	11	MKS CKS-SMS Szczecin	4:56.56	408 +0,68	1:07.20	1:15.52	1:17.63	1:16.21			
50m:	31.26	31.26	150m:	1:44.46	37.26	250m:	3:00.96	38.24	350m:	4:19.65	39.30
100m:	1:07.20	35.94	200m:	2:22.72	38.26	300m:	3:40.35	39.39	400m:	4:56.56	36.91
6. ŚLIWIŃSKI Kacper	11	MKS CKS-SMS Szczecin	4:58.08	402 +0,67	1:06.65	1:15.59	1:18.65	1:17.19			
50m:	30.65	30.65	150m:	1:44.24	37.59	250m:	3:01.29	39.05	350m:	4:20.56	39.67
100m:	1:06.65	36.00	200m:	2:22.24	38.00	300m:	3:40.89	39.60	400m:	4:58.08	37.52
7. ŚWISTAK-ROKOSA Alan	11	MKP Szczecin	4:58.52	400 +0,72	1:11.57	1:15.81	1:16.13	1:15.01			
50m:	33.85	33.85	150m:	1:48.82	37.25	250m:	3:04.37	36.99	350m:	4:22.03	38.52
100m:	1:11.57	37.72	200m:	2:27.38	38.56	300m:	3:43.51	39.14	400m:	4:58.52	36.49
8. ZGLINICKI Arkadiusz	11	MKS CKS-SMS Szczecin	5:14.06	344 +0,85	1:13.09	1:21.52	1:20.83	1:18.62			
50m:	33.75	33.75	150m:	1:53.44	40.35	250m:	3:14.84	40.23	350m:	4:35.37	39.93
100m:	1:13.09	39.34	200m:	2:34.61	41.17	300m:	3:55.44	40.60	400m:	5:14.06	38.69
9. KLIM Krystian	11	MKS Znicz Koszalin	5:14.34	343 +0,71	1:09.15	1:21.26	1:20.68	1:23.25			
50m:	32.37	32.37	150m:	1:48.69	39.54	250m:	3:10.86	40.45	350m:	4:32.76	41.67
100m:	1:09.15	36.78	200m:	2:30.41	41.72	300m:	3:51.09	40.23	400m:	5:14.34	41.58
10. DOKURNO Kamil	11	UKS Foka Choszczno	5:14.71	341 +0,89	1:13.72	1:21.20	1:22.32	1:17.47			
50m:	34.72	34.72	150m:	1:54.14	40.42	250m:	3:16.17	41.25	350m:	4:37.40	40.16
100m:	1:13.72	39.00	200m:	2:34.92	40.78	300m:	3:57.24	41.07	400m:	5:14.71	37.31



Grand Prix Województwa Zachodniopomorskiego i Lubuskiego - Finał
Szczecin, 5-6-2025

Konkurencja 10, Chłopców, 400m dowolny, 14 lat

Pozycja	Rok ur.		Czas		Pkt.	CR	100m	200m	300m	400m	
11. STEFANIAK Piotr	11	MKS CKS-SMS Szczecin	5:22.80	316	+0,76		1:13.56	1:22.32	1:23.85	1:23.07	
50m:	34.65	34.65	150m:	1:54.60	41.04	250m:	3:17.69	41.81	350m:	4:42.10	42.37
100m:	1:13.56	38.91	200m:	2:35.88	41.28	300m:	3:59.73	42.04	400m:	5:22.80	40.70

13 lat

1. OGÓREK Mariusz	12	MKP Szczecin	4:40.82	481 +0,74	1:05.72	1:11.72	1:12.49	1:10.89
50m: 31.02	31.02	150m: 1:41.43	35.71	250m: 2:53.70	36.26	350m: 4:05.91	35.98	
100m: 1:05.72	34.70	200m: 2:17.44	36.01	300m: 3:29.93	36.23	400m: 4:40.82	34.91	
2. KAŻMIERCZAK Szymon	12	MKP Szczecin	5:00.56	392 +0,65	1:13.41	1:18.56	1:17.97	1:10.62
50m: 35.12	35.12	150m: 1:52.67	39.26	250m: 3:10.86	38.89	350m: 4:27.67	37.73	
100m: 1:13.41	38.29	200m: 2:31.97	39.30	300m: 3:49.94	39.08	400m: 5:00.56	32.89	
3. KIWACZ Michał	12	MKS Znicz Koszalin	5:00.90	391 +0,91	1:12.16	1:18.18	1:17.16	1:13.40
50m: 34.47	34.47	150m: 1:51.57	39.41	250m: 3:09.16	38.82	350m: 4:24.98	37.48	
100m: 1:12.16	37.69	200m: 2:30.34	38.77	300m: 3:47.50	38.34	400m: 5:00.90	35.92	
4. PIECHOTA Nikodem	12	MKP Szczecin	5:01.49	388 +0,77	1:13.83	1:19.30	1:17.44	1:10.92
50m: 34.73	34.73	150m: 1:53.02	39.19	250m: 3:13.36	40.23	350m: 4:27.71	37.14	
100m: 1:13.83	39.10	200m: 2:33.13	40.11	300m: 3:50.57	37.21	400m: 5:01.49	33.78	
5. KOCHAŃSKI Maciej	12	UKS Olimp Gorzów Wlkp.	5:14.48	342 +0,68	1:12.62	1:21.20	1:22.11	1:18.55
50m: 33.78	33.78	150m: 1:53.19	40.57	250m: 3:14.99	41.17	350m: 4:36.85	40.92	
100m: 1:12.62	38.84	200m: 2:33.82	40.63	300m: 3:55.93	40.94	400m: 5:14.48	37.63	
6. KIEŁCZEWSKI Wiktor	12	MKP Szczecin	5:15.37	339 +0,75	1:13.35	1:21.27	1:22.07	1:18.68
50m: 34.35	34.35	150m: 1:53.75	40.40	250m: 3:16.02	41.40	350m: 4:38.60	41.91	
100m: 1:13.35	39.00	200m: 2:34.62	40.87	300m: 3:56.69	40.67	400m: 5:15.37	36.77	
7. JUSZCZYŃSKI Mikołaj	12	MKS CKS-SMS Szczecin	5:21.14	321 +0,55	1:14.78	1:22.24	1:22.78	1:21.34
50m: 35.16	35.16	150m: 1:55.68	40.90	250m: 3:18.48	41.46	350m: 4:40.53	40.73	
100m: 1:14.78	39.62	200m: 2:37.02	41.34	300m: 3:59.80	41.32	400m: 5:21.14	40.61	
8. BILOUS Matvii	12	MKP Szczecin	5:35.94	281 +0,80	1:18.41	1:25.06	1:28.66	1:23.81
50m: 37.28	37.28	150m: 2:00.80	42.39	250m: 3:28.00	44.53	350m: 4:54.51	42.38	
100m: 1:18.41	41.13	200m: 2:43.47	42.67	300m: 4:12.13	44.13	400m: 5:35.94	41.43	
9. SMOLIŃSKI Grzegorz	12	UKS Foka Choszczno	5:36.19	280 +0,86	1:17.51	1:26.35	1:27.97	1:24.36
50m: 36.32	36.32	150m: 2:00.11	42.60	250m: 3:27.71	43.85	350m: 4:55.19	43.36	
100m: 1:17.51	41.19	200m: 2:43.86	43.75	300m: 4:11.83	44.12	400m: 5:36.19	41.00	
10. RAPTA Adam	12	MKS Znicz Koszalin	5:40.61	269 +0,82	1:18.61	1:26.65	1:28.41	1:26.94
50m: 36.44	36.44	150m: 2:01.79	43.18	250m: 3:29.43	44.17	350m: 4:58.54	44.87	
100m: 1:18.61	42.17	200m: 2:45.26	43.47	300m: 4:13.67	44.24	400m: 5:40.61	42.07	
11. ŚWISTAK-ROKOSA Natan	12	MKP Szczecin	5:52.22	243 +0,65	1:19.98	1:30.43	1:32.10	1:29.71
50m: 37.38	37.38	150m: 2:04.46	44.48	250m: 3:36.46	46.05	350m: 5:07.97	45.46	
100m: 1:19.98	42.60	200m: 2:50.41	45.95	300m: 4:22.51	46.05	400m: 5:52.22	44.25	
12. GALANT Ignacy	12	UKS Olimp Gorzów Wlkp.	5:52.91	242 +0,79	1:23.17	1:31.39	1:32.94	1:25.41
50m: 38.99	38.99	150m: 2:08.29	45.12	250m: 3:41.70	47.14	350m: 5:13.09	45.59	
100m: 1:23.17	44.18	200m: 2:54.56	46.27	300m: 4:27.50	45.80	400m: 5:52.91	39.82	
13. JURYS Julian	12	MKS CKS-SMS Szczecin	6:22.33	190 +0,69	1:31.28	1:40.98	1:37.22	1:32.85
50m: 42.63	42.63	150m: 2:20.89	49.61	250m: 4:00.89	48.63	350m: 5:37.70	48.22	
100m: 1:31.28	48.65	200m: 3:12.26	51.37	300m: 4:49.48	48.59	400m: 6:22.33	44.63	
14. PAROBCZY Wojciech	12	MKS CKS-SMS Szczecin	6:24.24	187 +0,98	1:28.80	1:39.59	1:38.82	1:37.03
50m: 40.54	40.54	150m: 2:17.86	49.06	250m: 3:57.79	49.40	350m: 5:36.86	49.65	
100m: 1:28.80	48.26	200m: 3:08.39	50.53	300m: 4:47.21	49.42	400m: 6:24.24	47.38	

12 lat

1. MROCZKO Antoni	13	MKS Znicz Koszalin	5:05.73	372 +0,73	1:11.39	1:17.51	1:19.13	1:17.70
50m: 33.63	33.63	150m: 1:49.50 38.11	250m: 3:07.80 38.90	350m: 4:26.47 38.44				
100m: 1:11.39	37.76	200m: 2:28.90 39.40	300m: 3:48.03 40.23	400m: 5:05.73 39.26				
2. RYK Nikodem	13	MKS Znicz Koszalin	5:14.15	343 +0,68	1:12.73	1:20.53	1:23.04	1:17.85
50m: 33.88	33.88	150m: 1:51.97 39.24	250m: 3:14.99 41.73	350m: 4:37.26 40.96				
100m: 1:12.73	38.85	200m: 2:33.26 41.29	300m: 3:56.30 41.31	400m: 5:14.15 36.89				
3. ŁASECKI Jakub	13	MKP Szczecin	5:34.89	283 +0,73	1:18.71	1:25.99	1:26.16	1:24.03
50m: 35.93	35.93	150m: 2:02.42 43.71	250m: 3:27.77 43.07	350m: 4:54.60 43.74				
100m: 1:18.71	42.78	200m: 2:44.70 42.28	300m: 4:10.86 43.09	400m: 5:34.89 40.29				



Grand Prix Województwa Zachodniopomorskiego i Lubuskiego - Finał
Szczecin, 5-6-2025

Konkurencja 10, Chłopców, 400m dowolny, 12 lat

Pozycja	Rok ur.		Czas		Pkt.	CR	100m	200m	300m	400m		
4.	GNACZYŃSKI Franciszek	13	UKS Olimp Gorzów Wlkp.	5:40.06	271	+0,73	1:20.46	1:27.75	1:26.76	1:25.09		
	50m:	37.82	37.82	150m:	2:03.78	43.32	250m:	3:31.08	42.87	350m:	4:57.43	42.46
	100m:	1:20.46	42.64	200m:	2:48.21	44.43	300m:	4:14.97	43.89	400m:	5:40.06	42.63
5.	KUŹMA Aleksander	13	MKS CKS-SMS Szczecin	5:41.37	267	+0,84	1:21.65	1:28.91	1:28.21	1:22.60		
	50m:	39.19	39.19	150m:	5:02.77	3:41.12	250m:		350m:			
	100m:	1:21.65	42.46	200m:	2:50.56		300m:	4:18.77	400m:	5:41.37		
6.	SUDOŁ Kuba	13	MKP Szczecin	5:43.30	263	+0,72	1:21.53	1:30.52	1:28.22	1:23.03		
	50m:	37.25	37.25	150m:	2:06.00	44.47	250m:	3:37.02	44.97	350m:	5:02.67	42.40
	100m:	1:21.53	44.28	200m:	2:52.05	46.05	300m:	4:20.27	43.25	400m:	5:43.30	40.63
7.	IWICKI Antoni	13	MKS CKS-SMS Szczecin	5:47.26	254	+0,77	1:20.58	1:30.74	1:30.47	1:25.47		
	50m:	37.48	37.48	150m:	2:06.10	45.52	250m:	3:36.80	45.48	350m:	5:06.58	44.79
	100m:	1:20.58	43.10	200m:	2:51.32	45.22	300m:	4:21.79	44.99	400m:	5:47.26	40.68
8.	ŻACZEK Szymon	13	MKP Szczecin	5:50.16	248	+0,56	1:19.26	1:29.56	1:31.12	1:30.22		
	50m:	36.90	36.90	150m:	2:03.68	44.42	250m:	5:05.80	2:16.98	350m:		
	100m:	1:19.26	42.36	200m:	2:48.82	45.14	300m:	4:19.94		400m:	5:50.16	
9.	MAROSIK Piotr	13	MKS CKS-SMS Szczecin	5:55.49	237	+0,82	1:21.56	1:30.61	1:31.99	1:31.33		
	50m:	38.26	38.26	150m:	2:06.22	44.66	250m:	5:11.32	2:19.15	350m:		
	100m:	1:21.56	43.30	200m:	2:52.17	45.95	300m:	4:24.16		400m:	5:55.49	
10.	SIEMBIDA Antoni	13	MKP Szczecin	6:00.21	228	+0,80	1:22.55	1:32.02	1:34.45	1:31.19		
	50m:	38.44	38.44	150m:	2:08.23	45.68	250m:	3:41.65	47.08	350m:	5:14.16	45.14
	100m:	1:22.55	44.11	200m:	2:54.57	46.34	300m:	4:29.02	47.37	400m:	6:00.21	46.05
11.	PIETRZAK Jan	13	MKP Szczecin	6:05.57	218	+0,53	1:18.80	1:35.03	1:37.42	1:34.32		
	50m:	36.35	36.35	150m:	2:05.60	46.80	250m:	3:42.95	49.12	350m:		
	100m:	1:18.80	42.45	200m:	2:53.83	48.23	300m:	4:31.25	48.30	400m:	6:05.57	
12.	MAJCHRZAK Daniel	13	MKP Szczecin	6:33.39	175	+0,91	1:26.07	1:41.82	1:43.10	1:42.40		
	50m:	40.06	40.06	150m:	2:15.97	49.90	250m:	3:58.87	50.98	350m:	5:42.03	51.04
	100m:	1:26.07	46.01	200m:	3:07.89	51.92	300m:	4:50.99	52.12	400m:	6:33.39	51.36
13.	KOPKA Wojciech	13	UKS Olimp Gorzów Wlkp.	6:36.24	171	+0,81	1:30.72	1:40.59	1:44.10	1:40.83		
	50m:	40.24	40.24	150m:	2:20.72	50.00	250m:	4:03.48	52.17	350m:	5:46.94	51.53
	100m:	1:30.72	50.48	200m:	3:11.31	50.59	300m:	4:55.41	51.93	400m:	6:36.24	49.30
14.	WĘŻOWSKI Patryk	13	MKP Szczecin	6:45.55	159	+0,86	1:32.56	1:45.93	1:44.78	1:42.28		
	50m:	42.48	42.48	150m:	2:25.11	52.55	250m:	4:10.74	52.25	350m:	5:54.49	51.22
	100m:	1:32.56	50.08	200m:	3:18.49	53.38	300m:	5:03.27	52.53	400m:	6:45.55	51.06