

Liga SMS I runda
Szczecin, 24- - 25-10-2025

Konkurencja 17
2025-10-25 - 9:35

Mężczyzn, 400m dowolny

Open
Wyniki

Rekord Polski Open	3:37.57	WOJDAK Wojciech	01006	Netanya (ISR)	2015-12-02
Rekord Polski 19 +	3:37.57	WOJDAK Wojciech	01006	Netanya (ISR)	2015-12-02
Rekord Polski 18	3:41.69	WOJDAK Wojciech	01006	Ostrowiec Sw	2014-12-18
Rekord Polski 17	3:44.45	CHMIELEWSKI Krzysztof	05614	Bydgoszcz	2021-12-03
Rekord Polski 16	3:44.32	FILIPIAK Mikołaj	04610	Gorzow	2022-12-10
Rekord Polski 15	3:50.76	MŁYNARCZYK Karol	05114	Lublin	2015-12-17
Rekord Polski 14	3:55.30	STAWICKI Mateusz	05214	Wroclaw	2023-10-28

Punkty: AQUA 2025

Pozycja	Rok ur.				Czas				Pkt.	druz
1. LITOBORSKI Mikołaj	08	SMS Poznań			3:52.96	756	29,00			
50m: 26.63 26.63	150m: 1:25.75 29.98	250m: 2:25.60 29.75	350m: 3:24.23 29.07							
100m: 55.77 29.14	200m: 1:55.85 30.10	300m: 2:55.16 29.56	400m: 3:52.96 28.73							
2. CIBA Mateusz	08	SMS Szczecin			3:54.15	744	27,00			
50m: 26.95 26.95	150m: 1:26.44 29.79	250m: 2:26.07 29.71	350m: 3:25.74 29.83							
100m: 56.65 29.70	200m: 1:56.36 29.92	300m: 2:55.91 29.84	400m: 3:54.15 28.41							
3. JÓŹWIAK Tymoteusz	08	SMS Lublin			3:54.68	739	26,00			
50m: 26.97 26.97	150m: 1:26.09 29.98	250m: 2:25.85 29.63	350m: 3:24.89 29.55							
100m: 56.11 29.14	200m: 1:56.22 30.13	300m: 2:55.34 29.49	400m: 3:54.68 29.79							
4. GNACZYŃSKI Michał	07	SMS Szczecin			3:54.89	737	25,00			
50m: 27.38 27.38	150m: 1:27.09 30.16	250m: 2:27.47 30.14	350m: 3:26.95 29.53							
100m: 56.93 29.55	200m: 1:57.33 30.24	300m: 2:57.42 29.95	400m: 3:54.89 27.94							
5. KRASKA Mateusz	07	SMS Lublin			3:58.58	704	24,00			
50m: 26.96 26.96	150m: 1:26.64 30.14	250m: 2:27.45 30.34	350m: 3:28.49 30.55							
100m: 56.50 29.54	200m: 1:57.11 30.47	300m: 2:57.94 30.49	400m: 3:58.58 30.09							
6. BIEŃKOWSKI Mateusz	08	SMS Gdańsk			4:00.39	688	23,00			
50m: 27.70 27.70	150m: 1:28.53 30.98	250m: 2:29.89 30.31	350m: 3:30.89 30.57							
100m: 57.55 29.85	200m: 1:59.58 31.05	300m: 3:00.32 30.43	400m: 4:00.39 29.50							
7. SIKORA Cyprian	07	SMS Ostrowiec			4:00.87	684	22,00			
50m: 26.70 26.70	150m: 1:26.61 30.38	250m: 2:28.18 30.83	350m: 3:31.10 31.60							
100m: 56.23 29.53	200m: 1:57.35 30.74	300m: 2:59.50 31.32	400m: 4:00.87 29.77							
8. TARASEK Igor	10	SMS Oświęcim			4:01.64	677	21,00			
50m: 28.05 28.05	150m: 1:29.46 30.99	250m: 2:30.94 30.48	350m: 3:32.03 30.51							
100m: 58.47 30.42	200m: 2:00.46 31.00	300m: 3:01.52 30.58	400m: 4:01.64 29.61							
9. WÓJCIK Remigiusz	09	SMS Lublin			4:01.98	674	-			
50m: 27.03 27.03	150m: 1:26.29 30.13	250m: 2:28.30 31.20	350m: 3:31.91 32.05							
100m: 56.16 29.13	200m: 1:57.10 30.81	300m: 2:59.86 31.56	400m: 4:01.98 30.07							
10. PONIEWAŻ Oliwier	07	SMS Lublin			4:02.45	670	-			
50m: 27.16 27.16	150m: 1:26.93 30.23	250m: 2:28.68 31.00	350m: 3:31.82 31.52							
100m: 56.70 29.54	200m: 1:57.68 30.75	300m: 3:00.30 31.62	400m: 4:02.45 30.63							
11. PIĘTKA Miłosz	07	SMS Szczecin			4:03.73	660	-			
50m: 28.11 28.11	150m: 1:29.39 30.77	250m: 2:31.54 31.22	350m: 3:33.83 30.99							
100m: 58.62 30.51	200m: 2:00.32 30.93	300m: 3:02.84 31.30	400m: 4:03.73 29.90							
12. SZELAŹEK Alan	09	SMS Szczecin			4:04.94	650	-			
50m: 28.11 28.11	150m: 1:29.67 30.96	250m: 2:31.82 30.51	350m: 3:34.55 31.15							
100m: 58.71 30.60	200m: 2:01.31 31.64	300m: 3:03.40 31.58	400m: 4:04.94 30.39							
13. ZGODA Szymon	08	SMS Warszawa Konwiktorska			4:05.70	644	20,00			
50m: 28.06 28.06	150m: 1:30.36 31.37	250m: 2:33.46 31.56	350m: 3:35.63 31.04							
100m: 58.99 30.93	200m: 2:01.90 31.54	300m: 3:04.59 31.13	400m: 4:05.70 30.07							
14. TARASIEWICZ Piotr	09	SMS Warszawa Konwiktorska			4:06.64	637	19,00			
50m: 28.00 28.00	150m: 1:30.63 31.51	250m: 2:33.71 31.35	350m: 3:36.25 30.95							
100m: 59.12 31.12	200m: 2:02.36 31.73	300m: 3:05.30 31.59	400m: 4:06.64 30.39							

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Pozycja	Rok ur.										Czas	Pkt.	druz
15.	SYLWESTROWICZ Wiktor			07	SMS Bydgoszcz						4:07.03	634	18,00
	50m:	27.81	27.81	150m:	1:29.34	31.14	250m:	2:32.50	31.30	350m:	3:36.30	31.77	
	100m:	58.20	30.39	200m:	2:01.20	31.86	300m:	3:04.53	32.03	400m:	4:07.03	30.73	
16.	SKAŁACKI Igor			08	SMS Oświęcim						4:08.31	624	17,00
	50m:	28.18	28.18	150m:	1:31.06	31.58	250m:	2:34.13	31.17	350m:	3:37.14	31.59	
	100m:	59.48	31.30	200m:	2:02.96	31.90	300m:	3:05.55	31.42	400m:	4:08.31	31.17	
17.	HOŁUB Hubert			10	SMS Warszawa Bielany						4:08.91	620	16,00
	50m:	29.38	29.38	150m:	1:33.66	32.42	250m:	2:37.47	31.51	350m:	3:39.92	30.52	
	100m:	1:01.24	31.86	200m:	2:05.96	32.30	300m:	3:09.40	31.93	400m:	4:08.91	28.99	
18.	ŁOJEWSKI Adam			07	SMS Olsztyn						4:10.56	607	15,00
	50m:	28.35	28.35	150m:	1:30.79	31.48	250m:	2:34.44	32.04	350m:	3:38.95	32.32	
	100m:	59.31	30.96	200m:	2:02.40	31.61	300m:	3:06.63	32.19	400m:	4:10.56	31.61	
19.	KONOPKO Michał			10	SMS Warszawa Bielany						4:11.42	601	14,00
	50m:	27.72	27.72	150m:	1:30.84	31.77	250m:	2:34.67	31.90	350m:	3:39.52	32.21	
	100m:	59.07	31.35	200m:	2:02.77	31.93	300m:	3:07.31	32.64	400m:	4:11.42	31.90	
20.	KRZEŚNIAK Jakub			10	SMS Poznań						4:11.66	599	13,00
	50m:	28.14	28.14	150m:	1:31.86	32.42	250m:	2:36.91	32.50	350m:	3:41.22	31.75	
	100m:	59.44	31.30	200m:	2:04.41	32.55	300m:	3:09.47	32.56	400m:	4:11.66	30.44	
21.	BOBEK Witold			08	SMS Gdańsk						4:11.67	599	12,00
	50m:	29.36	29.36	150m:	1:33.21	32.37	250m:	2:37.47	31.95	350m:	3:41.46	31.99	
	100m:	1:00.84	31.48	200m:	2:05.52	32.31	300m:	3:09.47	32.00	400m:	4:11.67	30.21	
22.	PRYCZYNICZ Olaf			10	SMS Warszawa Bielany						4:11.71	599	-
	50m:	28.58	28.58	150m:	1:32.59	32.34	250m:	2:36.54	31.62	350m:	3:40.64	32.41	
	100m:	1:00.25	31.67	200m:	2:04.92	32.33	300m:	3:08.23	31.69	400m:	4:11.71	31.07	
23.	TOPA Daniel			10	SMS Olsztyn						4:11.73	599	11,00
	50m:	27.74	27.74	150m:	1:30.88	31.88	250m:	2:35.47	32.30	350m:	3:40.75	32.28	
	100m:	59.00	31.26	200m:	2:03.17	32.29	300m:	3:08.47	33.00	400m:	4:11.73	30.98	
24.	MALISZEWSKI Szymon			08	SMS Kraków						4:12.22	595	10,00
	50m:	28.01	28.01	150m:	1:30.75	31.52	250m:	2:34.17	31.64	350m:	3:36.86	30.79	
	100m:	59.23	31.22	200m:	2:02.53	31.78	300m:	3:06.07	31.90	400m:	4:12.22	35.36	
25.	SYNOWIEC Szymon			10	SMS Kraków						4:13.12	589	9,00
	50m:	29.22	29.22	150m:	1:33.05	32.34	250m:	2:37.37	32.10	350m:	3:41.75	32.23	
	100m:	1:00.71	31.49	200m:	2:05.27	32.22	300m:	3:09.52	32.15	400m:	4:13.12	31.37	
26.	STARON Filip			08	SMS Gdańsk						4:14.20	582	-
	50m:	29.15	29.15	150m:	1:33.54	32.65	250m:	2:38.80	32.58	350m:	3:43.05	32.15	
	100m:	1:00.89	31.74	200m:	2:06.22	32.68	300m:	3:10.90	32.10	400m:	4:14.20	31.15	
27.	MICHALSKI Maksymilian			09	SMS Bydgoszcz						4:15.40	573	8,00
	50m:	27.41	27.41	150m:	1:30.68	32.36	250m:	2:36.84	33.21	350m:	3:43.14	32.95	
	100m:	58.32	30.91	200m:	2:03.63	32.95	300m:	3:10.19	33.35	400m:	4:15.40	32.26	
28.	BATUGOWSKI Szymon			09	SMS Ostrowiec						4:15.76	571	7,00
	50m:	28.53	28.53	150m:	1:32.39	32.43	250m:	2:37.67	32.33	350m:	3:43.41	33.06	
	100m:	59.96	31.43	200m:	2:05.34	32.95	300m:	3:10.35	32.68	400m:	4:15.76	32.35	
29.	KOSIAREK Mateusz			10	SMS Wrocław						4:16.01	569	6,00
	50m:	28.12	28.12	150m:	1:32.25	32.38	250m:	2:37.59	32.28	350m:	3:43.59	33.29	
	100m:	59.87	31.75	200m:	2:05.31	33.06	300m:	3:10.30	32.71	400m:	4:16.01	32.42	
30.	KOTYNIA Juliusz			10	SMS Kraków						4:17.57	559	-
	50m:	28.67	28.67	150m:	1:32.97	32.43	250m:	2:38.56	32.70	350m:	3:45.53	33.65	
	100m:	1:00.54	31.87	200m:	2:05.86	32.89	300m:	3:11.88	33.32	400m:	4:17.57	32.04	
31.	ĆWIRKO Dominik			09	SMS Racibórz						4:18.91	550	5,00
	50m:	28.83	28.83	150m:	1:33.33	32.62	250m:	2:39.09	32.21	350m:	3:46.12	33.35	
	100m:	1:00.71	31.88	200m:	2:06.88	33.55	300m:	3:12.77	33.68	400m:	4:18.91	32.79	

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Pozycja					Rok ur.					Czas	Pkt.	druz
32.	DĘBICKI Marcel				10	SMS Wrocław				4:19.35	548	4,00
	50m:	28.72	28.72	150m:	1:34.38	33.40	250m:	2:41.22	33.53	350m:	3:48.40	33.68
	100m:	1:00.98	32.26	200m:	2:07.69	33.31	300m:	3:14.72	33.50	400m:	4:19.35	30.95
33.	SZLACHCIC Jan				08	SMS Oświęcim				4:19.51	547	-
	50m:	29.51	29.51	150m:	1:36.59	33.87	250m:	2:42.96	32.04	350m:	3:48.42	31.63
	100m:	1:02.72	33.21	200m:	2:10.92	34.33	300m:	3:16.79	33.83	400m:	4:19.51	31.09
34.	DEMSKI Filip				09	SMS Bydgoszcz				4:20.22	542	-
	50m:	28.06	28.06	150m:	1:33.71	33.68	250m:	2:41.84	34.28	350m:	3:48.77	33.54
	100m:	1:00.03	31.97	200m:	2:07.56	33.85	300m:	3:15.23	33.39	400m:	4:20.22	31.45
35.	NADAJ Filip				09	SMS Gdańsk				4:25.20	512	-
	50m:	29.03	29.03	150m:	1:34.66	33.53	250m:	2:42.96	34.34	350m:	3:51.89	34.42
	100m:	1:01.13	32.10	200m:	2:08.62	33.96	300m:	3:17.47	34.51	400m:	4:25.20	33.31
36.	ZDROJEWSKI Dawid				08	SMS Bydgoszcz				4:28.70	492	-
	50m:	28.11	28.11	150m:	1:33.11	33.11	250m:	2:42.23	34.98	350m:	3:53.73	36.23
	100m:	1:00.00	31.89	200m:	2:07.25	34.14	300m:	3:17.50	35.27	400m:	4:28.70	34.97
37.	FEDASZ Alan				08	SMS Warszawa Konwiktorska				4:29.42	488	-
	50m:	29.83	29.83	150m:	1:37.43	34.26	250m:	2:46.25	34.61	350m:	3:55.67	34.46
	100m:	1:03.17	33.34	200m:	2:11.64	34.21	300m:	3:21.21	34.96	400m:	4:29.42	33.75
38.	KUMAR Ryan				10	SMS Racibórz				4:29.57	488	3,00
	50m:	30.33	30.33	150m:	1:39.07	34.69	250m:	2:48.69	34.94	350m:	3:56.81	33.96
	100m:	1:04.38	34.05	200m:	2:13.75	34.68	300m:	3:22.85	34.16	400m:	4:29.57	32.76
39.	KAMIENIORZ Kacper				08	SMS Oświęcim				4:34.30	463	-
	50m:	29.91	29.91	150m:	1:37.82	34.25	250m:	2:47.89	35.17	350m:	3:59.04	35.65
	100m:	1:03.57	33.66	200m:	2:12.72	34.90	300m:	3:23.39	35.50	400m:	4:34.30	35.26
PK	KORONA Eryk				09	SMS Szczecin				4:01.45	679	-
	50m:	28.04	28.04	150m:	1:29.83	31.21	250m:	2:31.73	30.70	350m:	3:32.91	30.23
	100m:	58.62	30.58	200m:	2:01.03	31.20	300m:	3:02.68	30.95	400m:	4:01.45	28.54
PK	STACHOWIAK Adam				10	SMS Szczecin				4:07.40	631	-
	50m:	28.24	28.24	150m:	1:30.07	31.34	250m:	2:33.24	31.76	350m:	3:37.45	32.10
	100m:	58.73	30.49	200m:	2:01.48	31.41	300m:	3:05.35	32.11	400m:	4:07.40	29.95
PK	CHABOWSKI-PALONKA Krzysztof				10	SMS Szczecin				4:18.22	555	-
	50m:	29.86	29.86	150m:	1:35.53	32.86	250m:	2:40.94	32.66	350m:	3:46.59	32.81
	100m:	1:02.67	32.81	200m:	2:08.28	32.75	300m:	3:13.78	32.84	400m:	4:18.22	31.63
PK	PROKOP Wojciech				11	SMS Szczecin				4:20.28	542	-
	50m:	29.49	29.49	150m:	1:34.51	32.93	250m:	2:41.59	33.59	350m:	3:47.65	32.98
	100m:	1:01.58	32.09	200m:	2:08.00	33.49	300m:	3:14.67	33.08	400m:	4:20.28	32.63
PK	SKIBIŃSKI Szymon				10	SMS Szczecin				4:22.71	527	-
	50m:	28.98	28.98	150m:	1:33.57	32.86	250m:	2:40.86	33.75	350m:	3:49.00	34.14
	100m:	1:00.71	31.73	200m:	2:07.11	33.54	300m:	3:14.86	34.00	400m:	4:22.71	33.71
PK	WIECZOREK Aleksander				10	SMS Szczecin				4:38.07	444	-
	50m:	31.27	31.27	150m:	1:41.63	35.77	250m:	2:53.39	36.37	350m:	4:04.43	35.81
	100m:	1:05.86	34.59	200m:	2:17.02	35.39	300m:	3:28.62	35.23	400m:	4:38.07	33.64