

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

Konkurencja 4
2025-10-24 - 16:35

Mężczyzn, 400m zmienny

Open
Wyniki

Rekord Polski Open	4:03.20	WOJT Lukasz	POL	Berlin (GER)	2009-11-14
Rekord Polski 19 +	4:03.20	WOJT Lukasz	POL	Berlin (GER)	2009-11-14
Rekord Polski 18	4:08.01	PIELA Michał	01006	Bydgoszcz	2022-11-30
Rekord Polski 17	4:11.22	WĄGROWSKI Marcel	00505	Olsztyn	2016-12-16
Rekord Polski 16	4:12.62	WĄGROWSKI Marcel	00505	Lublin	2015-12-18
Rekord Polski 15	4:21.65	MIŁKOWSKI Mikołaj	04114	Gliwice	2022-12-09
Rekord Polski 14	4:24.79	WIRASZKA Piotr	05214	Poznan	2023-12-08

Punkty: AQUA 2025

Pozycja			Rok ur.						Czas	Pkt.	druz
1.	GNACZYŃSKI Michał		07	SMS Szczecin					4:21.24	726	29,00
	50m: 28.40 28.40	150m: 1:36.06 35.55	250m: 2:46.93 36.40	350m: 3:53.45 29.97							
	100m: 1:00.51 32.11	200m: 2:10.53 34.47	300m: 3:23.48 36.55	400m: 4:21.24 27.79							
2.	RADZIKOWSKI Szymon		08	SMS Wrocław					4:21.71	722	27,00
	50m: 28.11 28.11	150m: 1:35.80 34.10	250m: 2:46.18 36.55	350m: 3:52.74 29.63							
	100m: 1:01.70 33.59	200m: 2:09.63 33.83	300m: 3:23.11 36.93	400m: 4:21.71 28.97							
3.	KLONOWSKI Mikołaj		07	SMS Bydgoszcz					4:21.97	720	26,00
	50m: 26.71 26.71	150m: 1:31.50 34.26	250m: 2:42.75 37.19	350m: 3:52.04 31.92							
	100m: 57.24 30.53	200m: 2:05.56 34.06	300m: 3:20.12 37.37	400m: 4:21.97 29.93							
4.	KRYŚ Radosław		07	SMS Szczecin					4:23.24	709	25,00
	50m: 28.34 28.34	150m: 1:34.30 33.89	250m: 2:45.48 37.60	350m: 3:53.82 30.12							
	100m: 1:00.41 32.07	200m: 2:07.88 33.58	300m: 3:23.70 38.22	400m: 4:23.24 29.42							
5.	CZERWONKA Jan		08	SMS Lublin					4:27.50	676	24,00
	50m: 28.74 28.74	150m: 1:37.40 35.83	250m: 2:49.99 36.92	350m: 3:57.91 30.93							
	100m: 1:01.57 32.83	200m: 2:13.07 35.67	300m: 3:26.98 36.99	400m: 4:27.50 29.59							
6.	ŁUSZCZYŃSKI Krzysztof		08	SMS Gdańsk					4:30.18	656	23,00
	50m: 28.42 28.42	150m: 1:36.51 34.45	250m: 2:49.29 38.87	350m: 4:00.42 31.37							
	100m: 1:02.06 33.64	200m: 2:10.42 33.91	300m: 3:29.05 39.76	400m: 4:30.18 29.76							
7.	TARASIEWICZ Piotr		09	SMS Warszawa Konwiktorska					4:32.37	640	22,00
	50m: 28.81 28.81	150m: 1:38.35 35.84	250m: 2:50.90 38.08	350m: 4:01.06 31.35							
	100m: 1:02.51 33.70	200m: 2:12.82 34.47	300m: 3:29.71 38.81	400m: 4:32.37 31.31							
8.	STACHOWIAK Wiktor		10	SMS Poznań					4:33.57	632	21,00
	50m: 28.51 28.51	150m: 1:37.83 35.53	250m: 2:51.99 38.72	350m: 4:03.93 32.78							
	100m: 1:02.30 33.79	200m: 2:13.27 35.44	300m: 3:31.15 39.16	400m: 4:33.57 29.64							
9.	MIZGAŁSKI Tymoteusz		11	SMS Poznań					4:34.90	623	20,00
	50m: 29.55 29.55	150m: 1:39.54 36.22	250m: 2:54.41 39.42	350m: 4:04.82 31.23							
	100m: 1:03.32 33.77	200m: 2:14.99 35.45	300m: 3:33.59 39.18	400m: 4:34.90 30.08							
10.	MARYJOWSKI Marcin		09	SMS Wrocław					4:35.36	620	19,00
	50m: 28.35 28.35	150m: 1:37.36 36.07	250m: 2:51.43 39.74	350m: 4:03.86 32.30							
	100m: 1:01.29 32.94	200m: 2:11.69 34.33	300m: 3:31.56 40.13	400m: 4:35.36 31.50							
11.	STEFAŃSKI Leon		07	SMS Warszawa Bielany					4:35.78	617	18,00
	50m: 29.15 29.15	150m: 1:39.50 36.39	250m: 2:52.65 37.76	350m: 4:04.23 32.65							
	100m: 1:03.11 33.96	200m: 2:14.89 35.39	300m: 3:31.58 38.93	400m: 4:35.78 31.55							
12.	BORYŚ Wojciech		09	SMS Oświęcim					4:36.59	611	17,00
	50m: 28.52 28.52	150m: 1:38.15 36.39	250m: 2:51.86 37.96	350m: 4:04.74 33.97							
	100m: 1:01.76 33.24	200m: 2:13.90 35.75	300m: 3:30.77 38.91	400m: 4:36.59 31.85							
13.	NOWACKI Mieszko		09	SMS Lublin					4:36.90	609	16,00
	50m: 28.81 28.81	150m: 1:37.73 34.37	250m: 2:52.09 41.06	350m: 4:06.19 32.66							
	100m: 1:03.36 34.55	200m: 2:11.03 33.30	300m: 3:33.53 41.44	400m: 4:36.90 30.71							
14.	ŁAWRYNOWICZ Kacper		09	SMS Bydgoszcz					4:40.06	589	15,00
	50m: 28.85 28.85	150m: 1:40.05 37.96	250m: 2:56.17 39.09	350m: 4:08.45 33.57							
	100m: 1:02.09 33.24	200m: 2:17.08 37.03	300m: 3:34.88 38.71	400m: 4:40.06 31.61							

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Pozycja	Rok ur.										Czas	Pkt.	druz
15.	RACHWAŁ Patryk				08	SMS Warszawa Konwiktorska					4:40.45	586	14,00
	50m:	28.28	28.28	150m:	1:37.83	36.22	250m:	2:54.21	39.93	350m:	4:08.06	33.20	
	100m:	1:01.61	33.33	200m:	2:14.28	36.45	300m:	3:34.86	40.65	400m:	4:40.45	32.39	
16.	PRYCZYNICZ Olaf				10	SMS Warszawa Bielany					4:41.52	580	13,00
	50m:	27.91	27.91	150m:	1:36.28	36.52	250m:	2:53.23	38.70	350m:	4:08.64	34.32	
	100m:	59.76	31.85	200m:	2:14.53	38.25	300m:	3:34.32	41.09	400m:	4:41.52	32.88	
17.	DZIEDZIC Karol				10	SMS Kraków					4:42.89	571	12,00
	50m:	29.60	29.60	150m:	1:42.04	37.11	250m:	2:57.93	38.97	350m:	4:10.65	32.60	
	100m:	1:04.93	35.33	200m:	2:18.96	36.92	300m:	3:38.05	40.12	400m:	4:42.89	32.24	
18.	ŁOJEWSKI Adam				07	SMS Olsztyn					4:46.49	550	11,00
	50m:	29.26	29.26	150m:	1:40.02	36.85	250m:	2:58.09	40.74	350m:	4:14.52	33.74	
	100m:	1:03.17	33.91	200m:	2:17.35	37.33	300m:	3:40.78	42.69	400m:	4:46.49	31.97	
19.	STRAK Krystian				08	SMS Oświęcim					4:49.55	533	10,00
	50m:	28.81	28.81	150m:	1:39.36	36.14	250m:	2:57.45	42.43	350m:	4:16.17	34.46	
	100m:	1:03.22	34.41	200m:	2:15.02	35.66	300m:	3:41.71	44.26	400m:	4:49.55	33.38	
20.	OSAK Kacper				10	SMS Kraków					4:49.63	532	9,00
	50m:	29.73	29.73	150m:	1:40.77	36.56	250m:	2:57.39	40.84	350m:	4:15.50	34.82	
	100m:	1:04.21	34.48	200m:	2:16.55	35.78	300m:	3:40.68	43.29	400m:	4:49.63	34.13	
21.	FLORCZAK Aleksander				11	SMS Gdańsk					4:51.37	523	8,00
	50m:	29.47	29.47	150m:	1:43.66	38.89	250m:	3:01.82	39.91	350m:	4:17.83	34.58	
	100m:	1:04.77	35.30	200m:	2:21.91	38.25	300m:	3:43.25	41.43	400m:	4:51.37	33.54	
22.	MAKOWSKI Jakub				10	SMS Szczecin					4:53.51	512	-
	50m:	30.19	30.19	150m:	1:44.93	38.92	250m:	3:05.58	44.10	350m:	4:22.35	32.88	
	100m:	1:06.01	35.82	200m:	2:21.48	36.55	300m:	3:49.47	43.89	400m:	4:53.51	31.16	
23.	KRAWCZUK Aleksander				09	SMS Bydgoszcz					4:53.52	511	-
	50m:	30.32	30.32	150m:	1:43.61	38.08	250m:	3:00.80	39.86	350m:	4:17.99	36.91	
	100m:	1:05.53	35.21	200m:	2:20.94	37.33	300m:	3:41.08	40.28	400m:	4:53.52	35.53	
24.	BALCEROWICZ Ryszard				08	SMS Gdańsk					4:55.44	502	-
	50m:	29.76	29.76	150m:	1:43.25	38.51	250m:	3:02.08	39.38	350m:	4:19.94	36.08	
	100m:	1:04.74	34.98	200m:	2:22.70	39.45	300m:	3:43.86	41.78	400m:	4:55.44	35.50	
25.	SZLACHCIC Jan				08	SMS Oświęcim					4:56.97	494	-
	50m:	29.96	29.96	150m:	1:45.31	39.60	250m:	3:06.10	42.46	350m:	4:24.61	34.83	
	100m:	1:05.71	35.75	200m:	2:23.64	38.33	300m:	3:49.78	43.68	400m:	4:56.97	32.36	
26.	FLIS Jakub				10	SMS Gdańsk					5:33.14	350	-
	50m:	31.24	31.24	150m:	1:57.30	47.54	250m:	3:29.29	46.66	350m:	4:57.24	41.76	
	100m:	1:09.76	38.52	200m:	2:42.63	45.33	300m:	4:15.48	46.19	400m:	5:33.14	35.90	
DYSKW.	ZIELIŃSKI Szymon				09	SMS Szczecin					4:35.38		-
	M11 - Pływak dotknął ścianę nierównocześnie dwiema dłońmi przy nawrocie lub na zakończenie wyścigu, Z3												
	50m:	28.63	28.63	150m:	1:38.45	36.29	250m:	2:51.65	38.07	350m:	4:04.34	32.08	
	100m:	1:02.16	33.53	200m:	2:13.58	35.13	300m:	3:32.26	40.61	400m:	4:35.38	31.04	
DYSKW.	PONIEWAŻ Oliwier				07	SMS Lublin					4:40.29		-
	K15 - Pływak nie dotknął ściany dwiema dłońmi przy nawrocie lub na zakończenie wyścigu, Z3												
	50m:	28.43	28.43	150m:	1:37.61	36.01	250m:	2:53.46	41.39	350m:	4:09.10	32.51	
	100m:	1:01.60	33.17	200m:	2:12.07	34.46	300m:	3:36.59	43.13	400m:	4:40.29	31.19	
DYSKW.	MISKA Antoni				10	SMS Ostrowiec					5:26.71		-
	M1 - Pływak nie złamał powierzchni wody głową przed lub na linii 15 m po starcie lub nawrocie, Z3/K16												
	50m:	31.82	31.82	150m:	1:53.17	42.33	250m:	3:16.09	42.35	350m:	4:45.00	44.95	
	100m:	1:10.84	39.02	200m:	2:33.74	40.57	300m:	4:00.05	43.96	400m:	5:26.71	41.71	