



Miasto  
Szczecin



**ZOZP.PL**  
ZACHODNIOPOMORSKI  
OKRĘGOWY ZWIĄZEK PŁYWACKI

III Zawody Pływackie: Szczecin Swimming Cup, Otwarte Zimowe Mistrzostwa Województwa Zachodniopomorskiego 10-12 lat.  
Szczecin, 13-12-2025

Konkurencja 12  
2025-12-13 - 13:22

Chłopców, 400m dowolny

11 - 12 lat  
Wyniki

Punkty: AQUA 2025

| Pozycja |                       | Rok ur.             |                        |                     |  |  | Czas           | CR            | Strata | %    | Pkt. |
|---------|-----------------------|---------------------|------------------------|---------------------|--|--|----------------|---------------|--------|------|------|
| 12 lat  |                       |                     |                        |                     |  |  |                |               |        |      |      |
| 1.      | RYK Nikodem           | 13                  | MKS Znicz Koszalin     |                     |  |  | <b>4:47.21</b> | +0,68         |        | 108% | 403  |
|         | 50m: 32.09 32.09      | 150m: 1:44.77 36.60 | 250m: 2:58.82 36.50    | 350m: 4:11.37 35.26 |  |  |                |               |        |      |      |
|         | 100m: 1:08.17 36.08   | 200m: 2:22.32 37.55 | 300m: 3:36.11 37.29    | 400m: 4:47.21 35.84 |  |  |                |               |        |      |      |
| 2.      | ANDRZEJEWSKI Theo     | 13                  | KS Warta Poznań        |                     |  |  | <b>5:02.56</b> | +0,72 + 15.35 |        | 109% | 345  |
|         | 50m: 34.77 34.77      | 150m: 1:51.06 38.60 | 250m: 3:08.45 39.06    | 350m: 4:25.87 38.66 |  |  |                |               |        |      |      |
|         | 100m: 1:12.46 37.69   | 200m: 2:29.39 38.33 | 300m: 3:47.21 38.76    | 400m: 5:02.56 36.69 |  |  |                |               |        |      |      |
| 3.      | GNACZYŃSKI Franciszek | 13                  | UKS Olimp Gorzów Wlkp. |                     |  |  | <b>5:12.11</b> | +0,73 + 24.90 |        | 117% | 314  |
|         | 50m: 35.53 35.53      | 150m: 1:54.77 39.31 | 250m: 3:14.42 39.65    | 350m: 4:33.97 39.47 |  |  |                |               |        |      |      |
|         | 100m: 1:15.46 39.93   | 200m: 2:34.77 40.00 | 300m: 3:54.50 40.08    | 400m: 5:12.11 38.14 |  |  |                |               |        |      |      |
| 4.      | TUROWSKI Mateusz      | 13                  | MKS Znicz Koszalin     |                     |  |  | <b>5:12.58</b> | +0,80 + 25.37 |        | 113% | 313  |
|         | 50m: 34.38 34.38      | 150m: 1:51.65 39.14 | 250m: 3:11.95 40.35    | 350m: 4:33.67 40.84 |  |  |                |               |        |      |      |
|         | 100m: 1:12.51 38.13   | 200m: 2:31.60 39.95 | 300m: 3:52.83 40.88    | 400m: 5:12.58 38.91 |  |  |                |               |        |      |      |
| 5.      | KUŹMA Aleksander      | 13                  | MKS CKS-SMS Szczecin   |                     |  |  | <b>5:17.06</b> | +0,84 + 29.85 |        | -    | 299  |
|         | 50m: 35.93 35.93      | 150m: 1:56.74 40.84 | 250m: 3:18.44 39.97    | 350m: 4:39.60 39.86 |  |  |                |               |        |      |      |
|         | 100m: 1:15.90 39.97   | 200m: 2:38.47 41.73 | 300m: 3:59.74 41.30    | 400m: 5:17.06 37.46 |  |  |                |               |        |      |      |
| 6.      | SUDOŁ Kuba            | 13                  | MKP Szczecin           |                     |  |  | <b>5:22.13</b> | +0,66 + 34.92 |        | 103% | 286  |
|         | 50m: 35.86 35.86      | 150m: 1:58.33 41.90 | 250m: 3:22.18 41.76    | 350m: 4:43.91 40.54 |  |  |                |               |        |      |      |
|         | 100m: 1:16.43 40.57   | 200m: 2:40.42 42.09 | 300m: 4:03.37 41.19    | 400m: 5:22.13 38.22 |  |  |                |               |        |      |      |
| 7.      | MARCZAK Jakub         | 13                  | MKS Znicz Koszalin     |                     |  |  | <b>5:25.74</b> | +0,81 + 38.53 |        | 117% | 276  |
|         | 50m: 38.58 38.58      | 150m: 2:02.82 42.07 | 250m: 3:24.47 41.01    | 350m: 4:47.12 41.57 |  |  |                |               |        |      |      |
|         | 100m: 1:20.75 42.17   | 200m: 2:43.46 40.64 | 300m: 4:05.55 41.08    | 400m: 5:25.74 38.62 |  |  |                |               |        |      |      |
| 8.      | KOKHANENKO Artem      | 13                  | MKP Szczecin           |                     |  |  | <b>6:31.06</b> | +0,7+ 1:43.85 |        | 103% | 159  |
|         | 50m: 37.61 37.61      | 150m: 2:12.08 49.22 | 250m: 3:55.95 52.79    | 350m: 5:40.78 51.38 |  |  |                |               |        |      |      |
|         | 100m: 1:22.86 45.25   | 200m: 3:03.16 51.08 | 300m: 4:49.40 53.45    | 400m: 6:31.06 50.28 |  |  |                |               |        |      |      |
| 11 lat  |                       |                     |                        |                     |  |  |                |               |        |      |      |
| 1.      | SZEWCZYK Borys        | 14                  | MKS Znicz Koszalin     |                     |  |  | <b>5:31.69</b> | +0,97         |        | 122% | 262  |
|         | 50m: 37.12 37.12      | 150m: 2:01.52 42.28 | 250m: 3:26.79 42.63    | 350m: 4:51.77 42.53 |  |  |                |               |        |      |      |
|         | 100m: 1:19.24 42.12   | 200m: 2:44.16 42.64 | 300m: 4:09.24 42.45    | 400m: 5:31.69 39.92 |  |  |                |               |        |      |      |
| 2.      | PIEKART Wojciech      | 14                  | MKP Szczecin           |                     |  |  | <b>5:39.42</b> | +0,92 + 7.73  |        | 105% | 244  |
|         | 50m: 37.72 37.72      | 150m: 2:05.49 44.41 | 250m: 3:33.38 43.66    | 350m: 5:00.32 44.21 |  |  |                |               |        |      |      |
|         | 100m: 1:21.08 43.36   | 200m: 2:49.72 44.23 | 300m: 4:16.11 42.73    | 400m: 5:39.42 39.10 |  |  |                |               |        |      |      |
| 3.      | OLCZYŃSKI Franciszek  | 14                  | MKP Szczecin           |                     |  |  | <b>5:42.01</b> | +0,85 + 10.32 |        | 111% | 239  |
|         | 50m: 36.94 36.94      | 150m: 2:05.64 44.48 | 250m: 3:33.53 44.17    | 350m: 5:01.20 44.58 |  |  |                |               |        |      |      |
|         | 100m: 1:21.16 44.22   | 200m: 2:49.36 43.72 | 300m: 4:16.62 43.09    | 400m: 5:42.01 40.81 |  |  |                |               |        |      |      |
| 4.      | KOWALIŃSKI Igor       | 14                  | UKS Olimp Gorzów Wlkp. |                     |  |  | <b>6:20.95</b> | +0,72 + 49.26 |        | -    | 172  |
|         | 50m: 41.42 41.42      | 150m: 2:17.27 49.42 | 250m: 3:56.20 49.61    | 350m: 5:34.78 50.08 |  |  |                |               |        |      |      |
|         | 100m: 1:27.85 46.43   | 200m: 3:06.59 49.32 | 300m: 4:44.70 48.50    | 400m: 6:20.95 46.17 |  |  |                |               |        |      |      |
| 5.      | SZULŻYK Wojciech      | 14                  | UKS Olimp Gorzów Wlkp. |                     |  |  | <b>6:22.48</b> | +0,85 + 50.79 |        | -    | 170  |
|         | 50m: 41.97 41.97      | 150m: 2:19.77 49.99 | 250m: 3:59.75 50.36    | 350m: 5:39.20 49.53 |  |  |                |               |        |      |      |
|         | 100m: 1:29.78 47.81   | 200m: 3:09.39 49.62 | 300m: 4:49.67 49.92    | 400m: 6:22.48 43.28 |  |  |                |               |        |      |      |
| 6.      | OTRĘBA Jan            | 14                  | UKS Olimp Gorzów Wlkp. |                     |  |  | <b>6:41.65</b> | +0,7+ 1:09.96 |        | -    | 147  |
|         | 50m: 43.60 43.60      | 150m: 2:25.15 51.05 | 250m: 4:10.02 52.30    | 350m: 5:57.85 55.06 |  |  |                |               |        |      |      |
|         | 100m: 1:34.10 50.50   | 200m: 3:17.72 52.57 | 300m: 5:02.79 52.77    | 400m: 6:41.65 43.80 |  |  |                |               |        |      |      |



Ministerstwo  
Sportu i Turystyki





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Szczecin, 13-12-2025

Konkurencja 12, Chłopców, 400m dowolny, 11 lat

| Pozycja                | Rok ur. |                        |       |         |       |       | Czas           | CR    | Strata  | %       | Pkt.  |
|------------------------|---------|------------------------|-------|---------|-------|-------|----------------|-------|---------|---------|-------|
| 7. KSIĄŻKIEWICZ Szymon | 14      | UKS Olimp Gorzów Wlkp. |       |         |       |       | <b>6:42.71</b> | +0,8+ | 1:11.02 | -       | 146   |
| 50m:                   | 42.22   | 42.22                  | 150m: | 2:24.45 | 51.83 | 250m: | 4:09.90        | 52.29 | 350m:   | 5:51.10 | 49.45 |
| 100m:                  | 1:32.62 | 50.40                  | 200m: | 3:17.61 | 53.16 | 300m: | 5:01.65        | 51.75 | 400m:   | 6:42.71 | 51.61 |
| 8. OLCZYŃSKI Jan       | 14      | MKP Szczecin           |       |         |       |       | <b>6:44.10</b> | +0,9+ | 1:12.41 | 108%    | 144   |
| 50m:                   | 45.62   | 45.62                  | 150m: | 2:28.32 | 51.65 | 250m: | 4:12.61        | 51.56 | 350m:   | 5:58.08 | 51.09 |
| 100m:                  | 1:36.67 | 51.05                  | 200m: | 3:21.05 | 52.73 | 300m: | 5:06.99        | 54.38 | 400m:   | 6:44.10 | 46.02 |

