



Zimowe Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach.  
Kościerzyna, 13- - 14-12-2025

Konkurencja 12  
2025-12-13 - 12:08

Mężczyzn, 400m Bifins

Open  
Wyniki

Punkty: PP 2025

| Pozycja   | Rok ur.            |         |       |       |                         |       |       |         |       |         | Czas         | Pkt.  |
|-----------|--------------------|---------|-------|-------|-------------------------|-------|-------|---------|-------|---------|--------------|-------|
| KAT. Open |                    |         |       |       |                         |       |       |         |       |         |              |       |
| 1.        | LEWICKI Jakub      |         |       | 04    | KS Nautilus-Jastrzębie  |       |       |         |       | 3:26.90 | 1043         |       |
|           | 50m:               | 23.49   | 23.49 | 150m: | 1:15.35                 | 26.27 | 250m: | 2:08.20 | 26.61 | 350m:   | 3:01.10      | 26.53 |
|           | 100m:              | 49.08   | 25.59 | 200m: | 1:41.59                 | 26.24 | 300m: | 2:34.57 | 26.37 | 400m:   | 3:26.90      | 25.80 |
| 2.        | SMOSZNA Wiktor     |         |       | 08    | UKS Rekin Wrocław SP50  |       |       |         |       | 3:30.95 | 1077 + 4.05  |       |
|           | 50m:               | 23.92   | 23.92 | 150m: | 1:16.14                 | 26.51 | 250m: | 2:09.71 | 26.88 | 350m:   | 3:04.72      | 27.85 |
|           | 100m:              | 49.63   | 25.71 | 200m: | 1:42.83                 | 26.69 | 300m: | 2:36.87 | 27.16 | 400m:   | 3:30.95      | 26.23 |
| 3.        | KROPIDŁOWSKI Dawid |         |       | 09    | UKS Manta Kościerzyna   |       |       |         |       | 3:52.14 | 808 + 25.24  |       |
|           | 50m:               | 26.02   | 26.02 | 150m: | 1:24.12                 | 29.24 | 250m: | 2:24.31 | 29.66 | 350m:   | 3:23.97      | 29.05 |
|           | 100m:              | 54.88   | 28.86 | 200m: | 1:54.65                 | 30.53 | 300m: | 2:54.92 | 30.61 | 400m:   | 3:52.14      | 28.17 |
| 4.        | KASZUBOWSKI Kacper |         |       | 10    | UKS Manta Kościerzyna   |       |       |         |       | 3:53.29 | 796 + 26.39  |       |
|           | 50m:               | 27.07   | 27.07 | 150m: | 1:26.52                 | 29.64 | 250m: | 2:26.10 | 29.82 | 350m:   | 3:25.52      | 29.54 |
|           | 100m:              | 56.88   | 29.81 | 200m: | 1:56.28                 | 29.76 | 300m: | 2:55.98 | 29.88 | 400m:   | 3:53.29      | 27.77 |
| 5.        | ZIEMNIAK Seweryn   |         |       | 08    | UKS Tri-Sea Mewa        |       |       |         |       | 3:54.26 | 786 + 27.36  |       |
|           | 50m:               | 24.19   | 24.19 | 150m: | 1:21.94                 | 29.54 | 250m: | 2:23.26 | 30.66 | 350m:   | 3:24.54      | 30.61 |
|           | 100m:              | 52.40   | 28.21 | 200m: | 1:52.60                 | 30.66 | 300m: | 2:53.93 | 30.67 | 400m:   | 3:54.26      | 29.72 |
| 6.        | PAWLAK Krystian    |         |       | 09    | UKS Tri-Sea Mewa        |       |       |         |       | 3:55.60 | 773 + 28.70  |       |
|           | 50m:               | 24.62   | 24.62 | 150m: | 1:23.16                 | 29.91 | 250m: | 2:24.78 | 30.71 | 350m:   | 3:26.11      | 30.26 |
|           | 100m:              | 53.25   | 28.63 | 200m: | 1:54.07                 | 30.91 | 300m: | 2:55.85 | 31.07 | 400m:   | 3:55.60      | 29.49 |
| 7.        | CYBULA Krzysztof   |         |       | 07    | GKP Neptun              |       |       |         |       | 3:58.60 | 680 + 31.70  |       |
|           | 50m:               | 26.97   | 26.97 | 150m: | 1:26.38                 | 29.54 | 250m: | 2:28.06 | 31.14 | 350m:   | 3:29.24      | 30.24 |
|           | 100m:              | 56.84   | 29.87 | 200m: | 1:56.92                 | 30.54 | 300m: | 2:59.00 | 30.94 | 400m:   | 3:58.60      | 29.36 |
| 8.        | BYSTRON Fryderyk   |         |       | 10    | UKS Manta Kościerzyna   |       |       |         |       | 4:05.05 | 687 + 38.15  |       |
|           | 50m:               | 26.90   | 26.90 | 150m: | 1:27.48                 | 30.35 | 250m: | 2:30.18 | 31.71 | 350m:   | 3:33.74      | 31.75 |
|           | 100m:              | 57.13   | 30.23 | 200m: | 1:58.47                 | 30.99 | 300m: | 3:01.99 | 31.81 | 400m:   | 4:05.05      | 31.31 |
| 9.        | NĘDZA Karol        |         |       | 09    | UKS Delfin Władysławowo |       |       |         |       | 4:07.64 | 666 + 40.74  |       |
|           | 50m:               | 24.89   | 24.89 | 150m: | 1:22.12                 | 29.77 | 250m: | 2:26.08 | 32.53 | 350m:   | 3:36.27      | 35.49 |
|           | 100m:              | 52.35   | 27.46 | 200m: | 1:53.55                 | 31.43 | 300m: | 3:00.78 | 34.70 | 400m:   | 4:07.64      | 31.37 |
| 10.       | KROPIDŁOWSKI Piotr |         |       | 11    | Laguna 24 Toruń         |       |       |         |       | 4:12.93 | 625 + 46.03  |       |
|           | 50m:               | 27.24   | 27.24 | 150m: | 1:31.31                 | 32.28 | 250m: | 2:36.66 | 32.90 | 350m:   | 3:42.45      | 33.05 |
|           | 100m:              | 59.03   | 31.79 | 200m: | 2:03.76                 | 32.45 | 300m: | 3:09.40 | 32.74 | 400m:   | 4:12.93      | 30.48 |
| 11.       | GRAD Bartosz       |         |       | 12    | KS Nautilus-Jastrzębie  |       |       |         |       | 4:15.00 | 718 + 48.10  |       |
|           | 50m:               | 27.75   | 27.75 | 150m: | 1:32.36                 | 33.20 | 250m: | 2:38.22 | 33.25 | 350m:   | 3:43.91      | 33.05 |
|           | 100m:              | 59.16   | 31.41 | 200m: | 2:04.97                 | 32.61 | 300m: | 3:10.86 | 32.64 | 400m:   | 4:15.00      | 31.09 |
| 12.       | ŻURAWLEW Filip     |         |       | 10    | UKS Amfiprion Olecko    |       |       |         |       | 4:15.25 | 608 + 48.35  |       |
|           | 50m:               | 27.31   | 27.31 | 150m: | 1:29.20                 | 31.45 | 250m: | 2:34.64 | 32.98 | 350m:   | 3:42.08      | 34.05 |
|           | 100m:              | 57.75   | 30.44 | 200m: | 2:01.66                 | 32.46 | 300m: | 3:08.03 | 33.39 | 400m:   | 4:15.25      | 33.17 |
| 13.       | KĘPA Kacper        |         |       | 13    | UKS Rekin Wrocław SP50  |       |       |         |       | 4:20.07 | 677 + 53.17  |       |
|           | 50m:               | 28.67   | 28.67 | 150m: | 1:36.99                 | 34.22 | 250m: | 2:44.22 | 34.05 | 350m:   | 3:49.59      | 31.78 |
|           | 100m:              | 1:02.77 | 34.10 | 200m: | 2:10.17                 | 33.18 | 300m: | 3:17.81 | 33.59 | 400m:   | 4:20.07      | 30.48 |
| 14.       | SIENKIEWICZ Kacper |         |       | 11    | UKS Amfiprion Olecko    |       |       |         |       | 4:21.98 | 562 + 55.08  |       |
|           | 50m:               | 28.26   | 28.26 | 150m: | 1:33.67                 | 33.52 | 250m: | 2:41.51 | 34.22 | 350m:   | 3:49.68      | 34.43 |
|           | 100m:              | 1:00.15 | 31.89 | 200m: | 2:07.29                 | 33.62 | 300m: | 3:15.25 | 33.74 | 400m:   | 4:21.98      | 32.30 |
| 15.       | WYSOCKI Filip      |         |       | 11    | UKS Amfiprion Olecko    |       |       |         |       | 4:27.37 | 529+ 1:00.47 |       |
|           | 50m:               | 30.36   | 30.36 | 150m: | 1:38.64                 | 35.06 | 250m: | 2:50.03 | 35.66 | 350m:   | 3:55.87      | 32.96 |
|           | 100m:              | 1:03.58 | 33.22 | 200m: | 2:14.37                 | 35.73 | 300m: | 3:22.91 | 32.88 | 400m:   | 4:27.37      | 31.50 |
| 16.       | POTRZAŚAJ Kacper   |         |       | 11    | KS Nautilus-Jastrzębie  |       |       |         |       | 4:30.87 | 509+ 1:03.97 |       |
|           | 50m:               | 31.43   | 31.43 | 150m: | 1:41.06                 | 34.97 | 250m: | 2:49.70 | 33.97 | 350m:   | 3:58.30      | 33.92 |
|           | 100m:              | 1:06.09 | 34.66 | 200m: | 2:15.73                 | 34.67 | 300m: | 3:24.38 | 34.68 | 400m:   | 4:30.87      | 32.57 |



Zimowe Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach.  
Kościerzyna, 13- - 14-12-2025

Konkurencja 12, Mężczyzn, 400m Bifins, KAT. Open

| Pozycja                    | Rok ur. |                             |       |         | Czas           |                 |         |       | Pkt.                |
|----------------------------|---------|-----------------------------|-------|---------|----------------|-----------------|---------|-------|---------------------|
| 17. PROCHOWICZ Wojciech    | 12      | Piorun Gołdap               |       |         | <b>4:31.73</b> | 59 <sup>+</sup> | 1:04.83 |       |                     |
| 50m:                       | 29.24   | 29.24                       | 150m: | 1:36.53 | 34.49          | 250m:           | 2:47.17 | 35.32 | 350m: 3:57.07 34.18 |
| 100m:                      | 1:02.04 | 32.80                       | 200m: | 2:11.85 | 35.32          | 300m:           | 3:22.89 | 35.72 | 400m: 4:31.73 34.66 |
| 18. JASIŃSKI Nikodem       | 10      | UKS Tri-Sea Mewa            |       |         | <b>4:32.11</b> | 50 <sup>+</sup> | 1:05.21 |       |                     |
| 50m:                       | 28.16   | 28.16                       | 150m: | 1:39.09 | 37.33          | 250m:           | 2:50.67 | 36.16 | 350m: 3:59.80 34.25 |
| 100m:                      | 1:01.76 | 33.60                       | 200m: | 2:14.51 | 35.42          | 300m:           | 3:25.55 | 34.88 | 400m: 4:32.11 32.31 |
| 19. SADŁOWSKI Aleksander   | 13      | UKS Amfiprion Olecko        |       |         | <b>4:38.22</b> | 55 <sup>+</sup> | 1:11.32 |       |                     |
| 50m:                       | 30.28   | 30.28                       | 150m: | 1:41.53 | 36.29          | 250m:           | 2:54.67 | 36.07 | 350m: 4:06.72 35.88 |
| 100m:                      | 1:05.24 | 34.96                       | 200m: | 2:18.60 | 37.07          | 300m:           | 3:30.84 | 36.17 | 400m: 4:38.22 31.50 |
| 20. SZCZEPANKIEWICZ Samuel | 13      | UKS Manta Kościerzyna       |       |         | <b>4:38.64</b> | 55 <sup>+</sup> | 1:11.74 |       |                     |
| 50m:                       | 32.58   | 32.58                       | 150m: | 1:43.84 | 35.38          | 250m:           | 2:56.00 | 35.73 | 350m: 4:07.48 35.60 |
| 100m:                      | 1:08.46 | 35.88                       | 200m: | 2:20.27 | 36.43          | 300m:           | 3:31.88 | 35.88 | 400m: 4:38.64 31.16 |
| 21. MARCHEWKA Kuba         | 12      | UKS Delfin Władysławowo     |       |         | <b>4:40.45</b> | 54 <sup>+</sup> | 1:13.55 |       |                     |
| 50m:                       | 29.89   | 29.89                       | 150m: | 1:39.60 | 35.91          | 250m:           | 2:52.80 | 36.96 | 350m: 4:06.57 37.27 |
| 100m:                      | 1:03.69 | 33.80                       | 200m: | 2:15.84 | 36.24          | 300m:           | 3:29.30 | 36.50 | 400m: 4:40.45 33.88 |
| 22. SZEWCZUK Leon          | 13      | UKS Rekin Wrocław SP50      |       |         | <b>4:41.11</b> | 53 <sup>+</sup> | 1:14.21 |       |                     |
| 50m:                       | 31.60   | 31.60                       | 150m: | 1:43.08 | 36.30          | 250m:           | 2:55.46 | 36.64 | 350m: 4:07.91 35.34 |
| 100m:                      | 1:06.78 | 35.18                       | 200m: | 2:18.82 | 35.74          | 300m:           | 3:32.57 | 37.11 | 400m: 4:41.11 33.20 |
| 23. SĘDZICKI Arkadiusz     | 11      | KS Aqua Sport Kościerzyna   |       |         | <b>4:42.08</b> | 45 <sup>+</sup> | 1:15.18 |       |                     |
| 50m:                       | 31.59   | 31.59                       | 150m: | 1:44.42 | 36.72          | 250m:           | 2:57.60 | 36.99 | 350m: 4:08.98 35.49 |
| 100m:                      | 1:07.70 | 36.11                       | 200m: | 2:20.61 | 36.19          | 300m:           | 3:33.49 | 35.89 | 400m: 4:42.08 33.10 |
| 24. GRONCZEWSKI Jakub      | 13      | KS Aqua Sport Kościerzyna   |       |         | <b>4:46.02</b> | 50 <sup>+</sup> | 1:19.12 |       |                     |
| 50m:                       | 31.82   | 31.82                       | 150m: | 1:44.17 | 36.30          | 250m:           | 2:57.02 | 36.12 | 350m: 4:11.67 38.42 |
| 100m:                      | 1:07.87 | 36.05                       | 200m: | 2:20.90 | 36.73          | 300m:           | 3:33.25 | 36.23 | 400m: 4:46.02 34.35 |
| 25. WRÓBLEWSKI Grzegorz    | 13      | UKS Tri-Sea Mewa            |       |         | <b>4:49.04</b> | 49 <sup>+</sup> | 1:22.14 |       |                     |
| 50m:                       | 31.38   | 31.38                       | 150m: | 1:42.60 | 36.24          | 250m:           | 2:58.28 | 37.78 | 350m: 4:13.77 37.93 |
| 100m:                      | 1:06.36 | 34.98                       | 200m: | 2:20.50 | 37.90          | 300m:           | 3:35.84 | 37.56 | 400m: 4:49.04 35.27 |
| 26. GAWRYSIAK Hubert       | 09      | UKS Błyskawica SP 39 Gdynia |       |         | <b>4:56.18</b> | 38 <sup>+</sup> | 1:29.28 |       |                     |
| 50m:                       | 29.77   | 29.77                       | 150m: | 1:37.41 | 34.63          | 250m:           | 2:49.57 | 36.16 | 350m: 4:19.76 48.91 |
| 100m:                      | 1:02.78 | 33.01                       | 200m: | 2:13.41 | 36.00          | 300m:           | 3:30.85 | 41.28 | 400m: 4:56.18 36.42 |
| 27. JASZKE Ignacy          | 13      | UKS Delfin Władysławowo     |       |         | <b>5:07.50</b> | 40 <sup>+</sup> | 1:40.60 |       |                     |
| 50m:                       | 33.79   | 33.79                       | 150m: | 1:51.06 | 38.96          | 250m:           | 3:12.34 | 40.11 | 350m: 4:31.02 38.72 |
| 100m:                      | 1:12.10 | 38.31                       | 200m: | 2:32.23 | 41.17          | 300m:           | 3:52.30 | 39.96 | 400m: 5:07.50 36.48 |
| 28. WAWER Karol            | 11      | UKS Manta Kościerzyna       |       |         | <b>5:12.95</b> | 33 <sup>+</sup> | 1:46.05 |       |                     |
| 50m:                       | 31.78   | 31.78                       | 150m: | 1:47.55 | 39.39          | 250m:           | 3:10.81 | 41.88 | 350m: 4:34.53 41.93 |
| 100m:                      | 1:08.16 | 36.38                       | 200m: | 2:28.93 | 41.38          | 300m:           | 3:52.60 | 41.79 | 400m: 5:12.95 38.42 |
| 29. NAWROCKI Tymon         | 13      | UKS Delfin Władysławowo     |       |         | <b>5:14.76</b> | 38 <sup>+</sup> | 1:47.86 |       |                     |
| 50m:                       | 37.42   | 37.42                       | 150m: | 1:57.10 | 40.75          | 250m:           | 3:17.95 | 41.44 | 350m: 4:34.68 36.68 |
| 100m:                      | 1:16.35 | 38.93                       | 200m: | 2:36.51 | 39.41          | 300m:           | 3:58.00 | 40.05 | 400m: 5:14.76 40.08 |
| 30. WAWER Gustaw           | 12      | UKS Manta Kościerzyna       |       |         | <b>5:17.36</b> | 37 <sup>+</sup> | 1:50.46 |       |                     |
| 50m:                       | 34.33   | 34.33                       | 150m: | 1:54.82 | 40.84          | 250m:           | 3:18.53 | 42.38 | 350m: 4:39.97 39.34 |
| 100m:                      | 1:13.98 | 39.65                       | 200m: | 2:36.15 | 41.33          | 300m:           | 4:00.63 | 42.10 | 400m: 5:17.36 37.39 |
| 31. MYŚLIŚ Miłosz          | 15      | UKS Błyskawica SP 39 Gdynia |       |         | <b>6:21.78</b> | 33 <sup>+</sup> | 2:54.88 |       |                     |
| 50m:                       |         |                             | 150m: |         |                | 250m:           |         |       | 350m:               |
| 100m:                      |         |                             | 200m: |         |                | 300m:           |         |       | 400m: 6:21.78       |



Zimowe Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach.  
Kościerzyna, 13- - 14-12-2025

Konkurencja 12, Mężczyzn, 400m Bifins

KAT. B

|                       |               |                             |                |              |
|-----------------------|---------------|-----------------------------|----------------|--------------|
| 1. SMOSZNA Wiktor     | 08            | UKS Rekin Wrocław SP50      | <b>3:30.95</b> | 1077         |
| 50m: 23.92 23.92      | 150m: 1:16.14 | 26.51 250m: 2:09.71 26.88   | 350m: 3:04.72  | 27.85        |
| 100m: 49.63 25.71     | 200m: 1:42.83 | 26.69 300m: 2:36.87 27.16   | 400m: 3:30.95  | 26.23        |
| 2. KROPIDŁOWSKI Dawid | 09            | UKS Manta Kościerzyna       | <b>3:52.14</b> | 808 + 21.19  |
| 50m: 26.02 26.02      | 150m: 1:24.12 | 29.24 250m: 2:24.31 29.66   | 350m: 3:23.97  | 29.05        |
| 100m: 54.88 28.86     | 200m: 1:54.65 | 30.53 300m: 2:54.92 30.61   | 400m: 3:52.14  | 28.17        |
| 3. ZIEMNIAK Seweryn   | 08            | UKS Tri-Sea Mewa            | <b>3:54.26</b> | 786 + 23.31  |
| 50m: 24.19 24.19      | 150m: 1:21.94 | 29.54 250m: 2:23.26 30.66   | 350m: 3:24.54  | 30.61        |
| 100m: 52.40 28.21     | 200m: 1:52.60 | 30.66 300m: 2:53.93 30.67   | 400m: 3:54.26  | 29.72        |
| 4. PAWLAK Krystian    | 09            | UKS Tri-Sea Mewa            | <b>3:55.60</b> | 773 + 24.65  |
| 50m: 24.62 24.62      | 150m: 1:23.16 | 29.91 250m: 2:24.78 30.71   | 350m: 3:26.11  | 30.26        |
| 100m: 53.25 28.63     | 200m: 1:54.07 | 30.91 300m: 2:55.85 31.07   | 400m: 3:55.60  | 29.49        |
| 5. NĘDZA Karol        | 09            | UKS Delfin Władysławowo     | <b>4:07.64</b> | 666 + 36.69  |
| 50m: 24.89 24.89      | 150m: 1:22.12 | 29.77 250m: 2:26.08 32.53   | 350m: 3:36.27  | 35.49        |
| 100m: 52.35 27.46     | 200m: 1:53.55 | 31.43 300m: 3:00.78 34.70   | 400m: 4:07.64  | 31.37        |
| 6. GAWRYSIAK Hubert   | 09            | UKS Błyskawica SP 39 Gdynia | <b>4:56.18</b> | 386+ 1:25.23 |
| 50m: 29.77 29.77      | 150m: 1:37.41 | 34.63 250m: 2:49.57 36.16   | 350m: 4:19.76  | 48.91        |
| 100m: 1:02.78 33.01   | 200m: 2:13.41 | 36.00 300m: 3:30.85 41.28   | 400m: 4:56.18  | 36.42        |

KAT. C

|                       |               |                           |                |              |
|-----------------------|---------------|---------------------------|----------------|--------------|
| 1. KASZUBOWSKI Kacper | 10            | UKS Manta Kościerzyna     | <b>3:53.29</b> | 796          |
| 50m: 27.07 27.07      | 150m: 1:26.52 | 29.64 250m: 2:26.10 29.82 | 350m: 3:25.52  | 29.54        |
| 100m: 56.88 29.81     | 200m: 1:56.28 | 29.76 300m: 2:55.98 29.88 | 400m: 3:53.29  | 27.77        |
| 2. BYSTRON Fryderyk   | 10            | UKS Manta Kościerzyna     | <b>4:05.05</b> | 687 + 11.76  |
| 50m: 26.90 26.90      | 150m: 1:27.48 | 30.35 250m: 2:30.18 31.71 | 350m: 3:33.74  | 31.75        |
| 100m: 57.13 30.23     | 200m: 1:58.47 | 30.99 300m: 3:01.99 31.81 | 400m: 4:05.05  | 31.31        |
| 3. KROPIDŁOWSKI Piotr | 11            | Laguna 24 Toruń           | <b>4:12.93</b> | 625 + 19.64  |
| 50m: 27.24 27.24      | 150m: 1:31.31 | 32.28 250m: 2:36.66 32.90 | 350m: 3:42.45  | 33.05        |
| 100m: 59.03 31.79     | 200m: 2:03.76 | 32.45 300m: 3:09.40 32.74 | 400m: 4:12.93  | 30.48        |
| 4. ŻURAWLEW Filip     | 10            | UKS Amfiprion Olecko      | <b>4:15.25</b> | 608 + 21.96  |
| 50m: 27.31 27.31      | 150m: 1:29.20 | 31.45 250m: 2:34.64 32.98 | 350m: 3:42.08  | 34.05        |
| 100m: 57.75 30.44     | 200m: 2:01.66 | 32.46 300m: 3:08.03 33.39 | 400m: 4:15.25  | 33.17        |
| 5. SIENKIEWICZ Kacper | 11            | UKS Amfiprion Olecko      | <b>4:21.98</b> | 562 + 28.69  |
| 50m: 28.26 28.26      | 150m: 1:33.67 | 33.52 250m: 2:41.51 34.22 | 350m: 3:49.68  | 34.43        |
| 100m: 1:00.15 31.89   | 200m: 2:07.29 | 33.62 300m: 3:15.25 33.74 | 400m: 4:21.98  | 32.30        |
| 6. WYSOCKI Filip      | 11            | UKS Amfiprion Olecko      | <b>4:27.37</b> | 529 + 34.08  |
| 50m: 30.36 30.36      | 150m: 1:38.64 | 35.06 250m: 2:50.03 35.66 | 350m: 3:55.87  | 32.96        |
| 100m: 1:03.58 33.22   | 200m: 2:14.37 | 35.73 300m: 3:22.91 32.88 | 400m: 4:27.37  | 31.50        |
| 7. POTRZAŚAJ Kacper   | 11            | KS Nautilus-Jastrzębie    | <b>4:30.87</b> | 509 + 37.58  |
| 50m: 31.43 31.43      | 150m: 1:41.06 | 34.97 250m: 2:49.70 33.97 | 350m: 3:58.30  | 33.92        |
| 100m: 1:06.09 34.66   | 200m: 2:15.73 | 34.67 300m: 3:24.38 34.68 | 400m: 4:30.87  | 32.57        |
| 8. JASIŃSKI Nikodem   | 10            | UKS Tri-Sea Mewa          | <b>4:32.11</b> | 502 + 38.82  |
| 50m: 28.16 28.16      | 150m: 1:39.09 | 37.33 250m: 2:50.67 36.16 | 350m: 3:59.80  | 34.25        |
| 100m: 1:01.76 33.60   | 200m: 2:14.51 | 35.42 300m: 3:25.55 34.88 | 400m: 4:32.11  | 32.31        |
| 9. SĘDZICKI Arkadiusz | 11            | KS Aqua Sport Kościerzyna | <b>4:42.08</b> | 450 + 48.79  |
| 50m: 31.59 31.59      | 150m: 1:44.42 | 36.72 250m: 2:57.60 36.99 | 350m: 4:08.98  | 35.49        |
| 100m: 1:07.70 36.11   | 200m: 2:20.61 | 36.19 300m: 3:33.49 35.89 | 400m: 4:42.08  | 33.10        |
| 10. WAWER Karol       | 11            | UKS Manta Kościerzyna     | <b>5:12.95</b> | 336+ 1:19.66 |
| 50m: 31.78 31.78      | 150m: 1:47.55 | 39.39 250m: 3:10.81 41.88 | 350m: 4:34.53  | 41.93        |
| 100m: 1:08.16 36.38   | 200m: 2:28.93 | 41.38 300m: 3:52.60 41.79 | 400m: 5:12.95  | 38.42        |



Zimowe Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach.  
Kościerzyna, 13- - 14-12-2025

Konkurencja 12, Mężczyzn, 400m Bifins

KAT. D

|     |                        |               |                           |                |       |         |
|-----|------------------------|---------------|---------------------------|----------------|-------|---------|
| 1.  | GRAD Bartosz           | 12            | KS Nautilus-Jastrzębie    | <b>4:15.00</b> | 718   |         |
|     | 50m: 27.75 27.75       | 150m: 1:32.36 | 33.20 250m: 2:38.22 33.25 | 350m: 3:43.91  | 33.05 |         |
|     | 100m: 59.16 31.41      | 200m: 2:04.97 | 32.61 300m: 3:10.86 32.64 | 400m: 4:15.00  | 31.09 |         |
| 2.  | KĘPA Kacper            | 13            | UKS Rekin Wrocław SP50    | <b>4:20.07</b> | 677   | + 5.07  |
|     | 50m: 28.67 28.67       | 150m: 1:36.99 | 34.22 250m: 2:44.22 34.05 | 350m: 3:49.59  | 31.78 |         |
|     | 100m: 1:02.77 34.10    | 200m: 2:10.17 | 33.18 300m: 3:17.81 33.59 | 400m: 4:20.07  | 30.48 |         |
| 3.  | PROCHOWICZ Wojciech    | 12            | Piorun Gołdap             | <b>4:31.73</b> | 593   | + 16.73 |
|     | 50m: 29.24 29.24       | 150m: 1:36.53 | 34.49 250m: 2:47.17 35.32 | 350m: 3:57.07  | 34.18 |         |
|     | 100m: 1:02.04 32.80    | 200m: 2:11.85 | 35.32 300m: 3:22.89 35.72 | 400m: 4:31.73  | 34.66 |         |
| 4.  | SADŁOWSKI Aleksander   | 13            | UKS Amfiprion Olecko      | <b>4:38.22</b> | 553   | + 23.22 |
|     | 50m: 30.28 30.28       | 150m: 1:41.53 | 36.29 250m: 2:54.67 36.07 | 350m: 4:06.72  | 35.88 |         |
|     | 100m: 1:05.24 34.96    | 200m: 2:18.60 | 37.07 300m: 3:30.84 36.17 | 400m: 4:38.22  | 31.50 |         |
| 5.  | SZCZEPANKIEWICZ Samuel | 13            | UKS Manta Kościerzyna     | <b>4:38.64</b> | 550   | + 23.64 |
|     | 50m: 32.58 32.58       | 150m: 1:43.84 | 35.38 250m: 2:56.00 35.73 | 350m: 4:07.48  | 35.60 |         |
|     | 100m: 1:08.46 35.88    | 200m: 2:20.27 | 36.43 300m: 3:31.88 35.88 | 400m: 4:38.64  | 31.16 |         |
| 6.  | MARCHEWKA Kuba         | 12            | UKS Delfin Władysławowo   | <b>4:40.45</b> | 540   | + 25.45 |
|     | 50m: 29.89 29.89       | 150m: 1:39.60 | 35.91 250m: 2:52.80 36.96 | 350m: 4:06.57  | 37.27 |         |
|     | 100m: 1:03.69 33.80    | 200m: 2:15.84 | 36.24 300m: 3:29.30 36.50 | 400m: 4:40.45  | 33.88 |         |
| 7.  | SZEWCUK Leon           | 13            | UKS Rekin Wrocław SP50    | <b>4:41.11</b> | 536   | + 26.11 |
|     | 50m: 31.60 31.60       | 150m: 1:43.08 | 36.30 250m: 2:55.46 36.64 | 350m: 4:07.91  | 35.34 |         |
|     | 100m: 1:06.78 35.18    | 200m: 2:18.82 | 35.74 300m: 3:32.57 37.11 | 400m: 4:41.11  | 33.20 |         |
| 8.  | GRONCZEWSKI Jakub      | 13            | KS Aqua Sport Kościerzyna | <b>4:46.02</b> | 509   | + 31.02 |
|     | 50m: 31.82 31.82       | 150m: 1:44.17 | 36.30 250m: 2:57.02 36.12 | 350m: 4:11.67  | 38.42 |         |
|     | 100m: 1:07.87 36.05    | 200m: 2:20.90 | 36.73 300m: 3:33.25 36.23 | 400m: 4:46.02  | 34.35 |         |
| 9.  | WRÓBLEWSKI Grzegorz    | 13            | UKS Tri-Sea Mewa          | <b>4:49.04</b> | 493   | + 34.04 |
|     | 50m: 31.38 31.38       | 150m: 1:42.60 | 36.24 250m: 2:58.28 37.78 | 350m: 4:13.77  | 37.93 |         |
|     | 100m: 1:06.36 34.98    | 200m: 2:20.50 | 37.90 300m: 3:35.84 37.56 | 400m: 4:49.04  | 35.27 |         |
| 10. | JASZKE Ignacy          | 13            | UKS Delfin Władysławowo   | <b>5:07.50</b> | 409   | + 52.50 |
|     | 50m: 33.79 33.79       | 150m: 1:51.06 | 38.96 250m: 3:12.34 40.11 | 350m: 4:31.02  | 38.72 |         |
|     | 100m: 1:12.10 38.31    | 200m: 2:32.23 | 41.17 300m: 3:52.30 39.96 | 400m: 5:07.50  | 36.48 |         |
| 11. | NAWROCKI Tymon         | 13            | UKS Delfin Władysławowo   | <b>5:14.76</b> | 382   | + 59.76 |
|     | 50m: 37.42 37.42       | 150m: 1:57.10 | 40.75 250m: 3:17.95 41.44 | 350m: 4:34.68  | 36.68 |         |
|     | 100m: 1:16.35 38.93    | 200m: 2:36.51 | 39.41 300m: 3:58.00 40.05 | 400m: 5:14.76  | 40.08 |         |
| 12. | WAWER Gustaw           | 12            | UKS Manta Kościerzyna     | <b>5:17.36</b> | 372+  | 1:02.36 |
|     | 50m: 34.33 34.33       | 150m: 1:54.82 | 40.84 250m: 3:18.53 42.38 | 350m: 4:39.97  | 39.34 |         |
|     | 100m: 1:13.98 39.65    | 200m: 2:36.15 | 41.33 300m: 4:00.63 42.10 | 400m: 5:17.36  | 37.39 |         |