Konkurencja 17 — Mężczyzn, 400m dowolny — Open
2026-10-24 - 9:34 — Wyniki

Rekord Polski 3:37.57 WOJDAK Wojciech 01006 Netanya (ISR) 2015-12-02

Punkty: AQUA 2026 — wyniki tymczasowe

Pozycja		Rok ur.		Czas	Pkt.	druz
1.	TARASEK Igor	10	SMS Oświęcim	**3:52.72**	758	29,00
	50m: 27.25 27.25 150m: 1:27.15 30.16 250m: 2:25.65 29.03 350m: 3:23.83 28.93					
	100m: 56.99 29.74 200m: 1:56.62 29.47 300m: 2:54.90 29.25 400m: 3:52.72 28.89					
2.	TRYDULSKI Wiktor	10	SMS Lublin	**3:55.08**	736	27,00
	50m: 27.31 27.31 150m: 1:25.97 29.37 250m: 2:25.00 29.39 350m: 3:25.59 30.47					
	100m: 56.60 29.29 200m: 1:55.61 29.64 300m: 2:55.12 30.12 400m: 3:55.08 29.49					
3.	JÓŹWIAK Tymoteusz	08	SMS Lublin	**3:55.97**	727	26,00
	50m: 27.33 27.33 150m: 1:26.37 29.66 250m: 2:25.82 29.63 350m: 3:26.04 30.52					
	100m: 56.71 29.38 200m: 1:56.19 29.82 300m: 2:55.52 29.70 400m: 3:55.97 29.93					
4.	NAWOJCZYK Michał	09	SMS Lublin	**3:58.54**	704	-
	50m: 27.47 27.47 150m: 1:27.36 29.96 250m: 2:28.17 30.46 350m: 3:29.24 30.57					
	100m: 57.40 29.93 200m: 1:57.71 30.35 300m: 2:58.67 30.50 400m: 3:58.54 29.30					
5.	NOWACKI Mieszko	09	SMS Lublin	**3:58.71**	702	-
	50m: 27.22 27.22 150m: 1:26.04 29.68 250m: 2:26.83 30.53 350m: 3:28.54 30.99					
	100m: 56.36 29.14 200m: 1:56.30 30.26 300m: 2:57.55 30.72 400m: 3:58.71 30.17					
6.	KORONA Eryk	09	SMS Szczecin	**3:59.88**	692	25,00
	50m: 27.56 27.56 150m: 1:28.00 30.34 250m: 2:29.23 30.55 350m: 3:30.53 30.58					
	100m: 57.66 30.10 200m: 1:58.68 30.68 300m: 2:59.95 30.72 400m: 3:59.88 29.35					
7.	KONOPKO Michał	10	SMS Warszawa Bielany	**4:01.38**	679	24,00
	50m: 26.82 26.82 150m: 1:26.83 30.33 250m: 2:29.09 30.99 350m: 3:31.66 30.82					
	100m: 56.50 29.68 200m: 1:58.10 31.27 300m: 3:00.84 31.75 400m: 4:01.38 29.72					
8.	SZELĄŻEK Alan	09	SMS Szczecin	**4:02.18**	673	23,00
	50m: 27.59 27.59 150m: 1:28.09 30.65 250m: 2:29.89 30.68 350m: 3:32.01 30.52					
	100m: 57.44 29.85 200m: 1:59.21 31.12 300m: 3:01.49 31.60 400m: 4:02.18 30.17					
9.	ZIELIŃSKI Dawid	09	SMS Szczecin	**4:04.98**	650	-
	50m: 27.85 27.85 150m: 1:29.15 31.12 250m: 2:31.28 30.76 350m: 3:33.46 31.15					
	100m: 58.03 30.18 200m: 2:00.52 31.37 300m: 3:02.31 31.03 400m: 4:04.98 31.52					
10.	WIŚNIEWSKI Ksawery	12	SMS Warszawa Bielany	**4:06.23**	640	22,00
	50m: 27.29 27.29 150m: 1:30.12 31.89 250m: 2:33.01 31.07 350m: 3:35.53 30.95					
	100m: 58.23 30.94 200m: 2:01.94 31.82 300m: 3:04.58 31.57 400m: 4:06.23 30.70					
11.	RACHWAŁ Patryk	08	SMS Warszawa Konwiktorska	**4:06.34**	639	21,00
	50m: 28.53 28.53 150m: 1:30.92 31.20 250m: 2:33.31 30.99 350m: 3:35.84 31.07					
	100m: 59.72 31.19 200m: 2:02.32 31.40 300m: 3:04.77 31.46 400m: 4:06.34 30.50					
12.	PIELA Mateusz	11	SMS Oświęcim	**4:06.84**	635	20,00
	50m: 27.64 27.64 150m: 1:30.10 31.88 250m: 2:34.05 31.52 350m: 3:36.98 31.11					
	100m: 58.22 30.58 200m: 2:02.53 32.43 300m: 3:05.87 31.82 400m: 4:06.84 29.86					
13.	TRELA Sergiusz	11	SMS Kraków	**4:07.19**	633	19,00
	50m: 28.20 28.20 150m: 1:30.57 31.41 250m: 2:33.21 31.48 350m: 3:36.34 31.44					
	100m: 59.16 30.96 200m: 2:01.73 31.16 300m: 3:04.90 31.69 400m: 4:07.19 30.85					
14.	STACHOWIAK Adam	10	SMS Szczecin	**4:08.14**	625	-
	50m: 27.82 27.82 150m: 1:28.61 30.62 250m: 2:32.00 31.90 350m: 3:36.77 32.61					
	100m: 57.99 30.17 200m: 2:00.10 31.49 300m: 3:04.16 32.16 400m: 4:08.14 31.37					
15.	SYNOWIEC Szymon	10	SMS Kraków	**4:08.58**	622	18,00
	50m: 28.38 28.38 150m: 1:30.71 31.42 250m: 2:34.16 31.93 350m: 3:37.77 31.64					
	100m: 59.29 30.91 200m: 2:02.23 31.52 300m: 3:06.13 31.97 400m: 4:08.58 30.81					
16.	SKOWRON Tymoteusz	11	SMS Warszawa Bielany	**4:09.96**	612	-
	50m: 27.53 27.53 150m: 1:30.60 32.03 250m: 2:35.66 32.44 350m: 3:39.80 31.76					
	100m: 58.57 31.04 200m: 2:03.22 32.62 300m: 3:08.04 32.38 400m: 4:09.96 30.16					

Konkurencja 17, Mężczyzn, 400m dowolny, Open

Pozycja		Rok ur.		Czas	Pkt.	druz
17.	KOWALSKI Adrian	10	SMS Kraków	**4:10.86**	605	-
	50m: 28.98 28.98 150m: 1:31.90 31.69 250m: 2:35.80 31.94 350m: 3:40.21 32.00					
	100m: 1:00.21 31.23 200m: 2:03.86 31.96 300m: 3:08.21 32.41 400m: 4:10.86 30.65					
18.	KUCZMAR Zbigniew	11	SMS Warszawa Konwiktorska	**4:11.34**	602	17,00
	50m: 28.91 28.91 150m: 1:32.21 31.95 250m: 2:36.14 31.95 350m: 3:40.33 32.18					
	100m: 1:00.26 31.35 200m: 2:04.19 31.98 300m: 3:08.15 32.01 400m: 4:11.34 31.01					
19.	MAJERSKI Paweł	10	SMS Kraków	**4:12.07**	597	-
	50m: 28.06 28.06 150m: 1:31.04 32.08 250m: 2:35.29 32.16 350m: 3:40.39 32.63					
	100m: 58.96 30.90 200m: 2:03.13 32.09 300m: 3:07.76 32.47 400m: 4:12.07 31.68					
20.	PRYCZYNICZ Olaf	10	SMS Warszawa Bielany	**4:13.12**	589	-
	50m: 27.38 27.38 150m: 1:29.73 31.75 250m: 2:34.99 32.83 350m: 3:41.25 33.46					
	100m: 57.98 30.60 200m: 2:02.16 32.43 300m: 3:07.79 32.80 400m: 4:13.12 31.87					
21.	ŁUKASZEWICZ Michał	11	SMS Warszawa Konwiktorska	**4:13.34**	588	-
	50m: 29.24 29.24 150m: 1:33.04 31.99 250m: 2:36.57 31.51 350m: 3:40.95 32.10					
	100m: 1:01.05 31.81 200m: 2:05.06 32.02 300m: 3:08.85 32.28 400m: 4:13.34 32.39					
22.	KOSIAREK Mateusz	10	SMS Wrocław	**4:13.86**	584	16,00
	50m: 27.96 27.96 150m: 1:31.48 32.18 250m: 2:36.57 32.43 350m: 3:42.49 32.64					
	100m: 59.30 31.34 200m: 2:04.14 32.66 300m: 3:09.85 33.28 400m: 4:13.86 31.37					
23.	LUŚTYK Tomasz	09	SMS Ostrowiec	**4:14.83**	577	15,00
	50m: 27.97 27.97 150m: 1:32.04 32.22 250m: 2:37.93 32.84 350m: 3:43.55 32.88					
	100m: 59.82 31.85 200m: 2:05.09 33.05 300m: 3:10.67 32.74 400m: 4:14.83 31.28					
24.	GÓRECKI Wiktor	10	SMS Gdańsk	**4:14.87**	577	14,00
	50m: 27.69 27.69 150m: 1:30.50 31.82 250m: 2:36.74 33.08 350m: 3:42.92 32.91					
	100m: 58.68 30.99 200m: 2:03.66 33.16 300m: 3:10.01 33.27 400m: 4:14.87 31.95					
25.	TOPA Daniel	10	SMS Olsztyn	**4:15.09**	576	13,00
	50m: 27.45 27.45 150m: 1:29.72 32.01 250m: 2:36.03 33.46 350m: 3:43.11 33.41					
	100m: 57.71 30.26 200m: 2:02.57 32.85 300m: 3:09.70 33.67 400m: 4:15.09 31.98					
26.	BOBEK Witold	08	SMS Gdańsk	**4:16.16**	568	12,00
	50m: 28.54 28.54 150m: 1:31.10 31.66 250m: 2:36.13 32.94 350m: 3:43.69 34.08					
	100m: 59.44 30.90 200m: 2:03.19 32.09 300m: 3:09.61 33.48 400m: 4:16.16 32.47					
27.	MICHALSKI Maksymilian	09	SMS Bydgoszcz	**4:18.28**	554	11,00
	50m: 28.81 28.81 150m: 1:33.63 32.77 250m: 2:39.87 33.24 350m: 3:46.36 33.15					
	100m: 1:00.86 32.05 200m: 2:06.63 33.00 300m: 3:13.21 33.34 400m: 4:18.28 31.92					
28.	DOMŻAŁ Szymon	10	SMS Gdańsk	**4:18.57**	553	-
	50m: 29.54 29.54 150m: 1:35.10 32.99 250m: 2:41.38 33.09 350m: 3:47.57 32.51					
	100m: 1:02.11 32.57 200m: 2:08.29 33.19 300m: 3:15.06 33.68 400m: 4:18.57 31.00					
29.	PIASECKI Igor	11	SMS Bydgoszcz	**4:18.77**	551	10,00
	50m: 28.32 28.32 150m: 1:31.74 32.29 250m: 2:39.24 34.06 350m: 3:46.70 33.93					
	100m: 59.45 31.13 200m: 2:05.18 33.44 300m: 3:12.77 33.53 400m: 4:18.77 32.07					
30.	DĘBICKI Marcel	10	SMS Wrocław	**4:18.82**	551	9,00
	50m: 28.51 28.51 150m: 1:33.47 32.82 250m: 2:39.87 32.97 350m: 3:47.23 33.64					
	100m: 1:00.65 32.14 200m: 2:06.90 33.43 300m: 3:13.59 33.72 400m: 4:18.82 31.59					
31.	ADAMIOK Jan	11	SMS Dąbrowa Górnicza	**4:20.60**	540	8,00
	50m: 30.09 30.09 150m: 1:34.83 32.84 250m: 2:40.70 32.72 350m: 3:47.80 33.53					
	100m: 1:01.99 31.90 200m: 2:07.98 33.15 300m: 3:14.27 33.57 400m: 4:20.60 32.80					
32.	ROBAKIEWICZ Kacper	11	SMS Dąbrowa Górnicza	**4:22.05**	531	7,00
	50m: 28.19 28.19 150m: 1:32.87 32.80 250m: 2:39.91 33.62 350m: 3:48.45 34.37					
	100m: 1:00.07 31.88 200m: 2:06.29 33.42 300m: 3:14.08 34.17 400m: 4:22.05 33.60					
33.	ĆWIRKO Dominik	09	SMS Racibórz	**4:24.45**	517	6,00
	50m: 28.39 28.39 150m: 1:33.84 33.43 250m: 2:39.69 31.32 350m: 3:48.84 35.18					
	100m: 1:00.41 32.02 200m: 2:08.37 34.53 300m: 3:13.66 33.97 400m: 4:24.45 35.61					

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Pozycja		Rok ur.		Czas	Pkt.	druz
34.	DEMSKI Filip	09	SMS Bydgoszcz	**4:24.64**	515	-
	50m: 29.18 29.18 150m: 1:34.45 33.09 250m: 2:41.62 33.73 350m: 3:50.43 34.77					
	100m: 1:01.36 32.18 200m: 2:07.89 33.44 300m: 3:15.66 34.04 400m: 4:24.64 34.21					
35.	TUNKIEWICZ Piotr	12	SMS Olsztyn	**4:29.68**	487	5,00
	50m: 30.69 30.69 150m: 1:38.88 34.36 250m: 2:48.41 34.89 350m: 3:57.24 34.57					
	100m: 1:04.52 33.83 200m: 2:13.52 34.64 300m: 3:22.67 34.26 400m: 4:29.68 32.44					
36.	GAWROŃSKI Kacper	10	SMS Oświęcim	**4:30.67**	482	-
	50m: 30.55 30.55 150m: 1:39.46 34.79 250m: 2:48.35 34.25 350m: 3:57.49 34.83					
	100m: 1:04.67 34.12 200m: 2:14.10 34.64 300m: 3:22.66 34.31 400m: 4:30.67 33.18					
37.	URA Mikołaj	11	SMS Ostrowiec	**4:31.65**	476	4,00
	50m: 29.30 29.30 150m: 1:36.54 34.32 250m: 2:47.55 35.85 350m: 3:58.20 35.65					
	100m: 1:02.22 32.92 200m: 2:11.70 35.16 300m: 3:22.55 35.00 400m: 4:31.65 33.45					
38.	ALIPOW Mateusz	10	SMS Bydgoszcz	**4:32.29**	473	-
	50m: 29.31 29.31 150m: 1:35.89 33.95 250m: 2:45.03 34.87 350m: 3:57.13 36.33					
	100m: 1:01.94 32.63 200m: 2:10.16 34.27 300m: 3:20.80 35.77 400m: 4:32.29 35.16					
39.	MUSZYŃSKI Wojciech	11	SMS Gdańsk	**4:32.75**	471	-
	50m: 30.15 30.15 150m: 1:38.17 34.52 250m: 2:48.02 34.71 350m: 3:58.86 35.52					
	100m: 1:03.65 33.50 200m: 2:13.31 35.14 300m: 3:23.34 35.32 400m: 4:32.75 33.89					
40.	RYSZKOWSKI Kacper	11	SMS Racibórz	**4:32.77**	471	3,00
	50m: 30.66 30.66 150m: 1:36.96 33.70 250m: 2:47.97 35.75 350m: 3:59.04 35.22					
	100m: 1:03.26 32.60 200m: 2:12.22 35.26 300m: 3:23.82 35.85 400m: 4:32.77 33.73					
41.	KAMIENIORZ Kacper	08	SMS Oświęcim	**4:33.98**	464	-
	50m: 30.00 30.00 150m: 1:39.44 35.09 250m: 2:48.77 34.38 350m: 3:59.12 35.35					
	100m: 1:04.35 34.35 200m: 2:14.39 34.95 300m: 3:23.77 35.00 400m: 4:33.98 34.86					
42.	GAJOCHA Nataniel	11	SMS Dąbrowa Górnicza	**4:37.97**	445	-
	50m: 30.79 30.79 150m: 1:41.46 35.91 250m: 2:52.26 35.44 350m: 4:03.73 35.78					
	100m: 1:05.55 34.76 200m: 2:16.82 35.36 300m: 3:27.95 35.69 400m: 4:37.97 34.24					
PK	OLIFIRENKO Makar	11	SMS Zielona Góra	**4:06.76**	636	-
	50m: 27.32 27.32 150m: 1:29.28 31.39 250m: 2:32.93 31.82 350m: 3:36.33 31.72					
	100m: 57.89 30.57 200m: 2:01.11 31.83 300m: 3:04.61 31.68 400m: 4:06.76 30.43					
PK	PROKOP Wojciech	11	SMS Szczecin	**4:11.07**	604	-
	50m: 29.07 29.07 150m: 1:32.01 31.78 250m: 2:35.95 32.01 350m: 3:39.84 31.95					
	100m: 1:00.23 31.16 200m: 2:03.94 31.93 300m: 3:07.89 31.94 400m: 4:11.07 31.23					
PK	WIECZOREK Aleksander	10	SMS Szczecin	**4:20.01**	543	-
	50m: 28.51 28.51 150m: 1:33.54 33.19 250m: 2:40.63 33.69 350m: 3:47.91 33.62					
	100m: 1:00.35 31.84 200m: 2:06.94 33.40 300m: 3:14.29 33.66 400m: 4:20.01 32.10					