Konkurencja 4 — Mężczyzn, 400m zmienny — Open
2026-10-23 - 16:34 — Wyniki

Rekord Polski 4:03.20 WOJT Lukasz POL Berlin (GER) 2009-11-14

Punkty: AQUA 2026 — wyniki tymczasowe

Pozycja		Rok ur.		Czas	Pkt.	druz
1.	TARASIEWICZ Piotr	09	SMS Warszawa Konwiktorska	**4:26.84**	681	29,00
	50m: 28.63 28.63 150m: 1:37.69 36.03 250m: 2:49.01 36.75 350m: 3:56.24 30.60					
	100m: 1:01.66 33.03 200m: 2:12.26 34.57 300m: 3:25.64 36.63 400m: 4:26.84 30.60					
2.	ZIELIŃSKI Szymon	09	SMS Szczecin	**4:28.02**	672	27,00
	50m: 28.30 28.30 150m: 1:37.25 35.96 250m: 2:48.61 36.47 350m: 3:57.94 31.15					
	100m: 1:01.29 32.99 200m: 2:12.14 34.89 300m: 3:26.79 38.18 400m: 4:28.02 30.08					
3.	MARYJOWSKI Marcin	09	SMS Lublin	**4:32.14**	642	26,00
	50m: 28.57 28.57 150m: 1:36.35 34.94 250m: 2:49.00 38.55 350m: 4:00.83 32.38					
	100m: 1:01.41 32.84 200m: 2:10.45 34.10 300m: 3:28.45 39.45 400m: 4:32.14 31.31					
4.	NOWACKI Mieszko	09	SMS Lublin	**4:33.86**	630	25,00
	50m: 28.86 28.86 150m: 1:35.66 33.46 250m: 2:49.00 40.05 350m: 4:02.18 32.80					
	100m: 1:02.20 33.34 200m: 2:08.95 33.29 300m: 3:29.38 40.38 400m: 4:33.86 31.68					
5.	SYNOWIEC Szymon	10	SMS Kraków	**4:35.78**	617	24,00
	50m: 28.08 28.08 150m: 1:37.85 36.39 250m: 2:53.05 39.60 350m: 4:05.90 32.66					
	100m: 1:01.46 33.38 200m: 2:13.45 35.60 300m: 3:33.24 40.19 400m: 4:35.78 29.88					
6.	ŁAWRYNOWICZ Kacper	09	SMS Bydgoszcz	**4:36.57**	611	23,00
	50m: 27.42 27.42 150m: 1:38.76 37.84 250m: 2:53.09 37.85 350m: 4:05.26 33.60					
	100m: 1:00.92 33.50 200m: 2:15.24 36.48 300m: 3:31.66 38.57 400m: 4:36.57 31.31					
7.	YAROSHENKO Alexander	10	SMS Warszawa Bielany	**4:36.81**	610	22,00
	50m: 28.04 28.04 150m: 1:35.78 34.86 250m: 2:49.22 38.63 350m: 4:03.13 34.26					
	100m: 1:00.92 32.88 200m: 2:10.59 34.81 300m: 3:28.87 39.65 400m: 4:36.81 33.68					
8.	DZIEDZIC Karol	10	SMS Oświęcim	**4:37.30**	607	21,00
	50m: 27.79 27.79 150m: 1:37.58 36.73 250m: 2:53.12 38.51 350m: 4:06.05 32.58					
	100m: 1:00.85 33.06 200m: 2:14.61 37.03 300m: 3:33.47 40.35 400m: 4:37.30 31.25					
9.	NADAJ Filip	09	SMS Gdańsk	**4:39.11**	595	20,00
	50m: 28.60 28.60 150m: 1:37.12 35.37 250m: 2:51.64 40.80 350m: 4:06.59 33.67					
	100m: 1:01.75 33.15 200m: 2:10.84 33.72 300m: 3:32.92 41.28 400m: 4:39.11 32.52					
10.	KUCZMAR Zbigniew	11	SMS Warszawa Konwiktorska	**4:41.00**	583	19,00
	50m: 30.27 30.27 150m: 1:41.31 35.88 250m: 2:56.43 39.48 350m: 4:09.60 32.65					
	100m: 1:05.43 35.16 200m: 2:16.95 35.64 300m: 3:36.95 40.52 400m: 4:41.00 31.40					
11.	PRYCZYNICZ Olaf	10	SMS Warszawa Bielany	**4:41.35**	581	18,00
	50m: 28.42 28.42 150m: 1:37.50 35.80 250m: 2:55.81 41.50 350m: 4:10.67 32.39					
	100m: 1:01.70 33.28 200m: 2:14.31 36.81 300m: 3:38.28 42.47 400m: 4:41.35 30.68					
12.	CZERWONKA Jan	08	SMS Lublin	**4:42.06**	576	-
	50m: 28.77 28.77 150m: 1:40.23 37.39 250m: 2:55.94 39.52 350m: 4:09.61 33.14					
	100m: 1:02.84 34.07 200m: 2:16.42 36.19 300m: 3:36.47 40.53 400m: 4:42.06 32.45					
13.	MAJERSKI Paweł	10	SMS Kraków	**4:43.21**	569	17,00
	50m: 28.91 28.91 150m: 1:40.31 37.15 250m: 2:58.17 40.61 350m: 4:12.21 32.42					
	100m: 1:03.16 34.25 200m: 2:17.56 37.25 300m: 3:39.79 41.62 400m: 4:43.21 31.00					
14.	KOWALSKI Adrian	10	SMS Kraków	**4:43.39**	568	-
	50m: 29.38 29.38 150m: 1:40.92 37.59 250m: 2:57.15 39.59 350m: 4:11.21 34.32					
	100m: 1:03.33 33.95 200m: 2:17.56 36.64 300m: 3:36.89 39.74 400m: 4:43.39 32.18					
15.	FLORCZAK Aleksander	11	SMS Gdańsk	**4:44.40**	562	16,00
	50m: 29.04 29.04 150m: 1:40.46 37.14 250m: 2:56.04 39.49 350m: 4:11.77 34.17					
	100m: 1:03.32 34.28 200m: 2:16.55 36.09 300m: 3:37.60 41.56 400m: 4:44.40 32.63					
16.	KOSIAREK Mateusz	10	SMS Wrocław	**4:45.47**	556	15,00
	50m: 28.43 28.43 150m: 1:38.89 35.93 250m: 2:56.08 42.26 350m: 4:13.63 34.49					
	100m: 1:02.96 34.53 200m: 2:13.82 34.93 300m: 3:39.14 43.06 400m: 4:45.47 31.84					

Konkurencja 4, Mężczyzn, 400m zmienny, Open

Pozycja		Rok ur.		Czas	Pkt.	druz
17.	PIELA Mateusz	11	SMS Oświęcim	**4:46.18**	552	14,00
	50m: 28.23 28.23 150m: 1:38.61 36.97 250m: 2:58.46 42.86 350m: 4:14.82 32.70					
	100m: 1:01.64 33.41 200m: 2:15.60 36.99 300m: 3:42.12 43.66 400m: 4:46.18 31.36					
18.	ZIELIŃSKI Dawid	09	SMS Szczecin	**4:46.36**	551	13,00
	50m: 29.38 29.38 150m: 1:38.92 35.82 250m: 2:57.20 42.58 350m: 4:14.41 32.58					
	100m: 1:03.10 33.72 200m: 2:14.62 35.70 300m: 3:41.83 44.63 400m: 4:46.36 31.95					
19.	MAKOWSKI Jakub	10	SMS Szczecin	**4:47.13**	546	-
	50m: 30.20 30.20 150m: 1:42.18 37.23 250m: 3:01.44 43.54 350m: 4:16.59 32.39					
	100m: 1:04.95 34.75 200m: 2:17.90 35.72 300m: 3:44.20 42.76 400m: 4:47.13 30.54					
20.	ADAMIOK Jan	11	SMS Dąbrowa Górnicza	**4:51.36**	523	12,00
	50m: 29.99 29.99 150m: 1:42.51 37.23 250m: 3:01.47 42.20 350m: 4:18.45 34.53					
	100m: 1:05.28 35.29 200m: 2:19.27 36.76 300m: 3:43.92 42.45 400m: 4:51.36 32.91					
21.	WERESZCZYŃSKI Igor	10	SMS Wrocław	**4:57.18**	493	11,00
	50m: 32.52 32.52 150m: 1:47.75 35.40 250m: 3:06.95 43.02 350m: 4:23.98 34.78					
	100m: 1:12.35 39.83 200m: 2:23.93 36.18 300m: 3:49.20 42.25 400m: 4:57.18 33.20					
22.	KONOPKA Wojciech	11	SMS Oświęcim	**5:01.59**	471	-
	50m: 30.08 30.08 150m: 1:45.55 40.34 250m: 3:08.42 44.51 350m: 4:27.91 34.35					
	100m: 1:05.21 35.13 200m: 2:23.91 38.36 300m: 3:53.56 45.14 400m: 5:01.59 33.68					
23.	RONOWSKI Szymon	11	SMS Gdańsk	**5:02.50**	467	-
	50m: 30.21 30.21 150m: 1:45.53 39.83 250m: 3:05.62 42.48 350m: 4:26.83 37.56					
	100m: 1:05.70 35.49 200m: 2:23.14 37.61 300m: 3:49.27 43.65 400m: 5:02.50 35.67					
24.	TKACZYK Kajetan	09	SMS Oświęcim	**5:04.34**	459	-
	50m: 29.93 29.93 150m: 1:44.08 39.60 250m: 3:07.28 44.08 350m: 4:29.00 36.11					
	100m: 1:04.48 34.55 200m: 2:23.20 39.12 300m: 3:52.89 45.61 400m: 5:04.34 35.34					
25.	TUNKIEWICZ Piotr	12	SMS Olsztyn	**5:08.10**	442	10,00
	50m: 32.26 32.26 150m: 1:49.45 39.68 250m: 3:13.66 45.99 350m: 4:34.70 34.82					
	100m: 1:09.77 37.51 200m: 2:27.67 38.22 300m: 3:59.88 46.22 400m: 5:08.10 33.40					
26.	ALIPOW Mateusz	10	SMS Bydgoszcz	**5:09.05**	438	9,00
	50m: 31.11 31.11 150m: 1:46.57 38.96 250m: 3:10.09 44.50 350m: 4:33.65 37.79					
	100m: 1:07.61 36.50 200m: 2:25.59 39.02 300m: 3:55.86 45.77 400m: 5:09.05 35.40					
27.	CIEŚLIK Jan	11	SMS Racibórz	**5:11.23**	429	8,00
	50m: 32.00 32.00 150m: 1:51.94 40.95 250m: 3:15.12 43.33 350m: 4:35.63 37.05					
	100m: 1:10.99 38.99 200m: 2:31.79 39.85 300m: 3:58.58 43.46 400m: 5:11.23 35.60					
28.	GAJOCHA Nataniel	11	SMS Dąbrowa Górnicza	**5:11.94**	426	7,00
	50m: 30.91 30.91 150m: 1:49.31 39.49 250m: 3:12.91 44.27 350m: 4:36.89 37.35					
	100m: 1:09.82 38.91 200m: 2:28.64 39.33 300m: 3:59.54 46.63 400m: 5:11.94 35.05					
29.	KALATA Mateusz	11	SMS Racibórz	**5:21.41**	389	6,00
	50m: 33.78 33.78 150m: 1:58.05 42.38 250m: 3:21.10 41.62 350m: 4:44.90 39.53					
	100m: 1:15.67 41.89 200m: 2:39.48 41.43 300m: 4:05.37 44.27 400m: 5:21.41 36.51					
30.	ISSER-DRYKA Jakub	11	SMS Ostrowiec	**5:22.87**	384	5,00
	50m: 33.97 33.97 150m: 1:56.59 42.63 250m: 3:22.57 43.62 350m: 4:46.48 38.72					
	100m: 1:13.96 39.99 200m: 2:38.95 42.36 300m: 4:07.76 45.19 400m: 5:22.87 36.39					