Event 8 | Men, 400m Freestyle | Open
2026-11-20 - 18:20 | Results

Points: WPS 2026

Klasa S6-S14

Rank			Time	Pts		
1.	OGORZALEK Alan	POL Start Wroclaw	**4:24.62**	790	S10	40734
	50m: 28.73 28.73	150m: 1:33.96 33.47	250m: 2:41.02 33.51	350m: 3:50.60 35.21		
	100m: 1:00.49 31.76	200m: 2:07.51 33.55	300m: 3:15.39 34.37	400m: 4:24.62 34.02		
2.	KOZLOWSKI Alex	POL UKS Laski Izabelin	**4:59.66**	737	S11	57232
	50m: 32.46 32.46	150m: 1:46.38 37.55	250m: 3:04.37 39.08	350m: 4:22.63 38.85		
	100m: 1:08.83 36.37	200m: 2:25.29 38.91	300m: 3:43.78 39.41	400m: 4:59.66 37.03		
3.	GLADECKI Aleks	POL UKS SP 149 Lodz	**4:55.18**	712	S8	68652
	50m: 33.39 33.39	150m: 1:46.97 36.52	250m: 3:02.36 37.06	350m: 4:18.51 37.79		
	100m: 1:10.45 37.06	200m: 2:25.30 38.33	300m: 3:40.72 38.36	400m: 4:55.18 36.67		
4.	KARLINSKI Patryk	POL KSN Start Szczecin	**4:32.81**	706	S10	
	50m: 31.07 31.07	150m: 1:39.31 34.24	250m: 2:48.86 34.71	350m: 3:59.04 35.03		
	100m: 1:05.07 34.00	200m: 2:14.15 34.84	300m: 3:24.01 35.15	400m: 4:32.81 33.77		
5.	HREHOROWICZ Igor	POL Start Wroclaw	**4:46.86**	677	S9	26514
	50m: 31.97 31.97	150m: 1:42.78 36.10	250m: 2:56.52 36.28	350m: 4:09.61 36.25		
	100m: 1:06.68 34.71	200m: 2:20.24 37.46	300m: 3:33.36 36.84	400m: 4:46.86 37.25		
6.	CYMBALISTA Szymon	POL Start Wroclaw	**4:55.26**	590	S9	63305
	50m: 32.62 32.62	150m: 1:47.07 37.76	250m: 3:03.32 37.57	350m: 4:18.91 37.97		
	100m: 1:09.31 36.69	200m: 2:25.75 38.68	300m: 3:40.94 37.62	400m: 4:55.26 36.35		
7.	BURZYNSKI Rafal	POL Start Wroclaw	**4:51.16**	508	S10	63 396
	50m: 31.68 31.68	150m: 1:44.82 36.61	250m: 2:59.26 37.80	350m: 4:15.09 37.66		
	100m: 1:08.21 36.53	200m: 2:21.46 36.64	300m: 3:37.43 38.17	400m: 4:51.16 36.07		
8.	LATA Krystian	POL Start Tarnow	**5:09.67**	441	S9	68653
	50m: 33.89 33.89	150m: 1:51.72 39.01	250m: 3:11.57 40.04	350m: 4:32.47 40.54		
	100m: 1:12.71 38.82	200m: 2:31.53 39.81	300m: 3:51.93 40.36	400m: 5:09.67 37.20		
9.	BULAT Bartosz	POL KS Korona 1919	**5:37.32**	307	S8	63403
	50m: 38.23 38.23	150m: 2:02.92 42.40	250m: 3:29.25 43.12	350m: 4:55.64 42.95		
	100m: 1:20.52 42.29	200m: 2:46.13 43.21	300m: 4:12.69 43.44	400m: 5:37.32 41.68		
10.	KOLESNYK Oleksii	UKR IKS AWF Warszawa	**5:16.39**	280	S12	
	50m: 34.54 34.54	150m: 1:54.71 40.76	250m: 3:16.51 40.90	350m: 4:38.59 40.59		
	100m: 1:13.95 39.41	200m: 2:35.61 40.90	300m: 3:58.00 41.49	400m: 5:16.39 37.80		
11.	DONOCIK Mateusz	POL LKS Gol-Start Czestochowa	**5:33.99**	138	S10	
	50m: 37.06 37.06	150m: 2:00.41 42.49	250m: 3:25.66 41.70	350m: 4:53.25 44.62		
	100m: 1:17.92 40.86	200m: 2:43.96 43.55	300m: 4:08.63 42.97	400m: 5:33.99 40.74		
12.	CWIRKO Dawid	POL ZSR Start Zielona Gora	**5:53.74**	63	S12	
	50m: 37.07 37.07	150m: 2:07.56 46.84	250m: 3:42.62 47.53	350m: 5:13.92 44.83		
	100m: 1:20.72 43.65	200m: 2:55.09 47.53	300m: 4:29.09 46.47	400m: 5:53.74 39.82		
	ORWAT Kamil	POL ZSR Start Zielona Gora	**6:05.87**	63	S9	
	50m: 41.19 41.19	150m: 2:12.24 46.40	250m: 3:46.79 47.11	350m: 5:19.59 46.47		
	100m: 1:25.84 44.65	200m: 2:59.68 47.44	300m: 4:33.12 46.33	400m: 6:05.87 46.28		
14.	AUGUSTYN Aleks	POL IPSON Start Mielec	**5:55.01**	52	S10	
	50m: 36.63 36.63	150m: 2:08.99 47.33	250m:	350m: 5:14.67 44.31		
	100m: 1:21.66 45.03	200m: 2:56.93 47.94	300m: 4:30.36	400m: 5:55.01 40.34		
15.	KAWALEC Mikolaj	POL ICSiR Start Lublin	**6:35.99**	30	S8	
	50m: 41.87 41.87	150m: 2:18.81 49.11	250m: 3:59.94 50.00	350m: 5:45.96 52.37		
	100m: 1:29.70 47.83	200m: 3:09.94 51.13	300m: 4:53.59 53.65	400m: 6:35.99 50.03		

Event 8, Men, 400m Freestyle, Klasa S6-S14

Rank																				
																Time		Pts		
16.	FRACALA Jakub						POL	WSSiRN Start Katowice								**6:31.33**		15	S9	
	50m:	43.76	43.76	150m:	2:24.07	50.82	250m:	4:05.34	50.80	350m:	5:44.71	49.46								
	100m:	1:33.25	49.49	200m:	3:14.54	50.47	300m:	4:55.25	49.91	400m:	6:31.33	46.62								
17.	WIKTOR Mateusz						POL	ZSR Start Zielona Gora								**7:14.34**		14	S7	
	50m:	46.89	46.89	150m:	2:35.59	55.73	250m:	4:27.29	56.35	350m:	6:21.71	57.56								
	100m:	1:39.86	52.97	200m:	3:30.94	55.35	300m:	5:24.15	56.86	400m:	7:14.34	52.63								
18.	KOLPAK Milosz						POL	Start Wroclaw								**6:35.36**		12	S9	
	50m:	40.52	40.52	150m:	2:18.28	50.98	250m:	4:00.45	51.42	350m:	5:45.20	51.54								
	100m:	1:27.30	46.78	200m:	3:09.03	50.75	300m:	4:53.66	53.21	400m:	6:35.36	50.16								
19.	HERLA Aleks						POL	WSSiRN Start Katowice								**7:37.29**		3	S7	
	50m:	51.14	51.14	150m:	2:44.54	57.73	250m:	4:41.45	58.65	350m:	6:39.90	59.78								
	100m:	1:46.81	55.67	200m:	3:42.80	58.26	300m:	5:40.12	58.67	400m:	7:37.29	57.39								
20.	KRAWCZYK Michal						POL	WSSiRN Start Katowice								**9:06.81**			S7	
	50m:	1:03.46	1:03.46	150m:	3:24.98	1:11.18	250m:	5:47.02	1:10.35	350m:	8:04.21	1:07.29								
	100m:	2:13.80	1:10.34	200m:	4:36.67	1:11.69	300m:	6:56.92	1:09.90	400m:	9:06.81	1:02.60								

Mistrzostwa Polski

1.	OGORZALEK Alan						POL	Start Wroclaw								**4:24.62**		790	S10	40734
	50m:	28.73	28.73	150m:	1:33.96	33.47	250m:	2:41.02	33.51	350m:	3:50.60	35.21								
	100m:	1:00.49	31.76	200m:	2:07.51	33.55	300m:	3:15.39	34.37	400m:	4:24.62	34.02								
2.	KOZLOWSKI Alex						POL	UKS Laski Izabelin								**4:59.66**		737	S11	57232
	50m:	32.46	32.46	150m:	1:46.38	37.55	250m:	3:04.37	39.08	350m:	4:22.63	38.85								
	100m:	1:08.83	36.37	200m:	2:25.29	38.91	300m:	3:43.78	39.41	400m:	4:59.66	37.03								
3.	GLADECKI Aleks						POL	UKS SP 149 Lodz								**4:55.18**		712	S8	68652
	50m:	33.39	33.39	150m:	1:46.97	36.52	250m:	3:02.36	37.06	350m:	4:18.51	37.79								
	100m:	1:10.45	37.06	200m:	2:25.30	38.33	300m:	3:40.72	38.36	400m:	4:55.18	36.67								
4.	KARLINSKI Patryk						POL	KSN Start Szczecin								**4:32.81**		706	S10	
	50m:	31.07	31.07	150m:	1:39.31	34.24	250m:	2:48.86	34.71	350m:	3:59.04	35.03								
	100m:	1:05.07	34.00	200m:	2:14.15	34.84	300m:	3:24.01	35.15	400m:	4:32.81	33.77								
5.	HREHOROWICZ Igor						POL	Start Wroclaw								**4:46.86**		677	S9	26514
	50m:	31.97	31.97	150m:	1:42.78	36.10	250m:	2:56.52	36.28	350m:	4:09.61	36.25								
	100m:	1:06.68	34.71	200m:	2:20.24	37.46	300m:	3:33.36	36.84	400m:	4:46.86	37.25								
6.	CYMBALISTA Szymon						POL	Start Wroclaw								**4:55.26**		590	S9	63305
	50m:	32.62	32.62	150m:	1:47.07	37.76	250m:	3:03.32	37.57	350m:	4:18.91	37.97								
	100m:	1:09.31	36.69	200m:	2:25.75	38.68	300m:	3:40.94	37.62	400m:	4:55.26	36.35								
7.	BURZYNSKI Rafal						POL	Start Wroclaw								**4:51.16**		508	S10	63 396
	50m:	31.68	31.68	150m:	1:44.82	36.61	250m:	2:59.26	37.80	350m:	4:15.09	37.66								
	100m:	1:08.21	36.53	200m:	2:21.46	36.64	300m:	3:37.43	38.17	400m:	4:51.16	36.07								
8.	LATA Krystian						POL	Start Tarnow								**5:09.67**		441	S9	68653
	50m:	33.89	33.89	150m:	1:51.72	39.01	250m:	3:11.57	40.04	350m:	4:32.47	40.54								
	100m:	1:12.71	38.82	200m:	2:31.53	39.81	300m:	3:51.93	40.36	400m:	5:09.67	37.20								
9.	BULAT Bartosz						POL	KS Korona 1919								**5:37.32**		307	S8	63403
	50m:	38.23	38.23	150m:	2:02.92	42.40	250m:	3:29.25	43.12	350m:	4:55.64	42.95								
	100m:	1:20.52	42.29	200m:	2:46.13	43.21	300m:	4:12.69	43.44	400m:	5:37.32	41.68								
10.	DONOCIK Mateusz						POL	LKS Gol-Start Czestochowa								**5:33.99**		138	S10	
	50m:	37.06	37.06	150m:	2:00.41	42.49	250m:	3:25.66	41.70	350m:	4:53.25	44.62								
	100m:	1:17.92	40.86	200m:	2:43.96	43.55	300m:	4:08.63	42.97	400m:	5:33.99	40.74								
11.	CWIRKO Dawid						POL	ZSR Start Zielona Gora								**5:53.74**		63	S12	
	50m:	37.07	37.07	150m:	2:07.56	46.84	250m:	3:42.62	47.53	350m:	5:13.92	44.83								
	100m:	1:20.72	43.65	200m:	2:55.09	47.53	300m:	4:29.09	46.47	400m:	5:53.74	39.82								

Event 8, Men, 400m Freestyle, Mistrzostwa Polski

Rank										Time	Pts	
11.	ORWAT Kamil			POL	ZSR Start Zielona Gora					**6:05.87**	63	S9
	50m:	41.19	41.19	150m:	2:12.24	46.40	250m:	3:46.79	47.11	350m:	5:19.59	46.47
	100m:	1:25.84	44.65	200m:	2:59.68	47.44	300m:	4:33.12	46.33	400m:	6:05.87	46.28
13.	AUGUSTYN Aleks			POL	IPSON Start Mielec					**5:55.01**	52	S10
	50m:	36.63	36.63	150m:	2:08.99	47.33	250m:			350m:	5:14.67	44.31
	100m:	1:21.66	45.03	200m:	2:56.93	47.94	300m:	4:30.36		400m:	5:55.01	40.34
14.	KAWALEC Mikolaj			POL	ICSiR Start Lublin					**6:35.99**	30	S8
	50m:	41.87	41.87	150m:	2:18.81	49.11	250m:	3:59.94	50.00	350m:	5:45.96	52.37
	100m:	1:29.70	47.83	200m:	3:09.94	51.13	300m:	4:53.59	53.65	400m:	6:35.99	50.03
15.	FRACALA Jakub			POL	WSSiRN Start Katowice					**6:31.33**	15	S9
	50m:	43.76	43.76	150m:	2:24.07	50.82	250m:	4:05.34	50.80	350m:	5:44.71	49.46
	100m:	1:33.25	49.49	200m:	3:14.54	50.47	300m:	4:55.25	49.91	400m:	6:31.33	46.62
16.	WIKTOR Mateusz			POL	ZSR Start Zielona Gora					**7:14.34**	14	S7
	50m:	46.89	46.89	150m:	2:35.59	55.73	250m:	4:27.29	56.35	350m:	6:21.71	57.56
	100m:	1:39.86	52.97	200m:	3:30.94	55.35	300m:	5:24.15	56.86	400m:	7:14.34	52.63
17.	KOLPAK Milosz			POL	Start Wroclaw					**6:35.36**	12	S9
	50m:	40.52	40.52	150m:	2:18.28	50.98	250m:	4:00.45	51.42	350m:	5:45.20	51.54
	100m:	1:27.30	46.78	200m:	3:09.03	50.75	300m:	4:53.66	53.21	400m:	6:35.36	50.16
18.	HERLA Aleks			POL	WSSiRN Start Katowice					**7:37.29**	3	S7
	50m:	51.14	51.14	150m:	2:44.54	57.73	250m:	4:41.45	58.65	350m:	6:39.90	59.78
	100m:	1:46.81	55.67	200m:	3:42.80	58.26	300m:	5:40.12	58.67	400m:	7:37.29	57.39
19.	KRAWCZYK Michal			POL	WSSiRN Start Katowice					**9:06.81**		S7
	50m:	1:03.46	1:03.46	150m:	3:24.98	1:11.18	250m:	5:47.02	1:10.35	350m:	8:04.21	1:07.29
	100m:	2:13.80	1:10.34	200m:	4:36.67	1:11.69	300m:	6:56.92	1:09.90	400m:	9:06.81	1:02.60

Klasa S7

1.	WIKTOR Mateusz			POL	ZSR Start Zielona Gora					**7:14.34**	14	S7
	50m:	46.89	46.89	150m:	2:35.59	55.73	250m:	4:27.29	56.35	350m:	6:21.71	57.56
	100m:	1:39.86	52.97	200m:	3:30.94	55.35	300m:	5:24.15	56.86	400m:	7:14.34	52.63
2.	HERLA Aleks			POL	WSSiRN Start Katowice					**7:37.29**	3	S7
	50m:	51.14	51.14	150m:	2:44.54	57.73	250m:	4:41.45	58.65	350m:	6:39.90	59.78
	100m:	1:46.81	55.67	200m:	3:42.80	58.26	300m:	5:40.12	58.67	400m:	7:37.29	57.39
3.	KRAWCZYK Michal			POL	WSSiRN Start Katowice					**9:06.81**		S7
	50m:	1:03.46	1:03.46	150m:	3:24.98	1:11.18	250m:	5:47.02	1:10.35	350m:	8:04.21	1:07.29
	100m:	2:13.80	1:10.34	200m:	4:36.67	1:11.69	300m:	6:56.92	1:09.90	400m:	9:06.81	1:02.60

Klasa S8

1.	GLADECKI Aleks			POL	UKS SP 149 Lodz					**4:55.18**	712	S8	68652
	50m:	33.39	33.39	150m:	1:46.97	36.52	250m:	3:02.36	37.06	350m:	4:18.51	37.79	
	100m:	1:10.45	37.06	200m:	2:25.30	38.33	300m:	3:40.72	38.36	400m:	4:55.18	36.67	
2.	BULAT Bartosz			POL	KS Korona 1919					**5:37.32**	307	S8	63403
	50m:	38.23	38.23	150m:	2:02.92	42.40	250m:	3:29.25	43.12	350m:	4:55.64	42.95	
	100m:	1:20.52	42.29	200m:	2:46.13	43.21	300m:	4:12.69	43.44	400m:	5:37.32	41.68	
3.	KAWALEC Mikolaj			POL	ICSiR Start Lublin					**6:35.99**	30	S8	
	50m:	41.87	41.87	150m:	2:18.81	49.11	250m:	3:59.94	50.00	350m:	5:45.96	52.37	
	100m:	1:29.70	47.83	200m:	3:09.94	51.13	300m:	4:53.59	53.65	400m:	6:35.99	50.03	

Event 8, Men, 400m Freestyle

Klasa S9

1. HREHOROWICZ Igor — POL — Start Wroclaw — **4:46.86** — 677 — S9 — 26514

50m:	31.97	31.97	150m:	1:42.78	36.10	250m:	2:56.52	36.28	350m:	4:09.61	36.25
100m:	1:06.68	34.71	200m:	2:20.24	37.46	300m:	3:33.36	36.84	400m:	4:46.86	37.25

2. CYMBALISTA Szymon — POL — Start Wroclaw — **4:55.26** — 590 — S9 — 63305

50m:	32.62	32.62	150m:	1:47.07	37.76	250m:	3:03.32	37.57	350m:	4:18.91	37.97
100m:	1:09.31	36.69	200m:	2:25.75	38.68	300m:	3:40.94	37.62	400m:	4:55.26	36.35

3. LATA Krystian — POL — Start Tarnow — **5:09.67** — 441 — S9 — 68653

50m:	33.89	33.89	150m:	1:51.72	39.01	250m:	3:11.57	40.04	350m:	4:32.47	40.54
100m:	1:12.71	38.82	200m:	2:31.53	39.81	300m:	3:51.93	40.36	400m:	5:09.67	37.20

4. ORWAT Kamil — POL — ZSR Start Zielona Gora — **6:05.87** — 63 — S9

50m:	41.19	41.19	150m:	2:12.24	46.40	250m:	3:46.79	47.11	350m:	5:19.59	46.47
100m:	1:25.84	44.65	200m:	2:59.68	47.44	300m:	4:33.12	46.33	400m:	6:05.87	46.28

5. FRACALA Jakub — POL — WSSiRN Start Katowice — **6:31.33** — 15 — S9

50m:	43.76	43.76	150m:	2:24.07	50.82	250m:	4:05.34	50.80	350m:	5:44.71	49.46
100m:	1:33.25	49.49	200m:	3:14.54	50.47	300m:	4:55.25	49.91	400m:	6:31.33	46.62

6. KOLPAK Milosz — POL — Start Wroclaw — **6:35.36** — 12 — S9

50m:	40.52	40.52	150m:	2:18.28	50.98	250m:	4:00.45	51.42	350m:	5:45.20	51.54
100m:	1:27.30	46.78	200m:	3:09.03	50.75	300m:	4:53.66	53.21	400m:	6:35.36	50.16

Klasa S10

1. OGORZALEK Alan — POL — Start Wroclaw — **4:24.62** — 790 — S10 — 40734

50m:	28.73	28.73	150m:	1:33.96	33.47	250m:	2:41.02	33.51	350m:	3:50.60	35.21
100m:	1:00.49	31.76	200m:	2:07.51	33.55	300m:	3:15.39	34.37	400m:	4:24.62	34.02

2. KARLINSKI Patryk — POL — KSN Start Szczecin — **4:32.81** — 706 — S10

50m:	31.07	31.07	150m:	1:39.31	34.24	250m:	2:48.86	34.71	350m:	3:59.04	35.03
100m:	1:05.07	34.00	200m:	2:14.15	34.84	300m:	3:24.01	35.15	400m:	4:32.81	33.77

3. BURZYNSKI Rafal — POL — Start Wroclaw — **4:51.16** — 508 — S10 — 63 396

50m:	31.68	31.68	150m:	1:44.82	36.61	250m:	2:59.26	37.80	350m:	4:15.09	37.66
100m:	1:08.21	36.53	200m:	2:21.46	36.64	300m:	3:37.43	38.17	400m:	4:51.16	36.07

4. DONOCIK Mateusz — POL — LKS Gol-Start Czestochowa — **5:33.99** — 138 — S10

50m:	37.06	37.06	150m:	2:00.41	42.49	250m:	3:25.66	41.70	350m:	4:53.25	44.62
100m:	1:17.92	40.86	200m:	2:43.96	43.55	300m:	4:08.63	42.97	400m:	5:33.99	40.74

5. AUGUSTYN Aleks — POL — IPSON Start Mielec — **5:55.01** — 52 — S10

50m:	36.63	36.63	150m:	2:08.99	47.33	250m:			350m:	5:14.67	44.31
100m:	1:21.66	45.03	200m:	2:56.93	47.94	300m:	4:30.36		400m:	5:55.01	40.34

Klasa S11

1. KOZLOWSKI Alex — POL — UKS Laski Izabelin — **4:59.66** — 737 — S11 — 57232

50m:	32.46	32.46	150m:	1:46.38	37.55	250m:	3:04.37	39.08	350m:	4:22.63	38.85
100m:	1:08.83	36.37	200m:	2:25.29	38.91	300m:	3:43.78	39.41	400m:	4:59.66	37.03

Klasa S12

1. KOLESNYK Oleksii — UKR — IKS AWF Warszawa — **5:16.39** — 280 — S12

50m:	34.54	34.54	150m:	1:54.71	40.76	250m:	3:16.51	40.90	350m:	4:38.59	40.59
100m:	1:13.95	39.41	200m:	2:35.61	40.90	300m:	3:58.00	41.49	400m:	5:16.39	37.80

2. CWIRKO Dawid — POL — ZSR Start Zielona Gora — **5:53.74** — 63 — S12

50m:	37.07	37.07	150m:	2:07.56	46.84	250m:	3:42.62	47.53	350m:	5:13.92	44.83
100m:	1:20.72	43.65	200m:	2:55.09	47.53	300m:	4:29.09	46.47	400m:	5:53.74	39.82