

Zimowe Mistrzostwa Okręgu Łódzkiego 2025
Łódź, 20. - 21.11.2025

Konkurencja 20
21.11.2025 - 8:18

Mężczyzn, 400m dowolny

Open
Wyniki

Punkty: AQUA 2025

Pozycja	Rok ur.										Czas	Pkt.
13 lat												
1.	PŁUCIENNIKOWSKI Jan				12	MKS Trójka Łódź					4:27.87	497
	50m:	29.42	29.42	150m:	1:38.00	34.30	250m:	2:46.74	33.67	350m:	3:55.13	34.10
	100m:	1:03.70	34.28	200m:	2:13.07	35.07	300m:	3:21.03	34.29	400m:	4:27.87	32.74
2.	OLEJNICZAK Nataniel				12	UKS SP-149 Łódź					4:30.01	485
	50m:	30.19	30.19	150m:	1:39.03	35.07	250m:	2:48.42	34.34	350m:	3:57.66	34.35
	100m:	1:03.96	33.77	200m:	2:14.08	35.05	300m:	3:23.31	34.89	400m:	4:30.01	32.35
3.	PAWLAK Mateusz				12	UKS 190 Łódź					4:33.71	466
	50m:	32.51	32.51	150m:	1:43.46	35.17	250m:	2:52.75	34.63	350m:	4:01.93	34.19
	100m:	1:08.29	35.78	200m:	2:18.12	34.66	300m:	3:27.74	34.99	400m:	4:33.71	31.78
4.	SKŁODOWSKI Stanisław				12	MKS Jedyńka Łódź					4:36.45	452
	50m:	30.28	30.28	150m:	1:39.57	35.12	250m:	2:50.78	35.62	350m:	4:02.62	35.99
	100m:	1:04.45	34.17	200m:	2:15.16	35.59	300m:	3:26.63	35.85	400m:	4:36.45	33.83
5.	TAMBORSKI Zbigniew				12	MKS Trójka Łódź					4:37.09	449
	50m:	30.61	30.61	150m:	1:40.00	35.37	250m:	2:51.96	35.79	350m:	4:02.20	34.37
	100m:	1:04.63	34.02	200m:	2:16.17	36.17	300m:	3:27.83	35.87	400m:	4:37.09	34.89
6.	WÓJCICKI Xavier				12	MKS Trójka Łódź					4:49.34	394
	50m:	33.20	33.20	150m:			250m:	3:00.51	37.72	350m:	4:13.96	
	100m:	1:09.08	35.88	200m:	2:22.79		300m:			400m:	4:49.34	35.38
7.	MYDŁOWSKI Bryan				12	KP Raw-Swim					5:11.00	317
	50m:	34.91	34.91	150m:	1:52.61	39.18	250m:	3:13.75	40.68	350m:	4:34.13	40.05
	100m:	1:13.43	38.52	200m:	2:33.07	40.46	300m:	3:54.08	40.33	400m:	5:11.00	36.87
8.	KOLASA Krzysztof				12	MUKS Zgierz					5:56.15	211
	50m:	39.64	39.64	150m:	2:10.70	46.47	250m:	3:45.71	47.92	350m:	5:15.79	44.31
	100m:	1:24.23	44.59	200m:	2:57.79	47.09	300m:	4:31.48	45.77	400m:	5:56.15	40.36
14 lat												
1.	DEREDAS Stanisław				11	UKS 190 Łódź					4:25.34	511
	50m:	30.12	30.12	150m:	1:36.32	33.33	250m:	2:44.25	34.11	350m:	3:52.24	34.21
	100m:	1:02.99	32.87	200m:	2:10.14	33.82	300m:	3:18.03	33.78	400m:	4:25.34	33.10
2.	RĘBIAŁKOWSKI Adam				11	MKS Trójka Łódź					4:28.85	492
	50m:	30.22	30.22	150m:	1:36.41	34.08	250m:	2:46.24	34.69	350m:	3:55.35	34.11
	100m:	1:02.33	32.11	200m:	2:11.55	35.14	300m:	3:21.24	35.00	400m:	4:28.85	33.50
3.	KUBIŚ Gabriel				11	LKS „Opocznianka"					4:33.56	467
	50m:	30.91	30.91	150m:	1:39.88	34.88	250m:	2:51.00	35.60	350m:	4:01.49	34.67
	100m:	1:05.00	34.09	200m:	2:15.40	35.52	300m:	3:26.82	35.82	400m:	4:33.56	32.07
4.	LUBICKI Adam				11	MKS Jedyńka Łódź					4:33.80	465
	50m:	31.49	31.49	150m:	1:39.62	34.33	250m:	2:49.44	34.96	350m:	4:00.04	35.53
	100m:	1:05.29	33.80	200m:	2:14.48	34.86	300m:	3:24.51	35.07	400m:	4:33.80	33.76
5.	CHYCIŃSKI Kajetan				11	UKS SP-149 Łódź					4:34.92	460
	50m:	32.14	32.14	150m:	1:41.76	35.27	250m:	2:52.68	35.32	350m:	4:02.10	34.32
	100m:	1:06.49	34.35	200m:	2:17.36	35.60	300m:	3:27.78	35.10	400m:	4:34.92	32.82
6.	SAŁKOWSKI Tymon				11	UKS Nawa Skierniewice					4:35.51	457
	50m:	31.88	31.88	150m:	1:43.75	36.14	250m:	2:54.94	35.29	350m:	4:03.51	33.56
	100m:	1:07.61	35.73	200m:	2:19.65	35.90	300m:	3:29.95	35.01	400m:	4:35.51	32.00
7.	GROBELSKI Leonard				11	UKS SP-149 Łódź					4:46.04	408
	50m:	32.27	32.27	150m:	1:42.88	35.55	250m:	2:56.00	36.74	350m:	4:09.79	36.78
	100m:	1:07.33	35.06	200m:	2:19.26	36.38	300m:	3:33.01	37.01	400m:	4:46.04	36.25
8.	GŁADECKI Aleks				11	UKS SP-149 Łódź					5:27.68	271
	50m:	35.96	35.96	150m:	1:56.29	40.97	250m:	3:19.62	42.09	350m:	4:46.21	43.39
	100m:	1:15.32	39.36	200m:	2:37.53	41.24	300m:	4:02.82	43.20	400m:	5:27.68	41.47

Zimowe Mistrzostwa Okręgu Łódzkiego 2025
Łódź, 20. - 21.11.2025

Konkurencja 20, Mężczyzn, 400m dowolny

15 lat

1.	SMOLAREK Filip	10	Sekcja Pływacka Meduza Pajęczno	4:17.20	561
	50m: 28.31 28.31	150m: 1:31.17 32.14	250m: 2:38.35 33.87	350m: 3:45.11 34.15	
	100m: 59.03 30.72	200m: 2:04.48 33.31	300m: 3:10.96 32.61	400m: 4:17.20 32.09	
2.	ZASADA Szymon	10	Sekcja Pływacka Meduza Pajęczno	4:18.98	550
	50m: 28.84 28.84	150m: 1:33.31 32.50	250m: 2:39.26 33.07	350m: 3:46.34 33.35	
	100m: 1:00.81 31.97	200m: 2:06.19 32.88	300m: 3:12.99 33.73	400m: 4:18.98 32.64	

16 lat

1.	JANISZEWSKI Fabian	09	UKS 190 Łódź	4:01.79	676
	50m: 27.78 27.78	150m: 1:28.07 30.68	250m: 2:30.10 31.12	350m: 3:32.29 31.27	
	100m: 57.39 29.61	200m: 1:58.98 30.91	300m: 3:01.02 30.92	400m: 4:01.79 29.50	
2.	LUKAVETSKYI Oleksandr	09	UKS 190 Łódź	4:07.76	628
	50m: 28.17 28.17	150m: 1:29.57 31.22	250m: 2:32.58 31.59	350m: 3:36.67 32.15	
	100m: 58.35 30.18	200m: 2:00.99 31.42	300m: 3:04.52 31.94	400m: 4:07.76 31.09	
3.	PIOTROWSKI Oliwier	09	MUKS Wodnik Łask	4:42.74	423
	50m: 29.79 29.79	150m: 1:39.63 35.95	250m: 2:53.82 37.23	350m: 4:07.55 36.57	
	100m: 1:03.68 33.89	200m: 2:16.59 36.96	300m: 3:30.98 37.16	400m: 4:42.74 35.19	
4.	RUDKIEWICZ Michał	09	KP Raw-Swim	4:44.31	416
	50m: 33.62 33.62	150m: 1:45.82 36.33	250m: 2:58.12 36.05	350m: 4:09.96 35.92	
	100m: 1:09.49 35.87	200m: 2:22.07 36.25	300m: 3:34.04 35.92	400m: 4:44.31 34.35	

17 lat i starsi

1.	TARCZYŃSKI Bartosz	07	UKS 190 Łódź	4:09.23	617
	50m: 27.37 27.37	150m: 1:29.35 31.45	250m: 2:33.42 31.95	350m: 3:38.44 32.52	
	100m: 57.90 30.53	200m: 2:01.47 32.12	300m: 3:05.92 32.50	400m: 4:09.23 30.79	
2.	PAWLAK Dawid	08	UKS 190 Łódź	4:11.97	597
	50m: 28.23 28.23	150m: 1:32.06 32.49	250m: 2:38.18 33.31	350m: 3:42.27 31.80	
	100m: 59.57 31.34	200m: 2:04.87 32.81	300m: 3:10.47 32.29	400m: 4:11.97 29.70	
3.	ŁUCZAK Filip	08	UKS 190 Łódź	4:12.37	594
	50m: 28.40 28.40	150m: 1:32.43 32.36	250m: 2:36.91 32.01	350m: 3:41.82 32.64	
	100m: 1:00.07 31.67	200m: 2:04.90 32.47	300m: 3:09.18 32.27	400m: 4:12.37 30.55	
4.	WALKOWSKI Bartosz	07	MKS Trójka Łódź	4:13.10	589
	50m: 28.88 28.88	150m: 1:32.19 32.17	250m: 2:38.61 33.38	350m: 3:43.14 31.24	
	100m: 1:00.02 31.14	200m: 2:05.23 33.04	300m: 3:11.90 33.29	400m: 4:13.10 29.96	
5.	WENTLAND Miłosz	07	MKS Trójka Łódź	4:14.34	581
	50m: 28.61 28.61	150m: 1:31.81 32.10	250m: 2:37.48 32.75	350m: 3:42.86 32.49	
	100m: 59.71 31.10	200m: 2:04.73 32.92	300m: 3:10.37 32.89	400m: 4:14.34 31.48	
6.	SKROBISZ Michał	07	UKS 190 Łódź	4:29.42	488
	50m: 30.04 30.04	150m: 1:36.36 33.55	250m: 2:45.03 34.56	350m: 3:54.95 34.99	
	100m: 1:02.81 32.77	200m: 2:10.47 34.11	300m: 3:19.96 34.93	400m: 4:29.42 34.47	

Open

1.	JANISZEWSKI Fabian	09	UKS 190 Łódź	4:01.79	676
	50m: 27.78 27.78	150m: 1:28.07 30.68	250m: 2:30.10 31.12	350m: 3:32.29 31.27	
	100m: 57.39 29.61	200m: 1:58.98 30.91	300m: 3:01.02 30.92	400m: 4:01.79 29.50	
2.	LUKAVETSKYI Oleksandr	09	UKS 190 Łódź	4:07.76	628
	50m: 28.17 28.17	150m: 1:29.57 31.22	250m: 2:32.58 31.59	350m: 3:36.67 32.15	
	100m: 58.35 30.18	200m: 2:00.99 31.42	300m: 3:04.52 31.94	400m: 4:07.76 31.09	
3.	TARCZYŃSKI Bartosz	07	UKS 190 Łódź	4:09.23	617
	50m: 27.37 27.37	150m: 1:29.35 31.45	250m: 2:33.42 31.95	350m: 3:38.44 32.52	
	100m: 57.90 30.53	200m: 2:01.47 32.12	300m: 3:05.92 32.50	400m: 4:09.23 30.79	

Zimowe Mistrzostwa Okręgu Łódzkiego 2025
Łódź, 20. - 21.11.2025

Konkurencja 20, Mężczyzn, 400m dowolny, Open

Pozycja	Rok ur.									Czas	Pkt.	
4.	PAWLAK Dawid			08	UKS 190 Łódź					4:11.97	597	
	50m:	28.23	28.23	150m:	1:32.06	32.49	250m:	2:38.18	33.31	350m:	3:42.27	31.80
	100m:	59.57	31.34	200m:	2:04.87	32.81	300m:	3:10.47	32.29	400m:	4:11.97	29.70
5.	ŁUCZAK Filip			08	UKS 190 Łódź					4:12.37	594	
	50m:	28.40	28.40	150m:	1:32.43	32.36	250m:	2:36.91	32.01	350m:	3:41.82	32.64
	100m:	1:00.07	31.67	200m:	2:04.90	32.47	300m:	3:09.18	32.27	400m:	4:12.37	30.55
6.	WALKOWSKI Bartosz			07	MKS Trójka Łódź					4:13.10	589	
	50m:	28.88	28.88	150m:	1:32.19	32.17	250m:	2:38.61	33.38	350m:	3:43.14	31.24
	100m:	1:00.02	31.14	200m:	2:05.23	33.04	300m:	3:11.90	33.29	400m:	4:13.10	29.96
7.	WENTLAND Miłosz			07	MKS Trójka Łódź					4:14.34	581	
	50m:	28.61	28.61	150m:	1:31.81	32.10	250m:	2:37.48	32.75	350m:	3:42.86	32.49
	100m:	59.71	31.10	200m:	2:04.73	32.92	300m:	3:10.37	32.89	400m:	4:14.34	31.48
8.	KUPISZEK Antoni			10	UKP „Polonia Warszawa"					4:15.71	571	
	50m:	28.36	28.36	150m:	1:33.58	32.89	250m:	2:39.46	32.40	350m:	3:44.91	32.67
	100m:	1:00.69	32.33	200m:	2:07.06	33.48	300m:	3:12.24	32.78	400m:	4:15.71	30.80
9.	SMOLAREK Filip			10	Sekcja Pływacka Meduza Pajęczno					4:17.20	561	
	50m:	28.31	28.31	150m:	1:31.17	32.14	250m:	2:38.35	33.87	350m:	3:45.11	34.15
	100m:	59.03	30.72	200m:	2:04.48	33.31	300m:	3:10.96	32.61	400m:	4:17.20	32.09
10.	ZASADA Szymon			10	Sekcja Pływacka Meduza Pajęczno					4:18.98	550	
	50m:	28.84	28.84	150m:	1:33.31	32.50	250m:	2:39.26	33.07	350m:	3:46.34	33.35
	100m:	1:00.81	31.97	200m:	2:06.19	32.88	300m:	3:12.99	33.73	400m:	4:18.98	32.64
11.	RUTKOWSKI Bartosz			09	St. KF KS „Fenix" Ożarów Mazowiecki					4:24.00	519	
	50m:	29.23	29.23	150m:	1:34.47	33.03	250m:	2:41.95	33.96	350m:	3:50.05	33.98
	100m:	1:01.44	32.21	200m:	2:07.99	33.52	300m:	3:16.07	34.12	400m:	4:24.00	33.95
12.	DEREDAS Stanisław			11	UKS 190 Łódź					4:25.34	511	
	50m:	30.12	30.12	150m:	1:36.32	33.33	250m:	2:44.25	34.11	350m:	3:52.24	34.21
	100m:	1:02.99	32.87	200m:	2:10.14	33.82	300m:	3:18.03	33.78	400m:	4:25.34	33.10
13.	PŁUCIENNIKOWSKI Jan			12	MKS Trójka Łódź					4:27.87	497	
	50m:	29.42	29.42	150m:	1:38.00	34.30	250m:	2:46.74	33.67	350m:	3:55.13	34.10
	100m:	1:03.70	34.28	200m:	2:13.07	35.07	300m:	3:21.03	34.29	400m:	4:27.87	32.74
14.	RĘBIAŁKOWSKI Adam			11	MKS Trójka Łódź					4:28.85	492	
	50m:	30.22	30.22	150m:	1:36.41	34.08	250m:	2:46.24	34.69	350m:	3:55.35	34.11
	100m:	1:02.33	32.11	200m:	2:11.55	35.14	300m:	3:21.24	35.00	400m:	4:28.85	33.50
15.	SKROBISZ Michał			07	UKS 190 Łódź					4:29.42	488	
	50m:	30.04	30.04	150m:	1:36.36	33.55	250m:	2:45.03	34.56	350m:	3:54.95	34.99
	100m:	1:02.81	32.77	200m:	2:10.47	34.11	300m:	3:19.96	34.93	400m:	4:29.42	34.47
16.	OLEJNICZAK Nataniel			12	UKS SP-149 Łódź					4:30.01	485	
	50m:	30.19	30.19	150m:	1:39.03	35.07	250m:	2:48.42	34.34	350m:	3:57.66	34.35
	100m:	1:03.96	33.77	200m:	2:14.08	35.05	300m:	3:23.31	34.89	400m:	4:30.01	32.35
17.	KUBIŚ Gabriel			11	LKS „Opocznianka"					4:33.56	467	
	50m:	30.91	30.91	150m:	1:39.88	34.88	250m:	2:51.00	35.60	350m:	4:01.49	34.67
	100m:	1:05.00	34.09	200m:	2:15.40	35.52	300m:	3:26.82	35.82	400m:	4:33.56	32.07
18.	PAWLAK Mateusz			12	UKS 190 Łódź					4:33.71	466	
	50m:	32.51	32.51	150m:	1:43.46	35.17	250m:	2:52.75	34.63	350m:	4:01.93	34.19
	100m:	1:08.29	35.78	200m:	2:18.12	34.66	300m:	3:27.74	34.99	400m:	4:33.71	31.78
19.	LUBICKI Adam			11	MKS Jedynka Łódź					4:33.80	465	
	50m:	31.49	31.49	150m:	1:39.62	34.33	250m:	2:49.44	34.96	350m:	4:00.04	35.53
	100m:	1:05.29	33.80	200m:	2:14.48	34.86	300m:	3:24.51	35.07	400m:	4:33.80	33.76
20.	NITECKI Adam			11	MKS Piaseczno					4:34.44	462	
	50m:	30.96	30.96	150m:	1:40.51	35.34	250m:	2:51.55	35.20	350m:	4:01.13	34.08
	100m:	1:05.17	34.21	200m:	2:16.35	35.84	300m:	3:27.05	35.50	400m:	4:34.44	33.31
21.	CHYCIŃSKI Kajetan			11	UKS SP-149 Łódź					4:34.92	460	
	50m:	32.14	32.14	150m:	1:41.76	35.27	250m:	2:52.68	35.32	350m:	4:02.10	34.32
	100m:	1:06.49	34.35	200m:	2:17.36	35.60	300m:	3:27.78	35.10	400m:	4:34.92	32.82

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Łódź, 20. - 21.11.2025

Konkurencja 20, Mężczyzn, 400m dowolny, Open

Pozycja				Rok ur.					Czas	Pkt.
22.	SAŁKOWSKI Tymon			11	UKS Nawa Skierniewice				4:35.51	457
	50m: 31.88 31.88	150m: 1:43.75	36.14	250m: 2:54.94	35.29	350m: 4:03.51	33.56			
	100m: 1:07.61 35.73	200m: 2:19.65	35.90	300m: 3:29.95	35.01	400m: 4:35.51	32.00			
23.	SKŁODOWSKI Stanisław			12	MKS Jedynka Łódź				4:36.45	452
	50m: 30.28 30.28	150m: 1:39.57	35.12	250m: 2:50.78	35.62	350m: 4:02.62	35.99			
	100m: 1:04.45 34.17	200m: 2:15.16	35.59	300m: 3:26.63	35.85	400m: 4:36.45	33.83			
24.	TAMBORSKI Zbigniew			12	MKS Trójka Łódź				4:37.09	449
	50m: 30.61 30.61	150m: 1:40.00	35.37	250m: 2:51.96	35.79	350m: 4:02.20	34.37			
	100m: 1:04.63 34.02	200m: 2:16.17	36.17	300m: 3:27.83	35.87	400m: 4:37.09	34.89			
25.	SZABLIŃSKI Ignacy			11	MKS Piaseczno				4:38.58	442
	50m: 31.01 31.01	150m: 1:41.50	36.17	250m: 2:53.10	35.75	350m: 4:05.32	35.98			
	100m: 1:05.33 34.32	200m: 2:17.35	35.85	300m: 3:29.34	36.24	400m: 4:38.58	33.26			
26.	PIOTROWSKI Oliwier			09	MUKS Wodnik Łask				4:42.74	423
	50m: 29.79 29.79	150m: 1:39.63	35.95	250m: 2:53.82	37.23	350m: 4:07.55	36.57			
	100m: 1:03.68 33.89	200m: 2:16.59	36.96	300m: 3:30.98	37.16	400m: 4:42.74	35.19			
27.	RUDKIEWICZ Michał			09	KP Raw-Swim				4:44.31	416
	50m: 33.62 33.62	150m: 1:45.82	36.33	250m: 2:58.12	36.05	350m: 4:09.96	35.92			
	100m: 1:09.49 35.87	200m: 2:22.07	36.25	300m: 3:34.04	35.92	400m: 4:44.31	34.35			
28.	SUSABOWSKI Paweł			11	MKS Piaseczno				4:44.47	415
	50m: 31.68 31.68	150m: 1:42.49	36.13	250m: 2:55.91	36.50	350m: 4:09.33	36.54			
	100m: 1:06.36 34.68	200m: 2:19.41	36.92	300m: 3:32.79	36.88	400m: 4:44.47	35.14			
29.	GROBELSKI Leonard			11	UKS SP-149 Łódź				4:46.04	408
	50m: 32.27 32.27	150m: 1:42.88	35.55	250m: 2:56.00	36.74	350m: 4:09.79	36.78			
	100m: 1:07.33 35.06	200m: 2:19.26	36.38	300m: 3:33.01	37.01	400m: 4:46.04	36.25			
30.	WÓJCICKI Xavier			12	MKS Trójka Łódź				4:49.34	394
	50m: 33.20 33.20	150m:		250m: 3:00.51	37.72	350m: 4:13.96				
	100m: 1:09.08 35.88	200m: 2:22.79		300m:		400m: 4:49.34	35.38			
31.	TRZCIŃSKI Cezary			11	MKS Piaseczno				5:02.81	344
	50m: 33.09 33.09	150m: 1:48.93	38.46	250m: 3:07.00	39.30	350m: 4:25.91	38.76			
	100m: 1:10.47 37.38	200m: 2:27.70	38.77	300m: 3:47.15	40.15	400m: 5:02.81	36.90			
32.	MYDŁOWSKI Bryan			12	KP Raw-Swim				5:11.00	317
	50m: 34.91 34.91	150m: 1:52.61	39.18	250m: 3:13.75	40.68	350m: 4:34.13	40.05			
	100m: 1:13.43 38.52	200m: 2:33.07	40.46	300m: 3:54.08	40.33	400m: 5:11.00	36.87			
33.	GWIAZDOWSKI Bruno			11	MKS Piaseczno				5:12.91	312
	50m: 34.37 34.37	150m: 1:51.95	39.51	250m: 3:13.58	41.15	350m: 4:33.18	38.75			
	100m: 1:12.44 38.07	200m: 2:32.43	40.48	300m: 3:54.43	40.85	400m: 5:12.91	39.73			
34.	GŁADECKI Aleks			11	UKS SP-149 Łódź				5:27.68	271
	50m: 35.96 35.96	150m: 1:56.29	40.97	250m: 3:19.62	42.09	350m: 4:46.21	43.39			
	100m: 1:15.32 39.36	200m: 2:37.53	41.24	300m: 4:02.82	43.20	400m: 5:27.68	41.47			
35.	KOLASA Krzysztof			12	MUKS Zgierz				5:56.15	211
	50m: 39.64 39.64	150m: 2:10.70	46.47	250m: 3:45.71	47.92	350m: 5:15.79	44.31			
	100m: 1:24.23 44.59	200m: 2:57.79	47.09	300m: 4:31.48	45.77	400m: 5:56.15	40.36			