

Zimowe Mistrzostwa Okręgu Łódzkiego 2025  
Łódź, 20. - 21.11.2025

Konkurencja 36  
21.11.2025 - 12:45

Mężczyzn, 1500m dowolny

Open  
Wyniki

Punkty: AQUA 2025

| Pozycja | Rok ur.                |         |         |       |                                 |         |        |          |                 |        | Czas     | Pkt.    |
|---------|------------------------|---------|---------|-------|---------------------------------|---------|--------|----------|-----------------|--------|----------|---------|
| 13 lat  |                        |         |         |       |                                 |         |        |          |                 |        |          |         |
| 1.      | PAWLAK Mateusz         |         |         | 12    | UKS 190 Łódź                    |         |        |          | <b>17:44.54</b> | 503    |          |         |
|         | 100m:                  | 1:10.38 | 1:10.38 | 500m: | 6:00.56                         | 1:11.93 | 900m:  | 10:46.08 | 1:10.96         | 1300m: | 15:28.93 | 1:10.33 |
|         | 200m:                  | 2:23.24 | 1:12.86 | 600m: | 7:12.21                         | 1:11.65 | 1000m: | 11:57.35 | 1:11.27         | 1400m: | 16:38.72 | 1:09.79 |
|         | 300m:                  | 3:36.45 | 1:13.21 | 700m: | 8:23.64                         | 1:11.43 | 1100m: | 13:07.78 | 1:10.43         | 1500m: | 17:44.54 | 1:05.82 |
|         | 400m:                  | 4:48.63 | 1:12.18 | 800m: | 9:35.12                         | 1:11.48 | 1200m: | 14:18.60 | 1:10.82         |        |          |         |
| 2.      | TRUDNOS Gabriel        |         |         | 12    | UKS 190 Łódź                    |         |        |          | <b>18:27.24</b> | 447    |          |         |
|         | 100m:                  | 1:13.12 | 1:13.12 | 500m: | 6:13.63                         | 1:14.26 | 900m:  | 11:10.72 | 1:13.99         | 1300m: | 16:04.99 | 1:12.90 |
|         | 200m:                  | 2:29.45 | 1:16.33 | 600m: | 7:28.11                         | 1:14.48 | 1000m: | 12:24.68 | 1:13.96         | 1400m: | 17:17.55 | 1:12.56 |
|         | 300m:                  | 3:44.34 | 1:14.89 | 700m: | 8:42.62                         | 1:14.51 | 1100m: | 13:38.44 | 1:13.76         | 1500m: | 18:27.24 | 1:09.69 |
|         | 400m:                  | 4:59.37 | 1:15.03 | 800m: | 9:56.73                         | 1:14.11 | 1200m: | 14:52.09 | 1:13.65         |        |          |         |
| 3.      | DOROSIŃSKI Maksymilian |         |         | 12    | UKS SP-149 Łódź                 |         |        |          | <b>19:53.94</b> | 356    |          |         |
|         | 100m:                  | 1:13.11 | 1:13.11 | 500m: | 6:35.58                         | 1:21.09 | 900m:  | 11:55.92 | 1:20.19         | 1300m: | 17:18.88 | 1:20.26 |
|         | 200m:                  | 2:32.93 | 1:19.82 | 600m: | 7:55.62                         | 1:20.04 | 1000m: | 13:17.55 | 1:21.63         | 1400m: | 18:36.89 | 1:18.01 |
|         | 300m:                  | 3:53.04 | 1:20.11 | 700m: | 9:15.05                         | 1:19.43 | 1100m: | 14:37.70 | 1:20.15         | 1500m: | 19:53.94 | 1:17.05 |
|         | 400m:                  | 5:14.49 | 1:21.45 | 800m: | 10:35.73                        | 1:20.68 | 1200m: | 15:58.62 | 1:20.92         |        |          |         |
| 4.      | PORADA Ignacy          |         |         | 12    | UKS SP-149 Łódź                 |         |        |          | <b>22:02.15</b> | 262    |          |         |
|         | 100m:                  | 1:24.47 | 1:24.47 | 500m: | 7:20.75                         |         | 900m:  | 13:14.44 | 1:29.04         | 1300m: | 19:10.35 | 1:28.30 |
|         | 200m:                  | 2:53.49 | 1:29.02 | 600m: | 8:49.14                         | 1:28.39 | 1000m: | 14:43.75 | 1:29.31         | 1400m: | 20:37.80 | 1:27.45 |
|         | 300m:                  | 4:23.42 | 1:29.93 | 700m: | 10:17.18                        | 1:28.04 | 1100m: | 16:12.67 | 1:28.92         | 1500m: | 22:02.15 | 1:24.35 |
|         | 400m:                  |         |         | 800m: | 11:45.40                        | 1:28.22 | 1200m: | 17:42.05 | 1:29.38         |        |          |         |
| 14 lat  |                        |         |         |       |                                 |         |        |          |                 |        |          |         |
| 1.      | DEREDAS Stanisław      |         |         | 11    | UKS 190 Łódź                    |         |        |          | <b>17:05.04</b> | 563    |          |         |
|         | 100m:                  | 1:04.87 | 1:04.87 | 500m: | 5:41.19                         | 1:08.89 | 900m:  | 10:15.41 | 1:09.05         | 1300m: | 14:50.56 | 1:08.36 |
|         | 200m:                  | 2:13.62 | 1:08.75 | 600m: | 6:49.85                         | 1:08.66 | 1000m: | 11:24.97 | 1:09.56         | 1400m: | 15:59.06 | 1:08.50 |
|         | 300m:                  | 3:22.83 | 1:09.21 | 700m: | 7:57.85                         | 1:08.00 | 1100m: | 12:33.40 | 1:08.43         | 1500m: | 17:05.04 | 1:05.98 |
|         | 400m:                  | 4:32.30 | 1:09.47 | 800m: | 9:06.36                         | 1:08.51 | 1200m: | 13:42.20 | 1:08.80         |        |          |         |
| 2.      | PALMOWSKI Jakub        |         |         | 11    | UKS SP-149 Łódź                 |         |        |          | <b>17:42.39</b> | 506    |          |         |
|         | 100m:                  | 1:04.22 | 1:04.22 | 500m: | 5:47.28                         | 1:11.93 | 900m:  | 10:35.72 | 1:11.80         | 1300m: | 15:23.73 | 1:12.89 |
|         | 200m:                  | 2:13.57 | 1:09.35 | 600m: | 6:59.10                         | 1:11.82 | 1000m: | 11:47.55 | 1:11.83         | 1400m: | 16:33.90 | 1:10.17 |
|         | 300m:                  | 3:24.15 | 1:10.58 | 700m: | 8:11.41                         | 1:12.31 | 1100m: | 12:59.00 | 1:11.45         | 1500m: | 17:42.39 | 1:08.49 |
|         | 400m:                  | 4:35.35 | 1:11.20 | 800m: | 9:23.92                         | 1:12.51 | 1200m: | 14:10.84 | 1:11.84         |        |          |         |
| 3.      | KOPEĆ Jakub            |         |         | 11    | UKS 190 Łódź                    |         |        |          | <b>18:22.10</b> | 453    |          |         |
|         | 100m:                  | 1:09.24 | 1:09.24 | 500m: | 6:01.06                         | 1:12.65 | 900m:  | 10:58.97 | 1:14.92         | 1300m: | 15:58.05 | 1:13.76 |
|         | 200m:                  | 2:22.76 | 1:13.52 | 600m: | 7:13.83                         | 1:12.77 | 1000m: | 12:14.22 | 1:15.25         | 1400m: | 17:11.43 | 1:13.38 |
|         | 300m:                  | 3:36.16 | 1:13.40 | 700m: | 8:28.65                         | 1:14.82 | 1100m: | 13:29.52 | 1:15.30         | 1500m: | 18:22.10 | 1:10.67 |
|         | 400m:                  | 4:48.41 | 1:12.25 | 800m: | 9:44.05                         | 1:15.40 | 1200m: | 14:44.29 | 1:14.77         |        |          |         |
| 4.      | LUBICKI Adam           |         |         | 11    | MKS Jedyńka Łódź                |         |        |          | <b>18:22.35</b> | 453    |          |         |
|         | 100m:                  | 1:06.31 | 1:06.31 | 500m: | 5:54.37                         | 1:13.36 | 900m:  | 10:52.76 |                 | 1300m: |          |         |
|         | 200m:                  | 2:16.57 | 1:10.26 | 600m: | 7:08.18                         | 1:13.81 | 1000m: |          |                 | 1400m: |          |         |
|         | 300m:                  | 3:28.44 | 1:11.87 | 700m: |                                 |         | 1100m: |          |                 | 1500m: | 18:22.35 |         |
|         | 400m:                  | 4:41.01 | 1:12.57 | 800m: |                                 |         | 1200m: | 14:37.84 |                 |        |          |         |
| 15 lat  |                        |         |         |       |                                 |         |        |          |                 |        |          |         |
| 1.      | ZASADA Szymon          |         |         | 10    | Sekcja Pływacka Meduza Pajęczno |         |        |          | <b>16:49.14</b> | 591    |          |         |
|         | 100m:                  | 1:01.81 | 1:01.81 | 500m: | 5:28.03                         | 1:07.24 | 900m:  | 10:00.66 | 1:08.05         | 1300m: | 14:34.32 | 1:09.08 |
|         | 200m:                  | 2:07.85 | 1:06.04 | 600m: | 6:36.09                         | 1:08.06 | 1000m: | 11:08.56 | 1:07.90         | 1400m: | 15:42.80 | 1:08.48 |
|         | 300m:                  | 3:14.31 | 1:06.46 | 700m: | 7:44.79                         | 1:08.70 | 1100m: | 12:16.89 | 1:08.33         | 1500m: | 16:49.14 | 1:06.34 |
|         | 400m:                  | 4:20.79 | 1:06.48 | 800m: | 8:52.61                         | 1:07.82 | 1200m: | 13:25.24 | 1:08.35         |        |          |         |
| 2.      | PORADA Antoni          |         |         | 10    | UKS SP-149 Łódź                 |         |        |          | <b>17:03.91</b> | 565    |          |         |
|         | 100m:                  | 1:05.11 | 1:05.11 | 500m: | 5:39.57                         | 1:08.40 | 900m:  | 10:15.52 | 1:09.12         | 1300m: | 14:50.20 | 1:08.25 |
|         | 200m:                  | 2:13.48 | 1:08.37 | 600m: | 6:48.68                         | 1:09.11 | 1000m: | 11:24.20 | 1:08.68         | 1400m: | 15:58.53 | 1:08.33 |
|         | 300m:                  | 3:22.22 | 1:08.74 | 700m: | 7:57.56                         | 1:08.88 | 1100m: | 12:33.28 | 1:09.08         | 1500m: | 17:03.91 | 1:05.38 |
|         | 400m:                  | 4:31.17 | 1:08.95 | 800m: | 9:06.40                         | 1:08.84 | 1200m: | 13:41.95 | 1:08.67         |        |          |         |

Zimowe Mistrzostwa Okręgu Łódzkiego 2025  
Łódź, 20. - 21.11.2025

Konkurencja 36, Chłopców, 1500m dowolny, 15 lat

| Pozycja | Rok ur.         |         |         |       |                 |         |        |          | Czas     | Pkt.   |          |         |
|---------|-----------------|---------|---------|-------|-----------------|---------|--------|----------|----------|--------|----------|---------|
| 3.      | GRZYBOWSKI Jan  |         |         | 10    | UKS SP-149 Łódź |         |        |          | 17:28.44 | 527    |          |         |
|         | 100m:           | 1:04.59 | 1:04.59 | 500m: | 5:43.32         | 1:09.97 | 900m:  | 10:25.52 | 1:10.14  | 1300m: | 15:09.03 | 1:10.19 |
|         | 200m:           | 2:13.06 | 1:08.47 | 600m: | 6:54.29         | 1:10.97 | 1000m: | 11:35.93 | 1:10.41  | 1400m: | 16:22.53 | 1:13.50 |
|         | 300m:           | 3:22.61 | 1:09.55 | 700m: | 8:05.07         | 1:10.78 | 1100m: | 12:47.66 | 1:11.73  | 1500m: | 17:28.44 | 1:05.91 |
|         | 400m:           | 4:33.35 | 1:10.74 | 800m: | 9:15.38         | 1:10.31 | 1200m: | 13:58.84 | 1:11.18  |        |          |         |
| 4.      | GAŁKA Jan       |         |         | 10    | UKS SP-149 Łódź |         |        |          | 17:30.81 | 523    |          |         |
|         | 100m:           | 1:05.10 | 1:05.10 | 500m: | 5:45.39         | 1:11.00 | 900m:  | 10:27.78 | 1:11.22  | 1300m: | 15:11.36 | 1:10.87 |
|         | 200m:           | 2:14.86 | 1:09.76 | 600m: | 6:55.39         | 1:10.00 | 1000m: | 11:39.38 | 1:11.60  | 1400m: | 16:22.35 | 1:10.99 |
|         | 300m:           | 3:24.45 | 1:09.59 | 700m: | 8:06.29         | 1:10.90 | 1100m: | 12:49.86 | 1:10.48  | 1500m: | 17:30.81 | 1:08.46 |
|         | 400m:           | 4:34.39 | 1:09.94 | 800m: | 9:16.56         | 1:10.27 | 1200m: | 14:00.49 | 1:10.63  |        |          |         |
| 5.      | JAWORSKI Szymon |         |         | 10    | UKS SP-149 Łódź |         |        |          | 19:58.94 | 352    |          |         |
|         | 100m:           | 1:11.98 | 1:11.98 | 500m: | 6:26.86         | 1:20.10 | 900m:  | 11:52.30 | 1:21.73  | 1300m: | 17:21.45 | 1:21.17 |
|         | 200m:           | 2:30.18 | 1:18.20 | 600m: | 7:48.12         | 1:21.26 | 1000m: | 13:14.13 | 1:21.83  | 1400m: | 18:41.71 | 1:20.26 |
|         | 300m:           | 3:46.91 | 1:16.73 | 700m: | 9:09.73         | 1:21.61 | 1100m: | 14:36.47 | 1:22.34  | 1500m: | 19:58.94 | 1:17.23 |
|         | 400m:           | 5:06.76 | 1:19.85 | 800m: | 10:30.57        | 1:20.84 | 1200m: | 16:00.28 | 1:23.81  |        |          |         |

16 lat

|    |                       |         |         |       |              |         |        |          |          |        |          |         |
|----|-----------------------|---------|---------|-------|--------------|---------|--------|----------|----------|--------|----------|---------|
| 1. | JANISZEWSKI Fabian    |         |         | 09    | UKS 190 Łódź |         |        |          | 15:51.30 |        | 705      |         |
|    | 100m:                 | 1:00.41 | 1:00.41 | 500m: | 5:12.33      | 1:03.91 | 900m:  | 9:27.49  | 1:03.85  | 1300m: | 13:44.84 | 1:04.69 |
|    | 200m:                 | 2:02.34 | 1:01.93 | 600m: | 6:15.54      | 1:03.21 | 1000m: | 10:31.60 | 1:04.11  | 1400m: | 14:49.14 | 1:04.30 |
|    | 300m:                 | 3:05.26 | 1:02.92 | 700m: | 7:19.69      | 1:04.15 | 1100m: | 11:35.52 | 1:03.92  | 1500m: | 15:51.30 | 1:02.16 |
|    | 400m:                 | 4:08.42 | 1:03.16 | 800m: | 8:23.64      | 1:03.95 | 1200m: | 12:40.15 | 1:04.63  |        |          |         |
| 2. | LUKAVETSKYI Oleksandr |         |         | 09    | UKS 190 Łódź |         |        |          | 16:15.04 |        | 655      |         |
|    | 100m:                 | 1:00.87 | 1:00.87 | 500m: | 5:18.54      | 1:05.01 | 900m:  | 9:40.13  | 1:05.85  | 1300m: | 14:04.12 | 1:06.08 |
|    | 200m:                 | 2:04.55 | 1:03.68 | 600m: | 6:23.47      | 1:04.93 | 1000m: | 10:46.16 | 1:06.03  | 1400m: | 15:10.43 | 1:06.31 |
|    | 300m:                 | 3:08.85 | 1:04.30 | 700m: | 7:28.70      | 1:05.23 | 1100m: | 11:52.12 | 1:05.96  | 1500m: | 16:15.04 | 1:04.61 |
|    | 400m:                 | 4:13.53 | 1:04.68 | 800m: | 8:34.28      | 1:05.58 | 1200m: | 12:58.04 | 1:05.92  |        |          |         |

17 lat i starsi

|    |                   |         |         |       |                 |         |        |          |         |          |          |         |
|----|-------------------|---------|---------|-------|-----------------|---------|--------|----------|---------|----------|----------|---------|
| 1. | BORUSZEWSKI Filip |         |         | 07    | UKS SP-149 Łódź |         |        |          |         | 16:01.40 | 683      |         |
|    | 100m:             | 1:00.07 | 1:00.07 | 500m: | 5:13.35         | 1:03.79 | 900m:  | 9:31.03  | 1:04.77 | 1300m:   | 13:51.65 | 1:05.29 |
|    | 200m:             | 2:03.07 | 1:03.00 | 600m: | 6:16.86         | 1:03.51 | 1000m: | 10:36.06 | 1:05.03 | 1400m:   | 14:57.33 | 1:05.68 |
|    | 300m:             | 3:06.20 | 1:03.13 | 700m: | 7:21.45         | 1:04.59 | 1100m: | 11:41.05 | 1:04.99 | 1500m:   | 16:01.40 | 1:04.07 |
|    | 400m:             | 4:09.56 | 1:03.36 | 800m: | 8:26.26         | 1:04.81 | 1200m: | 12:46.36 | 1:05.31 |          |          |         |
| 2. | PAWLAK Dawid      |         |         | 08    | UKS 190 Łódź    |         |        |          |         | 16:30.22 | 625      |         |
|    | 100m:             | 1:01.86 | 1:01.86 | 500m: | 5:30.67         | 1:06.50 | 900m:  | 9:57.11  | 1:06.77 | 1300m:   | 14:21.64 | 1:06.10 |
|    | 200m:             | 2:09.84 | 1:07.98 | 600m: | 6:36.93         | 1:06.26 | 1000m: | 11:04.56 | 1:07.45 | 1400m:   | 15:26.64 | 1:05.00 |
|    | 300m:             | 3:16.99 | 1:07.15 | 700m: | 7:43.35         | 1:06.42 | 1100m: | 12:10.11 | 1:05.55 | 1500m:   | 16:30.22 | 1:03.58 |
|    | 400m:             | 4:24.17 | 1:07.18 | 800m: | 8:50.34         | 1:06.99 | 1200m: | 13:15.54 | 1:05.43 |          |          |         |
| 3. | ŁUCZAK Filip      |         |         | 08    | UKS 190 Łódź    |         |        |          |         | 16:43.60 | 600      |         |
|    | 100m:             | 1:02.09 | 1:02.09 | 500m: | 5:32.43         | 1:07.54 | 900m:  | 9:59.79  | 1:07.08 | 1300m:   | 14:30.49 | 1:07.55 |
|    | 200m:             | 2:10.22 | 1:08.13 | 600m: | 6:38.80         | 1:06.37 | 1000m: | 11:07.26 | 1:07.47 | 1400m:   | 15:38.55 | 1:08.06 |
|    | 300m:             | 3:17.51 | 1:07.29 | 700m: | 7:45.89         | 1:07.09 | 1100m: | 12:14.53 | 1:07.27 | 1500m:   | 16:43.60 | 1:05.05 |
|    | 400m:             | 4:24.89 | 1:07.38 | 800m: | 8:52.71         | 1:06.82 | 1200m: | 13:22.94 | 1:08.41 |          |          |         |
| 4. | SKROBISZ Michał   |         |         | 07    | UKS 190 Łódź    |         |        |          |         | 17:18.04 | 543      |         |
|    | 100m:             | 1:04.50 | 1:04.50 | 500m: | 5:42.21         | 1:10.00 | 900m:  | 10:22.04 | 1:10.28 | 1300m:   | 15:00.51 | 1:09.83 |
|    | 200m:             | 2:13.72 | 1:09.22 | 600m: | 6:51.78         | 1:09.57 | 1000m: | 11:31.97 | 1:09.93 | 1400m:   | 16:10.13 | 1:09.62 |
|    | 300m:             | 3:22.71 | 1:08.99 | 700m: | 8:01.75         | 1:09.97 | 1100m: | 12:41.46 | 1:09.49 | 1500m:   | 17:18.04 | 1:07.91 |
|    | 400m:             | 4:32.21 | 1:09.50 | 800m: | 9:11.76         | 1:10.01 | 1200m: | 13:50.68 | 1:09.22 |          |          |         |

Open

|    |                    |         |         |       |         |              |        |          |         |        |          |         |
|----|--------------------|---------|---------|-------|---------|--------------|--------|----------|---------|--------|----------|---------|
| 1. | JANISZEWSKI Fabian |         |         |       | 09      | UKS 190 Łódź |        |          |         |        | 15:51.30 | 705     |
|    | 100m:              | 1:00.41 | 1:00.41 | 500m: | 5:12.33 | 1:03.91      | 900m:  | 9:27.49  | 1:03.85 | 1300m: | 13:44.84 | 1:04.69 |
|    | 200m:              | 2:02.34 | 1:01.93 | 600m: | 6:15.54 | 1:03.21      | 1000m: | 10:31.60 | 1:04.11 | 1400m: | 14:49.14 | 1:04.30 |
|    | 300m:              | 3:05.26 | 1:02.92 | 700m: | 7:19.69 | 1:04.15      | 1100m: | 11:35.52 | 1:03.92 | 1500m: | 15:51.30 | 1:02.16 |
|    | 400m:              | 4:08.42 | 1:03.16 | 800m: | 8:23.64 | 1:03.95      | 1200m: | 12:40.15 | 1:04.63 |        |          |         |

Zimowe Mistrzostwa Okręgu Łódzkiego 2025  
Łódź, 20. - 21.11.2025

Konkurencja 36, Mężczyzn, 1500m dowolny, Open

| Pozycja |                       |         |         | Rok ur. |                                     |         |        |          |         | Czas   | Pkt.             |
|---------|-----------------------|---------|---------|---------|-------------------------------------|---------|--------|----------|---------|--------|------------------|
| 2.      | BORUSZEWSKI Filip     |         |         | 07      | UKS SP-149 Łódź                     |         |        |          |         |        | 16:01.40 683     |
|         | 100m:                 | 1:00.07 | 1:00.07 | 500m:   | 5:13.35                             | 1:03.79 | 900m:  | 9:31.03  | 1:04.77 | 1300m: | 13:51.65 1:05.29 |
|         | 200m:                 | 2:03.07 | 1:03.00 | 600m:   | 6:16.86                             | 1:03.51 | 1000m: | 10:36.06 | 1:05.03 | 1400m: | 14:57.33 1:05.68 |
|         | 300m:                 | 3:06.20 | 1:03.13 | 700m:   | 7:21.45                             | 1:04.59 | 1100m: | 11:41.05 | 1:04.99 | 1500m: | 16:01.40 1:04.07 |
|         | 400m:                 | 4:09.56 | 1:03.36 | 800m:   | 8:26.26                             | 1:04.81 | 1200m: | 12:46.36 | 1:05.31 |        |                  |
| 3.      | LUKAVETSKYI Oleksandr |         |         | 09      | UKS 190 Łódź                        |         |        |          |         |        | 16:15.04 655     |
|         | 100m:                 | 1:00.87 | 1:00.87 | 500m:   | 5:18.54                             | 1:05.01 | 900m:  | 9:40.13  | 1:05.85 | 1300m: | 14:04.12 1:06.08 |
|         | 200m:                 | 2:04.55 | 1:03.68 | 600m:   | 6:23.47                             | 1:04.93 | 1000m: | 10:46.16 | 1:06.03 | 1400m: | 15:10.43 1:06.31 |
|         | 300m:                 | 3:08.85 | 1:04.30 | 700m:   | 7:28.70                             | 1:05.23 | 1100m: | 11:52.12 | 1:05.96 | 1500m: | 16:15.04 1:04.61 |
|         | 400m:                 | 4:13.53 | 1:04.68 | 800m:   | 8:34.28                             | 1:05.58 | 1200m: | 12:58.04 | 1:05.92 |        |                  |
| 4.      | PAWLAK Dawid          |         |         | 08      | UKS 190 Łódź                        |         |        |          |         |        | 16:30.22 625     |
|         | 100m:                 | 1:01.86 | 1:01.86 | 500m:   | 5:30.67                             | 1:06.50 | 900m:  | 9:57.11  | 1:06.77 | 1300m: | 14:21.64 1:06.10 |
|         | 200m:                 | 2:09.84 | 1:07.98 | 600m:   | 6:36.93                             | 1:06.26 | 1000m: | 11:04.56 | 1:07.45 | 1400m: | 15:26.64 1:05.00 |
|         | 300m:                 | 3:16.99 | 1:07.15 | 700m:   | 7:43.35                             | 1:06.42 | 1100m: | 12:10.11 | 1:05.55 | 1500m: | 16:30.22 1:03.58 |
|         | 400m:                 | 4:24.17 | 1:07.18 | 800m:   | 8:50.34                             | 1:06.99 | 1200m: | 13:15.54 | 1:05.43 |        |                  |
| 5.      | ŁUCZAK Filip          |         |         | 08      | UKS 190 Łódź                        |         |        |          |         |        | 16:43.60 600     |
|         | 100m:                 | 1:02.09 | 1:02.09 | 500m:   | 5:32.43                             | 1:07.54 | 900m:  | 9:59.79  | 1:07.08 | 1300m: | 14:30.49 1:07.55 |
|         | 200m:                 | 2:10.22 | 1:08.13 | 600m:   | 6:38.80                             | 1:06.37 | 1000m: | 11:07.26 | 1:07.47 | 1400m: | 15:38.55 1:08.06 |
|         | 300m:                 | 3:17.51 | 1:07.29 | 700m:   | 7:45.89                             | 1:07.09 | 1100m: | 12:14.53 | 1:07.27 | 1500m: | 16:43.60 1:05.05 |
|         | 400m:                 | 4:24.89 | 1:07.38 | 800m:   | 8:52.71                             | 1:06.82 | 1200m: | 13:22.94 | 1:08.41 |        |                  |
| 6.      | ZASADA Szymon         |         |         | 10      | Sekcja Pływacka Meduza Pajęczno     |         |        |          |         |        | 16:49.14 591     |
|         | 100m:                 | 1:01.81 | 1:01.81 | 500m:   | 5:28.03                             | 1:07.24 | 900m:  | 10:00.66 | 1:08.05 | 1300m: | 14:34.32 1:09.08 |
|         | 200m:                 | 2:07.85 | 1:06.04 | 600m:   | 6:36.09                             | 1:08.06 | 1000m: | 11:08.56 | 1:07.90 | 1400m: | 15:42.80 1:08.48 |
|         | 300m:                 | 3:14.31 | 1:06.46 | 700m:   | 7:44.79                             | 1:08.70 | 1100m: | 12:16.89 | 1:08.33 | 1500m: | 16:49.14 1:06.34 |
|         | 400m:                 | 4:20.79 | 1:06.48 | 800m:   | 8:52.61                             | 1:07.82 | 1200m: | 13:25.24 | 1:08.35 |        |                  |
| 7.      | FEDASZ Alan           |         |         | 08      | UKP „Polonia Warszawa”              |         |        |          |         |        | 16:59.24 573     |
|         | 100m:                 | 1:03.00 | 1:03.00 | 500m:   | 5:34.43                             | 1:08.37 | 900m:  | 10:11.48 | 1:09.89 | 1300m: | 14:46.35 1:08.36 |
|         | 200m:                 | 2:10.03 | 1:07.03 | 600m:   | 6:43.11                             | 1:08.68 | 1000m: | 11:20.61 | 1:09.13 | 1400m: | 15:54.11 1:07.76 |
|         | 300m:                 | 3:18.18 | 1:08.15 | 700m:   | 7:52.60                             | 1:09.49 | 1100m: | 12:30.32 | 1:09.71 | 1500m: | 16:59.24 1:05.13 |
|         | 400m:                 | 4:26.06 | 1:07.88 | 800m:   | 9:01.59                             | 1:08.99 | 1200m: | 13:37.99 | 1:07.67 |        |                  |
| 8.      | PORADA Antoni         |         |         | 10      | UKS SP-149 Łódź                     |         |        |          |         |        | 17:03.91 565     |
|         | 100m:                 | 1:05.11 | 1:05.11 | 500m:   | 5:39.57                             | 1:08.40 | 900m:  | 10:15.52 | 1:09.12 | 1300m: | 14:50.20 1:08.25 |
|         | 200m:                 | 2:13.48 | 1:08.37 | 600m:   | 6:48.68                             | 1:09.11 | 1000m: | 11:24.20 | 1:08.68 | 1400m: | 15:58.53 1:08.33 |
|         | 300m:                 | 3:22.22 | 1:08.74 | 700m:   | 7:57.56                             | 1:08.88 | 1100m: | 12:33.28 | 1:09.08 | 1500m: | 17:03.91 1:05.38 |
|         | 400m:                 | 4:31.17 | 1:08.95 | 800m:   | 9:06.40                             | 1:08.84 | 1200m: | 13:41.95 | 1:08.67 |        |                  |
| 9.      | DEREDAS Stanisław     |         |         | 11      | UKS 190 Łódź                        |         |        |          |         |        | 17:05.04 563     |
|         | 100m:                 | 1:04.87 | 1:04.87 | 500m:   | 5:41.19                             | 1:08.89 | 900m:  | 10:15.41 | 1:09.05 | 1300m: | 14:50.56 1:08.36 |
|         | 200m:                 | 2:13.62 | 1:08.75 | 600m:   | 6:49.85                             | 1:08.66 | 1000m: | 11:24.97 | 1:09.56 | 1400m: | 15:59.06 1:08.50 |
|         | 300m:                 | 3:22.83 | 1:09.21 | 700m:   | 7:57.85                             | 1:08.00 | 1100m: | 12:33.40 | 1:08.43 | 1500m: | 17:05.04 1:05.98 |
|         | 400m:                 | 4:32.30 | 1:09.47 | 800m:   | 9:06.36                             | 1:08.51 | 1200m: | 13:42.20 | 1:08.80 |        |                  |
| 10.     | RUTKOWSKI Bartosz     |         |         | 09      | St. KF KS „Fenix” Ożarów Mazowiecki |         |        |          |         |        | 17:14.35 548     |
|         | 100m:                 | 1:03.96 | 1:03.96 | 500m:   | 5:41.26                             | 1:09.14 | 900m:  | 10:15.86 | 1:08.75 | 1300m: | 14:55.56 1:10.38 |
|         | 200m:                 | 2:12.73 | 1:08.77 | 600m:   | 6:49.98                             | 1:08.72 | 1000m: | 11:25.32 | 1:09.46 | 1400m: | 16:05.88 1:10.32 |
|         | 300m:                 | 3:22.32 | 1:09.59 | 700m:   | 7:58.41                             | 1:08.43 | 1100m: | 12:34.97 | 1:09.65 | 1500m: | 17:14.35 1:08.47 |
|         | 400m:                 | 4:32.12 | 1:09.80 | 800m:   | 9:07.11                             | 1:08.70 | 1200m: | 13:45.18 | 1:10.21 |        |                  |
| 11.     | SKROBISZ Michał       |         |         | 07      | UKS 190 Łódź                        |         |        |          |         |        | 17:18.04 543     |
|         | 100m:                 | 1:04.50 | 1:04.50 | 500m:   | 5:42.21                             | 1:10.00 | 900m:  | 10:22.04 | 1:10.28 | 1300m: | 15:00.51 1:09.83 |
|         | 200m:                 | 2:13.72 | 1:09.22 | 600m:   | 6:51.78                             | 1:09.57 | 1000m: | 11:31.97 | 1:09.93 | 1400m: | 16:10.13 1:09.62 |
|         | 300m:                 | 3:22.71 | 1:08.99 | 700m:   | 8:01.75                             | 1:09.97 | 1100m: | 12:41.46 | 1:09.49 | 1500m: | 17:18.04 1:07.91 |
|         | 400m:                 | 4:32.21 | 1:09.50 | 800m:   | 9:11.76                             | 1:10.01 | 1200m: | 13:50.68 | 1:09.22 |        |                  |
| 12.     | GRZYBOWSKI Jan        |         |         | 10      | UKS SP-149 Łódź                     |         |        |          |         |        | 17:28.44 527     |
|         | 100m:                 | 1:04.59 | 1:04.59 | 500m:   | 5:43.32                             | 1:09.97 | 900m:  | 10:25.52 | 1:10.14 | 1300m: | 15:09.03 1:10.19 |
|         | 200m:                 | 2:13.06 | 1:08.47 | 600m:   | 6:54.29                             | 1:10.97 | 1000m: | 11:35.93 | 1:10.41 | 1400m: | 16:22.53 1:13.50 |
|         | 300m:                 | 3:22.61 | 1:09.55 | 700m:   | 8:05.07                             | 1:10.78 | 1100m: | 12:47.66 | 1:11.73 | 1500m: | 17:28.44 1:05.91 |
|         | 400m:                 | 4:33.35 | 1:10.74 | 800m:   | 9:15.38                             | 1:10.31 | 1200m: | 13:58.84 | 1:11.18 |        |                  |
| 13.     | GAŁKA Jan             |         |         | 10      | UKS SP-149 Łódź                     |         |        |          |         |        | 17:30.81 523     |
|         | 100m:                 | 1:05.10 | 1:05.10 | 500m:   | 5:45.39                             | 1:11.00 | 900m:  | 10:27.78 | 1:11.22 | 1300m: | 15:11.36 1:10.87 |
|         | 200m:                 | 2:14.86 | 1:09.76 | 600m:   | 6:55.39                             | 1:10.00 | 1000m: | 11:39.38 | 1:11.60 | 1400m: | 16:22.35 1:10.99 |
|         | 300m:                 | 3:24.45 | 1:09.59 | 700m:   | 8:06.29                             | 1:10.90 | 1100m: | 12:49.86 | 1:10.48 | 1500m: | 17:30.81 1:08.46 |
|         | 400m:                 | 4:34.39 | 1:09.94 | 800m:   | 9:16.56                             | 1:10.27 | 1200m: | 14:00.49 | 1:10.63 |        |                  |

Zimowe Mistrzostwa Okręgu Łódzkiego 2025  
Łódź, 20. - 21.11.2025

Konkurencja 36, Mężczyzn, 1500m dowolny, Open

| Pozycja | Rok ur.                |         |         |       |                  |         |        |          |         | Czas            |            | Pkt.    |
|---------|------------------------|---------|---------|-------|------------------|---------|--------|----------|---------|-----------------|------------|---------|
| 14.     | PALMOWSKI Jakub        |         |         | 11    | UKS SP-149 Łódź  |         |        |          |         | <b>17:42.39</b> | <b>506</b> |         |
|         | 100m:                  | 1:04.22 | 1:04.22 | 500m: | 5:47.28          | 1:11.93 | 900m:  | 10:35.72 | 1:11.80 | 1300m:          | 15:23.73   | 1:12.89 |
|         | 200m:                  | 2:13.57 | 1:09.35 | 600m: | 6:59.10          | 1:11.82 | 1000m: | 11:47.55 | 1:11.83 | 1400m:          | 16:33.90   | 1:10.17 |
|         | 300m:                  | 3:24.15 | 1:10.58 | 700m: | 8:11.41          | 1:12.31 | 1100m: | 12:59.00 | 1:11.45 | 1500m:          | 17:42.39   | 1:08.49 |
|         | 400m:                  | 4:35.35 | 1:11.20 | 800m: | 9:23.92          | 1:12.51 | 1200m: | 14:10.84 | 1:11.84 |                 |            |         |
| 15.     | PAWLAK Mateusz         |         |         | 12    | UKS 190 Łódź     |         |        |          |         | <b>17:44.54</b> | <b>503</b> |         |
|         | 100m:                  | 1:10.38 | 1:10.38 | 500m: | 6:00.56          | 1:11.93 | 900m:  | 10:46.08 | 1:10.96 | 1300m:          | 15:28.93   | 1:10.33 |
|         | 200m:                  | 2:23.24 | 1:12.86 | 600m: | 7:12.21          | 1:11.65 | 1000m: | 11:57.35 | 1:11.27 | 1400m:          | 16:38.72   | 1:09.79 |
|         | 300m:                  | 3:36.45 | 1:13.21 | 700m: | 8:23.64          | 1:11.43 | 1100m: | 13:07.78 | 1:10.43 | 1500m:          | 17:44.54   | 1:05.82 |
|         | 400m:                  | 4:48.63 | 1:12.18 | 800m: | 9:35.12          | 1:11.48 | 1200m: | 14:18.60 | 1:10.82 |                 |            |         |
| 16.     | KOPEĆ Jakub            |         |         | 11    | UKS 190 Łódź     |         |        |          |         | <b>18:22.10</b> | <b>453</b> |         |
|         | 100m:                  | 1:09.24 | 1:09.24 | 500m: | 6:01.06          | 1:12.65 | 900m:  | 10:58.97 | 1:14.92 | 1300m:          | 15:58.05   | 1:13.76 |
|         | 200m:                  | 2:22.76 | 1:13.52 | 600m: | 7:13.83          | 1:12.77 | 1000m: | 12:14.22 | 1:15.25 | 1400m:          | 17:11.43   | 1:13.38 |
|         | 300m:                  | 3:36.16 | 1:13.40 | 700m: | 8:28.65          | 1:14.82 | 1100m: | 13:29.52 | 1:15.30 | 1500m:          | 18:22.10   | 1:10.67 |
|         | 400m:                  | 4:48.41 | 1:12.25 | 800m: | 9:44.05          | 1:15.40 | 1200m: | 14:44.29 | 1:14.77 |                 |            |         |
| 17.     | LUBICKI Adam           |         |         | 11    | MKS Jedynka Łódź |         |        |          |         | <b>18:22.35</b> | <b>453</b> |         |
|         | 100m:                  | 1:06.31 | 1:06.31 | 500m: | 5:54.37          | 1:13.36 | 900m:  | 10:52.76 |         | 1300m:          |            |         |
|         | 200m:                  | 2:16.57 | 1:10.26 | 600m: | 7:08.18          | 1:13.81 | 1000m: |          |         | 1400m:          |            |         |
|         | 300m:                  | 3:28.44 | 1:11.87 | 700m: |                  |         | 1100m: |          |         | 1500m:          | 18:22.35   |         |
|         | 400m:                  | 4:41.01 | 1:12.57 | 800m: |                  |         | 1200m: | 14:37.84 |         |                 |            |         |
| 18.     | TRUDNOS Gabriel        |         |         | 12    | UKS 190 Łódź     |         |        |          |         | <b>18:27.24</b> | <b>447</b> |         |
|         | 100m:                  | 1:13.12 | 1:13.12 | 500m: | 6:13.63          | 1:14.26 | 900m:  | 11:10.72 | 1:13.99 | 1300m:          | 16:04.99   | 1:12.90 |
|         | 200m:                  | 2:29.45 | 1:16.33 | 600m: | 7:28.11          | 1:14.48 | 1000m: | 12:24.68 | 1:13.96 | 1400m:          | 17:17.55   | 1:12.56 |
|         | 300m:                  | 3:44.34 | 1:14.89 | 700m: | 8:42.62          | 1:14.51 | 1100m: | 13:38.44 | 1:13.76 | 1500m:          | 18:27.24   | 1:09.69 |
|         | 400m:                  | 4:59.37 | 1:15.03 | 800m: | 9:56.73          | 1:14.11 | 1200m: | 14:52.09 | 1:13.65 |                 |            |         |
| 19.     | DOROSIŃSKI Maksymilian |         |         | 12    | UKS SP-149 Łódź  |         |        |          |         | <b>19:53.94</b> | <b>356</b> |         |
|         | 100m:                  | 1:13.11 | 1:13.11 | 500m: | 6:35.58          | 1:21.09 | 900m:  | 11:55.92 | 1:20.19 | 1300m:          | 17:18.88   | 1:20.26 |
|         | 200m:                  | 2:32.93 | 1:19.82 | 600m: | 7:55.62          | 1:20.04 | 1000m: | 13:17.55 | 1:21.63 | 1400m:          | 18:36.89   | 1:18.01 |
|         | 300m:                  | 3:53.04 | 1:20.11 | 700m: | 9:15.05          | 1:19.43 | 1100m: | 14:37.70 | 1:20.15 | 1500m:          | 19:53.94   | 1:17.05 |
|         | 400m:                  | 5:14.49 | 1:21.45 | 800m: | 10:35.73         | 1:20.68 | 1200m: | 15:58.62 | 1:20.92 |                 |            |         |
| 20.     | JAWORSKI Szymon        |         |         | 10    | UKS SP-149 Łódź  |         |        |          |         | <b>19:58.94</b> | <b>352</b> |         |
|         | 100m:                  | 1:11.98 | 1:11.98 | 500m: | 6:26.86          | 1:20.10 | 900m:  | 11:52.30 | 1:21.73 | 1300m:          | 17:21.45   | 1:21.17 |
|         | 200m:                  | 2:30.18 | 1:18.20 | 600m: | 7:48.12          | 1:21.26 | 1000m: | 13:14.13 | 1:21.83 | 1400m:          | 18:41.71   | 1:20.26 |
|         | 300m:                  | 3:46.91 | 1:16.73 | 700m: | 9:09.73          | 1:21.61 | 1100m: | 14:36.47 | 1:22.34 | 1500m:          | 19:58.94   | 1:17.23 |
|         | 400m:                  | 5:06.76 | 1:19.85 | 800m: | 10:30.57         | 1:20.84 | 1200m: | 16:00.28 | 1:23.81 |                 |            |         |
| 21.     | PORADA Ignacy          |         |         | 12    | UKS SP-149 Łódź  |         |        |          |         | <b>22:02.15</b> | <b>262</b> |         |
|         | 100m:                  | 1:24.47 | 1:24.47 | 500m: | 7:20.75          |         | 900m:  | 13:14.44 | 1:29.04 | 1300m:          | 19:10.35   | 1:28.30 |
|         | 200m:                  | 2:53.49 | 1:29.02 | 600m: | 8:49.14          | 1:28.39 | 1000m: | 14:43.75 | 1:29.31 | 1400m:          | 20:37.80   | 1:27.45 |
|         | 300m:                  | 4:23.42 | 1:29.93 | 700m: | 10:17.18         | 1:28.04 | 1100m: | 16:12.67 | 1:28.92 | 1500m:          | 22:02.15   | 1:24.35 |
|         | 400m:                  |         |         | 800m: | 11:45.40         | 1:28.22 | 1200m: | 17:42.05 | 1:29.38 |                 |            |         |