

Ogólnopolski sprawdzian wytrzymałości i wszechstronności stylowej dzieci 11-12 letnich
Wrocław, 21.11.2025

Konkurencja 6
21.11.2025 - 12:36

Chłopców, 400m dowolny

11 lat
Wyniki

Punkty: AQUA 2025

Pozycja	Rok ur.				Czas				Pkt.
1. SROKA Wiktor	14	WKS Śląsk			4:50.71				389
50m: 33.12 33.12	150m: 1:48.15 37.81	250m: 3:02.34 36.07	350m: 4:16.43 37.21						
100m: 1:10.34 37.22	200m: 2:26.27 38.12	300m: 3:39.22 36.88	400m: 4:50.71 34.28						
2. POLITAŃSKI Mikołaj	14	UKS ORKA Częstochowa			5:06.10				333
50m: 34.08 34.08	150m: 1:51.46 39.40	250m: 3:10.07 38.93	350m: 4:28.44 39.34						
100m: 1:12.06 37.98	200m: 2:31.14 39.68	300m: 3:49.10 39.03	400m: 5:06.10 37.66						
3. KUCZAK Wojciech	14	UKS Delfinek Legnica			5:24.29				280
50m: 35.91 35.91	150m: 1:55.22 40.16	250m: 3:19.03 42.29	350m: 4:44.97 43.01						
100m: 1:15.06 39.15	200m: 2:36.74 41.52	300m: 4:01.96 42.93	400m: 5:24.29 39.32						
4. SACHA Aleksander	14	UKS Delfinek Legnica			5:27.53				272
50m: 37.73 37.73	150m: 2:01.35 42.93	250m: 3:28.28 43.63	350m: 4:48.83 38.20						
100m: 1:18.42 40.69	200m: 2:44.65 43.30	300m: 4:10.63 42.35	400m: 5:27.53 38.70						
5. PISKUNOV Maksym	14	MKS Juvenia Wrocław			5:32.64				259
50m: 37.01 37.01	150m: 2:02.91 43.44	250m: 3:27.66 42.11	350m: 4:53.73 42.43						
100m: 1:19.47 42.46	200m: 2:45.55 42.64	300m: 4:11.30 43.64	400m: 5:32.64 38.91						
6. ROMANOWICZ Hugo	14	WKS Śląsk			5:34.49				255
50m: 36.47 36.47	150m: 2:03.14 43.63	250m: 3:28.73 42.62	350m: 4:54.94 42.67						
100m: 1:19.51 43.04	200m: 2:46.11 42.97	300m: 4:12.27 43.54	400m: 5:34.49 39.55						
7. SCHULZ Filip	14	KS "Swimmers Ślęza"			5:43.65				235
50m: 37.66 37.66	150m: 2:03.76 43.68	250m: 3:30.96 43.98	350m: 5:00.83 45.16						
100m: 1:20.08 42.42	200m: 2:46.98 43.22	300m: 4:15.67 44.71	400m: 5:43.65 42.82						
8. RASOKHA Kiril	14	MKS Juvenia Wrocław			5:48.04				226
50m: 37.78 37.78	150m: 2:06.08 45.00	250m: 3:36.39 44.92	350m: 5:05.91 44.40						
100m: 1:21.08 43.30	200m: 2:51.47 45.39	300m: 4:21.51 45.12	400m: 5:48.04 42.13						
9. ŁUKASZEWICZ Jan	14	WKS Śląsk			5:48.74				225
50m: 39.47 39.47	150m: 2:08.72 45.02	250m: 3:39.34 45.55	350m: 5:07.86 44.00						
100m: 1:23.70 44.23	200m: 2:53.79 45.07	300m: 4:23.86 44.52	400m: 5:48.74 40.88						
10. FISZER Gabriel	14	UKS "Krośnicka Przystań"			5:52.13				218
50m: 39.25 39.25	150m: 2:09.45 45.01	250m: 3:40.58 45.68	350m: 5:11.71 46.07						
100m: 1:24.44 45.19	200m: 2:54.90 45.45	300m: 4:25.64 45.06	400m: 5:52.13 40.42						
11. KARCZEWSKI Wojciech	14	MKS Juvenia Wrocław			5:54.87				213
50m: 39.35 39.35	150m: 2:09.14 45.92	250m: 3:40.67 45.51	350m: 5:12.16 45.43						
100m: 1:23.22 43.87	200m: 2:55.16 46.02	300m: 4:26.73 46.06	400m: 5:54.87 42.71						
12. HUTNIK Franciszek	14	KS "Swimmers Ślęza"			5:57.39				209
50m: 38.53 38.53	150m: 2:08.00 45.37	250m: 3:40.17 46.20	350m: 5:11.38 45.89						
100m: 1:22.63 44.10	200m: 2:53.97 45.97	300m: 4:25.49 45.32	400m: 5:57.39 46.01						
13. TADASZCZAK Jakub	14	MKS Juvenia Wrocław			5:59.88				205
50m: 40.30 40.30	150m: 2:11.66 46.08	250m: 3:44.92 46.69	350m: 5:17.24 46.61						
100m: 1:25.58 45.28	200m: 2:58.23 46.57	300m: 4:30.63 45.71	400m: 5:59.88 42.64						
14. PALCZEWSKI Antoni	14	WKS Śląsk			6:05.64				195
50m: 40.47 40.47	150m: 2:13.21 46.16	250m: 3:47.44 48.02	350m: 5:23.27 47.52						
100m: 1:27.05 46.58	200m: 2:59.42 46.21	300m: 4:35.75 48.31	400m: 6:05.64 42.37						
15. WYKURZ Patryk	14	UKS Delfinek Legnica			6:08.39				191
50m: 40.62 40.62	150m: 2:14.34 47.19	250m: 3:48.01 47.05	350m: 5:25.09 49.33						
100m: 1:27.15 46.53	200m: 3:00.96 46.62	300m: 4:35.76 47.75	400m: 6:08.39 43.30						
16. MUCHA Nikodem	14	MKS Juvenia Wrocław			6:10.19				188
50m: 41.14 41.14	150m: 2:15.22 47.00	250m: 3:52.10 49.37	350m: 5:28.58 47.86						
100m: 1:28.22 47.08	200m: 3:02.73 47.51	300m: 4:40.72 48.62	400m: 6:10.19 41.61						

Ogólnopolski sprawdzian wytrzymałości i wszechstronności stylowej dzieci 11-12 letnich
Wrocław, 21.11.2025

Konkurencja 6, Chłopców, 400m dowolny, 11 lat

Pozycja	Rok ur.				Czas				Pkt.
17. KOPROWSKI Mikołaj	14	UKS KORAL Wrocław				6:11.88	185		
50m: 42.41 42.41	150m: 2:19.77	50.11	250m: 3:53.39	45.20	350m: 5:24.53	46.95			
100m: 1:29.66 47.25	200m: 3:08.19	48.42	300m: 4:37.58	44.19	400m: 6:11.88	47.35			
18. KOTAS Adam	14	MKS Juvenia Wrocław				6:17.44	177		
50m: 39.78 39.78	150m: 2:15.58	48.12	250m: 3:53.31	49.03	350m: 5:33.24	49.51			
100m: 1:27.46 47.68	200m: 3:04.28	48.70	300m: 4:43.73	50.42	400m: 6:17.44	44.20			
19. GRUSZCZYŃSKI Wiktor	14	WKS Śląsk				6:17.55	177		
50m: 44.75 44.75	150m: 2:23.40	49.19	250m: 3:59.02	47.11	350m: 5:34.09	47.08			
100m: 1:34.21 49.46	200m: 3:11.91	48.51	300m: 4:47.01	47.99	400m: 6:17.55	43.46			
20. NOWAK Gabriel	14	MKS Juvenia Wrocław				6:18.07	176		
50m: 43.26 43.26	150m: 2:20.87	48.70	250m: 3:57.82	48.36	350m: 5:33.29	46.91			
100m: 1:32.17 48.91	200m: 3:09.46	48.59	300m: 4:46.38	48.56	400m: 6:18.07	44.78			
21. JANIĄK Ryszard	14	MKS Juvenia Wrocław				6:19.44	175		
50m: 43.33 43.33	150m: 2:21.81	50.04	250m: 4:01.82	49.66	350m: 5:36.73	45.87			
100m: 1:31.77 48.44	200m: 3:12.16	50.35	300m: 4:50.86	49.04	400m: 6:19.44	42.71			
22. TUBEK Krzysztof	14	WKS Śląsk				6:22.40	170		
50m: 42.63 42.63	150m: 2:19.12	48.60	250m: 3:58.21	50.05	350m: 5:35.22	47.49			
100m: 1:30.52 47.89	200m: 3:08.16	49.04	300m: 4:47.73	49.52	400m: 6:22.40	47.18			
23. NOWIK Wiktor	14	Uks Rapid				6:22.63	170		
50m: 40.84 40.84	150m: 2:14.27	47.17	250m: 3:52.40	49.34	350m: 5:34.15	51.47			
100m: 1:27.10 46.26	200m: 3:03.06	48.79	300m: 4:42.68	50.28	400m: 6:22.63	48.48			
24. BIAŁEK Orest	14	MKS Juvenia Wrocław				6:26.78	165		
50m: 44.73 44.73	150m: 2:22.16	49.91	250m: 4:02.25	49.24	350m: 5:41.95	50.08			
100m: 1:32.25 47.52	200m: 3:13.01	50.85	300m: 4:51.87	49.62	400m: 6:26.78	44.83			
25. DUDZIC Hubert	14	WKS Śląsk				6:28.56	162		
50m: 42.43 42.43	150m: 2:22.18	50.47	250m: 4:03.05	50.44	350m: 5:43.39	50.17			
100m: 1:31.71 49.28	200m: 3:12.61	50.43	300m: 4:53.22	50.17	400m: 6:28.56	45.17			
26. DUDZIC Oskar	14	WKS Śląsk				6:30.84	160		
50m: 41.67 41.67	150m: 2:21.09	50.42	250m: 4:03.32	51.20	350m: 5:44.33	50.40			
100m: 1:30.67 49.00	200m: 3:12.12	51.03	300m: 4:53.93	50.61	400m: 6:30.84	46.51			
27. KACZMAREK Hubert	14	WKS Śląsk				6:31.45	159		
50m: 43.93 43.93	150m: 2:23.16	49.83	250m: 4:04.81	50.73	350m: 5:47.52	51.62			
100m: 1:33.33 49.40	200m: 3:14.08	50.92	300m: 4:55.90	51.09	400m: 6:31.45	43.93			
28. HAMERA Jeremi	14	MKS Juvenia Wrocław				6:31.63	159		
50m: 43.77 43.77	150m: 2:25.43	50.82	250m: 4:06.93	50.76	350m: 5:46.73	49.60			
100m: 1:34.61 50.84	200m: 3:16.17	50.74	300m: 4:57.13	50.20	400m: 6:31.63	44.90			
29. SZALAŚT Jerzy	14	MKS Juvenia Wrocław				6:32.89	157		
50m: 42.50 42.50	150m: 2:21.70	49.86	250m: 4:04.03	51.87	350m: 5:47.15	52.72			
100m: 1:31.84 49.34	200m: 3:12.16	50.46	300m: 4:54.43	50.40	400m: 6:32.89	45.74			
30. LUKOMSKYI Bohdan	14	MKS Juvenia Wrocław				6:33.42	157		
50m: 41.12 41.12	150m: 2:19.13	49.64	250m: 4:02.03	51.55	350m: 5:46.13	51.94			
100m: 1:29.49 48.37	200m: 3:10.48	51.35	300m: 4:54.19	52.16	400m: 6:33.42	47.29			
31. FLISIŃSKI Tobiasz	14	MKS Juvenia Wrocław				6:34.97	155		
50m: 43.36 43.36	150m: 2:25.17	51.30	250m: 4:09.03	51.39	350m: 5:50.04	49.93			
100m: 1:33.87 50.51	200m: 3:17.64	52.47	300m: 5:00.11	51.08	400m: 6:34.97	44.93			
32. TARNOWSKI Tomasz	14	WKS Śląsk				6:36.15	153		
50m: 43.52 43.52	150m: 2:23.13	49.99	250m: 4:06.58	52.33	350m: 5:48.54	51.32			
100m: 1:33.14 49.62	200m: 3:14.25	51.12	300m: 4:57.22	50.64	400m: 6:36.15	47.61			
33. FLUDER Witold	14	MKS Juvenia Wrocław				6:37.23	152		
50m: 44.11 44.11	150m: 2:27.12	52.03	250m: 4:11.48	52.47	350m: 5:54.46	51.01			
100m: 1:35.09 50.98	200m: 3:19.01	51.89	300m: 5:03.45	51.97	400m: 6:37.23	42.77			

Ogólnopolski sprawdzian wytrzymałości i wszechstronności stylowej dzieci 11-12 letnich
Wrocław, 21.11.2025

Konkurencja 6, Chłopców, 400m dowolny, 11 lat

Pozycja	Rok ur.										Czas	Pkt.
34.	RUSNAK Jan			14	MKS Juvenia Wrocław						6:39.34	150
	50m:	42.37	42.37	150m:	2:27.28	52.28	250m:	4:12.20	53.00	350m:	5:53.61	49.45
	100m:	1:35.00	52.63	200m:	3:19.20	51.92	300m:	5:04.16	51.96	400m:	6:39.34	45.73
35.	PIETRZAK Olaf			14	Uks Rapid						6:46.39	142
	50m:	43.23	43.23	150m:	2:27.37	52.87	250m:	4:13.24	52.29	350m:	5:58.21	52.11
	100m:	1:34.50	51.27	200m:	3:20.95	53.58	300m:	5:06.10	52.86	400m:	6:46.39	48.18
36.	BASIUŁ Borys			14	KS "Swimmers Ślęza"						6:50.82	137
	50m:	45.58	45.58	150m:	2:31.71	53.20	250m:	4:19.35	53.15	350m:	6:04.77	51.80
	100m:	1:38.51	52.93	200m:	3:26.20	54.49	300m:	5:12.97	53.62	400m:	6:50.82	46.05
37.	URBAN Franciszek			14	KS "Swimmers Ślęza"						6:51.13	137
	50m:	44.12	44.12	150m:	2:30.48	54.83	250m:	4:18.12	53.86	350m:	6:03.45	52.02
	100m:	1:35.65	51.53	200m:	3:24.26	53.78	300m:	5:11.43	53.31	400m:	6:51.13	47.68
38.	GALEWSKI Dawid			14	MKS Juvenia Wrocław						6:53.36	135
	50m:	44.47	44.47	150m:	2:30.33	54.00	250m:	4:17.51	53.03	350m:	6:05.18	53.69
	100m:	1:36.33	51.86	200m:	3:24.48	54.15	300m:	5:11.49	53.98	400m:	6:53.36	48.18
39.	FRANK Tymoteusz			14	UKS KORAL Wrocław						6:53.60	135
	50m:	45.39	45.39	150m:	2:31.00	53.13	250m:	4:19.81	56.01	350m:	6:07.26	53.27
	100m:	1:37.87	52.48	200m:	3:23.80	52.80	300m:	5:13.99	54.18	400m:	6:53.60	46.34
40.	STAL Aleksy			14	Uks Rapid						6:53.84	134
	50m:	44.90	44.90	150m:	2:32.35	54.04	250m:	4:19.87	53.66	350m:	6:05.99	53.61
	100m:	1:38.31	53.41	200m:	3:26.21	53.86	300m:	5:12.38	52.51	400m:	6:53.84	47.85
41.	KRUPIŃSKI Feliks			14	MKS Juvenia Wrocław						6:54.48	134
	50m:	44.99	44.99	150m:	2:30.75	53.13	250m:	4:19.86	54.94	350m:	6:07.06	53.25
	100m:	1:37.62	52.63	200m:	3:24.92	54.17	300m:	5:13.81	53.95	400m:	6:54.48	47.42
42.	BRODZIAK Krzysztof			14	Uks Rapid						6:54.50	134
	50m:	40.71	40.71	150m:	2:24.63	51.48	250m:	4:11.63	53.55	350m:	5:56.27	50.51
	100m:	1:33.15	52.44	200m:	3:18.08	53.45	300m:	5:05.76	54.13	400m:	6:54.50	58.23
43.	ŁAKOMIEC Antoni			14	UKS KORAL Wrocław						7:02.93	126
	50m:	46.79	46.79	150m:	2:37.98	55.87	250m:	4:27.01	55.12	350m:	6:16.39	54.15
	100m:	1:42.11	55.32	200m:	3:31.89	53.91	300m:	5:22.24	55.23	400m:	7:02.93	46.54
44.	MRÓWKA Jan			14	WKS Śląsk						7:09.49	120
	50m:	46.13	46.13	150m:	2:36.50	56.55	250m:	4:28.71	56.04	350m:	6:17.63	54.08
	100m:	1:39.95	53.82	200m:	3:32.67	56.17	300m:	5:23.55	54.84	400m:	7:09.49	51.86
45.	SOWA Alan			14	MKS Juvenia Wrocław						7:25.72	107
	50m:	47.72	47.72	150m:	2:42.26	58.52	250m:	4:40.99	1:00.30	350m:	6:35.57	57.84
	100m:	1:43.74	56.02	200m:	3:40.69	58.43	300m:	5:37.73	56.74	400m:	7:25.72	50.15
46.	MELNYK Yaroslav			14	UKS Delfinek Legnica						7:31.54	103
	50m:	46.98	46.98	150m:	2:42.16	58.55	250m:	4:39.93	58.50	350m:	6:38.43	58.89
	100m:	1:43.61	56.63	200m:	3:41.43	59.27	300m:	5:39.54	59.61	400m:	7:31.54	53.11
47.	ABOUZEID Adam			14	MKS Juvenia Wrocław						7:37.90	99
	50m:	50.81	50.81	150m:	2:48.88	58.78	250m:	4:47.98	59.36	350m:	6:45.81	58.49
	100m:	1:50.10	59.29	200m:	3:48.62	59.74	300m:	5:47.32	59.34	400m:	7:37.90	52.09
NIE UK.	BRIUZHIN Maksym			14	UKS Delfinek Legnica							
	50m:	52.73	52.73	150m:	3:09.21	1:07.37	250m:	5:32.25	1:11.36	350m:	7:40.73	1:00.61
	100m:	2:01.84	1:09.11	200m:	4:20.89	1:11.68	300m:	6:40.12	1:07.87	400m:		
NIE UK.	MISIEWICZ Mikołaj			14	Uks Rapid							
	50m:	44.15	44.15	150m:	2:38.36	57.69	250m:	4:32.55	56.21	350m:	6:26.57	56.78
	100m:	1:40.67	56.52	200m:	3:36.34	57.98	300m:	5:29.79	57.24	400m:		

Ogólnopolski sprawdzian wytrzymałości i wszechstronności stylowej dzieci 11-12 letnich
Wrocław, 21.11.2025

Konkurencja 6, Chłopców, 400m dowolny

PK	MACH Karol			13	Uks Rapid					5:52.63	218	
	50m:	40.34	40.34	150m:	2:12.63	46.17	250m:	3:44.93	44.34	350m:	5:10.40	42.10
	100m:	1:26.46	46.12	200m:	3:00.59	47.96	300m:	4:28.30	43.37	400m:	5:52.63	42.23
PK	STAFFOLANI Roman			13	Uks Rapid					6:33.22	157	
	50m:	42.62	42.62	150m:	2:18.82	49.56	250m:	3:57.71	50.10	350m:	5:42.86	51.92
	100m:	1:29.26	46.64	200m:	3:07.61	48.79	300m:	4:50.94	53.23	400m:	6:33.22	50.36
PK	HERMASZUK Karol			12	UKS Delfinek Legnica					7:13.74	117	
	50m:	43.88	43.88	150m:	2:28.54	53.97	250m:	4:27.99	59.78	350m:	6:22.44	55.57
	100m:	1:34.57	50.69	200m:	3:28.21	59.67	300m:	5:26.87	58.88	400m:	7:13.74	51.30