

Otwarte Letnie Mistrzostwa Dolnego Śląska w pływaniu 16.05.2026 Wrocław
Wrocław, 16.5.2026

Konkurencja 19
16.05.2026 - 12:56

Mężczyzn, 400m dowolny

13 - 50 lat
Wyniki

Punkty: AQUA 2026

Pozycja			Rok ur.					Czas	Pkt.	
MŁODZIK 13 lat										
1.	ZDUNEK Maksymilian		13	KS „HARPUN” Osiecznica				4:53.05	422	8,5
	50m:		150m:	250m:	350m:					
	100m:		200m:	300m:	400m:		4:53.05			
2.	SZEWCZUK Leon		13	UKS KORAL Wrocław				5:14.28	342	3,0
	50m:	34.92 34.92	150m:	1:55.32 41.46	250m:	3:16.09 41.19	350m:	4:37.87 41.08		
	100m:	1:13.86 38.94	200m:	2:34.90 39.58	300m:	3:56.79 40.70	400m:	5:14.28 36.41		
3.	STAWARZ Jan		13	KS "Swimmers I za"				5:15.51	338	2,7
	50m:	35.45 35.45	150m:	1:55.07 40.30	250m:	3:16.30 40.51	350m:	4:36.92 40.16		
	100m:	1:14.77 39.32	200m:	2:35.79 40.72	300m:	3:56.76 40.46	400m:	5:15.51 38.59		
4.	KOWALSKI Błażej		13	KS Rekin wiebodzice				5:16.24	336	2,5
	50m:	34.96 34.96	150m:	1:55.19 40.60	250m:	3:16.84 40.97	350m:	4:38.31 40.72		
	100m:	1:14.59 39.63	200m:	2:35.87 40.68	300m:	3:57.59 40.75	400m:	5:16.24 37.93		
5.	KUZNICHENKO Yelysei		13	WKS I sk				5:29.93	296	
	50m:	36.95 36.95	150m:	2:03.17 43.15	250m:	3:28.80 42.74	350m:	4:53.68 42.39		
	100m:	1:20.02 43.07	200m:	2:46.06 42.89	300m:	4:11.29 42.49	400m:	5:29.93 36.25		
6.	ZINCINA Błażej		13	MKS Juvenia Wrocław				5:32.04	290	
	50m:	36.23 36.23	150m:	2:01.86 43.03	250m:	3:27.66 42.63	350m:	4:52.49 41.80		
	100m:	1:18.83 42.60	200m:	2:45.03 43.17	300m:	4:10.69 43.03	400m:	5:32.04 39.55		
7.	KUBAN Wojciech		13	MKS Juvenia Wrocław				5:48.34	251	
	50m:	38.01 38.01	150m:	2:06.90 44.79	250m:	3:36.84 45.57	350m:	5:05.37 44.43		
	100m:	1:22.11 44.10	200m:	2:51.27 44.37	300m:	4:20.94 44.10	400m:	5:48.34 42.97		
8.	WESOŁOWSKI Ignacy		13	WKS I sk				6:10.85	208	
	50m:	39.24 39.24	150m:	2:13.15 47.69	250m:	3:48.58 46.76	350m:	5:25.28 48.70		
	100m:	1:25.46 46.22	200m:	3:01.82 48.67	300m:	4:36.58 48.00	400m:	6:10.85 45.57		

MŁODZIK 14 lat

1.	KUZARA Filip		12	KS "Swimmers I za"				4:42.86	470	9,0
	50m:	29.90 29.90	150m:	1:42.64 37.32	250m:	2:55.98 1:13.02	350m:			
	100m:	1:05.32 35.42	200m:	1:42.96 0.32	300m:	2:19.42	400m:	4:42.86		
2.	JACHYM Julian		12	KS Rekin wiebodzice				4:52.35	425	6,5
	50m:	31.40 31.40	150m:	1:43.65 36.88	250m:	2:59.59 38.05	350m:	4:16.38 38.38		
	100m:	1:06.77 35.37	200m:	2:21.54 37.89	300m:	3:38.00 38.41	400m:	4:52.35 35.97		
3.	CISZEWSKI Bartosz		12	KS Rekin wiebodzice				5:03.81	379	3,4
	50m:	33.62 33.62	150m:	1:49.63 38.89	250m:	3:08.03 39.36	350m:	4:27.12 39.63		
	100m:	1:10.74 37.12	200m:	2:28.67 39.04	300m:	3:47.49 39.46	400m:	5:03.81 36.69		
4.	SZRAM Paweł		12	KS Rekin wiebodzice				5:04.94	375	3,1
	50m:	34.07 34.07	150m:	1:50.76 38.61	250m:	3:09.56 39.28	350m:	4:28.74 39.49		
	100m:	1:12.15 38.08	200m:	2:30.28 39.52	300m:	3:49.25 39.69	400m:	5:04.94 36.20		
5.	WOJTERA Krzysztof		12	WKS I sk				5:25.52	308	
	50m:	35.77 35.77	150m:	1:57.34 42.17	250m:	3:22.19 42.56	350m:	4:45.69 41.82		
	100m:	1:15.17 39.40	200m:	2:39.63 42.29	300m:	4:03.87 41.68	400m:	5:25.52 39.83		
6.	STEPANIUK Marian		12	MKS Dziewięćka Dzieńców				5:34.91	283	
	50m:	35.97 35.97	150m:	2:04.83 45.08	250m:	3:33.82 44.72	350m:	4:56.33 40.30		
	100m:	1:19.75 43.78	200m:	2:49.10 44.27	300m:	4:16.03 42.21	400m:	5:34.91 38.58		



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Konkurencja 19, Chłopców, 400m dowolny, MŁODZIK 14 lat

Pozycja			Rok ur.					Czas	Pkt.			
7.	URBA	SKI Bartosz	12	MKS Juvenia Wrocław				5:43.79	261			
	50m:	35.81	35.81	150m:	2:02.63	44.52	250m:	3:32.87	44.39	350m:	5:02.75	44.37
	100m:	1:18.11	42.30	200m:	2:48.48	45.85	300m:	4:18.38	45.51	400m:	5:43.79	41.04

JUNIOR MŁODSZY 15 lat

1.	SKOWRON	Tymoteusz	11	UKS KORAL Wrocław				4:28.39	550	10,6		
	50m:	29.32	29.32	150m:	1:37.63	34.79	250m:	2:47.12	34.95	350m:	3:56.51	34.35
	100m:	1:02.84	33.52	200m:	2:12.17	34.54	300m:	3:22.16	35.04	400m:	4:28.39	31.88
2.	KOWALCZYK	Kamil	11	MKS Juvenia Wrocław				4:43.70	466	6,4		
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	4:43.70	
3.	WO NY	Julian	11	Just Swim Beavers				4:47.08	449	5,4		
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	4:47.08	
4.	STASIAK	Maksymilian	11	MKS Juvenia Wrocław				5:12.85	347			
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:12.85	
5.	HRIADIL	Yurii	11	MKS „ROKITA” Brzeg Dolny				5:24.80	310			
	50m:	30.65	30.65	150m:	1:49.63	41.69	250m:	3:15.98	43.05	350m:	4:43.45	44.12
	100m:	1:07.94	37.29	200m:	2:32.93	43.30	300m:	3:59.33	43.35	400m:	5:24.80	41.35
6.	SERHIENKO	Yevhenij	11	MKS Juvenia Wrocław				5:25.72	307			
	50m:	33.84	33.84	150m:	1:56.43	42.83	250m:	3:23.08	44.40	350m:	4:48.36	42.92
	100m:	1:13.60	39.76	200m:	2:38.68	42.25	300m:	4:05.44	42.36	400m:	5:25.72	37.36
7.	LESI	SKI Michał	11	Aquapark Strzelin				5:58.97	230			
	50m:	36.93	36.93	150m:	2:08.87	47.24	250m:	3:43.10	47.36	350m:	5:16.03	45.69
	100m:	1:21.63	44.70	200m:	2:55.74	46.87	300m:	4:30.34	47.24	400m:	5:58.97	42.94

JUNIOR I STARSI

1.	OKO	Jakub	07	MKS Juvenia Wrocław				4:09.95	681	10,6		
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	4:09.95	
2.	KOSIAREK	Mateusz	10	WKS I sk				4:17.97	619	12,2		
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	4:17.97	
3.	WERESZCZY	SKI Igor	10	WKS I sk				4:26.66	561	9,8		
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	4:26.66	
4.	PISARSKI	Kornel	10	KS "BALTI" Bielawa				4:28.01	552	9,4		
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	4:28.01	
5.	KOTLEWSKI	Hubert	10	UKS "ORKA" Luba				4:32.12	528	8,2		
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	4:32.12	
6.	TRUSEWICZ	Nikodem	10	Just Swim Beavers				5:16.50	335			
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:16.50	



Konkurencja 19, Mężczyźni, 400m dowolny, JUNIOR I STARSI

Pozycja				Rok ur.					Czas	Pkt.		
7.	CYGAL Mikołaj				10	Aquapark Strzelin				5:52.93	242	
	50m:	36.60	36.60	150m:	2:05.69	45.67	250m:	3:39.42	46.98	350m:	5:10.51	45.10
	100m:	1:20.02	43.42	200m:	2:52.44	46.75	300m:	4:25.41	45.99	400m:	5:52.93	42.42
8.	KONICKI Tymoteusz				09	Aquapark Strzelin				6:16.30	199	
	50m:	38.76	38.76	150m:	2:13.18	48.88	250m:	3:51.34	48.30	350m:		
	100m:	1:24.30	45.54	200m:	3:03.04	49.86	300m:	4:40.45	49.11	400m:	6:16.30	

