

PGE Grand Prix Puchar Polski  
OLSZTYN, 12. - 13.4.2025

Konkurencja 13  
12.04.2025 - 17:17

Mężczyzn, 400m dowolny

Open  
Wyniki

Minimum kwalifikacyjne MŚ Singapur 2025: 3:48.15 ,  
Minimum kwalifikacyjne ME U23 Samorin 13: 52.71 ,  
Minimum kwalifikacyjne Uniwersjada Berlin 3: 52.71 ,

Punkty: AQUA 2025

| Pozycja | Wiek                            |         |       |       |         |                             |       |         |       |       | Czas           | Pkt.  |
|---------|---------------------------------|---------|-------|-------|---------|-----------------------------|-------|---------|-------|-------|----------------|-------|
| Open    |                                 |         |       |       |         |                             |       |         |       |       |                |       |
| 1.      | WOŹNIAK, Piotr                  |         |       |       | 20      | MTP Kormoran Olsztyn        |       |         |       |       | <b>3:59.63</b> | 774   |
|         | 50m:                            | 28.37   | 28.37 | 150m: | 1:29.75 | 30.80                       | 250m: | 2:31.54 | 30.93 | 350m: | 3:31.45        | 28.84 |
|         | 100m:                           | 58.95   | 30.58 | 200m: | 2:00.61 | 30.86                       | 300m: | 3:02.61 | 31.07 | 400m: | 3:59.63        | 28.18 |
| 2.      | STANISZEWSKI, Bartosz           |         |       |       | 20      | MKP Szczecin                |       |         |       |       | <b>3:59.70</b> | 773   |
|         | 50m:                            | 27.90   | 27.90 | 150m: | 1:29.71 | 30.94                       | 250m: | 2:31.40 | 30.78 | 350m: | 3:32.78        | 30.73 |
|         | 100m:                           | 58.77   | 30.87 | 200m: | 2:00.62 | 30.91                       | 300m: | 3:02.05 | 30.65 | 400m: | 3:59.70        | 26.92 |
| 3.      | KAPAŁA, Bartosz                 |         |       |       | 19      | MTP Kormoran Olsztyn        |       |         |       |       | <b>3:59.82</b> | 772   |
|         | 50m:                            | 28.50   | 28.50 | 150m: | 1:29.51 | 30.42                       | 250m: | 2:30.93 | 30.45 | 350m: | 3:31.57        | 30.05 |
|         | 100m:                           | 59.09   | 30.59 | 200m: | 2:00.48 | 30.97                       | 300m: | 3:01.52 | 30.59 | 400m: | 3:59.82        | 28.25 |
| 4.      | LITOBORSKI, Mikołaj             |         |       |       | 17      | OŚ AZS w Poznaniu           |       |         |       |       | <b>4:00.05</b> | 770   |
|         | 50m:                            | 27.61   | 27.61 | 150m: | 1:28.93 | 30.96                       | 250m: | 2:30.30 | 30.78 | 350m: | 3:31.45        | 30.50 |
|         | 100m:                           | 57.97   | 30.36 | 200m: | 1:59.52 | 30.59                       | 300m: | 3:00.95 | 30.65 | 400m: | 4:00.05        | 28.60 |
| 5.      | RADKIEWICZ, Kajetan             |         |       |       | 20      | Ku Azs Uw                   |       |         |       |       | <b>4:03.16</b> | 741   |
|         | 50m:                            | 27.87   | 27.87 | 150m: | 1:30.36 | 31.36                       | 250m: | 2:32.44 | 30.70 | 350m: | 3:33.90        | 30.63 |
|         | 100m:                           | 59.00   | 31.13 | 200m: | 2:01.74 | 31.38                       | 300m: | 3:03.27 | 30.83 | 400m: | 4:03.16        | 29.26 |
| 6.      | CIBA, Mateusz                   |         |       |       | 17      | MKP Szczecin                |       |         |       |       | <b>4:05.38</b> | 721   |
|         | 50m:                            | 28.40   | 28.40 | 150m: | 1:31.60 | 31.44                       | 250m: | 2:34.08 | 31.07 | 350m: | 3:36.30        | 30.77 |
|         | 100m:                           | 1:00.16 | 31.76 | 200m: | 2:03.01 | 31.41                       | 300m: | 3:05.53 | 31.45 | 400m: | 4:05.38        | 29.08 |
| 7.      | BLUJ, Aleksander                |         |       |       | 16      | UKS „GIM 92 Ursynów"        |       |         |       |       | <b>4:05.49</b> | 720   |
|         | 50m:                            | 28.55   | 28.55 | 150m: | 1:31.86 | 31.69                       | 250m: | 2:34.22 | 30.81 | 350m: | 3:36.51        | 30.47 |
|         | 100m:                           | 1:00.17 | 31.62 | 200m: | 2:03.41 | 31.55                       | 300m: | 3:06.04 | 31.82 | 400m: | 4:05.49        | 28.98 |
| 8.      | BIEŃKOWSKI, Mateusz             |         |       |       | 17      | UKS Żabianka Gdańsk         |       |         |       |       | <b>4:05.53</b> | 720   |
|         | 50m:                            | 28.15   | 28.15 | 150m: | 1:30.75 | 31.48                       | 250m: | 2:32.98 | 30.66 | 350m: | 3:35.20        | 30.71 |
|         | 100m:                           | 59.27   | 31.12 | 200m: | 2:02.32 | 31.57                       | 300m: | 3:04.49 | 31.51 | 400m: | 4:05.53        | 30.33 |
| 9.      | ŻACZEK, Hubert                  |         |       |       | 17      | SMS Lublin                  |       |         |       |       | <b>4:06.64</b> | 710   |
|         | 50m:                            | 28.36   | 28.36 | 150m: | 1:31.12 | 31.65                       | 250m: | 2:33.88 | 31.52 | 350m: | 3:37.30        | 31.80 |
|         | 100m:                           | 59.47   | 31.11 | 200m: | 2:02.36 | 31.24                       | 300m: | 3:05.50 | 31.62 | 400m: | 4:06.64        | 29.34 |
| 10.     | PIĘTKA, Miłosz                  |         |       |       | 18      | MKP Szczecin                |       |         |       |       | <b>4:06.73</b> | 709   |
|         | 50m:                            | 28.60   | 28.60 | 150m: | 1:30.78 | 31.36                       | 250m: | 2:33.90 | 31.57 | 350m: | 3:37.01        | 31.49 |
|         | 100m:                           | 59.42   | 30.82 | 200m: | 2:02.33 | 31.55                       | 300m: | 3:05.52 | 31.62 | 400m: | 4:06.73        | 29.72 |
| 11.     | KAPAŁA, Szymon                  |         |       |       | 22      | MTP Kormoran Olsztyn        |       |         |       |       | <b>4:06.86</b> | 708   |
|         | 50m:                            | 28.67   | 28.67 | 150m: | 1:31.73 | 31.76                       | 250m: | 2:34.86 | 31.38 | 350m: | 3:37.23        | 31.10 |
|         | 100m:                           | 59.97   | 31.30 | 200m: | 2:03.48 | 31.75                       | 300m: | 3:06.13 | 31.27 | 400m: | 4:06.86        | 29.63 |
| 12.     | REDZIŃSKI VEL RYDZYŃSKI, Mateus |         |       |       | 18      | KU AZS UMCS Lublin          |       |         |       |       | <b>4:07.55</b> | 702   |
|         | 50m:                            | 28.34   | 28.34 | 150m: | 1:31.19 | 31.53                       | 250m: | 2:34.54 | 31.54 | 350m: | 3:36.94        | 30.87 |
|         | 100m:                           | 59.66   | 31.32 | 200m: | 2:03.00 | 31.81                       | 300m: | 3:06.07 | 31.53 | 400m: | 4:07.55        | 30.61 |
| 13.     | MIENICKI, Rafał                 |         |       |       | 19      | UKS 48 Warszawa Śródmieście |       |         |       |       | <b>4:10.69</b> | 676   |
|         | 50m:                            | 28.40   | 28.40 | 150m: | 1:31.68 | 32.00                       | 250m: | 2:35.46 | 31.54 | 350m: | 3:39.79        | 32.12 |
|         | 100m:                           | 59.68   | 31.28 | 200m: | 2:03.92 | 32.24                       | 300m: | 3:07.67 | 32.21 | 400m: | 4:10.69        | 30.90 |
| 14.     | GRZEGORCZYK, Wiktor             |         |       |       | 23      | AZS AWF Warszawa            |       |         |       |       | <b>4:10.79</b> | 675   |
|         | 50m:                            | 28.73   | 28.73 | 150m: | 1:31.74 | 31.84                       | 250m: | 2:35.64 | 31.77 | 350m: | 3:39.25        | 31.46 |
|         | 100m:                           | 59.90   | 31.17 | 200m: | 2:03.87 | 32.13                       | 300m: | 3:07.79 | 32.15 | 400m: | 4:10.79        | 31.54 |

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OLSZTYN, 12. - 13.4.2025

Konkurencja 13, Mężczyzn, 400m dowolny, Open

| Pozycja |                        |               | Wiek  |                          |       |               |       | Czas           | Pkt. |
|---------|------------------------|---------------|-------|--------------------------|-------|---------------|-------|----------------|------|
| 15.     | JACKIEWICZ, Piotr      |               | 17    | UKS G-8 Bielany Warszawa |       |               |       | <b>4:14.41</b> | 647  |
|         | 50m: 27.91 27.91       | 150m: 1:35.77 | 34.28 | 250m: 2:42.03            | 33.04 | 350m: 3:45.15 | 30.78 |                |      |
|         | 100m: 1:01.49 33.58    | 200m: 2:08.99 | 33.22 | 300m: 3:14.37            | 32.34 | 400m: 4:14.41 | 29.26 |                |      |
| 16.     | SZMYTKE, Bartosz       |               | 18    | UKS G-8 Bielany Warszawa |       |               |       | <b>4:14.62</b> | 645  |
|         | 50m: 28.07 28.07       | 150m: 1:32.96 | 32.43 | 250m: 2:38.26            | 32.59 | 350m: 3:43.70 | 32.02 |                |      |
|         | 100m: 1:00.53 32.46    | 200m: 2:05.67 | 32.71 | 300m: 3:11.68            | 33.42 | 400m: 4:14.62 | 30.92 |                |      |
| 17.     | POLKOWSKI, Piotr       |               | 17    | UKP „Polonia Warszawa”   |       |               |       | <b>4:14.89</b> | 643  |
|         | 50m: 28.11 28.11       | 150m: 1:34.07 | 32.89 | 250m: 2:39.73            | 33.03 | 350m: 3:45.22 | 32.43 |                |      |
|         | 100m: 1:01.18 33.07    | 200m: 2:06.70 | 32.63 | 300m: 3:12.79            | 33.06 | 400m: 4:14.89 | 29.67 |                |      |
| 18.     | KLIMCZAK, Kacper       |               | 21    | AZS AWF Warszawa         |       |               |       | <b>4:15.17</b> | 641  |
|         | 50m: 27.96 27.96       | 150m: 1:32.34 | 32.91 | 250m: 2:38.79            | 33.27 | 350m: 3:44.46 | 32.43 |                |      |
|         | 100m: 59.43 31.47      | 200m: 2:05.52 | 33.18 | 300m: 3:12.03            | 33.24 | 400m: 4:15.17 | 30.71 |                |      |
| 19.     | SIENKIEWICZ, Ignacy    |               | 20    | AZS AWF Warszawa         |       |               |       | <b>4:15.74</b> | 637  |
|         | 50m: 28.80 28.80       | 150m: 1:33.85 | 32.84 | 250m: 2:39.72            | 32.98 | 350m: 3:45.07 | 32.61 |                |      |
|         | 100m: 1:01.01 32.21    | 200m: 2:06.74 | 32.89 | 300m: 3:12.46            | 32.74 | 400m: 4:15.74 | 30.67 |                |      |
| 20.     | OŁOWNIA, Ignacy        |               | 18    | KS Delfin Gdynia         |       |               |       | <b>4:16.15</b> | 634  |
|         | 50m: 28.81 28.81       | 150m: 1:32.93 | 32.20 | 250m: 2:38.33            | 33.14 | 350m: 3:44.91 | 33.13 |                |      |
|         | 100m: 1:00.73 31.92    | 200m: 2:05.19 | 32.26 | 300m: 3:11.78            | 33.45 | 400m: 4:16.15 | 31.24 |                |      |
| 21.     | WENTLAND, Miłosz       |               | 18    | MKS Trójka Łódź          |       |               |       | <b>4:16.20</b> | 633  |
|         | 50m: 28.90 28.90       | 150m: 1:33.21 | 32.50 | 250m: 2:39.20            | 33.09 | 350m: 3:45.47 | 32.88 |                |      |
|         | 100m: 1:00.71 31.81    | 200m: 2:06.11 | 32.90 | 300m: 3:12.59            | 33.39 | 400m: 4:16.20 | 30.73 |                |      |
| 22.     | SZWEDZKI, Jakub        |               | 25    | MKS Trójka Łódź          |       |               |       | <b>4:16.51</b> | 631  |
|         | 50m: 30.08 30.08       | 150m: 1:36.95 | 33.64 | 250m: 2:41.69            | 30.81 | 350m: 3:45.81 | 31.97 |                |      |
|         | 100m: 1:03.31 33.23    | 200m: 2:10.88 | 33.93 | 300m: 3:13.84            | 32.15 | 400m: 4:16.51 | 30.70 |                |      |
| 23.     | ULAS, Antoni           |               | 18    | MKS Trójka Łódź          |       |               |       | <b>4:16.73</b> | 629  |
|         | 50m: 29.52 29.52       | 150m: 1:37.52 | 33.87 | 250m: 2:44.53            | 33.54 | 350m: 3:48.25 | 30.83 |                |      |
|         | 100m: 1:03.65 34.13    | 200m: 2:10.99 | 33.47 | 300m: 3:17.42            | 32.89 | 400m: 4:16.73 | 28.48 |                |      |
| 24.     | TARASEK, Igor          |               | 15    | UKS G-8 Bielany Warszawa |       |               |       | <b>4:17.17</b> | 626  |
|         | 50m: 30.01 30.01       | 150m: 1:37.39 | 33.72 | 250m: 2:42.99            | 32.20 | 350m: 3:46.99 | 31.88 |                |      |
|         | 100m: 1:03.67 33.66    | 200m: 2:10.79 | 33.40 | 300m: 3:15.11            | 32.12 | 400m: 4:17.17 | 30.18 |                |      |
| 25.     | GWIAZDOWSKI, Krzysztof |               | 17    | MKS Piaseczno            |       |               |       | <b>4:17.65</b> | 623  |
|         | 50m: 29.12 29.12       | 150m: 1:32.99 | 32.17 | 250m: 2:38.73            | 32.95 | 350m: 3:45.18 | 33.12 |                |      |
|         | 100m: 1:00.82 31.70    | 200m: 2:05.78 | 32.79 | 300m: 3:12.06            | 33.33 | 400m: 4:17.65 | 32.47 |                |      |
| 26.     | SELDER, Krystian       |               | 18    | MKS Trójka Łódź          |       |               |       | <b>4:17.93</b> | 621  |
|         | 50m: 29.03 29.03       | 150m: 1:34.79 | 33.42 | 250m: 2:40.86            | 32.48 | 350m: 3:46.53 | 32.74 |                |      |
|         | 100m: 1:01.37 32.34    | 200m: 2:08.38 | 33.59 | 300m: 3:13.79            | 32.93 | 400m: 4:17.93 | 31.40 |                |      |
| 27.     | WOJCIECHOWSKI, Wiktor  |               | 18    | UKS G-8 Bielany Warszawa |       |               |       | <b>4:18.27</b> | 618  |
|         | 50m: 29.04 29.04       | 150m: 1:34.12 | 32.86 | 250m: 2:40.64            | 33.12 | 350m: 3:47.11 | 33.05 |                |      |
|         | 100m: 1:01.26 32.22    | 200m: 2:07.52 | 33.40 | 300m: 3:14.06            | 33.42 | 400m: 4:18.27 | 31.16 |                |      |
| 28.     | MIZGALSKI, Tymoteusz   |               | 14    | KS Warta Poznań          |       |               |       | <b>4:18.35</b> | 618  |
|         | 50m: 29.98 29.98       | 150m: 1:35.39 | 32.98 | 250m: 2:42.09            | 33.53 | 350m: 3:48.01 | 32.84 |                |      |
|         | 100m: 1:02.41 32.43    | 200m: 2:08.56 | 33.17 | 300m: 3:15.17            | 33.08 | 400m: 4:18.35 | 30.34 |                |      |
| 29.     | KONOPKO, Michał        |               | 15    | UKS Aqua Team Mikołów    |       |               |       | <b>4:18.47</b> | 617  |
|         | 50m: 28.37 28.37       | 150m: 1:33.31 | 33.16 | 250m: 2:40.49            | 33.59 | 350m: 3:47.25 | 33.09 |                |      |
|         | 100m: 1:00.15 31.78    | 200m: 2:06.90 | 33.59 | 300m: 3:14.16            | 33.67 | 400m: 4:18.47 | 31.22 |                |      |
| 30.     | SKŁODOWSKI, Jan        |               | 14    | MKS Jedyńka Łódź         |       |               |       | <b>4:19.79</b> | 607  |
|         | 50m: 29.46 29.46       | 150m: 1:35.24 | 32.92 | 250m: 2:41.30            | 32.91 | 350m: 3:47.81 | 33.11 |                |      |
|         | 100m: 1:02.32 32.86    | 200m: 2:08.39 | 33.15 | 300m: 3:14.70            | 33.40 | 400m: 4:19.79 | 31.98 |                |      |

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Konkurencja 13, Mężczyzn, 400m dowolny, Open

| Pozycja                          | Wiek  |               |       |               | Czas                         |               |       |  | Pkt. |
|----------------------------------|-------|---------------|-------|---------------|------------------------------|---------------|-------|--|------|
| 31. ŁUCZAK, Filip                | 17    |               |       |               | UKS 190 Łódź                 |               |       |  | 602  |
| 50m: 29.13                       | 29.13 | 150m: 1:35.11 | 33.52 | 250m: 2:42.43 | 33.79                        | 350m: 3:49.60 | 33.60 |  |      |
| 100m: 1:01.59                    | 32.46 | 200m: 2:08.64 | 33.53 | 300m: 3:16.00 | 33.57                        | 400m: 4:20.61 | 31.01 |  |      |
| 32. CHODAŃ, Maciej               | 19    |               |       |               | MTP Kormoran Olsztyn         |               |       |  | 601  |
| 50m: 30.04                       | 30.04 | 150m: 1:34.90 | 32.70 | 250m: 2:41.25 | 33.35                        | 350m: 3:48.16 | 33.41 |  |      |
| 100m: 1:02.20                    | 32.16 | 200m: 2:07.90 | 33.00 | 300m: 3:14.75 | 33.50                        | 400m: 4:20.66 | 32.50 |  |      |
| 33. PAWLAK, Dawid                | 17    |               |       |               | UKS 190 Łódź                 |               |       |  | 599  |
| 50m: 28.81                       | 28.81 | 150m: 1:33.95 | 32.93 | 250m: 2:41.12 | 33.65                        | 350m: 3:48.54 | 32.90 |  |      |
| 100m: 1:01.02                    | 32.21 | 200m: 2:07.47 | 33.52 | 300m: 3:15.64 | 34.52                        | 400m: 4:21.01 | 32.47 |  |      |
| 34. ZIELIŃSKI, Dawid             | 16    |               |       |               | MKP Szczecin                 |               |       |  | 593  |
| 50m: 29.57                       | 29.57 | 150m: 1:36.37 | 33.72 | 250m: 2:44.06 | 33.59                        | 350m: 3:50.73 | 32.85 |  |      |
| 100m: 1:02.65                    | 33.08 | 200m: 2:10.47 | 34.10 | 300m: 3:17.88 | 33.82                        | 400m: 4:21.84 | 31.11 |  |      |
| 35. SOKOŁOWSKI, Franciszek       | 19    |               |       |               | MTP Kormoran Olsztyn         |               |       |  | 592  |
| 50m: 30.17                       | 30.17 | 150m: 1:37.15 | 33.90 | 250m: 2:44.10 | 33.43                        | 350m: 3:51.01 | 33.28 |  |      |
| 100m: 1:03.25                    | 33.08 | 200m: 2:10.67 | 33.52 | 300m: 3:17.73 | 33.63                        | 400m: 4:22.02 | 31.01 |  |      |
| 36. ŁOJEWSKI, Adam               | 18    |               |       |               | MTP Kormoran Olsztyn         |               |       |  | 589  |
| 50m: 30.16                       | 30.16 | 150m: 1:36.36 | 33.64 | 250m: 2:43.00 | 33.50                        | 350m: 3:50.15 | 33.54 |  |      |
| 100m: 1:02.72                    | 32.56 | 200m: 2:09.50 | 33.14 | 300m: 3:16.61 | 33.61                        | 400m: 4:22.49 | 32.34 |  |      |
| 37. MIELCAREK, Filip             | 16    |               |       |               | TP Skalar, Słupsk            |               |       |  | 585  |
| 50m: 30.18                       | 30.18 | 150m: 1:36.27 | 33.27 | 250m: 2:43.56 | 33.58                        | 350m: 3:51.00 | 33.50 |  |      |
| 100m: 1:03.00                    | 32.82 | 200m: 2:09.98 | 33.71 | 300m: 3:17.50 | 33.94                        | 400m: 4:23.00 | 32.00 |  |      |
| 38. KRASOWSKI, Szymon            | 19    |               |       |               | KS Poznań Poznań             |               |       |  | 583  |
| 50m: 29.29                       | 29.29 | 150m: 1:34.93 | 33.06 | 250m: 2:42.24 | 33.22                        | 350m: 3:50.36 | 33.70 |  |      |
| 100m: 1:01.87                    | 32.58 | 200m: 2:09.02 | 34.09 | 300m: 3:16.66 | 34.42                        | 400m: 4:23.36 | 33.00 |  |      |
| 39. TOPA, Daniel                 | 15    |               |       |               | MTP Kormoran Olsztyn         |               |       |  | 561  |
| 50m: 30.13                       | 30.13 | 150m: 1:39.02 | 34.44 | 250m: 2:47.19 | 34.07                        | 350m: 3:55.01 | 33.95 |  |      |
| 100m: 1:04.58                    | 34.45 | 200m: 2:13.12 | 34.10 | 300m: 3:21.06 | 33.87                        | 400m: 4:26.76 | 31.75 |  |      |
| 40. MALISZEWSKI, Szymon          | 17    |               |       |               | UKS SMS Galicja Kraków       |               |       |  | 561  |
| 50m: 28.17                       | 28.17 | 150m: 1:34.01 | 33.86 | 250m: 2:43.12 | 34.84                        | 350m: 3:53.65 | 35.12 |  |      |
| 100m: 1:00.15                    | 31.98 | 200m: 2:08.28 | 34.27 | 300m: 3:18.53 | 35.41                        | 400m: 4:26.79 | 33.14 |  |      |
| 41. BARANOWSKI, Alex             | 18    |               |       |               | KS Poznań Poznań             |               |       |  | 560  |
| 50m: 30.42                       | 30.42 | 150m: 1:38.23 | 34.19 | 250m: 2:46.46 | 33.76                        | 350m: 3:54.20 | 33.68 |  |      |
| 100m: 1:04.04                    | 33.62 | 200m: 2:12.70 | 34.47 | 300m: 3:20.52 | 34.06                        | 400m: 4:26.91 | 32.71 |  |      |
| 42. KRAMARCZYK, Jakub            | 24    |               |       |               | MKS Pałac Młodzieży Katowice |               |       |  | 557  |
| 50m: 29.88                       | 29.88 | 150m: 1:37.77 | 34.25 | 250m: 2:46.11 | 33.88                        | 350m: 3:54.51 | 33.79 |  |      |
| 100m: 1:03.52                    | 33.64 | 200m: 2:12.23 | 34.46 | 300m: 3:20.72 | 34.61                        | 400m: 4:27.33 | 32.82 |  |      |
| 43. OŁĘDZKI, Daniel              | 17    |               |       |               | UKP „Polonia Warszawa”       |               |       |  | 556  |
| 50m: 28.63                       | 28.63 | 150m: 1:34.91 | 34.02 | 250m: 2:43.93 | 34.46                        | 350m: 3:53.96 | 34.29 |  |      |
| 100m: 1:00.89                    | 32.26 | 200m: 2:09.47 | 34.56 | 300m: 3:19.67 | 35.74                        | 400m: 4:27.50 | 33.54 |  |      |
| 44. STAROŃ, Filip                | 17    |               |       |               | UKS Żabianka Gdańsk          |               |       |  | 547  |
| 50m: 30.35                       | 30.35 | 150m: 1:38.39 | 34.35 | 250m: 2:47.79 | 34.54                        | 350m: 3:56.48 | 34.16 |  |      |
| 100m: 1:04.04                    | 33.69 | 200m: 2:13.25 | 34.86 | 300m: 3:22.32 | 34.53                        | 400m: 4:29.02 | 32.54 |  |      |
| 45. NADAJ, Filip                 | 16    |               |       |               | UKS Żabianka Gdańsk          |               |       |  | 541  |
| 50m: 30.18                       | 30.18 | 150m: 1:38.11 | 34.59 | 250m: 2:48.30 | 35.00                        | 350m: 3:56.98 | 33.99 |  |      |
| 100m: 1:03.52                    | 33.34 | 200m: 2:13.30 | 35.19 | 300m: 3:22.99 | 34.69                        | 400m: 4:29.98 | 33.00 |  |      |
| 46. CHABOWSKI-PALONKA, Krzysztof | 15    |               |       |               | MKP Szczecin                 |               |       |  | 541  |
| 50m: 30.65                       | 30.65 | 150m: 1:39.80 | 35.20 | 250m: 2:48.62 | 34.56                        | 350m: 3:57.13 | 33.97 |  |      |
| 100m: 1:04.60                    | 33.95 | 200m: 2:14.06 | 34.26 | 300m: 3:23.16 | 34.54                        | 400m: 4:30.04 | 32.91 |  |      |

PGE Grand Prix Puchar Polski  
OLSZTYN, 12. - 13.4.2025

Konkurencja 13, Mężczyzn, 400m dowolny, Open

| Pozycja                  | Wiek          | Czas                                | Pkt.                |
|--------------------------|---------------|-------------------------------------|---------------------|
| 47. KOLUCH, Franciszek   | 18            | UKS "SMS KAPRY Pruszków"            | <b>4:30.58</b> 538  |
| 50m: 30.57 30.57         | 150m: 1:38.23 | 34.07 250m: 2:47.69 34.88           | 350m: 3:57.08 34.86 |
| 100m: 1:04.16 33.59      | 200m: 2:12.81 | 34.58 300m: 3:22.22 34.53           | 400m: 4:30.58 33.50 |
| 48. RUTKOWSKI, Bartosz   | 16            | St. KF KS „Fenix” Ożarów Mazowiecki | <b>4:32.03</b> 529  |
| 50m: 29.88 29.88         | 150m: 1:38.02 | 34.44 250m: 2:48.02 34.94           | 350m: 3:57.71 34.47 |
| 100m: 1:03.58 33.70      | 200m: 2:13.08 | 35.06 300m: 3:23.24 35.22           | 400m: 4:32.03 34.32 |
| 49. GEBAUER, Wolfgang    | 17            | MTP Kormoran Olsztyn                | <b>4:32.32</b> 527  |
| 50m: 30.53 30.53         | 150m: 1:39.25 | 34.90 250m: 2:48.48 34.69           | 350m: 3:58.78 35.18 |
| 100m: 1:04.35 33.82      | 200m: 2:13.79 | 34.54 300m: 3:23.60 35.12           | 400m: 4:32.32 33.54 |
| 50. GODOS, Jakub         | 17            | MKS Piaseczno                       | <b>4:32.53</b> 526  |
| 50m: 29.37 29.37         | 150m: 1:36.74 | 34.31 250m: 2:47.15 34.99           | 350m: 3:58.16 35.57 |
| 100m: 1:02.43 33.06      | 200m: 2:12.16 | 35.42 300m: 3:22.59 35.44           | 400m: 4:32.53 34.37 |
| 51. SROKA, Zoran         | 17            | UKS „Frog” Giżycko                  | <b>4:32.67</b> 525  |
| 50m: 30.15 30.15         | 150m: 1:38.45 | 34.82 250m: 2:48.16 35.16           | 350m: 3:58.84 34.86 |
| 100m: 1:03.63 33.48      | 200m: 2:13.00 | 34.55 300m: 3:23.98 35.82           | 400m: 4:32.67 33.83 |
| 52. GRABOWSKI, Wojciech  | 15            | UKP „Polonia Warszawa”              | <b>4:32.96</b> 524  |
| 50m: 30.78 30.78         | 150m: 1:40.15 | 35.06 250m: 2:50.45 34.66           | 350m: 3:59.38 33.90 |
| 100m: 1:05.09 34.31      | 200m: 2:15.79 | 35.64 300m: 3:25.48 35.03           | 400m: 4:32.96 33.58 |
| 53. MASZEWSKI, Mikołaj   | 19            | UKS Nawa Skierniewice               | <b>4:33.23</b> 522  |
| 50m: 29.24 29.24         | 150m: 1:37.73 | 34.93 250m: 2:48.41 35.30           | 350m: 3:59.17 35.34 |
| 100m: 1:02.80 33.56      | 200m: 2:13.11 | 35.38 300m: 3:23.83 35.42           | 400m: 4:33.23 34.06 |
| 54. WINKLER, Tomasz      | 17            | Sport Club Pardubice                | <b>4:34.64</b> 514  |
| 50m: 29.80 29.80         | 150m: 1:39.36 | 34.98 250m: 2:50.52 35.67           | 350m: 4:00.95 35.03 |
| 100m: 1:04.38 34.58      | 200m: 2:14.85 | 35.49 300m: 3:25.92 35.40           | 400m: 4:34.64 33.69 |
| 55. SMYKIEWICZ, Mateusz  | 16            | SKP Delfin Koźienice                | <b>4:35.88</b> 507  |
| 50m: 31.04 31.04         | 150m: 1:39.50 | 34.16 250m: 2:49.25 34.79           | 350m: 4:00.35 35.77 |
| 100m: 1:05.34 34.30      | 200m: 2:14.46 | 34.96 300m: 3:24.58 35.33           | 400m: 4:35.88 35.53 |
| 56. FIFIELSKI, Kasjan    | 16            | UKS Tri-Team Rumia                  | <b>4:36.12</b> 506  |
| 50m: 31.93 31.93         | 150m: 1:41.16 | 34.95 250m: 2:52.19 35.56           | 350m: 4:02.97 35.30 |
| 100m: 1:06.21 34.28      | 200m: 2:16.63 | 35.47 300m: 3:27.67 35.48           | 400m: 4:36.12 33.15 |
| 57. ŁUKASZEWICZ, Michał  | 14            | UKP „Polonia Warszawa”              | <b>4:37.22</b> 500  |
| 50m: 31.78 31.78         | 150m: 1:43.34 | 35.49 250m: 2:53.95 35.03           | 350m: 4:03.96 34.69 |
| 100m: 1:07.85 36.07      | 200m: 2:18.92 | 35.58 300m: 3:29.27 35.32           | 400m: 4:37.22 33.26 |
| 58. GARMAN, Maksymilian  | 15            | Uks Ig Falkowski Warszawa           | <b>4:38.73</b> 492  |
| 50m: 31.14 31.14         | 150m: 1:40.74 | 35.43 250m: 2:52.88 36.10           | 350m: 4:04.92 35.98 |
| 100m: 1:05.31 34.17      | 200m: 2:16.78 | 36.04 300m: 3:28.94 36.06           | 400m: 4:38.73 33.81 |
| 59. BABRAJ, Mikołaj      | 17            | UKS SMS Galicja Kraków              | <b>4:39.78</b> 486  |
| 50m: 29.75 29.75         | 150m: 1:39.54 | 35.60 250m: 2:51.22 35.86           | 350m: 4:03.81 36.46 |
| 100m: 1:03.94 34.19      | 200m: 2:15.36 | 35.82 300m: 3:27.35 36.13           | 400m: 4:39.78 35.97 |
| 60. GRABIŃSKI, Tymon     | 15            | UKS G-8 Bielany Warszawa            | <b>4:39.81</b> 486  |
| 50m: 29.19 29.19         | 150m: 1:39.00 | 36.01 250m: 2:53.25 37.90           | 350m: 4:04.63 34.82 |
| 100m: 1:02.99 33.80      | 200m: 2:15.35 | 36.35 300m: 3:29.81 36.56           | 400m: 4:39.81 35.18 |
| 61. ŁUNIEWSKI, Tymoteusz | 14            | TP Skalar, Słupsk                   | <b>4:42.55</b> 472  |
| 50m: 31.47 31.47         | 150m: 1:43.26 | 35.74 250m: 2:57.34 36.89           | 350m: 4:11.21 37.03 |
| 100m: 1:07.52 36.05      | 200m: 2:20.45 | 37.19 300m: 3:34.18 36.84           | 400m: 4:42.55 31.34 |
| 62. NIEMCZURA, Wiktor    | 17            | UKP „Polonia Warszawa”              | <b>4:42.98</b> 470  |
| 50m: 32.68 32.68         | 150m: 1:44.74 | 36.12 250m: 2:57.58 36.36           | 350m: 4:09.05 34.79 |
| 100m: 1:08.62 35.94      | 200m: 2:21.22 | 36.48 300m: 3:34.26 36.68           | 400m: 4:42.98 33.93 |

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PGE Grand Prix Puchar Polski  
OLSZTYN, 12. - 13.4.2025

## Konkurencja 13, Mężczyzn, 400m dowolny, Open

| Pozycja |                       |         |       | Wiek  |         |                         |       |         |       | Czas           | Pkt.    |       |
|---------|-----------------------|---------|-------|-------|---------|-------------------------|-------|---------|-------|----------------|---------|-------|
| 63.     | MAZUR, Kajetan        |         |       | 14    |         | Dwójka Morena Gdańsk    |       |         |       | <b>4:44.66</b> | 462     |       |
|         | 50m:                  | 31.44   | 31.44 | 150m: | 1:43.37 | 36.72                   | 250m: | 2:56.44 | 36.25 | 350m:          | 4:09.57 | 36.48 |
|         | 100m:                 | 1:06.65 | 35.21 | 200m: | 2:20.19 | 36.82                   | 300m: | 3:33.09 | 36.65 | 400m:          | 4:44.66 | 35.09 |
| 64.     | DEREDAS, Stanisław    |         |       | 14    |         | UKS 190 Łódź            |       |         |       | <b>4:44.68</b> | 461     |       |
|         | 50m:                  | 33.19   | 33.19 | 150m: | 1:46.56 | 36.93                   | 250m: | 2:59.46 | 36.14 | 350m:          | 4:10.16 | 34.81 |
|         | 100m:                 | 1:09.63 | 36.44 | 200m: | 2:23.32 | 36.76                   | 300m: | 3:35.35 | 35.89 | 400m:          | 4:44.68 | 34.52 |
| 65.     | GRĄDZIK, Olaf         |         |       | 15    |         | Klub Pływacki Ciechanów |       |         |       | <b>4:44.75</b> | 461     |       |
|         | 50m:                  | 30.83   | 30.83 | 150m: | 1:42.10 | 36.48                   | 250m: | 2:54.76 | 36.39 | 350m:          | 4:09.03 | 36.70 |
|         | 100m:                 | 1:05.62 | 34.79 | 200m: | 2:18.37 | 36.27                   | 300m: | 3:32.33 | 37.57 | 400m:          | 4:44.75 | 35.72 |
| 66.     | MENDAKIEWICZ, Mikołaj |         |       | 14    |         | UKS 190 Łódź            |       |         |       | <b>4:45.46</b> | 458     |       |
|         | 50m:                  | 33.36   | 33.36 | 150m: | 1:46.01 | 36.51                   | 250m: | 2:58.98 | 36.11 | 350m:          | 4:10.83 | 35.30 |
|         | 100m:                 | 1:09.50 | 36.14 | 200m: | 2:22.87 | 36.86                   | 300m: | 3:35.53 | 36.55 | 400m:          | 4:45.46 | 34.63 |
| 67.     | CZAŁBOWSKI, Mikołaj   |         |       | 17    |         | UKS „Frog” Giżycko      |       |         |       | <b>4:45.99</b> | 455     |       |
|         | 50m:                  | 31.12   | 31.12 | 150m: | 1:40.63 | 35.65                   | 250m: | 2:54.04 | 37.23 | 350m:          | 4:09.91 | 38.36 |
|         | 100m:                 | 1:04.98 | 33.86 | 200m: | 2:16.81 | 36.18                   | 300m: | 3:31.55 | 37.51 | 400m:          | 4:45.99 | 36.08 |
| 68.     | WIĘCEK, Patryk        |         |       | 16    |         | MKP Szczecin            |       |         |       | <b>4:46.52</b> | 453     |       |
|         | 50m:                  | 32.06   | 32.06 | 150m: | 1:44.63 | 36.31                   | 250m: | 2:58.12 | 36.64 | 350m:          | 4:11.50 | 36.30 |
|         | 100m:                 | 1:08.32 | 36.26 | 200m: | 2:21.48 | 36.85                   | 300m: | 3:35.20 | 37.08 | 400m:          | 4:46.52 | 35.02 |
| 69.     | PIETROWSKI, Julian    |         |       | 17    |         | UKS Nawa Skierniewice   |       |         |       | <b>4:52.43</b> | 426     |       |
|         | 50m:                  | 31.30   | 31.30 | 150m: | 1:46.21 | 37.56                   | 250m: | 3:01.53 | 37.14 | 350m:          | 4:16.28 | 36.81 |
|         | 100m:                 | 1:08.65 | 37.35 | 200m: | 2:24.39 | 38.18                   | 300m: | 3:39.47 | 37.94 | 400m:          | 4:52.43 | 36.15 |
| 70.     | BRODOWSKI, Michał     |         |       | 18    |         | UKS Nawa Skierniewice   |       |         |       | <b>4:59.32</b> | 397     |       |
|         | 50m:                  | 33.45   | 33.45 | 150m: | 1:49.13 | 37.63                   | 250m: | 3:04.87 | 37.87 | 350m:          | 4:21.54 | 38.35 |
|         | 100m:                 | 1:11.50 | 38.05 | 200m: | 2:27.00 | 37.87                   | 300m: | 3:43.19 | 38.32 | 400m:          | 4:59.32 | 37.78 |
| 71.     | PARDO, Kornel         |         |       | 15    |         | UKS „Frog” Giżycko      |       |         |       | <b>5:00.56</b> | 392     |       |
|         | 50m:                  | 32.39   | 32.39 | 150m: | 1:48.04 | 38.71                   | 250m: | 3:04.94 | 38.31 | 350m:          | 4:22.67 | 39.65 |
|         | 100m:                 | 1:09.33 | 36.94 | 200m: | 2:26.63 | 38.59                   | 300m: | 3:43.02 | 38.08 | 400m:          | 5:00.56 | 37.89 |
| 72.     | CIOŁEK, Dawid         |         |       | 16    |         | UKP „Polonia Warszawa”  |       |         |       | <b>5:05.83</b> | 372     |       |
|         | 50m:                  | 31.70   | 31.70 | 150m: | 1:47.09 | 38.76                   | 250m: | 3:05.92 | 39.55 | 350m:          | 4:26.11 | 40.22 |
|         | 100m:                 | 1:08.33 | 36.63 | 200m: | 2:26.37 | 39.28                   | 300m: | 3:45.89 | 39.97 | 400m:          | 5:05.83 | 39.72 |

## 17 - 18 lat

|    |                     |         |       |       |                     |       |       |         |       |                |         |       |
|----|---------------------|---------|-------|-------|---------------------|-------|-------|---------|-------|----------------|---------|-------|
| 1. | LITOBORSKI, Mikołaj |         |       | 17    | OŚ AZS w Poznaniu   |       |       |         |       | <b>4:00.05</b> | 770     |       |
|    | 50m:                | 27.61   | 27.61 | 150m: | 1:28.93             | 30.96 | 250m: | 2:30.30 | 30.78 | 350m:          | 3:31.45 | 30.50 |
|    | 100m:               | 57.97   | 30.36 | 200m: | 1:59.52             | 30.59 | 300m: | 3:00.95 | 30.65 | 400m:          | 4:00.05 | 28.60 |
| 2. | CIBA, Mateusz       |         |       | 17    | MKP Szczecin        |       |       |         |       | <b>4:05.38</b> | 721     |       |
|    | 50m:                | 28.40   | 28.40 | 150m: | 1:31.60             | 31.44 | 250m: | 2:34.08 | 31.07 | 350m:          | 3:36.30 | 30.77 |
|    | 100m:               | 1:00.16 | 31.76 | 200m: | 2:03.01             | 31.41 | 300m: | 3:05.53 | 31.45 | 400m:          | 4:05.38 | 29.08 |
| 3. | BIEŃKOWSKI, Mateusz |         |       | 17    | UKS Żabianka Gdańsk |       |       |         |       | <b>4:05.53</b> | 720     |       |
|    | 50m:                | 28.15   | 28.15 | 150m: | 1:30.75             | 31.48 | 250m: | 2:32.98 | 30.66 | 350m:          | 3:35.20 | 30.71 |
|    | 100m:               | 59.27   | 31.12 | 200m: | 2:02.32             | 31.57 | 300m: | 3:04.49 | 31.51 | 400m:          | 4:05.53 | 30.33 |
| 4. | ŻACZEK, Hubert      |         |       | 17    | SMS Lublin          |       |       |         |       | <b>4:06.64</b> | 710     |       |
|    | 50m:                | 28.36   | 28.36 | 150m: | 1:31.12             | 31.65 | 250m: | 2:33.88 | 31.52 | 350m:          | 3:37.30 | 31.80 |
|    | 100m:               | 59.47   | 31.11 | 200m: | 2:02.36             | 31.24 | 300m: | 3:05.50 | 31.62 | 400m:          | 4:06.64 | 29.34 |
| 5. | PIĘTKA, Miłosz      |         |       | 18    | MKP Szczecin        |       |       |         |       | <b>4:06.73</b> | 709     |       |
|    | 50m:                | 28.60   | 28.60 | 150m: | 1:30.78             | 31.36 | 250m: | 2:33.90 | 31.57 | 350m:          | 3:37.01 | 31.49 |
|    | 100m:               | 59.42   | 30.82 | 200m: | 2:02.33             | 31.55 | 300m: | 3:05.52 | 31.62 | 400m:          | 4:06.73 | 29.72 |

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PGE Grand Prix Puchar Polski  
OLSZTYN, 12. - 13.4.2025

Konkurencja 13, Chłopców, 400m dowolny, 17 - 18 lat

| Pozycja | Wiek                            |       |                          |       | Czas           |       |               |  | Pkt.  |
|---------|---------------------------------|-------|--------------------------|-------|----------------|-------|---------------|--|-------|
| 6.      | REDZIŃSKI VEL RYDZYŃSKI, Mateus | 18    | KU AZS UMCS Lublin       |       | <b>4:07.55</b> |       |               |  | 702   |
|         | 50m: 28.34                      | 28.34 | 150m: 1:31.19            | 31.53 | 250m: 2:34.54  | 31.54 | 350m: 3:36.94 |  | 30.87 |
|         | 100m: 59.66                     | 31.32 | 200m: 2:03.00            | 31.81 | 300m: 3:06.07  | 31.53 | 400m: 4:07.55 |  | 30.61 |
| 7.      | JACKIEWICZ, Piotr               | 17    | UKS G-8 Bielany Warszawa |       | <b>4:14.41</b> |       |               |  | 647   |
|         | 50m: 27.91                      | 27.91 | 150m: 1:35.77            | 34.28 | 250m: 2:42.03  | 33.04 | 350m: 3:45.15 |  | 30.78 |
|         | 100m: 1:01.49                   | 33.58 | 200m: 2:08.99            | 33.22 | 300m: 3:14.37  | 32.34 | 400m: 4:14.41 |  | 29.26 |
| 8.      | SZMYTKE, Bartosz                | 18    | UKS G-8 Bielany Warszawa |       | <b>4:14.62</b> |       |               |  | 645   |
|         | 50m: 28.07                      | 28.07 | 150m: 1:32.96            | 32.43 | 250m: 2:38.26  | 32.59 | 350m: 3:43.70 |  | 32.02 |
|         | 100m: 1:00.53                   | 32.46 | 200m: 2:05.67            | 32.71 | 300m: 3:11.68  | 33.42 | 400m: 4:14.62 |  | 30.92 |
| 9.      | POLKOWSKI, Piotr                | 17    | UKP „Polonia Warszawa”   |       | <b>4:14.89</b> |       |               |  | 643   |
|         | 50m: 28.11                      | 28.11 | 150m: 1:34.07            | 32.89 | 250m: 2:39.73  | 33.03 | 350m: 3:45.22 |  | 32.43 |
|         | 100m: 1:01.18                   | 33.07 | 200m: 2:06.70            | 32.63 | 300m: 3:12.79  | 33.06 | 400m: 4:14.89 |  | 29.67 |
| 10.     | OŁOWNIA, Ignacy                 | 18    | KS Delfin Gdynia         |       | <b>4:16.15</b> |       |               |  | 634   |
|         | 50m: 28.81                      | 28.81 | 150m: 1:32.93            | 32.20 | 250m: 2:38.33  | 33.14 | 350m: 3:44.91 |  | 33.13 |
|         | 100m: 1:00.73                   | 31.92 | 200m: 2:05.19            | 32.26 | 300m: 3:11.78  | 33.45 | 400m: 4:16.15 |  | 31.24 |
| 11.     | WENTLAND, Miłosz                | 18    | MKS Trójka Łódź          |       | <b>4:16.20</b> |       |               |  | 633   |
|         | 50m: 28.90                      | 28.90 | 150m: 1:33.21            | 32.50 | 250m: 2:39.20  | 33.09 | 350m: 3:45.47 |  | 32.88 |
|         | 100m: 1:00.71                   | 31.81 | 200m: 2:06.11            | 32.90 | 300m: 3:12.59  | 33.39 | 400m: 4:16.20 |  | 30.73 |
| 12.     | ULAS, Antoni                    | 18    | MKS Trójka Łódź          |       | <b>4:16.73</b> |       |               |  | 629   |
|         | 50m: 29.52                      | 29.52 | 150m: 1:37.52            | 33.87 | 250m: 2:44.53  | 33.54 | 350m: 3:48.25 |  | 30.83 |
|         | 100m: 1:03.65                   | 34.13 | 200m: 2:10.99            | 33.47 | 300m: 3:17.42  | 32.89 | 400m: 4:16.73 |  | 28.48 |
| 13.     | GWIAZDOWSKI, Krzysztof          | 17    | MKS Piaseczno            |       | <b>4:17.65</b> |       |               |  | 623   |
|         | 50m: 29.12                      | 29.12 | 150m: 1:32.99            | 32.17 | 250m: 2:38.73  | 32.95 | 350m: 3:45.18 |  | 33.12 |
|         | 100m: 1:00.82                   | 31.70 | 200m: 2:05.78            | 32.79 | 300m: 3:12.06  | 33.33 | 400m: 4:17.65 |  | 32.47 |
| 14.     | SELDER, Krystian                | 18    | MKS Trójka Łódź          |       | <b>4:17.93</b> |       |               |  | 621   |
|         | 50m: 29.03                      | 29.03 | 150m: 1:34.79            | 33.42 | 250m: 2:40.86  | 32.48 | 350m: 3:46.53 |  | 32.74 |
|         | 100m: 1:01.37                   | 32.34 | 200m: 2:08.38            | 33.59 | 300m: 3:13.79  | 32.93 | 400m: 4:17.93 |  | 31.40 |
| 15.     | WOJCIECHOWSKI, Wiktor           | 18    | UKS G-8 Bielany Warszawa |       | <b>4:18.27</b> |       |               |  | 618   |
|         | 50m: 29.04                      | 29.04 | 150m: 1:34.12            | 32.86 | 250m: 2:40.64  | 33.12 | 350m: 3:47.11 |  | 33.05 |
|         | 100m: 1:01.26                   | 32.22 | 200m: 2:07.52            | 33.40 | 300m: 3:14.06  | 33.42 | 400m: 4:18.27 |  | 31.16 |
| 16.     | ŁUCZAK, Filip                   | 17    | UKS 190 Łódź             |       | <b>4:20.61</b> |       |               |  | 602   |
|         | 50m: 29.13                      | 29.13 | 150m: 1:35.11            | 33.52 | 250m: 2:42.43  | 33.79 | 350m: 3:49.60 |  | 33.60 |
|         | 100m: 1:01.59                   | 32.46 | 200m: 2:08.64            | 33.53 | 300m: 3:16.00  | 33.57 | 400m: 4:20.61 |  | 31.01 |
| 17.     | PAWLAK, Dawid                   | 17    | UKS 190 Łódź             |       | <b>4:21.01</b> |       |               |  | 599   |
|         | 50m: 28.81                      | 28.81 | 150m: 1:33.95            | 32.93 | 250m: 2:41.12  | 33.65 | 350m: 3:48.54 |  | 32.90 |
|         | 100m: 1:01.02                   | 32.21 | 200m: 2:07.47            | 33.52 | 300m: 3:15.64  | 34.52 | 400m: 4:21.01 |  | 32.47 |
| 18.     | ŁOJEWSKI, Adam                  | 18    | MTP Kormoran Olsztyn     |       | <b>4:22.49</b> |       |               |  | 589   |
|         | 50m: 30.16                      | 30.16 | 150m: 1:36.36            | 33.64 | 250m: 2:43.00  | 33.50 | 350m: 3:50.15 |  | 33.54 |
|         | 100m: 1:02.72                   | 32.56 | 200m: 2:09.50            | 33.14 | 300m: 3:16.61  | 33.61 | 400m: 4:22.49 |  | 32.34 |
| 19.     | MALISZEWSKI, Szymon             | 17    | UKS SMS Galicja Kraków   |       | <b>4:26.79</b> |       |               |  | 561   |
|         | 50m: 28.17                      | 28.17 | 150m: 1:34.01            | 33.86 | 250m: 2:43.12  | 34.84 | 350m: 3:53.65 |  | 35.12 |
|         | 100m: 1:00.15                   | 31.98 | 200m: 2:08.28            | 34.27 | 300m: 3:18.53  | 35.41 | 400m: 4:26.79 |  | 33.14 |
| 20.     | BARANOWSKI, Alex                | 18    | KS Posenania Poznań      |       | <b>4:26.91</b> |       |               |  | 560   |
|         | 50m: 30.42                      | 30.42 | 150m: 1:38.23            | 34.19 | 250m: 2:46.46  | 33.76 | 350m: 3:54.20 |  | 33.68 |
|         | 100m: 1:04.04                   | 33.62 | 200m: 2:12.70            | 34.47 | 300m: 3:20.52  | 34.06 | 400m: 4:26.91 |  | 32.71 |
| 21.     | OLEDZKI, Daniel                 | 17    | UKP „Polonia Warszawa”   |       | <b>4:27.50</b> |       |               |  | 556   |
|         | 50m: 28.63                      | 28.63 | 150m: 1:34.91            | 34.02 | 250m: 2:43.93  | 34.46 | 350m: 3:53.96 |  | 34.29 |
|         | 100m: 1:00.89                   | 32.26 | 200m: 2:09.47            | 34.56 | 300m: 3:19.67  | 35.74 | 400m: 4:27.50 |  | 33.54 |

PGE Grand Prix Puchar Polski  
OLSZTYN, 12. - 13.4.2025

Konkurencja 13, Chłopców, 400m dowolny, 17 - 18 lat

| Pozycja |                     |         |       | Wiek  |                          |       |       |         | Czas           | Pkt.  |         |       |
|---------|---------------------|---------|-------|-------|--------------------------|-------|-------|---------|----------------|-------|---------|-------|
| 22.     | STAROŃ, Filip       |         |       | 17    | UKS Żabianka Gdańsk      |       |       |         | <b>4:29.02</b> | 547   |         |       |
|         | 50m:                | 30.35   | 30.35 | 150m: | 1:38.39                  | 34.35 | 250m: | 2:47.79 | 34.54          | 350m: | 3:56.48 | 34.16 |
|         | 100m:               | 1:04.04 | 33.69 | 200m: | 2:13.25                  | 34.86 | 300m: | 3:22.32 | 34.53          | 400m: | 4:29.02 | 32.54 |
| 23.     | KOLUCH, Franciszek  |         |       | 18    | UKS "SMS KAPRY Pruszków" |       |       |         | <b>4:30.58</b> | 538   |         |       |
|         | 50m:                | 30.57   | 30.57 | 150m: | 1:38.23                  | 34.07 | 250m: | 2:47.69 | 34.88          | 350m: | 3:57.08 | 34.86 |
|         | 100m:               | 1:04.16 | 33.59 | 200m: | 2:12.81                  | 34.58 | 300m: | 3:22.22 | 34.53          | 400m: | 4:30.58 | 33.50 |
| 24.     | GEBAUER, Wolfgang   |         |       | 17    | MTP Kormoran Olsztyn     |       |       |         | <b>4:32.32</b> | 527   |         |       |
|         | 50m:                | 30.53   | 30.53 | 150m: | 1:39.25                  | 34.90 | 250m: | 2:48.48 | 34.69          | 350m: | 3:58.78 | 35.18 |
|         | 100m:               | 1:04.35 | 33.82 | 200m: | 2:13.79                  | 34.54 | 300m: | 3:23.60 | 35.12          | 400m: | 4:32.32 | 33.54 |
| 25.     | GODOS, Jakub        |         |       | 17    | MKS Piaseczno            |       |       |         | <b>4:32.53</b> | 526   |         |       |
|         | 50m:                | 29.37   | 29.37 | 150m: | 1:36.74                  | 34.31 | 250m: | 2:47.15 | 34.99          | 350m: | 3:58.16 | 35.57 |
|         | 100m:               | 1:02.43 | 33.06 | 200m: | 2:12.16                  | 35.42 | 300m: | 3:22.59 | 35.44          | 400m: | 4:32.53 | 34.37 |
| 26.     | SROKA, Zoran        |         |       | 17    | UKS „Frog" Giżycko       |       |       |         | <b>4:32.67</b> | 525   |         |       |
|         | 50m:                | 30.15   | 30.15 | 150m: | 1:38.45                  | 34.82 | 250m: | 2:48.16 | 35.16          | 350m: | 3:58.84 | 34.86 |
|         | 100m:               | 1:03.63 | 33.48 | 200m: | 2:13.00                  | 34.55 | 300m: | 3:23.98 | 35.82          | 400m: | 4:32.67 | 33.83 |
| 27.     | WINKLER, Tomasz     |         |       | 17    | Sport Club Pardubice     |       |       |         | <b>4:34.64</b> | 514   |         |       |
|         | 50m:                | 29.80   | 29.80 | 150m: | 1:39.36                  | 34.98 | 250m: | 2:50.52 | 35.67          | 350m: | 4:00.95 | 35.03 |
|         | 100m:               | 1:04.38 | 34.58 | 200m: | 2:14.85                  | 35.49 | 300m: | 3:25.92 | 35.40          | 400m: | 4:34.64 | 33.69 |
| 28.     | BABRAJ, Mikołaj     |         |       | 17    | UKS SMS Galicja Kraków   |       |       |         | <b>4:39.78</b> | 486   |         |       |
|         | 50m:                | 29.75   | 29.75 | 150m: | 1:39.54                  | 35.60 | 250m: | 2:51.22 | 35.86          | 350m: | 4:03.81 | 36.46 |
|         | 100m:               | 1:03.94 | 34.19 | 200m: | 2:15.36                  | 35.82 | 300m: | 3:27.35 | 36.13          | 400m: | 4:39.78 | 35.97 |
| 29.     | NIEMCZURA, Wiktor   |         |       | 17    | UKP „Polonia Warszawa"   |       |       |         | <b>4:42.98</b> | 470   |         |       |
|         | 50m:                | 32.68   | 32.68 | 150m: | 1:44.74                  | 36.12 | 250m: | 2:57.58 | 36.36          | 350m: | 4:09.05 | 34.79 |
|         | 100m:               | 1:08.62 | 35.94 | 200m: | 2:21.22                  | 36.48 | 300m: | 3:34.26 | 36.68          | 400m: | 4:42.98 | 33.93 |
| 30.     | CZAŁBOWSKI, Mikołaj |         |       | 17    | UKS „Frog" Giżycko       |       |       |         | <b>4:45.99</b> | 455   |         |       |
|         | 50m:                | 31.12   | 31.12 | 150m: | 1:40.63                  | 35.65 | 250m: | 2:54.04 | 37.23          | 350m: | 4:09.91 | 38.36 |
|         | 100m:               | 1:04.98 | 33.86 | 200m: | 2:16.81                  | 36.18 | 300m: | 3:31.55 | 37.51          | 400m: | 4:45.99 | 36.08 |
| 31.     | PIETROWSKI, Julian  |         |       | 17    | UKS Nawa Skierniewice    |       |       |         | <b>4:52.43</b> | 426   |         |       |
|         | 50m:                | 31.30   | 31.30 | 150m: | 1:46.21                  | 37.56 | 250m: | 3:01.53 | 37.14          | 350m: | 4:16.28 | 36.81 |
|         | 100m:               | 1:08.65 | 37.35 | 200m: | 2:24.39                  | 38.18 | 300m: | 3:39.47 | 37.94          | 400m: | 4:52.43 | 36.15 |
| 32.     | BRODOWSKI, Michał   |         |       | 18    | UKS Nawa Skierniewice    |       |       |         | <b>4:59.32</b> | 397   |         |       |
|         | 50m:                | 33.45   | 33.45 | 150m: | 1:49.13                  | 37.63 | 250m: | 3:04.87 | 37.87          | 350m: | 4:21.54 | 38.35 |
|         | 100m:               | 1:11.50 | 38.05 | 200m: | 2:27.00                  | 37.87 | 300m: | 3:43.19 | 38.32          | 400m: | 4:59.32 | 37.78 |

16 lat

|    |                  |         |       |       |                      |       |       |         |       |                |         |       |
|----|------------------|---------|-------|-------|----------------------|-------|-------|---------|-------|----------------|---------|-------|
| 1. | BLUJ, Aleksander |         |       | 16    | UKS „GIM 92 Ursynów" |       |       |         |       | <b>4:05.49</b> | 720     |       |
|    | 50m:             | 28.55   | 28.55 | 150m: | 1:31.86              | 31.69 | 250m: | 2:34.22 | 30.81 | 350m:          | 3:36.51 | 30.47 |
|    | 100m:            | 1:00.17 | 31.62 | 200m: | 2:03.41              | 31.55 | 300m: | 3:06.04 | 31.82 | 400m:          | 4:05.49 | 28.98 |
| 2. | ZIELIŃSKI, Dawid |         |       | 16    | MKP Szczecin         |       |       |         |       | <b>4:21.84</b> | 593     |       |
|    | 50m:             | 29.57   | 29.57 | 150m: | 1:36.37              | 33.72 | 250m: | 2:44.06 | 33.59 | 350m:          | 3:50.73 | 32.85 |
|    | 100m:            | 1:02.65 | 33.08 | 200m: | 2:10.47              | 34.10 | 300m: | 3:17.88 | 33.82 | 400m:          | 4:21.84 | 31.11 |
| 3. | MIELCAREK, Filip |         |       | 16    | TP Skalar, Słupsk    |       |       |         |       | <b>4:23.00</b> | 585     |       |
|    | 50m:             | 30.18   | 30.18 | 150m: | 1:36.27              | 33.27 | 250m: | 2:43.56 | 33.58 | 350m:          | 3:51.00 | 33.50 |
|    | 100m:            | 1:03.00 | 32.82 | 200m: | 2:09.98              | 33.71 | 300m: | 3:17.50 | 33.94 | 400m:          | 4:23.00 | 32.00 |
| 4. | NADAJ, Filip     |         |       | 16    | UKS Żabianka Gdańsk  |       |       |         |       | <b>4:29.98</b> | 541     |       |
|    | 50m:             | 30.18   | 30.18 | 150m: | 1:38.11              | 34.59 | 250m: | 2:48.30 | 35.00 | 350m:          | 3:56.98 | 33.99 |
|    | 100m:            | 1:03.52 | 33.34 | 200m: | 2:13.30              | 35.19 | 300m: | 3:22.99 | 34.69 | 400m:          | 4:29.98 | 33.00 |

PGE Grand Prix Puchar Polski  
OLSZTYN, 12. - 13.4.2025

## Konkurencja 13, Chłopców, 400m dowolny, 16 lat

| Pozycja |                     |         |       | Wiek  |                                     |       |       |         | Czas           | Pkt.  |         |       |
|---------|---------------------|---------|-------|-------|-------------------------------------|-------|-------|---------|----------------|-------|---------|-------|
| 5.      | RUTKOWSKI, Bartosz  |         |       | 16    | St. KF KS „Fenix" Ożarów Mazowiecki |       |       |         | <b>4:32.03</b> | 529   |         |       |
|         | 50m:                | 29.88   | 29.88 | 150m: | 1:38.02                             | 34.44 | 250m: | 2:48.02 | 34.94          | 350m: | 3:57.71 | 34.47 |
|         | 100m:               | 1:03.58 | 33.70 | 200m: | 2:13.08                             | 35.06 | 300m: | 3:23.24 | 35.22          | 400m: | 4:32.03 | 34.32 |
| 6.      | SMYKIEWICZ, Mateusz |         |       | 16    | SKP Delfin Kozienice                |       |       |         | <b>4:35.88</b> | 507   |         |       |
|         | 50m:                | 31.04   | 31.04 | 150m: | 1:39.50                             | 34.16 | 250m: | 2:49.25 | 34.79          | 350m: | 4:00.35 | 35.77 |
|         | 100m:               | 1:05.34 | 34.30 | 200m: | 2:14.46                             | 34.96 | 300m: | 3:24.58 | 35.33          | 400m: | 4:35.88 | 35.53 |
| 7.      | FIFIELSKI, Kasjan   |         |       | 16    | UKS Tri-Team Rumia                  |       |       |         | <b>4:36.12</b> | 506   |         |       |
|         | 50m:                | 31.93   | 31.93 | 150m: | 1:41.16                             | 34.95 | 250m: | 2:52.19 | 35.56          | 350m: | 4:02.97 | 35.30 |
|         | 100m:               | 1:06.21 | 34.28 | 200m: | 2:16.63                             | 35.47 | 300m: | 3:27.67 | 35.48          | 400m: | 4:36.12 | 33.15 |
| 8.      | WIĘCEK, Patryk      |         |       | 16    | MKP Szczecin                        |       |       |         | <b>4:46.52</b> | 453   |         |       |
|         | 50m:                | 32.06   | 32.06 | 150m: | 1:44.63                             | 36.31 | 250m: | 2:58.12 | 36.64          | 350m: | 4:11.50 | 36.30 |
|         | 100m:               | 1:08.32 | 36.26 | 200m: | 2:21.48                             | 36.85 | 300m: | 3:35.20 | 37.08          | 400m: | 4:46.52 | 35.02 |
| 9.      | CIOŁEK, Dawid       |         |       | 16    | UKP „Polonia Warszawa"              |       |       |         | <b>5:05.83</b> | 372   |         |       |
|         | 50m:                | 31.70   | 31.70 | 150m: | 1:47.09                             | 38.76 | 250m: | 3:05.92 | 39.55          | 350m: | 4:26.11 | 40.22 |
|         | 100m:               | 1:08.33 | 36.63 | 200m: | 2:26.37                             | 39.28 | 300m: | 3:45.89 | 39.97          | 400m: | 5:05.83 | 39.72 |

## 15 lat

|    |                              |         |       |       |                           |       |       |         |       |                |         |       |
|----|------------------------------|---------|-------|-------|---------------------------|-------|-------|---------|-------|----------------|---------|-------|
| 1. | TARASEK, Igor                |         |       | 15    | UKS G-8 Bielany Warszawa  |       |       |         |       | <b>4:17.17</b> | 626     |       |
|    | 50m:                         | 30.01   | 30.01 | 150m: | 1:37.39                   | 33.72 | 250m: | 2:42.99 | 32.20 | 350m:          | 3:46.99 | 31.88 |
|    | 100m:                        | 1:03.67 | 33.66 | 200m: | 2:10.79                   | 33.40 | 300m: | 3:15.11 | 32.12 | 400m:          | 4:17.17 | 30.18 |
| 2. | KONOPKO, Michał              |         |       | 15    | UKS Aqua Team Mikołów     |       |       |         |       | <b>4:18.47</b> | 617     |       |
|    | 50m:                         | 28.37   | 28.37 | 150m: | 1:33.31                   | 33.16 | 250m: | 2:40.49 | 33.59 | 350m:          | 3:47.25 | 33.09 |
|    | 100m:                        | 1:00.15 | 31.78 | 200m: | 2:06.90                   | 33.59 | 300m: | 3:14.16 | 33.67 | 400m:          | 4:18.47 | 31.22 |
| 3. | TOPA, Daniel                 |         |       | 15    | MTP Kormoran Olsztyn      |       |       |         |       | <b>4:26.76</b> | 561     |       |
|    | 50m:                         | 30.13   | 30.13 | 150m: | 1:39.02                   | 34.44 | 250m: | 2:47.19 | 34.07 | 350m:          | 3:55.01 | 33.95 |
|    | 100m:                        | 1:04.58 | 34.45 | 200m: | 2:13.12                   | 34.10 | 300m: | 3:21.06 | 33.87 | 400m:          | 4:26.76 | 31.75 |
| 4. | CHABOWSKI-PALONKA, Krzysztof |         |       | 15    | MKP Szczecin              |       |       |         |       | <b>4:30.04</b> | 541     |       |
|    | 50m:                         | 30.65   | 30.65 | 150m: | 1:39.80                   | 35.20 | 250m: | 2:48.62 | 34.56 | 350m:          | 3:57.13 | 33.97 |
|    | 100m:                        | 1:04.60 | 33.95 | 200m: | 2:14.06                   | 34.26 | 300m: | 3:23.16 | 34.54 | 400m:          | 4:30.04 | 32.91 |
| 5. | GRABOWSKI, Wojciech          |         |       | 15    | UKP „Polonia Warszawa"    |       |       |         |       | <b>4:32.96</b> | 524     |       |
|    | 50m:                         | 30.78   | 30.78 | 150m: | 1:40.15                   | 35.06 | 250m: | 2:50.45 | 34.66 | 350m:          | 3:59.38 | 33.90 |
|    | 100m:                        | 1:05.09 | 34.31 | 200m: | 2:15.79                   | 35.64 | 300m: | 3:25.48 | 35.03 | 400m:          | 4:32.96 | 33.58 |
| 6. | GARMAN, Maksymilian          |         |       | 15    | Uks Ig Falkowski Warszawa |       |       |         |       | <b>4:38.73</b> | 492     |       |
|    | 50m:                         | 31.14   | 31.14 | 150m: | 1:40.74                   | 35.43 | 250m: | 2:52.88 | 36.10 | 350m:          | 4:04.92 | 35.98 |
|    | 100m:                        | 1:05.31 | 34.17 | 200m: | 2:16.78                   | 36.04 | 300m: | 3:28.94 | 36.06 | 400m:          | 4:38.73 | 33.81 |
| 7. | GRABIŃSKI, Tymon             |         |       | 15    | UKS G-8 Bielany Warszawa  |       |       |         |       | <b>4:39.81</b> | 486     |       |
|    | 50m:                         | 29.19   | 29.19 | 150m: | 1:39.00                   | 36.01 | 250m: | 2:53.25 | 37.90 | 350m:          | 4:04.63 | 34.82 |
|    | 100m:                        | 1:02.99 | 33.80 | 200m: | 2:15.35                   | 36.35 | 300m: | 3:29.81 | 36.56 | 400m:          | 4:39.81 | 35.18 |
| 8. | GRĄDZIK, Olaf                |         |       | 15    | Klub Pływacki Ciechanów   |       |       |         |       | <b>4:44.75</b> | 461     |       |
|    | 50m:                         | 30.83   | 30.83 | 150m: | 1:42.10                   | 36.48 | 250m: | 2:54.76 | 36.39 | 350m:          | 4:09.03 | 36.70 |
|    | 100m:                        | 1:05.62 | 34.79 | 200m: | 2:18.37                   | 36.27 | 300m: | 3:32.33 | 37.57 | 400m:          | 4:44.75 | 35.72 |
| 9. | PARDO, Kornel                |         |       | 15    | UKS „Frog" Giżycko        |       |       |         |       | <b>5:00.56</b> | 392     |       |
|    | 50m:                         | 32.39   | 32.39 | 150m: | 1:48.04                   | 38.71 | 250m: | 3:04.94 | 38.31 | 350m:          | 4:22.67 | 39.65 |
|    | 100m:                        | 1:09.33 | 36.94 | 200m: | 2:26.63                   | 38.59 | 300m: | 3:43.02 | 38.08 | 400m:          | 5:00.56 | 37.89 |



PGE Grand Prix Puchar Polski  
OLSZTYN, 12. - 13.4.2025

Konkurencja 13, Mężczyzn, 400m dowolny

14 lat

|                          |                     |                        |                     |     |
|--------------------------|---------------------|------------------------|---------------------|-----|
| 1. MIZGALSKI, Tymoteusz  | 14                  | KS Warta Poznań        | <b>4:18.35</b>      | 618 |
| 50m: 29.98 29.98         | 150m: 1:35.39 32.98 | 250m: 2:42.09 33.53    | 350m: 3:48.01 32.84 |     |
| 100m: 1:02.41 32.43      | 200m: 2:08.56 33.17 | 300m: 3:15.17 33.08    | 400m: 4:18.35 30.34 |     |
| 2. SKŁODOWSKI, Jan       | 14                  | MKS Jedyńka Łódź       | <b>4:19.79</b>      | 607 |
| 50m: 29.46 29.46         | 150m: 1:35.24 32.92 | 250m: 2:41.30 32.91    | 350m: 3:47.81 33.11 |     |
| 100m: 1:02.32 32.86      | 200m: 2:08.39 33.15 | 300m: 3:14.70 33.40    | 400m: 4:19.79 31.98 |     |
| 3. ŁUKASZEWICZ, Michał   | 14                  | UKP „Polonia Warszawa” | <b>4:37.22</b>      | 500 |
| 50m: 31.78 31.78         | 150m: 1:43.34 35.49 | 250m: 2:53.95 35.03    | 350m: 4:03.96 34.69 |     |
| 100m: 1:07.85 36.07      | 200m: 2:18.92 35.58 | 300m: 3:29.27 35.32    | 400m: 4:37.22 33.26 |     |
| 4. ŁUNIEWSKI, Tymoteusz  | 14                  | TP Skalar, Słupsk      | <b>4:42.55</b>      | 472 |
| 50m: 31.47 31.47         | 150m: 1:43.26 35.74 | 250m: 2:57.34 36.89    | 350m: 4:11.21 37.03 |     |
| 100m: 1:07.52 36.05      | 200m: 2:20.45 37.19 | 300m: 3:34.18 36.84    | 400m: 4:42.55 31.34 |     |
| 5. MAZUR, Kajetan        | 14                  | Dwójka Morena Gdańsk   | <b>4:44.66</b>      | 462 |
| 50m: 31.44 31.44         | 150m: 1:43.37 36.72 | 250m: 2:56.44 36.25    | 350m: 4:09.57 36.48 |     |
| 100m: 1:06.65 35.21      | 200m: 2:20.19 36.82 | 300m: 3:33.09 36.65    | 400m: 4:44.66 35.09 |     |
| 6. DEREDAS, Stanisław    | 14                  | UKS 190 Łódź           | <b>4:44.68</b>      | 461 |
| 50m: 33.19 33.19         | 150m: 1:46.56 36.93 | 250m: 2:59.46 36.14    | 350m: 4:10.16 34.81 |     |
| 100m: 1:09.63 36.44      | 200m: 2:23.32 36.76 | 300m: 3:35.35 35.89    | 400m: 4:44.68 34.52 |     |
| 7. MENDAKIEWICZ, Mikołaj | 14                  | UKS 190 Łódź           | <b>4:45.46</b>      | 458 |
| 50m: 33.36 33.36         | 150m: 1:46.01 36.51 | 250m: 2:58.98 36.11    | 350m: 4:10.83 35.30 |     |
| 100m: 1:09.50 36.14      | 200m: 2:22.87 36.86 | 300m: 3:35.53 36.55    | 400m: 4:45.46 34.63 |     |