



Ministerstwo
Sportu i Turystyki



PATRONAT HONOROWY
Prezydent Olsztyna
Robert Lichajewski

MISTRZOSTWA POLSKI W KATEGORII OPEN
OLSZTYN, 21. - 24.4.2026

Konkurencja 18
22.04.2026 - 19:00

M czyzn, 400m zmienny

Open
Wyniki Finał

Rekord Polski 4:12.28 MATCZAK Mateusz 00905 Belgrade (SRB) 2009
Min. kwal. ME Juniorów Monachium 14 - 16: 4:30.64; 17 - 18: 4:27.96 / Min. kwal. ME Seniorów Pary (Min A) : 4:20.05 /
Min. kwal. ME Seniorów Pary (Min B) - 19: 4:22.62

Punkty: AQUA 2026

Pozycja Rok ur. Czas Pkt.

Finał A

1.	SUCHA SKI Filip	05	KU AZS UMCS Lublin	4:25.07	765
	50m: 26.46 26.46	150m: 1:32.06 34.86	250m: 2:45.44 40.40	350m: 3:55.22 30.39	
	100m: 57.20 30.74	200m: 2:05.04 32.98	300m: 3:24.83 39.39	400m: 4:25.07 29.85	
2.	KLONOWSKI Mikołaj	07	St. KP Olimpia wiecie	4:25.51	761
	50m: 27.25 27.25	150m: 1:34.02 35.09	250m: 2:45.68 37.03	350m: 3:55.04 31.31	
	100m: 58.93 31.68	200m: 2:08.65 34.63	300m: 3:23.73 38.05	400m: 4:25.51 30.47	
3.	MAJOR Erik	07	MKS Park Wodny Tarnowskie Góry	4:26.28	755
	50m: 27.60 27.60	150m: 1:34.91 35.25	250m: 2:48.12 38.13	350m: 3:57.69 30.28	
	100m: 59.66 32.06	200m: 2:09.99 35.08	300m: 3:27.41 39.29	400m: 4:26.28 28.59	
4.	WIRASZKA Piotr	09	UKS GIM 92 Ursynów	4:26.74	751
	<i>Minimum kwal. na MEJ Monachium</i>				
	50m: 27.63 27.63	150m: 1:34.95 34.80	250m: 2:47.28 37.29	350m: 3:56.47 30.21	
	100m: 1:00.15 32.52	200m: 2:09.99 35.04	300m: 3:26.26 38.98	400m: 4:26.74 30.27	
5.	TARASIEWICZ Piotr	09	UKP Polonia Warszawa	4:28.89	733
	50m: 28.15 28.15	150m: 1:36.90 36.11	250m: 2:49.27 37.16	350m: 3:58.17 30.61	
	100m: 1:00.79 32.64	200m: 2:12.11 35.21	300m: 3:27.56 38.29	400m: 4:28.89 30.72	
6.	TARCZY SKI Bartosz	07	UKS 190 Łód	4:29.07	732
	50m: 27.95 27.95	150m: 1:36.75 36.01	250m: 2:48.57 36.76	350m: 3:58.66 31.99	
	100m: 1:00.74 32.79	200m: 2:11.81 35.06	300m: 3:26.67 38.10	400m: 4:29.07 30.41	
7.	PAPUGA Grzegorz	11	UKS 190 Łód	4:33.15	699
	50m: 28.31 28.31	150m: 1:36.61 36.21	250m: 2:49.67 37.14	350m: 4:01.27 33.42	
	100m: 1:00.40 32.09	200m: 2:12.53 35.92	300m: 3:27.85 38.18	400m: 4:33.15 31.88	
8.	HALKIEWICZ Maciej	08	UKS Omega Olkusz	4:35.73	680
	50m: 27.11 27.11	150m: 1:35.78 36.24	250m: 2:51.42 39.49	350m: 4:03.69 32.13	
	100m: 59.54 32.43	200m: 2:11.93 36.15	300m: 3:31.56 40.14	400m: 4:35.73 32.04	
9.	KRY Radosław	07	MKP Szczecin	4:37.93	664
	50m: 28.66 28.66	150m: 1:37.48 35.91	250m: 2:53.88 40.41	350m: 4:07.06 32.25	
	100m: 1:01.57 32.91	200m: 2:13.47 35.99	300m: 3:34.81 40.93	400m: 4:37.93 30.87	
10.	LUTOMSKI Jan	10	O AZS w Poznaniu	4:44.16	621
	50m: 29.52 29.52	150m: 1:41.19 36.99	250m: 2:57.68 40.12	350m: 4:11.99 32.85	
	100m: 1:04.20 34.68	200m: 2:17.56 36.37	300m: 3:39.14 41.46	400m: 4:44.16 32.17	

Finał B

11.	SUSLIK Adam	11	UKS GIM 92 Ursynów	4:39.02	656
	50m: 29.82 29.82	150m: 1:40.30 36.65	250m: 2:56.12 40.13	350m: 4:08.31 31.58	
	100m: 1:03.65 33.83	200m: 2:15.99 35.69	300m: 3:36.73 40.61	400m: 4:39.02 30.71	
12.	ZIELI SKI Szymon	09	MKP Szczecin	4:40.04	649
	50m: 28.48 28.48	150m: 1:39.63 37.32	250m: 2:55.40 39.16	350m: 4:08.90 32.46	
	100m: 1:02.31 33.83	200m: 2:16.24 36.61	300m: 3:36.44 41.04	400m: 4:40.04 31.14	
13.	BORUSZEWSKI Filip	07	UKS SP-149 Łód	4:41.82	637
	50m: 28.15 28.15	150m: 1:37.43 35.74	250m: 2:54.21 40.78	350m: 4:09.27 34.54	
	100m: 1:01.69 33.54	200m: 2:13.43 36.00	300m: 3:34.73 40.52	400m: 4:41.82 32.55	
14.	ZAWOLIK Szymon	08	CSiR MOS w D browie Górniczej	4:44.06	622
	50m: 29.07 29.07	150m: 1:40.72 39.34	250m: 2:57.95 39.26	350m: 4:11.01 33.89	
	100m: 1:01.38 32.31	200m: 2:18.69 37.97	300m: 3:37.12 39.17	400m: 4:44.06 33.05	



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PAISOWE KONKURENCE
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Konkurencja 18, M cyczn, 400m zmienny, Finał, Open

Pozycja					Rok ur.					Czas	Pkt.	
15.	DZIEDZIC Michał				09	UKS ORKA Luba				4:45.47	612	
	50m:	28.32	28.32	150m:	1:39.99	37.99	250m:	2:57.85	40.71	350m:	4:13.04	32.44
	100m:	1:02.00	33.68	200m:	2:17.14	37.15	300m:	3:40.60	42.75	400m:	4:45.47	32.43
16.	PORWIK Kacper				06	AZS KU Politechniki Opolskiej				4:51.43	576	
	50m:	29.54	29.54	150m:	1:43.03	38.65	250m:	3:02.31	41.69	350m:	4:18.20	34.05
	100m:	1:04.38	34.84	200m:	2:20.62	37.59	300m:	3:44.15	41.84	400m:	4:51.43	33.23
17.	MISZTAL Olaf				10	KS Korona 1919				4:52.28	571	
	50m:	30.40	30.40	150m:	1:45.67	38.66	250m:	3:03.56	40.04	350m:	4:18.48	34.68
	100m:	1:07.01	36.61	200m:	2:23.52	37.85	300m:	3:43.80	40.24	400m:	4:52.28	33.80
18.	PAWLAK Dawid				08	UKS 190 Łód				4:55.53	552	
	50m:	30.01	30.01	150m:	1:45.59	39.55	250m:	3:05.77	42.36	350m:	4:22.82	33.25
	100m:	1:06.04	36.03	200m:	2:23.41	37.82	300m:	3:49.57	43.80	400m:	4:55.53	32.71
19.	MIZGALSKI Kacper				09	KS Poznań Pozna				4:58.94	533	
	50m:	29.48	29.48	150m:	1:45.40	39.69	250m:	3:06.09	41.75	350m:	4:24.95	35.60
	100m:	1:05.71	36.23	200m:	2:24.34	38.94	300m:	3:49.35	43.26	400m:	4:58.94	33.99
20.	OSTASZEWSKI Szymon				10	UKS GIM 92 Ursynów				5:00.71	524	
	50m:	30.11	30.11	150m:	1:45.07	38.39	250m:	3:07.80	43.96	350m:	4:26.28	34.67
	100m:	1:06.68	36.57	200m:	2:23.84	38.77	300m:	3:51.61	43.81	400m:	5:00.71	34.43