



Ministerstwo
Sportu i Turystyki



PAISICZAK HENRIKOWSKI
Prezydent Olsztyna
Robert Szewczyk

MISTRZOSTWA POLSKI W KATEGORII OPEN
OLSZTYN, 21. - 24.4.2026

Konkurencja 28
23.04.2026 - 19:04

M czynn, 400m dowolny

Open
Wyniki Finał

Rekord Polski 3:45.71 STANCZYK Przemyslaw 00116 Chiba (JPN) 2007
Min. kwal. ME Juniorów Monachium 14 - 16: 3:59.09; 17 - 18: 3:56.72 / Min. kwal. ME Seniorów Pary (Min A) : 3:50.43 /
Min. kwal. ME Seniorów Pary (Min B) - 19: 3:52.71

Punkty: AQUA 2026

Pozycja Rok ur. Czas Pkt.

Finał A

| | | | | | | |
|---------------------------------------|--------------------|-------|---------------|---------------------------------------|----------------|-------|
| 1. | LITOBORSKI Mikołaj | 08 | O | AZS w Poznaniu | 3:53.94 | 831 |
| <i>Minimum kwal. na MEJ Monachium</i> | | | | | | |
| | 50m: 27.37 | 27.37 | 150m: 1:27.70 | 30.55 | 250m: 2:27.80 | 29.30 |
| | 100m: 57.15 | 29.78 | 200m: 1:58.50 | 30.80 | 300m: 2:57.26 | 29.46 |
| | | | | | 350m: 3:26.01 | 28.75 |
| | | | | | 400m: 3:53.94 | 27.93 |
| 2. | WALTER Jakub | 04 | | UKP Unia O wi cim | 3:56.81 | 801 |
| | 50m: 26.85 | 26.85 | 150m: 1:26.67 | 30.05 | 250m: 2:27.43 | 30.29 |
| | 100m: 56.62 | 29.77 | 200m: 1:57.14 | 30.47 | 300m: 2:57.82 | 30.39 |
| | | | | | 350m: 3:27.81 | 29.99 |
| | | | | | 400m: 3:56.81 | 29.00 |
| 3. | FILIPIAK Mikołaj | 06 | | KS Barrakuda Gda sk | 3:57.52 | 794 |
| | 50m: 26.96 | 26.96 | 150m: 1:27.76 | 30.89 | 250m: 2:29.32 | 30.65 |
| | 100m: 56.87 | 29.91 | 200m: 1:58.67 | 30.91 | 300m: 2:59.76 | 30.44 |
| | | | | | 350m: 3:28.94 | 29.18 |
| | | | | | 400m: 3:57.52 | 28.58 |
| 4. | RADKIEWICZ Kajetan | 05 | | Klub Uczelniany AZS Uniwersytetu Wars | 3:58.26 | 786 |
| | 50m: 27.37 | 27.37 | 150m: 1:27.73 | 30.38 | 250m: 2:28.67 | 30.28 |
| | 100m: 57.35 | 29.98 | 200m: 1:58.39 | 30.66 | 300m: 2:59.23 | 30.56 |
| | | | | | 350m: 3:29.21 | 29.98 |
| | | | | | 400m: 3:58.26 | 29.05 |
| 5. | CIBA Mateusz | 08 | | MKP Szczecin | 3:58.70 | 782 |
| | 50m: 27.79 | 27.79 | 150m: 1:28.41 | 30.33 | 250m: 2:29.50 | 30.47 |
| | 100m: 58.08 | 30.29 | 200m: 1:59.03 | 30.62 | 300m: 2:59.86 | 30.36 |
| | | | | | 350m: 3:29.84 | 29.98 |
| | | | | | 400m: 3:58.70 | 28.86 |
| 6. | HEBEL Maciej | 05 | | AZS AWF Katowice | 3:59.28 | 776 |
| | 50m: 27.20 | 27.20 | 150m: 1:27.38 | 30.34 | 250m: 2:28.72 | 30.56 |
| | 100m: 57.04 | 29.84 | 200m: 1:58.16 | 30.78 | 300m: 2:58.54 | 29.82 |
| | | | | | 350m: 3:28.82 | 30.28 |
| | | | | | 400m: 3:59.28 | 30.46 |
| 7. | GNACZY SKI Michał | 07 | | MKP Szczecin | 3:59.46 | 775 |
| | 50m: 27.98 | 27.98 | 150m: 1:28.22 | 30.33 | 250m: 2:29.89 | 30.89 |
| | 100m: 57.89 | 29.91 | 200m: 1:59.00 | 30.78 | 300m: 3:00.66 | 30.77 |
| | | | | | 350m: 3:30.94 | 30.28 |
| | | | | | 400m: 3:59.46 | 28.52 |
| 8. | KACZMAREK Mikołaj | 11 | | UKS GIM 92 Ursynów | 3:59.71 | 772 |
| | 50m: 27.44 | 27.44 | 150m: 1:28.67 | 30.73 | 250m: 2:30.24 | 30.50 |
| | 100m: 57.94 | 30.50 | 200m: 1:59.74 | 31.07 | 300m: 3:00.94 | 30.70 |
| | | | | | 350m: 3:31.00 | 30.06 |
| | | | | | 400m: 3:59.71 | 28.71 |
| 9. | JANISZEWSKI Fabian | 09 | | UKS 190 Łód | 4:02.22 | 748 |
| | 50m: 27.70 | 27.70 | 150m: 1:27.95 | 30.25 | 250m: 2:29.88 | 31.01 |
| | 100m: 57.70 | 30.00 | 200m: 1:58.87 | 30.92 | 300m: 3:01.26 | 31.38 |
| | | | | | 350m: 3:32.32 | 31.06 |
| | | | | | 400m: 4:02.22 | 29.90 |
| 10. | BLUJ Aleksander | 09 | | UKS GIM 92 Ursynów | 4:02.86 | 742 |
| | 50m: 27.16 | 27.16 | 150m: 1:27.12 | 30.26 | 250m: 2:29.30 | 31.01 |
| | 100m: 56.86 | 29.70 | 200m: 1:58.29 | 31.17 | 300m: 3:00.58 | 31.28 |
| | | | | | 350m: 3:31.92 | 31.34 |
| | | | | | 400m: 4:02.86 | 30.94 |

Finał B

| | | | | | | |
|-----|-----------------|-------|---------------|-------------------|----------------|-------|
| 11. | TARASEK Igor | 10 | | UKP Unia O wi cim | 3:59.27 | 776 |
| | 50m: 27.58 | 27.58 | 150m: 1:26.63 | 30.05 | 250m: 2:27.77 | 30.88 |
| | 100m: 56.58 | 29.00 | 200m: 1:56.89 | 30.26 | 300m: 2:58.80 | 31.03 |
| | | | | | 350m: 3:29.69 | 30.89 |
| | | | | | 400m: 3:59.27 | 29.58 |
| 12. | ZALEWSKI Jacek | 06 | | O AZS w Poznaniu | 4:04.23 | 730 |
| | 50m: 28.00 | 28.00 | 150m: 1:30.35 | 31.49 | 250m: 2:32.73 | 30.84 |
| | 100m: 58.86 | 30.86 | 200m: 2:01.89 | 31.54 | 300m: 3:03.76 | 31.03 |
| | | | | | 350m: 3:34.32 | 30.56 |
| | | | | | 400m: 4:04.23 | 29.91 |
| 13. | STACHOWIAK Adam | 10 | | MKP Szczecin | 4:07.79 | 699 |
| | 50m: 28.70 | 28.70 | 150m: 1:31.84 | 31.76 | 250m: 2:35.57 | 31.66 |
| | 100m: 1:00.08 | 31.38 | 200m: 2:03.91 | 32.07 | 300m: 3:07.23 | 31.66 |
| | | | | | 350m: 3:38.22 | 30.99 |
| | | | | | 400m: 4:07.79 | 29.57 |
| 14. | PAKUŁA Patryk | 08 | | UKS Shark Rudna | 4:08.43 | 694 |
| | 50m: 28.29 | 28.29 | 150m: 1:30.52 | 31.25 | 250m: 2:33.90 | 31.66 |
| | 100m: 59.27 | 30.98 | 200m: 2:02.24 | 31.72 | 300m: 3:05.56 | 31.66 |
| | | | | | 350m: 3:36.87 | 31.31 |
| | | | | | 400m: 4:08.43 | 31.56 |



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PATRONAT HONOROWY
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MISTRZOSTWA POLSKI W KATEGORII OPEN
OLSZTYN, 21. - 24.4.2026

Konkurencja 28, M cyczna, 400m dowolny, Finał, Open

| Pozycja | | | | | Rok ur. | | | | | Czas | Pkt. | |
|---------|------------------------|---------|-------|-------|---------|------------------------------------|-------|---------|-------|----------------|---------|-------|
| 15. | PONIEWA Oliwier | | | | 07 | KU AZS UMCS Lublin | | | | 4:08.53 | 693 | |
| | 50m: | 27.80 | 27.80 | 150m: | 1:29.00 | 31.03 | 250m: | 2:31.97 | 31.73 | 350m: | 3:37.14 | 32.56 |
| | 100m: | 57.97 | 30.17 | 200m: | 2:00.24 | 31.24 | 300m: | 3:04.58 | 32.61 | 400m: | 4:08.53 | 31.39 |
| 16. | KORONA Eryk | | | | 09 | MKP Szczecin | | | | 4:08.90 | 690 | |
| | 50m: | 28.86 | 28.86 | 150m: | 1:31.99 | 31.76 | 250m: | 2:35.80 | 31.76 | 350m: | 3:39.46 | 31.44 |
| | 100m: | 1:00.23 | 31.37 | 200m: | 2:04.04 | 32.05 | 300m: | 3:08.02 | 32.22 | 400m: | 4:08.90 | 29.44 |
| 17. | JABŁO SKI Bartłomiej | | | | 07 | AZS KU Politechniki Opolskiej | | | | 4:09.91 | 681 | |
| | 50m: | 28.08 | 28.08 | 150m: | 1:28.76 | 30.75 | 250m: | 2:32.43 | 32.19 | 350m: | 3:37.87 | 32.58 |
| | 100m: | 58.01 | 29.93 | 200m: | 2:00.24 | 31.48 | 300m: | 3:05.29 | 32.86 | 400m: | 4:09.91 | 32.04 |
| 18. | KOZAKIEWICZ Aleksander | | | | 07 | Mokotowski UKP Warszawianka- Wodny | | | | 4:09.92 | 681 | |
| | 50m: | 28.56 | 28.56 | 150m: | 1:32.15 | 32.04 | 250m: | 2:36.59 | 31.79 | 350m: | 3:39.85 | 30.98 |
| | 100m: | 1:00.11 | 31.55 | 200m: | 2:04.80 | 32.65 | 300m: | 3:08.87 | 32.28 | 400m: | 4:09.92 | 30.07 |
| 19. | NAWOJCZYK Michał | | | | 09 | KU AZS UMCS Lublin | | | | 4:11.89 | 665 | |
| | 50m: | 27.84 | 27.84 | 150m: | 1:29.46 | 31.48 | 250m: | 2:33.87 | 32.28 | 350m: | 3:39.72 | 33.10 |
| | 100m: | 57.98 | 30.14 | 200m: | 2:01.59 | 32.13 | 300m: | 3:06.62 | 32.75 | 400m: | 4:11.89 | 32.17 |
| 20. | TOPA Daniel | | | | 10 | MTP Kormoran Olsztyn | | | | 4:12.89 | 658 | |
| | 50m: | 28.36 | 28.36 | 150m: | 1:31.59 | 31.87 | 250m: | 2:36.28 | 32.20 | 350m: | 3:41.35 | 32.64 |
| | 100m: | 59.72 | 31.36 | 200m: | 2:04.08 | 32.49 | 300m: | 3:08.71 | 32.43 | 400m: | 4:12.89 | 31.54 |