



Letnie Mistrzostwa Polski Juniorów Młodszych 14-lat w pływaniu
Olsztyn, 09. - 12.07.2026r.

Konkurencja 7

Chłopców, 400m zmienny

14 lat

10.07.2026 - 17:23

Wyniki Finał

Rekod Polski Open	4:12.28	MATCZAK Mateusz	POL	Belgrade (SRB)	11.07.2009
Rekod Polski 14	4:39.38	SOBEK Nikodem	POL	Berlin (GER)	16.12.2016

Punkty: AQUA 2026

Posycja		Rok ur.			Czas	Pkt.		100m	200m	300m	400m
Finał A											
1.	CYZ Maciej	12	KS Korona 1919 Kraków		4:48.99	590		1:08.18	1:15.60	1:21.62	1:03.59
	50m: 31.54	31.54	150m: 1:46.62	38.44	250m: 3:03.98		40.20	350m: 4:17.67		32.27	
	100m: 1:08.18	36.64	200m: 2:23.78	37.16	300m: 3:45.40		41.42	400m: 4:48.99		31.32	
2.	OGÓREK Mariusz	12	MKP Szczecin		4:53.91	561		1:07.72	1:17.46	1:21.91	1:06.82
	50m: 31.16	31.16	150m: 1:47.15	39.43	250m: 3:06.10		40.92	350m: 4:21.43		34.34	
	100m: 1:07.72	36.56	200m: 2:25.18	38.03	300m: 3:47.09		40.99	400m: 4:53.91		32.48	
3.	PRĘDKI Karol	12	Toruński MKS CHAMPIONS		4:56.95	544		1:08.44	1:17.59	1:25.64	1:05.28
	50m: 31.35	31.35	150m: 1:48.03	39.59	250m: 3:08.61		42.58	350m: 4:25.11		33.44	
	100m: 1:08.44	37.09	200m: 2:26.03	38.00	300m: 3:51.67		43.06	400m: 4:56.95		31.84	
4.	TRUDNOS Gabriel	12	UKS 190 Łódź		4:59.56	530		1:06.72	1:18.52	1:26.48	1:07.84
	50m: 30.92	30.92	150m: 1:46.86	40.14	250m: 3:08.09		42.85	350m: 4:25.92		34.20	
	100m: 1:06.72	35.80	200m: 2:25.24	38.38	300m: 3:51.72		43.63	400m: 4:59.56		33.64	
5.	GÓRECKI Stanisław	12	MKS Jedynka Łódź		5:04.01	507		1:09.23	1:16.59	1:28.91	1:09.28
	50m: 32.05	32.05	150m: 1:48.27	39.04	250m: 3:10.33		44.51	350m: 4:29.86		35.13	
	100m: 1:09.23	37.18	200m: 2:25.82	37.55	300m: 3:54.73		44.40	400m: 5:04.01		34.15	
6.	BIEGALSKI Grzegorz	12	UKS Siódemka Gdynia		5:04.45	505		1:08.97	1:17.59	1:27.53	1:10.36
	50m: 31.19	31.19	150m: 1:48.29	39.32	250m: 3:10.29		43.73	350m: 4:30.87		36.78	
	100m: 1:08.97	37.78	200m: 2:26.56	38.27	300m: 3:54.09		43.80	400m: 5:04.45		33.58	
7.	NAPIÓRA Aleksander	12	UKS SP-149 Łódź		5:05.53	500		1:07.99	1:23.54	1:25.64	1:08.36
	50m: 31.34	31.34	150m: 1:50.86	42.87	250m: 3:13.53		42.00	350m: 4:32.38		35.21	
	100m: 1:07.99	36.65	200m: 2:31.53	40.67	300m: 3:57.17		43.64	400m: 5:05.53		33.15	
8.	GÓRA Wiktor	12	Grudziądzki KP „Orka”		5:06.10	497		1:07.55	1:19.85	1:29.39	1:09.31
	50m: 31.15	31.15	150m: 1:48.22	40.67	250m: 3:11.61		44.21	350m: 4:32.24		35.45	
	100m: 1:07.55	36.40	200m: 2:27.40	39.18	300m: 3:56.79		45.18	400m: 5:06.10		33.86	
9.	GRZESIAK Filip	12	UKS „Sokół-Mościce” Tarnów		5:06.48	495		1:10.42	1:23.68	1:24.10	1:08.28
	50m: 32.07	32.07	150m: 1:52.43	42.01	250m: 3:15.50		41.40	350m: 4:33.32		35.12	
	100m: 1:10.42	38.35	200m: 2:34.10	41.67	300m: 3:58.20		42.70	400m: 5:06.48		33.16	
10.	GROCHALA Aleks	12	UKS „GIM 92 Ursynów”		5:16.38	450		1:10.51	1:20.92	1:32.59	1:12.36
	50m: 31.84	31.84	150m: 1:51.44	40.93	250m: 3:17.35		45.92	350m: 4:40.80		36.78	
	100m: 1:10.51	38.67	200m: 2:31.43	39.99	300m: 4:04.02		46.67	400m: 5:16.38		35.58	
Finał B											
11.	WACHOWSKI M.	12	MKS Ochota Warszawa		4:59.77	529		1:08.50	1:18.98	1:23.45	1:08.84
	50m: 31.24	31.24	150m: 1:48.64	40.14	250m: 3:08.64		41.16	350m: 4:25.20		34.27	
	100m: 1:08.50	37.26	200m: 2:27.48	38.84	300m: 3:50.93		42.29	400m: 4:59.77		34.57	
12.	KRAWCZYK Jakub	12	Dwójka Morena Gdańsk		5:09.58	480		1:10.60	1:22.05	1:24.15	1:12.78
	50m: 32.32	32.32	150m: 1:52.08	41.48	250m: 3:13.87		41.22	350m: 4:34.37		37.57	
	100m: 1:10.60	38.28	200m: 2:32.65	40.57	300m: 3:56.80		42.93	400m: 5:09.58		35.21	
13.	CHUDOBA Karol	12	UKS SMS Galicja Kraków		5:12.33	468		1:08.50	1:25.55	1:31.76	1:06.52
	50m: 31.30	31.30	150m: 1:52.18	43.68	250m: 3:19.51		45.46	350m: 4:39.81		34.00	
	100m: 1:08.50	37.20	200m: 2:34.05	41.87	300m: 4:05.81		46.30	400m: 5:12.33		32.52	
14.	LECHT Jeremiasz	12	Swim Team MOSiR Kędzierzyna		5:15.55	453		1:10.32	1:21.55	1:29.62	1:14.06
	50m: 32.35	32.35	150m: 1:51.38	41.06	250m: 3:15.76		43.89	350m: 4:39.39		37.90	
	100m: 1:10.32	37.97	200m: 2:31.87	40.49	300m: 4:01.49		45.73	400m: 5:15.55		36.16	
15.	TUNKIEWICZ Piotr	12	MTP Kormoran Olsztyn		5:16.29	450		1:09.65	1:21.77	1:34.29	1:10.58
	50m: 32.14	32.14	150m: 1:50.95	41.30	250m: 3:17.36		45.94	350m: 4:41.71		36.00	
	100m: 1:09.65	37.51	200m: 2:31.42	40.47	300m: 4:05.71		48.35	400m: 5:16.29		34.58	
16.	GRABOWSKI Hubert	12	UKS „Ósemka” Toruń		5:17.48	445		1:08.32	1:22.78	1:33.20	1:13.18
	50m: 31.60	31.60	150m: 1:50.38	42.06	250m: 3:16.75		45.65	350m: 4:41.59		37.29	
	100m: 1:08.32	36.72	200m: 2:31.10	40.72	300m: 4:04.30		47.55	400m: 5:17.48		35.89	
17.	BOCHENEK Olaf	12	MKS MOS Katowice		5:21.14	430		1:11.44	1:23.63	1:32.73	1:13.34
	50m: 32.64	32.64	150m: 1:54.56	43.12	250m: 3:21.57		46.50	350m: 4:45.96		38.16	
	100m: 1:11.44	38.80	200m: 2:35.07	40.51	300m: 4:07.80		46.23	400m: 5:21.14		35.18	
18.	JASKÓLSKI Szymon	12	UKP „Ruda Śląska”		5:21.34	429		1:10.43	1:25.11	1:34.30	1:11.50
	50m: 32.14	32.14	150m: 1:53.32	42.89	250m: 3:22.03		46.49	350m: 4:46.18		36.34	
	100m: 1:10.43	38.29	200m: 2:35.54	42.22	300m: 4:09.84		47.81	400m: 5:21.34		35.16	



PREZYSTAWIENIE
Prezydent Olsztyna
Robert Sawicki

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Pozycja			Rok ur.			Czas	Pkt.	100m	200m	300m	400m	
19.	RAC Mikołaj		12	MTP Kormoran Olsztyn		5:25.69	412	1:11.11	1:24.82	1:36.75	1:13.01	
	50m:	33.23	33.23	150m:	1:54.50	43.39	250m:	3:23.81	47.88	350m:	4:49.92	37.24
	100m:	1:11.11	37.88	200m:	2:35.93	41.43	300m:	4:12.68	48.87	400m:	5:25.69	35.77
20.	WĘGLARZ Filip		12	UKS Ósemka Oświęcim		5:28.35	402	1:16.03	1:21.30	1:40.08	1:10.94	
	50m:	34.55	34.55	150m:	1:57.18	41.15	250m:	3:27.72	50.39	350m:	4:53.98	36.57
	100m:	1:16.03	41.48	200m:	2:37.33	40.15	300m:	4:17.41	49.69	400m:	5:28.35	34.37