



Otwarte Mistrzostwa Okręgu Lubuskiego 2025
Zielona Góra, 14.6.2025



Konkurencja 26
14.06.2025 - 14:00

Mężczyzn, 400m dowolny

Open
Wyniki

Punkty: AQUA 2025

Pozycja	Rok ur.										Czas	Pkt.
Rocznik 2010												
1.	Wojciechowski Antoni			10	TP Zielona Góra					4:28.50	550	
	50m:	30.97	30.97	150m:	1:39.45	34.45	250m:	2:48.54	34.45	350m:	3:56.63	33.36
	100m:	1:05.00	34.03	200m:	2:14.09	34.64	300m:	3:23.27	34.73	400m:	4:28.50	31.87
2.	Mocny Dariusz			10	UKS Jedynka Kórnik					4:29.56	544	
	50m:	31.07	31.07	150m:	1:39.47	34.53	250m:	2:48.37	34.54	350m:	3:56.98	33.88
	100m:	1:04.94	33.87	200m:	2:13.83	34.36	300m:	3:23.10	34.73	400m:	4:29.56	32.58
3.	Dąbrowski Oliwier			10	MKP SŁOWIANKA Gorzów Wlkp.					4:41.64	477	
	50m:	32.39	32.39	150m:	1:44.01	35.89	250m:	2:55.74	35.99	350m:	4:07.39	35.95
	100m:	1:08.12	35.73	200m:	2:19.75	35.74	300m:	3:31.44	35.70	400m:	4:41.64	34.25
4.	Trusewicz Nikodem			10	Just Swim Beavers					5:12.93	347	
	50m:	33.05	33.05	150m:	1:51.47	40.70	250m:	3:14.48	41.51	350m:	4:36.60	39.77
	100m:	1:10.77	37.72	200m:	2:32.97	41.50	300m:	3:56.83	42.35	400m:	5:12.93	36.33
5.	Dzień vel Rakoczy Kacper			10	KS Rekin Świebodzice					5:14.25	343	
	50m:	33.36	33.36	150m:	1:53.03	40.73	250m:	3:15.57	40.92	350m:	4:37.24	40.37
	100m:	1:12.30	38.94	200m:	2:34.65	41.62	300m:	3:56.87	41.30	400m:	5:14.25	37.01
Rocznik 2011												
1.	Woźny Julian			11	Just Swim Beavers					4:53.79	420	
	50m:	33.52	33.52	150m:	1:46.67	37.00	250m:	3:01.88	37.78	350m:	4:17.61	37.65
	100m:	1:09.67	36.15	200m:	2:24.10	37.43	300m:	3:39.96	38.08	400m:	4:53.79	36.18
2.	Pawłowicz Filip			11	SP Żagańskie Boberki Żagań					5:24.65	311	
	50m:	36.33	36.33	150m:	1:56.78	41.04	250m:	3:22.26	42.83	350m:	4:45.86	40.90
	100m:	1:15.74	39.41	200m:	2:39.43	42.65	300m:	4:04.96	42.70	400m:	5:24.65	38.79
3.	Wrembel Borys			11	UKS Olimp Gorzów Wlkp.					5:32.28	290	
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:32.28	
Rocznik 2012												
1.	Jachym Julian			12	KS Rekin Świebodzice					5:20.09	324	
	50m:	36.26	36.26	150m:	1:58.37	41.66	250m:	3:21.22	41.58	350m:	4:43.39	40.50
	100m:	1:16.71	40.45	200m:	2:39.64	41.27	300m:	4:02.89	41.67	400m:	5:20.09	36.70
2.	Jaśniewski Marcel			12	UKS ZSMS Zielona Góra					5:25.80	308	
	50m:	36.07	36.07	150m:	1:58.46	42.46	250m:	3:23.38	41.10	350m:	4:47.38	42.71
	100m:	1:16.00	39.93	200m:	2:42.28	43.82	300m:	4:04.67	41.29	400m:	5:25.80	38.42
3.	Ciszewski Bartosz			12	KS Rekin Świebodzice					5:31.39	292	
	50m:	36.30	36.30	150m:	2:01.64	43.53	250m:	3:28.09	42.97	350m:	4:52.92	41.67
	100m:	1:18.11	41.81	200m:	2:45.12	43.48	300m:	4:11.25	43.16	400m:	5:31.39	38.47
4.	Szram Paweł			12	KS Rekin Świebodzice					5:32.28	290	
	50m:	37.02	37.02	150m:	2:01.97	42.73	250m:	3:27.37	43.38	350m:	4:52.41	41.78
	100m:	1:19.24	42.22	200m:	2:43.99	42.02	300m:	4:10.63	43.26	400m:	5:32.28	39.87
5.	Nowicki Adam			12	KS Rekin Świebodzice					5:43.69	262	
	50m:	36.12	36.12	150m:	2:02.16	43.92	250m:	3:32.20	45.96	350m:	5:03.24	45.65
	100m:	1:18.24	42.12	200m:	2:46.24	44.08	300m:	4:17.59	45.39	400m:	5:43.69	40.45
6.	Galant Ignacy			12	UKS Olimp Gorzów Wlkp.					5:56.07	236	
	50m:	39.89	39.89	150m:	2:10.47	46.17	250m:	3:42.99	46.26	350m:	5:14.14	45.26
	100m:	1:24.30	44.41	200m:	2:56.73	46.26	300m:	4:28.88	45.89	400m:	5:56.07	41.93



Otwarte Mistrzostwa Okręgu Lubuskiego 2025
Zielona Góra, 14.6.2025



Konkurencja 26, Chłopców, 400m dowolny, Roczniak 2012

Pozycja	Rok ur.								Czas	Pkt.
7. Szram Hubert	12 KS Rekin Świebodzice								5:59.37	229
50m:	41.78	41.78	150m:	2:14.21	46.88	250m:	3:48.94	47.07	350m:	5:21.10
100m:	1:27.33	45.55	200m:	3:01.87	47.66	300m:			400m:	5:59.37
8. Frontczak Stanisław	12 UKS Olimp Gorzów Wlkp.								6:00.96	226
50m:	41.45	41.45	150m:	2:12.87	46.01	250m:	3:46.39	46.38	350m:	5:18.77
100m:	1:26.86	45.41	200m:	3:00.01	47.14	300m:	4:33.04	46.65	400m:	6:00.96

Roczniak 2013

1. Szała Filip	13 UKS ZSMS Zielona Góra								5:24.25	312
50m:	35.41	35.41	150m:	2:00.12	43.52	250m:	3:23.60	42.80	350m:	4:46.49
100m:	1:16.60	41.19	200m:	2:40.80	40.68	300m:	4:05.21	41.61	400m:	5:24.25

Open

1. Wojciechowski Antoni	10 TP Zielona Góra								4:28.50	550
50m:	30.97	30.97	150m:	1:39.45	34.45	250m:	2:48.54	34.45	350m:	3:56.63
100m:	1:05.00	34.03	200m:	2:14.09	34.64	300m:	3:23.27	34.73	400m:	4:28.50
2. Mocny Dariusz	10 UKS Jedynka Kórnik								4:29.56	544
50m:	31.07	31.07	150m:	1:39.47	34.53	250m:	2:48.37	34.54	350m:	3:56.98
100m:	1:04.94	33.87	200m:	2:13.83	34.36	300m:	3:23.10	34.73	400m:	4:29.56
3. Wojciechowski Mateusz	07 KP Totis Viribus Świebodzin								4:35.83	507
50m:	30.62	30.62	150m:	1:39.44	34.67	250m:	2:49.60	35.10	350m:	4:01.20
100m:	1:04.77	34.15	200m:	2:14.50	35.06	300m:	3:25.70	36.10	400m:	4:35.83
4. Dąbrowski Oliwier	10 MKP SŁOWIANKA Gorzów Wlkp.								4:41.64	477
50m:	32.39	32.39	150m:	1:44.01	35.89	250m:	2:55.74	35.99	350m:	4:07.39
100m:	1:08.12	35.73	200m:	2:19.75	35.74	300m:	3:31.44	35.70	400m:	4:41.64
5. Woźny Julian	11 Just Swim Beavers								4:53.79	420
50m:	33.52	33.52	150m:	1:46.67	37.00	250m:	3:01.88	37.78	350m:	4:17.61
100m:	1:09.67	36.15	200m:	2:24.10	37.43	300m:	3:39.96	38.08	400m:	4:53.79
6. Trusewicz Nikodem	10 Just Swim Beavers								5:12.93	347
50m:	33.05	33.05	150m:	1:51.47	40.70	250m:	3:14.48	41.51	350m:	4:36.60
100m:	1:10.77	37.72	200m:	2:32.97	41.50	300m:	3:56.83	42.35	400m:	5:12.93
7. Dzień vel Rakoczy Kacper	10 KS Rekin Świebodzice								5:14.25	343
50m:	33.36	33.36	150m:	1:53.03	40.73	250m:	3:15.57	40.92	350m:	4:37.24
100m:	1:12.30	38.94	200m:	2:34.65	41.62	300m:	3:56.87	41.30	400m:	5:14.25
8. Kościelniak Marcel	09 Aquarius MOSIW Międzyrzecz								5:20.04	325
50m:	33.02	33.02	150m:	1:50.21	39.43	250m:	3:13.17	41.98	350m:	4:38.73
100m:	1:10.78	37.76	200m:	2:31.19	40.98	300m:	3:55.69	42.52	400m:	5:20.04
9. Jachym Julian	12 KS Rekin Świebodzice								5:20.09	324
50m:	36.26	36.26	150m:	1:58.37	41.66	250m:	3:21.22	41.58	350m:	4:43.39
100m:	1:16.71	40.45	200m:	2:39.64	41.27	300m:	4:02.89	41.67	400m:	5:20.09
10. Szała Filip	13 UKS ZSMS Zielona Góra								5:24.25	312
50m:	35.41	35.41	150m:	2:00.12	43.52	250m:	3:23.60	42.80	350m:	4:46.49
100m:	1:16.60	41.19	200m:	2:40.80	40.68	300m:	4:05.21	41.61	400m:	5:24.25
11. Pawłowicz Filip	11 SP Żagańskie Boberki Żagań								5:24.65	311
50m:	36.33	36.33	150m:	1:56.78	41.04	250m:	3:22.26	42.83	350m:	4:45.86
100m:	1:15.74	39.41	200m:	2:39.43	42.65	300m:	4:04.96	42.70	400m:	5:24.65
12. Jaśniewski Marcel	12 UKS ZSMS Zielona Góra								5:25.80	308
50m:	36.07	36.07	150m:	1:58.46	42.46	250m:	3:23.38	41.10	350m:	4:47.38
100m:	1:16.00	39.93	200m:	2:42.28	43.82	300m:	4:04.67	41.29	400m:	5:25.80
13. Ciszewski Bartosz	12 KS Rekin Świebodzice								5:31.39	292
50m:	36.30	36.30	150m:	2:01.64	43.53	250m:	3:28.09	42.97	350m:	4:52.92
100m:	1:18.11	41.81	200m:	2:45.12	43.48	300m:	4:11.25	43.16	400m:	5:31.39



Otwarte Mistrzostwa Okręgu Lubuskiego 2025
Zielona Góra, 14.6.2025



Konkurencja 26, Mężczyzn, 400m dowolny, Open

Pozycja	Rok ur.								Czas	Pkt.		
14.	Szram Paweł			12	KS Rekin Świebodzice				5:32.28	290		
	50m:	37.02	37.02	150m:	2:01.97	42.73	250m:	3:27.37	43.38	350m:	4:52.41	41.78
	100m:	1:19.24	42.22	200m:	2:43.99	42.02	300m:	4:10.63	43.26	400m:	5:32.28	39.87
	Wrembel Borys			11	UKS Olimp Gorzów Wlkp.				5:32.28	290		
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:32.28	
16.	Nowicki Adam			12	KS Rekin Świebodzice				5:43.69	262		
	50m:	36.12	36.12	150m:	2:02.16	43.92	250m:	3:32.20	45.96	350m:	5:03.24	45.65
	100m:	1:18.24	42.12	200m:	2:46.24	44.08	300m:	4:17.59	45.39	400m:	5:43.69	40.45
17.	Galant Ignacy			12	UKS Olimp Gorzów Wlkp.				5:56.07	236		
	50m:	39.89	39.89	150m:	2:10.47	46.17	250m:	3:42.99	46.26	350m:	5:14.14	45.26
	100m:	1:24.30	44.41	200m:	2:56.73	46.26	300m:	4:28.88	45.89	400m:	5:56.07	41.93
18.	Szram Hubert			12	KS Rekin Świebodzice				5:59.37	229		
	50m:	41.78	41.78	150m:	2:14.21	46.88	250m:	3:48.94	47.07	350m:	5:21.10	
	100m:	1:27.33	45.55	200m:	3:01.87	47.66	300m:			400m:	5:59.37	38.27
19.	Frontczak Stanisław			12	UKS Olimp Gorzów Wlkp.				6:00.96	226		
	50m:	41.45	41.45	150m:	2:12.87	46.01	250m:	3:46.39	46.38	350m:	5:18.77	45.73
	100m:	1:26.86	45.41	200m:	3:00.01	47.14	300m:	4:33.04	46.65	400m:	6:00.96	42.19