

Konkurencja 24
21.11.2025 - 17:25

Mężczyzn, 400m dowolny

14 lat i starsi
Wyniki

Rekord Śląska Open	3:40.29	SIERADZKI KAMIL - 2024	AZS AWF Katowice	01.01.1800
Rekord Śląska 18	3:47.77	HEBEL MACIEJ - 2023	AZS AWF Katowice	01.01.1800
Rekord Śląska 17	3:50.45	MAJOR ERIK - 2024	PW Tarnowskie Góry	01.01.1800
Rekord Śląska 16	3:58.27	STANISZEWSKI BARTOSZ - 2021	UKP Ruda Śląska	01.01.1800
Rekord Śląska 15	3:58.63	WISZNIEWSKI TYMOTEUSZ	Jedność 32 Przyszowice	01.01.1800
Rekord Śląska 14	3:58.63	WISZNIEWSKI TYMOTEUSZ	Jedność 32 Przyszowice	01.01.1800

Punkty: AQUA 2025

Pozycja		Rok ur.					Czas	do 1m	% popr.	FINA
14 lat										
1.	IGNATENKO Mykola	11	CSiR MOS w Dąbrowie Górniczej				4:14.91		108%	577
	50m: 30.35	30.35	150m: 1:34.53	31.81	250m: 2:39.12	32.32	350m: 3:44.08	32.34		
	100m: 1:02.72	32.37	200m: 2:06.80	32.27	300m: 3:11.74	32.62	400m: 4:14.91	30.83		
2.	JURZAK Konrad	11	UKS Victoria Kozy				4:24.40	+ 9.49	104%	517
	50m: 28.96	28.96	150m: 1:34.52	33.13	250m: 2:41.64	33.80	350m: 3:50.15	34.41		
	100m: 1:01.39	32.43	200m: 2:07.84	33.32	300m: 3:15.74	34.10	400m: 4:24.40	34.25		
3.	SAUK Jakub	11	LKS Jedność 32 Przyszowice				4:26.13	+ 11.22	106%	507
	50m: 30.00	30.00	150m: 1:37.44	34.22	250m: 2:45.60	34.17	350m: 3:53.91	34.41		
	100m: 1:03.22	33.22	200m: 2:11.43	33.99	300m: 3:19.50	33.90	400m: 4:26.13	32.22		
4.	WAŃHA Stanisław	11	UKS „Manta Kochłowice Ruda Śląska”				4:30.80	+ 15.89	106%	481
	50m: 29.97	29.97	150m: 1:38.28	35.00	250m: 2:48.62	35.26	350m: 3:58.39	34.35		
	100m: 1:03.28	33.31	200m: 2:13.36	35.08	300m: 3:24.04	35.42	400m: 4:30.80	32.41		
5.	ROBAKIEWICZ Kacper	11	CSiR MOS w Dąbrowie Górniczej				4:32.45	+ 17.54	104%	472
	50m: 30.29	30.29	150m: 1:38.58	34.87	250m: 2:48.85	34.98	350m: 3:59.12	34.86		
	100m: 1:03.71	33.42	200m: 2:13.87	35.29	300m: 3:24.26	35.41	400m: 4:32.45	33.33		
6.	DZIEKAN Igor	11	KS „Górniki” Sosnowiec				4:40.24	+ 25.33	129%	434
	50m: 31.67	31.67	150m: 1:43.28	36.00	250m: 2:55.29	35.98	350m: 4:07.51	35.71		
	100m: 1:07.28	35.61	200m: 2:19.31	36.03	300m: 3:31.80	36.51	400m: 4:40.24	32.73		
7.	RYSZKOWSKI Kacper	11	Akademia Sms Racibórz				4:41.20	+ 26.29	108%	430
	50m: 31.82	31.82	150m: 1:42.88	35.68	250m: 2:54.55	35.81	350m: 4:06.54	36.12		
	100m: 1:07.20	35.38	200m: 2:18.74	35.86	300m: 3:30.42	35.87	400m: 4:41.20	34.66		
8.	ADAMIOK Jan	11	UKS „Karlik” Katowice				4:41.97	+ 27.06	102%	426
	50m: 29.87	29.87	150m: 1:39.27	35.56	250m: 2:52.12	36.60	350m: 4:06.24	37.14		
	100m: 1:03.71	33.84	200m: 2:15.52	36.25	300m: 3:29.10	36.98	400m: 4:41.97	35.73		
9.	GAJOCHA Nataniel	11	CSiR MOS w Dąbrowie Górniczej				4:47.14	+ 32.23	103%	403
	50m: 31.54	31.54	150m: 1:43.24	36.09	250m: 2:57.13	36.90	350m: 4:11.48	37.20		
	100m: 1:07.15	35.61	200m: 2:20.23	36.99	300m: 3:34.28	37.15	400m: 4:47.14	35.66		
10.	MIŚKOWIEC Oliwier	11	UKS „Manta Kochłowice Ruda Śląska”				4:47.41	+ 32.50	98%	402
	50m: 31.47	31.47	150m: 1:43.05	36.53	250m: 2:56.39	36.62	350m: 4:11.20	37.67		
	100m: 1:06.52	35.05	200m: 2:19.77	36.72	300m: 3:33.53	37.14	400m: 4:47.41	36.21		
11.	JĄDERKO Bartosz	11	UKS „Na Fali Bytom”				4:49.19	+ 34.28	100%	395
	50m: 31.65	31.65	150m: 1:45.27	37.42	250m: 3:00.54	37.72	350m: 4:14.58	36.53		
	100m: 1:07.85	36.20	200m: 2:22.82	37.55	300m: 3:38.05	37.51	400m: 4:49.19	34.61		
12.	ROZCZYPAŁA Mikołaj	11	Uks "Salmo Żory"				4:54.50	+ 39.59	100%	374
	50m: 32.39	32.39	150m: 1:47.33	38.08	250m: 3:02.42	37.34	350m: 4:18.39	38.24		
	100m: 1:09.25	36.86	200m: 2:25.08	37.75	300m: 3:40.15	37.73	400m: 4:54.50	36.11		
13.	ZIELIŃSKI Jakub	11	UKS „Na Fali Bytom”				4:56.74	+ 41.83	-	365
	50m: 33.32	33.32	150m: 1:46.97	37.47	250m: 3:03.46	38.89	350m: 4:19.36	37.92		
	100m: 1:09.50	36.18	200m: 2:24.57	37.60	300m: 3:41.44	37.98	400m: 4:56.74	37.38		
14.	CZARNOTA Maksymilian	11	UKP „Ruda Śląska”				4:58.06	+ 43.15	115%	361
	50m: 32.79	32.79	150m: 1:48.86	38.35	250m: 3:06.14	38.69	350m: 4:22.13	38.29		
	100m: 1:10.51	37.72	200m: 2:27.45	38.59	300m: 3:43.84	37.70	400m: 4:58.06	35.93		
15.	KNAPIK Jan	11	MOSM Tychy				4:58.76	+ 43.85	120%	358
	50m: 33.18	33.18	150m: 1:49.88	38.94	250m: 3:06.53	38.20	350m: 4:23.40	38.65		
	100m: 1:10.94	37.76	200m: 2:28.33	38.45	300m: 3:44.75	38.22	400m: 4:58.76	35.36		
16.	MARUSIAK Iwo	11	MKS Park Wodny Tarnowskie Góry				5:02.95	+ 48.04	99%	343
	50m: 34.27	34.27	150m: 1:51.96	38.91	250m: 3:08.86	38.24	350m: 4:25.75	38.35		
	100m: 1:13.05	38.78	200m: 2:30.62	38.66	300m: 3:47.40	38.54	400m: 5:02.95	37.20		
17.	WIERZBICKI Maksymilian	11	Uks "Salmo Żory"				5:08.14	+ 53.23	113%	326
	50m: 32.55	32.55	150m: 1:50.61	39.86	250m: 3:10.68	40.32	350m: 4:31.84	40.71		
	100m: 1:10.75	38.20	200m: 2:30.36	39.75	300m: 3:51.13	40.45	400m: 5:08.14	36.30		

Konkurencja 24, Chłopców, 400m dowolny, 14 lat

Pozycja	Rok ur.							Czas	do 1m % popr.		FINA	
18.	KOSTORZ Wojciech	11	UKS „Manta Kochłowice Ruda Śląska"					5:08.20	+ 53.29	105%	326	
	50m:	34.79	34.79	150m:	1:52.56	39.58	250m:	3:11.19	39.12	350m:	4:30.85	39.83
	100m:	1:12.98	38.19	200m:	2:32.07	39.51	300m:	3:51.02	39.83	400m:	5:08.20	37.35
19.	CUPER Wojciech	11	UKS „Manta Kochłowice Ruda Śląska"					5:10.75	+ 55.84	97%	318	
	50m:	33.25	33.25	150m:	1:50.25	39.29	250m:	3:10.51	40.52	350m:	4:32.59	40.01
	100m:	1:10.96	37.71	200m:	2:29.99	39.74	300m:	3:52.58	42.07	400m:	5:10.75	38.16
20.	KOŁODZIEJCZYK Cezary	11	UKS Aqua Team Mikołów					5:11.05	+ 56.14	103%	317	
	50m:	34.31	34.31	150m:	1:52.82	39.74	250m:	3:14.28	41.00	350m:	4:34.52	39.78
	100m:	1:13.08	38.77	200m:	2:33.28	40.46	300m:	3:54.74	40.46	400m:	5:11.05	36.53
21.	NAPIÓRKOWSKI Bartosz	11	Uks "Salmo Żory"					5:14.68	+ 59.77	126%	306	
	50m:	34.37	34.37	150m:	1:53.49	40.02	250m:	3:15.12	41.20	350m:	4:36.52	40.84
	100m:	1:13.47	39.10	200m:	2:33.92	40.43	300m:	3:55.68	40.56	400m:	5:14.68	38.16
22.	KONOPIŃSKI Dominik	11	UKS Wodnik Siemianowice Śląskie					5:22.53	+ 1:07.62	101%	284	
	50m:	34.29	34.29	150m:	1:56.78	41.72	250m:	3:20.03	41.91	350m:	4:42.77	41.49
	100m:	1:15.06	40.77	200m:	2:38.12	41.34	300m:	4:01.28	41.25	400m:	5:22.53	39.76
NW	WALC Jan	11	MKS Park Wodny Tarnowskie Góry								-	

15 lat

1.	WISZNIEWSKI Tymoteusz	10	LKS Jedność 32 Przyszowice					4:03.94		96%	658	
	50m:	27.65	27.65	150m:	1:29.51	31.22	250m:	2:31.90	31.16	350m:	3:33.72	31.00
	100m:	58.29	30.64	200m:	2:00.74	31.23	300m:	3:02.72	30.82	400m:	4:03.94	30.22
2.	KOCHAN Mateusz	10	CSiR MOS w Dąbrowie Górniczej					4:17.79	+ 13.85	110%	558	
	50m:	28.88	28.88	150m:	1:34.83	33.41	250m:	2:41.45	32.93	350m:	3:47.06	32.65
	100m:	1:01.42	32.54	200m:	2:08.52	33.69	300m:	3:14.41	32.96	400m:	4:17.79	30.73
3.	MYSZKIEWICZ Paweł	10	LKS Jedność 32 Przyszowice					4:27.38	+ 23.44	96%	500	
	50m:	30.81	30.81	150m:	1:38.89	34.18	250m:	2:47.18	34.04	350m:	3:54.30	33.38
	100m:	1:04.71	33.90	200m:	2:13.14	34.25	300m:	3:20.92	33.74	400m:	4:27.38	33.08
4.	HEINZEL Feliks	10	KS „Górniki” Sosnowiec					4:32.51	+ 28.57	108%	472	
	50m:	30.21	30.21	150m:	1:38.99	35.11	250m:	2:49.71	35.38	350m:	3:59.22	34.41
	100m:	1:03.88	33.67	200m:	2:14.33	35.34	300m:	3:24.81	35.10	400m:	4:32.51	33.29
5.	GŁUCH Piotr	10	"Sikret" Gliwice					4:33.24	+ 29.30	95%	468	
	50m:	30.65	30.65	150m:	1:38.56	34.51	250m:	2:48.76	35.22	350m:	3:59.89	35.51
	100m:	1:04.05	33.40	200m:	2:13.54	34.98	300m:	3:24.38	35.62	400m:	4:33.24	33.35
6.	PICHIT Patryk	10	CSiR MOS w Dąbrowie Górniczej					4:34.57	+ 30.63	100%	461	
	50m:	30.03	30.03	150m:	1:40.32	35.76	250m:	2:51.27	35.08	350m:	4:00.99	34.93
	100m:	1:04.56	34.53	200m:	2:16.19	35.87	300m:	3:26.06	34.79	400m:	4:34.57	33.58
7.	DĄBROWSKI Jakub	10	MKS Park Wodny Tarnowskie Góry					4:35.40	+ 31.46	100%	457	
	50m:	30.87	30.87	150m:	1:39.39	34.50	250m:	2:50.50	35.55	350m:	4:01.85	35.38
	100m:	1:04.89	34.02	200m:	2:14.95	35.56	300m:	3:26.47	35.97	400m:	4:35.40	33.55
8.	GRYMEL Krzysztof	10	UKS „Manta Kochłowice Ruda Śląska"					4:36.81	+ 32.87	103%	450	
	50m:	31.19	31.19	150m:	1:39.88	34.94	250m:	2:50.63	35.35	350m:	4:01.89	35.72
	100m:	1:04.94	33.75	200m:	2:15.28	35.40	300m:	3:26.17	35.54	400m:	4:36.81	34.92
9.	FOJT Wiktor	10	UKP „Ruda Śląska"					4:38.11	+ 34.17	109%	444	
	50m:	30.04	30.04	150m:	1:39.43	35.37	250m:	2:51.38	35.83	350m:	4:03.48	35.98
	100m:	1:04.06	34.02	200m:	2:15.55	36.12	300m:	3:27.50	36.12	400m:	4:38.11	34.63
10.	SKRZYPEK Marcel	10	KS „Górniki” Sosnowiec					5:14.32	+ 1:10.38	-	307	
	50m:	34.61	34.61	150m:	1:54.87	40.69	250m:	3:18.63	41.59	350m:	4:37.62	39.06
	100m:	1:14.18	39.57	200m:	2:37.04	42.17	300m:	3:58.56	39.93	400m:	5:14.32	36.70

NW KRĘCIWILK Maksymilian 10 UKS „Delfinek” Częstochowa -

16 lat

1.	OCIEPA Norbert	09	CSiR MOS w Dąbrowie Górniczej					4:09.74		107%	613
	50m: 28.52	28.52	150m: 1:32.15	32.00	250m: 2:35.81	31.18	350m: 3:39.80	31.49			
	100m: 1:00.15	31.63	200m: 2:04.63	32.48	300m: 3:08.31	32.50	400m: 4:09.74	29.94			
2.	ĆWIRKO Dominik	09	Akademia Sms Racibórz					4:19.08	+ 9.34	98%	549
	50m: 28.99	28.99	150m: 1:34.45	33.27	250m: 2:41.81	33.50	350m: 3:47.91	32.42			
	100m: 1:01.18	32.19	200m: 2:08.31	33.86	300m: 3:15.49	33.68	400m: 4:19.08	31.17			
3.	PALKIJ Filip	09	KS „Górniki" Sosnowiec					4:23.12	+ 13.38	109%	524
	50m: 29.15	29.15	150m: 1:34.35	32.94	250m: 2:41.85	33.67	350m: 3:50.55	34.16			
	100m: 1:01.41	32.26	200m: 2:08.18	33.83	300m: 3:16.39	34.54	400m: 4:23.12	32.57			

Konkurencja 24, Chłopców, 400m dowolny, 16 lat

Pozycja	Rok ur.						Czas	do 1m % popr.		FINA
4. SPADŁO Krzysztof	09 UKS „Huragan" przy SP nr 45 w Sosnowcu						4:25.23	+ 15.49	104%	512
50m: 29.56	29.56	150m: 1:37.52	34.15	250m: 2:45.34	34.16	350m: 3:52.63	33.59			
100m: 1:03.37	33.81	200m: 2:11.18	33.66	300m: 3:19.04	33.70	400m: 4:25.23	32.60			
5. KAMIŃSKI Jakub	09 "Sikret" Gliwice						4:26.32	+ 16.58	-	506
50m: 30.17	30.17	150m: 1:37.85	33.82	250m: 2:45.63	34.02	350m: 3:54.52	34.35			
100m: 1:04.03	33.86	200m: 2:11.61	33.76	300m: 3:20.17	34.54	400m: 4:26.32	31.80			
6. PREG Kajetan	09 "Sikret" Gliwice						4:31.20	+ 21.46	96%	479
50m: 31.32	31.32	150m: 1:41.84	35.13	250m: 2:51.00	33.87	350m: 4:00.50	34.67			
100m: 1:06.71	35.39	200m: 2:17.13	35.29	300m: 3:25.83	34.83	400m: 4:31.20	30.70			

17 lat i starsi

1.	MAJOR Erik	07 MKS Park Wodny Tarnowskie Góry						3:55.99		94%	727						
		50m:	27.07	27.07	150m:	1:27.15	30.23					250m:	2:27.78	30.25	350m:	3:28.79	30.32
		100m:	56.92	29.85	200m:	1:57.53	30.38					300m:	2:58.47	30.69	400m:	3:55.99	27.20
2.	PRUSZYŃSKI Michał	04 AZS AWF Katowice						3:56.73	+ 0.74	99%	720						
		50m:	26.28	26.28	150m:	1:25.08	29.61					250m:	2:25.18	30.18	350m:	3:26.18	30.43
		100m:	55.47	29.19	200m:	1:55.00	29.92					300m:	2:55.75	30.57	400m:	3:56.73	30.55
3.	DUDYS Dominik	02 AZS AWF Katowice						3:57.59	+ 1.60	103%	712						
		50m:	26.41	26.41	150m:	1:27.66	31.00					250m:	2:29.63	30.88	350m:	3:30.47	30.13
		100m:	56.66	30.25	200m:	1:58.75	31.09					300m:	3:00.34	30.71	400m:	3:57.59	27.12
4.	BURDA Paweł	05 AZS AWF Katowice						4:00.07	+ 4.08	100%	691						
		50m:	27.67	27.67	150m:	1:27.69	30.35					250m:	2:29.37	30.86	350m:	3:30.54	30.67
		100m:	57.34	29.67	200m:	1:58.51	30.82					300m:	2:59.87	30.50	400m:	4:00.07	29.53
5.	WOŁPIUK Michał	08 MUKS Gilus Gilowice						4:14.04	+ 18.05	98%	583						
		50m:	29.15	29.15	150m:	1:33.00	32.43					250m:	2:37.85	32.40	350m:	3:43.03	32.66
		100m:	1:00.57	31.42	200m:	2:05.45	32.45					300m:	3:10.37	32.52	400m:	4:14.04	31.01
6.	FICEK Aleksander	07 UKS Wodnik Siemianowice Śląskie						4:18.56	+ 22.57	93%	553						
		50m:	28.09	28.09	150m:	1:31.11	32.67					250m:	2:39.18	34.19	350m:	3:48.13	34.02
		100m:	58.44	30.35	200m:	2:04.99	33.88					300m:	3:14.11	34.93	400m:	4:18.56	30.43
7.	TOMCZYK Dawid	08 KS „Górnik" Sosnowiec						4:18.94	+ 22.95	102%	550						
		50m:	30.20	30.20	150m:	1:34.86	32.46					250m:	2:40.17	32.62	350m:	3:46.32	33.09
		100m:	1:02.40	32.20	200m:	2:07.55	32.69					300m:	3:13.23	33.06	400m:	4:18.94	32.62
8.	RYBAK Jakub	08 MKS Park Wodny Tarnowskie Góry						4:21.55	+ 25.56	98%	534						
		50m:	29.29	29.29	150m:	1:34.80	32.90					250m:	2:41.44	33.48	350m:	3:48.70	33.56
		100m:	1:01.90	32.61	200m:	2:07.96	33.16					300m:	3:15.14	33.70	400m:	4:21.55	32.85
9.	BEM Maksymilian	08 MKS Pałac Młodzieży Katowice						4:30.39	+ 34.40	107%	483						
		50m:	29.41	29.41	150m:	1:36.00	34.03					250m:	2:45.60	35.10	350m:	3:56.45	35.23
		100m:	1:01.97	32.56	200m:	2:10.50	34.50					300m:	3:21.22	35.62	400m:	4:30.39	33.94
10.	PACUK Kajetan	08 UKS Wodnik Siemianowice Śląskie						4:50.91	+ 54.92	92%	388						
		50m:	31.93	31.93	150m:	1:45.09	37.58					250m:	3:01.09	38.04	350m:	4:16.21	37.35
		100m:	1:07.51	35.58	200m:	2:23.05	37.96					300m:	3:38.86	37.77	400m:	4:50.91	34.70
11.	BAJOR Bartosz	08 "Sikret" Gliwice						4:59.18	+ 1:03.19	98%	357						
		50m:	30.83	30.83	150m:	1:41.38	36.48					250m:	2:57.75	38.93	350m:	4:19.03	41.09
		100m:	1:04.90	34.07	200m:	2:18.82	37.44					300m:	3:37.94	40.19	400m:	4:59.18	40.15