

Konkurencja 7

M czyzn, 400m zmienny

14 lat i starsi

18.06.2026 - 11:45

Wyniki

Rekord I ska Swimrankings Open	4:19.16	ZACZY SKI Karol	00611	Olsztyn	14.06.2013
Rekord I ska Swimrankings 19 +	4:19.16	ZACZY SKI Karol	00611	Olsztyn	14.06.2013
Rekord I ska Swimrankings 18	4:23.91	MAJOR Erik	01011	Lublin	29.04.2025
Rekord I ska Swimrankings 17	4:25.54	MAJOR Erik	01011	Olsztyn	12.07.2024
Rekord I ska Swimrankings 16	4:32.80	MAJOR Erik	01011	Gliwice	20.05.2023
Rekord I ska Swimrankings 15	4:37.97	MAJOR Erik	01011	Lodz	01.05.2022
Rekord I ska Swimrankings 14	4:46.07	SACHA Kamil	02711	Olsztyn	03.07.2015

Klasa sportowa II/14 - 14: 5:16.93 / Klasa sportowa II/15 - 15: 5:05.17 / Klasa sportowa II/16 - 16: 4:55.61 / Klasa sportowa II/17-18 - 18: 4:47.77

Punkty: AQUA 2025

Pozycja Czas Strata %popr. FINA 100m 200m 300m 400m

14 lat

1. BOCHENEK Olaf	MKS MOS Katowice	<b>5:19.77</b>	103%	436	1:09.33	1:26.60	1:31.68	1:12.16	
50m: 31.83	31.83	150m: 1:53.64	44.31	250m: 3:22.22	46.29	350m: 4:44.79	37.18		
100m: 1:09.33	37.50	200m: 2:35.93	42.29	300m: 4:07.61	45.39	400m: 5:19.77	34.98		
2. JASKÓLSKI Szymon	UKP „Ruda I ska”	<b>5:28.26</b>	+ 8.49	- 403	1:10.89	1:28.14	1:33.81	1:15.42	
50m: 32.52	32.52	150m: 1:55.45	44.56	250m: 3:25.47	46.44	350m:			
100m: 1:10.89	38.37	200m: 2:39.03	43.58	300m: 4:12.84	47.37	400m: 5:28.26			
3. WACH Filip	Uks "Salmo ory"	<b>5:37.21</b>	+ 17.44	103%	371	1:14.35	1:32.70	1:31.90	1:18.26
50m: 33.00	33.00	150m: 2:01.42	47.07	250m: 3:31.63	44.58	350m: 4:59.20	40.25		
100m: 1:14.35	41.35	200m: 2:47.05	45.63	300m: 4:18.95	47.32	400m: 5:37.21	38.01		
4. KUPCZAK Andrzej	Katolicki Klub Sportowy Ichthys Bie	<b>6:04.05</b>	+ 44.28	99%	295	1:24.41	1:28.25	1:48.33	1:23.06
50m: 38.74	38.74	150m: 2:09.77	45.36	250m: 3:48.61	55.95	350m:			
100m: 1:24.41	45.67	200m: 2:52.66	42.89	300m: 4:40.99	52.38	400m: 6:04.05			
5. KRZEMI SKI Adrian	UKS Wodnik Siemianowice I skie	<b>6:24.7+</b>	+ 1:04.96	- 250	1:24.96	1:46.14	1:47.25	1:26.38	
50m: 38.93	38.93	150m: 2:18.24	53.28	250m: 4:04.80	53.70	350m: 5:41.19	42.84		
100m: 1:24.96	46.03	200m: 3:11.10	52.86	300m: 4:58.35	53.55	400m: 6:24.73	43.54		

15 lat

1. GRUSZKA Franciszek	UKS Wodnik Siemianowice I skie	<b>5:11.67</b>	102%	471	1:07.20	1:23.85	1:30.65	1:09.97	
50m: 31.83	31.83	150m: 1:49.94	42.74	250m: 3:17.62	46.57	350m: 4:37.63	35.93		
100m: 1:07.20	35.37	200m: 2:31.05	41.11	300m: 4:01.70	44.08	400m: 5:11.67	34.04		
2. GAJOCHA Nataniel	CSiR MOS w D browie Górnicej	<b>5:12.49</b>	+ 0.82	105%	467	1:12.95	1:21.08	1:30.24	1:08.22
50m: 33.33	33.33	150m: 1:54.20	41.25	250m: 3:18.91	44.88	350m: 4:39.52	35.25		
100m: 1:12.95	39.62	200m: 2:34.03	39.83	300m: 4:04.27	45.36	400m: 5:12.49	32.97		
3. ADAMIOK Jan	UKS „Karlik” Katowice	<b>5:12.65</b>	+ 0.98	109%	466	1:09.70	1:19.74	1:28.25	1:14.96
50m: 31.81	31.81	150m: 1:49.97	40.27	250m: 3:13.29	43.85	350m: 4:36.50	38.81		
100m: 1:09.70	37.89	200m: 2:29.44	39.47	300m: 3:57.69	44.40	400m: 5:12.65	36.15		
4. CIE LIK Jan	Akademia Sms Racibórz	<b>5:29.39</b>	+ 17.72	102%	399	1:21.32	1:24.46	1:31.25	1:12.36
50m: 35.70	35.70	150m: 2:04.81	43.49	250m: 3:31.66	45.88	350m: 4:53.47	36.44		
100m: 1:21.32	45.62	200m: 2:45.78	40.97	300m: 4:17.03	45.37	400m: 5:29.39	35.92		
5. TETLA Kacper	Uks "Salmo ory"	<b>5:29.65</b>	+ 17.98	99%	398	1:10.25	1:25.44	1:37.51	1:16.45
50m: 31.89	31.89	150m: 1:53.12	42.87	250m: 3:24.44	48.75	350m: 4:52.22	39.02		
100m: 1:10.25	38.36	200m: 2:35.69	42.57	300m: 4:13.20	48.76	400m: 5:29.65	37.43		
6. SOBKOWICZ Piotr	UKS „Manta Kochłowice Ruda I	<b>5:32.95</b>	+ 21.28	96%	386	1:18.40	1:25.92	1:32.27	1:16.36
50m: 35.15	35.15	150m: 2:01.17	42.77	250m: 3:30.13	45.81	350m: 4:54.65	38.06		
100m: 1:18.40	43.25	200m: 2:44.32	43.15	300m: 4:16.59	46.46	400m: 5:32.95	38.30		

16 lat

1. WITECKI Wojciech	CSiR MOS w D browie Górnicej	<b>5:00.37</b>	95%	526	1:06.61	1:19.99	1:27.01	1:06.76	
50m: 30.78	30.78	150m: 1:47.32	40.71	250m: 3:10.19	43.59	350m: 4:27.26	33.65		
100m: 1:06.61	35.83	200m: 2:26.60	39.28	300m: 3:53.61	43.42	400m: 5:00.37	33.11		
2. HEINZEL Feliks	KS „Górnik” Sosnowiec	<b>5:25.62</b>	+ 25.25	- 413	1:12.84	1:27.32	1:32.66	1:12.80	
50m: 32.84	32.84	150m: 1:57.29	44.45	250m: 3:25.32	45.16	350m: 4:49.84	37.02		
100m: 1:12.84	40.00	200m: 2:40.16	42.87	300m: 4:12.82	47.50	400m: 5:25.62	35.78		
3. D BROWSKI Jakub	MKS Park Wodny Tarnowskie Góry	<b>5:42.18</b>	+ 41.81	91%	355	1:18.47	1:28.27	1:41.61	1:13.83
50m: 36.21	36.21	150m: 2:03.07	44.60	250m: 3:36.92	50.18	350m: 5:05.69	37.34		
100m: 1:18.47	42.26	200m: 2:46.74	43.67	300m: 4:28.35	51.43	400m: 5:42.18	36.49		

Konkurencja 7, Mężczyzn, 400m zmienny

17 lat i starsi

1. MAJOR Erik	MKS Park Wodny Tarnowskie Góry	<b>4:46.29</b>	85%	607	1:02.96	1:15.66	1:21.32	1:06.35
50m: 28.60	28.60	150m: 1:40.82	37.86	250m: 2:58.95	40.33	350m:		
100m: 1:02.96	34.36	200m: 2:18.62	37.80	300m: 3:39.94	40.99	400m:	4:46.29	
2. BROCKOWSKI Bogusz	UKS „Huragan” przy SP nr 45 w Siemianowicach Śląskich	<b>4:50.33</b>	+ 4.04	102%	582	1:05.30	1:14.95	1:24.38 1:05.70
50m: 29.36	29.36	150m: 1:42.55	37.25	250m: 3:00.49	40.24	350m:	4:19.03	34.40
100m: 1:05.30	35.94	200m: 2:20.25	37.70	300m: 3:44.63	44.14	400m:	4:50.33	31.30
3. MURAS Szymon	AZS AWF Katowice	<b>4:52.80</b>	+ 6.51	95%	568	1:08.51	1:17.28	1:19.31 1:07.70
50m: 30.86	30.86	150m: 1:47.08	38.57	250m: 3:05.22	39.43	350m:	4:19.42	34.32
100m: 1:08.51	37.65	200m: 2:25.79	38.71	300m: 3:45.10	39.88	400m:	4:52.80	33.38
4. LUNOV Illia	MKS Park Wodny Tarnowskie Góry	<b>4:59.93</b>	+ 13.64	93%	528	1:05.05	1:17.62	1:28.03 1:09.23
50m: 29.46	29.46	150m: 1:44.50	39.45	250m: 3:06.44	43.77	350m:	4:27.09	36.39
100m: 1:05.05	35.59	200m: 2:22.67	38.17	300m: 3:50.70	44.26	400m:	4:59.93	32.84
5. RADEK Paweł	MOSM Tychy	<b>5:22.32</b>	+ 36.03	98%	425	1:07.55	1:27.20	1:32.69 1:14.88
50m: 30.87	30.87	150m: 1:51.77	44.22	250m: 3:21.11	46.36	350m:	4:45.62	38.18
100m: 1:07.55	36.68	200m: 2:34.75	42.98	300m: 4:07.44	46.33	400m:	5:22.32	36.70
PK LECHT Jeremiasz	Swim Team MOSiR Kędzierzyn-Koźle	<b>5:19.40</b>	-	437	1:11.92	1:21.67	1:30.14	1:15.67
50m: 33.71	33.71	150m: 1:53.05	41.13	250m: 3:18.68	45.09	350m:	4:42.44	38.71
100m: 1:11.92	38.21	200m: 2:33.59	40.54	300m: 4:03.73	45.05	400m:	5:19.40	36.96