



Mistrzostwa Polski Juniorów 17-18 lat i Młodzieżowców 19-23 lata  
Oświęcim, 16 - 19/7/2026

Konkurencja 21  
18/7/2026 - 17:37

Mężczyzn, 400m dowolny

19 - 23 lat  
Wyniki Finał

|               |         |                     |     |             |           |
|---------------|---------|---------------------|-----|-------------|-----------|
| Rekord Polski | 3:45.71 | Stanczyk Przemysław | POL | Chiba (JPN) | 21/8/2007 |
|---------------|---------|---------------------|-----|-------------|-----------|

Punkty: AQUA 2026

| Pozycja | Rok ur.              |       |       |       |                                |       |       |         | Czas  |         | Pkt.    |       |
|---------|----------------------|-------|-------|-------|--------------------------------|-------|-------|---------|-------|---------|---------|-------|
| 1.      | Kapala Bartosz       |       |       | 06    | Kormoran Olsztyn               |       |       |         |       | 3:55.29 | 816     |       |
|         | 50m:                 | 27.33 | 27.33 | 150m: | 1:26.89                        | 29.93 | 250m: | 2:27.24 | 29.94 | 350m:   | 3:26.93 | 29.44 |
|         | 100m:                | 56.96 | 29.63 | 200m: | 1:57.30                        | 30.41 | 300m: | 2:57.49 | 30.25 | 400m:   | 3:55.29 | 28.36 |
| 2.      | Filipiak Mikołaj     |       |       | 06    | Barrakuda Gdańsk               |       |       |         |       | 3:56.29 | 806     |       |
|         | 50m:                 | 26.98 | 26.98 | 150m: | 1:27.30                        | 30.36 | 250m: | 2:28.73 | 30.67 | 350m:   | 3:28.61 | 29.04 |
|         | 100m:                | 56.94 | 29.96 | 200m: | 1:58.06                        | 30.76 | 300m: | 2:59.57 | 30.84 | 400m:   | 3:56.29 | 27.68 |
| 3.      | Staniszewski Bartosz |       |       | 05    | MKP Szczecin                   |       |       |         |       | 3:56.54 | 804     |       |
|         | 50m:                 | 27.24 | 27.24 | 150m: | 1:27.51                        | 30.30 | 250m: | 2:28.81 | 30.85 | 350m:   | 3:29.03 | 29.68 |
|         | 100m:                | 57.21 | 29.97 | 200m: | 1:57.96                        | 30.45 | 300m: | 2:59.35 | 30.54 | 400m:   | 3:56.54 | 27.51 |
| 4.      | Walter Jakub         |       |       | 04    | Unia Oświęcim                  |       |       |         |       | 3:58.73 | 782     |       |
|         | 50m:                 | 26.82 | 26.82 | 150m: | 1:27.48                        | 30.64 | 250m: | 2:28.95 | 30.65 | 350m:   | 3:29.88 | 30.23 |
|         | 100m:                | 56.84 | 30.02 | 200m: | 1:58.30                        | 30.82 | 300m: | 2:59.65 | 30.70 | 400m:   | 3:58.73 | 28.85 |
| 5.      | Radkiewicz Kajetan   |       |       | 05    | AZS Uniwersytetu Warszawskiego |       |       |         |       | 3:58.79 | 781     |       |
|         | 50m:                 | 27.20 | 27.20 | 150m: | 1:27.80                        | 30.82 | 250m: | 2:29.09 | 30.80 | 350m:   | 3:30.02 | 30.32 |
|         | 100m:                | 56.98 | 29.78 | 200m: | 1:58.29                        | 30.49 | 300m: | 2:59.70 | 30.61 | 400m:   | 3:58.79 | 28.77 |
| 6.      | Rynkiewicz Jakub     |       |       | 05    | AZS UMCS Lublin                |       |       |         |       | 4:00.29 | 767     |       |
|         | 50m:                 | 27.49 | 27.49 | 150m: | 1:27.53                        | 30.43 | 250m: | 2:29.13 | 30.83 | 350m:   | 3:31.21 | 30.99 |
|         | 100m:                | 57.10 | 29.61 | 200m: | 1:58.30                        | 30.77 | 300m: | 3:00.22 | 31.09 | 400m:   | 4:00.29 | 29.08 |
| 7.      | Zdybel Adam          |       |       | 05    | Delfin Gdynia                  |       |       |         |       | 4:02.11 | 749     |       |
|         | 50m:                 | 27.68 | 27.68 | 150m: | 1:28.83                        | 31.02 | 250m: | 2:31.16 | 31.20 | 350m:   | 3:32.75 | 30.61 |
|         | 100m:                | 57.81 | 30.13 | 200m: | 1:59.96                        | 31.13 | 300m: | 3:02.14 | 30.98 | 400m:   | 4:02.11 | 29.36 |
| 8.      | Mróz Adam            |       |       | 03    | AZS UMCS Lublin                |       |       |         |       | 4:02.29 | 748     |       |
|         | 50m:                 | 27.77 | 27.77 | 150m: | 1:28.76                        | 30.66 | 250m: | 2:30.83 | 30.86 | 350m:   | 3:32.72 | 30.52 |
|         | 100m:                | 58.10 | 30.33 | 200m: | 1:59.97                        | 31.21 | 300m: | 3:02.20 | 31.37 | 400m:   | 4:02.29 | 29.57 |

Konkurencja 21  
18/7/2026 - 17:37

Chłopców, 400m dowolny

17 - 18 lat  
Wyniki Finał

|                  |         |                 |     |                 |           |
|------------------|---------|-----------------|-----|-----------------|-----------|
| Rekord Polski 18 | 3:49.21 | Wojdak Wojciech | POL | Dordrecht (NED) | 9/7/2014  |
| Rekord Polski 17 | 3:51.80 | Wojdak Wojciech | POL | Poznan          | 10/7/2013 |

Punkty: AQUA 2026

| Pozycja | Rok ur.            |       |       |       |                  |       |       |         | Czas  | Pkt.    |         |       |
|---------|--------------------|-------|-------|-------|------------------|-------|-------|---------|-------|---------|---------|-------|
| Finał A |                    |       |       |       |                  |       |       |         |       |         |         |       |
| 1.      | Litoborski Mikołaj |       |       | 08    | OŚ AZS Poznań    |       |       |         |       | 3:51.02 | 863     |       |
|         | 50m:               | 27.03 | 27.03 | 150m: | 1:25.14          | 29.33 | 250m: | 2:23.70 | 28.59 | 350m:   | 3:22.36 | 29.43 |
|         | 100m:              | 55.81 | 28.78 | 200m: | 1:55.11          | 29.97 | 300m: | 2:52.93 | 29.23 | 400m:   | 3:51.02 | 28.66 |
| 2.      | Janiszewski Fabian |       |       | 09    | UKS 190 Łódź     |       |       |         |       | 3:56.32 | 806     |       |
|         | 50m:               | 27.37 | 27.37 | 150m: | 1:26.18          | 29.69 | 250m: | 2:26.24 | 30.23 | 350m:   | 3:27.42 | 30.69 |
|         | 100m:              | 56.49 | 29.12 | 200m: | 1:56.01          | 29.83 | 300m: | 2:56.73 | 30.49 | 400m:   | 3:56.32 | 28.90 |
| 3.      | Ciba Mateusz       |       |       | 08    | MKP Szczecin     |       |       |         |       | 3:57.96 | 789     |       |
|         | 50m:               | 27.75 | 27.75 | 150m: | 1:28.60          | 30.45 | 250m: | 2:29.37 | 30.40 | 350m:   | 3:29.94 | 30.33 |
|         | 100m:              | 58.15 | 30.40 | 200m: | 1:58.97          | 30.37 | 300m: | 2:59.61 | 30.24 | 400m:   | 3:57.96 | 28.02 |
| 4.      | Wójcik Remigiusz   |       |       | 09    | AZS UMCS Lublin  |       |       |         |       | 4:05.56 | 718     |       |
|         | 50m:               | 27.69 | 27.69 | 150m: | 1:28.73          | 30.68 | 250m: | 2:31.23 | 31.16 | 350m:   | 3:35.42 | 32.06 |
|         | 100m:              | 58.05 | 30.36 | 200m: | 2:00.07          | 31.34 | 300m: | 3:03.36 | 32.13 | 400m:   | 4:05.56 | 30.14 |
| 5.      | Tarasiewicz Piotr  |       |       | 09    | Polonia Warszawa |       |       |         |       | 4:06.38 | 711     |       |
|         | 50m:               | 28.36 | 28.36 | 150m: | 1:30.11          | 31.25 | 250m: | 2:32.93 | 31.62 | 350m:   | 3:36.21 | 31.35 |
|         | 100m:              | 58.86 | 30.50 | 200m: | 2:01.31          | 31.20 | 300m: | 3:04.86 | 31.93 | 400m:   | 4:06.38 | 30.17 |



Mistrzostwa Polski Juniorów 17-18 lat i Młodzieżowców 19-23 lata  
Oświęcim, 16 - 19/7/2026

Konkurencja 21, Chłopców, 400m dowolny, Finał, 17 - 18 lat

| Pozycja | Rok ur.          |       |       |       |                 |       |       |         |       | Czas    | Pkt.    |       |
|---------|------------------|-------|-------|-------|-----------------|-------|-------|---------|-------|---------|---------|-------|
| 6.      | Nawojczyk Michał |       |       | 09    | AZS UMCS Lublin |       |       |         |       | 4:06.44 | 711     |       |
|         | 50m:             | 27.95 | 27.95 | 150m: | 1:29.94         | 31.24 | 250m: | 2:33.01 | 31.44 | 350m:   | 3:36.41 | 31.44 |
|         | 100m:            | 58.70 | 30.75 | 200m: | 2:01.57         | 31.63 | 300m: | 3:04.97 | 31.96 | 400m:   | 4:06.44 | 30.03 |
| 7.      | Zieliński Dawid  |       |       | 09    | MKP Szczecin    |       |       |         |       | 4:06.75 | 708     |       |
|         | 50m:             | 28.55 | 28.55 | 150m: |                 |       | 250m: | 2:33.25 | 31.47 | 350m:   |         |       |
|         | 100m:            | 59.04 | 30.49 | 200m: | 2:01.78         |       | 300m: | 3:04.71 | 31.46 | 400m:   | 4:06.75 |       |
| 8.      | Korona Eryk      |       |       | 09    | MKP Szczecin    |       |       |         |       | 4:07.27 | 703     |       |
|         | 50m:             | 28.82 | 28.82 | 150m: | 1:31.56         | 31.80 | 250m: | 2:34.79 | 31.38 | 350m:   | 3:37.95 | 31.55 |
|         | 100m:            | 59.76 | 30.94 | 200m: | 2:03.41         | 31.85 | 300m: | 3:06.40 | 31.61 | 400m:   | 4:07.27 | 29.32 |

Finał B

|     |                       |         |       |       |                      |       |       |         |       |                |         |       |
|-----|-----------------------|---------|-------|-------|----------------------|-------|-------|---------|-------|----------------|---------|-------|
| 9.  | Józwiak Tymoteusz     |         |       | 08    | AZS UMCS Lublin      |       |       |         |       | <b>4:05.00</b> | 723     |       |
|     | 50m:                  | 28.00   | 28.00 | 150m: | 1:30.48              | 31.28 | 250m: | 2:32.32 | 29.98 | 350m:          | 3:34.23 | 30.47 |
|     | 100m:                 | 59.20   | 31.20 | 200m: | 2:02.34              | 31.86 | 300m: | 3:03.76 | 31.44 | 400m:          | 4:05.00 | 30.77 |
| 10. | Szelązek Alan         |         |       | 09    | MKP Szczecin         |       |       |         |       | <b>4:07.89</b> | 698     |       |
|     | 50m:                  | 28.14   | 28.14 | 150m: | 1:29.78              | 31.39 | 250m: | 2:32.99 | 31.43 | 350m:          | 3:37.37 | 32.23 |
|     | 100m:                 | 58.39   | 30.25 | 200m: | 2:01.56              | 31.78 | 300m: | 3:05.14 | 32.15 | 400m:          | 4:07.89 | 30.52 |
| 11. | Świdrak Kacper        |         |       | 09    | Unia Oświęcim        |       |       |         |       | <b>4:10.43</b> | 677     |       |
|     | 50m:                  | 28.30   | 28.30 | 150m: | 1:32.18              | 31.93 | 250m: | 2:36.49 | 32.11 | 350m:          | 3:40.03 | 31.25 |
|     | 100m:                 | 1:00.25 | 31.95 | 200m: | 2:04.38              | 32.20 | 300m: | 3:08.78 | 32.29 | 400m:          | 4:10.43 | 30.40 |
| 12. | Pakuła Patryk         |         |       | 08    | Shark Rudna          |       |       |         |       | <b>4:11.38</b> | 669     |       |
|     | 50m:                  | 28.18   | 28.18 | 150m: | 1:31.73              | 31.99 | 250m: | 2:36.01 | 32.21 | 350m:          | 3:40.31 | 32.23 |
|     | 100m:                 | 59.74   | 31.56 | 200m: | 2:03.80              | 32.07 | 300m: | 3:08.08 | 32.07 | 400m:          | 4:11.38 | 31.07 |
| 13. | Łuczak Filip          |         |       | 08    | UKS 190 Łódź         |       |       |         |       | <b>4:11.84</b> | 666     |       |
|     | 50m:                  | 27.98   | 27.98 | 150m: | 1:30.49              | 31.44 | 250m: | 2:35.04 | 32.07 | 350m:          | 3:40.76 | 32.37 |
|     | 100m:                 | 59.05   | 31.07 | 200m: | 2:02.97              | 32.48 | 300m: | 3:08.39 | 33.35 | 400m:          | 4:11.84 | 31.08 |
| 14. | Skałacki Igor         |         |       | 08    | Unia Oświęcim        |       |       |         |       | <b>4:12.14</b> | 663     |       |
|     | 50m:                  | 28.22   | 28.22 | 150m: | 1:31.61              | 31.80 | 250m: | 2:35.94 | 31.95 | 350m:          | 3:40.60 | 32.05 |
|     | 100m:                 | 59.81   | 31.59 | 200m: | 2:03.99              | 32.38 | 300m: | 3:08.55 | 32.61 | 400m:          | 4:12.14 | 31.54 |
| 15. | Michalski Maksymilian |         |       | 09    | Piętnastka Bydgoszcz |       |       |         |       | <b>4:17.17</b> | 625     |       |
|     | 50m:                  | 29.16   | 29.16 | 150m: | 1:33.32              | 32.63 | 250m: |         |       | 350m:          | 3:45.24 | 33.07 |
|     | 100m:                 | 1:00.69 | 31.53 | 200m: | 2:05.87              | 32.55 | 300m: | 3:12.17 |       | 400m:          | 4:17.17 | 31.93 |
| 16. | Pawlak Dawid          |         |       | 08    | UKS 190 Łódź         |       |       |         |       | <b>4:18.76</b> | 614     |       |
|     | 50m:                  | 28.66   | 28.66 | 150m: | 1:32.30              | 31.90 | 250m: | 2:37.61 | 32.72 | 350m:          | 3:44.56 | 33.94 |
|     | 100m:                 | 1:00.40 | 31.74 | 200m: | 2:04.89              | 32.59 | 300m: | 3:10.62 | 33.01 | 400m:          | 4:18.76 | 34.20 |