



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

Konkurencja 7
17/7/2026 - 10:01

Mężczyzn, 400m zmienny

19 - 23 lat
Wyniki Eliminacje

Rekord Polski 4:12.28 Matczak Mateusz POL Belgrade (SRB) 11/7/2009
Punkty: AQUA 2026

Pozycja	Rok ur.								Czas	Pkt.		
1.	Tarczyński Bartosz			07	UKS 190 Łódź				4:32.56	704	Q	
	50m:	28.28	28.28	150m:	1:38.39	36.93	250m:	2:51.32	37.48	350m:	4:01.76	33.23
	100m:	1:01.46	33.18	200m:	2:13.84	35.45	300m:	3:28.53	37.21	400m:	4:32.56	30.80
2.	Kapała Bartosz			06	Kormoran Olsztyn				4:33.90	693	Q	
	50m:	28.76	28.76	150m:	1:37.47	35.69	250m:	2:51.90	39.99	350m:	4:03.30	31.23
	100m:	1:01.78	33.02	200m:	2:11.91	34.44	300m:	3:32.07	40.17	400m:	4:33.90	30.60
3.	Klonowski Mikołaj			07	Olimpia Świecie				4:37.50	667	Q	
	50m:	28.17	28.17	150m:	1:38.30	36.30	250m:	2:52.28	38.27	350m:	4:04.66	32.97
	100m:	1:02.00	33.83	200m:	2:14.01	35.71	300m:	3:31.69	39.41	400m:	4:37.50	32.84
4.	Major Erik			07	Park Wodny Tarn. Góry				4:40.34	647	Q	
	50m:	28.44	28.44	150m:	1:39.15	36.87	250m:	2:56.00	40.32	350m:	4:09.98	32.23
	100m:	1:02.28	33.84	200m:	2:15.68	36.53	300m:	3:37.75	41.75	400m:	4:40.34	30.36
5.	Miłkowski Mikołaj			07	UKS 48 Warszawa Śródmieście				4:40.45	646	Q	
	50m:	27.93	27.93	150m:	1:37.20	36.53	250m:	2:55.63	42.36	350m:	4:09.69	32.18
	100m:	1:00.67	32.74	200m:	2:13.27	36.07	300m:	3:37.51	41.88	400m:	4:40.45	30.76
6.	Gnaczyński Michał			07	MKP Szczecin				4:41.43	639	Q	
	50m:	30.45	30.45	150m:	1:42.69	37.31	250m:	2:58.69	39.60	350m:	4:10.59	32.05
	100m:	1:05.38	34.93	200m:	2:19.09	36.40	300m:	3:38.54	39.85	400m:	4:41.43	30.84
7.	Boruszewski Filip			07	UKS SP-149 Łódź				4:41.47	639	Q	
	50m:	28.66	28.66	150m:	1:40.21	37.93	250m:	2:56.39	39.35	350m:	4:09.56	33.37
	100m:	1:02.28	33.62	200m:	2:17.04	36.83	300m:	3:36.19	39.80	400m:	4:41.47	31.91
8.	Ołownia Ignacy			07	Delfin Gdynia				4:41.70	637	Q	
	50m:	28.66	28.66	150m:	1:37.34	36.12	250m:	2:54.18	40.70	350m:	4:09.94	33.80
	100m:	1:01.22	32.56	200m:	2:13.48	36.14	300m:	3:36.14	41.96	400m:	4:41.70	31.76
9.	Okoń Jakub			07	Juvenia Wrocław				4:42.31	633	R	
	50m:	28.68	28.68	150m:	1:39.42	36.75	250m:	2:56.87	41.56	350m:	4:11.19	32.16
	100m:	1:02.67	33.99	200m:	2:15.31	35.89	300m:	3:39.03	42.16	400m:	4:42.31	31.12
10.	Porwik Kacper			06	AZS Politechniki Opolskiej				4:43.02	629	R	
	50m:	29.37	29.37	150m:	1:42.24	37.43	250m:	2:58.62	39.67	350m:	4:11.60	32.87
	100m:	1:04.81	35.44	200m:	2:18.95	36.71	300m:	3:38.73	40.11	400m:	4:43.02	31.42
11.	Nowacki Błażej			05	Ósemka Starogard Gd.				4:47.85	597		
	50m:	28.81	28.81	150m:	1:40.75	38.04	250m:			350m:	4:14.41	34.42
	100m:	1:02.71	33.90	200m:	2:18.78	38.03	300m:	3:39.99		400m:	4:47.85	33.44

Konkurencja 7
17/7/2026 - 10:01

Chłopców, 400m zmienny

17 - 18 lat
Wyniki Eliminacje

Rekord Polski 18 4:18.40 Matczak Mateusz POL Antwerp (BEL) 22/7/2007
Rekord Polski 17 4:20.27 Matczak Mateusz POL Palma de Mallorca (ESP) 6/7/2006
Punkty: AQUA 2026

Pozycja	Rok ur.								Czas	Pkt.		
1.	Halkiewicz Maciej			08	Omega Olkusz				4:36.66	673	A	
	50m:	28.48	28.48	150m:	1:38.84	36.90	250m:	2:53.70	39.42	350m:	4:04.75	31.82
	100m:	1:01.94	33.46	200m:	2:14.28	35.44	300m:	3:32.93	39.23	400m:	4:36.66	31.91
2.	Tarasiewicz Piotr			09	Polonia Warszawa				4:42.64	631	A	
	50m:	28.88	28.88	150m:	1:40.86	37.58	250m:	2:56.55	39.42	350m:	4:09.84	33.90
	100m:	1:03.28	34.40	200m:	2:17.13	36.27	300m:	3:35.94	39.39	400m:	4:42.64	32.80



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

Konkurencja 7, Chłopców, 400m zmienny, Eliminacje, 17 - 18 lat

Pozycja					Rok ur.					Czas	Pkt.	
3.	Nowacki Mieszko				09	AZS UMCS Lublin				4:42.98	629	A
	50m:	28.85	28.85	150m:	1:38.98	36.81	250m:	2:55.97	41.39	350m:	4:11.01	32.80
	100m:	1:02.17	33.32	200m:	2:14.58	35.60	300m:	3:38.21	42.24	400m:	4:42.98	31.97
4.	Zieliński Szymon				09	MKP Szczecin				4:44.04	622	A
	50m:	29.18	29.18	150m:	1:41.91	39.39	250m:	2:58.17	39.37	350m:	4:11.98	33.70
	100m:	1:02.52	33.34	200m:	2:18.80	36.89	300m:	3:38.28	40.11	400m:	4:44.04	32.06
5.	Maryjowski Marcin				09	AZS UMCS Lublin				4:46.15	608	A
	50m:	29.09	29.09	150m:	1:39.99	37.48	250m:	2:56.81	41.12	350m:	4:12.76	34.05
	100m:	1:02.51	33.42	200m:	2:15.69	35.70	300m:	3:38.71	41.90	400m:	4:46.15	33.39
6.	Dziedzic Michał				09	Orka Lubań				4:46.19	608	A
	50m:	29.10	29.10	150m:	1:40.33	38.03	250m:	2:58.03	40.39	350m:	4:13.70	34.31
	100m:	1:02.30	33.20	200m:	2:17.64	37.31	300m:	3:39.39	41.36	400m:	4:46.19	32.49
7.	Trudnos Ignacy				08	UKS 190 Łódź				4:48.22	595	A
	50m:	28.12	28.12	150m:	1:39.73	37.71	250m:	2:56.32	39.54	350m:	4:14.32	36.70
	100m:	1:02.02	33.90	200m:	2:16.78	37.05	300m:	3:37.62	41.30	400m:	4:48.22	33.90
8.	Pawlak Dawid				08	UKS 190 Łódź				4:52.34	570	A
	50m:	29.52	29.52	150m:	1:46.08	40.88	250m:	3:05.42	41.97	350m:	4:20.16	
	100m:	1:05.20	35.68	200m:	2:23.45	37.37	300m:			400m:	4:52.34	32.18
9.	Czerwinka Jan				08	AZS UMCS Lublin				4:52.63	569	B
	50m:	29.55	29.55	150m:	1:44.86	40.25	250m:	3:03.98	40.67	350m:	4:20.50	34.62
	100m:	1:04.61	35.06	200m:	2:23.31	38.45	300m:	3:45.88	41.90	400m:	4:52.63	32.13
10.	Mizgalski Kacper				09	Posnania Poznań				4:54.04	560	B
	50m:	29.78	29.78	150m:	1:43.37	38.47	250m:	3:03.16	41.95	350m:	4:21.51	35.55
	100m:	1:04.90	35.12	200m:	2:21.21	37.84	300m:	3:45.96	42.80	400m:	4:54.04	32.53
11.	Broczkowski Bogusz				08	Huragan Sosnowiec				4:54.68	557	B
	50m:	29.98	29.98	150m:	1:42.14	36.97	250m:	3:02.92		350m:	4:21.41	33.92
	100m:	1:05.17	35.19	200m:			300m:	3:47.49	44.57	400m:	4:54.68	33.27
12.	Skolik Jeremi				09	Park Wodny Tarn. Góry				4:55.44	553	B
	50m:	27.85	27.85	150m:	1:41.24	40.17	250m:	3:04.26	43.41	350m:	4:22.91	34.48
	100m:	1:01.07	33.22	200m:	2:20.85	39.61	300m:	3:48.43	44.17	400m:	4:55.44	32.53
13.	Gachewicz Jan				09	Delfin Toruń				4:55.51	552	B
	50m:	29.71	29.71	150m:	1:46.84	40.21	250m:	3:07.17	41.45	350m:	4:23.09	33.96
	100m:	1:06.63	36.92	200m:	2:25.72	38.88	300m:	3:49.13	41.96	400m:	4:55.51	32.42
14.	Szlachcic Jan				08	Unia Oświęcim				4:57.34	542	B
	50m:	29.73	29.73	150m:	1:46.37	41.13	250m:	3:09.26	44.71	350m:	4:26.16	32.09
	100m:	1:05.24	35.51	200m:	2:24.55	38.18	300m:	3:54.07	44.81	400m:	4:57.34	31.18
15.	Ogrodnik Marcel				09	Delfin Gdynia				4:59.18	532	B
	50m:	29.18	29.18	150m:	1:46.33	41.26	250m:	3:07.36	42.71	350m:	4:25.75	35.08
	100m:	1:05.07	35.89	200m:	2:24.65	38.32	300m:	3:50.67	43.31	400m:	4:59.18	33.43
16.	Krawczuk Aleksander				09	Piętnastka Bydgoszcz				5:00.42	525	B
	50m:	30.75	30.75	150m:	1:45.88	39.50	250m:	3:07.11	42.00	350m:	4:25.87	36.11
	100m:	1:06.38	35.63	200m:	2:25.11	39.23	300m:	3:49.76	42.65	400m:	5:00.42	34.55
17.	Drelich Mateusz				09	Trójka Łódź				5:02.78	513	R
	50m:	29.56	29.56	150m:	1:48.10	41.41	250m:	3:10.37	43.15	350m:	4:28.77	
	100m:	1:06.69	37.13	200m:	2:27.22	39.12	300m:			400m:	5:02.78	34.01
18.	Radek Paweł				09	MOSM Tychy				5:11.99	469	R
	50m:			150m:	1:48.28	42.37	250m:	3:14.64	44.61	350m:	4:26.92	26.41
	100m:	1:05.91		200m:	2:30.03	41.75	300m:	4:00.51	45.87	400m:	5:11.99	45.07