

Grand Prix Polski w Aquathlonie  
Mi sk Mazowiecki, 12.4.2026

Konkurencja 7  
12.04.2026

400m dowolny

15 - 17 lat  
Wyniki

Punkty: AQUA 2025

Pozycja			Rok ur.							Czas	Pkt.
1.	WERESZCZY SKI, Igor		10	Litwin triathlon elite						<b>4:33.83</b>	465
	50m:	30.42 30.42	150m:	1:38.87	34.63	250m:	2:49.44	35.15	350m:	4:00.32	35.45
	100m:	1:04.24 33.82	200m:	2:14.29	35.42	300m:	3:24.87	35.43	400m:	4:33.83	33.51
2.	MILEWSKI, Jan		11	Bez Wstawionej Nazwy Klubu						<b>4:34.51</b>	462
	50m:	30.16 30.16	150m:	1:39.76	35.36	250m:	2:51.42	35.77	350m:	4:02.00	34.78
	100m:	1:04.40 34.24	200m:	2:15.65	35.89	300m:	3:27.22	35.80	400m:	4:34.51	32.51
3.	KACZKOWSKI, Piotr		09	Klub Sportowy Akademia Aktywnosci Fiz						<b>4:38.23</b>	443
	50m:	29.68 29.68	150m:	1:38.74	34.92	250m:	2:50.66	35.87	350m:	4:03.16	36.14
	100m:	1:03.82 34.14	200m:	2:14.79	36.05	300m:	3:27.02	36.36	400m:	4:38.23	35.07
4.	FILIPIAK, Aleksander		11	MUKS Huragan Koło						<b>4:54.55</b>	374
	50m:	33.09 33.09	150m:	1:46.53	36.91	250m:	3:02.84	38.20	350m:	4:19.01	37.91
	100m:	1:09.62 36.53	200m:	2:24.64	38.11	300m:	3:41.10	38.26	400m:	4:54.55	35.54
5.	CHMIELEWSKI, Stanislaw		10	Barakuda						<b>4:57.28</b>	363
	50m:	31.66 31.66	150m:	1:45.43	37.35	250m:	3:03.18	39.23	350m:	4:22.97	39.68
	100m:	1:08.08 36.42	200m:	2:23.95	38.52	300m:	3:43.29	40.11	400m:	4:57.28	34.31
6.	WALESIUK, Maksymilian		10	UKS G8 Bielany Warszawa						<b>5:01.57</b>	348
	50m:	27.63 27.63	150m:	1:47.96	37.08	250m:	4:24.43	1:59.58	350m:		
	100m:	1:10.88 43.25	200m:	2:24.85	36.89	300m:			400m:	5:01.57	
7.	MURAKOWSKI, Wojciech		10	MUKS Huragan Koło						<b>5:01.81</b>	347
	50m:	32.88 32.88	150m:	1:49.79	39.44	250m:	3:08.31	39.35	350m:	4:26.08	38.49
	100m:	1:10.35 37.47	200m:	2:28.96	39.17	300m:	3:47.59	39.28	400m:	5:01.81	35.73
8.	FRYSZKOWSKA, Sonia		10	Ks Barakuda						<b>5:09.99</b>	409
	50m:	33.68 33.68	150m:	1:49.51	39.21	250m:	3:09.60	40.20	350m:	4:30.65	40.60
	100m:	1:10.30 36.62	200m:	2:29.40	39.89	300m:	3:50.05	40.45	400m:	5:09.99	39.34
9.	WINDERICKA, Franciszka		09	Barakuda						<b>5:20.07</b>	372
	50m:	33.32 33.32	150m:	1:52.79	41.05	250m:	3:16.50	42.26	350m:	4:41.07	42.34
	100m:	1:11.74 38.42	200m:	2:34.24	41.45	300m:	3:58.73	42.23	400m:	5:20.07	39.00
10.	KACZOROWSKA, Emilia		10	Litwin triathlon elite						<b>5:21.17</b>	368
	50m:	35.13 35.13	150m:	1:55.87	40.92	250m:	3:19.21	41.87	350m:	4:41.22	40.83
	100m:	1:14.95 39.82	200m:	2:37.34	41.47	300m:	4:00.39	41.18	400m:	5:21.17	39.95
11.	WN T, Wiktor		11	UKS Wodnik						<b>5:21.70</b>	287
	50m:	34.12 34.12	150m:	1:54.78	41.03	250m:	3:18.91	42.12	350m:	4:43.33	42.30
	100m:	1:13.75 39.63	200m:	2:36.79	42.01	300m:	4:01.03	42.12	400m:	5:21.70	38.37
12.	ZYSKA, Robert		11	UKS Ostrobramska						<b>5:22.77</b>	284
	50m:	35.42 35.42	150m:	1:57.48	42.12	250m:	3:20.07	40.66	350m:	4:43.37	41.40
	100m:	1:15.36 39.94	200m:	2:39.41	41.93	300m:	4:01.97	41.90	400m:	5:22.77	39.40
13.	WINDERICKX, Marie		10	KS Barakuda Mi sk Mazowiecki						<b>5:52.83</b>	277
	50m:	40.73 40.73	150m:	5:13.26	2:16.36	250m:			350m:		
	100m:	2:56.90 2:16.17	200m:			300m:			400m:	5:52.83	
14.	ROOM, Julian		09	GST Gniezno						<b>5:54.36</b>	214
	50m:	37.90 37.90	150m:	2:05.75	45.10	250m:	3:39.00	47.11	350m:	5:11.76	46.58
	100m:	1:20.65 42.75	200m:	2:51.89	46.14	300m:	4:25.18	46.18	400m:	5:54.36	42.60
15.	WINDERICKX, Thomas		10	KS Barakuda Mi sk Mazowiecki						<b>8:01.22</b>	85
	50m:	45.43 45.43	150m:	2:42.96	1:01.96	250m:	4:54.00	1:06.38	350m:	6:58.97	1:01.27
	100m:	1:41.00 55.57	200m:	3:47.62	1:04.66	300m:	5:57.70	1:03.70	400m:	8:01.22	1:02.25