

Arena Grand Prix Puchar Polski  
Łódź, 9. - 10.11.2019Konkurencja 2  
09.11.2019 - 8:48

M cyczn, 400m zmienny

14 lat i starsi  
Wyniki

Punkty: FINA 2019

Pozycja			Rok ur.					Czas	Pkt.
14 lat i starsi									
1.	WARZOCHA Albert		01	Uks Cityzen			<b>4:21.26</b>	732	
	50m: 28.09	28.09	150m: 1:33.57	33.79	250m: 2:43.19	36.68	350m: 3:51.35	31.36	
	100m: 59.78	31.69	200m: 2:06.51	32.94	300m: 3:19.99	36.80	400m: 4:21.26	29.91	
2.	KONARSKI Maciej		04	UKS „GIM 92 Ursynów”			<b>4:27.61</b>	681	
	50m: 29.49	29.49	150m: 1:36.90	34.39	250m: 2:48.80	37.59	350m: 3:58.14	30.31	
	100m: 1:02.51	33.02	200m: 2:11.21	34.31	300m: 3:27.83	39.03	400m: 4:27.61	29.47	
3.	CIASTO Sebastian		99	AZS AWF Katowice			<b>4:27.64</b>	681	
	50m: 29.05	29.05	150m: 1:35.53	33.89	250m: 2:46.45	37.04	350m: 3:56.56	32.04	
	100m: 1:01.64	32.59	200m: 2:09.41	33.88	300m: 3:24.52	38.07	400m: 4:27.64	31.08	
4.	SZCZYGIEL David		02	UKP Unia O wi cim			<b>4:28.29</b>	676	
	50m: 28.83	28.83	150m: 1:35.69	33.92	250m: 2:47.22	38.46	350m: 3:58.00	31.69	
	100m: 1:01.77	32.94	200m: 2:08.76	33.07	300m: 3:26.31	39.09	400m: 4:28.29	30.29	
5.	CHMIELEWSKI Krzysztof		04	IUKS „Muszelka” Warszawa			<b>4:31.33</b>	653	
	50m: 27.82	27.82	150m: 1:33.61	33.91	250m: 2:47.64	41.02	350m: 4:00.86	31.69	
	100m: 59.70	31.88	200m: 2:06.62	33.01	300m: 3:29.17	41.53	400m: 4:31.33	30.47	
6.	ZDZIEBŁO Piotr		02	WKS I sk Wrocław			<b>4:31.83</b>	650	
	50m: 28.75	28.75	150m: 1:36.38	34.88	250m: 2:48.91	38.68	350m: 4:00.44	32.30	
	100m: 1:01.50	32.75	200m: 2:10.23	33.85	300m: 3:28.14	39.23	400m: 4:31.83	31.39	
7.	ZACHARZY SKI Norbert		03	UKS „Wodnik Krasnystaw”			<b>4:33.82</b>	636	
	50m: 29.83	29.83	150m: 1:38.21	35.52	250m: 2:52.02	38.85	350m: 4:03.74	31.69	
	100m: 1:02.69	32.86	200m: 2:13.17	34.96	300m: 3:32.05	40.03	400m: 4:33.82	30.08	
8.	KOSI SKI Filip		04	Mi dzyszkolny UKS „Olimpijczyk” Suwałki			<b>4:34.07</b>	634	
	50m: 28.74	28.74	150m: 1:33.96	33.04	250m: 2:46.25	39.84	350m: 4:01.65	34.08	
	100m: 1:00.92	32.18	200m: 2:06.41	32.45	300m: 3:27.57	41.32	400m: 4:34.07	32.42	
9.	PITY SKI Wiktor		03	WKS I sk Wrocław			<b>4:35.02</b>	627	
	50m: 29.36	29.36	150m: 1:37.95	35.34	250m: 2:51.66	39.94	350m: 4:03.84	32.62	
	100m: 1:02.61	33.25	200m: 2:11.72	33.77	300m: 3:31.22	39.56	400m: 4:35.02	31.18	
10.	GŁUSZKOWSKI Mateusz		01	Uks Cityzen			<b>4:35.67</b>	623	
	50m: 29.64	29.64	150m: 1:38.43	34.94	250m: 2:53.02	39.54	350m: 4:05.39	31.83	
	100m: 1:03.49	33.85	200m: 2:13.48	35.05	300m: 3:33.56	40.54	400m: 4:35.67	30.28	
11.	BOBORYK Wojciech		02	KS Delfin Gdynia			<b>4:36.28</b>	619	
	50m: 29.68	29.68	150m: 1:38.94	35.20	250m: 2:52.84	39.30	350m: 4:05.68	32.49	
	100m: 1:03.74	34.06	200m: 2:13.54	34.60	300m: 3:33.19	40.35	400m: 4:36.28	30.60	
12.	CHMIELEWSKI Michał		04	IUKS „Muszelka” Warszawa			<b>4:37.07</b>	614	
	50m: 27.99	27.99	150m: 1:35.84	35.32	250m: 2:51.85	41.85	350m: 4:06.40	32.01	
	100m: 1:00.52	32.53	200m: 2:10.00	34.16	300m: 3:34.39	42.54	400m: 4:37.07	30.67	
13.	ZIELI SKI Konrad		03	UKS 190 Łódź			<b>4:37.35</b>	612	
	50m: 28.87	28.87	150m: 1:36.72	34.32	250m: 2:52.80	41.02	350m: 4:06.69	32.13	
	100m: 1:02.40	33.53	200m: 2:11.78	35.06	300m: 3:34.56	41.76	400m: 4:37.35	30.66	
14.	KEMPA Mikołaj		99	KU AZS UMCS Lublin			<b>4:37.64</b>	610	
	50m: 28.88	28.88	150m: 1:37.75	35.79	250m: 2:52.05	38.80	350m: 4:05.53	33.24	
	100m: 1:01.96	33.08	200m: 2:13.25	35.50	300m: 3:32.29	40.24	400m: 4:37.64	32.11	
15.	ZDYBEL Adam		05	KS Delfin Gdynia			<b>4:38.63</b>	603	
	50m: 29.51	29.51	150m: 1:39.32	36.26	250m: 2:54.36	40.78	350m: 4:08.08	32.49	
	100m: 1:03.06	33.55	200m: 2:13.58	34.26	300m: 3:35.59	41.23	400m: 4:38.63	30.55	



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## Konkurencja 2, Mężczyźni, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
16.	KORONA Kacper		03	MKP Szczecin				<b>4:38.81</b>	602
	50m:	29.79 29.79	150m:	1:38.30 35.20	250m:	2:53.39 40.18	350m:	4:07.35 32.70	
	100m:	1:03.10 33.31	200m:	2:13.21 34.91	300m:	3:34.65 41.26	400m:	4:38.81 31.46	
17.	PIELA Michał		04	UKP Unia O wi cim				<b>4:40.52</b>	591
	50m:	29.46 29.46	150m:	1:41.07 37.22	250m:	2:55.89 38.52	350m:	4:08.28 32.72	
	100m:	1:03.85 34.39	200m:	2:17.37 36.30	300m:	3:35.56 39.67	400m:	4:40.52 32.24	
18.	BRYŁA Kamil		99	KU AZS UMCS Lublin				<b>4:40.79</b>	589
	50m:	28.69 28.69	150m:	1:37.10 35.60	250m:	2:55.03 42.99	350m:	4:09.32 32.09	
	100m:	1:01.50 32.81	200m:	2:12.04 34.94	300m:	3:37.23 42.20	400m:	4:40.79 31.47	
19.	SZWEDZKI Jakub		00	MKS Trójka Łódź				<b>4:42.60</b>	578
	50m:	30.90 30.90	150m:	1:44.13 36.67	250m:	2:59.21 39.21	350m:	4:12.42 33.48	
	100m:	1:07.46 36.56	200m:	2:20.00 35.87	300m:	3:38.94 39.73	400m:	4:42.60 30.18	
20.	PŁATEK Maciej		02	UKP Unia O wi cim				<b>4:42.83</b>	577
	50m:	29.91 29.91	150m:	1:40.78 36.51	250m:	2:57.32 41.16	350m:	4:11.62 33.00	
	100m:	1:04.27 34.36	200m:	2:16.16 35.38	300m:	3:38.62 41.30	400m:	4:42.83 31.21	
21.	GRZYBOWSKI Artur		01	MKP Szczecin				<b>4:43.49</b>	573
	50m:	28.73 28.73	150m:	1:39.77 38.08	250m:	2:57.52 40.79	350m:	4:11.91 32.80	
	100m:	1:01.69 32.96	200m:	2:16.73 36.96	300m:	3:39.11 41.59	400m:	4:43.49 31.58	
22.	POGODA Krzysztof		05	MKS Jedynka Łódź				<b>4:44.62</b>	566
	50m:	31.26 31.26	150m:	1:42.68 35.56	250m:	2:56.91 40.17	350m:	4:12.26 34.31	
	100m:	1:07.12 35.86	200m:	2:16.74 34.06	300m:	3:37.95 41.04	400m:	4:44.62 32.36	
23.	KAPAŁA Szymon		03	MTP Kormoran Olsztyn				<b>4:45.60</b>	560
	50m:	30.56 30.56	150m:	1:42.33 37.27	250m:	2:59.54 40.97	350m:	4:13.97 32.74	
	100m:	1:05.06 34.50	200m:	2:18.57 36.24	300m:	3:41.23 41.69	400m:	4:45.60 31.63	
24.	YRO Ignacy		04	UKS „GIM 92 Ursynów”				<b>4:47.18</b>	551
	50m:	30.84 30.84	150m:	1:44.47 37.84	250m:	3:02.00 41.23	350m:	4:16.36 32.90	
	100m:	1:06.63 35.79	200m:	2:20.77 36.30	300m:	3:43.46 41.46	400m:	4:47.18 30.82	
25.	OLEJNIK Adam		03	TP Skalar Słupsk				<b>4:48.17</b>	545
	50m:	30.71 30.71	150m:	1:46.14 37.50	250m:	3:01.94 39.26	350m:	4:14.99 33.79	
	100m:	1:08.64 37.93	200m:	2:22.68 36.54	300m:	3:41.20 39.26	400m:	4:48.17 33.18	
26.	MICHALAK Jan		03	UKS Nawa Skierniewice				<b>4:48.67</b>	542
	50m:	30.00 30.00	150m:	1:41.05 36.85	250m:	2:58.40 41.44	350m:	4:14.61 35.51	
	100m:	1:04.20 34.20	200m:	2:16.96 35.91	300m:	3:39.10 40.70	400m:	4:48.67 34.06	
27.	GOŁACKI Sergiusz		04	UKS 190 Łódź				<b>4:48.89</b>	541
	50m:	29.93 29.93	150m:	1:41.76 37.53	250m:	3:00.89 42.80	350m:	4:16.57 33.47	
	100m:	1:04.23 34.30	200m:	2:18.09 36.33	300m:	3:43.10 42.21	400m:	4:48.89 32.32	
28.	RUTA Kamil		02	UKP „Polonia Warszawa”				<b>4:49.08</b>	540
	50m:	29.57 29.57	150m:	1:41.67 37.70	250m:	3:00.91 42.47	350m:	4:17.13 32.68	
	100m:	1:03.97 34.40	200m:	2:18.44 36.77	300m:	3:44.45 43.54	400m:	4:49.08 31.95	
29.	DOŁOWY Grzegorz		02	IUKS „Muszelka” Warszawa				<b>4:49.29</b>	539
	50m:	30.85 30.85	150m:	1:42.22 36.99	250m:	3:02.79 44.14	350m:	4:19.34 32.03	
	100m:	1:05.23 34.38	200m:	2:18.65 36.43	300m:	3:47.31 44.52	400m:	4:49.29 29.95	
30.	J DRYKA Nikodem		04	MKS Trójka Łódź				<b>4:49.67</b>	537
	50m:	30.49 30.49	150m:	1:43.61 38.06	250m:	3:01.54 39.94	350m:	4:16.79 33.53	
	100m:	1:05.55 35.06	200m:	2:21.60 37.99	300m:	3:43.26 41.72	400m:	4:49.67 32.88	
31.	NOWACKI Błażej		05	UKS abianka Gdańsk				<b>4:50.25</b>	534
	50m:	30.15 30.15	150m:	1:42.31 35.98	250m:	2:59.89 41.93	350m:	4:17.43 33.62	
	100m:	1:06.33 36.18	200m:	2:17.96 35.65	300m:	3:43.81 43.92	400m:	4:50.25 32.82	



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## Konkurencja 2, Mężczyźni, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
32.	MOCHNAL Kacper		05	MKS Jedynka Łódź				<b>4:50.76</b>	531
	50m:	30.37 30.37	150m:	1:41.23 36.78	250m:	3:00.18 43.29	350m:	4:19.58 35.28	
	100m:	1:04.45 34.08	200m:	2:16.89 35.66	300m:	3:44.30 44.12	400m:	4:50.76 31.18	
33.	ZAREMBA Adam		05	WKS I sk Wrocław				<b>4:52.43</b>	522
	50m:	30.72 30.72	150m:	1:44.08 37.78	250m:	3:03.36 41.88	350m:	4:20.18 34.49	
	100m:	1:06.30 35.58	200m:	2:21.48 37.40	300m:	3:45.69 42.33	400m:	4:52.43 32.25	
34.	JUDA Dominik		04	UKP Unia Owi cim				<b>4:52.95</b>	519
	50m:	31.02 31.02	150m:	1:44.53 38.40	250m:	3:04.56 42.36	350m:	4:21.66 33.03	
	100m:	1:06.13 35.11	200m:	2:22.20 37.67	300m:	3:48.63 44.07	400m:	4:52.95 31.29	
35.	MALINOWSKI Jakub		03	MKP „SŁOWIANKA” Gorzów Wlkp.				<b>4:55.17</b>	507
	50m:	29.85 29.85	150m:	1:43.68 38.01	250m:	3:04.69 43.95	350m:	4:23.04 32.85	
	100m:	1:05.67 35.82	200m:	2:20.74 37.06	300m:	3:50.19 45.50	400m:	4:55.17 32.13	
36.	CIERPIAŁ Wiktor		04	UKS 190 Łódź				<b>4:55.76</b>	504
	50m:	32.02 32.02	150m:	1:49.22 39.92	250m:	3:06.30 39.27	350m:	4:22.70 35.26	
	100m:	1:09.30 37.28	200m:	2:27.03 37.81	300m:	3:47.44 41.14	400m:	4:55.76 33.06	
37.	CHOŁYSKI Nikodem		03	KU AZS UMCS Lublin				<b>4:56.02</b>	503
	50m:	30.24 30.24	150m:	1:43.86 38.11	250m:	3:04.96 43.50	350m:	4:22.13 33.88	
	100m:	1:05.75 35.51	200m:	2:21.46 37.60	300m:	3:48.25 43.29	400m:	4:56.02 33.89	
38.	SKÓRA Bartosz		03	UKS Piłkarzy Konstantynów Łódzki				<b>4:59.15</b>	487
	50m:	29.87 29.87	150m:	1:47.23 40.82	250m:	3:08.83 40.86	350m:	4:26.93 36.29	
	100m:	1:06.41 36.54	200m:	2:27.97 40.74	300m:	3:50.64 41.81	400m:	4:59.15 32.22	
39.	KUBINIEC Mikołaj		04	KU AZS UMCS Lublin				<b>4:59.41</b>	486
	50m:	31.87 31.87	150m:	1:46.74 38.36	250m:	3:07.78 42.56	350m:	4:25.43 34.56	
	100m:	1:08.38 36.51	200m:	2:25.22 38.48	300m:	3:50.87 43.09	400m:	4:59.41 33.98	
40.	JARCZEWSKI Franciszek		05	UKS 190 Łódź				<b>4:59.91</b>	484
	50m:	31.62 31.62	150m:	1:45.90 38.73	250m:	3:06.58 43.20	350m:	4:25.39 35.55	
	100m:	1:07.17 35.55	200m:	2:23.38 37.48	300m:	3:49.84 43.26	400m:	4:59.91 34.52	
41.	LITEWSKI Mikołaj		04	UKP „Polonia Warszawa”				<b>5:00.34</b>	482
	50m:	31.81 31.81	150m:	1:47.71 39.24	250m:	3:08.79 41.82	350m:	4:26.72 35.50	
	100m:	1:08.47 36.66	200m:	2:26.97 39.26	300m:	3:51.22 42.43	400m:	5:00.34 33.62	
42.	KOWALSKI Jakub		02	MKP „SŁOWIANKA” Gorzów Wlkp.				<b>5:02.08</b>	473
	50m:	30.21 30.21	150m:	1:47.59 41.87	250m:	3:10.10 42.15	350m:	4:28.89 36.39	
	100m:	1:05.72 35.51	200m:	2:27.95 40.36	300m:	3:52.50 42.40	400m:	5:02.08 33.19	
43.	OKO Maksymilian		05	UKS „GIM 92 Ursynów”				<b>5:06.37</b>	454
	50m:	30.84 30.84	150m:	1:45.84 39.07	250m:	3:08.78 44.76	350m:	4:30.23 35.99	
	100m:	1:06.77 35.93	200m:	2:24.02 38.18	300m:	3:54.24 45.46	400m:	5:06.37 36.14	
44.	MAŁKOWSKI Hubert		05	MTKP Delfin Toru				<b>5:09.09</b>	442
	50m:	29.49 29.49	150m:	1:47.14 41.03	250m:	3:11.29 43.12	350m:	4:34.52 37.79	
	100m:	1:06.11 36.62	200m:	2:28.17 41.03	300m:	3:56.73 45.44	400m:	5:09.09 34.57	
45.	WOJNIAK Piotr		05	MTP Kormoran Olsztyn				<b>5:09.39</b>	441
	50m:	32.72 32.72	150m:	1:50.77 40.26	250m:	3:14.68 46.16	350m:	4:36.32 34.63	
	100m:	1:10.51 37.79	200m:	2:28.52 37.75	300m:	4:01.69 47.01	400m:	5:09.39 33.07	
46.	OLEWNICZAK Maciej		05	UKP „Polonia Warszawa”				<b>5:13.63</b>	423
	50m:	30.78 30.78	150m:	1:45.21 38.79	250m:	3:06.69 43.18	350m:	4:25.13 34.74	
	100m:	1:06.42 35.64	200m:	2:23.51 38.30	300m:	3:50.39 43.70	400m:	5:13.63 48.50	
47.	POLITOWSKI Filip		05	MTKP Delfin Toru				<b>5:33.75</b>	351
	50m:	30.98 30.98	150m:	1:52.01 42.43	250m:	3:25.27 50.12	350m:	4:55.46 39.27	
	100m:	1:09.58 38.60	200m:	2:35.15 43.14	300m:	4:16.19 50.92	400m:	5:33.75 38.29	

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## Konkurencja 2, Mężczyźni, 400m zmienny

## 17 - 18 lat

1.	WARZOCHA Albert	01	Uks Cityzen	<b>4:21.26</b>	732
	50m: 28.09 28.09	150m: 1:33.57	33.79	250m: 2:43.19	36.68
	100m: 59.78 31.69	200m: 2:06.51	32.94	300m: 3:19.99	36.80
				350m: 3:51.35	31.36
				400m: 4:21.26	29.91
2.	SZCZYGIEŁ David	02	UKP Unia Owi cim	<b>4:28.29</b>	676
	50m: 28.83 28.83	150m: 1:35.69	33.92	250m: 2:47.22	38.46
	100m: 1:01.77 32.94	200m: 2:08.76	33.07	300m: 3:26.31	39.09
				350m: 3:58.00	31.69
				400m: 4:28.29	30.29
3.	ZDZIEBŁO Piotr	02	WKS I sk Wrocław	<b>4:31.83</b>	650
	50m: 28.75 28.75	150m: 1:36.38	34.88	250m: 2:48.91	38.68
	100m: 1:01.50 32.75	200m: 2:10.23	33.85	300m: 3:28.14	39.23
				350m: 4:00.44	32.30
				400m: 4:31.83	31.39
4.	GŁUSZKOWSKI Mateusz	01	Uks Cityzen	<b>4:35.67</b>	623
	50m: 29.64 29.64	150m: 1:38.43	34.94	250m: 2:53.02	39.54
	100m: 1:03.49 33.85	200m: 2:13.48	35.05	300m: 3:33.56	40.54
				350m: 4:05.39	31.83
				400m: 4:35.67	30.28
5.	BOBORYK Wojciech	02	KS Delfin Gdynia	<b>4:36.28</b>	619
	50m: 29.68 29.68	150m: 1:38.94	35.20	250m: 2:52.84	39.30
	100m: 1:03.74 34.06	200m: 2:13.54	34.60	300m: 3:33.19	40.35
				350m: 4:05.68	32.49
				400m: 4:36.28	30.60
6.	PLĄTEK Maciej	02	UKP Unia Owi cim	<b>4:42.83</b>	577
	50m: 29.91 29.91	150m: 1:40.78	36.51	250m: 2:57.32	41.16
	100m: 1:04.27 34.36	200m: 2:16.16	35.38	300m: 3:38.62	41.30
				350m: 4:11.62	33.00
				400m: 4:42.83	31.21
7.	GRZYBOWSKI Artur	01	MKP Szczecin	<b>4:43.49</b>	573
	50m: 28.73 28.73	150m: 1:39.77	38.08	250m: 2:57.52	40.79
	100m: 1:01.69 32.96	200m: 2:16.73	36.96	300m: 3:39.11	41.59
				350m: 4:11.91	32.80
				400m: 4:43.49	31.58
8.	RUTA Kamil	02	UKP „Polonia Warszawa”	<b>4:49.08</b>	540
	50m: 29.57 29.57	150m: 1:41.67	37.70	250m: 3:00.91	42.47
	100m: 1:03.97 34.40	200m: 2:18.44	36.77	300m: 3:44.45	43.54
				350m: 4:17.13	32.68
				400m: 4:49.08	31.95
9.	DOŁOWY Grzegorz	02	IUKS „Muszelka” Warszawa	<b>4:49.29</b>	539
	50m: 30.85 30.85	150m: 1:42.22	36.99	250m: 3:02.79	44.14
	100m: 1:05.23 34.38	200m: 2:18.65	36.43	300m: 3:47.31	44.52
				350m: 4:19.34	32.03
				400m: 4:49.29	29.95
10.	KOWALSKI Jakub	02	MKP „SŁOWIANKA” Gorzów Wlkp.	<b>5:02.08</b>	473
	50m: 30.21 30.21	150m: 1:47.59	41.87	250m: 3:10.10	42.15
	100m: 1:05.72 35.51	200m: 2:27.95	40.36	300m: 3:52.50	42.40
				350m: 4:28.89	36.39
				400m: 5:02.08	33.19

## 16 lat

1.	ZACHARZY SKI Norbert	03	UKS „Wodnik Krasnystaw”	<b>4:33.82</b>	636
	50m: 29.83 29.83	150m: 1:38.21	35.52	250m: 2:52.02	38.85
	100m: 1:02.69 32.86	200m: 2:13.17	34.96	300m: 3:32.05	40.03
				350m: 4:03.74	31.69
				400m: 4:33.82	30.08
2.	PITY SKI Wiktor	03	WKS I sk Wrocław	<b>4:35.02</b>	627
	50m: 29.36 29.36	150m: 1:37.95	35.34	250m: 2:51.66	39.94
	100m: 1:02.61 33.25	200m: 2:11.72	33.77	300m: 3:31.22	39.56
				350m: 4:03.84	32.62
				400m: 4:35.02	31.18
3.	ZIELI SKI Konrad	03	UKS 190 Łódź	<b>4:37.35</b>	612
	50m: 28.87 28.87	150m: 1:36.72	34.32	250m: 2:52.80	41.02
	100m: 1:02.40 33.53	200m: 2:11.78	35.06	300m: 3:34.56	41.76
				350m: 4:06.69	32.13
				400m: 4:37.35	30.66
4.	KORONA Kacper	03	MKP Szczecin	<b>4:38.81</b>	602
	50m: 29.79 29.79	150m: 1:38.30	35.20	250m: 2:53.39	40.18
	100m: 1:03.10 33.31	200m: 2:13.21	34.91	300m: 3:34.65	41.26
				350m: 4:07.35	32.70
				400m: 4:38.81	31.46
5.	KAPAŁA Szymon	03	MTP Kormoran Olsztyn	<b>4:45.60</b>	560
	50m: 30.56 30.56	150m: 1:42.33	37.27	250m: 2:59.54	40.97
	100m: 1:05.06 34.50	200m: 2:18.57	36.24	300m: 3:41.23	41.69
				350m: 4:13.97	32.74
				400m: 4:45.60	31.63



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## Konkurencja 2, Chłopców, 400m zmienny, 16 lat

Pozycja			Rok ur.					Czas	Pkt.
6.	OLEJNIK Adam		03	TP Skalar Słupsk				<b>4:48.17</b>	545
	50m:	30.71 30.71	150m:	1:46.14 37.50	250m:	3:01.94 39.26	350m:	4:14.99 33.79	
	100m:	1:08.64 37.93	200m:	2:22.68 36.54	300m:	3:41.20 39.26	400m:	4:48.17 33.18	
7.	MICHALAK Jan		03	UKS Nawa Skierniewice				<b>4:48.67</b>	542
	50m:	30.00 30.00	150m:	1:41.05 36.85	250m:	2:58.40 41.44	350m:	4:14.61 35.51	
	100m:	1:04.20 34.20	200m:	2:16.96 35.91	300m:	3:39.10 40.70	400m:	4:48.67 34.06	
8.	MALINOWSKI Jakub		03	MKP „SŁOWIANKA” Gorzów Wlkp.				<b>4:55.17</b>	507
	50m:	29.85 29.85	150m:	1:43.68 38.01	250m:	3:04.69 43.95	350m:	4:23.04 32.85	
	100m:	1:05.67 35.82	200m:	2:20.74 37.06	300m:	3:50.19 45.50	400m:	4:55.17 32.13	
9.	CHOŁ Y SKI Nikodem		03	KU AZS UMCS Lublin				<b>4:56.02</b>	503
	50m:	30.24 30.24	150m:	1:43.86 38.11	250m:	3:04.96 43.50	350m:	4:22.13 33.88	
	100m:	1:05.75 35.51	200m:	2:21.46 37.60	300m:	3:48.25 43.29	400m:	4:56.02 33.89	
10.	SKÓRA Bartosz		03	UKS Pi tka Konstantynów Łódzki				<b>4:59.15</b>	487
	50m:	29.87 29.87	150m:	1:47.23 40.82	250m:	3:08.83 40.86	350m:	4:26.93 36.29	
	100m:	1:06.41 36.54	200m:	2:27.97 40.74	300m:	3:50.64 41.81	400m:	4:59.15 32.22	

## 15 lat

1.	KONARSKI Maciej		04	UKS „GIM 92 Ursynów”				<b>4:27.61</b>	681
	50m:	29.49 29.49	150m:	1:36.90 34.39	250m:	2:48.80 37.59	350m:	3:58.14 30.31	
	100m:	1:02.51 33.02	200m:	2:11.21 34.31	300m:	3:27.83 39.03	400m:	4:27.61 29.47	
2.	CHMIELEWSKI Krzysztof		04	IUKS „Muszelka” Warszawa				<b>4:31.33</b>	653
	50m:	27.82 27.82	150m:	1:33.61 33.91	250m:	2:47.64 41.02	350m:	4:00.86 31.69	
	100m:	59.70 31.88	200m:	2:06.62 33.01	300m:	3:29.17 41.53	400m:	4:31.33 30.47	
3.	KOSI SKI Filip		04	Mi dzyszkołny UKS „Olimpijczyk” Suwałki				<b>4:34.07</b>	634
	50m:	28.74 28.74	150m:	1:33.96 33.04	250m:	2:46.25 39.84	350m:	4:01.65 34.08	
	100m:	1:00.92 32.18	200m:	2:06.41 32.45	300m:	3:27.57 41.32	400m:	4:34.07 32.42	
4.	CHMIELEWSKI Michał		04	IUKS „Muszelka” Warszawa				<b>4:37.07</b>	614
	50m:	27.99 27.99	150m:	1:35.84 35.32	250m:	2:51.85 41.85	350m:	4:06.40 32.01	
	100m:	1:00.52 32.53	200m:	2:10.00 34.16	300m:	3:34.39 42.54	400m:	4:37.07 30.67	
5.	PIELA Michał		04	UKP Unia O wi cim				<b>4:40.52</b>	591
	50m:	29.46 29.46	150m:	1:41.07 37.22	250m:	2:55.89 38.52	350m:	4:08.28 32.72	
	100m:	1:03.85 34.39	200m:	2:17.37 36.30	300m:	3:35.56 39.67	400m:	4:40.52 32.24	
6.	YRO Ignacy		04	UKS „GIM 92 Ursynów”				<b>4:47.18</b>	551
	50m:	30.84 30.84	150m:	1:44.47 37.84	250m:	3:02.00 41.23	350m:	4:16.36 32.90	
	100m:	1:06.63 35.79	200m:	2:20.77 36.30	300m:	3:43.46 41.46	400m:	4:47.18 30.82	
7.	GOŁACKI Sergiusz		04	UKS 190 Łódź				<b>4:48.89</b>	541
	50m:	29.93 29.93	150m:	1:41.76 37.53	250m:	3:00.89 42.80	350m:	4:16.57 33.47	
	100m:	1:04.23 34.30	200m:	2:18.09 36.33	300m:	3:43.10 42.21	400m:	4:48.89 32.32	
8.	J DRYKA Nikodem		04	MKS Trójka Łódź				<b>4:49.67</b>	537
	50m:	30.49 30.49	150m:	1:43.61 38.06	250m:	3:01.54 39.94	350m:	4:16.79 33.53	
	100m:	1:05.55 35.06	200m:	2:21.60 37.99	300m:	3:43.26 41.72	400m:	4:49.67 32.88	
9.	JUDA Dominik		04	UKP Unia O wi cim				<b>4:52.95</b>	519
	50m:	31.02 31.02	150m:	1:44.53 38.40	250m:	3:04.56 42.36	350m:	4:21.66 33.03	
	100m:	1:06.13 35.11	200m:	2:22.20 37.67	300m:	3:48.63 44.07	400m:	4:52.95 31.29	
10.	CIERPIAŁ Wiktor		04	UKS 190 Łódź				<b>4:55.76</b>	504
	50m:	32.02 32.02	150m:	1:49.22 39.92	250m:	3:06.30 39.27	350m:	4:22.70 35.26	
	100m:	1:09.30 37.28	200m:	2:27.03 37.81	300m:	3:47.44 41.14	400m:	4:55.76 33.06	





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## Konkurencja 2, Chłopców, 400m zmienny, 15 lat

Pozycja			Rok ur.					Czas	Pkt.		
11.	KUBINIEC Mikołaj		04	KU AZS UMCS Lublin				<b>4:59.41</b>	486		
	50m:	31.87 31.87	150m:	1:46.74	38.36	250m:	3:07.78	42.56	350m:	4:25.43	34.56
	100m:	1:08.38 36.51	200m:	2:25.22	38.48	300m:	3:50.87	43.09	400m:	4:59.41	33.98
12.	LITEWSKI Mikołaj		04	UKP „Polonia Warszawa”				<b>5:00.34</b>	482		
	50m:	31.81 31.81	150m:	1:47.71	39.24	250m:	3:08.79	41.82	350m:	4:26.72	35.50
	100m:	1:08.47 36.66	200m:	2:26.97	39.26	300m:	3:51.22	42.43	400m:	5:00.34	33.62

## 14 lat

1.	ZDYBEL Adam		05	KS Delfin Gdynia				<b>4:38.63</b>	603		
	50m:	29.51 29.51	150m:	1:39.32	36.26	250m:	2:54.36	40.78	350m:	4:08.08	32.49
	100m:	1:03.06 33.55	200m:	2:13.58	34.26	300m:	3:35.59	41.23	400m:	4:38.63	30.55
2.	POGODA Krzysztof		05	MKS Jedyńka Łódź				<b>4:44.62</b>	566		
	50m:	31.26 31.26	150m:	1:42.68	35.56	250m:	2:56.91	40.17	350m:	4:12.26	34.31
	100m:	1:07.12 35.86	200m:	2:16.74	34.06	300m:	3:37.95	41.04	400m:	4:44.62	32.36
3.	NOWACKI Błażej		05	UKS abianka Gdańsk				<b>4:50.25</b>	534		
	50m:	30.15 30.15	150m:	1:42.31	35.98	250m:	2:59.89	41.93	350m:	4:17.43	33.62
	100m:	1:06.33 36.18	200m:	2:17.96	35.65	300m:	3:43.81	43.92	400m:	4:50.25	32.82
4.	MOCHNAL Kacper		05	MKS Jedyńka Łódź				<b>4:50.76</b>	531		
	50m:	30.37 30.37	150m:	1:41.23	36.78	250m:	3:00.18	43.29	350m:	4:19.58	35.28
	100m:	1:04.45 34.08	200m:	2:16.89	35.66	300m:	3:44.30	44.12	400m:	4:50.76	31.18
5.	ZAREMBA Adam		05	WKS I sk Wrocław				<b>4:52.43</b>	522		
	50m:	30.72 30.72	150m:	1:44.08	37.78	250m:	3:03.36	41.88	350m:	4:20.18	34.49
	100m:	1:06.30 35.58	200m:	2:21.48	37.40	300m:	3:45.69	42.33	400m:	4:52.43	32.25
6.	JARCZEWSKI Franciszek		05	UKS 190 Łódź				<b>4:59.91</b>	484		
	50m:	31.62 31.62	150m:	1:45.90	38.73	250m:	3:06.58	43.20	350m:	4:25.39	35.55
	100m:	1:07.17 35.55	200m:	2:23.38	37.48	300m:	3:49.84	43.26	400m:	4:59.91	34.52
7.	OKO Maksymilian		05	UKS „GIM 92 Ursynów”				<b>5:06.37</b>	454		
	50m:	30.84 30.84	150m:	1:45.84	39.07	250m:	3:08.78	44.76	350m:	4:30.23	35.99
	100m:	1:06.77 35.93	200m:	2:24.02	38.18	300m:	3:54.24	45.46	400m:	5:06.37	36.14
8.	MAŁKOWSKI Hubert		05	MTKP Delfin Toruń				<b>5:09.09</b>	442		
	50m:	29.49 29.49	150m:	1:47.14	41.03	250m:	3:11.29	43.12	350m:	4:34.52	37.79
	100m:	1:06.11 36.62	200m:	2:28.17	41.03	300m:	3:56.73	45.44	400m:	5:09.09	34.57
9.	WO NIAK Piotr		05	MTP Kormoran Olsztyn				<b>5:09.39</b>	441		
	50m:	32.72 32.72	150m:	1:50.77	40.26	250m:	3:14.68	46.16	350m:	4:36.32	34.63
	100m:	1:10.51 37.79	200m:	2:28.52	37.75	300m:	4:01.69	47.01	400m:	5:09.39	33.07
10.	OLEWNICZAK Maciej		05	UKP „Polonia Warszawa”				<b>5:13.63</b>	423		
	50m:	30.78 30.78	150m:	1:45.21	38.79	250m:	3:06.69	43.18	350m:	4:25.13	34.74
	100m:	1:06.42 35.64	200m:	2:23.51	38.30	300m:	3:50.39	43.70	400m:	5:13.63	48.50
11.	POLITOWSKI Filip		05	MTKP Delfin Toruń				<b>5:33.75</b>	351		
	50m:	30.98 30.98	150m:	1:52.01	42.43	250m:	3:25.27	50.12	350m:	4:55.46	39.27
	100m:	1:09.58 38.60	200m:	2:35.15	43.14	300m:	4:16.19	50.92	400m:	5:33.75	38.29