



ARENA Grand Prix Puchar Polski  
Ostrowiec wi tokrzyski, 27. - 28.2.2021

Konkurencja 11  
27.02.2021 - 16:17

M czyzn, 400m zmienny

Open  
Wyniki

Minimum kwal do IO Tokio 2021 (standard "A") : 4:15.84

Punkty: FINA 2021

Pozycja	Rok ur.	Czas	Pkt.
14 lat			
1. URBANIAK Olivier	07 MKS TRÓJKA Łód	<b>5:01.58</b>	528
50m: 31.89 31.89	150m: 1:47.73 38.95	250m: 3:08.61 42.44	350m: 4:28.44 35.17
100m: 1:08.78 36.89	200m: 2:26.17 38.44	300m: 3:53.27 44.66	400m: 5:01.58 33.14
2. TARCZY SKI Bartosz	07 UKS 190 Łód	<b>5:05.83</b>	506
50m: 35.23 35.23	150m: 1:55.16 41.64	250m: 3:16.22 41.58	350m: 4:32.85 37.02
100m: 1:13.52 38.29	200m: 2:34.64 39.48	300m: 3:55.83 39.61	400m: 5:05.83 32.98
3. OŁOWNIA Ignacy	07 UKS Siódemka Gdynia	<b>5:06.61</b>	502
50m: 31.93 31.93	150m: 1:49.69 39.13	250m: 3:12.25 45.21	350m: 4:33.15 35.66
100m: 1:10.56 38.63	200m: 2:27.04 37.35	300m: 3:57.49 45.24	400m: 5:06.61 33.46
4. CZOGAŁA Grzegorz	07 SIKRET Gliwice	<b>5:07.91</b>	496
50m: 31.72 31.72	150m: 1:51.13 42.87	250m: 3:16.32 44.40	350m: 4:34.00 35.30
100m: 1:08.26 36.54	200m: 2:31.92 40.79	300m: 3:58.70 42.38	400m: 5:07.91 33.91
5. WALKOWSKI Bartosz	07 UKS 190 Łód	<b>5:14.95</b>	464
50m: 32.22 32.22	150m: 1:52.74 42.32	250m: 3:18.16 44.82	350m: 4:40.41 35.62
100m: 1:10.42 38.20	200m: 2:33.34 40.60	300m: 4:04.79 46.63	400m: 5:14.95 34.54
6. WENTLAND Miłosz	07 UKS SP-149 Łód	<b>5:16.01</b>	459
50m: 32.54 32.54	150m: 1:54.23 43.38	250m: 3:18.50 42.97	350m: 4:41.02 36.86
100m: 1:10.85 38.31	200m: 2:35.53 41.30	300m: 4:04.16 45.66	400m: 5:16.01 34.99
7. PROSZOWSKI Paweł	07 MKS Park Wodny Tarnowskie Góry	<b>5:16.74</b>	456
50m: 30.71 30.71	150m: 1:49.07 41.59	250m: 3:15.11 45.92	350m: 4:39.46 37.71
100m: 1:07.48 36.77	200m: 2:29.19 40.12	300m: 4:01.75 46.64	400m: 5:16.74 37.28
8. BORUSZEWSKI Filip	07 UKS SP-149 Łód	<b>5:16.79</b>	456
50m: 32.09 32.09	150m: 1:54.55 44.50	250m: 3:20.00 44.54	350m: 4:41.32 36.48
100m: 1:10.05 37.96	200m: 2:35.46 40.91	300m: 4:04.84 44.84	400m: 5:16.79 35.47
9. CUR Kacper	07 UKS GIM 92 Ursynów	<b>5:19.53</b>	444
50m: 33.29 33.29	150m: 1:55.66 40.95	250m: 3:20.35 44.87	350m: 4:43.34 37.73
100m: 1:14.71 41.42	200m: 2:35.48 39.82	300m: 4:05.61 45.26	400m: 5:19.53 36.19
10. BUCO Paweł	07 UKP FALA Kra nik	<b>5:23.01</b>	430
50m: 34.84 34.84	150m: 1:55.55 39.95	250m: 3:22.62 47.49	350m: 4:47.52 36.85
100m: 1:15.60 40.76	200m: 2:35.13 39.58	300m: 4:10.67 48.05	400m: 5:23.01 35.49
11. ŁUKAWSKI Tomasz	07 UKS 48 Warszawa ródmi cie	<b>5:35.10</b>	385
50m: 34.12 34.12	150m: 1:59.97 46.06	250m: 3:33.48 49.67	350m: 4:59.40 38.38
100m: 1:13.91 39.79	200m: 2:43.81 43.84	300m: 4:21.02 47.54	400m: 5:35.10 35.70
12. KASPRZAK Krystian	07 KS JUST SWIM Jelenia Góra	<b>5:54.34</b>	325
50m: 35.42 35.42	150m: 2:08.53 49.19	250m: 3:46.95 52.28	350m: 5:18.32 39.39
100m: 1:19.34 43.92	200m: 2:54.67 46.14	300m: 4:38.93 51.98	400m: 5:54.34 36.02
DYSKW. CIGAŁA Remigiusz	07 KS JUST SWIM Jelenia Góra		
<i>K1 - Pływak wykonał kopni cie delfinowe po pierwszym kopni ciu do stylu klasycznego (pierwszy ruch po starcie lub nawrocie).</i>			
DYSKW. MIŁKOWSKI Mikołaj	07 UKS 48 Warszawa ródmi cie		
<i>Z3 - Pływak uko czył poszczególne odcinki niezgodnie z przepisami o zako czeniu wy cigu w danym stylu., G8</i>			





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15 lat

1. LARY Jerzy	06	IUKS MUSZELKA Warszawa	<b>4:41.58</b>	649
50m: 29.53 29.53	150m: 1:39.94 36.85	250m: 2:57.26 41.62	350m: 4:11.02 31.68	
100m: 1:03.09 33.56	200m: 2:15.64 35.70	300m: 3:39.34 42.08	400m: 4:41.58 30.56	
2. FILIPIAK Mikołaj	06	UKS ABIANKA Gda sk	<b>4:56.67</b>	555
50m: 29.72 29.72	150m: 1:46.40 42.18	250m: 3:10.88 45.00	350m: 4:26.14 32.48	
100m: 1:04.22 34.50	200m: 2:25.88 39.48	300m: 3:53.66 42.78	400m: 4:56.67 30.53	
3. CHOLEWA Wojciech	06	Solne Miasto SP. zo.o	<b>4:59.28</b>	540
50m: 30.92 30.92	150m: 1:46.62 40.19	250m: 3:08.92 43.25	350m: 4:27.45 34.73	
100m: 1:06.43 35.51	200m: 2:25.67 39.05	300m: 3:52.72 43.80	400m: 4:59.28 31.83	
4. JANISZEWSKI Mateusz	06	UKS SP-149 Łód	<b>5:03.59</b>	518
50m: 29.52 29.52	150m: 1:46.87 42.55	250m: 3:11.97 43.16	350m: 4:29.83 35.29	
100m: 1:04.32 34.80	200m: 2:28.81 41.94	300m: 3:54.54 42.57	400m: 5:03.59 33.76	
5. LEWENHAUPT Oskar	06	MKS TRÓJKA Łód	<b>5:06.59</b>	503
50m: 31.58 31.58	150m: 1:51.29 42.82	250m: 3:12.65 41.34	350m: 4:32.74 36.85	
100m: 1:08.47 36.89	200m: 2:31.31 40.02	300m: 3:55.89 43.24	400m: 5:06.59 33.85	
6. STY Aleksander	06	MKS JAGIELLONKA Warszawa	<b>5:09.68</b>	488
50m: 30.89 30.89	150m: 1:45.11 39.83	250m: 3:10.04 45.19	350m: 4:32.88 38.31	
100m: 1:05.28 34.39	200m: 2:24.85 39.74	300m: 3:54.57 44.53	400m: 5:09.68 36.80	
7. DUBIEL Wiktor	06	UKS ABIANKA Gda sk	<b>5:13.49</b>	470
50m: 33.76 33.76	150m: 1:52.53 38.27	250m: 3:16.52 44.71	350m: 4:38.24 36.65	
100m: 1:14.26 40.50	200m: 2:31.81 39.28	300m: 4:01.59 45.07	400m: 5:13.49 35.25	
8. MAZIARZ Mateusz	06	MKS JAGIELLONKA Warszawa	<b>5:20.95</b>	438
50m: 32.40 32.40	150m: 1:54.27 43.73	250m: 3:23.00 46.59	350m: 4:47.05 37.23	
100m: 1:10.54 38.14	200m: 2:36.41 42.14	300m: 4:09.82 46.82	400m: 5:20.95 33.90	
9. WÓJCIK Szczepan	06	UKS FREGATA Kolbuszowa	<b>5:26.78</b>	415
50m: 32.59 32.59	150m: 1:59.44 44.10	250m: 3:25.89 44.80	350m: 4:50.63 38.98	
100m: 1:15.34 42.75	200m: 2:41.09 41.65	300m: 4:11.65 45.76	400m: 5:26.78 36.15	
10. STEFA SKI Jakub	06	WODNIK Radom	<b>5:30.15</b>	402
50m: 34.99 34.99	150m: 1:59.89 45.03	250m: 3:26.42 44.44	350m: 4:52.52 39.77	
100m: 1:14.86 39.87	200m: 2:41.98 42.09	300m: 4:12.75 46.33	400m: 5:30.15 37.63	
11. SKOWRON Hubert	06	KS JUST SWIM Jelenia Góra	<b>5:37.41</b>	377
50m: 33.34 33.34	150m: 2:02.20 46.35	250m: 3:34.03 46.88	350m: 5:00.25 39.08	
100m: 1:15.85 42.51	200m: 2:47.15 44.95	300m: 4:21.17 47.14	400m: 5:37.41 37.16	

16 lat

1. POGODA Krzysztof	05	MKS JEDYNKA Łód	<b>4:51.00</b>	588
50m: 31.19 31.19	150m: 1:43.82 36.93	250m: 3:01.44 41.76	350m: 4:17.61 34.22	
100m: 1:06.89 35.70	200m: 2:19.68 35.86	300m: 3:43.39 41.95	400m: 4:51.00 33.39	
2. MOCHNAL Kacper	05	MKS JEDYNKA Łód	<b>4:53.44</b>	573
50m: 29.50 29.50	150m: 1:43.98 40.20	250m: 3:06.14 42.53	350m: 4:21.22 32.06	
100m: 1:03.78 34.28	200m: 2:23.61 39.63	300m: 3:49.16 43.02	400m: 4:53.44 32.22	
3. TOMASZEWSKI Piotr	05	KU AZS UMCS Lublin	<b>4:54.14</b>	569
50m: 29.05 29.05	150m: 1:42.24 39.12	250m: 3:04.46 43.51	350m: 4:22.01 34.26	
100m: 1:03.12 34.07	200m: 2:20.95 38.71	300m: 3:47.75 43.29	400m: 4:54.14 32.13	
4. JARCZEWSKI Franciszek	05	UKS 190 Łód	<b>4:54.31</b>	568
50m: 29.74 29.74	150m: 1:42.38 37.97	250m: 3:03.79 42.86	350m: 4:20.77 34.27	
100m: 1:04.41 34.67	200m: 2:20.93 38.55	300m: 3:46.50 42.71	400m: 4:54.31 33.54	
5. SROKA Bła ej	05	UKS ABIANKA Gda sk	<b>4:54.93</b>	565
50m: 30.45 30.45	150m: 1:44.27 37.94	250m: 3:02.46 41.69	350m: 4:19.61 34.92	
100m: 1:06.33 35.88	200m: 2:20.77 36.50	300m: 3:44.69 42.23	400m: 4:54.93 35.32	





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Konkurencja 11, Chłopców, 400m zmienny, 16 lat

Pozycja		Rok ur.						Czas	Pkt.
6.	OLEWNICZAK Maciej	05	UKP POLONIA Warszawa					<b>4:57.93</b>	548
	50m: 30.68 30.68	150m: 1:47.23	40.05	250m: 3:08.98	40.98	350m: 4:25.89		33.94	
	100m: 1:07.18 36.50	200m: 2:28.00	40.77	300m: 3:51.95	42.97	400m: 4:57.93		32.04	
7.	SUCHA SKI Filip	05	UKS 51					<b>4:59.54</b>	539
	50m: 31.22 31.22	150m: 1:45.39	36.82	250m: 3:08.67	47.62	350m: 4:28.27		33.52	
	100m: 1:08.57 37.35	200m: 2:21.05	35.66	300m: 3:54.75	46.08	400m: 4:59.54		31.27	
8.	FRANKOWSKI Miłosz	05	MKS JUVENIA Wrocław					<b>5:00.14</b>	536
	50m: 30.04 30.04	150m: 1:47.40	41.00	250m: 3:09.97	41.70	350m: 4:26.67		34.27	
	100m: 1:06.40 36.36	200m: 2:28.27	40.87	300m: 3:52.40	42.43	400m: 5:00.14		33.47	
9.	NOWACKI Bła ej	05	UKS ABIANKA Gda sk					<b>5:00.66</b>	533
	50m: 31.19 31.19	150m: 1:46.86	39.05	250m: 3:06.88	41.32	350m: 4:25.79		35.67	
	100m: 1:07.81 36.62	200m: 2:25.56	38.70	300m: 3:50.12	43.24	400m: 5:00.66		34.87	
10.	OKO Maksymilian	05	UKS GIM 92 Ursynów					<b>5:02.01</b>	526
	50m: 31.43 31.43	150m: 1:45.91	39.93	250m: 3:10.03	44.85	350m: 4:28.30		35.00	
	100m: 1:05.98 34.55	200m: 2:25.18	39.27	300m: 3:53.30	43.27	400m: 5:02.01		33.71	
11.	DZIERKACZ Igor	05	UKS G-8 Bielany Warszawa					<b>5:03.12</b>	520
	50m: 30.71 30.71	150m: 1:47.75	41.40	250m: 3:10.98	43.13	350m: 4:29.02		35.01	
	100m: 1:06.35 35.64	200m: 2:27.85	40.10	300m: 3:54.01	43.03	400m: 5:03.12		34.10	
12.	FILOZOF Adam	05	MKS Park Wodny Tarnowskie Góry					<b>5:04.50</b>	513
	50m: 31.92 31.92	150m: 1:48.63	40.73	250m: 3:11.62	43.00	350m: 4:29.98		34.91	
	100m: 1:07.90 35.98	200m: 2:28.62	39.99	300m: 3:55.07	43.45	400m: 5:04.50		34.52	
13.	DZIEWGU Benjamin	05	UKS GIM 92 Ursynów					<b>5:06.91</b>	501
	50m: 30.22 30.22	150m: 1:48.76	40.28	250m: 3:14.00	43.83	350m: 4:34.41		35.21	
	100m: 1:08.48 38.26	200m: 2:30.17	41.41	300m: 3:59.20	45.20	400m: 5:06.91		32.50	
14.	URYGA Marcin	05	UKS AQUATICA Pawłowice					<b>5:21.95</b>	434
	50m: 29.78 29.78	150m: 1:48.80	43.23	250m: 3:17.81	46.47	350m: 4:43.82		39.63	
	100m: 1:05.57 35.79	200m: 2:31.34	42.54	300m: 4:04.19	46.38	400m: 5:21.95		38.13	

17 - 18 lat

1.	PIELA Michał	04	UKP UNIA O wi cim					<b>4:36.30</b>	687
	50m: 30.17 30.17	150m: 1:41.03	36.88	250m: 2:57.17	40.22	350m: 4:06.10		31.46	
	100m: 1:04.15 33.98	200m: 2:16.95	35.92	300m: 3:34.64	37.47	400m: 4:36.30		30.20	
2.	MRÓZ Adam	03	KU AZS UMCS Lublin					<b>4:38.01</b>	674
	50m: 29.48 29.48	150m: 1:39.77	36.84	250m: 2:55.74	39.49	350m: 4:06.67		32.50	
	100m: 1:02.93 33.45	200m: 2:16.25	36.48	300m: 3:34.17	38.43	400m: 4:38.01		31.34	
3.	PITY SKI Wiktor	03	WKS I sk Wrocław					<b>4:40.59</b>	656
	50m: 29.78 29.78	150m: 1:40.72	37.02	250m: 2:56.73	40.46	350m: 4:09.55		32.03	
	100m: 1:03.70 33.92	200m: 2:16.27	35.55	300m: 3:37.52	40.79	400m: 4:40.59		31.04	
4.	DOBRINDT Mikołaj	03	MUKS PI TNASTKA Bydgoszcz					<b>4:40.71</b>	655
	50m: 30.02 30.02	150m: 1:41.55	37.16	250m: 2:58.11	40.10	350m: 4:08.50		32.46	
	100m: 1:04.39 34.37	200m: 2:18.01	36.46	300m: 3:36.04	37.93	400m: 4:40.71		32.21	
5.	ADAMCZYK Jan	03	KU AZS UMCS Lublin					<b>4:40.84</b>	654
	50m: 30.37 30.37	150m: 1:42.10	37.61	250m: 3:01.39	42.64	350m: 4:11.65		29.19	
	100m: 1:04.49 34.12	200m: 2:18.75	36.65	300m: 3:42.46	41.07	400m: 4:40.84		29.19	
6.	GABRY Maciej	04	SIKRET Gliwice					<b>4:45.82</b>	620
	50m: 31.23 31.23	150m: 1:45.48	38.90	250m: 3:02.79	40.72	350m: 4:16.20		31.68	
	100m: 1:06.58 35.35	200m: 2:22.07	36.59	300m: 3:44.52	41.73	400m: 4:45.82		29.62	
7.	STEFA SKI Patryk	03	KS KSZO Ostrowiec w.					<b>4:48.67</b>	602
	50m: 28.72 28.72	150m: 1:41.83	37.36	250m: 3:01.88	41.95	350m: 4:17.07		33.30	
	100m: 1:04.47 35.75	200m: 2:19.93	38.10	300m: 3:43.77	41.89	400m: 4:48.67		31.60	





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Konkurencja 11, Chłopców, 400m zmienny, 17 - 18 lat

Pozycja			Rok ur.						Czas	Pkt.
8.	DASZKIEWICZ Michał		03	UKP UNIA O wi cim					<b>4:48.68</b>	602
	50m: 29.17	29.17	150m: 1:42.24	40.11	250m: 3:06.81	45.70	350m: 4:20.64	29.42		
	100m: 1:02.13	32.96	200m: 2:21.11	38.87	300m: 3:51.22	44.41	400m: 4:48.68	28.04		
9.	LINARD Bartosz		04	IKS Konstancin					<b>4:50.38</b>	592
	50m: 30.36	30.36	150m: 1:45.80	40.14	250m: 3:03.59	38.74	350m: 4:17.64	34.20		
	100m: 1:05.66	35.30	200m: 2:24.85	39.05	300m: 3:43.44	39.85	400m: 4:50.38	32.74		
10.	LIWKA Jakub		04	SIKRET Gliwice					<b>4:50.78</b>	589
	50m: 29.49	29.49	150m: 1:46.09	41.54	250m: 3:04.51	38.82	350m: 4:18.64	33.76		
	100m: 1:04.55	35.06	200m: 2:25.69	39.60	300m: 3:44.88	40.37	400m: 4:50.78	32.14		
11.	YRO Ignacy		04	UKS GIM 92 Ursynów					<b>4:54.69</b>	566
	50m: 31.49	31.49	150m: 1:44.94	38.74	250m: 3:06.00	42.62	350m: 4:22.14	33.74		
	100m: 1:06.20	34.71	200m: 2:23.38	38.44	300m: 3:48.40	42.40	400m: 4:54.69	32.55		
12.	LEWICKI Jakub		04	SIKRET Gliwice					<b>4:55.73</b>	560
	50m: 30.60	30.60	150m: 1:46.97	40.93	250m: 3:08.07	43.31	350m: 4:24.19	32.71		
	100m: 1:06.04	35.44	200m: 2:24.76	37.79	300m: 3:51.48	43.41	400m: 4:55.73	31.54		
13.	WYKR T Marcin		04	SIKRET Gliwice					<b>4:58.95</b>	542
	50m: 32.38	32.38	150m: 1:48.54	38.68	250m: 3:08.68	42.00	350m: 4:25.38	34.42		
	100m: 1:09.86	37.48	200m: 2:26.68	38.14	300m: 3:50.96	42.28	400m: 4:58.95	33.57		
14.	PLEWKA Przemysław		04	SIKRET Gliwice					<b>5:00.26</b>	535
	50m: 31.30	31.30	150m: 1:47.55	41.66	250m: 3:10.16	42.22	350m: 4:27.39	34.50		
	100m: 1:05.89	34.59	200m: 2:27.94	40.39	300m: 3:52.89	42.73	400m: 5:00.26	32.87		
15.	ROGUSKI Mateusz		03	UKP POLONIA Warszawa					<b>5:00.40</b>	534
	50m: 29.95	29.95	150m: 1:44.45	39.88	250m: 3:08.44	44.75	350m: 4:27.57	34.29		
	100m: 1:04.57	34.62	200m: 2:23.69	39.24	300m: 3:53.28	44.84	400m: 5:00.40	32.83		
16.	PROCNAŁ Adam		04	SP MOTYL MOSiR Stalowa W.					<b>5:03.77</b>	517
	50m: 30.47	30.47	150m: 1:45.86	41.22	250m: 3:11.02	44.90	350m: 4:29.72	35.07		
	100m: 1:04.64	34.17	200m: 2:26.12	40.26	300m: 3:54.65	43.63	400m: 5:03.77	34.05		
17.	CHAŁAT Wojciech		04	KU AZS UMCS Lublin					<b>5:04.67</b>	512
	50m: 33.38	33.38	150m: 1:49.81	40.34	250m: 3:12.22	44.34	350m: 4:30.96	34.33		
	100m: 1:09.47	36.09	200m: 2:27.88	38.07	300m: 3:56.63	44.41	400m: 5:04.67	33.71		
18.	DUDKOWIAK Bartłomiej		04	UKS AQUATICA Pawłowice					<b>5:05.03</b>	510
	50m: 29.65	29.65	150m: 1:43.58	40.52	250m: 3:10.05	45.84	350m: 4:30.87	34.92		
	100m: 1:03.06	33.41	200m: 2:24.21	40.63	300m: 3:55.95	45.90	400m: 5:05.03	34.16		
19.	LITEWSKI Mikołaj		04	UKP POLONIA Warszawa					<b>5:07.86</b>	496
	50m: 31.16	31.16	150m: 1:50.26	42.39	250m: 3:15.69	43.52	350m: 4:33.60	36.34		
	100m: 1:07.87	36.71	200m: 2:32.17	41.91	300m: 3:57.26	41.57	400m: 5:07.86	34.26		
20.	LASKI Filip		04	St. KF KS Fenix O arów Mazowiecki					<b>5:13.94</b>	468
	50m: 32.03	32.03	150m: 1:48.49	41.50	250m: 3:16.69	46.61	350m: 4:38.32	36.55		
	100m: 1:06.99	34.96	200m: 2:30.08	41.59	300m: 4:01.77	45.08	400m: 5:13.94	35.62		
DYSKW.	ZACHARJASIEWICZ Antoni		04	UKS GIM 92 Ursynów						
	<i>K15 - Pływak nie dotkn ł ciany dwiema dło mi przy nawrocie lub na zako czenie wy cigu.</i>									

Open

1.	BUJAK Dominik		99	St. Lok. SALOS Cortile Kielce					<b>4:24.75</b>	781
	50m: 28.50	28.50	150m: 1:35.84	34.70	250m: 2:46.75	37.56	350m: 3:55.83	31.02		
	100m: 1:01.14	32.64	200m: 2:09.19	33.35	300m: 3:24.81	38.06	400m: 4:24.75	28.92		
2.	SZWEDZKI Dawid		94	WKS I sk Wrocław					<b>4:26.86</b>	762
	50m: 28.73	28.73	150m: 1:36.78	35.74	250m: 2:48.99	38.03	350m: 3:56.92	31.48		
	100m: 1:01.04	32.31	200m: 2:10.96	34.18	300m: 3:25.44	36.45	400m: 4:26.86	29.94		
3.	SUCHA SKI Przemysław		01	AZS AWF Warszawa					<b>4:28.92</b>	745
	50m: 28.50	28.50	150m: 1:36.73	35.02	250m: 2:48.14	37.82	350m: 3:57.97	31.41		
	100m: 1:01.71	33.21	200m: 2:10.32	33.59	300m: 3:26.56	38.42	400m: 4:28.92	30.95		





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Pozycja				Rok ur.					Czas	Pkt.		
4.	POPRAWA Michał			94	AZS AWF Katowice				<b>4:36.28</b>	687		
	50m:	28.33	28.33	150m:	1:36.76	35.71	250m:	2:52.33	39.82	350m:	4:05.20	32.41
	100m:	1:01.05	32.72	200m:	2:12.51	35.75	300m:	3:32.79	40.46	400m:	4:36.28	31.08
5.	PIELA Michał			04	UKP UNIA O wi cim				<b>4:36.30</b>	687		
	50m:	30.17	30.17	150m:	1:41.03	36.88	250m:	2:57.17	40.22	350m:	4:06.10	31.46
	100m:	1:04.15	33.98	200m:	2:16.95	35.92	300m:	3:34.64	37.47	400m:	4:36.30	30.20
6.	SIERADZKI Kamil			02	UKP UNIA O wi cim				<b>4:36.31</b>	687		
	50m:	27.72	27.72	150m:	1:36.67	37.52	250m:	2:52.58	40.30	350m:	4:06.28	32.42
	100m:	59.15	31.43	200m:	2:12.28	35.61	300m:	3:33.86	41.28	400m:	4:36.31	30.03
7.	ZABOROWSKI Filip			94	MKP Szczecin				<b>4:36.52</b>	685		
	50m:	29.03	29.03	150m:	1:38.97	36.71	250m:	2:54.21	39.52	350m:	4:06.42	31.60
	100m:	1:02.26	33.23	200m:	2:14.69	35.72	300m:	3:34.82	40.61	400m:	4:36.52	30.10
8.	DUBIEL Adam			93	AZS AWF Warszawa				<b>4:37.66</b>	677		
	50m:	28.49	28.49	150m:	1:38.72	36.76	250m:	2:55.09	40.26	350m:	4:06.97	31.47
	100m:	1:01.96	33.47	200m:	2:14.83	36.11	300m:	3:35.50	40.41	400m:	4:37.66	30.69
9.	CIASTO Sebastian			99	AZS AWF Katowice				<b>4:37.99</b>	674		
	50m:	29.69	29.69	150m:	1:41.18	37.19	250m:	2:55.74	38.14	350m:	4:06.69	32.83
	100m:	1:03.99	34.30	200m:	2:17.60	36.42	300m:	3:33.86	38.12	400m:	4:37.99	31.30
10.	MRÓZ Adam			03	KU AZS UMCS Lublin				<b>4:38.01</b>	674		
	50m:	29.48	29.48	150m:	1:39.77	36.84	250m:	2:55.74	39.49	350m:	4:06.67	32.50
	100m:	1:02.93	33.45	200m:	2:16.25	36.48	300m:	3:34.17	38.43	400m:	4:38.01	31.34
11.	PITY SKI Wiktor			03	WKS I sk Wrocław				<b>4:40.59</b>	656		
	50m:	29.78	29.78	150m:	1:40.72	37.02	250m:	2:56.73	40.46	350m:	4:09.55	32.03
	100m:	1:03.70	33.92	200m:	2:16.27	35.55	300m:	3:37.52	40.79	400m:	4:40.59	31.04
12.	DOBRINDT Mikołaj			03	MUKS PI TNASTKA Bydgoszcz				<b>4:40.71</b>	655		
	50m:	30.02	30.02	150m:	1:41.55	37.16	250m:	2:58.11	40.10	350m:	4:08.50	32.46
	100m:	1:04.39	34.37	200m:	2:18.01	36.46	300m:	3:36.04	37.93	400m:	4:40.71	32.21
13.	ADAMCZYK Jan			03	KU AZS UMCS Lublin				<b>4:40.84</b>	654		
	50m:	30.37	30.37	150m:	1:42.10	37.61	250m:	3:01.39	42.64	350m:	4:11.65	29.19
	100m:	1:04.49	34.12	200m:	2:18.75	36.65	300m:	3:42.46	41.07	400m:	4:40.84	29.19
14.	CERLICH Maksymilian			00	AZS AWF Katowice				<b>4:41.17</b>	652		
	50m:	28.82	28.82	150m:	1:40.60	36.78	250m:	2:55.89	38.43	350m:	4:09.82	34.37
	100m:	1:03.82	35.00	200m:	2:17.46	36.86	300m:	3:35.45	39.56	400m:	4:41.17	31.35
15.	LARY Jerzy			06	IUKS MUSZELKA Warszawa				<b>4:41.58</b>	649		
	50m:	29.53	29.53	150m:	1:39.94	36.85	250m:	2:57.26	41.62	350m:	4:11.02	31.68
	100m:	1:03.09	33.56	200m:	2:15.64	35.70	300m:	3:39.34	42.08	400m:	4:41.58	30.56
16.	KUCZAK Adam			00	AZS AWF Katowice				<b>4:41.74</b>	648		
	50m:	28.94	28.94	150m:	1:41.12	37.17	250m:	2:56.95	40.70	350m:	4:10.12	32.31
	100m:	1:03.95	35.01	200m:	2:16.25	35.13	300m:	3:37.81	40.86	400m:	4:41.74	31.62
17.	GUZY Marcel			01	DOKiS SP Vega Dobrodzie				<b>4:42.60</b>	642		
	50m:	29.82	29.82	150m:	1:40.41	37.33	250m:	2:56.38	39.67	350m:	4:09.73	33.72
	100m:	1:03.08	33.26	200m:	2:16.71	36.30	300m:	3:36.01	39.63	400m:	4:42.60	32.87
18.	BLACHURA Oskar			02	UKP UNIA O wi cim				<b>4:43.95</b>	633		
	50m:	29.93	29.93	150m:	1:44.37	38.87	250m:	3:00.68	39.05	350m:	4:12.85	32.05
	100m:	1:05.50	35.57	200m:	2:21.63	37.26	300m:	3:40.80	40.12	400m:	4:43.95	31.10
19.	GABRY Maciej			04	SIKRET Gliwice				<b>4:45.82</b>	620		
	50m:	31.23	31.23	150m:	1:45.48	38.90	250m:	3:02.79	40.72	350m:	4:16.20	31.68
	100m:	1:06.58	35.35	200m:	2:22.07	36.59	300m:	3:44.52	41.73	400m:	4:45.82	29.62
20.	RAJCA Wiktor			02	KS KSZO Ostrowiec w.				<b>4:46.88</b>	614		
	50m:	30.65	30.65	150m:	1:42.40	37.99	250m:	3:00.40	39.37	350m:	4:14.97	33.52
	100m:	1:04.41	33.76	200m:	2:21.03	38.63	300m:	3:41.45	41.05	400m:	4:46.88	31.91





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Pozycja				Rok ur.					Czas	Pkt.
21.	MA KA Filip			00	UKS 190 Łód				<b>4:48.36</b>	604
	50m: 30.92	30.92	150m: 1:41.59	37.49	250m: 3:01.64	42.86	350m: 4:15.80	33.49		
	100m: 1:04.10	33.18	200m: 2:18.78	37.19	300m: 3:42.31	40.67	400m: 4:48.36	32.56		
22.	STEFA SKI Patryk			03	KS KSZO Ostrowiec w.				<b>4:48.67</b>	602
	50m: 28.72	28.72	150m: 1:41.83	37.36	250m: 3:01.88	41.95	350m: 4:17.07	33.30		
	100m: 1:04.47	35.75	200m: 2:19.93	38.10	300m: 3:43.77	41.89	400m: 4:48.67	31.60		
23.	DASZKIEWICZ Michał			03	UKP UNIA O wi cim				<b>4:48.68</b>	602
	50m: 29.17	29.17	150m: 1:42.24	40.11	250m: 3:06.81	45.70	350m: 4:20.64	29.42		
	100m: 1:02.13	32.96	200m: 2:21.11	38.87	300m: 3:51.22	44.41	400m: 4:48.68	28.04		
24.	SAGAN Jakub			02	KU AZS UMCS Lublin				<b>4:49.20</b>	599
	50m: 31.48	31.48	150m: 1:45.67	37.29	250m: 3:04.12	42.76	350m: 4:18.26	33.84		
	100m: 1:08.38	36.90	200m: 2:21.36	35.69	300m: 3:44.42	40.30	400m: 4:49.20	30.94		
25.	LINARD Bartosz			04	IKS Konstancin				<b>4:50.38</b>	592
	50m: 30.36	30.36	150m: 1:45.80	40.14	250m: 3:03.59	38.74	350m: 4:17.64	34.20		
	100m: 1:05.66	35.30	200m: 2:24.85	39.05	300m: 3:43.44	39.85	400m: 4:50.38	32.74		
26.	LIWKA Jakub			04	SIKRET Gliwice				<b>4:50.78</b>	589
	50m: 29.49	29.49	150m: 1:46.09	41.54	250m: 3:04.51	38.82	350m: 4:18.64	33.76		
	100m: 1:04.55	35.06	200m: 2:25.69	39.60	300m: 3:44.88	40.37	400m: 4:50.78	32.14		
27.	POGODA Krzysztof			05	MKS JEDYNKA Łód				<b>4:51.00</b>	588
	50m: 31.19	31.19	150m: 1:43.82	36.93	250m: 3:01.44	41.76	350m: 4:17.61	34.22		
	100m: 1:06.89	35.70	200m: 2:19.68	35.86	300m: 3:43.39	41.95	400m: 4:51.00	33.39		
28.	SIEKACZY SKI Artur			02	UKP FALA Kra nik				<b>4:51.43</b>	585
	50m: 30.05	30.05	150m: 1:41.64	37.08	250m: 3:01.27	44.28	350m: 4:19.23	34.33		
	100m: 1:04.56	34.51	200m: 2:16.99	35.35	300m: 3:44.90	43.63	400m: 4:51.43	32.20		
29.	MOCHNAL Kacper			05	MKS JEDYNKA Łód				<b>4:53.44</b>	573
	50m: 29.50	29.50	150m: 1:43.98	40.20	250m: 3:06.14	42.53	350m: 4:21.22	32.06		
	100m: 1:03.78	34.28	200m: 2:23.61	39.63	300m: 3:49.16	43.02	400m: 4:53.44	32.22		
30.	TOMASZEWSKI Piotr			05	KU AZS UMCS Lublin				<b>4:54.14</b>	569
	50m: 29.05	29.05	150m: 1:42.24	39.12	250m: 3:04.46	43.51	350m: 4:22.01	34.26		
	100m: 1:03.12	34.07	200m: 2:20.95	38.71	300m: 3:47.75	43.29	400m: 4:54.14	32.13		
31.	JARCZEWSKI Franciszek			05	UKS 190 Łód				<b>4:54.31</b>	568
	50m: 29.74	29.74	150m: 1:42.38	37.97	250m: 3:03.79	42.86	350m: 4:20.77	34.27		
	100m: 1:04.41	34.67	200m: 2:20.93	38.55	300m: 3:46.50	42.71	400m: 4:54.31	33.54		
32.	YRO Ignacy			04	UKS GIM 92 Ursynów				<b>4:54.69</b>	566
	50m: 31.49	31.49	150m: 1:44.94	38.74	250m: 3:06.00	42.62	350m: 4:22.14	33.74		
	100m: 1:06.20	34.71	200m: 2:23.38	38.44	300m: 3:48.40	42.40	400m: 4:54.69	32.55		
33.	SROKA Bła ej			05	UKS ABIANKA Gda sk				<b>4:54.93</b>	565
	50m: 30.45	30.45	150m: 1:44.27	37.94	250m: 3:02.46	41.69	350m: 4:19.61	34.92		
	100m: 1:06.33	35.88	200m: 2:20.77	36.50	300m: 3:44.69	42.23	400m: 4:54.93	35.32		
34.	LEWICKI Jakub			04	SIKRET Gliwice				<b>4:55.73</b>	560
	50m: 30.60	30.60	150m: 1:46.97	40.93	250m: 3:08.07	43.31	350m: 4:24.19	32.71		
	100m: 1:06.04	35.44	200m: 2:24.76	37.79	300m: 3:51.48	43.41	400m: 4:55.73	31.54		
35.	FILIPIAK Mikołaj			06	UKS ABIANKA Gda sk				<b>4:56.67</b>	555
	50m: 29.72	29.72	150m: 1:46.40	42.18	250m: 3:10.88	45.00	350m: 4:26.14	32.48		
	100m: 1:04.22	34.50	200m: 2:25.88	39.48	300m: 3:53.66	42.78	400m: 4:56.67	30.53		
36.	OLEWNICZAK Maciej			05	UKP POLONIA Warszawa				<b>4:57.93</b>	548
	50m: 30.68	30.68	150m: 1:47.23	40.05	250m: 3:08.98	40.98	350m: 4:25.89	33.94		
	100m: 1:07.18	36.50	200m: 2:28.00	40.77	300m: 3:51.95	42.97	400m: 4:57.93	32.04		
37.	WYKR T Marcin			04	SIKRET Gliwice				<b>4:58.95</b>	542
	50m: 32.38	32.38	150m: 1:48.54	38.68	250m: 3:08.68	42.00	350m: 4:25.38	34.42		
	100m: 1:09.86	37.48	200m: 2:26.68	38.14	300m: 3:50.96	42.28	400m: 4:58.95	33.57		





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Pozycja		Rok ur.						Czas	Pkt.
38.	CHOLEWA Wojciech	06	Solne Miasto SP. zo.o					<b>4:59.28</b>	540
	50m: 30.92 30.92	150m: 1:46.62	40.19	250m: 3:08.92	43.25	350m: 4:27.45	34.73		
	100m: 1:06.43 35.51	200m: 2:25.67	39.05	300m: 3:52.72	43.80	400m: 4:59.28	31.83		
39.	SUCHA SKI Filip	05	UKS 51					<b>4:59.54</b>	539
	50m: 31.22 31.22	150m: 1:45.39	36.82	250m: 3:08.67	47.62	350m: 4:28.27	33.52		
	100m: 1:08.57 37.35	200m: 2:21.05	35.66	300m: 3:54.75	46.08	400m: 4:59.54	31.27		
40.	FRANKOWSKI Miłosz	05	MKS JUVENIA Wrocław					<b>5:00.14</b>	536
	50m: 30.04 30.04	150m: 1:47.40	41.00	250m: 3:09.97	41.70	350m: 4:26.67	34.27		
	100m: 1:06.40 36.36	200m: 2:28.27	40.87	300m: 3:52.40	42.43	400m: 5:00.14	33.47		
41.	PLEWKA Przemysław	04	SIKRET Gliwice					<b>5:00.26</b>	535
	50m: 31.30 31.30	150m: 1:47.55	41.66	250m: 3:10.16	42.22	350m: 4:27.39	34.50		
	100m: 1:05.89 34.59	200m: 2:27.94	40.39	300m: 3:52.89	42.73	400m: 5:00.26	32.87		
42.	ROGUSKI Mateusz	03	UKP POLONIA Warszawa					<b>5:00.40</b>	534
	50m: 29.95 29.95	150m: 1:44.45	39.88	250m: 3:08.44	44.75	350m: 4:27.57	34.29		
	100m: 1:04.57 34.62	200m: 2:23.69	39.24	300m: 3:53.28	44.84	400m: 5:00.40	32.83		
43.	NOWACKI Bła ej	05	UKS ABIANKA Gda sk					<b>5:00.66</b>	533
	50m: 31.19 31.19	150m: 1:46.86	39.05	250m: 3:06.88	41.32	350m: 4:25.79	35.67		
	100m: 1:07.81 36.62	200m: 2:25.56	38.70	300m: 3:50.12	43.24	400m: 5:00.66	34.87		
44.	URBANIAK Olivier	07	MKS TRÓJKA Łód					<b>5:01.58</b>	528
	50m: 31.89 31.89	150m: 1:47.73	38.95	250m: 3:08.61	42.44	350m: 4:28.44	35.17		
	100m: 1:08.78 36.89	200m: 2:26.17	38.44	300m: 3:53.27	44.66	400m: 5:01.58	33.14		
45.	OKO Maksymilian	05	UKS GIM 92 Ursynów					<b>5:02.01</b>	526
	50m: 31.43 31.43	150m: 1:45.91	39.93	250m: 3:10.03	44.85	350m: 4:28.30	35.00		
	100m: 1:05.98 34.55	200m: 2:25.18	39.27	300m: 3:53.30	43.27	400m: 5:02.01	33.71		
46.	DZIERKACZ Igor	05	UKS G-8 Bielany Warszawa					<b>5:03.12</b>	520
	50m: 30.71 30.71	150m: 1:47.75	41.40	250m: 3:10.98	43.13	350m: 4:29.02	35.01		
	100m: 1:06.35 35.64	200m: 2:27.85	40.10	300m: 3:54.01	43.03	400m: 5:03.12	34.10		
47.	JANISZEWSKI Mateusz	06	UKS SP-149 Łód					<b>5:03.59</b>	518
	50m: 29.52 29.52	150m: 1:46.87	42.55	250m: 3:11.97	43.16	350m: 4:29.83	35.29		
	100m: 1:04.32 34.80	200m: 2:28.81	41.94	300m: 3:54.54	42.57	400m: 5:03.59	33.76		
48.	PROCNAL Adam	04	SP MOTYL MOSiR Stalowa W.					<b>5:03.77</b>	517
	50m: 30.47 30.47	150m: 1:45.86	41.22	250m: 3:11.02	44.90	350m: 4:29.72	35.07		
	100m: 1:04.64 34.17	200m: 2:26.12	40.26	300m: 3:54.65	43.63	400m: 5:03.77	34.05		
49.	FILOZOF Adam	05	MKS Park Wodny Tarnowskie Góry					<b>5:04.50</b>	513
	50m: 31.92 31.92	150m: 1:48.63	40.73	250m: 3:11.62	43.00	350m: 4:29.98	34.91		
	100m: 1:07.90 35.98	200m: 2:28.62	39.99	300m: 3:55.07	43.45	400m: 5:04.50	34.52		
50.	CHAŁAT Wojciech	04	KU AZS UMCS Lublin					<b>5:04.67</b>	512
	50m: 33.38 33.38	150m: 1:49.81	40.34	250m: 3:12.22	44.34	350m: 4:30.96	34.33		
	100m: 1:09.47 36.09	200m: 2:27.88	38.07	300m: 3:56.63	44.41	400m: 5:04.67	33.71		
51.	DUDKOWIAK Bartłomiej	04	UKS AQUATICA Pawłowice					<b>5:05.03</b>	510
	50m: 29.65 29.65	150m: 1:43.58	40.52	250m: 3:10.05	45.84	350m: 4:30.87	34.92		
	100m: 1:03.06 33.41	200m: 2:24.21	40.63	300m: 3:55.95	45.90	400m: 5:05.03	34.16		
52.	TARCZY SKI Bartosz	07	UKS 190 Łód					<b>5:05.83</b>	506
	50m: 35.23 35.23	150m: 1:55.16	41.64	250m: 3:16.22	41.58	350m: 4:32.85	37.02		
	100m: 1:13.52 38.29	200m: 2:34.64	39.48	300m: 3:55.83	39.61	400m: 5:05.83	32.98		
53.	RUTA Kamil	02	UKP POLONIA Warszawa					<b>5:06.25</b>	504
	50m: 30.08 30.08	150m: 1:46.30	40.69	250m: 3:11.64	44.92	350m: 4:32.03	34.55		
	100m: 1:05.61 35.53	200m: 2:26.72	40.42	300m: 3:57.48	45.84	400m: 5:06.25	34.22		
54.	LEWENHAUPT Oskar	06	MKS TRÓJKA Łód					<b>5:06.59</b>	503
	50m: 31.58 31.58	150m: 1:51.29	42.82	250m: 3:12.65	41.34	350m: 4:32.74	36.85		
	100m: 1:08.47 36.89	200m: 2:31.31	40.02	300m: 3:55.89	43.24	400m: 5:06.59	33.85		





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Pozycja			Rok ur.					Czas	Pkt.
55.	OŁOWNIA Ignacy		07	UKS Siódemka Gdynia				<b>5:06.61</b>	502
	50m: 31.93 31.93	150m: 1:49.69		39.13	250m: 3:12.25	45.21	350m: 4:33.15	35.66	
	100m: 1:10.56 38.63	200m: 2:27.04		37.35	300m: 3:57.49	45.24	400m: 5:06.61	33.46	
56.	DZIEWGU Benjamin		05	UKS GIM 92 Ursynów				<b>5:06.91</b>	501
	50m: 30.22 30.22	150m: 1:48.76		40.28	250m: 3:14.00	43.83	350m: 4:34.41	35.21	
	100m: 1:08.48 38.26	200m: 2:30.17		41.41	300m: 3:59.20	45.20	400m: 5:06.91	32.50	
57.	LITEWSKI Mikołaj		04	UKP POLONIA Warszawa				<b>5:07.86</b>	496
	50m: 31.16 31.16	150m: 1:50.26		42.39	250m: 3:15.69	43.52	350m: 4:33.60	36.34	
	100m: 1:07.87 36.71	200m: 2:32.17		41.91	300m: 3:57.26	41.57	400m: 5:07.86	34.26	
58.	CZOGAŁA Grzegorz		07	SIKRET Gliwice				<b>5:07.91</b>	496
	50m: 31.72 31.72	150m: 1:51.13		42.87	250m: 3:16.32	44.40	350m: 4:34.00	35.30	
	100m: 1:08.26 36.54	200m: 2:31.92		40.79	300m: 3:58.70	42.38	400m: 5:07.91	33.91	
59.	STY Aleksander		06	MKS JAGIELLONKA Warszawa				<b>5:09.68</b>	488
	50m: 30.89 30.89	150m: 1:45.11		39.83	250m: 3:10.04	45.19	350m: 4:32.88	38.31	
	100m: 1:05.28 34.39	200m: 2:24.85		39.74	300m: 3:54.57	44.53	400m: 5:09.68	36.80	
60.	DUBIEL Wiktor		06	UKS ABIANKA Gda sk				<b>5:13.49</b>	470
	50m: 33.76 33.76	150m: 1:52.53		38.27	250m: 3:16.52	44.71	350m: 4:38.24	36.65	
	100m: 1:14.26 40.50	200m: 2:31.81		39.28	300m: 4:01.59	45.07	400m: 5:13.49	35.25	
61.	LASKI Filip		04	St. KF KS Fenix O arów Mazowiecki				<b>5:13.94</b>	468
	50m: 32.03 32.03	150m: 1:48.49		41.50	250m: 3:16.69	46.61	350m: 4:38.32	36.55	
	100m: 1:06.99 34.96	200m: 2:30.08		41.59	300m: 4:01.77	45.08	400m: 5:13.94	35.62	
62.	WALKOWSKI Bartosz		07	UKS 190 Łód				<b>5:14.95</b>	464
	50m: 32.22 32.22	150m: 1:52.74		42.32	250m: 3:18.16	44.82	350m: 4:40.41	35.62	
	100m: 1:10.42 38.20	200m: 2:33.34		40.60	300m: 4:04.79	46.63	400m: 5:14.95	34.54	
63.	WENTLAND Miłosz		07	UKS SP-149 Łód				<b>5:16.01</b>	459
	50m: 32.54 32.54	150m: 1:54.23		43.38	250m: 3:18.50	42.97	350m: 4:41.02	36.86	
	100m: 1:10.85 38.31	200m: 2:35.53		41.30	300m: 4:04.16	45.66	400m: 5:16.01	34.99	
64.	PROSZOWSKI Paweł		07	MKS Park Wodny Tarnowskie Góry				<b>5:16.74</b>	456
	50m: 30.71 30.71	150m: 1:49.07		41.59	250m: 3:15.11	45.92	350m: 4:39.46	37.71	
	100m: 1:07.48 36.77	200m: 2:29.19		40.12	300m: 4:01.75	46.64	400m: 5:16.74	37.28	
65.	BORUSZEWSKI Filip		07	UKS SP-149 Łód				<b>5:16.79</b>	456
	50m: 32.09 32.09	150m: 1:54.55		44.50	250m: 3:20.00	44.54	350m: 4:41.32	36.48	
	100m: 1:10.05 37.96	200m: 2:35.46		40.91	300m: 4:04.84	44.84	400m: 5:16.79	35.47	
66.	CUR Kacper		07	UKS GIM 92 Ursynów				<b>5:19.53</b>	444
	50m: 33.29 33.29	150m: 1:55.66		40.95	250m: 3:20.35	44.87	350m: 4:43.34	37.73	
	100m: 1:14.71 41.42	200m: 2:35.48		39.82	300m: 4:05.61	45.26	400m: 5:19.53	36.19	
67.	MAZIARZ Mateusz		06	MKS JAGIELLONKA Warszawa				<b>5:20.95</b>	438
	50m: 32.40 32.40	150m: 1:54.27		43.73	250m: 3:23.00	46.59	350m: 4:47.05	37.23	
	100m: 1:10.54 38.14	200m: 2:36.41		42.14	300m: 4:09.82	46.82	400m: 5:20.95	33.90	
68.	URYGA Marcin		05	UKS AQUATICA Pawłowice				<b>5:21.95</b>	434
	50m: 29.78 29.78	150m: 1:48.80		43.23	250m: 3:17.81	46.47	350m: 4:43.82	39.63	
	100m: 1:05.57 35.79	200m: 2:31.34		42.54	300m: 4:04.19	46.38	400m: 5:21.95	38.13	
69.	BUCO Paweł		07	UKP FALA Kra nik				<b>5:23.01</b>	430
	50m: 34.84 34.84	150m: 1:55.55		39.95	250m: 3:22.62	47.49	350m: 4:47.52	36.85	
	100m: 1:15.60 40.76	200m: 2:35.13		39.58	300m: 4:10.67	48.05	400m: 5:23.01	35.49	
70.	WÓJCIK Szczepan		06	UKS FREGATA Kolbuszowa				<b>5:26.78</b>	415
	50m: 32.59 32.59	150m: 1:59.44		44.10	250m: 3:25.89	44.80	350m: 4:50.63	38.98	
	100m: 1:15.34 42.75	200m: 2:41.09		41.65	300m: 4:11.65	45.76	400m: 5:26.78	36.15	
71.	STEFA SKI Jakub		06	WODNIK Radom				<b>5:30.15</b>	402
	50m: 34.99 34.99	150m: 1:59.89		45.03	250m: 3:26.42	44.44	350m: 4:52.52	39.77	
	100m: 1:14.86 39.87	200m: 2:41.98		42.09	300m: 4:12.75	46.33	400m: 5:30.15	37.63	







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Pozycja		Rok ur.						Czas	Pkt.
72.	ŁUKAWSKI Tomasz	07	UKS 48 Warszawa	ródmie cie				<b>5:35.10</b>	385
	50m: 34.12 34.12	150m: 1:59.97	46.06	250m: 3:33.48	49.67	350m: 4:59.40	38.38		
	100m: 1:13.91 39.79	200m: 2:43.81	43.84	300m: 4:21.02	47.54	400m: 5:35.10	35.70		
73.	SKOWRON Hubert	06	KS JUST SWIM Jelenia Góra					<b>5:37.41</b>	377
	50m: 33.34 33.34	150m: 2:02.20	46.35	250m: 3:34.03	46.88	350m: 5:00.25	39.08		
	100m: 1:15.85 42.51	200m: 2:47.15	44.95	300m: 4:21.17	47.14	400m: 5:37.41	37.16		
74.	KASPRZAK Krystian	07	KS JUST SWIM Jelenia Góra					<b>5:54.34</b>	325
	50m: 35.42 35.42	150m: 2:08.53	49.19	250m: 3:46.95	52.28	350m: 5:18.32	39.39		
	100m: 1:19.34 43.92	200m: 2:54.67	46.14	300m: 4:38.93	51.98	400m: 5:54.34	36.02		
DYSKW.	CIGAŁA Remigiusz	07	KS JUST SWIM Jelenia Góra						
	<i>K1 - Pływak wykonał kopni cie delfinowe po pierwszym kopni ciu do stylu klasycznego (pierwszy ruch po starcie lub nawrocie).</i>								
DYSKW.	ZACHARJASIEWICZ Antoni	04	UKS GIM 92 Ursynów						
	<i>K15 - Pływak nie dotkn ł ciany dwiema dło mi przy nawrocie lub na zako czenie wy cigu.</i>								
DYSKW.	MIŁKOWSKI Mikołaj	07	UKS 48 Warszawa	ródmie cie					
	<i>Z3 - Pływak uko czył poszczególne odcinki niezgodnie z przepisami o zako czeniu wy cigu w danym stylu., G8</i>								

