



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

Konkurencja 32
28.02.2021 - 14:42

M czyzn, 400m dowolny

Open
Wyniki

Rekord Polski Open 3:45.71 STANCZYK Przemyslaw POL Chiba (JPN) 21.08.2007

Minimum kwal do IO Tokio 2021 (standard "A") : 3:46.78

Punkty: FINA 2021

| Pozycja | Rok ur. | Czas | Pkt. |
|---------------------------|-----------------------------------|---------------------|---------------------|
| 14 lat | | | |
| 1. TARCZY SKI Bartosz | 07 UKS 190 Łód | 4:32.41 | 527 |
| 50m: 31.51 31.51 | 150m: 1:42.29 35.71 | 250m: 2:52.14 34.98 | 350m: 4:00.13 33.66 |
| 100m: 1:06.58 35.07 | 200m: 2:17.16 34.87 | 300m: 3:26.47 34.33 | 400m: 4:32.41 32.28 |
| 2. WALKOWSKI Bartosz | 07 UKS 190 Łód | 4:33.74 | 519 |
| 50m: 32.33 32.33 | 150m: 1:42.15 35.03 | 250m: 2:51.69 34.54 | 350m: 4:00.78 33.88 |
| 100m: 1:07.12 34.79 | 200m: 2:17.15 35.00 | 300m: 3:26.90 35.21 | 400m: 4:33.74 32.96 |
| 3. PROSZOWSKI Paweł | 07 MKS Park Wodny Tarnowskie Góry | 4:34.73 | 514 |
| 50m: 31.06 31.06 | 150m: 1:40.28 34.71 | 250m: 2:50.51 35.09 | 350m: 4:01.03 34.94 |
| 100m: 1:05.57 34.51 | 200m: 2:15.42 35.14 | 300m: 3:26.09 35.58 | 400m: 4:34.73 33.70 |
| 4. PONIEWA Oliwier | 07 KS OLIMPIA Lublin | 4:37.97 | 496 |
| 50m: 32.04 32.04 | 150m: 1:42.10 35.23 | 250m: 2:52.96 35.72 | 350m: 4:03.98 35.48 |
| 100m: 1:06.87 34.83 | 200m: 2:17.24 35.14 | 300m: 3:28.50 35.54 | 400m: 4:37.97 33.99 |
| 5. GAJEWSKI Jan | 07 MKS OCHOTA Warszawa | 4:40.27 | 484 |
| 50m: 31.32 31.32 | 150m: 1:43.54 36.45 | 250m: 2:56.55 36.25 | 350m: 4:07.26 34.74 |
| 100m: 1:07.09 35.77 | 200m: 2:20.30 36.76 | 300m: 3:32.52 35.97 | 400m: 4:40.27 33.01 |
| 6. CIECHANOWSKI Stanisław | 07 UKS 307 Warszawa | 4:40.34 | 483 |
| 50m: 30.90 30.90 | 150m: 1:41.57 35.83 | 250m: 2:53.46 35.88 | 350m: 4:05.76 35.83 |
| 100m: 1:05.74 34.84 | 200m: 2:17.58 36.01 | 300m: 3:29.93 36.47 | 400m: 4:40.34 34.58 |
| 7. SELDER Krystian | 07 MKS TRÓJKA Łód | 4:40.47 | 483 |
| 50m: 31.81 31.81 | 150m: 1:43.38 36.60 | 250m: 2:55.78 35.54 | 350m: 4:07.55 35.64 |
| 100m: 1:06.78 34.97 | 200m: 2:20.24 36.86 | 300m: 3:31.91 36.13 | 400m: 4:40.47 32.92 |
| 8. CUR Kacper | 07 UKS GIM 92 Ursynów | 4:43.99 | 465 |
| 50m: 31.68 31.68 | 150m: 1:43.84 36.53 | 250m: 2:56.10 35.86 | 350m: 4:08.60 35.98 |
| 100m: 1:07.31 35.63 | 200m: 2:20.24 36.40 | 300m: 3:32.62 36.52 | 400m: 4:43.99 35.39 |
| 9. PI TKIEWICZ Piotr | 07 MKS TRÓJKA Łód | 4:44.23 | 464 |
| 50m: 32.13 32.13 | 150m: 1:45.43 37.10 | 250m: 2:58.12 36.17 | 350m: 4:10.42 36.29 |
| 100m: 1:08.33 36.20 | 200m: 2:21.95 36.52 | 300m: 3:34.13 36.01 | 400m: 4:44.23 33.81 |
| 10. MIKOŁAJCZYK Adrian | 07 SKS 137 Delfin Łód | 4:44.24 | 464 |
| 50m: 31.92 31.92 | 150m: 1:44.35 36.22 | 250m: 2:58.42 36.47 | 350m: 4:11.15 35.78 |
| 100m: 1:08.13 36.21 | 200m: 2:21.95 37.60 | 300m: 3:35.37 36.95 | 400m: 4:44.24 33.09 |
| 11. KONOPKO Mateusz | 07 LKS Jedno 32 Przyszowice | 4:46.17 | 454 |
| 50m: 31.89 31.89 | 150m: 1:44.43 36.23 | 250m: 2:58.21 36.37 | 350m: 4:11.09 35.99 |
| 100m: 1:08.20 36.31 | 200m: 2:21.84 37.41 | 300m: 3:35.10 36.89 | 400m: 4:46.17 35.08 |
| 12. BORUSZEWSKI Filip | 07 UKS SP-149 Łód | 4:50.77 | 433 |
| 50m: 33.61 33.61 | 150m: 1:48.87 37.53 | 250m: 3:04.10 38.30 | 350m: 4:16.40 36.33 |
| 100m: 1:11.34 37.73 | 200m: 2:25.80 36.93 | 300m: 3:40.07 35.97 | 400m: 4:50.77 34.37 |
| 13. WALKOWSKI Maciej | 07 UKS 190 Łód | 4:51.30 | 431 |
| 50m: 33.34 33.34 | 150m: 1:49.01 36.83 | 250m: 3:04.58 37.24 | 350m: 4:17.91 36.43 |
| 100m: 1:12.18 38.84 | 200m: 2:27.34 38.33 | 300m: 3:41.48 36.90 | 400m: 4:51.30 33.39 |
| 14. CIGAŁA Remigiusz | 07 KS JUST SWIM Jelenia Góra | 4:54.35 | 417 |
| 50m: 31.69 31.69 | 150m: 1:47.39 38.01 | 250m: 3:03.24 37.43 | 350m: 4:18.97 37.00 |
| 100m: 1:09.38 37.69 | 200m: 2:25.81 38.42 | 300m: 3:41.97 38.73 | 400m: 4:54.35 35.38 |
| 15. SKOWRO SKI Braian | 07 UKS FREGATA Kolbuszowa | 4:57.82 | 403 |
| 50m: 33.94 33.94 | 150m: 1:50.17 38.62 | 250m: 3:07.07 38.71 | 350m: 4:22.89 37.35 |
| 100m: 1:11.55 37.61 | 200m: 2:28.36 38.19 | 300m: 3:45.54 38.47 | 400m: 4:57.82 34.93 |





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

Konkurencja 32, Chłopców, 400m dowolny, 14 lat

| Pozycja | | | Rok ur. | | | | | Czas | Pkt. | | | |
|---------|---------------------|---------|---------|-----------------------------------|---------|-------|-------|----------------|-------|-------|---------|-------|
| 16. | TOKAREWICZ Igor | | 07 | UKS ÓSEMKA Starogard Gda | ski | | | 4:59.12 | 398 | | | |
| | 50m: | 34.59 | 34.59 | 150m: | 1:52.27 | 39.12 | 250m: | 3:09.74 | 38.72 | 350m: | 4:26.13 | 38.22 |
| | 100m: | 1:13.15 | 38.56 | 200m: | 2:31.02 | 38.75 | 300m: | 3:47.91 | 38.17 | 400m: | 4:59.12 | 32.99 |
| 17. | KIERO SKI Marcel | | 07 | KS FALA Niepołomice | | | | 5:03.03 | 383 | | | |
| | 50m: | 32.57 | 32.57 | 150m: | 1:50.48 | 38.24 | 250m: | 3:09.92 | 40.13 | 350m: | 4:26.26 | 38.83 |
| | 100m: | 1:12.24 | 39.67 | 200m: | 2:29.79 | 39.31 | 300m: | 3:47.43 | 37.51 | 400m: | 5:03.03 | 36.77 |
| 18. | MUCHA Maksym | | 07 | UKS Swim Team Wilanów | | | | 5:04.17 | 378 | | | |
| | 50m: | 33.83 | 33.83 | 150m: | 1:49.78 | 38.50 | 250m: | 3:07.34 | 38.80 | 350m: | 4:25.84 | 39.34 |
| | 100m: | 1:11.28 | 37.45 | 200m: | 2:28.54 | 38.76 | 300m: | 3:46.50 | 39.16 | 400m: | 5:04.17 | 38.33 |
| 19. | GRZ DKOWSKI Oliwier | | 07 | MKS CKS-SMS Szczecin | | | | 5:04.75 | 376 | | | |
| | 50m: | 34.11 | 34.11 | 150m: | 1:51.43 | 38.95 | 250m: | 3:09.92 | 39.28 | 350m: | 4:28.41 | 39.42 |
| | 100m: | 1:12.48 | 38.37 | 200m: | 2:30.64 | 39.21 | 300m: | 3:48.99 | 39.07 | 400m: | 5:04.75 | 36.34 |
| 20. | SZYMCZAK Marcin | | 07 | UKS ÓSEMKA Starogard Gda | ski | | | 5:08.09 | 364 | | | |
| | 50m: | 34.36 | 34.36 | 150m: | 1:52.79 | 39.50 | 250m: | 3:11.20 | 39.78 | 350m: | 4:29.77 | 39.55 |
| | 100m: | 1:13.29 | 38.93 | 200m: | 2:31.42 | 38.63 | 300m: | 3:50.22 | 39.02 | 400m: | 5:08.09 | 38.32 |
| 21. | JARCZEWSKI Jan | | 07 | UKS 190 Łód | | | | 5:11.73 | 351 | | | |
| | 50m: | 34.46 | 34.46 | 150m: | 1:53.82 | 40.14 | 250m: | 3:14.17 | 40.37 | 350m: | 4:33.93 | 40.31 |
| | 100m: | 1:13.68 | 39.22 | 200m: | 2:33.80 | 39.98 | 300m: | 3:53.62 | 39.45 | 400m: | 5:11.73 | 37.80 |
| 22. | KASPRZAK Krystian | | 07 | KS JUST SWIM Jelenia Góra | | | | 5:14.46 | 342 | | | |
| | 50m: | 33.88 | 33.88 | 150m: | 1:55.74 | 41.58 | 250m: | 3:18.02 | 41.51 | 350m: | 4:38.63 | 39.82 |
| | 100m: | 1:14.16 | 40.28 | 200m: | 2:36.51 | 40.77 | 300m: | 3:58.81 | 40.79 | 400m: | 5:14.46 | 35.83 |
| 23. | SIWARSKI Marcin | | 07 | UKS SP AQUARIUS Lesko | | | | 5:28.88 | 299 | | | |
| | 50m: | 34.39 | 34.39 | 150m: | 1:55.69 | 41.40 | 250m: | 3:21.98 | 43.32 | 350m: | 4:48.00 | 42.34 |
| | 100m: | 1:14.29 | 39.90 | 200m: | 2:38.66 | 42.97 | 300m: | 4:05.66 | 43.68 | 400m: | 5:28.88 | 40.88 |
| 24. | KUKIER Łukasz | | 07 | St. KF KS Fenix O arów Mazowiecki | | | | 5:37.45 | 277 | | | |
| | 50m: | 36.23 | 36.23 | 150m: | 2:00.68 | 42.68 | 250m: | 3:27.98 | 43.83 | 350m: | 4:56.38 | 44.10 |
| | 100m: | 1:18.00 | 41.77 | 200m: | 2:44.15 | 43.47 | 300m: | 4:12.28 | 44.30 | 400m: | 5:37.45 | 41.07 |

15 lat

| | | | | | | | | | | | | |
|----|-------------------|---------|-------|-------------------------------|---------|-------|-------|----------------|-------|-------|---------|-------|
| 1. | LARY Jerzy | | 06 | IUKS MUSZELKA Warszawa | | | | 4:09.27 | 688 | | | |
| | 50m: | 29.08 | 29.08 | 150m: | 1:31.61 | 31.38 | 250m: | 2:35.06 | 31.64 | 350m: | 3:38.66 | 31.66 |
| | 100m: | 1:00.23 | 31.15 | 200m: | 2:03.42 | 31.81 | 300m: | 3:07.00 | 31.94 | 400m: | 4:09.27 | 30.61 |
| 2. | MIENICKI Rafał | | 06 | UKS 48 Warszawa ródemie cie | | | | 4:10.57 | 677 | | | |
| | 50m: | 28.28 | 28.28 | 150m: | 1:31.93 | 31.97 | 250m: | 2:35.87 | 32.04 | 350m: | 3:40.21 | 31.97 |
| | 100m: | 59.96 | 31.68 | 200m: | 2:03.83 | 31.90 | 300m: | 3:08.24 | 32.37 | 400m: | 4:10.57 | 30.36 |
| 3. | FILIPIAK Mikołaj | | 06 | UKS ABIANKA Gda sk | | | | 4:12.61 | 661 | | | |
| | 50m: | 28.41 | 28.41 | 150m: | 1:33.05 | 32.45 | 250m: | 2:38.10 | 32.30 | 350m: | 3:42.43 | 31.84 |
| | 100m: | 1:00.60 | 32.19 | 200m: | 2:05.80 | 32.75 | 300m: | 3:10.59 | 32.49 | 400m: | 4:12.61 | 30.18 |
| 4. | KUREK Bartosz | | 06 | TP Olimpijczyk Aleksandrów Ł. | | | | 4:31.14 | 534 | | | |
| | 50m: | 30.55 | 30.55 | 150m: | 1:38.25 | 34.28 | 250m: | 2:47.71 | 34.94 | 350m: | 3:57.25 | 34.33 |
| | 100m: | 1:03.97 | 33.42 | 200m: | 2:12.77 | 34.52 | 300m: | 3:22.92 | 35.21 | 400m: | 4:31.14 | 33.89 |
| 5. | LE NIEWSKI Wiktor | | 06 | UKP POLONIA Warszawa | | | | 4:38.27 | 494 | | | |
| | 50m: | 30.24 | 30.24 | 150m: | 1:39.62 | 35.03 | 250m: | 2:51.17 | 35.62 | 350m: | 4:03.65 | 36.00 |
| | 100m: | 1:04.59 | 34.35 | 200m: | 2:15.55 | 35.93 | 300m: | 3:27.65 | 36.48 | 400m: | 4:38.27 | 34.62 |
| 6. | PERA Marcin | | 06 | UKS WODNIK Siemianowice l. | | | | 4:38.58 | 492 | | | |
| | 50m: | 30.59 | 30.59 | 150m: | 1:40.92 | 35.87 | 250m: | 2:53.57 | 36.32 | 350m: | 4:05.38 | 35.36 |
| | 100m: | 1:05.05 | 34.46 | 200m: | 2:17.25 | 36.33 | 300m: | 3:30.02 | 36.45 | 400m: | 4:38.58 | 33.20 |
| 7. | KOZAK Jan | | 06 | KS OLIMPIA Lublin | | | | 4:39.35 | 488 | | | |
| | 50m: | 31.70 | 31.70 | 150m: | 1:41.81 | 35.33 | 250m: | 2:53.70 | 35.86 | 350m: | 4:05.76 | 36.08 |
| | 100m: | 1:06.48 | 34.78 | 200m: | 2:17.84 | 36.03 | 300m: | 3:29.68 | 35.98 | 400m: | 4:39.35 | 33.59 |





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

Konkurencja 32, Chłopców, 400m dowolny, 15 lat

| Pozycja | | Rok ur. | | | | | | Czas | Pkt. |
|---------|-----------------------------|---------------|----------------------------|---------------|-------|---------------|-------|----------------|------|
| 8. | GAWENDA Bartłomiej | 06 | UKS 48 Warszawa | ródemie cie | | | | 4:39.88 | 486 |
| | 50m: 31.38 31.38 | 150m: 1:41.48 | 35.23 | 250m: 2:54.14 | 36.07 | 350m: 4:06.49 | 35.63 | | |
| | 100m: 1:06.25 34.87 | 200m: 2:18.07 | 36.59 | 300m: 3:30.86 | 36.72 | 400m: 4:39.88 | 33.39 | | |
| 9. | CHABOWSKI Nathaniel | 06 | UKS ABIANKA Gda sk | | | | | 4:44.26 | 464 |
| | 50m: 32.00 32.00 | 150m: 1:43.47 | 35.97 | 250m: 2:56.13 | 36.14 | 350m: 4:09.26 | 36.50 | | |
| | 100m: 1:07.50 35.50 | 200m: 2:19.99 | 36.52 | 300m: 3:32.76 | 36.63 | 400m: 4:44.26 | 35.00 | | |
| 10. | W SIK Marek | 06 | DOKiS SP Vega Dobrodzie | | | | | 4:47.08 | 450 |
| | 50m: 30.86 30.86 | 150m: 1:43.10 | 36.77 | 250m: 2:57.84 | 36.87 | 350m: 4:11.82 | 36.40 | | |
| | 100m: 1:06.33 35.47 | 200m: 2:20.97 | 37.87 | 300m: 3:35.42 | 37.58 | 400m: 4:47.08 | 35.26 | | |
| 11. | KROPORNICKI Michał | 06 | UKS ORKA Zamo | | | | | 4:51.95 | 428 |
| | 50m: 32.07 32.07 | 150m: 1:46.07 | 37.42 | 250m: 3:01.35 | 37.59 | 350m: 4:16.76 | 37.86 | | |
| | 100m: 1:08.65 36.58 | 200m: 2:23.76 | 37.69 | 300m: 3:38.90 | 37.55 | 400m: 4:51.95 | 35.19 | | |
| 12. | SZMAJDA Nikodem | 06 | MUKS OLIMPIJCZYK Suwałki | | | | | 4:52.81 | 424 |
| | 50m: 31.39 31.39 | 150m: 1:45.08 | 37.39 | 250m: 3:02.01 | 38.55 | 350m: 4:18.42 | 37.81 | | |
| | 100m: 1:07.69 36.30 | 200m: 2:23.46 | 38.38 | 300m: 3:40.61 | 38.60 | 400m: 4:52.81 | 34.39 | | |
| 13. | JANKIEWICZ DELGADO Jarosław | 06 | UKS NAWA Skierniewice | | | | | 4:55.58 | 412 |
| | 50m: 34.67 34.67 | 150m: 1:51.57 | 38.91 | 250m: 3:07.99 | 38.00 | 350m: 4:22.52 | 36.77 | | |
| | 100m: 1:12.66 37.99 | 200m: 2:29.99 | 38.42 | 300m: 3:45.75 | 37.76 | 400m: 4:55.58 | 33.06 | | |
| 14. | SARNAT Szymon | 06 | UKS NIKA Sport Team Kraków | | | | | 4:56.11 | 410 |
| | 50m: 31.94 31.94 | 150m: 1:45.41 | 37.92 | 250m: 3:01.90 | 38.51 | 350m: 4:19.96 | 39.28 | | |
| | 100m: 1:07.49 35.55 | 200m: 2:23.39 | 37.98 | 300m: 3:40.68 | 38.78 | 400m: 4:56.11 | 36.15 | | |
| 15. | GAWLIK Kacper | 06 | MKS JAGIELLONKA Warszawa | | | | | 4:56.48 | 408 |
| | 50m: 32.33 32.33 | 150m: 1:47.38 | 38.34 | 250m: 3:04.61 | 39.20 | 350m: 4:21.04 | 37.99 | | |
| | 100m: 1:09.04 36.71 | 200m: 2:25.41 | 38.03 | 300m: 3:43.05 | 38.44 | 400m: 4:56.48 | 35.44 | | |
| 16. | WIEK Miłosz | 06 | KS KSZO Ostrowiec w. | | | | | 4:59.58 | 396 |
| | 50m: 33.51 33.51 | 150m: 1:49.96 | 38.68 | 250m: 3:07.05 | 38.79 | 350m: 4:23.51 | 37.88 | | |
| | 100m: 1:11.28 37.77 | 200m: 2:28.26 | 38.30 | 300m: 3:45.63 | 38.58 | 400m: 4:59.58 | 36.07 | | |
| 17. | TYNOR Kacper | 06 | KS FALA Niepołomice | | | | | 5:01.07 | 390 |
| | 50m: 32.96 32.96 | 150m: 1:49.21 | 38.69 | 250m: 3:07.63 | 38.68 | 350m: 4:25.89 | 38.29 | | |
| | 100m: 1:10.52 37.56 | 200m: 2:28.95 | 39.74 | 300m: 3:47.60 | 39.97 | 400m: 5:01.07 | 35.18 | | |
| 18. | SKOWRON Hubert | 06 | KS JUST SWIM Jelenia Góra | | | | | 5:01.17 | 390 |
| | 50m: 32.74 32.74 | 150m: 1:49.08 | 38.70 | 250m: 3:06.91 | 38.96 | 350m: 4:23.82 | 37.80 | | |
| | 100m: 1:10.38 37.64 | 200m: 2:27.95 | 38.87 | 300m: 3:46.02 | 39.11 | 400m: 5:01.17 | 37.35 | | |

16 lat

| | | | | | | | | | |
|----|---------------------|---------------|----------------------|---------------|-------|---------------|-------|----------------|-----|
| 1. | HEBEL Maciej | 05 | UKS ABIANKA Gda sk | | | | | 4:12.73 | 660 |
| | 50m: 28.50 28.50 | 150m: 1:31.47 | 31.70 | 250m: 2:35.22 | 31.65 | 350m: 3:40.21 | 32.85 | | |
| | 100m: 59.77 31.27 | 200m: 2:03.57 | 32.10 | 300m: 3:07.36 | 32.14 | 400m: 4:12.73 | 32.52 | | |
| | KOWALSKI Mateusz | 05 | UKS ABIANKA Gda sk | | | | | 4:12.73 | 660 |
| | 50m: 28.46 28.46 | 150m: 1:32.50 | 32.37 | 250m: 2:37.39 | 32.27 | 350m: 3:41.44 | 31.82 | | |
| | 100m: 1:00.13 31.67 | 200m: 2:05.12 | 32.62 | 300m: 3:09.62 | 32.23 | 400m: 4:12.73 | 31.29 | | |
| 3. | ZAREMBA Adam | 05 | WKS I sk Wrocław | | | | | 4:13.36 | 655 |
| | 50m: 29.04 29.04 | 150m: 1:33.05 | 32.04 | 250m: 2:37.76 | 31.84 | 350m: 3:42.03 | 32.16 | | |
| | 100m: 1:01.01 31.97 | 200m: 2:05.92 | 32.87 | 300m: 3:09.87 | 32.11 | 400m: 4:13.36 | 31.33 | | |
| 4. | RADKIEWICZ Kajetan | 05 | KS KSZO Ostrowiec w. | | | | | 4:15.20 | 641 |
| | 50m: 28.93 28.93 | 150m: 1:34.26 | 32.99 | 250m: 2:40.22 | 32.60 | 350m: 3:45.29 | 32.13 | | |
| | 100m: 1:01.27 32.34 | 200m: 2:07.62 | 33.36 | 300m: 3:13.16 | 32.94 | 400m: 4:15.20 | 29.91 | | |
| 5. | BOLEK Stanisław | 05 | UKP POLONIA Warszawa | | | | | 4:15.99 | 635 |
| | 50m: 28.37 28.37 | 150m: 1:32.67 | 32.78 | 250m: 2:37.84 | 32.65 | 350m: 3:44.15 | 33.00 | | |
| | 100m: 59.89 31.52 | 200m: 2:05.19 | 32.52 | 300m: 3:11.15 | 33.31 | 400m: 4:15.99 | 31.84 | | |





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



Konkurencja 32, Chłopców, 400m dowolny, 16 lat

| Pozycja | | | | Rok ur. | | | | | | Czas | Pkt. | |
|---------|-----------------------|---------|-------|---------|--------------------------------------|-------|-------|---------|-------|----------------|---------|-------|
| 6. | MINÁ Josef | | | 05 | Plavecký klub Nový Ji | ín | | | | 4:16.92 | 628 | |
| | 50m: | 29.26 | 29.26 | 150m: | 1:33.34 | 32.56 | 250m: | 2:39.56 | 32.99 | 350m: | 3:45.23 | 32.11 |
| | 100m: | 1:00.78 | 31.52 | 200m: | 2:06.57 | 33.23 | 300m: | 3:13.12 | 33.56 | 400m: | 4:16.92 | 31.69 |
| 7. | MOCHNAL Kacper | | | 05 | MKS JEDYNKA Łód | | | | | 4:17.55 | 623 | |
| | 50m: | 29.46 | 29.46 | 150m: | 1:33.92 | 32.02 | 250m: | 2:39.89 | 32.72 | 350m: | 3:46.03 | 32.41 |
| | 100m: | 1:01.90 | 32.44 | 200m: | 2:07.17 | 33.25 | 300m: | 3:13.62 | 33.73 | 400m: | 4:17.55 | 31.52 |
| 8. | PŁOSZKA Kacper | | | 05 | MKS JEDYNKA Łód | | | | | 4:17.87 | 621 | |
| | 50m: | 28.58 | 28.58 | 150m: | 1:32.23 | 32.31 | 250m: | 2:39.42 | 33.96 | 350m: | 3:46.25 | 33.09 |
| | 100m: | 59.92 | 31.34 | 200m: | 2:05.46 | 33.23 | 300m: | 3:13.16 | 33.74 | 400m: | 4:17.87 | 31.62 |
| 9. | KRUMPLEWSKI Gracjan | | | 05 | TP SKALAR Słupsk | | | | | 4:20.99 | 599 | |
| | 50m: | 29.68 | 29.68 | 150m: | 1:37.18 | 34.30 | 250m: | 2:45.70 | 34.12 | 350m: | 3:50.38 | 30.66 |
| | 100m: | 1:02.88 | 33.20 | 200m: | 2:11.58 | 34.40 | 300m: | 3:19.72 | 34.02 | 400m: | 4:20.99 | 30.61 |
| 10. | PLAGA Dawid | | | 05 | TP SKALAR Słupsk | | | | | 4:21.05 | 599 | |
| | 50m: | 29.48 | 29.48 | 150m: | 1:35.97 | 33.38 | 250m: | 2:43.58 | 33.59 | 350m: | 3:50.15 | 33.07 |
| | 100m: | 1:02.59 | 33.11 | 200m: | 2:09.99 | 34.02 | 300m: | 3:17.08 | 33.50 | 400m: | 4:21.05 | 30.90 |
| 11. | TRYDULSKI Oskar | | | 05 | UKS GIM 92 Ursynów | | | | | 4:23.02 | 585 | |
| | 50m: | 29.03 | 29.03 | 150m: | 1:34.80 | 33.47 | 250m: | 2:42.03 | 33.48 | 350m: | 3:50.10 | 34.05 |
| | 100m: | 1:01.33 | 32.30 | 200m: | 2:08.55 | 33.75 | 300m: | 3:16.05 | 34.02 | 400m: | 4:23.02 | 32.92 |
| 12. | ARENT Artur | | | 05 | MKS JEDYNKA Łód | | | | | 4:25.00 | 572 | |
| | 50m: | 29.56 | 29.56 | 150m: | 1:36.12 | 33.66 | 250m: | 2:43.90 | 33.95 | 350m: | 3:52.01 | 34.11 |
| | 100m: | 1:02.46 | 32.90 | 200m: | 2:09.95 | 33.83 | 300m: | 3:17.90 | 34.00 | 400m: | 4:25.00 | 32.99 |
| 13. | PIECHOWSKI Jakub | | | 05 | UKS JUNIOR Kluczbork | | | | | 4:25.45 | 569 | |
| | 50m: | 28.81 | 28.81 | 150m: | 1:35.34 | 33.75 | 250m: | | | 350m: | 3:52.14 | 33.88 |
| | 100m: | 1:01.59 | 32.78 | 200m: | 2:09.47 | 34.13 | 300m: | 3:18.26 | | 400m: | 4:25.45 | 33.31 |
| 14. | WO NY Maksym | | | 05 | MKS JUVENIA Wrocław | | | | | 4:25.80 | 567 | |
| | 50m: | 29.61 | 29.61 | 150m: | 1:36.53 | 33.95 | 250m: | 2:45.60 | 34.16 | 350m: | 3:53.51 | 33.92 |
| | 100m: | 1:02.58 | 32.97 | 200m: | 2:11.44 | 34.91 | 300m: | 3:19.59 | 33.99 | 400m: | 4:25.80 | 32.29 |
| 15. | FAŁEK Szymon | | | 05 | UKS G-8 Bielany Warszawa | | | | | 4:28.30 | 551 | |
| | 50m: | 30.65 | 30.65 | 150m: | 1:37.84 | 33.92 | 250m: | 2:46.75 | 34.16 | 350m: | | |
| | 100m: | 1:03.92 | 33.27 | 200m: | 2:12.59 | 34.75 | 300m: | 3:21.47 | 34.72 | 400m: | 4:28.30 | |
| 16. | JARCZEWSKI Franciszek | | | 05 | UKS 190 Łód | | | | | 4:28.39 | 551 | |
| | 50m: | 30.88 | 30.88 | 150m: | 1:38.56 | 33.80 | 250m: | 2:46.44 | 34.24 | 350m: | 3:55.28 | 34.82 |
| | 100m: | 1:04.76 | 33.88 | 200m: | 2:12.20 | 33.64 | 300m: | 3:20.46 | 34.02 | 400m: | 4:28.39 | 33.11 |
| 17. | PAWLICA Mateusz | | | 05 | MKS Park Wodny Tarnowskie Góry | | | | | 4:34.85 | 513 | |
| | 50m: | 29.68 | 29.68 | 150m: | 1:38.87 | 35.42 | 250m: | 2:49.36 | 35.46 | 350m: | 4:00.51 | 35.13 |
| | 100m: | 1:03.45 | 33.77 | 200m: | 2:13.90 | 35.03 | 300m: | 3:25.38 | 36.02 | 400m: | 4:34.85 | 34.34 |
| 18. | SZUTER Maciej | | | 05 | UKS GIM 92 Ursynów | | | | | 4:40.08 | 485 | |
| | 50m: | 31.32 | 31.32 | 150m: | 1:42.15 | 35.78 | 250m: | 2:53.85 | 35.67 | 350m: | 4:05.77 | 35.52 |
| | 100m: | 1:06.37 | 35.05 | 200m: | 2:18.18 | 36.03 | 300m: | 3:30.25 | 36.40 | 400m: | 4:40.08 | 34.31 |
| 19. | KONIECZNY Mateusz | | | 05 | UKS NIKA Sport Team Kraków | | | | | 4:43.65 | 467 | |
| | 50m: | 31.04 | 31.04 | 150m: | 1:42.94 | 36.32 | 250m: | 2:56.58 | 36.96 | 350m: | 4:10.26 | 36.94 |
| | 100m: | 1:06.62 | 35.58 | 200m: | 2:19.62 | 36.68 | 300m: | 3:33.32 | 36.74 | 400m: | 4:43.65 | 33.39 |
| 20. | FILOZOF Adam | | | 05 | MKS Park Wodny Tarnowskie Góry | | | | | 4:46.35 | 453 | |
| | 50m: | 32.79 | 32.79 | 150m: | 1:45.28 | 36.50 | 250m: | 2:58.52 | 36.40 | 350m: | 4:11.63 | 36.35 |
| | 100m: | 1:08.78 | 35.99 | 200m: | 2:22.12 | 36.84 | 300m: | 3:35.28 | 36.76 | 400m: | 4:46.35 | 34.72 |
| 21. | KESLER Michał | | | 05 | KS KSZO Ostrowiec w. | | | | | 4:48.08 | 445 | |
| | 50m: | 32.50 | 32.50 | 150m: | 1:44.01 | 36.02 | 250m: | 2:58.12 | 37.05 | 350m: | 4:12.41 | 37.09 |
| | 100m: | 1:07.99 | 35.49 | 200m: | 2:21.07 | 37.06 | 300m: | 3:35.32 | 37.20 | 400m: | 4:48.08 | 35.67 |
| 22. | MRÓZ Dominik | | | 05 | Stow. Sportowe K.S. CKS-Orka Szczeci | | | | | 4:48.57 | 443 | |
| | 50m: | 31.46 | 31.46 | 150m: | 1:45.34 | 37.22 | 250m: | 3:00.35 | 37.35 | 350m: | 4:14.68 | 36.33 |
| | 100m: | 1:08.12 | 36.66 | 200m: | 2:23.00 | 37.66 | 300m: | 3:38.35 | 38.00 | 400m: | 4:48.57 | 33.89 |





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

Konkurencja 32, Chłopców, 400m dowolny, 16 lat

| Pozycja | | | | Rok ur. | | | | | Czas | Pkt. | | |
|---------|---------------|---------|-------|---------|-----------------------|-------|-------|---------|----------------|-------|---------|-------|
| 23. | WENERSKI Eryk | | | 05 | UKP POLONIA Warszawa | | | | 4:49.84 | 437 | | |
| | 50m: | 31.22 | 31.22 | 150m: | 1:43.01 | 36.63 | 250m: | 2:56.45 | 37.22 | 350m: | 4:11.44 | 37.65 |
| | 100m: | 1:06.38 | 35.16 | 200m: | 2:19.23 | 36.22 | 300m: | 3:33.79 | 37.34 | 400m: | 4:49.84 | 38.40 |
| 24. | GO DZIK Kamil | | | 05 | UKS NAWA Skierniewice | | | | 5:16.17 | 337 | | |
| | 50m: | 34.17 | 34.17 | 150m: | 1:53.41 | 40.20 | 250m: | 3:15.74 | 41.48 | 350m: | 4:38.81 | 41.63 |
| | 100m: | 1:13.21 | 39.04 | 200m: | 2:34.26 | 40.85 | 300m: | 3:57.18 | 41.44 | 400m: | 5:16.17 | 37.36 |

17 - 18 lat

| | | | | | | | | | | | | |
|-----|-----------------------|---------|-------|-------|-----------------------------------|-------|-------|---------|----------------|-------|---------|-------|
| 1. | CHMIELEWSKI Krzysztof | | | 04 | IUKS MUSZELKA Warszawa | | | | 4:01.17 | 759 | | |
| | 50m: | 27.50 | 27.50 | 150m: | 1:27.18 | 29.91 | 250m: | 2:28.08 | 30.44 | 350m: | 3:30.27 | 30.91 |
| | 100m: | 57.27 | 29.77 | 200m: | 1:57.64 | 30.46 | 300m: | 2:59.36 | 31.28 | 400m: | 4:01.17 | 30.90 |
| 2. | CHOCHOLATY Tomáš | | | 04 | Plavecký klub Slávia VŠ Plze z.s. | | | | 4:02.98 | 742 | | |
| | 50m: | 28.34 | 28.34 | 150m: | 1:29.30 | 30.58 | 250m: | 2:31.18 | 30.74 | 350m: | 3:33.52 | 31.25 |
| | 100m: | 58.72 | 30.38 | 200m: | 2:00.44 | 31.14 | 300m: | 3:02.27 | 31.09 | 400m: | 4:02.98 | 29.46 |
| 3. | KOSI SKI Filip | | | 04 | AZS AWF Warszawa | | | | 4:04.42 | 729 | | |
| | 50m: | 27.91 | 27.91 | 150m: | 1:31.23 | 31.80 | 250m: | 2:33.89 | 31.28 | 350m: | 3:34.54 | 30.06 |
| | 100m: | 59.43 | 31.52 | 200m: | 2:02.61 | 31.38 | 300m: | 3:04.48 | 30.59 | 400m: | 4:04.42 | 29.88 |
| 4. | CHOWANIEC Mateusz | | | 03 | UKS WODNIK Siemianowice l. | | | | 4:04.62 | 728 | | |
| | 50m: | 27.15 | 27.15 | 150m: | 1:30.29 | 31.47 | 250m: | 2:32.59 | 31.10 | 350m: | 3:34.82 | 30.91 |
| | 100m: | 58.82 | 31.67 | 200m: | 2:01.49 | 31.20 | 300m: | 3:03.91 | 31.32 | 400m: | 4:04.62 | 29.80 |
| 5. | WI ZIK Jan | | | 03 | UKP UNIA O wi cim | | | | 4:06.48 | 711 | | |
| | 50m: | 27.99 | 27.99 | 150m: | 1:30.32 | 31.28 | 250m: | 2:33.19 | 31.60 | 350m: | 3:36.38 | 31.55 |
| | 100m: | 59.04 | 31.05 | 200m: | 2:01.59 | 31.27 | 300m: | 3:04.83 | 31.64 | 400m: | 4:06.48 | 30.10 |
| 6. | DASZKIEWICZ Michał | | | 03 | UKP UNIA O wi cim | | | | 4:06.83 | 708 | | |
| | 50m: | 27.89 | 27.89 | 150m: | 1:27.75 | 29.97 | 250m: | 2:28.75 | 30.44 | 350m: | 3:32.31 | 32.35 |
| | 100m: | 57.78 | 29.89 | 200m: | 1:58.31 | 30.56 | 300m: | 2:59.96 | 31.21 | 400m: | 4:06.83 | 34.52 |
| 7. | CHMIELEWSKI Michał | | | 04 | IUKS MUSZELKA Warszawa | | | | 4:07.01 | 707 | | |
| | 50m: | 28.70 | 28.70 | 150m: | 1:32.39 | 31.94 | 250m: | 2:34.49 | 30.26 | 350m: | 3:36.25 | 31.19 |
| | 100m: | 1:00.45 | 31.75 | 200m: | 2:04.23 | 31.84 | 300m: | 3:05.06 | 30.57 | 400m: | 4:07.01 | 30.76 |
| 8. | KONARSKI Maciej | | | 04 | UKS GIM 92 Ursynów | | | | 4:08.84 | 691 | | |
| | 50m: | 28.16 | 28.16 | 150m: | 1:30.65 | 30.96 | 250m: | 2:34.64 | 31.92 | 350m: | 3:38.32 | 31.61 |
| | 100m: | 59.69 | 31.53 | 200m: | 2:02.72 | 32.07 | 300m: | 3:06.71 | 32.07 | 400m: | 4:08.84 | 30.52 |
| 9. | GABRY Maciej | | | 04 | SIKRET Gliwice | | | | 4:09.35 | 687 | | |
| | 50m: | 28.70 | 28.70 | 150m: | 1:32.54 | 32.13 | 250m: | 2:36.12 | 31.53 | 350m: | 3:39.00 | 31.02 |
| | 100m: | 1:00.41 | 31.71 | 200m: | 2:04.59 | 32.05 | 300m: | 3:07.98 | 31.86 | 400m: | 4:09.35 | 30.35 |
| 10. | WALTER Jakub | | | 04 | UKP UNIA O wi cim | | | | 4:09.68 | 684 | | |
| | 50m: | 28.63 | 28.63 | 150m: | 1:31.93 | 31.77 | 250m: | 2:35.79 | 32.02 | 350m: | 3:39.78 | 31.93 |
| | 100m: | 1:00.16 | 31.53 | 200m: | 2:03.77 | 31.84 | 300m: | 3:07.85 | 32.06 | 400m: | 4:09.68 | 29.90 |
| 11. | RODKIEWICZ Radosław | | | 03 | IUKS MUSZELKA Warszawa | | | | 4:12.54 | 661 | | |
| | 50m: | 28.58 | 28.58 | 150m: | 1:31.59 | 31.45 | 250m: | 2:35.12 | 31.60 | 350m: | 3:40.32 | 32.69 |
| | 100m: | 1:00.14 | 31.56 | 200m: | 2:03.52 | 31.93 | 300m: | 3:07.63 | 32.51 | 400m: | 4:12.54 | 32.22 |
| 12. | DOBRINDT Mikołaj | | | 03 | MUKS PI TNASTKA Bydgoszcz | | | | 4:14.04 | 650 | | |
| | 50m: | 28.69 | 28.69 | 150m: | 1:32.49 | 32.13 | 250m: | 2:38.22 | 33.18 | 350m: | 3:43.35 | 32.40 |
| | 100m: | 1:00.36 | 31.67 | 200m: | 2:05.04 | 32.55 | 300m: | 3:10.95 | 32.73 | 400m: | 4:14.04 | 30.69 |
| 13. | KALKAN Jakub | | | 04 | LKS Jedno 32 Przyszowice | | | | 4:14.50 | 646 | | |
| | 50m: | 28.80 | 28.80 | 150m: | 1:33.58 | 32.69 | 250m: | 2:38.81 | 32.56 | 350m: | 3:43.93 | 32.52 |
| | 100m: | 1:00.89 | 32.09 | 200m: | 2:06.25 | 32.67 | 300m: | 3:11.41 | 32.60 | 400m: | 4:14.50 | 30.57 |
| 14. | ZUBIK Jan | | | 03 | UKP POLONIA Warszawa | | | | 4:14.74 | 644 | | |
| | 50m: | 27.87 | 27.87 | 150m: | 1:29.72 | 31.04 | 250m: | 2:35.67 | 33.06 | 350m: | 3:42.40 | 33.24 |
| | 100m: | 58.68 | 30.81 | 200m: | 2:02.61 | 32.89 | 300m: | 3:09.16 | 33.49 | 400m: | 4:14.74 | 32.34 |





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

Konkurencja 32, Chłopców, 400m dowolny, 17 - 18 lat

| Pozycja | | | Rok ur. | | | | | Czas | Pkt. |
|---------|------------------------------|---------|---------|--------------------------|---------|---------|-------|----------------|-------|
| 15. | GOŁACKI Sergiusz | | 04 | UKS 190 Łód | | | | 4:15.71 | 637 |
| | 50m: | 28.59 | 28.59 | 150m: | 1:32.89 | 32.11 | 250m: | 2:38.35 | 32.97 |
| | 100m: | 1:00.78 | 32.19 | 200m: | 2:05.38 | 32.49 | 300m: | 3:11.52 | 33.17 |
| | | | | | | | 350m: | 4:15.71 | |
| 16. | OGORZAŁEK Alan | | 03 | WKS I sk Wrocław | | | | 4:16.85 | 628 |
| | 50m: | 28.74 | 28.74 | 150m: | 2:40.11 | 1:38.79 | 250m: | | 350m: |
| | 100m: | 1:01.32 | 32.58 | 200m: | 2:07.38 | | 300m: | 3:13.43 | 400m: |
| | | | | | | | | 4:16.85 | |
| 17. | LE NIAK Maksymilian | | 04 | UKS 190 Łód | | | | 4:18.27 | 618 |
| | 50m: | 28.44 | 28.44 | 150m: | 1:33.30 | 32.82 | 250m: | 2:38.98 | 33.09 |
| | 100m: | 1:00.48 | 32.04 | 200m: | 2:05.89 | 32.59 | 300m: | 3:12.28 | 33.30 |
| | | | | | | | 350m: | 3:45.54 | 33.26 |
| | | | | | | | 400m: | 4:18.27 | 32.73 |
| 18. | ROGUSKI Mateusz | | 03 | UKP POLONIA Warszawa | | | | 4:18.85 | 614 |
| | 50m: | 29.63 | 29.63 | 150m: | 1:34.94 | 32.88 | 250m: | 2:40.62 | 32.82 |
| | 100m: | 1:02.06 | 32.43 | 200m: | 2:07.80 | 32.86 | 300m: | 3:13.70 | 33.08 |
| | | | | | | | 350m: | 3:46.55 | 32.85 |
| | | | | | | | 400m: | 4:18.85 | 32.30 |
| 19. | SZYMCZAK Szymon | | 03 | MKS JUVENIA Wrocław | | | | 4:19.19 | 612 |
| | 50m: | 28.77 | 28.77 | 150m: | 1:33.30 | 32.47 | 250m: | 2:40.21 | 33.27 |
| | 100m: | 1:00.83 | 32.06 | 200m: | 2:06.94 | 33.64 | 300m: | 3:14.70 | 34.49 |
| | | | | | | | 350m: | 3:47.76 | 33.06 |
| | | | | | | | 400m: | 4:19.19 | 31.43 |
| 20. | SZELE NIAK-BIAŁKOWSKI Julian | | 04 | KS KSZO Ostrowiec w. | | | | 4:24.80 | 574 |
| | 50m: | 29.10 | 29.10 | 150m: | 1:33.79 | 32.91 | 250m: | 2:41.69 | 34.39 |
| | 100m: | 1:00.88 | 31.78 | 200m: | 2:07.30 | 33.51 | 300m: | 3:16.31 | 34.62 |
| | | | | | | | 350m: | 3:50.52 | 34.21 |
| | | | | | | | 400m: | 4:24.80 | 34.28 |
| 21. | COLEMAN Alan | | 03 | MKS JEDYNKA Łód | | | | 4:25.23 | 571 |
| | 50m: | 29.53 | 29.53 | 150m: | 1:36.26 | 33.86 | 250m: | 2:44.09 | 34.20 |
| | 100m: | 1:02.40 | 32.87 | 200m: | 2:09.89 | 33.63 | 300m: | 3:18.38 | 34.29 |
| | | | | | | | 350m: | 3:52.54 | 34.16 |
| | | | | | | | 400m: | 4:25.23 | 32.69 |
| 22. | KRUSZEWSKI Adrian | | 04 | MTKP DELFIN Toru | | | | 4:25.66 | 568 |
| | 50m: | 29.57 | 29.57 | 150m: | 1:36.33 | 34.06 | 250m: | 2:44.87 | 34.34 |
| | 100m: | 1:02.27 | 32.70 | 200m: | 2:10.53 | 34.20 | 300m: | 3:19.34 | 34.47 |
| | | | | | | | 350m: | 3:53.34 | 34.00 |
| | | | | | | | 400m: | 4:25.66 | 32.32 |
| 23. | WRZOSEK Bartosz | | 04 | UKS G-8 Bielany Warszawa | | | | 4:27.75 | 555 |
| | 50m: | 29.76 | 29.76 | 150m: | 1:36.75 | 33.97 | 250m: | 2:44.79 | 33.74 |
| | 100m: | 1:02.78 | 33.02 | 200m: | 2:11.05 | 34.30 | 300m: | 3:18.86 | 34.07 |
| | | | | | | | 350m: | 3:53.53 | 34.67 |
| | | | | | | | 400m: | 4:27.75 | 34.22 |
| 24. | JENDRZEJCZYK Maxim | | 04 | UKP POLONIA Warszawa | | | | 4:27.97 | 553 |
| | 50m: | 29.65 | 29.65 | 150m: | 1:37.51 | 34.69 | 250m: | 2:46.79 | 34.62 |
| | 100m: | 1:02.82 | 33.17 | 200m: | 2:12.17 | 34.66 | 300m: | 3:21.40 | 34.61 |
| | | | | | | | 350m: | 3:55.71 | 34.31 |
| | | | | | | | 400m: | 4:27.97 | 32.26 |
| 25. | DUDKOWIAK Bartłomiej | | 04 | UKS AQUATICA Pawłowice | | | | 4:29.30 | 545 |
| | 50m: | 28.05 | 28.05 | 150m: | 1:34.66 | 34.14 | 250m: | 2:44.95 | 35.50 |
| | 100m: | 1:00.52 | 32.47 | 200m: | 2:09.45 | 34.79 | 300m: | 3:20.11 | 35.16 |
| | | | | | | | 350m: | 3:55.60 | 35.49 |
| | | | | | | | 400m: | 4:29.30 | 33.70 |
| 26. | JAKUBOWSKI Kacper | | 04 | UKS Jagiellonia Swim | | | | 4:30.87 | 536 |
| | 50m: | 30.16 | 30.16 | 150m: | 1:36.97 | 33.73 | 250m: | 2:46.09 | 34.60 |
| | 100m: | 1:03.24 | 33.08 | 200m: | 2:11.49 | 34.52 | 300m: | 3:20.82 | 34.73 |
| | | | | | | | 350m: | 3:56.16 | 35.34 |
| | | | | | | | 400m: | 4:30.87 | 34.71 |
| 27. | GÓROWSKI Cezary | | 04 | UKS MOS w Opolu | | | | 4:38.73 | 492 |
| | 50m: | 31.03 | 31.03 | 150m: | 1:40.44 | 35.44 | 250m: | 2:52.35 | 35.96 |
| | 100m: | 1:05.00 | 33.97 | 200m: | 2:16.39 | 35.95 | 300m: | 3:28.26 | 35.91 |
| | | | | | | | 350m: | 4:04.69 | 36.43 |
| | | | | | | | 400m: | 4:38.73 | 34.04 |
| 28. | CIERPIAŁ Wiktor | | 04 | UKS 190 Łód | | | | 4:39.15 | 489 |
| | 50m: | 30.83 | 30.83 | 150m: | 1:40.44 | 35.04 | 250m: | 2:52.04 | 35.64 |
| | 100m: | 1:05.40 | 34.57 | 200m: | 2:16.40 | 35.96 | 300m: | 3:28.25 | 36.21 |
| | | | | | | | 350m: | 4:03.90 | 35.65 |
| | | | | | | | 400m: | 4:39.15 | 35.25 |
| 29. | SARNOWICZ Wiktor | | 04 | MKS JUVENIA Wrocław | | | | 4:44.55 | 462 |
| | 50m: | 30.88 | 30.88 | 150m: | 1:41.46 | 35.48 | 250m: | 2:55.48 | 37.39 |
| | 100m: | 1:05.98 | 35.10 | 200m: | 2:18.09 | 36.63 | 300m: | 3:32.75 | 37.27 |
| | | | | | | | 350m: | 4:08.59 | 35.84 |
| | | | | | | | 400m: | 4:44.55 | 35.96 |





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



Konkurencja 32, M czyzn, 400m dowolny

Open

| | | | | | | | |
|-----|-----------------------|---------------|------------------------------------|----------------|-------|---------------|-------|
| 1. | KAŁU Y SKI Antoni | 99 | Mokotowski UKP Warszawianka- Wodny | 3:52.19 | 851 | | |
| | 50m: 26.87 26.87 | 150m: 1:24.49 | 29.18 | 250m: 2:23.85 | 29.62 | 350m: 3:23.41 | 29.71 |
| | 100m: 55.31 28.44 | 200m: 1:54.23 | 29.74 | 300m: 2:53.70 | 29.85 | 400m: 3:52.19 | 28.78 |
| 2. | WOJDAK Wojciech | 96 | BOSiR Brzesko | 3:57.61 | 794 | | |
| | 50m: 27.30 27.30 | 150m: 1:26.03 | 29.48 | 250m: 2:25.83 | 30.10 | 350m: 3:27.06 | 30.60 |
| | 100m: 56.55 29.25 | 200m: 1:55.73 | 29.70 | 300m: 2:56.46 | 30.63 | 400m: 3:57.61 | 30.55 |
| 3. | CHMIELEWSKI Krzysztof | 04 | IUKS MUSZELKA Warszawa | 4:01.17 | 759 | | |
| | 50m: 27.50 27.50 | 150m: 1:27.18 | 29.91 | 250m: 2:28.08 | 30.44 | 350m: 3:30.27 | 30.91 |
| | 100m: 57.27 29.77 | 200m: 1:57.64 | 30.46 | 300m: 2:59.36 | 31.28 | 400m: 4:01.17 | 30.90 |
| 4. | ZABOROWSKI Filip | 94 | MKP Szczecin | 4:02.01 | 751 | | |
| | 50m: 28.09 28.09 | 150m: 1:27.95 | 30.16 | 250m: 2:29.26 | 30.65 | 350m: 3:31.69 | 31.06 |
| | 100m: 57.79 29.70 | 200m: 1:58.61 | 30.66 | 300m: 3:00.63 | 31.37 | 400m: 4:02.01 | 30.32 |
| 5. | SIERADZKI Kamil | 02 | UKP UNIA O wi cim | 4:02.27 | 749 | | |
| | 50m: 27.36 27.36 | 150m: 1:29.12 | 31.22 | 250m: 2:30.95 | 30.50 | 350m: 3:33.05 | 31.29 |
| | 100m: 57.90 30.54 | 200m: 2:00.45 | 31.33 | 300m: 3:01.76 | 30.81 | 400m: 4:02.27 | 29.22 |
| 6. | CHOCHOLATÝ Tomáš | 04 | Plavecký klub Slávia VŠ Plze z.s. | 4:02.98 | 742 | | |
| | 50m: 28.34 28.34 | 150m: 1:29.30 | 30.58 | 250m: 2:31.18 | 30.74 | 350m: 3:33.52 | 31.25 |
| | 100m: 58.72 30.38 | 200m: 2:00.44 | 31.14 | 300m: 3:02.27 | 31.09 | 400m: 4:02.98 | 29.46 |
| 7. | KOZIEJKO Bartłomiej | 00 | AZS AWF Warszawa | 4:03.66 | 736 | | |
| | 50m: 27.71 27.71 | 150m: 1:28.25 | 30.66 | 250m: 2:30.60 | 31.31 | 350m: 3:33.68 | 31.81 |
| | 100m: 57.59 29.88 | 200m: 1:59.29 | 31.04 | 300m: 3:01.87 | 31.27 | 400m: 4:03.66 | 29.98 |
| 8. | KOSI SKI Filip | 04 | AZS AWF Warszawa | 4:04.42 | 729 | | |
| | 50m: 27.91 27.91 | 150m: 1:31.23 | 31.80 | 250m: 2:33.89 | 31.28 | 350m: 3:34.54 | 30.06 |
| | 100m: 59.43 31.52 | 200m: 2:02.61 | 31.38 | 300m: 3:04.48 | 30.59 | 400m: 4:04.42 | 29.88 |
| 9. | CHOWANIEC Mateusz | 03 | UKS WODNIK Siemianowice I. | 4:04.62 | 728 | | |
| | 50m: 27.15 27.15 | 150m: 1:30.29 | 31.47 | 250m: 2:32.59 | 31.10 | 350m: 3:34.82 | 30.91 |
| | 100m: 58.82 31.67 | 200m: 2:01.49 | 31.20 | 300m: 3:03.91 | 31.32 | 400m: 4:04.62 | 29.80 |
| 10. | WI ZIK Jan | 03 | UKP UNIA O wi cim | 4:06.48 | 711 | | |
| | 50m: 27.99 27.99 | 150m: 1:30.32 | 31.28 | 250m: 2:33.19 | 31.60 | 350m: 3:36.38 | 31.55 |
| | 100m: 59.04 31.05 | 200m: 2:01.59 | 31.27 | 300m: 3:04.83 | 31.64 | 400m: 4:06.48 | 30.10 |
| 11. | DASZKIEWICZ Michał | 03 | UKP UNIA O wi cim | 4:06.83 | 708 | | |
| | 50m: 27.89 27.89 | 150m: 1:27.75 | 29.97 | 250m: 2:28.75 | 30.44 | 350m: 3:32.31 | 32.35 |
| | 100m: 57.78 29.89 | 200m: 1:58.31 | 30.56 | 300m: 2:59.96 | 31.21 | 400m: 4:06.83 | 34.52 |
| 12. | CHMIELEWSKI Michał | 04 | IUKS MUSZELKA Warszawa | 4:07.01 | 707 | | |
| | 50m: 28.70 28.70 | 150m: 1:32.39 | 31.94 | 250m: 2:34.49 | 30.26 | 350m: 3:36.25 | 31.19 |
| | 100m: 1:00.45 31.75 | 200m: 2:04.23 | 31.84 | 300m: 3:05.06 | 30.57 | 400m: 4:07.01 | 30.76 |
| 13. | GRZEGORCZYK Wiktor | 02 | UKP UNIA O wi cim | 4:07.94 | 699 | | |
| | 50m: 28.82 28.82 | 150m: 1:31.09 | 31.32 | 250m: 2:34.42 | 31.36 | 350m: 3:37.00 | 30.84 |
| | 100m: 59.77 30.95 | 200m: 2:03.06 | 31.97 | 300m: 3:06.16 | 31.74 | 400m: 4:07.94 | 30.94 |
| 14. | KUCZAK Adam | 00 | AZS AWF Katowice | 4:08.83 | 691 | | |
| | 50m: 28.90 28.90 | 150m: 1:31.66 | 31.73 | 250m: 2:34.98 | 31.50 | 350m: 3:37.79 | 31.39 |
| | 100m: 59.93 31.03 | 200m: 2:03.48 | 31.82 | 300m: 3:06.40 | 31.42 | 400m: 4:08.83 | 31.04 |
| 15. | KONARSKI Maciej | 04 | UKS GIM 92 Ursynów | 4:08.84 | 691 | | |
| | 50m: 28.16 28.16 | 150m: 1:30.65 | 30.96 | 250m: 2:34.64 | 31.92 | 350m: 3:38.32 | 31.61 |
| | 100m: 59.69 31.53 | 200m: 2:02.72 | 32.07 | 300m: 3:06.71 | 32.07 | 400m: 4:08.84 | 30.52 |
| 16. | LARY Jerzy | 06 | IUKS MUSZELKA Warszawa | 4:09.27 | 688 | | |
| | 50m: 29.08 29.08 | 150m: 1:31.61 | 31.38 | 250m: 2:35.06 | 31.64 | 350m: 3:38.66 | 31.66 |
| | 100m: 1:00.23 31.15 | 200m: 2:03.42 | 31.81 | 300m: 3:07.00 | 31.94 | 400m: 4:09.27 | 30.61 |
| 17. | GABRY Maciej | 04 | SIKRET Gliwice | 4:09.35 | 687 | | |
| | 50m: 28.70 28.70 | 150m: 1:32.54 | 32.13 | 250m: 2:36.12 | 31.53 | 350m: 3:39.00 | 31.02 |
| | 100m: 1:00.41 31.71 | 200m: 2:04.59 | 32.05 | 300m: 3:07.98 | 31.86 | 400m: 4:09.35 | 30.35 |





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Ostrowiec w. tokrzyski, 27. - 28.2.2021



Konkurencja 32, M czyzn, 400m dowolny, Open

| Pozycja | | | | Rok ur. | | | | | Czas | Pkt. | | |
|---------|---------------------|---------|-------|---------|-------------------------------|-------|-------|---------|----------------|-------|---------|-------|
| 18. | WALTER Jakub | | | 04 | UKP UNIA O w. cim | | | | 4:09.68 | 684 | | |
| | 50m: | 28.63 | 28.63 | 150m: | 1:31.93 | 31.77 | 250m: | 2:35.79 | 32.02 | 350m: | 3:39.78 | 31.93 |
| | 100m: | 1:00.16 | 31.53 | 200m: | 2:03.77 | 31.84 | 300m: | 3:07.85 | 32.06 | 400m: | 4:09.68 | 29.90 |
| 19. | MIENICKI Rafał | | | 06 | UKS 48 Warszawa ródnie cie | | | | 4:10.57 | 677 | | |
| | 50m: | 28.28 | 28.28 | 150m: | 1:31.93 | 31.97 | 250m: | 2:35.87 | 32.04 | 350m: | 3:40.21 | 31.97 |
| | 100m: | 59.96 | 31.68 | 200m: | 2:03.83 | 31.90 | 300m: | 3:08.24 | 32.37 | 400m: | 4:10.57 | 30.36 |
| 20. | JA KIEWICZ Adrian | | | 02 | UKS G-8 Bielany Warszawa | | | | 4:10.58 | 677 | | |
| | 50m: | 28.95 | 28.95 | 150m: | 1:33.46 | 32.48 | 250m: | 2:37.38 | 31.11 | 350m: | 3:40.06 | 31.70 |
| | 100m: | 1:00.98 | 32.03 | 200m: | 2:06.27 | 32.81 | 300m: | 3:08.36 | 30.98 | 400m: | 4:10.58 | 30.52 |
| 21. | WODY SKI Bartosz | | | 02 | TP Olimpijczyk Aleksandrów Ł. | | | | 4:11.12 | 673 | | |
| | 50m: | 29.05 | 29.05 | 150m: | 1:32.59 | 31.58 | 250m: | 2:35.27 | 31.08 | 350m: | 3:39.61 | 32.59 |
| | 100m: | 1:01.01 | 31.96 | 200m: | 2:04.19 | 31.60 | 300m: | 3:07.02 | 31.75 | 400m: | 4:11.12 | 31.51 |
| 22. | MUSZY SKI Jakub | | | 01 | MKS ASTORIA Bydgoszcz | | | | 4:11.47 | 670 | | |
| | 50m: | 28.48 | 28.48 | 150m: | 1:30.73 | 31.35 | 250m: | 2:34.39 | 31.73 | 350m: | 3:39.51 | 32.89 |
| | 100m: | 59.38 | 30.90 | 200m: | 2:02.66 | 31.93 | 300m: | 3:06.62 | 32.23 | 400m: | 4:11.47 | 31.96 |
| 23. | RODKIEWICZ Radosław | | | 03 | IUKS MUSZELKA Warszawa | | | | 4:12.54 | 661 | | |
| | 50m: | 28.58 | 28.58 | 150m: | 1:31.59 | 31.45 | 250m: | 2:35.12 | 31.60 | 350m: | 3:40.32 | 32.69 |
| | 100m: | 1:00.14 | 31.56 | 200m: | 2:03.52 | 31.93 | 300m: | 3:07.63 | 32.51 | 400m: | 4:12.54 | 32.22 |
| 24. | FILIPIAK Mikołaj | | | 06 | UKS ABIANKA Gda sk | | | | 4:12.61 | 661 | | |
| | 50m: | 28.41 | 28.41 | 150m: | 1:33.05 | 32.45 | 250m: | 2:38.10 | 32.30 | 350m: | 3:42.43 | 31.84 |
| | 100m: | 1:00.60 | 32.19 | 200m: | 2:05.80 | 32.75 | 300m: | 3:10.59 | 32.49 | 400m: | 4:12.61 | 30.18 |
| 25. | HEBEL Maciej | | | 05 | UKS ABIANKA Gda sk | | | | 4:12.73 | 660 | | |
| | 50m: | 28.50 | 28.50 | 150m: | 1:31.47 | 31.70 | 250m: | 2:35.22 | 31.65 | 350m: | 3:40.21 | 32.85 |
| | 100m: | 59.77 | 31.27 | 200m: | 2:03.57 | 32.10 | 300m: | 3:07.36 | 32.14 | 400m: | 4:12.73 | 32.52 |
| | KOWALSKI Mateusz | | | 05 | UKS ABIANKA Gda sk | | | | 4:12.73 | 660 | | |
| | 50m: | 28.46 | 28.46 | 150m: | 1:32.50 | 32.37 | 250m: | 2:37.39 | 32.27 | 350m: | 3:41.44 | 31.82 |
| | 100m: | 1:00.13 | 31.67 | 200m: | 2:05.12 | 32.62 | 300m: | 3:09.62 | 32.23 | 400m: | 4:12.73 | 31.29 |
| 27. | BUJAK Piotr | | | 97 | St. Lok. SALOS Cortile Kielce | | | | 4:12.77 | 659 | | |
| | 50m: | 28.76 | 28.76 | 150m: | 1:32.07 | 31.77 | 250m: | 2:36.00 | 31.91 | 350m: | 3:41.00 | 32.56 |
| | 100m: | 1:00.30 | 31.54 | 200m: | 2:04.09 | 32.02 | 300m: | 3:08.44 | 32.44 | 400m: | 4:12.77 | 31.77 |
| 28. | ZAREMBA Adam | | | 05 | WKS I sk Wrocław | | | | 4:13.36 | 655 | | |
| | 50m: | 29.04 | 29.04 | 150m: | 1:33.05 | 32.04 | 250m: | 2:37.76 | 31.84 | 350m: | 3:42.03 | 32.16 |
| | 100m: | 1:01.01 | 31.97 | 200m: | 2:05.92 | 32.87 | 300m: | 3:09.87 | 32.11 | 400m: | 4:13.36 | 31.33 |
| 29. | SZARPAK Marcin | | | 01 | AZS AWF Katowice | | | | 4:13.85 | 651 | | |
| | 50m: | 28.49 | 28.49 | 150m: | 1:31.79 | 31.88 | 250m: | 2:37.43 | 32.74 | 350m: | 3:42.96 | 31.56 |
| | 100m: | 59.91 | 31.42 | 200m: | 2:04.69 | 32.90 | 300m: | 3:11.40 | 33.97 | 400m: | 4:13.85 | 30.89 |
| 30. | DOBRINDT Mikołaj | | | 03 | MUKS PI TNASTKA Bydgoszcz | | | | 4:14.04 | 650 | | |
| | 50m: | 28.69 | 28.69 | 150m: | 1:32.49 | 32.13 | 250m: | 2:38.22 | 33.18 | 350m: | 3:43.35 | 32.40 |
| | 100m: | 1:00.36 | 31.67 | 200m: | 2:05.04 | 32.55 | 300m: | 3:10.95 | 32.73 | 400m: | 4:14.04 | 30.69 |
| 31. | CHRZANOWSKI Damian | | | 98 | WKS I sk Wrocław | | | | 4:14.48 | 646 | | |
| | 50m: | 28.48 | 28.48 | 150m: | 1:31.89 | 31.80 | 250m: | 2:37.22 | 32.55 | 350m: | 3:42.25 | 32.49 |
| | 100m: | 1:00.09 | 31.61 | 200m: | 2:04.67 | 32.78 | 300m: | 3:09.76 | 32.54 | 400m: | 4:14.48 | 32.23 |
| 32. | KALKAN Jakub | | | 04 | LKS Jedno 32 Przyszowice | | | | 4:14.50 | 646 | | |
| | 50m: | 28.80 | 28.80 | 150m: | 1:33.58 | 32.69 | 250m: | 2:38.81 | 32.56 | 350m: | 3:43.93 | 32.52 |
| | 100m: | 1:00.89 | 32.09 | 200m: | 2:06.25 | 32.67 | 300m: | 3:11.41 | 32.60 | 400m: | 4:14.50 | 30.57 |
| 33. | ZUBIK Jan | | | 03 | UKP POLONIA Warszawa | | | | 4:14.74 | 644 | | |
| | 50m: | 27.87 | 27.87 | 150m: | 1:29.72 | 31.04 | 250m: | 2:35.67 | 33.06 | 350m: | 3:42.40 | 33.24 |
| | 100m: | 58.68 | 30.81 | 200m: | 2:02.61 | 32.89 | 300m: | 3:09.16 | 33.49 | 400m: | 4:14.74 | 32.34 |
| 34. | RADKIEWICZ Kajetan | | | 05 | KS KSZO Ostrowiec w. | | | | 4:15.20 | 641 | | |
| | 50m: | 28.93 | 28.93 | 150m: | 1:34.26 | 32.99 | 250m: | 2:40.22 | 32.60 | 350m: | 3:45.29 | 32.13 |
| | 100m: | 1:01.27 | 32.34 | 200m: | 2:07.62 | 33.36 | 300m: | 3:13.16 | 32.94 | 400m: | 4:15.20 | 29.91 |





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Ostrowiec wi tokrzyski, 27. - 28.2.2021

Konkurencja 32, M czyzn, 400m dowolny, Open

| Pozycja | | | | Rok ur. | | | | | Czas | Pkt. | | |
|---------|------------------------------|---------|-------|---------|--------------------------|---------|-------|---------|----------------|-------|---------|-------|
| 35. | TYLICKI Mateusz | | | 01 | MKS ASTORIA Bydgoszcz | | | | 4:15.52 | 638 | | |
| | 50m: | 28.76 | 28.76 | 150m: | 1:32.27 | 32.29 | 250m: | 2:38.07 | 33.00 | 350m: | 3:44.15 | 32.62 |
| | 100m: | 59.98 | 31.22 | 200m: | 2:05.07 | 32.80 | 300m: | 3:11.53 | 33.46 | 400m: | 4:15.52 | 31.37 |
| 36. | GOŁACKI Sergiusz | | | 04 | UKS 190 Łód | | | | 4:15.71 | 637 | | |
| | 50m: | 28.59 | 28.59 | 150m: | 1:32.89 | 32.11 | 250m: | 2:38.35 | 32.97 | 350m: | | |
| | 100m: | 1:00.78 | 32.19 | 200m: | 2:05.38 | 32.49 | 300m: | 3:11.52 | 33.17 | 400m: | 4:15.71 | |
| 37. | BOLEK Stanisław | | | 05 | UKP POLONIA Warszawa | | | | 4:15.99 | 635 | | |
| | 50m: | 28.37 | 28.37 | 150m: | 1:32.67 | 32.78 | 250m: | 2:37.84 | 32.65 | 350m: | 3:44.15 | 33.00 |
| | 100m: | 59.89 | 31.52 | 200m: | 2:05.19 | 32.52 | 300m: | 3:11.15 | 33.31 | 400m: | 4:15.99 | 31.84 |
| 38. | OGORZAŁEK Alan | | | 03 | WKS I sk Wrocław | | | | 4:16.85 | 628 | | |
| | 50m: | 28.74 | 28.74 | 150m: | 2:40.11 | 1:38.79 | 250m: | | | 350m: | | |
| | 100m: | 1:01.32 | 32.58 | 200m: | 2:07.38 | | 300m: | 3:13.43 | | 400m: | 4:16.85 | |
| 39. | MINÁ Josef | | | 05 | Plavecký klub Nový Ji ín | | | | 4:16.92 | 628 | | |
| | 50m: | 29.26 | 29.26 | 150m: | 1:33.34 | 32.56 | 250m: | 2:39.56 | 32.99 | 350m: | 3:45.23 | 32.11 |
| | 100m: | 1:00.78 | 31.52 | 200m: | 2:06.57 | 33.23 | 300m: | 3:13.12 | 33.56 | 400m: | 4:16.92 | 31.69 |
| 40. | MOCHNAL Kacper | | | 05 | MKS JEDYNKA Łód | | | | 4:17.55 | 623 | | |
| | 50m: | 29.46 | 29.46 | 150m: | 1:33.92 | 32.02 | 250m: | 2:39.89 | 32.72 | 350m: | 3:46.03 | 32.41 |
| | 100m: | 1:01.90 | 32.44 | 200m: | 2:07.17 | 33.25 | 300m: | 3:13.62 | 33.73 | 400m: | 4:17.55 | 31.52 |
| 41. | PŁOSZKA Kacper | | | 05 | MKS JEDYNKA Łód | | | | 4:17.87 | 621 | | |
| | 50m: | 28.58 | 28.58 | 150m: | 1:32.23 | 32.31 | 250m: | 2:39.42 | 33.96 | 350m: | 3:46.25 | 33.09 |
| | 100m: | 59.92 | 31.34 | 200m: | 2:05.46 | 33.23 | 300m: | 3:13.16 | 33.74 | 400m: | 4:17.87 | 31.62 |
| 42. | LE NIAK Maksymilian | | | 04 | UKS 190 Łód | | | | 4:18.27 | 618 | | |
| | 50m: | 28.44 | 28.44 | 150m: | 1:33.30 | 32.82 | 250m: | 2:38.98 | 33.09 | 350m: | 3:45.54 | 33.26 |
| | 100m: | 1:00.48 | 32.04 | 200m: | 2:05.89 | 32.59 | 300m: | 3:12.28 | 33.30 | 400m: | 4:18.27 | 32.73 |
| 43. | ROGUSKI Mateusz | | | 03 | UKP POLONIA Warszawa | | | | 4:18.85 | 614 | | |
| | 50m: | 29.63 | 29.63 | 150m: | 1:34.94 | 32.88 | 250m: | 2:40.62 | 32.82 | 350m: | 3:46.55 | 32.85 |
| | 100m: | 1:02.06 | 32.43 | 200m: | 2:07.80 | 32.86 | 300m: | 3:13.70 | 33.08 | 400m: | 4:18.85 | 32.30 |
| 44. | SZYMCZAK Szymon | | | 03 | MKS JUVENIA Wrocław | | | | 4:19.19 | 612 | | |
| | 50m: | 28.77 | 28.77 | 150m: | 1:33.30 | 32.47 | 250m: | 2:40.21 | 33.27 | 350m: | 3:47.76 | 33.06 |
| | 100m: | 1:00.83 | 32.06 | 200m: | 2:06.94 | 33.64 | 300m: | 3:14.70 | 34.49 | 400m: | 4:19.19 | 31.43 |
| 45. | BIELAWA Dominik | | | 02 | KS KSZO Ostrowiec w. | | | | 4:19.41 | 610 | | |
| | 50m: | 28.24 | 28.24 | 150m: | 1:32.59 | 32.60 | 250m: | 2:38.74 | 33.10 | 350m: | 3:46.32 | 33.72 |
| | 100m: | 59.99 | 31.75 | 200m: | 2:05.64 | 33.05 | 300m: | 3:12.60 | 33.86 | 400m: | 4:19.41 | 33.09 |
| 46. | KRUMPLEWSKI Gracjan | | | 05 | TP SKALAR Słupsk | | | | 4:20.99 | 599 | | |
| | 50m: | 29.68 | 29.68 | 150m: | 1:37.18 | 34.30 | 250m: | 2:45.70 | 34.12 | 350m: | 3:50.38 | 30.66 |
| | 100m: | 1:02.88 | 33.20 | 200m: | 2:11.58 | 34.40 | 300m: | 3:19.72 | 34.02 | 400m: | 4:20.99 | 30.61 |
| 47. | PLAGA Dawid | | | 05 | TP SKALAR Słupsk | | | | 4:21.05 | 599 | | |
| | 50m: | 29.48 | 29.48 | 150m: | 1:35.97 | 33.38 | 250m: | 2:43.58 | 33.59 | 350m: | 3:50.15 | 33.07 |
| | 100m: | 1:02.59 | 33.11 | 200m: | 2:09.99 | 34.02 | 300m: | 3:17.08 | 33.50 | 400m: | 4:21.05 | 30.90 |
| 48. | TRYDULSKI Oskar | | | 05 | UKS GIM 92 Ursynów | | | | 4:23.02 | 585 | | |
| | 50m: | 29.03 | 29.03 | 150m: | 1:34.80 | 33.47 | 250m: | 2:42.03 | 33.48 | 350m: | 3:50.10 | 34.05 |
| | 100m: | 1:01.33 | 32.30 | 200m: | 2:08.55 | 33.75 | 300m: | 3:16.05 | 34.02 | 400m: | 4:23.02 | 32.92 |
| 49. | RAJCA Wiktor | | | 02 | KS KSZO Ostrowiec w. | | | | 4:24.79 | 574 | | |
| | 50m: | 30.85 | 30.85 | 150m: | 1:38.24 | 34.18 | 250m: | 2:45.45 | 33.27 | 350m: | 3:52.33 | 32.66 |
| | 100m: | 1:04.06 | 33.21 | 200m: | 2:12.18 | 33.94 | 300m: | 3:19.67 | 34.22 | 400m: | 4:24.79 | 32.46 |
| 50. | SZELE NIAK-BIAŁKOWSKI Julian | | | 04 | KS KSZO Ostrowiec w. | | | | 4:24.80 | 574 | | |
| | 50m: | 29.10 | 29.10 | 150m: | 1:33.79 | 32.91 | 250m: | 2:41.69 | 34.39 | 350m: | 3:50.52 | 34.21 |
| | 100m: | 1:00.88 | 31.78 | 200m: | 2:07.30 | 33.51 | 300m: | 3:16.31 | 34.62 | 400m: | 4:24.80 | 34.28 |
| 51. | ARENT Artur | | | 05 | MKS JEDYNKA Łód | | | | 4:25.00 | 572 | | |
| | 50m: | 29.56 | 29.56 | 150m: | 1:36.12 | 33.66 | 250m: | 2:43.90 | 33.95 | 350m: | 3:52.01 | 34.11 |
| | 100m: | 1:02.46 | 32.90 | 200m: | 2:09.95 | 33.83 | 300m: | 3:17.90 | 34.00 | 400m: | 4:25.00 | 32.99 |





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Konkurencja 32, M czyzn, 400m dowolny, Open

| Pozycja | | | | Rok ur. | | | | | Czas | Pkt. |
|---------|-----------------------|-------|---------------|---------|--------------------------------|-------|---------------|-------|----------------|------|
| 52. | COLEMAN Alan | | | 03 | MKS JEDYNKA Łód | | | | 4:25.23 | 571 |
| | 50m: 29.53 | 29.53 | 150m: 1:36.26 | 33.86 | 250m: 2:44.09 | 34.20 | 350m: 3:52.54 | 34.16 | | |
| | 100m: 1:02.40 | 32.87 | 200m: 2:09.89 | 33.63 | 300m: 3:18.38 | 34.29 | 400m: 4:25.23 | 32.69 | | |
| 53. | PIECHOWSKI Jakub | | | 05 | UKS JUNIOR Kluczbork | | | | 4:25.45 | 569 |
| | 50m: 28.81 | 28.81 | 150m: 1:35.34 | 33.75 | 250m: | | 350m: 3:52.14 | 33.88 | | |
| | 100m: 1:01.59 | 32.78 | 200m: 2:09.47 | 34.13 | 300m: 3:18.26 | | 400m: 4:25.45 | 33.31 | | |
| 54. | KRUSZEWSKI Adrian | | | 04 | MTKP DELFIN Toru | | | | 4:25.66 | 568 |
| | 50m: 29.57 | 29.57 | 150m: 1:36.33 | 34.06 | 250m: 2:44.87 | 34.34 | 350m: 3:53.34 | 34.00 | | |
| | 100m: 1:02.27 | 32.70 | 200m: 2:10.53 | 34.20 | 300m: 3:19.34 | 34.47 | 400m: 4:25.66 | 32.32 | | |
| 55. | WO NY Maksym | | | 05 | MKS JUVENIA Wrocław | | | | 4:25.80 | 567 |
| | 50m: 29.61 | 29.61 | 150m: 1:36.53 | 33.95 | 250m: 2:45.60 | 34.16 | 350m: 3:53.51 | 33.92 | | |
| | 100m: 1:02.58 | 32.97 | 200m: 2:11.44 | 34.91 | 300m: 3:19.59 | 33.99 | 400m: 4:25.80 | 32.29 | | |
| 56. | WRZOSEK Bartosz | | | 04 | UKS G-8 Bielany Warszawa | | | | 4:27.75 | 555 |
| | 50m: 29.76 | 29.76 | 150m: 1:36.75 | 33.97 | 250m: 2:44.79 | 33.74 | 350m: 3:53.53 | 34.67 | | |
| | 100m: 1:02.78 | 33.02 | 200m: 2:11.05 | 34.30 | 300m: 3:18.86 | 34.07 | 400m: 4:27.75 | 34.22 | | |
| 57. | JENDRZEJCZYK Maxim | | | 04 | UKP POLONIA Warszawa | | | | 4:27.97 | 553 |
| | 50m: 29.65 | 29.65 | 150m: 1:37.51 | 34.69 | 250m: 2:46.79 | 34.62 | 350m: 3:55.71 | 34.31 | | |
| | 100m: 1:02.82 | 33.17 | 200m: 2:12.17 | 34.66 | 300m: 3:21.40 | 34.61 | 400m: 4:27.97 | 32.26 | | |
| 58. | FAŁEK Szymon | | | 05 | UKS G-8 Bielany Warszawa | | | | 4:28.30 | 551 |
| | 50m: 30.65 | 30.65 | 150m: 1:37.84 | 33.92 | 250m: 2:46.75 | 34.16 | 350m: | | | |
| | 100m: 1:03.92 | 33.27 | 200m: 2:12.59 | 34.75 | 300m: 3:21.47 | 34.72 | 400m: 4:28.30 | | | |
| 59. | JARCZEWSKI Franciszek | | | 05 | UKS 190 Łód | | | | 4:28.39 | 551 |
| | 50m: 30.88 | 30.88 | 150m: 1:38.56 | 33.80 | 250m: 2:46.44 | 34.24 | 350m: 3:55.28 | 34.82 | | |
| | 100m: 1:04.76 | 33.88 | 200m: 2:12.20 | 33.64 | 300m: 3:20.46 | 34.02 | 400m: 4:28.39 | 33.11 | | |
| 60. | CZERWI SKI Łukasz | | | 01 | UKS G-8 Bielany Warszawa | | | | 4:29.06 | 547 |
| | 50m: 29.52 | 29.52 | 150m: 1:36.40 | 33.80 | 250m: 2:45.45 | 34.42 | 350m: 3:54.82 | 34.83 | | |
| | 100m: 1:02.60 | 33.08 | 200m: 2:11.03 | 34.63 | 300m: 3:19.99 | 34.54 | 400m: 4:29.06 | 34.24 | | |
| 61. | DUDKOWIAK Bartłomiej | | | 04 | UKS AQUATICA Pawłowice | | | | 4:29.30 | 545 |
| | 50m: 28.05 | 28.05 | 150m: 1:34.66 | 34.14 | 250m: 2:44.95 | 35.50 | 350m: 3:55.60 | 35.49 | | |
| | 100m: 1:00.52 | 32.47 | 200m: 2:09.45 | 34.79 | 300m: 3:20.11 | 35.16 | 400m: 4:29.30 | 33.70 | | |
| 62. | JAKUBOWSKI Kacper | | | 04 | UKS Jagiellonia Swim | | | | 4:30.87 | 536 |
| | 50m: 30.16 | 30.16 | 150m: 1:36.97 | 33.73 | 250m: 2:46.09 | 34.60 | 350m: 3:56.16 | 35.34 | | |
| | 100m: 1:03.24 | 33.08 | 200m: 2:11.49 | 34.52 | 300m: 3:20.82 | 34.73 | 400m: 4:30.87 | 34.71 | | |
| 63. | KUREK Bartosz | | | 06 | TP Olimpijczyk Aleksandrów Ł. | | | | 4:31.14 | 534 |
| | 50m: 30.55 | 30.55 | 150m: 1:38.25 | 34.28 | 250m: 2:47.71 | 34.94 | 350m: 3:57.25 | 34.33 | | |
| | 100m: 1:03.97 | 33.42 | 200m: 2:12.77 | 34.52 | 300m: 3:22.92 | 35.21 | 400m: 4:31.14 | 33.89 | | |
| 64. | TARCZY SKI Bartosz | | | 07 | UKS 190 Łód | | | | 4:32.41 | 527 |
| | 50m: 31.51 | 31.51 | 150m: 1:42.29 | 35.71 | 250m: 2:52.14 | 34.98 | 350m: 4:00.13 | 33.66 | | |
| | 100m: 1:06.58 | 35.07 | 200m: 2:17.16 | 34.87 | 300m: 3:26.47 | 34.33 | 400m: 4:32.41 | 32.28 | | |
| 65. | WALKOWSKI Bartosz | | | 07 | UKS 190 Łód | | | | 4:33.74 | 519 |
| | 50m: 32.33 | 32.33 | 150m: 1:42.15 | 35.03 | 250m: 2:51.69 | 34.54 | 350m: 4:00.78 | 33.88 | | |
| | 100m: 1:07.12 | 34.79 | 200m: 2:17.15 | 35.00 | 300m: 3:26.90 | 35.21 | 400m: 4:33.74 | 32.96 | | |
| 66. | PROSZOWSKI Paweł | | | 07 | MKS Park Wodny Tarnowskie Góry | | | | 4:34.73 | 514 |
| | 50m: 31.06 | 31.06 | 150m: 1:40.28 | 34.71 | 250m: 2:50.51 | 35.09 | 350m: 4:01.03 | 34.94 | | |
| | 100m: 1:05.57 | 34.51 | 200m: 2:15.42 | 35.14 | 300m: 3:26.09 | 35.58 | 400m: 4:34.73 | 33.70 | | |
| 67. | PAWLICA Mateusz | | | 05 | MKS Park Wodny Tarnowskie Góry | | | | 4:34.85 | 513 |
| | 50m: 29.68 | 29.68 | 150m: 1:38.87 | 35.42 | 250m: 2:49.36 | 35.46 | 350m: 4:00.51 | 35.13 | | |
| | 100m: 1:03.45 | 33.77 | 200m: 2:13.90 | 35.03 | 300m: 3:25.38 | 36.02 | 400m: 4:34.85 | 34.34 | | |
| 68. | PONIEWA Oliwier | | | 07 | KS OLIMPIA Lublin | | | | 4:37.97 | 496 |
| | 50m: 32.04 | 32.04 | 150m: 1:42.10 | 35.23 | 250m: 2:52.96 | 35.72 | 350m: 4:03.98 | 35.48 | | |
| | 100m: 1:06.87 | 34.83 | 200m: 2:17.24 | 35.14 | 300m: 3:28.50 | 35.54 | 400m: 4:37.97 | 33.99 | | |





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Konkurencja 32, M czyzn, 400m dowolny, Open

| Pozycja | | | | Rok ur. | | | | | Czas | Pkt. |
|---------|------------------------|-------|---------------|---------|----------------------------|---------------|-------|---------------|----------------|-------|
| 69. | LE NIEWSKI Wiktor | | | 06 | UKP POLONIA Warszawa | | | | 4:38.27 | 494 |
| | 50m: 30.24 | 30.24 | 150m: 1:39.62 | | 35.03 | 250m: 2:51.17 | 35.62 | 350m: 4:03.65 | | 36.00 |
| | 100m: 1:04.59 | 34.35 | 200m: 2:15.55 | | 35.93 | 300m: 3:27.65 | 36.48 | 400m: 4:38.27 | | 34.62 |
| 70. | PERA Marcin | | | 06 | UKS WODNIK Siemianowice I. | | | | 4:38.58 | 492 |
| | 50m: 30.59 | 30.59 | 150m: 1:40.92 | | 35.87 | 250m: 2:53.57 | 36.32 | 350m: 4:05.38 | | 35.36 |
| | 100m: 1:05.05 | 34.46 | 200m: 2:17.25 | | 36.33 | 300m: 3:30.02 | 36.45 | 400m: 4:38.58 | | 33.20 |
| 71. | GÓROWSKI Cezary | | | 04 | UKS MOS w Opolu | | | | 4:38.73 | 492 |
| | 50m: 31.03 | 31.03 | 150m: 1:40.44 | | 35.44 | 250m: 2:52.35 | 35.96 | 350m: 4:04.69 | | 36.43 |
| | 100m: 1:05.00 | 33.97 | 200m: 2:16.39 | | 35.95 | 300m: 3:28.26 | 35.91 | 400m: 4:38.73 | | 34.04 |
| 72. | CIERPIAŁ Wiktor | | | 04 | UKS 190 Łód | | | | 4:39.15 | 489 |
| | 50m: 30.83 | 30.83 | 150m: 1:40.44 | | 35.04 | 250m: 2:52.04 | 35.64 | 350m: 4:03.90 | | 35.65 |
| | 100m: 1:05.40 | 34.57 | 200m: 2:16.40 | | 35.96 | 300m: 3:28.25 | 36.21 | 400m: 4:39.15 | | 35.25 |
| 73. | KOZAK Jan | | | 06 | KS OLIMPIA Lublin | | | | 4:39.35 | 488 |
| | 50m: 31.70 | 31.70 | 150m: 1:41.81 | | 35.33 | 250m: 2:53.70 | 35.86 | 350m: 4:05.76 | | 36.08 |
| | 100m: 1:06.48 | 34.78 | 200m: 2:17.84 | | 36.03 | 300m: 3:29.68 | 35.98 | 400m: 4:39.35 | | 33.59 |
| 74. | GAWENDA Bartłomiej | | | 06 | UKS 48 Warszawa ródmie cie | | | | 4:39.88 | 486 |
| | 50m: 31.38 | 31.38 | 150m: 1:41.48 | | 35.23 | 250m: 2:54.14 | 36.07 | 350m: 4:06.49 | | 35.63 |
| | 100m: 1:06.25 | 34.87 | 200m: 2:18.07 | | 36.59 | 300m: 3:30.86 | 36.72 | 400m: 4:39.88 | | 33.39 |
| 75. | SZUTER Maciej | | | 05 | UKS GIM 92 Ursynów | | | | 4:40.08 | 485 |
| | 50m: 31.32 | 31.32 | 150m: 1:42.15 | | 35.78 | 250m: 2:53.85 | 35.67 | 350m: 4:05.77 | | 35.52 |
| | 100m: 1:06.37 | 35.05 | 200m: 2:18.18 | | 36.03 | 300m: 3:30.25 | 36.40 | 400m: 4:40.08 | | 34.31 |
| 76. | GAJEWSKI Jan | | | 07 | MKS OCHOTA Warszawa | | | | 4:40.27 | 484 |
| | 50m: 31.32 | 31.32 | 150m: 1:43.54 | | 36.45 | 250m: 2:56.55 | 36.25 | 350m: 4:07.26 | | 34.74 |
| | 100m: 1:07.09 | 35.77 | 200m: 2:20.30 | | 36.76 | 300m: 3:32.52 | 35.97 | 400m: 4:40.27 | | 33.01 |
| 77. | CIECHANOWSKI Stanisław | | | 07 | UKS 307 Warszawa | | | | 4:40.34 | 483 |
| | 50m: 30.90 | 30.90 | 150m: 1:41.57 | | 35.83 | 250m: 2:53.46 | 35.88 | 350m: 4:05.76 | | 35.83 |
| | 100m: 1:05.74 | 34.84 | 200m: 2:17.58 | | 36.01 | 300m: 3:29.93 | 36.47 | 400m: 4:40.34 | | 34.58 |
| 78. | SELDER Krystian | | | 07 | MKS TRÓJKA Łód | | | | 4:40.47 | 483 |
| | 50m: 31.81 | 31.81 | 150m: 1:43.38 | | 36.60 | 250m: 2:55.78 | 35.54 | 350m: 4:07.55 | | 35.64 |
| | 100m: 1:06.78 | 34.97 | 200m: 2:20.24 | | 36.86 | 300m: 3:31.91 | 36.13 | 400m: 4:40.47 | | 32.92 |
| 79. | KONIECZNY Mateusz | | | 05 | UKS NIKA Sport Team Kraków | | | | 4:43.65 | 467 |
| | 50m: 31.04 | 31.04 | 150m: 1:42.94 | | 36.32 | 250m: 2:56.58 | 36.96 | 350m: 4:10.26 | | 36.94 |
| | 100m: 1:06.62 | 35.58 | 200m: 2:19.62 | | 36.68 | 300m: 3:33.32 | 36.74 | 400m: 4:43.65 | | 33.39 |
| 80. | CUR Kacper | | | 07 | UKS GIM 92 Ursynów | | | | 4:43.99 | 465 |
| | 50m: 31.68 | 31.68 | 150m: 1:43.84 | | 36.53 | 250m: 2:56.10 | 35.86 | 350m: 4:08.60 | | 35.98 |
| | 100m: 1:07.31 | 35.63 | 200m: 2:20.24 | | 36.40 | 300m: 3:32.62 | 36.52 | 400m: 4:43.99 | | 35.39 |
| 81. | PI TKIEWICZ Piotr | | | 07 | MKS TRÓJKA Łód | | | | 4:44.23 | 464 |
| | 50m: 32.13 | 32.13 | 150m: 1:45.43 | | 37.10 | 250m: 2:58.12 | 36.17 | 350m: 4:10.42 | | 36.29 |
| | 100m: 1:08.33 | 36.20 | 200m: 2:21.95 | | 36.52 | 300m: 3:34.13 | 36.01 | 400m: 4:44.23 | | 33.81 |
| 82. | MIKOŁAJCZYK Adrian | | | 07 | SKS 137 Delfin Łód | | | | 4:44.24 | 464 |
| | 50m: 31.92 | 31.92 | 150m: 1:44.35 | | 36.22 | 250m: 2:58.42 | 36.47 | 350m: 4:11.15 | | 35.78 |
| | 100m: 1:08.13 | 36.21 | 200m: 2:21.95 | | 37.60 | 300m: 3:35.37 | 36.95 | 400m: 4:44.24 | | 33.09 |
| 83. | CHABOWSKI Nathaniel | | | 06 | UKS ABIANKA Gda sk | | | | 4:44.26 | 464 |
| | 50m: 32.00 | 32.00 | 150m: 1:43.47 | | 35.97 | 250m: 2:56.13 | 36.14 | 350m: 4:09.26 | | 36.50 |
| | 100m: 1:07.50 | 35.50 | 200m: 2:19.99 | | 36.52 | 300m: 3:32.76 | 36.63 | 400m: 4:44.26 | | 35.00 |
| 84. | SARNOWICZ Wiktor | | | 04 | MKS JUVENIA Wrocław | | | | 4:44.55 | 462 |
| | 50m: 30.88 | 30.88 | 150m: 1:41.46 | | 35.48 | 250m: 2:55.48 | 37.39 | 350m: 4:08.59 | | 35.84 |
| | 100m: 1:05.98 | 35.10 | 200m: 2:18.09 | | 36.63 | 300m: 3:32.75 | 37.27 | 400m: 4:44.55 | | 35.96 |
| 85. | KONOPKO Mateusz | | | 07 | LKS Jedno 32 Przyszowice | | | | 4:46.17 | 454 |
| | 50m: 31.89 | 31.89 | 150m: 1:44.43 | | 36.23 | 250m: 2:58.21 | 36.37 | 350m: 4:11.09 | | 35.99 |
| | 100m: 1:08.20 | 36.31 | 200m: 2:21.84 | | 37.41 | 300m: 3:35.10 | 36.89 | 400m: 4:46.17 | | 35.08 |





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Konkurencja 32, M czyzn, 400m dowolny, Open

| Pozycja | | | | Rok ur. | | | | | Czas | Pkt. | | |
|---------|-----------------------------|---------|-------|---------|---------------------------------------|-------|-------|---------|----------------|-------|---------|-------|
| 86. | FILOZOF Adam | | | 05 | MKS Park Wodny Tarnowskie Góry | | | | 4:46.35 | 453 | | |
| | 50m: | 32.79 | 32.79 | 150m: | 1:45.28 | 36.50 | 250m: | 2:58.52 | 36.40 | 350m: | 4:11.63 | 36.35 |
| | 100m: | 1:08.78 | 35.99 | 200m: | 2:22.12 | 36.84 | 300m: | 3:35.28 | 36.76 | 400m: | 4:46.35 | 34.72 |
| 87. | W SIK Marek | | | 06 | DOKiS SP Vega Dobrodzie | | | | 4:47.08 | 450 | | |
| | 50m: | 30.86 | 30.86 | 150m: | 1:43.10 | 36.77 | 250m: | 2:57.84 | 36.87 | 350m: | 4:11.82 | 36.40 |
| | 100m: | 1:06.33 | 35.47 | 200m: | 2:20.97 | 37.87 | 300m: | 3:35.42 | 37.58 | 400m: | 4:47.08 | 35.26 |
| 88. | KESLER Michał | | | 05 | KS KSZO Ostrowiec w. | | | | 4:48.08 | 445 | | |
| | 50m: | 32.50 | 32.50 | 150m: | 1:44.01 | 36.02 | 250m: | 2:58.12 | 37.05 | 350m: | 4:12.41 | 37.09 |
| | 100m: | 1:07.99 | 35.49 | 200m: | 2:21.07 | 37.06 | 300m: | 3:35.32 | 37.20 | 400m: | 4:48.08 | 35.67 |
| 89. | MRÓZ Dominik | | | 05 | Stow. Sportowe K.S. CKS-Orka Szczecin | | | | 4:48.57 | 443 | | |
| | 50m: | 31.46 | 31.46 | 150m: | 1:45.34 | 37.22 | 250m: | 3:00.35 | 37.35 | 350m: | 4:14.68 | 36.33 |
| | 100m: | 1:08.12 | 36.66 | 200m: | 2:23.00 | 37.66 | 300m: | 3:38.35 | 38.00 | 400m: | 4:48.57 | 33.89 |
| 90. | WENERSKI Eryk | | | 05 | UKP POLONIA Warszawa | | | | 4:49.84 | 437 | | |
| | 50m: | 31.22 | 31.22 | 150m: | 1:43.01 | 36.63 | 250m: | 2:56.45 | 37.22 | 350m: | 4:11.44 | 37.65 |
| | 100m: | 1:06.38 | 35.16 | 200m: | 2:19.23 | 36.22 | 300m: | 3:33.79 | 37.34 | 400m: | 4:49.84 | 38.40 |
| 91. | BORUSZEWSKI Filip | | | 07 | UKS SP-149 Łódź | | | | 4:50.77 | 433 | | |
| | 50m: | 33.61 | 33.61 | 150m: | 1:48.87 | 37.53 | 250m: | 3:04.10 | 38.30 | 350m: | 4:16.40 | 36.33 |
| | 100m: | 1:11.34 | 37.73 | 200m: | 2:25.80 | 36.93 | 300m: | 3:40.07 | 35.97 | 400m: | 4:50.77 | 34.37 |
| 92. | WALKOWSKI Maciej | | | 07 | UKS 190 Łódź | | | | 4:51.30 | 431 | | |
| | 50m: | 33.34 | 33.34 | 150m: | 1:49.01 | 36.83 | 250m: | 3:04.58 | 37.24 | 350m: | 4:17.91 | 36.43 |
| | 100m: | 1:12.18 | 38.84 | 200m: | 2:27.34 | 38.33 | 300m: | 3:41.48 | 36.90 | 400m: | 4:51.30 | 33.39 |
| 93. | KROPORNICKI Michał | | | 06 | UKS ORKA Zamo | | | | 4:51.95 | 428 | | |
| | 50m: | 32.07 | 32.07 | 150m: | 1:46.07 | 37.42 | 250m: | 3:01.35 | 37.59 | 350m: | 4:16.76 | 37.86 |
| | 100m: | 1:08.65 | 36.58 | 200m: | 2:23.76 | 37.69 | 300m: | 3:38.90 | 37.55 | 400m: | 4:51.95 | 35.19 |
| 94. | SZMAJDA Nikodem | | | 06 | MUKS OLIMPIJCZYK Suwałki | | | | 4:52.81 | 424 | | |
| | 50m: | 31.39 | 31.39 | 150m: | 1:45.08 | 37.39 | 250m: | 3:02.01 | 38.55 | 350m: | 4:18.42 | 37.81 |
| | 100m: | 1:07.69 | 36.30 | 200m: | 2:23.46 | 38.38 | 300m: | 3:40.61 | 38.60 | 400m: | 4:52.81 | 34.39 |
| 95. | CIGAŁA Remigiusz | | | 07 | KS JUST SWIM Jelenia Góra | | | | 4:54.35 | 417 | | |
| | 50m: | 31.69 | 31.69 | 150m: | 1:47.39 | 38.01 | 250m: | 3:03.24 | 37.43 | 350m: | 4:18.97 | 37.00 |
| | 100m: | 1:09.38 | 37.69 | 200m: | 2:25.81 | 38.42 | 300m: | 3:41.97 | 38.73 | 400m: | 4:54.35 | 35.38 |
| 96. | JANKIEWICZ DELGADO Jarosław | | | 06 | UKS NAWA Skierniewice | | | | 4:55.58 | 412 | | |
| | 50m: | 34.67 | 34.67 | 150m: | 1:51.57 | 38.91 | 250m: | 3:07.99 | 38.00 | 350m: | 4:22.52 | 36.77 |
| | 100m: | 1:12.66 | 37.99 | 200m: | 2:29.99 | 38.42 | 300m: | 3:45.75 | 37.76 | 400m: | 4:55.58 | 33.06 |
| 97. | SARNAT Szymon | | | 06 | UKS NIKA Sport Team Kraków | | | | 4:56.11 | 410 | | |
| | 50m: | 31.94 | 31.94 | 150m: | 1:45.41 | 37.92 | 250m: | 3:01.90 | 38.51 | 350m: | 4:19.96 | 39.28 |
| | 100m: | 1:07.49 | 35.55 | 200m: | 2:23.39 | 37.98 | 300m: | 3:40.68 | 38.78 | 400m: | 4:56.11 | 36.15 |
| 98. | GAWLIK Kacper | | | 06 | MKS JAGIELLONKA Warszawa | | | | 4:56.48 | 408 | | |
| | 50m: | 32.33 | 32.33 | 150m: | 1:47.38 | 38.34 | 250m: | 3:04.61 | 39.20 | 350m: | 4:21.04 | 37.99 |
| | 100m: | 1:09.04 | 36.71 | 200m: | 2:25.41 | 38.03 | 300m: | 3:43.05 | 38.44 | 400m: | 4:56.48 | 35.44 |
| 99. | SKOWRO SKI Braian | | | 07 | UKS FREGATA Kolbuszowa | | | | 4:57.82 | 403 | | |
| | 50m: | 33.94 | 33.94 | 150m: | 1:50.17 | 38.62 | 250m: | 3:07.07 | 38.71 | 350m: | 4:22.89 | 37.35 |
| | 100m: | 1:11.55 | 37.61 | 200m: | 2:28.36 | 38.19 | 300m: | 3:45.54 | 38.47 | 400m: | 4:57.82 | 34.93 |
| 100. | TOKAREWICZ Igor | | | 07 | UKS ÓSEMKA Starogard Gda ski | | | | 4:59.12 | 398 | | |
| | 50m: | 34.59 | 34.59 | 150m: | 1:52.27 | 39.12 | 250m: | 3:09.74 | 38.72 | 350m: | 4:26.13 | 38.22 |
| | 100m: | 1:13.15 | 38.56 | 200m: | 2:31.02 | 38.75 | 300m: | 3:47.91 | 38.17 | 400m: | 4:59.12 | 32.99 |
| 101. | WIEK Miłosz | | | 06 | KS KSZO Ostrowiec w. | | | | 4:59.58 | 396 | | |
| | 50m: | 33.51 | 33.51 | 150m: | 1:49.96 | 38.68 | 250m: | 3:07.05 | 38.79 | 350m: | 4:23.51 | 37.88 |
| | 100m: | 1:11.28 | 37.77 | 200m: | 2:28.26 | 38.30 | 300m: | 3:45.63 | 38.58 | 400m: | 4:59.58 | 36.07 |
| 102. | TYNOR Kacper | | | 06 | KS FALA Niepołomice | | | | 5:01.07 | 390 | | |
| | 50m: | 32.96 | 32.96 | 150m: | 1:49.21 | 38.69 | 250m: | 3:07.63 | 38.68 | 350m: | 4:25.89 | 38.29 |
| | 100m: | 1:10.52 | 37.56 | 200m: | 2:28.95 | 39.74 | 300m: | 3:47.60 | 39.97 | 400m: | 5:01.07 | 35.18 |





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Konkurencja 32, M czyzn, 400m dowolny, Open

| Pozycja | | | Rok ur. | | | | | Czas | Pkt. |
|---------|---------------------|---------------|---------|-----------------------------------|---------------|-------|---------------|----------------|------|
| 103. | SKOWRON Hubert | | 06 | KS JUST SWIM Jelenia Góra | | | | 5:01.17 | 390 |
| | 50m: 32.74 32.74 | 150m: 1:49.08 | | 38.70 | 250m: 3:06.91 | 38.96 | 350m: 4:23.82 | 37.80 | |
| | 100m: 1:10.38 37.64 | 200m: 2:27.95 | | 38.87 | 300m: 3:46.02 | 39.11 | 400m: 5:01.17 | 37.35 | |
| 104. | KIERO SKI Marcel | | 07 | KS FALA Niepołomice | | | | 5:03.03 | 383 |
| | 50m: 32.57 32.57 | 150m: 1:50.48 | | 38.24 | 250m: 3:09.92 | 40.13 | 350m: 4:26.26 | 38.83 | |
| | 100m: 1:12.24 39.67 | 200m: 2:29.79 | | 39.31 | 300m: 3:47.43 | 37.51 | 400m: 5:03.03 | 36.77 | |
| 105. | MUCHA Maksym | | 07 | UKS Swim Team Wilanów | | | | 5:04.17 | 378 |
| | 50m: 33.83 33.83 | 150m: 1:49.78 | | 38.50 | 250m: 3:07.34 | 38.80 | 350m: 4:25.84 | 39.34 | |
| | 100m: 1:11.28 37.45 | 200m: 2:28.54 | | 38.76 | 300m: 3:46.50 | 39.16 | 400m: 5:04.17 | 38.33 | |
| 106. | GRZ DKOWSKI Oliwier | | 07 | MKS CKS-SMS Szczecin | | | | 5:04.75 | 376 |
| | 50m: 34.11 34.11 | 150m: 1:51.43 | | 38.95 | 250m: 3:09.92 | 39.28 | 350m: 4:28.41 | 39.42 | |
| | 100m: 1:12.48 38.37 | 200m: 2:30.64 | | 39.21 | 300m: 3:48.99 | 39.07 | 400m: 5:04.75 | 36.34 | |
| 107. | SZYMCZAK Marcin | | 07 | UKS ÓSEMKA Starogard Gda ski | | | | 5:08.09 | 364 |
| | 50m: 34.36 34.36 | 150m: 1:52.79 | | 39.50 | 250m: 3:11.20 | 39.78 | 350m: 4:29.77 | 39.55 | |
| | 100m: 1:13.29 38.93 | 200m: 2:31.42 | | 38.63 | 300m: 3:50.22 | 39.02 | 400m: 5:08.09 | 38.32 | |
| 108. | JARCZEWSKI Jan | | 07 | UKS 190 Łód | | | | 5:11.73 | 351 |
| | 50m: 34.46 34.46 | 150m: 1:53.82 | | 40.14 | 250m: 3:14.17 | 40.37 | 350m: 4:33.93 | 40.31 | |
| | 100m: 1:13.68 39.22 | 200m: 2:33.80 | | 39.98 | 300m: 3:53.62 | 39.45 | 400m: 5:11.73 | 37.80 | |
| 109. | KASPRZAK Krystian | | 07 | KS JUST SWIM Jelenia Góra | | | | 5:14.46 | 342 |
| | 50m: 33.88 33.88 | 150m: 1:55.74 | | 41.58 | 250m: 3:18.02 | 41.51 | 350m: 4:38.63 | 39.82 | |
| | 100m: 1:14.16 40.28 | 200m: 2:36.51 | | 40.77 | 300m: 3:58.81 | 40.79 | 400m: 5:14.46 | 35.83 | |
| 110. | GO DZIK Kamil | | 05 | UKS NAWA Skierniewice | | | | 5:16.17 | 337 |
| | 50m: 34.17 34.17 | 150m: 1:53.41 | | 40.20 | 250m: 3:15.74 | 41.48 | 350m: 4:38.81 | 41.63 | |
| | 100m: 1:13.21 39.04 | 200m: 2:34.26 | | 40.85 | 300m: 3:57.18 | 41.44 | 400m: 5:16.17 | 37.36 | |
| 111. | SIWARSKI Marcin | | 07 | UKS SP AQUARIUS Lesko | | | | 5:28.88 | 299 |
| | 50m: 34.39 34.39 | 150m: 1:55.69 | | 41.40 | 250m: 3:21.98 | 43.32 | 350m: 4:48.00 | 42.34 | |
| | 100m: 1:14.29 39.90 | 200m: 2:38.66 | | 42.97 | 300m: 4:05.66 | 43.68 | 400m: 5:28.88 | 40.88 | |
| 112. | KUKIER Łukasz | | 07 | St. KF KS Fenix O arów Mazowiecki | | | | 5:37.45 | 277 |
| | 50m: 36.23 36.23 | 150m: 2:00.68 | | 42.68 | 250m: 3:27.98 | 43.83 | 350m: 4:56.38 | 44.10 | |
| | 100m: 1:18.00 41.77 | 200m: 2:44.15 | | 43.47 | 300m: 4:12.28 | 44.30 | 400m: 5:37.45 | 41.07 | |

