

Konkurencja 22  
 02.05.2022

## M cyczn, 400m dowolny

 Open  
 Wyniki Eliminacje

Rekord Polski 3:45.71 STANCZYK Przemyslaw 00116 Chiba (JPN) 21.08.2007

Letnia Uniwersjada - Chengdu 2022 Open: 3:51.32 / Mistrzostwa Europy Seniorów - Rzym 2022 Open: 3:49.05 /

Mistrzostwa Europy Juniorów- Bukareszt 2022 17 - 18: 3:55.78 / Mistrzostwa świata Seniorów - Budapeszt 2022 Open: 3:46.78

Punkty: FINA 2022

| Pozycja |                      |                 | Rok ur. |                      |       |       |         |       |       | Czas           | Pkt.  |   |
|---------|----------------------|-----------------|---------|----------------------|-------|-------|---------|-------|-------|----------------|-------|---|
| 1.      | ZABOROWSKI Filip     |                 | 94      | MKP Szczecin         |       |       |         |       |       | <b>4:00.14</b> | 769   | A |
|         | 50m:                 | 27.81 27.81     | 150m:   | 1:28.87              | 30.57 | 250m: | 2:29.68 | 30.23 | 350m: | 3:30.40        | 30.21 |   |
|         | 100m:                | 58.30 30.49     | 200m:   | 1:59.45              | 30.58 | 300m: | 3:00.19 | 30.51 | 400m: | 4:00.14        | 29.74 |   |
| 2.      | STANISZEWSKI Bartosz |                 | 05      | UKP Ruda I ska       |       |       |         |       |       | <b>4:00.52</b> | 766   | A |
|         | 50m:                 | 27.04 27.04     | 150m:   | 1:27.79              | 30.69 | 250m: | 2:29.95 | 30.97 | 350m: | 3:32.74        | 31.09 |   |
|         | 100m:                | 57.10 30.06     | 200m:   | 1:58.98              | 31.19 | 300m: | 3:01.65 | 31.70 | 400m: | 4:00.52        | 27.78 |   |
| 3.      | WALTER Jakub         |                 | 04      | UKP UNIA O wi cim    |       |       |         |       |       | <b>4:00.79</b> | 763   | A |
|         | 50m:                 | 26.76 26.76     | 150m:   | 1:27.98              | 31.10 | 250m: | 2:30.18 | 31.07 | 350m: | 3:31.96        | 30.45 |   |
|         | 100m:                | 56.88 30.12     | 200m:   | 1:59.11              | 31.13 | 300m: | 3:01.51 | 31.33 | 400m: | 4:00.79        | 28.83 |   |
| 4.      | KAPAŁA Szymon        |                 | 03      | MTP KORMORAN Olsztyn |       |       |         |       |       | <b>4:00.85</b> | 762   | A |
|         | 50m:                 | 27.61 27.61     | 150m:   | 1:28.38              | 30.61 | 250m: | 2:30.24 | 30.98 | 350m: | 3:31.87        | 30.60 |   |
|         | 100m:                | 57.77 30.16     | 200m:   | 1:59.26              | 30.88 | 300m: | 3:01.27 | 31.03 | 400m: | 4:00.85        | 28.98 |   |
| 5.      | FILIPIAK Mikołaj     |                 | 06      | UKS ABIANKA Gda sk   |       |       |         |       |       | <b>4:01.38</b> | 757   | A |
|         | 50m:                 | 27.81 27.81     | 150m:   | 1:29.25              | 30.74 | 250m: | 2:31.00 | 30.69 | 350m: | 3:32.28        | 30.02 |   |
|         | 100m:                | 58.51 30.70     | 200m:   | 2:00.31              | 31.06 | 300m: | 3:02.26 | 31.26 | 400m: | 4:01.38        | 29.10 |   |
| 6.      | DASZKIEWICZ Michał   |                 | 03      | UKP UNIA O wi cim    |       |       |         |       |       | <b>4:01.98</b> | 752   | A |
|         | 50m:                 | 28.29 28.29     | 150m:   | 1:29.68              | 30.72 | 250m: | 2:31.18 | 30.62 | 350m: | 3:32.60        | 30.26 |   |
|         | 100m:                | 58.96 30.67     | 200m:   | 2:00.56              | 30.88 | 300m: | 3:02.34 | 31.16 | 400m: | 4:01.98        | 29.38 |   |
| 7.      | ZDYBEL Adam          |                 | 05      | KS DELFIN Gdynia     |       |       |         |       |       | <b>4:02.23</b> | 749   | A |
|         | 50m:                 | 27.65 27.65     | 150m:   | 1:28.57              | 30.63 | 250m: | 2:30.38 | 31.10 | 350m: | 3:32.35        | 30.81 |   |
|         | 100m:                | 57.94 30.29     | 200m:   | 1:59.28              | 30.71 | 300m: | 3:01.54 | 31.16 | 400m: | 4:02.23        | 29.88 |   |
| 8.      | ZAREMBA Adam         |                 | 05      | WKS L SK Wrocław     |       |       |         |       |       | <b>4:02.56</b> | 746   | A |
|         | 50m:                 | 27.12 27.12     | 150m:   | 1:28.23              | 31.10 | 250m: | 2:30.49 | 30.59 | 350m: | 3:32.59        | 30.74 |   |
|         | 100m:                | 57.13 30.01     | 200m:   | 1:59.90              | 31.67 | 300m: | 3:01.85 | 31.36 | 400m: | 4:02.56        | 29.97 |   |
| 9.      | RYNKIEWICZ Jakub     |                 | 05      | KU AZS UMCS Lublin   |       |       |         |       |       | <b>4:02.64</b> | 746   | B |
|         | 50m:                 | 27.70 27.70     | 150m:   | 1:29.64              | 30.97 | 250m: | 2:31.64 | 30.94 | 350m: | 3:33.48        | 30.42 |   |
|         | 100m:                | 58.67 30.97     | 200m:   | 2:00.70              | 31.06 | 300m: | 3:03.06 | 31.42 | 400m: | 4:02.64        | 29.16 |   |
| 10.     | HEBEL Maciej         |                 | 05      | KU AZS UMCS Lublin   |       |       |         |       |       | <b>4:02.98</b> | 742   | B |
|         | 50m:                 | 1:29.86 1:29.86 | 150m:   |                      |       | 250m: | 2:31.65 | 30.76 | 350m: | 3:33.43        | 30.82 |   |
|         | 100m:                | 58.77           | 200m:   | 2:00.89              |       | 300m: | 3:02.61 | 30.96 | 400m: | 4:02.98        | 29.55 |   |
| 11.     | RADKIEWICZ Kajetan   |                 | 05      | KS KSZO Ostrowiec w. |       |       |         |       |       | <b>4:04.80</b> | 726   | B |
|         | 50m:                 | 28.52 28.52     | 150m:   | 1:31.80              | 31.72 | 250m: | 2:33.18 | 29.88 | 350m: | 3:34.52        | 30.83 |   |
|         | 100m:                | 1:00.08 31.56   | 200m:   | 2:03.30              | 31.50 | 300m: | 3:03.69 | 30.51 | 400m: | 4:04.80        | 30.28 |   |
| 12.     | MY LIWIEC Bartosz    |                 | 04      | MKP Szczecin         |       |       |         |       |       | <b>4:06.58</b> | 710   | B |
|         | 50m:                 | 28.07 28.07     | 150m:   | 1:29.29              | 30.73 | 250m: | 2:32.28 | 31.49 | 350m: | 3:35.92        | 31.59 |   |
|         | 100m:                | 58.56 30.49     | 200m:   | 2:00.79              | 31.50 | 300m: | 3:04.33 | 32.05 | 400m: | 4:06.58        | 30.66 |   |
| 13.     | KUCZAK Adam          |                 | 00      | AZS AWF Katowice     |       |       |         |       |       | <b>4:06.93</b> | 707   | B |
|         | 50m:                 | 27.86 27.86     | 150m:   | 1:29.97              | 31.24 | 250m: | 2:33.17 | 31.35 | 350m: | 3:36.86        | 31.85 |   |
|         | 100m:                | 58.73 30.87     | 200m:   | 2:01.82              | 31.85 | 300m: | 3:05.01 | 31.84 | 400m: | 4:06.93        | 30.07 |   |
| 14.     | WO NIAK Piotr        |                 | 05      | MTP KORMORAN Olsztyn |       |       |         |       |       | <b>4:07.35</b> | 704   | B |
|         | 50m:                 | 28.90 28.90     | 150m:   | 1:31.26              | 31.29 | 250m: | 2:34.55 | 31.51 | 350m: | 3:38.29        | 31.88 |   |
|         | 100m:                | 59.97 31.07     | 200m:   | 2:03.04              | 31.78 | 300m: | 3:06.41 | 31.86 | 400m: | 4:07.35        | 29.06 |   |
| 15.     | GOŁACKI Sergiusz     |                 | 04      | UKS 190 Łódź         |       |       |         |       |       | <b>4:09.81</b> | 683   | B |
|         | 50m:                 | 28.38 28.38     | 150m:   | 1:31.20              | 31.60 | 250m: | 2:34.91 | 32.12 | 350m: | 3:38.52        | 31.77 |   |
|         | 100m:                | 59.60 31.22     | 200m:   | 2:02.79              | 31.59 | 300m: | 3:06.75 | 31.84 | 400m: | 4:09.81        | 31.29 |   |

## Konkurencja 22, M czołowy, 400m dowolny, Eliminacje, Open

| Pozycja |                     |               | Rok ur. |                                |       |               |       | Czas           | Pkt.  |
|---------|---------------------|---------------|---------|--------------------------------|-------|---------------|-------|----------------|-------|
| 16.     | MAJOR Erik          |               | 07      | MKS Park Wodny Tarnowskie Góry |       |               |       | <b>4:10.91</b> | 674 B |
|         | 50m:                | 28.97 28.97   | 150m:   | 1:33.60 32.44                  | 250m: | 2:38.11 31.74 | 350m: | 3:41.88 31.57  |       |
|         | 100m:               | 1:01.16 32.19 | 200m:   | 2:06.37 32.77                  | 300m: | 3:10.31 32.20 | 400m: | 4:10.91 29.03  |       |
| 17.     | NOWACKI Jacek       |               | 05      | MTP KORMORAN Olsztyn           |       |               |       | <b>4:11.59</b> | 669 R |
|         | 50m:                | 28.72 28.72   | 150m:   | 1:33.01 32.42                  | 250m: | 2:38.03 32.27 | 350m: | 3:42.01 31.69  |       |
|         | 100m:               | 1:00.59 31.87 | 200m:   | 2:05.76 32.75                  | 300m: | 3:10.32 32.29 | 400m: | 4:11.59 29.58  |       |
| 18.     | BUJAK Piotr         |               | 97      | St. Lok. SALOS Cortile Kielce  |       |               |       | <b>4:12.26</b> | 663 R |
|         | 50m:                | 28.86 28.86   | 150m:   | 1:32.22 31.57                  | 250m: | 2:36.38 32.01 | 350m: | 3:41.32 32.17  |       |
|         | 100m:               | 1:00.65 31.79 | 200m:   | 2:04.37 32.15                  | 300m: | 3:09.15 32.77 | 400m: | 4:12.26 30.94  |       |
| 19.     | LE NIAK Maksymilian |               | 04      | UKS 190 Łódź                   |       |               |       | <b>4:13.20</b> | 656   |
|         | 50m:                | 27.81 27.81   | 150m:   | 1:32.33 32.55                  | 250m: | 2:37.16 32.51 | 350m: | 3:42.25 32.01  |       |
|         | 100m:               | 59.78 31.97   | 200m:   | 2:04.65 32.32                  | 300m: | 3:10.24 33.08 | 400m: | 4:13.20 30.95  |       |
| 20.     | MA KA Filip         |               | 00      | UKS 190 Łódź                   |       |               |       | <b>4:13.67</b> | 652   |
|         | 50m:                | 28.81 28.81   | 150m:   | 1:32.12 31.79                  | 250m: | 2:36.54 31.77 | 350m: | 3:42.43 32.45  |       |
|         | 100m:               | 1:00.33 31.52 | 200m:   | 2:04.77 32.65                  | 300m: | 3:09.98 33.44 | 400m: | 4:13.67 31.24  |       |
| 21.     | KAPAŁA Bartosz      |               | 06      | MTP KORMORAN Olsztyn           |       |               |       | <b>4:13.82</b> | 651   |
|         | 50m:                | 29.10 29.10   | 150m:   | 1:34.46 32.87                  | 250m: | 2:39.39 31.99 | 350m: | 3:43.15 31.79  |       |
|         | 100m:               | 1:01.59 32.49 | 200m:   | 2:07.40 32.94                  | 300m: | 3:11.36 31.97 | 400m: | 4:13.82 30.67  |       |
| 22.     | KOZŁOWSKI Konrad    |               | 04      | MTP KORMORAN Olsztyn           |       |               |       | <b>4:14.02</b> | 650   |
|         | 50m:                | 29.60 29.60   | 150m:   | 1:32.77 31.74                  | 250m: | 2:36.97 31.96 | 350m: | 3:41.99 32.15  |       |
|         | 100m:               | 1:01.03 31.43 | 200m:   | 2:05.01 32.24                  | 300m: | 3:09.84 32.87 | 400m: | 4:14.02 32.03  |       |
| 23.     | BELZYT Maksymilian  |               | 05      | UKS ABIANKA Gdańsk             |       |               |       | <b>4:14.59</b> | 645   |
|         | 50m:                | 29.16 29.16   | 150m:   | 1:32.53 31.39                  | 250m: | 2:36.54 31.82 | 350m: | 3:42.16 32.79  |       |
|         | 100m:               | 1:01.14 31.98 | 200m:   | 2:04.72 32.19                  | 300m: | 3:09.37 32.83 | 400m: | 4:14.59 32.43  |       |
| 24.     | HLUSHCHENKO Zakhar  |               | 06      | UKS 190 Łódź                   |       |               |       | <b>4:14.76</b> | 644   |
|         | 50m:                | 29.61 29.61   | 150m:   | 1:34.03 32.13                  | 250m: | 2:37.24 31.57 | 350m: | 3:43.66 33.04  |       |
|         | 100m:               | 1:01.90 32.29 | 200m:   | 2:05.67 31.64                  | 300m: | 3:10.62 33.38 | 400m: | 4:14.76 31.10  |       |
| 25.     | PIETRO Przemysław   |               | 07      | KU AZS UMCS Lublin             |       |               |       | <b>4:15.55</b> | 638   |
|         | 50m:                | 28.95 28.95   | 150m:   | 1:33.94 32.72                  | 250m: | 2:39.50 33.02 | 350m: | 3:44.65 32.31  |       |
|         | 100m:               | 1:01.22 32.27 | 200m:   | 2:06.48 32.54                  | 300m: | 3:12.34 32.84 | 400m: | 4:15.55 30.90  |       |
| 26.     | KOZŁOWSKI Igor      |               | 05      | KU AZS UMCS Lublin             |       |               |       | <b>4:15.82</b> | 636   |
|         | 50m:                | 28.43 28.43   | 150m:   | 1:33.03 32.55                  | 250m: | 2:38.00 32.15 | 350m: | 3:43.43 32.85  |       |
|         | 100m:               | 1:00.48 32.05 | 200m:   | 2:05.85 32.82                  | 300m: | 3:10.58 32.58 | 400m: | 4:15.82 32.39  |       |
| 27.     | KUCHARSKI Paweł     |               | 05      | SIKRET Gliwice                 |       |               |       | <b>4:17.31</b> | 625   |
|         | 50m:                | 29.96 29.96   | 150m:   | 1:34.62 32.29                  | 250m: | 2:39.00 32.22 | 350m: | 3:44.31 32.65  |       |
|         | 100m:               | 1:02.33 32.37 | 200m:   | 2:06.78 32.16                  | 300m: | 3:11.66 32.66 | 400m: | 4:17.31 33.00  |       |
| 28.     | NIESTUJ Piotr       |               | 02      | St. Lok. SALOS Cortile Kielce  |       |               |       | <b>4:17.44</b> | 624   |
|         | 50m:                | 28.39 28.39   | 150m:   | 1:33.30 32.83                  | 250m: | 2:39.90 33.41 | 350m: | 3:45.42 33.02  |       |
|         | 100m:               | 1:00.47 32.08 | 200m:   | 2:06.49 33.19                  | 300m: | 3:12.40 32.50 | 400m: | 4:17.44 32.02  |       |
| 29.     | ARENT Artur         |               | 05      | MKS JEDYNKA Łódź               |       |               |       | <b>4:18.01</b> | 620   |
|         | 50m:                | 29.31 29.31   | 150m:   | 1:33.37 31.92                  | 250m: | 2:38.43 32.42 | 350m: | 3:44.89 33.13  |       |
|         | 100m:               | 1:01.45 32.14 | 200m:   | 2:06.01 32.64                  | 300m: | 3:11.76 33.33 | 400m: | 4:18.01 33.12  |       |
| 30.     | KOVALENKO Yevhenii  |               | 05      | Ukraine                        |       |               |       | <b>4:18.39</b> | 617   |
|         | 50m:                | 28.70 28.70   | 150m:   | 1:33.29 32.64                  | 250m: |               | 350m: | 3:47.04 32.84  |       |
|         | 100m:               | 1:00.65 31.95 | 200m:   | 2:06.93 33.64                  | 300m: | 3:14.20       | 400m: | 4:18.39 31.35  |       |
| 31.     | KOBUS Tymoteusz     |               | 05      | UKS ABIANKA Gdańsk             |       |               |       | <b>4:18.45</b> | 617   |
|         | 50m:                | 29.17 29.17   | 150m:   | 1:33.44 32.26                  | 250m: | 2:39.17 32.92 | 350m: | 3:46.29 33.61  |       |
|         | 100m:               | 1:01.18 32.01 | 200m:   | 2:06.25 32.81                  | 300m: | 3:12.68 33.51 | 400m: | 4:18.45 32.16  |       |
| 32.     | MIŁKOWSKI Mikołaj   |               | 07      | UKS 48 Warszawa ródmi cie      |       |               |       | <b>4:19.26</b> | 611   |
|         | 50m:                | 29.39 29.39   | 150m:   | 1:34.23 32.73                  | 250m: | 2:40.55 33.19 | 350m: | 3:47.19 32.98  |       |
|         | 100m:               | 1:01.50 32.11 | 200m:   | 2:07.36 33.13                  | 300m: | 3:14.21 33.66 | 400m: | 4:19.26 32.07  |       |

## Konkurencja 22, Mężczyźni, 400m dowolny, Eliminacje, Open

| Pozycja |                       |               | Rok ur. |                                |       |               |       | Czas           | Pkt. |
|---------|-----------------------|---------------|---------|--------------------------------|-------|---------------|-------|----------------|------|
| 33.     | SIENKIEWICZ Ignacy    |               | 05      | IKS Konstancin                 |       |               |       | <b>4:19.37</b> | 610  |
|         | 50m:                  | 28.97 28.97   | 150m:   | 1:33.98 33.12                  | 250m: | 2:40.37 33.49 | 350m: | 3:47.42 33.53  |      |
|         | 100m:                 | 1:00.86 31.89 | 200m:   | 2:06.88 32.90                  | 300m: | 3:13.89 33.52 | 400m: | 4:19.37 31.95  |      |
| 34.     | DARUL Bartosz         |               | 04      | MKP SŁOWIANKA Gorzów Wlkp.     |       |               |       | <b>4:19.93</b> | 606  |
|         | 50m:                  | 29.40 29.40   | 150m:   | 1:34.56 32.99                  | 250m: | 2:41.53 33.47 | 350m: | 3:49.08 33.64  |      |
|         | 100m:                 | 1:01.57 32.17 | 200m:   | 2:08.06 33.50                  | 300m: | 3:15.44 33.91 | 400m: | 4:19.93 30.85  |      |
| 35.     | JARCZEWSKI Franciszek |               | 05      | UKS 190 Łódź                   |       |               |       | <b>4:20.30</b> | 604  |
|         | 50m:                  | 30.51 30.51   | 150m:   | 1:36.72 33.34                  | 250m: | 2:43.13 33.23 | 350m: | 3:48.57 32.30  |      |
|         | 100m:                 | 1:03.38 32.87 | 200m:   | 2:09.90 33.18                  | 300m: | 3:16.27 33.14 | 400m: | 4:20.30 31.73  |      |
| 36.     | NIEDZIAŁEK Michał     |               | 03      | MTP KORMORAN Olsztyn           |       |               |       | <b>4:20.32</b> | 604  |
|         | 50m:                  | 29.72 29.72   | 150m:   | 1:35.08 33.23                  | 250m: | 2:41.85 33.36 | 350m: | 3:48.58 33.17  |      |
|         | 100m:                 | 1:01.85 32.13 | 200m:   | 2:08.49 33.41                  | 300m: | 3:15.41 33.56 | 400m: | 4:20.32 31.74  |      |
| 37.     | GNACZY SKI Michał     |               | 07      | MKP SŁOWIANKA Gorzów Wlkp.     |       |               |       | <b>4:20.54</b> | 602  |
|         | 50m:                  | 29.57 29.57   | 150m:   | 1:35.58 33.54                  | 250m: | 2:43.00 33.57 | 350m: | 3:49.60 33.31  |      |
|         | 100m:                 | 1:02.04 32.47 | 200m:   | 2:09.43 33.85                  | 300m: | 3:16.29 33.29 | 400m: | 4:20.54 30.94  |      |
| 38.     | DOKTÓR Mateusz        |               | 05      | MKP SŁOWIANKA Gorzów Wlkp.     |       |               |       | <b>4:21.67</b> | 594  |
|         | 50m:                  | 28.89 28.89   | 150m:   | 1:33.91 32.67                  | 250m: | 2:40.41 33.39 | 350m: | 3:48.29 34.10  |      |
|         | 100m:                 | 1:01.24 32.35 | 200m:   | 2:07.02 33.11                  | 300m: | 3:14.19 33.78 | 400m: | 4:21.67 33.38  |      |
| 39.     | FRONCZAK Antoni       |               | 06      | UKS G-8 Bielany Warszawa       |       |               |       | <b>4:21.75</b> | 594  |
|         | 50m:                  | 30.31 30.31   | 150m:   | 1:35.13 32.66                  | 250m: | 2:41.94 33.45 | 350m: | 3:48.93 33.37  |      |
|         | 100m:                 | 1:02.47 32.16 | 200m:   | 2:08.49 33.36                  | 300m: | 3:15.56 33.62 | 400m: | 4:21.75 32.82  |      |
| 40.     | RYSKI Michał          |               | 06      | MTP KORMORAN Olsztyn           |       |               |       | <b>4:22.28</b> | 590  |
|         | 50m:                  | 29.61 29.61   | 150m:   | 1:34.94 33.45                  | 250m: | 2:41.64 33.98 | 350m: | 3:49.42 34.21  |      |
|         | 100m:                 | 1:01.49 31.88 | 200m:   | 2:07.66 32.72                  | 300m: | 3:15.21 33.57 | 400m: | 4:22.28 32.86  |      |
| 41.     | FILOZOF Adam          |               | 05      | MKS Park Wodny Tarnowskie Góry |       |               |       | <b>4:26.79</b> | 561  |
|         | 50m:                  | 30.19 30.19   | 150m:   | 1:37.71 33.96                  | 250m: | 2:46.57 34.22 | 350m: | 3:54.72 33.93  |      |
|         | 100m:                 | 1:03.75 33.56 | 200m:   | 2:12.35 34.64                  | 300m: | 3:20.79 34.22 | 400m: | 4:26.79 32.07  |      |
| 42.     | KRASKA Mateusz        |               | 07      | MKS Park Wodny Tarnowskie Góry |       |               |       | <b>4:26.88</b> | 560  |
|         | 50m:                  | 30.69 30.69   | 150m:   | 1:38.33 34.20                  | 250m: | 2:47.17 34.28 | 350m: | 3:55.60 33.83  |      |
|         | 100m:                 | 1:04.13 33.44 | 200m:   | 2:12.89 34.56                  | 300m: | 3:21.77 34.60 | 400m: | 4:26.88 31.28  |      |
| 43.     | MAZUR Adam            |               | 07      | Grupa 5Styl Warszawa           |       |               |       | <b>4:27.07</b> | 559  |
|         | 50m:                  | 30.95 30.95   | 150m:   | 1:39.81 34.85                  | 250m: | 2:48.62 33.88 | 350m: | 3:55.91 33.33  |      |
|         | 100m:                 | 1:04.96 34.01 | 200m:   | 2:14.74 34.93                  | 300m: | 3:22.58 33.96 | 400m: | 4:27.07 31.16  |      |
| 44.     | KUREK Bartosz         |               | 06      | UKS 190 Łódź                   |       |               |       | <b>4:27.34</b> | 557  |
|         | 50m:                  | 30.01 30.01   | 150m:   | 1:36.29 33.53                  | 250m: | 2:43.82 33.47 | 350m: | 3:53.16 34.77  |      |
|         | 100m:                 | 1:02.76 32.75 | 200m:   | 2:10.35 34.06                  | 300m: | 3:18.39 34.57 | 400m: | 4:27.34 34.18  |      |
| 45.     | WISTAK Miłosz         |               | 06      | UKS FENIKS D bica              |       |               |       | <b>4:28.66</b> | 549  |
|         | 50m:                  | 31.61 31.61   | 150m:   | 1:39.88 34.18                  | 250m: | 2:48.76 34.33 | 350m: | 3:57.20 33.96  |      |
|         | 100m:                 | 1:05.70 34.09 | 200m:   | 2:14.43 34.55                  | 300m: | 3:23.24 34.48 | 400m: | 4:28.66 31.46  |      |
| 46.     | PROSZOWSKI Paweł      |               | 07      | MKS Park Wodny Tarnowskie Góry |       |               |       | <b>4:28.87</b> | 548  |
|         | 50m:                  | 31.01 31.01   | 150m:   | 1:40.00 34.95                  | 250m: | 2:49.05 33.87 | 350m: | 3:56.76 33.50  |      |
|         | 100m:                 | 1:05.05 34.04 | 200m:   | 2:15.18 35.18                  | 300m: | 3:23.26 34.21 | 400m: | 4:28.87 32.11  |      |
| 47.     | J. DRYKA Nikodem      |               | 04      | MKS TRÓJKA Łódź                |       |               |       | <b>4:29.85</b> | 542  |
|         | 50m:                  | 29.48 29.48   | 150m:   | 1:35.69 33.39                  | 250m: | 2:44.51 34.42 | 350m: | 3:55.19 35.11  |      |
|         | 100m:                 | 1:02.30 32.82 | 200m:   | 2:10.09 34.40                  | 300m: | 3:20.08 35.57 | 400m: | 4:29.85 34.66  |      |
| 48.     | PIERUCKI Radosław     |               | 06      | UKS ABIANKA Gdańsk             |       |               |       | <b>4:29.96</b> | 541  |
|         | 50m:                  | 30.34 30.34   | 150m:   | 1:39.68 34.85                  | 250m: | 2:48.08 34.21 | 350m: | 3:56.72 33.67  |      |
|         | 100m:                 | 1:04.83 34.49 | 200m:   | 2:13.87 34.19                  | 300m: | 3:23.05 34.97 | 400m: | 4:29.96 33.24  |      |
| 49.     | KACZMAREK Michał      |               | 05      | UKS 190 Łódź                   |       |               |       | <b>4:30.15</b> | 540  |
|         | 50m:                  | 30.57 30.57   | 150m:   | 1:39.20 33.83                  | 250m: | 2:47.79 34.30 | 350m: | 3:56.34 34.16  |      |
|         | 100m:                 | 1:05.37 34.80 | 200m:   | 2:13.49 34.29                  | 300m: | 3:22.18 34.39 | 400m: | 4:30.15 33.81  |      |

## Konkurencja 22, M czołowy, 400m dowolny, Eliminacje, Open

| Pozycja |                             |       | Rok ur.       |                                   |               |       |                | Czas  | Pkt. |
|---------|-----------------------------|-------|---------------|-----------------------------------|---------------|-------|----------------|-------|------|
| 50.     | STANISŁAWSKI Bartosz        |       | 04            | MKS TRÓJKA Łód                    |               |       | <b>4:30.18</b> | 540   |      |
|         | 50m: 30.59                  | 30.59 | 150m: 1:38.80 | 34.57                             | 250m: 2:48.06 | 34.53 | 350m: 3:57.55  | 34.55 |      |
|         | 100m: 1:04.23               | 33.64 | 200m: 2:13.53 | 34.73                             | 300m: 3:23.00 | 34.94 | 400m: 4:30.18  | 32.63 |      |
| 51.     | KANCZKOWSKI Szymon          |       | 07            | UKS Tri-Team Rumia                |               |       | <b>4:30.59</b> | 537   |      |
|         | 50m: 31.74                  | 31.74 | 150m: 1:40.66 | 34.82                             | 250m: 2:49.76 | 34.61 | 350m: 3:58.38  | 34.31 |      |
|         | 100m: 1:05.84               | 34.10 | 200m: 2:15.15 | 34.49                             | 300m: 3:24.07 | 34.31 | 400m: 4:30.59  | 32.21 |      |
| 52.     | CHABOWSKI Nathaniel         |       | 06            | UKS ABIANKA Gda sk                |               |       | <b>4:31.27</b> | 533   |      |
|         | 50m: 28.86                  | 28.86 | 150m: 1:36.49 | 34.19                             | 250m: 2:46.24 | 34.67 | 350m: 3:56.79  | 35.14 |      |
|         | 100m: 1:02.30               | 33.44 | 200m: 2:11.57 | 35.08                             | 300m: 3:21.65 | 35.41 | 400m: 4:31.27  | 34.48 |      |
| 53.     | SELDER Krystian             |       | 07            | MKS TRÓJKA Łód                    |               |       | <b>4:31.43</b> | 532   |      |
|         | 50m: 30.78                  | 30.78 | 150m: 1:39.98 | 35.05                             | 250m: 2:50.09 | 34.82 | 350m: 3:59.18  | 34.23 |      |
|         | 100m: 1:04.93               | 34.15 | 200m: 2:15.27 | 35.29                             | 300m: 3:24.95 | 34.86 | 400m: 4:31.43  | 32.25 |      |
| 54.     | KRAWCZYK Jakub              |       | 08            | Mokotowski UKP Warszawianka-Wodny |               |       | <b>4:32.14</b> | 528   |      |
|         | 50m: 30.65                  | 30.65 | 150m: 1:40.29 | 35.07                             | 250m: 2:50.36 | 34.88 | 350m: 3:59.66  | 34.11 |      |
|         | 100m: 1:05.22               | 34.57 | 200m: 2:15.48 | 35.19                             | 300m: 3:25.55 | 35.19 | 400m: 4:32.14  | 32.48 |      |
| 55.     | MUNSCH Artur                |       | 08            | MKS Park Wodny Tarnowskie Góry    |               |       | <b>4:33.10</b> | 523   |      |
|         | 50m: 31.05                  | 31.05 | 150m: 1:41.25 | 34.97                             | 250m: 2:51.15 | 33.95 | 350m: 4:00.17  | 33.45 |      |
|         | 100m: 1:06.28               | 35.23 | 200m: 2:17.20 | 35.95                             | 300m: 3:26.72 | 35.57 | 400m: 4:33.10  | 32.93 |      |
| 56.     | SOKOŁOWSKI Franciszek       |       | 06            | UKS ABIANKA Gda sk                |               |       | <b>4:33.14</b> | 523   |      |
|         | 50m: 30.59                  | 30.59 | 150m: 1:38.83 | 34.41                             | 250m: 2:49.04 | 34.98 | 350m: 3:59.37  | 35.22 |      |
|         | 100m: 1:04.42               | 33.83 | 200m: 2:14.06 | 35.23                             | 300m: 3:24.15 | 35.11 | 400m: 4:33.14  | 33.77 |      |
| 57.     | PISKOR Mateusz              |       | 04            | St. KF KS FENIX O arów Maz.       |               |       | <b>4:33.20</b> | 522   |      |
|         | 50m: 30.16                  | 30.16 | 150m: 1:40.30 | 35.38                             | 250m: 2:50.80 | 35.02 | 350m: 4:00.32  | 34.37 |      |
|         | 100m: 1:04.92               | 34.76 | 200m: 2:15.78 | 35.48                             | 300m: 3:25.95 | 35.15 | 400m: 4:33.20  | 32.88 |      |
| 58.     | CZERWONKA Jan               |       | 08            | MTKP DELFIN Toru                  |               |       | <b>4:33.92</b> | 518   |      |
|         | 50m: 30.25                  | 30.25 | 150m: 1:40.09 | 35.58                             | 250m: 2:51.11 | 35.80 | 350m: 4:01.32  | 35.16 |      |
|         | 100m: 1:04.51               | 34.26 | 200m: 2:15.31 | 35.22                             | 300m: 3:26.16 | 35.05 | 400m: 4:33.92  | 32.60 |      |
| 59.     | WÓJCIK Szczepan             |       | 06            | UKS FREGATA Kolbuszowa            |               |       | <b>4:34.13</b> | 517   |      |
|         | 50m: 30.64                  | 30.64 | 150m: 1:40.18 | 35.29                             | 250m: 2:49.81 | 34.87 | 350m: 4:00.31  | 34.58 |      |
|         | 100m: 1:04.89               | 34.25 | 200m: 2:14.94 | 34.76                             | 300m: 3:25.73 | 35.92 | 400m: 4:34.13  | 33.82 |      |
| 60.     | BORKOWSKI Marcel            |       | 07            | KS NEPTUN widnica                 |               |       | <b>4:34.54</b> | 515   |      |
|         | 50m: 30.69                  | 30.69 | 150m: 1:39.01 | 34.58                             | 250m: 2:49.79 | 35.38 | 350m: 4:01.11  | 35.42 |      |
|         | 100m: 1:04.43               | 33.74 | 200m: 2:14.41 | 35.40                             | 300m: 3:25.69 | 35.90 | 400m: 4:34.54  | 33.43 |      |
| 61.     | BORUSZEWSKI Filip           |       | 07            | UKS SP-149 Łód                    |               |       | <b>4:34.83</b> | 513   |      |
|         | 50m: 31.92                  | 31.92 | 150m: 1:42.58 | 35.65                             | 250m: 2:53.54 | 35.19 | 350m: 4:02.30  | 33.89 |      |
|         | 100m: 1:06.93               | 35.01 | 200m: 2:18.35 | 35.77                             | 300m: 3:28.41 | 34.87 | 400m: 4:34.83  | 32.53 |      |
| 62.     | WIECZOREK Kacper            |       | 07            | MKS Park Wodny Tarnowskie Góry    |               |       | <b>4:35.18</b> | 511   |      |
|         | 50m: 31.20                  | 31.20 | 150m: 1:41.11 | 35.02                             | 250m: 2:51.40 | 34.96 | 350m: 4:01.36  | 34.52 |      |
|         | 100m: 1:06.09               | 34.89 | 200m: 2:16.44 | 35.33                             | 300m: 3:26.84 | 35.44 | 400m: 4:35.18  | 33.82 |      |
| 63.     | JANKIEWICZ DELGADO Jarosław |       | 06            | UKS NAWA Skierniewice             |               |       | <b>4:36.80</b> | 502   |      |
|         | 50m: 31.13                  | 31.13 | 150m: 1:40.95 | 35.46                             | 250m: 2:51.93 | 35.33 | 350m: 4:02.60  | 35.33 |      |
|         | 100m: 1:05.49               | 34.36 | 200m: 2:16.60 | 35.65                             | 300m: 3:27.27 | 35.34 | 400m: 4:36.80  | 34.20 |      |
| 64.     | KARPI SKI Jakub             |       | 03            | UKS G-8 Bielany Warszawa          |               |       | <b>4:37.28</b> | 499   |      |
|         | 50m: 28.86                  | 28.86 | 150m: 1:37.86 | 35.12                             | 250m: 2:49.30 | 35.75 | 350m: 4:00.94  | 35.97 |      |
|         | 100m: 1:02.74               | 33.88 | 200m: 2:13.55 | 35.69                             | 300m: 3:24.97 | 35.67 | 400m: 4:37.28  | 36.34 |      |
| 65.     | MIKOŁAJCZYK Adrian          |       | 07            | MKS TRÓJKA Łód                    |               |       | <b>4:37.49</b> | 498   |      |
|         | 50m: 31.00                  | 31.00 | 150m: 1:40.55 | 35.15                             | 250m: 2:52.01 | 36.16 | 350m: 4:03.52  | 35.68 |      |
|         | 100m: 1:05.40               | 34.40 | 200m: 2:15.85 | 35.30                             | 300m: 3:27.84 | 35.83 | 400m: 4:37.49  | 33.97 |      |
| 66.     | STANISZEWSKI Wiktor         |       | 08            | UKP Ruda l ska                    |               |       | <b>4:37.77</b> | 497   |      |
|         | 50m: 30.40                  | 30.40 | 150m: 1:40.93 | 35.47                             | 250m: 2:52.83 | 35.92 | 350m: 4:04.02  | 35.53 |      |
|         | 100m: 1:05.46               | 35.06 | 200m: 2:16.91 | 35.98                             | 300m: 3:28.49 | 35.66 | 400m: 4:37.77  | 33.75 |      |

## Konkurencja 22, M czynny, 400m dowolny, Eliminacje, Open

| Pozycja |                    |               | Rok ur. |                                   |       |       |         | Czas           | Pkt.  |         |       |
|---------|--------------------|---------------|---------|-----------------------------------|-------|-------|---------|----------------|-------|---------|-------|
| 67.     | PAWLICA Mateusz    |               | 05      | MKS Park Wodny Tarnowskie Góry    |       |       |         | <b>4:38.24</b> | 494   |         |       |
|         | 50m:               | 30.36 30.36   | 150m:   | 1:39.20                           | 34.76 | 250m: | 2:49.77 | 35.17          | 350m: | 4:02.19 | 35.92 |
|         | 100m:              | 1:04.44 34.08 | 200m:   | 2:14.60                           | 35.40 | 300m: | 3:26.27 | 36.50          | 400m: | 4:38.24 | 36.05 |
| 68.     | TOKAREWICZ Igor    |               | 07      | UKS ÓSEMKA Starogard Gda ski      |       |       |         | <b>4:38.68</b> | 492   |         |       |
|         | 50m:               | 31.33 31.33   | 150m:   | 1:41.67                           | 35.25 | 250m: | 2:53.03 | 35.45          | 350m: | 4:04.47 | 35.79 |
|         | 100m:              | 1:06.42 35.09 | 200m:   | 2:17.58                           | 35.91 | 300m: | 3:28.68 | 35.65          | 400m: | 4:38.68 | 34.21 |
| 69.     | FIGIEL Filip       |               | 07      | UKS PI TKA Konstaktynow Łódzki    |       |       |         | <b>4:38.85</b> | 491   |         |       |
|         | 50m:               | 31.26 31.26   | 150m:   | 1:41.39                           | 35.29 | 250m: | 2:52.71 | 35.22          | 350m: | 4:04.37 | 35.98 |
|         | 100m:              | 1:06.10 34.84 | 200m:   | 2:17.49                           | 36.10 | 300m: | 3:28.39 | 35.68          | 400m: | 4:38.85 | 34.48 |
| 70.     | GŁOWACKI Sebastian |               | 07      | UKS NAWA Skierniewice             |       |       |         | <b>4:39.24</b> | 489   |         |       |
|         | 50m:               | 31.63 31.63   | 150m:   | 1:42.98                           | 36.17 | 250m: | 2:54.55 | 35.76          | 350m: | 4:04.78 | 34.18 |
|         | 100m:              | 1:06.81 35.18 | 200m:   | 2:18.79                           | 35.81 | 300m: | 3:30.60 | 36.05          | 400m: | 4:39.24 | 34.46 |
| 71.     | ŁUKAWSKI Tomasz    |               | 07      | UKS 48 Warszawa ródmi cie         |       |       |         | <b>4:41.62</b> | 477   |         |       |
|         | 50m:               | 31.41 31.41   | 150m:   | 1:42.62                           | 36.05 | 250m: | 2:55.11 | 36.36          | 350m: | 4:07.23 | 35.95 |
|         | 100m:              | 1:06.57 35.16 | 200m:   | 2:18.75                           | 36.13 | 300m: | 3:31.28 | 36.17          | 400m: | 4:41.62 | 34.39 |
| 72.     | RYBAK Jakub        |               | 08      | MKS Park Wodny Tarnowskie Góry    |       |       |         | <b>4:43.16</b> | 469   |         |       |
|         | 50m:               | 31.58 31.58   | 150m:   | 1:43.16                           | 36.31 | 250m: |         |                | 350m: | 4:08.65 | 35.26 |
|         | 100m:              | 1:06.85 35.27 | 200m:   | 2:19.32                           | 36.16 | 300m: | 3:33.39 |                | 400m: | 4:43.16 | 34.51 |
| 73.     | WŁODARCZYK Marcel  |               | 08      | UKS HURAGAN SP45 Sosnowiec        |       |       |         | <b>4:45.39</b> | 458   |         |       |
|         | 50m:               | 32.99 32.99   | 150m:   | 1:45.90                           | 36.56 | 250m: | 2:59.63 | 37.09          | 350m: | 4:12.21 | 35.57 |
|         | 100m:              | 1:09.34 36.35 | 200m:   | 2:22.54                           | 36.64 | 300m: | 3:36.64 | 37.01          | 400m: | 4:45.39 | 33.18 |
| 74.     | KACPRZAK Marcel    |               | 07      | UKS 190 Łód                       |       |       |         | <b>4:45.80</b> | 456   |         |       |
|         | 50m:               | 32.24 32.24   | 150m:   | 1:43.34                           | 35.81 | 250m: | 2:56.34 | 36.56          | 350m: | 4:09.98 | 36.79 |
|         | 100m:              | 1:07.53 35.29 | 200m:   | 2:19.78                           | 36.44 | 300m: | 3:33.19 | 36.85          | 400m: | 4:45.80 | 35.82 |
| 75.     | SZYMCZAK Marcin    |               | 07      | UKS ÓSEMKA Starogard Gda ski      |       |       |         | <b>4:46.97</b> | 450   |         |       |
|         | 50m:               | 32.00 32.00   | 150m:   | 1:43.88                           | 36.16 | 250m: | 2:58.34 | 37.48          | 350m: | 4:12.49 | 37.00 |
|         | 100m:              | 1:07.72 35.72 | 200m:   | 2:20.86                           | 36.98 | 300m: | 3:35.49 | 37.15          | 400m: | 4:46.97 | 34.48 |
| 76.     | MASZEWSKI Mikołaj  |               | 06      | UKS NAWA Skierniewice             |       |       |         | <b>4:47.74</b> | 447   |         |       |
|         | 50m:               | 32.82 32.82   | 150m:   | 1:46.10                           | 36.79 | 250m: | 2:59.78 | 36.71          | 350m: | 4:12.86 | 36.41 |
|         | 100m:              | 1:09.31 36.49 | 200m:   | 2:23.07                           | 36.97 | 300m: | 3:36.45 | 36.67          | 400m: | 4:47.74 | 34.88 |
| 77.     | HOŁDYS Hubert      |               | 07      | KS NEPTUN widnica                 |       |       |         | <b>4:48.51</b> | 443   |         |       |
|         | 50m:               | 29.91 29.91   | 150m:   | 1:41.07                           | 36.57 | 250m: | 2:57.02 | 38.31          | 350m: | 4:12.79 | 37.69 |
|         | 100m:              | 1:04.50 34.59 | 200m:   | 2:18.71                           | 37.64 | 300m: | 3:35.10 | 38.08          | 400m: | 4:48.51 | 35.72 |
| 78.     | LEDZION Szymon     |               | 06      | MKS TRÓJKA Łód                    |       |       |         | <b>4:49.48</b> | 439   |         |       |
|         | 50m:               | 31.33 31.33   | 150m:   | 1:42.14                           | 36.08 | 250m: | 2:55.30 | 36.72          | 350m: | 4:10.81 | 38.44 |
|         | 100m:              | 1:06.06 34.73 | 200m:   | 2:18.58                           | 36.44 | 300m: | 3:32.37 | 37.07          | 400m: | 4:49.48 | 38.67 |
| 79.     | SARNAT Szymon      |               | 06      | UKS NIKA Sport Team Kraków        |       |       |         | <b>4:51.75</b> | 429   |         |       |
|         | 50m:               | 31.73 31.73   | 150m:   | 1:45.16                           | 37.35 | 250m: | 3:00.57 | 37.77          | 350m: | 4:15.34 | 37.58 |
|         | 100m:              | 1:07.81 36.08 | 200m:   | 2:22.80                           | 37.64 | 300m: | 3:37.76 | 37.19          | 400m: | 4:51.75 | 36.41 |
| 80.     | BALKIEWICZ Ignacy  |               | 07      | UKS BUTTERFLY Łom a               |       |       |         | <b>4:52.01</b> | 428   |         |       |
|         | 50m:               | 31.06 31.06   | 150m:   | 1:43.14                           | 36.55 | 250m: | 2:59.12 | 38.09          | 350m: | 4:16.59 | 38.25 |
|         | 100m:              | 1:06.59 35.53 | 200m:   | 2:21.03                           | 37.89 | 300m: | 3:38.34 | 39.22          | 400m: | 4:52.01 | 35.42 |
| 81.     | GO DZIK Kamil      |               | 05      | UKS NAWA Skierniewice             |       |       |         | <b>4:52.09</b> | 427   |         |       |
|         | 50m:               | 31.87 31.87   | 150m:   | 1:46.36                           | 37.46 | 250m: | 3:01.53 | 37.79          | 350m: | 4:17.19 | 37.76 |
|         | 100m:              | 1:08.90 37.03 | 200m:   | 2:23.74                           | 37.38 | 300m: | 3:39.43 | 37.90          | 400m: | 4:52.09 | 34.90 |
| 82.     | RUTKOWSKI Łukasz   |               | 08      | TP OLIMPIJCZYK Aleksandrów Łódzki |       |       |         | <b>4:57.11</b> | 406   |         |       |
|         | 50m:               | 32.89 32.89   | 150m:   | 1:47.88                           | 37.58 | 250m: | 3:03.43 | 37.95          | 350m: | 4:19.77 | 38.09 |
|         | 100m:              | 1:10.30 37.41 | 200m:   | 2:25.48                           | 37.60 | 300m: | 3:41.68 | 38.25          | 400m: | 4:57.11 | 37.34 |
| 83.     | KRYSZCZUK Karol    |               | 06      | UKS PI TKA Konstaktynow Łódzki    |       |       |         | <b>5:02.86</b> | 383   |         |       |
|         | 50m:               | 32.56 32.56   | 150m:   | 1:49.42                           | 39.12 | 250m: | 3:08.41 | 38.44          | 350m: | 4:26.65 | 38.47 |
|         | 100m:              | 1:10.30 37.74 | 200m:   | 2:29.97                           | 40.55 | 300m: | 3:48.18 | 39.77          | 400m: | 5:02.86 | 36.21 |



## Konkurencja 22, Mężczyźni, 400m dowolny, Eliminacje, Open

| Pozycja |                   |         |       |       | Rok ur. |                                |       |         |       | Czas           | Pkt.    |       |
|---------|-------------------|---------|-------|-------|---------|--------------------------------|-------|---------|-------|----------------|---------|-------|
| 84.     | ZAWOLIK Szymon    |         |       |       | 08      | UKS HURAGAN SP45 Sosnowiec     |       |         |       | <b>5:03.02</b> | 383     |       |
|         | 50m:              | 31.60   | 31.60 | 150m: | 1:47.96 | 38.72                          | 250m: | 3:08.09 | 40.37 | 350m:          | 4:27.20 | 39.50 |
|         | 100m:             | 1:09.24 | 37.64 | 200m: | 2:27.72 | 39.76                          | 300m: | 3:47.70 | 39.61 | 400m:          | 5:03.02 | 35.82 |
| 85.     | PORADA Jan        |         |       |       | 08      | UKS SP-149 Łódź                |       |         |       | <b>5:04.83</b> | 376     |       |
|         | 50m:              | 34.49   | 34.49 | 150m: | 1:50.98 | 38.61                          | 250m: | 3:09.01 | 39.07 | 350m:          | 4:27.25 | 39.09 |
|         | 100m:             | 1:12.37 | 37.88 | 200m: | 2:29.94 | 38.96                          | 300m: | 3:48.16 | 39.15 | 400m:          | 5:04.83 | 37.58 |
| 86.     | FERRARETTO Albert |         |       |       | 08      | UKS SP-149 Łódź                |       |         |       | <b>5:06.49</b> | 370     |       |
|         | 50m:              | 34.63   | 34.63 | 150m: | 1:52.55 | 39.67                          | 250m: | 3:11.25 | 39.40 | 350m:          | 4:29.50 | 38.78 |
|         | 100m:             | 1:12.88 | 38.25 | 200m: | 2:31.85 | 39.30                          | 300m: | 3:50.72 | 39.47 | 400m:          | 5:06.49 | 36.99 |
| 87.     | BAJOR Bartosz     |         |       |       | 08      | MKS Park Wodny Tarnowskie Góry |       |         |       | <b>5:13.47</b> | 346     |       |
|         | 50m:              | 32.84   | 32.84 | 150m: | 1:51.08 | 39.84                          | 250m: | 3:13.06 | 41.31 | 350m:          | 4:35.40 | 40.75 |
|         | 100m:             | 1:11.24 | 38.40 | 200m: | 2:31.75 | 40.67                          | 300m: | 3:54.65 | 41.59 | 400m:          | 5:13.47 | 38.07 |
| 88.     | GOLA Filip        |         |       |       | 08      | MKS Park Wodny Tarnowskie Góry |       |         |       | <b>5:16.17</b> | 337     |       |
|         | 50m:              | 35.21   | 35.21 | 150m: | 1:56.72 | 40.87                          | 250m: | 3:18.74 | 41.20 | 350m:          | 4:39.90 | 40.24 |
|         | 100m:             | 1:15.85 | 40.64 | 200m: | 2:37.54 | 40.82                          | 300m: | 3:59.66 | 40.92 | 400m:          | 5:16.17 | 36.27 |
| 89.     | JARCZEWSKI Jan    |         |       |       | 07      | UKS 190 Łódź                   |       |         |       | <b>5:27.88</b> | 302     |       |
|         | 50m:              | 34.23   | 34.23 | 150m: | 1:56.88 | 42.25                          | 250m: | 3:22.59 | 43.00 | 350m:          | 4:46.78 | 42.06 |
|         | 100m:             | 1:14.63 | 40.40 | 200m: | 2:39.59 | 42.71                          | 300m: | 4:04.72 | 42.13 | 400m:          | 5:27.88 | 41.10 |