

ARENA Grand Prix Puchar Polski o Puchar Rektora Politechniki Łódzkiej  
Łód , 22-23.10.2022Konkurencja 34  
2022-10-23 - 12:04

M czyzn, 400m dowolny

14 lat i starsi  
Wyniki

Rekord Polski 3:37.57 WOJDAK Wojciech POL Netanya (ISR) 2015-12-02

Min. indywidualne na M (25m) Melbourne 2022 Open: 3:39.45

Punkty: FINA 2022

Pozycja				Rok ur.				Czas	Pkt.
<b>14 lat i starsi</b>									
1.	ZDYBEL Adam			05	KS DELFIN Gdynia			<b>3:56.05</b>	726
	50m: 27.12	27.12	150m: 1:26.82	29.95	250m: 2:27.38	30.38	350m: 3:27.66	30.09	
	100m: 56.87	29.75	200m: 1:57.00	30.18	300m: 2:57.57	30.19	400m: 3:56.05	28.39	
2.	RYNKIEWICZ Jakub			05	KU AZS UMCS Lublin			<b>3:56.07</b>	726
	50m: 26.83	26.83	150m: 1:26.27	30.06	250m: 2:26.87	30.29	350m: 3:27.64	30.52	
	100m: 56.21	29.38	200m: 1:56.58	30.31	300m: 2:57.12	30.25	400m: 3:56.07	28.43	
3.	STANISZEWSKI Bartosz			05	UKP Ruda I ska			<b>3:56.52</b>	722
	50m: 26.59	26.59	150m: 1:26.47	30.06	250m: 2:27.58	30.62	350m: 3:29.31	31.06	
	100m: 56.41	29.82	200m: 1:56.96	30.49	300m: 2:58.25	30.67	400m: 3:56.52	27.21	
4.	MRÓZ Adam			03	KU AZS UMCS Lublin			<b>3:56.77</b>	720
	50m: 27.17	27.17	150m: 1:27.20	30.08	250m: 2:27.74	30.30	350m: 3:28.96	30.66	
	100m: 57.12	29.95	200m: 1:57.44	30.24	300m: 2:58.30	30.56	400m: 3:56.77	27.81	
5.	WO NIAK Piotr			05	MTP KORMORAN Olsztyn			<b>3:57.38</b>	714
	50m: 27.18	27.18	150m: 1:26.76	29.98	250m: 2:27.85	30.56	350m: 3:28.27	30.29	
	100m: 56.78	29.60	200m: 1:57.29	30.53	300m: 2:57.98	30.13	400m: 3:57.38	29.11	
6.	KAPAŁA Szymon			03	AZS AWF Warszawa			<b>3:57.59</b>	712
	50m: 27.82	27.82	150m: 1:27.66	30.16	250m: 2:28.66	30.54	350m: 3:29.15	29.90	
	100m: 57.50	29.68	200m: 1:58.12	30.46	300m: 2:59.25	30.59	400m: 3:57.59	28.44	
7.	KAPAŁA Bartosz			06	MTP KORMORAN Olsztyn			<b>3:58.07</b>	708
	50m: 27.62	27.62	150m: 1:27.51	30.03	250m: 2:28.26	30.43	350m: 3:28.97	30.33	
	100m: 57.48	29.86	200m: 1:57.83	30.32	300m: 2:58.64	30.38	400m: 3:58.07	29.10	
8.	SŁAWACKI Wojciech			05	KU AZS UMCS Lublin			<b>3:58.19</b>	707
	50m: 27.04	27.04	150m: 1:27.91	30.54	250m: 2:28.45	29.84	350m: 3:28.68	30.19	
	100m: 57.37	30.33	200m: 1:58.61	30.70	300m: 2:58.49	30.04	400m: 3:58.19	29.51	
9.	MIŁKOWSKI Mikołaj			07	UKS 48 Warszawa ród m i e			<b>4:00.12</b>	690
	50m: 28.11	28.11	150m: 1:28.41	30.31	250m: 2:29.73	30.85	350m: 3:30.84	30.39	
	100m: 58.10	29.99	200m: 1:58.88	30.47	300m: 3:00.45	30.72	400m: 4:00.12	29.28	
10.	WALTER Jakub			04	UKP UNIA O wi cim			<b>4:00.40</b>	688
	50m: 26.39	26.39	150m: 1:26.57	30.13	250m: 2:28.08	30.89	350m: 3:30.17	31.11	
	100m: 56.44	30.05	200m: 1:57.19	30.62	300m: 2:59.06	30.98	400m: 4:00.40	30.23	
11.	LARY Jerzy			06	IUKS MUSZELKA Warszawa			<b>4:00.90</b>	683
	50m: 28.32	28.32	150m: 1:28.88	30.57	250m: 2:30.17	30.53	350m: 3:31.22	30.48	
	100m: 58.31	29.99	200m: 1:59.64	30.76	300m: 3:00.74	30.57	400m: 4:00.90	29.68	
12.	ZAREMBA Adam			05	WKS L SK Wrocław			<b>4:02.42</b>	671
	50m: 26.98	26.98	150m: 1:27.63	30.67	250m: 2:29.40	30.93	350m: 3:32.25	31.01	
	100m: 56.96	29.98	200m: 1:58.47	30.84	300m: 3:01.24	31.84	400m: 4:02.42	30.17	
13.	MAJOR Erik			07	MKS Park Wodny Tarnowskie Góry			<b>4:02.72</b>	668
	50m: 27.49	27.49	150m: 1:29.04	31.13	250m: 2:30.72	30.64	350m: 3:32.45	30.82	
	100m: 57.91	30.42	200m: 2:00.08	31.04	300m: 3:01.63	30.91	400m: 4:02.72	30.27	
14.	PIETRO Przemysław			07	KU AZS UMCS Lublin			<b>4:03.45</b>	662
	50m: 27.58	27.58	150m: 1:28.23	30.44	250m: 2:30.44	31.32	350m: 3:32.70	30.93	
	100m: 57.79	30.21	200m: 1:59.12	30.89	300m: 3:01.77	31.33	400m: 4:03.45	30.75	
15.	BUJAK Piotr			97	St. Lok. SALOS Cortile Kielce			<b>4:03.58</b>	661
	50m: 28.55	28.55	150m: 1:30.11	30.96	250m: 2:31.53	30.38	350m: 3:33.34	30.75	
	100m: 59.15	30.60	200m: 2:01.15	31.04	300m: 3:02.59	31.06	400m: 4:03.58	30.24	

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## Konkurencja 34, M czynny, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.		
16.	GRZEGORCZYK Wiktor		02	AZS AWF Warszawa				<b>4:04.82</b>	651		
	50m:	27.66 27.66	150m:	1:27.30	30.24	250m:	2:28.22	30.64	350m:	3:32.09	32.26
	100m:	57.06 29.40	200m:	1:57.58	30.28	300m:	2:59.83	31.61	400m:	4:04.82	32.73
17.	NOWACKI Jacek		05	MTP KORMORAN Olsztyn				<b>4:05.70</b>	644		
	50m:	27.28 27.28	150m:	1:27.88	30.50	250m:	2:30.60	31.53	350m:	3:34.82	32.22
	100m:	57.38 30.10	200m:	1:59.07	31.19	300m:	3:02.60	32.00	400m:	4:05.70	30.88
18.	BANIA Karol		05	MUKS PI TNASTKA Bydgoszcz				<b>4:06.30</b>	639		
	50m:	28.03 28.03	150m:	1:29.69	31.19	250m:	2:32.83	31.77	350m:	3:35.75	31.12
	100m:	58.50 30.47	200m:	2:01.06	31.37	300m:	3:04.63	31.80	400m:	4:06.30	30.55
19.	KOWALSKI Mateusz		05	KS DELFIN Gdynia				<b>4:06.96</b>	634		
	50m:	28.08 28.08	150m:	1:30.77		250m:	2:34.12	31.43	350m:	3:37.07	31.43
	100m:		200m:	2:02.69	31.92	300m:	3:05.64	31.52	400m:	4:06.96	29.89
20.	MUSZY SKI Jakub		01	MKS ASTORIA Bydgoszcz				<b>4:08.48</b>	623		
	50m:	27.46 27.46	150m:	1:28.46	30.83	250m:	2:32.07	32.18	350m:	3:36.63	32.59
	100m:	57.63 30.17	200m:	1:59.89	31.43	300m:	3:04.04	31.97	400m:	4:08.48	31.85
21.	WIDERSKI Julian		06	MKS JEDYNKA Łódź				<b>4:08.49</b>	623		
	50m:	27.56 27.56	150m:	1:29.24	31.06	250m:	2:33.81	32.48	350m:	3:38.60	32.26
	100m:	58.18 30.62	200m:	2:01.33	32.09	300m:	3:06.34	32.53	400m:	4:08.49	29.89
22.	HEBEL Maciej		05	KU AZS UMCS Lublin				<b>4:08.55</b>	622		
	50m:	28.00 28.00	150m:	1:29.15	30.91	250m:	2:32.06		350m:	3:36.82	32.45
	100m:	58.24 30.24	200m:			300m:	3:04.37	32.31	400m:	4:08.55	31.73
23.	HLUSHCHENKO Zakhar		06	UKS 190 Łódź				<b>4:08.73</b>	621		
	50m:	27.82 27.82	150m:	1:30.83	31.61	250m:	2:34.35	31.86	350m:	3:38.06	31.83
	100m:	59.22 31.40	200m:	2:02.49	31.66	300m:	3:06.23	31.88	400m:	4:08.73	30.67
24.	GO CI SKI Jakub		05	UKS SMS Galicja Kraków				<b>4:08.96</b>	619		
	50m:	28.98 28.98	150m:	1:33.01	32.37	250m:	2:37.20	31.65	350m:	3:39.24	29.98
	100m:	1:00.64 31.66	200m:	2:05.55	32.54	300m:	3:09.26	32.06	400m:	4:08.96	29.72
25.	LE NIAK Maksymilian		04	UKS 190 Łódź				<b>4:09.02</b>	619		
	50m:	27.60 27.60	150m:	1:29.60	31.31	250m:	2:33.25	31.96	350m:	3:38.18	32.73
	100m:	58.29 30.69	200m:	2:01.29	31.69	300m:	3:05.45	32.20	400m:	4:09.02	30.84
26.	GOŁACKI Sergiusz		04	UKS 190 Łódź				<b>4:09.07</b>	618		
	50m:	28.15 28.15	150m:	1:31.20	31.61	250m:	2:35.04	32.01	350m:	3:38.02	31.44
	100m:	59.59 31.44	200m:	2:03.03	31.83	300m:	3:06.58	31.54	400m:	4:09.07	31.05
27.	R YSKI Michał		06	MTP KORMORAN Olsztyn				<b>4:09.45</b>	616		
	50m:	28.01 28.01	150m:	1:30.18	31.53	250m:	2:33.91	31.96	350m:	3:38.17	32.19
	100m:	58.65 30.64	200m:	2:01.95	31.77	300m:	3:05.98	32.07	400m:	4:09.45	31.28
28.	SIENKIEWICZ Ignacy		05	IKS Konstancin				<b>4:11.86</b>	598		
	50m:	28.61 28.61	150m:	1:31.98	31.94	250m:	2:36.34	32.09	350m:	3:40.98	32.13
	100m:	1:00.04 31.43	200m:	2:04.25	32.27	300m:	3:08.85	32.51	400m:	4:11.86	30.88
29.	WO NIAK Maciej		00	UKS 190 Łódź				<b>4:12.08</b>	596		
	50m:	27.99 27.99	150m:	1:32.74	32.54	250m:	2:37.38	31.96	350m:	3:42.02	32.55
	100m:	1:00.20 32.21	200m:	2:05.42	32.68	300m:	3:09.47	32.09	400m:	4:12.08	30.06
30.	JARCZEWSKI Franciszek		05	UKS 190 Łódź				<b>4:12.29</b>	595		
	50m:	28.88 28.88	150m:	1:32.59	31.89	250m:	2:36.43	31.85	350m:	3:41.11	32.31
	100m:	1:00.70 31.82	200m:	2:04.58	31.99	300m:	3:08.80	32.37	400m:	4:12.29	31.18
31.	NIESTUJ Piotr		02	St. Lok. SALOS Cortile Kielce				<b>4:12.51</b>	593		
	50m:	28.90 28.90	150m:	1:33.69	32.77	250m:	2:38.02	31.72	350m:	3:41.79	31.80
	100m:	1:00.92 32.02	200m:	2:06.30	32.61	300m:	3:09.99	31.97	400m:	4:12.51	30.72

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## Konkurencja 34, Mężczyźni, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.			
32.	CHAŁAT Wojciech		04	KU AZS UMCS Lublin				<b>4:12.56</b>	593			
	50m:	29.38	29.38	150m:	1:33.61	32.26	250m:	2:37.33	31.80	350m:	3:41.43	32.27
	100m:	1:01.35	31.97	200m:	2:05.53	31.92	300m:	3:09.16	31.83	400m:	4:12.56	31.13
33.	KOZŁOWSKI Konrad		04	MTP KORMORAN Olsztyn				<b>4:12.99</b>	590			
	50m:	29.16	29.16	150m:	1:32.24	31.85	250m:	2:36.78	32.32	350m:	3:41.50	32.24
	100m:	1:00.39	31.23	200m:	2:04.46	32.22	300m:	3:09.26	32.48	400m:	4:12.99	31.49
34.	RYSTWEJ Maksymilian		06	UKS G-8 Bielany Warszawa				<b>4:13.10</b>	589			
	50m:	28.60	28.60	150m:	1:33.66	32.48	250m:	2:38.47	32.45	350m:	3:42.58	31.86
	100m:	1:01.18	32.58	200m:	2:06.02	32.36	300m:	3:10.72	32.25	400m:	4:13.10	30.52
35.	SZAREK Jan		06	WKS L SK Wrocław				<b>4:13.23</b>	588			
	50m:	28.53	28.53	150m:	1:32.26	32.38	250m:	2:37.32	32.67	350m:	3:41.83	32.06
	100m:	59.88	31.35	200m:	2:04.65	32.39	300m:	3:09.77	32.45	400m:	4:13.23	31.40
36.	KUREK Bartosz		06	UKS 190 Łódź				<b>4:13.53</b>	586			
	50m:	28.86	28.86	150m:	1:32.45	31.86	250m:	2:36.89	32.22	350m:	3:42.09	32.46
	100m:	1:00.59	31.73	200m:	2:04.67	32.22	300m:	3:09.63	32.74	400m:	4:13.53	31.44
37.	SZWEDZKI Jakub		00	MKS TRÓJKA Łódź				<b>4:13.78</b>	585			
	50m:	29.34	29.34	150m:	1:33.90	32.57	250m:	2:38.84	32.05	350m:	3:43.71	32.33
	100m:	1:01.33	31.99	200m:	2:06.79	32.89	300m:	3:11.38	32.54	400m:	4:13.78	30.07
38.	PIECHOWSKI Jakub		05	UKS JUNIOR Kluczbork				<b>4:13.85</b>	584			
	50m:	28.65	28.65	150m:	1:32.70	32.21	250m:	2:37.69	32.37	350m:	3:42.18	32.20
	100m:	1:00.49	31.84	200m:	2:05.32	32.62	300m:	3:09.98	32.29	400m:	4:13.85	31.67
39.	PONIEWA Oliwier		07	KU AZS UMCS Lublin				<b>4:13.88</b>	584			
	50m:	29.24	29.24	150m:	1:32.74	32.05	250m:	2:37.85	32.46	350m:	3:43.15	32.63
	100m:	1:00.69	31.45	200m:	2:05.39	32.65	300m:	3:10.52	32.67	400m:	4:13.88	30.73
40.	ARENT Artur		05	MKS JEDYNKA Łódź				<b>4:13.95</b>	583			
	50m:	28.97	28.97	150m:	1:32.63	32.04	250m:	2:37.14	32.25	350m:	3:42.40	32.69
	100m:	1:00.59	31.62	200m:	2:04.89	32.26	300m:	3:09.71	32.57	400m:	4:13.95	31.55
41.	PROSZOWSKI Paweł		07	MKS Park Wodny Tarnowskie Góry				<b>4:15.03</b>	576			
	50m:	29.12	29.12	150m:			250m:	2:39.64		350m:	3:44.69	32.47
	100m:	1:01.59	32.47	200m:			300m:	3:12.22	32.58	400m:	4:15.03	30.34
42.	TARCZY SKI Bartosz		07	UKS 190 Łódź				<b>4:15.70</b>	571			
	50m:	29.63	29.63	150m:	1:34.53	32.41	250m:	2:39.01	32.04	350m:	3:44.02	32.33
	100m:	1:02.12	32.49	200m:	2:06.97	32.44	300m:	3:11.69	32.68	400m:	4:15.70	31.68
43.	KRASKA Mateusz		07	UKS SMS Galicja Kraków				<b>4:16.26</b>	568			
	50m:	28.96	28.96	150m:	1:33.78	32.92	250m:	2:39.54	32.87	350m:	3:44.25	32.07
	100m:	1:00.86	31.90	200m:	2:06.67	32.89	300m:	3:12.18	32.64	400m:	4:16.26	32.01
44.	ŁOJEWSKI Adam		07	MTP KORMORAN Olsztyn				<b>4:16.36</b>	567			
	50m:	28.90	28.90	150m:	1:32.96	32.38	250m:	2:38.71	32.90	350m:	3:44.15	32.69
	100m:	1:00.58	31.68	200m:	2:05.81	32.85	300m:	3:11.46	32.75	400m:	4:16.36	32.21
45.	STANISŁAWSKI Bartosz		04	MKS TRÓJKA Łódź				<b>4:16.76</b>	564			
	50m:	28.49	28.49	150m:	1:33.82	32.97	250m:	2:40.33	33.20	350m:	3:45.39	32.27
	100m:	1:00.85	32.36	200m:	2:07.13	33.31	300m:	3:13.12	32.79	400m:	4:16.76	31.37
46.	WASILEWSKI Mateusz		08	KU AZS UMCS Lublin				<b>4:16.83</b>	564			
	50m:	28.95	28.95	150m:	1:33.53	32.57	250m:	2:39.29	32.95	350m:	3:45.31	33.10
	100m:	1:00.96	32.01	200m:	2:06.34	32.81	300m:	3:12.21	32.92	400m:	4:16.83	31.52
47.	ACZEK Hubert		08	KS WISŁA Puławy				<b>4:16.86</b>	564			
	50m:	28.52	28.52	150m:	1:33.78	32.83	250m:	2:39.36	32.25	350m:	3:44.26	32.33
	100m:	1:00.95	32.43	200m:	2:07.11	33.33	300m:	3:11.93	32.57	400m:	4:16.86	32.60

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## Konkurencja 34, M cżyn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
48.	WALKOWSKI Bartosz		07	UKS 190 Łódź				<b>4:17.50</b>	560
	50m:	30.20 30.20	150m:	1:35.89	33.18	250m:	2:40.25 32.31	350m:	3:44.01 31.36
	100m:	1:02.71 32.51	200m:	2:07.94	32.05	300m:	3:12.65 32.40	400m:	4:17.50 33.49
49.	WÓJCIAK Oliwier		07	UKS V Łomianki				<b>4:18.00</b>	556
	50m:	28.73 28.73	150m:	1:32.68	32.68	250m:	2:39.00 33.66	350m:	3:45.53 33.00
	100m:	1:00.00 31.27	200m:	2:05.34	32.66	300m:	3:12.53 33.53	400m:	4:18.00 32.47
50.	WIECZORKOWSKI Nikodem		04	MKP Szczecin				<b>4:18.90</b>	550
	50m:	29.19 29.19	150m:	1:34.39	32.94	250m:	2:39.67 32.60	350m:	3:45.59 33.02
	100m:	1:01.45 32.26	200m:	2:07.07	32.68	300m:	3:12.57 32.90	400m:	4:18.90 33.31
51.	SZCZEPANIAK Kacper		04	MKP Szczecin				<b>4:19.39</b>	547
	50m:	29.76 29.76	150m:	1:34.93	32.84	250m:	2:40.88 33.22	350m:	3:47.26 33.22
	100m:	1:02.09 32.33	200m:	2:07.66	32.73	300m:	3:14.04 33.16	400m:	4:19.39 32.13
52.	WALKOWSKI Maciej		07	UKS 190 Łódź				<b>4:20.03</b>	543
	50m:	30.08 30.08	150m:	1:36.76	33.35	250m:	2:43.27 33.10	350m:	3:48.89 32.59
	100m:	1:03.41 33.33	200m:	2:10.17	33.41	300m:	3:16.30 33.03	400m:	4:20.03 31.14
53.	KUSEK Mateusz		07	MUKS OLIMPIJCZYK Suwałki				<b>4:20.13</b>	543
	50m:	29.11 29.11	150m:	1:33.93	32.82	250m:	2:40.80 33.34	350m:	3:48.06 33.67
	100m:	1:01.11 32.00	200m:	2:07.46	33.53	300m:	3:14.39 33.59	400m:	4:20.13 32.07
54.	BORSKI Mikołaj		06	UKS Tri-Team Rumia				<b>4:21.86</b>	532
	50m:	29.66 29.66	150m:	1:34.44	32.70	250m:	2:40.43 33.19	350m:	3:48.59 34.46
	100m:	1:01.74 32.08	200m:	2:07.24	32.80	300m:	3:14.13 33.70	400m:	4:21.86 33.27
55.	MUNSCH Artur		08	MKS Park Wodny Tarnowskie Góry				<b>4:22.09</b>	531
	50m:	29.70 29.70	150m:	1:36.38	33.51	250m:	2:43.87 33.76	350m:	3:50.56 33.01
	100m:	1:02.87 33.17	200m:	2:10.11	33.73	300m:	3:17.55 33.68	400m:	4:22.09 31.53
56.	GWIAZDOWSKI Krzysztof		08	MKS Piaseczno				<b>4:22.80</b>	526
	50m:	29.40 29.40	150m:	1:35.66	33.71	250m:	2:43.06 33.88	350m:	3:50.73 34.10
	100m:	1:01.95 32.55	200m:	2:09.18	33.52	300m:	3:16.63 33.57	400m:	4:22.80 32.07
57.	MIKOŁAJCZYK Adrian		07	MKS TRÓJKA Łódź				<b>4:23.30</b>	523
	50m:	30.31 30.31	150m:	1:36.82	33.65	250m:	2:43.46 33.28	350m:	3:50.12 33.32
	100m:	1:03.17 32.86	200m:	2:10.18	33.36	300m:	3:16.80 33.34	400m:	4:23.30 33.18
58.	STY Aleksander		06	UKP POLONIA Warszawa				<b>4:23.42</b>	523
	50m:	27.92 27.92	150m:	1:32.62	33.12	250m:	2:40.79 34.32	350m:	3:50.13 34.97
	100m:	59.50 31.58	200m:	2:06.47	33.85	300m:	3:15.16 34.37	400m:	4:23.42 33.29
59.	DWORAKOWSKI Błażej		07	KS DELFIN Gdynia				<b>4:23.87</b>	520
	50m:	30.08 30.08	150m:	1:37.88	33.68	250m:	2:45.38 33.82	350m:	
	100m:	1:04.20 34.12	200m:	2:11.56	33.68	300m:	3:19.02 33.64	400m:	4:23.87
60.	BORUSZEWSKI Filip		07	UKS SP-149 Łódź				<b>4:24.08</b>	519
	50m:	30.71 30.71	150m:	1:38.17	33.89	250m:	2:44.64 32.99	350m:	3:51.65 33.67
	100m:	1:04.28 33.57	200m:	2:11.65	33.48	300m:	3:17.98 33.34	400m:	4:24.08 32.43
61.	RUBIN Feliks		08	MKS JEDYNKA Łódź				<b>4:26.26</b>	506
	50m:	29.95 29.95	150m:	1:36.94	33.95	250m:	2:45.01 34.36	350m:	3:53.03 33.89
	100m:	1:02.99 33.04	200m:	2:10.65	33.71	300m:	3:19.14 34.13	400m:	4:26.26 33.23
62.	SOKOŁOWSKI Franciszek		06	MTP KORMORAN Olsztyn				<b>4:26.92</b>	502
	50m:	30.75 30.75	150m:	1:37.87	34.10	250m:	2:46.39 34.24	350m:	3:54.15 33.87
	100m:	1:03.77 33.02	200m:	2:12.15	34.28	300m:	3:20.28 33.89	400m:	4:26.92 32.77
63.	SKROBISZ Michał		07	UKS 190 Łódź				<b>4:27.09</b>	501
	50m:	31.47 31.47	150m:	1:38.68	34.07	250m:	2:46.24 33.77	350m:	3:53.81 33.88
	100m:	1:04.61 33.14	200m:	2:12.47	33.79	300m:	3:19.93 33.69	400m:	4:27.09 33.28

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## Konkurencja 34, M czynn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
64.	MASZEWSKI Mikołaj		06	UKS NAWA Skierniewice				<b>4:27.71</b>	498
	50m: 30.14	30.14	150m: 1:38.19	34.16	250m: 2:47.04	34.40	350m: 3:51.14	31.28	
	100m: 1:04.03	33.89	200m: 2:12.64	34.45	300m: 3:19.86	32.82	400m: 4:27.71	36.57	
65.	KARWAT Bartłomiej		08	UKS NAWA Skierniewice				<b>4:28.09</b>	496
	50m: 31.06	31.06	150m: 1:40.47	35.13	250m: 2:49.47	33.52	350m: 3:55.56	32.46	
	100m: 1:05.34	34.28	200m: 2:15.95	35.48	300m: 3:23.10	33.63	400m: 4:28.09	32.53	
66.	NIECKARZ Paweł		06	UKS 190 Łódź				<b>4:28.33</b>	494
	50m: 29.27	29.27	150m: 1:35.80	33.92	250m: 2:44.38	34.46	350m: 3:54.29	35.27	
	100m: 1:01.88	32.61	200m: 2:09.92	34.12	300m: 3:19.02	34.64	400m: 4:28.33	34.04	
67.	DOMA SKI Franciszek		06	MKS ASTORIA Bydgoszcz				<b>4:28.99</b>	491
	50m: 29.95	29.95	150m: 1:37.25	34.13	250m: 2:46.06	34.45	350m: 3:55.55	34.86	
	100m: 1:03.12	33.17	200m: 2:11.61	34.36	300m: 3:20.69	34.63	400m: 4:28.99	33.44	
68.	RYBAK Jakub		08	MKS Park Wodny Tarnowskie Góry				<b>4:29.09</b>	490
	50m: 31.67	31.67	150m: 1:40.58	34.26	250m: 2:48.45	33.51	350m: 3:56.86	34.00	
	100m: 1:06.32	34.65	200m: 2:14.94	34.36	300m: 3:22.86	34.41	400m: 4:29.09	32.23	
69.	KACPRZAK Marcel		07	UKS 190 Łódź				<b>4:29.56</b>	488
	50m: 30.86	30.86	150m: 1:37.90	33.75	250m: 2:46.46	34.26	350m: 3:55.24	34.27	
	100m: 1:04.15	33.29	200m: 2:12.20	34.30	300m: 3:20.97	34.51	400m: 4:29.56	34.32	
70.	L ZAK Kamil		08	UKP POLONIA Warszawa				<b>4:30.20</b>	484
	50m: 30.38	30.38	150m: 1:40.33	35.36	250m: 2:49.81	34.55	350m: 3:57.63	33.68	
	100m: 1:04.97	34.59	200m: 2:15.26	34.93	300m: 3:23.95	34.14	400m: 4:30.20	32.57	
71.	ROZMIAREK Mateusz		06	MKP SŁOWIANKA Gorzów Wlkp.				<b>4:30.35</b>	483
	50m: 30.89	30.89	150m: 1:39.83	34.85	250m: 2:48.73	34.40	350m: 3:58.09	34.58	
	100m: 1:04.98	34.09	200m: 2:14.33	34.50	300m: 3:23.51	34.78	400m: 4:30.35	32.26	
72.	LEWI SKI Kamil		07	UKS V Łomianki				<b>4:30.70</b>	482
	50m: 30.69	30.69	150m: 1:38.69	34.34	250m: 2:48.02	34.84	350m: 3:57.27	34.32	
	100m: 1:04.35	33.66	200m: 2:13.18	34.49	300m: 3:22.95	34.93	400m: 4:30.70	33.43	
73.	JANKIEWICZ DELGADO Jarosław		06	UKS NAWA Skierniewice				<b>4:32.91</b>	470
	50m: 30.92	30.92	150m: 1:39.16	34.53	250m: 2:48.36	34.69	350m: 3:58.56	34.88	
	100m: 1:04.63	33.71	200m: 2:13.67	34.51	300m: 3:23.68	35.32	400m: 4:32.91	34.35	
74.	WAWRZYNIAK Filip		06	MKP SŁOWIANKA Gorzów Wlkp.				<b>4:33.82</b>	465
	50m: 30.81	30.81	150m: 1:40.15	34.84	250m: 2:50.04	34.94	350m: 4:00.00	34.73	
	100m: 1:05.31	34.50	200m: 2:15.10	34.95	300m: 3:25.27	35.23	400m: 4:33.82	33.82	
75.	GEBAUER Wolfgang		08	MTP KORMORAN Olsztyn				<b>4:42.47</b>	424
	50m: 31.70	31.70	150m: 1:41.91	35.48	250m: 2:54.62	36.50	350m: 4:07.52	36.25	
	100m: 1:06.43	34.73	200m: 2:18.12	36.21	300m: 3:31.27	36.65	400m: 4:42.47	34.95	
76.	BRODOWSKI Michał		07	UKS NAWA Skierniewice				<b>4:55.11</b>	372
	50m: 32.59	32.59	150m: 1:48.77	38.63	250m: 3:05.16	38.22	350m: 4:20.24	37.04	
	100m: 1:10.14	37.55	200m: 2:26.94	38.17	300m: 3:43.20	38.04	400m: 4:55.11	34.87	
77.	NIEMCZURA Wiktor		08	UKP POLONIA Warszawa				<b>5:03.14</b>	343
	50m: 34.65	34.65	150m: 1:53.21	39.47	250m: 3:10.72	38.37	350m: 4:26.98	37.89	
	100m: 1:13.74	39.09	200m: 2:32.35	39.14	300m: 3:49.09	38.37	400m: 5:03.14	36.16	
78.	KRYSZCZUK Karol		06	UKS Piłka Konstantynów Łódzki				<b>5:10.96</b>	318
	50m: 28.49	28.49	150m: 1:43.68	41.41	250m: 3:07.49	40.70	350m: 4:29.91	41.46	
	100m: 1:02.27	33.78	200m: 2:26.79	43.11	300m: 3:48.45	40.96	400m: 5:10.96	41.05	
79.	GŁOGOWSKI Michał		96	Stow. OLIMPIJCZYK Kraków				<b>5:18.61</b>	295
	50m: 32.28	32.28	150m: 1:50.93	40.64	250m: 3:13.56	41.33	350m: 4:38.90	42.51	
	100m: 1:10.29	38.01	200m: 2:32.23	41.30	300m: 3:56.39	42.83	400m: 5:18.61	39.71	

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## Konkurencja 34, Mężczyźni, 400m dowolny

## 17 - 18 lat

1.	ZDYBEL Adam	05	KS DELFIN Gdynia	<b>3:56.05</b>	726
	50m: 27.12 27.12	150m: 1:26.82 29.95	250m: 2:27.38 30.38	350m: 3:27.66 30.09	
	100m: 56.87 29.75	200m: 1:57.00 30.18	300m: 2:57.57 30.19	400m: 3:56.05 28.39	
2.	RYNKIEWICZ Jakub	05	KU AZS UMCS Lublin	<b>3:56.07</b>	726
	50m: 26.83 26.83	150m: 1:26.27 30.06	250m: 2:26.87 30.29	350m: 3:27.64 30.52	
	100m: 56.21 29.38	200m: 1:56.58 30.31	300m: 2:57.12 30.25	400m: 3:56.07 28.43	
3.	STANISZEWSKI Bartosz	05	UKP Ruda Śląska	<b>3:56.52</b>	722
	50m: 26.59 26.59	150m: 1:26.47 30.06	250m: 2:27.58 30.62	350m: 3:29.31 31.06	
	100m: 56.41 29.82	200m: 1:56.96 30.49	300m: 2:58.25 30.67	400m: 3:56.52 27.21	
4.	WOŃCIAK Piotr	05	MTP KORMORAN Olsztyn	<b>3:57.38</b>	714
	50m: 27.18 27.18	150m: 1:26.76 29.98	250m: 2:27.85 30.56	350m: 3:29.27 30.29	
	100m: 56.78 29.60	200m: 1:57.29 30.53	300m: 2:57.98 30.13	400m: 3:57.38 29.11	
5.	SŁAWACKI Wojciech	05	KU AZS UMCS Lublin	<b>3:58.19</b>	707
	50m: 27.04 27.04	150m: 1:27.91 30.54	250m: 2:28.45 29.84	350m: 3:28.68 30.19	
	100m: 57.37 30.33	200m: 1:58.61 30.70	300m: 2:58.49 30.04	400m: 3:58.19 29.51	
6.	WALTER Jakub	04	UKP UNIA Olimpijczycki	<b>4:00.40</b>	688
	50m: 26.39 26.39	150m: 1:26.57 30.13	250m: 2:28.08 30.89	350m: 3:30.17 31.11	
	100m: 56.44 30.05	200m: 1:57.19 30.62	300m: 2:59.06 30.98	400m: 4:00.40 30.23	
7.	ZAREMBA Adam	05	WKS Lechia Wrocław	<b>4:02.42</b>	671
	50m: 26.98 26.98	150m: 1:27.63 30.67	250m: 2:29.40 30.93	350m: 3:32.25 31.01	
	100m: 56.96 29.98	200m: 1:58.47 30.84	300m: 3:01.24 31.84	400m: 4:02.42 30.17	
8.	NOWACKI Jacek	05	MTP KORMORAN Olsztyn	<b>4:05.70</b>	644
	50m: 27.28 27.28	150m: 1:27.88 30.50	250m: 2:30.60 31.53	350m: 3:34.82 32.22	
	100m: 57.38 30.10	200m: 1:59.07 31.19	300m: 3:02.60 32.00	400m: 4:05.70 30.88	
9.	BANIA Karol	05	MUKS Piast Tarnobrzeg	<b>4:06.30</b>	639
	50m: 28.03 28.03	150m: 1:29.69 31.19	250m: 2:32.83 31.77	350m: 3:35.75 31.12	
	100m: 58.50 30.47	200m: 2:01.06 31.37	300m: 3:04.63 31.80	400m: 4:06.30 30.55	
10.	KOWALSKI Mateusz	05	KS DELFIN Gdynia	<b>4:06.96</b>	634
	50m: 28.08 28.08	150m: 1:30.77 31.92	250m: 2:34.12 31.43	350m: 3:37.07 31.43	
	100m: 58.00 30.00	200m: 2:02.69 31.92	300m: 3:05.64 31.52	400m: 4:06.96 29.89	
11.	HEBEL Maciej	05	KU AZS UMCS Lublin	<b>4:08.55</b>	622
	50m: 28.00 28.00	150m: 1:29.15 30.91	250m: 2:32.06 32.31	350m: 3:36.82 32.45	
	100m: 58.24 30.24	200m: 2:00.00 30.00	300m: 3:04.37 32.31	400m: 4:08.55 31.73	
12.	GOŁCZYŃSKI Jakub	05	UKS SMS Galicja Kraków	<b>4:08.96</b>	619
	50m: 28.98 28.98	150m: 1:33.01 32.37	250m: 2:37.20 31.65	350m: 3:39.24 29.98	
	100m: 1:00.64 31.66	200m: 2:05.55 32.54	300m: 3:09.26 32.06	400m: 4:08.96 29.72	
13.	LEŃCZYŃSKI Maksymilian	04	UKS 190 Łódź	<b>4:09.02</b>	619
	50m: 27.60 27.60	150m: 1:29.60 31.31	250m: 2:33.25 31.96	350m: 3:38.18 32.73	
	100m: 58.29 30.69	200m: 2:01.29 31.69	300m: 3:05.45 32.20	400m: 4:09.02 30.84	
14.	GOŁCZYŃSKI Sergiusz	04	UKS 190 Łódź	<b>4:09.07</b>	618
	50m: 28.15 28.15	150m: 1:31.20 31.61	250m: 2:35.04 32.01	350m: 3:38.02 31.44	
	100m: 59.59 31.44	200m: 2:03.03 31.83	300m: 3:06.58 31.54	400m: 4:09.07 31.05	
15.	SIENKIEWICZ Ignacy	05	IKS Konstancin	<b>4:11.86</b>	598
	50m: 28.61 28.61	150m: 1:31.98 31.94	250m: 2:36.34 32.09	350m: 3:40.98 32.13	
	100m: 1:00.04 31.43	200m: 2:04.25 32.27	300m: 3:08.85 32.51	400m: 4:11.86 30.88	
16.	JARCZEWSKI Franciszek	05	UKS 190 Łódź	<b>4:12.29</b>	595
	50m: 28.88 28.88	150m: 1:32.59 31.89	250m: 2:36.43 31.85	350m: 3:41.11 32.31	
	100m: 1:00.70 31.82	200m: 2:04.58 31.99	300m: 3:08.80 32.37	400m: 4:12.29 31.18	

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## Konkurencja 34, Chłopców, 400m dowolny, 17 - 18 lat

Pozycja			Rok ur.					Czas	Pkt.
17.	CHAŁAT Wojciech		04	KU AZS UMCS Lublin				<b>4:12.56</b>	593
	50m:	29.38 29.38	150m:	1:33.61	32.26	250m:	2:37.33 31.80	350m:	3:41.43 32.27
	100m:	1:01.35 31.97	200m:	2:05.53	31.92	300m:	3:09.16 31.83	400m:	4:12.56 31.13
18.	KOZŁOWSKI Konrad		04	MTP KORMORAN Olsztyn				<b>4:12.99</b>	590
	50m:	29.16 29.16	150m:	1:32.24	31.85	250m:	2:36.78 32.32	350m:	3:41.50 32.24
	100m:	1:00.39 31.23	200m:	2:04.46	32.22	300m:	3:09.26 32.48	400m:	4:12.99 31.49
19.	PIECHOWSKI Jakub		05	UKS JUNIOR Kluczbork				<b>4:13.85</b>	584
	50m:	28.65 28.65	150m:	1:32.70	32.21	250m:	2:37.69 32.37	350m:	3:42.18 32.20
	100m:	1:00.49 31.84	200m:	2:05.32	32.62	300m:	3:09.98 32.29	400m:	4:13.85 31.67
20.	ARENT Artur		05	MKS JEDYNKA Łódź				<b>4:13.95</b>	583
	50m:	28.97 28.97	150m:	1:32.63	32.04	250m:	2:37.14 32.25	350m:	3:42.40 32.69
	100m:	1:00.59 31.62	200m:	2:04.89	32.26	300m:	3:09.71 32.57	400m:	4:13.95 31.55
21.	STANISŁAWSKI Bartosz		04	MKS TRÓJKA Łódź				<b>4:16.76</b>	564
	50m:	28.49 28.49	150m:	1:33.82	32.97	250m:	2:40.33 33.20	350m:	3:45.39 32.27
	100m:	1:00.85 32.36	200m:	2:07.13	33.31	300m:	3:13.12 32.79	400m:	4:16.76 31.37
22.	WIECZORKOWSKI Nikodem		04	MKP Szczecin				<b>4:18.90</b>	550
	50m:	29.19 29.19	150m:	1:34.39	32.94	250m:	2:39.67 32.60	350m:	3:45.59 33.02
	100m:	1:01.45 32.26	200m:	2:07.07	32.68	300m:	3:12.57 32.90	400m:	4:18.90 33.31
23.	SZCZEPANIAK Kacper		04	MKP Szczecin				<b>4:19.39</b>	547
	50m:	29.76 29.76	150m:	1:34.93	32.84	250m:	2:40.88 33.22	350m:	3:47.26 33.22
	100m:	1:02.09 32.33	200m:	2:07.66	32.73	300m:	3:14.04 33.16	400m:	4:19.39 32.13

## 16 lat

1.	KAPAŁA Bartosz		06	MTP KORMORAN Olsztyn				<b>3:58.07</b>	708
	50m:	27.62 27.62	150m:	1:27.51	30.03	250m:	2:28.26 30.43	350m:	3:28.97 30.33
	100m:	57.48 29.86	200m:	1:57.83	30.32	300m:	2:58.64 30.38	400m:	3:58.07 29.10
2.	LARY Jerzy		06	IUKS MUSZELKA Warszawa				<b>4:00.90</b>	683
	50m:	28.32 28.32	150m:	1:28.88	30.57	250m:	2:30.17 30.53	350m:	3:31.22 30.48
	100m:	58.31 29.99	200m:	1:59.64	30.76	300m:	3:00.74 30.57	400m:	4:00.90 29.68
3.	WIDERSKI Julian		06	MKS JEDYNKA Łódź				<b>4:08.49</b>	623
	50m:	27.56 27.56	150m:	1:29.24	31.06	250m:	2:33.81 32.48	350m:	3:38.60 32.26
	100m:	58.18 30.62	200m:	2:01.33	32.09	300m:	3:06.34 32.53	400m:	4:08.49 29.89
4.	HLUSHCHENKO Zakhar		06	UKS 190 Łódź				<b>4:08.73</b>	621
	50m:	27.82 27.82	150m:	1:30.83	31.61	250m:	2:34.35 31.86	350m:	3:38.06 31.83
	100m:	59.22 31.40	200m:	2:02.49	31.66	300m:	3:06.23 31.88	400m:	4:08.73 30.67
5.	R YSKI Michał		06	MTP KORMORAN Olsztyn				<b>4:09.45</b>	616
	50m:	28.01 28.01	150m:	1:30.18	31.53	250m:	2:33.91 31.96	350m:	3:38.17 32.19
	100m:	58.65 30.64	200m:	2:01.95	31.77	300m:	3:05.98 32.07	400m:	4:09.45 31.28
6.	RYSTWEJ Maksymilian		06	UKS G-8 Bielany Warszawa				<b>4:13.10</b>	589
	50m:	28.60 28.60	150m:	1:33.66	32.48	250m:	2:38.47 32.45	350m:	3:42.58 31.86
	100m:	1:01.18 32.58	200m:	2:06.02	32.36	300m:	3:10.72 32.25	400m:	4:13.10 30.52
7.	SZAREK Jan		06	WKS L SK Wrocław				<b>4:13.23</b>	588
	50m:	28.53 28.53	150m:	1:32.26	32.38	250m:	2:37.32 32.67	350m:	3:41.83 32.06
	100m:	59.88 31.35	200m:	2:04.65	32.39	300m:	3:09.77 32.45	400m:	4:13.23 31.40
8.	KUREK Bartosz		06	UKS 190 Łódź				<b>4:13.53</b>	586
	50m:	28.86 28.86	150m:	1:32.45	31.86	250m:	2:36.89 32.22	350m:	3:42.09 32.46
	100m:	1:00.59 31.73	200m:	2:04.67	32.22	300m:	3:09.63 32.74	400m:	4:13.53 31.44
9.	BORSKI Mikołaj		06	UKS Tri-Team Rumia				<b>4:21.86</b>	532
	50m:	29.66 29.66	150m:	1:34.44	32.70	250m:	2:40.43 33.19	350m:	3:48.59 34.46
	100m:	1:01.74 32.08	200m:	2:07.24	32.80	300m:	3:14.13 33.70	400m:	4:21.86 33.27

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## Konkurencja 34, Chłopców, 400m dowolny, 16 lat

Pozycja			Rok ur.					Czas	Pkt.			
10.	STY Aleksander		06	UKP POLONIA Warszawa				<b>4:23.42</b>	523			
	50m:	27.92	27.92	150m:	1:32.62	33.12	250m:	2:40.79	34.32	350m:	3:50.13	34.97
	100m:	59.50	31.58	200m:	2:06.47	33.85	300m:	3:15.16	34.37	400m:	4:23.42	33.29
11.	SOKOŁOWSKI Franciszek		06	MTP KORMORAN Olsztyn				<b>4:26.92</b>	502			
	50m:	30.75	30.75	150m:	1:37.87	34.10	250m:	2:46.39	34.24	350m:	3:54.15	33.87
	100m:	1:03.77	33.02	200m:	2:12.15	34.28	300m:	3:20.28	33.89	400m:	4:26.92	32.77
12.	MASZEWSKI Mikołaj		06	UKS NAWA Skierniewice				<b>4:27.71</b>	498			
	50m:	30.14	30.14	150m:	1:38.19	34.16	250m:	2:47.04	34.40	350m:	3:51.14	31.28
	100m:	1:04.03	33.89	200m:	2:12.64	34.45	300m:	3:19.86	32.82	400m:	4:27.71	36.57
13.	NIECKARZ Paweł		06	UKS 190 Łódź				<b>4:28.33</b>	494			
	50m:	29.27	29.27	150m:	1:35.80	33.92	250m:	2:44.38	34.46	350m:	3:54.29	35.27
	100m:	1:01.88	32.61	200m:	2:09.92	34.12	300m:	3:19.02	34.64	400m:	4:28.33	34.04
14.	DOMA SKI Franciszek		06	MKS ASTORIA Bydgoszcz				<b>4:28.99</b>	491			
	50m:	29.95	29.95	150m:	1:37.25	34.13	250m:	2:46.06	34.45	350m:	3:55.55	34.86
	100m:	1:03.12	33.17	200m:	2:11.61	34.36	300m:	3:20.69	34.63	400m:	4:28.99	33.44
15.	ROZMIAREK Mateusz		06	MKP SŁOWIANKA Gorzów Wlkp.				<b>4:30.35</b>	483			
	50m:	30.89	30.89	150m:	1:39.83	34.85	250m:	2:48.73	34.40	350m:	3:58.09	34.58
	100m:	1:04.98	34.09	200m:	2:14.33	34.50	300m:	3:23.51	34.78	400m:	4:30.35	32.26
16.	JANKIEWICZ DELGADO Jarosław		06	UKS NAWA Skierniewice				<b>4:32.91</b>	470			
	50m:	30.92	30.92	150m:	1:39.16	34.53	250m:	2:48.36	34.69	350m:	3:58.56	34.88
	100m:	1:04.63	33.71	200m:	2:13.67	34.51	300m:	3:23.68	35.32	400m:	4:32.91	34.35
17.	WAWRZYNIAK Filip		06	MKP SŁOWIANKA Gorzów Wlkp.				<b>4:33.82</b>	465			
	50m:	30.81	30.81	150m:	1:40.15	34.84	250m:	2:50.04	34.94	350m:	4:00.00	34.73
	100m:	1:05.31	34.50	200m:	2:15.10	34.95	300m:	3:25.27	35.23	400m:	4:33.82	33.82
18.	KRYSZCZUK Karol		06	UKS Piłka Konstancja Łódzki				<b>5:10.96</b>	318			
	50m:	28.49	28.49	150m:	1:43.68	41.41	250m:	3:07.49	40.70	350m:	4:29.91	41.46
	100m:	1:02.27	33.78	200m:	2:26.79	43.11	300m:	3:48.45	40.96	400m:	5:10.96	41.05

## 15 lat

1.	MIŁKOWSKI Mikołaj		07	UKS 48 Warszawa ródmi cie				<b>4:00.12</b>	690			
	50m:	28.11	28.11	150m:	1:28.41	30.31	250m:	2:29.73	30.85	350m:	3:30.84	30.39
	100m:	58.10	29.99	200m:	1:58.88	30.47	300m:	3:00.45	30.72	400m:	4:00.12	29.28
2.	MAJOR Erik		07	MKS Park Wodny Tarnowskie Góry				<b>4:02.72</b>	668			
	50m:	27.49	27.49	150m:	1:29.04	31.13	250m:	2:30.72	30.64	350m:	3:32.45	30.82
	100m:	57.91	30.42	200m:	2:00.08	31.04	300m:	3:01.63	30.91	400m:	4:02.72	30.27
3.	PIETRO Przemysław		07	KU AZS UMCS Lublin				<b>4:03.45</b>	662			
	50m:	27.58	27.58	150m:	1:28.23	30.44	250m:	2:30.44	31.32	350m:	3:32.70	30.93
	100m:	57.79	30.21	200m:	1:59.12	30.89	300m:	3:01.77	31.33	400m:	4:03.45	30.75
4.	PONIEWA Oliwier		07	KU AZS UMCS Lublin				<b>4:13.88</b>	584			
	50m:	29.24	29.24	150m:	1:32.74	32.05	250m:	2:37.85	32.46	350m:	3:43.15	32.63
	100m:	1:00.69	31.45	200m:	2:05.39	32.65	300m:	3:10.52	32.67	400m:	4:13.88	30.73
5.	PROSZOWSKI Paweł		07	MKS Park Wodny Tarnowskie Góry				<b>4:15.03</b>	576			
	50m:	29.12	29.12	150m:			250m:	2:39.64		350m:	3:44.69	32.47
	100m:	1:01.59	32.47	200m:			300m:	3:12.22	32.58	400m:	4:15.03	30.34
6.	TARCZY SKI Bartosz		07	UKS 190 Łódź				<b>4:15.70</b>	571			
	50m:	29.63	29.63	150m:	1:34.53	32.41	250m:	2:39.01	32.04	350m:	3:44.02	32.33
	100m:	1:02.12	32.49	200m:	2:06.97	32.44	300m:	3:11.69	32.68	400m:	4:15.70	31.68
7.	KRASKA Mateusz		07	UKS SMS Galicja Kraków				<b>4:16.26</b>	568			
	50m:	28.96	28.96	150m:	1:33.78	32.92	250m:	2:39.54	32.87	350m:	3:44.25	32.07
	100m:	1:00.86	31.90	200m:	2:06.67	32.89	300m:	3:12.18	32.64	400m:	4:16.26	32.01



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## Konkurencja 34, Chłopców, 400m dowolny, 15 lat

Pozycja		Rok ur.						Czas	Pkt.
8.	ŁOJEWSKI Adam	07	MTP KORMORAN Olsztyn					<b>4:16.36</b>	567
	50m: 28.90 28.90	150m: 1:32.96	32.38	250m: 2:38.71	32.90	350m: 3:44.15	32.69		
	100m: 1:00.58 31.68	200m: 2:05.81	32.85	300m: 3:11.46	32.75	400m: 4:16.36	32.21		
9.	WALKOWSKI Bartosz	07	UKS 190 Łódź					<b>4:17.50</b>	560
	50m: 30.20 30.20	150m: 1:35.89	33.18	250m: 2:40.25	32.31	350m: 3:44.01	31.36		
	100m: 1:02.71 32.51	200m: 2:07.94	32.05	300m: 3:12.65	32.40	400m: 4:17.50	33.49		
10.	WÓJCIAK Oliwier	07	UKS V Łomianki					<b>4:18.00</b>	556
	50m: 28.73 28.73	150m: 1:32.68	32.68	250m: 2:39.00	33.66	350m: 3:45.53	33.00		
	100m: 1:00.00 31.27	200m: 2:05.34	32.66	300m: 3:12.53	33.53	400m: 4:18.00	32.47		
11.	WALKOWSKI Maciej	07	UKS 190 Łódź					<b>4:20.03</b>	543
	50m: 30.08 30.08	150m: 1:36.76	33.35	250m: 2:43.27	33.10	350m: 3:48.89	32.59		
	100m: 1:03.41 33.33	200m: 2:10.17	33.41	300m: 3:16.30	33.03	400m: 4:20.03	31.14		
12.	KUSEK Mateusz	07	MUKS OLIMPIJCZYK Suwałki					<b>4:20.13</b>	543
	50m: 29.11 29.11	150m: 1:33.93	32.82	250m: 2:40.80	33.34	350m: 3:48.06	33.67		
	100m: 1:01.11 32.00	200m: 2:07.46	33.53	300m: 3:14.39	33.59	400m: 4:20.13	32.07		
13.	MIKOŁAJCZYK Adrian	07	MKS TRÓJKA Łódź					<b>4:23.30</b>	523
	50m: 30.31 30.31	150m: 1:36.82	33.65	250m: 2:43.46	33.28	350m: 3:50.12	33.32		
	100m: 1:03.17 32.86	200m: 2:10.18	33.36	300m: 3:16.80	33.34	400m: 4:23.30	33.18		
14.	DWORAKOWSKI Błażej	07	KS DELFIN Gdynia					<b>4:23.87</b>	520
	50m: 30.08 30.08	150m: 1:37.88	33.68	250m: 2:45.38	33.82	350m:			
	100m: 1:04.20 34.12	200m: 2:11.56	33.68	300m: 3:19.02	33.64	400m: 4:23.87			
15.	BORUSZEWSKI Filip	07	UKS SP-149 Łódź					<b>4:24.08</b>	519
	50m: 30.71 30.71	150m: 1:38.17	33.89	250m: 2:44.64	32.99	350m: 3:51.65	33.67		
	100m: 1:04.28 33.57	200m: 2:11.65	33.48	300m: 3:17.98	33.34	400m: 4:24.08	32.43		
16.	SKROBISZ Michał	07	UKS 190 Łódź					<b>4:27.09</b>	501
	50m: 31.47 31.47	150m: 1:38.68	34.07	250m: 2:46.24	33.77	350m: 3:53.81	33.88		
	100m: 1:04.61 33.14	200m: 2:12.47	33.79	300m: 3:19.93	33.69	400m: 4:27.09	33.28		
17.	KACPRZAK Marcel	07	UKS 190 Łódź					<b>4:29.56</b>	488
	50m: 30.86 30.86	150m: 1:37.90	33.75	250m: 2:46.46	34.26	350m: 3:55.24	34.27		
	100m: 1:04.15 33.29	200m: 2:12.20	34.30	300m: 3:20.97	34.51	400m: 4:29.56	34.32		
18.	LEWISKI Kamil	07	UKS V Łomianki					<b>4:30.70</b>	482
	50m: 30.69 30.69	150m: 1:38.69	34.34	250m: 2:48.02	34.84	350m: 3:57.27	34.32		
	100m: 1:04.35 33.66	200m: 2:13.18	34.49	300m: 3:22.95	34.93	400m: 4:30.70	33.43		
19.	BRODOWSKI Michał	07	UKS NAWA Skierniewice					<b>4:55.11</b>	372
	50m: 32.59 32.59	150m: 1:48.77	38.63	250m: 3:05.16	38.22	350m: 4:20.24	37.04		
	100m: 1:10.14 37.55	200m: 2:26.94	38.17	300m: 3:43.20	38.04	400m: 4:55.11	34.87		
14 lat									
1.	WASILEWSKI Mateusz	08	KU AZS UMCS Lublin					<b>4:16.83</b>	564
	50m: 28.95 28.95	150m: 1:33.53	32.57	250m: 2:39.29	32.95	350m: 3:45.31	33.10		
	100m: 1:00.96 32.01	200m: 2:06.34	32.81	300m: 3:12.21	32.92	400m: 4:16.83	31.52		
2.	ACZEK Hubert	08	KS WISŁA Puławy					<b>4:16.86</b>	564
	50m: 28.52 28.52	150m: 1:33.78	32.83	250m: 2:39.36	32.25	350m: 3:44.26	32.33		
	100m: 1:00.95 32.43	200m: 2:07.11	33.33	300m: 3:11.93	32.57	400m: 4:16.86	32.60		
3.	MUNSCH Artur	08	MKS Park Wodny Tarnowskie Góry					<b>4:22.09</b>	531
	50m: 29.70 29.70	150m: 1:36.38	33.51	250m: 2:43.87	33.76	350m: 3:50.56	33.01		
	100m: 1:02.87 33.17	200m: 2:10.11	33.73	300m: 3:17.55	33.68	400m: 4:22.09	31.53		
4.	GWIAZDOWSKI Krzysztof	08	MKS Piaseczno					<b>4:22.80</b>	526
	50m: 29.40 29.40	150m: 1:35.66	33.71	250m: 2:43.06	33.88	350m: 3:50.73	34.10		
	100m: 1:01.95 32.55	200m: 2:09.18	33.52	300m: 3:16.63	33.57	400m: 4:22.80	32.07		

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Pozycja	Rok ur.								Czas	Pkt.	
5. RUBIN Feliks	08 MKS JEDYNKA Łódź								<b>4:26.26</b>	506	
50m:	29.95	29.95	150m:	1:36.94	33.95	250m:	2:45.01	34.36	350m:	3:53.03	33.89
100m:	1:02.99	33.04	200m:	2:10.65	33.71	300m:	3:19.14	34.13	400m:	4:26.26	33.23
6. KARWAT Bartłomiej	08 UKS NAWA Skierniewice								<b>4:28.09</b>	496	
50m:	31.06	31.06	150m:	1:40.47	35.13	250m:	2:49.47	33.52	350m:	3:55.56	32.46
100m:	1:05.34	34.28	200m:	2:15.95	35.48	300m:	3:23.10	33.63	400m:	4:28.09	32.53
7. RYBAK Jakub	08 MKS Park Wodny Tarnowskie Góry								<b>4:29.09</b>	490	
50m:	31.67	31.67	150m:	1:40.58	34.26	250m:	2:48.45	33.51	350m:	3:56.86	34.00
100m:	1:06.32	34.65	200m:	2:14.94	34.36	300m:	3:22.86	34.41	400m:	4:29.09	32.23
8. L ZAK Kamil	08 UKP POLONIA Warszawa								<b>4:30.20</b>	484	
50m:	30.38	30.38	150m:	1:40.33	35.36	250m:	2:49.81	34.55	350m:	3:57.63	33.68
100m:	1:04.97	34.59	200m:	2:15.26	34.93	300m:	3:23.95	34.14	400m:	4:30.20	32.57
9. GEBAUER Wolfgang	08 MTP KORMORAN Olsztyn								<b>4:42.47</b>	424	
50m:	31.70	31.70	150m:	1:41.91	35.48	250m:	2:54.62	36.50	350m:	4:07.52	36.25
100m:	1:06.43	34.73	200m:	2:18.12	36.21	300m:	3:31.27	36.65	400m:	4:42.47	34.95
10. NIEMCZURA Wiktor	08 UKP POLONIA Warszawa								<b>5:03.14</b>	343	
50m:	34.65	34.65	150m:	1:53.21	39.47	250m:	3:10.72	38.37	350m:	4:26.98	37.89
100m:	1:13.74	39.09	200m:	2:32.35	39.14	300m:	3:49.09	38.37	400m:	5:03.14	36.16