

Główne Mistrzostwa Polski Seniorów i Młodzie owców w pływaniu  
Olsztyn, 26-29.04.2023

Konkurencja 28  
2023-04-28 - 11:02

M cyczn, 400m dowolny

14 lat i starsi  
Wyniki Eliminacje

Rekord Polski	3:45.71	STANCZYK Przemysław	00116	Chiba (JPN)	2007
Rekord Polski Młodzie owców	3:45.71	STANCZYK Przemysław	00116	Chiba (JPN)	2007

Min. M Fukuoka 2023 Open: 3:48.15 / Min. ME U-23 Dublin 2023 19 - 23: 3:52.71 / Min. M J Netanya 2023 M 15 - 18: 3:51.19 /  
Min. MEJ Belgrad 2023 M 17 - 18: 3:58.77 / Min. Uniwersjada Chengdu 18 - 27: 3:52.71

Punkty: FINA 2023

Pozycja			Rok ur.					Czas	Pkt.	
1.	CHMIELEWSKI Krzysztof	04	IUKS MUSZELKA Warszawa					<b>3:58.31</b>	787	A
	50m: 27.29 27.29	150m: 1:27.41	30.41	250m: 2:28.35	30.50	350m: 3:29.24	30.47			
	100m: 57.00 29.71	200m: 1:57.85	30.44	300m: 2:58.77	30.42	400m: 3:58.31	29.07			
2.	STANISZEWSKI Bartosz	05	UKP Ruda I ska					<b>3:58.40</b>	786	A
	<i>Min. MEJ Belgrad 2023</i>									
	50m: 27.51 27.51	150m: 1:27.77	30.23	250m: 2:28.48	30.41	350m: 3:29.60	30.42			
	100m: 57.54 30.03	200m: 1:58.07	30.30	300m: 2:59.18	30.70	400m: 3:58.40	28.80			
3.	KOZIEJKO Bartłomiej	00	AZS AWF Warszawa					<b>3:59.17</b>	779	A
	50m: 27.71 27.71	150m: 1:27.78	30.44	250m: 2:28.88	30.80	350m: 3:30.17	30.82			
	100m: 57.34 29.63	200m: 1:58.08	30.30	300m: 2:59.35	30.47	400m: 3:59.17	29.00			
4.	ZABOROWSKI Filip	94	MKP Szczecin					<b>3:59.55</b>	775	A
	50m: 28.06 28.06	150m: 1:28.81	30.54	250m: 2:29.44	30.41	350m: 3:30.06	30.22			
	100m: 58.27 30.21	200m: 1:59.03	30.22	300m: 2:59.84	30.40	400m: 3:59.55	29.49			
5.	KOZŁOWSKI Igor	05	KU AZS UMCS Lublin					<b>3:59.91</b>	771	A
	50m: 27.61 27.61	150m: 1:28.13	30.77	250m: 2:29.74	30.59	350m: 3:30.31	30.32			
	100m: 57.36 29.75	200m: 1:59.15	31.02	300m: 2:59.99	30.25	400m: 3:59.91	29.60			
6.	FILIPIAK Mikołaj	06	KS BARRAKUDA Gda sk					<b>4:00.39</b>	767	A
	50m: 27.90 27.90	150m: 1:29.37	30.78	250m: 2:30.73	30.85	350m: 3:31.35	30.10			
	100m: 58.59 30.69	200m: 1:59.88	30.51	300m: 3:01.25	30.52	400m: 4:00.39	29.04			
7.	ZDYBEL Adam	05	KS DELFIN Gdynia					<b>4:00.52</b>	766	A
	50m: 27.42 27.42	150m: 1:27.80	30.57	250m: 2:29.21	30.84	350m: 3:30.67	30.71			
	100m: 57.23 29.81	200m: 1:58.37	30.57	300m: 2:59.96	30.75	400m: 4:00.52	29.85			
8.	WALTER Jakub	04	UKP UNIA O wi cim					<b>4:01.15</b>	760	A
	50m: 27.74 27.74	150m: 1:29.72	31.24	250m: 2:31.94	31.10	350m: 3:32.90	29.98			
	100m: 58.48 30.74	200m: 2:00.84	31.12	300m: 3:02.92	30.98	400m: 4:01.15	28.25			
9.	RADKIEWICZ Kajetan	05	KS KSZO Ostrowiec w.					<b>4:01.67</b>	755	A
	50m: 27.84 27.84	150m: 1:28.75	30.78	250m: 2:30.23	30.80	350m: 3:31.60	30.64			
	100m: 57.97 30.13	200m: 1:59.43	30.68	300m: 3:00.96	30.73	400m: 4:01.67	30.07			
10.	MALEC Mikołaj	01	MKS TRÓJKA Łód					<b>4:01.76</b>	754	A
	50m: 27.14 27.14	150m: 1:27.25	30.64	250m: 2:29.18	31.42	350m: 3:32.29	31.95			
	100m: 56.61 29.47	200m: 1:57.76	30.51	300m: 3:00.34	31.16	400m: 4:01.76	29.47			
11.	PŁOSZKA Kacper	05	MKS JEDYNKA Łód					<b>4:01.99</b>	752	B
	50m: 27.86 27.86	150m: 1:29.21	31.17	250m: 2:30.75	30.99	350m: 3:32.95	31.06			
	100m: 58.04 30.18	200m: 1:59.76	30.55	300m: 3:01.89	31.14	400m: 4:01.99	29.04			
12.	GNACZY SKI Michał	07	MKP Szczecin					<b>4:02.24</b>	749	B
	50m: 28.47 28.47	150m: 1:29.82	30.94	250m: 2:31.70	31.05	350m: 3:33.10	30.49			
	100m: 58.88 30.41	200m: 2:00.65	30.83	300m: 3:02.61	30.91	400m: 4:02.24	29.14			
13.	HEBEL Maciej	05	KU AZS UMCS Lublin					<b>4:02.28</b>	749	B
	50m: 28.08 28.08	150m: 1:29.81	30.86	250m: 2:31.11	30.66	350m: 3:33.21	31.09			
	100m: 58.95 30.87	200m: 2:00.45	30.64	300m: 3:02.12	31.01	400m: 4:02.28	29.07			
14.	LARY Jerzy	06	IUKS MUSZELKA Warszawa					<b>4:02.31</b>	749	B
	50m: 28.00 28.00	150m: 1:28.53	30.52	250m: 2:30.42	30.94	350m: 3:32.19	30.80			
	100m: 58.01 30.01	200m: 1:59.48	30.95	300m: 3:01.39	30.97	400m: 4:02.31	30.12			
15.	KAPAŁA Bartosz	06	MTP KORMORAN Olsztyn					<b>4:03.42</b>	738	B
	50m: 28.55 28.55	150m: 1:30.13	31.03	250m: 2:32.19	30.92	350m: 3:33.61	30.52			
	100m: 59.10 30.55	200m: 2:01.27	31.14	300m: 3:03.09	30.90	400m: 4:03.42	29.81			

Główne Mistrzostwa Polski Seniorów i Młodzie owców w pływaniu  
Olsztyn, 26-29.04.2023

Konkurencja 28, M cżyn, 400m dowolny, Eliminacje, 14 lat i starsi

Pozycja				Rok ur.						Czas	Pkt.	
16.	WO NIAK Piotr			05	MTP KORMORAN Olsztyn					<b>4:03.44</b>	738	B
	50m:	28.64	28.64	150m:	1:30.34	30.98	250m:	2:32.53	31.03	350m:	3:35.07	31.27
	100m:	59.36	30.72	200m:	2:01.50	31.16	300m:	3:03.80	31.27	400m:	4:03.44	28.37
17.	KOWOLIK Alex			04	UKP UNIA O wi cim					<b>4:04.35</b>	730	B
	50m:	28.27	28.27	150m:	1:29.23	30.74	250m:	2:30.58	30.69	350m:	3:33.41	31.73
	100m:	58.49	30.22	200m:	1:59.89	30.66	300m:	3:01.68	31.10	400m:	4:04.35	30.94
18.	RYNKIEWICZ Jakub			05	KU AZS UMCS Lublin					<b>4:06.01</b>	715	B
	50m:	28.12	28.12	150m:	1:29.77	31.19	250m:	2:32.55	31.47	350m:	3:36.57	31.97
	100m:	58.58	30.46	200m:	2:01.08	31.31	300m:	3:04.60	32.05	400m:	4:06.01	29.44
19.	BUJAK Piotr			97	St. Lok. SALOS Cortile Kielce					<b>4:06.76</b>	709	B
	50m:	28.88	28.88	150m:	1:31.29	31.33	250m:	2:33.69	31.24	350m:	3:36.17	31.01
	100m:	59.96	31.08	200m:	2:02.45	31.16	300m:	3:05.16	31.47	400m:	4:06.76	30.59
20.	ZAREMBA Adam			05	WKS L SK Wrocław					<b>4:07.08</b>	706	B
	50m:	27.51	27.51	150m:	1:29.25	31.28	250m:	2:32.97	32.02	350m:	3:37.33	32.02
	100m:	57.97	30.46	200m:	2:00.95	31.70	300m:	3:05.31	32.34	400m:	4:07.08	29.75
21.	PI TKA Miłosz			07	MKP Szczecin					<b>4:07.09</b>	706	R
	50m:	28.74	28.74	150m:	1:31.56	31.32	250m:	2:34.04	31.31	350m:	3:37.04	31.42
	100m:	1:00.24	31.50	200m:	2:02.73	31.17	300m:	3:05.62	31.58	400m:	4:07.09	30.05
22.	MAJOR Erik			07	MKS Park Wodny Tarnowskie Góry					<b>4:08.20</b>	697	R
	50m:	28.57	28.57	150m:	1:31.47	31.59	250m:	2:34.13	31.15	350m:	3:37.31	31.48
	100m:	59.88	31.31	200m:	2:02.98	31.51	300m:	3:05.83	31.70	400m:	4:08.20	30.89
23.	GRZEGORCZYK Wiktor			02	AZS AWF Warszawa					<b>4:08.45</b>	694	
	50m:	28.94	28.94	150m:	1:32.49	32.29	250m:	2:36.34	31.57	350m:	3:38.12	30.82
	100m:	1:00.20	31.26	200m:	2:04.77	32.28	300m:	3:07.30	30.96	400m:	4:08.45	30.33
24.	MRÓZ Adam			03	KU AZS UMCS Lublin					<b>4:10.10</b>	681	
	50m:	28.00	28.00	150m:	1:29.88	31.27	250m:	2:34.00	32.15	350m:	3:37.56	31.27
	100m:	58.61	30.61	200m:	2:01.85	31.97	300m:	3:06.29	32.29	400m:	4:10.10	32.54
25.	WIDERSKI Miłosz			08	MKS JEDYNKA Łód					<b>4:10.82</b>	675	
	50m:	28.04	28.04	150m:	1:31.68	31.90	250m:	2:36.28	32.36	350m:	3:40.13	31.19
	100m:	59.78	31.74	200m:	2:03.92	32.24	300m:	3:08.94	32.66	400m:	4:10.82	30.69
26.	DARUL Bartosz			04	MKP Szczecin					<b>4:10.90</b>	674	
	50m:	28.72	28.72	150m:	1:32.11	31.75	250m:	2:35.94	31.87	350m:	3:40.18	31.96
	100m:	1:00.36	31.64	200m:	2:04.07	31.96	300m:	3:08.22	32.28	400m:	4:10.90	30.72
27.	JÓ WIAK Tymoteusz			08	Stow. GREENS Słupno					<b>4:11.36</b>	671	
	50m:	28.82	28.82	150m:	1:31.52	31.59	250m:	2:34.75	31.83	350m:	3:39.56	32.64
	100m:	59.93	31.11	200m:	2:02.92	31.40	300m:	3:06.92	32.17	400m:	4:11.36	31.80
28.	CISOSKI Hubert			08	CSiR MOS D browa Górnicza					<b>4:11.84</b>	667	
	50m:	28.89	28.89	150m:	1:33.48	32.67	250m:	2:37.31	31.87	350m:	3:41.15	31.89
	100m:	1:00.81	31.92	200m:	2:05.44	31.96	300m:	3:09.26	31.95	400m:	4:11.84	30.69
29.	NOWACKI Jacek			05	MTP KORMORAN Olsztyn					<b>4:11.95</b>	666	
	50m:	28.63	28.63	150m:	1:31.22	31.41	250m:	2:35.40	32.24	350m:	3:40.94	32.82
	100m:	59.81	31.18	200m:	2:03.16	31.94	300m:	3:08.12	32.72	400m:	4:11.95	31.01
30.	KAPAŁA Szymon			03	AZS AWF Warszawa					<b>4:12.06</b>	665	
	50m:	28.80	28.80	150m:	1:31.20	31.70	250m:	2:35.80	32.50	350m:	3:40.68	32.65
	100m:	59.50	30.70	200m:	2:03.30	32.10	300m:	3:08.03	32.23	400m:	4:12.06	31.38
31.	PLAGA Dawid			05	TP SKALAR Słupsk					<b>4:12.41</b>	662	
	50m:	27.55	27.55	150m:	1:30.50	31.87	250m:	2:35.57	32.71	350m:	3:40.56	32.35
	100m:	58.63	31.08	200m:	2:02.86	32.36	300m:	3:08.21	32.64	400m:	4:12.41	31.85
32.	CHODULSKI Jakub			00	KU AZS UMCS Lublin					<b>4:12.57</b>	661	
	50m:	28.49	28.49	150m:	1:31.91	31.81	250m:	2:36.31	32.09	350m:	3:40.81	32.46
	100m:	1:00.10	31.61	200m:	2:04.22	32.31	300m:	3:08.35	32.04	400m:	4:12.57	31.76
33.	DUDA Kacper			05	UKS SMS Galicja Kraków					<b>4:13.77</b>	652	
	50m:	29.16	29.16	150m:	1:32.86	31.26	250m:	2:37.85	32.68	350m:	3:43.13	32.07
	100m:	1:01.60	32.44	200m:	2:05.17	32.31	300m:	3:11.06	33.21	400m:	4:13.77	30.64

Główne Mistrzostwa Polski Seniorów i Młodzie owców w pływaniu  
Olsztyn, 26-29.04.2023

Konkurencja 28, M cżyn, 400m dowolny, Eliminacje, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
34.	PIETRO Przemysław		07	KU AZS UMCS Lublin				<b>4:14.18</b>	649
	50m: 29.55 29.55	150m: 1:34.50	32.65	250m: 2:39.80	32.55	350m: 3:44.74	32.52		
	100m: 1:01.85 32.30	200m: 2:07.25	32.75	300m: 3:12.22	32.42	400m: 4:14.18	29.44		
35.	SIENKIEWICZ Ignacy		05	IKS Konstancin				<b>4:15.81</b>	636
	50m: 28.88 28.88	150m: 1:33.25	32.49	250m: 2:38.50	32.64	350m: 3:44.44	32.94		
	100m: 1:00.76 31.88	200m: 2:05.86	32.61	300m: 3:11.50	33.00	400m: 4:15.81	31.37		
36.	FRONCZAK Antoni		06	UKS G-8 Bielany Warszawa				<b>4:16.08</b>	634
	50m: 30.10 30.10	150m: 1:32.88	31.76	250m: 2:37.69	32.49	350m: 3:43.63	33.07		
	100m: 1:01.12 31.02	200m: 2:05.20	32.32	300m: 3:10.56	32.87	400m: 4:16.08	32.45		
37.	GOŁACKI Sergiusz		04	UKS 190 Łód				<b>4:16.42</b>	632
	50m: 29.36 29.36	150m: 1:34.19	32.75	250m: 2:39.06	32.41	350m: 3:44.41	32.86		
	100m: 1:01.44 32.08	200m: 2:06.65	32.46	300m: 3:11.55	32.49	400m: 4:16.42	32.01		
38.	KOZŁOWSKI Konrad		04	MTP KORMORAN Olsztyn				<b>4:17.51</b>	624
	50m: 30.00 30.00	150m: 1:34.08	32.42	250m: 2:39.99	33.01	350m: 3:46.21	33.05		
	100m: 1:01.66 31.66	200m: 2:06.98	32.90	300m: 3:13.16	33.17	400m: 4:17.51	31.30		
39.	CHAŁAT Wojciech		04	KU AZS UMCS Lublin				<b>4:17.80</b>	622
	50m: 29.32 29.32	150m: 1:34.45	32.94	250m: 2:40.27	32.81	350m: 3:45.88	32.78		
	100m: 1:01.51 32.19	200m: 2:07.46	33.01	300m: 3:13.10	32.83	400m: 4:17.80	31.92		
40.	OŁOWNIA Ignacy		07	KS DELFIN Gdynia				<b>4:18.92</b>	614
	50m: 29.24 29.24	150m: 1:33.94	32.75	250m: 2:40.39	33.79	350m: 3:48.18	34.06		
	100m: 1:01.19 31.95	200m: 2:06.60	32.66	300m: 3:14.12	33.73	400m: 4:18.92	30.74		
41.	LE NIAK Maksymilian		04	UKS 190 Łód				<b>4:19.22</b>	611
	50m: 28.99 28.99	150m: 1:34.50	33.04	250m: 2:41.04	33.18	350m: 3:47.59	33.11		
	100m: 1:01.46 32.47	200m: 2:07.86	33.36	300m: 3:14.48	33.44	400m: 4:19.22	31.63		
42.	SOKOŁOWSKI Franciszek		06	MTP KORMORAN Olsztyn				<b>4:20.89</b>	600
	50m: 30.09 30.09	150m: 1:36.67	33.47	250m: 2:43.63	33.37	350m: 3:49.50	32.78		
	100m: 1:03.20 33.11	200m: 2:10.26	33.59	300m: 3:16.72	33.09	400m: 4:20.89	31.39		
43.	CHODA Maciej		06	MTP KORMORAN Olsztyn				<b>4:21.15</b>	598
	50m: 30.09 30.09	150m: 1:35.59	33.11	250m: 2:42.27	33.47	350m: 3:48.90	33.04		
	100m: 1:02.48 32.39	200m: 2:08.80	33.21	300m: 3:15.86	33.59	400m: 4:21.15	32.25		
44.	CHABOWSKI Nathaniel		06	UKS ABIANKA Gda sk				<b>4:23.28</b>	584
	50m: 29.63 29.63	150m: 1:36.02	33.37	250m: 2:43.26	33.36	350m: 3:50.67	33.42		
	100m: 1:02.65 33.02	200m: 2:09.90	33.88	300m: 3:17.25	33.99	400m: 4:23.28	32.61		
45.	MUSZY SKI Jakub		01	MKS ASTORIA Bydgoszcz				<b>4:23.89</b>	579
	50m: 29.31 29.31	150m: 1:34.36	32.85	250m: 2:41.23	33.48	350m: 3:50.57	34.71		
	100m: 1:01.51 32.20	200m: 2:07.75	33.39	300m: 3:15.86	34.63	400m: 4:23.89	33.32		
46.	STEFA SKI Leon		07	UKS G-8 Bielany Warszawa				<b>4:24.80</b>	574
	50m: 30.33 30.33	150m: 1:35.88	33.30	250m: 2:43.76	33.93	350m: 3:52.23	34.24		
	100m: 1:02.58 32.25	200m: 2:09.83	33.95	300m: 3:17.99	34.23	400m: 4:24.80	32.57		
47.	PIECHOWSKI Jakub		05	UKS JUNIOR Kluczbork				<b>4:26.11</b>	565
	50m: 29.75 29.75	150m: 1:36.67	33.67	250m: 2:44.74	33.93	350m: 3:52.25	33.41		
	100m: 1:03.00 33.25	200m: 2:10.81	34.14	300m: 3:18.84	34.10	400m: 4:26.11	33.86		
48.	MAZUR Adam		07	Grupa 5Styl				<b>4:26.43</b>	563
	50m: 29.53 29.53	150m: 1:37.65	34.34	250m: 2:46.14	34.08	350m: 3:54.50	33.19		
	100m: 1:03.31 33.78	200m: 2:12.06	34.41	300m: 3:21.31	35.17	400m: 4:26.43	31.93		
49.	FAŁEK Szymon		05	UKS G-8 Bielany Warszawa				<b>4:29.61</b>	543
	50m: 30.17 30.17	150m: 1:36.89	33.27	250m: 2:45.21	34.31	350m: 3:55.13	34.72		
	100m: 1:03.62 33.45	200m: 2:10.90	34.01	300m: 3:20.41	35.20	400m: 4:29.61	34.48		
50.	PINCZAK Mateusz		08	CSiR MOS D browa Górnicza				<b>4:29.99</b>	541
	50m: 30.51 30.51	150m: 1:39.08	34.09	250m: 2:48.48	34.68	350m: 3:57.74	34.68		
	100m: 1:04.99 34.48	200m: 2:13.80	34.72	300m: 3:23.06	34.58	400m: 4:29.99	32.25		
51.	ŁOJEWSKI Adam		07	MTP KORMORAN Olsztyn				<b>4:30.29</b>	539
	50m: 30.31 30.31	150m: 1:37.55	34.17	250m: 2:46.12	34.40	350m: 3:55.29	34.65		
	100m: 1:03.38 33.07	200m: 2:11.72	34.17	300m: 3:20.64	34.52	400m: 4:30.29	35.00		

Główne Mistrzostwa Polski Seniorów i Młodzie owców w pływaniu  
Olsztyn, 26-29.04.2023

Konkurencja 28, Mężczyźni, 400m dowolny, Eliminacje, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
52.	KONIECZNY Miłosz		07	UKS NIKA Sport Team Kraków				<b>4:34.51</b>	515
	50m:	31.24 31.24	150m:	1:41.41	35.50	250m:	2:52.56 35.81	350m:	4:03.82 35.62
	100m:	1:05.91 34.67	200m:	2:16.75	35.34	300m:	3:28.20 35.64	400m:	4:34.51 30.69
53.	ROZMIAREK Mateusz		06	MKP SŁOWIANKA Gorzów Wlkp.				<b>4:34.93</b>	512
	50m:	30.40 30.40	150m:	1:39.01	34.71	250m:	2:50.05 35.56	350m:	4:00.98 35.34
	100m:	1:04.30 33.90	200m:	2:14.49	35.48	300m:	3:25.64 35.59	400m:	4:34.93 33.95
54.	ZAWADZKI Jakub		06	UKS RUCH Grudzi ądz				<b>4:35.71</b>	508
	50m:	30.37 30.37	150m:	1:38.67	34.70	250m:	2:49.84 35.83	350m:	4:01.33 35.90
	100m:	1:03.97 33.60	200m:	2:14.01	35.34	300m:	3:25.43 35.59	400m:	4:35.71 34.38
55.	CHMIELEWSKI Franciszek		07	UKS G-8 Bielany Warszawa				<b>4:39.13</b>	490
	50m:	31.67 31.67	150m:	1:40.85	34.91	250m:	2:52.14 35.36	350m:	4:04.91 36.21
	100m:	1:05.94 34.27	200m:	2:16.78	35.93	300m:	3:28.70 36.56	400m:	4:39.13 34.22
56.	WAWRZYNIAK Filip		06	MKP SŁOWIANKA Gorzów Wlkp.				<b>4:39.74</b>	486
	50m:	31.45 31.45	150m:	1:42.18	35.87	250m:	2:53.49 35.61	350m:	4:05.31 35.86
	100m:	1:06.31 34.86	200m:	2:17.88	35.70	300m:	3:29.45 35.96	400m:	4:39.74 34.43
57.	GEBAUER Wolfgang		08	MTP KORMORAN Olsztyn				<b>4:43.95</b>	465
	50m:	32.93 32.93	150m:	1:44.33	36.00	250m:	2:56.74 36.06	350m:	4:08.57 35.38
	100m:	1:08.33 35.40	200m:	2:20.68	36.35	300m:	3:33.19 36.45	400m:	4:43.95 35.38
58.	CHMIELEWSKI Jan		07	UKS G-8 Bielany Warszawa				<b>4:44.33</b>	463
	50m:	30.63 30.63	150m:	1:41.36	36.13	250m:	2:54.76 36.48	350m:	4:08.86 36.82
	100m:	1:05.23 34.60	200m:	2:18.28	36.92	300m:	3:32.04 37.28	400m:	4:44.33 35.47
59.	LITWI SKI Igor		07	MUKP Korona-Swim Kielce				<b>4:45.24</b>	459
	50m:	31.95 31.95	150m:	1:43.34	36.69	250m:	2:58.65 37.78	350m:	4:11.77 36.00
	100m:	1:06.65 34.70	200m:	2:20.87	37.53	300m:	3:35.77 37.12	400m:	4:45.24 33.47
60.	WI CKOWSKI Piotr		06	UKS DELFIN Garwolin				<b>4:46.25</b>	454
	50m:	32.19 32.19	150m:	1:44.67	36.71	250m:	2:58.64 36.90	350m:	4:12.60 36.81
	100m:	1:07.96 35.77	200m:	2:21.74	37.07	300m:	3:35.79 37.15	400m:	4:46.25 33.65
61.	POKR TOWSKI Karol		06	MTP KORMORAN Olsztyn				<b>4:51.13</b>	431
	50m:	32.22 32.22	150m:	1:45.24	37.21	250m:	2:59.75 37.57	350m:	4:15.06 38.02
	100m:	1:08.03 35.81	200m:	2:22.18	36.94	300m:	3:37.04 37.29	400m:	4:51.13 36.07