

FINAŁ Arena Grand Prix Puchar Polski
Łódź, 25-26.05.2024

Konkurencja 11

M czyzn, 400m dowolny

14 lat i starsi

2024-05-25 - 19:00

Wyniki

Rekord Polski Open 3:45.71 STANCZYK Przemysław 00116 Chiba (JPN) 2007-08-21

Punkty: FINA 2024

Pozycja	Rok ur.	Czas	Pkt.
14 lat i starsi			
1. SIERADZKI Kamil	02 AZS AWF Katowice	3:54.87	822
50m: 26.83 26.83	150m: 1:26.43 29.99	250m: 2:26.89 30.06	350m: 3:26.95 29.82
100m: 56.44 29.61	200m: 1:56.83 30.40	300m: 2:57.13 30.24	400m: 3:54.87 27.92
2. CHMIELEWSKI Krzysztof	04 IUKS MUSZELKA Warszawa	3:54.95	821
50m: 26.97 26.97	150m: 1:26.40 29.92	250m: 2:26.93 30.14	350m: 3:27.06 29.77
100m: 56.48 29.51	200m: 1:56.79 30.39	300m: 2:57.29 30.36	400m: 3:54.95 27.89
3. HEBEL Maciej	05 AZS AWF Katowice	3:59.57	775
50m: 27.79 27.79	150m: 1:28.89 30.50	250m: 2:29.37 30.20	350m: 3:29.96 30.24
100m: 58.39 30.60	200m: 1:59.17 30.28	300m: 2:59.72 30.35	400m: 3:59.57 29.61
4. GNACZY SKI Michał	07 MKP Szczecin	4:01.37	757
50m: 27.95 27.95	150m: 1:30.10 31.13	250m: 2:31.82 30.62	350m: 3:32.87 30.25
100m: 58.97 31.02	200m: 2:01.20 31.10	300m: 3:02.62 30.80	400m: 4:01.37 28.50
5. CHMIELEWSKI Michał	04 IUKS MUSZELKA Warszawa	4:02.26	749
50m: 27.69 27.69	150m: 1:29.27 30.98	250m: 2:31.18 30.72	350m: 3:33.32 30.90
100m: 58.29 30.60	200m: 2:00.46 31.19	300m: 3:02.42 31.24	400m: 4:02.26 28.94
6. STANISZEWSKI Bartosz	05 MKP Szczecin	4:03.37	739
50m: 28.43 28.43	150m: 1:30.21 31.16	250m: 2:32.15 31.12	350m: 3:34.52 31.12
100m: 59.05 30.62	200m: 2:01.03 30.82	300m: 3:03.40 31.25	400m: 4:03.37 28.85
7. WIDERSKI Julian	06 MKS JEDYNKA Łódź	4:04.49	729
50m: 26.23 26.23	150m: 1:29.07 31.86	250m: 2:33.06 31.86	350m: 3:35.57 30.94
100m: 57.21 30.98	200m: 2:01.20 32.13	300m: 3:04.63 31.57	400m: 4:04.49 28.92
8. BIE KOWSKI Mateusz	08 UKS ABIANKA Gdańsk	4:04.52	729
50m: 27.69 27.69	150m: 1:29.38 31.26	250m: 2:32.64 31.75	350m: 3:35.04 31.26
100m: 58.12 30.43	200m: 2:00.89 31.51	300m: 3:03.78 31.14	400m: 4:04.52 29.48
9. DARUL Bartosz	04 MKP Szczecin	4:05.79	717
50m: 28.75 28.75	150m: 1:31.37 31.59	250m: 2:34.12 31.06	350m: 3:36.07 30.76
100m: 59.78 31.03	200m: 2:03.06 31.69	300m: 3:05.31 31.19	400m: 4:05.79 29.72
10. LARY Jerzy	06 IUKS MUSZELKA Warszawa	4:06.11	714
50m: 29.02 29.02	150m: 1:31.40 31.48	250m: 2:33.86 31.27	350m: 3:36.08 31.00
100m: 59.92 30.90	200m: 2:02.59 31.19	300m: 3:05.08 31.22	400m: 4:06.11 30.03
11. WIDERSKI Miłosz	08 MKS JEDYNKA Łódź	4:07.72	701
50m: 27.85 27.85	150m: 1:32.33 32.52	250m: 2:35.94 31.87	350m: 3:38.85 31.06
100m: 59.81 31.96	200m: 2:04.07 31.74	300m: 3:07.79 31.85	400m: 4:07.72 28.87
12. PI TKA Miłosz	07 MKP Szczecin	4:08.02	698
50m: 28.74 28.74	150m: 1:31.71 31.32	250m: 2:34.49 31.25	350m: 3:37.93 31.62
100m: 1:00.39 31.65	200m: 2:03.24 31.53	300m: 3:06.31 31.82	400m: 4:08.02 30.09
13. FRONCZAK Antoni	06 UKS G-8 Bielany Warszawa	4:08.94	690
50m: 28.64 28.64	150m: 1:30.58 31.39	250m: 2:33.65 31.69	350m: 3:36.79 31.82
100m: 59.19 30.55	200m: 2:01.96 31.38	300m: 3:04.97 31.32	400m: 4:08.94 32.15
14. SZEL EK Alan	09 MKP Szczecin	4:11.43	670
50m: 29.70 29.70	150m: 1:33.19 32.05	250m: 2:37.24 31.79	350m: 3:40.97 31.55
100m: 1:01.14 31.44	200m: 2:05.45 32.26	300m: 3:09.42 32.18	400m: 4:11.43 30.46
15. WISZNIOWSKI Tymoteusz	10 LKS Jedno 32 Przyszowice	4:11.44	670
50m: 29.05 29.05	150m: 1:33.20 31.98	250m: 2:37.77 32.17	350m: 3:41.90 31.70
100m: 1:01.22 32.17	200m: 2:05.60 32.40	300m: 3:10.20 32.43	400m: 4:11.44 29.54
16. URBANIAK Olivier	07 MKS TRÓJKA Łódź	4:11.52	669
50m: 28.80 28.80	150m: 1:33.21 32.19	250m: 2:37.71 32.10	350m: 3:42.02 32.05
100m: 1:01.02 32.22	200m: 2:05.61 32.40	300m: 3:09.97 32.26	400m: 4:11.52 29.50

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Pozycja				Rok ur.					Czas	Pkt.		
17.	CIBA Mateusz			08	MKP Szczecin				4:11.83	667		
	50m:	28.67	28.67	150m:	1:33.15	32.15	250m:	2:37.53	32.02	350m:	3:41.26	31.61
	100m:	1:01.00	32.33	200m:	2:05.51	32.36	300m:	3:09.65	32.12	400m:	4:11.83	30.57
18.	JANISZEWSKI Fabian			09	UKS 190 Łódź				4:12.21	664		
	50m:	30.21	30.21	150m:	1:34.82	32.32	250m:	2:38.74	31.83	350m:	3:41.91	31.06
	100m:	1:02.50	32.29	200m:	2:06.91	32.09	300m:	3:10.85	32.11	400m:	4:12.21	30.30
19.	KORONA Eryk			09	MKP Szczecin				4:12.54	661		
	50m:	29.29	29.29	150m:	1:33.83	32.53	250m:	2:38.78	32.02	350m:	3:42.61	31.50
	100m:	1:01.30	32.01	200m:	2:06.76	32.93	300m:	3:11.11	32.33	400m:	4:12.54	29.93
20.	ZIELI SKI Dawid			09	MKP Szczecin				4:12.95	658		
	50m:	29.14	29.14	150m:	1:33.83	32.71	250m:	2:38.77	32.21	350m:	3:42.79	31.79
	100m:	1:01.12	31.98	200m:	2:06.56	32.73	300m:	3:11.00	32.23	400m:	4:12.95	30.16
21.	SIENKIEWICZ Ignacy			05	AZS AWF Warszawa				4:13.29	655		
	50m:	29.36	29.36	150m:	1:33.83	32.54	250m:	2:39.07	32.45	350m:	3:43.56	31.79
	100m:	1:01.29	31.93	200m:	2:06.62	32.79	300m:	3:11.77	32.70	400m:	4:13.29	29.73
22.	SHYPIN Aliaksandr			07	UKS G-8 Bielany Warszawa				4:14.33	647		
	50m:	29.24	29.24	150m:	1:34.89	32.23	250m:	2:40.34	33.03	350m:	3:45.17	31.75
	100m:	1:02.66	33.42	200m:	2:07.31	32.42	300m:	3:13.42	33.08	400m:	4:14.33	29.16
23.	TARCZY SKI Bartosz			07	UKS 190 Łódź				4:16.18	633		
	50m:	29.28	29.28	150m:	1:34.28	32.48	250m:	2:39.47	32.46	350m:	3:44.95	32.75
	100m:	1:01.80	32.52	200m:	2:07.01	32.73	300m:	3:12.20	32.73	400m:	4:16.18	31.23
24.	OŁOWNIA Ignacy			07	KS DELFIN Gdynia				4:16.26	633		
	50m:	29.53	29.53	150m:	1:35.20	32.64	250m:	2:40.87	32.72	350m:	3:45.60	31.91
	100m:	1:02.56	33.03	200m:	2:08.15	32.95	300m:	3:13.69	32.82	400m:	4:16.26	30.66
25.	PONIEWA Oliwier			07	KU AZS UMCS Lublin				4:16.66	630		
	50m:	29.64	29.64	150m:	1:34.36	32.77	250m:	2:40.05	32.61	350m:	3:45.03	32.74
	100m:	1:01.59	31.95	200m:	2:07.44	33.08	300m:	3:12.29	32.24	400m:	4:16.66	31.63
26.	DWORAKOWSKI Błażej			07	KS DELFIN Gdynia				4:17.15	626		
	50m:	29.67	29.67	150m:	1:34.19	32.80	250m:	2:40.04	32.78	350m:	3:45.50	32.91
	100m:	1:01.39	31.72	200m:	2:07.26	33.07	300m:	3:12.59	32.55	400m:	4:17.15	31.65
27.	NOWACKI Mieszko			09	KU AZS UMCS Lublin				4:17.36	625		
	50m:	29.38	29.38	150m:	1:33.56	32.27	250m:	2:38.99	32.84	350m:	3:44.82	32.97
	100m:	1:01.29	31.91	200m:	2:06.15	32.59	300m:	3:11.85	32.86	400m:	4:17.36	32.54
28.	WÓJCIAK Oliwier			07	UKS V Łomianki				4:17.39	625		
	50m:	27.98	27.98	150m:	1:32.00	32.50	250m:	2:38.68	33.29	350m:	3:45.68	33.43
	100m:	59.50	31.52	200m:	2:05.39	33.39	300m:	3:12.25	33.57	400m:	4:17.39	31.71
29.	WENTLAND Miłosz			07	MKS TRÓJKA Łódź				4:19.71	608		
	50m:	29.23	29.23	150m:	1:33.78	32.96	250m:	2:40.22	33.38	350m:	3:47.11	33.32
	100m:	1:00.82	31.59	200m:	2:06.84	33.06	300m:	3:13.79	33.57	400m:	4:19.71	32.60
30.	STEFA SKI Leon			07	UKS G-8 Bielany Warszawa				4:19.99	606		
	50m:	29.90	29.90	150m:	1:35.76	32.82	250m:	2:42.09	33.31	350m:	3:48.37	32.99
	100m:	1:02.94	33.04	200m:	2:08.78	33.02	300m:	3:15.38	33.29	400m:	4:19.99	31.62
31.	PAWŁAK Dawid			08	UKS 190 Łódź				4:20.83	600		
	50m:	29.37	29.37	150m:	1:34.84	32.97	250m:	2:43.49	34.59	350m:	3:50.03	33.61
	100m:	1:01.87	32.50	200m:	2:08.90	34.06	300m:	3:16.42	32.93	400m:	4:20.83	30.80
32.	CHARKOT Krzysztof			08	KU AZS UMCS Lublin				4:21.35	597		
	50m:	30.22	30.22	150m:	1:35.54	33.19	250m:	2:42.31	33.45	350m:	3:49.35	33.51
	100m:	1:02.35	32.13	200m:	2:08.86	33.32	300m:	3:15.84	33.53	400m:	4:21.35	32.00
33.	J DRYKA Nikodem			04	MKS TRÓJKA Łódź				4:21.60	595		
	50m:	29.64	29.64	150m:	1:36.20	33.35	250m:	2:43.45	33.44	350m:	3:50.28	32.72
	100m:	1:02.85	33.21	200m:	2:10.01	33.81	300m:	3:17.56	34.11	400m:	4:21.60	31.32
34.	TOMCZYK Jan			07	SSP ORKA Iława				4:21.67	594		
	50m:	28.74	28.74	150m:	1:34.09	33.26	250m:	2:41.71	34.09	350m:	3:49.57	33.99
	100m:	1:00.83	32.09	200m:	2:07.62	33.53	300m:	3:15.58	33.87	400m:	4:21.67	32.10

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Pozycja			Rok ur.						Czas	Pkt.
35.	SELDER Krystian		07	MKS TRÓJKA Łódź					4:22.81	587
	50m: 29.84	29.84	150m: 1:36.48	33.52	250m: 2:43.68	33.37	350m: 3:50.90	33.14		
	100m: 1:02.96	33.12	200m: 2:10.31	33.83	300m: 3:17.76	34.08	400m: 4:22.81	31.91		
36.	CZOGAŁA Grzegorz		07	UKS G-8 Bielany Warszawa					4:23.45	582
	50m: 28.81	28.81	150m: 1:34.63	32.92	250m: 2:42.77		350m: 3:50.91	34.24		
	100m: 1:01.71	32.90	200m:		300m: 3:16.67	33.90	400m: 4:23.45	32.54		
37.	MIELCAREK Filip		09	TP SKALAR Słupsk					4:24.11	578
	50m: 29.59	29.59	150m: 1:36.94	33.90	250m: 2:44.41	33.52	350m: 3:52.06	33.65		
	100m: 1:03.04	33.45	200m: 2:10.89	33.95	300m: 3:18.41	34.00	400m: 4:24.11	32.05		
38.	GOŁACKI Sergiusz		04	UKS 190 Łódź					4:24.36	576
	50m: 29.05	29.05	150m: 1:35.44	33.66	250m: 2:42.63	33.81	350m: 3:51.15	34.37		
	100m: 1:01.78	32.73	200m: 2:08.82	33.38	300m: 3:16.78	34.15	400m: 4:24.36	33.21		
39.	SKROBISZ Michał		07	UKS 190 Łódź					4:24.94	573
	50m: 30.67	30.67	150m: 1:37.48	33.67	250m: 2:44.95	33.57	350m: 3:52.08	33.53		
	100m: 1:03.81	33.14	200m: 2:11.38	33.90	300m: 3:18.55	33.60	400m: 4:24.94	32.86		
40.	ULAS Antoni		07	MKS TRÓJKA Łódź					4:25.05	572
	50m: 29.97	29.97	150m: 1:38.56	34.68	250m: 2:48.11	34.73	350m: 3:54.21	32.39		
	100m: 1:03.88	33.91	200m: 2:13.38	34.82	300m: 3:21.82	33.71	400m: 4:25.05	30.84		
41.	SZYMCZYK Michał		08	UKS GOS Raszyn					4:26.16	565
	50m: 27.80	27.80	150m: 1:33.06	33.88	250m: 2:43.00	35.03	350m: 3:53.02	35.10		
	100m: 59.18	31.38	200m: 2:07.97	34.91	300m: 3:17.92	34.92	400m: 4:26.16	33.14		
42.	LESIAK Piotr		09	SKS 137 DELFIN Łódź					4:26.36	563
	50m: 30.05	30.05	150m: 1:37.87	33.76	250m: 2:45.83	33.63	350m: 3:54.19	33.07		
	100m: 1:04.11	34.06	200m: 2:12.20	34.33	300m: 3:21.12	35.29	400m: 4:26.36	32.17		
43.	STARO Filip		08	UKS ABIANKA Gdańsk					4:27.27	558
	50m: 30.82	30.82	150m: 1:39.57	34.78	250m: 2:48.68	34.30	350m: 3:55.87	33.27		
	100m: 1:04.79	33.97	200m: 2:14.38	34.81	300m: 3:22.60	33.92	400m: 4:27.27	31.40		
44.	ŁUCZAK Filip		08	UKS 190 Łódź					4:27.84	554
	50m: 29.93	29.93	150m: 1:37.90	34.23	250m: 2:47.00	34.67	350m: 3:55.18	34.30		
	100m: 1:03.67	33.74	200m: 2:12.33	34.43	300m: 3:20.88	33.88	400m: 4:27.84	32.66		
45.	NADAJ Filip		09	UKS ABIANKA Gdańsk					4:32.65	525
	50m: 30.53	30.53	150m: 1:39.39	34.97	250m: 2:49.10	34.57	350m: 3:58.55	34.16		
	100m: 1:04.42	33.89	200m: 2:14.53	35.14	300m: 3:24.39	35.29	400m: 4:32.65	34.10		
46.	MASZEWSKI Mikołaj		06	UKS NAWA Skierniewice					4:32.73	525
	50m: 30.14	30.14	150m: 1:39.63	34.95	250m: 2:49.49	34.98	350m: 3:59.56	34.75		
	100m: 1:04.68	34.54	200m: 2:14.51	34.88	300m: 3:24.81	35.32	400m: 4:32.73	33.17		
47.	GRZYBOWSKI Jan		10	UKS SP-149 Łódź					4:33.73	519
	50m: 28.27	28.27	150m: 1:36.80	35.99	250m: 2:48.60	35.81	350m: 4:00.04	35.07		
	100m: 1:00.81	32.54	200m: 2:12.79	35.99	300m: 3:24.97	36.37	400m: 4:33.73	33.69		
48.	TRUDNOS Ignacy		08	UKS 190 Łódź					4:34.59	514
	50m: 31.39	31.39	150m: 1:41.20	35.01	250m: 2:51.69	35.30	350m: 4:01.41	34.76		
	100m: 1:06.19	34.80	200m: 2:16.39	35.19	300m: 3:26.65	34.96	400m: 4:34.59	33.18		
49.	WIECZOREK Kacper		07	UKS WODNIK Siemianowice I skie					4:35.80	508
	50m: 30.05	30.05	150m: 1:38.77	34.90	250m: 2:49.37	35.44	350m: 4:00.75	35.59		
	100m: 1:03.87	33.82	200m: 2:13.93	35.16	300m: 3:25.16	35.79	400m: 4:35.80	35.05		
50.	DRELICH Mateusz		09	UKS 190 Łódź					4:38.26	494
	50m: 31.47	31.47	150m: 1:41.64	34.95	250m: 2:52.38	35.06	350m: 4:03.53	35.28		
	100m: 1:06.69	35.22	200m: 2:17.32	35.68	300m: 3:28.25	35.87	400m: 4:38.26	34.73		
51.	MADEY Ryszard		08	UKS GOS Raszyn					4:38.59	492
	50m: 29.86	29.86	150m: 1:39.28	35.08	250m: 2:50.81	35.32	350m: 4:02.44	35.68		
	100m: 1:04.20	34.34	200m: 2:15.49	36.21	300m: 3:26.76	35.95	400m: 4:38.59	36.15		
52.	D BROWSKI Oliwier		10	MKP SŁOWIANKA Gorzów Wlkp.					4:40.30	483
	50m: 32.17	32.17	150m: 1:43.32	35.83	250m: 2:55.41	35.76	350m: 4:06.78	35.75		
	100m: 1:07.49	35.32	200m: 2:19.65	36.33	300m: 3:31.03	35.62	400m: 4:40.30	33.52		



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Pozycja		Rok ur.						Czas	Pkt.
53.	OLSZEWSKI Jakub	08	MKP Szczecin					4:41.10	479
	50m: 29.94 29.94	150m: 1:38.79	35.21	250m: 2:51.60	37.05	350m: 4:05.60	36.92		
	100m: 1:03.58 33.64	200m: 2:14.55	35.76	300m: 3:28.68	37.08	400m: 4:41.10	35.50		
54.	MYSZKIEWICZ Paweł	10	LKS Jedno 32 Przyszowice					4:41.77	476
	50m: 32.50 32.50	150m: 1:44.48	36.29	250m: 2:56.93	36.27	350m: 4:08.10	35.67		
	100m: 1:08.19 35.69	200m: 2:20.66	36.18	300m: 3:32.43	35.50	400m: 4:41.77	33.67		
55.	ROZUMEK Jan	09	Stow. Solne Miasto Wieliczka					4:46.58	452
	50m: 30.69 30.69	150m: 1:42.59	36.95	250m: 2:56.66	37.34	350m: 4:11.17	37.78		
	100m: 1:05.64 34.95	200m: 2:19.32	36.73	300m: 3:33.39	36.73	400m: 4:46.58	35.41		
56.	KOPACKI Aleksander	10	TP SKALAR Słupsk					4:47.01	450
	50m: 31.46 31.46	150m: 1:44.10	36.93	250m: 2:58.13	37.09	350m: 4:11.63	36.50		
	100m: 1:07.17 35.71	200m: 2:21.04	36.94	300m: 3:35.13	37.00	400m: 4:47.01	35.38		
DYSKW.	BOBEK Witold	08	UKS ABIANKA Gdańsk						
	<i>O2 - Pływak nie ukończył całego dystansu.</i>								

17 - 18 lat

1.	GNACZY SKI Michał	07	MKP Szczecin					4:01.37	757
	50m: 27.95 27.95	150m: 1:30.10	31.13	250m: 2:31.82	30.62	350m: 3:32.87	30.25		
	100m: 58.97 31.02	200m: 2:01.20	31.10	300m: 3:02.62	30.80	400m: 4:01.37	28.50		
2.	WIDERSKI Julian	06	MKS JEDYNKA Łódź					4:04.49	729
	50m: 26.23 26.23	150m: 1:29.07	31.86	250m: 2:33.06	31.86	350m: 3:35.57	30.94		
	100m: 57.21 30.98	200m: 2:01.20	32.13	300m: 3:04.63	31.57	400m: 4:04.49	28.92		
3.	LARY Jerzy	06	IUKS MUSZELKA Warszawa					4:06.11	714
	50m: 29.02 29.02	150m: 1:31.40	31.48	250m: 2:33.86	31.27	350m: 3:36.08	31.00		
	100m: 59.92 30.90	200m: 2:02.59	31.19	300m: 3:05.08	31.22	400m: 4:06.11	30.03		
4.	PI TKA Miłosz	07	MKP Szczecin					4:08.02	698
	50m: 28.74 28.74	150m: 1:31.71	31.32	250m: 2:34.49	31.25	350m: 3:37.93	31.62		
	100m: 1:00.39 31.65	200m: 2:03.24	31.53	300m: 3:06.31	31.82	400m: 4:08.02	30.09		
5.	FRONCZAK Antoni	06	UKS G-8 Bielany Warszawa					4:08.94	690
	50m: 28.64 28.64	150m: 1:30.58	31.39	250m: 2:33.65	31.69	350m: 3:36.79	31.82		
	100m: 59.19 30.55	200m: 2:01.96	31.38	300m: 3:04.97	31.32	400m: 4:08.94	32.15		
6.	URBANIAK Olivier	07	MKS TRÓJKA Łódź					4:11.52	669
	50m: 28.80 28.80	150m: 1:33.21	32.19	250m: 2:37.71	32.10	350m: 3:42.02	32.05		
	100m: 1:01.02 32.22	200m: 2:05.61	32.40	300m: 3:09.97	32.26	400m: 4:11.52	29.50		
7.	SHYPIN Aliksandr	07	UKS G-8 Bielany Warszawa					4:14.33	647
	50m: 29.24 29.24	150m: 1:34.89	32.23	250m: 2:40.34	33.03	350m: 3:45.17	31.75		
	100m: 1:02.66 33.42	200m: 2:07.31	32.42	300m: 3:13.42	33.08	400m: 4:14.33	29.16		
8.	TARCZY SKI Bartosz	07	UKS 190 Łódź					4:16.18	633
	50m: 29.28 29.28	150m: 1:34.28	32.48	250m: 2:39.47	32.46	350m: 3:44.95	32.75		
	100m: 1:01.80 32.52	200m: 2:07.01	32.73	300m: 3:12.20	32.73	400m: 4:16.18	31.23		
9.	OŁOWNIA Ignacy	07	KS DELFIN Gdynia					4:16.26	633
	50m: 29.53 29.53	150m: 1:35.20	32.64	250m: 2:40.87	32.72	350m: 3:45.60	31.91		
	100m: 1:02.56 33.03	200m: 2:08.15	32.95	300m: 3:13.69	32.82	400m: 4:16.26	30.66		
10.	PONIEWA Oliwier	07	KU AZS UMCS Lublin					4:16.66	630
	50m: 29.64 29.64	150m: 1:34.36	32.77	250m: 2:40.05	32.61	350m: 3:45.03	32.74		
	100m: 1:01.59 31.95	200m: 2:07.44	33.08	300m: 3:12.29	32.24	400m: 4:16.66	31.63		
11.	DWORAKOWSKI Błażej	07	KS DELFIN Gdynia					4:17.15	626
	50m: 29.67 29.67	150m: 1:34.19	32.80	250m: 2:40.04	32.78	350m: 3:45.50	32.91		
	100m: 1:01.39 31.72	200m: 2:07.26	33.07	300m: 3:12.59	32.55	400m: 4:17.15	31.65		
12.	WÓJCIAK Oliwier	07	UKS V Łomianki					4:17.39	625
	50m: 27.98 27.98	150m: 1:32.00	32.50	250m: 2:38.68	33.29	350m: 3:45.68	33.43		
	100m: 59.50 31.52	200m: 2:05.39	33.39	300m: 3:12.25	33.57	400m: 4:17.39	31.71		



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

Pozycja		Rok ur.						Czas	Pkt.
13.	WENTLAND Miłosz	07	MKS TRÓJKA Łódź					4:19.71	608
	50m: 29.23 29.23	150m: 1:33.78	32.96	250m: 2:40.22	33.38	350m: 3:47.11	33.32		
	100m: 1:00.82 31.59	200m: 2:06.84	33.06	300m: 3:13.79	33.57	400m: 4:19.71	32.60		
14.	STEFA SKI Leon	07	UKS G-8 Bielany Warszawa					4:19.99	606
	50m: 29.90 29.90	150m: 1:35.76	32.82	250m: 2:42.09	33.31	350m: 3:48.37	32.99		
	100m: 1:02.94 33.04	200m: 2:08.78	33.02	300m: 3:15.38	33.29	400m: 4:19.99	31.62		
15.	TOMCZYK Jan	07	SSP ORKA Iława					4:21.67	594
	50m: 28.74 28.74	150m: 1:34.09	33.26	250m: 2:41.71	34.09	350m: 3:49.57	33.99		
	100m: 1:00.83 32.09	200m: 2:07.62	33.53	300m: 3:15.58	33.87	400m: 4:21.67	32.10		
16.	SELDER Krystian	07	MKS TRÓJKA Łódź					4:22.81	587
	50m: 29.84 29.84	150m: 1:36.48	33.52	250m: 2:43.68	33.37	350m: 3:50.90	33.14		
	100m: 1:02.96 33.12	200m: 2:10.31	33.83	300m: 3:17.76	34.08	400m: 4:22.81	31.91		
17.	CZOGAŁA Grzegorz	07	UKS G-8 Bielany Warszawa					4:23.45	582
	50m: 28.81 28.81	150m: 1:34.63	32.92	250m: 2:42.77		350m: 3:50.91	34.24		
	100m: 1:01.71 32.90	200m:		300m: 3:16.67	33.90	400m: 4:23.45	32.54		
18.	SKROBISZ Michał	07	UKS 190 Łódź					4:24.94	573
	50m: 30.67 30.67	150m: 1:37.48	33.67	250m: 2:44.95	33.57	350m: 3:52.08	33.53		
	100m: 1:03.81 33.14	200m: 2:11.38	33.90	300m: 3:18.55	33.60	400m: 4:24.94	32.86		
19.	ULAS Antoni	07	MKS TRÓJKA Łódź					4:25.05	572
	50m: 29.97 29.97	150m: 1:38.56	34.68	250m: 2:48.11	34.73	350m: 3:54.21	32.39		
	100m: 1:03.88 33.91	200m: 2:13.38	34.82	300m: 3:21.82	33.71	400m: 4:25.05	30.84		
20.	MASZEWSKI Mikołaj	06	UKS NAWA Skierniewice					4:32.73	525
	50m: 30.14 30.14	150m: 1:39.63	34.95	250m: 2:49.49	34.98	350m: 3:59.56	34.75		
	100m: 1:04.68 34.54	200m: 2:14.51	34.88	300m: 3:24.81	35.32	400m: 4:32.73	33.17		
21.	WIECZOREK Kacper	07	UKS WODNIK Siemianowice I skie					4:35.80	508
	50m: 30.05 30.05	150m: 1:38.77	34.90	250m: 2:49.37	35.44	350m: 4:00.75	35.59		
	100m: 1:03.87 33.82	200m: 2:13.93	35.16	300m: 3:25.16	35.79	400m: 4:35.80	35.05		
16 lat									
1.	BIE KOWSKI Mateusz	08	UKS ABIANKA Gdańsk					4:04.52	729
	50m: 27.69 27.69	150m: 1:29.38	31.26	250m: 2:32.64	31.75	350m: 3:35.04	31.26		
	100m: 58.12 30.43	200m: 2:00.89	31.51	300m: 3:03.78	31.14	400m: 4:04.52	29.48		
2.	WIDERSKI Miłosz	08	MKS JEDYNKA Łódź					4:07.72	701
	50m: 27.85 27.85	150m: 1:32.33	32.52	250m: 2:35.94	31.87	350m: 3:38.85	31.06		
	100m: 59.81 31.96	200m: 2:04.07	31.74	300m: 3:07.79	31.85	400m: 4:07.72	28.87		
3.	CIBA Mateusz	08	MKP Szczecin					4:11.83	667
	50m: 28.67 28.67	150m: 1:33.15	32.15	250m: 2:37.53	32.02	350m: 3:41.26	31.61		
	100m: 1:01.00 32.33	200m: 2:05.51	32.36	300m: 3:09.65	32.12	400m: 4:11.83	30.57		
4.	PAWLAK Dawid	08	UKS 190 Łódź					4:20.83	600
	50m: 29.37 29.37	150m: 1:34.84	32.97	250m: 2:43.49	34.59	350m: 3:50.03	33.61		
	100m: 1:01.87 32.50	200m: 2:08.90	34.06	300m: 3:16.42	32.93	400m: 4:20.83	30.80		
5.	CHARKOT Krzysztof	08	KU AZS UMCS Lublin					4:21.35	597
	50m: 30.22 30.22	150m: 1:35.54	33.19	250m: 2:42.31	33.45	350m: 3:49.35	33.51		
	100m: 1:02.35 32.13	200m: 2:08.86	33.32	300m: 3:15.84	33.53	400m: 4:21.35	32.00		
6.	SZYMCZYK Michał	08	UKS GOS Raszyn					4:26.16	565
	50m: 27.80 27.80	150m: 1:33.06	33.88	250m: 2:43.00	35.03	350m: 3:53.02	35.10		
	100m: 59.18 31.38	200m: 2:07.97	34.91	300m: 3:17.92	34.92	400m: 4:26.16	33.14		
7.	STARO Filip	08	UKS ABIANKA Gdańsk					4:27.27	558
	50m: 30.82 30.82	150m: 1:39.57	34.78	250m: 2:48.68	34.30	350m: 3:55.87	33.27		
	100m: 1:04.79 33.97	200m: 2:14.38	34.81	300m: 3:22.60	33.92	400m: 4:27.27	31.40		
8.	ŁUCZAK Filip	08	UKS 190 Łódź					4:27.84	554
	50m: 29.93 29.93	150m: 1:37.90	34.23	250m: 2:47.00	34.67	350m: 3:55.18	34.30		
	100m: 1:03.67 33.74	200m: 2:12.33	34.43	300m: 3:20.88	33.88	400m: 4:27.84	32.66		



Konkurencja 11, Chłopców, 400m dowolny, 16 lat

Pozycja				Rok ur.					Czas	Pkt.		
9.	TRUDNOS Ignacy			08	UKS 190 Łódź				4:34.59	514		
	50m:	31.39	31.39	150m:	1:41.20	35.01	250m:	2:51.69	35.30	350m:	4:01.41	34.76
	100m:	1:06.19	34.80	200m:	2:16.39	35.19	300m:	3:26.65	34.96	400m:	4:34.59	33.18
10.	MADEY Ryszard			08	UKS GOS Raszyn				4:38.59	492		
	50m:	29.86	29.86	150m:	1:39.28	35.08	250m:	2:50.81	35.32	350m:	4:02.44	35.68
	100m:	1:04.20	34.34	200m:	2:15.49	36.21	300m:	3:26.76	35.95	400m:	4:38.59	36.15
11.	OLSZEWSKI Jakub			08	MKP Szczecin				4:41.10	479		
	50m:	29.94	29.94	150m:	1:38.79	35.21	250m:	2:51.60	37.05	350m:	4:05.60	36.92
	100m:	1:03.58	33.64	200m:	2:14.55	35.76	300m:	3:28.68	37.08	400m:	4:41.10	35.50
DYSKW.	BOBEK Witold			08	UKS ABIANKA Gdańsk							
	<i>O2 - Pływak nie ukończył całego dystansu.</i>											

15 lat

1.	SZEL EK Alan			09	MKP Szczecin				4:11.43	670		
	50m:	29.70	29.70	150m:	1:33.19	32.05	250m:	2:37.24	31.79	350m:	3:40.97	31.55
	100m:	1:01.14	31.44	200m:	2:05.45	32.26	300m:	3:09.42	32.18	400m:	4:11.43	30.46
2.	JANISZEWSKI Fabian			09	UKS 190 Łódź				4:12.21	664		
	50m:	30.21	30.21	150m:	1:34.82	32.32	250m:	2:38.74	31.83	350m:	3:41.91	31.06
	100m:	1:02.50	32.29	200m:	2:06.91	32.09	300m:	3:10.85	32.11	400m:	4:12.21	30.30
3.	KORONA Eryk			09	MKP Szczecin				4:12.54	661		
	50m:	29.29	29.29	150m:	1:33.83	32.53	250m:	2:38.78	32.02	350m:	3:42.61	31.50
	100m:	1:01.30	32.01	200m:	2:06.76	32.93	300m:	3:11.11	32.33	400m:	4:12.54	29.93
4.	ZIELI SKI Dawid			09	MKP Szczecin				4:12.95	658		
	50m:	29.14	29.14	150m:	1:33.83	32.71	250m:	2:38.77	32.21	350m:	3:42.79	31.79
	100m:	1:01.12	31.98	200m:	2:06.56	32.73	300m:	3:11.00	32.23	400m:	4:12.95	30.16
5.	NOWACKI Mieszko			09	KU AZS UMCS Lublin				4:17.36	625		
	50m:	29.38	29.38	150m:	1:33.56	32.27	250m:	2:38.99	32.84	350m:	3:44.82	32.97
	100m:	1:01.29	31.91	200m:	2:06.15	32.59	300m:	3:11.85	32.86	400m:	4:17.36	32.54
6.	MIELCAREK Filip			09	TP SKALAR Słupsk				4:24.11	578		
	50m:	29.59	29.59	150m:	1:36.94	33.90	250m:	2:44.41	33.52	350m:	3:52.06	33.65
	100m:	1:03.04	33.45	200m:	2:10.89	33.95	300m:	3:18.41	34.00	400m:	4:24.11	32.05
7.	LESIAK Piotr			09	SKS 137 DELFIN Łódź				4:26.36	563		
	50m:	30.05	30.05	150m:	1:37.87	33.76	250m:	2:45.83	33.63	350m:	3:54.19	33.07
	100m:	1:04.11	34.06	200m:	2:12.20	34.33	300m:	3:21.12	35.29	400m:	4:26.36	32.17
8.	NADAJ Filip			09	UKS ABIANKA Gdańsk				4:32.65	525		
	50m:	30.53	30.53	150m:	1:39.39	34.97	250m:	2:49.10	34.57	350m:	3:58.55	34.16
	100m:	1:04.42	33.89	200m:	2:14.53	35.14	300m:	3:24.39	35.29	400m:	4:32.65	34.10
9.	DRELICH Mateusz			09	UKS 190 Łódź				4:38.26	494		
	50m:	31.47	31.47	150m:	1:41.64	34.95	250m:	2:52.38	35.06	350m:	4:03.53	35.28
	100m:	1:06.69	35.22	200m:	2:17.32	35.68	300m:	3:28.25	35.87	400m:	4:38.26	34.73
10.	ROZUMEK Jan			09	Stow. Solne Miasto Wieliczka				4:46.58	452		
	50m:	30.69	30.69	150m:	1:42.59	36.95	250m:	2:56.66	37.34	350m:	4:11.17	37.78
	100m:	1:05.64	34.95	200m:	2:19.32	36.73	300m:	3:33.39	36.73	400m:	4:46.58	35.41

14 lat

1.	WISZNIOWSKI Tymoteusz			10	LKS Jedno 32 Przyszowice				4:11.44	670		
	50m:	29.05	29.05	150m:	1:33.20	31.98	250m:	2:37.77	32.17	350m:	3:41.90	31.70
	100m:	1:01.22	32.17	200m:	2:05.60	32.40	300m:	3:10.20	32.43	400m:	4:11.44	29.54
2.	GRZYBOWSKI Jan			10	UKS SP-149 Łódź				4:33.73	519		
	50m:	28.27	28.27	150m:	1:36.80	35.99	250m:	2:48.60	35.81	350m:	4:00.04	35.07
	100m:	1:00.81	32.54	200m:	2:12.79	35.99	300m:	3:24.97	36.37	400m:	4:33.73	33.69



Konkurencja 11, Chłopców, 400m dowolny, 14 lat

Pozycja			Rok ur.						Czas	Pkt.		
3.	D BROWSKI Oliwier		10	MKP SŁOWIANKA Gorzów Wlkp.					4:40.30	483		
	50m:	32.17	32.17	150m:	1:43.32	35.83	250m:	2:55.41	35.76	350m:	4:06.78	35.75
	100m:	1:07.49	35.32	200m:	2:19.65	36.33	300m:	3:31.03	35.62	400m:	4:40.30	33.52
4.	MYSZKIEWICZ Paweł		10	LKS Jedno 32 Przyszowice					4:41.77	476		
	50m:	32.50	32.50	150m:	1:44.48	36.29	250m:	2:56.93	36.27	350m:	4:08.10	35.67
	100m:	1:08.19	35.69	200m:	2:20.66	36.18	300m:	3:32.43	35.50	400m:	4:41.77	33.67
5.	KOPACKI Aleksander		10	TP SKALAR Słupsk					4:47.01	450		
	50m:	31.46	31.46	150m:	1:44.10	36.93	250m:	2:58.13	37.09	350m:	4:11.63	36.50
	100m:	1:07.17	35.71	200m:	2:21.04	36.94	300m:	3:35.13	37.00	400m:	4:47.01	35.38