



Event 11 Men, 400m Freestyle 14 years and older
2024-05-25 - 19:00 Results

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

Points: FINA 2024

Rank			YB			Time	Pts	
14 years and older								
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.	GNACZYNSKI Michal		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 Michal		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.	SWIDERSKI Julian		06	MKS JEDYNKA Lodz		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.	BIENKOWSKI Mateusz		08	UKS ZABIANKA Gdansk		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.	LARYS 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.	SWIDERSKI Milosz		08	MKS JEDYNKA Lodz		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.	PIETKA Milosz		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.	SZELAZEK 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 Jednosc 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 TROJKA Lodz		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



Event 11, Men, 400m Freestyle, 14 years and older

Rank			YB					Time	Pts
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 Lodz				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.	ZIELINSKI 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.	TARCZYNSKI Bartosz		07	UKS 190 Lodz				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.	OLOWNIA 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.	PONIEWAZ 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 Blazej		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.	WOJCIAK Oliwier		07	UKS V Lomianki				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 Milosz		07	MKS TROJKA Lodz				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.	STEFANSKI 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.	PAWLAK Dawid		08	UKS 190 Lodz				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.	JEDRYKA Nikodem		04	MKS TROJKA Lodz				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 Ilawa				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	



Event 11, Men, 400m Freestyle, 14 years and older

Rank		YB							Time	Pts
35.	SELDER Krystian	07	MKS TROJKA Lodz						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.	CZOGALA 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 Slupsk						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.	GOLACKI Sergiusz	04	UKS 190 Lodz						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 Michal	07	UKS 190 Lodz						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 TROJKA Lodz						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 Michal	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 Lodz						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.	STARON Filip	08	UKS ZABIANKA Gdansk						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.	LUCZAK Filip	08	UKS 190 Lodz						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 ZABIANKA Gdansk						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 Mikolaj	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 Lodz						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 Lodz						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 Slaskie						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 Lodz						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.	DABROWSKI Oliwier	10	MKP SLOWIANKA Gorzow 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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Rank		YB						Time	Pts
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 Pawel	10	LKS Jednosc 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 Slupsk					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	
DSQ	BOBEK Witold	08	UKS ZABIANKA Gdansk						
	<i>O2 - Pływak nie ukończył całego dystansu.</i>								

17 - 18 years

1.	GNACZYNSKI Michal	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.	SWIDERSKI Julian	06	MKS JEDYNKA Lodz					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.	LARYS 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.	PIETKA Milosz	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 TROJKA Lodz					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.	TARCZYNSKI Bartosz	07	UKS 190 Lodz					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.	OLOWNIA 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.	PONIEWAZ 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 Blazej	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.	WOJCIAK Oliwier	07	UKS V Lomianki					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	



Event 11, Boys, 400m Freestyle, 17 - 18 years

Rank			YB					Time	Pts
13.	WENTLAND Milosz		07	MKS TROJKA Lodz				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.	STEFANSKI 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 Ilawa				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 TROJKA Lodz				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.	CZOGALA 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 Michal		07	UKS 190 Lodz				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 TROJKA Lodz				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 Slaskie				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 years

1.	BIENKOWSKI Mateusz		08	UKS ZABIANKA Gdansk				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.	SWIDERSKI Milosz		08	MKS JEDYNKA Lodz				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 Lodz				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 Michal		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.	STARON Filip		08	UKS ZABIANKA Gdansk				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.	LUCZAK Filip		08	UKS 190 Lodz				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	



Event 11, Boys, 400m Freestyle, 16 years

Rank		YB						Time	Pts
9.	TRUDNOS Ignacy	08	UKS 190 Lodz					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					
DSQ	BOBEK Witold	08	UKS ZABIANKA Gdansk						
	<i>O2 - Pływak nie ukończył całego dystansu.</i>								

15 years

1.	SZELAZEK 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 Lodz					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.	ZIELINSKI 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 Slupsk					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 Lodz					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 ZABIANKA Gdansk					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 Lodz					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 years

1.	WISZNIOWSKI Tymoteusz	10	LKS Jednosc 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.	GRZYSZAK Jan	10	UKS SP-149 Lodz					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					



Event 11, Boys, 400m Freestyle, 14 years

Rank		YB						Time	Pts
3.	DABROWSKI Oliwier	10	MKP SLOWIANKA Gorzow Wilkp.					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 Pawel	10	LKS Jednosc 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 Slupsk					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		