

Zimowe Mistrzostwa Polski Juniorów 15 lat  
Nowa Ruda - S<sup>3</sup>upiec, 23. - 25.1.2009

Konkurencja 20  
2009-01-24

Ch<sup>3</sup>opców, 400m dowolny

15 lat  
Wyniki Eliminacje

Rekord Polski 3:55.05 SZUBA Micha<sup>3</sup> SLWRO Nowa Ruda 2005-12-08

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.		
1.	BERNATOWICZ Sebastian		94	PIĘTNASTKA AQUA Bydgoszcz				<b>4:06.69</b>	689 A		
	50m:	26.99 26.99	150m:	1:29.70	31.82	250m:	2:34.15	32.42	350m:	3:37.41	31.55
	100m:	57.88 30.89	200m:	2:01.73	32.03	300m:	3:05.86	31.71	400m:	4:06.69	29.28
2.	ZONIUK Maciej		94	ŁELŹSK Wroc <sup>3</sup> aw				<b>4:07.57</b>	681 A		
	50m:	28.37 28.37	150m:	1:30.70	31.49	250m:	2:34.10	31.73	350m:	3:36.84	31.50
	100m:	59.21 30.84	200m:	2:02.37	31.67	300m:	3:05.34	31.24	400m:	4:07.57	30.73
3.	BUJOCZEK Filip		94	CSiR MOS D <sup>1</sup> browa Górnicza				<b>4:09.19</b>	668 A		
	50m:	27.60 27.60	150m:	1:30.82	31.90	250m:	2:34.60	31.90	350m:	3:39.08	32.23
	100m:	58.92 31.32	200m:	2:02.70	31.88	300m:	3:06.85	32.25	400m:	4:09.19	30.11
4.	KURANT Roger		94	KSZO Ostrowiec				<b>4:10.63</b>	657 A		
	50m:	28.26 28.26	150m:	1:31.75	32.01	250m:	2:35.69	32.02	350m:	3:39.63	32.09
	100m:	59.74 31.48	200m:	2:03.67	31.92	300m:	3:07.54	31.85	400m:	4:10.63	31.00
5.	ZABOROWSKI Filip		94	FLOTA Gdynia				<b>4:13.15</b>	637 A		
	50m:	28.07 28.07	150m:	1:31.47	31.88	250m:	2:35.87	32.39	350m:	3:40.96	32.48
	100m:	59.59 31.52	200m:	2:03.48	32.01	300m:	3:08.48	32.61	400m:	4:13.15	32.19
6.	SMEJA S <sup>3</sup> awomir		94	AZS WSG-ASTORIA Bydgoszcz				<b>4:13.81</b>	632 A		
	50m:	28.72 28.72	150m:	1:32.58	32.34	250m:	2:37.63	32.38	350m:	3:42.49	32.54
	100m:	1:00.24 31.52	200m:	2:05.25	32.67	300m:	3:09.95	32.32	400m:	4:13.81	31.32
7.	TOMASZEWSKI Jacek		94	REKIN Warszawa				<b>4:14.03</b>	631 A		
	50m:	28.33 28.33	150m:	1:32.31	32.32	250m:	2:37.69	32.81	350m:	3:42.62	32.31
	100m:	59.99 31.66	200m:	2:04.88	32.57	300m:	3:10.31	32.62	400m:	4:14.03	31.41
8.	BREMBOR Tomasz		94	AZS AWF Katowice				<b>4:14.59</b>	627 A		
	50m:	29.14 29.14	150m:	1:33.77	32.71	250m:	2:38.67	32.19	350m:	3:43.04	32.00
	100m:	1:01.06 31.92	200m:	2:06.48	32.71	300m:	3:11.04	32.37	400m:	4:14.59	31.55
9.	RYSKI Marcin		94	KORMORAN Olsztyn				<b>4:16.00</b>	616 B		
	50m:	30.23 30.23	150m:	1:34.71	32.38	250m:	2:39.94	32.47	350m:	3:45.28	32.56
	100m:	1:02.33 32.10	200m:	2:07.47	32.76	300m:	3:12.72	32.78	400m:	4:16.00	30.72
10.	KACZMARSKI Marcin		94	KSZO Ostrowiec				<b>4:16.92</b>	610 B		
	50m:	29.04 29.04	150m:	1:34.03	32.75	250m:	2:39.70	32.74	350m:	3:45.56	32.95
	100m:	1:01.28 32.24	200m:	2:06.96	32.93	300m:	3:12.61	32.91	400m:	4:16.92	31.36
11.	KLICH Kacper		94	AZS AWF Katowice				<b>4:17.36</b>	607 B		
	50m:	29.45 29.45	150m:	1:34.84	33.01	250m:	2:40.88	32.97	350m:	3:46.24	32.38
	100m:	1:01.83 32.38	200m:	2:07.91	33.07	300m:	3:13.86	32.98	400m:	4:17.36	31.12
12.	BEDNARCZYK Pawe <sup>3</sup>		94	ŁELŹSK Wroc <sup>3</sup> aw				<b>4:18.36</b>	600 B		
	50m:	28.74 28.74	150m:	1:32.65	32.50	250m:	2:38.85	33.15	350m:	3:45.78	33.48
	100m:	1:00.15 31.41	200m:	2:05.70	33.05	300m:	3:12.30	33.45	400m:	4:18.36	32.58
13.	KOLEC Mi <sup>3</sup> osz		94	MKP Szczecin				<b>4:18.76</b>	597 B		
	50m:	28.24 28.24	150m:	1:32.23	32.20	250m:	2:38.19	32.90	350m:	3:46.48	34.21
	100m:	1:00.03 31.79	200m:	2:05.29	33.06	300m:	3:12.27	34.08	400m:	4:18.76	32.28
14.	SZMIT B <sup>3</sup> a <sup>3</sup> ej		94	KORMORAN Olsztyn				<b>4:18.77</b>	597 B		
	50m:	28.92 28.92	150m:	1:32.58	32.44	250m:	2:38.72	32.85	350m:	3:46.58	33.90
	100m:	1:00.14 31.22	200m:	2:05.87	33.29	300m:	3:12.68	33.96	400m:	4:18.77	32.19
15.	KOSZPER Maciej		94	ORZEŁ Elbl <sup>1</sup> g				<b>4:19.14</b>	594 B		
	50m:	29.27 29.27	150m:	1:34.62	32.82	250m:	2:40.96	33.32	350m:	3:47.67	33.45
	100m:	1:01.80 32.53	200m:	2:07.64	33.02	300m:	3:14.22	33.26	400m:	4:19.14	31.47
16.	LASSEK Bart <sup>3</sup> omiej		94	TRÓJKA ŁódŹ				<b>4:20.89</b>	582 B		
	50m:	29.81 29.81	150m:	1:34.58	32.76	250m:	2:40.59	32.93	350m:	3:48.03	33.96
	100m:	1:01.82 32.01	200m:	2:07.66	33.08	300m:	3:14.07	33.48	400m:	4:20.89	32.86
17.	NOWICKI Mateusz 2		94	AZS WSG-ASTORIA Bydgoszcz				<b>4:21.01</b>	581 R		
	50m:	30.43 30.43	150m:	1:34.91	32.59	250m:	2:41.11	33.25	350m:	3:48.29	33.58
	100m:	1:02.32 31.89	200m:	2:07.86	32.95	300m:	3:14.71	33.60	400m:	4:21.01	32.72

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Nowa Ruda - S<sup>3</sup>upiec, 23. - 25.1.2009

Konkurencja 20, Ch<sup>3</sup>opców, 400m dowolny, Eliminacje, 15 lat

Pozycja			Rok ur.					Czas	Pkt.		
18.	KWIECIEŃ Micha <sup>3</sup> SR		94	VICTORIA Racibórz				<b>4:23.19</b>	567 R		
	50m:	29.42 29.42	150m:	1:34.82	33.06	250m:	2:41.97	33.64	350m:	3:50.46	34.29
	100m:	1:01.76 32.34	200m:	2:08.33	33.51	300m:	3:16.17	34.20	400m:	4:23.19	32.73
19.	GORRA Daniel		94	MKP Szczecin				<b>4:23.38</b>	566		
	50m:	29.42 29.42	150m:	1:34.17	33.09	250m:	2:41.71	34.02	350m:	3:49.95	34.03
	100m:	1:01.08 31.66	200m:	2:07.69	33.52	300m:	3:15.92	34.21	400m:	4:23.38	33.43
20.	KOTLEWSKI Micha <sup>3</sup>		94	ZRYW Opole				<b>4:24.36</b>	560		
	50m:	29.54 29.54	150m:	1:34.86	33.03	250m:	2:42.35	33.84	350m:	3:51.13	34.33
	100m:	1:01.83 32.29	200m:	2:08.51	33.65	300m:	3:16.80	34.45	400m:	4:24.36	33.23
21.	FARA Kacper		94	BOBRY Dębica				<b>4:24.47</b>	559		
	50m:	29.58 29.58	150m:	1:35.94	33.52	250m:	2:43.85	34.20	350m:	3:52.23	34.22
	100m:	1:02.42 32.84	200m:	2:09.65	33.71	300m:	3:18.01	34.16	400m:	4:24.47	32.24
22.	KWIECIEŃ Kacper		94	KSZO Ostrowiec				<b>4:24.52</b>	559		
	50m:	30.82 30.82	150m:	1:38.27	33.66	250m:	2:45.44	33.66	350m:	3:52.88	33.75
	100m:	1:04.61 33.79	200m:	2:11.78	33.51	300m:	3:19.13	33.69	400m:	4:24.52	31.64
23.	KACZMAREK Rafa <sup>3</sup>		94	BUKS Warszawa				<b>4:26.23</b>	548		
	50m:	29.58 29.58	150m:	1:35.00	32.88	250m:	2:42.72	33.78	350m:	3:52.00	34.78
	100m:	1:02.12 32.54	200m:	2:08.94	33.94	300m:	3:17.22	34.50	400m:	4:26.23	34.23
24.	DALECKI Krzysztof		94	ŁELĘSK Wroc <sup>3</sup> aw				<b>4:26.97</b>	543		
	50m:	29.62 29.62	150m:	1:37.04	34.17	250m:	2:45.84	34.25	350m:	3:54.23	34.19
	100m:	1:02.87 33.25	200m:	2:11.59	34.55	300m:	3:20.04	34.20	400m:	4:26.97	32.74
25.	CYNK Mi <sup>3</sup> osz		94	ŁELĘSK Wroc <sup>3</sup> aw				<b>4:27.88</b>	538		
	50m:	29.20 29.20	150m:	1:36.59	34.40	250m:	2:45.61	34.77	350m:	3:54.39	34.48
	100m:	1:02.19 32.99	200m:	2:10.84	34.25	300m:	3:19.91	34.30	400m:	4:27.88	33.49
26.	SZUDZIK Przemys <sup>3</sup> aw		94	JEDYNKA Elbl <sup>1</sup> g				<b>4:28.23</b>	536		
	50m:	31.29 31.29	150m:	1:39.35	34.16	250m:	2:48.30	34.48	350m:	3:55.87	33.66
	100m:	1:05.19 33.90	200m:	2:13.82	34.47	300m:	3:22.21	33.91	400m:	4:28.23	32.36
27.	JANKOWSKI Jacek		94	ŁELĘSK Wroc <sup>3</sup> aw				<b>4:28.29</b>	535		
	50m:	29.22 29.22	150m:	1:37.26	35.06	250m:	2:46.94	34.60	350m:	3:55.53	34.33
	100m:	1:02.20 32.98	200m:	2:12.34	35.08	300m:	3:21.20	34.26	400m:	4:28.29	32.76
28.	OŁÓG Karol		94	CKiS Skawina				<b>4:29.03</b>	531		
	50m:	30.90 30.90	150m:	1:38.26	33.80	250m:	2:46.01	33.94	350m:	3:55.48	34.77
	100m:	1:04.46 33.56	200m:	2:12.07	33.81	300m:	3:20.71	34.70	400m:	4:29.03	33.55
29.	TABISZ Pawe <sup>3</sup> SR		94	VICTORIA Racibórz				<b>4:29.16</b>	530		
	50m:	30.04 30.04	150m:	1:36.33	33.75	250m:	2:44.87	34.56	350m:	3:55.25	35.23
	100m:	1:02.58 32.54	200m:	2:10.31	33.98	300m:	3:20.02	35.15	400m:	4:29.16	33.91
30.	SZEWCZYK Mateusz		94	JEDYNKA Elbl <sup>1</sup> g				<b>4:29.44</b>	529		
	50m:	31.16 31.16	150m:	1:39.57	34.52	250m:	2:49.03	34.80	350m:	3:57.69	33.78
	100m:	1:05.05 33.89	200m:	2:14.23	34.66	300m:	3:23.91	34.88	400m:	4:29.44	31.75
31.	PŁOTKA Mateusz SR		94	VICTORIA Racibórz				<b>4:30.58</b>	522		
	50m:	31.51 31.51	150m:	1:39.58	34.05	250m:	2:47.53	33.53	350m:	3:56.15	34.22
	100m:	1:05.53 34.02	200m:	2:14.00	34.42	300m:	3:21.93	34.40	400m:	4:30.58	34.43
32.	TRIEBLER Kacper		94	AZS WSG-ASTORIA Bydgoszcz				<b>4:31.02</b>	519		
	50m:	30.15 30.15	150m:	1:37.58	34.12	250m:	2:46.97	34.70	350m:	3:54.89	33.05
	100m:	1:03.46 33.31	200m:	2:12.27	34.69	300m:	3:21.84	34.87	400m:	4:31.02	36.13
33.	SANOCKI Krzysztof		94	KORNER Zielona Góra				<b>4:31.50</b>	517		
	50m:	30.54 30.54	150m:	1:38.39	34.58	250m:	2:47.68	34.89	350m:	3:56.95	34.68
	100m:	1:03.81 33.27	200m:	2:12.79	34.40	300m:	3:22.27	34.59	400m:	4:31.50	34.55
34.	ANTKOWIAK Tomasz		94	SŁOWIANKA Gorzów				<b>4:31.98</b>	514		
	50m:	30.36 30.36	150m:	1:37.78	34.36	250m:	2:47.93	34.80	350m:	3:57.91	34.77
	100m:	1:03.42 33.06	200m:	2:13.13	35.35	300m:	3:23.14	35.21	400m:	4:31.98	34.07
35.	SZAMRETA Marcel		94	CKiS Skawina				<b>4:34.08</b>	502		
	50m:	29.71 29.71	150m:	1:38.47	35.18	250m:	2:49.38	35.46	350m:	4:00.14	35.43
	100m:	1:03.29 33.58	200m:	2:13.92	35.45	300m:	3:24.71	35.33	400m:	4:34.08	33.94

Zimowe Mistrzostwa Polski Juniorów 15 lat  
Nowa Ruda - S<sup>3</sup>upiec, 23. - 25.1.2009

Konkurencja 20, Ch<sup>3</sup>opców, 400m dowolny, Eliminacje, 15 lat

Pozycja			Rok ur.					Czas	Pkt.
36.	JAWORSKI Maksym	94	JEDYNKA Ożarów Maz.	<b>4:34.33</b>	501				
	50m: 29.86 29.86	150m: 1:38.06	34.53	250m: 2:47.99	35.25	350m: 3:59.05	35.90		
	100m: 1:03.53 33.67	200m: 2:12.74	34.68	300m: 3:23.15	35.16	400m: 4:34.33	35.28		
37.	JASNOS Paweł <sup>3</sup>	94	KORNER Zielona Góra	<b>4:36.65</b>	488				
	50m: 29.90 29.90	150m: 1:40.12	36.00	250m: 2:51.46	34.97	350m: 4:05.33	37.02		
	100m: 1:04.12 34.22	200m: 2:16.49	36.37	300m: 3:28.31	36.85	400m: 4:36.65	31.32		
38.	SZOSTAK Michał <sup>3</sup>	94	ORKA Zamość	<b>4:36.67</b>	488				
	50m: 30.58 30.58	150m: 1:39.78	34.99	250m: 2:50.82	35.69	350m: 4:02.93	35.99		
	100m: 1:04.79 34.21	200m: 2:15.13	35.35	300m: 3:26.94	36.12	400m: 4:36.67	33.74		
39.	LASER Patryk	94	ÓSEMKA Starogard Gd.	<b>4:39.23</b>	475				
	50m: 31.72 31.72	150m: 1:42.31	35.81	250m: 2:53.33	34.74	350m: 4:03.68	34.87		
	100m: 1:06.50 34.78	200m: 2:18.59	36.28	300m: 3:28.81	35.48	400m: 4:39.23	35.55		
40.	CIĘKI Bartosz	94	AZS WSG-ASTORIA Bydgoszcz	<b>4:39.41</b>	474				
	50m: 30.37 30.37	150m: 1:40.36	35.73	250m: 2:52.17	35.54	350m: 4:04.75	36.51		
	100m: 1:04.63 34.26	200m: 2:16.63	36.27	300m: 3:28.24	36.07	400m: 4:39.41	34.66		
41.	ROGOZIŃSKI Łukasz	94	KSZO Ostrowiec	<b>4:39.76</b>	472				
	50m: 30.96 30.96	150m: 1:41.00	35.67	250m: 2:53.45	36.34	350m: 4:05.31	35.87		
	100m: 1:05.33 34.37	200m: 2:17.11	36.11	300m: 3:29.44	35.99	400m: 4:39.76	34.45		
42.	CZARNECKI Tomasz	94	ŁELĘSK Wrocł <sup>3</sup> aw	<b>4:40.74</b>	467				
	50m: 30.49 30.49	150m: 1:41.50	36.24	250m: 2:54.47	36.41	350m: 4:07.42	36.36		
	100m: 1:05.26 34.77	200m: 2:18.06	36.56	300m: 3:31.06	36.59	400m: 4:40.74	33.32		
43.	MADURA Rafał <sup>3</sup>	94	IKAR Mielec	<b>4:40.78</b>	467				
	50m: 31.59 31.59	150m: 1:43.50	36.35	250m: 2:55.14	35.88	350m: 4:07.05	35.86		
	100m: 1:07.15 35.56	200m: 2:19.26	35.76	300m: 3:31.19	36.05	400m: 4:40.78	33.73		
44.	KRÓL Dawid	94	MMKS Kędzierzyn-Koźle	<b>4:41.07</b>	466				
	50m: 29.52 29.52	150m: 1:35.76	33.65	250m: 2:48.87	37.84	350m: 4:04.68	38.42		
	100m: 1:02.11 32.59	200m: 2:11.03	35.27	300m: 3:26.26	37.39	400m: 4:41.07	36.39		
45.	STANIELEWICZ Bartosz	94	OLIMPIJCZYK Aleksandrów	<b>4:41.57</b>	463				
	50m: 31.72 31.72	150m: 1:42.68	35.81	250m: 2:54.34	35.65	350m: 4:06.33	35.22		
	100m: 1:06.87 35.15	200m: 2:18.69	36.01	300m: 3:31.11	36.77	400m: 4:41.57	35.24		
46.	SZYSZKA Maciej	94	BOBRY Dębica	<b>4:42.03</b>	461				
	50m: 30.96 30.96	150m: 1:43.27	36.76	250m: 2:56.47	36.59	350m: 4:09.23	36.35		
	100m: 1:06.51 35.55	200m: 2:19.88	36.61	300m: 3:32.88	36.41	400m: 4:42.03	32.80		
47.	STANASZEK Szymon	94	UNIA Oświęcim	<b>4:42.12</b>	460				
	50m: 30.61 30.61	150m: 1:40.60	35.54	250m: 2:52.43	36.39	350m: 4:06.05	37.10		
	100m: 1:05.06 34.45	200m: 2:16.04	35.44	300m: 3:28.95	36.52	400m: 4:42.12	36.07		
48.	JANKOWIAK Krzysztof	94	DELFIN Inowrocł <sup>3</sup> aw	<b>4:42.14</b>	460				
	50m: 33.10 33.10	150m: 1:44.60	35.78	250m: 2:55.98	35.36	350m: 4:07.75	35.83		
	100m: 1:08.82 35.72	200m: 2:20.62	36.02	300m: 3:31.92	35.94	400m: 4:42.14	34.39		
49.	OLEJNIK Maciej	94	MOSiR Mysł <sup>3</sup> owice	<b>4:42.87</b>	457				
	50m: 29.86 29.86	150m: 1:39.28	35.57	250m: 2:52.15	36.73	350m:			
	100m: 1:03.71 33.85	200m: 2:15.42	36.14	300m: 4:06.07	1:13.92	400m: 4:42.87			
50.	CZENCZEK Daniel	94	KORONA Kraków	<b>4:43.61</b>	453				
	50m: 31.35 31.35	150m: 1:42.55	36.02	250m: 2:54.94	36.15	350m: 4:08.00	36.44		
	100m: 1:06.53 35.18	200m: 2:18.79	36.24	300m: 3:31.56	36.62	400m: 4:43.61	35.61		
51.	PUCHAŁA Wojciech	94	SŁOWIANKA Gorzów	<b>4:43.63</b>	453				
	50m: 30.64 30.64	150m: 1:41.54	35.93	250m: 2:54.73	36.55	350m: 4:08.21	36.75		
	100m: 1:05.61 34.97	200m: 2:18.18	36.64	300m: 3:31.46	36.73	400m: 4:43.63	35.42		
52.	KACZMARZYK Mateusz	94	ŁELĘSK Wrocł <sup>3</sup> aw	<b>4:43.99</b>	451				
	50m: 31.54 31.54	150m: 1:42.92	36.22	250m: 2:56.43	36.65	350m: 4:09.98	36.61		
	100m: 1:06.70 35.16	200m: 2:19.78	36.86	300m: 3:33.37	36.94	400m: 4:43.99	34.01		
53.	FILODA Arkadiusz	94	BUKS Warszawa	<b>4:45.57</b>	444				
	50m: 30.62 30.62	150m: 1:40.56	35.73	250m: 2:54.13	36.98	350m: 4:09.62	38.01		
	100m: 1:04.83 34.21	200m: 2:17.15	36.59	300m: 3:31.61	37.48	400m: 4:45.57	35.95		

Zimowe Mistrzostwa Polski Juniorów 15 lat  
Nowa Ruda - S<sup>3</sup>upiec, 23. - 25.1.2009

Konkurencja 20, Ch<sup>3</sup>opców, 400m dowolny, Eliminacje, 15 lat

Pozycja			Rok ur.					Czas	Pkt.			
54.	KACZYŃSKI Ferdynand		94	MKP Szczecin				<b>4:48.08</b>	432			
	50m:	31.05	31.05	150m:	1:42.86	36.50	250m:	2:56.37	36.77	350m:	4:11.15	37.22
	100m:	1:06.36	35.31	200m:	2:19.60	36.74	300m:	3:33.93	37.56	400m:	4:48.08	36.93
55.	SCHRAMM Tomasz		94	DELFIN Inowroc <sup>3</sup> aw				<b>4:48.77</b>	429			
	50m:	31.87	31.87	150m:	1:43.85	36.39	250m:	2:58.75	37.73	350m:	4:13.23	37.34
	100m:	1:07.46	35.59	200m:	2:21.02	37.17	300m:	3:35.89	37.14	400m:	4:48.77	35.54
56.	WASIELEWSKI Filip		94	MKP Szczecin				<b>4:51.05</b>	419			
	50m:	30.60	30.60	150m:	1:43.61	37.28	250m:	2:59.70	38.17	350m:	4:15.37	37.60
	100m:	1:06.33	35.73	200m:	2:21.53	37.92	300m:	3:37.77	38.07	400m:	4:51.05	35.68
57.	GWIAZDA Micha <sup>3</sup>		94	SKARPA Lublin				<b>4:53.00</b>	411			
	50m:	32.56	32.56	150m:	1:46.74	37.38	250m:	3:02.07	37.63	350m:	4:17.45	37.70
	100m:	1:09.36	36.80	200m:	2:24.44	37.70	300m:	3:39.75	37.68	400m:	4:53.00	35.55
58.	WRONA Łukasz		94	SKARPA Lublin				<b>4:55.44</b>	401			
	50m:	32.71	32.71	150m:	1:47.03	37.74	250m:	3:02.90	38.09	350m:	4:19.80	38.53
	100m:	1:09.29	36.58	200m:	2:24.81	37.78	300m:	3:41.27	38.37	400m:	4:55.44	35.64
59.	KLICZEWSKI Przemys <sup>3</sup> aw		94	JEDYNKA Elbl <sup>1</sup> g				<b>4:58.84</b>	387			
	50m:	33.19	33.19	150m:	1:47.77	37.89	250m:	3:05.29	38.87	350m:	4:22.60	38.68
	100m:	1:09.88	36.69	200m:	2:26.42	38.65	300m:	3:43.92	38.63	400m:	4:58.84	36.24
60.	MAREK Patryk		94	SKRA Be <sup>3</sup> chatów				<b>4:58.90</b>	387			
	50m:	31.63	31.63	150m:	1:45.74	37.57	250m:	3:02.06	38.43	350m:	4:20.79	39.25
	100m:	1:08.17	36.54	200m:	2:23.63	37.89	300m:	3:41.54	39.48	400m:	4:58.90	38.11