

Grand Prix - Puchar Polski  
Łódź, 24. - 25.10.2009

Konkurencja 34  
2009-10-25 - 12:19

Mężczyzn, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2009

Pozycja			Rok ur.					Pkt.	Czas	
1.	Korzeniowski Pawe <sup>3</sup>		85	AZS AWF Warszawa				898	<b>3:43.98</b>	
	50m:	26.18 26.18	150m:	1:23.07	28.66	250m:	2:20.65	28.59	350m:	3:17.19 28.13
	100m:	54.41 28.23	200m:	1:52.06	28.99	300m:	2:49.06	28.41	400m:	3:43.98 26.79
2.	Stańczyk Przemysław		85	MKP Szczecin				857	<b>3:47.52</b>	
	50m:	26.76 26.76	150m:	1:24.17	28.76	250m:	2:21.86	28.87	350m:	3:19.43 28.72
	100m:	55.41 28.65	200m:	1:52.99	28.82	300m:	2:50.71	28.85	400m:	3:47.52 28.09
3.	Matczak Mateusz		89	MKS Trójka Łódź				809	<b>3:51.91</b>	
	50m:	26.72 26.72	150m:	1:25.62	29.61	250m:	2:24.74	29.28	350m:	3:23.56 29.27
	100m:	56.01 29.29	200m:	1:55.46	29.84	300m:	2:54.29	29.55	400m:	3:51.91 28.35
4.	Gimiński Łukasz		86	AZS AWF Warszawa				809	<b>3:51.95</b>	
	50m:	27.30 27.30	150m:	1:25.49	29.26	250m:	2:24.09	29.25	350m:	3:23.09 29.61
	100m:	56.23 28.93	200m:	1:54.84	29.35	300m:	2:53.48	29.39	400m:	3:51.95 28.86
5.	Pielowski Krzysztof		91	Kormoran Olsztyn				800	<b>3:52.84</b>	
	50m:	27.62 27.62	150m:	1:25.89	29.30	250m:	2:24.90	29.53	350m:	3:24.09 29.36
	100m:	56.59 28.97	200m:	1:55.37	29.48	300m:	2:54.73	29.83	400m:	3:52.84 28.75
6.	Hreniak Maciej		89	MKP Szczecin				797	<b>3:53.11</b>	
	50m:	27.83 27.83	150m:	1:26.82	29.65	250m:	2:25.96	29.51	350m:	3:24.92 29.44
	100m:	57.17 29.34	200m:	1:56.45	29.63	300m:	2:55.48	29.52	400m:	3:53.11 28.19
7.	Hura Bartosz		91	Kormoran Olsztyn				789	<b>3:53.88</b>	
	50m:	27.85 27.85	150m:	1:26.74	29.52	250m:	2:25.63	29.52	350m:	3:24.79 29.74
	100m:	57.22 29.37	200m:	1:56.11	29.37	300m:	2:55.05	29.42	400m:	3:53.88 29.09
8.	Ołowski Aleksy SK		91	Warszawianka Warszawa				784	<b>3:54.39</b>	
	50m:	27.11 27.11	150m:	1:25.98	29.70	250m:	2:26.05	30.08	350m:	3:25.69 29.81
	100m:	56.28 29.17	200m:	1:55.97	29.99	300m:	2:55.88	29.83	400m:	3:54.39 28.70
9.	Werner Pawe <sup>3</sup>		93	MKS Juvenia Wrocław				767	<b>3:56.07</b>	
	50m:	28.01 28.01	150m:	1:27.15	29.87	250m:	2:26.84	29.90	350m:	3:26.00 29.69
	100m:	57.28 29.27	200m:	1:56.94	29.79	300m:	2:56.31	29.47	400m:	3:56.07 30.07
10.	Sawrymowicz Mateusz		87	MKP Szczecin				766	<b>3:56.19</b>	
	50m:	27.90 27.90	150m:	1:27.44	29.71	250m:	2:27.27	29.86	350m:	3:27.00 29.80
	100m:	57.73 29.83	200m:	1:57.41	29.97	300m:	2:57.20	29.93	400m:	3:56.19 29.19
11.	Pulwin Pawe <sup>3</sup> SO		92	UKP Unia Oświęcim				750	<b>3:57.83</b>	
	50m:	28.59 28.59	150m:	1:28.59	29.98	250m:	2:28.94	30.12	350m:	3:29.28 30.41
	100m:	58.61 30.02	200m:	1:58.82	30.23	300m:	2:58.87	29.93	400m:	3:57.83 28.55
12.	Borowicz Skoneczny Sylwester		92	Kormoran Olsztyn				747	<b>3:58.22</b>	
	50m:	28.06 28.06	150m:	1:28.13	30.04	250m:	2:28.48	30.16	350m:	3:29.03 30.42
	100m:	58.09 30.03	200m:	1:58.32	30.19	300m:	2:58.61	30.13	400m:	3:58.22 29.19
13.	Czarnota Mateusz SO		91	UKP Unia Oświęcim				741	<b>3:58.79</b>	
	50m:	28.46 28.46	150m:	1:28.31	30.19	250m:	2:28.03	29.79	350m:	3:29.08 30.46
	100m:	58.12 29.66	200m:	1:58.24	29.93	300m:	2:58.62	30.59	400m:	3:58.79 29.71
14.	Kleszczyński Pawe <sup>3</sup>		91	MKP Szczecin				740	<b>3:58.96</b>	
	50m:	27.65 27.65	150m:	1:27.96	30.23	250m:	2:28.32	30.31	350m:	3:30.12 30.98
	100m:	57.73 30.08	200m:	1:58.01	30.05	300m:	2:59.14	30.82	400m:	3:58.96 28.84
15.	Dubiel Adam		93	MTP " Lublinianka "				727	<b>4:00.30</b>	
	50m:	27.50 27.50	150m:	1:27.79	30.27	250m:	2:28.63	30.38	350m:	3:30.43 30.99
	100m:	57.52 30.02	200m:	1:58.25	30.46	300m:	2:59.44	30.81	400m:	4:00.30 29.87
16.	Rz <sup>1</sup> sa Wojciech		90	KS AZS-AWFis Gdańsk				727	<b>4:00.33</b>	
	50m:	28.49 28.49	150m:	1:29.47	30.52	250m:	2:30.28	30.28	350m:	3:31.08 30.09
	100m:	58.95 30.46	200m:	2:00.00	30.53	300m:	3:00.99	30.71	400m:	4:00.33 29.25
17.	Iwaniuk Damian		87	AZS AWF Warszawa				727	<b>4:00.34</b>	
	50m:	28.07 28.07	150m:	1:27.73	29.93	250m:	2:28.93	30.77	350m:	3:31.47 31.14
	100m:	57.80 29.73	200m:	1:58.16	30.43	300m:	3:00.33	31.40	400m:	4:00.34 28.87

Grand Prix - Puchar Polski  
Łódź, 24. - 25.10.2009

Konkurencja 34, Mężczyzn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Pkt.	Czas			
18.	Rurak Pawe <sup>3</sup>		88	AZS AWF Warszawa				726	<b>4:00.40</b>			
	50m:	28.05	28.05	150m:	1:28.29	30.33	250m:	2:29.12	30.63	350m:	3:30.49	30.73
	100m:	57.96	29.91	200m:	1:58.49	30.20	300m:	2:59.76	30.64	400m:	4:00.40	29.91
19.	Piatkowski Mateusz SO		90	UKP Unia Oświęcim				705	<b>4:02.82</b>			
	50m:	28.20	28.20	150m:	1:28.34	30.42	250m:	2:29.83	30.78	350m:	3:32.05	31.13
	100m:	57.92	29.72	200m:	1:59.05	30.71	300m:	3:00.92	31.09	400m:	4:02.82	30.77
20.	Ruciński Konrad		92	Kormoran Olsztyn				702	<b>4:03.21</b>			
	50m:	27.85	27.85	150m:	1:29.63	31.21	250m:	2:32.19	31.34	350m:	3:34.18	30.84
	100m:	58.42	30.57	200m:	2:00.85	31.22	300m:	3:03.34	31.15	400m:	4:03.21	29.03
21.	Rutkowski Szymon		88	AZS AWF Warszawa				685	<b>4:05.10</b>			
	50m:	27.78	27.78	150m:	1:30.04	31.48	250m:	2:32.69	31.04	350m:	3:34.91	30.74
	100m:	58.56	30.78	200m:	2:01.65	31.61	300m:	3:04.17	31.48	400m:	4:05.10	30.19
22.	K <sup>3</sup> usek Adrian		93	MKS Juvenia Wroc <sup>3</sup> aw				682	<b>4:05.54</b>			
	50m:	28.38	28.38	150m:	1:30.42	31.34	250m:	2:33.93	31.50	350m:	3:35.53	30.42
	100m:	59.08	30.70	200m:	2:02.43	32.01	300m:	3:05.11	31.18	400m:	4:05.54	30.01
23.	Or <sup>3</sup> owski Piotr		91	MKP Szczecin				681	<b>4:05.61</b>			
	50m:	28.55	28.55	150m:	1:30.15	31.01	250m:	2:32.39	31.17	350m:	3:35.12	31.49
	100m:	59.14	30.59	200m:	2:01.22	31.07	300m:	3:03.63	31.24	400m:	4:05.61	30.49
24.	Ksi <sup>1</sup> żek Micha <sup>3</sup> SK		93	MKS Jordan Kraków				678	<b>4:05.97</b>			
	50m:	27.73	27.73	150m:	1:29.54	31.43	250m:	2:32.87	31.68	350m:	3:35.65	31.07
	100m:	58.11	30.38	200m:	2:01.19	31.65	300m:	3:04.58	31.71	400m:	4:05.97	30.32
25.	Kotkowicz Micha <sup>3</sup>		93	MKP „S <sup>3</sup> owianka” Gorzów Wlkp.				674	<b>4:06.43</b>			
	50m:	27.90	27.90	150m:	1:30.03	31.33	250m:	2:33.24	31.52	350m:	3:35.91	31.08
	100m:	58.70	30.80	200m:	2:01.72	31.69	300m:	3:04.83	31.59	400m:	4:06.43	30.52
26.	Kierzkowski Mateusz		87	KS AZS-AWFis Gdańsk				671	<b>4:06.90</b>			
	50m:	28.12	28.12	150m:	1:29.19	30.62	250m:	2:31.27	30.96	350m:	3:34.98	31.94
	100m:	58.57	30.45	200m:	2:00.31	31.12	300m:	3:03.04	31.77	400m:	4:06.90	31.92
27.	Szotkowski Daniel		92	KP MZOS P <sup>3</sup> ock				658	<b>4:08.42</b>			
	50m:	28.67	28.67	150m:	1:30.75	31.39	250m:	2:34.03	31.56	350m:	3:37.80	31.73
	100m:	59.36	30.69	200m:	2:02.47	31.72	300m:	3:06.07	32.04	400m:	4:08.42	30.62
28.	ukowski Maciej SWR		93	Wks Oeł <sup>1</sup> sk				655	<b>4:08.90</b>			
	50m:	28.39	28.39	150m:	1:29.90	31.03	250m:			350m:	3:37.50	32.33
	100m:	58.87	30.48	200m:	2:01.49	31.59	300m:	3:05.17		400m:	4:08.90	31.40
29.	Zaborowski Filip		94	WKS Flota Gdynia				646	<b>4:09.97</b>			
	50m:	28.38	28.38	150m:	1:31.23	31.59	250m:	2:34.99	32.11	350m:	3:35.53	29.66
	100m:	59.64	31.26	200m:	2:02.88	31.65	300m:	3:05.87	30.88	400m:	4:09.97	34.44
30.	Po <sup>3</sup> awski Mariusz		93	UKS "G-8 Bielany" Warszawa				643	<b>4:10.32</b>			
	50m:	28.13	28.13	150m:	1:30.74	31.69	250m:	2:34.78	32.11	350m:	3:39.05	32.14
	100m:	59.05	30.92	200m:	2:02.67	31.93	300m:	3:06.91	32.13	400m:	4:10.32	31.27
31.	R <sup>2</sup> yski Marcin		94	Kormoran Olsztyn				643	<b>4:10.40</b>			
	50m:	29.98	29.98	150m:	1:34.17	31.93	250m:	2:37.19	31.55	350m:	3:40.03	31.24
	100m:	1:02.24	32.26	200m:	2:05.64	31.47	300m:	3:08.79	31.60	400m:	4:10.40	30.37
32.	Wieteska Mateusz		91	SKS Start Łódź				638	<b>4:11.06</b>			
	50m:	27.19	27.19	150m:	1:28.82	31.48	250m:	2:33.27	32.49	350m:	3:38.98	32.89
	100m:	57.34	30.15	200m:	2:00.78	31.96	300m:	3:06.09	32.82	400m:	4:11.06	32.08
33.	KLUPA MICHAŁ		90	AZS AGH Kraków				636	<b>4:11.28</b>			
	50m:	28.45	28.45	150m:	1:30.75	31.40	250m:	2:34.60	31.94	350m:	3:39.10	32.61
	100m:	59.35	30.90	200m:	2:02.66	31.91	300m:	3:06.49	31.89	400m:	4:11.28	32.18
34.	Zembrzuski Maciej		92	Kormoran Olsztyn				623	<b>4:13.04</b>			
	50m:	29.22	29.22	150m:	1:33.43	32.22	250m:	2:37.70	32.10	350m:	3:42.29	32.34
	100m:	1:01.21	31.99	200m:	2:05.60	32.17	300m:	3:09.95	32.25	400m:	4:13.04	30.75
35.	Baran Rafa <sup>3</sup> SK		93	MKS Jordan Kraków				620	<b>4:13.38</b>			
	50m:	28.69	28.69	150m:	1:31.60	31.89	250m:	2:35.90	32.27	350m:	3:41.36	32.44
	100m:	59.71	31.02	200m:	2:03.63	32.03	300m:	3:08.92	33.02	400m:	4:13.38	32.02

Grand Prix - Puchar Polski  
Łódź, 24. - 25.10.2009

Konkurencja 34, Mężczyzn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Pkt.	Czas		
36.	Ha <sup>3</sup> aczkiewicz Pawe <sup>3</sup>		93	Wis <sup>3</sup> a Pu <sup>3</sup> awy				620	<b>4:13.41</b>		
	50m:	28.85 28.85	150m:	1:32.63	32.01	250m:	2:37.84	32.80	350m:	3:42.92	32.45
	100m:	1:00.62 31.77	200m:	2:05.04	32.41	300m:	3:10.47	32.63	400m:	4:13.41	30.49
37.	KOTLEWSKI Micha <sup>3</sup>		94	MKS Zryw Opole				604	<b>4:15.63</b>		
	50m:	29.89 29.89	150m:	1:34.78	32.59	250m:	2:40.04	32.56	350m:	3:45.36	32.59
	100m:	1:02.19 32.30	200m:	2:07.48	32.70	300m:	3:12.77	32.73	400m:	4:15.63	30.27
38.	ukowski Bart <sup>3</sup> omiej SWR		93	Wks ŒEI <sup>1</sup> sk				604	<b>4:15.68</b>		
	50m:	29.13 29.13	150m:	1:33.21	32.52	250m:	2:37.81	32.45	350m:	3:43.71	33.15
	100m:	1:00.69 31.56	200m:	2:05.36	32.15	300m:	3:10.56	32.75	400m:	4:15.68	31.97
39.	Musia <sup>3</sup> Dawid		93	KS AZS-AWFis Gdańsk				602	<b>4:16.00</b>		
	50m:	27.63 27.63	150m:	1:28.56	30.98	250m:	2:33.16	32.45	350m:	3:42.06	34.59
	100m:	57.58 29.95	200m:	2:00.71	32.15	300m:	3:07.47	34.31	400m:	4:16.00	33.94
40.	Mielecki Mateusz SWR		93	Wks ŒEI <sup>1</sup> sk				601	<b>4:16.08</b>		
	50m:	29.25 29.25	150m:	1:33.50	32.44	250m:	2:39.45	32.77	350m:	3:45.02	32.64
	100m:	1:01.06 31.81	200m:	2:06.68	33.18	300m:	3:12.38	32.93	400m:	4:16.08	31.06
41.	Kêcik Łukasz		94	MTP " Lublinianka "				594	<b>4:17.05</b>		
	50m:	29.77 29.77	150m:	1:35.51	33.08	250m:	2:40.46	31.87	350m:	3:45.11	32.28
	100m:	1:02.43 32.66	200m:	2:08.59	33.08	300m:	3:12.83	32.37	400m:	4:17.05	31.94
42.	Osses Arkadiusz		95	Warta Poznań				594	<b>4:17.08</b>		
	50m:	29.99 29.99	150m:	1:34.32	32.55	250m:	2:40.28	32.99	350m:	3:45.49	32.06
	100m:	1:01.77 31.78	200m:	2:07.29	32.97	300m:	3:13.43	33.15	400m:	4:17.08	31.59
43.	Stachowicz Marek		92	MKS Juvenia Wroc <sup>3</sup> aw				579	<b>4:19.26</b>		
	50m:	28.88 28.88	150m:	1:34.33	33.05	250m:	2:41.10	33.37	350m:	3:47.17	32.83
	100m:	1:01.28 32.40	200m:	2:07.73	33.40	300m:	3:14.34	33.24	400m:	4:19.26	32.09
44.	Wolak Bart <sup>3</sup> omiej SWR		93	Wks ŒEI <sup>1</sup> sk				576	<b>4:19.76</b>		
	50m:	30.74 30.74	150m:	1:36.24	32.71	250m:	2:41.49	32.67	350m:	3:47.37	32.97
	100m:	1:03.53 32.79	200m:	2:08.82	32.58	300m:	3:14.40	32.91	400m:	4:19.76	32.39
45.	Hoffmann Robert SP		95	T.S Olimpia Poznań				564	<b>4:21.50</b>		
	50m:	29.23 29.23	150m:	1:35.36	33.72	250m:	2:42.16	33.17	350m:	3:49.36	33.51
	100m:	1:01.64 32.41	200m:	2:08.99	33.63	300m:	3:15.85	33.69	400m:	4:21.50	32.14
46.	Miku <sup>3</sup> a Piotr		94	KP MZOS P <sup>3</sup> ock				554	<b>4:23.08</b>		
	50m:	29.57 29.57	150m:	1:35.94	33.68	250m:	2:43.12	33.52	350m:	3:50.61	33.82
	100m:	1:02.26 32.69	200m:	2:09.60	33.66	300m:	3:16.79	33.67	400m:	4:23.08	32.47
47.	SIŃSKI MATEUSZ		94	UKS 'Rekin' Warszawa				536	<b>4:26.05</b>		
	50m:	29.40 29.40	150m:	1:35.92	33.77	250m:	2:43.98	34.10	350m:	3:52.70	34.31
	100m:	1:02.15 32.75	200m:	2:09.88	33.96	300m:	3:18.39	34.41	400m:	4:26.05	33.35
48.	Cichoń Witold		93	SP Meduza Pajêczno				535	<b>4:26.27</b>		
	50m:	30.33 30.33	150m:	1:36.69	33.44	250m:	2:43.81	33.76	350m:	3:53.15	34.53
	100m:	1:03.25 32.92	200m:	2:10.05	33.36	300m:	3:18.62	34.81	400m:	4:26.27	33.12
49.	Kukulski Karol		95	WKS Flota Gdynia				531	<b>4:26.81</b>		
	50m:	29.85 29.85	150m:	1:36.62	33.65	250m:	2:45.94	34.87	350m:	3:54.84	34.23
	100m:	1:02.97 33.12	200m:	2:11.07	34.45	300m:	3:20.61	34.67	400m:	4:26.81	31.97
50.	Skrodzki Micha <sup>3</sup>		86	AZS AWF Katowice				530	<b>4:26.97</b>		
	50m:	29.48 29.48	150m:	1:35.55	33.49	250m:	2:43.71	34.21	350m:	3:53.08	34.85
	100m:	1:02.06 32.58	200m:	2:09.50	33.95	300m:	3:18.23	34.52	400m:	4:26.97	33.89
51.	Pasieczny Przemys <sup>3</sup> aw		95	KS ORZEŁ Elbl'g				518	<b>4:29.06</b>		
	50m:	29.66 29.66	150m:	1:36.80	34.02	250m:	2:46.16	34.47	350m:	3:55.94	34.74
	100m:	1:02.78 33.12	200m:	2:11.69	34.89	300m:	3:21.20	35.04	400m:	4:29.06	33.12
52.	KWIECIŃSKI WOJCIECH		94	UKS 'Rekin' Warszawa				509	<b>4:30.73</b>		
	50m:	30.14 30.14	150m:	1:37.89		250m:			350m:		
	100m:		200m:	2:12.85	34.96	300m:	3:57.27		400m:	4:30.73	
53.	Szostak Micha <sup>3</sup>		94	UKS ORKA Zamocœæ				506	<b>4:31.25</b>		
	50m:	29.58 29.58	150m:	1:37.27	34.43	250m:	2:47.17	34.91	350m:	3:57.85	35.31
	100m:	1:02.84 33.26	200m:	2:12.26	34.99	300m:	3:22.54	35.37	400m:	4:31.25	33.40

Grand Prix - Puchar Polski  
Łódź, 24. - 25.10.2009

Konkurencja 34, Mężczyzn, 400m dowolny, 14 lat i starsi

Pozycja					Rok ur.					Pkt.	Czas	
54.	Tomaszewski Kamil				94	KP MZOS P <sup>3</sup> ock				502	<b>4:31.86</b>	
	50m:	29.10	29.10	150m:	1:36.34	34.50	250m:	2:46.70	35.43	350m:	3:57.68	35.54
	100m:	1:01.84	32.74	200m:	2:11.27	34.93	300m:	3:22.14	35.44	400m:	4:31.86	34.18
55.	Stefaniak Jakub				95	UKS DZIEWIĘTKA OSiR Kalisz				481	<b>4:35.77</b>	
	50m:	30.74	30.74	150m:	1:41.95	36.16	250m:	2:53.90	35.91	350m:	4:03.79	34.08
	100m:	1:05.79	35.05	200m:	2:17.99	36.04	300m:	3:29.71	35.81	400m:	4:35.77	31.98
56.	Gajewski Bartosz				95	MMKS Kêdzierzyn-KoŸle				476	<b>4:36.85</b>	
	50m:	31.42	31.42	150m:	1:40.61	34.78	250m:	2:51.36	35.32	350m:	4:02.47	35.22
	100m:	1:05.83	34.41	200m:	2:16.04	35.43	300m:	3:27.25	35.89	400m:	4:36.85	34.38
57.	Gil Karol				94	UKS "Ósemka" Starogard Gdański				454	<b>4:41.26</b>	
	50m:	32.07	32.07	150m:	1:43.12	35.67	250m:	2:54.14	35.40	350m:	4:05.92	35.80
	100m:	1:07.45	35.38	200m:	2:18.74	35.62	300m:	3:30.12	35.98	400m:	4:41.26	35.34
58.	Aptewicz Arkadiusz				93	KP P <sup>3</sup> etwal M <sup>3</sup> awa				443	<b>4:43.43</b>	
	50m:	31.42	31.42	150m:	1:42.00	35.65	250m:	2:54.47	36.55	350m:	4:08.18	36.86
	100m:	1:06.35	34.93	200m:	2:17.92	35.92	300m:	3:31.32	36.85	400m:	4:43.43	35.25
59.	Wiceniowski Wiktor				95	KP MZOS P <sup>3</sup> ock				442	<b>4:43.64</b>	
	50m:	29.73	29.73	150m:	1:40.87	36.29	250m:	2:54.83	37.04	350m:	4:08.74	36.89
	100m:	1:04.58	34.85	200m:	2:17.79	36.92	300m:	3:31.85	37.02	400m:	4:43.64	34.90
60.	Ziósek Pawe <sup>3</sup>				95	UKS "Ósemka" Starogard Gdański				438	<b>4:44.56</b>	
	50m:	31.95	31.95	150m:	1:43.81	36.31	250m:	2:56.28	36.11	350m:	4:09.23	36.52
	100m:	1:07.50	35.55	200m:	2:20.17	36.36	300m:	3:32.71	36.43	400m:	4:44.56	35.33
61.	Łowicki Marcin				95	UKS NAWA Skierniewice				437	<b>4:44.68</b>	
	50m:	30.94	30.94	150m:	1:42.52	36.44	250m:	2:55.69	36.57	350m:	4:09.13	36.59
	100m:	1:06.08	35.14	200m:	2:19.12	36.60	300m:	3:32.54	36.85	400m:	4:44.68	35.55
62.	Zdun Konrad				95	UKS DZIEWIĘTKA OSiR Kalisz				437	<b>4:44.82</b>	
	50m:	31.20	31.20	150m:	1:43.38	36.51	250m:	2:56.78	36.41	350m:	4:10.16	36.53
	100m:	1:06.87	35.67	200m:	2:20.37	36.99	300m:	3:33.63	36.85	400m:	4:44.82	34.66
63.	Gockowiak Rados <sup>3</sup> aw				95	UKS "Ósemka" Starogard Gdański				428	<b>4:46.86</b>	
	50m:	30.97	30.97	150m:	1:42.59	36.06	250m:	2:55.86	36.94	350m:	4:10.35	37.18
	100m:	1:06.53	35.56	200m:	2:18.92	36.33	300m:	3:33.17	37.31	400m:	4:46.86	36.51
64.	Klonowski Dawid				95	UKS DZIEWIĘTKA OSiR Kalisz				388	<b>4:56.25</b>	
	50m:	31.37	31.37	150m:	1:44.09	37.16	250m:	3:00.57	38.41	350m:	4:18.77	38.97
	100m:	1:06.93	35.56	200m:	2:22.16	38.07	300m:	3:39.80	39.23	400m:	4:56.25	37.48
65.	Kamiński Krzysztof				95	MMKS Kêdzierzyn-KoŸle				382	<b>4:57.92</b>	
	50m:	33.37	33.37	150m:	1:47.47	37.57	250m:	3:04.67	38.68	350m:	4:21.33	38.14
	100m:	1:09.90	36.53	200m:	2:25.99	38.52	300m:	3:43.19	38.52	400m:	4:57.92	36.59
66.	Adamczyk Przemys <sup>3</sup> aw				95	MMKS Kêdzierzyn-KoŸle				374	<b>4:59.89</b>	
	50m:	33.12	33.12	150m:	1:48.71	38.44	250m:	3:05.95	38.56	350m:	4:23.06	38.31
	100m:	1:10.27	37.15	200m:	2:27.39	38.68	300m:	3:44.75	38.80	400m:	4:59.89	36.83