

Zimowe Mistrzostwa Polski w Pływaniu Juniorów M<sup>3</sup>odszych - 14 lat  
Zamoce, 15. - 17.1.2010

Konkurencja 20 Ch<sup>3</sup>opców, 400m dowolny 14 lat  
2010-01-16 - 10:44 Wyniki Eliminacje

Top Times "Poland" 3:59.77 ZONIUK Maciej SLWRO Saint Dizier (FRA) 2008-11-15

Punkty: FINA 2009

Pozycja			Rok ur.					Czas	Pkt.
1.	KUĆEWIK Maciej		96	CEI'sk Wroc <sup>3</sup> aw				<b>4:15.64</b>	604 A
	50m:	29.81 29.81	150m:	1:34.76 33.06	250m:	2:41.01 33.15	350m:	3:46.20 32.05	
	100m:	1:01.70 31.89	200m:	2:07.86 33.10	300m:	3:14.15 33.14	400m:	4:15.64 29.44	
2.	WIATROWSKI Remigiusz		96	Warta Poznań				<b>4:16.94</b>	595 A
	50m:	29.77 29.77	150m:	1:35.60 33.42	250m:	2:42.30 33.24	350m:	3:47.12 31.82	
	100m:	1:02.18 32.41	200m:	2:09.06 33.46	300m:	3:15.30 33.00	400m:	4:16.94 29.82	
3.	WOJDAK Wojciech		96	Wiking Brzesko				<b>4:22.45</b>	558 A
	50m:	29.49 29.49	150m:	1:36.39 33.95	250m:	2:43.46 33.11	350m:	3:50.55 33.08	
	100m:	1:02.44 32.95	200m:	2:10.35 33.96	300m:	3:17.47 34.01	400m:	4:22.45 31.90	
4.	LECKIEWICZ Konrad		96	Polonia Warszawa				<b>4:22.86</b>	556 A
	50m:	30.33 30.33	150m:	1:37.61 34.10	250m:	2:44.62 33.34	350m:	3:50.72 33.10	
	100m:	1:03.51 33.18	200m:	2:11.28 33.67	300m:	3:17.62 33.00	400m:	4:22.86 32.14	
5.	PLACHTA Emil		96	Kormoran Olsztyn				<b>4:23.30</b>	553 A
	50m:	29.23 29.23	150m:	1:36.40 33.83	250m:	2:43.96 33.45	350m:	3:51.14 33.25	
	100m:	1:02.57 33.34	200m:	2:10.51 34.11	300m:	3:17.89 33.93	400m:	4:23.30 32.16	
6.	HOŁUB Jan		96	Avia Ćwidnik				<b>4:24.28</b>	547 A
	50m:	30.31 30.31	150m:	1:37.09 33.66	250m:	2:44.00 33.13	350m:	3:51.34 33.49	
	100m:	1:03.43 33.12	200m:	2:10.87 33.78	300m:	3:17.85 33.85	400m:	4:24.28 32.94	
7.	TACZAŃSKI Bart <sup>3</sup> omiej		96	Shark Rudna				<b>4:26.54</b>	533 B
	50m:	29.26 29.26	150m:	1:36.39 33.93	250m:	2:44.23 33.65	350m:	3:52.19 33.55	
	100m:	1:02.46 33.20	200m:	2:10.58 34.19	300m:	3:18.64 34.41	400m:	4:26.54 34.35	
8.	PAWEŁEK Igor		96	Aqua Bydgoszcz				<b>4:28.10</b>	524 B
	50m:	29.82 29.82	150m:	1:36.70 34.03	250m:	2:45.41 34.47	350m:	3:54.89 34.79	
	100m:	1:02.67 32.85	200m:	2:10.94 34.24	300m:	3:20.10 34.69	400m:	4:28.10 33.21	
9.	PIECHOWIAK Bartosz		96	AZS WSG Bydgoszcz				<b>4:28.99</b>	519 B
	50m:	30.63 30.63	150m:	1:38.97 34.44	250m:	2:47.90 34.50	350m:	3:56.27 34.00	
	100m:	1:04.53 33.90	200m:	2:13.40 34.43	300m:	3:22.27 34.37	400m:	4:28.99 32.72	
10.	KRYCIA Mateusz		96	KSZO Ostrowiec Ćw.				<b>4:29.02</b>	518 B
	50m:	30.69 30.69	150m:	1:38.06 34.26	250m:	2:46.38 34.03	350m:	3:55.65 34.36	
	100m:	1:03.80 33.11	200m:	2:12.35 34.29	300m:	3:21.29 34.91	400m:	4:29.02 33.37	
11.	ŁAGOCKI Jan		96	Polonia Warszawa				<b>4:29.96</b>	513 B
	50m:	30.72 30.72	150m:	1:38.28 34.18	250m:	2:47.13 34.42	350m:	3:56.06 34.64	
	100m:	1:04.10 33.38	200m:	2:12.71 34.43	300m:	3:21.42 34.29	400m:	4:29.96 33.90	
12.	HORAŁA Damian		96	Warta Poznań				<b>4:30.55</b>	510 B
	50m:	30.43 30.43	150m:	1:40.77 34.96	250m:	2:50.66 34.79	350m:	3:59.39 34.24	
	100m:	1:05.81 35.38	200m:	2:15.87 35.10	300m:	3:25.15 34.49	400m:	4:30.55 31.16	
13.	CHABA Mateusz		96	Shark Rudna				<b>4:31.21</b>	506 R
	50m:	30.60 30.60	150m:	1:38.00 34.21	250m:	2:46.98 34.48	350m:	3:56.70 35.10	
	100m:	1:03.79 33.19	200m:	2:12.50 34.50	300m:	3:21.60 34.62	400m:	4:31.21 34.51	
14.	JASZEWSKI Marcin		96	Polonez Wyszaków				<b>4:33.07</b>	496 R
	50m:	30.68 30.68	150m:	1:38.67 34.30	250m:	2:48.65 35.24	350m:	3:59.18 35.10	
	100m:	1:04.37 33.69	200m:	2:13.41 34.74	300m:	3:24.08 35.43	400m:	4:33.07 33.89	
15.	GUBA Adam		96	Delfin Inowroc <sup>3</sup> aw				<b>4:34.15</b>	490
	50m:	30.17 30.17	150m:	1:38.99 35.33	250m:	2:50.21 35.04	350m:	4:01.00 35.26	
	100m:	1:03.66 33.49	200m:	2:15.17 36.18	300m:	3:25.74 35.53	400m:	4:34.15 33.15	
16.	KSIŃEK Sebastian		96	KSZO Ostrowiec Ćw.				<b>4:34.70</b>	487
	50m:	31.09 31.09	150m:	1:41.24 35.46	250m:	2:51.43 34.82	350m:	4:01.56 34.77	
	100m:	1:05.78 34.69	200m:	2:16.61 35.37	300m:	3:26.79 35.36	400m:	4:34.70 33.14	
17.	MOTYCZYŃSKI Jakub		96	Polonia Warszawa				<b>4:34.78</b>	486
	50m:	31.16 31.16	150m:	1:41.56 35.29	250m:	2:52.34 35.33	350m:	4:02.26 34.70	
	100m:	1:06.27 35.11	200m:	2:17.01 35.45	300m:	3:27.56 35.22	400m:	4:34.78 32.52	

Zimowe Mistrzostwa Polski w Pływaniu Juniorów M<sup>3</sup>odszych - 14 lat  
Zamość, 15. - 17.1.2010

Konkurencja 20, Chłopców, 400m dowolny, Eliminacje, 14 lat

Pozycja			Rok ur.					Czas	Pkt.		
18.	RUTKOWSKI Krzysztof		96	Lublinianka				<b>4:34.94</b>	486		
	50m:	31.55 31.55	150m:	1:40.88	34.77	250m:	2:52.07	35.56	350m:	4:02.69	35.20
	100m:	1:06.11 34.56	200m:	2:16.51	35.63	300m:	3:27.49	35.42	400m:	4:34.94	32.25
19.	KUZIO Igor		96	Kormoran Olsztyn				<b>4:35.06</b>	485		
	50m:	29.76 29.76	150m:	1:38.12	35.28	250m:	2:49.62	35.88	350m:	4:00.94	35.53
	100m:	1:02.84 33.08	200m:	2:13.74	35.62	300m:	3:25.41	35.79	400m:	4:35.06	34.12
20.	DROZD Patryk		96	Kormoran Olsztyn				<b>4:35.95</b>	480		
	50m:	31.22 31.22	150m:	1:39.56	34.63	250m:	2:49.43	35.13	350m:	4:00.85	35.93
	100m:	1:04.93 33.71	200m:	2:14.30	34.74	300m:	3:24.92	35.49	400m:	4:35.95	35.10
21.	BOROWCZYK Oskar		96	AZS AWF Poznań				<b>4:36.73</b>	476		
	50m:	32.10 32.10	150m:	1:42.38	34.70	250m:	2:52.28	34.91	350m:	4:02.78	35.53
	100m:	1:07.68 35.58	200m:	2:17.37	34.99	300m:	3:27.25	34.97	400m:	4:36.73	33.95
22.	GŁOWIAK Damian		96	S <sup>3</sup> owianka Gorzów Wlkp.				<b>4:37.17</b>	474		
	50m:	30.82 30.82	150m:	1:41.51	35.61	250m:	2:53.12	35.29	350m:	4:04.20	35.16
	100m:	1:05.90 35.08	200m:	2:17.83	36.32	300m:	3:29.04	35.92	400m:	4:37.17	32.97
23.	GOLEŃ Filip		96	Fala Kracerek				<b>4:37.44</b>	473		
	50m:	31.31 31.31	150m:	1:42.10	35.83	250m:	2:53.13	35.58	350m:	4:03.89	35.22
	100m:	1:06.27 34.96	200m:	2:17.55	35.45	300m:	3:28.67	35.54	400m:	4:37.44	33.55
24.	STEFANSKI Przemyslaw		96	Kormoran Olsztyn				<b>4:37.91</b>	470		
	50m:	32.07 32.07	150m:	1:41.73	34.73	250m:	2:52.49	35.33	350m:	4:03.56	35.58
	100m:	1:07.00 34.93	200m:	2:17.16	35.43	300m:	3:27.98	35.49	400m:	4:37.91	34.35
	PALUSZKIEWICZ Patryk		96	Olimpijczyk Aleksandrów				<b>4:37.91</b>	470		
	50m:	31.31 31.31	150m:	1:41.03	35.24	250m:	2:52.08	35.80	350m:	4:03.53	35.73
	100m:	1:05.79 34.48	200m:	2:16.28	35.25	300m:	3:27.80	35.72	400m:	4:37.91	34.38
26.	CIESIELSKI Filip		96	Aqua Bydgoszcz				<b>4:38.71</b>	466		
	50m:	31.57 31.57	150m:	1:41.86	35.55	250m:	2:53.80	35.98	350m:	4:05.32	35.47
	100m:	1:06.31 34.74	200m:	2:17.82	35.96	300m:	3:29.85	36.05	400m:	4:38.71	33.39
27.	SZAMOTULSKI Krzysztof		96	S <sup>3</sup> owianka Gorzów Wlkp.				<b>4:39.01</b>	465		
	50m:	31.56 31.56	150m:	1:41.06	35.11	250m:	2:52.60	36.00	350m:	4:04.88	36.21
	100m:	1:05.95 34.39	200m:	2:16.60	35.54	300m:	3:28.67	36.07	400m:	4:39.01	34.13
28.	HOŁUBIEC Maciej		96	Rekin Warszawa				<b>4:39.04</b>	465		
	50m:	30.82 30.82	150m:	1:40.84	35.70	250m:	2:51.44	34.72	350m:	4:03.89	36.33
	100m:	1:05.14 34.32	200m:	2:16.72	35.88	300m:	3:27.56	36.12	400m:	4:39.04	35.15
29.	OLENDER Karol		96	Dwójka Morena Gdańsk				<b>4:39.50</b>	462		
	50m:	31.59 31.59	150m:	1:40.85	35.33	250m:	2:52.64	35.91	350m:	4:05.48	36.33
	100m:	1:05.52 33.93	200m:	2:16.73	35.88	300m:	3:29.15	36.51	400m:	4:39.50	34.02
30.	MADEJ Jan		96	Salos Kielce				<b>4:41.31</b>	453		
	50m:	30.99 30.99	150m:	1:41.65	35.73	250m:	2:54.31	36.60	350m:	4:07.23	36.60
	100m:	1:05.92 34.93	200m:	2:17.71	36.06	300m:	3:30.63	36.32	400m:	4:41.31	34.08
31.	MALINOWSKI Michał		96	CEI'sk Wrocław				<b>4:41.32</b>	453		
	50m:	33.12 33.12	150m:	1:44.59	36.08	250m:	2:56.25	35.98	350m:	4:07.50	35.77
	100m:	1:08.51 35.39	200m:	2:20.27	35.68	300m:	3:31.73	35.48	400m:	4:41.32	33.82
32.	KOŁODZIEJCZYK Patryk		96	Unia Oświęcim				<b>4:41.36</b>	453		
	50m:	31.08 31.08	150m:	1:41.95	36.01	250m:	2:54.83	36.48	350m:	4:07.46	36.56
	100m:	1:05.94 34.86	200m:	2:18.35	36.40	300m:	3:30.90	36.07	400m:	4:41.36	33.90
33.	WŁODARCZAK Paweł		96	Warta Poznań				<b>4:41.70</b>	452		
	50m:	31.06 31.06	150m:	1:42.40	35.94	250m:	2:54.29	36.17	350m:	4:06.63	36.34
	100m:	1:06.46 35.40	200m:	2:18.12	35.72	300m:	3:30.29	36.00	400m:	4:41.70	35.07
34.	MUSZTAFAGA Piotr		96	MKP Szczecin				<b>4:41.76</b>	451		
	50m:	30.89 30.89	150m:	1:43.22	36.74	250m:	2:55.59	35.92	350m:	4:08.01	36.28
	100m:	1:06.48 35.59	200m:	2:19.67	36.45	300m:	3:31.73	36.14	400m:	4:41.76	33.75
35.	PIETRZAK Krzysztof		96	Dwójka Morena Gdańsk				<b>4:42.15</b>	449		
	50m:	30.68 30.68	150m:	1:42.14	36.20	250m:	2:54.96	36.48	350m:	4:06.98	35.70
	100m:	1:05.94 35.26	200m:	2:18.48	36.34	300m:	3:31.28	36.32	400m:	4:42.15	35.17

Zimowe Mistrzostwa Polski w Pływaniu Juniorów Młodszych - 14 lat  
Zamość, 15. - 17.1.2010

Konkurencja 20, Chłopców, 400m dowolny, Eliminacje, 14 lat

Pozycja			Rok ur.					Czas	Pkt.		
36.	HADAC Mateusz		96	Warta Poznań				<b>4:43.60</b>	442		
	50m:	31.66 31.66	150m:	1:42.86	35.91	250m:	2:55.87	36.60	350m:	4:09.04	36.52
	100m:	1:06.95 35.29	200m:	2:19.27	36.41	300m:	3:32.52	36.65	400m:	4:43.60	34.56
37.	JURUŁ Bartłomiej		96	Sówianka Gorzów Wlkp.				<b>4:44.08</b>	440		
	50m:	33.99 33.99	150m:	1:44.76	35.53	250m:	2:56.92	36.34	350m:	4:09.33	36.15
	100m:	1:09.23 35.24	200m:	2:20.58	35.82	300m:	3:33.18	36.26	400m:	4:44.08	34.75
38.	ZACHARSKI Szymon		96	Unia Busko Zdrój				<b>4:44.53</b>	438		
	50m:	30.77 30.77	150m:	1:40.97	35.70	250m:	2:54.06	36.55	350m:	4:08.68	37.18
	100m:	1:05.27 34.50	200m:	2:17.51	36.54	300m:	3:31.50	37.44	400m:	4:44.53	35.85
39.	WRONKOWSKI Paweł		96	AZS WSG Bydgoszcz				<b>4:44.94</b>	436		
	50m:	32.00 32.00	150m:	1:45.07	36.99	250m:	2:58.17	36.56	350m:	4:11.37	36.27
	100m:	1:08.08 36.08	200m:	2:21.61	36.54	300m:	3:35.10	36.93	400m:	4:44.94	33.57
40.	SKRZYPIEC Wojciech		96	Piłtka Chorzów				<b>4:45.87</b>	432		
	50m:	30.99 30.99	150m:	1:43.14	36.49	250m:	2:56.29	36.70	350m:	4:11.43	37.58
	100m:	1:06.65 35.66	200m:	2:19.59	36.45	300m:	3:33.85	37.56	400m:	4:45.87	34.44
41.	SIENKIEWICZ Jakub		96	Siódemka Sopot				<b>4:45.92</b>	432		
	50m:	31.51 31.51	150m:	1:43.08	36.38	250m:	2:56.66	36.84	350m:	4:09.54	36.24
	100m:	1:06.70 35.19	200m:	2:19.82	36.74	300m:	3:33.30	36.64	400m:	4:45.92	36.38
42.	BUCZKOWSKI Kamil		96	Shark Rudna				<b>4:45.98</b>	432		
	50m:	32.28 32.28	150m:	1:43.68	35.97	250m:	2:56.94	36.69	350m:	4:11.09	37.17
	100m:	1:07.71 35.43	200m:	2:20.25	36.57	300m:	3:33.92	36.98	400m:	4:45.98	34.89
43.	CZEKAJ Kamil		96	Jordan Kraków				<b>4:46.31</b>	430		
	50m:	32.24 32.24	150m:	1:43.38	36.33	250m:	2:57.03	36.63	350m:	4:10.62	36.75
	100m:	1:07.05 34.81	200m:	2:20.40	37.02	300m:	3:33.87	36.84	400m:	4:46.31	35.69
44.	RACZKOWSKI Piotr, Daniel		96	Olimpijczyk Suwałki				<b>4:46.62</b>	429		
	50m:	31.52 31.52	150m:	1:43.59	36.74	250m:	2:57.03	36.87	350m:	4:11.03	36.76
	100m:	1:06.85 35.33	200m:	2:20.16	36.57	300m:	3:34.27	37.24	400m:	4:46.62	35.59
45.	PALUCHOWSKI Konrad		96	Orka Sochaczew				<b>4:46.82</b>	428		
	50m:	32.14 32.14	150m:	1:45.32	36.79	250m:	2:58.58	36.53	350m:	4:11.57	36.81
	100m:	1:08.53 36.39	200m:	2:22.05	36.73	300m:	3:34.76	36.18	400m:	4:46.82	35.25
46.	FUKS Kamil		96	Wodnik Siemianowice				<b>4:47.57</b>	424		
	50m:	32.06 32.06	150m:	1:44.59	36.64	250m:	2:58.65	37.06	350m:	4:12.31	36.72
	100m:	1:07.95 35.89	200m:	2:21.59	37.00	300m:	3:35.59	36.94	400m:	4:47.57	35.26
47.	SIUDZIŃSKI Dawid		96	Orzeł Elbląg				<b>4:48.94</b>	418		
	50m:	31.83 31.83	150m:	1:43.71	36.24	250m:	2:57.88	37.08	350m:	4:13.05	37.36
	100m:	1:07.47 35.64	200m:	2:20.80	37.09	300m:	3:35.69	37.81	400m:	4:48.94	35.89
48.	TLAK Adam		96	Jedynka Ożarów Maz.				<b>4:49.30</b>	417		
	50m:	31.28 31.28	150m:	1:45.03	37.56	250m:	2:59.11	37.04	350m:	4:13.59	36.62
	100m:	1:07.47 36.19	200m:	2:22.07	37.04	300m:	3:36.97	37.86	400m:	4:49.30	35.71
49.	JARASZKIEWICZ Bartosz		96	Poznań Poznań				<b>4:49.73</b>	415		
	50m:	32.61 32.61	150m:	1:45.93	37.40	250m:	2:59.44	36.50	350m:	4:13.52	37.32
	100m:	1:08.53 35.92	200m:	2:22.94	37.01	300m:	3:36.20	36.76	400m:	4:49.73	36.21
50.	KARCZEMNY Mateusz		96	Łoborz Warszawa				<b>4:49.81</b>	415		
	50m:	32.40 32.40	150m:	1:45.96	37.57	250m:	3:01.32	37.14	350m:	4:14.86	36.41
	100m:	1:08.39 35.99	200m:	2:24.18	38.22	300m:	3:38.45	37.13	400m:	4:49.81	34.95
51.	MICHALSKI Bartosz		96	Orlik Lublin				<b>4:50.13</b>	413		
	50m:	32.15 32.15	150m:	1:44.94	36.70	250m:	2:59.10	36.92	350m:	4:13.77	37.25
	100m:	1:08.24 36.09	200m:	2:22.18	37.24	300m:	3:36.52	37.42	400m:	4:50.13	36.36
52.	BAGROWSKI Karol		96	Delfin Toruń				<b>4:50.31</b>	413		
	50m:	32.04 32.04	150m:	1:45.75	37.02	250m:	3:01.05	37.98	350m:	4:15.43	37.06
	100m:	1:08.73 36.69	200m:	2:23.07	37.32	300m:	3:38.37	37.32	400m:	4:50.31	34.88
53.	LELEK Mateusz		96	Jordan Kraków				<b>4:51.86</b>	406		
	50m:	32.05 32.05	150m:	1:45.36	37.30	250m:	3:00.39	37.96	350m:	4:16.61	38.47
	100m:	1:08.06 36.01	200m:	2:22.43	37.07	300m:	3:38.14	37.75	400m:	4:51.86	35.25

Zimowe Mistrzostwa Polski w Pływaniu Juniorów Młodszych - 14 lat  
Zamość, 15. - 17.1.2010

Konkurencja 20, Chłopców, 400m dowolny, Eliminacje, 14 lat

Pozycja			Rok ur.					Czas	Pkt.			
54.	CHMIEL	Mateusz	96	Polonez Wyszaków				<b>4:52.24</b>	404			
	50m:	30.88	30.88	150m:	1:43.48	36.50	250m:	2:59.11	38.51	350m:	4:14.61	36.97
	100m:	1:06.98	36.10	200m:	2:20.60	37.12	300m:	3:37.64	38.53	400m:	4:52.24	37.63
55.	SOROKA	Krzysztof	96	Skarpa Lublin				<b>4:52.52</b>	403			
	50m:	32.25	32.25	150m:	1:44.82	36.82	250m:	2:59.60	37.68	350m:	4:15.53	37.89
	100m:	1:08.00	35.75	200m:	2:21.92	37.10	300m:	3:37.64	38.04	400m:	4:52.52	36.99
56.	CHMIEL	Arkadiusz	96	Foka Sandomierz				<b>4:53.52</b>	399			
	50m:	30.98	30.98	150m:	1:44.62	37.54	250m:	3:00.52	38.01	350m:	4:18.95	39.31
	100m:	1:07.08	36.10	200m:	2:22.51	37.89	300m:	3:39.64	39.12	400m:	4:53.52	34.57
57.	BRZOZOWSKI	Mateusz	96	Foka Sandomierz				<b>4:53.59</b>	399			
	50m:	31.73	31.73	150m:	1:45.56	37.55	250m:	3:01.48	37.89	350m:	4:18.18	38.74
	100m:	1:08.01	36.28	200m:	2:23.59	38.03	300m:	3:39.44	37.96	400m:	4:53.59	35.41
58.	JERZYŃSKI	Konrad	96	Trójka Łódź				<b>4:53.89</b>	398			
	50m:	32.61	32.61	150m:	1:46.29	37.26	250m:	3:02.12	37.82	350m:	4:17.97	37.83
	100m:	1:09.03	36.42	200m:	2:24.30	38.01	300m:	3:40.14	38.02	400m:	4:53.89	35.92
59.	SŁABIŃSKI	Kamil	96	Olimpijczyk Suwałki				<b>4:56.35</b>	388			
	50m:	32.79	32.79	150m:	1:46.52	37.32	250m:	3:02.29	38.22	350m:	4:19.54	38.45
	100m:	1:09.20	36.41	200m:	2:24.07	37.55	300m:	3:41.09	38.80	400m:	4:56.35	36.81
60.	BUSZKIEWICZ	Damian	96	Shark Rudna				<b>4:56.68</b>	387			
	50m:	34.08	34.08	150m:	1:48.55	37.42	250m:	3:04.67	38.24	350m:	4:20.01	37.49
	100m:	1:11.13	37.05	200m:	2:26.43	37.88	300m:	3:42.52	37.85	400m:	4:56.68	36.67
61.	DALECKI	Łukasz	96	CEI'sk Wrocław				<b>4:56.79</b>	386			
	50m:	33.22	33.22	150m:	1:46.56	37.35	250m:	3:02.88	38.34	350m:	4:19.49	38.41
	100m:	1:09.21	35.99	200m:	2:24.54	37.98	300m:	3:41.08	38.20	400m:	4:56.79	37.30
62.	WOŃNIAK	Piotr	96	Jordan Kraków				<b>4:56.99</b>	385			
	50m:	32.10	32.10	150m:	1:46.52	37.65	250m:	3:02.66	38.27	350m:	4:20.38	39.11
	100m:	1:08.87	36.77	200m:	2:24.39	37.87	300m:	3:41.27	38.61	400m:	4:56.99	36.61
63.	ZIELIŃSKI	Przemysław	96	Gilus Gilowice				<b>4:58.99</b>	378			
	50m:	33.32	33.32	150m:	1:47.77	37.61	250m:	3:05.02	38.71	350m:	4:22.26	38.68
	100m:	1:10.16	36.84	200m:	2:26.31	38.54	300m:	3:43.58	38.56	400m:	4:58.99	36.73
64.	WOJCIECHOWSKI	Robert	96	G-8 Bielany				<b>5:00.13</b>	373			
	50m:	32.42	32.42	150m:	1:47.96	38.43	250m:	3:04.69	38.46	350m:	4:22.45	38.79
	100m:	1:09.53	37.11	200m:	2:26.23	38.27	300m:	3:43.66	38.97	400m:	5:00.13	37.68
65.	KARWAT	Krzysztof	96	Nawa Skierniewice				<b>5:01.71</b>	367			
	50m:	34.17	34.17	150m:	1:51.56	38.94	250m:	3:09.12	39.08	350m:	4:27.10	38.78
	100m:	1:12.62	38.45	200m:	2:30.04	38.48	300m:	3:48.32	39.20	400m:	5:01.71	34.61
66.	BULA	Marcin	96	Wodnik Siemianowice				<b>5:03.66</b>	360			
	50m:	33.15	33.15	150m:	1:47.82	37.63	250m:	3:05.28	39.08	350m:	4:24.99	39.72
	100m:	1:10.19	37.04	200m:	2:26.20	38.38	300m:	3:45.27	39.99	400m:	5:03.66	38.67
67.	SZYMCZAK	Rafał	96	CEI'sk Wrocław				<b>5:04.69</b>	357			
	50m:	34.59	34.59	150m:	1:49.78	38.18	250m:	3:07.36	38.99	350m:		
	100m:	1:11.60	37.01	200m:	2:28.37	38.59	300m:	3:46.31	38.95	400m:	5:04.69	
68.	WYSZYŃSKI	Daniel	96	CEI'sk Wrocław				<b>5:07.66</b>	347			
	50m:	34.98	34.98	150m:	1:52.13	38.97	250m:	3:10.72	39.72	350m:	4:29.93	40.00
	100m:	1:13.16	38.18	200m:	2:31.00	38.87	300m:	3:49.93	39.21	400m:	5:07.66	37.73
69.	KLAWIŃSKI	Mateusz	96	Delfin Toruń				<b>5:07.75</b>	346			
	50m:	34.37	34.37	150m:	1:51.49	38.76	250m:	3:10.88	39.92	350m:	4:30.10	40.14
	100m:	1:12.73	38.36	200m:	2:30.96	39.47	300m:	3:49.96	39.08	400m:	5:07.75	37.65
70.	CHWIEROĆ	Paweł	96	Juwenia Biały				<b>5:09.59</b>	340			
	50m:	33.70	33.70	150m:	1:50.89	39.33	250m:	3:10.24	39.95	350m:	4:31.39	40.59
	100m:	1:11.56	37.86	200m:	2:30.29	39.40	300m:	3:50.80	40.56	400m:	5:09.59	38.20
71.	RUDZIŃSKI	Marek	96	Orzeł Elbląg				<b>5:19.67</b>	309			
	50m:	37.52	37.52	150m:	1:59.68	40.47	250m:	3:19.94	39.88	350m:	4:41.12	40.17
	100m:	1:19.21	41.69	200m:	2:40.06	40.38	300m:	4:00.95	41.01	400m:	5:19.67	38.55