

Główne Mistrzostwa Polski Seniorów i Młodzie owców
Olsztyn, 13- - 16-6-2013

Event 28
2013-06-15 - 11:30

Men, 400m Freestyle

Open
Results Prelim

Rekord Polski	3:45.71	STANCZYK Przemyslaw	00116	Chiba (JPN)	2007-08-21
Minimum Mistrzostwa wiata Seniorów	3:49.55				
Minimum Mistrzostwa wiata Juniorów	3:56.01				
Minimum Mistrzostwa Europy Juniorów	3:57.63				

Points: FINA 2013

Rank					YB					Time	Pts		
1.	ZABOROWSKI Filip SSz				94	MKP Szczecin				3:55.55	815	A	
	50m:	27.44	27.44	150m:	1:26.51	29.56	250m:	2:26.12	29.99	350m:	3:26.11	30.06	
	100m:	56.95	29.51	200m:	1:56.13	29.62	300m:	2:56.05	29.93	400m:	3:55.55	29.44	
2.	SZUBA Michal				93	WKS Slask Wroclaw				3:55.74	813	A	
	50m:	27.42	27.42	150m:	1:26.66	29.60	250m:	2:26.24	29.78	350m:	3:26.59	30.36	
	100m:	57.06	29.64	200m:	1:56.46	29.80	300m:	2:56.23	29.99	400m:	3:55.74	29.15	
3.	KACZMARSKI Marcin SSz				94	KSZO Ostrowiec				3:55.83	812	A	
	50m:	27.33	27.33	150m:	1:27.34	30.16	250m:	2:27.12	29.68	350m:	3:26.54	29.68	
	100m:	57.18	29.85	200m:	1:57.44	30.10	300m:	2:56.86	29.74	400m:	3:55.83	29.29	
4.	KLICH Kacper SWr				94	AZS-AWF Katowice				3:56.39	806	A	
	50m:	27.57	27.57	150m:	1:27.03	29.57	250m:	2:26.61	29.65	350m:	3:26.93	30.16	
	100m:	57.46	29.89	200m:	1:56.96	29.93	300m:	2:56.77	30.16	400m:	3:56.39	29.46	
5.	WOJDAK Wojciech SO <i>minimum MEJ</i>				96	BOSIR SP Brzesko				3:56.85	802	A	
	50m:	27.44	27.44	150m:	1:26.88	29.92	250m:	2:26.94	29.96	350m:	3:27.23	30.29	
	100m:	56.96	29.52	200m:	1:56.98	30.10	300m:	2:56.94	30.00	400m:	3:56.85	29.62	
6.	FURTEK Pawel SSz <i>minimum MEJ</i>				95	MKP Szczecin				3:57.34	797	A	
	50m:	28.03	28.03	150m:	1:27.97	29.76	250m:	2:27.79	29.86	350m:	3:27.72	30.18	
	100m:	58.21	30.18	200m:	1:57.93	29.96	300m:	2:57.54	29.75	400m:	3:57.34	29.62	
7.	LASSEK Bartlomiej				94	MKS Trojka Lodz				3:57.92	791	A	
	50m:	27.73	27.73	150m:	1:27.80	29.96	250m:	2:27.89	29.80	350m:	3:28.44	30.28	
	100m:	57.84	30.11	200m:	1:58.09	30.29	300m:	2:58.16	30.27	400m:	3:57.92	29.48	
8.	PIELOWSKI Krzysztof				91	AZS UWM Olsztyn				3:58.44	786	A	
	50m:	27.84	27.84	150m:	1:27.60	29.89	250m:	2:28.21	30.19	350m:	3:28.63	30.19	
	100m:	57.71	29.87	200m:	1:58.02	30.42	300m:	2:58.44	30.23	400m:	3:58.44	29.81	
9.	KUSWIK Maciej SSz				96	WKS Slask Wroclaw				3:58.64	784	A	
	50m:	27.62	27.62	150m:	1:26.88	29.64	250m:	2:26.87	30.06	350m:	3:28.19	30.70	
	100m:	57.24	29.62	200m:	1:56.81	29.93	300m:	2:57.49	30.62	400m:	3:58.64	30.45	
10.	SMEJA Slawomir				94	MKS - Astoria Bydgoszcz				3:59.28	777	A	
	50m:	28.01	28.01	150m:	1:28.38	29.99	250m:	2:29.12	30.20	350m:	3:29.91	30.34	
	100m:	58.39	30.38	200m:	1:58.92	30.54	300m:	2:59.57	30.45	400m:	3:59.28	29.37	
11.	GLYK Wojciech				92	AZS-AWF Katowice				4:00.15	769	B	
	50m:	27.86	27.86	150m:	1:27.69	30.10	250m:	2:28.41	30.47	350m:	3:29.71	30.77	
	100m:	57.59	29.73	200m:	1:57.94	30.25	300m:	2:58.94	30.53	400m:	4:00.15	30.44	
12.	BIS Daniel				95	UKS "G-8 Bielany" Warszawa				4:00.91	762	B	
	50m:	28.55	28.55	150m:	1:28.72	30.37	250m:	2:29.12	30.03	350m:	3:30.58	30.71	
	100m:	58.35	29.80	200m:	1:59.09	30.37	300m:	2:59.87	30.75	400m:	4:00.91	30.33	
13.	BOR Radoslaw SZG				93	Korner Zielona Gora				4:03.71	736	B	
	50m:	27.50	27.50	150m:	1:29.11	31.03	250m:	2:30.93	30.90	350m:	3:32.99	31.05	
	100m:	58.08	30.58	200m:	2:00.03	30.92	300m:	3:01.94	31.01	400m:	4:03.71	30.72	
14.	WIAK Jakub				95	UKS Olimpiczky				4:04.59	728	B	
	50m:	27.55	27.55	150m:	1:27.77	30.45	250m:	2:30.10	31.27	350m:	3:33.99	32.00	
	100m:	57.32	29.77	200m:	1:58.83	31.06	300m:	3:01.99	31.89	400m:	4:04.59	30.60	
15.	STANISZEWSKI Adam				97	MKS Trojka Lodz				4:04.80	726	B	
	50m:	28.58	28.58	150m:	1:31.17	31.31	250m:	2:32.63	30.60	350m:	3:34.78	30.90	
	100m:	59.86	31.28	200m:	2:02.03	30.86	300m:	3:03.88	31.25	400m:	4:04.80	30.02	

Główne Mistrzostwa Polski Seniorów i Młodzie owców
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Rank					YB					Time	Pts	
16.	JASZCZAK Wiktor				97	WKS Slask Wroclaw				4:04.88	725	B
	50m:	28.15	28.15	150m:	1:30.50	31.36	250m:	2:33.57	31.38	350m:	3:35.59	30.77
	100m:	59.14	30.99	200m:	2:02.19	31.69	300m:	3:04.82	31.25	400m:	4:04.88	29.29
17.	KLIZA Mateusz SK				94	KP Avia Swidnik				4:05.11	723	B
	50m:	27.92	27.92	150m:	1:29.28	30.87	250m:	2:31.32	31.13	350m:	3:34.09	31.43
	100m:	58.41	30.49	200m:	2:00.19	30.91	300m:	3:02.66	31.34	400m:	4:05.11	31.02
18.	GOLENIEC Lukasz SO				97	UKP Unia Oswiecim				4:05.37	721	B
	50m:	28.80	28.80	150m:	1:30.93	30.98	250m:	2:34.12	31.36	350m:	3:36.12	30.54
	100m:	59.95	31.15	200m:	2:02.76	31.83	300m:	3:05.58	31.46	400m:	4:05.37	29.25
19.	URBANIAK Jan Sp				95	KS Warta Poznan				4:05.48	720	B
	50m:	27.84	27.84	150m:	1:28.87	30.84	250m:	2:31.84	31.62	350m:	3:35.17	31.48
	100m:	58.03	30.19	200m:	2:00.22	31.35	300m:	3:03.69	31.85	400m:	4:05.48	30.31
20.	ARNDT Mateusz				98	KS Delfin Gdynia				4:05.49	720	B
	50m:	28.70	28.70	150m:	1:31.70	31.47	250m:	2:34.17	31.28	350m:	3:36.03	30.61
	100m:	1:00.23	31.53	200m:	2:02.89	31.19	300m:	3:05.42	31.25	400m:	4:05.49	29.46
21.	BOROWICZ SKONECZNY Sylwester				92	AZS UWM Olsztyn				4:05.56	719	R
	50m:	28.36	28.36	150m:	1:30.10	30.91	250m:	2:32.49	31.23	350m:	3:35.31	31.28
	100m:	59.19	30.83	200m:	2:01.26	31.16	300m:	3:04.03	31.54	400m:	4:05.56	30.25
22.	CIESIELSKI Filip				96	MUKS "Pietnastka" Bydgoszcz				4:05.94	716	R
	50m:	28.12	28.12	150m:	1:30.20	31.32	250m:	2:33.34	31.61	350m:	3:36.11	31.24
	100m:	58.88	30.76	200m:	2:01.73	31.53	300m:	3:04.87	31.53	400m:	4:05.94	29.83
23.	PTASZYNSKI Mikolaj SZG				95	Korner Zielona Gora				4:07.82	700	
	50m:	29.11	29.11	150m:	1:31.30	31.34	250m:	2:34.06	31.06	350m:	3:37.30	31.66
	100m:	59.96	30.85	200m:	2:03.00	31.70	300m:	3:05.64	31.58	400m:	4:07.82	30.52
24.	KSIAZEK Sebastian				96	KSZO Ostrowiec				4:08.24	696	
	50m:	28.21	28.21	150m:	1:30.78	31.58	250m:	2:34.35	31.88	350m:	3:37.26	31.21
	100m:	59.20	30.99	200m:	2:02.47	31.69	300m:	3:06.05	31.70	400m:	4:08.24	30.98
25.	SKRZYPIEC Wojciech				96	AZS-AWF Katowice				4:08.35	695	
	50m:	28.14	28.14	150m:	1:30.09	31.61	250m:	2:33.63	31.95	350m:	3:37.54	32.29
	100m:	58.48	30.34	200m:	2:01.68	31.59	300m:	3:05.25	31.62	400m:	4:08.35	30.81
26.	RZYSKI Marcin				94	AZS UWM Olsztyn				4:08.67	693	
	50m:	29.47	29.47	150m:	1:31.93	31.11	250m:	2:34.81	31.40	350m:	3:37.70	31.61
	100m:	1:00.82	31.35	200m:	2:03.41	31.48	300m:	3:06.09	31.28	400m:	4:08.67	30.97
27.	OLIWA Michal SSz				97	MKP Szczecin				4:09.53	685	
	50m:	28.20	28.20	150m:	1:31.09	31.89	250m:	2:35.14	31.97	350m:	3:39.35	32.05
	100m:	59.20	31.00	200m:	2:03.17	32.08	300m:	3:07.30	32.16	400m:	4:09.53	30.18
28.	CHOLEWO Krzysztof				95	MKS Polonia Warszawa				4:10.72	676	
	50m:	28.07	28.07	150m:	1:30.06	31.62	250m:	2:34.69	32.52	350m:	3:39.86	32.48
	100m:	58.44	30.37	200m:	2:02.17	32.11	300m:	3:07.38	32.69	400m:	4:10.72	30.86
29.	PIORO Artur				91	AZS-AWF Katowice				4:11.18	672	
	50m:	28.80	28.80	150m:	1:30.60	30.82	250m:	2:34.76	32.87	350m:	3:39.03	31.45
	100m:	59.78	30.98	200m:	2:01.89	31.29	300m:	3:07.58	32.82	400m:	4:11.18	32.15
30.	JURA Maciej				96	UKS Jagiellonka Warszawa				4:11.42	670	
	50m:	28.81	28.81	150m:	1:30.81	31.14	250m:	2:34.66	32.20	350m:	3:40.02	32.52
	100m:	59.67	30.86	200m:	2:02.46	31.65	300m:	3:07.50	32.84	400m:	4:11.42	31.40
31.	SZYMULA Kamil				96	KP Avia Swidnik				4:13.05	657	
	50m:	28.40	28.40	150m:	1:31.84	31.34	250m:	2:35.30	31.66	350m:	3:40.53	32.82
	100m:	1:00.50	32.10	200m:	2:03.64	31.80	300m:	3:07.71	32.41	400m:	4:13.05	32.52
32.	PIATKOWSKI Mateusz				90	AZS-AWF Katowice				4:13.62	653	
	50m:	28.53	28.53	150m:	1:30.82	31.58	250m:	2:35.60	32.43	350m:	3:41.16	32.79
	100m:	59.24	30.71	200m:	2:03.17	32.35	300m:	3:08.37	32.77	400m:	4:13.62	32.46
33.	DEREN Kacper				98	MKS 9 Dzierzoniow				4:15.08	642	
	50m:	28.60	28.60	150m:	1:33.74	33.03	250m:	2:39.46	32.38	350m:	3:44.93	32.22
	100m:	1:00.71	32.11	200m:	2:07.08	33.34	300m:	3:12.71	33.25	400m:	4:15.08	30.15

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Rank					YB					Time	Pts	
34.	GRABCZAK Dawid				97	KS Wisla Pulawy				4:15.74	637	
	50m:	28.94	28.94	150m:	1:32.57	32.12	250m:	2:37.99	32.81	350m:	3:43.82	32.92
	100m:	1:00.45	31.51	200m:	2:05.18	32.61	300m:	3:10.90	32.91	400m:	4:15.74	31.92
35.	MAJEWSKI Lukasz				96	MKP Slowianka Gorzow				4:15.98	635	
	50m:	28.62	28.62	150m:	1:32.98	32.62	250m:	2:38.38	32.71	350m:	3:44.35	33.22
	100m:	1:00.36	31.74	200m:	2:05.67	32.69	300m:	3:11.13	32.75	400m:	4:15.98	31.63
36.	SINITCHINE Radoslaw				98	MTP Kormoran Olsztyn				4:16.12	634	
	50m:	29.25	29.25	150m:	1:34.07	32.64	250m:	2:39.78	32.88	350m:	3:45.59	32.76
	100m:	1:01.43	32.18	200m:	2:06.90	32.83	300m:	3:12.83	33.05	400m:	4:16.12	30.53
37.	ZYBURA Kornel				95	MKP Bobry Debica				4:16.56	631	
	50m:	29.47	29.47	150m:	1:34.12	32.36	250m:	2:39.16	32.45	350m:	3:44.81	32.85
	100m:	1:01.76	32.29	200m:	2:06.71	32.59	300m:	3:11.96	32.80	400m:	4:16.56	31.75
38.	KRYCIA Mateusz				96	KSZO Ostrowiec				4:17.70	622	
	50m:	28.70	28.70	150m:	1:33.36	32.63	250m:	2:40.07	33.86	350m:	3:46.50	32.85
	100m:	1:00.73	32.03	200m:	2:06.21	32.85	300m:	3:13.65	33.58	400m:	4:17.70	31.20
39.	LELEK Mateusz				96	MKS Polonia Warszawa				4:18.28	618	
	50m:	29.35	29.35	150m:	1:34.54	32.97	250m:	2:41.13	33.09	350m:	3:46.86	32.80
	100m:	1:01.57	32.22	200m:	2:08.04	33.50	300m:	3:14.06	32.93	400m:	4:18.28	31.42
40.	CHODAN Alan				98	MTP Kormoran Olsztyn				4:18.94	613	
	50m:	28.98	28.98	150m:	1:33.61	32.69	250m:	2:40.05	33.22	350m:	3:47.10	33.53
	100m:	1:00.92	31.94	200m:	2:06.83	33.22	300m:	3:13.57	33.52	400m:	4:18.94	31.84
41.	MIELCZAREK Filip				96	LKS"Omega"Kleszczow				4:19.78	607	
	50m:	28.83	28.83	150m:	1:34.77	33.24	250m:	2:41.68	33.53	350m:	3:48.65	33.50
	100m:	1:01.53	32.70	200m:	2:08.15	33.38	300m:	3:15.15	33.47	400m:	4:19.78	31.13
42.	DYTKOWSKI Jan				97	KSZO Ostrowiec				4:19.90	607	
	50m:	29.01	29.01	150m:	1:33.55	32.59	250m:	2:39.39	32.60	350m:	3:46.84	34.40
	100m:	1:00.96	31.95	200m:	2:06.79	33.24	300m:	3:12.44	33.05	400m:	4:19.90	33.06
43.	KASZTELAN Mateusz				98	UKS MOS Elk				4:20.56	602	
	50m:	28.01	28.01	150m:	1:32.77	33.31	250m:	2:40.28	33.85	350m:	3:48.63	34.22
	100m:	59.46	31.45	200m:	2:06.43	33.66	300m:	3:14.41	34.13	400m:	4:20.56	31.93
44.	SOKOLOWSKI Ziemowit				97	KS Warta Poznan				4:21.14	598	
	50m:	29.89	29.89	150m:	1:36.39	33.56	250m:	2:42.94	33.18	350m:	3:49.06	33.05
	100m:	1:02.83	32.94	200m:	2:09.76	33.37	300m:	3:16.01	33.07	400m:	4:21.14	32.08
45.	LIS Przemyslaw				96	KP Avia Swidnik				4:21.41	596	
	50m:	29.21	29.21	150m:	1:34.15	32.86	250m:	2:40.28	32.88	350m:	3:47.59	33.72
	100m:	1:01.29	32.08	200m:	2:07.40	33.25	300m:	3:13.87	33.59	400m:	4:21.41	33.82
46.	SZPOJANKOWSKI Kacper				98	MTP Kormoran Olsztyn				4:22.61	588	
	50m:	29.40	29.40	150m:	1:35.04	33.45	250m:	2:42.65	33.76	350m:	3:50.08	33.78
	100m:	1:01.59	32.19	200m:	2:08.89	33.85	300m:	3:16.30	33.65	400m:	4:22.61	32.53
47.	SIKORA Michal				95	WKS Slask Wroclaw				4:23.51	582	
	50m:	29.85	29.85	150m:	1:35.03	33.01	250m:	2:41.46	32.68	350m:	3:49.42	34.30
	100m:	1:02.02	32.17	200m:	2:08.78	33.75	300m:	3:15.12	33.66	400m:	4:23.51	34.09
48.	ZIELINSKI Cezary				97	MKS Medyk Gizycko				4:23.85	580	
	50m:	29.07	29.07	150m:	1:35.58	33.58	250m:	2:43.60	33.82	350m:	3:51.44	33.77
	100m:	1:02.00	32.93	200m:	2:09.78	34.20	300m:	3:17.67	34.07	400m:	4:23.85	32.41
49.	KALUZYNSKI Antoni				99	UKS GIM92 Ursynow				4:25.20	571	
	50m:	27.85	27.85	150m:	1:34.62	33.83	250m:	2:42.69	34.28	350m:	3:52.89	35.53
	100m:	1:00.79	32.94	200m:	2:08.41	33.79	300m:	3:17.36	34.67	400m:	4:25.20	32.31
50.	RYBAK Konrad				98	UKS Pirania Targowek				4:26.51	563	
	50m:	29.33	29.33	150m:	1:35.45	33.46	250m:	2:43.72	34.31	350m:	3:52.98	34.78
	100m:	1:01.99	32.66	200m:	2:09.41	33.96	300m:	3:18.20	34.48	400m:	4:26.51	33.53
51.	DOBRZYNSKI Tomasz				98	UKS "G-8 Bielany" Warszawa				4:26.70	561	
	50m:	30.33	30.33	150m:	1:37.18	33.72	250m:	2:46.35	34.67	350m:	3:55.35	34.11
	100m:	1:03.46	33.13	200m:	2:11.68	34.50	300m:	3:21.24	34.89	400m:	4:26.70	31.35

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Rank					YB					Time	Pts	
52.	JARMULA Milosz				98	UKS "G-8 Bielany" Warszawa				4:27.08	559	
	50m:	30.23	30.23	150m:	1:37.68	34.16	250m:	2:46.75	34.44	350m:	3:55.61	34.16
	100m:	1:03.52	33.29	200m:	2:12.31	34.63	300m:	3:21.45	34.70	400m:	4:27.08	31.47
53.	KUZMA Bartosz				98	KS 1 Ozarow Mazowiecki				4:27.95	554	
	50m:	29.64	29.64	150m:	1:35.70	33.82	250m:	2:44.56	34.62	350m:	3:54.30	34.30
	100m:	1:01.88	32.24	200m:	2:09.94	34.24	300m:	3:20.00	35.44	400m:	4:27.95	33.65
54.	STILLER Piotr, SG				96	UKS Dwojka Morena Gdansk				4:28.13	552	
	50m:	29.98	29.98	150m:	1:37.09	33.73	250m:	2:45.20	33.93	350m:	3:54.61	34.86
	100m:	1:03.36	33.38	200m:	2:11.27	34.18	300m:	3:19.75	34.55	400m:	4:28.13	33.52
55.	BRUCHAJZER Dominik				97	MZOS Plock				4:28.36	551	
	50m:	29.13	29.13	150m:	1:35.52	33.94	250m:	2:44.16	34.45	350m:	3:54.63	35.77
	100m:	1:01.58	32.45	200m:	2:09.71	34.19	300m:	3:18.86	34.70	400m:	4:28.36	33.73
56.	KACZOROWSKI Jakub				97	UKS „Zoliborz” Warszawa				4:28.42	551	
	50m:	30.40	30.40	150m:	1:38.82	33.64	250m:	2:47.21	34.18	350m:	3:54.99	33.82
	100m:	1:05.18	34.78	200m:	2:13.03	34.21	300m:	3:21.17	33.96	400m:	4:28.42	33.43
57.	KWIATKOWSKI Krzysztof				97	MTPK Delfin Torun				4:29.85	542	
	50m:	29.47	29.47	150m:	1:36.21	34.39	250m:	2:44.72	34.25	350m:	3:55.89	35.74
	100m:	1:01.82	32.35	200m:	2:10.47	34.26	300m:	3:20.15	35.43	400m:	4:29.85	33.96
58.	BIELAWSKI Michal				93	UKS GIM92 Ursynow				4:35.85	507	
	50m:	27.36	27.36	150m:	1:34.10	34.40	250m:	2:46.24	36.36	350m:	4:00.77	37.05
	100m:	59.70	32.34	200m:	2:09.88	35.78	300m:	3:23.72	37.48	400m:	4:35.85	35.08
59.	MANCZAK Blazej				98	KS Delfin Gdynia				4:35.99	506	
	50m:	30.85	30.85	150m:	1:39.38	34.54	250m:	2:49.84	35.46	350m:	4:01.09	35.74
	100m:	1:04.84	33.99	200m:	2:14.38	35.00	300m:	3:25.35	35.51	400m:	4:35.99	34.90
60.	RUSSEK Filip				94	UKS „Zoliborz” Warszawa				4:36.46	504	
	50m:	29.48	29.48	150m:	1:39.47	35.69	250m:	2:51.51	36.05	350m:	4:03.69	35.49
	100m:	1:03.78	34.30	200m:	2:15.46	35.99	300m:	3:28.20	36.69	400m:	4:36.46	32.77
61.	BLOCH Cezary				95	Meduza Warszawa				4:36.74	502	
	50m:	31.22	31.22	150m:	1:40.69	35.17	250m:	2:52.56	35.99	350m:	4:04.42	35.61
	100m:	1:05.52	34.30	200m:	2:16.57	35.88	300m:	3:28.81	36.25	400m:	4:36.74	32.32
62.	PAWLAK Tomasz				95	UKS Trojka Sroda Wlkp.				4:38.13	495	
	50m:	29.62	29.62	150m:	1:39.86	36.04	250m:	2:52.50	36.18	350m:	4:04.44	35.38
	100m:	1:03.82	34.20	200m:	2:16.32	36.46	300m:	3:29.06	36.56	400m:	4:38.13	33.69
63.	WACHNIK Jakub				98	UKS Pirania Targowek				4:38.54	493	
	50m:	31.29	31.29	150m:	1:41.54	35.33	250m:	2:52.58	35.46	350m:	4:04.05	35.55
	100m:	1:06.21	34.92	200m:	2:17.12	35.58	300m:	3:28.50	35.92	400m:	4:38.54	34.49
64.	KOZIOLEK Bartosz				98	MTP Kormoran Olsztyn				4:41.73	476	
	50m:	30.94	30.94	150m:	1:40.53	35.44	250m:	2:53.03	36.78	350m:	4:06.63	36.65
	100m:	1:05.09	34.15	200m:	2:16.25	35.72	300m:	3:29.98	36.95	400m:	4:41.73	35.10
65.	WAWULSKI Norbert				97	MKP Wodnik Bielsk Podlaski				4:42.29	473	
	50m:	29.75	29.75	150m:	1:41.52	36.29	250m:	2:55.32	36.86	350m:	4:09.74	37.22
	100m:	1:05.23	35.48	200m:	2:18.46	36.94	300m:	3:32.52	37.20	400m:	4:42.29	32.55
66.	KIRYLUK Damian				98	UKS Dwojka Morena Gdansk				4:42.66	471	
	50m:	30.30	30.30	150m:	1:41.10	36.04	250m:	2:55.39	37.60	350m:	4:08.75	36.29
	100m:	1:05.06	34.76	200m:	2:17.79	36.69	300m:	3:32.46	37.07	400m:	4:42.66	33.91
67.	GIER Oliwer				99	MTP Kormoran Olsztyn				4:47.06	450	
	50m:	29.34	29.34	150m:	1:39.03	36.17	250m:	2:54.94	38.38	350m:	4:11.48	37.87
	100m:	1:02.86	33.52	200m:	2:16.56	37.53	300m:	3:33.61	38.67	400m:	4:47.06	35.58
68.	BADYSIAK Jakub				95	KS Pletwal Szczytno				4:48.02	446	
	50m:	31.11	31.11	150m:	1:43.66	36.92	250m:	2:58.49	37.03	350m:	4:12.82	36.88
	100m:	1:06.74	35.63	200m:	2:21.46	37.80	300m:	3:35.94	37.45	400m:	4:48.02	35.20
69.	ZAWISLAK Filip				98	MTP Kormoran Olsztyn				4:48.31	444	
	50m:	31.56	31.56	150m:	1:43.36	36.28	250m:	2:58.10	38.11	350m:	4:13.58	37.69
	100m:	1:07.08	35.52	200m:	2:19.99	36.63	300m:	3:35.89	37.79	400m:	4:48.31	34.73

Główne Mistrzostwa Polski Seniorów i Młodzie owców
Olsztyn, 13- - 16-6-2013

Event 28, Men, 400m Freestyle, Prelim, Open

Rank				YB					Time	Pts		
70.	KAMINSKI Marcin			97	UKP Marlin Gryfino				4:48.37	444		
	50m:	31.59	31.59	150m:	1:42.76	36.00	250m:	2:58.37	37.89	350m:	4:14.12	37.74
	100m:	1:06.76	35.17	200m:	2:20.48	37.72	300m:	3:36.38	38.01	400m:	4:48.37	34.25
71.	USCILKO Michal			95	MKS MOS Juvenia Bialystok				4:49.73	438		
	50m:	26.71	26.71	150m:	1:25.70	30.07	250m:	2:46.81	49.42	350m:	4:11.23	41.53
	100m:	55.63	28.92	200m:	1:57.39	31.69	300m:	3:29.70	42.89	400m:	4:49.73	38.50
72.	SKALDAWSKI Krzysztof			99	MKS Piaseczno				4:56.31	409		
	50m:	31.28	31.28	150m:	1:46.25	38.42	250m:	3:04.18	39.01	350m:	4:20.67	38.10
	100m:	1:07.83	36.55	200m:	2:25.17	38.92	300m:	3:42.57	38.39	400m:	4:56.31	35.64