

2017 Arena Grand Prix - Puchar Polski  
Lublin, 8- - 9-4-2017

Konkurencja 21  
2017-04-08 - 20:34

M czyzn, 400m dowolny

14 lat i starsi  
Wyniki

Rekord Polski OPEN 3:45.71 STANCZYK Przemyslaw 00116 Chiba (JPN) 2007-08-21

Punkty: FINA 2017

Pozycja			Wiek							Czas	Pkt.
<b>JUNIOR MŁODSZY 14 LAT</b>											
1.	RODKIEWICZ Radosław		14	Muszelka Warszawa						<b>4:29.19</b>	546
	50m:	31.85 31.85	150m:	1:41.24	34.64	250m:	2:49.82	34.07	350m:	3:56.96	33.38
	100m:	1:06.60 34.75	200m:	2:15.75	34.51	300m:	3:23.58	33.76	400m:	4:29.19	32.23
2.	NIEDZIAŁEK Michał SOL		14	Kormoran Olsztyn						<b>4:29.72</b>	543
	50m:	31.69 31.69	150m:	1:40.31	34.67	250m:	2:49.32	34.50	350m:	3:57.40	33.71
	100m:	1:05.64 33.95	200m:	2:14.82	34.51	300m:	3:23.69	34.37	400m:	4:29.72	32.32
3.	WOJCIECHOWSKI Kajetan		14	Trójka Łódź						<b>4:30.48</b>	538
	50m:	31.45 31.45	150m:	1:39.73	34.53	250m:	2:48.70	34.63	350m:	3:58.01	34.78
	100m:	1:05.20 33.75	200m:	2:14.07	34.34	300m:	3:23.23	34.53	400m:	4:30.48	32.47
4.	ROGUSKI Mateusz		14	Muszelka Warszawa						<b>4:31.71</b>	531
	50m:	31.81 31.81	150m:	1:40.96	34.75	250m:	2:50.15	34.63	350m:	3:58.79	34.24
	100m:	1:06.21 34.40	200m:	2:15.52	34.56	300m:	3:24.55	34.40	400m:	4:31.71	32.92
5.	MRÓZ Adam		14	Orlik Lublin						<b>4:41.01</b>	480
	50m:	31.72 31.72	150m:	1:44.58	36.55	250m:	2:56.72	35.56	350m:	4:08.72	35.67
	100m:	1:08.03 36.31	200m:	2:21.16	36.58	300m:	3:33.05	36.33	400m:	4:41.01	32.29
6.	WALAT Sebastian		14	Pirania Targówek						<b>4:42.51</b>	472
	50m:	31.09 31.09	150m:	1:43.47	36.62	250m:	2:56.53	36.41	350m:	4:08.17	35.17
	100m:	1:06.85 35.76	200m:	2:20.12	36.65	300m:	3:33.00	36.47	400m:	4:42.51	34.34
7.	STEFANOWSKI Bartosz		14	Nawa Skierniewice						<b>4:45.79</b>	456
	50m:	33.01 33.01	150m:	1:47.56	37.23	250m:	3:02.39	37.18	350m:	4:14.78	35.74
	100m:	1:10.33 37.32	200m:	2:25.21	37.65	300m:	3:39.04	36.65	400m:	4:45.79	31.01
8.	SOBIECH Szymon		14	UKS SP 149 Łódź						<b>4:50.93</b>	432
	50m:	33.23 33.23	150m:	1:46.68	37.40	250m:	3:01.61	37.93	350m:	4:16.54	37.46
	100m:	1:09.28 36.05	200m:	2:23.68	37.00	300m:	3:39.08	37.47	400m:	4:50.93	34.39
9.	WI Mateusz		14	Olimpijczyk 23 Lublin						<b>4:53.69</b>	420
	50m:	33.00 33.00	150m:	1:47.33	37.75	250m:	3:02.96	37.77	350m:	4:18.08	37.31
	100m:	1:09.58 36.58	200m:	2:25.19	37.86	300m:	3:40.77	37.81	400m:	4:53.69	35.61
10.	NIEDU AK Maurycy		14	Pirania Targówek						<b>4:58.67</b>	400
	50m:	34.59 34.59	150m:	1:52.13	38.97	250m:	3:07.35	36.61	350m:	4:22.83	37.62
	100m:	1:13.16 38.57	200m:	2:30.74	38.61	300m:	3:45.21	37.86	400m:	4:58.67	35.84

**JUNIOR MŁODSZY 15 LAT**

1.	BRUZDEWICZ Hubert SOL		15	Kormoran Olsztyn						<b>4:12.77</b>	659
	50m:	29.45 29.45	150m:	1:34.36	32.80	250m:	2:39.06	32.23	350m:	3:42.66	31.26
	100m:	1:01.56 32.11	200m:	2:06.83	32.47	300m:	3:11.40	32.34	400m:	4:12.77	30.11
2.	JA KIEWICZ Adrian		15	Muszelka Warszawa						<b>4:17.12</b>	627
	50m:	29.26 29.26	150m:	1:34.12	32.68	250m:	2:39.48	32.60	350m:	3:44.89	32.67
	100m:	1:01.44 32.18	200m:	2:06.88	32.76	300m:	3:12.22	32.74	400m:	4:17.12	32.23
3.	RABAN Maciej		15	IKS Konstancin						<b>4:19.42</b>	610
	50m:	29.61 29.61	150m:	1:35.04	33.23	250m:	2:42.06	33.74	350m:	3:48.34	33.43
	100m:	1:01.81 32.20	200m:	2:08.32	33.28	300m:	3:14.91	32.85	400m:	4:19.42	31.08
4.	KRZYWANIA Oskar		15	UKS SP 149 Łódź						<b>4:19.70</b>	608
	50m:	29.83 29.83	150m:	1:36.27	33.30	250m:	2:42.98	33.28	350m:	3:48.75	32.84
	100m:	1:02.97 33.14	200m:	2:09.70	33.43	300m:	3:15.91	32.93	400m:	4:19.70	30.95
5.	WILK Jakub Soc		15	KSZO Ostrowiec wi.						<b>4:25.20</b>	571
	50m:	29.83 29.83	150m:	1:37.00	33.75	250m:	2:44.55	33.80	350m:	3:52.99	34.45
	100m:	1:03.25 33.42	200m:	2:10.75	33.75	300m:	3:18.54	33.99	400m:	4:25.20	32.21

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Konkurencja 21, Chłopców, 400m dowolny, JUNIOR MŁODSZY 15 LAT

Pozycja			Wiek				Czas				Pkt.	
6.	SIEKACZY	SKI Artur	15	Fala Kra	nik					<b>4:25.43</b>	569	
	50m:	29.88	29.88	150m:	1:37.36	33.99	250m:	2:46.13	34.44	350m:	3:53.73	33.24
	100m:	1:03.37	33.49	200m:	2:11.69	34.33	300m:	3:20.49	34.36	400m:	4:25.43	31.70
7.	J	DRYS Igor	15	Warszawianka						<b>4:25.50</b>	569	
	50m:	30.22	30.22	150m:	1:38.26	34.34	250m:	2:45.94	33.66	350m:	3:53.51	33.63
	100m:	1:03.92	33.70	200m:	2:12.28	34.02	300m:	3:19.88	33.94	400m:	4:25.50	31.99
8.	DOŁOWY	Grzegorz	15	Muszelka Warszawa						<b>4:26.54</b>	562	
	50m:	31.08	31.08	150m:	1:39.04	34.31	250m:	2:46.85	33.73	350m:	3:54.22	33.62
	100m:	1:04.73	33.65	200m:	2:13.12	34.08	300m:	3:20.60	33.75	400m:	4:26.54	32.32
9.	RUTA	Kamil	15	Muszelka Warszawa						<b>4:29.29</b>	545	
	50m:	30.21	30.21	150m:	1:37.56	34.30	250m:	2:46.88	34.92	350m:	3:56.09	34.29
	100m:	1:03.26	33.05	200m:	2:11.96	34.40	300m:	3:21.80	34.92	400m:	4:29.29	33.20
10.	MAGDA	Patryk	15	Ikar Mielec						<b>4:33.20</b>	522	
	50m:	31.06	31.06	150m:	1:41.24	35.18	250m:	2:51.34	34.54	350m:	4:00.11	34.29
	100m:	1:06.06	35.00	200m:	2:16.80	35.56	300m:	3:25.82	34.48	400m:	4:33.20	33.09
11.	PYCZOT	Paweł	15	Pirania Targówek						<b>4:35.86</b>	507	
	50m:	30.75	30.75	150m:	1:41.33	35.77	250m:	2:52.97	35.86	350m:	4:03.68	35.03
	100m:	1:05.56	34.81	200m:	2:17.11	35.78	300m:	3:28.65	35.68	400m:	4:35.86	32.18
12.	MOLEND	Dominik	15	Pirania Targówek						<b>4:42.88</b>	470	
	50m:	32.62	32.62	150m:	1:43.14	35.94	250m:	2:56.43	36.78	350m:	4:08.74	35.88
	100m:	1:07.20	34.58	200m:	2:19.65	36.51	300m:	3:32.86	36.43	400m:	4:42.88	34.14
13.	MARZAK	Radosław	15	Barakuda Mi	sk Maz.					<b>4:45.51</b>	457	
	50m:	31.05	31.05	150m:	1:42.40	36.90	250m:	2:57.12	37.77	350m:	4:11.86	37.68
	100m:	1:05.50	34.45	200m:	2:19.35	36.95	300m:	3:34.18	37.06	400m:	4:45.51	33.65
14.	K	DZIERSKI Jan	15	Warszawianka						<b>4:50.06</b>	436	
	50m:	31.36	31.36	150m:	1:43.92	36.79	250m:	2:58.83	37.66	350m:	4:13.71	37.04
	100m:	1:07.13	35.77	200m:	2:21.17	37.25	300m:	3:36.67	37.84	400m:	4:50.06	36.35
15.	DERU	Mateusz	15	Olimpia Lublin						<b>4:53.06</b>	423	
	50m:	33.07	33.07	150m:	1:47.45	37.44	250m:	3:02.90	37.15	350m:	4:17.86	37.13
	100m:	1:10.01	36.94	200m:	2:25.75	38.30	300m:	3:40.73	37.83	400m:	4:53.06	35.20
16.	KALISIAK	Norbert	15	Nawa Skierniewice						<b>4:54.44</b>	417	
	50m:	32.57	32.57	150m:	1:46.77	37.38	250m:	3:03.67	38.67	350m:	4:18.95	37.10
	100m:	1:09.39	36.82	200m:	2:25.00	38.23	300m:	3:41.85	38.18	400m:	4:54.44	35.49
17.	CHOI	SKI Bartek	15	Warszawianka						<b>4:55.79</b>	411	
	50m:	32.05	32.05	150m:	1:46.27	38.10	250m:	3:02.83	38.98	350m:	4:19.42	38.55
	100m:	1:08.17	36.12	200m:	2:23.85	37.58	300m:	3:40.87	38.04	400m:	4:55.79	36.37

JUNIOR MŁODSZY 16 LAT

1.	KRZYKAŁA	Emil	16	Avia	widnik					<b>4:13.33</b>	655	
	50m:	28.62	28.62	150m:	1:33.26	32.84	250m:	2:39.82	33.36	350m:	3:43.91	30.30
	100m:	1:00.42	31.80	200m:	2:06.46	33.20	300m:	3:13.61	33.79	400m:	4:13.33	29.42
2.	URBA	SKI Michał	16	Delfin Gdynia						<b>4:22.17</b>	591	
	50m:	30.28	30.28	150m:	1:36.88	33.27	250m:	2:43.44	33.39	350m:	3:50.81	33.24
	100m:	1:03.61	33.33	200m:	2:10.05	33.17	300m:	3:17.57	34.13	400m:	4:22.17	31.36
3.	BORSUK	Łukasz SL	16	Fala Kra	nik					<b>4:27.37</b>	557	
	50m:	31.28	31.28	150m:	1:39.16	33.67	250m:	2:47.82	33.95	350m:	3:55.55	33.57
	100m:	1:05.49	34.21	200m:	2:13.87	34.71	300m:	3:21.98	34.16	400m:	4:27.37	31.82
4.	KONCKI	Bartłmiej	16	Wisła Puławy						<b>4:27.75</b>	555	
	50m:	31.47	31.47	150m:	1:38.88	33.92	250m:	2:47.39	33.99	350m:	3:55.45	33.66
	100m:	1:04.96	33.49	200m:	2:13.40	34.52	300m:	3:21.79	34.40	400m:	4:27.75	32.30
5.	WO	NIAK Kamil	16	Wisła Puławy						<b>4:29.08</b>	547	
	50m:	30.41	30.41	150m:	1:38.10	34.24	250m:	2:46.59	34.12	350m:	3:55.58	34.22
	100m:	1:03.86	33.45	200m:	2:12.47	34.37	300m:	3:21.36	34.77	400m:	4:29.08	33.50

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Konkurencja 21, Chłopców, 400m dowolny, JUNIOR MŁODSZY 16 LAT

Pozycja			Wiek				Czas				Pkt.	
6.	NOWAKOWSKI Jakub		16				Nawa Skierniewice				<b>4:45.82</b>	456
	50m:	33.12	33.12	150m:	1:47.72	37.39	250m:	3:02.56	37.31	350m:	4:13.94	34.90
	100m:	1:10.33	37.21	200m:	2:25.25	37.53	300m:	3:39.04	36.48	400m:	4:45.82	31.88

JUNIOR 17 - 18 LAT

1.	KRAWCZYK Paweł		18				BUKS Warszawa				<b>4:00.48</b>	766
	50m:	27.91	27.91	150m:	1:28.23	30.21	250m:	2:29.29	30.57	350m:	3:31.16	31.03
	100m:	58.02	30.11	200m:	1:58.72	30.49	300m:	3:00.13	30.84	400m:	4:00.48	29.32
2.	KIEŁCZEWSKI Amadeusz SSz		17				MKP Szczecin				<b>4:04.04</b>	733
	50m:	28.52	28.52	150m:	1:31.30	31.72	250m:	2:33.36	31.02	350m:	3:34.67	30.27
	100m:	59.58	31.06	200m:	2:02.34	31.04	300m:	3:04.40	31.04	400m:	4:04.04	29.37
3.	MAŁYSKA Bartosz SL		18				Skarpa Lublin				<b>4:05.25</b>	722
	50m:	28.73	28.73	150m:	1:31.38	31.36	250m:	2:34.12	31.35	350m:	3:36.41	30.88
	100m:	1:00.02	31.29	200m:	2:02.77	31.39	300m:	3:05.53	31.41	400m:	4:05.25	28.84
4.	BRYŁA Kamil SL		18				AZS UMCS Lublin				<b>4:12.99</b>	658
	50m:	28.69	28.69	150m:	1:32.76	32.41	250m:	2:37.61	32.34	350m:	3:42.74	32.54
	100m:	1:00.35	31.66	200m:	2:05.27	32.51	300m:	3:10.20	32.59	400m:	4:12.99	30.25
5.	PAWLACZYK Patryk		17				UKS 190 Łódź				<b>4:13.61</b>	653
	50m:	29.65	29.65	150m:	1:33.71	32.37	250m:	2:38.79	32.58	350m:	3:44.21	32.46
	100m:	1:01.34	31.69	200m:	2:06.21	32.50	300m:	3:11.75	32.96	400m:	4:13.61	29.40
6.	BORKOWSKI Kacper SL		17				AZS UMCS Lublin				<b>4:14.18</b>	649
	50m:	29.39	29.39	150m:	1:34.54	32.75	250m:	2:39.89	32.58	350m:	3:44.21	31.93
	100m:	1:01.79	32.40	200m:	2:07.31	32.77	300m:	3:12.28	32.39	400m:	4:14.18	29.97
7.	CHAŁAT Stanisław SL		18				Skarpa Lublin				<b>4:14.56</b>	646
	50m:	29.75	29.75	150m:	1:35.11	32.80	250m:	2:40.52	32.49	350m:	3:44.51	31.61
	100m:	1:02.31	32.56	200m:	2:08.03	32.92	300m:	3:12.90	32.38	400m:	4:14.56	30.05
8.	WO NIAK Maciej		17				UKS 190 Łódź				<b>4:15.94</b>	635
	50m:	29.83	29.83	150m:	1:36.13	33.47	250m:	2:42.08	32.80	350m:	3:47.00	32.53
	100m:	1:02.66	32.83	200m:	2:09.28	33.15	300m:	3:14.47	32.39	400m:	4:15.94	28.94
9.	TARADY Jakub ZG		17				TP Zielona Góra				<b>4:17.27</b>	625
	50m:	29.92	29.92	150m:	1:35.67	33.06	250m:	2:41.73	33.14	350m:	3:47.23	32.79
	100m:	1:02.61	32.69	200m:	2:08.59	32.92	300m:	3:14.44	32.71	400m:	4:17.27	30.04
10.	ROGOZI SKI Mateusz Soc		18				KSZO Ostrowiec wi.				<b>4:18.26</b>	618
	50m:	29.90	29.90	150m:	1:35.77	32.84	250m:	2:41.88	32.80	350m:	3:47.06	32.44
	100m:	1:02.93	33.03	200m:	2:09.08	33.31	300m:	3:14.62	32.74	400m:	4:18.26	31.20
11.	PYTLARCZYK Szymon		17				Warszawianka				<b>4:19.36</b>	610
	50m:	29.53	29.53	150m:	1:36.03	33.02	250m:	2:42.50	33.15	350m:	3:48.56	32.90
	100m:	1:03.01	33.48	200m:	2:09.35	33.32	300m:	3:15.66	33.16	400m:	4:19.36	30.80
12.	JORDAN Artur		17				Fenix O arów Maz.				<b>4:24.57</b>	575
	50m:	29.79	29.79	150m:	1:36.42	33.57	250m:	2:43.96	33.81	350m:	3:52.18	34.05
	100m:	1:02.85	33.06	200m:	2:10.15	33.73	300m:	3:18.13	34.17	400m:	4:24.57	32.39
13.	MYSZKA Kacper		17				Swim10 Puławy				<b>4:33.30</b>	522
	50m:	29.41	29.41	150m:	1:38.82	34.90	250m:	2:49.13	35.25	350m:	3:59.76	35.11
	100m:	1:03.92	34.51	200m:	2:13.88	35.06	300m:	3:24.65	35.52	400m:	4:33.30	33.54
14.	D BSKI Szymon		18				Nawa Skierniewice				<b>4:38.09</b>	495
	50m:	30.52	30.52	150m:	1:39.97	35.36	250m:	2:51.55	35.92	350m:	4:02.91	35.55
	100m:	1:04.61	34.09	200m:	2:15.63	35.66	300m:	3:27.36	35.81	400m:	4:38.09	35.18
15.	P TLAK Tadeusz		17				Warszawianka				<b>4:38.39</b>	493
	50m:	28.84	28.84	150m:	1:37.41	35.71	250m:	2:50.13	36.40	350m:	4:03.71	36.91
	100m:	1:01.70	32.86	200m:	2:13.73	36.32	300m:	3:26.80	36.67	400m:	4:38.39	34.68
16.	BRODOWSKI Bartosz		17				Nawa Skierniewice				<b>4:49.47</b>	439
	50m:	32.66	32.66	150m:	1:46.34	36.97	250m:	3:00.57	36.85	350m:	4:14.57	36.71
	100m:	1:09.37	36.71	200m:	2:23.72	37.38	300m:	3:37.86	37.29	400m:	4:49.47	34.90

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Pozycja	Wiek						Czas	Pkt.
17.	KRAWCZAK Patryk 17 ak Biała Podl.						<b>4:53.14</b>	423
	50m: 32.66	32.66	150m: 1:45.54	37.14	250m: 2:59.60	36.35	350m: 4:16.09	38.50
	100m: 1:08.40	35.74	200m: 2:23.25	37.71	300m: 3:37.59	37.99	400m: 4:53.14	37.05
OPEN								
1.	ZABOROWSKI Filip 23 MKP Szczecin						<b>3:54.84</b>	822
	50m: 27.62	27.62	150m: 1:26.93	29.78	250m: 2:26.48	29.79	350m: 3:25.89	29.62
	100m: 57.15	29.53	200m: 1:56.69	29.76	300m: 2:56.27	29.79	400m: 3:54.84	28.95
2.	KRAWCZYK Paweł 18 BUKS Warszawa						<b>4:00.48</b>	766
	50m: 27.91	27.91	150m: 1:28.23	30.21	250m: 2:29.29	30.57	350m: 3:31.16	31.03
	100m: 58.02	30.11	200m: 1:58.72	30.49	300m: 3:00.13	30.84	400m: 4:00.48	29.32
3.	GŁYK Wojciech 25 AZS AWF Katowice						<b>4:01.15</b>	760
	50m: 27.92	27.92	150m: 1:28.98	30.79	250m: 2:30.48	30.70	350m: 3:31.49	30.46
	100m: 58.19	30.27	200m: 1:59.78	30.80	300m: 3:01.03	30.55	400m: 4:01.15	29.66
4.	ARNDT Mateusz 19 Delfin Gdynia						<b>4:01.20</b>	759
	50m: 28.54	28.54	150m: 1:29.63	30.56	250m: 2:30.78	30.43	350m: 3:31.68	30.15
	100m: 59.07	30.53	200m: 2:00.35	30.72	300m: 3:01.53	30.75	400m: 4:01.20	29.52
5.	RÓJ Konrad SSz 19 MKP Szczecin						<b>4:03.38</b>	739
	50m: 28.24	28.24	150m: 1:28.96	30.30	250m: 2:31.11	31.15	350m: 3:33.67	31.39
	100m: 58.66	30.42	200m: 1:59.96	31.00	300m: 3:02.28	31.17	400m: 4:03.38	29.71
6.	KIEŁCZEWSKI Amadeusz SSz 17 MKP Szczecin						<b>4:04.04</b>	733
	50m: 28.52	28.52	150m: 1:31.30	31.72	250m: 2:33.36	31.02	350m: 3:34.67	30.27
	100m: 59.58	31.06	200m: 2:02.34	31.04	300m: 3:04.40	31.04	400m: 4:04.04	29.37
7.	NIEDZIAŁEK Dominik SL 19 Skarpa Lublin						<b>4:05.09</b>	723
	50m: 28.23	28.23	150m: 1:30.66	31.40	250m: 2:33.30	31.03	350m: 3:35.94	31.21
	100m: 59.26	31.03	200m: 2:02.27	31.61	300m: 3:04.73	31.43	400m: 4:05.09	29.15
8.	MAŁYSKA Bartosz SL 18 Skarpa Lublin						<b>4:05.25</b>	722
	50m: 28.73	28.73	150m: 1:31.38	31.36	250m: 2:34.12	31.35	350m: 3:36.41	30.88
	100m: 1:00.02	31.29	200m: 2:02.77	31.39	300m: 3:05.53	31.41	400m: 4:05.25	28.84
9.	KUBKOWSKI Bartłomiej 22 Kormoran Olsztyn						<b>4:06.29</b>	713
	50m: 28.37	28.37	150m: 1:30.70	31.27	250m: 2:33.12	31.05	350m: 3:35.79	31.16
	100m: 59.43	31.06	200m: 2:02.07	31.37	300m: 3:04.63	31.51	400m: 4:06.29	30.50
10.	JURA Maciej 21 I sk Wrocław						<b>4:06.64</b>	710
	50m: 28.32	28.32	150m: 1:28.75	30.30	250m: 2:30.36	30.97	350m: 3:34.46	32.67
	100m: 58.45	30.13	200m: 1:59.39	30.64	300m: 3:01.79	31.43	400m: 4:06.64	32.18
11.	ZBUTOWICZ Karol SOL 19 Kormoran Olsztyn						<b>4:07.55</b>	702
	50m: 28.85	28.85	150m: 1:31.83	31.54	250m: 2:34.46	31.37	350m: 3:37.15	31.30
	100m: 1:00.29	31.44	200m: 2:03.09	31.26	300m: 3:05.85	31.39	400m: 4:07.55	30.40
12.	DUBIEL Adam 24 AZS AWF Warszawa						<b>4:10.33</b>	679
	50m: 27.70	27.70	150m: 1:27.51	29.99	250m: 2:28.27	30.70	350m: 3:35.02	34.79
	100m: 57.52	29.82	200m: 1:57.57	30.06	300m: 3:00.23	31.96	400m: 4:10.33	35.31
13.	BRUZDEWICZ Hubert SOL 15 Kormoran Olsztyn						<b>4:12.77</b>	659
	50m: 29.45	29.45	150m: 1:34.36	32.80	250m: 2:39.06	32.23	350m: 3:42.66	31.26
	100m: 1:01.56	32.11	200m: 2:06.83	32.47	300m: 3:11.40	32.34	400m: 4:12.77	30.11
14.	BRYŁA Kamil SL 18 AZS UMCS Lublin						<b>4:12.99</b>	658
	50m: 28.69	28.69	150m: 1:32.76	32.41	250m: 2:37.61	32.34	350m: 3:42.74	32.54
	100m: 1:00.35	31.66	200m: 2:05.27	32.51	300m: 3:10.20	32.59	400m: 4:12.99	30.25
15.	KRZYKAŁA Emil 16 Avia widnik						<b>4:13.33</b>	655
	50m: 28.62	28.62	150m: 1:33.26	32.84	250m: 2:39.82	33.36	350m: 3:43.91	30.30
	100m: 1:00.42	31.80	200m: 2:06.46	33.20	300m: 3:13.61	33.79	400m: 4:13.33	29.42
16.	GOLENIEC Łukasz 20 AZS AWF Katowice						<b>4:13.41</b>	654
	50m: 28.35	28.35	150m: 1:32.32	32.45	250m: 2:37.59	32.51	350m: 3:42.71	32.19
	100m: 59.87	31.52	200m: 2:05.08	32.76	300m: 3:10.52	32.93	400m: 4:13.41	30.70

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Pozycja			Wiek					Czas	Pkt.		
17.	PAWLACZYK Patryk		17	UKS 190 Łód				<b>4:13.61</b>	653		
	50m:	29.65 29.65	150m:	1:33.71	32.37	250m:	2:38.79	32.58	350m:	3:44.21	32.46
	100m:	1:01.34 31.69	200m:	2:06.21	32.50	300m:	3:11.75	32.96	400m:	4:13.61	29.40
18.	BORKOWSKI Kacper SL		17	AZS UMCS Lublin				<b>4:14.18</b>	649		
	50m:	29.39 29.39	150m:	1:34.54	32.75	250m:	2:39.89	32.58	350m:	3:44.21	31.93
	100m:	1:01.79 32.40	200m:	2:07.31	32.77	300m:	3:12.28	32.39	400m:	4:14.18	29.97
19.	CHAŁAT Stanisław SL		18	Skarpa Lublin				<b>4:14.56</b>	646		
	50m:	29.75 29.75	150m:	1:35.11	32.80	250m:	2:40.52	32.49	350m:	3:44.51	31.61
	100m:	1:02.31 32.56	200m:	2:08.03	32.92	300m:	3:12.90	32.38	400m:	4:14.56	30.05
20.	WO NIAK Maciej		17	UKS 190 Łód				<b>4:15.94</b>	635		
	50m:	29.83 29.83	150m:	1:36.13	33.47	250m:	2:42.08	32.80	350m:	3:47.00	32.53
	100m:	1:02.66 32.83	200m:	2:09.28	33.15	300m:	3:14.47	32.39	400m:	4:15.94	28.94
21.	BRZOSTOWSKI Axel		21	AZS AWF Katowice				<b>4:16.44</b>	632		
	50m:	28.41 28.41	150m:	1:32.21	32.21	250m:	2:37.30	32.60	350m:	3:43.17	32.95
	100m:	1:00.00 31.59	200m:	2:04.70	32.49	300m:	3:10.22	32.92	400m:	4:16.44	33.27
22.	JA KIEWICZ Adrian		15	Muszelka Warszawa				<b>4:17.12</b>	627		
	50m:	29.26 29.26	150m:	1:34.12	32.68	250m:	2:39.48	32.60	350m:	3:44.89	32.67
	100m:	1:01.44 32.18	200m:	2:06.88	32.76	300m:	3:12.22	32.74	400m:	4:17.12	32.23
23.	DURAJCZYK Michał		20	AZS AWF Warszawa				<b>4:17.16</b>	626		
	50m:	29.41 29.41	150m:	1:34.00	32.46	250m:	2:40.21	33.15	350m:	3:46.38	32.75
	100m:	1:01.54 32.13	200m:	2:07.06	33.06	300m:	3:13.63	33.42	400m:	4:17.16	30.78
24.	TARADY Jakub ZG		17	TP Zielona Góra				<b>4:17.27</b>	625		
	50m:	29.92 29.92	150m:	1:35.67	33.06	250m:	2:41.73	33.14	350m:	3:47.23	32.79
	100m:	1:02.61 32.69	200m:	2:08.59	32.92	300m:	3:14.44	32.71	400m:	4:17.27	30.04
25.	POPIS Emil SSz		19	MKP Szczecin				<b>4:17.73</b>	622		
	50m:	28.84 28.84	150m:	1:34.01	32.87	250m:	2:39.79	32.59	350m:	3:46.05	32.89
	100m:	1:01.14 32.30	200m:	2:07.20	33.19	300m:	3:13.16	33.37	400m:	4:17.73	31.68
26.	ROGOZI SKI Mateusz Soc		18	KSZO Ostrowiec wi.				<b>4:18.26</b>	618		
	50m:	29.90 29.90	150m:	1:35.77	32.84	250m:	2:41.88	32.80	350m:	3:47.06	32.44
	100m:	1:02.93 33.03	200m:	2:09.08	33.31	300m:	3:14.62	32.74	400m:	4:18.26	31.20
27.	SOBCZYK Maciej		22	AZS AGH Kraków				<b>4:18.31</b>	618		
	50m:	30.08 30.08	150m:	1:36.40	33.06	250m:	2:42.23	32.66	350m:	3:46.92	32.00
	100m:	1:03.34 33.26	200m:	2:09.57	33.17	300m:	3:14.92	32.69	400m:	4:18.31	31.39
28.	SKIERKA Jakub		19	Cartusia Kartuzy				<b>4:19.00</b>	613		
	50m:	29.20 29.20	150m:	1:34.03	32.96	250m:	2:40.74	33.62	350m:	3:47.33	33.20
	100m:	1:01.07 31.87	200m:	2:07.12	33.09	300m:	3:14.13	33.39	400m:	4:19.00	31.67
29.	PYTLARCZYK Szymon		17	Warszawianka				<b>4:19.36</b>	610		
	50m:	29.53 29.53	150m:	1:36.03	33.02	250m:	2:42.50	33.15	350m:	3:48.56	32.90
	100m:	1:03.01 33.48	200m:	2:09.35	33.32	300m:	3:15.66	33.16	400m:	4:19.36	30.80
30.	RABAN Maciej		15	IKS Konstancin				<b>4:19.42</b>	610		
	50m:	29.61 29.61	150m:	1:35.04	33.23	250m:	2:42.06	33.74	350m:	3:48.34	33.43
	100m:	1:01.81 32.20	200m:	2:08.32	33.28	300m:	3:14.91	32.85	400m:	4:19.42	31.08
31.	KRZYWANIA Oskar		15	UKS SP 149 Łód				<b>4:19.70</b>	608		
	50m:	29.83 29.83	150m:	1:36.27	33.30	250m:	2:42.98	33.28	350m:	3:48.75	32.84
	100m:	1:02.97 33.14	200m:	2:09.70	33.43	300m:	3:15.91	32.93	400m:	4:19.70	30.95
32.	D BSKI Dominik SSz		19	MKP Szczecin				<b>4:21.74</b>	594		
	50m:	29.10 29.10	150m:	1:34.59	33.13	250m:	2:41.38	33.40	350m:	3:48.76	33.71
	100m:	1:01.46 32.36	200m:	2:07.98	33.39	300m:	3:15.05	33.67	400m:	4:21.74	32.98
33.	URBA SKI Michał		16	Delfin Gdynia				<b>4:22.17</b>	591		
	50m:	30.28 30.28	150m:	1:36.88	33.27	250m:	2:43.44	33.39	350m:	3:50.81	33.24
	100m:	1:03.61 33.33	200m:	2:10.05	33.17	300m:	3:17.57	34.13	400m:	4:22.17	31.36
34.	JORDAN Artur		17	Fenix O arów Maz.				<b>4:24.57</b>	575		
	50m:	29.79 29.79	150m:	1:36.42	33.57	250m:	2:43.96	33.81	350m:	3:52.18	34.05
	100m:	1:02.85 33.06	200m:	2:10.15	33.73	300m:	3:18.13	34.17	400m:	4:24.57	32.39

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Pozycja					Wiek					Czas	Pkt.	
35.	CZERNAK Konrad SL				19	Skarpa Lublin				<b>4:24.79</b>	574	
	50m:	29.72	29.72	150m:	1:35.69	33.36	250m:	2:42.79	33.80	350m:	3:51.38	34.59
	100m:	1:02.33	32.61	200m:	2:08.99	33.30	300m:	3:16.79	34.00	400m:	4:24.79	33.41
36.	WILK Jakub Soc				15	KSZO Ostrowiec wi.				<b>4:25.20</b>	571	
	50m:	29.83	29.83	150m:	1:37.00	33.75	250m:	2:44.55	33.80	350m:	3:52.99	34.45
	100m:	1:03.25	33.42	200m:	2:10.75	33.75	300m:	3:18.54	33.99	400m:	4:25.20	32.21
37.	SIEKACZY SKI Artur				15	Fala Kra nik				<b>4:25.43</b>	569	
	50m:	29.88	29.88	150m:	1:37.36	33.99	250m:	2:46.13	34.44	350m:	3:53.73	33.24
	100m:	1:03.37	33.49	200m:	2:11.69	34.33	300m:	3:20.49	34.36	400m:	4:25.43	31.70
38.	J DRYŚ Igor				15	Warszawianka				<b>4:25.50</b>	569	
	50m:	30.22	30.22	150m:	1:38.26	34.34	250m:	2:45.94	33.66	350m:	3:53.51	33.63
	100m:	1:03.92	33.70	200m:	2:12.28	34.02	300m:	3:19.88	33.94	400m:	4:25.50	31.99
39.	DOŁOWY Grzegorz				15	Muszelka Warszawa				<b>4:26.54</b>	562	
	50m:	31.08	31.08	150m:	1:39.04	34.31	250m:	2:46.85	33.73	350m:	3:54.22	33.62
	100m:	1:04.73	33.65	200m:	2:13.12	34.08	300m:	3:20.60	33.75	400m:	4:26.54	32.32
40.	BORSUK Łukasz SL				16	Fala Kra nik				<b>4:27.37</b>	557	
	50m:	31.28	31.28	150m:	1:39.16	33.67	250m:	2:47.82	33.95	350m:	3:55.55	33.57
	100m:	1:05.49	34.21	200m:	2:13.87	34.71	300m:	3:21.98	34.16	400m:	4:27.37	31.82
41.	KONCKI Bartłmiej				16	Wisła Puławy				<b>4:27.75</b>	555	
	50m:	31.47	31.47	150m:	1:38.88	33.92	250m:	2:47.39	33.99	350m:	3:55.45	33.66
	100m:	1:04.96	33.49	200m:	2:13.40	34.52	300m:	3:21.79	34.40	400m:	4:27.75	32.30
42.	WO NIAK Kamil				16	Wisła Puławy				<b>4:29.08</b>	547	
	50m:	30.41	30.41	150m:	1:38.10	34.24	250m:	2:46.59	34.12	350m:	3:55.58	34.22
	100m:	1:03.86	33.45	200m:	2:12.47	34.37	300m:	3:21.36	34.77	400m:	4:29.08	33.50
43.	RODKIEWICZ Radosław				14	Muszelka Warszawa				<b>4:29.19</b>	546	
	50m:	31.85	31.85	150m:	1:41.24	34.64	250m:	2:49.82	34.07	350m:	3:56.96	33.38
	100m:	1:06.60	34.75	200m:	2:15.75	34.51	300m:	3:23.58	33.76	400m:	4:29.19	32.23
44.	RUTA Kamil				15	Muszelka Warszawa				<b>4:29.29</b>	545	
	50m:	30.21	30.21	150m:	1:37.56	34.30	250m:	2:46.88	34.92	350m:	3:56.09	34.29
	100m:	1:03.26	33.05	200m:	2:11.96	34.40	300m:	3:21.80	34.92	400m:	4:29.29	33.20
45.	NIEDZIAŁEK Michał SOL				14	Kormoran Olsztyn				<b>4:29.72</b>	543	
	50m:	31.69	31.69	150m:	1:40.31	34.67	250m:	2:49.32	34.50	350m:	3:57.40	33.71
	100m:	1:05.64	33.95	200m:	2:14.82	34.51	300m:	3:23.69	34.37	400m:	4:29.72	32.32
46.	WOJCIECHOWSKI Kajetan				14	Trójka Łód				<b>4:30.48</b>	538	
	50m:	31.45	31.45	150m:	1:39.73	34.53	250m:	2:48.70	34.63	350m:	3:58.01	34.78
	100m:	1:05.20	33.75	200m:	2:14.07	34.34	300m:	3:23.23	34.53	400m:	4:30.48	32.47
47.	ROGUSKI Mateusz				14	Muszelka Warszawa				<b>4:31.71</b>	531	
	50m:	31.81	31.81	150m:	1:40.96	34.75	250m:	2:50.15	34.63	350m:	3:58.79	34.24
	100m:	1:06.21	34.40	200m:	2:15.52	34.56	300m:	3:24.55	34.40	400m:	4:31.71	32.92
48.	MAGDA Patryk				15	Ikar Mielec				<b>4:33.20</b>	522	
	50m:	31.06	31.06	150m:	1:41.24	35.18	250m:	2:51.34	34.54	350m:	4:00.11	34.29
	100m:	1:06.06	35.00	200m:	2:16.80	35.56	300m:	3:25.82	34.48	400m:	4:33.20	33.09
49.	MYSZKA Kacper				17	Swim10 Puławy				<b>4:33.30</b>	522	
	50m:	29.41	29.41	150m:	1:38.82	34.90	250m:	2:49.13	35.25	350m:	3:59.76	35.11
	100m:	1:03.92	34.51	200m:	2:13.88	35.06	300m:	3:24.65	35.52	400m:	4:33.30	33.54
50.	PYCZOT Paweł				15	Pirania Targówek				<b>4:35.86</b>	507	
	50m:	30.75	30.75	150m:	1:41.33	35.77	250m:	2:52.97	35.86	350m:	4:03.68	35.03
	100m:	1:05.56	34.81	200m:	2:17.11	35.78	300m:	3:28.65	35.68	400m:	4:35.86	32.18
51.	D BSKI Szymon				18	Nawa Skierniewice				<b>4:38.09</b>	495	
	50m:	30.52	30.52	150m:	1:39.97	35.36	250m:	2:51.55	35.92	350m:	4:02.91	35.55
	100m:	1:04.61	34.09	200m:	2:15.63	35.66	300m:	3:27.36	35.81	400m:	4:38.09	35.18
52.	P TLAK Tadeusz				17	Warszawianka				<b>4:38.39</b>	493	
	50m:	28.84	28.84	150m:	1:37.41	35.71	250m:	2:50.13	36.40	350m:	4:03.71	36.91
	100m:	1:01.70	32.86	200m:	2:13.73	36.32	300m:	3:26.80	36.67	400m:	4:38.39	34.68

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53.	MRÓZ Adam		14	Orlik Lublin			<b>4:41.01</b>	480	
	50m: 31.72	31.72	150m: 1:44.58	36.55	250m: 2:56.72	35.56	350m: 4:08.72	35.67	
	100m: 1:08.03	36.31	200m: 2:21.16	36.58	300m: 3:33.05	36.33	400m: 4:41.01	32.29	
54.	WALAT Sebastian		14	Pirania Targówek			<b>4:42.51</b>	472	
	50m: 31.09	31.09	150m: 1:43.47	36.62	250m: 2:56.53	36.41	350m: 4:08.17	35.17	
	100m: 1:06.85	35.76	200m: 2:20.12	36.65	300m: 3:33.00	36.47	400m: 4:42.51	34.34	
55.	MOLENDĄ Dominik		15	Pirania Targówek			<b>4:42.88</b>	470	
	50m: 32.62	32.62	150m: 1:43.14	35.94	250m: 2:56.43	36.78	350m: 4:08.74	35.88	
	100m: 1:07.20	34.58	200m: 2:19.65	36.51	300m: 3:32.86	36.43	400m: 4:42.88	34.14	
56.	MARCZAK Radosław		15	Barakuda Mi sk Maz.			<b>4:45.51</b>	457	
	50m: 31.05	31.05	150m: 1:42.40	36.90	250m: 2:57.12	37.77	350m: 4:11.86	37.68	
	100m: 1:05.50	34.45	200m: 2:19.35	36.95	300m: 3:34.18	37.06	400m: 4:45.51	33.65	
57.	STEFANOWSKI Bartosz		14	Nawa Skierniewice			<b>4:45.79</b>	456	
	50m: 33.01	33.01	150m: 1:47.56	37.23	250m: 3:02.39	37.18	350m: 4:14.78	35.74	
	100m: 1:10.33	37.32	200m: 2:25.21	37.65	300m: 3:39.04	36.65	400m: 4:45.79	31.01	
58.	NOWAKOWSKI Jakub		16	Nawa Skierniewice			<b>4:45.82</b>	456	
	50m: 33.12	33.12	150m: 1:47.72	37.39	250m: 3:02.56	37.31	350m: 4:13.94	34.90	
	100m: 1:10.33	37.21	200m: 2:25.25	37.53	300m: 3:39.04	36.48	400m: 4:45.82	31.88	
59.	BRODOWSKI Bartosz		17	Nawa Skierniewice			<b>4:49.47</b>	439	
	50m: 32.66	32.66	150m: 1:46.34	36.97	250m: 3:00.57	36.85	350m: 4:14.57	36.71	
	100m: 1:09.37	36.71	200m: 2:23.72	37.38	300m: 3:37.86	37.29	400m: 4:49.47	34.90	
60.	K DZIERSKI Jan		15	Warszawianka			<b>4:50.06</b>	436	
	50m: 31.36	31.36	150m: 1:43.92	36.79	250m: 2:58.83	37.66	350m: 4:13.71	37.04	
	100m: 1:07.13	35.77	200m: 2:21.17	37.25	300m: 3:36.67	37.84	400m: 4:50.06	36.35	
61.	SOBIECH Szymon		14	UKS SP 149 Łód			<b>4:50.93</b>	432	
	50m: 33.23	33.23	150m: 1:46.68	37.40	250m: 3:01.61	37.93	350m: 4:16.54	37.46	
	100m: 1:09.28	36.05	200m: 2:23.68	37.00	300m: 3:39.08	37.47	400m: 4:50.93	34.39	
62.	DERU Mateusz		15	Olimpia Lublin			<b>4:53.06</b>	423	
	50m: 33.07	33.07	150m: 1:47.45	37.44	250m: 3:02.90	37.15	350m: 4:17.86	37.13	
	100m: 1:10.01	36.94	200m: 2:25.75	38.30	300m: 3:40.73	37.83	400m: 4:53.06	35.20	
63.	KRAWCZAK Patryk		17	ak Biała Podl.			<b>4:53.14</b>	423	
	50m: 32.66	32.66	150m: 1:45.54	37.14	250m: 2:59.60	36.35	350m: 4:16.09	38.50	
	100m: 1:08.40	35.74	200m: 2:23.25	37.71	300m: 3:37.59	37.99	400m: 4:53.14	37.05	
64.	WI Mateusz		14	Olimpijczyk 23 Lublin			<b>4:53.69</b>	420	
	50m: 33.00	33.00	150m: 1:47.33	37.75	250m: 3:02.96	37.77	350m: 4:18.08	37.31	
	100m: 1:09.58	36.58	200m: 2:25.19	37.86	300m: 3:40.77	37.81	400m: 4:53.69	35.61	
65.	KALISIAK Norbert		15	Nawa Skierniewice			<b>4:54.44</b>	417	
	50m: 32.57	32.57	150m: 1:46.77	37.38	250m: 3:03.67	38.67	350m: 4:18.95	37.10	
	100m: 1:09.39	36.82	200m: 2:25.00	38.23	300m: 3:41.85	38.18	400m: 4:54.44	35.49	
66.	CHOI SKI Bartek		15	Warszawianka			<b>4:55.79</b>	411	
	50m: 32.05	32.05	150m: 1:46.27	38.10	250m: 3:02.83	38.98	350m: 4:19.42	38.55	
	100m: 1:08.17	36.12	200m: 2:23.85	37.58	300m: 3:40.87	38.04	400m: 4:55.79	36.37	
67.	NIEDU AK Maurycy		14	Pirania Targówek			<b>4:58.67</b>	400	
	50m: 34.59	34.59	150m: 1:52.13	38.97	250m: 3:07.35	36.61	350m: 4:22.83	37.62	
	100m: 1:13.16	38.57	200m: 2:30.74	38.61	300m: 3:45.21	37.86	400m: 4:58.67	35.84	