

2019 Arena Grand Prix Puchar Polski
Lublin, 23. - 24.3.2019

Konkurencja 14 M czyzn, 400m zmienny 14 lat i starsi
23.03.2019 - 18:47 Wyniki

Rekord Polski Open	4:12.28	MATCZAK Mateusz	POL	Belgrade (SRB)	11.07.2009
Rekord Polski 19 - 23	4:12.28	MATCZAK Mateusz	POL	Belgrade (SRB)	11.07.2009
Rekord Polski 18	4:18.40	MATCZAK Mateusz	POL	Antwerp (BEL)	22.07.2007
Rekord Polski 17	4:20.27	MATCZAK Mateusz	POL	Palma de Mallorca (ESP)	06.07.2006
Rekord Polski 16	4:26.91	KAŁUSOWSKI Jan	POL	Ostrowiec Sw	15.07.2016
Rekord Polski 15	4:30.55	KAŁUSOWSKI Jan	POL	Ostrowiec Sw	10.07.2015
Rekord Polski 14	4:39.38	SOBEK Nikodem	POL	Berlin (GER)	16.12.2016

Punkty: FINA 2019

Pozycja Wiek Czas Pkt.

JUNIOR MŁODSZY 14 LAT

1.	NOWACKI Bła ej	14	UKS „Ósemka” Starogard Gda ski	5:07.65	497
	50m: 31.98 31.98	150m: 1:49.50 38.95	250m: 3:13.16 45.45	350m: 4:34.81 35.46	
	100m: 1:10.55 38.57	200m: 2:27.71 38.21	300m: 3:59.35 46.19	400m: 5:07.65 32.84	
2.	HEBEL Maciej	14	UKS abianka Gda sk	5:07.69	497
	50m: 31.52 31.52	150m: 1:51.69 41.32	250m: 3:15.33 43.55	350m: 4:34.58 34.87	
	100m: 1:10.37 38.85	200m: 2:31.78 40.09	300m: 3:59.71 44.38	400m: 5:07.69 33.11	
3.	OLEWNICZAK Maciej	14	UKP „Polonia Warszawa”	5:13.25	471
	50m: 32.79 32.79	150m: 1:51.33 39.82	250m: 3:17.05 44.79	350m: 4:38.66 35.99	
	100m: 1:11.51 38.72	200m: 2:32.26 40.93	300m: 4:02.67 45.62	400m: 5:13.25 34.59	
4.	JARCZEWSKI Franciszek	14	UKS 190 Łód	5:24.11	425
	50m: 35.22 35.22	150m: 1:55.58 41.10	250m: 3:23.30 47.77	350m: 4:47.75 38.10	
	100m: 1:14.48 39.26	200m: 2:35.53 39.95	300m: 4:09.65 46.35	400m: 5:24.11 36.36	
5.	SZCZ CH Mikołaj	14	KP Sokół Rzeszów	5:25.40	420
	50m: 32.86 32.86	150m: 1:54.23 41.70	250m: 3:21.74 47.68	350m: 4:48.06 37.89	
	100m: 1:12.53 39.67	200m: 2:34.06 39.83	300m: 4:10.17 48.43	400m: 5:25.40 37.34	
6.	STASZCZAK Antoni	14	RWKS Sparta Biłgoraj	5:25.59	420
	50m: 32.47 32.47	150m: 1:55.72 41.99	250m: 3:25.75 48.39	350m: 4:51.23 36.53	
	100m: 1:13.73 41.26	200m: 2:37.36 41.64	300m: 4:14.70 48.95	400m: 5:25.59 34.36	
7.	MAŁKOWSKI Hubert	14	MTKP Delfin Toru	5:31.03	399
	50m: 32.45 32.45	150m: 1:57.76 46.12	250m: 3:28.15 46.16	350m: 4:54.43 37.49	
	100m: 1:11.64 39.19	200m: 2:41.99 44.23	300m: 4:16.94 48.79	400m: 5:31.03 36.60	
8.	CZERNICKI Hubert	14	KP Sokół Rzeszów	5:36.88	379
	50m: 32.33 32.33	150m: 1:56.85 42.87	250m: 3:28.86 49.99	350m: 4:59.72 40.28	
	100m: 1:13.98 41.65	200m: 2:38.87 42.02	300m: 4:19.44 50.58	400m: 5:36.88 37.16	
9.	KOSTA SKI Gracjan	14	UKS Nawa Skierniewice	5:37.64	376
	50m: 36.04 36.04	150m: 2:03.84 43.78	250m: 3:34.49 48.01	350m: 5:00.32 38.20	
	100m: 1:20.06 44.02	200m: 2:46.48 42.64	300m: 4:22.12 47.63	400m: 5:37.64 37.32	

JUNIOR MŁODSZY 15 LAT

1.	KOSI SKI Filip	15	MUKS „Olimpijczyk” Suwałki	4:53.38	574
	50m: 30.13 30.13	150m: 1:43.70 37.85	250m: 3:03.47 44.09	350m: 4:21.76 33.54	
	100m: 1:05.85 35.72	200m: 2:19.38 35.68	300m: 3:48.22 44.75	400m: 4:53.38 31.62	
2.	BEDNAREK Przemysław	15	IUKS „Muszelka” Warszawa	5:02.45	524
	50m: 31.21 31.21	150m: 1:47.34 40.14	250m: 3:11.02 45.30	350m: 4:29.75 33.46	
	100m: 1:07.20 35.99	200m: 2:25.72 38.38	300m: 3:56.29 45.27	400m: 5:02.45 32.70	
3.	KORONKIEWICZ Antoni	15	St. KF KS „Fenix” O arów Mazowiecki	5:03.05	520
	50m: 30.51 30.51	150m: 1:47.23 40.18	250m: 3:09.63 42.66	350m: 4:28.50 36.09	
	100m: 1:07.05 36.54	200m: 2:26.97 39.74	300m: 3:52.41 42.78	400m: 5:03.05 34.55	
4.	RAFAŁ Kacper	15	UKS "V" Łomianki	5:04.83	511
	50m: 33.68 33.68	150m: 1:51.31 40.82	250m: 3:15.98 44.36	350m: 4:32.00 33.58	
	100m: 1:10.49 36.81	200m: 2:31.62 40.31	300m: 3:58.42 42.44	400m: 5:04.83 32.83	
5.	YRO Ignacy	15	UKS 307 Warszawa	5:06.00	506
	50m: 32.71 32.71	150m: 1:50.87 39.50	250m: 3:13.80 42.87	350m: 4:32.58 33.81	
	100m: 1:11.37 38.66	200m: 2:30.93 40.06	300m: 3:58.77 44.97	400m: 5:06.00 33.42	

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Konkurencja 14, Chłopców, 400m zmienny, JUNIOR MŁODSZY 15 LAT

Pozycja	Wiek		Czas		Pkt.
6.	LASKI Filip	15	St. KF KS „Fenix” O arów Mazowiecki	5:22.26	433
	50m: 32.57 32.57	150m: 1:51.67 41.39	250m: 3:19.19 45.75	350m: 4:44.71 39.61	
	100m: 1:10.28 37.71	200m: 2:33.44 41.77	300m: 4:05.10 45.91	400m: 5:22.26 37.55	
7.	GRABOWSKI Mikołaj	15	MTP Kormoran Olsztyn	5:25.39	420
	50m: 34.06 34.06	150m: 1:58.69 42.89	250m: 3:24.52 45.97	350m: 4:49.08 37.88	
	100m: 1:15.80 41.74	200m: 2:38.55 39.86	300m: 4:11.20 46.68	400m: 5:25.39 36.31	
DYSKW.	CHMIELEWSKI Michał	15	IUKS „Muszelka” Warszawa		
	<i>K14 - Pływak wykonał kopni cie nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie lub nawrocie)</i>				

JUNIOR MŁODSZY 16 LAT

1.	ANTCZAK Bartosz	16	UKP „Polonia Warszawa”	4:42.74	641
	50m: 28.03 28.03	150m: 1:37.52 36.37	250m: 2:54.58 41.01	350m: 4:10.79 34.70	
	100m: 1:01.15 33.12	200m: 2:13.57 36.05	300m: 3:36.09 41.51	400m: 4:42.74 31.95	
2.	LABICH Wiktor	16	MKS Trójka Łód	4:43.22	638
	50m: 29.40 29.40	150m: 1:41.79 38.62	250m: 2:58.81 39.46	350m: 4:12.79 33.75	
	100m: 1:03.17 33.77	200m: 2:19.35 37.56	300m: 3:39.04 40.23	400m: 4:43.22 30.43	
3.	PRZYSTAŁ Adam	16	UKS G-8 Bielany Warszawa	4:57.46	550
	50m: 30.65 30.65	150m: 1:46.50 39.54	250m: 3:06.43 40.07	350m: 4:22.27 34.75	
	100m: 1:06.96 36.31	200m: 2:26.36 39.86	300m: 3:47.52 41.09	400m: 4:57.46 35.19	
4.	MICHALAK Jan	16	UKS Nawa Skierniewice	4:59.23	541
	50m: 31.31 31.31	150m: 1:44.81 39.12	250m: 3:05.86 41.99	350m: 4:24.05 36.73	
	100m: 1:05.69 34.38	200m: 2:23.87 39.06	300m: 3:47.32 41.46	400m: 4:59.23 35.18	
5.	SOBIECH Szymon	16	UKS SP-149 Łód	5:05.24	509
	50m: 31.49 31.49	150m: 1:47.90 38.48	250m: 3:10.43 44.48	350m: 4:31.37 36.44	
	100m: 1:09.42 37.93	200m: 2:25.95 38.05	300m: 3:54.93 44.50	400m: 5:05.24 33.87	
6.	MALINOWSKI Jakub	16	MKP „SŁOWIANKA” Gorzów Wlkp.	5:10.13	486
	50m: 31.07 31.07	150m: 1:49.98 41.82	250m: 3:17.57 47.70	350m: 4:37.93 34.08	
	100m: 1:08.16 37.09	200m: 2:29.87 39.89	300m: 4:03.85 46.28	400m: 5:10.13 32.20	
7.	SKRZYPEK Filip	16	UKS SMS Galicja Kraków	5:12.29	476
	50m: 30.28 30.28	150m: 1:49.10 42.05	250m: 3:16.47 46.21	350m: 4:38.50 36.61	
	100m: 1:07.05 36.77	200m: 2:30.26 41.16	300m: 4:01.89 45.42	400m: 5:12.29 33.79	
8.	MICHALAK Piotr	16	UKP „Polonia Warszawa”	5:13.16	472
	50m: 31.37 31.37	150m: 1:49.60 42.18	250m: 3:15.48 46.58	350m: 4:38.04 35.50	
	100m: 1:07.42 36.05	200m: 2:28.90 39.30	300m: 4:02.54 47.06	400m: 5:13.16 35.12	

JUNIOR 17 LAT

1.	SUCHA SKI Przemysław	18	UKP Unia O wi cim	4:32.03	720
	50m: 29.21 29.21	150m: 1:38.06 34.11	250m: 2:50.83 39.52	350m: 4:02.14 32.06	
	100m: 1:03.95 34.74	200m: 2:11.31 33.25	300m: 3:30.08 39.25	400m: 4:32.03 29.89	
2.	DUBAS Mateusz	18	AZS AWF Katowice	4:32.19	718
	50m: 29.01 29.01	150m: 1:38.97 35.96	250m: 2:51.61 36.59	350m: 4:01.19 31.67	
	100m: 1:03.01 34.00	200m: 2:15.02 36.05	300m: 3:29.52 37.91	400m: 4:32.19 31.00	
3.	ZDZIEBŁO Piotr	17	WKS I sk Wrocław	4:34.54	700
	50m: 29.02 29.02	150m: 1:38.95 36.44	250m: 2:53.37 39.46	350m: 4:03.98 32.03	
	100m: 1:02.51 33.49	200m: 2:13.91 34.96	300m: 3:31.95 38.58	400m: 4:34.54 30.56	
4.	WARZOCHA Albert	18	UKS Cityzen	4:37.88	675
	50m: 29.09 29.09	150m: 1:40.57 37.59	250m: 2:54.14 38.99	350m: 4:06.45 33.02	
	100m: 1:02.98 33.89	200m: 2:15.15 34.58	300m: 3:33.43 39.29	400m: 4:37.88 31.43	
5.	GOTSZLING Dawid	18	SKP Barakuda Starachowice	4:39.67	662
	50m: 27.47 27.47	150m: 1:36.63 36.42	250m: 2:53.63 41.87	350m: 4:08.07 32.28	
	100m: 1:00.21 32.74	200m: 2:11.76 35.13	300m: 3:35.79 42.16	400m: 4:39.67 31.60	

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Konkurencja 14, Chłopców, 400m zmienny, JUNIOR 17 LAT

Pozycja			Wiek					Czas	Pkt.		
6.	SZCZYGIEŁ David		17	UKP Unia O wi cim				4:42.69	641		
	50m:	29.65 29.65	150m:	1:40.39	36.87	250m:	2:56.83	40.56	350m:	4:11.14	32.46
	100m:	1:03.52 33.87	200m:	2:16.27	35.88	300m:	3:38.68	41.85	400m:	4:42.69	31.55
7.	SIEKACZY SKI Artur		17	UKP Fala Kra nik				4:45.30	624		
	50m:	29.40 29.40	150m:	1:39.78	35.48	250m:	2:58.15	43.40	350m:	4:14.96	32.59
	100m:	1:04.30 34.90	200m:	2:14.75	34.97	300m:	3:42.37	44.22	400m:	4:45.30	30.34
8.	POPIOŁEK Dawid		17	KU AZS UMCS Lublin				4:45.49	623		
	50m:	29.25 29.25	150m:	1:40.83	37.41	250m:	3:00.71	42.30	350m:	4:14.62	32.27
	100m:	1:03.42 34.17	200m:	2:18.41	37.58	300m:	3:42.35	41.64	400m:	4:45.49	30.87
9.	SZCZEPANOWSKI Jakub		17	MKP „SŁOWIANKA" Gorzów Wlkp.				4:53.96	570		
	50m:	29.92 29.92	150m:	1:46.84	41.34	250m:	3:05.62	39.58	350m:	4:20.62	34.95
	100m:	1:05.50 35.58	200m:	2:26.04	39.20	300m:	3:45.67	40.05	400m:	4:53.96	33.34
10.	SAGAN Jakub		17	UKS Skarpa Lublin				4:55.25	563		
	50m:	33.36 33.36	150m:	1:48.01	36.51	250m:	3:06.71	42.82	350m:	4:23.45	33.21
	100m:	1:11.50 38.14	200m:	2:23.89	35.88	300m:	3:50.24	43.53	400m:	4:55.25	31.80
11.	KONCKI Bartłomiej		18	KS „Wisła" Puławy				4:55.84	559		
	50m:	30.43 30.43	150m:	1:45.73	39.74	250m:	3:07.40	43.14	350m:	4:24.52	33.14
	100m:	1:05.99 35.56	200m:	2:24.26	38.53	300m:	3:51.38	43.98	400m:	4:55.84	31.32
12.	BOROWSKI Jakub		17	St. Lok. SALOS Cortile Kielce				4:58.05	547		
	50m:	31.72 31.72	150m:	1:46.02	38.13	250m:	3:07.55	43.38	350m:	4:24.82	34.32
	100m:	1:07.89 36.17	200m:	2:24.17	38.15	300m:	3:50.50	42.95	400m:	4:58.05	33.23
13.	DOŁOWY Grzegorz		17	IUKS „Muszelka" Warszawa				4:59.41	540		
	50m:	31.25 31.25	150m:	1:46.65	39.72	250m:	3:10.34	45.35	350m:	4:28.18	32.94
	100m:	1:06.93 35.68	200m:	2:24.99	38.34	300m:	3:55.24	44.90	400m:	4:59.41	31.23
14.	RAJCA Wiktor		17	UKS 190 Łód				4:59.55	539		
	50m:	30.66 30.66	150m:	1:45.19	39.63	250m:	3:07.73	43.98	350m:	4:26.38	34.40
	100m:	1:05.56 34.90	200m:	2:23.75	38.56	300m:	3:51.98	44.25	400m:	4:59.55	33.17
15.	GUMI SKI Igor		17	Dwójka Morena Gda sk				5:05.11	510		
	50m:	29.05 29.05	150m:	1:41.36	38.19	250m:	3:04.56	45.76	350m:	4:29.53	38.19
	100m:	1:03.17 34.12	200m:	2:18.80	37.44	300m:	3:51.34	46.78	400m:	5:05.11	35.58
16.	KALISIAK Norbert		17	UKS Nawa Skierniewice				5:08.13	495		
	50m:	33.28 33.28	150m:	1:52.23	39.11	250m:	3:13.82	44.19	350m:	4:33.84	36.40
	100m:	1:13.12 39.84	200m:	2:29.63	37.40	300m:	3:57.44	43.62	400m:	5:08.13	34.29
17.	RUTA Kamil		17	UKP „Polonia Warszawa"				5:09.12	490		
	50m:	31.07 31.07	150m:	1:47.41	40.29	250m:	3:12.29	45.29	350m:	4:33.58	34.60
	100m:	1:07.12 36.05	200m:	2:27.00	39.59	300m:	3:58.98	46.69	400m:	5:09.12	35.54
OPEN											
1.	SZWEDZKI Dawid		25	WKS I sk Wrocław				4:25.34	776		
	50m:	28.46 28.46	150m:	1:36.60	35.67	250m:	2:47.40	36.53	350m:	3:55.59	31.33
	100m:	1:00.93 32.47	200m:	2:10.87	34.27	300m:	3:24.26	36.86	400m:	4:25.34	29.75
2.	BUJAK Dominik		20	St. Lok. SALOS Cortile Kielce				4:27.51	757		
	50m:	28.88 28.88	150m:	1:36.81	35.58	250m:	2:50.13	38.73	350m:	3:59.02	30.31
	100m:	1:01.23 32.35	200m:	2:11.40	34.59	300m:	3:28.71	38.58	400m:	4:27.51	28.49
3.	SUCHA SKI Przemysław		18	UKP Unia O wi cim				4:32.03	720		
	50m:	29.21 29.21	150m:	1:38.06	34.11	250m:	2:50.83	39.52	350m:	4:02.14	32.06
	100m:	1:03.95 34.74	200m:	2:11.31	33.25	300m:	3:30.08	39.25	400m:	4:32.03	29.89
4.	W GROWSKI Marcel		20	KU AZS Politechniki Łódzkiej				4:32.07	719		
	50m:	27.85 27.85	150m:	1:35.87	35.31	250m:	2:50.09	39.39	350m:	4:00.84	31.28
	100m:	1:00.56 32.71	200m:	2:10.70	34.83	300m:	3:29.56	39.47	400m:	4:32.07	31.23
5.	DUBAS Mateusz		18	AZS AWF Katowice				4:32.19	718		
	50m:	29.01 29.01	150m:	1:38.97	35.96	250m:	2:51.61	36.59	350m:	4:01.19	31.67
	100m:	1:03.01 34.00	200m:	2:15.02	36.05	300m:	3:29.52	37.91	400m:	4:32.19	31.00

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Konkurencja 14, M czyzn, 400m zmienny, OPEN

Pozycja					Wiek					Czas	Pkt.	
6.	ZDZIEBŁO Piotr				17	WKS I sk Wrocław				4:34.54	700	
	50m:	29.02	29.02	150m:	1:38.95	36.44	250m:	2:53.37	39.46	350m:	4:03.98	32.03
	100m:	1:02.51	33.49	200m:	2:13.91	34.96	300m:	3:31.95	38.58	400m:	4:34.54	30.56
7.	WARZOCHA Albert				18	UKS Cityzen				4:37.88	675	
	50m:	29.09	29.09	150m:	1:40.57	37.59	250m:	2:54.14	38.99	350m:	4:06.45	33.02
	100m:	1:02.98	33.89	200m:	2:15.15	34.58	300m:	3:33.43	39.29	400m:	4:37.88	31.43
8.	GOTSZLING Dawid				18	SKP Barakuda Starachowice				4:39.67	662	
	50m:	27.47	27.47	150m:	1:36.63	36.42	250m:	2:53.63	41.87	350m:	4:08.07	32.28
	100m:	1:00.21	32.74	200m:	2:11.76	35.13	300m:	3:35.79	42.16	400m:	4:39.67	31.60
9.	OLLER Krzysztof				19	KU AZS UMCS Lublin				4:40.95	653	
	50m:	29.51	29.51	150m:	1:39.92	37.33	250m:	2:56.11	41.60	350m:	4:10.21	32.91
	100m:	1:02.59	33.08	200m:	2:14.51	34.59	300m:	3:37.30	41.19	400m:	4:40.95	30.74
10.	KEMPA Mikołaj				20	KU AZS UMCS Lublin				4:41.56	649	
	50m:	28.83	28.83	150m:	1:41.37	38.81	250m:	2:56.13	38.60	350m:	4:09.86	34.50
	100m:	1:02.56	33.73	200m:	2:17.53	36.16	300m:	3:35.36	39.23	400m:	4:41.56	31.70
11.	SZCZYGIEŁ David				17	UKP Unia O wi cim				4:42.69	641	
	50m:	29.65	29.65	150m:	1:40.39	36.87	250m:	2:56.83	40.56	350m:	4:11.14	32.46
	100m:	1:03.52	33.87	200m:	2:16.27	35.88	300m:	3:38.68	41.85	400m:	4:42.69	31.55
12.	ANTCZAK Bartosz				16	UKP „Polonia Warszawa”				4:42.74	641	
	50m:	28.03	28.03	150m:	1:37.52	36.37	250m:	2:54.58	41.01	350m:	4:10.79	34.70
	100m:	1:01.15	33.12	200m:	2:13.57	36.05	300m:	3:36.09	41.51	400m:	4:42.74	31.95
13.	LABICH Wiktor				16	MKS Trójka Łód				4:43.22	638	
	50m:	29.40	29.40	150m:	1:41.79	38.62	250m:	2:58.81	39.46	350m:	4:12.79	33.75
	100m:	1:03.17	33.77	200m:	2:19.35	37.56	300m:	3:39.04	40.23	400m:	4:43.22	30.43
14.	SADŁOWSKI Piotr				19	KS AZS UWM Olsztyn				4:44.01	632	
	50m:	28.09	28.09	150m:	1:39.36	39.08	250m:	2:58.85	41.39	350m:	4:12.77	31.93
	100m:	1:00.28	32.19	200m:	2:17.46	38.10	300m:	3:40.84	41.99	400m:	4:44.01	31.24
15.	SIEKACZY SKI Artur				17	UKP Fala Kra nik				4:45.30	624	
	50m:	29.40	29.40	150m:	1:39.78	35.48	250m:	2:58.15	43.40	350m:	4:14.96	32.59
	100m:	1:04.30	34.90	200m:	2:14.75	34.97	300m:	3:42.37	44.22	400m:	4:45.30	30.34
16.	POPIOŁEK Dawid				17	KU AZS UMCS Lublin				4:45.49	623	
	50m:	29.25	29.25	150m:	1:40.83	37.41	250m:	3:00.71	42.30	350m:	4:14.62	32.27
	100m:	1:03.42	34.17	200m:	2:18.41	37.58	300m:	3:42.35	41.64	400m:	4:45.49	30.87
17.	WALCZYSKO Jakub				19	KU AZS UMCS Lublin				4:49.31	598	
	50m:	29.75	29.75	150m:	1:43.45	37.56	250m:	3:02.27	41.15	350m:	4:16.92	32.70
	100m:	1:05.89	36.14	200m:	2:21.12	37.67	300m:	3:44.22	41.95	400m:	4:49.31	32.39
18.	KOSI SKI Filip				15	MUKS „Olimpijczyk” Suwałki				4:53.38	574	
	50m:	30.13	30.13	150m:	1:43.70	37.85	250m:	3:03.47	44.09	350m:	4:21.76	33.54
	100m:	1:05.85	35.72	200m:	2:19.38	35.68	300m:	3:48.22	44.75	400m:	4:53.38	31.62
19.	SZCZEPANOWSKI Jakub				17	MKP „SŁOWIANKA” Gorzów Wlkp.				4:53.96	570	
	50m:	29.92	29.92	150m:	1:46.84	41.34	250m:	3:05.62	39.58	350m:	4:20.62	34.95
	100m:	1:05.50	35.58	200m:	2:26.04	39.20	300m:	3:45.67	40.05	400m:	4:53.96	33.34
20.	SAGAN Jakub				17	UKS Skarpa Lublin				4:55.25	563	
	50m:	33.36	33.36	150m:	1:48.01	36.51	250m:	3:06.71	42.82	350m:	4:23.45	33.21
	100m:	1:11.50	38.14	200m:	2:23.89	35.88	300m:	3:50.24	43.53	400m:	4:55.25	31.80
21.	KONCKI Bartłomiej				18	KS „Wisła” Puławy				4:55.84	559	
	50m:	30.43	30.43	150m:	1:45.73	39.74	250m:	3:07.40	43.14	350m:	4:24.52	33.14
	100m:	1:05.99	35.56	200m:	2:24.26	38.53	300m:	3:51.38	43.98	400m:	4:55.84	31.32
22.	PRZYSTAŁ Adam				16	UKS G-8 Bielany Warszawa				4:57.46	550	
	50m:	30.65	30.65	150m:	1:46.50	39.54	250m:	3:06.43	40.07	350m:	4:22.27	34.75
	100m:	1:06.96	36.31	200m:	2:26.36	39.86	300m:	3:47.52	41.09	400m:	4:57.46	35.19
23.	BOROWSKI Jakub				17	St. Lok. SALOS Cortile Kielce				4:58.05	547	
	50m:	31.72	31.72	150m:	1:46.02	38.13	250m:	3:07.55	43.38	350m:	4:24.82	34.32
	100m:	1:07.89	36.17	200m:	2:24.17	38.15	300m:	3:50.50	42.95	400m:	4:58.05	33.23

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Pozycja					Wiek					Czas	Pkt.	
24.	MICHALAK Jan				16	UKS Nawa Skierniewice				4:59.23	541	
	50m:	31.31	31.31	150m:	1:44.81	39.12	250m:	3:05.86	41.99	350m:	4:24.05	36.73
	100m:	1:05.69	34.38	200m:	2:23.87	39.06	300m:	3:47.32	41.46	400m:	4:59.23	35.18
25.	DOŁOWY Grzegorz				17	IUKS „Muszelka” Warszawa				4:59.41	540	
	50m:	31.25	31.25	150m:	1:46.65	39.72	250m:	3:10.34	45.35	350m:	4:28.18	32.94
	100m:	1:06.93	35.68	200m:	2:24.99	38.34	300m:	3:55.24	44.90	400m:	4:59.41	31.23
26.	RAJCA Wiktor				17	UKS 190 Łódź				4:59.55	539	
	50m:	30.66	30.66	150m:	1:45.19	39.63	250m:	3:07.73	43.98	350m:	4:26.38	34.40
	100m:	1:05.56	34.90	200m:	2:23.75	38.56	300m:	3:51.98	44.25	400m:	4:59.55	33.17
27.	BEDNAREK Przemysław				15	IUKS „Muszelka” Warszawa				5:02.45	524	
	50m:	31.21	31.21	150m:	1:47.34	40.14	250m:	3:11.02	45.30	350m:	4:29.75	33.46
	100m:	1:07.20	35.99	200m:	2:25.72	38.38	300m:	3:56.29	45.27	400m:	5:02.45	32.70
28.	KORONKIEWICZ Antoni				15	St. KF KS „Fenix” O arów Mazowiecki				5:03.05	520	
	50m:	30.51	30.51	150m:	1:47.23	40.18	250m:	3:09.63	42.66	350m:	4:28.50	36.09
	100m:	1:07.05	36.54	200m:	2:26.97	39.74	300m:	3:52.41	42.78	400m:	5:03.05	34.55
29.	RAFAŁ Kacper				15	UKS "V" Łomianki				5:04.83	511	
	50m:	33.68	33.68	150m:	1:51.31	40.82	250m:	3:15.98	44.36	350m:	4:32.00	33.58
	100m:	1:10.49	36.81	200m:	2:31.62	40.31	300m:	3:58.42	42.44	400m:	5:04.83	32.83
30.	GUMI SKI Igor				17	Dwójka Morena Gdańsk				5:05.11	510	
	50m:	29.05	29.05	150m:	1:41.36	38.19	250m:	3:04.56	45.76	350m:	4:29.53	38.19
	100m:	1:03.17	34.12	200m:	2:18.80	37.44	300m:	3:51.34	46.78	400m:	5:05.11	35.58
31.	SOBIECH Szymon				16	UKS SP-149 Łódź				5:05.24	509	
	50m:	31.49	31.49	150m:	1:47.90	38.48	250m:	3:10.43	44.48	350m:	4:31.37	36.44
	100m:	1:09.42	37.93	200m:	2:25.95	38.05	300m:	3:54.93	44.50	400m:	5:05.24	33.87
32.	PRÓSZY SKI Igor				20	MKP Szczecin				5:05.95	506	
	50m:	31.89	31.89	150m:	1:49.96	41.71	250m:	3:14.73	44.75	350m:	4:33.02	33.96
	100m:	1:08.25	36.36	200m:	2:29.98	40.02	300m:	3:59.06	44.33	400m:	5:05.95	32.93
33.	YRO Ignacy				15	UKS 307 Warszawa				5:06.00	506	
	50m:	32.71	32.71	150m:	1:50.87	39.50	250m:	3:13.80	42.87	350m:	4:32.58	33.81
	100m:	1:11.37	38.66	200m:	2:30.93	40.06	300m:	3:58.77	44.97	400m:	5:06.00	33.42
34.	NOWACKI Błażej				14	UKS „Ósemka” Starogard Gdański				5:07.65	497	
	50m:	31.98	31.98	150m:	1:49.50	38.95	250m:	3:13.16	45.45	350m:	4:34.81	35.46
	100m:	1:10.55	38.57	200m:	2:27.71	38.21	300m:	3:59.35	46.19	400m:	5:07.65	32.84
35.	HEBEL Maciej				14	UKS abianka Gdańsk				5:07.69	497	
	50m:	31.52	31.52	150m:	1:51.69	41.32	250m:	3:15.33	43.55	350m:	4:34.58	34.87
	100m:	1:10.37	38.85	200m:	2:31.78	40.09	300m:	3:59.71	44.38	400m:	5:07.69	33.11
36.	KALISIAK Norbert				17	UKS Nawa Skierniewice				5:08.13	495	
	50m:	33.28	33.28	150m:	1:52.23	39.11	250m:	3:13.82	44.19	350m:	4:33.84	36.40
	100m:	1:13.12	39.84	200m:	2:29.63	37.40	300m:	3:57.44	43.62	400m:	5:08.13	34.29
37.	RUTA Kamil				17	UKP „Polonia Warszawa”				5:09.12	490	
	50m:	31.07	31.07	150m:	1:47.41	40.29	250m:	3:12.29	45.29	350m:	4:33.58	34.60
	100m:	1:07.12	36.05	200m:	2:27.00	39.59	300m:	3:58.98	46.69	400m:	5:09.12	35.54
38.	MALINOWSKI Jakub				16	MKP „SŁOWIANKA” Gorzów Wlkp.				5:10.13	486	
	50m:	31.07	31.07	150m:	1:49.98	41.82	250m:	3:17.57	47.70	350m:	4:37.93	34.08
	100m:	1:08.16	37.09	200m:	2:29.87	39.89	300m:	4:03.85	46.28	400m:	5:10.13	32.20
39.	SKRZYPEK Filip				16	UKS SMS Galicja Kraków				5:12.29	476	
	50m:	30.28	30.28	150m:	1:49.10	42.05	250m:	3:16.47	46.21	350m:	4:38.50	36.61
	100m:	1:07.05	36.77	200m:	2:30.26	41.16	300m:	4:01.89	45.42	400m:	5:12.29	33.79
40.	MICHALAK Piotr				16	UKP „Polonia Warszawa”				5:13.16	472	
	50m:	31.37	31.37	150m:	1:49.60	42.18	250m:	3:15.48	46.58	350m:	4:38.04	35.50
	100m:	1:07.42	36.05	200m:	2:28.90	39.30	300m:	4:02.54	47.06	400m:	5:13.16	35.12
41.	OLEWNICZAK Maciej				14	UKP „Polonia Warszawa”				5:13.25	471	
	50m:	32.79	32.79	150m:	1:51.33	39.82	250m:	3:17.05	44.79	350m:	4:38.66	35.99
	100m:	1:11.51	38.72	200m:	2:32.26	40.93	300m:	4:02.67	45.62	400m:	5:13.25	34.59

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Pozycja			Wiek							Czas	Pkt.
42.	LASKI Filip		15	St. KF KS „Fenix” O arów Mazowiecki						5:22.26	433
	50m:	32.57 32.57	150m:	1:51.67 41.39	250m:	3:19.19 45.75	350m:	4:44.71 39.61			
	100m:	1:10.28 37.71	200m:	2:33.44 41.77	300m:	4:05.10 45.91	400m:	5:22.26 37.55			
43.	JARCZEWSKI Franciszek		14	UKS 190 Łód						5:24.11	425
	50m:	35.22 35.22	150m:	1:55.58 41.10	250m:	3:23.30 47.77	350m:	4:47.75 38.10			
	100m:	1:14.48 39.26	200m:	2:35.53 39.95	300m:	4:09.65 46.35	400m:	5:24.11 36.36			
44.	GRABOWSKI Mikołaj		15	MTP Kormoran Olsztyn						5:25.39	420
	50m:	34.06 34.06	150m:	1:58.69 42.89	250m:	3:24.52 45.97	350m:	4:49.08 37.88			
	100m:	1:15.80 41.74	200m:	2:38.55 39.86	300m:	4:11.20 46.68	400m:	5:25.39 36.31			
45.	SZCZ CH Mikołaj		14	KP Sokół Rzeszów						5:25.40	420
	50m:	32.86 32.86	150m:	1:54.23 41.70	250m:	3:21.74 47.68	350m:	4:48.06 37.89			
	100m:	1:12.53 39.67	200m:	2:34.06 39.83	300m:	4:10.17 48.43	400m:	5:25.40 37.34			
46.	STASZCZAK Antoni		14	RWKS Sparta Biłgoraj						5:25.59	420
	50m:	32.47 32.47	150m:	1:55.72 41.99	250m:	3:25.75 48.39	350m:	4:51.23 36.53			
	100m:	1:13.73 41.26	200m:	2:37.36 41.64	300m:	4:14.70 48.95	400m:	5:25.59 34.36			
47.	MAŁKOWSKI Hubert		14	MTKP Delfin Toru						5:31.03	399
	50m:	32.45 32.45	150m:	1:57.76 46.12	250m:	3:28.15 46.16	350m:	4:54.43 37.49			
	100m:	1:11.64 39.19	200m:	2:41.99 44.23	300m:	4:16.94 48.79	400m:	5:31.03 36.60			
48.	CZERNICKI Hubert		14	KP Sokół Rzeszów						5:36.88	379
	50m:	32.33 32.33	150m:	1:56.85 42.87	250m:	3:28.86 49.99	350m:	4:59.72 40.28			
	100m:	1:13.98 41.65	200m:	2:38.87 42.02	300m:	4:19.44 50.58	400m:	5:36.88 37.16			
49.	KOSTA SKI Gracjan		14	UKS Nawa Skierniewice						5:37.64	376
	50m:	36.04 36.04	150m:	2:03.84 43.78	250m:	3:34.49 48.01	350m:	5:00.32 38.20			
	100m:	1:20.06 44.02	200m:	2:46.48 42.64	300m:	4:22.12 47.63	400m:	5:37.64 37.32			
DYSKW.	CIASTO Sebastian		20	AZS AWF Katowice							
	<i>K14 - Pływak wykonał kopni cie nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie lub nawrocie)</i>										
DYSKW.	CHMIELEWSKI Michał		15	IUKS „Muszelka” Warszawa							
	<i>K14 - Pływak wykonał kopni cie nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie lub nawrocie)</i>										