

2023 Arena Grand Prix Puchar Polski  
Lublin, 25. - 26.2.2023

Konkurencja 12  
25.02.2023 - 11:03

M czynn, 400m dowolny

14 lat i starsi  
Wyniki

Rekord Polski Open	3:45.71	STANCZYK Przemyslaw	00116	Chiba (JPN)	21.08.2007
Rekord Polski 19 - 23	3:45.71	STANCZYK Przemyslaw	00116	Chiba (JPN)	21.08.2007
Rekord Polski 18	3:49.21	WOJDAK Wojciech		Dordrecht (NED)	09.07.2014
Rekord Polski 17	3:51.80	WOJDAK Wojciech	03106	Poznan	10.07.2013
Rekord Polski 16	3:56.29	DASZKIEWICZ Michał	01006	Lublin	11.07.2019
Rekord Polski 15	4:00.04	DASZKIEWICZ Michał	01006	Oswiecim	14.07.2018
Rekord Polski 14	4:07.63	ORLICZ Filip	05114	Olsztyn	09.07.2016

Minimum - M Seniorów - Fukuoka (Japonia) Open: 3:48.15 / Minimum - Uniwersjada - Chengdu (Chiny) 18 - 27: 3:52.71

Punkty: FINA 2023

Pozycja Wiek Czas Pkt. CR

JUNIOR MŁODSZY 14 LAT

1. LESIAK Piotr	14	SKS 137 Delfin Łód	<b>4:41.27</b>	478	+0,66
50m: 30.73 30.73	150m: 1:42.35 36.11	250m: 2:53.21 34.62	350m: 4:05.00 36.29		
100m: 1:06.24 35.51	200m: 2:18.59 36.24	300m: 3:28.71 35.50	400m: 4:41.27 36.27		
2. BORY Wojciech	14	KS „Górnik” Sosnowiec	<b>4:46.43</b>	453	+0,67
50m: 32.65 32.65	150m: 1:45.33 36.86	250m: 2:59.01 36.75	350m: 4:12.04 36.36		
100m: 1:08.47 35.82	200m: 2:22.26 36.93	300m: 3:35.68 36.67	400m: 4:46.43 34.39		
3. GABOR Bruno	14	MKS Park Wodny Tarnowskie Góry	<b>4:47.54</b>	448	+0,77
50m: 31.83 31.83	150m: 1:46.07 38.24	250m: 3:00.21 37.28	350m: 4:13.89 36.13		
100m: 1:07.83 36.00	200m: 2:22.93 36.86	300m: 3:37.76 37.55	400m: 4:47.54 33.65		
4. DRELICH Mateusz	14	UKS 190 Łód	<b>4:52.89</b>	424	+0,64
50m: 33.40 33.40	150m: 1:46.69 37.05	250m: 3:01.20 38.05	350m: 4:16.63 38.07		
100m: 1:09.64 36.24	200m: 2:23.15 36.46	300m: 3:38.56 37.36	400m: 4:52.89 36.26		
5. ROZUMEK Jan	14	KP Solne Miasto Wieliczka	<b>4:57.59</b>	404	+0,55
50m: 36.45 36.45	150m: 1:55.33 39.23	250m: 3:10.76 37.56	350m: 4:23.61 36.59		
100m: 1:16.10 39.65	200m: 2:33.20 37.87	300m: 3:47.02 36.26	400m: 4:57.59 33.98		
6. ŁAWRYNOWICZ Kacper	14	MKS SP 63 Bydgoszcz	<b>5:04.00</b>	379	+0,76
50m: 31.56 31.56	150m: 1:48.18 39.37	250m: 3:07.40 39.92	350m: 4:26.67 39.32		
100m: 1:08.81 37.25	200m: 2:27.48 39.30	300m: 3:47.35 39.95	400m: 5:04.00 37.33		
7. PALKIJ Filip	14	KS „Górnik” Sosnowiec	<b>5:04.89</b>	376	+0,81
50m: 33.36 33.36	150m: 1:49.75 38.31	250m: 3:08.53 39.70	350m: 4:27.75 39.37		
100m: 1:11.44 38.08	200m: 2:28.83 39.08	300m: 3:48.38 39.85	400m: 5:04.89 37.14		
8. ROGÓ -ADAMCZYK Natan	14	MKS „Astoria” Bydgoszcz	<b>5:04.95</b>	375	+0,70
50m: 31.43 31.43	150m: 1:46.02 38.00	250m: 3:04.86 39.88	350m: 4:25.56 40.36		
100m: 1:08.02 36.59	200m: 2:24.98 38.96	300m: 3:45.20 40.34	400m: 5:04.95 39.39		
9. GRABOWSKI Igor	14	UKS Olimpijczyk 23	<b>5:26.39</b>	306	+0,71
50m: 35.62 35.62	150m: 1:58.96 42.15	250m: 3:22.66 42.24	350m: 4:46.56 41.77		
100m: 1:16.81 41.19	200m: 2:40.42 41.46	300m: 4:04.79 42.13	400m: 5:26.39 39.83		
10. KOWALSKI Krystian	14	MKS SP 63 Bydgoszcz	<b>5:32.51</b>	289	+0,81
50m: 37.04 37.04	150m: 2:03.73 43.56	250m: 3:29.85 42.52	350m: 4:54.98 42.22		
100m: 1:20.17 43.13	200m: 2:47.33 43.60	300m: 4:12.76 42.91	400m: 5:32.51 37.53		

JUNIOR MŁODSZY 15 LAT

1. CISOSKI Hubert	15	CSiR MOS w D browie Górniczej	<b>4:14.11</b>	649	+0,64
50m: 29.18 29.18	150m: 1:33.56 32.29	250m: 2:38.42 32.26	350m: 3:42.46 31.99		
100m: 1:01.27 32.09	200m: 2:06.16 32.60	300m: 3:10.47 32.05	400m: 4:14.11 31.65		
2. JÓ WIAK Tymoteusz	15	Stowarzyszenie "GREENS" Słupno	<b>4:15.82</b>	636	+0,77
50m: 28.76 28.76	150m: 1:33.58 32.90	250m: 2:38.17 32.30	350m: 3:43.72 32.90		
100m: 1:00.68 31.92	200m: 2:05.87 32.29	300m: 3:10.82 32.65	400m: 4:15.82 32.10		
3. CHARKOT Krzysztof	15	UKS "ORKA" Zamo	<b>4:23.57</b>	582	+0,74
50m: 29.84 29.84	150m: 1:36.92 33.85	250m: 2:45.33 34.36	350m: 3:52.93 33.66		
100m: 1:03.07 33.23	200m: 2:10.97 34.05	300m: 3:19.27 33.94	400m: 4:23.57 30.64		
4. ACZEK Hubert	15	KS „Wisła” Puławy	<b>4:24.22</b>	577	+0,74
50m: 28.86 28.86	150m: 1:35.86 33.72	250m: 2:43.78 34.00	350m: 3:51.95 34.00		
100m: 1:02.14 33.28	200m: 2:09.78 33.92	300m: 3:17.95 34.17	400m: 4:24.22 32.27		

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Konkurencja 12, Chłopców, 400m dowolny, JUNIOR MŁODSZY 15 LAT

Pozycja			Wiek					Czas	Pkt.	CR		
5.	JOACHIMOWICZ	Patryk	15	KU AZS UMCS Lublin				<b>4:25.27</b>	570	+0,73		
	50m:	29.63	29.63	150m:	1:36.04	33.66	250m:	2:43.00	33.44	350m:	3:52.02	34.56
	100m:	1:02.38	32.75	200m:	2:09.56	33.52	300m:	3:17.46	34.46	400m:	4:25.27	33.25
6.	WASILEWSKI	Mateusz	15	KU AZS UMCS Lublin				<b>4:26.17</b>	565	+0,71		
	50m:	30.22	30.22	150m:	1:37.85	33.99	250m:	2:46.43	34.58	350m:	3:54.53	33.90
	100m:	1:03.86	33.64	200m:	2:11.85	34.00	300m:	3:20.63	34.20	400m:	4:26.17	31.64
7.	CIBA	Mateusz	15	MKP Szczecin				<b>4:28.26</b>	552	+0,68		
	50m:	30.34	30.34	150m:	1:38.31	34.27	250m:	2:46.97	34.57	350m:	3:55.35	33.82
	100m:	1:04.04	33.70	200m:	2:12.40	34.09	300m:	3:21.53	34.56	400m:	4:28.26	32.91
8.	STANISZEWSKI	Wiktor	15	"Sikret" Gliwice				<b>4:29.92</b>	541	+0,73		
	50m:	31.13	31.13	150m:	1:40.68	35.34	250m:	2:49.25	34.71	350m:	3:58.92	34.66
	100m:	1:05.34	34.21	200m:	2:14.54	33.86	300m:	3:24.26	35.01	400m:	4:29.92	31.00
9.	KARWAT	Bartłomiej	15	UKS Nawa Skierniewice				<b>4:30.05</b>	541	+0,71		
	50m:	31.94	31.94	150m:	1:42.61	35.59	250m:	2:50.43	33.07	350m:	3:57.76	32.49
	100m:	1:07.02	35.08	200m:	2:17.36	34.75	300m:	3:25.27	34.84	400m:	4:30.05	32.29
10.	CHECHEL	Oleksandr	15	TP Zielona Góra				<b>4:31.43</b>	532	+0,67		
	50m:	29.21	29.21	150m:	1:38.96	35.63	250m:	2:49.61	35.33	350m:	3:58.41	33.93
	100m:	1:03.33	34.12	200m:	2:14.28	35.32	300m:	3:24.48	34.87	400m:	4:31.43	33.02
11.	PAWLAK	Dawid	15	UKS 190 Łódź				<b>4:38.73</b>	492	+0,80		
	50m:	31.06	31.06	150m:	1:41.49	35.19	250m:	2:53.53	35.77	350m:	4:03.85	34.55
	100m:	1:06.30	35.24	200m:	2:17.76	36.27	300m:	3:29.30	35.77	400m:	4:38.73	34.88
12.	REKOWSKI	Karol	15	"Sikret" Gliwice				<b>4:38.81</b>	491	+0,70		
	50m:	30.29	30.29	150m:	1:38.33	34.65	250m:	2:51.38	36.61	350m:	4:03.83	35.95
	100m:	1:03.68	33.39	200m:	2:14.77	36.44	300m:	3:27.88	36.50	400m:	4:38.81	34.98
13.	FEDASZ	Alan	15	UKP „Polonia Warszawa”				<b>4:40.99</b>	480	+0,71		
	50m:	32.66	32.66	150m:	1:44.32	36.00	250m:	2:56.18	35.86	350m:	4:07.56	35.30
	100m:	1:08.32	35.66	200m:	2:20.32	36.00	300m:	3:32.26	36.08	400m:	4:40.99	33.43
14.	O GA	Ignacy	15	UKS "Feniks" D bica				<b>4:42.67</b>	471	+0,70		
	50m:	30.05	30.05	150m:	1:39.62	35.27	250m:	2:52.82	36.83	350m:	4:07.75	37.41
	100m:	1:04.35	34.30	200m:	2:15.99	36.37	300m:	3:30.34	37.52	400m:	4:42.67	34.92
15.	OL DZKI	Daniel	15	UKP „Polonia Warszawa”				<b>4:44.71</b>	461	+0,75		
	50m:	31.12	31.12	150m:	1:42.05	36.36	250m:	2:56.77	37.79	350m:	4:11.06	36.13
	100m:	1:05.69	34.57	200m:	2:18.98	36.93	300m:	3:34.93	38.16	400m:	4:44.71	33.65
16.	FRONCZEK	Miłosz	15	KU AZS UMCS Lublin				<b>4:45.59</b>	457	+0,70		
	50m:	31.18	31.18	150m:	1:39.45	35.10	250m:	2:52.20	36.86	350m:	4:08.18	38.34
	100m:	1:04.35	33.17	200m:	2:15.34	35.89	300m:	3:29.84	37.64	400m:	4:45.59	37.41
17.	CAŁKA	Piotr	15	KP Solne Miasto Wieliczka				<b>4:50.54</b>	434	+0,75		
	50m:	32.59	32.59	150m:	1:45.87	37.53	250m:	3:00.85	37.43	350m:	4:15.69	36.99
	100m:	1:08.34	35.75	200m:	2:23.42	37.55	300m:	3:38.70	37.85	400m:	4:50.54	34.85
18.	L ZAK	Kamil	15	UKP „Polonia Warszawa”				<b>4:53.87</b>	419	+0,76		
	50m:	30.89	30.89	150m:	1:44.28	37.56	250m:	3:01.31	38.64	350m:	4:18.89	38.77
	100m:	1:06.72	35.83	200m:	2:22.67	38.39	300m:	3:40.12	38.81	400m:	4:53.87	34.98
19.	RYBAK	Grzegorz	15	MKS Park Wodny Tarnowskie Góry				<b>5:00.51</b>	392	+0,75		
	50m:	32.11	32.11	150m:	1:49.42	38.89	250m:	3:07.31	39.05	350m:	4:24.56	38.40
	100m:	1:10.53	38.42	200m:	2:28.26	38.84	300m:	3:46.16	38.85	400m:	5:00.51	35.95
20.	MENDYKA	Miłosz	15	AZS PWSTE Jarosław				<b>5:12.49</b>	349	+0,70		
	50m:	32.64	32.64	150m:	1:51.14	40.14	250m:	3:15.54	42.36	350m:	4:35.08	39.65
	100m:	1:11.00	38.36	200m:	2:33.18	42.04	300m:	3:55.43	39.89	400m:	5:12.49	37.41
21.	NIEMCZURA	Wiktor	15	UKP „Polonia Warszawa”				<b>5:14.60</b>	342	+0,66		
	50m:	36.55	36.55	150m:	1:57.63	41.15	250m:	3:18.36	40.52	350m:	4:37.27	39.13
	100m:	1:16.48	39.93	200m:	2:37.84	40.21	300m:	3:58.14	39.78	400m:	5:14.60	37.33
22.	ŁATKA	Aleksander	15	KP Aquapark W growiec				<b>5:17.15</b>	334	+0,76		
	50m:	33.88	33.88	150m:	1:54.58	41.14	250m:	3:17.27	41.51	350m:	4:40.18	41.66
	100m:	1:13.44	39.56	200m:	2:35.76	41.18	300m:	3:58.52	41.25	400m:	5:17.15	36.97

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Konkurencja 12, M czynn, 400m dowolny

JUNIOR MŁODSZY 16 LAT

1.	MAJOR Erik	16	MKS Park Wodny Tarnowskie Góry	<b>4:11.83</b>	667	+0,73
	50m: 29.39 29.39	150m: 1:33.82 32.18	250m: 2:37.66 31.46	350m: 3:41.61 31.81		
	100m: 1:01.64 32.25	200m: 2:06.20 32.38	300m: 3:09.80 32.14	400m: 4:11.83 30.22		
2.	PI TKA Miłosz	16	MKP Szczecin	<b>4:16.86</b>	628	+0,69
	50m: 29.64 29.64	150m: 1:34.26 32.28	250m: 2:39.43 32.56	350m: 3:44.94 32.56		
	100m: 1:01.98 32.34	200m: 2:06.87 32.61	300m: 3:12.38 32.95	400m: 4:16.86 31.92		
3.	PONIEWA Oliwier	16	KU AZS UMCS Lublin	<b>4:20.12</b>	605	+0,80
	50m: 29.29 29.29	150m: 1:34.03 32.70	250m: 2:40.51 33.46	350m: 3:48.01 34.15		
	100m: 1:01.33 32.04	200m: 2:07.05 33.02	300m: 3:13.86 33.35	400m: 4:20.12 32.11		
4.	PIETRO Przemysław	16	KU AZS UMCS Lublin	<b>4:20.28</b>	604	+0,65
	50m: 29.01 29.01	150m: 1:33.42 32.66	250m: 2:39.07 33.22	350m: 3:46.30 33.56		
	100m: 1:00.76 31.75	200m: 2:05.85 32.43	300m: 3:12.74 33.67	400m: 4:20.28 33.98		
5.	DWORAKOWSKI Bła ej	16	KS Delfin Gdynia	<b>4:23.60</b>	581	+0,67
	50m: 29.70 29.70	150m: 1:36.92 33.79	250m: 2:44.41 33.44	350m: 3:51.26 32.83		
	100m: 1:03.13 33.43	200m: 2:10.97 34.05	300m: 3:18.43 34.02	400m: 4:23.60 32.34		
6.	SELDER Krystian	16	MKS Trójka Łód	<b>4:24.75</b>	574	+0,70
	50m: 30.36 30.36	150m: 1:37.41 33.58	250m: 2:45.47 34.15	350m: 3:52.80 33.71		
	100m: 1:03.83 33.47	200m: 2:11.32 33.91	300m: 3:19.09 33.62	400m: 4:24.75 31.95		
7.	KANCZKOWSKI Szymon	16	UKS Tri-Team Rumia	<b>4:26.90</b>	560	+0,76
	50m: 31.26 31.26	150m: 1:39.33 33.98	250m: 2:47.69 34.10	350m: 3:55.01 33.13		
	100m: 1:05.35 34.09	200m: 2:13.59 34.26	300m: 3:21.88 34.19	400m: 4:26.90 31.89		
8.	KOZŁOWSKI Julian	16	MKS „Astoria” Bydgoszcz	<b>4:27.10</b>	559	+0,67
	50m: 30.34 30.34	150m: 1:37.87 34.27	250m: 2:46.46 34.52	350m: 3:55.14 34.28		
	100m: 1:03.60 33.26	200m: 2:11.94 34.07	300m: 3:20.86 34.40	400m: 4:27.10 31.96		
9.	BORKOWSKI Marcel	16	KS Neptun widnica	<b>4:27.55</b>	556	+0,73
	50m: 29.83 29.83	150m: 1:37.21 34.28	250m: 2:45.70 34.22	350m: 3:55.06 34.48		
	100m: 1:02.93 33.10	200m: 2:11.48 34.27	300m: 3:20.58 34.88	400m: 4:27.55 32.49		
10.	REDZI SKI VEL RYDZY SKI Mateusz	16	UKP „Polonia Warszawa”	<b>4:28.44</b>	550	+0,75
	50m: 30.79 30.79	150m: 1:38.31 34.22	250m: 2:46.92 34.28	350m: 3:55.63 34.55		
	100m: 1:04.09 33.30	200m: 2:12.64 34.33	300m: 3:21.08 34.16	400m: 4:28.44 32.81		
11.	PI TKIEWICZ Piotr	16	MKS Trójka Łód	<b>4:29.48</b>	544	+0,70
	50m: 30.31 30.31	150m: 1:39.05 34.69	250m: 2:48.33 34.60	350m: 3:56.28 33.24		
	100m: 1:04.36 34.05	200m: 2:13.73 34.68	300m: 3:23.04 34.71	400m: 4:29.48 33.20		
12.	MIKOŁAJCZYK Adrian	16	MKS Trójka Łód	<b>4:29.67</b>	543	+0,80
	50m: 30.26 30.26	150m: 1:38.82 34.52	250m: 2:47.84 34.88	350m: 3:56.73 34.38		
	100m: 1:04.30 34.04	200m: 2:12.96 34.14	300m: 3:22.35 34.51	400m: 4:29.67 32.94		
13.	MAZUR Adam	16	Grupa 5Styl	<b>4:30.15</b>	540	+0,69
	50m: 30.29 30.29	150m: 1:38.89 34.79	250m: 2:48.50 34.48	350m: 3:56.74 33.65		
	100m: 1:04.10 33.81	200m: 2:14.02 35.13	300m: 3:23.09 34.59	400m: 4:30.15 33.41		
14.	GRZYWI SKI Jakub	16	KU AZS UMCS Lublin	<b>4:30.83</b>	536	+0,71
	50m: 31.01 31.01	150m: 1:39.96 34.78	250m: 2:49.61 34.89	350m: 3:58.19 34.15		
	100m: 1:05.18 34.17	200m: 2:14.72 34.76	300m: 3:24.04 34.43	400m: 4:30.83 32.64		
15.	SIKORA Cyprian	16	MUKP MOSiR Orka Kielce	<b>4:30.98</b>	535	+0,77
	50m: 29.84 29.84	150m: 1:38.18 34.78	250m: 2:48.30 35.11	350m: 3:58.18 35.17		
	100m: 1:03.40 33.56	200m: 2:13.19 35.01	300m: 3:23.01 34.71	400m: 4:30.98 32.80		
16.	SOLAK Kacper	16	UKS „Huragan” przy SP nr 45 w Sosnow	<b>4:34.35</b>	516	+0,69
	50m: 30.00 30.00	150m: 1:38.94 35.05	250m: 2:50.32 35.98	350m: 4:01.75 35.68		
	100m: 1:03.89 33.89	200m: 2:14.34 35.40	300m: 3:26.07 35.75	400m: 4:34.35 32.60		
17.	KUSEK Mateusz	16	Mi dzyszkołny UKS „Olimpijczyk” Suwa	<b>4:36.14</b>	506	+0,76
	50m: 29.61 29.61	150m: 1:37.73 34.69	250m: 2:48.92 35.82	350m: 4:02.24 36.92		
	100m: 1:03.04 33.43	200m: 2:13.10 35.37	300m: 3:25.32 36.40	400m: 4:36.14 33.90		
18.	PRZYSTAŁ Antonio	16	KP Solne Miasto Wieliczka	<b>5:00.37</b>	393	+0,75
	50m: 32.51 32.51	150m: 1:48.52 38.67	250m: 3:06.21 39.16	350m: 4:23.63 38.38		
	100m: 1:09.85 37.34	200m: 2:27.05 38.53	300m: 3:45.25 39.04	400m: 5:00.37 36.74		

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Konkurencja 12, M czyzn, 400m dowolny

JUNIOR 17-18 LAT

1.	HEBEL Maciej	18	KU AZS UMCS Lublin	<b>4:02.16</b>	750	+0,67
	50m: 27.93 27.93	150m: 1:29.87 31.00	250m: 2:31.09 30.53	350m: 3:32.40 30.60		
	100m: 58.87 30.94	200m: 2:00.56 30.69	300m: 3:01.80 30.71	400m: 4:02.16 29.76		
2.	FILIPIAK Mikołaj	17	KS Barrakuda Gda sk	<b>4:05.74</b>	718	+0,75
	50m: 27.95 27.95	150m: 1:30.02 31.21	250m: 2:33.10 31.63	350m: 3:35.88 31.36		
	100m: 58.81 30.86	200m: 2:01.47 31.45	300m: 3:04.52 31.42	400m: 4:05.74 29.86		
3.	ZDYBEL Adam	18	KS Delfin Gdynia	<b>4:06.43</b>	712	+0,63
	50m: 28.20 28.20	150m: 1:31.13 31.77	250m: 2:34.70 31.71	350m: 3:37.53 31.16		
	100m: 59.36 31.16	200m: 2:02.99 31.86	300m: 3:06.37 31.67	400m: 4:06.43 28.90		
4.	RADKIEWICZ Kajetan	18	KS KSZO Ostrowiec w.	<b>4:06.50</b>	711	+0,68
	50m: 28.42 28.42	150m: 1:31.17 31.62	250m: 2:34.33 31.21	350m: 3:37.22 31.27		
	100m: 59.55 31.13	200m: 2:03.12 31.95	300m: 3:05.95 31.62	400m: 4:06.50 29.28		
5.	LARY Jerzy	17	IUKS „Muszelka” Warszawa	<b>4:07.16</b>	705	+0,76
	50m: 29.12 29.12	150m: 1:31.09 31.23	250m: 2:34.25 31.64	350m: 3:36.63 31.19		
	100m: 59.86 30.74	200m: 2:02.61 31.52	300m: 3:05.44 31.19	400m: 4:07.16 30.53		
6.	RYNKIEWICZ Jakub	18	KU AZS UMCS Lublin	<b>4:08.85</b>	691	+0,64
	50m: 27.82 27.82	150m: 1:29.54 30.96	250m: 2:32.87 31.80	350m: 3:37.58 32.22		
	100m: 58.58 30.76	200m: 2:01.07 31.53	300m: 3:05.36 32.49	400m: 4:08.85 31.27		
7.	BELZYT Maksymilian	18	UKS abianka Gda sk	<b>4:11.88</b>	666	+0,72
	50m: 28.87 28.87	150m: 1:33.59 32.50	250m: 2:38.11 31.96	350m: 3:41.49 30.96		
	100m: 1:01.09 32.22	200m: 2:06.15 32.56	300m: 3:10.53 32.42	400m: 4:11.88 30.39		
8.	HLUSHCHENKO Zakhar	17	UKS 190 Łód	<b>4:12.49</b>	662	+0,67
	50m: 29.72 29.72	150m: 1:32.97 31.44	250m: 2:36.57 31.90	350m: 3:41.55 32.69		
	100m: 1:01.53 31.81	200m: 2:04.67 31.70	300m: 3:08.86 32.29	400m: 4:12.49 30.94		
9.	JARCZEWSKI Franciszek	18	UKS 190 Łód	<b>4:18.79</b>	614	+0,70
	50m: 29.45 29.45	150m: 1:34.99 32.70	250m: 2:40.17 32.60	350m: 3:46.45 33.31		
	100m: 1:02.29 32.84	200m: 2:07.57 32.58	300m: 3:13.14 32.97	400m: 4:18.79 32.34		
10.	CIECHOMSKI Rafał	17	MKS „Astoria” Bydgoszcz	<b>4:19.34</b>	611	+0,71
	50m: 28.06 28.06	150m: 1:33.94 33.50	250m: 2:40.84 33.62	350m: 3:48.05 33.75		
	100m: 1:00.44 32.38	200m: 2:07.22 33.28	300m: 3:14.30 33.46	400m: 4:19.34 31.29		
11.	WÓJCIK Rafał	17	UKP Fala Kra nik	<b>4:21.08</b>	598	+0,70
	50m: 29.33 29.33	150m: 1:35.12 32.93	250m: 2:42.21 33.33	350m: 3:49.03 33.06		
	100m: 1:02.19 32.86	200m: 2:08.88 33.76	300m: 3:15.97 33.76	400m: 4:21.08 32.05		
12.	KUREK Bartosz	17	UKS 190 Łód	<b>4:23.59</b>	581	+0,74
	50m: 29.67 29.67	150m: 1:35.33 32.86	250m: 2:42.60 33.77	350m: 3:50.71 34.02		
	100m: 1:02.47 32.80	200m: 2:08.83 33.50	300m: 3:16.69 34.09	400m: 4:23.59 32.88		
13.	CHABOWSKI Nathaniel	17	UKS abianka Gda sk	<b>4:28.40</b>	551	+0,75
	50m: 29.80 29.80	150m: 1:38.16 34.54	250m: 2:46.95 34.74	350m: 3:56.24 34.52		
	100m: 1:03.62 33.82	200m: 2:12.21 34.05	300m: 3:21.72 34.77	400m: 4:28.40 32.16		
14.	WIEK Bła ej	18	UKS abianka Gda sk	<b>4:28.59</b>	550	+0,66
	50m: 29.45 29.45	150m: 1:36.92 34.16	250m: 2:46.25 34.84	350m: 3:55.74 34.57		
	100m: 1:02.76 33.31	200m: 2:11.41 34.49	300m: 3:21.17 34.92	400m: 4:28.59 32.85		
15.	WISTAK Miłosz	17	UKS "Feniks" D bica	<b>4:33.19</b>	522	+0,77
	50m: 31.65 31.65	150m: 1:40.48 34.74	250m: 2:50.67 35.13	350m: 4:01.06 35.01		
	100m: 1:05.74 34.09	200m: 2:15.54 35.06	300m: 3:26.05 35.38	400m: 4:33.19 32.13		
16.	MASZEWSKI Mikołaj	17	UKS Nawa Skierniewice	<b>4:35.75</b>	508	+0,78
	50m: 31.88 31.88	150m: 1:42.22 35.40	250m: 2:52.51 34.83	350m: 4:02.80 35.14		
	100m: 1:06.82 34.94	200m: 2:17.68 35.46	300m: 3:27.66 35.15	400m: 4:35.75 32.95		
17.	JANKIEWICZ DELGADO Jarosław	17	UKS Nawa Skierniewice	<b>4:35.83</b>	507	+0,73
	50m: 30.66 30.66	150m: 1:39.16 34.69	250m: 2:49.40 35.13	350m: 4:01.19 36.14		
	100m: 1:04.47 33.81	200m: 2:14.27 35.11	300m: 3:25.05 35.65	400m: 4:35.83 34.64		
18.	NIECKARZ Paweł	17	UKS 190 Łód	<b>4:37.29</b>	499	+0,77
	50m: 30.33 30.33	150m: 1:39.47 34.93	250m: 2:49.97 35.17	350m: 4:02.40 36.37		
	100m: 1:04.54 34.21	200m: 2:14.80 35.33	300m: 3:26.03 36.06	400m: 4:37.29 34.89		

2023 Arena Grand Prix Puchar Polski  
Lublin, 25. - 26.2.2023

Konkurencja 12, Chłopców, 400m dowolny, JUNIOR 17-18 LAT

Pozycja			Wiek					Czas	Pkt.	CR
19.	CHAMERA Daniel		17	KP Totis Viribus wiebodzin				<b>4:44.70</b>	461	+0,68
	50m:	30.60 30.60	150m:	1:40.19	35.25	250m:	2:53.53 36.92	350m:	4:08.84 37.90	
	100m:	1:04.94 34.34	200m:	2:16.61	36.42	300m:	3:30.94 37.41	400m:	4:44.70 35.86	
20.	WI CKOWSKI Piotr		17	UKS Delfin Garwolin				<b>4:50.74</b>	433	+0,76
	50m:	31.61 31.61	150m:	1:45.54	37.70	250m:	3:01.13 37.78	350m:	4:15.86 37.10	
	100m:	1:07.84 36.23	200m:	2:23.35	37.81	300m:	3:38.76 37.63	400m:	4:50.74 34.88	
21.	KRUPA Borys		17	UKP „Polonia Warszawa”				<b>5:06.30</b>	370	+0,66
	50m:	31.84 31.84	150m:	1:45.41	37.51	250m:	3:02.94 39.75	350m:	4:24.71 41.28	
	100m:	1:07.90 36.06	200m:	2:23.19	37.78	300m:	3:43.43 40.49	400m:	5:06.30 41.59	
OPEN										
1.	CHMIELEWSKI Krzysztof		19	IUKS „Muszelka” Warszawa				<b>3:56.42</b>	806	+0,65
	50m:	27.36 27.36	150m:	1:26.68	29.76	250m:	2:26.45 30.03	350m:	3:27.02 30.20	
	100m:	56.92 29.56	200m:	1:56.42	29.74	300m:	2:56.82 30.37	400m:	3:56.42 29.40	
2.	HEBEL Maciej		18	KU AZS UMCS Lublin				<b>4:02.16</b>	750	+0,67
	50m:	27.93 27.93	150m:	1:29.87	31.00	250m:	2:31.09 30.53	350m:	3:32.40 30.60	
	100m:	58.87 30.94	200m:	2:00.56	30.69	300m:	3:01.80 30.71	400m:	4:02.16 29.76	
3.	ZABOROWSKI Filip		29	MKP Szczecin				<b>4:03.39</b>	739	+0,71
	50m:	28.27 28.27	150m:	1:30.09	31.26	250m:	2:32.08 31.08	350m:	3:34.17 31.32	
	100m:	58.83 30.56	200m:	2:01.00	30.91	300m:	3:02.85 30.77	400m:	4:03.39 29.22	
4.	KOSI SKI Filip		19	AZS AWF Warszawa				<b>4:03.93</b>	734	+0,75
	50m:	27.46 27.46	150m:	1:29.43	31.29	250m:	2:31.64 30.92	350m:	3:34.19 31.10	
	100m:	58.14 30.68	200m:	2:00.72	31.29	300m:	3:03.09 31.45	400m:	4:03.93 29.74	
5.	CHMIELEWSKI Michał		19	IUKS „Muszelka” Warszawa				<b>4:04.74</b>	727	+0,64
	50m:	28.42 28.42	150m:	1:29.95	30.66	250m:	2:32.24 31.11	350m:	3:34.54 31.07	
	100m:	59.29 30.87	200m:	2:01.13	31.18	300m:	3:03.47 31.23	400m:	4:04.74 30.20	
6.	FILIPIAK Mikołaj		17	KS Barrakuda Gda sk				<b>4:05.74</b>	718	+0,75
	50m:	27.95 27.95	150m:	1:30.02	31.21	250m:	2:33.10 31.63	350m:	3:35.88 31.36	
	100m:	58.81 30.86	200m:	2:01.47	31.45	300m:	3:04.52 31.42	400m:	4:05.74 29.86	
7.	ZDYBEL Adam		18	KS Delfin Gdynia				<b>4:06.43</b>	712	+0,63
	50m:	28.20 28.20	150m:	1:31.13	31.77	250m:	2:34.70 31.71	350m:	3:37.53 31.16	
	100m:	59.36 31.16	200m:	2:02.99	31.86	300m:	3:06.37 31.67	400m:	4:06.43 28.90	
8.	RADKIEWICZ Kajetan		18	KS KSZO Ostrowiec w.				<b>4:06.50</b>	711	+0,68
	50m:	28.42 28.42	150m:	1:31.17	31.62	250m:	2:34.33 31.21	350m:	3:37.22 31.27	
	100m:	59.55 31.13	200m:	2:03.12	31.95	300m:	3:05.95 31.62	400m:	4:06.50 29.28	
9.	LARY Jerzy		17	IUKS „Muszelka” Warszawa				<b>4:07.16</b>	705	+0,76
	50m:	29.12 29.12	150m:	1:31.09	31.23	250m:	2:34.25 31.64	350m:	3:36.63 31.19	
	100m:	59.86 30.74	200m:	2:02.61	31.52	300m:	3:05.44 31.19	400m:	4:07.16 30.53	
10.	RYNKIEWICZ Jakub		18	KU AZS UMCS Lublin				<b>4:08.85</b>	691	+0,64
	50m:	27.82 27.82	150m:	1:29.54	30.96	250m:	2:32.87 31.80	350m:	3:37.58 32.22	
	100m:	58.58 30.76	200m:	2:01.07	31.53	300m:	3:05.36 32.49	400m:	4:08.85 31.27	
11.	WALTER Jakub		19	UKP Unia O wi cim				<b>4:09.15</b>	689	+0,77
	50m:	27.78 27.78	150m:	1:31.18	31.81	250m:	2:35.34 32.09	350m:	3:39.14 31.97	
	100m:	59.37 31.59	200m:	2:03.25	32.07	300m:	3:07.17 31.83	400m:	4:09.15 30.01	
12.	DRABCZYK Krystian		19	UKP Unia O wi cim				<b>4:10.90</b>	674	+0,69
	50m:	29.45 29.45	150m:	1:33.16	32.06	250m:	2:36.99 31.97	350m:	3:40.69 32.03	
	100m:	1:01.10 31.65	200m:	2:05.02	31.86	300m:	3:08.66 31.67	400m:	4:10.90 30.21	
13.	MAJOR Erik		16	MKS Park Wodny Tarnowskie Góry				<b>4:11.83</b>	667	+0,73
	50m:	29.39 29.39	150m:	1:33.82	32.18	250m:	2:37.66 31.46	350m:	3:41.61 31.81	
	100m:	1:01.64 32.25	200m:	2:06.20	32.38	300m:	3:09.80 32.14	400m:	4:11.83 30.22	
14.	BELZYT Maksymilian		18	UKS abianka Gda sk				<b>4:11.88</b>	666	+0,72
	50m:	28.87 28.87	150m:	1:33.59	32.50	250m:	2:38.11 31.96	350m:	3:41.49 30.96	
	100m:	1:01.09 32.22	200m:	2:06.15	32.56	300m:	3:10.53 32.42	400m:	4:11.88 30.39	

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Konkurencja 12, M czynn, 400m dowolny, OPEN

Pozycja			Wiek							Czas	Pkt.	CR
15.	HLUSHCHENKO Zakhar		17	UKS 190 Łód						<b>4:12.49</b>	662	+0,67
	50m:	29.72 29.72	150m:	1:32.97	31.44	250m:	2:36.57	31.90	350m:	3:41.55	32.69	
	100m:	1:01.53 31.81	200m:	2:04.67	31.70	300m:	3:08.86	32.29	400m:	4:12.49	30.94	
16.	GOŁACKI Sergiusz		19	UKS 190 Łód						<b>4:13.03</b>	657	+0,63
	50m:	29.73 29.73	150m:	1:33.47	32.14	250m:	2:37.51	32.07	350m:	3:41.84	32.36	
	100m:	1:01.33 31.60	200m:	2:05.44	31.97	300m:	3:09.48	31.97	400m:	4:13.03	31.19	
17.	KUCZAK Adam		23	AZS AWF Katowice						<b>4:13.51</b>	654	+0,62
	50m:	28.78 28.78	150m:	1:32.66	32.40	250m:	2:37.24	32.46	350m:	3:42.60	32.67	
	100m:	1:00.26 31.48	200m:	2:04.78	32.12	300m:	3:09.93	32.69	400m:	4:13.51	30.91	
18.	CISOSKI Hubert		15	CSiR MOS w D browie Górniczej						<b>4:14.11</b>	649	+0,64
	50m:	29.18 29.18	150m:	1:33.56	32.29	250m:	2:38.42	32.26	350m:	3:42.46	31.99	
	100m:	1:01.27 32.09	200m:	2:06.16	32.60	300m:	3:10.47	32.05	400m:	4:14.11	31.65	
19.	JÓ WIAK Tymoteusz		15	Stowarzyszenie "GREENS" Słupno						<b>4:15.82</b>	636	+0,77
	50m:	28.76 28.76	150m:	1:33.58	32.90	250m:	2:38.17	32.30	350m:	3:43.72	32.90	
	100m:	1:00.68 31.92	200m:	2:05.87	32.29	300m:	3:10.82	32.65	400m:	4:15.82	32.10	
20.	JAWORSKI Szymon		22	AZS AWF Katowice						<b>4:16.26</b>	633	+0,71
	50m:	27.88 27.88	150m:	1:32.64	32.86	250m:	2:38.61	33.05	350m:	3:45.16	33.12	
	100m:	59.78 31.90	200m:	2:05.56	32.92	300m:	3:12.04	33.43	400m:	4:16.26	31.10	
21.	MA KA Filip		23	UKS 190 Łód						<b>4:16.51</b>	631	+0,67
	50m:	28.74 28.74	150m:	1:32.80	32.25	250m:	2:38.34	32.78	350m:	3:44.23	32.29	
	100m:	1:00.55 31.81	200m:	2:05.56	32.76	300m:	3:11.94	33.60	400m:	4:16.51	32.28	
22.	PI TKA Miłosz		16	MKP Szczecin						<b>4:16.86</b>	628	+0,69
	50m:	29.64 29.64	150m:	1:34.26	32.28	250m:	2:39.43	32.56	350m:	3:44.94	32.56	
	100m:	1:01.98 32.34	200m:	2:06.87	32.61	300m:	3:12.38	32.95	400m:	4:16.86	31.92	
23.	DARUL Bartosz		19	MKP Szczecin						<b>4:17.23</b>	626	+0,71
	50m:	30.03 30.03	150m:	1:34.85	33.07	250m:	2:40.88	33.11	350m:	3:46.64	33.10	
	100m:	1:01.78 31.75	200m:	2:07.77	32.92	300m:	3:13.54	32.66	400m:	4:17.23	30.59	
24.	JARCZEWSKI Franciszek		18	UKS 190 Łód						<b>4:18.79</b>	614	+0,70
	50m:	29.45 29.45	150m:	1:34.99	32.70	250m:	2:40.17	32.60	350m:	3:46.45	33.31	
	100m:	1:02.29 32.84	200m:	2:07.57	32.58	300m:	3:13.14	32.97	400m:	4:18.79	32.34	
25.	CHAŁAT Wojciech		19	KU AZS UMCS Lublin						<b>4:19.23</b>	611	+0,72
	50m:	29.75 29.75	150m:	1:35.23	32.94	250m:	2:41.11	33.07	350m:	3:47.13	32.83	
	100m:	1:02.29 32.54	200m:	2:08.04	32.81	300m:	3:14.30	33.19	400m:	4:19.23	32.10	
26.	CIECHOMSKI Rafał		17	MKS „Astoria” Bydgoszcz						<b>4:19.34</b>	611	+0,71
	50m:	28.06 28.06	150m:	1:33.94	33.50	250m:	2:40.84	33.62	350m:	3:48.05	33.75	
	100m:	1:00.44 32.38	200m:	2:07.22	33.28	300m:	3:14.30	33.46	400m:	4:19.34	31.29	
27.	PONIEWA Oliwier		16	KU AZS UMCS Lublin						<b>4:20.12</b>	605	+0,80
	50m:	29.29 29.29	150m:	1:34.03	32.70	250m:	2:40.51	33.46	350m:	3:48.01	34.15	
	100m:	1:01.33 32.04	200m:	2:07.05	33.02	300m:	3:13.86	33.35	400m:	4:20.12	32.11	
28.	PIETRO Przemysław		16	KU AZS UMCS Lublin						<b>4:20.28</b>	604	+0,65
	50m:	29.01 29.01	150m:	1:33.42	32.66	250m:	2:39.07	33.22	350m:	3:46.30	33.56	
	100m:	1:00.76 31.75	200m:	2:05.85	32.43	300m:	3:12.74	33.67	400m:	4:20.28	33.98	
29.	WÓJCIK Rafał		17	UKP Fala Kra nik						<b>4:21.08</b>	598	+0,70
	50m:	29.33 29.33	150m:	1:35.12	32.93	250m:	2:42.21	33.33	350m:	3:49.03	33.06	
	100m:	1:02.19 32.86	200m:	2:08.88	33.76	300m:	3:15.97	33.76	400m:	4:21.08	32.05	
30.	SZWEDZKI Jakub		23	MKS Trójka Łód						<b>4:23.17</b>	584	+0,72
	50m:	30.17 30.17	150m:	1:36.53	33.32	250m:	2:43.91	33.60	350m:	3:51.67	33.44	
	100m:	1:03.21 33.04	200m:	2:10.31	33.78	300m:	3:18.23	34.32	400m:	4:23.17	31.50	
31.	CHARKOT Krzysztof		15	UKS "ORKA" Zamo						<b>4:23.57</b>	582	+0,74
	50m:	29.84 29.84	150m:	1:36.92	33.85	250m:	2:45.33	34.36	350m:	3:52.93	33.66	
	100m:	1:03.07 33.23	200m:	2:10.97	34.05	300m:	3:19.27	33.94	400m:	4:23.57	30.64	
32.	KUREK Bartosz		17	UKS 190 Łód						<b>4:23.59</b>	581	+0,74
	50m:	29.67 29.67	150m:	1:35.33	32.86	250m:	2:42.60	33.77	350m:	3:50.71	34.02	
	100m:	1:02.47 32.80	200m:	2:08.83	33.50	300m:	3:16.69	34.09	400m:	4:23.59	32.88	

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Pozycja			Wiek					Czas	Pkt.	CR
33.	DWORAKOWSKI Bła ej		16	KS Delfin Gdynia				<b>4:23.60</b>	581	+0,67
	50m: 29.70	29.70	150m: 1:36.92	33.79	250m: 2:44.41	33.44	350m: 3:51.26	32.83		
	100m: 1:03.13	33.43	200m: 2:10.97	34.05	300m: 3:18.43	34.02	400m: 4:23.60	32.34		
34.	LE NIAK Maksymilian		19	UKS 190 Łód				<b>4:23.68</b>	581	+0,66
	50m: 29.62	29.62	150m: 1:35.97	33.55	250m: 2:42.90	33.24	350m: 3:50.76	34.10		
	100m: 1:02.42	32.80	200m: 2:09.66	33.69	300m: 3:16.66	33.76	400m: 4:23.68	32.92		
35.	ACZEK Hubert		15	KS „Wisła” Puławy				<b>4:24.22</b>	577	+0,74
	50m: 28.86	28.86	150m: 1:35.86	33.72	250m: 2:43.78	34.00	350m: 3:51.95	34.00		
	100m: 1:02.14	33.28	200m: 2:09.78	33.92	300m: 3:17.95	34.17	400m: 4:24.22	32.27		
36.	SELDER Krystian		16	MKS Trójka Łód				<b>4:24.75</b>	574	+0,70
	50m: 30.36	30.36	150m: 1:37.41	33.58	250m: 2:45.47	34.15	350m: 3:52.80	33.71		
	100m: 1:03.83	33.47	200m: 2:11.32	33.91	300m: 3:19.09	33.62	400m: 4:24.75	31.95		
37.	JOACHIMOWICZ Patryk		15	KU AZS UMCS Lublin				<b>4:25.27</b>	570	+0,73
	50m: 29.63	29.63	150m: 1:36.04	33.66	250m: 2:43.00	33.44	350m: 3:52.02	34.56		
	100m: 1:02.38	32.75	200m: 2:09.56	33.52	300m: 3:17.46	34.46	400m: 4:25.27	33.25		
38.	WASILEWSKI Mateusz		15	KU AZS UMCS Lublin				<b>4:26.17</b>	565	+0,71
	50m: 30.22	30.22	150m: 1:37.85	33.99	250m: 2:46.43	34.58	350m: 3:54.53	33.90		
	100m: 1:03.86	33.64	200m: 2:11.85	34.00	300m: 3:20.63	34.20	400m: 4:26.17	31.64		
39.	KANCZKOWSKI Szymon		16	UKS Tri-Team Rumia				<b>4:26.90</b>	560	+0,76
	50m: 31.26	31.26	150m: 1:39.33	33.98	250m: 2:47.69	34.10	350m: 3:55.01	33.13		
	100m: 1:05.35	34.09	200m: 2:13.59	34.26	300m: 3:21.88	34.19	400m: 4:26.90	31.89		
40.	KOZŁOWSKI Julian		16	MKS „Astoria” Bydgoszcz				<b>4:27.10</b>	559	+0,67
	50m: 30.34	30.34	150m: 1:37.87	34.27	250m: 2:46.46	34.52	350m: 3:55.14	34.28		
	100m: 1:03.60	33.26	200m: 2:11.94	34.07	300m: 3:20.86	34.40	400m: 4:27.10	31.96		
41.	BORKOWSKI Marcel		16	KS Neptun widnica				<b>4:27.55</b>	556	+0,73
	50m: 29.83	29.83	150m: 1:37.21	34.28	250m: 2:45.70	34.22	350m: 3:55.06	34.48		
	100m: 1:02.93	33.10	200m: 2:11.48	34.27	300m: 3:20.58	34.88	400m: 4:27.55	32.49		
42.	CIBA Mateusz		15	MKP Szczecin				<b>4:28.26</b>	552	+0,68
	50m: 30.34	30.34	150m: 1:38.31	34.27	250m: 2:46.97	34.57	350m: 3:55.35	33.82		
	100m: 1:04.04	33.70	200m: 2:12.40	34.09	300m: 3:21.53	34.56	400m: 4:28.26	32.91		
43.	CHABOWSKI Nathaniel		17	UKS abianka Gda sk				<b>4:28.40</b>	551	+0,75
	50m: 29.80	29.80	150m: 1:38.16	34.54	250m: 2:46.95	34.74	350m: 3:56.24	34.52		
	100m: 1:03.62	33.82	200m: 2:12.21	34.05	300m: 3:21.72	34.77	400m: 4:28.40	32.16		
44.	REDZI SKI VEL RYDZY SKI Mateusz	16	16	UKP „Polonia Warszawa”				<b>4:28.44</b>	550	+0,75
	50m: 30.79	30.79	150m: 1:38.31	34.22	250m: 2:46.92	34.28	350m: 3:55.63	34.55		
	100m: 1:04.09	33.30	200m: 2:12.64	34.33	300m: 3:21.08	34.16	400m: 4:28.44	32.81		
45.	WIEK Bła ej		18	UKS abianka Gda sk				<b>4:28.59</b>	550	+0,66
	50m: 29.45	29.45	150m: 1:36.92	34.16	250m: 2:46.25	34.84	350m: 3:55.74	34.57		
	100m: 1:02.76	33.31	200m: 2:11.41	34.49	300m: 3:21.17	34.92	400m: 4:28.59	32.85		
46.	PI TKIEWICZ Piotr		16	MKS Trójka Łód				<b>4:29.48</b>	544	+0,70
	50m: 30.31	30.31	150m: 1:39.05	34.69	250m: 2:48.33	34.60	350m: 3:56.28	33.24		
	100m: 1:04.36	34.05	200m: 2:13.73	34.68	300m: 3:23.04	34.71	400m: 4:29.48	33.20		
47.	MIKOŁAJCZYK Adrian		16	MKS Trójka Łód				<b>4:29.67</b>	543	+0,80
	50m: 30.26	30.26	150m: 1:38.82	34.52	250m: 2:47.84	34.88	350m: 3:56.73	34.38		
	100m: 1:04.30	34.04	200m: 2:12.96	34.14	300m: 3:22.35	34.51	400m: 4:29.67	32.94		
48.	STANISZEWSKI Wiktor		15	"Sikret" Gliwice				<b>4:29.92</b>	541	+0,73
	50m: 31.13	31.13	150m: 1:40.68	35.34	250m: 2:49.25	34.71	350m: 3:58.92	34.66		
	100m: 1:05.34	34.21	200m: 2:14.54	33.86	300m: 3:24.26	35.01	400m: 4:29.92	31.00		
49.	KARWAT Bartłomiej		15	UKS Nawa Skierniewice				<b>4:30.05</b>	541	+0,71
	50m: 31.94	31.94	150m: 1:42.61	35.59	250m: 2:50.43	33.07	350m: 3:57.76	32.49		
	100m: 1:07.02	35.08	200m: 2:17.36	34.75	300m: 3:25.27	34.84	400m: 4:30.05	32.29		
50.	MAZUR Adam		16	Grupa 5Styl				<b>4:30.15</b>	540	+0,69
	50m: 30.29	30.29	150m: 1:38.89	34.79	250m: 2:48.50	34.48	350m: 3:56.74	33.65		
	100m: 1:04.10	33.81	200m: 2:14.02	35.13	300m: 3:23.09	34.59	400m: 4:30.15	33.41		

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51.	GRZYWI	SKI	Jakub		16	KU AZS UMCS	Lublin			<b>4:30.83</b>	536	+0,71
	50m:	31.01	31.01	150m:	1:39.96	34.78	250m:	2:49.61	34.89	350m:	3:58.19	34.15
	100m:	1:05.18	34.17	200m:	2:14.72	34.76	300m:	3:24.04	34.43	400m:	4:30.83	32.64
52.	SIKORA	Cyprian			16	MUKP MOSiR	Orka Kielce			<b>4:30.98</b>	535	+0,77
	50m:	29.84	29.84	150m:	1:38.18	34.78	250m:	2:48.30	35.11	350m:	3:58.18	35.17
	100m:	1:03.40	33.56	200m:	2:13.19	35.01	300m:	3:23.01	34.71	400m:	4:30.98	32.80
53.	CHECHEL	Oleksandr			15	TP Zielona Góra				<b>4:31.43</b>	532	+0,67
	50m:	29.21	29.21	150m:	1:38.96	35.63	250m:	2:49.61	35.33	350m:	3:58.41	33.93
	100m:	1:03.33	34.12	200m:	2:14.28	35.32	300m:	3:24.48	34.87	400m:	4:31.43	33.02
54.	WISTAK	Miłosz			17	UKS "Feniks" D bica				<b>4:33.19</b>	522	+0,77
	50m:	31.65	31.65	150m:	1:40.48	34.74	250m:	2:50.67	35.13	350m:	4:01.06	35.01
	100m:	1:05.74	34.09	200m:	2:15.54	35.06	300m:	3:26.05	35.38	400m:	4:33.19	32.13
55.	SOLAK	Kacper			16	UKS „Huragan” przy SP nr 45 w Sosnowcu				<b>4:34.35</b>	516	+0,69
	50m:	30.00	30.00	150m:	1:38.94	35.05	250m:	2:50.32	35.98	350m:	4:01.75	35.68
	100m:	1:03.89	33.89	200m:	2:14.34	35.40	300m:	3:26.07	35.75	400m:	4:34.35	32.60
56.	MASZEWSKI	Mikołaj			17	UKS Nawa Skierniewice				<b>4:35.75</b>	508	+0,78
	50m:	31.88	31.88	150m:	1:42.22	35.40	250m:	2:52.51	34.83	350m:	4:02.80	35.14
	100m:	1:06.82	34.94	200m:	2:17.68	35.46	300m:	3:27.66	35.15	400m:	4:35.75	32.95
57.	JANKIEWICZ DELGADO	Jarosław			17	UKS Nawa Skierniewice				<b>4:35.83</b>	507	+0,73
	50m:	30.66	30.66	150m:	1:39.16	34.69	250m:	2:49.40	35.13	350m:	4:01.19	36.14
	100m:	1:04.47	33.81	200m:	2:14.27	35.11	300m:	3:25.05	35.65	400m:	4:35.83	34.64
58.	KUSEK	Mateusz			16	Mi dzyszkolny UKS „Olimpijczyk” Suwałki				<b>4:36.14</b>	506	+0,76
	50m:	29.61	29.61	150m:	1:37.73	34.69	250m:	2:48.92	35.82	350m:	4:02.24	36.92
	100m:	1:03.04	33.43	200m:	2:13.10	35.37	300m:	3:25.32	36.40	400m:	4:36.14	33.90
59.	NIECKARZ	Paweł			17	UKS 190 Łódź				<b>4:37.29</b>	499	+0,77
	50m:	30.33	30.33	150m:	1:39.47	34.93	250m:	2:49.97	35.17	350m:	4:02.40	36.37
	100m:	1:04.54	34.21	200m:	2:14.80	35.33	300m:	3:26.03	36.06	400m:	4:37.29	34.89
60.	PAWLAK	Dawid			15	UKS 190 Łódź				<b>4:38.73</b>	492	+0,80
	50m:	31.06	31.06	150m:	1:41.49	35.19	250m:	2:53.53	35.77	350m:	4:03.85	34.55
	100m:	1:06.30	35.24	200m:	2:17.76	36.27	300m:	3:29.30	35.77	400m:	4:38.73	34.88
61.	REKOWSKI	Karol			15	"Sikret" Gliwice				<b>4:38.81</b>	491	+0,70
	50m:	30.29	30.29	150m:	1:38.33	34.65	250m:	2:51.38	36.61	350m:	4:03.83	35.95
	100m:	1:03.68	33.39	200m:	2:14.77	36.44	300m:	3:27.88	36.50	400m:	4:38.81	34.98
62.	FEDASZ	Alan			15	UKP „Polonia Warszawa”				<b>4:40.99</b>	480	+0,71
	50m:	32.66	32.66	150m:	1:44.32	36.00	250m:	2:56.18	35.86	350m:	4:07.56	35.30
	100m:	1:08.32	35.66	200m:	2:20.32	36.00	300m:	3:32.26	36.08	400m:	4:40.99	33.43
63.	LESIAK	Piotr			14	SKS 137 Delfin Łódź				<b>4:41.27</b>	478	+0,66
	50m:	30.73	30.73	150m:	1:42.35	36.11	250m:	2:53.21	34.62	350m:	4:05.00	36.29
	100m:	1:06.24	35.51	200m:	2:18.59	36.24	300m:	3:28.71	35.50	400m:	4:41.27	36.27
64.	O GA	Ignacy			15	UKS "Feniks" D bica				<b>4:42.67</b>	471	+0,70
	50m:	30.05	30.05	150m:	1:39.62	35.27	250m:	2:52.82	36.83	350m:	4:07.75	37.41
	100m:	1:04.35	34.30	200m:	2:15.99	36.37	300m:	3:30.34	37.52	400m:	4:42.67	34.92
65.	CHAMERA	Daniel			17	KP Totis Viribus wiebodziń				<b>4:44.70</b>	461	+0,68
	50m:	30.60	30.60	150m:	1:40.19	35.25	250m:	2:53.53	36.92	350m:	4:08.84	37.90
	100m:	1:04.94	34.34	200m:	2:16.61	36.42	300m:	3:30.94	37.41	400m:	4:44.70	35.86
66.	OL DZKI	Daniel			15	UKP „Polonia Warszawa”				<b>4:44.71</b>	461	+0,75
	50m:	31.12	31.12	150m:	1:42.05	36.36	250m:	2:56.77	37.79	350m:	4:11.06	36.13
	100m:	1:05.69	34.57	200m:	2:18.98	36.93	300m:	3:34.93	38.16	400m:	4:44.71	33.65
67.	FRONCZEK	Miłosz			15	KU AZS UMCS	Lublin			<b>4:45.59</b>	457	+0,70
	50m:	31.18	31.18	150m:	1:39.45	35.10	250m:	2:52.20	36.86	350m:	4:08.18	38.34
	100m:	1:04.35	33.17	200m:	2:15.34	35.89	300m:	3:29.84	37.64	400m:	4:45.59	37.41
68.	BORY	Wojciech			14	KS „Górnik” Sosnowiec				<b>4:46.43</b>	453	+0,67
	50m:	32.65	32.65	150m:	1:45.33	36.86	250m:	2:59.01	36.75	350m:	4:12.04	36.36
	100m:	1:08.47	35.82	200m:	2:22.26	36.93	300m:	3:35.68	36.67	400m:	4:46.43	34.39



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69.	GABOR Bruno		14	MKS Park Wodny Tarnowskie Góry				<b>4:47.54</b>	448	+0,77
	50m:	31.83 31.83	150m:	1:46.07	38.24	250m:	3:00.21 37.28	350m:	4:13.89 36.13	
	100m:	1:07.83 36.00	200m:	2:22.93	36.86	300m:	3:37.76 37.55	400m:	4:47.54 33.65	
70.	CAŁKA Piotr		15	KP Solne Miasto Wieliczka				<b>4:50.54</b>	434	+0,75
	50m:	32.59 32.59	150m:	1:45.87	37.53	250m:	3:00.85 37.43	350m:	4:15.69 36.99	
	100m:	1:08.34 35.75	200m:	2:23.42	37.55	300m:	3:38.70 37.85	400m:	4:50.54 34.85	
71.	WI CKOWSKI Piotr		17	UKS Delfin Garwolin				<b>4:50.74</b>	433	+0,76
	50m:	31.61 31.61	150m:	1:45.54	37.70	250m:	3:01.13 37.78	350m:	4:15.86 37.10	
	100m:	1:07.84 36.23	200m:	2:23.35	37.81	300m:	3:38.76 37.63	400m:	4:50.74 34.88	
72.	DRELICH Mateusz		14	UKS 190 Łódź				<b>4:52.89</b>	424	+0,64
	50m:	33.40 33.40	150m:	1:46.69	37.05	250m:	3:01.20 38.05	350m:	4:16.63 38.07	
	100m:	1:09.64 36.24	200m:	2:23.15	36.46	300m:	3:38.56 37.36	400m:	4:52.89 36.26	
73.	L ZAK Kamil		15	UKP „Polonia Warszawa”				<b>4:53.87</b>	419	+0,76
	50m:	30.89 30.89	150m:	1:44.28	37.56	250m:	3:01.31 38.64	350m:	4:18.89 38.77	
	100m:	1:06.72 35.83	200m:	2:22.67	38.39	300m:	3:40.12 38.81	400m:	4:53.87 34.98	
74.	ROZUMEK Jan		14	KP Solne Miasto Wieliczka				<b>4:57.59</b>	404	+0,55
	50m:	36.45 36.45	150m:	1:55.33	39.23	250m:	3:10.76 37.56	350m:	4:23.61 36.59	
	100m:	1:16.10 39.65	200m:	2:33.20	37.87	300m:	3:47.02 36.26	400m:	4:57.59 33.98	
75.	PRZYSTAŁ Antonio		16	KP Solne Miasto Wieliczka				<b>5:00.37</b>	393	+0,75
	50m:	32.51 32.51	150m:	1:48.52	38.67	250m:	3:06.21 39.16	350m:	4:23.63 38.38	
	100m:	1:09.85 37.34	200m:	2:27.05	38.53	300m:	3:45.25 39.04	400m:	5:00.37 36.74	
76.	RYBAK Grzegorz		15	MKS Park Wodny Tarnowskie Góry				<b>5:00.51</b>	392	+0,75
	50m:	32.11 32.11	150m:	1:49.42	38.89	250m:	3:07.31 39.05	350m:	4:24.56 38.40	
	100m:	1:10.53 38.42	200m:	2:28.26	38.84	300m:	3:46.16 38.85	400m:	5:00.51 35.95	
77.	ŁAWRYNOWICZ Kacper		14	MKS SP 63 Bydgoszcz				<b>5:04.00</b>	379	+0,76
	50m:	31.56 31.56	150m:	1:48.18	39.37	250m:	3:07.40 39.92	350m:	4:26.67 39.32	
	100m:	1:08.81 37.25	200m:	2:27.48	39.30	300m:	3:47.35 39.95	400m:	5:04.00 37.33	
78.	PALKIJ Filip		14	KS „Górnik” Sosnowiec				<b>5:04.89</b>	376	+0,81
	50m:	33.36 33.36	150m:	1:49.75	38.31	250m:	3:08.53 39.70	350m:	4:27.75 39.37	
	100m:	1:11.44 38.08	200m:	2:28.83	39.08	300m:	3:48.38 39.85	400m:	5:04.89 37.14	
79.	ROGÓ -ADAMCZYK Natan		14	MKS „Astoria” Bydgoszcz				<b>5:04.95</b>	375	+0,70
	50m:	31.43 31.43	150m:	1:46.02	38.00	250m:	3:04.86 39.88	350m:	4:25.56 40.36	
	100m:	1:08.02 36.59	200m:	2:24.98	38.96	300m:	3:45.20 40.34	400m:	5:04.95 39.39	
80.	KRUPA Borys		17	UKP „Polonia Warszawa”				<b>5:06.30</b>	370	+0,66
	50m:	31.84 31.84	150m:	1:45.41	37.51	250m:	3:02.94 39.75	350m:	4:24.71 41.28	
	100m:	1:07.90 36.06	200m:	2:23.19	37.78	300m:	3:43.43 40.49	400m:	5:06.30 41.59	
81.	MENDYKA Miłosz		15	AZS PWSTE Jarosław				<b>5:12.49</b>	349	+0,70
	50m:	32.64 32.64	150m:	1:51.14	40.14	250m:	3:15.54 42.36	350m:	4:35.08 39.65	
	100m:	1:11.00 38.36	200m:	2:33.18	42.04	300m:	3:55.43 39.89	400m:	5:12.49 37.41	
82.	NIEMCZURA Wiktor		15	UKP „Polonia Warszawa”				<b>5:14.60</b>	342	+0,66
	50m:	36.55 36.55	150m:	1:57.63	41.15	250m:	3:18.36 40.52	350m:	4:37.27 39.13	
	100m:	1:16.48 39.93	200m:	2:37.84	40.21	300m:	3:58.14 39.78	400m:	5:14.60 37.33	
83.	ŁATKA Aleksander		15	KP Aquapark W growiec				<b>5:17.15</b>	334	+0,76
	50m:	33.88 33.88	150m:	1:54.58	41.14	250m:	3:17.27 41.51	350m:	4:40.18 41.66	
	100m:	1:13.44 39.56	200m:	2:35.76	41.18	300m:	3:58.52 41.25	400m:	5:17.15 36.97	
84.	GRABOWSKI Igor		14	UKS Olimpijczyk 23				<b>5:26.39</b>	306	+0,71
	50m:	35.62 35.62	150m:	1:58.96	42.15	250m:	3:22.66 42.24	350m:	4:46.56 41.77	
	100m:	1:16.81 41.19	200m:	2:40.42	41.46	300m:	4:04.79 42.13	400m:	5:26.39 39.83	
85.	KOWALSKI Krystian		14	MKS SP 63 Bydgoszcz				<b>5:32.51</b>	289	+0,81
	50m:	37.04 37.04	150m:	2:03.73	43.56	250m:	3:29.85 42.52	350m:	4:54.98 42.22	
	100m:	1:20.17 43.13	200m:	2:47.33	43.60	300m:	4:12.76 42.91	400m:	5:32.51 37.53	