

GRAND PRIX PUCHAR POLSKI
OLSZTYN, 24- - 25-5-2014

Konkurencja 23

M czynn, 400m dowolny

14 lat i starsi

2014-05-24 - 19:59

Wyniki

Top Times "Poland" Open	3:45.71	Stanczyk Przemyslaw	00116	Chiba (JPN)	2007-08-21
Top Times "Poland" 14	4:08.01	Bernatowicz Sebastian	00802	Oswiecim	2008-07-05
Top Times "Poland" 15	4:01.28	Wojdak Wojciech	03106	Oswiecim	2011-07-16
Top Times "Poland" 16	3:57.20	Pielowski Krzysztof	00213	Gorzow Wlkp.	2007-12-01
Top Times "Poland" 17	3:51.80	Wojdak Wojciech	03106	Poznan	2013-07-10
Top Times "Poland" 18	3:49.72	Sawrymowicz Mateusz	00116	Budapest (HUN)	2005-07-15
Top Times "Poland" 19 +	3:45.71	Stanczyk Przemyslaw	00116	Chiba (JPN)	2007-08-21

Punkty: FINA 2014

Pozycja			Rok ur.					Czas	Pkt.
1.	Pielowski Krzysztof		91	AZS UWM Olsztyn				3:59.01	780
	50m:	28.22 28.22	150m:	1:28.90 30.22	250m:	2:29.35 29.99	350m:	3:29.70 30.01	
	100m:	58.68 30.46	200m:	1:59.36 30.46	300m:	2:59.69 30.34	400m:	3:59.01 29.31	
2.	Glyk Wojciech		92	AZS AWF Katowice				3:59.28	777
	50m:	28.29 28.29	150m:	1:29.11 30.48	250m:	2:29.74 30.14	350m:	3:30.03 30.10	
	100m:	58.63 30.34	200m:	1:59.60 30.49	300m:	2:59.93 30.19	400m:	3:59.28 29.25	
3.	Dubiel Adam		93	KORNER Zielona Góra				3:59.75	773
	50m:	27.92 27.92	150m:	1:28.70 30.75	250m:	2:29.57 30.27	350m:	3:30.33 30.18	
	100m:	57.95 30.03	200m:	1:59.30 30.60	300m:	3:00.15 30.58	400m:	3:59.75 29.42	
4.	Smeja Sławomir		94	AZS AWF Katowice				4:02.79	744
	50m:	28.26 28.26	150m:	1:29.60 30.81	250m:	2:31.49 30.90	350m:	3:33.96 31.24	
	100m:	58.79 30.53	200m:	2:00.59 30.99	300m:	3:02.72 31.23	400m:	4:02.79 28.83	
5.	Bi Daniel		95	AZS Warszawa				4:03.38	739
	50m:	28.07 28.07	150m:	1:29.12 30.89	250m:	2:31.30 31.25	350m:	3:33.50 31.13	
	100m:	58.23 30.16	200m:	2:00.05 30.93	300m:	3:02.37 31.07	400m:	4:03.38 29.88	
6.	Kołodziejcki Filip SZG		96	KORNER Zielona Góra				4:04.99	724
	50m:	28.80 28.80	150m:	1:31.11 31.34	250m:	2:33.66 31.12	350m:	3:35.89 31.00	
	100m:	59.77 30.97	200m:	2:02.54 31.43	300m:	3:04.89 31.23	400m:	4:04.99 29.10	
7.	Ciesielski Filip		96	MUKS Pi tnastrka Bydgoszcz				4:05.39	721
	50m:	27.64 27.64	150m:	1:29.10 30.92	250m:	2:31.62 31.16	350m:	3:34.52 31.52	
	100m:	58.18 30.54	200m:	2:00.46 31.36	300m:	3:03.00 31.38	400m:	4:05.39 30.87	
8.	Lassek Bartłomiej		94	AZS UŁ PŁ Łód				4:06.16	714
	50m:	28.01 28.01	150m:	1:29.28 30.58	250m:	2:30.84 30.73	350m:	3:34.75 32.18	
	100m:	58.70 30.69	200m:	2:00.11 30.83	300m:	3:02.57 31.73	400m:	4:06.16 31.41	
9.	Ptaszy ski Mikołaj SZG		95	KORNER Zielona Góra				4:06.79	709
	50m:	27.84 27.84	150m:	1:30.27 31.73	250m:	2:33.72 31.62	350m:	3:37.00 31.45	
	100m:	58.54 30.70	200m:	2:02.10 31.83	300m:	3:05.55 31.83	400m:	4:06.79 29.79	
10.	St pie Konrad		96	MMS Polonia W-wa				4:07.21	705
	50m:	28.09 28.09	150m:	1:30.74 31.70	250m:	2:34.34 31.38	350m:	3:36.85 31.17	
	100m:	59.04 30.95	200m:	2:02.96 32.22	300m:	3:05.68 31.34	400m:	4:07.21 30.36	
11.	Zbutowicz Karol		98	MTP KORMORAN Olsztyn				4:07.50	703
	50m:	28.70 28.70	150m:	1:31.21 31.55	250m:	2:34.91 31.75	350m:	3:37.83 31.07	
	100m:	59.66 30.96	200m:	2:03.16 31.95	300m:	3:06.76 31.85	400m:	4:07.50 29.67	
12.	Ksi ek Sebastian SOc		96	KSZO Ostrowiec				4:08.10	697
	50m:	27.41 27.41	150m:	1:29.18 31.52	250m:	2:32.65 31.78	350m:	3:36.98 32.08	
	100m:	57.66 30.25	200m:	2:00.87 31.69	300m:	3:04.90 32.25	400m:	4:08.10 31.12	
13.	Opalski Marcin		93	UKS Gim 92 Ursynów				4:08.77	692
	50m:	29.40 29.40	150m:	1:33.74 32.11	250m:	2:37.66 31.23	350m:	3:39.69 30.20	
	100m:	1:01.63 32.23	200m:	2:06.43 32.69	300m:	3:09.49 31.83	400m:	4:08.77 29.08	
14.	Arndt Mateusz		98	KS Delfin Gdynia				4:10.85	675
	50m:	29.52 29.52	150m:	1:33.80 32.36	250m:	2:37.22 30.82	350m:	3:40.09 31.63	
	100m:	1:01.44 31.92	200m:	2:06.40 32.60	300m:	3:08.46 31.24	400m:	4:10.85 30.76	
15.	witkowski Jan		94	Skarpa Lublin				4:11.09	673
	50m:	27.20 27.20	150m:	1:24.32 28.68	250m:	2:30.28 37.79	350m:	3:37.53 33.38	
	100m:	55.64 28.44	200m:	1:52.49 28.17	300m:	3:04.15 33.87	400m:	4:11.09 33.56	

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Konkurencja 23, M czyzn, 400m dowolny, 14 lat i starsi

Pozycja					Rok ur.					Czas	Pkt.	
16.	Kału y ski Antoni				99	UKS Gim 92 Ursynów				4:11.51	669	
	50m:	28.88	28.88	150m:	1:32.14	31.57	250m:	2:36.35	32.12	350m:	3:40.78	31.92
	100m:	1:00.57	31.69	200m:	2:04.23	32.09	300m:	3:08.86	32.51	400m:	4:11.51	30.73
17.	Borowicz Skoneczny Sylwester				92	AZS UWM Olsztyn				4:11.53	669	
	50m:	28.09	28.09	150m:	1:30.22	31.48	250m:	2:35.85	32.99	350m:	3:40.50	31.85
	100m:	58.74	30.65	200m:	2:02.86	32.64	300m:	3:08.65	32.80	400m:	4:11.53	31.03
18.	Sinitchine Radoslaw				98	MTP KORMORAN Olsztyn				4:13.87	651	
	50m:	29.15	29.15	150m:	1:32.60	32.15	250m:	2:37.55	32.52	350m:	3:42.67	32.43
	100m:	1:00.45	31.30	200m:	2:05.03	32.43	300m:	3:10.24	32.69	400m:	4:13.87	31.20
19.	Buczowski Kamil SZG				96	KORNER Zielona Góra				4:14.81	644	
	50m:	28.70	28.70	150m:	1:33.21	32.66	250m:	2:38.39	32.41	350m:	3:43.08	32.19
	100m:	1:00.55	31.85	200m:	2:05.98	32.77	300m:	3:10.89	32.50	400m:	4:14.81	31.73
20.	Szpojankowski Kacper				98	MTP KORMORAN Olsztyn				4:17.46	624	
	50m:	29.31	29.31	150m:	1:35.11	32.94	250m:	2:40.13	32.37	350m:	3:45.56	32.44
	100m:	1:02.17	32.86	200m:	2:07.76	32.65	300m:	3:13.12	32.99	400m:	4:17.46	31.90
21.	Dytkowski Jan SOc				97	KSZO Ostrowiec				4:17.76	622	
	50m:	28.51	28.51	150m:	1:32.17	32.38	250m:	2:38.42	32.90	350m:	3:44.77	33.26
	100m:	59.79	31.28	200m:	2:05.52	33.35	300m:	3:11.51	33.09	400m:	4:17.76	32.99
22.	Zapalski Konrad				98	Fala Kra nik				4:18.28	618	
	50m:	29.22	29.22	150m:	1:32.91	32.22	250m:	2:38.90	33.23	350m:	3:45.69	33.44
	100m:	1:00.69	31.47	200m:	2:05.67	32.76	300m:	3:12.25	33.35	400m:	4:18.28	32.59
23.	Zieli ski Cezary				97	MKS Medyk Gi ycko				4:18.31	618	
	50m:	29.37	29.37	150m:	1:34.53	32.75	250m:	2:40.34	33.06	350m:	3:47.22	33.42
	100m:	1:01.78	32.41	200m:	2:07.28	32.75	300m:	3:13.80	33.46	400m:	4:18.31	31.09
24.	Sola Kornel SOc				97	Fala Kra nik				4:18.70	615	
	50m:	29.85	29.85	150m:	1:35.39	32.99	250m:	2:41.66	32.63	350m:	3:47.38	32.75
	100m:	1:02.40	32.55	200m:	2:09.03	33.64	300m:	3:14.63	32.97	400m:	4:18.70	31.32
25.	Dziedzic Andrzej				93	UKS G-8 Bielany Warszawa				4:19.03	613	
	50m:	29.33	29.33	150m:	1:34.20	32.90	250m:	2:40.52	32.93	350m:	3:46.82	32.99
	100m:	1:01.30	31.97	200m:	2:07.59	33.39	300m:	3:13.83	33.31	400m:	4:19.03	32.21
26.	Szczepa ski Kacper				99	MUKS Pi tnastka Bydgoszcz				4:20.19	605	
	50m:	29.11	29.11	150m:	1:34.06	32.67	250m:	2:40.27	33.12	350m:	3:47.76	33.58
	100m:	1:01.39	32.28	200m:	2:07.15	33.09	300m:	3:14.18	33.91	400m:	4:20.19	32.43
27.	Solak Łukasz				99	PSP Swim Płock				4:20.24	604	
	50m:	29.32	29.32	150m:	1:34.84	32.98	250m:	2:41.23	33.19	350m:	3:48.94	33.74
	100m:	1:01.86	32.54	200m:	2:08.04	33.20	300m:	3:15.20	33.97	400m:	4:20.24	31.30
28.	Stiller Piotr				96	UKS Dwójka Morena Gda sk				4:20.41	603	
	50m:	29.24	29.24	150m:	1:34.59	33.00	250m:	2:40.94	33.02	350m:	3:48.59	33.75
	100m:	1:01.59	32.35	200m:	2:07.92	33.33	300m:	3:14.84	33.90	400m:	4:20.41	31.82
29.	Urba ski Michał				97	MUKS Pi tnastka Bydgoszcz				4:20.61	602	
	50m:	28.85	28.85	150m:	1:34.63	33.04	250m:	2:41.20	33.18	350m:	3:48.32	33.07
	100m:	1:01.59	32.74	200m:	2:08.02	33.39	300m:	3:15.25	34.05	400m:	4:20.61	32.29
30.	Krycia Mateusz SOc				96	KSZO Ostrowiec				4:20.82	600	
	50m:	30.32	30.32	150m:	1:36.99	33.35	250m:	2:44.56	33.75	350m:	3:50.60	31.70
	100m:	1:03.64	33.32	200m:	2:10.81	33.82	300m:	3:18.90	34.34	400m:	4:20.82	30.22
31.	Michta Kacper SOc				00	KSZO Ostrowiec				4:21.07	598	
	50m:	30.38	30.38	150m:	1:36.39	33.04	250m:	2:43.55	33.26	350m:	3:50.41	33.08
	100m:	1:03.35	32.97	200m:	2:10.29	33.90	300m:	3:17.33	33.78	400m:	4:21.07	30.66
32.	Ruci ski Jakub				98	MTP KORMORAN Olsztyn				4:21.59	595	
	50m:	30.28	30.28	150m:	1:36.00	33.03	250m:	2:42.63	33.30	350m:	3:49.32	32.88
	100m:	1:02.97	32.69	200m:	2:09.33	33.33	300m:	3:16.44	33.81	400m:	4:21.59	32.27
33.	Orłowski Kamil SOc				00	KSZO Ostrowiec				4:23.28	584	
	50m:	29.93	29.93	150m:	1:35.92	33.37	250m:	2:43.20	33.67	350m:	3:50.71	33.57
	100m:	1:02.55	32.62	200m:	2:09.53	33.61	300m:	3:17.14	33.94	400m:	4:23.28	32.57

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Pozycja					Rok ur.					Czas	Pkt.	
34.	Bruchajzer Dominik				97	MZOS Płock				4:25.34	570	
	50m:	29.68	29.68	150m:	1:35.46	33.37	250m:	2:44.03	34.37	350m:	3:52.60	33.80
	100m:	1:02.09	32.41	200m:	2:09.66	34.20	300m:	3:18.80	34.77	400m:	4:25.34	32.74
35.	Ma czak Bła ej				98	KS Delfin Gdynia				4:25.55	569	
	50m:	30.23	30.23	150m:	1:37.06	33.65	250m:	2:44.33	33.50	350m:	3:51.99	33.64
	100m:	1:03.41	33.18	200m:	2:10.83	33.77	300m:	3:18.35	34.02	400m:	4:25.55	33.56
36.	Rogozi ski Mateusz SOc				99	KSZO Ostrowiec				4:27.47	557	
	50m:	29.37	29.37	150m:	1:38.01	34.91	250m:	2:47.54	34.62	350m:	3:55.42	33.27
	100m:	1:03.10	33.73	200m:	2:12.92	34.91	300m:	3:22.15	34.61	400m:	4:27.47	32.05
	Bujak Kacper				98	MTP Lublinianka Lublin				4:27.47	557	
	50m:	29.90	29.90	150m:	1:37.46	34.17	250m:	2:45.52	33.86	350m:	3:54.55	34.56
	100m:	1:03.29	33.39	200m:	2:11.66	34.20	300m:	3:19.99	34.47	400m:	4:27.47	32.92
38.	Kozakiewicz Jan				96	UKS Gim 92 Ursynów				4:27.96	553	
	50m:	30.41	30.41	150m:	1:37.36	33.43	250m:	2:45.09	33.91	350m:	3:52.85	33.48
	100m:	1:03.93	33.52	200m:	2:11.18	33.82	300m:	3:19.37	34.28	400m:	4:27.96	35.11
39.	Zuchowski Ernest				97	KS Delfin Gdynia				4:29.60	543	
	50m:	30.22	30.22	150m:	1:36.90	33.69	250m:	2:45.61	34.68	350m:	3:55.89	35.28
	100m:	1:03.21	32.99	200m:	2:10.93	34.03	300m:	3:20.61	35.00	400m:	4:29.60	33.71
40.	Zychowicz Jakub				00	Znicz Koszalin				4:30.08	541	
	50m:	31.09	31.09	150m:	1:39.37	34.79	250m:	2:48.23	34.16	350m:	3:56.89	34.45
	100m:	1:04.58	33.49	200m:	2:14.07	34.70	300m:	3:22.44	34.21	400m:	4:30.08	33.19
41.	Sadłowski Piotr				00	MUKS Olimpijczyk				4:31.33	533	
	50m:	29.15	29.15	150m:	1:37.03	34.45	250m:	2:47.51	35.29	350m:	3:57.63	34.93
	100m:	1:02.58	33.43	200m:	2:12.22	35.19	300m:	3:22.70	35.19	400m:	4:31.33	33.70
42.	S czek Szymon				99	MKS Trójka Łód				4:32.25	528	
	50m:	30.52	30.52	150m:	1:41.09	35.35	250m:	2:50.97	35.01	350m:	3:59.59	33.90
	100m:	1:05.74	35.22	200m:	2:15.96	34.87	300m:	3:25.69	34.72	400m:	4:32.25	32.66
43.	Kostowski Michał				99	MTP KORMORAN Olsztyn				4:33.35	521	
	50m:	31.44	31.44	150m:	1:39.61	34.36	250m:	2:48.97	35.10	350m:	3:58.88	35.06
	100m:	1:05.25	33.81	200m:	2:13.87	34.26	300m:	3:23.82	34.85	400m:	4:33.35	34.47
44.	Dutkiewicz Dominik				99	KS Warta Pozna				4:34.09	517	
	50m:	30.45	30.45	150m:	1:39.65	35.28	250m:	2:50.57	35.60	350m:	4:01.77	35.22
	100m:	1:04.37	33.92	200m:	2:14.97	35.32	300m:	3:26.55	35.98	400m:	4:34.09	32.32
45.	Durajczyk Michał				97	IKS Konstancin				4:35.73	508	
	50m:	30.79	30.79	150m:	1:40.37	34.00	250m:	2:50.75	35.30	350m:	4:01.86	35.53
	100m:	1:06.37	35.58	200m:	2:15.45	35.08	300m:	3:26.33	35.58	400m:	4:35.73	33.87
46.	Olejniczak Borys				00	KS Warta Pozna				4:36.52	504	
	50m:	30.25	30.25	150m:	1:40.10	35.58	250m:	2:52.28	36.39	350m:	4:03.29	35.31
	100m:	1:04.52	34.27	200m:	2:15.89	35.79	300m:	3:27.98	35.70	400m:	4:36.52	33.23
47.	Gier Oliwier				99	MTP KORMORAN Olsztyn				4:36.78	502	
	50m:	31.06	31.06	150m:	1:41.03	35.23	250m:	2:51.47	35.25	350m:	4:02.00	34.60
	100m:	1:05.80	34.74	200m:	2:16.22	35.19	300m:	3:27.40	35.93	400m:	4:36.78	34.78
48.	Szołoch Robert				94	MKP Gda sk				4:36.92	501	
	50m:	29.76	29.76	150m:	1:39.88	35.42	250m:	2:50.45	35.64	350m:	4:01.62	35.86
	100m:	1:04.46	34.70	200m:	2:14.81	34.93	300m:	3:25.76	35.31	400m:	4:36.92	35.30
49.	Mikulski Krzysztof				98	Znicz Koszalin				4:37.33	499	
	50m:	30.53	30.53	150m:	1:41.78	36.37	250m:	2:53.73	36.04	350m:	4:04.36	35.77
	100m:	1:05.41	34.88	200m:	2:17.69	35.91	300m:	3:28.59	34.86	400m:	4:37.33	32.97
50.	Biernacki Kacper				98	Znicz Koszalin				4:37.70	497	
	50m:	31.32	31.32	150m:	1:41.80	35.57	250m:	2:54.41	36.31	350m:	4:04.78	34.46
	100m:	1:06.23	34.91	200m:	2:18.10	36.30	300m:	3:30.32	35.91	400m:	4:37.70	32.92
51.	Lenartowicz Kacper				99	IKS Konstancin				4:37.78	497	
	50m:	31.64	31.64	150m:	1:42.74	35.53	250m:	2:54.47	35.56	350m:	4:04.80	34.67
	100m:	1:07.21	35.57	200m:	2:18.91	36.17	300m:	3:30.13	35.66	400m:	4:37.78	32.98

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Pozycja			Rok ur.					Czas	Pkt.
52.	Topolski Dawid		00	MKS Trójka Łód			4:39.26	489	
	50m: 31.28	31.28	150m: 1:41.94	35.63	250m: 2:54.44	35.85	350m: 4:06.03	35.86	
	100m: 1:06.31	35.03	200m: 2:18.59	36.65	300m: 3:30.17	35.73	400m: 4:39.26	33.23	
53.	Mikołajczak Kamil		98	Znicz Koszalin			4:40.14	484	
	50m: 31.93	31.93	150m: 1:42.74	35.66	250m: 2:54.64	35.86	350m: 4:05.73	35.12	
	100m: 1:07.08	35.15	200m: 2:18.78	36.04	300m: 3:30.61	35.97	400m: 4:40.14	34.41	
54.	Szwedzki Jakub		00	UKS "Pi tka" Konstantinów Łódz			4:40.49	482	
	50m: 31.22	31.22	150m: 1:43.65	36.60	250m: 2:55.63	35.84	350m: 4:07.60	35.71	
	100m: 1:07.05	35.83	200m: 2:19.79	36.14	300m: 3:31.89	36.26	400m: 4:40.49	32.89	
55.	Falbogowski Maciej		99	KS Warta Pozna			4:41.39	478	
	50m: 31.59	31.59	150m: 1:42.35	35.99	250m: 2:54.59	36.22	350m: 4:07.12	36.00	
	100m: 1:06.36	34.77	200m: 2:18.37	36.02	300m: 3:31.12	36.53	400m: 4:41.39	34.27	
	miarowski Beniamin		00	MTP KORMORAN Olsztyn			4:41.39	478	
	50m: 32.51	32.51	150m: 1:44.87	36.26	250m: 2:57.01	36.21	350m: 4:08.40	35.64	
	100m: 1:08.61	36.10	200m: 2:20.80	35.93	300m: 3:32.76	35.75	400m: 4:41.39	32.99	
57.	G bka Olaf		00	KS Warta Pozna			4:41.55	477	
	50m: 30.82	30.82	150m: 1:42.89	36.26	250m: 2:55.51	36.40	350m: 4:07.25	35.33	
	100m: 1:06.63	35.81	200m: 2:19.11	36.22	300m: 3:31.92	36.41	400m: 4:41.55	34.30	
58.	Królak Hubert		99	MTP KORMORAN Olsztyn			4:44.04	465	
	50m: 31.49	31.49	150m: 1:42.86	36.21	250m: 2:56.00	36.45	350m: 4:09.31	36.50	
	100m: 1:06.65	35.16	200m: 2:19.55	36.69	300m: 3:32.81	36.81	400m: 4:44.04	34.73	
59.	Bartkowski Jakub SOc		00	KSZO Ostrowiec			4:47.72	447	
	50m: 31.04	31.04	150m: 1:44.91	37.93	250m: 2:59.13	37.50	350m: 4:11.76	35.61	
	100m: 1:06.98	35.94	200m: 2:21.63	36.72	300m: 3:36.15	37.02	400m: 4:47.72	35.96	
60.	Cierpikowski Robert		00	UKS "Pi tka" Konstantinów Łódz			4:50.32	435	
	50m: 32.78	32.78	150m: 1:47.04	37.32	250m: 3:01.57	37.12	350m: 4:15.27	36.50	
	100m: 1:09.72	36.94	200m: 2:24.45	37.41	300m: 3:38.77	37.20	400m: 4:50.32	35.05	
61.	Nowak Kacper		00	KS Warta Pozna			4:53.45	421	
	50m: 32.47	32.47	150m: 1:45.78	36.89	250m: 3:01.03	37.93	350m: 4:16.83	37.72	
	100m: 1:08.89	36.42	200m: 2:23.10	37.32	300m: 3:39.11	38.08	400m: 4:53.45	36.62	
62.	Maksymowicz Tomasz		00	UKP Jedylnka Elbl g			4:53.63	420	
	50m: 31.90	31.90	150m: 1:45.20	37.04	250m: 3:00.55	37.73	350m: 4:17.18	38.34	
	100m: 1:08.16	36.26	200m: 2:22.82	37.62	300m: 3:38.84	38.29	400m: 4:53.63	36.45	
63.	Brodowski Bartosz		00	UKS NAWA Skierniewice			4:55.88	411	
	50m: 32.79	32.79	150m: 1:47.57	38.25	250m: 3:04.02	38.12	350m: 4:20.11	38.13	
	100m: 1:09.32	36.53	200m: 2:25.90	38.33	300m: 3:41.98	37.96	400m: 4:55.88	35.77	
64.	Cie lukowski Karol		99	MUKS Olimpijczyk			5:01.99	386	
	50m: 33.03	33.03	150m: 1:49.82	38.68	250m: 3:07.61	39.00	350m: 4:25.71	38.57	
	100m: 1:11.14	38.11	200m: 2:28.61	38.79	300m: 3:47.14	39.53	400m: 5:01.99	36.28	
65.	Muth Michał		00	KS 1 O arów Mazowiecki			5:04.57	377	
	50m: 33.23	33.23	150m: 1:53.26	40.84	250m: 3:11.62	38.58	350m: 4:29.17	38.33	
	100m: 1:12.42	39.19	200m: 2:33.04	39.78	300m: 3:50.84	39.22	400m: 5:04.57	35.40	
66.	Kowalczyk Krzysztof		00	UKS NAWA Skierniewice			5:18.31	330	
	50m: 33.07	33.07	150m: 1:53.26	40.86	250m: 3:16.10	41.46	350m: 4:38.98	40.94	
	100m: 1:12.40	39.33	200m: 2:34.64	41.38	300m: 3:58.04	41.94	400m: 5:18.31	39.33	