

MISTRZOSTWA POLSKI W PŁYWANIU SENIORÓW I MŁODZIE OWCÓW
OLSZTYN, 5- - 8-6-2014

Event 28
2014-06-07 - 11:22

Men, 400m Freestyle

Open
Results Prelim

Rekord Polski	3:45.71	STA CZYK Przemysław
Minimum ME (Berlin)	3:52.80	
Minimum ME dla Juniorów (Berlin)	3:54.04	
Minimum MEJ (Dordrecht)	3:57.14	

Points: FINA 2014

Rank			YB							Time	Pts	
1.	KUSWIK Maciej SSz		96	MKP Szczecin						3:56.41	806	A
	<i>minimum MEJ</i>											
	50m:	27.72 27.72	150m:	1:26.94	29.72	250m:	2:26.54	29.94	350m:	3:27.01	30.53	
	100m:	57.22 29.50	200m:	1:56.60	29.66	300m:	2:56.48	29.94	400m:	3:56.41	29.40	
2.	FURTEK Pawel SSz		95	MKP Szczecin						3:56.59	804	A
	50m:	28.20 28.20	150m:	1:27.95	29.62	250m:	2:27.77	29.90	350m:	3:27.60	29.86	
	100m:	58.33 30.13	200m:	1:57.87	29.92	300m:	2:57.74	29.97	400m:	3:56.59	28.99	
3.	SZUBA Michal		93	WKS Slask Wroclaw						3:56.71	803	A
	50m:	27.85 27.85	150m:	1:27.34	29.75	250m:	2:26.91	29.62	350m:	3:27.22	30.11	
	100m:	57.59 29.74	200m:	1:57.29	29.95	300m:	2:57.11	30.20	400m:	3:56.71	29.49	
4.	KACZMARSKI Marcin		94	MKP Szczecin						3:56.95	801	A
	50m:	28.06 28.06	150m:	1:28.06	30.10	250m:	2:28.20	29.89	350m:	3:28.02	29.77	
	100m:	57.96 29.90	200m:	1:58.31	30.25	300m:	2:58.25	30.05	400m:	3:56.95	28.93	
5.	KLICH Kacper		94	WKS Slask Wroclaw						3:56.99	800	A
	50m:	27.59 27.59	150m:	1:27.08	29.69	250m:	2:26.86	29.77	350m:	3:27.61	30.56	
	100m:	57.39 29.80	200m:	1:57.09	30.01	300m:	2:57.05	30.19	400m:	3:56.99	29.38	
6.	ZABOROWSKI Filip		94	MKP Szczecin						3:57.04	800	A
	50m:	28.19 28.19	150m:	1:27.97	30.10	250m:	2:27.86	29.90	350m:	3:27.83	29.90	
	100m:	57.87 29.68	200m:	1:57.96	29.99	300m:	2:57.93	30.07	400m:	3:57.04	29.21	
7.	WOJDAK Wojciech SO		96	UKP Unia Oswiecim						3:57.31	797	A
	50m:	27.38 27.38	150m:	1:26.75	29.74	250m:	2:26.61	29.87	350m:	3:27.52	30.56	
	100m:	57.01 29.63	200m:	1:56.74	29.99	300m:	2:56.96	30.35	400m:	3:57.31	29.79	
8.	PIELOWSKI Krzysztof		91	AZS UWM Olsztyn						3:57.81	792	A
	50m:	28.14 28.14	150m:	1:27.88	29.80	250m:	2:27.75	29.75	350m:	3:27.95	30.06	
	100m:	58.08 29.94	200m:	1:58.00	30.12	300m:	2:57.89	30.14	400m:	3:57.81	29.86	
9.	DUBIEL Adam		93	KORNER Zielona Gora						3:58.09	789	A
	50m:	27.68 27.68	150m:	1:27.81	30.11	250m:	2:28.17	30.12	350m:	3:28.61	30.40	
	100m:	57.70 30.02	200m:	1:58.05	30.24	300m:	2:58.21	30.04	400m:	3:58.09	29.48	
10.	SAWRYMOWICZ Mateusz		87	MKP Szczecin						3:58.46	786	A
	50m:	28.05 28.05	150m:	1:28.42	30.38	250m:	2:29.14	30.36	350m:	3:29.28	29.62	
	100m:	58.04 29.99	200m:	1:58.78	30.36	300m:	2:59.66	30.52	400m:	3:58.46	29.18	
11.	GLYK Wojciech		92	AZS AWF Katowice						3:58.68	783	B
	50m:	27.96 27.96	150m:	1:28.04	30.06	250m:	2:27.89	29.74	350m:	3:28.64	30.46	
	100m:	57.98 30.02	200m:	1:58.15	30.11	300m:	2:58.18	30.29	400m:	3:58.68	30.04	
12.	SMEJA Slawomir		94	AZS AWF Katowice						3:59.66	774	B
	50m:	27.78 27.78	150m:	1:28.64	30.27	250m:	2:29.22	30.18	350m:	3:30.29	30.48	
	100m:	58.37 30.59	200m:	1:59.04	30.40	300m:	2:59.81	30.59	400m:	3:59.66	29.37	
13.	STANISZEWSKI Adam SS		97	MKS Trojka Lodz						4:00.85	762	B
	50m:	28.14 28.14	150m:	1:28.70	30.53	250m:	2:29.75	30.48	350m:	3:31.08	30.70	
	100m:	58.17 30.03	200m:	1:59.27	30.57	300m:	3:00.38	30.63	400m:	4:00.85	29.77	
14.	BIS Daniel		95	AZS Warsaw						4:01.49	756	B
	50m:	28.33 28.33	150m:	1:28.07	29.67	250m:	2:28.53	30.19	350m:	3:30.14	31.19	
	100m:	58.40 30.07	200m:	1:58.34	30.27	300m:	2:58.95	30.42	400m:	4:01.49	31.35	
15.	KSIĄZEK Sebastian SOc		96	KSZO Ostrowiec Sw.						4:01.72	754	B
	50m:	28.36 28.36	150m:	1:29.67	30.73	250m:	2:30.90	30.29	350m:	3:32.31	30.70	
	100m:	58.94 30.58	200m:	2:00.61	30.94	300m:	3:01.61	30.71	400m:	4:01.72	29.41	
16.	KOŁODZIEJSKI Filip SZG		96	KORNER Zielona Gora						4:02.13	750	B
	50m:	27.61 27.61	150m:	1:28.70	30.56	250m:	2:30.30	30.69	350m:	3:31.97	30.58	
	100m:	58.14 30.53	200m:	1:59.61	30.91	300m:	3:01.39	31.09	400m:	4:02.13	30.16	

MISTRZOSTWA POLSKI W PŁYWANIU SENIORÓW I MŁODZIE OWCÓW
OLSZTYN, 5- - 8-6-2014

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

Rank					YB					Time	Pts	
17.	JURA Maciej SWR				96	UKS Jagiellonka Warszawa				4:02.39	748 B	
	50m:	28.62	28.62	150m:	1:30.05	30.74	250m:	2:31.66	30.87	350m:	3:33.66	30.97
	100m:	59.31	30.69	200m:	2:00.79	30.74	300m:	3:02.69	31.03	400m:	4:02.39	28.73
18.	SZARLINSKI Filip				92	AZS Warsaw				4:02.91	743 B	
	50m:	27.85	27.85	150m:	1:29.07	30.78	250m:	2:31.05	30.65	350m:	3:33.00	30.46
	100m:	58.29	30.44	200m:	2:00.40	31.33	300m:	3:02.54	31.49	400m:	4:02.91	29.91
19.	GOLENIEC Lukasz SO				97	UKP Unia Oswiecim				4:03.32	739 B	
	50m:	28.12	28.12	150m:	1:29.13	30.73	250m:	2:31.31	31.15	350m:	3:33.47	30.76
	100m:	58.40	30.28	200m:	2:00.16	31.03	300m:	3:02.71	31.40	400m:	4:03.32	29.85
20.	JASZCZAK Wiktor SWR				97	WKS Slask Wroclaw				4:03.45	738 B	
	50m:	28.17	28.17	150m:	1:29.03	30.55	250m:	2:31.09	31.10	350m:	3:33.80	31.25
	100m:	58.48	30.31	200m:	1:59.99	30.96	300m:	3:02.55	31.46	400m:	4:03.45	29.65
21.	URBANIAK Jan Sp				95	KS Warta Poznan				4:04.03	733 R	
	50m:	28.49	28.49	150m:	1:29.74	30.68	250m:	2:31.32	30.98	350m:	3:33.37	31.10
	100m:	59.06	30.57	200m:	2:00.34	30.60	300m:	3:02.27	30.95	400m:	4:04.03	30.66
22.	PTASZYNSKI Mikolaj SZG				95	KORNER Zielona Gora				4:04.65	727 R	
	50m:	27.60	27.60	150m:	1:29.03	31.16	250m:	2:31.77	31.33	350m:	3:34.89	31.18
	100m:	57.87	30.27	200m:	2:00.44	31.41	300m:	3:03.71	31.94	400m:	4:04.65	29.76
23.	CIESIELSKI Filip				96	MUKS Pietnastka Bydgoszcz				4:04.82	726	
	50m:	28.24	28.24	150m:	1:29.36	30.62	250m:	2:31.87	31.21	350m:	3:34.22	30.85
	100m:	58.74	30.50	200m:	2:00.66	31.30	300m:	3:03.37	31.50	400m:	4:04.82	30.60
24.	RZYSKI Marcin				94	AZS UWM Olsztyn				4:06.22	714	
	50m:	28.96	28.96	150m:	1:31.78	31.21	250m:	2:33.37	30.13	350m:	3:35.06	31.11
	100m:	1:00.57	31.61	200m:	2:03.24	31.46	300m:	3:03.95	30.58	400m:	4:06.22	31.16
25.	OSSES Arkadiusz				95	KS Warta Poznan				4:07.00	707	
	50m:	29.37	29.37	150m:	1:31.48	31.20	250m:	2:34.65	31.48	350m:	3:36.80	31.06
	100m:	1:00.28	30.91	200m:	2:03.17	31.69	300m:	3:05.74	31.09	400m:	4:07.00	30.20
26.	LASSEK Bartlomiej				94	AZS UI PI Lodz				4:07.20	705	
	50m:	27.72	27.72	150m:	1:28.22	30.29	250m:	2:30.54	31.55	350m:	3:35.31	32.43
	100m:	57.93	30.21	200m:	1:58.99	30.77	300m:	3:02.88	32.34	400m:	4:07.20	31.89
27.	KALUZYSKI Antoni				99	UKS Gim 92 Ursynow				4:07.45	703	
	50m:	28.49	28.49	150m:	1:31.68	32.02	250m:	2:35.19	31.49	350m:	3:37.41	30.53
	100m:	59.66	31.17	200m:	2:03.70	32.02	300m:	3:06.88	31.69	400m:	4:07.45	30.04
28.	BOROWICZ SKONECZNY Sylwester				92	AZS UWM Olsztyn				4:07.99	698	
	50m:	28.64	28.64	150m:	1:30.63	31.17	250m:	2:33.22	31.18	350m:	3:36.54	31.58
	100m:	59.46	30.82	200m:	2:02.04	31.41	300m:	3:04.96	31.74	400m:	4:07.99	31.45
29.	DEREN Kacper				98	MKS 9. Dzierzoniow				4:08.14	697	
	50m:	28.55	28.55	150m:	1:29.99	31.10	250m:	2:34.02	32.09	350m:	3:38.26	31.92
	100m:	58.89	30.34	200m:	2:01.93	31.94	300m:	3:06.34	32.32	400m:	4:08.14	29.88
30.	OLENDER Karol				96	MKP Gdansk				4:08.66	693	
	50m:	28.99	28.99	150m:	1:31.77	31.47	250m:	2:35.15	31.57	350m:	3:38.00	31.29
	100m:	1:00.30	31.31	200m:	2:03.58	31.81	300m:	3:06.71	31.56	400m:	4:08.66	30.66
31.	BURZAWA Mateusz				96	CSIR MOS Dabrowa Gornicza				4:08.78	692	
	50m:	27.81	27.81	150m:	1:29.63	31.21	250m:	2:33.60	32.03	350m:	3:37.57	31.96
	100m:	58.42	30.61	200m:	2:01.57	31.94	300m:	3:05.61	32.01	400m:	4:08.78	31.21
32.	CHRZANOWSKI Damian				98	MZOS Plock				4:09.52	686	
	50m:	28.89	28.89	150m:	1:32.01	31.80	250m:	2:35.62	31.50	350m:	3:38.85	31.19
	100m:	1:00.21	31.32	200m:	2:04.12	32.11	300m:	3:07.66	32.04	400m:	4:09.52	30.67
33.	SZYMULA Kamil				96	KP AVIA Swidnik				4:09.84	683	
	50m:	28.32	28.32	150m:	1:31.19	31.81	250m:	2:34.20	31.19	350m:	3:37.90	32.05
	100m:	59.38	31.06	200m:	2:03.01	31.82	300m:	3:05.85	31.65	400m:	4:09.84	31.94
34.	ZONIUK Maciej				94	WKS Slask Wroclaw				4:10.70	676	
	50m:	28.14	28.14	150m:	1:29.37	30.58	250m:	2:32.04	31.38	350m:	3:37.93	33.01
	100m:	58.79	30.65	200m:	2:00.66	31.29	300m:	3:04.92	32.88	400m:	4:10.70	32.77

MISTRZOSTWA POLSKI W PŁYWANIU SENIORÓW I MŁODZIE OWCÓW
OLSZTYN, 5- - 8-6-2014

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

Rank					YB					Time	Pts	
35.	BUJAK Piotr				97	SL Salos Cortile Kielce				4:12.53	661	
	50m:	29.35	29.35	150m:	1:32.94	31.92	250m:	2:38.03	32.63	350m:	3:42.55	31.81
	100m:	1:01.02	31.67	200m:	2:05.40	32.46	300m:	3:10.74	32.71	400m:	4:12.53	29.98
36.	SINITCHINE Radoslaw				98	MTP KORMORAN Olsztyn				4:12.68	660	
	50m:	28.59	28.59	150m:	1:32.81	32.38	250m:	2:37.95	32.64	350m:	3:42.85	32.15
	100m:	1:00.43	31.84	200m:	2:05.31	32.50	300m:	3:10.70	32.75	400m:	4:12.68	29.83
37.	LELEK Mateusz				96	MKS Polonia Warszawa				4:12.98	658	
	50m:	28.99	28.99	150m:	1:32.78	32.28	250m:	2:37.80	32.46	350m:	3:42.11	31.84
	100m:	1:00.50	31.51	200m:	2:05.34	32.56	300m:	3:10.27	32.47	400m:	4:12.98	30.87
38.	BUCZKOWSKI Kamil SZG				96	KORNER Zielona Gora				4:13.04	657	
	50m:	28.77	28.77	150m:	1:31.99	31.75	250m:	2:35.58	31.47	350m:	3:40.58	32.42
	100m:	1:00.24	31.47	200m:	2:04.11	32.12	300m:	3:08.16	32.58	400m:	4:13.04	32.46
39.	KACZOROWSKI Jakub				97	UKS Zoliborz Warszawa				4:14.21	648	
	50m:	28.88	28.88	150m:	1:33.64	32.29	250m:	2:38.33	32.15	350m:	3:43.05	32.19
	100m:	1:01.35	32.47	200m:	2:06.18	32.54	300m:	3:10.86	32.53	400m:	4:14.21	31.16
40.	KASZTELAN Mateusz				98	UKS Mos Elk				4:15.59	638	
	50m:	28.47	28.47	150m:	1:32.50	32.09	250m:	2:37.75	32.63	350m:	3:43.57	32.84
	100m:	1:00.41	31.94	200m:	2:05.12	32.62	300m:	3:10.73	32.98	400m:	4:15.59	32.02
41.	SAFIN Konrad SK				96	UKS Delfin Tarnobrzeg				4:15.83	636	
	50m:	29.07	29.07	150m:	1:33.37	32.50	250m:	2:38.61	32.57	350m:	3:43.77	32.08
	100m:	1:00.87	31.80	200m:	2:06.04	32.67	300m:	3:11.69	33.08	400m:	4:15.83	32.06
42.	SUMARA Benjamin				99	CSIR MOS Dabrowa Gornicza				4:16.56	631	
	50m:	29.54	29.54	150m:	1:34.70	32.73	250m:	2:40.81	32.77	350m:	3:45.77	32.13
	100m:	1:01.97	32.43	200m:	2:08.04	33.34	300m:	3:13.64	32.83	400m:	4:16.56	30.79
43.	ZIELINSKI Cezary				97	MKS Medyk Gizycko				4:16.67	630	
	50m:	29.42	29.42	150m:	1:33.67	32.45	250m:	2:39.04	32.39	350m:	3:46.20	33.36
	100m:	1:01.22	31.80	200m:	2:06.65	32.98	300m:	3:12.84	33.80	400m:	4:16.67	30.47
44.	BRUCHAJZER Dominik				97	MZOS Plock				4:16.68	630	
	50m:	28.64	28.64	150m:	1:32.18	32.20	250m:	2:37.87	32.97	350m:	3:45.06	33.39
	100m:	59.98	31.34	200m:	2:04.90	32.72	300m:	3:11.67	33.80	400m:	4:16.68	31.62
45.	SMEJA Patryk				95	MKS Astoria Bydgoszcz				4:16.76	629	
	50m:	28.95	28.95	150m:	1:32.75	32.22	250m:	2:38.37	33.01	350m:	3:45.30	33.59
	100m:	1:00.53	31.58	200m:	2:05.36	32.61	300m:	3:11.71	33.34	400m:	4:16.76	31.46
46.	ZIMOWSKI Oskar				97	UKS Jagiellonka Warszawa				4:16.93	628	
	50m:	29.05	29.05	150m:	1:35.11	33.46	250m:	2:41.81	33.02	350m:	3:47.02	32.32
	100m:	1:01.65	32.60	200m:	2:08.79	33.68	300m:	3:14.70	32.89	400m:	4:16.93	29.91
47.	SOLA Kornel SOc				97	Fala Krasnik				4:17.02	627	
	50m:	29.84	29.84	150m:	1:35.16	32.79	250m:	2:40.86	32.61	350m:	3:46.48	32.61
	100m:	1:02.37	32.53	200m:	2:08.25	33.09	300m:	3:13.87	33.01	400m:	4:17.02	30.54
48.	DYTKOWSKI Jan SOc				97	KSZO Ostrowiec Sw.				4:17.20	626	
	50m:	27.98	27.98	150m:	1:31.63	32.43	250m:	2:36.95	32.36	350m:	3:44.17	33.86
	100m:	59.20	31.22	200m:	2:04.59	32.96	300m:	3:10.31	33.36	400m:	4:17.20	33.03
49.	SZPOJANKOWSKI Kacper				98	MTP KORMORAN Olsztyn				4:17.50	624	
	50m:	29.11	29.11	150m:	1:33.38	32.62	250m:	2:38.83	32.85	350m:	3:45.38	33.15
	100m:	1:00.76	31.65	200m:	2:05.98	32.60	300m:	3:12.23	33.40	400m:	4:17.50	32.12
50.	HODUR Filip				97	MKS Polonia Warszawa				4:17.84	621	
	50m:	29.51	29.51	150m:	1:33.33	31.98	250m:	2:38.91	32.75	350m:	3:44.88	32.72
	100m:	1:01.35	31.84	200m:	2:06.16	32.83	300m:	3:12.16	33.25	400m:	4:17.84	32.96
51.	DZIEDZIC Andrzej				93	UKS G-8 Bielany Warszawa				4:19.75	608	
	50m:	28.46	28.46	150m:	1:32.05	32.29	250m:	2:37.93	33.06	350m:	3:45.85	34.23
	100m:	59.76	31.30	200m:	2:04.87	32.82	300m:	3:11.62	33.69	400m:	4:19.75	33.90
52.	MLYNARCZYK Karol				00	UKS G-8 Bielany Warszawa				4:21.11	598	
	50m:	28.46	28.46	150m:	1:33.61	32.90	250m:	2:40.78	33.38	350m:	3:48.62	33.90
	100m:	1:00.71	32.25	200m:	2:07.40	33.79	300m:	3:14.72	33.94	400m:	4:21.11	32.49

MISTRZOSTWA POLSKI W PŁYWANIU SENIORÓW I MŁODZIE OWCÓW
OLSZTYN, 5- - 8-6-2014

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

Rank					YB					Time	Pts	
53.	KOZIEJKO Bartłomiej				00	MTP KORMORAN Olsztyn				4:21.50	596	
	50m:	29.47	29.47	150m:	1:35.58	33.47	250m:	2:42.65	33.40	350m:	3:49.63	33.39
	100m:	1:02.11	32.64	200m:	2:09.25	33.67	300m:	3:16.24	33.59	400m:	4:21.50	31.87
54.	BUJAK Kacper				98	MTP Lublinianka Lublin				4:23.43	583	
	50m:	29.79	29.79	150m:	1:35.29	32.95	250m:	2:42.80	33.70	350m:	3:50.77	34.00
	100m:	1:02.34	32.55	200m:	2:09.10	33.81	300m:	3:16.77	33.97	400m:	4:23.43	32.66
55.	KOWALSKI Patryk SOc				97	Unia Busko Zdroj				4:23.59	581	
	50m:	29.20	29.20	150m:	1:35.21	33.34	250m:	2:42.87	33.80	350m:	3:50.94	33.83
	100m:	1:01.87	32.67	200m:	2:09.07	33.86	300m:	3:17.11	34.24	400m:	4:23.59	32.65
56.	DOMANSKI Gracjan				00	MKP Kolobrzeg				4:23.71	581	
	50m:	29.10	29.10	150m:	1:35.82	33.80	250m:	2:44.21	34.23	350m:	3:52.10	33.64
	100m:	1:02.02	32.92	200m:	2:09.98	34.16	300m:	3:18.46	34.25	400m:	4:23.71	31.61
57.	PORWAT Michal				98	MZOS Plock				4:23.77	580	
	50m:	30.00	30.00	150m:	1:36.81	33.64	250m:	2:44.98	34.27	350m:	3:52.73	33.47
	100m:	1:03.17	33.17	200m:	2:10.71	33.90	300m:	3:19.26	34.28	400m:	4:23.77	31.04
58.	WASOWSKI Jędrzej				00	MTP KORMORAN Olsztyn				4:23.95	579	
	50m:	30.44	30.44	150m:	1:37.85	33.91	250m:	2:45.07	33.05	350m:	3:51.88	33.24
	100m:	1:03.94	33.50	200m:	2:12.02	34.17	300m:	3:18.64	33.57	400m:	4:23.95	32.07
59.	PIECHOWIAK Michal SZG				98	KORNER Zielona Gora				4:24.05	578	
	50m:	29.40	29.40	150m:	1:35.51	33.29	250m:	2:42.73	33.85	350m:	3:51.88	34.68
	100m:	1:02.22	32.82	200m:	2:08.88	33.37	300m:	3:17.20	34.47	400m:	4:24.05	32.17
60.	KROL Bartosz				98	MTP KORMORAN Olsztyn				4:24.46	576	
	50m:	28.91	28.91	150m:	1:34.98	34.13	250m:	2:44.24	34.84	350m:	3:53.81	34.30
	100m:	1:00.85	31.94	200m:	2:09.40	34.42	300m:	3:19.51	35.27	400m:	4:24.46	30.65
61.	ZAPALSKI Konrad				98	Fala Krasnik				4:24.87	573	
	50m:	29.11	29.11	150m:	1:33.32	32.42	250m:	2:39.62	33.32	350m:	3:49.29	35.47
	100m:	1:00.90	31.79	200m:	2:06.30	32.98	300m:	3:13.82	34.20	400m:	4:24.87	35.58
62.	LEWINSKI Michal				99	Siodemka Sopot				4:24.93	573	
	50m:	29.08	29.08	150m:	1:35.82	33.91	250m:	2:44.20	34.11	350m:	3:53.05	34.25
	100m:	1:01.91	32.83	200m:	2:10.09	34.27	300m:	3:18.80	34.60	400m:	4:24.93	31.88
63.	KRUK Karol				99	Siodemka Sopot				4:25.11	572	
	50m:	29.69	29.69	150m:	1:37.23	34.06	250m:	2:45.89	34.19	350m:	3:54.29	33.82
	100m:	1:03.17	33.48	200m:	2:11.70	34.47	300m:	3:20.47	34.58	400m:	4:25.11	30.82
64.	KIRYLUK Damian				98	Dwojka Morena Gdansk				4:25.66	568	
	50m:	30.28	30.28	150m:	1:37.90	34.15	250m:	2:46.49	34.03	350m:	3:54.28	33.39
	100m:	1:03.75	33.47	200m:	2:12.46	34.56	300m:	3:20.89	34.40	400m:	4:25.66	31.38
65.	SZWEDA Mateusz				99	Siodemka Sopot				4:25.72	568	
	50m:	28.92	28.92	150m:	1:35.63	33.89	250m:	2:43.72	34.05	350m:	3:52.69	34.04
	100m:	1:01.74	32.82	200m:	2:09.67	34.04	300m:	3:18.65	34.93	400m:	4:25.72	33.03
66.	KISIELEWSKI Marcin				97	MKS Juvenia Bialystok				4:25.80	567	
	50m:	28.77	28.77	150m:	1:35.85	34.22	250m:	2:44.81	34.69	350m:	3:54.13	34.66
	100m:	1:01.63	32.86	200m:	2:10.12	34.27	300m:	3:19.47	34.66	400m:	4:25.80	31.67
67.	FRACZEK Pawel				98	MKP Gdansk				4:26.05	565	
	50m:	30.22	30.22	150m:	1:38.19	34.31	250m:	2:46.02	33.42	350m:	3:53.35	33.65
	100m:	1:03.88	33.66	200m:	2:12.60	34.41	300m:	3:19.70	33.68	400m:	4:26.05	32.70
68.	MICHNIEWSKI Tadeusz				98	UKS G-8 Bielany Warszawa				4:26.16	565	
	50m:	30.38	30.38	150m:	1:38.15	34.13	250m:	2:46.58	34.31	350m:	3:55.03	33.73
	100m:	1:04.02	33.64	200m:	2:12.27	34.12	300m:	3:21.30	34.72	400m:	4:26.16	31.13
69.	BRZEZINSKI Wojciech				96	MKP Gdansk				4:29.38	545	
	50m:	29.40	29.40	150m:	1:37.46	34.67	250m:	2:46.95	34.48	350m:	3:55.91	34.35
	100m:	1:02.79	33.39	200m:	2:12.47	35.01	300m:	3:21.56	34.61	400m:	4:29.38	33.47
70.	KOT Mateusz				99	UKS G-8 Bielany Warszawa				4:31.27	533	
	50m:	30.23	30.23	150m:	1:39.21	34.55	250m:	2:48.16	34.37	350m:	3:57.45	34.21
	100m:	1:04.66	34.43	200m:	2:13.79	34.58	300m:	3:23.24	35.08	400m:	4:31.27	33.82

MISTRZOSTWA POLSKI W PŁYWANIU SENIORÓW I MŁODZIE OWCÓW
OLSZTYN, 5- - 8-6-2014

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

Rank					YB					Time	Pts	
71.	GIER Oliwer				99	MTP KORMORAN Olsztyn				4:33.98	518	
	50m:	29.12	29.12	150m:	1:37.80	35.07	250m:	2:48.44	36.03	350m:	4:00.15	36.07
	100m:	1:02.73	33.61	200m:	2:12.41	34.61	300m:	3:24.08	35.64	400m:	4:33.98	33.83
72.	RUDNICKI Marcin				99	UKS Zoliborz Warszawa				4:34.74	513	
	50m:	29.94	29.94	150m:	1:38.37	34.59	250m:	2:49.45	36.01	350m:	4:01.03	35.25
	100m:	1:03.78	33.84	200m:	2:13.44	35.07	300m:	3:25.78	36.33	400m:	4:34.74	33.71
73.	RUSSEK Filip				94	UKS Zoliborz Warszawa				4:35.07	512	
	50m:	29.89	29.89	150m:	1:38.02	34.46	250m:	2:48.43	35.21	350m:	3:59.66	35.67
	100m:	1:03.56	33.67	200m:	2:13.22	35.20	300m:	3:23.99	35.56	400m:	4:35.07	35.41
74.	KARCZEWSKI Norbert				98	KP Delfin Inowroclaw				4:35.63	508	
	50m:	29.38	29.38	150m:	1:37.06	34.62	250m:	2:47.86	35.53	350m:	4:00.65	36.27
	100m:	1:02.44	33.06	200m:	2:12.33	35.27	300m:	3:24.38	36.52	400m:	4:35.63	34.98
75.	TOPOLSKI Dawid				00	MKS Trojka Lodz				4:36.12	506	
	50m:	31.26	31.26	150m:	1:40.73	34.77	250m:	2:51.55	35.52	350m:	4:02.72	35.37
	100m:	1:05.96	34.70	200m:	2:16.03	35.30	300m:	3:27.35	35.80	400m:	4:36.12	33.40
76.	KROLAK Hubert				99	MTP KORMORAN Olsztyn				4:39.20	489	
	50m:	31.06	31.06	150m:	1:42.15	35.70	250m:	2:54.22	35.59	350m:	4:04.71	34.87
	100m:	1:06.45	35.39	200m:	2:18.63	36.48	300m:	3:29.84	35.62	400m:	4:39.20	34.49
77.	SMIAROWSKI Benjamin				00	MTP KORMORAN Olsztyn				4:40.03	485	
	50m:	30.87	30.87	150m:	1:41.61	35.59	250m:	2:54.00	36.30	350m:	4:05.68	35.67
	100m:	1:06.02	35.15	200m:	2:17.70	36.09	300m:	3:30.01	36.01	400m:	4:40.03	34.35
78.	PAWLACZYK Patryk				00	UKS 190 Lodz				4:40.25	484	
	50m:	31.51	31.51	150m:	1:42.21	35.80	250m:	2:53.93	36.06	350m:	4:06.30	36.11
	100m:	1:06.41	34.90	200m:	2:17.87	35.66	300m:	3:30.19	36.26	400m:	4:40.25	33.95
79.	KRZYZANIAK Krystian				00	MKS Juvenia Bialystok				4:40.32	483	
	50m:	31.28	31.28	150m:	1:41.78	35.64	250m:	2:54.25	36.26	350m:	4:06.17	35.54
	100m:	1:06.14	34.86	200m:	2:17.99	36.21	300m:	3:30.63	36.38	400m:	4:40.32	34.15
80.	SZWEDZKI Jakub				00	UKS "Piatka" Konstantynow Lodz				4:41.99	475	
	50m:	31.46	31.46	150m:	1:43.03	36.06	250m:	2:55.98	36.50	350m:	4:08.22	35.38
	100m:	1:06.97	35.51	200m:	2:19.48	36.45	300m:	3:32.84	36.86	400m:	4:41.99	33.77
81.	FIKS Krzysztof				00	UKS 190 Lodz				4:42.64	472	
	50m:	33.39	33.39	150m:	1:45.21	36.15	250m:	2:58.10	36.15	350m:	4:10.49	35.83
	100m:	1:09.06	35.67	200m:	2:21.95	36.74	300m:	3:34.66	36.56	400m:	4:42.64	32.15
82.	BALCERAK Jakub				00	MKS Trojka Lodz				4:43.75	466	
	50m:	31.37	31.37	150m:	1:42.76	36.54	250m:	2:56.19	36.53	350m:	4:09.42	35.83
	100m:	1:06.22	34.85	200m:	2:19.66	36.90	300m:	3:33.59	37.40	400m:	4:43.75	34.33
83.	CISZEWSKI Jakub				00	UKS 190 Lodz				4:49.99	437	
	50m:	32.94	32.94	150m:	1:47.39	37.09	250m:	3:02.29	37.62	350m:	4:16.63	36.77
	100m:	1:10.30	37.36	200m:	2:24.67	37.28	300m:	3:39.86	37.57	400m:	4:49.99	33.36
84.	SEDLAK Wiktor				99	Orka Zamosc				4:51.47	430	
	50m:	32.99	32.99	150m:	1:47.40	37.77	250m:	3:02.13	37.53	350m:	4:16.52	36.75
	100m:	1:09.63	36.64	200m:	2:24.60	37.20	300m:	3:39.77	37.64	400m:	4:51.47	34.95