

Zimowe Mistrzostwa Polski Juniorów Młodszych-14L
Olsztyn, 4- - 6-3-2016

Konkurencja 20
2016-03-05 - 10:42

Chłopców, 400m dowolny

14 lat
Wyniki Eliminacje

Rekord Polski Open	3:37.57	WOJDAK, Wojciech	01006	Netanya (ISR)	2015-12-02
Rekord Polski 14	3:59.77	ZONIUK, Maciej	00601	Saint Dizier (FRA)	2008-11-15

Punkty: FINA 2015

Pozycja			Rok ur.					Czas	Pkt.
1.	ORLICZ, Filip		02	UKS G-8 Bielany			4:09.13	618 A	
	50m: 27.54	27.54	150m: 1:30.31	31.81	250m: 2:34.29	31.75	350m: 3:38.67	32.07	
	100m: 58.50	30.96	200m: 2:02.54	32.23	300m: 3:06.60	32.31	400m: 4:09.13	30.46	
2.	RABAN, Maciej		02	Integracyjny KS Konstancin			4:13.93	583 A	
	50m: 28.21	28.21	150m: 1:31.42	32.05	250m: 2:36.96	33.25	350m: 3:42.23	32.77	
	100m: 59.37	31.16	200m: 2:03.71	32.29	300m: 3:09.46	32.50	400m: 4:13.93	31.70	
3.	KOZIEŁ, Mikołaj SO		02	Ukp „Unia” O wi cim			4:15.87	570 A	
	50m: 29.82	29.82	150m: 1:34.68	32.66	250m: 2:39.88	32.26	350m: 3:44.75	32.68	
	100m: 1:02.02	32.20	200m: 2:07.62	32.94	300m: 3:12.07	32.19	400m: 4:15.87	31.12	
4.	JA KIEWICZ, Adrian		02	Iuks Muszelka Warszawa			4:16.60	565 A	
	50m: 28.59	28.59	150m: 1:32.31	32.19	250m: 2:38.03	32.97	350m: 3:44.16	33.05	
	100m: 1:00.12	31.53	200m: 2:05.06	32.75	300m: 3:11.11	33.08	400m: 4:16.60	32.44	
5.	SZCZERBA, Adam		02	UKS Skarpa Lublin			4:20.40	541 A	
	50m: 29.27	29.27	150m: 1:34.75	33.12	250m: 2:41.77	33.76	350m: 3:48.79	32.97	
	100m: 1:01.63	32.36	200m: 2:08.01	33.26	300m: 3:15.82	34.05	400m: 4:20.40	31.61	
6.	DOŁOWY, Grzegorz		02	Iuks Muszelka Warszawa			4:20.77	539 A	
	50m: 29.63	29.63	150m: 1:33.60	32.41	250m: 2:40.53	33.50	350m: 3:48.24	33.90	
	100m: 1:01.19	31.56	200m: 2:07.03	33.43	300m: 3:14.34	33.81	400m: 4:20.77	32.53	
7.	J DRYŚ, Igor		02	MUPK Warszawianka			4:21.00	537 A	
	50m: 28.53	28.53	150m: 1:34.03	33.35	250m: 2:41.95	34.27	350m: 3:49.09	33.38	
	100m: 1:00.68	32.15	200m: 2:07.68	33.65	300m: 3:15.71	33.76	400m: 4:21.00	31.91	
8.	SYNOWIEC, Mikołaj		02	OMEGA Olkusz			4:21.90	532 A	
	50m: 28.91	28.91	150m: 1:34.91	33.30	250m: 2:42.02	33.39	350m: 3:49.17	33.09	
	100m: 1:01.61	32.70	200m: 2:08.63	33.72	300m: 3:16.08	34.06	400m: 4:21.90	32.73	
9.	KRZYWANIA, Oskar		02	UKS SP 149 Łód			4:23.41	523 A	
	50m: 29.96	29.96	150m: 1:37.06	33.57	250m: 2:44.41	33.45	350m: 3:51.08	33.64	
	100m: 1:03.49	33.53	200m: 2:10.96	33.90	300m: 3:17.44	33.03	400m: 4:23.41	32.33	
10.	SOBOLEWSKI, Dawid		02	MKS Medyk Gi ycko			4:23.44	522 A	
	50m: 29.54	29.54	150m: 1:36.06	33.82	250m: 2:43.45	33.68	350m: 3:51.00	33.76	
	100m: 1:02.24	32.70	200m: 2:09.77	33.71	300m: 3:17.24	33.79	400m: 4:23.44	32.44	
11.	KAZMIERCZAK, Bruno		02	UKS Gos Raszyn			4:24.38	517 B	
	50m: 28.67	28.67	150m: 1:34.22	33.06	250m: 2:41.79	33.71	350m: 3:50.76	34.59	
	100m: 1:01.16	32.49	200m: 2:08.08	33.86	300m: 3:16.17	34.38	400m: 4:24.38	33.62	
12.	LESIK, Jarosław SR		02	MKS-SMS Victoria Racibórz			4:26.13	507 B	
	50m: 28.39	28.39	150m: 1:34.09	34.16	250m: 2:46.19	36.01	350m: 3:54.82	34.28	
	100m: 59.93	31.54	200m: 2:10.18	36.09	300m: 3:20.54	34.35	400m: 4:26.13	31.31	
13.	POPIOŁEK, Dawid		02	UKS Skarpa Lublin			4:26.57	504 B	
	50m: 29.51	29.51	150m: 1:37.15	34.58	250m: 2:45.40	33.94	350m: 3:53.76	34.08	
	100m: 1:02.57	33.06	200m: 2:11.46	34.31	300m: 3:19.68	34.28	400m: 4:26.57	32.81	
14.	DEMBSKI-KORNAGA, Eryk		02	Znicz Koszalin			4:26.84	503 B	
	50m: 28.81	28.81	150m: 1:35.45	34.20	250m: 2:45.36	34.45	350m: 3:54.40	34.16	
	100m: 1:01.25	32.44	200m: 2:10.91	35.46	300m: 3:20.24	34.88	400m: 4:26.84	32.44	
15.	CIELECKI, Kuba		02	WKS L SK			4:27.00	502 B	
	50m: 29.79	29.79	150m: 1:38.71	32.91	250m: 2:45.76	33.75	350m: 3:53.57	34.02	
	100m: 1:05.80	36.01	200m: 2:12.01	33.30	300m: 3:19.55	33.79	400m: 4:27.00	33.43	
16.	BIELAS, Jakub		02	Uks Ruch Grudzi dz			4:27.30	500 B	
	50m: 30.56	30.56	150m: 1:38.47	34.04	250m: 2:47.33	33.83	350m: 3:55.78	34.45	
	100m: 1:04.43	33.87	200m: 2:13.50	35.03	300m: 3:21.33	34.00	400m: 4:27.30	31.52	

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Olsztyn, 4- - 6-3-2016

Konkurencja 20, Chłopców, 400m dowolny, Eliminacje, 14 lat

Pozycja			Rok ur.					Czas	Pkt.		
17.	GOTOWSKI, Dominik		02	UKS G-8 Bielany				4:28.07	496	B	
	50m:	29.45 29.45	150m:	1:35.85	33.42	250m:	2:44.81	34.78	350m:	3:54.03	34.24
	100m:	1:02.43 32.98	200m:	2:10.03	34.18	300m:	3:19.79	34.98	400m:	4:28.07	34.04
18.	BRUZDEWICZ, Hubert SOL		02	MTP KORMORAN Olsztyn				4:28.89	491	B	
	50m:	29.88 29.88	150m:	1:38.04	34.70	250m:	2:47.19	33.99	350m:	3:55.69	33.88
	100m:	1:03.34 33.46	200m:	2:13.20	35.16	300m:	3:21.81	34.62	400m:	4:28.89	33.20
19.	KNYSZY SKI, Maciej		02	Mks Jedyńka Łód				4:28.91	491	B	
	50m:	30.59 30.59	150m:	1:37.62	34.07	250m:	2:46.06	34.16	350m:	3:55.13	34.56
	100m:	1:03.55 32.96	200m:	2:11.90	34.28	300m:	3:20.57	34.51	400m:	4:28.91	33.78
20.	SIEKACZY SKI, Artur		02	Fala Kra nik				4:29.19	490	B	
	50m:	30.10 30.10	150m:	1:38.50	34.40	250m:	2:46.94	34.37	350m:	3:55.86	34.57
	100m:	1:04.10 34.00	200m:	2:12.57	34.07	300m:	3:21.29	34.35	400m:	4:29.19	33.33
21.	KOLA CZYK, Kacper		02	Mkp Kołobrzeg				4:29.39	489	R	
	50m:	29.95 29.95	150m:	1:36.89	33.97	250m:	2:45.98	34.78	350m:	3:55.85	35.06
	100m:	1:02.92 32.97	200m:	2:11.20	34.31	300m:	3:20.79	34.81	400m:	4:29.39	33.54
22.	RUTA, Kamil		02	Iuks Muszelka Warszawa				4:29.85	486	R	
	50m:	30.25 30.25	150m:	1:38.04	34.34	250m:	2:47.56	34.85	350m:	3:56.74	34.78
	100m:	1:03.70 33.45	200m:	2:12.71	34.67	300m:	3:21.96	34.40	400m:	4:29.85	33.11
23.	ZAJ C, Mateusz		02	UKS Aligator Gorzyce				4:30.77	481		
	50m:	29.86 29.86	150m:	1:37.55	34.64	250m:	2:47.98	35.16	350m:	3:57.48	34.67
	100m:	1:02.91 33.05	200m:	2:12.82	35.27	300m:	3:22.81	34.83	400m:	4:30.77	33.29
24.	GUMI SKI, Igor		02	Dwójka Morena Gda sk				4:32.15	474		
	50m:	29.26 29.26	150m:	1:36.27	33.84	250m:	2:45.52	34.73	350m:	3:56.48	35.88
	100m:	1:02.43 33.17	200m:	2:10.79	34.52	300m:	3:20.60	35.08	400m:	4:32.15	35.67
25.	GÓRKA, Łukasz		02	SiKRt Gliwice				4:32.63	471		
	50m:	29.89 29.89	150m:	1:39.45	35.18	250m:	2:49.59	35.02	350m:	3:59.37	35.13
	100m:	1:04.27 34.38	200m:	2:14.57	35.12	300m:	3:24.24	34.65	400m:	4:32.63	33.26
26.	RYBACKI, Maksymilian		02	KS Warta Pozna				4:32.80	470		
	50m:	29.97 29.97	150m:	1:39.43	35.12	250m:	2:49.26	34.64	350m:	3:59.30	35.21
	100m:	1:04.31 34.34	200m:	2:14.62	35.19	300m:	3:24.09	34.83	400m:	4:32.80	33.50
27.	PAJ K, Jakub		02	Galicja Kraków				4:33.00	469		
	50m:	31.05 31.05	150m:	1:41.03	35.04	250m:	2:51.11	34.89	350m:	4:01.10	35.08
	100m:	1:05.99 34.94	200m:	2:16.22	35.19	300m:	3:26.02	34.91	400m:	4:33.00	31.90
28.	WORONKO, Krzysztof		02	MKS Medyk Gi ycko				4:33.37	468		
	50m:	29.86 29.86	150m:	1:38.80	34.80	250m:	2:49.03	35.20	350m:	3:59.53	35.30
	100m:	1:04.00 34.14	200m:	2:13.83	35.03	300m:	3:24.23	35.20	400m:	4:33.37	33.84
29.	ALENCYNOWICZ, Maciej SO		02	Ukp „Unia” O wi cim				4:33.40	467		
	50m:	30.82 30.82	150m:	1:41.14	35.69	250m:	2:52.49	35.75	350m:	4:01.32	33.90
	100m:	1:05.45 34.63	200m:	2:16.74	35.60	300m:	3:27.42	34.93	400m:	4:33.40	32.08
30.	JANICZUK, Patryk		02	MUKS Lider Chełm				4:33.56	467		
	50m:	29.41 29.41	150m:	1:37.51	34.61	250m:	2:48.55	35.72	350m:	3:59.11	35.19
	100m:	1:02.90 33.49	200m:	2:12.83	35.32	300m:	3:23.92	35.37	400m:	4:33.56	34.45
31.	DUDKIEWICZ, Kacper		02	Uks,, oliborz" Warszawa				4:33.92	465		
	50m:	30.46 30.46	150m:	1:40.51	35.13	250m:	2:51.43	35.49	350m:	4:01.59	34.49
	100m:	1:05.38 34.92	200m:	2:15.94	35.43	300m:	3:27.10	35.67	400m:	4:33.92	32.33
32.	WODY SKI, Bartosz		02	TP Olimpijczyk Aleksandrów Łód				4:33.93	465		
	50m:	30.07 30.07	150m:	1:38.29	34.85	250m:	2:48.27	34.84	350m:	3:59.44	35.90
	100m:	1:03.44 33.37	200m:	2:13.43	35.14	300m:	3:23.54	35.27	400m:	4:33.93	34.49
33.	JEDRZEJEWSKI, Albert		02	UKS Gos Raszyn				4:35.31	458		
	50m:	29.80 29.80	150m:	1:38.44	34.68	250m:	2:49.32	35.53	350m:	4:00.59	35.69
	100m:	1:03.76 33.96	200m:	2:13.79	35.35	300m:	3:24.90	35.58	400m:	4:35.31	34.72
34.	KRZEMI SKI, Kacper		02	DELFIN Gdynia				4:35.76	455		
	50m:	29.27 29.27	150m:	1:36.66	34.40	250m:	2:48.94	36.69	350m:	4:00.80	35.53
	100m:	1:02.26 32.99	200m:	2:12.25	35.59	300m:	3:25.27	36.33	400m:	4:35.76	34.96

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Pozycja			Rok ur.					Czas	Pkt.		
35.	KURDZIEKO, Nikodem SOL		02	MTP KORMORAN Olsztyn				4:35.85	455		
	50m:	30.55 30.55	150m:	1:39.56	35.21	250m:	2:50.64	35.43	350m:	4:01.76	35.43
	100m:	1:04.35 33.80	200m:	2:15.21	35.65	300m:	3:26.33	35.69	400m:	4:35.85	34.09
36.	TRACZEWSKI, Gustaw		02	Uks,, oliborz" Warszawa				4:36.52	452		
	50m:	30.98 30.98	150m:	1:40.78	35.70	250m:	2:53.41	35.91	350m:	4:03.41	34.64
	100m:	1:05.08 34.10	200m:	2:17.50	36.72	300m:	3:28.77	35.36	400m:	4:36.52	33.11
37.	MALINOWSKI, Paweł		02	M.K.P."Słowianka" Gorzów Wlkp.				4:36.53	452		
	50m:	31.81 31.81	150m:	1:42.94	36.04	250m:	2:54.41	35.34	350m:	4:03.82	34.31
	100m:	1:06.90 35.09	200m:	2:19.07	36.13	300m:	3:29.51	35.10	400m:	4:36.53	32.71
38.	CHEŁSTOWSKI, Maciej		02	MKS POLONIA Warszawa				4:36.55	452		
	50m:	30.84 30.84	150m:	1:39.19	34.88	250m:	2:50.69	36.06	350m:	4:02.67	36.01
	100m:	1:04.31 33.47	200m:	2:14.63	35.44	300m:	3:26.66	35.97	400m:	4:36.55	33.88
39.	LESICKI, Piotr		02	KS Warta Pozna				4:37.10	449		
	50m:	30.50 30.50	150m:	1:40.46	35.60	250m:	2:52.36	35.36	350m:	4:03.46	35.04
	100m:	1:04.86 34.36	200m:	2:17.00	36.54	300m:	3:28.42	36.06	400m:	4:37.10	33.64
40.	MOLENDĄ, Dominik		02	UKS Pirania Targówek				4:37.48	447		
	50m:	31.57 31.57	150m:	1:42.12	35.46	250m:	2:53.93	35.92	350m:	4:05.32	35.58
	100m:	1:06.66 35.09	200m:	2:18.01	35.89	300m:	3:29.74	35.81	400m:	4:37.48	32.16
41.	STACHECKI, Jan		02	UKS CITYZEN Pozna				4:37.73	446		
	50m:	30.54 30.54	150m:	1:39.72	35.12	250m:	2:51.69	36.02	350m:	4:03.39	35.61
	100m:	1:04.60 34.06	200m:	2:15.67	35.95	300m:	3:27.78	36.09	400m:	4:37.73	34.34
42.	NOWAK, Jan		02	BOSiR Brzesko				4:37.98	445		
	50m:	30.59 30.59	150m:	1:40.21	35.45	250m:	2:52.11	36.00	350m:	4:04.04	36.15
	100m:	1:04.76 34.17	200m:	2:16.11	35.90	300m:	3:27.89	35.78	400m:	4:37.98	33.94
43.	SZUTKIEWICZ, Szymon		02	MKS BARRACUDA Białystok				4:38.10	444		
	50m:	31.54 31.54	150m:	1:42.52	36.00	250m:	2:53.42	35.81	350m:	4:05.09	35.78
	100m:	1:06.52 34.98	200m:	2:17.61	35.09	300m:	3:29.31	35.89	400m:	4:38.10	33.01
44.	LEWANDOWSKI, Jakub SO		02	Ukp „Unia" O wi cim				4:38.28	443		
	50m:	31.80 31.80	150m:	1:42.30	35.76	250m:	2:54.02	35.74	350m:	4:04.53	34.81
	100m:	1:06.54 34.74	200m:	2:18.28	35.98	300m:	3:29.72	35.70	400m:	4:38.28	33.75
	MIKO , Dawid		02	Mks Trójka Łód				4:38.28	443		
	50m:	30.11 30.11	150m:	1:40.22	35.53	250m:	2:52.59	36.14	350m:	4:04.14	36.15
	100m:	1:04.69 34.58	200m:	2:16.45	36.23	300m:	3:27.99	35.40	400m:	4:38.28	34.14
46.	KOPICZKO, Maksymilian		02	MKS Medyk Gi ycko				4:38.59	442		
	50m:	28.73 28.73	150m:	1:37.47	35.31	250m:	2:49.61	36.02	350m:	4:03.96	37.32
	100m:	1:02.16 33.43	200m:	2:13.59	36.12	300m:	3:26.64	37.03	400m:	4:38.59	34.63
47.	SZABLAŁ, Franek		02	Legia Warszawa				4:39.08	439		
	50m:	31.82 31.82	150m:	1:41.51	35.06	250m:	2:52.73	35.43	350m:	4:03.80	35.62
	100m:	1:06.45 34.63	200m:	2:17.30	35.79	300m:	3:28.18	35.45	400m:	4:39.08	35.28
48.	KRZYSZTY SKI, Jan		02	Galicja Kraków				4:39.12	439		
	50m:	31.87 31.87	150m:	1:42.80	35.50	250m:	2:53.93	35.93	350m:	4:05.23	35.99
	100m:	1:07.30 35.43	200m:	2:18.00	35.20	300m:	3:29.24	35.31	400m:	4:39.12	33.89
49.	LIK, Kacper		02	Mks Jedyńka Łód				4:39.33	438		
	50m:	31.47 31.47	150m:	1:42.17	35.85	250m:	2:54.39	36.57	350m:	4:05.06	34.88
	100m:	1:06.32 34.85	200m:	2:17.82	35.65	300m:	3:30.18	35.79	400m:	4:39.33	34.27
50.	MORYL, Wojciech SO		02	Mmks K dzierzyn Ko le				4:40.73	432		
	50m:	32.42 32.42	150m:	1:44.59	36.00	250m:	2:56.21	35.77	350m:	4:07.21	34.99
	100m:	1:08.59 36.17	200m:	2:20.44	35.85	300m:	3:32.22	36.01	400m:	4:40.73	33.52
51.	WI TEK, Bartosz		02	UKS TRI-Team Rumia				4:40.93	431		
	50m:	30.92 30.92	150m:	1:41.03	35.84	250m:	2:53.45	36.40	350m:	4:06.31	36.53
	100m:	1:05.19 34.27	200m:	2:17.05	36.02	300m:	3:29.78	36.33	400m:	4:40.93	34.62
52.	MRZYGŁÓD, Michał		02	Muks Gilus Gilowice				4:40.97	431		
	50m:	30.30 30.30	150m:	1:40.83	36.04	250m:	2:53.42	36.19	350m:	4:05.85	36.28
	100m:	1:04.79 34.49	200m:	2:17.23	36.40	300m:	3:29.57	36.15	400m:	4:40.97	35.12

Zimowe Mistrzostwa Polski Juniorów Młodszych-14L
Olsztyn, 4- - 6-3-2016

Konkurencja 20, Chłopców, 400m dowolny, Eliminacje, 14 lat

Pozycja					Rok ur.					Czas	Pkt.	
53.	SZOJDA, Paweł				02	Mosm Tychy				4:41.11	430	
	50m:	29.81	29.81	150m:	1:39.22	35.39	250m:	2:51.97	36.64	350m:	4:06.15	36.95
	100m:	1:03.83	34.02	200m:	2:15.33	36.11	300m:	3:29.20	37.23	400m:	4:41.11	34.96
54.	WYKIERSKI, Jakub SOc				02	KS KSZO Ostrowiec w.				4:41.30	429	
	50m:	31.86	31.86	150m:	1:43.89	36.48	250m:	2:56.90	36.49	350m:	4:08.87	35.21
	100m:	1:07.41	35.55	200m:	2:20.41	36.52	300m:	3:33.66	36.76	400m:	4:41.30	32.43
55.	PROKOP, Bartosz				02	UKS MANTA Kochłowice				4:41.50	428	
	50m:	30.59	30.59	150m:	1:40.84	35.75	250m:	2:53.18	36.07	350m:	4:06.03	36.60
	100m:	1:05.09	34.50	200m:	2:17.11	36.27	300m:	3:29.43	36.25	400m:	4:41.50	35.47
56.	PŁATEK, Maciej SO				02	Ukp „Unia” O wi cim				4:41.82	427	
	50m:	32.98	32.98	150m:	1:44.75	36.04	250m:	2:56.66	35.58	350m:	4:07.55	35.31
	100m:	1:08.71	35.73	200m:	2:21.08	36.33	300m:	3:32.24	35.58	400m:	4:41.82	34.27
57.	SZYMANOWSKI, Jakub				02	M.K.P."Słowianka" Gorzów Wlkp.				4:42.01	426	
	50m:	31.22	31.22	150m:	1:41.34	35.41	250m:	2:53.29	36.14	350m:	4:06.18	36.48
	100m:	1:05.93	34.71	200m:	2:17.15	35.81	300m:	3:29.70	36.41	400m:	4:42.01	35.83
58.	KOLECEK, Dominik				02	DOKiS SP "Vega" Dobrodzie				4:42.45	424	
	50m:	32.47	32.47	150m:	1:44.81	36.24	250m:	2:56.98	35.56	350m:	4:08.70	35.84
	100m:	1:08.57	36.10	200m:	2:21.42	36.61	300m:	3:32.86	35.88	400m:	4:42.45	33.75
59.	K PI SKI, Paweł SOc				02	KS KSZO Ostrowiec w.				4:42.77	422	
	50m:	31.56	31.56	150m:	1:43.02	36.33	250m:	2:56.42	36.47	350m:	4:08.48	36.32
	100m:	1:06.69	35.13	200m:	2:19.95	36.93	300m:	3:32.16	35.74	400m:	4:42.77	34.29
60.	CEGLI SKI, Hubert				02	Znicz Koszalin				4:42.98	421	
	50m:	30.67	30.67	150m:	1:41.08	35.81	250m:	2:54.19	36.82	350m:	4:07.86	36.80
	100m:	1:05.27	34.60	200m:	2:17.37	36.29	300m:	3:31.06	36.87	400m:	4:42.98	35.12
61.	MACI G, Wojciech				02	TS Wisła Kraków				4:43.44	419	
	50m:	32.73	32.73	150m:	1:45.66	36.75	250m:	2:59.04	36.80	350m:	4:10.28	35.03
	100m:	1:08.91	36.18	200m:	2:22.24	36.58	300m:	3:35.25	36.21	400m:	4:43.44	33.16
62.	MODRZY SKI, Hubert				02	Mkp Szczecin				4:43.75	418	
	50m:	31.10	31.10	150m:	1:42.02	35.96	250m:	2:55.18	36.50	350m:	4:08.68	36.75
	100m:	1:06.06	34.96	200m:	2:18.68	36.66	300m:	3:31.93	36.75	400m:	4:43.75	35.07
63.	PYCZOT, Paweł				02	UKS Pirania Targówek				4:44.06	417	
	50m:	30.99	30.99	150m:	1:43.35	36.61	250m:	2:56.91	36.76	350m:	4:10.09	36.76
	100m:	1:06.74	35.75	200m:	2:20.15	36.80	300m:	3:33.33	36.42	400m:	4:44.06	33.97
64.	GÓRAL, Mateusz				02	Mkp Szczecin				4:44.65	414	
	50m:	31.40	31.40	150m:	1:43.15	36.32	250m:	2:55.97	36.35	350m:	4:09.93	36.85
	100m:	1:06.83	35.43	200m:	2:19.62	36.47	300m:	3:33.08	37.11	400m:	4:44.65	34.72
65.	SCHREIBER, Patrick				02	UKS Aligator Gorzyce				4:44.66	414	
	50m:	32.59	32.59	150m:	1:46.25	37.86	250m:	2:58.83	36.13	350m:	4:11.13	35.49
	100m:	1:08.39	35.80	200m:	2:22.70	36.45	300m:	3:35.64	36.81	400m:	4:44.66	33.53
66.	CIE LAK, Alexander				02	Mkp Szczecin				4:45.35	411	
	50m:	31.63	31.63	150m:	1:43.18	36.33	250m:	2:56.45	36.75	350m:	4:09.87	36.88
	100m:	1:06.85	35.22	200m:	2:19.70	36.52	300m:	3:32.99	36.54	400m:	4:45.35	35.48
67.	NACHYŁA, Jakub				02	Muks Gilus Gilowice				4:45.37	411	
	50m:	31.83	31.83	150m:	1:43.69	36.44	250m:	2:56.66	36.65	350m:	4:10.15	36.41
	100m:	1:07.25	35.42	200m:	2:20.01	36.32	300m:	3:33.74	37.08	400m:	4:45.37	35.22
68.	ROZMYŚLÓWSKI, Eryk				02	UKS Gos Raszyn				4:45.48	410	
	50m:	30.87	30.87	150m:	1:41.58	35.57	250m:	2:55.17	37.01	350m:	4:09.62	37.60
	100m:	1:06.01	35.14	200m:	2:18.16	36.58	300m:	3:32.02	36.85	400m:	4:45.48	35.86
69.	NOWAK, Radosław SOL				02	MTP KORMORAN Olsztyn				4:46.31	407	
	50m:	32.07	32.07	150m:	1:44.55	36.59	250m:	2:58.00	36.48	350m:	4:11.20	36.70
	100m:	1:07.96	35.89	200m:	2:21.52	36.97	300m:	3:34.50	36.50	400m:	4:46.31	35.11
70.	BORZYMEK, Hubert				02	UKS 307 Warszawa-Mokotów				4:48.19	399	
	50m:	33.08	33.08	150m:	1:45.87	36.51	250m:	2:59.37	36.47	350m:	4:12.77	36.46
	100m:	1:09.36	36.28	200m:	2:22.90	37.03	300m:	3:36.31	36.94	400m:	4:48.19	35.42

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Pozycja			Rok ur.					Czas	Pkt.
71.	SZREMSKI, Michał SR		02	MKS-SMS Victoria Racibórz				4:48.47	398
	50m:	32.30 32.30	150m:	1:45.20	36.46	250m:	2:59.06 36.83	350m:	4:12.60 36.77
	100m:	1:08.74 36.44	200m:	2:22.23	37.03	300m:	3:35.83 36.77	400m:	4:48.47 35.87
72.	KRAJEWSKI, Patryk		02	Uks abianka Gda sk				4:48.52	398
	50m:	32.60 32.60	150m:	1:47.13	37.67	250m:	3:01.52 36.79	350m:	4:14.69 36.10
	100m:	1:09.46 36.86	200m:	2:24.73	37.60	300m:	3:38.59 37.07	400m:	4:48.52 33.83
73.	KOWALCZYK, Michał		02	Uks,, oliborz" Warszawa				4:48.56	397
	50m:	32.02 32.02	150m:	1:46.11	37.14	250m:	3:01.62 37.50	350m:	4:16.04 37.63
	100m:	1:08.97 36.95	200m:	2:24.12	38.01	300m:	3:38.41 36.79	400m:	4:48.56 32.52
74.	STANKIEWICZ, Kacper		02	SIEMACHA ASP Kraków				4:49.38	394
	50m:	32.39 32.39	150m:	1:45.65	36.69	250m:	2:59.68 36.80	350m:	4:14.37 37.01
	100m:	1:08.96 36.57	200m:	2:22.88	37.23	300m:	3:37.36 37.68	400m:	4:49.38 35.01
75.	TATURA, Paweł		02	Uks Wodnik 29 Katowice				4:49.44	394
	50m:	32.57 32.57	150m:	1:46.12	37.19	250m:	3:01.15 37.42	350m:	4:15.23 36.37
	100m:	1:08.93 36.36	200m:	2:23.73	37.61	300m:	3:38.86 37.71	400m:	4:49.44 34.21
76.	DOBROWOLSKI, Maciej		02	UKS JAGIELLONKA Warszawa				4:49.59	393
	50m:	32.01 32.01	150m:	1:44.85	36.87	250m:	3:00.20 38.06	350m:	4:15.36 37.24
	100m:	1:07.98 35.97	200m:	2:22.14	37.29	300m:	3:38.12 37.92	400m:	4:49.59 34.23
77.	LESZCZY SKI, Jakub		02	M.K.P."Słowianka" Gorzów Wlkp.				4:49.82	392
	50m:	31.55 31.55	150m:	1:45.11	37.37	250m:	2:59.14 36.92	350m:	4:12.94 37.19
	100m:	1:07.74 36.19	200m:	2:22.22	37.11	300m:	3:35.75 36.61	400m:	4:49.82 36.88
78.	GR DZIK, Bartosz		02	MPKS Orka Ciechanów				4:50.14	391
	50m:	32.36 32.36	150m:	1:44.94	36.35	250m:	2:59.58 37.44	350m:	4:14.15 37.17
	100m:	1:08.59 36.23	200m:	2:22.14	37.20	300m:	3:36.98 37.40	400m:	4:50.14 35.99
79.	KURZEJA, Jakub		02	MKS STP Nowy S cz				4:50.48	390
	50m:	31.64 31.64	150m:	1:44.51	36.88	250m:	2:59.08 37.36	350m:	4:14.68 37.47
	100m:	1:07.63 35.99	200m:	2:21.72	37.21	300m:	3:37.21 38.13	400m:	4:50.48 35.80
80.	STANISŁAWSKI, Kacper		02	UKS TRÓJKA roda Wlkp.				4:50.77	388
	50m:	32.11 32.11	150m:	1:44.93	36.86	250m:	2:59.66 37.44	350m:	4:14.44 37.30
	100m:	1:08.07 35.96	200m:	2:22.22	37.29	300m:	3:37.14 37.48	400m:	4:50.77 36.33
81.	KISTOWSKI, Jakub		02	WKS L SK				4:51.16	387
	50m:	32.61 32.61	150m:	1:46.34	37.24	250m:	3:00.52 37.19	350m:	4:15.40 37.29
	100m:	1:09.10 36.49	200m:	2:23.33	36.99	300m:	3:38.11 37.59	400m:	4:51.16 35.76
82.	APELSKI, Dawid		02	Uks "Polonez" Wyszaków				4:52.21	383
	50m:	32.16 32.16	150m:	1:44.63	36.47	250m:	2:58.59 36.66	350m:	4:16.00 38.95
	100m:	1:08.16 36.00	200m:	2:21.93	37.30	300m:	3:37.05 38.46	400m:	4:52.21 36.21
83.	BO EK, Filip		02	Fala Kra nik				4:52.54	381
	50m:	32.83 32.83	150m:	1:47.35	37.88	250m:	3:02.53 37.95	350m:	4:17.05 37.53
	100m:	1:09.47 36.64	200m:	2:24.58	37.23	300m:	3:39.52 36.99	400m:	4:52.54 35.49
84.	ZADUMI SKI, Olgierd		02	UKS G-8 Bielany				4:52.64	381
	50m:	32.63 32.63	150m:	1:47.12	38.10	250m:	3:00.97 36.72	350m:	4:15.90 37.47
	100m:	1:09.02 36.39	200m:	2:24.25	37.13	300m:	3:38.43 37.46	400m:	4:52.64 36.74
85.	GRZEGORCZYK, Wiktor		02	Uks Mos Ełk				4:54.23	375
	50m:	32.51 32.51	150m:	1:47.32	37.40	250m:	3:03.24 37.91	350m:	4:19.44 37.00
	100m:	1:09.92 37.41	200m:	2:25.33	38.01	300m:	3:42.44 39.20	400m:	4:54.23 34.79
86.	OSZUTOWSKI, Adam		02	MKP Kontra Gniezno				4:54.31	375
	50m:	32.66 32.66	150m:	1:46.62	37.81	250m:	3:03.54 38.63	350m:	4:18.43 37.03
	100m:	1:08.81 36.15	200m:	2:24.91	38.29	300m:	3:41.40 37.86	400m:	4:54.31 35.88
87.	POPŁONYK, Jakub		02	BUWAR Warszawa				4:55.39	370
	50m:	32.56 32.56	150m:	1:46.31	37.43	250m:	3:02.83 38.23	350m:	4:19.46 38.29
	100m:	1:08.88 36.32	200m:	2:24.60	38.29	300m:	3:41.17 38.34	400m:	4:55.39 35.93
88.	SOBÓL, Przemysław		02	MKS POLONIA Warszawa				4:56.46	366
	50m:	30.07 30.07	150m:	1:42.94	37.78	250m:	3:00.54 38.65	350m:	4:19.07 39.21
	100m:	1:05.16 35.09	200m:	2:21.89	38.95	300m:	3:39.86 39.32	400m:	4:56.46 37.39

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Pozycja			Rok ur.					Czas	Pkt.
89.	CYBULSKI, Cyprian		02	UKS"Pi tka"Konstantynów Łódzki				5:01.06	350
	50m: 32.84	32.84	150m: 1:47.78	38.12	250m: 3:06.26	39.27	350m: 4:24.19	38.52	
	100m: 1:09.66	36.82	200m: 2:26.99	39.21	300m: 3:45.67	39.41	400m: 5:01.06	36.87	
90.	JAROSZEWSKI, Łukasz		02	Uks,, oliborz" Warszawa				5:01.98	347
	50m: 34.18	34.18	150m: 1:51.06	38.84	250m: 3:09.11	39.45	350m: 4:26.04	38.86	
	100m: 1:12.22	38.04	200m: 2:29.66	38.60	300m: 3:47.18	38.07	400m: 5:01.98	35.94	
91.	JAINTA, Adrian		02	DOKiS SP "Vega" Dobrodzie				5:04.14	339
	50m: 34.35	34.35	150m: 1:51.65	39.12	250m: 3:09.31	39.26	350m: 4:27.10	38.88	
	100m: 1:12.53	38.18	200m: 2:30.05	38.40	300m: 3:48.22	38.91	400m: 5:04.14	37.04	
92.	RYBA, Michał		02	UKS Aligator Gorzyce				5:05.14	336
	50m: 30.50	30.50	150m: 1:44.72	38.52	250m: 3:05.30	39.96	350m: 4:26.71	41.23	
	100m: 1:06.20	35.70	200m: 2:25.34	40.62	300m: 3:45.48	40.18	400m: 5:05.14	38.43	
93.	KOZŁOWSKI, Jaub		02	MKP W growiec				5:05.20	336
	50m: 32.34	32.34	150m: 1:50.96	40.28	250m: 3:09.08	38.26	350m: 4:27.43	38.28	
	100m: 1:10.68	38.34	200m: 2:30.82	39.86	300m: 3:49.15	40.07	400m: 5:05.20	37.77	
94.	MIERZEJEK, Igor SOL		02	MTP KORMORAN Olsztyn				5:07.56	328
	50m: 32.02	32.02	150m: 1:46.61	38.14	250m: 3:06.10	40.53	350m: 4:28.38	41.33	
	100m: 1:08.47	36.45	200m: 2:25.57	38.96	300m: 3:47.05	40.95	400m: 5:07.56	39.18	
95.	KUCHARSKI, Jan		02	UKS KAPRY ARMEXIM Pruszków				5:08.45	325
	50m: 31.91	31.91	150m: 1:46.26	38.48	250m: 3:06.15	40.49	350m: 4:29.21	41.71	
	100m: 1:07.78	35.87	200m: 2:25.66	39.40	300m: 3:47.50	41.35	400m: 5:08.45	39.24	
96.	PAWŁOWSKI, Wojciech		02	Uks Wodnik 29 Katowice				5:14.93	306
	50m: 34.11	34.11	150m: 1:51.41	39.46	250m: 3:12.31	40.71	350m: 4:34.42	41.18	
	100m: 1:11.95	37.84	200m: 2:31.60	40.19	300m: 3:53.24	40.93	400m: 5:14.93	40.51	
97.	BARA SKI, Bartosz SOc		02	KS KSZO Ostrowiec w.				5:21.06	288
	50m: 34.26	34.26	150m:		250m: 4:00.66	1:24.42	350m: 4:41.88		
	100m: 1:55.29	1:21.03	200m: 2:36.24		300m:		400m: 5:21.06	39.18	
98.	MRÓWCZY SKI, Kacper		02	Extreme Team Oborniki				5:37.30	249
	50m: 36.89	36.89	150m: 2:00.84	42.64	250m: 3:28.09	43.44	350m: 4:55.12	43.43	
	100m: 1:18.20	41.31	200m: 2:44.65	43.81	300m: 4:11.69	43.60	400m: 5:37.30	42.18	
99.	WYRTKI, Piotr		02	UKS MANTA Kochłowice				5:42.51	237
	50m: 35.81	35.81	150m: 1:59.63	42.91	250m: 3:28.71	44.92	350m: 4:57.73	43.92	
	100m: 1:16.72	40.91	200m: 2:43.79	44.16	300m: 4:13.81	45.10	400m: 5:42.51	44.78	
DYSKW.	LIPOWSKI, Oskar		02	MKS POLONIA Warszawa					
	O4								