

LETNIE MISTRZOSTWA OKR GU WIELKOPOLSKIEGO
Pozna , 14- - 15-6-2019

Konkurencja 18
2019-06-14 - 15:40

M czyzn, 400m dowolny

Open
Wyniki

Punkty: FINA 2019

| Pozycja | Rok ur. | | | Czas | Pkt. | 100m | 200m | 300m | 400m |
|--------------------|-----------------------|-------|-----------------------|----------------|---------------|---------|---------------|---------|---------|
| 10 - 14 lat | | | | | | | | | |
| 1. | PŁOSZKA Kacper | 05 | MKS Jedynka Łód | 4:16.03 | 635 | 1:01.58 | 1:05.60 | 1:05.33 | 1:03.52 |
| | 50m: 29.03 | 29.03 | 150m: 1:34.20 | 32.62 | 250m: 2:39.62 | 32.44 | 350m: 3:45.00 | 32.49 | |
| | 100m: 1:01.58 | 32.55 | 200m: 2:07.18 | 32.98 | 300m: 3:12.51 | 32.89 | 400m: 4:16.03 | 31.03 | |
| 2. | MROZI SKI Mikołaj | 06 | MUKS "Pi tnastka" | 4:44.01 | 465 | 1:07.41 | 1:13.70 | 1:13.80 | 1:09.10 |
| | 50m: 31.34 | 31.34 | 150m: 1:43.75 | 36.34 | 250m: 2:58.05 | 36.94 | 350m: 4:11.01 | 36.10 | |
| | 100m: 1:07.41 | 36.07 | 200m: 2:21.11 | 37.36 | 300m: 3:34.91 | 36.86 | 400m: 4:44.01 | 33.00 | |
| 3. | ANDRZEJEWSKI Jan | 05 | KS Warta Pozna | 4:45.73 | 456 | 1:08.34 | 1:12.55 | 1:12.83 | 1:12.01 |
| | 50m: 32.81 | 32.81 | 150m: 1:44.33 | 35.99 | 250m: 2:57.27 | 36.38 | 350m: 4:10.41 | 36.69 | |
| | 100m: 1:08.34 | 35.53 | 200m: 2:20.89 | 36.56 | 300m: 3:33.72 | 36.45 | 400m: 4:45.73 | 35.32 | |
| 4. | LASIK Olgierd | 05 | KU AZS UAM Pozna | 4:47.40 | 448 | 1:08.80 | 1:14.17 | 1:14.07 | 1:10.36 |
| | 50m: 32.29 | 32.29 | 150m: 1:46.02 | 37.22 | 250m: 2:59.93 | 36.96 | 350m: 4:13.03 | 35.99 | |
| | 100m: 1:08.80 | 36.51 | 200m: 2:22.97 | 36.95 | 300m: 3:37.04 | 37.11 | 400m: 4:47.40 | 34.37 | |
| 5. | BIELEWICZ Jan | 05 | KS Warta Pozna | 4:51.09 | 432 | 1:08.94 | 1:12.71 | 1:14.93 | 1:14.51 |
| | 50m: 33.43 | 33.43 | 150m: 1:44.68 | 35.74 | 250m: 2:58.83 | 37.18 | 350m: 4:14.51 | 37.93 | |
| | 100m: 1:08.94 | 35.51 | 200m: 2:21.65 | 36.97 | 300m: 3:36.58 | 37.75 | 400m: 4:51.09 | 36.58 | |
| 6. | NOWAK Kamil | 05 | UKS Trójka roda Wlkp. | 4:52.16 | 427 | 1:06.41 | 1:16.61 | 1:16.90 | 1:12.24 |
| | 50m: 30.87 | 30.87 | 150m: 1:44.93 | 38.52 | 250m: 3:01.06 | 38.04 | 350m: 4:16.63 | 36.71 | |
| | 100m: 1:06.41 | 35.54 | 200m: 2:23.02 | 38.09 | 300m: 3:39.92 | 38.86 | 400m: 4:52.16 | 35.53 | |
| 7. | KOCZOROWSKI Karol | 05 | KS Warta Pozna | 4:55.71 | 412 | 1:09.87 | 1:15.64 | 1:16.06 | 1:14.14 |
| | 50m: 32.77 | 32.77 | 150m: 1:47.18 | 37.31 | 250m: 3:03.32 | 37.81 | 350m: 4:19.17 | 37.60 | |
| | 100m: 1:09.87 | 37.10 | 200m: 2:25.51 | 38.33 | 300m: 3:41.57 | 38.25 | 400m: 4:55.71 | 36.54 | |
| 8. | MIKA Kajetan | 05 | KS Warta Pozna | 5:00.01 | 394 | 1:10.56 | 1:17.13 | 1:17.70 | 1:14.62 |
| | 50m: 33.38 | 33.38 | 150m: 1:49.05 | 38.49 | 250m: 3:06.95 | 39.26 | 350m: 4:22.97 | 37.58 | |
| | 100m: 1:10.56 | 37.18 | 200m: 2:27.69 | 38.64 | 300m: 3:45.39 | 38.44 | 400m: 5:00.01 | 37.04 | |
| 9. | SROKA Bła ej | 05 | MUKS "Pi tnastka" | 5:01.14 | 390 | 1:11.37 | 1:17.39 | 1:16.81 | 1:15.57 |
| | 50m: 33.53 | 33.53 | 150m: 1:49.87 | 38.50 | 250m: 3:07.48 | 38.72 | 350m: 4:24.13 | 38.56 | |
| | 100m: 1:11.37 | 37.84 | 200m: 2:28.76 | 38.89 | 300m: 3:45.57 | 38.09 | 400m: 5:01.14 | 37.01 | |
| 10. | CHAŁUPKA Aleksander | 05 | KS Warta Pozna | 5:03.63 | 380 | 1:10.50 | 1:17.22 | 1:17.75 | 1:18.16 |
| | 50m: 33.48 | 33.48 | 150m: 1:48.88 | 38.38 | 250m: 3:06.55 | 38.83 | 350m: 4:24.53 | 39.06 | |
| | 100m: 1:10.50 | 37.02 | 200m: 2:27.72 | 38.84 | 300m: 3:45.47 | 38.92 | 400m: 5:03.63 | 39.10 | |
| 11. | KOZANECKI Paweł | 05 | KS Posenania Pozna | 5:19.25 | 327 | 1:15.30 | 1:22.50 | 1:23.70 | 1:17.75 |
| | 50m: 34.55 | 34.55 | 150m: 1:56.03 | 40.73 | 250m: 3:20.08 | 42.28 | 350m: 4:42.31 | 40.81 | |
| | 100m: 1:15.30 | 40.75 | 200m: 2:37.80 | 41.77 | 300m: 4:01.50 | 41.42 | 400m: 5:19.25 | 36.94 | |
| 12. | ZAWIEJA Stanisław | 05 | KS Posenania Pozna | 5:21.07 | 322 | 1:17.33 | 1:24.34 | 1:23.06 | 1:16.34 |
| | 50m: 35.78 | 35.78 | 150m: 1:59.27 | 41.94 | 250m: 3:24.14 | 42.47 | 350m: 4:46.60 | 41.87 | |
| | 100m: 1:17.33 | 41.55 | 200m: 2:41.67 | 42.40 | 300m: 4:04.73 | 40.59 | 400m: 5:21.07 | 34.47 | |
| 13. | ROGOZINSKI Bartosz | 06 | UKS 3-Wodnik Wolsztyn | 5:37.01 | 278 | 1:18.93 | 1:26.66 | 1:27.13 | 1:24.29 |
| | 50m: 36.57 | 36.57 | 150m: 2:02.01 | 43.08 | 250m: 3:29.27 | 43.68 | 350m: 4:56.19 | 43.47 | |
| | 100m: 1:18.93 | 42.36 | 200m: 2:45.59 | 43.58 | 300m: 4:12.72 | 43.45 | 400m: 5:37.01 | 40.82 | |
| 15 - 16 lat | | | | | | | | | |
| 1. | SOBIECHOWSKI Filip | 04 | UKS Shark Rudna | 4:18.27 | 618 | 1:00.82 | 1:06.27 | 1:06.86 | 1:04.32 |
| | 50m: 28.70 | 28.70 | 150m: 1:34.12 | 33.30 | 250m: 2:40.81 | 33.72 | 350m: 3:47.47 | 33.52 | |
| | 100m: 1:00.82 | 32.12 | 200m: 2:07.09 | 32.97 | 300m: 3:13.95 | 33.14 | 400m: 4:18.27 | 30.80 | |
| 2. | J DRYCH Krzysztof | 04 | KS Posenania Pozna | 4:28.01 | 553 | 1:04.99 | 1:10.40 | 1:10.09 | 1:02.53 |
| | 50m: 30.56 | 30.56 | 150m: 1:39.88 | 34.89 | 250m: 2:50.34 | 34.95 | 350m: 3:58.75 | 33.27 | |
| | 100m: 1:04.99 | 34.43 | 200m: 2:15.39 | 35.51 | 300m: 3:25.48 | 35.14 | 400m: 4:28.01 | 29.26 | |
| 3. | SOI SKI Dominik | 03 | KS Warta Pozna | 4:28.79 | 548 | 1:03.99 | 1:09.51 | 1:09.57 | 1:05.72 |
| | 50m: 30.16 | 30.16 | 150m: 1:38.78 | 34.79 | 250m: 2:47.90 | 34.40 | 350m: 3:57.31 | 34.24 | |
| | 100m: 1:03.99 | 33.83 | 200m: 2:13.50 | 34.72 | 300m: 3:23.07 | 35.17 | 400m: 4:28.79 | 31.48 | |
| 4. | MINISZEWSKI Sebastian | 04 | MUKS "Pi tnastka" | 4:30.12 | 540 | 1:05.21 | 1:07.75 | 1:05.92 | 1:11.24 |
| | 50m: 31.68 | 31.68 | 150m: 1:40.25 | 35.04 | 250m: 2:45.75 | 32.79 | 350m: 3:54.75 | 35.87 | |
| | 100m: 1:05.21 | 33.53 | 200m: 2:12.96 | 32.71 | 300m: 3:18.88 | 33.13 | 400m: 4:30.12 | 35.37 | |
| 5. | WOJNOWSKI Damian | 03 | IUKP „WODNIK” Police | 4:33.48 | 521 | 1:04.08 | 1:09.98 | 1:10.54 | 1:08.88 |
| | 50m: 30.07 | 30.07 | 150m: 1:38.58 | 34.50 | 250m: 2:49.08 | 35.02 | 350m: 3:59.73 | 35.13 | |
| | 100m: 1:04.08 | 34.01 | 200m: 2:14.06 | 35.48 | 300m: 3:24.60 | 35.52 | 400m: 4:33.48 | 33.75 | |

LETNIE MISTRZOSTWA OKR GU WIELKOPOLSKIEGO
Pozna , 14- - 15-6-2019

Konkurencja 18, Chłopców, 400m dowolny, 15 - 16 lat

| Pozycja | Rok ur. | | Czas Pkt. | | 100m | 200m | 300m | 400m | | | |
|---------------------------|---------|---------------------------------------|-----------|----------------|---------|---------|---------|---------|---------|---------|-------|
| 6. KARDOLI SKI Łukasz | 03 | Kaliski Klub Sportowy „Włó4:51.681429 | Kalisz | 1:09.12 | 1:15.96 | 1:16.32 | 1:10.28 | | | | |
| 50m: | 32.28 | 32.28 | 150m: | 1:46.87 | 37.75 | 250m: | 3:03.47 | 38.39 | | | |
| 100m: | 1:09.12 | 36.84 | 200m: | 2:25.08 | 38.21 | 300m: | 3:41.40 | 37.93 | | | |
| | | | | | | 350m: | 4:18.77 | 37.37 | | | |
| | | | | | | 400m: | 4:51.68 | 32.91 | | | |
| 7. G SIOR Tomasz | 04 | UPKS Wodnik Rawicz | | 4:56.88 | 407 | 1:10.88 | 1:16.55 | 1:16.58 | 1:12.87 | | |
| 50m: | 33.59 | 33.59 | 150m: | 1:49.19 | 38.31 | 250m: | 3:06.03 | 38.60 | 350m: | 4:20.82 | 36.81 |
| 100m: | 1:10.88 | 37.29 | 200m: | 2:27.43 | 38.24 | 300m: | 3:44.01 | 37.98 | 400m: | 4:56.88 | 36.06 |
| Open | | | | | | | | | | | |
| 1. WARZOCHA Albert | 01 | Uks Cityzen | | 4:05.29 | 722 | 59.18 | 1:02.75 | 1:02.41 | 1:00.95 | | |
| 50m: | 28.03 | 28.03 | 150m: | 1:30.70 | 31.52 | 250m: | 2:32.98 | 31.05 | 350m: | 3:35.37 | 31.03 |
| 100m: | 59.18 | 31.15 | 200m: | 2:01.93 | 31.23 | 300m: | 3:04.34 | 31.36 | 400m: | 4:05.29 | 29.92 |
| 2. GŁUSZKOWSKI Mateusz | 01 | Uks Cityzen | | 4:07.81 | 700 | 59.22 | 1:03.07 | 1:03.04 | 1:02.48 | | |
| 50m: | 28.28 | 28.28 | 150m: | 1:30.56 | 31.34 | 250m: | 2:33.45 | 31.16 | 350m: | 3:36.90 | 31.57 |
| 100m: | 59.22 | 30.94 | 200m: | 2:02.29 | 31.73 | 300m: | 3:05.33 | 31.88 | 400m: | 4:07.81 | 30.91 |
| 3. MUSZY SKI Jakub | 01 | MUKS "Pi tnastka" | | 4:14.32 | 647 | 59.83 | 1:03.56 | 1:04.82 | 1:06.11 | | |
| 50m: | 28.60 | 28.60 | 150m: | 1:31.14 | 31.31 | 250m: | 2:35.70 | 32.31 | 350m: | 3:41.29 | 33.08 |
| 100m: | 59.83 | 31.23 | 200m: | 2:03.39 | 32.25 | 300m: | 3:08.21 | 32.51 | 400m: | 4:14.32 | 33.03 |
| 4. TYLICKI Mateusz | 01 | MUKS "Pi tnastka" | | 4:15.69 | 637 | 1:01.10 | 1:05.80 | 1:05.27 | 1:03.52 | | |
| 50m: | 29.03 | 29.03 | 150m: | 1:33.76 | 32.66 | 250m: | 2:39.30 | 32.40 | 350m: | 3:44.61 | 32.44 |
| 100m: | 1:01.10 | 32.07 | 200m: | 2:06.90 | 33.14 | 300m: | 3:12.17 | 32.87 | 400m: | 4:15.69 | 31.08 |
| 5. PŁOSZKA Kacper | 05 | MKS Jedyńka Łód | | 4:16.03 | 635 | 1:01.58 | 1:05.60 | 1:05.33 | 1:03.52 | | |
| 50m: | 29.03 | 29.03 | 150m: | 1:34.20 | 32.62 | 250m: | 2:39.62 | 32.44 | 350m: | 3:45.00 | 32.49 |
| 100m: | 1:01.58 | 32.55 | 200m: | 2:07.18 | 32.98 | 300m: | 3:12.51 | 32.89 | 400m: | 4:16.03 | 31.03 |
| 6. SOBIECHOWSKI Filip | 04 | UKS Shark Rudna | | 4:18.27 | 618 | 1:00.82 | 1:06.27 | 1:06.86 | 1:04.32 | | |
| 50m: | 28.70 | 28.70 | 150m: | 1:34.12 | 33.30 | 250m: | 2:40.81 | 33.72 | 350m: | 3:47.47 | 33.52 |
| 100m: | 1:00.82 | 32.12 | 200m: | 2:07.09 | 32.97 | 300m: | 3:13.95 | 33.14 | 400m: | 4:18.27 | 30.80 |
| 7. WO NIAK Hubert | 02 | MUKS "Pi tnastka" | | 4:22.42 | 589 | 1:04.01 | 1:07.68 | 1:06.12 | 1:04.61 | | |
| 50m: | 30.68 | 30.68 | 150m: | 1:37.73 | 33.72 | 250m: | 2:44.68 | 32.99 | 350m: | 3:50.23 | 32.42 |
| 100m: | 1:04.01 | 33.33 | 200m: | 2:11.69 | 33.96 | 300m: | 3:17.81 | 33.13 | 400m: | 4:22.42 | 32.19 |
| 8. J DRYCH Krzysztof | 04 | KS Posenania Pozna | | 4:28.01 | 553 | 1:04.99 | 1:10.40 | 1:10.09 | 1:02.53 | | |
| 50m: | 30.56 | 30.56 | 150m: | 1:39.88 | 34.89 | 250m: | 2:50.34 | 34.95 | 350m: | 3:58.75 | 33.27 |
| 100m: | 1:04.99 | 34.43 | 200m: | 2:15.39 | 35.51 | 300m: | 3:25.48 | 35.14 | 400m: | 4:28.01 | 29.26 |
| 9. SOI SKI Dominik | 03 | KS Warta Pozna | | 4:28.79 | 548 | 1:03.99 | 1:09.51 | 1:09.57 | 1:05.72 | | |
| 50m: | 30.16 | 30.16 | 150m: | 1:38.78 | 34.79 | 250m: | 2:47.90 | 34.40 | 350m: | 3:57.31 | 34.24 |
| 100m: | 1:03.99 | 33.83 | 200m: | 2:13.50 | 34.72 | 300m: | 3:23.07 | 35.17 | 400m: | 4:28.79 | 31.48 |
| 10. MINISZEWSKI Sebastian | 04 | MUKS "Pi tnastka" | | 4:30.12 | 540 | 1:05.21 | 1:07.75 | 1:05.92 | 1:11.24 | | |
| 50m: | 31.68 | 31.68 | 150m: | 1:40.25 | 35.04 | 250m: | 2:45.75 | 32.79 | 350m: | 3:54.75 | 35.87 |
| 100m: | 1:05.21 | 33.53 | 200m: | 2:12.96 | 32.71 | 300m: | 3:18.88 | 33.13 | 400m: | 4:30.12 | 35.37 |
| 11. WO NY Wiktor | 01 | UKS Shark Rudna | | 4:31.50 | 532 | 1:02.10 | 1:08.42 | 1:11.01 | 1:09.97 | | |
| 50m: | 29.65 | 29.65 | 150m: | 1:35.71 | 33.61 | 250m: | 2:45.92 | 35.40 | 350m: | 3:57.46 | 35.93 |
| 100m: | 1:02.10 | 32.45 | 200m: | 2:10.52 | 34.81 | 300m: | 3:21.53 | 35.61 | 400m: | 4:31.50 | 34.04 |
| 12. WOJNOWSKI Damian | 03 | IUKP „WODNIK" Police | | 4:33.48 | 521 | 1:04.08 | 1:09.98 | 1:10.54 | 1:08.88 | | |
| 50m: | 30.07 | 30.07 | 150m: | 1:38.58 | 34.50 | 250m: | 2:49.08 | 35.02 | 350m: | 3:59.73 | 35.13 |
| 100m: | 1:04.08 | 34.01 | 200m: | 2:14.06 | 35.48 | 300m: | 3:24.60 | 35.52 | 400m: | 4:33.48 | 33.75 |
| 13. WIELGUS Kacper | 01 | KS Posenania Pozna | | 4:39.98 | 485 | 1:06.58 | 1:11.69 | 1:11.01 | 1:10.70 | | |
| 50m: | 31.60 | 31.60 | 150m: | 1:42.36 | 35.78 | 250m: | 2:53.74 | 35.47 | 350m: | 4:05.38 | 36.10 |
| 100m: | 1:06.58 | 34.98 | 200m: | 2:18.27 | 35.91 | 300m: | 3:29.28 | 35.54 | 400m: | 4:39.98 | 34.60 |
| 14. MROZI SKI Mikołaj | 06 | MUKS "Pi tnastka" | | 4:44.01 | 465 | 1:07.41 | 1:13.70 | 1:13.80 | 1:09.10 | | |
| 50m: | 31.34 | 31.34 | 150m: | 1:43.75 | 36.34 | 250m: | 2:58.05 | 36.94 | 350m: | 4:11.01 | 36.10 |
| 100m: | 1:07.41 | 36.07 | 200m: | 2:21.11 | 37.36 | 300m: | 3:34.91 | 36.86 | 400m: | 4:44.01 | 33.00 |
| 15. ANDRZEJEWSKI Jan | 05 | KS Warta Pozna | | 4:45.73 | 456 | 1:08.34 | 1:12.55 | 1:12.83 | 1:12.01 | | |
| 50m: | 32.81 | 32.81 | 150m: | 1:44.33 | 35.99 | 250m: | 2:57.27 | 36.38 | 350m: | 4:10.41 | 36.69 |
| 100m: | 1:08.34 | 35.53 | 200m: | 2:20.89 | 36.56 | 300m: | 3:33.72 | 36.45 | 400m: | 4:45.73 | 35.32 |
| 16. LASIK Olgierd | 05 | KU AZS UAM Pozna | | 4:47.40 | 448 | 1:08.80 | 1:14.17 | 1:14.07 | 1:10.36 | | |
| 50m: | 32.29 | 32.29 | 150m: | 1:46.02 | 37.22 | 250m: | 2:59.93 | 36.96 | 350m: | 4:13.03 | 35.99 |
| 100m: | 1:08.80 | 36.51 | 200m: | 2:22.97 | 36.95 | 300m: | 3:37.04 | 37.11 | 400m: | 4:47.40 | 34.37 |
| 17. BIELEWICZ Jan | 05 | KS Warta Pozna | | 4:51.09 | 432 | 1:08.94 | 1:12.71 | 1:14.93 | 1:14.51 | | |
| 50m: | 33.43 | 33.43 | 150m: | 1:44.68 | 35.74 | 250m: | 2:58.83 | 37.18 | 350m: | 4:14.51 | 37.93 |
| 100m: | 1:08.94 | 35.51 | 200m: | 2:21.65 | 36.97 | 300m: | 3:36.58 | 37.75 | 400m: | 4:51.09 | 36.58 |

LETNIE MISTRZOSTWA OKR GU WIELKOPOLSKIEGO
Pozna , 14- - 15-6-2019

Konkurencja 18, M czynn, 400m dowolny, Open

| Pozycja | Rok ur. | | Czas | | Pkt. | 100m | 200m | 300m | 400m | | |
|-------------------------|---------|----------------------------|----------------|---------|--------|---------|---------|---------|---------|---------|-------|
| 18. KARDOLI SKI Łukasz | 03 | Kaliski Klub Sportowy „Włó | 4:51.68 | 429 | Kalisz | 1:09.12 | 1:15.96 | 1:16.32 | 1:10.28 | | |
| 50m: | 32.28 | 32.28 | 150m: | 1:46.87 | 37.75 | 250m: | 3:03.47 | 38.39 | 350m: | 4:18.77 | 37.37 |
| 100m: | 1:09.12 | 36.84 | 200m: | 2:25.08 | 38.21 | 300m: | 3:41.40 | 37.93 | 400m: | 4:51.68 | 32.91 |
| 19. NOWAK Kamil | 05 | UKS Trójka roda Wlkp. | 4:52.16 | 427 | | 1:06.41 | 1:16.61 | 1:16.90 | 1:12.24 | | |
| 50m: | 30.87 | 30.87 | 150m: | 1:44.93 | 38.52 | 250m: | 3:01.06 | 38.04 | 350m: | 4:16.63 | 36.71 |
| 100m: | 1:06.41 | 35.54 | 200m: | 2:23.02 | 38.09 | 300m: | 3:39.92 | 38.86 | 400m: | 4:52.16 | 35.53 |
| 20. KOCZOROWSKI Karol | 05 | KS Warta Pozna | 4:55.71 | 412 | | 1:09.87 | 1:15.64 | 1:16.06 | 1:14.14 | | |
| 50m: | 32.77 | 32.77 | 150m: | 1:47.18 | 37.31 | 250m: | 3:03.32 | 37.81 | 350m: | 4:19.17 | 37.60 |
| 100m: | 1:09.87 | 37.10 | 200m: | 2:25.51 | 38.33 | 300m: | 3:41.57 | 38.25 | 400m: | 4:55.71 | 36.54 |
| 21. G SIOR Tomasz | 04 | UPKS Wodnik Rawicz | 4:56.88 | 407 | | 1:10.88 | 1:16.55 | 1:16.58 | 1:12.87 | | |
| 50m: | 33.59 | 33.59 | 150m: | 1:49.19 | 38.31 | 250m: | 3:06.03 | 38.60 | 350m: | 4:20.82 | 36.81 |
| 100m: | 1:10.88 | 37.29 | 200m: | 2:27.43 | 38.24 | 300m: | 3:44.01 | 37.98 | 400m: | 4:56.88 | 36.06 |
| 22. MIKA Kajetan | 05 | KS Warta Pozna | 5:00.01 | 394 | | 1:10.56 | 1:17.13 | 1:17.70 | 1:14.62 | | |
| 50m: | 33.38 | 33.38 | 150m: | 1:49.05 | 38.49 | 250m: | 3:06.95 | 39.26 | 350m: | 4:22.97 | 37.58 |
| 100m: | 1:10.56 | 37.18 | 200m: | 2:27.69 | 38.64 | 300m: | 3:45.39 | 38.44 | 400m: | 5:00.01 | 37.04 |
| 23. SROKA Bła ej | 05 | MUKS "Pi tnastka" | 5:01.14 | 390 | | 1:11.37 | 1:17.39 | 1:16.81 | 1:15.57 | | |
| 50m: | 33.53 | 33.53 | 150m: | 1:49.87 | 38.50 | 250m: | 3:07.48 | 38.72 | 350m: | 4:24.13 | 38.56 |
| 100m: | 1:11.37 | 37.84 | 200m: | 2:28.76 | 38.89 | 300m: | 3:45.57 | 38.09 | 400m: | 5:01.14 | 37.01 |
| 24. CHAŁUPKA Aleksander | 05 | KS Warta Pozna | 5:03.63 | 380 | | 1:10.50 | 1:17.22 | 1:17.75 | 1:18.16 | | |
| 50m: | 33.48 | 33.48 | 150m: | 1:48.88 | 38.38 | 250m: | 3:06.55 | 38.83 | 350m: | 4:24.53 | 39.06 |
| 100m: | 1:10.50 | 37.02 | 200m: | 2:27.72 | 38.84 | 300m: | 3:45.47 | 38.92 | 400m: | 5:03.63 | 39.10 |
| 25. KOZANECKI Paweł | 05 | KS Posnania Pozna | 5:19.25 | 327 | | 1:15.30 | 1:22.50 | 1:23.70 | 1:17.75 | | |
| 50m: | 34.55 | 34.55 | 150m: | 1:56.03 | 40.73 | 250m: | 3:20.08 | 42.28 | 350m: | 4:42.31 | 40.81 |
| 100m: | 1:15.30 | 40.75 | 200m: | 2:37.80 | 41.77 | 300m: | 4:01.50 | 41.42 | 400m: | 5:19.25 | 36.94 |
| 26. ZAWIEJA Stanisław | 05 | KS Posnania Pozna | 5:21.07 | 322 | | 1:17.33 | 1:24.34 | 1:23.06 | 1:16.34 | | |
| 50m: | 35.78 | 35.78 | 150m: | 1:59.27 | 41.94 | 250m: | 3:24.14 | 42.47 | 350m: | 4:46.60 | 41.87 |
| 100m: | 1:17.33 | 41.55 | 200m: | 2:41.67 | 42.40 | 300m: | 4:04.73 | 40.59 | 400m: | 5:21.07 | 34.47 |
| 27. ROGOZINSKI Bartosz | 06 | UKS 3-Wodnik Wolsztyn | 5:37.01 | 278 | | 1:18.93 | 1:26.66 | 1:27.13 | 1:24.29 | | |
| 50m: | 36.57 | 36.57 | 150m: | 2:02.01 | 43.08 | 250m: | 3:29.27 | 43.68 | 350m: | 4:56.19 | 43.47 |
| 100m: | 1:18.93 | 42.36 | 200m: | 2:45.59 | 43.58 | 300m: | 4:12.72 | 43.45 | 400m: | 5:37.01 | 40.82 |