

ARENA GRAND PRIX POLSKI W PŁYWANIU
Pozna , 23- - 24-11-2019

Konkurencja 12
2019-11-23 - 11:54

M czynzn, 400m dowolny

14 lat i starsi
Wyniki

Rekord Polski Open	3:37.57	WOJDAK Wojciech	POL	Netanya (ISR)	2015-12-02
Rekord Polski 19 - 23	3:37.57	WOJDAK Wojciech	POL	Netanya (ISR)	2015-12-02
Rekord Polski 18	3:41.69	WOJDAK Wojciech	POL	Ostrowiec Sw	2014-12-18
Rekord Polski 17	3:45.26	WOJDAK Wojciech	POL	Ostrowiec Sw	2013-12-19
Rekord Polski 16	3:47.70	WOJDAK Wojciech	POL	Ostrowiec Sw.	2012-12-19
Rekord Polski 15	3:50.76	MŁYNARCZYK Karol	POL	Lublin	2015-12-17
Rekord Polski 14	3:57.40	DASZKIEWICZ Michał	POL	O wi cim	2017-12-23

Punkty: FINA 2019

Pozycja			Rok ur.					Czas	Pkt.	
14 lat i starsi										
1.	KOZIEJKO Bartłomiej		00	KS AZS UWM Olsztyn				3:45.48	834	
	50m:	26.20 26.20	150m:	1:23.04	28.55	250m:	2:20.12	28.46	350m:	3:17.50 28.65
	100m:	54.49 28.29	200m:	1:51.66	28.62	300m:	2:48.85	28.73	400m:	3:45.48 27.98
2.	ZABOROWSKI Filip		94	MKP Szczecin				3:50.94	776	
	50m:	26.85 26.85	150m:	1:24.59	28.95	250m:	2:22.89	29.22	350m:	3:21.81 29.57
	100m:	55.64 28.79	200m:	1:53.67	29.08	300m:	2:52.24	29.35	400m:	3:50.94 29.13
3.	KAŁU Y SKI Antoni		99	Mokotowski UKP Warszawianka- Wodny				3:53.48	751	
	50m:	26.40 26.40	150m:	1:24.49	29.46	250m:	2:24.56	30.16	350m:	3:24.69 30.15
	100m:	55.03 28.63	200m:	1:54.40	29.91	300m:	2:54.54	29.98	400m:	3:53.48 28.79
4.	MALEC Mikołaj		01	MKS Trójka Łód				3:53.87	747	
	50m:	27.32 27.32	150m:	1:26.92	30.06	250m:	2:26.51	29.56	350m:	3:25.51 29.45
	100m:	56.86 29.54	200m:	1:56.95	30.03	300m:	2:56.06	29.55	400m:	3:53.87 28.36
5.	KOMOROWSKI Jan		01	MKS Trójka Łód				3:54.80	738	
	50m:	26.40 26.40	150m:	1:24.91	29.56	250m:	2:24.87	29.85	350m:	3:25.40 30.21
	100m:	55.35 28.95	200m:	1:55.02	30.11	300m:	2:55.19	30.32	400m:	3:54.80 29.40
6.	DERE Kacper		98	WKS I sk Wrocław				3:55.88	728	
	50m:	27.03 27.03	150m:	1:26.02	29.83	250m:	2:25.86	29.86	350m:	3:26.45 30.39
	100m:	56.19 29.16	200m:	1:56.00	29.98	300m:	2:56.06	30.20	400m:	3:55.88 29.43
7.	SZWEDZKI Dawid		94	WKS I sk Wrocław				3:58.86	701	
	50m:	27.85 27.85	150m:	1:28.68	30.56	250m:	2:29.61	30.23	350m:	3:30.16 30.24
	100m:	58.12 30.27	200m:	1:59.38	30.70	300m:	2:59.92	30.31	400m:	3:58.86 28.70
8.	BUJAK Piotr		97	St. Lok. SALOS Cortile Kielce				3:59.01	700	
	50m:	27.44 27.44	150m:	1:27.38	30.08	250m:	2:27.79	30.28	350m:	3:28.89 30.54
	100m:	57.30 29.86	200m:	1:57.51	30.13	300m:	2:58.35	30.56	400m:	3:59.01 30.12
9.	KISZCZAK Jakub		00	WKS I sk Wrocław				4:00.45	687	
	50m:	27.48 27.48	150m:	1:28.27	30.52	250m:	2:29.72	30.90	350m:	3:31.42 30.18
	100m:	57.75 30.27	200m:	1:58.82	30.55	300m:	3:01.24	31.52	400m:	4:00.45 29.03
10.	WYSOCZY SKI Mateusz		93	KU AZS AGH Kraków				4:00.67	685	
	50m:	27.43 27.43	150m:	1:27.68	30.19	250m:	2:27.98	30.05	350m:	3:29.74 31.09
	100m:	57.49 30.06	200m:	1:57.93	30.25	300m:	2:58.65	30.67	400m:	4:00.67 30.93
11.	URBA SKI Michał		01	KS Delfin Gdynia				4:00.92	683	
	50m:	28.11 28.11	150m:	1:29.37	30.91	250m:	2:30.50	30.17	350m:	3:30.86 30.29
	100m:	58.46 30.35	200m:	2:00.33	30.96	300m:	3:00.57	30.07	400m:	4:00.92 30.06
12.	MELINDER Martin		01	VSS VASBY				4:01.03	682	
	50m:	26.81 26.81	150m:	1:25.69	29.86	250m:	2:27.36	30.94	350m:	3:30.34 31.70
	100m:	55.83 29.02	200m:	1:56.42	30.73	300m:	2:58.64	31.28	400m:	4:01.03 30.69
13.	JA KIEWICZ Adrian		02	UKS G-8 Bielany Warszawa				4:01.06	682	
	50m:	27.96 27.96	150m:	1:30.45	31.38	250m:	2:32.09	29.96	350m:	3:31.91 29.98
	100m:	59.07 31.11	200m:	2:02.13	31.68	300m:	3:01.93	29.84	400m:	4:01.06 29.15
14.	MATUSZEWSKI Krzysztof		04	UKP „Polonia Warszawa”				4:02.09	673	
	50m:	27.61 27.61	150m:	1:27.85	30.16	250m:	2:29.09	30.57	350m:	3:31.51 31.54
	100m:	57.69 30.08	200m:	1:58.52	30.67	300m:	2:59.97	30.88	400m:	4:02.09 30.58
15.	CHODULSKI Jakub		00	KU AZS UMCS Lublin				4:02.45	670	
	50m:	27.74 27.74	150m:	1:28.75	30.74	250m:	2:30.70	30.75	350m:	3:31.74 30.35
	100m:	58.01 30.27	200m:	1:59.95	31.20	300m:	3:01.39	30.69	400m:	4:02.45 30.71

ARENA GRAND PRIX POLSKI W PŁYWANIU
Pozna , 23- - 24-11-2019

Konkurencja 12, M czynn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.		
16.	KIEŁCZEWSKI Amadeusz		00	MKP Szczecin				4:04.36	655		
	50m:	27.65 27.65	150m:	1:28.70	30.82	250m:	2:30.84	31.07	350m:	3:34.07	31.76
	100m:	57.88 30.23	200m:	1:59.77	31.07	300m:	3:02.31	31.47	400m:	4:04.36	30.29
17.	TYLICKI Mateusz		01	MUKS "Pi tnaстка"				4:04.41	654		
	50m:	28.08 28.08	150m:	1:29.64	30.79	250m:	2:32.08	31.17	350m:	3:34.37	31.07
	100m:	58.85 30.77	200m:	2:00.91	31.27	300m:	3:03.30	31.22	400m:	4:04.41	30.04
18.	HANSSON Eric		02	VSS VASBY				4:04.85	651		
	50m:	28.20 28.20	150m:	1:29.13	30.56	250m:	2:30.68	30.72	350m:	3:33.60	31.64
	100m:	58.57 30.37	200m:	1:59.96	30.83	300m:	3:01.96	31.28	400m:	4:04.85	31.25
19.	KOSI SKI Filip		04	Mi dzyszkołny UKS „Olimpijczyk” Suwa				4:06.00	642		
	50m:	28.21 28.21	150m:	1:30.27	31.25	250m:	2:32.10	30.96	350m:	3:34.70	31.34
	100m:	59.02 30.81	200m:	2:01.14	30.87	300m:	3:03.36	31.26	400m:	4:06.00	31.30
20.	GŁUSZKOWSKI Mateusz		01	Uks Cityzen				4:07.24	632		
	50m:	27.68 27.68	150m:	1:29.08	30.99	250m:	2:31.13	31.09	350m:	3:34.98	32.20
	100m:	58.09 30.41	200m:	2:00.04	30.96	300m:	3:02.78	31.65	400m:	4:07.24	32.26
21.	D BROWSKI Patryk		00	WKS l sk Wrocław				4:07.78	628		
	50m:	27.19 27.19	150m:	1:28.79	31.12	250m:	2:31.29	31.25	350m:	3:35.89	32.69
	100m:	57.67 30.48	200m:	2:00.04	31.25	300m:	3:03.20	31.91	400m:	4:07.78	31.89
22.	GORRA Mikołaj		03	MKP Szczecin				4:08.50	623		
	50m:	28.40 28.40	150m:	1:31.39	31.38	250m:	2:35.07	31.75	350m:	3:38.83	31.63
	100m:	1:00.01 31.61	200m:	2:03.32	31.93	300m:	3:07.20	32.13	400m:	4:08.50	29.67
23.	KACZOROWSKI Jakub		97	UKS G-8 Bielany Warszawa				4:09.51	615		
	50m:	27.66 27.66	150m:	1:28.99	30.89	250m:	2:32.66	32.14	350m:	3:37.66	32.54
	100m:	58.10 30.44	200m:	2:00.52	31.53	300m:	3:05.12	32.46	400m:	4:09.51	31.85
24.	WO NY Wiktor		01	UKS Shark Rudna				4:09.73	613		
	50m:	28.04 28.04	150m:	1:30.21	31.48	250m:	2:34.13	31.97	350m:	3:39.21	32.22
	100m:	58.73 30.69	200m:	2:02.16	31.95	300m:	3:06.99	32.86	400m:	4:09.73	30.52
25.	HEBEL Maciej		05	UKS abianka Gda sk				4:10.22	610		
	50m:	28.45 28.45	150m:	1:31.53	31.90	250m:	2:35.24	31.66	350m:	3:39.45	32.16
	100m:	59.63 31.18	200m:	2:03.58	32.05	300m:	3:07.29	32.05	400m:	4:10.22	30.77
26.	G STAŁ Jan		03	UKS „GIM 92 Ursynów"				4:10.25	610		
	50m:	28.06 28.06	150m:	1:30.93	31.43	250m:	2:34.99	32.33	350m:	3:39.19	31.81
	100m:	59.50 31.44	200m:	2:02.66	31.73	300m:	3:07.38	32.39	400m:	4:10.25	31.06
27.	MY LIWIEC Bartosz		04	MKP Szczecin				4:10.38	609		
	50m:	29.29 29.29	150m:	1:32.26	31.61	250m:	2:35.71	31.72	350m:	3:39.81	32.00
	100m:	1:00.65 31.36	200m:	2:03.99	31.73	300m:	3:07.81	32.10	400m:	4:10.38	30.57
28.	GOŁACKI Sergiusz		04	UKS 190 Łód				4:10.44	608		
	50m:	29.20 29.20	150m:	1:33.29	31.70	250m:	2:36.44	31.59	350m:	3:39.77	31.74
	100m:	1:01.59 32.39	200m:	2:04.85	31.56	300m:	3:08.03	31.59	400m:	4:10.44	30.67
29.	KLISZ Krystian		02	MKP Szczecin				4:10.51	608		
	50m:	28.91 28.91	150m:	1:31.84	31.74	250m:	2:35.06	31.61	350m:	3:39.46	32.20
	100m:	1:00.10 31.19	200m:	2:03.45	31.61	300m:	3:07.26	32.20	400m:	4:10.51	31.05
30.	CHYRCHAŁA Rafał		02	UKS „ORKA" Zamo				4:10.69	606		
	50m:	27.65 27.65	150m:	1:27.59	30.11	250m:	2:30.69	32.17	350m:	3:38.61	34.37
	100m:	57.48 29.83	200m:	1:58.52	30.93	300m:	3:04.24	33.55	400m:	4:10.69	32.08
31.	OLCZAK Kacper		04	MKS Trójka Łód				4:11.05	604		
	50m:	28.48 28.48	150m:	1:30.97	31.49	250m:	2:35.01	31.99	350m:	3:39.86	32.58
	100m:	59.48 31.00	200m:	2:03.02	32.05	300m:	3:07.28	32.27	400m:	4:11.05	31.19
32.	KUSI SKI Aleksy		02	MKS Jedyńka Łód				4:11.07	604		
	50m:	28.82 28.82	150m:	1:33.31	32.36	250m:	2:37.81	31.98	350m:	3:41.14	31.22
	100m:	1:00.95 32.13	200m:	2:05.83	32.52	300m:	3:09.92	32.11	400m:	4:11.07	29.93
33.	MICHALSKI Wojciech		01	MKP Szczecin				4:11.29	602		
	50m:	28.89 28.89	150m:	1:32.32	31.70	250m:	2:36.30	31.89	350m:	3:40.15	32.01
	100m:	1:00.62 31.73	200m:	2:04.41	32.09	300m:	3:08.14	31.84	400m:	4:11.29	31.14

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Pozna , 23- - 24-11-2019

Konkurencja 12, M czyzn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.						Czas	Pkt.
34.	BRU DZIAK Maciej	98	Uks Cityzen						4:11.83	598
	50m: 28.94	28.94	150m: 1:32.28	31.93	250m: 2:36.22	31.98	350m: 3:40.45	32.12		
	100m: 1:00.35	31.41	200m: 2:04.24	31.96	300m: 3:08.33	32.11	400m: 4:11.83	31.38		
35.	CZERWI SKI Łukasz	01	UKS G-8 Bielany Warszawa						4:14.31	581
	50m: 28.08	28.08	150m: 1:31.55	31.95	250m: 2:36.34	32.57	350m: 3:41.93	32.81		
	100m: 59.60	31.52	200m: 2:03.77	32.22	300m: 3:09.12	32.78	400m: 4:14.31	32.38		
36.	WIECZORKOWSKI Nikodem	04	UKS „Dwójka” Tczew						4:15.55	572
	50m: 29.35	29.35	150m: 1:33.64	32.32	250m: 2:38.80	32.65	350m: 3:44.34	32.73		
	100m: 1:01.32	31.97	200m: 2:06.15	32.51	300m: 3:11.61	32.81	400m: 4:15.55	31.21		
37.	WYSOCKI Piotr	04	KS Warta Pozna						4:15.94	570
	50m: 30.19	30.19	150m: 1:34.98	32.45	250m: 2:40.12	32.40	350m: 3:44.98	32.08		
	100m: 1:02.53	32.34	200m: 2:07.72	32.74	300m: 3:12.90	32.78	400m: 4:15.94	30.96		
38.	BLI NIEWSKI Franciszek	02	MKS Trójka Łód						4:16.67	565
	50m: 30.27	30.27	150m: 1:37.81	33.49	250m: 2:42.42	31.87	350m: 3:45.82	31.86		
	100m: 1:04.32	34.05	200m: 2:10.55	32.74	300m: 3:13.96	31.54	400m: 4:16.67	30.85		
39.	PI TKA Hubert	04	MKP Szczecin						4:16.87	564
	50m: 29.75	29.75	150m: 1:34.56	32.71	250m: 2:40.22	32.69	350m: 3:46.43	33.14		
	100m: 1:01.85	32.10	200m: 2:07.53	32.97	300m: 3:13.29	33.07	400m: 4:16.87	30.44		
40.	BEDNAREK Przemysław	04	UKS G-8 Bielany Warszawa						4:17.02	563
	50m: 29.14	29.14	150m: 1:33.80	32.78	250m: 2:39.31	32.78	350m: 3:45.25	33.11		
	100m: 1:01.02	31.88	200m: 2:06.53	32.73	300m: 3:12.14	32.83	400m: 4:17.02	31.77		
41.	J DRYKA Nikodem	04	MKS Trójka Łód						4:17.03	563
	50m: 29.38	29.38	150m: 1:34.92	32.84	250m: 2:40.77	32.59	350m: 3:45.74	32.69		
	100m: 1:02.08	32.70	200m: 2:08.18	33.26	300m: 3:13.05	32.28	400m: 4:17.03	31.29		
42.	DUDEK Kacper	02	KS Warta Pozna						4:19.21	549
	50m: 28.15	28.15	150m: 1:30.74	31.58	250m: 2:35.06	32.40	350m: 3:43.58	35.24		
	100m: 59.16	31.01	200m: 2:02.66	31.92	300m: 3:08.34	33.28	400m: 4:19.21	35.63		
43.	J DRYCH Krzysztof	04	KS Posnania Pozna						4:19.30	548
	50m: 29.33	29.33	150m: 1:33.76	32.81	250m: 2:41.23	33.79	350m: 3:48.15	33.66		
	100m: 1:00.95	31.62	200m: 2:07.44	33.68	300m: 3:14.49	33.26	400m: 4:19.30	31.15		
44.	DZIEWGU Benjamin	05	MKS Piaseczno						4:20.07	543
	50m: 29.28	29.28	150m: 1:34.82	32.98	250m: 2:41.67	33.70	350m: 3:47.26	32.63		
	100m: 1:01.84	32.56	200m: 2:07.97	33.15	300m: 3:14.63	32.96	400m: 4:20.07	32.81		
45.	WRZOSEK Bartosz	04	UKS G-8 Bielany Warszawa						4:20.28	542
	50m: 29.56	29.56	150m: 1:35.57	33.23	250m: 2:41.09	32.66	350m: 3:48.13	33.34		
	100m: 1:02.34	32.78	200m: 2:08.43	32.86	300m: 3:14.79	33.70	400m: 4:20.28	32.15		
46.	KRUSZEWSKI Adrian	04	MTKP Delfin Toru						4:20.48	541
	50m: 29.46	29.46	150m: 1:34.29	32.65	250m: 2:40.47	32.80	350m: 3:48.49	33.94		
	100m: 1:01.64	32.18	200m: 2:07.67	33.38	300m: 3:14.55	34.08	400m: 4:20.48	31.99		
47.	FAŁEK Szymon	05	UKS G-8 Bielany Warszawa						4:20.87	538
	50m: 30.13	30.13	150m: 1:37.48	33.34	250m: 2:44.16	32.98	350m: 3:49.60	32.61		
	100m: 1:04.14	34.01	200m: 2:11.18	33.70	300m: 3:16.99	32.83	400m: 4:20.87	31.27		
48.	JASI SKI Jakub	03	MKS Jedyńka Łód						4:21.04	537
	50m: 29.74	29.74	150m: 1:35.14	33.12	250m: 2:42.39	33.71	350m: 3:48.69	32.82		
	100m: 1:02.02	32.28	200m: 2:08.68	33.54	300m: 3:15.87	33.48	400m: 4:21.04	32.35		
49.	KRASICKI Artur	95	KP Delfin Inowrocław						4:22.30	529
	50m: 29.28	29.28	150m: 1:34.69	33.24	250m: 2:42.25	33.97	350m: 3:49.52	33.46		
	100m: 1:01.45	32.17	200m: 2:08.28	33.59	300m: 3:16.06	33.81	400m: 4:22.30	32.78		
50.	DREWEK Jakub	05	UKS „Dwójka” Tczew						4:24.28	518
	50m: 31.03	31.03	150m: 1:38.61	33.77	250m: 2:46.38	33.73	350m: 3:53.93	33.66		
	100m: 1:04.84	33.81	200m: 2:12.65	34.04	300m: 3:20.27	33.89	400m: 4:24.28	30.35		
51.	MAKOWSKI Dominik	03	KS Warta Pozna						4:24.37	517
	50m: 30.23	30.23	150m: 1:37.93	34.23	250m: 2:46.11	34.08	350m: 3:53.32	33.12		
	100m: 1:03.70	33.47	200m: 2:12.03	34.10	300m: 3:20.20	34.09	400m: 4:24.37	31.05		

ARENA GRAND PRIX POLSKI W PŁYWANIU
Poznań, 23- - 24-11-2019

Konkurencja 12, Mężczyźni, 400m dowolny, 14 lat i starsi

Pozycja					Rok ur.					Czas	Pkt.
52.	KRUPI SKI Wojciech				03	KS Posenania Poznań				4:24.39	517
	50m: 30.02	30.02	150m: 1:36.43	33.72	250m: 2:44.15	33.84	350m: 3:51.16	33.46			
	100m: 1:02.71	32.69	200m: 2:10.31	33.88	300m: 3:17.70	33.55	400m: 4:24.39	33.23			
53.	BORZYMEK Hubert				02	Mokotowski UKP Warszawianka- Wodny				4:25.88	508
	50m: 29.31	29.31	150m: 1:34.46	32.93	250m: 2:42.14	33.90	350m: 3:51.43	34.81			
	100m: 1:01.53	32.22	200m: 2:08.24	33.78	300m: 3:16.62	34.48	400m: 4:25.88	34.45			
54.	GÓRAL Piotr				05	UKS „Dwójka” Tczew				4:26.53	505
	50m: 31.83	31.83	150m: 1:40.06	34.32	250m: 2:48.13	33.62	350m: 3:55.51	33.70			
	100m: 1:05.74	33.91	200m: 2:14.51	34.45	300m: 3:21.81	33.68	400m: 4:26.53	31.02			
55.	JANKOWSKI Antoni				05	MKP „SŁOWIANKA” Gorzów Wlkp.				4:27.62	498
	50m: 29.68	29.68	150m: 1:37.20	33.93	250m: 2:45.81	34.61	350m: 3:54.40	34.02			
	100m: 1:03.27	33.59	200m: 2:11.20	34.00	300m: 3:20.38	34.57	400m: 4:27.62	33.22			
56.	PIEKOWSKI Bartłomiej				05	MKP Szczecin				4:28.55	493
	50m: 29.48	29.48	150m: 1:36.82	34.33	250m: 2:46.75	34.97	350m: 3:55.79	34.62			
	100m: 1:02.49	33.01	200m: 2:11.78	34.96	300m: 3:21.17	34.42	400m: 4:28.55	32.76			
57.	KUREK Alan				04	MKP Szczecin				4:29.51	488
	50m: 29.78	29.78	150m: 1:38.38	34.55	250m: 2:48.34	34.97	350m: 3:57.67	34.74			
	100m: 1:03.83	34.05	200m: 2:13.37	34.99	300m: 3:22.93	34.59	400m: 4:29.51	31.84			
58.	MAZUREK Błażej				04	MKP Szczecin				4:30.93	480
	50m: 29.70	29.70	150m: 1:37.51	34.36	250m: 2:46.93	34.75	350m: 3:56.85	34.96			
	100m: 1:03.15	33.45	200m: 2:12.18	34.67	300m: 3:21.89	34.96	400m: 4:30.93	34.08			
59.	BRODZIK Hubert				04	MTKP Delfin Toruń				4:30.95	480
	50m: 30.57	30.57	150m: 1:38.89	34.72	250m: 2:49.31	35.04	350m: 3:58.83	34.85			
	100m: 1:04.17	33.60	200m: 2:14.27	35.38	300m: 3:23.98	34.67	400m: 4:30.95	32.12			
60.	TKACZ Wiktor				05	MKS Piaseczno				4:31.08	480
	50m: 27.51	27.51	150m: 1:32.40	33.28	250m: 2:41.61	35.01	350m: 3:54.22	36.69			
	100m: 59.12	31.61	200m: 2:06.60	34.20	300m: 3:17.53	35.92	400m: 4:31.08	36.86			
61.	WIELGUS Kacper				01	KS Posenania Poznań				4:31.36	478
	50m: 29.96	29.96	150m: 1:38.34	34.43	250m: 2:47.51	34.57	350m: 3:57.67	34.95			
	100m: 1:03.91	33.95	200m: 2:12.94	34.60	300m: 3:22.72	35.21	400m: 4:31.36	33.69			
62.	SZCZEPANIAK Kacper				04	MKP Szczecin				4:31.50	477
	50m: 31.40	31.40	150m: 1:40.40	34.85	250m: 2:49.49	34.67	350m: 3:58.61	34.30			
	100m: 1:05.55	34.15	200m: 2:14.82	34.42	300m: 3:24.31	34.82	400m: 4:31.50	32.89			
	PIECHOTA Bartłomiej				04	UKS Piłkarska Konstancja Łódzka				4:31.50	477
	50m: 29.96	29.96	150m: 1:38.15	34.29	250m: 2:48.00	35.04	350m: 3:58.78	35.34			
	100m: 1:03.86	33.90	200m: 2:12.96	34.81	300m: 3:23.44	35.44	400m: 4:31.50	32.72			
64.	KRZYŻANIAK Jakub				05	MKP „SŁOWIANKA” Gorzów Wlkp.				4:33.52	467
	50m: 29.85	29.85	150m: 1:38.70	34.65	250m: 2:48.91	35.39	350m: 3:59.36	34.53			
	100m: 1:04.05	34.20	200m: 2:13.52	34.82	300m: 3:24.83	35.92	400m: 4:33.52	34.16			
65.	AJTEL Jakub				03	Dwójka Morena Gdańsk				4:33.96	465
	50m: 32.11	32.11	150m: 1:41.64	35.00	250m: 2:51.88	35.26	350m: 4:01.28	34.49			
	100m: 1:06.64	34.53	200m: 2:16.62	34.98	300m: 3:26.79	34.91	400m: 4:33.96	32.68			
66.	JANCZYLIK Aleksander				04	KS Delfin Gdynia				4:37.99	445
	50m: 30.62	30.62	150m: 1:40.88	35.70	250m: 2:52.64	35.80	350m: 4:03.57	35.01			
	100m: 1:05.18	34.56	200m: 2:16.84	35.96	300m: 3:28.56	35.92	400m: 4:37.99	34.42			
67.	LOCHERT Dorian				05	MKP „SŁOWIANKA” Gorzów Wlkp.				4:39.43	438
	50m: 30.05	30.05	150m: 1:39.16	35.13	250m: 2:51.95	36.47	350m: 4:05.14	36.21			
	100m: 1:04.03	33.98	200m: 2:15.48	36.32	300m: 3:28.93	36.98	400m: 4:39.43	34.29			
68.	MŁYNARCZYK Mateusz				04	MKS Jedyńka Łódź				4:39.69	437
	50m: 31.50	31.50	150m: 1:41.93	35.62	250m: 2:54.31	35.82	350m: 4:05.13	35.45			
	100m: 1:06.31	34.81	200m: 2:18.49	36.56	300m: 3:29.68	35.37	400m: 4:39.69	34.56			
69.	RZEPKA Jakub				05	UKS „Dwójka” Tczew				4:40.25	434
	50m: 32.59	32.59	150m: 1:44.25	36.52	250m: 2:55.04	35.62	350m: 4:05.71	35.24			
	100m: 1:07.73	35.14	200m: 2:19.42	35.17	300m: 3:30.47	35.43	400m: 4:40.25	34.54			

ARENA GRAND PRIX POLSKI W PŁYWANIU
Pozna , 23- - 24-11-2019

Konkurencja 12, M czyzn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.		
70.	G	SIOR Tomasz	04	UPKS Wodnik Rawicz				4:40.46	433		
	50m:	30.64 30.64	150m:	1:41.79	36.48	250m:	2:54.18	36.09	350m:	4:06.02	35.95
	100m:	1:05.31 34.67	200m:	2:18.09	36.30	300m:	3:30.07	35.89	400m:	4:40.46	34.44
71.		MORDZONEK Mateusz	01	Mokotowski UKP Warszawianka- Wodny				4:42.97	422		
	50m:	31.37 31.37	150m:	1:42.69	36.47	250m:	2:56.13	36.36	350m:	4:09.13	36.15
	100m:	1:06.22 34.85	200m:	2:19.77	37.08	300m:	3:32.98	36.85	400m:	4:42.97	33.84
72.		UKOWSKI Antoni	05	MUKS "Pi tnastka"				4:44.24	416		
	50m:	32.32 32.32	150m:	1:44.29	36.59	250m:	2:57.12	36.35	350m:	4:09.64	36.18
	100m:	1:07.70 35.38	200m:	2:20.77	36.48	300m:	3:33.46	36.34	400m:	4:44.24	34.60
73.		KEMPIAK Bartosz	05	MKP „SŁOWIANKA" Gorzów Wlkp.				4:48.43	398		
	50m:	30.10 30.10	150m:	1:41.15	36.15	250m:	2:54.69	36.44	350m:	4:11.35	38.82
	100m:	1:05.00 34.90	200m:	2:18.25	37.10	300m:	3:32.53	37.84	400m:	4:48.43	37.08
74.		KURDELSKI Filip	04	Mokotowski UKP Warszawianka- Wodny				4:57.63	362		
	50m:	32.73 32.73	150m:	1:47.39	37.47	250m:	3:03.33	37.62	350m:	4:19.59	38.22
	100m:	1:09.92 37.19	200m:	2:25.71	38.32	300m:	3:41.37	38.04	400m:	4:57.63	38.04
14 lat											
1.		HEBEL Maciej	05	UKS abianka Gda sk				4:10.22	610		
	50m:	28.45 28.45	150m:	1:31.53	31.90	250m:	2:35.24	31.66	350m:	3:39.45	32.16
	100m:	59.63 31.18	200m:	2:03.58	32.05	300m:	3:07.29	32.05	400m:	4:10.22	30.77
2.		DZIEWGU Benjamin	05	MKS Piaseczno				4:20.07	543		
	50m:	29.28 29.28	150m:	1:34.82	32.98	250m:	2:41.67	33.70	350m:	3:47.26	32.63
	100m:	1:01.84 32.56	200m:	2:07.97	33.15	300m:	3:14.63	32.96	400m:	4:20.07	32.81
3.		FAŁEK Szymon	05	UKS G-8 Bielany Warszawa				4:20.87	538		
	50m:	30.13 30.13	150m:	1:37.48	33.34	250m:	2:44.16	32.98	350m:	3:49.60	32.61
	100m:	1:04.14 34.01	200m:	2:11.18	33.70	300m:	3:16.99	32.83	400m:	4:20.87	31.27
4.		DREWEK Jakub	05	UKS „Dwójka" Tczew				4:24.28	518		
	50m:	31.03 31.03	150m:	1:38.61	33.77	250m:	2:46.38	33.73	350m:	3:53.93	33.66
	100m:	1:04.84 33.81	200m:	2:12.65	34.04	300m:	3:20.27	33.89	400m:	4:24.28	30.35
5.		GÓRAL Piotr	05	UKS „Dwójka" Tczew				4:26.53	505		
	50m:	31.83 31.83	150m:	1:40.06	34.32	250m:	2:48.13	33.62	350m:	3:55.51	33.70
	100m:	1:05.74 33.91	200m:	2:14.51	34.45	300m:	3:21.81	33.68	400m:	4:26.53	31.02
6.		JANKOWSKI Antoni	05	MKP „SŁOWIANKA" Gorzów Wlkp.				4:27.62	498		
	50m:	29.68 29.68	150m:	1:37.20	33.93	250m:	2:45.81	34.61	350m:	3:54.40	34.02
	100m:	1:03.27 33.59	200m:	2:11.20	34.00	300m:	3:20.38	34.57	400m:	4:27.62	33.22
7.		PIE KOWSKI Bartłomiej	05	MKP Szczecin				4:28.55	493		
	50m:	29.48 29.48	150m:	1:36.82	34.33	250m:	2:46.75	34.97	350m:	3:55.79	34.62
	100m:	1:02.49 33.01	200m:	2:11.78	34.96	300m:	3:21.17	34.42	400m:	4:28.55	32.76
8.		TKACZ Wiktor	05	MKS Piaseczno				4:31.08	480		
	50m:	27.51 27.51	150m:	1:32.40	33.28	250m:	2:41.61	35.01	350m:	3:54.22	36.69
	100m:	59.12 31.61	200m:	2:06.60	34.20	300m:	3:17.53	35.92	400m:	4:31.08	36.86
9.		KRZY ANIAK Jakub	05	MKP „SŁOWIANKA" Gorzów Wlkp.				4:33.52	467		
	50m:	29.85 29.85	150m:	1:38.70	34.65	250m:	2:48.91	35.39	350m:	3:59.36	34.53
	100m:	1:04.05 34.20	200m:	2:13.52	34.82	300m:	3:24.83	35.92	400m:	4:33.52	34.16
10.		LOCHERT Dorian	05	MKP „SŁOWIANKA" Gorzów Wlkp.				4:39.43	438		
	50m:	30.05 30.05	150m:	1:39.16	35.13	250m:	2:51.95	36.47	350m:	4:05.14	36.21
	100m:	1:04.03 33.98	200m:	2:15.48	36.32	300m:	3:28.93	36.98	400m:	4:39.43	34.29
11.		RZEPKA Jakub	05	UKS „Dwójka" Tczew				4:40.25	434		
	50m:	32.59 32.59	150m:	1:44.25	36.52	250m:	2:55.04	35.62	350m:	4:05.71	35.24
	100m:	1:07.73 35.14	200m:	2:19.42	35.17	300m:	3:30.47	35.43	400m:	4:40.25	34.54
12.		UKOWSKI Antoni	05	MUKS "Pi tnastka"				4:44.24	416		
	50m:	32.32 32.32	150m:	1:44.29	36.59	250m:	2:57.12	36.35	350m:	4:09.64	36.18
	100m:	1:07.70 35.38	200m:	2:20.77	36.48	300m:	3:33.46	36.34	400m:	4:44.24	34.60

ARENA GRAND PRIX POLSKI W PŁYWANIU
Poznań, 23- - 24-11-2019

Konkurencja 12, Chłopców, 400m dowolny, 14 lat

Pozycja			Rok ur.					Czas	Pkt.
13.	KEMPIAK Bartosz		05	MKP „SŁOWIANKA” Gorzów Wlkp.				4:48.43	398
	50m:	30.10 30.10	150m:	1:41.15 36.15	250m:	2:54.69 36.44	350m:	4:11.35 38.82	
	100m:	1:05.00 34.90	200m:	2:18.25 37.10	300m:	3:32.53 37.84	400m:	4:48.43 37.08	

15 lat

1.	MATUSZEWSKI Krzysztof		04	UKP „Polonia Warszawa”				4:02.09	673
	50m:	27.61 27.61	150m:	1:27.85 30.16	250m:	2:29.09 30.57	350m:	3:31.51 31.54	
	100m:	57.69 30.08	200m:	1:58.52 30.67	300m:	2:59.97 30.88	400m:	4:02.09 30.58	
2.	KOSI SKI Filip		04	Mi dzyszkolny UKS „Olimpijczyk” Suwałki				4:06.00	642
	50m:	28.21 28.21	150m:	1:30.27 31.25	250m:	2:32.10 30.96	350m:	3:34.70 31.34	
	100m:	59.02 30.81	200m:	2:01.14 30.87	300m:	3:03.36 31.26	400m:	4:06.00 31.30	
3.	MY LIWIEC Bartosz		04	MKP Szczecin				4:10.38	609
	50m:	29.29 29.29	150m:	1:32.26 31.61	250m:	2:35.71 31.72	350m:	3:39.81 32.00	
	100m:	1:00.65 31.36	200m:	2:03.99 31.73	300m:	3:07.81 32.10	400m:	4:10.38 30.57	
4.	GOŁACKI Sergiusz		04	UKS 190 Łódź				4:10.44	608
	50m:	29.20 29.20	150m:	1:33.29 31.70	250m:	2:36.44 31.59	350m:	3:39.77 31.74	
	100m:	1:01.59 32.39	200m:	2:04.85 31.56	300m:	3:08.03 31.59	400m:	4:10.44 30.67	
5.	OLCZAK Kacper		04	MKS Trójka Łódź				4:11.05	604
	50m:	28.48 28.48	150m:	1:30.97 31.49	250m:	2:35.01 31.99	350m:	3:39.86 32.58	
	100m:	59.48 31.00	200m:	2:03.02 32.05	300m:	3:07.28 32.27	400m:	4:11.05 31.19	
6.	WIECZORKOWSKI Nikodem		04	UKS „Dwójka” Tczew				4:15.55	572
	50m:	29.35 29.35	150m:	1:33.64 32.32	250m:	2:38.80 32.65	350m:	3:44.34 32.73	
	100m:	1:01.32 31.97	200m:	2:06.15 32.51	300m:	3:11.61 32.81	400m:	4:15.55 31.21	
7.	WYSOCKI Piotr		04	KS Warta Poznań				4:15.94	570
	50m:	30.19 30.19	150m:	1:34.98 32.45	250m:	2:40.12 32.40	350m:	3:44.98 32.08	
	100m:	1:02.53 32.34	200m:	2:07.72 32.74	300m:	3:12.90 32.78	400m:	4:15.94 30.96	
8.	PI TKA Hubert		04	MKP Szczecin				4:16.87	564
	50m:	29.75 29.75	150m:	1:34.56 32.71	250m:	2:40.22 32.69	350m:	3:46.43 33.14	
	100m:	1:01.85 32.10	200m:	2:07.53 32.97	300m:	3:13.29 33.07	400m:	4:16.87 30.44	
9.	BEDNAREK Przemysław		04	UKS G-8 Bielany Warszawa				4:17.02	563
	50m:	29.14 29.14	150m:	1:33.80 32.78	250m:	2:39.31 32.78	350m:	3:45.25 33.11	
	100m:	1:01.02 31.88	200m:	2:06.53 32.73	300m:	3:12.14 32.83	400m:	4:17.02 31.77	
10.	J DRYKA Nikodem		04	MKS Trójka Łódź				4:17.03	563
	50m:	29.38 29.38	150m:	1:34.92 32.84	250m:	2:40.77 32.59	350m:	3:45.74 32.69	
	100m:	1:02.08 32.70	200m:	2:08.18 33.26	300m:	3:13.05 32.28	400m:	4:17.03 31.29	
11.	J DRYCH Krzysztof		04	KS Poznań				4:19.30	548
	50m:	29.33 29.33	150m:	1:33.76 32.81	250m:	2:41.23 33.79	350m:	3:48.15 33.66	
	100m:	1:00.95 31.62	200m:	2:07.44 33.68	300m:	3:14.49 33.26	400m:	4:19.30 31.15	
12.	WRZOSEK Bartosz		04	UKS G-8 Bielany Warszawa				4:20.28	542
	50m:	29.56 29.56	150m:	1:35.57 33.23	250m:	2:41.09 32.66	350m:	3:48.13 33.34	
	100m:	1:02.34 32.78	200m:	2:08.43 32.86	300m:	3:14.79 33.70	400m:	4:20.28 32.15	
13.	KRUSZEWSKI Adrian		04	MTKP Delfin Toruń				4:20.48	541
	50m:	29.46 29.46	150m:	1:34.29 32.65	250m:	2:40.47 32.80	350m:	3:48.49 33.94	
	100m:	1:01.64 32.18	200m:	2:07.67 33.38	300m:	3:14.55 34.08	400m:	4:20.48 31.99	
14.	KUREK Alan		04	MKP Szczecin				4:29.51	488
	50m:	29.78 29.78	150m:	1:38.38 34.55	250m:	2:48.34 34.97	350m:	3:57.67 34.74	
	100m:	1:03.83 34.05	200m:	2:13.37 34.99	300m:	3:22.93 34.59	400m:	4:29.51 31.84	
15.	MAZUREK Błażej		04	MKP Szczecin				4:30.93	480
	50m:	29.70 29.70	150m:	1:37.51 34.36	250m:	2:46.93 34.75	350m:	3:56.85 34.96	
	100m:	1:03.15 33.45	200m:	2:12.18 34.67	300m:	3:21.89 34.96	400m:	4:30.93 34.08	
16.	BRO CZYK Hubert		04	MTKP Delfin Toruń				4:30.95	480
	50m:	30.57 30.57	150m:	1:38.89 34.72	250m:	2:49.31 35.04	350m:	3:58.83 34.85	
	100m:	1:04.17 33.60	200m:	2:14.27 35.38	300m:	3:23.98 34.67	400m:	4:30.95 32.12	

ARENA GRAND PRIX POLSKI W PŁYWANIU
Pozna , 23- - 24-11-2019

Konkurencja 12, Chłopców, 400m dowolny, 15 lat

Pozycja			Rok ur.					Czas	Pkt.		
17.	SZCZEPANIAK Kacper		04	MKP Szczecin				4:31.50	477		
	50m:	31.40 31.40	150m:	1:40.40	34.85	250m:	2:49.49	34.67	350m:	3:58.61	34.30
	100m:	1:05.55 34.15	200m:	2:14.82	34.42	300m:	3:24.31	34.82	400m:	4:31.50	32.89
	PIECHOTA Bartłomiej		04	UKS Pi tka Konstantynów Łódzki				4:31.50	477		
	50m:	29.96 29.96	150m:	1:38.15	34.29	250m:	2:48.00	35.04	350m:	3:58.78	35.34
	100m:	1:03.86 33.90	200m:	2:12.96	34.81	300m:	3:23.44	35.44	400m:	4:31.50	32.72
19.	JANCZYLIK Aleksander		04	KS Delfin Gdynia				4:37.99	445		
	50m:	30.62 30.62	150m:	1:40.88	35.70	250m:	2:52.64	35.80	350m:	4:03.57	35.01
	100m:	1:05.18 34.56	200m:	2:16.84	35.96	300m:	3:28.56	35.92	400m:	4:37.99	34.42
20.	MŁYNARCZYK Mateusz		04	MKS Jedyńka Łód				4:39.69	437		
	50m:	31.50 31.50	150m:	1:41.93	35.62	250m:	2:54.31	35.82	350m:	4:05.13	35.45
	100m:	1:06.31 34.81	200m:	2:18.49	36.56	300m:	3:29.68	35.37	400m:	4:39.69	34.56
21.	G SIOR Tomasz		04	UPKS Wodnik Rawicz				4:40.46	433		
	50m:	30.64 30.64	150m:	1:41.79	36.48	250m:	2:54.18	36.09	350m:	4:06.02	35.95
	100m:	1:05.31 34.67	200m:	2:18.09	36.30	300m:	3:30.07	35.89	400m:	4:40.46	34.44
22.	KURDELSKI Filip		04	Mokotowski UKP Warszawianka- Wodny				4:57.63	362		
	50m:	32.73 32.73	150m:	1:47.39	37.47	250m:	3:03.33	37.62	350m:	4:19.59	38.22
	100m:	1:09.92 37.19	200m:	2:25.71	38.32	300m:	3:41.37	38.04	400m:	4:57.63	38.04

16 lat

1.	GORRA Mikołaj		03	MKP Szczecin				4:08.50	623		
	50m:	28.40 28.40	150m:	1:31.39	31.38	250m:	2:35.07	31.75	350m:	3:38.83	31.63
	100m:	1:00.01 31.61	200m:	2:03.32	31.93	300m:	3:07.20	32.13	400m:	4:08.50	29.67
2.	G STAŁ Jan		03	UKS „GIM 92 Ursynów"				4:10.25	610		
	50m:	28.06 28.06	150m:	1:30.93	31.43	250m:	2:34.99	32.33	350m:	3:39.19	31.81
	100m:	59.50 31.44	200m:	2:02.66	31.73	300m:	3:07.38	32.39	400m:	4:10.25	31.06
3.	JASI SKI Jakub		03	MKS Jedyńka Łód				4:21.04	537		
	50m:	29.74 29.74	150m:	1:35.14	33.12	250m:	2:42.39	33.71	350m:	3:48.69	32.82
	100m:	1:02.02 32.28	200m:	2:08.68	33.54	300m:	3:15.87	33.48	400m:	4:21.04	32.35
4.	MAKOWSKI Dominik		03	KS Warta Pozna				4:24.37	517		
	50m:	30.23 30.23	150m:	1:37.93	34.23	250m:	2:46.11	34.08	350m:	3:53.32	33.12
	100m:	1:03.70 33.47	200m:	2:12.03	34.10	300m:	3:20.20	34.09	400m:	4:24.37	31.05
5.	KRUPI SKI Wojciech		03	KS Pospolania Pozna				4:24.39	517		
	50m:	30.02 30.02	150m:	1:36.43	33.72	250m:	2:44.15	33.84	350m:	3:51.16	33.46
	100m:	1:02.71 32.69	200m:	2:10.31	33.88	300m:	3:17.70	33.55	400m:	4:24.39	33.23
6.	AJTEL Jakub		03	Dwójka Morena Gda sk				4:33.96	465		
	50m:	32.11 32.11	150m:	1:41.64	35.00	250m:	2:51.88	35.26	350m:	4:01.28	34.49
	100m:	1:06.64 34.53	200m:	2:16.62	34.98	300m:	3:26.79	34.91	400m:	4:33.96	32.68

17 - 18 lat

1.	MALEC Mikołaj		01	MKS Trójka Łód				3:53.87	747		
	50m:	27.32 27.32	150m:	1:26.92	30.06	250m:	2:26.51	29.56	350m:	3:25.51	29.45
	100m:	56.86 29.54	200m:	1:56.95	30.03	300m:	2:56.06	29.55	400m:	3:53.87	28.36
2.	KOMOROWSKI Jan		01	MKS Trójka Łód				3:54.80	738		
	50m:	26.40 26.40	150m:	1:24.91	29.56	250m:	2:24.87	29.85	350m:	3:25.40	30.21
	100m:	55.35 28.95	200m:	1:55.02	30.11	300m:	2:55.19	30.32	400m:	3:54.80	29.40
3.	URBA SKI Michał		01	KS Delfin Gdynia				4:00.92	683		
	50m:	28.11 28.11	150m:	1:29.37	30.91	250m:	2:30.50	30.17	350m:	3:30.86	30.29
	100m:	58.46 30.35	200m:	2:00.33	30.96	300m:	3:00.57	30.07	400m:	4:00.92	30.06
4.	MELINDER Martin		01	VSS VASBY				4:01.03	682		
	50m:	26.81 26.81	150m:	1:25.69	29.86	250m:	2:27.36	30.94	350m:	3:30.34	31.70
	100m:	55.83 29.02	200m:	1:56.42	30.73	300m:	2:58.64	31.28	400m:	4:01.03	30.69

ARENA GRAND PRIX POLSKI W PŁYWANIU
Pozna , 23- - 24-11-2019

Konkurencja 12, Chłopców, 400m dowolny, 17 - 18 lat

Pozycja			Rok ur.					Czas	Pkt.
5.	JA KIEWICZ Adrian	02	UKS G-8 Bielany Warszawa					4:01.06	682
	50m: 27.96 27.96	150m: 1:30.45	31.38	250m: 2:32.09	29.96	350m: 3:31.91	29.98		
	100m: 59.07 31.11	200m: 2:02.13	31.68	300m: 3:01.93	29.84	400m: 4:01.06	29.15		
6.	TYLICKI Mateusz	01	MUKS "Pi tnastrka"					4:04.41	654
	50m: 28.08 28.08	150m: 1:29.64	30.79	250m: 2:32.08	31.17	350m: 3:34.37	31.07		
	100m: 58.85 30.77	200m: 2:00.91	31.27	300m: 3:03.30	31.22	400m: 4:04.41	30.04		
7.	HANSSON Eric	02	VSS VASBY					4:04.85	651
	50m: 28.20 28.20	150m: 1:29.13	30.56	250m: 2:30.68	30.72	350m: 3:33.60	31.64		
	100m: 58.57 30.37	200m: 1:59.96	30.83	300m: 3:01.96	31.28	400m: 4:04.85	31.25		
8.	GŁUSZKOWSKI Mateusz	01	Uks Cityzen					4:07.24	632
	50m: 27.68 27.68	150m: 1:29.08	30.99	250m: 2:31.13	31.09	350m: 3:34.98	32.20		
	100m: 58.09 30.41	200m: 2:00.04	30.96	300m: 3:02.78	31.65	400m: 4:07.24	32.26		
9.	WO NY Wiktor	01	UKS Shark Rudna					4:09.73	613
	50m: 28.04 28.04	150m: 1:30.21	31.48	250m: 2:34.13	31.97	350m: 3:39.21	32.22		
	100m: 58.73 30.69	200m: 2:02.16	31.95	300m: 3:06.99	32.86	400m: 4:09.73	30.52		
10.	KLISZ Krystian	02	MKP Szczecin					4:10.51	608
	50m: 28.91 28.91	150m: 1:31.84	31.74	250m: 2:35.06	31.61	350m: 3:39.46	32.20		
	100m: 1:00.10 31.19	200m: 2:03.45	31.61	300m: 3:07.26	32.20	400m: 4:10.51	31.05		
11.	CHYRCHAŁA Rafał	02	UKS „ORKA” Zamo					4:10.69	606
	50m: 27.65 27.65	150m: 1:27.59	30.11	250m: 2:30.69	32.17	350m: 3:38.61	34.37		
	100m: 57.48 29.83	200m: 1:58.52	30.93	300m: 3:04.24	33.55	400m: 4:10.69	32.08		
12.	KUSI SKI Aleksy	02	MKS Jedyńska Łód					4:11.07	604
	50m: 28.82 28.82	150m: 1:33.31	32.36	250m: 2:37.81	31.98	350m: 3:41.14	31.22		
	100m: 1:00.95 32.13	200m: 2:05.83	32.52	300m: 3:09.92	32.11	400m: 4:11.07	29.93		
13.	MICHAŁSKI Wojciech	01	MKP Szczecin					4:11.29	602
	50m: 28.89 28.89	150m: 1:32.32	31.70	250m: 2:36.30	31.89	350m: 3:40.15	32.01		
	100m: 1:00.62 31.73	200m: 2:04.41	32.09	300m: 3:08.14	31.84	400m: 4:11.29	31.14		
14.	CZERWI SKI Łukasz	01	UKS G-8 Bielany Warszawa					4:14.31	581
	50m: 28.08 28.08	150m: 1:31.55	31.95	250m: 2:36.34	32.57	350m: 3:41.93	32.81		
	100m: 59.60 31.52	200m: 2:03.77	32.22	300m: 3:09.12	32.78	400m: 4:14.31	32.38		
15.	BLI NIEWSKI Franciszek	02	MKS Trójka Łód					4:16.67	565
	50m: 30.27 30.27	150m: 1:37.81	33.49	250m: 2:42.42	31.87	350m: 3:45.82	31.86		
	100m: 1:04.32 34.05	200m: 2:10.55	32.74	300m: 3:13.96	31.54	400m: 4:16.67	30.85		
16.	DUDEK Kacper	02	KS Warta Pozna					4:19.21	549
	50m: 28.15 28.15	150m: 1:30.74	31.58	250m: 2:35.06	32.40	350m: 3:43.58	35.24		
	100m: 59.16 31.01	200m: 2:02.66	31.92	300m: 3:08.34	33.28	400m: 4:19.21	35.63		
17.	BORZYMEK Hubert	02	Mokotowski UKP Warszawianka- Wodny					4:25.88	508
	50m: 29.31 29.31	150m: 1:34.46	32.93	250m: 2:42.14	33.90	350m: 3:51.43	34.81		
	100m: 1:01.53 32.22	200m: 2:08.24	33.78	300m: 3:16.62	34.48	400m: 4:25.88	34.45		
18.	WIELGUS Kacper	01	KS Posenia Pozna					4:31.36	478
	50m: 29.96 29.96	150m: 1:38.34	34.43	250m: 2:47.51	34.57	350m: 3:57.67	34.95		
	100m: 1:03.91 33.95	200m: 2:12.94	34.60	300m: 3:22.72	35.21	400m: 4:31.36	33.69		
19.	MORDZONEK Mateusz	01	Mokotowski UKP Warszawianka- Wodny					4:42.97	422
	50m: 31.37 31.37	150m: 1:42.69	36.47	250m: 2:56.13	36.36	350m: 4:09.13	36.15		
	100m: 1:06.22 34.85	200m: 2:19.77	37.08	300m: 3:32.98	36.85	400m: 4:42.97	33.84		