

Arena Grand Prix Puchar Polski
Pozna , 12. - 13.11.2022

Konkurencja 2 M czyzn, 400m zmienny 14 lat i starsi
2022.11.12 - 11:30 Wyniki

Rekord Polski 4:03.20 WOJT Lukasz POL Berlin (GER) 2009.11.14

Min. indywidualne na M (25m) Melbourne 2022 Open: 4:08.29

Punkty: FINA 2022

Pozycja			Rok ur.					Czas	Pkt.			
14 lat i starsi												
1.	CHMIELEWSKI Krzysztof		04	IUKS „Muszelka” Warszawa				4:09.05	838			
	<i>Czas Lepszy od Rekordu Polski 18 lat</i>											
	50m:	26.05	26.05	150m:	1:27.34	31.80	250m:	2:34.79	36.75	350m:	3:41.09	29.20
	100m:	55.54	29.49	200m:	1:58.04	30.70	300m:	3:11.89	37.10	400m:	4:09.05	27.96
2.	PIELA Michał		04	UKP Unia O wi cim				4:15.38	777			
	50m:	27.36	27.36	150m:	1:31.55	33.24	250m:	2:38.93	35.45	350m:	3:45.76	31.27
	100m:	58.31	30.95	200m:	2:03.48	31.93	300m:	3:14.49	35.56	400m:	4:15.38	29.62
3.	KUCZAK Adam		00	AZS AWF Katowice				4:19.91	737			
	50m:	27.30	27.30	150m:	1:32.11	33.04	250m:	2:41.69	36.96	350m:	3:50.33	31.07
	100m:	59.07	31.77	200m:	2:04.73	32.62	300m:	3:19.26	37.57	400m:	4:19.91	29.58
4.	JA KIEWICZ Adrian		02	UKS G-8 Bielany Warszawa				4:25.21	694			
	50m:	28.15	28.15	150m:	1:34.52	34.42	250m:	2:47.51	38.83	350m:	3:56.67	29.90
	100m:	1:00.10	31.95	200m:	2:08.68	34.16	300m:	3:26.77	39.26	400m:	4:25.21	28.54
5.	POPIEL Mikołaj		06	KU AZS UMCS Lublin				4:25.53	691			
	50m:	28.20	28.20	150m:	1:34.35	34.18	250m:	2:45.19	36.70	350m:	3:55.10	31.37
	100m:	1:00.17	31.97	200m:	2:08.49	34.14	300m:	3:23.73	38.54	400m:	4:25.53	30.43
6.	WARZOCHA Albert		01	KS Warta Pozna				4:29.20	663			
	50m:	27.57	27.57	150m:	1:34.43	34.74	250m:	2:46.46	37.73	350m:	3:57.83	32.62
	100m:	59.69	32.12	200m:	2:08.73	34.30	300m:	3:25.21	38.75	400m:	4:29.20	31.37
7.	PLAGA Dawid		05	TP Skalar Słupsk				4:31.50	646			
	50m:	28.92	28.92	150m:	1:37.74	35.74	250m:	2:51.80	39.09	350m:	4:02.12	30.76
	100m:	1:02.00	33.08	200m:	2:12.71	34.97	300m:	3:31.36	39.56	400m:	4:31.50	29.38
8.	KAPAŁA Szymon		03	AZS AWF Warszawa				4:32.12	642			
	50m:	29.20	29.20	150m:	1:38.42	36.23	250m:	2:53.10	39.87	350m:	4:03.37	29.93
	100m:	1:02.19	32.99	200m:	2:13.23	34.81	300m:	3:33.44	40.34	400m:	4:32.12	28.75
9.	LARY Jerzy		06	IUKS „Muszelka” Warszawa				4:32.43	640			
	50m:	29.35	29.35	150m:	1:36.19	34.58	250m:	2:49.99	40.68	350m:	4:02.70	30.69
	100m:	1:01.61	32.26	200m:	2:09.31	33.12	300m:	3:32.01	42.02	400m:	4:32.43	29.73
10.	STASZAK Wiktor		04	WKS I sk				4:33.47	633			
	50m:	29.88	29.88	150m:	1:38.45	34.59	250m:	2:51.55	39.05	350m:	4:02.41	31.95
	100m:	1:03.86	33.98	200m:	2:12.50	34.05	300m:	3:30.46	38.91	400m:	4:33.47	31.06
11.	SROKA Bła ej		05	UKS abianka Gda sk				4:34.51	625			
	50m:	29.55	29.55	150m:	1:37.54	33.91	250m:	2:48.45	37.83	350m:	4:01.28	33.18
	100m:	1:03.63	34.08	200m:	2:10.62	33.08	300m:	3:28.10	39.65	400m:	4:34.51	33.23
12.	CHALUPNIK Jiri		04	Sport Club Pardubice				4:35.54	618			
	50m:	29.39	29.39	150m:	1:40.23	37.26	250m:	2:54.24	37.87	350m:	4:04.43	32.06
	100m:	1:02.97	33.58	200m:	2:16.37	36.14	300m:	3:32.37	38.13	400m:	4:35.54	31.11
13.	TEPLY Jan		03	Sport Club Pardubice				4:38.58	598			
	50m:	29.21	29.21	150m:	1:38.15	35.14	250m:	2:52.16	39.10	350m:	4:05.10	32.51
	100m:	1:03.01	33.80	200m:	2:13.06	34.91	300m:	3:32.59	40.43	400m:	4:38.58	33.48
14.	KOBUS Tymoteusz		05	UKS abianka Gda sk				4:39.01	596			
	50m:	29.11	29.11	150m:	1:38.50	36.03	250m:	2:53.17	38.94	350m:	4:06.31	33.26
	100m:	1:02.47	33.36	200m:	2:14.23	35.73	300m:	3:33.05	39.88	400m:	4:39.01	32.70
15.	MIKULA Vilem		06	Sport Club Pardubice				4:39.72	591			
	50m:	29.17	29.17	150m:	1:38.05	34.71	250m:	2:53.30	40.91	350m:	4:08.48	33.33
	100m:	1:03.34	34.17	200m:	2:12.39	34.34	300m:	3:35.15	41.85	400m:	4:39.72	31.24

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Konkurencja 2, M cyczn, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
16.	DZIERKACZ Igor		05	UKS G-8 Bielany Warszawa				4:39.91	590
	50m:	28.93 28.93	150m:	1:37.28	35.94	250m:	2:55.39 41.96	350m:	4:08.31 31.45
	100m:	1:01.34 32.41	200m:	2:13.43	36.15	300m:	3:36.86 41.47	400m:	4:39.91 31.60
17.	WI NIEWSKI Wiktor		07	UKP Unia O wi cim				4:40.23	588
	50m:	29.91 29.91	150m:	1:41.11	37.41	250m:	2:57.68 40.16	350m:	4:09.41 32.41
	100m:	1:03.70 33.79	200m:	2:17.52	36.41	300m:	3:37.00 39.32	400m:	4:40.23 30.82
18.	HAVLENA Maxim		04	Sport Club Pardubice				4:41.77	578
	50m:	29.37 29.37	150m:	1:40.33	37.32	250m:	2:57.11 40.33	350m:	4:10.15 32.72
	100m:	1:03.01 33.64	200m:	2:16.78	36.45	300m:	3:37.43 40.32	400m:	4:41.77 31.62
19.	PORWIK Kacper		06	UKP Unia O wi cim				4:42.94	571
	50m:	29.96 29.96	150m:	1:41.33	36.66	250m:	2:56.86 38.92	350m:	4:10.62 34.07
	100m:	1:04.67 34.71	200m:	2:17.94	36.61	300m:	3:36.55 39.69	400m:	4:42.94 32.32
20.	TARCZY SKI Bartosz		07	UKS 190 Łód				4:43.30	569
	50m:	31.06 31.06	150m:	1:44.13	38.24	250m:	2:59.13 39.18	350m:	4:11.78 33.24
	100m:	1:05.89 34.83	200m:	2:19.95	35.82	300m:	3:38.54 39.41	400m:	4:43.30 31.52
21.	DRAHORAD Pavel		04	Sport Club Pardubice				4:44.27	563
	50m:	28.77 28.77	150m:	1:40.34	38.01	250m:	3:00.77 42.75	350m:	4:13.96 31.76
	100m:	1:02.33 33.56	200m:	2:18.02	37.68	300m:	3:42.20 41.43	400m:	4:44.27 30.31
22.	JOACHIMOWICZ Patryk		08	KU AZS UMCS Lublin				4:44.49	562
	50m:	29.48 29.48	150m:	1:40.77	36.77	250m:	2:57.25 40.71	350m:	4:12.11 33.51
	100m:	1:04.00 34.52	200m:	2:16.54	35.77	300m:	3:38.60 41.35	400m:	4:44.49 32.38
23.	SOBIECHOWSKI Kajetan		06	TP Zielona Góra				4:45.44	556
	50m:	29.31 29.31	150m:	1:41.70	37.90	250m:	3:00.77 42.60	350m:	4:14.91 31.78
	100m:	1:03.80 34.49	200m:	2:18.17	36.47	300m:	3:43.13 42.36	400m:	4:45.44 30.53
24.	KOZŁOWSKI Julian		07	MKS „Astoria” Bydgoszcz				4:45.62	555
	50m:	30.10 30.10	150m:	1:41.59	36.74	250m:	2:58.04 39.91	350m:	4:12.74 33.79
	100m:	1:04.85 34.75	200m:	2:18.13	36.54	300m:	3:38.95 40.91	400m:	4:45.62 32.88
25.	SZWEDZKI Jakub		00	MKS Trójka Łód				4:49.38	534
	50m:	30.44 30.44	150m:	1:44.98	39.29	250m:	3:03.00 40.06	350m:	4:19.42 35.07
	100m:	1:05.69 35.25	200m:	2:22.94	37.96	300m:	3:44.35 41.35	400m:	4:49.38 29.96
26.	BURZY SKI Oskar		06	MKP Szczecin				4:51.14	524
	50m:	30.29 30.29	150m:	1:44.41	39.28	250m:	3:02.07 40.86	350m:	4:18.34 33.95
	100m:	1:05.13 34.84	200m:	2:21.21	36.80	300m:	3:44.39 42.32	400m:	4:51.14 32.80
27.	CHABOWSKI Nathaniel		06	UKS abianka Gda sk				4:52.68	516
	50m:	30.57 30.57	150m:	1:43.62	37.27	250m:	3:03.36 43.10	350m:	4:20.44 33.37
	100m:	1:06.35 35.78	200m:	2:20.26	36.64	300m:	3:47.07 43.71	400m:	4:52.68 32.24
28.	URBA SKI Maciej		06	Mokotowski UKP Warszawianka- Wodny				4:55.25	503
	50m:	28.83 28.83	150m:	1:43.04	39.12	250m:	3:04.62 42.74	350m:	4:23.02 34.38
	100m:	1:03.92 35.09	200m:	2:21.88	38.84	300m:	3:48.64 44.02	400m:	4:55.25 32.23
29.	PAWŁAK Dawid		08	UKS 190 Łód				4:58.93	484
	50m:	32.14 32.14	150m:	1:49.14	40.07	250m:	3:09.22 41.53	350m:	4:25.93 35.28
	100m:	1:09.07 36.93	200m:	2:27.69	38.55	300m:	3:50.65 41.43	400m:	4:58.93 33.00
30.	GORZE Norbert		06	Uks Cityzen				5:00.36	477
	50m:	31.67 31.67	150m:	1:48.11	38.99	250m:	3:08.44 43.45	350m:	4:27.45 34.43
	100m:	1:09.12 37.45	200m:	2:24.99	36.88	300m:	3:53.02 44.58	400m:	5:00.36 32.91
31.	FEDERKIEWICZ Hubert		08	MKP „SŁOWIANKA” Gorzów Wlkp.				5:03.32	463
	50m:	31.87 31.87	150m:	1:47.45	39.07	250m:	3:10.15 44.58	350m:	4:30.09 34.87
	100m:	1:08.38 36.51	200m:	2:25.57	38.12	300m:	3:55.22 45.07	400m:	5:03.32 33.23
32.	TRUDNOS Ignacy		08	UKS 190 Łód				5:05.77	452
	50m:	32.45 32.45	150m:	1:51.18	39.92	250m:	3:12.50 42.04	350m:	4:31.72 36.46
	100m:	1:11.26 38.81	200m:	2:30.46	39.28	300m:	3:55.26 42.76	400m:	5:05.77 34.05
33.	KOWALCZYK Sebastian		08	UKS G-8 Bielany Warszawa				5:10.45	432
	50m:	31.45 31.45	150m:	1:47.38	38.51	250m:	3:10.82 45.67	350m:	4:35.21 38.35
	100m:	1:08.87 37.42	200m:	2:25.15	37.77	300m:	3:56.86 46.04	400m:	5:10.45 35.24

Arena Grand Prix Puchar Polski
Pozna , 12. - 13.11.2022

Konkurencja 2, M czyzn, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
34.	JARECKI Bartosz		08	UKS 48 Warszawa ródnie cie				5:10.50	432
	50m:	31.77 31.77	150m:	1:50.79 40.60	250m:	3:13.97 43.94	350m:	4:36.08 36.83	
	100m:	1:10.19 38.42	200m:	2:30.03 39.24	300m:	3:59.25 45.28	400m:	5:10.50 34.42	
35.	LECYK Jakub		08	MKP Astromal-Leszno				5:36.15	340
	50m:	35.75 35.75	150m:	1:59.53 43.81	250m:	3:26.40 44.99	350m:	4:55.68 43.26	
	100m:	1:15.72 39.97	200m:	2:41.41 41.88	300m:	4:12.42 46.02	400m:	5:36.15 40.47	
DYSKW.	OŁOWNIA Ignacy		07	KS Delfin Gdynia					
	<i>Z3 - Pływak uko czył poszczególne odcinki niezgodnie z przepisami o zakoczeniu wy cigu w danym stylu., /K16</i>								
	50m:	29.65 29.65	150m:	1:40.18 36.00	250m:	2:57.23 41.62	350m:	4:14.19 34.50	
	100m:	1:04.18 34.53	200m:	2:15.61 35.43	300m:	3:39.69 42.46	400m:		

17 - 18 lat

1.	CHMIELEWSKI Krzysztof		04	IUKS „Muszelka” Warszawa				4:09.05	838
	<i>Czas Lepszy od Rekordu Polski 18 lat</i>								
	50m:	26.05 26.05	150m:	1:27.34 31.80	250m:	2:34.79 36.75	350m:	3:41.09 29.20	
	100m:	55.54 29.49	200m:	1:58.04 30.70	300m:	3:11.89 37.10	400m:	4:09.05 27.96	
2.	PIELA Michał		04	UKP Unia O wi cim				4:15.38	777
	50m:	27.36 27.36	150m:	1:31.55 33.24	250m:	2:38.93 35.45	350m:	3:45.76 31.27	
	100m:	58.31 30.95	200m:	2:03.48 31.93	300m:	3:14.49 35.56	400m:	4:15.38 29.62	
3.	PLAGA Dawid		05	TP Skalar Słupsk				4:31.50	646
	50m:	28.92 28.92	150m:	1:37.74 35.74	250m:	2:51.80 39.09	350m:	4:02.12 30.76	
	100m:	1:02.00 33.08	200m:	2:12.71 34.97	300m:	3:31.36 39.56	400m:	4:31.50 29.38	
4.	STASZAK Wiktor		04	WKS I sk				4:33.47	633
	50m:	29.88 29.88	150m:	1:38.45 34.59	250m:	2:51.55 39.05	350m:	4:02.41 31.95	
	100m:	1:03.86 33.98	200m:	2:12.50 34.05	300m:	3:30.46 38.91	400m:	4:33.47 31.06	
5.	SROKA Bła ej		05	UKS abianka Gda sk				4:34.51	625
	50m:	29.55 29.55	150m:	1:37.54 33.91	250m:	2:48.45 37.83	350m:	4:01.28 33.18	
	100m:	1:03.63 34.08	200m:	2:10.62 33.08	300m:	3:28.10 39.65	400m:	4:34.51 33.23	
6.	CHALUPNIK Jiri		04	Sport Club Pardubice				4:35.54	618
	50m:	29.39 29.39	150m:	1:40.23 37.26	250m:	2:54.24 37.87	350m:	4:04.43 32.06	
	100m:	1:02.97 33.58	200m:	2:16.37 36.14	300m:	3:32.37 38.13	400m:	4:35.54 31.11	
7.	KOBUS Tymoteusz		05	UKS abianka Gda sk				4:39.01	596
	50m:	29.11 29.11	150m:	1:38.50 36.03	250m:	2:53.17 38.94	350m:	4:06.31 33.26	
	100m:	1:02.47 33.36	200m:	2:14.23 35.73	300m:	3:33.05 39.88	400m:	4:39.01 32.70	
8.	DZIERKACZ Igor		05	UKS G-8 Bielany Warszawa				4:39.91	590
	50m:	28.93 28.93	150m:	1:37.28 35.94	250m:	2:55.39 41.96	350m:	4:08.31 31.45	
	100m:	1:01.34 32.41	200m:	2:13.43 36.15	300m:	3:36.86 41.47	400m:	4:39.91 31.60	
9.	HAVLENA Maxim		04	Sport Club Pardubice				4:41.77	578
	50m:	29.37 29.37	150m:	1:40.33 37.32	250m:	2:57.11 40.33	350m:	4:10.15 32.72	
	100m:	1:03.01 33.64	200m:	2:16.78 36.45	300m:	3:37.43 40.32	400m:	4:41.77 31.62	
10.	DRAHORAD Pavel		04	Sport Club Pardubice				4:44.27	563
	50m:	28.77 28.77	150m:	1:40.34 38.01	250m:	3:00.77 42.75	350m:	4:13.96 31.76	
	100m:	1:02.33 33.56	200m:	2:18.02 37.68	300m:	3:42.20 41.43	400m:	4:44.27 30.31	

16 lat

1.	POPIEL Mikołaj		06	KU AZS UMCS Lublin				4:25.53	691
	50m:	28.20 28.20	150m:	1:34.35 34.18	250m:	2:45.19 36.70	350m:	3:55.10 31.37	
	100m:	1:00.17 31.97	200m:	2:08.49 34.14	300m:	3:23.73 38.54	400m:	4:25.53 30.43	
2.	LARY Jerzy		06	IUKS „Muszelka” Warszawa				4:32.43	640
	50m:	29.35 29.35	150m:	1:36.19 34.58	250m:	2:49.99 40.68	350m:	4:02.70 30.69	
	100m:	1:01.61 32.26	200m:	2:09.31 33.12	300m:	3:32.01 42.02	400m:	4:32.43 29.73	

Arena Grand Prix Puchar Polski
Poznań, 12. - 13.11.2022

Konkurencja 2, Chłopców, 400m zmienny, 16 lat

Pozycja			Rok ur.					Czas	Pkt.
3.	MIKULA Vilem		06	Sport Club Pardubice				4:39.72	591
	50m: 29.17	29.17	150m: 1:38.05	34.71	250m: 2:53.30	40.91	350m: 4:08.48	33.33	
	100m: 1:03.34	34.17	200m: 2:12.39	34.34	300m: 3:35.15	41.85	400m: 4:39.72	31.24	
4.	PORWIK Kacper		06	UKP Unia Owi cim				4:42.94	571
	50m: 29.96	29.96	150m: 1:41.33	36.66	250m: 2:56.86	38.92	350m: 4:10.62	34.07	
	100m: 1:04.67	34.71	200m: 2:17.94	36.61	300m: 3:36.55	39.69	400m: 4:42.94	32.32	
5.	SOBIECHOWSKI Kajetan		06	TP Zielona Góra				4:45.44	556
	50m: 29.31	29.31	150m: 1:41.70	37.90	250m: 3:00.77	42.60	350m: 4:14.91	31.78	
	100m: 1:03.80	34.49	200m: 2:18.17	36.47	300m: 3:43.13	42.36	400m: 4:45.44	30.53	
6.	BURZY SKI Oskar		06	MKP Szczecin				4:51.14	524
	50m: 30.29	30.29	150m: 1:44.41	39.28	250m: 3:02.07	40.86	350m: 4:18.34	33.95	
	100m: 1:05.13	34.84	200m: 2:21.21	36.80	300m: 3:44.39	42.32	400m: 4:51.14	32.80	
7.	CHABOWSKI Nathaniel		06	UKS abianka Gdańsk				4:52.68	516
	50m: 30.57	30.57	150m: 1:43.62	37.27	250m: 3:03.36	43.10	350m: 4:20.44	33.37	
	100m: 1:06.35	35.78	200m: 2:20.26	36.64	300m: 3:47.07	43.71	400m: 4:52.68	32.24	
8.	URBA SKI Maciej		06	Mokotowski UKP Warszawianka- Wodny				4:55.25	503
	50m: 28.83	28.83	150m: 1:43.04	39.12	250m: 3:04.62	42.74	350m: 4:23.02	34.38	
	100m: 1:03.92	35.09	200m: 2:21.88	38.84	300m: 3:48.64	44.02	400m: 4:55.25	32.23	
9.	GORZE Norbert		06	Uks Cityzen				5:00.36	477
	50m: 31.67	31.67	150m: 1:48.11	38.99	250m: 3:08.44	43.45	350m: 4:27.45	34.43	
	100m: 1:09.12	37.45	200m: 2:24.99	36.88	300m: 3:53.02	44.58	400m: 5:00.36	32.91	

15 lat

1.	WI NIEWSKI Wiktor		07	UKP Unia Owi cim				4:40.23	588
	50m: 29.91	29.91	150m: 1:41.11	37.41	250m: 2:57.68	40.16	350m: 4:09.41	32.41	
	100m: 1:03.70	33.79	200m: 2:17.52	36.41	300m: 3:37.00	39.32	400m: 4:40.23	30.82	
2.	TARCZY SKI Bartosz		07	UKS 190 Łódź				4:43.30	569
	50m: 31.06	31.06	150m: 1:44.13	38.24	250m: 2:59.13	39.18	350m: 4:11.78	33.24	
	100m: 1:05.89	34.83	200m: 2:19.95	35.82	300m: 3:38.54	39.41	400m: 4:43.30	31.52	
3.	KOZŁOWSKI Julian		07	MKS „Astoria” Bydgoszcz				4:45.62	555
	50m: 30.10	30.10	150m: 1:41.59	36.74	250m: 2:58.04	39.91	350m: 4:12.74	33.79	
	100m: 1:04.85	34.75	200m: 2:18.13	36.54	300m: 3:38.95	40.91	400m: 4:45.62	32.88	

DYSKW. OŁOWNIA Ignacy 07 KS Delfin Gdynia
Z3 - Pływak ukończył poszczególne odcinki niezgodnie z przepisami o zakazaniu wyścigu w danym stylu., /K16

	50m: 29.65	29.65	150m: 1:40.18	36.00	250m: 2:57.23	41.62	350m: 4:14.19	34.50
	100m: 1:04.18	34.53	200m: 2:15.61	35.43	300m: 3:39.69	42.46	400m:	

14 lat

1.	JOACHIMOWICZ Patryk		08	KU AZS UMCS Lublin				4:44.49	562
	50m: 29.48	29.48	150m: 1:40.77	36.77	250m: 2:57.25	40.71	350m: 4:12.11	33.51	
	100m: 1:04.00	34.52	200m: 2:16.54	35.77	300m: 3:38.60	41.35	400m: 4:44.49	32.38	
2.	PAWLAK Dawid		08	UKS 190 Łódź				4:58.93	484
	50m: 32.14	32.14	150m: 1:49.14	40.07	250m: 3:09.22	41.53	350m: 4:25.93	35.28	
	100m: 1:09.07	36.93	200m: 2:27.69	38.55	300m: 3:50.65	41.43	400m: 4:58.93	33.00	
3.	FEDERKIEWICZ Hubert		08	MKP „SŁOWIANKA” Gorzów Wlkp.				5:03.32	463
	50m: 31.87	31.87	150m: 1:47.45	39.07	250m: 3:10.15	44.58	350m: 4:30.09	34.87	
	100m: 1:08.38	36.51	200m: 2:25.57	38.12	300m: 3:55.22	45.07	400m: 5:03.32	33.23	
4.	TRUDNOS Ignacy		08	UKS 190 Łódź				5:05.77	452
	50m: 32.45	32.45	150m: 1:51.18	39.92	250m: 3:12.50	42.04	350m: 4:31.72	36.46	
	100m: 1:11.26	38.81	200m: 2:30.46	39.28	300m: 3:55.26	42.76	400m: 5:05.77	34.05	

Arena Grand Prix Puchar Polski
Pozna , 12. - 13.11.2022

Konkurencja 2, Chłopców, 400m zmienny, 14 lat

Pozycja				Rok ur.					Czas	Pkt.		
5.	KOWALCZYK Sebastian			08	UKS G-8 Bielany Warszawa				5:10.45	432		
	50m:	31.45	31.45	150m:	1:47.38	38.51	250m:	3:10.82	45.67	350m:	4:35.21	38.35
	100m:	1:08.87	37.42	200m:	2:25.15	37.77	300m:	3:56.86	46.04	400m:	5:10.45	35.24
6.	JARECKI Bartosz			08	UKS 48 Warszawa ródmi cie				5:10.50	432		
	50m:	31.77	31.77	150m:	1:50.79	40.60	250m:	3:13.97	43.94	350m:	4:36.08	36.83
	100m:	1:10.19	38.42	200m:	2:30.03	39.24	300m:	3:59.25	45.28	400m:	5:10.50	34.42
7.	LECYK Jakub			08	MKP Astromal-Leszno				5:36.15	340		
	50m:	35.75	35.75	150m:	1:59.53	43.81	250m:	3:26.40	44.99	350m:	4:55.68	43.26
	100m:	1:15.72	39.97	200m:	2:41.41	41.88	300m:	4:12.42	46.02	400m:	5:36.15	40.47