

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12-13 letnich  
Ciechanów, 22- - 23-3-2014

Konkurencja 8  
2014-03-22 - 13:46

Chłopców, 400m dowolny

12 - 13 lat  
Wyniki

Punkty: FINA 2013

Pozycja			Rok ur.					Czas	Pkt.	
<b>12 lat</b>										
1.	ORLICZ, Filip		02	UKS Kapry- Armexim Pruszków				<b>4:48.55</b>	397	
	50m:	31.74 31.74	150m:	1:42.80	36.23	250m:	2:56.71	36.98	350m:	4:12.13 37.71
	100m:	1:06.57 34.83	200m:	2:19.73	36.93	300m:	3:34.42	37.71	400m:	4:48.55 36.42
2.	KA MIERCZAK, Bruno		02	UKS GOS Raszyn				<b>5:05.63</b>	334	
	50m:	32.23 32.23	150m:	1:50.07	39.39	250m:	3:10.21	40.45	350m:	4:29.36 39.36
	100m:	1:10.68 38.45	200m:	2:29.76	39.69	300m:	3:50.00	39.79	400m:	5:05.63 36.27
3.	SZCZUREK, Jakub		02	Buks				<b>5:08.18</b>	326	
	50m:	35.54 35.54	150m:	1:54.25	38.82	250m:	3:14.12	39.02	350m:	4:32.05 38.69
	100m:	1:15.43 39.89	200m:	2:35.10	40.85	300m:	3:53.36	39.24	400m:	5:08.18 36.13
4.	JASZEWSKI, Kacper		02	UKS "Polonez" Wyszaków				<b>5:13.64</b>	309	
	50m:	34.34 34.34	150m:	1:52.31	39.65	250m:	3:14.28	41.48	350m:	4:34.30 39.47
	100m:	1:12.66 38.32	200m:	2:32.80	40.49	300m:	3:54.83	40.55	400m:	5:13.64 39.34
5.	DWORZY SKI, Piotr		02	Mks Ochota Warszawa				<b>5:14.02</b>	308	
	50m:	35.55 35.55	150m:	1:54.58	39.96	250m:	3:14.65	39.74	350m:	4:35.31 40.65
	100m:	1:14.62 39.07	200m:	2:34.91	40.33	300m:	3:54.66	40.01	400m:	5:14.02 38.71
6.	KOPICZKO, Maksymilian		02	MKS Medyk Gi ycko				<b>5:15.92</b>	303	
	50m:	34.66 34.66	150m:	1:55.28	41.01	250m:	3:17.99	41.35	350m:	4:39.30 39.71
	100m:	1:14.27 39.61	200m:	2:36.64	41.36	300m:	3:59.59	41.60	400m:	5:15.92 36.62
7.	APELSKI, Dawid		02	UKS "Polonez" Wyszaków				<b>5:17.48</b>	298	
	50m:	35.19 35.19	150m:	1:56.10	40.61	250m:	3:17.12	40.44	350m:	4:38.26 39.91
	100m:	1:15.49 40.30	200m:	2:36.68	40.58	300m:	3:58.35	41.23	400m:	5:17.48 39.22
8.	RUCI SKI, Jacek		02	UKS "GIM 92 Ursynów" Warszawa				<b>5:20.04</b>	291	
	50m:	35.85 35.85	150m:	1:56.75	40.94	250m:	3:18.29	40.76	350m:	4:39.92 40.86
	100m:	1:15.81 39.96	200m:	2:37.53	40.78	300m:	3:59.06	40.77	400m:	5:20.04 40.12
9.	ZDANOWSKI, Filip		02	Uks Pingwiny				<b>5:21.73</b>	287	
	50m:	35.55 35.55	150m:			250m:	4:02.20	41.35	350m:	5:21.73 37.22
	100m:	1:15.80 40.25	200m:	3:20.85		300m:	4:44.51	42.31	400m:	5:21.73
10.	WORONKO, Krzysztof		02	MKS Medyk Gi ycko				<b>5:22.99</b>	283	
	50m:	36.02 36.02	150m:	1:58.16	41.35	250m:	3:21.87	41.50	350m:	4:43.76 40.68
	100m:	1:16.81 40.79	200m:	2:40.37	42.21	300m:	4:03.08	41.21	400m:	5:22.99 39.23
11.	K DZIERSKI, Jan		02	UKS "GIM 92 Ursynów" Warszawa				<b>5:23.67</b>	281	
	50m:	34.16 34.16	150m:	1:55.51	41.20	250m:	3:19.32	42.18	350m:	4:43.81 42.06
	100m:	1:14.31 40.15	200m:	2:37.14	41.63	300m:	4:01.75	42.43	400m:	5:23.67 39.86
12.	J DRYŚ, Igor		02	UKS "GIM 92 Ursynów" Warszawa				<b>5:23.75</b>	281	
	50m:	35.73 35.73	150m:	1:57.94	41.50	250m:	3:20.14	40.78	350m:	4:43.04 40.78
	100m:	1:16.44 40.71	200m:	2:39.36	41.42	300m:	4:02.26	42.12	400m:	5:23.75 40.71
13.	ABD EL RAZEK, Jakub		02	UKS "GIM 92 Ursynów" Warszawa				<b>5:24.83</b>	278	
	50m:	36.24 36.24	150m:	1:58.98	41.76	250m:	3:23.64	42.29	350m:	4:46.76 40.02
	100m:	1:17.22 40.98	200m:	2:41.35	42.37	300m:	4:06.74	43.10	400m:	5:24.83 38.07
14.	BARNA , Aleksander		02	Buks				<b>5:27.63</b>	271	
	50m:	38.01 38.01	150m:	2:01.69	41.67	250m:	3:25.58	41.86	350m:	4:48.55 41.09
	100m:	1:20.02 42.01	200m:	2:43.72	42.03	300m:	4:07.46	41.88	400m:	5:27.63 39.08
15.	POPŁONYK, Jakub		02	Buks				<b>5:28.87</b>	268	
	50m:	37.85 37.85	150m:	2:01.12	41.62	250m:	3:25.06	42.01	350m:	4:47.40 40.02
	100m:	1:19.50 41.65	200m:	2:43.05	41.93	300m:	4:07.38	42.32	400m:	5:28.87 41.47
16.	J DRZEJEWSKI, Albert		02	UKS GOS Raszyn				<b>5:29.47</b>	267	
	50m:	33.84 33.84	150m:	1:54.04	40.85	250m:	3:18.99	42.79	350m:	4:45.90 43.37
	100m:	1:13.19 39.35	200m:	2:36.20	42.16	300m:	4:02.53	43.54	400m:	5:29.47 43.57
17.	BUABID, Yacine		02	Buks				<b>5:30.68</b>	264	
	50m:	2:00.13 2:00.13	150m:			250m:	3:24.43		350m:	
	100m:	2:41.85 41.72	200m:			300m:	4:06.79	42.36	400m:	5:30.68

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12-13 letnich  
Ciechanów, 22- - 23-3-2014

Konkurencja 8, Chłopców, 400m dowolny, 12 lat

Pozycja			Rok ur.					Czas	Pkt.
18.	JANICKI, Michał		02	UKS dwójka Sochaczew				<b>5:30.98</b>	263
	50m: 36.38	36.38	150m: 1:59.75	42.21	250m: 3:24.71		350m: 4:50.69		
	100m: 1:17.54	41.16	200m:		300m:		400m: 5:30.98	40.29	
19.	ŁACH, Dawid		02	Uks Posejdon Pułtusk				<b>5:32.71</b>	259
	50m: 36.51	36.51	150m: 2:01.04	42.79	250m: 3:27.17	43.08	350m: 4:53.07	43.12	
	100m: 1:18.25	41.74	200m: 2:44.09	43.05	300m: 4:09.95	42.78	400m: 5:32.71	39.64	
20.	ROZMYŚLÓWSKI, Eryk		02	UKS GOS Raszyn				<b>5:33.16</b>	258
	50m: 35.45	35.45	150m: 1:59.03	42.49	250m: 3:23.43	42.64	350m: 4:50.96	43.86	
	100m: 1:16.54	41.09	200m: 2:40.79	41.76	300m: 4:07.10	43.67	400m: 5:33.16	42.20	
21.	GR DZIK, Bartosz		02	Klub Plywacki Ciechanów				<b>5:36.00</b>	252
	50m: 38.56	38.56	150m:		250m:		350m:		
	100m:		200m: 2:48.88		300m: 4:15.94		400m: 5:36.00		
22.	DUDEK, Stanisław		02	Buks				<b>5:37.81</b>	248
	50m: 38.35	38.35	150m: 2:04.49	43.71	250m: 3:30.76	43.92	350m: 4:58.05	43.54	
	100m: 1:20.78	42.43	200m: 2:46.84	42.35	300m: 4:14.51	43.75	400m: 5:37.81	39.76	
23.	SZCZEPA SKI, Jakub		02	Klub Pływacki Płetwal Mława				<b>5:38.45</b>	246
	50m: 36.52	36.52	150m: 2:02.78	44.31	250m: 3:31.28	43.75	350m: 4:58.78	43.14	
	100m: 1:18.47	41.95	200m: 2:47.53	44.75	300m: 4:15.64	44.36	400m: 5:38.45	39.67	
24.	WYBORSKI, Jakub		02	MZOS Płock				<b>5:42.50</b>	237
	50m: 36.82	36.82	150m: 2:03.03	43.92	250m: 3:32.72	44.66	350m: 5:01.89	44.37	
	100m: 1:19.11	42.29	200m: 2:48.06	45.03	300m: 4:17.52	44.80	400m: 5:42.50	40.61	
25.	SOCHACKI, Konrad		02	Mks Ochota Warszawa				<b>5:42.86</b>	237
	50m: 37.76	37.76	150m: 2:05.47	44.16	250m: 3:33.27	43.56	350m: 5:00.37	43.59	
	100m: 1:21.31	43.55	200m: 2:49.71	44.24	300m: 4:16.78	43.51	400m: 5:42.86	42.49	
26.	PRZYBYŁKOWICZ, Jan		02	UKS "GIM 92 Ursynów" Warszawa				<b>5:45.02</b>	232
	50m: 37.28	37.28	150m: 2:03.97	43.99	250m:		350m: 5:03.80	45.38	
	100m: 1:19.98	42.70	200m: 2:48.95	44.98	300m: 4:18.42		400m: 5:45.02	41.22	
27.	KOWALCZYK, Kacper		02	Uks Posejdon Pułtusk				<b>5:45.35</b>	232
	50m: 35.69	35.69	150m: 2:00.98	43.89	250m: 3:31.13	45.50	350m: 5:00.95	45.03	
	100m: 1:17.09	41.40	200m: 2:45.63	44.65	300m: 4:15.92	44.79	400m: 5:45.35	44.40	
28.	OLSZEWSKI, Bartosz		02	MpkS "Orka" Ciechanow				<b>5:46.15</b>	230
	50m: 37.93	37.93	150m:		250m: 3:33.75	44.60	350m: 5:04.91	45.35	
	100m:		200m: 2:49.15		300m: 4:19.56	45.81	400m: 5:46.15	41.24	
29.	KROK, Wiktor		02	UKS "GIM 92 Ursynów" Warszawa				<b>5:49.95</b>	223
	50m: 38.10	38.10	150m: 2:06.51	44.75	250m: 3:36.21	44.74	350m: 5:06.02	45.12	
	100m: 1:21.76	43.66	200m: 2:51.47	44.96	300m: 4:20.90	44.69	400m: 5:49.95	43.93	
30.	KOPUT, Antoni		02	UKS Manta Warszawa Włochy				<b>5:51.22</b>	220
	50m: 40.41	40.41	150m: 2:12.46	45.82	250m: 3:43.05	45.28	350m: 5:10.28	43.44	
	100m: 1:26.64	46.23	200m: 2:57.77	45.31	300m: 4:26.84	43.79	400m: 5:51.22	40.94	
31.	TOLLIK, Aleksander		02	Psp Swim Płock				<b>5:53.09</b>	217
	50m: 38.31	38.31	150m: 2:06.84	44.65	250m: 3:39.00	46.28	350m: 5:09.59	44.85	
	100m: 1:22.19	43.88	200m: 2:52.72	45.88	300m: 4:24.74	45.74	400m: 5:53.09	43.50	
32.	CEDROWSKI, Jakub		02	MKS Medyk Gi ycko				<b>5:55.77</b>	212
	50m: 39.32	39.32	150m: 2:07.86	44.75	250m: 3:39.99	45.78	350m: 5:13.15	46.43	
	100m: 1:23.11	43.79	200m: 2:54.21	46.35	300m: 4:26.72	46.73	400m: 5:55.77	42.62	
33.	CHOI SKI, Bartosz		02	UKS "GIM 92 Ursynów" Warszawa				<b>5:56.63</b>	210
	50m: 39.66	39.66	150m: 2:08.05	45.18	250m: 3:39.66	45.11	350m: 5:12.42	46.75	
	100m: 1:22.87	43.21	200m: 2:54.55	46.50	300m: 4:25.67	46.01	400m: 5:56.63	44.21	
34.	R PAŁA, Tomasz		02	UKS GOS Raszyn				<b>6:05.16</b>	196
	50m: 41.65	41.65	150m: 2:14.33		250m:		350m: 5:20.67		
	100m:		200m: 3:01.26	46.93	300m:		400m: 6:05.16	44.49	
35.	GŁOSEK, Karol		02	UKS "Polonez" Wyszaków				<b>6:07.68</b>	192
	50m: 40.89	40.89	150m: 2:12.73	46.06	250m: 3:48.30	47.99	350m: 5:22.23	47.24	
	100m: 1:26.67	45.78	200m: 3:00.31	47.58	300m: 4:34.99	46.69	400m: 6:07.68	45.45	

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12-13 letnich  
Ciechanów, 22- - 23-3-2014

Konkurencja 8, Chłopców, 400m dowolny, 12 lat

Pozycja			Rok ur.							Czas	Pkt.	
36.	KOZAK, Michał		02	Uks Pingwiny						<b>6:07.86</b>	192	
	50m:	39.55	39.55	150m:	2:12.70	46.92	250m:	3:48.33	47.67	350m:	5:24.09	47.75
	100m:	1:25.78	46.23	200m:	3:00.66	47.96	300m:	4:36.34	48.01	400m:	6:07.86	43.77
37.	KOBA, J drzej		02	UKS "GIM 92 Ursynów" Warszawa						<b>6:08.92</b>	190	
	50m:	39.58	39.58	150m:	2:13.05	47.18	250m:	3:47.74	47.92	350m:	5:22.41	47.97
	100m:	1:25.87	46.29	200m:	2:59.82	46.77	300m:	4:34.44	46.70	400m:	6:08.92	46.51
38.	WRZE NIEWSKI, Damian		02	UKS Manta Warszawa Włochy						<b>6:09.15</b>	190	
	50m:	41.09	41.09	150m:	2:15.59	47.59	250m:	3:51.01	47.96	350m:	5:25.55	46.98
	100m:	1:28.00	46.91	200m:	3:03.05	47.46	300m:	4:38.57	47.56	400m:	6:09.15	43.60
39.	SZMIT, Filip		02	MKS Medyk Gi ycko						<b>6:11.48</b>	186	
	50m:	40.59	40.59	150m:			250m:	3:50.11	48.19	350m:	5:26.86	47.84
	100m:			200m:	3:01.92		300m:	4:39.02	48.91	400m:	6:11.48	44.62
40.	ZAWADA, Maciej		02	UKS Manta Warszawa Włochy						<b>6:15.57</b>	180	
	50m:	38.22	38.22	150m:	2:12.22	47.66	250m:	3:50.14	49.23	350m:	5:28.45	49.19
	100m:	1:24.56	46.34	200m:	3:00.91	48.69	300m:	4:39.26	49.12	400m:	6:15.57	47.12
41.	BRZEZI SKI, Michał		02	UKS Kapry- Armexim Pruszków						<b>6:24.92</b>	167	
	50m:	41.41	41.41	150m:	2:17.84	49.25	250m:			350m:		
	100m:	1:28.59	47.18	200m:	3:06.20	48.36	300m:			400m:	6:24.92	
42.	DZIENISZEWSKI, Michał		02	Uks Pingwiny						<b>6:25.41</b>	167	
	50m:	45.69	45.69	150m:	2:25.69	49.46	250m:	4:06.35	49.92	350m:		
	100m:	1:36.23	50.54	200m:	3:16.43	50.74	300m:	4:56.93	50.58	400m:	6:25.41	
43.	DOBOSIEWICZ, Michał		02	UKS Manta Warszawa Włochy						<b>6:35.34</b>	154	
	50m:			150m:	2:24.09		250m:	4:09.48	55.00	350m:		
	100m:			200m:	3:14.48	50.39	300m:	5:01.58	52.10	400m:	6:35.34	
44.	SAKOWICZ, Jeremi		02	UKS "Polonez" Wyszków						<b>6:41.98</b>	147	
	50m:	44.37	44.37	150m:	2:27.25	52.31	250m:	4:11.12	51.84	350m:	5:53.60	50.55
	100m:	1:34.94	50.57	200m:	3:19.28	52.03	300m:	5:03.05	51.93	400m:	6:41.98	48.38
45.	CHLUDZI SKI, Jakub		02	Mpks "Orka" Ciechanow						<b>7:03.25</b>	126	
	50m:	44.83	44.83	150m:	2:31.67	53.44	250m:	4:23.89	57.48	350m:	5:16.86	
	100m:	1:38.23	53.40	200m:	3:26.41	54.74	300m:			400m:	7:03.25	1:46.39

13 lat

1.	JEMIELITA, Oskar		01	Mpks "Orka" Ciechanow						<b>4:35.79</b>	455	
	50m:	29.90	29.90	150m:	1:39.02	34.93	250m:	2:50.26	35.78	350m:	4:01.78	35.48
	100m:	1:04.09	34.19	200m:	2:14.48	35.46	300m:	3:26.30	36.04	400m:	4:35.79	34.01
2.	ZUEHLKE, Kajetan		01	MZOS Płock						<b>4:57.58</b>	362	
	50m:	32.58	32.58	150m:	1:46.00	37.12	250m:	3:01.90	38.46	350m:	4:20.79	39.42
	100m:	1:08.88	36.30	200m:	2:23.44	37.44	300m:	3:41.37	39.47	400m:	4:57.58	36.79
3.	KRZYMA SKI, Kajetan		01	UKS "GIM 92 Ursynów" Warszawa						<b>4:58.96</b>	357	
	50m:	32.75	32.75	150m:	1:46.26	37.37	250m:	3:04.48	39.20	350m:	4:22.87	39.22
	100m:	1:08.89	36.14	200m:	2:25.28	39.02	300m:	3:43.65	39.17	400m:	4:58.96	36.09
4.	KOWALSKI, Kacper		01	UKS "GIM 92 Ursynów" Warszawa						<b>5:01.61</b>	348	
	50m:	33.83	33.83	150m:	1:48.67	37.81	250m:	3:05.60	38.72	350m:	4:23.50	39.13
	100m:	1:10.86	37.03	200m:	2:26.88	38.21	300m:	3:44.37	38.77	400m:	5:01.61	38.11
5.	DEREZI SKI, Szymon		01	Mks Piaseczno						<b>5:06.22</b>	332	
	50m:	31.97	31.97	150m:	1:48.80	39.21	250m:	3:07.84	39.72	350m:	4:28.46	39.68
	100m:	1:09.59	37.62	200m:	2:28.12	39.32	300m:	3:48.78	40.94	400m:	5:06.22	37.76
6.	PAWLAK, Rafał		01	Uks Pingwiny						<b>5:10.56</b>	319	
	50m:	34.89	34.89	150m:	1:53.33	39.64	250m:	3:13.60	40.20	350m:	4:32.52	39.20
	100m:	1:13.69	38.80	200m:	2:33.40	40.07	300m:	3:53.32	39.72	400m:	5:10.56	38.04
7.	SIEMEK, Damian		01	Uks Posejdon Pułtusk						<b>5:10.90</b>	318	
	50m:	34.49	34.49	150m:	1:52.91	39.85	250m:	3:12.15	40.13	350m:	4:32.89	40.59
	100m:	1:13.06	38.57	200m:	2:32.02	39.11	300m:	3:52.30	40.15	400m:	5:10.90	38.01

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12-13 letnich  
Ciechanów, 22- - 23-3-2014

Konkurencja 8, Chłopców, 400m dowolny, 13 lat

Pozycja			Rok ur.							Czas	Pkt.
8.	W	SIAKOWSKI, Kamil	01	MZOS Płock						<b>5:12.69</b>	312
		50m: 35.76 35.76		150m: 1:56.61	40.33	250m: 3:17.07	39.96	350m: 4:35.05	38.16		
		100m: 1:16.28 40.52		200m: 2:37.11	40.50	300m: 3:56.89	39.82	400m: 5:12.69	37.64		
9.	CIE LA, Jan		01	UKS "GIM 92 Ursynów" Warszawa						<b>5:16.24</b>	302
		50m: 35.75 35.75		150m: 1:54.55	39.68	250m: 3:15.79	40.82	350m: 4:38.38	41.43		
		100m: 1:14.87 39.12		200m: 2:34.97	40.42	300m: 3:56.95	41.16	400m: 5:16.24	37.86		
10.	WARDAK, Michał		01	UKS "GIM 92 Ursynów" Warszawa						<b>5:20.02</b>	291
		50m: 34.43 34.43		150m: 1:54.13	41.04	250m: 3:16.85	41.51	350m: 4:39.70	41.19		
		100m: 1:13.09 38.66		200m: 2:35.34	41.21	300m: 3:58.51	41.66	400m: 5:20.02	40.32		
11.	ZAGRZEJEWSKI, Tomasz		01	UKS Manta Warszawa Włochy						<b>5:20.25</b>	291
		50m: 35.15 35.15		150m:		250m: 3:20.63		350m: 4:43.13			
		100m:		200m:		300m:		400m: 5:20.25	37.12		
12.	GORCZY SKI, Piotr		01	UKS "Polonez" Wyszaków						<b>5:22.40</b>	285
		50m: 36.64 36.64		150m: 1:59.73	41.95	250m: 3:23.08	41.68	350m: 4:45.45	40.49		
		100m: 1:17.78 41.14		200m: 2:41.40	41.67	300m: 4:04.96	41.88	400m: 5:22.40	36.95		
13.	KOMENDAREK, Mikołaj		01	UKS dwójka Sochaczew						<b>5:25.33</b>	277
		50m: 33.95 33.95		150m: 1:57.09	42.40	250m: 3:21.80	42.21	350m: 4:46.21			
		100m: 1:14.69 40.74		200m: 2:39.59	42.50	300m:		400m: 5:25.33	39.12		
14.	NOWAK, Maurycy		01	UKS 307 Warszawa Mokotów						<b>5:27.84</b>	271
		50m: 37.97 37.97		150m: 2:01.76	42.13	250m: 3:25.99	42.10	350m: 4:48.39	40.75		
		100m: 1:19.63 41.66		200m: 2:43.89	42.13	300m: 4:07.64	41.65	400m: 5:27.84	39.45		
15.	SKROCKI, Maciej		01	MZOS Płock						<b>5:34.57</b>	255
		50m: 36.29 36.29		150m: 1:59.97	42.79	250m: 3:25.52	42.90	350m: 4:51.98	43.13		
		100m: 1:17.18 40.89		200m: 2:42.62	42.65	300m: 4:08.85	43.33	400m: 5:34.57	42.59		
16.	NIVETTE, Karol		01	UKS Ostrobramska Warszawa						<b>5:37.88</b>	247
		50m: 36.91 36.91		150m: 2:04.41	43.76	250m: 3:32.24	44.28	350m: 4:59.38	43.69		
		100m: 1:20.65 43.74		200m: 2:47.96	43.55	300m: 4:15.69	43.45	400m: 5:37.88	38.50		
17.	KOMOROWSKI, Sebastian		01	Psp Swim Płock						<b>5:40.20</b>	242
		50m: 39.37 39.37		150m: 2:06.42	43.37	250m: 3:33.79	43.72	350m: 5:00.34	43.26		
		100m: 1:23.05 43.68		200m: 2:50.07	43.65	300m: 4:17.08	43.29	400m: 5:40.20	39.86		
18.	BARTCZAK, Sebastian		01	UKS dwójka Sochaczew						<b>5:47.83</b>	227
		50m: 36.27 36.27		150m: 2:03.23	44.03	250m: 3:33.67		350m: 5:03.11	44.53		
		100m: 1:19.20 42.93		200m:		300m: 4:18.58	44.91	400m: 5:47.83	44.72		
19.	GARLICKI, Patryk		01	Psp Swim Płock						<b>6:04.72</b>	197
		50m: 41.35 41.35		150m: 2:15.08	46.81	250m: 3:49.56	46.55	350m: 5:23.00	45.28		
		100m: 1:28.27 46.92		200m: 3:03.01	47.93	300m: 4:37.72	48.16	400m: 6:04.72	41.72		
20.	CIE LAK, Jakub		01	Mks Piaseczno						<b>6:09.25</b>	189
		50m: 40.57 40.57		150m: 2:15.44	47.32	250m: 3:51.25	47.71	350m: 5:26.11	46.08		
		100m: 1:28.12 47.55		200m: 3:03.54	48.10	300m: 4:40.03	48.78	400m: 6:09.25	43.14		
21.	LIWI SKI, Mateusz		01	Mks Piaseczno						<b>6:15.51</b>	180
		50m: 41.84 41.84		150m: 2:17.82	48.02	250m: 3:53.07	47.83	350m: 5:29.96	48.25		
		100m: 1:29.80 47.96		200m: 3:05.24	47.42	300m: 4:41.71	48.64	400m: 6:15.51	45.55		
PK G	STAŁ, Jan		03	UKS "GIM 92 Ursynów" Warszawa						<b>5:13.60</b>	310
		50m: 35.12 35.12		150m: 1:55.93	40.68	250m: 3:16.36	39.68	350m: 4:37.22	40.18		
		100m: 1:15.25 40.13		200m: 2:36.68	40.75	300m: 3:57.04	40.68	400m: 5:13.60	36.38		