

ARENA GRAND PRIX PUCHAR POLSKI
Warszawa, 18. - 19.3.2017

Konkurencja 32
19.03.2017 - 12:00

M czynn, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2016

Pozycja	Rok ur.				Czas				Pkt.
14 lat i starsi									
1.	WOJDAK, Wojciech 96				BOSiR Brzesko				3:53.76 834
	50m: 26.73	26.73	150m: 1:24.79	29.23	250m: 2:23.99	29.17	350m: 3:23.94	30.10	
	100m: 55.56	28.83	200m: 1:54.82	30.03	300m: 2:53.84	29.85	400m: 3:53.76	29.82	
2.	ZABOROWSKI, Filip 94				MKP Szczecin				3:55.98 811
	50m: 27.55	27.55	150m: 1:26.51	29.69	250m: 2:25.97	29.76	350m: 3:26.40	30.17	
	100m: 56.82	29.27	200m: 1:56.21	29.70	300m: 2:56.23	30.26	400m: 3:55.98	29.58	
3.	KAŁU Y SKI, Antoni 99				MUKP Warszawianka Wodny Park				3:56.38 806
	50m: 27.83	27.83	150m: 1:27.65	30.17	250m: 2:28.49	30.57	350m: 3:27.94	29.30	
	100m: 57.48	29.65	200m: 1:57.92	30.27	300m: 2:58.64	30.15	400m: 3:56.38	28.44	
4.	PIELOWSKI, Krzysztof 91				MTP KORMORAN Olsztyn				4:00.16 769
	50m: 27.65	27.65	150m: 1:27.15	29.68	250m: 2:27.67	30.05	350m: 3:29.43	31.06	
	100m: 57.47	29.82	200m: 1:57.62	30.47	300m: 2:58.37	30.70	400m: 4:00.16	30.73	
5.	KRAWCZYK, Paweł 99				Buks				4:00.91 762
	50m: 27.24	27.24	150m: 1:27.26	30.41	250m: 2:29.76	31.26	350m: 3:32.02	30.81	
	100m: 56.85	29.61	200m: 1:58.50	31.24	300m: 3:01.21	31.45	400m: 4:00.91	28.89	
6.	ARNDT, Mateusz 98				KS Delfin Gdynia				4:01.21 759
	50m: 27.87	27.87	150m: 1:27.55	29.93	250m: 2:28.90	30.91	350m: 3:32.06	31.79	
	100m: 57.62	29.75	200m: 1:57.99	30.44	300m: 3:00.27	31.37	400m: 4:01.21	29.15	
7.	MAJCHRZAK, Kacper 92				Ks Warta Poznan				4:02.28 749
	50m: 27.15	27.15	150m: 1:28.04	30.71	250m: 2:29.61	31.20	350m: 3:32.26	31.25	
	100m: 57.33	30.18	200m: 1:58.41	30.37	300m: 3:01.01	31.40	400m: 4:02.28	30.02	
8.	PISZCZOROWICZ, Bartosz 99				UKS G-8 Bielany				4:02.34 748
	50m: 28.00	28.00	150m: 1:28.39	30.38	250m: 2:29.89	30.76	350m: 3:31.97	30.90	
	100m: 58.01	30.01	200m: 1:59.13	30.74	300m: 3:01.07	31.18	400m: 4:02.34	30.37	
9.	GŁYK, Wojciech 92				AZS AWF Katowice				4:02.60 746
	50m: 28.20	28.20	150m: 1:29.08	30.63	250m: 2:30.59	30.74	350m: 3:32.36	31.02	
	100m: 58.45	30.25	200m: 1:59.85	30.77	300m: 3:01.34	30.75	400m: 4:02.60	30.24	
10.	KIEŁCZEWSKI, AMADEUSZ SSz 00				MKP Szczecin				4:03.74 736
	50m: 28.21	28.21	150m: 1:29.94	31.10	250m: 2:32.55	31.16	350m: 3:34.84	30.80	
	100m: 58.84	30.63	200m: 2:01.39	31.45	300m: 3:04.04	31.49	400m: 4:03.74	28.90	
11.	KASZTELAN, Mateusz SOL 98				MTP KORMORAN Olsztyn				4:03.80 735
	50m: 27.51	27.51	150m: 1:27.97	30.46	250m: 2:29.47	30.77	350m: 3:32.78	31.99	
	100m: 57.51	30.00	200m: 1:58.70	30.73	300m: 3:00.79	31.32	400m: 4:03.80	31.02	
12.	RÓJ, KONRAD SSz 98				MKP Szczecin				4:05.49 720
	50m: 28.20	28.20	150m: 1:29.33	30.77	250m: 2:32.22	31.53	350m: 3:35.31	31.26	
	100m: 58.56	30.36	200m: 2:00.69	31.36	300m: 3:04.05	31.83	400m: 4:05.49	30.18	
13.	KLICH, Kacper 94				WKS I sk Wrocław				4:06.84 708
	50m: 28.44	28.44	150m: 1:30.11	31.14	250m: 2:32.54	31.39	350m: 3:36.13	31.98	
	100m: 58.97	30.53	200m: 2:01.15	31.04	300m: 3:04.15	31.61	400m: 4:06.84	30.71	
14.	PIÓRO, Artur 91				MKS Pałac Młodzie y Katowice				4:08.93 690
	50m: 29.08	29.08	150m: 1:33.05	32.26	250m: 2:36.11	31.10	350m: 3:39.37	32.15	
	100m: 1:00.79	31.71	200m: 2:05.01	31.96	300m: 3:07.22	31.11	400m: 4:08.93	29.56	
15.	SKIERKA, Jakub 98				GKS Cartusia Kartuzy				4:10.00 682
	50m: 29.26	29.26	150m: 1:32.83	32.05	250m: 2:37.29	32.20	350m: 3:39.84	29.98	
	100m: 1:00.78	31.52	200m: 2:05.09	32.26	300m: 3:09.86	32.57	400m: 4:10.00	30.16	
16.	OPALSKI, Marcin 93				MUKP Warszawianka Wodny Park				4:10.91 674
	50m: 28.76	28.76	150m: 1:32.02	31.86	250m: 2:36.30	31.94	350m: 3:40.63	31.73	
	100m: 1:00.16	31.40	200m: 2:04.36	32.34	300m: 3:08.90	32.60	400m: 4:10.91	30.28	
17.	MO CICKI, Jakub 01				MTP KORMORAN Olsztyn				4:14.32 647
	50m: 29.10	29.10	150m: 1:33.85	32.99	250m: 2:39.16	32.50	350m: 3:43.95	32.53	
	100m: 1:00.86	31.76	200m: 2:06.66	32.81	300m: 3:11.42	32.26	400m: 4:14.32	30.37	

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Pozycja			Rok ur.					Czas	Pkt.
18.	JAWORSKI, Szymon	01	UKS Salmo	ory			4:14.97	643	
	50m: 28.81 28.81	150m: 1:33.95	33.13	250m: 2:39.62	32.62	350m: 3:44.88	32.49		
	100m: 1:00.82 32.01	200m: 2:07.00	33.05	300m: 3:12.39	32.77	400m: 4:14.97	30.09		
19.	KOMOSA, Maciej SWwa	99	MKS Polonia Warszawa				4:15.52	638	
	50m: 29.85 29.85	150m: 1:34.27	32.51	250m: 2:38.59	31.32	350m: 3:43.96	32.64		
	100m: 1:01.76 31.91	200m: 2:07.27	33.00	300m: 3:11.32	32.73	400m: 4:15.52	31.56		
20.	POPIS, EMIL SSz	98	MKP Szczecin				4:15.60	638	
	50m: 29.73 29.73	150m: 1:33.97	32.56	250m: 2:38.71	32.67	350m: 3:44.40	32.91		
	100m: 1:01.41 31.68	200m: 2:06.04	32.07	300m: 3:11.49	32.78	400m: 4:15.60	31.20		
21.	TARADY, Jakub ZG	00	„Towarzystwo Pływaków” Zielona Góra				4:16.80	629	
	50m: 29.31 29.31	150m: 1:35.64	33.32	250m: 2:41.90	32.90	350m: 3:46.88	31.38		
	100m: 1:02.32 33.01	200m: 2:09.00	33.36	300m: 3:15.50	33.60	400m: 4:16.80	29.92		
22.	LECHOWICZ, Filip	97	AZS-AGH Kraków				4:16.94	628	
	50m: 28.75 28.75	150m: 1:33.63	32.61	250m: 2:39.35	32.95	350m: 3:46.28	33.76		
	100m: 1:01.02 32.27	200m: 2:06.40	32.77	300m: 3:12.52	33.17	400m: 4:16.94	30.66		
23.	HOJDA, Bartłomiej SO	98	UKP UNIA O wi cim				4:17.04	627	
	50m: 29.42 29.42	150m: 1:34.36	32.99	250m: 2:40.27	33.12	350m: 3:46.59	33.06		
	100m: 1:01.37 31.95	200m: 2:07.15	32.79	300m: 3:13.53	33.26	400m: 4:17.04	30.45		
24.	BORKOWSKI, Kacper SL	00	KU AZS UMCS Lublin				4:17.22	626	
	50m: 29.57 29.57	150m: 1:35.69	33.48	250m: 2:42.05	32.99	350m: 3:46.52	31.82		
	100m: 1:02.21 32.64	200m: 2:09.06	33.37	300m: 3:14.70	32.65	400m: 4:17.22	30.70		
25.	BRZOSTOWSKI, Axel	96	AZS AWF Katowice				4:17.55	623	
	50m: 29.80 29.80	150m: 1:34.59	32.56	250m: 2:40.47	33.12	350m: 3:46.78	32.99		
	100m: 1:02.03 32.23	200m: 2:07.35	32.76	300m: 3:13.79	33.32	400m: 4:17.55	30.77		
26.	MARCZUK, Szymon SL	99	KU AZS UMCS Lublin				4:18.22	619	
	50m: 29.08 29.08	150m: 1:35.89	33.62	250m: 2:42.34	33.07	350m: 3:48.45	33.01		
	100m: 1:02.27 33.19	200m: 2:09.27	33.38	300m: 3:15.44	33.10	400m: 4:18.22	29.77		
27.	SADŁOWSKI, Piotr SOL	00	MTP KORMORAN Olsztyn				4:18.26	618	
	50m: 28.36 28.36	150m: 1:34.97	33.77	250m: 2:40.85	32.51	350m: 3:46.70	32.68		
	100m: 1:01.20 32.84	200m: 2:08.34	33.37	300m: 3:14.02	33.17	400m: 4:18.26	31.56		
28.	RYBAK, Konrad SOL	98	UKS PIRANIA -Targówek Warszawa				4:19.52	609	
	50m: 29.78 29.78	150m: 1:34.71	32.92	250m: 2:40.84	33.37	350m: 3:47.45	33.44		
	100m: 1:01.79 32.01	200m: 2:07.47	32.76	300m: 3:14.01	33.17	400m: 4:19.52	32.07		
29.	JA KIEWICZ, Adrian	02	Iuks Muszelka				4:19.59	609	
	50m: 28.96 28.96	150m: 1:34.09	33.14	250m: 2:40.59	33.63	350m: 3:47.75	33.42		
	100m: 1:00.95 31.99	200m: 2:06.96	32.87	300m: 3:14.33	33.74	400m: 4:19.59	31.84		
30.	BRUZDEWICZ, Hubert	02	MTP KORMORAN Olsztyn				4:19.94	606	
	50m: 30.05 30.05	150m: 1:37.69	34.16	250m: 2:43.95	33.05	350m: 3:49.15	32.68		
	100m: 1:03.53 33.48	200m: 2:10.90	33.21	300m: 3:16.47	32.52	400m: 4:19.94	30.79		
31.	DUDKIEWICZ, Kacper	02	UKS oliborz				4:20.27	604	
	50m: 30.22 30.22	150m: 1:36.99	33.72	250m: 2:44.37	33.32	350m: 3:49.77	32.36		
	100m: 1:03.27 33.05	200m: 2:11.05	34.06	300m: 3:17.41	33.04	400m: 4:20.27	30.50		
32.	BRU DZIAK, Maciej SOL	98	MTP KORMORAN Olsztyn				4:21.01	599	
	50m: 29.68 29.68	150m: 1:35.48	33.53	250m: 2:41.20	33.32	350m: 3:48.12	33.55		
	100m: 1:01.95 32.27	200m: 2:07.88	32.40	300m: 3:14.57	33.37	400m: 4:21.01	32.89		
33.	ZIELI SKI, Konrad	03	UKS 190 Łód				4:21.10	598	
	50m: 29.81 29.81	150m: 1:35.75	33.43	250m: 2:42.77	33.34	350m: 3:49.26	33.01		
	100m: 1:02.32 32.51	200m: 2:09.43	33.68	300m: 3:16.25	33.48	400m: 4:21.10	31.84		
34.	PAWEŁEK, Paweł	99	MKS Polonia Warszawa				4:22.00	592	
	50m: 28.84 28.84	150m: 1:34.48	33.32	250m: 2:41.35	33.37	350m: 3:48.80	33.71		
	100m: 1:01.16 32.32	200m: 2:07.98	33.50	300m: 3:15.09	33.74	400m: 4:22.00	33.20		
35.	J DRYŚ, Igor	02	MUKP Warszawianka Wodny Park				4:22.07	592	
	50m: 29.56 29.56	150m: 1:36.50	33.95	250m: 2:44.09	33.99	350m: 3:50.54	33.12		
	100m: 1:02.55 32.99	200m: 2:10.10	33.60	300m: 3:17.42	33.33	400m: 4:22.07	31.53		

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Pozycja			Rok ur.						Czas	Pkt.
36.	TRYLSKI, Wiktor		03	UKS TRI-Team Rumia				4:23.55	582	
	50m: 30.32	30.32	150m: 1:36.55	33.45	250m: 2:43.94	33.69	350m: 3:52.03	34.14		
	100m: 1:03.10	32.78	200m: 2:10.25	33.70	300m: 3:17.89	33.95	400m: 4:23.55	31.52		
37.	ZUBIK, Stanisław SWwa		01	MKS Polonia Warszawa				4:23.62	581	
	50m: 29.77	29.77	150m: 1:36.54	33.75	250m: 2:43.40	33.22	350m: 3:50.94	33.47		
	100m: 1:02.79	33.02	200m: 2:10.18	33.64	300m: 3:17.47	34.07	400m: 4:23.62	32.68		
38.	DURAJCZYK, Michał		97	Azs Awf Warszawa				4:24.54	575	
	50m: 29.17	29.17	150m: 1:35.26	33.53	250m: 2:43.06	33.92	350m: 3:51.88	34.81		
	100m: 1:01.73	32.56	200m: 2:09.14	33.88	300m: 3:17.07	34.01	400m: 4:24.54	32.66		
39.	D BSKI, DOMINIK SSz		98	MKP Szczecin				4:24.81	573	
	50m: 29.18	29.18	150m: 1:34.39	32.96	250m: 2:42.17	34.04	350m: 3:51.13	34.36		
	100m: 1:01.43	32.25	200m: 2:08.13	33.74	300m: 3:16.77	34.60	400m: 4:24.81	33.68		
40.	SOBCZYK, Maciej		95	AZS-AGH Kraków				4:25.69	568	
	50m: 29.96	29.96	150m: 1:37.93	34.58	250m: 2:45.70	33.95	350m: 3:53.03	33.37		
	100m: 1:03.35	33.39	200m: 2:11.75	33.82	300m: 3:19.66	33.96	400m: 4:25.69	32.66		
41.	OLLER, Krzysztof SOL		00	MTP KORMORAN Olsztyn				4:26.41	563	
	50m: 29.17	29.17	150m: 1:35.19	33.13	250m: 2:42.94	33.84	350m: 3:52.64	34.77		
	100m: 1:02.06	32.89	200m: 2:09.10	33.91	300m: 3:17.87	34.93	400m: 4:26.41	33.77		
42.	KRZYMA SKI, Kajetan		01	UKS Gim 92 Ursyn łw W-wa				4:26.92	560	
	50m: 30.14	30.14	150m: 1:37.31	33.61	250m: 2:45.89	34.36	350m: 3:56.47	35.82		
	100m: 1:03.70	33.56	200m: 2:11.53	34.22	300m: 3:20.65	34.76	400m: 4:26.92	30.45		
43.	DOŁOWY, Grzegorz		02	Iuks Muszelka				4:28.19	552	
	50m: 30.91	30.91	150m: 1:39.04	34.22	250m: 2:46.89	33.92	350m: 3:55.31	34.14		
	100m: 1:04.82	33.91	200m: 2:12.97	33.93	300m: 3:21.17	34.28	400m: 4:28.19	32.88		
44.	RUTA, Kamil		02	Iuks Muszelka				4:28.48	550	
	50m: 30.13	30.13	150m: 1:37.15	34.00	250m: 2:45.99	34.53	350m: 3:55.08	34.49		
	100m: 1:03.15	33.02	200m: 2:11.46	34.31	300m: 3:20.59	34.60	400m: 4:28.48	33.40		
45.	ZDZIEBŁO, Piotr		02	UKS Salmo ory				4:28.67	549	
	50m: 30.74	30.74	150m: 1:39.16	34.54	250m: 2:47.92	33.97	350m: 3:56.23	34.19		
	100m: 1:04.62	33.88	200m: 2:13.95	34.79	300m: 3:22.04	34.12	400m: 4:28.67	32.44		
46.	RODKIEWICZ, Radosław		03	Iuks Muszelka				4:28.80	548	
	50m: 31.92	31.92	150m: 1:41.34	34.72	250m: 2:49.91	33.94	350m: 3:57.29	33.58		
	100m: 1:06.62	34.70	200m: 2:15.97	34.63	300m: 3:23.71	33.80	400m: 4:28.80	31.51		
47.	ROGUSKI, Mateusz		03	Iuks Muszelka				4:29.95	541	
	50m: 30.96	30.96	150m: 1:39.50	34.67	250m: 2:48.66	34.60	350m: 3:57.39	33.99		
	100m: 1:04.83	33.87	200m: 2:14.06	34.56	300m: 3:23.40	34.74	400m: 4:29.95	32.56		
48.	PRZYBYSZ, Mateusz		03	Buks				4:30.19	540	
	50m: 31.29	31.29	150m: 1:39.85	34.65	250m: 2:48.96	34.55	350m: 3:57.94	34.10		
	100m: 1:05.20	33.91	200m: 2:14.41	34.56	300m: 3:23.84	34.88	400m: 4:30.19	32.25		
49.	B CZKOWSKI, Bartosz		97	MKS Polonia Warszawa				4:31.15	534	
	50m: 29.37	29.37	150m: 1:36.16	34.02	250m: 2:45.61	34.81	350m: 3:56.61	35.58		
	100m: 1:02.14	32.77	200m: 2:10.80	34.64	300m: 3:21.03	35.42	400m: 4:31.15	34.54		
50.	G SIOR, Sebastian SL		99	KU AZS UMCS Lublin				4:31.73	531	
	50m: 31.42	31.42	150m: 1:40.19	34.98	250m: 2:50.49	35.10	350m: 4:01.69	35.84		
	100m: 1:05.21	33.79	200m: 2:15.39	35.20	300m: 3:25.85	35.36	400m: 4:31.73	30.04		
51.	PAWŁOWSKI, Bogusław		02	UKS G-8 Bielany				4:33.26	522	
	50m: 30.46	30.46	150m: 1:38.15	34.32	250m: 2:48.46	35.02	350m: 3:59.58	35.49		
	100m: 1:03.83	33.37	200m: 2:13.44	35.29	300m: 3:24.09	35.63	400m: 4:33.26	33.68		
52.	KOWALCZYK, Michał		02	UKS oliborz				4:34.45	515	
	50m: 30.55	30.55	150m: 1:41.01	35.70	250m: 2:51.67	35.24	350m: 4:01.73	34.95		
	100m: 1:05.31	34.76	200m: 2:16.43	35.42	300m: 3:26.78	35.11	400m: 4:34.45	32.72		
53.	ROZMYŚŁOWSKI, Eryk		02	UKS GOS Raszyn				4:34.56	514	
	50m: 31.05	31.05	150m: 1:40.96	35.71	250m: 2:50.53	35.18	350m: 4:01.33	35.42		
	100m: 1:05.25	34.20	200m: 2:15.35	34.39	300m: 3:25.91	35.38	400m: 4:34.56	33.23		

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Pozycja			Rok ur.					Czas	Pkt.			
54.	NIEDZIAŁEK, Michał	SOL	03	MTP KORMORAN Olsztyn				4:34.92	512			
	50m:	31.73	31.73	150m:	1:41.86	35.53	250m:	2:52.22	34.82	350m:	4:02.23	34.71
	100m:	1:06.33	34.60	200m:	2:17.40	35.54	300m:	3:27.52	35.30	400m:	4:34.92	32.69
55.	GRABEK, Filip	SL	99	KU AZS UMCS Lublin				4:36.72	502			
	50m:	31.70	31.70	150m:	1:41.16	34.89	250m:	2:50.54	34.01	350m:	4:01.10	36.08
	100m:	1:06.27	34.57	200m:	2:16.53	35.37	300m:	3:25.02	34.48	400m:	4:36.72	35.62
56.	MOLENDĄ, Dominik		02	UKS Pirania Targówek				4:37.18	500			
	50m:	31.17	31.17	150m:	1:41.38	35.55	250m:	2:53.19	36.12	350m:	4:03.91	35.26
	100m:	1:05.83	34.66	200m:	2:17.07	35.69	300m:	3:28.65	35.46	400m:	4:37.18	33.27
57.	KOTARSKI, Jakub		01	Buks				4:37.35	499			
	50m:	31.88	31.88	150m:	1:41.91	35.38	250m:	2:53.50	35.80	350m:	4:03.73	35.04
	100m:	1:06.53	34.65	200m:	2:17.70	35.79	300m:	3:28.69	35.19	400m:	4:37.35	33.62
58.	ZALEWSKI, Sebastian		03	UKS Pirania Targówek				4:37.51	498			
	50m:	33.02	33.02	150m:	1:45.31	36.50	250m:	2:54.31	34.36	350m:	4:04.24	34.41
	100m:	1:08.81	35.79	200m:	2:19.95	34.64	300m:	3:29.83	35.52	400m:	4:37.51	33.27
59.	CZAJKA, Maciej		02	UKS G-8 Bielany				4:37.96	496			
	50m:	31.92	31.92	150m:	1:42.89	35.80	250m:	2:53.39	34.78	350m:	4:03.10	34.74
	100m:	1:07.09	35.17	200m:	2:18.61	35.72	300m:	3:28.36	34.97	400m:	4:37.96	34.86
60.	MARKOWSKI, Kacper		03	UKS G-8 Bielany				4:40.20	484			
	50m:	31.40	31.40	150m:	1:41.65	35.57	250m:	2:53.23	35.91	350m:	4:05.22	35.82
	100m:	1:06.08	34.68	200m:	2:17.32	35.67	300m:	3:29.40	36.17	400m:	4:40.20	34.98
61.	BORZYMEK, Hubert		02	UKS 307 Warszawa-Mokotów				4:42.55	472			
	50m:	33.01	33.01	150m:	1:46.33	37.01	250m:	2:59.11	36.29	350m:	4:10.14	34.82
	100m:	1:09.32	36.31	200m:	2:22.82	36.49	300m:	3:35.32	36.21	400m:	4:42.55	32.41
62.	WALAT, Sebastian		03	UKS Pirania Targówek				4:42.88	470			
	50m:	32.15	32.15	150m:	1:45.56	37.13	250m:	2:58.48	36.90	350m:	4:10.46	35.29
	100m:	1:08.43	36.28	200m:	2:21.58	36.02	300m:	3:35.17	36.69	400m:	4:42.88	32.42
63.	POPŁONYK, Jakub			Buks				4:55.09	414			
	50m:	32.28	32.28	150m:	1:46.72	37.62	250m:	3:02.94	38.15	350m:	4:19.18	38.33
	100m:	1:09.10	36.82	200m:	2:24.79	38.07	300m:	3:40.85	37.91	400m:	4:55.09	35.91
64.	K DZIERSKI, Jan		02	MUKP Warszawianka Wodny Park				4:56.47	409			
	50m:	31.99	31.99	150m:	1:47.70	38.36	250m:	3:04.30	38.83	350m:	4:20.34	37.64
	100m:	1:09.34	37.35	200m:	2:25.47	37.77	300m:	3:42.70	38.40	400m:	4:56.47	36.13
65.	ZIELI SKI, Maksymilian		03	UKS G-8 Bielany				4:56.77	407			
	50m:	33.43	33.43	150m:	1:49.92	38.43	250m:	3:05.59	37.02	350m:	4:21.14	37.57
	100m:	1:11.49	38.06	200m:	2:28.57	38.65	300m:	3:43.57	37.98	400m:	4:56.77	35.63
66.	WIDERSKI, Maksymilian		98	UKS Ostrobramska Warszawa				4:57.74	403			
	50m:	34.14	34.14	150m:	1:49.65	38.42	250m:	3:05.99	37.61	350m:	4:21.96	37.71
	100m:	1:11.23	37.09	200m:	2:28.38	38.73	300m:	3:44.25	38.26	400m:	4:57.74	35.78
67.	JAROSZEWSKI, Łukasz		02	UKS oliborz				5:01.30	389			
	50m:	34.38	34.38	150m:	1:51.50	38.34	250m:	3:08.58	37.99	350m:	4:25.28	38.16
	100m:	1:13.16	38.78	200m:	2:30.59	39.09	300m:	3:47.12	38.54	400m:	5:01.30	36.02
68.	CHOI SKI, Bartosz		02	MUKP Warszawianka Wodny Park				5:09.25	360			
	50m:	31.97	31.97	150m:	1:48.21	39.53	250m:	3:09.19	40.37	350m:	4:30.55	40.70
	100m:	1:08.68	36.71	200m:	2:28.82	40.61	300m:	3:49.85	40.66	400m:	5:09.25	38.70
69.	KOWALCZYK, Piotr		03	MKS Polonia Warszawa				5:12.26	350			
	50m:	34.38	34.38	150m:	1:54.37	39.76	250m:	3:15.64	40.82	350m:	4:35.55	40.03
	100m:	1:14.61	40.23	200m:	2:34.82	40.45	300m:	3:55.52	39.88	400m:	5:12.26	36.71
70.	ANTCZAK, Bartosz		03	MKS Polonia Warszawa				5:14.93	341			
	50m:	34.04	34.04	150m:	1:51.02	38.97	250m:	3:11.30	39.98	350m:	4:35.00	41.97
	100m:	1:12.05	38.01	200m:	2:31.32	40.30	300m:	3:53.03	41.73	400m:	5:14.93	39.93

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1.	KAŁU Y SKI, Antoni	99	MUKP Warszawianka Wodny Park	3:56.38	806
	50m: 27.83 27.83	150m: 1:27.65	30.17 250m: 2:28.49	30.57 350m: 3:27.94	29.30
	100m: 57.48 29.65	200m: 1:57.92	30.27 300m: 2:58.64	30.15 400m: 3:56.38	28.44
2.	KRAWCZYK, Paweł	99	Buks	4:00.91	762
	50m: 27.24 27.24	150m: 1:27.26	30.41 250m: 2:29.76	31.26 350m: 3:32.02	30.81
	100m: 56.85 29.61	200m: 1:58.50	31.24 300m: 3:01.21	31.45 400m: 4:00.91	28.89
3.	PISZCZOROWICZ, Bartosz	99	UKS G-8 Bielany	4:02.34	748
	50m: 28.00 28.00	150m: 1:28.39	30.38 250m: 2:29.89	30.76 350m: 3:31.97	30.90
	100m: 58.01 30.01	200m: 1:59.13	30.74 300m: 3:01.07	31.18 400m: 4:02.34	30.37
4.	KIEŁCZEWSKI, AMADEUSZ SSz	00	MKP Szczecin	4:03.74	736
	50m: 28.21 28.21	150m: 1:29.94	31.10 250m: 2:32.55	31.16 350m: 3:34.84	30.80
	100m: 58.84 30.63	200m: 2:01.39	31.45 300m: 3:04.04	31.49 400m: 4:03.74	28.90
5.	KOMOSA, Maciej SWwa	99	MKS Polonia Warszawa	4:15.52	638
	50m: 29.85 29.85	150m: 1:34.27	32.51 250m: 2:38.59	31.32 350m: 3:43.96	32.64
	100m: 1:01.76 31.91	200m: 2:07.27	33.00 300m: 3:11.32	32.73 400m: 4:15.52	31.56
6.	TARADY , Jakub ZG	00	„ Towarzystwo Pływakcie" Zielona Góra	4:16.80	629
	50m: 29.31 29.31	150m: 1:35.64	33.32 250m: 2:41.90	32.90 350m: 3:46.88	31.38
	100m: 1:02.32 33.01	200m: 2:09.00	33.36 300m: 3:15.50	33.60 400m: 4:16.80	29.92
7.	BORKOWSKI, Kacper SL	00	KU AZS UMCS Lublin	4:17.22	626
	50m: 29.57 29.57	150m: 1:35.69	33.48 250m: 2:42.05	32.99 350m: 3:46.52	31.82
	100m: 1:02.21 32.64	200m: 2:09.06	33.37 300m: 3:14.70	32.65 400m: 4:17.22	30.70
8.	MARCZUK, Szymon SL	99	KU AZS UMCS Lublin	4:18.22	619
	50m: 29.08 29.08	150m: 1:35.89	33.62 250m: 2:42.34	33.07 350m: 3:48.45	33.01
	100m: 1:02.27 33.19	200m: 2:09.27	33.38 300m: 3:15.44	33.10 400m: 4:18.22	29.77
9.	SADŁOWSKI, Piotr SOL	00	MTP KORMORAN Olsztyn	4:18.26	618
	50m: 28.36 28.36	150m: 1:34.97	33.77 250m: 2:40.85	32.51 350m: 3:46.70	32.68
	100m: 1:01.20 32.84	200m: 2:08.34	33.37 300m: 3:14.02	33.17 400m: 4:18.26	31.56
10.	PAWEŁEK, Paweł	99	MKS Polonia Warszawa	4:22.00	592
	50m: 28.84 28.84	150m: 1:34.48	33.32 250m: 2:41.35	33.37 350m: 3:48.80	33.71
	100m: 1:01.16 32.32	200m: 2:07.98	33.50 300m: 3:15.09	33.74 400m: 4:22.00	33.20
11.	OLLER, Krzysztof SOL	00	MTP KORMORAN Olsztyn	4:26.41	563
	50m: 29.17 29.17	150m: 1:35.19	33.13 250m: 2:42.94	33.84 350m: 3:52.64	34.77
	100m: 1:02.06 32.89	200m: 2:09.10	33.91 300m: 3:17.87	34.93 400m: 4:26.41	33.77
12.	G SIOR, Sebastian SL	99	KU AZS UMCS Lublin	4:31.73	531
	50m: 31.42 31.42	150m: 1:40.19	34.98 250m: 2:50.49	35.10 350m: 4:01.69	35.84
	100m: 1:05.21 33.79	200m: 2:15.39	35.20 300m: 3:25.85	35.36 400m: 4:31.73	30.04
13.	GRABEK, Filip SL	99	KU AZS UMCS Lublin	4:36.72	502
	50m: 31.70 31.70	150m: 1:41.16	34.89 250m: 2:50.54	34.01 350m: 4:01.10	36.08
	100m: 1:06.27 34.57	200m: 2:16.53	35.37 300m: 3:25.02	34.48 400m: 4:36.72	35.62

16 lat

1.	MO CICKI, Jakub	01	MTP KORMORAN Olsztyn	4:14.32	647
	50m: 29.10 29.10	150m: 1:33.85	32.99 250m: 2:39.16	32.50 350m: 3:43.95	32.53
	100m: 1:00.86 31.76	200m: 2:06.66	32.81 300m: 3:11.42	32.26 400m: 4:14.32	30.37
2.	JAWORSKI, Szymon	01	UKS Salmo ory	4:14.97	643
	50m: 28.81 28.81	150m: 1:33.95	33.13 250m: 2:39.62	32.62 350m: 3:44.88	32.49
	100m: 1:00.82 32.01	200m: 2:07.00	33.05 300m: 3:12.39	32.77 400m: 4:14.97	30.09
3.	ZUBIK, Stanisław SWwa	01	MKS Polonia Warszawa	4:23.62	581
	50m: 29.77 29.77	150m: 1:36.54	33.75 250m: 2:43.40	33.22 350m: 3:50.94	33.47
	100m: 1:02.79 33.02	200m: 2:10.18	33.64 300m: 3:17.47	34.07 400m: 4:23.62	32.68
4.	KRZYMA SKI, Kajetan	01	UKS Gim 92 Ursyn łw W-wa	4:26.92	560
	50m: 30.14 30.14	150m: 1:37.31	33.61 250m: 2:45.89	34.36 350m: 3:56.47	35.82
	100m: 1:03.70 33.56	200m: 2:11.53	34.22 300m: 3:20.65	34.76 400m: 4:26.92	30.45

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Pozycja			Rok ur.				Czas				Pkt.
5.	KOTARSKI, Jakub		01 Buks				4:37.35				499
	50m:	31.88 31.88	150m:	1:41.91 35.38	250m:	2:53.50 35.80	350m:	4:03.73 35.04	400m:	4:37.35 33.62	
	100m:	1:06.53 34.65	200m:	2:17.70 35.79	300m:	3:28.69 35.19	400m:	4:37.35 33.62			
15 lat											
1.	JA KIEWICZ, Adrian		02 Iuks Muszelka				4:19.59				609
	50m:	28.96 28.96	150m:	1:34.09 33.14	250m:	2:40.59 33.63	350m:	3:47.75 33.42	400m:	4:19.59 31.84	
	100m:	1:00.95 31.99	200m:	2:06.96 32.87	300m:	3:14.33 33.74	400m:	4:19.59 31.84			
2.	BRUZDEWICZ, Hubert		02 MTP KORMORAN Olsztyn				4:19.94				606
	50m:	30.05 30.05	150m:	1:37.69 34.16	250m:	2:43.95 33.05	350m:	3:49.15 32.68	400m:	4:19.94 30.79	
	100m:	1:03.53 33.48	200m:	2:10.90 33.21	300m:	3:16.47 32.52	400m:	4:19.94 30.79			
3.	DUDKIEWICZ, Kacper		02 UKS oliborz				4:20.27				604
	50m:	30.22 30.22	150m:	1:36.99 33.72	250m:	2:44.37 33.32	350m:	3:49.77 32.36	400m:	4:20.27 30.50	
	100m:	1:03.27 33.05	200m:	2:11.05 34.06	300m:	3:17.41 33.04	400m:	4:20.27 30.50			
4.	J DRYŚ, Igor		02 MUKP Warszawianka Wodny Park				4:22.07				592
	50m:	29.56 29.56	150m:	1:36.50 33.95	250m:	2:44.09 33.99	350m:	3:50.54 33.12	400m:	4:22.07 31.53	
	100m:	1:02.55 32.99	200m:	2:10.10 33.60	300m:	3:17.42 33.33	400m:	4:22.07 31.53			
5.	DOŁOWY, Grzegorz		02 Iuks Muszelka				4:28.19				552
	50m:	30.91 30.91	150m:	1:39.04 34.22	250m:	2:46.89 33.92	350m:	3:55.31 34.14	400m:	4:28.19 32.88	
	100m:	1:04.82 33.91	200m:	2:12.97 33.93	300m:	3:21.17 34.28	400m:	4:28.19 32.88			
6.	RUTA, Kamil		02 Iuks Muszelka				4:28.48				550
	50m:	30.13 30.13	150m:	1:37.15 34.00	250m:	2:45.99 34.53	350m:	3:55.08 34.49	400m:	4:28.48 33.40	
	100m:	1:03.15 33.02	200m:	2:11.46 34.31	300m:	3:20.59 34.60	400m:	4:28.48 33.40			
7.	ZDZIEBŁO, Piotr		02 UKS Salmo ory				4:28.67				549
	50m:	30.74 30.74	150m:	1:39.16 34.54	250m:	2:47.92 33.97	350m:	3:56.23 34.19	400m:	4:28.67 32.44	
	100m:	1:04.62 33.88	200m:	2:13.95 34.79	300m:	3:22.04 34.12	400m:	4:28.67 32.44			
8.	PAWŁOWSKI, Bogusław		02 UKS G-8 Bielany				4:33.26				522
	50m:	30.46 30.46	150m:	1:38.15 34.32	250m:	2:48.46 35.02	350m:	3:59.58 35.49	400m:	4:33.26 33.68	
	100m:	1:03.83 33.37	200m:	2:13.44 35.29	300m:	3:24.09 35.63	400m:	4:33.26 33.68			
9.	KOWALCZYK, Michał		02 UKS oliborz				4:34.45				515
	50m:	30.55 30.55	150m:	1:41.01 35.70	250m:	2:51.67 35.24	350m:	4:01.73 34.95	400m:	4:34.45 32.72	
	100m:	1:05.31 34.76	200m:	2:16.43 35.42	300m:	3:26.78 35.11	400m:	4:34.45 32.72			
10.	ROZMYŚŁOWSKI, Eryk		02 UKS GOS Raszyn				4:34.56				514
	50m:	31.05 31.05	150m:	1:40.96 35.71	250m:	2:50.53 35.18	350m:	4:01.33 35.42	400m:	4:34.56 33.23	
	100m:	1:05.25 34.20	200m:	2:15.35 34.39	300m:	3:25.91 35.38	400m:	4:34.56 33.23			
11.	MOLENDĄ, Dominik		02 UKS Pirania Targówek				4:37.18				500
	50m:	31.17 31.17	150m:	1:41.38 35.55	250m:	2:53.19 36.12	350m:	4:03.91 35.26	400m:	4:37.18 33.27	
	100m:	1:05.83 34.66	200m:	2:17.07 35.69	300m:	3:28.65 35.46	400m:	4:37.18 33.27			
12.	CZAJKA, Maciej		02 UKS G-8 Bielany				4:37.96				496
	50m:	31.92 31.92	150m:	1:42.89 35.80	250m:	2:53.39 34.78	350m:	4:03.10 34.74	400m:	4:37.96 34.86	
	100m:	1:07.09 35.17	200m:	2:18.61 35.72	300m:	3:28.36 34.97	400m:	4:37.96 34.86			
13.	BORZYMEK, Hubert		02 UKS 307 Warszawa-Mokotów				4:42.55				472
	50m:	33.01 33.01	150m:	1:46.33 37.01	250m:	2:59.11 36.29	350m:	4:10.14 34.82	400m:	4:42.55 32.41	
	100m:	1:09.32 36.31	200m:	2:22.82 36.49	300m:	3:35.32 36.21	400m:	4:42.55 32.41			
14.	K DZIERSKI, Jan		02 MUKP Warszawianka Wodny Park				4:56.47				409
	50m:	31.99 31.99	150m:	1:47.70 38.36	250m:	3:04.30 38.83	350m:	4:20.34 37.64	400m:	4:56.47 36.13	
	100m:	1:09.34 37.35	200m:	2:25.47 37.77	300m:	3:42.70 38.40	400m:	4:56.47 36.13			
15.	JAROSZEWSKI, Łukasz		02 UKS oliborz				5:01.30				389
	50m:	34.38 34.38	150m:	1:51.50 38.34	250m:	3:08.58 37.99	350m:	4:25.28 38.16	400m:	5:01.30 36.02	
	100m:	1:13.16 38.78	200m:	2:30.59 39.09	300m:	3:47.12 38.54	400m:	5:01.30 36.02			
16.	CHOI SKI, Bartosz		02 MUKP Warszawianka Wodny Park				5:09.25				360
	50m:	31.97 31.97	150m:	1:48.21 39.53	250m:	3:09.19 40.37	350m:	4:30.55 40.70	400m:	5:09.25 38.70	
	100m:	1:08.68 36.71	200m:	2:28.82 40.61	300m:	3:49.85 40.66	400m:	5:09.25 38.70			

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1.	ZIELI SKI, Konrad	03	UKS 190 Łód	4:21.10	598
	50m: 29.81 29.81	150m: 1:35.75	33.43 250m: 2:42.77	33.34 350m: 3:49.26	33.01
	100m: 1:02.32 32.51	200m: 2:09.43	33.68 300m: 3:16.25	33.48 400m: 4:21.10	31.84
2.	TRYLSKI, Wiktor	03	UKS TRI-Team Rumia	4:23.55	582
	50m: 30.32 30.32	150m: 1:36.55	33.45 250m: 2:43.94	33.69 350m: 3:52.03	34.14
	100m: 1:03.10 32.78	200m: 2:10.25	33.70 300m: 3:17.89	33.95 400m: 4:23.55	31.52
3.	RODKIEWICZ, Radosław	03	Iuks Muszelka	4:28.80	548
	50m: 31.92 31.92	150m: 1:41.34	34.72 250m: 2:49.91	33.94 350m: 3:57.29	33.58
	100m: 1:06.62 34.70	200m: 2:15.97	34.63 300m: 3:23.71	33.80 400m: 4:28.80	31.51
4.	ROGUSKI, Mateusz	03	Iuks Muszelka	4:29.95	541
	50m: 30.96 30.96	150m: 1:39.50	34.67 250m: 2:48.66	34.60 350m: 3:57.39	33.99
	100m: 1:04.83 33.87	200m: 2:14.06	34.56 300m: 3:23.40	34.74 400m: 4:29.95	32.56
5.	PRZYBYSZ, Mateusz	03	Buks	4:30.19	540
	50m: 31.29 31.29	150m: 1:39.85	34.65 250m: 2:48.96	34.55 350m: 3:57.94	34.10
	100m: 1:05.20 33.91	200m: 2:14.41	34.56 300m: 3:23.84	34.88 400m: 4:30.19	32.25
6.	NIEDZIAŁEK, Michał SOL	03	MTP KORMORAN Olsztyn	4:34.92	512
	50m: 31.73 31.73	150m: 1:41.86	35.53 250m: 2:52.22	34.82 350m: 4:02.23	34.71
	100m: 1:06.33 34.60	200m: 2:17.40	35.54 300m: 3:27.52	35.30 400m: 4:34.92	32.69
7.	ZALEWSKI, Sebastian	03	UKS Pirania Targówek	4:37.51	498
	50m: 33.02 33.02	150m: 1:45.31	36.50 250m: 2:54.31	34.36 350m: 4:04.24	34.41
	100m: 1:08.81 35.79	200m: 2:19.95	34.64 300m: 3:29.83	35.52 400m: 4:37.51	33.27
8.	MARKOWSKI, Kacper	03	UKS G-8 Bielany	4:40.20	484
	50m: 31.40 31.40	150m: 1:41.65	35.57 250m: 2:53.23	35.91 350m: 4:05.22	35.82
	100m: 1:06.08 34.68	200m: 2:17.32	35.67 300m: 3:29.40	36.17 400m: 4:40.20	34.98
9.	WALAT, Sebastian	03	UKS Pirania Targówek	4:42.88	470
	50m: 32.15 32.15	150m: 1:45.56	37.13 250m: 2:58.48	36.90 350m: 4:10.46	35.29
	100m: 1:08.43 36.28	200m: 2:21.58	36.02 300m: 3:35.17	36.69 400m: 4:42.88	32.42
10.	ZIELI SKI, Maksymilian	03	UKS G-8 Bielany	4:56.77	407
	50m: 33.43 33.43	150m: 1:49.92	38.43 250m: 3:05.59	37.02 350m: 4:21.14	37.57
	100m: 1:11.49 38.06	200m: 2:28.57	38.65 300m: 3:43.57	37.98 400m: 4:56.77	35.63
11.	KOWALCZYK, Piotr	03	MKS Polonia Warszawa	5:12.26	350
	50m: 34.38 34.38	150m: 1:54.37	39.76 250m: 3:15.64	40.82 350m: 4:35.55	40.03
	100m: 1:14.61 40.23	200m: 2:34.82	40.45 300m: 3:55.52	39.88 400m: 5:12.26	36.71
12.	ANTCZAK, Bartosz	03	MKS Polonia Warszawa	5:14.93	341
	50m: 34.04 34.04	150m: 1:51.02	38.97 250m: 3:11.30	39.98 350m: 4:35.00	41.97
	100m: 1:12.05 38.01	200m: 2:31.32	40.30 300m: 3:53.03	41.73 400m: 5:14.93	39.93