

2018 Główne Mistrzostwa Polski Seniorów i Młodzie owców
Łód , 24. - 27.5.2018

Event 28 Men, 400m Freestyle 14 years and older
26.05.2018 - 11:26 Results Prelim

Rekord Polski Open	3:45.71	STANCZYK Przemyslaw	00116	Chiba (JPN)	21.08.2007
Rekord Polski 19 - 23	3:45.71	STANCZYK Przemyslaw	00116	Chiba (JPN)	21.08.2007
Rekord Polski 18	3:49.21	WOJDAK Wojciech		Dordrecht (NED)	09.07.2014
Rekord Polski 17	3:51.80	WOJDAK Wojciech	03106	Poznan	10.07.2013
Rekord Polski 16	3:56.47	KAŁU Y SKI Antoni	03914	Hodmezovasarhely (HUN)	12.12.2015
Rekord Polski 15	4:01.28	WOJDAK Wojciech	03106	Oswiecim	16.07.2011
Rekord Polski 14	4:07.63	ORLICZ Filip	05114	Olsztyn	09.07.2016

Minimum-ME Glasgow M Open: 3:48.64 / Minimum-MEJ Helsinki M 15 - 18: 3:55.99

Points: FINA 2018

Rank			Age					Time	Pts	RT
1.	WOJDAK Wojciech		22	BOSiR Brzesko				3:55.10	820	+0,70
	50m:	26.68 26.68	150m:	1:24.64	29.32	250m:	2:24.65 30.01	350m:	3:25.78 30.46	
	100m:	55.32 28.64	200m:	1:54.64	30.00	300m:	2:55.32 30.67	400m:	3:55.10 29.32	
2.	KALUZYSKI Antoni		19	Mokotowski UKP Warszawianka- W				3:55.94	811	+0,81
	50m:	27.00 27.00	150m:	1:26.06	30.01	250m:	2:26.92 30.30	350m:	3:27.18 29.37	
	100m:	56.05 29.05	200m:	1:56.62	30.56	300m:	2:57.81 30.89	400m:	3:55.94 28.76	
3.	PIELOWSKI Krzysztof		27	KS AZS UWM Olsztyn				3:56.83	802	+0,69
	50m:	27.78 27.78	150m:	1:26.89	29.71	250m:	2:26.77 29.93	350m:	3:27.60 30.51	
	100m:	57.18 29.40	200m:	1:56.84	29.95	300m:	2:57.09 30.32	400m:	3:56.83 29.23	
4.	KOZIEJKO Bartlomiej		18	MTP Kormoran Olsztyn				3:56.89	801	+0,65
	50m:	27.83 27.83	150m:	1:27.26	29.96	250m:	2:27.53 29.80	350m:	3:27.76 30.09	
	100m:	57.30 29.47	200m:	1:57.73	30.47	300m:	2:57.67 30.14	400m:	3:56.89 29.13	
5.	KRAWCZYK Pawel		19	BUKS Warszawa				3:57.19	798	+0,78
	50m:	27.57 27.57	150m:	1:27.00	29.93	250m:	2:27.73 30.33	350m:	3:28.56 30.12	
	100m:	57.07 29.50	200m:	1:57.40	30.40	300m:	2:58.44 30.71	400m:	3:57.19 28.63	
6.	ZABOROWSKI Filip		24	MKP Szczecin				3:58.93	781	+0,70
	50m:	27.65 27.65	150m:	1:28.06	30.39	250m:	2:28.87 30.41	350m:	3:29.29 30.11	
	100m:	57.67 30.02	200m:	1:58.46	30.40	300m:	2:59.18 30.31	400m:	3:58.93 29.64	
7.	KLICH Kacper		24	AZS AWF Katowice				3:59.89	772	+0,76
	50m:	28.06 28.06	150m:	1:28.79	30.24	250m:	2:29.57 30.21	350m:	3:30.67 30.45	
	100m:	58.55 30.49	200m:	1:59.36	30.57	300m:	3:00.22 30.65	400m:	3:59.89 29.22	
8.	DUBIEL Adam		25	AZS AWF Warszawa				4:00.46	766	+0,67
	50m:	27.77 27.77	150m:	1:28.51	30.39	250m:	2:29.69 30.59	350m:	3:30.83 30.45	
	100m:	58.12 30.35	200m:	1:59.10	30.59	300m:	3:00.38 30.69	400m:	4:00.46 29.63	
9.	ARNDT Mateusz		20	KS Delfin Gdynia				4:00.56	765	+0,69
	50m:	27.85 27.85	150m:	1:28.18	30.51	250m:	2:29.50 30.61	350m:	3:30.48 30.58	
	100m:	57.67 29.82	200m:	1:58.89	30.71	300m:	2:59.90 30.40	400m:	4:00.56 30.08	
10.	CHRZANOWSKI Damian		20	WKS Slask Wroclaw				4:01.16	759	+0,70
	50m:	27.71 27.71	150m:	1:28.65	30.42	250m:	2:29.90 30.60	350m:	3:31.46 30.60	
	100m:	58.23 30.52	200m:	1:59.30	30.65	300m:	3:00.86 30.96	400m:	4:01.16 29.70	
11.	BUJAK Piotr		21	St. Lok. SALOS Cortile Kielce				4:01.49	756	+0,75
	50m:	28.14 28.14	150m:	1:28.34	30.25	250m:	2:29.36 30.40	350m:	3:31.24 30.91	
	100m:	58.09 29.95	200m:	1:58.96	30.62	300m:	3:00.33 30.97	400m:	4:01.49 30.25	
12.	JACKOWSKI Tomasz		16	WKS Slask Wroclaw				4:03.39	739	+0,65
	50m:	27.97 27.97	150m:	1:28.89	30.42	250m:	2:31.10 30.97	350m:	3:33.90 30.93	
	100m:	58.47 30.50	200m:	2:00.13	31.24	300m:	3:02.97 31.87	400m:	4:03.39 29.49	
13.	PAJAK Bartosz		17	BUKS Warszawa				4:04.04	733	+0,66
	50m:	28.14 28.14	150m:	1:28.56	30.27	250m:	2:30.95 31.22	350m:	3:33.46 31.11	
	100m:	58.29 30.15	200m:	1:59.73	31.17	300m:	3:02.35 31.40	400m:	4:04.04 30.58	
14.	PAWLACZYK Patryk		18	UKS 190 Lodz				4:04.28	731	+0,73
	50m:	27.25 27.25	150m:	1:28.56	31.05	250m:	2:31.84 31.41	350m:	3:35.47 31.40	
	100m:	57.51 30.26	200m:	2:00.43	31.87	300m:	3:04.07 32.23	400m:	4:04.28 28.81	
15.	SMEJA Slawomir		24	AZS AWF Katowice				4:04.29	731	+0,75
	50m:	28.30 28.30	150m:	1:29.74	30.90	250m:	2:32.32 31.42	350m:	3:34.61 30.85	
	100m:	58.84 30.54	200m:	2:00.90	31.16	300m:	3:03.76 31.44	400m:	4:04.29 29.68	

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Rank			Age			Time	Pts	RT
15.	CHALAT Stanislaw	19	KU AZS UMCS Lublin	4:04.29	731	+0,70		
	50m: 28.37 28.37	150m: 1:29.78	31.06	250m: 2:31.90	30.96	350m: 3:34.28	31.25	
	100m: 58.72 30.35	200m: 2:00.94	31.16	300m: 3:03.03	31.13	400m: 4:04.29	30.01	
17.	DOMINIAK Kacper	18	WKS Slask Wroclaw	4:04.42	729	+0,78		
	50m: 27.96 27.96	150m: 1:28.96	30.66	250m: 2:31.21	31.01	350m: 3:34.13	31.27	
	100m: 58.30 30.34	200m: 2:00.20	31.24	300m: 3:02.86	31.65	400m: 4:04.42	30.29	
18.	MALYSKA Bartosz	19	KU AZS UMCS Lublin	4:06.40	712	+0,76		
	50m: 27.63 27.63	150m: 1:28.33	30.85	250m: 2:30.81	31.26	350m: 3:34.57	32.08	
	100m: 57.48 29.85	200m: 1:59.55	31.22	300m: 3:02.49	31.68	400m: 4:06.40	31.83	
19.	JAWORSKI Szymon	17	WKS Slask Wroclaw	4:06.41	712	+0,73		
	50m: 27.95 27.95	150m: 1:29.83	30.91	250m: 2:32.63	31.49	350m: 3:36.00	31.54	
	100m: 58.92 30.97	200m: 2:01.14	31.31	300m: 3:04.46	31.83	400m: 4:06.41	30.41	
20.	OSSES Arkadiusz	23	KS Warta Poznan	4:06.53	711	+0,77		
	50m: 28.71 28.71	150m: 1:30.36	31.06	250m: 2:32.80	31.00	350m: 3:35.36	31.44	
	100m: 59.30 30.59	200m: 2:01.80	31.44	300m: 3:03.92	31.12	400m: 4:06.53	31.17	
21.	URBANSKI Michal	17	KS Delfin Gdynia	4:07.00	707	+0,60		
	50m: 28.75 28.75	150m: 1:30.09	30.96	250m: 2:33.00	31.42	350m: 3:36.69	32.07	
	100m: 59.13 30.38	200m: 2:01.58	31.49	300m: 3:04.62	31.62	400m: 4:07.00	30.31	
22.	KAROLCZAK Jan	17	UKS G-8 Bielany Warszawa	4:07.12	706	+0,86		
	50m: 28.07 28.07	150m: 1:28.64	30.45	250m: 2:30.23	30.58	350m: 3:32.86	31.56	
	100m: 58.19 30.12	200m: 1:59.65	31.01	300m: 3:01.30	31.07	400m: 4:07.12	34.26	
23.	KEDZIA Wiktor	18	MKP Szczecin	4:07.60	702	+0,74		
	50m: 27.95 27.95	150m: 1:29.73	31.34	250m: 2:33.91	32.14	350m: 3:37.49	31.62	
	100m: 58.39 30.44	200m: 2:01.77	32.04	300m: 3:05.87	31.96	400m: 4:07.60	30.11	
24.	CZERNIAK Konrad	20	KU AZS UMCS Lublin	4:09.12	689	+0,71		
	50m: 28.14 28.14	150m: 1:30.79	31.53	250m: 2:33.55	30.94	350m: 3:37.36	31.71	
	100m: 59.26 31.12	200m: 2:02.61	31.82	300m: 3:05.65	32.10	400m: 4:09.12	31.76	
25.	SZCZERBA Adam	16	KU AZS UMCS Lublin	4:09.55	685	+0,66		
	50m: 28.92 28.92	150m: 1:31.85	31.47	250m: 2:35.04	31.58	350m: 3:39.29	32.02	
	100m: 1:00.38 31.46	200m: 2:03.46	31.61	300m: 3:07.27	32.23	400m: 4:09.55	30.26	
26.	JOZKOW Cezary	17	WKS Slask Wroclaw	4:09.67	684	+0,75		
	50m: 27.91 27.91	150m: 1:29.89	31.21	250m: 2:34.13	32.14	350m: 3:38.39	31.73	
	100m: 58.68 30.77	200m: 2:01.99	32.10	300m: 3:06.66	32.53	400m: 4:09.67	31.28	
27.	CHMIELEWSKI Krzysztof	14	IUKS „Muszelka” Warszawa	4:10.17	680	+0,55		
	50m: 28.26 28.26	150m: 1:30.02	31.29	250m: 2:33.97	32.02	350m: 3:38.47	32.15	
	100m: 58.73 30.47	200m: 2:01.95	31.93	300m: 3:06.32	32.35	400m: 4:10.17	31.70	
28.	GLUSZKOWSKI Mateusz	17	Uks Cityzen	4:10.18	680	+0,53		
	50m: 29.26 29.26	150m: 1:32.08	31.22	250m: 2:35.35	31.60	350m: 3:39.17	31.79	
	100m: 1:00.86 31.60	200m: 2:03.75	31.67	300m: 3:07.38	32.03	400m: 4:10.18	31.01	
29.	WILK Jakub	16	KS KSZO Ostrowiec Sw.	4:12.08	665	+0,54		
	50m: 29.06 29.06	150m: 1:33.39	31.77	250m: 2:37.52	31.65	350m: 3:41.58	31.69	
	100m: 1:01.62 32.56	200m: 2:05.87	32.48	300m: 3:09.89	32.37	400m: 4:12.08	30.50	
30.	ROG Adrian	17	KP Sokol Rzeszow	4:12.14	664	+0,68		
	50m: 28.18 28.18	150m: 1:30.56	31.80	250m: 2:34.06	31.94	350m: 3:39.50	33.06	
	100m: 58.76 30.58	200m: 2:02.12	31.56	300m: 3:06.44	32.38	400m: 4:12.14	32.64	
31.	KACZOROWSKI Jakub	21	UKS G-8 Bielany Warszawa	4:12.47	662	+0,74		
	50m: 28.29 28.29	150m: 1:30.52	31.43	250m: 2:35.29	32.39	350m: 3:41.22	33.24	
	100m: 59.09 30.80	200m: 2:02.90	32.38	300m: 3:07.98	32.69	400m: 4:12.47	31.25	
32.	PIORO Artur	27	MKS „Palac Mlodziezy”	4:12.59	661	+0,83		
	50m: 28.31 28.31	150m: 1:30.75	31.68	250m: 2:34.38	32.43	350m: 3:39.92	33.33	
	100m: 59.07 30.76	200m: 2:01.95	31.20	300m: 3:06.59	32.21	400m: 4:12.59	32.67	
33.	CIESLA Oskar	17	AZS AWF Katowice	4:12.78	659	+0,82		
	50m: 29.29 29.29	150m: 1:33.63	32.21	250m: 2:38.27	32.17	350m: 3:42.13	31.79	
	100m: 1:01.42 32.13	200m: 2:06.10	32.47	300m: 3:10.34	32.07	400m: 4:12.78	30.65	

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Rank			Age					Time	Pts	RT
34.	SZARPAK Marcin		17	AZS AWF Katowice				4:12.97	658	+0,89
	50m:	28.72 28.72	150m:	1:33.04	32.50	250m:	2:38.19 31.52	350m:	3:42.39 31.01	
	100m:	1:00.54 31.82	200m:	2:06.67	33.63	300m:	3:11.38 33.19	400m:	4:12.97 30.58	
35.	JURA Maciej		22	WKS Slask Wroclaw				4:13.38	655	+0,76
	50m:	28.66 28.66	150m:	1:30.78	31.39	250m:	2:35.50 32.50	350m:	3:41.16 33.07	
	100m:	59.39 30.73	200m:	2:03.00	32.22	300m:	3:08.09 32.59	400m:	4:13.38 32.22	
36.	MENCEL Milosz		16	MKS SMS Victoria Raciborz				4:13.60	653	+0,72
	50m:	28.24 28.24	150m:	1:31.51	31.84	250m:	2:36.01 32.20	350m:	3:41.86 32.96	
	100m:	59.67 31.43	200m:	2:03.81	32.30	300m:	3:08.90 32.89	400m:	4:13.60 31.74	
37.	BUTKIEWICZ Wladyslaw		18	UKP Unia Oswiecim				4:13.72	652	+0,62
	50m:	28.29 28.29	150m:	1:32.52	32.55	250m:	2:37.76 32.25	350m:	3:42.53 31.79	
	100m:	59.97 31.68	200m:	2:05.51	32.99	300m:	3:10.74 32.98	400m:	4:13.72 31.19	
38.	KONCKI Bartlomiej		17	KS „Wisla” Pulawy				4:13.76	652	+0,53
	50m:	29.13 29.13	150m:	1:33.06	32.06	250m:	2:37.30 31.91	350m:	3:42.08 32.28	
	100m:	1:01.00 31.87	200m:	2:05.39	32.33	300m:	3:09.80 32.50	400m:	4:13.76 31.68	
39.	JASKIEWICZ Adrian		16	IUKS „Muszelka” Warszawa				4:13.82	651	+0,61
	50m:	28.97 28.97	150m:	1:32.23	31.96	250m:	2:36.48 31.83	350m:	3:41.46 32.54	
	100m:	1:00.27 31.30	200m:	2:04.65	32.42	300m:	3:08.92 32.44	400m:	4:13.82 32.36	
40.	KUCZAK Adam		18	TP Zielona Gora				4:14.16	649	+0,67
	50m:	29.25 29.25	150m:	1:33.28	32.45	250m:	2:38.11 32.47	350m:	3:42.61 31.80	
	100m:	1:00.83 31.58	200m:	2:05.64	32.36	300m:	3:10.81 32.70	400m:	4:14.16 31.55	
41.	FAJKOWSKI Piotr		17	MKS Trojka Lodz				4:14.26	648	+0,69
	50m:	28.92 28.92	150m:	1:32.94	32.26	250m:	2:37.92 32.47	350m:	3:43.03 32.32	
	100m:	1:00.68 31.76	200m:	2:05.45	32.51	300m:	3:10.71 32.79	400m:	4:14.26 31.23	
42.	KULCZYCKI Patryk		17	MKP „SLOWIANKA” Gorzow Wilkp.				4:14.47	646	+0,71
	50m:	28.53 28.53	150m:	1:32.98	32.52	250m:	2:37.84 32.85	350m:	3:43.00 32.50	
	100m:	1:00.46 31.93	200m:	2:04.99	32.01	300m:	3:10.50 32.66	400m:	4:14.47 31.47	
43.	HANO Grzegorz		18	WKS Slask Wroclaw				4:14.91	643	+0,66
	50m:	27.72 27.72	150m:	1:29.58	31.38	250m:	2:34.55 32.78	350m:	3:41.42 33.57	
	100m:	58.20 30.48	200m:	2:01.77	32.19	300m:	3:07.85 33.30	400m:	4:14.91 33.49	
44.	STEC Kacper		19	UKP Kmita Zabierzow				4:14.96	643	+0,75
	50m:	28.16 28.16	150m:	1:32.38	32.22	250m:	2:38.05 32.67	350m:	3:44.14 32.89	
	100m:	1:00.16 32.00	200m:	2:05.38	33.00	300m:	3:11.25 33.20	400m:	4:14.96 30.82	
45.	KOMOROWSKI Jan		17	MKS Trojka Lodz				4:15.15	641	+0,70
	50m:	27.30 27.30	150m:	1:30.73	32.32	250m:	2:35.84 32.48	350m:	3:43.25 33.62	
	100m:	58.41 31.11	200m:	2:03.36	32.63	300m:	3:09.63 33.79	400m:	4:15.15 31.90	
46.	WILEJTO Igor		17	UKS „Dwojka” Tczew				4:16.08	634	+0,60
	50m:	29.36 29.36	150m:	1:32.99	32.04	250m:	2:38.39 32.65	350m:	3:44.07 32.74	
	100m:	1:00.95 31.59	200m:	2:05.74	32.75	300m:	3:11.33 32.94	400m:	4:16.08 32.01	
47.	WODYNSKI Bartosz		16	KU AZS Politechniki Lodzkiej				4:16.35	632	+0,58
	50m:	29.13 29.13	150m:	1:34.26	32.82	250m:	2:39.28 32.04	350m:	3:44.54 32.76	
	100m:	1:01.44 32.31	200m:	2:07.24	32.98	300m:	3:11.78 32.50	400m:	4:16.35 31.81	
48.	WOJCIECHOWSKI Kajetan		15	MKS Trojka Lodz				4:16.55	631	+0,62
	50m:	29.34 29.34	150m:	1:35.08	33.25	250m:	2:40.59 32.51	350m:	3:44.91 32.28	
	100m:	1:01.83 32.49	200m:	2:08.08	33.00	300m:	3:12.63 32.04	400m:	4:16.55 31.64	
49.	LIK Kacper		16	MKS Jedyinka Lodz				4:16.80	629	+0,74
	50m:	29.65 29.65	150m:	1:33.08	32.03	250m:	2:38.30 32.60	350m:	3:44.42 33.17	
	100m:	1:01.05 31.40	200m:	2:05.70	32.62	300m:	3:11.25 32.95	400m:	4:16.80 32.38	
50.	CZERWINSKI Lukasz		17	UKS G-8 Bielany Warszawa				4:17.23	626	+0,69
	50m:	28.51 28.51	150m:	1:32.55	32.12	250m:	2:37.87 33.36	350m:	3:44.72 33.25	
	100m:	1:00.43 31.92	200m:	2:04.51	31.96	300m:	3:11.47 33.60	400m:	4:17.23 32.51	
51.	ROZMYSLOWSKI Eryk		16	UKS GOS Raszyn				4:17.68	622	+0,62
	50m:	29.02 29.02	150m:	1:33.48	32.44	250m:	2:39.40 33.02	350m:	3:45.93 33.01	
	100m:	1:01.04 32.02	200m:	2:06.38	32.90	300m:	3:12.92 33.52	400m:	4:17.68 31.75	

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Rank			Age					Time	Pts	RT
52.	MALINOWSKI Wojciech		15	MKS Jedyńka Lodz				4:17.76	622	+0,89
	50m:	29.77 29.77	150m:	1:34.93	32.94	250m:	2:40.76	32.85	350m:	3:46.47 32.70
	100m:	1:01.99 32.22	200m:	2:07.91	32.98	300m:	3:13.77	33.01	400m:	4:17.76 31.29
53.	LECH Filip		17	KU AZS UMCS Lublin				4:17.77	622	+0,71
	50m:	28.64 28.64	150m:	1:33.27	32.46	250m:	2:38.25	32.32	350m:	3:44.30 33.30
	100m:	1:00.81 32.17	200m:	2:05.93	32.66	300m:	3:11.00	32.75	400m:	4:17.77 33.47
54.	DURAJCZYK Michał		21	AZS AWF Warszawa				4:18.02	620	+0,69
	50m:	28.73 28.73	150m:	1:31.68	32.07	250m:	2:37.50	33.28	350m:	3:45.52 33.85
	100m:	59.61 30.88	200m:	2:04.22	32.54	300m:	3:11.67	34.17	400m:	4:18.02 32.50
55.	CHMIELEWSKI Michał		14	IUKS „Muszelka” Warszawa				4:18.29	618	+0,48
	50m:	29.20 29.20	150m:	1:34.51	32.44	250m:	2:40.37	32.54	350m:	3:46.41 32.84
	100m:	1:02.07 32.87	200m:	2:07.83	33.32	300m:	3:13.57	33.20	400m:	4:18.29 31.88
56.	ZIELINSKI Konrad		15	UKS 190 Lodz				4:18.61	616	+0,61
	50m:	28.50 28.50	150m:	1:32.34	32.17	250m:	2:38.60	32.90	350m:	3:46.06 33.52
	100m:	1:00.17 31.67	200m:	2:05.70	33.36	300m:	3:12.54	33.94	400m:	4:18.61 32.55
57.	KLAPUT Bartosz		18	UKS SMS Galicja Krakow				4:18.75	615	+0,79
	50m:	29.44 29.44	150m:	1:34.50	32.80	250m:	2:39.97	32.66	350m:	3:46.55 33.33
	100m:	1:01.70 32.26	200m:	2:07.31	32.81	300m:	3:13.22	33.25	400m:	4:18.75 32.20
58.	KEMPA Mikołaj		19	MMKS Kedzierzyn-Kozle				4:20.05	606	+0,62
	50m:	29.47 29.47	150m:	1:34.52	32.50	250m:	2:40.34	32.91	350m:	3:46.96 33.28
	100m:	1:02.02 32.55	200m:	2:07.43	32.91	300m:	3:13.68	33.34	400m:	4:20.05 33.09
59.	KRYSIAK Michał		17	MKS Trojka Lodz				4:20.47	603	+0,67
	50m:	30.39 30.39	150m:	1:35.83	33.02	250m:	2:42.69	33.39	350m:	3:48.75 32.80
	100m:	1:02.81 32.42	200m:	2:09.30	33.47	300m:	3:15.95	33.26	400m:	4:20.47 31.72
60.	RODKIEWICZ Radosław		15	IUKS „Muszelka” Warszawa				4:20.61	602	+0,67
	50m:	29.88 29.88	150m:	1:35.63	33.22	250m:	2:42.36	33.40	350m:	3:48.35 33.01
	100m:	1:02.41 32.53	200m:	2:08.96	33.33	300m:	3:15.34	32.98	400m:	4:20.61 32.26
61.	KNYSZYNSKI Maciej		16	MKS Jedyńka Lodz				4:20.65	601	+0,76
	50m:	30.23 30.23	150m:	1:35.80	33.11	250m:	2:42.45	33.28	350m:	3:48.74 33.12
	100m:	1:02.69 32.46	200m:	2:09.17	33.37	300m:	3:15.62	33.17	400m:	4:20.65 31.91
62.	KUSINSKI Aleksy		16	UKS SP-149 Lodz				4:21.08	598	+0,80
	50m:	29.89 29.89	150m:	1:37.46	33.65	250m:	2:43.40	33.12	350m:	3:48.84 32.48
	100m:	1:03.81 33.92	200m:	2:10.28	32.82	300m:	3:16.36	32.96	400m:	4:21.08 32.24
63.	KOSCIELAK Jacek		17	MKS Zryw Opole				4:22.34	590	+0,71
	50m:	27.53 27.53	150m:	1:33.11	33.49	250m:	2:40.54	33.75	350m:	3:48.62 34.23
	100m:	59.62 32.09	200m:	2:06.79	33.68	300m:	3:14.39	33.85	400m:	4:22.34 33.72
64.	RYTTER Igor		17	UKS G-8 Bielany Warszawa				4:22.44	589	+0,81
	50m:	29.75 29.75	150m:	1:35.81	33.40	250m:	2:43.07	33.39	350m:	3:50.80 33.72
	100m:	1:02.41 32.66	200m:	2:09.68	33.87	300m:	3:17.08	34.01	400m:	4:22.44 31.64
65.	KARPIEL Dominik		17	CSiR MOS w Dabrowie Gorniczej				4:22.90	586	+0,73
	50m:	29.21 29.21	150m:	1:34.77	33.22	250m:	2:42.43	34.02	350m:	3:50.22 33.94
	100m:	1:01.55 32.34	200m:	2:08.41	33.64	300m:	3:16.28	33.85	400m:	4:22.90 32.68
66.	WOZNIAK Kamil		18	UKS „FREGATA” Kolbuszowa				4:22.96	586	+0,80
	50m:	30.20 30.20	150m:	1:36.46	33.27	250m:	2:43.89	33.50	350m:	3:51.57 33.71
	100m:	1:03.19 32.99	200m:	2:10.39	33.93	300m:	3:17.86	33.97	400m:	4:22.96 31.39
67.	JASINSKI Jakub		15	MKS Jedyńka Lodz				4:24.67	574	+0,58
	50m:	30.76 30.76	150m:	1:37.76	33.54	250m:	2:44.95	33.20	350m:	3:51.89 33.09
	100m:	1:04.22 33.46	200m:	2:11.75	33.99	300m:	3:18.80	33.85	400m:	4:24.67 32.78
68.	ZARYCHTA Marcel		15	KS OLIMPIA Lublin				4:24.92	573	+0,55
	50m:	29.43 29.43	150m:	1:35.87	33.92	250m:	2:44.91	34.44	350m:	3:52.54 33.45
	100m:	1:01.95 32.52	200m:	2:10.47	34.60	300m:	3:19.09	34.18	400m:	4:24.92 32.38
69.	GOLACKI Sergiusz		14	UKS 190 Lodz				4:24.93	573	
	50m:	29.94 29.94	150m:	1:37.67	33.91	250m:	2:44.76	33.64	350m:	3:52.62 33.71
	100m:	1:03.76 33.82	200m:	2:11.12	33.45	300m:	3:18.91	34.15	400m:	4:24.93 32.31

2018 Główny Mistrzostwa Polski Seniorów i Młodzie ovców
Łód , 24. - 27.5.2018

Event 28, Men, 400m Freestyle, Prelim, 14 years and older

Rank			Age					Time	Pts	RT		
70.	RAPALA Tomasz		16	UKS GOS Raszyn				4:25.49	569	+0,78		
	50m:	29.99	29.99	150m:	1:36.03	33.03	250m:	2:43.57	33.48	350m:	3:52.30	34.29
	100m:	1:03.00	33.01	200m:	2:10.09	34.06	300m:	3:18.01	34.44	400m:	4:25.49	33.19
71.	STEFANSKI Patryk		15	KS KSZO Ostrowiec Sw.				4:25.94	566	+0,51		
	50m:	28.95	28.95	150m:	1:35.08	33.66	250m:	2:43.84	34.58	350m:	3:52.80	34.14
	100m:	1:01.42	32.47	200m:	2:09.26	34.18	300m:	3:18.66	34.82	400m:	4:25.94	33.14
72.	MIKOS Dawid		16	MKS Trojka Lodz				4:26.38	563	+0,80		
	50m:	29.24	29.24	150m:	1:35.67	33.64	250m:	2:44.02	34.19	350m:	3:52.96	34.27
	100m:	1:02.03	32.79	200m:	2:09.83	34.16	300m:	3:18.69	34.67	400m:	4:26.38	33.42
73.	PRUS Mateusz		18	MKP Astromal-Leszno				4:26.58	562	+0,73		
	50m:	28.60	28.60	150m:	1:36.32	34.21	250m:	2:44.27	33.34	350m:	3:53.61	34.75
	100m:	1:02.11	33.51	200m:	2:10.93	34.61	300m:	3:18.86	34.59	400m:	4:26.58	32.97
74.	SHVETS Maksym		19	KU AZS Politechniki Lodzkiej				4:26.90	560	+0,82		
	50m:	29.97	29.97	150m:	1:36.66	33.68	250m:	2:45.04	33.98	350m:	3:53.72	34.03
	100m:	1:02.98	33.01	200m:	2:11.06	34.40	300m:	3:19.69	34.65	400m:	4:26.90	33.18
75.	SKIBIAK Hubert		14	UKS 190 Lodz				4:27.15	559	+0,51		
	50m:	30.02	30.02	150m:	1:36.58	33.75	250m:	2:45.23	34.47	350m:	3:53.60	34.27
	100m:	1:02.83	32.81	200m:	2:10.76	34.18	300m:	3:19.33	34.10	400m:	4:27.15	33.55
76.	LESNIAK Maksymilian		14	UKS 190 Lodz				4:27.95	554	+0,65		
	50m:	30.62	30.62	150m:	1:37.62	33.84	250m:	2:46.05	34.60	350m:	3:54.88	34.68
	100m:	1:03.78	33.16	200m:	2:11.45	33.83	300m:	3:20.20	34.15	400m:	4:27.95	33.07
77.	SENKOWSKI Kacper		17	UKS G-8 Bielany Warszawa				4:28.21	552	+0,74		
	50m:	29.69	29.69	150m:	1:36.55	33.70	250m:	2:45.39	34.18	350m:	3:54.41	34.29
	100m:	1:02.85	33.16	200m:	2:11.21	34.66	300m:	3:20.12	34.73	400m:	4:28.21	33.80
78.	OLESKI Tomasz		15	TP Olimpijczyk Aleksandrow Lod				4:29.72	543	+0,57		
	50m:	30.71	30.71	150m:	1:38.87	34.07	250m:	2:47.52	34.33	350m:	3:56.14	34.44
	100m:	1:04.80	34.09	200m:	2:13.19	34.32	300m:	3:21.70	34.18	400m:	4:29.72	33.58
79.	SZELAG Dawid		15	Sekcja Plywacka Meduza Pajeczno				4:30.56	538	+0,66		
	50m:	28.91	28.91	150m:	1:36.68	34.58	250m:	2:46.95	34.77	350m:	3:56.69	34.34
	100m:	1:02.10	33.19	200m:	2:12.18	35.50	300m:	3:22.35	35.40	400m:	4:30.56	33.87
80.	KRUTOWICZ Bartlomiej		16	UKP „Polonia Warszawa”				4:31.81	530	+0,76		
	50m:	31.62	31.62	150m:	1:41.52	34.89	250m:	2:51.77	35.35	350m:	4:00.66	33.97
	100m:	1:06.63	35.01	200m:	2:16.42	34.90	300m:	3:26.69	34.92	400m:	4:31.81	31.15
81.	WIECZORKOWSKI Nikodem		14	UKS „Dwojka” Tczew				4:32.04	529	+0,74		
	50m:	30.71	30.71	150m:	1:39.29	34.24	250m:	2:49.23	34.75	350m:	3:59.77	34.26
	100m:	1:05.05	34.34	200m:	2:14.48	35.19	300m:	3:25.51	36.28	400m:	4:32.04	32.27
82.	ZUBRZYCKI Kacper		14	KS „Wisla” Pulawy				4:32.27	528	+0,70		
	50m:	29.96	29.96	150m:	1:39.10	35.12	250m:	2:48.88	34.28	350m:	4:00.01	35.50
	100m:	1:03.98	34.02	200m:	2:14.60	35.50	300m:	3:24.51	35.63	400m:	4:32.27	32.26
83.	SOKOLOWSKI Fabian		15	Dwojka Morena Gdansk				4:32.64	525	+0,57		
	50m:	30.78	30.78	150m:	1:40.68	35.40	250m:	2:51.13	35.40	350m:	4:00.64	34.77
	100m:	1:05.28	34.50	200m:	2:15.73	35.05	300m:	3:25.87	34.74	400m:	4:32.64	32.00
84.	OLCZAK Kacper		14	MKS Trojka Lodz				4:33.84	519	+0,73		
	50m:	31.56	31.56	150m:	1:40.68	34.96	250m:	2:52.51	36.23	350m:	4:02.18	34.32
	100m:	1:05.72	34.16	200m:	2:16.28	35.60	300m:	3:27.86	35.35	400m:	4:33.84	31.66
85.	WRABEC Szymon		14	UKP Manta Jelcz-Laskowice				4:34.07	517	+0,60		
	50m:	28.77	28.77	150m:	1:37.27	35.16	250m:	2:48.23	35.58	350m:	3:58.86	35.93
	100m:	1:02.11	33.34	200m:	2:12.65	35.38	300m:	3:22.93	34.70	400m:	4:34.07	35.21
86.	ZUZANIUK Igor		14	KS OLIMPIA Lublin				4:34.29	516	+0,53		
	50m:	30.53	30.53	150m:	1:39.52	35.11	250m:	2:49.36	34.95	350m:	4:00.05	35.37
	100m:	1:04.41	33.88	200m:	2:14.41	34.89	300m:	3:24.68	35.32	400m:	4:34.29	34.24
87.	STEFANOWSKI Bartosz		15	UKS Nawa Skierniewice				4:34.54	515	+0,57		
	50m:	30.45	30.45	150m:	1:37.85	34.12	250m:	2:48.18	35.22	350m:	4:00.20	36.13
	100m:	1:03.73	33.28	200m:	2:12.96	35.11	300m:	3:24.07	35.89	400m:	4:34.54	34.34

2018 Główny Mistrzostwa Polski Seniorów i Młodzie ovców
Łód , 24. - 27.5.2018

Event 28, Men, 400m Freestyle, Prelim, 14 years and older

Rank				Age					Time	Pts	RT	
88.	SZULIERZ Michał			17	KP AVIA Swidnik				4:35.33	510	+0,77	
	50m:	31.00	31.00	150m:	1:39.39	34.34	250m:	2:50.85	36.07	350m:	4:03.67	35.65
	100m:	1:05.05	34.05	200m:	2:14.78	35.39	300m:	3:28.02	37.17	400m:	4:35.33	31.66
89.	PIECHOWSKI Krzysztof			15	MKS Juvenia Bialystok				4:35.57	509	+0,71	
	50m:	31.08	31.08	150m:	1:40.61	35.20	250m:	2:52.44	35.59	350m:	4:03.50	35.14
	100m:	1:05.41	34.33	200m:	2:16.85	36.24	300m:	3:28.36	35.92	400m:	4:35.57	32.07
90.	ROMANOWSKI Dawid			15	UKS Piatka Konstantynow Lodzki				4:40.80	481	+0,67	
	50m:	29.60	29.60	150m:	1:40.55	35.85	250m:	2:53.22	36.42	350m:	4:06.57	36.10
	100m:	1:04.70	35.10	200m:	2:16.80	36.25	300m:	3:30.47	37.25	400m:	4:40.80	34.23
91.	ZIELINSKI Maksymilian			15	UKS G-8 Bielany Warszawa				4:41.83	476	+0,65	
	50m:	31.42	31.42	150m:	1:44.25	36.68	250m:	2:56.11	35.64	350m:	4:08.12	35.27
	100m:	1:07.57	36.15	200m:	2:20.47	36.22	300m:	3:32.85	36.74	400m:	4:41.83	33.71
92.	JEDRYKA Nikodem			14	MKS Jedyńka Lodz				4:42.79	471	+0,45	
	50m:	31.57	31.57	150m:	1:43.65	36.32	250m:	2:55.71	35.91	350m:	4:07.63	35.92
	100m:	1:07.33	35.76	200m:	2:19.80	36.15	300m:	3:31.71	36.00	400m:	4:42.79	35.16
93.	LYSONIEWSKI Oskar			14	MKS Trojka Lodz				4:44.43	463	+0,66	
	50m:	31.98	31.98	150m:	1:43.28	36.14	250m:	2:56.96	36.87	350m:	4:09.94	37.00
	100m:	1:07.14	35.16	200m:	2:20.09	36.81	300m:	3:32.94	35.98	400m:	4:44.43	34.49
94.	KRYSIK Kacper			14	MKS Trojka Lodz				4:48.09	445		
	50m:	32.24	32.24	150m:	1:44.23	36.65	250m:	2:58.02	37.03	350m:	4:12.39	37.07
	100m:	1:07.58	35.34	200m:	2:20.99	36.76	300m:	3:35.32	37.30	400m:	4:48.09	35.70
95.	PAWLAK Hubert			15	KU AZS Politechniki Lodzkiej				4:58.22	401	+0,71	
	50m:	30.63	30.63	150m:	1:45.68	38.51	250m:	3:03.40	38.83	350m:	4:20.81	38.96
	100m:	1:07.17	36.54	200m:	2:24.57	38.89	300m:	3:41.85	38.45	400m:	4:58.22	37.41
96.	LESNIEWSKI Patryk			15	UKS Piatka Konstantynow Lodzki				4:58.70	399	+0,57	
	50m:	32.18	32.18	150m:	1:49.60	40.07	250m:	3:08.59	40.34	350m:	4:24.97	38.10
	100m:	1:09.53	37.35	200m:	2:28.25	38.65	300m:	3:46.87	38.28	400m:	4:58.70	33.73
97.	KORZENIOWSKI Wiktor			15	UKP Manta Jelcz-Laskowice				5:12.46	349	+0,80	
	50m:	32.82	32.82	150m:	1:51.07	40.06	250m:	3:12.46	40.75	350m:	4:33.42	40.84
	100m:	1:11.01	38.19	200m:	2:31.71	40.64	300m:	3:52.58	40.12	400m:	5:12.46	39.04
98.	LEWANDOWSKI Kacper			14	UKS Piatka Konstantynow Lodzki				5:12.85	348		
	50m:	34.23	34.23	150m:	1:53.79	40.50	250m:	3:14.80	40.58	350m:	4:35.60	39.99
	100m:	1:13.29	39.06	200m:	2:34.22	40.43	300m:	3:55.61	40.81	400m:	5:12.85	37.25
99.	MIESZCZAK Tymoteusz			14	UKS „Nowy Klub Plywacki”				5:25.94	307	+0,42	
	50m:	34.41	34.41	150m:	1:55.75	42.31	250m:	3:20.93	42.23	350m:	4:46.02	42.99
	100m:	1:13.44	39.03	200m:	2:38.70	42.95	300m:	4:03.03	42.10	400m:	5:25.94	39.92