

ARENA GRAND PRIX PUCHAR POLSKI
Łódź , 10. - 11.11.2018

Konkurencja 12
10.11.2018 - 10:23

Mężczyźni, 400m dowolny

14 lat i starsi
Wyniki

Rekord Polski Open	3:37.57	WOJDAK, Wojciech	01006	Netanya (ISR)	02.12.2015
Rekord Polski 19 - 23	3:37.57	WOJDAK, Wojciech	01006	Netanya (ISR)	02.12.2015
Rekord Polski 18	3:41.69	WOJDAK, Wojciech	01006	Ostrowiec Sw	18.12.2014
Rekord Polski 17	3:45.26	WOJDAK, Wojciech	01006	Ostrowiec Sw	19.12.2013
Rekord Polski 16	3:47.70	WOJDAK, Wojciech	03106	Ostrowiec Sw.	19.12.2012
Rekord Polski 15	3:50.76	MŁYNARCZYK, Karol	05114	Lublin	17.12.2015
Rekord Polski 14	3:57.40	DASZKIEWICZ, Michał	01006	Owiczym	23.12.2017

Punkty: FINA 2018

Pozycja			Rok ur.			Czas	Pkt.
14 lat i starsi							
1.	WOJDAK, Wojciech	96	BOSiR Brzesko	3:46.43	823		
	50m: 26.36 26.36	150m: 1:22.88	28.31	250m: 2:19.87	28.49	350m: 3:17.69	28.96
	100m: 54.57 28.21	200m: 1:51.38	28.50	300m: 2:48.73	28.86	400m: 3:46.43	28.74
2.	MAJCHRZAK, Kacper	92	KS Warta Poznań	3:48.10	805		
	50m: 25.69 25.69	150m: 1:22.86	29.05	250m: 2:21.24	29.07	350m: 3:19.39	28.95
	100m: 53.81 28.12	200m: 1:52.17	29.31	300m: 2:50.44	29.20	400m: 3:48.10	28.71
3.	KLICH, Kacper	94	KU AZS UMCS Lublin	3:52.44	761		
	50m: 26.67 26.67	150m: 1:24.41	29.09	250m: 2:23.00	29.40	350m: 3:23.05	30.04
	100m: 55.32 28.65	200m: 1:53.60	29.19	300m: 2:53.01	30.01	400m: 3:52.44	29.39
4.	HOŁUB, Jan	96	WKS I sk Wrocław	3:56.07	726		
	50m: 26.77 26.77	150m: 1:27.41	31.24	250m: 2:28.60	29.77	350m: 3:27.42	29.08
	100m: 56.17 29.40	200m: 1:58.83	31.42	300m: 2:58.34	29.74	400m: 3:56.07	28.65
5.	WYSOCZY SKI, Mateusz	93	KU AZS AGH Kraków	3:56.40	723		
	50m: 26.72 26.72	150m: 1:25.69	29.75	250m: 2:26.24	30.16	350m: 3:26.94	30.19
	100m: 55.94 29.22	200m: 1:56.08	30.39	300m: 2:56.75	30.51	400m: 3:56.40	29.46
6.	CHRZANOWSKI, Damian	98	WKS I sk Wrocław	3:57.60	712		
	50m: 27.59 27.59	150m: 1:27.45	30.24	250m: 2:27.78	30.08	350m: 3:28.58	30.45
	100m: 57.21 29.62	200m: 1:57.70	30.25	300m: 2:58.13	30.35	400m: 3:57.60	29.02
7.	BUJAK, Dominik	99	St. Lok. SALOS Cortile Kielce	3:57.64	712		
	50m: 28.19 28.19	150m: 1:29.41	30.89	250m: 2:30.08	30.01	350m: 3:29.49	29.29
	100m: 58.52 30.33	200m: 2:00.07	30.66	300m: 3:00.20	30.12	400m: 3:57.64	28.15
8.	JAWORSKI, Szymon	01	WKS I sk Wrocław	3:57.70	711		
	50m: 27.81 27.81	150m: 1:28.54	30.73	250m: 2:29.62	30.57	350m: 3:30.20	29.87
	100m: 57.81 30.00	200m: 1:59.05	30.51	300m: 3:00.33	30.71	400m: 3:57.70	27.50
9.	DERE, Kacper	98	WKS I sk Wrocław	3:57.71	711		
	50m: 26.89 26.89	150m: 1:26.74	30.13	250m: 2:27.77	30.65	350m: 3:29.03	30.38
	100m: 56.61 29.72	200m: 1:57.12	30.38	300m: 2:58.65	30.88	400m: 3:57.71	28.68
10.	JACKOWSKI, Tomasz	02	WKS I sk Wrocław	3:57.75	711		
	50m: 26.79 26.79	150m: 1:26.11	29.68	250m: 2:27.43	30.69	350m: 3:29.33	30.78
	100m: 56.43 29.64	200m: 1:56.74	30.63	300m: 2:58.55	31.12	400m: 3:57.75	28.42
11.	PAJAK, Bartosz	01	BUKS Warszawa	3:58.94	700		
	50m: 27.01 27.01	150m: 1:27.44	30.54	250m: 2:28.47	30.68	350m: 3:29.42	30.37
	100m: 56.90 29.89	200m: 1:57.79	30.35	300m: 2:59.05	30.58	400m: 3:58.94	29.52
12.	DUTKOWIAK, Wojciech	00	WKS I sk Wrocław	3:59.73	694		
	50m: 27.90 27.90	150m: 1:29.46	30.72	250m: 2:30.05	30.13	350m: 3:30.27	30.25
	100m: 58.74 30.84	200m: 1:59.92	30.46	300m: 3:00.02	29.97	400m: 3:59.73	29.46
13.	KOMOROWSKI, Jan	01	MKS Trójka Łódź	4:00.50	687		
	50m: 27.06 27.06	150m: 1:27.56	30.58	250m: 2:29.03	30.57	350m: 3:31.47	31.18
	100m: 56.98 29.92	200m: 1:58.46	30.90	300m: 3:00.29	31.26	400m: 4:00.50	29.03
14.	CHMIELEWSKI, Krzysztof	04	IUKS „Muszelka” Warszawa	4:01.07	682		
	50m: 27.30 27.30	150m: 1:27.25	30.26	250m: 2:29.01	30.89	350m: 3:30.87	31.02
	100m: 56.99 29.69	200m: 1:58.12	30.87	300m: 2:59.85	30.84	400m: 4:01.07	30.20
15.	GUZIOR, Maciej	00	WKS I sk Wrocław	4:01.88	675		
	50m: 26.59 26.59	150m: 1:26.88	30.59	250m: 2:28.93	31.05	350m: 3:31.18	31.21
	100m: 56.29 29.70	200m: 1:57.88	31.00	300m: 2:59.97	31.04	400m: 4:01.88	30.70

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

Pozycja			Rok ur.					Czas	Pkt.
16.	BUJAK, Piotr		97	St. Lok.	SALOS Cortile Kielce			4:02.00	674
	50m:	28.53 28.53	150m:	1:29.38	30.48	250m:	2:30.66 30.53	350m:	3:32.10 30.75
	100m:	58.90 30.37	200m:	2:00.13	30.75	300m:	3:01.35 30.69	400m:	4:02.00 29.90
17.	JAWORSKI, Norbert		98	KU AZS UMCS Lublin				4:03.07	665
	50m:	28.94 28.94	150m:	1:31.69	31.34	250m:	2:33.31 30.44	350m:	3:33.92 30.16
	100m:	1:00.35 31.41	200m:	2:02.87	31.18	300m:	3:03.76 30.45	400m:	4:03.07 29.15
18.	CHODULSKI, Jakub		00	Uks Skarpa Lublin				4:03.08	665
	50m:	29.04 29.04	150m:	1:31.42	31.26	250m:	2:32.88 30.38	350m:	3:32.57 29.23
	100m:	1:00.16 31.12	200m:	2:02.50	31.08	300m:	3:03.34 30.46	400m:	4:03.08 30.51
19.	JURA, Maciej		96	AZS AWF Warszawa				4:03.20	664
	50m:	27.82 27.82	150m:	1:27.80	30.18	250m:	2:28.93 30.31	350m:	3:32.19 31.97
	100m:	57.62 29.80	200m:	1:58.62	30.82	300m:	3:00.22 31.29	400m:	4:03.20 31.01
20.	HANO, Grzegorz		00	WKS I sk Wrocław				4:03.37	663
	50m:	27.67 27.67	150m:	1:28.20	30.62	250m:	2:30.63 31.29	350m:	3:33.09 30.82
	100m:	57.58 29.91	200m:	1:59.34	31.14	300m:	3:02.27 31.64	400m:	4:03.37 30.28
21.	KISZCZAK, Jakub		00	WKS I sk Wrocław				4:03.42	662
	50m:	28.00 28.00	150m:	1:30.30	31.26	250m:	2:31.78 30.59	350m:	3:33.18 30.95
	100m:	59.04 31.04	200m:	2:01.19	30.89	300m:	3:02.23 30.45	400m:	4:03.42 30.24
22.	D BROWSKI, Patryk		00	WKS I sk Wrocław				4:03.46	662
	50m:	27.91 27.91	150m:	1:29.95	31.14	250m:	2:31.44 30.60	350m:	3:32.97 31.11
	100m:	58.81 30.90	200m:	2:00.84	30.89	300m:	3:01.86 30.42	400m:	4:03.46 30.49
23.	DOMINIAK, Kacper		00	WKS I sk Wrocław				4:03.58	661
	50m:	28.13 28.13	150m:	1:30.16	31.20	250m:	2:32.17 30.95	350m:	3:34.53 31.04
	100m:	58.96 30.83	200m:	2:01.22	31.06	300m:	3:03.49 31.32	400m:	4:03.58 29.05
24.	KACZOROWSKI, Jakub		97	UKS G-8 Bielany Warszawa				4:03.82	659
	50m:	27.90 27.90	150m:	1:29.17	30.82	250m:	2:31.73 31.37	350m:	3:34.40 31.25
	100m:	58.35 30.45	200m:	2:00.36	31.19	300m:	3:03.15 31.42	400m:	4:03.82 29.42
25.	MAŁYSKA, Bartosz		99	KU AZS UMCS Lublin				4:03.99	658
	50m:	27.21 27.21	150m:	1:27.93	30.82	250m:	2:30.10 31.23	350m:	3:33.06 31.49
	100m:	57.11 29.90	200m:	1:58.87	30.94	300m:	3:01.57 31.47	400m:	4:03.99 30.93
26.	FIKS, Krzysztof		00	UKS 190 Łódź				4:04.10	657
	50m:	29.09 29.09	150m:	1:31.39	31.34	250m:	2:33.91 31.11	350m:	3:35.60 30.68
	100m:	1:00.05 30.96	200m:	2:02.80	31.41	300m:	3:04.92 31.01	400m:	4:04.10 28.50
27.	SIERADZKI, Kamil		02	UKS Wodnik Siemianowice I ski				4:04.13	657
	50m:	27.93 27.93	150m:	1:29.41	30.64	250m:	2:31.30 30.82	350m:	3:33.96 31.50
	100m:	58.77 30.84	200m:	2:00.48	31.07	300m:	3:02.46 31.16	400m:	4:04.13 30.17
28.	KONCKI, Bartłomiej		01	KS „Wisła” Puławy				4:04.66	652
	50m:	28.22 28.22	150m:	1:28.92	30.52	250m:	2:30.97 31.08	350m:	3:34.38 31.81
	100m:	58.40 30.18	200m:	1:59.89	30.97	300m:	3:02.57 31.60	400m:	4:04.66 30.28
29.	LECH, Filip		01	KU AZS UMCS Lublin				4:04.67	652
	50m:	28.23 28.23	150m:	1:29.05	30.47	250m:	2:30.40 30.64	350m:	3:33.38 31.70
	100m:	58.58 30.35	200m:	1:59.76	30.71	300m:	3:01.68 31.28	400m:	4:04.67 31.29
30.	GŁUSZKOWSKI, Mateusz		01	Uks Cityzen				4:04.92	650
	50m:	28.32 28.32	150m:	1:29.73	30.45	250m:	2:31.36 30.80	350m:	3:34.23 31.52
	100m:	59.28 30.96	200m:	2:00.56	30.83	300m:	3:02.71 31.35	400m:	4:04.92 30.69
31.	MA KA, Filip		00	UKS 190 Łódź				4:04.95	650
	50m:	28.43 28.43	150m:	1:30.05	30.78	250m:	2:32.42 31.23	350m:	3:35.21 31.07
	100m:	59.27 30.84	200m:	2:01.19	31.14	300m:	3:04.14 31.72	400m:	4:04.95 29.74
32.	ZIELI SKI, Konrad		03	UKS 190 Łódź				4:05.00	650
	50m:	28.97 28.97	150m:	1:31.45	31.35	250m:	2:33.29 30.67	350m:	3:35.27 30.90
	100m:	1:00.10 31.13	200m:	2:02.62	31.17	300m:	3:04.37 31.08	400m:	4:05.00 29.73
33.	MENCEL, Miłosz		02	WKS I sk Wrocław				4:06.29	640
	50m:	28.34 28.34	150m:	1:30.68	31.33	250m:	2:34.42 31.94	350m:	3:37.01 31.03
	100m:	59.35 31.01	200m:	2:02.48	31.80	300m:	3:05.98 31.56	400m:	4:06.29 29.28

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Pozycja			Rok ur.				Czas	Pkt.
34.	CHAŁAT, Stanisław	99	KU AZS UMCS Lublin		4:06.48	638		
	50m: 28.45	28.45	150m: 1:30.78	31.56	250m: 2:34.23	31.50	350m: 3:36.73	31.11
	100m: 59.22	30.77	200m: 2:02.73	31.95	300m: 3:05.62	31.39	400m: 4:06.48	29.75
35.	KONARSKI, Maciej	04	UKS „GIM 92 Ursynów”		4:06.53	638		
	50m: 27.13	27.13	150m: 1:27.99	30.90	250m: 2:31.08	31.55	350m: 3:35.45	32.19
	100m: 57.09	29.96	200m: 1:59.53	31.54	300m: 3:03.26	32.18	400m: 4:06.53	31.08
36.	SZARPAK, Marcin	01	AZS AWF Katowice		4:06.84	635		
	50m: 27.65	27.65	150m: 1:28.55	31.04	250m: 2:31.89	31.52	350m: 3:36.12	32.03
	100m: 57.51	29.86	200m: 2:00.37	31.82	300m: 3:04.09	32.20	400m: 4:06.84	30.72
37.	WO NIAK, Maciej	00	UKS 190 Łódź		4:07.13	633		
	50m: 28.43	28.43	150m: 1:30.84	31.62	250m: 2:34.41	31.69	350m: 3:38.22	31.84
	100m: 59.22	30.79	200m: 2:02.72	31.88	300m: 3:06.38	31.97	400m: 4:07.13	28.91
38.	WODY SKI, Bartosz	02	KU AZS Politechniki Łódzkiej		4:07.38	631		
	50m: 28.59	28.59	150m: 1:30.56	31.24	250m: 2:33.00	31.24	350m: 3:36.39	31.96
	100m: 59.32	30.73	200m: 2:01.76	31.20	300m: 3:04.43	31.43	400m: 4:07.38	30.99
39.	FAJKOWSKI, Piotr	01	MKS Trójka Łódź		4:08.10	626		
	50m: 28.06	28.06	150m: 1:30.21	31.46	250m: 2:33.97	32.05	350m: 3:37.66	31.66
	100m: 58.75	30.69	200m: 2:01.92	31.71	300m: 3:06.00	32.03	400m: 4:08.10	30.44
40.	WI ZIK, Jan	03	UKP Unia O wi cim		4:08.14	625		
	50m: 29.03	29.03	150m: 1:31.99	31.39	250m: 2:35.07	31.60	350m: 3:37.77	31.11
	100m: 1:00.60	31.57	200m: 2:03.47	31.48	300m: 3:06.66	31.59	400m: 4:08.14	30.37
41.	BRYŁA, Kamil	99	KU AZS UMCS Lublin		4:08.20	625		
	50m: 27.99	27.99	150m: 1:30.13	31.33	250m: 2:33.24	31.28	350m: 3:36.76	31.92
	100m: 58.80	30.81	200m: 2:01.96	31.83	300m: 3:04.84	31.60	400m: 4:08.20	31.44
42.	SUCHA SKI, Przemysław	01	UKP Unia O wi cim		4:08.39	623		
	50m: 27.49	27.49	150m: 1:30.15	31.50	250m: 2:33.55	31.69	350m: 3:37.13	31.84
	100m: 58.65	31.16	200m: 2:01.86	31.71	300m: 3:05.29	31.74	400m: 4:08.39	31.26
43.	RÓJ, Jakub	01	MKP Szczecin		4:08.84	620		
	50m: 28.77	28.77	150m: 1:31.69	31.53	250m: 2:34.73	31.54	350m: 3:38.40	31.87
	100m: 1:00.16	31.39	200m: 2:03.19	31.50	300m: 3:06.53	31.80	400m: 4:08.84	30.44
44.	WOJCIECHOWSKI, Kajetan	03	MKS Trójka Łódź		4:09.64	614		
	50m: 28.59	28.59	150m: 1:32.03	31.86	250m: 2:36.21	31.99	350m: 3:39.42	31.49
	100m: 1:00.17	31.58	200m: 2:04.22	32.19	300m: 3:07.93	31.72	400m: 4:09.64	30.22
45.	RÓG, Adrian	01	KP Sokół Rzeszów		4:09.66	614		
	50m: 28.96	28.96	150m: 1:32.24	31.63	250m: 2:35.93	31.66	350m: 3:39.29	31.70
	100m: 1:00.61	31.65	200m: 2:04.27	32.03	300m: 3:07.59	31.66	400m: 4:09.66	30.37
46.	PACŁAWSKI, Jakub	00	Akademia Aqua Sport		4:09.67	614		
	50m: 29.33	29.33	150m: 1:33.00	31.94	250m: 2:36.62	31.79	350m: 3:39.28	31.16
	100m: 1:01.06	31.73	200m: 2:04.83	31.83	300m: 3:08.12	31.50	400m: 4:09.67	30.39
47.	WO NIAK, Kamil	01	KS „Wisła” Puławy		4:09.68	614		
	50m: 28.80	28.80	150m: 1:31.58	31.59	250m: 2:35.02	31.63	350m: 3:39.42	32.22
	100m: 59.99	31.19	200m: 2:03.39	31.81	300m: 3:07.20	32.18	400m: 4:09.68	30.26
48.	DURAJCZYK, Michał	97	AZS AWF Warszawa		4:09.93	612		
	50m: 28.91	28.91	150m: 1:31.81	31.57	250m: 2:35.23	31.65	350m: 3:39.52	32.08
	100m: 1:00.24	31.33	200m: 2:03.58	31.77	300m: 3:07.44	32.21	400m: 4:09.93	30.41
49.	RAJCA, Wiktor	02	UKS 190 Łódź		4:10.34	609		
	50m: 29.85	29.85	150m: 1:33.02	31.64	250m: 2:36.59	31.76	350m: 3:40.13	31.75
	100m: 1:01.38	31.53	200m: 2:04.83	31.81	300m: 3:08.38	31.79	400m: 4:10.34	30.21
50.	KLISZ, Krystian	02	MKP Szczecin		4:10.57	607		
	50m: 29.28	29.28	150m: 1:32.57	31.64	250m: 2:36.34	31.96	350m: 3:39.88	31.57
	100m: 1:00.93	31.65	200m: 2:04.38	31.81	300m: 3:08.31	31.97	400m: 4:10.57	30.69
51.	CZERNAK, Konrad	98	KU AZS UMCS Lublin		4:10.96	604		
	50m: 28.39	28.39	150m: 1:31.16	31.61	250m: 2:34.87	31.90	350m: 3:40.05	32.87
	100m: 59.55	31.16	200m: 2:02.97	31.81	300m: 3:07.18	32.31	400m: 4:10.96	30.91

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Pozycja			Rok ur.					Czas	Pkt.
52.	ADAMCZEWSKI, Eryk	00	Kaliski Klub Sportowy „Włókn					4:11.06	604
	50m: 27.85 27.85	150m: 1:30.62	31.47	250m: 2:34.81	32.38	350m: 3:39.44	32.20		
	100m: 59.15 31.30	200m: 2:02.43	31.81	300m: 3:07.24	32.43	400m: 4:11.06	31.62		
53.	LIK, Kacper	02	MKS Jedyńka Łód					4:11.36	602
	50m: 28.23 28.23	150m: 1:30.50	31.55	250m: 2:34.57	32.17	350m: 3:39.46	32.40		
	100m: 58.95 30.72	200m: 2:02.40	31.90	300m: 3:07.06	32.49	400m: 4:11.36	31.90		
54.	SIEKACZY SKI, Artur	02	UKP Fala Kra nik					4:11.92	598
	50m: 28.59 28.59	150m: 1:31.91	31.81	250m: 2:36.67	32.28	350m: 3:41.08	32.15		
	100m: 1:00.10 31.51	200m: 2:04.39	32.48	300m: 3:08.93	32.26	400m: 4:11.92	30.84		
55.	GOŁACKI, Sergiusz	04	UKS 190 Łód					4:12.33	595
	50m: 29.01 29.01	150m: 1:32.73	31.89	250m: 2:37.18	32.19	350m: 3:41.48	31.89		
	100m: 1:00.84 31.83	200m: 2:04.99	32.26	300m: 3:09.59	32.41	400m: 4:12.33	30.85		
56.	RODKIEWICZ, Radosław	03	IUKS „Muszelka" Warszawa					4:12.50	593
	50m: 29.13 29.13	150m: 1:31.92	31.67	250m: 2:36.48	32.28	350m: 3:40.86	32.07		
	100m: 1:00.25 31.12	200m: 2:04.20	32.28	300m: 3:08.79	32.31	400m: 4:12.50	31.64		
57.	LE NIAK, Maksymilian	04	UKS 190 Łód					4:13.00	590
	50m: 29.02 29.02	150m: 1:32.77	32.06	250m: 2:37.38	32.24	350m: 3:42.05	32.13		
	100m: 1:00.71 31.69	200m: 2:05.14	32.37	300m: 3:09.92	32.54	400m: 4:13.00	30.95		
58.	BIEDKA, Mikołaj	03	Kaliski Klub Sportowy „Włókn					4:13.13	589
	50m: 28.76 28.76	150m: 1:33.33	32.35	250m: 2:37.77	32.16	350m: 3:42.49	32.47		
	100m: 1:00.98 32.22	200m: 2:05.61	32.28	300m: 3:10.02	32.25	400m: 4:13.13	30.64		
59.	DADOS, Aleksander	01	KS „Wisła" Puławy					4:14.32	581
	50m: 28.00 28.00	150m: 1:31.36	31.79	250m: 2:36.53	32.80	350m: 3:42.50	33.17		
	100m: 59.57 31.57	200m: 2:03.73	32.37	300m: 3:09.33	32.80	400m: 4:14.32	31.82		
60.	DOŁOWY, Grzegorz	02	IUKS „Muszelka" Warszawa					4:14.88	577
	50m: 29.42 29.42	150m: 1:32.95	31.85	250m: 2:37.17	32.11	350m: 3:42.84	32.96		
	100m: 1:01.10 31.68	200m: 2:05.06	32.11	300m: 3:09.88	32.71	400m: 4:14.88	32.04		
61.	GRABEK, Oskar	03	UKS Olimpijczyk 23					4:15.25	574
	50m: 28.71 28.71	150m: 1:33.53	32.73	250m: 2:38.24	32.13	350m: 3:43.62	32.91		
	100m: 1:00.80 32.09	200m: 2:06.11	32.58	300m: 3:10.71	32.47	400m: 4:15.25	31.63		
62.	OLCZAK, Kacper	04	MKS Trójka Łód					4:16.26	568
	50m: 29.29 29.29	150m: 1:32.95	32.12	250m: 2:38.18	32.59	350m: 3:43.46	32.51		
	100m: 1:00.83 31.54	200m: 2:05.59	32.64	300m: 3:10.95	32.77	400m: 4:16.26	32.80		
63.	JASI SKI, Jakub	03	MKS Jedyńka Łód					4:16.53	566
	50m: 30.02 30.02	150m: 1:34.98	32.60	250m: 2:40.10	32.60	350m: 3:44.98	32.02		
	100m: 1:02.38 32.36	200m: 2:07.50	32.52	300m: 3:12.96	32.86	400m: 4:16.53	31.55		
64.	GIRUL, Radosław	01	WKS I sk Wrocław					4:16.57	566
	50m: 29.01 29.01	150m: 1:32.39	31.74	250m: 2:37.33	32.69	350m: 3:43.75	33.37		
	100m: 1:00.65 31.64	200m: 2:04.64	32.25	300m: 3:10.38	33.05	400m: 4:16.57	32.82		
65.	BORKOWSKI, Kacper	00	KU AZS UMCS Lublin					4:16.83	564
	50m: 28.83 28.83	150m: 1:32.51	32.49	250m: 2:37.65	32.77	350m: 3:43.85	33.37		
	100m: 1:00.02 31.19	200m: 2:04.88	32.37	300m: 3:10.48	32.83	400m: 4:16.83	32.98		
66.	JANICZUK, Patryk	02	MUKS „Lider" Chełm					4:17.08	562
	50m: 29.17 29.17	150m: 1:33.40	32.32	250m: 2:39.01	32.79	350m: 3:45.15	33.20		
	100m: 1:01.08 31.91	200m: 2:06.22	32.82	300m: 3:11.95	32.94	400m: 4:17.08	31.93		
67.	ROMANOWSKI, Dawid	03	UKS Pi tka Konstantynów Łódzki					4:17.45	560
	50m: 28.24 28.24	150m: 1:32.99	32.70	250m: 2:39.73	33.28	350m: 3:46.00	33.05		
	100m: 1:00.29 32.05	200m: 2:06.45	33.46	300m: 3:12.95	33.22	400m: 4:17.45	31.45		
68.	SKIBIAK, Hubert	04	UKS 190 Łód					4:17.58	559
	50m: 30.08 30.08	150m: 1:34.62	32.45	250m: 2:40.09	32.81	350m: 3:45.66	32.62		
	100m: 1:02.17 32.09	200m: 2:07.28	32.66	300m: 3:13.04	32.95	400m: 4:17.58	31.92		
69.	ADAMCZYK, Jan	03	UKS Olimpijczyk 23					4:17.75	558
	50m: 28.80 28.80	150m: 1:33.25	32.64	250m: 2:39.98	33.48	350m: 3:46.36	32.97		
	100m: 1:00.61 31.81	200m: 2:06.50	33.25	300m: 3:13.39	33.41	400m: 4:17.75	31.39		

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70.	MIKO , Dawid		02	MKS Trójka Łód		4:18.37	554	
	50m: 28.95	28.95	150m: 1:34.38	32.87	250m: 2:40.26	33.05	350m: 3:46.69	33.03
	100m: 1:01.51	32.56	200m: 2:07.21	32.83	300m: 3:13.66	33.40	400m: 4:18.37	31.68
71.	KARPIEL, Dominik		01	CSiR MOS w D browie Górniczej		4:18.43	554	
	50m: 28.59	28.59	150m: 1:33.28	32.77	250m: 2:39.85	33.34	350m: 3:46.90	33.41
	100m: 1:00.51	31.92	200m: 2:06.51	33.23	300m: 3:13.49	33.64	400m: 4:18.43	31.53
72.	BORSUK, Łukasz		01	UKP Fala Kra nik		4:19.11	549	
	50m: 29.33	29.33	150m: 1:33.81	32.31	250m: 2:39.66	33.29	350m: 3:47.04	33.85
	100m: 1:01.50	32.17	200m: 2:06.37	32.56	300m: 3:13.19	33.53	400m: 4:19.11	32.07
73.	MY LIWIEC, Bartosz		04	MKP Szczecin		4:19.13	549	
	50m: 28.83	28.83	150m: 1:34.78	33.48	250m: 2:40.82	32.71	350m: 3:46.74	32.68
	100m: 1:01.30	32.47	200m: 2:08.11	33.33	300m: 3:14.06	33.24	400m: 4:19.13	32.39
74.	NOWAK, Jan		02	BOSiR Brzesko		4:19.37	548	
	50m: 29.92	29.92	150m: 1:35.24	32.84	250m: 2:41.42	32.70	350m: 3:47.99	33.31
	100m: 1:02.40	32.48	200m: 2:08.72	33.48	300m: 3:14.68	33.26	400m: 4:19.37	31.38
75.	CZERWI SKI, Łukasz		01	UKS G-8 Bielany Warszawa		4:19.44	547	
	50m: 28.92	28.92	150m: 1:35.22	32.82	250m: 2:41.02	32.82	350m: 3:47.01	33.00
	100m: 1:02.40	33.48	200m: 2:08.20	32.98	300m: 3:14.01	32.99	400m: 4:19.44	32.43
76.	SZWEDZKI, Jakub		00	MKS Trójka Łód		4:19.64	546	
	50m: 29.93	29.93	150m: 1:35.51	32.75	250m: 2:41.86	32.70	350m: 3:48.15	33.03
	100m: 1:02.76	32.83	200m: 2:09.16	33.65	300m: 3:15.12	33.26	400m: 4:19.64	31.49
77.	NIEDZIAŁEK, Michał		03	MTP Kormoran Olsztyn		4:20.80	539	
	50m: 29.84	29.84	150m: 1:35.07	32.97	250m: 2:41.55	33.49	350m: 3:48.67	33.56
	100m: 1:02.10	32.26	200m: 2:08.06	32.99	300m: 3:15.11	33.56	400m: 4:20.80	32.13
78.	MINICHOWSKI, Maksymilian		04	UKS "V" Łomianki		4:21.52	534	
	50m: 29.73	29.73	150m: 1:35.46	32.90	250m: 2:42.57	33.68	350m: 3:49.55	33.51
	100m: 1:02.56	32.83	200m: 2:08.89	33.43	300m: 3:16.04	33.47	400m: 4:21.52	31.97
79.	ZUBIK, Stanisław		01	UKP „Polonia Warszawa”		4:21.68	533	
	50m: 29.62	29.62	150m: 1:33.49	31.98	250m: 2:39.87	33.42	350m: 3:48.00	34.30
	100m: 1:01.51	31.89	200m: 2:06.45	32.96	300m: 3:13.70	33.83	400m: 4:21.68	33.68
80.	KORONKIEWICZ, Antoni		04	St. KF KS „Fenix” O arów Maz		4:21.97	531	
	50m: 29.76	29.76	150m: 1:35.44	32.96	250m: 2:42.02	33.19	350m: 3:48.55	33.22
	100m: 1:02.48	32.72	200m: 2:08.83	33.39	300m: 3:15.33	33.31	400m: 4:21.97	33.42
81.	ZUBRZYCKI, Kacper		04	KS „Wisła” Puławy		4:22.12	530	
	50m: 28.89	28.89	150m: 1:33.94	32.71	250m: 2:41.28	33.85	350m: 3:49.60	33.92
	100m: 1:01.23	32.34	200m: 2:07.43	33.49	300m: 3:15.68	34.40	400m: 4:22.12	32.52
82.	KAPAŁA, Szymon		03	MTP Kormoran Olsztyn		4:23.12	524	
	50m: 30.12	30.12	150m: 1:35.41	32.85	250m: 2:41.83	33.25	350m: 3:49.54	33.98
	100m: 1:02.56	32.44	200m: 2:08.58	33.17	300m: 3:15.56	33.73	400m: 4:23.12	33.58
83.	RAFAŁ, Kacper		04	UKS "V" Łomianki		4:23.66	521	
	50m: 29.31	29.31	150m: 1:35.08	32.84	250m: 2:42.07	33.70	350m: 3:50.10	34.38
	100m: 1:02.24	32.93	200m: 2:08.37	33.29	300m: 3:15.72	33.65	400m: 4:23.66	33.56
84.	WIECZORKOWSKI, Nikodem		04	UKS „Dwójka” Tczew		4:24.68	515	
	50m: 29.96	29.96	150m: 1:36.62	33.76	250m: 2:44.55	34.02	350m: 3:51.72	33.37
	100m: 1:02.86	32.90	200m: 2:10.53	33.91	300m: 3:18.35	33.80	400m: 4:24.68	32.96
85.	KLIMCZAK, Kacper		04	MKS Jedyńka Łód		4:25.02	513	
	50m: 30.70	30.70	150m: 1:37.94	33.77	250m: 2:45.46	33.68	350m: 3:52.36	33.33
	100m: 1:04.17	33.47	200m: 2:11.78	33.84	300m: 3:19.03	33.57	400m: 4:25.02	32.66
86.	J DRYKA, Nikodem		04	MKS Jedyńka Łód		4:25.73	509	
	50m: 30.41	30.41	150m: 1:38.11	33.97	250m: 2:45.30	33.58	350m: 3:52.66	33.77
	100m: 1:04.14	33.73	200m: 2:11.72	33.61	300m: 3:18.89	33.59	400m: 4:25.73	33.07
87.	OSZCZAK, Norbert		04	St. KF KS „Fenix” O arów Maz		4:25.78	509	
	50m: 30.12	30.12	150m: 1:36.13	33.10	250m: 2:44.13	34.12	350m: 3:52.73	34.26
	100m: 1:03.03	32.91	200m: 2:10.01	33.88	300m: 3:18.47	34.34	400m: 4:25.78	33.05

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88.	PIEKARU , Dawid		02	KP AVIA	widnik			4:26.52	505	
	50m: 30.64	30.64	150m: 1:37.40	33.52	250m: 2:44.89	33.76	350m: 3:53.25	34.06		
	100m: 1:03.88	33.24	200m: 2:11.13	33.73	300m: 3:19.19	34.30	400m: 4:26.52	33.27		
89.	WRZOSEK, Bartosz		04	UKS G-8 Bielany Warszawa				4:27.23	501	
	50m: 29.53	29.53	150m: 1:36.46	33.95	250m: 2:44.85	34.10	350m: 3:53.45	34.44		
	100m: 1:02.51	32.98	200m: 2:10.75	34.29	300m: 3:19.01	34.16	400m: 4:27.23	33.78		
90.	STEFANOWSKI, Bartosz		03	UKS Nawa Skierniewice				4:29.43	488	
	50m: 30.54	30.54	150m: 1:37.47	33.72	250m: 2:46.65	34.84	350m: 3:56.61	34.65		
	100m: 1:03.75	33.21	200m: 2:11.81	34.34	300m: 3:21.96	35.31	400m: 4:29.43	32.82		
91.	JANUSZANIS, Piotr		03	Mi dzyszkolny UKS „Olimpijczy				4:30.06	485	
	50m: 30.20	30.20	150m: 1:38.48	34.65	250m: 2:47.74	34.52	350m: 3:56.69	34.31		
	100m: 1:03.83	33.63	200m: 2:13.22	34.74	300m: 3:22.38	34.64	400m: 4:30.06	33.37		
92.	ZIELI SKI, Maksymilian		03	UKS G-8 Bielany Warszawa				4:31.57	477	
	50m: 29.70	29.70	150m: 1:39.49	35.15	250m: 2:50.78	36.07	350m: 3:58.73	34.45		
	100m: 1:04.34	34.64	200m: 2:14.71	35.22	300m: 3:24.28	33.50	400m: 4:31.57	32.84		
93.	POPIOŁEK, Dawid		02	Uks Skarpa Lublin				4:32.87	470	
	50m: 30.74	30.74	150m: 1:40.35	34.93	250m: 2:49.05	34.86	350m: 3:59.06	35.09		
	100m: 1:05.42	34.68	200m: 2:14.19	33.84	300m: 3:23.97	34.92	400m: 4:32.87	33.81		
94.	KALISIAK, Norbert		02	UKS Nawa Skierniewice				4:33.02	469	
	50m: 30.46	30.46	150m: 1:39.96	35.16	250m: 2:49.67	34.72	350m: 3:59.59	34.93		
	100m: 1:04.80	34.34	200m: 2:14.95	34.99	300m: 3:24.66	34.99	400m: 4:33.02	33.43		
95.	WIERCI SKI, Kacper		04	UKS „Dwójka" Tczew				4:33.05	469	
	50m: 31.84	31.84	150m: 1:41.35	35.20	250m: 2:50.55	34.59	350m: 3:59.80	34.67		
	100m: 1:06.15	34.31	200m: 2:15.96	34.61	300m: 3:25.13	34.58	400m: 4:33.05	33.25		
96.	KRYSIAK, Kacper		04	MKS Trójka Łódź				4:35.65	456	
	50m: 31.44	31.44	150m: 1:41.47	35.15	250m: 2:51.43	34.73	350m: 4:01.47	35.01		
	100m: 1:06.32	34.88	200m: 2:16.70	35.23	300m: 3:26.46	35.03	400m: 4:35.65	34.18		
97.	KAŁASKA, Patryk		04	UKP „Polonia Warszawa"				4:35.99	454	
	50m: 30.57	30.57	150m: 1:39.65	34.80	250m: 2:49.36	35.26	350m: 4:01.03	35.75		
	100m: 1:04.85	34.28	200m: 2:14.10	34.45	300m: 3:25.28	35.92	400m: 4:35.99	34.96		
98.	PIECHOTA, Bartłomiej		04	UKS Pi tka Konstantinów Łódzki				4:36.36	453	
	50m: 31.66	31.66	150m: 1:39.99	34.28	250m: 2:50.36	35.56	350m: 4:02.25	35.65		
	100m: 1:05.71	34.05	200m: 2:14.80	34.81	300m: 3:26.60	36.24	400m: 4:36.36	34.11		
99.	KOZŁOWSKI, Konrad		04	MTP Kormoran Olsztyn				4:38.81	441	
	50m: 32.52	32.52	150m: 1:44.57	36.07	250m: 2:55.35	34.96	350m: 4:04.90	34.66		
	100m: 1:08.50	35.98	200m: 2:20.39	35.82	300m: 3:30.24	34.89	400m: 4:38.81	33.91		
100.	GORY SKI, Dawid		00	St. Szkoła Pływania „Orka"				4:39.84	436	
	50m: 30.95	30.95	150m: 1:39.87	35.36	250m: 2:52.17	36.26	350m: 4:05.22	36.33		
	100m: 1:04.51	33.56	200m: 2:15.91	36.04	300m: 3:28.89	36.72	400m: 4:39.84	34.62		
101.	DUDKIEWICZ, Jan		04	UKS oliborz				4:39.91	436	
	50m: 31.19	31.19	150m: 1:41.75	36.25	250m: 2:54.14	35.84	350m: 4:05.75	35.79		
	100m: 1:05.50	34.31	200m: 2:18.30	36.55	300m: 3:29.96	35.82	400m: 4:39.91	34.16		
102.	PASIECZNY, Bartłomiej		04	UKP Jedyńka Elbl g				4:43.20	420	
	50m: 31.16	31.16	150m: 1:41.54	35.89	250m: 2:54.51	36.62	350m: 4:07.15	36.12		
	100m: 1:05.65	34.49	200m: 2:17.89	36.35	300m: 3:31.03	36.52	400m: 4:43.20	36.05		
103.	PAWŁAK, Hubert		03	KU AZS Politechniki Łódzkiej				4:43.39	420	
	50m: 31.70	31.70	150m: 1:44.07	36.43	250m: 2:56.41	35.74	350m: 4:08.65	36.20		
	100m: 1:07.64	35.94	200m: 2:20.67	36.60	300m: 3:32.45	36.04	400m: 4:43.39	34.74		
104.	BIRK, Bartosz		04	Mi dzyszkolny UKS „Olimpijczy				4:52.10	383	
	50m: 32.66	32.66	150m: 1:46.53	37.65	250m: 3:01.41	37.65	350m: 4:16.04	37.09		
	100m: 1:08.88	36.22	200m: 2:23.76	37.23	300m: 3:38.95	37.54	400m: 4:52.10	36.06		
105.	KOWALSKI, Maciej		04	St. Szkoła Pływania „Orka"				4:59.37	356	
	50m: 33.85	33.85	150m: 1:50.68	38.54	250m: 3:07.72	38.46	350m: 4:22.50	37.12		
	100m: 1:12.14	38.29	200m: 2:29.26	38.58	300m: 3:45.38	37.66	400m: 4:59.37	36.87		

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106.	SZCZEPA SKI, Jakub		03	MUKS Wodnik Łask				4:59.85	354		
	50m:	31.61 31.61	150m:	1:45.62	37.62	250m:	3:04.17	38.64	350m:	4:22.23	38.77
	100m:	1:08.00 36.39	200m:	2:25.53	39.91	300m:	3:43.46	39.29	400m:	4:59.85	37.62
107.	MALUS, Jakub		04	UKP „Polonia Warszawa”				5:02.02	347		
	50m:	32.85 32.85	150m:	1:48.29	38.35	250m:	3:06.38	38.94	350m:	4:24.01	38.73
	100m:	1:09.94 37.09	200m:	2:27.44	39.15	300m:	3:45.28	38.90	400m:	5:02.02	38.01
108.	LIBERA, Daniel		01	UKS Nawa Skierniewice				5:09.74	321		
	50m:	33.35 33.35	150m:	1:52.72	40.28	250m:	3:11.67	39.95	350m:	4:31.63	39.54
	100m:	1:12.44 39.09	200m:	2:31.72	39.00	300m:	3:52.09	40.42	400m:	5:09.74	38.11
109.	DULNIAK, Ryszard		04	UKS G-8 Bielany Warszawa				5:18.90	294		
	50m:	33.16 33.16	150m:	1:52.20	40.57	250m:	3:14.70	41.43	350m:	4:37.43	41.46
	100m:	1:11.63 38.47	200m:	2:33.27	41.07	300m:	3:55.97	41.27	400m:	5:18.90	41.47
NIE UK.	ZIEMBOWICZ, Franciszek		04	UKS „GIM 92 Ursynów”							
	50m:	30.90 30.90	150m:	1:38.11	33.89	250m:	2:45.25	33.78	350m:	3:51.40	32.79
	100m:	1:04.22 33.32	200m:	2:11.47	33.36	300m:	3:18.61	33.36	400m:		
14 lat											
1.	CHMIELEWSKI, Krzysztof		04	IUKS „Muszelka” Warszawa				4:01.07	682		
	50m:	27.30 27.30	150m:	1:27.25	30.26	250m:	2:29.01	30.89	350m:	3:30.87	31.02
	100m:	56.99 29.69	200m:	1:58.12	30.87	300m:	2:59.85	30.84	400m:	4:01.07	30.20
2.	KONARSKI, Maciej		04	UKS „GIM 92 Ursynów”				4:06.53	638		
	50m:	27.13 27.13	150m:	1:27.99	30.90	250m:	2:31.08	31.55	350m:	3:35.45	32.19
	100m:	57.09 29.96	200m:	1:59.53	31.54	300m:	3:03.26	32.18	400m:	4:06.53	31.08
3.	GOŁACKI, Sergiusz		04	UKS 190 Łódź				4:12.33	595		
	50m:	29.01 29.01	150m:	1:32.73	31.89	250m:	2:37.18	32.19	350m:	3:41.48	31.89
	100m:	1:00.84 31.83	200m:	2:04.99	32.26	300m:	3:09.59	32.41	400m:	4:12.33	30.85
4.	LE NIAK, Maksymilian		04	UKS 190 Łódź				4:13.00	590		
	50m:	29.02 29.02	150m:	1:32.77	32.06	250m:	2:37.38	32.24	350m:	3:42.05	32.13
	100m:	1:00.71 31.69	200m:	2:05.14	32.37	300m:	3:09.92	32.54	400m:	4:13.00	30.95
5.	OLCZAK, Kacper		04	MKS Trójka Łódź				4:16.26	568		
	50m:	29.29 29.29	150m:	1:32.95	32.12	250m:	2:38.18	32.59	350m:	3:43.46	32.51
	100m:	1:00.83 31.54	200m:	2:05.59	32.64	300m:	3:10.95	32.77	400m:	4:16.26	32.80
6.	SKIBIAK, Hubert		04	UKS 190 Łódź				4:17.58	559		
	50m:	30.08 30.08	150m:	1:34.62	32.45	250m:	2:40.09	32.81	350m:	3:45.66	32.62
	100m:	1:02.17 32.09	200m:	2:07.28	32.66	300m:	3:13.04	32.95	400m:	4:17.58	31.92
7.	MY LIWIEC, Bartosz		04	MKP Szczecin				4:19.13	549		
	50m:	28.83 28.83	150m:	1:34.78	33.48	250m:	2:40.82	32.71	350m:	3:46.74	32.68
	100m:	1:01.30 32.47	200m:	2:08.11	33.33	300m:	3:14.06	33.24	400m:	4:19.13	32.39
8.	MINICHOWSKI, Maksymilian		04	UKS "V" Łomianki				4:21.52	534		
	50m:	29.73 29.73	150m:	1:35.46	32.90	250m:	2:42.57	33.68	350m:	3:49.55	33.51
	100m:	1:02.56 32.83	200m:	2:08.89	33.43	300m:	3:16.04	33.47	400m:	4:21.52	31.97
9.	KORONKIEWICZ, Antoni		04	St. KF KS „Fenix” O arów Maz				4:21.97	531		
	50m:	29.76 29.76	150m:	1:35.44	32.96	250m:	2:42.02	33.19	350m:	3:48.55	33.22
	100m:	1:02.48 32.72	200m:	2:08.83	33.39	300m:	3:15.33	33.31	400m:	4:21.97	33.42
10.	ZUBRZYCKI, Kacper		04	KS „Wisła” Puławy				4:22.12	530		
	50m:	28.89 28.89	150m:	1:33.94	32.71	250m:	2:41.28	33.85	350m:	3:49.60	33.92
	100m:	1:01.23 32.34	200m:	2:07.43	33.49	300m:	3:15.68	34.40	400m:	4:22.12	32.52
11.	RAFAŁ, Kacper		04	UKS "V" Łomianki				4:23.66	521		
	50m:	29.31 29.31	150m:	1:35.08	32.84	250m:	2:42.07	33.70	350m:	3:50.10	34.38
	100m:	1:02.24 32.93	200m:	2:08.37	33.29	300m:	3:15.72	33.65	400m:	4:23.66	33.56
12.	WIECZORKOWSKI, Nikodem		04	UKS „Dwójka” Tczew				4:24.68	515		
	50m:	29.96 29.96	150m:	1:36.62	33.76	250m:	2:44.55	34.02	350m:	3:51.72	33.37
	100m:	1:02.86 32.90	200m:	2:10.53	33.91	300m:	3:18.35	33.80	400m:	4:24.68	32.96

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Pozycja			Rok ur.					Czas	Pkt.
13.	KLIMCZAK, Kacper		04	MKS Jedyńka Łódź			4:25.02	513	
	50m: 30.70	30.70	150m: 1:37.94	33.77	250m: 2:45.46	33.68	350m: 3:52.36	33.33	
	100m: 1:04.17	33.47	200m: 2:11.78	33.84	300m: 3:19.03	33.57	400m: 4:25.02	32.66	
14.	J DRYKA, Nikodem		04	MKS Jedyńka Łódź			4:25.73	509	
	50m: 30.41	30.41	150m: 1:38.11	33.97	250m: 2:45.30	33.58	350m: 3:52.66	33.77	
	100m: 1:04.14	33.73	200m: 2:11.72	33.61	300m: 3:18.89	33.59	400m: 4:25.73	33.07	
15.	OSZCZAK, Norbert		04	St. KF KS „Fenix” O arów Maz			4:25.78	509	
	50m: 30.12	30.12	150m: 1:36.13	33.10	250m: 2:44.13	34.12	350m: 3:52.73	34.26	
	100m: 1:03.03	32.91	200m: 2:10.01	33.88	300m: 3:18.47	34.34	400m: 4:25.78	33.05	
16.	WRZOSEK, Bartosz		04	UKS G-8 Bielany Warszawa			4:27.23	501	
	50m: 29.53	29.53	150m: 1:36.46	33.95	250m: 2:44.85	34.10	350m: 3:53.45	34.44	
	100m: 1:02.51	32.98	200m: 2:10.75	34.29	300m: 3:19.01	34.16	400m: 4:27.23	33.78	
17.	WIERCI SKI, Kacper		04	UKS „Dwójka” Tczew			4:33.05	469	
	50m: 31.84	31.84	150m: 1:41.35	35.20	250m: 2:50.55	34.59	350m: 3:59.80	34.67	
	100m: 1:06.15	34.31	200m: 2:15.96	34.61	300m: 3:25.13	34.58	400m: 4:33.05	33.25	
18.	KRYSIAK, Kacper		04	MKS Trójka Łódź			4:35.65	456	
	50m: 31.44	31.44	150m: 1:41.47	35.15	250m: 2:51.43	34.73	350m: 4:01.47	35.01	
	100m: 1:06.32	34.88	200m: 2:16.70	35.23	300m: 3:26.46	35.03	400m: 4:35.65	34.18	
19.	KAŁASKA, Patryk		04	UKP „Polonia Warszawa”			4:35.99	454	
	50m: 30.57	30.57	150m: 1:39.65	34.80	250m: 2:49.36	35.26	350m: 4:01.03	35.75	
	100m: 1:04.85	34.28	200m: 2:14.10	34.45	300m: 3:25.28	35.92	400m: 4:35.99	34.96	
20.	PIECHOTA, Bartłomiej		04	UKS Pi tka Konstantynów Łódzki			4:36.36	453	
	50m: 31.66	31.66	150m: 1:39.99	34.28	250m: 2:50.36	35.56	350m: 4:02.25	35.65	
	100m: 1:05.71	34.05	200m: 2:14.80	34.81	300m: 3:26.60	36.24	400m: 4:36.36	34.11	
21.	KOZŁOWSKI, Konrad		04	MTP Kormoran Olsztyn			4:38.81	441	
	50m: 32.52	32.52	150m: 1:44.57	36.07	250m: 2:55.35	34.96	350m: 4:04.90	34.66	
	100m: 1:08.50	35.98	200m: 2:20.39	35.82	300m: 3:30.24	34.89	400m: 4:38.81	33.91	
22.	DUDKIEWICZ, Jan		04	UKS oliborz			4:39.91	436	
	50m: 31.19	31.19	150m: 1:41.75	36.25	250m: 2:54.14	35.84	350m: 4:05.75	35.79	
	100m: 1:05.50	34.31	200m: 2:18.30	36.55	300m: 3:29.96	35.82	400m: 4:39.91	34.16	
23.	PASIECZNY, Bartłomiej		04	UKP Jedyńka Elbl g			4:43.20	420	
	50m: 31.16	31.16	150m: 1:41.54	35.89	250m: 2:54.51	36.62	350m: 4:07.15	36.12	
	100m: 1:05.65	34.49	200m: 2:17.89	36.35	300m: 3:31.03	36.52	400m: 4:43.20	36.05	
24.	BIRK, Bartosz		04	Mi dzyszkołny UKS „Olimpijczy			4:52.10	383	
	50m: 32.66	32.66	150m: 1:46.53	37.65	250m: 3:01.41	37.65	350m: 4:16.04	37.09	
	100m: 1:08.88	36.22	200m: 2:23.76	37.23	300m: 3:38.95	37.54	400m: 4:52.10	36.06	
25.	KOWALSKI, Maciej		04	St. Szkoła Pływania „Orka”			4:59.37	356	
	50m: 33.85	33.85	150m: 1:50.68	38.54	250m: 3:07.72	38.46	350m: 4:22.50	37.12	
	100m: 1:12.14	38.29	200m: 2:29.26	38.58	300m: 3:45.38	37.66	400m: 4:59.37	36.87	
26.	MALUS, Jakub		04	UKP „Polonia Warszawa”			5:02.02	347	
	50m: 32.85	32.85	150m: 1:48.29	38.35	250m: 3:06.38	38.94	350m: 4:24.01	38.73	
	100m: 1:09.94	37.09	200m: 2:27.44	39.15	300m: 3:45.28	38.90	400m: 5:02.02	38.01	
27.	DULNIAK, Ryszard		04	UKS G-8 Bielany Warszawa			5:18.90	294	
	50m: 33.16	33.16	150m: 1:52.20	40.57	250m: 3:14.70	41.43	350m: 4:37.43	41.46	
	100m: 1:11.63	38.47	200m: 2:33.27	41.07	300m: 3:55.97	41.27	400m: 5:18.90	41.47	
NIE UK.	ZIEMBOWICZ, Franciszek		04	UKS „GIM 92 Ursynów”					
	50m: 30.90	30.90	150m: 1:38.11	33.89	250m: 2:45.25	33.78	350m: 3:51.40	32.79	
	100m: 1:04.22	33.32	200m: 2:11.47	33.36	300m: 3:18.61	33.36	400m:		

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1.	ZIELI SKI, Konrad		03	UKS 190 Łódź		4:05.00	650	
	50m: 28.97	28.97	150m: 1:31.45	31.35	250m: 2:33.29	30.67	350m: 3:35.27	30.90
	100m: 1:00.10	31.13	200m: 2:02.62	31.17	300m: 3:04.37	31.08	400m: 4:05.00	29.73
2.	WI ZIK, Jan		03	UKP Unia O wi cim		4:08.14	625	
	50m: 29.03	29.03	150m: 1:31.99	31.39	250m: 2:35.07	31.60	350m: 3:37.77	31.11
	100m: 1:00.60	31.57	200m: 2:03.47	31.48	300m: 3:06.66	31.59	400m: 4:08.14	30.37
3.	WOJCIECHOWSKI, Kajetan		03	MKS Trójka Łódź		4:09.64	614	
	50m: 28.59	28.59	150m: 1:32.03	31.86	250m: 2:36.21	31.99	350m: 3:39.42	31.49
	100m: 1:00.17	31.58	200m: 2:04.22	32.19	300m: 3:07.93	31.72	400m: 4:09.64	30.22
4.	RODKIEWICZ, Radosław		03	IUKS „Muszelka” Warszawa		4:12.50	593	
	50m: 29.13	29.13	150m: 1:31.92	31.67	250m: 2:36.48	32.28	350m: 3:40.86	32.07
	100m: 1:00.25	31.12	200m: 2:04.20	32.28	300m: 3:08.79	32.31	400m: 4:12.50	31.64
5.	BIEDKA, Mikołaj		03	Kaliski Klub Sportowy „Włókn		4:13.13	589	
	50m: 28.76	28.76	150m: 1:33.33	32.35	250m: 2:37.77	32.16	350m: 3:42.49	32.47
	100m: 1:00.98	32.22	200m: 2:05.61	32.28	300m: 3:10.02	32.25	400m: 4:13.13	30.64
6.	GRABEK, Oskar		03	UKS Olimpijczyk 23		4:15.25	574	
	50m: 28.71	28.71	150m: 1:33.53	32.73	250m: 2:38.24	32.13	350m: 3:43.62	32.91
	100m: 1:00.80	32.09	200m: 2:06.11	32.58	300m: 3:10.71	32.47	400m: 4:15.25	31.63
7.	JASI SKI, Jakub		03	MKS Jedyńka Łódź		4:16.53	566	
	50m: 30.02	30.02	150m: 1:34.98	32.60	250m: 2:40.10	32.60	350m: 3:44.98	32.02
	100m: 1:02.38	32.36	200m: 2:07.50	32.52	300m: 3:12.96	32.86	400m: 4:16.53	31.55
8.	ROMANOWSKI, Dawid		03	UKS Pi tka Konstantinów Łódzki		4:17.45	560	
	50m: 28.24	28.24	150m: 1:32.99	32.70	250m: 2:39.73	33.28	350m: 3:46.00	33.05
	100m: 1:00.29	32.05	200m: 2:06.45	33.46	300m: 3:12.95	33.22	400m: 4:17.45	31.45
9.	ADAMCZYK, Jan		03	UKS Olimpijczyk 23		4:17.75	558	
	50m: 28.80	28.80	150m: 1:33.25	32.64	250m: 2:39.98	33.48	350m: 3:46.36	32.97
	100m: 1:00.61	31.81	200m: 2:06.50	33.25	300m: 3:13.39	33.41	400m: 4:17.75	31.39
10.	NIEDZIAŁEK, Michał		03	MTP Kormoran Olsztyn		4:20.80	539	
	50m: 29.84	29.84	150m: 1:35.07	32.97	250m: 2:41.55	33.49	350m: 3:48.67	33.56
	100m: 1:02.10	32.26	200m: 2:08.06	32.99	300m: 3:15.11	33.56	400m: 4:20.80	32.13
11.	KAPAŁA, Szymon		03	MTP Kormoran Olsztyn		4:23.12	524	
	50m: 30.12	30.12	150m: 1:35.41	32.85	250m: 2:41.83	33.25	350m: 3:49.54	33.98
	100m: 1:02.56	32.44	200m: 2:08.58	33.17	300m: 3:15.56	33.73	400m: 4:23.12	33.58
12.	STEFANOWSKI, Bartosz		03	UKS Nawa Skierniewice		4:29.43	488	
	50m: 30.54	30.54	150m: 1:37.47	33.72	250m: 2:46.65	34.84	350m: 3:56.61	34.65
	100m: 1:03.75	33.21	200m: 2:11.81	34.34	300m: 3:21.96	35.31	400m: 4:29.43	32.82
13.	JANUSZANIS, Piotr		03	Mi dzyszkołny UKS „Olimpijczy		4:30.06	485	
	50m: 30.20	30.20	150m: 1:38.48	34.65	250m: 2:47.74	34.52	350m: 3:56.69	34.31
	100m: 1:03.83	33.63	200m: 2:13.22	34.74	300m: 3:22.38	34.64	400m: 4:30.06	33.37
14.	ZIELI SKI, Maksymilian		03	UKS G-8 Bielany Warszawa		4:31.57	477	
	50m: 29.70	29.70	150m: 1:39.49	35.15	250m: 2:50.78	36.07	350m: 3:58.73	34.45
	100m: 1:04.34	34.64	200m: 2:14.71	35.22	300m: 3:24.28	33.50	400m: 4:31.57	32.84
15.	PAWLAK, Hubert		03	KU AZS Politechniki Łódzkiej		4:43.39	420	
	50m: 31.70	31.70	150m: 1:44.07	36.43	250m: 2:56.41	35.74	350m: 4:08.65	36.20
	100m: 1:07.64	35.94	200m: 2:20.67	36.60	300m: 3:32.45	36.04	400m: 4:43.39	34.74
16.	SZCZEPA SKI, Jakub		03	MUKS Wodnik Łask		4:59.85	354	
	50m: 31.61	31.61	150m: 1:45.62	37.62	250m: 3:04.17	38.64	350m: 4:22.23	38.77
	100m: 1:08.00	36.39	200m: 2:25.53	39.91	300m: 3:43.46	39.29	400m: 4:59.85	37.62

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1.	JACKOWSKI, Tomasz	02	WKS I sk Wrocław	3:57.75	711
	50m: 26.79 26.79	150m: 1:26.11 29.68	250m: 2:27.43 30.69	350m: 3:29.33 30.78	
	100m: 56.43 29.64	200m: 1:56.74 30.63	300m: 2:58.55 31.12	400m: 3:57.75 28.42	
2.	SIERADZKI, Kamil	02	UKS Wodnik Siemianowice I ski	4:04.13	657
	50m: 27.93 27.93	150m: 1:29.41 30.64	250m: 2:31.30 30.82	350m: 3:33.96 31.50	
	100m: 58.77 30.84	200m: 2:00.48 31.07	300m: 3:02.46 31.16	400m: 4:04.13 30.17	
3.	MENCEL, Miłosz	02	WKS I sk Wrocław	4:06.29	640
	50m: 28.34 28.34	150m: 1:30.68 31.33	250m: 2:34.42 31.94	350m: 3:37.01 31.03	
	100m: 59.35 31.01	200m: 2:02.48 31.80	300m: 3:05.98 31.56	400m: 4:06.29 29.28	
4.	WODY SKI, Bartosz	02	KU AZS Politechniki Łódzkiej	4:07.38	631
	50m: 28.59 28.59	150m: 1:30.56 31.24	250m: 2:33.00 31.24	350m: 3:36.39 31.96	
	100m: 59.32 30.73	200m: 2:01.76 31.20	300m: 3:04.43 31.43	400m: 4:07.38 30.99	
5.	RAJCA, Wiktor	02	UKS 190 Łódź	4:10.34	609
	50m: 29.85 29.85	150m: 1:33.02 31.64	250m: 2:36.59 31.76	350m: 3:40.13 31.75	
	100m: 1:01.38 31.53	200m: 2:04.83 31.81	300m: 3:08.38 31.79	400m: 4:10.34 30.21	
6.	KLISZ, Krystian	02	MKP Szczecin	4:10.57	607
	50m: 29.28 29.28	150m: 1:32.57 31.64	250m: 2:36.34 31.96	350m: 3:39.88 31.57	
	100m: 1:00.93 31.65	200m: 2:04.38 31.81	300m: 3:08.31 31.97	400m: 4:10.57 30.69	
7.	LIK, Kacper	02	MKS Jedyńka Łódź	4:11.36	602
	50m: 28.23 28.23	150m: 1:30.50 31.55	250m: 2:34.57 32.17	350m: 3:39.46 32.40	
	100m: 58.95 30.72	200m: 2:02.40 31.90	300m: 3:07.06 32.49	400m: 4:11.36 31.90	
8.	SIEKACZY SKI, Artur	02	UKP Fala Krańnik	4:11.92	598
	50m: 28.59 28.59	150m: 1:31.91 31.81	250m: 2:36.67 32.28	350m: 3:41.08 32.15	
	100m: 1:00.10 31.51	200m: 2:04.39 32.48	300m: 3:08.93 32.26	400m: 4:11.92 30.84	
9.	DOŁOWY, Grzegorz	02	IUKS „Muszelka” Warszawa	4:14.88	577
	50m: 29.42 29.42	150m: 1:32.95 31.85	250m: 2:37.17 32.11	350m: 3:42.84 32.96	
	100m: 1:01.10 31.68	200m: 2:05.06 32.11	300m: 3:09.88 32.71	400m: 4:14.88 32.04	
10.	JANICZUK, Patryk	02	MUKS „Lider” Chełm	4:17.08	562
	50m: 29.17 29.17	150m: 1:33.40 32.32	250m: 2:39.01 32.79	350m: 3:45.15 33.20	
	100m: 1:01.08 31.91	200m: 2:06.22 32.82	300m: 3:11.95 32.94	400m: 4:17.08 31.93	
11.	MIKO , Dawid	02	MKS Trójka Łódź	4:18.37	554
	50m: 28.95 28.95	150m: 1:34.38 32.87	250m: 2:40.26 33.05	350m: 3:46.69 33.03	
	100m: 1:01.51 32.56	200m: 2:07.21 32.83	300m: 3:13.66 33.40	400m: 4:18.37 31.68	
12.	NOWAK, Jan	02	BOSiR Brzesko	4:19.37	548
	50m: 29.92 29.92	150m: 1:35.24 32.84	250m: 2:41.42 32.70	350m: 3:47.99 33.31	
	100m: 1:02.40 32.48	200m: 2:08.72 33.48	300m: 3:14.68 33.26	400m: 4:19.37 31.38	
13.	PIEKARU , Dawid	02	KP AVIA widnik	4:26.52	505
	50m: 30.64 30.64	150m: 1:37.40 33.52	250m: 2:44.89 33.76	350m: 3:53.25 34.06	
	100m: 1:03.88 33.24	200m: 2:11.13 33.73	300m: 3:19.19 34.30	400m: 4:26.52 33.27	
14.	POPIOŁEK, Dawid	02	Uks Skarpa Lublin	4:32.87	470
	50m: 30.74 30.74	150m: 1:40.35 34.93	250m: 2:49.05 34.86	350m: 3:59.06 35.09	
	100m: 1:05.42 34.68	200m: 2:14.19 33.84	300m: 3:23.97 34.92	400m: 4:32.87 33.81	
15.	KALISIAK, Norbert	02	UKS Nawa Skierniewice	4:33.02	469
	50m: 30.46 30.46	150m: 1:39.96 35.16	250m: 2:49.67 34.72	350m: 3:59.59 34.93	
	100m: 1:04.80 34.34	200m: 2:14.95 34.99	300m: 3:24.66 34.99	400m: 4:33.02 33.43	

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1.	JAWORSKI, Szymon	01	WKS I sk Wrocław	3:57.70	711
	50m: 27.81 27.81	150m: 1:28.54 30.73	250m: 2:29.62 30.57	350m: 3:30.20 29.87	
	100m: 57.81 30.00	200m: 1:59.05 30.51	300m: 3:00.33 30.71	400m: 3:57.70 27.50	
2.	PAJ K, Bartosz	01	BUKS Warszawa	3:58.94	700
	50m: 27.01 27.01	150m: 1:27.44 30.54	250m: 2:28.47 30.68	350m: 3:29.42 30.37	
	100m: 56.90 29.89	200m: 1:57.79 30.35	300m: 2:59.05 30.58	400m: 3:58.94 29.52	

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Pozycja			Rok ur.					Czas	Pkt.		
3.	DUTKOWIAK, Wojciech		00	WKS I sk Wrocław				3:59.73	694		
	50m:	27.90 27.90	150m:	1:29.46	30.72	250m:	2:30.05	30.13	350m:	3:30.27	30.25
	100m:	58.74 30.84	200m:	1:59.92	30.46	300m:	3:00.02	29.97	400m:	3:59.73	29.46
4.	KOMOROWSKI, Jan		01	MKS Trójka Łódź				4:00.50	687		
	50m:	27.06 27.06	150m:	1:27.56	30.58	250m:	2:29.03	30.57	350m:	3:31.47	31.18
	100m:	56.98 29.92	200m:	1:58.46	30.90	300m:	3:00.29	31.26	400m:	4:00.50	29.03
5.	GUZIOR, Maciej		00	WKS I sk Wrocław				4:01.88	675		
	50m:	26.59 26.59	150m:	1:26.88	30.59	250m:	2:28.93	31.05	350m:	3:31.18	31.21
	100m:	56.29 29.70	200m:	1:57.88	31.00	300m:	2:59.97	31.04	400m:	4:01.88	30.70
6.	CHODULSKI, Jakub		00	Uks Skarpa Lublin				4:03.08	665		
	50m:	29.04 29.04	150m:	1:31.42	31.26	250m:	2:32.88	30.38	350m:	3:32.57	29.23
	100m:	1:00.16 31.12	200m:	2:02.50	31.08	300m:	3:03.34	30.46	400m:	4:03.08	30.51
7.	HANO, Grzegorz		00	WKS I sk Wrocław				4:03.37	663		
	50m:	27.67 27.67	150m:	1:28.20	30.62	250m:	2:30.63	31.29	350m:	3:33.09	30.82
	100m:	57.58 29.91	200m:	1:59.34	31.14	300m:	3:02.27	31.64	400m:	4:03.37	30.28
8.	KISZCZAK, Jakub		00	WKS I sk Wrocław				4:03.42	662		
	50m:	28.00 28.00	150m:	1:30.30	31.26	250m:	2:31.78	30.59	350m:	3:33.18	30.95
	100m:	59.04 31.04	200m:	2:01.19	30.89	300m:	3:02.23	30.45	400m:	4:03.42	30.24
9.	D BROWSKI, Patryk		00	WKS I sk Wrocław				4:03.46	662		
	50m:	27.91 27.91	150m:	1:29.95	31.14	250m:	2:31.44	30.60	350m:	3:32.97	31.11
	100m:	58.81 30.90	200m:	2:00.84	30.89	300m:	3:01.86	30.42	400m:	4:03.46	30.49
10.	DOMINIAK, Kacper		00	WKS I sk Wrocław				4:03.58	661		
	50m:	28.13 28.13	150m:	1:30.16	31.20	250m:	2:32.17	30.95	350m:	3:34.53	31.04
	100m:	58.96 30.83	200m:	2:01.22	31.06	300m:	3:03.49	31.32	400m:	4:03.58	29.05
11.	FIKS, Krzysztof		00	UKS 190 Łódź				4:04.10	657		
	50m:	29.09 29.09	150m:	1:31.39	31.34	250m:	2:33.91	31.11	350m:	3:35.60	30.68
	100m:	1:00.05 30.96	200m:	2:02.80	31.41	300m:	3:04.92	31.01	400m:	4:04.10	28.50
12.	KONCKI, Bartłomiej		01	KS „Wisła” Puławy				4:04.66	652		
	50m:	28.22 28.22	150m:	1:28.92	30.52	250m:	2:30.97	31.08	350m:	3:34.38	31.81
	100m:	58.40 30.18	200m:	1:59.89	30.97	300m:	3:02.57	31.60	400m:	4:04.66	30.28
13.	LECH, Filip		01	KU AZS UMCS Lublin				4:04.67	652		
	50m:	28.23 28.23	150m:	1:29.05	30.47	250m:	2:30.40	30.64	350m:	3:33.38	31.70
	100m:	58.58 30.35	200m:	1:59.76	30.71	300m:	3:01.68	31.28	400m:	4:04.67	31.29
14.	GŁUSZKOWSKI, Mateusz		01	Uks Cityzen				4:04.92	650		
	50m:	28.32 28.32	150m:	1:29.73	30.45	250m:	2:31.36	30.80	350m:	3:34.23	31.52
	100m:	59.28 30.96	200m:	2:00.56	30.83	300m:	3:02.71	31.35	400m:	4:04.92	30.69
15.	MA KA, Filip		00	UKS 190 Łódź				4:04.95	650		
	50m:	28.43 28.43	150m:	1:30.05	30.78	250m:	2:32.42	31.23	350m:	3:35.21	31.07
	100m:	59.27 30.84	200m:	2:01.19	31.14	300m:	3:04.14	31.72	400m:	4:04.95	29.74
16.	SZARPAK, Marcin		01	AZS AWF Katowice				4:06.84	635		
	50m:	27.65 27.65	150m:	1:28.55	31.04	250m:	2:31.89	31.52	350m:	3:36.12	32.03
	100m:	57.51 29.86	200m:	2:00.37	31.82	300m:	3:04.09	32.20	400m:	4:06.84	30.72
17.	WO NIAK, Maciej		00	UKS 190 Łódź				4:07.13	633		
	50m:	28.43 28.43	150m:	1:30.84	31.62	250m:	2:34.41	31.69	350m:	3:38.22	31.84
	100m:	59.22 30.79	200m:	2:02.72	31.88	300m:	3:06.38	31.97	400m:	4:07.13	28.91
18.	FAJKOWSKI, Piotr		01	MKS Trójka Łódź				4:08.10	626		
	50m:	28.06 28.06	150m:	1:30.21	31.46	250m:	2:33.97	32.05	350m:	3:37.66	31.66
	100m:	58.75 30.69	200m:	2:01.92	31.71	300m:	3:06.00	32.03	400m:	4:08.10	30.44
19.	SUCHA SKI, Przemysław		01	UKP Unia O wi cim				4:08.39	623		
	50m:	27.49 27.49	150m:	1:30.15	31.50	250m:	2:33.55	31.69	350m:	3:37.13	31.84
	100m:	58.65 31.16	200m:	2:01.86	31.71	300m:	3:05.29	31.74	400m:	4:08.39	31.26
20.	RÓJ, Jakub		01	MKP Szczecin				4:08.84	620		
	50m:	28.77 28.77	150m:	1:31.69	31.53	250m:	2:34.73	31.54	350m:	3:38.40	31.87
	100m:	1:00.16 31.39	200m:	2:03.19	31.50	300m:	3:06.53	31.80	400m:	4:08.84	30.44

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Pozycja			Rok ur.					Czas	Pkt.
21.	RÓG, Adrian		01	KP Sokół Rzeszów				4:09.66	614
	50m: 28.96	28.96	150m: 1:32.24	31.63	250m: 2:35.93	31.66	350m: 3:39.29	31.70	
	100m: 1:00.61	31.65	200m: 2:04.27	32.03	300m: 3:07.59	31.66	400m: 4:09.66	30.37	
22.	PACŁAWSKI, Jakub		00	Akademia Aqua Sport				4:09.67	614
	50m: 29.33	29.33	150m: 1:33.00	31.94	250m: 2:36.62	31.79	350m: 3:39.28	31.16	
	100m: 1:01.06	31.73	200m: 2:04.83	31.83	300m: 3:08.12	31.50	400m: 4:09.67	30.39	
23.	WO NIAK, Kamil		01	KS „Wisła” Puławy				4:09.68	614
	50m: 28.80	28.80	150m: 1:31.58	31.59	250m: 2:35.02	31.63	350m: 3:39.42	32.22	
	100m: 59.99	31.19	200m: 2:03.39	31.81	300m: 3:07.20	32.18	400m: 4:09.68	30.26	
24.	ADAMCZEWSKI, Eryk		00	Kaliski Klub Sportowy „Włókn				4:11.06	604
	50m: 27.85	27.85	150m: 1:30.62	31.47	250m: 2:34.81	32.38	350m: 3:39.44	32.20	
	100m: 59.15	31.30	200m: 2:02.43	31.81	300m: 3:07.24	32.43	400m: 4:11.06	31.62	
25.	DADOS, Aleksander		01	KS „Wisła” Puławy				4:14.32	581
	50m: 28.00	28.00	150m: 1:31.36	31.79	250m: 2:36.53	32.80	350m: 3:42.50	33.17	
	100m: 59.57	31.57	200m: 2:03.73	32.37	300m: 3:09.33	32.80	400m: 4:14.32	31.82	
26.	GIRUL, Radosław		01	WKS I sk Wrocław				4:16.57	566
	50m: 29.01	29.01	150m: 1:32.39	31.74	250m: 2:37.33	32.69	350m: 3:43.75	33.37	
	100m: 1:00.65	31.64	200m: 2:04.64	32.25	300m: 3:10.38	33.05	400m: 4:16.57	32.82	
27.	BORKOWSKI, Kacper		00	KU AZS UMCS Lublin				4:16.83	564
	50m: 28.83	28.83	150m: 1:32.51	32.49	250m: 2:37.65	32.77	350m: 3:43.85	33.37	
	100m: 1:00.02	31.19	200m: 2:04.88	32.37	300m: 3:10.48	32.83	400m: 4:16.83	32.98	
28.	KARPIEL, Dominik		01	CSiR MOS w D browie Górniczej				4:18.43	554
	50m: 28.59	28.59	150m: 1:33.28	32.77	250m: 2:39.85	33.34	350m: 3:46.90	33.41	
	100m: 1:00.51	31.92	200m: 2:06.51	33.23	300m: 3:13.49	33.64	400m: 4:18.43	31.53	
29.	BORSUK, Łukasz		01	UKP Fala Kra nik				4:19.11	549
	50m: 29.33	29.33	150m: 1:33.81	32.31	250m: 2:39.66	33.29	350m: 3:47.04	33.85	
	100m: 1:01.50	32.17	200m: 2:06.37	32.56	300m: 3:13.19	33.53	400m: 4:19.11	32.07	
30.	CZERWI SKI, Łukasz		01	UKS G-8 Bielany Warszawa				4:19.44	547
	50m: 28.92	28.92	150m: 1:35.22	32.82	250m: 2:41.02	32.82	350m: 3:47.01	33.00	
	100m: 1:02.40	33.48	200m: 2:08.20	32.98	300m: 3:14.01	32.99	400m: 4:19.44	32.43	
31.	SZWEDZKI, Jakub		00	MKS Trójka Łódź				4:19.64	546
	50m: 29.93	29.93	150m: 1:35.51	32.75	250m: 2:41.86	32.70	350m: 3:48.15	33.03	
	100m: 1:02.76	32.83	200m: 2:09.16	33.65	300m: 3:15.12	33.26	400m: 4:19.64	31.49	
32.	ZUBIK, Stanisław		01	UKP „Polonia Warszawa”				4:21.68	533
	50m: 29.62	29.62	150m: 1:33.49	31.98	250m: 2:39.87	33.42	350m: 3:48.00	34.30	
	100m: 1:01.51	31.89	200m: 2:06.45	32.96	300m: 3:13.70	33.83	400m: 4:21.68	33.68	
33.	GORY SKI, Dawid		00	St. Szkoła Pływania „Orka”				4:39.84	436
	50m: 30.95	30.95	150m: 1:39.87	35.36	250m: 2:52.17	36.26	350m: 4:05.22	36.33	
	100m: 1:04.51	33.56	200m: 2:15.91	36.04	300m: 3:28.89	36.72	400m: 4:39.84	34.62	
34.	LIBERA, Daniel		01	UKS Nawa Skierniewice				5:09.74	321
	50m: 33.35	33.35	150m: 1:52.72	40.28	250m: 3:11.67	39.95	350m: 4:31.63	39.54	
	100m: 1:12.44	39.09	200m: 2:31.72	39.00	300m: 3:52.09	40.42	400m: 5:09.74	38.11	