

ARENA GRAND PRIX PUCHAR POLSKI
Łódź, 10. - 11.11.2018

Konkurencja 14
10.11.2018 - 17:18

Mężczyźni, 400m zmienny

14 lat i starsi
Wyniki

Rekord Polski Open	4:03.20	WOJT, Lukasz	POL	Berlin (GER)	14.11.2009
Rekord Polski 19 - 23	4:04.48	MATCZAK, Mateusz	00116	Gorzów Wlkp.	27.11.2009
Rekord Polski 18	4:09.07	MATCZAK, Mateusz	00905	Debrecen (HUN)	14.12.2007
Rekord Polski 17	4:11.22	W GROWSKI, Marcel	00505	Olsztyn	16.12.2016
Rekord Polski 16	4:12.62	W GROWSKI, Marcel	00505	Lublin	18.12.2015
Rekord Polski 15	4:23.69	KĄLUSOWSKI, Jan	00905	Lublin	18.12.2015
Rekord Polski 14	4:28.26	URYNIUK, Paweł	05114	Poznan	25.11.2017

Punkty: FINA 2018

Pozycja			Rok ur.					Czas	Pkt.
14 lat i starsi									
1.	W GROWSKI, Marcel	99	KU AZS Politechniki Łódzkiej					4:15.52	782
	50m: 26.43 26.43	150m: 1:30.02	32.58	250m: 2:38.69	36.60	350m: 3:46.12	30.31		
	100m: 57.44 31.01	200m: 2:02.09	32.07	300m: 3:15.81	37.12	400m: 4:15.52	29.40		
2.	BUJAK, Dominik	99	St. Lok. SALOS Cortile Kielce					4:18.08	759
	50m: 28.47 28.47	150m: 1:33.82	33.33	250m: 2:43.13	36.91	350m: 3:50.01	29.74		
	100m: 1:00.49 32.02	200m: 2:06.22	32.40	300m: 3:20.27	37.14	400m: 4:18.08	28.07		
3.	SZWEDZKI, Dawid	94	WKS I sk Wrocław					4:19.78	744
	50m: 28.32 28.32	150m: 1:33.31	32.93	250m: 2:41.47	35.88	350m: 3:49.20	31.38		
	100m: 1:00.38 32.06	200m: 2:05.59	32.28	300m: 3:17.82	36.35	400m: 4:19.78	30.58		
4.	WARZOCHA, Albert	01	Uks Cityzen					4:20.45	739
	50m: 27.52 27.52	150m: 1:33.60	33.55	250m: 2:43.55	36.31	350m: 3:51.69	31.08		
	100m: 1:00.05 32.53	200m: 2:07.24	33.64	300m: 3:20.61	37.06	400m: 4:20.45	28.76		
5.	DUBAS, Mateusz	01	AZS AWF Katowice					4:20.51	738
	50m: 28.30 28.30	150m: 1:33.32	32.83	250m: 2:43.23	36.19	350m: 3:50.88	30.74		
	100m: 1:00.49 32.19	200m: 2:07.04	33.72	300m: 3:20.14	36.91	400m: 4:20.51	29.63		
6.	CHMIELEWSKI, Jakub	99	WKS I sk Wrocław					4:25.19	700
	50m: 27.94 27.94	150m: 1:34.35	34.24	250m: 2:45.42	37.87	350m: 3:54.60	31.05		
	100m: 1:00.11 32.17	200m: 2:07.55	33.20	300m: 3:23.55	38.13	400m: 4:25.19	30.59		
7.	MA KA, Filip	00	UKS 190 Łódź					4:27.29	683
	50m: 29.10 29.10	150m: 1:35.72	33.71	250m: 2:48.87	39.59	350m: 3:59.30	31.97		
	100m: 1:02.01 32.91	200m: 2:09.28	33.56	300m: 3:27.33	38.46	400m: 4:27.29	27.99		
8.	ZDZIEBŁO, Piotr	02	WKS I sk Wrocław					4:27.42	682
	50m: 29.00 29.00	150m: 1:36.60	35.12	250m: 2:47.79	37.66	350m: 3:57.22	31.40		
	100m: 1:01.48 32.48	200m: 2:10.13	33.53	300m: 3:25.82	38.03	400m: 4:27.42	30.20		
9.	OLLER, Krzysztof	00	MTP Kormoran Olsztyn					4:28.83	672
	50m: 27.91 27.91	150m: 1:35.31	35.72	250m: 2:48.62	39.51	350m: 3:59.26	31.58		
	100m: 59.59 31.68	200m: 2:09.11	33.80	300m: 3:27.68	39.06	400m: 4:28.83	29.57		
10.	SACHA, Kamil	01	WKS I sk Wrocław					4:29.04	670
	50m: 28.65 28.65	150m: 1:35.73	34.87	250m: 2:48.47	38.25	350m: 3:59.47	31.57		
	100m: 1:00.86 32.21	200m: 2:10.22	34.49	300m: 3:27.90	39.43	400m: 4:29.04	29.57		
11.	SUCHA SKI, Przemysław	01	UKP Unia Owi cim					4:29.13	670
	50m: 28.81 28.81	150m: 1:37.48	33.85	250m: 2:48.20	38.20	350m: 3:59.14	32.25		
	100m: 1:03.63 34.82	200m: 2:10.00	32.52	300m: 3:26.89	38.69	400m: 4:29.13	29.99		
12.	JA KIEWICZ, Adrian	02	UKS G-8 Bielany Warszawa					4:30.15	662
	50m: 28.10 28.10	150m: 1:34.89	34.86	250m: 2:48.49	39.64	350m: 3:59.82	31.05		
	100m: 1:00.03 31.93	200m: 2:08.85	33.96	300m: 3:28.77	40.28	400m: 4:30.15	30.33		
13.	GAWRON, Oskar	99	WKS I sk Wrocław					4:30.87	657
	50m: 29.84 29.84	150m: 1:39.14	35.53	250m: 2:51.67	37.64	350m: 4:01.02	31.28		
	100m: 1:03.61 33.77	200m: 2:14.03	34.89	300m: 3:29.74	38.07	400m: 4:30.87	29.85		
14.	WO NIAK, Maciej	00	UKS 190 Łódź					4:32.81	643
	50m: 28.27 28.27	150m: 1:37.90	36.22	250m: 2:50.82	38.39	350m: 4:03.21	32.11		
	100m: 1:01.68 33.41	200m: 2:12.43	34.53	300m: 3:31.10	40.28	400m: 4:32.81	29.60		
15.	DOBRINDT, Mikołaj	03	UKS G-8 Bielany Warszawa					4:32.93	642
	50m: 29.33 29.33	150m: 1:38.25	34.95	250m: 2:50.60	37.29	350m: 4:01.16	31.78		
	100m: 1:03.30 33.97	200m: 2:13.31	35.06	300m: 3:29.38	38.78	400m: 4:32.93	31.77		

ARENA GRAND PRIX PUCHAR POLSKI
Łódź, 10. - 11.11.2018

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

Pozycja			Rok ur.					Czas	Pkt.
16.	CHMIELEWSKI, Krzysztof		04	IUKS „Muszelka” Warszawa				4:33.03	641
	50m:	28.30 28.30	150m:	1:34.03 33.47	250m:	2:49.08 41.81	350m:	4:02.88 31.30	
	100m:	1:00.56 32.26	200m:	2:07.27 33.24	300m:	3:31.58 42.50	400m:	4:33.03 30.15	
17.	ZAREMBA, Jakub		01	UKS G-8 Bielany Warszawa				4:33.49	638
	50m:	29.37 29.37	150m:	1:38.31 35.88	250m:	2:51.27 37.86	350m:	4:02.41 31.93	
	100m:	1:02.43 33.06	200m:	2:13.41 35.10	300m:	3:30.48 39.21	400m:	4:33.49 31.08	
18.	LITWA, Krzysztof		96	KU AZS AGH Kraków				4:34.32	632
	50m:	27.90 27.90	150m:	1:35.79 35.48	250m:	2:48.87 39.12	350m:	4:02.74 33.75	
	100m:	1:00.31 32.41	200m:	2:09.75 33.96	300m:	3:28.99 40.12	400m:	4:34.32 31.58	
19.	KEMPA, Mikołaj		99	KU AZS UMCS Lublin				4:35.91	621
	50m:	28.24 28.24	150m:	1:35.93 35.44	250m:	2:49.34 38.36	350m:	4:03.21 33.85	
	100m:	1:00.49 32.25	200m:	2:10.98 35.05	300m:	3:29.36 40.02	400m:	4:35.91 32.70	
20.	WALCZYSKO, Jakub		00	KU AZS UMCS Lublin				4:36.35	618
	50m:	29.13 29.13	150m:	1:38.08 35.60	250m:	2:53.01 39.37	350m:	4:05.10 31.99	
	100m:	1:02.48 33.35	200m:	2:13.64 35.56	300m:	3:33.11 40.10	400m:	4:36.35 31.25	
21.	DOROBA, Michał		02	WKS I sk Wrocław				4:36.81	615
	50m:	30.90 30.90	150m:	1:41.86 36.48	250m:	2:55.53 37.98	350m:	4:05.65 32.32	
	100m:	1:05.38 34.48	200m:	2:17.55 35.69	300m:	3:33.33 37.80	400m:	4:36.81 31.16	
22.	WIEK, Wiktor		03	UKS G-8 Bielany Warszawa				4:38.30	605
	50m:	28.77 28.77	150m:	1:37.59 36.28	250m:	2:54.93 41.22	350m:	4:07.44 31.24	
	100m:	1:01.31 32.54	200m:	2:13.71 36.12	300m:	3:36.20 41.27	400m:	4:38.30 30.86	
23.	CHMIELEWSKI, Michał		04	IUKS „Muszelka” Warszawa				4:38.89	602
	50m:	29.16 29.16	150m:	1:36.98 34.65	250m:	2:53.89 42.88	350m:	4:08.32 32.04	
	100m:	1:02.33 33.17	200m:	2:11.01 34.03	300m:	3:36.28 42.39	400m:	4:38.89 30.57	
24.	WORONKO, Krzysztof		02	MTP Kormoran Olsztyn				4:39.81	596
	50m:	29.28 29.28	150m:	1:38.39 34.60	250m:	2:52.94 40.86	350m:	4:07.81 32.86	
	100m:	1:03.79 34.51	200m:	2:12.08 33.69	300m:	3:34.95 42.01	400m:	4:39.81 32.00	
25.	PITY SKI, Wiktor		03	WKS I sk Wrocław				4:40.12	594
	50m:	30.91 30.91	150m:	1:41.90 35.93	250m:	2:57.25 40.65	350m:	4:09.28 32.30	
	100m:	1:05.97 35.06	200m:	2:16.60 34.70	300m:	3:36.98 39.73	400m:	4:40.12 30.84	
26.	GRZYBOWSKI, Artur		01	MKP Szczecin				4:42.65	578
	50m:	29.24 29.24	150m:	1:40.45 37.03	250m:	2:57.38 41.24	350m:	4:11.86 31.90	
	100m:	1:03.42 34.18	200m:	2:16.14 35.69	300m:	3:39.96 42.58	400m:	4:42.65 30.79	
27.	ZIELI SKI, Konrad		03	UKS 190 Łódź				4:42.68	578
	50m:	29.60 29.60	150m:	1:42.48 38.31	250m:	3:00.29 41.82	350m:	4:14.59 31.30	
	100m:	1:04.17 34.57	200m:	2:18.47 35.99	300m:	3:43.29 43.00	400m:	4:42.68 28.09	
28.	MRÓZ, Adam		03	UKS Olimpijczyk 23				4:43.14	575
	50m:	29.63 29.63	150m:	1:41.55 37.21	250m:	2:58.27 39.94	350m:	4:12.68 33.50	
	100m:	1:04.34 34.71	200m:	2:18.33 36.78	300m:	3:39.18 40.91	400m:	4:43.14 30.46	
29.	RAJCA, Wiktor		02	UKS 190 Łódź				4:44.70	565
	50m:	30.99 30.99	150m:	1:42.68 37.01	250m:	2:58.39 39.57	350m:	4:12.24 33.64	
	100m:	1:05.67 34.68	200m:	2:18.82 36.14	300m:	3:38.60 40.21	400m:	4:44.70 32.46	
30.	WO NIAK, Kamil		01	KS „Wisła” Puławy				4:45.06	563
	50m:	29.72 29.72	150m:	1:42.66 38.69	250m:	3:01.49 41.37	350m:	4:15.38 32.24	
	100m:	1:03.97 34.25	200m:	2:20.12 37.46	300m:	3:43.14 41.65	400m:	4:45.06 29.68	
31.	BUJAK, Piotr		97	St. Lok. SALOS Cortile Kielce				4:45.10	563
	50m:	31.23 31.23	150m:	1:42.48 35.40	250m:	3:00.32 43.66	350m:	4:15.34 31.01	
	100m:	1:07.08 35.85	200m:	2:16.66 34.18	300m:	3:44.33 44.01	400m:	4:45.10 29.76	
32.	GRABEK, Oskar		03	UKS Olimpijczyk 23				4:45.31	562
	50m:		150m:	1:07.15	250m:	3:00.39 38.55	350m:	4:12.96 33.35	
	100m:		200m:	2:21.84 1:14.69	300m:	3:39.61 39.22	400m:	4:45.31 32.35	
33.	KOSI SKI, Filip		04	Mi dzyszkołny UKS „Olimpijczyk				4:45.56	560
	50m:	30.96 30.96	150m:	1:40.68 35.16	250m:	2:56.94 43.06	350m:	4:13.89 33.71	
	100m:	1:05.52 34.56	200m:	2:13.88 33.20	300m:	3:40.18 43.24	400m:	4:45.56 31.67	

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Łódź, 10. - 11.11.2018

Konkurencja 14, M czynn, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
34.	R BACZ, Maciej		00	UKS G-8 Bielany Warszawa				4:45.59	560
	50m: 29.91 29.91	150m: 1:42.77	39.14	250m: 2:59.08	38.36	350m: 4:13.51	34.90		
	100m: 1:03.63 33.72	200m: 2:20.72	37.95	300m: 3:38.61	39.53	400m: 4:45.59	32.08		
35.	KAPAŁA, Szymon		03	MTP Kormoran Olsztyn				4:46.33	556
	50m: 30.61 30.61	150m: 1:43.08	37.34	250m: 2:59.80	40.72	350m: 4:14.32	33.42		
	100m: 1:05.74 35.13	200m: 2:19.08	36.00	300m: 3:40.90	41.10	400m: 4:46.33	32.01		
36.	GOŁACKI, Sergiusz		04	UKS 190 Łódź				4:47.36	550
	50m: 30.11 30.11	150m: 1:43.24	38.62	250m: 3:01.95	41.58	350m: 4:16.17	32.30		
	100m: 1:04.62 34.51	200m: 2:20.37	37.13	300m: 3:43.87	41.92	400m: 4:47.36	31.19		
37.	LINARD, Bartosz		04	IKS Konstancin				4:49.37	539
	50m: 31.16 31.16	150m: 1:46.47	38.63	250m: 3:02.59	38.68	350m: 4:16.32	33.65		
	100m: 1:07.84 36.68	200m: 2:23.91	37.44	300m: 3:42.67	40.08	400m: 4:49.37	33.05		
38.	PRZYBYSZ, Mateusz		03	BUKS Warszawa				4:52.66	521
	50m: 29.83 29.83	150m: 1:42.00	37.20	250m: 3:02.20	43.80	350m: 4:19.67	33.29		
	100m: 1:04.80 34.97	200m: 2:18.40	36.40	300m: 3:46.38	44.18	400m: 4:52.66	32.99		
39.	PRZYSTAŁ, Adam		03	UKS G-8 Bielany Warszawa				4:53.60	516
	50m: 30.47 30.47	150m: 1:44.45	37.99	250m: 3:02.35	40.05	350m: 4:19.32	35.69		
	100m: 1:06.46 35.99	200m: 2:22.30	37.85	300m: 3:43.63	41.28	400m: 4:53.60	34.28		
40.	ADAMCZYK, Jan		03	UKS Olimpijczyk 23				4:53.70	515
	50m: 29.99 29.99	150m: 1:42.45	37.87	250m: 3:02.70	43.42	350m: 4:20.53	33.84		
	100m: 1:04.58 34.59	200m: 2:19.28	36.83	300m: 3:46.69	43.99	400m: 4:53.70	33.17		
41.	MICHALAK, Jan		03	UKS Nawa Skierniewice				4:54.25	512
	50m: 31.11 31.11	150m: 1:46.65	39.67	250m: 3:04.95	40.04	350m: 4:21.29	35.69		
	100m: 1:06.98 35.87	200m: 2:24.91	38.26	300m: 3:45.60	40.65	400m: 4:54.25	32.96		
42.	ROGUSKI, Mateusz		03	IUKS „Muszelka” Warszawa				4:54.72	510
	50m: 30.77 30.77	150m: 1:42.73	36.67	250m: 3:03.33	44.23	350m: 4:21.81	33.78		
	100m: 1:06.06 35.29	200m: 2:19.10	36.37	300m: 3:48.03	44.70	400m: 4:54.72	32.91		
43.	POPIOŁEK, Dawid		02	Uks Skarpa Lublin				4:56.96	498
	50m: 30.15 30.15	150m: 1:43.57	38.96	250m: 3:05.07	43.32	350m: 4:23.23	34.52		
	100m: 1:04.61 34.46	200m: 2:21.75	38.18	300m: 3:48.71	43.64	400m: 4:56.96	33.73		
44.	PIEKARU, Dawid		02	KP AVIA widnik				4:57.03	498
	50m: 31.16 31.16	150m: 1:48.73	41.06	250m: 3:09.09	40.77	350m: 4:23.99	34.96		
	100m: 1:07.67 36.51	200m: 2:28.32	39.59	300m: 3:49.03	39.94	400m: 4:57.03	33.04		
45.	ZARYCHTA, Marcel		03	KS OLIMPIA Lublin				4:58.29	492
	50m: 31.35 31.35	150m: 1:46.06	38.10	250m: 3:08.26	44.94	350m: 4:26.84	33.83		
	100m: 1:07.96 36.61	200m: 2:23.32	37.26	300m: 3:53.01	44.75	400m: 4:58.29	31.45		
46.	LIK, Kacper		02	MKS Jedyńka Łódź				4:58.84	489
	50m: 30.45 30.45	150m: 1:45.30	39.87	250m: 3:06.56	42.01	350m: 4:27.60	34.20		
	100m: 1:05.43 34.98	200m: 2:24.55	39.25	300m: 3:53.40	46.84	400m: 4:58.84	31.24		
47.	SOBIECH, Szymon		03	UKS SP-149 Łódź				4:59.23	487
	50m: 32.18 32.18	150m: 1:47.15	37.35	250m: 3:07.43	43.31	350m: 4:26.16	34.35		
	100m: 1:09.80 37.62	200m: 2:24.12	36.97	300m: 3:51.81	44.38	400m: 4:59.23	33.07		
48.	SKIBIAK, Hubert		04	UKS 190 Łódź				4:59.25	487
	50m: 32.52 32.52	150m: 1:48.30	38.12	250m: 3:10.02	44.64	350m: 4:27.42	32.78		
	100m: 1:10.18 37.66	200m: 2:25.38	37.08	300m: 3:54.64	44.62	400m: 4:59.25	31.83		
49.	DOŁOWY, Grzegorz		02	IUKS „Muszelka” Warszawa				5:00.25	482
	50m: 31.74 31.74	150m: 1:47.01	38.99	250m: 3:10.19	45.81	350m: 4:28.88	33.00		
	100m: 1:08.02 36.28	200m: 2:24.38	37.37	300m: 3:55.88	45.69	400m: 5:00.25	31.37		
50.	STEFANOWSKI, Bartosz		03	UKS Nawa Skierniewice				5:02.22	473
	50m: 30.99 30.99	150m: 1:45.97	39.10	250m: 3:10.21	45.24	350m: 4:28.98	33.96		
	100m: 1:06.87 35.88	200m: 2:24.97	39.00	300m: 3:55.02	44.81	400m: 5:02.22	33.24		
51.	BEDNAREK, Przemysław		04	IUKS „Muszelka” Warszawa				5:03.16	468
	50m: 32.45 32.45	150m: 1:48.95	39.09	250m: 3:11.09	43.98	350m: 4:29.78	34.36		
	100m: 1:09.86 37.41	200m: 2:27.11	38.16	300m: 3:55.42	44.33	400m: 5:03.16	33.38		

ARENA GRAND PRIX PUCHAR POLSKI
Łódź, 10. - 11.11.2018

Konkurencja 14, M czynn, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
52.	J DRYKA, Nikodem		04	MKS Jedyńka Łód			5:04.91	460	
	50m: 33.13 33.13	150m: 1:51.73	41.22	250m: 3:14.09	41.96	350m: 4:31.47	34.54		
	100m: 1:10.51 37.38	200m: 2:32.13	40.40	300m: 3:56.93	42.84	400m: 5:04.91	33.44		
53.	JASI SKI, Jakub		03	MKS Jedyńka Łód			5:05.63	457	
	50m: 32.26 32.26	150m: 1:48.90	40.47	250m: 3:13.68	44.71	350m: 4:32.32	33.49		
	100m: 1:08.43 36.17	200m: 2:28.97	40.07	300m: 3:58.83	45.15	400m: 5:05.63	33.31		
54.	KALISIAK, Norbert		02	UKS Nawa Skierniewice			5:06.65	452	
	50m: 33.27 33.27	150m: 1:51.82	39.83	250m: 3:14.02	43.66	350m: 4:33.46	34.65		
	100m: 1:11.99 38.72	200m: 2:30.36	38.54	300m: 3:58.81	44.79	400m: 5:06.65	33.19		
55.	KALUSOWSKI, Gracjan		04	MKS Trójka Łód			5:11.98	430	
	50m: 32.36 32.36	150m: 1:54.14	42.72	250m: 3:17.04	43.23	350m: 4:38.50	35.34		
	100m: 1:11.42 39.06	200m: 2:33.81	39.67	300m: 4:03.16	46.12	400m: 5:11.98	33.48		
56.	LASKI, Filip		04	St. KF KS „Fenix” O arów Maz			5:15.01	417	
	50m: 31.11 31.11	150m: 1:46.63	39.55	250m: 3:11.76	44.31	350m: 4:37.48	39.03		
	100m: 1:07.08 35.97	200m: 2:27.45	40.82	300m: 3:58.45	46.69	400m: 5:15.01	37.53		
57.	GRABOWSKI, Mikołaj		04	MTP Kormoran Olsztyn			5:27.40	372	
	50m: 36.06 36.06	150m: 1:59.70	40.11	250m: 3:26.54	47.86	350m: 4:50.94	36.49		
	100m: 1:19.59 43.53	200m: 2:38.68	38.98	300m: 4:14.45	47.91	400m: 5:27.40	36.46		

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1.	CHMIELEWSKI, Krzysztof		04	IUKS „Muszelka” Warszawa			4:33.03	641
	50m: 28.30 28.30	150m: 1:34.03	33.47	250m: 2:49.08	41.81	350m: 4:02.88	31.30	
	100m: 1:00.56 32.26	200m: 2:07.27	33.24	300m: 3:31.58	42.50	400m: 4:33.03	30.15	
2.	CHMIELEWSKI, Michał		04	IUKS „Muszelka” Warszawa			4:38.89	602
	50m: 29.16 29.16	150m: 1:36.98	34.65	250m: 2:53.89	42.88	350m: 4:08.32	32.04	
	100m: 1:02.33 33.17	200m: 2:11.01	34.03	300m: 3:36.28	42.39	400m: 4:38.89	30.57	
3.	KOSI SKI, Filip		04	Mi dzyszkołny UKS „Olimpijczy			4:45.56	560
	50m: 30.96 30.96	150m: 1:40.68	35.16	250m: 2:56.94	43.06	350m: 4:13.89	33.71	
	100m: 1:05.52 34.56	200m: 2:13.88	33.20	300m: 3:40.18	43.24	400m: 4:45.56	31.67	
4.	GOŁACKI, Sergiusz		04	UKS 190 Łód			4:47.36	550
	50m: 30.11 30.11	150m: 1:43.24	38.62	250m: 3:01.95	41.58	350m: 4:16.17	32.30	
	100m: 1:04.62 34.51	200m: 2:20.37	37.13	300m: 3:43.87	41.92	400m: 4:47.36	31.19	
5.	LINARD, Bartosz		04	IKS Konstancin			4:49.37	539
	50m: 31.16 31.16	150m: 1:46.47	38.63	250m: 3:02.59	38.68	350m: 4:16.32	33.65	
	100m: 1:07.84 36.68	200m: 2:23.91	37.44	300m: 3:42.67	40.08	400m: 4:49.37	33.05	
6.	SKIBIAK, Hubert		04	UKS 190 Łód			4:59.25	487
	50m: 32.52 32.52	150m: 1:48.30	38.12	250m: 3:10.02	44.64	350m: 4:27.42	32.78	
	100m: 1:10.18 37.66	200m: 2:25.38	37.08	300m: 3:54.64	44.62	400m: 4:59.25	31.83	
7.	BEDNAREK, Przemysław		04	IUKS „Muszelka” Warszawa			5:03.16	468
	50m: 32.45 32.45	150m: 1:48.95	39.09	250m: 3:11.09	43.98	350m: 4:29.78	34.36	
	100m: 1:09.86 37.41	200m: 2:27.11	38.16	300m: 3:55.42	44.33	400m: 5:03.16	33.38	
8.	J DRYKA, Nikodem		04	MKS Jedyńka Łód			5:04.91	460
	50m: 33.13 33.13	150m: 1:51.73	41.22	250m: 3:14.09	41.96	350m: 4:31.47	34.54	
	100m: 1:10.51 37.38	200m: 2:32.13	40.40	300m: 3:56.93	42.84	400m: 5:04.91	33.44	
9.	KALUSOWSKI, Gracjan		04	MKS Trójka Łód			5:11.98	430
	50m: 32.36 32.36	150m: 1:54.14	42.72	250m: 3:17.04	43.23	350m: 4:38.50	35.34	
	100m: 1:11.42 39.06	200m: 2:33.81	39.67	300m: 4:03.16	46.12	400m: 5:11.98	33.48	
10.	LASKI, Filip		04	St. KF KS „Fenix” O arów Maz			5:15.01	417
	50m: 31.11 31.11	150m: 1:46.63	39.55	250m: 3:11.76	44.31	350m: 4:37.48	39.03	
	100m: 1:07.08 35.97	200m: 2:27.45	40.82	300m: 3:58.45	46.69	400m: 5:15.01	37.53	
11.	GRABOWSKI, Mikołaj		04	MTP Kormoran Olsztyn			5:27.40	372
	50m: 36.06 36.06	150m: 1:59.70	40.11	250m: 3:26.54	47.86	350m: 4:50.94	36.49	
	100m: 1:19.59 43.53	200m: 2:38.68	38.98	300m: 4:14.45	47.91	400m: 5:27.40	36.46	

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1.	DOBRINDT, Mikołaj		03	UKS G-8 Bielany Warszawa	4:32.93	642
	50m: 29.33	29.33	150m: 1:38.25	34.95	250m: 2:50.60	37.29
	100m: 1:03.30	33.97	200m: 2:13.31	35.06	300m: 3:29.38	38.78
					350m: 4:01.16	31.78
					400m: 4:32.93	31.77
2.	WIEK, Wiktor		03	UKS G-8 Bielany Warszawa	4:38.30	605
	50m: 28.77	28.77	150m: 1:37.59	36.28	250m: 2:54.93	41.22
	100m: 1:01.31	32.54	200m: 2:13.71	36.12	300m: 3:36.20	41.27
					350m: 4:07.44	31.24
					400m: 4:38.30	30.86
3.	PITY SKI, Wiktor		03	WKS I sk Wrocław	4:40.12	594
	50m: 30.91	30.91	150m: 1:41.90	35.93	250m: 2:57.25	40.65
	100m: 1:05.97	35.06	200m: 2:16.60	34.70	300m: 3:36.98	39.73
					350m: 4:09.28	32.30
					400m: 4:40.12	30.84
4.	ZIELI SKI, Konrad		03	UKS 190 Łódź	4:42.68	578
	50m: 29.60	29.60	150m: 1:42.48	38.31	250m: 3:00.29	41.82
	100m: 1:04.17	34.57	200m: 2:18.47	35.99	300m: 3:43.29	43.00
					350m: 4:14.59	31.30
					400m: 4:42.68	28.09
5.	MRÓZ, Adam		03	UKS Olimpijczyk 23	4:43.14	575
	50m: 29.63	29.63	150m: 1:41.55	37.21	250m: 2:58.27	39.94
	100m: 1:04.34	34.71	200m: 2:18.33	36.78	300m: 3:39.18	40.91
					350m: 4:12.68	33.50
					400m: 4:43.14	30.46
6.	GRABEK, Oskar		03	UKS Olimpijczyk 23	4:45.31	562
	50m:		150m: 1:07.15		250m: 3:00.39	38.55
	100m:		200m: 2:21.84	1:14.69	300m: 3:39.61	39.22
					350m: 4:12.96	33.35
					400m: 4:45.31	32.35
7.	KAPAŁA, Szymon		03	MTP Kormoran Olsztyn	4:46.33	556
	50m: 30.61	30.61	150m: 1:43.08	37.34	250m: 2:59.80	40.72
	100m: 1:05.74	35.13	200m: 2:19.08	36.00	300m: 3:40.90	41.10
					350m: 4:14.32	33.42
					400m: 4:46.33	32.01
8.	PRZYBYSZ, Mateusz		03	BUKS Warszawa	4:52.66	521
	50m: 29.83	29.83	150m: 1:42.00	37.20	250m: 3:02.20	43.80
	100m: 1:04.80	34.97	200m: 2:18.40	36.40	300m: 3:46.38	44.18
					350m: 4:19.67	33.29
					400m: 4:52.66	32.99
9.	PRZYSTAŁ, Adam		03	UKS G-8 Bielany Warszawa	4:53.60	516
	50m: 30.47	30.47	150m: 1:44.45	37.99	250m: 3:02.35	40.05
	100m: 1:06.46	35.99	200m: 2:22.30	37.85	300m: 3:43.63	41.28
					350m: 4:19.32	35.69
					400m: 4:53.60	34.28
10.	ADAMCZYK, Jan		03	UKS Olimpijczyk 23	4:53.70	515
	50m: 29.99	29.99	150m: 1:42.45	37.87	250m: 3:02.70	43.42
	100m: 1:04.58	34.59	200m: 2:19.28	36.83	300m: 3:46.69	43.99
					350m: 4:20.53	33.84
					400m: 4:53.70	33.17
11.	MICHALAK, Jan		03	UKS Nawa Skierniewice	4:54.25	512
	50m: 31.11	31.11	150m: 1:46.65	39.67	250m: 3:04.95	40.04
	100m: 1:06.98	35.87	200m: 2:24.91	38.26	300m: 3:45.60	40.65
					350m: 4:21.29	35.69
					400m: 4:54.25	32.96
12.	ROGUSKI, Mateusz		03	IUKS „Muszelka” Warszawa	4:54.72	510
	50m: 30.77	30.77	150m: 1:42.73	36.67	250m: 3:03.33	44.23
	100m: 1:06.06	35.29	200m: 2:19.10	36.37	300m: 3:48.03	44.70
					350m: 4:21.81	33.78
					400m: 4:54.72	32.91
13.	ZARYCHTA, Marcel		03	KS OLIMPIA Lublin	4:58.29	492
	50m: 31.35	31.35	150m: 1:46.06	38.10	250m: 3:08.26	44.94
	100m: 1:07.96	36.61	200m: 2:23.32	37.26	300m: 3:53.01	44.75
					350m: 4:26.84	33.83
					400m: 4:58.29	31.45
14.	SOBIECH, Szymon		03	UKS SP-149 Łódź	4:59.23	487
	50m: 32.18	32.18	150m: 1:47.15	37.35	250m: 3:07.43	43.31
	100m: 1:09.80	37.62	200m: 2:24.12	36.97	300m: 3:51.81	44.38
					350m: 4:26.16	34.35
					400m: 4:59.23	33.07
15.	STEFANOWSKI, Bartosz		03	UKS Nawa Skierniewice	5:02.22	473
	50m: 30.99	30.99	150m: 1:45.97	39.10	250m: 3:10.21	45.24
	100m: 1:06.87	35.88	200m: 2:24.97	39.00	300m: 3:55.02	44.81
					350m: 4:28.98	33.96
					400m: 5:02.22	33.24
16.	JASI SKI, Jakub		03	MKS Jedyńka Łódź	5:05.63	457
	50m: 32.26	32.26	150m: 1:48.90	40.47	250m: 3:13.68	44.71
	100m: 1:08.43	36.17	200m: 2:28.97	40.07	300m: 3:58.83	45.15
					350m: 4:32.32	33.49
					400m: 5:05.63	33.31

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1.	ZDZIEBŁO, Piotr	02	WKS I sk Wrocław	4:27.42	682
	50m: 29.00 29.00	150m: 1:36.60 35.12	250m: 2:47.79 37.66	350m: 3:57.22 31.40	
	100m: 1:01.48 32.48	200m: 2:10.13 33.53	300m: 3:25.82 38.03	400m: 4:27.42 30.20	
2.	JA KIEWICZ, Adrian	02	UKS G-8 Bielany Warszawa	4:30.15	662
	50m: 28.10 28.10	150m: 1:34.89 34.86	250m: 2:48.49 39.64	350m: 3:59.82 31.05	
	100m: 1:00.03 31.93	200m: 2:08.85 33.96	300m: 3:28.77 40.28	400m: 4:30.15 30.33	
3.	DOROBA, Michał	02	WKS I sk Wrocław	4:36.81	615
	50m: 30.90 30.90	150m: 1:41.86 36.48	250m: 2:55.53 37.98	350m: 4:05.65 32.32	
	100m: 1:05.38 34.48	200m: 2:17.55 35.69	300m: 3:33.33 37.80	400m: 4:36.81 31.16	
4.	WORONKO, Krzysztof	02	MTP Kormoran Olsztyn	4:39.81	596
	50m: 29.28 29.28	150m: 1:38.39 34.60	250m: 2:52.94 40.86	350m: 4:07.81 32.86	
	100m: 1:03.79 34.51	200m: 2:12.08 33.69	300m: 3:34.95 42.01	400m: 4:39.81 32.00	
5.	RAJCA, Wiktor	02	UKS 190 Łódź	4:44.70	565
	50m: 30.99 30.99	150m: 1:42.68 37.01	250m: 2:58.39 39.57	350m: 4:12.24 33.64	
	100m: 1:05.67 34.68	200m: 2:18.82 36.14	300m: 3:38.60 40.21	400m: 4:44.70 32.46	
6.	POPIOŁEK, Dawid	02	Uks Skarpa Lublin	4:56.96	498
	50m: 30.15 30.15	150m: 1:43.57 38.96	250m: 3:05.07 43.32	350m: 4:23.23 34.52	
	100m: 1:04.61 34.46	200m: 2:21.75 38.18	300m: 3:48.71 43.64	400m: 4:56.96 33.73	
7.	PIEKARU , Dawid	02	KP AVIA widnik	4:57.03	498
	50m: 31.16 31.16	150m: 1:48.73 41.06	250m: 3:09.09 40.77	350m: 4:23.99 34.96	
	100m: 1:07.67 36.51	200m: 2:28.32 39.59	300m: 3:49.03 39.94	400m: 4:57.03 33.04	
8.	LIK, Kacper	02	MKS Jedyńka Łódź	4:58.84	489
	50m: 30.45 30.45	150m: 1:45.30 39.87	250m: 3:06.56 42.01	350m: 4:27.60 34.20	
	100m: 1:05.43 34.98	200m: 2:24.55 39.25	300m: 3:53.40 46.84	400m: 4:58.84 31.24	
9.	DOŁOWY, Grzegorz	02	IUKS „Muszelka” Warszawa	5:00.25	482
	50m: 31.74 31.74	150m: 1:47.01 38.99	250m: 3:10.19 45.81	350m: 4:28.88 33.00	
	100m: 1:08.02 36.28	200m: 2:24.38 37.37	300m: 3:55.88 45.69	400m: 5:00.25 31.37	
10.	KALISIAK, Norbert	02	UKS Nawa Skierniewice	5:06.65	452
	50m: 33.27 33.27	150m: 1:51.82 39.83	250m: 3:14.02 43.66	350m: 4:33.46 34.65	
	100m: 1:11.99 38.72	200m: 2:30.36 38.54	300m: 3:58.81 44.79	400m: 5:06.65 33.19	

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1.	WARZOCHA, Albert	01	Uks Cityzen	4:20.45	739
	50m: 27.52 27.52	150m: 1:33.60 33.55	250m: 2:43.55 36.31	350m: 3:51.69 31.08	
	100m: 1:00.05 32.53	200m: 2:07.24 33.64	300m: 3:20.61 37.06	400m: 4:20.45 28.76	
2.	DUBAS, Mateusz	01	AZS AWF Katowice	4:20.51	738
	50m: 28.30 28.30	150m: 1:33.32 32.83	250m: 2:43.23 36.19	350m: 3:50.88 30.74	
	100m: 1:00.49 32.19	200m: 2:07.04 33.72	300m: 3:20.14 36.91	400m: 4:20.51 29.63	
3.	MA KA, Filip	00	UKS 190 Łódź	4:27.29	683
	50m: 29.10 29.10	150m: 1:35.72 33.71	250m: 2:48.87 39.59	350m: 3:59.30 31.97	
	100m: 1:02.01 32.91	200m: 2:09.28 33.56	300m: 3:27.33 38.46	400m: 4:27.29 27.99	
4.	OLLER, Krzysztof	00	MTP Kormoran Olsztyn	4:28.83	672
	50m: 27.91 27.91	150m: 1:35.31 35.72	250m: 2:48.62 39.51	350m: 3:59.26 31.58	
	100m: 59.59 31.68	200m: 2:09.11 33.80	300m: 3:27.68 39.06	400m: 4:28.83 29.57	
5.	SACHA, Kamil	01	WKS I sk Wrocław	4:29.04	670
	50m: 28.65 28.65	150m: 1:35.73 34.87	250m: 2:48.47 38.25	350m: 3:59.47 31.57	
	100m: 1:00.86 32.21	200m: 2:10.22 34.49	300m: 3:27.90 39.43	400m: 4:29.04 29.57	
6.	SUCHA SKI, Przemysław	01	UKP Unia O wi cim	4:29.13	670
	50m: 28.81 28.81	150m: 1:37.48 33.85	250m: 2:48.20 38.20	350m: 3:59.14 32.25	
	100m: 1:03.63 34.82	200m: 2:10.00 32.52	300m: 3:26.89 38.69	400m: 4:29.13 29.99	
7.	WO NIAK, Maciej	00	UKS 190 Łódź	4:32.81	643
	50m: 28.27 28.27	150m: 1:37.90 36.22	250m: 2:50.82 38.39	350m: 4:03.21 32.11	
	100m: 1:01.68 33.41	200m: 2:12.43 34.53	300m: 3:31.10 40.28	400m: 4:32.81 29.60	

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Pozycja			Rok ur.					Czas	Pkt.			
8.	ZAREMBA, Jakub		01	UKS G-8 Bielany Warszawa				4:33.49	638			
	50m:	29.37	29.37	150m:	1:38.31	35.88	250m:	2:51.27	37.86	350m:	4:02.41	31.93
	100m:	1:02.43	33.06	200m:	2:13.41	35.10	300m:	3:30.48	39.21	400m:	4:33.49	31.08
9.	WALCZYSKO, Jakub		00	KU AZS UMCS Lublin				4:36.35	618			
	50m:	29.13	29.13	150m:	1:38.08	35.60	250m:	2:53.01	39.37	350m:	4:05.10	31.99
	100m:	1:02.48	33.35	200m:	2:13.64	35.56	300m:	3:33.11	40.10	400m:	4:36.35	31.25
10.	GRZYBOWSKI, Artur		01	MKP Szczecin				4:42.65	578			
	50m:	29.24	29.24	150m:	1:40.45	37.03	250m:	2:57.38	41.24	350m:	4:11.86	31.90
	100m:	1:03.42	34.18	200m:	2:16.14	35.69	300m:	3:39.96	42.58	400m:	4:42.65	30.79
11.	WO NIAK, Kamil		01	KS „Wisła” Puławy				4:45.06	563			
	50m:	29.72	29.72	150m:	1:42.66	38.69	250m:	3:01.49	41.37	350m:	4:15.38	32.24
	100m:	1:03.97	34.25	200m:	2:20.12	37.46	300m:	3:43.14	41.65	400m:	4:45.06	29.68
12.	R BACZ, Maciej		00	UKS G-8 Bielany Warszawa				4:45.59	560			
	50m:	29.91	29.91	150m:	1:42.77	39.14	250m:	2:59.08	38.36	350m:	4:13.51	34.90
	100m:	1:03.63	33.72	200m:	2:20.72	37.95	300m:	3:38.61	39.53	400m:	4:45.59	32.08