

ARENA GRAND PRIX PUCHAR POLSKI
Warszawa, 6. - 7.4.2019

Konkurencja 32
07.04.2019 - 11:27

M czyzn, 400m dowolny

Open
Wyniki

Punkty: FINA 2019

Pozycja			Rok ur.					Czas	Pkt.
14 lat									
1.	KRUMPLEWSKI, Gracjan		05	TP Skalar Słupsk				4:40.32	483
	50m:	32.05 32.05	150m:	1:43.68 36.21	250m:	2:55.67 35.90	350m:	4:06.22 34.76	
	100m:	1:07.47 35.42	200m:	2:19.77 36.09	300m:	3:31.46 35.79	400m:	4:40.32 34.10	
2.	GRAPENTYN, Jakub		05	Malborskie WOPR				4:41.41	478
	50m:	31.44 31.44	150m:	1:42.44 36.27	250m:	2:55.30 36.11	350m:	4:07.97 36.19	
	100m:	1:06.17 34.73	200m:	2:19.19 36.75	300m:	3:31.78 36.48	400m:	4:41.41 33.44	
3.	ZAWADZKI, Marek		05	UKS G-8 Bielany Warszawa				4:43.06	469
	50m:	32.10 32.10	150m:	1:44.62 36.42	250m:	2:57.88 36.84	350m:	4:10.12 35.88	
	100m:	1:08.20 36.10	200m:	2:21.04 36.42	300m:	3:34.24 36.36	400m:	4:43.06 32.94	
4.	FAŁEK, Szymon		05	KS Barakuda Mi sk Mazowiecki				4:45.40	458
	50m:	31.68 31.68	150m:	1:44.24 36.82	250m:	2:57.18 36.71	350m:	4:10.81 36.65	
	100m:	1:07.42 35.74	200m:	2:20.47 36.23	300m:	3:34.16 36.98	400m:	4:45.40 34.59	
5.	BETA, Szymon		05	UKS G-8 Bielany Warszawa				4:47.47	448
	50m:	33.22 33.22	150m:	1:46.67 37.40	250m:	2:59.93 36.68	350m:	4:12.17 35.15	
	100m:	1:09.27 36.05	200m:	2:23.25 36.58	300m:	3:37.02 37.09	400m:	4:47.47 35.30	
6.	WENERSKI, Eryk		05	UKP „Polonia Warszawa”				4:55.75	412
	50m:	31.76 31.76	150m:	1:46.04 37.61	250m:	3:02.61 38.43	350m:	4:19.26 37.99	
	100m:	1:08.43 36.67	200m:	2:24.18 38.14	300m:	3:41.27 38.66	400m:	4:55.75 36.49	
7.	REGNOWSKI, Kajetan		05	UKS Swim Team Wilanów				5:01.58	388
	50m:	32.17 32.17	150m:	1:47.86 38.44	250m:	3:05.89 39.33	350m:	4:24.34 39.52	
	100m:	1:09.42 37.25	200m:	2:26.56 38.70	300m:	3:44.82 38.93	400m:	5:01.58 37.24	
15 lat									
1.	KONARSKI, Maciej		04	UKS „GIM 92 Ursynów”				4:10.73	676
	50m:	28.43 28.43	150m:	1:31.11 31.75	250m:	2:36.10 32.73	350m:	3:40.86 32.34	
	100m:	59.36 30.93	200m:	2:03.37 32.26	300m:	3:08.52 32.42	400m:	4:10.73 29.87	
2.	CHMIELEWSKI, Krzysztof		04	IUKS „Muszelka” Warszawa				4:13.95	650
	50m:	29.48 29.48	150m:	1:34.29 32.58	250m:	2:37.90 31.29	350m:	3:42.46 32.41	
	100m:	1:01.71 32.23	200m:	2:06.61 32.32	300m:	3:10.05 32.15	400m:	4:13.95 31.49	
3.	BEDNAREK, Przemysław		04	IUKS „Muszelka” Warszawa				4:19.59	609
	50m:	29.94 29.94	150m:	1:35.07 32.95	250m:	2:41.57 33.30	350m:	3:47.69 33.05	
	100m:	1:02.12 32.18	200m:	2:08.27 33.20	300m:	3:14.64 33.07	400m:	4:19.59 31.90	
4.	CHMIELEWSKI, Michał		04	IUKS „Muszelka” Warszawa				4:19.72	608
	50m:	30.35 30.35	150m:	1:36.18 32.94	250m:	2:41.58 32.36	350m:	3:47.72 33.21	
	100m:	1:03.24 32.89	200m:	2:09.22 33.04	300m:	3:14.51 32.93	400m:	4:19.72 32.00	
5.	MY LIWIEC, Bartosz		04	MKP Szczecin				4:24.51	575
	50m:	28.74 28.74	150m:	1:35.16 33.78	250m:	2:44.28 34.62	350m:	3:52.92 34.09	
	100m:	1:01.38 32.64	200m:	2:09.66 34.50	300m:	3:18.83 34.55	400m:	4:24.51 31.59	
6.	KORONKIEWICZ, Antoni		04	St. KF KS „Fenix” O arów Maz				4:30.39	539
	50m:	30.39 30.39	150m:	1:38.58 34.59	250m:	2:47.46 34.42	350m:	3:57.34 35.16	
	100m:	1:03.99 33.60	200m:	2:13.04 34.46	300m:	3:22.18 34.72	400m:	4:30.39 33.05	
7.	MINICHOWSKI, Maksymilian		04	UKS "V" Łomianki				4:30.87	536
	50m:	30.03 30.03	150m:	1:38.55 34.86	250m:	2:48.46 34.50	350m:	3:57.70 34.65	
	100m:	1:03.69 33.66	200m:	2:13.96 35.41	300m:	3:23.05 34.59	400m:	4:30.87 33.17	
8.	SZELE NIAK-BIAŁKOWSKI, Julian		04	UKS Tri-Team Rumia				4:32.56	526
	50m:	31.95 31.95	150m:	1:42.23 35.50	250m:	2:53.12 35.23	350m:	4:01.97 34.16	
	100m:	1:06.73 34.78	200m:	2:17.89 35.66	300m:	3:27.81 34.69	400m:	4:32.56 30.59	
9.	OSZCZAK, Norbert		04	St. KF KS „Fenix” O arów Maz				4:32.61	526
	50m:	30.72 30.72	150m:	1:38.82 34.87	250m:	2:48.92 34.95	350m:	3:58.95 34.81	
	100m:	1:03.95 33.23	200m:	2:13.97 35.15	300m:	3:24.14 35.22	400m:	4:32.61 33.66	

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Warszawa, 6. - 7.4.2019

Konkurencja 32, Chłopców, 400m dowolny, 15 lat

Pozycja			Rok ur.					Czas	Pkt.
10.	GRZECZA, Michał		04	TP Skalar Słupsk			4:32.79	525	
	50m: 31.39	31.39	150m: 1:41.77	35.46	250m: 2:52.28	34.83	350m: 4:01.53	34.34	
	100m: 1:06.31	34.92	200m: 2:17.45	35.68	300m: 3:27.19	34.91	400m: 4:32.79	31.26	
11.	KILAR, Patryk		04	KU AZS Politechniki Łódzkiej			4:39.52	488	
	50m: 32.62	32.62	150m: 1:43.68	35.83	250m: 2:55.32	35.63	350m: 4:06.93	35.35	
	100m: 1:07.85	35.23	200m: 2:19.69	36.01	300m: 3:31.58	36.26	400m: 4:39.52	32.59	
12.	KRASOWSKI, Krzysztof		04	UKS Tri-Team Rumia			4:42.94	470	
	50m: 33.07	33.07	150m: 1:45.19	36.03	250m: 2:57.33	35.90	350m: 4:09.37	35.72	
	100m: 1:09.16	36.09	200m: 2:21.43	36.24	300m: 3:33.65	36.32	400m: 4:42.94	33.57	
13.	DOMINOWSKI, Mikołaj		04	KS Barakuda Mi sk Mazowiecki			4:45.35	458	
	50m: 33.35	33.35	150m: 1:45.57	35.97	250m: 2:58.98	36.70	350m: 4:10.88	35.20	
	100m: 1:09.60	36.25	200m: 2:22.28	36.71	300m: 3:35.68	36.70	400m: 4:45.35	34.47	
14.	PISKOR, Mateusz		04	St. KF KS „Fenix” O arów Maz			4:53.90	419	
	50m: 31.48	31.48	150m: 1:46.02	38.08	250m: 3:02.17	38.26	350m: 4:17.89	37.23	
	100m: 1:07.94	36.46	200m: 2:23.91	37.89	300m: 3:40.66	38.49	400m: 4:53.90	36.01	

16 lat

1.	ZIELSKI, Konrad		03	UKS 190 Łód			4:20.36	603
	50m: 29.34	29.34	150m: 1:32.91	31.73	250m: 2:39.28	33.49	350m: 3:47.60	34.35
	100m: 1:01.18	31.84	200m: 2:05.79	32.88	300m: 3:13.25	33.97	400m: 4:20.36	32.76
2.	RODKIEWICZ, Radosław		03	IUKS „Muszelka” Warszawa			4:20.42	603
	50m: 30.41	30.41	150m: 1:35.49	32.95	250m: 2:41.89	33.42	350m: 3:51.18	34.57
	100m: 1:02.54	32.13	200m: 2:08.47	32.98	300m: 3:16.61	34.72	400m: 4:20.42	29.24
3.	KARPI SKI, Jakub		03	UKS G-8 Bielany Warszawa			4:21.72	594
	50m: 29.92	29.92	150m: 1:36.67	33.84	250m: 2:43.71	33.10	350m: 3:50.33	33.11
	100m: 1:02.83	32.91	200m: 2:10.61	33.94	300m: 3:17.22	33.51	400m: 4:21.72	31.39
4.	GORRA, Mikołaj		03	MKP Szczecin			4:23.48	582
	50m: 28.69	28.69	150m: 1:35.49	33.78	250m: 2:43.84	34.02	350m: 3:51.76	33.87
	100m: 1:01.71	33.02	200m: 2:09.82	34.33	300m: 3:17.89	34.05	400m: 4:23.48	31.72
5.	PASZKOWSKI, Konstanty		03	UKS „GIM 92 Ursynów”			4:24.14	578
	50m: 29.71	29.71	150m: 1:36.75	33.57	250m: 2:44.71	33.90	350m: 3:52.30	33.88
	100m: 1:03.18	33.47	200m: 2:10.81	34.06	300m: 3:18.42	33.71	400m: 4:24.14	31.84
6.	G STAŁ, Jan		03	Mokotowski UKP Warszawianka- W			4:24.76	574
	50m: 29.25	29.25	150m: 1:36.98	33.70	250m: 2:45.12	34.22	350m: 3:53.01	33.71
	100m: 1:03.28	34.03	200m: 2:10.90	33.92	300m: 3:19.30	34.18	400m: 4:24.76	31.75
7.	MALINOWSKI, Jakub		03	MKP „SŁOWIANKA” Gorzów Wlkp.			4:30.22	540
	50m: 29.18	29.18	150m: 1:36.87	34.74	250m: 2:47.83	35.71	350m: 3:57.96	34.82
	100m: 1:02.13	32.95	200m: 2:12.12	35.25	300m: 3:23.14	35.31	400m: 4:30.22	32.26
8.	ILCEWICZ, Hubert		03	UKS „Victoria Józefów”			4:40.76	481
	50m: 32.64	32.64	150m: 1:44.86	36.05	250m: 2:57.23	36.12	350m: 4:09.17	35.72
	100m: 1:08.81	36.17	200m: 2:21.11	36.25	300m: 3:33.45	36.22	400m: 4:40.76	31.59
9.	GERA, Franciszek		03	UKS Fala Niepor t			4:40.81	481
	50m: 28.71	28.71	150m: 1:38.59	35.93	250m: 2:52.12	37.02	350m: 4:05.47	36.63
	100m: 1:02.66	33.95	200m: 2:15.10	36.51	300m: 3:28.84	36.72	400m: 4:40.81	35.34
DYSKW.	TRYLSKI, Wiktor		03	UKS Tri-Team Rumia			4:13.79	
	<i>O1 - Pływak wystartował po komendzie na miejsca i zaj ciu pozycji nieruchomej, a przed sygnałem startu</i>							
	50m: 29.36	29.36	150m: 1:33.57	32.32	250m: 2:38.28	32.39	350m: 3:43.27	32.20
	100m: 1:01.25	31.89	200m: 2:05.89	32.32	300m: 3:11.07	32.79	400m: 4:13.79	30.52

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Konkurencja 32, M czynn, 400m dowolny

17 - 18 lat

1.	URBA SKI, Michał	01	KS Delfin Gdynia	4:10.44	678
	50m: 29.51 29.51	150m: 1:32.79	31.71 250m: 2:36.21 31.62	350m: 3:40.11 31.99	
	100m: 1:01.08 31.57	200m: 2:04.59	31.80 300m: 3:08.12 31.91	400m: 4:10.44 30.33	
2.	GŁUSZKOWSKI, Mateusz	01	Uks Cityzen	4:11.31	671
	50m: 28.64 28.64	150m: 1:32.59	32.10 250m: 2:36.02 31.66	350m: 3:41.20 32.61	
	100m: 1:00.49 31.85	200m: 2:04.36	31.77 300m: 3:08.59 32.57	400m: 4:11.31 30.11	
3.	WODY SKI, Bartosz	02	KU AZS Politechniki Łódzkiej	4:12.54	661
	50m: 29.44 29.44	150m: 1:32.48	31.29 250m: 2:36.54 32.02	350m: 3:41.75 32.76	
	100m: 1:01.19 31.75	200m: 2:04.52	32.04 300m: 3:08.99 32.45	400m: 4:12.54 30.79	
4.	KLISZ, Krystian	02	MKP Szczecin	4:14.61	645
	50m: 30.28 30.28	150m: 1:34.54	32.36 250m: 2:39.74 32.56	350m: 3:43.78 31.80	
	100m: 1:02.18 31.90	200m: 2:07.18	32.64 300m: 3:11.98 32.24	400m: 4:14.61 30.83	
5.	DOŁOWY, Grzegorz	02	IUKS „Muszelka” Warszawa	4:17.55	623
	50m: 29.88 29.88	150m: 1:34.25	32.22 250m: 2:39.95 32.87	350m: 3:45.89 32.76	
	100m: 1:02.03 32.15	200m: 2:07.08	32.83 300m: 3:13.13 33.18	400m: 4:17.55 31.66	
6.	MICHALSKI, Wojciech	01	MKP Szczecin	4:17.79	622
	50m: 30.28 30.28	150m: 1:35.88	33.02 250m: 2:41.93 32.82	350m: 3:46.99 32.40	
	100m: 1:02.86 32.58	200m: 2:09.11	33.23 300m: 3:14.59 32.66	400m: 4:17.79 30.80	
7.	KRZYKAŁA, Emil	01	KP AVIA widnik	4:20.90	600
	50m: 29.08 29.08	150m: 1:34.64	33.51 250m: 2:42.39 34.08	350m: 3:49.56 33.35	
	100m: 1:01.13 32.05	200m: 2:08.31	33.67 300m: 3:16.21 33.82	400m: 4:20.90 31.34	
8.	PAJ K, Bartosz	01	UKS G-8 Bielany Warszawa	4:22.76	587
	50m: 30.09 30.09	150m: 1:36.68	33.74 250m: 2:43.73 33.57	350m: 3:51.44 33.32	
	100m: 1:02.94 32.85	200m: 2:10.16	33.48 300m: 3:18.12 34.39	400m: 4:22.76 31.32	
9.	SENKOWSKI, Kacper	01	UKS G-8 Bielany Warszawa	4:23.69	581
	50m: 29.35 29.35	150m: 1:35.25	33.36 250m: 2:42.63 33.99	350m: 3:51.13 34.40	
	100m: 1:01.89 32.54	200m: 2:08.64	33.39 300m: 3:16.73 34.10	400m: 4:23.69 32.56	
10.	CHYRCHAŁA, Rafał	02	UKS „ORKA” Zamo	4:26.26	564
	50m: 29.57 29.57	150m: 1:34.48	32.70 250m: 2:42.23 33.98	350m: 3:51.78 34.76	
	100m: 1:01.78 32.21	200m: 2:08.25	33.77 300m: 3:17.02 34.79	400m: 4:26.26 34.48	
11.	CZERWI SKI, Łukasz	01	UKS G-8 Bielany Warszawa	4:28.35	551
	50m: 29.68 29.68	150m: 1:36.15	33.77 250m: 2:44.93 34.20	350m: 3:54.00 34.54	
	100m: 1:02.38 32.70	200m: 2:10.73	34.58 300m: 3:19.46 34.53	400m: 4:28.35 34.35	
12.	RYTTER, Igor	01	UKS G-8 Bielany Warszawa	4:29.25	546
	50m: 30.02 30.02	150m: 1:36.31	33.73 250m: 2:45.55 34.92	350m: 3:55.75 34.52	
	100m: 1:02.58 32.56	200m: 2:10.63	34.32 300m: 3:21.23 35.68	400m: 4:29.25 33.50	
13.	PAWŁOWSKI, Bogusław	02	Uks „Pingwiny”	4:32.33	527
	50m: 28.20 28.20	150m: 1:31.98	32.97 250m: 2:40.99 35.39	350m: 3:55.34 37.42	
	100m: 59.01 30.81	200m: 2:05.60	33.62 300m: 3:17.92 36.93	400m: 4:32.33 36.99	
14.	KOWALSKI, Jakub	02	MKP „SŁOWIANKA” Gorzów Wlkp.	4:36.98	501
	50m: 31.46 31.46	150m: 1:42.16	36.06 250m: 2:53.72 35.56	350m: 4:04.47 35.00	
	100m: 1:06.10 34.64	200m: 2:18.16	36.00 300m: 3:29.47 35.75	400m: 4:36.98 32.51	
15.	ROWI SKI, Aleksander	01	Mokotowski UKP Warszawianka- W	4:37.99	496
	50m: 30.14 30.14	150m: 1:38.93	35.25 250m: 2:50.00 35.54	350m: 4:03.13 36.51	
	100m: 1:03.68 33.54	200m: 2:14.46	35.53 300m: 3:26.62 36.62	400m: 4:37.99 34.86	
16.	MARCZAK, Radosław	02	KS Barakuda Mi sk Mazowiecki	4:42.06	474
	50m: 33.80 33.80	150m: 1:44.49	35.69 250m: 2:56.84 36.43	350m: 4:08.64 35.95	
	100m: 1:08.80 35.00	200m: 2:20.41	35.92 300m: 3:32.69 35.85	400m: 4:42.06 33.42	
17.	KUCHARSKI, Jan	02	UKS Kapry-Armexim Pruszków	4:58.88	399
	50m: 31.71 31.71	150m: 1:47.01	38.16 250m: 3:04.57 38.68	350m: 4:22.72 38.24	
	100m: 1:08.85 37.14	200m: 2:25.89	38.88 300m: 3:44.48 39.91	400m: 4:58.88 36.16	

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Konkurencja 32, M czynn, 400m dowolny

Open

1.	KLICH, Kacper	94	KU AZS UMCS Lublin	4:03.96	734
	50m: 29.28 29.28	150m: 1:31.80 31.01	250m: 2:33.77 30.68	350m: 3:35.05 30.59	
	100m: 1:00.79 31.51	200m: 2:03.09 31.29	300m: 3:04.46 30.69	400m: 4:03.96 28.91	
2.	JURA, Maciej	96	AZS AWF Warszawa	4:07.60	702
	50m: 29.04 29.04	150m: 1:31.64 31.19	250m: 2:34.67 31.39	350m: 3:37.45 31.16	
	100m: 1:00.45 31.41	200m: 2:03.28 31.64	300m: 3:06.29 31.62	400m: 4:07.60 30.15	
3.	KACZOROWSKI, Jakub	97	UKS G-8 Bielany Warszawa	4:09.57	685
	50m: 27.76 27.76	150m: 1:29.20 31.38	250m: 2:33.12 32.15	350m: 3:39.15 33.29	
	100m: 57.82 30.06	200m: 2:00.97 31.77	300m: 3:05.86 32.74	400m: 4:09.57 30.42	
4.	URBA SKI, Michał	01	KS Delfin Gdynia	4:10.44	678
	50m: 29.51 29.51	150m: 1:32.79 31.71	250m: 2:36.21 31.62	350m: 3:40.11 31.99	
	100m: 1:01.08 31.57	200m: 2:04.59 31.80	300m: 3:08.12 31.91	400m: 4:10.44 30.33	
5.	KIEŁCZEWSKI, Amadeusz	00	MKP Szczecin	4:10.54	677
	50m: 28.75 28.75	150m: 1:32.67 32.30	250m: 2:37.90 32.43	350m: 3:42.27 32.08	
	100m: 1:00.37 31.62	200m: 2:05.47 32.80	300m: 3:10.19 32.29	400m: 4:10.54 28.27	
6.	KONARSKI, Maciej	04	UKS „GIM 92 Ursynów”	4:10.73	676
	50m: 28.43 28.43	150m: 1:31.11 31.75	250m: 2:36.10 32.73	350m: 3:40.86 32.34	
	100m: 59.36 30.93	200m: 2:03.37 32.26	300m: 3:08.52 32.42	400m: 4:10.73 29.87	
7.	GŁUSZKOWSKI, Mateusz	01	Uks Cityzen	4:11.31	671
	50m: 28.64 28.64	150m: 1:32.59 32.10	250m: 2:36.02 31.66	350m: 3:41.20 32.61	
	100m: 1:00.49 31.85	200m: 2:04.36 31.77	300m: 3:08.59 32.57	400m: 4:11.31 30.11	
8.	WODY SKI, Bartosz	02	KU AZS Politechniki Łódzkiej	4:12.54	661
	50m: 29.44 29.44	150m: 1:32.48 31.29	250m: 2:36.54 32.02	350m: 3:41.75 32.76	
	100m: 1:01.19 31.75	200m: 2:04.52 32.04	300m: 3:08.99 32.45	400m: 4:12.54 30.79	
9.	CHMIELEWSKI, Krzysztof	04	IUKS „Muszelka” Warszawa	4:13.95	650
	50m: 29.48 29.48	150m: 1:34.29 32.58	250m: 2:37.90 31.29	350m: 3:42.46 32.41	
	100m: 1:01.71 32.23	200m: 2:06.61 32.32	300m: 3:10.05 32.15	400m: 4:13.95 31.49	
10.	KLISZ, Krystian	02	MKP Szczecin	4:14.61	645
	50m: 30.28 30.28	150m: 1:34.54 32.36	250m: 2:39.74 32.56	350m: 3:43.78 31.80	
	100m: 1:02.18 31.90	200m: 2:07.18 32.64	300m: 3:11.98 32.24	400m: 4:14.61 30.83	
11.	DURAJCZYK, Michał	97	AZS AWF Warszawa	4:16.89	628
	50m: 29.60 29.60	150m: 1:33.90 32.49	250m: 2:39.42 32.78	350m: 3:45.39 32.92	
	100m: 1:01.41 31.81	200m: 2:06.64 32.74	300m: 3:12.47 33.05	400m: 4:16.89 31.50	
12.	DOŁOWY, Grzegorz	02	IUKS „Muszelka” Warszawa	4:17.55	623
	50m: 29.88 29.88	150m: 1:34.25 32.22	250m: 2:39.95 32.87	350m: 3:45.89 32.76	
	100m: 1:02.03 32.15	200m: 2:07.08 32.83	300m: 3:13.13 33.18	400m: 4:17.55 31.66	
13.	MICHALSKI, Wojciech	01	MKP Szczecin	4:17.79	622
	50m: 30.28 30.28	150m: 1:35.88 33.02	250m: 2:41.93 32.82	350m: 3:46.99 32.40	
	100m: 1:02.86 32.58	200m: 2:09.11 33.23	300m: 3:14.59 32.66	400m: 4:17.79 30.80	
14.	BEDNAREK, Przemysław	04	IUKS „Muszelka” Warszawa	4:19.59	609
	50m: 29.94 29.94	150m: 1:35.07 32.95	250m: 2:41.57 33.30	350m: 3:47.69 33.05	
	100m: 1:02.12 32.18	200m: 2:08.27 33.20	300m: 3:14.64 33.07	400m: 4:19.59 31.90	
15.	CHMIELEWSKI, Michał	04	IUKS „Muszelka” Warszawa	4:19.72	608
	50m: 30.35 30.35	150m: 1:36.18 32.94	250m: 2:41.58 32.36	350m: 3:47.72 33.21	
	100m: 1:03.24 32.89	200m: 2:09.22 33.04	300m: 3:14.51 32.93	400m: 4:19.72 32.00	
16.	ZIELI SKI, Konrad	03	UKS 190 Łódź	4:20.36	603
	50m: 29.34 29.34	150m: 1:32.91 31.73	250m: 2:39.28 33.49	350m: 3:47.60 34.35	
	100m: 1:01.18 31.84	200m: 2:05.79 32.88	300m: 3:13.25 33.97	400m: 4:20.36 32.76	
17.	RODKIEWICZ, Radosław	03	IUKS „Muszelka” Warszawa	4:20.42	603
	50m: 30.41 30.41	150m: 1:35.49 32.95	250m: 2:41.89 33.42	350m: 3:51.18 34.57	
	100m: 1:02.54 32.13	200m: 2:08.47 32.98	300m: 3:16.61 34.72	400m: 4:20.42 29.24	
18.	KRZYKAŁA, Emil	01	KP AVIA widnik	4:20.90	600
	50m: 29.08 29.08	150m: 1:34.64 33.51	250m: 2:42.39 34.08	350m: 3:49.56 33.35	
	100m: 1:01.13 32.05	200m: 2:08.31 33.67	300m: 3:16.21 33.82	400m: 4:20.90 31.34	

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Pozycja			Rok ur.					Czas	Pkt.			
19.	KARPI	SKI, Jakub	03	UKS G-8 Bielany Warszawa				4:21.72	594			
	50m:	29.92	29.92	150m:	1:36.67	33.84	250m:	2:43.71	33.10	350m:	3:50.33	33.11
	100m:	1:02.83	32.91	200m:	2:10.61	33.94	300m:	3:17.22	33.51	400m:	4:21.72	31.39
20.	PAJ	K, Bartosz	01	UKS G-8 Bielany Warszawa				4:22.76	587			
	50m:	30.09	30.09	150m:	1:36.68	33.74	250m:	2:43.73	33.57	350m:	3:51.44	33.32
	100m:	1:02.94	32.85	200m:	2:10.16	33.48	300m:	3:18.12	34.39	400m:	4:22.76	31.32
21.	GORRA,	Mikołaj	03	MKP Szczecin				4:23.48	582			
	50m:	28.69	28.69	150m:	1:35.49	33.78	250m:	2:43.84	34.02	350m:	3:51.76	33.87
	100m:	1:01.71	33.02	200m:	2:09.82	34.33	300m:	3:17.89	34.05	400m:	4:23.48	31.72
22.	SENKOWSKI,	Kacper	01	UKS G-8 Bielany Warszawa				4:23.69	581			
	50m:	29.35	29.35	150m:	1:35.25	33.36	250m:	2:42.63	33.99	350m:	3:51.13	34.40
	100m:	1:01.89	32.54	200m:	2:08.64	33.39	300m:	3:16.73	34.10	400m:	4:23.69	32.56
23.	PASZKOWSKI,	Konstanty	03	UKS „GIM 92 Ursynów"				4:24.14	578			
	50m:	29.71	29.71	150m:	1:36.75	33.57	250m:	2:44.71	33.90	350m:	3:52.30	33.88
	100m:	1:03.18	33.47	200m:	2:10.81	34.06	300m:	3:18.42	33.71	400m:	4:24.14	31.84
24.	MY	LIWIEC, Bartosz	04	MKP Szczecin				4:24.51	575			
	50m:	28.74	28.74	150m:	1:35.16	33.78	250m:	2:44.28	34.62	350m:	3:52.92	34.09
	100m:	1:01.38	32.64	200m:	2:09.66	34.50	300m:	3:18.83	34.55	400m:	4:24.51	31.59
25.	G	STAŁ, Jan	03	Mokotowski UKP Warszawianka- W				4:24.76	574			
	50m:	29.25	29.25	150m:	1:36.98	33.70	250m:	2:45.12	34.22	350m:	3:53.01	33.71
	100m:	1:03.28	34.03	200m:	2:10.90	33.92	300m:	3:19.30	34.18	400m:	4:24.76	31.75
26.	CHYRCHAŁA,	Rafał	02	UKS „ORKA" Zamo				4:26.26	564			
	50m:	29.57	29.57	150m:	1:34.48	32.70	250m:	2:42.23	33.98	350m:	3:51.78	34.76
	100m:	1:01.78	32.21	200m:	2:08.25	33.77	300m:	3:17.02	34.79	400m:	4:26.26	34.48
27.	CZERWI	SKI, Łukasz	01	UKS G-8 Bielany Warszawa				4:28.35	551			
	50m:	29.68	29.68	150m:	1:36.15	33.77	250m:	2:44.93	34.20	350m:	3:54.00	34.54
	100m:	1:02.38	32.70	200m:	2:10.73	34.58	300m:	3:19.46	34.53	400m:	4:28.35	34.35
28.	RYTTER,	Igor	01	UKS G-8 Bielany Warszawa				4:29.25	546			
	50m:	30.02	30.02	150m:	1:36.31	33.73	250m:	2:45.55	34.92	350m:	3:55.75	34.52
	100m:	1:02.58	32.56	200m:	2:10.63	34.32	300m:	3:21.23	35.68	400m:	4:29.25	33.50
29.	MALINOWSKI,	Jakub	03	MKP „SŁOWIANKA" Gorzów Wlkp.				4:30.22	540			
	50m:	29.18	29.18	150m:	1:36.87	34.74	250m:	2:47.83	35.71	350m:	3:57.96	34.82
	100m:	1:02.13	32.95	200m:	2:12.12	35.25	300m:	3:23.14	35.31	400m:	4:30.22	32.26
30.	KORONKIEWICZ,	Antoni	04	St. KF KS „Fenix" O arów Maz				4:30.39	539			
	50m:	30.39	30.39	150m:	1:38.58	34.59	250m:	2:47.46	34.42	350m:	3:57.34	35.16
	100m:	1:03.99	33.60	200m:	2:13.04	34.46	300m:	3:22.18	34.72	400m:	4:30.39	33.05
31.	MINICHOWSKI,	Maksymilian	04	UKS "V" Łomianki				4:30.87	536			
	50m:	30.03	30.03	150m:	1:38.55	34.86	250m:	2:48.46	34.50	350m:	3:57.70	34.65
	100m:	1:03.69	33.66	200m:	2:13.96	35.41	300m:	3:23.05	34.59	400m:	4:30.87	33.17
32.	PAWŁOWSKI,	Bogusław	02	Uks „Pingwiny"				4:32.33	527			
	50m:	28.20	28.20	150m:	1:31.98	32.97	250m:	2:40.99	35.39	350m:	3:55.34	37.42
	100m:	59.01	30.81	200m:	2:05.60	33.62	300m:	3:17.92	36.93	400m:	4:32.33	36.99
33.	SZELE	NIAK-BIAŁKOWSKI, Julian	04	UKS Tri-Team Rumia				4:32.56	526			
	50m:	31.95	31.95	150m:	1:42.23	35.50	250m:	2:53.12	35.23	350m:	4:01.97	34.16
	100m:	1:06.73	34.78	200m:	2:17.89	35.66	300m:	3:27.81	34.69	400m:	4:32.56	30.59
34.	OSZCZAK,	Norbert	04	St. KF KS „Fenix" O arów Maz				4:32.61	526			
	50m:	30.72	30.72	150m:	1:38.82	34.87	250m:	2:48.92	34.95	350m:	3:58.95	34.81
	100m:	1:03.95	33.23	200m:	2:13.97	35.15	300m:	3:24.14	35.22	400m:	4:32.61	33.66
35.	GRZECZA,	Michał	04	TP Skalar Słupsk				4:32.79	525			
	50m:	31.39	31.39	150m:	1:41.77	35.46	250m:	2:52.28	34.83	350m:	4:01.53	34.34
	100m:	1:06.31	34.92	200m:	2:17.45	35.68	300m:	3:27.19	34.91	400m:	4:32.79	31.26
36.	KOWALSKI,	Jakub	02	MKP „SŁOWIANKA" Gorzów Wlkp.				4:36.98	501			
	50m:	31.46	31.46	150m:	1:42.16	36.06	250m:	2:53.72	35.56	350m:	4:04.47	35.00
	100m:	1:06.10	34.64	200m:	2:18.16	36.00	300m:	3:29.47	35.75	400m:	4:36.98	32.51

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Pozycja			Rok ur.					Czas	Pkt.
37.	ROWI SKI, Aleksander		01	Mokotowski UKP Warszawianka- W	4:37.99	496			
	50m: 30.14	30.14	150m: 1:38.93	35.25	250m: 2:50.00	35.54	350m: 4:03.13	36.51	
	100m: 1:03.68	33.54	200m: 2:14.46	35.53	300m: 3:26.62	36.62	400m: 4:37.99	34.86	
38.	KILAR, Patryk		04	KU AZS Politechniki Łódzkiej	4:39.52	488			
	50m: 32.62	32.62	150m: 1:43.68	35.83	250m: 2:55.32	35.63	350m: 4:06.93	35.35	
	100m: 1:07.85	35.23	200m: 2:19.69	36.01	300m: 3:31.58	36.26	400m: 4:39.52	32.59	
39.	KRUMPLEWSKI, Gracjan		05	TP Skalar Słupsk	4:40.32	483			
	50m: 32.05	32.05	150m: 1:43.68	36.21	250m: 2:55.67	35.90	350m: 4:06.22	34.76	
	100m: 1:07.47	35.42	200m: 2:19.77	36.09	300m: 3:31.46	35.79	400m: 4:40.32	34.10	
40.	ILCEWICZ, Hubert		03	UKS „Victoria Józefów”	4:40.76	481			
	50m: 32.64	32.64	150m: 1:44.86	36.05	250m: 2:57.23	36.12	350m: 4:09.17	35.72	
	100m: 1:08.81	36.17	200m: 2:21.11	36.25	300m: 3:33.45	36.22	400m: 4:40.76	31.59	
41.	GERA, Franciszek		03	UKS Fala Niepor t	4:40.81	481			
	50m: 28.71	28.71	150m: 1:38.59	35.93	250m: 2:52.12	37.02	350m: 4:05.47	36.63	
	100m: 1:02.66	33.95	200m: 2:15.10	36.51	300m: 3:28.84	36.72	400m: 4:40.81	35.34	
42.	GRAPENTYN, Jakub		05	Malborskie WOPR	4:41.41	478			
	50m: 31.44	31.44	150m: 1:42.44	36.27	250m: 2:55.30	36.11	350m: 4:07.97	36.19	
	100m: 1:06.17	34.73	200m: 2:19.19	36.75	300m: 3:31.78	36.48	400m: 4:41.41	33.44	
43.	MARCZAK, Radosław		02	KS Barakuda Mi sk Mazowiecki	4:42.06	474			
	50m: 33.80	33.80	150m: 1:44.49	35.69	250m: 2:56.84	36.43	350m: 4:08.64	35.95	
	100m: 1:08.80	35.00	200m: 2:20.41	35.92	300m: 3:32.69	35.85	400m: 4:42.06	33.42	
44.	KRASOWSKI, Krzysztof		04	UKS Tri-Team Rumia	4:42.94	470			
	50m: 33.07	33.07	150m: 1:45.19	36.03	250m: 2:57.33	35.90	350m: 4:09.37	35.72	
	100m: 1:09.16	36.09	200m: 2:21.43	36.24	300m: 3:33.65	36.32	400m: 4:42.94	33.57	
45.	ZAWADZKI, Marek		05	UKS G-8 Bielany Warszawa	4:43.06	469			
	50m: 32.10	32.10	150m: 1:44.62	36.42	250m: 2:57.88	36.84	350m: 4:10.12	35.88	
	100m: 1:08.20	36.10	200m: 2:21.04	36.42	300m: 3:34.24	36.36	400m: 4:43.06	32.94	
46.	DOMINOWSKI, Mikołaj		04	KS Barakuda Mi sk Mazowiecki	4:45.35	458			
	50m: 33.35	33.35	150m: 1:45.57	35.97	250m: 2:58.98	36.70	350m: 4:10.88	35.20	
	100m: 1:09.60	36.25	200m: 2:22.28	36.71	300m: 3:35.68	36.70	400m: 4:45.35	34.47	
47.	FAŁEK, Szymon		05	KS Barakuda Mi sk Mazowiecki	4:45.40	458			
	50m: 31.68	31.68	150m: 1:44.24	36.82	250m: 2:57.18	36.71	350m: 4:10.81	36.65	
	100m: 1:07.42	35.74	200m: 2:20.47	36.23	300m: 3:34.16	36.98	400m: 4:45.40	34.59	
48.	BETA, Szymon		05	UKS G-8 Bielany Warszawa	4:47.47	448			
	50m: 33.22	33.22	150m: 1:46.67	37.40	250m: 2:59.93	36.68	350m: 4:12.17	35.15	
	100m: 1:09.27	36.05	200m: 2:23.25	36.58	300m: 3:37.02	37.09	400m: 4:47.47	35.30	
49.	PISKOR, Mateusz		04	St. KF KS „Fenix” O arów Maz	4:53.90	419			
	50m: 31.48	31.48	150m: 1:46.02	38.08	250m: 3:02.17	38.26	350m: 4:17.89	37.23	
	100m: 1:07.94	36.46	200m: 2:23.91	37.89	300m: 3:40.66	38.49	400m: 4:53.90	36.01	
50.	WENERSKI, Eryk		05	UKP „Polonia Warszawa”	4:55.75	412			
	50m: 31.76	31.76	150m: 1:46.04	37.61	250m: 3:02.61	38.43	350m: 4:19.26	37.99	
	100m: 1:08.43	36.67	200m: 2:24.18	38.14	300m: 3:41.27	38.66	400m: 4:55.75	36.49	
51.	KUCHARSKI, Jan		02	UKS Kapry-Armexim Pruszków	4:58.88	399			
	50m: 31.71	31.71	150m: 1:47.01	38.16	250m: 3:04.57	38.68	350m: 4:22.72	38.24	
	100m: 1:08.85	37.14	200m: 2:25.89	38.88	300m: 3:44.48	39.91	400m: 4:58.88	36.16	
52.	REGNOWSKI, Kajetan		05	UKS Swim Team Wilanów	5:01.58	388			
	50m: 32.17	32.17	150m: 1:47.86	38.44	250m: 3:05.89	39.33	350m: 4:24.34	39.52	
	100m: 1:09.42	37.25	200m: 2:26.56	38.70	300m: 3:44.82	38.93	400m: 5:01.58	37.24	
DYSKW.	TRYLSKI, Wiktor		03	UKS Tri-Team Rumia	4:13.79				
	<i>O1 - Pływak wystartował po komendzie na miejsca i zaj ciu pozycji nieruchomej, a przed sygnałem startu</i>								
	50m: 29.36	29.36	150m: 1:33.57	32.32	250m: 2:38.28	32.39	350m: 3:43.27	32.20	
	100m: 1:01.25	31.89	200m: 2:05.89	32.32	300m: 3:11.07	32.79	400m: 4:13.79	30.52	