

Grand Prix - Puchar Polski
Szczecin, 16-5-2015

Konkurencja 23
2015-05-16 - 19:53

Mężczyzn, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2015

Pozycja					Rok ur.					Czas	Pkt.	
14 lat i starsi												
1.	ZABOROWSKI Filip				94	MKP Szczecin				3:53.67	835	
	50m:	27.74	27.74	150m:	1:26.50	29.38	250m:	2:25.50	29.45	350m:	3:24.71	29.60
	100m:	57.12	29.38	200m:	1:56.05	29.55	300m:	2:55.11	29.61	400m:	3:53.67	28.96
2.	KACZMARSKI Marcin				94	MKP Szczecin				4:00.53	765	
	50m:	27.57	27.57	150m:	1:27.59	30.29	250m:	2:28.48	30.60	350m:	3:30.41	31.02
	100m:	57.30	29.73	200m:	1:57.88	30.29	300m:	2:59.39	30.91	400m:	4:00.53	30.12
3.	ARNDT Mateusz				98	KS Delfin Gdynia				4:02.02	751	
	50m:	28.25	28.25	150m:	1:29.60	30.93	250m:	2:31.30	30.80	350m:	3:32.58	30.65
	100m:	58.67	30.42	200m:	2:00.50	30.90	300m:	3:01.93	30.63	400m:	4:02.02	29.44
4.	BI Daniel				95	AZS AWF Warszawa				4:04.77	726	
	50m:	28.52	28.52	150m:	1:29.19	30.54	250m:	2:31.85	31.48	350m:	3:34.85	31.31
	100m:	58.65	30.13	200m:	2:00.37	31.18	300m:	3:03.54	31.69	400m:	4:04.77	29.92
5.	URBANIAK Jan				95	Warta Pozna				4:05.86	717	
	50m:	29.06	29.06	150m:	1:30.64	31.07	250m:	2:33.00	31.03	350m:	3:35.54	31.12
	100m:	59.57	30.51	200m:	2:01.97	31.33	300m:	3:04.42	31.42	400m:	4:05.86	30.32
6.	OPALSKI Marcin				93	UKS GIM 92 Ursynów Warszawa				4:07.03	707	
	50m:	28.28	28.28	150m:	1:31.29	31.83	250m:	2:34.74	31.44	350m:	3:37.36	30.75
	100m:	59.46	31.18	200m:	2:03.30	32.01	300m:	3:06.61	31.87	400m:	4:07.03	29.67
7.	STANISZEWSKI ADAM SSz				97	MKP Szczecin				4:07.07	706	
	50m:	28.31	28.31	150m:	1:30.28	30.95	250m:	2:33.25	31.46	350m:	3:36.47	31.55
	100m:	59.33	31.02	200m:	2:01.79	31.51	300m:	3:04.92	31.67	400m:	4:07.07	30.60
8.	RÓJ Konrad Ssz				98	MKP Szczecin				4:07.86	699	
	50m:	29.01	29.01	150m:	1:31.65	31.26	250m:	2:34.84	31.48	350m:	3:37.94	31.31
	100m:	1:00.39	31.38	200m:	2:03.36	31.71	300m:	3:06.63	31.79	400m:	4:07.86	29.92
9.	OSSES Arkadiusz				95	Warta Pozna				4:08.08	698	
	50m:	28.91	28.91	150m:	1:31.05	31.02	250m:	2:34.46	31.75	350m:	3:37.03	31.27
	100m:	1:00.03	31.12	200m:	2:02.71	31.66	300m:	3:05.76	31.30	400m:	4:08.08	31.05
10.	STEC ADAM SSz				97	MKP Szczecin				4:13.42	654	
	50m:	29.97	29.97	150m:	1:34.40	32.18	250m:	2:38.31	31.77	350m:	3:42.22	31.92
	100m:	1:02.22	32.25	200m:	2:06.54	32.14	300m:	3:10.30	31.99	400m:	4:13.42	31.20
11.	PTASZY SKI Mikołaj				95	AZS AWF Warszawa				4:13.54	653	
	50m:	28.53	28.53	150m:	1:31.71	31.67	250m:	2:35.88	31.75	350m:	3:41.77	33.26
	100m:	1:00.04	31.51	200m:	2:04.13	32.42	300m:	3:08.51	32.63	400m:	4:13.54	31.77
12.	GÓRSKI Marcin				97	MKP Szczecin				4:16.79	629	
	50m:	29.72	29.72	150m:	1:35.13	32.78	250m:	2:40.32	32.12	350m:	3:45.22	32.43
	100m:	1:02.35	32.63	200m:	2:08.20	33.07	300m:	3:12.79	32.47	400m:	4:16.79	31.57
13.	FR CZEK Paweł				98	MKP Gdańsk				4:19.83	607	
	50m:	30.40	30.40	150m:	1:36.51	33.21	250m:	2:42.23	32.79	350m:	3:48.05	32.75
	100m:	1:03.30	32.90	200m:	2:09.44	32.93	300m:	3:15.30	33.07	400m:	4:19.83	31.78
14.	MA CZAK Błażej				98	KS Delfin Gdynia				4:20.25	604	
	50m:	30.26	30.26	150m:	1:36.64	33.24	250m:	2:42.35	32.56	350m:	3:48.36	32.94
	100m:	1:03.40	33.14	200m:	2:09.79	33.15	300m:	3:15.42	33.07	400m:	4:20.25	31.89
15.	KALKOWSKI Dawid				00	Sambor Tczew				4:21.36	596	
	50m:	29.82	29.82	150m:	1:35.57	32.93	250m:	2:42.46	33.17	350m:	3:49.33	33.02
	100m:	1:02.64	32.82	200m:	2:09.29	33.72	300m:	3:16.31	33.85	400m:	4:21.36	32.03
16.	BRYŁA Kamil				99	MTP Lublinianka Lublin				4:22.52	589	
	50m:	30.03	30.03	150m:	1:35.67	33.09	250m:	2:42.67	33.41	350m:	3:49.96	33.74
	100m:	1:02.58	32.55	200m:	2:09.26	33.59	300m:	3:16.22	33.55	400m:	4:22.52	32.56
17.	SZYMANEK Sebastian				98	UKS GIM 92 Ursynów Warszawa				4:22.62	588	
	50m:	29.46	29.46	150m:	1:37.51	34.65	250m:	2:45.41	33.18	350m:	3:50.98	32.30
	100m:	1:02.86	33.40	200m:	2:12.23	34.72	300m:	3:18.68	33.27	400m:	4:22.62	31.64

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Konkurencja 23, M czynn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
18.	G	BJA Olaf	00	Warta Pozna				4:23.44	582
	50m:	29.55 29.55	150m:	1:36.43 33.78	250m:	2:44.18 33.82	350m:	3:51.61 33.53	
	100m:	1:02.65 33.10	200m:	2:10.36 33.93	300m:	3:18.08 33.90	400m:	4:23.44 31.83	
19.	STONAWSKI	Maciej	00	MKP Słowianka Gorzów Wlkp.				4:23.56	582
	50m:	30.40 30.40	150m:	1:38.25 34.42	250m:	2:45.87 33.62	350m:	3:52.85 32.91	
	100m:	1:03.83 33.43	200m:	2:12.25 34.00	300m:	3:19.94 34.07	400m:	4:23.56 30.71	
20.	LISEK	Alekander	00	MKP Słowianka Gorzów Wlkp.				4:24.83	573
	50m:	30.49 30.49	150m:	1:37.40 33.86	250m:	2:45.07 33.94	350m:	3:52.58 33.73	
	100m:	1:03.54 33.05	200m:	2:11.13 33.73	300m:	3:18.85 33.78	400m:	4:24.83 32.25	
21.	STAWARUK	Michał	99	MKS Jedyńka Łód				4:25.12	571
	50m:	29.17 29.17	150m:	1:35.96 33.69	250m:	2:44.14 34.16	350m:	3:52.05 33.34	
	100m:	1:02.27 33.10	200m:	2:09.98 34.02	300m:	3:18.71 34.57	400m:	4:25.12 33.07	
22.	PIOTROWSKI	Kacper	01	WKS I sk Wrocław				4:25.69	568
	50m:	29.21 29.21	150m:	1:35.15 33.57	250m:	2:43.65 34.10	350m:	3:52.70 34.10	
	100m:	1:01.58 32.37	200m:	2:09.55 34.40	300m:	3:18.60 34.95	400m:	4:25.69 32.99	
23.	KURASZ	Kacper	99	KS Delfin Gdynia				4:26.53	562
	50m:	30.32 30.32	150m:	1:39.65 35.10	250m:	2:46.82 32.27	350m:	3:53.71 33.55	
	100m:	1:04.55 34.23	200m:	2:14.55 34.90	300m:	3:20.16 33.34	400m:	4:26.53 32.82	
24.	HOŁUB	Krzysztof	00	KP AVIA widnik				4:27.77	555
	50m:	29.94 29.94	150m:	1:37.76 34.07	250m:	2:46.02 34.09	350m:	3:54.90 34.34	
	100m:	1:03.69 33.75	200m:	2:11.93 34.17	300m:	3:20.56 34.54	400m:	4:27.77 32.87	
25.	MAŁECKI	Mateusz	98	MKP Gda sk				4:28.33	551
	50m:	29.90 29.90	150m:	1:38.13 34.93	250m:	2:47.38 34.17	350m:	3:56.49 34.75	
	100m:	1:03.20 33.30	200m:	2:13.21 35.08	300m:	3:21.74 34.36	400m:	4:28.33 31.84	
26.	REKOWSKI	Bartosz	99	MKP Szczecin				4:28.46	550
	50m:	30.12 30.12	150m:	1:37.91 34.01	250m:	2:46.63 34.06	350m:	3:55.45 34.44	
	100m:	1:03.90 33.78	200m:	2:12.57 34.66	300m:	3:21.01 34.38	400m:	4:28.46 33.01	
27.	KRZYKAŁA	Emil	01	KP AVIA widnik				4:29.35	545
	50m:	29.45 29.45	150m:	1:37.73 34.54	250m:	2:47.01 34.67	350m:	3:56.79 34.71	
	100m:	1:03.19 33.74	200m:	2:12.34 34.61	300m:	3:22.08 35.07	400m:	4:29.35 32.56	
28.	NOWAK	Kacper	00	Warta Pozna				4:32.39	527
	50m:	30.36 30.36	150m:	1:38.90 34.50	250m:	2:48.75 34.94	350m:	3:58.56 34.85	
	100m:	1:04.40 34.04	200m:	2:13.81 34.91	300m:	3:23.71 34.96	400m:	4:32.39 33.83	
29.	ŁAPACZ	Mateusz	00	MKP Szczecin				4:33.14	523
	50m:	30.37 30.37	150m:	1:39.27 34.88	250m:	2:49.97 35.44	350m:	4:00.06 34.10	
	100m:	1:04.39 34.02	200m:	2:14.53 35.26	300m:	3:25.96 35.99	400m:	4:33.14 33.08	
30.	WILEJTO	Igor	01	Sambor Tczew				4:33.31	522
	50m:	32.07 32.07	150m:	1:41.74 34.92	250m:	2:52.01 35.21	350m:	4:02.02 35.04	
	100m:	1:06.82 34.75	200m:	2:16.80 35.06	300m:	3:26.98 34.97	400m:	4:33.31 31.29	
31.	BEDNARZ	Olaf	00	MKP Słowianka Gorzów Wlkp.				4:33.88	518
	50m:	30.45 30.45	150m:	1:40.29 35.27	250m:	2:50.75 35.21	350m:	4:01.10 34.82	
	100m:	1:05.02 34.57	200m:	2:15.54 35.25	300m:	3:26.28 35.53	400m:	4:33.88 32.78	
32.	BUGAŁA	Krzysztof	01	MKP Szczecin				4:34.04	517
	50m:	30.97 30.97	150m:	1:40.38 35.24	250m:	2:51.49 35.77	350m:	4:01.19 34.64	
	100m:	1:05.14 34.17	200m:	2:15.72 35.34	300m:	3:26.55 35.06	400m:	4:34.04 32.85	
33.	MACIAK	Artur	00	MKP Szczecin				4:34.17	517
	50m:	31.53 31.53	150m:	1:40.27 34.68	250m:	2:49.87 35.09	350m:	4:00.66 35.54	
	100m:	1:05.59 34.06	200m:	2:14.78 34.51	300m:	3:25.12 35.25	400m:	4:34.17 33.51	
34.	OPAŁA	Krystian	01	Dwójka Morena Gda sk				4:35.58	509
	50m:	31.80 31.80	150m:	1:42.35 35.58	250m:	2:53.43 35.63	350m:	4:02.80 34.73	
	100m:	1:06.77 34.97	200m:	2:17.80 35.45	300m:	3:28.07 34.64	400m:	4:35.58 32.78	
35.	GRZYBEK	Bartosz	96	UKS Citizen Pozna				4:36.08	506
	50m:	31.09 31.09	150m:	1:42.72 36.01	250m:	2:53.61 35.17	350m:	4:04.11 34.99	
	100m:	1:06.71 35.62	200m:	2:18.44 35.72	300m:	3:29.12 35.51	400m:	4:36.08 31.97	

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Konkurencja 23, M czynn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.							Czas	Pkt.	
36.	PIENIASZEK Dominik		99	UKS Ósemka Starogard Gda	ski				4:37.80	497		
	50m:	30.86	30.86	150m:	1:41.55	35.56	250m:	2:53.38	35.98	350m:	4:03.89	34.96
	100m:	1:05.99	35.13	200m:	2:17.40	35.85	300m:	3:28.93	35.55	400m:	4:37.80	33.91
37.	WEBER Albert		01	Wodnik	rem				4:40.56	482		
	50m:	31.23	31.23	150m:	1:42.85	36.10	250m:	2:56.06	36.55	350m:	4:08.01	35.68
	100m:	1:06.75	35.52	200m:	2:19.51	36.66	300m:	3:32.33	36.27	400m:	4:40.56	32.55
38.	MUSZY SKI Jakub		01	MKS Nielba W	growiec				4:40.90	480		
	50m:	32.06	32.06	150m:	1:43.32	35.93	250m:	2:56.18	36.08	350m:	4:07.71	35.09
	100m:	1:07.39	35.33	200m:	2:20.10	36.78	300m:	3:32.62	36.44	400m:	4:40.90	33.19
39.	KAMI SKI Piotr		99	Iskra	Konin				4:41.40	478		
	50m:	30.27	30.27	150m:	1:39.51	35.26	250m:	2:52.37	36.92	350m:	4:07.06	37.65
	100m:	1:04.25	33.98	200m:	2:15.45	35.94	300m:	3:29.41	37.04	400m:	4:41.40	34.34
40.	PABICH Bartosz		01	Neptun	Stargard Szcz.				4:44.35	463		
	50m:	30.44	30.44	150m:	1:43.07	36.68	250m:	2:55.91	36.70	350m:	4:10.03	36.88
	100m:	1:06.39	35.95	200m:	2:19.21	36.14	300m:	3:33.15	37.24	400m:	4:44.35	34.32
41.	RYTTER Igor		01	WKS	I sk Wrocław				4:44.39	463		
	50m:	31.54	31.54	150m:	1:43.09	36.60	250m:	2:57.50	37.41	350m:	4:10.33	35.50
	100m:	1:06.49	34.95	200m:	2:20.09	37.00	300m:	3:34.83	37.33	400m:	4:44.39	34.06
42.	ZAREMBA Jakub		01	WKS	I sk Wrocław				4:44.40	463		
	50m:	31.51	31.51	150m:	1:42.72	36.46	250m:	2:56.48	36.75	350m:	4:09.53	36.23
	100m:	1:06.26	34.75	200m:	2:19.73	37.01	300m:	3:33.30	36.82	400m:	4:44.40	34.87
43.	GŁUSZKOWSKI Mateusz		01	UKS	Citizen Pozna				4:46.11	455		
	50m:	32.00	32.00	150m:	1:43.84	36.37	250m:	2:56.98	36.81	350m:	4:10.49	37.09
	100m:	1:07.47	35.47	200m:	2:20.17	36.33	300m:	3:33.40	36.42	400m:	4:46.11	35.62
44.	SACZUK Artur		00	WODNIK	Police				4:49.78	438		
	50m:	29.76	29.76	150m:	1:42.55	37.67	250m:	2:58.77	38.08	350m:	4:14.22	37.63
	100m:	1:04.88	35.12	200m:	2:20.69	38.14	300m:	3:36.59	37.82	400m:	4:49.78	35.56
45.	KOTO SKI Jakub		01	WODNIK	Police				4:50.41	435		
	50m:	31.33	31.33	150m:	1:43.92	37.56	250m:	2:59.80	38.38	350m:	4:15.59	37.97
	100m:	1:06.36	35.03	200m:	2:21.42	37.50	300m:	3:37.62	37.82	400m:	4:50.41	34.82
46.	JOCHYMEK Oskar		01	WKS	I sk Wrocław				4:51.62	429		
	50m:	32.69	32.69	150m:	1:47.35	37.67	250m:	3:02.63	37.49	350m:	4:17.05	37.22
	100m:	1:09.68	36.99	200m:	2:25.14	37.79	300m:	3:39.83	37.20	400m:	4:51.62	34.57
47.	RO EK Oskar		00	Warta	Pozna				4:56.82	407		
	50m:	32.47	32.47	150m:	1:46.87	37.59	250m:	3:03.54	38.20	350m:	4:20.55	38.32
	100m:	1:09.28	36.81	200m:	2:25.34	38.47	300m:	3:42.23	38.69	400m:	4:56.82	36.27
48.	KOKOSZA Filip		00	Warta	Pozna				4:58.97	398		
	50m:	33.14	33.14	150m:	1:50.33	39.46	250m:	3:08.43	38.31	350m:	4:22.83	37.10
	100m:	1:10.87	37.73	200m:	2:30.12	39.79	300m:	3:45.73	37.30	400m:	4:58.97	36.14
49.	SŁOJEWSKI Adam		01	Warta	Pozna				5:01.97	387		
	50m:	33.85	33.85	150m:	1:50.31	38.21	250m:	3:07.36	38.76	350m:	4:24.54	38.74
	100m:	1:12.10	38.25	200m:	2:28.60	38.29	300m:	3:45.80	38.44	400m:	5:01.97	37.43
50.	LEPECKI Jakub		01	WKS	I sk Wrocław				5:02.45	385		
	50m:	34.17	34.17	150m:	1:51.06	38.66	250m:	3:07.99	38.35	350m:	4:25.00	38.60
	100m:	1:12.40	38.23	200m:	2:29.64	38.58	300m:	3:46.40	38.41	400m:	5:02.45	37.45
51.	JOZKOW Cezary		01	WKS	I sk Wrocław				5:06.08	371		
	50m:	31.02	31.02	150m:	1:45.67	38.77	250m:	3:07.53	41.73	350m:	4:27.99	39.12
	100m:	1:06.90	35.88	200m:	2:25.80	40.13	300m:	3:48.87	41.34	400m:	5:06.08	38.09
52.	BALAWAJDER Kacper		01	WKS	I sk Wrocław				5:16.77	335		
	50m:	34.70	34.70	150m:	1:55.42	40.89	250m:	3:17.35	40.40	350m:	4:38.23	40.28
	100m:	1:14.53	39.83	200m:	2:36.95	41.53	300m:	3:57.95	40.60	400m:	5:16.77	38.54

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Konkurencja 23, M czynn, 400m dowolny

19 - 23 lat

1.	ZABOROWSKI Filip	94	MKP Szczecin	3:53.67	835
	50m: 27.74 27.74	150m: 1:26.50 29.38	250m: 2:25.50 29.45	350m: 3:24.71 29.60	
	100m: 57.12 29.38	200m: 1:56.05 29.55	300m: 2:55.11 29.61	400m: 3:53.67 28.96	
2.	KACZMARSKI Marcin	94	MKP Szczecin	4:00.53	765
	50m: 27.57 27.57	150m: 1:27.59 30.29	250m: 2:28.48 30.60	350m: 3:30.41 31.02	
	100m: 57.30 29.73	200m: 1:57.88 30.29	300m: 2:59.39 30.91	400m: 4:00.53 30.12	
3.	BI Daniel	95	AZS AWF Warszawa	4:04.77	726
	50m: 28.52 28.52	150m: 1:29.19 30.54	250m: 2:31.85 31.48	350m: 3:34.85 31.31	
	100m: 58.65 30.13	200m: 2:00.37 31.18	300m: 3:03.54 31.69	400m: 4:04.77 29.92	
4.	URBANIAK Jan	95	Warta Pozna	4:05.86	717
	50m: 29.06 29.06	150m: 1:30.64 31.07	250m: 2:33.00 31.03	350m: 3:35.54 31.12	
	100m: 59.57 30.51	200m: 2:01.97 31.33	300m: 3:04.42 31.42	400m: 4:05.86 30.32	
5.	OPALSKI Marcin	93	UKS GIM 92 Ursynów Warszawa	4:07.03	707
	50m: 28.28 28.28	150m: 1:31.29 31.83	250m: 2:34.74 31.44	350m: 3:37.36 30.75	
	100m: 59.46 31.18	200m: 2:03.30 32.01	300m: 3:06.61 31.87	400m: 4:07.03 29.67	
6.	OSSES Arkadiusz	95	Warta Pozna	4:08.08	698
	50m: 28.91 28.91	150m: 1:31.05 31.02	250m: 2:34.46 31.75	350m: 3:37.03 31.27	
	100m: 1:00.03 31.12	200m: 2:02.71 31.66	300m: 3:05.76 31.30	400m: 4:08.08 31.05	
7.	PTASZY SKI Mikołaj	95	AZS AWF Warszawa	4:13.54	653
	50m: 28.53 28.53	150m: 1:31.71 31.67	250m: 2:35.88 31.75	350m: 3:41.77 33.26	
	100m: 1:00.04 31.51	200m: 2:04.13 32.42	300m: 3:08.51 32.63	400m: 4:13.54 31.77	
8.	GRZYBEK Bartosz	96	UKS Citizen Pozna	4:36.08	506
	50m: 31.09 31.09	150m: 1:42.72 36.01	250m: 2:53.61 35.17	350m: 4:04.11 34.99	
	100m: 1:06.71 35.62	200m: 2:18.44 35.72	300m: 3:29.12 35.51	400m: 4:36.08 31.97	

17 - 18 lat

1.	ARNDT Mateusz	98	KS Delfin Gdynia	4:02.02	751
	50m: 28.25 28.25	150m: 1:29.60 30.93	250m: 2:31.30 30.80	350m: 3:32.58 30.65	
	100m: 58.67 30.42	200m: 2:00.50 30.90	300m: 3:01.93 30.63	400m: 4:02.02 29.44	
2.	STANISZEWSKI ADAM SSz	97	MKP Szczecin	4:07.07	706
	50m: 28.31 28.31	150m: 1:30.28 30.95	250m: 2:33.25 31.46	350m: 3:36.47 31.55	
	100m: 59.33 31.02	200m: 2:01.79 31.51	300m: 3:04.92 31.67	400m: 4:07.07 30.60	
3.	RÓJ Konrad Ssz	98	MKP Szczecin	4:07.86	699
	50m: 29.01 29.01	150m: 1:31.65 31.26	250m: 2:34.84 31.48	350m: 3:37.94 31.31	
	100m: 1:00.39 31.38	200m: 2:03.36 31.71	300m: 3:06.63 31.79	400m: 4:07.86 29.92	
4.	STEC ADAM SSz	97	MKP Szczecin	4:13.42	654
	50m: 29.97 29.97	150m: 1:34.40 32.18	250m: 2:38.31 31.77	350m: 3:42.22 31.92	
	100m: 1:02.22 32.25	200m: 2:06.54 32.14	300m: 3:10.30 31.99	400m: 4:13.42 31.20	
5.	GÓRSKI Marcin	97	MKP Szczecin	4:16.79	629
	50m: 29.72 29.72	150m: 1:35.13 32.78	250m: 2:40.32 32.12	350m: 3:45.22 32.43	
	100m: 1:02.35 32.63	200m: 2:08.20 33.07	300m: 3:12.79 32.47	400m: 4:16.79 31.57	
6.	FR CZEK Paweł	98	MKP Gda sk	4:19.83	607
	50m: 30.40 30.40	150m: 1:36.51 33.21	250m: 2:42.23 32.79	350m: 3:48.05 32.75	
	100m: 1:03.30 32.90	200m: 2:09.44 32.93	300m: 3:15.30 33.07	400m: 4:19.83 31.78	
7.	MA CZAK Bła ej	98	KS Delfin Gdynia	4:20.25	604
	50m: 30.26 30.26	150m: 1:36.64 33.24	250m: 2:42.35 32.56	350m: 3:48.36 32.94	
	100m: 1:03.40 33.14	200m: 2:09.79 33.15	300m: 3:15.42 33.07	400m: 4:20.25 31.89	
8.	SZYMANEK Sebastian	98	UKS GIM 92 Ursynów Warszawa	4:22.62	588
	50m: 29.46 29.46	150m: 1:37.51 34.65	250m: 2:45.41 33.18	350m: 3:50.98 32.30	
	100m: 1:02.86 33.40	200m: 2:12.23 34.72	300m: 3:18.68 33.27	400m: 4:22.62 31.64	
9.	MAŁECKI Mateusz	98	MKP Gda sk	4:28.33	551
	50m: 29.90 29.90	150m: 1:38.13 34.93	250m: 2:47.38 34.17	350m: 3:56.49 34.75	
	100m: 1:03.20 33.30	200m: 2:13.21 35.08	300m: 3:21.74 34.36	400m: 4:28.33 31.84	

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Konkurencja 23, M czyzn, 400m dowolny

16 lat

1.	BRYŁA Kamil		99	MTP Lublinianka Lublin		4:22.52	589	
	50m: 30.03	30.03	150m: 1:35.67	33.09	250m: 2:42.67	33.41	350m: 3:49.96	33.74
	100m: 1:02.58	32.55	200m: 2:09.26	33.59	300m: 3:16.22	33.55	400m: 4:22.52	32.56
2.	STAWARUK Michał		99	MKS Jedyńka Łód		4:25.12	571	
	50m: 29.17	29.17	150m: 1:35.96	33.69	250m: 2:44.14	34.16	350m: 3:52.05	33.34
	100m: 1:02.27	33.10	200m: 2:09.98	34.02	300m: 3:18.71	34.57	400m: 4:25.12	33.07
3.	KURASZ Kacper		99	KS Delfin Gdynia		4:26.53	562	
	50m: 30.32	30.32	150m: 1:39.65	35.10	250m: 2:46.82	32.27	350m: 3:53.71	33.55
	100m: 1:04.55	34.23	200m: 2:14.55	34.90	300m: 3:20.16	33.34	400m: 4:26.53	32.82
4.	REKOWSKI Bartosz		99	MKP Szczecin		4:28.46	550	
	50m: 30.12	30.12	150m: 1:37.91	34.01	250m: 2:46.63	34.06	350m: 3:55.45	34.44
	100m: 1:03.90	33.78	200m: 2:12.57	34.66	300m: 3:21.01	34.38	400m: 4:28.46	33.01
5.	PIENIASZEK Dominik		99	UKS Ósemka Starogard Gda ski		4:37.80	497	
	50m: 30.86	30.86	150m: 1:41.55	35.56	250m: 2:53.38	35.98	350m: 4:03.89	34.96
	100m: 1:05.99	35.13	200m: 2:17.40	35.85	300m: 3:28.93	35.55	400m: 4:37.80	33.91
6.	KAMI SKI Piotr		99	Iskra Konin		4:41.40	478	
	50m: 30.27	30.27	150m: 1:39.51	35.26	250m: 2:52.37	36.92	350m: 4:07.06	37.65
	100m: 1:04.25	33.98	200m: 2:15.45	35.94	300m: 3:29.41	37.04	400m: 4:41.40	34.34

15 lat

1.	KALKOWSKI Dawid		00	Sambor Tczew		4:21.36	596	
	50m: 29.82	29.82	150m: 1:35.57	32.93	250m: 2:42.46	33.17	350m: 3:49.33	33.02
	100m: 1:02.64	32.82	200m: 2:09.29	33.72	300m: 3:16.31	33.85	400m: 4:21.36	32.03
2.	G BKA Olaf		00	Warta Pozna		4:23.44	582	
	50m: 29.55	29.55	150m: 1:36.43	33.78	250m: 2:44.18	33.82	350m: 3:51.61	33.53
	100m: 1:02.65	33.10	200m: 2:10.36	33.93	300m: 3:18.08	33.90	400m: 4:23.44	31.83
3.	STONAWSKI Maciej		00	MKP Słowianka Gorzów Wlkp.		4:23.56	582	
	50m: 30.40	30.40	150m: 1:38.25	34.42	250m: 2:45.87	33.62	350m: 3:52.85	32.91
	100m: 1:03.83	33.43	200m: 2:12.25	34.00	300m: 3:19.94	34.07	400m: 4:23.56	30.71
4.	LISEK Alekander		00	MKP Słowianka Gorzów Wlkp.		4:24.83	573	
	50m: 30.49	30.49	150m: 1:37.40	33.86	250m: 2:45.07	33.94	350m: 3:52.58	33.73
	100m: 1:03.54	33.05	200m: 2:11.13	33.73	300m: 3:18.85	33.78	400m: 4:24.83	32.25
5.	HOŁUB Krzysztof		00	KP AVIA widnik		4:27.77	555	
	50m: 29.94	29.94	150m: 1:37.76	34.07	250m: 2:46.02	34.09	350m: 3:54.90	34.34
	100m: 1:03.69	33.75	200m: 2:11.93	34.17	300m: 3:20.56	34.54	400m: 4:27.77	32.87
6.	NOWAK Kacper		00	Warta Pozna		4:32.39	527	
	50m: 30.36	30.36	150m: 1:38.90	34.50	250m: 2:48.75	34.94	350m: 3:58.56	34.85
	100m: 1:04.40	34.04	200m: 2:13.81	34.91	300m: 3:23.71	34.96	400m: 4:32.39	33.83
7.	ŁAPACZ Mateusz		00	MKP Szczecin		4:33.14	523	
	50m: 30.37	30.37	150m: 1:39.27	34.88	250m: 2:49.97	35.44	350m: 4:00.06	34.10
	100m: 1:04.39	34.02	200m: 2:14.53	35.26	300m: 3:25.96	35.99	400m: 4:33.14	33.08
8.	BEDNARZ Olaf		00	MKP Słowianka Gorzów Wlkp.		4:33.88	518	
	50m: 30.45	30.45	150m: 1:40.29	35.27	250m: 2:50.75	35.21	350m: 4:01.10	34.82
	100m: 1:05.02	34.57	200m: 2:15.54	35.25	300m: 3:26.28	35.53	400m: 4:33.88	32.78
9.	MACIAK Artur		00	MKP Szczecin		4:34.17	517	
	50m: 31.53	31.53	150m: 1:40.27	34.68	250m: 2:49.87	35.09	350m: 4:00.66	35.54
	100m: 1:05.59	34.06	200m: 2:14.78	34.51	300m: 3:25.12	35.25	400m: 4:34.17	33.51
10.	SACZUK Artur		00	WODNIK Police		4:49.78	438	
	50m: 29.76	29.76	150m: 1:42.55	37.67	250m: 2:58.77	38.08	350m: 4:14.22	37.63
	100m: 1:04.88	35.12	200m: 2:20.69	38.14	300m: 3:36.59	37.82	400m: 4:49.78	35.56
11.	RO EK Oskar		00	Warta Pozna		4:56.82	407	
	50m: 32.47	32.47	150m: 1:46.87	37.59	250m: 3:03.54	38.20	350m: 4:20.55	38.32
	100m: 1:09.28	36.81	200m: 2:25.34	38.47	300m: 3:42.23	38.69	400m: 4:56.82	36.27

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Szczecin, 16-5-2015

Konkurencja 23, Chłopców, 400m dowolny, 15 lat

Pozycja			Rok ur.					Czas	Pkt.		
12.	KOKOSZA Filip		00	Warta Pozna				4:58.97	398		
	50m:	33.14 33.14	150m:	1:50.33	39.46	250m:	3:08.43	38.31	350m:	4:22.83	37.10
	100m:	1:10.87 37.73	200m:	2:30.12	39.79	300m:	3:45.73	37.30	400m:	4:58.97	36.14
14 lat											
1.	PIOTROWSKI Kacper		01	WKS I sk Wrocław				4:25.69	568		
	50m:	29.21 29.21	150m:	1:35.15	33.57	250m:	2:43.65	34.10	350m:	3:52.70	34.10
	100m:	1:01.58 32.37	200m:	2:09.55	34.40	300m:	3:18.60	34.95	400m:	4:25.69	32.99
2.	KRZYKAŁA Emil		01	KP AVIA widnik				4:29.35	545		
	50m:	29.45 29.45	150m:	1:37.73	34.54	250m:	2:47.01	34.67	350m:	3:56.79	34.71
	100m:	1:03.19 33.74	200m:	2:12.34	34.61	300m:	3:22.08	35.07	400m:	4:29.35	32.56
3.	WILEJTO Igor		01	Sambor Tczew				4:33.31	522		
	50m:	32.07 32.07	150m:	1:41.74	34.92	250m:	2:52.01	35.21	350m:	4:02.02	35.04
	100m:	1:06.82 34.75	200m:	2:16.80	35.06	300m:	3:26.98	34.97	400m:	4:33.31	31.29
4.	BUGAŁA Krzysztof		01	MKP Szczecin				4:34.04	517		
	50m:	30.97 30.97	150m:	1:40.38	35.24	250m:	2:51.49	35.77	350m:	4:01.19	34.64
	100m:	1:05.14 34.17	200m:	2:15.72	35.34	300m:	3:26.55	35.06	400m:	4:34.04	32.85
5.	OPAŁA Krystian		01	Dwójka Morena Gda sk				4:35.58	509		
	50m:	31.80 31.80	150m:	1:42.35	35.58	250m:	2:53.43	35.63	350m:	4:02.80	34.73
	100m:	1:06.77 34.97	200m:	2:17.80	35.45	300m:	3:28.07	34.64	400m:	4:35.58	32.78
6.	WEBER Albert		01	Wodnik rem				4:40.56	482		
	50m:	31.23 31.23	150m:	1:42.85	36.10	250m:	2:56.06	36.55	350m:	4:08.01	35.68
	100m:	1:06.75 35.52	200m:	2:19.51	36.66	300m:	3:32.33	36.27	400m:	4:40.56	32.55
7.	MUSZY SKI Jakub		01	MKS Nielba W growiec				4:40.90	480		
	50m:	32.06 32.06	150m:	1:43.32	35.93	250m:	2:56.18	36.08	350m:	4:07.71	35.09
	100m:	1:07.39 35.33	200m:	2:20.10	36.78	300m:	3:32.62	36.44	400m:	4:40.90	33.19
8.	PABICH Bartosz		01	Neptun Stargard Szcz.				4:44.35	463		
	50m:	30.44 30.44	150m:	1:43.07	36.68	250m:	2:55.91	36.70	350m:	4:10.03	36.88
	100m:	1:06.39 35.95	200m:	2:19.21	36.14	300m:	3:33.15	37.24	400m:	4:44.35	34.32
9.	RYTTER Igor		01	WKS I sk Wrocław				4:44.39	463		
	50m:	31.54 31.54	150m:	1:43.09	36.60	250m:	2:57.50	37.41	350m:	4:10.33	35.50
	100m:	1:06.49 34.95	200m:	2:20.09	37.00	300m:	3:34.83	37.33	400m:	4:44.39	34.06
10.	ZAREMBA Jakub		01	WKS I sk Wrocław				4:44.40	463		
	50m:	31.51 31.51	150m:	1:42.72	36.46	250m:	2:56.48	36.75	350m:	4:09.53	36.23
	100m:	1:06.26 34.75	200m:	2:19.73	37.01	300m:	3:33.30	36.82	400m:	4:44.40	34.87
11.	GŁUSZKOWSKI Mateusz		01	UKS Citizen Pozna				4:46.11	455		
	50m:	32.00 32.00	150m:	1:43.84	36.37	250m:	2:56.98	36.81	350m:	4:10.49	37.09
	100m:	1:07.47 35.47	200m:	2:20.17	36.33	300m:	3:33.40	36.42	400m:	4:46.11	35.62
12.	KOTO SKI Jakub		01	WODNIK Police				4:50.41	435		
	50m:	31.33 31.33	150m:	1:43.92	37.56	250m:	2:59.80	38.38	350m:	4:15.59	37.97
	100m:	1:06.36 35.03	200m:	2:21.42	37.50	300m:	3:37.62	37.82	400m:	4:50.41	34.82
13.	JOCHYMEK Oskar		01	WKS I sk Wrocław				4:51.62	429		
	50m:	32.69 32.69	150m:	1:47.35	37.67	250m:	3:02.63	37.49	350m:	4:17.05	37.22
	100m:	1:09.68 36.99	200m:	2:25.14	37.79	300m:	3:39.83	37.20	400m:	4:51.62	34.57
14.	SŁOJEWSKI Adam		01	Warta Pozna				5:01.97	387		
	50m:	33.85 33.85	150m:	1:50.31	38.21	250m:	3:07.36	38.76	350m:	4:24.54	38.74
	100m:	1:12.10 38.25	200m:	2:28.60	38.29	300m:	3:45.80	38.44	400m:	5:01.97	37.43
15.	LEPECKI Jakub		01	WKS I sk Wrocław				5:02.45	385		
	50m:	34.17 34.17	150m:	1:51.06	38.66	250m:	3:07.99	38.35	350m:	4:25.00	38.60
	100m:	1:12.40 38.23	200m:	2:29.64	38.58	300m:	3:46.40	38.41	400m:	5:02.45	37.45
16.	JOZKOW Cezary		01	WKS I sk Wrocław				5:06.08	371		
	50m:	31.02 31.02	150m:	1:45.67	38.77	250m:	3:07.53	41.73	350m:	4:27.99	39.12
	100m:	1:06.90 35.88	200m:	2:25.80	40.13	300m:	3:48.87	41.34	400m:	5:06.08	38.09

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Konkurencja 23, Chłopców, 400m dowolny, 14 lat

Pozycja	Rok ur.						Czas	Pkt.				
17.	BALAWAJDER Kacper						5:16.77	335				
	50m:	34.70	34.70	150m:	1:55.42	40.89	250m:	3:17.35	40.40	350m:	4:38.23	40.28
	100m:	1:14.53	39.83	200m:	2:36.95	41.53	300m:	3:57.95	40.60	400m:	5:16.77	38.54