

Grand Prix - Puchar Polski w Pływaniu 2013-2014  
Opole, 3- - 4-5-2014

Konkurencja 12  
2014-05-03 - 11:30

M czynn, 400m dowolny

14 lat i starsi  
Wyniki

Top Times "Poland"	3:45.71	STANCZYK, Przemyslaw	00116	Chiba (JPN)	2007-08-21
Top Times "Poland"	3:45.71	STANCZYK, Przemyslaw	00116	Chiba (JPN)	2007-08-21

Punkty: FINA 2013

Pozycja			Rok ur.					Czas	Pkt.
<b>14 lat i starsi</b>									
1.	WOJDAK, Wojciech SO		96	UKP Unia O wi cim				<b>3:57.67</b>	793
	50m:	28.06 28.06	150m:	1:29.11	30.51	250m:	2:28.97 29.78	350m:	3:28.78 30.13
	100m:	58.60 30.54	200m:	1:59.19	30.08	300m:	2:58.65 29.68	400m:	3:57.67 28.89
2.	ZABOROWSKI, Filip		94	MKP Szczecin				<b>3:57.96</b>	790
	50m:	28.34 28.34	150m:	1:29.12	30.43	250m:	2:29.56 30.12	350m:	3:29.12 29.79
	100m:	58.69 30.35	200m:	1:59.44	30.32	300m:	2:59.33 29.77	400m:	3:57.96 28.84
3.	KACZMARSKI, Marcin		94	MKP Szczecin				<b>3:59.87</b>	772
	50m:	27.95 27.95	150m:	1:29.45	31.01	250m:	2:30.76 30.50	350m:	3:31.36 30.08
	100m:	58.44 30.49	200m:	2:00.26	30.81	300m:	3:01.28 30.52	400m:	3:59.87 28.51
4.	GŁYK, Wojciech		92	AZS AWF Katowice				<b>4:01.57</b>	756
	50m:	28.43 28.43	150m:	1:29.78	30.58	250m:	2:31.00 30.47	350m:	3:31.89 30.34
	100m:	59.20 30.77	200m:	2:00.53	30.75	300m:	3:01.55 30.55	400m:	4:01.57 29.68
5.	FURTEK, Paweł SSz		95	MKP Szczecin				<b>4:02.59</b>	746
	50m:	29.00 29.00	150m:	1:30.13	30.49	250m:	2:30.98 30.44	350m:	3:31.84 30.39
	100m:	59.64 30.64	200m:	2:00.54	30.41	300m:	3:01.45 30.47	400m:	4:02.59 30.75
6.	KLICH, Kacper		94	WKS I sk Wrocław				<b>4:03.90</b>	734
	50m:	28.39 28.39	150m:	1:30.04	30.65	250m:	2:31.71 30.82	350m:	3:33.96 31.36
	100m:	59.39 31.00	200m:	2:00.89	30.85	300m:	3:02.60 30.89	400m:	4:03.90 29.94
7.	ZONIUK, Maciej		94	WKS I sk Wrocław				<b>4:04.36</b>	730
	50m:	27.99 27.99	150m:	1:29.93	30.93	250m:	2:31.58 30.78	350m:	3:33.84 31.45
	100m:	59.00 31.01	200m:	2:00.80	30.87	300m:	3:02.39 30.81	400m:	4:04.36 30.52
8.	SMEJA, Sławomir		94	AZS AWF Katowice				<b>4:04.61</b>	728
	50m:	27.87 27.87	150m:	1:29.34	30.97	250m:	2:32.33 31.52	350m:	3:34.51 30.98
	100m:	58.37 30.50	200m:	2:00.81	31.47	300m:	3:03.53 31.20	400m:	4:04.61 30.10
9.	SZARLI SKI, Filip		92	AZS Warszawa				<b>4:05.20</b>	722
	50m:	29.12 29.12	150m:	1:31.36	31.22	250m:	2:32.70 30.34	350m:	3:35.00 31.16
	100m:	1:00.14 31.02	200m:	2:02.36	31.00	300m:	3:03.84 31.14	400m:	4:05.20 30.20
10.	CZARNOTA, Mateusz		91	UKP Unia O wi cim				<b>4:05.76</b>	718
	50m:	28.29 28.29	150m:	1:30.43	31.05	250m:	2:32.70 31.15	350m:	3:35.97 31.82
	100m:	59.38 31.09	200m:	2:01.55	31.12	300m:	3:04.15 31.45	400m:	4:05.76 29.79
11.	BUGDOL, Rafał SR		95	MKS-SMS Victoria Racibórz				<b>4:11.19</b>	672
	50m:	28.24 28.24	150m:	1:31.46	32.03	250m:	2:36.55 32.38	350m:	3:40.84 31.66
	100m:	59.43 31.19	200m:	2:04.17	32.71	300m:	3:09.18 32.63	400m:	4:11.19 30.35
12.	DERE , Kacper		98	MKS 9 Dzier oniów				<b>4:11.72</b>	668
	50m:	28.37 28.37	150m:	1:30.92	31.50	250m:	2:35.57 32.69	350m:	3:41.00 32.34
	100m:	59.42 31.05	200m:	2:02.88	31.96	300m:	3:08.66 33.09	400m:	4:11.72 30.72
13.	POPRAWA, Michał		94	AZS AWF Katowice				<b>4:12.34</b>	663
	50m:	28.72 28.72	150m:	1:33.06	32.00	250m:	2:37.83 32.46	350m:	3:42.77 32.16
	100m:	1:01.06 32.34	200m:	2:05.37	32.31	300m:	3:10.61 32.78	400m:	4:12.34 29.57
14.	GOLENIEC, Łukasz SO		97	UKP Unia O wi cim				<b>4:12.35</b>	663
	50m:	28.66 28.66	150m:	1:32.02	31.81	250m:	2:36.43 32.37	350m:	3:41.70 32.54
	100m:	1:00.21 31.55	200m:	2:04.06	32.04	300m:	3:09.16 32.73	400m:	4:12.35 30.65
15.	BENING, Emil		93	MKS Juvenia Wrocław				<b>4:13.41</b>	654
	50m:	27.19 27.19	150m:	1:29.17	31.78	250m:	2:33.85 32.36	350m:	3:41.42 33.95
	100m:	57.39 30.20	200m:	2:01.49	32.32	300m:	3:07.47 33.62	400m:	4:13.41 31.99
16.	SOBCZYK, Maciej		95	MKS Trójka Łód				<b>4:15.67</b>	637
	50m:	29.68 29.68	150m:	1:34.61	32.25	250m:	2:39.07 32.18	350m:	3:44.16 32.49
	100m:	1:02.36 32.68	200m:	2:06.89	32.28	300m:	3:11.67 32.60	400m:	4:15.67 31.51

Grand Prix - Puchar Polski w Pływaniu 2013-2014  
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Konkurencja 12, M czynn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.				Czas	Pkt.
17.	ŁAWNIK, Jakub		99	WKS I sk Wrocław		<b>4:18.24</b>	618	
	50m: 29.49 29.49	150m: 1:35.20 33.14	250m: 2:41.59 32.72	350m: 3:48.12 33.52				
	100m: 1:02.06 32.57	200m: 2:08.87 33.67	300m: 3:14.60 33.01	400m: 4:18.24 30.12				
18.	MICHTA, Kacper SOc		00	KSZO Ostrowiec		<b>4:19.04</b>	613	
	50m: 30.35 30.35	150m: 1:36.51 33.18	250m: 2:42.81 33.20	350m: 3:48.19 32.05				
	100m: 1:03.33 32.98	200m: 2:09.61 33.10	300m: 3:16.14 33.33	400m: 4:19.04 30.85				
19.	SZULGO, Filip		97	MKP Szczecin		<b>4:20.74</b>	601	
	50m: 29.88 29.88	150m: 1:36.06 33.26	250m: 2:43.04 33.03	350m: 3:49.80 33.30				
	100m: 1:02.80 32.92	200m: 2:10.01 33.95	300m: 3:16.50 33.46	400m: 4:20.74 30.94				
20.	KUCZMA, J drzej		98	WKS I sk Wrocław		<b>4:21.42</b>	596	
	50m: 29.51 29.51	150m: 1:35.67 33.51	250m: 2:42.75 33.91	350m: 3:50.15 33.38				
	100m: 1:02.16 32.65	200m: 2:08.84 33.17	300m: 3:16.77 34.02	400m: 4:21.42 31.27				
21.	NIEDZIAŁEK, Dominik		98	Skarpa Lublin		<b>4:21.55</b>	595	
	50m: 29.72 29.72	150m: 1:36.12 33.68	250m: 2:43.84 33.58	350m: 3:50.41 33.29				
	100m: 1:02.44 32.72	200m: 2:10.26 34.14	300m: 3:17.12 33.28	400m: 4:21.55 31.14				
22.	D BSKI, Dominik		98	MKS Trójka Łód		<b>4:21.88</b>	593	
	50m: 29.96 29.96	150m: 1:36.64 34.08	250m: 2:44.21 33.74	350m: 3:50.54 33.34				
	100m: 1:02.56 32.60	200m: 2:10.47 33.83	300m: 3:17.20 32.99	400m: 4:21.88 31.34				
23.	BRUCHAJZER, Dominik		97	MZOS Płock		<b>4:22.40</b>	589	
	50m: 29.78 29.78	150m: 1:36.09 33.44	250m: 2:43.05 33.30	350m: 3:50.26 33.58				
	100m: 1:02.65 32.87	200m: 2:09.75 33.66	300m: 3:16.68 33.63	400m: 4:22.40 32.14				
24.	SOLA, Kornel SOc		97	UKP FALA Kra nik		<b>4:23.64</b>	581	
	50m: 29.41 29.41	150m: 1:35.97 33.45	250m: 2:43.45 33.66	350m: 3:51.09 33.86				
	100m: 1:02.52 33.11	200m: 2:09.79 33.82	300m: 3:17.23 33.78	400m: 4:23.64 32.55				
25.	POPIS, Emil SR		98	MKS-SMS Victoria Racibórz		<b>4:23.85</b>	580	
	50m: 30.47 30.47	150m: 1:37.97 33.95	250m: 2:45.90 33.57	350m: 3:52.63 32.86				
	100m: 1:04.02 33.55	200m: 2:12.33 34.36	300m: 3:19.77 33.87	400m: 4:23.85 31.22				
26.	SZAREK, Dawid		99	WKS I sk Wrocław		<b>4:24.22</b>	577	
	50m: 29.54 29.54	150m: 1:36.13 33.42	250m: 2:43.94 33.67	350m: 3:51.57 34.04				
	100m: 1:02.71 33.17	200m: 2:10.27 34.14	300m: 3:17.53 33.59	400m: 4:24.22 32.65				
27.	GÓRSKI, Marcin		97	MKP Szczecin		<b>4:24.75</b>	574	
	50m: 29.24 29.24	150m: 1:35.78 33.76	250m: 2:43.70 34.02	350m: 3:52.03 34.03				
	100m: 1:02.02 32.78	200m: 2:09.68 33.90	300m: 3:18.00 34.30	400m: 4:24.75 32.72				
28.	GRZYMSKI, Mateusz		98	WKS I sk Wrocław		<b>4:25.98</b>	566	
	50m: 29.23 29.23	150m: 1:35.81 33.83	250m: 2:43.86 33.86	350m: 3:52.76 34.58				
	100m: 1:01.98 32.75	200m: 2:10.00 34.19	300m: 3:18.18 34.32	400m: 4:25.98 33.22				
29.	KRYCIA, Mateusz SOc		96	KSZO Ostrowiec		<b>4:26.45</b>	563	
	50m: 29.99 29.99	150m: 1:37.10 33.92	250m: 2:45.31 34.27	350m: 3:53.02 34.00				
	100m: 1:03.18 33.19	200m: 2:11.04 33.94	300m: 3:19.02 33.71	400m: 4:26.45 33.43				
30.	JAROCHA, Oskar SOc		00	KSZO Ostrowiec		<b>4:26.53</b>	562	
	50m: 28.98 28.98	150m: 1:35.29 33.53	250m: 2:44.65 34.77	350m: 3:52.85 33.68				
	100m: 1:01.76 32.78	200m: 2:09.88 34.59	300m: 3:19.17 34.52	400m: 4:26.53 33.68				
31.	SMEJA, Patryk		95	MKS - Astoria Bydgoszcz		<b>4:27.50</b>	556	
	50m: 30.06 30.06	150m: 1:36.45 33.66	250m: 2:44.42 33.82	350m: 3:53.56 34.61				
	100m: 1:02.79 32.73	200m: 2:10.60 34.15	300m: 3:18.95 34.53	400m: 4:27.50 33.94				
32.	ORŁOWSKI, Kamil SOc		00	KSZO Ostrowiec		<b>4:28.75</b>	549	
	50m: 30.52 30.52	150m: 1:39.32 34.29	250m: 2:48.12 33.93	350m: 3:56.66 33.69				
	100m: 1:05.03 34.51	200m: 2:14.19 34.87	300m: 3:22.97 34.85	400m: 4:28.75 32.09				
33.	WASIUK, Jakub SO		99	MMKS K dzierzyn-Ko le		<b>4:29.72</b>	543	
	50m: 30.17 30.17	150m: 1:37.23 34.13	250m: 2:46.28 34.53	350m: 3:56.00 34.79				
	100m: 1:03.10 32.93	200m: 2:11.75 34.52	300m: 3:21.21 34.93	400m: 4:29.72 33.72				
34.	STOSZEK, Szymon		99	UKS Aligator Gorzyce		<b>4:30.90</b>	536	
	50m: 30.77 30.77	150m: 1:40.36 35.17	250m: 2:49.89 34.79	350m: 3:59.25 33.97				
	100m: 1:05.19 34.42	200m: 2:15.10 34.74	300m: 3:25.28 35.39	400m: 4:30.90 31.65				

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

Pozycja			Rok ur.						Czas	Pkt.
35.	GŁ BA, Jan		99	WKS	I sk Wrocław				<b>4:31.05</b>	535
	50m:	30.11 30.11	150m:	1:38.33 34.42	250m:	2:48.39 34.64	350m:	3:58.30 34.50		
	100m:	1:03.91 33.80	200m:	2:13.75 35.42	300m:	3:23.80 35.41	400m:	4:31.05 32.75		
36.	D BROWSKI, Patryk		00	WKS	I sk Wrocław				<b>4:31.37</b>	533
	50m:	30.47 30.47	150m:	1:39.88 34.53	250m:	2:49.41 34.63	350m:	3:59.01 34.74		
	100m:	1:05.35 34.88	200m:	2:14.78 34.90	300m:	3:24.27 34.86	400m:	4:31.37 32.36		
37.	SZCZUTKOWSKI, Robert		98	WKS	I sk Wrocław				<b>4:32.42</b>	527
	50m:	30.81 30.81	150m:	1:39.00 34.03	250m:	2:47.25 34.07	350m:	3:57.52 35.15		
	100m:	1:04.97 34.16	200m:	2:13.18 34.18	300m:	3:22.37 35.12	400m:	4:32.42 34.90		
38.	STOLARCZYK, Kamil		96	MKS	Park Wodny Tarnowskie Góry				<b>4:32.46</b>	526
	50m:	30.57 30.57	150m:	1:39.96 35.23	250m:	2:51.01 35.41	350m:	4:00.70 34.66		
	100m:	1:04.73 34.16	200m:	2:15.60 35.64	300m:	3:26.04 35.03	400m:	4:32.46 31.76		
39.	TUREK, Maksymilian		98	WKS	I sk Wrocław				<b>4:32.78</b>	525
	50m:	31.13 31.13	150m:	1:39.94 34.73	250m:	2:49.29 34.24	350m:	3:58.36 34.97		
	100m:	1:05.21 34.08	200m:	2:15.05 35.11	300m:	3:23.39 34.10	400m:	4:32.78 34.42		
40.	KIEŁCZEWSKI, Amadeusz		00	WKS	I sk Wrocław				<b>4:33.80</b>	519
	50m:	29.28 29.28	150m:	1:39.78 35.81	250m:	2:51.11 35.79	350m:	3:59.74 34.21		
	100m:	1:03.97 34.69	200m:	2:15.32 35.54	300m:	3:25.53 34.42	400m:	4:33.80 34.06		
41.	ROGOZI SKI, Mateusz SOc		99	KSZO	Ostrowiec				<b>4:34.64</b>	514
	50m:	30.12 30.12	150m:	1:37.71 34.80	250m:	2:49.19 35.67	350m:	4:00.43 34.96		
	100m:	1:02.91 32.79	200m:	2:13.52 35.81	300m:	3:25.47 36.28	400m:	4:34.64 34.21		
42.	POTOCKI, Daniel		98	WKS	I sk Wrocław				<b>4:36.13</b>	506
	50m:	31.21 31.21	150m:	1:40.15 34.86	250m:	2:51.67 35.82	350m:	4:02.41 35.37		
	100m:	1:05.29 34.08	200m:	2:15.85 35.70	300m:	3:27.04 35.37	400m:	4:36.13 33.72		
43.	SÓWKA, Denis		98	DOKiS	SP "Vega" Dobrodzie				<b>4:36.82</b>	502
	50m:	31.13 31.13	150m:	1:40.31 35.16	250m:	2:51.41 35.26	350m:	4:03.29 35.93		
	100m:	1:05.15 34.02	200m:	2:16.15 35.84	300m:	3:27.36 35.95	400m:	4:36.82 33.53		
44.	OSTROWSKI, Dominik SO		99	UKP	Unia O wi cim				<b>4:36.98</b>	501
	50m:	31.85 31.85	150m:	1:42.25 35.12	250m:	2:51.92 34.90	350m:	4:02.84 35.09		
	100m:	1:07.13 35.28	200m:	2:17.02 34.77	300m:	3:27.75 35.83	400m:	4:36.98 34.14		
45.	DUTKOWIAK, Wojciech		00	WKS	I sk Wrocław				<b>4:37.98</b>	496
	50m:	32.13 32.13	150m:	1:42.98 35.05	250m:	2:53.76 35.37	350m:	4:03.93 34.88		
	100m:	1:07.93 35.80	200m:	2:18.39 35.41	300m:	3:29.05 35.29	400m:	4:37.98 34.05		
46.	CHRAPEK, Marcin		98	MTP	Delfin Cieszyn				<b>4:39.30</b>	489
	50m:	30.58 30.58	150m:	1:40.40 35.35	250m:	2:51.61 35.31	350m:	4:04.11 36.08		
	100m:	1:05.05 34.47	200m:	2:16.30 35.90	300m:	3:28.03 36.42	400m:	4:39.30 35.19		
47.	PODZIMSKI, Wojciech		99	MKS	Park Wodny Tarnowskie Góry				<b>4:39.75</b>	486
	50m:	30.25 30.25	150m:	1:40.35 35.83	250m:	2:52.76 36.09	350m:	4:04.84 36.02		
	100m:	1:04.52 34.27	200m:	2:16.67 36.32	300m:	3:28.82 36.06	400m:	4:39.75 34.91		
48.	HANO, Grzegorz		00	WKS	I sk Wrocław				<b>4:40.50</b>	482
	50m:	32.21 32.21	150m:	1:43.29 35.17	250m:	2:54.24 35.60	350m:	4:06.03 36.01		
	100m:	1:08.12 35.91	200m:	2:18.64 35.35	300m:	3:30.02 35.78	400m:	4:40.50 34.47		
49.	D BSKI, Szymon		99	UKS	NAWA Skierniewice				<b>4:40.73</b>	481
	50m:	31.82 31.82	150m:	1:43.18 36.06	250m:	2:55.12 36.17	350m:	4:06.46 36.09		
	100m:	1:07.12 35.30	200m:	2:18.95 35.77	300m:	3:30.37 35.25	400m:	4:40.73 34.27		
50.	ŁA , Wiktor		00	WKS	I sk Wrocław				<b>4:40.80</b>	481
	50m:	31.32 31.32	150m:	1:42.72 36.26	250m:	2:53.94 35.62	350m:	4:05.68 36.06		
	100m:	1:06.46 35.14	200m:	2:18.32 35.60	300m:	3:29.62 35.68	400m:	4:40.80 35.12		
51.	WO NIAK, Maciej		00	UKS	190 Łód				<b>4:41.54</b>	477
	50m:	31.03 31.03	150m:	1:43.40 37.08	250m:	2:55.54 35.52	350m:	4:07.74 36.04		
	100m:	1:06.32 35.29	200m:	2:20.02 36.62	300m:	3:31.70 36.16	400m:	4:41.54 33.80		
52.	DUDEK, Julian		99	UKS	NAWA Skierniewice				<b>4:42.26</b>	473
	50m:	30.87 30.87	150m:	1:41.68 35.90	250m:	2:54.66 36.65	350m:	4:09.09 37.32		
	100m:	1:05.78 34.91	200m:	2:18.01 36.33	300m:	3:31.77 37.11	400m:	4:42.26 33.17		

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

Pozycja			Rok ur.						Czas	Pkt.
53.	MATURA, Klaudiusz		98	UKS Mata Kochłowice Ruda	I sk			<b>4:42.47</b>	472	
	50m: 31.29	31.29	150m: 1:42.61	36.55	250m: 2:55.31	36.07	350m: 4:07.97	36.40		
	100m: 1:06.06	34.77	200m: 2:19.24	36.63	300m: 3:31.57	36.26	400m: 4:42.47	34.50		
54.	PAWLACZYK, Patryk		00	UKS 190 Łód				<b>4:43.95</b>	465	
	50m: 31.27	31.27	150m: 1:43.59	36.39	250m: 2:56.59	36.69	350m: 4:09.64	36.24		
	100m: 1:07.20	35.93	200m: 2:19.90	36.31	300m: 3:33.40	36.81	400m: 4:43.95	34.31		
55.	GIRUL, Radosław		00	WKS I sk Wrocław				<b>4:44.97</b>	460	
	50m: 33.10	33.10	150m: 1:45.87	36.39	250m: 2:58.86	36.13	350m: 4:10.43	35.49		
	100m: 1:09.48	36.38	200m: 2:22.73	36.86	300m: 3:34.94	36.08	400m: 4:44.97	34.54		
56.	BARTKOWSKI, Jakub SOc		00	KSZO Ostrowiec				<b>4:46.11</b>	455	
	50m: 30.34	30.34	150m: 1:43.69	37.44	250m: 2:57.79	37.20	350m: 4:11.45	36.63		
	100m: 1:06.25	35.91	200m: 2:20.59	36.90	300m: 3:34.82	37.03	400m: 4:46.11	34.66		
57.	WOZNIAK, Kamil		00	MUKS Sokol Kolbuszowa Dolna				<b>4:46.14</b>	454	
	50m: 32.13	32.13	150m: 1:45.06	36.72	250m: 2:58.42	36.03	350m: 4:11.20	35.76		
	100m: 1:08.34	36.21	200m: 2:22.39	37.33	300m: 3:35.44	37.02	400m: 4:46.14	34.94		
58.	STOSZEK, Kacper		00	MTP Delfin Cieszyn				<b>4:46.56</b>	452	
	50m: 31.81	31.81	150m: 1:44.06	36.50	250m: 2:57.70	36.73	350m: 4:11.50	36.59		
	100m: 1:07.56	35.75	200m: 2:20.97	36.91	300m: 3:34.91	37.21	400m: 4:46.56	35.06		
59.	BADAN, Dawid SO		99	UKP Unia O wi cim				<b>4:46.89</b>	451	
	50m: 31.92	31.92	150m: 1:45.03	36.91	250m: 2:58.48	36.59	350m: 4:11.98	36.57		
	100m: 1:08.12	36.20	200m: 2:21.89	36.86	300m: 3:35.41	36.93	400m: 4:46.89	34.91		
60.	DOMINIAK, Kacper		00	WKS I sk Wrocław				<b>4:47.74</b>	447	
	50m: 33.49	33.49	150m: 1:47.04	36.78	250m: 3:00.53	36.85	350m: 4:13.92	36.34		
	100m: 1:10.26	36.77	200m: 2:23.68	36.64	300m: 3:37.58	37.05	400m: 4:47.74	33.82		
61.	KRZEKOTOWSKI, Karol		00	UKP Torpeda Ole nica				<b>4:47.92</b>	446	
	50m: 31.91	31.91	150m: 1:46.50	37.82	250m: 3:01.69	37.49	350m: 4:14.39	35.68		
	100m: 1:08.68	36.77	200m: 2:24.20	37.70	300m: 3:38.71	37.02	400m: 4:47.92	33.53		
62.	FIKS, Krzysztof		00	UKS 190 Łód				<b>4:47.95</b>	446	
	50m: 32.62	32.62	150m: 1:47.06	37.61	250m: 3:01.45	37.44	350m: 4:16.55	37.43		
	100m: 1:09.45	36.83	200m: 2:24.01	36.95	300m: 3:39.12	37.67	400m: 4:47.95	31.40		
63.	JOBDA, Ryszard		00	Uks Victoria Józefów				<b>4:55.50</b>	413	
	50m: 31.72	31.72	150m: 1:45.92	37.83	250m: 3:02.85	38.33	350m: 4:19.25	38.36		
	100m: 1:08.09	36.37	200m: 2:24.52	38.60	300m: 3:40.89	38.04	400m: 4:55.50	36.25		
64.	ZAJ C, Mikołaj		98	Mosm Tychy				<b>5:03.85</b>	379	
	50m: 31.46	31.46	150m: 1:47.21	38.90	250m: 3:06.43	39.78	350m: 4:24.86	38.39		
	100m: 1:08.31	36.85	200m: 2:26.65	39.44	300m: 3:46.47	40.04	400m: 5:03.85	38.99		
65.	BOBOWIEC, Maksymilian		00	WKS I sk Wrocław				<b>5:03.89</b>	379	
	50m: 34.38	34.38	150m: 1:51.20	38.46	250m: 3:07.74	38.05	350m: 4:24.67	37.90		
	100m: 1:12.74	38.36	200m: 2:29.69	38.49	300m: 3:46.77	39.03	400m: 5:03.89	39.22		
66.	ZAMELSKI, Michał		00	MKS - Astoria Bydgoszcz				<b>5:05.85</b>	372	
	50m: 32.62	32.62	150m: 1:49.13	38.99	250m: 3:08.12	39.52	350m: 4:27.52	39.71		
	100m: 1:10.14	37.52	200m: 2:28.60	39.47	300m: 3:47.81	39.69	400m: 5:05.85	38.33		
67.	B CLER, Jakub		00	WKS I sk Wrocław				<b>5:09.35</b>	360	
	50m: 33.58	33.58	150m: 1:50.17	39.04	250m: 3:09.99	40.44	350m: 4:30.71	40.25		
	100m: 1:11.13	37.55	200m: 2:29.55	39.38	300m: 3:50.46	40.47	400m: 5:09.35	38.64		
68.	GEMBALA, Adam		99	Mosm Tychy				<b>5:09.53</b>	359	
	50m: 31.10	31.10	150m: 1:49.85	40.85	250m: 3:10.54	40.71	350m: 4:31.07	40.92		
	100m: 1:09.00	37.90	200m: 2:29.83	39.98	300m: 3:50.15	39.61	400m: 5:09.53	38.46		
DYSKW.	MIKICIN, Miłosz		93	AZS Warszawa					O-9	
NW	AUGUSTYN, Aleksander		00	MUKS Sokol Kolbuszowa Dolna						

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Konkurencja 12, M czyzn, 400m dowolny

19 - 23 lat

1.	ZABOROWSKI, Filip	94	MKP Szczecin	<b>3:57.96</b>	790
	50m: 28.34 28.34	150m: 1:29.12 30.43	250m: 2:29.56 30.12	350m: 3:29.12 29.79	
	100m: 58.69 30.35	200m: 1:59.44 30.32	300m: 2:59.33 29.77	400m: 3:57.96 28.84	
2.	KACZMARSKI, Marcin	94	MKP Szczecin	<b>3:59.87</b>	772
	50m: 27.95 27.95	150m: 1:29.45 31.01	250m: 2:30.76 30.50	350m: 3:31.36 30.08	
	100m: 58.44 30.49	200m: 2:00.26 30.81	300m: 3:01.28 30.52	400m: 3:59.87 28.51	
3.	GŁYK, Wojciech	92	AZS AWF Katowice	<b>4:01.57</b>	756
	50m: 28.43 28.43	150m: 1:29.78 30.58	250m: 2:31.00 30.47	350m: 3:31.89 30.34	
	100m: 59.20 30.77	200m: 2:00.53 30.75	300m: 3:01.55 30.55	400m: 4:01.57 29.68	
4.	FURTEK, Paweł SSz	95	MKP Szczecin	<b>4:02.59</b>	746
	50m: 29.00 29.00	150m: 1:30.13 30.49	250m: 2:30.98 30.44	350m: 3:31.84 30.39	
	100m: 59.64 30.64	200m: 2:00.54 30.41	300m: 3:01.45 30.47	400m: 4:02.59 30.75	
5.	KLICH, Kacper	94	WKS I sk Wrocław	<b>4:03.90</b>	734
	50m: 28.39 28.39	150m: 1:30.04 30.65	250m: 2:31.71 30.82	350m: 3:33.96 31.36	
	100m: 59.39 31.00	200m: 2:00.89 30.85	300m: 3:02.60 30.89	400m: 4:03.90 29.94	
6.	ZONIUK, Maciej	94	WKS I sk Wrocław	<b>4:04.36</b>	730
	50m: 27.99 27.99	150m: 1:29.93 30.93	250m: 2:31.58 30.78	350m: 3:33.84 31.45	
	100m: 59.00 31.01	200m: 2:00.80 30.87	300m: 3:02.39 30.81	400m: 4:04.36 30.52	
7.	SMEJA, Sławomir	94	AZS AWF Katowice	<b>4:04.61</b>	728
	50m: 27.87 27.87	150m: 1:29.34 30.97	250m: 2:32.33 31.52	350m: 3:34.51 30.98	
	100m: 58.37 30.50	200m: 2:00.81 31.47	300m: 3:03.53 31.20	400m: 4:04.61 30.10	
8.	SZARLI SKI, Filip	92	AZS Warszawa	<b>4:05.20</b>	722
	50m: 29.12 29.12	150m: 1:31.36 31.22	250m: 2:32.70 30.34	350m: 3:35.00 31.16	
	100m: 1:00.14 31.02	200m: 2:02.36 31.00	300m: 3:03.84 31.14	400m: 4:05.20 30.20	
9.	CZARNOTA, Mateusz	91	UKP Unia O wi cim	<b>4:05.76</b>	718
	50m: 28.29 28.29	150m: 1:30.43 31.05	250m: 2:32.70 31.15	350m: 3:35.97 31.82	
	100m: 59.38 31.09	200m: 2:01.55 31.12	300m: 3:04.15 31.45	400m: 4:05.76 29.79	
10.	BUGDOL, Rafał SR	95	MKS-SMS Victoria Racibórz	<b>4:11.19</b>	672
	50m: 28.24 28.24	150m: 1:31.46 32.03	250m: 2:36.55 32.38	350m: 3:40.84 31.66	
	100m: 59.43 31.19	200m: 2:04.17 32.71	300m: 3:09.18 32.63	400m: 4:11.19 30.35	
11.	POPRAWA, Michał	94	AZS AWF Katowice	<b>4:12.34</b>	663
	50m: 28.72 28.72	150m: 1:33.06 32.00	250m: 2:37.83 32.46	350m: 3:42.77 32.16	
	100m: 1:01.06 32.34	200m: 2:05.37 32.31	300m: 3:10.61 32.78	400m: 4:12.34 29.57	
12.	BENING, Emil	93	MKS Juvenia Wrocław	<b>4:13.41</b>	654
	50m: 27.19 27.19	150m: 1:29.17 31.78	250m: 2:33.85 32.36	350m: 3:41.42 33.95	
	100m: 57.39 30.20	200m: 2:01.49 32.32	300m: 3:07.47 33.62	400m: 4:13.41 31.99	
13.	SOBCZYK, Maciej	95	MKS Trójka Łód	<b>4:15.67</b>	637
	50m: 29.68 29.68	150m: 1:34.61 32.25	250m: 2:39.07 32.18	350m: 3:44.16 32.49	
	100m: 1:02.36 32.68	200m: 2:06.89 32.28	300m: 3:11.67 32.60	400m: 4:15.67 31.51	
14.	SMEJA, Patryk	95	MKS - Astoria Bydgoszcz	<b>4:27.50</b>	556
	50m: 30.06 30.06	150m: 1:36.45 33.66	250m: 2:44.42 33.82	350m: 3:53.56 34.61	
	100m: 1:02.79 32.73	200m: 2:10.60 34.15	300m: 3:18.95 34.53	400m: 4:27.50 33.94	

DYSKW. MIKICIN, Miłosz

93 AZS Warszawa

O-9

17 - 18 lat

1.	WOJDAK, Wojciech SO	96	UKP Unia O wi cim	<b>3:57.67</b>	793
	50m: 28.06 28.06	150m: 1:29.11 30.51	250m: 2:28.97 29.78	350m: 3:28.78 30.13	
	100m: 58.60 30.54	200m: 1:59.19 30.08	300m: 2:58.65 29.68	400m: 3:57.67 28.89	
2.	GOLENIEC, Łukasz SO	97	UKP Unia O wi cim	<b>4:12.35</b>	663
	50m: 28.66 28.66	150m: 1:32.02 31.81	250m: 2:36.43 32.37	350m: 3:41.70 32.54	
	100m: 1:00.21 31.55	200m: 2:04.06 32.04	300m: 3:09.16 32.73	400m: 4:12.35 30.65	
3.	SZULGO, Filip	97	MKP Szczecin	<b>4:20.74</b>	601
	50m: 29.88 29.88	150m: 1:36.06 33.26	250m: 2:43.04 33.03	350m: 3:49.80 33.30	
	100m: 1:02.80 32.92	200m: 2:10.01 33.95	300m: 3:16.50 33.46	400m: 4:20.74 30.94	

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Konkurencja 12, Chłopców, 400m dowolny, 17 - 18 lat

Pozycja			Rok ur.							Czas	Pkt.
4.	BRUCHAJZER, Dominik		97	MZOS Płock						<b>4:22.40</b>	589
	50m:	29.78 29.78	150m:	1:36.09	33.44	250m:	2:43.05	33.30	350m:	3:50.26	33.58
	100m:	1:02.65 32.87	200m:	2:09.75	33.66	300m:	3:16.68	33.63	400m:	4:22.40	32.14
5.	SOLA, Kornel SOc		97	UKP FALA Kra nik						<b>4:23.64</b>	581
	50m:	29.41 29.41	150m:	1:35.97	33.45	250m:	2:43.45	33.66	350m:	3:51.09	33.86
	100m:	1:02.52 33.11	200m:	2:09.79	33.82	300m:	3:17.23	33.78	400m:	4:23.64	32.55
6.	GÓRSKI, Marcin		97	MKP Szczecin						<b>4:24.75</b>	574
	50m:	29.24 29.24	150m:	1:35.78	33.76	250m:	2:43.70	34.02	350m:	3:52.03	34.03
	100m:	1:02.02 32.78	200m:	2:09.68	33.90	300m:	3:18.00	34.30	400m:	4:24.75	32.72
7.	KRYCIA, Mateusz SOc		96	KSZO Ostrowiec						<b>4:26.45</b>	563
	50m:	29.99 29.99	150m:	1:37.10	33.92	250m:	2:45.31	34.27	350m:	3:53.02	34.00
	100m:	1:03.18 33.19	200m:	2:11.04	33.94	300m:	3:19.02	33.71	400m:	4:26.45	33.43
8.	STOLARCZYK, Kamil		96	MKS Park Wodny Tarnowskie Góry						<b>4:32.46</b>	526
	50m:	30.57 30.57	150m:	1:39.96	35.23	250m:	2:51.01	35.41	350m:	4:00.70	34.66
	100m:	1:04.73 34.16	200m:	2:15.60	35.64	300m:	3:26.04	35.03	400m:	4:32.46	31.76

16 lat

1.	DERE , Kacper		98	MKS 9 Dzier oniów						<b>4:11.72</b>	668
	50m:	28.37 28.37	150m:	1:30.92	31.50	250m:	2:35.57	32.69	350m:	3:41.00	32.34
	100m:	59.42 31.05	200m:	2:02.88	31.96	300m:	3:08.66	33.09	400m:	4:11.72	30.72
2.	KUCZMA, J drzej		98	WKS I sk Wrocław						<b>4:21.42</b>	596
	50m:	29.51 29.51	150m:	1:35.67	33.51	250m:	2:42.75	33.91	350m:	3:50.15	33.38
	100m:	1:02.16 32.65	200m:	2:08.84	33.17	300m:	3:16.77	34.02	400m:	4:21.42	31.27
3.	NIEDZIAŁEK, Dominik		98	Skarpa Lublin						<b>4:21.55</b>	595
	50m:	29.72 29.72	150m:	1:36.12	33.68	250m:	2:43.84	33.58	350m:	3:50.41	33.29
	100m:	1:02.44 32.72	200m:	2:10.26	34.14	300m:	3:17.12	33.28	400m:	4:21.55	31.14
4.	D BSKI, Dominik		98	MKS Trójka Łód						<b>4:21.88</b>	593
	50m:	29.96 29.96	150m:	1:36.64	34.08	250m:	2:44.21	33.74	350m:	3:50.54	33.34
	100m:	1:02.56 32.60	200m:	2:10.47	33.83	300m:	3:17.20	32.99	400m:	4:21.88	31.34
5.	POPIS, Emil SR		98	MKS-SMS Victoria Racibórz						<b>4:23.85</b>	580
	50m:	30.47 30.47	150m:	1:37.97	33.95	250m:	2:45.90	33.57	350m:	3:52.63	32.86
	100m:	1:04.02 33.55	200m:	2:12.33	34.36	300m:	3:19.77	33.87	400m:	4:23.85	31.22
6.	GRZYMSKI, Mateusz		98	WKS I sk Wrocław						<b>4:25.98</b>	566
	50m:	29.23 29.23	150m:	1:35.81	33.83	250m:	2:43.86	33.86	350m:	3:52.76	34.58
	100m:	1:01.98 32.75	200m:	2:10.00	34.19	300m:	3:18.18	34.32	400m:	4:25.98	33.22
7.	SZCZUTKOWSKI, Robert		98	WKS I sk Wrocław						<b>4:32.42</b>	527
	50m:	30.81 30.81	150m:	1:39.00	34.03	250m:	2:47.25	34.07	350m:	3:57.52	35.15
	100m:	1:04.97 34.16	200m:	2:13.18	34.18	300m:	3:22.37	35.12	400m:	4:32.42	34.90
8.	TUREK, Maksymilian		98	WKS I sk Wrocław						<b>4:32.78</b>	525
	50m:	31.13 31.13	150m:	1:39.94	34.73	250m:	2:49.29	34.24	350m:	3:58.36	34.97
	100m:	1:05.21 34.08	200m:	2:15.05	35.11	300m:	3:23.39	34.10	400m:	4:32.78	34.42
9.	POTOCKI, Daniel		98	WKS I sk Wrocław						<b>4:36.13</b>	506
	50m:	31.21 31.21	150m:	1:40.15	34.86	250m:	2:51.67	35.82	350m:	4:02.41	35.37
	100m:	1:05.29 34.08	200m:	2:15.85	35.70	300m:	3:27.04	35.37	400m:	4:36.13	33.72
10.	SÓWKA, Denis		98	DOKiS SP "Vega" Dobrodzie						<b>4:36.82</b>	502
	50m:	31.13 31.13	150m:	1:40.31	35.16	250m:	2:51.41	35.26	350m:	4:03.29	35.93
	100m:	1:05.15 34.02	200m:	2:16.15	35.84	300m:	3:27.36	35.95	400m:	4:36.82	33.53
11.	CHRAPEK, Marcin		98	MTP Delfin Cieszyn						<b>4:39.30</b>	489
	50m:	30.58 30.58	150m:	1:40.40	35.35	250m:	2:51.61	35.31	350m:	4:04.11	36.08
	100m:	1:05.05 34.47	200m:	2:16.30	35.90	300m:	3:28.03	36.42	400m:	4:39.30	35.19
12.	MATURA, Klaudiusz		98	UKS Mata Kochłowice Ruda I sk						<b>4:42.47</b>	472
	50m:	31.29 31.29	150m:	1:42.61	36.55	250m:	2:55.31	36.07	350m:	4:07.97	36.40
	100m:	1:06.06 34.77	200m:	2:19.24	36.63	300m:	3:31.57	36.26	400m:	4:42.47	34.50

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Pozycja			Rok ur.						Czas	Pkt.		
13.	ZAJ C, Mikołaj		98	Mosm Tychy					<b>5:03.85</b>	379		
	50m:	31.46	31.46	150m:	1:47.21	38.90	250m:	3:06.43	39.78	350m:	4:24.86	38.39
	100m:	1:08.31	36.85	200m:	2:26.65	39.44	300m:	3:46.47	40.04	400m:	5:03.85	38.99

15 lat

1.	ŁAWNIK, Jakub		99	WKS I sk Wrocław						<b>4:18.24</b>	618	
	50m:	29.49	29.49	150m:	1:35.20	33.14	250m:	2:41.59	32.72	350m:	3:48.12	33.52
	100m:	1:02.06	32.57	200m:	2:08.87	33.67	300m:	3:14.60	33.01	400m:	4:18.24	30.12
2.	SZAREK, Dawid		99	WKS I sk Wrocław						<b>4:24.22</b>	577	
	50m:	29.54	29.54	150m:	1:36.13	33.42	250m:	2:43.94	33.67	350m:	3:51.57	34.04
	100m:	1:02.71	33.17	200m:	2:10.27	34.14	300m:	3:17.53	33.59	400m:	4:24.22	32.65
3.	WASIUK, Jakub SO		99	MMKS K dzierzyn-Ko le						<b>4:29.72</b>	543	
	50m:	30.17	30.17	150m:	1:37.23	34.13	250m:	2:46.28	34.53	350m:	3:56.00	34.79
	100m:	1:03.10	32.93	200m:	2:11.75	34.52	300m:	3:21.21	34.93	400m:	4:29.72	33.72
4.	STOSZEK, Szymon		99	UKS Aligator Gorzyce						<b>4:30.90</b>	536	
	50m:	30.77	30.77	150m:	1:40.36	35.17	250m:	2:49.89	34.79	350m:	3:59.25	33.97
	100m:	1:05.19	34.42	200m:	2:15.10	34.74	300m:	3:25.28	35.39	400m:	4:30.90	31.65
5.	GŁ BA, Jan		99	WKS I sk Wrocław						<b>4:31.05</b>	535	
	50m:	30.11	30.11	150m:	1:38.33	34.42	250m:	2:48.39	34.64	350m:	3:58.30	34.50
	100m:	1:03.91	33.80	200m:	2:13.75	35.42	300m:	3:23.80	35.41	400m:	4:31.05	32.75
6.	ROGOZI SKI, Mateusz SOc		99	KSZO Ostrowiec						<b>4:34.64</b>	514	
	50m:	30.12	30.12	150m:	1:37.71	34.80	250m:	2:49.19	35.67	350m:	4:00.43	34.96
	100m:	1:02.91	32.79	200m:	2:13.52	35.81	300m:	3:25.47	36.28	400m:	4:34.64	34.21
7.	OSTROWSKI, Dominik SO		99	UKP Unia O wi cim						<b>4:36.98</b>	501	
	50m:	31.85	31.85	150m:	1:42.25	35.12	250m:	2:51.92	34.90	350m:	4:02.84	35.09
	100m:	1:07.13	35.28	200m:	2:17.02	34.77	300m:	3:27.75	35.83	400m:	4:36.98	34.14
8.	PODZIMSKI, Wojciech		99	MKS Park Wodny Tarnowskie Góry						<b>4:39.75</b>	486	
	50m:	30.25	30.25	150m:	1:40.35	35.83	250m:	2:52.76	36.09	350m:	4:04.84	36.02
	100m:	1:04.52	34.27	200m:	2:16.67	36.32	300m:	3:28.82	36.06	400m:	4:39.75	34.91
9.	D BSKI, Szymon		99	UKS NAWA Skierniewice						<b>4:40.73</b>	481	
	50m:	31.82	31.82	150m:	1:43.18	36.06	250m:	2:55.12	36.17	350m:	4:06.46	36.09
	100m:	1:07.12	35.30	200m:	2:18.95	35.77	300m:	3:30.37	35.25	400m:	4:40.73	34.27
10.	DUDEK, Julian		99	UKS NAWA Skierniewice						<b>4:42.26</b>	473	
	50m:	30.87	30.87	150m:	1:41.68	35.90	250m:	2:54.66	36.65	350m:	4:09.09	37.32
	100m:	1:05.78	34.91	200m:	2:18.01	36.33	300m:	3:31.77	37.11	400m:	4:42.26	33.17
11.	BADAN, Dawid SO		99	UKP Unia O wi cim						<b>4:46.89</b>	451	
	50m:	31.92	31.92	150m:	1:45.03	36.91	250m:	2:58.48	36.59	350m:	4:11.98	36.57
	100m:	1:08.12	36.20	200m:	2:21.89	36.86	300m:	3:35.41	36.93	400m:	4:46.89	34.91
12.	GEMBALA, Adam		99	Mosm Tychy						<b>5:09.53</b>	359	
	50m:	31.10	31.10	150m:	1:49.85	40.85	250m:	3:10.54	40.71	350m:	4:31.07	40.92
	100m:	1:09.00	37.90	200m:	2:29.83	39.98	300m:	3:50.15	39.61	400m:	5:09.53	38.46

14 lat

1.	MICHTA, Kacper SOc		00	KSZO Ostrowiec						<b>4:19.04</b>	613	
	50m:	30.35	30.35	150m:	1:36.51	33.18	250m:	2:42.81	33.20	350m:	3:48.19	32.05
	100m:	1:03.33	32.98	200m:	2:09.61	33.10	300m:	3:16.14	33.33	400m:	4:19.04	30.85
2.	JAROCHA, Oskar SOc		00	KSZO Ostrowiec						<b>4:26.53</b>	562	
	50m:	28.98	28.98	150m:	1:35.29	33.53	250m:	2:44.65	34.77	350m:	3:52.85	33.68
	100m:	1:01.76	32.78	200m:	2:09.88	34.59	300m:	3:19.17	34.52	400m:	4:26.53	33.68
3.	ORŁOWSKI, Kamil SOc		00	KSZO Ostrowiec						<b>4:28.75</b>	549	
	50m:	30.52	30.52	150m:	1:39.32	34.29	250m:	2:48.12	33.93	350m:	3:56.66	33.69
	100m:	1:05.03	34.51	200m:	2:14.19	34.87	300m:	3:22.97	34.85	400m:	4:28.75	32.09

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Pozycja			Rok ur.				Czas		Pkt.
4.	D BROWSKI, Patryk		00	WKS	I sk Wrocław			<b>4:31.37</b>	533
	50m: 30.47	30.47	150m: 1:39.88	34.53	250m: 2:49.41	34.63	350m: 3:59.01	34.74	
	100m: 1:05.35	34.88	200m: 2:14.78	34.90	300m: 3:24.27	34.86	400m: 4:31.37	32.36	
5.	KIEŁCZEWSKI, Amadeusz		00	WKS	I sk Wrocław			<b>4:33.80</b>	519
	50m: 29.28	29.28	150m: 1:39.78	35.81	250m: 2:51.11	35.79	350m: 3:59.74	34.21	
	100m: 1:03.97	34.69	200m: 2:15.32	35.54	300m: 3:25.53	34.42	400m: 4:33.80	34.06	
6.	DUTKOWIAK, Wojciech		00	WKS	I sk Wrocław			<b>4:37.98</b>	496
	50m: 32.13	32.13	150m: 1:42.98	35.05	250m: 2:53.76	35.37	350m: 4:03.93	34.88	
	100m: 1:07.93	35.80	200m: 2:18.39	35.41	300m: 3:29.05	35.29	400m: 4:37.98	34.05	
7.	HANO, Grzegorz		00	WKS	I sk Wrocław			<b>4:40.50</b>	482
	50m: 32.21	32.21	150m: 1:43.29	35.17	250m: 2:54.24	35.60	350m: 4:06.03	36.01	
	100m: 1:08.12	35.91	200m: 2:18.64	35.35	300m: 3:30.02	35.78	400m: 4:40.50	34.47	
8.	ŁA , Wiktor		00	WKS	I sk Wrocław			<b>4:40.80</b>	481
	50m: 31.32	31.32	150m: 1:42.72	36.26	250m: 2:53.94	35.62	350m: 4:05.68	36.06	
	100m: 1:06.46	35.14	200m: 2:18.32	35.60	300m: 3:29.62	35.68	400m: 4:40.80	35.12	
9.	WO NIAK, Maciej		00	UKS	190 Łód			<b>4:41.54</b>	477
	50m: 31.03	31.03	150m: 1:43.40	37.08	250m: 2:55.54	35.52	350m: 4:07.74	36.04	
	100m: 1:06.32	35.29	200m: 2:20.02	36.62	300m: 3:31.70	36.16	400m: 4:41.54	33.80	
10.	PAWLACZYK, Patryk		00	UKS	190 Łód			<b>4:43.95</b>	465
	50m: 31.27	31.27	150m: 1:43.59	36.39	250m: 2:56.59	36.69	350m: 4:09.64	36.24	
	100m: 1:07.20	35.93	200m: 2:19.90	36.31	300m: 3:33.40	36.81	400m: 4:43.95	34.31	
11.	GIRUL, Radosław		00	WKS	I sk Wrocław			<b>4:44.97</b>	460
	50m: 33.10	33.10	150m: 1:45.87	36.39	250m: 2:58.86	36.13	350m: 4:10.43	35.49	
	100m: 1:09.48	36.38	200m: 2:22.73	36.86	300m: 3:34.94	36.08	400m: 4:44.97	34.54	
12.	BARTKOWSKI, Jakub SOc		00	KSZO	Ostrowiec			<b>4:46.11</b>	455
	50m: 30.34	30.34	150m: 1:43.69	37.44	250m: 2:57.79	37.20	350m: 4:11.45	36.63	
	100m: 1:06.25	35.91	200m: 2:20.59	36.90	300m: 3:34.82	37.03	400m: 4:46.11	34.66	
13.	WOZNIAK, Kamil		00	MUKS	Sokol Kolbuszowa Dolna			<b>4:46.14</b>	454
	50m: 32.13	32.13	150m: 1:45.06	36.72	250m: 2:58.42	36.03	350m: 4:11.20	35.76	
	100m: 1:08.34	36.21	200m: 2:22.39	37.33	300m: 3:35.44	37.02	400m: 4:46.14	34.94	
14.	STOSZEK, Kacper		00	MTP	Delfin Cieszyn			<b>4:46.56</b>	452
	50m: 31.81	31.81	150m: 1:44.06	36.50	250m: 2:57.70	36.73	350m: 4:11.50	36.59	
	100m: 1:07.56	35.75	200m: 2:20.97	36.91	300m: 3:34.91	37.21	400m: 4:46.56	35.06	
15.	DOMINIAK, Kacper		00	WKS	I sk Wrocław			<b>4:47.74</b>	447
	50m: 33.49	33.49	150m: 1:47.04	36.78	250m: 3:00.53	36.85	350m: 4:13.92	36.34	
	100m: 1:10.26	36.77	200m: 2:23.68	36.64	300m: 3:37.58	37.05	400m: 4:47.74	33.82	
16.	KRZEKOTOWSKI, Karol		00	UKP	Torpeda Ole nica			<b>4:47.92</b>	446
	50m: 31.91	31.91	150m: 1:46.50	37.82	250m: 3:01.69	37.49	350m: 4:14.39	35.68	
	100m: 1:08.68	36.77	200m: 2:24.20	37.70	300m: 3:38.71	37.02	400m: 4:47.92	33.53	
17.	FIKS, Krzysztof		00	UKS	190 Łód			<b>4:47.95</b>	446
	50m: 32.62	32.62	150m: 1:47.06	37.61	250m: 3:01.45	37.44	350m: 4:16.55	37.43	
	100m: 1:09.45	36.83	200m: 2:24.01	36.95	300m: 3:39.12	37.67	400m: 4:47.95	31.40	
18.	JOBDA, Ryszard		00	Uks	Victoria Józefów			<b>4:55.50</b>	413
	50m: 31.72	31.72	150m: 1:45.92	37.83	250m: 3:02.85	38.33	350m: 4:19.25	38.36	
	100m: 1:08.09	36.37	200m: 2:24.52	38.60	300m: 3:40.89	38.04	400m: 4:55.50	36.25	
19.	BOBOWIEC, Maksymilian		00	WKS	I sk Wrocław			<b>5:03.89</b>	379
	50m: 34.38	34.38	150m: 1:51.20	38.46	250m: 3:07.74	38.05	350m: 4:24.67	37.90	
	100m: 1:12.74	38.36	200m: 2:29.69	38.49	300m: 3:46.77	39.03	400m: 5:03.89	39.22	
20.	ZAMELSKI, Michał		00	MKS	- Astoria Bydgoszcz			<b>5:05.85</b>	372
	50m: 32.62	32.62	150m: 1:49.13	38.99	250m: 3:08.12	39.52	350m: 4:27.52	39.71	
	100m: 1:10.14	37.52	200m: 2:28.60	39.47	300m: 3:47.81	39.69	400m: 5:05.85	38.33	
21.	B CLER, Jakub		00	WKS	I sk Wrocław			<b>5:09.35</b>	360
	50m: 33.58	33.58	150m: 1:50.17	39.04	250m: 3:09.99	40.44	350m: 4:30.71	40.25	
	100m: 1:11.13	37.55	200m: 2:29.55	39.38	300m: 3:50.46	40.47	400m: 5:09.35	38.64	



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NW AUGUSTYN, Aleksander	00		MUKS Sokol Kolbuszowa Dolna