

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

Event 12 Men, 400m Freestyle 14 years and older
2014-05-03 - 11:30 Results

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

Points: FINA 2013

Rank			YB					Time	Pts	
14 years and older										
1.	WOJDAK, Wojciech SO		96	UKP Unia Oswiecim				3:57.67	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				3:57.96	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				3:59.87	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.	GLYK, Wojciech		92	AZS AWF Katowice				4:01.57	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, Pawel SSz		95	MKP Szczecin				4:02.59	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 Slask Wroclaw				4:03.90	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 Slask Wroclaw				4:04.36	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, Slawomir		94	AZS AWF Katowice				4:04.61	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.	SZARLINSKI, Filip		92	AZS Warsaw				4:05.20	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 Oswiecim				4:05.76	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, Rafal SR		95	MKS-SMS Victoria Raciborz				4:11.19	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.	DEREN, Kacper		98	MKS 9 Dzierzoniow				4:11.72	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, Michal		94	AZS AWF Katowice				4:12.34	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, Lukasz SO		97	UKP Unia Oswiecim				4:12.35	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 Wroclaw				4:13.41	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 Trojka Lodz				4:15.67	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
Opole, 3- - 4-5-2014

Event 12, Men, 400m Freestyle, 14 years and older

Rank					YB					Time	Pts	
17.	LAWNIK, Jakub				99	WKS Slask Wroclaw				4:18.24	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				4:19.04	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				4:20.74	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, Jędrzej				98	WKS Slask Wroclaw				4:21.42	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.	NIEDZIALEK, Dominik				98	Skarpa Lublin				4:21.55	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.	DEBSKI, Dominik				98	MKS Trojka Lodz				4:21.88	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 Plock				4:22.40	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 Krasnik				4:23.64	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 Raciborz				4:23.85	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 Slask Wroclaw				4:24.22	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.	GORSKI, Marcin				97	MKP Szczecin				4:24.75	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 Slask Wroclaw				4:25.98	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				4:26.45	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				4:26.53	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				4:27.50	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.	ORLOWSKI, Kamil SOc				00	KSZO Ostrowiec				4:28.75	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 Kedzierzyn-Kozle				4:29.72	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				4:30.90	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

Grand Prix - Puchar Polski w Pływaniu 2013-2014
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Event 12, Men, 400m Freestyle, 14 years and older

Rank					YB					Time	Pts	
35.	GLABA, Jan				99	WKS Slask Wroclaw				4:31.05	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.	DABROWSKI, Patryk				00	WKS Slask Wroclaw				4:31.37	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 Slask Wroclaw				4:32.42	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 Gory				4:32.46	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 Slask Wroclaw				4:32.78	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.	KIELCZEWSKI, Amadeusz				00	WKS Slask Wroclaw				4:33.80	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.	ROGOZINSKI, Mateusz SOc				99	KSZO Ostrowiec				4:34.64	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 Slask Wroclaw				4:36.13	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.	SOWKA, Denis				98	DOKiS SP "Vega" Dobrodzien				4:36.82	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 Oswiecim				4:36.98	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 Slask Wroclaw				4:37.98	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				4:39.30	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 Gory				4:39.75	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 Slask Wroclaw				4:40.50	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.	DEBSKI, Szymon				99	UKS NAWA Skierniewice				4:40.73	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.	LAS, Wiktor				00	WKS Slask Wroclaw				4:40.80	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.	WOZNIAK, Maciej				00	UKS 190 Lodz				4:41.54	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				4:42.26	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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Rank					YB					Time	Pts	
53.	MATURA, Klaudiusz				98	UKS Mata Kochlowice Ruda Slask				4:42.47	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 Lodz				4:43.95	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, Radoslaw				00	WKS Slask Wroclaw				4:44.97	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				4:46.11	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				4:46.14	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				4:46.56	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 Oswiecim				4:46.89	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 Slask Wroclaw				4:47.74	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 Olesnica				4:47.92	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 Lodz				4:47.95	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 Jozefow				4:55.50	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.	ZAJAC, Mikolaj				98	Mosm Tychy				5:03.85	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 Slask Wroclaw				5:03.89	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, Michal				00	MKS - Astoria Bydgoszcz				5:05.85	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.	BACLER, Jakub				00	WKS Slask Wroclaw				5:09.35	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				5:09.53	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
DSQ	MIKICIN, Milosz				93	AZS Warsaw						
DNS	AUGUSTYN, Aleksander				00	MUKS Sokol Kolbuszowa Dolna					O-9	

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

Event 12, Men, 400m Freestyle

19 - 23 years

1.	ZABOROWSKI, Filip	94	MKP Szczecin	3:57.96	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	3:59.87	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.	GLYK, Wojciech	92	AZS AWF Katowice	4:01.57	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, Pawel SSz	95	MKP Szczecin	4:02.59	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 Slask Wroclaw	4:03.90	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 Slask Wroclaw	4:04.36	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, Slawomir	94	AZS AWF Katowice	4:04.61	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.	SZARLINSKI, Filip	92	AZS Warsaw	4:05.20	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 Oswiecim	4:05.76	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, Rafal SR	95	MKS-SMS Victoria Raciborz	4:11.19	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, Michal	94	AZS AWF Katowice	4:12.34	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 Wroclaw	4:13.41	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 Trojka Lodz	4:15.67	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	4:27.50	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	

DSQ MIKICIN, Milosz

93 AZS Warsaw

O-9

17 - 18 years

1.	WOJDAK, Wojciech SO	96	UKP Unia Oswiecim	3:57.67	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, Lukasz SO	97	UKP Unia Oswiecim	4:12.35	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	4:20.74	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	

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

Event 12, Boys, 400m Freestyle, 17 - 18 years

Rank			YB							Time	Pts
4.	BRUCHAJZER, Dominik		97	MZOS Plock						4:22.40	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 Krasnik						4:23.64	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.	GORSKI, Marcin		97	MKP Szczecin						4:24.75	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						4:26.45	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 Gory						4:32.46	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 years

1.	DEREN, Kacper		98	MKS 9 Dzierzoniow						4:11.72	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, Jędrzej		98	WKS Slask Wroclaw						4:21.42	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.	NIEDZIALEK, Dominik		98	Skarpa Lublin						4:21.55	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.	DEBSKI, Dominik		98	MKS Trojka Lodz						4:21.88	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 Raciborz						4:23.85	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 Slask Wroclaw						4:25.98	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 Slask Wroclaw						4:32.42	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 Slask Wroclaw						4:32.78	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 Slask Wroclaw						4:36.13	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.	SOWKA, Denis		98	DOKiS SP "Vega" Dobrodzien						4:36.82	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						4:39.30	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 Kochlowice Ruda Slask						4:42.47	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

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

Event 12, Boys, 400m Freestyle, 16 years

Rank			YB							Time	Pts	
13.	ZAJAC, Mikołaj		98	Mosm Tychy						5:03.85	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 years

1.	LAWNIK, Jakub		99	WKS Slask Wroclaw						4:18.24	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 Slask Wroclaw						4:24.22	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 Kedzierzyn-Kozle						4:29.72	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						4:30.90	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.	GLABA, Jan		99	WKS Slask Wroclaw						4:31.05	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.	ROGOZINSKI, Mateusz SOc		99	KSZO Ostrowiec						4:34.64	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 Oswiecim						4:36.98	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 Gory						4:39.75	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.	DEBSKI, Szymon		99	UKS NAWA Skierniewice						4:40.73	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						4:42.26	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 Oswiecim						4:46.89	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						5:09.53	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 years

1.	MICHTA, Kacper SOc		00	KSZO Ostrowiec						4:19.04	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						4:26.53	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.	ORLOWSKI, Kamil SOc		00	KSZO Ostrowiec						4:28.75	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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Rank			YB					Time	Pts		
4.	DABROWSKI, Patryk		00	WKS Slask Wroclaw				4:31.37	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.	KIELCZEWSKI, Amadeusz		00	WKS Slask Wroclaw				4:33.80	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 Slask Wroclaw				4:37.98	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 Slask Wroclaw				4:40.50	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.	LAS, Wiktor		00	WKS Slask Wroclaw				4:40.80	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.	WOZNIAK, Maciej		00	UKS 190 Lodz				4:41.54	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 Lodz				4:43.95	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, Radoslaw		00	WKS Slask Wroclaw				4:44.97	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				4:46.11	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				4:46.14	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				4:46.56	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 Slask Wroclaw				4:47.74	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 Olesnica				4:47.92	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 Lodz				4:47.95	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 Jozefow				4:55.50	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 Slask Wroclaw				5:03.89	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, Michal		00	MKS - Astoria Bydgoszcz				5:05.85	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.	BACLER, Jakub		00	WKS Slask Wroclaw				5:09.35	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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Rank		YB		Time	Pts
DNS	AUGUSTYN, Aleksander	00	MUKS Sokol Kolbuszowa Dolna		