

Grand Prix - Puchar Polski w Pływaniu
Opole, 9- - 10-5-2015

Event 32
2015-05-10 - 12:14

Men, 400m Freestyle

14 years and older
Results

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

Points: FINA 2014

Rank			YB			Time	Pts	
14 years and older								
1.	Glyk Wojciech		92	AZS AWF Katowice		4:01.04	761	
	50m: 28.32	28.32	150m: 1:30.02	30.92	250m: 2:31.29	30.37	350m: 3:31.62	30.14
	100m: 59.10	30.78	200m: 2:00.92	30.90	300m: 3:01.48	30.19	400m: 4:01.04	29.42
2.	Zaczynski Karol		91	WKS Slask Wroclaw		4:01.46	757	
	50m: 28.17	28.17	150m: 1:29.69	30.95	250m: 2:31.38	30.55	350m: 3:32.01	30.38
	100m: 58.74	30.57	200m: 2:00.83	31.14	300m: 3:01.63	30.25	400m: 4:01.46	29.45
3.	Klich Kacper		94	WKS Slask Wroclaw		4:01.99	752	
	50m: 28.22	28.22	150m: 1:29.90	30.79	250m: 2:30.77	30.12	350m: 3:31.72	30.78
	100m: 59.11	30.89	200m: 2:00.65	30.75	300m: 3:00.94	30.17	400m: 4:01.99	30.27
4.	Arndt Mateusz		98	KS Delfin Gdynia		4:02.17	750	
	50m: 28.77	28.77	150m: 1:31.02	31.37	250m: 2:32.84	30.98	350m: 3:33.28	30.18
	100m: 59.65	30.88	200m: 2:01.86	30.84	300m: 3:03.10	30.26	400m: 4:02.17	28.89
5.	Jaszczak Wiktor		97	WKS Slask Wroclaw		4:03.02	742	
	50m: 29.07	29.07	150m: 1:31.04	31.09	250m: 2:32.64	30.64	350m: 3:33.69	30.32
	100m: 59.95	30.88	200m: 2:02.00	30.96	300m: 3:03.37	30.73	400m: 4:03.02	29.33
6.	Smeja Slawomir		94	AZS AWF Katowice		4:04.86	725	
	50m: 28.24	28.24	150m: 1:30.43	31.16	250m: 2:32.70	30.99	350m: 3:34.94	31.08
	100m: 59.27	31.03	200m: 2:01.71	31.28	300m: 3:03.86	31.16	400m: 4:04.86	29.92
7.	Zbutowicz Karol SOL		98	Kormoran Olsztyn		4:06.79	709	
	50m: 29.78	29.78	150m: 1:33.88	31.90	250m: 2:36.34	30.93	350m: 3:37.64	30.56
	100m: 1:01.98	32.20	200m: 2:05.41	31.53	300m: 3:07.08	30.74	400m: 4:06.79	29.15
8.	Kolodziejki Filip SZG		96	KORNER Zielona Gora		4:07.03	707	
	50m: 28.60	28.60	150m: 1:31.61	31.63	250m: 2:35.03	31.65	350m: 3:37.41	30.85
	100m: 59.98	31.38	200m: 2:03.38	31.77	300m: 3:06.56	31.53	400m: 4:07.03	29.62
9.	Chrzanowski Damian		98	MZOS Plock		4:07.70	701	
	50m: 28.49	28.49	150m: 1:30.39	31.30	250m: 2:34.25	32.21	350m: 3:37.99	31.49
	100m: 59.09	30.60	200m: 2:02.04	31.65	300m: 3:06.50	32.25	400m: 4:07.70	29.71
10.	Pioro Artur		91	MKS Palac Katowice		4:08.15	697	
	50m: 29.52	29.52	150m: 1:32.34	31.43	250m: 2:35.33	31.57	350m: 3:38.08	30.88
	100m: 1:00.91	31.39	200m: 2:03.76	31.42	300m: 3:07.20	31.87	400m: 4:08.15	30.07
11.	Jura Maciej		96	WKS Slask Wroclaw		4:09.41	686	
	50m: 28.29	28.29	150m: 1:30.46	30.97	250m: 2:33.43	31.44	350m: 3:37.33	32.25
	100m: 59.49	31.20	200m: 2:01.99	31.53	300m: 3:05.08	31.65	400m: 4:09.41	32.08
12.	Urbaniak Jan		95	WARTA Poznan		4:10.21	680	
	50m: 29.97	29.97	150m: 1:32.90	31.66	250m: 2:36.25	31.53	350m: 3:39.18	31.38
	100m: 1:01.24	31.27	200m: 2:04.72	31.82	300m: 3:07.80	31.55	400m: 4:10.21	31.03
13.	Poprawa Michal		94	AZS AWF Katowice		4:10.64	676	
	50m: 28.65	28.65	150m: 1:31.71	31.38	250m: 2:34.87	31.64	350m: 3:38.98	31.91
	100m: 1:00.33	31.68	200m: 2:03.23	31.52	300m: 3:07.07	32.20	400m: 4:10.64	31.66
14.	Zoniuk Maciej		94	WKS Slask Wroclaw		4:11.06	673	
	50m: 28.44	28.44	150m: 1:30.78	31.20	250m: 2:34.66	31.97	350m: 3:39.02	32.33
	100m: 59.58	31.14	200m: 2:02.69	31.91	300m: 3:06.69	32.03	400m: 4:11.06	32.04
15.	Murzyn Dawid		97	MKS Jordan Krakow		4:12.95	658	
	50m: 28.23	28.23	150m: 1:31.86	32.54	250m: 2:37.26	32.43	350m: 3:42.55	32.77
	100m: 59.32	31.09	200m: 2:04.83	32.97	300m: 3:09.78	32.52	400m: 4:12.95	30.40
16.	Chmielewski Jakub		99	WKS Slask Wroclaw		4:13.08	657	
	50m: 31.04	31.04	150m: 1:36.60	32.89	250m: 2:40.39	31.92	350m: 3:43.15	30.09
	100m: 1:03.71	32.67	200m: 2:08.47	31.87	300m: 3:13.06	32.67	400m: 4:13.08	29.93

Grand Prix - Puchar Polski w Pływaniu
Opole, 9- - 10-5-2015

Event 32, Men, 400m Freestyle, 14 years and older

Rank					YB					Time	Pts	
17.	Parzynowski Wojciech				99	Olimpijczyk Aleksandrow L.				4:13.33	655	
	50m:	30.08	30.08	150m:	1:34.96	32.57	250m:	2:39.22	32.01	350m:	3:43.24	32.04
	100m:	1:02.39	32.31	200m:	2:07.21	32.25	300m:	3:11.20	31.98	400m:	4:13.33	30.09
18.	Cukanow Michal				99	Olimpijczyk Aleksandrow L.				4:13.97	650	
	50m:	30.05	30.05	150m:	1:35.31	33.17	250m:	2:40.11	31.93	350m:	3:43.33	30.96
	100m:	1:02.14	32.09	200m:	2:08.18	32.87	300m:	3:12.37	32.26	400m:	4:13.97	30.64
19.	Malyska Bartosz				99	UKS Skarpa Lublin				4:14.58	645	
	50m:	30.10	30.10	150m:	1:35.53	33.15	250m:	2:41.15	32.66	350m:	3:45.17	31.74
	100m:	1:02.38	32.28	200m:	2:08.49	32.96	300m:	3:13.43	32.28	400m:	4:14.58	29.41
20.	Stanek Adam SO				99	UKP UNIA Oswiecim				4:14.60	645	
	50m:	30.36	30.36	150m:	1:35.24	32.47	250m:	2:39.87	32.17	350m:	3:43.61	31.57
	100m:	1:02.77	32.41	200m:	2:07.70	32.46	300m:	3:12.04	32.17	400m:	4:14.60	30.99
21.	Ksiazek Jakub				98	MKP Kolobrzeg				4:15.56	638	
	50m:	30.07	30.07	150m:	1:37.10	33.46	250m:	2:43.12	32.85	350m:	3:46.14	31.62
	100m:	1:03.64	33.57	200m:	2:10.27	33.17	300m:	3:14.52	31.40	400m:	4:15.56	29.42
22.	Debski Dominik				98	MKS Trojka Lodz				4:16.33	632	
	50m:	29.27	29.27	150m:	1:34.18	32.66	250m:	2:39.23	32.42	350m:	3:44.96	32.77
	100m:	1:01.52	32.25	200m:	2:06.81	32.63	300m:	3:12.19	32.96	400m:	4:16.33	31.37
23.	Zybura Kornel				95	MKP Bobry Debica				4:16.41	632	
	50m:	29.45	29.45	150m:	1:33.45	32.40	250m:	2:39.11	33.01	350m:	3:44.73	32.61
	100m:	1:01.05	31.60	200m:	2:06.10	32.65	300m:	3:12.12	33.01	400m:	4:16.41	31.68
24.	Dytkowski Jan SOc				97	KS KSZO Ostrowiec Sw.				4:16.60	630	
	50m:	29.50	29.50	150m:	1:34.31	32.35	250m:	2:37.89	31.54	350m:	3:43.19	32.89
	100m:	1:01.96	32.46	200m:	2:06.35	32.04	300m:	3:10.30	32.41	400m:	4:16.60	33.41
25.	Kempa Mikolaj SO				99	MMKS Kedzierzyn Kozle				4:17.21	626	
	50m:	29.79	29.79	150m:	1:37.09	34.24	250m:	2:42.60	31.67	350m:	3:45.86	31.71
	100m:	1:02.85	33.06	200m:	2:10.93	33.84	300m:	3:14.15	31.55	400m:	4:17.21	31.35
26.	Bruchajzer Dominik				97	MZOS Plock				4:17.78	622	
	50m:	29.52	29.52	150m:	1:35.51	33.10	250m:	2:41.02	32.53	350m:	3:47.88	33.66
	100m:	1:02.41	32.89	200m:	2:08.49	32.98	300m:	3:14.22	33.20	400m:	4:17.78	29.90
27.	Walczak Szymon				99	MKS Park Wodny Tarnowskie Gory				4:18.43	617	
	50m:	29.59	29.59	150m:	1:35.53	33.17	250m:	2:42.32	33.44	350m:	3:48.02	32.30
	100m:	1:02.36	32.77	200m:	2:08.88	33.35	300m:	3:15.72	33.40	400m:	4:18.43	30.41
28.	Kepa Kacper				99	UKS Gos Raszyn				4:18.96	613	
	50m:	30.26	30.26	150m:	1:36.31	33.35	250m:	2:41.66	32.51	350m:	3:47.43	33.09
	100m:	1:02.96	32.70	200m:	2:09.15	32.84	300m:	3:14.34	32.68	400m:	4:18.96	31.53
29.	Durajczyk Michal				97	IKS Konstancin				4:19.08	612	
	50m:	29.47	29.47	150m:	1:33.07	32.31	250m:	2:39.39	33.58	350m:	3:47.33	34.22
	100m:	1:00.76	31.29	200m:	2:05.81	32.74	300m:	3:13.11	33.72	400m:	4:19.08	31.75
30.	Szarek Dawid				99	WKS Slask Wroclaw				4:19.39	610	
	50m:	29.29	29.29	150m:	1:35.43	33.23	250m:	2:42.47	33.36	350m:	3:48.12	32.14
	100m:	1:02.20	32.91	200m:	2:09.11	33.68	300m:	3:15.98	33.51	400m:	4:19.39	31.27
31.	Michta Kacper SOc				00	KS KSZO Ostrowiec Sw.				4:19.84	607	
	50m:	29.54	29.54	150m:	1:35.43	33.13	250m:	2:41.95	33.24	350m:	3:47.82	32.68
	100m:	1:02.30	32.76	200m:	2:08.71	33.28	300m:	3:15.14	33.19	400m:	4:19.84	32.02
32.	Zuchowicz Jan				98	UKS Zoliborz Warszawa				4:21.49	596	
	50m:	29.35	29.35	150m:	1:34.70	32.76	250m:	2:41.40	33.40	350m:	3:48.31	33.22
	100m:	1:01.94	32.59	200m:	2:08.00	33.30	300m:	3:15.09	33.69	400m:	4:21.49	33.18
33.	Kuczma Jędrzej				98	WKS Slask Wroclaw				4:21.70	594	
	50m:	30.55	30.55	150m:	1:36.13	33.25	250m:	2:42.62	33.52	350m:	3:48.82	33.24
	100m:	1:02.88	32.33	200m:	2:09.10	32.97	300m:	3:15.58	32.96	400m:	4:21.70	32.88
34.	Pawlaczyk Patryk				00	UKS 190 Lodz				4:21.95	592	
	50m:	29.39	29.39	150m:	1:35.44	33.81	250m:	2:43.31	33.92	350m:	3:51.76	34.30
	100m:	1:01.63	32.24	200m:	2:09.39	33.95	300m:	3:17.46	34.15	400m:	4:21.95	30.19

Grand Prix - Puchar Polski w Pływaniu
Opole, 9- - 10-5-2015

Event 32, Men, 400m Freestyle, 14 years and older

Rank					YB					Time	Pts	
35.	Dutkowiak Wojciech				00	WKS Slask Wroclaw				4:22.18	591	
	50m:	30.76	30.76	150m:	1:37.77	32.73	250m:	2:44.31	32.97	350m:	3:49.99	32.14
	100m:	1:05.04	34.28	200m:	2:11.34	33.57	300m:	3:17.85	33.54	400m:	4:22.18	32.19
36.	Topolski Arkadiusz SO				98	UKP UNIA Oswiecim				4:22.19	591	
	50m:	30.73	30.73	150m:	1:36.83	33.26	250m:	2:42.76	33.03	350m:	3:49.91	33.63
	100m:	1:03.57	32.84	200m:	2:09.73	32.90	300m:	3:16.28	33.52	400m:	4:22.19	32.28
37.	Gawron Oskar				99	WKS Slask Wroclaw				4:22.46	589	
	50m:	30.58	30.58	150m:	1:38.09	33.69	250m:	2:44.48	32.61	350m:	3:49.84	32.22
	100m:	1:04.40	33.82	200m:	2:11.87	33.78	300m:	3:17.62	33.14	400m:	4:22.46	32.62
38.	Zaborowski Pawel				98	MKS Jedynka Lodz				4:22.57	588	
	50m:	29.82	29.82	150m:	1:36.05	33.70	250m:	2:43.49	33.61	350m:	3:50.58	33.37
	100m:	1:02.35	32.53	200m:	2:09.88	33.83	300m:	3:17.21	33.72	400m:	4:22.57	31.99
39.	Goleniec Kamil SO				99	UKP UNIA Oswiecim				4:22.90	586	
	50m:	29.75	29.75	150m:	1:35.65	33.17	250m:	2:43.81	33.89	350m:	3:51.94	33.65
	100m:	1:02.48	32.73	200m:	2:09.92	34.27	300m:	3:18.29	34.48	400m:	4:22.90	30.96
40.	Piechowiak Michal SZG				98	KORNER Zielona Gora				4:24.51	575	
	50m:	29.85	29.85	150m:	1:37.27	33.88	250m:	2:46.04	34.49	350m:	3:53.00	32.89
	100m:	1:03.39	33.54	200m:	2:11.55	34.28	300m:	3:20.11	34.07	400m:	4:24.51	31.51
41.	Orlowski Kamil SOc				00	KS KSZO Ostrowiec Sw.				4:24.57	575	
	50m:	30.74	30.74	150m:	1:36.71	33.09	250m:	2:44.25	33.76	350m:	3:51.24	33.09
	100m:	1:03.62	32.88	200m:	2:10.49	33.78	300m:	3:18.15	33.90	400m:	4:24.57	33.33
42.	Dabrowski Patryk				00	WKS Slask Wroclaw				4:24.65	574	
	50m:	29.82	29.82	150m:	1:37.73	34.19	250m:	2:45.90	34.13	350m:	3:53.78	33.60
	100m:	1:03.54	33.72	200m:	2:11.77	34.04	300m:	3:20.18	34.28	400m:	4:24.65	30.87
43.	Marczuk Szymon SO				99	UKP UNIA Oswiecim				4:24.75	574	
	50m:	29.79	29.79	150m:	1:37.05	34.16	250m:	2:46.01	34.44	350m:	3:53.54	32.91
	100m:	1:02.89	33.10	200m:	2:11.57	34.52	300m:	3:20.63	34.62	400m:	4:24.75	31.21
44.	Kaczorowski Jakub				97	UKS Zoliborz Warszawa				4:24.82	573	
	50m:	30.45	30.45	150m:	1:38.08	33.89	250m:	2:45.68	33.70	350m:	3:52.48	33.14
	100m:	1:04.19	33.74	200m:	2:11.98	33.90	300m:	3:19.34	33.66	400m:	4:24.82	32.34
45.	Dominiak Kacper				00	WKS Slask Wroclaw				4:25.09	572	
	50m:	30.59	30.59	150m:	1:38.56	34.11	250m:	2:46.08	33.13	350m:	3:53.33	33.20
	100m:	1:04.45	33.86	200m:	2:12.95	34.39	300m:	3:20.13	34.05	400m:	4:25.09	31.76
46.	Ostrowski Dominik SO				99	UKP UNIA Oswiecim				4:25.17	571	
	50m:	29.97	29.97	150m:	1:36.99	33.60	250m:	2:45.30	34.08	350m:	3:52.82	33.40
	100m:	1:03.39	33.42	200m:	2:11.22	34.23	300m:	3:19.42	34.12	400m:	4:25.17	32.35
47.	Czerniak Konrad				98	UKS Skarpa Lublin				4:25.87	567	
	50m:	29.82	29.82	150m:	1:37.81	35.08	250m:	2:47.05	35.11	350m:	3:53.63	32.58
	100m:	1:02.73	32.91	200m:	2:11.94	34.13	300m:	3:21.05	34.00	400m:	4:25.87	32.24
48.	Grzyski Mateusz				98	WKS Slask Wroclaw				4:25.93	566	
	50m:	30.85	30.85	150m:	1:39.16	34.66	250m:	2:46.62	33.36	350m:	3:54.26	33.94
	100m:	1:04.50	33.65	200m:	2:13.26	34.10	300m:	3:20.32	33.70	400m:	4:25.93	31.67
49.	Arentewicz Jacek				97	UKS Shark Rudna				4:26.72	561	
	50m:	30.51	30.51	150m:	1:37.21	33.69	250m:	2:44.69	33.58	350m:	3:52.54	34.08
	100m:	1:03.52	33.01	200m:	2:11.11	33.90	300m:	3:18.46	33.77	400m:	4:26.72	34.18
50.	Sacha Kamil				01	CSiR MOS Dabrowa Gornicza				4:27.10	559	
	50m:	30.58	30.58	150m:	1:39.57	34.60	250m:	2:47.71	33.89	350m:	3:55.46	33.68
	100m:	1:04.97	34.39	200m:	2:13.82	34.25	300m:	3:21.78	34.07	400m:	4:27.10	31.64
51.	Topolski Dawid				00	MKS Trojka Lodz				4:28.25	552	
	50m:	30.04	30.04	150m:	1:37.75	34.46	250m:	2:47.11	34.74	350m:	3:55.73	33.72
	100m:	1:03.29	33.25	200m:	2:12.37	34.62	300m:	3:22.01	34.90	400m:	4:28.25	32.52
52.	Lenartowicz Kacper				99	IKS Konstancin				4:28.94	547	
	50m:	30.37	30.37	150m:	1:36.80	33.66	250m:	2:45.42	34.63	350m:	3:55.54	35.02
	100m:	1:03.14	32.77	200m:	2:10.79	33.99	300m:	3:20.52	35.10	400m:	4:28.94	33.40

Grand Prix - Puchar Polski w Pływaniu
Opole, 9- - 10-5-2015

Event 32, Men, 400m Freestyle, 14 years and older

Rank					YB					Time	Pts	
53.	Sikora Patryk				99	WKS Slask Wroclaw				4:29.44	544	
	50m:	31.31	31.31	150m:	1:39.71	34.69	250m:	2:48.91	34.02	350m:	3:58.02	34.72
	100m:	1:05.02	33.71	200m:	2:14.89	35.18	300m:	3:23.30	34.39	400m:	4:29.44	31.42
54.	Debski Szymon				99	UKS NAWA Skierniewice				4:29.49	544	
	50m:	29.97	29.97	150m:	1:38.34	34.69	250m:	2:48.03	34.36	350m:	3:57.21	34.22
	100m:	1:03.65	33.68	200m:	2:13.67	35.33	300m:	3:22.99	34.96	400m:	4:29.49	32.28
55.	Domanski Kamil				00	Olimpijczyk Aleksandrow L.				4:30.15	540	
	50m:	29.07	29.07	150m:	1:36.19	34.51	250m:	2:47.34	35.90	350m:	3:57.71	34.97
	100m:	1:01.68	32.61	200m:	2:11.44	35.25	300m:	3:22.74	35.40	400m:	4:30.15	32.44
56.	Las Wiktor				00	WKS Slask Wroclaw				4:30.49	538	
	50m:	30.50	30.50	150m:	1:38.92	34.52	250m:	2:49.00	35.41	350m:	3:58.74	34.83
	100m:	1:04.40	33.90	200m:	2:13.59	34.67	300m:	3:23.91	34.91	400m:	4:30.49	31.75
57.	Grabarczyk Olaf SR				98	MKS-SMS Victoria Raciborz				4:30.62	537	
	50m:	31.69	31.69	150m:	1:40.66	34.77	250m:	2:50.30	34.79	350m:	3:59.12	33.88
	100m:	1:05.89	34.20	200m:	2:15.51	34.85	300m:	3:25.24	34.94	400m:	4:30.62	31.50
58.	Matura Klaudiusz Sr				98	MKS-SMS Victoria Raciborz				4:31.14	534	
	50m:	30.33	30.33	150m:	1:38.20	34.18	250m:	2:48.25	35.05	350m:	3:57.35	34.16
	100m:	1:04.02	33.69	200m:	2:13.20	35.00	300m:	3:23.19	34.94	400m:	4:31.14	33.79
59.	Manka Filip				00	UKS 190 Lodz				4:31.78	530	
	50m:	30.77	30.77	150m:	1:38.80	34.56	250m:	2:48.18	34.34	350m:	3:58.22	35.12
	100m:	1:04.24	33.47	200m:	2:13.84	35.04	300m:	3:23.10	34.92	400m:	4:31.78	33.56
60.	Goraj Marcin				01	UKS SMS Galicja Krakow				4:32.05	529	
	50m:	29.27	29.27	150m:	1:38.84	35.05	250m:	2:49.00	35.34	350m:	3:58.57	34.33
	100m:	1:03.79	34.52	200m:	2:13.66	34.82	300m:	3:24.24	35.24	400m:	4:32.05	33.48
61.	Piotrowski Kacper				01	WKS Slask Wroclaw				4:32.38	527	
	50m:	30.52	30.52	150m:	1:39.31	35.25	250m:	2:49.69	35.55	350m:	3:59.31	34.96
	100m:	1:04.06	33.54	200m:	2:14.14	34.83	300m:	3:24.35	34.66	400m:	4:32.38	33.07
62.	Mazur Dominik SO				99	UKP UNIA Oswiecim				4:33.20	522	
	50m:	29.51	29.51	150m:	1:38.31	34.95	250m:	2:48.90	35.47	350m:	3:59.86	35.51
	100m:	1:03.36	33.85	200m:	2:13.43	35.12	300m:	3:24.35	35.45	400m:	4:33.20	33.34
63.	Bobowiec Maksylian				01	WKS Slask Wroclaw				4:33.35	521	
	50m:	31.24	31.24	150m:	1:40.48	35.10	250m:	2:51.00	35.13	350m:	4:01.47	34.93
	100m:	1:05.38	34.14	200m:	2:15.87	35.39	300m:	3:26.54	35.54	400m:	4:33.35	31.88
64.	Olejniczak Jędrzej				99	KP Astromal Akwawit Leszno				4:36.08	506	
	50m:	31.90	31.90	150m:	1:42.48	35.56	250m:	2:53.51	35.76	350m:	4:03.60	34.34
	100m:	1:06.92	35.02	200m:	2:17.75	35.27	300m:	3:29.26	35.75	400m:	4:36.08	32.48
65.	Prus Mateusz				00	KP Astromal Akwawit Leszno				4:36.52	504	
	50m:	30.88	30.88	150m:	1:40.51	35.17	250m:	2:52.02	35.73	350m:	4:02.64	34.81
	100m:	1:05.34	34.46	200m:	2:16.29	35.78	300m:	3:27.83	35.81	400m:	4:36.52	33.88
66.	Chalat Stanislaw				99	UKS Skarpa Lublin				4:37.14	500	
	50m:	31.84	31.84	150m:	1:42.08	35.13	250m:	2:53.23	35.39	350m:	4:03.37	34.65
	100m:	1:06.95	35.11	200m:	2:17.84	35.76	300m:	3:28.72	35.49	400m:	4:37.14	33.77
67.	Skuba Marcin				98	Orka Zamosc				4:39.71	487	
	50m:	30.84	30.84	150m:	1:41.03	35.25	250m:	2:52.04	35.55	350m:	4:04.54	36.31
	100m:	1:05.78	34.94	200m:	2:16.49	35.46	300m:	3:28.23	36.19	400m:	4:39.71	35.17
68.	Milbrant Kacper				01	UKS Salmo Zory				4:40.42	483	
	50m:	30.85	30.85	150m:	1:42.52	36.49	250m:	2:55.37	36.46	350m:	4:07.16	36.20
	100m:	1:06.03	35.18	200m:	2:18.91	36.39	300m:	3:30.96	35.59	400m:	4:40.42	33.26
69.	Jędrzejewski Mateusz				00	UKS Gos Raszyn				4:43.91	465	
	50m:	31.93	31.93	150m:	1:43.10	35.94	250m:	2:55.28	36.26	350m:	4:08.51	36.68
	100m:	1:07.16	35.23	200m:	2:19.02	35.92	300m:	3:31.83	36.55	400m:	4:43.91	35.40
70.	Szynalski Szymon				00	UPKS Wodnik Rawicz				4:44.42	463	
	50m:	30.93	30.93	150m:	1:42.91	36.00	250m:	2:55.60	35.99	350m:	4:08.63	36.59
	100m:	1:06.91	35.98	200m:	2:19.61	36.70	300m:	3:32.04	36.44	400m:	4:44.42	35.79

Grand Prix - Puchar Polski w Pływaniu
Opole, 9- - 10-5-2015

Event 32, Men, 400m Freestyle, 14 years and older

Rank					YB					Time	Pts	
71.	Sosna Tomasz				01	TKKF Szczyglowice				4:44.87	461	
	50m:	31.70	31.70	150m:	1:44.79	36.62	250m:	2:57.98	36.37	350m:	4:12.99	37.68
	100m:	1:08.17	36.47	200m:	2:21.61	36.82	300m:	3:35.31	37.33	400m:	4:44.87	31.88
72.	Lewandowski Michal				00	MKS Zryw Opole				4:45.72	456	
	50m:	32.08	32.08	150m:	1:45.95	37.23	250m:	2:58.77	35.75	350m:	4:11.36	36.35
	100m:	1:08.72	36.64	200m:	2:23.02	37.07	300m:	3:35.01	36.24	400m:	4:45.72	34.36
73.	Sedlak Wiktor				99	Orka Zamosc				4:45.96	455	
	50m:	30.70	30.70	150m:	1:40.89	35.96	250m:	2:54.56	37.06	350m:	4:09.89	37.91
	100m:	1:04.93	34.23	200m:	2:17.50	36.61	300m:	3:31.98	37.42	400m:	4:45.96	36.07
74.	Zaremba Jakub				01	WKS Slask Wroclaw				4:46.09	455	
	50m:	32.47	32.47	150m:	1:44.29	36.50	250m:	2:57.87	36.87	350m:	4:11.00	36.60
	100m:	1:07.79	35.32	200m:	2:21.00	36.71	300m:	3:34.40	36.53	400m:	4:46.09	35.09
75.	Szustak Hubert				99	UKS Gos Raszyn				4:46.53	453	
	50m:	31.30	31.30	150m:	1:43.30	36.70	250m:	2:57.53	36.68	350m:	4:10.41	35.90
	100m:	1:06.60	35.30	200m:	2:20.85	37.55	300m:	3:34.51	36.98	400m:	4:46.53	36.12
76.	Krol Mateusz				01	MKS - Astoria Bydgoszcz				4:47.12	450	
	50m:	32.66	32.66	150m:	1:45.99	37.02	250m:	3:00.04	36.92	350m:	4:13.52	35.92
	100m:	1:08.97	36.31	200m:	2:23.12	37.13	300m:	3:37.60	37.56	400m:	4:47.12	33.60
77.	Puk Grzegorz				98	UKS Huragan Sosnowiec				4:47.38	449	
	50m:	31.49	31.49	150m:	1:43.51	36.79	250m:	2:59.56	38.22	350m:	4:13.72	35.93
	100m:	1:06.72	35.23	200m:	2:21.34	37.83	300m:	3:37.79	38.23	400m:	4:47.38	33.66
78.	Rytter Igor				01	WKS Slask Wroclaw				4:48.27	444	
	50m:	32.66	32.66	150m:	1:46.86	37.46	250m:	3:01.51	37.00	350m:	4:13.67	35.90
	100m:	1:09.40	36.74	200m:	2:24.51	37.65	300m:	3:37.77	36.26	400m:	4:48.27	34.60
79.	Greber Artur				01	WKS Slask Wroclaw				4:49.94	437	
	50m:	30.64	30.64	150m:	1:42.41	36.64	250m:	2:57.41	37.61	350m:	4:13.75	38.23
	100m:	1:05.77	35.13	200m:	2:19.80	37.39	300m:	3:35.52	38.11	400m:	4:49.94	36.19
80.	Jochymek Oskar				01	WKS Slask Wroclaw				4:52.74	424	
	50m:	31.78	31.78	150m:	1:46.36	38.43	250m:	3:02.89	38.82	350m:	4:18.28	37.78
	100m:	1:07.93	36.15	200m:	2:24.07	37.71	300m:	3:40.50	37.61	400m:	4:52.74	34.46
81.	Brodowski Bartosz				00	UKS NAWA Skierniewice				4:53.29	422	
	50m:	33.45	33.45	150m:	1:48.67	38.16	250m:	3:03.83	37.68	350m:	4:17.98	37.17
	100m:	1:10.51	37.06	200m:	2:26.15	37.48	300m:	3:40.81	36.98	400m:	4:53.29	35.31
82.	Kwapisz Arkadiusz				01	UKP MANTA Jelcz-Laskowice				4:55.64	412	
	50m:	34.14	34.14	150m:	1:48.98	37.92	250m:	3:04.84	37.63	350m:	4:21.09	37.67
	100m:	1:11.06	36.92	200m:	2:27.21	38.23	300m:	3:43.42	38.58	400m:	4:55.64	34.55
83.	Bacler Jakub				00	WKS Slask Wroclaw				4:56.40	409	
	50m:	32.64	32.64	150m:	1:46.92	37.81	250m:	3:03.72	38.58	350m:	4:20.40	38.09
	100m:	1:09.11	36.47	200m:	2:25.14	38.22	300m:	3:42.31	38.59	400m:	4:56.40	36.00
84.	Lepecki Jakub				01	WKS Slask Wroclaw				4:56.69	408	
	50m:	33.23	33.23	150m:	1:48.51	37.98	250m:	3:05.02	38.30	350m:	4:20.40	37.40
	100m:	1:10.53	37.30	200m:	2:26.72	38.21	300m:	3:43.00	37.98	400m:	4:56.69	36.29
85.	Nowak Aleksander				01	UKS NAWA Skierniewice				4:57.71	403	
	50m:	33.40	33.40	150m:	1:49.90	38.74	250m:	3:06.35	38.71	350m:	4:22.36	37.63
	100m:	1:11.16	37.76	200m:	2:27.64	37.74	300m:	3:44.73	38.38	400m:	4:57.71	35.35
86.	Guzy Marcel				01	DOKiS SP "Vega" Dobrodzien				4:58.11	402	
	50m:	34.05	34.05	150m:	1:49.97	37.78	250m:	3:06.72	38.18	350m:	4:22.65	37.52
	100m:	1:12.19	38.14	200m:	2:28.54	38.57	300m:	3:45.13	38.41	400m:	4:58.11	35.46
87.	Zamelski Michal				00	MKS - Astoria Bydgoszcz				4:58.33	401	
	50m:	33.77	33.77	150m:	1:50.24	38.41	250m:	3:05.92	37.56	350m:	4:21.88	37.46
	100m:	1:11.83	38.06	200m:	2:28.36	38.12	300m:	3:44.42	38.50	400m:	4:58.33	36.45
88.	Janecki Mateusz				01	MKS Palac Katowice				5:01.02	390	
	50m:	33.07	33.07	150m:	1:49.18	38.75	250m:	3:07.31	38.82	350m:	4:24.72	39.44
	100m:	1:10.43	37.36	200m:	2:28.49	39.31	300m:	3:45.28	37.97	400m:	5:01.02	36.30

Grand Prix - Puchar Polski w Pływaniu
Opole, 9- - 10-5-2015

Event 32, Men, 400m Freestyle, 14 years and older

Rank			YB					Time	Pts
89.	Krysiak Michal		01	MKS Trojka Lodz				5:01.09	390
	50m:	34.07 34.07	150m:	1:51.07 38.59	250m:	3:08.09 38.13	350m:	4:24.49 38.11	
	100m:	1:12.48 38.41	200m:	2:29.96 38.89	300m:	3:46.38 38.29	400m:	5:01.09 36.60	
90.	Lewkowski Patryk		99	UKS Orka Luban				5:02.92	383
	50m:	34.39 34.39	150m:	1:52.60 39.67	250m:	3:10.15 38.29	350m:	4:26.54 37.85	
	100m:	1:12.93 38.54	200m:	2:31.86 39.26	300m:	3:48.69 38.54	400m:	5:02.92 36.38	
91.	Marciov Jakub		01	WKS Slask Wroclaw				5:03.17	382
	50m:	32.83 32.83	150m:	1:50.02 38.92	250m:	3:08.97 40.07	350m:	4:26.30 38.67	
	100m:	1:11.10 38.27	200m:	2:28.90 38.88	300m:	3:47.63 38.66	400m:	5:03.17 36.87	
92.	Miklos Kamil		00	WKS Slask Wroclaw				5:06.81	369
	50m:	32.75 32.75	150m:	1:49.60 39.36	250m:	3:09.17 39.63	350m:	4:28.32 39.42	
	100m:	1:10.24 37.49	200m:	2:29.54 39.94	300m:	3:48.90 39.73	400m:	5:06.81 38.49	
93.	Balawajder Kacper		01	WKS Slask Wroclaw				5:17.21	333
	50m:	33.90 33.90	150m:	1:53.56 40.65	250m:	3:15.56 41.07	350m:	4:37.52 40.85	
	100m:	1:12.91 39.01	200m:	2:34.49 40.93	300m:	3:56.67 41.11	400m:	5:17.21 39.69	
94.	Malewski Bartek		01	UKS SP19 Lodz				5:20.51	323
	50m:	34.08 34.08	150m:	1:56.09 42.24	250m:	3:19.77 41.26	350m:	4:42.47 41.39	
	100m:	1:13.85 39.77	200m:	2:38.51 42.42	300m:	4:01.08 41.31	400m:	5:20.51 38.04	
95.	Krautztrung Witold		01	UKS 190 Lodz				5:30.80	294
	50m:	35.78 35.78	150m:	2:02.59 43.77	250m:	3:30.02 43.06	350m:	4:56.53 42.62	
	100m:	1:18.82 43.04	200m:	2:46.96 44.37	300m:	4:13.91 43.89	400m:	5:30.80 34.27	

19 - 23 years

1.	Glyk Wojciech		92	AZS AWF Katowice				4:01.04	761
	50m:	28.32 28.32	150m:	1:30.02 30.92	250m:	2:31.29 30.37	350m:	3:31.62 30.14	
	100m:	59.10 30.78	200m:	2:00.92 30.90	300m:	3:01.48 30.19	400m:	4:01.04 29.42	
2.	Klich Kacper		94	WKS Slask Wroclaw				4:01.99	752
	50m:	28.22 28.22	150m:	1:29.90 30.79	250m:	2:30.77 30.12	350m:	3:31.72 30.78	
	100m:	59.11 30.89	200m:	2:00.65 30.75	300m:	3:00.94 30.17	400m:	4:01.99 30.27	
3.	Smeja Slawomir		94	AZS AWF Katowice				4:04.86	725
	50m:	28.24 28.24	150m:	1:30.43 31.16	250m:	2:32.70 30.99	350m:	3:34.94 31.08	
	100m:	59.27 31.03	200m:	2:01.71 31.28	300m:	3:03.86 31.16	400m:	4:04.86 29.92	
4.	Kolodziejki Filip SZG		96	KORNER Zielona Gora				4:07.03	707
	50m:	28.60 28.60	150m:	1:31.61 31.63	250m:	2:35.03 31.65	350m:	3:37.41 30.85	
	100m:	59.98 31.38	200m:	2:03.38 31.77	300m:	3:06.56 31.53	400m:	4:07.03 29.62	
5.	Jura Maciej		96	WKS Slask Wroclaw				4:09.41	686
	50m:	28.29 28.29	150m:	1:30.46 30.97	250m:	2:33.43 31.44	350m:	3:37.33 32.25	
	100m:	59.49 31.20	200m:	2:01.99 31.53	300m:	3:05.08 31.65	400m:	4:09.41 32.08	
6.	Urbaniak Jan		95	WARTA Poznan				4:10.21	680
	50m:	29.97 29.97	150m:	1:32.90 31.66	250m:	2:36.25 31.53	350m:	3:39.18 31.38	
	100m:	1:01.24 31.27	200m:	2:04.72 31.82	300m:	3:07.80 31.55	400m:	4:10.21 31.03	
7.	Poprawa Michal		94	AZS AWF Katowice				4:10.64	676
	50m:	28.65 28.65	150m:	1:31.71 31.38	250m:	2:34.87 31.64	350m:	3:38.98 31.91	
	100m:	1:00.33 31.68	200m:	2:03.23 31.52	300m:	3:07.07 32.20	400m:	4:10.64 31.66	
8.	Zoniuk Maciej		94	WKS Slask Wroclaw				4:11.06	673
	50m:	28.44 28.44	150m:	1:30.78 31.20	250m:	2:34.66 31.97	350m:	3:39.02 32.33	
	100m:	59.58 31.14	200m:	2:02.69 31.91	300m:	3:06.69 32.03	400m:	4:11.06 32.04	
9.	Zybura Kornel		95	MKP Bobry Debica				4:16.41	632
	50m:	29.45 29.45	150m:	1:33.45 32.40	250m:	2:39.11 33.01	350m:	3:44.73 32.61	
	100m:	1:01.05 31.60	200m:	2:06.10 32.65	300m:	3:12.12 33.01	400m:	4:16.41 31.68	

Grand Prix - Puchar Polski w Pływaniu
Opole, 9- - 10-5-2015

Event 32, Men, 400m Freestyle

17 - 18 years

1.	Arndt Mateusz	98	KS Delfin Gdynia	4:02.17	750
	50m: 28.77 28.77	150m: 1:31.02 31.37	250m: 2:32.84 30.98	350m: 3:33.28 30.18	
	100m: 59.65 30.88	200m: 2:01.86 30.84	300m: 3:03.10 30.26	400m: 4:02.17 28.89	
2.	Jaszczak Wiktor	97	WKS Slask Wroclaw	4:03.02	742
	50m: 29.07 29.07	150m: 1:31.04 31.09	250m: 2:32.64 30.64	350m: 3:33.69 30.32	
	100m: 59.95 30.88	200m: 2:02.00 30.96	300m: 3:03.37 30.73	400m: 4:03.02 29.33	
3.	Zbutowicz Karol SOL	98	Kormoran Olsztyn	4:06.79	709
	50m: 29.78 29.78	150m: 1:33.88 31.90	250m: 2:36.34 30.93	350m: 3:37.64 30.56	
	100m: 1:01.98 32.20	200m: 2:05.41 31.53	300m: 3:07.08 30.74	400m: 4:06.79 29.15	
4.	Chrzanowski Damian	98	MZOS Plock	4:07.70	701
	50m: 28.49 28.49	150m: 1:30.39 31.30	250m: 2:34.25 32.21	350m: 3:37.99 31.49	
	100m: 59.09 30.60	200m: 2:02.04 31.65	300m: 3:06.50 32.25	400m: 4:07.70 29.71	
5.	Murzyn Dawid	97	MKS Jordan Krakow	4:12.95	658
	50m: 28.23 28.23	150m: 1:31.86 32.54	250m: 2:37.26 32.43	350m: 3:42.55 32.77	
	100m: 59.32 31.09	200m: 2:04.83 32.97	300m: 3:09.78 32.52	400m: 4:12.95 30.40	
6.	Ksiazek Jakub	98	MKP Kolobrzeg	4:15.56	638
	50m: 30.07 30.07	150m: 1:37.10 33.46	250m: 2:43.12 32.85	350m: 3:46.14 31.62	
	100m: 1:03.64 33.57	200m: 2:10.27 33.17	300m: 3:14.52 31.40	400m: 4:15.56 29.42	
7.	Debski Dominik	98	MKS Trojka Lodz	4:16.33	632
	50m: 29.27 29.27	150m: 1:34.18 32.66	250m: 2:39.23 32.42	350m: 3:44.96 32.77	
	100m: 1:01.52 32.25	200m: 2:06.81 32.63	300m: 3:12.19 32.96	400m: 4:16.33 31.37	
8.	Dytkowski Jan SOc	97	KS KSZO Ostrowiec Sw.	4:16.60	630
	50m: 29.50 29.50	150m: 1:34.31 32.35	250m: 2:37.89 31.54	350m: 3:43.19 32.89	
	100m: 1:01.96 32.46	200m: 2:06.35 32.04	300m: 3:10.30 32.41	400m: 4:16.60 33.41	
9.	Bruchajzer Dominik	97	MZOS Plock	4:17.78	622
	50m: 29.52 29.52	150m: 1:35.51 33.10	250m: 2:41.02 32.53	350m: 3:47.88 33.66	
	100m: 1:02.41 32.89	200m: 2:08.49 32.98	300m: 3:14.22 33.20	400m: 4:17.78 29.90	
10.	Durajczyk Michal	97	IKS Konstancin	4:19.08	612
	50m: 29.47 29.47	150m: 1:33.07 32.31	250m: 2:39.39 33.58	350m: 3:47.33 34.22	
	100m: 1:00.76 31.29	200m: 2:05.81 32.74	300m: 3:13.11 33.72	400m: 4:19.08 31.75	
11.	Zuchowicz Jan	98	UKS Zoliborz Warszawa	4:21.49	596
	50m: 29.35 29.35	150m: 1:34.70 32.76	250m: 2:41.40 33.40	350m: 3:48.31 33.22	
	100m: 1:01.94 32.59	200m: 2:08.00 33.30	300m: 3:15.09 33.69	400m: 4:21.49 33.18	
12.	Kuczma Jędrzej	98	WKS Slask Wroclaw	4:21.70	594
	50m: 30.55 30.55	150m: 1:36.13 33.25	250m: 2:42.62 33.52	350m: 3:48.82 33.24	
	100m: 1:02.88 32.33	200m: 2:09.10 32.97	300m: 3:15.58 32.96	400m: 4:21.70 32.88	
13.	Topolski Arkadiusz SO	98	UKP UNIA Oswiecim	4:22.19	591
	50m: 30.73 30.73	150m: 1:36.83 33.26	250m: 2:42.76 33.03	350m: 3:49.91 33.63	
	100m: 1:03.57 32.84	200m: 2:09.73 32.90	300m: 3:16.28 33.52	400m: 4:22.19 32.28	
14.	Zaborowski Pawel	98	MKS Jedyinka Lodz	4:22.57	588
	50m: 29.82 29.82	150m: 1:36.05 33.70	250m: 2:43.49 33.61	350m: 3:50.58 33.37	
	100m: 1:02.35 32.53	200m: 2:09.88 33.83	300m: 3:17.21 33.72	400m: 4:22.57 31.99	
15.	Piechowiak Michal SZG	98	KORNER Zielona Gora	4:24.51	575
	50m: 29.85 29.85	150m: 1:37.27 33.88	250m: 2:46.04 34.49	350m: 3:53.00 32.89	
	100m: 1:03.39 33.54	200m: 2:11.55 34.28	300m: 3:20.11 34.07	400m: 4:24.51 31.51	
16.	Kaczorowski Jakub	97	UKS Zoliborz Warszawa	4:24.82	573
	50m: 30.45 30.45	150m: 1:38.08 33.89	250m: 2:45.68 33.70	350m: 3:52.48 33.14	
	100m: 1:04.19 33.74	200m: 2:11.98 33.90	300m: 3:19.34 33.66	400m: 4:24.82 32.34	
17.	Czerniak Konrad	98	UKS Skarpa Lublin	4:25.87	567
	50m: 29.82 29.82	150m: 1:37.81 35.08	250m: 2:47.05 35.11	350m: 3:53.63 32.58	
	100m: 1:02.73 32.91	200m: 2:11.94 34.13	300m: 3:21.05 34.00	400m: 4:25.87 32.24	
18.	Grzymiski Mateusz	98	WKS Slask Wroclaw	4:25.93	566
	50m: 30.85 30.85	150m: 1:39.16 34.66	250m: 2:46.62 33.36	350m: 3:54.26 33.94	
	100m: 1:04.50 33.65	200m: 2:13.26 34.10	300m: 3:20.32 33.70	400m: 4:25.93 31.67	

Grand Prix - Puchar Polski w Pływaniu
Opole, 9- - 10-5-2015

Event 32, Boys, 400m Freestyle, 17 - 18 years

Rank			YB					Time	Pts
19.	Arentewicz Jacek		97	UKS Shark Rudna				4:26.72	561
	50m:	30.51 30.51	150m:	1:37.21 33.69	250m:	2:44.69 33.58	350m:	3:52.54 34.08	
	100m:	1:03.52 33.01	200m:	2:11.11 33.90	300m:	3:18.46 33.77	400m:	4:26.72 34.18	
20.	Grabarczyk Olaf SR		98	MKS-SMS Victoria Raciborz				4:30.62	537
	50m:	31.69 31.69	150m:	1:40.66 34.77	250m:	2:50.30 34.79	350m:	3:59.12 33.88	
	100m:	1:05.89 34.20	200m:	2:15.51 34.85	300m:	3:25.24 34.94	400m:	4:30.62 31.50	
21.	Matura Klaudiusz Sr		98	MKS-SMS Victoria Raciborz				4:31.14	534
	50m:	30.33 30.33	150m:	1:38.20 34.18	250m:	2:48.25 35.05	350m:	3:57.35 34.16	
	100m:	1:04.02 33.69	200m:	2:13.20 35.00	300m:	3:23.19 34.94	400m:	4:31.14 33.79	
22.	Skuba Marcin		98	Orka Zamosc				4:39.71	487
	50m:	30.84 30.84	150m:	1:41.03 35.25	250m:	2:52.04 35.55	350m:	4:04.54 36.31	
	100m:	1:05.78 34.94	200m:	2:16.49 35.46	300m:	3:28.23 36.19	400m:	4:39.71 35.17	
23.	Puk Grzegorz		98	UKS Huragan Sosnowiec				4:47.38	449
	50m:	31.49 31.49	150m:	1:43.51 36.79	250m:	2:59.56 38.22	350m:	4:13.72 35.93	
	100m:	1:06.72 35.23	200m:	2:21.34 37.83	300m:	3:37.79 38.23	400m:	4:47.38 33.66	

16 years

1.	Chmielewski Jakub		99	WKS Slask Wroclaw				4:13.08	657
	50m:	31.04 31.04	150m:	1:36.60 32.89	250m:	2:40.39 31.92	350m:	3:43.15 30.09	
	100m:	1:03.71 32.67	200m:	2:08.47 31.87	300m:	3:13.06 32.67	400m:	4:13.08 29.93	
2.	Parzynowski Wojciech		99	Olimpijczyk Aleksandrow L.				4:13.33	655
	50m:	30.08 30.08	150m:	1:34.96 32.57	250m:	2:39.22 32.01	350m:	3:43.24 32.04	
	100m:	1:02.39 32.31	200m:	2:07.21 32.25	300m:	3:11.20 31.98	400m:	4:13.33 30.09	
3.	Cukanow Michal		99	Olimpijczyk Aleksandrow L.				4:13.97	650
	50m:	30.05 30.05	150m:	1:35.31 33.17	250m:	2:40.11 31.93	350m:	3:43.33 30.96	
	100m:	1:02.14 32.09	200m:	2:08.18 32.87	300m:	3:12.37 32.26	400m:	4:13.97 30.64	
4.	Malyska Bartosz		99	UKS Skarpa Lublin				4:14.58	645
	50m:	30.10 30.10	150m:	1:35.53 33.15	250m:	2:41.15 32.66	350m:	3:45.17 31.74	
	100m:	1:02.38 32.28	200m:	2:08.49 32.96	300m:	3:13.43 32.28	400m:	4:14.58 29.41	
5.	Stanek Adam SO		99	UKP UNIA Oswiecim				4:14.60	645
	50m:	30.36 30.36	150m:	1:35.24 32.47	250m:	2:39.87 32.17	350m:	3:43.61 31.57	
	100m:	1:02.77 32.41	200m:	2:07.70 32.46	300m:	3:12.04 32.17	400m:	4:14.60 30.99	
6.	Kempa Mikolaj SO		99	MMKS Kedzierzyn Kozle				4:17.21	626
	50m:	29.79 29.79	150m:	1:37.09 34.24	250m:	2:42.60 31.67	350m:	3:45.86 31.71	
	100m:	1:02.85 33.06	200m:	2:10.93 33.84	300m:	3:14.15 31.55	400m:	4:17.21 31.35	
7.	Walczak Szymon		99	MKS Park Wodny Tarnowskie Gory				4:18.43	617
	50m:	29.59 29.59	150m:	1:35.53 33.17	250m:	2:42.32 33.44	350m:	3:48.02 32.30	
	100m:	1:02.36 32.77	200m:	2:08.88 33.35	300m:	3:15.72 33.40	400m:	4:18.43 30.41	
8.	Kepa Kacper		99	UKS Gos Raszyn				4:18.96	613
	50m:	30.26 30.26	150m:	1:36.31 33.35	250m:	2:41.66 32.51	350m:	3:47.43 33.09	
	100m:	1:02.96 32.70	200m:	2:09.15 32.84	300m:	3:14.34 32.68	400m:	4:18.96 31.53	
9.	Szarek Dawid		99	WKS Slask Wroclaw				4:19.39	610
	50m:	29.29 29.29	150m:	1:35.43 33.23	250m:	2:42.47 33.36	350m:	3:48.12 32.14	
	100m:	1:02.20 32.91	200m:	2:09.11 33.68	300m:	3:15.98 33.51	400m:	4:19.39 31.27	
10.	Gawron Oskar		99	WKS Slask Wroclaw				4:22.46	589
	50m:	30.58 30.58	150m:	1:38.09 33.69	250m:	2:44.48 32.61	350m:	3:49.84 32.22	
	100m:	1:04.40 33.82	200m:	2:11.87 33.78	300m:	3:17.62 33.14	400m:	4:22.46 32.62	
11.	Goleniec Kamil SO		99	UKP UNIA Oswiecim				4:22.90	586
	50m:	29.75 29.75	150m:	1:35.65 33.17	250m:	2:43.81 33.89	350m:	3:51.94 33.65	
	100m:	1:02.48 32.73	200m:	2:09.92 34.27	300m:	3:18.29 34.48	400m:	4:22.90 30.96	
12.	Marczuk Szymon SO		99	UKP UNIA Oswiecim				4:24.75	574
	50m:	29.79 29.79	150m:	1:37.05 34.16	250m:	2:46.01 34.44	350m:	3:53.54 32.91	
	100m:	1:02.89 33.10	200m:	2:11.57 34.52	300m:	3:20.63 34.62	400m:	4:24.75 31.21	

Grand Prix - Puchar Polski w Pływaniu
Opole, 9- - 10-5-2015

Event 32, Boys, 400m Freestyle, 16 years

Rank					YB					Time	Pts	
13.	Ostrowski Dominik SO				99	UKP UNIA Oswiecim				4:25.17	571	
	50m:	29.97	29.97	150m:	1:36.99	33.60	250m:	2:45.30	34.08	350m:	3:52.82	33.40
	100m:	1:03.39	33.42	200m:	2:11.22	34.23	300m:	3:19.42	34.12	400m:	4:25.17	32.35
14.	Lenartowicz Kacper				99	IKS Konstancin				4:28.94	547	
	50m:	30.37	30.37	150m:	1:36.80	33.66	250m:	2:45.42	34.63	350m:	3:55.54	35.02
	100m:	1:03.14	32.77	200m:	2:10.79	33.99	300m:	3:20.52	35.10	400m:	4:28.94	33.40
15.	Sikora Patryk				99	WKS Slask Wroclaw				4:29.44	544	
	50m:	31.31	31.31	150m:	1:39.71	34.69	250m:	2:48.91	34.02	350m:	3:58.02	34.72
	100m:	1:05.02	33.71	200m:	2:14.89	35.18	300m:	3:23.30	34.39	400m:	4:29.44	31.42
16.	Debski Szymon				99	UKS NAWA Skierniewice				4:29.49	544	
	50m:	29.97	29.97	150m:	1:38.34	34.69	250m:	2:48.03	34.36	350m:	3:57.21	34.22
	100m:	1:03.65	33.68	200m:	2:13.67	35.33	300m:	3:22.99	34.96	400m:	4:29.49	32.28
17.	Mazur Dominik SO				99	UKP UNIA Oswiecim				4:33.20	522	
	50m:	29.51	29.51	150m:	1:38.31	34.95	250m:	2:48.90	35.47	350m:	3:59.86	35.51
	100m:	1:03.36	33.85	200m:	2:13.43	35.12	300m:	3:24.35	35.45	400m:	4:33.20	33.34
18.	Olejniczak Jędrzej				99	KP Astromal Akwawit Leszno				4:36.08	506	
	50m:	31.90	31.90	150m:	1:42.48	35.56	250m:	2:53.51	35.76	350m:	4:03.60	34.34
	100m:	1:06.92	35.02	200m:	2:17.75	35.27	300m:	3:29.26	35.75	400m:	4:36.08	32.48
19.	Chalat Stanislaw				99	UKS Skarpa Lublin				4:37.14	500	
	50m:	31.84	31.84	150m:	1:42.08	35.13	250m:	2:53.23	35.39	350m:	4:03.37	34.65
	100m:	1:06.95	35.11	200m:	2:17.84	35.76	300m:	3:28.72	35.49	400m:	4:37.14	33.77
20.	Sedlak Wiktor				99	Orka Zamosc				4:45.96	455	
	50m:	30.70	30.70	150m:	1:40.89	35.96	250m:	2:54.56	37.06	350m:	4:09.89	37.91
	100m:	1:04.93	34.23	200m:	2:17.50	36.61	300m:	3:31.98	37.42	400m:	4:45.96	36.07
21.	Szustak Hubert				99	UKS Gos Raszyn				4:46.53	453	
	50m:	31.30	31.30	150m:	1:43.30	36.70	250m:	2:57.53	36.68	350m:	4:10.41	35.90
	100m:	1:06.60	35.30	200m:	2:20.85	37.55	300m:	3:34.51	36.98	400m:	4:46.53	36.12
22.	Lewkowski Patryk				99	UKS Orka Luban				5:02.92	383	
	50m:	34.39	34.39	150m:	1:52.60	39.67	250m:	3:10.15	38.29	350m:	4:26.54	37.85
	100m:	1:12.93	38.54	200m:	2:31.86	39.26	300m:	3:48.69	38.54	400m:	5:02.92	36.38

15 years

1.	Micha Kacper SOc				00	KS KSZO Ostrowiec Sw.				4:19.84	607	
	50m:	29.54	29.54	150m:	1:35.43	33.13	250m:	2:41.95	33.24	350m:	3:47.82	32.68
	100m:	1:02.30	32.76	200m:	2:08.71	33.28	300m:	3:15.14	33.19	400m:	4:19.84	32.02
2.	Pawlaczyk Patryk				00	UKS 190 Lodz				4:21.95	592	
	50m:	29.39	29.39	150m:	1:35.44	33.81	250m:	2:43.31	33.92	350m:	3:51.76	34.30
	100m:	1:01.63	32.24	200m:	2:09.39	33.95	300m:	3:17.46	34.15	400m:	4:21.95	30.19
3.	Dutkowiak Wojciech				00	WKS Slask Wroclaw				4:22.18	591	
	50m:	30.76	30.76	150m:	1:37.77	32.73	250m:	2:44.31	32.97	350m:	3:49.99	32.14
	100m:	1:05.04	34.28	200m:	2:11.34	33.57	300m:	3:17.85	33.54	400m:	4:22.18	32.19
4.	Orlowski Kamil SOc				00	KS KSZO Ostrowiec Sw.				4:24.57	575	
	50m:	30.74	30.74	150m:	1:36.71	33.09	250m:	2:44.25	33.76	350m:	3:51.24	33.09
	100m:	1:03.62	32.88	200m:	2:10.49	33.78	300m:	3:18.15	33.90	400m:	4:24.57	33.33
5.	Dabrowski Patryk				00	WKS Slask Wroclaw				4:24.65	574	
	50m:	29.82	29.82	150m:	1:37.73	34.19	250m:	2:45.90	34.13	350m:	3:53.78	33.60
	100m:	1:03.54	33.72	200m:	2:11.77	34.04	300m:	3:20.18	34.28	400m:	4:24.65	30.87
6.	Dominiak Kacper				00	WKS Slask Wroclaw				4:25.09	572	
	50m:	30.59	30.59	150m:	1:38.56	34.11	250m:	2:46.08	33.13	350m:	3:53.33	33.20
	100m:	1:04.45	33.86	200m:	2:12.95	34.39	300m:	3:20.13	34.05	400m:	4:25.09	31.76
7.	Topolski Dawid				00	MKS Trojka Lodz				4:28.25	552	
	50m:	30.04	30.04	150m:	1:37.75	34.46	250m:	2:47.11	34.74	350m:	3:55.73	33.72
	100m:	1:03.29	33.25	200m:	2:12.37	34.62	300m:	3:22.01	34.90	400m:	4:28.25	32.52

Grand Prix - Puchar Polski w Pływaniu
Opole, 9- - 10-5-2015

Event 32, Boys, 400m Freestyle, 15 years

Rank					YB					Time	Pts	
8.	Domanski Kamil				00	Olimpijczyk Aleksandrow L.				4:30.15	540	
	50m:	29.07	29.07	150m:	1:36.19	34.51	250m:	2:47.34	35.90	350m:	3:57.71	34.97
	100m:	1:01.68	32.61	200m:	2:11.44	35.25	300m:	3:22.74	35.40	400m:	4:30.15	32.44
9.	Las Wiktor				00	WKS Slask Wroclaw				4:30.49	538	
	50m:	30.50	30.50	150m:	1:38.92	34.52	250m:	2:49.00	35.41	350m:	3:58.74	34.83
	100m:	1:04.40	33.90	200m:	2:13.59	34.67	300m:	3:23.91	34.91	400m:	4:30.49	31.75
10.	Manka Filip				00	UKS 190 Lodz				4:31.78	530	
	50m:	30.77	30.77	150m:	1:38.80	34.56	250m:	2:48.18	34.34	350m:	3:58.22	35.12
	100m:	1:04.24	33.47	200m:	2:13.84	35.04	300m:	3:23.10	34.92	400m:	4:31.78	33.56
11.	Prus Mateusz				00	KP Astromal Akwawit Leszno				4:36.52	504	
	50m:	30.88	30.88	150m:	1:40.51	35.17	250m:	2:52.02	35.73	350m:	4:02.64	34.81
	100m:	1:05.34	34.46	200m:	2:16.29	35.78	300m:	3:27.83	35.81	400m:	4:36.52	33.88
12.	Jedrzejewski Mateusz				00	UKS Gos Raszyn				4:43.91	465	
	50m:	31.93	31.93	150m:	1:43.10	35.94	250m:	2:55.28	36.26	350m:	4:08.51	36.68
	100m:	1:07.16	35.23	200m:	2:19.02	35.92	300m:	3:31.83	36.55	400m:	4:43.91	35.40
13.	Szynalski Szymon				00	UPKS Wodnik Rawicz				4:44.42	463	
	50m:	30.93	30.93	150m:	1:42.91	36.00	250m:	2:55.60	35.99	350m:	4:08.63	36.59
	100m:	1:06.91	35.98	200m:	2:19.61	36.70	300m:	3:32.04	36.44	400m:	4:44.42	35.79
14.	Lewandowski Michal				00	MKS Zryw Opole				4:45.72	456	
	50m:	32.08	32.08	150m:	1:45.95	37.23	250m:	2:58.77	35.75	350m:	4:11.36	36.35
	100m:	1:08.72	36.64	200m:	2:23.02	37.07	300m:	3:35.01	36.24	400m:	4:45.72	34.36
15.	Brodowski Bartosz				00	UKS NAWA Skierniewice				4:53.29	422	
	50m:	33.45	33.45	150m:	1:48.67	38.16	250m:	3:03.83	37.68	350m:	4:17.98	37.17
	100m:	1:10.51	37.06	200m:	2:26.15	37.48	300m:	3:40.81	36.98	400m:	4:53.29	35.31
16.	Bacler Jakub				00	WKS Slask Wroclaw				4:56.40	409	
	50m:	32.64	32.64	150m:	1:46.92	37.81	250m:	3:03.72	38.58	350m:	4:20.40	38.09
	100m:	1:09.11	36.47	200m:	2:25.14	38.22	300m:	3:42.31	38.59	400m:	4:56.40	36.00
17.	Zamelski Michal				00	MKS - Astoria Bydgoszcz				4:58.33	401	
	50m:	33.77	33.77	150m:	1:50.24	38.41	250m:	3:05.92	37.56	350m:	4:21.88	37.46
	100m:	1:11.83	38.06	200m:	2:28.36	38.12	300m:	3:44.42	38.50	400m:	4:58.33	36.45
18.	Miklos Kamil				00	WKS Slask Wroclaw				5:06.81	369	
	50m:	32.75	32.75	150m:	1:49.60	39.36	250m:	3:09.17	39.63	350m:	4:28.32	39.42
	100m:	1:10.24	37.49	200m:	2:29.54	39.94	300m:	3:48.90	39.73	400m:	5:06.81	38.49

14 years

1.	Sacha Kamil				01	CSiR MOS Dabrowa Gornicza				4:27.10	559	
	50m:	30.58	30.58	150m:	1:39.57	34.60	250m:	2:47.71	33.89	350m:	3:55.46	33.68
	100m:	1:04.97	34.39	200m:	2:13.82	34.25	300m:	3:21.78	34.07	400m:	4:27.10	31.64
2.	Goraj Marcin				01	UKS SMS Galicja Krakow				4:32.05	529	
	50m:	29.27	29.27	150m:	1:38.84	35.05	250m:	2:49.00	35.34	350m:	3:58.57	34.33
	100m:	1:03.79	34.52	200m:	2:13.66	34.82	300m:	3:24.24	35.24	400m:	4:32.05	33.48
3.	Piotrowski Kacper				01	WKS Slask Wroclaw				4:32.38	527	
	50m:	30.52	30.52	150m:	1:39.31	35.25	250m:	2:49.69	35.55	350m:	3:59.31	34.96
	100m:	1:04.06	33.54	200m:	2:14.14	34.83	300m:	3:24.35	34.66	400m:	4:32.38	33.07
4.	Bobowiec Maksylian				01	WKS Slask Wroclaw				4:33.35	521	
	50m:	31.24	31.24	150m:	1:40.48	35.10	250m:	2:51.00	35.13	350m:	4:01.47	34.93
	100m:	1:05.38	34.14	200m:	2:15.87	35.39	300m:	3:26.54	35.54	400m:	4:33.35	31.88
5.	Milbrant Kacper				01	UKS Salmo Zory				4:40.42	483	
	50m:	30.85	30.85	150m:	1:42.52	36.49	250m:	2:55.37	36.46	350m:	4:07.16	36.20
	100m:	1:06.03	35.18	200m:	2:18.91	36.39	300m:	3:30.96	35.59	400m:	4:40.42	33.26
6.	Sosna Tomasz				01	TKKF Szczyglowice				4:44.87	461	
	50m:	31.70	31.70	150m:	1:44.79	36.62	250m:	2:57.98	36.37	350m:	4:12.99	37.68
	100m:	1:08.17	36.47	200m:	2:21.61	36.82	300m:	3:35.31	37.33	400m:	4:44.87	31.88

Grand Prix - Puchar Polski w Pływaniu
Opole, 9- - 10-5-2015

Event 32, Boys, 400m Freestyle, 14 years

Rank					YB					Time	Pts	
7.	Zaremba Jakub				01	WKS Slask Wroclaw				4:46.09	455	
	50m:	32.47	32.47	150m:	1:44.29	36.50	250m:	2:57.87	36.87	350m:	4:11.00	36.60
	100m:	1:07.79	35.32	200m:	2:21.00	36.71	300m:	3:34.40	36.53	400m:	4:46.09	35.09
8.	Krol Mateusz				01	MKS - Astoria Bydgoszcz				4:47.12	450	
	50m:	32.66	32.66	150m:	1:45.99	37.02	250m:	3:00.04	36.92	350m:	4:13.52	35.92
	100m:	1:08.97	36.31	200m:	2:23.12	37.13	300m:	3:37.60	37.56	400m:	4:47.12	33.60
9.	Rytter Igor				01	WKS Slask Wroclaw				4:48.27	444	
	50m:	32.66	32.66	150m:	1:46.86	37.46	250m:	3:01.51	37.00	350m:	4:13.67	35.90
	100m:	1:09.40	36.74	200m:	2:24.51	37.65	300m:	3:37.77	36.26	400m:	4:48.27	34.60
10.	Greber Artur				01	WKS Slask Wroclaw				4:49.94	437	
	50m:	30.64	30.64	150m:	1:42.41	36.64	250m:	2:57.41	37.61	350m:	4:13.75	38.23
	100m:	1:05.77	35.13	200m:	2:19.80	37.39	300m:	3:35.52	38.11	400m:	4:49.94	36.19
11.	Jochymek Oskar				01	WKS Slask Wroclaw				4:52.74	424	
	50m:	31.78	31.78	150m:	1:46.36	38.43	250m:	3:02.89	38.82	350m:	4:18.28	37.78
	100m:	1:07.93	36.15	200m:	2:24.07	37.71	300m:	3:40.50	37.61	400m:	4:52.74	34.46
12.	Kwapisz Arkadiusz				01	UKP MANTA Jelcz-Laskowice				4:55.64	412	
	50m:	34.14	34.14	150m:	1:48.98	37.92	250m:	3:04.84	37.63	350m:	4:21.09	37.67
	100m:	1:11.06	36.92	200m:	2:27.21	38.23	300m:	3:43.42	38.58	400m:	4:55.64	34.55
13.	Lepecki Jakub				01	WKS Slask Wroclaw				4:56.69	408	
	50m:	33.23	33.23	150m:	1:48.51	37.98	250m:	3:05.02	38.30	350m:	4:20.40	37.40
	100m:	1:10.53	37.30	200m:	2:26.72	38.21	300m:	3:43.00	37.98	400m:	4:56.69	36.29
14.	Nowak Aleksander				01	UKS NAWA Skierniewice				4:57.71	403	
	50m:	33.40	33.40	150m:	1:49.90	38.74	250m:	3:06.35	38.71	350m:	4:22.36	37.63
	100m:	1:11.16	37.76	200m:	2:27.64	37.74	300m:	3:44.73	38.38	400m:	4:57.71	35.35
15.	Guzy Marcel				01	DOKiS SP "Vega" Dobrodzien				4:58.11	402	
	50m:	34.05	34.05	150m:	1:49.97	37.78	250m:	3:06.72	38.18	350m:	4:22.65	37.52
	100m:	1:12.19	38.14	200m:	2:28.54	38.57	300m:	3:45.13	38.41	400m:	4:58.11	35.46
16.	Janecki Mateusz				01	MKS Palac Katowice				5:01.02	390	
	50m:	33.07	33.07	150m:	1:49.18	38.75	250m:	3:07.31	38.82	350m:	4:24.72	39.44
	100m:	1:10.43	37.36	200m:	2:28.49	39.31	300m:	3:45.28	37.97	400m:	5:01.02	36.30
17.	Krysiak Michal				01	MKS Trojka Lodz				5:01.09	390	
	50m:	34.07	34.07	150m:	1:51.07	38.59	250m:	3:08.09	38.13	350m:	4:24.49	38.11
	100m:	1:12.48	38.41	200m:	2:29.96	38.89	300m:	3:46.38	38.29	400m:	5:01.09	36.60
18.	Marciow Jakub				01	WKS Slask Wroclaw				5:03.17	382	
	50m:	32.83	32.83	150m:	1:50.02	38.92	250m:	3:08.97	40.07	350m:	4:26.30	38.67
	100m:	1:11.10	38.27	200m:	2:28.90	38.88	300m:	3:47.63	38.66	400m:	5:03.17	36.87
19.	Balawajder Kacper				01	WKS Slask Wroclaw				5:17.21	333	
	50m:	33.90	33.90	150m:	1:53.56	40.65	250m:	3:15.56	41.07	350m:	4:37.52	40.85
	100m:	1:12.91	39.01	200m:	2:34.49	40.93	300m:	3:56.67	41.11	400m:	5:17.21	39.69
20.	Malewski Bartek				01	UKS SP19 Lodz				5:20.51	323	
	50m:	34.08	34.08	150m:	1:56.09	42.24	250m:	3:19.77	41.26	350m:	4:42.47	41.39
	100m:	1:13.85	39.77	200m:	2:38.51	42.42	300m:	4:01.08	41.31	400m:	5:20.51	38.04
21.	Krautztrung Witold				01	UKS 190 Lodz				5:30.80	294	
	50m:	35.78	35.78	150m:	2:02.59	43.77	250m:	3:30.02	43.06	350m:	4:56.53	42.62
	100m:	1:18.82	43.04	200m:	2:46.96	44.37	300m:	4:13.91	43.89	400m:	5:30.80	34.27