



GRAND PRIX PUCHAR POLSKI
Opole, 16- - 17-4-2016

Event 23 Men, 400m Medley 14 years and older
2016-04-17 - 9:25 Sponsor Pan Andrzej Buła Marszałek Woj. Opolskiego Results

Rekord Polski Open	4:12.28	Matczak Mateusz	00905	Belgrade (SRB)	2009-07-11
Rekord Polski 14	4:42.16	Cie lak Marcin	00414	Gorzow	2006-11-24
Rekord Polski 15	4:30.55	Kałosowski Jan	00905	Ostrowiec Sw	2015-07-10
Rekord Polski 16	4:26.97	Zbutowicz Karol	00213	Gorzow Wilk	2014-07-18
Rekord Polski 17	4:20.27	Matczak Mateusz	00905	Palma de Mallorca (ESP)	2006-07-06
Rekord Polski 18	4:18.40	Matczak Mateusz	00905	Antwerp (BEL)	2007-07-22

Points: FINA 2015

Rank			YB			Time	Pts	
14 years								
1.	Rajca Wiktor		02	UKS 190 Lodz		5:07.13	500	
	50m: 31.65	31.65	150m: 1:48.37	40.62	250m: 3:10.92	43.09	350m: 4:31.70	38.07
	100m: 1:07.75	36.10	200m: 2:27.83	39.46	300m: 3:53.63	42.71	400m: 5:07.13	35.43
2.	Krzywania Oskar		02	UKS SP 149 Lodz		5:11.53	479	
	50m: 32.41	32.41	150m: 1:51.94	40.58	250m: 3:16.75	45.18	350m: 4:36.43	35.42
	100m: 1:11.36	38.95	200m: 2:31.57	39.63	300m: 4:01.01	44.26	400m: 5:11.53	35.10
3.	Zdziebło Piotr		02	UKS Salmo Zory		5:18.49	448	
	50m: 34.05	34.05	150m: 1:54.85	41.03	250m: 3:21.89	46.23	350m: 4:44.57	35.85
	100m: 1:13.82	39.77	200m: 2:35.66	40.81	300m: 4:08.72	46.83	400m: 5:18.49	33.92
4.	Moryl Wojciech So		02	MMKS Kedzierzyn-Kozle		5:25.67	419	
	50m: 33.67	33.67	150m: 1:55.43	42.84	250m: 3:25.57	47.94	350m: 4:50.76	36.99
	100m: 1:12.59	38.92	200m: 2:37.63	42.20	300m: 4:13.77	48.20	400m: 5:25.67	34.91
5.	Gala Kornel		02	K.S. Gornik Sosnowiec		5:26.67	415	
	50m: 34.96	34.96	150m: 1:57.44	42.07	250m: 3:26.03	46.85	350m: 4:50.70	36.99
	100m: 1:15.37	40.41	200m: 2:39.18	41.74	300m: 4:13.71	47.68	400m: 5:26.67	35.97
6.	Herisz Jakub		02	K.S. Gornik Sosnowiec		5:41.45	364	
	50m: 35.71	35.71	150m: 2:00.58	43.60	250m: 3:33.01	49.01	350m: 5:03.16	39.99
	100m: 1:16.98	41.27	200m: 2:44.00	43.42	300m: 4:23.17	50.16	400m: 5:41.45	38.29
DSQ	Mencel Milosz		02	UKS Aligator Gorzyce				
	<i>SW - Nieuko czenie wy cigu</i>							
DSQ	Nachlik Szymon		02	UKS Aligator Gorzyce				
	<i>Z 1 - Nieprawidłowa kolejno stylów pływania</i>							

15 years								
1.	Sacha Kamil		01	CSiR MOS Dabrowa Gornicza		4:46.28	617	
	50m: 29.48	29.48	150m: 1:41.42	37.77	250m: 2:58.50	40.48	350m: 4:13.97	33.41
	100m: 1:03.65	34.17	200m: 2:18.02	36.60	300m: 3:40.56	42.06	400m: 4:46.28	32.31
2.	Karolczak Jan		01	BUKS Warszawa		4:46.65	615	
	50m: 29.69	29.69	150m: 1:42.57	36.97	250m: 3:01.56	43.50	350m: 4:17.31	32.17
	100m: 1:05.60	35.91	200m: 2:18.06	35.49	300m: 3:45.14	43.58	400m: 4:46.65	29.34
3.	Dubas Mateusz		01	KS Piatka Chorzow		4:52.79	577	
	50m: 30.55	30.55	150m: 1:46.02	39.86	250m: 3:03.58	38.59	350m: 4:18.64	35.29
	100m: 1:06.16	35.61	200m: 2:24.99	38.97	300m: 3:43.35	39.77	400m: 4:52.79	34.15
4.	Goraj Marcin		01	UKS SMS Galicja Krakow		4:55.27	563	
	50m: 28.84	28.84	150m: 1:42.04	38.91	250m: 3:01.33	42.78	350m: 4:20.87	35.64
	100m: 1:03.13	34.29	200m: 2:18.55	36.51	300m: 3:45.23	43.90	400m: 4:55.27	34.40



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Event 23, Boys, 400m Medley, 15 years

Rank			YB					Time	Pts
5.	Milbrant Kacper		01	UKS Salmo Zory				4:57.04	553
	50m: 29.57	29.57	150m: 1:42.93	38.61	250m: 3:05.50	44.83	350m: 4:23.96	34.26	
	100m: 1:04.32	34.75	200m: 2:20.67	37.74	300m: 3:49.70	44.20	400m: 4:57.04	33.08	
6.	Jaworski Szymon		01	UKS Salmo Zory				4:59.86	537
	50m: 30.62	30.62	150m: 1:46.48	39.21	250m: 3:08.30	43.64	350m: 4:27.13	33.98	
	100m: 1:07.27	36.65	200m: 2:24.66	38.18	300m: 3:53.15	44.85	400m: 4:59.86	32.73	
7.	Guzy Marcel		01	DOKiS SP Vega Dobrodzien				5:01.29	530
	50m: 31.29	31.29	150m: 1:47.46	39.82	250m: 3:07.54	40.92	350m: 4:26.05	36.05	
	100m: 1:07.64	36.35	200m: 2:26.62	39.16	300m: 3:50.00	42.46	400m: 5:01.29	35.24	
8.	Wilejto Igor		01	Sambor Tczew				5:02.53	523
	50m: 32.19	32.19	150m: 1:49.20	39.35	250m: 3:11.97	45.01	350m: 4:31.55	34.04	
	100m: 1:09.85	37.66	200m: 2:26.96	37.76	300m: 3:57.51	45.54	400m: 5:02.53	30.98	
9.	Zaremba Jakub		01	WKS Slask Wroclaw				5:04.71	512
	50m: 31.57	31.57	150m: 1:48.38	40.93	250m: 3:12.00	44.07	350m: 4:31.62	35.05	
	100m: 1:07.45	35.88	200m: 2:27.93	39.55	300m: 3:56.57	44.57	400m: 5:04.71	33.09	
10.	Grzybowski Artur		01	MKS Znicz Koszalin				5:09.96	486
	50m: 30.35	30.35	150m: 1:46.93	40.65	250m: 3:11.69	44.77	350m: 4:34.00	35.97	
	100m: 1:06.28	35.93	200m: 2:26.92	39.99	300m: 3:58.03	46.34	400m: 5:09.96	35.96	
11.	Uryga Bartłomiej		01	UKS Salmo Zory				5:10.47	484
	50m: 32.56	32.56	150m: 1:51.93	41.80	250m: 3:15.19	42.68	350m: 4:35.23	37.04	
	100m: 1:10.13	37.57	200m: 2:32.51	40.58	300m: 3:58.19	43.00	400m: 5:10.47	35.24	
12.	Jochymek Oskar		01	WKS Slask Wroclaw				5:10.49	484
	50m: 33.82	33.82	150m: 1:53.03	40.17	250m: 3:16.90	45.02	350m: 4:37.10	35.56	
	100m: 1:12.86	39.04	200m: 2:31.88	38.85	300m: 4:01.54	44.64	400m: 5:10.49	33.39	
13.	Muc Filip		01	CSiR MOS Dabrowa Gornicza				5:16.07	459
	50m: 32.63	32.63	150m: 1:53.28	40.96	250m: 3:17.12	44.14	350m: 4:40.14	38.37	
	100m: 1:12.32	39.69	200m: 2:32.98	39.70	300m: 4:01.77	44.65	400m: 5:16.07	35.93	
14.	Pajczkowski Olaf		01	UKS Salmo Zory				5:16.50	457
	50m: 33.02	33.02	150m: 1:54.55	42.32	250m: 3:19.87	45.20	350m: 4:44.36	37.72	
	100m: 1:12.23	39.21	200m: 2:34.67	40.12	300m: 4:06.64	46.77	400m: 5:16.50	32.14	
15.	Jozkow Cezary		01	WKS Slask Wroclaw				5:16.90	455
	50m: 32.22	32.22	150m: 1:51.00	41.20	250m: 3:17.55	46.25	350m: 4:40.96	36.83	
	100m: 1:09.80	37.58	200m: 2:31.30	40.30	300m: 4:04.13	46.58	400m: 5:16.90	35.94	
16.	Greber Artur		01	WKS Slask Wroclaw				5:19.65	443
	50m: 31.67	31.67	150m: 1:53.98	43.12	250m: 3:20.92	44.17	350m: 4:44.30	37.60	
	100m: 1:10.86	39.19	200m: 2:36.75	42.77	300m: 4:06.70	45.78	400m: 5:19.65	35.35	
17.	Nowak Aleksander		01	UKS NAWA Skierniewice				5:23.99	426
	50m: 32.31	32.31	150m: 1:54.81	43.89	250m: 3:22.05	45.44	350m: 4:47.04	38.35	
	100m: 1:10.92	38.61	200m: 2:36.61	41.80	300m: 4:08.69	46.64	400m: 5:23.99	36.95	
18.	Zalewski Ronald		01	WKS Slask Wroclaw				5:24.09	425
	50m: 33.37	33.37	150m: 1:56.74	44.39	250m: 3:25.08	44.52	350m: 4:49.83	37.90	
	100m: 1:12.35	38.98	200m: 2:40.56	43.82	300m: 4:11.93	46.85	400m: 5:24.09	34.26	
19.	Cielecki Kacper		01	UKS Salmo Zory				5:26.63	416
	50m: 31.84	31.84	150m: 1:51.67	42.37	250m: 3:21.07	47.96	350m: 4:49.58	40.22	
	100m: 1:09.30	37.46	200m: 2:33.11	41.44	300m: 4:09.36	48.29	400m: 5:26.63	37.05	



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Event 23, Boys, 400m Medley, 15 years

Rank			YB					Time	Pts			
20.	Piotrowski Natan		01	UKS Salmo Zory				5:30.28	402			
	50m:	33.00	33.00	150m:	1:56.37	44.60	250m:	3:27.32	48.07	350m:	4:54.88	38.28
	100m:	1:11.77	38.77	200m:	2:39.25	42.88	300m:	4:16.60	49.28	400m:	5:30.28	35.40
21.	Rytter Igor		01	WKS Slask Wroclaw				5:39.75	369			
	50m:	32.43	32.43	150m:	1:57.89	48.19	250m:	3:35.84	50.76	350m:	5:03.87	37.02
	100m:	1:09.70	37.27	200m:	2:45.08	47.19	300m:	4:26.85	51.01	400m:	5:39.75	35.88

16 years

1.	Oller Krzysztof		00	MTP KORMORAN Olsztyn				4:38.50	671			
	50m:	30.05	30.05	150m:	1:40.10	36.61	250m:	2:55.15	39.53	350m:	4:07.43	32.86
	100m:	1:03.49	33.44	200m:	2:15.62	35.52	300m:	3:34.57	39.42	400m:	4:38.50	31.07
2.	Kalusowski Jan		00	MKS Trojka Lodz				4:43.22	638			
	50m:	29.27	29.27	150m:	1:40.97	37.21	250m:	2:56.88	39.67	350m:	4:10.44	33.19
	100m:	1:03.76	34.49	200m:	2:17.21	36.24	300m:	3:37.25	40.37	400m:	4:43.22	32.78
3.	Manka Filip		00	UKS 190 Lodz				4:44.04	632			
	50m:	30.64	30.64	150m:	1:40.74	35.99	250m:	2:58.28	41.51	350m:	4:12.83	33.60
	100m:	1:04.75	34.11	200m:	2:16.77	36.03	300m:	3:39.23	40.95	400m:	4:44.04	31.21
4.	Kielczewski Amadeusz		00	WKS Slask Wroclaw				4:45.80	621			
	50m:	28.65	28.65	150m:	1:40.57	37.54	250m:	2:59.52	43.81	350m:	4:15.36	32.44
	100m:	1:03.03	34.38	200m:	2:15.71	35.14	300m:	3:42.92	43.40	400m:	4:45.80	30.44
5.	Walczysko Jakub		00	CSiR MOS Dabrowa Gornicza				4:50.34	592			
	50m:	31.02	31.02	150m:	1:44.75	37.93	250m:	3:02.74	40.81	350m:	4:17.98	33.07
	100m:	1:06.82	35.80	200m:	2:21.93	37.18	300m:	3:44.91	42.17	400m:	4:50.34	32.36
6.	Pawlaczyk Patryk		00	UKS 190 Lodz				4:54.91	565			
	50m:	29.68	29.68	150m:	1:42.23	38.02	250m:	3:03.93	45.23	350m:	4:23.68	33.66
	100m:	1:04.21	34.53	200m:	2:18.70	36.47	300m:	3:50.02	46.09	400m:	4:54.91	31.23
7.	Skierski Radoslaw		00	UKS Wodnik 29 Katowice				5:00.60	533			
	50m:	31.16	31.16	150m:	1:47.87	40.36	250m:	3:09.21	40.97	350m:	4:26.11	33.84
	100m:	1:07.51	36.35	200m:	2:28.24	40.37	300m:	3:52.27	43.06	400m:	5:00.60	34.49
8.	Hano Grzegorz		00	WKS Slask Wroclaw				5:02.14	525			
	50m:	31.83	31.83	150m:	1:49.22	39.37	250m:	3:11.90	45.44	350m:	4:30.32	33.40
	100m:	1:09.85	38.02	200m:	2:26.46	37.24	300m:	3:56.92	45.02	400m:	5:02.14	31.82
9.	Las Wiktor		00	WKS Slask Wroclaw				5:04.55	513			
	50m:	30.87	30.87	150m:	1:48.36	41.30	250m:	3:12.48	44.40	350m:	4:32.89	34.27
	100m:	1:07.06	36.19	200m:	2:28.08	39.72	300m:	3:58.62	46.14	400m:	5:04.55	31.66
10.	Twardzik Bartosz		00	SiKReT Gliwice				5:05.34	509			
	50m:	31.48	31.48	150m:	1:47.71	38.77	250m:	3:12.32	46.47	350m:	4:32.61	33.80
	100m:	1:08.94	37.46	200m:	2:25.85	38.14	300m:	3:58.81	46.49	400m:	5:05.34	32.73
11.	Szynalski Szymon		00	UPKS Wodnik Rawicz				5:08.49	493			
	50m:	32.64	32.64	150m:	1:51.43	39.57	250m:	3:14.57	44.73	350m:	4:35.60	34.84
	100m:	1:11.86	39.22	200m:	2:29.84	38.41	300m:	4:00.76	46.19	400m:	5:08.49	32.89
12.	Wozniak Kamil		00	UKS FREGATA Kolbuszowa				5:11.43	479			
	50m:	30.49	30.49	150m:	1:48.34	41.21	250m:	3:13.56	43.27	350m:	4:36.35	37.13
	100m:	1:07.13	36.64	200m:	2:30.29	41.95	300m:	3:59.22	45.66	400m:	5:11.43	35.08



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Event 23, Boys, 400m Medley, 16 years

Rank	YB	Time	Pts
DSQ	Dominiak Kacper G 7 - Brak pozycji na plecach przy opuszczaniu ciany nawrotowej	00	WKS Slask Wroclaw

17 - 18 years

1.	Zbutowicz Karol SOL	98	MTP KORMORAN Olsztyn	4:31.00	728
	50m: 29.09 29.09	150m: 1:37.95 35.58	250m: 2:50.35 37.77	350m: 4:00.94 32.35	
	100m: 1:02.37 33.28	200m: 2:12.58 34.63	300m: 3:28.59 38.24	400m: 4:31.00 30.06	
2.	Wagrowski Marcel	99	Olimpijczyk Aleksandrow Lodzki	4:33.64	707
	50m: 28.21 28.21	150m: 1:37.10 36.07	250m: 2:51.45 39.72	350m: 4:02.16 31.21	
	100m: 1:01.03 32.82	200m: 2:11.73 34.63	300m: 3:30.95 39.50	400m: 4:33.64 31.48	
3.	Bujak Dominik	99	Salos Cortile Kielce	4:35.19	695
	50m: 29.23 29.23	150m: 1:38.25 35.09	250m: 2:52.47 39.37	350m: 4:04.92 31.67	
	100m: 1:03.16 33.93	200m: 2:13.10 34.85	300m: 3:33.25 40.78	400m: 4:35.19 30.27	
4.	Chmielewski Jakub	99	WKS Slask Wroclaw	4:37.61	677
	50m: 29.65 29.65	150m: 1:38.77 35.76	250m: 2:55.43 41.60	350m: 4:07.34 31.64	
	100m: 1:03.01 33.36	200m: 2:13.83 35.06	300m: 3:35.70 40.27	400m: 4:37.61 30.27	
5.	Niedzialek Dominik SL	98	UKS Skarpa Lublin	4:40.10	659
	50m: 29.61 29.61	150m: 1:40.46 37.16	250m: 2:56.42 40.15	350m: 4:09.48 32.21	
	100m: 1:03.30 33.69	200m: 2:16.27 35.81	300m: 3:37.27 40.85	400m: 4:40.10 30.62	
6.	Danilewski Maciej SOL	98	MKS Juvenia Bialystok	4:42.67	641
	50m: 29.80 29.80	150m: 1:39.96 36.55	250m: 2:57.64 42.21	350m: 4:12.56 32.99	
	100m: 1:03.41 33.61	200m: 2:15.43 35.47	300m: 3:39.57 41.93	400m: 4:42.67 30.11	
7.	Hojda Bartlomiej SO	98	UKP UNIA Oswiecim	4:44.55	629
	50m: 30.87 30.87	150m: 1:42.32 36.44	250m: 2:58.22 39.42	350m: 4:12.28 33.45	
	100m: 1:05.88 35.01	200m: 2:18.80 36.48	300m: 3:38.83 40.61	400m: 4:44.55 32.27	
8.	Gawron Oskar	99	WKS Slask Wroclaw	4:45.27	624
	50m: 29.53 29.53	150m: 1:41.40 37.72	250m: 2:58.10 39.83	350m: 4:12.65 34.49	
	100m: 1:03.68 34.15	200m: 2:18.27 36.87	300m: 3:38.16 40.06	400m: 4:45.27 32.62	
9.	Kempa Mikolaj SO	99	MMKS Kedzierzyn-Kozle	4:46.73	615
	50m: 29.45 29.45	150m: 1:40.71 38.34	250m: 2:58.60 40.09	350m: 4:14.98 34.51	
	100m: 1:02.37 32.92	200m: 2:18.51 37.80	300m: 3:40.47 41.87	400m: 4:46.73 31.75	
10.	Ciaston Sebastian SO	99	UKP UNIA Oswiecim	4:46.83	614
	50m: 30.23 30.23	150m: 1:42.43 36.83	250m: 2:59.36 40.02	350m: 4:13.59 33.59	
	100m: 1:05.60 35.37	200m: 2:19.34 36.91	300m: 3:40.00 40.64	400m: 4:46.83 33.24	
11.	Lapot Radoslaw SR	99	MOS Katowice	4:47.66	609
	50m: 29.60 29.60	150m: 1:42.12 37.06	250m: 2:58.95 40.35	350m: 4:14.10 33.85	
	100m: 1:05.06 35.46	200m: 2:18.60 36.48	300m: 3:40.25 41.30	400m: 4:47.66 33.56	
12.	Jarosz Dawid SWwa	99	UKS Wodnik Konskie	4:51.78	583
	50m: 29.56 29.56	150m: 1:42.65 38.63	250m: 3:02.17 41.65	350m: 4:19.17 34.34	
	100m: 1:04.02 34.46	200m: 2:20.52 37.87	300m: 3:44.83 42.66	400m: 4:51.78 32.61	
13.	Krulikowski Maciej SO	99	UKP UNIA Oswiecim	4:53.26	574
	50m: 30.66 30.66	150m: 1:45.81 38.95	250m: 3:06.10 40.19	350m: 4:20.62 33.59	
	100m: 1:06.86 36.20	200m: 2:25.91 40.10	300m: 3:47.03 40.93	400m: 4:53.26 32.64	
14.	Goleniec Kamil SO	99	UKP UNIA Oswiecim	4:53.29	574
	50m: 30.45 30.45	150m: 1:43.75 38.45	250m: 3:02.97 41.66	350m: 4:20.04 34.29	
	100m: 1:05.30 34.85	200m: 2:21.31 37.56	300m: 3:45.75 42.78	400m: 4:53.29 33.25	



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Event 23, Boys, 400m Medley, 17 - 18 years

Rank			YB					Time	Pts
15.	Misiarz Adrian		98	RWKS Sparta Bilgoraj			4:57.90	548	
	50m: 29.32	29.32	150m: 1:44.74	40.40	250m: 3:07.09	41.43	350m: 4:24.36	35.43	
	100m: 1:04.34	35.02	200m: 2:25.66	40.92	300m: 3:48.93	41.84	400m: 4:57.90	33.54	
16.	Bodzioch ANDRZEJ SSz		98	MKP Szczecin			4:58.03	547	
	50m: 30.91	30.91	150m: 1:46.99	38.36	250m: 3:07.53	42.23	350m: 4:24.73	34.32	
	100m: 1:08.63	37.72	200m: 2:25.30	38.31	300m: 3:50.41	42.88	400m: 4:58.03	33.30	
17.	Kubiak Bartłomiej		99	KKS Włokniarz 1925 Kalisz			5:01.01	531	
	50m: 31.34	31.34	150m: 1:47.77	39.18	250m: 3:07.27	41.83	350m: 4:26.21	36.09	
	100m: 1:08.59	37.25	200m: 2:25.44	37.67	300m: 3:50.12	42.85	400m: 5:01.01	34.80	
18.	Skuba Marcin		98	Orka Zamosc			5:16.00	459	
	50m: 31.39	31.39	150m: 1:49.06	40.52	250m: 3:14.80	45.83	350m: 4:39.74	37.46	
	100m: 1:08.54	37.15	200m: 2:28.97	39.91	300m: 4:02.28	47.48	400m: 5:16.00	36.26	

14 years and older

1.	Kubkowski Bartłomiej		95	MTP KORMORAN Olsztyn			4:30.01	736
	50m: 29.23	29.23	150m: 1:38.24	35.89	250m: 2:51.27	37.71	350m: 4:01.17	32.11
	100m: 1:02.35	33.12	200m: 2:13.56	35.32	300m: 3:29.06	37.79	400m: 4:30.01	28.84
2.	Zaczynski Karol		91	WKS Slask Wroclaw			4:30.23	734
	50m: 28.88	28.88	150m: 1:38.21	35.56	250m: 2:52.21	39.24	350m: 4:01.40	30.68
	100m: 1:02.65	33.77	200m: 2:12.97	34.76	300m: 3:30.72	38.51	400m: 4:30.23	28.83
3.	Zbutowicz Karol SOL		98	MTP KORMORAN Olsztyn			4:31.00	728
	50m: 29.09	29.09	150m: 1:37.95	35.58	250m: 2:50.35	37.77	350m: 4:00.94	32.35
	100m: 1:02.37	33.28	200m: 2:12.58	34.63	300m: 3:28.59	38.24	400m: 4:31.00	30.06
4.	Szwedzki Dawid		94	WKS Slask Wroclaw			4:31.89	721
	50m: 28.85	28.85	150m: 1:37.98	36.12	250m: 2:50.17	37.73	350m: 4:01.14	32.42
	100m: 1:01.86	33.01	200m: 2:12.44	34.46	300m: 3:28.72	38.55	400m: 4:31.89	30.75
5.	Poprawa Michal		94	AZS AWF Katowice			4:32.71	714
	50m: 26.86	26.86	150m: 1:34.64	35.96	250m: 2:49.22	39.39	350m: 4:01.04	31.84
	100m: 58.68	31.82	200m: 2:09.83	35.19	300m: 3:29.20	39.98	400m: 4:32.71	31.67
6.	Wagrowski Marcel		99	Olimpijczyk Aleksandrow Lodzki			4:33.64	707
	50m: 28.21	28.21	150m: 1:37.10	36.07	250m: 2:51.45	39.72	350m: 4:02.16	31.21
	100m: 1:01.03	32.82	200m: 2:11.73	34.63	300m: 3:30.95	39.50	400m: 4:33.64	31.48
7.	Bujak Dominik		99	Salos Cortile Kielce			4:35.19	695
	50m: 29.23	29.23	150m: 1:38.25	35.09	250m: 2:52.47	39.37	350m: 4:04.92	31.67
	100m: 1:03.16	33.93	200m: 2:13.10	34.85	300m: 3:33.25	40.78	400m: 4:35.19	30.27
8.	Chmielewski Jakub		99	WKS Slask Wroclaw			4:37.61	677
	50m: 29.65	29.65	150m: 1:38.77	35.76	250m: 2:55.43	41.60	350m: 4:07.34	31.64
	100m: 1:03.01	33.36	200m: 2:13.83	35.06	300m: 3:35.70	40.27	400m: 4:37.61	30.27
9.	Oller Krzysztof		00	MTP KORMORAN Olsztyn			4:38.50	671
	50m: 30.05	30.05	150m: 1:40.10	36.61	250m: 2:55.15	39.53	350m: 4:07.43	32.86
	100m: 1:03.49	33.44	200m: 2:15.62	35.52	300m: 3:34.57	39.42	400m: 4:38.50	31.07
10.	Niedzialek Dominik SL		98	UKS Skarpa Lublin			4:40.10	659
	50m: 29.61	29.61	150m: 1:40.46	37.16	250m: 2:56.42	40.15	350m: 4:09.48	32.21
	100m: 1:03.30	33.69	200m: 2:16.27	35.81	300m: 3:37.27	40.85	400m: 4:40.10	30.62



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Rank			YB					Time	Pts		
11.	Adamczyk PATRYK SSz		97	MKP Szczecin				4:40.91	654		
	50m:	28.79 28.79	150m:	1:39.40	37.08	250m:	2:57.55	41.60	350m:	4:10.78	31.59
	100m:	1:02.32 33.53	200m:	2:15.95	36.55	300m:	3:39.19	41.64	400m:	4:40.91	30.13
12.	Palmi-Kukielko Mieszko		93	WKS Slask Wroclaw				4:41.07	652		
	50m:	29.26 29.26	150m:	1:40.39	37.01	250m:	2:57.44	40.55	350m:	4:10.65	32.16
	100m:	1:03.38 34.12	200m:	2:16.89	36.50	300m:	3:38.49	41.05	400m:	4:41.07	30.42
13.	Stec ADAM SSz		97	MKP Szczecin				4:41.87	647		
	50m:	29.45 29.45	150m:	1:39.41	35.47	250m:	2:55.06	41.61	350m:	4:09.83	32.68
	100m:	1:03.94 34.49	200m:	2:13.45	34.04	300m:	3:37.15	42.09	400m:	4:41.87	32.04
14.	Danilewski Maciej SOL		98	MKS Juvenia Bialystok				4:42.67	641		
	50m:	29.80 29.80	150m:	1:39.96	36.55	250m:	2:57.64	42.21	350m:	4:12.56	32.99
	100m:	1:03.41 33.61	200m:	2:15.43	35.47	300m:	3:39.57	41.93	400m:	4:42.67	30.11
15.	Kalusowski Jan		00	MKS Trojka Lodz				4:43.22	638		
	50m:	29.27 29.27	150m:	1:40.97	37.21	250m:	2:56.88	39.67	350m:	4:10.44	33.19
	100m:	1:03.76 34.49	200m:	2:17.21	36.24	300m:	3:37.25	40.37	400m:	4:43.22	32.78
16.	Manka Filip		00	UKS 190 Lodz				4:44.04	632		
	50m:	30.64 30.64	150m:	1:40.74	35.99	250m:	2:58.28	41.51	350m:	4:12.83	33.60
	100m:	1:04.75 34.11	200m:	2:16.77	36.03	300m:	3:39.23	40.95	400m:	4:44.04	31.21
17.	Hojda Bartlomiej SO		98	UKP UNIA Oswiecim				4:44.55	629		
	50m:	30.87 30.87	150m:	1:42.32	36.44	250m:	2:58.22	39.42	350m:	4:12.28	33.45
	100m:	1:05.88 35.01	200m:	2:18.80	36.48	300m:	3:38.83	40.61	400m:	4:44.55	32.27
18.	Gawron Oskar		99	WKS Slask Wroclaw				4:45.27	624		
	50m:	29.53 29.53	150m:	1:41.40	37.72	250m:	2:58.10	39.83	350m:	4:12.65	34.49
	100m:	1:03.68 34.15	200m:	2:18.27	36.87	300m:	3:38.16	40.06	400m:	4:45.27	32.62
19.	Kielczewski Amadeusz		00	WKS Slask Wroclaw				4:45.80	621		
	50m:	28.65 28.65	150m:	1:40.57	37.54	250m:	2:59.52	43.81	350m:	4:15.36	32.44
	100m:	1:03.03 34.38	200m:	2:15.71	35.14	300m:	3:42.92	43.40	400m:	4:45.80	30.44
20.	Bujak Piotr		97	Salos Cortile Kielce				4:45.99	619		
	50m:	29.95 29.95	150m:	1:40.97	36.37	250m:	3:00.07	43.53	350m:	4:15.63	31.29
	100m:	1:04.60 34.65	200m:	2:16.54	35.57	300m:	3:44.34	44.27	400m:	4:45.99	30.36
21.	Sacha Kamil		01	CSiR MOS Dabrowa Gornicza				4:46.28	617		
	50m:	29.48 29.48	150m:	1:41.42	37.77	250m:	2:58.50	40.48	350m:	4:13.97	33.41
	100m:	1:03.65 34.17	200m:	2:18.02	36.60	300m:	3:40.56	42.06	400m:	4:46.28	32.31
22.	Karolczak Jan		01	BUKS Warszawa				4:46.65	615		
	50m:	29.69 29.69	150m:	1:42.57	36.97	250m:	3:01.56	43.50	350m:	4:17.31	32.17
	100m:	1:05.60 35.91	200m:	2:18.06	35.49	300m:	3:45.14	43.58	400m:	4:46.65	29.34
23.	Kempa Mikolaj SO		99	MMKS Kedzierzyn-Kozle				4:46.73	615		
	50m:	29.45 29.45	150m:	1:40.71	38.34	250m:	2:58.60	40.09	350m:	4:14.98	34.51
	100m:	1:02.37 32.92	200m:	2:18.51	37.80	300m:	3:40.47	41.87	400m:	4:46.73	31.75
24.	Sobczyk Maciej		95	AZS-AGH Krakow				4:46.75	614		
	50m:	31.01 31.01	150m:	1:45.23	37.96	250m:	3:02.29	40.65	350m:	4:15.84	32.76
	100m:	1:07.27 36.26	200m:	2:21.64	36.41	300m:	3:43.08	40.79	400m:	4:46.75	30.91
25.	Ciaston Sebastian SO		99	UKP UNIA Oswiecim				4:46.83	614		
	50m:	30.23 30.23	150m:	1:42.43	36.83	250m:	2:59.36	40.02	350m:	4:13.59	33.59
	100m:	1:05.60 35.37	200m:	2:19.34	36.91	300m:	3:40.00	40.64	400m:	4:46.83	33.24



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Rank		YB						Time	Pts
26.	Lapot Radoslaw SR	99	MOS Katowice					4:47.66	609
	50m: 29.60 29.60	150m: 1:42.12	37.06	250m: 2:58.95	40.35	350m: 4:14.10		33.85	
	100m: 1:05.06 35.46	200m: 2:18.60	36.48	300m: 3:40.25	41.30	400m: 4:47.66		33.56	
27.	Baczkowski Bartosz SWwa	97	MKS Polonia Warszawa					4:48.23	605
	50m: 30.54 30.54	150m: 1:44.06	38.17	250m: 3:02.01	41.16	350m: 4:16.55		32.93	
	100m: 1:05.89 35.35	200m: 2:20.85	36.79	300m: 3:43.62	41.61	400m: 4:48.23		31.68	
28.	Balabuch Krystian	95	AZS-AGH Krakow					4:48.59	603
	50m: 29.85 29.85	150m: 1:46.52	40.45	250m: 3:07.37	41.42	350m: 4:19.98		29.51	
	100m: 1:06.07 36.22	200m: 2:25.95	39.43	300m: 3:50.47	43.10	400m: 4:48.59		28.61	
29.	Walczysko Jakub	00	CSiR MOS Dabrowa Gornicza					4:50.34	592
	50m: 31.02 31.02	150m: 1:44.75	37.93	250m: 3:02.74	40.81	350m: 4:17.98		33.07	
	100m: 1:06.82 35.80	200m: 2:21.93	37.18	300m: 3:44.91	42.17	400m: 4:50.34		32.36	
30.	Jarosz Dawid SWwa	99	UKS Wodnik Konskie					4:51.78	583
	50m: 29.56 29.56	150m: 1:42.65	38.63	250m: 3:02.17	41.65	350m: 4:19.17		34.34	
	100m: 1:04.02 34.46	200m: 2:20.52	37.87	300m: 3:44.83	42.66	400m: 4:51.78		32.61	
31.	Dubas Mateusz	01	KS Piatka Chorzow					4:52.79	577
	50m: 30.55 30.55	150m: 1:46.02	39.86	250m: 3:03.58	38.59	350m: 4:18.64		35.29	
	100m: 1:06.16 35.61	200m: 2:24.99	38.97	300m: 3:43.35	39.77	400m: 4:52.79		34.15	
32.	Krulikowski Maciej SO	99	UKP UNIA Oswiecim					4:53.26	574
	50m: 30.66 30.66	150m: 1:45.81	38.95	250m: 3:06.10	40.19	350m: 4:20.62		33.59	
	100m: 1:06.86 36.20	200m: 2:25.91	40.10	300m: 3:47.03	40.93	400m: 4:53.26		32.64	
33.	Goleniec Kamil SO	99	UKP UNIA Oswiecim					4:53.29	574
	50m: 30.45 30.45	150m: 1:43.75	38.45	250m: 3:02.97	41.66	350m: 4:20.04		34.29	
	100m: 1:05.30 34.85	200m: 2:21.31	37.56	300m: 3:45.75	42.78	400m: 4:53.29		33.25	
34.	Ciezkowski Dominik	96	MKS Jordan Krakow					4:54.57	567
	50m: 29.12 29.12	150m: 1:42.80	39.36	250m: 3:04.28	42.88	350m: 4:20.74		33.04	
	100m: 1:03.44 34.32	200m: 2:21.40	38.60	300m: 3:47.70	43.42	400m: 4:54.57		33.83	
35.	Pawlaczyk Patryk	00	UKS 190 Lodz					4:54.91	565
	50m: 29.68 29.68	150m: 1:42.23	38.02	250m: 3:03.93	45.23	350m: 4:23.68		33.66	
	100m: 1:04.21 34.53	200m: 2:18.70	36.47	300m: 3:50.02	46.09	400m: 4:54.91		31.23	
36.	Goraj Marcin	01	UKS SMS Galicja Krakow					4:55.27	563
	50m: 28.84 28.84	150m: 1:42.04	38.91	250m: 3:01.33	42.78	350m: 4:20.87		35.64	
	100m: 1:03.13 34.29	200m: 2:18.55	36.51	300m: 3:45.23	43.90	400m: 4:55.27		34.40	
37.	Milbrant Kacper	01	UKS Salmo Zory					4:57.04	553
	50m: 29.57 29.57	150m: 1:42.93	38.61	250m: 3:05.50	44.83	350m: 4:23.96		34.26	
	100m: 1:04.32 34.75	200m: 2:20.67	37.74	300m: 3:49.70	44.20	400m: 4:57.04		33.08	
38.	Karwat Krzysztof	96	UKS NAWA Skierniewice					4:57.22	552
	50m: 29.61 29.61	150m: 1:41.56	36.63	250m: 3:03.40	45.12	350m: 4:25.36		35.21	
	100m: 1:04.93 35.32	200m: 2:18.28	36.72	300m: 3:50.15	46.75	400m: 4:57.22		31.86	
39.	Misiarz Adrian	98	RWKS Sparta Bilgoraj					4:57.90	548
	50m: 29.32 29.32	150m: 1:44.74	40.40	250m: 3:07.09	41.43	350m: 4:24.36		35.43	
	100m: 1:04.34 35.02	200m: 2:25.66	40.92	300m: 3:48.93	41.84	400m: 4:57.90		33.54	
40.	Bodzioch ANDRZEJ SSz	98	MKP Szczecin					4:58.03	547
	50m: 30.91 30.91	150m: 1:46.99	38.36	250m: 3:07.53	42.23	350m: 4:24.73		34.32	
	100m: 1:08.63 37.72	200m: 2:25.30	38.31	300m: 3:50.41	42.88	400m: 4:58.03		33.30	



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Event 23, Men, 400m Medley, 14 years and older

Rank					YB					Time	Pts	
41.	Jaworski Szymon				01	UKS Salmo Zory				4:59.86	537	
	50m:	30.62	30.62	150m:	1:46.48	39.21	250m:	3:08.30	43.64	350m:	4:27.13	33.98
	100m:	1:07.27	36.65	200m:	2:24.66	38.18	300m:	3:53.15	44.85	400m:	4:59.86	32.73
42.	Skierski Radosław				00	UKS Wodnik 29 Katowice				5:00.60	533	
	50m:	31.16	31.16	150m:	1:47.87	40.36	250m:	3:09.21	40.97	350m:	4:26.11	33.84
	100m:	1:07.51	36.35	200m:	2:28.24	40.37	300m:	3:52.27	43.06	400m:	5:00.60	34.49
43.	Kubiak Bartłomiej				99	KKS Włokniarz 1925 Kalisz				5:01.01	531	
	50m:	31.34	31.34	150m:	1:47.77	39.18	250m:	3:07.27	41.83	350m:	4:26.21	36.09
	100m:	1:08.59	37.25	200m:	2:25.44	37.67	300m:	3:50.12	42.85	400m:	5:01.01	34.80
44.	Guzy Marcel				01	DOKiS SP Vega Dobrodzien				5:01.29	530	
	50m:	31.29	31.29	150m:	1:47.46	39.82	250m:	3:07.54	40.92	350m:	4:26.05	36.05
	100m:	1:07.64	36.35	200m:	2:26.62	39.16	300m:	3:50.00	42.46	400m:	5:01.29	35.24
45.	Hano Grzegorz				00	WKS Śląsk Wrocław				5:02.14	525	
	50m:	31.83	31.83	150m:	1:49.22	39.37	250m:	3:11.90	45.44	350m:	4:30.32	33.40
	100m:	1:09.85	38.02	200m:	2:26.46	37.24	300m:	3:56.92	45.02	400m:	5:02.14	31.82
46.	Wilejto Igor				01	Sambor Tczew				5:02.53	523	
	50m:	32.19	32.19	150m:	1:49.20	39.35	250m:	3:11.97	45.01	350m:	4:31.55	34.04
	100m:	1:09.85	37.66	200m:	2:26.96	37.76	300m:	3:57.51	45.54	400m:	5:02.53	30.98
47.	Las Wiktor				00	WKS Śląsk Wrocław				5:04.55	513	
	50m:	30.87	30.87	150m:	1:48.36	41.30	250m:	3:12.48	44.40	350m:	4:32.89	34.27
	100m:	1:07.06	36.19	200m:	2:28.08	39.72	300m:	3:58.62	46.14	400m:	5:04.55	31.66
48.	Zaremba Jakub				01	WKS Śląsk Wrocław				5:04.71	512	
	50m:	31.57	31.57	150m:	1:48.38	40.93	250m:	3:12.00	44.07	350m:	4:31.62	35.05
	100m:	1:07.45	35.88	200m:	2:27.93	39.55	300m:	3:56.57	44.57	400m:	5:04.71	33.09
49.	Twardzik Bartosz				00	SiKReT Gliwice				5:05.34	509	
	50m:	31.48	31.48	150m:	1:47.71	38.77	250m:	3:12.32	46.47	350m:	4:32.61	33.80
	100m:	1:08.94	37.46	200m:	2:25.85	38.14	300m:	3:58.81	46.49	400m:	5:05.34	32.73
50.	Rajca Wiktor				02	UKS 190 Łódź				5:07.13	500	
	50m:	31.65	31.65	150m:	1:48.37	40.62	250m:	3:10.92	43.09	350m:	4:31.70	38.07
	100m:	1:07.75	36.10	200m:	2:27.83	39.46	300m:	3:53.63	42.71	400m:	5:07.13	35.43
51.	Dubiel Adam				93	AZS AWF Warszawa				5:08.43	494	
	50m:	32.84	32.84	150m:	1:51.74	41.22	250m:	3:09.93	38.00	350m:	4:30.04	40.91
	100m:	1:10.52	37.68	200m:	2:31.93	40.19	300m:	3:49.13	39.20	400m:	5:08.43	38.39
52.	Szynalski Szymon				00	UPKS Wodnik Rawicz				5:08.49	493	
	50m:	32.64	32.64	150m:	1:51.43	39.57	250m:	3:14.57	44.73	350m:	4:35.60	34.84
	100m:	1:11.86	39.22	200m:	2:29.84	38.41	300m:	4:00.76	46.19	400m:	5:08.49	32.89
53.	Grzybowski Artur				01	MKS Znicz Koszalin				5:09.96	486	
	50m:	30.35	30.35	150m:	1:46.93	40.65	250m:	3:11.69	44.77	350m:	4:34.00	35.97
	100m:	1:06.28	35.93	200m:	2:26.92	39.99	300m:	3:58.03	46.34	400m:	5:09.96	35.96
54.	Uryga Bartłomiej				01	UKS Salmo Zory				5:10.47	484	
	50m:	32.56	32.56	150m:	1:51.93	41.80	250m:	3:15.19	42.68	350m:	4:35.23	37.04
	100m:	1:10.13	37.57	200m:	2:32.51	40.58	300m:	3:58.19	43.00	400m:	5:10.47	35.24
55.	Jochymek Oskar				01	WKS Śląsk Wrocław				5:10.49	484	
	50m:	33.82	33.82	150m:	1:53.03	40.17	250m:	3:16.90	45.02	350m:	4:37.10	35.56
	100m:	1:12.86	39.04	200m:	2:31.88	38.85	300m:	4:01.54	44.64	400m:	5:10.49	33.39



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Event 23, Men, 400m Medley, 14 years and older

Rank			YB					Time	Pts
56.	Wozniak Kamil		00	UKS FREGATA Kolbuszowa				5:11.43	479
	50m: 30.49	30.49	150m: 1:48.34	41.21	250m: 3:13.56	43.27	350m: 4:36.35	37.13	
	100m: 1:07.13	36.64	200m: 2:30.29	41.95	300m: 3:59.22	45.66	400m: 5:11.43	35.08	
57.	Krzywania Oskar		02	UKS SP 149 Lodz				5:11.53	479
	50m: 32.41	32.41	150m: 1:51.94	40.58	250m: 3:16.75	45.18	350m: 4:36.43	35.42	
	100m: 1:11.36	38.95	200m: 2:31.57	39.63	300m: 4:01.01	44.26	400m: 5:11.53	35.10	
58.	Skuba Marcin		98	Orka Zamosc				5:16.00	459
	50m: 31.39	31.39	150m: 1:49.06	40.52	250m: 3:14.80	45.83	350m: 4:39.74	37.46	
	100m: 1:08.54	37.15	200m: 2:28.97	39.91	300m: 4:02.28	47.48	400m: 5:16.00	36.26	
59.	Muc Filip		01	CSiR MOS Dabrowa Gornicza				5:16.07	459
	50m: 32.63	32.63	150m: 1:53.28	40.96	250m: 3:17.12	44.14	350m: 4:40.14	38.37	
	100m: 1:12.32	39.69	200m: 2:32.98	39.70	300m: 4:01.77	44.65	400m: 5:16.07	35.93	
60.	Pajczkowski Olaf		01	UKS Salmo Zory				5:16.50	457
	50m: 33.02	33.02	150m: 1:54.55	42.32	250m: 3:19.87	45.20	350m: 4:44.36	37.72	
	100m: 1:12.23	39.21	200m: 2:34.67	40.12	300m: 4:06.64	46.77	400m: 5:16.50	32.14	
61.	Jozkow Cezary		01	WKS Slask Wroclaw				5:16.90	455
	50m: 32.22	32.22	150m: 1:51.00	41.20	250m: 3:17.55	46.25	350m: 4:40.96	36.83	
	100m: 1:09.80	37.58	200m: 2:31.30	40.30	300m: 4:04.13	46.58	400m: 5:16.90	35.94	
62.	Zdzieblo Piotr		02	UKS Salmo Zory				5:18.49	448
	50m: 34.05	34.05	150m: 1:54.85	41.03	250m: 3:21.89	46.23	350m: 4:44.57	35.85	
	100m: 1:13.82	39.77	200m: 2:35.66	40.81	300m: 4:08.72	46.83	400m: 5:18.49	33.92	
63.	Greber Artur		01	WKS Slask Wroclaw				5:19.65	443
	50m: 31.67	31.67	150m: 1:53.98	43.12	250m: 3:20.92	44.17	350m: 4:44.30	37.60	
	100m: 1:10.86	39.19	200m: 2:36.75	42.77	300m: 4:06.70	45.78	400m: 5:19.65	35.35	
64.	Nowak Aleksander		01	UKS NAWA Skierniewice				5:23.99	426
	50m: 32.31	32.31	150m: 1:54.81	43.89	250m: 3:22.05	45.44	350m: 4:47.04	38.35	
	100m: 1:10.92	38.61	200m: 2:36.61	41.80	300m: 4:08.69	46.64	400m: 5:23.99	36.95	
65.	Zalewski Ronald		01	WKS Slask Wroclaw				5:24.09	425
	50m: 33.37	33.37	150m: 1:56.74	44.39	250m: 3:25.08	44.52	350m: 4:49.83	37.90	
	100m: 1:12.35	38.98	200m: 2:40.56	43.82	300m: 4:11.93	46.85	400m: 5:24.09	34.26	
66.	Moryl Wojciech So		02	MMKS Kedzierzyn-Kozle				5:25.67	419
	50m: 33.67	33.67	150m: 1:55.43	42.84	250m: 3:25.57	47.94	350m: 4:50.76	36.99	
	100m: 1:12.59	38.92	200m: 2:37.63	42.20	300m: 4:13.77	48.20	400m: 5:25.67	34.91	
67.	Cielecki Kacper		01	UKS Salmo Zory				5:26.63	416
	50m: 31.84	31.84	150m: 1:51.67	42.37	250m: 3:21.07	47.96	350m: 4:49.58	40.22	
	100m: 1:09.30	37.46	200m: 2:33.11	41.44	300m: 4:09.36	48.29	400m: 5:26.63	37.05	
68.	Gala Kornel		02	K.S. Gornik Sosnowiec				5:26.67	415
	50m: 34.96	34.96	150m: 1:57.44	42.07	250m: 3:26.03	46.85	350m: 4:50.70	36.99	
	100m: 1:15.37	40.41	200m: 2:39.18	41.74	300m: 4:13.71	47.68	400m: 5:26.67	35.97	
69.	Piotrowski Natan		01	UKS Salmo Zory				5:30.28	402
	50m: 33.00	33.00	150m: 1:56.37	44.60	250m: 3:27.32	48.07	350m: 4:54.88	38.28	
	100m: 1:11.77	38.77	200m: 2:39.25	42.88	300m: 4:16.60	49.28	400m: 5:30.28	35.40	
70.	Rytter Igor		01	WKS Slask Wroclaw				5:39.75	369
	50m: 32.43	32.43	150m: 1:57.89	48.19	250m: 3:35.84	50.76	350m: 5:03.87	37.02	
	100m: 1:09.70	37.27	200m: 2:45.08	47.19	300m: 4:26.85	51.01	400m: 5:39.75	35.88	



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Event 23, Men, 400m Medley, 14 years and older

Rank		YB						Time	Pts
71.	Herisz Jakub	02	K.S. Gornik Sosnowiec					5:41.45	364
	50m: 35.71	35.71	150m: 2:00.58	43.60	250m: 3:33.01	49.01	350m: 5:03.16	39.99	
	100m: 1:16.98	41.27	200m: 2:44.00	43.42	300m: 4:23.17	50.16	400m: 5:41.45	38.29	
DSQ	Mencel Milosz	02	UKS Aligator Gorzyce						
	<i>SW - Nieuko czenie wy cigu</i>								
DSQ	Dominiak Kacper	00	WKS Slask Wroclaw						
	<i>G 7 - Brak pozycji na plecach przy opuszczaniu ciany nawrotowej</i>								
DSQ	Nachlik Szymon	02	UKS Aligator Gorzyce						
	<i>Z 1 - Nieprawidłowa kolejno stylów pływania</i>								