



Arena Grand Prix Puchar Polski Finał  
Opole, 29- - 30-4-2017

Konkurencja 12  
2017-04-29 - 11:00

M czynzn, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2017

Pozycja			Rok ur.					Czas	Pkt.
14 lat i starsi									
1.	Wojdak Wojciech		96	BOSiR Brzesko				<b>3:51.82</b>	855
	50m:	27.37 27.37	150m:	1:26.09 29.31	250m:	2:24.72 28.99	350m:	3:23.18 29.18	
	100m:	56.78 29.41	200m:	1:55.73 29.64	300m:	2:54.00 29.28	400m:	3:51.82 28.64	
2.	Zaborowski Filip		94	MKP Szczecin				<b>3:55.60</b>	814
	50m:	28.00 28.00	150m:	1:27.87 30.10	250m:	2:27.36 29.70	350m:	3:26.77 29.40	
	100m:	57.77 29.77	200m:	1:57.66 29.79	300m:	2:57.37 30.01	400m:	3:55.60 28.83	
3.	Krawczyk Paweł		99	BUKS Warszawa				<b>3:57.03</b>	800
	50m:	27.30 27.30	150m:	1:25.75 29.47	250m:	2:26.02 30.14	350m:	3:27.56 30.84	
	100m:	56.28 28.98	200m:	1:55.88 30.13	300m:	2:56.72 30.70	400m:	3:57.03 29.47	
4.	Klich Kacper		94	WKS łask Wrocław				<b>4:00.51</b>	766
	50m:	28.24 28.24	150m:	1:28.81 30.39	250m:	2:29.74 30.44	350m:	3:30.99 30.74	
	100m:	58.42 30.18	200m:	1:59.30 30.49	300m:	3:00.25 30.51	400m:	4:00.51 29.52	
5.	Dubiel Adam		93	AZS AWF Warszawa				<b>4:01.62</b>	755
	50m:	28.09 28.09	150m:	1:29.36 30.71	250m:	2:31.06 30.92	350m:	3:32.25 30.54	
	100m:	58.65 30.56	200m:	2:00.14 30.78	300m:	3:01.71 30.65	400m:	4:01.62 29.37	
6.	Kraska Jakub		00	UKS Pi tka Konstantynów Łódzki				<b>4:01.77</b>	754
	50m:	28.06 28.06	150m:	1:29.46 30.99	250m:	2:31.58 30.91	350m:	3:33.04 30.65	
	100m:	58.47 30.41	200m:	2:00.67 31.21	300m:	3:02.39 30.81	400m:	4:01.77 28.73	
7.	Kiełczewski Amadeusz SSz		00	MKP Szczecin				<b>4:02.35</b>	748
	50m:	28.17 28.17	150m:	1:29.53 30.69	250m:	2:31.35 30.81	350m:	3:33.13 30.58	
	100m:	58.84 30.67	200m:	2:00.54 31.01	300m:	3:02.55 31.20	400m:	4:02.35 29.22	
8.	Dutkowiak Wojciech SWR		00	WKS łask Wrocław				<b>4:03.73</b>	736
	50m:	28.51 28.51	150m:	1:30.23 30.90	250m:	2:32.18 30.85	350m:	3:34.21 31.01	
	100m:	59.33 30.82	200m:	2:01.33 31.10	300m:	3:03.20 31.02	400m:	4:03.73 29.52	
9.	Pióro Artur		91	MKS Pałac Młodzie y Katowice				<b>4:04.59</b>	728
	<i>Wyniki lepszy od Rekordu Polski Niestysz cych Seniorów</i>								
	50m:	28.47 28.47	150m:	1:31.03 31.34	250m:	2:33.82 31.42	350m:	3:36.13 30.42	
	100m:	59.69 31.22	200m:	2:02.40 31.37	300m:	3:05.71 31.89	400m:	4:04.59 28.46	
10.	Jura Maciej		96	WKS łask Wrocław				<b>4:05.40</b>	721
	50m:	28.67 28.67	150m:	1:29.91 30.87	250m:	2:32.61 31.58	350m:	3:34.73 30.89	
	100m:	59.04 30.37	200m:	2:01.03 31.12	300m:	3:03.84 31.23	400m:	4:05.40 30.67	
11.	Piotrowski Kacper		01	WKS łask Wrocław				<b>4:06.41</b>	712
	50m:	28.33 28.33	150m:	1:31.14 31.65	250m:	2:34.35 31.22	350m:	3:36.71 30.95	
	100m:	59.49 31.16	200m:	2:03.13 31.99	300m:	3:05.76 31.41	400m:	4:06.41 29.70	
12.	Zbutowicz Karol SOL		98	MTP Kormoran Olsztyn				<b>4:06.86</b>	708
	50m:	28.46 28.46	150m:	1:30.85 31.35	250m:	2:33.67 31.35	350m:	3:36.62 31.41	
	100m:	59.50 31.04	200m:	2:02.32 31.47	300m:	3:05.21 31.54	400m:	4:06.86 30.24	
13.	Ostrowski Karol SSz		99	MKP Szczecin				<b>4:07.16</b>	705
	50m:		150m:		250m:		350m:	3:36.59 31.10	
	100m:		200m:		300m:	3:05.49	400m:	4:07.16 30.57	
14.	Smeja Sławomir		94	AZS AWF Katowice				<b>4:07.85</b>	700
	50m:	28.02 28.02	150m:	1:29.98 31.24	250m:	2:33.30 31.75	350m:	3:37.16 31.94	
	100m:	58.74 30.72	200m:	2:01.55 31.57	300m:	3:05.22 31.92	400m:	4:07.85 30.69	



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Pozycja			Rok ur.					Czas	Pkt.			
15.	Jackowski Tomasz		02	WKS	lask Wrocław			<b>4:09.12</b>	689			
	50m:	28.09	28.09	150m:	1:30.78	31.72	250m:	2:34.61	31.74	350m:	3:39.53	33.00
	100m:	59.06	30.97	200m:	2:02.87	32.09	300m:	3:06.53	31.92	400m:	4:09.12	29.59
16.	Dominiak Kacper SWR		00	WKS	lask Wrocław			<b>4:09.70</b>	684			
	50m:	29.21	29.21	150m:	1:32.31	31.71	250m:	2:35.79	31.67	350m:	3:38.96	31.30
	100m:	1:00.60	31.39	200m:	2:04.12	31.81	300m:	3:07.66	31.87	400m:	4:09.70	30.74
17.	Pawlaczyk Patryk		00	UKS	190 Łód			<b>4:10.53</b>	677			
	50m:	28.61	28.61	150m:	1:31.57	31.73	250m:	2:35.89	32.27	350m:	3:40.29	32.19
	100m:	59.84	31.23	200m:	2:03.62	32.05	300m:	3:08.10	32.21	400m:	4:10.53	30.24
18.	Solak Łukasz		99	MZOS	Płock			<b>4:10.61</b>	677			
	50m:	28.20	28.20	150m:	1:31.49	31.35	250m:	2:34.78	31.68	350m:	3:38.93	32.07
	100m:	1:00.14	31.94	200m:	2:03.10	31.61	300m:	3:06.86	32.08	400m:	4:10.61	31.68
19.	Paj k Bartosz		01	BUKS	Warszawa			<b>4:11.37</b>	671			
	50m:	28.22	28.22	150m:	1:32.49	32.42	250m:	2:36.43	31.26	350m:	3:40.68	31.73
	100m:	1:00.07	31.85	200m:	2:05.17	32.68	300m:	3:08.95	32.52	400m:	4:11.37	30.69
20.	Karolczak Jan		01	UKS	G-8 Bielany			<b>4:11.63</b>	668			
	50m:	28.01	28.01	150m:	1:30.56	31.83	250m:	2:34.85	32.20	350m:	3:40.20	32.80
	100m:	58.73	30.72	200m:	2:02.65	32.09	300m:	3:07.40	32.55	400m:	4:11.63	31.43
21.	Krulikowski Maciej SO		99	UKP	Unia O wi cim			<b>4:12.25</b>	664			
	50m:	28.62	28.62	150m:	1:32.52	32.40	250m:	2:37.60	32.37	350m:	3:41.60	31.63
	100m:	1:00.12	31.50	200m:	2:05.23	32.71	300m:	3:09.97	32.37	400m:	4:12.25	30.65
22.	Ciasto Sebastian SO		99	UKP	Unia O wi cim			<b>4:12.36</b>	663			
	50m:	28.41	28.41	150m:	1:31.53	31.75	250m:	2:36.30	32.38	350m:	3:41.19	32.55
	100m:	59.78	31.37	200m:	2:03.92	32.39	300m:	3:08.64	32.34	400m:	4:12.36	31.17
23.	Kaczorowski Jakub		97	UKS	G-8 Bielany			<b>4:12.94</b>	658			
	50m:	28.51	28.51	150m:	1:32.02	32.12	250m:	2:36.81	32.50	350m:	3:42.12	32.69
	100m:	59.90	31.39	200m:	2:04.31	32.29	300m:	3:09.43	32.62	400m:	4:12.94	30.82
24.	Bryła Kamil SL		99	KU	AZS UMCS Lublin			<b>4:13.68</b>	652			
	50m:	28.68	28.68	150m:	1:33.06	32.39	250m:	2:39.01	32.53	350m:	3:43.66	31.88
	100m:	1:00.67	31.99	200m:	2:06.48	33.42	300m:	3:11.78	32.77	400m:	4:13.68	30.02
25.	Butkiewicz Władysław SO		00	UKP	Unia O wi cim			<b>4:13.72</b>	652			
	50m:	28.64	28.64	150m:	1:33.61	32.63	250m:	2:39.57	33.02	350m:	3:43.54	31.22
	100m:	1:00.98	32.34	200m:	2:06.55	32.94	300m:	3:12.32	32.75	400m:	4:13.72	30.18
26.	Krzykała Emil		01	KP	AVIA widnik			<b>4:13.95</b>	650			
	50m:	28.27	28.27	150m:	1:32.17	32.26	250m:	2:37.80	32.76	350m:	3:43.80	33.00
	100m:	59.91	31.64	200m:	2:05.04	32.87	300m:	3:10.80	33.00	400m:	4:13.95	30.15
27.	Urbaniak Jan		95	KS	Warta Pozna			<b>4:14.03</b>	650			
	50m:	29.43	29.43	150m:	1:33.19	32.01	250m:	2:38.69	32.86	350m:	3:45.32	33.45
	100m:	1:01.18	31.75	200m:	2:05.83	32.64	300m:	3:11.87	33.18	400m:	4:14.03	28.71
28.	Hano Grzegorz SWR		00	WKS	lask Wrocław			<b>4:14.06</b>	649			
	50m:	29.24	29.24	150m:	1:33.22	32.01	250m:	2:38.23	32.61	350m:	3:42.86	31.85
	100m:	1:01.21	31.97	200m:	2:05.62	32.40	300m:	3:11.01	32.78	400m:	4:14.06	31.20
29.	Stawaruk Michał		99	MKS	Jedynka Łód			<b>4:14.80</b>	644			
	50m:	29.42	29.42	150m:	1:33.83	31.87	250m:	2:38.39	32.58	350m:	3:42.70	31.47
	100m:	1:01.96	32.54	200m:	2:05.81	31.98	300m:	3:11.23	32.84	400m:	4:14.80	32.10



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30.	Mencel Miłosz SR		02	MKS-SMS Victoria Racibórz				<b>4:14.93</b>	643
	50m: 28.47	28.47	150m: 1:33.04	32.56	250m: 2:38.37	32.57	350m: 3:43.82	32.27	
	100m: 1:00.48	32.01	200m: 2:05.80	32.76	300m: 3:11.55	33.18	400m: 4:14.93	31.11	
31.	Sobczyk Maciej		95	AZS-AGH Kraków				<b>4:15.08</b>	642
	50m: 29.72	29.72	150m: 1:34.33	32.37	250m: 2:38.92	32.35	350m: 3:43.23	32.07	
	100m: 1:01.96	32.24	200m: 2:06.57	32.24	300m: 3:11.16	32.24	400m: 4:15.08	31.85	
32.	K dzia Wiktor SSz		00	MKP Szczecin				<b>4:15.98</b>	635
	50m: 29.59	29.59	150m: 1:34.58	32.74	250m: 2:40.05	32.88	350m: 3:45.78	32.49	
	100m: 1:01.84	32.25	200m: 2:07.17	32.59	300m: 3:13.29	33.24	400m: 4:15.98	30.20	
33.	Zaremba Jakub		01	WKS lask Wrocław				<b>4:16.15</b>	634
	50m: 29.90	29.90	150m: 1:34.68	32.63	250m: 2:39.98	32.84	350m: 3:45.20	32.54	
	100m: 1:02.05	32.15	200m: 2:07.14	32.46	300m: 3:12.66	32.68	400m: 4:16.15	30.95	
34.	Girul Radosław SWR		01	WKS lask Wrocław				<b>4:16.20</b>	633
	50m: 29.48	29.48	150m: 1:34.30	32.69	250m: 2:39.76	32.69	350m: 3:45.03	32.23	
	100m: 1:01.61	32.13	200m: 2:07.07	32.77	300m: 3:12.80	33.04	400m: 4:16.20	31.17	
35.	Prószki Igor		99	MKP Szczecin				<b>4:16.39</b>	632
	50m: 30.11	30.11	150m: 1:34.88	32.66	250m: 2:40.05	32.64	350m: 3:45.25	32.79	
	100m: 1:02.22	32.11	200m: 2:07.41	32.53	300m: 3:12.46	32.41	400m: 4:16.39	31.14	
36.	Jó ków Cezary		01	WKS lask Wrocław				<b>4:16.65</b>	630
	50m: 29.45	29.45	150m: 1:33.99	32.40	250m: 2:39.71	32.98	350m: 3:45.35	32.75	
	100m: 1:01.59	32.14	200m: 2:06.73	32.74	300m: 3:12.60	32.89	400m: 4:16.65	31.30	
37.	Biero ski Michał SWR		99	WKS lask Wrocław				<b>4:16.79</b>	629
	50m: 28.85	28.85	150m: 1:34.22	32.63	250m: 2:40.09	32.65	350m: 3:45.80	32.52	
	100m: 1:01.59	32.74	200m: 2:07.44	33.22	300m: 3:13.28	33.19	400m: 4:16.79	30.99	
38.	Goleniec Łukasz		97	AZS AWF Katowice				<b>4:16.83</b>	629
	50m: 29.51	29.51	150m: 1:34.47	32.77	250m: 2:40.09	32.52	350m: 3:45.85	32.85	
	100m: 1:01.70	32.19	200m: 2:07.57	33.10	300m: 3:13.00	32.91	400m: 4:16.83	30.98	
39.	Stanek Adam SO		99	UKP Unia O wi cim				<b>4:17.01</b>	627
	50m: 30.28	30.28	150m: 1:35.85	32.98	250m: 2:40.75	32.07	350m: 3:45.21	32.72	
	100m: 1:02.87	32.59	200m: 2:08.68	32.83	300m: 3:12.49	31.74	400m: 4:17.01	31.80	
40.	Hojda Bartłomiej SO		98	UKP Unia O wi cim				<b>4:17.54</b>	623
	50m: 29.31	29.31	150m: 1:33.31	32.13	250m: 2:38.32	32.74	350m: 3:45.34	33.55	
	100m: 1:01.18	31.87	200m: 2:05.58	32.27	300m: 3:11.79	33.47	400m: 4:17.54	32.20	
41.	Łapot Radosław SR		99	MOS Katowice				<b>4:17.92</b>	621
	50m: 27.93	27.93	150m: 1:31.47	32.28	250m: 2:37.49	33.39	350m: 3:44.63	33.70	
	100m: 59.19	31.26	200m: 2:04.10	32.63	300m: 3:10.93	33.44	400m: 4:17.92	33.29	
42.	Bugała Krzysztof SSz		01	MKP Szczecin				<b>4:18.67</b>	615
	50m: 29.96	29.96	150m: 1:35.43	32.96	250m: 2:41.48	33.01	350m: 3:47.14	32.61	
	100m: 1:02.47	32.51	200m: 2:08.47	33.04	300m: 3:14.53	33.05	400m: 4:18.67	31.53	
43.	G bka Olaf SSz		00	MKP Szczecin				<b>4:18.74</b>	615
	50m: 29.38	29.38	150m: 1:35.50	33.14	250m: 2:41.66	32.93	350m: 3:48.11	33.02	
	100m: 1:02.36	32.98	200m: 2:08.73	33.23	300m: 3:15.09	33.43	400m: 4:18.74	30.63	
44.	Krzywania Oskar		02	UKS SP 149 Łód				<b>4:19.05</b>	613
	50m: 29.52	29.52	150m: 1:35.74	32.94	250m: 2:42.07	33.09	350m: 3:48.01	32.62	
	100m: 1:02.80	33.28	200m: 2:08.98	33.24	300m: 3:15.39	33.32	400m: 4:19.05	31.04	



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45.	Chodulski Jakub SI			00	UKS Skarpa Lublin				<b>4:20.38</b>	603
	50m: 29.44	29.44	150m: 1:35.59	33.77	250m: 2:43.12	33.84	350m: 3:49.44	32.99		
	100m: 1:01.82	32.38	200m: 2:09.28	33.69	300m: 3:16.45	33.33	400m: 4:20.38	30.94		
46.	Cielecki Kuba			02	WKS lask Wrocław				<b>4:20.91</b>	600
	50m: 29.60	29.60	150m: 1:34.77	32.81	250m: 2:41.61	33.39	350m: 3:48.54	33.14		
	100m: 1:01.96	32.36	200m: 2:08.22	33.45	300m: 3:15.40	33.79	400m: 4:20.91	32.37		
47.	Kempa Mikołaj SO			99	MMKS K dzierzyn-Ko le				<b>4:21.02</b>	599
	50m: 29.13	29.13	150m: 1:34.95	33.22	250m: 2:41.97	33.37	350m: 3:48.18	32.64		
	100m: 1:01.73	32.60	200m: 2:08.60	33.65	300m: 3:15.54	33.57	400m: 4:21.02	32.84		
48.	Sordyl Mateusz SO			99	Victoria Kozy				<b>4:22.02</b>	592
	50m: 28.73	28.73	150m: 1:34.79	33.64	250m: 2:42.33	33.88	350m: 3:49.90	33.82		
	100m: 1:01.15	32.42	200m: 2:08.45	33.66	300m: 3:16.08	33.75	400m: 4:22.02	32.12		
49.	Zieli ski Konrad			03	UKS 190 Łód				<b>4:22.17</b>	591
	50m: 30.23	30.23	150m: 1:36.40	33.45	250m: 2:43.53	33.45	350m: 3:50.90	33.49		
	100m: 1:02.95	32.72	200m: 2:10.08	33.68	300m: 3:17.41	33.88	400m: 4:22.17	31.27		
50.	Prus Mateusz			00	KP Astromal Leszno				<b>4:22.59</b>	588
	50m: 30.07	30.07	150m: 1:36.45	33.46	250m: 2:43.88	33.30	350m: 3:50.61	32.99		
	100m: 1:02.99	32.92	200m: 2:10.58	34.13	300m: 3:17.62	33.74	400m: 4:22.59	31.98		
51.	Kramarczyk Jakub SO			01	UKP Unia O wi cim				<b>4:22.78</b>	587
	50m: 29.67	29.67	150m: 1:36.13	33.79	250m: 2:44.03	33.73	350m: 3:50.84	33.16		
	100m: 1:02.34	32.67	200m: 2:10.30	34.17	300m: 3:17.68	33.65	400m: 4:22.78	31.94		
52.	Karpień Dominik			01	CSiR MOS D browa Górnicza				<b>4:23.20</b>	584
	50m: 30.17	30.17	150m: 1:36.96	33.67	250m: 2:44.88	33.93	350m: 3:51.86	33.51		
	100m: 1:03.29	33.12	200m: 2:10.95	33.99	300m: 3:18.35	33.47	400m: 4:23.20	31.34		
53.	Mayerberg Kacper SO			00	UKP Unia O wi cim				<b>4:23.39</b>	583
	50m: 30.19	30.19	150m: 1:36.97	33.83	250m: 2:43.92	33.41	350m: 3:50.71	32.73		
	100m: 1:03.14	32.95	200m: 2:10.51	33.54	300m: 3:17.98	34.06	400m: 4:23.39	32.68		
54.	Doroba Michał			02	WKS lask Wrocław				<b>4:24.14</b>	578
	50m: 30.48	30.48	150m: 1:35.97	33.05	250m: 2:43.06	33.40	350m: 3:50.79	33.50		
	100m: 1:02.92	32.44	200m: 2:09.66	33.69	300m: 3:17.29	34.23	400m: 4:24.14	33.35		
55.	Lik Kacper SŁ			02	MKS Jedyńka Łód				<b>4:24.20</b>	577
	50m: 30.32	30.32	150m: 1:37.60	33.88	250m: 2:44.71	33.10	350m: 3:51.85	33.34		
	100m: 1:03.72	33.40	200m: 2:11.61	34.01	300m: 3:18.51	33.80	400m: 4:24.20	32.35		
56.	Rój Jakub SSz			01	MKP Szczecin				<b>4:24.25</b>	577
	50m: 29.78	29.78	150m: 1:36.60	33.54	250m: 2:44.59	33.94	350m: 3:52.52	33.78		
	100m: 1:03.06	33.28	200m: 2:10.65	34.05	300m: 3:18.74	34.15	400m: 4:24.25	31.73		
57.	Senkowski Kacper			01	UKS G-8 Bielany				<b>4:24.45</b>	576
	50m: 30.30	30.30	150m: 1:37.32	33.30	250m: 2:45.00	33.82	350m: 3:52.70	33.62		
	100m: 1:04.02	33.72	200m: 2:11.18	33.86	300m: 3:19.08	34.08	400m: 4:24.45	31.75		
58.	Rytter Igor			01	WKS lask Wrocław				<b>4:25.21</b>	571
	50m: 30.09	30.09	150m: 1:36.77	33.94	250m: 2:45.61	34.42	350m: 3:53.00	33.37		
	100m: 1:02.83	32.74	200m: 2:11.19	34.42	300m: 3:19.63	34.02	400m: 4:25.21	32.21		
59.	Knyszy ski Maciej SŁ			02	MKS Jedyńka Łód				<b>4:25.22</b>	571
	50m: 30.87	30.87	150m: 1:38.32	33.96	250m: 2:45.60	33.65	350m: 3:52.77	33.58		
	100m: 1:04.36	33.49	200m: 2:11.95	33.63	300m: 3:19.19	33.59	400m: 4:25.22	32.45		



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Pozycja					Rok ur.					Czas	Pkt.	
60.	Lewicki Filip				03	Galicja Kraków				<b>4:25.66</b>	568	
	50m:	29.79	29.79	150m:	1:36.68	33.83	250m:	2:44.54	33.89	350m:	3:52.42	33.89
	100m:	1:02.85	33.06	200m:	2:10.65	33.97	300m:	3:18.53	33.99	400m:	4:25.66	33.24
61.	Kozieł Mikołaj SO				02	UKP Unia O wi cim				<b>4:26.00</b>	566	
	50m:	30.37	30.37	150m:	1:37.28	34.08	250m:	2:46.73	34.96	350m:	3:54.16	33.12
	100m:	1:03.20	32.83	200m:	2:11.77	34.49	300m:	3:21.04	34.31	400m:	4:26.00	31.84
62.	Pawliniak Mariusz				99	MKP Wodnik 29 Tychy				<b>4:26.46</b>	563	
	50m:	29.99	29.99	150m:	1:36.66	33.65	250m:	2:44.37	33.60	350m:	3:52.31	34.04
	100m:	1:03.01	33.02	200m:	2:10.77	34.11	300m:	3:18.27	33.90	400m:	4:26.46	34.15
63.	Lewandowski Michał				00	MKS ZRYW Opole				<b>4:27.69</b>	555	
	50m:	30.10	30.10	150m:	1:37.78	34.12	250m:	2:45.84	33.91	350m:	3:54.28	34.08
	100m:	1:03.66	33.56	200m:	2:11.93	34.15	300m:	3:20.20	34.36	400m:	4:27.69	33.41
64.	Wasiuk Jakub SO				99	MMKS K dzierzyn-Ko le				<b>4:27.73</b>	555	
	50m:	30.00	30.00	150m:	1:37.66	34.29	250m:	2:46.36	34.37	350m:	3:55.31	34.50
	100m:	1:03.37	33.37	200m:	2:11.99	34.33	300m:	3:20.81	34.45	400m:	4:27.73	32.42
65.	Daszkiewicz Michał SO				03	UKP Unia O wi cim				<b>4:29.33</b>	545	
	50m:	30.07	30.07	150m:	1:40.18	35.77	250m:	2:50.42	34.72	350m:	3:58.17	32.36
	100m:	1:04.41	34.34	200m:	2:15.70	35.52	300m:	3:25.81	35.39	400m:	4:29.33	31.16
66.	Syska Kacper SŁ				02	MKS Jedynka Łód				<b>4:29.42</b>	544	
	50m:	30.22	30.22	150m:	1:38.88	34.69	250m:	2:47.61	34.51	350m:	3:56.93	34.73
	100m:	1:04.19	33.97	200m:	2:13.10	34.22	300m:	3:22.20	34.59	400m:	4:29.42	32.49
67.	Rajca Wiktor				02	UKS 190 Łód				<b>4:29.45</b>	544	
	50m:	32.17	32.17	150m:	1:40.19	34.08	250m:	2:48.87	34.53	350m:	3:56.91	33.86
	100m:	1:06.11	33.94	200m:	2:14.34	34.15	300m:	3:23.05	34.18	400m:	4:29.45	32.54
68.	Danikiewicz Dawid SO				03	UKP Unia O wi cim				<b>4:29.63</b>	543	
	50m:	30.43	30.43	150m:	1:39.30	34.88	250m:	2:49.38	35.17	350m:	3:58.39	34.45
	100m:	1:04.42	33.99	200m:	2:14.21	34.91	300m:	3:23.94	34.56	400m:	4:29.63	31.24
69.	Szyndler Michał				00	MKS ZRYW Opole				<b>4:30.26</b>	539	
	50m:	30.67	30.67	150m:	1:37.99	34.03	250m:	2:47.08	34.51	350m:	3:56.96	34.86
	100m:	1:03.96	33.29	200m:	2:12.57	34.58	300m:	3:22.10	35.02	400m:	4:30.26	33.30
70.	Janecki Mateusz				01	MKS Pałac Młodzie y Katowice				<b>4:30.72</b>	537	
	50m:	29.76	29.76	150m:	1:37.09	34.17	250m:	2:47.02	35.27	350m:	3:57.44	35.55
	100m:	1:02.92	33.16	200m:	2:11.75	34.66	300m:	3:21.89	34.87	400m:	4:30.72	33.28
71.	Sieradzki Kamil				02	UKS WODNIK Siemianowice laski				<b>4:31.19</b>	534	
	50m:	30.21	30.21	150m:	1:38.43	34.72	250m:	2:48.17	35.10	350m:	3:58.74	35.06
	100m:	1:03.71	33.50	200m:	2:13.07	34.64	300m:	3:23.68	35.51	400m:	4:31.19	32.45
72.	Swojnóg Igor				03	MKS Park Wodny Tarnowskie Góry				<b>4:31.93</b>	530	
	50m:	30.21	30.21	150m:	1:38.10	34.56	250m:	2:48.08	34.95	350m:	3:58.16	34.64
	100m:	1:03.54	33.33	200m:	2:13.13	35.03	300m:	3:23.52	35.44	400m:	4:31.93	33.77
73.	Lewandowski Jakub SO				02	UKP Unia O wi cim				<b>4:32.44</b>	527	
	50m:	30.81	30.81	150m:	1:40.52	35.10	250m:	2:50.48	34.82	350m:	3:59.64	34.08
	100m:	1:05.42	34.61	200m:	2:15.66	35.14	300m:	3:25.56	35.08	400m:	4:32.44	32.80
74.	Taszarz Kacper				03	Dwójka Tczew				<b>4:32.70</b>	525	
	50m:	31.40	31.40	150m:	1:40.98	34.93	250m:	2:50.27	34.65	350m:	3:59.80	34.45
	100m:	1:06.05	34.65	200m:	2:15.62	34.64	300m:	3:25.35	35.08	400m:	4:32.70	32.90



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75.	Krasowski Michał		01	MKS ZRYW Opole				<b>4:33.45</b>	521
	50m: 30.98	30.98	150m: 1:39.19	34.39	250m: 2:49.24	35.25	350m: 4:00.07	35.27	
	100m: 1:04.80	33.82	200m: 2:13.99	34.80	300m: 3:24.80	35.56	400m: 4:33.45	33.38	
76.	Lesiak Jarosław SR		02	MKS-SMS Victoria Racibórz				<b>4:33.69</b>	519
	50m: 28.52	28.52	150m: 1:35.51	34.19	250m: 2:46.13	35.99	350m: 3:58.56	36.40	
	100m: 1:01.32	32.80	200m: 2:10.14	34.63	300m: 3:22.16	36.03	400m: 4:33.69	35.13	
77.	Malinowski Wojciech SŁ		03	MKS Jedynka Łódź				<b>4:33.75</b>	519
	50m: 32.15	32.15	150m: 1:41.89	35.05	250m: 2:52.01	34.30	350m: 4:00.87	34.09	
	100m: 1:06.84	34.69	200m: 2:17.71	35.82	300m: 3:26.78	34.77	400m: 4:33.75	32.88	
78.	Cajza Szymon		00	SiKRt Gliwice				<b>4:33.90</b>	518
	50m: 30.03	30.03	150m: 1:39.54	34.92	250m: 2:50.32	35.35	350m: 4:01.55	35.10	
	100m: 1:04.62	34.59	200m: 2:14.97	35.43	300m: 3:26.45	36.13	400m: 4:33.90	32.35	
79.	Chowaniec Mateusz		03	UKS WODNIK Siemianowice laski				<b>4:34.13</b>	517
	50m: 29.67	29.67	150m: 1:40.57	36.21	250m: 2:52.12	35.43	350m: 4:02.32	34.93	
	100m: 1:04.36	34.69	200m: 2:16.69	36.12	300m: 3:27.39	35.27	400m: 4:34.13	31.81	
80.	Gawron Oliwier		03	WKS lask Wrocław				<b>4:35.05</b>	512
	50m: 30.83	30.83	150m: 1:41.73	35.00	250m: 2:51.90	34.38	350m: 4:01.87	34.75	
	100m: 1:06.73	35.90	200m: 2:17.52	35.79	300m: 3:27.12	35.22	400m: 4:35.05	33.18	
81.	Zwań Piotr SR		02	MKS-SMS Victoria Racibórz				<b>4:35.13</b>	511
	50m: 30.85	30.85	150m: 1:40.43	35.04	250m: 2:51.19	35.29	350m: 4:02.20	35.66	
	100m: 1:05.39	34.54	200m: 2:15.90	35.47	300m: 3:26.54	35.35	400m: 4:35.13	32.93	
82.	Gałuszka Bruno SO		02	UKP Unia O wi cim				<b>4:35.73</b>	508
	50m: 31.77	31.77	150m: 1:42.56	35.41	250m: 2:53.17	34.69	350m: 4:01.78	33.79	
	100m: 1:07.15	35.38	200m: 2:18.48	35.92	300m: 3:27.99	34.82	400m: 4:35.73	33.95	
83.	Sieprawski Roch SO		03	UKP Unia O wi cim				<b>4:37.16</b>	500
	50m: 30.65	30.65	150m: 1:41.38	35.80	250m: 2:53.00	35.46	350m: 4:02.33	34.43	
	100m: 1:05.58	34.93	200m: 2:17.54	36.16	300m: 3:27.90	34.90	400m: 4:37.16	34.83	
84.	Moryl Wojciech SO		02	MMKS K dzierzyn-Ko le				<b>4:37.19</b>	500
	50m: 33.83	33.83	150m: 1:46.44	36.12	250m: 2:57.75	35.20	350m: 4:05.77	32.75	
	100m: 1:10.32	36.49	200m: 2:22.55	36.11	300m: 3:33.02	35.27	400m: 4:37.19	31.42	
85.	Szel g Dawid		03	SP Meduza Paj czno				<b>4:37.75</b>	497
	50m: 29.72	29.72	150m: 1:39.31	35.96	250m: 2:52.21	36.36	350m: 4:04.31	35.91	
	100m: 1:03.35	33.63	200m: 2:15.85	36.54	300m: 3:28.40	36.19	400m: 4:37.75	33.44	
86.	Jochymek Oskar		01	WKS lask Wrocław				<b>4:37.84</b>	496
	50m: 30.66	30.66	150m: 1:39.38	34.99	250m: 2:49.70	35.44	350m: 4:00.96	35.86	
	100m: 1:04.39	33.73	200m: 2:14.26	34.88	300m: 3:25.10	35.40	400m: 4:37.84	36.88	
87.	Marciów Jakub		01	WKS lask Wrocław				<b>4:38.47</b>	493
	50m: 31.43	31.43	150m: 1:42.81	35.97	250m: 2:54.08	35.11	350m: 4:04.95	34.87	
	100m: 1:06.84	35.41	200m: 2:18.97	36.16	300m: 3:30.08	36.00	400m: 4:38.47	33.52	
88.	Staczyk Jarema SO		02	MMKS K dzierzyn-Ko le				<b>4:39.14</b>	490
	50m: 32.67	32.67	150m: 1:43.95	35.77	250m: 2:55.69	35.90	350m: 4:05.79	34.36	
	100m: 1:08.18	35.51	200m: 2:19.79	35.84	300m: 3:31.43	35.74	400m: 4:39.14	33.35	
89.	Rogulin Bogdan SO		01	UKP Unia O wi cim				<b>4:39.16</b>	489
	50m: 31.70	31.70	150m: 1:42.80	35.95	250m: 2:54.27	35.59	350m: 4:05.13	35.42	
	100m: 1:06.85	35.15	200m: 2:18.68	35.88	300m: 3:29.71	35.44	400m: 4:39.16	34.03	



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90.	Płatek Maciej SO		02	UKP Unia O wi cim				<b>4:39.23</b>	489
	50m: 32.90 32.90	150m: 1:44.43 35.92		250m: 2:55.56 35.44				350m: 4:05.53 34.63	
	100m: 1:08.51 35.61	200m: 2:20.12 35.69		300m: 3:30.90 35.34				400m: 4:39.23 33.70	
91.	Kudli ski Łukasz		03	UKS SP 149 Łód				<b>4:39.51</b>	488
	50m: 31.58 31.58	150m: 1:44.38 36.47		250m: 2:56.30 35.99				350m: 4:06.28 34.31	
	100m: 1:07.91 36.33	200m: 2:20.31 35.93		300m: 3:31.97 35.67				400m: 4:39.51 33.23	
92.	Zbro ek Radosław		99	Galicja Kraków				<b>4:39.59</b>	487
	50m: 30.93 30.93	150m: 1:41.32 35.52		250m: 2:54.05 36.36				350m: 4:05.99 35.87	
	100m: 1:05.80 34.87	200m: 2:17.69 36.37		300m: 3:30.12 36.07				400m: 4:39.59 33.60	
93.	Tomaszowski Michał		03	MKS Park Wodny Tarnowskie Góry				<b>4:40.43</b>	483
	50m: 30.85 30.85	150m: 1:42.03 36.31		250m: 2:53.93 35.94				350m: 4:05.75 35.93	
	100m: 1:05.72 34.87	200m: 2:17.99 35.96		300m: 3:29.82 35.89				400m: 4:40.43 34.68	
94.	Szczygieł David SO		02	UKP Unia O wi cim				<b>4:40.50</b>	482
	50m: 33.27 33.27	150m: 1:45.02 35.87		250m: 2:56.30 35.69				350m: 4:06.50 34.77	
	100m: 1:09.15 35.88	200m: 2:20.61 35.59		300m: 3:31.73 35.43				400m: 4:40.50 34.00	
95.	Wytyk Marcel		01	KS Warta Pozna				<b>4:40.89</b>	480
	50m: 30.65 30.65	150m: 1:42.79 36.65		250m: 2:56.61 37.06				350m: 4:09.00 35.54	
	100m: 1:06.14 35.49	200m: 2:19.55 36.76		300m: 3:33.46 36.85				400m: 4:40.89 31.89	
96.	Koleczek Dominik		02	DOKiS SP Vega Dobrodzie				<b>4:43.32</b>	468
	50m: 31.41 31.41	150m: 1:43.65 36.93		250m: 2:55.86 35.69				350m: 4:08.14 36.04	
	100m: 1:06.72 35.31	200m: 2:20.17 36.52		300m: 3:32.10 36.24				400m: 4:43.32 35.18	
97.	Karpi ski Jakub		03	MKS Park Wodny Tarnowskie Góry				<b>4:43.90</b>	465
	50m: 31.50 31.50	150m: 1:43.69 36.14		250m: 2:57.05 36.84				350m: 4:09.44 35.76	
	100m: 1:07.55 36.05	200m: 2:20.21 36.52		300m: 3:33.68 36.63				400m: 4:43.90 34.46	
98.	Alencynowicz Maciej SO		02	UKP Unia O wi cim				<b>4:44.73</b>	461
	50m: 31.32 31.32	150m: 1:43.01 36.28		250m: 2:57.12 37.23				350m: 4:09.59 35.58	
	100m: 1:06.73 35.41	200m: 2:19.89 36.88		300m: 3:34.01 36.89				400m: 4:44.73 35.14	
99.	Orłowski Jakub		02	CSiR MOS D browa Górnicza				<b>4:46.25</b>	454
	50m: 32.07 32.07	150m: 1:43.87 36.20		250m: 2:57.59 36.86				350m: 4:11.08 36.31	
	100m: 1:07.67 35.60	200m: 2:20.73 36.86		300m: 3:34.77 37.18				400m: 4:46.25 35.17	
100.	Schreiber Patrick SR		02	MKS-SMS Victoria Racibórz				<b>4:47.05</b>	450
	50m: 32.39 32.39	150m: 1:45.19 36.57		250m: 2:59.09 36.70				350m: 4:11.88 36.10	
	100m: 1:08.62 36.23	200m: 2:22.39 37.20		300m: 3:35.78 36.69				400m: 4:47.05 35.17	
101.	Wilanowski Jakub		02	CSiR MOS D browa Górnicza				<b>4:47.44</b>	448
	50m: 32.64 32.64	150m: 1:46.46 37.33		250m: 3:00.59 36.92				350m: 4:12.80 35.49	
	100m: 1:09.13 36.49	200m: 2:23.67 37.21		300m: 3:37.31 36.72				400m: 4:47.44 34.64	
102.	Majka Maksymilian		02	CSiR MOS D browa Górnicza				<b>4:48.97</b>	441
	50m: 31.74 31.74	150m: 1:44.92 37.06		250m: 2:59.75 37.12				350m: 4:13.77 36.51	
	100m: 1:07.86 36.12	200m: 2:22.63 37.71		300m: 3:37.26 37.51				400m: 4:48.97 35.20	
103.	Nosal Bartosz		01	Hobby Sport Kietrz				<b>4:49.21</b>	440
	50m:	150m: 1:44.57 37.07		250m: 2:59.05 37.35				350m: 4:14.01 37.40	
	100m: 1:07.50	200m: 2:21.70 37.13		300m: 3:36.61 37.56				400m: 4:49.21 35.20	
104.	Wleciał Damian		03	Solne Miasto Wieliczka				<b>4:51.21</b>	431
	50m: 33.12 33.12	150m: 1:46.63 36.78		250m: 2:59.36 36.23				350m: 4:14.47 37.57	
	100m: 1:09.85 36.73	200m: 2:23.13 36.50		300m: 3:36.90 37.54				400m: 4:51.21 36.74	



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105.	Ogorzałek Alan		03	WKS	lask Wrocław			<b>4:53.35</b>	422
	50m:	31.76	31.76	150m:	1:45.91	37.64	250m:	3:01.89	38.01
	100m:	1:08.27	36.51	200m:	2:23.88	37.97	300m:	3:39.84	37.95
							350m:	4:18.06	38.22
							400m:	4:53.35	35.29
106.	Leiman Cezary		03	WKS	lask Wrocław			<b>4:53.41</b>	421
	50m:	33.02	33.02	150m:	1:47.63	37.51	250m:	3:04.70	39.01
	100m:	1:10.12	37.10	200m:	2:25.69	38.06	300m:	3:42.30	37.60
							350m:	4:20.01	37.71
							400m:	4:53.41	33.40
107.	Adamczyk Jan		03	MTP	Lublinianka Lublin			<b>4:53.50</b>	421
	50m:	33.39	33.39	150m:	1:48.04	37.79	250m:	3:03.16	37.51
	100m:	1:10.25	36.86	200m:	2:25.65	37.61	300m:	3:41.05	37.89
							350m:	4:17.91	36.86
							400m:	4:53.50	35.59
108.	Basa Szymon		03	Galicja	Kraków			<b>4:54.09</b>	419
	50m:	33.08	33.08	150m:	1:48.19	38.26	250m:	3:03.73	37.71
	100m:	1:09.93	36.85	200m:	2:26.02	37.83	300m:	3:41.93	38.20
							350m:	4:19.72	37.79
							400m:	4:54.09	34.37
109.	Pi ta Konrad		03	CSiR	MOS D browa Górnicza			<b>4:55.52</b>	412
	50m:	32.63	32.63	150m:	1:47.31	37.90	250m:	3:03.29	38.19
	100m:	1:09.41	36.78	200m:	2:25.10	37.79	300m:	3:41.31	38.02
							350m:	4:19.21	37.90
							400m:	4:55.52	36.31
110.	Jainta Adrian		02	DOKiS	SP Vega Dobrodzie			<b>5:00.84</b>	391
	50m:	34.44	34.44	150m:	1:50.78	38.62	250m:	3:08.94	39.21
	100m:	1:12.16	37.72	200m:	2:29.73	38.95	300m:	3:47.01	38.07
							350m:	4:25.88	38.87
							400m:	5:00.84	34.96
111.	Borkowski Arkadiusz		03	DOKiS	SP Vega Dobrodzie			<b>5:00.93</b>	391
	50m:	34.17	34.17	150m:	1:51.31	38.82	250m:	3:09.61	39.39
	100m:	1:12.49	38.32	200m:	2:30.22	38.91	300m:	3:48.16	38.55
							350m:	4:26.56	38.40
							400m:	5:00.93	34.37
112.	Fortuna Filip		03	Galicja	Kraków			<b>5:09.33</b>	360
	50m:	35.23	35.23	150m:	1:53.66	39.45	250m:	3:13.91	39.89
	100m:	1:14.21	38.98	200m:	2:34.02	40.36	300m:	3:53.35	39.44
							350m:	4:32.42	39.07
							400m:	5:09.33	36.91
113.	Małaczy ski Jakub		03	WKS	lask Wrocław			<b>5:29.74</b>	297
	50m:	38.30	38.30	150m:	2:02.27	42.47	250m:	3:26.35	42.76
	100m:	1:19.80	41.50	200m:	2:43.59	41.32	300m:	4:08.09	41.74
							350m:	4:49.90	41.81
							400m:	5:29.74	39.84

14 lat

1.	Zieli ski Konrad		03	UKS	190 Łód			<b>4:22.17</b>	591
	50m:	30.23	30.23	150m:	1:36.40	33.45	250m:	2:43.53	33.45
	100m:	1:02.95	32.72	200m:	2:10.08	33.68	300m:	3:17.41	33.88
							350m:	3:50.90	33.49
							400m:	4:22.17	31.27
2.	Lewicki Filip		03	Galicja	Kraków			<b>4:25.66</b>	568
	50m:	29.79	29.79	150m:	1:36.68	33.83	250m:	2:44.54	33.89
	100m:	1:02.85	33.06	200m:	2:10.65	33.97	300m:	3:18.53	33.99
							350m:	3:52.42	33.89
							400m:	4:25.66	33.24
3.	Daszkiewicz Michał SO		03	UKP	Unia O wi cim			<b>4:29.33</b>	545
	50m:	30.07	30.07	150m:	1:40.18	35.77	250m:	2:50.42	34.72
	100m:	1:04.41	34.34	200m:	2:15.70	35.52	300m:	3:25.81	35.39
							350m:	3:58.17	32.36
							400m:	4:29.33	31.16
4.	Danikiewicz Dawid SO		03	UKP	Unia O wi cim			<b>4:29.63</b>	543
	50m:	30.43	30.43	150m:	1:39.30	34.88	250m:	2:49.38	35.17
	100m:	1:04.42	33.99	200m:	2:14.21	34.91	300m:	3:23.94	34.56
							350m:	3:58.39	34.45
							400m:	4:29.63	31.24
5.	Swojnóg Igor		03	MKS	Park Wodny Tarnowskie Góry			<b>4:31.93</b>	530
	50m:	30.21	30.21	150m:	1:38.10	34.56	250m:	2:48.08	34.95
	100m:	1:03.54	33.33	200m:	2:13.13	35.03	300m:	3:23.52	35.44
							350m:	3:58.16	34.64
							400m:	4:31.93	33.77





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Pozycja				Rok ur.					Czas	Pkt.		
6.	Tasarez Kacper			03	Dwójka Tczew				<b>4:32.70</b>	525		
	50m:	31.40	31.40	150m:	1:40.98	34.93	250m:	2:50.27	34.65	350m:	3:59.80	34.45
	100m:	1:06.05	34.65	200m:	2:15.62	34.64	300m:	3:25.35	35.08	400m:	4:32.70	32.90
7.	Malinowski Wojciech SŁ			03	MKS Jedynka Łódź				<b>4:33.75</b>	519		
	50m:	32.15	32.15	150m:	1:41.89	35.05	250m:	2:52.01	34.30	350m:	4:00.87	34.09
	100m:	1:06.84	34.69	200m:	2:17.71	35.82	300m:	3:26.78	34.77	400m:	4:33.75	32.88
8.	Chowaniec Mateusz			03	UKS WODNIK Siemianowice laski				<b>4:34.13</b>	517		
	50m:	29.67	29.67	150m:	1:40.57	36.21	250m:	2:52.12	35.43	350m:	4:02.32	34.93
	100m:	1:04.36	34.69	200m:	2:16.69	36.12	300m:	3:27.39	35.27	400m:	4:34.13	31.81
9.	Gawron Oliwier			03	WKS lask Wrocław				<b>4:35.05</b>	512		
	50m:	30.83	30.83	150m:	1:41.73	35.00	250m:	2:51.90	34.38	350m:	4:01.87	34.75
	100m:	1:06.73	35.90	200m:	2:17.52	35.79	300m:	3:27.12	35.22	400m:	4:35.05	33.18
10.	Sieprawski Roch SO			03	UKP Unia O wi cim				<b>4:37.16</b>	500		
	50m:	30.65	30.65	150m:	1:41.38	35.80	250m:	2:53.00	35.46	350m:	4:02.33	34.43
	100m:	1:05.58	34.93	200m:	2:17.54	36.16	300m:	3:27.90	34.90	400m:	4:37.16	34.83
11.	Szel g Dawid			03	SP Meduza Paj czno				<b>4:37.75</b>	497		
	50m:	29.72	29.72	150m:	1:39.31	35.96	250m:	2:52.21	36.36	350m:	4:04.31	35.91
	100m:	1:03.35	33.63	200m:	2:15.85	36.54	300m:	3:28.40	36.19	400m:	4:37.75	33.44
12.	Kudli ski Łukasz			03	UKS SP 149 Łódź				<b>4:39.51</b>	488		
	50m:	31.58	31.58	150m:	1:44.38	36.47	250m:	2:56.30	35.99	350m:	4:06.28	34.31
	100m:	1:07.91	36.33	200m:	2:20.31	35.93	300m:	3:31.97	35.67	400m:	4:39.51	33.23
13.	Tomaszowski Michał			03	MKS Park Wodny Tarnowskie Góry				<b>4:40.43</b>	483		
	50m:	30.85	30.85	150m:	1:42.03	36.31	250m:	2:53.93	35.94	350m:	4:05.75	35.93
	100m:	1:05.72	34.87	200m:	2:17.99	35.96	300m:	3:29.82	35.89	400m:	4:40.43	34.68
14.	Karpi ski Jakub			03	MKS Park Wodny Tarnowskie Góry				<b>4:43.90</b>	465		
	50m:	31.50	31.50	150m:	1:43.69	36.14	250m:	2:57.05	36.84	350m:	4:09.44	35.76
	100m:	1:07.55	36.05	200m:	2:20.21	36.52	300m:	3:33.68	36.63	400m:	4:43.90	34.46
15.	Wleciał Damian			03	Solne Miasto Wieliczka				<b>4:51.21</b>	431		
	50m:	33.12	33.12	150m:	1:46.63	36.78	250m:	2:59.36	36.23	350m:	4:14.47	37.57
	100m:	1:09.85	36.73	200m:	2:23.13	36.50	300m:	3:36.90	37.54	400m:	4:51.21	36.74
16.	Ogorzałek Alan			03	WKS lask Wrocław				<b>4:53.35</b>	422		
	50m:	31.76	31.76	150m:	1:45.91	37.64	250m:	3:01.89	38.01	350m:	4:18.06	38.22
	100m:	1:08.27	36.51	200m:	2:23.88	37.97	300m:	3:39.84	37.95	400m:	4:53.35	35.29
17.	Leiman Cezary			03	WKS lask Wrocław				<b>4:53.41</b>	421		
	50m:	33.02	33.02	150m:	1:47.63	37.51	250m:	3:04.70	39.01	350m:	4:20.01	37.71
	100m:	1:10.12	37.10	200m:	2:25.69	38.06	300m:	3:42.30	37.60	400m:	4:53.41	33.40
18.	Adamczyk Jan			03	MTP Lublinianka Lublin				<b>4:53.50</b>	421		
	50m:	33.39	33.39	150m:	1:48.04	37.79	250m:	3:03.16	37.51	350m:	4:17.91	36.86
	100m:	1:10.25	36.86	200m:	2:25.65	37.61	300m:	3:41.05	37.89	400m:	4:53.50	35.59
19.	Basa Szymon			03	Galicja Kraków				<b>4:54.09</b>	419		
	50m:	33.08	33.08	150m:	1:48.19	38.26	250m:	3:03.73	37.71	350m:	4:19.72	37.79
	100m:	1:09.93	36.85	200m:	2:26.02	37.83	300m:	3:41.93	38.20	400m:	4:54.09	34.37
20.	Pi ta Konrad			03	CSiR MOS D browa Górnica				<b>4:55.52</b>	412		
	50m:	32.63	32.63	150m:	1:47.31	37.90	250m:	3:03.29	38.19	350m:	4:19.21	37.90
	100m:	1:09.41	36.78	200m:	2:25.10	37.79	300m:	3:41.31	38.02	400m:	4:55.52	36.31



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Pozycja			Rok ur.					Czas	Pkt.
21.	Borkowski Arkadiusz		03	DOKiS SP Vega Dobrodzie				<b>5:00.93</b>	391
	50m:	34.17 34.17	150m:	1:51.31 38.82	250m:	3:09.61 39.39	350m:	4:26.56 38.40	
	100m:	1:12.49 38.32	200m:	2:30.22 38.91	300m:	3:48.16 38.55	400m:	5:00.93 34.37	
22.	Fortuna Filip		03	Galicja Kraków				<b>5:09.33</b>	360
	50m:	35.23 35.23	150m:	1:53.66 39.45	250m:	3:13.91 39.89	350m:	4:32.42 39.07	
	100m:	1:14.21 38.98	200m:	2:34.02 40.36	300m:	3:53.35 39.44	400m:	5:09.33 36.91	
23.	Małaczy ski Jakub		03	WKS lask Wrocław				<b>5:29.74</b>	297
	50m:	38.30 38.30	150m:	2:02.27 42.47	250m:	3:26.35 42.76	350m:	4:49.90 41.81	
	100m:	1:19.80 41.50	200m:	2:43.59 41.32	300m:	4:08.09 41.74	400m:	5:29.74 39.84	

15 lat

1.	Jackowski Tomasz		02	WKS lask Wrocław				<b>4:09.12</b>	689
	50m:	28.09 28.09	150m:	1:30.78 31.72	250m:	2:34.61 31.74	350m:	3:39.53 33.00	
	100m:	59.06 30.97	200m:	2:02.87 32.09	300m:	3:06.53 31.92	400m:	4:09.12 29.59	
2.	Mencel Miłosz SR		02	MKS-SMS Victoria Racibórz				<b>4:14.93</b>	643
	50m:	28.47 28.47	150m:	1:33.04 32.56	250m:	2:38.37 32.57	350m:	3:43.82 32.27	
	100m:	1:00.48 32.01	200m:	2:05.80 32.76	300m:	3:11.55 33.18	400m:	4:14.93 31.11	
3.	Krzywania Oskar		02	UKS SP 149 Łódź				<b>4:19.05</b>	613
	50m:	29.52 29.52	150m:	1:35.74 32.94	250m:	2:42.07 33.09	350m:	3:48.01 32.62	
	100m:	1:02.80 33.28	200m:	2:08.98 33.24	300m:	3:15.39 33.32	400m:	4:19.05 31.04	
4.	Cielecki Kuba		02	WKS lask Wrocław				<b>4:20.91</b>	600
	50m:	29.60 29.60	150m:	1:34.77 32.81	250m:	2:41.61 33.39	350m:	3:48.54 33.14	
	100m:	1:01.96 32.36	200m:	2:08.22 33.45	300m:	3:15.40 33.79	400m:	4:20.91 32.37	
5.	Doroba Michał		02	WKS lask Wrocław				<b>4:24.14</b>	578
	50m:	30.48 30.48	150m:	1:35.97 33.05	250m:	2:43.06 33.40	350m:	3:50.79 33.50	
	100m:	1:02.92 32.44	200m:	2:09.66 33.69	300m:	3:17.29 34.23	400m:	4:24.14 33.35	
6.	Lik Kacper SŁ		02	MKS Jedyńka Łódź				<b>4:24.20</b>	577
	50m:	30.32 30.32	150m:	1:37.60 33.88	250m:	2:44.71 33.10	350m:	3:51.85 33.34	
	100m:	1:03.72 33.40	200m:	2:11.61 34.01	300m:	3:18.51 33.80	400m:	4:24.20 32.35	
7.	Knyszy ski Maciej SŁ		02	MKS Jedyńka Łódź				<b>4:25.22</b>	571
	50m:	30.87 30.87	150m:	1:38.32 33.96	250m:	2:45.60 33.65	350m:	3:52.77 33.58	
	100m:	1:04.36 33.49	200m:	2:11.95 33.63	300m:	3:19.19 33.59	400m:	4:25.22 32.45	
8.	Kozieł Mikołaj SO		02	UKP Unia O wi cim				<b>4:26.00</b>	566
	50m:	30.37 30.37	150m:	1:37.28 34.08	250m:	2:46.73 34.96	350m:	3:54.16 33.12	
	100m:	1:03.20 32.83	200m:	2:11.77 34.49	300m:	3:21.04 34.31	400m:	4:26.00 31.84	
9.	Syska Kacper SŁ		02	MKS Jedyńka Łódź				<b>4:29.42</b>	544
	50m:	30.22 30.22	150m:	1:38.88 34.69	250m:	2:47.61 34.51	350m:	3:56.93 34.73	
	100m:	1:04.19 33.97	200m:	2:13.10 34.22	300m:	3:22.20 34.59	400m:	4:29.42 32.49	
10.	Rajca Wiktor		02	UKS 190 Łódź				<b>4:29.45</b>	544
	50m:	32.17 32.17	150m:	1:40.19 34.08	250m:	2:48.87 34.53	350m:	3:56.91 33.86	
	100m:	1:06.11 33.94	200m:	2:14.34 34.15	300m:	3:23.05 34.18	400m:	4:29.45 32.54	
11.	Sieradzki Kamil		02	UKS WODNIK Siemianowice laski				<b>4:31.19</b>	534
	50m:	30.21 30.21	150m:	1:38.43 34.72	250m:	2:48.17 35.10	350m:	3:58.74 35.06	
	100m:	1:03.71 33.50	200m:	2:13.07 34.64	300m:	3:23.68 35.51	400m:	4:31.19 32.45	



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Pozycja		Rok ur.						Czas	Pkt.
12.	Lewandowski Jakub SO	02	UKP Unia O wi cim					<b>4:32.44</b>	527
	50m: 30.81 30.81	150m: 1:40.52 35.10	250m: 2:50.48 34.82	350m: 3:59.64 34.08					
	100m: 1:05.42 34.61	200m: 2:15.66 35.14	300m: 3:25.56 35.08	400m: 4:32.44 32.80					
13.	Lesik Jarosław SR	02	MKS-SMS Victoria Racibórz					<b>4:33.69</b>	519
	50m: 28.52 28.52	150m: 1:35.51 34.19	250m: 2:46.13 35.99	350m: 3:58.56 36.40					
	100m: 1:01.32 32.80	200m: 2:10.14 34.63	300m: 3:22.16 36.03	400m: 4:33.69 35.13					
14.	Zwadło Piotr SR	02	MKS-SMS Victoria Racibórz					<b>4:35.13</b>	511
	50m: 30.85 30.85	150m: 1:40.43 35.04	250m: 2:51.19 35.29	350m: 4:02.20 35.66					
	100m: 1:05.39 34.54	200m: 2:15.90 35.47	300m: 3:26.54 35.35	400m: 4:35.13 32.93					
15.	Gałuszka Bruno SO	02	UKP Unia O wi cim					<b>4:35.73</b>	508
	50m: 31.77 31.77	150m: 1:42.56 35.41	250m: 2:53.17 34.69	350m: 4:01.78 33.79					
	100m: 1:07.15 35.38	200m: 2:18.48 35.92	300m: 3:27.99 34.82	400m: 4:35.73 33.95					
16.	Moryl Wojciech SO	02	MMKS K dzierzyn-Ko le					<b>4:37.19</b>	500
	50m: 33.83 33.83	150m: 1:46.44 36.12	250m: 2:57.75 35.20	350m: 4:05.77 32.75					
	100m: 1:10.32 36.49	200m: 2:22.55 36.11	300m: 3:33.02 35.27	400m: 4:37.19 31.42					
17.	Staćzyk Jarema SO	02	MMKS K dzierzyn-Ko le					<b>4:39.14</b>	490
	50m: 32.67 32.67	150m: 1:43.95 35.77	250m: 2:55.69 35.90	350m: 4:05.79 34.36					
	100m: 1:08.18 35.51	200m: 2:19.79 35.84	300m: 3:31.43 35.74	400m: 4:39.14 33.35					
18.	Płatek Maciej SO	02	UKP Unia O wi cim					<b>4:39.23</b>	489
	50m: 32.90 32.90	150m: 1:44.43 35.92	250m: 2:55.56 35.44	350m: 4:05.53 34.63					
	100m: 1:08.51 35.61	200m: 2:20.12 35.69	300m: 3:30.90 35.34	400m: 4:39.23 33.70					
19.	Szczygieł David SO	02	UKP Unia O wi cim					<b>4:40.50</b>	482
	50m: 33.27 33.27	150m: 1:45.02 35.87	250m: 2:56.30 35.69	350m: 4:06.50 34.77					
	100m: 1:09.15 35.88	200m: 2:20.61 35.59	300m: 3:31.73 35.43	400m: 4:40.50 34.00					
20.	Koleczek Dominik	02	DOKiS SP Vega Dobrodzie					<b>4:43.32</b>	468
	50m: 31.41 31.41	150m: 1:43.65 36.93	250m: 2:55.86 35.69	350m: 4:08.14 36.04					
	100m: 1:06.72 35.31	200m: 2:20.17 36.52	300m: 3:32.10 36.24	400m: 4:43.32 35.18					
21.	Alencynowicz Maciej SO	02	UKP Unia O wi cim					<b>4:44.73</b>	461
	50m: 31.32 31.32	150m: 1:43.01 36.28	250m: 2:57.12 37.23	350m: 4:09.59 35.58					
	100m: 1:06.73 35.41	200m: 2:19.89 36.88	300m: 3:34.01 36.89	400m: 4:44.73 35.14					
22.	Orłowski Jakub	02	CSiR MOS D browa Górnicza					<b>4:46.25</b>	454
	50m: 32.07 32.07	150m: 1:43.87 36.20	250m: 2:57.59 36.86	350m: 4:11.08 36.31					
	100m: 1:07.67 35.60	200m: 2:20.73 36.86	300m: 3:34.77 37.18	400m: 4:46.25 35.17					
23.	Schreiber Patrick SR	02	MKS-SMS Victoria Racibórz					<b>4:47.05</b>	450
	50m: 32.39 32.39	150m: 1:45.19 36.57	250m: 2:59.09 36.70	350m: 4:11.88 36.10					
	100m: 1:08.62 36.23	200m: 2:22.39 37.20	300m: 3:35.78 36.69	400m: 4:47.05 35.17					
24.	Wilanowski Jakub	02	CSiR MOS D browa Górnicza					<b>4:47.44</b>	448
	50m: 32.64 32.64	150m: 1:46.46 37.33	250m: 3:00.59 36.92	350m: 4:12.80 35.49					
	100m: 1:09.13 36.49	200m: 2:23.67 37.21	300m: 3:37.31 36.72	400m: 4:47.44 34.64					
25.	Majka Maksymilian	02	CSiR MOS D browa Górnicza					<b>4:48.97</b>	441
	50m: 31.74 31.74	150m: 1:44.92 37.06	250m: 2:59.75 37.12	350m: 4:13.77 36.51					
	100m: 1:07.86 36.12	200m: 2:22.63 37.71	300m: 3:37.26 37.51	400m: 4:48.97 35.20					
26.	Jainta Adrian	02	DOKiS SP Vega Dobrodzie					<b>5:00.84</b>	391
	50m: 34.44 34.44	150m: 1:50.78 38.62	250m: 3:08.94 39.21	350m: 4:25.88 38.87					
	100m: 1:12.16 37.72	200m: 2:29.73 38.95	300m: 3:47.01 38.07	400m: 5:00.84 34.96					



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Konkurencja 12, M cżyn, 400m dowolny

16 lat

1.	Piotrowski Kacper	01	WKS lask Wrocław	<b>4:06.41</b>	712
	50m: 28.33 28.33	150m: 1:31.14 31.65	250m: 2:34.35 31.22	350m: 3:36.71 30.95	
	100m: 59.49 31.16	200m: 2:03.13 31.99	300m: 3:05.76 31.41	400m: 4:06.41 29.70	
2.	Paj k Bartosz	01	BUKS Warszawa	<b>4:11.37</b>	671
	50m: 28.22 28.22	150m: 1:32.49 32.42	250m: 2:36.43 31.26	350m: 3:40.68 31.73	
	100m: 1:00.07 31.85	200m: 2:05.17 32.68	300m: 3:08.95 32.52	400m: 4:11.37 30.69	
3.	Karolczak Jan	01	UKS G-8 Bielany	<b>4:11.63</b>	668
	50m: 28.01 28.01	150m: 1:30.56 31.83	250m: 2:34.85 32.20	350m: 3:40.20 32.80	
	100m: 58.73 30.72	200m: 2:02.65 32.09	300m: 3:07.40 32.55	400m: 4:11.63 31.43	
4.	Krzykała Emil	01	KP AVIA widnik	<b>4:13.95</b>	650
	50m: 28.27 28.27	150m: 1:32.17 32.26	250m: 2:37.80 32.76	350m: 3:43.80 33.00	
	100m: 59.91 31.64	200m: 2:05.04 32.87	300m: 3:10.80 33.00	400m: 4:13.95 30.15	
5.	Zaremba Jakub	01	WKS lask Wrocław	<b>4:16.15</b>	634
	50m: 29.90 29.90	150m: 1:34.68 32.63	250m: 2:39.98 32.84	350m: 3:45.20 32.54	
	100m: 1:02.05 32.15	200m: 2:07.14 32.46	300m: 3:12.66 32.68	400m: 4:16.15 30.95	
6.	Girul Radosław SWR	01	WKS lask Wrocław	<b>4:16.20</b>	633
	50m: 29.48 29.48	150m: 1:34.30 32.69	250m: 2:39.76 32.69	350m: 3:45.03 32.23	
	100m: 1:01.61 32.13	200m: 2:07.07 32.77	300m: 3:12.80 33.04	400m: 4:16.20 31.17	
7.	Jó ków Cezary	01	WKS lask Wrocław	<b>4:16.65</b>	630
	50m: 29.45 29.45	150m: 1:33.99 32.40	250m: 2:39.71 32.98	350m: 3:45.35 32.75	
	100m: 1:01.59 32.14	200m: 2:06.73 32.74	300m: 3:12.60 32.89	400m: 4:16.65 31.30	
8.	Bugała Krzysztof SSz	01	MKP Szczecin	<b>4:18.67</b>	615
	50m: 29.96 29.96	150m: 1:35.43 32.96	250m: 2:41.48 33.01	350m: 3:47.14 32.61	
	100m: 1:02.47 32.51	200m: 2:08.47 33.04	300m: 3:14.53 33.05	400m: 4:18.67 31.53	
9.	Kramarczyk Jakub SO	01	UKP Unia O wi cim	<b>4:22.78</b>	587
	50m: 29.67 29.67	150m: 1:36.13 33.79	250m: 2:44.03 33.73	350m: 3:50.84 33.16	
	100m: 1:02.34 32.67	200m: 2:10.30 34.17	300m: 3:17.68 33.65	400m: 4:22.78 31.94	
10.	Karpień Dominik	01	CSiR MOS D browa Górnicza	<b>4:23.20</b>	584
	50m: 30.17 30.17	150m: 1:36.96 33.67	250m: 2:44.88 33.93	350m: 3:51.86 33.51	
	100m: 1:03.29 33.12	200m: 2:10.95 33.99	300m: 3:18.35 33.47	400m: 4:23.20 31.34	
11.	Rój Jakub SSz	01	MKP Szczecin	<b>4:24.25</b>	577
	50m: 29.78 29.78	150m: 1:36.60 33.54	250m: 2:44.59 33.94	350m: 3:52.52 33.78	
	100m: 1:03.06 33.28	200m: 2:10.65 34.05	300m: 3:18.74 34.15	400m: 4:24.25 31.73	
12.	Senkowski Kacper	01	UKS G-8 Bielany	<b>4:24.45</b>	576
	50m: 30.30 30.30	150m: 1:37.32 33.30	250m: 2:45.00 33.82	350m: 3:52.70 33.62	
	100m: 1:04.02 33.72	200m: 2:11.18 33.86	300m: 3:19.08 34.08	400m: 4:24.45 31.75	
13.	Rytter Igor	01	WKS lask Wrocław	<b>4:25.21</b>	571
	50m: 30.09 30.09	150m: 1:36.77 33.94	250m: 2:45.61 34.42	350m: 3:53.00 33.37	
	100m: 1:02.83 32.74	200m: 2:11.19 34.42	300m: 3:19.63 34.02	400m: 4:25.21 32.21	
14.	Janecki Mateusz	01	MKS Pałac Młodzie y Katowice	<b>4:30.72</b>	537
	50m: 29.76 29.76	150m: 1:37.09 34.17	250m: 2:47.02 35.27	350m: 3:57.44 35.55	
	100m: 1:02.92 33.16	200m: 2:11.75 34.66	300m: 3:21.89 34.87	400m: 4:30.72 33.28	
15.	Krasowski Michał	01	MKS ZRYW Opole	<b>4:33.45</b>	521
	50m: 30.98 30.98	150m: 1:39.19 34.39	250m: 2:49.24 35.25	350m: 4:00.07 35.27	
	100m: 1:04.80 33.82	200m: 2:13.99 34.80	300m: 3:24.80 35.56	400m: 4:33.45 33.38	



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Konkurencja 12, Chłopców, 400m dowolny, 16 lat

Pozycja				Rok ur.					Czas	Pkt.		
16.	Jochymek Oskar			01	WKS	lask Wrocław			<b>4:37.84</b>	496		
	50m:	30.66	30.66	150m:	1:39.38	34.99	250m:	2:49.70	35.44	350m:	4:00.96	35.86
	100m:	1:04.39	33.73	200m:	2:14.26	34.88	300m:	3:25.10	35.40	400m:	4:37.84	36.88
17.	Marciów Jakub			01	WKS	lask Wrocław			<b>4:38.47</b>	493		
	50m:	31.43	31.43	150m:	1:42.81	35.97	250m:	2:54.08	35.11	350m:	4:04.95	34.87
	100m:	1:06.84	35.41	200m:	2:18.97	36.16	300m:	3:30.08	36.00	400m:	4:38.47	33.52
18.	Rogulin Bogdan SO			01	UKP	Unia O wi cim			<b>4:39.16</b>	489		
	50m:	31.70	31.70	150m:	1:42.80	35.95	250m:	2:54.27	35.59	350m:	4:05.13	35.42
	100m:	1:06.85	35.15	200m:	2:18.68	35.88	300m:	3:29.71	35.44	400m:	4:39.16	34.03
19.	Wytyk Marcel			01	KS	Warta Pozna			<b>4:40.89</b>	480		
	50m:	30.65	30.65	150m:	1:42.79	36.65	250m:	2:56.61	37.06	350m:	4:09.00	35.54
	100m:	1:06.14	35.49	200m:	2:19.55	36.76	300m:	3:33.46	36.85	400m:	4:40.89	31.89
20.	Nosal Bartosz			01	Hobby Sport	Kietrz			<b>4:49.21</b>	440		
	50m:			150m:	1:44.57	37.07	250m:	2:59.05	37.35	350m:	4:14.01	37.40
	100m:	1:07.50		200m:	2:21.70	37.13	300m:	3:36.61	37.56	400m:	4:49.21	35.20

17 - 18 lat

1.	Krawczyk Paweł			99	BUKS	Warszawa			<b>3:57.03</b>	800		
	50m:	27.30	27.30	150m:	1:25.75	29.47	250m:	2:26.02	30.14	350m:	3:27.56	30.84
	100m:	56.28	28.98	200m:	1:55.88	30.13	300m:	2:56.72	30.70	400m:	3:57.03	29.47
2.	Kraska Jakub			00	UKS	Pi tka Konstantynów Łódzki			<b>4:01.77</b>	754		
	50m:	28.06	28.06	150m:	1:29.46	30.99	250m:	2:31.58	30.91	350m:	3:33.04	30.65
	100m:	58.47	30.41	200m:	2:00.67	31.21	300m:	3:02.39	30.81	400m:	4:01.77	28.73
3.	Kiełczewski Amadeusz SSz			00	MKP	Szczecin			<b>4:02.35</b>	748		
	50m:	28.17	28.17	150m:	1:29.53	30.69	250m:	2:31.35	30.81	350m:	3:33.13	30.58
	100m:	58.84	30.67	200m:	2:00.54	31.01	300m:	3:02.55	31.20	400m:	4:02.35	29.22
4.	Dutkowiak Wojciech SWR			00	WKS	lask Wrocław			<b>4:03.73</b>	736		
	50m:	28.51	28.51	150m:	1:30.23	30.90	250m:	2:32.18	30.85	350m:	3:34.21	31.01
	100m:	59.33	30.82	200m:	2:01.33	31.10	300m:	3:03.20	31.02	400m:	4:03.73	29.52
5.	Ostrowski Karol SSz			99	MKP	Szczecin			<b>4:07.16</b>	705		
	50m:			150m:			250m:			350m:	3:36.59	31.10
	100m:			200m:			300m:	3:05.49		400m:	4:07.16	30.57
6.	Dominiak Kacper SWR			00	WKS	lask Wrocław			<b>4:09.70</b>	684		
	50m:	29.21	29.21	150m:	1:32.31	31.71	250m:	2:35.79	31.67	350m:	3:38.96	31.30
	100m:	1:00.60	31.39	200m:	2:04.12	31.81	300m:	3:07.66	31.87	400m:	4:09.70	30.74
7.	Pawlaczyk Patryk			00	UKS	190 Łód			<b>4:10.53</b>	677		
	50m:	28.61	28.61	150m:	1:31.57	31.73	250m:	2:35.89	32.27	350m:	3:40.29	32.19
	100m:	59.84	31.23	200m:	2:03.62	32.05	300m:	3:08.10	32.21	400m:	4:10.53	30.24
8.	Solak Łukasz			99	MZOS	Płock			<b>4:10.61</b>	677		
	50m:	28.20	28.20	150m:	1:31.49	31.35	250m:	2:34.78	31.68	350m:	3:38.93	32.07
	100m:	1:00.14	31.94	200m:	2:03.10	31.61	300m:	3:06.86	32.08	400m:	4:10.61	31.68
9.	Krulikowski Maciej SO			99	UKP	Unia O wi cim			<b>4:12.25</b>	664		
	50m:	28.62	28.62	150m:	1:32.52	32.40	250m:	2:37.60	32.37	350m:	3:41.60	31.63
	100m:	1:00.12	31.50	200m:	2:05.23	32.71	300m:	3:09.97	32.37	400m:	4:12.25	30.65



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

Pozycja			Rok ur.					Czas	Pkt.
10.	Ciasto Sebastian	SO	99	UKP Unia O wi cim				<b>4:12.36</b>	663
	50m:	28.41 28.41	150m:	1:31.53 31.75	250m:	2:36.30 32.38	350m:	3:41.19 32.55	
	100m:	59.78 31.37	200m:	2:03.92 32.39	300m:	3:08.64 32.34	400m:	4:12.36 31.17	
11.	Bryła Kamil	SL	99	KU AZS UMCS Lublin				<b>4:13.68</b>	652
	50m:	28.68 28.68	150m:	1:33.06 32.39	250m:	2:39.01 32.53	350m:	3:43.66 31.88	
	100m:	1:00.67 31.99	200m:	2:06.48 33.42	300m:	3:11.78 32.77	400m:	4:13.68 30.02	
12.	Butkiewicz Władysław	SO	00	UKP Unia O wi cim				<b>4:13.72</b>	652
	50m:	28.64 28.64	150m:	1:33.61 32.63	250m:	2:39.57 33.02	350m:	3:43.54 31.22	
	100m:	1:00.98 32.34	200m:	2:06.55 32.94	300m:	3:12.32 32.75	400m:	4:13.72 30.18	
13.	Hano Grzegorz	SWR	00	WKS lask Wrocław				<b>4:14.06</b>	649
	50m:	29.24 29.24	150m:	1:33.22 32.01	250m:	2:38.23 32.61	350m:	3:42.86 31.85	
	100m:	1:01.21 31.97	200m:	2:05.62 32.40	300m:	3:11.01 32.78	400m:	4:14.06 31.20	
14.	Stawaruk Michał		99	MKS Jedyńka Łód				<b>4:14.80</b>	644
	50m:	29.42 29.42	150m:	1:33.83 31.87	250m:	2:38.39 32.58	350m:	3:42.70 31.47	
	100m:	1:01.96 32.54	200m:	2:05.81 31.98	300m:	3:11.23 32.84	400m:	4:14.80 32.10	
15.	K dzia Wiktor	SSz	00	MKP Szczecin				<b>4:15.98</b>	635
	50m:	29.59 29.59	150m:	1:34.58 32.74	250m:	2:40.05 32.88	350m:	3:45.78 32.49	
	100m:	1:01.84 32.25	200m:	2:07.17 32.59	300m:	3:13.29 33.24	400m:	4:15.98 30.20	
16.	Prószy ski Igor		99	MKP Szczecin				<b>4:16.39</b>	632
	50m:	30.11 30.11	150m:	1:34.88 32.66	250m:	2:40.05 32.64	350m:	3:45.25 32.79	
	100m:	1:02.22 32.11	200m:	2:07.41 32.53	300m:	3:12.46 32.41	400m:	4:16.39 31.14	
17.	Biero ski Michał	SWR	99	WKS lask Wrocław				<b>4:16.79</b>	629
	50m:	28.85 28.85	150m:	1:34.22 32.63	250m:	2:40.09 32.65	350m:	3:45.80 32.52	
	100m:	1:01.59 32.74	200m:	2:07.44 33.22	300m:	3:13.28 33.19	400m:	4:16.79 30.99	
18.	Stanek Adam	SO	99	UKP Unia O wi cim				<b>4:17.01</b>	627
	50m:	30.28 30.28	150m:	1:35.85 32.98	250m:	2:40.75 32.07	350m:	3:45.21 32.72	
	100m:	1:02.87 32.59	200m:	2:08.68 32.83	300m:	3:12.49 31.74	400m:	4:17.01 31.80	
19.	Łapot Radosław	SR	99	MOS Katowice				<b>4:17.92</b>	621
	50m:	27.93 27.93	150m:	1:31.47 32.28	250m:	2:37.49 33.39	350m:	3:44.63 33.70	
	100m:	59.19 31.26	200m:	2:04.10 32.63	300m:	3:10.93 33.44	400m:	4:17.92 33.29	
20.	G bka Olaf	SSz	00	MKP Szczecin				<b>4:18.74</b>	615
	50m:	29.38 29.38	150m:	1:35.50 33.14	250m:	2:41.66 32.93	350m:	3:48.11 33.02	
	100m:	1:02.36 32.98	200m:	2:08.73 33.23	300m:	3:15.09 33.43	400m:	4:18.74 30.63	
21.	Chodulski Jakub	SI	00	UKS Skarpa Lublin				<b>4:20.38</b>	603
	50m:	29.44 29.44	150m:	1:35.59 33.77	250m:	2:43.12 33.84	350m:	3:49.44 32.99	
	100m:	1:01.82 32.38	200m:	2:09.28 33.69	300m:	3:16.45 33.33	400m:	4:20.38 30.94	
22.	Kempa Mikołaj	SO	99	MMKS K dzierzyn-Ko le				<b>4:21.02</b>	599
	50m:	29.13 29.13	150m:	1:34.95 33.22	250m:	2:41.97 33.37	350m:	3:48.18 32.64	
	100m:	1:01.73 32.60	200m:	2:08.60 33.65	300m:	3:15.54 33.57	400m:	4:21.02 32.84	
23.	Sordyl Mateusz	SO	99	Victoria Kozy				<b>4:22.02</b>	592
	50m:	28.73 28.73	150m:	1:34.79 33.64	250m:	2:42.33 33.88	350m:	3:49.90 33.82	
	100m:	1:01.15 32.42	200m:	2:08.45 33.66	300m:	3:16.08 33.75	400m:	4:22.02 32.12	
24.	Prus Mateusz		00	KP Astromal Leszno				<b>4:22.59</b>	588
	50m:	30.07 30.07	150m:	1:36.45 33.46	250m:	2:43.88 33.30	350m:	3:50.61 32.99	
	100m:	1:02.99 32.92	200m:	2:10.58 34.13	300m:	3:17.62 33.74	400m:	4:22.59 31.98	



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

Pozycja		Rok ur.						Czas	Pkt.
25.	Mayerberg Kacper SO	00	UKP Unia O wi cim					<b>4:23.39</b>	583
	50m: 30.19 30.19		150m: 1:36.97 33.83		250m: 2:43.92 33.41		350m: 3:50.71	32.73	
	100m: 1:03.14 32.95		200m: 2:10.51 33.54		300m: 3:17.98 34.06		400m: 4:23.39	32.68	
26.	Pawliniak Mariusz	99	MKP Wodnik 29 Tychy					<b>4:26.46</b>	563
	50m: 29.99 29.99		150m: 1:36.66 33.65		250m: 2:44.37 33.60		350m: 3:52.31	34.04	
	100m: 1:03.01 33.02		200m: 2:10.77 34.11		300m: 3:18.27 33.90		400m: 4:26.46	34.15	
27.	Lewandowski Michał	00	MKS ZRYW Opole					<b>4:27.69</b>	555
	50m: 30.10 30.10		150m: 1:37.78 34.12		250m: 2:45.84 33.91		350m: 3:54.28	34.08	
	100m: 1:03.66 33.56		200m: 2:11.93 34.15		300m: 3:20.20 34.36		400m: 4:27.69	33.41	
28.	Wasiuk Jakub SO	99	MMKS K dzierzyn-Ko le					<b>4:27.73</b>	555
	50m: 30.00 30.00		150m: 1:37.66 34.29		250m: 2:46.36 34.37		350m: 3:55.31	34.50	
	100m: 1:03.37 33.37		200m: 2:11.99 34.33		300m: 3:20.81 34.45		400m: 4:27.73	32.42	
29.	Szyndler Michał	00	MKS ZRYW Opole					<b>4:30.26</b>	539
	50m: 30.67 30.67		150m: 1:37.99 34.03		250m: 2:47.08 34.51		350m: 3:56.96	34.86	
	100m: 1:03.96 33.29		200m: 2:12.57 34.58		300m: 3:22.10 35.02		400m: 4:30.26	33.30	
30.	Cajza Szymon	00	SiKReT Gliwice					<b>4:33.90</b>	518
	50m: 30.03 30.03		150m: 1:39.54 34.92		250m: 2:50.32 35.35		350m: 4:01.55	35.10	
	100m: 1:04.62 34.59		200m: 2:14.97 35.43		300m: 3:26.45 36.13		400m: 4:33.90	32.35	
31.	Zbro ek Radosław	99	Galicja Kraków					<b>4:39.59</b>	487
	50m: 30.93 30.93		150m: 1:41.32 35.52		250m: 2:54.05 36.36		350m: 4:05.99	35.87	
	100m: 1:05.80 34.87		200m: 2:17.69 36.37		300m: 3:30.12 36.07		400m: 4:39.59	33.60	