



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

Konkurencja 14

M czyzn, 400m zmienny

14 lat i starsi

2017-04-29 - 19:55

Wyniki

Rekord Polski 4:12.28 Matczak Mateusz POL Belgrade (SRB) 2009-07-11

Punkty: FINA 2017

Pozycja	Rok ur.	Czas	Pkt.
14 lat i starsi			
1. Zaborowski Filip	94 MKP Szczecin	4:28.81	746
50m: 28.98 28.98	150m: 1:37.60 36.37	250m: 2:51.06 38.20	350m: 3:59.92 30.31
100m: 1:01.23 32.25	200m: 2:12.86 35.26	300m: 3:29.61 38.55	400m: 4:28.81 28.89
2. Szwedzki Dawid	94 WKS łask Wrocław	4:29.44	741
50m: 28.11 28.11	150m: 1:36.13 35.67	250m: 2:48.50 38.22	350m: 3:59.30 32.10
100m: 1:00.46 32.35	200m: 2:10.28 34.15	300m: 3:27.20 38.70	400m: 4:29.44 30.14
3. Zbutowicz Karol SOL	98 MTP Kormoran Olsztyn	4:29.81	738
50m: 28.95 28.95	150m: 1:37.70 35.58	250m: 2:49.45 37.53	350m: 3:59.65 32.34
100m: 1:02.12 33.17	200m: 2:11.92 34.22	300m: 3:27.31 37.86	400m: 4:29.81 30.16
4. Lechowicz Filip	97 AZS-AGH Kraków	4:35.81	691
50m: 28.52 28.52	150m: 1:39.30 36.51	250m: 2:52.99 38.62	350m: 4:05.99 33.42
100m: 1:02.79 34.27	200m: 2:14.37 35.07	300m: 3:32.57 39.58	400m: 4:35.81 29.82
Koziejko Bartłomiej SOL	00 MTP Kormoran Olsztyn	4:35.81	691
50m: 29.36 29.36	150m: 1:40.77 37.57	250m: 2:56.51 39.36	350m: 4:07.30 31.03
100m: 1:03.20 33.84	200m: 2:17.15 36.38	300m: 3:36.27 39.76	400m: 4:35.81 28.51
6. Oller Krzysztof SOL	00 MTP Kormoran Olsztyn	4:38.19	673
50m: 29.16 29.16	150m: 1:39.25 36.75	250m: 2:55.40 41.17	350m: 4:08.01 32.43
100m: 1:02.50 33.34	200m: 2:14.23 34.98	300m: 3:35.58 40.18	400m: 4:38.19 30.18
7. Ma ka Filip	00 UKS 190 Łód	4:38.58	670
50m: 29.86 29.86	150m: 1:39.74 36.24	250m: 2:55.65 40.49	350m: 4:08.86 32.94
100m: 1:03.50 33.64	200m: 2:15.16 35.42	300m: 3:35.92 40.27	400m: 4:38.58 29.72
8. Sacha Kamil	01 CSiR MOS D browa Górnicza	4:40.10	659
50m: 30.11 30.11	150m: 1:41.38 36.61	250m: 2:58.11 39.86	350m: 4:09.69 31.24
100m: 1:04.77 34.66	200m: 2:18.25 36.87	300m: 3:38.45 40.34	400m: 4:40.10 30.41
9. Smeja Sławomir	94 AZS AWF Katowice	4:41.99	646
50m: 29.10 29.10	150m: 1:40.07 37.62	250m: 2:57.41 40.68	350m: 4:11.08 32.12
100m: 1:02.45 33.35	200m: 2:16.73 36.66	300m: 3:38.96 41.55	400m: 4:41.99 30.91
10. Powro nik Konrad	97 CSiR MOS D browa Górnicza	4:42.49	643
50m: 30.64 30.64	150m: 1:42.15 36.59	250m: 3:00.03 41.13	350m: 4:12.81 30.83
100m: 1:05.56 34.92	200m: 2:18.90 36.75	300m: 3:41.98 41.95	400m: 4:42.49 29.68
11. Hojda Bartłomiej SO	98 UKP Unia O wi cim	4:42.52	642
50m: 29.49 29.49	150m: 1:42.05 37.55	250m: 2:58.74 40.49	350m: 4:11.56 32.45
100m: 1:04.50 35.01	200m: 2:18.25 36.20	300m: 3:39.11 40.37	400m: 4:42.52 30.96
12. Gawron Oskar	99 WKS łask Wrocław	4:43.73	634
50m: 29.82 29.82	150m: 1:43.21 37.85	250m: 2:58.72 38.77	350m: 4:11.83 32.54
100m: 1:05.36 35.54	200m: 2:19.95 36.74	300m: 3:39.29 40.57	400m: 4:43.73 31.90
13. Łapot Radosław SR	99 MOS Katowice	4:44.79	627
50m: 29.40 29.40	150m: 1:40.62 36.57	250m: 2:57.81 41.48	350m: 4:12.59 32.67
100m: 1:04.05 34.65	200m: 2:16.33 35.71	300m: 3:39.92 42.11	400m: 4:44.79 32.20
14. Sobczyk Maciej	95 AZS-AGH Kraków	4:46.12	618
50m: 30.24 30.24	150m: 1:43.96 37.99	250m: 3:01.25 41.10	350m: 4:15.03 32.59
100m: 1:05.97 35.73	200m: 2:20.15 36.19	300m: 3:42.44 41.19	400m: 4:46.12 31.09



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Konkurencja 14, M czyzn, 400m zmienny, 14 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.		
15.	Wo niak Maciej			00	UKS 190 Łód				4:47.57	609		
	50m:	28.76	28.76	150m:	1:41.21	38.40	250m:	2:59.48	41.25	350m:	4:16.76	33.65
	100m:	1:02.81	34.05	200m:	2:18.23	37.02	300m:	3:43.11	43.63	400m:	4:47.57	30.81
16.	Rajca Wiktor			02	UKS 190 Łód				4:49.52	597		
	50m:	30.61	30.61	150m:	1:43.03	38.07	250m:	3:01.52	41.62	350m:	4:17.31	34.05
	100m:	1:04.96	34.35	200m:	2:19.90	36.87	300m:	3:43.26	41.74	400m:	4:49.52	32.21
17.	Zaremba Jakub			01	WKS lask Wrocław				4:49.53	597		
	50m:	30.10	30.10	150m:	1:43.12	37.43	250m:	3:02.54	41.49	350m:	4:17.88	33.50
	100m:	1:05.69	35.59	200m:	2:21.05	37.93	300m:	3:44.38	41.84	400m:	4:49.53	31.65
18.	Goleniec Kamil SO			99	UKP Unia O wi cim				4:49.69	596		
	50m:	29.54	29.54	150m:	1:42.19	38.59	250m:	3:01.88	42.14	350m:	4:18.44	34.14
	100m:	1:03.60	34.06	200m:	2:19.74	37.55	300m:	3:44.30	42.42	400m:	4:49.69	31.25
19.	Kuczak Adam SWR			00	Towarzystwo Pływackie Zielona				4:49.89	595		
	50m:	31.39	31.39	150m:	1:43.22	35.82	250m:	3:00.46	42.64	350m:	4:16.68	33.15
	100m:	1:07.40	36.01	200m:	2:17.82	34.60	300m:	3:43.53	43.07	400m:	4:49.89	33.21
20.	Walczysko Jakub			00	CSiR MOS D browa Górnicza				4:50.02	594		
	50m:	31.52	31.52	150m:	1:45.96	38.15	250m:	3:03.79	40.80	350m:	4:18.03	33.24
	100m:	1:07.81	36.29	200m:	2:22.99	37.03	300m:	3:44.79	41.00	400m:	4:50.02	31.99
21.	Skierski Radosław			00	MKP Wodnik 29 Tychy				4:50.51	591		
	50m:	30.66	30.66	150m:	1:44.49	38.66	250m:	3:03.25	40.67	350m:	4:18.46	34.24
	100m:	1:05.83	35.17	200m:	2:22.58	38.09	300m:	3:44.22	40.97	400m:	4:50.51	32.05
22.	Guzy Marcel			01	DOKiS SP Vega Dobrodzie				4:51.18	587		
	50m:	30.74	30.74	150m:	1:44.31	38.38	250m:	3:02.31	40.82	350m:	4:17.05	33.76
	100m:	1:05.93	35.19	200m:	2:21.49	37.18	300m:	3:43.29	40.98	400m:	4:51.18	34.13
23.	Elgalal Sami			01	UKS SP 149 Łód				4:52.42	579		
	50m:	29.62	29.62	150m:	1:43.16	38.00	250m:	3:04.00	42.85	350m:	4:20.39	33.54
	100m:	1:05.16	35.54	200m:	2:21.15	37.99	300m:	3:46.85	42.85	400m:	4:52.42	32.03
24.	Uryniuk Paweł			03	UKS G-8 Bielany				4:52.76	577		
	50m:	30.10	30.10	150m:	1:44.66	39.42	250m:	3:04.51	39.71	350m:	4:19.96	33.65
	100m:	1:05.24	35.14	200m:	2:24.80	40.14	300m:	3:46.31	41.80	400m:	4:52.76	32.80
25.	Jó ków Cezary			01	WKS lask Wrocław				4:55.40	562		
	50m:	31.66	31.66	150m:	1:47.77	39.23	250m:	3:07.44	41.70	350m:	4:22.84	34.43
	100m:	1:08.54	36.88	200m:	2:25.74	37.97	300m:	3:48.41	40.97	400m:	4:55.40	32.56
26.	Sumara Beniamin			99	AZS AWF Katowice				4:59.49	539		
	50m:	30.43	30.43	150m:	1:44.30	39.80	250m:	3:06.84	43.44	350m:	4:25.55	35.11
	100m:	1:04.50	34.07	200m:	2:23.40	39.10	300m:	3:50.44	43.60	400m:	4:59.49	33.94
27.	Muc Filip			01	CSiR MOS D browa Górnicza				5:00.23	535		
	50m:	30.90	30.90	150m:	1:47.67	40.11	250m:	3:09.02	41.85	350m:	4:27.04	34.84
	100m:	1:07.56	36.66	200m:	2:27.17	39.50	300m:	3:52.20	43.18	400m:	5:00.23	33.19
28.	Sadło Marcel			01	CSiR MOS D browa Górnicza				5:00.24	535		
	50m:	29.79	29.79	150m:	1:44.39	39.62	250m:	3:06.95	43.36	350m:	4:26.68	35.43
	100m:	1:04.77	34.98	200m:	2:23.59	39.20	300m:	3:51.25	44.30	400m:	5:00.24	33.56
29.	Szynawa Oskar SO			00	UKP Unia O wi cim				5:01.12	531		
	50m:	31.64	31.64	150m:	1:53.41	41.95	250m:	3:13.00	39.59	350m:	4:28.92	34.72
	100m:	1:11.46	39.82	200m:	2:33.41	40.00	300m:	3:54.20	41.20	400m:	5:01.12	32.20



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Pozycja			Rok ur.						Czas	Pkt.
30.	Kozieł Mikołaj SO		02	UKP Unia O wi cim					5:02.38	524
	50m: 30.42 30.42	150m: 1:45.37 39.32		250m: 3:10.12 45.69				350m: 4:29.00 34.19		
	100m: 1:06.05 35.63	200m: 2:24.43 39.06		300m: 3:54.81 44.69				400m: 5:02.38 33.38		
31.	Michałowski Tomasz SO		02	UKP Unia O wi cim					5:02.48	523
	50m: 31.16 31.16	150m: 1:47.79 38.72		250m: 3:10.21 44.15				350m: 4:29.45 33.86		
	100m: 1:09.07 37.91	200m: 2:26.06 38.27		300m: 3:55.59 45.38				400m: 5:02.48 33.03		
32.	Kalinowski Michał		01	MTPK Delfin Toru					5:03.64	517
	50m: 31.23 31.23	150m: 1:47.65 39.88		250m: 3:11.07 44.21				350m: 4:31.45 35.64		
	100m: 1:07.77 36.54	200m: 2:26.86 39.21		300m: 3:55.81 44.74				400m: 5:03.64 32.19		
33.	Janecki Mateusz		01	MKS Pałac Młodzie y Katowice					5:05.13	510
	50m: 31.24 31.24	150m: 1:51.10 40.76		250m: 3:13.20 42.43				350m: 4:31.46 33.97		
	100m: 1:10.34 39.10	200m: 2:30.77 39.67		300m: 3:57.49 44.29				400m: 5:05.13 33.67		
34.	Marciów Jakub		01	WKS lask Wrocław					5:06.63	502
	50m: 29.42 29.42	150m: 1:43.56 39.12		250m: 3:07.82 45.43				350m: 4:30.51 36.82		
	100m: 1:04.44 35.02	200m: 2:22.39 38.83		300m: 3:53.69 45.87				400m: 5:06.63 36.12		
35.	Moryl Wojciech SO		02	MMKS K dzierzyn-Ko le					5:07.64	497
	50m: 32.71 32.71	150m: 1:49.83 40.05		250m: 3:13.57 45.34				350m: 4:34.14 34.65		
	100m: 1:09.78 37.07	200m: 2:28.23 38.40		300m: 3:59.49 45.92				400m: 5:07.64 33.50		
36.	Szczygieł David SO		02	UKP Unia O wi cim					5:08.91	491
	50m: 32.75 32.75	150m: 1:49.62 39.73		250m: 3:12.77 43.48				350m: 4:34.13 36.24		
	100m: 1:09.89 37.14	200m: 2:29.29 39.67		300m: 3:57.89 45.12				400m: 5:08.91 34.78		
37.	Sowa Łukasz		03	Galicja Kraków					5:09.78	487
	50m: 30.16 30.16	150m: 1:48.72 42.04		250m: 3:13.73 43.02				350m: 4:34.87 35.87		
	100m: 1:06.68 36.52	200m: 2:30.71 41.99		300m: 3:59.00 45.27				400m: 5:09.78 34.91		
38.	Kobylarczyk Damian		03	UKS Aquatica Pawłowice					5:10.00	486
	50m: 30.89 30.89	150m: 1:49.37 41.43		250m: 3:14.96 43.07				350m: 4:36.10 35.10		
	100m: 1:07.94 37.05	200m: 2:31.89 42.52		300m: 4:01.00 46.04				400m: 5:10.00 33.90		
39.	Alencynowicz Maciej SO		02	UKP Unia O wi cim					5:10.62	483
	50m: 30.71 30.71	150m: 1:48.66 41.27		250m: 3:14.21 45.94				350m: 4:35.68 36.06		
	100m: 1:07.39 36.68	200m: 2:28.27 39.61		300m: 3:59.62 45.41				400m: 5:10.62 34.94		
40.	Karpień Dominik		01	CSiR MOS D browa Górnicza					5:10.94	482
	50m: 31.11 31.11	150m: 1:50.79 42.23		250m: 3:17.58 46.57				350m: 4:38.89 34.70		
	100m: 1:08.56 37.45	200m: 2:31.01 40.22		300m: 4:04.19 46.61				400m: 5:10.94 32.05		
41.	Cebula Oskar		03	WKS lask Wrocław					5:14.90	464
	50m: 32.06 32.06	150m: 1:52.88 43.00		250m: 3:16.79 43.47				350m: 4:38.15 37.70		
	100m: 1:09.88 37.82	200m: 2:33.32 40.44		300m: 4:00.45 43.66				400m: 5:14.90 36.75		
42.	Przystał Adam		03	Solne Miasto Wieliczka					5:18.42	449
	50m: 33.98 33.98	150m: 1:57.63 42.34		250m: 3:21.49 41.01				350m: 4:42.94 37.67		
	100m: 1:15.29 41.31	200m: 2:40.48 42.85		300m: 4:05.27 43.78				400m: 5:18.42 35.48		
43.	Kudli ski Łukasz		03	UKS SP 149 Łód					5:19.59	444
	50m: 31.44 31.44	150m: 1:55.19 44.51		250m: 3:22.58 45.87				350m: 4:45.24 35.42		
	100m: 1:10.68 39.24	200m: 2:36.71 41.52		300m: 4:09.82 47.24				400m: 5:19.59 34.35		
44.	Mistrzak Kacper		02	Hobby Sport Kietrz					5:20.81	439
	50m: 34.48 34.48	150m: 1:59.74 41.61		250m: 3:24.87 45.37				350m: 4:47.95 36.53		
	100m: 1:18.13 43.65	200m: 2:39.50 39.76		300m: 4:11.42 46.55				400m: 5:20.81 32.86		



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Pozycja	Rok ur.	Czas	Pkt.
45. Adamczyk Jan	03 MTP Lublinianka Lublin	5:25.60	420
50m: 33.90 33.90	150m: 1:56.17 43.01	250m: 3:24.64 46.62	350m: 4:50.02 38.39
100m: 1:13.16 39.26	200m: 2:38.02 41.85	300m: 4:11.63 46.99	400m: 5:25.60 35.58
46. Sobiech Szymon	03 UKS SP 149 Łódź	5:26.66	415
50m: 34.14 34.14	150m: 1:55.48 40.45	250m: 3:25.76 49.93	350m: 4:50.67 37.40
100m: 1:15.03 40.89	200m: 2:35.83 40.35	300m: 4:13.27 47.51	400m: 5:26.66 35.99
47. Bonsz Adrian	03 KS Pi tka Chorzów	5:26.71	415
50m: 32.21 32.21	150m: 1:54.01 42.80	250m: 3:23.26 48.16	350m: 4:50.77 38.14
100m: 1:11.21 39.00	200m: 2:35.10 41.09	300m: 4:12.63 49.37	400m: 5:26.71 35.94
48. Kłosek Krystian	02 CSiR MOS D browa Górnicza	5:33.18	391
50m: 34.78 34.78	150m: 1:58.83 42.51	250m: 3:28.89 48.31	350m: 4:55.59 38.10
100m: 1:16.32 41.54	200m: 2:40.58 41.75	300m: 4:17.49 48.60	400m: 5:33.18 37.59
49. Ulanowicz Piotr	03 MTP Lublinianka Lublin	5:37.64	376
50m: 33.21 33.21	150m: 1:57.23 44.31	250m: 3:27.11 46.72	350m: 4:57.20 41.93
100m: 1:12.92 39.71	200m: 2:40.39 43.16	300m: 4:15.27 48.16	400m: 5:37.64 40.44
NIE UK. Wasiuk Jakub SO	99 MMKS K dzierzyn-Ko le		
<i>SW - Nieuko czenie wy cigu</i>			

14 lat

1. Uryniuk Paweł	03 UKS G-8 Bielany	4:52.76	577
50m: 30.10 30.10	150m: 1:44.66 39.42	250m: 3:04.51 39.71	350m: 4:19.96 33.65
100m: 1:05.24 35.14	200m: 2:24.80 40.14	300m: 3:46.31 41.80	400m: 4:52.76 32.80
2. Sowa Łukasz	03 Galicja Kraków	5:09.78	487
50m: 30.16 30.16	150m: 1:48.72 42.04	250m: 3:13.73 43.02	350m: 4:34.87 35.87
100m: 1:06.68 36.52	200m: 2:30.71 41.99	300m: 3:59.00 45.27	400m: 5:09.78 34.91
3. Kobylarczyk Damian	03 UKS Aquatica Pawłowice	5:10.00	486
50m: 30.89 30.89	150m: 1:49.37 41.43	250m: 3:14.96 43.07	350m: 4:36.10 35.10
100m: 1:07.94 37.05	200m: 2:31.89 42.52	300m: 4:01.00 46.04	400m: 5:10.00 33.90
4. Cebula Oskar	03 WKS lask Wrocław	5:14.90	464
50m: 32.06 32.06	150m: 1:52.88 43.00	250m: 3:16.79 43.47	350m: 4:38.15 37.70
100m: 1:09.88 37.82	200m: 2:33.32 40.44	300m: 4:00.45 43.66	400m: 5:14.90 36.75
5. Przysiał Adam	03 Solne Miasto Wieliczka	5:18.42	449
50m: 33.98 33.98	150m: 1:57.63 42.34	250m: 3:21.49 41.01	350m: 4:42.94 37.67
100m: 1:15.29 41.31	200m: 2:40.48 42.85	300m: 4:05.27 43.78	400m: 5:18.42 35.48
6. Kudli ski Łukasz	03 UKS SP 149 Łódź	5:19.59	444
50m: 31.44 31.44	150m: 1:55.19 44.51	250m: 3:22.58 45.87	350m: 4:45.24 35.42
100m: 1:10.68 39.24	200m: 2:36.71 41.52	300m: 4:09.82 47.24	400m: 5:19.59 34.35
7. Adamczyk Jan	03 MTP Lublinianka Lublin	5:25.60	420
50m: 33.90 33.90	150m: 1:56.17 43.01	250m: 3:24.64 46.62	350m: 4:50.02 38.39
100m: 1:13.16 39.26	200m: 2:38.02 41.85	300m: 4:11.63 46.99	400m: 5:25.60 35.58
8. Sobiech Szymon	03 UKS SP 149 Łódź	5:26.66	415
50m: 34.14 34.14	150m: 1:55.48 40.45	250m: 3:25.76 49.93	350m: 4:50.67 37.40
100m: 1:15.03 40.89	200m: 2:35.83 40.35	300m: 4:13.27 47.51	400m: 5:26.66 35.99
9. Bonsz Adrian	03 KS Pi tka Chorzów	5:26.71	415
50m: 32.21 32.21	150m: 1:54.01 42.80	250m: 3:23.26 48.16	350m: 4:50.77 38.14
100m: 1:11.21 39.00	200m: 2:35.10 41.09	300m: 4:12.63 49.37	400m: 5:26.71 35.94





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Konkurencja 14, Chłopców, 400m zmienny, 14 lat

Pozycja			Rok ur.					Czas	Pkt.
10.	Ulanowicz Piotr		03	MTP Lublinianka Lublin				5:37.64	376
	50m: 33.21	33.21	150m: 1:57.23	44.31	250m: 3:27.11	46.72	350m: 4:57.20	41.93	
	100m: 1:12.92	39.71	200m: 2:40.39	43.16	300m: 4:15.27	48.16	400m: 5:37.64	40.44	

15 lat

1.	Rajca Wiktor		02	UKS 190 Łódź				4:49.52	597
	50m: 30.61	30.61	150m: 1:43.03	38.07	250m: 3:01.52	41.62	350m: 4:17.31	34.05	
	100m: 1:04.96	34.35	200m: 2:19.90	36.87	300m: 3:43.26	41.74	400m: 4:49.52	32.21	
2.	Kozieł Mikołaj SO		02	UKP Unia O wi cim				5:02.38	524
	50m: 30.42	30.42	150m: 1:45.37	39.32	250m: 3:10.12	45.69	350m: 4:29.00	34.19	
	100m: 1:06.05	35.63	200m: 2:24.43	39.06	300m: 3:54.81	44.69	400m: 5:02.38	33.38	
3.	Michałowski Tomasz SO		02	UKP Unia O wi cim				5:02.48	523
	50m: 31.16	31.16	150m: 1:47.79	38.72	250m: 3:10.21	44.15	350m: 4:29.45	33.86	
	100m: 1:09.07	37.91	200m: 2:26.06	38.27	300m: 3:55.59	45.38	400m: 5:02.48	33.03	
4.	Moryl Wojciech SO		02	MMKS K dzierzyn-Ko le				5:07.64	497
	50m: 32.71	32.71	150m: 1:49.83	40.05	250m: 3:13.57	45.34	350m: 4:34.14	34.65	
	100m: 1:09.78	37.07	200m: 2:28.23	38.40	300m: 3:59.49	45.92	400m: 5:07.64	33.50	
5.	Szczygieł David SO		02	UKP Unia O wi cim				5:08.91	491
	50m: 32.75	32.75	150m: 1:49.62	39.73	250m: 3:12.77	43.48	350m: 4:34.13	36.24	
	100m: 1:09.89	37.14	200m: 2:29.29	39.67	300m: 3:57.89	45.12	400m: 5:08.91	34.78	
6.	Alencynowicz Maciej SO		02	UKP Unia O wi cim				5:10.62	483
	50m: 30.71	30.71	150m: 1:48.66	41.27	250m: 3:14.21	45.94	350m: 4:35.68	36.06	
	100m: 1:07.39	36.68	200m: 2:28.27	39.61	300m: 3:59.62	45.41	400m: 5:10.62	34.94	
7.	Mistrzak Kacper		02	Hobby Sport Kietrz				5:20.81	439
	50m: 34.48	34.48	150m: 1:59.74	41.61	250m: 3:24.87	45.37	350m: 4:47.95	36.53	
	100m: 1:18.13	43.65	200m: 2:39.50	39.76	300m: 4:11.42	46.55	400m: 5:20.81	32.86	
8.	Kłosek Krystian		02	CSiR MOS D browa Górnicza				5:33.18	391
	50m: 34.78	34.78	150m: 1:58.83	42.51	250m: 3:28.89	48.31	350m: 4:55.59	38.10	
	100m: 1:16.32	41.54	200m: 2:40.58	41.75	300m: 4:17.49	48.60	400m: 5:33.18	37.59	

16 lat

1.	Sacha Kamil		01	CSiR MOS D browa Górnicza				4:40.10	659
	50m: 30.11	30.11	150m: 1:41.38	36.61	250m: 2:58.11	39.86	350m: 4:09.69	31.24	
	100m: 1:04.77	34.66	200m: 2:18.25	36.87	300m: 3:38.45	40.34	400m: 4:40.10	30.41	
2.	Zaremba Jakub		01	WKS lask Wrocław				4:49.53	597
	50m: 30.10	30.10	150m: 1:43.12	37.43	250m: 3:02.54	41.49	350m: 4:17.88	33.50	
	100m: 1:05.69	35.59	200m: 2:21.05	37.93	300m: 3:44.38	41.84	400m: 4:49.53	31.65	
3.	Guzy Marcel		01	DOKiS SP Vega Dobrodzie				4:51.18	587
	50m: 30.74	30.74	150m: 1:44.31	38.38	250m: 3:02.31	40.82	350m: 4:17.05	33.76	
	100m: 1:05.93	35.19	200m: 2:21.49	37.18	300m: 3:43.29	40.98	400m: 4:51.18	34.13	
4.	Elgalał Sami		01	UKS SP 149 Łódź				4:52.42	579
	50m: 29.62	29.62	150m: 1:43.16	38.00	250m: 3:04.00	42.85	350m: 4:20.39	33.54	
	100m: 1:05.16	35.54	200m: 2:21.15	37.99	300m: 3:46.85	42.85	400m: 4:52.42	32.03	
5.	Jó ków Cezary		01	WKS lask Wrocław				4:55.40	562
	50m: 31.66	31.66	150m: 1:47.77	39.23	250m: 3:07.44	41.70	350m: 4:22.84	34.43	
	100m: 1:08.54	36.88	200m: 2:25.74	37.97	300m: 3:48.41	40.97	400m: 4:55.40	32.56	



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Konkurencja 14, Chłopców, 400m zmienny, 16 lat

Pozycja					Rok ur.					Czas	Pkt.	
6.	Muc Filip				01	CSiR MOS D browa Górnicza				5:00.23	535	
	50m:	30.90	30.90	150m:	1:47.67	40.11	250m:	3:09.02	41.85	350m:	4:27.04	34.84
	100m:	1:07.56	36.66	200m:	2:27.17	39.50	300m:	3:52.20	43.18	400m:	5:00.23	33.19
7.	Sadło Marcel				01	CSiR MOS D browa Górnicza				5:00.24	535	
	50m:	29.79	29.79	150m:	1:44.39	39.62	250m:	3:06.95	43.36	350m:	4:26.68	35.43
	100m:	1:04.77	34.98	200m:	2:23.59	39.20	300m:	3:51.25	44.30	400m:	5:00.24	33.56
8.	Kalinowski Michał				01	MTPK Delfin Toru				5:03.64	517	
	50m:	31.23	31.23	150m:	1:47.65	39.88	250m:	3:11.07	44.21	350m:	4:31.45	35.64
	100m:	1:07.77	36.54	200m:	2:26.86	39.21	300m:	3:55.81	44.74	400m:	5:03.64	32.19
9.	Janecki Mateusz				01	MKS Pałac Młodzie y Katowice				5:05.13	510	
	50m:	31.24	31.24	150m:	1:51.10	40.76	250m:	3:13.20	42.43	350m:	4:31.46	33.97
	100m:	1:10.34	39.10	200m:	2:30.77	39.67	300m:	3:57.49	44.29	400m:	5:05.13	33.67
10.	Marciów Jakub				01	WKS lask Wrocław				5:06.63	502	
	50m:	29.42	29.42	150m:	1:43.56	39.12	250m:	3:07.82	45.43	350m:	4:30.51	36.82
	100m:	1:04.44	35.02	200m:	2:22.39	38.83	300m:	3:53.69	45.87	400m:	5:06.63	36.12
11.	Karpień Dominik				01	CSiR MOS D browa Górnicza				5:10.94	482	
	50m:	31.11	31.11	150m:	1:50.79	42.23	250m:	3:17.58	46.57	350m:	4:38.89	34.70
	100m:	1:08.56	37.45	200m:	2:31.01	40.22	300m:	4:04.19	46.61	400m:	5:10.94	32.05

17 - 18 lat

1.	Koziejko Bartłomiej SOL				00	MTP Kormoran Olsztyn				4:35.81	691	
	50m:	29.36	29.36	150m:	1:40.77	37.57	250m:	2:56.51	39.36	350m:	4:07.30	31.03
	100m:	1:03.20	33.84	200m:	2:17.15	36.38	300m:	3:36.27	39.76	400m:	4:35.81	28.51
2.	Oller Krzysztof SOL				00	MTP Kormoran Olsztyn				4:38.19	673	
	50m:	29.16	29.16	150m:	1:39.25	36.75	250m:	2:55.40	41.17	350m:	4:08.01	32.43
	100m:	1:02.50	33.34	200m:	2:14.23	34.98	300m:	3:35.58	40.18	400m:	4:38.19	30.18
3.	Ma ka Filip				00	UKS 190 Łód				4:38.58	670	
	50m:	29.86	29.86	150m:	1:39.74	36.24	250m:	2:55.65	40.49	350m:	4:08.86	32.94
	100m:	1:03.50	33.64	200m:	2:15.16	35.42	300m:	3:35.92	40.27	400m:	4:38.58	29.72
4.	Gawron Oskar				99	WKS lask Wrocław				4:43.73	634	
	50m:	29.82	29.82	150m:	1:43.21	37.85	250m:	2:58.72	38.77	350m:	4:11.83	32.54
	100m:	1:05.36	35.54	200m:	2:19.95	36.74	300m:	3:39.29	40.57	400m:	4:43.73	31.90
5.	Łopot Radosław SR				99	MOS Katowice				4:44.79	627	
	50m:	29.40	29.40	150m:	1:40.62	36.57	250m:	2:57.81	41.48	350m:	4:12.59	32.67
	100m:	1:04.05	34.65	200m:	2:16.33	35.71	300m:	3:39.92	42.11	400m:	4:44.79	32.20
6.	Wo niak Maciej				00	UKS 190 Łód				4:47.57	609	
	50m:	28.76	28.76	150m:	1:41.21	38.40	250m:	2:59.48	41.25	350m:	4:16.76	33.65
	100m:	1:02.81	34.05	200m:	2:18.23	37.02	300m:	3:43.11	43.63	400m:	4:47.57	30.81
7.	Goleniec Kamil SO				99	UKP Unia O wi cim				4:49.69	596	
	50m:	29.54	29.54	150m:	1:42.19	38.59	250m:	3:01.88	42.14	350m:	4:18.44	34.14
	100m:	1:03.60	34.06	200m:	2:19.74	37.55	300m:	3:44.30	42.42	400m:	4:49.69	31.25
8.	Kuczak Adam SWR				00	Towarzystwo Pływackie Zielona				4:49.89	595	
	50m:	31.39	31.39	150m:	1:43.22	35.82	250m:	3:00.46	42.64	350m:	4:16.68	33.15
	100m:	1:07.40	36.01	200m:	2:17.82	34.60	300m:	3:43.53	43.07	400m:	4:49.89	33.21



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Konkurencja 14, Chłopców, 400m zmienny, 17 - 18 lat

Pozycja				Rok ur.					Czas	Pkt.		
9.	Walczysko Jakub			00	CSiR MOS D	browa Górnicza			4:50.02	594		
	50m:	31.52	31.52	150m:	1:45.96	38.15	250m:	3:03.79	40.80	350m:	4:18.03	33.24
	100m:	1:07.81	36.29	200m:	2:22.99	37.03	300m:	3:44.79	41.00	400m:	4:50.02	31.99
10.	Skierski Radosław			00	MKP Wodnik 29	Tychy			4:50.51	591		
	50m:	30.66	30.66	150m:	1:44.49	38.66	250m:	3:03.25	40.67	350m:	4:18.46	34.24
	100m:	1:05.83	35.17	200m:	2:22.58	38.09	300m:	3:44.22	40.97	400m:	4:50.51	32.05
11.	Sumara Beniamin			99	AZS AWF	Katowice			4:59.49	539		
	50m:	30.43	30.43	150m:	1:44.30	39.80	250m:	3:06.84	43.44	350m:	4:25.55	35.11
	100m:	1:04.50	34.07	200m:	2:23.40	39.10	300m:	3:50.44	43.60	400m:	4:59.49	33.94
12.	Szynawa Oskar SO			00	UKP Unia O	wi cim			5:01.12	531		
	50m:	31.64	31.64	150m:	1:53.41	41.95	250m:	3:13.00	39.59	350m:	4:28.92	34.72
	100m:	1:11.46	39.82	200m:	2:33.41	40.00	300m:	3:54.20	41.20	400m:	5:01.12	32.20
NIE UK.	Wasiuk Jakub SO			99	MMKS K	dzierzyn-Ko le						
	<i>SW - Nieuko czenie wy cigu</i>											