



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

Event 14 Men, 400m Medley 14 years and older  
2017-04-29 - 19:55 Results

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

Points: FINA 2017

Rank			YB			Time			Pts
14 years and older									
1.	Zaborowski Filip		94	MKP Szczecin		<b>4:28.81</b>			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 Slask Wroclaw		<b>4:29.44</b>			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		<b>4:29.81</b>			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 Krakow		<b>4:35.81</b>			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 Bartlomiej SOL		00	MTP Kormoran Olsztyn		<b>4:35.81</b>			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		<b>4:38.19</b>			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.	Manka Filip		00	UKS 190 Lodz		<b>4:38.58</b>			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 Dabrowa Gornicza		<b>4:40.10</b>			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 Slawomir		94	AZS AWF Katowice		<b>4:41.99</b>			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.	Powroznik Konrad		97	CSiR MOS Dabrowa Gornicza		<b>4:42.49</b>			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 Bartlomiej SO		98	UKP Unia Oswiecim		<b>4:42.52</b>			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 Slask Wroclaw		<b>4:43.73</b>			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.	Lapot Radoslaw SR		99	MOS Katowice		<b>4:44.79</b>			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 Krakow		<b>4:46.12</b>			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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Rank			YB					Time	Pts
15.	Wozniak Maciej		00	UKS 190 Lodz				<b>4:47.57</b>	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 Lodz				<b>4:49.52</b>	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 Slask Wroclaw				<b>4:49.53</b>	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 Oswiecim				<b>4:49.69</b>	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				<b>4:49.89</b>	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 Dabrowa Gornicza				<b>4:50.02</b>	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 Radoslaw		00	MKP Wodnik 29 Tychy				<b>4:50.51</b>	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 Dobrodzien				<b>4:51.18</b>	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 Lodz				<b>4:52.42</b>	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 Pawel		03	UKS G-8 Bielany				<b>4:52.76</b>	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.	Jozkow Cezary		01	WKS Slask Wroclaw				<b>4:55.40</b>	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 Benjamin		99	AZS AWF Katowice				<b>4:59.49</b>	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 Dabrowa Gornicza				<b>5:00.23</b>	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.	Sadlo Marcel		01	CSiR MOS Dabrowa Gornicza				<b>5:00.24</b>	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 Oswiecim				<b>5:01.12</b>	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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Rank			YB					Time	Pts
30.	Koziel Mikolaj SO		02	UKP Unia Oswiecim				<b>5:02.38</b>	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.	Michalowski Tomasz SO		02	UKP Unia Oswiecim				<b>5:02.48</b>	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 Michal		01	Delfin Torun				<b>5:03.64</b>	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 Palac Mlodziezy Katowice				<b>5:05.13</b>	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.	Marciov Jakub		01	WKS Slask Wroclaw				<b>5:06.63</b>	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 Kedzierzyn-Kozle				<b>5:07.64</b>	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.	Szczygiel David SO		02	UKP Unia Oswiecim				<b>5:08.91</b>	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 Lukasz		03	UKS SMS Galicja Krakow				<b>5:09.78</b>	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 Pawlowice				<b>5:10.00</b>	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 Oswiecim				<b>5:10.62</b>	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.	Karpiel Dominik		01	CSiR MOS Dabrowa Gornicza				<b>5:10.94</b>	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 Slask Wroclaw				<b>5:14.90</b>	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.	Przystal Adam		03	Solne Miasto Wieliczka				<b>5:18.42</b>	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.	Kudlinski Lukasz		03	UKS SP 149 Lodz				<b>5:19.59</b>	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				<b>5:20.81</b>	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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Rank			YB					Time	Pts			
45.	Adamczyk Jan		03	MTP Lublinianka Lublin				<b>5:25.60</b>	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 Lodz				<b>5:26.66</b>	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 Piatka Chorzow				<b>5:26.71</b>	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.	Klosek Krystian		02	CSiR MOS Dabrowa Gornicza				<b>5:33.18</b>	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				<b>5:37.64</b>	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
DNF	Wasiuk Jakub SO		99	MMKS Kedzierzyn-Kozle								
	<i>SW - Nieuko czenie wy cigu</i>											

14 years

1.	Uryniuk Pawel		03	UKS G-8 Bielany				<b>4:52.76</b>	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 Lukasz		03	UKS SMS Galicja Krakow				<b>5:09.78</b>	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 Pawlowice				<b>5:10.00</b>	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 Slask Wroclaw				<b>5:14.90</b>	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.	Przystal Adam		03	Solne Miasto Wieliczka				<b>5:18.42</b>	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.	Kudlinski Lukasz		03	UKS SP 149 Lodz				<b>5:19.59</b>	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				<b>5:25.60</b>	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 Lodz				<b>5:26.66</b>	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 Piatka Chorzow				<b>5:26.71</b>	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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Event 14, Boys, 400m Medley, 14 years

Rank			YB					Time	Pts			
10.	Ulanowicz Piotr		03	MTP Lublinianka Lublin				<b>5:37.64</b>	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 years

1.	Rajca Wiktor		02	UKS 190 Lodz				<b>4:49.52</b>	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.	Koziel Mikolaj SO		02	UKP Unia Oswiecim				<b>5:02.38</b>	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.	Michalowski Tomasz SO		02	UKP Unia Oswiecim				<b>5:02.48</b>	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 Kedzierzyn-Kozle				<b>5:07.64</b>	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.	Szczygiel David SO		02	UKP Unia Oswiecim				<b>5:08.91</b>	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 Oswiecim				<b>5:10.62</b>	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.	Mistrz Kacper		02	Hobby Sport Kietrz				<b>5:20.81</b>	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.	Klosek Krystian		02	CSiR MOS Dabrowa Gornicza				<b>5:33.18</b>	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 years

1.	Sacha Kamil		01	CSiR MOS Dabrowa Gornicza				<b>4:40.10</b>	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 Slask Wroclaw				<b>4:49.53</b>	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 Dobrodzien				<b>4:51.18</b>	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.	Elgalal Sami		01	UKS SP 149 Lodz				<b>4:52.42</b>	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.	Jozkow Cezary		01	WKS Slask Wroclaw				<b>4:55.40</b>	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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Event 14, Boys, 400m Medley, 16 years

Rank	Name				YB	Club	Time	Pts				
6.	Muc Filip				01	CSiR MOS Dabrowa Gornicza	<b>5:00.23</b>	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.	Sadlo Marcel				01	CSiR MOS Dabrowa Gornicza	<b>5:00.24</b>	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 Michal				01	Delfin Torun	<b>5:03.64</b>	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 Palac Mlodziezy Katowice	<b>5:05.13</b>	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.	Marciow Jakub				01	WKS Slask Wroclaw	<b>5:06.63</b>	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.	Karpziel Dominik				01	CSiR MOS Dabrowa Gornicza	<b>5:10.94</b>	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 years

1.	Koziejko Bartlomiej SOL				00	MTP Kormoran Olsztyn	<b>4:35.81</b>	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	<b>4:38.19</b>	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.	Manka Filip				00	UKS 190 Lodz	<b>4:38.58</b>	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 Slask Wroclaw	<b>4:43.73</b>	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.	Lapot Radoslaw SR				99	MOS Katowice	<b>4:44.79</b>	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.	Wozniak Maciej				00	UKS 190 Lodz	<b>4:47.57</b>	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 Oswiecim	<b>4:49.69</b>	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 Plywackie Zielona	<b>4:49.89</b>	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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Event 14, Boys, 400m Medley, 17 - 18 years

Rank			YB					Time	Pts			
9.	Walczysko Jakub		00	CSiR MOS Dabrowa Gornicza				<b>4:50.02</b>	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 Radoslaw		00	MKP Wodnik 29 Tychy				<b>4:50.51</b>	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				<b>4:59.49</b>	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 Oswiecim				<b>5:01.12</b>	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
DNF	Wasiuk Jakub SO		99	MMKS Kedzierzyn-Kozle								
	<i>SW - Nieuko czenie wy cigu</i>											