

Grand Prix - Puchar Polski
Łódź, 5- - 6-11-2016

Konkurencja 2
2016-11-05 - 11:26

M czyzn, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Pkt.	Czas			
14 lat												
1.	Rajca Wiktor		02	Uks 190 Łódź				563	4:45.19			
	50m:	30.13	30.13	150m:	1:40.04	36.38	250m:	2:56.87	40.89	350m:	4:12.44	34.91
	100m:	1:03.66	33.53	200m:	2:15.98	35.94	300m:	3:37.53	40.66	400m:	4:45.19	32.75
2.	Krutowicz Bartłomiej SWwa		02	Mks Polonia Warszawa				501	4:56.34			
	50m:	30.72	30.72	150m:	1:44.86	38.97	250m:	3:06.57	43.24	350m:	4:23.84	34.00
	100m:	1:05.89	35.17	200m:	2:23.33	38.47	300m:	3:49.84	43.27	400m:	4:56.34	32.50
3.	Knyszy ski Maciej SŁ		02	Jedynka Łódź				499	4:56.86			
	50m:	30.74	30.74	150m:	1:45.62	40.09	250m:	3:07.39	42.58	350m:	4:24.04	34.24
	100m:	1:05.53	34.79	200m:	2:24.81	39.19	300m:	3:49.80	42.41	400m:	4:56.86	32.82
4.	Ple nierowicz Kamil		02	UKS CITYZEN Pozna				479	5:00.93			
	50m:	30.69	30.69	150m:	1:44.83	39.04	250m:	3:06.55	43.78	350m:	4:26.29	35.88
	100m:	1:05.79	35.10	200m:	2:22.77	37.94	300m:	3:50.41	43.86	400m:	5:00.93	34.64
5.	Krzywania Oskar		02	Uks Sp 149				468	5:03.11			
	50m:	32.69	32.69	150m:	1:49.73	39.16	250m:	3:10.62	43.04	350m:	4:28.00	34.81
	100m:	1:10.57	37.88	200m:	2:27.58	37.85	300m:	3:53.19	42.57	400m:	5:03.11	35.11
6.	Wody ski Bartosz		02	Olimpijczyk - Sms Aleksandrów				433	5:11.17			
	50m:	31.03	31.03	150m:	1:47.03	39.86	250m:	3:13.13	46.67	350m:	4:35.54	35.65
	100m:	1:07.17	36.14	200m:	2:26.46	39.43	300m:	3:59.89	46.76	400m:	5:11.17	35.63
7.	Miko Dawid		02	Mks Trójka Łódź				430	5:11.81			
	50m:	33.00	33.00	150m:			250m:	3:18.90	45.04	350m:		
	100m:	1:11.09	38.09	200m:	2:33.86		300m:	4:02.33	43.43	400m:	5:11.81	
8.	Burczy ski Piotr		02	Mks Polonia Warszawa				414	5:15.88			
	50m:	31.54	31.54	150m:	1:47.99	40.64	250m:	3:13.61	45.93	350m:		
	100m:	1:07.35	35.81	200m:	2:27.68	39.69	300m:	4:00.36	46.75	400m:	5:15.88	
9.	Chełstowski Maciej		02	Mks Polonia Warszawa				411	5:16.69			
	50m:	32.85	32.85	150m:	1:52.16	42.21	250m:	3:19.41	45.99	350m:	4:41.52	35.76
	100m:	1:09.95	37.10	200m:	2:33.42	41.26	300m:	4:05.76	46.35	400m:	5:16.69	35.17
10.	Czajka Marcel		02	Mks Polonia Warszawa				395	5:20.79			
	50m:	32.05	32.05	150m:	1:51.98	41.23	250m:	3:16.88	43.98	350m:	4:41.05	38.76
	100m:	1:10.75	38.70	200m:	2:32.90	40.92	300m:	4:02.29	45.41	400m:	5:20.79	39.74
11.	J drzejewski Albert		02	UKS Gos Raszyn				389	5:22.55			
	50m:	33.56	33.56	150m:	1:54.49	40.44	250m:	3:20.64	46.66	350m:	4:46.12	37.29
	100m:	1:14.05	40.49	200m:	2:33.98	39.49	300m:	4:08.83	48.19	400m:	5:22.55	36.43
12.	Stworzyjanek Marek		02	Mks Polonia Warszawa				376	5:26.03			
	50m:	35.26	35.26	150m:	1:59.44	41.77	250m:	3:24.28	44.97	350m:	4:49.19	39.18
	100m:	1:17.67	42.41	200m:	2:39.31	39.87	300m:	4:10.01	45.73	400m:	5:26.03	36.84
13.	Kłosek Krystian		02	CSiR MOS D browa Górnicza				353	5:33.02			
	50m:	35.14	35.14	150m:	1:57.68	41.64	250m:	3:27.31	48.76	350m:	4:55.73	39.64
	100m:	1:16.04	40.90	200m:	2:38.55	40.87	300m:	4:16.09	48.78	400m:	5:33.02	37.29
15 lat												
1.	Jaworski Szymon		01	UKS Salmo ory				591	4:40.55			
	50m:	29.54	29.54	150m:	1:39.95	35.80	250m:	2:55.02	38.84	350m:	4:09.21	33.14
	100m:	1:04.15	34.61	200m:	2:16.18	36.23	300m:	3:36.07	41.05	400m:	4:40.55	31.34
2.	Elgalal Sami		01	Uks Sp 149				562	4:45.29			
	50m:	30.44	30.44	150m:	1:42.88	37.05	250m:	2:59.80	41.15	350m:	4:14.22	32.02
	100m:	1:05.83	35.39	200m:	2:18.65	35.77	300m:	3:42.20	42.40	400m:	4:45.29	31.07
3.	Barusi ski Kordian		01	KORONA SWIM Kielce				555	4:46.49			
	50m:	30.06	30.06	150m:	1:40.29	35.58	250m:	2:57.18	39.89	350m:	4:13.38	34.17
	100m:	1:04.71	34.65	200m:	2:17.29	37.00	300m:	3:39.21	42.03	400m:	4:46.49	33.11

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Konkurencja 2, Chłopców, 400m zmienny, 15 lat

Pozycja			Rok ur.					Pkt.	Czas		
4.	Fajkowski Piotr		01	Mks Trójka Łód				527	4:51.50		
	50m:	31.67 31.67	150m:	1:45.36	37.06	250m:	3:02.82	41.96	350m:	4:19.72	33.95
	100m:	1:08.30 36.63	200m:	2:20.86	35.50	300m:	3:45.77	42.95	400m:	4:51.50	31.78
5.	Głuszkowski Mateusz		01	UKS CITYZEN Pozna				499	4:56.85		
	50m:	30.72 30.72	150m:	1:44.45	38.58	250m:	3:06.39	43.92	350m:	4:24.05	33.89
	100m:	1:05.87 35.15	200m:	2:22.47	38.02	300m:	3:50.16	43.77	400m:	4:56.85	32.80
6.	Krysiak Michał		01	Mks Trójka Łód				464	5:04.01		
	50m:	31.62 31.62	150m:	1:49.16	41.18	250m:	3:13.88	44.77	350m:	4:31.60	33.37
	100m:	1:07.98 36.36	200m:	2:29.11	39.95	300m:	3:58.23	44.35	400m:	5:04.01	32.41
7.	Doedel Alex		01	UKS CITYZEN Pozna				380	5:25.03		
	50m:	34.95 34.95	150m:			250m:	3:25.67	48.26	350m:	4:50.60	36.57
	100m:	1:14.49 39.54	200m:	2:37.41		300m:	4:14.03	48.36	400m:	5:25.03	34.43

16 lat

1.	Ma ka Filip		00	Uks 190 Łód				640	4:33.14		
	50m:	29.96 29.96	150m:	1:37.58	34.25	250m:	2:50.98	39.40	350m:	4:03.30	32.70
	100m:	1:03.33 33.37	200m:	2:11.58	34.00	300m:	3:30.60	39.62	400m:	4:33.14	29.84
2.	Wo niak Maciej		00	Uks 190 Łód				617	4:36.62		
	50m:	28.30 28.30	150m:	1:37.25	36.40	250m:	2:52.83	40.33	350m:	4:06.87	32.11
	100m:	1:00.85 32.55	200m:	2:12.50	35.25	300m:	3:34.76	41.93	400m:	4:36.62	29.75
3.	Kłosi ski Alan		00	Jedynka Łód				599	4:39.26		
	50m:	28.79 28.79	150m:	1:39.49	36.69	250m:	2:52.85	37.62	350m:	4:06.11	34.46
	100m:	1:02.80 34.01	200m:	2:15.23	35.74	300m:	3:31.65	38.80	400m:	4:39.26	33.15
4.	Doma ski Kamil		00	Mks Trójka Łód				594	4:40.13		
	50m:	30.37 30.37	150m:	1:40.74	36.21	250m:	2:56.36	40.01	350m:	4:09.61	32.34
	100m:	1:04.53 34.16	200m:	2:16.35	35.61	300m:	3:37.27	40.91	400m:	4:40.13	30.52
5.	Roman Mateusz		00	Zryw Opole				565	4:44.77		
	50m:	30.45 30.45	150m:	1:41.97	35.87	250m:	2:58.28	40.69	350m:	4:12.03	33.40
	100m:	1:06.10 35.65	200m:	2:17.59	35.62	300m:	3:38.63	40.35	400m:	4:44.77	32.74
6.	Wiatr Krzysztof		00	IKS Konstancin				542	4:48.81		
	50m:	30.25 30.25	150m:	1:45.45	40.31	250m:	3:02.97	38.47	350m:	4:16.60	33.97
	100m:	1:05.14 34.89	200m:	2:24.50	39.05	300m:	3:42.63	39.66	400m:	4:48.81	32.21
7.	Błaszczak Kacper		00	Olimpijczyk - Sms Aleksandrów				523	4:52.24		
	50m:	30.43 30.43	150m:	1:42.78	37.68	250m:	3:01.16	41.38	350m:	4:18.34	35.04
	100m:	1:05.10 34.67	200m:	2:19.78	37.00	300m:	3:43.30	42.14	400m:	4:52.24	33.90
DYSKW.	Kałusowski Jan k15		00	Mks Trójka Łód					4:32.05		
	50m:		150m:			250m:		350m:			
	100m:		200m:	2:11.31		300m:		400m:	4:32.05		
DYSKW.	J drzejewski Mateusz k15		00	UKS Gos Raszyn					5:07.09		
	50m:	31.75 31.75	150m:	1:50.05	40.59	250m:	3:12.29	42.43	350m:	4:32.57	36.66
	100m:	1:09.46 37.71	200m:	2:29.86	39.81	300m:	3:55.91	43.62	400m:	5:07.09	34.52

17 - 18 lat

1.	Zbutowicz Karol SOL		98	MTP KORMORAN Olsztyn				780	4:15.78	
	50m:		150m:			250m:		350m:		
	100m:		200m:	2:05.36		300m:		400m:	4:15.78	
2.	W growski Marcel		99	Olimpijczyk - Sms Aleksandrów				745	4:19.76	
	50m:		150m:			250m:		350m:		
	100m:		200m:	2:05.72		300m:		400m:	4:19.76	

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Konkurencja 2, Chłopców, 400m zmienny, 17 - 18 lat

Pozycja			Rok ur.					Pkt.	Czas
3.	Kasztelan Mateusz SOL		98	MTP KORMORAN Olsztyn				684	4:27.28
	50m:	27.86 27.86	150m:	1:32.92 32.92	250m:	2:45.28 40.05	350m:	3:57.23 31.71	
	100m:	1:00.00 32.14	200m:	2:05.23 32.31	300m:	3:25.52 40.24	400m:	4:27.28 30.05	
4.	Chrzanowski Damian		98	MZOS Płock				651	4:31.63
	50m:	27.23 27.23	150m:	1:33.62 35.03	250m:	2:47.60 39.95	350m:	4:00.59 32.67	
	100m:	58.59 31.36	200m:	2:07.65 34.03	300m:	3:27.92 40.32	400m:	4:31.63 31.04	
5.	Jarosz Dawid SWwa		99	UKS Wodnik Koście				614	4:37.04
	50m:	29.74 29.74	150m:	1:40.28 36.63	250m:	2:55.32 39.23	350m:	4:07.65 33.10	
	100m:	1:03.65 33.91	200m:		300m:	3:34.55 39.23	400m:	4:37.04 29.39	
6.	Niedziałek Dominik SL		98	UKS Skarpa Lublin				608	4:37.91
	50m:	29.08 29.08	150m:	1:38.92 36.30	250m:	2:53.79 40.17	350m:	4:07.00 31.98	
	100m:	1:02.62 33.54	200m:	2:13.62 34.70	300m:	3:35.02 41.23	400m:	4:37.91 30.91	
7.	Bryła Kamil SL		99	AZS UMCS Lublin				598	4:39.44
	50m:	29.20 29.20	150m:	1:38.53 36.24	250m:	2:54.04 40.94	350m:	4:08.41 32.87	
	100m:	1:02.29 33.09	200m:	2:13.10 34.57	300m:	3:35.54 41.50	400m:	4:39.44 31.03	
8.	Wawrzy czak Alan SL		99	UKS Skarpa Lublin				566	4:44.60
	50m:	30.59 30.59	150m:	1:41.82 37.06	250m:	2:59.11 41.69	350m:	4:13.75 32.24	
	100m:	1:04.76 34.17	200m:	2:17.42 35.60	300m:	3:41.51 42.40	400m:	4:44.60 30.85	
9.	Czerniak Konrad SL		98	UKS Skarpa Lublin				515	4:53.73
	50m:	30.46 30.46	150m:	1:45.06 38.88	250m:	3:04.91 42.65	350m:	4:22.10 33.64	
	100m:	1:06.18 35.72	200m:	2:22.26 37.20	300m:	3:48.46 43.55	400m:	4:53.73 31.63	
10.	Chałat Stanisław SL		99	UKS Skarpa Lublin				486	4:59.40
	50m:	33.11 33.11	150m:	1:51.40 40.19	250m:	3:12.20 42.09	350m:	4:27.59 32.99	
	100m:	1:11.21 38.10	200m:	2:30.11 38.71	300m:	3:54.60 42.40	400m:	4:59.40 31.81	
11.	Szustak Hubert		99	UKS Gos Raszyn				429	5:12.09
	50m:	32.66 32.66	150m:	1:50.67 39.11	250m:	3:13.24 44.48	350m:	4:35.91 37.29	
	100m:	1:11.56 38.90	200m:	2:28.76 38.09	300m:	3:58.62 45.38	400m:	5:12.09 36.18	
DYSKW.	rama Gabriel SP k14		99	KS Warta Pozna					4:44.59
	50m:	29.51 29.51	150m:	1:40.05 36.22	250m:	2:58.22 41.33	350m:	4:13.10 32.49	
	100m:	1:03.83 34.32	200m:	2:16.89 36.84	300m:	3:40.61 42.39	400m:	4:44.59 31.49	

14 lat i starsi

1.	Zbutowicz Karol SOL		98	MTP KORMORAN Olsztyn				780	4:15.78
	50m:		150m:		250m:		350m:		
	100m:		200m:	2:05.36	300m:		400m:	4:15.78	
2.	W growski Marcel		99	Olimpijczyk - Sms Aleksandrów				745	4:19.76
	50m:		150m:		250m:		350m:		
	100m:		200m:	2:05.72	300m:		400m:	4:19.76	
3.	Kubkowski Bartłomiej		95	MTP KORMORAN Olsztyn				688	4:26.65
	50m:		150m:		250m:		350m:		
	100m:		200m:	2:10.35	300m:		400m:	4:26.65	
4.	Kasztelan Mateusz SOL		98	MTP KORMORAN Olsztyn				684	4:27.28
	50m:	27.86 27.86	150m:	1:32.92 32.92	250m:	2:45.28 40.05	350m:	3:57.23 31.71	
	100m:	1:00.00 32.14	200m:	2:05.23 32.31	300m:	3:25.52 40.24	400m:	4:27.28 30.05	
5.	Chrzanowski Damian		98	MZOS Płock				651	4:31.63
	50m:	27.23 27.23	150m:	1:33.62 35.03	250m:	2:47.60 39.95	350m:	4:00.59 32.67	
	100m:	58.59 31.36	200m:	2:07.65 34.03	300m:	3:27.92 40.32	400m:	4:31.63 31.04	
6.	Palmi-Kukiełko Mieszko		93	Wks Śląsk Wrocław				644	4:32.63
	50m:	29.22 29.22	150m:	1:38.04 35.48	250m:	2:51.37 38.72	350m:	4:01.93 31.41	
	100m:	1:02.56 33.34	200m:	2:12.65 34.61	300m:	3:30.52 39.15	400m:	4:32.63 30.70	
7.	Ma ka Filip		00	Uks 190 Łódź				640	4:33.14
	50m:	29.96 29.96	150m:	1:37.58 34.25	250m:	2:50.98 39.40	350m:	4:03.30 32.70	
	100m:	1:03.33 33.37	200m:	2:11.58 34.00	300m:	3:30.60 39.62	400m:	4:33.14 29.84	

Grand Prix - Puchar Polski
Łódź, 5-6-11-2016

Konkurencja 2, M czynn, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.					Pkt.	Czas	
8.	Wo niak Maciej		00	Uks 190 Łód				617	4:36.62	
	50m: 28.30	28.30	150m: 1:37.25	36.40	250m: 2:52.83	40.33	350m: 4:06.87	32.11		
	100m: 1:00.85	32.55	200m: 2:12.50	35.25	300m: 3:34.76	41.93	400m: 4:36.62	29.75		
9.	Jarosz Dawid SWwa		99	UKS Wodnik Ko skie				614	4:37.04	
	50m: 29.74	29.74	150m: 1:40.28	36.63	250m: 2:55.32		350m: 4:07.65	33.10		
	100m: 1:03.65	33.91	200m:		300m: 3:34.55	39.23	400m: 4:37.04	29.39		
10.	Niedziałek Dominik SL		98	UKS Skarpa Lublin				608	4:37.91	
	50m: 29.08	29.08	150m: 1:38.92	36.30	250m: 2:53.79	40.17	350m: 4:07.00	31.98		
	100m: 1:02.62	33.54	200m: 2:13.62	34.70	300m: 3:35.02	41.23	400m: 4:37.91	30.91		
11.	Kłosi ski Alan		00	Jedynka Łód				599	4:39.26	
	50m: 28.79	28.79	150m: 1:39.49	36.69	250m: 2:52.85	37.62	350m: 4:06.11	34.46		
	100m: 1:02.80	34.01	200m: 2:15.23	35.74	300m: 3:31.65	38.80	400m: 4:39.26	33.15		
12.	Bryła Kamil SL		99	AZS UMCS Lublin				598	4:39.44	
	50m: 29.20	29.20	150m: 1:38.53	36.24	250m: 2:54.04	40.94	350m: 4:08.41	32.87		
	100m: 1:02.29	33.09	200m: 2:13.10	34.57	300m: 3:35.54	41.50	400m: 4:39.44	31.03		
13.	Sobczyk Maciej		95	AZS-AGH Kraków				597	4:39.61	
	50m:		150m:		250m:		350m:			
	100m:		200m: 2:14.63		300m:		400m: 4:39.61			
14.	Doma ski Kamil		00	Mks Trójka Łód				594	4:40.13	
	50m: 30.37	30.37	150m: 1:40.74	36.21	250m: 2:56.36	40.01	350m: 4:09.61	32.34		
	100m: 1:04.53	34.16	200m: 2:16.35	35.61	300m: 3:37.27	40.91	400m: 4:40.13	30.52		
15.	Jaworski Szymon		01	UKS Salmo ory				591	4:40.55	
	50m: 29.54	29.54	150m: 1:39.95	35.80	250m: 2:55.02	38.84	350m: 4:09.21	33.14		
	100m: 1:04.15	34.61	200m: 2:16.18	36.23	300m: 3:36.07	41.05	400m: 4:40.55	31.34		
16.	Wawrzy czak Alan SL		99	UKS Skarpa Lublin				566	4:44.60	
	50m: 30.59	30.59	150m: 1:41.82	37.06	250m: 2:59.11	41.69	350m: 4:13.75	32.24		
	100m: 1:04.76	34.17	200m: 2:17.42	35.60	300m: 3:41.51	42.40	400m: 4:44.60	30.85		
17.	Roman Mateusz		00	Zryw Opole				565	4:44.77	
	50m: 30.45	30.45	150m: 1:41.97	35.87	250m: 2:58.28	40.69	350m: 4:12.03	33.40		
	100m: 1:06.10	35.65	200m: 2:17.59	35.62	300m: 3:38.63	40.35	400m: 4:44.77	32.74		
18.	Rajca Wiktor		02	Uks 190 Łód				563	4:45.19	
	50m: 30.13	30.13	150m: 1:40.04	36.38	250m: 2:56.87	40.89	350m: 4:12.44	34.91		
	100m: 1:03.66	33.53	200m: 2:15.98	35.94	300m: 3:37.53	40.66	400m: 4:45.19	32.75		
19.	Elgalal Sami		01	Uks Sp 149				562	4:45.29	
	50m: 30.44	30.44	150m: 1:42.88	37.05	250m: 2:59.80	41.15	350m: 4:14.22	32.02		
	100m: 1:05.83	35.39	200m: 2:18.65	35.77	300m: 3:42.20	42.40	400m: 4:45.29	31.07		
20.	Barusi ski Kordian		01	KORONA SWIM Kielce				555	4:46.49	
	50m: 30.06	30.06	150m: 1:40.29	35.58	250m: 2:57.18	39.89	350m: 4:13.38	34.17		
	100m: 1:04.71	34.65	200m: 2:17.29	37.00	300m: 3:39.21	42.03	400m: 4:46.49	33.11		
21.	Wiatr Krzysztof		00	IKS Konstancin				542	4:48.81	
	50m: 30.25	30.25	150m: 1:45.45	40.31	250m: 3:02.97	38.47	350m: 4:16.60	33.97		
	100m: 1:05.14	34.89	200m: 2:24.50	39.05	300m: 3:42.63	39.66	400m: 4:48.81	32.21		
22.	Fajkowski Piotr		01	Mks Trójka Łód				527	4:51.50	
	50m: 31.67	31.67	150m: 1:45.36	37.06	250m: 3:02.82	41.96	350m: 4:19.72	33.95		
	100m: 1:08.30	36.63	200m: 2:20.86	35.50	300m: 3:45.77	42.95	400m: 4:51.50	31.78		
23.	Błaszczak Kacper		00	Olimpijczyk - Sms Aleksandrów				523	4:52.24	
	50m: 30.43	30.43	150m: 1:42.78	37.68	250m: 3:01.16	41.38	350m: 4:18.34	35.04		
	100m: 1:05.10	34.67	200m: 2:19.78	37.00	300m: 3:43.30	42.14	400m: 4:52.24	33.90		
24.	Czerniak Konrad SL		98	UKS Skarpa Lublin				515	4:53.73	
	50m: 30.46	30.46	150m: 1:45.06	38.88	250m: 3:04.91	42.65	350m: 4:22.10	33.64		
	100m: 1:06.18	35.72	200m: 2:22.26	37.20	300m: 3:48.46	43.55	400m: 4:53.73	31.63		
25.	Krutowicz Bartłomiej SWwa		02	Mks Polonia Warszawa				501	4:56.34	
	50m: 30.72	30.72	150m: 1:44.86	38.97	250m: 3:06.57	43.24	350m: 4:23.84	34.00		
	100m: 1:05.89	35.17	200m: 2:23.33	38.47	300m: 3:49.84	43.27	400m: 4:56.34	32.50		

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Konkurencja 2, M czynn, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.					Pkt.	Czas		
26.	Głuszkowski Mateusz		01	UKS CITYZEN Pozna				499	4:56.85		
	50m:	30.72 30.72	150m:	1:44.45	38.58	250m:	3:06.39	43.92	350m:	4:24.05	33.89
	100m:	1:05.87 35.15	200m:	2:22.47	38.02	300m:	3:50.16	43.77	400m:	4:56.85	32.80
27.	Knyszy ski Maciej SŁ		02	Jedynka Łódź				499	4:56.86		
	50m:	30.74 30.74	150m:	1:45.62	40.09	250m:	3:07.39	42.58	350m:	4:24.04	34.24
	100m:	1:05.53 34.79	200m:	2:24.81	39.19	300m:	3:49.80	42.41	400m:	4:56.86	32.82
28.	Chałat Stanisław SL		99	UKS Skarpa Lublin				486	4:59.40		
	50m:	33.11 33.11	150m:	1:51.40	40.19	250m:	3:12.20	42.09	350m:	4:27.59	32.99
	100m:	1:11.21 38.10	200m:	2:30.11	38.71	300m:	3:54.60	42.40	400m:	4:59.40	31.81
29.	Ple nierowicz Kamil		02	UKS CITYZEN Pozna				479	5:00.93		
	50m:	30.69 30.69	150m:	1:44.83	39.04	250m:	3:06.55	43.78	350m:	4:26.29	35.88
	100m:	1:05.79 35.10	200m:	2:22.77	37.94	300m:	3:50.41	43.86	400m:	5:00.93	34.64
30.	Krzywania Oskar		02	Uks Sp 149				468	5:03.11		
	50m:	32.69 32.69	150m:	1:49.73	39.16	250m:	3:10.62	43.04	350m:	4:28.00	34.81
	100m:	1:10.57 37.88	200m:	2:27.58	37.85	300m:	3:53.19	42.57	400m:	5:03.11	35.11
31.	Krysiak Michał		01	Mks Trójka Łódź				464	5:04.01		
	50m:	31.62 31.62	150m:	1:49.16	41.18	250m:	3:13.88	44.77	350m:	4:31.60	33.37
	100m:	1:07.98 36.36	200m:	2:29.11	39.95	300m:	3:58.23	44.35	400m:	5:04.01	32.41
32.	Wody ski Bartosz		02	Olimpijczyk - Sms Aleksandrów				433	5:11.17		
	50m:	31.03 31.03	150m:	1:47.03	39.86	250m:	3:13.13	46.67	350m:	4:35.54	35.65
	100m:	1:07.17 36.14	200m:	2:26.46	39.43	300m:	3:59.89	46.76	400m:	5:11.17	35.63
33.	Miko Dawid		02	Mks Trójka Łódź				430	5:11.81		
	50m:	33.00 33.00	150m:			250m:	3:18.90	45.04	350m:		
	100m:	1:11.09 38.09	200m:	2:33.86		300m:	4:02.33	43.43	400m:	5:11.81	
34.	Szustak Hubert		99	UKS Gos Raszyn				429	5:12.09		
	50m:	32.66 32.66	150m:	1:50.67	39.11	250m:	3:13.24	44.48	350m:	4:35.91	37.29
	100m:	1:11.56 38.90	200m:	2:28.76	38.09	300m:	3:58.62	45.38	400m:	5:12.09	36.18
35.	Burczy ski Piotr		02	Mks Polonia Warszawa				414	5:15.88		
	50m:	31.54 31.54	150m:	1:47.99	40.64	250m:	3:13.61	45.93	350m:		
	100m:	1:07.35 35.81	200m:	2:27.68	39.69	300m:	4:00.36	46.75	400m:	5:15.88	
36.	Chelstowski Maciej		02	Mks Polonia Warszawa				411	5:16.69		
	50m:	32.85 32.85	150m:	1:52.16	42.21	250m:	3:19.41	45.99	350m:	4:41.52	35.76
	100m:	1:09.95 37.10	200m:	2:33.42	41.26	300m:	4:05.76	46.35	400m:	5:16.69	35.17
37.	Czajka Marcel		02	Mks Polonia Warszawa				395	5:20.79		
	50m:	32.05 32.05	150m:	1:51.98	41.23	250m:	3:16.88	43.98	350m:	4:41.05	38.76
	100m:	1:10.75 38.70	200m:	2:32.90	40.92	300m:	4:02.29	45.41	400m:	5:20.79	39.74
38.	J drzejewski Albert		02	UKS Gos Raszyn				389	5:22.55		
	50m:	33.56 33.56	150m:	1:54.49	40.44	250m:	3:20.64	46.66	350m:	4:46.12	37.29
	100m:	1:14.05 40.49	200m:	2:33.98	39.49	300m:	4:08.83	48.19	400m:	5:22.55	36.43
39.	Doedel Alex		01	UKS CITYZEN Pozna				380	5:25.03		
	50m:	34.95 34.95	150m:			250m:	3:25.67	48.26	350m:	4:50.60	36.57
	100m:	1:14.49 39.54	200m:	2:37.41		300m:	4:14.03	48.36	400m:	5:25.03	34.43
40.	Stworzyjanek Marek		02	Mks Polonia Warszawa				376	5:26.03		
	50m:	35.26 35.26	150m:	1:59.44	41.77	250m:	3:24.28	44.97	350m:	4:49.19	39.18
	100m:	1:17.67 42.41	200m:	2:39.31	39.87	300m:	4:10.01	45.73	400m:	5:26.03	36.84
41.	Kłosek Krystian		02	CSiR MOS D browa Górnicza				353	5:33.02		
	50m:	35.14 35.14	150m:	1:57.68	41.64	250m:	3:27.31	48.76	350m:	4:55.73	39.64
	100m:	1:16.04 40.90	200m:	2:38.55	40.87	300m:	4:16.09	48.78	400m:	5:33.02	37.29
DYSKW.	Kałusowski Jan k15		00	Mks Trójka Łódź					4:32.05		
	50m:		150m:			250m:			350m:		
	100m:		200m:	2:11.31		300m:			400m:	4:32.05	

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Konkurencja 2, Mężczyzn, 400m zmienny, 14 lat i starsi

Pozycja	Rok ur.		Pkt.		Czas	
DYSKW. Osses Arkadiusz <i>k15</i>	95	KS Warta Pozna				4:35.97
50m:	150m:	250m:	350m:			
100m:	200m: 2:10.02	300m:	400m: 4:35.97			
DYSKW. rama Gabriel SP <i>k14</i>	99	KS Warta Pozna				4:44.59
50m: 29.51 29.51	150m: 1:40.05 36.22	250m: 2:58.22 41.33	350m: 4:13.10 32.49			
100m: 1:03.83 34.32	200m: 2:16.89 36.84	300m: 3:40.61 42.39	400m: 4:44.59 31.49			
DYSKW. J drzejewski Mateusz <i>k15</i>	00	UKS Gos Raszyn				5:07.09
50m: 31.75 31.75	150m: 1:50.05 40.59	250m: 3:12.29 42.43	350m: 4:32.57 36.66			
100m: 1:09.46 37.71	200m: 2:29.86 39.81	300m: 3:55.91 43.62	400m: 5:07.09 34.52			