

Arena Grand Prix Puchar Polski  
Łódź, 4- 5-11-2017

Konkurencja 25  
2017-11-05 - 11:16

Mężczyźni, 400m zmienny

14 lat i starsi  
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Pkt.	Czas			
<b>14 lat</b>												
1.	Labich Wiktor		03	MKS Trójka Łódź				534	<b>4:50.12</b>			
	50m:	31.46	31.46	150m:	1:44.85	37.15	250m:	3:01.94	39.34	350m:	4:17.07	33.87
	100m:	1:07.70	36.24	200m:	2:22.60	37.75	300m:	3:43.20	41.26	400m:	4:50.12	33.05
2.	K dzierski Tomasz		03	UKS 190 Łódź				513	<b>4:54.01</b>			
	50m:	31.05	31.05	150m:	1:45.64	39.04	250m:	3:05.89	42.50	350m:	4:22.52	33.45
	100m:	1:06.60	35.55	200m:	2:23.39	37.75	300m:	3:49.07	43.18	400m:	4:54.01	31.49
3.	Zarychta Marcel		03	KS Olimpia Lublin				485	<b>4:59.59</b>			
	50m:	31.07	31.07	150m:	1:44.03	37.00	250m:	3:06.26	45.73	350m:	4:26.53	35.16
	100m:	1:07.03	35.96	200m:	2:20.53	36.50	300m:	3:51.37	45.11	400m:	4:59.59	33.06
4.	Adamczyk Jan		03	UKS Olimpijczyk 23				482	<b>5:00.18</b>			
	50m:	32.22	32.22	150m:	1:47.68	39.37	250m:	3:08.53	41.84	350m:	4:26.99	34.92
	100m:	1:08.31	36.09	200m:	2:26.69	39.01	300m:	3:52.07	43.54	400m:	5:00.18	33.19
5.	Szeląg Dawid		03	SP Meduza Pajęczno				433	<b>5:11.21</b>			
	50m:	31.73	31.73	150m:	1:53.84	43.91	250m:	3:20.39	45.29	350m:	4:38.99	34.15
	100m:	1:09.93	38.20	200m:	2:35.10	41.26	300m:	4:04.84	44.45	400m:	5:11.21	32.22
<b>15 lat</b>												
1.	Raban Maciej		02	IKS Konstancin				605	<b>4:38.35</b>			
	50m:	29.26	29.26	150m:	1:37.89	34.35	250m:	2:50.79	39.88	350m:	4:05.67	34.06
	100m:	1:03.54	34.28	200m:	2:10.91	33.02	300m:	3:31.61	40.82	400m:	4:38.35	32.68
2.	Rajca Wiktor		02	UKS 190 Łódź				587	<b>4:41.26</b>			
	50m:	29.92	29.92	150m:	1:40.49	36.51	250m:	2:56.06	40.33	350m:	4:09.84	33.07
	100m:	1:03.98	34.06	200m:	2:15.73	35.24	300m:	3:36.77	40.71	400m:	4:41.26	31.42
3.	Blińniewski Franciszek		02	UKS SP 149 Łódź				554	<b>4:46.62</b>			
	50m:	30.31	30.31	150m:	1:41.28	35.28	250m:	2:57.72	42.16	350m:	4:14.08	33.94
	100m:	1:06.00	35.69	200m:	2:15.56	34.28	300m:	3:40.14	42.42	400m:	4:46.62	32.54
4.	Boboryk Wojciech		02	KS Delfin Gdynia				535	<b>4:50.03</b>			
	50m:	30.30	30.30	150m:	1:43.33	37.39	250m:	3:00.82	41.04	350m:	4:16.99	34.49
	100m:	1:05.94	35.64	200m:	2:19.78	36.45	300m:	3:42.50	41.68	400m:	4:50.03	33.04
5.	Ferenc Filip SWR		02	WKS Iłask Wrocław				534	<b>4:50.12</b>			
	50m:	30.26	30.26	150m:	1:43.27	38.07	250m:	3:00.79	40.99	350m:	4:16.49	33.19
	100m:	1:05.20	34.94	200m:	2:19.80	36.53	300m:	3:43.30	42.51	400m:	4:50.12	33.63
6.	Popiołek Dawid		02	UKS Skarpa Lublin				500	<b>4:56.53</b>			
	50m:	30.86	30.86	150m:	1:44.54	38.56	250m:	3:04.39	42.81	350m:	4:22.10	35.14
	100m:	1:05.98	35.12	200m:	2:21.58	37.04	300m:	3:46.96	42.57	400m:	4:56.53	34.43
7.	Stachecki Jan		02	UKS CITYZEN Poznań				456	<b>5:05.87</b>			
	50m:	32.64	32.64	150m:	1:48.72	38.80	250m:	3:13.11	46.26	350m:	4:32.77	33.82
	100m:	1:09.92	37.28	200m:	2:26.85	38.13	300m:	3:58.95	45.84	400m:	5:05.87	33.10
8.	Kalisiak Norbert		02	UKS NAWA Skierniewice				405	<b>5:18.27</b>			
	50m:	33.61	33.61	150m:	1:54.09	41.28	250m:	3:18.83	45.55	350m:	4:42.42	36.78
	100m:	1:12.81	39.20	200m:	2:33.28	39.19	300m:	4:05.64	46.81	400m:	5:18.27	35.85
<b>16 lat</b>												
1.	Warzocha Albert		01	UKS CITYZEN Poznań				690	<b>4:26.38</b>			
	50m:	28.63	28.63	150m:	1:35.47	34.15	250m:	2:47.35	37.89	350m:	3:56.86	31.19
	100m:	1:01.32	32.69	200m:	2:09.46	33.99	300m:	3:25.67	38.32	400m:	4:26.38	29.52
2.	Malec Mikołaj		01	MKS Trójka Łódź				624	<b>4:35.55</b>			
	50m:	29.31	29.31	150m:	1:37.57	34.57	250m:	2:51.80	40.62	350m:	4:04.68	31.93
	100m:	1:03.00	33.69	200m:	2:11.18	33.61	300m:	3:32.75	40.95	400m:	4:35.55	30.87

Arena Grand Prix Puchar Polski  
Łódź, 4- 5-11-2017

Konkurencja 25, Chłopców, 400m zmienny, 16 lat

Pozycja			Rok ur.					Pkt.	Czas	
3.	Nowiczko Jakub SL		01	MKP Wodnik Bielsk Podlaski				565	<b>4:44.86</b>	
	50m:	30.59 30.59	150m:	1:40.62	35.03	250m:	2:58.80	43.90	350m:	4:14.55 31.99
	100m:	1:05.59 35.00	200m:	2:14.90	34.28	300m:	3:42.56	43.76	400m:	4:44.86 30.31
4.	Muszy ski Wiktor		01	UKS CITYZEN Pozna				564	<b>4:44.92</b>	
	50m:	29.26 29.26	150m:	1:41.44	38.18	250m:	3:01.56	40.97	350m:	4:14.82 31.89
	100m:	1:03.26 34.00	200m:	2:20.59	39.15	300m:	3:42.93	41.37	400m:	4:44.92 30.10
5.	Solarski Antoni		01	KS Warta Pozna				558	<b>4:45.92</b>	
	50m:	30.51 30.51	150m:	1:43.31	37.54	250m:	2:59.72	39.74	350m:	4:13.98 33.78
	100m:	1:05.77 35.26	200m:	2:19.98	36.67	300m:	3:40.20	40.48	400m:	4:45.92 31.94
6.	Grzybowski ARTUR SSz		01	MKP Szczecin				548	<b>4:47.63</b>	
	50m:	29.94 29.94	150m:	1:41.72	37.44	250m:	2:59.73	41.43	350m:	4:15.42 33.14
	100m:	1:04.28 34.34	200m:	2:18.30	36.58	300m:	3:42.28	42.55	400m:	4:47.63 32.21
7.	Koncki Bartłomiej		01	Ks Wisła Puławy				524	<b>4:51.97</b>	
	50m:	31.69 31.69	150m:	1:46.24	37.90	250m:	3:04.44	41.96	350m:	4:20.40 34.08
	100m:	1:08.34 36.65	200m:	2:22.48	36.24	300m:	3:46.32	41.88	400m:	4:51.97 31.57
8.	Wo niak Kamil		01	Ks Wisła Puławy				513	<b>4:54.17</b>	
	50m:	30.20 30.20	150m:	1:45.06	39.97	250m:	3:07.50	43.19	350m:	4:22.78 33.03
	100m:	1:05.09 34.89	200m:	2:24.31	39.25	300m:	3:49.75	42.25	400m:	4:54.17 31.39
9.	Kotarski Jakub		01	UKS G-8 Bielany Warszawa				466	<b>5:03.62</b>	
	50m:	32.06 32.06	150m:	1:48.85	39.71	250m:	3:10.71	42.67	350m:	4:30.27 35.50
	100m:	1:09.14 37.08	200m:	2:28.04	39.19	300m:	3:54.77	44.06	400m:	5:03.62 33.35
10.	Sosi ski Bartosz		01	UKS CITYZEN Pozna				466	<b>5:03.74</b>	
	50m:	35.83 35.83	150m:	1:54.98	38.34	250m:	3:13.23	40.82	350m:	4:30.15 35.68
	100m:	1:16.64 40.81	200m:	2:32.41	37.43	300m:	3:54.47	41.24	400m:	5:03.74 33.59
11.	Dados Aleksander		01	Ks Wisła Puławy				459	<b>5:05.12</b>	
	50m:	31.45 31.45	150m:	1:48.13	39.65	250m:	3:11.12	44.21	350m:	4:32.07 35.44
	100m:	1:08.48 37.03	200m:	2:26.91	38.78	300m:	3:56.63	45.51	400m:	5:05.12 33.05
12.	Liberski Piotr		01	UKS CITYZEN Pozna				420	<b>5:14.46</b>	
	50m:	32.13 32.13	150m:	1:46.57	37.75	250m:	3:12.31	48.92	350m:	4:37.82 36.45
	100m:	1:08.82 36.69	200m:	2:23.39	36.82	300m:	4:01.37	49.06	400m:	5:14.46 36.64
DYSKW.	Doedel Alex m12		01	UKS CITYZEN Pozna					<b>4:48.65</b>	
	50m:	32.46 32.46	150m:	1:45.31	36.19	250m:	3:03.05	41.87	350m:	4:17.07 32.04
	100m:	1:09.12 36.66	200m:	2:21.18	35.87	300m:	3:45.03	41.98	400m:	4:48.65 31.58

17 - 18 lat

1.	W gowski Marcel		99	Ku Azs Pł				781	<b>4:15.66</b>	
	50m:	27.40 27.40	150m:	1:30.94	32.47	250m:	2:39.41	36.87	350m:	3:46.53 29.99
	100m:	58.47 31.07	200m:	2:02.54	31.60	300m:	3:16.54	37.13	400m:	4:15.66 29.13
2.	Ciasto Sebastian SO		99	UKP UNIA O wi cim				696	<b>4:25.63</b>	
	50m:	30.14 30.14	150m:	1:37.19	33.80	250m:	2:47.88	37.05	350m:	3:55.71 30.46
	100m:	1:03.39 33.25	200m:	2:10.83	33.64	300m:	3:25.25	37.37	400m:	4:25.63 29.92
3.	Ma ka Filip		00	UKS 190 Łód				675	<b>4:28.39</b>	
	50m:	28.55 28.55	150m:	1:36.19	34.14	250m:	2:48.53	38.60	350m:	3:59.50 32.23
	100m:	1:02.05 33.50	200m:	2:09.93	33.74	300m:	3:27.27	38.74	400m:	4:28.39 28.89
4.	Oller Krzysztof SL		00	MTP KORMORAN Olsztyn				669	<b>4:29.17</b>	
	50m:	28.56 28.56	150m:	1:34.80	34.30	250m:	2:48.30	38.47	350m:	3:59.46 32.12
	100m:	1:00.50 31.94	200m:	2:09.83	35.03	300m:	3:27.34	39.04	400m:	4:29.17 29.71
5.	Borkowski Kacper SL		00	KU AZS UMCS Lublin				659	<b>4:30.52</b>	
	50m:	28.21 28.21	150m:	1:35.29	35.07	250m:	2:50.12	39.76	350m:	4:00.32 30.47
	100m:	1:00.22 32.01	200m:	2:10.36	35.07	300m:	3:29.85	39.73	400m:	4:30.52 30.20
6.	Gawron Oskar		99	WKS I sk Wrocław				637	<b>4:33.61</b>	
	50m:	29.67 29.67	150m:	1:39.92	36.24	250m:	2:52.78	37.39	350m:	4:02.86 31.97
	100m:	1:03.68 34.01	200m:	2:15.39	35.47	300m:	3:30.89	38.11	400m:	4:33.61 30.75

Arena Grand Prix Puchar Polski  
Łódź, 4-5-11-2017

Konkurencja 25, Chłopców, 400m zmienny, 17 - 18 lat

Pozycja			Rok ur.				Pkt.	Czas	
7.	Chmielewski Jakub SWR		99	WKS I sk Wrocław		632	<b>4:34.29</b>		
	50m: 29.75 29.75	150m: 1:37.94	35.01	250m: 2:50.73	38.39	350m: 4:03.26	32.82		
	100m: 1:02.93 33.18	200m: 2:12.34	34.40	300m: 3:30.44	39.71	400m: 4:34.29	31.03		
8.	Wawrzy czak Alan SL		99	UKS Skarpa Lublin		630	<b>4:34.64</b>		
	50m: 29.62 29.62	150m: 1:38.98	35.81	250m: 2:53.44	40.03	350m: 4:04.56	31.22		
	100m: 1:03.17 33.55	200m: 2:13.41	34.43	300m: 3:33.34	39.90	400m: 4:34.64	30.08		
9.	Walczysko Jakub SL		00	KU AZS UMCS Lublin		583	<b>4:41.84</b>		
	50m: 30.00 30.00	150m: 1:41.48	36.06	250m: 2:57.20	39.99	350m: 4:10.09	32.29		
	100m: 1:05.42 35.42	200m: 2:17.21	35.73	300m: 3:37.80	40.60	400m: 4:41.84	31.75		
10.	Paclawski Jakub SL		00	SAPAS Rzeszów		570	<b>4:43.98</b>		
	50m: 29.89 29.89	150m: 1:41.36	37.55	250m: 2:59.11	41.84	350m: 4:12.96	32.12		
	100m: 1:03.81 33.92	200m: 2:17.27	35.91	300m: 3:40.84	41.73	400m: 4:43.98	31.02		
11.	Chałat Stanisław SL		99	UKS Skarpa Lublin		563	<b>4:45.11</b>		
	50m: 31.09 31.09	150m: 1:45.52	39.40	250m: 3:03.44	41.03	350m: 4:15.76	31.18		
	100m: 1:06.12 35.03	200m: 2:22.41	36.89	300m: 3:44.58	41.14	400m: 4:45.11	29.35		
12.	Bochen Tomasz		99	MKS Juvenia Białystok		550	<b>4:47.41</b>		
	50m: 30.14 30.14	150m: 1:44.48	39.05	250m: 3:02.40	40.47	350m: 4:16.88	33.22		
	100m: 1:05.43 35.29	200m: 2:21.93	37.45	300m: 3:43.66	41.26	400m: 4:47.41	30.53		
13.	Brodowski Bartosz		00	UKS NAWA Skierniewice		518	<b>4:53.22</b>		
	50m: 29.88 29.88	150m: 1:44.08	38.64	250m: 3:02.30	41.30	350m: 4:19.56	34.93		
	100m: 1:05.44 35.56	200m: 2:21.00	36.92	300m: 3:44.63	42.33	400m: 4:53.22	33.66		
14.	Szwedzki Jakub		00	MKS Trójka Łódź		513	<b>4:54.18</b>		
	50m: 33.64 33.64	150m: 1:50.31	38.19	250m: 3:07.89	40.21	350m: 4:23.34	34.00		
	100m: 1:12.12 38.48	200m: 2:27.68	37.37	300m: 3:49.34	41.45	400m: 4:54.18	30.84		
15.	Kostyk Teodor		00	UKS CITYZEN Poznań		467	<b>5:03.34</b>		
	50m: 31.45 31.45	150m: 1:47.51	39.96	250m: 3:10.18	43.92	350m: 4:30.04	35.33		
	100m: 1:07.55 36.10	200m: 2:26.26	38.75	300m: 3:54.71	44.53	400m: 5:03.34	33.30		

14 lat i starsi

1.	W growski Marcel		99	Ku Azs Pł		781	<b>4:15.66</b>	
	50m: 27.40 27.40	150m: 1:30.94	32.47	250m: 2:39.41	36.87	350m: 3:46.53	29.99	
	100m: 58.47 31.07	200m: 2:02.54	31.60	300m: 3:16.54	37.13	400m: 4:15.66	29.13	
2.	Szwedzki Dawid		94	WKS I sk Wrocław		744	<b>4:19.85</b>	
	50m: 27.93 27.93	150m: 1:33.50	33.64	250m: 2:41.86	35.94	350m: 3:49.65	31.31	
	100m: 59.86 31.93	200m: 2:05.92	32.42	300m: 3:18.34	36.48	400m: 4:19.85	30.20	
3.	Ciasto Sebastian SO		99	UKP UNIA O wi cim		696	<b>4:25.63</b>	
	50m: 30.14 30.14	150m: 1:37.19	33.80	250m: 2:47.88	37.05	350m: 3:55.71	30.46	
	100m: 1:03.39 33.25	200m: 2:10.83	33.64	300m: 3:25.25	37.37	400m: 4:25.63	29.92	
4.	Warzocha Albert		01	UKS CITYZEN Poznań		690	<b>4:26.38</b>	
	50m: 28.63 28.63	150m: 1:35.47	34.15	250m: 2:47.35	37.89	350m: 3:56.86	31.19	
	100m: 1:01.32 32.69	200m: 2:09.46	33.99	300m: 3:25.67	38.32	400m: 4:26.38	29.52	
5.	Ma ka Filip		00	UKS 190 Łódź		675	<b>4:28.39</b>	
	50m: 28.55 28.55	150m: 1:36.19	34.14	250m: 2:48.53	38.60	350m: 3:59.50	32.23	
	100m: 1:02.05 33.50	200m: 2:09.93	33.74	300m: 3:27.27	38.74	400m: 4:28.39	28.89	
6.	Oller Krzysztof SL		00	MTP KORMORAN Olsztyn		669	<b>4:29.17</b>	
	50m: 28.56 28.56	150m: 1:34.80	34.30	250m: 2:48.30	38.47	350m: 3:59.46	32.12	
	100m: 1:00.50 31.94	200m: 2:09.83	35.03	300m: 3:27.34	39.04	400m: 4:29.17	29.71	
7.	Borkowski Kacper SL		00	KU AZS UMCS Lublin		659	<b>4:30.52</b>	
	50m: 28.21 28.21	150m: 1:35.29	35.07	250m: 2:50.12	39.76	350m: 4:00.32	30.47	
	100m: 1:00.22 32.01	200m: 2:10.36	35.07	300m: 3:29.85	39.73	400m: 4:30.52	30.20	
8.	Gawron Oskar		99	WKS I sk Wrocław		637	<b>4:33.61</b>	
	50m: 29.67 29.67	150m: 1:39.92	36.24	250m: 2:52.78	37.39	350m: 4:02.86	31.97	
	100m: 1:03.68 34.01	200m: 2:15.39	35.47	300m: 3:30.89	38.11	400m: 4:33.61	30.75	

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Łódź, 4-5-11-2017

Konkurencja 25, M czynn, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.				Pkt.	Czas		
9.	Chmielewski Jakub SWR		99	WKS I sk Wrocław			632	<b>4:34.29</b>		
	50m:	29.75 29.75	150m:	1:37.94	35.01	250m:	2:50.73	38.39	350m:	4:03.26 32.82
	100m:	1:02.93 33.18	200m:	2:12.34	34.40	300m:	3:30.44	39.71	400m:	4:34.29 31.03
10.	Wawrzy czak Alan SL		99	UKS Skarpa Lublin			630	<b>4:34.64</b>		
	50m:	29.62 29.62	150m:	1:38.98	35.81	250m:	2:53.44	40.03	350m:	4:04.56 31.22
	100m:	1:03.17 33.55	200m:	2:13.41	34.43	300m:	3:33.34	39.90	400m:	4:34.64 30.08
11.	Malec Mikołaj		01	MKS Trójka Łódź			624	<b>4:35.55</b>		
	50m:	29.31 29.31	150m:	1:37.57	34.57	250m:	2:51.80	40.62	350m:	4:04.68 31.93
	100m:	1:03.00 33.69	200m:	2:11.18	33.61	300m:	3:32.75	40.95	400m:	4:35.55 30.87
12.	Kadrow Konrad		97	KU AZS UMCS Lublin			606	<b>4:38.26</b>		
	50m:	29.06 29.06	150m:	1:41.17	38.04	250m:	2:55.92	37.50	350m:	4:07.13 32.96
	100m:	1:03.13 34.07	200m:	2:18.42	37.25	300m:	3:34.17	38.25	400m:	4:38.26 31.13
13.	Raban Maciej		02	IKS Konstancin			605	<b>4:38.35</b>		
	50m:	29.26 29.26	150m:	1:37.89	34.35	250m:	2:50.79	39.88	350m:	4:05.67 34.06
	100m:	1:03.54 34.28	200m:	2:10.91	33.02	300m:	3:31.61	40.82	400m:	4:38.35 32.68
14.	Rajca Wiktor		02	UKS 190 Łódź			587	<b>4:41.26</b>		
	50m:	29.92 29.92	150m:	1:40.49	36.51	250m:	2:56.06	40.33	350m:	4:09.84 33.07
	100m:	1:03.98 34.06	200m:	2:15.73	35.24	300m:	3:36.77	40.71	400m:	4:41.26 31.42
15.	Walczysko Jakub SL		00	KU AZS UMCS Lublin			583	<b>4:41.84</b>		
	50m:	30.00 30.00	150m:	1:41.48	36.06	250m:	2:57.20	39.99	350m:	4:10.09 32.29
	100m:	1:05.42 35.42	200m:	2:17.21	35.73	300m:	3:37.80	40.60	400m:	4:41.84 31.75
16.	Smeja Sławomir		94	AZS AWF Katowice			572	<b>4:43.55</b>		
	50m:	29.79 29.79	150m:	1:42.50	37.53	250m:	3:00.49	40.96	350m:	4:13.58 31.46
	100m:	1:04.97 35.18	200m:	2:19.53	37.03	300m:	3:42.12	41.63	400m:	4:43.55 29.97
17.	Paclawski Jakub SL		00	SAPAS Rzeszów			570	<b>4:43.98</b>		
	50m:	29.89 29.89	150m:	1:41.36	37.55	250m:	2:59.11	41.84	350m:	4:12.96 32.12
	100m:	1:03.81 33.92	200m:	2:17.27	35.91	300m:	3:40.84	41.73	400m:	4:43.98 31.02
18.	Nowiczko Jakub SL		01	MKP Wodnik Bielsk Podlaski			565	<b>4:44.86</b>		
	50m:	30.59 30.59	150m:	1:40.62	35.03	250m:	2:58.80	43.90	350m:	4:14.55 31.99
	100m:	1:05.59 35.00	200m:	2:14.90	34.28	300m:	3:42.56	43.76	400m:	4:44.86 30.31
19.	Muszy ski Wiktor		01	UKS CITYZEN Poznań			564	<b>4:44.92</b>		
	50m:	29.26 29.26	150m:	1:41.44	38.18	250m:	3:01.56	40.97	350m:	4:14.82 31.89
	100m:	1:03.26 34.00	200m:	2:20.59	39.15	300m:	3:42.93	41.37	400m:	4:44.92 30.10
20.	Chałat Stanisław SL		99	UKS Skarpa Lublin			563	<b>4:45.11</b>		
	50m:	31.09 31.09	150m:	1:45.52	39.40	250m:	3:03.44	41.03	350m:	4:15.76 31.18
	100m:	1:06.12 35.03	200m:	2:22.41	36.89	300m:	3:44.58	41.14	400m:	4:45.11 29.35
21.	Solarz Antoni		01	KS Warta Poznań			558	<b>4:45.92</b>		
	50m:	30.51 30.51	150m:	1:43.31	37.54	250m:	2:59.72	39.74	350m:	4:13.98 33.78
	100m:	1:05.77 35.26	200m:	2:19.98	36.67	300m:	3:40.20	40.48	400m:	4:45.92 31.94
22.	Bli niewski Franciszek		02	UKS SP 149 Łódź			554	<b>4:46.62</b>		
	50m:	30.31 30.31	150m:	1:41.28	35.28	250m:	2:57.72	42.16	350m:	4:14.08 33.94
	100m:	1:06.00 35.69	200m:	2:15.56	34.28	300m:	3:40.14	42.42	400m:	4:46.62 32.54
23.	Bochen Tomasz		99	MKS Juwenia Białystok			550	<b>4:47.41</b>		
	50m:	30.14 30.14	150m:	1:44.48	39.05	250m:	3:02.40	40.47	350m:	4:16.88 33.22
	100m:	1:05.43 35.29	200m:	2:21.93	37.45	300m:	3:43.66	41.26	400m:	4:47.41 30.53
24.	Grzybowski ARTUR SSz		01	MKP Szczecin			548	<b>4:47.63</b>		
	50m:	29.94 29.94	150m:	1:41.72	37.44	250m:	2:59.73	41.43	350m:	4:15.42 33.14
	100m:	1:04.28 34.34	200m:	2:18.30	36.58	300m:	3:42.28	42.55	400m:	4:47.63 32.21
25.	Boboryk Wojciech		02	KS Delfin Gdynia			535	<b>4:50.03</b>		
	50m:	30.30 30.30	150m:	1:43.33	37.39	250m:	3:00.82	41.04	350m:	4:16.99 34.49
	100m:	1:05.94 35.64	200m:	2:19.78	36.45	300m:	3:42.50	41.68	400m:	4:50.03 33.04
26.	Ferenc Filip SWR		02	WKS I sk Wrocław			534	<b>4:50.12</b>		
	50m:	30.26 30.26	150m:	1:43.27	38.07	250m:	3:00.79	40.99	350m:	4:16.49 33.19
	100m:	1:05.20 34.94	200m:	2:19.80	36.53	300m:	3:43.30	42.51	400m:	4:50.12 33.63

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Konkurencja 25, M czynn, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.					Pkt.	Czas
26.	Labich Wiktor		03	MKS Trójka Łód			534	<b>4:50.12</b>	
	50m: 31.46	31.46	150m: 1:44.85	37.15	250m: 3:01.94	39.34	350m: 4:17.07	33.87	
	100m: 1:07.70	36.24	200m: 2:22.60	37.75	300m: 3:43.20	41.26	400m: 4:50.12	33.05	
28.	Koncki Bartłomiej		01	Ks Wiśła Puławy			524	<b>4:51.97</b>	
	50m: 31.69	31.69	150m: 1:46.24	37.90	250m: 3:04.44	41.96	350m: 4:20.40	34.08	
	100m: 1:08.34	36.65	200m: 2:22.48	36.24	300m: 3:46.32	41.88	400m: 4:51.97	31.57	
29.	Brodowski Bartosz		00	UKS NAWA Skierniewice			518	<b>4:53.22</b>	
	50m: 29.88	29.88	150m: 1:44.08	38.64	250m: 3:02.30	41.30	350m: 4:19.56	34.93	
	100m: 1:05.44	35.56	200m: 2:21.00	36.92	300m: 3:44.63	42.33	400m: 4:53.22	33.66	
30.	K dzierski Tomasz		03	UKS 190 Łód			513	<b>4:54.01</b>	
	50m: 31.05	31.05	150m: 1:45.64	39.04	250m: 3:05.89	42.50	350m: 4:22.52	33.45	
	100m: 1:06.60	35.55	200m: 2:23.39	37.75	300m: 3:49.07	43.18	400m: 4:54.01	31.49	
31.	Wo niak Kamil		01	Ks Wiśła Puławy			513	<b>4:54.17</b>	
	50m: 30.20	30.20	150m: 1:45.06	39.97	250m: 3:07.50	43.19	350m: 4:22.78	33.03	
	100m: 1:05.09	34.89	200m: 2:24.31	39.25	300m: 3:49.75	42.25	400m: 4:54.17	31.39	
32.	Szwedzki Jakub		00	MKS Trójka Łód			513	<b>4:54.18</b>	
	50m: 33.64	33.64	150m: 1:50.31	38.19	250m: 3:07.89	40.21	350m: 4:23.34	34.00	
	100m: 1:12.12	38.48	200m: 2:27.68	37.37	300m: 3:49.34	41.45	400m: 4:54.18	30.84	
33.	Popiołek Dawid		02	UKS Skarpa Lublin			500	<b>4:56.53</b>	
	50m: 30.86	30.86	150m: 1:44.54	38.56	250m: 3:04.39	42.81	350m: 4:22.10	35.14	
	100m: 1:05.98	35.12	200m: 2:21.58	37.04	300m: 3:46.96	42.57	400m: 4:56.53	34.43	
34.	Zarychta Marcel		03	KS Olimpia Lublin			485	<b>4:59.59</b>	
	50m: 31.07	31.07	150m: 1:44.03	37.00	250m: 3:06.26	45.73	350m: 4:26.53	35.16	
	100m: 1:07.03	35.96	200m: 2:20.53	36.50	300m: 3:51.37	45.11	400m: 4:59.59	33.06	
35.	Adamczyk Jan		03	UKS Olimpijczyk 23			482	<b>5:00.18</b>	
	50m: 32.22	32.22	150m: 1:47.68	39.37	250m: 3:08.53	41.84	350m: 4:26.99	34.92	
	100m: 1:08.31	36.09	200m: 2:26.69	39.01	300m: 3:52.07	43.54	400m: 5:00.18	33.19	
36.	Kostyk Teodor		00	UKS CITYZEN Pozna			467	<b>5:03.34</b>	
	50m: 31.45	31.45	150m: 1:47.51	39.96	250m: 3:10.18	43.92	350m: 4:30.04	35.33	
	100m: 1:07.55	36.10	200m: 2:26.26	38.75	300m: 3:54.71	44.53	400m: 5:03.34	33.30	
37.	Kotarski Jakub		01	UKS G-8 Bielany Warszawa			466	<b>5:03.62</b>	
	50m: 32.06	32.06	150m: 1:48.85	39.71	250m: 3:10.71	42.67	350m: 4:30.27	35.50	
	100m: 1:09.14	37.08	200m: 2:28.04	39.19	300m: 3:54.77	44.06	400m: 5:03.62	33.35	
38.	Sosi ski Bartosz		01	UKS CITYZEN Pozna			466	<b>5:03.74</b>	
	50m: 35.83	35.83	150m: 1:54.98	38.34	250m: 3:13.23	40.82	350m: 4:30.15	35.68	
	100m: 1:16.64	40.81	200m: 2:32.41	37.43	300m: 3:54.47	41.24	400m: 5:03.74	33.59	
39.	Dados Aleksander		01	Ks Wiśła Puławy			459	<b>5:05.12</b>	
	50m: 31.45	31.45	150m: 1:48.13	39.65	250m: 3:11.12	44.21	350m: 4:32.07	35.44	
	100m: 1:08.48	37.03	200m: 2:26.91	38.78	300m: 3:56.63	45.51	400m: 5:05.12	33.05	
40.	Stachecki Jan		02	UKS CITYZEN Pozna			456	<b>5:05.87</b>	
	50m: 32.64	32.64	150m: 1:48.72	38.80	250m: 3:13.11	46.26	350m: 4:32.77	33.82	
	100m: 1:09.92	37.28	200m: 2:26.85	38.13	300m: 3:58.95	45.84	400m: 5:05.87	33.10	
41.	Szel g Dawid		03	SP Meduza Paj czno			433	<b>5:11.21</b>	
	50m: 31.73	31.73	150m: 1:53.84	43.91	250m: 3:20.39	45.29	350m: 4:38.99	34.15	
	100m: 1:09.93	38.20	200m: 2:35.10	41.26	300m: 4:04.84	44.45	400m: 5:11.21	32.22	
42.	Liberski Piotr		01	UKS CITYZEN Pozna			420	<b>5:14.46</b>	
	50m: 32.13	32.13	150m: 1:46.57	37.75	250m: 3:12.31	48.92	350m: 4:37.82	36.45	
	100m: 1:08.82	36.69	200m: 2:23.39	36.82	300m: 4:01.37	49.06	400m: 5:14.46	36.64	
43.	Kalisiak Norbert		02	UKS NAWA Skierniewice			405	<b>5:18.27</b>	
	50m: 33.61	33.61	150m: 1:54.09	41.28	250m: 3:18.83	45.55	350m: 4:42.42	36.78	
	100m: 1:12.81	39.20	200m: 2:33.28	39.19	300m: 4:05.64	46.81	400m: 5:18.27	35.85	

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Konkurencja 25, M czyzn, 400m zmienny, 14 lat i starsi

Pozycja					Rok ur.					Pkt.	Czas	
DYSKW.	Doedel Alex				01	UKS CITYZEN	Pozna				<b>4:48.65</b>	
	<i>m12</i>											
	50m:	32.46	32.46	150m:	1:45.31	36.19	250m:	3:03.05	41.87	350m:	4:17.07	32.04
	100m:	1:09.12	36.66	200m:	2:21.18	35.87	300m:	3:45.03	41.98	400m:	4:48.65	31.58