

Grand Prix - Puchar Polski  
Pozna , 24- - 25-11-2012

Event 36  
2012-11-25 - 12:20

Men, 400m Freestyle

14 years and older  
Results

Points: FINA 2012

Rank			YB							Time	Pts
1.	ZABOROWSKI, Filip SSz		94	MKP Szczecin						<b>3:44.92</b>	846
	<i>minimum M</i>										
	50m:	26.36 26.36	150m:	1:23.44	28.64	250m:	2:20.21	28.38	350m:	3:17.07	28.40
	100m:	54.80 28.44	200m:	1:51.83	28.39	300m:	2:48.67	28.46	400m:	3:44.92	27.85
2.	SWITKOWSKI, Jan		94	Skarpa Lublin						<b>3:45.65</b>	838
	<i>minimum juniorskie M</i>										
	50m:	27.19 27.19	150m:	1:25.03	29.00	250m:	2:22.30	28.40	350m:	3:18.63	27.92
	100m:	56.03 28.84	200m:	1:53.90	28.87	300m:	2:50.71	28.41	400m:	3:45.65	27.02
3.	KACZMARSKI, Marcin SSz		94	KS KSZO Ostrowiec Sw						<b>3:48.40</b>	808
	50m:	26.14 26.14	150m:	1:24.01	29.14	250m:	2:22.00	28.94	350m:	3:20.20	29.12
	100m:	54.87 28.73	200m:	1:53.06	29.05	300m:	2:51.08	29.08	400m:	3:48.40	28.20
4.	BUJOCZEK, Filip		94	Slask Wroclaw						<b>3:50.76</b>	783
	50m:	27.10 27.10	150m:	1:25.84	29.48	250m:	2:24.59	29.17	350m:	3:23.14	29.26
	100m:	56.36 29.26	200m:	1:55.42	29.58	300m:	2:53.88	29.29	400m:	3:50.76	27.62
5.	ZACZYNSKI, Karol		91	AZS AWF Katowice						<b>3:50.92</b>	782
	50m:	27.08 27.08	150m:	1:25.43	29.17	250m:	2:23.69	28.92	350m:	3:22.13	29.40
	100m:	56.26 29.18	200m:	1:54.77	29.34	300m:	2:52.73	29.04	400m:	3:50.92	28.79
6.	WYSOCZYNSKI, Mateusz SZG		93	MKS Jordan Krakow						<b>3:51.00</b>	781
	50m:	26.17 26.17	150m:	1:25.75	30.26	250m:	2:24.29	28.80	350m:	3:22.90	29.37
	100m:	55.49 29.32	200m:	1:55.49	29.74	300m:	2:53.53	29.24	400m:	3:51.00	28.10
7.	KLICH, Kacper		94	AZS AWF Katowice						<b>3:51.20</b>	779
	50m:	27.49 27.49	150m:	1:26.34	29.30	250m:	2:25.09	29.22	350m:	3:23.35	29.25
	100m:	57.04 29.55	200m:	1:55.87	29.53	300m:	2:54.10	29.01	400m:	3:51.20	27.85
8.	PIELOWSKI, Krzysztof		91	AZS UWM Olsztyn						<b>3:52.17</b>	769
	50m:	27.06 27.06	150m:	1:25.07	29.23	250m:	2:23.70	29.41	350m:	3:22.77	29.61
	100m:	55.84 28.78	200m:	1:54.29	29.22	300m:	2:53.16	29.46	400m:	3:52.17	29.40
9.	FURTEK, Pawel SSz		95	WKS Slask Wroclaw						<b>3:53.28</b>	758
	50m:	26.73 26.73	150m:	1:25.33	29.62	250m:	2:24.73	29.70	350m:	3:24.07	29.52
	100m:	55.71 28.98	200m:	1:55.03	29.70	300m:	2:54.55	29.82	400m:	3:53.28	29.21
10.	SZUBA, Michal		93	Slask Wroclaw						<b>3:55.65</b>	736
	50m:	26.66 26.66	150m:	1:24.60	29.27	250m:	2:23.85	29.59	350m:	3:25.16	30.96
	100m:	55.33 28.67	200m:	1:54.26	29.66	300m:	2:54.20	30.35	400m:	3:55.65	30.49
11.	ZONIUK, Maciej		94	Slask Wroclaw						<b>3:55.84</b>	734
	50m:	27.64 27.64	150m:	1:26.68	29.64	250m:	2:26.25	29.85	350m:	3:26.43	30.32
	100m:	57.04 29.40	200m:	1:56.40	29.72	300m:	2:56.11	29.86	400m:	3:55.84	29.41
12.	SMEJA, Slawomir		94	Mks - Astoria Bydgoszcz						<b>3:56.58</b>	727
	50m:	27.28 27.28	150m:	1:27.21	30.05	250m:	2:27.37	30.07	350m:	3:27.56	30.15
	100m:	57.16 29.88	200m:	1:57.30	30.09	300m:	2:57.41	30.04	400m:	3:56.58	29.02
13.	HURA, Bartosz		91	AZS UWM Olsztyn						<b>3:56.85</b>	724
	50m:	27.10 27.10	150m:	1:25.75	29.52	250m:	2:25.41	29.90	350m:	3:26.18	30.45
	100m:	56.23 29.13	200m:	1:55.51	29.76	300m:	2:55.73	30.32	400m:	3:56.85	30.67
14.	BOROWICZ SKONECZNY, Sylwester		92	AZS UWM Olsztyn						<b>3:58.31</b>	711
	50m:	27.96 27.96	150m:	1:27.81	29.98	250m:	2:28.06	30.21	350m:	3:28.53	30.31
	100m:	57.83 29.87	200m:	1:57.85	30.04	300m:	2:58.22	30.16	400m:	3:58.31	29.78
15.	KUBKOWSKI, Bartlomiej		95	Slask Wroclaw						<b>3:58.83</b>	707
	50m:	27.34 27.34	150m:	1:27.04	30.03	250m:	2:27.38	30.24	350m:	3:28.65	30.69
	100m:	57.01 29.67	200m:	1:57.14	30.10	300m:	2:57.96	30.58	400m:	3:58.83	30.18
16.	RZYSKI, Marcin		94	AZS UWM Olsztyn						<b>3:59.99</b>	696
	50m:	28.94 28.94	150m:	1:29.73	30.55	250m:	2:30.58	30.12	350m:	3:30.78	29.77
	100m:	59.18 30.24	200m:	2:00.46	30.73	300m:	3:01.01	30.43	400m:	3:59.99	29.21

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Event 36, Men, 400m Freestyle, 14 years and older

Rank					YB					Time	Pts	
17.	URBANIAK, Jan				95	K.S.Warta Poznan				<b>4:00.60</b>	691	
	50m:	27.46	27.46	150m:	1:27.62	30.43	250m:	2:29.44	30.98	350m:	3:31.22	30.62
	100m:	57.19	29.73	200m:	1:58.46	30.84	300m:	3:00.60	31.16	400m:	4:00.60	29.38
18.	DUBIEL, Adam				93	MTP Lublinianka Lublin				<b>4:01.33</b>	685	
	50m:	27.84	27.84	150m:	1:28.97	30.74	250m:	2:30.28	30.34	350m:	3:31.70	30.63
	100m:	58.23	30.39	200m:	1:59.94	30.97	300m:	3:01.07	30.79	400m:	4:01.33	29.63
19.	STOKARSKI, Marek				92	AZS Warsaw				<b>4:01.79</b>	681	
	50m:	27.37	27.37	150m:	1:27.54	30.25	250m:	2:29.03	31.09	350m:	3:31.48	31.19
	100m:	57.29	29.92	200m:	1:57.94	30.40	300m:	3:00.29	31.26	400m:	4:01.79	30.31
20.	TOWAREK, Sebastian				93	Slask Wroclaw				<b>4:01.92</b>	680	
	50m:	27.39	27.39	150m:	1:27.80	30.42	250m:	2:28.99	30.60	350m:	3:30.84	31.05
	100m:	57.38	29.99	200m:	1:58.39	30.59	300m:	2:59.79	30.80	400m:	4:01.92	31.08
21.	CIESIELSKI, Filip				96	MUKS Pietnastka Bydgoszcz				<b>4:02.93</b>	671	
	50m:	27.42	27.42	150m:	1:28.53	30.84	250m:	2:30.33	30.86	350m:	3:33.31	31.39
	100m:	57.69	30.27	200m:	1:59.47	30.94	300m:	3:01.92	31.59	400m:	4:02.93	29.62
22.	CZARNOTA, Mateusz				91	UKP Unia Oswiecim				<b>4:03.03</b>	671	
	50m:	28.36	28.36	150m:	1:30.13	30.75	250m:	2:30.90	30.17	350m:	3:32.29	30.66
	100m:	59.38	31.02	200m:	2:00.73	30.60	300m:	3:01.63	30.73	400m:	4:03.03	30.74
23.	PIETRZAK, Dawid				97	MUKS Pietnastka Bydgoszcz				<b>4:03.56</b>	666	
	50m:	28.40	28.40	150m:	1:30.11	30.98	250m:	2:32.16	30.89	350m:	3:33.74	30.81
	100m:	59.13	30.73	200m:	2:01.27	31.16	300m:	3:02.93	30.77	400m:	4:03.56	29.82
24.	PIORO, Artur				91	AZS AWF Katowice				<b>4:05.72</b>	649	
	50m:	27.99	27.99	150m:	1:29.16	30.94	250m:	2:31.05	30.89	350m:	3:35.52	32.52
	100m:	58.22	30.23	200m:	2:00.16	31.00	300m:	3:03.00	31.95	400m:	4:05.72	30.20
25.	OPALSKI, Marcin				93	UKS "GIM 92 Ursynow"				<b>4:05.88</b>	647	
	50m:	27.89	27.89	150m:	1:29.80	31.28	250m:	2:32.63	31.15	350m:	3:35.66	31.37
	100m:	58.52	30.63	200m:	2:01.48	31.68	300m:	3:04.29	31.66	400m:	4:05.88	30.22
26.	SZARLINSKI, Filip				92	UKS "G-8 Bielany" Warszawa				<b>4:06.02</b>	646	
	50m:	27.96	27.96	150m:	1:29.34	31.04	250m:	2:32.49	31.72	350m:	3:36.60	32.13
	100m:	58.30	30.34	200m:	2:00.77	31.43	300m:	3:04.47	31.98	400m:	4:06.02	29.42
27.	KSIAZEK, Sebastian				96	KS KSZO Ostrowiec Swietokrzysk				<b>4:06.06</b>	646	
	50m:	28.67	28.67	150m:	1:31.27	31.13	250m:	2:33.71	31.26	350m:	3:35.76	30.87
	100m:	1:00.14	31.47	200m:	2:02.45	31.18	300m:	3:04.89	31.18	400m:	4:06.06	30.30
28.	KOLODZIEJSKI, Filip				96	KORNER Zielona Gora				<b>4:06.32</b>	644	
	50m:	28.39	28.39	150m:	1:31.96	32.10	250m:	2:35.53	31.50	350m:	3:37.51	30.49
	100m:	59.86	31.47	200m:	2:04.03	32.07	300m:	3:07.02	31.49	400m:	4:06.32	28.81
29.	JASZCZAK, Wiktor				97	Slask Wroclaw				<b>4:06.52</b>	642	
	50m:	28.11	28.11	150m:	1:31.20	31.70	250m:	2:34.99	32.12	350m:	3:37.44	31.03
	100m:	59.50	31.39	200m:	2:02.87	31.67	300m:	3:06.41	31.42	400m:	4:06.52	29.08
30.	KOSCIELAK, Adam				96	K.S.Warta Poznan				<b>4:08.10</b>	630	
	50m:	28.51	28.51	150m:	1:32.17	31.89	250m:	2:36.08	31.88	350m:	3:38.86	31.10
	100m:	1:00.28	31.77	200m:	2:04.20	32.03	300m:	3:07.76	31.68	400m:	4:08.10	29.24
31.	GOZDZIK, Damian				95	K.S.Warta Poznan				<b>4:08.17</b>	630	
	50m:	28.03	28.03	150m:	1:29.64	31.29	250m:	2:33.25	32.19	350m:	3:37.56	32.27
	100m:	58.35	30.32	200m:	2:01.06	31.42	300m:	3:05.29	32.04	400m:	4:08.17	30.61
32.	ARNDT, Mateusz				98	KS Delfin Gdynia				<b>4:09.02</b>	623	
	50m:	29.24	29.24	150m:	1:33.25	32.24	250m:	2:36.85	31.51	350m:	3:39.07	30.85
	100m:	1:01.01	31.77	200m:	2:05.34	32.09	300m:	3:08.22	31.37	400m:	4:09.02	29.95
33.	HORALA, Damian				96	K.S.Warta Poznan				<b>4:09.25</b>	622	
	50m:	29.14	29.14	150m:	1:32.78	31.78	250m:	2:36.76	31.88	350m:	3:39.96	30.81
	100m:	1:01.00	31.86	200m:	2:04.88	32.10	300m:	3:09.15	32.39	400m:	4:09.25	29.29
34.	HOFFMANN, Robert				95	T.S.Olimpia Poznan				<b>4:09.29</b>	621	
	50m:	28.69	28.69	150m:	1:32.00	31.83	250m:	2:35.80	31.73	350m:	3:39.43	31.73
	100m:	1:00.17	31.48	200m:	2:04.07	32.07	300m:	3:07.70	31.90	400m:	4:09.29	29.86

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Rank					YB					Time	Pts	
35.	DYTKOWSKI, Jan				97	KS KSZO Ostrowiec Swietokrzysk				<b>4:09.66</b>	618	
	50m:	27.78	27.78	150m:	1:29.88	31.40	250m:	2:33.56	31.94	350m:	3:37.44	31.62
	100m:	58.48	30.70	200m:	2:01.62	31.74	300m:	3:05.82	32.26	400m:	4:09.66	32.22
36.	MUZYCZUK, Adrian SSz				95	MKP Szczecin				<b>4:11.13</b>	608	
	50m:	28.29	28.29	150m:	1:32.21	32.18	250m:	2:36.59	31.96	350m:	3:40.29	31.72
	100m:	1:00.03	31.74	200m:	2:04.63	32.42	300m:	3:08.57	31.98	400m:	4:11.13	30.84
37.	MIELCZAREK, Filip				96	EKS"SKRA"Belchatow				<b>4:11.85</b>	602	
	50m:	28.66	28.66	150m:	1:33.22	32.21	250m:	2:37.76	32.30	350m:	3:41.56	31.70
	100m:	1:01.01	32.35	200m:	2:05.46	32.24	300m:	3:09.86	32.10	400m:	4:11.85	30.29
38.	KRYCIA, Mateusz				96	KS KSZO Ostrowiec Swietokrzysk				<b>4:12.10</b>	601	
	50m:	29.05	29.05	150m:	1:33.06	32.19	250m:	2:37.38	32.09	350m:	3:41.00	31.34
	100m:	1:00.87	31.82	200m:	2:05.29	32.23	300m:	3:09.66	32.28	400m:	4:12.10	31.10
39.	SKIERKA, Jakub				98	Trops Kartuzy				<b>4:12.31</b>	599	
	50m:	29.42	29.42	150m:	1:33.71	32.25	250m:	2:38.12	31.90	350m:	3:41.54	31.45
	100m:	1:01.46	32.04	200m:	2:06.22	32.51	300m:	3:10.09	31.97	400m:	4:12.31	30.77
40.	BRUCHAJZER, Dominik				97	MZOS Plock				<b>4:13.07</b>	594	
	50m:	29.08	29.08	150m:	1:32.60	32.00	250m:	2:37.53	32.46	350m:	3:42.19	32.27
	100m:	1:00.60	31.52	200m:	2:05.07	32.47	300m:	3:09.92	32.39	400m:	4:13.07	30.88
41.	CIEZKI, Bartosz				94	Mks - Astoria Bydgoszcz				<b>4:13.52</b>	591	
	50m:	28.65	28.65	150m:	1:33.05	32.56	250m:	2:37.83	32.48	350m:	3:42.69	32.28
	100m:	1:00.49	31.84	200m:	2:05.35	32.30	300m:	3:10.41	32.58	400m:	4:13.52	30.83
42.	BRODOWSKI, Jakub				97	MKP Slowianka Gorzow				<b>4:13.66</b>	590	
	50m:	29.30	29.30	150m:	1:33.39	32.27	250m:	2:38.03	32.27	350m:	3:42.79	32.45
	100m:	1:01.12	31.82	200m:	2:05.76	32.37	300m:	3:10.34	32.31	400m:	4:13.66	30.87
43.	BUCZKOWSKI, Kamil				96	KORNER Zielona Gora				<b>4:15.98</b>	574	
	50m:	28.46	28.46	150m:	1:33.46	32.75	250m:	2:38.92	32.74	350m:	3:44.52	32.87
	100m:	1:00.71	32.25	200m:	2:06.18	32.72	300m:	3:11.65	32.73	400m:	4:15.98	31.46
44.	MAJEWSKI, Lukasz				96	MKP Slowianka Gorzow WLKP				<b>4:16.06</b>	573	
	50m:	29.11	29.11	150m:	1:32.81	31.91	250m:	2:37.43	32.27	350m:	3:42.85	32.81
	100m:	1:00.90	31.79	200m:	2:05.16	32.35	300m:	3:10.04	32.61	400m:	4:16.06	33.21
45.	KUZMA, Bartosz				98	Klub Sportowy "1" Ozarow Mazow				<b>4:17.74</b>	562	
	50m:	29.10	29.10	150m:	1:34.60	33.06	250m:	2:40.42	32.49	350m:	3:45.83	32.31
	100m:	1:01.54	32.44	200m:	2:07.93	33.33	300m:	3:13.52	33.10	400m:	4:17.74	31.91
46.	KONOPKA, Mateusz				97	KS Delfin Gdynia				<b>4:19.01</b>	554	
	50m:	29.70	29.70	150m:	1:35.54	33.22	250m:	2:41.46	32.85	350m:	3:46.86	32.95
	100m:	1:02.32	32.62	200m:	2:08.61	33.07	300m:	3:13.91	32.45	400m:	4:19.01	32.15
47.	SKRZYPCZAK, Filip				97	MKP Slowianka Gorzow				<b>4:19.05</b>	554	
	50m:	29.60	29.60	150m:	1:34.67	32.89	250m:	2:40.83	33.00	350m:	3:47.46	33.27
	100m:	1:01.78	32.18	200m:	2:07.83	33.16	300m:	3:14.19	33.36	400m:	4:19.05	31.59
48.	BAGROWSKI, Karol				96	MUKS Pietnastka Bydgoszcz				<b>4:19.80</b>	549	
	50m:	28.91	28.91	150m:	1:33.52	32.66	250m:	2:39.12	32.89	350m:	3:46.59	33.76
	100m:	1:00.86	31.95	200m:	2:06.23	32.71	300m:	3:12.83	33.71	400m:	4:19.80	33.21
	SZEWCZYK, Arkadiusz SWR				95	Fala Niepolomice				<b>4:19.80</b>	549	
	50m:	28.92	28.92	150m:	1:32.12	32.02	250m:	2:36.90	32.48	350m:	3:41.15	31.38
	100m:	1:00.10	31.18	200m:	2:04.42	32.30	300m:	3:09.77	32.87	400m:	4:19.80	38.65
50.	STILLER, Piotr, SG				96	UKS Dwojka Morena Gdansk				<b>4:20.49</b>	544	
	50m:	30.37	30.37	150m:	1:35.70	32.78	250m:	2:41.53	32.77	350m:	3:47.83	32.96
	100m:	1:02.92	32.55	200m:	2:08.76	33.06	300m:	3:14.87	33.34	400m:	4:20.49	32.66
51.	STERNAK, Piotr				98	MZOS Plock				<b>4:20.73</b>	543	
	50m:	28.76	28.76	150m:	1:33.83	33.14	250m:	2:42.31	33.88	350m:	3:50.29	34.27
	100m:	1:00.69	31.93	200m:	2:08.43	34.60	300m:	3:16.02	33.71	400m:	4:20.73	30.44
52.	MASLOWSKI, Mateusz				98	Slask Wroclaw				<b>4:20.79</b>	543	
	50m:	29.09	29.09	150m:	1:35.31	33.30	250m:	2:42.42	33.44	350m:	3:49.23	33.42
	100m:	1:02.01	32.92	200m:	2:08.98	33.67	300m:	3:15.81	33.39	400m:	4:20.79	31.56

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Rank					YB					Time	Pts	
53.	DULSKI, Piotr				96	KS Posenia Poznan				<b>4:21.02</b>	541	
	50m:	30.38	30.38	150m:	1:37.22	33.62	250m:	2:44.21	33.31	350m:	3:49.70	32.77
	100m:	1:03.60	33.22	200m:	2:10.90	33.68	300m:	3:16.93	32.72	400m:	4:21.02	31.32
54.	SALIK, Jakub				96	MKS Juvenia Wroclaw				<b>4:21.77</b>	536	
	50m:	30.51	30.51	150m:	1:35.98	32.80	250m:	2:42.30	33.40	350m:	3:49.42	33.64
	100m:	1:03.18	32.67	200m:	2:08.90	32.92	300m:	3:15.78	33.48	400m:	4:21.77	32.35
55.	KWIATKOWSKI, Krzysztof				97	MTKP Delfin Torun				<b>4:23.02</b>	529	
	50m:	29.46	29.46	150m:	1:35.19	33.17	250m:	2:42.08	33.37	350m:	3:50.22	34.28
	100m:	1:02.02	32.56	200m:	2:08.71	33.52	300m:	3:15.94	33.86	400m:	4:23.02	32.80
56.	BRZEZINSKI, Jakub				97	MKS Piaseczno				<b>4:23.91</b>	524	
	50m:	28.95	28.95	150m:	1:34.91	33.36	250m:	2:43.28	34.43	350m:	3:51.29	33.95
	100m:	1:01.55	32.60	200m:	2:08.85	33.94	300m:	3:17.34	34.06	400m:	4:23.91	32.62
57.	PIETRZAK, Krzysztof				96	KS Delfin Gdynia				<b>4:25.52</b>	514	
	50m:	30.60	30.60	150m:	1:38.11	33.92	250m:	2:45.63	33.27	350m:	3:52.91	33.66
	100m:	1:04.19	33.59	200m:	2:12.36	34.25	300m:	3:19.25	33.62	400m:	4:25.52	32.61
58.	RADUCKI, Arkadiusz				97	KS Warta Poznan				<b>4:25.71</b>	513	
	50m:	29.62	29.62	150m:	1:37.20	34.08	250m:	2:45.62	33.93	350m:	3:53.12	33.74
	100m:	1:03.12	33.50	200m:	2:11.69	34.49	300m:	3:19.38	33.76	400m:	4:25.71	32.59
59.	PLUTA, Piotr				97	KORNER Zielona Gora				<b>4:26.15</b>	510	
	50m:	29.55	29.55	150m:	1:36.75	33.95	250m:	2:45.20	34.29	350m:	3:53.58	33.97
	100m:	1:02.80	33.25	200m:	2:10.91	34.16	300m:	3:19.61	34.41	400m:	4:26.15	32.57
60.	WIERDAK, Michal				98	Slask Wroclaw				<b>4:27.92</b>	500	
	50m:	30.78	30.78	150m:	1:39.02	34.73	250m:	2:47.59	34.44	350m:	3:55.63	33.93
	100m:	1:04.29	33.51	200m:	2:13.15	34.13	300m:	3:21.70	34.11	400m:	4:27.92	32.29
61.	TUREK, Maksymilian				98	Slask Wroclaw				<b>4:27.93</b>	500	
	50m:	30.80	30.80	150m:	1:38.52	34.12	250m:	2:46.63	34.23	350m:	3:54.74	34.11
	100m:	1:04.40	33.60	200m:	2:12.40	33.88	300m:	3:20.63	34.00	400m:	4:27.93	33.19
62.	URBANSKI, Michal				97	MUKS Pietnastka Bydgoszcz				<b>4:28.15</b>	499	
	50m:	29.93	29.93	150m:	1:38.08	34.42	250m:	2:47.02	34.45	350m:	3:55.49	34.09
	100m:	1:03.66	33.73	200m:	2:12.57	34.49	300m:	3:21.40	34.38	400m:	4:28.15	32.66
	HODUR, Filip				97	Klub Sportowy "1" Ozarow Mazow				<b>4:28.15</b>	499	
	50m:	29.85	29.85	150m:	1:35.30	33.16	250m:	2:43.85	34.13	350m:	3:53.64	34.79
	100m:	1:02.14	32.29	200m:	2:09.72	34.42	300m:	3:18.85	35.00	400m:	4:28.15	34.51
64.	NOWAK, Mateusz				98	MKS Neptun Staragard Szcz				<b>4:29.10</b>	494	
	50m:	29.50	29.50	150m:	1:35.47	33.23	250m:	2:44.42	34.53	350m:	3:55.01	35.39
	100m:	1:02.24	32.74	200m:	2:09.89	34.42	300m:	3:19.62	35.20	400m:	4:29.10	34.09
65.	SZCZUTKOWSKI, Robert				98	Slask Wroclaw				<b>4:29.85</b>	490	
	50m:	30.64	30.64	150m:	1:37.20	33.65	250m:	2:45.82	34.53	350m:	3:55.35	34.52
	100m:	1:03.55	32.91	200m:	2:11.29	34.09	300m:	3:20.83	35.01	400m:	4:29.85	34.50
66.	JARASZKIEWICZ, Bartosz				96	Klub Sportowy Posenia				<b>4:30.34</b>	487	
	50m:	30.97	30.97	150m:	1:39.39	34.33	250m:	2:47.76	34.16	350m:	3:56.99	34.94
	100m:	1:05.06	34.09	200m:	2:13.60	34.21	300m:	3:22.05	34.29	400m:	4:30.34	33.35
67.	GRZYMSKI, Mateusz				98	Slask Wroclaw				<b>4:30.38</b>	487	
	50m:	29.97	29.97	150m:	1:37.39	33.93	250m:	2:47.04	34.95	350m:	3:56.90	34.67
	100m:	1:03.46	33.49	200m:	2:12.09	34.70	300m:	3:22.23	35.19	400m:	4:30.38	33.48
68.	GNIAZDOWSKI, Jerzy				96	WODNIK Rawicz				<b>4:32.04</b>	478	
	50m:	29.63	29.63	150m:	1:37.00	34.03	250m:	2:45.56	34.14	350m:	3:56.91	35.83
	100m:	1:02.97	33.34	200m:	2:11.42	34.42	300m:	3:21.08	35.52	400m:	4:32.04	35.13
69.	MANCZAK, Blazej				98	KS Delfin Gdynia				<b>4:37.50</b>	450	
	50m:	30.27	30.27	150m:	1:40.13	35.85	250m:	2:52.09	35.94	350m:	4:03.77	35.77
	100m:	1:04.28	34.01	200m:	2:16.15	36.02	300m:	3:28.00	35.91	400m:	4:37.50	33.73
70.	PAWLAK, Tomasz				95	Uczniowski Klub Sportowy Trojk				<b>4:37.56</b>	450	
	50m:	29.31	29.31	150m:	1:37.36	34.74	250m:	2:48.72	35.91	350m:	4:02.37	36.87
	100m:	1:02.62	33.31	200m:	2:12.81	35.45	300m:	3:25.50	36.78	400m:	4:37.56	35.19

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Rank					YB					Time	Pts	
71.	SKORULSKI, Jakub				97	MMKS Kedzierzyn-Kozle				<b>4:39.83</b>	439	
	50m:	31.74	31.74	150m:	1:41.72	35.12	250m:	2:52.73	35.66	350m:	4:05.20	36.42
	100m:	1:06.60	34.86	200m:	2:17.07	35.35	300m:	3:28.78	36.05	400m:	4:39.83	34.63
72.	KUCZMA, Jędrzej				98	Slask Wroclaw				<b>4:40.53</b>	436	
	50m:	31.02	31.02	150m:	1:41.03	35.61	250m:	2:53.02	35.88	350m:	4:05.36	36.42
	100m:	1:05.42	34.40	200m:	2:17.14	36.11	300m:	3:28.94	35.92	400m:	4:40.53	35.17
73.	OKUPNIK, Jakub				98	Slask Wroclaw				<b>4:41.83</b>	430	
	50m:	30.82	30.82	150m:	1:41.70	36.08	250m:	2:53.47	36.02	350m:	4:06.35	37.00
	100m:	1:05.62	34.80	200m:	2:17.45	35.75	300m:	3:29.35	35.88	400m:	4:41.83	35.48
74.	KORBANEK, Piotr				98	KS Warta Poznan				<b>4:42.48</b>	427	
	50m:	30.83	30.83	150m:	1:41.21	35.77	250m:	2:54.40	36.47	350m:	4:07.95	36.81
	100m:	1:05.44	34.61	200m:	2:17.93	36.72	300m:	3:31.14	36.74	400m:	4:42.48	34.53
75.	KOSSYK, Tomasz				98	K.S Posnania				<b>4:44.55</b>	418	
	50m:	31.22	31.22	150m:	1:41.58	35.79	250m:	2:54.67	36.74	350m:	4:08.30	36.80
	100m:	1:05.79	34.57	200m:	2:17.93	36.35	300m:	3:31.50	36.83	400m:	4:44.55	36.25
76.	BORUCKI, Patryk				98	KS Warta Poznan				<b>4:55.54</b>	373	
	50m:	31.99	31.99	150m:	1:45.82	37.40	250m:	3:02.30	38.35	350m:	4:19.38	38.72
	100m:	1:08.42	36.43	200m:	2:23.95	38.13	300m:	3:40.66	38.36	400m:	4:55.54	36.16
77.	KRUK, Tomasz				98	KP Astromal Akwawit Leszno				<b>5:01.04</b>	353	
	50m:	32.48	32.48	150m:	1:47.39	38.09	250m:	3:05.31	39.48	350m:	4:23.83	39.19
	100m:	1:09.30	36.82	200m:	2:25.83	38.44	300m:	3:44.64	39.33	400m:	5:01.04	37.21
78.	JARONI, Karol				98	KS Warta Poznan				<b>5:06.50</b>	334	
	50m:	33.66	33.66	150m:	1:48.46	38.07	250m:	3:07.79	39.84	350m:	4:27.78	39.87
	100m:	1:10.39	36.73	200m:	2:27.95	39.49	300m:	3:47.91	40.12	400m:	5:06.50	38.72
DNF	WYPYCH, Filip				91	Mks "Trojka" Lodz						
	50m:	21.99	21.99	150m:			250m:			350m:		
	100m:			200m:			300m:			400m:		
DNF	MAJCHRZAK, Kacper				92	K.S.Warta Poznan						
	50m:	22.12	22.12	150m:			250m:			350m:		
	100m:			200m:			300m:			400m:		