

Arena Grand Prix Puchar Polski  
Kozienice, 18. - 19.2.2017

Konkurencja 12  
18.02.2017 - 10:55

M czynzn, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.				Czas				Pkt.
1.	ZABOROWSKI, Filip	94	MKP Szczecin				<b>3:49.59</b>				790
	50m: 27.20	27.20	150m: 1:25.40	29.09	250m: 2:23.68	29.11	350m: 3:21.32	28.83			
	100m: 56.31	29.11	200m: 1:54.57	29.17	300m: 2:52.49	28.81	400m: 3:49.59	28.27			
2.	KLICH, Kacper	94	WKS I sk Wrocław				<b>3:51.79</b>				767
	50m: 27.39	27.39	150m: 1:25.85	29.23	250m: 2:24.09	29.12	350m: 3:22.59	29.24			
	100m: 56.62	29.23	200m: 1:54.97	29.12	300m: 2:53.35	29.26	400m: 3:51.79	29.20			
3.	DUBIEL, Adam	93	AZS AWF Warszawa				<b>3:55.57</b>				731
	50m: 26.60	26.60	150m: 1:25.84	30.00	250m: 2:25.91	30.01	350m: 3:25.98	29.99			
	100m: 55.84	29.24	200m: 1:55.90	30.06	300m: 2:55.99	30.08	400m: 3:55.57	29.59			
4.	KAŁU Y SKI, Antoni	99	MUKP Warszawianka Wodny Park				<b>3:56.37</b>				724
	50m: 27.51	27.51	150m: 1:27.21	30.13	250m: 2:28.01	29.80	350m: 3:28.48	30.25			
	100m: 57.08	29.57	200m: 1:58.21	31.00	300m: 2:58.23	30.22	400m: 3:56.37	27.89			
5.	PISZCZOROWICZ, Bartosz	99	UKS G-8 Bielany				<b>3:56.54</b>				722
	50m: 27.38	27.38	150m: 1:27.20	30.04	250m: 2:27.51	30.08	350m: 3:28.06	30.12			
	100m: 57.16	29.78	200m: 1:57.43	30.23	300m: 2:57.94	30.43	400m: 3:56.54	28.48			
6.	KIEŁCZEWSKI, AMADEUSZ SSz	00	MKP Szczecin				<b>3:58.71</b>				702
	50m: 27.26	27.26	150m: 1:27.65	30.26	250m: 2:28.93	30.71	350m: 3:29.56	29.85			
	100m: 57.39	30.13	200m: 1:58.22	30.57	300m: 2:59.71	30.78	400m: 3:58.71	29.15			
7.	KRAWCZYK, Paweł	99	BUKS Warszawa				<b>4:00.66</b>				686
	50m: 27.66	27.66	150m: 1:27.52	30.04	250m: 2:28.94	30.81	350m: 3:31.22	31.02			
	100m: 57.48	29.82	200m: 1:58.13	30.61	300m: 3:00.20	31.26	400m: 4:00.66	29.44			
8.	RÓJ, KONRAD SSz	98	MKP Szczecin				<b>4:01.98</b>				674
	50m: 28.33	28.33	150m: 1:29.47	30.70	250m: 2:31.39	30.89	350m: 3:32.78	30.60			
	100m: 58.77	30.44	200m: 2:00.50	31.03	300m: 3:02.18	30.79	400m: 4:01.98	29.20			
9.	OPALSKI, Marcin	93	MUKP Warszawianka Wodny Park				<b>4:02.14</b>				673
	50m: 27.85	27.85	150m:		250m: 2:30.12	30.37	350m: 3:32.20	31.14			
	100m: 58.25	30.40	200m: 1:59.75		300m: 3:01.06	30.94	400m: 4:02.14	29.94			
10.	KACZOROWSKI, Jakub	97	UKS G-8 Bielany				<b>4:02.15</b>				673
	50m: 27.60	27.60	150m: 1:29.49	31.16	250m: 2:31.38	30.86	350m: 3:32.92	30.50			
	100m: 58.33	30.73	200m: 2:00.52	31.03	300m: 3:02.42	31.04	400m: 4:02.15	29.23			
11.	KAROLCZAK, Jan	01	UKS G-8 Bielany				<b>4:02.23</b>				672
	50m: 27.27	27.27	150m: 1:29.12		250m: 2:31.33		350m: 3:33.23	30.81			
	100m:		200m:		300m: 3:02.42	31.09	400m: 4:02.23	29.00			
12.	ORLICZ, Filip	02	UKS G-8 Bielany				<b>4:02.27</b>				672
	50m: 27.41	27.41	150m: 1:28.93	31.21	250m: 2:30.78	30.82	350m: 3:33.03	31.29			
	100m: 57.72	30.31	200m: 1:59.96	31.03	300m: 3:01.74	30.96	400m: 4:02.27	29.24			
13.	MO CICKI, Jakub SOL	01	MTP KORMORAN Olsztyn				<b>4:02.42</b>				671
	50m: 27.43	27.43	150m: 1:28.30	31.11	250m:		350m: 3:33.63	31.29			
	100m: 57.19	29.76	200m: 1:59.70	31.40	300m: 3:02.34		400m: 4:02.42	28.79			
14.	DUTKOWIAK, Wojciech SWR	00	WKS I sk Wrocław				<b>4:02.54</b>				670
	50m: 28.81	28.81	150m: 1:30.51	31.02	250m: 2:31.93	30.35	350m: 3:33.17	30.81			
	100m: 59.49	30.68	200m: 2:01.58	31.07	300m: 3:02.36	30.43	400m: 4:02.54	29.37			
15.	JURA, Maciej	96	WKS I sk Wrocław				<b>4:04.00</b>				658
	50m: 27.38	27.38	150m: 1:27.31	30.27	250m: 2:29.39	31.34	350m: 3:32.90	31.90			
	100m: 57.04	29.66	200m: 1:58.05	30.74	300m: 3:01.00	31.61	400m: 4:04.00	31.10			
16.	BUTKIEWICZ, Cezary	00	UKS G-8 Bielany				<b>4:04.01</b>				658
	50m: 27.92	27.92	150m: 1:30.24	31.22	250m: 2:32.51	30.95	350m: 3:34.67	31.44			
	100m: 59.02	31.10	200m: 2:01.56	31.32	300m: 3:03.23	30.72	400m: 4:04.01	29.34			
17.	BRU DZIAK, Maciej SOL	98	MTP KORMORAN Olsztyn				<b>4:04.74</b>				652
	50m: 28.36	28.36	150m: 1:29.49	30.93	250m: 2:31.97	31.30	350m: 3:34.23	31.04			
	100m: 58.56	30.20	200m: 2:00.67	31.18	300m: 3:03.19	31.22	400m: 4:04.74	30.51			

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Konkurencja 12, M czyzn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.				Czas	Pkt.				
18.	HANO, Grzegorz	SWR	00	WKS I sk Wrocław			<b>4:05.23</b>	648				
	50m:	28.43	28.43	150m:	1:30.11	31.21	250m:	2:32.88	31.47	350m:	3:34.85	30.79
	100m:	58.90	30.47	200m:	2:01.41	31.30	300m:	3:04.06	31.18	400m:	4:05.23	30.38
19.	KRZYKAŁA, Emil		01	KP AVIA widnik			<b>4:06.12</b>	641				
	50m:	27.61	27.61	150m:	1:29.13	31.10	250m:	2:32.37	31.64	350m:	3:35.63	31.19
	100m:	58.03	30.42	200m:	2:00.73	31.60	300m:	3:04.44	32.07	400m:	4:06.12	30.49
20.	DOMINIAK, Kacper	SWR	00	WKS I sk Wrocław			<b>4:06.38</b>	639				
	50m:	28.47	28.47	150m:	1:31.38	31.55	250m:	2:34.01	31.05	350m:	3:36.24	30.97
	100m:	59.83	31.36	200m:	2:02.96	31.58	300m:	3:05.27	31.26	400m:	4:06.38	30.14
21.	MŁYNARCZYK, Karol		00	UKS G-8 Bielany			<b>4:06.78</b>	636				
	50m:	27.54	27.54	150m:	1:29.20	31.09	250m:	2:32.29	31.77	350m:	3:35.52	31.46
	100m:	58.11	30.57	200m:	2:00.52	31.32	300m:	3:04.06	31.77	400m:	4:06.78	31.26
22.	GUZIOR, Maciej		00	MZOS Płock			<b>4:06.84</b>	635				
	50m:	27.51	27.51	150m:	1:30.28	31.56	250m:	2:33.66	31.94	350m:	3:36.69	31.50
	100m:	58.72	31.21	200m:	2:01.72	31.44	300m:	3:05.19	31.53	400m:	4:06.84	30.15
23.	KEMPA, Mikołaj	SO	99	MMKS K dzierzyn Ko le			<b>4:07.48</b>	630				
	50m:	28.77	28.77	150m:	1:31.78	31.82	250m:	2:34.32	30.96	350m:	3:36.23	30.10
	100m:	59.96	31.19	200m:	2:03.36	31.58	300m:	3:06.13	31.81	400m:	4:07.48	31.25
24.	PAJ K, Bartosz		01	BUKS Warszawa			<b>4:07.99</b>	626				
	50m:	27.13	27.13	150m:	1:28.47	30.93	250m:	2:32.21	32.21	350m:	3:36.51	32.39
	100m:	57.54	30.41	200m:	2:00.00	31.53	300m:	3:04.12	31.91	400m:	4:07.99	31.48
25.	ROGOZI SKI, Mateusz	Soc	99	KS KSZO Ostrowiec w.			<b>4:08.06</b>	626				
	50m:	28.23	28.23	150m:	1:29.42	31.12	250m:	2:32.41	31.28	350m:	3:36.59	32.26
	100m:	58.30	30.07	200m:	2:01.13	31.71	300m:	3:04.33	31.92	400m:	4:08.06	31.47
26.	SZCZERBA, Adam		02	UKS Skarpa Lublin			<b>4:08.90</b>	620				
	50m:	28.12	28.12	150m:	1:30.85	31.65	250m:	2:34.31	31.70	350m:	3:38.10	31.68
	100m:	59.20	31.08	200m:	2:02.61	31.76	300m:	3:06.42	32.11	400m:	4:08.90	30.80
27.	D BROWSKI, Patryk	SWR	00	WKS I sk Wrocław			<b>4:08.98</b>	619				
	50m:	28.50	28.50	150m:	1:31.53	31.46	250m:	2:34.03	31.04	350m:	3:37.65	31.93
	100m:	1:00.07	31.57	200m:	2:02.99	31.46	300m:	3:05.72	31.69	400m:	4:08.98	31.33
28.	BUGAŁA, KRZYSZTOF	SSz	01	MKP Szczecin			<b>4:09.20</b>	617				
	50m:	28.86	28.86	150m:	1:31.43	31.53	250m:	2:34.69	31.81	350m:	3:38.29	31.90
	100m:	59.90	31.04	200m:	2:02.88	31.45	300m:	3:06.39	31.70	400m:	4:09.20	30.91
29.	BUTKIEWICZ, Władysław	SO	00	UKP Unia O wi cim			<b>4:10.24</b>	610				
	50m:	27.58	27.58	150m:	1:29.90	31.53	250m:	2:33.71	32.03	350m:	3:38.11	31.93
	100m:	58.37	30.79	200m:	2:01.68	31.78	300m:	3:06.18	32.47	400m:	4:10.24	32.13
30.	TOPOLSKI, Dawid		00	MKS Trójka Łód			<b>4:10.55</b>	607				
	50m:	29.00	29.00	150m:	1:31.94	31.50	250m:	2:35.41	31.82	350m:	3:40.52	32.79
	100m:	1:00.44	31.44	200m:	2:03.59	31.65	300m:	3:07.73	32.32	400m:	4:10.55	30.03
31.	RYBAK, Konrad	SOL	98	PIRANIA Targówek			<b>4:11.43</b>	601				
	50m:	29.08	29.08	150m:	1:31.87	31.66	250m:	2:35.13	31.78	350m:	3:39.72	32.38
	100m:	1:00.21	31.13	200m:	2:03.35	31.48	300m:	3:07.34	32.21	400m:	4:11.43	31.71
32.	JEMIELITA, Oskar		01	MPKS Orka Ciechanów			<b>4:12.15</b>	596				
	50m:	27.54	27.54	150m:	1:30.28	31.73	250m:	2:35.94	33.23	350m:	3:41.13	32.52
	100m:	58.55	31.01	200m:	2:02.71	32.43	300m:	3:08.61	32.67	400m:	4:12.15	31.02
33.	CZERNIAK, Konrad	SL	98	UKS Skarpa Lublin			<b>4:13.31</b>	588				
	50m:	28.28	28.28	150m:	1:32.26	32.50	250m:	2:36.02	31.86	350m:	3:41.49	32.67
	100m:	59.76	31.48	200m:	2:04.16	31.90	300m:	3:08.82	32.80	400m:	4:13.31	31.82
34.	GIRUL, Radosław	SWR	01	WKS I sk Wrocław			<b>4:13.33</b>	588				
	50m:	29.00	29.00	150m:	1:32.73	32.03	250m:	2:36.82	32.01	350m:	3:41.54	32.53
	100m:	1:00.70	31.70	200m:	2:04.81	32.08	300m:	3:09.01	32.19	400m:	4:13.33	31.79
35.	DOMA SKI, Kamil		00	MKS Trójka Łód			<b>4:14.86</b>	577				
	50m:	29.10	29.10	150m:	1:33.08	32.29	250m:	2:38.28	32.42	350m:	3:44.31	32.76
	100m:	1:00.79	31.69	200m:	2:05.86	32.78	300m:	3:11.55	33.27	400m:	4:14.86	30.55

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Konkurencja 12, M czynn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
36.	JAKIMIAK, Jakub		03	Huragan Mi dzyrzec Podlaski				<b>4:15.48</b>	573
	50m: 28.26	28.26	150m: 1:32.80	32.86	250m: 2:38.95	32.98	350m: 3:44.41	32.53	
	100m: 59.94	31.68	200m: 2:05.97	33.17	300m: 3:11.88	32.93	400m: 4:15.48	31.07	
37.	SADOWSKI, Adrian SOL		99	MTP KORMORAN Olsztyn				<b>4:15.57</b>	572
	50m: 28.68	28.68	150m: 1:32.20	32.10	250m: 2:37.86	33.32	350m: 3:44.10	32.80	
	100m: 1:00.10	31.42	200m: 2:04.54	32.34	300m: 3:11.30	33.44	400m: 4:15.57	31.47	
38.	PRÓSZY SKI, Igor		99	MKP Szczecin				<b>4:15.73</b>	571
	50m: 29.81	29.81	150m: 1:32.84	31.74	250m: 2:37.65	32.39	350m: 3:43.16	32.92	
	100m: 1:01.10	31.29	200m: 2:05.26	32.42	300m: 3:10.24	32.59	400m: 4:15.73	32.57	
39.	URYNIUK, Paweł		03	UKS G-8 Bielany				<b>4:15.77</b>	571
	50m: 29.80	29.80	150m: 1:34.79	32.92	250m: 2:38.65	31.67	350m: 3:44.78	33.34	
	100m: 1:01.87	32.07	200m: 2:06.98	32.19	300m: 3:11.44	32.79	400m: 4:15.77	30.99	
40.	WALASZEK, J drzej SOL		98	MTP KORMORAN Olsztyn				<b>4:15.79</b>	571
	50m: 29.61	29.61	150m: 1:35.03	32.92	250m: 2:39.65	31.94	350m: 3:44.34	32.90	
	100m: 1:02.11	32.50	200m: 2:07.71	32.68	300m: 3:11.44	31.79	400m: 4:15.79	31.45	
41.	RÓJ, JAKUB SSz		01	MKP Szczecin				<b>4:16.10</b>	569
	50m: 28.34	28.34	150m: 1:33.14	32.93	250m: 2:39.28	33.06	350m: 3:45.43	33.06	
	100m: 1:00.21	31.87	200m: 2:06.22	33.08	300m: 3:12.37	33.09	400m: 4:16.10	30.67	
42.	KRZYWANIA, Oskar		02	UKS SP 149 Łód				<b>4:16.34</b>	567
	50m: 29.51	29.51	150m: 1:34.47	32.71	250m: 2:40.15	32.61	350m: 3:45.70	32.77	
	100m: 1:01.76	32.25	200m: 2:07.54	33.07	300m: 3:12.93	32.78	400m: 4:16.34	30.64	
43.	KRYSIAK, Michał		01	MKS Trójka Łód				<b>4:16.47</b>	566
	50m: 29.79	29.79	150m: 1:34.25	32.26	250m: 2:39.33	32.62	350m: 3:44.76	32.61	
	100m: 1:01.99	32.20	200m: 2:06.71	32.46	300m: 3:12.15	32.82	400m: 4:16.47	31.71	
44.	WIEK, Wiktor		03	BUKS Warszawa				<b>4:16.90</b>	563
	50m: 28.78	28.78	150m:		250m: 2:40.86	33.33	350m:		
	100m: 1:34.75	1:05.97	200m: 2:07.53		300m: 3:13.29	32.43	400m:	4:16.90	
45.	D BSKI, Szymon		99	UKS NAWA Skierniewice				<b>4:17.00</b>	563
	50m: 28.83	28.83	150m: 1:33.41	32.79	250m: 2:39.16	32.97	350m: 3:44.90	32.60	
	100m: 1:00.62	31.79	200m: 2:06.19	32.78	300m: 3:12.30	33.14	400m: 4:17.00	32.10	
46.	FAJKOWSKI, Piotr		01	MKS Trójka Łód				<b>4:17.03</b>	563
	50m: 29.67	29.67	150m: 1:34.99	32.99	250m: 2:40.83	32.73	350m: 3:46.40	32.71	
	100m: 1:02.00	32.33	200m: 2:08.10	33.11	300m: 3:13.69	32.86	400m: 4:17.03	30.63	
47.	SIEKACZY SKI, Artur		02	Fala Kra nik				<b>4:20.91</b>	538
	50m: 30.00	30.00	150m: 1:36.42	33.10	250m: 2:42.89	32.79	350m: 3:49.55	33.51	
	100m: 1:03.32	33.32	200m: 2:10.10	33.68	300m: 3:16.04	33.15	400m: 4:20.91	31.36	
48.	NOWICZKOW, Jakub		01	MKP Wodnik Bielsk Podlaski				<b>4:21.21</b>	536
	50m: 27.53	27.53	150m: 1:32.39	33.12	250m: 2:40.86	34.25	350m: 3:48.59	33.41	
	100m: 59.27	31.74	200m: 2:06.61	34.22	300m: 3:15.18	34.32	400m: 4:21.21	32.62	
49.	LECH, Filip		01	KP AVIA widnik				<b>4:21.29</b>	536
	50m: 29.98	29.98	150m: 1:33.48	31.73	250m: 2:38.47	32.66	350m: 3:46.88	34.80	
	100m: 1:01.75	31.77	200m: 2:05.81	32.33	300m: 3:12.08	33.61	400m: 4:21.29	34.41	
50.	J DRYŚ, Igor		02	MUKP Warszawianka Wodny Park				<b>4:22.45</b>	528
	50m: 29.26	29.26	150m:		250m: 2:43.84	33.55	350m: 3:50.82	33.19	
	100m: 1:02.82	33.56	200m: 2:10.29		300m: 3:17.63	33.79	400m: 4:22.45	31.63	
51.	CHMIELOWIEC, Mateusz		00	UKS NAWA Skierniewice				<b>4:23.28</b>	523
	50m: 29.27	29.27	150m: 1:36.76	34.26	250m: 2:45.73	34.12	350m: 3:52.98	32.61	
	100m: 1:02.50	33.23	200m: 2:11.61	34.85	300m: 3:20.37	34.64	400m: 4:23.28	30.30	
52.	WILK, Jakub Soc		02	KS KSZO Ostrowiec w.				<b>4:23.47</b>	522
	50m: 30.26	30.26	150m: 1:36.28	33.27	250m: 2:43.55	33.59	350m: 3:50.31	33.20	
	100m: 1:03.01	32.75	200m: 2:09.96	33.68	300m: 3:17.11	33.56	400m: 4:23.47	33.16	
53.	GOTOWSKI, Dominik		02	UKS G-8 Bielany				<b>4:23.56</b>	522
	50m: 30.62	30.62	150m: 1:37.82	34.04	250m: 2:44.09	33.32	350m: 3:50.91	33.64	
	100m: 1:03.78	33.16	200m: 2:10.77	32.95	300m: 3:17.27	33.18	400m: 4:23.56	32.65	

Arena Grand Prix Puchar Polski  
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Konkurencja 12, M czyzn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
54.	PRZYBYSZ, Mateusz		03	BUKS Warszawa			<b>4:24.64</b>	515	
	50m: 29.70	29.70	150m: 1:35.35	32.93	250m: 2:42.65	33.90	350m: 3:51.09	33.95	
	100m: 1:02.42	32.72	200m: 2:08.75	33.40	300m: 3:17.14	34.49	400m: 4:24.64	33.55	
55.	SENKOWSKI, Kacper		01	UKS G-8 Bielany			<b>4:25.52</b>	510	
	50m: 29.87	29.87	150m: 1:36.93	33.67	250m: 2:45.25	34.46	350m: 3:53.33	33.61	
	100m: 1:03.26	33.39	200m: 2:10.79	33.86	300m: 3:19.72	34.47	400m: 4:25.52	32.19	
56.	MIESZKUNIEC, Szymon		02	UKS Victoria Józefów			<b>4:25.61</b>	510	
	50m: 29.28	29.28	150m: 1:35.60	33.58	250m: 2:44.38	34.39	350m: 3:52.49	34.19	
	100m: 1:02.02	32.74	200m: 2:09.99	34.39	300m: 3:18.30	33.92	400m: 4:25.61	33.12	
57.	CHEREDIS, Jakub		02	UKS G-8 Bielany			<b>4:26.37</b>	505	
	50m: 29.27	29.27	150m: 1:36.85	34.68	250m: 2:45.65	34.59	350m: 3:54.14	34.28	
	100m: 1:02.17	32.90	200m: 2:11.06	34.21	300m: 3:19.86	34.21	400m: 4:26.37	32.23	
58.	PERZANKOWSKI, Maciej		01	UKS NAWA Skierniewice			<b>4:27.58</b>	499	
	50m:		150m: 1:37.32		250m: 2:46.65	34.83	350m: 3:54.83	34.10	
	100m:		200m: 2:11.82	34.50	300m: 3:20.73	34.08	400m: 4:27.58	32.75	
59.	BRODOWSKI, Bartosz		00	UKS NAWA Skierniewice			<b>4:28.14</b>	495	
	50m: 30.45	30.45	150m: 1:38.90	34.42	250m: 2:47.90	34.38	350m: 3:56.58	34.13	
	100m: 1:04.48	34.03	200m: 2:13.52	34.62	300m: 3:22.45	34.55	400m: 4:28.14	31.56	
60.	KOTARSKI, Jakub		01	BUKS Warszawa			<b>4:29.14</b>	490	
	50m: 31.27	31.27	150m: 1:39.02	33.83	250m: 2:48.29	34.71	350m: 3:56.88	33.97	
	100m: 1:05.19	33.92	200m: 2:13.58	34.56	300m: 3:22.91	34.62	400m: 4:29.14	32.26	
61.	KRAWCZAK, Patryk		00	MKS " AK" Biała Podlaska			<b>4:29.64</b>	487	
	50m: 30.06	30.06	150m: 1:37.06	33.95	250m: 2:45.76	34.17	350m: 3:55.61	35.13	
	100m: 1:03.11	33.05	200m: 2:11.59	34.53	300m: 3:20.48	34.72	400m: 4:29.64	34.03	
62.	WOJCIECHOWSKI, Kajetan		03	MKS Trójka Łód			<b>4:30.43</b>	483	
	50m: 30.26	30.26	150m: 1:38.46	34.51	250m: 2:48.22	34.80	350m: 3:56.93	34.36	
	100m: 1:03.95	33.69	200m: 2:13.42	34.96	300m: 3:22.57	34.35	400m: 4:30.43	33.50	
63.	PANASIUK, Mateusz		03	MKP Wodnik Bielsk Podlaski			<b>4:31.67</b>	476	
	50m: 30.82	30.82	150m: 1:39.76	34.96	250m: 2:49.70	35.03	350m: 4:00.33	35.05	
	100m: 1:04.80	33.98	200m: 2:14.67	34.91	300m: 3:25.28	35.58	400m: 4:31.67	31.34	
64.	KUDLI SKI, Łukasz		03	UKS SP 149 Łód			<b>4:33.91</b>	465	
	50m: 31.19	31.19	150m: 1:42.58	35.67	250m: 2:52.34	34.75	350m: 4:01.29	34.19	
	100m: 1:06.91	35.72	200m: 2:17.59	35.01	300m: 3:27.10	34.76	400m: 4:33.91	32.62	
65.	WYKIERSKI, Jakub SOc		02	KS KSZO Ostrowiec w.			<b>4:34.17</b>	463	
	50m: 31.50	31.50	150m:		250m: 2:53.08		350m: 4:02.08	34.41	
	100m:		200m:		300m: 3:27.67	34.59	400m: 4:34.17	32.09	
66.	AUGU CIK, Daniel SOc		02	KS KSZO Ostrowiec w.			<b>4:35.08</b>	459	
	50m: 30.97	30.97	150m: 1:41.73	35.61	250m: 2:52.69	35.13	350m: 4:01.61	34.11	
	100m: 1:06.12	35.15	200m: 2:17.56	35.83	300m: 3:27.50	34.81	400m: 4:35.08	33.47	
67.	BOROWSKI, Kacper SOc		03	KS KSZO Ostrowiec w.			<b>4:36.32</b>	453	
	50m: 31.34	31.34	150m: 1:41.52		250m: 2:52.60	35.46	350m: 4:02.90	35.32	
	100m:		200m: 2:17.14	35.62	300m: 3:27.58	34.98	400m: 4:36.32	33.42	
68.	MARCZAK, Radosław		02	KS Barakuda Mi sk Mazowiecki			<b>4:40.59</b>	432	
	50m: 30.37	30.37	150m: 1:40.37	35.23	250m: 2:52.95	36.10	350m: 4:06.96	36.63	
	100m: 1:05.14	34.77	200m: 2:16.85	36.48	300m: 3:30.33	37.38	400m: 4:40.59	33.63	
69.	K DZIERSKI, Jan		02	MUKP Warszawianka Wodny Park			<b>4:40.74</b>	432	
	50m: 31.04	31.04	150m: 1:43.17	36.33	250m: 2:55.15	36.06	350m: 4:06.29	35.08	
	100m: 1:06.84	35.80	200m: 2:19.09	35.92	300m: 3:31.21	36.06	400m: 4:40.74	34.45	
70.	LIBERA, Daniel		01	UKS NAWA Skierniewice			<b>4:41.29</b>	429	
	50m: 30.94	30.94	150m: 1:42.15	36.26	250m: 2:55.55	36.48	350m: 4:07.58	35.56	
	100m: 1:05.89	34.95	200m: 2:19.07	36.92	300m: 3:32.02	36.47	400m: 4:41.29	33.71	
71.	NOWAKOWSKI, Jakub		01	UKS NAWA Skierniewice			<b>4:45.68</b>	410	
	50m: 32.29	32.29	150m: 1:45.38	37.04	250m: 2:59.04	36.65	350m: 4:11.39	35.20	
	100m: 1:08.34	36.05	200m: 2:22.39	37.01	300m: 3:36.19	37.15	400m: 4:45.68	34.29	

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Pozycja									Rok ur.		Czas	Pkt.
72.	SWINTOZELSKI, Maksymilian								03	Fala Kra nik	<b>4:47.36</b>	402
	50m:	31.81	31.81	150m:	1:43.18	36.15	250m:	2:56.27	36.71	350m:	4:10.50	37.25
	100m:	1:07.03	35.22	200m:	2:19.56	36.38	300m:	3:33.25	36.98	400m:	4:47.36	36.86
73.	SOBIECH, Szymon								03	UKS SP 149 Łód	<b>4:47.50</b>	402
	50m:	32.64	32.64	150m:	1:45.25	36.32	250m:	2:57.96	35.89	350m:	4:12.15	37.09
	100m:	1:08.93	36.29	200m:	2:22.07	36.82	300m:	3:35.06	37.10	400m:	4:47.50	35.35
74.	POPŁONYK, Jakub								02	BUKS Warszawa	<b>4:47.59</b>	401
	50m:	32.36	32.36	150m:	1:45.06	36.89	250m:	2:58.83	36.90	350m:	4:12.39	36.37
	100m:	1:08.17	35.81	200m:	2:21.93	36.87	300m:	3:36.02	37.19	400m:	4:47.59	35.20
75.	STEFANOWSKI, Bartosz								03	UKS NAWA Skierniewice	<b>4:47.79</b>	401
	50m:	31.52	31.52	150m:	1:43.54	36.95	250m:	2:57.24	37.26	350m:	4:11.58	37.58
	100m:	1:06.59	35.07	200m:	2:19.98	36.44	300m:	3:34.00	36.76	400m:	4:47.79	36.21
76.	FORTU SKI, Jan								03	MUKP KORONA SWIM Kielce	<b>4:48.16</b>	399
	50m:	30.79	30.79	150m:	1:43.53	37.03	250m:	2:57.29	36.96	350m:	4:12.03	37.49
	100m:	1:06.50	35.71	200m:	2:20.33	36.80	300m:	3:34.54	37.25	400m:	4:48.16	36.13
77.	STRASZY SKI, Kacper								03	MKS Trójka Łód	<b>4:51.28</b>	386
	50m:	32.63	32.63	150m:	1:46.28	37.21	250m:	3:01.25	37.48	350m:	4:15.73	36.85
	100m:	1:09.07	36.44	200m:	2:23.77	37.49	300m:	3:38.88	37.63	400m:	4:51.28	35.55
78.	KORCZAK, Jakub								03	BUKS Warszawa	<b>4:52.87</b>	380
	50m:			150m:	1:46.22	37.64	250m:			350m:		
	100m:	1:08.58		200m:			300m:			400m:	4:52.87	
79.	KALISIAK, Norbert								02	UKS NAWA Skierniewice	<b>4:56.65</b>	366
	50m:	33.19	33.19	150m:	1:49.39	38.29	250m:	3:05.24	36.94	350m:	4:20.76	38.01
	100m:	1:11.10	37.91	200m:	2:28.30	38.91	300m:	3:42.75	37.51	400m:	4:56.65	35.89
80.	ZADUMI SKI, Olgierd								02	UKS G-8 Bielany	<b>4:58.71</b>	358
	50m:	32.44	32.44	150m:	1:47.49	38.02	250m:	3:03.95	38.53	350m:	4:21.04	38.71
	100m:	1:09.47	37.03	200m:	2:25.42	37.93	300m:	3:42.33	38.38	400m:	4:58.71	37.67
81.	BORSUK, Piotr								03	Fala Kra nik	<b>5:00.92</b>	350
	50m:	32.70	32.70	150m:	1:47.30	38.15	250m:	3:04.87	38.96	350m:	4:21.93	38.23
	100m:	1:09.15	36.45	200m:	2:25.91	38.61	300m:	3:43.70	38.83	400m:	5:00.92	38.99
82.	BARA SKI, Bartosz SOc								02	KS KSZO Ostrowiec w.	<b>5:04.81</b>	337
	50m:	32.95	32.95	150m:	1:47.86	38.08	250m:	3:05.93	39.07	350m:	4:25.27	39.56
	100m:	1:09.78	36.83	200m:	2:26.86	39.00	300m:	3:45.71	39.78	400m:	5:04.81	39.54
83.	KRAKOWIAK, Kacper								03	UKS NAWA Skierniewice	<b>5:14.85</b>	306
	50m:	35.99	35.99	150m:	1:55.60	40.12	250m:	3:15.27	39.81	350m:	4:34.77	39.90
	100m:	1:15.48	39.49	200m:	2:35.46	39.86	300m:	3:54.87	39.60	400m:	5:14.85	40.08