

Arena Grand Prix Puchar Polski
Opole, 28. - 29.4.2018

Konkurencja 12
28.04.2018 - 10:28

M cyczn, 400m dowolny

Open
Wyniki

RP Open	3:45.71	STANCZYK Przemyslaw	Chiba (JPN)	21.08.2007
RP 19 - 23	3:45.71	STANCZYK Przemyslaw	Chiba (JPN)	21.08.2007
RP 18	3:49.21	WOJDAK Wojciech	Dordrecht (NED)	09.07.2014
RP 17	3:51.80	WOJDAK Wojciech	Poznan	10.07.2013
RP 16	3:56.47	KĄŁU Y SKI Antoni	Hodmezovasarhely (HUN)	12.12.2015
RP 15	4:01.28	WOJDAK Wojciech	Oswiecim	16.07.2011
RP 14	4:07.63	ORLICZ Filip	Olsztyn	09.07.2016

Punkty: FINA 2017

Pozycja	Rok ur.				Czas	Pkt.
14 lat						
1.	KALKAN Jakub	04	LKS Jedno 32 Przyszowice	4:17.43	624	
	50m: 29.30 29.30	150m: 1:35.39 33.29	250m: 2:41.16 32.58	350m: 3:46.60 32.35		
	100m: 1:02.10 32.80	200m: 2:08.58 33.19	300m: 3:14.25 33.09	400m: 4:17.43 30.83		
2.	GOŁACKI Sergiusz	04	UKS 190 Łód	4:24.30	577	
	50m: 30.62 30.62	150m: 1:37.76 33.68	250m: 2:45.03 33.85	350m: 3:52.53 33.63		
	100m: 1:04.08 33.46	200m: 2:11.18 33.42	300m: 3:18.90 33.87	400m: 4:24.30 31.77		
3.	LE NIAK Maksymilian	04	UKS 190 Łód	4:26.34	564	
	50m: 30.18 30.18	150m: 1:37.52 33.81	250m: 2:45.90 34.07	350m: 3:54.03 34.08		
	100m: 1:03.71 33.53	200m: 2:11.83 34.31	300m: 3:19.95 34.05	400m: 4:26.34 32.31		
4.	SKIBIAK Hubert	04	UKS 190 Łód	4:29.30	545	
	50m: 30.62 30.62	150m: 1:38.10 34.18	250m: 2:47.00 34.61	350m: 3:56.00 34.52		
	100m: 1:03.92 33.30	200m: 2:12.39 34.29	300m: 3:21.48 34.48	400m: 4:29.30 33.30		
5.	WIECZORKOWSKI Nikodem	04	UKS „Dwójka” Tczew	4:30.13	540	
	50m: 30.93 30.93	150m: 1:39.59 34.68	250m: 2:48.53 34.56	350m: 3:57.80 34.55		
	100m: 1:04.91 33.98	200m: 2:13.97 34.38	300m: 3:23.25 34.72	400m: 4:30.13 32.33		
6.	KOWOLIK Alex	04	MKS Park Wodny Tarnowskie Góry	4:31.91	530	
	50m: 31.60 31.60	150m: 1:40.58 34.74	250m: 2:49.39 34.45	350m: 3:58.19 34.31		
	100m: 1:05.84 34.24	200m: 2:14.94 34.36	300m: 3:23.88 34.49	400m: 4:31.91 33.72		
7.	PIERCHAŁA Maksymilian	04	LKS Jedno 32 Przyszowice	4:35.70	508	
	50m: 30.96 30.96	150m: 1:41.20 35.63	250m: 2:52.30 35.89	350m: 4:03.34 35.27		
	100m: 1:05.57 34.61	200m: 2:16.41 35.21	300m: 3:28.07 35.77	400m: 4:35.70 32.36		
8.	MAJEWSKI Maksym	04	UKP Unia O wi cim	4:35.75	508	
	50m: 31.64 31.64	150m: 1:44.20 36.63	250m: 2:55.16 35.15	350m: 4:03.80 32.85		
	100m: 1:07.57 35.93	200m: 2:20.01 35.81	300m: 3:30.95 35.79	400m: 4:35.75 31.95		
9.	CALI SKI Aleksy	04	MKS Juwenia Wrocław	4:36.53	504	
	50m: 30.75 30.75	150m: 1:41.79 35.81	250m: 2:52.95 35.80	350m: 4:04.16 35.42		
	100m: 1:05.98 35.23	200m: 2:17.15 35.36	300m: 3:28.74 35.79	400m: 4:36.53 32.37		
10.	GRABOWSKI Jakub	04	KP MZOS Płock	4:37.13	500	
	50m: 30.64 30.64	150m: 1:41.38 35.95	250m: 2:53.16 36.05	350m: 4:04.14 35.39		
	100m: 1:05.43 34.79	200m: 2:17.11 35.73	300m: 3:28.75 35.59	400m: 4:37.13 32.99		
11.	WRABEC Szymon	04	UKP Manta Jelcz-Laskowice	4:37.48	498	
	50m: 30.87 30.87	150m: 1:41.30 35.63	250m: 2:53.18 35.88	350m: 4:04.09 35.30		
	100m: 1:05.67 34.80	200m: 2:17.30 36.00	300m: 3:28.79 35.61	400m: 4:37.48 33.39		
12.	KLIMCZAK Kacper	04	MKS Jedyńka Łód	4:38.25	494	
	50m: 31.21 31.21	150m: 1:41.95 35.47	250m: 2:52.62 34.92	350m: 4:03.59 35.55		
	100m: 1:06.48 35.27	200m: 2:17.70 35.75	300m: 3:28.04 35.42	400m: 4:38.25 34.66		
13.	J DRYKA Nikodem	04	MKS Jedyńka Łód	4:40.89	480	
	50m: 32.49 32.49	150m: 1:43.73 35.69	250m: 2:55.25 35.75	350m: 4:06.26 34.85		
	100m: 1:08.04 35.55	200m: 2:19.50 35.77	300m: 3:31.41 36.16	400m: 4:40.89 34.63		
14.	ROGACKI Michał	04	UKS SP-149 Łód	4:43.40	468	
	50m: 31.59 31.59	150m: 1:42.75 35.74	250m: 2:55.50 36.25	350m: 4:08.52 36.52		
	100m: 1:07.01 35.42	200m: 2:19.25 36.50	300m: 3:32.00 36.50	400m: 4:43.40 34.88		
15.	GRZECZA Michał	04	TP Skalar Słupsk	4:43.41	468	
	50m: 31.67 31.67	150m: 1:43.61 36.26	250m: 2:56.38 36.62	350m: 4:08.46 35.68		
	100m: 1:07.35 35.68	200m: 2:19.76 36.15	300m: 3:32.78 36.40	400m: 4:43.41 34.95		

Arena Grand Prix Puchar Polski
Opole, 28. - 29.4.2018

Konkurencja 12, Chłopców, 400m dowolny, 14 lat

Pozycja			Rok ur.					Czas	Pkt.			
16.	SKALSKI Konrad		04	MKS Park Wodny Tarnowskie Góry				4:47.30	449			
	50m:	32.47	32.47	150m:	1:45.66	37.46	250m:	2:59.67	36.77	350m:	4:12.61	36.10
	100m:	1:08.20	35.73	200m:	2:22.90	37.24	300m:	3:36.51	36.84	400m:	4:47.30	34.69
17.	BARANEK Jakub		04	Start Opole				4:48.64	443			
	50m:	32.43	32.43	150m:	1:44.98	36.46	250m:	2:59.22	37.11	350m:	4:13.57	37.08
	100m:	1:08.52	36.09	200m:	2:22.11	37.13	300m:	3:36.49	37.27	400m:	4:48.64	35.07
18.	JUDA Dominik		04	UKP Unia O wi cim				4:49.32	440			
	50m:	34.46	34.46	150m:	1:48.54	37.54	250m:	3:02.40	36.62	350m:	4:15.65	36.04
	100m:	1:11.00	36.54	200m:	2:25.78	37.24	300m:	3:39.61	37.21	400m:	4:49.32	33.67
19.	KRYSIAK Kacper		04	MKS Trójka Łód				4:50.04	436			
	50m:	33.09	33.09	150m:	1:46.44	36.94	250m:	3:00.65	37.19	350m:	4:14.32	36.48
	100m:	1:09.50	36.41	200m:	2:23.46	37.02	300m:	3:37.84	37.19	400m:	4:50.04	35.72
20.	PIEKARZ Adrian		04	MUKS Wodnik Łask				4:50.68	433			
	50m:	31.42	31.42	150m:	1:45.98	37.77	250m:	3:02.72	37.96	350m:	4:16.43	35.22
	100m:	1:08.21	36.79	200m:	2:24.76	38.78	300m:	3:41.21	38.49	400m:	4:50.68	34.25
21.	ŁYSONIEWSKI Oskar		04	MKS Trójka Łód				4:51.29	431			
	50m:	32.72	32.72	150m:	1:45.79	36.79	250m:	3:00.14	37.98	350m:	4:15.03	37.63
	100m:	1:09.00	36.28	200m:	2:22.16	36.37	300m:	3:37.40	37.26	400m:	4:51.29	36.26
22.	KOZŁOWSKI Konrad		04	MTP Kormoran Olsztyn				4:53.56	421			
	50m:	33.23	33.23	150m:	1:48.25	37.60	250m:	3:04.18	37.46	350m:	4:17.95	35.81
	100m:	1:10.65	37.42	200m:	2:26.72	38.47	300m:	3:42.14	37.96	400m:	4:53.56	35.61
23.	KOCIK Karol		04	Gminny Klub Pływacki 7 Zdrój T				4:54.26	418			
	50m:	32.26	32.26	150m:	1:46.75	38.10	250m:	3:04.96	38.86	350m:	4:19.98	37.29
	100m:	1:08.65	36.39	200m:	2:26.10	39.35	300m:	3:42.69	37.73	400m:	4:54.26	34.28
24.	CIERPIAŁ Wiktor		04	UKP Unia O wi cim				4:54.48	417			
	50m:	33.98	33.98	150m:	1:48.65	37.93	250m:	3:04.16	38.23	350m:	4:18.40	36.67
	100m:	1:10.72	36.74	200m:	2:25.93	37.28	300m:	3:41.73	37.57	400m:	4:54.48	36.08
25.	GRABOWSKI Mikołaj		04	MTP Kormoran Olsztyn				4:56.99	406			
	50m:	33.00	33.00	150m:	1:48.49	37.99	250m:	3:04.68	38.26	350m:	4:20.30	37.79
	100m:	1:10.50	37.50	200m:	2:26.42	37.93	300m:	3:42.51	37.83	400m:	4:56.99	36.69
26.	MARZAŁEK Stanisław		04	UKP Unia O wi cim				5:00.13	394			
	50m:	32.30	32.30	150m:	1:46.74	38.09	250m:	3:05.04	39.86	350m:	4:24.05	39.34
	100m:	1:08.65	36.35	200m:	2:25.18	38.44	300m:	3:44.71	39.67	400m:	5:00.13	36.08
27.	BIRK Bartosz		04	Mi dzyszkołny UKS „Olimpijczy				5:04.23	378			
	50m:	33.40	33.40	150m:	1:50.92	39.24	250m:	3:10.05	40.11	350m:	4:27.53	39.28
	100m:	1:11.68	38.28	200m:	2:29.94	39.02	300m:	3:48.25	38.20	400m:	5:04.23	36.70
28.	RYSZKA Kacper		04	UKP Unia O wi cim				5:05.12	375			
	50m:	33.59	33.59	150m:	1:51.39	39.61	250m:	3:10.27	38.94	350m:	4:28.50	38.52
	100m:	1:11.78	38.19	200m:	2:31.33	39.94	300m:	3:49.98	39.71	400m:	5:05.12	36.62
29.	GÓROWSKI Cezary		04	MKS Zryw Opole				5:05.89	372			
	50m:	32.75	32.75	150m:	1:50.14	39.36	250m:	3:09.82	39.60	350m:	4:29.08	39.59
	100m:	1:10.78	38.03	200m:	2:30.22	40.08	300m:	3:49.49	39.67	400m:	5:05.89	36.81
30.	DRABCZYK Krystian		04	UKP Unia O wi cim				5:06.89	368			
	50m:	34.36	34.36	150m:	1:52.49	39.62	250m:	3:11.41	39.93	350m:	4:29.82	39.40
	100m:	1:12.87	38.51	200m:	2:31.48	38.99	300m:	3:50.42	39.01	400m:	5:06.89	37.07
31.	ST PI SKI Daniel		04	UKS Salmo ory				5:25.89	307			
	50m:	35.43	35.43	150m:	1:58.34	42.09	250m:	3:21.86	41.85	350m:	4:45.67	43.08
	100m:	1:16.25	40.82	200m:	2:40.01	41.67	300m:	4:02.59	40.73	400m:	5:25.89	40.22
32.	KOZIOŁEK Kewin		04	"Sikret" Gliwice				5:35.97	281			
	50m:	34.12	34.12	150m:	1:57.74	43.22	250m:	3:25.89	44.77	350m:	4:53.47	44.08
	100m:	1:14.52	40.40	200m:	2:41.12	43.38	300m:	4:09.39	43.50	400m:	5:35.97	42.50

Arena Grand Prix Puchar Polski
Opole, 28. - 29.4.2018

Konkurencja 12, M czynn, 400m dowolny

15 lat

1.	ZIELI SKI Konrad	03	UKS 190 Łód	4:12.95	658
	50m: 29.04 29.04	150m: 1:32.59 31.88	250m: 2:37.01 32.15	350m: 3:41.62 31.93	
	100m: 1:00.71 31.67	200m: 2:04.86 32.27	300m: 3:09.69 32.68	400m: 4:12.95 31.33	
2.	WOJCIECHOWSKI Kajetan	03	MKS Trójka Łód	4:18.49	617
	50m: 30.47 30.47	150m: 1:36.16 33.07	250m: 2:42.12 32.94	350m: 3:47.24 32.55	
	100m: 1:03.09 32.62	200m: 2:09.18 33.02	300m: 3:14.69 32.57	400m: 4:18.49 31.25	
3.	WI ZIK Jan	03	UKP Unia O wi cim	4:18.69	615
	50m: 29.21 29.21	150m: 1:35.14 33.02	250m: 2:41.55 33.06	350m: 3:47.08 32.27	
	100m: 1:02.12 32.91	200m: 2:08.49 33.35	300m: 3:14.81 33.26	400m: 4:18.69 31.61	
4.	LAMLA Filip	03	LKS Jedno 32 Przyszowice	4:19.24	611
	50m: 28.51 28.51	150m: 1:34.20 33.12	250m: 2:41.05 32.83	350m: 3:47.53 32.82	
	100m: 1:01.08 32.57	200m: 2:08.22 34.02	300m: 3:14.71 33.66	400m: 4:19.24 31.71	
5.	WI NIEWSKI Adam	03	Stowarzyszenie Pływaków i Rato	4:22.45	589
	50m: 27.87 27.87	150m: 1:31.77 32.81	250m: 2:39.60 34.27	350m: 3:48.52 34.71	
	100m: 58.96 31.09	200m: 2:05.33 33.56	300m: 3:13.81 34.21	400m: 4:22.45 33.93	
6.	GAWRON Oliwier	03	WKS I sk Wrocław	4:24.64	575
	50m: 29.54 29.54	150m: 1:37.59 34.26	250m: 2:44.96 33.35	350m: 3:52.19 33.96	
	100m: 1:03.33 33.79	200m: 2:11.61 34.02	300m: 3:18.23 33.27	400m: 4:24.64 32.45	
7.	SZYMCZAK Szymon	03	MKS Juwenia Wrocław	4:25.60	568
	50m: 30.14 30.14	150m: 1:39.88 35.35	250m: 2:47.51 33.12	350m: 3:54.66 33.43	
	100m: 1:04.53 34.39	200m: 2:14.39 34.51	300m: 3:21.23 33.72	400m: 4:25.60 30.94	
8.	JASI SKI Jakub	03	MKS Jedyńka Łód	4:25.94	566
	50m: 30.81 30.81	150m: 1:39.61 34.49	250m: 2:47.19 33.60	350m: 3:54.40 33.60	
	100m: 1:05.12 34.31	200m: 2:13.59 33.98	300m: 3:20.80 33.61	400m: 4:25.94 31.54	
9.	TOMASZOWSKI Michał	03	MKS Park Wodny Tarnowskie Góry	4:28.62	549
	50m: 29.75 29.75	150m: 1:37.90 34.24	250m: 2:47.33 34.46	350m: 3:56.26 34.04	
	100m: 1:03.66 33.91	200m: 2:12.87 34.97	300m: 3:22.22 34.89	400m: 4:28.62 32.36	
10.	SZYMCZYKOWSKI Jakub	03	Start Opole	4:28.76	549
	50m: 30.24 30.24	150m: 1:38.68 34.29	250m: 2:48.53 34.54	350m: 3:57.26 33.51	
	100m: 1:04.39 34.15	200m: 2:13.99 35.31	300m: 3:23.75 35.22	400m: 4:28.76 31.50	
11.	LEWANDOWSKI Oliwier	03	KP MZOS Płock	4:28.87	548
	50m: 29.93 29.93	150m: 1:37.73 34.26	250m: 2:47.03 34.81	350m: 3:56.63 34.55	
	100m: 1:03.47 33.54	200m: 2:12.22 34.49	300m: 3:22.08 35.05	400m: 4:28.87 32.24	
12.	PITY SKI Wiktor	03	WKS I sk Wrocław	4:34.57	514
	50m: 31.83 31.83	150m: 1:41.73 34.95	250m: 2:52.15 35.01	350m: 4:01.28 33.84	
	100m: 1:06.78 34.95	200m: 2:17.14 35.41	300m: 3:27.44 35.29	400m: 4:34.57 33.29	
13.	NIEDZIAŁEK Michał	03	MTP Kormoran Olsztyn	4:34.66	514
	50m: 31.20 31.20	150m: 1:41.20 35.22	250m: 2:52.17 35.01	350m: 4:02.00 34.65	
	100m: 1:05.98 34.78	200m: 2:17.16 35.96	300m: 3:27.35 35.18	400m: 4:34.66 32.66	
14.	PARA Mikołaj	03	UKP Unia O wi cim	4:35.23	511
	50m: 30.30 30.30	150m: 1:38.44 34.54	250m: 2:49.05 35.38	350m: 3:59.68 35.09	
	100m: 1:03.90 33.60	200m: 2:13.67 35.23	300m: 3:24.59 35.54	400m: 4:35.23 35.55	
15.	KUDLI SKI Łukasz	03	UKS SP-149 Łód	4:35.90	507
	50m: 30.27 30.27	150m: 1:41.17 35.52	250m: 2:52.11 35.05	350m: 4:02.92 35.32	
	100m: 1:05.65 35.38	200m: 2:17.06 35.89	300m: 3:27.60 35.49	400m: 4:35.90 32.98	
16.	ADAMCZYK Maksymilian	03	WKS I sk Wrocław	4:37.12	500
	50m: 32.41 32.41	150m: 1:43.52 35.76	250m: 2:53.85 34.89	350m: 4:04.61 35.45	
	100m: 1:07.76 35.35	200m: 2:18.96 35.44	300m: 3:29.16 35.31	400m: 4:37.12 32.51	
17.	CEBULA Oskar	03	WKS I sk Wrocław	4:37.46	498
	50m: 31.23 31.23	150m: 1:42.22 35.70	250m: 2:53.31 35.56	350m: 4:04.06 35.21	
	100m: 1:06.52 35.29	200m: 2:17.75 35.53	300m: 3:28.85 35.54	400m: 4:37.46 33.40	
18.	HUDZIKOWSKI Mateusz	03	LKS Jedno 32 Przyszowice	4:37.81	497
	50m: 30.34 30.34	150m: 1:38.78 34.80	250m: 2:50.49 35.97	350m: 4:02.55 36.24	
	100m: 1:03.98 33.64	200m: 2:14.52 35.74	300m: 3:26.31 35.82	400m: 4:37.81 35.26	

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Konkurencja 12, Chłopców, 400m dowolny, 15 lat

Pozycja			Rok ur.					Czas	Pkt.			
19.	KRUPI	SKI Wojciech	03	KS Posnania Pozna				4:37.89	496			
	50m:	30.54	30.54	150m:	1:41.29	35.94	250m:	2:53.64	36.27	350m:	4:04.58	35.22
	100m:	1:05.35	34.81	200m:	2:17.37	36.08	300m:	3:29.36	35.72	400m:	4:37.89	33.31
20.	OGORZAŁEK	Alan	03	WKS I sk Wrocław				4:41.93	475			
	50m:	30.52	30.52	150m:	1:40.52	35.43	250m:	2:52.75	35.97	350m:	4:06.33	36.88
	100m:	1:05.09	34.57	200m:	2:16.78	36.26	300m:	3:29.45	36.70	400m:	4:41.93	35.60
21.	LEIMAN	Cezary	03	WKS I sk Wrocław				4:42.79	471			
	50m:	31.25	31.25	150m:	1:42.96	36.60	250m:	2:55.36	36.19	350m:	4:08.51	36.71
	100m:	1:06.36	35.11	200m:	2:19.17	36.21	300m:	3:31.80	36.44	400m:	4:42.79	34.28
22.	TUMIALIS	Maciej	03	Mi dzyszkolny UKS „Olimpijczy				4:43.23	469			
	50m:	30.29	30.29	150m:	1:42.93	36.79	250m:	2:56.56	36.58	350m:	4:08.81	36.17
	100m:	1:06.14	35.85	200m:	2:19.98	37.05	300m:	3:32.64	36.08	400m:	4:43.23	34.42
23.	YCZKOWSKI	Kamil	03	Mi dzyszkolny UKS „Olimpijczy				4:43.55	467			
	50m:	30.74	30.74	150m:	1:43.26	36.51	250m:	2:55.81	35.77	350m:	4:09.17	36.69
	100m:	1:06.75	36.01	200m:	2:20.04	36.78	300m:	3:32.48	36.67	400m:	4:43.55	34.38
24.	WŁOCH	Jakub	03	KS Posnania Pozna				4:44.23	464			
	50m:	31.51	31.51	150m:	1:43.59	36.50	250m:	2:57.40	36.94	350m:	4:10.35	36.21
	100m:	1:07.09	35.58	200m:	2:20.46	36.87	300m:	3:34.14	36.74	400m:	4:44.23	33.88
25.	WOROBIEC	Daniel	03	KS Neptun widnica				4:46.95	451			
	50m:	31.55	31.55	150m:	1:45.06	37.53	250m:	4:12.85	1:50.75	350m:		
	100m:	1:07.53	35.98	200m:	2:22.10	37.04	300m:	3:36.09		400m:	4:46.95	
26.	BURSZYK	Bartosz	03	MKS SMS Victoria Racibórz				4:47.92	446			
	50m:	32.61	32.61	150m:	1:46.97	36.90	250m:	3:00.79	36.54	350m:	4:13.55	35.37
	100m:	1:10.07	37.46	200m:	2:24.25	37.28	300m:	3:38.18	37.39	400m:	4:47.92	34.37
27.	ZAJ	C Kamil	03	UKP Unia O wi cim				4:48.23	445			
	50m:	30.14	30.14	150m:	1:42.38	36.87	250m:	2:57.26	37.41	350m:	4:12.73	37.44
	100m:	1:05.51	35.37	200m:	2:19.85	37.47	300m:	3:35.29	38.03	400m:	4:48.23	35.50
28.	STRASZY	SKI Kacper	03	MKS Trójka Łód				4:49.82	437			
	50m:	31.87	31.87	150m:	1:44.13	36.75	250m:	2:59.57	37.35	350m:	4:14.41	37.40
	100m:	1:07.38	35.51	200m:	2:22.22	38.09	300m:	3:37.01	37.44	400m:	4:49.82	35.41
29.	SZCZEPA	SKI Jakub	03	MUKS Wodnik Łask				5:02.52	384			
	50m:	32.57	32.57	150m:	1:47.04	37.88	250m:	3:04.84	38.77	350m:	4:23.22	39.78
	100m:	1:09.16	36.59	200m:	2:26.07	39.03	300m:	3:43.44	38.60	400m:	5:02.52	39.30
30.	CEBULA	Kamil	03	UKS Wodnik Siemianowice I ski				5:04.71	376			
	50m:	34.16	34.16	150m:	1:51.64	39.38	250m:	3:10.89	39.61	350m:	4:28.57	38.34
	100m:	1:12.26	38.10	200m:	2:31.28	39.64	300m:	3:50.23	39.34	400m:	5:04.71	36.14
31.	MAŁACZY	SKI Jakub	03	WKS I sk Wrocław				5:24.05	313			
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:24.05	
32.	SZCZERBICKI	Tobiasz	03	MKS Zryw Opole				5:28.00	302			
	50m:	32.98	32.98	150m:	1:56.25	42.90	250m:	3:22.11	43.70	350m:	4:48.38	43.90
	100m:	1:13.35	40.37	200m:	2:38.41	42.16	300m:	4:04.48	42.37	400m:	5:28.00	39.62

16 lat

1.	BRUZDEWICZ	Hubert	02	MTP Kormoran Olsztyn				4:09.03	690			
	50m:	28.90	28.90	150m:	1:32.54	32.09	250m:	2:36.50	31.71	350m:	3:39.03	30.72
	100m:	1:00.45	31.55	200m:	2:04.79	32.25	300m:	3:08.31	31.81	400m:	4:09.03	30.00
2.	SZCZERBA	Adam	02	KU AZS UMCS Lublin				4:14.92	643			
	50m:	29.57	29.57	150m:	1:33.86	32.63	250m:	2:38.43	32.25	350m:	3:43.46	32.45
	100m:	1:01.23	31.66	200m:	2:06.18	32.32	300m:	3:11.01	32.58	400m:	4:14.92	31.46
3.	LIK	Kacper	02	MKS Jedyńka Łód				4:17.60	623			
	50m:	29.99	29.99	150m:	1:35.29	32.90	250m:	2:40.45	32.40	350m:	3:45.70	32.13
	100m:	1:02.39	32.40	200m:	2:08.05	32.76	300m:	3:13.57	33.12	400m:	4:17.60	31.90

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Pozycja			Rok ur.					Czas	Pkt.
4.	DOROBA Michał		02	WKS I sk Wrocław				4:18.33	618
	50m:	29.07 29.07	150m:	1:33.60 32.68	250m:	2:39.10 32.92	350m:	3:46.01 33.43	
	100m:	1:00.92 31.85	200m:	2:06.18 32.58	300m:	3:12.58 33.48	400m:	4:18.33 32.32	
5.	RAJCA Wiktor		02	UKS 190 Łódź				4:18.86	614
	50m:	31.09 31.09	150m:	1:37.49 33.01	250m:	2:43.45 32.70	350m:	3:47.69 31.56	
	100m:	1:04.48 33.39	200m:	2:10.75 33.26	300m:	3:16.13 32.68	400m:	4:18.86 31.17	
6.	CIELECKI Kuba		02	WKS I sk Wrocław				4:20.54	602
	50m:	29.31 29.31	150m:	1:34.11 32.71	250m:	2:40.44 33.05	350m:	3:47.36 33.57	
	100m:	1:01.40 32.09	200m:	2:07.39 33.28	300m:	3:13.79 33.35	400m:	4:20.54 33.18	
7.	GRZEGORCZYK Wiktor		02	UKS MOS Ełk				4:22.77	587
	50m:	30.30 30.30	150m:	1:38.03 34.35	250m:	2:45.54 33.05	350m:	3:51.53 32.81	
	100m:	1:03.68 33.38	200m:	2:12.49 34.46	300m:	3:18.72 33.18	400m:	4:22.77 31.24	
8.	WODY SKI Bartosz		02	KU AZS Politechniki Łódzkiej				4:23.38	583
	50m:	30.26 30.26	150m:	1:36.84 33.43	250m:	2:44.51 33.55	350m:	3:51.68 33.77	
	100m:	1:03.41 33.15	200m:	2:10.96 34.12	300m:	3:17.91 33.40	400m:	4:23.38 31.70	
9.	KNYSZY SKI Maciej		02	MKS Jedyńka Łódź				4:23.97	579
	50m:	30.43 30.43	150m:	1:37.71 33.89	250m:	2:45.13 33.59	350m:	3:51.44 33.13	
	100m:	1:03.82 33.39	200m:	2:11.54 33.83	300m:	3:18.31 33.18	400m:	4:23.97 32.53	
10.	LESIK Jarosław		02	MKS SMS Victoria Racibórz				4:25.61	568
	50m:	29.44 29.44	150m:	1:36.81 34.34	250m:	2:44.68 34.46	350m:	3:53.38 34.17	
	100m:	1:02.47 33.03	200m:	2:10.22 33.41	300m:	3:19.21 34.53	400m:	4:25.61 32.23	
11.	SIERADZKI Kamil		02	UKS Wodnik Siemianowice I ski				4:26.91	560
	50m:	28.71 28.71	150m:	1:36.64 34.52	250m:	2:45.19 34.47	350m:	3:54.21 34.48	
	100m:	1:02.12 33.41	200m:	2:10.72 34.08	300m:	3:19.73 34.54	400m:	4:26.91 32.70	
12.	PŁATEK Maciej		02	UKP Unia O wi cim				4:30.64	537
	50m:	31.33 31.33	150m:	1:39.54 34.19	250m:	2:48.04 33.93	350m:	3:56.73 34.31	
	100m:	1:05.35 34.02	200m:	2:14.11 34.57	300m:	3:22.42 34.38	400m:	4:30.64 33.91	
13.	NAPIECEK Jonasz		02	MKP Astromal-Leszno				4:31.71	531
	50m:	29.98 29.98	150m:	1:39.25 34.40	250m:	2:49.24 34.95	350m:	3:58.88 35.21	
	100m:	1:04.85 34.87	200m:	2:14.29 35.04	300m:	3:23.67 34.43	400m:	4:31.71 32.83	
14.	GOTOWSKI Dominik		02	UKS G-8 Bielany Warszawa				4:32.05	529
	50m:	29.44 29.44	150m:	1:37.81 34.15	250m:	2:47.69 34.14	350m:	3:58.19 34.07	
	100m:	1:03.66 34.22	200m:	2:13.55 35.74	300m:	3:24.12 36.43	400m:	4:32.05 33.86	
15.	ZWADŁO Piotr		02	MKS SMS Victoria Racibórz				4:33.22	522
	50m:	30.56 30.56	150m:	1:41.36 35.82	250m:	2:52.94 35.38	350m:	4:00.95 33.20	
	100m:	1:05.54 34.98	200m:	2:17.56 36.20	300m:	3:27.75 34.81	400m:	4:33.22 32.27	
16.	CHYRCHAŁA Rafał		02	UKS „ORKA” Zamo				4:33.81	519
	50m:	30.52 30.52	150m:	1:38.80 34.50	250m:	2:48.53 35.19	350m:	3:59.28 35.40	
	100m:	1:04.30 33.78	200m:	2:13.34 34.54	300m:	3:23.88 35.35	400m:	4:33.81 34.53	
17.	GÓRAL Mateusz		02	MKP Szczecin				4:38.86	491
	50m:	30.99 30.99	150m:	1:40.23 35.21	250m:	2:51.97 36.28	350m:	4:03.63 35.66	
	100m:	1:05.02 34.03	200m:	2:15.69 35.46	300m:	3:27.97 36.00	400m:	4:38.86 35.23	
18.	KRAJEWSKI Patryk		02	UKS abianka Gda sk				4:50.15	436
	50m:	31.18 31.18	150m:	1:42.74 36.49	250m:	2:57.81 37.85	350m:	4:14.03 38.10	
	100m:	1:06.25 35.07	200m:	2:19.96 37.22	300m:	3:35.93 38.12	400m:	4:50.15 36.12	
19.	SCHREIBER Patrick		02	MKS SMS Victoria Racibórz				4:53.69	420
	50m:	31.25 31.25	150m:	1:45.03 37.38	250m:	3:00.79 37.72	350m:	4:16.12 37.04	
	100m:	1:07.65 36.40	200m:	2:23.07 38.04	300m:	3:39.08 38.29	400m:	4:53.69 37.57	
20.	PAWŁOWSKI Eryk		02	UKS Wodnik Siemianowice I ski				5:04.20	378
	50m:	31.59 31.59	150m:	1:45.47 37.92	250m:	3:03.12 38.92	350m:	4:24.62 41.12	
	100m:	1:07.55 35.96	200m:	2:24.20 38.73	300m:	3:43.50 40.38	400m:	5:04.20 39.58	

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Pozycja			Rok ur.			Czas	Pkt.					
DYSKW.	KLISZ Krystian		02	MKP Szczecin		4:23.54						
	<i>O1 - Pływak wystartował po komendzie na miejsca i zaj ciału pozycji nieruchomej, a przed sygnałem startu.</i>											
	<i>(Czas: 14:29)</i>											
	50m:	30.42	30.42	150m:	1:36.75	33.12	250m:	2:43.66	33.18	350m:	3:50.90	33.49
	100m:	1:03.63	33.21	200m:	2:10.48	33.73	300m:	3:17.41	33.75	400m:	4:23.54	32.64
17 - 18 lat												
1.	KAROLCZAK Jan		01	UKS G-8 Bielany Warszawa		3:59.72	773					
	50m:	27.59	27.59	150m:	1:27.10	29.78	250m:	2:27.38	30.12	350m:	3:28.94	31.15
	100m:	57.32	29.73	200m:	1:57.26	30.16	300m:	2:57.79	30.41	400m:	3:59.72	30.78
2.	JAWORSKI Szymon		01	WKS I sk Wrocław		4:02.92	743					
	50m:	27.69	27.69	150m:	1:29.10	30.90	250m:	2:31.17	31.06	350m:	3:33.23	30.86
	100m:	58.20	30.51	200m:	2:00.11	31.01	300m:	3:02.37	31.20	400m:	4:02.92	29.69
3.	PAJ K Bartosz		01	BUKS Warszawa		4:03.14	741					
	50m:	28.07	28.07	150m:	1:28.74	30.49	250m:	2:31.15	31.48	350m:	3:33.54	31.16
	100m:	58.25	30.18	200m:	1:59.67	30.93	300m:	3:02.38	31.23	400m:	4:03.14	29.60
4.	KISZCZAK Jakub		00	WKS I sk Wrocław		4:06.53	711					
	50m:	28.35	28.35	150m:	1:30.69	31.20	250m:	2:32.72	31.02	350m:	3:35.48	31.47
	100m:	59.49	31.14	200m:	2:01.70	31.01	300m:	3:04.01	31.29	400m:	4:06.53	31.05
5.	KIEŁCZEWSKI Amadeusz		00	MKP Szczecin		4:06.78	709					
	50m:	27.83	27.83	150m:	1:29.31	31.13	250m:	2:33.57	32.35	350m:	3:38.25	32.12
	100m:	58.18	30.35	200m:	2:01.22	31.91	300m:	3:06.13	32.56	400m:	4:06.78	28.53
6.	DUTKOWIAK Wojciech		00	WKS I sk Wrocław		4:07.41	703					
	50m:	28.09	28.09	150m:	1:30.13	31.13	250m:	2:33.41	31.72	350m:	3:37.03	31.66
	100m:	59.00	30.91	200m:	2:01.69	31.56	300m:	3:05.37	31.96	400m:	4:07.41	30.38
7.	DOMINIAK Kacper		00	WKS I sk Wrocław		4:10.28	679					
	50m:	28.64	28.64	150m:	1:31.54	31.72	250m:	2:35.33	31.94	350m:	3:39.13	31.61
	100m:	59.82	31.18	200m:	2:03.39	31.85	300m:	3:07.52	32.19	400m:	4:10.28	31.15
8.	K DZIA Wiktor		00	MKP Szczecin		4:10.34	679					
	50m:	29.38	29.38	150m:	1:32.90	32.00	250m:	2:36.66	31.87	350m:	3:40.52	31.62
	100m:	1:00.90	31.52	200m:	2:04.79	31.89	300m:	3:08.90	32.24	400m:	4:10.34	29.82
9.	GUZIOR Maciej		00	WKS I sk Wrocław		4:10.50	678					
	50m:	27.62	27.62	150m:	1:29.86	31.85	250m:	2:34.25	32.38	350m:	3:38.76	32.29
	100m:	58.01	30.39	200m:	2:01.87	32.01	300m:	3:06.47	32.22	400m:	4:10.50	31.74
10.	D BROWSKI Patryk		00	WKS I sk Wrocław		4:11.52	669					
	50m:	27.49	27.49	150m:	1:30.49	31.98	250m:	2:35.26	32.49	350m:	3:40.65	32.78
	100m:	58.51	31.02	200m:	2:02.77	32.28	300m:	3:07.87	32.61	400m:	4:11.52	30.87
11.	PAWLACZYK Patryk		00	UKS 190 Łódź		4:12.14	664					
	50m:	28.60	28.60	150m:	1:32.14	31.84	250m:	2:36.50	31.94	350m:	3:41.49	32.29
	100m:	1:00.30	31.70	200m:	2:04.56	32.42	300m:	3:09.20	32.70	400m:	4:12.14	30.65
12.	CIE LA Oskar		01	AZS AWF Katowice		4:12.77	659					
	50m:	28.86	28.86	150m:	1:33.78	32.68	250m:	2:38.18	32.40	350m:	3:41.72	31.76
	100m:	1:01.10	32.24	200m:	2:05.78	32.00	300m:	3:09.96	31.78	400m:	4:12.77	31.05
13.	GIRUL Radosław		01	WKS I sk Wrocław		4:12.79	659					
	50m:	28.39	28.39	150m:	1:31.82	31.83	250m:	2:36.70	32.70	350m:	3:41.94	32.41
	100m:	59.99	31.60	200m:	2:04.00	32.18	300m:	3:09.53	32.83	400m:	4:12.79	30.85
14.	FIKS Krzysztof		00	UKS 190 Łódź		4:12.83	659					
	50m:	29.32	29.32	150m:	1:33.67	32.60	250m:	2:38.63	32.38	350m:	3:42.57	31.85
	100m:	1:01.07	31.75	200m:	2:06.25	32.58	300m:	3:10.72	32.09	400m:	4:12.83	30.26
15.	BUTKIEWICZ Cezary		00	UKS G-8 Bielany Warszawa		4:13.19	656					
	50m:	27.86	27.86	150m:	1:31.70	31.84	250m:	2:36.09	31.58	350m:	3:41.68	32.76
	100m:	59.86	32.00	200m:	2:04.51	32.81	300m:	3:08.92	32.83	400m:	4:13.19	31.51

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Pozycja			Rok ur.					Czas	Pkt.
16.	HANO Grzegorz		00	WKS I sk Wrocław				4:13.48	654
	50m:	29.14 29.14	150m:	1:33.03 32.17	250m:	2:38.46 32.71	350m:	3:43.39 31.90	
	100m:	1:00.86 31.72	200m:	2:05.75 32.72	300m:	3:11.49 33.03	400m:	4:13.48 30.09	
17.	WO NIAK Maciej		00	UKS 190 Łódź				4:14.46	646
	50m:	28.68 28.68	150m:	1:33.17 32.20	250m:	2:38.04 32.17	350m:	3:44.17 32.96	
	100m:	1:00.97 32.29	200m:	2:05.87 32.70	300m:	3:11.21 33.17	400m:	4:14.46 30.29	
18.	BUGAŁA Krzysztof		01	MKP Szczecin				4:14.74	644
	50m:	29.44 29.44	150m:	1:34.46 32.75	250m:	2:39.59 32.67	350m:	3:44.76 32.61	
	100m:	1:01.71 32.27	200m:	2:06.92 32.46	300m:	3:12.15 32.56	400m:	4:14.74 29.98	
19.	JÓ KÓW Cezary		01	WKS I sk Wrocław				4:15.49	639
	50m:	29.51 29.51	150m:	1:33.93 32.33	250m:	2:39.14 32.54	350m:	3:44.52 32.40	
	100m:	1:01.60 32.09	200m:	2:06.60 32.67	300m:	3:12.12 32.98	400m:	4:15.49 30.97	
20.	RÓG Adrian		01	KP Sokół Rzeszów				4:16.26	633
	50m:	29.56 29.56	150m:	1:35.15 33.06	250m:	2:41.61 33.03	350m:	3:46.63 32.10	
	100m:	1:02.09 32.53	200m:	2:08.58 33.43	300m:	3:14.53 32.92	400m:	4:16.26 29.63	
21.	WILEJTO Igor		01	UKS „Dwójka” Tczew				4:16.40	632
	50m:	29.52 29.52	150m:	1:34.35 32.74	250m:	2:39.59 32.63	350m:	3:44.99 32.72	
	100m:	1:01.61 32.09	200m:	2:06.96 32.61	300m:	3:12.27 32.68	400m:	4:16.40 31.41	
22.	RÓJ Jakub		01	MKP Szczecin				4:16.80	629
	50m:	29.19 29.19	150m:	1:34.05 32.68	250m:	2:39.84 33.00	350m:	3:45.46 32.74	
	100m:	1:01.37 32.18	200m:	2:06.84 32.79	300m:	3:12.72 32.88	400m:	4:16.80 31.34	
23.	SZARPAK Marcin		01	AZS AWF Katowice				4:17.16	626
	50m:	28.96 28.96	150m:	1:33.64 32.92	250m:	2:39.87 33.22	350m:	3:45.90 32.53	
	100m:	1:00.72 31.76	200m:	2:06.65 33.01	300m:	3:13.37 33.50	400m:	4:17.16 31.26	
24.	KOMOROWSKI Jan		01	MKS Trójka Łódź				4:18.25	618
	50m:	29.19 29.19	150m:	1:34.11 32.71	250m:	2:39.79 32.33	350m:	3:45.80 33.01	
	100m:	1:01.40 32.21	200m:	2:07.46 33.35	300m:	3:12.79 33.00	400m:	4:18.25 32.45	
25.	LECH Filip		01	KU AZS UMCS Lublin				4:18.59	616
	50m:	29.11 29.11	150m:	1:32.48 31.63	250m:	2:37.83 32.65	350m:	3:45.20 33.56	
	100m:	1:00.85 31.74	200m:	2:05.18 32.70	300m:	3:11.64 33.81	400m:	4:18.59 33.39	
26.	KRAMARCZYK Jakub		01	UKP Unia O wi cim				4:20.03	606
	50m:	29.33 29.33	150m:	1:35.87 33.60	250m:	2:41.96 32.59	350m:	3:47.89 32.97	
	100m:	1:02.27 32.94	200m:	2:09.37 33.50	300m:	3:14.92 32.96	400m:	4:20.03 32.14	
27.	MICHALSKI Wojciech		01	MUKS Gilus Gilowice				4:21.29	597
	50m:	29.71 29.71	150m:	1:36.49 33.35	250m:	2:43.09 33.00	350m:	3:49.28 33.12	
	100m:	1:03.14 33.43	200m:	2:10.09 33.60	300m:	3:16.16 33.07	400m:	4:21.29 32.01	
28.	WO NY Wiktor		01	UKS Shark Rudna				4:23.28	584
	50m:	29.13 29.13	150m:	1:34.18 33.06	250m:	2:41.84 34.22	350m:	3:51.21 34.87	
	100m:	1:01.12 31.99	200m:	2:07.62 33.44	300m:	3:16.34 34.50	400m:	4:23.28 32.07	
29.	KRYSIAK Michał		01	MKS Trójka Łódź				4:24.06	578
	50m:	30.40 30.40	150m:	1:36.36 33.25	250m:	2:43.30 33.55	350m:	3:51.12 33.89	
	100m:	1:03.11 32.71	200m:	2:09.75 33.39	300m:	3:17.23 33.93	400m:	4:24.06 32.94	
30.	MAJOR Daniel		01	UKP Unia O wi cim				4:25.69	568
	50m:	29.83 29.83	150m:	1:36.97 33.70	250m:	2:45.07 34.31	350m:	3:53.15 34.00	
	100m:	1:03.27 33.44	200m:	2:10.76 33.79	300m:	3:19.15 34.08	400m:	4:25.69 32.54	
31.	MIGIELSKI Mateusz		01	KU AZS Politechniki Łódzkiej				4:27.17	558
	50m:	29.14 29.14	150m:	1:35.28 33.82	250m:	2:43.53 33.57	350m:	3:53.00 34.93	
	100m:	1:01.46 32.32	200m:	2:09.96 34.68	300m:	3:18.07 34.54	400m:	4:27.17 34.17	
32.	CZERWI SKI Łukasz		01	UKS G-8 Bielany Warszawa				4:27.55	556
	50m:	29.04 29.04	150m:	1:36.54 34.27	250m:	2:45.37 34.59	350m:	3:54.19 34.12	
	100m:	1:02.27 33.23	200m:	2:10.78 34.24	300m:	3:20.07 34.70	400m:	4:27.55 33.36	
33.	RYTTER Igor		01	UKS G-8 Bielany Warszawa				4:27.72	555
	50m:	30.12 30.12	150m:	1:36.16 33.08	250m:	2:42.75 33.60	350m:	3:52.48 35.17	
	100m:	1:03.08 32.96	200m:	2:09.15 32.99	300m:	3:17.31 34.56	400m:	4:27.72 35.24	

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Konkurencja 12, Chłopców, 400m dowolny, 17 - 18 lat

Pozycja			Rok ur.					Czas	Pkt.			
34.	MILBRANT	Kacper	01	AZS AWF Katowice				4:28.53	550			
	50m:	29.51	29.51	150m:	1:36.54	33.83	250m:	2:44.64	34.22	350m:	3:54.41	35.35
	100m:	1:02.71	33.20	200m:	2:10.42	33.88	300m:	3:19.06	34.42	400m:	4:28.53	34.12
35.	KARPIEL	Dominik	01	CSiR MOS w D browie Górnicy				4:31.13	534			
	50m:	30.11	30.11	150m:	1:37.38	34.06	250m:	2:47.07	34.83	350m:	3:57.10	34.58
	100m:	1:03.32	33.21	200m:	2:12.24	34.86	300m:	3:22.52	35.45	400m:	4:31.13	34.03
36.	BORSUK	Łukasz	01	UKP Fala Kra nik				4:34.44	515			
	50m:	29.46	29.46	150m:	1:37.72	34.28	250m:	2:49.27	35.83	350m:	4:01.12	35.65
	100m:	1:03.44	33.98	200m:	2:13.44	35.72	300m:	3:25.47	36.20	400m:	4:34.44	33.32
Open												
1.	MAJCHRZAK	Kacper	92	KS Warta Pozna				3:56.70	803			
	50m:	27.52	27.52	150m:	1:28.09	30.77	250m:	2:28.70	30.36	350m:	3:28.45	29.51
	100m:	57.32	29.80	200m:	1:58.34	30.25	300m:	2:58.94	30.24	400m:	3:56.70	28.25
2.	ZABOROWSKI	Filip	94	MKP Szczecin				3:56.79	802			
	50m:	27.94	27.94	150m:	1:27.89	30.05	250m:	2:28.13	30.14	350m:	3:28.17	29.91
	100m:	57.84	29.90	200m:	1:57.99	30.10	300m:	2:58.26	30.13	400m:	3:56.79	28.62
3.	WOJDAK	Wojciech	96	BOSiR Brzesko				3:57.35	797			
	50m:	27.99	27.99	150m:	1:28.09	30.00	250m:	2:28.19	30.04	350m:	3:28.03	29.88
	100m:	58.09	30.10	200m:	1:58.15	30.06	300m:	2:58.15	29.96	400m:	3:57.35	29.32
4.	KRAWCZYK	Paweł	99	BUKS Warszawa				3:59.45	776			
	50m:	27.84	27.84	150m:	1:28.20	30.20	250m:	2:28.91	30.30	350m:	3:29.85	30.40
	100m:	58.00	30.16	200m:	1:58.61	30.41	300m:	2:59.45	30.54	400m:	3:59.45	29.60
5.	KAROLCZAK	Jan	01	UKS G-8 Bielany Warszawa				3:59.72	773			
	50m:	27.59	27.59	150m:	1:27.10	29.78	250m:	2:27.38	30.12	350m:	3:28.94	31.15
	100m:	57.32	29.73	200m:	1:57.26	30.16	300m:	2:57.79	30.41	400m:	3:59.72	30.78
6.	ARNDT	Mateusz	98	KS Delfin Gdynia				4:02.67	745			
	50m:	28.58	28.58	150m:	1:30.94	31.15	250m:	2:31.93	30.10	350m:	3:32.97	30.51
	100m:	59.79	31.21	200m:	2:01.83	30.89	300m:	3:02.46	30.53	400m:	4:02.67	29.70
7.	CHRZANOWSKI	Damian	98	WKS I sk Wrocław				4:02.90	743			
	50m:	27.86	27.86	150m:	1:29.15	31.03	250m:	2:31.55	31.19	350m:	3:33.22	30.49
	100m:	58.12	30.26	200m:	2:00.36	31.21	300m:	3:02.73	31.18	400m:	4:02.90	29.68
8.	DUBIEL	Adam	93	AZS AWF Warszawa				4:02.91	743			
	50m:	28.01	28.01	150m:	1:29.05	30.56	250m:	2:30.57	30.80	350m:	3:32.73	31.36
	100m:	58.49	30.48	200m:	1:59.77	30.72	300m:	3:01.37	30.80	400m:	4:02.91	30.18
9.	JAWORSKI	Szymon	01	WKS I sk Wrocław				4:02.92	743			
	50m:	27.69	27.69	150m:	1:29.10	30.90	250m:	2:31.17	31.06	350m:	3:33.23	30.86
	100m:	58.20	30.51	200m:	2:00.11	31.01	300m:	3:02.37	31.20	400m:	4:02.92	29.69
10.	PAJ	K Bartosz	01	BUKS Warszawa				4:03.14	741			
	50m:	28.07	28.07	150m:	1:28.74	30.49	250m:	2:31.15	31.48	350m:	3:33.54	31.16
	100m:	58.25	30.18	200m:	1:59.67	30.93	300m:	3:02.38	31.23	400m:	4:03.14	29.60
11.	KISZCZAK	Jakub	00	WKS I sk Wrocław				4:06.53	711			
	50m:	28.35	28.35	150m:	1:30.69	31.20	250m:	2:32.72	31.02	350m:	3:35.48	31.47
	100m:	59.49	31.14	200m:	2:01.70	31.01	300m:	3:04.01	31.29	400m:	4:06.53	31.05
12.	KIEŁCZEWSKI	Amadeusz	00	MKP Szczecin				4:06.78	709			
	50m:	27.83	27.83	150m:	1:29.31	31.13	250m:	2:33.57	32.35	350m:	3:38.25	32.12
	100m:	58.18	30.35	200m:	2:01.22	31.91	300m:	3:06.13	32.56	400m:	4:06.78	28.53
13.	BUJAK	Piotr	97	St. Lok. SALOS Cortile Kielce				4:06.86	708			
	50m:	28.71	28.71	150m:	1:30.70	31.09	250m:	2:33.45	31.50	350m:	3:36.04	31.33
	100m:	59.61	30.90	200m:	2:01.95	31.25	300m:	3:04.71	31.26	400m:	4:06.86	30.82
14.	DUTKOWIAK	Wojciech	00	WKS I sk Wrocław				4:07.41	703			
	50m:	28.09	28.09	150m:	1:30.13	31.13	250m:	2:33.41	31.72	350m:	3:37.03	31.66
	100m:	59.00	30.91	200m:	2:01.69	31.56	300m:	3:05.37	31.96	400m:	4:07.41	30.38

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Pozycja			Rok ur.					Czas	Pkt.
15.	SMEJA Sławomir		94	AZS AWF Katowice				4:07.88	699
	50m:	28.24 28.24	150m:	1:30.25 31.24	250m:	2:33.39 31.50	350m:	3:37.04 31.87	
	100m:	59.01 30.77	200m:	2:01.89 31.64	300m:	3:05.17 31.78	400m:	4:07.88 30.84	
16.	PIÓRO Artur		91	MKS „Pałac Młodzie y”				4:08.82	691
	50m:	28.93 28.93	150m:	1:31.88 31.63	250m:	2:35.30 31.96	350m:	3:38.71 31.24	
	100m:	1:00.25 31.32	200m:	2:03.34 31.46	300m:	3:07.47 32.17	400m:	4:08.82 30.11	
17.	BRUZDEWICZ Hubert		02	MTP Kormoran Olsztyn				4:09.03	690
	50m:	28.90 28.90	150m:	1:32.54 32.09	250m:	2:36.50 31.71	350m:	3:39.03 30.72	
	100m:	1:00.45 31.55	200m:	2:04.79 32.25	300m:	3:08.31 31.81	400m:	4:09.03 30.00	
18.	CZERNAK Konrad		98	KU AZS UMCS Lublin				4:09.90	682
	50m:	28.95 28.95	150m:	1:32.41 32.11	250m:	2:36.36 31.65	350m:	3:39.56 31.13	
	100m:	1:00.30 31.35	200m:	2:04.71 32.30	300m:	3:08.43 32.07	400m:	4:09.90 30.34	
19.	MAŁYSKA Bartosz		99	Uks Skarpa Lublin				4:10.12	681
	50m:	28.33 28.33	150m:	1:30.68 31.36	250m:	2:34.05 31.77	350m:	3:38.32 32.20	
	100m:	59.32 30.99	200m:	2:02.28 31.60	300m:	3:06.12 32.07	400m:	4:10.12 31.80	
20.	DOMINIAK Kacper		00	WKS I sk Wrocław				4:10.28	679
	50m:	28.64 28.64	150m:	1:31.54 31.72	250m:	2:35.33 31.94	350m:	3:39.13 31.61	
	100m:	59.82 31.18	200m:	2:03.39 31.85	300m:	3:07.52 32.19	400m:	4:10.28 31.15	
21.	K DZIA Wiktor		00	MKP Szczecin				4:10.34	679
	50m:	29.38 29.38	150m:	1:32.90 32.00	250m:	2:36.66 31.87	350m:	3:40.52 31.62	
	100m:	1:00.90 31.52	200m:	2:04.79 31.89	300m:	3:08.90 32.24	400m:	4:10.34 29.82	
22.	JURA Maciej		96	WKS I sk Wrocław				4:10.49	678
	50m:	29.26 29.26	150m:	1:31.48 31.21	250m:	2:34.31 31.70	350m:	3:39.21 31.93	
	100m:	1:00.27 31.01	200m:	2:02.61 31.13	300m:	3:07.28 32.97	400m:	4:10.49 31.28	
23.	GUZIOR Maciej		00	WKS I sk Wrocław				4:10.50	678
	50m:	27.62 27.62	150m:	1:29.86 31.85	250m:	2:34.25 32.38	350m:	3:38.76 32.29	
	100m:	58.01 30.39	200m:	2:01.87 32.01	300m:	3:06.47 32.22	400m:	4:10.50 31.74	
24.	D BROWSKI Patryk		00	WKS I sk Wrocław				4:11.52	669
	50m:	27.49 27.49	150m:	1:30.49 31.98	250m:	2:35.26 32.49	350m:	3:40.65 32.78	
	100m:	58.51 31.02	200m:	2:02.77 32.28	300m:	3:07.87 32.61	400m:	4:11.52 30.87	
25.	KLICH Kacper		94	AZS AWF Katowice				4:12.07	665
	50m:	28.48 28.48	150m:	1:31.01 31.76	250m:	2:34.90 32.16	350m:	3:39.98 32.99	
	100m:	59.25 30.77	200m:	2:02.74 31.73	300m:	3:06.99 32.09	400m:	4:12.07 32.09	
26.	PAWLACZYK Patryk		00	UKS 190 Łód				4:12.14	664
	50m:	28.60 28.60	150m:	1:32.14 31.84	250m:	2:36.50 31.94	350m:	3:41.49 32.29	
	100m:	1:00.30 31.70	200m:	2:04.56 32.42	300m:	3:09.20 32.70	400m:	4:12.14 30.65	
27.	KACZOROWSKI Jakub		97	UKS G-8 Bielany Warszawa				4:12.73	660
	50m:	27.70 27.70	150m:	1:31.49 32.21	250m:	2:36.46 32.46	350m:	3:41.92 32.69	
	100m:	59.28 31.58	200m:	2:04.00 32.51	300m:	3:09.23 32.77	400m:	4:12.73 30.81	
28.	CIE LA Oskar		01	AZS AWF Katowice				4:12.77	659
	50m:	28.86 28.86	150m:	1:33.78 32.68	250m:	2:38.18 32.40	350m:	3:41.72 31.76	
	100m:	1:01.10 32.24	200m:	2:05.78 32.00	300m:	3:09.96 31.78	400m:	4:12.77 31.05	
29.	GIRUL Radosław		01	WKS I sk Wrocław				4:12.79	659
	50m:	28.39 28.39	150m:	1:31.82 31.83	250m:	2:36.70 32.70	350m:	3:41.94 32.41	
	100m:	59.99 31.60	200m:	2:04.00 32.18	300m:	3:09.53 32.83	400m:	4:12.79 30.85	
30.	FIKS Krzysztof		00	UKS 190 Łód				4:12.83	659
	50m:	29.32 29.32	150m:	1:33.67 32.60	250m:	2:38.63 32.38	350m:	3:42.57 31.85	
	100m:	1:01.07 31.75	200m:	2:06.25 32.58	300m:	3:10.72 32.09	400m:	4:12.83 30.26	
31.	ZIELI SKI Konrad		03	UKS 190 Łód				4:12.95	658
	50m:	29.04 29.04	150m:	1:32.59 31.88	250m:	2:37.01 32.15	350m:	3:41.62 31.93	
	100m:	1:00.71 31.67	200m:	2:04.86 32.27	300m:	3:09.69 32.68	400m:	4:12.95 31.33	
32.	BUTKIEWICZ Cezary		00	UKS G-8 Bielany Warszawa				4:13.19	656
	50m:	27.86 27.86	150m:	1:31.70 31.84	250m:	2:36.09 31.58	350m:	3:41.68 32.76	
	100m:	59.86 32.00	200m:	2:04.51 32.81	300m:	3:08.92 32.83	400m:	4:13.19 31.51	

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Pozycja			Rok ur.					Czas	Pkt.
33.	HANO Grzegorz		00	WKS I sk Wrocław			4:13.48	654	
	50m: 29.14	29.14	150m: 1:33.03	32.17	250m: 2:38.46	32.71	350m: 3:43.39	31.90	
	100m: 1:00.86	31.72	200m: 2:05.75	32.72	300m: 3:11.49	33.03	400m: 4:13.48	30.09	
34.	CHAŁAT Stanisław		99	Uks Skarpa Lublin			4:13.62	653	
	50m: 29.79	29.79	150m: 1:34.84	32.71	250m: 2:39.66	31.88	350m: 3:42.88	31.60	
	100m: 1:02.13	32.34	200m: 2:07.78	32.94	300m: 3:11.28	31.62	400m: 4:13.62	30.74	
35.	WO NIAK Maciej		00	UKS 190 Łódź			4:14.46	646	
	50m: 28.68	28.68	150m: 1:33.17	32.20	250m: 2:38.04	32.17	350m: 3:44.17	32.96	
	100m: 1:00.97	32.29	200m: 2:05.87	32.70	300m: 3:11.21	33.17	400m: 4:14.46	30.29	
36.	BUGAŁA Krzysztof		01	MKP Szczecin			4:14.74	644	
	50m: 29.44	29.44	150m: 1:34.46	32.75	250m: 2:39.59	32.67	350m: 3:44.76	32.61	
	100m: 1:01.71	32.27	200m: 2:06.92	32.46	300m: 3:12.15	32.56	400m: 4:14.74	29.98	
37.	SZCZERBA Adam		02	KU AZS UMCS Lublin			4:14.92	643	
	50m: 29.57	29.57	150m: 1:33.86	32.63	250m: 2:38.43	32.25	350m: 3:43.46	32.45	
	100m: 1:01.23	31.66	200m: 2:06.18	32.32	300m: 3:11.01	32.58	400m: 4:14.92	31.46	
38.	JÓ KÓW Cezary		01	WKS I sk Wrocław			4:15.49	639	
	50m: 29.51	29.51	150m: 1:33.93	32.33	250m: 2:39.14	32.54	350m: 3:44.52	32.40	
	100m: 1:01.60	32.09	200m: 2:06.60	32.67	300m: 3:12.12	32.98	400m: 4:15.49	30.97	
39.	RÓG Adrian		01	KP Sokół Rzeszów			4:16.26	633	
	50m: 29.56	29.56	150m: 1:35.15	33.06	250m: 2:41.61	33.03	350m: 3:46.63	32.10	
	100m: 1:02.09	32.53	200m: 2:08.58	33.43	300m: 3:14.53	32.92	400m: 4:16.26	29.63	
40.	WILEJTO Igor		01	UKS „Dwójka” Tczew			4:16.40	632	
	50m: 29.52	29.52	150m: 1:34.35	32.74	250m: 2:39.59	32.63	350m: 3:44.99	32.72	
	100m: 1:01.61	32.09	200m: 2:06.96	32.61	300m: 3:12.27	32.68	400m: 4:16.40	31.41	
41.	RÓJ Jakub		01	MKP Szczecin			4:16.80	629	
	50m: 29.19	29.19	150m: 1:34.05	32.68	250m: 2:39.84	33.00	350m: 3:45.46	32.74	
	100m: 1:01.37	32.18	200m: 2:06.84	32.79	300m: 3:12.72	32.88	400m: 4:16.80	31.34	
42.	BRZOSTOWSKI Axel		96	AZS AWF Katowice			4:16.96	628	
	50m: 28.93	28.93	150m: 1:32.92	32.22	250m: 2:38.05	32.59	350m: 3:43.88	33.34	
	100m: 1:00.70	31.77	200m: 2:05.46	32.54	300m: 3:10.54	32.49	400m: 4:16.96	33.08	
43.	SZARPAK Marcin		01	AZS AWF Katowice			4:17.16	626	
	50m: 28.96	28.96	150m: 1:33.64	32.92	250m: 2:39.87	33.22	350m: 3:45.90	32.53	
	100m: 1:00.72	31.76	200m: 2:06.65	33.01	300m: 3:13.37	33.50	400m: 4:17.16	31.26	
44.	KALKAN Jakub		04	LKS Jedno 32 Przyszowice			4:17.43	624	
	50m: 29.30	29.30	150m: 1:35.39	33.29	250m: 2:41.16	32.58	350m: 3:46.60	32.35	
	100m: 1:02.10	32.80	200m: 2:08.58	33.19	300m: 3:14.25	33.09	400m: 4:17.43	30.83	
45.	LIK Kacper		02	MKS Jedyńka Łódź			4:17.60	623	
	50m: 29.99	29.99	150m: 1:35.29	32.90	250m: 2:40.45	32.40	350m: 3:45.70	32.13	
	100m: 1:02.39	32.40	200m: 2:08.05	32.76	300m: 3:13.57	33.12	400m: 4:17.60	31.90	
46.	JAWORSKI Norbert		98	KU AZS UMCS Lublin			4:17.63	623	
	50m: 28.92	28.92	150m: 1:33.42	32.67	250m: 2:39.68	33.11	350m: 3:45.83	32.82	
	100m: 1:00.75	31.83	200m: 2:06.57	33.15	300m: 3:13.01	33.33	400m: 4:17.63	31.80	
47.	KOMOROWSKI Jan		01	MKS Trójka Łódź			4:18.25	618	
	50m: 29.19	29.19	150m: 1:34.11	32.71	250m: 2:39.79	32.33	350m: 3:45.80	33.01	
	100m: 1:01.40	32.21	200m: 2:07.46	33.35	300m: 3:12.79	33.00	400m: 4:18.25	32.45	
48.	DOROBA Michał		02	WKS I sk Wrocław			4:18.33	618	
	50m: 29.07	29.07	150m: 1:33.60	32.68	250m: 2:39.10	32.92	350m: 3:46.01	33.43	
	100m: 1:00.92	31.85	200m: 2:06.18	32.58	300m: 3:12.58	33.48	400m: 4:18.33	32.32	
49.	WOJCIECHOWSKI Kajetan		03	MKS Trójka Łódź			4:18.49	617	
	50m: 30.47	30.47	150m: 1:36.16	33.07	250m: 2:42.12	32.94	350m: 3:47.24	32.55	
	100m: 1:03.09	32.62	200m: 2:09.18	33.02	300m: 3:14.69	32.57	400m: 4:18.49	31.25	
50.	LECH Filip		01	KU AZS UMCS Lublin			4:18.59	616	
	50m: 29.11	29.11	150m: 1:32.48	31.63	250m: 2:37.83	32.65	350m: 3:45.20	33.56	
	100m: 1:00.85	31.74	200m: 2:05.18	32.70	300m: 3:11.64	33.81	400m: 4:18.59	33.39	

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Pozycja			Rok ur.				Czas	Pkt.
51.	WI ZIK Jan		03	UKP Unia O wi cim			4:18.69	615
	50m: 29.21	29.21	150m: 1:35.14	33.02	250m: 2:41.55	33.06	350m: 3:47.08	32.27
	100m: 1:02.12	32.91	200m: 2:08.49	33.35	300m: 3:14.81	33.26	400m: 4:18.69	31.61
52.	RAJCA Wiktor		02	UKS 190 Łód			4:18.86	614
	50m: 31.09	31.09	150m: 1:37.49	33.01	250m: 2:43.45	32.70	350m: 3:47.69	31.56
	100m: 1:04.48	33.39	200m: 2:10.75	33.26	300m: 3:16.13	32.68	400m: 4:18.86	31.17
53.	LAMLA Filip		03	LKS Jedno 32 Przyszowice			4:19.24	611
	50m: 28.51	28.51	150m: 1:34.20	33.12	250m: 2:41.05	32.83	350m: 3:47.53	32.82
	100m: 1:01.08	32.57	200m: 2:08.22	34.02	300m: 3:14.71	33.66	400m: 4:19.24	31.71
54.	KRAMARCZYK Jakub		01	UKP Unia O wi cim			4:20.03	606
	50m: 29.33	29.33	150m: 1:35.87	33.60	250m: 2:41.96	32.59	350m: 3:47.89	32.97
	100m: 1:02.27	32.94	200m: 2:09.37	33.50	300m: 3:14.92	32.96	400m: 4:20.03	32.14
55.	ZWOLI SKI Marcin		97	AZS AWF Katowice			4:20.25	604
	50m: 28.75	28.75	150m: 1:33.26	32.39	250m: 2:39.88	33.16	350m: 3:48.05	33.93
	100m: 1:00.87	32.12	200m: 2:06.72	33.46	300m: 3:14.12	34.24	400m: 4:20.25	32.20
56.	CIELECKI Kuba		02	WKS I sk Wrocław			4:20.54	602
	50m: 29.31	29.31	150m: 1:34.11	32.71	250m: 2:40.44	33.05	350m: 3:47.36	33.57
	100m: 1:01.40	32.09	200m: 2:07.39	33.28	300m: 3:13.79	33.35	400m: 4:20.54	33.18
57.	GOLENIEC Łukasz		97	AZS AWF Katowice			4:21.11	598
	50m: 28.87	28.87	150m: 1:34.26	33.58	250m: 2:41.52	33.65	350m: 3:48.61	33.50
	100m: 1:00.68	31.81	200m: 2:07.87	33.61	300m: 3:15.11	33.59	400m: 4:21.11	32.50
58.	MICHALSKI Wojciech		01	MUKS Gilus Gilowice			4:21.29	597
	50m: 29.71	29.71	150m: 1:36.49	33.35	250m: 2:43.09	33.00	350m: 3:49.28	33.12
	100m: 1:03.14	33.43	200m: 2:10.09	33.60	300m: 3:16.16	33.07	400m: 4:21.29	32.01
59.	WI NIEWSKI Adam		03	Stowarzyszenie Pływaków i Rato			4:22.45	589
	50m: 27.87	27.87	150m: 1:31.77	32.81	250m: 2:39.60	34.27	350m: 3:48.52	34.71
	100m: 58.96	31.09	200m: 2:05.33	33.56	300m: 3:13.81	34.21	400m: 4:22.45	33.93
60.	GRZEGORCZYK Wiktor		02	UKS MOS Ełk			4:22.77	587
	50m: 30.30	30.30	150m: 1:38.03	34.35	250m: 2:45.54	33.05	350m: 3:51.53	32.81
	100m: 1:03.68	33.38	200m: 2:12.49	34.46	300m: 3:18.72	33.18	400m: 4:22.77	31.24
61.	WO NY Wiktor		01	UKS Shark Rudna			4:23.28	584
	50m: 29.13	29.13	150m: 1:34.18	33.06	250m: 2:41.84	34.22	350m: 3:51.21	34.87
	100m: 1:01.12	31.99	200m: 2:07.62	33.44	300m: 3:16.34	34.50	400m: 4:23.28	32.07
62.	WODY SKI Bartosz		02	KU AZS Politechniki Łódzkiej			4:23.38	583
	50m: 30.26	30.26	150m: 1:36.84	33.43	250m: 2:44.51	33.55	350m: 3:51.68	33.77
	100m: 1:03.41	33.15	200m: 2:10.96	34.12	300m: 3:17.91	33.40	400m: 4:23.38	31.70
63.	KNYSZY SKI Maciej		02	MKS Jedyńka Łód			4:23.97	579
	50m: 30.43	30.43	150m: 1:37.71	33.89	250m: 2:45.13	33.59	350m: 3:51.44	33.13
	100m: 1:03.82	33.39	200m: 2:11.54	33.83	300m: 3:18.31	33.18	400m: 4:23.97	32.53
64.	KRYSIAK Michał		01	MKS Trójka Łód			4:24.06	578
	50m: 30.40	30.40	150m: 1:36.36	33.25	250m: 2:43.30	33.55	350m: 3:51.12	33.89
	100m: 1:03.11	32.71	200m: 2:09.75	33.39	300m: 3:17.23	33.93	400m: 4:24.06	32.94
65.	GOŁACKI Sergiusz		04	UKS 190 Łód			4:24.30	577
	50m: 30.62	30.62	150m: 1:37.76	33.68	250m: 2:45.03	33.85	350m: 3:52.53	33.63
	100m: 1:04.08	33.46	200m: 2:11.18	33.42	300m: 3:18.90	33.87	400m: 4:24.30	31.77
66.	GAWRON Oliwier		03	WKS I sk Wrocław			4:24.64	575
	50m: 29.54	29.54	150m: 1:37.59	34.26	250m: 2:44.96	33.35	350m: 3:52.19	33.96
	100m: 1:03.33	33.79	200m: 2:11.61	34.02	300m: 3:18.23	33.27	400m: 4:24.64	32.45
67.	SZYMCZAK Szymon		03	MKS Juwenia Wrocław			4:25.60	568
	50m: 30.14	30.14	150m: 1:39.88	35.35	250m: 2:47.51	33.12	350m: 3:54.66	33.43
	100m: 1:04.53	34.39	200m: 2:14.39	34.51	300m: 3:21.23	33.72	400m: 4:25.60	30.94
68.	LESIK Jarosław		02	MKS SMS Victoria Racibórz			4:25.61	568
	50m: 29.44	29.44	150m: 1:36.81	34.34	250m: 2:44.68	34.46	350m: 3:53.38	34.17
	100m: 1:02.47	33.03	200m: 2:10.22	33.41	300m: 3:19.21	34.53	400m: 4:25.61	32.23

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Pozycja			Rok ur.					Czas	Pkt.
69.	MAJOR Daniel		01	UKP Unia O wi cim			4:25.69	568	
	50m: 29.83	29.83	150m: 1:36.97	33.70	250m: 2:45.07	34.31	350m: 3:53.15	34.00	
	100m: 1:03.27	33.44	200m: 2:10.76	33.79	300m: 3:19.15	34.08	400m: 4:25.69	32.54	
70.	JASI SKI Jakub		03	MKS Jedyńka Łód			4:25.94	566	
	50m: 30.81	30.81	150m: 1:39.61	34.49	250m: 2:47.19	33.60	350m: 3:54.40	33.60	
	100m: 1:05.12	34.31	200m: 2:13.59	33.98	300m: 3:20.80	33.61	400m: 4:25.94	31.54	
71.	LE NIAK Maksymilian		04	UKS 190 Łód			4:26.34	564	
	50m: 30.18	30.18	150m: 1:37.52	33.81	250m: 2:45.90	34.07	350m: 3:54.03	34.08	
	100m: 1:03.71	33.53	200m: 2:11.83	34.31	300m: 3:19.95	34.05	400m: 4:26.34	32.31	
72.	PRÓSZY SKI Igor		99	MKP Szczecin			4:26.58	562	
	50m: 30.49	30.49	150m: 1:36.38	33.16	250m: 2:43.96	33.78	350m: 3:53.02	34.64	
	100m: 1:03.22	32.73	200m: 2:10.18	33.80	300m: 3:18.38	34.42	400m: 4:26.58	33.56	
73.	SIERADZKI Kamil		02	UKS Wodnik Siemianowice I ski			4:26.91	560	
	50m: 28.71	28.71	150m: 1:36.64	34.52	250m: 2:45.19	34.47	350m: 3:54.21	34.48	
	100m: 1:02.12	33.41	200m: 2:10.72	34.08	300m: 3:19.73	34.54	400m: 4:26.91	32.70	
74.	MIGIELSKI Mateusz		01	KU AZS Politechniki Łódzkiej			4:27.17	558	
	50m: 29.14	29.14	150m: 1:35.28	33.82	250m: 2:43.53	33.57	350m: 3:53.00	34.93	
	100m: 1:01.46	32.32	200m: 2:09.96	34.68	300m: 3:18.07	34.54	400m: 4:27.17	34.17	
75.	CZERWI SKI Łukasz		01	UKS G-8 Bielany Warszawa			4:27.55	556	
	50m: 29.04	29.04	150m: 1:36.54	34.27	250m: 2:45.37	34.59	350m: 3:54.19	34.12	
	100m: 1:02.27	33.23	200m: 2:10.78	34.24	300m: 3:20.07	34.70	400m: 4:27.55	33.36	
76.	RYTTER Igor		01	UKS G-8 Bielany Warszawa			4:27.72	555	
	50m: 30.12	30.12	150m: 1:36.16	33.08	250m: 2:42.75	33.60	350m: 3:52.48	35.17	
	100m: 1:03.08	32.96	200m: 2:09.15	32.99	300m: 3:17.31	34.56	400m: 4:27.72	35.24	
77.	MILBRANT Kacper		01	AZS AWF Katowice			4:28.53	550	
	50m: 29.51	29.51	150m: 1:36.54	33.83	250m: 2:44.64	34.22	350m: 3:54.41	35.35	
	100m: 1:02.71	33.20	200m: 2:10.42	33.88	300m: 3:19.06	34.42	400m: 4:28.53	34.12	
78.	TOMASZOWSKI Michał		03	MKS Park Wodny Tarnowskie Góry			4:28.62	549	
	50m: 29.75	29.75	150m: 1:37.90	34.24	250m: 2:47.33	34.46	350m: 3:56.26	34.04	
	100m: 1:03.66	33.91	200m: 2:12.87	34.97	300m: 3:22.22	34.89	400m: 4:28.62	32.36	
79.	SZYMCZYKOWSKI Jakub		03	Start Opole			4:28.76	549	
	50m: 30.24	30.24	150m: 1:38.68	34.29	250m: 2:48.53	34.54	350m: 3:57.26	33.51	
	100m: 1:04.39	34.15	200m: 2:13.99	35.31	300m: 3:23.75	35.22	400m: 4:28.76	31.50	
80.	LEWANDOWSKI Oliwier		03	KP MZOS Płock			4:28.87	548	
	50m: 29.93	29.93	150m: 1:37.73	34.26	250m: 2:47.03	34.81	350m: 3:56.63	34.55	
	100m: 1:03.47	33.54	200m: 2:12.22	34.49	300m: 3:22.08	35.05	400m: 4:28.87	32.24	
81.	SKIBIAK Hubert		04	UKS 190 Łód			4:29.30	545	
	50m: 30.62	30.62	150m: 1:38.10	34.18	250m: 2:47.00	34.61	350m: 3:56.00	34.52	
	100m: 1:03.92	33.30	200m: 2:12.39	34.29	300m: 3:21.48	34.48	400m: 4:29.30	33.30	
82.	PACZY SKI Oliwier		97	KU AZS UMCS Lublin			4:29.62	543	
	50m: 29.81	29.81	150m: 1:37.38	34.25	250m: 2:46.94	34.91	350m: 3:56.74	34.71	
	100m: 1:03.13	33.32	200m: 2:12.03	34.65	300m: 3:22.03	35.09	400m: 4:29.62	32.88	
83.	WIECZORKOWSKI Nikodem		04	UKS „Dwójka” Tczew			4:30.13	540	
	50m: 30.93	30.93	150m: 1:39.59	34.68	250m: 2:48.53	34.56	350m: 3:57.80	34.55	
	100m: 1:04.91	33.98	200m: 2:13.97	34.38	300m: 3:23.25	34.72	400m: 4:30.13	32.33	
84.	PŁATEK Maciej		02	UKP Unia O wi cim			4:30.64	537	
	50m: 31.33	31.33	150m: 1:39.54	34.19	250m: 2:48.04	33.93	350m: 3:56.73	34.31	
	100m: 1:05.35	34.02	200m: 2:14.11	34.57	300m: 3:22.42	34.38	400m: 4:30.64	33.91	
85.	KARPIEL Dominik		01	CSiR MOS w D browie Górniczej			4:31.13	534	
	50m: 30.11	30.11	150m: 1:37.38	34.06	250m: 2:47.07	34.83	350m: 3:57.10	34.58	
	100m: 1:03.32	33.21	200m: 2:12.24	34.86	300m: 3:22.52	35.45	400m: 4:31.13	34.03	
86.	NAPIECEK Jonasz		02	MKP Astromal-Leszno			4:31.71	531	
	50m: 29.98	29.98	150m: 1:39.25	34.40	250m: 2:49.24	34.95	350m: 3:58.88	35.21	
	100m: 1:04.85	34.87	200m: 2:14.29	35.04	300m: 3:23.67	34.43	400m: 4:31.71	32.83	

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Pozycja			Rok ur.					Czas	Pkt.
87.	KOWOLIK Alex		04	MKS Park Wodny Tarnowskie Góry				4:31.91	530
	50m: 31.60	31.60	150m: 1:40.58	34.74	250m: 2:49.39	34.45	350m: 3:58.19	34.31	
	100m: 1:05.84	34.24	200m: 2:14.94	34.36	300m: 3:23.88	34.49	400m: 4:31.91	33.72	
88.	GOTOWSKI Dominik		02	UKS G-8 Bielany Warszawa				4:32.05	529
	50m: 29.44	29.44	150m: 1:37.81	34.15	250m: 2:47.69	34.14	350m: 3:58.19	34.07	
	100m: 1:03.66	34.22	200m: 2:13.55	35.74	300m: 3:24.12	36.43	400m: 4:32.05	33.86	
89.	ZWADŁO Piotr		02	MKS SMS Victoria Racibórz				4:33.22	522
	50m: 30.56	30.56	150m: 1:41.36	35.82	250m: 2:52.94	35.38	350m: 4:00.95	33.20	
	100m: 1:05.54	34.98	200m: 2:17.56	36.20	300m: 3:27.75	34.81	400m: 4:33.22	32.27	
90.	CHYRCHAŁA Rafał		02	UKS „ORKA” Zamo				4:33.81	519
	50m: 30.52	30.52	150m: 1:38.80	34.50	250m: 2:48.53	35.19	350m: 3:59.28	35.40	
	100m: 1:04.30	33.78	200m: 2:13.34	34.54	300m: 3:23.88	35.35	400m: 4:33.81	34.53	
91.	BORSUK Łukasz		01	UKP Fala Kra nik				4:34.44	515
	50m: 29.46	29.46	150m: 1:37.72	34.28	250m: 2:49.27	35.83	350m: 4:01.12	35.65	
	100m: 1:03.44	33.98	200m: 2:13.44	35.72	300m: 3:25.47	36.20	400m: 4:34.44	33.32	
92.	PITY SKI Wiktor		03	WKS I sk Wrocław				4:34.57	514
	50m: 31.83	31.83	150m: 1:41.73	34.95	250m: 2:52.15	35.01	350m: 4:01.28	33.84	
	100m: 1:06.78	34.95	200m: 2:17.14	35.41	300m: 3:27.44	35.29	400m: 4:34.57	33.29	
93.	NIEDZIAŁEK Michał		03	MTP Kormoran Olsztyn				4:34.66	514
	50m: 31.20	31.20	150m: 1:41.20	35.22	250m: 2:52.17	35.01	350m: 4:02.00	34.65	
	100m: 1:05.98	34.78	200m: 2:17.16	35.96	300m: 3:27.35	35.18	400m: 4:34.66	32.66	
94.	PARA Mikołaj		03	UKP Unia O wi cim				4:35.23	511
	50m: 30.30	30.30	150m: 1:38.44	34.54	250m: 2:49.05	35.38	350m: 3:59.68	35.09	
	100m: 1:03.90	33.60	200m: 2:13.67	35.23	300m: 3:24.59	35.54	400m: 4:35.23	35.55	
95.	PIERCHAŁA Maksymilian		04	LKS Jedno 32 Przystowice				4:35.70	508
	50m: 30.96	30.96	150m: 1:41.20	35.63	250m: 2:52.30	35.89	350m: 4:03.34	35.27	
	100m: 1:05.57	34.61	200m: 2:16.41	35.21	300m: 3:28.07	35.77	400m: 4:35.70	32.36	
96.	MAJEWSKI Maksym		04	UKP Unia O wi cim				4:35.75	508
	50m: 31.64	31.64	150m: 1:44.20	36.63	250m: 2:55.16	35.15	350m: 4:03.80	32.85	
	100m: 1:07.57	35.93	200m: 2:20.01	35.81	300m: 3:30.95	35.79	400m: 4:35.75	31.95	
97.	KUDLI SKI Łukasz		03	UKS SP-149 Łód				4:35.90	507
	50m: 30.27	30.27	150m: 1:41.17	35.52	250m: 2:52.11	35.05	350m: 4:02.92	35.32	
	100m: 1:05.65	35.38	200m: 2:17.06	35.89	300m: 3:27.60	35.49	400m: 4:35.90	32.98	
98.	CALI SKI Aleksy		04	MKS Juvenia Wrocław				4:36.53	504
	50m: 30.75	30.75	150m: 1:41.79	35.81	250m: 2:52.95	35.80	350m: 4:04.16	35.42	
	100m: 1:05.98	35.23	200m: 2:17.15	35.36	300m: 3:28.74	35.79	400m: 4:36.53	32.37	
99.	ADAMCZYK Maksymilian		03	WKS I sk Wrocław				4:37.12	500
	50m: 32.41	32.41	150m: 1:43.52	35.76	250m: 2:53.85	34.89	350m: 4:04.61	35.45	
	100m: 1:07.76	35.35	200m: 2:18.96	35.44	300m: 3:29.16	35.31	400m: 4:37.12	32.51	
100.	GRABOWSKI Jakub		04	KP MZOS Płock				4:37.13	500
	50m: 30.64	30.64	150m: 1:41.38	35.95	250m: 2:53.16	36.05	350m: 4:04.14	35.39	
	100m: 1:05.43	34.79	200m: 2:17.11	35.73	300m: 3:28.75	35.59	400m: 4:37.13	32.99	
101.	CEBULA Oskar		03	WKS I sk Wrocław				4:37.46	498
	50m: 31.23	31.23	150m: 1:42.22	35.70	250m: 2:53.31	35.56	350m: 4:04.06	35.21	
	100m: 1:06.52	35.29	200m: 2:17.75	35.53	300m: 3:28.85	35.54	400m: 4:37.46	33.40	
102.	WRABEC Szymon		04	UKP Manta Jelcz-Laskowice				4:37.48	498
	50m: 30.87	30.87	150m: 1:41.30	35.63	250m: 2:53.18	35.88	350m: 4:04.09	35.30	
	100m: 1:05.67	34.80	200m: 2:17.30	36.00	300m: 3:28.79	35.61	400m: 4:37.48	33.39	
103.	HUDZIKOWSKI Mateusz		03	LKS Jedno 32 Przystowice				4:37.81	497
	50m: 30.34	30.34	150m: 1:38.78	34.80	250m: 2:50.49	35.97	350m: 4:02.55	36.24	
	100m: 1:03.98	33.64	200m: 2:14.52	35.74	300m: 3:26.31	35.82	400m: 4:37.81	35.26	
104.	KRUPI SKI Wojciech		03	KS Poshania Pozna				4:37.89	496
	50m: 30.54	30.54	150m: 1:41.29	35.94	250m: 2:53.64	36.27	350m: 4:04.58	35.22	
	100m: 1:05.35	34.81	200m: 2:17.37	36.08	300m: 3:29.36	35.72	400m: 4:37.89	33.31	

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105.	KLIMCZAK Kacper		04	MKS Jedyńka Łód			4:38.25	494	
	50m: 31.21	31.21	150m: 1:41.95	35.47	250m: 2:52.62	34.92	350m: 4:03.59	35.55	
	100m: 1:06.48	35.27	200m: 2:17.70	35.75	300m: 3:28.04	35.42	400m: 4:38.25	34.66	
106.	GÓRAL Mateusz		02	MKP Szczecin			4:38.86	491	
	50m: 30.99	30.99	150m: 1:40.23	35.21	250m: 2:51.97	36.28	350m: 4:03.63	35.66	
	100m: 1:05.02	34.03	200m: 2:15.69	35.46	300m: 3:27.97	36.00	400m: 4:38.86	35.23	
107.	J DRYKA Nikodem		04	MKS Jedyńka Łód			4:40.89	480	
	50m: 32.49	32.49	150m: 1:43.73	35.69	250m: 2:55.25	35.75	350m: 4:06.26	34.85	
	100m: 1:08.04	35.55	200m: 2:19.50	35.77	300m: 3:31.41	36.16	400m: 4:40.89	34.63	
108.	OGORZALEK Alan		03	WKS I sk Wrocław			4:41.93	475	
	50m: 30.52	30.52	150m: 1:40.52	35.43	250m: 2:52.75	35.97	350m: 4:06.33	36.88	
	100m: 1:05.09	34.57	200m: 2:16.78	36.26	300m: 3:29.45	36.70	400m: 4:41.93	35.60	
109.	LEIMAN Cezary		03	WKS I sk Wrocław			4:42.79	471	
	50m: 31.25	31.25	150m: 1:42.96	36.60	250m: 2:55.36	36.19	350m: 4:08.51	36.71	
	100m: 1:06.36	35.11	200m: 2:19.17	36.21	300m: 3:31.80	36.44	400m: 4:42.79	34.28	
110.	TUMIALIS Maciej		03	Mi dzyszkolny UKS „Olimpijczy			4:43.23	469	
	50m: 30.29	30.29	150m: 1:42.93	36.79	250m: 2:56.56	36.58	350m: 4:08.81	36.17	
	100m: 1:06.14	35.85	200m: 2:19.98	37.05	300m: 3:32.64	36.08	400m: 4:43.23	34.42	
111.	ROGACKI Michał		04	UKS SP-149 Łód			4:43.40	468	
	50m: 31.59	31.59	150m: 1:42.75	35.74	250m: 2:55.50	36.25	350m: 4:08.52	36.52	
	100m: 1:07.01	35.42	200m: 2:19.25	36.50	300m: 3:32.00	36.50	400m: 4:43.40	34.88	
112.	GRZECZA Michał		04	TP Skalar Słupsk			4:43.41	468	
	50m: 31.67	31.67	150m: 1:43.61	36.26	250m: 2:56.38	36.62	350m: 4:08.46	35.68	
	100m: 1:07.35	35.68	200m: 2:19.76	36.15	300m: 3:32.78	36.40	400m: 4:43.41	34.95	
113.	YCZKOWSKI Kamil		03	Mi dzyszkolny UKS „Olimpijczy			4:43.55	467	
	50m: 30.74	30.74	150m: 1:43.26	36.51	250m: 2:55.81	35.77	350m: 4:09.17	36.69	
	100m: 1:06.75	36.01	200m: 2:20.04	36.78	300m: 3:32.48	36.67	400m: 4:43.55	34.38	
114.	WŁOCH Jakub		03	KS Posnania Pozna			4:44.23	464	
	50m: 31.51	31.51	150m: 1:43.59	36.50	250m: 2:57.40	36.94	350m: 4:10.35	36.21	
	100m: 1:07.09	35.58	200m: 2:20.46	36.87	300m: 3:34.14	36.74	400m: 4:44.23	33.88	
115.	WOROBIEC Daniel		03	KS Neptun widnica			4:46.95	451	
	50m: 31.55	31.55	150m: 1:45.06	37.53	250m: 4:12.85	1:50.75	350m:		
	100m: 1:07.53	35.98	200m: 2:22.10	37.04	300m: 3:36.09		400m: 4:46.95		
116.	SKALSKI Konrad		04	MKS Park Wodny Tarnowskie Góry			4:47.30	449	
	50m: 32.47	32.47	150m: 1:45.66	37.46	250m: 2:59.67	36.77	350m: 4:12.61	36.10	
	100m: 1:08.20	35.73	200m: 2:22.90	37.24	300m: 3:36.51	36.84	400m: 4:47.30	34.69	
117.	BURSZYK Bartosz		03	MKS SMS Victoria Racibórz			4:47.92	446	
	50m: 32.61	32.61	150m: 1:46.97	36.90	250m: 3:00.79	36.54	350m: 4:13.55	35.37	
	100m: 1:10.07	37.46	200m: 2:24.25	37.28	300m: 3:38.18	37.39	400m: 4:47.92	34.37	
118.	ZAJ C Kamil		03	UKP Unia O wi cim			4:48.23	445	
	50m: 30.14	30.14	150m: 1:42.38	36.87	250m: 2:57.26	37.41	350m: 4:12.73	37.44	
	100m: 1:05.51	35.37	200m: 2:19.85	37.47	300m: 3:35.29	38.03	400m: 4:48.23	35.50	
119.	BARANEK Jakub		04	Start Opole			4:48.64	443	
	50m: 32.43	32.43	150m: 1:44.98	36.46	250m: 2:59.22	37.11	350m: 4:13.57	37.08	
	100m: 1:08.52	36.09	200m: 2:22.11	37.13	300m: 3:36.49	37.27	400m: 4:48.64	35.07	
120.	JUDA Dominik		04	UKP Unia O wi cim			4:49.32	440	
	50m: 34.46	34.46	150m: 1:48.54	37.54	250m: 3:02.40	36.62	350m: 4:15.65	36.04	
	100m: 1:11.00	36.54	200m: 2:25.78	37.24	300m: 3:39.61	37.21	400m: 4:49.32	33.67	
121.	STRASZY SKI Kacper		03	MKS Trójka Łód			4:49.82	437	
	50m: 31.87	31.87	150m: 1:44.13	36.75	250m: 2:59.57	37.35	350m: 4:14.41	37.40	
	100m: 1:07.38	35.51	200m: 2:22.22	38.09	300m: 3:37.01	37.44	400m: 4:49.82	35.41	
122.	KRYSIAK Kacper		04	MKS Trójka Łód			4:50.04	436	
	50m: 33.09	33.09	150m: 1:46.44	36.94	250m: 3:00.65	37.19	350m: 4:14.32	36.48	
	100m: 1:09.50	36.41	200m: 2:23.46	37.02	300m: 3:37.84	37.19	400m: 4:50.04	35.72	

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123.	KRAJEWSKI Patryk	02	UKS	abianka Gda sk				4:50.15	436	
	50m: 31.18 31.18	150m: 1:42.74	36.49	250m: 2:57.81	37.85	350m: 4:14.03	38.10			
	100m: 1:06.25 35.07	200m: 2:19.96	37.22	300m: 3:35.93	38.12	400m: 4:50.15	36.12			
124.	PIEKARZ Adrian	04	MUKS	Wodnik Łask				4:50.68	433	
	50m: 31.42 31.42	150m: 1:45.98	37.77	250m: 3:02.72	37.96	350m: 4:16.43	35.22			
	100m: 1:08.21 36.79	200m: 2:24.76	38.78	300m: 3:41.21	38.49	400m: 4:50.68	34.25			
125.	ŁYSONIEWSKI Oskar	04	MKS	Trójka Łód				4:51.29	431	
	50m: 32.72 32.72	150m: 1:45.79	36.79	250m: 3:00.14	37.98	350m: 4:15.03	37.63			
	100m: 1:09.00 36.28	200m: 2:22.16	36.37	300m: 3:37.40	37.26	400m: 4:51.29	36.26			
126.	KOZŁOWSKI Konrad	04	MTP	Kormoran Olsztyn				4:53.56	421	
	50m: 33.23 33.23	150m: 1:48.25	37.60	250m: 3:04.18	37.46	350m: 4:17.95	35.81			
	100m: 1:10.65 37.42	200m: 2:26.72	38.47	300m: 3:42.14	37.96	400m: 4:53.56	35.61			
127.	SCHREIBER Patrick	02	MKS	SMS Victoria Racibórz				4:53.69	420	
	50m: 31.25 31.25	150m: 1:45.03	37.38	250m: 3:00.79	37.72	350m: 4:16.12	37.04			
	100m: 1:07.65 36.40	200m: 2:23.07	38.04	300m: 3:39.08	38.29	400m: 4:53.69	37.57			
128.	KOCIK Karol	04	Gminny Klub Pływacki	7 Zdrój T				4:54.26	418	
	50m: 32.26 32.26	150m: 1:46.75	38.10	250m: 3:04.96	38.86	350m: 4:19.98	37.29			
	100m: 1:08.65 36.39	200m: 2:26.10	39.35	300m: 3:42.69	37.73	400m: 4:54.26	34.28			
129.	CIERPIAŁ Wiktor	04	UKP	Unia O wi cim				4:54.48	417	
	50m: 33.98 33.98	150m: 1:48.65	37.93	250m: 3:04.16	38.23	350m: 4:18.40	36.67			
	100m: 1:10.72 36.74	200m: 2:25.93	37.28	300m: 3:41.73	37.57	400m: 4:54.48	36.08			
130.	GRABOWSKI Mikołaj	04	MTP	Kormoran Olsztyn				4:56.99	406	
	50m: 33.00 33.00	150m: 1:48.49	37.99	250m: 3:04.68	38.26	350m: 4:20.30	37.79			
	100m: 1:10.50 37.50	200m: 2:26.42	37.93	300m: 3:42.51	37.83	400m: 4:56.99	36.69			
131.	MARSZAŁEK Stanisław	04	UKP	Unia O wi cim				5:00.13	394	
	50m: 32.30 32.30	150m: 1:46.74	38.09	250m: 3:05.04	39.86	350m: 4:24.05	39.34			
	100m: 1:08.65 36.35	200m: 2:25.18	38.44	300m: 3:44.71	39.67	400m: 5:00.13	36.08			
132.	SZCZEPA SKI Jakub	03	MUKS	Wodnik Łask				5:02.52	384	
	50m: 32.57 32.57	150m: 1:47.04	37.88	250m: 3:04.84	38.77	350m: 4:23.22	39.78			
	100m: 1:09.16 36.59	200m: 2:26.07	39.03	300m: 3:43.44	38.60	400m: 5:02.52	39.30			
133.	PAWŁOWSKI Eryk	02	UKS	Wodnik Siemianowice I ski				5:04.20	378	
	50m: 31.59 31.59	150m: 1:45.47	37.92	250m: 3:03.12	38.92	350m: 4:24.62	41.12			
	100m: 1:07.55 35.96	200m: 2:24.20	38.73	300m: 3:43.50	40.38	400m: 5:04.20	39.58			
134.	BIRK Bartosz	04	Mi dzyszkołny UKS „Olimpijczy					5:04.23	378	
	50m: 33.40 33.40	150m: 1:50.92	39.24	250m: 3:10.05	40.11	350m: 4:27.53	39.28			
	100m: 1:11.68 38.28	200m: 2:29.94	39.02	300m: 3:48.25	38.20	400m: 5:04.23	36.70			
135.	CEBULA Kamil	03	UKS	Wodnik Siemianowice I ski				5:04.71	376	
	50m: 34.16 34.16	150m: 1:51.64	39.38	250m: 3:10.89	39.61	350m: 4:28.57	38.34			
	100m: 1:12.26 38.10	200m: 2:31.28	39.64	300m: 3:50.23	39.34	400m: 5:04.71	36.14			
136.	RYSZKA Kacper	04	UKP	Unia O wi cim				5:05.12	375	
	50m: 33.59 33.59	150m: 1:51.39	39.61	250m: 3:10.27	38.94	350m: 4:28.50	38.52			
	100m: 1:11.78 38.19	200m: 2:31.33	39.94	300m: 3:49.98	39.71	400m: 5:05.12	36.62			
137.	GÓROWSKI Cezary	04	MKS	Zryw Opole				5:05.89	372	
	50m: 32.75 32.75	150m: 1:50.14	39.36	250m: 3:09.82	39.60	350m: 4:29.08	39.59			
	100m: 1:10.78 38.03	200m: 2:30.22	40.08	300m: 3:49.49	39.67	400m: 5:05.89	36.81			
138.	DRABCZYK Krystian	04	UKP	Unia O wi cim				5:06.89	368	
	50m: 34.36 34.36	150m: 1:52.49	39.62	250m: 3:11.41	39.93	350m: 4:29.82	39.40			
	100m: 1:12.87 38.51	200m: 2:31.48	38.99	300m: 3:50.42	39.01	400m: 5:06.89	37.07			
139.	MAŁACZY SKI Jakub	03	WKS	I sk Wrocław				5:24.05	313	
	50m:	150m:		250m:		350m:				
	100m:	200m:		300m:		400m:	5:24.05			
140.	ST PI SKI Daniel	04	UKS	Salmo ory				5:25.89	307	
	50m: 35.43 35.43	150m: 1:58.34	42.09	250m: 3:21.86	41.85	350m: 4:45.67	43.08			
	100m: 1:16.25 40.82	200m: 2:40.01	41.67	300m: 4:02.59	40.73	400m: 5:25.89	40.22			

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141.	SZCZERBICKI Tobiasz			03	MKS Zryw Opole				5:28.00	302		
	50m:	32.98	32.98	150m:	1:56.25	42.90	250m:	3:22.11	43.70	350m:	4:48.38	43.90
	100m:	1:13.35	40.37	200m:	2:38.41	42.16	300m:	4:04.48	42.37	400m:	5:28.00	39.62
142.	KOZIOŁEK Kewin			04	"Sikret" Gliwice				5:35.97	281		
	50m:	34.12	34.12	150m:	1:57.74	43.22	250m:	3:25.89	44.77	350m:	4:53.47	44.08
	100m:	1:14.52	40.40	200m:	2:41.12	43.38	300m:	4:09.39	43.50	400m:	5:35.97	42.50
DYSKW.	KLISZ Krystian			02	MKP Szczecin				4:23.54			
	<i>O1 - Pływak wystartował po komendzie na miejsca i zaj ciu pozycji nieruchomej, a przed sygnałem startu.</i>											
	<i>(Czas: 14:29)</i>											
	50m:	30.42	30.42	150m:	1:36.75	33.12	250m:	2:43.66	33.18	350m:	3:50.90	33.49
	100m:	1:03.63	33.21	200m:	2:10.48	33.73	300m:	3:17.41	33.75	400m:	4:23.54	32.64