



Grand Prix Puchar Polski
Kraków, 27/ - 28/10/2012



Konkurencja 34
28/10/2012 - 12:07

M czynn, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2012

Pozycja					Rok ur.					Czas	Pkt.
1.	witkowski Jan			94	Skarpa Lublin				3:49.46	797	
	50m: 26.95	26.95	150m: 1:25.96	29.80	250m: 2:24.31	28.72	350m: 3:22.00	28.89			
	100m: 56.16	29.21	200m: 1:55.59	29.63	300m: 2:53.11	28.80	400m: 3:49.46	27.46			
2.	Szuba Michał			93	I sk Wrocław				3:51.09	780	
	50m: 27.20	27.20	150m: 1:25.78	29.42	250m: 2:24.18	28.84	350m: 3:22.57	29.24			
	100m: 56.36	29.16	200m: 1:55.34	29.56	300m: 2:53.33	29.15	400m: 3:51.09	28.52			
3.	Bujoczek Filip			94	I sk Wrocław				3:53.09	760	
	50m: 27.72	27.72	150m: 1:26.79	29.63	250m: 2:25.73	29.36	350m: 3:25.06	29.53			
	100m: 57.16	29.44	200m: 1:56.37	29.58	300m: 2:55.53	29.80	400m: 3:53.09	28.03			
4.	Klich Kacper			94	AZS AWF Katowice				3:53.99	751	
	50m: 27.74	27.74	150m: 1:27.14	29.75	250m: 2:26.68	29.77	350m: 3:26.04	29.42			
	100m: 57.39	29.65	200m: 1:56.91	29.77	300m: 2:56.62	29.94	400m: 3:53.99	27.95			
5.	Sawrymowicz Mateusz			87	MKP Szczecin				3:54.27	749	
	50m: 27.58	27.58	150m: 1:26.33	29.40	250m: 2:25.61	29.52	350m: 3:25.20	29.78			
	100m: 56.93	29.35	200m: 1:56.09	29.76	300m: 2:55.42	29.81	400m: 3:54.27	29.07			
6.	Wojdak Wojciech SO			96	BOSiR SP Brzesko				3:54.51	746	
	50m: 27.11	27.11	150m: 1:25.82	29.43	250m: 2:24.24	28.98	350m: 3:24.36	30.30			
	100m: 56.39	29.28	200m: 1:55.26	29.44	300m: 2:54.06	29.82	400m: 3:54.51	30.15			
7.	Lassek Bartłomiej			94	Trójka Łódź				3:55.00	742	
	50m: 27.10	27.10	150m: 1:26.88	30.18	250m: 2:26.71	29.68	350m: 3:26.21	29.59			
	100m: 56.70	29.60	200m: 1:57.03	30.15	300m: 2:56.62	29.91	400m: 3:55.00	28.79			
8.	Ku wik Maciej			96	I sk Wrocław				3:55.20	740	
	50m: 27.66	27.66	150m: 1:26.84	29.71	250m: 2:26.65	29.76	350m: 3:26.48	29.81			
	100m: 57.13	29.47	200m: 1:56.89	30.05	300m: 2:56.67	30.02	400m: 3:55.20	28.72			
9.	Pielowski Krzysztof			91	AZS UWM Olsztyn				3:55.34	738	
	50m: 27.52	27.52	150m: 1:26.50	29.50	250m: 2:26.17	29.82	350m: 3:25.96	29.85			
	100m: 57.00	29.48	200m: 1:56.35	29.85	300m: 2:56.11	29.94	400m: 3:55.34	29.38			
10.	Wysoczy ski Mateusz SZG			93	Jordan Kraków				3:55.44	738	
	50m: 26.86	26.86	150m: 1:27.03	30.34	250m: 2:27.39	29.82	350m: 3:26.86	29.46			
	100m: 56.69	29.83	200m: 1:57.57	30.54	300m: 2:57.40	30.01	400m: 3:55.44	28.58			
11.	Stokarski Marek			92	AZS AWF Warszawa				3:59.62	700	
	50m: 28.13	28.13	150m: 1:28.72	30.21	250m: 2:29.02	30.20	350m: 3:30.03	30.71			
	100m: 58.51	30.38	200m: 1:58.82	30.10	300m: 2:59.32	30.30	400m: 3:59.62	29.59			
12.	Poprawa Michał SO			94	AZS AWF Katowice				3:59.63	700	
	50m: 26.59	26.59	150m: 1:26.24	30.21	250m: 2:26.95	30.50	350m: 3:28.96	31.24			
	100m: 56.03	29.44	200m: 1:56.45	30.21	300m: 2:57.72	30.77	400m: 3:59.63	30.67			
13.	Kubkowski Bartłomiej			95	I sk Wrocław				3:59.92	697	
	50m: 28.33	28.33	150m: 1:29.29	30.47	250m: 2:30.65	30.58	350m: 3:31.18	29.69			
	100m: 58.82	30.49	200m: 2:00.07	30.78	300m: 3:01.49	30.84	400m: 3:59.92	28.74			
14.	Urbaniak Jan			95	Warta Poznań				3:59.99	696	
	50m: 28.21	28.21	150m: 1:29.17	30.63	250m: 2:30.71	30.77	350m: 3:32.08	30.44			
	100m: 58.54	30.33	200m: 1:59.94	30.77	300m: 3:01.64	30.93	400m: 3:59.99	27.91			
15.	Towarek Sebastian			93	I sk Wrocław				4:00.20	695	
	50m: 27.59	27.59	150m: 1:27.46	30.24	250m: 2:28.87	30.74	350m: 3:30.19	30.87			
	100m: 57.22	29.63	200m: 1:58.13	30.67	300m: 2:59.32	30.45	400m: 4:00.20	30.01			
16.	Zoniuk Maciej			94	I sk Wrocław				4:00.79	689	
	50m: 27.80	27.80	150m: 1:27.66	30.01	250m: 2:28.18	30.30	350m: 3:29.80	30.95			
	100m: 57.65	29.85	200m: 1:57.88	30.22	300m: 2:58.85	30.67	400m: 4:00.79	30.99			
17.	Kaw cki Radosław			91	Korner Zielona Góra				4:01.07	687	
	50m: 26.95	26.95	150m: 1:27.49	30.32	250m: 2:28.82	30.63	350m: 3:30.22	30.84			
	100m: 57.17	30.22	200m: 1:58.19	30.70	300m: 2:59.38	30.56	400m: 4:01.07	30.85			



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Pozycja					Rok ur.					Czas	Pkt.	
18.	Opalski Marcin				93	GIM 92 Ursynów Warszawa				4:01.70	682	
	50m:	27.92	27.92	150m:	1:28.90	30.41	250m:	2:30.36	30.55	350m:	3:32.46	30.93
	100m:	58.49	30.57	200m:	1:59.81	30.91	300m:	3:01.53	31.17	400m:	4:01.70	29.24
19.	Głyk Wojciech				92	AZS AWF Katowice				4:02.32	676	
	50m:	28.29	28.29	150m:	1:29.54	30.64	250m:	2:30.71	30.45	350m:	3:32.13	30.63
	100m:	58.90	30.61	200m:	2:00.26	30.72	300m:	3:01.50	30.79	400m:	4:02.32	30.19
20.	Czarnota Mateusz				91	Unia O wi cim				4:02.97	671	
	50m:	28.29	28.29	150m:	1:30.53	31.09	250m:	2:30.65	29.65	350m:	3:31.95	30.78
	100m:	59.44	31.15	200m:	2:01.00	30.47	300m:	3:01.17	30.52	400m:	4:02.97	31.02
21.	Jura Maciej				96	Jagiellonka Warszawa				4:03.67	665	
	50m:	28.65	28.65	150m:	1:29.51	30.33	250m:	2:31.81	31.44	350m:	3:34.72	31.60
	100m:	59.18	30.53	200m:	2:00.37	30.86	300m:	3:03.12	31.31	400m:	4:03.67	28.95
22.	Jaszewski Marcin				96	AZS AWF Warszawa				4:03.98	663	
	50m:	28.31	28.31	150m:	1:30.88	31.29	250m:	2:33.10	30.83	350m:	3:34.91	30.44
	100m:	59.59	31.28	200m:	2:02.27	31.39	300m:	3:04.47	31.37	400m:	4:03.98	29.07
23.	Łowicki Marcin				95	Nawa Skierniewice				4:04.20	661	
	50m:	28.61	28.61	150m:	1:30.89	31.10	250m:	2:32.39	30.46	350m:	3:33.59	30.34
	100m:	59.79	31.18	200m:	2:01.93	31.04	300m:	3:03.25	30.86	400m:	4:04.20	30.61
24.	Sobczyk Maciej				95	Trójka Łódź				4:04.29	660	
	50m:	27.58	27.58	150m:	1:28.97	30.98	250m:	2:31.41	31.02	350m:	3:34.04	31.21
	100m:	57.99	30.41	200m:	2:00.39	31.42	300m:	3:02.83	31.42	400m:	4:04.29	30.25
25.	Rzadkowski Daniel				94	Olimpijczyk Suwałki				4:04.66	657	
	50m:	28.14	28.14	150m:	1:29.76	30.63	250m:	2:32.94	31.77	350m:	3:35.08	30.36
	100m:	59.13	30.99	200m:	2:01.17	31.41	300m:	3:04.72	31.78	400m:	4:04.66	29.58
26.	Púchly Tomáš				98	ASK STU Trnava				4:04.92	655	
	50m:	28.10	28.10	150m:	1:29.85	30.98	250m:	2:32.56	31.20	350m:	3:35.25	31.23
	100m:	58.87	30.77	200m:	2:01.36	31.51	300m:	3:04.02	31.46	400m:	4:04.92	29.67
27.	Wieteska Mateusz				91	AZS AWF Katowice				4:05.10	654	
	50m:	26.62	26.62	150m:	1:27.10	30.58	250m:	2:30.70	31.87	350m:	3:34.50	31.73
	100m:	56.52	29.90	200m:	1:58.83	31.73	300m:	3:02.77	32.07	400m:	4:05.10	30.60
28.	Łopaci ski Kacper SO				95	Foka Sandomierz				4:05.29	652	
	50m:	27.81	27.81	150m:	1:29.81	31.05	250m:	2:32.13	31.38	350m:	3:35.68	31.71
	100m:	58.76	30.95	200m:	2:00.75	30.94	300m:	3:03.97	31.84	400m:	4:05.29	29.61
29.	Pi tkowski Mateusz				90	AZS AWF Katowice				4:05.41	651	
	50m:	27.46	27.46	150m:	1:27.25	29.96	250m:	2:29.11	31.31	350m:	3:33.26	32.47
	100m:	57.29	29.83	200m:	1:57.80	30.55	300m:	3:00.79	31.68	400m:	4:05.41	32.15
30.	Kudła Łukasz SO				95	AZS AWF Katowice				4:05.62	650	
	50m:	28.81	28.81	150m:	1:29.58	30.38	250m:	2:33.02	32.71	350m:	3:37.09	31.11
	100m:	59.20	30.39	200m:	2:00.31	30.73	300m:	3:05.98	32.96	400m:	4:05.62	28.53
31.	Bening Emil				93	Juvenia Wrocław				4:06.22	645	
	50m:	28.06	28.06	150m:	1:31.12	31.95	250m:	2:34.45	31.00	350m:	3:36.44	31.00
	100m:	59.17	31.11	200m:	2:03.45	32.33	300m:	3:05.44	30.99	400m:	4:06.22	29.78
32.	Chaba Mateusz				96	I sk Wrocław				4:07.38	636	
	50m:	28.21	28.21	150m:	1:29.84	31.19	250m:	2:33.13	31.69	350m:	3:36.46	31.58
	100m:	58.65	30.44	200m:	2:01.44	31.60	300m:	3:04.88	31.75	400m:	4:07.38	30.92
33.	Go dzik Damian				95	Warta Pozna				4:07.63	634	
	50m:	28.65	28.65	150m:	1:31.35	31.40	250m:	2:34.35	31.69	350m:	3:37.67	31.58
	100m:	59.95	31.30	200m:	2:02.66	31.31	300m:	3:06.09	31.74	400m:	4:07.63	29.96
34.	Gieracki Bartosz				95	I sk Wrocław				4:09.31	621	
	50m:	28.76	28.76	150m:	1:32.14	31.93	250m:	2:35.11	31.22	350m:	3:38.05	31.50
	100m:	1:00.21	31.45	200m:	2:03.89	31.75	300m:	3:06.55	31.44	400m:	4:09.31	31.26



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Pozycja			Rok ur.				Czas	Pkt.
35.	Księć Sebastian	SOC	96	KSZO Ostrowiec w.			4:09.52	620
	50m:	28.77 28.77	150m:	1:31.48 31.44	250m:	2:34.71 31.61	350m:	3:38.55 31.82
	100m:	1:00.04 31.27	200m:	2:03.10 31.62	300m:	3:06.73 32.02	400m:	4:09.52 30.97
36.	Horala Damian		96	Warta Pozna			4:11.22	607
	50m:	29.43 29.43	150m:	1:33.62 32.09	250m:	2:37.31 31.93	350m:	3:40.56 31.36
	100m:	1:01.53 32.10	200m:	2:05.38 31.76	300m:	3:09.20 31.89	400m:	4:11.22 30.66
37.	Dytkowski Jan		97	KSZO Ostrowiec w.			4:11.41	606
	50m:	27.99 27.99	150m:	1:30.52 31.40	250m:	2:34.26 31.90	350m:	3:39.46 32.56
	100m:	59.12 31.13	200m:	2:02.36 31.84	300m:	3:06.90 32.64	400m:	4:11.41 31.95
38.	Borkowski Łukasz		95	Trójka Łód			4:12.29	599
	50m:	28.76 28.76	150m:	1:31.88 32.04	250m:	2:36.32 32.04	350m:	3:40.77 32.11
	100m:	59.84 31.08	200m:	2:04.28 32.40	300m:	3:08.66 32.34	400m:	4:12.29 31.52
39.	Malczyk Marcin	SO	95	Unia O wi cim			4:12.48	598
	50m:	29.27 29.27	150m:	1:33.25 31.92	250m:	2:37.09 32.04	350m:	3:41.45 32.09
	100m:	1:01.33 32.06	200m:	2:05.05 31.80	300m:	3:09.36 32.27	400m:	4:12.48 31.03
40.	Burzawa Mateusz		96	CSiR MOS D browa Grn.			4:13.05	594
	50m:	29.13 29.13	150m:	1:33.20 32.11	250m:	2:37.84 32.29	350m:	3:42.42 32.08
	100m:	1:01.09 31.96	200m:	2:05.55 32.35	300m:	3:10.34 32.50	400m:	4:13.05 30.63
41.	Hydzik Piotr		95	Karol Wadowice			4:13.14	593
	50m:	29.18 29.18	150m:	1:33.42 32.32	250m:	2:38.21 32.24	350m:	3:42.69 32.13
	100m:	1:01.10 31.92	200m:	2:05.97 32.55	300m:	3:10.56 32.35	400m:	4:13.14 30.45
42.	Brzoza Jakub		93	I sk Wrocław			4:13.44	591
	50m:	28.83 28.83	150m:	1:33.27 32.45	250m:	2:38.07 32.34	350m:	3:42.74 32.29
	100m:	1:00.82 31.99	200m:	2:05.73 32.46	300m:	3:10.45 32.38	400m:	4:13.44 30.70
43.	Hoffmann Robert		95	Olimpia Pozna			4:13.54	591
	50m:	30.05 30.05	150m:	1:33.79 32.02	250m:	2:38.52 32.47	350m:	3:42.92 31.89
	100m:	1:01.77 31.72	200m:	2:06.05 32.26	300m:	3:11.03 32.51	400m:	4:13.54 30.62
44.	Szewczyk Arkadiusz		95	Fala Niepołomice			4:13.86	588
	50m:	28.94 28.94	150m:	1:33.71 32.47	250m:	2:38.14 32.47	350m:	3:42.49 32.02
	100m:	1:01.24 32.30	200m:	2:05.67 31.96	300m:	3:10.47 32.33	400m:	4:13.86 31.37
45.	Krycia Mateusz	SOC	96	KSZO Ostrowiec w.			4:13.89	588
	50m:	29.02 29.02	150m:	1:33.44 32.44	250m:	2:38.88 32.55	350m:	3:43.37 31.71
	100m:	1:01.00 31.98	200m:	2:06.33 32.89	300m:	3:11.66 32.78	400m:	4:13.89 30.52
46.	Kowalski Patryk		97	Unia Busko-Zdrój			4:14.80	582
	50m:	29.33 29.33	150m:	1:33.63 32.43	250m:	2:38.46 32.50	350m:	3:43.29 32.32
	100m:	1:01.20 31.87	200m:	2:05.96 32.33	300m:	3:10.97 32.51	400m:	4:14.80 31.51
47.	ybura Kornel		95	Bobry D bica			4:14.81	582
	50m:	28.93 28.93	150m:	1:33.48 32.45	250m:	2:37.75 31.75	350m:	3:42.55 32.46
	100m:	1:01.03 32.10	200m:	2:06.00 32.52	300m:	3:10.09 32.34	400m:	4:14.81 32.26
48.	Pie niak Jakub	SO	97	Unia O wi cim			4:15.82	575
	50m:	28.72 28.72	150m:	1:33.39 32.45	250m:	2:38.89 32.81	350m:	3:45.15 32.80
	100m:	1:00.94 32.22	200m:	2:06.08 32.69	300m:	3:12.35 33.46	400m:	4:15.82 30.67
49.	Sokołowski Ziemowit		97	Warta Pozna			4:16.07	573
	50m:	29.59 29.59	150m:	1:34.64 32.53	250m:	2:39.73 32.42	350m:	3:44.93 32.39
	100m:	1:02.11 32.52	200m:	2:07.31 32.67	300m:	3:12.54 32.81	400m:	4:16.07 31.14
50.	Bruchajzer Dominik		97	MZOS Płock			4:16.61	570
	50m:	29.24 29.24	150m:	1:34.88 32.98	250m:	2:40.63 32.75	350m:	3:45.93 32.56
	100m:	1:01.90 32.66	200m:	2:07.88 33.00	300m:	3:13.37 32.74	400m:	4:16.61 30.68
51.	Mielczarek Filip		96	Skra Bełchatów			4:17.29	565
	50m:	28.47 28.47	150m:	1:34.29 32.80	250m:	2:40.31 33.18	350m:	3:46.18 32.62
	100m:	1:01.49 33.02	200m:	2:07.13 32.84	300m:	3:13.56 33.25	400m:	4:17.29 31.11



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Pozycja	Rok ur.				Czas	Pkt.
52. Ulatowski Wojciech SO	98	Unia O wi cim		4:17.48	564	
50m: 28.85 28.85	150m: 1:33.70 32.45	250m: 2:39.53 32.76	350m: 3:45.83 32.97			
100m: 1:01.25 32.40	200m: 2:06.77 33.07	300m: 3:12.86 33.33	400m: 4:17.48 31.65			
53. Chrzanowski Damian	98	MZOS Płock		4:17.69	562	
50m: 28.93 28.93	150m: 1:34.08 33.02	250m: 2:40.48 33.20	350m: 3:46.59 32.89			
100m: 1:01.06 32.13	200m: 2:07.28 33.20	300m: 3:13.70 33.22	400m: 4:17.69 31.10			
54. Wilk Przemysław	95	Jordan Kraków		4:18.42	558	
50m: 29.56 29.56	150m: 1:34.91 33.32	250m: 2:40.11 32.55	350m: 3:46.64 33.26			
100m: 1:01.59 32.03	200m: 2:07.56 32.65	300m: 3:13.38 33.27	400m: 4:18.42 31.78			
55. Grabczak Dawid	97	Wisła Puławy		4:18.62	556	
50m: 29.05 29.05	150m: 1:33.34 32.43	250m: 2:39.74 33.39	350m: 3:46.54 33.27			
100m: 1:00.91 31.86	200m: 2:06.35 33.01	300m: 3:13.27 33.53	400m: 4:18.62 32.08			
56. Salik Jakub	96	Juvenia Wrocław		4:18.73	556	
50m: 30.59 30.59	150m: 1:35.73 32.61	250m: 2:41.51 32.64	350m: 3:46.69 32.45			
100m: 1:03.12 32.53	200m: 2:08.87 33.14	300m: 3:14.24 32.73	400m: 4:18.73 32.04			
57. Gwiazda Michał	94	Skarpa Lublin		4:19.62	550	
50m: 30.09 30.09	150m: 1:35.31 32.99	250m: 2:40.26 32.73	350m: 3:47.25 33.36			
100m: 1:02.32 32.23	200m: 2:07.53 32.22	300m: 3:13.89 33.63	400m: 4:19.62 32.37			
58. Warwas Szymon	95	AZS AWF Katowice		4:20.21	546	
50m: 27.81 27.81	150m: 1:32.29 32.97	250m: 2:39.63 33.88	350m: 3:47.33 33.82			
100m: 59.32 31.51	200m: 2:05.75 33.46	300m: 3:13.51 33.88	400m: 4:20.21 32.88			
59. Sternak Piotr	98	MZOS Płock		4:20.85	542	
50m: 29.92 29.92	150m: 1:35.65 33.34	250m: 2:42.54 33.17	350m: 3:49.53 33.34			
100m: 1:02.31 32.39	200m: 2:09.37 33.72	300m: 3:16.19 33.65	400m: 4:20.85 31.32			
60. Kami ski Szymon	92	Warta Pozna		4:20.92	542	
50m: 28.77 28.77	150m: 1:34.46 33.24	250m: 2:41.62 33.49	350m: 3:48.07 33.13			
100m: 1:01.22 32.45	200m: 2:08.13 33.67	300m: 3:14.94 33.32	400m: 4:20.92 32.85			
61. Grudziecki Remigiusz	97	MMKS K dzierzyn-Ko le		4:23.09	528	
50m: 29.04 29.04	150m: 1:35.48 33.64	250m: 2:41.74 32.86	350m: 3:49.62 34.37			
100m: 1:01.84 32.80	200m: 2:08.88 33.40	300m: 3:15.25 33.51	400m: 4:23.09 33.47			
62. Ruszkowski Kacper SO	97	Unia O wi cim		4:23.28	527	
50m: 30.60 30.60	150m: 1:37.13 33.41	250m: 2:44.58 33.82	350m: 3:51.39 32.81			
100m: 1:03.72 33.12	200m: 2:10.76 33.63	300m: 3:18.58 34.00	400m: 4:23.28 31.89			
63. Zwoli ski Marcin	97	CSiR MOS D browa Grn.		4:24.64	519	
50m: 30.28 30.28	150m: 1:36.62 33.24	250m: 2:44.11 33.79	350m: 3:52.05 33.79			
100m: 1:03.38 33.10	200m: 2:10.32 33.70	300m: 3:18.26 34.15	400m: 4:24.64 32.59			
64. Roszkowski Mikołaj	95	Warta Pozna		4:25.52	514	
50m: 29.93 29.93	150m: 1:35.69 33.48	250m: 2:42.95 33.59	350m: 3:52.74 35.19			
100m: 1:02.21 32.28	200m: 2:09.36 33.67	300m: 3:17.55 34.60	400m: 4:25.52 32.78			
65. Dulski Piotr	96	Posnania Pozna		4:25.63	513	
50m: 30.53 30.53	150m: 1:37.15 33.56	250m: 2:45.09 34.06	350m: 3:52.93 33.77			
100m: 1:03.59 33.06	200m: 2:11.03 33.88	300m: 3:19.16 34.07	400m: 4:25.63 32.70			
66. Filek Bernard	97	CSiR MOS D browa Grn.		4:26.68	507	
50m: 29.40 29.40	150m: 1:36.03 33.64	250m: 2:44.82 34.39	350m: 3:53.78 34.59			
100m: 1:02.39 32.99	200m: 2:10.43 34.40	300m: 3:19.19 34.37	400m: 4:26.68 32.90			
Januszanis Jakub	98	Olimpijczyk Suwałki		4:26.68	507	
50m: 30.36 30.36	150m: 1:38.98 34.28	250m: 2:47.47 33.84	350m: 3:54.08 33.26			
100m: 1:04.70 34.34	200m: 2:13.63 34.65	300m: 3:20.82 33.35	400m: 4:26.68 32.60			
68. Niedziałek Dominik	98	Skarpa Lublin		4:28.75	496	
50m: 31.02 31.02	150m: 1:39.40 34.45	250m: 2:47.79 33.75	350m: 3:55.89 33.51			
100m: 1:04.95 33.93	200m: 2:14.04 34.64	300m: 3:22.38 34.59	400m: 4:28.75 32.86			



Grand Prix Puchar Polski
Kraków, 27/ - 28/10/2012



Konkurencja 34, M czynn, 400m dowolny, 14 lat i starsi

Pozycja	Rok ur.				Czas	Pkt.
69. W glarz Kamil SO	97	Unia O wi cim		4:30.73	485	
50m: 30.25 30.25	150m: 1:39.06 34.74	250m: 2:48.22 34.41	350m: 3:57.12 34.29			
100m: 1:04.32 34.07	200m: 2:13.81 34.75	300m: 3:22.83 34.61	400m: 4:30.73 33.61			
70. Kalina Radosław SK	96	Bobry D bica		4:31.91	479	
50m: 30.28 30.28	150m: 1:38.44 34.45	250m: 2:47.36 34.24	350m: 3:57.42 34.82			
100m: 1:03.99 33.71	200m: 2:13.12 34.68	300m: 3:22.60 35.24	400m: 4:31.91 34.49			
71. Hojda Bartłomiej SO	98	Unia O wi cim		4:32.73	474	
50m: 29.85 29.85	150m: 1:38.23 34.35	250m: 2:47.81 34.59	350m: 3:57.73 35.08			
100m: 1:03.88 34.03	200m: 2:13.22 34.99	300m: 3:22.65 34.84	400m: 4:32.73 35.00			
72. Bartkowski Bartosz	97	MZOS Płock		4:33.88	468	
50m: 29.89 29.89	150m: 1:38.29 34.54	250m: 2:48.52 35.23	350m: 3:59.36 35.41			
100m: 1:03.75 33.86	200m: 2:13.29 35.00	300m: 3:23.95 35.43	400m: 4:33.88 34.52			
73. Zieli ski Jarosław	98	Skarpa Lublin		4:39.03	443	
50m: 32.36 32.36	150m: 1:43.37 35.73	250m: 2:53.85 35.30	350m: 4:04.90 35.46			
100m: 1:07.64 35.28	200m: 2:18.55 35.18	300m: 3:29.44 35.59	400m: 4:39.03 34.13			
74. Brauntch Marek	98	Gilus Gilowice		4:39.91	439	
50m: 30.20 30.20	150m: 1:40.49 35.81	250m: 2:52.03 35.60	350m: 4:04.36 36.49			
100m: 1:04.68 34.48	200m: 2:16.43 35.94	300m: 3:27.87 35.84	400m: 4:39.91 35.55			
75. Skorulski Jakub	97	MMKS K dzierzyn-Ko le		4:51.88	387	
50m: 31.20 31.20	150m: 1:42.27 36.08	250m: 2:57.60 38.15	350m: 4:14.58 38.82			
100m: 1:06.19 34.99	200m: 2:19.45 37.18	300m: 3:35.76 38.16	400m: 4:51.88 37.30			