



Grand Prix Puchar Polski
Kraków, 25- - 26-10-2014



Konkurencja 24
2014-10-25 - 20:50

M czyzn, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2014

Pozycja			Rok ur.					Czas	Pkt.
1.	Wojdak Wojciech SO		96	Unia O wi cim				3:44.26	847
	50m:	26.32 26.32	150m:	1:22.59 28.08	250m:	2:19.02 28.13	350m:	3:16.09 28.58	
	100m:	54.51 28.19	200m:	1:50.89 28.30	300m:	2:47.51 28.49	400m:	3:44.26 28.17	
2.	Zaborowski Filip		94	MKP Szczecin				3:47.63	810
	50m:	26.85 26.85	150m:	1:23.95 28.65	250m:	2:21.20 28.73	350m:	3:19.13 29.08	
	100m:	55.30 28.45	200m:	1:52.47 28.52	300m:	2:50.05 28.85	400m:	3:47.63 28.50	
3.	Kaczmarski Marcin		94	MKP Szczecin				3:51.86	767
	50m:	27.11 27.11	150m:	1:25.34 29.20	250m:	2:24.14 29.46	350m:	3:23.11 29.56	
	100m:	56.14 29.03	200m:	1:54.68 29.34	300m:	2:53.55 29.41	400m:	3:51.86 28.75	
4.	Dubiel Adam		93	AZS AWF Warszawa				3:53.58	750
	50m:	27.61 27.61	150m:	1:26.64 29.89	250m:	2:25.92 29.51	350m:	3:24.71 29.38	
	100m:	56.75 29.14	200m:	1:56.41 29.77	300m:	2:55.33 29.41	400m:	3:53.58 28.87	
5.	Smeja Sławomir		94	AZS AWF Katowice				3:54.49	741
	50m:	27.00 27.00	150m:	1:26.14 29.74	250m:	2:25.78 29.79	350m:	3:25.76 30.16	
	100m:	56.40 29.40	200m:	1:55.99 29.85	300m:	2:55.60 29.82	400m:	3:54.49 28.73	
6.	Głyk Wojciech		92	AZS AWF Katowice				3:54.57	740
	50m:	27.63 27.63	150m:	1:26.68 29.64	250m:	2:26.01 29.59	350m:	3:25.46 29.63	
	100m:	57.04 29.41	200m:	1:56.42 29.74	300m:	2:55.83 29.82	400m:	3:54.57 29.11	
7.	Kołodziejowski Filip		96	Korner Zielona Góra				3:54.58	740
	50m:	27.02 27.02	150m:	1:27.04 30.34	250m:	2:27.52 30.18	350m:	3:27.00 29.54	
	100m:	56.70 29.68	200m:	1:57.34 30.30	300m:	2:57.46 29.94	400m:	3:54.58 27.58	
8.	Ptaszy ski Mikołaj		95	AZS AWF Warszawa				3:55.92	728
	50m:	27.68 27.68	150m:	1:27.12 29.58	250m:	2:27.18 29.96	350m:	3:27.06 29.88	
	100m:	57.54 29.86	200m:	1:57.22 30.10	300m:	2:57.18 30.00	400m:	3:55.92 28.86	
9.	Arndt Mateusz		98	Delfin Gdynia				3:56.95	718
	50m:	27.10 27.10	150m:	1:26.79 30.25	250m:	2:27.81 30.33	350m:	3:28.41 30.31	
	100m:	56.54 29.44	200m:	1:57.48 30.69	300m:	2:58.10 30.29	400m:	3:56.95 28.54	
10.	St pie Konrad SWwa		96	Polonia Warszawa				3:57.25	716
	50m:	28.42 28.42	150m:	1:28.02 29.79	250m:	2:27.54 29.53	350m:	3:27.63 29.90	
	100m:	58.23 29.81	200m:	1:58.01 29.99	300m:	2:57.73 30.19	400m:	3:57.25 29.62	
11.	Ksi ek Sebastian SOc		96	KSZO Ostrowiec w.				3:58.50	704
	50m:	27.62 27.62	150m:	1:27.21 30.07	250m:	2:27.91 30.40	350m:	3:29.05 30.85	
	100m:	57.14 29.52	200m:	1:57.51 30.30	300m:	2:58.20 30.29	400m:	3:58.50 29.45	
12.	Kasztelan Mateusz		98	MOS Ełk				3:58.95	700
	50m:	26.63 26.63	150m:	1:26.24 29.94	250m:	2:27.14 30.49	350m:	3:28.82 30.98	
	100m:	56.30 29.67	200m:	1:56.65 30.41	300m:	2:57.84 30.70	400m:	3:58.95 30.13	
13.	Zbutowicz Karol		98	Kormoran Olsztyn				4:00.20	689
	50m:	27.53 27.53	150m:	1:28.83 30.59	250m:	2:30.11 30.69	350m:	3:30.45 30.12	
	100m:	58.24 30.71	200m:	1:59.42 30.59	300m:	3:00.33 30.22	400m:	4:00.20 29.75	
14.	Burzawa Mateusz		96	CSiR MOS D browa Grn.				4:01.69	677
	50m:	27.93 27.93	150m:	1:29.19 30.62	250m:	2:30.90 30.90	350m:	3:32.23 30.45	
	100m:	58.57 30.64	200m:	2:00.00 30.81	300m:	3:01.78 30.88	400m:	4:01.69 29.46	
15.	Sawrymowicz Mateusz		87	MKP Szczecin				4:01.91	675
	50m:	28.19 28.19	150m:	1:29.26 30.70	250m:	2:30.90 30.83	350m:	3:32.05 30.57	
	100m:	58.56 30.37	200m:	2:00.07 30.81	300m:	3:01.48 30.58	400m:	4:01.91 29.86	
16.	U ciłko Michał		95	Juvenia Białystok				4:01.99	674
	50m:	27.92 27.92	150m:	1:28.73 30.57	250m:	2:30.09 30.23	350m:	3:32.17 31.00	
	100m:	58.16 30.24	200m:	1:59.86 31.13	300m:	3:01.17 31.08	400m:	4:01.99 29.82	
17.	G sior Patryk		94	AZS AWF Warszawa				4:02.19	673
	50m:	28.27 28.27	150m:	1:29.59 30.71	250m:	2:30.80 30.47	350m:	3:32.35 30.96	
	100m:	58.88 30.61	200m:	2:00.33 30.74	300m:	3:01.39 30.59	400m:	4:02.19 29.84	



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Pozycja					Rok ur.					Czas	Pkt.	
18.	Falis Dawid			96	CSiR MOS D browa Grn.				4:03.60	661		
	50m:	27.79	27.79	150m:	1:30.63	31.57	250m:	2:33.34	31.12	350m:	3:34.63	30.09
	100m:	59.06	31.27	200m:	2:02.22	31.59	300m:	3:04.54	31.20	400m:	4:03.60	28.97
19.	Staniszewski Adam			97	Trójka Łód				4:04.09	657		
	50m:	28.44	28.44	150m:	1:30.49	31.26	250m:	2:33.42	31.53	350m:	3:34.86	30.68
	100m:	59.23	30.79	200m:	2:01.89	31.40	300m:	3:04.18	30.76	400m:	4:04.09	29.23
20.	Kara Sebastian			91	AZS AWF Warszawa				4:04.36	655		
	50m:	28.42	28.42	150m:	1:30.98	31.34	250m:	2:32.96	31.00	350m:	3:35.01	31.00
	100m:	59.64	31.22	200m:	2:01.96	30.98	300m:	3:04.01	31.05	400m:	4:04.36	29.35
	Perzankowski Kacper			96	Nawa Skierniewice				4:04.36	655		
	50m:	27.27	27.27	150m:	1:27.69	30.41	250m:	2:29.92	31.07	350m:	3:33.25	31.83
	100m:	57.28	30.01	200m:	1:58.85	31.16	300m:	3:01.42	31.50	400m:	4:04.36	31.11
22.	Łowicki Marcin			95	Nawa Skierniewice				4:04.39	655		
	50m:	28.06	28.06	150m:	1:29.45	30.51	250m:	2:31.31	30.94	350m:	3:33.73	30.94
	100m:	58.94	30.88	200m:	2:00.37	30.92	300m:	3:02.79	31.48	400m:	4:04.39	30.66
23.	Roguski Bartłomiej			93	oliborz Warszawa				4:05.50	646		
	50m:	27.44	27.44	150m:	1:27.93	30.82	250m:	2:31.08	31.65	350m:	3:34.51	31.81
	100m:	57.11	29.67	200m:	1:59.43	31.50	300m:	3:02.70	31.62	400m:	4:05.50	30.99
24.	Młynarczyk Karol			00	G-8 Bielany Warszawa				4:06.52	638		
	50m:	27.73	27.73	150m:	1:30.53	31.77	250m:	2:34.13	31.76	350m:	3:37.44	31.30
	100m:	58.76	31.03	200m:	2:02.37	31.84	300m:	3:06.14	32.01	400m:	4:06.52	29.08
25.	Dobrzy ski Tomasz			98	G-8 Bielany Warszawa				4:06.56	637		
	50m:	27.92	27.92	150m:	1:30.25	31.44	250m:	2:33.70	31.75	350m:	3:37.40	31.49
	100m:	58.81	30.89	200m:	2:01.95	31.70	300m:	3:05.91	32.21	400m:	4:06.56	29.16
26.	Brzostowski Axel			96	CSiR MOS D browa Grn.				4:06.87	635		
	50m:	28.14	28.14	150m:	1:30.55	31.30	250m:	2:33.84	31.40	350m:	3:36.37	31.26
	100m:	59.25	31.11	200m:	2:02.44	31.89	300m:	3:05.11	31.27	400m:	4:06.87	30.50
27.	Hodur Filip			97	Polonia Warszawa				4:07.65	629		
	50m:	26.94	26.94	150m:	1:27.80	30.80	250m:	2:30.41	31.42	350m:	3:35.61	32.74
	100m:	57.00	30.06	200m:	1:58.99	31.19	300m:	3:02.87	32.46	400m:	4:07.65	32.04
28.	Dytkowski Jan SOc			97	KSZO Ostrowiec w.				4:08.20	625		
	50m:	28.09	28.09	150m:	1:29.88	31.13	250m:	2:32.69	30.97	350m:	3:36.06	31.71
	100m:	58.75	30.66	200m:	2:01.72	31.84	300m:	3:04.35	31.66	400m:	4:08.20	32.14
29.	Choda Alan			98	Kormoran Olsztyn				4:09.11	618		
	50m:	27.20	27.20	150m:	1:28.58	31.19	250m:	2:32.30	31.96	350m:	3:37.22	32.46
	100m:	57.39	30.19	200m:	2:00.34	31.76	300m:	3:04.76	32.46	400m:	4:09.11	31.89
30.	Zwoli ski Marcin			97	CSiR MOS D browa Grn.				4:09.29	617		
	50m:	28.86	28.86	150m:	1:30.93	31.26	250m:	2:34.88	31.82	350m:	3:37.86	31.18
	100m:	59.67	30.81	200m:	2:03.06	32.13	300m:	3:06.68	31.80	400m:	4:09.29	31.43
31.	Lelek Mateusz			96	Polonia Warszawa				4:09.36	616		
	50m:	28.06	28.06	150m:	1:30.93	31.62	250m:	2:35.02	31.95	350m:	3:38.69	31.57
	100m:	59.31	31.25	200m:	2:03.07	32.14	300m:	3:07.12	32.10	400m:	4:09.36	30.67
32.	Graca Bernardo			93	Małopolski OZP				4:09.63	614		
	50m:	27.29	27.29	150m:	1:28.50	31.22	250m:	2:32.74	32.00	350m:	3:37.97	32.57
	100m:	57.28	29.99	200m:	2:00.74	32.24	300m:	3:05.40	32.66	400m:	4:09.63	31.66
33.	Kaczorowski Jakub			97	oliborz Warszawa				4:09.78	613		
	50m:	29.09	29.09	150m:	1:32.45	31.54	250m:	2:36.27	31.88	350m:	3:39.26	31.18
	100m:	1:00.91	31.82	200m:	2:04.39	31.94	300m:	3:08.08	31.81	400m:	4:09.78	30.52
34.	Wiak Jakub			95	Olimpijczyk 23 Lublin				4:11.29	602		
	50m:	28.27	28.27	150m:	1:31.98	32.20	250m:	2:35.63	31.75	350m:	3:40.10	32.14
	100m:	59.78	31.51	200m:	2:03.88	31.90	300m:	3:07.96	32.33	400m:	4:11.29	31.19



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Pozycja	Rok ur.								Czas	Pkt.
35. Januszanis Jakub	98	Olimpijczyk Suwałki						4:11.87	598	
50m: 28.30 28.30	150m: 1:31.96 32.10	250m: 2:36.20 32.24	350m: 3:40.69 32.18	100m: 59.86 31.56	200m: 2:03.96 32.00	300m: 3:08.51 32.31	400m: 4:11.87 31.18			
36. Arentewicz Jacek	97	Shark Rudna						4:12.52	593	
50m: 28.28 28.28	150m: 1:30.81 31.76	250m: 2:35.19 32.21	350m: 3:40.39 32.74	100m: 59.05 30.77	200m: 2:02.98 32.17	300m: 3:07.65 32.46	400m: 4:12.52 32.13			
37. Ma czak Bła ej	98	Delfin Gdynia						4:12.71	592	
50m: 28.75 28.75	150m: 1:31.35 31.50	250m: 2:35.82 32.36	350m: 3:41.12 32.61	100m: 59.85 31.10	200m: 2:03.46 32.11	300m: 3:08.51 32.69	400m: 4:12.71 31.59			
38. Rój Konrad	98	MKP Szczecin						4:12.76	592	
50m: 29.30 29.30	150m: 1:33.50 32.15	250m: 2:38.01 32.30	350m: 3:42.16 32.12	100m: 1:01.35 32.05	200m: 2:05.71 32.21	300m: 3:10.04 32.03	400m: 4:12.76 30.60			
39. Koziejko Bartłomiej	00	Kormoran Olsztyn						4:13.09	589	
50m: 28.94 28.94	150m: 1:32.90 32.18	250m: 2:37.30 32.04	350m: 3:41.94 32.28	100m: 1:00.72 31.78	200m: 2:05.26 32.36	300m: 3:09.66 32.36	400m: 4:13.09 31.15			
40. Meszka Ernest	97	Nawa Skierniewice						4:13.57	586	
50m: 27.99 27.99	150m: 1:32.53 32.80	250m: 2:37.82 32.63	350m: 3:43.00 32.14	100m: 59.73 31.74	200m: 2:05.19 32.66	300m: 3:10.86 33.04	400m: 4:13.57 30.57			
41. Górski Marcin	97	MKP Szczecin						4:14.56	579	
50m: 29.15 29.15	150m: 1:34.57 32.81	250m: 2:38.87 31.94	350m: 3:44.33 32.55	100m: 1:01.76 32.61	200m: 2:06.93 32.36	300m: 3:11.78 32.91	400m: 4:14.56 30.23			
42. Lechowicz Filip SO	97	Korona Kraków						4:15.00	576	
50m: 29.53 29.53	150m: 1:34.77 32.36	250m: 2:39.74 32.20	350m: 3:44.33 32.45	100m: 1:02.41 32.88	200m: 2:07.54 32.77	300m: 3:11.88 32.14	400m: 4:15.00 30.67			
43. Kurasz Kacper	99	Delfin Gdynia						4:15.03	576	
50m: 28.14 28.14	150m: 1:34.08 33.28	250m: 2:39.37 31.51	350m: 3:43.91 31.91	100m: 1:00.80 32.66	200m: 2:07.86 33.78	300m: 3:12.00 32.63	400m: 4:15.03 31.12			
44. Danilewski Maciej	98	Juvenia Białystok						4:15.07	576	
50m: 29.57 29.57	150m: 1:34.83 33.03	250m: 2:40.77 32.34	350m: 3:44.43 31.44	100m: 1:01.80 32.23	200m: 2:08.43 33.60	300m: 3:12.99 32.22	400m: 4:15.07 30.64			
45. Jarocho Oskar SOc	00	KSZO Ostrowiec w.						4:15.35	574	
50m: 28.80 28.80	150m: 1:33.58 32.61	250m: 2:38.80 32.56	350m: 3:43.97 32.22	100m: 1:00.97 32.17	200m: 2:06.24 32.66	300m: 3:11.75 32.95	400m: 4:15.35 31.38			
46. Sumara Benjamin	99	CSiR MOS D browa Grn.						4:15.41	573	
50m: 29.63 29.63	150m: 1:34.44 32.79	250m: 2:39.54 32.04	350m: 3:44.27 32.33	100m: 1:01.65 32.02	200m: 2:07.50 33.06	300m: 3:11.94 32.40	400m: 4:15.41 31.14			
47. Sternak Piotr	98	MZOS Płock						4:15.53	573	
50m: 27.93 27.93	150m: 1:31.42 31.91	250m: 2:37.59 33.22	350m: 3:44.41 33.33	100m: 59.51 31.58	200m: 2:04.37 32.95	300m: 3:11.08 33.49	400m: 4:15.53 31.12			
48. Bochnowski Maciej	98	Bobry D bica						4:16.20	568	
50m: 29.39 29.39	150m: 1:35.08 33.06	250m: 2:40.20 32.16	350m: 3:44.84 31.71	100m: 1:02.02 32.63	200m: 2:08.04 32.96	300m: 3:13.13 32.93	400m: 4:16.20 31.36			
49. Napieraj Jan SWwa	98	Polonia Warszawa						4:17.81	558	
50m: 29.20 29.20	150m: 1:33.24 32.38	250m: 2:39.15 33.10	350m: 3:46.30 33.48	100m: 1:00.86 31.66	200m: 2:06.05 32.81	300m: 3:12.82 33.67	400m: 4:17.81 31.51			
50. Jarmuła Miłosz SK	98	G-8 Bielany Warszawa						4:18.88	551	
50m: 29.98 29.98	150m: 1:35.23 32.80	250m: 2:40.84 32.70	350m: 3:46.74 32.97	100m: 1:02.43 32.45	200m: 2:08.14 32.91	300m: 3:13.77 32.93	400m: 4:18.88 32.14			
51. Sieczek Adrian SWwa	99	Polonia Warszawa						4:19.05	550	
50m: 28.59 28.59	150m: 1:32.95 32.79	250m: 2:38.53 32.31	350m: 3:45.65 33.62	100m: 1:00.16 31.57	200m: 2:06.22 33.27	300m: 3:12.03 33.50	400m: 4:19.05 33.40			



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52.	Pytlarczyk Szymon SWwa	00	Polonia Warszawa						4:19.33	548					
	50m: 27.98 27.98	150m: 1:33.20	32.96	250m: 2:40.27	33.86	350m: 3:47.35	33.24	100m: 1:00.24	32.26	200m: 2:06.41	33.21	300m: 3:14.11	33.84	400m: 4:19.33	31.98
53.	Michta Kacper SOc	00	KSZO Ostrowiec w.						4:20.45	541					
	50m: 29.19 29.19	150m: 1:34.53	32.95	250m: 2:41.52	33.48	350m: 3:47.84	32.70	100m: 1:01.58	32.39	200m: 2:08.04	33.51	300m: 3:15.14	33.62	400m: 4:20.45	32.61
54.	Szota Grzegorz	99	CSiR MOS D browa Grn.						4:20.82	538					
	50m: 28.66 28.66	150m: 1:33.55	32.93	250m: 2:40.50	33.49	350m: 3:48.44	34.06	100m: 1:00.62	31.96	200m: 2:07.01	33.46	300m: 3:14.38	33.88	400m: 4:20.82	32.38
55.	Zaborowski Paweł	98	Jedynka Łód						4:21.27	536					
	50m: 29.07 29.07	150m: 1:35.42	33.76	250m: 2:42.32	33.28	350m: 3:49.45	33.65	100m: 1:01.66	32.59	200m: 2:09.04	33.62	300m: 3:15.80	33.48	400m: 4:21.27	31.82
56.	Barczyk Norbert	00	SMS Galicja Kraków						4:21.62	533					
	50m: 29.19 29.19	150m: 1:34.99	33.52	250m: 2:43.02	33.76	350m: 3:50.34	33.42	100m: 1:01.47	32.28	200m: 2:09.26	34.27	300m: 3:16.92	33.90	400m: 4:21.62	31.28
57.	Rogozi ski Mateusz	99	KSZO Ostrowiec w.						4:21.91	532					
	50m: 29.51 29.51	150m: 1:36.24	33.23	250m: 2:43.10	33.35	350m: 3:50.55	33.65	100m: 1:03.01	33.50	200m: 2:09.75	33.51	300m: 3:16.90	33.80	400m: 4:21.91	31.36
58.	Chromik Szymon	99	CSiR MOS D browa Grn.						4:22.94	525					
	50m: 29.52 29.52	150m: 1:35.97	33.80	250m: 2:43.91	33.94	350m: 3:51.34	33.37	100m: 1:02.17	32.65	200m: 2:09.97	34.00	300m: 3:17.97	34.06	400m: 4:22.94	31.60
59.	Bru dziak Maciej	98	Dwójka Morena Gda sk						4:24.21	518					
	50m: 28.64 28.64	150m: 1:34.46	33.67	250m: 2:42.51	33.96	350m: 3:50.52	33.59	100m: 1:00.79	32.15	200m: 2:08.55	34.09	300m: 3:16.93	34.42	400m: 4:24.21	33.69
60.	D bski Szymon	99	Nawa Skierniewice						4:24.79	515					
	50m: 29.55 29.55	150m: 1:36.37	33.66	250m: 2:44.19	33.79	350m: 3:52.54	34.14	100m: 1:02.71	33.16	200m: 2:10.40	34.03	300m: 3:18.40	34.21	400m: 4:24.79	32.25
61.	Stawaruk Michał	99	Jedynka Łód						4:25.90	508					
	50m: 30.41 30.41	150m: 1:37.54	33.94	250m: 2:44.92	33.63	350m: 3:53.46	34.45	100m: 1:03.60	33.19	200m: 2:11.29	33.75	300m: 3:19.01	34.09	400m: 4:25.90	32.44
62.	Walaszek J drzej	98	Skalar Słupsk						4:26.18	507					
	50m: 29.47 29.47	150m: 1:37.34	34.30	250m: 2:46.24	35.12	350m: 3:55.92	35.35	100m: 1:03.04	33.57	200m: 2:11.12	33.78	300m: 3:20.57	34.33	400m: 4:26.18	30.26
63.	Trz siec Daniel	00	CSiR MOS D browa Grn.						4:26.33	506					
	50m: 29.16 29.16	150m: 1:36.47	34.17	250m: 2:45.21	34.29	350m: 3:53.96	34.03	100m: 1:02.30	33.14	200m: 2:10.92	34.45	300m: 3:19.93	34.72	400m: 4:26.33	32.37
64.	Pi tkowski Marcin SWwa	96	Polonia Warszawa						4:26.88	503					
	50m: 29.04 29.04	150m: 1:36.64	33.68	250m: 2:44.86	34.45	350m: 3:52.35	33.19	100m: 1:02.96	33.92	200m: 2:10.41	33.77	300m: 3:19.16	34.30	400m: 4:26.88	34.53
65.	liwka Jakub	99	G-8 Bielany Warszawa						4:28.32	494					
	50m: 28.90 28.90	150m: 1:33.43	32.98	250m: 2:42.20	34.88	350m: 3:53.79	35.90	100m: 1:00.45	31.55	200m: 2:07.32	33.89	300m: 3:17.89	35.69	400m: 4:28.32	34.53
66.	Orłowski Kamil SOc	00	KSZO Ostrowiec w.						4:30.17	484					
	50m: 30.61 30.61	150m: 1:37.97	33.89	250m: 2:46.52	34.98	350m: 3:56.52	35.04	100m: 1:04.08	33.47	200m: 2:11.54	33.57	300m: 3:21.48	34.96	400m: 4:30.17	33.65
67.	Chwastek Dominik	00	CSiR MOS D browa Grn.						4:30.75	481					
	50m: 30.33 30.33	150m: 1:38.21	34.07	250m: 2:47.42	34.72	350m: 3:57.02	34.58	100m: 1:04.14	33.81	200m: 2:12.70	34.49	300m: 3:22.44	35.02	400m: 4:30.75	33.73
68.	Maci g Piotr	99	Wiśła Kraków						4:31.00	480					
	50m: 29.69 29.69	150m: 1:37.78	34.26	250m: 2:48.27	35.58	350m: 3:57.95	34.10	100m: 1:03.52	33.83	200m: 2:12.69	34.91	300m: 3:23.85	35.58	400m: 4:31.00	33.05



Grand Prix Puchar Polski
Kraków, 25- - 26-10-2014



Konkurencja 24, M czynn, 400m dowolny, 14 lat i starsi

Pozycja					Rok ur.					Czas	Pkt.
69.	Wo niak Kamil				00	Sokół Kolbuszowa Dln.				4:32.60	472
	50m: 29.90	29.90	150m: 1:37.24	33.89	250m: 2:46.95	35.37	350m: 3:58.85	35.73			
	100m: 1:03.35	33.45	200m: 2:11.58	34.34	300m: 3:23.12	36.17	400m: 4:32.60	33.75			
70.	Popielas Dawid				98	Astromal Akwawit Leszno				4:32.70	471
	50m: 30.22	30.22	150m: 1:37.36	34.18	250m: 2:47.02	34.96	350m: 3:58.30	35.65			
	100m: 1:03.18	32.96	200m: 2:12.06	34.70	300m: 3:22.65	35.63	400m: 4:32.70	34.40			
71.	Chyba Łukasz				00	Wisła Kraków				4:33.28	468
	50m: 30.50	30.50	150m: 1:39.00	34.57	250m: 2:48.71	35.00	350m: 3:59.73	35.63			
	100m: 1:04.43	33.93	200m: 2:13.71	34.71	300m: 3:24.10	35.39	400m: 4:33.28	33.55			
72.	Dudek Julian				99	Nawa Skierniewice				4:34.35	463
	50m: 29.87	29.87	150m: 1:36.97	34.30	250m: 2:47.17	35.21	350m: 3:59.18	36.30			
	100m: 1:02.67	32.80	200m: 2:11.96	34.99	300m: 3:22.88	35.71	400m: 4:34.35	35.17			
73.	Staniszewski Jakub				00	CSiR MOS D browa Grn.				4:34.71	461
	50m: 31.77	31.77	150m: 1:41.66	35.10	250m: 2:51.82	34.95	350m: 4:01.01	34.19			
	100m: 1:06.56	34.79	200m: 2:16.87	35.21	300m: 3:26.82	35.00	400m: 4:34.71	33.70			
74.	Bartkowski Jakub SOc				00	KSZO Ostrowiec w.				4:35.51	457
	50m: 30.62	30.62	150m: 1:40.48	35.81	250m: 2:52.67	36.40	350m: 4:02.17	34.84			
	100m: 1:04.67	34.05	200m: 2:16.27	35.79	300m: 3:27.33	34.66	400m: 4:35.51	33.34			
75.	Dejne enko Daniel				00	Polonia Warszawa				4:38.55	442
	50m: 29.61	29.61	150m: 1:38.07	34.60	250m: 2:49.63	36.23	350m: 4:02.97	36.67			
	100m: 1:03.47	33.86	200m: 2:13.40	35.33	300m: 3:26.30	36.67	400m: 4:38.55	35.58			
76.	S dłak Wiktor				99	Orka Zamo				4:39.82	436
	50m: 31.26	31.26	150m: 1:40.76	35.10	250m: 2:52.52	36.00	350m: 4:04.63	35.98			
	100m: 1:05.66	34.40	200m: 2:16.52	35.76	300m: 3:28.65	36.13	400m: 4:39.82	35.19			
77.	Kłaput Bartosz				00	SMS Galicja Kraków				4:39.86	436
	50m: 30.89	30.89	150m: 1:43.09	36.52	250m: 2:54.23	35.33	350m: 4:06.07	35.43			
	100m: 1:06.57	35.68	200m: 2:18.90	35.81	300m: 3:30.64	36.41	400m: 4:39.86	33.79			
78.	Bator Kacper				00	Wisła Kraków				4:40.37	433
	50m: 31.96	31.96	150m: 1:43.06	36.13	250m: 2:55.05	35.90	350m: 4:06.99	35.93			
	100m: 1:06.93	34.97	200m: 2:19.15	36.09	300m: 3:31.06	36.01	400m: 4:40.37	33.38			
79.	Brodowski Bartosz				00	Nawa Skierniewice				4:40.44	433
	50m: 30.97	30.97	150m: 1:42.32	36.12	250m: 2:54.81	36.51	350m: 4:06.76	36.01			
	100m: 1:06.20	35.23	200m: 2:18.30	35.98	300m: 3:30.75	35.94	400m: 4:40.44	33.68			
80.	Walessa Kamil				00	UKP Ruda I ska				5:03.36	342
	50m: 31.80	31.80	150m: 1:47.00	38.61	250m: 3:06.38	40.14	350m: 4:25.10	39.21			
	100m: 1:08.39	36.59	200m: 2:26.24	39.24	300m: 3:45.89	39.51	400m: 5:03.36	38.26			