



Grand Prix Polski
Kraków, 22 - 23/10/2016



Event 12
22/10/2016 - 11:02

Men, 400m Freestyle

14 years and older
Results

Points: FINA 2016

Rank					YB					Time	Pts	
1.	Wojdak Wojciech				96	Unia Oswiecim				3:46.09	827	
	50m:	26.31	26.31	150m:	1:23.06	28.43	250m:	2:19.60	28.18	350m:	3:17.31	28.98
	100m:	54.63	28.32	200m:	1:51.42	28.36	300m:	2:48.33	28.73	400m:	3:46.09	28.78
2.	Majchrzak Kacper				92	Warta Poznan				3:46.83	819	
	50m:	26.14	26.14	150m:	1:24.14	28.60	250m:	2:22.16	28.99	350m:	3:18.99	28.25
	100m:	55.54	29.40	200m:	1:53.17	29.03	300m:	2:50.74	28.58	400m:	3:46.83	27.84
3.	Zaborowski Filip				94	MKP Szczecin				3:49.45	791	
	50m:	26.67	26.67	150m:	1:23.74	28.57	250m:	2:21.53	28.96	350m:	3:20.34	29.36
	100m:	55.17	28.50	200m:	1:52.57	28.83	300m:	2:50.98	29.45	400m:	3:49.45	29.11
4.	Kubkowski Bartlomiej				95	Kormoran Olsztyn				3:54.73	739	
	50m:	27.93	27.93	150m:	1:26.96	29.65	250m:	2:26.63	29.76	350m:	3:26.42	29.73
	100m:	57.31	29.38	200m:	1:56.87	29.91	300m:	2:56.69	30.06	400m:	3:54.73	28.31
5.	Krawczyk Pawel				99	BUKS Warszawa				3:55.51	732	
	50m:	26.88	26.88	150m:	1:25.30	29.59	250m:	2:25.35	30.20	350m:	3:26.30	30.43
	100m:	55.71	28.83	200m:	1:55.15	29.85	300m:	2:55.87	30.52	400m:	3:55.51	29.21
6.	Kaluzynski Antoni				99	Warszawianka Wodny Park W-wa				3:55.84	728	
	50m:	27.00	27.00	150m:	1:25.68	29.63	250m:	2:25.50	29.53	350m:	3:27.26	30.66
	100m:	56.05	29.05	200m:	1:55.97	30.29	300m:	2:56.60	31.10	400m:	3:55.84	28.58
7.	Arndt Mateusz				98	Delfin Gdynia				3:56.94	718	
	50m:	27.60	27.60	150m:	1:27.53	30.15	250m:	2:27.66	29.87	350m:	3:27.99	30.07
	100m:	57.38	29.78	200m:	1:57.79	30.26	300m:	2:57.92	30.26	400m:	3:56.94	28.95
	Kasztelan Mateusz SOL				98	Kormoran Olsztyn				3:56.94	718	
	50m:	27.28	27.28	150m:	1:27.00	29.98	250m:	2:27.54	29.97	350m:	3:28.18	30.09
	100m:	57.02	29.74	200m:	1:57.57	30.57	300m:	2:58.09	30.55	400m:	3:56.94	28.76
9.	Piszczorowicz Bartosz				99	G-8 Bielany Warszawa				3:57.49	713	
	50m:	27.06	27.06	150m:	1:25.95	29.74	250m:	2:26.86	30.23	350m:	3:27.92	30.36
	100m:	56.21	29.15	200m:	1:56.63	30.68	300m:	2:57.56	30.70	400m:	3:57.49	29.57
10.	Koziejko Bartlomiej SOL				00	Kormoran Olsztyn				3:58.93	701	
	50m:	27.82	27.82	150m:	1:28.51	30.47	250m:	2:29.15	30.26	350m:	3:29.85	29.97
	100m:	58.04	30.22	200m:	1:58.89	30.38	300m:	2:59.88	30.73	400m:	3:58.93	29.08
11.	Kielczewski Amadeusz SSz				00	MKP Szczecin				3:59.10	699	
	50m:	26.22	26.22	150m:	1:25.79	29.75	250m:	2:27.65	31.12	350m:	3:28.95	30.42
	100m:	56.04	29.82	200m:	1:56.53	30.74	300m:	2:58.53	30.88	400m:	3:59.10	30.15
12.	Bruzdziak Maciej SOL				98	Kormoran Olsztyn				4:01.13	682	
	50m:	27.97	27.97	150m:	1:28.24	30.25	250m:	2:29.47	30.61	350m:	3:30.96	30.80
	100m:	57.99	30.02	200m:	1:58.86	30.62	300m:	3:00.16	30.69	400m:	4:01.13	30.17
13.	Smeja Slawomir				94	AZS AWF Katowice				4:01.31	680	
	50m:	27.38	27.38	150m:	1:28.26	30.84	250m:	2:30.30	31.04	350m:	3:32.09	30.64
	100m:	57.42	30.04	200m:	1:59.26	31.00	300m:	3:01.45	31.15	400m:	4:01.31	29.22
14.	Piotrowski Kacper				01	Slask Wroclaw				4:01.37	679	
	50m:	26.80	26.80	150m:	1:27.07	30.37	250m:	2:29.06	30.86	350m:	3:31.37	31.02
	100m:	56.70	29.90	200m:	1:58.20	31.13	300m:	3:00.35	31.29	400m:	4:01.37	30.00
15.	Jarosz Dawid SWwa				99	Wodnik Konskie				4:02.54	670	
	50m:	28.10	28.10	150m:	1:29.39	30.76	250m:	2:31.52	30.68	350m:	3:32.76	30.51
	100m:	58.63	30.53	200m:	2:00.84	31.45	300m:	3:02.25	30.73	400m:	4:02.54	29.78
16.	Kalkowski Dawid SOL				00	Kormoran Olsztyn				4:02.74	668	
	50m:	28.06	28.06	150m:	1:28.81	30.56	250m:	2:30.93	31.07	350m:	3:33.98	31.67
	100m:	58.25	30.19	200m:	1:59.86	31.05	300m:	3:02.31	31.38	400m:	4:02.74	28.76
17.	Poprawa Michal				94	AZS AWF Katowice				4:02.85	667	
	50m:	27.25	27.25	150m:	1:28.06	30.68	250m:	2:30.31	31.10	350m:	3:31.83	30.59
	100m:	57.38	30.13	200m:	1:59.21	31.15	300m:	3:01.24	30.93	400m:	4:02.85	31.02



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Rank			YB						Time	Pts
18.	Młynarczyk Karol		00	G-8 Bielany Warszawa					4:03.26	664
	50m: 27.38	27.38	150m: 1:27.61	30.25	250m: 2:28.82	30.51	350m: 3:31.28	31.32		
	100m: 57.36	29.98	200m: 1:58.31	30.70	300m: 2:59.96	31.14	400m: 4:03.26	31.98		
19.	Glyk Wojciech		92	AZS AWF Katowice					4:03.28	664
	50m: 27.48	27.48	150m: 1:27.47	30.12	250m: 2:28.58	30.56	350m: 3:31.64	31.78		
	100m: 57.35	29.87	200m: 1:58.02	30.55	300m: 2:59.86	31.28	400m: 4:03.28	31.64		
20.	Kaczorowski Jakub		97	G-8 Bielany Warszawa					4:03.43	662
	50m: 27.85	27.85	150m: 1:28.25	30.43	250m: 2:29.58	30.65	350m: 3:32.80	31.63		
	100m: 57.82	29.97	200m: 1:58.93	30.68	300m: 3:01.17	31.59	400m: 4:03.43	30.63		
21.	Moscicki Jakub SOL		01	Kormoran Olsztyn					4:03.65	661
	50m: 27.57	27.57	150m: 1:27.59	30.14	250m: 2:29.80	31.33	350m: 3:32.64	31.48		
	100m: 57.45	29.88	200m: 1:58.47	30.88	300m: 3:01.16	31.36	400m: 4:03.65	31.01		
22.	Butkiewicz Cezary		00	G-8 Bielany Warszawa					4:04.01	658
	50m: 27.55	27.55	150m: 1:29.57	31.33	250m: 2:31.73	30.91	350m: 3:34.48	31.16		
	100m: 58.24	30.69	200m: 2:00.82	31.25	300m: 3:03.32	31.59	400m: 4:04.01	29.53		
23.	Malyska Bartosz SL		99	Skarpa Lublin					4:04.44	654
	50m: 27.97	27.97	150m: 1:29.59	30.79	250m: 2:30.75	30.57	350m: 3:33.34	31.28		
	100m: 58.80	30.83	200m: 2:00.18	30.59	300m: 3:02.06	31.31	400m: 4:04.44	31.10		
24.	Lechowicz Filip		97	AZS AGH Krakow					4:04.65	652
	50m: 27.52	27.52	150m: 1:29.27	31.11	250m: 2:31.75	31.39	350m: 3:34.51	31.45		
	100m: 58.16	30.64	200m: 2:00.36	31.09	300m: 3:03.06	31.31	400m: 4:04.65	30.14		
25.	Hojda Bartłomiej SO		98	Unia Oswiecim					4:04.87	651
	50m: 27.97	27.97	150m: 1:29.62	31.19	250m: 2:32.21	31.33	350m: 3:35.22	31.50		
	100m: 58.43	30.46	200m: 2:00.88	31.26	300m: 3:03.72	31.51	400m: 4:04.87	29.65		
26.	Brzostowski Axel		96	AZS AWF Katowice					4:05.29	647
	50m: 27.91	27.91	150m: 1:29.59	30.97	250m: 2:32.02	31.01	350m: 3:34.80	31.48		
	100m: 58.62	30.71	200m: 2:01.01	31.42	300m: 3:03.32	31.30	400m: 4:05.29	30.49		
27.	Popis Emil SSz		98	MKP Szczecin					4:05.56	645
	50m: 28.40	28.40	150m: 1:30.36	31.16	250m: 2:33.17	31.33	350m: 3:35.84	31.07		
	100m: 59.20	30.80	200m: 2:01.84	31.48	300m: 3:04.77	31.60	400m: 4:05.56	29.72		
28.	Rybak Konrad SOL		98	Pirania Targówek Warszawa					4:05.72	644
	50m: 28.28	28.28	150m: 1:30.57	31.11	250m: 2:33.64	31.59	350m: 3:35.75	30.90		
	100m: 59.46	31.18	200m: 2:02.05	31.48	300m: 3:04.85	31.21	400m: 4:05.72	29.97		
29.	Stoszek Szymon		99	Aligator Gorzyce					4:05.77	644
	50m: 28.20	28.20	150m: 1:30.12	31.11	250m: 2:33.19	31.58	350m: 3:36.55	31.74		
	100m: 59.01	30.81	200m: 2:01.61	31.49	300m: 3:04.81	31.62	400m: 4:05.77	29.22		
30.	Komosa Maciej SWwa		99	Polonia Warszawa					4:05.81	643
	50m: 27.91	27.91	150m: 1:30.45	31.73	250m: 2:33.30	31.31	350m: 3:36.65	31.66		
	100m: 58.72	30.81	200m: 2:01.99	31.54	300m: 3:04.99	31.69	400m: 4:05.81	29.16		
31.	Zwolinski Marcin		97	AZS AWF Katowice					4:06.21	640
	50m: 28.55	28.55	150m: 1:30.62	31.12	250m: 2:33.80	31.51	350m: 3:36.13	30.42		
	100m: 59.50	30.95	200m: 2:02.29	31.67	300m: 3:05.71	31.91	400m: 4:06.21	30.08		
32.	Mikolajczyk Michal		99	Włokniarz 1925 Kalisz					4:06.98	634
	50m: 27.35	27.35	150m: 1:29.34	31.51	250m: 2:32.63	31.61	350m: 3:36.23	31.65		
	100m: 57.83	30.48	200m: 2:01.02	31.68	300m: 3:04.58	31.95	400m: 4:06.98	30.75		
33.	Stec Kacper		99	Kmita Zabierzow					4:08.04	626
	50m: 28.21	28.21	150m: 1:31.09	31.50	250m: 2:34.29	31.49	350m: 3:37.82	31.65		
	100m: 59.59	31.38	200m: 2:02.80	31.71	300m: 3:06.17	31.88	400m: 4:08.04	30.22		
34.	Sobczyk Maciej		95	AZS AGH Krakow					4:09.17	618
	50m: 28.51	28.51	150m: 1:31.31	31.76	250m: 2:35.09	31.80	350m: 3:38.50	31.47		
	100m: 59.55	31.04	200m: 2:03.29	31.98	300m: 3:07.03	31.94	400m: 4:09.17	30.67		



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Rank			YB						Time	Pts		
35.	Pawelek Pawel		99	Polonia Warszawa					4:09.20	617		
	50m:	28.34	28.34	150m:	1:30.94	31.40	250m:	2:33.65	31.45	350m:	3:37.25	32.05
	100m:	59.54	31.20	200m:	2:02.20	31.26	300m:	3:05.20	31.55	400m:	4:09.20	31.95
36.	Pajak Bartosz		01	BUKS Warszawa					4:09.38	616		
	50m:	27.28	27.28	150m:	1:29.47	31.51	250m:	2:33.02	31.61	350m:	3:37.56	32.30
	100m:	57.96	30.68	200m:	2:01.41	31.94	300m:	3:05.26	32.24	400m:	4:09.38	31.82
37.	Borkowski Kacper		00	CSiR MOS Dabrowa Grn.					4:10.10	611		
	50m:	29.67	29.67	150m:	1:34.28	32.61	250m:	2:39.06	32.23	350m:	3:41.89	30.55
	100m:	1:01.67	32.00	200m:	2:06.83	32.55	300m:	3:11.34	32.28	400m:	4:10.10	28.21
38.	Kepa Kacper		99	Polonia Warszawa					4:10.18	610		
	50m:	29.06	29.06	150m:	1:31.09	31.35	250m:	2:34.57	31.65	350m:	3:39.31	32.44
	100m:	59.74	30.68	200m:	2:02.92	31.83	300m:	3:06.87	32.30	400m:	4:10.18	30.87
39.	Debski Dominik SSz		98	MKP Szczecin					4:10.24	610		
	50m:	28.19	28.19	150m:	1:29.50	31.21	250m:	2:33.55	32.18	350m:	3:38.31	32.40
	100m:	58.29	30.10	200m:	2:01.37	31.87	300m:	3:05.91	32.36	400m:	4:10.24	31.93
40.	Oller Krzysztof SOL		00	Kormoran Olsztyn					4:10.25	610		
	50m:	28.89	28.89	150m:	1:31.94	31.56	250m:	2:35.64	31.76	350m:	3:39.76	32.26
	100m:	1:00.38	31.49	200m:	2:03.88	31.94	300m:	3:07.50	31.86	400m:	4:10.25	30.49
41.	Hano Grzegorz SWR		00	Slask Wroclaw					4:11.16	603		
	50m:	28.70	28.70	150m:	1:31.44	31.53	250m:	2:35.47	32.14	350m:	3:39.68	31.93
	100m:	59.91	31.21	200m:	2:03.33	31.89	300m:	3:07.75	32.28	400m:	4:11.16	31.48
42.	Czerniak Konrad SL		98	Skarpa Lublin					4:11.26	602		
	50m:	28.86	28.86	150m:	1:32.62	32.22	250m:	2:36.14	31.76	350m:	3:40.24	32.36
	100m:	1:00.40	31.54	200m:	2:04.38	31.76	300m:	3:07.88	31.74	400m:	4:11.26	31.02
43.	Taradys Jakub ZG		00	TP Zielona Gora					4:11.30	602		
	50m:	28.12	28.12	150m:	1:31.05	31.73	250m:	2:35.88	32.23	350m:	3:40.34	32.18
	100m:	59.32	31.20	200m:	2:03.65	32.60	300m:	3:08.16	32.28	400m:	4:11.30	30.96
44.	Durajczyk Michal		97	AZS AWF Warszawa					4:12.34	595		
	50m:	27.89	27.89	150m:	1:30.00	31.48	250m:	2:34.12	32.33	350m:	3:40.08	32.99
	100m:	58.52	30.63	200m:	2:01.79	31.79	300m:	3:07.09	32.97	400m:	4:12.34	32.26
45.	Bugala Krzysztof SSz		01	MKP Szczecin					4:12.50	593		
	50m:	28.89	28.89	150m:	1:32.49	31.87	250m:	2:36.73	32.13	350m:	3:41.56	32.57
	100m:	1:00.62	31.73	200m:	2:04.60	32.11	300m:	3:08.99	32.26	400m:	4:12.50	30.94
46.	Pytlarczyk Szymon		00	Warszawianka Wodny Park W-wa					4:12.97	590		
	50m:	28.03	28.03	150m:	1:31.06	31.58	250m:	2:35.64	32.25	350m:	3:41.90	33.43
	100m:	59.48	31.45	200m:	2:03.39	32.33	300m:	3:08.47	32.83	400m:	4:12.97	31.07
47.	Smul Blazej Sms Aleksandrow L.		99	Olimpijczyk - SMS Aleksandrow					4:13.25	588		
	50m:	28.87	28.87	150m:	1:32.51	32.07	250m:	2:37.71	32.38	350m:	3:44.06	33.44
	100m:	1:00.44	31.57	200m:	2:05.33	32.82	300m:	3:10.62	32.91	400m:	4:13.25	29.19
48.	Sodel Dominik		97	AZS AWF Katowice					4:13.36	587		
	50m:	28.42	28.42	150m:	1:32.66	32.31	250m:	2:38.12	32.82	350m:	3:43.56	31.74
	100m:	1:00.35	31.93	200m:	2:05.30	32.64	300m:	3:11.82	33.70	400m:	4:13.36	29.80
49.	Butkiewicz Wladyslaw SO		00	Juvenia Bialystok					4:13.61	586		
	50m:	28.45	28.45	150m:	1:30.80	31.57	250m:	2:35.71	32.48	350m:	3:41.37	33.00
	100m:	59.23	30.78	200m:	2:03.23	32.43	300m:	3:08.37	32.66	400m:	4:13.61	32.24
50.	Stanek Adam SO		99	Unia Oswiecim					4:13.73	585		
	50m:	28.53	28.53	150m:	1:31.71	31.70	250m:	2:36.05	32.42	350m:	3:41.51	32.76
	100m:	1:00.01	31.48	200m:	2:03.63	31.92	300m:	3:08.75	32.70	400m:	4:13.73	32.22
51.	Wawrzynczak Alan SL		99	Skarpa Lublin					4:13.79	584		
	50m:	29.35	29.35	150m:	1:33.01	32.35	250m:	2:37.68	32.28	350m:	3:42.42	32.21
	100m:	1:00.66	31.31	200m:	2:05.40	32.39	300m:	3:10.21	32.53	400m:	4:13.79	31.37



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52.	Błaszczyk Kacper Sms Aleksandrow L.00				Olimpijczyk - SMS Aleksandrow				4:14.17	582		
	50m:	29.07	29.07	150m:	1:34.04	32.56	250m:	2:38.66	32.17	350m:	3:42.93	32.03
	100m:	1:01.48	32.41	200m:	2:06.49	32.45	300m:	3:10.90	32.24	400m:	4:14.17	31.24
53.	Walczysko Jakub 00				CSiR MOS Dabrowa Grn.				4:14.50	580		
	50m:	28.16	28.16	150m:	1:32.07	32.29	250m:	2:37.80	33.30	350m:	3:43.48	32.67
	100m:	59.78	31.62	200m:	2:04.50	32.43	300m:	3:10.81	33.01	400m:	4:14.50	31.02
54.	Wiatr Krzysztof 00				IKS Konstancin				4:14.51	580		
	50m:	28.78	28.78	150m:	1:32.53	32.34	250m:	2:37.68	32.72	350m:	3:43.82	33.29
	100m:	1:00.19	31.41	200m:	2:04.96	32.43	300m:	3:10.53	32.85	400m:	4:14.51	30.69
55.	Zagrzejewski Tomasz 01				GIM 92 Ursynow W-wa				4:14.53	579		
	50m:	28.93	28.93	150m:	1:33.58	32.46	250m:	2:39.83	33.10	350m:	3:44.70	31.81
	100m:	1:01.12	32.19	200m:	2:06.73	33.15	300m:	3:12.89	33.06	400m:	4:14.53	29.83
56.	Krzykała Emil 01				Avia Swidnik				4:14.72	578		
	50m:	28.13	28.13	150m:	1:30.96	31.77	250m:	2:35.97	32.79	350m:	3:42.48	33.24
	100m:	59.19	31.06	200m:	2:03.18	32.22	300m:	3:09.24	33.27	400m:	4:14.72	32.24
57.	Dutkowiak Wojciech SWR 00				Slask Wroclaw				4:15.67	572		
	50m:	29.54	29.54	150m:	1:33.36	32.38	250m:	2:38.48	32.86	350m:	3:43.54	32.80
	100m:	1:00.98	31.44	200m:	2:05.62	32.26	300m:	3:10.74	32.26	400m:	4:15.67	32.13
58.	Zubik Stanislaw SWwa 01				Polonia Warszawa				4:15.77	571		
	50m:	28.20	28.20	150m:	1:32.65	32.52	250m:	2:38.40	32.79	350m:	3:45.05	33.55
	100m:	1:00.13	31.93	200m:	2:05.61	32.96	300m:	3:11.50	33.10	400m:	4:15.77	30.72
59.	Bruzdewicz Hubert SOL 02				Kormoran Olsztyn				4:16.19	568		
	50m:			150m:	1:34.16		250m:	2:39.15	32.63	350m:	3:44.15	32.15
	100m:			200m:	2:06.52	32.36	300m:	3:12.00	32.85	400m:	4:16.19	32.04
60.	Dominiak Kacper SWR 00				Slask Wroclaw				4:17.02	563		
	50m:	29.59	29.59	150m:	1:33.72	32.28	250m:	2:38.92	32.63	350m:	3:45.02	32.99
	100m:	1:01.44	31.85	200m:	2:06.29	32.57	300m:	3:12.03	33.11	400m:	4:17.02	32.00
61.	Prus Mateusz 00				Astromal Akwawit Leszno				4:17.51	559		
	50m:	29.12	29.12	150m:	1:34.39	33.00	250m:	2:39.95	32.36	350m:	3:45.65	32.75
	100m:	1:01.39	32.27	200m:	2:07.59	33.20	300m:	3:12.90	32.95	400m:	4:17.51	31.86
62.	Koziel Mikolaj SO 02				Unia Oswiecim				4:17.72	558		
	50m:	29.80	29.80	150m:	1:34.96	33.29	250m:	2:40.76	33.01	350m:	3:46.68	32.86
	100m:	1:01.67	31.87	200m:	2:07.75	32.79	300m:	3:13.82	33.06	400m:	4:17.72	31.04
63.	Las Wiktor 00				Slask Wroclaw				4:18.09	556		
	50m:	29.19	29.19	150m:	1:34.44	32.55	250m:	2:40.44	32.62	350m:	3:46.90	33.58
	100m:	1:01.89	32.70	200m:	2:07.82	33.38	300m:	3:13.32	32.88	400m:	4:18.09	31.19
64.	Mayerberg Kacper SO 00				Unia Oswiecim				4:18.17	555		
	50m:	29.36	29.36	150m:	1:34.75	32.91	250m:	2:40.82	33.18	350m:	3:46.96	32.97
	100m:	1:01.84	32.48	200m:	2:07.64	32.89	300m:	3:13.99	33.17	400m:	4:18.17	31.21
65.	Klaput Bartosz 00				UKS SMS Galicja Krakow				4:18.62	552		
	50m:	28.44	28.44	150m:	1:33.71	33.64	250m:	2:40.68	33.28	350m:	3:47.06	33.20
	100m:	1:00.07	31.63	200m:	2:07.40	33.69	300m:	3:13.86	33.18	400m:	4:18.62	31.56
66.	Chalat Stanislaw SL 99				Skarpa Lublin				4:18.86	551		
	50m:	30.15	30.15	150m:	1:36.41	32.87	250m:	2:42.43	33.03	350m:	3:48.24	32.77
	100m:	1:03.54	33.39	200m:	2:09.40	32.99	300m:	3:15.47	33.04	400m:	4:18.86	30.62
67.	Twardowski Piotr 01				UKS SMS Galicja Krakow				4:19.47	547		
	50m:	29.50	29.50	150m:	1:34.62	32.90	250m:	2:40.74	33.22	350m:	3:47.46	33.37
	100m:	1:01.72	32.22	200m:	2:07.52	32.90	300m:	3:14.09	33.35	400m:	4:19.47	32.01
68.	Adamczewski Eryk 00				Wlokniarz 1925 Kalisz				4:21.00	537		
	50m:	28.51	28.51	150m:	1:33.48	32.86	250m:	2:40.52	33.93	350m:	3:48.28	33.98
	100m:	1:00.62	32.11	200m:	2:06.59	33.11	300m:	3:14.30	33.78	400m:	4:21.00	32.72



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Rank					YB					Time	Pts	
69.	Gotowski Dominik				02	G-8 Bielany Warszawa				4:21.12	537	
	50m:	30.30	30.30	150m:	1:36.68	33.27	250m:	2:42.84	33.07	350m:	3:49.13	32.99
	100m:	1:03.41	33.11	200m:	2:09.77	33.09	300m:	3:16.14	33.30	400m:	4:21.12	31.99
70.	Pajak Jakub				02	UKS SMS Galicja Krakow				4:21.48	534	
	50m:	30.64	30.64	150m:	1:36.74	33.49	250m:	2:43.88	33.84	350m:	3:50.30	33.08
	100m:	1:03.25	32.61	200m:	2:10.04	33.30	300m:	3:17.22	33.34	400m:	4:21.48	31.18
71.	Sobolewski Dawid				02	Kormoran Olsztyn				4:21.69	533	
	50m:	29.06	29.06	150m:	1:35.28	33.33	250m:	2:42.31	33.42	350m:	3:49.10	33.34
	100m:	1:01.95	32.89	200m:	2:08.89	33.61	300m:	3:15.76	33.45	400m:	4:21.69	32.59
72.	Sopko Samuel				01	KP Aquacity Poprad				4:21.98	531	
	50m:	29.01	29.01	150m:	1:34.20	33.17	250m:	2:41.10	33.56	350m:	3:49.01	33.97
	100m:	1:01.03	32.02	200m:	2:07.54	33.34	300m:	3:15.04	33.94	400m:	4:21.98	32.97
73.	Kostanowicz Artur				98	Warszawianka Wodny Park W-wa				4:22.02	531	
	50m:	29.48	29.48	150m:	1:34.32	32.61	250m:	2:41.26	33.45	350m:	3:49.30	33.67
	100m:	1:01.71	32.23	200m:	2:07.81	33.49	300m:	3:15.63	34.37	400m:	4:22.02	32.72
74.	Sionkowski Arkadiusz				00	Kmita Zabierzow				4:22.09	531	
	50m:	28.19	28.19	150m:	1:31.31	31.83	250m:	2:38.78	33.94	350m:	3:48.42	34.88
	100m:	59.48	31.29	200m:	2:04.84	33.53	300m:	3:13.54	34.76	400m:	4:22.09	33.67
75.	Girul Radoslaw SWR				01	Slask Wroclaw				4:22.33	529	
	50m:	30.18	30.18	150m:	1:36.20	33.23	250m:	2:42.76	33.23	350m:	3:49.40	33.37
	100m:	1:02.97	32.79	200m:	2:09.53	33.33	300m:	3:16.03	33.27	400m:	4:22.33	32.93
76.	Wojcik Pawel				01	UKS SMS Galicja Krakow				4:22.38	529	
	50m:	29.74	29.74	150m:	1:36.03	33.26	250m:	2:43.49	33.80	350m:	3:50.55	33.40
	100m:	1:02.77	33.03	200m:	2:09.69	33.66	300m:	3:17.15	33.66	400m:	4:22.38	31.83
77.	Krzywania Oskar				02	UKS SP 149 Lodz				4:22.41	529	
	50m:	29.95	29.95	150m:	1:37.23	33.73	250m:	2:44.56	33.65	350m:	3:51.02	33.21
	100m:	1:03.50	33.55	200m:	2:10.91	33.68	300m:	3:17.81	33.25	400m:	4:22.41	31.39
78.	Karpel Dominik				01	CSiR MOS Dabrowa Grn.				4:23.23	524	
	50m:	29.78	29.78	150m:	1:36.57	33.75	250m:	2:44.23	33.95	350m:	3:51.51	33.53
	100m:	1:02.82	33.04	200m:	2:10.28	33.71	300m:	3:17.98	33.75	400m:	4:23.23	31.72
79.	Gasior Sebastian SL				99	AZS UMCS Lublin				4:25.30	512	
	50m:	29.86	29.86	150m:	1:35.43	33.22	250m:	2:43.11	33.80	350m:	3:51.56	34.34
	100m:	1:02.21	32.35	200m:	2:09.31	33.88	300m:	3:17.22	34.11	400m:	4:25.30	33.74
80.	Perkowski Wiktor SOL				98	Kormoran Olsztyn				4:25.40	511	
	50m:	29.00	29.00	150m:	1:33.72	32.73	250m:	2:42.27	34.49	350m:	3:52.03	34.81
	100m:	1:00.99	31.99	200m:	2:07.78	34.06	300m:	3:17.22	34.95	400m:	4:25.40	33.37
81.	Krawczak Patryk				00	Zak Biala Podlaska				4:26.45	505	
	50m:	29.63	29.63	150m:	1:36.28	33.75	250m:	2:45.95	35.02	350m:	3:53.49	33.88
	100m:	1:02.53	32.90	200m:	2:10.93	34.65	300m:	3:19.61	33.66	400m:	4:26.45	32.96
82.	Senkowski Kacper				01	G-8 Bielany Warszawa				4:26.81	503	
	50m:	29.95	29.95	150m:	1:36.06	33.64	250m:	2:44.50	34.40	350m:	3:54.13	34.69
	100m:	1:02.42	32.47	200m:	2:10.10	34.04	300m:	3:19.44	34.94	400m:	4:26.81	32.68
83.	Cecere Marco				99	Wlokniarz 1925 Kalisz				4:28.00	496	
	50m:	28.98	28.98	150m:	1:34.66	33.36	250m:	2:43.20	34.66	350m:	3:52.78	35.24
	100m:	1:01.30	32.32	200m:	2:08.54	33.88	300m:	3:17.54	34.34	400m:	4:28.00	35.22
84.	Mazur Dominik SO				99	Unia Oswiecim				4:28.60	493	
	50m:	28.81	28.81	150m:	1:33.98	33.32	250m:	2:42.73	34.81	350m:	3:53.41	35.56
	100m:	1:00.66	31.85	200m:	2:07.92	33.94	300m:	3:17.85	35.12	400m:	4:28.60	35.19
85.	Plauszta Arnold				00	Olimpijczyk Suwalki				4:28.92	491	
	50m:	27.67	27.67	150m:	1:32.27	33.03	250m:	2:41.62	35.30	350m:	3:54.28	36.73
	100m:	59.24	31.57	200m:	2:06.32	34.05	300m:	3:17.55	35.93	400m:	4:28.92	34.64



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Rank					YB					Time	Pts	
86.	Kwapisz Arkadiusz				01	Manta Jelcz-Laskowice				4:28.97	491	
	50m:	29.85	29.85	150m:	1:36.26	33.74	250m:	2:44.82	34.50	350m:	3:54.95	35.17
	100m:	1:02.52	32.67	200m:	2:10.32	34.06	300m:	3:19.78	34.96	400m:	4:28.97	34.02
87.	Zbrozek Radoslaw				99	UKS SMS Galicja Krakow				4:29.01	491	
	50m:	29.49	29.49	150m:	1:37.18	34.42	250m:	2:46.06	34.76	350m:	3:55.76	34.91
	100m:	1:02.76	33.27	200m:	2:11.30	34.12	300m:	3:20.85	34.79	400m:	4:29.01	33.25
88.	Fidurski Jakub				00	Wodnik Siemianowice Sl.				4:29.46	488	
	50m:	30.36	30.36	150m:	1:38.26	34.70	250m:	2:47.55	34.38	350m:	3:56.26	34.07
	100m:	1:03.56	33.20	200m:	2:13.17	34.91	300m:	3:22.19	34.64	400m:	4:29.46	33.20
89.	Sieradzki Kamil				02	Wodnik Siemianowice Sl.				4:30.20	484	
	50m:	29.93	29.93	150m:	1:38.36	34.44	250m:	2:47.60	34.69	350m:	3:57.10	34.76
	100m:	1:03.92	33.99	200m:	2:12.91	34.55	300m:	3:22.34	34.74	400m:	4:30.20	33.10
90.	Szczurek Jakub				02	BUKS Warszawa				4:31.91	475	
	50m:	30.24	30.24	150m:	1:39.90	35.59	250m:	2:49.72	34.96	350m:	3:58.49	34.70
	100m:	1:04.31	34.07	200m:	2:14.76	34.86	300m:	3:23.79	34.07	400m:	4:31.91	33.42
91.	Cheredis Jakub				02	G-8 Bielany Warszawa				4:31.92	475	
	50m:	29.49	29.49	150m:	1:38.39	34.69	250m:	2:47.78	34.56	350m:	3:58.02	35.24
	100m:	1:03.70	34.21	200m:	2:13.22	34.83	300m:	3:22.78	35.00	400m:	4:31.92	33.90
92.	Kalisz Jakub				00	Polonia Warszawa				4:32.34	473	
	50m:	28.88	28.88	150m:	1:35.98	34.51	250m:	2:46.44	35.57	350m:	3:57.78	35.27
	100m:	1:01.47	32.59	200m:	2:10.87	34.89	300m:	3:22.51	36.07	400m:	4:32.34	34.56
93.	Uryga Bartlomiej				01	Aquatica Pawlowice				4:32.86	470	
	50m:	30.28	30.28	150m:	1:39.07	34.91	250m:	2:49.43	35.59	350m:	4:01.05	
	100m:	1:04.16	33.88	200m:	2:13.84	34.77	300m:			400m:	4:32.86	31.81
94.	Michalski Wojciech				01	Gilus Gilowice				4:33.35	468	
	50m:	31.11	31.11	150m:	1:40.37	35.20	250m:	2:49.11	34.00	350m:	3:58.94	35.14
	100m:	1:05.17	34.06	200m:	2:15.11	34.74	300m:	3:23.80	34.69	400m:	4:33.35	34.41
95.	Schreiber Patrick				02	Aligator Gorzyce				4:34.44	462	
	50m:	30.77	30.77	150m:	1:39.55	35.17	250m:	2:50.60	36.05	350m:	4:01.42	35.67
	100m:	1:04.38	33.61	200m:	2:14.55	35.00	300m:	3:25.75	35.15	400m:	4:34.44	33.02
96.	Zajac Mateusz				02	Aligator Gorzyce				4:34.75	461	
	50m:	29.50	29.50	150m:	1:37.36	34.45	250m:	2:48.30	35.81	350m:	4:00.15	35.98
	100m:	1:02.91	33.41	200m:	2:12.49	35.13	300m:	3:24.17	35.87	400m:	4:34.75	34.60
97.	Lewandowski Jakub SO				02	Unia Oswiecim				4:34.81	460	
	50m:	30.87	30.87	150m:	1:40.59	35.21	250m:	2:50.95	35.09	350m:	4:00.99	35.04
	100m:	1:05.38	34.51	200m:	2:15.86	35.27	300m:	3:25.95	35.00	400m:	4:34.81	33.82
98.	Nowak Jan				02	BOSiR Brzesko				4:35.23	458	
	50m:	31.01	31.01	150m:	1:40.27	35.01	250m:	2:50.90	35.53	350m:	4:01.78	35.63
	100m:	1:05.26	34.25	200m:	2:15.37	35.10	300m:	3:26.15	35.25	400m:	4:35.23	33.45
99.	Stanczyk Jarema SO				02	MMKS Kedzierzyn Kozle				4:35.33	458	
	50m:	32.38	32.38	150m:	1:41.71	34.83	250m:	2:52.17	35.44	350m:	4:02.00	34.78
	100m:	1:06.88	34.50	200m:	2:16.73	35.02	300m:	3:27.22	35.05	400m:	4:35.33	33.33
100.	Moryl Wojciech SO				02	MMKS Kedzierzyn Kozle				4:35.84	455	
	50m:	31.29	31.29	150m:	1:41.27	35.41	250m:	2:51.49	34.63	350m:	4:01.98	35.32
	100m:	1:05.86	34.57	200m:	2:16.86	35.59	300m:	3:26.66	35.17	400m:	4:35.84	33.86
101.	Kotarski Jakub				01	BUKS Warszawa				4:38.18	444	
	50m:	31.23	31.23	150m:	1:41.87	35.89	250m:	2:53.54	35.83	350m:	4:04.42	35.36
	100m:	1:05.98	34.75	200m:	2:17.71	35.84	300m:	3:29.06	35.52	400m:	4:38.18	33.76
102.	Orzechowski Michal SO				01	Unia Oswiecim				4:39.17	439	
	50m:	29.70	29.70	150m:	1:39.17	35.96	250m:	2:51.97	36.16	350m:	4:03.82	36.18
	100m:	1:03.21	33.51	200m:	2:15.81	36.64	300m:	3:27.64	35.67	400m:	4:39.17	35.35



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Rank					YB					Time	Pts	
103.	Alencynowicz Maciej SO				02	Unia Oswiecim				4:39.81	436	
	50m:	30.53	30.53	150m:	1:39.58	35.26	250m:	2:50.74	35.84	350m:	4:03.59	36.76
	100m:	1:04.32	33.79	200m:	2:14.90	35.32	300m:	3:26.83	36.09	400m:	4:39.81	36.22
104.	Kurzeja Jakub				02	STP Nowy Sacz				4:43.03	421	
	50m:	30.22	30.22	150m:	1:40.75	36.00	250m:	2:54.31	36.90	350m:	4:08.39	36.95
	100m:	1:04.75	34.53	200m:	2:17.41	36.66	300m:	3:31.44	37.13	400m:	4:43.03	34.64
105.	Kaluza Jakub				02	Bobry Debica				4:43.67	418	
	50m:	32.13	32.13	150m:	1:43.93	35.74	250m:	2:56.44	36.26	350m:	4:09.06	36.19
	100m:	1:08.19	36.06	200m:	2:20.18	36.25	300m:	3:32.87	36.43	400m:	4:43.67	34.61
106.	Gilzynski Szymon				02	Manta Jelcz-Laskowice				4:44.98	413	
	50m:	30.54	30.54	150m:	1:41.03	35.75	250m:	2:54.22	36.70	350m:	4:08.78	37.13
	100m:	1:05.28	34.74	200m:	2:17.52	36.49	300m:	3:31.65	37.43	400m:	4:44.98	36.20
107.	Platek Maciej SO				02	Unia Oswiecim				4:50.55	389	
	50m:	32.46	32.46	150m:	1:45.45	36.84	250m:	2:59.58	37.24	350m:	4:14.05	37.22
	100m:	1:08.61	36.15	200m:	2:22.34	36.89	300m:	3:36.83	37.25	400m:	4:50.55	36.50
108.	Czajkowski Mateusz				02	UKS SMS Galicja Krakow				4:51.55	385	
	50m:	32.65	32.65	150m:	1:45.81	36.93	250m:	3:01.10	37.71	350m:	4:16.32	37.78
	100m:	1:08.88	36.23	200m:	2:23.39	37.58	300m:	3:38.54	37.44	400m:	4:51.55	35.23
109.	Pawlowski Eryk				02	Wodnik Siemianowice Sl.				4:56.14	368	
	50m:	31.87	31.87	150m:	1:45.17	37.07	250m:	3:00.59	37.75	350m:	4:18.44	38.70
	100m:	1:08.10	36.23	200m:	2:22.84	37.67	300m:	3:39.74	39.15	400m:	4:56.14	37.70
110.	Madzo Filip				01	KP Aquacity Poprad				4:56.52	366	
	50m:	31.90	31.90	150m:	1:44.68	36.68	250m:	3:00.40	37.77	350m:	4:17.72	39.11
	100m:	1:08.00	36.10	200m:	2:22.63	37.95	300m:	3:38.61	38.21	400m:	4:56.52	38.80
111.	Pajak Mikolaj				01	Jasien Sucha Besk.				4:57.40	363	
	50m:	30.06	30.06	150m:	1:43.21	37.52	250m:	3:01.74	39.35	350m:	4:21.23	40.07
	100m:	1:05.69	35.63	200m:	2:22.39	39.18	300m:	3:41.16	39.42	400m:	4:57.40	36.17
112.	Chowaniec Bartosz				02	Gilus Gilowice				4:59.21	356	
	50m:	33.05	33.05	150m:	1:49.46	38.40	250m:	3:06.80	38.69	350m:	4:24.13	38.60
	100m:	1:11.06	38.01	200m:	2:28.11	38.65	300m:	3:45.53	38.73	400m:	4:59.21	35.08