

Mistrzostwa Polski w pływaniu w kat. Open, Młodzieowców 19-23 lat, Juniorów 17-18 lat
Bydgoszcz, 19-22.12.2024

Konkurencja 31

M czynzn, 200m klasyczny

Open

2024-12-21 - 10:12

Wyniki Eliminacje

Rekord Polski 2:04.63 KAŁUSOWSKI Jan 00905 Budapest (HUN) 2024-12-13

Punkty: AQUA 2024

Pozycja	Rok ur.				Czas	Pkt.
1. WIEKIERA Dawid	02	AZS KU Politechniki Opolskiej			2:08.12	824 A
25m: 13.29 13.29	75m: 44.89 16.12	125m: 1:17.66 16.46	175m: 1:51.10 16.94	200m: 2:08.12 17.02		
50m: 28.77 15.48	100m: 1:01.20 16.31	150m: 1:34.16 16.50				
2. KAŁUSOWSKI Jan	00	MKS TRÓJKA Łód			2:09.59	797 A
25m: 13.27 13.27	75m: 44.93 16.18	125m: 1:18.38 16.90	175m: 1:52.55 17.34	200m: 2:09.59 17.04		
50m: 28.75 15.48	100m: 1:01.48 16.55	150m: 1:35.21 16.83				
3. MISZTAL Oliwier	05	KU AZS UW			2:12.81	740 A
25m: 13.88 13.88	75m: 47.32 16.83	125m: 1:21.56 17.22	175m: 1:55.79 17.08	200m: 2:12.81 17.02		
50m: 30.49 16.61	100m: 1:04.34 17.02	150m: 1:38.71 17.15				
4. CERLICH Maksymilian	00	AZS AWF Katowice			2:13.03	736 A
25m: 13.72 13.72	75m: 46.51 16.53	125m: 1:20.07 16.77	175m: 1:54.73 17.67	200m: 2:13.03 18.30		
50m: 29.98 16.26	100m: 1:03.30 16.79	150m: 1:37.06 16.99				
5. KONARSKI Maciej	04	UKS GIM 92 Ursynów			2:13.63	727 A
25m: 13.80 13.80	75m: 46.97 16.75	125m: 1:21.29 17.33	175m: 1:56.20 17.38	200m: 2:13.63 17.43		
50m: 30.22 16.42	100m: 1:03.96 16.99	150m: 1:38.82 17.53				
6. LOTER Bartosz	05	UKP UNIA O wi cim			2:14.45	713 A
25m: 13.63 13.63	75m: 47.02 16.72	125m: 1:21.91 17.59	175m: 1:57.01 17.41	200m: 2:14.45 17.44		
50m: 30.30 16.67	100m: 1:04.32 17.30	150m: 1:39.60 17.69				
7. GAJDA Jan	07	MKS TRÓJKA Łód			2:14.78	708 A
25m: 13.66 13.66	75m: 47.21 17.31	125m: 1:21.88 17.51	175m: 1:57.21 17.66	200m: 2:14.78 17.57		
50m: 29.90 16.24	100m: 1:04.37 17.16	150m: 1:39.55 17.67				
8. DOBRINDT Mikołaj	03	MKS ASTORIA Bydgoszcz			2:14.79	708 A
25m: 14.12 14.12	75m: 47.23 16.74	125m: 1:21.73 17.41	175m: 1:56.64 17.72	200m: 2:14.79 18.15		
50m: 30.49 16.37	100m: 1:04.32 17.09	150m: 1:38.92 17.19				
9. ROMANOWSKI Kamil	97	AZS AWF Katowice			2:14.90	706 A
25m: 13.50 13.50	75m: 47.08 16.78	125m: 1:21.52 17.29	175m: 1:56.80 17.76	200m: 2:14.90 18.10		
50m: 30.30 16.80	100m: 1:04.23 17.15	150m: 1:39.04 17.52				
10. WI NIEWSKI Wiktor	07	UKP UNIA O wi cim			2:15.55	696 A
25m: 14.43 14.43	75m: 48.33 17.04	125m: 1:23.24 17.67	175m: 1:58.15 17.38	200m: 2:15.55 17.40		
50m: 31.29 16.86	100m: 1:05.57 17.24	150m: 1:40.77 17.53				
11. MIKITA Damian	07	UKS RUCH Grudzi dz			2:15.87	691 B
25m: 14.12 14.12	75m: 48.67 17.42	125m: 1:23.47 17.27	175m: 1:58.27 17.46	200m: 2:15.87 17.60		
50m: 31.25 17.13	100m: 1:06.20 17.53	150m: 1:40.81 17.34				
12. SZYMA SKI Igor	05	MUKS PI TNASTKA Bydgoszcz			2:15.94	690 B
25m: 14.16 14.16	75m: 47.80 16.99	125m: 1:22.66 17.37	175m: 1:58.10 17.70	200m: 2:15.94 17.84		
50m: 30.81 16.65	100m: 1:05.29 17.49	150m: 1:40.40 17.74				
13. MRÓZ Adam	03	KU AZS UMCS Lublin			2:16.76	678 B
25m: 14.16 14.16	75m: 47.72 16.88	125m: 1:22.45 17.40	175m: 1:58.33 17.97	200m: 2:16.76 18.43		
50m: 30.84 16.68	100m: 1:05.05 17.33	150m: 1:40.36 17.91				
14. WILK Mikołaj	07	MKS IKAR Stal Mielec			2:17.40	668 B
25m: 13.69 13.69	75m: 47.31 16.98	125m: 1:22.53 17.75	175m: 1:58.91 18.34	200m: 2:17.40 18.49		
50m: 30.33 16.64	100m: 1:04.78 17.47	150m: 1:40.57 18.04				
15. ŁUPI SKI Mateusz	05	KU AZS UW			2:17.45	668 B
25m: 13.70 13.70	75m: 47.14 17.07	125m: 1:22.05 17.68	175m: 1:58.35 18.37	200m: 2:17.45 19.10		
50m: 30.07 16.37	100m: 1:04.37 17.23	150m: 1:39.98 17.93				
16. URBA SKI Filip	04	KU AZS UW			2:17.62	665 B
25m: 13.55 13.55	75m: 46.92 17.02	125m: 1:22.25 17.89	175m: 1:59.16 18.69	200m: 2:17.62 18.46		
50m: 29.90 16.35	100m: 1:04.36 17.44	150m: 1:40.47 18.22				

Mistrzostwa Polski w pływaniu w kat. Open, Młodzieowców 19-23 lat, Juniorów 17-18 lat
Bydgoszcz, 19-22.12.2024

Konkurencja 31, Mężczyźni, 200m klasyczny, Eliminacje, Open

Pozycja			Rok ur.					Czas	Pkt.
17.	LENCZOWSKI	Jakub	06	UKS FENIKS D	bica		2:18.08	659 B	
	25m:	13.95 13.95	75m:	47.71 17.07	125m:	1:22.76 17.75	175m:	1:59.26 18.63	
	50m:	30.64 16.69	100m:	1:05.01 17.30	150m:	1:40.63 17.87	200m:	2:18.08 18.82	
18.	PRONIN	Patryk	07	MKP	Szczecin		2:18.16	657 B	
	25m:	14.19 14.19	75m:	48.81 17.51	125m:	1:24.48 17.78	175m:	2:00.36 17.77	
	50m:	31.30 17.11	100m:	1:06.70 17.89	150m:	1:42.59 18.11	200m:	2:18.16 17.80	
19.	POWIERZA	Arkadiusz	09	UKS GIM 92	Ursynów		2:18.29	656 B	
	25m:	13.95 13.95	75m:	47.87 17.32	125m:	1:23.36 17.92	175m:	2:00.13 18.52	
	50m:	30.55 16.60	100m:	1:05.44 17.57	150m:	1:41.61 18.25	200m:	2:18.29 18.16	
20.	TARCZY	SKI Bartosz	07	UKS 190	Łódź		2:18.81	648 B	
	25m:	14.24 14.24	75m:	48.89 17.70	125m:	1:24.69 17.85	175m:	2:00.76 18.10	
	50m:	31.19 16.95	100m:	1:06.84 17.95	150m:	1:42.66 17.97	200m:	2:18.81 18.05	
21.	CEBULA	Oskar	03	WKS L SK	Wrocław		2:18.86	647 R	
	25m:	14.00 14.00	75m:	48.68 17.80	125m:	1:24.91 18.13	175m:	2:00.83 18.06	
	50m:	30.88 16.88	100m:	1:06.78 18.10	150m:	1:42.77 17.86	200m:	2:18.86 18.03	
22.	NOWACKI	Błażej	05	KU AZS	UMCS Lublin		2:18.89	647 R	
	25m:	14.07 14.07	75m:	48.51 17.42	125m:	1:24.17 17.86	175m:	2:00.49 18.39	
	50m:	31.09 17.02	100m:	1:06.31 17.80	150m:	1:42.10 17.93	200m:	2:18.89 18.40	
23.	BARCZYK	Jan	03	UKS OMEGA	Olkusz		2:19.05	645	
	25m:	13.43 13.43	75m:	46.77 17.03	125m:	1:22.47 18.48	175m:	2:00.29 19.25	
	50m:	29.74 16.31	100m:	1:03.99 17.22	150m:	1:41.04 18.57	200m:	2:19.05 18.76	
24.	WI NIEWSKI	Jakub	07	UKS G-8	BIELANY Warszawa		2:19.31	641	
	25m:	14.42 14.42	75m:	48.78 17.19	125m:	1:23.64 17.44	175m:	1:59.97 18.36	
	50m:	31.59 17.17	100m:	1:06.20 17.42	150m:	1:41.61 17.97	200m:	2:19.31 19.34	
25.	LIWKA	Jakub	04	AZS AWF	Katowice		2:20.27	628	
	25m:	14.05 14.05	75m:	48.78 17.52	125m:	1:24.44 17.78	175m:	2:01.42 18.42	
	50m:	31.26 17.21	100m:	1:06.66 17.88	150m:	1:43.00 18.56	200m:	2:20.27 18.85	
26.	RUTKOWSKI	Franciszek	06	Mokotowski UKP	Warszawianka-Wodny		2:20.31	628	
	25m:	14.06 14.06	75m:	48.59 17.51	125m:	1:24.69 18.16	175m:	2:01.54 18.60	
	50m:	31.08 17.02	100m:	1:06.53 17.94	150m:	1:42.94 18.25	200m:	2:20.31 18.77	
	D BROWSKI	Filip	07	UKS WODNIK	Siemianowice Śląskie		2:20.31	628	
	25m:	13.70 13.70	75m:	47.92 17.32	125m:	1:24.14 18.31	175m:	2:01.71 18.74	
	50m:	30.60 16.90	100m:	1:05.83 17.91	150m:	1:42.97 18.83	200m:	2:20.31 18.60	
28.	STEFA	SKI Leon	07	UKS G-8	BIELANY Warszawa		2:20.48	625	
	25m:	14.03 14.03	75m:	48.42 17.56	125m:	1:24.57 18.17	175m:	2:01.78 18.66	
	50m:	30.86 16.83	100m:	1:06.40 17.98	150m:	1:43.12 18.55	200m:	2:20.48 18.70	
29.	RYSKI	Michał	06	SWIMLAND	Olsztyn		2:20.52	625	
	25m:	14.04 14.04	75m:	48.57 17.46	125m:	1:24.54 18.03	175m:	2:01.63 18.74	
	50m:	31.11 17.07	100m:	1:06.51 17.94	150m:	1:42.89 18.35	200m:	2:20.52 18.89	
30.	GUZIK	Mikołaj	06	UKS FENIKS D	bica		2:20.86	620	
	25m:	14.89 14.89	75m:	50.21 18.15	125m:	1:26.71 18.14	175m:	2:02.90 17.91	
	50m:	32.06 17.17	100m:	1:08.57 18.36	150m:	1:44.99 18.28	200m:	2:20.86 17.96	
31.	GŁOWACKI	Sebastian	07	UKS NAWA	Skierniewice		2:20.90	620	
	25m:	14.53 14.53	75m:	49.95 17.85	125m:	1:25.87 17.87	175m:	2:02.05 18.28	
	50m:	32.10 17.57	100m:	1:08.00 18.05	150m:	1:43.77 17.90	200m:	2:20.90 18.85	
32.	LEWANDOWSKI	Marcel	07	MUKS PI	TNASTKA Bydgoszcz		2:21.23	615	
	25m:	14.78 14.78	75m:	50.59 18.04	125m:	1:27.33 18.54	175m:	2:03.29 17.97	
	50m:	32.55 17.77	100m:	1:08.79 18.20	150m:	1:45.32 17.99	200m:	2:21.23 17.94	
33.	MURAS	Szymon	06	MKS IKAR	Stal Mielec		2:21.39	613	
	25m:	14.11 14.11	75m:	49.58 17.93	125m:	1:26.39 18.38	175m:	2:02.96 18.18	
	50m:	31.65 17.54	100m:	1:08.01 18.43	150m:	1:44.78 18.39	200m:	2:21.39 18.43	
34.	KRIUKOW	Aleksander	06	UKS GIM 92	Ursynów		2:21.46	612	
	25m:	14.36 14.36	75m:	48.03 17.18	125m:	1:24.52 18.67	175m:	2:02.43 18.83	
	50m:	30.85 16.49	100m:	1:05.85 17.82	150m:	1:43.60 19.08	200m:	2:21.46 19.03	

Mistrzostwa Polski w pływaniu w kat. Open, Młodzieowców 19-23 lat, Juniorów 17-18 lat
Bydgoszcz, 19-22.12.2024

Konkurencja 31, Mężczyźni, 200m klasyczny, Eliminacje, Open

Pozycja					Rok ur.					Czas	Pkt.	
35.	POPRAWA - JAKUBAS Jakub				02	MKP WODNIK 29 Tychy				2:22.26	602	
	25m:	13.67	13.67	75m:	47.70	17.28	125m:	1:24.14	18.00	175m:	2:02.48	19.45
	50m:	30.42	16.75	100m:	1:06.14	18.44	150m:	1:43.03	18.89	200m:	2:22.26	19.78
36.	KAPU NIAK Maksym				06	KU AZS UMCS Lublin				2:22.33	601	
	25m:	14.19	14.19	75m:	49.18	17.71	125m:	1:25.89	18.55	175m:	2:03.07	18.70
	50m:	31.47	17.28	100m:	1:07.34	18.16	150m:	1:44.37	18.48	200m:	2:22.33	19.26
37.	PLEWKA Przemysław				04	KS AGH Kraków				2:22.44	600	
	25m:	14.34	14.34	75m:	49.50	17.92	125m:	1:26.50	18.44	175m:	2:03.83	18.68
	50m:	31.58	17.24	100m:	1:08.06	18.56	150m:	1:45.15	18.65	200m:	2:22.44	18.61
38.	PORWIK Kacper				06	UKP UNIA O wi cim				2:22.46	600	
	25m:	14.51	14.51	75m:	49.38	17.56	125m:	1:25.80	18.25	175m:	2:03.69	18.92
	50m:	31.82	17.31	100m:	1:07.55	18.17	150m:	1:44.77	18.97	200m:	2:22.46	18.77
39.	FILIPIAK Grzegorz				03	WKS L SK Wrocław				2:22.63	597	
	25m:	14.26	14.26	75m:	48.85	17.54	125m:	1:25.48	18.59	175m:	2:02.98	18.94
	50m:	31.31	17.05	100m:	1:06.89	18.04	150m:	1:44.04	18.56	200m:	2:22.63	19.65
40.	KLOC Maciej				08	UKS FALA Niepor t				2:22.75	596	
	25m:	14.76	14.76	75m:	50.11	17.98	125m:	1:27.92	19.22	175m:	2:04.75	17.92
	50m:	32.13	17.37	100m:	1:08.70	18.59	150m:	1:46.83	18.91	200m:	2:22.75	18.00
41.	BORKOWSKI Mikołaj				07	UKP UNIA O wi cim				2:23.89	582	
	25m:	14.92	14.92	75m:	50.09	17.78	125m:	1:27.23	18.51	175m:	2:04.85	18.74
	50m:	32.31	17.39	100m:	1:08.72	18.63	150m:	1:46.11	18.88	200m:	2:23.89	19.04
42.	HANKIEWICZ Julian				02	UKS G-8 BIELANY Warszawa				2:23.96	581	
	25m:	14.02	14.02	75m:	49.29	18.03	125m:	1:26.69	19.06	175m:	2:05.12	19.26
	50m:	31.26	17.24	100m:	1:07.63	18.34	150m:	1:45.86	19.17	200m:	2:23.96	18.84
43.	KOZŁOWSKI Julian				07	MKS ASTORIA Bydgoszcz				2:24.49	575	
	25m:	14.85	14.85	75m:	49.96	17.76	125m:	1:26.82	18.52	175m:	2:05.21	19.33
	50m:	32.20	17.35	100m:	1:08.30	18.34	150m:	1:45.88	19.06	200m:	2:24.49	19.28
44.	PIOTROWSKI Marcel				07	MKS PIAST Głogów				2:25.40	564	
	25m:	13.65	13.65	75m:	49.51	18.34	125m:	1:28.16	19.63	175m:	2:06.61	19.44
	50m:	31.17	17.52	100m:	1:08.53	19.02	150m:	1:47.17	19.01	200m:	2:25.40	18.79
45.	KOZŁOWSKI Stanisław				05	KU AZS UMCS Lublin				2:26.12	556	
	25m:	14.47	14.47	75m:	50.19	18.10	125m:	1:27.87	19.05	175m:	2:06.52	19.10
	50m:	32.09	17.62	100m:	1:08.82	18.63	150m:	1:47.42	19.55	200m:	2:26.12	19.60
46.	BIE U SKI Jakub				07	Squatina Ostroł ka				2:26.31	553	
	25m:	14.87	14.87	75m:	51.37	18.53	125m:	1:29.37	19.01	175m:	2:08.04	18.94
	50m:	32.84	17.97	100m:	1:10.36	18.99	150m:	1:49.10	19.73	200m:	2:26.31	18.27
47.	JASI SKI Kacper				06	MUKP Korona-Swim Kielce				2:26.82	548	
	25m:	14.26	14.26	75m:	50.33	18.42	125m:	1:28.39	19.46	175m:	2:07.46	19.50
	50m:	31.91	17.65	100m:	1:08.93	18.60	150m:	1:47.96	19.57	200m:	2:26.82	19.36
48.	WŁOCZEWSKI Karol				06	MPKS ORKA Ciechanów				2:26.92	547	
	25m:	14.50	14.50	75m:	50.37	18.12	125m:	1:27.95	18.73	175m:	2:06.79	19.51
	50m:	32.25	17.75	100m:	1:09.22	18.85	150m:	1:47.28	19.33	200m:	2:26.92	20.13
49.	KRÓL Aleksander				06	MKP Szczecin				2:27.00	546	
	25m:	14.28	14.28	75m:	49.64	17.96	125m:	1:28.03	19.24	175m:	2:07.34	19.38
	50m:	31.68	17.40	100m:	1:08.79	19.15	150m:	1:47.96	19.93	200m:	2:27.00	19.66
50.	SZAFRA SKI Kamil				07	O AZS w Poznaniu				2:28.55	529	
	25m:	14.57	14.57	75m:	50.80	18.38	125m:	1:28.89	19.17	175m:	2:08.65	20.15
	50m:	32.42	17.85	100m:	1:09.72	18.92	150m:	1:48.50	19.61	200m:	2:28.55	19.90
51.	NIECKARZ Paweł				06	UKS 190 Łód				2:28.60	528	
	25m:	14.48	14.48	75m:	49.30	17.59	125m:	1:26.63	18.87	175m:	2:07.17	20.30
	50m:	31.71	17.23	100m:	1:07.76	18.46	150m:	1:46.87	20.24	200m:	2:28.60	21.43
52.	SPIREWSKI Mikołaj				07	KS DELFIN Gdynia				2:29.05	523	
	25m:	15.18	15.18	75m:	52.03	18.74	125m:	1:30.23	19.49	175m:	2:09.60	19.71
	50m:	33.29	18.11	100m:	1:10.74	18.71	150m:	1:49.89	19.66	200m:	2:29.05	19.45

Mistrzostwa Polski w pływaniu w kat. Open, Młodzieowców 19-23 lat, Juniorów 17-18 lat
Bydgoszcz, 19-22.12.2024

Konkurencja 31, Mężczyzn, 200m klasyczny, Eliminacje, Open

Pozycja					Rok ur.					Czas	Pkt.	
53.	OLSZY	SKI Maksymilin			07	MTP KORMORAN	Olsztyn			2:29.97	514	
	25m:	14.58	14.58	75m:	50.84	18.65	125m:	1:28.26	18.99	175m:	2:09.09	20.69
	50m:	32.19	17.61	100m:	1:09.27	18.43	150m:	1:48.40	20.14	200m:	2:29.97	20.88
54.	SHEREMET	Nikita			07	UKS G-8 BIELANY	Warszawa			2:30.08	513	
	25m:	14.21	14.21	75m:	49.44	18.11	125m:	1:27.24	19.09	175m:	2:08.56	21.28
	50m:	31.33	17.12	100m:	1:08.15	18.71	150m:	1:47.28	20.04	200m:	2:30.08	21.52
55.	ABI	SKI Igor			07	UKS Tri-Team	Rumia			2:30.53	508	
	25m:	15.58	15.58	75m:	52.79	18.78	125m:	1:31.30	19.20	175m:	2:10.52	19.62
	50m:	34.01	18.43	100m:	1:12.10	19.31	150m:	1:50.90	19.60	200m:	2:30.53	20.01
56.	KOWALEWSKI	Mateusz			06	MKS JEDYNKA	Łódź			2:30.55	508	
	25m:	14.88	14.88	75m:	52.58	19.30	125m:	1:31.60	19.67	175m:	2:10.86	19.62
	50m:	33.28	18.40	100m:	1:11.93	19.35	150m:	1:51.24	19.64	200m:	2:30.55	19.69
57.	PRZYSTAŁ	Antonio			07	Stow. Solne Miasto	Wieliczka			2:31.68	497	
	25m:	15.47	15.47	75m:	53.70	19.39	125m:	1:32.84	19.40	175m:	2:12.22	19.90
	50m:	34.31	18.84	100m:	1:13.44	19.74	150m:	1:52.32	19.48	200m:	2:31.68	19.46
58.	SOBIERALSKI	Igor			08	MUKS PI TNASTKA	Bydgoszcz			2:31.82	495	
	25m:	14.56	14.56	75m:	53.03	19.60	125m:	1:32.21	19.72	175m:	2:12.09	19.42
	50m:	33.43	18.87	100m:	1:12.49	19.46	150m:	1:52.67	20.46	200m:	2:31.82	19.73
59.	LEWI	SKI Kamil			07	UKS V Łomianki				2:34.93	466	
	25m:	14.77	14.77	75m:	52.31	19.09	125m:	1:32.48	20.05	175m:	2:13.94	20.89
	50m:	33.22	18.45	100m:	1:12.43	20.12	150m:	1:53.05	20.57	200m:	2:34.93	20.99
60.	POPEK	Mateusz			06	UKS AQUATICA	Pawłowice			2:34.99	465	
	25m:	15.12	15.12	75m:	53.83	19.65	125m:	1:33.76	19.99	175m:	2:14.76	20.72
	50m:	34.18	19.06	100m:	1:13.77	19.94	150m:	1:54.04	20.28	200m:	2:34.99	20.23
61.	WIECZOREK	Kacper			07	UKS WODNIK	Siemianowice I skie			2:35.28	463	
	25m:	15.70	15.70	75m:	53.75	19.48	125m:	1:33.77	20.31	175m:	2:14.91	20.57
	50m:	34.27	18.57	100m:	1:13.46	19.71	150m:	1:54.34	20.57	200m:	2:35.28	20.37
62.	ULJASZ	Dawid			07	UKS OMEGA	Sokółka			2:35.44	461	
	25m:	15.04	15.04	75m:	53.64	20.08	125m:	1:34.45	20.72	175m:	2:15.31	20.21
	50m:	33.56	18.52	100m:	1:13.73	20.09	150m:	1:55.10	20.65	200m:	2:35.44	20.13
63.	GONDEK	Bartosz			07	UKS FENIKS D bica				2:35.63	460	
	25m:	14.89	14.89	75m:	52.75	19.55	125m:	1:33.85	20.71	175m:	2:15.14	20.40
	50m:	33.20	18.31	100m:	1:13.14	20.39	150m:	1:54.74	20.89	200m:	2:35.63	20.49
64.	DZI GIELEWSKI	Dawid			07	UKP FALA Kra nik				2:37.88	440	
	25m:	16.25	16.25	75m:	54.90	19.48	125m:	1:35.29	20.35	175m:	2:17.14	21.16
	50m:	35.42	19.17	100m:	1:14.94	20.04	150m:	1:55.98	20.69	200m:	2:37.88	20.74
65.	TUROWSKI	Paweł			07	MKP WODNIK	Bielsk Podlaski			2:38.22	438	
	25m:	15.85	15.85	75m:	56.01	20.27	125m:	1:37.52	20.19	175m:	2:17.81	20.06
	50m:	35.74	19.89	100m:	1:17.33	21.32	150m:	1:57.75	20.23	200m:	2:38.22	20.41