

Memoriał Henryka Kosakowskiego i Witolda Ruzikowskiego
Lublin, 24.5.2025

Konkurencja 4 Mężczyzn, 400m dowolny 13 lat i starsi
24.05.2025 - 9:39 Wyniki

Rekord Polski Open	3:45.71	STANCZYK Przemysław	00116	Chiba (JPN)	21.08.2007
Rekord Polski 19 - 23	3:45.71	STANCZYK Przemysław	00116	Chiba (JPN)	21.08.2007
Rekord Polski 18	3:49.21	WOJDAK Wojciech	01006	Dordrecht (NED)	09.07.2014
Rekord Polski 17	3:51.80	WOJDAK Wojciech	03106	Poznań	10.07.2013
Rekord Polski 16	3:56.29	DASZKIEWICZ Michał	01006	Lublin	11.07.2019
Rekord Polski 15	4:00.04	DASZKIEWICZ Michał	01006	Oswiecim	14.07.2018
Rekord Polski 14	4:06.35	WISZNIEWSKI Tymoteusz	04911	Ostrowiec Świętokrzyski	06.07.2024
Rekord LOZP Open	3:50.57	ŚWITKOWSKI Jan	01003	London (GBR)	16.05.2016
Rekord LOZP 18	3:57.56	ŚWITKOWSKI Jan	01003	Ostrowiec Św.	02.06.2012
Rekord LOZP 17	3:59.00	HEBEL Maciej	03103	Oswiecim	21.07.2022
Rekord LOZP 16	4:02.81	KLIZA Mateusz	00303	Gorzów Wlkp.	10.07.2010
Rekord LOZP 15	4:06.84	ŻACZEK Hubert	00603	Lublin	15.07.2023
Rekord LOZP 14	4:11.78	HOŁUB Jan	00303	Debica	03.07.2010
Rekord LOZP 13	4:29.39	WIAK Jakub	00503	Oswiecim	26.06.2008

Punkty: AQUA 2025

Pozycja Wiek Czas Pkt. CR

KATEGORIA A

1. PAWLIKOWSKI Karol	14	MTP „Lublinianka”	4:35.35	510	+0,72
50m: 30.11 30.11	150m: 1:39.96 35.19	250m: 2:50.57 35.35	350m: 4:01.67 35.26		
100m: 1:04.77 34.66	200m: 2:15.22 35.26	300m: 3:26.41 35.84	400m: 4:35.35 33.68		
2. KOSOWSKI Bartosz	13	UKS Olimpijczyk 23	4:50.30	435	+0,65
50m: 32.42 32.42	150m: 1:45.65 37.10	250m: 3:01.32 37.94	350m: 4:16.38 37.32		
100m: 1:08.55 36.13	200m: 2:23.38 37.73	300m: 3:39.06 37.74	400m: 4:50.30 33.92		
3. STAŃCZYK Maciej	13	KU AZS UMCS Lublin	4:53.36	422	+0,83
50m: 32.56 32.56	150m: 1:47.88 38.09	250m: 3:05.47 39.80	350m: 4:19.36 36.87		
100m: 1:09.79 37.23	200m: 2:25.67 37.79	300m: 3:42.49 37.02	400m: 4:53.36 34.00		
4. BAŁAŻAK Stanisław	14	Wodnik Radom	4:55.69	412	+0,72
50m: 33.26 33.26	150m: 1:47.97 37.71	250m: 3:04.00 38.08	350m: 4:20.36 37.66		
100m: 1:10.26 37.00	200m: 2:25.92 37.95	300m: 3:42.70 38.70	400m: 4:55.69 35.33		
5. DANYLUK Piotr	13	MKS AVIA Świdnik	4:55.92	411	+0,74
50m: 32.66 32.66	150m: 1:49.43 38.65	250m: 3:05.26 38.00	350m: 4:20.65 37.87		
100m: 1:10.78 38.12	200m: 2:27.26 37.83	300m: 3:42.78 37.52	400m: 4:55.92 35.27		
6. ZIĘBA Ignacy	13	UKS Szkoła Pływania 23 Lublin	4:56.20	410	+0,67
50m: 32.91 32.91	150m: 1:46.95 37.32	250m: 3:03.45 38.41	350m: 4:19.56 37.94		
100m: 1:09.63 36.72	200m: 2:25.04 38.09	300m: 3:41.62 38.17	400m: 4:56.20 36.64		
7. UDALOV Vladyslav	14	KS AZS AWF Biała Podlaska	5:05.36	374	+0,77
50m: 32.72 32.72	150m: 1:49.09 39.75	250m: 3:08.96 40.20	350m: 4:27.56 39.14		
100m: 1:09.34 36.62	200m: 2:28.76 39.67	300m: 3:48.42 39.46	400m: 5:05.36 37.80		
8. WACIŃSKI Jan	14	UKS SP5 Swim Lublin	5:19.70	326	+0,83
50m: 32.57 32.57	150m: 1:48.33 39.17	250m: 3:12.18 42.97	350m: 4:37.76 42.88		
100m: 1:09.16 36.59	200m: 2:29.21 40.88	300m: 3:54.88 42.70	400m: 5:19.70 41.94		
9. KOZIOŁ Jan	14	Uks Skarpa Lublin	5:32.00	291	+0,72
50m: 34.00 34.00	150m: 1:58.52 43.14	250m: 3:26.82 44.70	350m: 4:52.66 42.49		
100m: 1:15.38 41.38	200m: 2:42.12 43.60	300m: 4:10.17 43.35	400m: 5:32.00 39.34		
10. KOZIOŁ Sebastian	14	Uks Skarpa Lublin	5:35.11	283	+0,61
50m: 35.94 35.94	150m: 2:00.06 42.92	250m: 3:28.00 44.20	350m: 4:54.77 43.39		
100m: 1:17.14 41.20	200m: 2:43.80 43.74	300m: 4:11.38 43.38	400m: 5:35.11 40.34		
11. SZAFRAN Adam	13	Uks Skarpa Lublin	5:35.51	282	+0,77
50m: 35.73 35.73	150m: 2:01.72 44.21	250m: 3:28.32 42.70	350m: 4:55.99 44.38		
100m: 1:17.51 41.78	200m: 2:45.62 43.90	300m: 4:11.61 43.29	400m: 5:35.51 39.52		
12. CHAŁAT Adrian	13	Uks Skarpa Lublin	5:45.52	258	+0,76
50m: 36.57 36.57	150m: 2:03.10 44.42	250m: 3:31.87 44.94	350m: 5:02.75 46.76		
100m: 1:18.68 42.11	200m: 2:46.93 43.83	300m: 4:15.99 44.12	400m: 5:45.52 42.77		

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Lublin, 24.5.2025

Konkurencja 4, Mężczyzn, 400m dowolny

KATEGORIA B

1.	SMYKIEWICZ Mateusz	16	SKP Delfin Kozienice	4:31.54	532	+0,71
	50m: 30.56 30.56	150m: 1:37.88 34.18	250m: 2:47.82 35.04	350m: 3:57.60 35.29		
	100m: 1:03.70 33.14	200m: 2:12.78 34.90	300m: 3:22.31 34.49	400m: 4:31.54 33.94		
2.	JABŁOŃSKI Maciej	15	MKS AVIA Świdnik	4:36.51	504	+0,63
	50m: 30.30 30.30	150m: 1:38.54 34.59	250m: 2:49.60 35.81	350m: 4:01.91 36.37		
	100m: 1:03.95 33.65	200m: 2:13.79 35.25	300m: 3:25.54 35.94	400m: 4:36.51 34.60		
3.	PIZOŃ Gabriel	15	MKS AVIA Świdnik	4:45.85	456	+0,73
	50m: 32.09 32.09	150m: 1:44.52 36.65	250m: 2:58.24 37.31	350m: 4:12.27 37.00		
	100m: 1:07.87 35.78	200m: 2:20.93 36.41	300m: 3:35.27 37.03	400m: 4:45.85 33.58		
4.	TARKOWSKI Michał	15	MKS AVIA Świdnik	4:49.19	440	+0,72
	50m: 32.70 32.70	150m: 1:46.06 36.79	250m: 3:00.46 37.54	350m: 4:14.61 36.60		
	100m: 1:09.27 36.57	200m: 2:22.92 36.86	300m: 3:38.01 37.55	400m: 4:49.19 34.58		
5.	SOBEK Antoni	15	UKS Olimpijczyk 23	4:49.20	440	+0,88
	50m: 31.67 31.67	150m: 1:43.94 36.94	250m: 2:59.28 38.30	350m: 4:14.05 37.26		
	100m: 1:07.00 35.33	200m: 2:20.98 37.04	300m: 3:36.79 37.51	400m: 4:49.20 35.15		
6.	ZAMECKI Aleksander	15	KU AZS UMCS Lublin	4:49.40	439	+0,76
	50m: 31.14 31.14	150m: 1:43.78 37.21	250m: 2:59.01 37.62	350m: 4:14.04 36.80		
	100m: 1:06.57 35.43	200m: 2:21.39 37.61	300m: 3:37.24 38.23	400m: 4:49.40 35.36		
7.	KRASOWSKI Jan	15	PIRANIE SOSiR Nowa Dęba	4:52.11	427	+0,70
	50m: 32.30 32.30	150m: 1:45.48 37.02	250m: 3:01.22 37.75	350m: 4:17.43 38.18		
	100m: 1:08.46 36.16	200m: 2:23.47 37.99	300m: 3:39.25 38.03	400m: 4:52.11 34.68		
8.	CZUPRYN Aleksander	16	KP Płetwał Mława	4:56.43	409	+0,78
	50m: 31.59 31.59	150m: 1:44.76 37.13	250m: 3:00.41 37.81	350m: 4:17.94 38.95		
	100m: 1:07.63 36.04	200m: 2:22.60 37.84	300m: 3:38.99 38.58	400m: 4:56.43 38.49		
9.	JAGIEŁŁO Mateusz	15	MKS AVIA Świdnik	4:56.54	408	+0,70
	50m: 32.77 32.77	150m: 1:47.30 37.88	250m: 3:04.16 38.50	350m: 4:20.32 37.68		
	100m: 1:09.42 36.65	200m: 2:25.66 38.36	300m: 3:42.64 38.48	400m: 4:56.54 36.22		
10.	RENDĄ Michał	15	KU AZS UMCS Lublin	4:58.62	400	+0,78
	50m: 32.37 32.37	150m: 1:45.82 37.33	250m: 3:02.68 38.59	350m: 4:20.94 39.05		
	100m: 1:08.49 36.12	200m: 2:24.09 38.27	300m: 3:41.89 39.21	400m: 4:58.62 37.68		
11.	PIETRĄS Szymon	15	KU AZS UMCS Lublin	4:59.78	395	+0,67
	50m: 33.26 33.26	150m: 1:47.41 37.66	250m: 3:03.82 38.21	350m: 4:22.18 39.22		
	100m: 1:09.75 36.49	200m: 2:25.61 38.20	300m: 3:42.96 39.14	400m: 4:59.78 37.60		
12.	PROKOP Ignacy	15	Uks Skarpa Lublin	5:07.60	366	+0,70
	50m: 31.84 31.84	150m: 1:47.85 38.67	250m: 3:07.80 40.47	350m: 4:29.03 40.03		
	100m: 1:09.18 37.34	200m: 2:27.33 39.48	300m: 3:49.00 41.20	400m: 5:07.60 38.57		
13.	OWCZAREK Mikołaj	15	MKS Znicz Koszalin	5:08.78	362	+0,82
	50m: 32.29 32.29	150m: 1:48.20 38.81	250m: 3:08.04 39.95	350m: 4:29.62 40.86		
	100m: 1:09.39 37.10	200m: 2:28.09 39.89	300m: 3:48.76 40.72	400m: 5:08.78 39.16		

OPEN

1.	ŻACZEK Hubert	17	KS „Wisła” Puławy	4:09.38	687	+0,82
	50m: 28.31 28.31	150m: 1:32.89 32.31	250m: 2:36.62 31.54	350m: 3:39.59 31.15		
	100m: 1:00.58 32.27	200m: 2:05.08 32.19	300m: 3:08.44 31.82	400m: 4:09.38 29.79		
2.	REDZIŃSKI VEL RYDZYŃSKI Mateusz	18	KU AZS UMCS Lublin	4:11.87	667	+0,67
	50m: 28.98 28.98	150m: 1:32.98 32.24	250m: 2:36.79 31.74	350m: 3:41.09 32.29		
	100m: 1:00.74 31.76	200m: 2:05.05 32.07	300m: 3:08.80 32.01	400m: 4:11.87 30.78		
3.	CZERWONKA Jan	17	KU AZS UMCS Lublin	4:12.41	662	+0,72
	50m: 29.46 29.46	150m: 1:33.24 32.31	250m: 2:37.17 31.84	350m: 3:41.73 32.18		
	100m: 1:00.93 31.47	200m: 2:05.33 32.09	300m: 3:09.55 32.38	400m: 4:12.41 30.68		
4.	NOWACKI Błażej	20	KU AZS UMCS Lublin	4:21.04	599	+0,62
	50m: 29.25 29.25	150m: 1:35.95 34.00	250m: 2:43.38 33.62	350m: 3:49.61 32.74		
	100m: 1:01.95 32.70	200m: 2:09.76 33.81	300m: 3:16.87 33.49	400m: 4:21.04 31.43		

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Lublin, 24.5.2025

Konkurencja 4, Mężczyzn, 400m dowolny, OPEN

Pozycja	Wiek								Czas	Pkt.	CR	
5.	SMYKIEWICZ Mateusz			16	SKP Delfin Kozenice				4:31.54	532	+0,71	
	50m:	30.56	30.56	150m:	1:37.88	34.18	250m:	2:47.82	35.04	350m:	3:57.60	35.29
	100m:	1:03.70	33.14	200m:	2:12.78	34.90	300m:	3:22.31	34.49	400m:	4:31.54	33.94
6.	DRAGAN Dawid			17	KS „OLIMPIA" Lublin				4:34.51	515	+0,75	
	50m:	31.09	31.09	150m:	1:39.38	34.76	250m:	2:49.98	35.37	350m:	4:00.78	35.37
	100m:	1:04.62	33.53	200m:	2:14.61	35.23	300m:	3:25.41	35.43	400m:	4:34.51	33.73
7.	PAWLIKOWSKI Karol			14	MTP „Lublinianka"				4:35.35	510	+0,72	
	50m:	30.11	30.11	150m:	1:39.96	35.19	250m:	2:50.57	35.35	350m:	4:01.67	35.26
	100m:	1:04.77	34.66	200m:	2:15.22	35.26	300m:	3:26.41	35.84	400m:	4:35.35	33.68
8.	JABŁOŃSKI Maciej			15	MKS AVIA Świdnik				4:36.51	504	+0,63	
	50m:	30.30	30.30	150m:	1:38.54	34.59	250m:	2:49.60	35.81	350m:	4:01.91	36.37
	100m:	1:03.95	33.65	200m:	2:13.79	35.25	300m:	3:25.54	35.94	400m:	4:36.51	34.60
9.	PIZOŃ Gabriel			15	MKS AVIA Świdnik				4:45.85	456	+0,73	
	50m:	32.09	32.09	150m:	1:44.52	36.65	250m:	2:58.24	37.31	350m:	4:12.27	37.00
	100m:	1:07.87	35.78	200m:	2:20.93	36.41	300m:	3:35.27	37.03	400m:	4:45.85	33.58
10.	SIUDA Jeremi			17	KU AZS UMCS Lublin				4:47.79	447	+0,70	
	50m:	31.46	31.46	150m:	1:44.41	37.41	250m:	2:59.26	37.87	350m:	4:12.12	37.05
	100m:	1:07.00	35.54	200m:	2:21.39	36.98	300m:	3:35.07	35.81	400m:	4:47.79	35.67
11.	TARKOWSKI Michał			15	MKS AVIA Świdnik				4:49.19	440	+0,72	
	50m:	32.70	32.70	150m:	1:46.06	36.79	250m:	3:00.46	37.54	350m:	4:14.61	36.60
	100m:	1:09.27	36.57	200m:	2:22.92	36.86	300m:	3:38.01	37.55	400m:	4:49.19	34.58
12.	SOBEK Antoni			15	UKS Olimpijczyk 23				4:49.20	440	+0,88	
	50m:	31.67	31.67	150m:	1:43.94	36.94	250m:	2:59.28	38.30	350m:	4:14.05	37.26
	100m:	1:07.00	35.33	200m:	2:20.98	37.04	300m:	3:36.79	37.51	400m:	4:49.20	35.15
13.	ZAMECKI Aleksander			15	KU AZS UMCS Lublin				4:49.40	439	+0,76	
	50m:	31.14	31.14	150m:	1:43.78	37.21	250m:	2:59.01	37.62	350m:	4:14.04	36.80
	100m:	1:06.57	35.43	200m:	2:21.39	37.61	300m:	3:37.24	38.23	400m:	4:49.40	35.36
14.	KOSOWSKI Bartosz			13	UKS Olimpijczyk 23				4:50.30	435	+0,65	
	50m:	32.42	32.42	150m:	1:45.65	37.10	250m:	3:01.32	37.94	350m:	4:16.38	37.32
	100m:	1:08.55	36.13	200m:	2:23.38	37.73	300m:	3:39.06	37.74	400m:	4:50.30	33.92
15.	KRASOWSKI Jan			15	PIRANIE SOSiR Nowa Dęba				4:52.11	427	+0,70	
	50m:	32.30	32.30	150m:	1:45.48	37.02	250m:	3:01.22	37.75	350m:	4:17.43	38.18
	100m:	1:08.46	36.16	200m:	2:23.47	37.99	300m:	3:39.25	38.03	400m:	4:52.11	34.68
16.	STAŃCZYK Maciej			13	KU AZS UMCS Lublin				4:53.36	422	+0,83	
	50m:	32.56	32.56	150m:	1:47.88	38.09	250m:	3:05.47	39.80	350m:	4:19.36	36.87
	100m:	1:09.79	37.23	200m:	2:25.67	37.79	300m:	3:42.49	37.02	400m:	4:53.36	34.00
17.	BAŁAŻAK Stanisław			14	Wodnik Radom				4:55.69	412	+0,72	
	50m:	33.26	33.26	150m:	1:47.97	37.71	250m:	3:04.00	38.08	350m:	4:20.36	37.66
	100m:	1:10.26	37.00	200m:	2:25.92	37.95	300m:	3:42.70	38.70	400m:	4:55.69	35.33
18.	LENARD Radosław			18	MTP „Lublinianka"				4:55.75	412	+0,74	
	50m:	31.64	31.64	150m:	1:44.55	37.60	250m:	3:01.06	38.44	350m:	4:18.39	38.60
	100m:	1:06.95	35.31	200m:	2:22.62	38.07	300m:	3:39.79	38.73	400m:	4:55.75	37.36
19.	DANYLUK Piotr			13	MKS AVIA Świdnik				4:55.92	411	+0,74	
	50m:	32.66	32.66	150m:	1:49.43	38.65	250m:	3:05.26	38.00	350m:	4:20.65	37.87
	100m:	1:10.78	38.12	200m:	2:27.26	37.83	300m:	3:42.78	37.52	400m:	4:55.92	35.27
20.	ZIĘBA Ignacy			13	UKS Szkoła Pływania 23 Lublin				4:56.20	410	+0,67	
	50m:	32.91	32.91	150m:	1:46.95	37.32	250m:	3:03.45	38.41	350m:	4:19.56	37.94
	100m:	1:09.63	36.72	200m:	2:25.04	38.09	300m:	3:41.62	38.17	400m:	4:56.20	36.64
21.	CZUPRYN Aleksander			16	KP Płetwał Mława				4:56.43	409	+0,78	
	50m:	31.59	31.59	150m:	1:44.76	37.13	250m:	3:00.41	37.81	350m:	4:17.94	38.95
	100m:	1:07.63	36.04	200m:	2:22.60	37.84	300m:	3:38.99	38.58	400m:	4:56.43	38.49
22.	JAGIEŁŁO Mateusz			15	MKS AVIA Świdnik				4:56.54	408	+0,70	
	50m:	32.77	32.77	150m:	1:47.30	37.88	250m:	3:04.16	38.50	350m:	4:20.32	37.68
	100m:	1:09.42	36.65	200m:	2:25.66	38.36	300m:	3:42.64	38.48	400m:	4:56.54	36.22

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Lublin, 24.5.2025

Konkurencja 4, Mężczyzn, 400m dowolny, OPEN

Pozycja	Wiek				Czas				Pkt.	CR
23. RENDA Michał	15	KU AZS UMCS Lublin				4:58.62	400	+0,78		
50m: 32.37 32.37	150m: 1:45.82 37.33	250m: 3:02.68 38.59	350m: 4:20.94 39.05							
100m: 1:08.49 36.12	200m: 2:24.09 38.27	300m: 3:41.89 39.21	400m: 4:58.62 37.68							
24. PIETRAŚ Szymon	15	KU AZS UMCS Lublin				4:59.78	395	+0,67		
50m: 33.26 33.26	150m: 1:47.41 37.66	250m: 3:03.82 38.21	350m: 4:22.18 39.22							
100m: 1:09.75 36.49	200m: 2:25.61 38.20	300m: 3:42.96 39.14	400m: 4:59.78 37.60							
25. UDALOV Vladyslav	14	KS AZS AWF Biała Podlaska				5:05.36	374	+0,77		
50m: 32.72 32.72	150m: 1:49.09 39.75	250m: 3:08.96 40.20	350m: 4:27.56 39.14							
100m: 1:09.34 36.62	200m: 2:28.76 39.67	300m: 3:48.42 39.46	400m: 5:05.36 37.80							
26. PROKOP Ignacy	15	Uks Skarpa Lublin				5:07.60	366	+0,70		
50m: 31.84 31.84	150m: 1:47.85 38.67	250m: 3:07.80 40.47	350m: 4:29.03 40.03							
100m: 1:09.18 37.34	200m: 2:27.33 39.48	300m: 3:49.00 41.20	400m: 5:07.60 38.57							
27. JAKUBIAK Szymon	18	UKS SP5 Swim Lublin				5:07.65	366	+0,68		
50m: 32.38 32.38	150m: 1:46.02 37.47	250m: 3:04.34 39.83	350m: 4:26.76 41.55							
100m: 1:08.55 36.17	200m: 2:24.51 38.49	300m: 3:45.21 40.87	400m: 5:07.65 40.89							
28. OW CZAREK Mikołaj	15	MKS Znicz Koszalin				5:08.78	362	+0,82		
50m: 32.29 32.29	150m: 1:48.20 38.81	250m: 3:08.04 39.95	350m: 4:29.62 40.86							
100m: 1:09.39 37.10	200m: 2:28.09 39.89	300m: 3:48.76 40.72	400m: 5:08.78 39.16							
29. WACIŃSKI Jan	14	UKS SP5 Swim Lublin				5:19.70	326	+0,83		
50m: 32.57 32.57	150m: 1:48.33 39.17	250m: 3:12.18 42.97	350m: 4:37.76 42.88							
100m: 1:09.16 36.59	200m: 2:29.21 40.88	300m: 3:54.88 42.70	400m: 5:19.70 41.94							
30. KOZIOŁ Jan	14	Uks Skarpa Lublin				5:32.00	291	+0,72		
50m: 34.00 34.00	150m: 1:58.52 43.14	250m: 3:26.82 44.70	350m: 4:52.66 42.49							
100m: 1:15.38 41.38	200m: 2:42.12 43.60	300m: 4:10.17 43.35	400m: 5:32.00 39.34							
31. KOZIOŁ Sebastian	14	Uks Skarpa Lublin				5:35.11	283	+0,61		
50m: 35.94 35.94	150m: 2:00.06 42.92	250m: 3:28.00 44.20	350m: 4:54.77 43.39							
100m: 1:17.14 41.20	200m: 2:43.80 43.74	300m: 4:11.38 43.38	400m: 5:35.11 40.34							
32. SZAFRAN Adam	13	Uks Skarpa Lublin				5:35.51	282	+0,77		
50m: 35.73 35.73	150m: 2:01.72 44.21	250m: 3:28.32 42.70	350m: 4:55.99 44.38							
100m: 1:17.51 41.78	200m: 2:45.62 43.90	300m: 4:11.61 43.29	400m: 5:35.51 39.52							
33. CHAŁAT Adrian	13	Uks Skarpa Lublin				5:45.52	258	+0,76		
50m: 36.57 36.57	150m: 2:03.10 44.42	250m: 3:31.87 44.94	350m: 5:02.75 46.76							
100m: 1:18.68 42.11	200m: 2:46.93 43.83	300m: 4:15.99 44.12	400m: 5:45.52 42.77							
PK JÓŹWIAK Tymoteusz	17	KU AZS UMCS Lublin				4:07.70	701	+0,76		
50m: 28.16 28.16	150m: 1:32.70 32.30	250m: 2:36.49 31.68	350m: 3:37.46 29.88							
100m: 1:00.40 32.24	200m: 2:04.81 32.11	300m: 3:07.58 31.09	400m: 4:07.70 30.24							