

Zimowe Mistrzostwa Polski Seniorów i Młodzie ovców  
Łód , 19. - 22.12.2017

Event 11	Men, 400m Freestyle				OPEN
19.12.2017 - 12:06					Results Prelim
Rekord Polski Open	3:37.57	WOJDAK Wojciech	01006	Netanya (ISR)	02.12.2015
Rekord Polski 14	3:59.77	ZONIUK Maciej	00601	Saint Dizier (FRA)	15.11.2008
Rekord Polski 15	3:50.76	MŁYNARCZYK Karol	05114	Lublin	17.12.2015
Rekord Polski 16	3:47.70	WOJDAK Wojciech	03106	Ostrowiec Sw.	19.12.2012
Rekord Polski 17	3:45.26	WOJDAK Wojciech	01006	Ostrowiec Sw	19.12.2013
Rekord Polski 18	3:41.69	WOJDAK Wojciech	01006	Ostrowiec Sw	18.12.2014
Rekord Polski 19 - 23	3:37.57	WOJDAK Wojciech	01006	Netanya (ISR)	02.12.2015

Points: FINA 2017

Rank			Age					Time	Pts
1.	ZABOROWSKI Filip		23	MKP Szczecin				<b>3:48.52</b>	801 A
	50m:	26.50 26.50	150m:	1:23.98	28.99	250m:	2:22.14 29.04	350m:	3:20.20 29.04
	100m:	54.99 28.49	200m:	1:53.10	29.12	300m:	2:51.16 29.02	400m:	3:48.52 28.32
2.	KALUZYNSKI Antoni		18	Legia Warszawa				<b>3:49.40</b>	792 A
	50m:	26.43 26.43	150m:	1:24.32	29.20	250m:	2:22.96 29.00	350m:	3:21.19 29.02
	100m:	55.12 28.69	200m:	1:53.96	29.64	300m:	2:52.17 29.21	400m:	3:49.40 28.21
3.	KOZIEJKO Bartłomiej SOL		17	MTP Kormoran Olsztyn				<b>3:49.51</b>	790 A
	50m:	26.45 26.45	150m:	1:24.38	29.37	250m:	2:22.96 29.22	350m:	3:21.22 29.19
	100m:	55.01 28.56	200m:	1:53.74	29.36	300m:	2:52.03 29.07	400m:	3:49.51 28.29
4.	KRASKA Jakub		17	KU AZS PL				<b>3:49.65</b>	789 A
	50m:	25.97 25.97	150m:	1:24.16	29.33	250m:	2:22.80 29.34	350m:	3:21.38 29.34
	100m:	54.83 28.86	200m:	1:53.46	29.30	300m:	2:52.04 29.24	400m:	3:49.65 28.27
5.	KLICH Kacper		23	AZS AWF Katowice				<b>3:50.29</b>	782 A
	50m:	26.73 26.73	150m:	1:24.69	29.08	250m:	2:23.03 28.93	350m:	3:21.48 29.19
	100m:	55.61 28.88	200m:	1:54.10	29.41	300m:	2:52.29 29.26	400m:	3:50.29 28.81
6.	ARNDT Mateusz		19	KS Delfin Gdynia				<b>3:50.90</b>	776 A
	50m:	26.74 26.74	150m:	1:25.05	29.22	250m:	2:23.78 29.33	350m:	3:22.03 29.18
	100m:	55.83 29.09	200m:	1:54.45	29.40	300m:	2:52.85 29.07	400m:	3:50.90 28.87
7.	WYSOCZYNSKI Mateusz		24	AZS AGH Krakow				<b>3:51.85</b>	767 A
	50m:	26.40 26.40	150m:	1:24.88	29.53	250m:	2:24.22 29.40	350m:	3:23.25 29.35
	100m:	55.35 28.95	200m:	1:54.82	29.94	300m:	2:53.90 29.68	400m:	3:51.85 28.60
8.	KRAWCZYK Pawel		18	Buks Warszawa				<b>3:51.90</b>	766 A
	50m:	26.54 26.54	150m:	1:24.91	29.49	250m:	2:24.04 29.41	350m:	3:23.23 29.67
	100m:	55.42 28.88	200m:	1:54.63	29.72	300m:	2:53.56 29.52	400m:	3:51.90 28.67
9.	BUJAK Piotr		20	SALOS Kielce				<b>3:53.39</b>	752 A
	50m:	27.48 27.48	150m:	1:25.90	29.31	250m:	2:25.13 29.56	350m:	3:24.57 29.69
	100m:	56.59 29.11	200m:	1:55.57	29.67	300m:	2:54.88 29.75	400m:	3:53.39 28.82
10.	OSSES Arkadiusz		22	K.S.Warta Poznan				<b>3:54.28</b>	743 A
	50m:	27.64 27.64	150m:	1:25.88	29.18	250m:	2:25.02 29.54	350m:	3:24.74 30.04
	100m:	56.70 29.06	200m:	1:55.48	29.60	300m:	2:54.70 29.68	400m:	3:54.28 29.54
11.	JURA Maciej		21	WKS Slask Wroclaw				<b>3:54.55</b>	741 B
	50m:	27.37 27.37	150m:	1:25.61	29.39	250m:	2:25.56 30.14	350m:	3:26.23 30.19
	100m:	56.22 28.85	200m:	1:55.42	29.81	300m:	2:56.04 30.48	400m:	3:54.55 28.32
12.	DUTKOWIAK Wojciech SWR		17	WKS Slask Wroclaw				<b>3:55.62</b>	730 B
	50m:	27.30 27.30	150m:	1:25.95	29.16	250m:	2:25.70 30.25	350m:	3:24.51 29.13
	100m:	56.79 29.49	200m:	1:55.45	29.50	300m:	2:55.38 29.68	400m:	3:55.62 31.11
13.	MALYSKA Bartosz SL		18	UKS Skarpa Lublin				<b>3:56.01</b>	727 B
	50m:	27.16 27.16	150m:	1:26.25	29.91	250m:	2:25.94 29.91	350m:	3:26.41 30.13
	100m:	56.34 29.18	200m:	1:56.03	29.78	300m:	2:56.28 30.34	400m:	3:56.01 29.60

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Rank					Age					Time	Pts	
14.	GLYK Wojciech				25	AZS AWF Katowice				<b>3:56.66</b>	721	B
	50m:	26.62	26.62	150m:	1:24.49	29.27	250m:	2:24.14	29.98	350m:	3:25.67	31.05
	100m:	55.22	28.60	200m:	1:54.16	29.67	300m:	2:54.62	30.48	400m:	3:56.66	30.99
15.	STEC Kacper				18	UKP Kmita Zabierzow				<b>3:56.77</b>	720	B
	50m:	26.92	26.92	150m:	1:26.33	29.91	250m:	2:26.52	30.25	350m:	3:27.27	30.21
	100m:	56.42	29.50	200m:	1:56.27	29.94	300m:	2:57.06	30.54	400m:	3:56.77	29.50
16.	JAWORSKI Szymon SWR				16	WKS Slask Wroclaw				<b>3:56.85</b>	719	B
	50m:	26.97	26.97	150m:	1:26.93	30.34	250m:	2:27.29	29.99	350m:	3:27.92	30.15
	100m:	56.59	29.62	200m:	1:57.30	30.37	300m:	2:57.77	30.48	400m:	3:56.85	28.93
17.	PAWLACZYK Patryk				17	UKS 190 Lodz				<b>3:57.00</b>	718	B
	50m:	27.34	27.34	150m:	1:27.55	30.38	250m:	2:28.28	30.21	350m:	3:28.99	29.94
	100m:	57.17	29.83	200m:	1:58.07	30.52	300m:	2:59.05	30.77	400m:	3:57.00	28.01
18.	CZERNAK Konrad				19	Ku Azs Umcs Lublin				<b>3:57.64</b>	712	B
	50m:	27.52	27.52	150m:	1:28.01	30.51	250m:	2:28.49	29.94	350m:	3:28.36	29.76
	100m:	57.50	29.98	200m:	1:58.55	30.54	300m:	2:58.60	30.11	400m:	3:57.64	29.28
19.	KACZOROWSKI Jakub				20	UKS G - 8 Bielany				<b>3:58.22</b>	707	B
	50m:	26.48	26.48	150m:	1:25.25	29.66	250m:	2:26.00	30.58	350m:	3:28.09	31.20
	100m:	55.59	29.11	200m:	1:55.42	30.17	300m:	2:56.89	30.89	400m:	3:58.22	30.13
20.	DOMINIAK Kacper SWR				17	WKS Slask Wroclaw				<b>3:58.87</b>	701	B
	50m:	27.94	27.94	150m:	1:28.20	30.08	250m:	2:28.74	30.20	350m:	3:29.65	30.38
	100m:	58.12	30.18	200m:	1:58.54	30.34	300m:	2:59.27	30.53	400m:	3:58.87	29.22
21.	KALKOWSKI Dawid SOL				17	MTP Kormoran Olsztyn				<b>3:58.97</b>	700	R
	50m:	27.11	27.11	150m:	1:27.09	30.38	250m:	2:28.49	30.47	350m:	3:29.85	30.24
	100m:	56.71	29.60	200m:	1:58.02	30.93	300m:	2:59.61	31.12	400m:	3:58.97	29.12
22.	HANO Grzegorz SWR				17	WKS Slask Wroclaw				<b>3:59.17</b>	698	R
	50m:	27.44	27.44	150m:	1:26.96	29.94	250m:	2:28.50	31.02	350m:	3:29.80	30.36
	100m:	57.02	29.58	200m:	1:57.48	30.52	300m:	2:59.44	30.94	400m:	3:59.17	29.37
23.	LAPOT Radoslaw SR				18	MOS Katowice				<b>3:59.18</b>	698	
	50m:	27.56	27.56	150m:	1:28.01	30.33	250m:	2:29.49	30.61	350m:	3:30.35	30.10
	100m:	57.68	30.12	200m:	1:58.88	30.87	300m:	3:00.25	30.76	400m:	3:59.18	28.83
24.	ZWOLINSKI Marcin				20	AZS AWF Katowice				<b>3:59.76</b>	693	
	50m:	27.16	27.16	150m:	1:27.14	30.40	250m:	2:29.00	30.98	350m:	3:30.49	30.33
	100m:	56.74	29.58	200m:	1:58.02	30.88	300m:	3:00.16	31.16	400m:	3:59.76	29.27
25.	SOBCZYK Maciej				22	AZS AGH Krakow				<b>3:59.81</b>	693	
	50m:	27.49	27.49	150m:	1:26.67	29.80	250m:	2:27.94	30.70	350m:	3:29.67	31.03
	100m:	56.87	29.38	200m:	1:57.24	30.57	300m:	2:58.64	30.70	400m:	3:59.81	30.14
26.	JOZKOW Cezary SWR				16	WKS Slask Wroclaw				<b>4:00.07</b>	691	
	50m:	27.59	27.59	150m:	1:27.57	30.34	250m:	2:28.63	30.39	350m:	3:30.02	30.72
	100m:	57.23	29.64	200m:	1:58.24	30.67	300m:	2:59.30	30.67	400m:	4:00.07	30.05
27.	BRUZDEWICZ Hubert SOL				15	MTP Kormoran Olsztyn				<b>4:00.73</b>	685	
	50m:	28.01	28.01	150m:	1:28.80	30.69	250m:	2:29.45	30.28	350m:	3:31.40	30.87
	100m:	58.11	30.10	200m:	1:59.17	30.37	300m:	3:00.53	31.08	400m:	4:00.73	29.33
28.	SZCZERBA Adam				15	Ku Azs Umcs Lublin				<b>4:01.04</b>	682	
	50m:	28.09	28.09	150m:	1:29.34	30.78	250m:	2:30.93	30.74	350m:	3:31.42	30.04
	100m:	58.56	30.47	200m:	2:00.19	30.85	300m:	3:01.38	30.45	400m:	4:01.04	29.62

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Rank					Age					Time	Pts	
29.	JAKIMIAK Jakub				14	KS MOSiR Huragan				<b>4:01.22</b>	681	
	50m:	27.93	27.93	150m:	1:29.36	31.11	250m:	2:31.15	30.87	350m:	3:32.09	29.95
	100m:	58.25	30.32	200m:	2:00.28	30.92	300m:	3:02.14	30.99	400m:	4:01.22	29.13
30.	KRZYKALA Emil				16	KP AVIA Swidnik				<b>4:01.70</b>	677	
	50m:	27.03	27.03	150m:	1:27.35	30.43	250m:	2:29.23	30.80	350m:	3:31.14	31.06
	100m:	56.92	29.89	200m:	1:58.43	31.08	300m:	3:00.08	30.85	400m:	4:01.70	30.56
31.	JACKOWSKI Tomasz SWR				15	WKS Slask Wroclaw				<b>4:01.98</b>	674	
	50m:	27.02	27.02	150m:	1:26.25	29.84	250m:	2:26.54	30.46	350m:	3:26.31	29.66
	100m:	56.41	29.39	200m:	1:56.08	29.83	300m:	2:56.65	30.11	400m:	4:01.98	35.67
32.	CIESLA Oskar				16	AZS AWF Katowice				<b>4:02.13</b>	673	
	50m:	27.52	27.52	150m:	1:28.05	30.66	250m:	2:29.78	31.01	350m:	3:31.69	31.04
	100m:	57.39	29.87	200m:	1:58.77	30.72	300m:	3:00.65	30.87	400m:	4:02.13	30.44
33.	CHALAT Stanislaw SL				18	UKS Skarpa Lublin				<b>4:02.59</b>	669	
	50m:	28.13	28.13	150m:	1:29.22	30.75	250m:	2:30.64	30.44	350m:	3:32.51	31.19
	100m:	58.47	30.34	200m:	2:00.20	30.98	300m:	3:01.32	30.68	400m:	4:02.59	30.08
34.	KEMPA Mikolaj SO				18	MMKS Kedzierzyn-Kozle				<b>4:02.71</b>	668	
	50m:	27.56	27.56	150m:	1:28.94	30.81	250m:	2:31.06	31.20	350m:	3:33.13	30.88
	100m:	58.13	30.57	200m:	1:59.86	30.92	300m:	3:02.25	31.19	400m:	4:02.71	29.58
35.	PROSZYNSKI Igor				18	MKP Szczecin				<b>4:02.97</b>	666	
	50m:	28.99	28.99	150m:	1:30.38	30.69	250m:	2:31.87	30.72	350m:	3:32.93	30.60
	100m:	59.69	30.70	200m:	2:01.15	30.77	300m:	3:02.33	30.46	400m:	4:02.97	30.04
36.	WILK Jakub Soc				15	KS KSZO Ostrowiec Sw				<b>4:03.05</b>	665	
	50m:	28.18	28.18	150m:	1:29.86	30.91	250m:	2:32.10	31.01	350m:	3:33.66	30.23
	100m:	58.95	30.77	200m:	2:01.09	31.23	300m:	3:03.43	31.33	400m:	4:03.05	29.39
37.	KOLANOWSKI Wiktor				18	UKS SMS GALICJA Krakow				<b>4:03.48</b>	662	
	50m:	28.39	28.39	150m:	1:29.13	30.24	250m:	2:30.54	30.86	350m:	3:33.23	31.48
	100m:	58.89	30.50	200m:	1:59.68	30.55	300m:	3:01.75	31.21	400m:	4:03.48	30.25
38.	ROGOZINSKI Mateusz Soc				18	KS KSZO Ostrowiec Sw				<b>4:03.60</b>	661	
	50m:	27.92	27.92	150m:	1:28.81	30.46	250m:	2:29.72	30.73	350m:	3:32.69	31.30
	100m:	58.35	30.43	200m:	1:58.99	30.18	300m:	3:01.39	31.67	400m:	4:03.60	30.91
39.	MILBRANT Kacper				16	AZS AWF Katowice				<b>4:03.63</b>	661	
	50m:	27.37	27.37	150m:	1:29.45	31.34	250m:	2:31.76	30.97	350m:	3:34.09	30.90
	100m:	58.11	30.74	200m:	2:00.79	31.34	300m:	3:03.19	31.43	400m:	4:03.63	29.54
40.	SMEJA Slawomir				23	AZS AWF Katowice				<b>4:03.87</b>	659	
	50m:	26.91	26.91	150m:	1:27.27	30.63	250m:	2:29.65	31.34	350m:	3:32.92	31.64
	100m:	56.64	29.73	200m:	1:58.31	31.04	300m:	3:01.28	31.63	400m:	4:03.87	30.95
41.	WILEJTO Igor				16	Dwojka Tczew				<b>4:04.75</b>	652	
	50m:	28.17	28.17	150m:	1:29.98	31.27	250m:	2:32.50	31.38	350m:	3:34.85	31.23
	100m:	58.71	30.54	200m:	2:01.12	31.14	300m:	3:03.62	31.12	400m:	4:04.75	29.90
42.	ZIELINSKI Konrad				14	UKS 190 Lodz				<b>4:04.94</b>	650	
	50m:	27.70	27.70	150m:	1:28.45	30.58	250m:	2:31.01	31.55	350m:	3:34.47	31.78
	100m:	57.87	30.17	200m:	1:59.46	31.01	300m:	3:02.69	31.68	400m:	4:04.94	30.47
43.	SZARPAK Marcin				16	AZS AWF Katowice				<b>4:05.20</b>	648	
	50m:	27.70	27.70	150m:	1:29.09	31.06	250m:	2:31.13	30.48	350m:	3:33.73	31.63
	100m:	58.03	30.33	200m:	2:00.65	31.56	300m:	3:02.10	30.97	400m:	4:05.20	31.47

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Rank					Age					Time	Pts	
44.	DURAJCZYK Michal				20	AZS AWF Warszawa				<b>4:05.72</b>	644	
	50m:	27.00	27.00	150m:	1:26.74	30.36	250m:	2:29.13	31.25	350m:	3:33.92	32.67
	100m:	56.38	29.38	200m:	1:57.88	31.14	300m:	3:01.25	32.12	400m:	4:05.72	31.80
45.	DASZKIEWICZ Michal SO				14	Unia Oswiecim				<b>4:06.31</b>	639	
	50m:	27.59	27.59	150m:	1:29.11	30.91	250m:	2:32.08	31.40	350m:	3:35.35	31.65
	100m:	58.20	30.61	200m:	2:00.68	31.57	300m:	3:03.70	31.62	400m:	4:06.31	30.96
46.	GIRUL Radoslaw SWR				16	WKS Slask Wroclaw				<b>4:06.36</b>	639	
	50m:	27.64	27.64	150m:	1:28.74	30.67	250m:	2:30.76	31.09	350m:	3:34.90	32.34
	100m:	58.07	30.43	200m:	1:59.67	30.93	300m:	3:02.56	31.80	400m:	4:06.36	31.46
47.	ROG Adrian SL				16	KP Sokol Rzeszow				<b>4:06.69</b>	636	
	50m:	28.08	28.08	150m:	1:31.56	32.14	250m:	2:35.07	31.73	350m:	3:36.82	30.25
	100m:	59.42	31.34	200m:	2:03.34	31.78	300m:	3:06.57	31.50	400m:	4:06.69	29.87
48.	JASKIEWICZ Adrian				15	Iuks Muszelka Warszawa				<b>4:06.86</b>	635	
	50m:	27.93	27.93	150m:	1:29.73	31.07	250m:	2:31.79	30.91	350m:	3:36.00	32.33
	100m:	58.66	30.73	200m:	2:00.88	31.15	300m:	3:03.67	31.88	400m:	4:06.86	30.86
49.	DOLOWY Grzegorz				15	Iuks Muszelka Warszawa				<b>4:07.18</b>	633	
	50m:	28.78	28.78	150m:	1:31.06	31.57	250m:	2:34.25	31.56	350m:	3:37.42	31.49
	100m:	59.49	30.71	200m:	2:02.69	31.63	300m:	3:05.93	31.68	400m:	4:07.18	29.76
50.	DUDKIEWICZ Kacper				15	UKP Polonia Warszawa				<b>4:07.42</b>	631	
	50m:	28.17	28.17	150m:	1:29.88	31.10	250m:	2:32.79	31.45	350m:	3:36.24	31.75
	100m:	58.78	30.61	200m:	2:01.34	31.46	300m:	3:04.49	31.70	400m:	4:07.42	31.18
51.	RYTTER Igor				16	UKS G - 8 Bielany				<b>4:07.44</b>	631	
	50m:	27.90	27.90	150m:	1:30.10	31.45	250m:	2:33.24	31.21	350m:	3:36.53	31.69
	100m:	58.65	30.75	200m:	2:02.03	31.93	300m:	3:04.84	31.60	400m:	4:07.44	30.91
52.	KONCKI Bartlomiej				16	Ks Wisla Pulawy				<b>4:07.60</b>	629	
	50m:	28.56	28.56	150m:	1:30.63	31.36	250m:	2:33.57	31.23	350m:	3:36.81	31.70
	100m:	59.27	30.71	200m:	2:02.34	31.71	300m:	3:05.11	31.54	400m:	4:07.60	30.79
53.	KIELCZEWSKI AMADEUSZ SSz				17	MKP Szczecin				<b>4:07.65</b>	629	
	50m:	27.26	27.26	150m:	1:27.58	30.84	250m:	2:31.44	32.41	350m:	3:36.14	32.58
	100m:	56.74	29.48	200m:	1:59.03	31.45	300m:	3:03.56	32.12	400m:	4:07.65	31.51
54.	ROJ Konrad				19	MKP Szczecin				<b>4:07.78</b>	628	
	50m:	27.85	27.85	150m:	1:29.12	31.13	250m:	2:32.95	32.00	350m:	3:37.64	32.38
	100m:	57.99	30.14	200m:	2:00.95	31.83	300m:	3:05.26	32.31	400m:	4:07.78	30.14
55.	MUSZYNSKI Jakub SB				16	MUKS Pietnastka Bydgoszcz				<b>4:07.89</b>	627	
	50m:	27.72	27.72	150m:	1:29.56	31.34	250m:	2:33.20	31.69	350m:	3:37.28	31.98
	100m:	58.22	30.50	200m:	2:01.51	31.95	300m:	3:05.30	32.10	400m:	4:07.89	30.61
56.	LIK Kacper				15	Mks Jedyndka Lodz				<b>4:08.91</b>	620	
	50m:	28.65	28.65	150m:	1:30.77	31.17	250m:	2:33.44	31.30	350m:	3:37.39	32.20
	100m:	59.60	30.95	200m:	2:02.14	31.37	300m:	3:05.19	31.75	400m:	4:08.91	31.52
57.	GRYZ Dawid				18	MKP Szczecin				<b>4:09.54</b>	615	
	50m:	27.92	27.92	150m:	1:29.96	31.48	250m:	2:33.70	31.86	350m:	3:37.95	32.00
	100m:	58.48	30.56	200m:	2:01.84	31.88	300m:	3:05.95	32.25	400m:	4:09.54	31.59
58.	STAWARUK Michal				18	KU AZS PL				<b>4:10.47</b>	608	
	50m:	28.79	28.79	150m:	1:30.51	30.38	250m:	2:33.26	31.43	350m:	3:38.28	32.78
	100m:	1:00.13	31.34	200m:	2:01.83	31.32	300m:	3:05.50	32.24	400m:	4:10.47	32.19

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Rank					Age					Time	Pts	
59.	KNYSZYNSKI Maciej				15	Mks Jedynka Lodz				<b>4:10.51</b>	608	
	50m:	29.27	29.27	150m:	1:32.31	31.79	250m:	2:36.26	31.84	350m:	3:40.08	31.87
	100m:	1:00.52	31.25	200m:	2:04.42	32.11	300m:	3:08.21	31.95	400m:	4:10.51	30.43
60.	JEDRYS Igor				15	MUKP Warszawianka Wodny Park				<b>4:10.68</b>	606	
	50m:	28.32	28.32	150m:	1:30.78	31.46	250m:	2:34.66	31.90	350m:	3:39.28	32.66
	100m:	59.32	31.00	200m:	2:02.76	31.98	300m:	3:06.62	31.96	400m:	4:10.68	31.40
61.	BUGALA KRZYSZTOF SSz				16	MKP Szczecin				<b>4:10.70</b>	606	
	50m:	28.04	28.04	150m:	1:29.91	31.33	250m:	2:33.82	32.23	350m:	3:38.62	32.37
	100m:	58.58	30.54	200m:	2:01.59	31.68	300m:	3:06.25	32.43	400m:	4:10.70	32.08
62.	MAZUR Dominik SO				18	Unia Oswiecim				<b>4:10.74</b>	606	
	50m:	27.96	27.96	150m:	1:30.46	31.41	250m:	2:34.48	32.22	350m:	3:39.28	32.31
	100m:	59.05	31.09	200m:	2:02.26	31.80	300m:	3:06.97	32.49	400m:	4:10.74	31.46
63.	KULCZYCKI Patryk				16	M.K.P. "Słowianka" Gorzow Wlkp.				<b>4:10.85</b>	605	
	50m:	27.85	27.85	150m:	1:30.84	31.68	250m:	2:35.24	32.37	350m:	3:39.61	32.29
	100m:	59.16	31.31	200m:	2:02.87	32.03	300m:	3:07.32	32.08	400m:	4:10.85	31.24
64.	KUSINSKI Aleksy				15	UKS SP 149 Lodz				<b>4:10.92</b>	605	
	50m:	28.73	28.73	150m:	1:32.92	31.79	250m:	2:36.79	31.52	350m:	3:40.39	31.66
	100m:	1:01.13	32.40	200m:	2:05.27	32.35	300m:	3:08.73	31.94	400m:	4:10.92	30.53
65.	ZUBIK Stanislaw				16	UKP Polonia Warszawa				<b>4:11.00</b>	604	
	50m:	28.27	28.27	150m:	1:30.84	31.45	250m:	2:34.41	31.79	350m:	3:39.32	32.50
	100m:	59.39	31.12	200m:	2:02.62	31.78	300m:	3:06.82	32.41	400m:	4:11.00	31.68
66.	PRUS Mateusz				17	MKP Astromal Leszno				<b>4:11.39</b>	601	
	50m:	28.47	28.47	150m:	1:32.39	32.20	250m:	2:36.21	31.70	350m:	3:40.28	32.02
	100m:	1:00.19	31.72	200m:	2:04.51	32.12	300m:	3:08.26	32.05	400m:	4:11.39	31.11
67.	MICHALSKI Wojciech				16	MUKS Gilus Gilowice				<b>4:12.39</b>	594	
	50m:	28.66	28.66	150m:	1:32.84	32.37	250m:	2:37.64	32.45	350m:	3:41.82	32.11
	100m:	1:00.47	31.81	200m:	2:05.19	32.35	300m:	3:09.71	32.07	400m:	4:12.39	30.57
68.	WODYNSKI Bartosz				15	KU AZS PL				<b>4:12.71</b>	592	
	50m:	28.12	28.12	150m:	1:32.09	32.22	250m:	2:36.37	32.21	350m:	3:41.31	32.53
	100m:	59.87	31.75	200m:	2:04.16	32.07	300m:	3:08.78	32.41	400m:	4:12.71	31.40
69.	WOZNIAK Kamil				17	UKS FREGATA Kolbuszowa				<b>4:14.20</b>	582	
	50m:	28.56	28.56	150m:	1:30.60	31.19	250m:	2:34.69	32.36	350m:	3:41.26	33.45
	100m:	59.41	30.85	200m:	2:02.33	31.73	300m:	3:07.81	33.12	400m:	4:14.20	32.94
70.	SIONKOWSKI Arkadiusz				17	UKP Kmita Zabierzow				<b>4:14.54</b>	579	
	50m:	28.37	28.37	150m:	1:30.80	31.43	250m:	2:35.07	32.36	350m:	3:41.80	33.77
	100m:	59.37	31.00	200m:	2:02.71	31.91	300m:	3:08.03	32.96	400m:	4:14.54	32.74
71.	PAWELEK Pawel				18	MKS Polonia Warszawa				<b>4:14.89</b>	577	
	50m:	27.22	27.22	150m:	1:29.07	31.31	250m:	2:33.50	32.65	350m:	3:41.04	34.04
	100m:	57.76	30.54	200m:	2:00.85	31.78	300m:	3:07.00	33.50	400m:	4:14.89	33.85
72.	KOSTYK Teodor				17	UKS CITYZEN Poznan				<b>4:15.72</b>	571	
	50m:	29.19	29.19	150m:	1:33.72	32.49	250m:	2:38.61	32.47	350m:	3:44.25	32.76
	100m:	1:01.23	32.04	200m:	2:06.14	32.42	300m:	3:11.49	32.88	400m:	4:15.72	31.47
73.	SENKOWSKI Kacper				16	UKS G - 8 Bielany				<b>4:15.79</b>	571	
	50m:	28.54	28.54	150m:	1:31.78	32.21	250m:	2:37.32	33.06	350m:	3:43.64	33.00
	100m:	59.57	31.03	200m:	2:04.26	32.48	300m:	3:10.64	33.32	400m:	4:15.79	32.15

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Rank					Age					Time	Pts	
74.	ZIMNIAK Szymon				16	UKS CITYZEN Poznan				<b>4:16.31</b>	567	
	50m:	29.68	29.68	150m:	1:33.96	31.97	250m:	2:38.06	31.88	350m:	3:43.20	32.70
	100m:	1:01.99	32.31	200m:	2:06.18	32.22	300m:	3:10.50	32.44	400m:	4:16.31	33.11
75.	KAZMIERCZAK Bruno				15	UKS GOS Raszyn				<b>4:16.52</b>	566	
	50m:	28.26	28.26	150m:	1:32.10	32.36	250m:	2:38.01	33.02	350m:	3:43.92	32.80
	100m:	59.74	31.48	200m:	2:04.99	32.89	300m:	3:11.12	33.11	400m:	4:16.52	32.60
76.	STACHECKI Jan				15	UKS CITYZEN Poznan				<b>4:17.10</b>	562	
	50m:	28.80	28.80	150m:	1:33.29	32.54	250m:	2:39.27	32.98	350m:	3:45.42	33.24
	100m:	1:00.75	31.95	200m:	2:06.29	33.00	300m:	3:12.18	32.91	400m:	4:17.10	31.68
77.	WOJCIECHOWSKI Kajertan				14	MKS Trojka Lodz				<b>4:17.12</b>	562	
	50m:	29.06	29.06	150m:	1:34.33	32.88	250m:	2:40.13	32.81	350m:	3:45.68	32.62
	100m:	1:01.45	32.39	200m:	2:07.32	32.99	300m:	3:13.06	32.93	400m:	4:17.12	31.44
78.	WOZNY Wiktor SZG				16	UKS Shark Rudna				<b>4:17.23</b>	561	
	50m:	28.45	28.45	150m:	1:32.23	32.48	250m:	2:38.03	32.63	350m:	3:45.39	33.69
	100m:	59.75	31.30	200m:	2:05.40	33.17	300m:	3:11.70	33.67	400m:	4:17.23	31.84
79.	MALINOWSKI Wojciech				14	Mks Jedyńka Lodz				<b>4:17.67</b>	558	
	50m:	28.95	28.95	150m:	1:32.82	32.25	250m:	2:38.66	33.07	350m:	3:45.16	33.22
	100m:	1:00.57	31.62	200m:	2:05.59	32.77	300m:	3:11.94	33.28	400m:	4:17.67	32.51
80.	KOTARSKI Jakub				16	UKS G - 8 Bielany				<b>4:18.11</b>	556	
	50m:	29.08	29.08	150m:	1:33.62	32.31	250m:	2:38.36	32.40	350m:	3:44.87	33.43
	100m:	1:01.31	32.23	200m:	2:05.96	32.34	300m:	3:11.44	33.08	400m:	4:18.11	33.24
81.	MIKOS Dawid				15	MKS Trojka Lodz				<b>4:18.63</b>	552	
	50m:	28.94	28.94	150m:	1:33.79	32.59	250m:	2:39.10	32.42	350m:	3:46.22	33.77
	100m:	1:01.20	32.26	200m:	2:06.68	32.89	300m:	3:12.45	33.35	400m:	4:18.63	32.41
82.	LIPOWSKI Oskar				15	UKP Polonia Warszawa				<b>4:18.67</b>	552	
	50m:	28.49	28.49	150m:	1:32.35	32.50	250m:	2:38.63	33.54	350m:	3:46.19	33.83
	100m:	59.85	31.36	200m:	2:05.09	32.74	300m:	3:12.36	33.73	400m:	4:18.67	32.48
83.	ABD EL RAZEK Jakub				15	MUKP Warszawianka Wodny Park				<b>4:18.70</b>	552	
	50m:	28.80	28.80	150m:	1:32.92	32.32	250m:	2:38.55	32.71	350m:	3:45.67	33.80
	100m:	1:00.60	31.80	200m:	2:05.84	32.92	300m:	3:11.87	33.32	400m:	4:18.70	33.03
84.	PYCZOT Pawel				15	UKS Pirania Targowek				<b>4:19.17</b>	549	
	50m:	28.82	28.82	150m:	1:34.95	33.44	250m:	2:42.53	33.75	350m:	3:48.21	32.77
	100m:	1:01.51	32.69	200m:	2:08.78	33.83	300m:	3:15.44	32.91	400m:	4:19.17	30.96
85.	SZWEDZKI Jakub				17	MKS Trojka Lodz				<b>4:20.26</b>	542	
	50m:	29.12	29.12	150m:	1:35.14	33.34	250m:	2:41.91	32.87	350m:	3:49.55	33.83
	100m:	1:01.80	32.68	200m:	2:09.04	33.90	300m:	3:15.72	33.81	400m:	4:20.26	30.71
86.	CHELSTOWSKI Maciej				15	UKP Polonia Warszawa				<b>4:21.00</b>	537	
	50m:	28.71	28.71	150m:	1:32.62	32.43	250m:	2:39.37	33.59	350m:	3:47.44	34.22
	100m:	1:00.19	31.48	200m:	2:05.78	33.16	300m:	3:13.22	33.85	400m:	4:21.00	33.56
87.	TOMASZOWSKI Michal				14	MKS Park Wodny Tarnowskie Gory				<b>4:21.12</b>	537	
	50m:	29.27	29.27	150m:	1:35.83	33.74	250m:	2:43.18	33.34	350m:	3:49.30	32.91
	100m:	1:02.09	32.82	200m:	2:09.84	34.01	300m:	3:16.39	33.21	400m:	4:21.12	31.82
88.	SOKOLOWSKI Fabian				14	Dwojka Morena Gdansk				<b>4:22.19</b>	530	
	50m:	29.30	29.30	150m:	1:35.16	33.29	250m:	2:42.63	33.68	350m:	3:50.33	33.92
	100m:	1:01.87	32.57	200m:	2:08.95	33.79	300m:	3:16.41	33.78	400m:	4:22.19	31.86

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Rank					Age					Time	Pts	
89.	SHVETS Maksym				18	AZS UL PL Lodz				<b>4:22.51</b>	528	
	50m:	28.65	28.65	150m:	1:31.97	31.98	250m:	2:39.02	34.08	350m:	3:48.63	34.95
	100m:	59.99	31.34	200m:	2:04.94	32.97	300m:	3:13.68	34.66	400m:	4:22.51	33.88
90.	WIECKOWSKI Jakub				14	UKS JAGIELLONKA Warszawa				<b>4:23.05</b>	525	
	50m:	28.90	28.90	150m:	1:35.02	33.85	250m:	2:42.45	33.82	350m:	3:50.94	34.54
	100m:	1:01.17	32.27	200m:	2:08.63	33.61	300m:	3:16.40	33.95	400m:	4:23.05	32.11
91.	ZIELINSKI Patryk				15	KS Posnania Poznan				<b>4:23.10</b>	525	
	50m:	28.78	28.78	150m:	1:33.88	32.86	250m:	2:41.05	33.42	350m:	3:49.19	34.41
	100m:	1:01.02	32.24	200m:	2:07.63	33.75	300m:	3:14.78	33.73	400m:	4:23.10	33.91
92.	TASARZ Kacper				14	Dwojka Tczew				<b>4:23.17</b>	524	
	50m:	29.66	29.66	150m:	1:35.61	32.98	250m:	2:42.69	33.06	350m:	3:50.44	33.94
	100m:	1:02.63	32.97	200m:	2:09.63	34.02	300m:	3:16.50	33.81	400m:	4:23.17	32.73
93.	KOWALCZYK Michal				15	UKP Polonia Warszawa				<b>4:23.47</b>	522	
	50m:	29.04	29.04	150m:	1:35.79	33.98	250m:	2:43.68	34.01	350m:	3:51.29	33.76
	100m:	1:01.81	32.77	200m:	2:09.67	33.88	300m:	3:17.53	33.85	400m:	4:23.47	32.18
94.	SOBOL Przemyslaw				15	UKP Polonia Warszawa				<b>4:23.50</b>	522	
	50m:	29.17	29.17	150m:	1:34.89	33.35	250m:	2:42.23	33.70	350m:	3:50.50	34.02
	100m:	1:01.54	32.37	200m:	2:08.53	33.64	300m:	3:16.48	34.25	400m:	4:23.50	33.00
95.	LUKASIK Mikołaj				15	UKS JAGIELLONKA Warszawa				<b>4:23.63</b>	521	
	50m:	29.37	29.37	150m:	1:36.59	34.18	250m:	2:44.96	34.35	350m:	3:52.18	33.15
	100m:	1:02.41	33.04	200m:	2:10.61	34.02	300m:	3:19.03	34.07	400m:	4:23.63	31.45
96.	RAPALA Tomasz				15	UKS GOS Raszyn				<b>4:25.08</b>	513	
	50m:	29.79	29.79	150m:	1:35.54	33.36	250m:	2:43.29	33.80	350m:	3:51.70	34.21
	100m:	1:02.18	32.39	200m:	2:09.49	33.95	300m:	3:17.49	34.20	400m:	4:25.08	33.38
97.	MAGDA Patryk				15	MKS Ikar Mielec				<b>4:25.40</b>	511	
	50m:	29.86	29.86	150m:	1:36.54	33.55	250m:	2:44.01	33.21	350m:	3:51.78	33.81
	100m:	1:02.99	33.13	200m:	2:10.80	34.26	300m:	3:17.97	33.96	400m:	4:25.40	33.62
98.	BOROWSKI Adam				16	SALOS Kielce				<b>4:26.95</b>	502	
	50m:	28.62	28.62	150m:	1:34.35	33.57	250m:	2:43.31	34.51	350m:	3:53.50	35.21
	100m:	1:00.78	32.16	200m:	2:08.80	34.45	300m:	3:18.29	34.98	400m:	4:26.95	33.45
99.	JASINSKI Jakub				14	Mks Jedyńka Lodz				<b>4:30.44</b>	483	
	50m:	29.76	29.76	150m:	1:36.59	34.05	250m:	2:46.09	34.91	350m:	3:56.42	35.12
	100m:	1:02.54	32.78	200m:	2:11.18	34.59	300m:	3:21.30	35.21	400m:	4:30.44	34.02
100.	PIECHOWSKI Krzysztof				14	MKS JUVENIA Białystok				<b>4:30.75</b>	481	
	50m:	30.60	30.60	150m:	1:38.38	34.22	250m:	2:48.03	34.52	350m:	3:57.88	34.64
	100m:	1:04.16	33.56	200m:	2:13.51	35.13	300m:	3:23.24	35.21	400m:	4:30.75	32.87
101.	SZUSTAK Hubert				18	UKS GOS Raszyn				<b>4:31.71</b>	476	
	50m:	30.27	30.27	150m:	1:38.46	34.55	250m:	2:47.76	34.71	350m:	3:57.41	34.73
	100m:	1:03.91	33.64	200m:	2:13.05	34.59	300m:	3:22.68	34.92	400m:	4:31.71	34.30
102.	KRUPINSKI Wojciech				14	KS Posnania Poznan				<b>4:31.90</b>	475	
	50m:	29.88	29.88	150m:	1:38.08	34.64	250m:	2:47.95	35.01	350m:	3:58.24	35.34
	100m:	1:03.44	33.56	200m:	2:12.94	34.86	300m:	3:22.90	34.95	400m:	4:31.90	33.66
103.	BERBELSKI Adam				14	MUKS Wodnik Lask				<b>4:33.69</b>	466	
	50m:	31.17	31.17	150m:	1:39.52	34.41	250m:	2:50.18	35.49	350m:	4:01.24	35.41
	100m:	1:05.11	33.94	200m:	2:14.69	35.17	300m:	3:25.83	35.65	400m:	4:33.69	32.45

Zimowe Mistrzostwa Polski Seniorów i Młodzie ovców  
Łód , 19. - 22.12.2017

Event 11, Men, 400m Freestyle, Prelim, OPEN

Rank			Age					Time	Pts
104.	ZIELINSKI Maksymilian		14	UKS G - 8 Bielany				<b>4:34.21</b>	463
	50m:	30.80 30.80	150m:	1:41.75	35.88	250m:	2:52.63 35.19	350m:	4:01.96 34.20
	100m:	1:05.87 35.07	200m:	2:17.44	35.69	300m:	3:27.76 35.13	400m:	4:34.21 32.25
105.	NIEDUZAK Maurycy		14	UKS Pirania Targowek				<b>4:34.44</b>	462
	50m:	29.93 29.93	150m:	1:39.24	35.17	250m:	2:49.97 35.51	350m:	4:00.81 35.39
	100m:	1:04.07 34.14	200m:	2:14.46	35.22	300m:	3:25.42 35.45	400m:	4:34.44 33.63
106.	SZULIERZ Michał		16	KP AVIA Swidnik				<b>4:34.77</b>	460
	50m:	30.68 30.68	150m:	1:38.75	34.72	250m:	2:49.55 35.45	350m:	4:00.78 35.64
	100m:	1:04.03 33.35	200m:	2:14.10	35.35	300m:	3:25.14 35.59	400m:	4:34.77 33.99
107.	GRZEGRZOLKA Albert		14	UKS G - 8 Bielany				<b>4:36.06</b>	454
	50m:	31.71 31.71	150m:	1:42.70	36.00	250m:	2:53.27 34.98	350m:	4:03.61 35.20
	100m:	1:06.70 34.99	200m:	2:18.29	35.59	300m:	3:28.41 35.14	400m:	4:36.06 32.45
108.	LIBERA Daniel		16	UKS NAWA Skierniewice				<b>4:36.21</b>	453
	50m:	30.77 30.77	150m:	1:40.79	35.47	250m:	2:51.50 35.40	350m:	4:02.71 35.39
	100m:	1:05.32 34.55	200m:	2:16.10	35.31	300m:	3:27.32 35.82	400m:	4:36.21 33.50
109.	STRASZYNSKI Kacper		14	MKS Trojka Lodz				<b>4:39.56</b>	437
	50m:	31.11 31.11	150m:	1:41.72	35.83	250m:	2:53.14 36.05	350m:	4:05.05 35.76
	100m:	1:05.89 34.78	200m:	2:17.09	35.37	300m:	3:29.29 36.15	400m:	4:39.56 34.51
110.	PAWLAK Hubert		14	AZS UL PL Lodz				<b>4:45.60</b>	410
	50m:	30.56 30.56	150m:	1:42.32	36.68	250m:	2:55.70 36.28	350m:	4:09.49 36.66
	100m:	1:05.64 35.08	200m:	2:19.42	37.10	300m:	3:32.83 37.13	400m:	4:45.60 36.11
111.	SZCZEPANSKI Jakub		14	MUKS Wodnik Lask				<b>4:49.46</b>	394
	50m:	31.25 31.25	150m:	1:42.92	36.35	250m:	2:58.85 37.92	350m:	4:13.67 37.32
	100m:	1:06.57 35.32	200m:	2:20.93	38.01	300m:	3:36.35 37.50	400m:	4:49.46 35.79
DSQ	SZCZYPEK Mateusz		21	UKS Delfin Garwolin					
	<i>O 4 - Start wykonany przed sygnałem (przedwczesny start)</i>								