

ARENA GRAND PRIX PUCHAR POLSKI - FINAŁ
Warszawa, 12. - 13.5.2018

Konkurencja 32
13.05.2018 - 11:57

M czyzn, 400m dowolny

Open
Wyniki

Punkty: FINA 2017

Pozycja			Rok ur.					Czas	Pkt.
14 lat									
1.	CHMIELEWSKI, Krzysztof		04	IUKS „Muszelka” Warszawa				4:10.49	678
	50m:	29.02 29.02	150m:	1:32.42	31.73	250m:	2:36.47 31.81	350m:	3:39.75 31.38
	100m:	1:00.69 31.67	200m:	2:04.66	32.24	300m:	3:08.37 31.90	400m:	4:10.49 30.74
2.	MATUSZEWSKI, Krzysztof		04	MUKS PI TNASTKA BYDGOSZCZ				4:18.99	613
	50m:	30.45 30.45	150m:	1:37.50	33.80	250m:	2:43.78 33.17	350m:	3:48.70 32.12
	100m:	1:03.70 33.25	200m:	2:10.61	33.11	300m:	3:16.58 32.80	400m:	4:18.99 30.29
3.	CHMIELEWSKI, Michał		04	IUKS „Muszelka” Warszawa				4:19.01	613
	50m:	30.45 30.45	150m:	1:35.81	32.97	250m:	2:41.70 32.74	350m:	3:47.18 32.62
	100m:	1:02.84 32.39	200m:	2:08.96	33.15	300m:	3:14.56 32.86	400m:	4:19.01 31.83
4.	BEDNAREK, Przemysław		04	IUKS „Muszelka” Warszawa				4:27.37	557
	50m:	30.79 30.79	150m:	1:37.42	33.74	250m:	2:45.61 34.05	350m:	3:53.97 33.98
	100m:	1:03.68 32.89	200m:	2:11.56	34.14	300m:	3:19.99 34.38	400m:	4:27.37 33.40
5.	SKIBIAK, Hubert		04	UKS 190 Łódź				4:29.76	542
	50m:	31.06 31.06	150m:	1:39.35	34.26	250m:	2:48.36 34.45	350m:	3:57.03 34.17
	100m:	1:05.09 34.03	200m:	2:13.91	34.56	300m:	3:22.86 34.50	400m:	4:29.76 32.73
6.	YRO, Ignacy		04	UKS 307 Warszawa				4:34.98	512
	50m:	30.91 30.91	150m:	1:40.40	35.04	250m:	2:51.33 35.45	350m:	4:01.46 34.97
	100m:	1:05.36 34.45	200m:	2:15.88	35.48	300m:	3:26.49 35.16	400m:	4:34.98 33.52
7.	WRZOSEK, Bartosz		04	UKS G-8 Bielany Warszawa				4:38.77	491
	50m:	30.82 30.82	150m:	1:39.99	34.67	250m:	2:51.65 36.21	350m:	4:04.68 36.80
	100m:	1:05.32 34.50	200m:	2:15.44	35.45	300m:	3:27.88 36.23	400m:	4:38.77 34.09
8.	SZCZERBA, Kacper		04	UKS G-8 Bielany Warszawa				4:38.90	491
	50m:	30.93 30.93	150m:	1:41.81	35.76	250m:	2:53.43 35.85	350m:	4:04.76 35.46
	100m:	1:06.05 35.12	200m:	2:17.58	35.77	300m:	3:29.30 35.87	400m:	4:38.90 34.14
9.	MINICHOWSKI, Maksymilian		04	UKS "V" Łomianki				4:39.08	490
	50m:	31.63 31.63	150m:	1:42.96	36.15	250m:	2:54.27 35.80	350m:	4:05.73 35.83
	100m:	1:06.81 35.18	200m:	2:18.47	35.51	300m:	3:29.90 35.63	400m:	4:39.08 33.35
10.	KRASOWSKI, Krzysztof		04	UKS Tri-Team Rumia				4:45.71	456
	50m:	32.29 32.29	150m:	1:44.69	36.53	250m:	2:58.88 37.34	350m:	4:11.59 36.02
	100m:	1:08.16 35.87	200m:	2:21.54	36.85	300m:	3:35.57 36.69	400m:	4:45.71 34.12
11.	KRYSIAK, Kacper		04	MKS Trójka Łódź				4:47.09	450
	50m:	32.22 32.22	150m:	1:44.28	36.55	250m:	2:58.08 36.87	350m:	4:12.03 36.82
	100m:	1:07.73 35.51	200m:	2:21.21	36.93	300m:	3:35.21 37.13	400m:	4:47.09 35.06
12.	RAFAŁ, Kacper		04	UKS "V" Łomianki				4:48.14	445
	50m:	32.39 32.39	150m:	1:44.72	36.25	250m:	2:58.56 37.14	350m:	4:12.09 36.65
	100m:	1:08.47 36.08	200m:	2:21.42	36.70	300m:	3:35.44 36.88	400m:	4:48.14 36.05
13.	OSZCZAK, Norbert		04	St. KF KS „Fenix” O arów Maz				4:48.37	444
	50m:	32.34 32.34	150m:	1:47.01	37.33	250m:	3:01.99 37.01	350m:	4:15.07 35.72
	100m:	1:09.68 37.34	200m:	2:24.98	37.97	300m:	3:39.35 37.36	400m:	4:48.37 33.30
14.	CIUBA, Mikołaj		04	UKS G-8 Bielany Warszawa				4:49.48	439
	50m:	31.19 31.19	150m:	1:44.21	36.91	250m:	2:58.29 37.28	350m:	4:13.09 37.39
	100m:	1:07.30 36.11	200m:	2:21.01	36.80	300m:	3:35.70 37.41	400m:	4:49.48 36.39
15.	SZELE NIAK-BIAŁKOWSKI, Julian		04	UKS „Aquastacja Gdańsk”				4:50.94	432
	50m:	31.89 31.89	150m:	1:44.93	37.24	250m:	3:01.33 38.22	350m:	4:16.58 36.84
	100m:	1:07.69 35.80	200m:	2:23.11	38.18	300m:	3:39.74 38.41	400m:	4:50.94 34.36
16.	GŁBIŃSKI, Kamil		04	UKS Pirania Targówek				4:51.77	429
	50m:	33.46 33.46	150m:	1:50.00	38.87	250m:	3:07.02 38.15	350m:	4:19.67 34.82
	100m:	1:11.13 37.67	200m:	2:28.87	38.87	300m:	3:44.85 37.83	400m:	4:51.77 32.10
17.	LITEWSKI, Mikołaj		04	UKS 307 Warszawa				4:53.26	422
	50m:	33.66 33.66	150m:	1:49.65	38.33	250m:	3:05.40 37.73	350m:	4:18.68 36.20
	100m:	1:11.32 37.66	200m:	2:27.67	38.02	300m:	3:42.48 37.08	400m:	4:53.26 34.58

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Warszawa, 12. - 13.5.2018

Konkurencja 32, Chłopców, 400m dowolny, 14 lat

Pozycja			Rok ur.					Czas	Pkt.
18.	DOMINOWSKI, Mikołaj		04	KS Barakuda Mi sk Mazowiecki				5:14.65	342
	50m:	33.99 33.99	150m:	1:50.53	39.14	250m:	3:11.55 40.76	350m:	4:34.42 41.41
	100m:	1:11.39 37.40	200m:	2:30.79	40.26	300m:	3:53.01 41.46	400m:	5:14.65 40.23
19.	PIŁAT, Maciej		04	UKS „Aquastacja Gda sk”				5:18.51	329
	50m:	33.43 33.43	150m:	1:55.21	41.74	250m:	3:19.59 41.24	350m:	4:42.03 41.48
	100m:	1:13.47 40.04	200m:	2:38.35	43.14	300m:	4:00.55 40.96	400m:	5:18.51 36.48
20.	DULNIAK, Ryszard		04	UKS G-8 Bielany Warszawa				5:18.82	328
	50m:	32.97 32.97	150m:	1:53.92	41.65	250m:	3:15.20 41.01	350m:	4:38.48 42.41
	100m:	1:12.27 39.30	200m:	2:34.19	40.27	300m:	3:56.07 40.87	400m:	5:18.82 40.34

15 lat

1.	RODKIEWICZ, Radosław		03	IUKS „Muszelka” Warszawa				4:16.55	631
	50m:	30.92 30.92	150m:	1:36.30	33.02	250m:	2:41.39 32.45	350m:	3:45.50 31.91
	100m:	1:03.28 32.36	200m:	2:08.94	32.64	300m:	3:13.59 32.20	400m:	4:16.55 31.05
2.	TRYLSKI, Wiktor		03	UKS Tri-Team Rumia				4:18.50	617
	50m:	30.20 30.20	150m:	1:35.42	32.85	250m:	2:41.71 33.24	350m:	3:47.16 32.37
	100m:	1:02.57 32.37	200m:	2:08.47	33.05	300m:	3:14.79 33.08	400m:	4:18.50 31.34
3.	MALINOWSKI, Wojciech		03	MKS Jedyńka Łód				4:21.31	597
	50m:	30.34 30.34	150m:	1:36.06	33.02	250m:	2:42.54 33.42	350m:	3:48.91 33.15
	100m:	1:03.04 32.70	200m:	2:09.12	33.06	300m:	3:15.76 33.22	400m:	4:21.31 32.40
4.	ROGUSKI, Mateusz		03	IUKS „Muszelka” Warszawa				4:24.57	575
	50m:	30.43 30.43	150m:	1:36.33	33.26	250m:	2:43.57 33.70	350m:	3:51.49 34.02
	100m:	1:03.07 32.64	200m:	2:09.87	33.54	300m:	3:17.47 33.90	400m:	4:24.57 33.08
5.	KARPI SKI, Jakub		03	UKS G-8 Bielany Warszawa				4:31.60	531
	50m:	30.38 30.38	150m:	1:39.09	34.48	250m:	2:49.94 35.22	350m:	3:58.89 33.43
	100m:	1:04.61 34.23	200m:	2:14.72	35.63	300m:	3:25.46 35.52	400m:	4:31.60 32.71
6.	PASZKOWSKI, Konstanty		03	UKS „GIM 92 Ursynów”				4:32.20	528
	50m:	30.70 30.70	150m:	1:40.72	35.13	250m:	2:50.76 34.32	350m:	3:59.60 33.91
	100m:	1:05.59 34.89	200m:	2:16.44	35.72	300m:	3:25.69 34.93	400m:	4:32.20 32.60
7.	G SIOROWSKI, Michał		03	UKS „GIM 92 Ursynów”				4:37.15	500
	50m:	31.03 31.03	150m:	1:41.46	35.84	250m:	2:52.04 35.42	350m:	4:03.10 35.59
	100m:	1:05.62 34.59	200m:	2:16.62	35.16	300m:	3:27.51 35.47	400m:	4:37.15 34.05
8.	ILCEWICZ, Hubert		03	UKS „Victoria Józefów”				4:44.94	460
	50m:	31.30 31.30	150m:	1:42.85	36.39	250m:	2:56.51 36.48	350m:	4:10.51 36.79
	100m:	1:06.46 35.16	200m:	2:20.03	37.18	300m:	3:33.72 37.21	400m:	4:44.94 34.43
9.	COLEMAN, Alan		03	MKS Jedyńka Łód				4:49.19	440
	50m:	31.56 31.56	150m:	1:46.90	36.95	250m:	3:01.00 37.35	350m:	4:14.65 36.59
	100m:	1:09.95 38.39	200m:	2:23.65	36.75	300m:	3:38.06 37.06	400m:	4:49.19 34.54
10.	WALAT, Sebastian		03	UKS Pirania Targówek				4:49.39	439
	50m:	31.35 31.35	150m:	1:46.30	37.75	250m:	3:01.11 37.03	350m:	4:15.14 36.34
	100m:	1:08.55 37.20	200m:	2:24.08	37.78	300m:	3:38.80 37.69	400m:	4:49.39 34.25

16 lat

1.	JA KIEWICZ, Adrian		02	IUKS „Muszelka” Warszawa				4:12.81	659
	50m:	29.61 29.61	150m:	1:34.12	32.36	250m:	2:38.43 31.73	350m:	3:41.79 31.72
	100m:	1:01.76 32.15	200m:	2:06.70	32.58	300m:	3:10.07 31.64	400m:	4:12.81 31.02
2.	LIK, Kacper		02	MKS Jedyńka Łód				4:18.81	614
	50m:	29.32 29.32	150m:	1:32.69	32.04	250m:	2:38.36 33.03	350m:	3:45.85 33.64
	100m:	1:00.65 31.33	200m:	2:05.33	32.64	300m:	3:12.21 33.85	400m:	4:18.81 32.96
3.	DUDKIEWICZ, Kacper		02	UKP „Polonia Warszawa”				4:20.18	605
	50m:	28.31 28.31	150m:	1:32.04	32.54	250m:	2:39.48 34.19	350m:	3:47.48 34.28
	100m:	59.50 31.19	200m:	2:05.29	33.25	300m:	3:13.20 33.72	400m:	4:20.18 32.70

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Konkurencja 32, Chłopców, 400m dowolny, 16 lat

Pozycja			Rok ur.					Czas	Pkt.
4.	PAWŁOWSKI, Bogusław		02	UKS G-8 Bielany Warszawa				4:21.03	599
	50m:	29.41 29.41	150m:	1:35.17	33.41	250m:	2:41.28 33.22	350m:	3:48.61 33.44
	100m:	1:01.76 32.35	200m:	2:08.06	32.89	300m:	3:15.17 33.89	400m:	4:21.03 32.42
5.	DOŁOWY, Grzegorz		02	IUKS „Muszelka” Warszawa				4:23.17	584
	50m:	30.47 30.47	150m:	1:36.32	33.33	250m:	2:43.37 33.57	350m:	3:50.84 33.84
	100m:	1:02.99 32.52	200m:	2:09.80	33.48	300m:	3:17.00 33.63	400m:	4:23.17 32.33
6.	KNYSZY SKI, Maciej		02	MKS Jedyńka Łódź				4:25.92	566
	50m:	30.69 30.69	150m:	1:37.63	33.80	250m:	2:44.90 33.72	350m:	3:52.95 33.96
	100m:	1:03.83 33.14	200m:	2:11.18	33.55	300m:	3:18.99 34.09	400m:	4:25.92 32.97
7.	J DRYŚ, Igor		02	Mokotowski UKP Warszawianka- W				4:27.95	554
	50m:	30.51 30.51	150m:	1:39.05	34.63	250m:	2:47.52 33.67	350m:	3:55.60 33.94
	100m:	1:04.42 33.91	200m:	2:13.85	34.80	300m:	3:21.66 34.14	400m:	4:27.95 32.35
8.	RUTA, Kamil		02	IUKS „Muszelka” Warszawa				4:29.13	546
	50m:	31.03 31.03	150m:	1:37.66	33.57	250m:	2:46.32 34.41	350m:	3:55.51 34.74
	100m:	1:04.09 33.06	200m:	2:11.91	34.25	300m:	3:20.77 34.45	400m:	4:29.13 33.62
9.	SZYMANOWSKI, Jakub		02	MKP „SŁOWIANKA” Gorzów Wlkp.				4:31.50	532
	50m:	30.08 30.08	150m:	1:36.84	33.79	250m:	2:46.46 34.95	350m:	3:56.61 35.02
	100m:	1:03.05 32.97	200m:	2:11.51	34.67	300m:	3:21.59 35.13	400m:	4:31.50 34.89
10.	PYCZOT, Paweł		02	UKS Pirania Targówek				4:32.64	525
	50m:	31.15 31.15	150m:	1:41.24	35.48	250m:	2:51.86 35.05	350m:	4:01.32 34.73
	100m:	1:05.76 34.61	200m:	2:16.81	35.57	300m:	3:26.59 34.73	400m:	4:32.64 31.32
11.	CHYRCHAŁA, Rafał		02	UKS „ORKA” Zamo				4:35.30	510
	50m:	31.70 31.70	150m:	1:40.72	35.01	250m:	2:51.55 35.31	350m:	4:01.25 34.33
	100m:	1:05.71 34.01	200m:	2:16.24	35.52	300m:	3:26.92 35.37	400m:	4:35.30 34.05
12.	BORZYMEK, Hubert		02	UKS 307 Warszawa				4:35.88	507
	50m:	31.51 31.51	150m:	1:41.79	35.23	250m:	2:53.07 35.33	350m:	4:03.78 34.79
	100m:	1:06.56 35.05	200m:	2:17.74	35.95	300m:	3:28.99 35.92	400m:	4:35.88 32.10
13.	MALINOWSKI, Paweł		02	MKP „SŁOWIANKA” Gorzów Wlkp.				4:43.52	467
	50m:	30.65 30.65	150m:	1:41.63	36.31	250m:	2:55.03 36.58	350m:	4:07.96 36.42
	100m:	1:05.32 34.67	200m:	2:18.45	36.82	300m:	3:31.54 36.51	400m:	4:43.52 35.56
14.	MARCZAK, Radosław		02	KS Barakuda Mi sk Mazowiecki				4:47.90	446
	50m:	32.27 32.27	150m:	1:45.11	37.36	250m:	2:59.77 37.73	350m:	4:13.77 37.14
	100m:	1:07.75 35.48	200m:	2:22.04	36.93	300m:	3:36.63 36.86	400m:	4:47.90 34.13
15.	GOTOWSKI, Dominik		02	UKS G-8 Bielany Warszawa				5:12.87	348
	50m:	34.32 34.32	150m:	1:53.52	40.30	250m:	3:13.97 40.49	350m:	4:34.44 39.86
	100m:	1:13.22 38.90	200m:	2:33.48	39.96	300m:	3:54.58 40.61	400m:	5:12.87 38.43

17 - 18 lat

1.	JAWORSKI, Szymon		01	WKS I sk Wrocław				4:03.36	739
	50m:	27.83 27.83	150m:	1:29.17	31.32	250m:	2:31.94 31.48	350m:	3:34.57 31.40
	100m:	57.85 30.02	200m:	2:00.46	31.29	300m:	3:03.17 31.23	400m:	4:03.36 28.79
2.	KAROLCZAK, Jan		01	UKS G-8 Bielany Warszawa				4:03.67	736
	50m:	28.32 28.32	150m:	1:29.17	30.60	250m:	2:30.88 31.16	350m:	3:33.93 31.75
	100m:	58.57 30.25	200m:	1:59.72	30.55	300m:	3:02.18 31.30	400m:	4:03.67 29.74
3.	GIRUL, Radosław		01	WKS I sk Wrocław				4:10.54	677
	50m:	29.75 29.75	150m:	1:33.72	32.12	250m:	2:37.77 31.95	350m:	3:40.92 31.43
	100m:	1:01.60 31.85	200m:	2:05.82	32.10	300m:	3:09.49 31.72	400m:	4:10.54 29.62
4.	DOMINIĄK, Kacper		00	WKS I sk Wrocław				4:12.05	665
	50m:	28.94 28.94	150m:	1:32.61	32.20	250m:	2:36.64 31.98	350m:	3:41.29 32.23
	100m:	1:00.41 31.47	200m:	2:04.66	32.05	300m:	3:09.06 32.42	400m:	4:12.05 30.76
5.	URBA SKI, Michał		01	KS Delfin Gdynia				4:12.63	661
	50m:	29.49 29.49	150m:	1:33.05	32.27	250m:	2:37.45 32.12	350m:	3:41.96 32.15
	100m:	1:00.78 31.29	200m:	2:05.33	32.28	300m:	3:09.81 32.36	400m:	4:12.63 30.67

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Pozycja			Rok ur.						Czas	Pkt.
6.	FAJKOWSKI, Piotr		01	MKS Trójka Łód					4:13.33	655
	50m:	28.29 28.29	150m:	1:31.84	32.18	250m:	2:36.59	32.51	350m:	3:41.36 32.24
	100m:	59.66 31.37	200m:	2:04.08	32.24	300m:	3:09.12	32.53	400m:	4:13.33 31.97
7.	JÓ KÓW, Cezary		01	WKS I sk Wrocław					4:15.06	642
	50m:	29.56 29.56	150m:	1:34.22	32.57	250m:	2:39.26	32.59	350m:	3:43.78 32.23
	100m:	1:01.65 32.09	200m:	2:06.67	32.45	300m:	3:11.55	32.29	400m:	4:15.06 31.28
8.	BUGAŁA, Krzysztof		01	MKP Szczecin					4:16.32	632
	50m:	29.79 29.79	150m:	1:34.89	32.86	250m:	2:40.40	32.74	350m:	3:45.86 32.74
	100m:	1:02.03 32.24	200m:	2:07.66	32.77	300m:	3:13.12	32.72	400m:	4:16.32 30.46
9.	HANO, Grzegorz		00	WKS I sk Wrocław					4:17.54	623
	50m:	28.97 28.97	150m:	1:32.70	32.22	250m:	2:38.70	33.18	350m:	3:45.24 33.10
	100m:	1:00.48 31.51	200m:	2:05.52	32.82	300m:	3:12.14	33.44	400m:	4:17.54 32.30
10.	ZAREMBA, Jakub		01	UKS G-8 Bielany Warszawa					4:18.05	620
	50m:	29.71 29.71	150m:	1:35.36	33.30	250m:	2:41.09	32.68	350m:	3:46.83 33.13
	100m:	1:02.06 32.35	200m:	2:08.41	33.05	300m:	3:13.70	32.61	400m:	4:18.05 31.22
11.	RÓJ, Jakub		01	MKP Szczecin					4:20.15	605
	50m:	29.55 29.55	150m:	1:36.28	33.41	250m:	2:43.15	33.38	350m:	3:48.97 32.72
	100m:	1:02.87 33.32	200m:	2:09.77	33.49	300m:	3:16.25	33.10	400m:	4:20.15 31.18
12.	KONCKI, Bartłomiej		01	KS „Wisła” Puławy					4:21.38	596
	50m:	30.65 30.65	150m:	1:35.88	32.72	250m:	2:41.88	32.79	350m:	3:49.35 34.08
	100m:	1:03.16 32.51	200m:	2:09.09	33.21	300m:	3:15.27	33.39	400m:	4:21.38 32.03
13.	RYTTER, Igor		01	UKS G-8 Bielany Warszawa					4:21.59	595
	50m:	30.49 30.49	150m:	1:36.72	33.17	250m:	2:42.88	33.04	350m:	3:49.62 33.27
	100m:	1:03.55 33.06	200m:	2:09.84	33.12	300m:	3:16.35	33.47	400m:	4:21.59 31.97
14.	KRYSIAK, Michał		01	MKS Trójka Łód					4:21.75	594
	50m:	30.41 30.41	150m:	1:35.97	32.90	250m:	2:42.76	33.07	350m:	3:48.96 32.69
	100m:	1:03.07 32.66	200m:	2:09.69	33.72	300m:	3:16.27	33.51	400m:	4:21.75 32.79
15.	KULCZYCKI, Patryk		01	MKP „SŁOWIANKA” Gorzów Wlkp.					4:23.21	584
	50m:	28.96 28.96	150m:	1:35.04	33.52	250m:	2:42.60	33.88	350m:	3:50.68 34.15
	100m:	1:01.52 32.56	200m:	2:08.72	33.68	300m:	3:16.53	33.93	400m:	4:23.21 32.53
16.	SENKOWSKI, Kacper		01	UKS G-8 Bielany Warszawa					4:27.37	557
	50m:	31.01 31.01	150m:	1:38.62	34.29	250m:	2:47.86	34.52	350m:	3:55.38 33.05
	100m:	1:04.33 33.32	200m:	2:13.34	34.72	300m:	3:22.33	34.47	400m:	4:27.37 31.99
17.	RATAJCZAK, Mateusz		01	KS Poznań Poznań					4:29.26	545
	50m:	31.26 31.26	150m:	1:39.61	34.42	250m:	2:49.55	34.83	350m:	3:57.36 33.37
	100m:	1:05.19 33.93	200m:	2:14.72	35.11	300m:	3:23.99	34.44	400m:	4:29.26 31.90
18.	GRZEMSKI, Kamil		01	KS Warta Poznań					4:30.16	540
	50m:	32.13 32.13	150m:	1:40.11	34.20	250m:	2:49.06	34.71	350m:	3:57.25 34.08
	100m:	1:05.91 33.78	200m:	2:14.35	34.24	300m:	3:23.17	34.11	400m:	4:30.16 32.91
19.	ROWI SKI, Aleksander		01	Mokotowski UKP Warszawianka- W					4:36.50	504
	50m:	30.07 30.07	150m:	1:39.33	34.87	250m:	2:50.49	35.25	350m:	4:01.43 35.82
	100m:	1:04.46 34.39	200m:	2:15.24	35.91	300m:	3:25.61	35.12	400m:	4:36.50 35.07
20.	ZUBIK, Stanisław		01	UKP „Polonia Warszawa”					4:39.10	490
	50m:	31.01 31.01	150m:	1:40.60	35.62	250m:	2:52.05	35.36	350m:	4:04.04 36.14
	100m:	1:04.98 33.97	200m:	2:16.69	36.09	300m:	3:27.90	35.85	400m:	4:39.10 35.06
21.	KOMOROWSKI, Jan		01	MKS Trójka Łód					4:39.59	487
	50m:	28.82 28.82	150m:	1:35.16	34.46	250m:	2:48.42	36.79	350m:	4:03.48 37.45
	100m:	1:00.70 31.88	200m:	2:11.63	36.47	300m:	3:26.03	37.61	400m:	4:39.59 36.11
22.	J DRZEJEWSKI, Mateusz		00	Mokotowski UKP Warszawianka- W					4:41.11	479
	50m:	32.10 32.10	150m:	1:42.31	35.44	250m:	2:54.14	36.23	350m:	4:06.35 35.94
	100m:	1:06.87 34.77	200m:	2:17.91	35.60	300m:	3:30.41	36.27	400m:	4:41.11 34.76

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1.	PIELOWSKI, Krzysztof	91	KS AZS UWM Olsztyn	3:59.30	777
	50m: 27.84 27.84	150m: 1:27.11	29.78 250m: 2:27.80	30.77 350m: 3:29.33	31.16
	100m: 57.33 29.49	200m: 1:57.03	29.92 300m: 2:58.17	30.37 400m: 3:59.30	29.97
2.	KAŁU Y SKI, Antoni	99	Mokotowski UKP Warszawianka- W	4:02.05	751
	50m: 28.41 28.41	150m: 1:29.83	30.78 250m: 2:33.13	31.71 350m: 3:33.47	29.88
	100m: 59.05 30.64	200m: 2:01.42	31.59 300m: 3:03.59	30.46 400m: 4:02.05	28.58
3.	DUBIEL, Adam	93	AZS AWF Warszawa	4:02.17	750
	50m: 28.04 28.04	150m: 1:29.59	31.00 250m: 2:31.51	30.95 350m: 3:33.33	30.96
	100m: 58.59 30.55	200m: 2:00.56	30.97 300m: 3:02.37	30.86 400m: 4:02.17	28.84
4.	CHRZANOWSKI, Damian	98	WKS I sk Wrocław	4:03.02	742
	50m: 27.66 27.66	150m: 1:28.48	30.77 250m: 2:30.73	31.32 350m: 3:33.26	31.23
	100m: 57.71 30.05	200m: 1:59.41	30.93 300m: 3:02.03	31.30 400m: 4:03.02	29.76
5.	JAWORSKI, Szymon	01	WKS I sk Wrocław	4:03.36	739
	50m: 27.83 27.83	150m: 1:29.17	31.32 250m: 2:31.94	31.48 350m: 3:34.57	31.40
	100m: 57.85 30.02	200m: 2:00.46	31.29 300m: 3:03.17	31.23 400m: 4:03.36	28.79
6.	KAROLCZAK, Jan	01	UKS G-8 Bielany Warszawa	4:03.67	736
	50m: 28.32 28.32	150m: 1:29.17	30.60 250m: 2:30.88	31.16 350m: 3:33.93	31.75
	100m: 58.57 30.25	200m: 1:59.72	30.55 300m: 3:02.18	31.30 400m: 4:03.67	29.74
7.	CHMIELEWSKI, Krzysztof	04	IUKS „Muszelka” Warszawa	4:10.49	678
	50m: 29.02 29.02	150m: 1:32.42	31.73 250m: 2:36.47	31.81 350m: 3:39.75	31.38
	100m: 1:00.69 31.67	200m: 2:04.66	32.24 300m: 3:08.37	31.90 400m: 4:10.49	30.74
8.	GIRUL, Radosław	01	WKS I sk Wrocław	4:10.54	677
	50m: 29.75 29.75	150m: 1:33.72	32.12 250m: 2:37.77	31.95 350m: 3:40.92	31.43
	100m: 1:01.60 31.85	200m: 2:05.82	32.10 300m: 3:09.49	31.72 400m: 4:10.54	29.62
9.	JURA, Maciej	96	WKS I sk Wrocław	4:10.75	676
	50m: 28.89 28.89	150m: 1:31.29	31.07 250m: 2:35.04	32.30 350m: 3:39.99	32.51
	100m: 1:00.22 31.33	200m: 2:02.74	31.45 300m: 3:07.48	32.44 400m: 4:10.75	30.76
10.	DOMINIAK, Kacper	00	WKS I sk Wrocław	4:12.05	665
	50m: 28.94 28.94	150m: 1:32.61	32.20 250m: 2:36.64	31.98 350m: 3:41.29	32.23
	100m: 1:00.41 31.47	200m: 2:04.66	32.05 300m: 3:09.06	32.42 400m: 4:12.05	30.76
11.	URBA SKI, Michał	01	KS Delfin Gdynia	4:12.63	661
	50m: 29.49 29.49	150m: 1:33.05	32.27 250m: 2:37.45	32.12 350m: 3:41.96	32.15
	100m: 1:00.78 31.29	200m: 2:05.33	32.28 300m: 3:09.81	32.36 400m: 4:12.63	30.67
12.	JA KIEWICZ, Adrian	02	IUKS „Muszelka” Warszawa	4:12.81	659
	50m: 29.61 29.61	150m: 1:34.12	32.36 250m: 2:38.43	31.73 350m: 3:41.79	31.72
	100m: 1:01.76 32.15	200m: 2:06.70	32.58 300m: 3:10.07	31.64 400m: 4:12.81	31.02
13.	FAJKOWSKI, Piotr	01	MKS Trójka Łód	4:13.33	655
	50m: 28.29 28.29	150m: 1:31.84	32.18 250m: 2:36.59	32.51 350m: 3:41.36	32.24
	100m: 59.66 31.37	200m: 2:04.08	32.24 300m: 3:09.12	32.53 400m: 4:13.33	31.97
14.	JÓ KÓW, Cezary	01	WKS I sk Wrocław	4:15.06	642
	50m: 29.56 29.56	150m: 1:34.22	32.57 250m: 2:39.26	32.59 350m: 3:43.78	32.23
	100m: 1:01.65 32.09	200m: 2:06.67	32.45 300m: 3:11.55	32.29 400m: 4:15.06	31.28
15.	BUGAŁA, Krzysztof	01	MKP Szczecin	4:16.32	632
	50m: 29.79 29.79	150m: 1:34.89	32.86 250m: 2:40.40	32.74 350m: 3:45.86	32.74
	100m: 1:02.03 32.24	200m: 2:07.66	32.77 300m: 3:13.12	32.72 400m: 4:16.32	30.46
16.	RODKIEWICZ, Radosław	03	IUKS „Muszelka” Warszawa	4:16.55	631
	50m: 30.92 30.92	150m: 1:36.30	33.02 250m: 2:41.39	32.45 350m: 3:45.50	31.91
	100m: 1:03.28 32.36	200m: 2:08.94	32.64 300m: 3:13.59	32.20 400m: 4:16.55	31.05
17.	HANO, Grzegorz	00	WKS I sk Wrocław	4:17.54	623
	50m: 28.97 28.97	150m: 1:32.70	32.22 250m: 2:38.70	33.18 350m: 3:45.24	33.10
	100m: 1:00.48 31.51	200m: 2:05.52	32.82 300m: 3:12.14	33.44 400m: 4:17.54	32.30
18.	ZAREMBA, Jakub	01	UKS G-8 Bielany Warszawa	4:18.05	620
	50m: 29.71 29.71	150m: 1:35.36	33.30 250m: 2:41.09	32.68 350m: 3:46.83	33.13
	100m: 1:02.06 32.35	200m: 2:08.41	33.05 300m: 3:13.70	32.61 400m: 4:18.05	31.22

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19.	TRYLSKI, Wiktor		03	UKS Tri-Team Rumia			4:18.50	617	
	50m: 30.20	30.20	150m: 1:35.42	32.85	250m: 2:41.71	33.24	350m: 3:47.16	32.37	
	100m: 1:02.57	32.37	200m: 2:08.47	33.05	300m: 3:14.79	33.08	400m: 4:18.50	31.34	
20.	LIK, Kacper		02	MKS Jedyńka Łód			4:18.81	614	
	50m: 29.32	29.32	150m: 1:32.69	32.04	250m: 2:38.36	33.03	350m: 3:45.85	33.64	
	100m: 1:00.65	31.33	200m: 2:05.33	32.64	300m: 3:12.21	33.85	400m: 4:18.81	32.96	
21.	MATUSZEWSKI, Krzysztof		04	MUKS PI TNASTKA BYDGOSZCZ			4:18.99	613	
	50m: 30.45	30.45	150m: 1:37.50	33.80	250m: 2:43.78	33.17	350m: 3:48.70	32.12	
	100m: 1:03.70	33.25	200m: 2:10.61	33.11	300m: 3:16.58	32.80	400m: 4:18.99	30.29	
22.	CHMIELEWSKI, Michał		04	IUKS „Muszelka” Warszawa			4:19.01	613	
	50m: 30.45	30.45	150m: 1:35.81	32.97	250m: 2:41.70	32.74	350m: 3:47.18	32.62	
	100m: 1:02.84	32.39	200m: 2:08.96	33.15	300m: 3:14.56	32.86	400m: 4:19.01	31.83	
23.	RÓJ, Jakub		01	MKP Szczecin			4:20.15	605	
	50m: 29.55	29.55	150m: 1:36.28	33.41	250m: 2:43.15	33.38	350m: 3:48.97	32.72	
	100m: 1:02.87	33.32	200m: 2:09.77	33.49	300m: 3:16.25	33.10	400m: 4:20.15	31.18	
24.	DUDKIEWICZ, Kacper		02	UKP „Polonia Warszawa”			4:20.18	605	
	50m: 28.31	28.31	150m: 1:32.04	32.54	250m: 2:39.48	34.19	350m: 3:47.48	34.28	
	100m: 59.50	31.19	200m: 2:05.29	33.25	300m: 3:13.20	33.72	400m: 4:20.18	32.70	
25.	PAWŁOWSKI, Bogusław		02	UKS G-8 Bielany Warszawa			4:21.03	599	
	50m: 29.41	29.41	150m: 1:35.17	33.41	250m: 2:41.28	33.22	350m: 3:48.61	33.44	
	100m: 1:01.76	32.35	200m: 2:08.06	32.89	300m: 3:15.17	33.89	400m: 4:21.03	32.42	
26.	MALINOWSKI, Wojciech		03	MKS Jedyńka Łód			4:21.31	597	
	50m: 30.34	30.34	150m: 1:36.06	33.02	250m: 2:42.54	33.42	350m: 3:48.91	33.15	
	100m: 1:03.04	32.70	200m: 2:09.12	33.06	300m: 3:15.76	33.22	400m: 4:21.31	32.40	
27.	KONCKI, Bartłomiej		01	KS „Wisła” Puławy			4:21.38	596	
	50m: 30.65	30.65	150m: 1:35.88	32.72	250m: 2:41.88	32.79	350m: 3:49.35	34.08	
	100m: 1:03.16	32.51	200m: 2:09.09	33.21	300m: 3:15.27	33.39	400m: 4:21.38	32.03	
28.	RYTTER, Igor		01	UKS G-8 Bielany Warszawa			4:21.59	595	
	50m: 30.49	30.49	150m: 1:36.72	33.17	250m: 2:42.88	33.04	350m: 3:49.62	33.27	
	100m: 1:03.55	33.06	200m: 2:09.84	33.12	300m: 3:16.35	33.47	400m: 4:21.59	31.97	
29.	KRYSIAK, Michał		01	MKS Trójka Łód			4:21.75	594	
	50m: 30.41	30.41	150m: 1:35.97	32.90	250m: 2:42.76	33.07	350m: 3:48.96	32.69	
	100m: 1:03.07	32.66	200m: 2:09.69	33.72	300m: 3:16.27	33.51	400m: 4:21.75	32.79	
30.	DURAJCZYK, Michał		97	AZS AWF Warszawa			4:23.13	585	
	50m: 30.20	30.20	150m: 1:37.17	33.96	250m: 2:44.78	33.56	350m: 3:51.92	32.62	
	100m: 1:03.21	33.01	200m: 2:11.22	34.05	300m: 3:19.30	34.52	400m: 4:23.13	31.21	
31.	DOŁOWY, Grzegorz		02	IUKS „Muszelka” Warszawa			4:23.17	584	
	50m: 30.47	30.47	150m: 1:36.32	33.33	250m: 2:43.37	33.57	350m: 3:50.84	33.84	
	100m: 1:02.99	32.52	200m: 2:09.80	33.48	300m: 3:17.00	33.63	400m: 4:23.17	32.33	
32.	KULCZYCKI, Patryk		01	MKP „SŁOWIANKA” Gorzów Wlkp.			4:23.21	584	
	50m: 28.96	28.96	150m: 1:35.04	33.52	250m: 2:42.60	33.88	350m: 3:50.68	34.15	
	100m: 1:01.52	32.56	200m: 2:08.72	33.68	300m: 3:16.53	33.93	400m: 4:23.21	32.53	
33.	ROGUSKI, Mateusz		03	IUKS „Muszelka” Warszawa			4:24.57	575	
	50m: 30.43	30.43	150m: 1:36.33	33.26	250m: 2:43.57	33.70	350m: 3:51.49	34.02	
	100m: 1:03.07	32.64	200m: 2:09.87	33.54	300m: 3:17.47	33.90	400m: 4:24.57	33.08	
34.	KNYSZY SKI, Maciej		02	MKS Jedyńka Łód			4:25.92	566	
	50m: 30.69	30.69	150m: 1:37.63	33.80	250m: 2:44.90	33.72	350m: 3:52.95	33.96	
	100m: 1:03.83	33.14	200m: 2:11.18	33.55	300m: 3:18.99	34.09	400m: 4:25.92	32.97	
35.	BEDNAREK, Przemysław		04	IUKS „Muszelka” Warszawa			4:27.37	557	
	50m: 30.79	30.79	150m: 1:37.42	33.74	250m: 2:45.61	34.05	350m: 3:53.97	33.98	
	100m: 1:03.68	32.89	200m: 2:11.56	34.14	300m: 3:19.99	34.38	400m: 4:27.37	33.40	
	SENKOWSKI, Kacper		01	UKS G-8 Bielany Warszawa			4:27.37	557	
	50m: 31.01	31.01	150m: 1:38.62	34.29	250m: 2:47.86	34.52	350m: 3:55.38	33.05	
	100m: 1:04.33	33.32	200m: 2:13.34	34.72	300m: 3:22.33	34.47	400m: 4:27.37	31.99	

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37.	J DRYŚ, Igor		02	Mokotowski UKP Warszawianka- W	4:27.95	554			
	50m: 30.51	30.51	150m: 1:39.05	34.63	250m: 2:47.52	33.67	350m: 3:55.60	33.94	
	100m: 1:04.42	33.91	200m: 2:13.85	34.80	300m: 3:21.66	34.14	400m: 4:27.95	32.35	
38.	RUTA, Kamil		02	IUKS „Muszelka” Warszawa	4:29.13	546			
	50m: 31.03	31.03	150m: 1:37.66	33.57	250m: 2:46.32	34.41	350m: 3:55.51	34.74	
	100m: 1:04.09	33.06	200m: 2:11.91	34.25	300m: 3:20.77	34.45	400m: 4:29.13	33.62	
39.	RATAJCZAK, Mateusz		01	KS Posnania Pozna	4:29.26	545			
	50m: 31.26	31.26	150m: 1:39.61	34.42	250m: 2:49.55	34.83	350m: 3:57.36	33.37	
	100m: 1:05.19	33.93	200m: 2:14.72	35.11	300m: 3:23.99	34.44	400m: 4:29.26	31.90	
40.	SKIBIAK, Hubert		04	UKS 190 Łódź	4:29.76	542			
	50m: 31.06	31.06	150m: 1:39.35	34.26	250m: 2:48.36	34.45	350m: 3:57.03	34.17	
	100m: 1:05.09	34.03	200m: 2:13.91	34.56	300m: 3:22.86	34.50	400m: 4:29.76	32.73	
41.	GRZEMSKI, Kamil		01	KS Warta Pozna	4:30.16	540			
	50m: 32.13	32.13	150m: 1:40.11	34.20	250m: 2:49.06	34.71	350m: 3:57.25	34.08	
	100m: 1:05.91	33.78	200m: 2:14.35	34.24	300m: 3:23.17	34.11	400m: 4:30.16	32.91	
42.	SZYMANOWSKI, Jakub		02	MKP „SŁOWIANKA” Gorzów Wlkp.	4:31.50	532			
	50m: 30.08	30.08	150m: 1:36.84	33.79	250m: 2:46.46	34.95	350m: 3:56.61	35.02	
	100m: 1:03.05	32.97	200m: 2:11.51	34.67	300m: 3:21.59	35.13	400m: 4:31.50	34.89	
43.	KARPI SKI, Jakub		03	UKS G-8 Bielany Warszawa	4:31.60	531			
	50m: 30.38	30.38	150m: 1:39.09	34.48	250m: 2:49.94	35.22	350m: 3:58.89	33.43	
	100m: 1:04.61	34.23	200m: 2:14.72	35.63	300m: 3:25.46	35.52	400m: 4:31.60	32.71	
44.	PASZKOWSKI, Konstanty		03	UKS „GIM 92 Ursynów”	4:32.20	528			
	50m: 30.70	30.70	150m: 1:40.72	35.13	250m: 2:50.76	34.32	350m: 3:59.60	33.91	
	100m: 1:05.59	34.89	200m: 2:16.44	35.72	300m: 3:25.69	34.93	400m: 4:32.20	32.60	
45.	PYCZOT, Paweł		02	UKS Pirania Targówek	4:32.64	525			
	50m: 31.15	31.15	150m: 1:41.24	35.48	250m: 2:51.86	35.05	350m: 4:01.32	34.73	
	100m: 1:05.76	34.61	200m: 2:16.81	35.57	300m: 3:26.59	34.73	400m: 4:32.64	31.32	
46.	YRO, Ignacy		04	UKS 307 Warszawa	4:34.98	512			
	50m: 30.91	30.91	150m: 1:40.40	35.04	250m: 2:51.33	35.45	350m: 4:01.46	34.97	
	100m: 1:05.36	34.45	200m: 2:15.88	35.48	300m: 3:26.49	35.16	400m: 4:34.98	33.52	
47.	CHYRCHAŁA, Rafał		02	UKS „ORKA” Zamo	4:35.30	510			
	50m: 31.70	31.70	150m: 1:40.72	35.01	250m: 2:51.55	35.31	350m: 4:01.25	34.33	
	100m: 1:05.71	34.01	200m: 2:16.24	35.52	300m: 3:26.92	35.37	400m: 4:35.30	34.05	
48.	BORZYMEK, Hubert		02	UKS 307 Warszawa	4:35.88	507			
	50m: 31.51	31.51	150m: 1:41.79	35.23	250m: 2:53.07	35.33	350m: 4:03.78	34.79	
	100m: 1:06.56	35.05	200m: 2:17.74	35.95	300m: 3:28.99	35.92	400m: 4:35.88	32.10	
49.	ROWI SKI, Aleksander		01	Mokotowski UKP Warszawianka- W	4:36.50	504			
	50m: 30.07	30.07	150m: 1:39.33	34.87	250m: 2:50.49	35.25	350m: 4:01.43	35.82	
	100m: 1:04.46	34.39	200m: 2:15.24	35.91	300m: 3:25.61	35.12	400m: 4:36.50	35.07	
50.	G SIOROWSKI, Michał		03	UKS „GIM 92 Ursynów”	4:37.15	500			
	50m: 31.03	31.03	150m: 1:41.46	35.84	250m: 2:52.04	35.42	350m: 4:03.10	35.59	
	100m: 1:05.62	34.59	200m: 2:16.62	35.16	300m: 3:27.51	35.47	400m: 4:37.15	34.05	
51.	WRZOSEK, Bartosz		04	UKS G-8 Bielany Warszawa	4:38.77	491			
	50m: 30.82	30.82	150m: 1:39.99	34.67	250m: 2:51.65	36.21	350m: 4:04.68	36.80	
	100m: 1:05.32	34.50	200m: 2:15.44	35.45	300m: 3:27.88	36.23	400m: 4:38.77	34.09	
52.	SZCZERBA, Kacper		04	UKS G-8 Bielany Warszawa	4:38.90	491			
	50m: 30.93	30.93	150m: 1:41.81	35.76	250m: 2:53.43	35.85	350m: 4:04.76	35.46	
	100m: 1:06.05	35.12	200m: 2:17.58	35.77	300m: 3:29.30	35.87	400m: 4:38.90	34.14	
53.	MINICHOWSKI, Maksymilian		04	UKS "V" Łomianki	4:39.08	490			
	50m: 31.63	31.63	150m: 1:42.96	36.15	250m: 2:54.27	35.80	350m: 4:05.73	35.83	
	100m: 1:06.81	35.18	200m: 2:18.47	35.51	300m: 3:29.90	35.63	400m: 4:39.08	33.35	
54.	ZUBIK, Stanisław		01	UKP „Polonia Warszawa”	4:39.10	490			
	50m: 31.01	31.01	150m: 1:40.60	35.62	250m: 2:52.05	35.36	350m: 4:04.04	36.14	
	100m: 1:04.98	33.97	200m: 2:16.69	36.09	300m: 3:27.90	35.85	400m: 4:39.10	35.06	

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55.	KOMOROWSKI, Jan		01	MKS Trójka Łód						4:39.59	487
	50m:	28.82 28.82	150m:	1:35.16 34.46	250m:	2:48.42 36.79	350m:	4:03.48 37.45			
	100m:	1:00.70 31.88	200m:	2:11.63 36.47	300m:	3:26.03 37.61	400m:	4:39.59 36.11			
56.	J DRZEJEWSKI, Mateusz		00	Mokotowski UKP Warszawianka- W						4:41.11	479
	50m:	32.10 32.10	150m:	1:42.31 35.44	250m:	2:54.14 36.23	350m:	4:06.35 35.94			
	100m:	1:06.87 34.77	200m:	2:17.91 35.60	300m:	3:30.41 36.27	400m:	4:41.11 34.76			
57.	MALINOWSKI, Paweł		02	MKP „SŁOWIANKA" Gorzów Wlkp.						4:43.52	467
	50m:	30.65 30.65	150m:	1:41.63 36.31	250m:	2:55.03 36.58	350m:	4:07.96 36.42			
	100m:	1:05.32 34.67	200m:	2:18.45 36.82	300m:	3:31.54 36.51	400m:	4:43.52 35.56			
58.	ILCEWICZ, Hubert		03	UKS „Victoria Józefów"						4:44.94	460
	50m:	31.30 31.30	150m:	1:42.85 36.39	250m:	2:56.51 36.48	350m:	4:10.51 36.79			
	100m:	1:06.46 35.16	200m:	2:20.03 37.18	300m:	3:33.72 37.21	400m:	4:44.94 34.43			
59.	KRASOWSKI, Krzysztof		04	UKS Tri-Team Rumia						4:45.71	456
	50m:	32.29 32.29	150m:	1:44.69 36.53	250m:	2:58.88 37.34	350m:	4:11.59 36.02			
	100m:	1:08.16 35.87	200m:	2:21.54 36.85	300m:	3:35.57 36.69	400m:	4:45.71 34.12			
60.	KRYSIĄK, Kacper		04	MKS Trójka Łód						4:47.09	450
	50m:	32.22 32.22	150m:	1:44.28 36.55	250m:	2:58.08 36.87	350m:	4:12.03 36.82			
	100m:	1:07.73 35.51	200m:	2:21.21 36.93	300m:	3:35.21 37.13	400m:	4:47.09 35.06			
61.	MARCZAK, Radosław		02	KS Barakuda Mi sk Mazowiecki						4:47.90	446
	50m:	32.27 32.27	150m:	1:45.11 37.36	250m:	2:59.77 37.73	350m:	4:13.77 37.14			
	100m:	1:07.75 35.48	200m:	2:22.04 36.93	300m:	3:36.63 36.86	400m:	4:47.90 34.13			
62.	RAFAŁ, Kacper		04	UKS "V" Łomianki						4:48.14	445
	50m:	32.39 32.39	150m:	1:44.72 36.25	250m:	2:58.56 37.14	350m:	4:12.09 36.65			
	100m:	1:08.47 36.08	200m:	2:21.42 36.70	300m:	3:35.44 36.88	400m:	4:48.14 36.05			
63.	OSZCZAK, Norbert		04	St. KF KS „Fenix" O arów Maz						4:48.37	444
	50m:	32.34 32.34	150m:	1:47.01 37.33	250m:	3:01.99 37.01	350m:	4:15.07 35.72			
	100m:	1:09.68 37.34	200m:	2:24.98 37.97	300m:	3:39.35 37.36	400m:	4:48.37 33.30			
64.	COLEMAN, Alan		03	MKS Jedyńka Łód						4:49.19	440
	50m:	31.56 31.56	150m:	1:46.90 36.95	250m:	3:01.00 37.35	350m:	4:14.65 36.59			
	100m:	1:09.95 38.39	200m:	2:23.65 36.75	300m:	3:38.06 37.06	400m:	4:49.19 34.54			
65.	WALAT, Sebastian		03	UKS Pirania Targówek						4:49.39	439
	50m:	31.35 31.35	150m:	1:46.30 37.75	250m:	3:01.11 37.03	350m:	4:15.14 36.34			
	100m:	1:08.55 37.20	200m:	2:24.08 37.78	300m:	3:38.80 37.69	400m:	4:49.39 34.25			
66.	CIUBA, Mikołaj		04	UKS G-8 Bielany Warszawa						4:49.48	439
	50m:	31.19 31.19	150m:	1:44.21 36.91	250m:	2:58.29 37.28	350m:	4:13.09 37.39			
	100m:	1:07.30 36.11	200m:	2:21.01 36.80	300m:	3:35.70 37.41	400m:	4:49.48 36.39			
67.	SZELE NIAK-BIAŁKOWSKI, Julian		04	UKS „Aquastacja Gda sk"						4:50.94	432
	50m:	31.89 31.89	150m:	1:44.93 37.24	250m:	3:01.33 38.22	350m:	4:16.58 36.84			
	100m:	1:07.69 35.80	200m:	2:23.11 38.18	300m:	3:39.74 38.41	400m:	4:50.94 34.36			
68.	GŁ BI SKI, Kamil		04	UKS Pirania Targówek						4:51.77	429
	50m:	33.46 33.46	150m:	1:50.00 38.87	250m:	3:07.02 38.15	350m:	4:19.67 34.82			
	100m:	1:11.13 37.67	200m:	2:28.87 38.87	300m:	3:44.85 37.83	400m:	4:51.77 32.10			
69.	LITEWSKI, Mikołaj		04	UKS 307 Warszawa						4:53.26	422
	50m:	33.66 33.66	150m:	1:49.65 38.33	250m:	3:05.40 37.73	350m:	4:18.68 36.20			
	100m:	1:11.32 37.66	200m:	2:27.67 38.02	300m:	3:42.48 37.08	400m:	4:53.26 34.58			
70.	GOTOWSKI, Dominik		02	UKS G-8 Bielany Warszawa						5:12.87	348
	50m:	34.32 34.32	150m:	1:53.52 40.30	250m:	3:13.97 40.49	350m:	4:34.44 39.86			
	100m:	1:13.22 38.90	200m:	2:33.48 39.96	300m:	3:54.58 40.61	400m:	5:12.87 38.43			
71.	DOMINOWSKI, Mikołaj		04	KS Barakuda Mi sk Mazowiecki						5:14.65	342
	50m:	33.99 33.99	150m:	1:50.53 39.14	250m:	3:11.55 40.76	350m:	4:34.42 41.41			
	100m:	1:11.39 37.40	200m:	2:30.79 40.26	300m:	3:53.01 41.46	400m:	5:14.65 40.23			
72.	PIŁAT, Maciej		04	UKS „Aquastacja Gda sk"						5:18.51	329
	50m:	33.43 33.43	150m:	1:55.21 41.74	250m:	3:19.59 41.24	350m:	4:42.03 41.48			
	100m:	1:13.47 40.04	200m:	2:38.35 43.14	300m:	4:00.55 40.96	400m:	5:18.51 36.48			

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73.	DULNIAK, Ryszard			04	UKS G-8 Bielany Warszawa				5:18.82	328		
	50m:	32.97	32.97	150m:	1:53.92	41.65	250m:	3:15.20	41.01	350m:	4:38.48	42.41
	100m:	1:12.27	39.30	200m:	2:34.19	40.27	300m:	3:56.07	40.87	400m:	5:18.82	40.34