

Arena Grand Prix Puchar Polski
Łódź, 4-5-11-2017

Konkurencja 23
2017-11-04 - 20:37

Mężczyźni, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Pkt.	Czas	
14 lat										
1.	Zieli ski Konrad		03	UKS 190 Łódź				611	4:10.05	
	50m:	29.81 29.81	150m:	1:33.34 31.88	250m:	2:36.28 31.09	350m:	3:39.10 31.63		
	100m:	1:01.46 31.65	200m:	2:05.19 31.85	300m:	3:07.47 31.19	400m:	4:10.05 30.95		
2.	Uryniuk Paweł		03	UKS G-8 Bielany Warszawa				606	4:10.72	
	50m:	29.05 29.05	150m:	1:32.63 31.62	250m:	2:35.23 30.90	350m:	3:39.20 32.30		
	100m:	1:01.01 31.96	200m:	2:04.33 31.70	300m:	3:06.90 31.67	400m:	4:10.72 31.52		
3.	Trylski Wiktor		03	UKS TRI-Team Rumia				591	4:12.90	
	50m:	29.05 29.05	150m:	1:33.02 32.29	250m:	2:37.78 32.29	350m:	3:42.25 32.14		
	100m:	1:00.73 31.68	200m:	2:05.49 32.47	300m:	3:10.11 32.33	400m:	4:12.90 30.65		
4.	Malinowski Wojciech SŁ		03	MKS Jedyńka Łódź				585	4:13.75	
	50m:	29.18 29.18	150m:	1:33.53 32.52	250m:	2:37.66 31.28	350m:	3:41.81 32.08		
	100m:	1:01.01 31.83	200m:	2:06.38 32.85	300m:	3:09.73 32.07	400m:	4:13.75 31.94		
5.	Wojciechowski Kajetan		03	MKS Trójka Łódź				560	4:17.38	
	50m:	29.90 29.90	150m:	1:34.79 32.57	250m:	2:41.04 33.34	350m:	3:46.41 32.92		
	100m:	1:02.22 32.32	200m:	2:07.70 32.91	300m:	3:13.49 32.45	400m:	4:17.38 30.97		
6.	Kudli ski Łukasz		03	UKS SP 149 Łódź				508	4:25.86	
	50m:	29.49 29.49	150m:	1:37.49 34.17	250m:	2:45.74 34.07	350m:	3:53.79 34.21		
	100m:	1:03.32 33.83	200m:	2:11.67 34.18	300m:	3:19.58 33.84	400m:	4:25.86 32.07		
7.	Coleman Alan SMS Łódź		03	MKS Jedyńka Łódź				498	4:27.72	
	50m:	30.15 30.15	150m:	1:38.33 34.48	250m:	2:46.14 33.74	350m:	3:54.37 34.42		
	100m:	1:03.85 33.70	200m:	2:12.40 34.07	300m:	3:19.95 33.81	400m:	4:27.72 33.35		
8.	Szel g Dawid		03	SP Meduza Paj czno				493	4:28.66	
	50m:	30.52 30.52	150m:	1:39.13 34.56	250m:	2:47.92 33.82	350m:	3:56.47 34.18		
	100m:	1:04.57 34.05	200m:	2:14.10 34.97	300m:	3:22.29 34.37	400m:	4:28.66 32.19		
9.	Owsiejew Michał		03	MUKS Olimpijczyk OSSM				491	4:28.89	
	50m:	30.12 30.12	150m:	1:37.96 34.17	250m:	2:46.33 33.95	350m:	3:55.23 34.67		
	100m:	1:03.79 33.67	200m:	2:12.38 34.42	300m:	3:20.56 34.23	400m:	4:28.89 33.66		
10.	Skrzypek Piotr		03	ródmiejski UKS Polna Warszawa				478	4:31.34	
	50m:	30.48 30.48	150m:	1:39.17 34.74	250m:	2:48.90 34.96	350m:	3:57.90 34.26		
	100m:	1:04.43 33.95	200m:	2:13.94 34.77	300m:	3:23.64 34.74	400m:	4:31.34 33.44		
11.	Stefanowski Bartosz		03	UKS NAWA Skierniewice				477	4:31.60	
	50m:	30.32 30.32	150m:	1:38.85 34.65	250m:	2:48.26 34.61	350m:	3:57.83 34.86		
	100m:	1:04.20 33.88	200m:	2:13.65 34.80	300m:	3:22.97 34.71	400m:	4:31.60 33.77		
12.	Sobiech Szymon		03	UKS SP 149 Łódź				457	4:35.50	
	50m:	31.04 31.04	150m:	1:40.79 35.08	250m:	2:51.62 35.19	350m:	4:01.85 34.19		
	100m:	1:05.71 34.67	200m:	2:16.43 35.64	300m:	3:27.66 36.04	400m:	4:35.50 33.65		
13.	Berbelski Adam		03	MUKS Wodnik Łask				456	4:35.72	
	50m:	31.03 31.03	150m:	1:40.15 34.96	250m:	2:50.83 35.29	350m:	4:02.20 36.01		
	100m:	1:05.19 34.16	200m:	2:15.54 35.39	300m:	3:26.19 35.36	400m:	4:35.72 33.52		
14.	W grzynowicz Miłosz		03	MUKS Olimpijczyk OSSM				408	4:46.16	
	50m:	30.70 30.70	150m:	1:42.15 36.47	250m:	2:55.71 36.83	350m:	4:10.48 37.24		
	100m:	1:05.68 34.98	200m:	2:18.88 36.73	300m:	3:33.24 37.53	400m:	4:46.16 35.68		
15.	Straszy ski Kacper		03	MKS Trójka Łódź				373	4:54.84	
	50m:	32.48 32.48	150m:	1:46.98 37.71	250m:	3:03.50 38.42	350m:	4:19.03 37.64		
	100m:	1:09.27 36.79	200m:	2:25.08 38.10	300m:	3:41.39 37.89	400m:	4:54.84 35.81		
16.	Szczepa ski Jakub		03	MUKS Wodnik Łask				347	5:01.87	
	50m:	33.51 33.51	150m:		250m:		350m:			
	100m:	1:11.65 38.14	200m:		300m:		400m:	5:01.87		

Arena Grand Prix Puchar Polski
Łódź, 4-5-11-2017

Konkurencja 23, M czyzn, 400m dowolny

15 lat

1.	Orlicz Filip		02	UKS G-8 Bielany Warszawa	711	3:57.78
	50m: 27.35	27.35	150m: 1:27.23	30.16	250m: 2:28.83	30.93
	100m: 57.07	29.72	200m: 1:57.90	30.67	300m: 2:59.17	30.34
					350m: 3:29.04	29.87
					400m: 3:57.78	28.74
2.	Raban Maciej		02	IKS Konstancin	640	4:06.27
	50m: 27.67	27.67	150m: 1:28.95	30.95	250m: 2:31.74	31.40
	100m: 58.00	30.33	200m: 2:00.34	31.39	300m: 3:03.25	31.51
					350m: 3:35.23	31.98
					400m: 4:06.27	31.04
3.	Szczerba Adam		02	KU AZS UMCS Lublin	634	4:07.00
	50m: 28.63	28.63	150m: 1:30.86	31.29	250m: 2:33.70	31.30
	100m: 59.57	30.94	200m: 2:02.40	31.54	300m: 3:05.14	31.44
					350m: 3:36.51	31.37
					400m: 4:07.00	30.49
4.	J drys Igor		02	MUKP Warszawianka Wodny Park	613	4:09.79
	50m: 28.56	28.56	150m: 1:32.01	31.93	250m: 2:35.62	31.64
	100m: 1:00.08	31.52	200m: 2:03.98	31.97	300m: 3:07.44	31.82
					350m: 3:39.18	31.74
					400m: 4:09.79	30.61
5.	Pawłowski Bogusław		02	UKS G-8 Bielany Warszawa	604	4:10.99
	50m: 28.81	28.81	150m: 1:31.78	32.01	250m: 2:35.23	31.36
	100m: 59.77	30.96	200m: 2:03.87	32.09	300m: 3:07.66	32.43
					350m: 3:39.78	32.12
					400m: 4:10.99	31.21
6.	Dudkiewicz Kacper		02	UKP Polonia Warszawa	589	4:13.08
	50m: 28.37	28.37	150m: 1:31.87	32.32	250m: 2:36.36	32.31
	100m: 59.55	31.18	200m: 2:04.05	32.18	300m: 3:09.08	32.72
					350m: 3:41.35	32.27
					400m: 4:13.08	31.73
7.	Lik Kacper SŁ		02	MKS Jedyńka Łódź	582	4:14.11
	50m: 29.59	29.59	150m: 1:33.83	32.24	250m: 2:38.29	32.23
	100m: 1:01.59	32.00	200m: 2:06.06	32.23	300m: 3:10.80	32.51
					350m: 3:42.72	31.92
					400m: 4:14.11	31.39
8.	Rajca Wiktor		02	UKS 190 Łódź	579	4:14.54
	50m: 30.10	30.10	150m: 1:34.82	32.60	250m: 2:39.67	32.20
	100m: 1:02.22	32.12	200m: 2:07.47	32.65	300m: 3:11.74	32.07
					350m: 3:43.48	31.74
					400m: 4:14.54	31.06
9.	Knyszy ski Maciej SŁ		02	MKS Jedyńka Łódź	578	4:14.67
	50m: 29.65	29.65	150m: 1:34.01	32.28	250m: 2:38.54	32.17
	100m: 1:01.73	32.08	200m: 2:06.37	32.36	300m: 3:10.88	32.34
					350m: 3:43.30	32.42
					400m: 4:14.67	31.37
10.	Grzegorzczak Wiktor		02	Uks Mos Elk	574	4:15.32
	50m: 28.64	28.64	150m: 1:32.88	32.61	250m: 2:37.89	32.51
	100m: 1:00.27	31.63	200m: 2:05.38	32.50	300m: 3:10.52	32.63
					350m: 3:43.95	33.43
					400m: 4:15.32	31.37
11.	Lipowski Oskar		02	UKP Polonia Warszawa	556	4:18.07
	50m: 29.41	29.41	150m: 1:33.84	32.73	250m: 2:40.40	33.32
	100m: 1:01.11	31.70	200m: 2:07.08	33.24	300m: 3:13.89	33.49
					350m: 3:46.98	33.09
					400m: 4:18.07	31.09
12.	Cielecki Kuba SWR		02	WKS I sk Wrocław	549	4:19.16
	50m: 28.59	28.59	150m: 1:33.54	33.12	250m: 2:39.57	33.00
	100m: 1:00.42	31.83	200m: 2:06.57	33.03	300m: 3:12.87	33.30
					350m: 3:46.47	33.60
					400m: 4:19.16	32.69
13.	Wody ski Bartosz		02	Ku Azs Pł	538	4:20.88
	50m: 28.39	28.39	150m: 1:33.76	33.14	250m: 2:39.60	32.83
	100m: 1:00.62	32.23	200m: 2:06.77	33.01	300m: 3:13.64	34.04
					350m: 3:47.74	34.10
					400m: 4:20.88	33.14
14.	Miko Dawid		02	MKS Trójka Łódź	534	4:21.49
	50m: 29.48	29.48	150m: 1:35.70	33.85	250m: 2:42.81	33.19
	100m: 1:01.85	32.37	200m: 2:09.62	33.92	300m: 3:16.13	33.32
					350m: 3:49.66	33.53
					400m: 4:21.49	31.83
15.	Rozmysłowski Eryk		02	Uks Gos Raszyn	527	4:22.65
	50m: 29.39	29.39	150m: 1:35.81	33.60	250m: 2:43.41	33.84
	100m: 1:02.21	32.82	200m: 2:09.57	33.76	300m: 3:17.41	34.00
					350m: 3:50.54	33.13
					400m: 4:22.65	32.11
16.	Ple nierowicz Kamil		02	UKS CITYZEN Pozna	523	4:23.37
	50m: 29.95	29.95	150m: 1:36.63	33.28	250m: 2:42.78	32.82
	100m: 1:03.35	33.40	200m: 2:09.96	33.33	300m: 3:16.88	34.10
					350m: 3:50.42	33.54
					400m: 4:23.37	32.95
17.	Stachecki Jan		02	UKS CITYZEN Pozna	514	4:24.90
	50m: 30.17	30.17	150m: 1:36.27	33.22	250m: 2:43.94	33.79
	100m: 1:03.05	32.88	200m: 2:10.15	33.88	300m: 3:18.09	34.15
					350m: 3:52.20	34.11
					400m: 4:24.90	32.70
18.	Chełstowski Maciej		02	UKP Polonia Warszawa	512	4:25.14
	50m: 29.39	29.39	150m: 1:35.03	33.31	250m: 2:43.34	34.25
	100m: 1:01.72	32.33	200m: 2:09.09	34.06	300m: 3:17.83	34.49
					350m: 3:52.44	34.61
					400m: 4:25.14	32.70

Arena Grand Prix Puchar Polski
Łódź, 4-5-11-2017

Konkurencja 23, Chłopców, 400m dowolny, 15 lat

Pozycja	Rok ur.	Pkt.	Czas
19. R pała Tomasz	02 Uks Gos Raszyn	508	4:26.00
50m: 31.60 31.60	150m: 1:38.87 33.76	250m: 2:45.72 33.43	350m: 3:53.87 34.21
100m: 1:05.11 33.51	200m: 2:12.29 33.42	300m: 3:19.66 33.94	400m: 4:26.00 32.13
20. Kowalczyk Michał	02 UKP Polonia Warszawa	506	4:26.24
50m: 30.08 30.08	150m: 1:36.84 34.04	250m: 2:45.65 34.34	350m: 3:54.76 34.33
100m: 1:02.80 32.72	200m: 2:11.31 34.47	300m: 3:20.43 34.78	400m: 4:26.24 31.48
21. Cybulski Cyprian	02 UKS"Pi tka"Konstantynów Łódzki	485	4:30.02
50m: 29.52 29.52	150m: 1:36.79 34.38	250m: 2:46.65 34.96	350m: 3:56.05 34.06
100m: 1:02.41 32.89	200m: 2:11.69 34.90	300m: 3:21.99 35.34	400m: 4:30.02 33.97
22. Gotowski Dominik	02 UKS G-8 Bielany Warszawa	476	4:31.75
50m: 30.67 30.67	150m: 1:36.10 31.96	250m: 2:43.60 34.37	350m: 3:57.08 36.62
100m: 1:04.14 33.47	200m: 2:09.23 33.13	300m: 3:20.46 36.86	400m: 4:31.75 34.67
23. Soból Przemysław	02 UKP Polonia Warszawa	460	4:34.91
50m: 30.34 30.34	150m: 1:38.47 34.62	250m: 2:47.35 34.49	350m: 3:59.32 36.22
100m: 1:03.85 33.51	200m: 2:12.86 34.39	300m: 3:23.10 35.75	400m: 4:34.91 35.59

16 lat

1. Warzocha Albert	01 UKS CITYZEN Pozna	686	4:00.57
50m: 27.63 27.63	150m: 1:29.31 30.77	250m: 2:30.91 30.81	350m: 3:31.81 30.45
100m: 58.54 30.91	200m: 2:00.10 30.79	300m: 3:01.36 30.45	400m: 4:00.57 28.76
2. Głuszkowski Mateusz	01 UKS CITYZEN Pozna	657	4:04.13
50m: 28.68 28.68	150m: 1:31.43 31.51	250m: 2:33.30 30.49	350m: 3:34.28 30.31
100m: 59.92 31.24	200m: 2:02.81 31.38	300m: 3:03.97 30.67	400m: 4:04.13 29.85
3. Jaworski Szymon SWR	01 WKS I sk Wrocław	653	4:04.55
50m: 28.11 28.11	150m: 1:30.25 31.14	250m: 2:33.01 31.26	350m: 3:35.00 30.59
100m: 59.11 31.00	200m: 2:01.75 31.50	300m: 3:04.41 31.40	400m: 4:04.55 29.55
4. Cie la Oskar SO	01 AZS AWF Katowice	645	4:05.57
50m: 28.21 28.21	150m: 1:30.28 31.20	250m: 2:32.86 31.31	350m: 3:35.37 31.10
100m: 59.08 30.87	200m: 2:01.55 31.27	300m: 3:04.27 31.41	400m: 4:05.57 30.20
5. Bugała KRZYSZTOF SSz	01 MKP Szczecin	642	4:06.02
50m: 28.74 28.74	150m: 1:30.84 31.24	250m: 2:33.81 31.19	350m: 3:36.08 31.08
100m: 59.60 30.86	200m: 2:02.62 31.78	300m: 3:05.00 31.19	400m: 4:06.02 29.94
6. Sacha Kamil SWR	01 WKS I sk Wrocław	635	4:06.85
50m: 28.97 28.97	150m: 1:31.20 31.32	250m: 2:34.95 31.58	350m: 3:37.89 31.08
100m: 59.88 30.91	200m: 2:03.37 32.17	300m: 3:06.81 31.86	400m: 4:06.85 28.96
7. Jó ków Cezary SWR	01 WKS I sk Wrocław	629	4:07.62
50m: 29.12 29.12	150m: 1:30.96 31.20	250m: 2:33.83 31.61	350m: 3:37.12 31.54
100m: 59.76 30.64	200m: 2:02.22 31.26	300m: 3:05.58 31.75	400m: 4:07.62 30.50
8. Urba ski Michał	01 KS Delfin Gdynia	621	4:08.69
50m: 28.63 28.63	150m: 1:31.35 31.92	250m: 2:35.44 32.12	350m: 3:39.23 31.55
100m: 59.43 30.80	200m: 2:03.32 31.97	300m: 3:07.68 32.24	400m: 4:08.69 29.46
9. Girul Radosław SWR	01 WKS I sk Wrocław	616	4:09.34
50m: 29.13 29.13	150m: 1:32.03 31.50	250m: 2:35.56 31.89	350m: 3:38.89 31.71
100m: 1:00.53 31.40	200m: 2:03.67 31.64	300m: 3:07.18 31.62	400m: 4:09.34 30.45
10. Rój JAKUB SSz	01 MKP Szczecin	616	4:09.43
50m: 28.91 28.91	150m: 1:31.65 31.70	250m: 2:35.47 32.00	350m: 3:39.17 31.64
100m: 59.95 31.04	200m: 2:03.47 31.82	300m: 3:07.53 32.06	400m: 4:09.43 30.26
11. Koncki Bartłomiej	01 Ks Wisła Puławy	604	4:11.06
50m: 29.53 29.53	150m: 1:32.52 31.37	250m: 2:36.16 31.96	350m: 3:40.35 32.23
100m: 1:01.15 31.62	200m: 2:04.20 31.68	300m: 3:08.12 31.96	400m: 4:11.06 30.71
12. Rytter Igor	01 UKS G-8 Bielany Warszawa	580	4:14.48
50m: 28.72 28.72	150m: 1:32.45 32.20	250m: 2:37.79 32.57	350m: 3:43.66 32.91
100m: 1:00.25 31.53	200m: 2:05.22 32.77	300m: 3:10.75 32.96	400m: 4:14.48 30.82

Arena Grand Prix Puchar Polski
Łódź, 4-5-11-2017

Konkurencja 23, Chłopców, 400m dowolny, 16 lat

Pozycja	Rok ur.				Pkt.	Czas
13. Zubik Stanisław	01	UKP Polonia Warszawa	571	4:15.71		
50m: 29.76 29.76	150m: 1:34.01 32.21	250m: 2:38.35 32.43	350m: 3:43.64 32.72			
100m: 1:01.80 32.04	200m: 2:05.92 31.91	300m: 3:10.92 32.57	400m: 4:15.71 32.07			
14. Wo niak Kamil	01	Ks Wisła Puławy	561	4:17.22		
50m: 29.21 29.21	150m: 1:33.85 32.80	250m: 2:39.43 32.72	350m: 3:45.62 32.99			
100m: 1:01.05 31.84	200m: 2:06.71 32.86	300m: 3:12.63 33.20	400m: 4:17.22 31.60			
15. Kami ski Dawid	01	MKP Szczecin	560	4:17.38		
50m: 29.56 29.56	150m: 1:33.27 32.18	250m: 2:38.62 32.79	350m: 3:45.14 33.52			
100m: 1:01.09 31.53	200m: 2:05.83 32.56	300m: 3:11.62 33.00	400m: 4:17.38 32.24			
16. Ratajczak Mateusz Sp	01	K.S. Posenania	551	4:18.79		
50m: 29.02 29.02	150m: 1:33.37 32.75	250m: 2:39.53 32.98	350m: 3:45.62 33.64			
100m: 1:00.62 31.60	200m: 2:06.55 33.18	300m: 3:11.98 32.45	400m: 4:18.79 33.17			
17. Krysiak Michał	01	MKS Trójka Łódź	547	4:19.40		
50m: 29.81 29.81	150m: 1:34.71 32.75	250m: 2:40.78 33.15	350m: 3:47.14 33.13			
100m: 1:01.96 32.15	200m: 2:07.63 32.92	300m: 3:14.01 33.23	400m: 4:19.40 32.26			
18. Nale nik JAKUB SSz	01	MKP Szczecin	545	4:19.82		
50m: 30.51 30.51	150m: 1:36.69 33.19	250m: 2:43.11 33.05	350m: 3:48.05 32.60			
100m: 1:03.50 32.99	200m: 2:10.06 33.37	300m: 3:15.45 32.34	400m: 4:19.82 31.77			
19. Michalski Wojciech	01	MUKS Gilus Gilowice	543	4:20.15		
50m: 29.75 29.75	150m: 1:35.17 32.69	250m: 2:41.17 32.97	350m: 3:47.84 33.30			
100m: 1:02.48 32.73	200m: 2:08.20 33.03	300m: 3:14.54 33.37	400m: 4:20.15 32.31			
20. Weber Albert	01	MKS Juvenia Wrocław	538	4:20.83		
50m: 29.50 29.50	150m: 1:34.99 33.02	250m: 2:41.89 33.55	350m: 3:48.58 33.00			
100m: 1:01.97 32.47	200m: 2:08.34 33.35	300m: 3:15.58 33.69	400m: 4:20.83 32.25			
21. Komorowski Jan	01	MKS Trójka Łódź	531	4:22.05		
50m: 29.16 29.16	150m: 1:35.00 33.53	250m: 2:42.27 33.37	350m: 3:49.25 32.77			
100m: 1:01.47 32.31	200m: 2:08.90 33.90	300m: 3:16.48 34.21	400m: 4:22.05 32.80			
22. Leszega Szymon	01	KS Delfin Gdynia	520	4:23.80		
50m: 29.75 29.75	150m: 1:35.12 33.02	250m: 2:39.52 31.30	350m: 3:46.91 35.37			
100m: 1:02.10 32.35	200m: 2:08.22 33.10	300m: 3:11.54 32.02	400m: 4:23.80 36.89			
23. Dados Aleksander	01	Ks Wisła Puławy	511	4:25.34		
50m: 29.48 29.48	150m: 1:36.67 33.93	250m: 2:44.70 33.82	350m: 3:53.15 33.91			
100m: 1:02.74 33.26	200m: 2:10.88 34.21	300m: 3:19.24 34.54	400m: 4:25.34 32.19			
24. Kotarski Jakub	01	UKS G-8 Bielany Warszawa	504	4:26.59		
50m: 30.35 30.35	150m: 1:38.26 34.10	250m: 2:45.94 33.33	350m: 3:53.79 34.10			
100m: 1:04.16 33.81	200m: 2:12.61 34.35	300m: 3:19.69 33.75	400m: 4:26.59 32.80			
25. Rowi ski Aleksander	01	MUKP Warszawianka Wodny Park	486	4:29.83		
50m: 30.23 30.23	150m: 1:39.23 34.65	250m: 2:48.25 34.09	350m: 3:56.73 34.30			
100m: 1:04.58 34.35	200m: 2:14.16 34.93	300m: 3:22.43 34.18	400m: 4:29.83 33.10			
26. Grzemski Kamil Sp	01	MKP W growiec	471	4:32.65		
50m: 29.48 29.48	150m: 1:35.69 33.62	250m: 2:45.35 35.21	350m:			
100m: 1:02.07 32.59	200m: 2:10.14 34.45	300m:	400m: 4:32.65			
27. Libera Daniel	01	UKS NAWA Skierniewice	427	4:41.74		
50m: 31.53 31.53	150m: 1:43.05 36.06	250m: 2:55.68 36.34	350m: 4:07.49 35.40			
100m: 1:06.99 35.46	200m: 2:19.34 36.29	300m: 3:32.09 36.41	400m: 4:41.74 34.25			

17 - 18 lat

1. Kraska Jakub	00	Ku Azs Pł	746	3:53.96		
50m: 26.70 26.70	150m: 1:25.55 29.60	250m: 2:25.30 30.16	350m: 3:25.60 30.10			
100m: 55.95 29.25	200m: 1:55.14 29.59	300m: 2:55.50 30.20	400m: 3:53.96 28.36			
2. Kiełczewski AMADEUSZ SSz	00	MKP Szczecin	719	3:56.83		
50m: 27.47 27.47	150m: 1:26.80 29.69	250m: 2:27.54 30.49	350m: 3:28.32 30.18			
100m: 57.11 29.64	200m: 1:57.05 30.25	300m: 2:58.14 30.60	400m: 3:56.83 28.51			

Arena Grand Prix Puchar Polski
Łódź, 4-5-11-2017

Konkurencja 23, Chłopców, 400m dowolny, 17 - 18 lat

Pozycja			Rok ur.				Pkt.	Czas	
3.	Bujak Dominik		99	SALOS Cortile Kielce			704	3:58.51	
	50m:	27.50 27.50	150m:	1:27.56 30.27	250m:	2:28.50 30.39	350m:	3:29.28 30.30	
	100m:	57.29 29.79	200m:	1:58.11 30.55	300m:	2:58.98 30.48	400m:	3:58.51 29.23	
4.	Dutkowiak Wojciech SWR		00	WKS I sk Wrocław			693	3:59.80	
	50m:	27.70 27.70	150m:	1:28.16 30.12	250m:	2:29.60 30.49	350m:	3:31.03 30.43	
	100m:	58.04 30.34	200m:	1:59.11 30.95	300m:	3:00.60 31.00	400m:	3:59.80 28.77	
5.	Małyśka Bartosz SL		99	UKS Skarpa Lublin			693	3:59.81	
	50m:	27.94 27.94	150m:	1:29.43 30.91	250m:	2:30.36 30.02	350m:	3:30.54 29.90	
	100m:	58.52 30.58	200m:	2:00.34 30.91	300m:	3:00.64 30.28	400m:	3:59.81 29.27	
6.	Ciasto Sebastian SO		99	UKP UNIA O wi cim			689	4:00.25	
	50m:	27.53 27.53	150m:	1:28.19 30.49	250m:	2:29.48 30.30	350m:	3:30.51 30.41	
	100m:	57.70 30.17	200m:	1:59.18 30.99	300m:	3:00.10 30.62	400m:	4:00.25 29.74	
7.	Dominiak Kacper SWR		00	WKS I sk Wrocław			668	4:02.76	
	50m:	28.38 28.38	150m:	1:29.65 30.76	250m:	2:31.20 30.72	350m:	3:33.35 30.77	
	100m:	58.89 30.51	200m:	2:00.48 30.83	300m:	3:02.58 31.38	400m:	4:02.76 29.41	
8.	Komosa Maciej		99	MKS Polonia Warszawa			662	4:03.48	
	50m:	28.16 28.16	150m:	1:29.31 30.44	250m:	2:30.70 30.87	350m:	3:33.09 31.26	
	100m:	58.87 30.71	200m:	1:59.83 30.52	300m:	3:01.83 31.13	400m:	4:03.48 30.39	
9.	Pawlaczyk Patryk		00	UKS 190 Łódź			660	4:03.74	
	50m:	28.15 28.15	150m:	1:30.32 31.40	250m:	2:33.09 31.36	350m:	3:35.76 31.13	
	100m:	58.92 30.77	200m:	2:01.73 31.41	300m:	3:04.63 31.54	400m:	4:03.74 27.98	
10.	Stec Kacper		99	UKP Kmita Zabierzów			658	4:03.93	
	50m:	27.90 27.90	150m:	1:29.27 30.88	250m:	2:31.99 31.30	350m:	3:34.69 31.02	
	100m:	58.39 30.49	200m:	2:00.69 31.42	300m:	3:03.67 31.68	400m:	4:03.93 29.24	
11.	Krucikowski Maciej SO		99	UKP UNIA O wi cim			652	4:04.73	
	50m:	28.76 28.76	150m:	1:31.69 31.29	250m:	2:33.97 31.05	350m:	3:35.27 30.31	
	100m:	1:00.40 31.64	200m:	2:02.92 31.23	300m:	3:04.96 30.99	400m:	4:04.73 29.46	
12.	Oller Krzysztof SL		00	MTP KORMORAN Olsztyn			651	4:04.89	
	50m:	28.79 28.79	150m:	1:31.26 31.06	250m:	2:33.87 31.54	350m:	3:35.13 30.68	
	100m:	1:00.20 31.41	200m:	2:02.33 31.07	300m:	3:04.45 30.58	400m:	4:04.89 29.76	
13.	Kuczak Adam SWR		00	TP Zielona Góra			649	4:05.12	
	50m:	28.24 28.24	150m:	1:30.26 31.18	250m:	2:32.37 30.81	350m:	3:34.41 31.03	
	100m:	59.08 30.84	200m:	2:01.56 31.30	300m:	3:03.38 31.01	400m:	4:05.12 30.71	
14.	Hano Grzegorz SWR		00	WKS I sk Wrocław			646	4:05.46	
	50m:	28.39 28.39	150m:	1:29.39 30.66	250m:	2:31.63 31.29	350m:	3:35.06 31.77	
	100m:	58.73 30.34	200m:	2:00.34 30.95	300m:	3:03.29 31.66	400m:	4:05.46 30.40	
15.	Prószy ski Igor		99	MKP Szczecin			640	4:06.20	
	50m:	29.38 29.38	150m:	1:30.71 30.84	250m:	2:33.00 31.17	350m:	3:36.01 31.58	
	100m:	59.87 30.49	200m:	2:01.83 31.12	300m:	3:04.43 31.43	400m:	4:06.20 30.19	
16.	Wo niak Maciej		00	UKS 190 Łódź			639	4:06.40	
	50m:	27.58 27.58	150m:	1:30.38 31.77	250m:	2:34.30 31.88	350m:	3:37.99 31.63	
	100m:	58.61 31.03	200m:	2:02.42 32.04	300m:	3:06.36 32.06	400m:	4:06.40 28.41	
17.	Ma ka Filip		00	UKS 190 Łódź			628	4:07.85	
	50m:	28.13 28.13	150m:	1:30.99 31.70	250m:	2:34.66 31.49	350m:	3:38.49 31.57	
	100m:	59.29 31.16	200m:	2:03.17 32.18	300m:	3:06.92 32.26	400m:	4:07.85 29.36	
18.	Fiks Krzysztof		00	UKS 190 Łódź			618	4:09.13	
	50m:	28.85 28.85	150m:	1:31.82 31.69	250m:	2:35.52 31.90	350m:	3:39.22 31.85	
	100m:	1:00.13 31.28	200m:	2:03.62 31.80	300m:	3:07.37 31.85	400m:	4:09.13 29.91	
19.	Chałat Stanisław SL		99	UKS Skarpa Lublin			617	4:09.19	
	50m:	29.56 29.56	150m:	1:33.58 32.16	250m:	2:36.57 31.17	350m:	3:38.62 31.16	
	100m:	1:01.42 31.86	200m:	2:05.40 31.82	300m:	3:07.46 30.89	400m:	4:09.19 30.57	
20.	Biero ski Michał SWR		99	WKS I sk Wrocław			607	4:10.60	
	50m:	28.63 28.63	150m:	1:32.66 32.36	250m:	2:37.89 32.54	350m:	3:41.59 31.18	
	100m:	1:00.30 31.67	200m:	2:05.35 32.69	300m:	3:10.41 32.52	400m:	4:10.60 29.01	

Arena Grand Prix Puchar Polski
Łódź, 4-5-11-2017

Konkurencja 23, Chłopców, 400m dowolny, 17 - 18 lat

Pozycja					Rok ur.					Pkt.	Czas	
21.	Walczyško Jakub SL				00	KU AZS UMCS Lublin				603	4:11.21	
	50m:	28.90	28.90	150m:	1:33.19	32.20	250m:	2:37.49	31.98	350m:	3:41.32	31.72
	100m:	1:00.99	32.09	200m:	2:05.51	32.32	300m:	3:09.60	32.11	400m:	4:11.21	29.89
22.	Doma ski Kamil				00	MKS Trójka Łódź				592	4:12.77	
	50m:	28.60	28.60	150m:	1:31.40	31.85	250m:	2:35.88	32.38	350m:	3:41.49	33.25
	100m:	59.55	30.95	200m:	2:03.50	32.10	300m:	3:08.24	32.36	400m:	4:12.77	31.28
23.	Stawaruk Michał				99	Ku Azs Pł				587	4:13.42	
	50m:	28.54	28.54	150m:	1:31.53	31.06	250m:	2:35.94	32.27	350m:	3:40.96	32.65
	100m:	1:00.47	31.93	200m:	2:03.67	32.14	300m:	3:08.31	32.37	400m:	4:13.42	32.46
24.	Kostyk Teodor				00	UKS CITYZEN Pozna				552	4:18.74	
	50m:	29.45	29.45	150m:	1:34.52	32.83	250m:	2:40.33	32.01	350m:	3:46.61	33.13
	100m:	1:01.69	32.24	200m:	2:08.32	33.80	300m:	3:13.48	33.15	400m:	4:18.74	32.13
25.	Jarosz Dawid				99	UKS Wodnik Kołskie				535	4:21.32	
	50m:	28.85	28.85	150m:	1:31.74	31.74	250m:	2:38.51	34.12	350m:	3:47.65	34.60
	100m:	1:00.00	31.15	200m:	2:04.39	32.65	300m:	3:13.05	34.54	400m:	4:21.32	33.67
26.	Chodulski Jakub SI				00	UKS Skarpa Lublin				524	4:23.22	
	50m:	30.10	30.10	150m:	1:37.40	33.84	250m:	2:45.04	33.62	350m:	3:51.51	33.48
	100m:	1:03.56	33.46	200m:	2:11.42	34.02	300m:	3:18.03	32.99	400m:	4:23.22	31.71
27.	Chmielowiec Mateusz				00	UKS NAWA Skierniewice				511	4:25.42	
	50m:	29.26	29.26	150m:	1:36.63	34.41	250m:	2:45.29	34.46	350m:	3:53.31	33.80
	100m:	1:02.22	32.96	200m:	2:10.83	34.20	300m:	3:19.51	34.22	400m:	4:25.42	32.11
28.	Cichocki Maciej				00	UKS Ostrobramska Warszawa				494	4:28.48	
	50m:	30.11	30.11	150m:	1:38.85	34.56	250m:	2:46.95	33.65	350m:	3:54.91	34.11
	100m:	1:04.29	34.18	200m:	2:13.30	34.45	300m:	3:20.80	33.85	400m:	4:28.48	33.57
14 lat i starsi												
1.	Zaborowski Filip				94	MKP Szczecin				835	3:45.32	
	50m:	26.21	26.21	150m:	1:22.77	28.32	250m:	2:19.73	28.52	350m:	3:17.21	28.74
	100m:	54.45	28.24	200m:	1:51.21	28.44	300m:	2:48.47	28.74	400m:	3:45.32	28.11
2.	Arndt Mateusz				98	KS Delfin Gdynia				772	3:51.32	
	50m:	26.69	26.69	150m:	1:24.43	28.69	250m:	2:22.57	29.14	350m:	3:22.41	29.88
	100m:	55.74	29.05	200m:	1:53.43	29.00	300m:	2:52.53	29.96	400m:	3:51.32	28.91
3.	Kraska Jakub				00	Ku Azs Pł				746	3:53.96	
	50m:	26.70	26.70	150m:	1:25.55	29.60	250m:	2:25.30	30.16	350m:	3:25.60	30.10
	100m:	55.95	29.25	200m:	1:55.14	29.59	300m:	2:55.50	30.20	400m:	3:53.96	28.36
4.	Dubiel Adam				93	Azs Awf Warszawa				738	3:54.86	
	50m:	27.09	27.09	150m:	1:26.32	29.71	250m:	2:26.32	30.08	350m:	3:26.13	29.77
	100m:	56.61	29.52	200m:	1:56.24	29.92	300m:	2:56.36	30.04	400m:	3:54.86	28.73
5.	Kiełczewski AMADEUSZ SSz				00	MKP Szczecin				719	3:56.83	
	50m:	27.47	27.47	150m:	1:26.80	29.69	250m:	2:27.54	30.49	350m:	3:28.32	30.18
	100m:	57.11	29.64	200m:	1:57.05	30.25	300m:	2:58.14	30.60	400m:	3:56.83	28.51
6.	Jura Maciej				96	WKS I sk Wrocław				713	3:57.58	
	50m:	27.67	27.67	150m:	1:26.90	29.93	250m:	2:27.50	30.36	350m:	3:28.22	30.16
	100m:	56.97	29.30	200m:	1:57.14	30.24	300m:	2:58.06	30.56	400m:	3:57.58	29.36
7.	Orlicz Filip				02	UKS G-8 Bielany Warszawa				711	3:57.78	
	50m:	27.35	27.35	150m:	1:27.23	30.16	250m:	2:28.83	30.93	350m:	3:29.04	29.87
	100m:	57.07	29.72	200m:	1:57.90	30.67	300m:	2:59.17	30.34	400m:	3:57.78	28.74
8.	Bujak Dominik				99	SALOS Cortile Kielce				704	3:58.51	
	50m:	27.50	27.50	150m:	1:27.56	30.27	250m:	2:28.50	30.39	350m:	3:29.28	30.30
	100m:	57.29	29.79	200m:	1:58.11	30.55	300m:	2:58.98	30.48	400m:	3:58.51	29.23
9.	Kaczmarek Marcin				94	Azs Awf Warszawa				694	3:59.73	
	50m:	26.95	26.95	150m:	1:27.62	30.41	250m:	2:28.13	30.00	350m:	3:29.77	31.05
	100m:	57.21	30.26	200m:	1:58.13	30.51	300m:	2:58.72	30.59	400m:	3:59.73	29.96

Arena Grand Prix Puchar Polski
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Konkurencja 23, M czyzn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Pkt.	Czas
10.	Dutkowiak Wojciech	SWR	00	WKS I sk Wrocław			693	3:59.80	
	50m:	27.70 27.70	150m:	1:28.16 30.12	250m:	2:29.60 30.49	350m:	3:31.03 30.43	
	100m:	58.04 30.34	200m:	1:59.11 30.95	300m:	3:00.60 31.00	400m:	3:59.80 28.77	
11.	Małycka Bartosz	SL	99	UKS Skarpa Lublin			693	3:59.81	
	50m:	27.94 27.94	150m:	1:29.43 30.91	250m:	2:30.36 30.02	350m:	3:30.54 29.90	
	100m:	58.52 30.58	200m:	2:00.34 30.91	300m:	3:00.64 30.28	400m:	3:59.81 29.27	
12.	Ciasto Sebastian	SO	99	UKP UNIA O wi cim			689	4:00.25	
	50m:	27.53 27.53	150m:	1:28.19 30.49	250m:	2:29.48 30.30	350m:	3:30.51 30.41	
	100m:	57.70 30.17	200m:	1:59.18 30.99	300m:	3:00.10 30.62	400m:	4:00.25 29.74	
13.	Warzocha Albert		01	UKS CITYZEN Pozna			686	4:00.57	
	50m:	27.63 27.63	150m:	1:29.31 30.77	250m:	2:30.91 30.81	350m:	3:31.81 30.45	
	100m:	58.54 30.91	200m:	2:00.10 30.79	300m:	3:01.36 30.45	400m:	4:00.57 28.76	
14.	Dominiak Kacper	SWR	00	WKS I sk Wrocław			668	4:02.76	
	50m:	28.38 28.38	150m:	1:29.65 30.76	250m:	2:31.20 30.72	350m:	3:33.35 30.77	
	100m:	58.89 30.51	200m:	2:00.48 30.83	300m:	3:02.58 31.38	400m:	4:02.76 29.41	
15.	Komosa Maciej		99	MKS Polonia Warszawa			662	4:03.48	
	50m:	28.16 28.16	150m:	1:29.31 30.44	250m:	2:30.70 30.87	350m:	3:33.09 31.26	
	100m:	58.87 30.71	200m:	1:59.83 30.52	300m:	3:01.83 31.13	400m:	4:03.48 30.39	
16.	Smeja Sławomir		94	AZS AWF Katowice			661	4:03.60	
	50m:	28.11 28.11	150m:	1:29.88 30.99	250m:	2:31.91 30.98	350m:	3:33.91 30.98	
	100m:	58.89 30.78	200m:	2:00.93 31.05	300m:	3:02.93 31.02	400m:	4:03.60 29.69	
17.	Pawlaczyk Patryk		00	UKS 190 Łódź			660	4:03.74	
	50m:	28.15 28.15	150m:	1:30.32 31.40	250m:	2:33.09 31.36	350m:	3:35.76 31.13	
	100m:	58.92 30.77	200m:	2:01.73 31.41	300m:	3:04.63 31.54	400m:	4:03.74 27.98	
18.	Stec Kacper		99	UKP Kmita Zabierzów			658	4:03.93	
	50m:	27.90 27.90	150m:	1:29.27 30.88	250m:	2:31.99 31.30	350m:	3:34.69 31.02	
	100m:	58.39 30.49	200m:	2:00.69 31.42	300m:	3:03.67 31.68	400m:	4:03.93 29.24	
19.	Głuszkowski Mateusz		01	UKS CITYZEN Pozna			657	4:04.13	
	50m:	28.68 28.68	150m:	1:31.43 31.51	250m:	2:33.30 30.49	350m:	3:34.28 30.31	
	100m:	59.92 31.24	200m:	2:02.81 31.38	300m:	3:03.97 30.67	400m:	4:04.13 29.85	
20.	Jaworski Szymon	SWR	01	WKS I sk Wrocław			653	4:04.55	
	50m:	28.11 28.11	150m:	1:30.25 31.14	250m:	2:33.01 31.26	350m:	3:35.00 30.59	
	100m:	59.11 31.00	200m:	2:01.75 31.50	300m:	3:04.41 31.40	400m:	4:04.55 29.55	
21.	Krulikowski Maciej	SO	99	UKP UNIA O wi cim			652	4:04.73	
	50m:	28.76 28.76	150m:	1:31.69 31.29	250m:	2:33.97 31.05	350m:	3:35.27 30.31	
	100m:	1:00.40 31.64	200m:	2:02.92 31.23	300m:	3:04.96 30.99	400m:	4:04.73 29.46	
22.	Oller Krzysztof	SL	00	MTP KORMORAN Olsztyn			651	4:04.89	
	50m:	28.79 28.79	150m:	1:31.26 31.06	250m:	2:33.87 31.54	350m:	3:35.13 30.68	
	100m:	1:00.20 31.41	200m:	2:02.33 31.07	300m:	3:04.45 30.58	400m:	4:04.89 29.76	
23.	Kuczak Adam	SWR	00	TP Zielona Góra			649	4:05.12	
	50m:	28.24 28.24	150m:	1:30.26 31.18	250m:	2:32.37 30.81	350m:	3:34.41 31.03	
	100m:	59.08 30.84	200m:	2:01.56 31.30	300m:	3:03.38 31.01	400m:	4:05.12 30.71	
24.	Osses Arkadiusz		95	KS Warta Pozna			648	4:05.19	
	50m:	28.28 28.28	150m:	1:27.88 29.87	250m:	2:29.55 31.10	350m:	3:33.55 32.10	
	100m:	58.01 29.73	200m:	1:58.45 30.57	300m:	3:01.45 31.90	400m:	4:05.19 31.64	
25.	Hano Grzegorz	SWR	00	WKS I sk Wrocław			646	4:05.46	
	50m:	28.39 28.39	150m:	1:29.39 30.66	250m:	2:31.63 31.29	350m:	3:35.06 31.77	
	100m:	58.73 30.34	200m:	2:00.34 30.95	300m:	3:03.29 31.66	400m:	4:05.46 30.40	
26.	Cie la Oskar	SO	01	AZS AWF Katowice			645	4:05.57	
	50m:	28.21 28.21	150m:	1:30.28 31.20	250m:	2:32.86 31.31	350m:	3:35.37 31.10	
	100m:	59.08 30.87	200m:	2:01.55 31.27	300m:	3:04.27 31.41	400m:	4:05.57 30.20	
27.	Bugała KRZYSZTOF	SSz	01	MKP Szczecin			642	4:06.02	
	50m:	28.74 28.74	150m:	1:30.84 31.24	250m:	2:33.81 31.19	350m:	3:36.08 31.08	
	100m:	59.60 30.86	200m:	2:02.62 31.78	300m:	3:05.00 31.19	400m:	4:06.02 29.94	

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Pozycja			Rok ur.			Pkt.	Czas	
28.	Klich Kacper		94	AZS AWF Katowice		641	4:06.11	
	50m:	27.20 27.20	150m:	1:27.02 30.32	250m:	2:29.08 30.98	350m:	3:33.50 32.50
	100m:	56.70 29.50	200m:	1:58.10 31.08	300m:	3:01.00 31.92	400m:	4:06.11 32.61
29.	Prószy ski Igor		99	MKP Szczecin		640	4:06.20	
	50m:	29.38 29.38	150m:	1:30.71 30.84	250m:	2:33.00 31.17	350m:	3:36.01 31.58
	100m:	59.87 30.49	200m:	2:01.83 31.12	300m:	3:04.43 31.43	400m:	4:06.20 30.19
30.	Raban Maciej		02	IKS Konstancin		640	4:06.27	
	50m:	27.67 27.67	150m:	1:28.95 30.95	250m:	2:31.74 31.40	350m:	3:35.23 31.98
	100m:	58.00 30.33	200m:	2:00.34 31.39	300m:	3:03.25 31.51	400m:	4:06.27 31.04
31.	Wo niak Maciej		00	UKS 190 Łódź		639	4:06.40	
	50m:	27.58 27.58	150m:	1:30.38 31.77	250m:	2:34.30 31.88	350m:	3:37.99 31.63
	100m:	58.61 31.03	200m:	2:02.42 32.04	300m:	3:06.36 32.06	400m:	4:06.40 28.41
32.	Sacha Kamil SWR		01	WKS I sk Wrocław		635	4:06.85	
	50m:	28.97 28.97	150m:	1:31.20 31.32	250m:	2:34.95 31.58	350m:	3:37.89 31.08
	100m:	59.88 30.91	200m:	2:03.37 32.17	300m:	3:06.81 31.86	400m:	4:06.85 28.96
33.	Szczërba Adam		02	KU AZS UMCS Lublin		634	4:07.00	
	50m:	28.63 28.63	150m:	1:30.86 31.29	250m:	2:33.70 31.30	350m:	3:36.51 31.37
	100m:	59.57 30.94	200m:	2:02.40 31.54	300m:	3:05.14 31.44	400m:	4:07.00 30.49
34.	Jó ków Cezary SWR		01	WKS I sk Wrocław		629	4:07.62	
	50m:	29.12 29.12	150m:	1:30.96 31.20	250m:	2:33.83 31.61	350m:	3:37.12 31.54
	100m:	59.76 30.64	200m:	2:02.22 31.26	300m:	3:05.58 31.75	400m:	4:07.62 30.50
35.	Ma ka Filip		00	UKS 190 Łódź		628	4:07.85	
	50m:	28.13 28.13	150m:	1:30.99 31.70	250m:	2:34.66 31.49	350m:	3:38.49 31.57
	100m:	59.29 31.16	200m:	2:03.17 32.18	300m:	3:06.92 32.26	400m:	4:07.85 29.36
36.	Urba ski Michał		01	KS Delfin Gdynia		621	4:08.69	
	50m:	28.63 28.63	150m:	1:31.35 31.92	250m:	2:35.44 32.12	350m:	3:39.23 31.55
	100m:	59.43 30.80	200m:	2:03.32 31.97	300m:	3:07.68 32.24	400m:	4:08.69 29.46
37.	Czerniak Konrad		98	KU AZS UMCS Lublin		620	4:08.88	
	50m:	28.78 28.78	150m:	1:32.11 32.19	250m:	2:35.19 31.01	350m:	3:38.01 31.54
	100m:	59.92 31.14	200m:	2:04.18 32.07	300m:	3:06.47 31.28	400m:	4:08.88 30.87
38.	Zwoli ski Marcin		97	AZS AWF Katowice		619	4:08.94	
	50m:	28.88 28.88	150m:	1:31.60 31.30	250m:	2:35.44 31.98	350m:	3:39.20 31.93
	100m:	1:00.30 31.42	200m:	2:03.46 31.86	300m:	3:07.27 31.83	400m:	4:08.94 29.74
39.	Fiks Krzysztof		00	UKS 190 Łódź		618	4:09.13	
	50m:	28.85 28.85	150m:	1:31.82 31.69	250m:	2:35.52 31.90	350m:	3:39.22 31.85
	100m:	1:00.13 31.28	200m:	2:03.62 31.80	300m:	3:07.37 31.85	400m:	4:09.13 29.91
40.	Chałat Stanisław SL		99	UKS Skarpa Lublin		617	4:09.19	
	50m:	29.56 29.56	150m:	1:33.58 32.16	250m:	2:36.57 31.17	350m:	3:38.62 31.16
	100m:	1:01.42 31.86	200m:	2:05.40 31.82	300m:	3:07.46 30.89	400m:	4:09.19 30.57
41.	Girul Radosław SWR		01	WKS I sk Wrocław		616	4:09.34	
	50m:	29.13 29.13	150m:	1:32.03 31.50	250m:	2:35.56 31.89	350m:	3:38.89 31.71
	100m:	1:00.53 31.40	200m:	2:03.67 31.64	300m:	3:07.18 31.62	400m:	4:09.34 30.45
42.	Rój JAKUB SSz		01	MKP Szczecin		616	4:09.43	
	50m:	28.91 28.91	150m:	1:31.65 31.70	250m:	2:35.47 32.00	350m:	3:39.17 31.64
	100m:	59.95 31.04	200m:	2:03.47 31.82	300m:	3:07.53 32.06	400m:	4:09.43 30.26
43.	J drys Igor		02	MUKP Warszawianka Wodny Park		613	4:09.79	
	50m:	28.56 28.56	150m:	1:32.01 31.93	250m:	2:35.62 31.64	350m:	3:39.18 31.74
	100m:	1:00.08 31.52	200m:	2:03.98 31.97	300m:	3:07.44 31.82	400m:	4:09.79 30.61
44.	Zieli ski Konrad		03	UKS 190 Łódź		611	4:10.05	
	50m:	29.81 29.81	150m:	1:33.34 31.88	250m:	2:36.28 31.09	350m:	3:39.10 31.63
	100m:	1:01.46 31.65	200m:	2:05.19 31.85	300m:	3:07.47 31.19	400m:	4:10.05 30.95
45.	Biero ski Michał SWR		99	WKS I sk Wrocław		607	4:10.60	
	50m:	28.63 28.63	150m:	1:32.66 32.36	250m:	2:37.89 32.54	350m:	3:41.59 31.18
	100m:	1:00.30 31.67	200m:	2:05.35 32.69	300m:	3:10.41 32.52	400m:	4:10.60 29.01

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Pozycja					Rok ur.					Pkt.	Czas	
46.	Skierka Jakub				98	Azs Awf Warszawa				607	4:10.61	
	50m:	28.52	28.52	150m:	1:31.81	31.63	250m:	2:35.68	31.96	350m:	3:39.74	32.09
	100m:	1:00.18	31.66	200m:	2:03.72	31.91	300m:	3:07.65	31.97	400m:	4:10.61	30.87
47.	Uryniuk Paweł				03	UKS G-8 Bielany Warszawa				606	4:10.72	
	50m:	29.05	29.05	150m:	1:32.63	31.62	250m:	2:35.23	30.90	350m:	3:39.20	32.30
	100m:	1:01.01	31.96	200m:	2:04.33	31.70	300m:	3:06.90	31.67	400m:	4:10.72	31.52
48.	Pawłowski Bogusław				02	UKS G-8 Bielany Warszawa				604	4:10.99	
	50m:	28.81	28.81	150m:	1:31.78	32.01	250m:	2:35.23	31.36	350m:	3:39.78	32.12
	100m:	59.77	30.96	200m:	2:03.87	32.09	300m:	3:07.66	32.43	400m:	4:10.99	31.21
49.	Koncki Bartłomiej				01	Ks Wisła Puławy				604	4:11.06	
	50m:	29.53	29.53	150m:	1:32.52	31.37	250m:	2:36.16	31.96	350m:	3:40.35	32.23
	100m:	1:01.15	31.62	200m:	2:04.20	31.68	300m:	3:08.12	31.96	400m:	4:11.06	30.71
50.	Walczyško Jakub SL				00	KU AZS UMCS Lublin				603	4:11.21	
	50m:	28.90	28.90	150m:	1:33.19	32.20	250m:	2:37.49	31.98	350m:	3:41.32	31.72
	100m:	1:00.99	32.09	200m:	2:05.51	32.32	300m:	3:09.60	32.11	400m:	4:11.21	29.89
51.	Doma ski Kamil				00	MKS Trójka Łódź				592	4:12.77	
	50m:	28.60	28.60	150m:	1:31.40	31.85	250m:	2:35.88	32.38	350m:	3:41.49	33.25
	100m:	59.55	30.95	200m:	2:03.50	32.10	300m:	3:08.24	32.36	400m:	4:12.77	31.28
52.	Trylski Wiktor				03	UKS TRI-Team Rumia				591	4:12.90	
	50m:	29.05	29.05	150m:	1:33.02	32.29	250m:	2:37.78	32.29	350m:	3:42.25	32.14
	100m:	1:00.73	31.68	200m:	2:05.49	32.47	300m:	3:10.11	32.33	400m:	4:12.90	30.65
53.	Dudkiewicz Kacper				02	UKP Polonia Warszawa				589	4:13.08	
	50m:	28.37	28.37	150m:	1:31.87	32.32	250m:	2:36.36	32.31	350m:	3:41.35	32.27
	100m:	59.55	31.18	200m:	2:04.05	32.18	300m:	3:09.08	32.72	400m:	4:13.08	31.73
54.	Stawaruk Michał				99	Ku Azs Pł				587	4:13.42	
	50m:	28.54	28.54	150m:	1:31.53	31.06	250m:	2:35.94	32.27	350m:	3:40.96	32.65
	100m:	1:00.47	31.93	200m:	2:03.67	32.14	300m:	3:08.31	32.37	400m:	4:13.42	32.46
55.	Malinowski Wojciech SŁ				03	MKS Jedyńka Łódź				585	4:13.75	
	50m:	29.18	29.18	150m:	1:33.53	32.52	250m:	2:37.66	31.28	350m:	3:41.81	32.08
	100m:	1:01.01	31.83	200m:	2:06.38	32.85	300m:	3:09.73	32.07	400m:	4:13.75	31.94
56.	Lik Kacper SŁ				02	MKS Jedyńka Łódź				582	4:14.11	
	50m:	29.59	29.59	150m:	1:33.83	32.24	250m:	2:38.29	32.23	350m:	3:42.72	31.92
	100m:	1:01.59	32.00	200m:	2:06.06	32.23	300m:	3:10.80	32.51	400m:	4:14.11	31.39
57.	Rytter Igor				01	UKS G-8 Bielany Warszawa				580	4:14.48	
	50m:	28.72	28.72	150m:	1:32.45	32.20	250m:	2:37.79	32.57	350m:	3:43.66	32.91
	100m:	1:00.25	31.53	200m:	2:05.22	32.77	300m:	3:10.75	32.96	400m:	4:14.48	30.82
58.	Rajca Wiktor				02	UKS 190 Łódź				579	4:14.54	
	50m:	30.10	30.10	150m:	1:34.82	32.60	250m:	2:39.67	32.20	350m:	3:43.48	31.74
	100m:	1:02.22	32.12	200m:	2:07.47	32.65	300m:	3:11.74	32.07	400m:	4:14.54	31.06
59.	Knyszy ski Maciej SŁ				02	MKS Jedyńka Łódź				578	4:14.67	
	50m:	29.65	29.65	150m:	1:34.01	32.28	250m:	2:38.54	32.17	350m:	3:43.30	32.42
	100m:	1:01.73	32.08	200m:	2:06.37	32.36	300m:	3:10.88	32.34	400m:	4:14.67	31.37
60.	Grzegorczyk Wiktor				02	Uks Mos Ełk				574	4:15.32	
	50m:	28.64	28.64	150m:	1:32.88	32.61	250m:	2:37.89	32.51	350m:	3:43.95	33.43
	100m:	1:00.27	31.63	200m:	2:05.38	32.50	300m:	3:10.52	32.63	400m:	4:15.32	31.37
61.	Zubik Stanisław				01	UKP Polonia Warszawa				571	4:15.71	
	50m:	29.76	29.76	150m:	1:34.01	32.21	250m:	2:38.35	32.43	350m:	3:43.64	32.72
	100m:	1:01.80	32.04	200m:	2:05.92	31.91	300m:	3:10.92	32.57	400m:	4:15.71	32.07
62.	Wo niak Kamil				01	Ks Wisła Puławy				561	4:17.22	
	50m:	29.21	29.21	150m:	1:33.85	32.80	250m:	2:39.43	32.72	350m:	3:45.62	32.99
	100m:	1:01.05	31.84	200m:	2:06.71	32.86	300m:	3:12.63	33.20	400m:	4:17.22	31.60
63.	Kami ski Dawid				01	MKP Szczecin				560	4:17.38	
	50m:	29.56	29.56	150m:	1:33.27	32.18	250m:	2:38.62	32.79	350m:	3:45.14	33.52
	100m:	1:01.09	31.53	200m:	2:05.83	32.56	300m:	3:11.62	33.00	400m:	4:17.38	32.24

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Pozycja					Rok ur.					Pkt.	Czas	
63.	Wojciechowski Kajetan				03	MKS Trójka Łódź				560	4:17.38	
	50m:	29.90	29.90	150m:	1:34.79	32.57	250m:	2:41.04	33.34	350m:	3:46.41	32.92
	100m:	1:02.22	32.32	200m:	2:07.70	32.91	300m:	3:13.49	32.45	400m:	4:17.38	30.97
65.	Lipowski Oskar				02	UKP Polonia Warszawa				556	4:18.07	
	50m:	29.41	29.41	150m:	1:33.84	32.73	250m:	2:40.40	33.32	350m:	3:46.98	33.09
	100m:	1:01.11	31.70	200m:	2:07.08	33.24	300m:	3:13.89	33.49	400m:	4:18.07	31.09
66.	Kostyk Teodor				00	UKS CITYZEN Poznań				552	4:18.74	
	50m:	29.45	29.45	150m:	1:34.52	32.83	250m:	2:40.33	32.01	350m:	3:46.61	33.13
	100m:	1:01.69	32.24	200m:	2:08.32	33.80	300m:	3:13.48	33.15	400m:	4:18.74	32.13
67.	Ratajczak Mateusz Sp				01	K.S. Posenia				551	4:18.79	
	50m:	29.02	29.02	150m:	1:33.37	32.75	250m:	2:39.53	32.98	350m:	3:45.62	33.64
	100m:	1:00.62	31.60	200m:	2:06.55	33.18	300m:	3:11.98	32.45	400m:	4:18.79	33.17
68.	Cielecki Kuba SWR				02	WKS I sk Wrocław				549	4:19.16	
	50m:	28.59	28.59	150m:	1:33.54	33.12	250m:	2:39.57	33.00	350m:	3:46.47	33.60
	100m:	1:00.42	31.83	200m:	2:06.57	33.03	300m:	3:12.87	33.30	400m:	4:19.16	32.69
69.	Krysiak Michał				01	MKS Trójka Łódź				547	4:19.40	
	50m:	29.81	29.81	150m:	1:34.71	32.75	250m:	2:40.78	33.15	350m:	3:47.14	33.13
	100m:	1:01.96	32.15	200m:	2:07.63	32.92	300m:	3:14.01	33.23	400m:	4:19.40	32.26
70.	Naleńnik JAKUB SSz				01	MKP Szczecin				545	4:19.82	
	50m:	30.51	30.51	150m:	1:36.69	33.19	250m:	2:43.11	33.05	350m:	3:48.05	32.60
	100m:	1:03.50	32.99	200m:	2:10.06	33.37	300m:	3:15.45	32.34	400m:	4:19.82	31.77
71.	Michalski Wojciech				01	MUKS Gilus Gilowice				543	4:20.15	
	50m:	29.75	29.75	150m:	1:35.17	32.69	250m:	2:41.17	32.97	350m:	3:47.84	33.30
	100m:	1:02.48	32.73	200m:	2:08.20	33.03	300m:	3:14.54	33.37	400m:	4:20.15	32.31
72.	Weber Albert				01	MKS Juwenia Wrocław				538	4:20.83	
	50m:	29.50	29.50	150m:	1:34.99	33.02	250m:	2:41.89	33.55	350m:	3:48.58	33.00
	100m:	1:01.97	32.47	200m:	2:08.34	33.35	300m:	3:15.58	33.69	400m:	4:20.83	32.25
73.	Wodyński Bartosz				02	Ku Azs Pł				538	4:20.88	
	50m:	28.39	28.39	150m:	1:33.76	33.14	250m:	2:39.60	32.83	350m:	3:47.74	34.10
	100m:	1:00.62	32.23	200m:	2:06.77	33.01	300m:	3:13.64	34.04	400m:	4:20.88	33.14
74.	Jarosz Dawid				99	UKS Wodnik Koszów				535	4:21.32	
	50m:	28.85	28.85	150m:	1:31.74	31.74	250m:	2:38.51	34.12	350m:	3:47.65	34.60
	100m:	1:00.00	31.15	200m:	2:04.39	32.65	300m:	3:13.05	34.54	400m:	4:21.32	33.67
75.	Miko Dawid				02	MKS Trójka Łódź				534	4:21.49	
	50m:	29.48	29.48	150m:	1:35.70	33.85	250m:	2:42.81	33.19	350m:	3:49.66	33.53
	100m:	1:01.85	32.37	200m:	2:09.62	33.92	300m:	3:16.13	33.32	400m:	4:21.49	31.83
76.	Komorowski Jan				01	MKS Trójka Łódź				531	4:22.05	
	50m:	29.16	29.16	150m:	1:35.00	33.53	250m:	2:42.27	33.37	350m:	3:49.25	32.77
	100m:	1:01.47	32.31	200m:	2:08.90	33.90	300m:	3:16.48	34.21	400m:	4:22.05	32.80
77.	Rozmysłowski Eryk				02	Uks Gos Raszyn				527	4:22.65	
	50m:	29.39	29.39	150m:	1:35.81	33.60	250m:	2:43.41	33.84	350m:	3:50.54	33.13
	100m:	1:02.21	32.82	200m:	2:09.57	33.76	300m:	3:17.41	34.00	400m:	4:22.65	32.11
78.	Chodulski Jakub SI				00	UKS Skarpa Lublin				524	4:23.22	
	50m:	30.10	30.10	150m:	1:37.40	33.84	250m:	2:45.04	33.62	350m:	3:51.51	33.48
	100m:	1:03.56	33.46	200m:	2:11.42	34.02	300m:	3:18.03	32.99	400m:	4:23.22	31.71
79.	Pleńnierowicz Kamil				02	UKS CITYZEN Poznań				523	4:23.37	
	50m:	29.95	29.95	150m:	1:36.63	33.28	250m:	2:42.78	32.82	350m:	3:50.42	33.54
	100m:	1:03.35	33.40	200m:	2:09.96	33.33	300m:	3:16.88	34.10	400m:	4:23.37	32.95
80.	Leszega Szymon				01	KS Delfin Gdynia				520	4:23.80	
	50m:	29.75	29.75	150m:	1:35.12	33.02	250m:	2:39.52	31.30	350m:	3:46.91	35.37
	100m:	1:02.10	32.35	200m:	2:08.22	33.10	300m:	3:11.54	32.02	400m:	4:23.80	36.89
81.	Stachecki Jan				02	UKS CITYZEN Poznań				514	4:24.90	
	50m:	30.17	30.17	150m:	1:36.27	33.22	250m:	2:43.94	33.79	350m:	3:52.20	34.11
	100m:	1:03.05	32.88	200m:	2:10.15	33.88	300m:	3:18.09	34.15	400m:	4:24.90	32.70

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Pozycja					Rok ur.					Pkt.	Czas	
82.	Chelstowski Maciej				02	UKP Polonia Warszawa				512	4:25.14	
	50m:	29.39	29.39	150m:	1:35.03	33.31	250m:	2:43.34	34.25	350m:	3:52.44	34.61
	100m:	1:01.72	32.33	200m:	2:09.09	34.06	300m:	3:17.83	34.49	400m:	4:25.14	32.70
83.	Dados Aleksander				01	Ks Wisła Puławy				511	4:25.34	
	50m:	29.48	29.48	150m:	1:36.67	33.93	250m:	2:44.70	33.82	350m:	3:53.15	33.91
	100m:	1:02.74	33.26	200m:	2:10.88	34.21	300m:	3:19.24	34.54	400m:	4:25.34	32.19
84.	Chmielowiec Mateusz				00	UKS NAWA Skierniewice				511	4:25.42	
	50m:	29.26	29.26	150m:	1:36.63	34.41	250m:	2:45.29	34.46	350m:	3:53.31	33.80
	100m:	1:02.22	32.96	200m:	2:10.83	34.20	300m:	3:19.51	34.22	400m:	4:25.42	32.11
85.	Kudli ski Łukasz				03	UKS SP 149 Łódź				508	4:25.86	
	50m:	29.49	29.49	150m:	1:37.49	34.17	250m:	2:45.74	34.07	350m:	3:53.79	34.21
	100m:	1:03.32	33.83	200m:	2:11.67	34.18	300m:	3:19.58	33.84	400m:	4:25.86	32.07
86.	R pała Tomasz				02	Uks Gos Raszyn				508	4:26.00	
	50m:	31.60	31.60	150m:	1:38.87	33.76	250m:	2:45.72	33.43	350m:	3:53.87	34.21
	100m:	1:05.11	33.51	200m:	2:12.29	33.42	300m:	3:19.66	33.94	400m:	4:26.00	32.13
87.	Kowalczyk Michał				02	UKP Polonia Warszawa				506	4:26.24	
	50m:	30.08	30.08	150m:	1:36.84	34.04	250m:	2:45.65	34.34	350m:	3:54.76	34.33
	100m:	1:02.80	32.72	200m:	2:11.31	34.47	300m:	3:20.43	34.78	400m:	4:26.24	31.48
88.	Kotarski Jakub				01	UKS G-8 Bielany Warszawa				504	4:26.59	
	50m:	30.35	30.35	150m:	1:38.26	34.10	250m:	2:45.94	33.33	350m:	3:53.79	34.10
	100m:	1:04.16	33.81	200m:	2:12.61	34.35	300m:	3:19.69	33.75	400m:	4:26.59	32.80
89.	Coleman Alan SMS Łódź				03	MKS Jedyńka Łódź				498	4:27.72	
	50m:	30.15	30.15	150m:	1:38.33	34.48	250m:	2:46.14	33.74	350m:	3:54.37	34.42
	100m:	1:03.85	33.70	200m:	2:12.40	34.07	300m:	3:19.95	33.81	400m:	4:27.72	33.35
90.	Cichocki Maciej				00	UKS Ostrobramska Warszawa				494	4:28.48	
	50m:	30.11	30.11	150m:	1:38.85	34.56	250m:	2:46.95	33.65	350m:	3:54.91	34.11
	100m:	1:04.29	34.18	200m:	2:13.30	34.45	300m:	3:20.80	33.85	400m:	4:28.48	33.57
91.	Szel g Dawid				03	SP Meduza Paj czno				493	4:28.66	
	50m:	30.52	30.52	150m:	1:39.13	34.56	250m:	2:47.92	33.82	350m:	3:56.47	34.18
	100m:	1:04.57	34.05	200m:	2:14.10	34.97	300m:	3:22.29	34.37	400m:	4:28.66	32.19
92.	Owsiejew Michał				03	MUKS Olimpijczyk OSSM				491	4:28.89	
	50m:	30.12	30.12	150m:	1:37.96	34.17	250m:	2:46.33	33.95	350m:	3:55.23	34.67
	100m:	1:03.79	33.67	200m:	2:12.38	34.42	300m:	3:20.56	34.23	400m:	4:28.89	33.66
93.	Rowi ski Aleksander				01	MUKP Warszawianka Wodny Park				486	4:29.83	
	50m:	30.23	30.23	150m:	1:39.23	34.65	250m:	2:48.25	34.09	350m:	3:56.73	34.30
	100m:	1:04.58	34.35	200m:	2:14.16	34.93	300m:	3:22.43	34.18	400m:	4:29.83	33.10
94.	Cybulski Cyprian				02	UKS"Pi tka"Konstantynów Łódzki				485	4:30.02	
	50m:	29.52	29.52	150m:	1:36.79	34.38	250m:	2:46.65	34.96	350m:	3:56.05	34.06
	100m:	1:02.41	32.89	200m:	2:11.69	34.90	300m:	3:21.99	35.34	400m:	4:30.02	33.97
95.	Skrzypek Piotr				03	ródmiejski UKS Polna Warszawa				478	4:31.34	
	50m:	30.48	30.48	150m:	1:39.17	34.74	250m:	2:48.90	34.96	350m:	3:57.90	34.26
	100m:	1:04.43	33.95	200m:	2:13.94	34.77	300m:	3:23.64	34.74	400m:	4:31.34	33.44
96.	Stefanowski Bartosz				03	UKS NAWA Skierniewice				477	4:31.60	
	50m:	30.32	30.32	150m:	1:38.85	34.65	250m:	2:48.26	34.61	350m:	3:57.83	34.86
	100m:	1:04.20	33.88	200m:	2:13.65	34.80	300m:	3:22.97	34.71	400m:	4:31.60	33.77
97.	Gotowski Dominik				02	UKS G-8 Bielany Warszawa				476	4:31.75	
	50m:	30.67	30.67	150m:	1:36.10	31.96	250m:	2:43.60	34.37	350m:	3:57.08	36.62
	100m:	1:04.14	33.47	200m:	2:09.23	33.13	300m:	3:20.46	36.86	400m:	4:31.75	34.67
98.	Grzemski Kamil Sp				01	MKP W growiec				471	4:32.65	
	50m:	29.48	29.48	150m:	1:35.69	33.62	250m:	2:45.35	35.21	350m:		
	100m:	1:02.07	32.59	200m:	2:10.14	34.45	300m:			400m:	4:32.65	
99.	Soból Przemysław				02	UKP Polonia Warszawa				460	4:34.91	
	50m:	30.34	30.34	150m:	1:38.47	34.62	250m:	2:47.35	34.49	350m:	3:59.32	36.22
	100m:	1:03.85	33.51	200m:	2:12.86	34.39	300m:	3:23.10	35.75	400m:	4:34.91	35.59

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Pozycja					Rok ur.					Pkt.	Czas	
100.	Sobiech Szymon				03	UKS SP 149 Łódź				457	4:35.50	
	50m:	31.04	31.04	150m:	1:40.79	35.08	250m:	2:51.62	35.19	350m:	4:01.85	34.19
	100m:	1:05.71	34.67	200m:	2:16.43	35.64	300m:	3:27.66	36.04	400m:	4:35.50	33.65
101.	Berbelski Adam				03	MUKS Wodnik Łask				456	4:35.72	
	50m:	31.03	31.03	150m:	1:40.15	34.96	250m:	2:50.83	35.29	350m:	4:02.20	36.01
	100m:	1:05.19	34.16	200m:	2:15.54	35.39	300m:	3:26.19	35.36	400m:	4:35.72	33.52
102.	Libera Daniel				01	UKS NAWA Skierniewice				427	4:41.74	
	50m:	31.53	31.53	150m:	1:43.05	36.06	250m:	2:55.68	36.34	350m:	4:07.49	35.40
	100m:	1:06.99	35.46	200m:	2:19.34	36.29	300m:	3:32.09	36.41	400m:	4:41.74	34.25
103.	W grzynowicz Miłosz				03	MUKS Olimpijczyk OSSM				408	4:46.16	
	50m:	30.70	30.70	150m:	1:42.15	36.47	250m:	2:55.71	36.83	350m:	4:10.48	37.24
	100m:	1:05.68	34.98	200m:	2:18.88	36.73	300m:	3:33.24	37.53	400m:	4:46.16	35.68
104.	Straszy ski Kacper				03	MKS Trójka Łódź				373	4:54.84	
	50m:	32.48	32.48	150m:	1:46.98	37.71	250m:	3:03.50	38.42	350m:	4:19.03	37.64
	100m:	1:09.27	36.79	200m:	2:25.08	38.10	300m:	3:41.39	37.89	400m:	4:54.84	35.81
105.	Szczepa ski Jakub				03	MUKS Wodnik Łask				347	5:01.87	
	50m:	33.51	33.51	150m:			250m:			350m:		
	100m:	1:11.65	38.14	200m:			300m:			400m:	5:01.87	