



Grand Prix Polski  
Kraków, 22 - 23/10/2016



Konkurencja 12  
22/10/2016 - 11:02

M czynn, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.						Czas	Pkt.
1.	Wojdak Wojciech		96	Unia O wi cim					<b>3:46.09</b>	827
	50m: 26.31 26.31	150m: 1:23.06		28.43	250m: 2:19.60	28.18	350m: 3:17.31		28.98	
	100m: 54.63 28.32	200m: 1:51.42		28.36	300m: 2:48.33	28.73	400m: 3:46.09		28.78	
2.	Majchrzak Kacper		92	Warta Pozna					<b>3:46.83</b>	819
	50m: 26.14 26.14	150m: 1:24.14		28.60	250m: 2:22.16	28.99	350m: 3:18.99		28.25	
	100m: 55.54 29.40	200m: 1:53.17		29.03	300m: 2:50.74	28.58	400m: 3:46.83		27.84	
3.	Zaborowski Filip		94	MKP Szczecin					<b>3:49.45</b>	791
	50m: 26.67 26.67	150m: 1:23.74		28.57	250m: 2:21.53	28.96	350m: 3:20.34		29.36	
	100m: 55.17 28.50	200m: 1:52.57		28.83	300m: 2:50.98	29.45	400m: 3:49.45		29.11	
4.	Kubkowski Bartłomiej		95	Kormoran Olsztyn					<b>3:54.73</b>	739
	50m: 27.93 27.93	150m: 1:26.96		29.65	250m: 2:26.63	29.76	350m: 3:26.42		29.73	
	100m: 57.31 29.38	200m: 1:56.87		29.91	300m: 2:56.69	30.06	400m: 3:54.73		28.31	
5.	Krawczyk Paweł		99	BUKS Warszawa					<b>3:55.51</b>	732
	50m: 26.88 26.88	150m: 1:25.30		29.59	250m: 2:25.35	30.20	350m: 3:26.30		30.43	
	100m: 55.71 28.83	200m: 1:55.15		29.85	300m: 2:55.87	30.52	400m: 3:55.51		29.21	
6.	Kału y ski Antoni		99	Warszawianka Wodny Park W-wa					<b>3:55.84</b>	728
	50m: 27.00 27.00	150m: 1:25.68		29.63	250m: 2:25.50	29.53	350m: 3:27.26		30.66	
	100m: 56.05 29.05	200m: 1:55.97		30.29	300m: 2:56.60	31.10	400m: 3:55.84		28.58	
7.	Arndt Mateusz		98	Delfin Gdynia					<b>3:56.94</b>	718
	50m: 27.60 27.60	150m: 1:27.53		30.15	250m: 2:27.66	29.87	350m: 3:27.99		30.07	
	100m: 57.38 29.78	200m: 1:57.79		30.26	300m: 2:57.92	30.26	400m: 3:56.94		28.95	
	Kasztelan Mateusz SOL		98	Kormoran Olsztyn					<b>3:56.94</b>	718
	50m: 27.28 27.28	150m: 1:27.00		29.98	250m: 2:27.54	29.97	350m: 3:28.18		30.09	
	100m: 57.02 29.74	200m: 1:57.57		30.57	300m: 2:58.09	30.55	400m: 3:56.94		28.76	
9.	Piszczorowicz Bartosz		99	G-8 Bielany Warszawa					<b>3:57.49</b>	713
	50m: 27.06 27.06	150m: 1:25.95		29.74	250m: 2:26.86	30.23	350m: 3:27.92		30.36	
	100m: 56.21 29.15	200m: 1:56.63		30.68	300m: 2:57.56	30.70	400m: 3:57.49		29.57	
10.	Koziejko Bartłomiej SOL		00	Kormoran Olsztyn					<b>3:58.93</b>	701
	50m: 27.82 27.82	150m: 1:28.51		30.47	250m: 2:29.15	30.26	350m: 3:29.85		29.97	
	100m: 58.04 30.22	200m: 1:58.89		30.38	300m: 2:59.88	30.73	400m: 3:58.93		29.08	
11.	Kiełczewski Amadeusz SSz		00	MKP Szczecin					<b>3:59.10</b>	699
	50m: 26.22 26.22	150m: 1:25.79		29.75	250m: 2:27.65	31.12	350m: 3:28.95		30.42	
	100m: 56.04 29.82	200m: 1:56.53		30.74	300m: 2:58.53	30.88	400m: 3:59.10		30.15	
12.	Bru dziak Maciej SOL		98	Kormoran Olsztyn					<b>4:01.13</b>	682
	50m: 27.97 27.97	150m: 1:28.24		30.25	250m: 2:29.47	30.61	350m: 3:30.96		30.80	
	100m: 57.99 30.02	200m: 1:58.86		30.62	300m: 3:00.16	30.69	400m: 4:01.13		30.17	
13.	Smeja Sławomir		94	AZS AWF Katowice					<b>4:01.31</b>	680
	50m: 27.38 27.38	150m: 1:28.26		30.84	250m: 2:30.30	31.04	350m: 3:32.09		30.64	
	100m: 57.42 30.04	200m: 1:59.26		31.00	300m: 3:01.45	31.15	400m: 4:01.31		29.22	
14.	Piotrowski Kacper		01	I sk Wrocław					<b>4:01.37</b>	679
	50m: 26.80 26.80	150m: 1:27.07		30.37	250m: 2:29.06	30.86	350m: 3:31.37		31.02	
	100m: 56.70 29.90	200m: 1:58.20		31.13	300m: 3:00.35	31.29	400m: 4:01.37		30.00	
15.	Jarosz Dawid SWwa		99	Wodnik Ko skie					<b>4:02.54</b>	670
	50m: 28.10 28.10	150m: 1:29.39		30.76	250m: 2:31.52	30.68	350m: 3:32.76		30.51	
	100m: 58.63 30.53	200m: 2:00.84		31.45	300m: 3:02.25	30.73	400m: 4:02.54		29.78	
16.	Kalkowski Dawid SOL		00	Kormoran Olsztyn					<b>4:02.74</b>	668
	50m: 28.06 28.06	150m: 1:28.81		30.56	250m: 2:30.93	31.07	350m: 3:33.98		31.67	
	100m: 58.25 30.19	200m: 1:59.86		31.05	300m: 3:02.31	31.38	400m: 4:02.74		28.76	
17.	Poprawa Michał		94	AZS AWF Katowice					<b>4:02.85</b>	667
	50m: 27.25 27.25	150m: 1:28.06		30.68	250m: 2:30.31	31.10	350m: 3:31.83		30.59	
	100m: 57.38 30.13	200m: 1:59.21		31.15	300m: 3:01.24	30.93	400m: 4:02.85		31.02	



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Pozycja				Rok ur.					Czas	Pkt.
18.	Młynarczyk Karol			00	G-8 Bielany Warszawa				<b>4:03.26</b>	664
	50m: 27.38	27.38	150m: 1:27.61	30.25	250m: 2:28.82	30.51	350m: 3:31.28	31.32		
	100m: 57.36	29.98	200m: 1:58.31	30.70	300m: 2:59.96	31.14	400m: 4:03.26	31.98		
19.	Głyk Wojciech			92	AZS AWF Katowice				<b>4:03.28</b>	664
	50m: 27.48	27.48	150m: 1:27.47	30.12	250m: 2:28.58	30.56	350m: 3:31.64	31.78		
	100m: 57.35	29.87	200m: 1:58.02	30.55	300m: 2:59.86	31.28	400m: 4:03.28	31.64		
20.	Kaczorowski Jakub			97	G-8 Bielany Warszawa				<b>4:03.43</b>	662
	50m: 27.85	27.85	150m: 1:28.25	30.43	250m: 2:29.58	30.65	350m: 3:32.80	31.63		
	100m: 57.82	29.97	200m: 1:58.93	30.68	300m: 3:01.17	31.59	400m: 4:03.43	30.63		
21.	Mo cicki Jakub SOL			01	Kormoran Olsztyn				<b>4:03.65</b>	661
	50m: 27.57	27.57	150m: 1:27.59	30.14	250m: 2:29.80	31.33	350m: 3:32.64	31.48		
	100m: 57.45	29.88	200m: 1:58.47	30.88	300m: 3:01.16	31.36	400m: 4:03.65	31.01		
22.	Butkiewicz Cezary			00	G-8 Bielany Warszawa				<b>4:04.01</b>	658
	50m: 27.55	27.55	150m: 1:29.57	31.33	250m: 2:31.73	30.91	350m: 3:34.48	31.16		
	100m: 58.24	30.69	200m: 2:00.82	31.25	300m: 3:03.32	31.59	400m: 4:04.01	29.53		
23.	Małycka Bartosz SL			99	Skarpa Lublin				<b>4:04.44</b>	654
	50m: 27.97	27.97	150m: 1:29.59	30.79	250m: 2:30.75	30.57	350m: 3:33.34	31.28		
	100m: 58.80	30.83	200m: 2:00.18	30.59	300m: 3:02.06	31.31	400m: 4:04.44	31.10		
24.	Lechowicz Filip			97	AZS AGH Kraków				<b>4:04.65</b>	652
	50m: 27.52	27.52	150m: 1:29.27	31.11	250m: 2:31.75	31.39	350m: 3:34.51	31.45		
	100m: 58.16	30.64	200m: 2:00.36	31.09	300m: 3:03.06	31.31	400m: 4:04.65	30.14		
25.	Hojda Bartłomiej SO			98	Unia O wi cim				<b>4:04.87</b>	651
	50m: 27.97	27.97	150m: 1:29.62	31.19	250m: 2:32.21	31.33	350m: 3:35.22	31.50		
	100m: 58.43	30.46	200m: 2:00.88	31.26	300m: 3:03.72	31.51	400m: 4:04.87	29.65		
26.	Brzostowski Axel			96	AZS AWF Katowice				<b>4:05.29</b>	647
	50m: 27.91	27.91	150m: 1:29.59	30.97	250m: 2:32.02	31.01	350m: 3:34.80	31.48		
	100m: 58.62	30.71	200m: 2:01.01	31.42	300m: 3:03.32	31.30	400m: 4:05.29	30.49		
27.	Popis Emil SSz			98	MKP Szczecin				<b>4:05.56</b>	645
	50m: 28.40	28.40	150m: 1:30.36	31.16	250m: 2:33.17	31.33	350m: 3:35.84	31.07		
	100m: 59.20	30.80	200m: 2:01.84	31.48	300m: 3:04.77	31.60	400m: 4:05.56	29.72		
28.	Rybak Konrad SOL			98	Pirania Targówek Warszawa				<b>4:05.72</b>	644
	50m: 28.28	28.28	150m: 1:30.57	31.11	250m: 2:33.64	31.59	350m: 3:35.75	30.90		
	100m: 59.46	31.18	200m: 2:02.05	31.48	300m: 3:04.85	31.21	400m: 4:05.72	29.97		
29.	Stoszek Szymon			99	Aligator Gorzyce				<b>4:05.77</b>	644
	50m: 28.20	28.20	150m: 1:30.12	31.11	250m: 2:33.19	31.58	350m: 3:36.55	31.74		
	100m: 59.01	30.81	200m: 2:01.61	31.49	300m: 3:04.81	31.62	400m: 4:05.77	29.22		
30.	Komosa Maciej SWwa			99	Polonia Warszawa				<b>4:05.81</b>	643
	50m: 27.91	27.91	150m: 1:30.45	31.73	250m: 2:33.30	31.31	350m: 3:36.65	31.66		
	100m: 58.72	30.81	200m: 2:01.99	31.54	300m: 3:04.99	31.69	400m: 4:05.81	29.16		
31.	Zwoli ski Marcin			97	AZS AWF Katowice				<b>4:06.21</b>	640
	50m: 28.55	28.55	150m: 1:30.62	31.12	250m: 2:33.80	31.51	350m: 3:36.13	30.42		
	100m: 59.50	30.95	200m: 2:02.29	31.67	300m: 3:05.71	31.91	400m: 4:06.21	30.08		
32.	Mikołajczyk Michał			99	Włókniarz 1925 Kalisz				<b>4:06.98</b>	634
	50m: 27.35	27.35	150m: 1:29.34	31.51	250m: 2:32.63	31.61	350m: 3:36.23	31.65		
	100m: 57.83	30.48	200m: 2:01.02	31.68	300m: 3:04.58	31.95	400m: 4:06.98	30.75		
33.	Stec Kacper			99	Kmita Zabierzów				<b>4:08.04</b>	626
	50m: 28.21	28.21	150m: 1:31.09	31.50	250m: 2:34.29	31.49	350m: 3:37.82	31.65		
	100m: 59.59	31.38	200m: 2:02.80	31.71	300m: 3:06.17	31.88	400m: 4:08.04	30.22		
34.	Sobczyk Maciej			95	AZS AGH Kraków				<b>4:09.17</b>	618
	50m: 28.51	28.51	150m: 1:31.31	31.76	250m: 2:35.09	31.80	350m: 3:38.50	31.47		
	100m: 59.55	31.04	200m: 2:03.29	31.98	300m: 3:07.03	31.94	400m: 4:09.17	30.67		



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Pozycja				Rok ur.					Czas	Pkt.
35.	Pawełek Paweł			99	Polonia Warszawa				<b>4:09.20</b>	617
	50m: 28.34	28.34	150m: 1:30.94		31.40	250m: 2:33.65	31.45	350m: 3:37.25		32.05
	100m: 59.54	31.20	200m: 2:02.20		31.26	300m: 3:05.20	31.55	400m: 4:09.20		31.95
36.	Paj k Bartosz			01	BUKS Warszawa				<b>4:09.38</b>	616
	50m: 27.28	27.28	150m: 1:29.47		31.51	250m: 2:33.02	31.61	350m: 3:37.56		32.30
	100m: 57.96	30.68	200m: 2:01.41		31.94	300m: 3:05.26	32.24	400m: 4:09.38		31.82
37.	Borkowski Kacper			00	CSiR MOS D browa Grn.				<b>4:10.10</b>	611
	50m: 29.67	29.67	150m: 1:34.28		32.61	250m: 2:39.06	32.23	350m: 3:41.89		30.55
	100m: 1:01.67	32.00	200m: 2:06.83		32.55	300m: 3:11.34	32.28	400m: 4:10.10		28.21
38.	K pa Kacper			99	Polonia Warszawa				<b>4:10.18</b>	610
	50m: 29.06	29.06	150m: 1:31.09		31.35	250m: 2:34.57	31.65	350m: 3:39.31		32.44
	100m: 59.74	30.68	200m: 2:02.92		31.83	300m: 3:06.87	32.30	400m: 4:10.18		30.87
39.	D bski Dominik SSz			98	MKP Szczecin				<b>4:10.24</b>	610
	50m: 28.19	28.19	150m: 1:29.50		31.21	250m: 2:33.55	32.18	350m: 3:38.31		32.40
	100m: 58.29	30.10	200m: 2:01.37		31.87	300m: 3:05.91	32.36	400m: 4:10.24		31.93
40.	Oller Krzysztof SOL			00	Kormoran Olsztyn				<b>4:10.25</b>	610
	50m: 28.89	28.89	150m: 1:31.94		31.56	250m: 2:35.64	31.76	350m: 3:39.76		32.26
	100m: 1:00.38	31.49	200m: 2:03.88		31.94	300m: 3:07.50	31.86	400m: 4:10.25		30.49
41.	Hano Grzegorz SWR			00	I sk Wrocław				<b>4:11.16</b>	603
	50m: 28.70	28.70	150m: 1:31.44		31.53	250m: 2:35.47	32.14	350m: 3:39.68		31.93
	100m: 59.91	31.21	200m: 2:03.33		31.89	300m: 3:07.75	32.28	400m: 4:11.16		31.48
42.	Czerniak Konrad SL			98	Skarpa Lublin				<b>4:11.26</b>	602
	50m: 28.86	28.86	150m: 1:32.62		32.22	250m: 2:36.14	31.76	350m: 3:40.24		32.36
	100m: 1:00.40	31.54	200m: 2:04.38		31.76	300m: 3:07.88	31.74	400m: 4:11.26		31.02
43.	Tarady Jakub ZG			00	TP Zielona Góra				<b>4:11.30</b>	602
	50m: 28.12	28.12	150m: 1:31.05		31.73	250m: 2:35.88	32.23	350m: 3:40.34		32.18
	100m: 59.32	31.20	200m: 2:03.65		32.60	300m: 3:08.16	32.28	400m: 4:11.30		30.96
44.	Durajczyk Michał			97	AZS AWF Warszawa				<b>4:12.34</b>	595
	50m: 27.89	27.89	150m: 1:30.00		31.48	250m: 2:34.12	32.33	350m: 3:40.08		32.99
	100m: 58.52	30.63	200m: 2:01.79		31.79	300m: 3:07.09	32.97	400m: 4:12.34		32.26
45.	Bugała Krzysztof SSz			01	MKP Szczecin				<b>4:12.50</b>	593
	50m: 28.89	28.89	150m: 1:32.49		31.87	250m: 2:36.73	32.13	350m: 3:41.56		32.57
	100m: 1:00.62	31.73	200m: 2:04.60		32.11	300m: 3:08.99	32.26	400m: 4:12.50		30.94
46.	Pytlarczyk Szymon			00	Warszawianka Wodny Park W-wa				<b>4:12.97</b>	590
	50m: 28.03	28.03	150m: 1:31.06		31.58	250m: 2:35.64	32.25	350m: 3:41.90		33.43
	100m: 59.48	31.45	200m: 2:03.39		32.33	300m: 3:08.47	32.83	400m: 4:12.97		31.07
47.	Smul Bła ej Sms Aleksandrów Ł.			99	Olimpijczyk - SMS Aleksandrów				<b>4:13.25</b>	588
	50m: 28.87	28.87	150m: 1:32.51		32.07	250m: 2:37.71	32.38	350m: 3:44.06		33.44
	100m: 1:00.44	31.57	200m: 2:05.33		32.82	300m: 3:10.62	32.91	400m: 4:13.25		29.19
48.	Sodel Dominik			97	AZS AWF Katowice				<b>4:13.36</b>	587
	50m: 28.42	28.42	150m: 1:32.66		32.31	250m: 2:38.12	32.82	350m: 3:43.56		31.74
	100m: 1:00.35	31.93	200m: 2:05.30		32.64	300m: 3:11.82	33.70	400m: 4:13.36		29.80
49.	Butkiewicz Władysław SO			00	Juvenia Białystok				<b>4:13.61</b>	586
	50m: 28.45	28.45	150m: 1:30.80		31.57	250m: 2:35.71	32.48	350m: 3:41.37		33.00
	100m: 59.23	30.78	200m: 2:03.23		32.43	300m: 3:08.37	32.66	400m: 4:13.61		32.24
50.	Stanek Adam SO			99	Unia O wi cim				<b>4:13.73</b>	585
	50m: 28.53	28.53	150m: 1:31.71		31.70	250m: 2:36.05	32.42	350m: 3:41.51		32.76
	100m: 1:00.01	31.48	200m: 2:03.63		31.92	300m: 3:08.75	32.70	400m: 4:13.73		32.22
51.	Wawrzy czak Alan SL			99	Skarpa Lublin				<b>4:13.79</b>	584
	50m: 29.35	29.35	150m: 1:33.01		32.35	250m: 2:37.68	32.28	350m: 3:42.42		32.21
	100m: 1:00.66	31.31	200m: 2:05.40		32.39	300m: 3:10.21	32.53	400m: 4:13.79		31.37



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52.	Błaszczyk Kacper Sms Aleksandrów Ł.00				Olimpijczyk - SMS Aleksandrów					<b>4:14.17</b>	582	
	50m:	29.07	29.07	150m:	1:34.04	32.56	250m:	2:38.66	32.17	350m:	3:42.93	32.03
	100m:	1:01.48	32.41	200m:	2:06.49	32.45	300m:	3:10.90	32.24	400m:	4:14.17	31.24
53.	Walczysko Jakub				00	CSiR MOS D browa Grn.					<b>4:14.50</b>	580
	50m:	28.16	28.16	150m:	1:32.07	32.29	250m:	2:37.80	33.30	350m:	3:43.48	32.67
	100m:	59.78	31.62	200m:	2:04.50	32.43	300m:	3:10.81	33.01	400m:	4:14.50	31.02
54.	Wiatr Krzysztof				00	IKS Konstancin					<b>4:14.51</b>	580
	50m:	28.78	28.78	150m:	1:32.53	32.34	250m:	2:37.68	32.72	350m:	3:43.82	33.29
	100m:	1:00.19	31.41	200m:	2:04.96	32.43	300m:	3:10.53	32.85	400m:	4:14.51	30.69
55.	Zagrzejewski Tomasz				01	GIM 92 Ursynów W-wa					<b>4:14.53</b>	579
	50m:	28.93	28.93	150m:	1:33.58	32.46	250m:	2:39.83	33.10	350m:	3:44.70	31.81
	100m:	1:01.12	32.19	200m:	2:06.73	33.15	300m:	3:12.89	33.06	400m:	4:14.53	29.83
56.	Krzykała Emil				01	Avia widnik					<b>4:14.72</b>	578
	50m:	28.13	28.13	150m:	1:30.96	31.77	250m:	2:35.97	32.79	350m:	3:42.48	33.24
	100m:	59.19	31.06	200m:	2:03.18	32.22	300m:	3:09.24	33.27	400m:	4:14.72	32.24
57.	Dutkowiak Wojciech SWR				00	I sk Wrocław					<b>4:15.67</b>	572
	50m:	29.54	29.54	150m:	1:33.36	32.38	250m:	2:38.48	32.86	350m:	3:43.54	32.80
	100m:	1:00.98	31.44	200m:	2:05.62	32.26	300m:	3:10.74	32.26	400m:	4:15.67	32.13
58.	Zubik Stanisław SWwa				01	Polonia Warszawa					<b>4:15.77</b>	571
	50m:	28.20	28.20	150m:	1:32.65	32.52	250m:	2:38.40	32.79	350m:	3:45.05	33.55
	100m:	1:00.13	31.93	200m:	2:05.61	32.96	300m:	3:11.50	33.10	400m:	4:15.77	30.72
59.	Bruzdewicz Hubert SOL				02	Kormoran Olsztyn					<b>4:16.19</b>	568
	50m:			150m:	1:34.16		250m:	2:39.15	32.63	350m:	3:44.15	32.15
	100m:			200m:	2:06.52	32.36	300m:	3:12.00	32.85	400m:	4:16.19	32.04
60.	Dominiak Kacper SWR				00	I sk Wrocław					<b>4:17.02</b>	563
	50m:	29.59	29.59	150m:	1:33.72	32.28	250m:	2:38.92	32.63	350m:	3:45.02	32.99
	100m:	1:01.44	31.85	200m:	2:06.29	32.57	300m:	3:12.03	33.11	400m:	4:17.02	32.00
61.	Prus Mateusz				00	Astromal Akwawit Leszno					<b>4:17.51</b>	559
	50m:	29.12	29.12	150m:	1:34.39	33.00	250m:	2:39.95	32.36	350m:	3:45.65	32.75
	100m:	1:01.39	32.27	200m:	2:07.59	33.20	300m:	3:12.90	32.95	400m:	4:17.51	31.86
62.	Kozieł Mikołaj SO				02	Unia O wi cim					<b>4:17.72</b>	558
	50m:	29.80	29.80	150m:	1:34.96	33.29	250m:	2:40.76	33.01	350m:	3:46.68	32.86
	100m:	1:01.67	31.87	200m:	2:07.75	32.79	300m:	3:13.82	33.06	400m:	4:17.72	31.04
63.	Ła Wiktor				00	I sk Wrocław					<b>4:18.09</b>	556
	50m:	29.19	29.19	150m:	1:34.44	32.55	250m:	2:40.44	32.62	350m:	3:46.90	33.58
	100m:	1:01.89	32.70	200m:	2:07.82	33.38	300m:	3:13.32	32.88	400m:	4:18.09	31.19
64.	Mayerberg Kacper SO				00	Unia O wi cim					<b>4:18.17</b>	555
	50m:	29.36	29.36	150m:	1:34.75	32.91	250m:	2:40.82	33.18	350m:	3:46.96	32.97
	100m:	1:01.84	32.48	200m:	2:07.64	32.89	300m:	3:13.99	33.17	400m:	4:18.17	31.21
65.	Kłaput Bartosz				00	SMS Galicja Kraków					<b>4:18.62</b>	552
	50m:	28.44	28.44	150m:	1:33.71	33.64	250m:	2:40.68	33.28	350m:	3:47.06	33.20
	100m:	1:00.07	31.63	200m:	2:07.40	33.69	300m:	3:13.86	33.18	400m:	4:18.62	31.56
66.	Chałat Stanisław SL				99	Skarpa Lublin					<b>4:18.86</b>	551
	50m:	30.15	30.15	150m:	1:36.41	32.87	250m:	2:42.43	33.03	350m:	3:48.24	32.77
	100m:	1:03.54	33.39	200m:	2:09.40	32.99	300m:	3:15.47	33.04	400m:	4:18.86	30.62
67.	Twardowski Piotr				01	SMS Galicja Kraków					<b>4:19.47</b>	547
	50m:	29.50	29.50	150m:	1:34.62	32.90	250m:	2:40.74	33.22	350m:	3:47.46	33.37
	100m:	1:01.72	32.22	200m:	2:07.52	32.90	300m:	3:14.09	33.35	400m:	4:19.47	32.01
68.	Adamczewski Eryk				00	Włóknierz 1925 Kalisz					<b>4:21.00</b>	537
	50m:	28.51	28.51	150m:	1:33.48	32.86	250m:	2:40.52	33.93	350m:	3:48.28	33.98
	100m:	1:00.62	32.11	200m:	2:06.59	33.11	300m:	3:14.30	33.78	400m:	4:21.00	32.72



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69.	Gotowski Dominik		02	G-8 Bielany Warszawa			<b>4:21.12</b>	537
	50m: 30.30	30.30	150m: 1:36.68	33.27	250m: 2:42.84	33.07	350m: 3:49.13	32.99
	100m: 1:03.41	33.11	200m: 2:09.77	33.09	300m: 3:16.14	33.30	400m: 4:21.12	31.99
70.	Paj k Jakub		02	SMS Galicja Kraków			<b>4:21.48</b>	534
	50m: 30.64	30.64	150m: 1:36.74	33.49	250m: 2:43.88	33.84	350m: 3:50.30	33.08
	100m: 1:03.25	32.61	200m: 2:10.04	33.30	300m: 3:17.22	33.34	400m: 4:21.48	31.18
71.	Sobolewski Dawid		02	Kormoran Olsztyn			<b>4:21.69</b>	533
	50m: 29.06	29.06	150m: 1:35.28	33.33	250m: 2:42.31	33.42	350m: 3:49.10	33.34
	100m: 1:01.95	32.89	200m: 2:08.89	33.61	300m: 3:15.76	33.45	400m: 4:21.69	32.59
72.	Sopko Samuel		01	KP Aquacity Poprad			<b>4:21.98</b>	531
	50m: 29.01	29.01	150m: 1:34.20	33.17	250m: 2:41.10	33.56	350m: 3:49.01	33.97
	100m: 1:01.03	32.02	200m: 2:07.54	33.34	300m: 3:15.04	33.94	400m: 4:21.98	32.97
73.	Kostanowicz Artur		98	Warszawianka Wodny Park W-wa			<b>4:22.02</b>	531
	50m: 29.48	29.48	150m: 1:34.32	32.61	250m: 2:41.26	33.45	350m: 3:49.30	33.67
	100m: 1:01.71	32.23	200m: 2:07.81	33.49	300m: 3:15.63	34.37	400m: 4:22.02	32.72
74.	Sionkowski Arkadiusz		00	Kmita Zabierzów			<b>4:22.09</b>	531
	50m: 28.19	28.19	150m: 1:31.31	31.83	250m: 2:38.78	33.94	350m: 3:48.42	34.88
	100m: 59.48	31.29	200m: 2:04.84	33.53	300m: 3:13.54	34.76	400m: 4:22.09	33.67
75.	Girul Radosław SWR		01	I sk Wrocław			<b>4:22.33</b>	529
	50m: 30.18	30.18	150m: 1:36.20	33.23	250m: 2:42.76	33.23	350m: 3:49.40	33.37
	100m: 1:02.97	32.79	200m: 2:09.53	33.33	300m: 3:16.03	33.27	400m: 4:22.33	32.93
76.	Wójcik Paweł		01	SMS Galicja Kraków			<b>4:22.38</b>	529
	50m: 29.74	29.74	150m: 1:36.03	33.26	250m: 2:43.49	33.80	350m: 3:50.55	33.40
	100m: 1:02.77	33.03	200m: 2:09.69	33.66	300m: 3:17.15	33.66	400m: 4:22.38	31.83
77.	Krzywania Oskar		02	UKS SP 149 Łódź			<b>4:22.41</b>	529
	50m: 29.95	29.95	150m: 1:37.23	33.73	250m: 2:44.56	33.65	350m: 3:51.02	33.21
	100m: 1:03.50	33.55	200m: 2:10.91	33.68	300m: 3:17.81	33.25	400m: 4:22.41	31.39
78.	Karpień Dominik		01	CSiR MOS D browa Grn.			<b>4:23.23</b>	524
	50m: 29.78	29.78	150m: 1:36.57	33.75	250m: 2:44.23	33.95	350m: 3:51.51	33.53
	100m: 1:02.82	33.04	200m: 2:10.28	33.71	300m: 3:17.98	33.75	400m: 4:23.23	31.72
79.	G sior Sebastian SL		99	AZS UMCS Lublin			<b>4:25.30</b>	512
	50m: 29.86	29.86	150m: 1:35.43	33.22	250m: 2:43.11	33.80	350m: 3:51.56	34.34
	100m: 1:02.21	32.35	200m: 2:09.31	33.88	300m: 3:17.22	34.11	400m: 4:25.30	33.74
80.	Perkowski Wiktor SOL		98	Kormoran Olsztyn			<b>4:25.40</b>	511
	50m: 29.00	29.00	150m: 1:33.72	32.73	250m: 2:42.27	34.49	350m: 3:52.03	34.81
	100m: 1:00.99	31.99	200m: 2:07.78	34.06	300m: 3:17.22	34.95	400m: 4:25.40	33.37
81.	Krawczak Patryk		00	ak Biała Podlaska			<b>4:26.45</b>	505
	50m: 29.63	29.63	150m: 1:36.28	33.75	250m: 2:45.95	35.02	350m: 3:53.49	33.88
	100m: 1:02.53	32.90	200m: 2:10.93	34.65	300m: 3:19.61	33.66	400m: 4:26.45	32.96
82.	Senkowski Kacper		01	G-8 Bielany Warszawa			<b>4:26.81</b>	503
	50m: 29.95	29.95	150m: 1:36.06	33.64	250m: 2:44.50	34.40	350m: 3:54.13	34.69
	100m: 1:02.42	32.47	200m: 2:10.10	34.04	300m: 3:19.44	34.94	400m: 4:26.81	32.68
83.	Cecere Marco		99	Włókniarz 1925 Kalisz			<b>4:28.00</b>	496
	50m: 28.98	28.98	150m: 1:34.66	33.36	250m: 2:43.20	34.66	350m: 3:52.78	35.24
	100m: 1:01.30	32.32	200m: 2:08.54	33.88	300m: 3:17.54	34.34	400m: 4:28.00	35.22
84.	Mazur Dominik SO		99	Unia O wi cim			<b>4:28.60</b>	493
	50m: 28.81	28.81	150m: 1:33.98	33.32	250m: 2:42.73	34.81	350m: 3:53.41	35.56
	100m: 1:00.66	31.85	200m: 2:07.92	33.94	300m: 3:17.85	35.12	400m: 4:28.60	35.19
85.	Plauszta Arnold		00	Olimpijczyk Suwałki			<b>4:28.92</b>	491
	50m: 27.67	27.67	150m: 1:32.27	33.03	250m: 2:41.62	35.30	350m: 3:54.28	36.73
	100m: 59.24	31.57	200m: 2:06.32	34.05	300m: 3:17.55	35.93	400m: 4:28.92	34.64



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86.	Kwapisz Arkadiusz			01	Manta Jelcz-Laskowice				<b>4:28.97</b>	491	
	50m: 29.85	29.85	150m: 1:36.26	33.74	250m: 2:44.82	34.50	350m: 3:54.95	35.17			
	100m: 1:02.52	32.67	200m: 2:10.32	34.06	300m: 3:19.78	34.96	400m: 4:28.97	34.02			
87.	Zbrojek Radosław			99	SMS Galicja Kraków				<b>4:29.01</b>	491	
	50m: 29.49	29.49	150m: 1:37.18	34.42	250m: 2:46.06	34.76	350m: 3:55.76	34.91			
	100m: 1:02.76	33.27	200m: 2:11.30	34.12	300m: 3:20.85	34.79	400m: 4:29.01	33.25			
88.	Fidurski Jakub			00	Wodnik Siemianowice I.				<b>4:29.46</b>	488	
	50m: 30.36	30.36	150m: 1:38.26	34.70	250m: 2:47.55	34.38	350m: 3:56.26	34.07			
	100m: 1:03.56	33.20	200m: 2:13.17	34.91	300m: 3:22.19	34.64	400m: 4:29.46	33.20			
89.	Sieradzki Kamil			02	Wodnik Siemianowice I.				<b>4:30.20</b>	484	
	50m: 29.93	29.93	150m: 1:38.36	34.44	250m: 2:47.60	34.69	350m: 3:57.10	34.76			
	100m: 1:03.92	33.99	200m: 2:12.91	34.55	300m: 3:22.34	34.74	400m: 4:30.20	33.10			
90.	Szczurek Jakub			02	BUKS Warszawa				<b>4:31.91</b>	475	
	50m: 30.24	30.24	150m: 1:39.90	35.59	250m: 2:49.72	34.96	350m: 3:58.49	34.70			
	100m: 1:04.31	34.07	200m: 2:14.76	34.86	300m: 3:23.79	34.07	400m: 4:31.91	33.42			
91.	Cheredis Jakub			02	G-8 Bielany Warszawa				<b>4:31.92</b>	475	
	50m: 29.49	29.49	150m: 1:38.39	34.69	250m: 2:47.78	34.56	350m: 3:58.02	35.24			
	100m: 1:03.70	34.21	200m: 2:13.22	34.83	300m: 3:22.78	35.00	400m: 4:31.92	33.90			
92.	Kalisz Jakub			00	Polonia Warszawa				<b>4:32.34</b>	473	
	50m: 28.88	28.88	150m: 1:35.98	34.51	250m: 2:46.44	35.57	350m: 3:57.78	35.27			
	100m: 1:01.47	32.59	200m: 2:10.87	34.89	300m: 3:22.51	36.07	400m: 4:32.34	34.56			
93.	Uryga Bartłomiej			01	Aquatica Pawłowice				<b>4:32.86</b>	470	
	50m: 30.28	30.28	150m: 1:39.07	34.91	250m: 2:49.43	35.59	350m: 4:01.05				
	100m: 1:04.16	33.88	200m: 2:13.84	34.77	300m:		400m: 4:32.86	31.81			
94.	Michalski Wojciech			01	Gilus Gilowice				<b>4:33.35</b>	468	
	50m: 31.11	31.11	150m: 1:40.37	35.20	250m: 2:49.11	34.00	350m: 3:58.94	35.14			
	100m: 1:05.17	34.06	200m: 2:15.11	34.74	300m: 3:23.80	34.69	400m: 4:33.35	34.41			
95.	Schreiber Patrick			02	Aligator Gorzyce				<b>4:34.44</b>	462	
	50m: 30.77	30.77	150m: 1:39.55	35.17	250m: 2:50.60	36.05	350m: 4:01.42	35.67			
	100m: 1:04.38	33.61	200m: 2:14.55	35.00	300m: 3:25.75	35.15	400m: 4:34.44	33.02			
96.	Zajac Mateusz			02	Aligator Gorzyce				<b>4:34.75</b>	461	
	50m: 29.50	29.50	150m: 1:37.36	34.45	250m: 2:48.30	35.81	350m: 4:00.15	35.98			
	100m: 1:02.91	33.41	200m: 2:12.49	35.13	300m: 3:24.17	35.87	400m: 4:34.75	34.60			
97.	Lewandowski Jakub SO			02	Unia Owi cim				<b>4:34.81</b>	460	
	50m: 30.87	30.87	150m: 1:40.59	35.21	250m: 2:50.95	35.09	350m: 4:00.99	35.04			
	100m: 1:05.38	34.51	200m: 2:15.86	35.27	300m: 3:25.95	35.00	400m: 4:34.81	33.82			
98.	Nowak Jan			02	BOSiR Brzesko				<b>4:35.23</b>	458	
	50m: 31.01	31.01	150m: 1:40.27	35.01	250m: 2:50.90	35.53	350m: 4:01.78	35.63			
	100m: 1:05.26	34.25	200m: 2:15.37	35.10	300m: 3:26.15	35.25	400m: 4:35.23	33.45			
99.	Starczyk Jarema SO			02	MMKS Kdzierzyn Ko le				<b>4:35.33</b>	458	
	50m: 32.38	32.38	150m: 1:41.71	34.83	250m: 2:52.17	35.44	350m: 4:02.00	34.78			
	100m: 1:06.88	34.50	200m: 2:16.73	35.02	300m: 3:27.22	35.05	400m: 4:35.33	33.33			
100.	Moryl Wojciech SO			02	MMKS Kdzierzyn Ko le				<b>4:35.84</b>	455	
	50m: 31.29	31.29	150m: 1:41.27	35.41	250m: 2:51.49	34.63	350m: 4:01.98	35.32			
	100m: 1:05.86	34.57	200m: 2:16.86	35.59	300m: 3:26.66	35.17	400m: 4:35.84	33.86			
101.	Kotarski Jakub			01	BUKS Warszawa				<b>4:38.18</b>	444	
	50m: 31.23	31.23	150m: 1:41.87	35.89	250m: 2:53.54	35.83	350m: 4:04.42	35.36			
	100m: 1:05.98	34.75	200m: 2:17.71	35.84	300m: 3:29.06	35.52	400m: 4:38.18	33.76			
102.	Orzechowski Michał SO			01	Unia Owi cim				<b>4:39.17</b>	439	
	50m: 29.70	29.70	150m: 1:39.17	35.96	250m: 2:51.97	36.16	350m: 4:03.82	36.18			
	100m: 1:03.21	33.51	200m: 2:15.81	36.64	300m: 3:27.64	35.67	400m: 4:39.17	35.35			



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103.	Alencynowicz Maciej SO		02	Unia O wi cim				<b>4:39.81</b>	436
	50m: 30.53 30.53	150m: 1:39.58		35.26	250m: 2:50.74	35.84	350m: 4:03.59	36.76	
	100m: 1:04.32 33.79	200m: 2:14.90		35.32	300m: 3:26.83	36.09	400m: 4:39.81	36.22	
104.	Kurzeja Jakub		02	STP Nowy S cz				<b>4:43.03</b>	421
	50m: 30.22 30.22	150m: 1:40.75		36.00	250m: 2:54.31	36.90	350m: 4:08.39	36.95	
	100m: 1:04.75 34.53	200m: 2:17.41		36.66	300m: 3:31.44	37.13	400m: 4:43.03	34.64	
105.	Kała a Jakub		02	Bobry D bica				<b>4:43.67</b>	418
	50m: 32.13 32.13	150m: 1:43.93		35.74	250m: 2:56.44	36.26	350m: 4:09.06	36.19	
	100m: 1:08.19 36.06	200m: 2:20.18		36.25	300m: 3:32.87	36.43	400m: 4:43.67	34.61	
106.	Gil y ski Szymon		02	Manta Jelcz-Laskowice				<b>4:44.98</b>	413
	50m: 30.54 30.54	150m: 1:41.03		35.75	250m: 2:54.22	36.70	350m: 4:08.78	37.13	
	100m: 1:05.28 34.74	200m: 2:17.52		36.49	300m: 3:31.65	37.43	400m: 4:44.98	36.20	
107.	Płatek Maciej SO		02	Unia O wi cim				<b>4:50.55</b>	389
	50m: 32.46 32.46	150m: 1:45.45		36.84	250m: 2:59.58	37.24	350m: 4:14.05	37.22	
	100m: 1:08.61 36.15	200m: 2:22.34		36.89	300m: 3:36.83	37.25	400m: 4:50.55	36.50	
108.	Czajkowski Mateusz		02	SMS Galicja Kraków				<b>4:51.55</b>	385
	50m: 32.65 32.65	150m: 1:45.81		36.93	250m: 3:01.10	37.71	350m: 4:16.32	37.78	
	100m: 1:08.88 36.23	200m: 2:23.39		37.58	300m: 3:38.54	37.44	400m: 4:51.55	35.23	
109.	Pawłowski Eryk		02	Wodnik Siemianowice l.				<b>4:56.14</b>	368
	50m: 31.87 31.87	150m: 1:45.17		37.07	250m: 3:00.59	37.75	350m: 4:18.44	38.70	
	100m: 1:08.10 36.23	200m: 2:22.84		37.67	300m: 3:39.74	39.15	400m: 4:56.14	37.70	
110.	Madžo Filip		01	KP Aquacity Poprad				<b>4:56.52</b>	366
	50m: 31.90 31.90	150m: 1:44.68		36.68	250m: 3:00.40	37.77	350m: 4:17.72	39.11	
	100m: 1:08.00 36.10	200m: 2:22.63		37.95	300m: 3:38.61	38.21	400m: 4:56.52	38.80	
111.	Paj k Mikołaj		01	Jasie Sucha Besk.				<b>4:57.40</b>	363
	50m: 30.06 30.06	150m: 1:43.21		37.52	250m: 3:01.74	39.35	350m: 4:21.23	40.07	
	100m: 1:05.69 35.63	200m: 2:22.39		39.18	300m: 3:41.16	39.42	400m: 4:57.40	36.17	
112.	Chowaniec Bartosz		02	Gilus Gilowice				<b>4:59.21</b>	356
	50m: 33.05 33.05	150m: 1:49.46		38.40	250m: 3:06.80	38.69	350m: 4:24.13	38.60	
	100m: 1:11.06 38.01	200m: 2:28.11		38.65	300m: 3:45.53	38.73	400m: 4:59.21	35.08	