Event 10 | Men, 400m Freestyle | Open
19-12-2012 - 10:59 | Results Prelim

Rek Polski Seniorów	3:37.78	Korzeniowski Paweł	AZWAR	Gorzów Wlkp.	26-11-2009
Rek Polski Jun 18-lat	3:43.83	Sawrymowicz Mateusz	MKSZC	Trieste (ITA)	08-12-2005
Rek Polski Jun 17-lat	3:48.14	Werner Paweł	JUWRO	Szczecin	01-12-2010
Rek Polski Jun 16-lat	3:51.19	Kuświk Maciej	SLWRO	Dębica	17-03-2012
Rek Polski Jun 15-lat	3:54.17	Kuświk Maciej	SLWRO	Poznań	15-12-2011
Rek Polski Jun 14-lat	3:59.77	Zoniuk Maciej	SLWRO	Saint Dizier (FRA)	15-11-2008

Points: FINA 2011

Rank		YB		RT	Time	Pts	
1.	Bujoczek Filip SWr	94	SLASK Wroclaw	+0,79	**3:47.22**	821	A
	50m: 27.11 27.11 150m: 1:25.17 29.19 250m: 2:22.99 28.54 350m: 3:19.93 28.24						
	100m: 55.98 28.87 200m: 1:54.45 29.28 300m: 2:51.69 28.70 400m: 3:47.22 27.29						
2.	Kaczmarski Marcin SSz	94	KS KSZO Ostrowiec	+0,85	**3:47.62**	816	A
	50m: 26.67 26.67 150m: 1:23.98 28.68 250m: 2:21.81 28.79 350m: 3:19.61 29.13						
	100m: 55.30 28.63 200m: 1:53.02 29.04 300m: 2:50.48 28.67 400m: 3:47.62 28.01						
3.	Zaborowski Filip SSz	94	MKP Szczecin	+0,78	**3:48.03**	812	A
	50m: 26.86 26.86 150m: 1:24.16 28.73 250m: 2:21.81 28.62 350m: 3:19.74 29.09						
	100m: 55.43 28.57 200m: 1:53.19 29.03 300m: 2:50.65 28.84 400m: 3:48.03 28.29						
4.	Lassek Bartlomiej	94	TROJKA Lodz	+0,83	**3:48.09**	811	A
	50m: 26.24 26.24 150m: 1:24.47 29.22 250m: 2:22.11 28.66 350m: 3:19.81 28.79						
	100m: 55.25 29.01 200m: 1:53.45 28.98 300m: 2:51.02 28.91 400m: 3:48.09 28.28						
5.	Wojdak Wojciech SO	96	BOSiR SP Brzesko	+0,72	**3:48.23**	810	A
	Rekord Polski Jun 16-lat						
	50m: 26.10 26.10 150m: 1:24.40 29.23 250m: 2:22.04 28.58 350m: 3:19.96 28.71						
	100m: 55.17 29.07 200m: 1:53.46 29.06 300m: 2:51.25 29.21 400m: 3:48.23 28.27						
6.	Zaczynski Karol	91	AZS AWF Katowice	+0,80	**3:49.91**	792	A
	50m: 26.98 26.98 150m: 1:24.70 28.73 250m: 2:23.13 29.31 350m: 3:21.55 29.29						
	100m: 55.97 28.99 200m: 1:53.82 29.12 300m: 2:52.26 29.13 400m: 3:49.91 28.36						
7.	Furtek Pawel	95	MKP Szczecin	+0,91	**3:50.18**	789	A
	50m: 26.77 26.77 150m: 1:25.33 29.28 250m: 2:23.91 29.26 350m: 3:21.96 28.85						
	100m: 56.05 29.28 200m: 1:54.65 29.32 300m: 2:53.11 29.20 400m: 3:50.18 28.22						
8.	Bor Radoslaw SZG	93	KORNER Zielona G.	+0,78	**3:50.19**	789	A
	50m: 27.03 27.03 150m: 1:25.59 29.37 250m: 2:24.17 29.18 350m: 3:22.43 29.03						
	100m: 56.22 29.19 200m: 1:54.99 29.40 300m: 2:53.40 29.23 400m: 3:50.19 27.76						
9.	Szuba Michal	93	SLASK Wroclaw	+0,84	**3:50.50**	786	R
	50m: 27.08 27.08 150m: 1:25.67 29.52 250m: 2:24.36 29.18 350m: 3:22.97 29.19						
	100m: 56.15 29.07 200m: 1:55.18 29.51 300m: 2:53.78 29.42 400m: 3:50.50 27.53						
10.	Zoniuk Maciej SWr	94	SLASK Wroclaw	+0,89	**3:50.78**	783	R
	50m: 27.22 27.22 150m: 1:25.73 29.32 250m: 2:24.23 29.22 350m: 3:22.88 29.24						
	100m: 56.41 29.19 200m: 1:55.01 29.28 300m: 2:53.64 29.41 400m: 3:50.78 27.90						
11.	Sawrymowicz Mateusz	87	MKP Szczecin	+0,87	**3:50.82**	783	
	50m: 27.18 27.18 150m: 1:25.20 29.00 250m: 2:23.64 29.01 350m: 3:21.87 29.34						
	100m: 56.20 29.02 200m: 1:54.63 29.43 300m: 2:52.53 28.89 400m: 3:50.82 28.95						
12.	Pielowski Krzysztof	91	AZS UWM Olsztyn	+0,80	**3:51.45**	776	
	50m: 27.14 27.14 150m: 1:25.27 29.15 250m: 2:24.02 29.45 350m: 3:22.65 29.32						
	100m: 56.12 28.98 200m: 1:54.57 29.30 300m: 2:53.33 29.31 400m: 3:51.45 28.80						
13.	Klich Kacper	94	AZS AWF Katowice	+0,86	**3:51.50**	776	
	50m: 27.32 27.32 150m: 1:24.72 28.70 250m: 2:22.60 29.23 350m: 3:21.62 30.13						
	100m: 56.02 28.70 200m: 1:53.37 28.65 300m: 2:51.49 28.89 400m: 3:51.50 29.88						
14.	Borowicz Skoneczny Sylwester	92	AZS UWM Olsztyn	+0,86	**3:54.47**	747	
	50m: 27.51 27.51 150m: 1:26.59 29.57 250m: 2:25.78 29.60 350m: 3:25.24 29.67						
	100m: 57.02 29.51 200m: 1:56.18 29.59 300m: 2:55.57 29.79 400m: 3:54.47 29.23						
15.	Towarek Sebastian	93	SLASK Wroclaw		**3:55.14**	740	
	50m: 27.61 27.61 150m: 1:26.75 29.69 250m: 2:26.38 29.86 350m: 3:26.36 30.02						
	100m: 57.06 29.45 200m: 1:56.52 29.77 300m: 2:56.34 29.96 400m: 3:55.14 28.78						

Event 10, Men, 400m Freestyle, Prelim, Open

Rank		YB		RT	Time	Pts
16.	Smeja Slawomir	94	Astoria Bydgoszcz		**3:55.75**	735
	50m: 27.17 27.17 150m: 1:26.02 29.63 250m: 2:25.89 30.13 350m: 3:26.39 30.29					
	100m: 56.39 29.22 200m: 1:55.76 29.74 300m: 2:56.10 30.21 400m: 3:55.75 29.36					
17.	Kuswik Maciej SWr	96	SLASK Wroclaw	+0,89	**3:55.97**	733
	50m: 27.27 27.27 150m: 1:25.88 29.37 250m: 2:24.43 29.33 350m: 3:23.25 29.80					
	100m: 56.51 29.24 200m: 1:55.10 29.22 300m: 2:53.45 29.02 400m: 3:55.97 32.72					
18.	Cwiek Kacper	95	POLONIA Warszawa		**3:57.13**	722
	50m: 27.03 27.03 150m: 1:26.80 30.02 250m: 2:27.40 30.25 350m: 3:27.90 30.22					
	100m: 56.78 29.75 200m: 1:57.15 30.35 300m: 2:57.68 30.28 400m: 3:57.13 29.23					
19.	Urbaniak Jan	95	WARTA Poznan	+0,71	**3:57.76**	716
	50m: 27.40 27.40 150m: 1:27.29 30.26 250m: 2:28.46 30.72 350m: 3:29.47 30.10					
	100m: 57.03 29.63 200m: 1:57.74 30.45 300m: 2:59.37 30.91 400m: 3:57.76 28.29					
20.	Jura Maciej	96	Jagiellonka Warszawa	+0,87	**3:57.88**	715
	50m: 27.95 27.95 150m: 1:27.29 29.95 250m: 2:28.44 30.76 350m: 3:30.40 30.95					
	100m: 57.34 29.39 200m: 1:57.68 30.39 300m: 2:59.45 31.01 400m: 3:57.88 27.48					
21.	Pioro Artur	91	AZS AWF Katowice		**3:57.90**	715
	50m: 26.73 26.73 150m: 1:25.20 29.66 250m: 2:25.60 30.51 350m: 3:27.96 31.45					
	100m: 55.54 28.81 200m: 1:55.09 29.89 300m: 2:56.51 30.91 400m: 3:57.90 29.94					
22.	Glyk Wojciech	92	AZS AWF Katowice	+0,92	**3:57.91**	715
	50m: 28.27 28.27 150m: 1:27.45 29.68 250m: 2:27.77 30.02 350m: 3:28.49 30.20					
	100m: 57.77 29.50 200m: 1:57.75 30.30 300m: 2:58.29 30.52 400m: 3:57.91 29.42					
23.	Piatkowski Mateusz	90	AZS AWF Katowice		**3:58.24**	712
	50m: 27.05 27.05 150m: 1:25.96 29.72 250m: 2:25.56 29.94 350m: 3:27.79 31.46					
	100m: 56.24 29.19 200m: 1:55.62 29.66 300m: 2:56.33 30.77 400m: 3:58.24 30.45					
24.	Wiak Jakub	95	Olimpijczyk 23 Lublin		**3:58.28**	711
	50m: 27.24 27.24 150m: 1:27.19 30.31 250m: 2:28.25 30.12 350m: 3:29.27 30.64					
	100m: 56.88 29.64 200m: 1:58.13 30.94 300m: 2:58.63 30.38 400m: 3:58.28 29.01					
25.	Lowicki Marcin	95	NAWA Skierniewice	+0,68	**3:58.67**	708
	50m: 28.27 28.27 150m: 1:28.11 30.04 250m: 2:28.35 30.19 350m: 3:29.52 30.68					
	100m: 58.07 29.80 200m: 1:58.16 30.05 300m: 2:58.84 30.49 400m: 3:58.67 29.15					
26.	Uscilko Michal	95	JUVENIA Bialystok	+0,84	**3:58.89**	706
	50m: 28.18 28.18 150m: 1:28.98 30.54 250m: 2:29.78 30.12 350m: 3:30.13 30.08					
	100m: 58.44 30.26 200m: 1:59.66 30.68 300m: 3:00.05 30.27 400m: 3:58.89 28.76					
27.	Szarlinski Filip	92	Bielany Warszawa	+0,85	**3:59.04**	705
	50m: 27.05 27.05 150m: 1:26.64 29.95 250m: 2:26.95 30.34 350m: 3:29.12 31.30					
	100m: 56.69 29.64 200m: 1:56.61 29.97 300m: 2:57.82 30.87 400m: 3:59.04 29.92					
28.	Bis Daniel	95	Bielany Warszawa	+0,86	**3:59.39**	702
	50m: 28.11 28.11 150m: 1:27.41 29.96 250m: 2:27.95 30.11 350m: 3:29.09 30.66					
	100m: 57.45 29.34 200m: 1:57.84 30.43 300m: 2:58.43 30.48 400m: 3:59.39 30.30					
29.	Stepien Konrad	96	POLONIA Warszawa	+0,43	**3:59.61**	700
	50m: 25.91 25.91 150m: 1:26.05 30.47 250m: 2:28.03 30.87 350m: 3:30.36 30.96					
	100m: 55.58 29.67 200m: 1:57.16 31.11 300m: 2:59.40 31.37 400m: 3:59.61 29.25					
30.	Czarnota Mateusz	91	UNIA Oswiecim	+0,84	**4:00.04**	696
	50m: 27.63 27.63 150m: 1:27.39 29.83 250m: 2:27.85 30.29 350m: 3:29.35 31.14					
	100m: 57.56 29.93 200m: 1:57.56 30.17 300m: 2:58.21 30.36 400m: 4:00.04 30.69					
31.	Gieracki Bartosz SWr	95	SLASK Wroclaw		**4:00.08**	696
	50m: 28.52 28.52 150m: 1:29.23 30.58 250m: 2:30.44 30.50 350m: 3:30.99 29.90					
	100m: 58.65 30.13 200m: 1:59.94 30.71 300m: 3:01.09 30.65 400m: 4:00.08 29.09					
32.	Cholewo Krzysztof	95	POLONIA Warszawa	+0,80	**4:00.63**	691
	50m: 27.79 27.79 150m: 1:27.65 30.11 250m: 2:28.63 30.55 350m: 3:30.36 31.03					
	100m: 57.54 29.75 200m: 1:58.08 30.43 300m: 2:59.33 30.70 400m: 4:00.63 30.27					

Event 10, Men, 400m Freestyle, Prelim, Open

Rank		YB		RT	Time	Pts
33.	Pietrzak Dawid	97	Pietnastka Bydgoszcz	+0,96	**4:00.71**	690
	50m: 27.12 27.12 150m: 1:27.87 30.53 250m: 2:28.88 30.65 350m: 3:30.81 30.98					
	100m: 57.34 30.22 200m: 1:58.23 30.36 300m: 2:59.83 30.95 400m: 4:00.71 29.90					
34.	Stokarski Marek	92	AZS AWF Warszawa	+1,02	**4:01.71**	682
	50m: 26.89 26.89 150m: 1:25.58 29.69 250m: 2:26.70 30.99 350m: 3:29.93 31.74					
	100m: 55.89 29.00 200m: 1:55.71 30.13 300m: 2:58.19 31.49 400m: 4:01.71 31.78					
35.	Ptaszynski Mikolaj SZG	95	KORNER Zielona G.	+1,90	**4:02.05**	679
	50m: 28.22 28.22 150m: 1:30.82 31.51 250m: 2:31.77 30.13 350m: 3:32.55 30.25					
	100m: 59.31 31.09 200m: 2:01.64 30.82 300m: 3:02.30 30.53 400m: 4:02.05 29.50					
36.	Jaszewski Marcin	96	AZS AWF Warszawa	+0,81	**4:02.32**	676
	50m: 27.32 27.32 150m: 1:28.48 30.85 250m: 2:29.95 30.68 350m: 3:31.90 30.97					
	100m: 57.63 30.31 200m: 1:59.27 30.79 300m: 3:00.93 30.98 400m: 4:02.32 30.42					
37.	Szymula Kamil	96	KP AVIA Swidnik	+0,81	**4:04.83**	656
	50m: 28.00 28.00 150m: 1:29.27 30.57 250m: 2:31.29 31.06 350m: 3:34.05 31.67					
	100m: 58.70 30.70 200m: 2:00.23 30.96 300m: 3:02.38 31.09 400m: 4:04.83 30.78					
38.	Bruchajzer Dominik	97	MZOS Plock	+0,87	**4:06.53**	642
	50m: 28.34 28.34 150m: 1:31.59 31.85 250m: 2:35.10 31.41 350m: 3:37.52 30.98					
	100m: 59.74 31.40 200m: 2:03.69 32.10 300m: 3:06.54 31.44 400m: 4:06.53 29.01					
39.	Kotlewski Michal	94	ZRYW Opole	+0,89	**4:07.84**	632
	50m: 28.39 28.39 150m: 1:31.22 31.60 250m: 2:34.55 31.55 350m: 3:38.57 32.02					
	100m: 59.62 31.23 200m: 2:03.00 31.78 300m: 3:06.55 32.00 400m: 4:07.84 29.27					
40.	Burzawa Mateusz	96	MOS Dabrowa Grn	+0,80	**4:07.94**	631
	50m: 28.59 28.59 150m: 1:31.04 31.48 250m: 2:34.60 31.66 350m: 3:38.18 31.66					
	100m: 59.56 30.97 200m: 2:02.94 31.90 300m: 3:06.52 31.92 400m: 4:07.94 29.76					
41.	Ksiazek Sebastian SOc	96	KS KSZO Ostrowiec	+0,76	**4:08.53**	627
	50m: 27.87 27.87 150m: 1:29.68 31.22 250m: 2:32.83 31.78 350m: 3:36.73 32.19					
	100m: 58.46 30.59 200m: 2:01.05 31.37 300m: 3:04.54 31.71 400m: 4:08.53 31.80					
42.	Krycia Mateusz SOc	96	KS KSZO Ostrowiec		**4:09.73**	618
	50m: 28.74 28.74 150m: 1:32.06 31.37 250m: 2:35.73 31.76 350m: 3:39.62 31.62					
	100m: 1:00.69 31.95 200m: 2:03.97 31.91 300m: 3:08.00 32.27 400m: 4:09.73 30.11					
43.	Dytkowski Jan	97	KS KSZO Ostrowiec	+0,77	**4:10.01**	616
	50m: 28.38 28.38 150m: 1:30.45 31.09 250m: 2:32.77 30.94 350m: 3:37.25 32.56					
	100m: 59.36 30.98 200m: 2:01.83 31.38 300m: 3:04.69 31.92 400m: 4:10.01 32.76					
44.	Grabczak Dawid	97	WISLA Pulawy		**4:10.16**	615
	50m: 28.87 28.87 150m: 1:31.47 31.72 250m: 2:35.36 31.82 350m: 3:40.01 32.15					
	100m: 59.75 30.88 200m: 2:03.54 32.07 300m: 3:07.86 32.50 400m: 4:10.16 30.15					
45.	Majewski Lukasz	96	Slowianka Gorzow Wlkp	+0,90	**4:10.19**	615
	50m: 29.08 29.08 150m: 1:32.02 31.73 250m: 2:35.72 31.78 350m: 3:39.13 31.57					
	100m: 1:00.29 31.21 200m: 2:03.94 31.92 300m: 3:07.56 31.84 400m: 4:10.19 31.06					
46.	Lis Przemyslaw	96	KP AVIA Swidnik	+0,98	**4:10.52**	612
	50m: 28.91 28.91 150m: 1:32.10 31.66 250m: 2:35.65 31.74 350m: 3:39.51 32.14					
	100m: 1:00.44 31.53 200m: 2:03.91 31.81 300m: 3:07.37 31.72 400m: 4:10.52 31.01					
47.	Marchel Adrian	95	JUVENIA Bialystok	+0,79	**4:12.70**	596
	50m: 27.96 27.96 150m: 1:30.86 31.64 250m: 2:34.69 32.02 350m: 3:40.22 32.90					
	100m: 59.22 31.26 200m: 2:02.67 31.81 300m: 3:07.32 32.63 400m: 4:12.70 32.48					
48.	Mielczarek Filip	96	Omega Kleszczow	+1,89	**4:13.08**	594
	50m: 29.26 29.26 150m: 1:34.43 32.52 250m: 2:39.29 32.30 350m: 3:43.07 31.46					
	100m: 1:01.91 32.65 200m: 2:06.99 32.56 300m: 3:11.61 32.32 400m: 4:13.08 30.01					
49.	Sternak Piotr	98	MZOS Plock		**4:15.52**	577
	50m: 29.67 29.67 150m: 1:34.17 32.49 250m: 2:40.25 32.99 350m: 3:44.95 32.08					
	100m: 1:01.68 32.01 200m: 2:07.26 33.09 300m: 3:12.87 32.62 400m: 4:15.52 30.57					

Event 10, Men, 400m Freestyle, Prelim, Open

Rank		YB		RT	Time	Pts
50.	Lelek Mateusz	96	POLONIA Warszawa		**4:15.81**	575
	50m: 28.33 28.33 150m: 1:32.47 32.60 250m: 2:38.01 32.86 350m: 3:44.45 32.91					
	100m: 59.87 31.54 200m: 2:05.15 32.68 300m: 3:11.54 33.53 400m: 4:15.81 31.36					
51.	Kisielewski Marcin	97	JUVENIA Bialystok	+0,84	**4:16.00**	574
	50m: 28.09 28.09 150m: 1:32.61 33.00 250m: 2:38.30 32.96 350m: 3:43.94 32.88					
	100m: 59.61 31.52 200m: 2:05.34 32.73 300m: 3:11.06 32.76 400m: 4:16.00 32.06					
52.	Rogozinski Lukasz	94	KS KSZO Ostrowiec	+0,78	**4:16.46**	571
	50m: 28.67 28.67 150m: 1:32.91 32.40 250m: 2:39.11 33.18 350m: 3:44.85 32.45					
	100m: 1:00.51 31.84 200m: 2:05.93 33.02 300m: 3:12.40 33.29 400m: 4:16.46 31.61					
53.	Dziedzic Andrzej	93	Bielany Warszawa	+0,83	**4:16.66**	569
	50m: 28.40 28.40 150m: 1:31.18 31.86 250m: 2:35.40 32.06 350m: 3:41.99 33.57					
	100m: 59.32 30.92 200m: 2:03.34 32.16 300m: 3:08.42 33.02 400m: 4:16.66 34.67					
54.	Popielec Michal	97	Ursynow Warszawa	+1,16	**4:16.89**	568
	50m: 28.97 28.97 150m: 1:33.84 32.78 250m: 2:40.03 33.16 350m: 3:46.65 32.92					
	100m: 1:01.06 32.09 200m: 2:06.87 33.03 300m: 3:13.73 33.70 400m: 4:16.89 30.24					
55.	Chrzanowski Damian	98	MZOS Plock	+0,89	**4:17.48**	564
	50m: 30.05 30.05 150m: 1:35.03 32.90 250m: 2:40.69 32.01 350m: 3:46.04 32.89					
	100m: 1:02.13 32.08 200m: 2:08.68 33.65 300m: 3:13.15 32.46 400m: 4:17.48 31.44					
56.	Zwolinski Marcin	97	MOS Dabrowa Grn	+0,75	**4:18.83**	555
	50m: 29.85 29.85 150m: 1:34.75 32.75 250m: 2:41.02 33.01 350m: 3:47.84 33.43					
	100m: 1:02.00 32.15 200m: 2:08.01 33.26 300m: 3:14.41 33.39 400m: 4:18.83 30.99					
57.	Kowalski Patryk	97	UNIA Busko-Zdroj	+0,83	**4:19.15**	553
	50m: 29.17 29.17 150m: 1:33.66 32.57 250m: 2:40.23 33.51 350m: 3:46.54 33.04					
	100m: 1:01.09 31.92 200m: 2:06.72 33.06 300m: 3:13.50 33.27 400m: 4:19.15 32.61					
58.	Szmajda Michal	97	Olimpijczyk Suwalki	+0,93	**4:19.25**	552
	50m: 29.22 29.22 150m: 1:33.75 32.62 250m: 2:39.69 32.86 350m: 3:46.76 33.75					
	100m: 1:01.13 31.91 200m: 2:06.83 33.08 300m: 3:13.01 33.32 400m: 4:19.25 32.49					
59.	Brzezinski Jakub	97	MKS Piaseczno	+0,88	**4:23.89**	524
	50m: 28.74 28.74 150m: 1:34.32 33.43 250m: 2:42.23 33.91 350m: 3:50.28 34.10					
	100m: 1:00.89 32.15 200m: 2:08.32 34.00 300m: 3:16.18 33.95 400m: 4:23.89 33.61					
60.	Raczkowski Piotr	96	Olimpijczyk Suwalki	+0,97	**4:26.08**	511
	50m: 29.30 29.30 150m: 1:35.61 33.46 250m: 2:43.11 33.66 350m: 3:51.63 34.51					
	100m: 1:02.15 32.85 200m: 2:09.45 33.84 300m: 3:17.12 34.01 400m: 4:26.08 34.45					
61.	Russek Filip	94	Zoliborz W-wa	+1,04	**4:29.23**	493
	50m: 29.74 29.74 150m: 1:37.32 34.60 250m: 2:46.42 34.20 350m: 3:55.52 34.62					
	100m: 1:02.72 32.98 200m: 2:12.22 34.90 300m: 3:20.90 34.48 400m: 4:29.23 33.71					
62.	Jarmula Milosz	98	Bielany Warszawa		**4:29.90**	489
	50m: 30.05 30.05 150m: 1:36.94 34.04 250m: 2:46.32 34.80 350m: 3:55.96 34.87					
	100m: 1:02.90 32.85 200m: 2:11.52 34.58 300m: 3:21.09 34.77 400m: 4:29.90 33.94					
63.	Kaczorowski Jakub	97	Zoliborz W-wa	+0,80	**4:33.39**	471
	50m: 30.41 30.41 150m: 1:38.86 34.60 250m: 2:49.00 35.20 350m: 3:59.31 35.54					
	100m: 1:04.26 33.85 200m: 2:13.80 34.94 300m: 3:23.77 34.77 400m: 4:33.39 34.08					
64.	Pawlak Tomasz	95	Trojka Sroda Wlkp		**4:36.20**	457
	50m: 29.05 29.05 150m: 1:36.44 34.69 250m: 2:47.40 35.39 350m: 4:00.61 36.75					
	100m: 1:01.75 32.70 200m: 2:12.01 35.57 300m: 3:23.86 36.46 400m: 4:36.20 35.59					
65.	Kaminski Marcin	97	Marlin Gryfino	+1,50	**5:18.38**	298
	50m: 30.88 30.88 150m: 1:40.78 35.10 250m: 2:53.05 36.46 350m: 4:06.36 36.89					
	100m: 1:05.68 34.80 200m: 2:16.59 35.81 300m: 3:29.47 36.42 400m: 5:18.38 1:12.02					
DSQ	Ilendo Piotr	93	JUVENIA Bialystok			
	O4 - przedwczesny start					
DNS	Rzadkowski Daniel	94	Olimpijczyk Suwalki			