

Mistrzostwa Polski Seniorów i Młodzie owców
Ostrowiec w., 21- - 24-5-2009

Konkurencja 28
23-05-2009

M czyzn, 400m dowolny

Open
Wyniki Eliminacje

Rekord Polski 3:45.71 Sta czyk Przemysław Chiba 21-08-2007
Min MS Rzym 3:50.40

Punkty: FINA 2008

| Pozycja | | | Rok ur. | | | Czas | Pkt. | | |
|---------|------------------------------|-------|---------------|------------------|---------------|----------------|---------------|-------|--|
| 1. | Sta czyk Przemysław | | 85 | MKP Szczecin | | 3:55.79 | 842 | A | |
| | 50m: 27.65 | 27.65 | 150m: 1:27.04 | 29.66 | 250m: 2:26.54 | 29.77 | 350m: 3:26.54 | 30.11 | |
| | 100m: 57.38 | 29.73 | 200m: 1:56.77 | 29.73 | 300m: 2:56.43 | 29.89 | 400m: 3:55.79 | 29.25 | |
| 2. | Gimi ski Łukasz | | 86 | AZS AWF Warszawa | | 3:57.09 | 829 | A | |
| | 50m: 27.73 | 27.73 | 150m: 1:27.49 | 30.04 | 250m: 2:27.13 | 29.84 | 350m: 3:27.40 | 30.24 | |
| | 100m: 57.45 | 29.72 | 200m: 1:57.29 | 29.80 | 300m: 2:57.16 | 30.03 | 400m: 3:57.09 | 29.69 | |
| 3. | Rurak Paweł | | 88 | AZS AWF Warszawa | | 3:57.77 | 821 | A | |
| | 50m: 27.42 | 27.42 | 150m: 1:27.43 | 30.21 | 250m: 2:27.89 | 30.20 | 350m: 3:28.45 | 30.10 | |
| | 100m: 57.22 | 29.80 | 200m: 1:57.69 | 30.26 | 300m: 2:58.35 | 30.46 | 400m: 3:57.77 | 29.32 | |
| 4. | Szamotulski Wojciech | | 91 | L SK Wrocław | | 3:57.95 | 820 | A | |
| | <i>Min ME Jun</i> | | | | | | | | |
| | 50m: 27.57 | 27.57 | 150m: 1:27.83 | 30.36 | 250m: 2:28.37 | 29.97 | 350m: 3:28.89 | 29.93 | |
| | 100m: 57.47 | 29.90 | 200m: 1:58.40 | 30.57 | 300m: 2:58.96 | 30.59 | 400m: 3:57.95 | 29.06 | |
| 5. | Pielowski Krzysztof | | 91 | Kormoran Olsztyn | | 3:58.34 | 816 | A | |
| | <i>Min-12 ME Jun</i> | | | | | | | | |
| | 50m: 28.05 | 28.05 | 150m: 1:28.22 | 29.94 | 250m: 2:28.34 | 30.06 | 350m: 3:28.61 | 30.24 | |
| | 100m: 58.28 | 30.23 | 200m: 1:58.28 | 30.06 | 300m: 2:58.37 | 30.03 | 400m: 3:58.34 | 29.73 | |
| 6. | Otłowski Aleksy SK | | 91 | Warszawianka | | 3:58.53 | 814 | A | |
| | <i>Min-12 ME Jun</i> | | | | | | | | |
| | 50m: 28.09 | 28.09 | 150m: 1:28.45 | 30.33 | 250m: 2:28.82 | 30.34 | 350m: 3:29.43 | 30.37 | |
| | 100m: 58.12 | 30.03 | 200m: 1:58.48 | 30.03 | 300m: 2:59.06 | 30.24 | 400m: 3:58.53 | 29.10 | |
| 7. | Hreniak Maciej | | 89 | MKP Szczecin | | 3:59.00 | 809 | A | |
| | 50m: 27.90 | 27.90 | 150m: 1:28.14 | 30.44 | 250m: 2:29.24 | 30.78 | 350m: 3:30.04 | 30.29 | |
| | 100m: 57.70 | 29.80 | 200m: 1:58.46 | 30.32 | 300m: 2:59.75 | 30.51 | 400m: 3:59.00 | 28.96 | |
| 8. | Kleszczy ski Paweł | | 91 | MKP Szczecin | | 3:59.04 | 808 | A | |
| | <i>Min-12 ME Jun</i> | | | | | | | | |
| | 50m: 27.58 | 27.58 | 150m: 1:28.27 | 30.33 | 250m: 2:29.05 | 30.06 | 350m: 3:29.99 | 30.20 | |
| | 100m: 57.94 | 30.36 | 200m: 1:58.99 | 30.72 | 300m: 2:59.79 | 30.74 | 400m: 3:59.04 | 29.05 | |
| 9. | Hura Bartosz | | 91 | Kormoran Olsztyn | | 3:59.17 | 807 | B | |
| | <i>Min-12 ME Jun</i> | | | | | | | | |
| | 50m: 27.89 | 27.89 | 150m: 1:27.36 | 29.69 | 250m: 2:27.52 | 30.11 | 350m: 3:28.61 | 30.77 | |
| | 100m: 57.67 | 29.78 | 200m: 1:57.41 | 30.05 | 300m: 2:57.84 | 30.32 | 400m: 3:59.17 | 30.56 | |
| 10. | Szuba Michał | | 93 | L SK Wrocław | | 3:59.37 | 805 | B | |
| | 50m: 28.53 | 28.53 | 150m: 1:28.55 | 30.25 | 250m: 2:29.46 | 30.29 | 350m: 3:30.54 | 30.55 | |
| | 100m: 58.30 | 29.77 | 200m: 1:59.17 | 30.62 | 300m: 2:59.99 | 30.53 | 400m: 3:59.37 | 28.83 | |
| 11. | Borowicz Skoneczny Sylwester | | 92 | Kormoran Olsztyn | | 3:59.81 | 801 | B | |
| | 50m: 28.28 | 28.28 | 150m: 1:28.99 | 30.26 | 250m: 2:29.46 | 30.19 | 350m: 3:30.06 | 30.13 | |
| | 100m: 58.73 | 30.45 | 200m: 1:59.27 | 30.28 | 300m: 2:59.93 | 30.47 | 400m: 3:59.81 | 29.75 | |
| 12. | Pi tkowski Mateusz SO | | 90 | UNIA O wi cim | | 4:01.23 | 787 | B | |
| | 50m: 28.10 | 28.10 | 150m: 1:28.62 | 30.53 | 250m: 2:29.47 | 30.25 | 350m: 3:30.77 | 30.54 | |
| | 100m: 58.09 | 29.99 | 200m: 1:59.22 | 30.60 | 300m: 3:00.23 | 30.76 | 400m: 4:01.23 | 30.46 | |
| 13. | Zoniuk Maciej | | 94 | L SK Wrocław | | 4:03.04 | 769 | B | |
| | <i>RP Jun 15-lat</i> | | | | | | | | |
| | 50m: 28.34 | 28.34 | 150m: 1:30.09 | 30.98 | 250m: 2:31.55 | 30.59 | 350m: 3:33.62 | 31.02 | |
| | 100m: 59.11 | 30.77 | 200m: 2:00.96 | 30.87 | 300m: 3:02.60 | 31.05 | 400m: 4:03.04 | 29.42 | |

Mistrzostwa Polski Seniorów i Młodzie owców
Ostrowiec w., 21- - 24-5-2009

Konkurencja 28, M czyzn, 400m dowolny, Eliminacje, Open

| Pozycja | | | Rok ur. | | | | | | Czas | Pkt. | |
|---------|---------------------|---------------|----------------------|---------|-------|-------|---------|-------|----------------|---------|-------|
| 14. | Gilski Paweł | | 90 Kormoran Olsztyn | | | | | | 4:03.51 | 765 | B |
| | 50m: | 28.34 28.34 | 150m: | 1:29.65 | 30.58 | 250m: | 2:31.52 | 31.02 | 350m: | 3:33.61 | 30.62 |
| | 100m: | 59.07 30.73 | 200m: | 2:00.50 | 30.85 | 300m: | 3:02.99 | 31.47 | 400m: | 4:03.51 | 29.90 |
| 15. | Kurant Roger | | 94 KSZO Ostrowiec | | | | | | 4:04.32 | 757 | B |
| | 50m: | 28.32 28.32 | 150m: | 1:29.96 | 30.93 | 250m: | 2:32.15 | 31.09 | 350m: | 3:34.74 | 31.28 |
| | 100m: | 59.03 30.71 | 200m: | 2:01.06 | 31.10 | 300m: | 3:03.46 | 31.31 | 400m: | 4:04.32 | 29.58 |
| 16. | Rybi ski Dawid | | 93 L SK Wrocław | | | | | | 4:05.16 | 749 | B |
| | 50m: | 28.53 28.53 | 150m: | 1:30.77 | 31.24 | 250m: | 2:33.61 | 31.64 | 350m: | 3:36.58 | 31.54 |
| | 100m: | 59.53 31.00 | 200m: | 2:01.97 | 31.20 | 300m: | 3:05.04 | 31.43 | 400m: | 4:05.16 | 28.58 |
| 17. | Grzebała Paweł | | 90 KSZO Ostrowiec | | | | | | 4:06.59 | 736 | R |
| | 50m: | 28.56 28.56 | 150m: | 1:29.85 | 31.07 | 250m: | 2:32.65 | 31.76 | 350m: | 3:36.08 | 31.55 |
| | 100m: | 58.78 30.22 | 200m: | 2:00.89 | 31.04 | 300m: | 3:04.53 | 31.88 | 400m: | 4:06.59 | 30.51 |
| 18. | Wieteska Mateusz | | 91 START Łód | | | | | | 4:06.70 | 735 | R |
| | 50m: | 27.80 27.80 | 150m: | 1:30.02 | 30.98 | 250m: | 2:32.84 | 31.69 | 350m: | 3:36.02 | 31.74 |
| | 100m: | 59.04 31.24 | 200m: | 2:01.15 | 31.13 | 300m: | 3:04.28 | 31.44 | 400m: | 4:06.70 | 30.68 |
| 19. | Misiak Piotr | | 92 Bielany Warszawa | | | | | | 4:07.12 | 732 | R |
| | 50m: | 27.50 27.50 | 150m: | 1:29.40 | 31.15 | 250m: | 2:32.29 | 31.41 | 350m: | 3:36.38 | 31.88 |
| | 100m: | 58.25 30.75 | 200m: | 2:00.88 | 31.48 | 300m: | 3:04.50 | 32.21 | 400m: | 4:07.12 | 30.74 |
| 20. | Psyk Maciej | | 93 KSZO Ostrowiec | | | | | | 4:08.44 | 720 | |
| | 50m: | 29.00 29.00 | 150m: | 1:32.24 | 32.12 | 250m: | 2:35.57 | 31.69 | 350m: | 3:38.59 | 31.74 |
| | 100m: | 1:00.12 31.12 | 200m: | 2:03.88 | 31.64 | 300m: | 3:06.85 | 31.28 | 400m: | 4:08.44 | 29.85 |
| 21. | Zieja Dawid | | 89 AZS AWFis Gda sk | | | | | | 4:08.49 | 720 | |
| | 50m: | 28.70 28.70 | 150m: | 1:31.21 | 31.36 | 250m: | 2:34.14 | 31.63 | 350m: | 3:37.90 | 32.06 |
| | 100m: | 59.85 31.15 | 200m: | 2:02.51 | 31.30 | 300m: | 3:05.84 | 31.70 | 400m: | 4:08.49 | 30.59 |
| 22. | Bor Radosław | | 93 KORNER Zielona G. | | | | | | 4:08.58 | 719 | |
| | 50m: | 28.99 28.99 | 150m: | 1:32.32 | 31.87 | 250m: | 2:36.03 | 31.84 | 350m: | 3:39.28 | 31.38 |
| | 100m: | 1:00.45 31.46 | 200m: | 2:04.19 | 31.87 | 300m: | 3:07.90 | 31.87 | 400m: | 4:08.58 | 29.30 |
| 23. | Piekut Krzysztof | | 90 Kormoran Olsztyn | | | | | | 4:08.90 | 716 | |
| | 50m: | 28.87 28.87 | 150m: | 1:32.02 | 31.74 | 250m: | 2:35.17 | 31.46 | 350m: | 3:38.63 | 31.88 |
| | 100m: | 1:00.28 31.41 | 200m: | 2:03.71 | 31.69 | 300m: | 3:06.75 | 31.58 | 400m: | 4:08.90 | 30.27 |
| 24. | Ruci ski Konrad | | 92 Kormoran Olsztyn | | | | | | 4:09.05 | 715 | |
| | 50m: | 28.48 28.48 | 150m: | 1:31.67 | 31.88 | 250m: | 2:35.33 | 31.81 | 350m: | 3:38.49 | 31.49 |
| | 100m: | 59.79 31.31 | 200m: | 2:03.52 | 31.85 | 300m: | 3:07.00 | 31.67 | 400m: | 4:09.05 | 30.56 |
| 25. | Kaczmarski Marcin | | 94 KSZO Ostrowiec | | | | | | 4:09.70 | 709 | |
| | 50m: | 27.91 27.91 | 150m: | 1:30.95 | 32.16 | 250m: | 2:34.85 | 31.93 | 350m: | 3:38.98 | 31.99 |
| | 100m: | 58.79 30.88 | 200m: | 2:02.92 | 31.97 | 300m: | 3:06.99 | 32.14 | 400m: | 4:09.70 | 30.72 |
| 26. | Orłowski Piotr | | 91 MKP Szczecin | | | | | | 4:09.89 | 708 | |
| | 50m: | 28.53 28.53 | 150m: | 1:30.70 | 31.32 | 250m: | 2:34.25 | 31.75 | 350m: | 3:38.73 | 32.01 |
| | 100m: | 59.38 30.85 | 200m: | 2:02.50 | 31.80 | 300m: | 3:06.72 | 32.47 | 400m: | 4:09.89 | 31.16 |
| 27. | Czarnota Mateusz SO | | 91 UNIA O wi cim | | | | | | 4:11.11 | 697 | |
| | 50m: | 28.52 28.52 | 150m: | 1:29.53 | 30.63 | 250m: | 2:32.92 | 31.99 | 350m: | 3:38.69 | 32.84 |
| | 100m: | 58.90 30.38 | 200m: | 2:00.93 | 31.40 | 300m: | 3:05.85 | 32.93 | 400m: | 4:11.11 | 32.42 |
| 28. | Towarek Sebastian | | 93 JEDYNKA Elbląg | | | | | | 4:11.65 | 693 | |
| | 50m: | 29.22 29.22 | 150m: | 1:32.28 | 31.93 | 250m: | 2:36.39 | 32.19 | 350m: | 3:40.47 | 32.04 |
| | 100m: | 1:00.35 31.13 | 200m: | 2:04.20 | 31.92 | 300m: | 3:08.43 | 32.04 | 400m: | 4:11.65 | 31.18 |
| 29. | Kot Maciej | | 91 JUNIOR Kluczbork | | | | | | 4:13.15 | 681 | |
| | 50m: | 28.65 28.65 | 150m: | 1:31.78 | 31.65 | 250m: | 2:36.19 | 32.35 | 350m: | 3:40.58 | 32.23 |
| | 100m: | 1:00.13 31.48 | 200m: | 2:03.84 | 32.06 | 300m: | 3:08.35 | 32.16 | 400m: | 4:13.15 | 32.57 |

Mistrzostwa Polski Seniorów i Młodzie owców
Ostrowiec w., 21- - 24-5-2009

Konkurencja 28, M cżyn, 400m dowolny, Eliminacje, Open

| Pozycja | | | Rok ur. | | | | | | Czas | Pkt. | | |
|---------|----------------------|---------|---------|--------------------|---------|-------|-------|---------|----------------|-------|---------|-------|
| 30. | Kotkowicz Michał | | 93 | SŁOWIANKA Gorzów W | | | | | 4:14.68 | 668 | | |
| | 50m: | 28.83 | 28.83 | 150m: | 1:33.25 | 32.80 | 250m: | 2:38.02 | 32.04 | 350m: | 3:42.99 | 32.53 |
| | 100m: | 1:00.45 | 31.62 | 200m: | 2:05.98 | 32.73 | 300m: | 3:10.46 | 32.44 | 400m: | 4:14.68 | 31.69 |
| 31. | Ksi ek Michał SK | | 93 | JORDAN Kraków | | | | | 4:14.98 | 666 | | |
| | 50m: | 27.66 | 27.66 | 150m: | 1:30.62 | 32.25 | 250m: | 2:36.56 | 33.33 | 350m: | 3:42.82 | 33.33 |
| | 100m: | 58.37 | 30.71 | 200m: | 2:03.23 | 32.61 | 300m: | 3:09.49 | 32.93 | 400m: | 4:14.98 | 32.16 |
| 32. | Pióro Artur | | 91 | Pałac Katowice | | | | | 4:15.13 | 665 | | |
| | 50m: | 28.35 | 28.35 | 150m: | 1:31.60 | 32.10 | 250m: | 2:37.77 | 33.31 | 350m: | 3:44.00 | 32.84 |
| | 100m: | 59.50 | 31.15 | 200m: | 2:04.46 | 32.86 | 300m: | 3:11.16 | 33.39 | 400m: | 4:15.13 | 31.13 |
| | Rz sa Wojciech | | 90 | AZS AWFis Gda sk | | | | | 4:15.13 | 665 | | |
| | 50m: | 28.67 | 28.67 | 150m: | 1:32.90 | 32.29 | 250m: | 2:37.88 | 32.48 | 350m: | 3:42.97 | 32.46 |
| | 100m: | 1:00.61 | 31.94 | 200m: | 2:05.40 | 32.50 | 300m: | 3:10.51 | 32.63 | 400m: | 4:15.13 | 32.16 |
| 34. | Zaborowski Filip | | 94 | FLOTA Gdynia | | | | | 4:15.24 | 664 | | |
| | 50m: | 28.62 | 28.62 | 150m: | 1:34.15 | 33.03 | 250m: | 2:38.52 | 31.62 | 350m: | 3:43.61 | 32.72 |
| | 100m: | 1:01.12 | 32.50 | 200m: | 2:06.90 | 32.75 | 300m: | 3:10.89 | 32.37 | 400m: | 4:15.24 | 31.63 |
| 35. | Brzoza Jakub | | 93 | L SK Wrocław | | | | | 4:16.24 | 656 | | |
| | 50m: | 28.83 | 28.83 | 150m: | 1:33.01 | 32.08 | 250m: | 2:38.73 | 32.97 | 350m: | 3:44.39 | 32.64 |
| | 100m: | 1:00.93 | 32.10 | 200m: | 2:05.76 | 32.75 | 300m: | 3:11.75 | 33.02 | 400m: | 4:16.24 | 31.85 |
| 36. | Szarli ski Filip | | 92 | Warszawianka | | | | | 4:17.26 | 649 | | |
| | 50m: | 28.91 | 28.91 | 150m: | 1:34.09 | 32.64 | 250m: | 2:39.43 | 32.38 | 350m: | 3:46.55 | 33.49 |
| | 100m: | 1:01.45 | 32.54 | 200m: | 2:07.05 | 32.96 | 300m: | 3:13.06 | 33.63 | 400m: | 4:17.26 | 30.71 |
| 37. | Tomaszewski Jacek | | 94 | REKIN Warszawa | | | | | 4:17.82 | 644 | | |
| | 50m: | 28.81 | 28.81 | 150m: | 1:34.09 | 33.34 | 250m: | 2:40.81 | 33.37 | 350m: | 3:46.35 | 32.52 |
| | 100m: | 1:00.75 | 31.94 | 200m: | 2:07.44 | 33.35 | 300m: | 3:13.83 | 33.02 | 400m: | 4:17.82 | 31.47 |
| 38. | Szydłowski Adrian | | 92 | ORLIK Lublin | | | | | 4:18.04 | 643 | | |
| | 50m: | 28.93 | 28.93 | 150m: | 1:34.16 | 33.03 | 250m: | 2:40.36 | 32.82 | 350m: | 3:46.42 | 32.71 |
| | 100m: | 1:01.13 | 32.20 | 200m: | 2:07.54 | 33.38 | 300m: | 3:13.71 | 33.35 | 400m: | 4:18.04 | 31.62 |
| 39. | Szotkowski Daniel | | 92 | MZOS Płock | | | | | 4:18.34 | 640 | | |
| | 50m: | 29.24 | 29.24 | 150m: | 1:32.94 | 32.26 | 250m: | 2:38.80 | 33.16 | 350m: | 3:46.15 | 33.72 |
| | 100m: | 1:00.68 | 31.44 | 200m: | 2:05.64 | 32.70 | 300m: | 3:12.43 | 33.63 | 400m: | 4:18.34 | 32.19 |
| 40. | Baran Mateusz | | 93 | Warszawianka | | | | | 4:18.43 | 640 | | |
| | 50m: | 28.86 | 28.86 | 150m: | 1:33.64 | 32.76 | 250m: | 2:39.01 | 32.53 | 350m: | 3:45.93 | 33.47 |
| | 100m: | 1:00.88 | 32.02 | 200m: | 2:06.48 | 32.84 | 300m: | 3:12.46 | 33.45 | 400m: | 4:18.43 | 32.50 |
| 41. | Kubkowski Bartłomiej | | 95 | MEDYK Gi ycko | | | | | 4:21.05 | 621 | | |
| | 50m: | 29.73 | 29.73 | 150m: | 1:35.06 | 32.95 | 250m: | 2:41.18 | 32.85 | 350m: | 3:48.15 | 33.45 |
| | 100m: | 1:02.11 | 32.38 | 200m: | 2:08.33 | 33.27 | 300m: | 3:14.70 | 33.52 | 400m: | 4:21.05 | 32.90 |
| 42. | Poł carz Piotr | | 89 | AZS AWFis Gda sk | | | | | 4:21.06 | 621 | | |
| | 50m: | 28.56 | 28.56 | 150m: | 1:32.80 | 32.82 | 250m: | 2:39.98 | 33.88 | 350m: | 3:47.78 | 33.79 |
| | 100m: | 59.98 | 31.42 | 200m: | 2:06.10 | 33.30 | 300m: | 3:13.99 | 34.01 | 400m: | 4:21.06 | 33.28 |
| 43. | Kłusek Adrian | | 93 | JUVENIA Wrocław | | | | | 4:21.16 | 620 | | |
| | 50m: | 29.25 | 29.25 | 150m: | 1:35.53 | 33.78 | 250m: | 2:43.74 | 34.46 | 350m: | 3:51.39 | 33.13 |
| | 100m: | 1:01.75 | 32.50 | 200m: | 2:09.28 | 33.75 | 300m: | 3:18.26 | 34.52 | 400m: | 4:21.16 | 29.77 |
| 44. | Dobrowolski Patryk | | 92 | ORLIK Lublin | | | | | 4:21.32 | 619 | | |
| | 50m: | 29.46 | 29.46 | 150m: | 1:34.64 | 33.02 | 250m: | 2:41.98 | 33.87 | 350m: | 3:49.21 | 33.50 |
| | 100m: | 1:01.62 | 32.16 | 200m: | 2:08.11 | 33.47 | 300m: | 3:15.71 | 33.73 | 400m: | 4:21.32 | 32.11 |
| 45. | Kotlewski Michał | | 94 | ZRYW Opole | | | | | 4:23.03 | 607 | | |
| | 50m: | 30.03 | 30.03 | 150m: | 1:36.72 | 33.53 | 250m: | 2:44.17 | 33.83 | 350m: | 3:51.71 | 33.66 |
| | 100m: | 1:03.19 | 33.16 | 200m: | 2:10.34 | 33.62 | 300m: | 3:18.05 | 33.88 | 400m: | 4:23.03 | 31.32 |

Mistrzostwa Polski Seniorów i Młodzie owców
Ostrowiec w., 21- - 24-5-2009

Konkurencja 28, M cżyn, 400m dowolny, Eliminacje, Open

| Pozycja | Rok ur. | | | | | | | | Czas | Pkt. | |
|------------------------|---------|---------------------|-------|---------|-------|-------|---------|-------|----------------|---------|-------|
| 46. Graczyk Przemysław | 92 | ORLIK Lublin | | | | | | | 4:25.78 | 588 | |
| 50m: | 29.62 | 29.62 | 150m: | 1:37.39 | 34.17 | 250m: | 2:45.33 | 33.69 | 350m: | 3:52.12 | 33.48 |
| 100m: | 1:03.22 | 33.60 | 200m: | 2:11.64 | 34.25 | 300m: | 3:18.64 | 33.31 | 400m: | 4:25.78 | 33.66 |
| 47. Wiak Jakub | 95 | ORLIK Lublin | | | | | | | 4:26.65 | 582 | |
| 50m: | 29.92 | 29.92 | 150m: | 1:37.55 | 33.84 | 250m: | 2:46.23 | 34.30 | 350m: | 3:53.85 | 33.46 |
| 100m: | 1:03.71 | 33.79 | 200m: | 2:11.93 | 34.38 | 300m: | 3:20.39 | 34.16 | 400m: | 4:26.65 | 32.80 |
| 48. Berezeki Mateusz | 95 | Olimpijczyk Suwałki | | | | | | | 4:27.23 | 579 | |
| 50m: | 29.39 | 29.39 | 150m: | 1:37.61 | 34.26 | 250m: | 2:46.32 | 33.97 | 350m: | 3:55.06 | 33.79 |
| 100m: | 1:03.35 | 33.96 | 200m: | 2:12.35 | 34.74 | 300m: | 3:21.27 | 34.95 | 400m: | 4:27.23 | 32.17 |
| 49. Kotlarski Marcin | 89 | Akwawit Leszno | | | | | | | 4:27.33 | 578 | |
| 50m: | 29.11 | 29.11 | 150m: | 1:33.59 | 32.88 | 250m: | 2:42.63 | 35.02 | 350m: | 3:53.82 | 35.63 |
| 100m: | 1:00.71 | 31.60 | 200m: | 2:07.61 | 34.02 | 300m: | 3:18.19 | 35.56 | 400m: | 4:27.33 | 33.51 |
| 50. Kukulski Karol | 95 | FLOTA Gdynia | | | | | | | 4:27.92 | 574 | |
| 50m: | 30.27 | 30.27 | 150m: | 1:38.01 | 33.95 | 250m: | 2:46.71 | 34.34 | 350m: | 3:56.11 | 34.43 |
| 100m: | 1:04.06 | 33.79 | 200m: | 2:12.37 | 34.36 | 300m: | 3:21.68 | 34.97 | 400m: | 4:27.92 | 31.81 |
| 51. Osses Arkadiusz | 95 | WARTA Pozna | | | | | | | 4:28.14 | 573 | |
| 50m: | 30.02 | 30.02 | 150m: | 1:37.88 | 34.41 | 250m: | 2:46.53 | 34.42 | 350m: | 3:55.59 | 34.20 |
| 100m: | 1:03.47 | 33.45 | 200m: | 2:12.11 | 34.23 | 300m: | 3:21.39 | 34.86 | 400m: | 4:28.14 | 32.55 |
| 52. Szewczyk Mateusz | 94 | JEDYNKA Elblag | | | | | | | 4:28.53 | 570 | |
| 50m: | 30.49 | 30.49 | 150m: | 1:38.27 | 34.15 | 250m: | 2:47.08 | 34.28 | 350m: | 3:55.75 | 33.76 |
| 100m: | 1:04.12 | 33.63 | 200m: | 2:12.80 | 34.53 | 300m: | 3:21.99 | 34.91 | 400m: | 4:28.53 | 32.78 |
| 53. Skrodzki Michał | 86 | AZS AWF Katowice | | | | | | | 4:33.30 | 541 | |
| 50m: | 31.00 | 31.00 | 150m: | 1:38.35 | 33.99 | 250m: | 2:47.07 | 34.36 | 350m: | 3:58.15 | 35.91 |
| 100m: | 1:04.36 | 33.36 | 200m: | 2:12.71 | 34.36 | 300m: | 3:22.24 | 35.17 | 400m: | 4:33.30 | 35.15 |
| 54. K cik Łukasz | 94 | LUBLINIANKA | | | | | | | 4:33.68 | 539 | |
| 50m: | 28.80 | 28.80 | 150m: | 1:35.72 | 34.18 | 250m: | 2:45.86 | 35.58 | 350m: | 3:58.19 | 36.00 |
| 100m: | 1:01.54 | 32.74 | 200m: | 2:10.28 | 34.56 | 300m: | 3:22.19 | 36.33 | 400m: | 4:33.68 | 35.49 |
| 55. Walczak Joachim | 89 | Warszawianka | | | | | | | 4:34.15 | 536 | |
| 50m: | 29.71 | 29.71 | 150m: | 1:39.06 | 35.08 | 250m: | 2:48.79 | 35.21 | 350m: | 4:00.05 | 35.65 |
| 100m: | 1:03.98 | 34.27 | 200m: | 2:13.58 | 34.52 | 300m: | 3:24.40 | 35.61 | 400m: | 4:34.15 | 34.10 |
| 56. Kielin Łukasz | 94 | Gwardia Szczytno | | | | | | | 4:36.30 | 523 | |
| 50m: | 30.97 | 30.97 | 150m: | 1:41.29 | 35.11 | 250m: | 2:50.28 | 34.71 | 350m: | 4:01.33 | 35.90 |
| 100m: | 1:06.18 | 35.21 | 200m: | 2:15.57 | 34.28 | 300m: | 3:25.43 | 35.15 | 400m: | 4:36.30 | 34.97 |
| 57. Dobrzycki Tomasz | 90 | Akwawit Leszno | | | | | | | 4:37.66 | 516 | |
| 50m: | 30.44 | 30.44 | 150m: | 1:39.07 | 34.43 | 250m: | 2:49.38 | 35.43 | 350m: | 4:02.10 | 36.36 |
| 100m: | 1:04.64 | 34.20 | 200m: | 2:13.95 | 34.88 | 300m: | 3:25.74 | 36.36 | 400m: | 4:37.66 | 35.56 |
| 58. Rogalski Igor | 92 | ORLIK Lublin | | | | | | | 4:40.04 | 503 | |
| 50m: | 31.26 | 31.26 | 150m: | 1:43.57 | 36.36 | 250m: | 2:56.00 | 35.89 | 350m: | 4:07.91 | 35.27 |
| 100m: | 1:07.21 | 35.95 | 200m: | 2:20.11 | 36.54 | 300m: | 3:32.64 | 36.64 | 400m: | 4:40.04 | 32.13 |
| 59. Glinkowski Łukasz | 95 | SHARK Rudna | | | | | | | 4:41.25 | 496 | |
| 50m: | 32.02 | 32.02 | 150m: | 1:44.55 | 36.39 | 250m: | 2:57.40 | 36.21 | 350m: | 4:08.89 | 35.57 |
| 100m: | 1:08.16 | 36.14 | 200m: | 2:21.19 | 36.64 | 300m: | 3:33.32 | 35.92 | 400m: | 4:41.25 | 32.36 |
| 60. Mochol Marcin | 95 | ORLIK Lublin | | | | | | | 4:42.15 | 492 | |
| 50m: | 32.16 | 32.16 | 150m: | 1:43.94 | 36.11 | 250m: | 2:54.80 | 35.11 | 350m: | 4:06.70 | 35.66 |
| 100m: | 1:07.83 | 35.67 | 200m: | 2:19.69 | 35.75 | 300m: | 3:31.04 | 36.24 | 400m: | 4:42.15 | 35.45 |
| 61. Kami ski Maciej | 93 | ORLIK Lublin | | | | | | | 4:55.64 | 427 | |
| 50m: | 33.22 | 33.22 | 150m: | 1:45.37 | 36.57 | 250m: | 3:00.71 | 37.95 | 350m: | 4:17.68 | 38.75 |
| 100m: | 1:08.80 | 35.58 | 200m: | 2:22.76 | 37.39 | 300m: | 3:38.93 | 38.22 | 400m: | 4:55.64 | 37.96 |