



Letnie Mistrzostwa Polski Juniorów 16-lat w pływaniu
Ostrowiec wi tokrzyski, 14-17.07.2022

Konkurencja 15
15.07.2022 - 10:59

Chłopców, 400m zmienny

16 lat
Wyniki Eliminacje

Rekord Polski 16 lat 4:26.91 KAŁUSOWSKI Jan POL Ostrowiec Sw 15.07.2016

Punkty: FINA 2022

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
1. POPIEL Mikołaj	06	SP MEDUZA Paj czno	4:42.35 644 A	1:01.47	1:14.47	1:20.71	1:05.70
50m: 28.47	28.47	150m: 1:39.66	38.19	250m: 2:56.69	40.75	350m: 4:09.78	33.13
100m: 1:01.47	33.00	200m: 2:15.94	36.28	300m: 3:36.65	39.96	400m: 4:42.35	32.57
2. KAPAŁA Bartosz	06	MTP Kormoran Olsztyn	4:42.80 641 A	1:04.57	1:11.84	1:22.24	1:04.15
50m: 30.18	30.18	150m: 1:40.88	36.31	250m: 2:57.93	41.52	350m: 4:11.46	32.81
100m: 1:04.57	34.39	200m: 2:16.41	35.53	300m: 3:38.65	40.72	400m: 4:42.80	31.34
3. LARY Jerzy	06	IUKS MUSZELKA Warszawa	4:44.51 629 A	1:03.74	1:12.22	1:22.29	1:06.26
50m: 30.05	30.05	150m: 1:40.60	36.86	250m: 2:56.63	40.67	350m: 4:12.46	34.21
100m: 1:03.74	33.69	200m: 2:15.96	35.36	300m: 3:38.25	41.62	400m: 4:44.51	32.05
4. BURZY SKI Oskar	06	MKP Szczecin	4:51.03 588 A	1:04.09	1:15.79	1:24.48	1:06.67
50m: 29.99	29.99	150m: 1:42.56	38.47	250m: 3:01.95	42.07	350m: 4:18.98	34.62
100m: 1:04.09	34.10	200m: 2:19.88	37.32	300m: 3:44.36	42.41	400m: 4:51.03	32.05
5. R YSKI Michał	06	MTP Kormoran Olsztyn	4:51.40 585 A	1:05.24	1:16.04	1:23.62	1:06.50
50m: 30.75	30.75	150m: 1:43.60	38.36	250m: 3:03.25	41.97	350m: 4:19.07	34.17
100m: 1:05.24	34.49	200m: 2:21.28	37.68	300m: 3:44.90	41.65	400m: 4:51.40	32.33
6. PORWIK Kacper	06	UKP UNIA O wi cim	4:52.18 581 A	1:06.61	1:17.56	1:21.11	1:06.90
50m: 30.91	30.91	150m: 1:46.22	39.61	250m: 3:04.68	40.51	350m: 4:19.65	34.37
100m: 1:06.61	35.70	200m: 2:24.17	37.95	300m: 3:45.28	40.60	400m: 4:52.18	32.53
7. JARZ B Tymoteusz	06	UKS FENIKS D bica	4:54.48 567 A	1:05.84	1:16.03	1:23.94	1:08.67
50m: 29.82	29.82	150m: 1:43.42	37.58	250m: 3:03.06	41.19	350m: 4:20.58	34.77
100m: 1:05.84	36.02	200m: 2:21.87	38.45	300m: 3:45.81	42.75	400m: 4:54.48	33.90
8. DYRDA Michał	06	MKS JUVENIA Wrocław	5:00.11 536 A	1:09.25	1:18.27	1:25.01	1:07.58
50m: 31.31	31.31	150m: 1:49.42	40.17	250m: 3:09.63	42.11	350m: 4:26.60	34.07
100m: 1:09.25	37.94	200m: 2:27.52	38.10	300m: 3:52.53	42.90	400m: 5:00.11	33.51
9. WÓJCIK Szczepan	06	UKS FREGATA Kolbuszowa	5:01.93 526 A	1:08.05	1:19.56	1:26.57	1:07.75
50m: 31.08	31.08	150m: 1:48.39	40.34	250m: 3:10.79	43.18	350m: 4:29.02	34.84
100m: 1:08.05	36.97	200m: 2:27.61	39.22	300m: 3:54.18	43.39	400m: 5:01.93	32.91
10. ZALEWSKI Jacek	06	KS POSNANIA Pozna	5:04.66 512 A	1:11.69	1:18.46	1:28.36	1:06.15
50m: 33.29	33.29	150m: 1:51.80	40.11	250m: 3:13.77	43.62	350m: 4:33.67	35.16
100m: 1:11.69	38.40	200m: 2:30.15	38.35	300m: 3:58.51	44.74	400m: 5:04.66	30.99
11. URBA SKI Maciej	06	Mokotowski UKP Warszawa	5:04.71 c512 B	1:10.37	1:18.97	1:28.43	1:06.94
50m: 32.62	32.62	150m: 1:50.43	40.06	250m: 3:12.58	43.24	350m: 4:32.86	35.09
100m: 1:10.37	37.75	200m: 2:29.34	38.91	300m: 3:57.77	45.19	400m: 5:04.71	31.85
12. GORZE Norbert	06	UKS Cityzen Pozna	5:04.84 511 B	1:09.66	1:16.77	1:30.85	1:07.56
50m: 32.36	32.36	150m: 1:48.32	38.66	250m: 3:11.56	45.13	350m: 4:32.22	34.94
100m: 1:09.66	37.30	200m: 2:26.43	38.11	300m: 3:57.28	45.72	400m: 5:04.84	32.62
13. HANDZLIK Mateusz	06	Mokotowski UKP Warszawa	5:05.14 c510 B	1:06.91	1:21.42	1:26.82	1:09.99
50m: 31.07	31.07	150m: 1:48.03	41.12	250m: 3:11.15	42.82	350m: 4:31.46	36.31
100m: 1:06.91	35.84	200m: 2:28.33	40.30	300m: 3:55.15	44.00	400m: 5:05.14	33.68
14. KOWALEWSKI Mateusz	06	MKS JEDYNKA Łód	5:05.93 506 B	1:07.04	1:22.61	1:25.46	1:10.82
50m: 31.28	31.28	150m: 1:49.25	42.21	250m: 3:11.80	42.15	350m: 4:31.35	36.24
100m: 1:07.04	35.76	200m: 2:29.65	40.40	300m: 3:55.11	43.31	400m: 5:05.93	34.58
15. SZYMANEK Jakub	06	UKS G-8 Bielany Warszawa	5:13.59 470 B	1:07.66	1:22.75	1:32.46	1:10.72
50m: 30.96	30.96	150m: 1:50.07	42.41	250m: 3:15.93	45.52	350m: 4:39.05	36.18
100m: 1:07.66	36.70	200m: 2:30.41	40.34	300m: 4:02.87	46.94	400m: 5:13.59	34.54
16. KOZAK Jan	06	UKS SP5 Swim	5:17.31 453 B	1:09.48	1:23.95	1:31.43	1:12.45
50m: 32.24	32.24	150m: 1:52.32	42.84	250m: 3:19.29	45.86	350m: 4:42.50	37.64
100m: 1:09.48	37.24	200m: 2:33.43	41.11	300m: 4:04.86	45.57	400m: 5:17.31	34.81
17. JABŁO SKI Kacper	06	Sejwal Rypin	5:20.61 439 B	1:08.29	1:26.44	1:33.90	1:11.98
50m: 30.82	30.82	150m: 1:51.30	43.01	250m: 3:20.82	46.09	350m: 4:44.80	36.17
100m: 1:08.29	37.47	200m: 2:34.73	43.43	300m: 4:08.63	47.81	400m: 5:20.61	35.81