



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

Konkurencja 23
16.07.2022 - 10:01

Chłopców, 400m dowolny

16 lat

Wyniki Eliminacje

Rekord Polski 16 lat 3:56.29 DASZKIEWICZ Michał POL Lublin 11.07.2019

Punkty: FINA 2022

Pozycja	Rok ur.	Czas	Pkt.
1. HLUSHCHENKO Zakhar*	06 UKS 190 Łód	4:09.21	688 A
50m: 29.48 29.48	150m: 1:33.01 31.85	250m: 2:34.72 30.55	350m: 3:38.29 32.27
100m: 1:01.16 31.68	200m: 2:04.17 31.16	300m: 3:06.02 31.30	400m: 4:09.21 30.92
2. LARY Jerzy	06 IUKS MUSZELKA Warszawa	4:10.90	674 A
50m: 29.26 29.26	150m: 1:32.27 31.82	250m: 2:36.05 31.75	350m: 3:40.17 32.24
100m: 1:00.45 31.19	200m: 2:04.30 32.03	300m: 3:07.93 31.88	400m: 4:10.90 30.73
3. SZAREK Jan	06 WKS L SK Wrocław	4:13.21	656 A
50m: 28.49 28.49	150m: 1:32.98 32.82	250m: 2:37.62 32.34	350m: 3:42.03 31.86
100m: 1:00.16 31.67	200m: 2:05.28 32.30	300m: 3:10.17 32.55	400m: 4:13.21 31.18
4. CIECHOMSKI Rafał	06 MKS ASTORIA Bydgoszcz	4:13.68	652 A
50m: 27.91 27.91	150m: 1:31.29 32.44	250m: 2:37.21 32.80	350m: 3:42.48 32.25
100m: 58.85 30.94	200m: 2:04.41 33.12	300m: 3:10.23 33.02	400m: 4:13.68 31.20
5. FILIPIAK Mikołaj	06 UKS ABIANKA Gda sk	4:15.51	638 A
50m: 29.28 29.28	150m: 1:34.30 32.62	250m: 2:38.86 31.81	350m: 3:43.67 32.34
100m: 1:01.68 32.40	200m: 2:07.05 32.75	300m: 3:11.33 32.47	400m: 4:15.51 31.84
6. WIDERSKI Julian	06 MKS TRÓJKA Łód	4:15.53	638 A
50m: 27.96 27.96	150m: 1:32.81 32.96	250m: 2:38.94 33.44	350m: 3:44.22 32.64
100m: 59.85 31.89	200m: 2:05.50 32.69	300m: 3:11.58 32.64	400m: 4:15.53 31.31
7. KAPAŁA Bartosz	06 MTP Kormoran Olsztyn	4:15.66	637 A
50m: 29.79 29.79	150m: 1:34.42 32.52	250m: 2:38.87 31.83	350m: 3:43.67 32.58
100m: 1:01.90 32.11	200m: 2:07.04 32.62	300m: 3:11.09 32.22	400m: 4:15.66 31.99
8. SOBIECHOWSKI Kajetan	06 TP Zielona Góra	4:18.09	619 A
50m: 29.34 29.34	150m: 1:34.81 32.93	250m: 2:40.08 32.10	350m: 3:46.09 33.17
100m: 1:01.88 32.54	200m: 2:07.98 33.17	300m: 3:12.92 32.84	400m: 4:18.09 32.00
9. KUREK Bartosz	06 UKS 190 Łód	4:18.87	614 A
50m: 28.60 28.60	150m: 1:33.36 32.84	250m: 2:39.31 32.74	350m: 3:46.00 32.96
100m: 1:00.52 31.92	200m: 2:06.57 33.21	300m: 3:13.04 33.73	400m: 4:18.87 32.87
10. BORSKI Mikołaj	06 UKS Tri-Team Rumia	4:19.41	610 A
50m: 29.20 29.20	150m: 1:33.52 32.64	250m: 2:40.32 33.64	350m: 3:46.95 33.39
100m: 1:00.88 31.68	200m: 2:06.68 33.16	300m: 3:13.56 33.24	400m: 4:19.41 32.46
11. RYSTWEJ Maksymilian	06 MKP SŁOWIANKA Gorzów Wlkp.	4:20.06	605 B
50m: 30.08 30.08	150m: 1:36.20 32.72	250m: 2:42.39 32.70	350m: 3:48.02 32.11
100m: 1:03.48 33.40	200m: 2:09.69 33.49	300m: 3:15.91 33.52	400m: 4:20.06 32.04
12. ZALEWSKI Jacek	06 KS POSNANIA Pozna	4:20.38	603 B
50m: 29.17 29.17	150m: 1:34.11 33.29	250m: 2:41.50 33.96	350m: 3:48.54 33.16
100m: 1:00.82 31.65	200m: 2:07.54 33.43	300m: 3:15.38 33.88	400m: 4:20.38 31.84
13. FRONCZAK Antoni	06 UKS G-8 Bielany Warszawa	4:21.08	598 B
50m: 29.95 29.95	150m: 1:35.19 32.98	250m: 2:41.68 33.69	350m: 3:48.78 33.61
100m: 1:02.21 32.26	200m: 2:07.99 32.80	300m: 3:15.17 33.49	400m: 4:21.08 32.30
14. PERA Marcin	06 UKS WODNIK Siemianowice I skie	4:21.36	596 B
50m: 28.71 28.71	150m: 1:32.90 32.72	250m: 2:40.47 34.01	350m: 3:48.08 33.91
100m: 1:00.18 31.47	200m: 2:06.46 33.56	300m: 3:14.17 33.70	400m: 4:21.36 33.28
15. JASI SKI Kacper	06 MUKP Korona-Swim Kielce	4:21.54	595 B
50m: 29.95 29.95	150m: 1:35.66 32.80	250m: 2:42.38 33.62	350m: 3:49.32 33.18
100m: 1:02.86 32.91	200m: 2:08.76 33.10	300m: 3:16.14 33.76	400m: 4:21.54 32.22
16. WISTAK Miłosz	06 UKS FENIKS D bica	4:21.69	594 B
50m: 28.97 28.97	150m: 1:36.00 33.87	250m: 2:44.42 34.30	350m: 3:51.81 33.04
100m: 1:02.13 33.16	200m: 2:10.12 34.12	300m: 3:18.77 34.35	400m: 4:21.69 29.88



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Konkurencja 23, Chłopców, 400m dowolny, Eliminacje, 16 lat

Pozycja				Rok ur.					Czas	Pkt.	
17.	SULKOWSKI Maciej			06	UKS Jagiellonia Swim				4:23.45	582	B
	50m: 28.80	28.80	150m: 1:34.02		32.99	250m: 2:41.83	33.87	350m: 3:51.12		34.94	
	100m: 1:01.03	32.23	200m: 2:07.96		33.94	300m: 3:16.18	34.35	400m: 4:23.45		32.33	
18.	YEVDOKYMOV Dmytro*			06	Mokotowski UKP Warszawianka- Wodny				4:24.04	578	B
	50m: 29.83	29.83	150m: 1:36.72		33.89	250m: 2:44.24	33.81	350m: 3:51.70		33.52	
	100m: 1:02.83	33.00	200m: 2:10.43		33.71	300m: 3:18.18	33.94	400m: 4:24.04		32.34	
19.	CHODA Maciej			06	MTP Kormoran Olsztyn				4:24.28	577	B
	50m: 30.75	30.75	150m: 1:37.11		33.54	250m: 2:44.57	33.19	350m: 3:51.15		33.12	
	100m: 1:03.57	32.82	200m: 2:11.38		34.27	300m: 3:18.03	33.46	400m: 4:24.28		33.13	
20.	TOPOLNICKI Maksymilian			06	UKS MOS Opole				4:24.44	576	B
	50m: 29.94	29.94	150m: 1:38.17		34.31	250m: 2:46.92	34.96	350m: 3:53.47		32.86	
	100m: 1:03.86	33.92	200m: 2:11.96		33.79	300m: 3:20.61	33.69	400m: 4:24.44		30.97	
21.	KOWALI SKI Adrian			06	MKP SŁOWIANKA Gorzów Wlkp.				4:24.53	575	R
	50m: 29.92	29.92	150m: 1:36.42		33.55	250m: 2:44.29	33.98	350m: 3:52.04		33.72	
	100m: 1:02.87	32.95	200m: 2:10.31		33.89	300m: 3:18.32	34.03	400m: 4:24.53		32.49	
22.	JAREK Oskar			06	UKP UNIA O wi cim				4:25.65	568	R
	50m: 30.35	30.35	150m: 1:38.24		34.20	250m: 2:45.98	33.60	350m: 3:53.28		33.70	
	100m: 1:04.04	33.69	200m: 2:12.38		34.14	300m: 3:19.58	33.60	400m: 4:25.65		32.37	
23.	BRÓDKA Bartosz			06	MTS Kwidzyn				4:26.19	565	
	50m: 29.83	29.83	150m: 1:36.39		33.96	250m: 2:44.81	34.36	350m: 3:53.51		34.14	
	100m: 1:02.43	32.60	200m: 2:10.45		34.06	300m: 3:19.37	34.56	400m: 4:26.19		32.68	
24.	DOMA SKI Franciszek			06	MKS ASTORIA Bydgoszcz				4:26.83	561	
	50m: 29.82	29.82	150m: 1:35.80		33.42	250m: 2:44.27	34.76	350m: 3:54.07		35.08	
	100m: 1:02.38	32.56	200m: 2:09.51		33.71	300m: 3:18.99	34.72	400m: 4:26.83		32.76	
25.	SOKOŁOWSKI Franciszek			06	UKS ABIANKA Gda sk				4:27.89	554	
	50m: 30.94	30.94	150m: 1:38.64		34.32	250m: 2:47.27	34.23	350m: 3:55.20		34.14	
	100m: 1:04.32	33.38	200m: 2:13.04		34.40	300m: 3:21.06	33.79	400m: 4:27.89		32.69	
26.	LE NIEWSKI Wiktor			06	UKP POLONIA Warszawa				4:28.11	553	
	50m: 28.92	28.92	150m: 1:34.87		33.66	250m: 2:43.62	34.58	350m: 3:53.77		35.37	
	100m: 1:01.21	32.29	200m: 2:09.04		34.17	300m: 3:18.40	34.78	400m: 4:28.11		34.34	
27.	PLISZKA Jakub			06	MKS DZIEWI TKA Dzier oniów				4:29.16	546	
	50m: 28.96	28.96	150m: 1:36.78		34.66	250m: 2:45.70	34.03	350m: 3:55.69		35.42	
	100m: 1:02.12	33.16	200m: 2:11.67		34.89	300m: 3:20.27	34.57	400m: 4:29.16		33.47	
28.	CZERWIK Krzysztof			06	UKP UNIA O wi cim				4:29.36	545	
	50m: 31.50	31.50	150m: 1:40.31		34.60	250m: 2:49.28	34.47	350m: 3:56.54		32.93	
	100m: 1:05.71	34.21	200m: 2:14.81		34.50	300m: 3:23.61	34.33	400m: 4:29.36		32.82	
29.	HERBUT Oskar			06	SSKSIT GLOSATOR Kraków				4:29.64	543	
	50m: 31.13	31.13	150m: 1:39.24		34.39	250m: 2:48.20	34.35	350m: 3:56.59		33.94	
	100m: 1:04.85	33.72	200m: 2:13.85		34.61	300m: 3:22.65	34.45	400m: 4:29.64		33.05	
30.	KOZAK Jan			06	UKS SP5 Swim				4:32.44	527	
	50m: 31.75	31.75	150m: 1:40.87		34.06	250m: 2:50.23	34.88	350m: 3:59.81		34.40	
	100m: 1:06.81	35.06	200m: 2:15.35		34.48	300m: 3:25.41	35.18	400m: 4:32.44		32.63	
31.	B K Mikołaj			06	WODNIK Radom				4:32.81	524	
	50m: 30.28	30.28	150m: 1:40.62		35.65	250m: 2:51.81	35.41	350m: 4:00.89		33.27	
	100m: 1:04.97	34.69	200m: 2:16.40		35.78	300m: 3:27.62	35.81	400m: 4:32.81		31.92	
32.	JANKIEWICZ DELGADO Jarosław			06	UKS NAWA Skierniewice				4:33.49	521	
	50m: 30.44	30.44	150m: 1:38.43		34.27	250m: 2:48.48	35.06	350m: 3:59.01		35.06	
	100m: 1:04.16	33.72	200m: 2:13.42		34.99	300m: 3:23.95	35.47	400m: 4:33.49		34.48	
33.	MAKAREWICZ Filip			06	KP AQUAPARK W growiec				4:33.86	518	
	50m: 30.91	30.91	150m: 1:40.20		35.26	250m: 2:52.23	35.98	350m: 4:02.00		34.28	
	100m: 1:04.94	34.03	200m: 2:16.25		36.05	300m: 3:27.72	35.49	400m: 4:33.86		31.86	



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Pozycja				Rok ur.					Czas	Pkt.
34.	GORZE Norbert			06	UKS Cityzen Pozna				4:36.18	505
	50m: 30.51	30.51	150m: 1:40.05		35.01	250m: 2:50.98	35.37	350m: 4:02.24		35.62
	100m: 1:05.04	34.53	200m: 2:15.61		35.56	300m: 3:26.62	35.64	400m: 4:36.18		33.94
35.	SOCHA Filip			06	KS PŁETWAL Zakopane				4:37.43	499
	50m: 30.80	30.80	150m: 1:40.57		35.37	250m: 2:51.84	35.47	350m: 4:02.66		35.25
	100m: 1:05.20	34.40	200m: 2:16.37		35.80	300m: 3:27.41	35.57	400m: 4:37.43		34.77
36.	LEDZION Szymon			06	MKS TRÓJKA Łód				4:38.68	492
	50m: 30.33	30.33	150m: 1:39.03		35.40	250m: 2:50.77	36.14	350m: 4:03.65		36.62
	100m: 1:03.63	33.30	200m: 2:14.63		35.60	300m: 3:27.03	36.26	400m: 4:38.68		35.03
37.	PAPIER Mieszko			06	MUKS UNIA Busko Zdrój				4:39.49	488
	50m: 30.49	30.49	150m: 1:40.39		35.67	250m: 2:51.78	35.43	350m: 4:05.30		36.89
	100m: 1:04.72	34.23	200m: 2:16.35		35.96	300m: 3:28.41	36.63	400m: 4:39.49		34.19
38.	MASZEWSKI Mikołaj			06	UKS NAWA Skierniewice				4:39.57	487
	50m: 32.35	32.35	150m: 1:44.05		35.97	250m: 2:55.16	35.48	350m: 4:05.50		34.71
	100m: 1:08.08	35.73	200m: 2:19.68		35.63	300m: 3:30.79	35.63	400m: 4:39.57		34.07
39.	WRONA Maciej			06	Mokotowski UKP Warszawianka- Wodny				4:40.07	485
	50m: 31.28	31.28	150m: 1:40.95		35.41	250m: 2:53.00	36.21	350m: 4:04.77		35.90
	100m: 1:05.54	34.26	200m: 2:16.79		35.84	300m: 3:28.87	35.87	400m: 4:40.07		35.30
40.	SKOWRON Hubert			06	KS JUST SWIM Jelenia Góra				4:41.54	477
	50m: 31.01	31.01	150m: 1:43.90		36.71	250m: 2:56.01	35.76	350m: 4:07.18		35.43
	100m: 1:07.19	36.18	200m: 2:20.25		36.35	300m: 3:31.75	35.74	400m: 4:41.54		34.36
41.	ZAWADZKI Jakub			06	UKS RUCH Grudzi dz				4:43.88	465
	50m: 30.56	30.56	150m: 1:40.07		35.58	250m: 2:52.83	36.38	350m: 4:07.33		37.48
	100m: 1:04.49	33.93	200m: 2:16.45		36.38	300m: 3:29.85	37.02	400m: 4:43.88		36.55
42.	MLECZKO Jakub			06	UKP UNIA O wi cim				4:45.49	458
	50m: 33.13	33.13	150m: 1:44.90		36.07	250m: 2:57.03	36.17	350m: 4:09.73		36.48
	100m: 1:08.83	35.70	200m: 2:20.86		35.96	300m: 3:33.25	36.22	400m: 4:45.49		35.76
43.	WÓJCIK Hubert			06	Stow. KS SMS Wieliczka				4:49.38	439
	50m: 33.08	33.08	150m: 1:45.60		37.11	250m: 3:00.39	38.52	350m: 4:13.94		36.38
	100m: 1:08.49	35.41	200m: 2:21.87		36.27	300m: 3:37.56	37.17	400m: 4:49.38		35.44
44.	KRUPA Borys			06	UKP POLONIA Warszawa				4:49.61	438
	50m: 32.83	32.83	150m: 1:46.04		37.09	250m: 3:00.26	37.16	350m: 4:14.20		36.69
	100m: 1:08.95	36.12	200m: 2:23.10		37.06	300m: 3:37.51	37.25	400m: 4:49.61		35.41
45.	NIECZYPORUK Maciej			06	UKS 8 Siedlce				4:50.47	434
	50m: 30.45	30.45	150m: 1:41.21		36.30	250m: 2:57.08	38.06	350m: 4:13.61		38.09
	100m: 1:04.91	34.46	200m: 2:19.02		37.81	300m: 3:35.52	38.44	400m: 4:50.47		36.86
46.	WI CKOWSKI Piotr			06	UKS DELFIN Garwolin				4:54.66	416
	50m: 32.35	32.35	150m: 1:46.36		37.94	250m: 3:02.85	38.28	350m: 4:18.55		37.74
	100m: 1:08.42	36.07	200m: 2:24.57		38.21	300m: 3:40.81	37.96	400m: 4:54.66		36.11
47.	JEDLI SKI Mateusz			06	UKS PINGWINY Warszawa				4:55.01	415
	50m: 30.77	30.77	150m: 1:42.88		36.97	250m: 2:59.76	38.87	350m: 4:17.22		38.62
	100m: 1:05.91	35.14	200m: 2:20.89		38.01	300m: 3:38.60	38.84	400m: 4:55.01		37.79
48.	KRYSZCZUK Karol			06	UKS PI TKA Konstaktynow Łódzki				5:07.07	368
	50m: 32.14	32.14	150m: 1:47.13		38.59	250m: 3:09.34	41.59	350m: 4:29.95		40.53
	100m: 1:08.54	36.40	200m: 2:27.75		40.62	300m: 3:49.42	40.08	400m: 5:07.07		37.12