

**Mistrzostwa Polski Juniorów Młodszych 14 lat**  
**Ostrowiec wi tokrzyski, 04-07.07.2024**
**Konkurencja 15**  
**2024-07-05 - 18:52**
**Chłopców, 400m zmienny**
**14 lat**  
**Wyniki Finał**
**Rekord Polski - 14 lat** 4:39.38 **SOBEK Nikodem** 02303 Berlin (GER) 2016-12-16

Punkty: FINA 2024

Pozycja			Rok ur.					Czas	Pkt.		
<b>Finał A</b>											
1.	<b>OSAK Kacper</b>		10	<b>Stow. SIEMACHA</b>				<b>4:58.06</b>	538		
	50m:	31.41 31.41	150m:	1:45.92	37.83	250m:	3:06.41	43.49	350m:	4:25.02	35.75
	100m:	1:08.09 36.68	200m:	2:22.92	37.00	300m:	3:49.27	42.86	400m:	4:58.06	33.04
2.	<b>JAKUBCZYK Robert</b>		10	<b>UKS ALIGATOR Gorzyce</b>				<b>5:05.11</b>	502		
	50m:	31.20 31.20	150m:	1:49.95	41.57	250m:	3:15.43	44.69	350m:	4:34.26	34.92
	100m:	1:08.38 37.18	200m:	2:30.74	40.79	300m:	3:59.34	43.91	400m:	5:05.11	30.85
3.	<b>PRYCZYNICZ Olaf</b>		10	<b>UKS G-8 Bielany Warszawa</b>				<b>5:05.20</b>	501		
	50m:	30.83 30.83	150m:	1:49.13	42.20	250m:	3:12.39	41.79	350m:	4:31.67	36.26
	100m:	1:06.93 36.10	200m:	2:30.60	41.47	300m:	3:55.41	43.02	400m:	5:05.20	33.53
4.	<b>KOWALSKI Adrian</b>		10	<b>CSiR MOS D browa Górnicza</b>				<b>5:06.22</b>	496		
	50m:	31.55 31.55	150m:	1:49.75	42.10	250m:	3:13.24	42.65	350m:	4:33.14	36.62
	100m:	1:07.65 36.10	200m:	2:30.59	40.84	300m:	3:56.52	43.28	400m:	5:06.22	33.08
5.	<b>KOWALCZYK Bartosz</b>		10	<b>MUKP Korona-Swim Kielce</b>				<b>5:07.37</b>	491		
	50m:	31.51 31.51	150m:	1:49.30	41.65	250m:	3:15.29	46.54	350m:	4:35.08	34.67
	100m:	1:07.65 36.14	200m:	2:28.75	39.45	300m:	4:00.41	45.12	400m:	5:07.37	32.29
6.	<b>PORADA Antoni</b>		10	<b>UKS SP-149 Łód</b>				<b>5:07.45</b>	490		
	50m:	32.28 32.28	150m:	1:50.99	41.49	250m:	3:14.98	43.93	350m:	4:34.96	35.37
	100m:	1:09.50 37.22	200m:	2:31.05	40.06	300m:	3:59.59	44.61	400m:	5:07.45	32.49
7.	<b>PARDO Kornel</b>		10	<b>UKS FROG Gi ycko</b>				<b>5:09.31</b>	481		
	50m:	30.49 30.49	150m:	1:48.25	40.35	250m:	3:13.42	44.87	350m:	4:34.27	34.86
	100m:	1:07.90 37.41	200m:	2:28.55	40.30	300m:	3:59.41	45.99	400m:	5:09.31	35.04
8.	<b>SKAWI SKI Aleksander</b>		10	<b>UKS 307 Warszawa</b>				<b>5:12.28</b>	468		
	50m:	31.82 31.82	150m:	1:50.85	41.49	250m:	3:16.39	44.14	350m:	4:37.33	37.46
	100m:	1:09.36 37.54	200m:	2:32.25	41.40	300m:	3:59.87	43.48	400m:	5:12.28	34.95
9.	<b>WERESZCZY SKI Igor</b>		10	<b>WKS L SK Wrocław</b>				<b>5:14.37</b>	458		
	50m:	33.72 33.72	150m:	1:54.40	39.47	250m:	3:17.56	43.37	350m:	4:39.93	36.41
	100m:	1:14.93 41.21	200m:	2:34.19	39.79	300m:	4:03.52	45.96	400m:	5:14.37	34.44
10.	<b>KACZMAREK Dawid</b>		10	<b>MKS TRÓJKA Łód</b>				<b>5:20.19</b>	434		
	50m:	32.41 32.41	150m:	1:54.62	43.99	250m:	3:19.80	42.24	350m:	4:43.27	39.22
	100m:	1:10.63 38.22	200m:	2:37.56	42.94	300m:	4:04.05	44.25	400m:	5:20.19	36.92
<b>Finał B</b>											
11.	<b>TUPKO Jakub</b>		10	<b>UKS DELFIN Krapkowice</b>				<b>5:12.32</b>	468		
	50m:	32.02 32.02	150m:	1:53.64	43.61	250m:	3:18.79	45.40	350m:	4:40.49	35.84
	100m:	1:10.03 38.01	200m:	2:33.39	39.75	300m:	4:04.65	45.86	400m:	5:12.32	31.83
12.	<b>OSTASZEWSKI Szymon</b>		10	<b>UKS GIM 92 Ursynów</b>				<b>5:12.83</b>	465		
	50m:	32.29 32.29	150m:	1:53.29	41.27	250m:	3:18.28	44.91	350m:	4:40.87	36.93
	100m:	1:12.02 39.73	200m:	2:33.37	40.08	300m:	4:03.94	45.66	400m:	5:12.83	31.96
13.	<b>KRZE NIAK Jakub</b>		10	<b>KS Posenania Pozna</b>				<b>5:14.84</b>	456		
	50m:	30.84 30.84	150m:	1:50.90	42.94	250m:	3:19.61	47.16	350m:	4:42.00	35.59
	100m:	1:07.96 37.12	200m:	2:32.45	41.55	300m:	4:06.41	46.80	400m:	5:14.84	32.84
14.	<b>MAKOWSKI Jakub</b>		10	<b>MKP Szczecin</b>				<b>5:15.20</b>	455		
	50m:	31.96 31.96	150m:	1:54.21	43.74	250m:	3:22.60	46.79	350m:	4:43.29	34.38
	100m:	1:10.47 38.51	200m:	2:35.81	41.60	300m:	4:08.91	46.31	400m:	5:15.20	31.91
15.	<b>WITECKI Wojciech</b>		10	<b>CSiR MOS D browa Górnicza</b>				<b>5:15.42</b>	454		
	50m:	31.91 31.91	150m:	1:52.08	41.88	250m:	3:20.05	47.07	350m:	4:42.50	36.08
	100m:	1:10.20 38.29	200m:	2:32.98	40.90	300m:	4:06.42	46.37	400m:	5:15.42	32.92

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Pozycja		Rok ur.						Czas	Pkt.
16.	JABŁO SKI Maciej	10	MKS AVIA widnik					<b>5:19.43</b>	437
	50m: 35.16 35.16	150m: 1:55.53	40.14	250m: 3:22.12	46.06	350m: 4:44.18	37.19		
	100m: 1:15.39 40.23	200m: 2:36.06	40.53	300m: 4:06.99	44.87	400m: 5:19.43	35.25		
17.	STARACHOWSKI Maciej	10	KS KSZO Ostrowiec w.					<b>5:19.93</b>	435
	50m: 33.47 33.47	150m: 1:53.28	41.36	250m: 3:21.77	47.05	350m: 4:45.88	37.32		
	100m: 1:11.92 38.45	200m: 2:34.72	41.44	300m: 4:08.56	46.79	400m: 5:19.93	34.05		
18.	MAMAKIS Filippos	10	MKS Park Wodny Tarnowskie Góry					<b>5:22.15</b>	426
	50m: 32.41 32.41	150m: 1:55.07	43.73	250m: 3:22.11	45.89	350m: 4:46.82	37.84		
	100m: 1:11.34 38.93	200m: 2:36.22	41.15	300m: 4:08.98	46.87	400m: 5:22.15	35.33		
19.	SZYBURSKI Artur	10	UKS ÓSEMKA Toru					<b>5:25.29</b>	414
	50m: 35.00 35.00	150m: 1:58.06	43.03	250m: 3:26.67	44.74	350m: 4:48.23	38.05		
	100m: 1:15.03 40.03	200m: 2:41.93	43.87	300m: 4:10.18	43.51	400m: 5:25.29	37.06		
20.	MICHALCZYSZYN Filip	10	MKP Szczecin					<b>5:27.18</b>	407
	50m: 32.48 32.48	150m: 1:56.55	44.35	250m: 3:25.84	45.80	350m: 4:50.38	37.08		
	100m: 1:12.20 39.72	200m: 2:40.04	43.49	300m: 4:13.30	47.46	400m: 5:27.18	36.80		