

Zimowe Mistrzostwa Polski Juniorów 15 lat
Nowa Ruda - S³upiec, 23. - 25.1.2009

Konkurencja 38
2009-01-25

Ch³opców, 1500m dowolny

15 lat
Wyniki

Rekord Polski 15:30.77 ZONIUK Maciej SLWRO Saint Dizier (FRA) 2008-11-14
Punkty: FINA 2008

| Pozycja | | | Rok ur. | | | | | | | Czas | Pkt. |
|---------|--------------------------------|---------|---------|-----------------------------|---------|--------|----------|---------|--------|-----------------|---------|
| 1. | ZONIUK Maciej | | 94 | CELŃSK Wroc ³ aw | | | | | | 15:58.45 | 740 |
| | 100m: | 58.98 | 500m: | 5:08.90 | 1:02.82 | 900m: | 9:26.09 | 1:05.20 | 1300m: | 13:48.68 | 1:06.00 |
| | 200m: | 2:01.69 | 600m: | 6:12.45 | 1:03.55 | 1000m: | 10:31.35 | 1:05.26 | 1400m: | 14:54.47 | 1:05.79 |
| | 300m: | 3:03.76 | 700m: | 7:16.36 | 1:03.91 | 1100m: | 11:36.75 | 1:05.40 | 1500m: | 15:58.45 | 1:03.98 |
| | 400m: | 4:06.08 | 800m: | 8:20.89 | 1:04.53 | 1200m: | 12:42.68 | 1:05.93 | | | |
| 2. | KURANT Roger | | 94 | KSZO Ostrowiec | | | | | | 16:12.58 | 709 |
| | 100m: | 59.59 | 500m: | 5:18.51 | 1:05.60 | 900m: | 9:39.34 | 1:05.57 | 1300m: | 14:02.05 | 1:05.53 |
| | 200m: | 2:03.29 | 600m: | 6:23.67 | 1:05.16 | 1000m: | 10:44.72 | 1:05.38 | 1400m: | 15:07.48 | 1:05.43 |
| | 300m: | 3:07.84 | 700m: | 7:28.90 | 1:05.23 | 1100m: | 11:50.19 | 1:05.47 | 1500m: | 16:12.58 | 1:05.10 |
| | 400m: | 4:12.91 | 800m: | 8:33.77 | 1:04.87 | 1200m: | 12:56.52 | 1:06.33 | | | |
| 3. | KACZMARSKI Marcin | | 94 | KSZO Ostrowiec | | | | | | 16:21.76 | 689 |
| | 100m: | 1:01.52 | 500m: | 5:22.97 | 1:05.26 | 900m: | 9:45.80 | 1:06.41 | 1300m: | 14:11.80 | 1:06.30 |
| | 200m: | 2:06.84 | 600m: | 6:28.27 | 1:05.30 | 1000m: | 10:52.17 | 1:06.37 | 1400m: | 15:18.11 | 1:06.31 |
| | 300m: | 3:12.20 | 700m: | 7:33.73 | 1:05.46 | 1100m: | 11:58.68 | 1:06.51 | 1500m: | 16:21.76 | 1:03.65 |
| | 400m: | 4:17.71 | 800m: | 8:39.39 | 1:05.66 | 1200m: | 13:05.50 | 1:06.82 | | | |
| 4. | ZABOROWSKI Filip | | 94 | FLOTA Gdynia | | | | | | 16:38.20 | 655 |
| | 100m: | 59.52 | 500m: | 5:18.94 | 1:05.76 | 900m: | 9:46.66 | 1:07.75 | 1300m: | 14:22.50 | 1:09.52 |
| | 200m: | 2:03.44 | 600m: | 6:24.81 | 1:05.87 | 1000m: | 10:55.03 | 1:08.37 | 1400m: | 15:32.12 | 1:09.62 |
| | 300m: | 3:08.05 | 700m: | 7:31.37 | 1:06.56 | 1100m: | 12:03.63 | 1:08.60 | 1500m: | 16:38.20 | 1:06.08 |
| | 400m: | 4:13.18 | 800m: | 8:38.91 | 1:07.54 | 1200m: | 13:12.98 | 1:09.35 | | | |
| 5. | TOMASZEWSKI Jacek | | 94 | REKIN Warszawa | | | | | | 16:38.34 | 655 |
| | 100m: | 1:01.37 | 500m: | 5:27.65 | 1:07.00 | 900m: | 9:57.71 | 1:07.86 | 1300m: | 14:27.09 | 1:06.96 |
| | 200m: | 2:07.53 | 600m: | 6:35.15 | 1:07.50 | 1000m: | 11:05.41 | 1:07.70 | 1400m: | 15:34.75 | 1:07.66 |
| | 300m: | 3:13.77 | 700m: | 7:42.52 | 1:07.37 | 1100m: | 12:12.94 | 1:07.53 | 1500m: | 16:38.34 | 1:03.59 |
| | 400m: | 4:20.65 | 800m: | 8:49.85 | 1:07.33 | 1200m: | 13:20.13 | 1:07.19 | | | |
| 6. | MIESZKOWSKI Jędrzej | | 94 | CELŃSK Wroc ³ aw | | | | | | 16:47.82 | 637 |
| | 100m: | 1:00.23 | 500m: | 5:23.89 | 1:07.27 | 900m: | 9:53.98 | 1:08.30 | 1300m: | 14:30.37 | 1:09.80 |
| | 200m: | 2:04.94 | 600m: | 6:29.85 | 1:05.96 | 1000m: | 11:03.32 | 1:09.34 | 1400m: | 15:40.14 | 1:09.77 |
| | 300m: | 3:10.43 | 700m: | 7:37.43 | 1:07.58 | 1100m: | 12:11.00 | 1:07.68 | 1500m: | 16:47.82 | 1:07.68 |
| | 400m: | 4:16.62 | 800m: | 8:45.68 | 1:08.25 | 1200m: | 13:20.57 | 1:09.57 | | | |
| 7. | RŃYSKI Marcin | | 94 | KORMORAN Olsztyn | | | | | | 16:54.37 | 625 |
| | 100m: | 1:03.95 | 500m: | 5:31.65 | 1:07.03 | 900m: | 10:06.81 | 1:08.52 | 1300m: | 14:42.82 | 1:08.92 |
| | 200m: | 2:10.91 | 600m: | 6:40.19 | 1:08.54 | 1000m: | 11:16.34 | 1:09.53 | 1400m: | 15:50.46 | 1:07.64 |
| | 300m: | 3:17.51 | 700m: | 7:48.81 | 1:08.62 | 1100m: | 12:24.94 | 1:08.60 | 1500m: | 16:54.37 | 1:03.91 |
| | 400m: | 4:24.62 | 800m: | 8:58.29 | 1:09.48 | 1200m: | 13:33.90 | 1:08.96 | | | |
| 8. | BREMBOR Tomasz | | 94 | AZS AWF Katowice | | | | | | 16:54.93 | 624 |
| | 100m: | 1:03.96 | 500m: | 5:30.67 | 1:07.72 | 900m: | 10:05.02 | 1:08.99 | 1300m: | 14:41.44 | 1:09.87 |
| | 200m: | 2:09.65 | 600m: | 6:38.75 | 1:08.08 | 1000m: | 11:13.69 | 1:08.67 | 1400m: | 15:49.45 | 1:08.01 |
| | 300m: | 3:15.88 | 700m: | 7:47.21 | 1:08.46 | 1100m: | 12:22.81 | 1:09.12 | 1500m: | 16:54.93 | 1:05.48 |
| | 400m: | 4:22.95 | 800m: | 8:56.03 | 1:08.82 | 1200m: | 13:31.57 | 1:08.76 | | | |
| 9. | SZMIT B ³ ażej | | 94 | KORMORAN Olsztyn | | | | | | 16:59.07 | 616 |
| | 100m: | 1:03.44 | 500m: | 5:33.57 | 1:08.29 | 900m: | 10:08.19 | 1:09.12 | 1300m: | 14:43.20 | 1:08.63 |
| | 200m: | 2:10.43 | 600m: | 6:42.30 | 1:08.73 | 1000m: | 11:16.78 | 1:08.59 | 1400m: | 15:51.89 | 1:08.69 |
| | 300m: | 3:17.64 | 700m: | 7:50.54 | 1:08.24 | 1100m: | 12:25.58 | 1:08.80 | 1500m: | 16:59.07 | 1:07.18 |
| | 400m: | 4:25.28 | 800m: | 8:59.07 | 1:08.53 | 1200m: | 13:34.57 | 1:08.99 | | | |
| 10. | LASSEK Bart ³ omiej | | 94 | TRÓJKA ŁódŃ | | | | | | 17:05.38 | 605 |
| | 100m: | 1:04.60 | 500m: | 5:34.07 | 1:08.59 | 900m: | 10:11.20 | 1:09.21 | 1300m: | 14:48.99 | 1:09.52 |
| | 200m: | 2:11.42 | 600m: | 6:43.31 | 1:09.24 | 1000m: | 11:20.38 | 1:09.18 | 1400m: | 15:58.42 | 1:09.43 |
| | 300m: | 3:17.95 | 700m: | 7:52.52 | 1:09.21 | 1100m: | 12:29.68 | 1:09.30 | 1500m: | 17:05.38 | 1:06.96 |
| | 400m: | 4:25.48 | 800m: | 9:01.99 | 1:09.47 | 1200m: | 13:39.47 | 1:09.79 | | | |
| 11. | GORRA Daniel | | 94 | MKP Szczecin | | | | | | 17:19.81 | 580 |
| | 100m: | 1:04.14 | 500m: | 5:35.76 | 1:08.76 | 900m: | 10:14.32 | 1:09.87 | 1300m: | 14:59.74 | 1:11.30 |
| | 200m: | 2:11.41 | 600m: | 6:44.47 | 1:08.71 | 1000m: | 11:25.54 | 1:11.22 | 1400m: | 16:10.84 | 1:11.10 |
| | 300m: | 3:18.73 | 700m: | 7:54.13 | 1:09.66 | 1100m: | 12:36.76 | 1:11.22 | 1500m: | 17:19.81 | 1:08.97 |
| | 400m: | 4:27.00 | 800m: | 9:04.45 | 1:10.32 | 1200m: | 13:48.44 | 1:11.68 | | | |

Zimowe Mistrzostwa Polski Juniorów 15 lat
Nowa Ruda - S³upiec, 23. - 25.1.2009

Konkurencja 38, Ch³opców, 1500m dowolny, 15 lat

| Pozycja | | | Rok ur. | | | | | Czas | Pkt. | | | |
|---------|--------------------------------|---------|---------|--|---------|---------|--------|-----------------|---------|--------|----------|---------|
| 12. | NOWICKI Mateusz 2 | | 94 | AZS WSG-ASTORIA Bydgoszcz | | | | 17:20.45 | 579 | | | |
| | 100m: | 1:04.10 | 1:04.10 | 500m: | 5:34.93 | 1:09.08 | 900m: | 10:15.30 | 1:10.19 | 1300m: | 15:00.48 | 1:11.84 |
| | 200m: | 2:11.60 | 1:07.50 | 600m: | 6:44.57 | 1:09.64 | 1000m: | 11:26.43 | 1:11.13 | 1400m: | 16:11.45 | 1:10.97 |
| | 300m: | 3:18.21 | 1:06.61 | 700m: | 7:54.47 | 1:09.90 | 1100m: | 12:37.54 | 1:11.11 | 1500m: | 17:20.45 | 1:09.00 |
| | 400m: | 4:25.85 | 1:07.64 | 800m: | 9:05.11 | 1:10.64 | 1200m: | 13:48.64 | 1:11.10 | | | |
| 13. | CYNK Mi ³ osz | | 94 | CEL ³ SK Wroc ³ aw | | | | 17:21.43 | 577 | | | |
| | 100m: | 1:01.44 | 1:01.44 | 500m: | 5:36.78 | 1:09.76 | 900m: | 10:18.13 | 1:10.50 | 1300m: | 14:59.98 | 1:10.58 |
| | 200m: | 2:08.95 | 1:07.51 | 600m: | 6:46.66 | 1:09.88 | 1000m: | 11:28.22 | 1:10.09 | 1400m: | 16:10.66 | 1:10.68 |
| | 300m: | 3:17.69 | 1:08.74 | 700m: | 7:56.95 | 1:10.29 | 1100m: | 12:38.47 | 1:10.25 | 1500m: | 17:21.43 | 1:10.77 |
| | 400m: | 4:27.02 | 1:09.33 | 800m: | 9:07.63 | 1:10.68 | 1200m: | 13:49.40 | 1:10.93 | | | |
| 14. | SZEWCZYK Mateusz | | 94 | JEDYNKA Elbl ¹ g | | | | 17:30.31 | 563 | | | |
| | 100m: | 1:04.83 | 1:04.83 | 500m: | 5:44.23 | 1:10.14 | 900m: | 10:26.64 | 1:10.67 | 1300m: | 15:11.64 | 1:11.20 |
| | 200m: | 2:14.52 | 1:09.69 | 600m: | 6:54.81 | 1:10.58 | 1000m: | 11:38.29 | 1:11.65 | 1400m: | 16:22.37 | 1:10.73 |
| | 300m: | 3:24.47 | 1:09.95 | 700m: | 8:05.29 | 1:10.48 | 1100m: | 12:48.83 | 1:10.54 | 1500m: | 17:30.31 | 1:07.94 |
| | 400m: | 4:34.09 | 1:09.62 | 800m: | 9:15.97 | 1:10.68 | 1200m: | 14:00.44 | 1:11.61 | | | |
| 15. | KWIECIEŃ Micha ³ SR | | 94 | VICTORIA Racibórz | | | | 17:30.80 | 562 | | | |
| | 100m: | 1:01.85 | 1:01.85 | 500m: | 5:37.94 | 1:11.30 | 900m: | 10:26.33 | 1:12.20 | 1300m: | 15:10.52 | 1:11.13 |
| | 200m: | 2:08.78 | 1:06.93 | 600m: | 6:49.83 | 1:11.89 | 1000m: | 11:37.42 | 1:11.09 | 1400m: | 16:21.64 | 1:11.12 |
| | 300m: | 3:17.24 | 1:08.46 | 700m: | 8:02.27 | 1:12.44 | 1100m: | 12:49.43 | 1:12.01 | 1500m: | 17:30.80 | 1:09.16 |
| | 400m: | 4:26.64 | 1:09.40 | 800m: | 9:14.13 | 1:11.86 | 1200m: | 13:59.39 | 1:09.96 | | | |
| 16. | KOTLEWSKI Micha ³ | | 94 | ZRYW Opole | | | | 17:39.43 | 548 | | | |
| | 100m: | 1:04.99 | 1:04.99 | 500m: | 5:45.65 | 1:10.74 | 900m: | 10:33.06 | 1:12.22 | 1300m: | 15:21.31 | 1:11.92 |
| | 200m: | 2:13.95 | 1:08.96 | 600m: | 6:57.49 | 1:11.84 | 1000m: | 11:45.78 | 1:12.72 | 1400m: | 16:32.51 | 1:11.20 |
| | 300m: | 3:23.71 | 1:09.76 | 700m: | 8:08.94 | 1:11.45 | 1100m: | 12:57.81 | 1:12.03 | 1500m: | 17:39.43 | 1:06.92 |
| | 400m: | 4:34.91 | 1:11.20 | 800m: | 9:20.84 | 1:11.90 | 1200m: | 14:09.39 | 1:11.58 | | | |
| 17. | O ³ OG Karol | | 94 | CKiS Skawina | | | | 17:39.75 | 548 | | | |
| | 100m: | 1:05.80 | 1:05.80 | 500m: | 5:46.03 | 1:10.31 | 900m: | 10:30.88 | 1:11.91 | 1300m: | 15:20.42 | 1:12.62 |
| | 200m: | 2:15.83 | 1:10.03 | 600m: | 6:56.49 | 1:10.46 | 1000m: | 11:42.98 | 1:12.10 | 1400m: | 16:31.66 | 1:11.24 |
| | 300m: | 3:25.80 | 1:09.97 | 700m: | 8:07.53 | 1:11.04 | 1100m: | 12:55.26 | 1:12.28 | 1500m: | 17:39.75 | 1:08.09 |
| | 400m: | 4:35.72 | 1:09.92 | 800m: | 9:18.97 | 1:11.44 | 1200m: | 14:07.80 | 1:12.54 | | | |
| 18. | KACZMAREK Rafa ³ | | 94 | BUKS Warszawa | | | | 17:40.70 | 546 | | | |
| | 100m: | 1:04.64 | 1:04.64 | 500m: | 5:47.31 | 1:11.88 | 900m: | 10:36.70 | 1:11.70 | 1300m: | 15:21.66 | 1:10.85 |
| | 200m: | 2:12.86 | 1:08.22 | 600m: | 6:59.99 | 1:12.68 | 1000m: | 11:48.21 | 1:11.51 | 1400m: | 16:32.74 | 1:11.08 |
| | 300m: | 3:23.47 | 1:10.61 | 700m: | 8:12.71 | 1:12.72 | 1100m: | 13:00.24 | 1:12.03 | 1500m: | 17:40.70 | 1:07.96 |
| | 400m: | 4:35.43 | 1:11.96 | 800m: | 9:25.00 | 1:12.29 | 1200m: | 14:10.81 | 1:10.57 | | | |
| 19. | JAWORSKI Maksym | | 94 | JEDYNKA O ³ arów Maz. | | | | 18:06.97 | 508 | | | |
| | 100m: | 1:05.20 | 1:05.20 | 500m: | 5:53.24 | 1:13.06 | 900m: | 10:47.28 | 1:13.70 | 1300m: | 15:42.09 | 1:13.79 |
| | 200m: | 2:15.89 | 1:10.69 | 600m: | 7:06.55 | 1:13.31 | 1000m: | 12:00.87 | 1:13.59 | 1400m: | 16:55.17 | 1:13.08 |
| | 300m: | 3:27.64 | 1:11.75 | 700m: | 8:19.88 | 1:13.33 | 1100m: | 13:14.92 | 1:14.05 | 1500m: | 18:06.97 | 1:11.80 |
| | 400m: | 4:40.18 | 1:12.54 | 800m: | 9:33.58 | 1:13.70 | 1200m: | 14:28.30 | 1:13.38 | | | |
| 20. | OLEJNIK Maciej | | 94 | MOSiR Mys ³ owice | | | | 18:12.66 | 500 | | | |
| | 100m: | 1:06.85 | 1:06.85 | 500m: | 5:53.81 | 1:13.12 | 900m: | 10:47.81 | 1:14.57 | 1300m: | 15:44.96 | 1:14.37 |
| | 200m: | 2:17.60 | 1:10.75 | 600m: | 7:06.68 | 1:12.87 | 1000m: | 12:02.25 | 1:14.44 | 1400m: | 16:58.22 | 1:13.26 |
| | 300m: | 3:28.79 | 1:11.19 | 700m: | 8:19.85 | 1:13.17 | 1100m: | 13:16.62 | 1:14.37 | 1500m: | 18:12.66 | 1:14.44 |
| | 400m: | 4:40.69 | 1:11.90 | 800m: | 9:33.24 | 1:13.39 | 1200m: | 14:30.59 | 1:13.97 | | | |
| 21. | SZOSTAK Micha ³ | | 94 | ORKA Zamo ³ æ | | | | 18:17.55 | 493 | | | |
| | 100m: | 1:09.26 | 1:09.26 | 500m: | 6:04.29 | 1:13.58 | 900m: | 10:57.58 | 1:13.99 | 1300m: | 15:54.57 | 1:14.73 |
| | 200m: | 2:23.57 | 1:14.31 | 600m: | 7:16.87 | 1:12.58 | 1000m: | 12:11.54 | 1:13.96 | 1400m: | 17:08.97 | 1:14.40 |
| | 300m: | 3:37.51 | 1:13.94 | 700m: | 8:30.86 | 1:13.99 | 1100m: | 13:25.72 | 1:14.18 | 1500m: | 18:17.55 | 1:08.58 |
| | 400m: | 4:50.71 | 1:13.20 | 800m: | 9:43.59 | 1:12.73 | 1200m: | 14:39.84 | 1:14.12 | | | |
| 22. | SANOCKI Krzysztof | | 94 | KORNER Zielona Góra | | | | 18:19.56 | 490 | | | |
| | 100m: | 1:09.27 | 1:09.27 | 500m: | 5:59.66 | 1:13.25 | 900m: | 10:54.90 | 1:14.13 | 1300m: | 15:53.64 | 1:14.37 |
| | 200m: | 2:21.21 | 1:11.94 | 600m: | 7:13.65 | 1:13.99 | 1000m: | 12:09.87 | 1:14.97 | 1400m: | 17:07.44 | 1:13.80 |
| | 300m: | 3:33.52 | 1:12.31 | 700m: | 8:27.00 | 1:13.35 | 1100m: | 13:24.37 | 1:14.50 | 1500m: | 18:19.56 | 1:12.12 |
| | 400m: | 4:46.41 | 1:12.89 | 800m: | 9:40.77 | 1:13.77 | 1200m: | 14:39.27 | 1:14.90 | | | |
| 23. | SZYSZKA Maciej | | 94 | BOBRY Dębica | | | | 18:24.25 | 484 | | | |
| | 100m: | 1:04.75 | 1:04.75 | 500m: | 5:56.00 | 1:12.35 | 900m: | 10:52.31 | 1:14.88 | 1300m: | 15:56.00 | 1:16.62 |
| | 200m: | 2:17.90 | 1:13.15 | 600m: | 7:09.39 | 1:13.39 | 1000m: | 12:07.54 | 1:15.23 | 1400m: | 17:12.01 | 1:16.01 |
| | 300m: | 3:31.41 | 1:13.51 | 700m: | 8:22.76 | 1:13.37 | 1100m: | 13:23.45 | 1:15.91 | 1500m: | 18:24.25 | 1:12.24 |
| | 400m: | 4:43.65 | 1:12.24 | 800m: | 9:37.43 | 1:14.67 | 1200m: | 14:39.38 | 1:15.93 | | | |

Zimowe Mistrzostwa Polski Juniorów 15 lat
Nowa Ruda - S³upiec, 23. - 25.1.2009

Konkurencja 38, Ch³opców, 1500m dowolny, 15 lat

| Pozycja | | | | Rok ur. | | | | | Czas | Pkt. | | |
|---------|------------------|---------|---------|---------|---------------|---------|--------|----------|-----------------|------------|----------|---------|
| 24. | FARA Kacper | | | 94 | BOBRY Dębica | | | | 18:49.56 | 452 | | |
| | 100m: | 1:09.13 | 1:09.13 | 500m: | 6:13.48 | 1:16.56 | 900m: | 11:18.87 | 1:16.35 | 1300m: | 16:21.65 | 1:15.41 |
| | 200m: | 2:24.34 | 1:15.21 | 600m: | 7:29.98 | 1:16.50 | 1000m: | 12:34.60 | 1:15.73 | 1400m: | 17:36.87 | 1:15.22 |
| | 300m: | 3:40.11 | 1:15.77 | 700m: | 8:46.63 | 1:16.65 | 1100m: | 13:50.47 | 1:15.87 | 1500m: | 18:49.56 | 1:12.69 |
| | 400m: | 4:56.92 | 1:16.81 | 800m: | 10:02.52 | 1:15.89 | 1200m: | 15:06.24 | 1:15.77 | | | |
| 25. | FILODA Arkadiusz | | | 94 | BUKS Warszawa | | | | 18:51.06 | 451 | | |
| | 100m: | 1:08.53 | 1:08.53 | 500m: | 6:04.67 | 1:15.40 | 900m: | 11:14.67 | 1:16.34 | 1300m: | 16:20.60 | 1:15.71 |
| | 200m: | 2:21.70 | 1:13.17 | 600m: | 7:21.82 | 1:17.15 | 1000m: | 12:31.94 | 1:17.27 | 1400m: | 17:37.71 | 1:17.11 |
| | 300m: | 3:34.71 | 1:13.01 | 700m: | 8:40.22 | 1:18.40 | 1100m: | 13:47.54 | 1:15.60 | 1500m: | 18:51.06 | 1:13.35 |
| | 400m: | 4:49.27 | 1:14.56 | 800m: | 9:58.33 | 1:18.11 | 1200m: | 15:04.89 | 1:17.35 | | | |