

Zimowe Mistrzostwa Polski Juniorów 16 lat
W³adys³awowo, 30.1. - 1.2.2009

Konkurencja 12
30.1.2009 - 11:33

Ch³opców, 400m zmienny

16 lat
Wyniki Eliminacje

RP16 4:12.87 CIEĆELAK, Marcin MUWAR Gorzów Wlkp. 28.11.2008

Punkty: FINA 2008

Pozycja			Rok ur.						Czas	Pkt.	
1.	KUT, Bart ³ omiej		93		Bobry Dêbica				4:37.05	674	A
	50m:	29.86 29.86	150m:	1:40.74 36.66	250m:	2:54.71 38.29	350m:	4:05.75 32.29			
	100m:	1:04.08 34.22	200m:	2:16.42 35.68	300m:	3:33.46 38.75	400m:	4:37.05 31.30			
2.	BARAN, Rafa ³		93		Jordan Kraków				4:37.24	672	A
	50m:	28.82 28.82	150m:	1:37.23 35.60	250m:	2:52.48 40.02	350m:	4:05.42 32.16			
	100m:	1:01.63 32.81	200m:	2:12.46 35.23	300m:	3:33.26 40.78	400m:	4:37.24 31.82			
3.	CHMIEL, Łukasz		93		MOS D'browa Górnicza				4:40.28	650	A
	50m:	28.70 28.70	150m:	1:38.60 36.82	250m:	2:55.09 40.32	350m:	4:07.42 32.73			
	100m:	1:01.78 33.08	200m:	2:14.77 36.17	300m:	3:34.69 39.60	400m:	4:40.28 32.86			
4.	GŁUSZEK, Łukasz		93		WKS ŒEI'sk Wroc ³ aw				4:41.01	645	A
	50m:	28.73 28.73	150m:	1:39.03 36.80	250m:	2:53.77 38.38	350m:	4:08.55 34.47			
	100m:	1:02.23 33.50	200m:	2:15.39 36.36	300m:	3:34.08 40.31	400m:	4:41.01 32.46			
5.	TWORZEWSKI, Adrian		93		KSZO Ostrowiec				4:41.06	645	A
	50m:	29.19 29.19	150m:	1:40.27 36.98	250m:	2:56.70 39.90	350m:	4:10.29 32.84			
	100m:	1:03.29 34.10	200m:	2:16.80 36.53	300m:	3:37.45 40.75	400m:	4:41.06 30.77			
6.	MIELECKI, Mateusz SO		93		Unia Oœwiêcim				4:42.29	637	A
	50m:	29.52 29.52	150m:	1:39.52 37.06	250m:	2:55.75 40.84	350m:	4:10.33 33.25			
	100m:	1:02.46 32.94	200m:	2:14.91 35.39	300m:	3:37.08 41.33	400m:	4:42.29 31.96			
7.	GRULA, Mateusz		93		G-8 Bielany Warszawa				4:43.82	626	B
	50m:	29.72 29.72	150m:	1:41.84 37.14	250m:	2:55.61 37.87	350m:	4:10.31 35.22			
	100m:	1:04.70 34.98	200m:	2:17.74 35.90	300m:	3:35.09 39.48	400m:	4:43.82 33.51			
8.	GŁOGOWSKI, Adam		93		Flota Gdynia				4:45.67	614	B
	50m:	30.89 30.89	150m:	1:42.02 36.71	250m:	2:58.61 40.20	350m:	4:12.51 33.64			
	100m:	1:05.31 34.42	200m:	2:18.41 36.39	300m:	3:38.87 40.26	400m:	4:45.67 33.16			
9.	OPALSKI, Marcin		93		GIM 92 Ursynów				4:47.47	603	B SKR
	50m:	29.19 29.19	150m:	1:41.96 38.97	250m:	3:00.16 41.59	350m:	4:16.20 33.37			
	100m:	1:02.99 33.80	200m:	2:18.57 36.61	300m:	3:42.83 42.67	400m:	4:47.47 31.27			
10.	ŒEWIATKIEWICZ, Rafa ³		93		G-8 Bielany Warszawa				4:48.14	599	B
	50m:	30.26 30.26	150m:	1:41.90 36.10	250m:	2:59.13 41.13	350m:	4:15.34 33.96			
	100m:	1:05.80 35.54	200m:	2:18.00 36.10	300m:	3:41.38 42.25	400m:	4:48.14 32.80			
11.	CZWARTOSZ, Mateusz SO		93		Delfin Po ³ aniec				4:51.24	580	B
	50m:	29.76 29.76	150m:	1:40.77 36.81	250m:	2:59.67 42.37	350m:	4:18.72 36.20			
	100m:	1:03.96 34.20	200m:	2:17.30 36.53	300m:	3:42.52 42.85	400m:	4:51.24 32.52			
12.	ASULIAN, AXEL SO		93		AZS AWF Katowice				4:51.29	579	B
	50m:	29.70 29.70	150m:	1:41.98 37.42	250m:	3:00.77 42.39	350m:	4:18.82 34.90			
	100m:	1:04.56 34.86	200m:	2:18.38 36.40	300m:	3:43.92 43.15	400m:	4:51.29 32.47			
13.	MIERNIK, Emil		93		Pi'tka Konstantynów				4:54.53	561	R
	50m:	31.40 31.40	150m:	1:45.13 37.24	250m:	3:03.45 42.78	350m:	4:21.12 34.85			
	100m:	1:07.89 36.49	200m:	2:20.67 35.54	300m:	3:46.27 42.82	400m:	4:54.53 33.41			
14.	WOJNAROWSKI, Patryk SO		93		Unia Oœwiêcim				4:56.89	547	R
	50m:	31.38 31.38	150m:	1:46.93 39.84	250m:	3:06.78 40.91	350m:	4:22.96 34.88			
	100m:	1:07.09 35.71	200m:	2:25.87 38.94	300m:	3:48.08 41.30	400m:	4:56.89 33.93			
15.	PYTEL, Filip		93		G-8 Bielany Warszawa				4:57.25	545	
	50m:	30.27 30.27	150m:	1:44.31 39.21	250m:	3:04.90 43.00	350m:	4:23.62 34.66			
	100m:	1:05.10 34.83	200m:	2:21.90 37.59	300m:	3:48.96 44.06	400m:	4:57.25 33.63			
16.	WITKOWSKI, Adrian		93		MKP Szczecin				4:57.30	545	
	50m:	30.26 30.26	150m:	1:44.50 39.27	250m:	3:06.78 44.72	350m:	4:25.18 33.86			
	100m:	1:05.23 34.97	200m:	2:22.06 37.56	300m:	3:51.32 44.54	400m:	4:57.30 32.12			
17.	IWAŃSKI, Kamil		93		GIM 92 Ursynów				5:01.50	523	
	50m:	30.12 30.12	150m:	1:45.79 38.78	250m:	3:05.59 42.11	350m:	4:27.40 38.74			
	100m:	1:07.01 36.89	200m:	2:23.48 37.69	300m:	3:48.66 43.07	400m:	5:01.50 34.10			

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Pozycja			Rok ur.					Czas	Pkt.			
18.	MAJDMIŃSKI, Adrian		93	Aquatica Paw³owice				5:02.38	518			
	50m:	30.07	30.07	150m:	1:48.27	41.68	250m:	3:10.34	41.82	350m:	4:28.62	36.14
	100m:	1:06.59	36.52	200m:	2:28.52	40.25	300m:	3:52.48	42.14	400m:	5:02.38	33.76
19.	DUBIEL, Adam		93	MTP Lublinianka				5:05.43	503			
	50m:	33.82	33.82	150m:	1:52.41	38.92	250m:	3:15.25	45.90	350m:	4:31.77	33.04
	100m:	1:13.49	39.67	200m:	2:29.35	36.94	300m:	3:58.73	43.48	400m:	5:05.43	33.66
20.	LIS, Tomasz		93	GIM 92 Ursynów				5:09.19	485			
	50m:	30.19	30.19	150m:	1:46.73	39.53	250m:	3:10.31	45.16	350m:	4:32.15	37.13
	100m:	1:07.20	37.01	200m:	2:25.15	38.42	300m:	3:55.02	44.71	400m:	5:09.19	37.04
DYSKW.	UKOWSKI, Maciej		93	Orka Zamoœæ								