

Zimowe Mistrzostwa Polski Juniorów 16 lat  
W<sup>3</sup>adys<sup>3</sup>awowo, 30.1. - 1.2.2009

Konkurencja 12  
30.1.2009

Ch<sup>3</sup>opców, 400m zmienny

16 lat  
Wyniki Fina<sup>3</sup>

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

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.
<b>Fina<sup>3</sup> A</b>									
1.	CHMIEL, Łukasz		93	MOS D <sup>1</sup> browa Górnicza				<b>4:32.12</b>	711
	50m: 28.27	28.27	150m: 1:36.63	35.92	250m: 2:50.82	39.07	350m: 4:01.02	31.43	
	100m: 1:00.71	32.44	200m: 2:11.75	35.12	300m: 3:29.59	38.77	400m: 4:32.12	31.10	
2.	KUT, Bart <sup>3</sup> omiej		93	Bobry Dębica				<b>4:33.08</b>	703
	50m: 29.30	29.30	150m: 1:39.66	36.40	250m: 2:53.49	38.04	350m: 4:03.10	31.24	
	100m: 1:03.26	33.96	200m: 2:15.45	35.79	300m: 3:31.86	38.37	400m: 4:33.08	29.98	
3.	BARAN, Rafa <sup>3</sup>		93	Jordan Kraków				<b>4:34.72</b>	691
	50m: 28.28	28.28	150m: 1:36.37	35.34	250m: 2:51.15	39.55	350m: 4:03.05	31.87	
	100m: 1:01.03	32.75	200m: 2:11.60	35.23	300m: 3:31.18	40.03	400m: 4:34.72	31.67	
4.	MIELECKI, Mateusz SO		93	Unia Oświęcim				<b>4:36.07</b>	681
	50m: 29.03	29.03	150m: 1:37.84	35.92	250m: 2:53.42	40.26	350m: 4:06.32	32.84	
	100m: 1:01.92	32.89	200m: 2:13.16	35.32	300m: 3:33.48	40.06	400m: 4:36.07	29.75	
5.	GŁUSZEK, Łukasz		93	WKS Cei <sup>1</sup> sk Wroc <sup>3</sup> aw				<b>4:38.03</b>	666
	50m: 29.64	29.64	150m: 1:41.51	37.67	250m: 2:55.55	37.27	350m: 4:05.71	32.27	
	100m: 1:03.84	34.20	200m: 2:18.28	36.77	300m: 3:33.44	37.89	400m: 4:38.03	32.32	
6.	TWORZEWSKI, Adrian		93	KSZO Ostrowiec				<b>4:40.05</b>	652
	50m: 29.37	29.37	150m: 1:39.89	36.68	250m: 2:55.33	39.63	350m: 4:08.26	32.87	
	100m: 1:03.21	33.84	200m: 2:15.70	35.81	300m: 3:35.39	40.06	400m: 4:40.05	31.79	
<b>Fina<sup>3</sup> B</b>									
7.	GŁOGOWSKI, Adam		93	Flota Gdynia				<b>4:43.55</b>	628
	50m: 30.73	30.73	150m: 1:40.94	36.48	250m: 2:56.25	39.46	350m: 4:10.92	34.11	
	100m: 1:04.46	33.73	200m: 2:16.79	35.85	300m: 3:36.81	40.56	400m: 4:43.55	32.63	
8.	CEWIATKIEWICZ, Rafa <sup>3</sup>		93	G-8 Bielany Warszawa				<b>4:47.93</b>	600
	50m: 30.15	30.15	150m: 1:41.81	36.41	250m: 2:59.27	41.47	350m: 4:15.00	33.96	
	100m: 1:05.40	35.25	200m: 2:17.80	35.99	300m: 3:41.04	41.77	400m: 4:47.93	32.93	
9.	MIERNIK, Emil		93	Pi <sup>1</sup> tko Konstantynów				<b>4:52.54</b>	572
	50m: 31.00	31.00	150m: 1:44.86	37.67	250m: 3:03.11	41.99	350m: 4:19.86	33.80	
	100m: 1:07.19	36.19	200m: 2:21.12	36.26	300m: 3:46.06	42.95	400m: 4:52.54	32.68	
10.	WOJNAROWSKI, Patryk SO		93	Unia Oświęcim				<b>4:53.82</b>	565
	50m: 30.88	30.88	150m: 1:46.38	39.53	250m: 3:05.37	40.40	350m: 4:20.50	34.40	
	100m: 1:06.85	35.97	200m: 2:24.97	38.59	300m: 3:46.10	40.73	400m: 4:53.82	33.32	
11.	CZWARTOSZ, Mateusz SO		93	Delfin Po <sup>3</sup> aniec				<b>4:56.30</b>	551
	50m: 31.24	31.24	150m: 1:43.45	36.65	250m: 3:03.93	43.35	350m: 4:22.84	35.19	
	100m: 1:06.80	35.56	200m: 2:20.58	37.13	300m: 3:47.65	43.72	400m: 4:56.30	33.46	
12.	ASULIAN, AXEL SO		93	AZS AWF Katowice				<b>4:56.49</b>	550
	50m: 30.13	30.13	150m: 1:43.01	37.37	250m: 3:03.95	43.62	350m: 4:23.37	35.17	
	100m: 1:05.64	35.51	200m: 2:20.33	37.32	300m: 3:48.20	44.25	400m: 4:56.49	33.12	