

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

Konkurencja 20
31.1.2009 - 10:05

Ch³opców, 400m dowolny

16 lat
Wyniki Eliminacje

RP16 3:53.00 STAŃCZYK, Przemys³aw MKSZC Warszawa 1.12.2001

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.	
1.	TOWAREK, Sebastian		93	UKP Jedyńka Elbl ¹ g				4:03.76	714	A
	50m:	28.73 28.73	150m:	1:30.81	31.11	250m:	2:32.76	30.86	350m:	3:33.95 30.43
	100m:	59.70 30.97	200m:	2:01.90	31.09	300m:	3:03.52	30.76	400m:	4:03.76 29.81
2.	WERNER, Pawe ³		93	Juvenia Wroc ³ aw				4:04.68	706	A
	50m:	27.35 27.35	150m:	1:29.20	31.29	250m:	2:32.23	31.61	350m:	3:34.61 31.30
	100m:	57.91 30.56	200m:	2:00.62	31.42	300m:	3:03.31	31.08	400m:	4:04.68 30.07
3.	PSYK, Maciej		93	KSZO Ostrowiec				4:05.79	696	A
	50m:	27.73 27.73	150m:	1:29.86	31.35	250m:	2:32.56	31.11	350m:	3:35.61 31.46
	100m:	58.51 30.78	200m:	2:01.45	31.59	300m:	3:04.15	31.59	400m:	4:05.79 30.18
4.	PALMI KUKIEŁKO, Mieszko		93	Kormoran Olsztyn				4:05.87	696	A
	50m:	28.79 28.79	150m:	1:31.61	31.63	250m:	2:34.06	31.03	350m:	3:35.68 30.75
	100m:	59.98 31.19	200m:	2:03.03	31.42	300m:	3:04.93	30.87	400m:	4:05.87 30.19
5.	POŁAWSKI, Mariusz		93	Warszawianka Wodny Park				4:07.66	681	A
	50m:	29.06 29.06	150m:	1:31.89	31.59	250m:	2:35.65	31.83	350m:	3:37.97 30.79
	100m:	1:00.30 31.24	200m:	2:03.82	31.93	300m:	3:07.18	31.53	400m:	4:07.66 29.69
6.	SZUBA, Micha ³		93	WKS ŒI ¹ sk Wroc ³ aw				4:08.08	677	A
	50m:	28.97 28.97	150m:	1:31.33	31.59	250m:	2:34.80	31.72	350m:	3:37.03 31.09
	100m:	59.74 30.77	200m:	2:03.08	31.75	300m:	3:05.94	31.14	400m:	4:08.08 31.05
7.	BARAN, Mateusz		93	Warszawianka Wodny Park				4:08.51	674	B
	50m:	28.34 28.34	150m:	1:31.20	31.48	250m:	2:33.91	31.16	350m:	3:36.92 31.51
	100m:	59.72 31.38	200m:	2:02.75	31.55	300m:	3:05.41	31.50	400m:	4:08.51 31.59
8.	BOR, Rados ³ aw		93	Korner Zielona Góra				4:09.12	669	B
	50m:	29.03 29.03	150m:	1:32.14	31.88	250m:	2:35.51	31.33	350m:	3:38.30 31.28
	100m:	1:00.26 31.23	200m:	2:04.18	32.04	300m:	3:07.02	31.51	400m:	4:09.12 30.82
9.	MUSIAŁ, Dawid		93	KS AZS-AWFis Gdańsk				4:09.99	662	B
	50m:	28.09 28.09	150m:	1:30.41	31.30	250m:	2:33.63	31.36	350m:	3:38.16 32.44
	100m:	59.11 31.02	200m:	2:02.27	31.86	300m:	3:05.72	32.09	400m:	4:09.99 31.83
10.	KOTKOWICZ, Micha ³		93	Znicz Koszalin				4:11.31	651	B
	50m:	28.00 28.00	150m:	1:31.98	32.15	250m:	2:36.41	32.11	350m:	3:40.20 31.84
	100m:	59.83 31.83	200m:	2:04.30	32.32	300m:	3:08.36	31.95	400m:	4:11.31 31.11
11.	KŁUSEK, Adrian		93	Juvenia Wroc ³ aw				4:11.62	649	B
	50m:	29.07 29.07	150m:	1:32.24	31.90	250m:	2:36.30	32.07	350m:	3:41.19 31.85
	100m:	1:00.34 31.27	200m:	2:04.23	31.99	300m:	3:09.34	33.04	400m:	4:11.62 30.43
12.	DZIEDZIC, Andrzej		93	Polonia Warszawa				4:14.60	626	B
	50m:	28.56 28.56	150m:	1:31.62	32.07	250m:	2:36.46	32.40	350m:	3:42.39 32.87
	100m:	59.55 30.99	200m:	2:04.06	32.44	300m:	3:09.52	33.06	400m:	4:14.60 32.21
13.	KSIŹEK, Micha ³		93	Jordan Kraków				4:15.36	621	R
	50m:	29.03 29.03	150m:	1:32.73	31.94	250m:	2:37.76	32.66	350m:	3:43.26 32.74
	100m:	1:00.79 31.76	200m:	2:05.10	32.37	300m:	3:10.52	32.76	400m:	4:15.36 32.10
14.	KUCHARSKI, Micha ³		93	S ³ owianka Gorzów				4:18.03	602	R
	50m:	28.64 28.64	150m:	1:31.78	31.71	250m:	2:37.06	33.01	350m:	3:44.94 33.97
	100m:	1:00.07 31.43	200m:	2:04.05	32.27	300m:	3:10.97	33.91	400m:	4:18.03 33.09
15.	JAWORSKI, Micha ³		93	KSZO Ostrowiec				4:18.96	595	
	50m:	30.51 30.51	150m:	1:35.71	32.87	250m:	2:41.98	33.04	350m:	3:47.41 32.72
	100m:	1:02.84 32.33	200m:	2:08.94	33.23	300m:	3:14.69	32.71	400m:	4:18.96 31.55
16.	TOMKO, Filip		93	Kormoran Olsztyn				4:20.48	585	
	50m:	30.51 30.51	150m:	1:36.24	33.11	250m:	2:42.57	33.22	350m:	3:48.55 32.94
	100m:	1:03.13 32.62	200m:	2:09.35	33.11	300m:	3:15.61	33.04	400m:	4:20.48 31.93
17.	GLIŃSKI, Jakub		93	WKS ŒI ¹ sk Wroc ³ aw				4:21.46	578	
	50m:	30.41 30.41	150m:	1:36.72	33.36	250m:	2:44.13	33.72	350m:	3:49.71 32.44
	100m:	1:03.36 32.95	200m:	2:10.41	33.69	300m:	3:17.27	33.14	400m:	4:21.46 31.75

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Pozycja			Rok ur.					Czas	Pkt.		
18.	NIEZGÓDKA, Dawid		93	WKS Cei'sk Wroc ³ aw				4:22.10	574		
	50m:	30.13 30.13	150m:	1:35.92	33.20	250m:	2:41.80	32.60	350m:	3:48.76	33.46
	100m:	1:02.72 32.59	200m:	2:09.20	33.28	300m:	3:15.30	33.50	400m:	4:22.10	33.34
19.	SUCHENEK, Adam		93	Polonez Wyszaków				4:22.22	573		
	50m:	30.27 30.27	150m:	1:36.61	33.51	250m:	2:43.13	33.43	350m:	3:50.31	33.13
	100m:	1:03.10 32.83	200m:	2:09.70	33.09	300m:	3:17.18	34.05	400m:	4:22.22	31.91
20.	SKROBEK, Karol		93	OSiR Piotrków Tryb.				4:23.20	567		
	50m:	30.57 30.57	150m:	1:36.36	33.25	250m:	2:42.77	33.37	350m:	3:50.20	34.00
	100m:	1:03.11 32.54	200m:	2:09.40	33.04	300m:	3:16.20	33.43	400m:	4:23.20	33.00
21.	IŁENDO, Piotr		93	Juvenia Bia ³ ystok				4:23.32	566		
	50m:	30.57 30.57	150m:	1:36.35	33.09	250m:	2:42.96	33.52	350m:	3:50.77	34.24
	100m:	1:03.26 32.69	200m:	2:09.44	33.09	300m:	3:16.53	33.57	400m:	4:23.32	32.55
22.	DOBROWOLSKI, Konrad		93	Start Łódź				4:23.81	563		
	50m:	28.75 28.75	150m:	1:33.70	32.83	250m:	2:41.46	34.33	350m:	3:50.97	34.96
	100m:	1:00.87 32.12	200m:	2:07.13	33.43	300m:	3:16.01	34.55	400m:	4:23.81	32.84
23.	MICHALAK, Łukasz		93	Warta Poznań				4:24.59	558		
	50m:	29.32 29.32	150m:	1:34.78	33.29	250m:	2:43.11	34.40	350m:	3:51.96	34.35
	100m:	1:01.49 32.17	200m:	2:08.71	33.93	300m:	3:17.61	34.50	400m:	4:24.59	32.63
24.	BOROWIECKI, Daniel		93	BUKS Warszawa				4:26.54	546		
	50m:	29.51 29.51	150m:	1:35.41	33.45	250m:	2:44.16	34.47	350m:	3:53.07	34.84
	100m:	1:01.96 32.45	200m:	2:09.69	34.28	300m:	3:18.23	34.07	400m:	4:26.54	33.47
25.	GÓRNY, Jakub		93	Posnania Poznań				4:26.55	546		
	50m:	29.59 29.59	150m:	1:36.08	34.03	250m:	2:45.05	34.76	350m:	3:53.71	33.92
	100m:	1:02.05 32.46	200m:	2:10.29	34.21	300m:	3:19.79	34.74	400m:	4:26.55	32.84
26.	HAŁACZKIEWICZ, Pawe ³		93	Wis ³ a Pu ³ awy				4:27.24	542		
	50m:	28.77 28.77	150m:	1:35.02	33.83	250m:	2:44.65	34.85	350m:	3:54.08	34.49
	100m:	1:01.19 32.42	200m:	2:09.80	34.78	300m:	3:19.59	34.94	400m:	4:27.24	33.16
27.	BIELAWSKI, Micha ³		93	GIM 92 Ursynów				4:28.40	535		
	50m:	28.79 28.79	150m:	1:33.75	32.93	250m:	2:42.33	34.45	350m:	3:53.34	35.78
	100m:	1:00.82 32.03	200m:	2:07.88	34.13	300m:	3:17.56	35.23	400m:	4:28.40	35.06
28.	TKACZYK, Andrzej		93	GIM 92 Ursynów				4:29.11	530		
	50m:	28.97 28.97	150m:	1:35.93	33.94	250m:	2:45.35	34.99	350m:	3:55.03	34.72
	100m:	1:01.99 33.02	200m:	2:10.36	34.43	300m:	3:20.31	34.96	400m:	4:29.11	34.08
29.	IWAŃSKI, Kamil		93	GIM 92 Ursynów				4:32.44	511		
	50m:	30.68 30.68	150m:	1:38.59	34.11	250m:	2:48.16	34.80	350m:	3:58.90	34.69
	100m:	1:04.48 33.80	200m:	2:13.36	34.77	300m:	3:24.21	36.05	400m:	4:32.44	33.54
30.	GIERDA, Mateusz		93	Juvenia Bia ³ ystok				4:34.74	499		
	50m:	31.16 31.16	150m:	1:38.48	33.91	250m:	2:48.36	34.89	350m:	3:59.80	36.11
	100m:	1:04.57 33.41	200m:	2:13.47	34.99	300m:	3:23.69	35.33	400m:	4:34.74	34.94
31.	LANN, Karol		93	Rekin Warszawa				4:38.93	476		
	50m:	30.35 30.35	150m:	1:40.49	35.78	250m:	2:52.65	36.01	350m:	4:03.62	35.66
	100m:	1:04.71 34.36	200m:	2:16.64	36.15	300m:	3:27.96	35.31	400m:	4:38.93	35.31
32.	GRUCA, Micha ³		93	Polonia Warszawa				4:39.84	472		
	50m:	29.38 29.38	150m:	1:38.01	35.04	250m:	2:50.59	36.51	350m:	4:04.40	36.88
	100m:	1:02.97 33.59	200m:	2:14.08	36.07	300m:	3:27.52	36.93	400m:	4:39.84	35.44
33.	KOŁODZIEJ, Szczepan		93	Bobby Dębica				4:40.13	470		
	50m:	31.51 31.51	150m:	1:41.27	35.23	250m:	2:52.65	35.80	350m:	4:04.01	35.89
	100m:	1:06.04 34.53	200m:	2:16.85	35.58	300m:	3:28.12	35.47	400m:	4:40.13	36.12
34.	HRENIAK, Kacper		93	Ruch Grudzi ¹ dz				4:44.36	450		
	50m:	30.89 30.89	150m:	1:41.44	35.97	250m:	2:56.02	37.60	350m:	4:09.85	36.56
	100m:	1:05.47 34.58	200m:	2:18.42	36.98	300m:	3:33.29	37.27	400m:	4:44.36	34.51
35.	KLACZYŃSKI, Micha ³		93	Posnania Poznań				4:49.04	428		
	50m:	32.22 32.22	150m:	1:45.00	36.56	250m:	2:59.91	37.47	350m:	4:14.11	37.07
	100m:	1:08.44 36.22	200m:	2:22.44	37.44	300m:	3:37.04	37.13	400m:	4:49.04	34.93

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Pozycja				Rok ur.					Czas	Pkt.		
DYSKW.	CICHOŃ, Witold			93	Meduza Pajęczno				4:27.78			
	50m:	30.90	30.90	150m:	1:37.32	32.84	250m:	2:46.00	34.58	350m:	3:54.72	34.34
	100m:	1:04.48	33.58	200m:	2:11.42	34.10	300m:	3:20.38	34.38	400m:	4:27.78	33.06
NIE UK.	BRZOZA, Jakub			93	WKS Cielisk Wroc ³ aw							
	50m:	29.01	29.01	150m:	1:33.35	32.58	250m:			350m:		
	100m:	1:00.77	31.76	200m:	1:54.03	20.68	300m:			400m:		