

Zimowe Mistrzostwa Polski Juniorów 16 - lat  
Puławy, 29. - 31.1.2010

Konkurencja 12  
2010-01-29 - 18:35

Chłopców, 400m zmienny

16 lat  
Wyniki Finał

Top Times Poland - 16 lat 4:12.87 CIEĆLAK Marcin MUWAR Gorzów Wlkp. 2008-11-28  
Punkty: FINA 2009

Pozycja			Rok ur.							Czas	Pkt.
<b>Finał A</b>											
1.	KLIZA Mateusz		94	Avia Œwidnik						<b>4:33.16</b>	699
	50m:	28.83 28.83	150m:	1:37.10	35.40	250m:	2:50.83	38.34	350m:	4:01.87	32.44
	100m:	1:01.70 32.87	200m:	2:12.49	35.39	300m:	3:29.43	38.60	400m:	4:33.16	31.29
2.	MORAWSKI Krzysztof		94	Delfin Toruń						<b>4:35.68</b>	680
	50m:	29.59 29.59	150m:	1:37.30	33.79	250m:	2:50.41	40.11	350m:	4:03.91	32.78
	100m:	1:03.51 33.92	200m:	2:10.30	33.00	300m:	3:31.13	40.72	400m:	4:35.68	31.77
3.	SZWEDZKI Dawid		94	Piłka Konstantynów						<b>4:36.49</b>	674
	50m:	31.13 31.13	150m:	1:43.08	36.00	250m:	2:55.59	37.65	350m:	4:06.24	32.73
	100m:	1:07.08 35.95	200m:	2:17.94	34.86	300m:	3:33.51	37.92	400m:	4:36.49	30.25
4.	SMEJA Sławomir		94	AZS WSG Bydgoszcz						<b>4:37.95</b>	664
	50m:	29.49 29.49	150m:	1:41.25	37.75	250m:	2:55.80	38.55	350m:	4:08.17	32.09
	100m:	1:03.50 34.01	200m:	2:17.25	36.00	300m:	3:36.08	40.28	400m:	4:37.95	29.78
5.	OLENDER ALEKSANDER		94	Œł'sk Wrocław						<b>4:42.26</b>	634
	50m:	29.29 29.29	150m:	1:41.27	37.41	250m:	2:55.71	38.07	350m:	4:09.82	33.59
	100m:	1:03.86 34.57	200m:	2:17.64	36.37	300m:	3:36.23	40.52	400m:	4:42.26	32.44
6.	HABRAT Krzysztof		94	AZS AGH Kraków						<b>4:47.21</b>	601
	50m:	30.24 30.24	150m:	1:42.92	37.18	250m:	2:59.49	40.15	350m:	4:15.40	34.24
	100m:	1:05.74 35.50	200m:	2:19.34	36.42	300m:	3:41.16	41.67	400m:	4:47.21	31.81
<b>Finał B</b>											
7.	NOWICKI Mateusz		94	Aqua Bydgoszcz						<b>4:42.08</b>	635
	50m:	30.33 30.33	150m:	1:41.84	37.92	250m:	2:59.00	40.95	350m:	4:12.27	32.10
	100m:	1:03.92 33.59	200m:	2:18.05	36.21	300m:	3:40.17	41.17	400m:	4:42.08	29.81
8.	STANIELEWICZ BARTOSZ		94	Olimpijczyk Aleksandrów						<b>4:43.06</b>	628
	50m:	31.37 31.37	150m:	1:43.08	36.51	250m:	2:57.85	38.24	350m:	4:10.77	33.18
	100m:	1:06.57 35.20	200m:	2:19.61	36.53	300m:	3:37.59	39.74	400m:	4:43.06	32.29
9.	POPRAWA Michał		94	AZS AWF Katowice						<b>4:49.86</b>	585
	50m:	31.16 31.16	150m:	1:45.39	38.30	250m:	3:03.48	42.13	350m:	4:18.41	33.25
	100m:	1:07.09 35.93	200m:	2:21.35	35.96	300m:	3:45.16	41.68	400m:	4:49.86	31.45
10.	SZOŁOCH Robert		94	Dwójka Morena Gdańsk						<b>4:52.98</b>	567
	50m:	32.02 32.02	150m:	1:47.44	38.95	250m:	3:06.13	40.67	350m:	4:21.14	33.53
	100m:	1:08.49 36.47	200m:	2:25.46	38.02	300m:	3:47.61	41.48	400m:	4:52.98	31.84
11.	UCZEK Piotr		94	Ikar Mielec						<b>4:53.43</b>	564
	50m:	31.99 31.99	150m:	1:46.82	39.08	250m:	3:04.98	39.76	350m:	4:19.74	33.99
	100m:	1:07.74 35.75	200m:	2:25.22	38.40	300m:	3:45.75	40.77	400m:	4:53.43	33.69
12.	HAJDA Marcin		94	AZS AWF Katowice						<b>4:57.97</b>	539
	50m:	32.20 32.20	150m:	1:47.71	38.34	250m:	3:07.42	42.48	350m:	4:24.97	34.13
	100m:	1:09.37 37.17	200m:	2:24.94	37.23	300m:	3:50.84	43.42	400m:	4:57.97	33.00