

Letnie Mistrzostwa Polski Juniorów Młodszych 16 lat  
Gorzów Wlkp., 9. - 11.7.2010

Konkurencja 20  
2010-07-10

Chłopców, 400m dowolny

16 lat  
Wyniki Finał

Rekord Polski 16 lat 3:57.20 PIELOWSKI Krzysztof KOOLS Gorzów Wlkp. 2007-12-01

Punkty: FINA 2010

Pozycja			Rok ur.					Czas	Pkt.
<b>Finał A</b>									
1.	ZABOROWSKI Filip		94	MKP Szczecin			<b>4:02.06</b>	751	
	50m: 27.96	27.96	150m: 1:29.79	31.01	250m: 2:31.05	30.01	350m: 3:31.84	30.25	
	100m: 58.78	30.82	200m: 2:01.04	31.25	300m: 3:01.59	30.54	400m: 4:02.06	30.22	
2.	KLIZA Mateusz		94	Avia Ćwidnik			<b>4:02.81</b>	744	
	50m: 28.45	28.45	150m: 1:29.51	30.62	250m: 2:30.95	30.42	350m: 3:32.64	30.53	
	100m: 58.89	30.44	200m: 2:00.53	31.02	300m: 3:02.11	31.16	400m: 4:02.81	30.17	
3.	KACZMARSKI Marcin		94	KSZO Ostrowiec			<b>4:03.83</b>	735	
	50m: 27.96	27.96	150m: 1:29.82	31.33	250m: 2:31.89	30.66	350m: 3:34.40	31.09	
	100m: 58.49	30.53	200m: 2:01.23	31.41	300m: 3:03.31	31.42	400m: 4:03.83	29.43	
4.	ZONIUK Maciej		94	ĆI'sk Wrocław			<b>4:04.56</b>	728	
	50m: 28.02	28.02	150m: 1:29.83	31.28	250m: 2:32.17	30.73	350m: 3:34.90	31.10	
	100m: 58.55	30.53	200m: 2:01.44	31.61	300m: 3:03.80	31.63	400m: 4:04.56	29.66	
5.	KURANT Roger		94	KSZO Ostrowiec			<b>4:07.70</b>	701	
	50m: 28.69	28.69	150m: 1:30.81	31.36	250m: 2:33.26	31.25	350m: 3:36.43	31.67	
	100m: 59.45	30.76	200m: 2:02.01	31.20	300m: 3:04.76	31.50	400m: 4:07.70	31.27	
6.	SMEJA Sławomir		94	AZS- WSG Astoria Bydgoszcz			<b>4:08.26</b>	696	
	50m: 28.20	28.20	150m: 1:30.22	31.52	250m: 2:33.48	31.73	350m: 3:37.28	31.97	
	100m: 58.70	30.50	200m: 2:01.75	31.53	300m: 3:05.31	31.83	400m: 4:08.26	30.98	
7.	RYSKI Marcin		94	Kormoran Olsztyn			<b>4:10.46</b>	678	
	50m: 28.77	28.77	150m: 1:30.60	31.17	250m: 2:34.17	31.79	350m: 3:39.34	32.78	
	100m: 59.43	30.66	200m: 2:02.38	31.78	300m: 3:06.56	32.39	400m: 4:10.46	31.12	
8.	KOTLEWSKI Michał		94	Zryw Opole			<b>4:15.36</b>	640	
	50m: 29.41	29.41	150m: 1:33.00	32.27	250m: 2:38.48	32.99	350m: 3:44.90	33.27	
	100m: 1:00.73	31.32	200m: 2:05.49	32.49	300m: 3:11.63	33.15	400m: 4:15.36	30.46	
<b>Finał B</b>									
9.	NOWICKI Mateusz		94	Pietnastka Bydgoszcz			<b>4:16.11</b>	634	
	50m: 29.47	29.47	150m: 1:34.40	32.52	250m: 2:39.84	32.18	350m: 3:44.93	32.43	
	100m: 1:01.88	32.41	200m: 2:07.66	33.26	300m: 3:12.50	32.66	400m: 4:16.11	31.18	
10.	KLICH Kacper		94	AZS-AWF Katowice			<b>4:16.19</b>	633	
	50m: 29.48	29.48	150m: 1:35.36	33.05	250m: 2:41.84	33.23	350m: 3:46.18	32.33	
	100m: 1:02.31	32.83	200m: 2:08.61	33.25	300m: 3:13.85	32.01	400m: 4:16.19	30.01	
11.	SZMIT Błażej		94	Kormoran Olsztyn			<b>4:20.84</b>	600	
	50m: 29.71	29.71	150m: 1:35.88	33.29	250m: 2:42.79	33.58	350m: 3:49.34	32.84	
	100m: 1:02.59	32.88	200m: 2:09.21	33.33	300m: 3:16.50	33.71	400m: 4:20.84	31.50	
12.	TABISZ Paweł		94	Victoria Racibórz			<b>4:20.97</b>	599	
	50m: 29.84	29.84	150m: 1:35.76	33.23	250m: 2:42.25	33.17	350m: 3:49.10	33.39	
	100m: 1:02.53	32.69	200m: 2:09.08	33.32	300m: 3:15.71	33.46	400m: 4:20.97	31.87	
13.	ROGOZIŃSKI Łukasz		94	KSZO Ostrowiec			<b>4:21.18</b>	598	
	50m: 29.63	29.63	150m: 1:36.12	33.41	250m: 2:42.93	33.25	350m: 3:49.47	32.82	
	100m: 1:02.71	33.08	200m: 2:09.68	33.56	300m: 3:16.65	33.72	400m: 4:21.18	31.71	
14.	BREMBOR Tomasz		94	AZS-AWF Katowice			<b>4:21.91</b>	593	
	50m: 29.51	29.51	150m: 1:35.10	32.98	250m: 2:41.41	33.29	350m: 3:48.66	33.50	
	100m: 1:02.12	32.61	200m: 2:08.12	33.02	300m: 3:15.16	33.75	400m: 4:21.91	33.25	
15.	KOLEC Mirosław		94	MKP Szczecin			<b>4:22.04</b>	592	
	50m: 28.92	28.92	150m: 1:34.42	33.56	250m: 2:42.73	34.32	350m: 3:51.01	34.14	
	100m: 1:00.86	31.94	200m: 2:08.41	33.99	300m: 3:16.87	34.14	400m: 4:22.04	31.03	
16.	KWIECIEŃ Michał SR		94	Victoria Racibórz			<b>4:22.16</b>	591	
	50m: 29.05	29.05	150m: 1:35.10	33.48	250m: 2:42.00	33.31	350m: 3:50.06	33.97	
	100m: 1:01.62	32.57	200m: 2:08.69	33.59	300m: 3:16.09	34.09	400m: 4:22.16	32.10	