

Zimowe Mistrzostwa Polski Juniorów 17-18 lat  
Lublin, 11- - 13-3-2016

Konkurencja 12  
2016-03-11 - 11:07

Chłopców, 400m zmienny

17 - 18 lat  
Wyniki Eliminacje

Rekord Polski OPEN	4:03.20	WOJT Lukasz	POL	Berlin (GER)	2009-11-14
Rekord Polski Juniorów 17 lat	4:11.81	MATCZAK Mateusz	00905	Helsinki (FIN)	2006-12-08
Rekord Polski Juniorów 18 lat	4:09.07	MATCZAK Mateusz	00905	Debrecen (HUN)	2007-12-14

Punkt: FINA 2015

Pozycja			Wiek				Czas		Pkt.	
1.	CHMIELEWSKI Jakub	17	I sk Wrocław			<b>4:22.23</b>	724	A		
	50m: 28.61 28.61	150m: 1:33.69	33.06	250m: 2:43.93	37.85	350m: 3:52.35	31.28			
	100m: 1:00.63 32.02	200m: 2:06.08	32.39	300m: 3:21.07	37.14	400m: 4:22.23	29.88			
2.	W GROWSKI Marcel	17	Olimpijczyk Aleksandrów Łódzki			<b>4:23.86</b>	710	A		
	50m: 27.31 27.31	150m: 1:31.93	32.60	250m: 2:42.54	38.23	350m: 3:52.82	31.61			
	100m: 59.33 32.02	200m: 2:04.31	32.38	300m: 3:21.21	38.67	400m: 4:23.86	31.04			
3.	ŁAPOT Radosław SR	17	MOS Katowice			<b>4:23.94</b>	710	A		
	50m: 28.53 28.53	150m: 1:34.41	33.09	250m: 2:44.37	37.23	350m: 3:53.18	31.32			
	100m: 1:01.32 32.79	200m: 2:07.14	32.73	300m: 3:21.86	37.49	400m: 4:23.94	30.76			
4.	DANILEWSKI Maciej SOL	18	Juvenia Białystok			<b>4:24.73</b>	703	A		
	50m: 28.34 28.34	150m: 1:34.45	33.60	250m: 2:45.06	38.03	350m: 3:55.01	31.84			
	100m: 1:00.85 32.51	200m: 2:07.03	32.58	300m: 3:23.17	38.11	400m: 4:24.73	29.72			
5.	ULATOWSKI Wojciech SOL	18	Kormoran Olsztyn			<b>4:24.86</b>	702	A		
	50m: 28.20 28.20	150m: 1:34.35	34.14	250m: 2:46.08	37.90	350m: 3:55.49	31.24			
	100m: 1:00.21 32.01	200m: 2:08.18	33.83	300m: 3:24.25	38.17	400m: 4:24.86	29.37			
6.	KEMPA Mikołaj SO	17	MMKS K dzierzyn-Ko le			<b>4:27.09</b>	685	A		
	50m: 28.63 28.63	150m: 1:35.46	34.75	250m: 2:47.24	37.57	350m: 3:56.89	31.40			
	100m: 1:00.71 32.08	200m: 2:09.67	34.21	300m: 3:25.49	38.25	400m: 4:27.09	30.20			
7.	BUJAK Dominik	17	Salos-Cortile Kielce			<b>4:27.40</b>	683	A		
	50m: 28.96 28.96	150m: 1:35.39	33.78	250m: 2:46.61	37.12	350m: 3:56.85	31.33			
	100m: 1:01.61 32.65	200m: 2:09.49	34.10	300m: 3:25.52	38.91	400m: 4:27.40	30.55			
8.	BODZIOCH Andrzej SSz	18	MKP Szczecin			<b>4:28.36</b>	675	A		
	50m: 28.59 28.59	150m: 1:34.67	33.48	250m: 2:46.39	38.09	350m: 3:57.20	32.15			
	100m: 1:01.19 32.60	200m: 2:08.30	33.63	300m: 3:25.05	38.66	400m: 4:28.36	31.16			
9.	GAWRON Oskar	17	I sk Wrocław			<b>4:31.88</b>	649	A		
	50m: 28.41 28.41	150m: 1:36.66	35.71	250m: 2:49.12	37.68	350m: 3:59.46	32.25			
	100m: 1:00.95 32.54	200m: 2:11.44	34.78	300m: 3:27.21	38.09	400m: 4:31.88	32.42			
10.	DOBRY SKI Tomasz	18	G-8 Bielany Warszawa			<b>4:32.49</b>	645	A		
	50m: 29.19 29.19	150m: 1:38.20	35.99	250m: 2:51.15	37.62	350m: 4:01.18	31.75			
	100m: 1:02.21 33.02	200m: 2:13.53	35.33	300m: 3:29.43	38.28	400m: 4:32.49	31.31			
11.	GIERSZEWSKI Jan SB	18	Pi tnastka Bydgoszcz			<b>4:32.61</b>	644	B		
	50m: 28.28 28.28	150m: 1:36.44	35.52	250m: 2:51.24	39.61	350m: 4:02.89	31.16			
	100m: 1:00.92 32.64	200m: 2:11.63	35.19	300m: 3:31.73	40.49	400m: 4:32.61	29.72			
12.	GOLENIEC Kamil SO	17	Unia O wi cim			<b>4:33.73</b>	636	B		
	50m: 28.66 28.66	150m: 1:36.00	35.06	250m: 2:49.27	38.63	350m: 4:02.19	32.92			
	100m: 1:00.94 32.28	200m: 2:10.64	34.64	300m: 3:29.27	40.00	400m: 4:33.73	31.54			
13.	RAMA Gabriel SP	17	Warta Pozna			<b>4:35.34</b>	625	B		
	50m: 27.80 27.80	150m: 1:35.04	34.50	250m: 2:50.25	40.18	350m: 4:03.66	32.32			
	100m: 1:00.54 32.74	200m: 2:10.07	35.03	300m: 3:31.34	41.09	400m: 4:35.34	31.68			
14.	JAROSZ Dawid SWwa	17	Wodnik Ko skie			<b>4:35.63</b>	623	B		
	50m: 28.87 28.87	150m: 1:37.33	35.09	250m: 2:51.53	39.38	350m: 4:04.71	32.76			
	100m: 1:02.24 33.37	200m: 2:12.15	34.82	300m: 3:31.95	40.42	400m: 4:35.63	30.92			
15.	CIASTO Sebastian SO	17	Unia O wi cim			<b>4:36.80</b>	615	B		
	50m: 29.85 29.85	150m: 1:37.71	34.25	250m: 2:51.43	38.85	350m: 4:04.77	33.59			
	100m: 1:03.46 33.61	200m: 2:12.58	34.87	300m: 3:31.18	39.75	400m: 4:36.80	32.03			
16.	LENARTOWICZ Kacper	17	IKS Konstancin			<b>4:37.11</b>	613	B		
	50m: 28.28 28.28	150m: 1:35.46	34.80	250m: 2:50.23	40.00	350m: 4:05.05	33.29			
	100m: 1:00.66 32.38	200m: 2:10.23	34.77	300m: 3:31.76	41.53	400m: 4:37.11	32.06			

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Pozycja			Wiek				Czas		Pkt.	
17.	HOJDA Bartłomiej SO	18	Unia O wi cim				<b>4:37.82</b>	609	B	
	50m: 28.99 28.99	150m: 1:37.75	35.02	250m: 2:51.45	39.37	350m: 4:05.21	33.07			
	100m: 1:02.73 33.74	200m: 2:12.08	34.33	300m: 3:32.14	40.69	400m: 4:37.82	32.61			
18.	KUBIAK Bartłomiej	17	Włókniarz 1925 Kalisz				<b>4:38.64</b>	603	B	
	50m: 29.13 29.13	150m: 1:38.17	35.63	250m: 2:52.28	39.12	350m: 4:05.94	33.46			
	100m: 1:02.54 33.41	200m: 2:13.16	34.99	300m: 3:32.48	40.20	400m: 4:38.64	32.70			
19.	WASIUK Jakub SO	17	MMKS K dzierzyn-Ko le				<b>4:40.38</b>	592	B	
	50m: 30.64 30.64	150m: 1:42.54	36.64	250m: 2:58.79	41.06	350m: 4:11.22	31.44			
	100m: 1:05.90 35.26	200m: 2:17.73	35.19	300m: 3:39.78	40.99	400m: 4:40.38	29.16			
20.	ZBRO EK Radosław	17	Galicja Kraków				<b>4:41.19</b>	587	B	
	50m: 29.70 29.70	150m: 1:40.80	36.99	250m: 2:57.69	40.24	350m: 4:10.22	31.82			
	100m: 1:03.81 34.11	200m: 2:17.45	36.65	300m: 3:38.40	40.71	400m: 4:41.19	30.97			
21.	SORDYL Mateusz SO	17	Victoria Kozy				<b>4:42.12</b>	581	R	
	50m: 28.35 28.35	150m: 1:38.70	36.42	250m: 2:55.52	40.60	350m: 4:10.06	33.47			
	100m: 1:02.28 33.93	200m: 2:14.92	36.22	300m: 3:36.59	41.07	400m: 4:42.12	32.06			
22.	KRULIKOWSKI Maciej SO	17	Unia O wi cim				<b>4:47.91</b>	547	R	
	50m: 27.86 27.86	150m: 1:35.66	35.21	250m: 2:49.87	38.52	350m: 4:10.49	40.61			
	100m: 1:00.45 32.59	200m: 2:11.35	35.69	300m: 3:29.88	40.01	400m: 4:47.91	37.42			
23.	WINIARSKI Mateusz	17	Legia Warszawa				<b>4:51.50</b>	527		
	50m: 29.33 29.33	150m: 1:40.85	37.22	250m: 2:59.81	41.27	350m: 4:17.36	34.50			
	100m: 1:03.63 34.30	200m: 2:18.54	37.69	300m: 3:42.86	43.05	400m: 4:51.50	34.14			
24.	ZALEWSKI Oskar SO	17	Pirania-Targówek Warszawa				<b>4:55.43</b>	506		
	50m: 31.21 31.21	150m: 1:45.94	39.99	250m: 3:04.15	39.52	350m: 4:20.68	35.00			
	100m: 1:05.95 34.74	200m: 2:24.63	38.69	300m: 3:45.68	41.53	400m: 4:55.43	34.75			
25.	PRÓSZY SKI Igor	17	MKP Szczecin				<b>4:55.64</b>	505		
	50m: 31.25 31.25	150m: 1:45.63	38.33	250m: 3:05.02	42.93	350m: 4:22.57	34.56			
	100m: 1:07.30 36.05	200m: 2:22.09	36.46	300m: 3:48.01	42.99	400m: 4:55.64	33.07			
26.	PI TKA Marcin	17	Wisła Kraków				<b>4:58.08</b>	493		
	50m:	150m: 1:46.88	39.34	250m: 3:07.11	41.07	350m: 4:25.65	35.70			
	100m: 1:07.54	200m: 2:26.04	39.16	300m: 3:49.95	42.84	400m: 4:58.08	32.43			