

2019 Zimowe Mistrzostwa Polski Juniorów 16 lat
Lublin, 13. - 15.12.2019

Konkurencja 20
14.12.2019 - 9:50

Chłopców, 400m dowolny

16 lat
Wyniki Eliminacje

Rekord Polski Open	3:37.57	WOJDAK Wojciech	POL	Netanya (ISR)	02.12.2015
Rekord Polski 16	3:47.70	WOJDAK Wojciech	POL	Ostrowiec Sw.	19.12.2012

Punkty: FINA 2019

Pozycja			Wiek				Czas				Pkt.	
1.	ZIELI	SKI Konrad	16	UKS 190 Łód						3:59.34	697	A
	50m:	27.73 27.73	150m:	1:28.00 30.12	250m:	2:28.73 30.39	350m:	3:29.43 30.43	400m:	3:59.34 29.91		
	100m:	57.88 30.15	200m:	1:58.34 30.34	300m:	2:59.00 30.27						
2.	DASZKIEWICZ	Michał	16	UKP Unia O wi cim						3:59.92	692	A
	50m:	27.06 27.06	150m:	1:27.43 30.55	250m:	2:29.32 31.02	350m:	3:30.96 30.75	400m:	3:59.92 28.96		
	100m:	56.88 29.82	200m:	1:58.30 30.87	300m:	3:00.21 30.89						
3.	JAKIMIAK	Jakub	16	KS Narwał Mi dzyrzec Podl.						4:00.39	688	A
	50m:	27.71 27.71	150m:	1:27.99 30.46	250m:	2:29.61 30.82	350m:	3:31.29 30.80	400m:	4:00.39 29.10		
	100m:	57.53 29.82	200m:	1:58.79 30.80	300m:	3:00.49 30.88						
4.	TRYLSKI	Wiktor	16	UKS Tri-Team Rumia						4:00.58	686	A
	50m:	27.71 27.71	150m:	1:27.68 30.28	250m:	2:29.26 30.88	350m:	3:30.93 30.70	400m:	4:00.58 29.65		
	100m:	57.40 29.69	200m:	1:58.38 30.70	300m:	3:00.23 30.97						
5.	WI ZIK	Jan	16	UKP Unia O wi cim						4:01.50	678	A
	50m:	27.55 27.55	150m:	1:28.17 30.49	250m:	2:30.08 30.96	350m:	3:31.74 30.87	400m:	4:01.50 29.76		
	100m:	57.68 30.13	200m:	1:59.12 30.95	300m:	3:00.87 30.79						
6.	KORONA	Kacper	16	MKP Szczecin						4:01.74	676	A
	50m:	27.85 27.85	150m:	1:28.25 30.49	250m:	2:29.00 30.54	350m:	3:30.84 31.18	400m:	4:01.74 30.90		
	100m:	57.76 29.91	200m:	1:58.46 30.21	300m:	2:59.66 30.66						
7.	GORRA	Mikołaj	16	MKP Szczecin						4:03.61	661	A
	50m:	27.42 27.42	150m:	1:28.92 31.02	250m:	2:31.00 30.90	350m:	3:33.67 31.32	400m:	4:03.61 29.94		
	100m:	57.90 30.48	200m:	2:00.10 31.18	300m:	3:02.35 31.35						
8.	GAWRON	Oliwier	16	WKS I sk Wrocław						4:03.83	659	A
	50m:	27.51 27.51	150m:	1:29.28 30.86	250m:	2:31.13 30.60	350m:	3:33.11 31.20	400m:	4:03.83 30.72		
	100m:	58.42 30.91	200m:	2:00.53 31.25	300m:	3:01.91 30.78						
9.	LEWICKI	Filip	16	UKS SMS Galicja Kraków						4:05.00	650	A
	50m:	27.91 27.91	150m:	1:29.40 31.22	250m:	2:32.25 31.36	350m:	3:34.56 31.00	400m:	4:05.00 30.44		
	100m:	58.18 30.27	200m:	2:00.89 31.49	300m:	3:03.56 31.31						
10.	DANIKIEWICZ	Dawid	16	UKP Unia O wi cim						4:05.07	649	A
	50m:	27.13 27.13	150m:	1:28.89 31.37	250m:	2:32.18 31.65	350m:	3:35.64 31.71	400m:	4:05.07 29.43		
	100m:	57.52 30.39	200m:	2:00.53 31.64	300m:	3:03.93 31.75						
11.	LEWANDOWSKI	Oliwier	16	KP MZOS Płock						4:05.15	649	B
	50m:	27.78 27.78	150m:	1:28.31 30.57	250m:	2:30.74 31.43	350m:	3:34.43 32.00	400m:	4:05.15 30.72		
	100m:	57.74 29.96	200m:	1:59.31 31.00	300m:	3:02.43 31.69						
12.	KAPAŁA	Szymon	16	MTP Kormoran Olsztyn						4:05.32	647	B
	50m:	27.81 27.81	150m:	1:29.06 31.00	250m:	2:31.28 31.11	350m:	3:34.13 31.56	400m:	4:05.32 31.19		
	100m:	58.06 30.25	200m:	2:00.17 31.11	300m:	3:02.57 31.29						
13.	MALINOWSKI	Jakub	16	MKP „SŁOWIANKA” Gorzów Wlkp.						4:05.70	644	B
	50m:	27.60 27.60	150m:	1:29.12 30.87	250m:	2:31.92 31.42	350m:	3:35.30 31.57	400m:	4:05.70 30.40		
	100m:	58.25 30.65	200m:	2:00.50 31.38	300m:	3:03.73 31.81						
14.	RODKIEWICZ	Radostaw	16	IUKS „Muszelka” Warszawa						4:06.03	642	B
	50m:	28.07 28.07	150m:	1:29.13 30.87	250m:	2:31.81 31.36	350m:	3:34.90 31.71	400m:	4:06.03 31.13		
	100m:	58.26 30.19	200m:	2:00.45 31.32	300m:	3:03.19 31.38						
15.	KARPI	SKI Jakub	16	UKS G-8 Bielany Warszawa						4:06.76	636	B
	50m:	28.26 28.26	150m:	1:30.51 31.30	250m:	2:32.53 31.02	350m:	3:35.98 31.89	400m:	4:06.76 30.78		
	100m:	59.21 30.95	200m:	2:01.51 31.00	300m:	3:04.09 31.56						
16.	SZYMCZAK	Szymon	16	MKS Juwenia Wrocław						4:07.51	630	B
	50m:	27.61 27.61	150m:	1:29.14 31.35	250m:	2:32.98 31.97	350m:	3:36.90 31.92	400m:	4:07.51 30.61		
	100m:	57.79 30.18	200m:	2:01.01 31.87	300m:	3:04.98 32.00						

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Pozycja			Wiek							Czas	Pkt.	
17.	CZECH Arkadiusz		16	UKP Unia O wi cim						4:07.91	627	B
	50m:	27.82 27.82	150m:	1:28.88	30.66	250m:	2:30.28	30.74	350m:	3:32.67	31.00	
	100m:	58.22 30.40	200m:	1:59.54	30.66	300m:	3:01.67	31.39	400m:	4:07.91	35.24	
18.	TOMASZOWSKI Michał		16	UKS Wodnik Siemianowice I skie						4:08.83	620	B
	50m:	27.92 27.92	150m:	1:29.18	30.81	250m:	2:32.24	31.73	350m:	3:36.89	32.40	
	100m:	58.37 30.45	200m:	2:00.51	31.33	300m:	3:04.49	32.25	400m:	4:08.83	31.94	
19.	COLEMAN Alan		16	MKS Jedyńka Łód						4:08.94	619	B
	50m:	27.60 27.60	150m:	1:29.28	31.21	250m:	2:33.31	32.00	350m:	3:37.82	32.40	
	100m:	58.07 30.47	200m:	2:01.31	32.03	300m:	3:05.42	32.11	400m:	4:08.94	31.12	
20.	NIEDZIAŁEK Michał		16	MTP Kormoran Olsztyn						4:09.71	614	B
	50m:	28.23 28.23	150m:	1:29.67	31.01	250m:	2:32.87	31.58	350m:	3:37.57	32.47	
	100m:	58.66 30.43	200m:	2:01.29	31.62	300m:	3:05.10	32.23	400m:	4:09.71	32.14	
21.	SWOJNÓG Igor		16	UKP Unia O wi cim						4:10.24	610	R
	50m:	28.07 28.07	150m:	1:30.95	31.80	250m:	2:34.88	31.99	350m:	3:38.74	31.86	
	100m:	59.15 31.08	200m:	2:02.89	31.94	300m:	3:06.88	32.00	400m:	4:10.24	31.50	
22.	MAKOWSKI Dominik		16	KS Warta Pozna						4:12.24	595	R
	50m:	28.29 28.29	150m:	1:32.44	32.43	250m:	2:38.10	32.67	350m:	3:42.31	31.68	
	100m:	1:00.01 31.72	200m:	2:05.43	32.99	300m:	3:10.63	32.53	400m:	4:12.24	29.93	
23.	ROGUSKI Mateusz		16	UKP „Polonia Warszawa”						4:12.49	594	
	50m:	28.12 28.12	150m:	1:30.14	31.43	250m:	2:34.33	32.27	350m:	3:39.78	32.91	
	100m:	58.71 30.59	200m:	2:02.06	31.92	300m:	3:06.87	32.54	400m:	4:12.49	32.71	
24.	SIEPRAWSKI Roch		16	UKS G-8 Bielany Warszawa						4:13.34	588	
	50m:	27.93 27.93	150m:	1:30.56	31.75	250m:	2:34.70	31.85	350m:	3:40.17	32.54	
	100m:	58.81 30.88	200m:	2:02.85	32.29	300m:	3:07.63	32.93	400m:	4:13.34	33.17	
25.	FORTUNA Filip		16	KS Korona Kraków						4:13.60	586	
	50m:	28.95 28.95	150m:	1:31.96	31.48	250m:	2:36.29	31.99	350m:	3:42.10	33.07	
	100m:	1:00.48 31.53	200m:	2:04.30	32.34	300m:	3:09.03	32.74	400m:	4:13.60	31.50	
26.	KASPERSKI Patryk		16	UKP Fala Kra nik						4:14.25	581	
	50m:	28.56 28.56	150m:	1:32.85	32.55	250m:	2:38.22	32.45	350m:	3:42.86	31.74	
	100m:	1:00.30 31.74	200m:	2:05.77	32.92	300m:	3:11.12	32.90	400m:	4:14.25	31.39	
27.	KOPROWSKI Aleksander		16	Uks Cityzen						4:14.58	579	
	50m:	28.82 28.82	150m:	1:32.50	32.24	250m:	2:37.46	32.55	350m:	3:42.82	32.42	
	100m:	1:00.26 31.44	200m:	2:04.91	32.41	300m:	3:10.40	32.94	400m:	4:14.58	31.76	
28.	SZYMCZYKOWSKI Jakub		16	UKS MOS w Opolu						4:14.93	577	
	50m:	28.45 28.45	150m:	1:31.53	31.85	250m:	2:36.63	32.59	350m:	3:43.09	33.19	
	100m:	59.68 31.23	200m:	2:04.04	32.51	300m:	3:09.90	33.27	400m:	4:14.93	31.84	
29.	JASI SKI Jakub		16	MKS Jedyńka Łód						4:14.96	576	
	50m:	28.09 28.09	150m:	1:31.54	32.33	250m:	2:37.42	33.09	350m:	3:43.32	32.66	
	100m:	59.21 31.12	200m:	2:04.33	32.79	300m:	3:10.66	33.24	400m:	4:14.96	31.64	
30.	HANF Szymon		16	KS Korona Kraków						4:15.46	573	
	50m:	28.60 28.60	150m:	1:33.15	32.53	250m:	2:38.70	32.77	350m:	3:44.71	32.97	
	100m:	1:00.62 32.02	200m:	2:05.93	32.78	300m:	3:11.74	33.04	400m:	4:15.46	30.75	
31.	KRUPI SKI Wojciech		16	KS Posnania Pozna						4:17.14	562	
	50m:	28.50 28.50	150m:	1:32.97	32.69	250m:	2:38.87	33.20	350m:	3:44.63	32.81	
	100m:	1:00.28 31.78	200m:	2:05.67	32.70	300m:	3:11.82	32.95	400m:	4:17.14	32.51	
32.	FORGEL Konrad		16	TP Zielona Góra						4:18.19	555	
	50m:	28.25 28.25	150m:	1:31.55	32.08	250m:	2:36.90	32.72	350m:	3:44.06	33.81	
	100m:	59.47 31.22	200m:	2:04.18	32.63	300m:	3:10.25	33.35	400m:	4:18.19	34.13	
33.	PARA Mikołaj		16	UKP Unia O wi cim						4:19.41	547	
	50m:	28.92 28.92	150m:	1:33.19	32.61	250m:	2:39.01	32.81	350m:	3:45.97	33.76	
	100m:	1:00.58 31.66	200m:	2:06.20	33.01	300m:	3:12.21	33.20	400m:	4:19.41	33.44	

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Pozycja			Wiek						Czas	Pkt.
34.	OGORZAŁEK Alan		16		WKS I sk Wrocław				4:20.94	538
	50m:	28.16 28.16	150m:	1:32.83 32.84	250m:	2:39.55 33.56	350m:	3:47.72 34.56		
	100m:	59.99 31.83	200m:	2:05.99 33.16	300m:	3:13.16 33.61	400m:	4:20.94 33.22		
35.	ZAJ C Kamil		16		UKP Unia O wi cim				4:21.05	537
	50m:	29.36 29.36	150m:	1:34.33 33.03	250m:	2:41.51 33.82	350m:	3:49.34 34.05		
	100m:	1:01.30 31.94	200m:	2:07.69 33.36	300m:	3:15.29 33.78	400m:	4:21.05 31.71		
36.	AJTEL Jakub		16		Dwójka Morena Gda sk				4:21.30	535
	50m:	30.39 30.39	150m:	1:36.11 33.24	250m:	2:43.82 33.98	350m:	3:50.58 32.89		
	100m:	1:02.87 32.48	200m:	2:09.84 33.73	300m:	3:17.69 33.87	400m:	4:21.30 30.72		
37.	ADAMCZYK Maksymilian		16		WKS I sk Wrocław				4:22.41	529
	50m:	28.69 28.69	150m:	1:34.69 33.77	250m:	2:43.53 33.89	350m:	3:50.20 32.85		
	100m:	1:00.92 32.23	200m:	2:09.64 34.95	300m:	3:17.35 33.82	400m:	4:22.41 32.21		
38.	SYLDATK Wiktor		16		TP Skalar Słupsk				4:23.08	525
	50m:	29.29 29.29	150m:	1:35.08 33.47	250m:	2:43.45 34.37	350m:	3:51.72 33.96		
	100m:	1:01.61 32.32	200m:	2:09.08 34.00	300m:	3:17.76 34.31	400m:	4:23.08 31.36		
39.	BORSUK Piotr		16		UKP Fala Kra nik				4:23.50	522
	50m:	28.65 28.65	150m:	1:34.32 33.41	250m:	2:42.34 33.95	350m:	3:51.70 35.00		
	100m:	1:00.91 32.26	200m:	2:08.39 34.07	300m:	3:16.70 34.36	400m:	4:23.50 31.80		
40.	SKRZYSZOWSKI Bruno		16		Towarzystwo Sportowe Wisła Kraków				4:25.21	512
	50m:	29.78 29.78	150m:	1:36.27 33.23	250m:	2:43.94 34.03	350m:	3:51.91 34.08		
	100m:	1:03.04 33.26	200m:	2:09.91 33.64	300m:	3:17.83 33.89	400m:	4:25.21 33.30		
41.	SZWIEC Jakub		16		UKS MOS w Opolu				4:26.01	507
	50m:	31.03 31.03	150m:	1:38.42 33.71	250m:	2:46.26 34.11	350m:	3:54.22 33.94		
	100m:	1:04.71 33.68	200m:	2:12.15 33.73	300m:	3:20.28 34.02	400m:	4:26.01 31.79		
42.	ZIELI SKI Maksymilian		16		UKS G-8 Bielany Warszawa				4:27.13	501
	50m:	30.83 30.83	150m:	1:39.86 34.60	250m:	2:48.36 33.64	350m:	3:54.63 32.32		
	100m:	1:05.26 34.43	200m:	2:14.72 34.86	300m:	3:22.31 33.95	400m:	4:27.13 32.50		
43.	PAWLAK Hubert		16		KU AZS Politechniki Łódzkiej				4:33.39	467
	50m:	29.11 29.11	150m:	1:37.18 34.34	250m:	2:47.86 35.47	350m:	3:58.90 35.54		
	100m:	1:02.84 33.73	200m:	2:12.39 35.21	300m:	3:23.36 35.50	400m:	4:33.39 34.49		
44.	ROSIAK Krzysztof		16		MKS CKS-SMS Szczecin				4:44.70	414
	50m:	29.82 29.82	150m:	1:40.20 35.98	250m:	2:55.05 37.83	350m:	4:11.37 38.59		
	100m:	1:04.22 34.40	200m:	2:17.22 37.02	300m:	3:32.78 37.73	400m:	4:44.70 33.33		