

2021 Zimowe Mistrzostwa Polski Juniorów 15 lat  
Lublin, 10. - 12.12.2021

Konkurencja 20 Chłopców, 400m dowolny 15 lat  
11.12.2021 - 10:00 Wyniki Eliminacje

Rekord Polski Juniorów 15 lat 3:50.76 MŁYNARCZYK Karol 05114 Lublin 17.12.2015  
Punkty: FINA 2021

Pozycja			Wiek					Czas	Pkt.
1.	LARY Jerzy		15	IUKS „Muszelka” Warszawa				<b>4:00.06</b>	691 A
	50m:	27.88 27.88	150m:	1:28.71 30.68	250m:	2:29.50 30.10	350m:	3:30.15 30.41	
	100m:	58.03 30.15	200m:	1:59.40 30.69	300m:	2:59.74 30.24	400m:	4:00.06 29.91	
2.	FILIPIAK Mikołaj		15	UKS abianka Gda sk				<b>4:03.85</b>	659 A
	50m:	27.59 27.59	150m:	1:29.20 30.98	250m:	2:31.69 31.18	350m:	3:34.12 30.94	
	100m:	58.22 30.63	200m:	2:00.51 31.31	300m:	3:03.18 31.49	400m:	4:03.85 29.73	
3.	CIECHOMSKI Rafał		15	MKS „Astoria” Bydgoszcz				<b>4:08.10</b>	626 A
	50m:	27.93 27.93	150m:	1:30.38 31.56	250m:	2:34.64 32.04	350m:	3:37.36 31.12	
	100m:	58.82 30.89	200m:	2:02.60 32.22	300m:	3:06.24 31.60	400m:	4:08.10 30.74	
4.	WIDERSKI Julian		15	MKS Trójka Łód				<b>4:08.95</b>	619 A
	50m:	28.50 28.50	150m:	1:31.64 31.96	250m:	2:36.25 32.32	350m:	3:40.29 32.04	
	100m:	59.68 31.18	200m:	2:03.93 32.29	300m:	3:08.25 32.00	400m:	4:08.95 28.66	
5.	KAPAŁA Bartosz		15	MTP Kormoran Olsztyn				<b>4:10.48</b>	608 A
	50m:	28.96 28.96	150m:	1:32.45 32.03	250m:	2:36.21 32.08	350m:	3:39.91 31.57	
	100m:	1:00.42 31.46	200m:	2:04.13 31.68	300m:	3:08.34 32.13	400m:	4:10.48 30.57	
6.	FRONCZAK Antoni		15	UKS G-8 Bielany Warszawa				<b>4:10.92</b>	605 A
	50m:	28.43 28.43	150m:	1:31.32 31.94	250m:	2:36.28 32.50	350m:	3:40.45 32.25	
	100m:	59.38 30.95	200m:	2:03.78 32.46	300m:	3:08.20 31.92	400m:	4:10.92 30.47	
7.	CHABOWSKI Nathaniel		15	UKS abianka Gda sk				<b>4:11.48</b>	601 A
	50m:	28.58 28.58	150m:	1:31.81 31.81	250m:	2:36.03 31.97	350m:	3:40.67 32.24	
	100m:	1:00.00 31.42	200m:	2:04.06 32.25	300m:	3:08.43 32.40	400m:	4:11.48 30.81	
8.	ZALEWSKI Jacek		15	KS Posenania Pozna				<b>4:12.29</b>	595 A
	50m:	28.87 28.87	150m:	1:32.80 32.11	250m:	2:36.26 31.68	350m:	3:40.59 32.10	
	100m:	1:00.69 31.82	200m:	2:04.58 31.78	300m:	3:08.49 32.23	400m:	4:12.29 31.70	
9.	JASI SKI Kacper		15	MUKP Korona-Swim Kielce				<b>4:14.12</b>	582 A
	50m:	28.01 28.01	150m:	1:31.79 32.33	250m:	2:37.45 32.79	350m:	3:42.54 32.57	
	100m:	59.46 31.45	200m:	2:04.66 32.87	300m:	3:09.97 32.52	400m:	4:14.12 31.58	
10.	ŁUKASIK Oliwier		15	CSiR MOS w D browie Górniczej				<b>4:14.18</b>	582 A
	50m:	28.11 28.11	150m:	1:32.42 32.56	250m:	2:38.42 32.71	350m:	3:43.77 32.71	
	100m:	59.86 31.75	200m:	2:05.71 33.29	300m:	3:11.06 32.64	400m:	4:14.18 30.41	
11.	SOKOŁOWSKI Franciszek		15	UKS abianka Gda sk				<b>4:14.51</b>	580 B
	50m:	28.96 28.96	150m:	1:32.70 32.12	250m:	2:37.67 32.52	350m:	3:42.57 32.24	
	100m:	1:00.58 31.62	200m:	2:05.15 32.45	300m:	3:10.33 32.66	400m:	4:14.51 31.94	
12.	PERA Marcin		15	UKS Wodnik Siemianowice I skie				<b>4:15.10</b>	575 B
	50m:	28.99 28.99	150m:	1:33.35 32.63	250m:	2:38.47 32.43	350m:	3:43.89 32.75	
	100m:	1:00.72 31.73	200m:	2:06.04 32.69	300m:	3:11.14 32.67	400m:	4:15.10 31.21	
13.	KUREK Bartosz		15	UKS 190 Łód				<b>4:15.39</b>	574 B
	50m:	30.10 30.10	150m:	1:34.51 32.22	250m:	2:39.10 32.10	350m:	3:44.25 32.34	
	100m:	1:02.29 32.19	200m:	2:07.00 32.49	300m:	3:11.91 32.81	400m:	4:15.39 31.14	
14.	BORSKI Mikołaj		15	UKS Tri-Team Rumia				<b>4:18.04</b>	556 B
	50m:	29.12 29.12	150m:	1:33.28 32.46	250m:	2:38.89 32.90	350m:	3:45.44 33.31	
	100m:	1:00.82 31.70	200m:	2:05.99 32.71	300m:	3:12.13 33.24	400m:	4:18.04 32.60	
15.	MACHULAK Kamil		15	UKP Unia O wi cim				<b>4:18.60</b>	552 B
	50m:	28.95 28.95	150m:	1:34.06 32.61	250m:	2:40.79 33.45	350m:	3:48.38 33.88	
	100m:	1:01.45 32.50	200m:	2:07.34 33.28	300m:	3:14.50 33.71	400m:	4:18.60 30.22	
16.	WÓJCIK Rafał		15	UKP Fala Kra nik				<b>4:18.71</b>	552 B
	50m:	28.71 28.71	150m:	1:32.96 32.43	250m:	2:39.34 33.15	350m:	3:46.03 33.47	
	100m:	1:00.53 31.82	200m:	2:06.19 33.23	300m:	3:12.56 33.22	400m:	4:18.71 32.68	

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Pozycja			Wiek				Czas	Pkt.	
17.	BRÓDKA Bartosz		15		MTS Kwidzyn		<b>4:18.77</b>	551	B
	50m:	29.73 29.73	150m:	1:35.64 33.27	250m:	2:41.96 33.18	350m:	3:47.71 32.63	
	100m:	1:02.37 32.64	200m:	2:08.78 33.14	300m:	3:15.08 33.12	400m:	4:18.77 31.06	
18.	RYSTWEJ Maksymilian		15		MKP „SŁOWIANKA” Gorzów Wlkp.		<b>4:19.01</b>	550	B
	50m:	28.55 28.55	150m:	1:33.40 32.84	250m:	2:39.53 33.21	350m:	3:46.73 33.88	
	100m:	1:00.56 32.01	200m:	2:06.32 32.92	300m:	3:12.85 33.32	400m:	4:19.01 32.28	
19.	KURPIS Maksymilian		15		UKS Aquatica Pawłowice		<b>4:19.59</b>	546	B
	50m:	29.20 29.20	150m:	1:34.33 32.87	250m:	2:40.89 33.41	350m:	3:48.27 33.74	
	100m:	1:01.46 32.26	200m:	2:07.48 33.15	300m:	3:14.53 33.64	400m:	4:19.59 31.32	
	PIERUCKI Radosław		15		UKS abianka Gdańsk		<b>4:19.59</b>	546	B
	50m:	28.48 28.48	150m:	1:34.05 32.97	250m:	2:40.55 32.67	350m:	3:47.42 33.49	
	100m:	1:01.08 32.60	200m:	2:07.88 33.83	300m:	3:13.93 33.38	400m:	4:19.59 32.17	
21.	LEDZION Szymon		15		MKS Trójka Łódź		<b>4:21.76</b>	533	R
	50m:	29.27 29.27	150m:	1:34.49 33.16	250m:	2:41.67 33.88	350m:	3:49.54 33.74	
	100m:	1:01.33 32.06	200m:	2:07.79 33.30	300m:	3:15.80 34.13	400m:	4:21.76 32.22	
22.	KOZAK Jan		15		UKS SP5 Swim		<b>4:22.12</b>	530	R
	50m:	30.65 30.65	150m:	1:36.43 33.15	250m:	2:42.45 33.12	350m:	3:49.87 33.93	
	100m:	1:03.28 32.63	200m:	2:09.33 32.90	300m:	3:15.94 33.49	400m:	4:22.12 32.25	
23.	B K Mikołaj		15		Wodnik Radom		<b>4:22.88</b>	526	
	50m:	29.31 29.31	150m:	1:35.90 33.48	250m:	2:43.35 33.89	350m:	3:50.19 33.32	
	100m:	1:02.42 33.11	200m:	2:09.46 33.56	300m:	3:16.87 33.52	400m:	4:22.88 32.69	
24.	MAKAREWICZ Filip		15		KP Aquapark Wągrowiec		<b>4:23.03</b>	525	
	50m:	29.87 29.87	150m:	1:36.32 33.46	250m:	2:43.72 33.70	350m:	3:50.28 33.60	
	100m:	1:02.86 32.99	200m:	2:10.02 33.70	300m:	3:16.68 32.96	400m:	4:23.03 32.75	
25.	KOWALI SKI Adrian		15		MKP „SŁOWIANKA” Gorzów Wlkp.		<b>4:23.11</b>	524	
	50m:	28.67 28.67	150m:	1:35.78 34.06	250m:	2:42.84 33.28	350m:	3:50.49 33.76	
	100m:	1:01.72 33.05	200m:	2:09.56 33.78	300m:	3:16.73 33.89	400m:	4:23.11 32.62	
26.	CHODA Maciej		15		MTP Kormoran Olsztyn		<b>4:24.23</b>	518	
	50m:	29.77 29.77	150m:	1:35.47 33.26	250m:	2:42.75 33.69	350m:	3:50.55 34.12	
	100m:	1:02.21 32.44	200m:	2:09.06 33.59	300m:	3:16.43 33.68	400m:	4:24.23 33.68	
27.	DOMA SKI Franciszek		15		MKS „Astoria” Bydgoszcz		<b>4:25.91</b>	508	
	50m:	29.60 29.60	150m:	1:36.19 33.86	250m:	2:43.89 33.87	350m:	3:52.79 34.67	
	100m:	1:02.33 32.73	200m:	2:10.02 33.83	300m:	3:18.12 34.23	400m:	4:25.91 33.12	
28.	JAREK Oskar		15		UKP Unia Olimpijczyków		<b>4:26.41</b>	505	
	50m:	30.70 30.70	150m:	1:39.63 34.47	250m:	2:47.67 33.22	350m:	3:54.45 33.07	
	100m:	1:05.16 34.46	200m:	2:14.45 34.82	300m:	3:21.38 33.71	400m:	4:26.41 31.96	
29.	PAWLACZYK Jakub		15		OKU AZS PWSZ Racibórz		<b>4:26.76</b>	503	
	50m:	29.19 29.19	150m:	1:34.23 33.17	250m:	2:43.06 34.76	350m:	3:53.06 34.94	
	100m:	1:01.06 31.87	200m:	2:08.30 34.07	300m:	3:18.12 35.06	400m:	4:26.76 33.70	
30.	GORZE Norbert		15		Uks Cityzen		<b>4:27.35</b>	500	
	50m:	30.39 30.39	150m:	1:37.80 34.00	250m:	2:45.66 33.64	350m:	3:54.24 34.48	
	100m:	1:03.80 33.41	200m:	2:12.02 34.22	300m:	3:19.76 34.10	400m:	4:27.35 33.11	
31.	W SIK Marek		15		DOKiS SP Vega Dobrodzie		<b>4:27.65</b>	498	
	50m:	29.48 29.48	150m:	1:36.42 33.85	250m:	2:44.71 34.25	350m:	3:53.64 34.52	
	100m:	1:02.57 33.09	200m:	2:10.46 34.04	300m:	3:19.12 34.41	400m:	4:27.65 34.01	
32.	JANKIEWICZ DELGADO Jarosław		15		UKS Nawa Skierniewice		<b>4:30.32</b>	484	
	50m:	30.07 30.07	150m:	1:37.32 34.16	250m:	2:46.57 34.71	350m:	3:56.48 34.97	
	100m:	1:03.16 33.09	200m:	2:11.86 34.54	300m:	3:21.51 34.94	400m:	4:30.32 33.84	
33.	GORDZIEJKO Konrad		15		MTP „Lublinianka”		<b>4:30.44</b>	483	
	50m:	30.30 30.30	150m:	1:38.51 34.51	250m:	2:48.52 34.88	350m:	3:57.16 33.75	
	100m:	1:04.00 33.70	200m:	2:13.64 35.13	300m:	3:23.41 34.89	400m:	4:30.44 33.28	

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Pozycja			Wiek					Czas	Pkt.
34.	LE NIEWSKI Wiktor		15	UKP „Polonia Warszawa”				<b>4:31.51</b>	477
	50m: 28.64	28.64	150m: 1:35.28	33.69	250m: 2:44.61	35.43	350m: 3:55.95	35.94	
	100m: 1:01.59	32.95	200m: 2:09.18	33.90	300m: 3:20.01	35.40	400m: 4:31.51	35.56	
35.	CZERWIK Krzysztof		15	UKP Unia O wi cim				<b>4:32.54</b>	472
	50m: 31.55	31.55	150m: 1:41.11	35.06	250m: 2:51.37	34.83	350m: 4:00.32	34.06	
	100m: 1:06.05	34.50	200m: 2:16.54	35.43	300m: 3:26.26	34.89	400m: 4:32.54	32.22	
36.	PTASZY SKI Łukasz		15	UKS Manta Warszawa Włochy				<b>4:32.67</b>	471
	50m: 30.23	30.23	150m: 1:39.34	35.11	250m: 2:49.51	34.94	350m: 3:59.12	34.25	
	100m: 1:04.23	34.00	200m: 2:14.57	35.23	300m: 3:24.87	35.36	400m: 4:32.67	33.55	
37.	NIECZYPORUK Maciej		15	Uks 8 Siedlce				<b>4:33.11</b>	469
	50m: 29.57	29.57	150m: 1:37.72	34.68	250m: 2:48.85	35.54	350m: 4:00.68	35.70	
	100m: 1:03.04	33.47	200m: 2:13.31	35.59	300m: 3:24.98	36.13	400m: 4:33.11	32.43	
38.	WESTIN Michał		15	UKS Manta Warszawa Włochy				<b>4:33.72</b>	466
	50m: 30.77	30.77	150m: 1:39.43	35.09	250m: 2:49.09	34.89	350m: 4:00.24	35.56	
	100m: 1:04.34	33.57	200m: 2:14.20	34.77	300m: 3:24.68	35.59	400m: 4:33.72	33.48	
39.	SOCHA Filip		15	KS Płetwal Zakopane				<b>4:34.21</b>	463
	50m: 30.42	30.42	150m: 1:39.21	34.74	250m: 2:49.17	34.81	350m: 3:59.89	35.06	
	100m: 1:04.47	34.05	200m: 2:14.36	35.15	300m: 3:24.83	35.66	400m: 4:34.21	34.32	
40.	GAWLIK Kacper		15	UKP „Polonia Warszawa”				<b>4:36.36</b>	453
	50m: 29.97	29.97	150m: 1:38.09	34.57	250m: 2:49.79	35.97	350m: 4:02.03	36.01	
	100m: 1:03.52	33.55	200m: 2:13.82	35.73	300m: 3:26.02	36.23	400m: 4:36.36	34.33	
41.	PAPIER Mieszko		15	MUKS Unia Busko Zdrój				<b>4:42.32</b>	424
	50m: 30.28	30.28	150m: 1:40.39	35.93	250m: 2:52.18	35.80	350m: 4:06.27	36.83	
	100m: 1:04.46	34.18	200m: 2:16.38	35.99	300m: 3:29.44	37.26	400m: 4:42.32	36.05	
42.	MLECZKO Jakub		15	UKP Unia O wi cim				<b>4:44.28</b>	416
	50m: 32.73	32.73	150m: 1:43.40	35.64	250m: 2:55.08	36.03	350m: 4:08.27	36.70	
	100m: 1:07.76	35.03	200m: 2:19.05	35.65	300m: 3:31.57	36.49	400m: 4:44.28	36.01	
43.	KRUPA Borys		15	UKP „Polonia Warszawa”				<b>4:47.31</b>	403
	50m: 31.33	31.33	150m: 1:43.41	36.38	250m: 2:56.76	36.80	350m: 4:10.92	37.27	
	100m: 1:07.03	35.70	200m: 2:19.96	36.55	300m: 3:33.65	36.89	400m: 4:47.31	36.39	
44.	KRYSZCZUK Karol		15	UKS Piłka Konstantynów Łódzki				<b>4:59.24</b>	356
	50m: 31.09	31.09	150m: 1:44.54	37.01	250m: 3:02.00	39.19	350m: 4:21.10	39.47	
	100m: 1:07.53	36.44	200m: 2:22.81	38.27	300m: 3:41.63	39.63	400m: 4:59.24	38.14	