

GRAND PRIX WARMII I MAZUR W PŁYWANIU 10-11.12.2016  
OLSZTYN, 10 - 11-12-2016

Konkurencja 29  
2016-12-11 - 14:19

Chłopców, 400m zmienny

13 - 18 lat  
Wyniki

Rekord PL Open	4:03.20	Wojt Lukasz	POL	Berlin (GER)	2009-11-14
Rekord PL 13	4:45.44	Pietrzak Dawid	02202	Poznan	2010-11-13
Rekord PL 14	4:31.51	Kałusowski Jan	00905	Ostrowiec Sw	2014-12-19
Rekord PL 15	4:23.69	Kałusowski Jan	00905	Lublin	2015-12-18
Rekord PL 16	4:12.62	W growski Marcel	00505	Lublin	2015-12-18
Rekord PL 17	4:11.81	Matczak Mateusz	00905	Helsinki (FIN)	2006-12-08
Rekord PL 18	4:09.07	Matczak Mateusz	00905	Debrecen (HUN)	2007-12-14

Punkty: FINA 2016

Pozycja	Rok ur.	Imię i nazwisko	Club	Time	Pkt.
13 lat					
1.	03	Uryniuk Paweł	UKS G-8 Bielany Warszawa	<b>4:43.78</b>	571
		<i>Wynik lepszy od rekordu Polski</i>			
		50m: 30.64 30.64 100m: 1:04.01 33.37	150m: 1:41.04 37.03 200m: 2:18.29 37.25	250m: 2:59.24 40.95 300m: 3:40.78 41.54	350m: 4:13.69 32.91 400m: 4:43.78 30.09
2.	03	wiek Wiktor	Buks Warszawa	<b>4:49.76</b>	536
		50m: 29.91 29.91 100m: 1:03.99 34.08	150m: 1:42.72 38.73 200m: 2:20.79 38.07	250m: 3:02.77 41.98 300m: 3:44.55 41.78	350m: 4:17.98 33.43 400m: 4:49.76 31.78
3.	03	Taszar Kacper	Dwójka Tczew	<b>5:02.46</b>	472
		50m: 32.59 32.59 100m: 1:09.72 37.13	150m: 1:50.90 41.18 200m: 2:30.15 39.25	250m: 3:13.13 42.98 300m: 3:56.00 42.87	350m: 4:29.95 33.95 400m: 5:02.46 32.51
4.	03	Rodkiewicz Radosław	Iuks Muszelka	<b>5:07.64</b>	448
		50m: 33.72 33.72 100m: 1:12.53 38.81	150m: 1:51.87 39.34 200m: 2:30.65 38.78	250m: 3:15.71 45.06 300m: 4:01.12 45.41	350m: 4:34.95 33.83 400m: 5:07.64 32.69
5.	03	Markowski Kacper	UKS G-8 Bielany Warszawa	<b>5:08.36</b>	445
		50m: 34.62 34.62 100m: 1:14.88 40.26	150m: 1:53.57 38.69 200m: 2:32.28 38.71	250m: 3:15.51 43.23 300m: 3:58.40 42.89	350m: 4:35.10 36.70 400m: 5:08.36 33.26
6.	03	Owsiejew Michał	MUKS Olimpijczyk	<b>5:10.29</b>	437
		50m: 32.40 32.40 100m: 1:11.52 39.12	150m: 1:51.35 39.83 200m: 2:30.64 39.29	250m: 3:13.88 43.24 300m: 3:58.54 44.66	350m: 4:35.13 36.59 400m: 5:10.29 35.16
7.	03	Roguski Mateusz	Iuks Muszelka	<b>5:19.47</b>	400
		50m: 34.59 34.59 100m: 1:13.53 38.94	150m: 1:55.70 42.17 200m: 2:35.74 40.04	250m: 3:21.77 46.03 300m: 4:09.27 47.50	350m: 4:44.91 35.64 400m: 5:19.47 34.56
8.	03	Michalowski Eryk	Uks Omega Sokółka	<b>5:20.14</b>	398
		50m: 33.10 33.10 100m: 1:12.39 39.29	150m: 1:54.38 41.99 200m: 2:35.56 41.18	250m: 3:20.20 44.64 300m: 4:06.30 46.10	350m: 4:44.22 37.92 400m: 5:20.14 35.92
9.	03	Ułanowski Lucjan	MUKS Pi tnastrka Bydgoszcz	<b>5:27.57</b>	371
		50m: 32.32 32.32 100m: 1:10.16 37.84	150m: 1:50.76 40.60 200m: 2:30.42 39.66	250m: 3:20.04 49.62 300m: 4:10.59 50.55	350m: 4:48.74 38.15 400m: 5:27.57 38.83
10.	03	Maczyszyn Hubert	MKS Medyk Gi ycko	<b>6:26.05</b>	227
		50m: 40.48 40.48 100m: 1:30.27 49.79	150m: 2:17.46 47.19 200m: 3:03.50 46.04	250m: 4:01.67 58.17 300m: 4:58.40 56.73	350m: 5:43.96 45.56 400m: 6:26.05 42.09

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14 lat

1. Sobek Nikodem	02	UKS Olimpijczyk 23	<b>4:30.71</b>	658
<i>Wynik lepszy od rekordu Polski</i>				
50m: 28.47 28.47	150m: 1:35.68 34.07	250m: 2:47.92 38.82	350m: 4:00.25 32.20	
100m: 1:01.61 33.14	200m: 2:09.10 33.42	300m: 3:28.05 40.13	400m: 4:30.71 30.46	
2. Ja kiewicz Adrian	02	Iuks Muszelka	<b>4:44.60</b>	566
50m: 29.19 29.19	150m: 1:39.31 36.81	250m: 2:57.41 42.10	350m: 4:12.88 32.74	
100m: 1:02.50 33.31	200m: 2:15.31 36.00	300m: 3:40.14 42.73	400m: 4:44.60 31.72	
3. Woronko Krzysztof	02	MKS Medyk Gi ycko	<b>4:51.25</b>	528
50m: 29.90 29.90	150m: 1:40.77 36.03	250m: 2:59.36 42.99	350m: 4:18.57 34.35	
100m: 1:04.74 34.84	200m: 2:16.37 35.60	300m: 3:44.22 44.86	400m: 4:51.25 32.68	
4. Ruta Kamil	02	Iuks Muszelka	<b>4:52.19</b>	523
50m: 31.00 31.00	150m: 1:43.54 36.68	250m: 3:03.74 42.70	350m: 4:20.12 33.11	
100m: 1:06.86 35.86	200m: 2:21.04 37.50	300m: 3:47.01 43.27	400m: 4:52.19 32.07	
5. Komar Rafał SOL	02	MTP Kormoran Olsztyn	<b>4:52.58</b>	521
50m: 30.70 30.70	150m: 2:19.95 1:13.76	250m: 3:45.14	350m: 4:19.47 34.33	
100m: 1:06.19 35.49	200m: 3:02.83 42.88	300m: 3:45.14	400m: 4:52.58 33.11	
6. Dołowy Grzegorz	02	Iuks Muszelka	<b>4:59.78</b>	484
50m: 31.21 31.21	150m: 1:44.21 38.36	250m: 3:07.82 46.13	350m: 4:27.14 33.76	
100m: 1:05.85 34.64	200m: 2:21.69 37.48	300m: 3:53.38 45.56	400m: 4:59.78 32.64	
7. Kurdziko Nikodem SOL	02	MTP Kormoran Olsztyn	<b>5:07.42</b>	449
50m: 31.83 31.83	150m: 1:48.89 40.11	250m: 3:12.13 43.75	350m: 4:33.46 35.96	
100m: 1:08.78 36.95	200m: 2:28.38 39.49	300m: 3:57.50 45.37	400m: 5:07.42 33.96	
8. Dworzynski Piotr	02	MKS Ochota Warszawa	<b>5:24.53</b>	382
50m: 35.20 35.20	150m: 1:59.26 42.64	250m: 3:26.27 44.57	350m: 4:48.22 37.22	
100m: 1:16.62 41.42	200m: 2:41.70 42.44	300m: 4:11.00 44.73	400m: 5:24.53 36.31	
9. Tatur Pavel	02	sdusshor 14 Kaliningrad	<b>5:49.73</b>	305
50m: 38.32 38.32	150m: 2:09.91 45.50	250m: 3:41.65 48.22	350m: 5:11.15 40.24	
100m: 1:24.41 46.09	200m: 2:53.43 43.52	300m: 4:30.91 49.26	400m: 5:49.73 38.58	

15 lat

1. Kłak Marcin	01	KS PŁETWAL Szczytno	<b>4:46.62</b>	554
50m: 29.82 29.82	150m: 1:42.12 37.92	250m: 2:58.83 40.75	350m: 4:14.74 34.13	
100m: 1:04.20 34.38	200m: 2:18.08 35.96	300m: 3:40.61 41.78	400m: 4:46.62 31.88	
2. cieszko Mateusz	01	MKS Trójka Łód	<b>5:04.93</b>	460
50m: 31.20 31.20	150m: 1:47.55 39.80	250m: 3:10.87 43.94	350m: 4:30.82 35.45	
100m: 1:07.75 36.55	200m: 2:26.93 39.38	300m: 3:55.37 44.50	400m: 5:04.93 34.11	

16 lat

1. Doma ski Kamil	00	MKS Trójka Łód	<b>4:39.71</b>	596
50m: 29.55 29.55	150m: 1:38.71 35.67	250m: 2:54.20 40.00	350m: 4:08.11 32.75	
100m: 1:03.04 33.49	200m: 2:14.20 35.49	300m: 3:35.36 41.16	400m: 4:39.71 31.60	
PK Grabowski Mikołaj	04	MTP Kormoran Olsztyn	<b>6:02.40</b>	274
50m: 41.37 41.37	150m: 2:11.88 42.81	250m: 3:48.52 52.93	350m: 5:23.21 40.02	
100m: 1:29.07 47.70	200m: 2:55.59 43.71	300m: 4:43.19 54.67	400m: 6:02.40 39.19	