

Zimowe Mistrzostwa Polski Juniorów 16lat  
Gorzów, 9- 11-12-2022

Konkurencja 20  
2022-12-10 - 17:41

Chłopców, 400m dowolny

16 lat  
Wyniki Finał

Rekord Polski Open	3:37.57	WOJDAK Wojciech	01006	Netanya (ISR)	2015-12-02
Rekord Polski 16	3:47.70	WOJDAK Wojciech	03106	Ostrowiec Sw.	2012-12-19

Punkty: FINA 2022

Pozycja			Rok ur.				Czas	CR	Strata	%	Pkt.	
<b>Finał A</b>												
1.	FILIPIAK Mikołaj		06	KS Barrakuda Gda sk			<b>3:44.32</b>	+0,78		116%	847	
	<i>Rekord Polski</i>											
	50m:	25.89	25.89	150m:	1:22.07	28.26	250m:	2:19.84	28.92	350m:	3:17.16	28.51
	100m:	53.81	27.92	200m:	1:50.92	28.85	300m:	2:48.65	28.81	400m:	3:44.32	27.16
2.	KAPAŁA Bartosz		06	MTP Kormoran Olsztyn			<b>3:54.50</b>	+0,77	+ 10.18	107%	741	
	50m:	27.43	27.43	150m:	1:26.65	29.73	250m:	2:26.54	29.92	350m:	3:26.29	29.76
	100m:	56.92	29.49	200m:	1:56.62	29.97	300m:	2:56.53	29.99	400m:	3:54.50	28.21
3.	LARY Jerzy		06	IUKS Muszelka Warszawa			<b>3:54.85</b>	+0,75	+ 10.53	107%	738	
	50m:	27.45	27.45	150m:	1:26.63	29.98	250m:	2:26.61	29.92	350m:	3:26.17	29.68
	100m:	56.65	29.20	200m:	1:56.69	30.06	300m:	2:56.49	29.88	400m:	3:54.85	28.68
4.	FRONCZAK Antoni		06	UKS G-8 Bielany Warszawa			<b>4:02.06</b>	+0,64	+ 17.74	104%	674	
	50m:	27.54	27.54	150m:	1:26.90	29.90	250m:	2:27.73	30.50	350m:	3:30.48	31.83
	100m:	57.00	29.46	200m:	1:57.23	30.33	300m:	2:58.65	30.92	400m:	4:02.06	31.58
5.	KUREK Bartosz		06	UKS 190 Łód			<b>4:03.08</b>	+0,73	+ 18.76	103%	665	
	50m:	27.62	27.62	150m:	1:27.79	30.40	250m:	2:29.04	30.87	350m:	3:32.25	31.81
	100m:	57.39	29.77	200m:	1:58.17	30.38	300m:	3:00.44	31.40	400m:	4:03.08	30.83
6.	JASI SKI Kacper		06	MUKP Korona-Swim Kielce			<b>4:04.16</b>	+0,81	+ 19.84	104%	656	
	50m:	27.56	27.56	150m:	1:27.94	30.27	250m:	2:29.91	30.96	350m:	3:33.31	32.00
	100m:	57.67	30.11	200m:	1:58.95	31.01	300m:	3:01.31	31.40	400m:	4:04.16	30.85
7.	RYSTWEJ Maksymilian		06	UKS G-8 Bielany Warszawa			<b>4:04.65</b>	+0,73	+ 20.33	103%	652	
	50m:	28.57	28.57	150m:	1:30.45	31.04	250m:	2:32.42	30.54	350m:	3:34.65	31.03
	100m:	59.41	30.84	200m:	2:01.88	31.43	300m:	3:03.62	31.20	400m:	4:04.65	30.00
8.	CIECHOMSKI Rafał		06	MKS Astoria Bydgoszcz			<b>4:07.49</b>	+0,73	+ 23.17	101%	630	
	50m:	28.13	28.13	150m:	1:30.67	31.54	250m:	2:33.10	30.81	350m:	3:36.30	31.91
	100m:	59.13	31.00	200m:	2:02.29	31.62	300m:	3:04.39	31.29	400m:	4:07.49	31.19
<b>Finał B</b>												
9.	SULKOWSKI Maciej		06	MKP Gda sk			<b>4:08.16</b>	+0,69	+ 23.84	101%	625	
	50m:	28.13	28.13	150m:	1:30.57	31.40	250m:	2:34.35	32.02	350m:	3:37.77	31.57
	100m:	59.17	31.04	200m:	2:02.33	31.76	300m:	3:06.20	31.85	400m:	4:08.16	30.39
10.	MICHNIEWICZ Marcel		06	WKS I sk Wrocław			<b>4:09.43</b>	+0,66	+ 25.11	101%	616	
	50m:	28.03	28.03	150m:	1:30.20	31.45	250m:	2:34.36	32.15	350m:	3:38.17	31.89
	100m:	58.75	30.72	200m:	2:02.21	32.01	300m:	3:06.28	31.92	400m:	4:09.43	31.26
11.	KOWALI SKI Adrian		06	WKS I sk Wrocław			<b>4:09.75</b>	+0,66	+ 25.43	104%	613	
	50m:	28.67	28.67	150m:	1:31.09	31.67	250m:	2:35.01	31.94	350m:	3:39.03	31.79
	100m:	59.42	30.75	200m:	2:03.07	31.98	300m:	3:07.24	32.23	400m:	4:09.75	30.72
12.	NOWAK Aleksander		06	MKP Szczecin			<b>4:10.61</b>	+0,70	+ 26.29	101%	607	
	50m:	28.47	28.47	150m:	1:31.37	31.84	250m:	2:35.93	32.17	350m:	3:40.11	31.81
	100m:	59.53	31.06	200m:	2:03.76	32.39	300m:	3:08.30	32.37	400m:	4:10.61	30.50
13.	CHODA Maciej		06	MTP Kormoran Olsztyn			<b>4:12.24</b>	+0,71	+ 27.92	101%	595	
	50m:	28.86	28.86	150m:	1:31.65	31.53	250m:	2:35.62	31.93	350m:	3:39.70	32.14
	100m:	1:00.12	31.26	200m:	2:03.69	32.04	300m:	3:07.56	31.94	400m:	4:12.24	32.54
14.	BRÓDKA Bartosz		06	MTS Kwidzyn			<b>4:14.19</b>	+0,77	+ 29.87	101%	582	
	50m:	29.08	29.08	150m:	1:32.69	32.11	250m:	2:38.23	32.63	350m:	3:43.02	32.27
	100m:	1:00.58	31.50	200m:	2:05.60	32.91	300m:	3:10.75	32.52	400m:	4:14.19	31.17
15.	WISTAK Miłosz		06	UKS Feniks D bica			<b>4:14.50</b>	+0,83	+ 30.18	99%	580	
	50m:	29.47	29.47	150m:	1:32.54	31.84	250m:	2:37.83	32.55	350m:	3:43.42	32.72
	100m:	1:00.70	31.23	200m:	2:05.28	32.74	300m:	3:10.70	32.87	400m:	4:14.50	31.08
16.	SZAREK Jan		06	WKS I sk Wrocław			<b>4:14.81</b>	+0,72	+ 30.49	96%	577	
	50m:	27.30	27.30	150m:	1:30.08	31.80	250m:	2:35.15	32.98	350m:	3:41.79	33.26
	100m:	58.28	30.98	200m:	2:02.17	32.09	300m:	3:08.53	33.38	400m:	4:14.81	33.02