



Letnie Mistrzostwa Polski w Pływaniu Juniorów Młodszych 16 lat  
Opole, 14. - 16.7.2017

Event 12 Boys, 400m Medley 16 years  
14.07.2017 - 11:10 Results Prelim

Rekord Polski Open	4:12.28	MATCZAK, Mateusz	POL	Belgrade (SRB)	11.07.2009
Rekord Polski 16	4:26.91	KALUSOWSKI, Jan	POL	Ostrowiec Sw	15.07.2016

Points: FINA 2016

Rank	YB		Time		Pts	100m	200m	300m	400m
1.	WARZOCHA, Albert	01	UKS CITYZEN Poznan	<b>4:41.93</b>	646 A	1:03.74	1:14.35	1:21.29	1:02.55
	50m: 29.47	29.47	150m: 1:41.47	37.73	250m: 2:58.34	40.25	350m: 4:10.65	31.27	
	100m: 1:03.74	34.27	200m: 2:18.09	36.62	300m: 3:39.38	41.04	400m: 4:41.93	31.28	
2.	SACHA, Kamil	01	CSIR MOS Dabrowa Gornic	<b>4:42.51</b>	643 A	1:04.71	1:13.92	1:19.48	1:04.40
	50m: 30.05	30.05	150m: 1:41.81	37.10	250m: 2:58.08	39.45	350m: 4:11.12	33.01	
	100m: 1:04.71	34.66	200m: 2:18.63	36.82	300m: 3:38.11	40.03	400m: 4:42.51	31.39	
3.	ZAREMBA, Jakub	01	WKS Slask Wroclaw	<b>4:43.20</b>	638 A	1:03.58	1:14.50	1:21.22	1:03.90
	50m: 29.74	29.74	150m: 1:40.94	37.36	250m: 2:58.36	40.28	350m: 4:11.91	32.61	
	100m: 1:03.58	33.84	200m: 2:18.08	37.14	300m: 3:39.30	40.94	400m: 4:43.20	31.29	
4.	ELGALAL, Sami	01	UKS SP 149 Lodz	<b>4:43.78</b>	634 A	1:05.68	1:13.13	1:22.19	1:02.78
	50m: 30.06	30.06	150m: 1:42.48	36.80	250m: 3:00.14	41.33	350m: 4:12.94	31.94	
	100m: 1:05.68	35.62	200m: 2:18.81	36.33	300m: 3:41.00	40.86	400m: 4:43.78	30.84	
5.	DUBAS, Mateusz	01	AZS AWF Katowice	<b>4:43.94</b>	633 A	1:03.87	1:15.29	1:17.54	1:07.24
	50m: 29.58	29.58	150m: 1:42.00	38.13	250m: 2:57.63	38.47	350m: 4:10.62	33.92	
	100m: 1:03.87	34.29	200m: 2:19.16	37.16	300m: 3:36.70	39.07	400m: 4:43.94	33.32	
6.	GLUSZKOWSKI, Mateusz	01	UKS CITYZEN Poznan	<b>4:46.06</b>	619 A	1:06.54	1:13.67	1:23.67	1:02.18
	50m: 30.54	30.54	150m: 1:43.31	36.77	250m: 3:01.35	41.14	350m: 4:16.08	32.20	
	100m: 1:06.54	36.00	200m: 2:20.21	36.90	300m: 3:43.88	42.53	400m: 4:46.06	29.98	
7.	SUCHANSKI, Przemyslaw	01	MKS Park Wodny Tarnowsk	<b>4:46.09</b>	619 A	1:07.01	1:10.95	1:22.52	1:05.61
	50m: 30.26	30.26	150m: 1:42.89	35.88	250m: 2:58.25	40.29	350m: 4:14.00	33.52	
	100m: 1:07.01	36.75	200m: 2:17.96	35.07	300m: 3:40.48	42.23	400m: 4:46.09	32.09	
8.	WILEJTO, Igor	01	Dwojka Tczew	<b>4:46.82</b>	614 A	1:05.02	1:12.92	1:25.19	1:03.69
	50m: 30.26	30.26	150m: 1:42.05	37.03	250m: 2:59.46	41.52	350m: 4:15.36	32.23	
	100m: 1:05.02	34.76	200m: 2:17.94	35.89	300m: 3:43.13	43.67	400m: 4:46.82	31.46	
9.	GUZY, Marcel	01	DOKiS SP Vega Dobrodzier	<b>4:47.52</b>	609 A	1:05.84	1:15.67	1:18.93	1:07.08
	50m: 30.54	30.54	150m: 1:43.77	37.93	250m: 3:00.10	38.59	350m: 4:13.67	33.23	
	100m: 1:05.84	35.30	200m: 2:21.51	37.74	300m: 3:40.44	40.34	400m: 4:47.52	33.85	
10.	BARUSINSKI, Kordian	01	UKS G-8 Bielany	<b>4:48.25</b>	605 A	1:03.73	1:15.23	1:22.73	1:06.56
	50m: 29.17	29.17	150m: 1:42.02	38.29	250m: 3:00.49	41.53	350m: 4:15.85	34.16	
	100m: 1:03.73	34.56	200m: 2:18.96	36.94	300m: 3:41.69	41.20	400m: 4:48.25	32.40	
11.	SZEWczyk, Bartosz	01	Znicz Koszalin	<b>4:49.52</b>	597 B	1:06.53	1:16.12	1:21.08	1:05.79
	50m: 30.70	30.70	150m: 1:45.67	39.14	250m: 3:02.13	39.48	350m: 4:17.92	34.19	
	100m: 1:06.53	35.83	200m: 2:22.65	36.98	300m: 3:43.73	41.60	400m: 4:49.52	31.60	
12.	JOZKOW, Cezary	01	WKS Slask Wroclaw	<b>4:49.69</b>	596 B	1:03.84	1:15.84	1:23.85	1:06.16
	50m: 29.46	29.46	150m: 1:42.21	38.37	250m: 3:01.47	41.79	350m: 4:17.95	34.42	
	100m: 1:03.84	34.38	200m: 2:19.68	37.47	300m: 3:43.53	42.06	400m: 4:49.69	31.74	
13.	SOLARSKI, Antoni	01	KS Warta Poznan	<b>4:49.95</b>	594 B	1:05.79	1:14.77	1:22.42	1:06.97
	50m: 30.31	30.31	150m: 1:43.20	37.41	250m: 3:00.79	40.23	350m: 4:16.13	33.15	
	100m: 1:05.79	35.48	200m: 2:20.56	37.36	300m: 3:42.98	42.19	400m: 4:49.95	33.82	
14.	GRZYBOWSKI, Artur	01	Znicz Koszalin	<b>4:54.70</b>	566 B	1:06.81	1:16.27	1:25.05	1:06.57
	50m: 30.61	30.61	150m: 1:45.15	38.34	250m: 3:04.83	41.75	350m: 4:22.54	34.41	
	100m: 1:06.81	36.20	200m: 2:23.08	37.93	300m: 3:48.13	43.30	400m: 4:54.70	32.16	
15.	WAMKA, Mateusz	01	MUKS Pietnastka Bydgoszcz	<b>4:54.78</b>	566 B	1:06.17	1:15.33	1:24.84	1:08.44
	50m: 30.66	30.66	150m: 1:43.94	37.77	250m: 3:03.58	42.08	350m: 4:22.60	36.26	
	100m: 1:06.17	35.51	200m: 2:21.50	37.56	300m: 3:46.34	42.76	400m: 4:54.78	32.18	
16.	SADLO, Marcel	01	CSIR MOS Dabrowa Gornic	<b>4:55.66</b>	560 B	1:02.83	1:18.00	1:24.73	1:10.10
	50m: 29.23	29.23	150m: 1:42.19	39.36	250m: 3:02.51	41.68	350m: 4:20.95	35.39	
	100m: 1:02.83	33.60	200m: 2:20.83	38.64	300m: 3:45.56	43.05	400m: 4:55.66	34.71	



Letnie Mistrzostwa Polski w Pływaniu Juniorów Młodszych 16 lat  
Opole, 14. - 16.7.2017

Event 12, Boys, 400m Medley, Prelim, 16 years

Rank	YB	Time	Pts	100m	200m	300m	400m
17.	MUC, Filip 01 CSIR MOS Dabrowa Gornic	<b>4:56.22</b>	557 B	1:05.94	1:15.71	1:25.52	1:09.05
	50m: 30.35 30.35 150m: 1:44.27 38.33 250m: 3:03.54 41.89 350m: 4:22.39 35.22			100m: 1:05.94 35.59 200m: 2:21.65 37.38 300m: 3:47.17 43.63 400m: 4:56.22 33.83			
18.	WOZNIAK, Kamil 01 KS Wisla Pulawy	<b>4:56.77</b>	554 B	1:04.71	1:18.67	1:26.03	1:07.36
	50m: 29.95 29.95 150m: 1:44.75 40.04 250m: 3:05.82 42.44 350m: 4:23.87 34.46			100m: 1:04.71 34.76 200m: 2:23.38 38.63 300m: 3:49.41 43.59 400m: 4:56.77 32.90			
19.	WOLINSKI, Igor 01 MKP Szczecin	<b>4:56.82</b>	554 B	1:05.12	1:18.29	1:26.39	1:07.02
	50m: 30.38 30.38 150m: 1:45.29 40.17 250m: 3:06.29 42.88 350m: 4:23.99 34.19			100m: 1:05.12 34.74 200m: 2:23.41 38.12 300m: 3:49.80 43.51 400m: 4:56.82 32.83			
20.	URYGA, Bartlomiej 01 UKS Aquatica Pawlowice	<b>4:58.35</b>	545 B	1:06.70	1:20.39	1:19.32	1:11.94
	50m: 30.55 30.55 150m: 1:48.12 41.42 250m: 3:05.37 38.28 350m: 4:22.92 36.51			100m: 1:06.70 36.15 200m: 2:27.09 38.97 300m: 3:46.41 41.04 400m: 4:58.35 35.43			
21.	ROGULIN, Bogdan SO 01 Unia Oswiecim	<b>4:59.23</b>	541 R	1:07.49	1:20.09	1:20.90	1:10.75
	50m: 30.98 30.98 150m: 1:48.04 40.55 250m: 3:07.99 40.41 350m: 4:24.22 35.74			100m: 1:07.49 36.51 200m: 2:27.58 39.54 300m: 3:48.48 40.49 400m: 4:59.23 35.01			
22.	KAMINSKI, Damian 01 Znicz Koszalin	<b>4:59.58</b>	539 R	1:04.81	1:16.10	1:29.23	1:09.44
	50m: 29.76 29.76 150m: 1:43.24 38.43 250m: 3:05.08 44.17 350m: 4:24.68 34.54			100m: 1:04.81 35.05 200m: 2:20.91 37.67 300m: 3:50.14 45.06 400m: 4:59.58 34.90			
23.	KONCKI, Bartlomiej 01 KS Wisla Pulawy	<b>5:01.05</b>	531	1:09.93	1:16.51	1:26.17	1:08.44
	50m: 32.84 32.84 150m: 1:49.32 39.39 250m: 3:09.12 42.68 350m: 4:28.18 35.57			100m: 1:09.93 37.09 200m: 2:26.44 37.12 300m: 3:52.61 43.49 400m: 5:01.05 32.87			
24.	DADOS, Aleksander 01 KS Wisla Pulawy	<b>5:04.87</b>	511	1:07.08	1:16.98	1:30.39	1:10.42
	50m: 30.88 30.88 150m: 1:45.82 38.74 250m: 3:07.99 43.93 350m: 4:30.45 36.00			100m: 1:07.08 36.20 200m: 2:24.06 38.24 300m: 3:54.45 46.46 400m: 5:04.87 34.42			
25.	MICHALSKI, Wojciech 01 MUKS Gilus Gilowice	<b>5:05.21</b>	509	1:10.10	1:18.67	1:29.20	1:07.24
	50m: 31.97 31.97 150m: 1:49.79 39.69 250m: 3:12.93 44.16 350m: 4:32.66 34.69			100m: 1:10.10 38.13 200m: 2:28.77 38.98 300m: 3:57.97 45.04 400m: 5:05.21 32.55			
26.	KOTARSKI, Jakub 01 BUKS Warszawa	<b>5:06.85</b>	501	1:07.40	1:20.33	1:30.30	1:08.82
	50m: 30.81 30.81 150m: 1:47.70 40.30 250m: 3:11.30 43.57 350m: 4:32.35 34.32			100m: 1:07.40 36.59 200m: 2:27.73 40.03 300m: 3:58.03 46.73 400m: 5:06.85 34.50			
27.	KALINOWSKI, Michal 01 Delfin Torun	<b>5:08.80</b>	492	1:07.15	1:18.86	1:31.15	1:11.64
	50m: 31.18 31.18 150m: 1:46.64 39.49 250m: 3:10.84 44.83 350m: 4:34.84 37.68			100m: 1:07.15 35.97 200m: 2:26.01 39.37 300m: 3:57.16 46.32 400m: 5:08.80 33.96			
28.	MIZIAK, Adam 01 UKS JAGIELLONKA Warsz	<b>5:10.86</b>	482	1:08.28	1:20.99	1:30.70	1:10.89
	50m: 31.19 31.19 150m: 1:50.10 41.82 250m: 3:14.47 45.20 350m: 4:36.55 36.58			100m: 1:08.28 37.09 200m: 2:29.27 39.17 300m: 3:59.97 45.50 400m: 5:10.86 34.31			
29.	WIELGUS, Kacper 01 KS Posnania	<b>5:15.19</b>	463	1:15.46	1:17.75	1:30.87	1:11.11
	50m: 35.01 35.01 150m: 1:54.57 39.11 250m: 3:19.04 45.83 350m: 4:40.28 36.20			100m: 1:15.46 40.45 200m: 2:33.21 38.64 300m: 4:04.08 45.04 400m: 5:15.19 34.91			
DSQ	GRZEMSKI, Kamil 01 MKP Wagrowiec						
	<i>Z 2 - Ukończenie poszczególnych odcinków niezgodnie z przepisami o danym stylu</i>						
DSQ	KAMINSKI, Dawid 01 MKP Szczecin						
	<i>K 14 - Praca nóg w płaszczyźnie pionowej w dół</i>						