



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

Event 20
15.07.2017 - 10:00

Boys, 400m Freestyle

16 years
Results Prelim

Rekord Polski Open	3:45.71	Stanczyk Przemyslaw	POL	Chiba (JPN)	21.08.2007
Rekord Polski 16	3:56.47	Kalu y ski Antoni	POL	Hodmezovasarhely (HUN)	12.12.2015

Points: FINA 2016

Rank					YB					Time	Pts	
1.	Moscicki Jakub SOL				01	MTP Kormoran Olsztyn				4:09.62	685	A
	50m:	28.77	28.77	150m:	1:31.17	31.19	250m:	2:34.59	32.03	350m:	3:38.23	32.11
	100m:	59.98	31.21	200m:	2:02.56	31.39	300m:	3:06.12	31.53	400m:	4:09.62	31.39
2.	Pajak Bartosz				01	BUKS Warszawa				4:11.46	670	A
	50m:	28.46	28.46	150m:	1:32.11	32.06	250m:	2:35.88	32.18	350m:	3:40.08	32.16
	100m:	1:00.05	31.59	200m:	2:03.70	31.59	300m:	3:07.92	32.04	400m:	4:11.46	31.38
3.	Piotrowski Kacper				01	WKS Slask Wroclaw				4:12.78	659	A
	50m:	28.27	28.27	150m:	1:32.97	33.03	250m:	2:37.78	32.79	350m:	3:42.83	32.65
	100m:	59.94	31.67	200m:	2:04.99	32.02	300m:	3:10.18	32.40	400m:	4:12.78	29.95
4.	Krzykala Emil				01	KP AVIA Swidnik				4:13.07	657	A
	50m:	27.98	27.98	150m:	1:31.79	32.46	250m:	2:37.43	32.93	350m:	3:42.25	32.50
	100m:	59.33	31.35	200m:	2:04.50	32.71	300m:	3:09.75	32.32	400m:	4:13.07	30.82
5.	Urbanski Michal				01	DELFIN Gdynia				4:13.31	655	A
	50m:	29.12	29.12	150m:	1:32.88	32.27	250m:	2:38.20	32.78	350m:	3:42.78	32.12
	100m:	1:00.61	31.49	200m:	2:05.42	32.54	300m:	3:10.66	32.46	400m:	4:13.31	30.53
6.	Girul Radoslaw				01	WKS Slask Wroclaw				4:13.48	654	A
	50m:	28.88	28.88	150m:	1:32.69	32.31	250m:	2:37.80	32.71	350m:	3:42.81	32.40
	100m:	1:00.38	31.50	200m:	2:05.09	32.40	300m:	3:10.41	32.61	400m:	4:13.48	30.67
7.	Szarpak Marcin				01	AZS AWF Katowice				4:13.78	652	A
	50m:	29.01	29.01	150m:	1:33.17	32.20	250m:	2:39.26	33.17	350m:	3:43.64	31.73
	100m:	1:00.97	31.96	200m:	2:06.09	32.92	300m:	3:11.91	32.65	400m:	4:13.78	30.14
8.	Wilejto Igor				01	Dwojka Tczew				4:14.83	644	A
	50m:	29.52	29.52	150m:	1:33.34	32.23	250m:	2:38.59	32.85	350m:	3:44.12	32.84
	100m:	1:01.11	31.59	200m:	2:05.74	32.40	300m:	3:11.28	32.69	400m:	4:14.83	30.71
9.	Jozkow Cezary				01	WKS Slask Wroclaw				4:15.06	642	A
	50m:	28.75	28.75	150m:	1:32.39	32.08	250m:	2:38.14	32.93	350m:	3:44.07	32.86
	100m:	1:00.31	31.56	200m:	2:05.21	32.82	300m:	3:11.21	33.07	400m:	4:15.06	30.99
10.	Gluszkowski Mateusz				01	UKS CITYZEN Poznan				4:15.39	639	A
	50m:	29.94	29.94	150m:	1:35.10	31.98	250m:	2:39.45	31.79	350m:	3:43.49	31.92
	100m:	1:03.12	33.18	200m:	2:07.66	32.56	300m:	3:11.57	32.12	400m:	4:15.39	31.90
11.	Kulczycki Patryk				01	MKP Słowianka Gorzow Wlkp.				4:15.97	635	B
	50m:	29.00	29.00	150m:	1:33.80	32.81	250m:	2:39.06	32.89	350m:	3:44.41	32.69
	100m:	1:00.99	31.99	200m:	2:06.17	32.37	300m:	3:11.72	32.66	400m:	4:15.97	31.56
12.	Bugala Krzysztof SSz				01	MKP Szczecin				4:16.05	634	B
	50m:	29.63	29.63	150m:	1:33.66	32.10	250m:	2:38.64	32.56	350m:	3:44.21	32.81
	100m:	1:01.56	31.93	200m:	2:06.08	32.42	300m:	3:11.40	32.76	400m:	4:16.05	31.84
13.	Zubik Stanislaw SWwa				01	MKS Polonia Warszawa				4:17.25	626	B
	50m:	29.27	29.27	150m:	1:34.66	32.73	250m:	2:39.94	32.66	350m:	3:45.62	32.82
	100m:	1:01.93	32.66	200m:	2:07.28	32.62	300m:	3:12.80	32.86	400m:	4:17.25	31.63
14.	Roj Jakub SSz				01	MKP Szczecin				4:18.10	619	B
	50m:	29.32	29.32	150m:	1:35.02	33.05	250m:	2:41.55	33.02	350m:	3:47.03	32.40
	100m:	1:01.97	32.65	200m:	2:08.53	33.51	300m:	3:14.63	33.08	400m:	4:18.10	31.07



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Rank			YB					Time	Pts			
15.	Rytter Igor		01	WKS Slask Wroclaw				4:18.56	616	B		
	50m:	29.33	29.33	150m:	1:34.65	33.08	250m:	2:41.33	33.39	350m:	3:47.46	32.55
	100m:	1:01.57	32.24	200m:	2:07.94	33.29	300m:	3:14.91	33.58	400m:	4:18.56	31.10
16.	Karpiel Dominik		01	CSIR MOS Dabrowa Gornicza				4:18.64	616	B		
	50m:	29.43	29.43	150m:	1:34.61	33.15	250m:	2:41.41	33.49	350m:	3:47.48	32.97
	100m:	1:01.46	32.03	200m:	2:07.92	33.31	300m:	3:14.51	33.10	400m:	4:18.64	31.16
17.	Krysiak Michal		01	MKS Trojka Lodz				4:19.11	612	B		
	50m:	29.73	29.73	150m:	1:34.38	32.61	250m:	2:40.45	33.08	350m:	3:46.57	32.96
	100m:	1:01.77	32.04	200m:	2:07.37	32.99	300m:	3:13.61	33.16	400m:	4:19.11	32.54
18.	Muszynski Jakub		01	MUKS Pietnastka Bydgoszcz				4:19.76	608	B		
	50m:	28.87	28.87	150m:	1:33.42	32.49	250m:	2:39.04	32.85	350m:	3:45.79	33.50
	100m:	1:00.93	32.06	200m:	2:06.19	32.77	300m:	3:12.29	33.25	400m:	4:19.76	33.97
19.	Wozny Wiktor		01	UKS Shark Rudna				4:21.49	596	B		
	50m:	29.24	29.24	150m:	1:32.71	31.98	250m:	2:39.34	33.95	350m:	3:48.70	34.56
	100m:	1:00.73	31.49	200m:	2:05.39	32.68	300m:	3:14.14	34.80	400m:	4:21.49	32.79
20.	Zimniak Szymon		01	UKS CITYZEN Poznan				4:22.02	592	B		
	50m:	30.83	30.83	150m:	1:37.07	32.51	250m:	2:42.97	32.80	350m:	3:48.94	32.98
	100m:	1:04.56	33.73	200m:	2:10.17	33.10	300m:	3:15.96	32.99	400m:	4:22.02	33.08
21.	Respondek Remigiusz		01	AZS AWF Katowice				4:22.13	591	R		
	50m:	29.30	29.30	150m:	1:34.82	32.84	250m:	2:41.75	33.66	350m:	3:49.63	33.91
	100m:	1:01.98	32.68	200m:	2:08.09	33.27	300m:	3:15.72	33.97	400m:	4:22.13	32.50
22.	Naleznik Jakub SSz		01	MKP Szczecin				4:22.30	590	R		
	50m:	30.25	30.25	150m:	1:37.59	34.19	250m:	2:44.56	33.01	350m:	3:50.18	32.64
	100m:	1:03.40	33.15	200m:	2:11.55	33.96	300m:	3:17.54	32.98	400m:	4:22.30	32.12
23.	Barusinski Kordian		01	UKS G-8 Bielany				4:22.43	589			
	50m:	29.58	29.58	150m:	1:35.55	32.43	250m:	2:41.40	32.87	350m:	3:49.42	34.60
	100m:	1:03.12	33.54	200m:	2:08.53	32.98	300m:	3:14.82	33.42	400m:	4:22.43	33.01
24.	Twardowski Piotr		01	UKS SMS Galicja Krakow				4:24.57	575			
	50m:	29.77	29.77	150m:	1:36.99	33.56	250m:	2:44.73	33.38	350m:	3:51.50	33.00
	100m:	1:03.43	33.66	200m:	2:11.35	34.36	300m:	3:18.50	33.77	400m:	4:24.57	33.07
25.	Milczarczyk Piotr		01	MKS Pletval Polkowice				4:25.18	571			
	50m:	29.58	29.58	150m:	1:36.10	33.81	250m:	2:44.44	34.11	350m:	3:52.98	34.39
	100m:	1:02.29	32.71	200m:	2:10.33	34.23	300m:	3:18.59	34.15	400m:	4:25.18	32.20
26.	Ratajczak Mateusz		01	KS Posenania				4:25.58	568			
	50m:	29.30	29.30	150m:	1:34.38	33.04	250m:	2:42.06	34.16	350m:	3:51.34	34.59
	100m:	1:01.34	32.04	200m:	2:07.90	33.52	300m:	3:16.75	34.69	400m:	4:25.58	34.24
27.	Koncki Bartlomiej		01	KS Wisla Pulawy				4:26.09	565			
	50m:	30.10	30.10	150m:	1:36.36	33.45	250m:	2:43.70	33.63	350m:	3:53.09	34.88
	100m:	1:02.91	32.81	200m:	2:10.07	33.71	300m:	3:18.21	34.51	400m:	4:26.09	33.00
28.	Czerwinski Lukasz		01	UKS JAGIELLONKA Warszawa				4:26.16	565			
	50m:	29.43	29.43	150m:	1:35.54	33.43	250m:	2:43.39	34.27	350m:	3:52.85	35.03
	100m:	1:02.11	32.68	200m:	2:09.12	33.58	300m:	3:17.82	34.43	400m:	4:26.16	33.31
29.	Janecki Mateusz		01	MKS Palac Mlodziezy Katowice				4:26.67	562			
	50m:	29.47	29.47	150m:	1:36.41	33.76	250m:	2:45.20	34.46	350m:	3:53.64	33.92
	100m:	1:02.65	33.18	200m:	2:10.74	34.33	300m:	3:19.72	34.52	400m:	4:26.67	33.03



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Rank			YB					Time	Pts
30.	Wozniak Kamil		01	KS Wisła Pulawy				4:27.56	556
	50m: 30.49	30.49	150m: 1:37.15	33.69	250m: 2:45.29	34.31	350m: 3:54.50	34.66	
	100m: 1:03.46	32.97	200m: 2:10.98	33.83	300m: 3:19.84	34.55	400m: 4:27.56	33.06	
31.	Michalski Wojciech		01	MUKS Gilus Gilowice				4:27.90	554
	50m: 30.25	30.25	150m: 1:38.19	34.61	250m: 2:46.69	34.18	350m: 3:55.59	34.07	
	100m: 1:03.58	33.33	200m: 2:12.51	34.32	300m: 3:21.52	34.83	400m: 4:27.90	32.31	
	Wolinski Igor		01	MKP Szczecin				4:27.90	554
	50m: 31.56	31.56	150m: 1:39.25	34.32	250m: 2:46.97	34.21	350m: 3:54.16	32.95	
	100m: 1:04.93	33.37	200m: 2:12.76	33.51	300m: 3:21.21	34.24	400m: 4:27.90	33.74	
33.	Smigielski Mateusz		01	MKS Jedyńka Łódź				4:28.41	551
	50m: 29.69	29.69	150m: 1:35.72	33.17	250m: 2:43.64	34.11	350m: 3:53.14	35.11	
	100m: 1:02.55	32.86	200m: 2:09.53	33.81	300m: 3:18.03	34.39	400m: 4:28.41	35.27	
34.	Wojciechowski Jakub		01	KS Warta Poznań				4:31.00	535
	50m: 29.87	29.87	150m: 1:36.62	33.88	250m: 2:45.65	34.62	350m: 3:55.85	35.10	
	100m: 1:02.74	32.87	200m: 2:11.03	34.41	300m: 3:20.75	35.10	400m: 4:31.00	35.15	
35.	Kaminski Dawid		01	MKP Szczecin				4:31.12	534
	50m: 30.35	30.35	150m: 1:36.93	33.67	250m: 2:45.76	34.27	350m: 3:56.24	35.12	
	100m: 1:03.26	32.91	200m: 2:11.49	34.56	300m: 3:21.12	35.36	400m: 4:31.12	34.88	
36.	Senkowski Kacper		01	UKS G-8 Bielany				4:31.39	533
	50m: 31.27	31.27	150m: 1:40.77	35.12	250m: 2:51.33	35.47	350m: 4:00.04	33.17	
	100m: 1:05.65	34.38	200m: 2:15.86	35.09	300m: 3:26.87	35.54	400m: 4:31.39	31.35	
37.	Zagrzejewski Tomasz		01	UKS Manta Warszawa Włochy				4:32.60	526
	50m: 29.49	29.49	150m: 1:36.90	34.24	250m: 2:47.42	35.26	350m: 3:58.04	34.86	
	100m: 1:02.66	33.17	200m: 2:12.16	35.26	300m: 3:23.18	35.76	400m: 4:32.60	34.56	
38.	Dados Aleksander		01	KS Wisła Pulawy				4:33.26	522
	50m: 29.28	29.28	150m: 1:38.15	35.26	250m: 2:49.26	35.70	350m: 3:59.90	34.61	
	100m: 1:02.89	33.61	200m: 2:13.56	35.41	300m: 3:25.29	36.03	400m: 4:33.26	33.36	
39.	Urbanczyk Adrian		01	KS Korona Kraków				4:33.93	518
	50m: 30.83	30.83	150m: 1:39.80	34.87	250m: 2:50.02	34.88	350m: 4:00.84	35.10	
	100m: 1:04.93	34.10	200m: 2:15.14	35.34	300m: 3:25.74	35.72	400m: 4:33.93	33.09	
40.	Rowinski Aleksander		01	MUKP Warszawianka Wodny Park				4:34.71	514
	50m: 30.59	30.59	150m: 1:39.42	34.75	250m: 2:49.56	35.16	350m: 4:00.48	35.44	
	100m: 1:04.67	34.08	200m: 2:14.40	34.98	300m: 3:25.04	35.48	400m: 4:34.71	34.23	
41.	Wojcik Paweł		01	UKS SMS Galicja Kraków				4:35.69	508
	50m: 31.08	31.08	150m: 1:38.22	34.13	250m: 2:49.04	35.47	350m: 4:00.29	35.86	
	100m: 1:04.09	33.01	200m: 2:13.57	35.35	300m: 3:24.43	35.39	400m: 4:35.69	35.40	
42.	Kotarski Jakub		01	BUKS Warszawa				4:35.96	507
	50m: 31.00	31.00	150m: 1:40.26	34.73	250m: 2:50.54	34.70	350m: 4:01.80	35.60	
	100m: 1:05.53	34.53	200m: 2:15.84	35.58	300m: 3:26.20	35.66	400m: 4:35.96	34.16	
43.	Nosal Bartosz		01	Hobby Sport Kietrz				4:37.09	500
	50m: 30.77	30.77	150m: 1:40.56	35.62	250m: 2:53.28	36.33	350m: 4:04.46	35.31	
	100m: 1:04.94	34.17	200m: 2:16.95	36.39	300m: 3:29.15	35.87	400m: 4:37.09	32.63	
44.	Wielgus Kacper		01	KS Poznań				4:37.26	500
	50m: 32.36	32.36	150m: 1:41.84	35.02	250m: 2:52.84	35.33	350m: 4:03.79	35.49	
	100m: 1:06.82	34.46	200m: 2:17.51	35.67	300m: 3:28.30	35.46	400m: 4:37.26	33.47	



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Rank					YB					Time	Pts	
45.	Bilinski Szymon				01	MKP Slowianka Gorzow Wilkp.				4:38.56	493	
	50m:	31.99	31.99	150m:	1:42.03	35.38	250m:	2:53.79	35.96	350m:	4:05.06	35.22
	100m:	1:06.65	34.66	200m:	2:17.83	35.80	300m:	3:29.84	36.05	400m:	4:38.56	33.50
46.	Libera Daniel				01	UKS NAWA Skierniewice				4:39.24	489	
	50m:	32.23	32.23	150m:	1:43.06	35.35	250m:	2:54.92	35.25	350m:	4:05.87	35.31
	100m:	1:07.71	35.48	200m:	2:19.67	36.61	300m:	3:30.56	35.64	400m:	4:39.24	33.37
47.	Jednaszewski Mikolaj SOL				01	MTP Kormoran Olsztyn				4:39.81	486	
	50m:	30.36	30.36	150m:	1:41.06	36.44	250m:	2:53.11	35.58	350m:	4:05.43	35.95
	100m:	1:04.62	34.26	200m:	2:17.53	36.47	300m:	3:29.48	36.37	400m:	4:39.81	34.38
48.	Krasowski Michal				01	Zryw				4:41.40	478	
	50m:	30.39	30.39	150m:	1:37.31	34.21	250m:	2:49.33	36.35	350m:	4:04.62	37.96
	100m:	1:03.10	32.71	200m:	2:12.98	35.67	300m:	3:26.66	37.33	400m:	4:41.40	36.78
49.	Nowakowski Jakub				01	UKS NAWA Skierniewice				4:42.45	472	
	50m:	28.66	28.66	150m:	1:37.42	35.69	250m:	2:51.17	36.92	350m:	4:06.49	37.45
	100m:	1:01.73	33.07	200m:	2:14.25	36.83	300m:	3:29.04	37.87	400m:	4:42.45	35.96
50.	Barszczewski Maximilian				01	UKS JAGIELLONKA Warszawa				4:47.92	446	
	50m:	31.00	31.00	150m:	1:42.54	36.98	250m:	2:56.51	36.14	350m:	4:11.07	37.73
	100m:	1:05.56	34.56	200m:	2:20.37	37.83	300m:	3:33.34	36.83	400m:	4:47.92	36.85
51.	Juskowiak Jakub				01	KS Warta Poznan				4:50.13	436	
	50m:	31.40	31.40	150m:	1:41.94	35.61	250m:	2:56.53	37.38	350m:	4:12.97	38.66
	100m:	1:06.33	34.93	200m:	2:19.15	37.21	300m:	3:34.31	37.78	400m:	4:50.13	37.16