

Zimowe Mistrzostwa Polski Juniorów 16 lat  
Gorzów Wielkopolski, 14. - 16.12.2018

Konkurencja 12  
14.12.2018 - 19:05

Chłopców, 400m zmienny

16 lat  
Wyniki Finał

Rekord Polski 4:12.62 W GROWSKI Marcel POL Lublin 18.12.2015

Punkty: FINA 2017

Pozycja			Rok ur.					Czas	Pkt.
<b>Finał A</b>									
1.	SYNOWIEC	Mikołaj	02	UKS SMS	Galicja	Kraków	<b>4:24.10</b>	709	
	50m:	28.12	28.12	150m:	1:34.26	33.99	250m:	2:45.21	36.87
	100m:	1:00.27	32.15	200m:	2:08.34	34.08	300m:	3:23.96	38.75
				350m:	3:54.46	30.50	400m:	4:24.10	29.64
2.	ZDZIEBŁO	Piotr	02	WKS	I sk	Wrocław	<b>4:24.39</b>	706	
	50m:	28.00	28.00	150m:	1:34.37	34.84	250m:	2:44.90	37.25
	100m:	59.53	31.53	200m:	2:07.65	33.28	300m:	3:22.78	37.88
				350m:	3:54.37	31.59	400m:	4:24.39	30.02
3.	RAJCA	Wiktor	02	UKS	190	Łódź	<b>4:27.39</b>	683	
	50m:	28.34	28.34	150m:	1:34.43	34.14	250m:	2:46.90	38.55
	100m:	1:00.29	31.95	200m:	2:08.35	33.92	300m:	3:25.92	39.02
				350m:	3:57.62	31.70	400m:	4:27.39	29.77
4.	KSI NICKI	Dawid	02	MKS „IKAR”	Mielec		<b>4:27.49</b>	682	
	50m:	28.76	28.76	150m:	1:38.43	36.36	250m:	2:49.79	36.12
	100m:	1:02.07	33.31	200m:	2:13.67	35.24	300m:	3:26.57	36.78
				350m:	3:58.34	31.77	400m:	4:27.49	29.15
5.	POPIOŁEK	Dawid	02	Uks	Skarpa	Lublin	<b>4:29.77</b>	665	
	50m:	27.77	27.77	150m:	1:33.92	34.38	250m:	2:47.78	39.62
	100m:	59.54	31.77	200m:	2:08.16	34.24	300m:	3:27.44	39.66
				350m:	3:59.03	31.59	400m:	4:29.77	30.74
6.	BLACHURA	Oskar	02	UKP	Unia O	wi cim	<b>4:32.03</b>	648	
	50m:	29.97	29.97	150m:	1:38.51	35.55	250m:	2:52.64	38.36
	100m:	1:02.96	32.99	200m:	2:14.28	35.77	300m:	3:31.44	38.80
				350m:	4:02.10	30.66	400m:	4:32.03	29.93
7.	SZCZYGIEŁ	David	02	UKP	Unia O	wi cim	<b>4:33.15</b>	640	
	50m:	28.71	28.71	150m:	1:35.38	34.38	250m:	2:48.65	39.07
	100m:	1:01.00	32.29	200m:	2:09.58	34.20	300m:	3:28.48	39.83
				350m:	4:01.58	33.10	400m:	4:33.15	31.57
8.	JA KIEWICZ	Adrian	02	UKS	G-8	Bielany Warszawa	<b>4:38.25</b>	606	
	50m:	27.21	27.21	150m:	1:34.53	35.31	250m:	2:51.98	42.12
	100m:	59.22	32.01	200m:	2:09.86	35.33	300m:	3:33.28	41.30
				350m:	4:06.26	32.98	400m:	4:38.25	31.99
<b>Finał B</b>									
9.	WORONKO	Krzysztof	02	MTP	Kormoran	Olsztyn	<b>4:35.89</b>	621	
	50m:	28.34	28.34	150m:	1:36.19	34.54	250m:	2:50.86	40.56
	100m:	1:01.65	33.31	200m:	2:10.30	34.11	300m:	3:32.03	41.17
				350m:	4:04.34	32.31	400m:	4:35.89	31.55
10.	DOROBA	Michał	02	WKS	I sk	Wrocław	<b>4:36.02</b>	621	
	50m:	29.33	29.33	150m:	1:39.20	35.66	250m:	2:53.81	37.60
	100m:	1:03.54	34.21	200m:	2:16.21	37.01	300m:	3:32.78	38.97
				350m:	4:05.81	33.03	400m:	4:36.02	30.21
11.	PŁATEK	Maciej	02	UKP	Unia O	wi cim	<b>4:39.79</b>	596	
	50m:	30.73	30.73	150m:	1:40.02	35.88	250m:	2:55.59	40.48
	100m:	1:04.14	33.41	200m:	2:15.11	35.09	300m:	3:36.53	40.94
				350m:	4:08.91	32.38	400m:	4:39.79	30.88
12.	KUBIAK	Norbert	02	Warta	Pozna		<b>4:42.64</b>	578	
	50m:	29.08	29.08	150m:	1:38.83	36.11	250m:	2:55.54	40.02
	100m:	1:02.72	33.64	200m:	2:15.52	36.69	300m:	3:36.40	40.86
				350m:	4:09.80	33.40	400m:	4:42.64	32.84
13.	MATYJASEK	Maciej	02	MMKS	K	dzierzyn-Ko le	<b>4:43.55</b>	572	
	50m:	29.16	29.16	150m:	1:39.69	37.37	250m:	2:56.57	40.96
	100m:	1:02.32	33.16	200m:	2:15.61	35.92	300m:	3:38.39	41.82
				350m:	4:11.89	33.50	400m:	4:43.55	31.66
14.	KRZYSZTY	SKI Jan	02	UKS SMS	Galicja	Kraków	<b>4:45.40</b>	561	
	50m:	30.10	30.10	150m:	1:42.53	37.51	250m:	2:59.23	40.93
	100m:	1:05.02	34.92	200m:	2:18.30	35.77	300m:	3:40.27	41.04
				350m:	4:13.56	33.29	400m:	4:45.40	31.84
15.	MAGDA	Patryk	02	MKS „IKAR”	Mielec		<b>4:47.35</b>	550	
	50m:	28.20	28.20	150m:	1:36.50	36.27	250m:	2:56.22	42.81
	100m:	1:00.23	32.03	200m:	2:13.41	36.91	300m:	3:39.61	43.39
				350m:	4:14.35	34.74	400m:	4:47.35	33.00