

ZIMOWE MISTRZOSTWA POLSKI W PŁYWANIU JUNIORÓW 16 LAT  
Gliwice, 18- - 20-3-2011

Konkurencja 12 Chłopców, 400m zmienny 16 lat  
2011-03-18 - 11:25 Wyniki Eliminacje

Rekordy Polski 16 lat 4:12.87 CIE LAK Marcin MUWAR Gorzow Wlkp. 2008-11-28

Punktury: FINA 2010

Pozycja	Rok ur.	Czas	Pkt.	CR
1. OSSES Arkadiusz	95 Warta Pozna	<b>4:31.57</b>	666	+0,72
50m: 28.87 28.87	150m: 1:36.33 34.72	250m: 2:49.17 38.75	350m: 4:00.17 32.22	
100m: 1:01.61 32.74	200m: 2:10.42 34.09	300m: 3:27.95 38.78	400m: 4:31.57 31.40	
2. NACHTMAN MATEUSZ	95 Slask Wroclaw	<b>4:32.26</b>	661	+0,77
50m: 28.51 28.51	150m: 1:37.37 35.60	250m: 2:49.89 37.10	350m: 4:01.34 32.74	
100m: 1:01.77 33.26	200m: 2:12.79 35.42	300m: 3:28.60 38.71	400m: 4:32.26 30.92	
3. WIEK Kacper	95 MKS Polonia Warszawa	<b>4:35.67</b>	637	+0,73
50m: 29.36 29.36	150m: 1:39.43 35.67	250m: 2:54.02 39.73	350m: 4:05.14 30.76	
100m: 1:03.76 34.40	200m: 2:14.29 34.86	300m: 3:34.38 40.36	400m: 4:35.67 30.53	
4. URBANIAK Jan	95 Warta Pozna	<b>4:36.67</b>	630	+0,58
50m: 30.19 30.19	150m: 1:41.08 35.43	250m: 2:54.75 39.37	350m: 4:07.01 31.37	
100m: 1:05.65 35.46	200m: 2:15.38 34.30	300m: 3:35.64 40.89	400m: 4:36.67 29.66	
5. TWAROWSKI Jerzy SK	95 MKS Jordan Kraków	<b>4:37.57</b>	624	+0,78
50m: 29.09 29.09	150m: 1:39.42 35.96	250m: 2:53.39 39.17	350m: 4:06.24 33.26	
100m: 1:03.46 34.37	200m: 2:14.22 34.80	300m: 3:32.98 39.59	400m: 4:37.57 31.33	
6. KUBKOWSKI Bartłomiej	95 MKS Medyk Gi ycko	<b>4:39.36</b>	612	+0,81
50m: 28.80 28.80	150m: 1:38.78 36.27	250m: 2:54.72 40.58	350m: 4:07.82 32.09	
100m: 1:02.51 33.71	200m: 2:14.14 35.36	300m: 3:35.73 41.01	400m: 4:39.36 31.54	
7. ORCZYK Maciej	95 MKS Polonia Warszawa	<b>4:40.73</b>	603	+0,70
50m: 28.96 28.96	150m: 1:38.18 35.83	250m: 2:52.15 38.82	350m: 4:06.78 34.29	
100m: 1:02.35 33.39	200m: 2:13.33 35.15	300m: 3:32.49 40.34	400m: 4:40.73 33.95	
8. ZABOJSZCZ Wojciech SO	95 Korona Swim Kielce	<b>4:41.60</b>	598	+0,79
50m: 28.42 28.42	150m: 1:39.84 37.43	250m: 2:54.65 39.00	350m: 4:08.50 33.99	
100m: 1:02.41 33.99	200m: 2:15.65 35.81	300m: 3:34.51 39.86	400m: 4:41.60 33.10	
9. BAŁABUCH Krystian	95 BOSiR Brzesko	<b>4:44.00</b>	583	+0,71
50m: 29.76 29.76	150m: 1:41.51 36.49	250m: 2:56.27 38.35	350m: 4:09.66 33.89	
100m: 1:05.02 35.26	200m: 2:17.92 36.41	300m: 3:35.77 39.50	400m: 4:44.00 34.34	
10. KORNACKI Patryk	95 MKP Słowianka Gorzow Wlkp.	<b>4:52.77</b>	532	+0,81
50m: 31.11 31.11	150m: 1:43.19 36.20	250m: 3:01.66 42.92	350m: 4:18.83 33.69	
100m: 1:06.99 35.88	200m: 2:18.74 35.55	300m: 3:45.14 43.48	400m: 4:52.77 33.94	
11. SZCZECURA Patryk	95 Ks Kszo Ostrowiec	<b>4:53.73</b>	527	+0,55
50m: 31.00 31.00	150m: 1:45.35 37.78	250m: 3:04.20 42.27	350m: 4:21.63 33.77	
100m: 1:07.57 36.57	200m: 2:21.93 36.58	300m: 3:47.86 43.66	400m: 4:53.73 32.10	
12. GIERACKI Bartosz	95 Uczniowski Ludowy Klub Sportowy Woda	<b>4:54.05</b>	525	+0,68
50m: 29.99 29.99	150m: 1:44.26 38.79	250m: 3:04.82 42.39	350m: 4:21.37 34.37	
100m: 1:05.47 35.48	200m: 2:22.43 38.17	300m: 3:47.00 42.18	400m: 4:54.05 32.68	
13. SMEJA PATRYK	95 AZS WSG Astoria Bydgoszcz	<b>4:59.23</b>	498	+0,56
50m: 30.43 30.43	150m: 1:46.28 39.65	250m: 3:06.91 41.20	350m: 4:25.26 36.31	
100m: 1:06.63 36.20	200m: 2:25.71 39.43	300m: 3:48.95 42.04	400m: 4:59.23 33.97	
14. MARCINIAK Konrad	95 Klub Sportowy Poznania	<b>5:00.08</b>	494	+0,75
50m: 31.86 31.86	150m: 1:49.15 40.63	250m: 3:08.85 40.00	350m: 4:25.58 35.71	
100m: 1:08.52 36.66	200m: 2:28.85 39.70	300m: 3:49.87 41.02	400m: 5:00.08 34.50	
15. JONIEC Artur	95 AZS AWF Katowice	<b>5:03.36</b>	478	+0,80
50m: 30.08 30.08	150m: 1:44.39 38.96	250m: 3:07.58 44.69	350m: 4:28.44 35.81	
100m: 1:05.43 35.35	200m: 2:22.89 38.50	300m: 3:52.63 45.05	400m: 5:03.36 34.92	
16. SUCHODOLSKI Rafał	95 KS. Górnik Radlin	<b>5:07.09</b>	461	+0,82
50m: 29.99 29.99	150m: 1:42.80 37.65	250m: 3:04.94 44.90	350m: 4:28.95 38.80	
100m: 1:05.15 35.16	200m: 2:20.04 37.24	300m: 3:50.15 45.21	400m: 5:07.09 38.14	
17. GARDYAN Dawid	95 KS. Górnik Radlin	<b>5:09.05</b>	452	+0,82
50m: 31.94 31.94	150m: 1:50.05 41.09	250m: 3:12.59 42.44	350m: 4:32.85 36.67	
100m: 1:08.96 37.02	200m: 2:30.15 40.10	300m: 3:56.18 43.59	400m: 5:09.05 36.20	

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18.	TRUSZY	SKI	Aleksander	95	MKP	Słowianka	Gorzów	Wlkp.	<b>5:09.27</b>	451	+0,78	
	50m:	31.10	31.10	150m:	1:46.29	38.98	250m:	3:12.45	47.52	350m:	4:35.78	35.79
	100m:	1:07.31	36.21	200m:	2:24.93	38.64	300m:	3:59.99	47.54	400m:	5:09.27	33.49