

Mistrzostwa Polski Juniorów 16 lat w Pływaniu.  
Gliwice, 13-15.07.2012

Event 12 Boys, 400m Medley 16 years  
2012-07-13 - 18:35 Results Final

RP Senior 4:12.28 Matczak Mateusz MKS Trójka Łód 2009-07-11  
RP 16 lat 4:27.40 Cie lak Marcin MUKP Warszawianka SK 2008-12-06

Points: FINA 2012

Rank			YB					Time	Pts		
Final											
1.	WOJDAK WOJCIECH SO		96	BOSiR BRZESKO				<b>4:35.39</b>	694		
	50m:	29.05 29.05	150m:	1:38.89	36.52	250m:	2:51.94	37.87	350m:	4:03.69	31.67
	100m:	1:02.37 33.32	200m:	2:14.07	35.18	300m:	3:32.02	40.08	400m:	4:35.39	31.70
2.	STEPIEN KONRAD		96	Mks Polonia Warszawa				<b>4:39.27</b>	665		
	50m:	28.60 28.60	150m:	1:39.49	37.44	250m:	2:55.05	38.69	350m:	4:07.16	32.87
	100m:	1:02.05 33.45	200m:	2:16.36	36.87	300m:	3:34.29	39.24	400m:	4:39.27	32.11
3.	Hulboj Marcin		96	MKP Szczecin				<b>4:43.28</b>	637		
	50m:	30.48 30.48	150m:	1:44.13	38.24	250m:	2:59.54	37.66	350m:	4:10.34	32.78
	100m:	1:05.89 35.41	200m:	2:21.88	37.75	300m:	3:37.56	38.02	400m:	4:43.28	32.94
4.	FREMEL DAWID SO		96	Ukp „Unia” Oswiecim				<b>4:46.15</b>	618		
	50m:	30.20 30.20	150m:	1:44.61	39.86	250m:	3:01.15	37.79	350m:	4:13.54	33.61
	100m:	1:04.75 34.55	200m:	2:23.36	38.75	300m:	3:39.93	38.78	400m:	4:46.15	32.61
5.	Salik Jakub		96	MKS Juvenia Wroclaw				<b>4:48.63</b>	602		
	50m:	30.07 30.07	150m:	1:43.57	39.49	250m:	3:00.58	38.83	350m:	4:15.23	34.81
	100m:	1:04.08 34.01	200m:	2:21.75	38.18	300m:	3:40.42	39.84	400m:	4:48.63	33.40
6.	Wertepny Damian		96	UKS Shark Rudna				<b>4:49.35</b>	598		
	50m:	30.93 30.93	150m:	1:44.14	36.04	250m:	3:00.90	40.69	350m:	4:16.40	33.03
	100m:	1:08.10 37.17	200m:	2:20.21	36.07	300m:	3:43.37	42.47	400m:	4:49.35	32.95
7.	Falis Dawid		96	MOS Dabrowa Gornicza				<b>4:52.60</b>	578		
	50m:	28.99 28.99	150m:	1:40.03	37.40	250m:	2:58.80	40.76	350m:	4:16.60	35.74
	100m:	1:02.63 33.64	200m:	2:18.04	38.01	300m:	3:40.86	42.06	400m:	4:52.60	36.00
8.	Rutkowski Krzysztof		96	MTP Lublinianka				<b>4:53.10</b>	575		
	50m:	29.21 29.21	150m:	1:43.18	39.08	250m:	3:02.75	39.75	350m:	4:19.30	33.97
	100m:	1:04.10 34.89	200m:	2:23.00	39.82	300m:	3:45.33	42.58	400m:	4:53.10	33.80