

Mistrzostwa Polski Juniorów 16 lat w pływaniu  
Gliwice, 8-10.3.2013

Konkurencja 20  
2013-03-09 - 17:25

Chłopców, 400m dowolny

16 lat  
Wyniki Finał

Rekordy Polski 16 lat 3:47.70 Wojdak Wojciech BOSiR SP Brzesko SO 2012-12-19

Punkty: FINA 2012

Pozycja			Rok ur.					Czas	Pkt.
<b>Finał A</b>									
1.	Staniszewski Adam	97	Mks Trójka Łód					<b>3:59.94</b>	697
	50m: 27.28 27.28	150m: 1:28.93 31.15	250m: 2:30.20 30.35	350m: 3:31.81 30.81					
	100m: 57.78 30.50	200m: 1:59.85 30.92	300m: 3:01.00 30.80	400m: 3:59.94 28.13					
2.	Jaszczak Wiktor	97	WKS I sk					<b>3:59.97</b>	697
	50m: 27.52 27.52	150m: 1:29.17 31.14	250m: 2:30.68 30.42	350m: 3:31.45 30.15					
	100m: 58.03 30.51	200m: 2:00.26 31.09	300m: 3:01.30 30.62	400m: 3:59.97 28.52					
3.	Goleniec Łukasz SO	97	Ukp Unia O wi cim					<b>4:01.13</b>	687
	50m: 27.76 27.76	150m: 1:29.28 31.32	250m: 2:31.24 30.74	350m: 3:32.19 30.18					
	100m: 57.96 30.20	200m: 2:00.50 31.22	300m: 3:02.01 30.77	400m: 4:01.13 28.94					
4.	Oliwa Michał	97	MKP Szczecin					<b>4:01.82</b>	681
	50m: 27.57 27.57	150m: 1:29.36 31.25	250m: 2:31.60 31.01	350m: 3:33.29 30.45					
	100m: 58.11 30.54	200m: 2:00.59 31.23	300m: 3:02.84 31.24	400m: 4:01.82 28.53					
5.	Grabczak Dawid	97	Klub Sportowy Wisła					<b>4:03.28</b>	668
	50m: 27.87 27.87	150m: 1:29.36 31.03	250m: 2:31.30 30.60	350m: 3:33.58 30.84					
	100m: 58.33 30.46	200m: 2:00.70 31.34	300m: 3:02.74 31.44	400m: 4:03.28 29.70					
6.	Dytkowski Jan	97	KSZO Ostrowiec					<b>4:03.61</b>	666
	50m: 27.34 27.34	150m: 1:29.22 31.22	250m: 2:31.09 30.46	350m: 3:32.53 30.63					
	100m: 58.00 30.66	200m: 2:00.63 31.41	300m: 3:01.90 30.81	400m: 4:03.61 31.08					
7.	Bruchajzer Dominik	97	KP MZOS Płock					<b>4:05.59</b>	650
	50m: 27.68 27.68	150m: 1:28.91 31.11	250m: 2:31.73 31.42	350m: 3:34.62 31.61					
	100m: 57.80 30.12	200m: 2:00.31 31.40	300m: 3:03.01 31.28	400m: 4:05.59 30.97					
8.	Zuchowski Ernest	97	KS Delfin Gdynia					<b>4:07.01</b>	639
	50m: 28.02 28.02	150m: 1:29.73 31.42	250m: 2:32.52 31.33	350m: 3:35.63 31.89					
	100m: 58.31 30.29	200m: 2:01.19 31.46	300m: 3:03.74 31.22	400m: 4:07.01 31.38					
<b>Finał B</b>									
9.	Katolik Bartosz	97	Csir Mos D browa Górnicza					<b>4:08.32</b>	629
	50m: 27.31 27.31	150m: 1:29.02 31.36	250m: 2:32.96 32.14	350m: 3:37.43 32.13					
	100m: 57.66 30.35	200m: 2:00.82 31.80	300m: 3:05.30 32.34	400m: 4:08.32 30.89					
10.	Hahn Jakub	97	Mks Jedyńka Łód					<b>4:09.98</b>	616
	50m: 27.57 27.57	150m: 1:30.79 32.01	250m: 2:35.36 32.31	350m: 3:40.66 32.44					
	100m: 58.78 31.21	200m: 2:03.05 32.26	300m: 3:08.22 32.86	400m: 4:09.98 29.32					
11.	Kowalski Patryk	97	Muks Unia Busko-Zdrój					<b>4:11.20</b>	607
	50m: 28.13 28.13	150m: 1:30.80 31.87	250m: 2:35.53 32.45	350m: 3:40.13 32.13					
	100m: 58.93 30.80	200m: 2:03.08 32.28	300m: 3:08.00 32.47	400m: 4:11.20 31.07					
12.	Szulgo Filip	97	MKP Szczecin					<b>4:11.40</b>	606
	50m: 28.20 28.20	150m: 1:31.91 32.48	250m: 2:36.15 32.29	350m: 3:40.94 32.37					
	100m: 59.43 31.23	200m: 2:03.86 31.95	300m: 3:08.57 32.42	400m: 4:11.40 30.46					
13.	Pie niak Jakub	97	Ukp Unia O wi cim					<b>4:11.43</b>	606
	50m: 27.36 27.36	150m: 1:30.72 31.91	250m: 2:35.62 32.61	350m: 3:40.42 31.98					
	100m: 58.81 31.45	200m: 2:03.01 32.29	300m: 3:08.44 32.82	400m: 4:11.43 31.01					
14.	Sokołowski Ziemowit	97	Ks Warta Pozna					<b>4:12.42</b>	598
	50m: 28.56 28.56	150m: 1:32.09 32.11	250m: 2:36.66 32.31	350m: 3:41.43 32.27					
	100m: 59.98 31.42	200m: 2:04.35 32.26	300m: 3:09.16 32.50	400m: 4:12.42 30.99					
15.	Ruszkowski Kacper	97	Ukp Unia O wi cim					<b>4:13.06</b>	594
	50m: 28.95 28.95	150m: 1:32.31 31.92	250m: 2:37.20 32.13	350m: 3:41.70 31.97					
	100m: 1:00.39 31.44	200m: 2:05.07 32.76	300m: 3:09.73 32.53	400m: 4:13.06 31.36					
16.	Zwoli ski Marcin	97	Csir Mos D browa Górnicza					<b>4:16.03</b>	573
	50m: 28.73 28.73	150m: 1:33.22 32.50	250m: 2:39.14 33.15	350m: 3:44.63 32.56					
	100m: 1:00.72 31.99	200m: 2:05.99 32.77	300m: 3:12.07 32.93	400m: 4:16.03 31.40					