

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

Event 20
2013-03-09 - 17:25

Boys, 400m Freestyle

16 years
Results Finals

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

Points: FINA 2012

Rank			YB					Time	Pts
Final A									
1.	Staniszewski Adam		97	Mks Trojka Lodz				3:59.94	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 Slask				3:59.97	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 Lukasz SO		97	Ukp Unia Oswiecim				4:01.13	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 Michal		97	MKP Szczecin				4:01.82	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 Wisla				4:03.28	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				4:03.61	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	MZOS Plock				4:05.59	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				4:07.01	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	
Final B									
9.	Katolik Bartosz		97	Csir Mos Dabrowa Gornicza				4:08.32	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 Jedynka Lodz				4:09.98	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-Zdroj				4:11.20	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				4:11.40	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.	Piesniak Jakub		97	Ukp Unia Oswiecim				4:11.43	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.	Sokolowski Ziemowit		97	Ks Warta Poznan				4:12.42	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 Oswiecim				4:13.06	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.	Zwolinski Marcin		97	Csir Mos Dabrowa Gornicza				4:16.03	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	