

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

Event 20 Boys, 400m Freestyle 16 years
2013-03-09 - 9:55 Results Prelim

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

Points: FINA 2012

Rank			YB							Time	Pts	
1.	Jaszczak Wiktor		97	WKS Slask						4:03.06	670	A
	50m:	27.39	27.39	150m:	1:29.65	31.29	250m:	2:32.16	30.93	350m:	3:33.38	30.51
	100m:	58.36	30.97	200m:	2:01.23	31.58	300m:	3:02.87	30.71	400m:	4:03.06	29.68
2.	Staniszewski Adam		97	Mks Trojka Lodz						4:05.12	654	A
	50m:	28.03	28.03	150m:	1:30.08	31.09	250m:	2:32.24	31.41	350m:	3:36.12	31.67
	100m:	58.99	30.96	200m:	2:00.83	30.75	300m:	3:04.45	32.21	400m:	4:05.12	29.00
3.	Pietrzak Dawid		97	MUKS Pietnastka Bydgoszcz						4:05.29	652	A
	50m:	27.85	27.85	150m:	1:29.61	31.11	250m:	2:32.56	31.52	350m:	3:34.81	30.97
	100m:	58.50	30.65	200m:	2:01.04	31.43	300m:	3:03.84	31.28	400m:	4:05.29	30.48
4.	Oliwa Michal		97	MKP Szczecin						4:05.35	652	A
	50m:	28.04	28.04	150m:	1:30.48	31.58	250m:	2:32.93	31.22	350m:	3:35.47	31.24
	100m:	58.90	30.86	200m:	2:01.71	31.23	300m:	3:04.23	31.30	400m:	4:05.35	29.88
5.	Grabczak Dawid		97	Klub Sportowy Wisla						4:05.51	650	A
	50m:	28.34	28.34	150m:	1:30.02	31.06	250m:	2:32.74	31.66	350m:	3:35.45	31.14
	100m:	58.96	30.62	200m:	2:01.08	31.06	300m:	3:04.31	31.57	400m:	4:05.51	30.06
6.	Goleniec Lukasz SO		97	Ukp Unia Oswiecim						4:05.85	648	A
	50m:	27.86	27.86	150m:	1:30.33	31.33	250m:	2:32.73	31.20	350m:	3:36.08	31.71
	100m:	59.00	31.14	200m:	2:01.53	31.20	300m:	3:04.37	31.64	400m:	4:05.85	29.77
7.	Dytkowski Jan		97	KSZO Ostrowiec						4:07.34	636	A
	50m:	27.99	27.99	150m:	1:30.24	31.36	250m:	2:33.19	31.37	350m:	3:36.46	31.67
	100m:	58.88	30.89	200m:	2:01.82	31.58	300m:	3:04.79	31.60	400m:	4:07.34	30.88
8.	Bruchajzer Dominik		97	MZOS Plock						4:08.23	629	A
	50m:	28.44	28.44	150m:	1:30.94	31.67	250m:	2:34.02	31.55	350m:	3:37.70	31.74
	100m:	59.27	30.83	200m:	2:02.47	31.53	300m:	3:05.96	31.94	400m:	4:08.23	30.53
9.	Zuchowski Ernest		97	KS Delfin Gdynia						4:08.32	629	B
	50m:	28.61	28.61	150m:	1:30.42	30.88	250m:	2:33.35	31.35	350m:	3:36.80	31.37
	100m:	59.54	30.93	200m:	2:02.00	31.58	300m:	3:05.43	32.08	400m:	4:08.32	31.52
10.	Hahn Jakub		97	Mks Jedylnka Lodz						4:08.63	626	B
	50m:	28.26	28.26	150m:	1:30.87	31.39	250m:	2:33.95	31.56	350m:	3:37.61	31.50
	100m:	59.48	31.22	200m:	2:02.39	31.52	300m:	3:06.11	32.16	400m:	4:08.63	31.02
11.	Piesniak Jakub		97	Ukp Unia Oswiecim						4:09.10	623	B
	50m:	27.57	27.57	150m:	1:30.62	31.62	250m:	2:34.55	31.98	350m:	3:38.48	32.14
	100m:	59.00	31.43	200m:	2:02.57	31.95	300m:	3:06.34	31.79	400m:	4:09.10	30.62
12.	Konopka Mateusz		97	KS Delfin Gdynia						4:10.00	616	B
	50m:	28.68	28.68	150m:	1:31.66	31.34	250m:	2:34.25	31.92	350m:	3:38.12	31.94
	100m:	1:00.32	31.64	200m:	2:02.33	30.67	300m:	3:06.18	31.93	400m:	4:10.00	31.88
13.	Szulgo Filip		97	MKP Szczecin						4:12.42	598	B
	50m:	29.42	29.42	150m:	1:33.15	32.14	250m:	2:37.71	32.29	350m:	3:42.20	32.13
	100m:	1:01.01	31.59	200m:	2:05.42	32.27	300m:	3:10.07	32.36	400m:	4:12.42	30.22
14.	Ruszkowski Kacper		97	Ukp Unia Oswiecim						4:12.47	598	B
	50m:	29.53	29.53	150m:	1:33.24	32.21	250m:	2:37.82	32.08	350m:	3:41.44	31.80
	100m:	1:01.03	31.50	200m:	2:05.74	32.50	300m:	3:09.64	31.82	400m:	4:12.47	31.03
15.	Sokolowski Ziemowit		97	Ks Warta Poznan						4:13.72	589	B
	50m:	28.99	28.99	150m:	1:32.78	32.26	250m:	2:37.01	32.20	350m:	3:42.05	32.69
	100m:	1:00.52	31.53	200m:	2:04.81	32.03	300m:	3:09.36	32.35	400m:	4:13.72	31.67
16.	Katolik Bartosz		97	Csir Mos Dabrowa Gornicza						4:14.15	586	B
	50m:	28.81	28.81	150m:	1:32.63	32.44	250m:	2:37.90	32.67	350m:	3:42.71	32.14
	100m:	1:00.19	31.38	200m:	2:05.23	32.60	300m:	3:10.57	32.67	400m:	4:14.15	31.44
17.	Stefanko Piotr		97	WKS Slask						4:14.61	583	R
	50m:	29.01	29.01	150m:	1:32.28	32.02	250m:	2:37.13	32.26	350m:	3:41.63	32.16
	100m:	1:00.26	31.25	200m:	2:04.87	32.59	300m:	3:09.47	32.34	400m:	4:14.61	32.98

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Rank	YB				Time	Pts
18.	Wajda Tomasz			97	KS Korona Krakow	4:14.93 581 R
	50m: 29.11	29.11	150m: 1:34.19	32.62	250m: 2:39.15	32.55
	100m: 1:01.57	32.46	200m: 2:06.60	32.41	300m: 3:11.72	32.57
					350m: 3:44.23	32.51
					400m: 4:14.93	30.70
19.	Zurawicz Mateusz			97	MUKS Pietnastka Bydgoszcz	4:15.06 580
	50m: 28.22	28.22	150m: 1:32.18	32.57	250m: 2:38.47	33.14
	100m: 59.61	31.39	200m: 2:05.33	33.15	300m: 3:11.72	33.25
					350m: 3:44.23	32.51
					400m: 4:15.06	30.83
20.	Zwolinski Marcin			97	Csir Mos Dabrowa Gornicza	4:15.07 580
	50m: 29.29	29.29	150m: 1:33.34	32.45	250m: 2:38.47	32.32
	100m: 1:00.89	31.60	200m: 2:06.15	32.81	300m: 3:11.08	32.61
					350m: 3:44.02	32.94
					400m: 4:15.07	31.05
21.	Kowalski Patryk			97	Muks Unia Busko-Zdroj	4:16.49 570
	50m: 28.34	28.34	150m: 1:32.44	32.52	250m: 2:38.55	33.07
	100m: 59.92	31.58	200m: 2:05.48	33.04	300m: 3:11.62	33.07
					350m: 3:44.47	32.85
					400m: 4:16.49	32.02
22.	Hodur Filip			97	KS 1 Ozarow Mazowiecki	4:16.80 568
	50m: 29.15	29.15	150m: 1:32.73	32.21	250m: 2:38.46	33.11
	100m: 1:00.52	31.37	200m: 2:05.35	32.62	300m: 3:11.09	32.63
					350m: 3:44.05	32.96
					400m: 4:16.80	32.75
23.	Zielinski Cezary			97	MKS Medyk Gizycko	4:16.82 568
	50m: 28.83	28.83	150m: 1:33.32	32.64	250m: 2:38.88	32.77
	100m: 1:00.68	31.85	200m: 2:06.11	32.79	300m: 3:11.90	33.02
					350m: 3:45.03	33.13
					400m: 4:16.82	31.79
24.	Brodowski Jakub			97	MKP Slowianka Gorzow	4:16.93 567
	50m: 28.50	28.50	150m: 1:31.62	31.96	250m: 2:37.02	32.91
	100m: 59.66	31.16	200m: 2:04.11	32.49	300m: 3:10.50	33.48
					350m: 3:44.22	33.72
					400m: 4:16.93	32.71
25.	Grzywa Karol			97	Fala Krasnik	4:17.42 564
	50m: 28.38	28.38	150m: 1:33.48	32.83	250m: 2:39.75	33.28
	100m: 1:00.65	32.27	200m: 2:06.47	32.99	300m: 3:12.56	32.81
					350m: 3:45.35	32.79
					400m: 4:17.42	32.07
26.	Szpyra Lukasz			97	MKP Slowianka Gorzow	4:18.70 556
	50m: 28.65	28.65	150m: 1:33.19	32.58	250m: 2:40.11	33.35
	100m: 1:00.61	31.96	200m: 2:06.76	33.57	300m: 3:13.91	33.80
					350m: 3:46.54	32.63
					400m: 4:18.70	32.16
27.	Sola Kornel			97	Fala Krasnik	4:20.13 547
	50m: 29.44	29.44	150m: 1:34.82	32.97	250m: 2:40.59	32.66
	100m: 1:01.85	32.41	200m: 2:07.93	33.11	300m: 3:14.30	33.71
					350m: 3:47.81	33.51
					400m: 4:20.13	32.32
28.	Bujak Piotr			97	SALOS CORTILE Kielce	4:20.82 542
	50m: 29.73	29.73	150m: 1:35.31	32.91	250m: 2:42.35	33.42
	100m: 1:02.40	32.67	200m: 2:08.93	33.62	300m: 3:15.58	33.23
					350m: 3:48.55	32.97
					400m: 4:20.82	32.27
29.	Skrzypczak Filip			97	MKP Slowianka Gorzow	4:21.08 541
	50m: 28.85	28.85	150m: 1:34.27	33.58	250m: 2:42.01	33.89
	100m: 1:00.69	31.84	200m: 2:08.12	33.85	300m: 3:15.64	33.63
					350m: 3:49.18	33.54
					400m: 4:21.08	31.90
30.	Gorski Marcin			97	MKP Szczecin	4:21.58 538
	50m: 28.99	28.99	150m: 1:33.39	32.47	250m: 2:39.51	32.77
	100m: 1:00.92	31.93	200m: 2:06.74	33.35	300m: 3:13.77	34.26
					350m: 3:47.91	34.14
					400m: 4:21.58	33.67
31.	Baczkowski Bartosz			97	MUKP Warszawianka Wodny Park	4:24.12 522
	50m: 29.11	29.11	150m: 1:32.63	32.41	250m: 2:40.15	33.91
	100m: 1:00.22	31.11	200m: 2:06.24	33.61	300m: 3:14.72	34.57
					350m: 3:49.78	35.06
					400m: 4:24.12	34.34
32.	Tuczko Jan			97	KS Delfin Gdynia	4:25.94 512
	50m: 29.28	29.28	150m: 1:34.78	33.17	250m: 2:41.93	33.82
	100m: 1:01.61	32.33	200m: 2:08.11	33.33	300m: 3:16.56	34.63
					350m: 3:51.73	35.17
					400m: 4:25.94	34.21
33.	Kaczorowski Jakub			97	Uks,,Zoliborz" Warszawa	4:26.12 511
	50m: 29.47	29.47	150m: 1:35.86	33.28	250m: 2:43.70	34.00
	100m: 1:02.58	33.11	200m: 2:09.70	33.84	300m: 3:18.85	35.15
					350m: 3:53.15	34.30
					400m: 4:26.12	32.97
34.	Sliwinski Marcin			97	Wodnik Srem	4:26.30 510
	50m: 28.25	28.25	150m:		250m:	
	100m: 1:00.23	31.98	200m:		300m:	
					350m:	
					400m: 4:26.30	
35.	Stec Adam			97	MKP Szczecin	4:26.45 509
	50m: 27.61	27.61	150m: 1:32.53	33.53	250m: 2:41.80	34.86
	100m: 59.00	31.39	200m: 2:06.94	34.41	300m: 3:16.91	35.11
					350m: 3:52.40	35.49
					400m: 4:26.45	34.05

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Event 20, Boys, 400m Freestyle, Prelim, 16 years

Rank					YB					Time	Pts	
36.	Kondrasiuk Jan				97	UKS "GIM 92 Ursynow"				4:26.74	507	
	50m:	27.95	27.95	150m:	1:32.19	32.55	250m:	2:39.58	34.12	350m:	3:50.74	36.88
	100m:	59.64	31.69	200m:	2:05.46	33.27	300m:	3:13.86	34.28	400m:	4:26.74	36.00
37.	Osses Filip				97	Ks Warta Poznan				4:26.98	506	
	50m:	29.57	29.57	150m:	1:35.57	33.24	250m:	2:44.57	34.56	350m:	3:53.70	34.63
	100m:	1:02.33	32.76	200m:	2:10.01	34.44	300m:	3:19.07	34.50	400m:	4:26.98	33.28
38.	Lechowicz Filip				97	MKS Jordan Krakow				4:28.36	498	
	50m:	30.69	30.69	150m:	1:38.71	34.35	250m:	2:47.05	34.22	350m:	3:55.42	34.02
	100m:	1:04.36	33.67	200m:	2:12.83	34.12	300m:	3:21.40	34.35	400m:	4:28.36	32.94
39.	Bonik Mikolaj				97	Uks,,Zoliborz" Warszawa				4:31.32	482	
	50m:	29.28	29.28	150m:	1:36.45	34.30	250m:	2:46.21	35.05	350m:	3:57.15	35.73
	100m:	1:02.15	32.87	200m:	2:11.16	34.71	300m:	3:21.42	35.21	400m:	4:31.32	34.17
40.	Zimnicki Patryk				97	Foka Sandomierz				4:32.62	475	
	50m:	29.45	29.45	150m:	1:36.38	34.13	250m:	2:47.92	35.93	350m:	3:59.01	35.28
	100m:	1:02.25	32.80	200m:	2:11.99	35.61	300m:	3:23.73	35.81	400m:	4:32.62	33.61
41.	Skuzza Krzysztof				97	KS 1 Ozarow Mazowiecki				4:32.70	474	
	50m:	29.82	29.82	150m:	1:37.54	34.88	250m:	2:48.83	35.80	350m:	3:59.26	35.21
	100m:	1:02.66	32.84	200m:	2:13.03	35.49	300m:	3:24.05	35.22	400m:	4:32.70	33.44
42.	Kepinski Michal				97	Mks Trojka Lodz				4:34.42	466	
	50m:	30.96	30.96	150m:	1:39.95	34.76	250m:	2:49.55	34.35	350m:	4:00.46	35.14
	100m:	1:05.19	34.23	200m:	2:15.20	35.25	300m:	3:25.32	35.77	400m:	4:34.42	33.96
43.	Maciejewski Pawel				97	MTP KORMORAN Olsztyn				4:35.06	462	
	50m:	29.85	29.85	150m:	1:36.52	33.74	250m:	2:46.45	35.36	350m:	3:58.73	36.43
	100m:	1:02.78	32.93	200m:	2:11.09	34.57	300m:	3:22.30	35.85	400m:	4:35.06	36.33
44.	Cichon Maciej				97	Mks Trojka Lodz				4:37.04	453	
	50m:	30.57	30.57	150m:	1:39.95	35.30	250m:	2:51.23	35.69	350m:	4:03.13	35.46
	100m:	1:04.65	34.08	200m:	2:15.54	35.59	300m:	3:27.67	36.44	400m:	4:37.04	33.91
45.	Grotek Lukasz				97	MOSiR Myslowice				4:37.29	451	
	50m:	30.70	30.70	150m:	1:41.05	35.42	250m:	2:53.21	35.91	350m:	4:04.92	35.67
	100m:	1:05.63	34.93	200m:	2:17.30	36.25	300m:	3:29.25	36.04	400m:	4:37.29	32.37
46.	Lipka Lukasz				97	SALOS CORTILE Kielce				4:43.24	423	
	50m:	32.14	32.14	150m:	1:43.85	36.53	250m:	2:56.82	36.37	350m:	4:08.22	35.38
	100m:	1:07.32	35.18	200m:	2:20.45	36.60	300m:	3:32.84	36.02	400m:	4:43.24	35.02
47.	Anysz Michal				97	MKS Piaseczno				4:44.33	419	
	50m:	30.15	30.15	150m:	1:41.00	36.02	250m:	2:54.15	36.75	350m:	4:07.69	36.72
	100m:	1:04.98	34.83	200m:	2:17.40	36.40	300m:	3:30.97	36.82	400m:	4:44.33	36.64
48.	Kaminski Marcin				97	UKP Marlin Gryfino				4:46.45	409	
	50m:	31.66	31.66	150m:	1:42.01	35.61	250m:	2:56.71	37.48	350m:	4:11.37	37.37
	100m:	1:06.40	34.74	200m:	2:19.23	37.22	300m:	3:34.00	37.29	400m:	4:46.45	35.08
49.	Iwaniak Krzysztof				97	KS OLIMPIA Lublin				4:47.74	404	
	50m:	31.37	31.37	150m:	1:44.85	36.84	250m:	2:58.16	36.38	350m:	4:12.14	36.98
	100m:	1:08.01	36.64	200m:	2:21.78	36.93	300m:	3:35.16	37.00	400m:	4:47.74	35.60
50.	Skorulski Jakub				97	MMKS Kedzierzyn Kozle				4:50.16	394	
	50m:	30.51	30.51	150m:	1:41.78	36.17	250m:	2:56.05	37.25	350m:	4:11.61	37.59
	100m:	1:05.61	35.10	200m:	2:18.80	37.02	300m:	3:34.02	37.97	400m:	4:50.16	38.55