

Mistrzostwa Polski Juniorów 16 letnich  
Gliwice, 11. - 13.3.2016

Konkurencja 12  
11.03.2016 - 11:17

Chłopców, 400m zmienny

16 lat  
Wyniki Eliminacje

Rekordy Polski 16 lat 4:12.62 W growski Marcel TP Olimpijczyk Aleksandrów 18.12.2015

Punkty: FINA 2015

Pozycja			Rok ur.					Czas	Pkt.
1.	Kałosowski Jan		00	Mks Trójka Łód				<b>4:26.31</b>	691 A
	50m: 27.63	27.63	150m: 1:34.02	34.91	250m: 2:45.67	36.49	350m: 3:54.90	31.97	
	100m: 59.11	31.48	200m: 2:09.18	35.16	300m: 3:22.93	37.26	400m: 4:26.31	31.41	
2.	Koziejko Bartłomiej		00	MTP KORMORAN Olsztyn				<b>4:26.54</b>	689 A
	50m: 28.27	28.27	150m: 1:34.96	34.58	250m: 2:46.13	37.07	350m: 3:55.76	31.42	
	100m: 1:00.38	32.11	200m: 2:09.06	34.10	300m: 3:24.34	38.21	400m: 4:26.54	30.78	
3.	Kurleto Piotr		00	KS Korona Kraków				<b>4:29.99</b>	663 A
	50m: 28.31	28.31	150m: 1:36.24	35.43	250m: 2:48.27	36.86	350m: 3:57.93	32.61	
	100m: 1:00.81	32.50	200m: 2:11.41	35.17	300m: 3:25.32	37.05	400m: 4:29.99	32.06	
4.	Walczysko Jakub		00	CSiR MOS D browa Górnicza				<b>4:32.46</b>	645 A
	50m: 29.05	29.05	150m: 1:36.85	34.99	250m: 2:49.47	37.35	350m: 4:00.55	32.26	
	100m: 1:01.86	32.81	200m: 2:12.12	35.27	300m: 3:28.29	38.82	400m: 4:32.46	31.91	
5.	Ma ka Filip		00	Uks 190 Łód				<b>4:33.10</b>	641 A
	50m: 29.23	29.23	150m: 1:37.53	35.12	250m: 2:51.62	39.19	350m: 4:02.53	32.24	
	100m: 1:02.41	33.18	200m: 2:12.43	34.90	300m: 3:30.29	38.67	400m: 4:33.10	30.57	
6.	Kłosi ski Alan		00	Mks Jedyńka Łód				<b>4:33.28</b>	639 A
	50m: 29.17	29.17	150m: 1:40.96	37.19	250m: 2:52.95	36.34	350m: 4:01.67	32.57	
	100m: 1:03.77	34.60	200m: 2:16.61	35.65	300m: 3:29.10	36.15	400m: 4:33.28	31.61	
7.	Cerlich Maksymilian		00	Mks Ikar Mielec				<b>4:34.50</b>	631 A
	50m: 29.41	29.41	150m: 1:39.59	36.17	250m: 2:52.38	38.43	350m: 4:03.75	32.84	
	100m: 1:03.42	34.01	200m: 2:13.95	34.36	300m: 3:30.91	38.53	400m: 4:34.50	30.75	
8.	Oller Krzysztof		00	MTP KORMORAN Olsztyn				<b>4:35.28</b>	626 A
	50m: 28.58	28.58	150m: 1:36.53	35.54	250m: 2:51.31	39.78	350m: 4:02.85	32.82	
	100m: 1:00.99	32.41	200m: 2:11.53	35.00	300m: 3:30.03	38.72	400m: 4:35.28	32.43	
9.	Doma ski Kamil		00	Olimpijczyk Aleksandrów Łódzki				<b>4:37.38</b>	611 A
	50m: 30.20	30.20	150m: 1:40.60	36.38	250m: 2:55.56	39.25	350m: 4:06.45	31.94	
	100m: 1:04.22	34.02	200m: 2:16.31	35.71	300m: 3:34.51	38.95	400m: 4:37.38	30.93	
10.	Wo niak Maciej		00	Uks 190 Łód				<b>4:41.31</b>	586 A
	50m: 29.00	29.00	150m: 1:37.45	35.09	250m: 2:52.74	40.92	350m: 4:09.02	33.95	
	100m: 1:02.36	33.36	200m: 2:11.82	34.37	300m: 3:35.07	42.33	400m: 4:41.31	32.29	
11.	Błaszczak Kacper		00	Olimpijczyk Aleksandrów Łódzki				<b>4:42.31</b>	580 B
	50m: 29.22	29.22	150m: 1:41.11	37.85	250m: 2:55.72	38.69	350m: 4:10.49	34.96	
	100m: 1:03.26	34.04	200m: 2:17.03	35.92	300m: 3:35.53	39.81	400m: 4:42.31	31.82	
12.	R bacz Maciej		00	UKS G - 8 Bielany				<b>4:42.52</b>	579 B
	50m: 31.90	31.90	150m: 1:43.59	36.66	250m: 2:56.60	36.46	350m: 4:09.78	34.54	
	100m: 1:06.93	35.03	200m: 2:20.14	36.55	300m: 3:35.24	38.64	400m: 4:42.52	32.74	
13.	Kowalski Rafał		00	KP Stilon Gorzów Wlkp.				<b>4:44.05</b>	569 B
	50m: 30.04	30.04	150m: 1:39.93	36.41	250m: 2:56.80	40.56	350m: 4:11.65	33.23	
	100m: 1:03.52	33.48	200m: 2:16.24	36.31	300m: 3:38.42	41.62	400m: 4:44.05	32.40	
14.	Wozniak Kamil		00	UKS FREGATA Kolbuszowa				<b>4:44.07</b>	569 B
	50m: 30.07	30.07	150m: 1:41.32	36.19	250m: 2:58.17	41.33	350m: 4:11.95	32.05	
	100m: 1:05.13	35.06	200m: 2:16.84	35.52	300m: 3:39.90	41.73	400m: 4:44.07	32.12	
15.	Czop Michał		00	MTS Kwidzyn				<b>4:44.13</b>	569 B
	50m: 29.06	29.06	150m: 1:37.54	35.38	250m: 2:51.66	38.75	350m: 4:08.70	35.83	
	100m: 1:02.16	33.10	200m: 2:12.91	35.37	300m: 3:32.87	41.21	400m: 4:44.13	35.43	
16.	Mayerberg Kacper SO		00	UKP UNIA O wi cim				<b>4:44.82</b>	565 B
	50m: 30.16	30.16	150m: 1:42.14	37.10	250m: 2:59.07	40.91	350m: 4:12.98	32.90	
	100m: 1:05.04	34.88	200m: 2:18.16	36.02	300m: 3:40.08	41.01	400m: 4:44.82	31.84	
17.	Tarady Jakub		00	KORNER Zielona Góra				<b>4:45.42</b>	561 B
	50m: 29.53	29.53	150m: 1:39.85	35.84	250m: 2:57.67	42.79	350m: 4:13.93	33.32	
	100m: 1:04.01	34.48	200m: 2:14.88	35.03	300m: 3:40.61	42.94	400m: 4:45.42	31.49	

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Konkurencja 12, Chłopców, 400m zmienny, Eliminacje, 16 lat

Pozycja			Rok ur.					Czas	Pkt.	
18.	Skierski Radosław		00	UKS Wodnik 29 Katowice				<b>4:49.36</b>	539	B
	50m: 30.63	30.63	150m: 1:41.03	34.38	250m: 2:57.48	40.47	350m: 4:15.49	34.97		
	100m: 1:06.65	36.02	200m: 2:17.01	35.98	300m: 3:40.52	43.04	400m: 4:49.36	33.87		
19.	Włodarczyk Bruno		00	TS Wisła Kraków				<b>4:51.17</b>	529	B
	50m: 30.34	30.34	150m: 1:41.18	35.37	250m: 2:59.94	43.38	350m: 4:17.66	34.58		
	100m: 1:05.81	35.47	200m: 2:16.56	35.38	300m: 3:43.08	43.14	400m: 4:51.17	33.51		
20.	Chromik Mateusz SO		00	UKP UNIA O wi cim				<b>4:51.48</b>	527	B
	50m: 29.94	29.94	150m: 1:41.22	35.95	250m: 2:59.04	41.99	350m: 4:17.01	35.42		
	100m: 1:05.27	35.33	200m: 2:17.05	35.83	300m: 3:41.59	42.55	400m: 4:51.48	34.47		
21.	Krzyżaniak Krystian		00	MKS Juwenia Białystok				<b>4:55.46</b>	506	R
	50m: 29.77	29.77	150m: 1:42.92	37.71	250m: 3:01.49	41.08	350m: 4:21.18	36.92		
	100m: 1:05.21	35.44	200m: 2:20.41	37.49	300m: 3:44.26	42.77	400m: 4:55.46	34.28		
22.	Wiatr Krzysztof		00	Integracyjny Klub Sportowy Kon				<b>4:56.09</b>	503	R
	50m: 29.85	29.85	150m: 1:44.84	39.08	250m: 3:03.94	40.55	350m: 4:21.37	36.60		
	100m: 1:05.76	35.91	200m: 2:23.39	38.55	300m: 3:44.77	40.83	400m: 4:56.09	34.72		
23.	Szynalski Szymon		00	UPKS Wodnik Rawicz				<b>4:57.16</b>	497	
	50m: 31.30	31.30	150m: 1:46.11	37.68	250m: 3:05.50	42.55	350m: 4:24.80	34.56		
	100m: 1:08.43	37.13	200m: 2:22.95	36.84	300m: 3:50.24	44.74	400m: 4:57.16	32.36		
24.	Niedziela Hubert SO		00	UKP UNIA O wi cim				<b>4:58.29</b>	492	
	50m: 31.46	31.46	150m: 1:45.53	38.38	250m: 3:05.82	42.97	350m: 4:24.03	35.24		
	100m: 1:07.15	35.69	200m: 2:22.85	37.32	300m: 3:48.79	42.97	400m: 4:58.29	34.26		
25.	Kowalski Karol		00	UNIA Busko Zdrój				<b>4:58.49</b>	491	
	50m: 31.28	31.28	150m: 1:48.49	39.36	250m: 3:07.21	41.25	350m: 4:23.83	35.26		
	100m: 1:09.13	37.85	200m: 2:25.96	37.47	300m: 3:48.57	41.36	400m: 4:58.49	34.66		
26.	Dąbrowski Mateusz		00	KS Warta Poznań				<b>4:58.62</b>	490	
	50m: 30.57	30.57	150m: 1:44.96	38.38	250m: 3:04.53	41.52	350m: 4:23.18	36.12		
	100m: 1:06.58	36.01	200m: 2:23.01	38.05	300m: 3:47.06	42.53	400m: 4:58.62	35.44		
27.	Pawłowski Bogdan		00	Mkp Bobry Dąbica				<b>5:01.66</b>	475	
	50m: 30.94	30.94	150m: 1:44.97	37.85	250m: 3:06.82	44.52	350m: 4:27.76	35.17		
	100m: 1:07.12	36.18	200m: 2:22.30	37.33	300m: 3:52.59	45.77	400m: 5:01.66	33.90		
28.	Kłopot Bartosz		00	UKS SMS Galicja Kraków				<b>5:09.86</b>	439	
	50m: 30.86	30.86	150m: 1:47.96	40.39	250m: 3:13.37	47.57	350m: 4:35.50	34.38		
	100m: 1:07.57	36.71	200m: 2:25.80	37.84	300m: 4:01.12	47.75	400m: 5:09.86	34.36		
29.	Augustyn Aleksander		00	UKS FREGATA Kolbuszowa				<b>5:15.52</b>	415	
	50m: 32.09	32.09	150m: 1:50.55	40.91	250m: 3:17.47	46.85	350m: 4:41.42	36.42		
	100m: 1:09.64	37.55	200m: 2:30.62	40.07	300m: 4:05.00	47.53	400m: 5:15.52	34.10		
30.	Szałański Bartosz SO		00	UKP UNIA O wi cim				<b>5:15.82</b>	414	
	50m: 34.24	34.24	150m: 1:54.27	40.18	250m: 3:18.91	45.93	350m: 4:40.94	36.78		
	100m: 1:14.09	39.85	200m: 2:32.98	38.71	300m: 4:04.16	45.25	400m: 5:15.82	34.88		
31.	Ryś Szymon		00	TS Wisła Kraków				<b>5:34.88</b>	347	
	50m: 32.72	32.72	150m: 1:58.74	45.88	250m: 3:31.01	47.98	350m: 4:57.69	37.94		
	100m: 1:12.86	40.14	200m: 2:43.03	44.29	300m: 4:19.75	48.74	400m: 5:34.88	37.19		
DYSKW.	Urbańczyk Daniel		00	UKS JAGIELLONKA Warszawa						
	<i>G4 - Wykonanie wiecej niż jednego pociągnięcia ramionem (lub obydwoma ramionami jednocześnie) (Czas: 11:38), Z-2 (na 150m, 175m)</i>									