

Mistrzostwa Polski Juniorów 16 letnich  
Gliwice, 11. - 13.3.2016

Konkurencja 12  
11.03.2016 - 18:50

Chłopców, 400m zmienny

16 lat  
Wyniki Finał

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

Punkty: FINA 2015

Pozycja			Rok ur.					Czas	Pkt.
<b>Finał A</b>									
1.	Kałusowski Jan		00	Mks Trójka Łód			<b>4:19.48</b>	747	
	50m: 27.72	27.72	150m: 1:33.45	34.16	250m: 2:42.33	34.98	350m: 3:49.31	30.90	
	100m: 59.29	31.57	200m: 2:07.35	33.90	300m: 3:18.41	36.08	400m: 4:19.48	30.17	
2.	Koziejko Bartłomiej		00	MTP KORMORAN Olsztyn			<b>4:23.02</b>	717	
	50m: 28.59	28.59	150m: 1:36.03	35.21	250m: 2:46.27	36.03	350m: 3:53.68	30.56	
	100m: 1:00.82	32.23	200m: 2:10.24	34.21	300m: 3:23.12	36.85	400m: 4:23.02	29.34	
3.	Kurleto Piotr		00	KS Korona Kraków			<b>4:26.19</b>	692	
	50m: 28.57	28.57	150m: 1:35.62	34.61	250m: 2:46.38	35.80	350m: 3:55.48	31.88	
	100m: 1:01.01	32.44	200m: 2:10.58	34.96	300m: 3:23.60	37.22	400m: 4:26.19	30.71	
4.	Oller Krzysztof		00	MTP KORMORAN Olsztyn			<b>4:28.21</b>	676	
	50m: 28.60	28.60	150m: 1:36.22	35.33	250m: 2:48.15	37.75	350m: 3:57.75	31.27	
	100m: 1:00.89	32.29	200m: 2:10.40	34.18	300m: 3:26.48	38.33	400m: 4:28.21	30.46	
5.	Ma ka Filip		00	Uks 190 Łód			<b>4:30.77</b>	657	
	50m: 28.93	28.93	150m: 1:35.41	33.73	250m: 2:48.35	38.59	350m: 3:59.25	32.02	
	100m: 1:01.68	32.75	200m: 2:09.76	34.35	300m: 3:27.23	38.88	400m: 4:30.77	31.52	
6.	Cerlich Maksymilian		00	Mks Ikar Mielec			<b>4:31.69</b>	651	
	50m: 29.14	29.14	150m: 1:38.17	34.92	250m: 2:50.33	37.70	350m: 4:01.24	32.27	
	100m: 1:03.25	34.11	200m: 2:12.63	34.46	300m: 3:28.97	38.64	400m: 4:31.69	30.45	
7.	Walczysko Jakub		00	CSiR MOS D browa Górnicza			<b>4:33.19</b>	640	
	50m: 28.24	28.24	150m: 1:36.63	35.05	250m: 2:50.14	37.94	350m: 4:01.16	31.86	
	100m: 1:01.58	33.34	200m: 2:12.20	35.57	300m: 3:29.30	39.16	400m: 4:33.19	32.03	
8.	Kłosi ski Alan		00	Mks Jedyńka Łód			<b>4:36.58</b>	617	
	50m: 28.67	28.67	150m: 1:41.00	37.96	250m: 2:53.90	36.59	350m: 4:04.00	33.33	
	100m: 1:03.04	34.37	200m: 2:17.31	36.31	300m: 3:30.67	36.77	400m: 4:36.58	32.58	
9.	Doma ski Kamil		00	Olimpijczyk Aleksandrów Łódzki			<b>4:39.41</b>	598	
	50m: 29.83	29.83	150m: 1:41.28	37.13	250m: 2:57.49	39.29	350m: 4:09.18	32.24	
	100m: 1:04.15	34.32	200m: 2:18.20	36.92	300m: 3:36.94	39.45	400m: 4:39.41	30.23	
10.	Wo niak Maciej		00	Uks 190 Łód			<b>4:45.28</b>	562	
	50m: 28.98	28.98	150m: 1:39.74	36.78	250m: 2:56.36	41.28	350m: 4:13.06	33.59	
	100m: 1:02.96	33.98	200m: 2:15.08	35.34	300m: 3:39.47	43.11	400m: 4:45.28	32.22	
<b>Finał B</b>									
11.	Czop Michał		00	MTS Kwidzyn			<b>4:37.39</b>	611	
	50m: 29.31	29.31	150m: 1:38.49	35.57	250m: 2:51.16	37.43	350m: 4:03.69	34.09	
	100m: 1:02.92	33.61	200m: 2:13.73	35.24	300m: 3:29.60	38.44	400m: 4:37.39	33.70	
12.	Skierski Radosław		00	UKS Wodnik 29 Katowice			<b>4:40.06</b>	594	
	50m: 30.33	30.33	150m: 1:42.08	36.82	250m: 2:57.64	38.59	350m: 4:08.25	31.96	
	100m: 1:05.26	34.93	200m: 2:19.05	36.97	300m: 3:36.29	38.65	400m: 4:40.06	31.81	
13.	Błaszczak Kacper		00	Olimpijczyk Aleksandrów Łódzki			<b>4:42.11</b>	581	
	50m: 28.71	28.71	150m: 1:39.72	37.78	250m: 2:56.42	39.85	350m: 4:11.96	33.45	
	100m: 1:01.94	33.23	200m: 2:16.57	36.85	300m: 3:38.51	42.09	400m: 4:42.11	30.15	
14.	Tarady Jakub		00	KORNER Zielona Góra			<b>4:42.34</b>	580	
	50m: 29.67	29.67	150m: 1:39.73	35.13	250m: 2:56.23	42.09	350m: 4:11.33	32.00	
	100m: 1:04.60	34.93	200m: 2:14.14	34.41	300m: 3:39.33	43.10	400m: 4:42.34	31.01	
15.	Mayerberg Kacper SO		00	UKP UNIA O wi cim			<b>4:44.34</b>	568	
	50m: 30.33	30.33	150m: 1:43.53	37.95	250m: 3:00.55	40.72	350m: 4:13.84	32.52	
	100m: 1:05.58	35.25	200m: 2:19.83	36.30	300m: 3:41.32	40.77	400m: 4:44.34	30.50	
16.	Wozniak Kamil		00	UKS FREGATA Kolbuszowa			<b>4:44.89</b>	564	
	50m: 29.16	29.16	150m: 1:40.57	37.38	250m: 2:59.04	42.12	350m: 4:13.38	32.11	
	100m: 1:03.19	34.03	200m: 2:16.92	36.35	300m: 3:41.27	42.23	400m: 4:44.89	31.51	

Mistrzostwa Polski Juniorów 16 letnich  
Gliwice, 11. - 13.3.2016

---

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

Pozycja				Rok ur.					Czas	Pkt.		
17.	Kowalski Rafał			00	KP Stilon Gorzów Wlkp.				<b>4:47.35</b>	550		
	50m:	30.45	30.45	150m:	1:44.03	38.96	250m:	3:02.03	40.70	350m:	4:16.26	32.44
	100m:	1:05.07	34.62	200m:	2:21.33	37.30	300m:	3:43.82	41.79	400m:	4:47.35	31.09
18.	R bacz Maciej			00	UKS G - 8 Bielany				<b>4:48.45</b>	544		
	50m:	31.99	31.99	150m:	1:45.72	38.19	250m:	3:01.61	38.09	350m:	4:15.91	35.50
	100m:	1:07.53	35.54	200m:	2:23.52	37.80	300m:	3:40.41	38.80	400m:	4:48.45	32.54
19.	Chromik Mateusz SO			00	UKP UNIA O wi cim				<b>4:51.06</b>	529		
	50m:	30.58	30.58	150m:	1:43.00	36.86	250m:	3:00.72	41.25	350m:	4:16.90	34.42
	100m:	1:06.14	35.56	200m:	2:19.47	36.47	300m:	3:42.48	41.76	400m:	4:51.06	34.16
20.	Krzy aniak Krystian			00	MKS Juwenia Białystok				<b>4:56.04</b>	503		
	50m:	30.74	30.74	150m:	1:44.98	38.24	250m:	3:04.64	41.41	350m:	4:22.23	35.03
	100m:	1:06.74	36.00	200m:	2:23.23	38.25	300m:	3:47.20	42.56	400m:	4:56.04	33.81