

Mistrzostwa Polski Juniorów 16 letnich  
Gliwice, 11. - 13.3.2016

Event 12  
11.03.2016 - 11:17

Boys, 400m Medley

16 years  
Results Prelim

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

Points: FINA 2015

Rank					YB					Time	Pts	
1.	Kalusowski Jan				00	Mks Trojka Lodz				<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 Bartlomiej				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 Krakow				<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 Dabrowa Gornicza				<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.	Manka Filip				00	Uks 190 Lodz				<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.	Klosinski Alan				00	Mks Jedyinka Lodz				<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.	Domanski Kamil				00	Olimpijczyk Aleksandrow Lodzki				<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.	Wozniak Maciej				00	Uks 190 Lodz				<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.	Blaszczyk Kacper				00	Olimpijczyk Aleksandrow Lodzki				<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.	Rebacz 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 Rafal				00	KP Stilon Gorzow 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 Michal				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 Oswiecim				<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.	Taradys Jakub				00	KORNER Zielona Gora				<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

Mistrzostwa Polski Juniorów 16 letnich  
Gliwice, 11. - 13.3.2016

Event 12, Boys, 400m Medley, Prelim, 16 years

Rank					YB					Time	Pts	
18.	Skierski Radoslaw				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.	Wlodarczyk Bruno				00	TS Wisla Krakow				<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 Oswiecim				<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.	Krzyzaniak Krystian				00	MKS Juvenia Bialystok				<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 Oswiecim				<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 Zdroj				<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.	Dabrowski Mateusz				00	KS Warta Poznan				<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.	Pawlowski Bogdan				00	Mkp Bobry Debica				<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.	Klaput Bartosz				00	UKS SMS Galicja Krakow				<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.	Szalasny Bartosz SO				00	UKP UNIA Oswiecim				<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.	Rys Szymon				00	TS Wisla Krakow				<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
DSQ	Urbanczyk Daniel				00	UKS JAGIELLONKA Warszawa						
	<i>G4 - Wykonanie wi cej ni jednego poci gni cia ramioniem (lub obydwoma ramionami jednocze nie) (Time: 11:38), Z-2 (na 150m, 175m)</i>											