

Mistrzostwa Polski Juniorów 16 letnich
Gliwice, 11. - 13.3.2016

Event 20 Boys, 400m Freestyle 16 years
12.03.2016 - 9:59 Results Prelim

Rekordy Polski 16 lat 3:47.70 Wojdak Wojciech BOSiR SP Brzesko SO 19.12.2012

Points: FINA 2015

Rank					YB					Time	Pts	
1.	Kraska Jakub				00	UKS"Piatka"Konstantynow Lodzki				4:02.24	672	A
	50m:	27.89	27.89	150m:	1:29.60	31.10	250m:	2:31.28	30.67	350m:	3:33.27	30.81
	100m:	58.50	30.61	200m:	2:00.61	31.01	300m:	3:02.46	31.18	400m:	4:02.24	28.97
2.	Koziejko Bartlomiej				00	MTP KORMORAN Olsztyn				4:02.53	670	A
	50m:	27.56	27.56	150m:	1:29.23	31.03	250m:	2:31.04	30.68	350m:	3:32.80	30.85
	100m:	58.20	30.64	200m:	2:00.36	31.13	300m:	3:01.95	30.91	400m:	4:02.53	29.73
3.	Pawlaczyk Patryk				00	Uks 190 Lodz				4:02.63	669	A
	50m:	27.04	27.04	150m:	1:27.96	30.74	250m:	2:30.34	31.02	350m:	3:32.68	31.06
	100m:	57.22	30.18	200m:	1:59.32	31.36	300m:	3:01.62	31.28	400m:	4:02.63	29.95
4.	Mlynarczyk Karol				00	UKS G - 8 Bielany				4:02.98	666	A
	50m:	27.48	27.48	150m:	1:29.13	31.05	250m:	2:31.33	30.88	350m:	3:33.01	30.58
	100m:	58.08	30.60	200m:	2:00.45	31.32	300m:	3:02.43	31.10	400m:	4:02.98	29.97
5.	Domanski Gracjan				00	Uks Bałtyk Kolobrzeg				4:03.51	662	A
	50m:	27.92	27.92	150m:	1:29.08	30.92	250m:	2:31.57	31.39	350m:	3:33.32	30.34
	100m:	58.16	30.24	200m:	2:00.18	31.10	300m:	3:02.98	31.41	400m:	4:03.51	30.19
6.	Kalkowski Dawid				00	Sambor Tczew				4:04.15	657	A
	50m:	28.29	28.29	150m:	1:29.73	31.02	250m:	2:31.81	31.10	350m:	3:34.17	30.99
	100m:	58.71	30.42	200m:	2:00.71	30.98	300m:	3:03.18	31.37	400m:	4:04.15	29.98
7.	Dutkowiak Wojciech				00	Wojskowy Klub Sportowy Slask				4:04.77	652	A
	50m:	28.06	28.06	150m:	1:30.41	31.20	250m:	2:32.50	30.95	350m:	3:34.44	30.54
	100m:	59.21	31.15	200m:	2:01.55	31.14	300m:	3:03.90	31.40	400m:	4:04.77	30.33
8.	Domanski Kamil				00	Olimpijczyk Aleksandrow Lodzki				4:06.12	641	A
	50m:	27.65	27.65	150m:	1:28.83	31.24	250m:	2:31.41	31.25	350m:	3:35.08	31.97
	100m:	57.59	29.94	200m:	2:00.16	31.33	300m:	3:03.11	31.70	400m:	4:06.12	31.04
9.	Butkiewicz Wladyslaw SO				00	MKS Juvenia Bialystok				4:06.70	636	A
	50m:	27.82	27.82	150m:	1:30.53	32.06	250m:	2:32.94	31.07	350m:	3:35.26	30.88
	100m:	58.47	30.65	200m:	2:01.87	31.34	300m:	3:04.38	31.44	400m:	4:06.70	31.44
10.	Gebka Olaf				00	KS Warta Poznan				4:06.75	636	A
	50m:	28.36	28.36	150m:	1:30.94	31.35	250m:	2:33.53	31.29	350m:	3:36.43	31.51
	100m:	59.59	31.23	200m:	2:02.24	31.30	300m:	3:04.92	31.39	400m:	4:06.75	30.32
11.	Stonawski Maciej				00	KP Stilon Gorzow Wlkp.				4:09.22	617	B
	50m:	28.81	28.81	150m:	1:31.71	31.75	250m:	2:35.38	32.12	350m:	3:39.09	31.73
	100m:	59.96	31.15	200m:	2:03.26	31.55	300m:	3:07.36	31.98	400m:	4:09.22	30.13
12.	Stoszek Kacper				00	Delfin Cieszyn				4:09.34	616	B
	50m:	28.47	28.47	150m:	1:31.91	31.63	250m:	2:35.63	32.11	350m:	3:38.77	31.18
	100m:	1:00.28	31.81	200m:	2:03.52	31.61	300m:	3:07.59	31.96	400m:	4:09.34	30.57
13.	Taradys Jakub				00	KORNER Zielona Gora				4:09.76	613	B
	50m:	28.87	28.87	150m:	1:31.78	31.46	250m:	2:35.17	31.87	350m:	3:39.18	31.93
	100m:	1:00.32	31.45	200m:	2:03.30	31.52	300m:	3:07.25	32.08	400m:	4:09.76	30.58
14.	Dominiak Kacper				00	Wojskowy Klub Sportowy Slask				4:10.57	607	B
	50m:	28.76	28.76	150m:	1:32.74	32.31	250m:	2:36.68	31.80	350m:	3:40.33	31.75
	100m:	1:00.43	31.67	200m:	2:04.88	32.14	300m:	3:08.58	31.90	400m:	4:10.57	30.24
15.	Kedzia Wiktor				00	Mkp Szczecin				4:10.97	604	B
	50m:	28.15	28.15	150m:	1:31.39	32.19	250m:	2:36.44	32.48	350m:	3:41.08	32.10
	100m:	59.20	31.05	200m:	2:03.96	32.57	300m:	3:08.98	32.54	400m:	4:10.97	29.89
16.	Topolski Dawid				00	Mks Trojka Lodz				4:12.53	593	B
	50m:	28.32	28.32	150m:	1:31.17	31.64	250m:	2:35.64	32.17	350m:	3:40.75	32.59
	100m:	59.53	31.21	200m:	2:03.47	32.30	300m:	3:08.16	32.52	400m:	4:12.53	31.78
17.	Orlowski Kamil SOc				00	KS KSZO Ostrowiec Sw.				4:12.80	591	B
	50m:	28.48	28.48	150m:	1:32.10	31.95	250m:	2:36.69	32.07	350m:	3:42.63	33.24
	100m:	1:00.15	31.67	200m:	2:04.62	32.52	300m:	3:09.39	32.70	400m:	4:12.80	30.17

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Rank					YB					Time	Pts	
18.	Prus Mateusz				00	KP Astromal Akwawit				4:14.73	578 B	
	50m:	28.43	28.43	150m:	1:31.89	32.28	250m:	2:36.91	32.56	350m:	3:42.87	33.04
	100m:	59.61	31.18	200m:	2:04.35	32.46	300m:	3:09.83	32.92	400m:	4:14.73	31.86
19.	Wozniak Kamil				00	UKS FREGATA Kolbuszowa				4:15.28	574 B	
	50m:	28.99	28.99	150m:	1:32.81	31.98	250m:	2:37.00	32.03	350m:	3:43.10	33.03
	100m:	1:00.83	31.84	200m:	2:04.97	32.16	300m:	3:10.07	33.07	400m:	4:15.28	32.18
20.	Mayerberg Kacper SO				00	UKP UNIA Oswiecim				4:15.77	571 B	
	50m:	29.93	29.93	150m:	1:35.08	32.86	250m:	2:40.60	32.86	350m:	3:45.96	32.49
	100m:	1:02.22	32.29	200m:	2:07.74	32.66	300m:	3:13.47	32.87	400m:	4:15.77	29.81
21.	Adamczewski Eryk				00	KKS Wloknierz 1925 Kalisz				4:15.79	571 R	
	50m:	28.74	28.74	150m:	1:33.84	32.99	250m:	2:39.02	33.28	350m:	3:44.39	32.46
	100m:	1:00.85	32.11	200m:	2:05.74	31.90	300m:	3:11.93	32.91	400m:	4:15.79	31.40
22.	Lisek Aleksander				00	KP Stilon Gorzow Wlkp.				4:16.41	567 R	
	50m:	29.34	29.34	150m:	1:33.04	32.32	250m:	2:37.66	32.31	350m:	3:44.27	33.55
	100m:	1:00.72	31.38	200m:	2:05.35	32.31	300m:	3:10.72	33.06	400m:	4:16.41	32.14
23.	Trzesiec Daniel				00	CSiR MOS Dabrowa Gornicza				4:17.66	558	
	50m:	28.87	28.87	150m:	1:34.41	32.82	250m:	2:41.11	33.48	350m:	3:46.97	32.24
	100m:	1:01.59	32.72	200m:	2:07.63	33.22	300m:	3:14.73	33.62	400m:	4:17.66	30.69
24.	Chwastek Dominik				00	CSiR MOS Dabrowa Gornicza				4:17.94	557	
	50m:	29.23	29.23	150m:	1:34.12	32.80	250m:	2:40.59	33.38	350m:	3:46.97	32.95
	100m:	1:01.32	32.09	200m:	2:07.21	33.09	300m:	3:14.02	33.43	400m:	4:17.94	30.97
25.	Rel Maciej				00	Mks Trojka Lodz				4:18.75	551	
	50m:	28.43	28.43	150m:	1:33.15	33.18	250m:	2:40.64	33.71	350m:	3:47.55	33.12
	100m:	59.97	31.54	200m:	2:06.93	33.78	300m:	3:14.43	33.79	400m:	4:18.75	31.20
26.	Lewandowski Michal				00	Zryw Opole				4:19.87	544	
	50m:	29.27	29.27	150m:	1:35.03	33.18	250m:	2:41.22	32.83	350m:	3:46.77	32.97
	100m:	1:01.85	32.58	200m:	2:08.39	33.36	300m:	3:13.80	32.58	400m:	4:19.87	33.10
27.	Staniszewski Jakub				00	CSiR MOS Dabrowa Gornicza				4:20.23	542	
	50m:	28.73	28.73	150m:	1:33.92	33.01	250m:	2:40.56	33.41	350m:	3:47.82	33.64
	100m:	1:00.91	32.18	200m:	2:07.15	33.23	300m:	3:14.18	33.62	400m:	4:20.23	32.41
28.	Szynalski Szymon				00	UPKS Wodnik Rawicz				4:20.29	542	
	50m:	29.22	29.22	150m:	1:34.46	33.03	250m:	2:40.97	33.30	350m:	3:47.97	33.56
	100m:	1:01.43	32.21	200m:	2:07.67	33.21	300m:	3:14.41	33.44	400m:	4:20.29	32.32
29.	Twardzik Bartosz				00	SiKReT Gliwice				4:20.32	542	
	50m:	28.64	28.64	150m:	1:34.27	33.32	250m:	2:41.46	33.84	350m:	3:48.79	33.35
	100m:	1:00.95	32.31	200m:	2:07.62	33.35	300m:	3:15.44	33.98	400m:	4:20.32	31.53
30.	Klaput Bartosz				00	UKS SMS Galicja Krakow				4:22.43	529	
	50m:	29.22	29.22	150m:	1:36.71	33.98	250m:	2:43.36	32.80	350m:	3:50.83	34.18
	100m:	1:02.73	33.51	200m:	2:10.56	33.85	300m:	3:16.65	33.29	400m:	4:22.43	31.60
31.	Cajza Szymon				00	LKS Jednosc 32 Przyszowice				4:22.77	527	
	50m:	29.03	29.03	150m:	1:36.11	33.58	250m:	2:43.23	33.17	350m:	3:50.81	33.83
	100m:	1:02.53	33.50	200m:	2:10.06	33.95	300m:	3:16.98	33.75	400m:	4:22.77	31.96
32.	Krawczak Patryk				00	MKS"ZAK" Biala Podlaska				4:23.95	519	
	50m:	29.20	29.20	150m:	1:34.92	33.62	250m:	2:43.03	34.14	350m:	3:51.39	34.10
	100m:	1:01.30	32.10	200m:	2:08.89	33.97	300m:	3:17.29	34.26	400m:	4:23.95	32.56
33.	Roskosz Szymon SR				00	MKS-SMS Victoria Raciborz				4:24.89	514	
	50m:	30.41	30.41	150m:	1:37.19	33.55	250m:	2:45.08	33.66	350m:	3:52.49	33.37
	100m:	1:03.64	33.23	200m:	2:11.42	34.23	300m:	3:19.12	34.04	400m:	4:24.89	32.40
34.	Kalisz Jakub				00	MKS Polonia Warszawa				4:25.41	511	
	50m:	28.51	28.51	150m:	1:34.57	33.53	250m:	2:42.88	34.38	350m:	3:52.45	34.70
	100m:	1:01.04	32.53	200m:	2:08.50	33.93	300m:	3:17.75	34.87	400m:	4:25.41	32.96
35.	Slominski Sebastian				00	KS Rekin Swiebodzice				4:26.27	506	
	50m:	28.42	28.42	150m:	1:35.28	34.16	250m:	2:44.85	34.76	350m:	3:53.24	34.52
	100m:	1:01.12	32.70	200m:	2:10.09	34.81	300m:	3:18.72	33.87	400m:	4:26.27	33.03

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Rank					YB					Time	Pts	
36.	Sumara Konrad				00	TS Wisla Krakow				4:27.46	499	
	50m:	30.37	30.37	150m:	1:38.42	34.57	250m:	2:46.82	33.93	350m:	3:55.01	34.10
	100m:	1:03.85	33.48	200m:	2:12.89	34.47	300m:	3:20.91	34.09	400m:	4:27.46	32.45
37.	Rozek Oskar				00	KS Warta Poznan				4:28.29	495	
	50m:	30.47	30.47	150m:	1:36.48	33.35	250m:	2:45.08	34.54	350m:	3:54.52	34.85
	100m:	1:03.13	32.66	200m:	2:10.54	34.06	300m:	3:19.67	34.59	400m:	4:28.29	33.77
38.	Wyrobek Rafal				00	LKS Jednosc 32 Przyszowice				4:29.06	490	
	50m:	31.19	31.19	150m:	1:38.24	33.77	250m:	2:46.97	34.56	350m:	3:55.78	34.32
	100m:	1:04.47	33.28	200m:	2:12.41	34.17	300m:	3:21.46	34.49	400m:	4:29.06	33.28
39.	Pabich Jakub				00	MPKS Orka Ciechanow				4:29.51	488	
	50m:	29.90	29.90	150m:	1:38.43	34.60	250m:	2:47.44	34.46	350m:	3:56.79	34.72
	100m:	1:03.83	33.93	200m:	2:12.98	34.55	300m:	3:22.07	34.63	400m:	4:29.51	32.72
40.	Wiktorowski Gracjan				00	SKS 137 Delfin Lodz				4:30.06	485	
	50m:	28.49	28.49	150m:	1:35.24	34.00	250m:	2:44.76	34.91	350m:	3:55.90	35.26
	100m:	1:01.24	32.75	200m:	2:09.85	34.61	300m:	3:20.64	35.88	400m:	4:30.06	34.16
41.	Chyba Lukasz				00	TS Wisla Krakow				4:30.87	481	
	50m:	30.20	30.20	150m:	1:37.82	34.35	250m:	2:46.85	34.32	350m:	3:56.85	35.03
	100m:	1:03.47	33.27	200m:	2:12.53	34.71	300m:	3:21.82	34.97	400m:	4:30.87	34.02
42.	Kedzia Piotr				00	MKS Juvenia Wroclaw				4:31.71	476	
	50m:	31.17	31.17	150m:	1:39.07	34.24	250m:	2:47.35	34.21	350m:	3:54.62	33.34
	100m:	1:04.83	33.66	200m:	2:13.14	34.07	300m:	3:21.28	33.93	400m:	4:31.71	37.09
43.	Gontarczyk Kamil				00	Uks Kapry Armexim Pruszkow				4:32.69	471	
	50m:	29.75	29.75	150m:	1:37.38	34.23	250m:	2:47.32	35.11	350m:	3:58.30	35.67
	100m:	1:03.15	33.40	200m:	2:12.21	34.83	300m:	3:22.63	35.31	400m:	4:32.69	34.39
44.	Kosik Lukasz				00	KP Stilon Gorzow Wlkp.				4:32.97	470	
	50m:	30.20	30.20	150m:	1:38.90	34.74	250m:	2:48.03	34.32	350m:	3:58.55	35.29
	100m:	1:04.16	33.96	200m:	2:13.71	34.81	300m:	3:23.26	35.23	400m:	4:32.97	34.42
45.	Augustyn Aleksander				00	UKS FREGATA Kolbuszowa				4:34.17	463	
	50m:	30.89	30.89	150m:	1:39.92	34.96	250m:	2:49.58	35.04	350m:	4:00.08	35.62
	100m:	1:04.96	34.07	200m:	2:14.54	34.62	300m:	3:24.46	34.88	400m:	4:34.17	34.09
46.	Kokosza Filip				00	KS Warta Poznan				4:34.53	462	
	50m:	30.83	30.83	150m:	1:40.07	34.96	250m:	2:49.47	34.15	350m:	4:00.34	35.22
	100m:	1:05.11	34.28	200m:	2:15.32	35.25	300m:	3:25.12	35.65	400m:	4:34.53	34.19
47.	Kostyk Teodor				00	UKS CITYZEN Poznan				4:34.61	461	
	50m:	30.41	30.41	150m:	1:39.06	34.72	250m:	2:49.62	35.24	350m:	4:01.56	35.93
	100m:	1:04.34	33.93	200m:	2:14.38	35.32	300m:	3:25.63	36.01	400m:	4:34.61	33.05
48.	Chmielewski Jakub				00	Uks Ruch Grudziadz				4:36.44	452	
	50m:	30.49	30.49	150m:	1:37.02	33.62	250m:	2:46.73	35.16	350m:	3:59.35	36.82
	100m:	1:03.40	32.91	200m:	2:11.57	34.55	300m:	3:22.53	35.80	400m:	4:36.44	37.09
49.	Mieszkowski Stanislaw				00	UKS Skalar Warszawa				4:37.56	447	
	50m:			150m:	1:38.16	34.32	250m:	2:49.56	36.01	350m:	4:02.42	36.39
	100m:	1:03.84		200m:	2:13.55	35.39	300m:	3:26.03	36.47	400m:	4:37.56	35.14
	Butkiewicz Cezary				00	UKS G - 8 Bielany				4:37.56	447	
	50m:	31.99	31.99	150m:	1:40.51	34.38	250m:	2:50.61	34.98	350m:	4:01.88	35.81
	100m:	1:06.13	34.14	200m:	2:15.63	35.12	300m:	3:26.07	35.46	400m:	4:37.56	35.68
51.	Szalasny Bartosz SO				00	UKP UNIA Oswiecim				4:40.31	434	
	50m:	31.87	31.87	150m:	1:42.48	35.53	250m:	2:54.71	35.88	350m:	4:05.76	35.57
	100m:	1:06.95	35.08	200m:	2:18.83	36.35	300m:	3:30.19	35.48	400m:	4:40.31	34.55
52.	Strzelczyk Filip				00	UKS Skalar Warszawa				4:40.74	432	
	50m:	30.69	30.69	150m:	1:40.30	35.39	250m:			350m:	4:06.04	36.49
	100m:	1:04.91	34.22	200m:	2:16.31	36.01	300m:	3:29.55		400m:	4:40.74	34.70
53.	Tanzola Sebastian				00	Ks Mariosport				4:43.84	418	
	50m:	31.06	31.06	150m:	1:41.95	35.92	250m:	2:54.71	36.36	350m:	4:08.12	36.34
	100m:	1:06.03	34.97	200m:	2:18.35	36.40	300m:	3:31.78	37.07	400m:	4:43.84	35.72

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Rank				YB					Time	Pts		
54.	Urban Kacper			00	Uks Ruch Grudziadz				4:46.74	405		
	50m:	32.20	32.20	150m:	1:43.71	36.12	250m:	2:57.04	36.99	350m:	4:11.26	37.16
	100m:	1:07.59	35.39	200m:	2:20.05	36.34	300m:	3:34.10	37.06	400m:	4:46.74	35.48
DNS	Bochenek Konrad			00	CSiR MOS Dabrowa Gornicza							