

Mistrzostwa Polski Juniorów 16 letnich  
Gliwice, 10. - 12.3.2017

Konkurencja 12  
10.03.2017 - 11:26

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 2016

Pozycja			Rok ur.					Czas	Pkt.
1.	Warzocha Albert		01	UKS CITYZEN Pozna			<b>4:32.85</b>	642 A	
	50m: 28.31	28.31	150m: 1:37.05	35.23	250m: 2:50.28	38.29	350m: 4:01.60	32.60	
	100m: 1:01.82	33.51	200m: 2:11.99	34.94	300m: 3:29.00	38.72	400m: 4:32.85	31.25	
2.	Dubas Mateusz		01	AZS AWF Katowice			<b>4:33.25</b>	640 A	
	50m: 28.37	28.37	150m: 1:37.02	35.93	250m: 2:49.45	36.85	350m: 4:00.53	33.63	
	100m: 1:01.09	32.72	200m: 2:12.60	35.58	300m: 3:26.90	37.45	400m: 4:33.25	32.72	
3.	Sacha Kamil		01	Csir Mos D browa Górnicza			<b>4:33.84</b>	636 A	
	50m: 28.33	28.33	150m: 1:36.04	35.12	250m: 2:50.55	38.70	350m: 4:03.41	33.33	
	100m: 1:00.92	32.59	200m: 2:11.85	35.81	300m: 3:30.08	39.53	400m: 4:33.84	30.43	
4.	Elgalal Sami		01	UKS SP 149 Łód			<b>4:34.22</b>	633 A	
	50m: 28.14	28.14	150m: 1:35.74	35.03	250m: 2:51.23	40.76	350m: 4:03.30	32.13	
	100m: 1:00.71	32.57	200m: 2:10.47	34.73	300m: 3:31.17	39.94	400m: 4:34.22	30.92	
5.	Zaremba Jakub		01	Slask Wroclaw			<b>4:35.29</b>	626 A	
	50m: 29.20	29.20	150m: 1:38.31	35.93	250m: 2:52.17	37.44	350m: 4:04.22	32.25	
	100m: 1:02.38	33.18	200m: 2:14.73	36.42	300m: 3:31.97	39.80	400m: 4:35.29	31.07	
6.	Malec Mikołaj		01	MKS Ikar Mielec			<b>4:36.53</b>	617 A	
	50m: 29.39	29.39	150m: 1:37.10	33.42	250m: 2:51.22	41.12	350m: 4:04.43	32.71	
	100m: 1:03.68	34.29	200m: 2:10.10	33.00	300m: 3:31.72	40.50	400m: 4:36.53	32.10	
7.	Barusi ski Kordian		01	SALOS Cortile KIELCE			<b>4:36.91</b>	615 A	
	50m: 28.80	28.80	150m: 1:37.44	35.47	250m: 2:51.89	39.58	350m: 4:05.04	33.17	
	100m: 1:01.97	33.17	200m: 2:12.31	34.87	300m: 3:31.87	39.98	400m: 4:36.91	31.87	
8.	Guzy Marcel		01	DOKIS SP "Vega" Dobrodzie			<b>4:39.74</b>	596 A	
	50m: 30.50	30.50	150m: 1:41.59	36.39	250m: 2:54.97	37.44	350m: 4:06.92	33.38	
	100m: 1:05.20	34.70	200m: 2:17.53	35.94	300m: 3:33.54	38.57	400m: 4:39.74	32.82	
9.	Głuszkowski Mateusz		01	UKS CITYZEN Pozna			<b>4:41.12</b>	587 A	
	50m: 29.99	29.99	150m: 1:40.48	36.29	250m: 2:57.43	40.96	350m: 4:10.17	31.49	
	100m: 1:04.19	34.20	200m: 2:16.47	35.99	300m: 3:38.68	41.25	400m: 4:41.12	30.95	
10.	Wilejto Igor		01	Dwójka Tczew			<b>4:41.71</b>	584 A	
	50m: 30.05	30.05	150m: 1:40.50	36.03	250m: 2:55.76	40.61	350m: 4:10.95	32.87	
	100m: 1:04.47	34.42	200m: 2:15.15	34.65	300m: 3:38.08	42.32	400m: 4:41.71	30.76	
11.	Solarski Antoni		01	KS Warta Pozna			<b>4:41.90</b>	583 B	
	50m: 30.02	30.02	150m: 1:40.69	36.53	250m: 2:56.21	38.82	350m: 4:10.12	34.04	
	100m: 1:04.16	34.14	200m: 2:17.39	36.70	300m: 3:36.08	39.87	400m: 4:41.90	31.78	
12.	Wamka Mateusz		01	MUKS Pi tnastrka Bydgoszcz			<b>4:44.38</b>	567 B	
	50m: 30.06	30.06	150m: 1:41.55	36.67	250m: 2:57.68	40.53	350m: 4:12.58	33.55	
	100m: 1:04.88	34.82	200m: 2:17.15	35.60	300m: 3:39.03	41.35	400m: 4:44.38	31.80	
13.	Kami ski Damian		01	Znicz Koszalin			<b>4:44.55</b>	566 B	
	50m: 27.90	27.90	150m: 1:35.69	34.97	250m: 2:53.44	42.89	350m: 4:11.51	34.30	
	100m: 1:00.72	32.82	200m: 2:10.55	34.86	300m: 3:37.21	43.77	400m: 4:44.55	33.04	
14.	Fajkowski Piotr		01	MKS Trójka Łód			<b>4:44.57</b>	566 B	
	50m: 30.69	30.69	150m: 1:41.89	35.74	250m: 2:58.81	42.26	350m: 4:14.02	32.73	
	100m: 1:06.15	35.46	200m: 2:16.55	34.66	300m: 3:41.29	42.48	400m: 4:44.57	30.55	
15.	Olek Jakub		01	MKP, „Słowianka” Gorzów			<b>4:44.99</b>	564 B	
	50m: 29.26	29.26	150m: 1:39.74	37.00	250m: 2:56.59	40.40	350m: 4:11.79	34.22	
	100m: 1:02.74	33.48	200m: 2:16.19	36.45	300m: 3:37.57	40.98	400m: 4:44.99	33.20	



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

Pozycja			Rok ur.					Czas	Pkt.			
16.	Piróg Bartosz		01	MKP Szczecin				<b>4:45.28</b>	562	B		
	50m:	29.52	29.52	150m:	1:41.48	37.28	250m:	2:58.74	40.56	350m:	4:13.29	33.32
	100m:	1:04.20	34.68	200m:	2:18.18	36.70	300m:	3:39.97	41.23	400m:	4:45.28	31.99
17.	Wo niak Kamil		01	KS Wisła Puławy				<b>4:48.13</b>	546	B		
	50m:	29.93	29.93	150m:	1:43.38	38.83	250m:	3:02.54	41.48	350m:	4:17.16	33.54
	100m:	1:04.55	34.62	200m:	2:21.06	37.68	300m:	3:43.62	41.08	400m:	4:48.13	30.97
18.	Krysiak Michał		01	MKS Trójka Łód				<b>4:48.63</b>	543	B		
	50m:	29.67	29.67	150m:	1:42.17	38.51	250m:	3:02.36	43.12	350m:	4:17.72	32.29
	100m:	1:03.66	33.99	200m:	2:19.24	37.07	300m:	3:45.43	43.07	400m:	4:48.63	30.91
19.	Muc Filip		01	Csir Mos D browa Górnicza				<b>4:48.97</b>	541	B		
	50m:	30.65	30.65	150m:	1:42.57	36.13	250m:	2:58.42	39.90	350m:	4:14.11	34.89
	100m:	1:06.44	35.79	200m:	2:18.52	35.95	300m:	3:39.22	40.80	400m:	4:48.97	34.86
20.	Woli ski Igor		01	MKP Szczecin				<b>4:49.95</b>	535	B		
	50m:	30.65	30.65	150m:	1:42.46	37.13	250m:	3:01.39	42.32	350m:	4:17.44	32.95
	100m:	1:05.33	34.68	200m:	2:19.07	36.61	300m:	3:44.49	43.10	400m:	4:49.95	32.51
21.	Kłak Marcin		01	KS Płetwał Szczytno				<b>4:50.58</b>	532	R		
	50m:	29.78	29.78	150m:			250m:	3:00.74	41.39	350m:	4:17.70	34.34
	100m:	1:03.90	34.12	200m:	2:19.35		300m:	3:43.36	42.62	400m:	4:50.58	32.88
22.	Partyka Damian		01	DELFIN Gdynia				<b>4:51.93</b>	524	R		
	50m:	30.05	30.05	150m:	1:44.32	39.45	250m:	3:01.09	39.09	350m:	4:17.71	35.04
	100m:	1:04.87	34.82	200m:	2:22.00	37.68	300m:	3:42.67	41.58	400m:	4:51.93	34.22
23.	Kowalski Kacper		01	UKS Gim 92 Ursynów W-wa				<b>4:52.78</b>	520			
	50m:	31.00	31.00	150m:	1:42.74	35.14	250m:	2:58.89	41.85	350m:	4:17.70	36.17
	100m:	1:07.60	36.60	200m:	2:17.04	34.30	300m:	3:41.53	42.64	400m:	4:52.78	35.08
24.	Kalinowski Michał		01	MTKP Delfin Toru				<b>4:53.24</b>	517			
	50m:	31.37	31.37	150m:	1:44.19	37.20	250m:	3:03.29	42.75	350m:	4:21.77	33.85
	100m:	1:06.99	35.62	200m:	2:20.54	36.35	300m:	3:47.92	44.63	400m:	4:53.24	31.47
25.	Koncki Bartłomiej		01	KS Wisła Puławy				<b>4:53.87</b>	514			
	50m:	32.54	32.54	150m:	1:47.56	37.35	250m:	3:05.13	41.87	350m:	4:20.71	34.54
	100m:	1:10.21	37.67	200m:	2:23.26	35.70	300m:	3:46.17	41.04	400m:	4:53.87	33.16
26.	Dados Aleksander		01	KS Wisła Puławy				<b>4:56.59</b>	500			
	50m:	30.86	30.86	150m:	1:44.76	37.80	250m:	3:04.88	42.48	350m:	4:23.70	35.05
	100m:	1:06.96	36.10	200m:	2:22.40	37.64	300m:	3:48.65	43.77	400m:	4:56.59	32.89
27.	cieszko Mateusz		01	MKS Trójka Łód				<b>4:57.51</b>	495			
	50m:	31.72	31.72	150m:	1:46.26	38.42	250m:	3:05.03	40.71	350m:	4:23.84	35.86
	100m:	1:07.84	36.12	200m:	2:24.32	38.06	300m:	3:47.98	42.95	400m:	4:57.51	33.67
28.	Janecki Mateusz		01	MKS Pałac Młodzie y Katowice				<b>4:57.97</b>	493			
	50m:	29.93	29.93	150m:	1:44.75	38.39	250m:	3:04.44	42.57	350m:	4:24.36	34.89
	100m:	1:06.36	36.43	200m:	2:21.87	37.12	300m:	3:49.47	45.03	400m:	4:57.97	33.61
29.	Michalski Wojciech		01	MUKS Gilus Gliwice				<b>4:58.10</b>	493			
	50m:	33.26	33.26	150m:	1:48.39	38.98	250m:	3:08.68	42.56	350m:	4:26.18	33.90
	100m:	1:09.41	36.15	200m:	2:26.12	37.73	300m:	3:52.28	43.60	400m:	4:58.10	31.92
30.	Wojciechowski Jakub		01	KS Warta Pozna				<b>4:58.64</b>	490			
	50m:	31.31	31.31	150m:	1:42.31	35.38	250m:	3:03.48	45.21	350m:	4:23.56	34.91
	100m:	1:06.93	35.62	200m:	2:18.27	35.96	300m:	3:48.65	45.17	400m:	4:58.64	35.08
31.	Grzybowski Artur		01	Znicz Koszalin				<b>4:59.15</b>	487			
	50m:	29.55	29.55	150m:	1:41.02	37.29	250m:	3:01.43	43.72	350m:	4:22.13	36.26
	100m:	1:03.73	34.18	200m:	2:17.71	36.69	300m:	3:45.87	44.44	400m:	4:59.15	37.02



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Pozycja			Rok ur.				Czas		Pkt.
32.	Rogulin Bogdan SO		01	UKP UNIA O wi cim			<b>5:01.39</b>	477	
	50m:	31.59 31.59	150m:	1:48.21 39.62	250m:	3:07.85 40.68	350m:	4:26.37 36.47	
	100m:	1:08.59 37.00	200m:	2:27.17 38.96	300m:	3:49.90 42.05	400m:	5:01.39 35.02	
33.	Ziółkowski Norbert		01	Nowy KP Bielsko			<b>5:02.04</b>	474	
	50m:	32.08 32.08	150m:	1:49.28 39.85	250m:	3:11.61 43.45	350m:	4:30.39 35.10	
	100m:	1:09.43 37.35	200m:	2:28.16 38.88	300m:	3:55.29 43.68	400m:	5:02.04 31.65	
34.	Muszy ski Jakub		01	MUKS Pi tnastka Bydgoszcz			<b>5:02.49</b>	471	
	50m:	31.29 31.29	150m:	1:47.55 39.91	250m:	3:10.28 44.63	350m:	4:30.04 32.96	
	100m:	1:07.64 36.35	200m:	2:25.65 38.10	300m:	3:57.08 46.80	400m:	5:02.49 32.45	
35.	Korzeniowski Paweł		01	UKS Wodnik Krasnystaw			<b>5:03.11</b>	468	
	50m:	31.16 31.16	150m:	1:48.93 40.46	250m:	3:08.12 40.69	350m:	4:26.68 37.36	
	100m:	1:08.47 37.31	200m:	2:27.43 38.50	300m:	3:49.32 41.20	400m:	5:03.11 36.43	
36.	Buryło Krzysztof		01	KS Warta Pozna			<b>5:09.40</b>	440	
	50m:	29.43 29.43	150m:	1:46.70 41.94	250m:	3:10.58 44.16	350m:	4:32.82 36.70	
	100m:	1:04.76 35.33	200m:	2:26.42 39.72	300m:	3:56.12 45.54	400m:	5:09.40 36.58	



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