

Mistrzostwa Polski Juniorów 16 letnich
Gliwice, 10. - 12.3.2017

Konkurencja 12
10.03.2017 - 18:51

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 2016

Pozycja			Rok ur.					Czas	Pkt.
Finał A									
1.	Warzocha Albert		01	UKS CITYZEN Pozna			4:22.50	722	
	50m: 28.06	28.06	150m: 1:34.26	33.56	250m: 2:44.11	36.25	350m: 3:52.41	31.36	
	100m: 1:00.70	32.64	200m: 2:07.86	33.60	300m: 3:21.05	36.94	400m: 4:22.50	30.09	
2.	Dubas Mateusz		01	AZS AWF Katowice			4:26.40	690	
	50m: 28.12	28.12	150m: 1:35.77	35.29	250m: 2:46.57	36.42	350m: 3:55.54	32.10	
	100m: 1:00.48	32.36	200m: 2:10.15	34.38	300m: 3:23.44	36.87	400m: 4:26.40	30.86	
3.	Sacha Kamil		01	Csir Mos D browa Górnicza			4:28.61	673	
	50m: 28.50	28.50	150m: 1:35.68	34.70	250m: 2:47.78	37.90	350m: 3:59.18	32.17	
	100m: 1:00.98	32.48	200m: 2:09.88	34.20	300m: 3:27.01	39.23	400m: 4:28.61	29.43	
4.	Barusi ski Kordian		01	SALOS Cortile KIELCE			4:28.64	673	
	50m: 28.69	28.69	150m: 1:35.66	34.43	250m: 2:47.99	36.83	350m: 3:58.84	32.09	
	100m: 1:01.23	32.54	200m: 2:11.16	35.50	300m: 3:26.75	38.76	400m: 4:28.64	29.80	
5.	Elgalal Sami		01	UKS SP 149 Łód			4:30.04	663	
	50m: 28.25	28.25	150m: 1:35.46	34.66	250m: 2:48.79	38.72	350m: 3:59.58	31.65	
	100m: 1:00.80	32.55	200m: 2:10.07	34.61	300m: 3:27.93	39.14	400m: 4:30.04	30.46	
6.	Zaremba Jakub		01	Slask Wroclaw			4:35.95	621	
	50m: 29.35	29.35	150m: 1:38.29	35.76	250m: 2:52.48	38.65	350m: 4:04.69	32.50	
	100m: 1:02.53	33.18	200m: 2:13.83	35.54	300m: 3:32.19	39.71	400m: 4:35.95	31.26	
7.	Malec Mikołaj		01	MKS Ikar Mielec			4:37.90	608	
	50m: 29.16	29.16	150m: 1:37.18	34.19	250m: 2:50.82	40.39	350m: 4:05.46	33.49	
	100m: 1:02.99	33.83	200m: 2:10.43	33.25	300m: 3:31.97	41.15	400m: 4:37.90	32.44	
8.	Wilejto Igor		01	Dwójka Tczew			4:38.15	606	
	50m: 29.12	29.12	150m: 1:38.30	35.92	250m: 2:53.92	40.71	350m: 4:07.68	32.24	
	100m: 1:02.38	33.26	200m: 2:13.21	34.91	300m: 3:35.44	41.52	400m: 4:38.15	30.47	
9.	Głuszkowski Mateusz		01	UKS CITYZEN Pozna			4:39.13	600	
	50m: 29.37	29.37	150m: 1:38.10	35.53	250m: 2:53.92	40.58	350m: 4:08.01	32.53	
	100m: 1:02.57	33.20	200m: 2:13.34	35.24	300m: 3:35.48	41.56	400m: 4:39.13	31.12	
10.	Guzy Marcel		01	DOKiS SP "Vega" Dobrodzie			4:39.24	599	
	50m: 29.89	29.89	150m: 1:41.15	36.26	250m: 2:54.79	37.79	350m: 4:06.97	33.85	
	100m: 1:04.89	35.00	200m: 2:17.00	35.85	300m: 3:33.12	38.33	400m: 4:39.24	32.27	
Finał B									
11.	Solarski Antoni		01	KS Warta Pozna			4:35.85	622	
	50m: 29.48	29.48	150m: 1:39.37	36.42	250m: 2:52.43	37.67	350m: 4:04.09	33.51	
	100m: 1:02.95	33.47	200m: 2:14.76	35.39	300m: 3:30.58	38.15	400m: 4:35.85	31.76	
12.	Kami ski Damian		01	Znicz Koszalin			4:41.71	584	
	50m: 28.72	28.72	150m: 1:38.20	35.76	250m: 2:56.11	42.24	350m: 4:10.86	32.78	
	100m: 1:02.44	33.72	200m: 2:13.87	35.67	300m: 3:38.08	41.97	400m: 4:41.71	30.85	
13.	Muc Filip		01	Csir Mos D browa Górnicza			4:42.06	582	
	50m: 30.28	30.28	150m: 1:42.63	36.71	250m: 2:57.65	39.04	350m: 4:10.06	32.58	
	100m: 1:05.92	35.64	200m: 2:18.61	35.98	300m: 3:37.48	39.83	400m: 4:42.06	32.00	
14.	Olek Jakub		01	MKP „Słowianka” Gorzów			4:43.61	572	
	50m: 29.07	29.07	150m: 1:40.64	37.53	250m: 2:58.33	40.68	350m: 4:11.67	33.35	
	100m: 1:03.11	34.04	200m: 2:17.65	37.01	300m: 3:38.32	39.99	400m: 4:43.61	31.94	



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Pozycja			Rok ur.					Czas	Pkt.			
15.	Wamka Mateusz		01	MUKS Pi tnastrka Bydgoszcz				4:44.09	569			
	50m:	30.22	30.22	150m:	1:41.79	37.14	250m:	2:58.79	41.02	350m:	4:12.88	33.51
	100m:	1:04.65	34.43	200m:	2:17.77	35.98	300m:	3:39.37	40.58	400m:	4:44.09	31.21
16.	Piróg Bartosz		01	MKP Szczecin				4:45.54	561			
	50m:	29.48	29.48	150m:	1:41.79	37.83	250m:	2:59.23	40.87	350m:	4:13.68	32.94
	100m:	1:03.96	34.48	200m:	2:18.36	36.57	300m:	3:40.74	41.51	400m:	4:45.54	31.86
17.	Kłak Marcin		01	KS Płetwal Szczytno				4:45.89	558			
	50m:	30.09	30.09	150m:	1:42.50	38.45	250m:	2:59.59	40.35	350m:	4:14.23	34.02
	100m:	1:04.05	33.96	200m:	2:19.24	36.74	300m:	3:40.21	40.62	400m:	4:45.89	31.66
18.	Krysiak Michał		01	MKS Trójka Łódź				4:51.75	525			
	50m:	29.62	29.62	150m:	1:42.48	38.26	250m:	3:04.06	43.91	350m:	4:20.18	32.62
	100m:	1:04.22	34.60	200m:	2:20.15	37.67	300m:	3:47.56	43.50	400m:	4:51.75	31.57
19.	Wo niak Kamil		01	KS Wisła Puławy				4:53.11	518			
	50m:	29.80	29.80	150m:	1:44.68	40.12	250m:	3:05.14	41.93	350m:	4:21.10	33.89
	100m:	1:04.56	34.76	200m:	2:23.21	38.53	300m:	3:47.21	42.07	400m:	4:53.11	32.01
20.	Woli ski Igor		01	MKP Szczecin				4:56.33	501			
	50m:	30.93	30.93	150m:	1:43.82	38.59	250m:	3:06.01	44.75	350m:	4:23.25	33.15
	100m:	1:05.23	34.30	200m:	2:21.26	37.44	300m:	3:50.10	44.09	400m:	4:56.33	33.08

