

Letnie Mistrzostwa Polski w Pływaniu Juniorów Młodszych 16 lat
Opole, 14. - 16.7.2017

Konkurencja 12
14.07.2017 - 11:10

Chłopców, 400m zmienny

16 lat
Wyniki Eliminacje

Rekord Polski Open	4:12.28	MATCZAK, Mateusz	POL	Belgrade (SRB)	11.07.2009
Rekord Polski 16	4:26.91	KALUSOWSKI, Jan	POL	Ostrowiec Sw	15.07.2016

Punkty: FINA 2016

Pozycja	Rok ur.	Czas Pkt.	100m	200m	300m	400m	
1. WARZOCHA, Albert	01	UKS CITYZEN Pozna 4:41.93 646 A	1:03.74	1:14.35	1:21.29	1:02.55	
50m: 29.47	29.47	150m: 1:41.47	37.73	250m: 2:58.34	40.25	350m: 4:10.65	31.27
100m: 1:03.74	34.27	200m: 2:18.09	36.62	300m: 3:39.38	41.04	400m: 4:41.93	31.28
2. SACHA, Kamil	01	CSIR MOS D browa Górnica 4:42.51 643 A	1:04.71	1:13.92	1:19.48	1:04.40	
50m: 30.05	30.05	150m: 1:41.81	37.10	250m: 2:58.08	39.45	350m: 4:11.12	33.01
100m: 1:04.71	34.66	200m: 2:18.63	36.82	300m: 3:38.11	40.03	400m: 4:42.51	31.39
3. ZAREMBA, Jakub	01	WKS I sk Wroclaw 4:43.20 638 A	1:03.58	1:14.50	1:21.22	1:03.90	
50m: 29.74	29.74	150m: 1:40.94	37.36	250m: 2:58.36	40.28	350m: 4:11.91	32.61
100m: 1:03.58	33.84	200m: 2:18.08	37.14	300m: 3:39.30	40.94	400m: 4:43.20	31.29
4. ELGALAL, Sami	01	UKS SP 149 Łódź 4:43.78 634 A	1:05.68	1:13.13	1:22.19	1:02.78	
50m: 30.06	30.06	150m: 1:42.48	36.80	250m: 3:00.14	41.33	350m: 4:12.94	31.94
100m: 1:05.68	35.62	200m: 2:18.81	36.33	300m: 3:41.00	40.86	400m: 4:43.78	30.84
5. DUBAS, Mateusz	01	AZS AWF Katowice 4:43.94 633 A	1:03.87	1:15.29	1:17.54	1:07.24	
50m: 29.58	29.58	150m: 1:42.00	38.13	250m: 2:57.63	38.47	350m: 4:10.62	33.92
100m: 1:03.87	34.29	200m: 2:19.16	37.16	300m: 3:36.70	39.07	400m: 4:43.94	33.32
6. GŁUSZKOWSKI, Mateusz	01	UKS CITYZEN Pozna 4:46.06 619 A	1:06.54	1:13.67	1:23.67	1:02.18	
50m: 30.54	30.54	150m: 1:43.31	36.77	250m: 3:01.35	41.14	350m: 4:16.08	32.20
100m: 1:06.54	36.00	200m: 2:20.21	36.90	300m: 3:43.88	42.53	400m: 4:46.06	29.98
7. SUCHA SKI, Przemysław	01	MKS Park Wodny Tarnowski 4:46.09 619 A	1:07.01	1:10.95	1:22.52	1:05.61	
50m: 30.26	30.26	150m: 1:42.89	35.88	250m: 2:58.25	40.29	350m: 4:14.00	33.52
100m: 1:07.01	36.75	200m: 2:17.96	35.07	300m: 3:40.48	42.23	400m: 4:46.09	32.09
8. WILEJTO, Igor	01	Dwójka Tczew 4:46.82 614 A	1:05.02	1:12.92	1:25.19	1:03.69	
50m: 30.26	30.26	150m: 1:42.05	37.03	250m: 2:59.46	41.52	350m: 4:15.36	32.23
100m: 1:05.02	34.76	200m: 2:17.94	35.89	300m: 3:43.13	43.67	400m: 4:46.82	31.46
9. GUZY, Marcel	01	DOKiS SP Vega Dobrodzie 4:47.52 609 A	1:05.84	1:15.67	1:18.93	1:07.08	
50m: 30.54	30.54	150m: 1:43.77	37.93	250m: 3:00.10	38.59	350m: 4:13.67	33.23
100m: 1:05.84	35.30	200m: 2:21.51	37.74	300m: 3:40.44	40.34	400m: 4:47.52	33.85
10. BARUSI SKI, Kordian	01	UKS G-8 Bielany 4:48.25 605 A	1:03.73	1:15.23	1:22.73	1:06.56	
50m: 29.17	29.17	150m: 1:42.02	38.29	250m: 3:00.49	41.53	350m: 4:15.85	34.16
100m: 1:03.73	34.56	200m: 2:18.96	36.94	300m: 3:41.69	41.20	400m: 4:48.25	32.40
11. SZEWCZYK, Bartosz	01	Znicz Koszalin 4:49.52 597 B	1:06.53	1:16.12	1:21.08	1:05.79	
50m: 30.70	30.70	150m: 1:45.67	39.14	250m: 3:02.13	39.48	350m: 4:17.92	34.19
100m: 1:06.53	35.83	200m: 2:22.65	36.98	300m: 3:43.73	41.60	400m: 4:49.52	31.60
12. JÓ KÓW, Cezary	01	WKS I sk Wroclaw 4:49.69 596 B	1:03.84	1:15.84	1:23.85	1:06.16	
50m: 29.46	29.46	150m: 1:42.21	38.37	250m: 3:01.47	41.79	350m: 4:17.95	34.42
100m: 1:03.84	34.38	200m: 2:19.68	37.47	300m: 3:43.53	42.06	400m: 4:49.69	31.74
13. SOLARSKI, Antoni	01	KS Warta Pozna 4:49.95 594 B	1:05.79	1:14.77	1:22.42	1:06.97	
50m: 30.31	30.31	150m: 1:43.20	37.41	250m: 3:00.79	40.23	350m: 4:16.13	33.15
100m: 1:05.79	35.48	200m: 2:20.56	37.36	300m: 3:42.98	42.19	400m: 4:49.95	33.82
14. GRZYBOWSKI, Artur	01	Znicz Koszalin 4:54.70 566 B	1:06.81	1:16.27	1:25.05	1:06.57	
50m: 30.61	30.61	150m: 1:45.15	38.34	250m: 3:04.83	41.75	350m: 4:22.54	34.41
100m: 1:06.81	36.20	200m: 2:23.08	37.93	300m: 3:48.13	43.30	400m: 4:54.70	32.16
15. WAMKA, Mateusz	01	MUKS Pi tnatka Bydgoszcz 4:54.78 566 B	1:06.17	1:15.33	1:24.84	1:08.44	
50m: 30.66	30.66	150m: 1:43.94	37.77	250m: 3:03.58	42.08	350m: 4:22.60	36.26
100m: 1:06.17	35.51	200m: 2:21.50	37.56	300m: 3:46.34	42.76	400m: 4:54.78	32.18
16. SADŁO, Marcel	01	CSIR MOS D browa Górnica 4:55.66 560 B	1:02.83	1:18.00	1:24.73	1:10.10	
50m: 29.23	29.23	150m: 1:42.19	39.36	250m: 3:02.51	41.68	350m: 4:20.95	35.39
100m: 1:02.83	33.60	200m: 2:20.83	38.64	300m: 3:45.56	43.05	400m: 4:55.66	34.71

Letnie Mistrzostwa Polski w Pływaniu Juniorów Młodszych 16 lat
Opole, 14. - 16.7.2017

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

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
17. MUC, Filip	01	4:56.22	557 B	1:05.94	1:15.71	1:25.52	1:09.05
50m: 30.35	30.35	150m: 1:44.27	38.33	250m: 3:03.54	41.89	350m: 4:22.39	35.22
100m: 1:05.94	35.59	200m: 2:21.65	37.38	300m: 3:47.17	43.63	400m: 4:56.22	33.83
18. WO NIAK, Kamil	01	4:56.77	554 B	1:04.71	1:18.67	1:26.03	1:07.36
50m: 29.95	29.95	150m: 1:44.75	40.04	250m: 3:05.82	42.44	350m: 4:23.87	34.46
100m: 1:04.71	34.76	200m: 2:23.38	38.63	300m: 3:49.41	43.59	400m: 4:56.77	32.90
19. WOLI SKI, Igor	01	4:56.82	554 B	1:05.12	1:18.29	1:26.39	1:07.02
50m: 30.38	30.38	150m: 1:45.29	40.17	250m: 3:06.29	42.88	350m: 4:23.99	34.19
100m: 1:05.12	34.74	200m: 2:23.41	38.12	300m: 3:49.80	43.51	400m: 4:56.82	32.83
20. URYGA, Bartłomiej	01	4:58.35	545 B	1:06.70	1:20.39	1:19.32	1:11.94
50m: 30.55	30.55	150m: 1:48.12	41.42	250m: 3:05.37	38.28	350m: 4:22.92	36.51
100m: 1:06.70	36.15	200m: 2:27.09	38.97	300m: 3:46.41	41.04	400m: 4:58.35	35.43
21. ROGULIN, Bogdan SO	01	4:59.23	541 R	1:07.49	1:20.09	1:20.90	1:10.75
50m: 30.98	30.98	150m: 1:48.04	40.55	250m: 3:07.99	40.41	350m: 4:24.22	35.74
100m: 1:07.49	36.51	200m: 2:27.58	39.54	300m: 3:48.48	40.49	400m: 4:59.23	35.01
22. KAMI SKI, Damian	01	4:59.58	539 R	1:04.81	1:16.10	1:29.23	1:09.44
50m: 29.76	29.76	150m: 1:43.24	38.43	250m: 3:05.08	44.17	350m: 4:24.68	34.54
100m: 1:04.81	35.05	200m: 2:20.91	37.67	300m: 3:50.14	45.06	400m: 4:59.58	34.90
23. KONCKI, Bartłomiej	01	5:01.05	531	1:09.93	1:16.51	1:26.17	1:08.44
50m: 32.84	32.84	150m: 1:49.32	39.39	250m: 3:09.12	42.68	350m: 4:28.18	35.57
100m: 1:09.93	37.09	200m: 2:26.44	37.12	300m: 3:52.61	43.49	400m: 5:01.05	32.87
24. DADOS, Aleksander	01	5:04.87	511	1:07.08	1:16.98	1:30.39	1:10.42
50m: 30.88	30.88	150m: 1:45.82	38.74	250m: 3:07.99	43.93	350m: 4:30.45	36.00
100m: 1:07.08	36.20	200m: 2:24.06	38.24	300m: 3:54.45	46.46	400m: 5:04.87	34.42
25. MICHALSKI, Wojciech	01	5:05.21	509	1:10.10	1:18.67	1:29.20	1:07.24
50m: 31.97	31.97	150m: 1:49.79	39.69	250m: 3:12.93	44.16	350m: 4:32.66	34.69
100m: 1:10.10	38.13	200m: 2:28.77	38.98	300m: 3:57.97	45.04	400m: 5:05.21	32.55
26. KOTARSKI, Jakub	01	5:06.85	501	1:07.40	1:20.33	1:30.30	1:08.82
50m: 30.81	30.81	150m: 1:47.70	40.30	250m: 3:11.30	43.57	350m: 4:32.35	34.32
100m: 1:07.40	36.59	200m: 2:27.73	40.03	300m: 3:58.03	46.73	400m: 5:06.85	34.50
27. KALINOWSKI, Michał	01	5:08.80	492	1:07.15	1:18.86	1:31.15	1:11.64
50m: 31.18	31.18	150m: 1:46.64	39.49	250m: 3:10.84	44.83	350m: 4:34.84	37.68
100m: 1:07.15	35.97	200m: 2:26.01	39.37	300m: 3:57.16	46.32	400m: 5:08.80	33.96
28. MIZIAK, Adam	01	5:10.86	482	1:08.28	1:20.99	1:30.70	1:10.89
50m: 31.19	31.19	150m: 1:50.10	41.82	250m: 3:14.47	45.20	350m: 4:36.55	36.58
100m: 1:08.28	37.09	200m: 2:29.27	39.17	300m: 3:59.97	45.50	400m: 5:10.86	34.31
29. WIELGUS, Kacper	01	5:15.19	463	1:15.46	1:17.75	1:30.87	1:11.11
50m: 35.01	35.01	150m: 1:54.57	39.11	250m: 3:19.04	45.83	350m: 4:40.28	36.20
100m: 1:15.46	40.45	200m: 2:33.21	38.64	300m: 4:04.08	45.04	400m: 5:15.19	34.91
DYSKW. GRZEMSKI, Kamil	01		MKP W growiec				
<i>Z 2 - Ukończenie poszczególnych odcinków niezgodnie z przepisami o danym stylu</i>							
DYSKW. KAMI SKI, Dawid	01		MKP Szczecin				
<i>K 14 - Praca nóg w płaszczy nie pionowej w dół</i>							