

Zimowe Mistrzostwa Województwa Pomorskiego
Gdańsk, 9. - 10.12.2017

Konkurencja 20
09.12.2017 - 16:07

Mężczyźni, 400m dowolny

Open
Wyniki

Punkty: FINA 2017

Pozycja			Rok ur.					Czas	Pkt.			
1.	Urbański Michał		01	Delfin Gdynia				4:04.16	656			
	50m:	29.33	29.33	150m:	1:31.15	31.16	250m:	2:33.44	30.77	350m:	3:35.52	30.96
	100m:	59.99	30.66	200m:	2:02.67	31.52	300m:	3:04.56	31.12	400m:	4:04.16	28.64
2.	Wilejto Igor		01	Dwójka Tczew				4:05.65	645			
	50m:	29.36	29.36	150m:	1:31.39	30.96	250m:	2:33.97	31.07	350m:	3:36.03	30.85
	100m:	1:00.43	31.07	200m:	2:02.90	31.51	300m:	3:05.18	31.21	400m:	4:05.65	29.62
3.	Sokołowski Fabian		03	Dwójka Morena Gdańsk				4:21.43	535			
	50m:	29.22	29.22	150m:	1:34.48	32.87	250m:	2:40.65	33.11	350m:	3:48.47	33.79
	100m:	1:01.61	32.39	200m:	2:07.54	33.06	300m:	3:14.68	34.03	400m:	4:21.43	32.96
4.	Taszarz Kacper		03	Dwójka Tczew				4:22.73	527			
	50m:	30.25	30.25	150m:	1:36.06	33.34	250m:	2:43.13	33.48	350m:	3:50.38	33.56
	100m:	1:02.72	32.47	200m:	2:09.65	33.59	300m:	3:16.82	33.69	400m:	4:22.73	32.35
5.	Kowalczyk Jan		04	Dwójka Tczew				4:23.58	522			
	50m:	30.53	30.53	150m:	1:37.96	33.86	250m:	2:45.78	33.77	350m:	3:52.57	33.02
	100m:	1:04.10	33.57	200m:	2:12.01	34.05	300m:	3:19.55	33.77	400m:	4:23.58	31.01
6.	Wieczorkowski Nikodem		04	Dwójka Tczew				4:23.69	521			
	50m:	30.60	30.60	150m:	1:38.00	33.62	250m:	2:45.85	33.83	350m:	3:52.50	32.69
	100m:	1:04.38	33.78	200m:	2:12.02	34.02	300m:	3:19.81	33.96	400m:	4:23.69	31.19
7.	Skibiak Hubert		04	TRI-Team Rumia				4:25.56	510			
	50m:	30.78	30.78	150m:	1:37.56	33.48	250m:	2:45.44	33.92	350m:	3:52.76	33.62
	100m:	1:04.08	33.30	200m:	2:11.52	33.96	300m:	3:19.14	33.70	400m:	4:25.56	32.80
8.	Truszkowski Tomasz		03	Siódemka Sopot				4:26.89	502			
	50m:	31.10	31.10	150m:	1:39.41	34.26	250m:	2:48.25	34.30	350m:	3:55.40	32.91
	100m:	1:05.15	34.05	200m:	2:13.95	34.54	300m:	3:22.49	34.24	400m:	4:26.89	31.49
9.	Zdybel Adam		05	Delfin Gdynia				4:30.94	480			
	50m:	29.98	29.98	150m:	1:38.98	35.33	250m:	2:48.31	34.75	350m:	3:57.97	34.82
	100m:	1:03.65	33.67	200m:	2:13.56	34.58	300m:	3:23.15	34.84	400m:	4:30.94	32.97
10.	Grzeźca Michał		04	Skalar Słupsk				4:32.06	474			
	50m:	30.81	30.81	150m:	1:41.29	35.51	250m:	2:50.79	34.73	350m:	3:59.33	34.18
	100m:	1:05.78	34.97	200m:	2:16.06	34.77	300m:	3:25.15	34.36	400m:	4:32.06	32.73
11.	Hnatyk Damian		03	Dwójka Morena Gdańsk				4:32.28	473			
	50m:	30.88	30.88	150m:	1:39.83	34.51	250m:	2:49.53	35.04	350m:	3:58.55	33.87
	100m:	1:05.32	34.44	200m:	2:14.49	34.66	300m:	3:24.68	35.15	400m:	4:32.28	33.73
12.	Cybulski Jakub		03	TRI-Team Rumia				4:39.54	437			
	50m:	32.88	32.88	150m:	1:44.30	36.29	250m:	2:56.42	35.60	350m:	4:06.63	34.98
	100m:	1:08.01	35.13	200m:	2:20.82	36.52	300m:	3:31.65	35.23	400m:	4:39.54	32.91
13.	Krasowski Krzysztof		04	TRI-Team Rumia				4:39.85	436			
	50m:	33.31	33.31	150m:	1:44.65	36.00	250m:	2:56.92	35.99	350m:	4:06.76	34.58
	100m:	1:08.65	35.34	200m:	2:20.93	36.28	300m:	3:32.18	35.26	400m:	4:39.85	33.09
14.	Róśka Kamil		05	Dwójka Morena Gdańsk				4:40.44	433			
	50m:	32.96	32.96	150m:	1:44.50	36.17	250m:	2:56.79	35.93	350m:	4:07.23	35.15
	100m:	1:08.33	35.37	200m:	2:20.86	36.36	300m:	3:32.08	35.29	400m:	4:40.44	33.21
15.	Hebel Maciej		05	abianka Gdańsk				4:40.70	432			
	50m:	32.96	32.96	150m:	1:44.70	35.75	250m:	2:56.84	35.79	350m:	4:07.13	34.92
	100m:	1:08.95	35.99	200m:	2:21.05	36.35	300m:	3:32.21	35.37	400m:	4:40.70	33.57
16.	Kowalski Mateusz		05	TRI-Team Rumia				4:43.44	419			
	50m:	31.86	31.86	150m:	1:43.72	36.37	250m:	2:56.56	36.25	350m:	4:09.06	35.88
	100m:	1:07.35	35.49	200m:	2:20.31	36.59	300m:	3:33.18	36.62	400m:	4:43.44	34.38
17.	Kolęda Maciej		04	Dwójka Morena Gdańsk				4:50.10	391			
	50m:	33.00	33.00	150m:	1:45.78	36.47	250m:	2:59.92	37.39	350m:	4:14.80	37.19
	100m:	1:09.31	36.31	200m:	2:22.53	36.75	300m:	3:37.61	37.69	400m:	4:50.10	35.30

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18. Grapentyn Jakub	05 MAL WOPR Malbork						4:50.51	389			
50m:	33.24	33.24	150m:	1:44.94	36.54	250m:	2:58.45	36.78	350m:	4:13.22	37.64
100m:	1:08.40	35.16	200m:	2:21.67	36.73	300m:	3:35.58	37.13	400m:	4:50.51	37.29
19. Kurek Jan	04 abianka Gdańsk						4:53.44	378			
50m:	32.11	32.11	150m:	1:46.84	38.16	250m:	3:03.80	38.65	350m:	4:19.29	37.38
100m:	1:08.68	36.57	200m:	2:25.15	38.31	300m:	3:41.91	38.11	400m:	4:53.44	34.15
20. Syldek Wiktor	03 Opty Ustka						4:53.69	377			
50m:	33.08	33.08	150m:	1:46.39	37.29	250m:	3:02.39	38.26	350m:	4:16.73	35.70
100m:	1:09.10	36.02	200m:	2:24.13	37.74	300m:	3:41.03	38.64	400m:	4:53.69	36.96
21. Kruplewski Gracjan	05 Skalar Słupsk						4:56.44	367			
50m:	33.35	33.35	150m:	1:49.56	38.33	250m:	3:05.71	37.95	350m:	4:21.37	37.34
100m:	1:11.23	37.88	200m:	2:27.76	38.20	300m:	3:44.03	38.32	400m:	4:56.44	35.07