

Młodzie owa Liga Województwa Pomorskiego 2019  
Gda sk, 1.2. - 29.5.2019

Konkurencja 35  
29.05.2019 - 12:11

M czyzn, 400m dowolny

14 - 23 lat  
Wyniki

Punkty: FINA 2018

Pozycja			Rok ur.					Czas	FINA	Pkt
14 lat										
1.	Hebel Maciej		05	abianka Gda sk			<b>4:09.15</b>	618	15,00	
	50m: 29.34	29.34	150m: 1:32.39	31.64	250m: 2:35.05	31.24	350m: 3:38.06	31.30		
	100m: 1:00.75	31.41	200m: 2:03.81	31.42	300m: 3:06.76	31.71	400m: 4:09.15	31.09		
2.	Zdybel Adam		05	Delfin Gdynia			<b>4:13.88</b>	584	12,00	
	50m: 29.77	29.77	150m: 1:34.55	32.57	250m: 2:39.95	32.82	350m: 3:43.87	31.37		
	100m: 1:01.98	32.21	200m: 2:07.13	32.58	300m: 3:12.50	32.55	400m: 4:13.88	30.01		
3.	Kowalski Mateusz		05	TRI-Team Rumia			<b>4:19.52</b>	547	11,00	
	50m: 29.41	29.41	150m: 1:34.12	32.80	250m: 2:40.08	33.05	350m: 3:46.76	32.97		
	100m: 1:01.32	31.91	200m: 2:07.03	32.91	300m: 3:13.79	33.71	400m: 4:19.52	32.76		
4.	Nowacki Bła ej		05	Ósemka Starogard Gd			<b>4:28.68</b>	492	10,00	
	50m: 30.68	30.68	150m: 1:37.59	33.92	250m: 2:46.39	34.40	350m: 3:54.98	34.37		
	100m: 1:03.67	32.99	200m: 2:11.99	34.40	300m: 3:20.61	34.22	400m: 4:28.68	33.70		
5.	Plaga Dawid		05	Skalar Słupsk			<b>4:31.52</b>	477	9,00	
	50m: 30.82	30.82	150m: 1:40.20	34.79	250m: 2:49.38	34.64	350m: 3:58.73	34.65		
	100m: 1:05.41	34.59	200m: 2:14.74	34.54	300m: 3:24.08	34.70	400m: 4:31.52	32.79		
6.	Grapentyn Jakub		05	MAL WOPR Malbork			<b>4:33.38</b>	467	8,00	
	50m: 30.96	30.96	150m: 1:39.13	34.43	250m: 2:48.94	34.88	350m: 3:59.55	35.15		
	100m: 1:04.70	33.74	200m: 2:14.06	34.93	300m: 3:24.40	35.46	400m: 4:33.38	33.83		
7.	Drewek Jakub		05	Dwójka Tczew			<b>4:35.66</b>	456	7,00	
	50m: 31.51	31.51	150m: 1:41.69	35.35	250m: 2:52.48	35.03	350m: 4:02.01	34.83		
	100m: 1:06.34	34.83	200m: 2:17.45	35.76	300m: 3:27.18	34.70	400m: 4:35.66	33.65		
8.	Góral Piotr		05	Dwójka Tczew			<b>4:36.47</b>	452	6,00	
	50m: 33.46	33.46	150m: 1:44.26	34.99	250m: 2:53.46	34.60	350m: 4:02.73	34.79		
	100m: 1:09.27	35.81	200m: 2:18.86	34.60	300m: 3:27.94	34.48	400m: 4:36.47	33.74		
9.	Rzepka Jakub		05	Dwójka Tczew			<b>4:42.55</b>	423	5,00	
	50m: 33.78	33.78	150m: 1:45.85	36.06	250m: 2:56.99	35.56	350m: 4:08.27	36.03		
	100m: 1:09.79	36.01	200m: 2:21.43	35.58	300m: 3:32.24	35.25	400m: 4:42.55	34.28		
10.	Pisa ski Michał		05	Dwójka Morena Gda sk			<b>4:50.51</b>	389	4,00	
	50m: 33.74	33.74	150m: 1:47.26	37.39	250m: 3:03.29	37.61	350m: 4:18.18	36.87		
	100m: 1:09.87	36.13	200m: 2:25.68	38.42	300m: 3:41.31	38.02	400m: 4:50.51	32.33		
11.	Ziemann David		05	Siódemka Sopot			<b>4:52.72</b>	381	3,00	
	50m: 31.60	31.60	150m: 1:44.53	36.96	250m: 3:01.31	38.51	350m: 4:17.26	37.03		
	100m: 1:07.57	35.97	200m: 2:22.80	38.27	300m: 3:40.23	38.92	400m: 4:52.72	35.46		
12.	Brylowski Tomasz		05	Ósemka Starogard Gd			<b>4:59.63</b>	355	2,00	
	50m: 34.93	34.93	150m: 1:52.71	38.78	250m: 3:10.27	38.63	350m: 4:25.00	36.69		
	100m: 1:13.93	39.00	200m: 2:31.64	38.93	300m: 3:48.31	38.04	400m: 4:59.63	34.63		
13.	Horbaczewski Grzegorz		05	Dwójka Morena Gda sk			<b>5:23.11</b>	283	1,00	
	50m: 35.64	35.64	150m: 1:58.79	41.29	250m: 3:21.77	41.51	350m: 4:43.35	40.36		
	100m: 1:17.50	41.86	200m: 2:40.26	41.47	300m: 4:02.99	41.22	400m: 5:23.11	39.76		
14.	Molga Marcin		05	Dwójka Morena Gda sk			<b>5:40.34</b>	242	1,00	
	50m: 37.44	37.44	150m: 2:04.70	44.56	250m: 3:33.75	44.47	350m: 5:00.23	42.66		
	100m: 1:20.14	42.70	200m: 2:49.28	44.58	300m: 4:17.57	43.82	400m: 5:40.34	40.11		

Młodzie owa Liga Województwa Pomorskiego 2019  
Gda sk, 1.2. - 29.5.2019

Konkurencja 35, Chłopców, 400m dowolny, 14 lat

Pozycja			Rok ur.					Czas	FINA	Pkt
15.	Tocewicz Filip		05	Dwójka Tczew				<b>5:41.39</b>	240	1,00
	50m:	36.86 36.86	150m:	2:01.39	43.28	250m:	3:29.29	44.21	350m:	4:58.11 44.45
	100m:	1:18.11 41.25	200m:	2:45.08	43.69	300m:	4:13.66	44.37	400m:	5:41.39 43.28
16.	Kunkel Tymoteusz		05	Dwójka Morena Gda sk				<b>5:50.24</b>	222	1,00
	50m:	41.95 41.95	150m:	2:12.07	44.93	250m:	3:40.50	43.85	350m:	5:07.24 42.79
	100m:	1:27.14 45.19	200m:	2:56.65	44.58	300m:	4:24.45	43.95	400m:	5:50.24 43.00

15 lat

1.	Wieczorkowski Nikodem		04	Dwójka Tczew				<b>4:12.74</b>	592	15,00
	50m:	28.73 28.73	150m:	1:32.09	31.88	250m:	2:36.48	32.13	350m:	3:41.25 32.40
	100m:	1:00.21 31.48	200m:	2:04.35	32.26	300m:	3:08.85	32.37	400m:	4:12.74 31.49
2.	Grzecza Michał		04	Skalar Słupsk				<b>4:23.22</b>	524	12,00
	50m:	29.46 29.46	150m:	1:35.72	33.61	250m:	2:43.42	34.11	350m:	3:51.77 34.07
	100m:	1:02.11 32.65	200m:	2:09.31	33.59	300m:	3:17.70	34.28	400m:	4:23.22 31.45
3.	Wierci ski Kacper		04	Dwójka Tczew				<b>4:30.87</b>	481	11,00
	50m:	31.71 31.71	150m:	1:40.66	34.74	250m:	2:49.86	34.32	350m:	3:58.31 33.93
	100m:	1:05.92 34.21	200m:	2:15.54	34.88	300m:	3:24.38	34.52	400m:	4:30.87 32.56
4.	Łabik Marcin		04	Skalar Słupsk				<b>4:32.38</b>	473	10,00
	50m:	29.58 29.58	150m:	1:37.82	34.71	250m:	2:47.62	34.78	350m:	3:57.84 34.15
	100m:	1:03.11 33.53	200m:	2:12.84	35.02	300m:	3:23.69	36.07	400m:	4:32.38 34.54
5.	Kol da Maciej		04	Dwójka Morena Gda sk				<b>4:54.32</b>	375	9,00
	50m:	32.19 32.19	150m:	1:45.18	36.99	250m:	3:01.17	38.12	350m:	4:17.74 38.09
	100m:	1:08.19 36.00	200m:	2:23.05	37.87	300m:	3:39.65	38.48	400m:	4:54.32 36.58
6.	Gwiazdowski Cezary		04	MAL WOPR Malbork				<b>5:00.39</b>	352	8,00
	50m:	33.36 33.36	150m:	1:46.90	37.12	250m:	3:04.14	38.96	350m:	4:22.71 39.28
	100m:	1:09.78 36.42	200m:	2:25.18	38.28	300m:	3:43.43	39.29	400m:	5:00.39 37.68
7.	Rudko Aleksander		04	Dwójka Tczew				<b>5:05.44</b>	335	7,00
	50m:	35.33 35.33	150m:	1:53.05	38.88	250m:	3:11.05	38.99	350m:	4:28.37 38.89
	100m:	1:14.17 38.84	200m:	2:32.06	39.01	300m:	3:49.48	38.43	400m:	5:05.44 37.07

16 lat

1.	Bober Paweł		03	abianka Gda sk				<b>4:17.68</b>	558	15,00
	50m:	29.38 29.38	150m:	1:35.31	33.19	250m:	2:41.28	32.83	350m:	3:46.79 32.78
	100m:	1:02.12 32.74	200m:	2:08.45	33.14	300m:	3:14.01	32.73	400m:	4:17.68 30.89
2.	Cybulski Jakub		03	TRI-Team Rumia				<b>4:20.11</b>	543	12,00
	50m:	30.25 30.25	150m:	1:36.48	33.76	250m:	2:42.80	33.07	350m:	3:48.29 32.49
	100m:	1:02.72 32.47	200m:	2:09.73	33.25	300m:	3:15.80	33.00	400m:	4:20.11 31.82
3.	Truszkowski Tomasz		03	Siódemka Sopot				<b>4:20.53</b>	540	11,00
	50m:	31.30 31.30	150m:	1:36.95	32.90	250m:	2:43.92	33.47	350m:	3:49.02 32.13
	100m:	1:04.05 32.75	200m:	2:10.45	33.50	300m:	3:16.89	32.97	400m:	4:20.53 31.51
4.	Sokołowski Fabian		03	Dwójka Morena Gda sk				<b>4:25.17</b>	512	10,00
	50m:	30.63 30.63	150m:	1:37.04	33.30	250m:	2:43.82	33.47	350m:	3:51.28 33.75
	100m:	1:03.74 33.11	200m:	2:10.35	33.31	300m:	3:17.53	33.71	400m:	4:25.17 33.89
5.	Dzi ndzia Radosław		03	Siódemka Sopot				<b>4:26.53</b>	505	9,00
	50m:	29.98 29.98	150m:	1:38.37	34.81	250m:	2:48.27	34.87	350m:	3:55.42 32.11
	100m:	1:03.56 33.58	200m:	2:13.40	35.03	300m:	3:23.31	35.04	400m:	4:26.53 31.11

Młodzieżowa Liga Województwa Pomorskiego 2019  
Gdańsk, 1.2. - 29.5.2019

Konkurencja 35, Chłopców, 400m dowolny, 16 lat

Pozycja	Rok ur.						Czas	FINA	Pkt		
6. Ajtel Jakub	03 Dwójka Morena Gdańsk						<b>4:51.23</b>	387	8,00		
50m:	33.98	33.98	150m:	1:47.72	37.06	250m:	3:03.01	37.58	350m:	4:16.16	36.44
100m:	1:10.66	36.68	200m:	2:25.43	37.71	300m:	3:39.72	36.71	400m:	4:51.23	35.07

17 - 18 lat

1. Urbański Michał	01 Delfin Gdynia						<b>3:59.07</b>	699	15,00		
50m:	27.64	27.64	150m:	1:26.90	29.90	250m:	2:27.60	30.49	350m:	3:29.34	30.75
100m:	57.00	29.36	200m:	1:57.11	30.21	300m:	2:58.59	30.99	400m:	3:59.07	29.73
2. Leszega Szymon	01 Delfin Gdynia						<b>4:11.38</b>	601	12,00		
50m:	28.45	28.45	150m:	1:30.89	31.89	250m:	2:36.06	32.73	350m:	3:40.34	31.90
100m:	59.00	30.55	200m:	2:03.33	32.44	300m:	3:08.44	32.38	400m:	4:11.38	31.04

19 - 23 lat

1. Arndt Mateusz	98 Delfin Gdynia						<b>3:53.67</b>	749	15,00		
50m:	27.09	27.09	150m:	1:25.53	29.40	250m:	2:24.51	29.50	350m:	3:24.23	29.95
100m:	56.13	29.04	200m:	1:55.01	29.48	300m:	2:54.28	29.77	400m:	3:53.67	29.44
2. Szczepankiewicz Mateusz	96 MKP Gdańsk						<b>4:26.75</b>	503	12,00		
50m:	28.93	28.93	150m:	1:33.54	33.07	250m:	2:42.29	34.54	350m:	3:52.91	35.61
100m:	1:00.47	31.54	200m:	2:07.75	34.21	300m:	3:17.30	35.01	400m:	4:26.75	33.84