

Mistrzostwa Województwa Pomorskiego  
Gdańsk, 7. - 8.6.2019

Konkurencja 20  
07.06.2019 - 15:56

Mężczyźni, 400m dowolny

Open  
Wyniki

Punkty: FINA 2018

Pozycja			Rok ur.					Czas	Pkt.
1.	Arndt Mateusz		98	Delfin Gdynia				<b>3:53.70</b>	749
	50m:	27.19 27.19	150m:	1:25.46 29.18	250m:	2:24.80 29.71	350m:	3:25.37 30.21	
	100m:	56.28 29.09	200m:	1:55.09 29.63	300m:	2:55.16 30.36	400m:	3:53.70 28.33	
2.	Urbański Michał		01	Delfin Gdynia				<b>4:02.94</b>	666
	50m:	27.75 27.75	150m:	1:27.44 30.01	250m:	2:29.15 30.85	350m:	3:32.55 31.84	
	100m:	57.43 29.68	200m:	1:58.30 30.86	300m:	3:00.71 31.56	400m:	4:02.94 30.39	
3.	Leszega Szymon		01	Delfin Gdynia				<b>4:08.56</b>	622
	50m:	27.88 27.88	150m:	1:29.41 30.93	250m:	2:32.08 31.27	350m:	3:37.03 32.79	
	100m:	58.48 30.60	200m:	2:00.81 31.40	300m:	3:04.24 32.16	400m:	4:08.56 31.53	
4.	Wieczorkowski Nikodem		04	Dwójka Tczew				<b>4:13.97</b>	583
	50m:	29.14 29.14	150m:	1:33.88 32.51	250m:	2:38.28 31.80	350m:	3:42.62 32.26	
	100m:	1:01.37 32.23	200m:	2:06.48 32.60	300m:	3:10.36 32.08	400m:	4:13.97 31.35	
5.	Setlak Marcel		05	abianka Gdańsk				<b>4:22.54</b>	528
	50m:	30.28 30.28	150m:	1:37.28 33.81	250m:	2:44.47 33.43	350m:	3:50.71 32.83	
	100m:	1:03.47 33.19	200m:	2:11.04 33.76	300m:	3:17.88 33.41	400m:	4:22.54 31.83	
6.	Drewek Jakub		05	Dwójka Tczew				<b>4:23.08</b>	525
	50m:	30.84 30.84	150m:	1:38.33 33.69	250m:	2:46.13 33.57	350m:	3:52.40 33.13	
	100m:	1:04.64 33.80	200m:	2:12.56 34.23	300m:	3:19.27 33.14	400m:	4:23.08 30.68	
7.	Truszkowski Tomasz		03	Siódemka Sopot				<b>4:23.32</b>	523
	50m:	30.87 30.87	150m:	1:37.98 33.89	250m:	2:45.62 33.70	350m:	3:51.48 32.78	
	100m:	1:04.09 33.22	200m:	2:11.92 33.94	300m:	3:18.70 33.08	400m:	4:23.32 31.84	
8.	Krumplewski Gracjan		05	Skalar Słupsk				<b>4:24.52</b>	516
	50m:	29.72 29.72	150m:	1:36.63 33.82	250m:	2:44.79 33.88	350m:	3:52.23 33.52	
	100m:	1:02.81 33.09	200m:	2:10.91 34.28	300m:	3:18.71 33.92	400m:	4:24.52 32.29	
9.	Mikulski Franciszek		05	MKP Gdańsk				<b>4:40.20</b>	434
	50m:	31.78 31.78	150m:	1:41.83 35.25	250m:	2:53.86 36.07	350m:	4:05.19 35.80	
	100m:	1:06.58 34.80	200m:	2:17.79 35.96	300m:	3:29.39 35.53	400m:	4:40.20 35.01	
10.	Markiewicz Jarosław		05	TRI-SEA Mewa Władysławowo				<b>4:45.45</b>	411
	50m:	31.21 31.21	150m:	1:42.82 36.23	250m:	2:57.11 37.37	350m:	4:10.19 35.37	
	100m:	1:06.59 35.38	200m:	2:19.74 36.92	300m:	3:34.82 37.71	400m:	4:45.45 35.26	
11.	Ziemann David		05	Siódemka Sopot				<b>4:46.00</b>	408
	50m:	30.89 30.89	150m:	1:41.79 36.72	250m:	2:57.00 37.72	350m:	4:11.15 36.46	
	100m:	1:05.07 34.18	200m:	2:19.28 37.49	300m:	3:34.69 37.69	400m:	4:46.00 34.85	
12.	Brylowski Tomasz		05	Ósemka Starogard Gd				<b>4:51.16</b>	387
	50m:	33.08 33.08	150m:	1:47.65 37.98	250m:	3:02.91 37.81	350m:	4:16.70 36.75	
	100m:	1:09.67 36.59	200m:	2:25.10 37.45	300m:	3:39.95 37.04	400m:	4:51.16 34.46	
13.	Modzelewski Aleksander		04	abianka Gdańsk				<b>4:52.96</b>	380
	50m:	31.59 31.59	150m:	1:43.43 36.36	250m:	2:57.74 37.09	350m:	4:14.89 38.22	
	100m:	1:07.07 35.48	200m:	2:20.65 37.22	300m:	3:36.67 38.93	400m:	4:52.96 38.07	
14.	Chabowski Nathaniel		06	Dwójka Tczew				<b>4:54.96</b>	372
	50m:	33.24 33.24	150m:	1:48.48 38.06	250m:	3:03.97 37.76	350m:	4:19.48 37.39	
	100m:	1:10.42 37.18	200m:	2:26.21 37.73	300m:	3:42.09 38.12	400m:	4:54.96 35.48	
15.	Netter Maciej		06	TRI-Team Rumia				<b>4:55.52</b>	370
	50m:	34.06 34.06	150m:	1:49.36 38.34	250m:	3:05.17 38.29	350m:	4:19.42 37.03	
	100m:	1:11.02 36.96	200m:	2:26.88 37.52	300m:	3:42.39 37.22	400m:	4:55.52 36.10	