

Mistrzostwa Województwa Pomorskiego
Gdynia, 19. - 20.11.2022

Konkurencja 20
19.11.2022 - 16:07

M czynn, 400m dowolny

Open
Wyniki

Rekord Okr gu Open	3:45.47	Arndt Mateusz	DEGDY	Pozna	25.11.2017
Rekord Okr gu - 18	3:46.23	Arndt Mateusz	DEGDY	Lublin	12.03.2016
Rekord Okr gu - 17	3:49.12	Arndt Mateusz	DEGDY	Lublin	17.12.2015
Rekord Okr gu - 16	3:51.89	Filipiak Mikołaj	BAGDA	Wrocław	15.10.2022
Rekord Okr gu - 15	3:53.34	Filipiak Mikołaj	ZAGDA	Lublin	11.12.2021
Rekord Okr gu - 14	3:57.08	Filipiak Mikołaj	ZAGDA	Ostrowiec w.	19.12.2020
Rekord Okr gu - 13	4:05.92	Filipiak Mikołaj	SISOP	Olsztyn	15.12.2019
Rekord Okr gu - 12	4:30.94	Zdybel Adam	DEGDY	Gda sk	09.12.2017
Rekord Okr gu - 11	4:49.89	Wasilewski Mateusz	TRRUM	Gda sk	22.11.2019
Rekord Okr gu - 10	5:12.42	Ołownia Ignacy	SIGDY	Olsztyn	17.12.2017

Punkty: FINA 2022

Pozycja	Rok ur.	Czas	Pkt.
12 - 13 lat			
1. Miklis Miłosz	10	Dwójka Tczew	4:29.36 489
<i>Rekord Okr gu POZP</i>			
50m: 30.51 30.51	150m: 1:38.10 33.96	250m: 2:47.33 34.67	350m: 3:55.96 34.04
100m: 1:04.14 33.63	200m: 2:12.66 34.56	300m: 3:21.92 34.59	400m: 4:29.36 33.40
2. Słabek Wiktor	09	Cartusia Kartuzy	4:36.93 450
50m: 31.10 31.10	150m: 1:40.97 35.16	250m: 2:52.24 35.76	350m: 4:03.35 35.48
100m: 1:05.81 34.71	200m: 2:16.48 35.51	300m: 3:27.87 35.63	400m: 4:36.93 33.58
3. Nadaj Filip	09	Siódemka Sopot	4:42.53 423
50m: 32.26 32.26	150m: 1:42.69 35.36	250m: 2:55.31 36.45	350m: 4:07.63 35.91
100m: 1:07.33 35.07	200m: 2:18.86 36.17	300m: 3:31.72 36.41	400m: 4:42.53 34.90
4. Cysarz Franciszek	09	Siódemka Sopot	4:45.41 411
50m: 31.29 31.29	150m: 1:42.64 36.00	250m: 2:56.96 37.06	350m: 4:11.04 37.10
100m: 1:06.64 35.35	200m: 2:19.90 37.26	300m: 3:33.94 36.98	400m: 4:45.41 34.37
5. Niezgoda Edward	10	Siódemka Sopot	5:00.88 351
50m: 33.53 33.53	150m: 1:51.26 39.81	250m: 3:09.01 38.23	350m: 4:24.71 37.61
100m: 1:11.45 37.92	200m: 2:30.78 39.52	300m: 3:47.10 38.09	400m: 5:00.88 36.17
14 - 16 lat			
1. Sulkowski Maciej	06	MKP Gda sk	4:11.66 599
50m: 27.79 27.79	150m: 1:30.70 31.94	250m: 2:35.27 32.49	350m: 3:40.01 32.49
100m: 58.76 30.97	200m: 2:02.78 32.08	300m: 3:07.52 32.25	400m: 4:11.66 31.65
2. Dworakowski Błażej	07	Delfin Gdynia	4:15.57 572
50m: 28.94 28.94	150m: 1:33.28 32.41	250m: 2:38.90 32.73	350m: 3:44.63 32.79
100m: 1:00.87 31.93	200m: 2:06.17 32.89	300m: 3:11.84 32.94	400m: 4:15.57 30.94
3. Bródka Bartosz	06	MTS Kwidzyn	4:19.62 546
50m: 29.30 29.30	150m: 1:35.74 33.80	250m: 2:41.73 32.93	350m: 3:48.23 33.10
100m: 1:01.94 32.64	200m: 2:08.80 33.06	300m: 3:15.13 33.40	400m: 4:19.62 31.39
4. B k Filip	08	Dwójka Tczew	4:24.26 518
50m: 29.83 29.83	150m: 1:36.55 33.81	250m: 2:45.16 34.09	350m: 3:52.63 33.52
100m: 1:02.74 32.91	200m: 2:11.07 34.52	300m: 3:19.11 33.95	400m: 4:24.26 31.63
5. Jaczak Michał	08	Dwójka Morena Gda sk	4:24.60 516
50m: 30.42 30.42	150m: 1:37.18 33.42	250m: 2:45.04 33.58	350m: 3:52.51 33.90
100m: 1:03.76 33.34	200m: 2:11.46 34.28	300m: 3:18.61 33.57	400m: 4:24.60 32.09
6. Trepczyk Krystian	07	Delfin Gdynia	4:29.01 491
50m: 29.38 29.38	150m: 1:37.47 34.03	250m: 2:46.60 35.11	350m: 3:55.81 34.94
100m: 1:03.44 34.06	200m: 2:11.49 34.02	300m: 3:20.87 34.27	400m: 4:29.01 33.20
7. Maliszewski Jakub	06	MKP Gda sk	4:30.38 483
50m: 30.72 30.72	150m: 1:37.82 34.19	250m: 2:46.80 34.47	350m: 3:56.62 35.08
100m: 1:03.63 32.91	200m: 2:12.33 34.51	300m: 3:21.54 34.74	400m: 4:30.38 33.76
8. Tokarewicz Igor	07	Ósemka Starogard Gd	4:38.47 442
50m: 30.91 30.91	150m: 1:40.18 34.79	250m: 2:51.66 36.16	350m: 4:03.77 35.93
100m: 1:05.39 34.48	200m: 2:15.50 35.32	300m: 3:27.84 36.18	400m: 4:38.47 34.70

Mistrzostwa Województwa Pomorskiego
Gdynia, 19. - 20.11.2022

Konkurencja 20, Chłopców, 400m dowolny, 14 - 16 lat

Pozycja			Rok ur.					Czas	Pkt.		
9.	Olszy ski-Seklecki Jakub		07	MKP Gda sk				4:44.26	416		
	50m:	30.89 30.89	150m:	1:42.36	36.34	250m:	2:55.98	36.71	350m:	4:09.71	36.61
	100m:	1:06.02 35.13	200m:	2:19.27	36.91	300m:	3:33.10	37.12	400m:	4:44.26	34.55
10.	Fr czyk Jakub		07	Delfin Gdynia				4:44.32	416		
	50m:	31.58 31.58	150m:	1:43.03	36.14	250m:	2:55.89	36.55	350m:	4:09.65	36.49
	100m:	1:06.89 35.31	200m:	2:19.34	36.31	300m:	3:33.16	37.27	400m:	4:44.32	34.67

17 - 18 lat

1.	Zdybel Adam		05	Delfin Gdynia				3:55.95	727		
	50m:	26.82 26.82	150m:	1:25.85	29.79	250m:	2:25.69	30.09	350m:	3:26.43	30.32
	100m:	56.06 29.24	200m:	1:55.60	29.75	300m:	2:56.11	30.42	400m:	3:55.95	29.52
2.	Brylowski Tomasz		05	MKP Gda sk				4:29.55	488		
	50m:	30.44 30.44	150m:	1:39.61	34.74	250m:	2:49.40	34.87	350m:	3:57.86	34.34
	100m:	1:04.87 34.43	200m:	2:14.53	34.92	300m:	3:23.52	34.12	400m:	4:29.55	31.69
3.	Łabik Marcin		04	Skalar Słupsk				4:29.79	486		
	50m:	29.31 29.31	150m:	1:36.33	34.04	250m:	2:45.80	35.46	350m:	3:56.17	35.14
	100m:	1:02.29 32.98	200m:	2:10.34	34.01	300m:	3:21.03	35.23	400m:	4:29.79	33.62
4.	Ziniewicz Emil		05	Malborskie WOPR				4:43.81	418		
	50m:	31.53 31.53	150m:	1:41.88	35.60	250m:	2:55.05	36.36	350m:	4:08.86	36.74
	100m:	1:06.28 34.75	200m:	2:18.69	36.81	300m:	3:32.12	37.07	400m:	4:43.81	34.95

Open

1.	Zdybel Adam		05	Delfin Gdynia				3:55.95	727		
	50m:	26.82 26.82	150m:	1:25.85	29.79	250m:	2:25.69	30.09	350m:	3:26.43	30.32
	100m:	56.06 29.24	200m:	1:55.60	29.75	300m:	2:56.11	30.42	400m:	3:55.95	29.52
2.	Sulkowski Maciej		06	MKP Gda sk				4:11.66	599		
	50m:	27.79 27.79	150m:	1:30.70	31.94	250m:	2:35.27	32.49	350m:	3:40.01	32.49
	100m:	58.76 30.97	200m:	2:02.78	32.08	300m:	3:07.52	32.25	400m:	4:11.66	31.65
3.	Dworakowski Bła ej		07	Delfin Gdynia				4:15.57	572		
	50m:	28.94 28.94	150m:	1:33.28	32.41	250m:	2:38.90	32.73	350m:	3:44.63	32.79
	100m:	1:00.87 31.93	200m:	2:06.17	32.89	300m:	3:11.84	32.94	400m:	4:15.57	30.94
4.	Bródka Bartosz		06	MTS Kwidzyn				4:19.62	546		
	50m:	29.30 29.30	150m:	1:35.74	33.80	250m:	2:41.73	32.93	350m:	3:48.23	33.10
	100m:	1:01.94 32.64	200m:	2:08.80	33.06	300m:	3:15.13	33.40	400m:	4:19.62	31.39
5.	B k Filip		08	Dwójka Tczew				4:24.26	518		
	50m:	29.83 29.83	150m:	1:36.55	33.81	250m:	2:45.16	34.09	350m:	3:52.63	33.52
	100m:	1:02.74 32.91	200m:	2:11.07	34.52	300m:	3:19.11	33.95	400m:	4:24.26	31.63
6.	Ja czak Michał		08	Dwójka Morena Gda sk				4:24.60	516		
	50m:	30.42 30.42	150m:	1:37.18	33.42	250m:	2:45.04	33.58	350m:	3:52.51	33.90
	100m:	1:03.76 33.34	200m:	2:11.46	34.28	300m:	3:18.61	33.57	400m:	4:24.60	32.09
7.	Trepczyk Krystian		07	Delfin Gdynia				4:29.01	491		
	50m:	29.38 29.38	150m:	1:37.47	34.03	250m:	2:46.60	35.11	350m:	3:55.81	34.94
	100m:	1:03.44 34.06	200m:	2:11.49	34.02	300m:	3:20.87	34.27	400m:	4:29.01	33.20
8.	Miklis Miłosz		10	Dwójka Tczew				4:29.36	489		
	<i>Rekord Okr gu POZP</i>										
	50m:	30.51 30.51	150m:	1:38.10	33.96	250m:	2:47.33	34.67	350m:	3:55.96	34.04
	100m:	1:04.14 33.63	200m:	2:12.66	34.56	300m:	3:21.92	34.59	400m:	4:29.36	33.40
9.	Brylowski Tomasz		05	MKP Gda sk				4:29.55	488		
	50m:	30.44 30.44	150m:	1:39.61	34.74	250m:	2:49.40	34.87	350m:	3:57.86	34.34
	100m:	1:04.87 34.43	200m:	2:14.53	34.92	300m:	3:23.52	34.12	400m:	4:29.55	31.69
10.	Łabik Marcin		04	Skalar Słupsk				4:29.79	486		
	50m:	29.31 29.31	150m:	1:36.33	34.04	250m:	2:45.80	35.46	350m:	3:56.17	35.14
	100m:	1:02.29 32.98	200m:	2:10.34	34.01	300m:	3:21.03	35.23	400m:	4:29.79	33.62

Mistrzostwa Województwa Pomorskiego
Gdynia, 19. - 20.11.2022

Konkurencja 20, M czynn, 400m dowolny, Open

Pozycja			Rok ur.				Czas	Pkt.
11.	Maliszewski Jakub		06	MKP Gda sk			4:30.38	483
	50m:	30.72 30.72	150m:	1:37.82 34.19	250m:	2:46.80 34.47	350m:	3:56.62 35.08
	100m:	1:03.63 32.91	200m:	2:12.33 34.51	300m:	3:21.54 34.74	400m:	4:30.38 33.76
12.	Słabek Wiktor		09	Cartusia Kartuzy			4:36.93	450
	50m:	31.10 31.10	150m:	1:40.97 35.16	250m:	2:52.24 35.76	350m:	4:03.35 35.48
	100m:	1:05.81 34.71	200m:	2:16.48 35.51	300m:	3:27.87 35.63	400m:	4:36.93 33.58
13.	Tokarewicz Igor		07	Ósemka Starogard Gd			4:38.47	442
	50m:	30.91 30.91	150m:	1:40.18 34.79	250m:	2:51.66 36.16	350m:	4:03.77 35.93
	100m:	1:05.39 34.48	200m:	2:15.50 35.32	300m:	3:27.84 36.18	400m:	4:38.47 34.70
14.	Nadaj Filip		09	Siódemka Sopot			4:42.53	423
	50m:	32.26 32.26	150m:	1:42.69 35.36	250m:	2:55.31 36.45	350m:	4:07.63 35.91
	100m:	1:07.33 35.07	200m:	2:18.86 36.17	300m:	3:31.72 36.41	400m:	4:42.53 34.90
15.	Ziniewicz Emil		05	Malborskie WOPR			4:43.81	418
	50m:	31.53 31.53	150m:	1:41.88 35.60	250m:	2:55.05 36.36	350m:	4:08.86 36.74
	100m:	1:06.28 34.75	200m:	2:18.69 36.81	300m:	3:32.12 37.07	400m:	4:43.81 34.95
16.	Olszy ski-Seklecki Jakub		07	MKP Gda sk			4:44.26	416
	50m:	30.89 30.89	150m:	1:42.36 36.34	250m:	2:55.98 36.71	350m:	4:09.71 36.61
	100m:	1:06.02 35.13	200m:	2:19.27 36.91	300m:	3:33.10 37.12	400m:	4:44.26 34.55
17.	Fr czyk Jakub		07	Delfin Gdynia			4:44.32	416
	50m:	31.58 31.58	150m:	1:43.03 36.14	250m:	2:55.89 36.55	350m:	4:09.65 36.49
	100m:	1:06.89 35.31	200m:	2:19.34 36.31	300m:	3:33.16 37.27	400m:	4:44.32 34.67
18.	Cysarz Franciszek		09	Siódemka Sopot			4:45.41	411
	50m:	31.29 31.29	150m:	1:42.64 36.00	250m:	2:56.96 37.06	350m:	4:11.04 37.10
	100m:	1:06.64 35.35	200m:	2:19.90 37.26	300m:	3:33.94 36.98	400m:	4:45.41 34.37
19.	Niezgoda Edward		10	Siódemka Sopot			5:00.88	351
	50m:	33.53 33.53	150m:	1:51.26 39.81	250m:	3:09.01 38.23	350m:	4:24.71 37.61
	100m:	1:11.45 37.92	200m:	2:30.78 39.52	300m:	3:47.10 38.09	400m:	5:00.88 36.17