



Gdański
Ośrodek Sportu



Liga Województwa Pomorskiego Juniorów i Młodzie ovców
Gda sk, 17.2. - 26.5.2023

Konkurencja 35
26.05.2023 - 12:06

M czyzn, 400m dowolny

14 - 23 lat
Wyniki

Punkty: FINA 2022

Pozycja	Rok ur.	Czas	FINA	Pkt
14 lat				
1. Nadaj Filip	09 Siódemka Sopot	4:32.46	472	15,00
50m: 31.74 31.74	150m: 1:40.72 34.69	250m: 2:49.80 34.47	350m: 3:59.13 34.57	
100m: 1:06.03 34.29	200m: 2:15.33 34.61	300m: 3:24.56 34.76	400m: 4:32.46 33.33	
2. Mielcarek Filip	09 Skalar Słupsk	4:39.10	439	12,00
50m: 31.93 31.93	150m: 1:43.97 36.30	250m: 2:54.39 35.01	350m: 4:04.98 36.07	
100m: 1:07.67 35.74	200m: 2:19.38 35.41	300m: 3:28.91 34.52	400m: 4:39.10 34.12	
3. Cysarz Franciszek	09 Siódemka Sopot	4:43.38	420	11,00
50m: 32.13 32.13	150m: 1:43.11 35.77	250m: 2:56.22 36.66	350m: 4:09.33 36.47	
100m: 1:07.34 35.21	200m: 2:19.56 36.45	300m: 3:32.86 36.64	400m: 4:43.38 34.05	
4. Kozaczek Ryszard	09 Dwójka Morena Gda sk	4:55.03	372	10,00
50m: 33.57 33.57	150m: 1:48.33 37.33	250m: 3:03.03 37.41	350m: 4:19.54 37.94	
100m: 1:11.00 37.43	200m: 2:25.62 37.29	300m: 3:41.60 38.57	400m: 4:55.03 35.49	
5. Komar Mateusz	09 Skalar Słupsk	5:13.76	309	9,00
50m: 35.75 35.75	150m: 1:52.99 38.33	250m: 3:20.20 50.57	350m: 4:37.90 37.77	
100m: 1:14.66 38.91	200m: 2:29.63 36.64	300m: 4:00.13 39.93	400m: 5:13.76 35.86	
6. Tasarz Marcel	09 Dwójka Tczew	5:14.75	306	8,00
50m: 34.26 34.26	150m: 1:53.00 39.83	250m: 3:14.39 40.64	350m: 4:37.02 41.81	
100m: 1:13.17 38.91	200m: 2:33.75 40.75	300m: 3:55.21 40.82	400m: 5:14.75 37.73	
7. Jankowski Hubert	09 MKP Gda sk	5:40.93	241	7,00
50m: 36.72 36.72	150m: 2:02.13 43.48	250m: 3:31.05 44.18	350m: 4:59.66 43.40	
100m: 1:18.65 41.93	200m: 2:46.87 44.74	300m: 4:16.26 45.21	400m: 5:40.93 41.27	
15 lat				
1. Bie kowski Mateusz	08 abianka Gda sk	4:00.90	683	15,00
50m: 28.13 28.13	150m: 1:28.84 30.69	250m: 2:30.73 30.84	350m: 3:31.88 30.60	
100m: 58.15 30.02	200m: 1:59.89 31.05	300m: 3:01.28 30.55	400m: 4:00.90 29.02	
2. Treder Konrad	08 abianka Gda sk	4:15.77	571	12,00
50m: 28.67 28.67	150m: 1:33.48 33.03	250m: 2:39.29 32.64	350m: 3:44.64 32.54	
100m: 1:00.45 31.78	200m: 2:06.65 33.17	300m: 3:12.10 32.81	400m: 4:15.77 31.13	
3. B k Filip	08 Dwójka Tczew	4:19.59	546	11,00
50m: 29.08 29.08	150m: 1:34.58 33.27	250m: 2:40.73 33.07	350m: 3:46.86 32.66	
100m: 1:01.31 32.23	200m: 2:07.66 33.08	300m: 3:14.20 33.47	400m: 4:19.59 32.73	
4. Staro Filip	08 abianka Gda sk	4:22.37	529	10,00
50m: 30.34 30.34	150m: 1:36.87 33.30	250m: 2:43.71 33.46	350m: 3:50.45 33.31	
100m: 1:03.57 33.23	200m: 2:10.25 33.38	300m: 3:17.14 33.43	400m: 4:22.37 31.92	
5. Ja czak Michał	08 Dwójka Morena Gda sk	4:22.60	528	9,00
50m: 30.39 30.39	150m: 1:36.03 33.08	250m: 2:42.52 33.15	350m: 3:49.44 33.46	
100m: 1:02.95 32.56	200m: 2:09.37 33.34	300m: 3:15.98 33.46	400m: 4:22.60 33.16	
6. Mentel Igor	08 Delfin Gdynia	4:26.63	504	8,00
50m: 29.16 29.16	150m: 1:34.83 33.14	250m: 2:43.53 34.28	350m: 3:52.73 34.71	
100m: 1:01.69 32.53	200m: 2:09.25 34.42	300m: 3:18.02 34.49	400m: 4:26.63 33.90	



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Konkurencja 35, Chłopców, 400m dowolny, 15 lat

Pozycja			Rok ur.					Czas	FINA	Pkt		
7.	Konieczny Witold		08	abianka Gda sk				4:30.04	485	7,00		
	50m:	30.92	30.92	150m:	1:39.59	34.51	250m:	2:47.27	33.63	350m:	3:56.00	34.83
	100m:	1:05.08	34.16	200m:	2:13.64	34.05	300m:	3:21.17	33.90	400m:	4:30.04	34.04
8.	ywicki Wiktor		08	Ósemka Toru				4:37.15	449	6,00		
	50m:	31.15	31.15	150m:	1:41.13	35.53	250m:	2:52.30	35.57	350m:	4:02.70	35.03
	100m:	1:05.60	34.45	200m:	2:16.73	35.60	300m:	3:27.67	35.37	400m:	4:37.15	34.45
9.	Gajek Bartosz		08	Barrakuda Gda sk				4:50.01	392	5,00		
	50m:	33.01	33.01	150m:	1:45.87	36.61	250m:	2:59.69	37.13	350m:	4:15.13	37.63
	100m:	1:09.26	36.25	200m:	2:22.56	36.69	300m:	3:37.50	37.81	400m:	4:50.01	34.88
10.	Werte Ludwik		08	Dwójka Morena Gda sk				5:17.56	298	4,00		
	50m:	34.04	34.04	150m:	1:54.31	40.73	250m:	3:18.26	42.01	350m:	4:40.02	40.78
	100m:	1:13.58	39.54	200m:	2:36.25	41.94	300m:	3:59.24	40.98	400m:	5:17.56	37.54

16 lat

1.	Kanczkowski Szymon		07	TRI-Team Rumia				4:13.11	589	15,00		
	50m:	30.26	30.26	150m:	1:35.12	32.47	250m:	2:39.78	32.07	350m:	3:43.09	31.32
	100m:	1:02.65	32.39	200m:	2:07.71	32.59	300m:	3:11.77	31.99	400m:	4:13.11	30.02
2.	Dworakowski Bła ej		07	Delfin Gdynia				4:14.62	579	12,00		
	50m:	28.09	28.09	150m:	1:31.67	32.27	250m:	2:37.56	33.19	350m:	3:43.69	33.03
	100m:	59.40	31.31	200m:	2:04.37	32.70	300m:	3:10.66	33.10	400m:	4:14.62	30.93
3.	Mazur Adam		07	5 Styl Warszawa				4:20.93	538	11,00		
	50m:	30.19	30.19	150m:	1:35.93	32.97	250m:	2:42.63	33.48	350m:	3:48.86	33.04
	100m:	1:02.96	32.77	200m:	2:09.15	33.22	300m:	3:15.82	33.19	400m:	4:20.93	32.07
4.	Ołownia Ignacy		07	Delfin Gdynia				4:22.83	526	10,00		
	50m:	29.31	29.31	150m:	1:34.75	33.30	250m:	2:42.07	33.43	350m:	3:49.58	33.67
	100m:	1:01.45	32.14	200m:	2:08.64	33.89	300m:	3:15.91	33.84	400m:	4:22.83	33.25
5.	Puch Wojciech		07	abianka Gda sk				4:33.15	469	9,00		
	50m:	29.61	29.61	150m:	1:36.99	34.26	250m:	2:46.98	35.54	350m:	3:57.73	35.28
	100m:	1:02.73	33.12	200m:	2:11.44	34.45	300m:	3:22.45	35.47	400m:	4:33.15	35.42
6.	Tokarewicz Igor		07	Ósemka Starogard Gd				4:38.09	444	8,00		
	50m:	31.06	31.06	150m:	1:40.64	35.22	250m:	2:51.76	35.85	350m:	4:03.63	35.83
	100m:	1:05.42	34.36	200m:	2:15.91	35.27	300m:	3:27.80	36.04	400m:	4:38.09	34.46
7.	Fr czyk Jakub		07	Delfin Gdynia				4:43.80	418	7,00		
	50m:	31.47	31.47	150m:	1:42.75	36.17	250m:	2:56.42	37.09	350m:	4:09.68	36.59
	100m:	1:06.58	35.11	200m:	2:19.33	36.58	300m:	3:33.09	36.67	400m:	4:43.80	34.12
8.	Olszy ski-Seklecki Jakub		07	MKP Gda sk				4:45.41	411	6,00		
	50m:	31.30	31.30	150m:	1:41.90	35.78	250m:	2:55.50	37.09	350m:	4:10.20	37.41
	100m:	1:06.12	34.82	200m:	2:18.41	36.51	300m:	3:32.79	37.29	400m:	4:45.41	35.21
9.	abi ski Igor		07	TRI-Team Rumia				4:50.33	390	5,00		
	50m:	33.43	33.43	150m:	1:46.16	36.82	250m:	3:00.10	37.04	350m:	4:14.66	37.42
	100m:	1:09.34	35.91	200m:	2:23.06	36.90	300m:	3:37.24	37.14	400m:	4:50.33	35.67





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Gda sk, 17.2. - 26.5.2023

Konkurencja 35, M czyzn, 400m dowolny

17 - 18 lat

1. Filipiak Mikołaj	06	Barrakuda Gda sk	3:58.09	708	15,00
50m: 27.55 27.55	150m: 1:27.13 30.00	250m: 2:27.96 30.53	350m: 3:28.80 30.28		
100m: 57.13 29.58	200m: 1:57.43 30.30	300m: 2:58.52 30.56	400m: 3:58.09 29.29		
2. Belzyt Maksymilian	05	abianka Gda sk	4:01.48	679	12,00
50m: 28.27 28.27	150m: 1:28.54 30.47	250m: 2:29.82 30.70	350m: 3:31.43 30.54		
100m: 58.07 29.80	200m: 1:59.12 30.58	300m: 3:00.89 31.07	400m: 4:01.48 30.05		
3. Plaga Dawid	05	Skalar Słupsk	4:07.98	627	11,00
50m: 27.67 27.67	150m: 1:29.04 30.87	250m: 2:32.03 31.39	350m: 3:36.12 32.34		
100m: 58.17 30.50	200m: 2:00.64 31.60	300m: 3:03.78 31.75	400m: 4:07.98 31.86		
4. wiek Bła ej	05	abianka Gda sk	4:16.83	564	10,00
50m: 29.51 29.51	150m: 1:34.74 32.60	250m: 2:39.84 31.84	350m: 3:44.99 32.55		
100m: 1:02.14 32.63	200m: 2:08.00 33.26	300m: 3:12.44 32.60	400m: 4:16.83 31.84		
5. Chabowski Nathaniel	06	abianka Gda sk	4:18.97	550	9,00
50m: 29.45 29.45	150m: 1:34.59 32.88	250m: 2:41.35 33.16	350m: 3:47.28 33.04		
100m: 1:01.71 32.26	200m: 2:08.19 33.60	300m: 3:14.24 32.89	400m: 4:18.97 31.69		
6. Kruplewski Gracjan	05	Skalar Słupsk	4:28.60	493	8,00
50m: 30.03 30.03	150m: 1:38.78 35.13	250m: 2:49.60 35.77	350m: 3:56.34 31.46		
100m: 1:03.65 33.62	200m: 2:13.83 35.05	300m: 3:24.88 35.28	400m: 4:28.60 32.26		
7. Kreft Szymon	05	MKP Gda sk	4:33.10	469	7,00
50m: 31.07 31.07	150m: 1:39.36 34.47	250m: 2:49.45 34.74	350m: 3:58.92 34.65		
100m: 1:04.89 33.82	200m: 2:14.71 35.35	300m: 3:24.27 34.82	400m: 4:33.10 34.18		
8. Maksajda Kacper	06	Skalar Słupsk	4:54.41	374	6,00
50m: 31.12 31.12	150m: 1:42.23 35.67	250m: 3:02.41 45.11	350m: 4:17.36 36.86		
100m: 1:06.56 35.44	200m: 2:17.30 35.07	300m: 3:40.50 38.09	400m: 4:54.41 37.05		