

Mistrzostwa Województwa Pomorskiego  
Gdynia, 4. - 5.11.2023

Konkurencja 12  
04.11.2023 - 11:47

Mężczyzn, 400m zmienny

12 lat i starsi  
Wyniki

Rekord Okr gu Open	4:09.29	Mali ski Marcin	FLGDY	Imperia (ITA)	06.02.1996
Rekord Okr gu - 18	4:25.60	Plaga Dawid	SKSLU	Gliwice	10.12.2021
Rekord Okr gu - 17	4:25.60	Plaga Dawid	SKSLU	Gliwice	10.12.2021
Rekord Okr gu - 16	4:25.60	Plaga Dawid	SKSLU	Gliwice	10.12.2021
Rekord Okr gu - 15	4:25.73	Kry Radosław	Rumia	Łódź	22.10.2022
Rekord Okr gu - 14	4:29.52	Kry Radosław	TRRUM	Olsztyn	17.12.2021
Rekord Okr gu - 13	4:49.61	Maksajda Kacper	SKSLU	Gdańsk	07.06.2019
Rekord Okr gu - 12	5:05.67	Kry Radosław	TRRUM	Olsztyn	15.12.2019

Punkty: FINA 2023

Pozycja Rok ur. Czas Pkt.

12 - 13 lat

1. Lewandowski Franciszek	10	Skalar Słupsk	<b>5:12.86</b>	422
50m: 31.92 31.92	150m: 1:52.30 42.04	250m: 3:14.75 42.35	350m: 4:37.63 39.32	
100m: 1:10.26 38.34	200m: 2:32.40 40.10	300m: 3:58.31 43.56	400m: 5:12.86 35.23	
2. Matylla Mateusz	10	Siódemka Sopot	<b>5:28.16</b>	366
50m: 34.69 34.69	150m: 2:00.18 44.50	250m: 3:27.19 42.48	350m: 4:50.97 38.83	
100m: 1:15.68 40.99	200m: 2:44.71 44.53	300m: 4:12.14 44.95	400m: 5:28.16 37.19	
3. Ronowski Szymon	11	abianka Gdańsk	<b>5:38.55</b>	333
50m: 37.16 37.16	150m: 2:02.75 44.73	250m: 3:32.73 47.11	350m: 5:00.61 40.06	
100m: 1:18.02 40.86	200m: 2:45.62 42.87	300m: 4:20.55 47.82	400m: 5:38.55 37.94	
4. Chuk Mikołaj	10	39 Gdynia	<b>6:08.93</b>	257
50m: 40.53 40.53	150m: 2:16.78 45.75	250m: 3:54.65 52.98	350m: 5:30.07 41.12	
100m: 1:31.03 50.50	200m: 3:01.67 44.89	300m: 4:48.95 54.30	400m: 6:08.93 38.86	
5. Falkowski Karol	10	39 Gdynia	<b>6:27.37</b>	222
50m: 37.80 37.80	150m: 2:16.50 48.91	250m: 3:59.42 54.95	350m: 5:42.55 46.88	
100m: 1:27.59 49.79	200m: 3:04.47 47.97	300m: 4:55.67 56.25	400m: 6:27.37 44.82	

14 - 16 lat

1. Łuszczyski Krzysztof	08	abianka Gdańsk	<b>4:38.88</b>	596
50m: 30.41 30.41	150m: 1:41.57 36.06	250m: 2:57.99 41.06	350m: 4:09.94 31.59	
100m: 1:05.51 35.10	200m: 2:16.93 35.36	300m: 3:38.35 40.36	400m: 4:38.88 28.94	
2. Biełkowski Mateusz	08	abianka Gdańsk	<b>4:39.19</b>	594
50m: 28.84 28.84	150m: 1:38.68 35.89	250m: 2:56.11 41.60	350m: 4:09.65 32.20	
100m: 1:02.79 33.95	200m: 2:14.51 35.83	300m: 3:37.45 41.34	400m: 4:39.19 29.54	
3. Ołownia Ignacy	07	Delfin Gdynia	<b>4:39.34</b>	593
50m: 29.27 29.27	150m: 1:37.75 34.90	250m: 2:52.88 40.90	350m: 4:07.89 33.35	
100m: 1:02.85 33.58	200m: 2:11.98 34.23	300m: 3:34.54 41.66	400m: 4:39.34 31.45	
4. Komar Mateusz	09	Skalar Słupsk	<b>5:11.44</b>	428
50m: 32.21 32.21	150m: 1:49.85 40.58	250m: 3:15.62 45.98	350m: 4:37.50 36.22	
100m: 1:09.27 37.06	200m: 2:29.64 39.79	300m: 4:01.28 45.66	400m: 5:11.44 33.94	
5. Cysarz Franciszek	09	Siódemka Sopot	<b>5:13.97</b>	418
50m: 31.29 31.29	150m: 1:48.45 39.69	250m: 3:15.24 47.11	350m: 4:40.68 35.97	
100m: 1:08.76 37.47	200m: 2:28.13 39.68	300m: 4:04.71 49.47	400m: 5:13.97 33.29	
6. Ogrodnik Marcel	09	Delfin Gdynia	<b>5:17.94</b>	402
50m: 32.49 32.49	150m: 1:53.38 42.25	250m: 3:17.39 43.86	350m: 4:41.96 39.61	
100m: 1:11.13 38.64	200m: 2:33.53 40.15	300m: 4:02.35 44.96	400m: 5:17.94 35.98	

17 - 18 lat

1. Kreft Szymon	05	MKP Gdańsk	<b>5:08.09</b>	442
50m: 31.92 31.92	150m: 1:49.78 40.86	250m: 3:13.10 43.58	350m: 4:32.92 35.89	
100m: 1:08.92 37.00	200m: 2:29.52 39.74	300m: 3:57.03 43.93	400m: 5:08.09 35.17	

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OPEN

1.	Łuszczyski Krzysztof	08	abianka Gdańsk	<b>4:38.88</b>	596
	50m: 30.41 30.41	150m: 1:41.57	36.06 250m: 2:57.99	41.06 350m: 4:09.94	31.59
	100m: 1:05.51 35.10	200m: 2:16.93	35.36 300m: 3:38.35	40.36 400m: 4:38.88	28.94
2.	Biekowski Mateusz	08	abianka Gdańsk	<b>4:39.19</b>	594
	50m: 28.84 28.84	150m: 1:38.68	35.89 250m: 2:56.11	41.60 350m: 4:09.65	32.20
	100m: 1:02.79 33.95	200m: 2:14.51	35.83 300m: 3:37.45	41.34 400m: 4:39.19	29.54
3.	Ołownia Ignacy	07	Delfin Gdynia	<b>4:39.34</b>	593
	50m: 29.27 29.27	150m: 1:37.75	34.90 250m: 2:52.88	40.90 350m: 4:07.89	33.35
	100m: 1:02.85 33.58	200m: 2:11.98	34.23 300m: 3:34.54	41.66 400m: 4:39.34	31.45
4.	Kreft Szymon	05	MKP Gdańsk	<b>5:08.09</b>	442
	50m: 31.92 31.92	150m: 1:49.78	40.86 250m: 3:13.10	43.58 350m: 4:32.92	35.89
	100m: 1:08.92 37.00	200m: 2:29.52	39.74 300m: 3:57.03	43.93 400m: 5:08.09	35.17
5.	Komar Mateusz	09	Skalar Słupsk	<b>5:11.44</b>	428
	50m: 32.21 32.21	150m: 1:49.85	40.58 250m: 3:15.62	45.98 350m: 4:37.50	36.22
	100m: 1:09.27 37.06	200m: 2:29.64	39.79 300m: 4:01.28	45.66 400m: 5:11.44	33.94
6.	Lewandowski Franciszek	10	Skalar Słupsk	<b>5:12.86</b>	422
	50m: 31.92 31.92	150m: 1:52.30	42.04 250m: 3:14.75	42.35 350m: 4:37.63	39.32
	100m: 1:10.26 38.34	200m: 2:32.40	40.10 300m: 3:58.31	43.56 400m: 5:12.86	35.23
7.	Cysarz Franciszek	09	Siódemka Sopot	<b>5:13.97</b>	418
	50m: 31.29 31.29	150m: 1:48.45	39.69 250m: 3:15.24	47.11 350m: 4:40.68	35.97
	100m: 1:08.76 37.47	200m: 2:28.13	39.68 300m: 4:04.71	49.47 400m: 5:13.97	33.29
8.	Ogrodnik Marcel	09	Delfin Gdynia	<b>5:17.94</b>	402
	50m: 32.49 32.49	150m: 1:53.38	42.25 250m: 3:17.39	43.86 350m: 4:41.96	39.61
	100m: 1:11.13 38.64	200m: 2:33.53	40.15 300m: 4:02.35	44.96 400m: 5:17.94	35.98
9.	Matylla Mateusz	10	Siódemka Sopot	<b>5:28.16</b>	366
	50m: 34.69 34.69	150m: 2:00.18	44.50 250m: 3:27.19	42.48 350m: 4:50.97	38.83
	100m: 1:15.68 40.99	200m: 2:44.71	44.53 300m: 4:12.14	44.95 400m: 5:28.16	37.19
10.	Ronowski Szymon	11	abianka Gdańsk	<b>5:38.55</b>	333
	50m: 37.16 37.16	150m: 2:02.75	44.73 250m: 3:32.73	47.11 350m: 5:00.61	40.06
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11.	Chuk Mikołaj	10	39 Gdynia	<b>6:08.93</b>	257
	50m: 40.53 40.53	150m: 2:16.78	45.75 250m: 3:54.65	52.98 350m: 5:30.07	41.12
	100m: 1:31.03 50.50	200m: 3:01.67	44.89 300m: 4:48.95	54.30 400m: 6:08.93	38.86
12.	Falkowski Karol	10	39 Gdynia	<b>6:27.37</b>	222
	50m: 37.80 37.80	150m: 2:16.50	48.91 250m: 3:59.42	54.95 350m: 5:42.55	46.88
	100m: 1:27.59 49.79	200m: 3:04.47	47.97 300m: 4:55.67	56.25 400m: 6:27.37	44.82