

Mistrzostwa Województwa Pomorskiego  
Gdynia, 4. - 5.11.2023

Konkurencja 20  
04.11.2023 - 16:25

Mężczyzn, 400m dowolny

12 lat i starsi  
Wyniki

Rekord Okr gu Open	3:44.32	Filipiak Mikołaj	BAGDA	Gorzów Wlkp.	10.12.2022
Rekord Okr gu - 18	3:44.32	Filipiak Mikołaj	BAGDA	Gorzów Wlkp.	10.12.2022
Rekord Okr gu - 17	3:44.32	Filipiak Mikołaj	BAGDA	Gorzów Wlkp.	10.12.2022
Rekord Okr gu - 16	3:04.43	Filipiak Mikołaj	BAGDA	Gorzów Wlkp.	10.12.2022
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	4:29.36	Miklis Miłosz	03810	Gdynia	19.11.2022

Punkty: FINA 2023

Pozycja Rok ur. Czas Pkt.

12 - 13 lat

1. Niezgoda Edward	10	Siódemka Sopot	<b>4:26.75</b>	503
50m: 29.92 29.92	150m: 1:36.17 33.77	250m: 2:45.69 34.60	350m: 3:53.80 33.71	
100m: 1:02.40 32.48	200m: 2:11.09 34.92	300m: 3:20.09 34.40	400m: 4:26.75 32.95	
2. urek Szymon	10	Siódemka Sopot	<b>4:38.51</b>	442
50m: 32.35 32.35	150m: 1:42.86 35.57	250m: 2:54.45 35.69	350m: 4:04.76 34.59	
100m: 1:07.29 34.94	200m: 2:18.76 35.90	300m: 3:30.17 35.72	400m: 4:38.51 33.75	
3. Bielecki Konrad	10	Siódemka Sopot	<b>4:39.55</b>	437
50m: 30.14 30.14	150m: 1:39.84 35.89	250m: 2:53.62 37.06	350m: 4:05.05 35.41	
100m: 1:03.95 33.81	200m: 2:16.56 36.72	300m: 3:29.64 36.02	400m: 4:39.55 34.50	
4. Kopacki Aleksander	10	Skalar Słupsk	<b>4:40.55</b>	433
50m: 32.24 32.24	150m: 1:42.54 35.13	250m: 2:53.64 35.51	350m: 4:05.50 36.03	
100m: 1:07.41 35.17	200m: 2:18.13 35.59	300m: 3:29.47 35.83	400m: 4:40.55 35.05	
5. Wicher Dawid	10	Dwójka Tczew	<b>4:47.71</b>	401
50m: 31.78 31.78	150m: 1:43.92 36.41	250m: 2:57.74 36.83	350m: 4:12.23 37.05	
100m: 1:07.51 35.73	200m: 2:20.91 36.99	300m: 3:35.18 37.44	400m: 4:47.71 35.48	
6. Mazur Kajetan	11	Dwójka Morena Gdańsk	<b>5:05.00</b>	337
50m: 34.89 34.89	150m: 1:52.82 38.90	250m: 3:11.33 39.28	350m: 4:28.48 38.81	
100m: 1:13.92 39.03	200m: 2:32.05 39.23	300m: 3:49.67 38.34	400m: 5:05.00 36.52	

14 - 16 lat

1. Treder Konrad	08	abianka Gdańsk	<b>4:09.25</b>	617
50m: 28.49 28.49	150m: 1:32.47 32.22	250m: 2:36.57 31.92	350m: 3:40.21 31.66	
100m: 1:00.25 31.76	200m: 2:04.65 32.18	300m: 3:08.55 31.98	400m: 4:09.25 29.04	
2. Dworakowski Błażej	07	Delfin Gdynia	<b>4:09.30</b>	617
50m: 28.13 28.13	150m: 1:31.08 31.93	250m: 2:35.32 32.18	350m: 3:39.56 32.15	
100m: 59.15 31.02	200m: 2:03.14 32.06	300m: 3:07.41 32.09	400m: 4:09.30 29.74	
3. Mielcarek Filip	09	Skalar Słupsk	<b>4:19.47</b>	547
50m: 29.64 29.64	150m: 1:35.03 33.04	250m: 2:41.83 33.75	350m: 3:48.20 33.35	
100m: 1:01.99 32.35	200m: 2:08.08 33.05	300m: 3:14.85 33.02	400m: 4:19.47 31.27	
4. Konieczny Witold	08	abianka Gdańsk	<b>4:19.52</b>	547
50m: 29.92 29.92	150m: 1:35.24 33.19	250m: 2:41.33 32.94	350m: 3:47.55 33.21	
100m: 1:02.05 32.13	200m: 2:08.39 33.15	300m: 3:14.34 33.01	400m: 4:19.52 31.97	
5. Staro Filip	08	abianka Gdańsk	<b>4:22.10</b>	531
50m: 29.68 29.68	150m: 1:34.59 32.83	250m: 2:41.99 33.92	350m: 3:49.38 33.89	
100m: 1:01.76 32.08	200m: 2:08.07 33.48	300m: 3:15.49 33.50	400m: 4:22.10 32.72	
6. Nadaj Filip	09	abianka Gdańsk	<b>4:24.24</b>	518
50m: 29.50 29.50	150m: 1:35.20 33.30	250m: 2:42.96 33.97	350m: 3:51.17 34.24	
100m: 1:01.90 32.40	200m: 2:08.99 33.79	300m: 3:16.93 33.97	400m: 4:24.24 33.07	
7. Cysarz Franciszek	09	Siódemka Sopot	<b>4:32.60</b>	472
50m: 31.48 31.48	150m: 1:39.56 33.95	250m: 2:49.45 35.24	350m: 3:59.40 34.83	
100m: 1:05.61 34.13	200m: 2:14.21 34.65	300m: 3:24.57 35.12	400m: 4:32.60 33.20	
8. Balcerowicz Ryszard	08	abianka Gdańsk	<b>4:32.67</b>	471
50m: 31.40 31.40	150m: 1:40.87 34.54	250m: 2:50.31 34.72	350m: 3:59.62 34.61	
100m: 1:06.33 34.93	200m: 2:15.59 34.72	300m: 3:25.01 34.70	400m: 4:32.67 33.05	

Mistrzostwa Województwa Pomorskiego  
Gdynia, 4. - 5.11.2023

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

Pozycja			Rok ur.						Czas	Pkt.
9.	abi ski Igor		07	TRI-Team Rumia				<b>4:50.64</b>	389	
	50m:	32.81 32.81	150m:	1:45.64	37.08	250m:	2:59.55	36.61	350m:	4:13.67 37.11
	100m:	1:08.56 35.75	200m:	2:22.94	37.30	300m:	3:36.56	37.01	400m:	4:50.64 36.97

17 - 18 lat

1.	Zdybel Adam		05	Delfin Gdynia				<b>3:58.86</b>	701	
	50m:	27.22 27.22	150m:	1:27.24	30.21	250m:	2:28.25	30.48	350m:	3:28.95 30.08
	100m:	57.03 29.81	200m:	1:57.77	30.53	300m:	2:58.87	30.62	400m:	3:58.86 29.91
2.	Jankowski Przemysław		05	Delfin Gdynia				<b>4:01.60</b>	678	
	50m:	27.20 27.20	150m:	1:28.45	30.90	250m:	2:30.92	31.09	350m:	3:32.27 30.49
	100m:	57.55 30.35	200m:	1:59.83	31.38	300m:	3:01.78	30.86	400m:	4:01.60 29.33
3.	Dubiel Wiktor		06	abianka Gda sk				<b>4:27.33</b>	500	
	50m:	29.19 29.19	150m:	1:36.15	34.19	250m:	2:44.96	34.23	350m:	3:54.10 34.19
	100m:	1:01.96 32.77	200m:	2:10.73	34.58	300m:	3:19.91	34.95	400m:	4:27.33 33.23

OPEN

1.	Zdybel Adam		05	Delfin Gdynia				<b>3:58.86</b>	701	
	50m:	27.22 27.22	150m:	1:27.24	30.21	250m:	2:28.25	30.48	350m:	3:28.95 30.08
	100m:	57.03 29.81	200m:	1:57.77	30.53	300m:	2:58.87	30.62	400m:	3:58.86 29.91
2.	Jankowski Przemysław		05	Delfin Gdynia				<b>4:01.60</b>	678	
	50m:	27.20 27.20	150m:	1:28.45	30.90	250m:	2:30.92	31.09	350m:	3:32.27 30.49
	100m:	57.55 30.35	200m:	1:59.83	31.38	300m:	3:01.78	30.86	400m:	4:01.60 29.33
3.	Treder Konrad		08	abianka Gda sk				<b>4:09.25</b>	617	
	50m:	28.49 28.49	150m:	1:32.47	32.22	250m:	2:36.57	31.92	350m:	3:40.21 31.66
	100m:	1:00.25 31.76	200m:	2:04.65	32.18	300m:	3:08.55	31.98	400m:	4:09.25 29.04
4.	Dworakowski Bła ej		07	Delfin Gdynia				<b>4:09.30</b>	617	
	50m:	28.13 28.13	150m:	1:31.08	31.93	250m:	2:35.32	32.18	350m:	3:39.56 32.15
	100m:	59.15 31.02	200m:	2:03.14	32.06	300m:	3:07.41	32.09	400m:	4:09.30 29.74
5.	Mielcarek Filip		09	Skalar Słupsk				<b>4:19.47</b>	547	
	50m:	29.64 29.64	150m:	1:35.03	33.04	250m:	2:41.83	33.75	350m:	3:48.20 33.35
	100m:	1:01.99 32.35	200m:	2:08.08	33.05	300m:	3:14.85	33.02	400m:	4:19.47 31.27
6.	Konieczny Witold		08	abianka Gda sk				<b>4:19.52</b>	547	
	50m:	29.92 29.92	150m:	1:35.24	33.19	250m:	2:41.33	32.94	350m:	3:47.55 33.21
	100m:	1:02.05 32.13	200m:	2:08.39	33.15	300m:	3:14.34	33.01	400m:	4:19.52 31.97
7.	Staro Filip		08	abianka Gda sk				<b>4:22.10</b>	531	
	50m:	29.68 29.68	150m:	1:34.59	32.83	250m:	2:41.99	33.92	350m:	3:49.38 33.89
	100m:	1:01.76 32.08	200m:	2:08.07	33.48	300m:	3:15.49	33.50	400m:	4:22.10 32.72
8.	Nadaj Filip		09	abianka Gda sk				<b>4:24.24</b>	518	
	50m:	29.50 29.50	150m:	1:35.20	33.30	250m:	2:42.96	33.97	350m:	3:51.17 34.24
	100m:	1:01.90 32.40	200m:	2:08.99	33.79	300m:	3:16.93	33.97	400m:	4:24.24 33.07
9.	Niezgoda Edward		10	Siódemka Sopot				<b>4:26.75</b>	503	
	50m:	29.92 29.92	150m:	1:36.17	33.77	250m:	2:45.69	34.60	350m:	3:53.80 33.71
	100m:	1:02.40 32.48	200m:	2:11.09	34.92	300m:	3:20.09	34.40	400m:	4:26.75 32.95
10.	Dubiel Wiktor		06	abianka Gda sk				<b>4:27.33</b>	500	
	50m:	29.19 29.19	150m:	1:36.15	34.19	250m:	2:44.96	34.23	350m:	3:54.10 34.19
	100m:	1:01.96 32.77	200m:	2:10.73	34.58	300m:	3:19.91	34.95	400m:	4:27.33 33.23
11.	Cysarz Franciszek		09	Siódemka Sopot				<b>4:32.60</b>	472	
	50m:	31.48 31.48	150m:	1:39.56	33.95	250m:	2:49.45	35.24	350m:	3:59.40 34.83
	100m:	1:05.61 34.13	200m:	2:14.21	34.65	300m:	3:24.57	35.12	400m:	4:32.60 33.20
12.	Balcerowicz Ryszard		08	abianka Gda sk				<b>4:32.67</b>	471	
	50m:	31.40 31.40	150m:	1:40.87	34.54	250m:	2:50.31	34.72	350m:	3:59.62 34.61
	100m:	1:06.33 34.93	200m:	2:15.59	34.72	300m:	3:25.01	34.70	400m:	4:32.67 33.05

Mistrzostwa Województwa Pomorskiego  
Gdynia, 4. - 5.11.2023

Konkurencja 20, M czynn, 400m dowolny, OPEN

Pozycja				Rok ur.					Czas	Pkt.		
13.	urek Szymon			10	Siódemka Sopot				<b>4:38.51</b>	442		
	50m:	32.35	32.35	150m:	1:42.86	35.57	250m:	2:54.45	35.69	350m:	4:04.76	34.59
	100m:	1:07.29	34.94	200m:	2:18.76	35.90	300m:	3:30.17	35.72	400m:	4:38.51	33.75
14.	Bielecki Konrad			10	Siódemka Sopot				<b>4:39.55</b>	437		
	50m:	30.14	30.14	150m:	1:39.84	35.89	250m:	2:53.62	37.06	350m:	4:05.05	35.41
	100m:	1:03.95	33.81	200m:	2:16.56	36.72	300m:	3:29.64	36.02	400m:	4:39.55	34.50
15.	Kopacki Aleksander			10	Skalar Słupsk				<b>4:40.55</b>	433		
	50m:	32.24	32.24	150m:	1:42.54	35.13	250m:	2:53.64	35.51	350m:	4:05.50	36.03
	100m:	1:07.41	35.17	200m:	2:18.13	35.59	300m:	3:29.47	35.83	400m:	4:40.55	35.05
16.	Wicher Dawid			10	Dwójka Tczew				<b>4:47.71</b>	401		
	50m:	31.78	31.78	150m:	1:43.92	36.41	250m:	2:57.74	36.83	350m:	4:12.23	37.05
	100m:	1:07.51	35.73	200m:	2:20.91	36.99	300m:	3:35.18	37.44	400m:	4:47.71	35.48
17.	abi ski Igor			07	TRI-Team Rumia				<b>4:50.64</b>	389		
	50m:	32.81	32.81	150m:	1:45.64	37.08	250m:	2:59.55	36.61	350m:	4:13.67	37.11
	100m:	1:08.56	35.75	200m:	2:22.94	37.30	300m:	3:36.56	37.01	400m:	4:50.64	36.97
18.	Mazur Kajetan			11	Dwójka Morena Gda sk				<b>5:05.00</b>	337		
	50m:	34.89	34.89	150m:	1:52.82	38.90	250m:	3:11.33	39.28	350m:	4:28.48	38.81
	100m:	1:13.92	39.03	200m:	2:32.05	39.23	300m:	3:49.67	38.34	400m:	5:05.00	36.52