

Bydgoska Liga Pływacka  
Bydgoszcz, 27.11.2022 - 22.4.2023

Konkurencja 16  
17.12.2022 - 11:12

M czynn, 400y dowolny

Open  
Wyniki

Punkty: FINA 2022

Pozycja			Rok ur.					Czas	Pkt.
<b>18 - 29 lat</b>									
1.	Kruczkowski Jakub		97	TM Iron Team				<b>5:12.92</b>	
	50y:	31.25 31.25	150y:	1:45.68 39.01	250y:	3:05.87 40.79	350y:	4:30.24 42.63	
	100y:	1:06.67 35.42	200y:	2:25.08 39.40	300y:	3:47.61 41.74	400y:	5:12.92 42.68	
2.	Chorz pa Remigiusz		98	Byle do przodu				<b>5:16.55</b>	
	50y:	34.21 34.21	150y:	1:53.70 40.57	250y:	3:16.02 41.26	350y:	4:38.93 41.63	
	100y:	1:13.13 38.92	200y:	2:34.76 41.06	300y:	3:57.30 41.28	400y:	5:16.55 37.62	
<b>30 - 39 lat</b>									
1.	Rymer Jakub		85	Niezrzeszony				<b>5:06.61</b>	
	50y:	32.15 32.15	150y:	1:45.20 37.46	250y:	3:05.13 40.48	350y:	4:28.24 41.32	
	100y:	1:07.74 35.59	200y:	2:24.65 39.45	300y:	3:46.92 41.79	400y:	5:06.61 38.37	
2.	Banach Jan		91	Klinika Triathlonu				<b>5:15.64</b>	
	50y:	33.19 33.19	150y:	1:51.43 39.69	250y:	3:14.02 41.45	350y:	4:38.12 41.95	
	100y:	1:11.74 38.55	200y:	2:32.57 41.14	300y:	3:56.17 42.15	400y:	5:15.64 37.52	
3.	Wawrzyniak Jarosław		86	Skalar Słupsk				<b>5:27.31</b>	
	50y:	34.70 34.70	150y:	1:55.75 41.49	250y:	3:22.04 43.95	350y:	4:48.78 43.07	
	100y:	1:14.26 39.56	200y:	2:38.09 42.34	300y:	4:05.71 43.67	400y:	5:27.31 38.53	
4.	Kuriga Mateusz		88	Niezrzeszony				<b>5:28.10</b>	
	50y:	34.08 34.08	150y:	1:54.96 41.43	250y:	3:21.86 43.77	350y:	4:48.53 43.12	
	100y:	1:13.53 39.45	200y:	2:38.09 43.13	300y:	4:05.41 43.55	400y:	5:28.10 39.57	
5.	Pic Dawid		92	Byle do przodu				<b>6:15.14</b>	
	50y:	40.22 40.22	150y:	2:11.68 48.09	250y:	3:50.65 49.50	350y:	5:30.39 49.07	
	100y:	1:23.59 43.37	200y:	3:01.15 49.47	300y:	4:41.32 50.67	400y:	6:15.14 44.75	
6.	Spryszy ski Michał		88	Tri Rodzinka				<b>7:37.48</b>	
	50y:	46.98 46.98	150y:	2:39.47 58.07	250y:	4:39.90 58.63	350y:	6:39.68 59.76	
	100y:	1:41.40 54.42	200y:	3:41.27 1:01.80	300y:	5:39.92 1:00.02	400y:	7:37.48 57.80	
<b>40 - 49 lat</b>									
1.	Spychalski Tomasz		80	Leszcze				<b>4:55.35</b>	
	50y:	31.76 31.76	150y:	1:42.95 36.26	250y:	2:59.66 38.70	350y:	4:19.09 39.62	
	100y:	1:06.69 34.93	200y:	2:20.96 38.01	300y:	3:39.47 39.81	400y:	4:55.35 36.26	
2.	Gummer Andrzej		81	Niezrzeszony				<b>4:55.75</b>	
	50y:	32.23 32.23	150y:	1:41.77 35.63	250y:	2:56.56 38.21	350y:	4:15.66 40.14	
	100y:	1:06.14 33.91	200y:	2:18.35 36.58	300y:	3:35.52 38.96	400y:	4:55.75 40.09	
3.	Cieplowski Robert		77	Leszcze				<b>5:28.45</b>	
	50y:	35.64 35.64	150y:	1:57.45 41.86	250y:	3:22.99 42.92	350y:	4:48.25 42.31	
	100y:	1:15.59 39.95	200y:	2:40.07 42.62	300y:	4:05.94 42.95	400y:	5:28.45 40.20	
4.	G siorowski Daniel		80	Endure Team				<b>5:45.63</b>	
	50y:	34.79 34.79	150y:	1:57.07 43.39	250y:	3:27.73 45.64	350y:	5:01.47 47.23	
	100y:	1:13.68 38.89	200y:	2:42.09 45.02	300y:	4:14.24 46.51	400y:	5:45.63 44.16	
5.	Kałek Artur		74	TM Iron Team				<b>6:24.21</b>	
	50y:	42.50 42.50	150y:	2:18.87 49.15	250y:	3:58.72 49.74	350y:	5:39.05 49.36	
	100y:	1:29.72 47.22	200y:	3:08.98 50.11	300y:	4:49.69 50.97	400y:	6:24.21 45.16	
6.	Chrapowski Marcel		83	Iron House Triathlon Włocławek				<b>6:29.18</b>	
	50y:	39.94 39.94	150y:	2:13.83 47.72	250y:	3:55.71 51.32	350y:	5:40.66 52.50	
	100y:	1:26.11 46.17	200y:	3:04.39 50.56	300y:	4:48.16 52.45	400y:	6:29.18 48.52	
7.	Stasiewski Mariusz		75	Trispace Trek				<b>6:49.56</b>	
	50y:	41.48 41.48	150y:	2:17.99 50.61	250y:	4:04.28 53.88	350y:	5:55.59 57.46	
	100y:	1:27.38 45.90	200y:	3:10.40 52.41	300y:	4:58.13 53.85	400y:	6:49.56 53.97	

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50 lat i starsi

1.	Zienkiewicz Janusz		72	Trispace Trek		<b>5:55.00</b>		
	50y: 37.37 37.37	150y: 2:03.44	44.36	250y: 3:36.51	46.07	350y: 5:10.85	47.06	
	100y: 1:19.08 41.71	200y: 2:50.44	47.00	300y: 4:23.79	47.28	400y: 5:55.00	44.15	
2.	Cieszy ski Jacek		63	Swim Drama		<b>6:10.22</b>		
	50y: 41.83 41.83	150y: 2:16.27	48.20	250y: 3:52.48	47.71	350y: 5:26.95	47.18	
	100y: 1:28.07 46.24	200y: 3:04.77	48.50	300y: 4:39.77	47.29	400y: 6:10.22	43.27	
3.	Sie ski Jacek		63	niezrzeszony		<b>6:53.81</b>		
	50y: 42.56 42.56	150y: 2:22.97	52.33	250y: 4:11.12	54.73	350y: 6:00.42	54.50	
	100y: 1:30.64 48.08	200y: 3:16.39	53.42	300y: 5:05.92	54.80	400y: 6:53.81	53.39	

Open

1.	Spychalski Tomasz		80	Leszcze		<b>4:55.35</b>		
	50y: 31.76 31.76	150y: 1:42.95	36.26	250y: 2:59.66	38.70	350y: 4:19.09	39.62	
	100y: 1:06.69 34.93	200y: 2:20.96	38.01	300y: 3:39.47	39.81	400y: 4:55.35	36.26	
2.	Gummer Andrzej		81	Niezrzeszony		<b>4:55.75</b>		
	50y: 32.23 32.23	150y: 1:41.77	35.63	250y: 2:56.56	38.21	350y: 4:15.66	40.14	
	100y: 1:06.14 33.91	200y: 2:18.35	36.58	300y: 3:35.52	38.96	400y: 4:55.75	40.09	
3.	Rymer Jakub		85	Niezrzeszony		<b>5:06.61</b>		
	50y: 32.15 32.15	150y: 1:45.20	37.46	250y: 3:05.13	40.48	350y: 4:28.24	41.32	
	100y: 1:07.74 35.59	200y: 2:24.65	39.45	300y: 3:46.92	41.79	400y: 5:06.61	38.37	
4.	Kruczkowski Jakub		97	TM Iron Team		<b>5:12.92</b>		
	50y: 31.25 31.25	150y: 1:45.68	39.01	250y: 3:05.87	40.79	350y: 4:30.24	42.63	
	100y: 1:06.67 35.42	200y: 2:25.08	39.40	300y: 3:47.61	41.74	400y: 5:12.92	42.68	
5.	Banach Jan		91	Klinika Triathlonu		<b>5:15.64</b>		
	50y: 33.19 33.19	150y: 1:51.43	39.69	250y: 3:14.02	41.45	350y: 4:38.12	41.95	
	100y: 1:11.74 38.55	200y: 2:32.57	41.14	300y: 3:56.17	42.15	400y: 5:15.64	37.52	
6.	Chorz pa Remigiusz		98	Byle do przodu		<b>5:16.55</b>		
	50y: 34.21 34.21	150y: 1:53.70	40.57	250y: 3:16.02	41.26	350y: 4:38.93	41.63	
	100y: 1:13.13 38.92	200y: 2:34.76	41.06	300y: 3:57.30	41.28	400y: 5:16.55	37.62	
7.	Wawrzyniak Jarosław		86	Skalar Słupsk		<b>5:27.31</b>		
	50y: 34.70 34.70	150y: 1:55.75	41.49	250y: 3:22.04	43.95	350y: 4:48.78	43.07	
	100y: 1:14.26 39.56	200y: 2:38.09	42.34	300y: 4:05.71	43.67	400y: 5:27.31	38.53	
8.	Kuriga Mateusz		88	Niezrzeszony		<b>5:28.10</b>		
	50y: 34.08 34.08	150y: 1:54.96	41.43	250y: 3:21.86	43.77	350y: 4:48.53	43.12	
	100y: 1:13.53 39.45	200y: 2:38.09	43.13	300y: 4:05.41	43.55	400y: 5:28.10	39.57	
9.	Cieplowski Robert		77	Leszcze		<b>5:28.45</b>		
	50y: 35.64 35.64	150y: 1:57.45	41.86	250y: 3:22.99	42.92	350y: 4:48.25	42.31	
	100y: 1:15.59 39.95	200y: 2:40.07	42.62	300y: 4:05.94	42.95	400y: 5:28.45	40.20	
10.	G siorowski Daniel		80	Endure Team		<b>5:45.63</b>		
	50y: 34.79 34.79	150y: 1:57.07	43.39	250y: 3:27.73	45.64	350y: 5:01.47	47.23	
	100y: 1:13.68 38.89	200y: 2:42.09	45.02	300y: 4:14.24	46.51	400y: 5:45.63	44.16	
11.	Zienkiewicz Janusz		72	Trispace Trek		<b>5:55.00</b>		
	50y: 37.37 37.37	150y: 2:03.44	44.36	250y: 3:36.51	46.07	350y: 5:10.85	47.06	
	100y: 1:19.08 41.71	200y: 2:50.44	47.00	300y: 4:23.79	47.28	400y: 5:55.00	44.15	
12.	Cieszy ski Jacek		63	Swim Drama		<b>6:10.22</b>		
	50y: 41.83 41.83	150y: 2:16.27	48.20	250y: 3:52.48	47.71	350y: 5:26.95	47.18	
	100y: 1:28.07 46.24	200y: 3:04.77	48.50	300y: 4:39.77	47.29	400y: 6:10.22	43.27	
13.	Pic Dawid		92	Byle do przodu		<b>6:15.14</b>		
	50y: 40.22 40.22	150y: 2:11.68	48.09	250y: 3:50.65	49.50	350y: 5:30.39	49.07	
	100y: 1:23.59 43.37	200y: 3:01.15	49.47	300y: 4:41.32	50.67	400y: 6:15.14	44.75	
14.	Kątek Artur		74	TM Iron Team		<b>6:24.21</b>		
	50y: 42.50 42.50	150y: 2:18.87	49.15	250y: 3:58.72	49.74	350y: 5:39.05	49.36	
	100y: 1:29.72 47.22	200y: 3:08.98	50.11	300y: 4:49.69	50.97	400y: 6:24.21	45.16	

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Konkurencja 16, M czynn, 400y dowolny, Open

Pozycja			Rok ur.					Czas	Pkt.
15.	Chrapowski Marcel		83	Iron House Triathlon Włocławek				<b>6:29.18</b>	
	50y: 39.94	39.94	150y: 2:13.83	47.72	250y: 3:55.71	51.32	350y: 5:40.66	52.50	
	100y: 1:26.11	46.17	200y: 3:04.39	50.56	300y: 4:48.16	52.45	400y: 6:29.18	48.52	
16.	Stasiewski Mariusz		75	Trispace Trek				<b>6:49.56</b>	
	50y: 41.48	41.48	150y: 2:17.99	50.61	250y: 4:04.28	53.88	350y: 5:55.59	57.46	
	100y: 1:27.38	45.90	200y: 3:10.40	52.41	300y: 4:58.13	53.85	400y: 6:49.56	53.97	
17.	Sie ski Jacek		63	niezrzeszony				<b>6:53.81</b>	
	50y: 42.56	42.56	150y: 2:22.97	52.33	250y: 4:11.12	54.73	350y: 6:00.42	54.50	
	100y: 1:30.64	48.08	200y: 3:16.39	53.42	300y: 5:05.92	54.80	400y: 6:53.81	53.39	
18.	Spryszy ski Michał		88	Tri Rodzinka				<b>7:37.48</b>	
	50y: 46.98	46.98	150y: 2:39.47	58.07	250y: 4:39.90	58.63	350y: 6:39.68	59.76	
	100y: 1:41.40	54.42	200y: 3:41.27	1:01.80	300y: 5:39.92	1:00.02	400y: 7:37.48	57.80	