

Bydgoska Liga Pływacka  
Bydgoszcz, 19.11.2023 - 22.4.2024

Konkurencja 10  
19.11.2023 - 10:53

Mężczyzn, 400y dowolny

Open  
Wyniki

Punkty: FINA 2023

Pozycja			Rok ur.					Czas	Pkt.	
<b>18 - 29 lat</b>										
1.	Krasicki Artur		95	Shark Swim				<b>4:14.78</b>		
	50y:	27.65 27.65	150y:	1:30.87	32.31	250y:	2:36.73	33.05	350y:	3:42.94 32.84
	100y:	58.56 30.91	200y:	2:03.68	32.81	300y:	3:10.10	33.37	400y:	4:14.78 31.84
<b>30 - 39 lat</b>										
1.	Rymer Jakub		85	Niezrzeszony				<b>5:00.58</b>		
	50y:	31.41 31.41	150y:	1:46.63	38.54	250y:	3:04.55	39.69	350y:	4:23.59 38.94
	100y:	1:08.09 36.68	200y:	2:24.86	38.23	300y:	3:44.65	40.10	400y:	5:00.58 36.99
2.	Nowicki Bartosz		88	Trispace Trek				<b>5:43.53</b>		
	50y:	37.54 37.54	150y:	2:01.14	43.14	250y:	3:29.81	44.45	350y:	5:01.35 45.70
	100y:	1:18.00 40.46	200y:	2:45.36	44.22	300y:	4:15.65	45.84	400y:	5:43.53 42.18
3.	Łabacki Maciej		90	Trispace Trek				<b>6:26.17</b>		
	50y:	38.19 38.19	150y:	2:10.55	48.51	250y:	3:51.79	50.93	350y:	5:35.65 51.81
	100y:	1:22.04 43.85	200y:	3:00.86	50.31	300y:	4:43.84	52.05	400y:	6:26.17 50.52
<b>40 - 49 lat</b>										
1.	Pieńlak Mirosław		79	Niezrzeszony				<b>5:03.28</b>		
	50y:	33.35 33.35	150y:	1:47.23	37.58	250y:	3:05.58	39.34	350y:	4:24.81 39.82
	100y:	1:09.65 36.30	200y:	2:26.24	39.01	300y:	3:44.99	39.41	400y:	5:03.28 38.47
2.	Cieplowski Robert		77	Leszcze				<b>5:30.31</b>		
	50y:	35.19 35.19	150y:	1:57.93	42.28	250y:	3:23.84	42.99	350y:	4:50.36 43.40
	100y:	1:15.65 40.46	200y:	2:40.85	42.92	300y:	4:06.96	43.12	400y:	5:30.31 39.95
3.	Gosiński Daniel		80	Endure Team				<b>5:35.56</b>		
	50y:	34.97 34.97	150y:	1:54.25	40.85	250y:	3:20.59	44.03	350y:	4:50.74 45.01
	100y:	1:13.40 38.43	200y:	2:36.56	42.31	300y:	4:05.73	45.14	400y:	5:35.56 44.82
4.	Hordecki Krzysztof		79	TRENIGO				<b>5:41.46</b>		
	50y:	36.38 36.38	150y:	2:01.59	43.69	250y:	3:28.83	43.89	350y:	4:57.47 44.64
	100y:	1:17.90 41.52	200y:	2:44.94	43.35	300y:	4:12.83	44.00	400y:	5:41.46 43.99
5.	Spychalski Tomasz		80	UKS Czwórka Nakło				<b>5:46.81</b>		
	50y:	33.15 33.15	150y:	1:47.64	38.52	250y:	3:06.41	39.12	350y:	4:26.16 39.85
	100y:	1:09.12 35.97	200y:	2:27.29	39.65	300y:	3:46.31	39.90	400y:	5:46.81 1:20.65
6.	Tezcan Hakan		75	Niezrzeszony				<b>7:10.51</b>		
	50y:	40.34 40.34	150y:	2:19.77	52.36	250y:	4:13.50	57.93	350y:	6:11.67 59.68
	100y:	1:27.41 47.07	200y:	3:15.57	55.80	300y:	5:11.99	58.49	400y:	7:10.51 58.84
<b>50 lat i starsi</b>										
1.	Paradowski Krzysztof		68	Suchary				<b>5:11.58</b>		
	50y:	34.94 34.94	150y:	1:52.85	39.62	250y:	3:13.05	40.34	350y:	4:32.78 39.41
	100y:	1:13.23 38.29	200y:	2:32.71	39.86	300y:	3:53.37	40.32	400y:	5:11.58 38.80
2.	Sieński Jacek		63	niezrzeszony				<b>6:49.64</b>		
	50y:	40.81 40.81	150y:	2:20.23	51.35	250y:	4:08.00	53.94	350y:	5:57.23 54.77
	100y:	1:28.88 48.07	200y:	3:14.06	53.83	300y:	5:02.46	54.46	400y:	6:49.64 52.41

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Konkurencja 10, M czynn, 400y dowolny

Open

1.	Krasicki Artur		95	Shark Swim		<b>4:14.78</b>						
	50y:	27.65	27.65	150y:	1:30.87	32.31	250y:	2:36.73	33.05	350y:	3:42.94	32.84
	100y:	58.56	30.91	200y:	2:03.68	32.81	300y:	3:10.10	33.37	400y:	4:14.78	31.84
2.	Rymer Jakub		85	Niezrzeszony		<b>5:00.58</b>						
	50y:	31.41	31.41	150y:	1:46.63	38.54	250y:	3:04.55	39.69	350y:	4:23.59	38.94
	100y:	1:08.09	36.68	200y:	2:24.86	38.23	300y:	3:44.65	40.10	400y:	5:00.58	36.99
3.	Pielak Mirosław		79	Niezrzeszony		<b>5:03.28</b>						
	50y:	33.35	33.35	150y:	1:47.23	37.58	250y:	3:05.58	39.34	350y:	4:24.81	39.82
	100y:	1:09.65	36.30	200y:	2:26.24	39.01	300y:	3:44.99	39.41	400y:	5:03.28	38.47
4.	Paradowski Krzysztof		68	Suchary		<b>5:11.58</b>						
	50y:	34.94	34.94	150y:	1:52.85	39.62	250y:	3:13.05	40.34	350y:	4:32.78	39.41
	100y:	1:13.23	38.29	200y:	2:32.71	39.86	300y:	3:53.37	40.32	400y:	5:11.58	38.80
5.	Cieplowski Robert		77	Leszcze		<b>5:30.31</b>						
	50y:	35.19	35.19	150y:	1:57.93	42.28	250y:	3:23.84	42.99	350y:	4:50.36	43.40
	100y:	1:15.65	40.46	200y:	2:40.85	42.92	300y:	4:06.96	43.12	400y:	5:30.31	39.95
6.	Gsiorowski Daniel		80	Endure Team		<b>5:35.56</b>						
	50y:	34.97	34.97	150y:	1:54.25	40.85	250y:	3:20.59	44.03	350y:	4:50.74	45.01
	100y:	1:13.40	38.43	200y:	2:36.56	42.31	300y:	4:05.73	45.14	400y:	5:35.56	44.82
7.	Hordecki Krzysztof		79	TRENIGO		<b>5:41.46</b>						
	50y:	36.38	36.38	150y:	2:01.59	43.69	250y:	3:28.83	43.89	350y:	4:57.47	44.64
	100y:	1:17.90	41.52	200y:	2:44.94	43.35	300y:	4:12.83	44.00	400y:	5:41.46	43.99
8.	Nowicki Bartosz		88	Trispace Trek		<b>5:43.53</b>						
	50y:	37.54	37.54	150y:	2:01.14	43.14	250y:	3:29.81	44.45	350y:	5:01.35	45.70
	100y:	1:18.00	40.46	200y:	2:45.36	44.22	300y:	4:15.65	45.84	400y:	5:43.53	42.18
9.	Spychalski Tomasz		80	UKS Czwórka Nakło		<b>5:46.81</b>						
	50y:	33.15	33.15	150y:	1:47.64	38.52	250y:	3:06.41	39.12	350y:	4:26.16	39.85
	100y:	1:09.12	35.97	200y:	2:27.29	39.65	300y:	3:46.31	39.90	400y:	5:46.81	1:20.65
10.	Łabacki Maciej		90	Trispace Trek		<b>6:26.17</b>						
	50y:	38.19	38.19	150y:	2:10.55	48.51	250y:	3:51.79	50.93	350y:	5:35.65	51.81
	100y:	1:22.04	43.85	200y:	3:00.86	50.31	300y:	4:43.84	52.05	400y:	6:26.17	50.52
11.	Sieński Jacek		63	niezrzeszony		<b>6:49.64</b>						
	50y:	40.81	40.81	150y:	2:20.23	51.35	250y:	4:08.00	53.94	350y:	5:57.23	54.77
	100y:	1:28.88	48.07	200y:	3:14.06	53.83	300y:	5:02.46	54.46	400y:	6:49.64	52.41
12.	Tezcan Hakan		75	Niezrzeszony		<b>7:10.51</b>						
	50y:	40.34	40.34	150y:	2:19.77	52.36	250y:	4:13.50	57.93	350y:	6:11.67	59.68
	100y:	1:27.41	47.07	200y:	3:15.57	55.80	300y:	5:11.99	58.49	400y:	7:10.51	58.84