

Mistrzostwa Okręgu Gliwickiego Open  
Gliwice, 17. - 18.11.2023

Konkurencja 24  
17.11.2023 - 15:59

Mężczyźni, 400m dowolny

2009 i starsi  
Wyniki

Rekord I skła 18	3:51.20	Klich Kacper - 2012	POL	AZS AWF Katowice
Rekord I skła 17	3:53.14	Klich Kacper - 2011	POL	AZS AWF Katowice
Rekord I skła 16	3:58.27	Staniszewski Bartosz - 2021	POL	UKP Ruda I skła
Rekord I skła 15	3:58.69	Kalkan Jakub - 2019	POL	Jedno 32 Przystawice
Rekord I skła 14	4:00.23	Cisowski Hubert - 2022	POL	MOS Dąbrowa Górnicza
Rekord I skła Open	3:46.93	Klich Kacper - 2017	POL	AZS AWF Katowice

Punkty: FINA 2023

Pozycja	Rok ur.	Czas	R.St	% popr.	FINA
<b>Rocznik 2009</b>					
1. wirko Dominik	09 Akademia Sms Racibórz	<b>4:21.39</b>	+0,75	104%	535
50m: 29.38	29.38 150m: 1:35.28 32.88 250m: 2:42.18	33.08	350m: 3:48.96	33.22	
100m: 1:02.40	33.02 200m: 2:09.10 33.82 300m: 3:15.74	33.56	400m: 4:21.39	32.43	
2. Ociepa Norbert	09 CSiR MOS w D browie Górnicej	<b>4:21.92</b>	+0,70	123%	532
50m: 28.91	28.91 150m: 1:35.99 33.84 250m: 2:43.31	33.47	350m: 3:50.39	33.39	
100m: 1:02.15	33.24 200m: 2:09.84 33.85 300m: 3:17.00	33.69	400m: 4:21.92	31.53	
3. Gabor Bruno	09 MKS Park Wodny Tarnowskie Góry	<b>4:30.06</b>	+0,71	-	485
50m: 29.52	29.52 150m: 1:37.61 34.42 250m: 2:46.55	33.90	350m: 3:56.11	35.10	
100m: 1:03.19	33.67 200m: 2:12.65 35.04 300m: 3:21.01	34.46	400m: 4:30.06	33.95	
4. Palkij Filip	09 KS „Górnik” Sosnowiec	<b>4:47.61</b>	+0,79	109%	401
50m: 32.12	32.12 150m: 1:43.13 35.87 250m: 2:57.56	37.42	350m: 4:12.44	37.10	
100m: 1:07.26	35.14 200m: 2:20.14 37.01 300m: 3:35.34	37.78	400m: 4:47.61	35.17	
5. Szymański Karol	09 UKS „Huragan” przy SP nr 45 w Sosnowcu	<b>4:54.74</b>	+0,70	124%	373
50m: 32.11	32.11 150m: 1:45.80 37.41 250m: 3:01.71	37.91	350m: 4:18.24	37.93	
100m: 1:08.39	36.28 200m: 2:23.80 38.00 300m: 3:40.31	38.60	400m: 4:54.74	36.50	
6. Wójcicki Bartosz	09 UKS „MANTA” Kochłowice Ruda I skła	<b>4:55.78</b>	+0,88	100%	369
50m: 33.63	33.63 150m: 1:49.05 37.71 250m: 3:05.39	37.65	350m: 4:19.69	37.17	
100m: 1:11.34	37.71 200m: 2:27.74 38.69 300m: 3:42.52	37.13	400m: 4:55.78	36.09	
7. Radek Paweł	09 MOSM Tychy	<b>4:56.74</b>	+0,77	103%	365
50m: 33.28	33.28 150m: 1:48.61 38.59 250m: 3:03.77	37.79	350m: 4:19.66	37.68	
100m: 1:10.02	36.74 200m: 2:25.98 37.37 300m: 3:41.98	38.21	400m: 4:56.74	37.08	
8. Łankiewicz Odyseas	09 UKS „MANTA” Kochłowice Ruda I skła	<b>4:58.89</b>	+0,69	103%	358
50m: 32.51	32.51 150m: 1:48.64 38.82 250m: 3:05.55	38.28	350m: 4:21.89	38.03	
100m: 1:09.82	37.31 200m: 2:27.27 38.63 300m: 3:43.86	38.31	400m: 4:58.89	37.00	
<b>Rocznik 2008</b>					
1. Munsch Artur	08 MKS Park Wodny Tarnowskie Góry	<b>4:13.97</b>	+0,80	102%	583
50m: 28.88	28.88 150m: 1:33.43 32.46 250m: 2:38.38	32.16	350m: 3:43.37	32.36	
100m: 1:00.97	32.09 200m: 2:06.22 32.79 300m: 3:11.01	32.63	400m: 4:13.97	30.60	
2. Lunov Illia	08 MKS SMS Victoria Racibórz	<b>4:15.46</b>	+0,70	106%	573
50m: 28.77	28.77 150m: 1:33.42 32.57 250m: 2:38.52	32.38	350m: 3:43.79	32.59	
100m: 1:00.85	32.08 200m: 2:06.14 32.72 300m: 3:11.20	32.68	400m: 4:15.46	31.67	
3. Zhadan Nikolai	08 CSiR MOS w D browie Górnicej	<b>4:40.00</b>	+0,77	106%	435
50m: 30.68	30.68 150m: 1:40.14 35.54 250m: 2:51.73	35.93	350m: 4:04.05	36.13	
100m: 1:04.60	33.92 200m: 2:15.80 35.66 300m: 3:27.92	36.19	400m: 4:40.00	35.95	
4. Rybak Grzegorz	08 MKS Park Wodny Tarnowskie Góry	<b>4:42.14</b>	+0,69	92%	425
50m: 30.68	30.68 150m: 1:40.93 36.08 250m: 2:53.99	36.65	350m: 4:06.94	36.21	
100m: 1:04.85	34.17 200m: 2:17.34 36.41 300m: 3:30.73	36.74	400m: 4:42.14	35.20	
5. Rybak Jakub	08 MKS Park Wodny Tarnowskie Góry	<b>4:42.87</b>	+0,73	88%	422
50m: 31.31	31.31 150m: 1:42.41 36.00 250m: 2:55.68	36.33	350m: 4:08.00	36.32	
100m: 1:06.41	35.10 200m: 2:19.35 36.94 300m: 3:31.68	36.00	400m: 4:42.87	34.87	
6. Bajor Bartosz	08 "Sikret" Gliwice	<b>4:46.93</b>	+0,60	112%	404
50m: 31.40	31.40 150m: 1:42.57 36.43 250m: 2:56.24	36.99	350m: 4:10.51	36.98	
100m: 1:06.14	34.74 200m: 2:19.25 36.68 300m: 3:33.53	37.29	400m: 4:46.93	36.42	

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Rocznik 2007

1. Major Erik	07 MKS Park Wodny Tarnowskie Góry	<b>4:00.32</b>	+0,68	98%	688
50m: 27.40	27.40 150m: 1:28.50 30.78	250m: 2:29.65	30.25	350m: 3:31.21	30.60
100m: 57.72	30.32 200m: 1:59.40 30.90	300m: 3:00.61	30.96	400m: 4:00.32	29.11
2. Katana Jakub	07 "Sikret" Gliwice	<b>4:06.06</b>	+0,69	108%	641
50m: 28.19	28.19 150m: 1:31.20 31.76	250m: 2:34.54	31.45	350m: 3:36.71	29.92
100m: 59.44	31.25 200m: 2:03.09 31.89	300m: 3:06.79	32.25	400m: 4:06.06	29.35
3. Ficek Aleksander	07 UKS Wodnik Siemianowice I skie	<b>4:18.70</b>	+0,62	109%	552
50m: 28.97	28.97 150m: 1:34.27 32.61	250m: 2:40.53	33.15	350m: 3:47.39	33.53
100m: 1:01.66	32.69 200m: 2:07.38 33.11	300m: 3:13.86	33.33	400m: 4:18.70	31.31
4. Wieczorek Kacper	07 UKS Wodnik Siemianowice I skie	<b>4:21.81</b>	+0,63	105%	532
50m: 29.24	29.24 150m: 1:34.53 33.02	250m: 2:40.91	33.30	350m: 3:48.47	34.08
100m: 1:01.51	32.27 200m: 2:07.61 33.08	300m: 3:14.39	33.48	400m: 4:21.81	33.34
5. Tarapata Bartłomiej	07 "Sikret" Gliwice	<b>4:27.49</b>	+0,76	-	499
50m: 30.57	30.57 150m: 1:37.31 33.97	250m: 2:45.69	34.12	350m: 3:54.34	34.33
100m: 1:03.34	32.77 200m: 2:11.57 34.26	300m: 3:20.01	34.32	400m: 4:27.49	33.15
6. Gajek Szymon	07 "Sikret" Gliwice	<b>4:36.40</b>	+0,81	-	452
50m: 29.83	29.83 150m: 1:39.72 35.41	250m: 2:51.53	35.37	350m: 4:03.16	35.47
100m: 1:04.31	34.48 200m: 2:16.16 36.44	300m: 3:27.69	36.16	400m: 4:36.40	33.24

2006 i starsi

1. Pera Marcin	06 UKS Wodnik Siemianowice I skie	<b>4:06.94</b>	+0,67	104%	634
50m: 28.06	28.06 150m: 1:30.94 31.66	250m: 2:34.62	31.77	350m: 3:37.33	31.06
100m: 59.28	31.22 200m: 2:02.85 31.91	300m: 3:06.27	31.65	400m: 4:06.94	29.61
2. Tomaszowski Michał	03 UKS Wodnik Siemianowice I skie	<b>4:09.81</b>	+0,70	105%	613
50m: 27.73	27.73 150m: 1:29.83 31.29	250m: 2:32.72	31.35	350m: 3:37.24	32.25
100m: 58.54	30.81 200m: 2:01.37 31.54	300m: 3:04.99	32.27	400m: 4:09.81	32.57
3. Geisner Kamil	05 UKS Wodnik Siemianowice I skie	<b>4:13.07</b>	+0,66	-	589
50m: 27.61	27.61 150m: 1:30.80 32.09	250m: 2:35.85	32.30	350m: 3:41.46	32.60
100m: 58.71	31.10 200m: 2:03.55 32.75	300m: 3:08.86	33.01	400m: 4:13.07	31.61
4. Wykręt Marcin	04 "Sikret" Gliwice	<b>4:19.86</b>	+0,79	94%	544
50m: 29.40	29.40 150m: 1:32.89 32.22	250m: 2:38.63	33.10	350m: 3:46.19	34.04
100m: 1:00.67	31.27 200m: 2:05.53 32.64	300m: 3:12.15	33.52	400m: 4:19.86	33.67
5. Filozof Adam	05 MKS Park Wodny Tarnowskie Góry	<b>4:20.60</b>	+0,66	104%	540
50m: 28.98	28.98 150m: 1:33.96 32.86	250m: 2:40.29	33.28	350m: 3:47.99	33.94
100m: 1:01.10	32.12 200m: 2:07.01 33.05	300m: 3:14.05	33.76	400m: 4:20.60	32.61
6. Kramarczyk Jakub	01 MKS Pałac Młodzieży Katowice	<b>4:27.74</b>	+0,77	99%	498
50m: 29.50	29.50 150m: 1:37.19 34.00	250m: 2:45.72	34.10	350m: 3:54.23	34.24
100m: 1:03.19	33.69 200m: 2:11.62 34.43	300m: 3:19.99	34.27	400m: 4:27.74	33.51

PK Jabłoński Bartłomiej	07 Hobby Sport Kietrz	<b>4:00.70</b>	+0,70	103%	685
50m: 27.73	27.73 150m: 1:28.52 30.82	250m: 2:30.25	30.73	350m: 3:31.94	30.38
100m: 57.70	29.97 200m: 1:59.52 31.00	300m: 3:01.56	31.31	400m: 4:00.70	28.76