

Mistrzostwa Województwa Pomorskiego  
Gdynia, 23. - 24.11.2024

Konkurencja 20  
23.11.2024 - 16:09

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	3:44.32	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: AQUA 2024

Pozycja			Rok ur.			Czas	Pkt.	
<b>12 - 13 lat</b>								
1.	Łuniewski Tymoteusz		11	Skalar Słupsk		<b>4:31.82</b>	476	
	50m:	30.71 30.71	150m:	1:40.37 34.90	250m:	2:50.71 35.44	350m:	3:59.31 33.70
	100m:	1:05.47 34.76	200m:	2:15.27 34.90	300m:	3:25.61 34.90	400m:	4:31.82 32.51
2.	Mazur Kajetan		11	Dwójka Morena Gdańsk		<b>4:39.36</b>	438	
	50m:	32.06 32.06	150m:	1:43.25 35.46	250m:	2:54.59 35.62	350m:	4:05.74 35.66
	100m:	1:07.79 35.73	200m:	2:18.97 35.72	300m:	3:30.08 35.49	400m:	4:39.36 33.62
<b>14 - 16 lat</b>								
1.	Biekowski Mateusz		08	abianka Gdańsk		<b>3:57.72</b>	711	
	50m:	27.51 27.51	150m:	1:27.49 30.22	250m:	2:28.28 30.54	350m:	3:28.62 29.87
	100m:	57.27 29.76	200m:	1:57.74 30.25	300m:	2:58.75 30.47	400m:	3:57.72 29.10
2.	Mielcarek Filip		09	Skalar Słupsk		<b>4:18.12</b>	556	
	50m:	29.13 29.13	150m:	1:34.03 32.68	250m:	2:40.13 32.98	350m:	3:46.24 32.84
	100m:	1:01.35 32.22	200m:	2:07.15 33.12	300m:	3:13.40 33.27	400m:	4:18.12 31.88
3.	Jaczak Michał		08	MKP Gdańsk		<b>4:19.26</b>	548	
	50m:	29.79 29.79	150m:	1:35.78 32.96	250m:	2:42.20 33.01	350m:	3:48.12 32.58
	100m:	1:02.82 33.03	200m:	2:09.19 33.41	300m:	3:15.54 33.34	400m:	4:19.26 31.14
4.	Bok Filip		08	abianka Gdańsk		<b>4:21.14</b>	536	
	50m:	29.12 29.12	150m:	1:34.88 33.29	250m:	2:41.87 33.80	350m:	3:49.25 33.46
	100m:	1:01.59 32.47	200m:	2:08.07 33.19	300m:	3:15.79 33.92	400m:	4:21.14 31.89
5.	Nadaj Filip		09	abianka Gdańsk		<b>4:21.68</b>	533	
	50m:	29.77 29.77	150m:	1:35.94 33.44	250m:	2:43.03 33.55	350m:	3:49.14 32.87
	100m:	1:02.50 32.73	200m:	2:09.48 33.54	300m:	3:16.27 33.24	400m:	4:21.68 32.54
6.	Bielecki Konrad		10	Siódemka Sopot		<b>4:23.20</b>	524	
	50m:	28.96 28.96	150m:	1:34.07 32.99	250m:	2:42.39 34.28	350m:	3:49.97 33.91
	100m:	1:01.08 32.12	200m:	2:08.11 34.04	300m:	3:16.06 33.67	400m:	4:23.20 33.23
7.	Gołb Kryspin		08	abianka Gdańsk		<b>4:24.01</b>	519	
	50m:	29.77 29.77	150m:	1:37.04 33.97	250m:	2:45.50 34.04	350m:	3:51.53 32.92
	100m:	1:03.07 33.30	200m:	2:11.46 34.42	300m:	3:18.61 33.11	400m:	4:24.01 32.48
8.	Balcerowicz Ryszard		08	abianka Gdańsk		<b>4:27.47</b>	499	
	50m:	30.21 30.21	150m:	1:38.43 34.35	250m:	2:47.06 34.09	350m:	3:56.29 34.66
	100m:	1:04.08 33.87	200m:	2:12.97 34.54	300m:	3:21.63 34.57	400m:	4:27.47 31.18
9.	Grycuk Tomasz		10	Barrakuda Gdańsk		<b>4:27.62</b>	498	
	50m:	28.28 28.28	150m:	1:35.86 34.37	250m:	2:45.92 35.41	350m:	3:55.69 34.73
	100m:	1:01.49 33.21	200m:	2:10.51 34.65	300m:	3:20.96 35.04	400m:	4:27.62 31.93
10.	Gajek Bartosz		08	MKP Gdańsk		<b>4:29.71</b>	487	
	50m:	28.29 28.29	150m:	1:35.70 34.48	250m:	2:45.91 35.43	350m:	3:57.30 35.72
	100m:	1:01.22 32.93	200m:	2:10.48 34.78	300m:	3:21.58 35.67	400m:	4:29.71 32.41
11.	Wicher Dawid		10	Dwójka Tczew		<b>4:34.26</b>	463	
	50m:	30.92 30.92	150m:	1:39.89 34.58	250m:	2:50.61 35.59	350m:	4:01.07 35.11
	100m:	1:05.31 34.39	200m:	2:15.02 35.13	300m:	3:25.96 35.35	400m:	4:34.26 33.19
12.	Fifielski Kasjan		09	TRI-Team Rumia		<b>4:35.12</b>	459	
	50m:	31.24 31.24	150m:	1:40.19 35.12	250m:	2:51.42 35.62	350m:	4:01.86 34.93
	100m:	1:05.07 33.83	200m:	2:15.80 35.61	300m:	3:26.93 35.51	400m:	4:35.12 33.26

Mistrzostwa Województwa Pomorskiego  
Gdynia, 23. - 24.11.2024

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

Pozycja			Rok ur.					Czas	Pkt.		
13.	Kopacki Aleksander		10	Skalar Słupsk				<b>4:35.53</b>	457		
	50m:	30.76 30.76	150m:	1:40.21	35.15	250m:	2:51.28	35.49	350m:	4:02.06	35.22
	100m:	1:05.06 34.30	200m:	2:15.79	35.58	300m:	3:26.84	35.56	400m:	4:35.53	33.47

17 - 18 lat

1.	Filipiak Mikołaj		06	Barrakuda Gda sk				<b>3:53.24</b>	753		
	50m:	26.79 26.79	150m:	1:25.63	29.80	250m:	2:25.49	29.92	350m:	3:24.86	29.06
	100m:	55.83 29.04	200m:	1:55.57	29.94	300m:	2:55.80	30.31	400m:	3:53.24	28.38
2.	Dworakowski Bła ej		07	Delfin Gdynia				<b>3:59.82</b>	693		
	50m:	27.34 27.34	150m:	1:27.87	30.61	250m:	2:29.43	30.83	350m:	3:30.44	30.28
	100m:	57.26 29.92	200m:	1:58.60	30.73	300m:	3:00.16	30.73	400m:	3:59.82	29.38
3.	Czarnota Kamil		06	WOPR Malbork				<b>4:34.17</b>	463		
	50m:	30.23 30.23	150m:	1:39.89	35.50	250m:	2:50.33	35.18	350m:	4:01.75	35.61
	100m:	1:04.39 34.16	200m:	2:15.15	35.26	300m:	3:26.14	35.81	400m:	4:34.17	32.42

OPEN

1.	Filipiak Mikołaj		06	Barrakuda Gda sk				<b>3:53.24</b>	753		
	50m:	26.79 26.79	150m:	1:25.63	29.80	250m:	2:25.49	29.92	350m:	3:24.86	29.06
	100m:	55.83 29.04	200m:	1:55.57	29.94	300m:	2:55.80	30.31	400m:	3:53.24	28.38
2.	Bie kowski Mateusz		08	abianka Gda sk				<b>3:57.72</b>	711		
	50m:	27.51 27.51	150m:	1:27.49	30.22	250m:	2:28.28	30.54	350m:	3:28.62	29.87
	100m:	57.27 29.76	200m:	1:57.74	30.25	300m:	2:58.75	30.47	400m:	3:57.72	29.10
3.	Dworakowski Bła ej		07	Delfin Gdynia				<b>3:59.82</b>	693		
	50m:	27.34 27.34	150m:	1:27.87	30.61	250m:	2:29.43	30.83	350m:	3:30.44	30.28
	100m:	57.26 29.92	200m:	1:58.60	30.73	300m:	3:00.16	30.73	400m:	3:59.82	29.38
4.	Mielcarek Filip		09	Skalar Słupsk				<b>4:18.12</b>	556		
	50m:	29.13 29.13	150m:	1:34.03	32.68	250m:	2:40.13	32.98	350m:	3:46.24	32.84
	100m:	1:01.35 32.22	200m:	2:07.15	33.12	300m:	3:13.40	33.27	400m:	4:18.12	31.88
5.	Ja czak Michał		08	MKP Gda sk				<b>4:19.26</b>	548		
	50m:	29.79 29.79	150m:	1:35.78	32.96	250m:	2:42.20	33.01	350m:	3:48.12	32.58
	100m:	1:02.82 33.03	200m:	2:09.19	33.41	300m:	3:15.54	33.34	400m:	4:19.26	31.14
6.	B k Filip		08	abianka Gda sk				<b>4:21.14</b>	536		
	50m:	29.12 29.12	150m:	1:34.88	33.29	250m:	2:41.87	33.80	350m:	3:49.25	33.46
	100m:	1:01.59 32.47	200m:	2:08.07	33.19	300m:	3:15.79	33.92	400m:	4:21.14	31.89
7.	Nadaj Filip		09	abianka Gda sk				<b>4:21.68</b>	533		
	50m:	29.77 29.77	150m:	1:35.94	33.44	250m:	2:43.03	33.55	350m:	3:49.14	32.87
	100m:	1:02.50 32.73	200m:	2:09.48	33.54	300m:	3:16.27	33.24	400m:	4:21.68	32.54
8.	Bielecki Konrad		10	Siódemka Sopot				<b>4:23.20</b>	524		
	50m:	28.96 28.96	150m:	1:34.07	32.99	250m:	2:42.39	34.28	350m:	3:49.97	33.91
	100m:	1:01.08 32.12	200m:	2:08.11	34.04	300m:	3:16.06	33.67	400m:	4:23.20	33.23
9.	Goł b Kryspin		08	abianka Gda sk				<b>4:24.01</b>	519		
	50m:	29.77 29.77	150m:	1:37.04	33.97	250m:	2:45.50	34.04	350m:	3:51.53	32.92
	100m:	1:03.07 33.30	200m:	2:11.46	34.42	300m:	3:18.61	33.11	400m:	4:24.01	32.48
10.	Balcerowicz Ryszard		08	abianka Gda sk				<b>4:27.47</b>	499		
	50m:	30.21 30.21	150m:	1:38.43	34.35	250m:	2:47.06	34.09	350m:	3:56.29	34.66
	100m:	1:04.08 33.87	200m:	2:12.97	34.54	300m:	3:21.63	34.57	400m:	4:27.47	31.18
11.	Grycuk Tomasz		10	Barrakuda Gda sk				<b>4:27.62</b>	498		
	50m:	28.28 28.28	150m:	1:35.86	34.37	250m:	2:45.92	35.41	350m:	3:55.69	34.73
	100m:	1:01.49 33.21	200m:	2:10.51	34.65	300m:	3:20.96	35.04	400m:	4:27.62	31.93
12.	Gajek Bartosz		08	MKP Gda sk				<b>4:29.71</b>	487		
	50m:	28.29 28.29	150m:	1:35.70	34.48	250m:	2:45.91	35.43	350m:	3:57.30	35.72
	100m:	1:01.22 32.93	200m:	2:10.48	34.78	300m:	3:21.58	35.67	400m:	4:29.71	32.41

Mistrzostwa Województwa Pomorskiego  
Gdynia, 23. - 24.11.2024

Konkurencja 20, M czynn, 400m dowolny, OPEN

Pozycja			Rok ur.					Czas	Pkt.
13.	Łuniewski Tymoteusz		11	Skalar Słupsk				<b>4:31.82</b>	476
	50m: 30.71	30.71	150m: 1:40.37	34.90	250m: 2:50.71	35.44	350m: 3:59.31	33.70	
	100m: 1:05.47	34.76	200m: 2:15.27	34.90	300m: 3:25.61	34.90	400m: 4:31.82	32.51	
14.	Czarnota Kamil		06	WOPR Malbork				<b>4:34.17</b>	463
	50m: 30.23	30.23	150m: 1:39.89	35.50	250m: 2:50.33	35.18	350m: 4:01.75	35.61	
	100m: 1:04.39	34.16	200m: 2:15.15	35.26	300m: 3:26.14	35.81	400m: 4:34.17	32.42	
15.	Wicher Dawid		10	Dwójka Tczew				<b>4:34.26</b>	463
	50m: 30.92	30.92	150m: 1:39.89	34.58	250m: 2:50.61	35.59	350m: 4:01.07	35.11	
	100m: 1:05.31	34.39	200m: 2:15.02	35.13	300m: 3:25.96	35.35	400m: 4:34.26	33.19	
16.	Fifielski Kasjan		09	TRI-Team Rumia				<b>4:35.12</b>	459
	50m: 31.24	31.24	150m: 1:40.19	35.12	250m: 2:51.42	35.62	350m: 4:01.86	34.93	
	100m: 1:05.07	33.83	200m: 2:15.80	35.61	300m: 3:26.93	35.51	400m: 4:35.12	33.26	
17.	Kopacki Aleksander		10	Skalar Słupsk				<b>4:35.53</b>	457
	50m: 30.76	30.76	150m: 1:40.21	35.15	250m: 2:51.28	35.49	350m: 4:02.06	35.22	
	100m: 1:05.06	34.30	200m: 2:15.79	35.58	300m: 3:26.84	35.56	400m: 4:35.53	33.47	
18.	Mazur Kajetan		11	Dwójka Morena Gda sk				<b>4:39.36</b>	438
	50m: 32.06	32.06	150m: 1:43.25	35.46	250m: 2:54.59	35.62	350m: 4:05.74	35.66	
	100m: 1:07.79	35.73	200m: 2:18.97	35.72	300m: 3:30.08	35.49	400m: 4:39.36	33.62	