

Bydgoska Liga Pływacka sezon III 2024/2025  
Bydgoszcz, 1.12.2024 - 11.5.2025

Konkurencja 47  
16.03.2025 - 10:25

Mężczyzn, 400y dowolny

18 lat i starsi  
Wyniki

Punkty: AQUA 2024

| Pozycja         | Rok ur.               |         |       |       |         |                        |       |         |       |         | Czas          | Pkt. |
|-----------------|-----------------------|---------|-------|-------|---------|------------------------|-------|---------|-------|---------|---------------|------|
| 18 - 29 lat     |                       |         |       |       |         |                        |       |         |       |         |               |      |
| 1.              | SZCZEPAŃSKI, Kacper   |         |       |       | 99      | MKS ASTORIA Bydgoszcz  |       |         |       | 4:27.73 |               |      |
|                 | 50y:                  | 30.16   | 30.16 | 150y: | 1:35.80 | 32.33                  | 250y: | 2:45.07 | 34.69 | 350y:   | 3:53.30 33.71 |      |
|                 | 100y:                 | 1:03.47 | 33.31 | 200y: | 2:10.38 | 34.58                  | 300y: | 3:19.59 | 34.52 | 400y:   | 4:27.73 34.43 |      |
| 2.              | KOWALKOWSKI, Filip    |         |       |       | 96      | Bydgoska Liga Pływacka |       |         |       | 5:24.39 |               |      |
|                 | 50y:                  | 34.57   | 34.57 | 150y: | 1:51.76 | 39.24                  | 250y: | 3:15.33 | 42.63 | 350y:   | 4:43.56 44.51 |      |
|                 | 100y:                 | 1:12.52 | 37.95 | 200y: | 2:32.70 | 40.94                  | 300y: | 3:59.05 | 43.72 | 400y:   | 5:24.39 40.83 |      |
| 30 - 39 lat     |                       |         |       |       |         |                        |       |         |       |         |               |      |
| 1.              | JARGIŁO, Michał       |         |       |       | 87      | Wiewiórki              |       |         |       | 7:06.38 |               |      |
|                 | 50y:                  | 42.82   | 42.82 | 150y: | 2:21.44 | 51.81                  | 250y: | 4:14.72 | 57.32 | 350y:   | 6:09.22 57.79 |      |
|                 | 100y:                 | 1:29.63 | 46.81 | 200y: | 3:17.40 | 55.96                  | 300y: | 5:11.43 | 56.71 | 400y:   | 7:06.38 57.16 |      |
| 40 - 49 lat     |                       |         |       |       |         |                        |       |         |       |         |               |      |
| 1.              | GUMMER, Andrzej       |         |       |       | 81      | Bydgoska Liga Pływacka |       |         |       | 4:56.11 |               |      |
|                 | 50y:                  | 32.37   | 32.37 | 150y: | 1:42.84 | 36.11                  | 250y: | 2:58.28 | 37.89 | 350y:   | 4:16.13 38.95 |      |
|                 | 100y:                 | 1:06.73 | 34.36 | 200y: | 2:20.39 | 37.55                  | 300y: | 3:37.18 | 38.90 | 400y:   | 4:56.11 39.98 |      |
| 2.              | SZYMAŃSKI, Łukasz     |         |       |       | 78      | Gote                   |       |         |       | 5:23.59 |               |      |
|                 | 50y:                  | 33.92   | 33.92 | 150y: | 1:51.48 | 40.08                  | 250y: | 3:16.56 | 42.71 | 350y:   | 4:42.50 43.20 |      |
|                 | 100y:                 | 1:11.40 | 37.48 | 200y: | 2:33.85 | 42.37                  | 300y: | 3:59.30 | 42.74 | 400y:   | 5:23.59 41.09 |      |
| 3.              | IGNASIAK, Piotr       |         |       |       | 79      | Bydgoska Liga Pływacka |       |         |       | 5:32.47 |               |      |
|                 | 50y:                  | 35.95   | 35.95 | 150y: | 1:58.56 | 42.58                  | 250y: | 3:25.34 | 43.07 | 350y:   | 4:51.73 42.94 |      |
|                 | 100y:                 | 1:15.98 | 40.03 | 200y: | 2:42.27 | 43.71                  | 300y: | 4:08.79 | 43.45 | 400y:   | 5:32.47 40.74 |      |
| 4.              | POLOCH, Paweł         |         |       |       | 83      | Bydgoska Liga Pływacka |       |         |       | 5:34.88 |               |      |
|                 | 50y:                  | 34.68   | 34.68 | 150y: | 1:54.22 | 42.18                  | 250y: | 3:23.98 | 45.50 | 350y:   | 4:54.74 44.52 |      |
|                 | 100y:                 | 1:12.04 | 37.36 | 200y: | 2:38.48 | 44.26                  | 300y: | 4:10.22 | 46.24 | 400y:   | 5:34.88 40.14 |      |
| 5.              | HEROLD, Jakub         |         |       |       | 81      | Bydgoska Liga Pływacka |       |         |       | 6:00.93 |               |      |
|                 | 50y:                  | 37.09   | 37.09 | 150y: | 2:09.47 | 48.18                  | 250y: | 3:43.85 | 46.89 | 350y:   | 5:17.95 46.39 |      |
|                 | 100y:                 | 1:21.29 | 44.20 | 200y: | 2:56.96 | 47.49                  | 300y: | 4:31.56 | 47.71 | 400y:   | 6:00.93 42.98 |      |
| 6.              | CYWIŃSKI, Piotr       |         |       |       | 80      | Bydgoska Liga Pływacka |       |         |       | 6:18.66 |               |      |
|                 | 50y:                  | 43.64   | 43.64 | 150y: | 2:18.20 | 47.95                  | 250y: | 3:56.84 | 49.32 | 350y:   | 5:35.12 48.48 |      |
|                 | 100y:                 | 1:30.25 | 46.61 | 200y: | 3:07.52 | 49.32                  | 300y: | 4:46.64 | 49.80 | 400y:   | 6:18.66 43.54 |      |
| 50 lat i starsi |                       |         |       |       |         |                        |       |         |       |         |               |      |
| 1.              | PARADOWSKI, Krzysztof |         |       |       | 68      | Błyskawica             |       |         |       | 4:59.63 |               |      |
|                 | 50y:                  | 33.91   | 33.91 | 150y: | 1:48.85 | 38.01                  | 250y: | 3:05.98 | 38.76 | 350y:   | 4:22.94 38.07 |      |
|                 | 100y:                 | 1:10.84 | 36.93 | 200y: | 2:27.22 | 38.37                  | 300y: | 3:44.87 | 38.89 | 400y:   | 4:59.63 36.69 |      |
| 2.              | OSTROMEŃCKI, Waldemar |         |       |       | 74      | Bydgoska Liga Pływacka |       |         |       | 6:28.61 |               |      |
|                 | 50y:                  | 42.49   | 42.49 | 150y: | 2:18.03 | 49.41                  | 250y: | 3:58.52 | 49.59 | 350y:   | 5:40.88 51.50 |      |
|                 | 100y:                 | 1:28.62 | 46.13 | 200y: | 3:08.93 | 50.90                  | 300y: | 4:49.38 | 50.86 | 400y:   | 6:28.61 47.73 |      |
| 3.              | SIENSKI, Jacek        |         |       |       | 63      | Bydgoska Liga Pływacka |       |         |       | 6:34.13 |               |      |
|                 | 50y:                  | 42.39   | 42.39 | 150y: | 2:20.95 | 50.48                  | 250y: | 4:02.86 | 50.77 | 350y:   | 5:44.20 50.98 |      |
|                 | 100y:                 | 1:30.47 | 48.08 | 200y: | 3:12.09 | 51.14                  | 300y: | 4:53.22 | 50.36 | 400y:   | 6:34.13 49.93 |      |