

Wojewódzka Liga Miast Opolszczyzny tura V
Opole, 23-6-2014

Konkurencja 4
2014-06-23 - 14:45

Mężczyzn, 400m dowolny

10 lat i starsi
Wyniki

Punkty: FINA 2013

Pozycja	Rok ur.	Czas	Pkt.
10 - 11 lat			
1. Michał Maystrenko	03	5:11.53	316
50m: 34.29 34.29	150m: 1:52.08 39.36	250m: 3:11.08 39.57	350m: 4:31.67 40.22
100m: 1:12.72 38.43	200m: 2:31.51 39.43	300m: 3:51.45 40.37	400m: 5:11.53 39.86
2. Patryk Podgórski	03	5:58.16	208
50m: 39.16 39.16	150m: 2:10.46 46.25	250m: 3:44.48 46.98	350m: 5:14.72 43.46
100m: 1:24.21 45.05	200m: 2:57.50 47.04	300m: 4:31.26 46.78	400m: 5:58.16 43.44
3. Adam Frydel	04	6:17.79	177
50m: 40.77 40.77	150m: 2:17.05 49.63	250m: 3:56.50 48.93	350m: 5:34.84 47.83
100m: 1:27.42 46.65	200m: 3:07.57 50.52	300m: 4:47.01 50.51	400m: 6:17.79 42.95
4. Paweł Stempin	03	6:22.63	170
50m: 40.99 40.99	150m: 2:17.13 49.77	250m: 3:56.99 50.04	350m: 5:36.77 50.55
100m: 1:27.36 46.37	200m: 3:06.95 49.82	300m: 4:46.22 49.23	400m: 6:22.63 45.86
5. Jonasz Badura	03	6:25.55	166
50m: 42.86 42.86	150m: 2:23.06 50.96	250m: 4:02.63 49.68	350m: 5:40.66 49.48
100m: 1:32.10 49.24	200m: 3:12.95 49.89	300m: 4:51.18 48.55	400m: 6:25.55 44.89
6. J drzej Radłowski	03	6:28.40	163
50m: 43.52 43.52	150m: 2:20.72 48.95	250m: 4:01.48 50.56	350m: 5:42.06 49.88
100m: 1:31.77 48.25	200m: 3:10.92 50.20	300m: 4:52.18 50.70	400m: 6:28.40 46.34
7. Arkadiusz Borkowski	03	6:28.70	162
50m: 46.64 46.64	150m: 2:25.38 50.08	250m: 5:42.69 1:38.20	350m: 7:01.00 33.24
100m: 1:35.30 48.66	200m: 4:04.49 1:39.11	300m: 6:27.76 45.07	400m: 6:28.70
8. Adam Cendlewski	03	6:30.44	160
50m: 43.32 43.32	150m: 2:22.16 49.21	250m: 4:04.06 51.35	350m: 5:45.00 50.36
100m: 1:32.95 49.63	200m: 3:12.71 50.55	300m: 4:54.64 50.58	400m: 6:30.44 45.44
9. Łukasz Rychlik	03	6:41.23	148
50m: 42.76 42.76	150m: 2:19.66 48.73	250m: 3:59.94 51.48	350m: 5:54.49 1:05.12
100m: 1:30.93 48.17	200m: 3:08.46 48.80	300m: 4:49.37 49.43	400m: 6:41.23 46.74
10. Michał Głuszkiewicz	03	6:42.27	146
50m: 42.30 42.30	150m: 2:23.78 51.58	250m: 4:10.27 52.89	350m: 5:54.62 51.09
100m: 1:32.20 49.90	200m: 3:17.38 53.60	300m: 5:03.53 53.26	400m: 6:42.27 47.65
11. Marcel Jarzombek	03	6:45.09	143
50m: 41.89 41.89	150m: 2:16.04 47.79	250m: 3:53.20 48.89	350m: 5:31.94 50.14
100m: 1:28.25 46.36	200m: 3:04.31 48.27	300m: 4:41.80 48.60	400m: 6:45.09 1:13.15
12. Kajetan Wi niewski	03	6:45.23	143
50m: 46.12 46.12	150m: 2:26.88 51.38	250m: 4:13.63 52.72	350m: 5:59.21 52.57
100m: 1:35.50 49.38	200m: 3:20.91 54.03	300m: 5:06.64 53.01	400m: 6:45.23 46.02
13. Bartosz Górniak	03	6:49.09	139
50m: 44.41 44.41	150m: 2:28.17 53.38	250m: 4:15.86 54.44	350m: 5:59.50 52.54
100m: 1:34.79 50.38	200m: 3:21.42 53.25	300m: 5:06.96 51.10	400m: 6:49.09 49.59
14. Filip Chadała	04	6:51.54	137
50m: 45.05 45.05	150m: 2:30.96 54.05	250m: 4:16.52 52.33	350m: 6:00.90 51.93
100m: 1:36.91 51.86	200m: 3:24.19 53.23	300m: 5:08.97 52.45	400m: 6:51.54 50.64
15. Jan Tymczyszyn	03	7:06.50	123
50m: 47.37 47.37	150m: 2:33.67 53.14	250m: 4:25.72 56.54	350m: 6:15.85 55.31
100m: 1:40.53 53.16	200m: 3:29.18 55.51	300m: 5:20.54 54.82	400m: 7:06.50 50.65
16. Piotr Szymczuk-Szymaniuk	03	7:10.05	120
50m: 46.15 46.15	150m: 2:35.36 54.71	250m: 4:26.71 55.68	350m: 6:14.66 51.44
100m: 1:40.65 54.50	200m: 3:31.03 55.67	300m: 5:23.22 56.51	400m: 7:10.05 55.39
17. Patryk Krawiec	03	7:19.54	112
50m: 45.50 45.50	150m: 2:35.91 55.42	250m: 4:30.13 56.89	350m: 6:26.19 56.95
100m: 1:40.49 54.99	200m: 3:33.24 57.33	300m: 5:29.24 59.11	400m: 7:19.54 53.35

Wojewódzka Liga Miast Opolszczyzny tura V
Opole, 23-6-2014

Konkurencja 4, Chłopców, 400m dowolny, 10 - 11 lat

Pozycja			Rok ur.				Czas		Pkt.
18.	Łukasz Czajkowski		03 UKS 5 plus 1 Opole				7:24.26		109
	50m:	47.99 47.99	150m:	2:40.18 57.78	250m:	4:34.47 56.38	350m:	6:30.17 58.66	
	100m:	1:42.40 54.41	200m:	3:38.09 57.91	300m:	5:31.51 57.04	400m:	7:24.26 54.09	
19.	Aleksander Górzycy		03 MMKS K dzierzyn-Ko le				7:26.25		107
	50m:	47.65 47.65	150m:	2:42.95 58.32	250m:	4:37.53 58.15	350m:	6:32.65 55.92	
	100m:	1:44.63 56.98	200m:	3:39.38 56.43	300m:	5:36.73 59.20	400m:	7:26.25 53.60	

12 lat

1.	Maciej Sproski		02 MKS ZRYW Opole				5:20.77		289
	50m:	36.92 36.92	150m:	1:59.02 41.23	250m:	3:21.06 41.22	350m:	4:42.41 40.45	
	100m:	1:17.79 40.87	200m:	2:39.84 40.82	300m:	4:01.96 40.90	400m:	5:20.77 38.36	
2.	Maciej Matyjasek		02 MMKS K dzierzyn-Ko le				5:37.26		249
	50m:	37.23 37.23	150m:	2:02.24 42.82	250m:	3:29.59 43.28	350m:	4:56.61 43.59	
	100m:	1:19.42 42.19	200m:	2:46.31 44.07	300m:	4:13.02 43.43	400m:	5:37.26 40.65	
3.	Jarema Sta czyk		02 MMKS K dzierzyn-Ko le				5:38.90		245
	50m:	37.78 37.78	150m:	2:04.33 43.39	250m:	3:32.52 44.08	350m:	4:58.69 42.81	
	100m:	1:20.94 43.16	200m:	2:48.44 44.11	300m:	4:15.88 43.36	400m:	5:38.90 40.21	
4.	Marek Podbor czy ski		02 MMKS K dzierzyn-Ko le				5:41.98		239
	50m:	36.32 36.32	150m:	2:02.53 43.92	250m:	3:31.63 45.05	350m:	5:00.63 44.53	
	100m:	1:18.61 42.29	200m:	2:46.58 44.05	300m:	4:16.10 44.47	400m:	5:41.98 41.35	
5.	Wojciech Moryl		02 MMKS K dzierzyn-Ko le				5:42.63		237
	50m:	37.16 37.16	150m:	2:03.54 43.72	250m:	3:32.53 44.79	350m:	5:01.61 44.95	
	100m:	1:19.82 42.66	200m:	2:47.74 44.20	300m:	4:16.66 44.13	400m:	5:42.63 41.02	
6.	Jarosław Bujara		02 MMKS K dzierzyn-Ko le				5:51.03		221
	50m:	38.82 38.82	150m:	2:09.16 45.62	250m:	3:41.56 45.99	350m:	5:11.97 44.77	
	100m:	1:23.54 44.72	200m:	2:55.57 46.41	300m:	4:27.20 45.64	400m:	5:51.03 39.06	
7.	Hubert Jaszczyszyn		02 Uks Junior Kluczbork				5:53.85		215
	50m:	39.29 39.29	150m:	2:08.64 45.00	250m:	3:39.69 46.02	350m:	5:10.14 44.65	
	100m:	1:23.64 44.35	200m:	2:53.67 45.03	300m:	4:25.49 45.80	400m:	5:53.85 43.71	
8.	Mateusz Warzyc		02 UKS 5 plus 1 Opole				6:04.92		196
	50m:	37.72 37.72	150m:	2:06.79 46.57	250m:	3:40.80 47.80	350m:	5:18.90 49.78	
	100m:	1:20.22 42.50	200m:	2:53.00 46.21	300m:	4:29.12 48.32	400m:	6:04.92 46.02	
9.	Dominik Kolecek		02 DOKiS SP VEGA Dobrodzie				6:11.50		186
	50m:	43.51 43.51	150m:	2:20.01 48.91	250m:	3:56.24 47.21	350m:	5:30.40 46.91	
	100m:	1:31.10 47.59	200m:	3:09.03 49.02	300m:	4:43.49 47.25	400m:	6:11.50 41.10	
10.	Jakub Cielontko		02 MMKS K dzierzyn-Ko le				6:14.00		182
	50m:	38.88 38.88	150m:	2:08.40 46.42	250m:	3:45.83 49.81	350m:	5:24.74 49.82	
	100m:	1:21.98 43.10	200m:	2:56.02 47.62	300m:	4:34.92 49.09	400m:	6:14.00 49.26	
11.	Krzysztof Lis		02 Uks Junior Kluczbork				6:25.83		166
	50m:	41.18 41.18	150m:	2:19.05 49.74	250m:	4:00.51 51.22	350m:	5:40.89 50.25	
	100m:	1:29.31 48.13	200m:	3:09.29 50.24	300m:	4:50.64 50.13	400m:	6:25.83 44.94	
12.	Jakub Nakonieczny		02 Uks Junior Kluczbork				7:22.05		110
	50m:	45.02 45.02	150m:	2:36.46 56.16	250m:	4:33.39 58.62	350m:	6:29.77 56.88	
	100m:	1:40.30 55.28	200m:	3:34.77 58.31	300m:	5:32.89 59.50	400m:	7:22.05 52.28	

13 lat

1.	Marcel Guzy		01 DOKiS SP VEGA Dobrodzie				5:12.88		312
	50m:	35.07 35.07	150m:	1:54.99 40.41	250m:	3:16.06 40.02	350m:	4:35.01 39.00	
	100m:	1:14.58 39.51	200m:	2:36.04 41.05	300m:	3:56.01 39.95	400m:	5:12.88 37.87	
2.	Paweł Smoli ski		01 Uks Junior Kluczbork				5:24.28		280
	50m:	35.50 35.50	150m:	1:58.83 41.92	250m:	3:22.05 41.10	350m:	4:46.00 42.05	
	100m:	1:16.91 41.41	200m:	2:40.95 42.12	300m:	4:03.95 41.90	400m:	5:24.28 38.28	

Wojewódzka Liga Miast Opolszczyzny tura V
Opole, 23-6-2014

Konkurencja 4, Chłopców, 400m dowolny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.
3.	Marcin Bzdion		01	UKS 5 plus 1 Opole				5:36.42	251
	50m:	36.35 36.35	150m:	1:59.92 42.65	250m:	3:25.74 43.30	350m:	4:54.15 43.59	
	100m:	1:17.27 40.92	200m:	2:42.44 42.52	300m:	4:10.56 44.82	400m:	5:36.42 42.27	
4.	Grzegorz Cybi ski		01	MKS ZRYW Opole				5:38.01	247
	50m:	37.18 37.18	150m:	2:00.56 42.43	250m:	3:28.16 43.51	350m:	4:57.22 45.18	
	100m:	1:18.13 40.95	200m:	2:44.65 44.09	300m:	4:12.04 43.88	400m:	5:38.01 40.79	
5.	Kasjan Kalmuk		01	MMKS K dzierzyn-Ko le				5:40.21	242
	50m:	36.37 36.37	150m:	2:00.45 42.75	250m:	3:26.71 43.60	350m:	4:57.04 45.13	
	100m:	1:17.70 41.33	200m:	2:43.11 42.66	300m:	4:11.91 45.20	400m:	5:40.21 43.17	
6.	Dawid Nowak		01	DOKiS SP VEGA Dobrodzie				5:43.38	236
	50m:	36.80 36.80	150m:	2:04.27 44.47	250m:	3:33.82 44.14	350m:	5:02.67 44.43	
	100m:	1:19.80 43.00	200m:	2:49.68 45.41	300m:	4:18.24 44.42	400m:	5:43.38 40.71	
7.	Krzysztof Roegner		01	MMKS K dzierzyn-Ko le				5:46.03	230
	50m:	36.52 36.52	150m:	2:02.61 44.74	250m:	3:33.41 45.84	350m:	5:03.91 45.55	
	100m:	1:17.87 41.35	200m:	2:47.57 44.96	300m:	4:18.36 44.95	400m:	5:46.03 42.12	
8.	Remigiusz Paletta		01	MMKS K dzierzyn-Ko le				5:46.76	229
	50m:	36.92 36.92	150m:	2:02.27 43.17	250m:	3:31.29 44.90	350m:	5:02.42 45.47	
	100m:	1:19.10 42.18	200m:	2:46.39 44.12	300m:	4:16.95 45.66	400m:	5:46.76 44.34	
9.	Michał Krasowski		01	MKS ZRYW Opole				5:50.33	222
	50m:	36.61 36.61	150m:	2:05.22 45.82	250m:	3:37.77 45.87	350m:	5:09.44 45.73	
	100m:	1:19.40 42.79	200m:	2:51.90 46.68	300m:	4:23.71 45.94	400m:	5:50.33 40.89	
10.	Szymon Angowski		01	UKS 5 plus 1 Opole				5:54.42	214
	50m:	36.70 36.70	150m:	2:06.05 45.55	250m:	3:38.55 45.83	350m:	5:10.76 46.29	
	100m:	1:20.50 43.80	200m:	2:52.72 46.67	300m:	4:24.47 45.92	400m:	5:54.42 43.66	
11.	Adam Le czuk		01	UKS 5 plus 1 Opole				6:12.16	185
	50m:	41.15 41.15	150m:	2:17.59 49.01	250m:	3:54.77 47.10	350m:	5:27.95 45.83	
	100m:	1:28.58 47.43	200m:	3:07.67 50.08	300m:	4:42.12 47.35	400m:	6:12.16 44.21	
12.	Grzegorz Chinczewski		01	UKS 5 plus 1 Opole				6:38.37	151
	50m:	41.84 41.84	150m:	2:19.30 49.76	250m:	4:02.53 51.60	350m:	5:47.38 52.46	
	100m:	1:29.54 47.70	200m:	3:10.93 51.63	300m:	4:54.92 52.39	400m:	6:38.37 50.99	
13.	Patrik Goł biowski		01	MMKS K dzierzyn-Ko le				6:49.50	139
	50m:	39.94 39.94	150m:	2:20.62 52.33	250m:	4:09.77 54.53	350m:	5:56.53 52.09	
	100m:	1:28.29 48.35	200m:	3:15.24 54.62	300m:	5:04.44 54.67	400m:	6:49.50 52.97	
DYSKW.	Bartosz Konieczny		01	MMKS K dzierzyn-Ko le					
14 lat i starsi									
1.	Mateusz Roman		00	MKS ZRYW Opole				4:30.01	485
	50m:	30.83 30.83	150m:	1:39.66 34.25	250m:	2:49.25 34.89	350m:	3:57.74 34.49	
	100m:	1:05.41 34.58	200m:	2:14.36 34.70	300m:	3:23.25 34.00	400m:	4:30.01 32.27	
2.	Michał Szyndler		00	MKS ZRYW Opole				4:35.08	459
	50m:	32.09 32.09	150m:	1:41.29 34.91	250m:	2:50.21 34.58	350m:	4:00.42 34.86	
	100m:	1:06.38 34.29	200m:	2:15.63 34.34	300m:	3:25.56 35.35	400m:	4:35.08 34.66	
3.	Denis Sówka		98	DOKiS SP VEGA Dobrodzie				4:44.94	413
	50m:	31.58 31.58	150m:	1:42.19 35.61	250m:	2:54.41 35.91	350m:	4:08.73 37.45	
	100m:	1:06.58 35.00	200m:	2:18.50 36.31	300m:	3:31.28 36.87	400m:	4:44.94 36.21	
4.	Michał Lewandowski		00	MKS ZRYW Opole				4:51.90	384
	50m:	32.44 32.44	150m:	1:47.03 37.90	250m:	3:02.20 36.84	350m:	4:16.97 37.18	
	100m:	1:09.13 36.69	200m:	2:25.36 38.33	300m:	3:39.79 37.59	400m:	4:51.90 34.93	
5.	Mateusz Szal		00	UKS 5 plus 1 Opole				5:01.79	347
	50m:	31.62 31.62	150m:	1:51.23 40.51	250m:	3:10.85 38.89	350m:	4:27.84 38.51	
	100m:	1:10.72 39.10	200m:	2:31.96 40.73	300m:	3:49.33 38.48	400m:	5:01.79 33.95	
6.	Paweł Zawadka		99	MMKS K dzierzyn-Ko le				5:11.14	317
	50m:	32.61 32.61	150m:	1:51.78 40.86	250m:	3:13.42 41.23	350m:	4:33.93 39.41	
	100m:	1:10.92 38.31	200m:	2:32.19 40.41	300m:	3:54.52 41.10	400m:	5:11.14 37.21	

Wojewódzka Liga Miast Opolszczyzny tura V
Opole, 23-6-2014

Konkurencja 4, M czyzn, 400m dowolny, 14 lat i starsi

Pozycja	Rok ur.								Czas	Pkt.
7. Marek Steier	00 MMKS K dzierzyn-Ko le								5:18.48	296
50m: 33.74	33.74	150m: 1:53.96	40.53	250m: 3:16.78	41.94	350m: 4:39.77	41.36			
100m: 1:13.43	39.69	200m: 2:34.84	40.88	300m: 3:58.41	41.63	400m: 5:18.48	38.71			
8. Oskar Rze nik	00 Uks Junior Kluczbork								5:32.92	259
50m: 36.87	36.87	150m: 2:02.38	43.31	250m: 3:28.58	43.29	350m: 4:53.28	42.23			
100m: 1:19.07	42.20	200m: 2:45.29	42.91	300m: 4:11.05	42.47	400m: 5:32.92	39.64			
9. Mateusz Wyr bek	99 MKS ZRYW Opole								5:37.51	248
50m: 35.92	35.92	150m: 2:00.82	43.31	250m: 3:29.07	44.26	350m: 4:58.35	44.99			
100m: 1:17.51	41.59	200m: 2:44.81	43.99	300m: 4:13.36	44.29	400m: 5:37.51	39.16			
10. Tobiasz Gall	00 MMKS K dzierzyn-Ko le								5:41.69	239
50m: 37.34	37.34	150m: 2:03.52	44.11	250m: 3:32.05	44.80	350m: 5:00.98	44.18			
100m: 1:19.41	42.07	200m: 2:47.25	43.73	300m: 4:16.80	44.75	400m: 5:41.69	40.71			
11. Marcin Adamów	00 MMKS K dzierzyn-Ko le								5:48.92	225
50m: 37.46	37.46	150m: 2:05.28	45.10	250m: 3:36.82	45.89	350m: 5:06.43	44.59			
100m: 1:20.18	42.72	200m: 2:50.93	45.65	300m: 4:21.84	45.02	400m: 5:48.92	42.49			
12. Kacper Krasicki	00 MMKS K dzierzyn-Ko le								6:08.46	191
50m: 39.09	39.09	150m: 2:09.03	46.43	250m: 3:43.74	47.58	350m: 5:21.49	48.66			
100m: 1:22.60	43.51	200m: 2:56.16	47.13	300m: 4:32.83	49.09	400m: 6:08.46	46.97			
13. Dawid Adamczyk	00 MMKS K dzierzyn-Ko le								6:13.54	183
50m: 37.13	37.13	150m: 2:07.83	46.99	250m: 3:44.61	48.76	350m: 5:25.12	50.50			
100m: 1:20.84	43.71	200m: 2:55.85	48.02	300m: 4:34.62	50.01	400m: 6:13.54	48.42			
DYSKW. Aleksander Anczurowski	00 UKS 5 plus 1 Opole									O-4