

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

Event 4 Men, 400m Freestyle 10 years and older
2014-06-23 - 14:45 Results

Points: FINA 2013

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

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

Event 4, Boys, 400m Freestyle, 10 - 11 years

Rank			YB					Time	Pts
18.	Lukasz 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	58.66
	100m:	1:42.40	54.41	200m:	3:38.09	57.91	300m:	5:31.51	54.09
							350m:	6:30.17	
							400m:	7:24.26	
19.	Aleksander Gorzycki		03	MMKS Kedzierzyn-Kozle				7:26.25	107
	50m:	47.65	47.65	150m:	2:42.95	58.32	250m:	4:37.53	55.92
	100m:	1:44.63	56.98	200m:	3:39.38	56.43	300m:	5:36.73	53.60
							350m:	6:32.65	
							400m:	7:26.25	

12 years

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	40.45
	100m:	1:17.79	40.87	200m:	2:39.84	40.82	300m:	4:01.96	38.36
							350m:	4:42.41	
							400m:	5:20.77	
2.	Maciej Matyjasek		02	MMKS Kedzierzyn-Kozle				5:37.26	249
	50m:	37.23	37.23	150m:	2:02.24	42.82	250m:	3:29.59	43.59
	100m:	1:19.42	42.19	200m:	2:46.31	44.07	300m:	4:13.02	40.65
							350m:	4:56.61	
							400m:	5:37.26	
3.	Jarema Stanczyk		02	MMKS Kedzierzyn-Kozle				5:38.90	245
	50m:	37.78	37.78	150m:	2:04.33	43.39	250m:	3:32.52	42.81
	100m:	1:20.94	43.16	200m:	2:48.44	44.11	300m:	4:15.88	40.21
							350m:	4:58.69	
							400m:	5:38.90	
4.	Marek Podboraczynski		02	MMKS Kedzierzyn-Kozle				5:41.98	239
	50m:	36.32	36.32	150m:	2:02.53	43.92	250m:	3:31.63	44.53
	100m:	1:18.61	42.29	200m:	2:46.58	44.05	300m:	4:16.10	41.35
							350m:	5:00.63	
							400m:	5:41.98	
5.	Wojciech Moryl		02	MMKS Kedzierzyn-Kozle				5:42.63	237
	50m:	37.16	37.16	150m:	2:03.54	43.72	250m:	3:32.53	44.95
	100m:	1:19.82	42.66	200m:	2:47.74	44.20	300m:	4:16.66	41.02
							350m:	5:01.61	
							400m:	5:42.63	
6.	Jaroslaw Bujara		02	MMKS Kedzierzyn-Kozle				5:51.03	221
	50m:	38.82	38.82	150m:	2:09.16	45.62	250m:	3:41.56	44.77
	100m:	1:23.54	44.72	200m:	2:55.57	46.41	300m:	4:27.20	39.06
							350m:	5:11.97	
							400m:	5:51.03	
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	44.65
	100m:	1:23.64	44.35	200m:	2:53.67	45.03	300m:	4:25.49	43.71
							350m:	5:10.14	
							400m:	5:53.85	
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	49.78
	100m:	1:20.22	42.50	200m:	2:53.00	46.21	300m:	4:29.12	46.02
							350m:	5:18.90	
							400m:	6:04.92	
9.	Dominik Kolecek		02	DOKiS SP VEGA Dobrodzien				6:11.50	186
	50m:	43.51	43.51	150m:	2:20.01	48.91	250m:	3:56.24	46.91
	100m:	1:31.10	47.59	200m:	3:09.03	49.02	300m:	4:43.49	41.10
							350m:	5:30.40	
							400m:	6:11.50	
10.	Jakub Cielontko		02	MMKS Kedzierzyn-Kozle				6:14.00	182
	50m:	38.88	38.88	150m:	2:08.40	46.42	250m:	3:45.83	49.82
	100m:	1:21.98	43.10	200m:	2:56.02	47.62	300m:	4:34.92	49.26
							350m:	5:24.74	
							400m:	6:14.00	
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	50.25
	100m:	1:29.31	48.13	200m:	3:09.29	50.24	300m:	4:50.64	44.94
							350m:	5:40.89	
							400m:	6:25.83	
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	56.88
	100m:	1:40.30	55.28	200m:	3:34.77	58.31	300m:	5:32.89	52.28
							350m:	6:29.77	
							400m:	7:22.05	

13 years

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

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

Event 4, Boys, 400m Freestyle, 13 years

Rank					YB					Time	Pts	
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 Cybinski				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 Kedzierzyn-Kozle				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 Dobrodzien				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 Kedzierzyn-Kozle				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 Kedzierzyn-Kozle				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.	Michal 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 Lenczuk				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 Golebiowski				01	MMKS Kedzierzyn-Kozle				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
DSQ	Bartosz Konieczny				01	MMKS Kedzierzyn-Kozle						

14 years and older

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.	Michal 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 Sowka				98	DOKiS SP VEGA Dobrodzien				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.	Michal 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.	Pawel Zawadka				99	MMKS Kedzierzyn-Kozle				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

Event 4, Men, 400m Freestyle, 14 years and older

Rank					YB					Time	Pts	
7.	Marek Steier				00	MMKS Kedzierzyn-Kozle				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 Rzeznik				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 Wyrabek				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 Kedzierzyn-Kozle				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 Adamow				00	MMKS Kedzierzyn-Kozle				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 Kedzierzyn-Kozle				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 Kedzierzyn-Kozle				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
DSQ	Aleksander Anczurowski				00	UKS 5 plus 1 Opole					O-4	