

Mistrzostwa Okręgu Opolskiego w Pływaniu
Strzelce Opolskie, 12- - 13-12-2014

Event 20 Men, 400m Freestyle 11 years and older
2014-12-13 - 11:00 Results

Top Times "Opolski Okręgowy Związek P4:01.80" Kot Maciej 00307 Oswiecim 2009-01-31

Points: FINA 2014

| Rank | | | YB | | | | | Time | Pts |
|---------------------------|---------------------|---------------|-------|----------------------------|---------------|-------|---------------|----------------|-----|
| 11 years and older | | | | | | | | | |
| 1. | Kempa Mikolaj | | 99 | MMKS Kedzierzyn-Kozle | | | | 4:11.25 | 602 |
| | 50m: | 28.14 28.14 | 150m: | 250m: | 350m: | 400m: | 4:11.25 | | |
| | 100m: | 59.62 31.48 | 200m: | 300m: | 3:07.92 | | | | |
| 2. | Roman Mateusz | | 00 | Zryw Opole | | | | 4:19.91 | 544 |
| | 50m: | 29.27 29.27 | 150m: | 250m: | 350m: | 400m: | 4:19.91 | | |
| | 100m: | 1:01.98 32.71 | 200m: | 300m: | 3:14.82 | | | | |
| 3. | Szyndler Michal | | 00 | Zryw Opole | | | | 4:22.29 | 529 |
| | 50m: | 29.78 29.78 | 150m: | 250m: | 350m: | 400m: | 4:22.29 | | |
| | 100m: | 1:02.65 32.87 | 200m: | 300m: | 3:16.32 | | | | |
| 4. | Wieczorek Wojciech | | 00 | Zryw Opole | | | | 4:35.06 | 459 |
| | 50m: | 37.11 37.11 | 150m: | 250m: | 350m: | 400m: | 4:01.06 35.38 | | |
| | 100m: | 1:04.98 27.87 | 200m: | 300m: | 3:25.68 35.35 | | 4:35.06 34.00 | | |
| 5. | Lewandowski Michal | | 00 | Zryw Opole | | | | 4:35.84 | 455 |
| | 50m: | 30.78 30.78 | 150m: | 250m: | 350m: | 400m: | 4:35.84 | | |
| | 100m: | 1:05.28 34.50 | 200m: | 300m: | 3:25.38 | | | | |
| 6. | Nowak Dawid | | 01 | DOKiS SP "Vega" Dobrodzien | | | | 5:25.62 | 276 |
| | 50m: | 35.18 35.18 | 150m: | 250m: | 350m: | 400m: | 5:25.62 | | |
| | 100m: | 1:15.78 40.60 | 200m: | 300m: | 4:09.20 | | | | |
| 7. | Jainta Adrian | | 02 | DOKiS SP "Vega" Dobrodzien | | | | 5:28.48 | 269 |
| | 50m: | 36.86 36.86 | 150m: | 250m: | 350m: | 400m: | 5:28.48 | | |
| | 100m: | 1:18.00 41.14 | 200m: | 300m: | 4:06.90 | | | | |
| 8. | Borkowski Arkadiusz | | 03 | DOKiS SP "Vega" Dobrodzien | | | | 5:42.36 | 238 |
| | 50m: | 39.33 39.33 | 150m: | 250m: | 350m: | 400m: | 5:42.36 | | |
| | 100m: | 1:23.05 43.72 | 200m: | 300m: | 4:18.31 | | | | |
| 9. | Lenczuk Adam | | 01 | UKS 5 plus 1 Opole | | | | 5:45.85 | 231 |
| | 50m: | 36.48 36.48 | 150m: | 250m: | 350m: | 400m: | 5:06.26 44.62 | | |
| | 100m: | 1:18.24 41.76 | 200m: | 300m: | 4:21.64 46.50 | | 5:45.85 39.59 | | |
| 10. | Cendlewski Adam | | 03 | UKS 5 plus 1 Opole | | | | 5:47.38 | 228 |
| | 50m: | 38.67 38.67 | 150m: | 250m: | 350m: | 400m: | 5:47.38 | | |
| | 100m: | 1:22.29 43.62 | 200m: | 300m: | 4:20.05 | | | | |
| 11. | Jarzombek Marcel | | 03 | DOKiS SP "Vega" Dobrodzien | | | | 5:50.64 | 221 |
| | 50m: | 38.29 38.29 | 150m: | 250m: | 350m: | 400m: | 5:50.64 | | |
| | 100m: | 1:22.17 43.88 | 200m: | 300m: | 4:22.90 | | | | |
| 12. | Rozniatowski Maciej | | 02 | UKS 5 plus 1 Opole | | | | 6:15.78 | 180 |
| | 50m: | 39.12 39.12 | 150m: | 250m: | 350m: | 400m: | 6:15.78 | | |
| | 100m: | 1:25.90 46.78 | 200m: | 300m: | 4:39.80 | | | | |
| 13. | Rychlik Lukasz | | 03 | UKS 5 plus 1 Opole | | | | 6:22.58 | 170 |
| | 50m: | 41.89 41.89 | 150m: | 250m: | 350m: | 400m: | 6:22.58 | | |
| | 100m: | 1:28.33 46.44 | 200m: | 300m: | 45:39.55 | | | | |
| 14. | Wisniewski Kajetan | | 03 | MMKS Kedzierzyn-Kozle | | | | 6:45.62 | 143 |
| | 50m: | 43.01 43.01 | 150m: | 250m: | 350m: | 400m: | 6:45.62 | | |
| | 100m: | 1:31.85 48.84 | 200m: | 300m: | 5:00.44 | | | | |
| 15. | Krajewski Jakub | | 03 | UKS Kusy Strzelce Opolskie | | | | 7:28.43 | 106 |
| | 50m: | 47.37 47.37 | 150m: | 250m: | 350m: | 400m: | 7:28.43 | | |
| | 100m: | 1:44.22 56.85 | 200m: | 300m: | 5:37.53 | | | | |

Mistrzostwa Okręgu Opolskiego w Pływaniu
Strzelce Opolskie, 12- - 13-12-2014

Event 20, Men, 400m Freestyle

11 years

| | | | | | | |
|----|---------------------|-------|---------------|----------------------------|----------------|-----|
| 1. | Borkowski Arkadiusz | | 03 | DOKiS SP "Vega" Dobrodzien | 5:42.36 | 238 |
| | 50m: 39.33 | 39.33 | 150m: | 250m: | 350m: | |
| | 100m: 1:23.05 | 43.72 | 200m: 2:51.14 | 300m: 4:18.31 | 400m: 5:42.36 | |
| 2. | Cendlewski Adam | | 03 | UKS 5 plus 1 Opole | 5:47.38 | 228 |
| | 50m: 38.67 | 38.67 | 150m: | 250m: | 350m: | |
| | 100m: 1:22.29 | 43.62 | 200m: 2:50.92 | 300m: 4:20.05 | 400m: 5:47.38 | |
| 3. | Jarzombek Marcel | | 03 | DOKiS SP "Vega" Dobrodzien | 5:50.64 | 221 |
| | 50m: 38.29 | 38.29 | 150m: | 250m: | 350m: | |
| | 100m: 1:22.17 | 43.88 | 200m: 2:52.02 | 300m: 4:22.90 | 400m: 5:50.64 | |
| 4. | Rychlik Lukasz | | 03 | UKS 5 plus 1 Opole | 6:22.58 | 170 |
| | 50m: 41.89 | 41.89 | 150m: | 250m: | 350m: | |
| | 100m: 1:28.33 | 46.44 | 200m: 3:05.96 | 300m: 45:39.55 | 400m: 6:22.58 | |
| 5. | Wisniewski Kajetan | | 03 | MMKS Kedzierzyn-Kozle | 6:45.62 | 143 |
| | 50m: 43.01 | 43.01 | 150m: | 250m: | 350m: | |
| | 100m: 1:31.85 | 48.84 | 200m: 3:14.89 | 300m: 5:00.44 | 400m: 6:45.62 | |
| 6. | Krajewski Jakub | | 03 | UKS Kusy Strzelce Opolskie | 7:28.43 | 106 |
| | 50m: 47.37 | 47.37 | 150m: | 250m: | 350m: | |
| | 100m: 1:44.22 | 56.85 | 200m: 3:40.34 | 300m: 5:37.53 | 400m: 7:28.43 | |

12 - 13 years

| | | | | | | |
|----|---------------------|-------|---------------|----------------------------|----------------|-------|
| 1. | Nowak Dawid | | 01 | DOKiS SP "Vega" Dobrodzien | 5:25.62 | 276 |
| | 50m: 35.18 | 35.18 | 150m: | 250m: | 350m: | |
| | 100m: 1:15.78 | 40.60 | 200m: 2:40.15 | 300m: 4:09.20 | 400m: 5:25.62 | |
| 2. | Jainta Adrian | | 02 | DOKiS SP "Vega" Dobrodzien | 5:28.48 | 269 |
| | 50m: 36.86 | 36.86 | 150m: | 250m: | 350m: | |
| | 100m: 1:18.00 | 41.14 | 200m: 2:42.31 | 300m: 4:06.90 | 400m: 5:28.48 | |
| 3. | Lenczuk Adam | | 01 | UKS 5 plus 1 Opole | 5:45.85 | 231 |
| | 50m: 36.48 | 36.48 | 150m: 2:04.01 | 250m: 3:35.14 | 350m: 5:06.26 | 44.62 |
| | 100m: 1:18.24 | 41.76 | 200m: 2:49.78 | 300m: 4:21.64 | 400m: 5:45.85 | 39.59 |
| 4. | Rozniatowski Maciej | | 02 | UKS 5 plus 1 Opole | 6:15.78 | 180 |
| | 50m: 39.12 | 39.12 | 150m: | 250m: | 350m: | |
| | 100m: 1:25.90 | 46.78 | 200m: 3:02.40 | 300m: 4:39.80 | 400m: 6:15.78 | |

14 - 16 years

| | | | | | | |
|----|--------------------|-------|---------------|-----------------------|----------------|-------|
| 1. | Kempa Mikolaj | | 99 | MMKS Kedzierzyn-Kozle | 4:11.25 | 602 |
| | 50m: 28.14 | 28.14 | 150m: | 250m: | 350m: | |
| | 100m: 59.62 | 31.48 | 200m: 2:04.34 | 300m: 3:07.92 | 400m: 4:11.25 | |
| 2. | Roman Mateusz | | 00 | Zryw Opole | 4:19.91 | 544 |
| | 50m: 29.27 | 29.27 | 150m: | 250m: | 350m: | |
| | 100m: 1:01.98 | 32.71 | 200m: 2:08.25 | 300m: 3:14.82 | 400m: 4:19.91 | |
| 3. | Szyndler Michal | | 00 | Zryw Opole | 4:22.29 | 529 |
| | 50m: 29.78 | 29.78 | 150m: | 250m: | 350m: | |
| | 100m: 1:02.65 | 32.87 | 200m: 2:09.48 | 300m: 3:16.32 | 400m: 4:22.29 | |
| 4. | Wieczorek Wojciech | | 00 | Zryw Opole | 4:35.06 | 459 |
| | 50m: 37.11 | 37.11 | 150m: 1:40.18 | 250m: 2:50.33 | 350m: 4:01.06 | 35.38 |
| | 100m: 1:04.98 | 27.87 | 200m: 2:15.72 | 300m: 3:25.68 | 400m: 4:35.06 | 34.00 |
| 5. | Lewandowski Michal | | 00 | Zryw Opole | 4:35.84 | 455 |
| | 50m: 30.78 | 30.78 | 150m: | 250m: | 350m: | |
| | 100m: 1:05.28 | 34.50 | 200m: 2:15.64 | 300m: 3:25.38 | 400m: 4:35.84 | |