

Mistrzostwa Okręgu Opolskiego w pływaniu
Opole, 4-5-12-2015

Event 20 Men, 400m Freestyle 11 years and older
2015-12-05 - 10:30 Results

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

Points: FINA 2015

Rank			YB			Time	Pts	
1.	Kempa Mikolaj SO		99	MMKS Kedzierzyn-Kozle		4:08.91	620	
	50m:	29.17 29.17	150m:	1:33.03 31.38	250m:	2:36.52 31.38	350m:	3:38.64 30.80
	100m:	1:01.65 32.48	200m:	2:05.14 32.11	300m:	3:07.84 31.32	400m:	4:08.91 30.27
2.	Wasiuk Jakub SO		99	MMKS Kedzierzyn-Kozle		4:14.19	582	
	50m:	29.86 29.86	150m:	1:34.57 31.93	250m:	2:38.85 32.15	350m:	3:43.86 32.37
	100m:	1:02.64 32.78	200m:	2:06.70 32.13	300m:	3:11.49 32.64	400m:	4:14.19 30.33
3.	Roman Mateusz		00	Zryw		4:15.29	574	
	50m:	28.91 28.91	150m:	1:34.40 32.51	250m:	2:38.84 31.97	350m:	3:44.07 32.64
	100m:	1:01.89 32.98	200m:	2:06.87 32.47	300m:	3:11.43 32.59	400m:	4:15.29 31.22
4.	Szyndler Michal		00	Zryw		4:17.56	559	
	50m:	29.15 29.15	150m:	1:34.69 32.68	250m:	2:39.92 32.59	350m:	3:46.09 32.83
	100m:	1:02.01 32.86	200m:	2:07.33 32.64	300m:	3:13.26 33.34	400m:	4:17.56 31.47
5.	Lewandowski Michal		00	Zryw		4:29.91	486	
	50m:	31.30 31.30	150m:	1:39.05 33.88	250m:	2:47.54 34.44	350m:	3:55.62 34.21
	100m:	1:05.17 33.87	200m:	2:13.10 34.05	300m:	3:21.41 33.87	400m:	4:29.91 34.29
6.	Perka Michal		97	Zryw		4:31.21	479	
	50m:	30.96 30.96	150m:	1:39.93 34.79	250m:	2:48.73 34.45	350m:	3:57.83 34.93
	100m:	1:05.14 34.18	200m:	2:14.28 34.35	300m:	3:22.90 34.17	400m:	4:31.21 33.38
7.	Krasowski Michal		01	Zryw		4:31.83	476	
	50m:	30.35 30.35	150m:	1:38.78 34.66	250m:	2:47.76 34.30	350m:	3:57.27 35.09
	100m:	1:04.12 33.77	200m:	2:13.46 34.68	300m:	3:22.18 34.42	400m:	4:31.83 34.56
8.	Koleczek Dominik		02	DOKiS SP "Vega" Dobrodzien		4:54.40	374	
	50m:	33.09 33.09	150m:	1:48.30 38.60	250m:	3:04.44 38.43	350m:	4:19.14 36.12
	100m:	1:09.70 36.61	200m:	2:26.01 37.71	300m:	3:43.02 38.58	400m:	4:54.40 35.26
9.	Jarzombek Marcel		03	DOKiS SP "Vega" Dobrodzien		5:18.38	296	
	50m:	35.28 35.28	150m:	1:54.98 40.61	250m:	3:17.58 41.67	350m:	4:40.90 41.83
	100m:	1:14.37 39.09	200m:	2:35.91 40.93	300m:	3:59.07 41.49	400m:	5:18.38 37.48
10.	Borkowski Arkadiusz		03	DOKiS SP "Vega" Dobrodzien		5:18.97	294	
	50m:	36.52 36.52	150m:	1:58.49 41.50	250m:	3:21.23 41.22	350m:	4:41.95 40.34
	100m:	1:16.99 40.47	200m:	2:40.01 41.52	300m:	4:01.61 40.38	400m:	5:18.97 37.02
11.	Prokopczyk Maksymilian		03	Zryw		5:23.30	282	
	50m:	36.67 36.67	150m:	1:59.31 41.62	250m:	3:22.49 42.09	350m:	4:45.50 41.63
	100m:	1:17.69 41.02	200m:	2:40.40 41.09	300m:	4:03.87 41.38	400m:	5:23.30 37.80
12.	Osowski Wojciech		04	MMKS Kedzierzyn-Kozle		6:00.72	203	
	50m:	37.71 37.71	150m:	2:07.88 46.62	250m:	3:41.73 46.43	350m:	5:15.22 45.81
	100m:	1:21.26 43.55	200m:	2:55.30 47.42	300m:	4:29.41 47.68	400m:	6:00.72 45.50
DSQ	Jainta Adrian		02	DOKiS SP "Vega" Dobrodzien				
	<i>O-4 - Przedwczesny start</i>							