

Grand Prix Puchar Regionów i Miast Partnerskich Opola 2016
Opole, 1- - 2-10-2016

Konkurencja 25
2016-10-02 - 10:32

M czyzn, 400m zmienny

Open
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.
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kat. C 2004 i mł.

1.	Gołacki Sergiusz		04	Uks 190 Łód				5:15.71	415
	50m: 34.68	34.68	150m: 1:55.00	40.76	250m: 3:20.08	46.62	350m: 4:41.51	34.92	
	100m: 1:14.24	39.56	200m: 2:33.46	38.46	300m: 4:06.59	46.51	400m: 5:15.71	34.20	
2.	Kalkan Jakub		04	LKS Jedno 32 Przyszowice				5:21.30	393
	50m: 33.78	33.78	150m: 1:56.41	43.84	250m: 3:24.27	44.55	350m: 4:46.37	36.50	
	100m: 1:12.57	38.79	200m: 2:39.72	43.31	300m: 4:09.87	45.60	400m: 5:21.30	34.93	

DYSKW. Staszak Wiktor 04 UKS DELFINEK Legnica
G 6 - Nieci gła akcja nawrotu (niewkoanie nawrotu natychmiast po zako czeniu poci gni cia ramieniem lub obydwoma ramionami jednocze nie)

kat. B 2002-2003

1.	Sobek Nikodem		02	UKS Olimpijczyk 23				4:46.71	554
	50m: 30.16	30.16	150m: 1:41.73	36.80	250m: 2:59.08	41.14	350m: 4:14.20	33.79	
	100m: 1:04.93	34.77	200m: 2:17.94	36.21	300m: 3:40.41	41.33	400m: 4:46.71	32.51	
2.	Bonsz Adrian		03	KS Pi tka Chorzów				5:36.36	343
	50m: 33.98	33.98	150m: 1:56.21	42.18	250m: 3:27.20	47.00	350m: 4:57.63	40.66	
	100m: 1:14.03	40.05	200m: 2:40.20	43.99	300m: 4:16.97	49.77	400m: 5:36.36	38.73	
3.	Kłosek Krystan		02	CSiR MOS D browa Górnicza				5:40.31	331
	50m: 37.59	37.59	150m: 2:03.20	43.08	250m: 3:34.68	49.17	350m: 5:04.10	38.29	
	100m: 1:20.12	42.53	200m: 2:45.51	42.31	300m: 4:25.81	51.13	400m: 5:40.31	36.21	
4.	Prokopczyk Maksymilian		03	Zryw Opole				5:44.11	320
	50m: 41.10	41.10	150m: 2:07.88	40.33	250m: 3:40.20	51.77	350m: 5:07.29	38.50	
	100m: 1:27.55	46.45	200m: 2:48.43	40.55	300m: 4:28.79	48.59	400m: 5:44.11	36.82	

kat. A 2001 i st.

1.	Roman Mateusz		00	Zryw Opole				4:39.38	598
	50m: 31.26	31.26	150m: 1:42.96	35.85	250m: 2:57.78	39.60	350m: 4:10.43	32.43	
	100m: 1:07.11	35.85	200m: 2:18.18	35.22	300m: 3:38.00	40.22	400m: 4:39.38	28.95	
2.	Wo niak Maciej		00	Uks 190 Łód				4:39.42	598
	50m: 28.52	28.52	150m: 1:39.12	37.19	250m: 2:53.88	40.03	350m: 4:09.66	34.77	
	100m: 1:01.93	33.41	200m: 2:13.85	34.73	300m: 3:34.89	41.01	400m: 4:39.42	29.76	
3.	Zaremba Jakub		01	WKS I sk Wrocław				4:48.21	545
	50m: 30.81	30.81	150m: 1:44.01	37.48	250m: 3:01.44	39.77	350m: 4:16.28	33.98	
	100m: 1:06.53	35.72	200m: 2:21.67	37.66	300m: 3:42.30	40.86	400m: 4:48.21	31.93	
4.	Jó ków Cezary		01	WKS I sk Wrocław				4:58.87	489
	50m: 32.32	32.32	150m: 1:49.01	39.27	250m: 3:09.33	42.44	350m: 4:25.97	34.26	
	100m: 1:09.74	37.42	200m: 2:26.89	37.88	300m: 3:51.71	42.38	400m: 4:58.87	32.90	
5.	Greber Artur		01	WKS I sk Wrocław				5:00.89	479
	50m: 29.70	29.70	150m: 1:45.95	41.61	250m: 3:07.47	41.54	350m: 4:26.77	36.91	
	100m: 1:04.34	34.64	200m: 2:25.93	39.98	300m: 3:49.86	42.39	400m: 5:00.89	34.12	
6.	Lewandowski Michał		00	Zryw Opole				5:02.44	472
	50m: 33.52	33.52	150m: 1:53.30	40.24	250m: 3:14.62	42.51	350m: 4:30.50	32.61	
	100m: 1:13.06	39.54	200m: 2:32.11	38.81	300m: 3:57.89	43.27	400m: 5:02.44	31.94	