

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

Event 25  
2016-10-02 - 10:32

Men, 400m Medley

Open  
Results

Points: FINA 2016

Rank			YB					Time	Pts			
kat. C 2004 i mł.												
1.	Golacki Sergiusz		04	Uks 190 Lodz				<b>5:15.71</b>	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 Jednosc 32 Przyszowice				<b>5:21.30</b>	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
DSQ	Staszak Wiktor		04	UKS DELFINEK Legnica								
	<i>G 6 - Nieci gła akcja nawrotu (niewkoanie nawrotu natychmiast po zako czeniu poci gni cia ramieniem lub obydwoma ramionami jednocze nie)</i>											
kat. B 2002-2003												
1.	Sobek Nikodem		02	UKS Olimpijczyk 23				<b>4:46.71</b>	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 Piatka Chorzow				<b>5:36.36</b>	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.	Klosek Krystan		02	CSiR MOS Dabrowa Gornicza				<b>5:40.31</b>	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				<b>5:44.11</b>	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				<b>4:39.38</b>	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.	Wozniak Maciej		00	Uks 190 Lodz				<b>4:39.42</b>	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 Slask Wroclaw				<b>4:48.21</b>	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.	Jozkow Cezary		01	WKS Slask Wroclaw				<b>4:58.87</b>	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 Slask Wroclaw				<b>5:00.89</b>	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 Michal		00	Zryw				<b>5:02.44</b>	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