

Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu
Opole, 10-12-2016

Konkurencja 24
2016-12-10 - 17:15

Mężczyźni, 400m zmienny

Open
Wyniki

Rekordy Okręgu Opolskiego 4:21.74 Stachura Maciej POL Gorzów Wielkopolski 2009-11-27

Punkty: FINA 2016

| Pozycja | | | Rok ur. | | | | | Czas | Pkt. | | | |
|--------------------|----------------|---------|---------|-----------------------|---------|-------|-------|----------------|-------|-------|---------|-------|
| Open | | | | | | | | | | | | |
| 1. | Kempa Mikołaj | | 99 | MMKS K dzierzyn-Ko le | | | | 4:31.60 | 651 | | | |
| | 50m: | 29.42 | 29.42 | 150m: | 1:37.32 | 35.20 | 250m: | 2:51.91 | 39.12 | 350m: | 4:01.77 | 30.14 |
| | 100m: | 1:02.12 | 32.70 | 200m: | 2:12.79 | 35.47 | 300m: | 3:31.63 | 39.72 | 400m: | 4:31.60 | 29.83 |
| 2. | Wasiuk Jakub | | 99 | MMKS K dzierzyn-Ko le | | | | 4:37.35 | 612 | | | |
| | 50m: | 29.82 | 29.82 | 150m: | 1:40.87 | 36.54 | 250m: | 2:56.11 | 39.95 | 350m: | 4:07.29 | 30.48 |
| | 100m: | 1:04.33 | 34.51 | 200m: | 2:16.16 | 35.29 | 300m: | 3:36.81 | 40.70 | 400m: | 4:37.35 | 30.06 |
| 3. | Guzy Marcel | | 01 | Vega Dobrodzie | | | | 4:47.31 | 550 | | | |
| | 50m: | 31.65 | 31.65 | 150m: | 1:45.22 | 37.72 | 250m: | 3:01.06 | 39.27 | 350m: | 4:14.27 | 34.01 |
| | 100m: | 1:07.50 | 35.85 | 200m: | 2:21.79 | 36.57 | 300m: | 3:40.26 | 39.20 | 400m: | 4:47.31 | 33.04 |
| 4. | Moryl Wojciech | | 02 | MMKS K dzierzyn-Ko le | | | | 4:59.08 | 488 | | | |
| | 50m: | 31.94 | 31.94 | 150m: | 1:47.81 | 38.59 | 250m: | 3:09.54 | 43.80 | 350m: | 4:27.27 | 34.10 |
| | 100m: | 1:09.22 | 37.28 | 200m: | 2:25.74 | 37.93 | 300m: | 3:53.17 | 43.63 | 400m: | 4:59.08 | 31.81 |
| 5. | Buda Bartosz | | 04 | Zryw Opole | | | | 6:52.05 | 186 | | | |
| | 50m: | 48.52 | 48.52 | 150m: | 2:35.52 | 51.56 | 250m: | 4:22.09 | 55.95 | 350m: | 6:07.82 | 46.80 |
| | 100m: | 1:43.96 | 55.44 | 200m: | 3:26.14 | 50.62 | 300m: | 5:21.02 | 58.93 | 400m: | 6:52.05 | 44.23 |
| 12 - 13 lat | | | | | | | | | | | | |
| 1. | Buda Bartosz | | 04 | Zryw Opole | | | | 6:52.05 | 186 | | | |
| | 50m: | 48.52 | 48.52 | 150m: | 2:35.52 | 51.56 | 250m: | 4:22.09 | 55.95 | 350m: | 6:07.82 | 46.80 |
| | 100m: | 1:43.96 | 55.44 | 200m: | 3:26.14 | 50.62 | 300m: | 5:21.02 | 58.93 | 400m: | 6:52.05 | 44.23 |
| 14 - 15 lat | | | | | | | | | | | | |
| 1. | Guzy Marcel | | 01 | Vega Dobrodzie | | | | 4:47.31 | 550 | | | |
| | 50m: | 31.65 | 31.65 | 150m: | 1:45.22 | 37.72 | 250m: | 3:01.06 | 39.27 | 350m: | 4:14.27 | 34.01 |
| | 100m: | 1:07.50 | 35.85 | 200m: | 2:21.79 | 36.57 | 300m: | 3:40.26 | 39.20 | 400m: | 4:47.31 | 33.04 |
| 2. | Moryl Wojciech | | 02 | MMKS K dzierzyn-Ko le | | | | 4:59.08 | 488 | | | |
| | 50m: | 31.94 | 31.94 | 150m: | 1:47.81 | 38.59 | 250m: | 3:09.54 | 43.80 | 350m: | 4:27.27 | 34.10 |
| | 100m: | 1:09.22 | 37.28 | 200m: | 2:25.74 | 37.93 | 300m: | 3:53.17 | 43.63 | 400m: | 4:59.08 | 31.81 |
| 16 - 18 lat | | | | | | | | | | | | |
| 1. | Kempa Mikołaj | | 99 | MMKS K dzierzyn-Ko le | | | | 4:31.60 | 651 | | | |
| | 50m: | 29.42 | 29.42 | 150m: | 1:37.32 | 35.20 | 250m: | 2:51.91 | 39.12 | 350m: | 4:01.77 | 30.14 |
| | 100m: | 1:02.12 | 32.70 | 200m: | 2:12.79 | 35.47 | 300m: | 3:31.63 | 39.72 | 400m: | 4:31.60 | 29.83 |
| 2. | Wasiuk Jakub | | 99 | MMKS K dzierzyn-Ko le | | | | 4:37.35 | 612 | | | |
| | 50m: | 29.82 | 29.82 | 150m: | 1:40.87 | 36.54 | 250m: | 2:56.11 | 39.95 | 350m: | 4:07.29 | 30.48 |
| | 100m: | 1:04.33 | 34.51 | 200m: | 2:16.16 | 35.29 | 300m: | 3:36.81 | 40.70 | 400m: | 4:37.35 | 30.06 |