

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

Event 24
2016-12-10 - 17:15

Men, 400m Medley

Open
Results

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

Points: FINA 2016

Rank			YB			Time	Pts	
Open								
1.	Kempa Mikolaj		99	MMKS Kedzierzyn-Kozle		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 Kedzierzyn-Kozle		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 Dobrodzien		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 Kedzierzyn-Kozle		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		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 years

1.	Buda Bartosz		04	Zryw		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 years

1.	Guzy Marcel		01	Vega Dobrodzien		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 Kedzierzyn-Kozle		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 years

1.	Kempa Mikolaj		99	MMKS Kedzierzyn-Kozle		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 Kedzierzyn-Kozle		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