

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

Event 6 Open
2016-12-10 - 11:00 Results

Rekordy Okręgu Opolskiego 4:01.80 Kot Maciej POL Oswiecim 2009-01-31

Points: FINA 2016

Rank			YB					Time	Pts			
Open												
1.	Kempa Mikolaj		99	MMKS Kedzierzyn-Kozle				4:02.96	666			
	50m:	27.92	27.92	150m:	1:29.46	31.12	250m:	2:31.72	30.57	350m:	3:32.75	29.82
	100m:	58.34	30.42	200m:	2:01.15	31.69	300m:	3:02.93	31.21	400m:	4:02.96	30.21
2.	Wasiuk Jakub		99	MMKS Kedzierzyn-Kozle				4:05.14	649			
	50m:	28.37	28.37	150m:	1:29.47	30.97	250m:	2:32.16	31.40	350m:	3:35.00	31.36
	100m:	58.50	30.13	200m:	2:00.76	31.29	300m:	3:03.64	31.48	400m:	4:05.14	30.14
3.	Krasowski Michal		01	Zryw				4:28.53	493			
	50m:	29.05	29.05	150m:	1:35.34	33.62	250m:	2:44.21	34.50	350m:	3:54.15	35.23
	100m:	1:01.72	32.67	200m:	2:09.71	34.37	300m:	3:18.92	34.71	400m:	4:28.53	34.38
4.	Moryl Wojciech		02	MMKS Kedzierzyn-Kozle				4:33.21	468			
	50m:	30.68	30.68	150m:	1:39.04	34.51	250m:	2:47.96	34.43	350m:	3:58.79	35.59
	100m:	1:04.53	33.85	200m:	2:13.53	34.49	300m:	3:23.20	35.24	400m:	4:33.21	34.42
5.	Nosal Bartosz		01	Hobby Sport Kietrz				4:36.67	451			
	50m:	30.33	30.33	150m:	1:39.06	35.02	250m:	2:50.80	35.88	350m:	4:03.38	36.46
	100m:	1:04.04	33.71	200m:	2:14.92	35.86	300m:	3:26.92	36.12	400m:	4:36.67	33.29
6.	Koleczek Dominik		02	Vega Dobrodzien				4:42.18	425			
	50m:	31.09	31.09	150m:	1:41.67	35.95	250m:	2:54.31	36.68	350m:	4:06.99	36.34
	100m:	1:05.72	34.63	200m:	2:17.63	35.96	300m:	3:30.65	36.34	400m:	4:42.18	35.19
7.	Jainta Adrian		02	Vega Dobrodzien				4:57.87	361			
	50m:	33.09	33.09	150m:	1:49.42	38.13	250m:	3:05.72	38.13	350m:	4:22.33	38.23
	100m:	1:11.29	38.20	200m:	2:27.59	38.17	300m:	3:44.10	38.38	400m:	4:57.87	35.54
8.	Borkowski Arkadiusz		03	Vega Dobrodzien				4:58.25	360			
	50m:	33.00	33.00	150m:	1:49.68	38.82	250m:	3:06.73	38.22	350m:	4:22.09	37.61
	100m:	1:10.86	37.86	200m:	2:28.51	38.83	300m:	3:44.48	37.75	400m:	4:58.25	36.16
9.	Baranek Jakub		04	Zryw				5:09.66	322			
	50m:	33.62	33.62	150m:	1:52.83	40.40	250m:	3:13.60	40.39	350m:	4:32.44	39.77
	100m:	1:12.43	38.81	200m:	2:33.21	40.38	300m:	3:52.67	39.07	400m:	5:09.66	37.22
10.	Lenczuk Adam		01	UKS 5 plus 1 Opole				5:16.64	301			
	50m:	33.23	33.23	150m:	1:51.20	40.24	250m:	3:16.47	42.79	350m:	4:40.03	41.25
	100m:	1:10.96	37.73	200m:	2:33.68	42.48	300m:	3:58.78	42.31	400m:	5:16.64	36.61
11.	Gohla Kamil		05	MMKS Kedzierzyn-Kozle				5:26.71	274			
	50m:	36.99	36.99	150m:	2:02.84	42.71	250m:	3:28.57	43.14	350m:	4:49.86	40.72
	100m:	1:20.13	43.14	200m:	2:45.43	42.59	300m:	4:09.14	40.57	400m:	5:26.71	36.85
12.	Gorowski Cezary		04	Zryw				5:46.61	229			
	50m:	37.44	37.44	150m:	2:04.49	44.18	250m:	3:34.61	43.79	350m:	5:03.06	44.20
	100m:	1:20.31	42.87	200m:	2:50.82	46.33	300m:	4:18.86	44.25	400m:	5:46.61	43.55
13.	Kania Kamil		05	MMKS Kedzierzyn-Kozle				5:50.17	222			
	50m:	38.40	38.40	150m:			250m:	3:37.11	46.24	350m:		
	100m:			200m:	2:50.87		300m:			400m:	5:50.17	
14.	Maciaszek Michal		04	MMKS Kedzierzyn-Kozle				5:53.14	217			
	50m:	37.98	37.98	150m:	2:06.32		250m:	3:37.59	46.22	350m:	5:12.01	
	100m:			200m:	2:51.37	45.05	300m:			400m:	5:53.14	41.13
15.	Pientka Michal		04	UKS Kusy Strzelce Opolskie				6:18.44	176			
	50m:	41.26	41.26	150m:	2:16.11	48.05	250m:	3:54.20	48.94	350m:	5:33.13	49.23
	100m:	1:28.06	46.80	200m:	3:05.26	49.15	300m:	4:43.90	49.70	400m:	6:18.44	45.31
16.	Radlak Paskal		05	Zryw				6:43.45	145			
	50m:	42.29	42.29	150m:	2:24.77	53.29	250m:	4:09.55	52.55	350m:	5:53.65	51.99
	100m:	1:31.48	49.19	200m:	3:17.00	52.23	300m:	5:01.66	52.11	400m:	6:43.45	49.80

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

Event 6, Men, 400m Freestyle

11 years

1.	Gohla Kamil		05	MMKS Kedzierzyn-Kozle		5:26.71	274	
	50m: 36.99	36.99	150m: 2:02.84	42.71	250m: 3:28.57	43.14	350m: 4:49.86	40.72
	100m: 1:20.13	43.14	200m: 2:45.43	42.59	300m: 4:09.14	40.57	400m: 5:26.71	36.85
2.	Kania Kamil		05	MMKS Kedzierzyn-Kozle		5:50.17	222	
	50m: 38.40	38.40	150m:		250m: 3:37.11	46.24	350m:	
	100m:		200m: 2:50.87		300m:		400m: 5:50.17	
3.	Radlak Paskal		05	Zryw		6:43.45	145	
	50m: 42.29	42.29	150m: 2:24.77	53.29	250m: 4:09.55	52.55	350m: 5:53.65	51.99
	100m: 1:31.48	49.19	200m: 3:17.00	52.23	300m: 5:01.66	52.11	400m: 6:43.45	49.80

12 - 13 years

1.	Borkowski Arkadiusz		03	Vega Dobrodzien		4:58.25	360	
	50m: 33.00	33.00	150m: 1:49.68	38.82	250m: 3:06.73	38.22	350m: 4:22.09	37.61
	100m: 1:10.86	37.86	200m: 2:28.51	38.83	300m: 3:44.48	37.75	400m: 4:58.25	36.16
2.	Baranek Jakub		04	Zryw		5:09.66	322	
	50m: 33.62	33.62	150m: 1:52.83	40.40	250m: 3:13.60	40.39	350m: 4:32.44	39.77
	100m: 1:12.43	38.81	200m: 2:33.21	40.38	300m: 3:52.67	39.07	400m: 5:09.66	37.22
3.	Gorowski Cezary		04	Zryw		5:46.61	229	
	50m: 37.44	37.44	150m: 2:04.49	44.18	250m: 3:34.61	43.79	350m: 5:03.06	44.20
	100m: 1:20.31	42.87	200m: 2:50.82	46.33	300m: 4:18.86	44.25	400m: 5:46.61	43.55
4.	Maciaszek Michal		04	MMKS Kedzierzyn-Kozle		5:53.14	217	
	50m: 37.98	37.98	150m: 2:06.32		250m: 3:37.59	46.22	350m: 5:12.01	
	100m:		200m: 2:51.37	45.05	300m:		400m: 5:53.14	41.13
5.	Pientka Michal		04	UKS Kusy Strzelce Opolskie		6:18.44	176	
	50m: 41.26	41.26	150m: 2:16.11	48.05	250m: 3:54.20	48.94	350m: 5:33.13	49.23
	100m: 1:28.06	46.80	200m: 3:05.26	49.15	300m: 4:43.90	49.70	400m: 6:18.44	45.31

14 - 15 years

1.	Krasowski Michal		01	Zryw		4:28.53	493	
	50m: 29.05	29.05	150m: 1:35.34	33.62	250m: 2:44.21	34.50	350m: 3:54.15	35.23
	100m: 1:01.72	32.67	200m: 2:09.71	34.37	300m: 3:18.92	34.71	400m: 4:28.53	34.38
2.	Moryl Wojciech		02	MMKS Kedzierzyn-Kozle		4:33.21	468	
	50m: 30.68	30.68	150m: 1:39.04	34.51	250m: 2:47.96	34.43	350m: 3:58.79	35.59
	100m: 1:04.53	33.85	200m: 2:13.53	34.49	300m: 3:23.20	35.24	400m: 4:33.21	34.42
3.	Nosal Bartosz		01	Hobby Sport Kietrz		4:36.67	451	
	50m: 30.33	30.33	150m: 1:39.06	35.02	250m: 2:50.80	35.88	350m: 4:03.38	36.46
	100m: 1:04.04	33.71	200m: 2:14.92	35.86	300m: 3:26.92	36.12	400m: 4:36.67	33.29
4.	Kolecek Dominik		02	Vega Dobrodzien		4:42.18	425	
	50m: 31.09	31.09	150m: 1:41.67	35.95	250m: 2:54.31	36.68	350m: 4:06.99	36.34
	100m: 1:05.72	34.63	200m: 2:17.63	35.96	300m: 3:30.65	36.34	400m: 4:42.18	35.19
5.	Jainta Adrian		02	Vega Dobrodzien		4:57.87	361	
	50m: 33.09	33.09	150m: 1:49.42	38.13	250m: 3:05.72	38.13	350m: 4:22.33	38.23
	100m: 1:11.29	38.20	200m: 2:27.59	38.17	300m: 3:44.10	38.38	400m: 4:57.87	35.54
6.	Lenczuk Adam		01	UKS 5 plus 1 Opole		5:16.64	301	
	50m: 33.23	33.23	150m: 1:51.20	40.24	250m: 3:16.47	42.79	350m: 4:40.03	41.25
	100m: 1:10.96	37.73	200m: 2:33.68	42.48	300m: 3:58.78	42.31	400m: 5:16.64	36.61

16 - 18 years

1.	Kempa Mikolaj		99	MMKS Kedzierzyn-Kozle		4:02.96	666	
	50m: 27.92	27.92	150m: 1:29.46	31.12	250m: 2:31.72	30.57	350m: 3:32.75	29.82
	100m: 58.34	30.42	200m: 2:01.15	31.69	300m: 3:02.93	31.21	400m: 4:02.96	30.21

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

Event 6, Boys, 400m Freestyle, 16 - 18 years

Rank	YB								Time	Pts		
2.	Wasiuk Jakub								4:05.14	649		
	50m:	28.37	28.37	150m:	1:29.47	30.97	250m:	2:32.16	31.40	350m:	3:35.00	31.36
	100m:	58.50	30.13	200m:	2:00.76	31.29	300m:	3:03.64	31.48	400m:	4:05.14	30.14