



Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu; Kędzierzyn-Koźle, 9. - 10.12.2017

Konkurencja 20
09.12.2017

Mężczyźni, 400m dowolny

11 lat i starsi
Wyniki

Punkty: FINA 2017

Pozycja	Rok ur.	Czas	Pkt.
11 lat i starsi			
1. Kempa Mikołaj SO	99	4:04.34	655
50m: 28.00 28.00	150m: 1:29.19 30.70	250m: 2:31.21 30.90	350m: 3:34.06 30.97
100m: 58.49 30.49	200m: 2:00.31 31.12	300m: 3:03.09 31.88	400m: 4:04.34 30.28
2. Moryl Wojciech SO	02	4:21.01	537
50m: 30.04 30.04	150m: 1:36.47 33.42	250m: 2:43.05 33.14	350m: 3:49.30 32.92
100m: 1:03.05 33.01	200m: 2:09.91 33.44	300m: 3:16.38 33.33	400m: 4:21.01 31.71
3. Podgórski Patryk	03	4:25.42	511
50m: 29.81 29.81	150m: 1:36.93 34.37	250m: 2:45.10 33.94	350m: 3:52.82 33.87
100m: 1:02.56 32.75	200m: 2:11.16 34.23	300m: 3:18.95 33.85	400m: 4:25.42 32.60
4. Szymczykowski Jakub	03	4:28.20	495
50m: 30.87 30.87	150m: 1:38.25 34.05	250m: 2:46.46 33.92	350m: 3:55.73 34.48
100m: 1:04.20 33.33	200m: 2:12.54 34.29	300m: 3:21.25 34.79	400m: 4:28.20 32.47
5. Nosal Bartosz	01	4:34.94	460
50m: 30.56 30.56	150m: 1:38.58 34.36	250m: 2:49.26 35.23	350m: 4:01.42 36.24
100m: 1:04.22 33.66	200m: 2:14.03 35.45	300m: 3:25.18 35.92	400m: 4:34.94 33.52
6. Borkowski Arkadiusz	03	4:35.43	457
50m: 29.91 29.91	150m: 1:39.46 35.56	250m: 2:50.79 35.71	350m: 4:01.84 35.65
100m: 1:03.90 33.99	200m: 2:15.08 35.62	300m: 3:26.19 35.40	400m: 4:35.43 33.59
7. Szwiec Jakub	03	4:39.61	437
50m: 31.43 31.43	150m: 1:43.30 36.41	250m: 2:54.84 35.71	350m: 4:05.33 35.21
100m: 1:06.89 35.46	200m: 2:19.13 35.83	300m: 3:30.12 35.28	400m: 4:39.61 34.28
8. Jainta Adrian	02	4:42.14	425
50m: 31.02 31.02	150m: 1:40.90 35.26	250m: 2:53.24 36.25	350m: 4:06.55 36.67
100m: 1:05.64 34.62	200m: 2:16.99 36.09	300m: 3:29.88 36.64	400m: 4:42.14 35.59
9. Szewczyk Maksymilian	03	4:51.81	384
50m: 32.53 32.53	150m: 1:46.95 37.68	250m: 3:01.78 37.47	350m: 4:16.58 37.21
100m: 1:09.27 36.74	200m: 2:24.31 37.36	300m: 3:39.37 37.59	400m: 4:51.81 35.23
10. Baranek Jakub	04	4:51.91	384
50m: 32.72 32.72	150m: 1:46.84 37.81	250m: 3:02.53 37.53	350m: 4:18.12 37.85
100m: 1:09.03 36.31	200m: 2:25.00 38.16	300m: 3:40.27 37.74	400m: 4:51.91 33.79
11. Gohla Kamil	05	5:03.51	341
50m: 35.22 35.22	150m: 1:53.93 39.51	250m: 3:13.06 39.01	350m: 4:29.13 37.84
100m: 1:14.42 39.20	200m: 2:34.05 40.12	300m: 3:51.29 38.23	400m: 5:03.51 34.38
12. Fas Jakub	03	5:06.49	332
50m: 34.82 34.82	150m: 1:52.61 39.26	250m: 3:11.80 40.13	350m: 4:30.00 38.81
100m: 1:13.35 38.53	200m: 2:31.67 39.06	300m: 3:51.19 39.39	400m: 5:06.49 36.49
13. Orzechowski Krzysztof	04	5:11.26	317
50m: 33.38 33.38	150m: 1:51.29 39.43	250m: 3:12.02 40.40	350m: 4:34.62 41.58
100m: 1:11.86 38.48	200m: 2:31.62 40.33	300m: 3:53.04 41.02	400m: 5:11.26 36.64
14. Piechowski Jakub	05	5:11.95	314
50m: 34.81 34.81	150m: 1:54.76 40.32	250m: 3:15.14 40.23	350m: 4:34.48 39.20
100m: 1:14.44 39.63	200m: 2:34.91 40.15	300m: 3:55.28 40.14	400m: 5:11.95 37.47
15. Badura Wiktor	05	5:39.70	243
50m: 38.07 38.07	150m: 2:04.14 43.16	250m: 3:31.84 43.12	350m: 5:39.70 40.55
100m: 1:20.98 42.91	200m: 2:48.72 44.58	300m: 4:59.15 1:27.31	400m: 5:39.70
16. Topolnicki Maksymilian	06	5:43.62	235
50m: 37.44 37.44	150m: 2:07.09 44.72	250m: 3:36.05 44.21	350m: 5:03.42 44.26
100m: 1:22.37 44.93	200m: 2:51.84 44.75	300m: 4:19.16 43.11	400m: 5:43.62 40.20



Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu; Kędzierzyn-Koźle, 9. - 10.12.2017

Konkurencja 20, Mężczyźni, 400m dowolny, 11 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
17.	Brzezina Olaf		05	DOKiS SP "Vega" Dobrodzien				5:58.78	207
	50m:	39.38 39.38	150m:	2:09.32	45.34	250m:	3:41.61 47.14	350m:	5:16.21 46.34
	100m:	1:23.98 44.60	200m:	2:54.47	45.15	300m:	4:29.87 48.26	400m:	5:58.78 42.57
18.	Czernecki Paweł		06	UKS 5 plus 1 Opole				6:00.09	204
	50m:	40.35 40.35	150m:	2:12.01	46.63	250m:	3:45.74 46.85	350m:	5:16.81 44.38
	100m:	1:25.38 45.03	200m:	2:58.89	46.88	300m:	4:32.43 46.69	400m:	6:00.09 43.28
19.	Laskowski Szymon		06	UKS Junior Kluczbork				6:00.25	204
	50m:	40.76 40.76	150m:	2:11.74	46.36	250m:	3:44.89 46.39	350m:	5:17.33 45.84
	100m:	1:25.38 44.62	200m:	2:58.50	46.76	300m:	4:31.49 46.60	400m:	6:00.25 42.92
20.	Wnuk Denis		06	UKS Junior Kluczbork				6:23.48	169
	50m:	42.21 42.21	150m:	2:21.60	51.09	250m:	4:00.60 49.87	350m:	5:36.38 47.68
	100m:	1:30.51 48.30	200m:	3:10.73	49.13	300m:	4:48.70 48.10	400m:	6:23.48 47.10

11 lat

1.	Topolnicki Maksymilian		06	MMKS Kędzierzyn-Koźle				5:43.62	235
	50m:	37.44 37.44	150m:	2:07.09	44.72	250m:	3:36.05 44.21	350m:	5:03.42 44.26
	100m:	1:22.37 44.93	200m:	2:51.84	44.75	300m:	4:19.16 43.11	400m:	5:43.62 40.20
2.	Czernecki Paweł		06	UKS 5 plus 1 Opole				6:00.09	204
	50m:	40.35 40.35	150m:	2:12.01	46.63	250m:	3:45.74 46.85	350m:	5:16.81 44.38
	100m:	1:25.38 45.03	200m:	2:58.89	46.88	300m:	4:32.43 46.69	400m:	6:00.09 43.28
3.	Laskowski Szymon		06	UKS Junior Kluczbork				6:00.25	204
	50m:	40.76 40.76	150m:	2:11.74	46.36	250m:	3:44.89 46.39	350m:	5:17.33 45.84
	100m:	1:25.38 44.62	200m:	2:58.50	46.76	300m:	4:31.49 46.60	400m:	6:00.25 42.92
4.	Wnuk Denis		06	UKS Junior Kluczbork				6:23.48	169
	50m:	42.21 42.21	150m:	2:21.60	51.09	250m:	4:00.60 49.87	350m:	5:36.38 47.68
	100m:	1:30.51 48.30	200m:	3:10.73	49.13	300m:	4:48.70 48.10	400m:	6:23.48 47.10

12 - 13 lat

1.	Baranek Jakub		04	START Opole				4:51.91	384
	50m:	32.72 32.72	150m:	1:46.84	37.81	250m:	3:02.53 37.53	350m:	4:18.12 37.85
	100m:	1:09.03 36.31	200m:	2:25.00	38.16	300m:	3:40.27 37.74	400m:	4:51.91 33.79
2.	Gohla Kamil		05	MMKS Kędzierzyn-Koźle				5:03.51	341
	50m:	35.22 35.22	150m:	1:53.93	39.51	250m:	3:13.06 39.01	350m:	4:29.13 37.84
	100m:	1:14.42 39.20	200m:	2:34.05	40.12	300m:	3:51.29 38.23	400m:	5:03.51 34.38
3.	Orzechowski Krzysztof		04	UKS 5 plus 1 Opole				5:11.26	317
	50m:	33.38 33.38	150m:	1:51.29	39.43	250m:	3:12.02 40.40	350m:	4:34.62 41.58
	100m:	1:11.86 38.48	200m:	2:31.62	40.33	300m:	3:53.04 41.02	400m:	5:11.26 36.64
4.	Piechowski Jakub		05	UKS Junior Kluczbork				5:11.95	314
	50m:	34.81 34.81	150m:	1:54.76	40.32	250m:	3:15.14 40.23	350m:	4:34.48 39.20
	100m:	1:14.44 39.63	200m:	2:34.91	40.15	300m:	3:55.28 40.14	400m:	5:11.95 37.47
5.	Badura Wiktor		05	DOKiS SP "Vega" Dobrodzien				5:39.70	243
	50m:	38.07 38.07	150m:	2:04.14	43.16	250m:	3:31.84 43.12	350m:	5:39.70 40.55
	100m:	1:20.98 42.91	200m:	2:48.72	44.58	300m:	4:59.15 1:27.31	400m:	5:39.70
6.	Brzezina Olaf		05	DOKiS SP "Vega" Dobrodzien				5:58.78	207
	50m:	39.38 39.38	150m:	2:09.32	45.34	250m:	3:41.61 47.14	350m:	5:16.21 46.34
	100m:	1:23.98 44.60	200m:	2:54.47	45.15	300m:	4:29.87 48.26	400m:	5:58.78 42.57



Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu; Kędzierzyn-Koźle, 9. - 10.12.2017

Konkurencja 20, Mężczyźni, 400m dowolny

14 - 15 lat

1. Moryl Wojciech SO	02	MMKS Kędzierzyn-Koźle	4:21.01	537
50m: 30.04 30.04	150m: 1:36.47 33.42	250m: 2:43.05 33.14	350m: 3:49.30 32.92	
100m: 1:03.05 33.01	200m: 2:09.91 33.44	300m: 3:16.38 33.33	400m: 4:21.01 31.71	
2. Podgórski Patryk	03	START Opole	4:25.42	511
50m: 29.81 29.81	150m: 1:36.93 34.37	250m: 2:45.10 33.94	350m: 3:52.82 33.87	
100m: 1:02.56 32.75	200m: 2:11.16 34.23	300m: 3:18.95 33.85	400m: 4:25.42 32.60	
3. Szymczykowski Jakub	03	START Opole	4:28.20	495
50m: 30.87 30.87	150m: 1:38.25 34.05	250m: 2:46.46 33.92	350m: 3:55.73 34.48	
100m: 1:04.20 33.33	200m: 2:12.54 34.29	300m: 3:21.25 34.79	400m: 4:28.20 32.47	
4. Borkowski Arkadiusz	03	DOKiS SP "Vega" Dobrodzien	4:35.43	457
50m: 29.91 29.91	150m: 1:39.46 35.56	250m: 2:50.79 35.71	350m: 4:01.84 35.65	
100m: 1:03.90 33.99	200m: 2:15.08 35.62	300m: 3:26.19 35.40	400m: 4:35.43 33.59	
5. Szwiec Jakub	03	UKS 5 plus 1 Opole	4:39.61	437
50m: 31.43 31.43	150m: 1:43.30 36.41	250m: 2:54.84 35.71	350m: 4:05.33 35.21	
100m: 1:06.89 35.46	200m: 2:19.13 35.83	300m: 3:30.12 35.28	400m: 4:39.61 34.28	
6. Jainta Adrian	02	DOKiS SP "Vega" Dobrodzien	4:42.14	425
50m: 31.02 31.02	150m: 1:40.90 35.26	250m: 2:53.24 36.25	350m: 4:06.55 36.67	
100m: 1:05.64 34.62	200m: 2:16.99 36.09	300m: 3:29.88 36.64	400m: 4:42.14 35.59	
7. Szewczyk Maksymilian	03	UKS Junior Kluczbork	4:51.81	384
50m: 32.53 32.53	150m: 1:46.95 37.68	250m: 3:01.78 37.47	350m: 4:16.58 37.21	
100m: 1:09.27 36.74	200m: 2:24.31 37.36	300m: 3:39.37 37.59	400m: 4:51.81 35.23	
8. Fas Jakub	03	Hobby Sport Kietrz	5:06.49	332
50m: 34.82 34.82	150m: 1:52.61 39.26	250m: 3:11.80 40.13	350m: 4:30.00 38.81	
100m: 1:13.35 38.53	200m: 2:31.67 39.06	300m: 3:51.19 39.39	400m: 5:06.49 36.49	

16 - 18 lat

1. Kempa Mikołaj SO	99	MMKS Kędzierzyn-Koźle	4:04.34	655
50m: 28.00 28.00	150m: 1:29.19 30.70	250m: 2:31.21 30.90	350m: 3:34.06 30.97	
100m: 58.49 30.49	200m: 2:00.31 31.12	300m: 3:03.09 31.88	400m: 4:04.34 30.28	
2. Nosal Bartosz	01	Hobby Sport Kietrz	4:34.94	460
50m: 30.56 30.56	150m: 1:38.58 34.36	250m: 2:49.26 35.23	350m: 4:01.42 36.24	
100m: 1:04.22 33.66	200m: 2:14.03 35.45	300m: 3:25.18 35.92	400m: 4:34.94 33.52	