



Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu
Kedzierzyn-Koźle, 8. - 9.12.2018

Konkurencja 25
08.12.2018 - 17:05

Mężczyźni, 400m dowolny

Open
Wyniki

Rekord Polski Open	3:37.57	Wojdak Wojciech	POL	Netanya (ISR)	02.12.2015
Rekord Polski 19 +	3:37.57	Wojdak Wojciech	POL	Netanya (ISR)	02.12.2015
Rekord Polski 18	3:41.69	Wojdak Wojciech	POL	Ostrowiec Sw	18.12.2014
Rekord Polski 17	3:45.26	Wojdak Wojciech	POL	Ostrowiec Sw	19.12.2013
Rekord Polski 16	3:47.70	Wojdak Wojciech	POL	Ostrowiec Sw.	19.12.2012
Rekord Polski 15	3:50.76	Młynarczyk Karol	POL	Lublin	17.12.2015
Rekord Polski 14	3:59.77	Zoniuk Maciej	POL	Saint Dizier (FRA)	15.11.2008
Rekord Polski 13	4:12.84	Bernatowicz Sebastian	POL	Torun	16.06.2007
Rekord Polski 12	4:25.52	Pietrzak Dawid	POL	Bydgoszcz	14.11.2009

Punkty: FINA 2018

Pozycja	Rok ur.				Czas	Pkt.
Open						
1.	Baranek Jakub	04	MOS Opole	4:25.97	508	
	50m: 30.56 30.56	150m: 1:39.16 34.48	250m: 2:47.20 33.77	350m: 3:54.47 33.40		
	100m: 1:04.68 34.12	200m: 2:13.43 34.27	300m: 3:21.07 33.87	400m: 4:25.97 31.50		
2.	Szwiec Jakub	03	UKS 5 plus 1 Opole	4:28.63	493	
	50m: 30.67 30.67	150m: 1:39.34 34.53	250m: 2:48.21 33.92	350m: 3:56.01 33.86		
	100m: 1:04.81 34.14	200m: 2:14.29 34.95	300m: 3:22.15 33.94	400m: 4:28.63 32.62		
3.	Borkowski Arkadiusz	03	DOKiS SP "Vega" Dobrodzie	4:29.01	491	
	50m: 30.10 30.10	150m: 1:39.09 34.72	250m: 2:48.79 34.60	350m: 3:56.15 33.85		
	100m: 1:04.37 34.27	200m: 2:14.19 35.10	300m: 3:22.30 33.51	400m: 4:29.01 32.86		
4.	Kania Kamil	05	MMKS Kedzierzyn-Koźle	4:41.90	426	
	50m: 31.54 31.54	150m: 1:41.06 35.13	250m: 2:53.00 36.36	350m: 4:06.11 36.57		
	100m: 1:05.93 34.39	200m: 2:16.64 35.58	300m: 3:29.54 36.54	400m: 4:41.90 35.79		
5.	aba Mateusz	05	MOS Opole	4:48.81	396	
	50m: 32.86 32.86	150m: 1:46.26 36.82	250m: 3:00.51 37.51	350m: 4:13.55 36.43		
	100m: 1:09.44 36.58	200m: 2:23.00 36.74	300m: 3:37.12 36.61	400m: 4:48.81 35.26		
6.	Górowski Cezary	04	MOS Opole	4:49.01	396	
	50m: 32.38 32.38	150m: 1:44.99 37.18	250m: 2:59.86 37.00	350m: 4:13.51 37.12		
	100m: 1:07.81 35.43	200m: 2:22.86 37.87	300m: 3:36.39 36.53	400m: 4:49.01 35.50		
7.	Badura Victor	05	DOKiS SP "Vega" Dobrodzie	5:05.32	335	
	50m: 34.82 34.82	150m: 1:50.65 38.05	250m: 3:09.01 39.74	350m: 4:27.42 39.54		
	100m: 1:12.60 37.78	200m: 2:29.27 38.62	300m: 3:47.88 38.87	400m: 5:05.32 37.90		
8.	Adamek Mikołaj	04	KS Start Opole	5:17.56	298	
	50m: 36.36 36.36	150m: 1:57.74 40.70	250m: 3:18.04 39.63	350m: 4:39.48 40.80		
	100m: 1:17.04 40.68	200m: 2:38.41 40.67	300m: 3:58.68 40.64	400m: 5:17.56 38.08		
9.	Wsik Marek	06	DOKiS SP "Vega" Dobrodzie	5:21.32	288	
	50m: 35.49 35.49	150m: 1:56.24 40.84	250m: 3:18.86 40.83	350m: 4:41.72 41.23		
	100m: 1:15.40 39.91	200m: 2:38.03 41.79	300m: 4:00.49 41.63	400m: 5:21.32 39.60		
10.	Skrzypiec Szymon	07	MMKS Kedzierzyn-Koźle	5:27.96	271	
	50m: 35.58 35.58	150m: 1:57.89 41.62	250m: 3:21.87 41.89	350m: 4:47.75 43.28		
	100m: 1:16.27 40.69	200m: 2:39.98 42.09	300m: 4:04.47 42.60	400m: 5:27.96 40.21		
11.	Niedwiecki Roch	06	KS Start Opole	6:34.10	156	
	50m: 41.63 41.63	150m: 2:25.09 53.07	250m: 4:05.97 50.58	350m: 5:50.18 50.94		
	100m: 1:32.02 50.39	200m: 3:15.39 50.30	300m: 4:59.24 53.27	400m: 6:34.10 43.92		
12.	Tarapata Bartłomiej	07	Uks Kronos Strzelce Opolskie	6:47.55	141	
	50m: 42.27 42.27	150m: 2:24.83 52.04	250m: 4:11.88 53.87	350m: 5:57.62 52.79		
	100m: 1:32.79 50.52	200m: 3:18.01 53.18	300m: 5:04.83 52.95	400m: 6:47.55 49.93		
13.	Hbek Antoni	07	UKS Gwiazda Olesno	7:13.04	117	
	50m: 48.21 48.21	150m: 2:39.57 54.59	250m: 4:30.74 54.99	350m: 6:21.80 55.27		
	100m: 1:44.98 56.77	200m: 3:35.75 56.18	300m: 5:26.53 55.79	400m: 7:13.04 51.24		



Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu
Kędzierzyn-Koźle, 8. - 9.12.2018

Konkurencja 25, Mężczyźni, 400m dowolny

11 lat i młodsi

1. Skrzypiec Szymon	07	MMKS Kędzierzyn-Koźle	5:27.96	271
50m: 35.58 35.58	150m: 1:57.89 41.62	250m: 3:21.87 41.89	350m: 4:47.75 43.28	
100m: 1:16.27 40.69	200m: 2:39.98 42.09	300m: 4:04.47 42.60	400m: 5:27.96 40.21	
2. Tarapata Bartłomiej	07	Uks Kronos Strzelce Opolskie	6:47.55	141
50m: 42.27 42.27	150m: 2:24.83 52.04	250m: 4:11.88 53.87	350m: 5:57.62 52.79	
100m: 1:32.79 50.52	200m: 3:18.01 53.18	300m: 5:04.83 52.95	400m: 6:47.55 49.93	
3. Hębek Antoni	07	UKS Gwiazda Olesno	7:13.04	117
50m: 48.21 48.21	150m: 2:39.57 54.59	250m: 4:30.74 54.99	350m: 6:21.80 55.27	
100m: 1:44.98 56.77	200m: 3:35.75 56.18	300m: 5:26.53 55.79	400m: 7:13.04 51.24	

12 - 13 lat

1. Kania Kamil	05	MMKS Kędzierzyn-Koźle	4:41.90	426
50m: 31.54 31.54	150m: 1:41.06 35.13	250m: 2:53.00 36.36	350m: 4:06.11 36.57	
100m: 1:05.93 34.39	200m: 2:16.64 35.58	300m: 3:29.54 36.54	400m: 4:41.90 35.79	
2. Łaba Mateusz	05	MOS Opole	4:48.81	396
50m: 32.86 32.86	150m: 1:46.26 36.82	250m: 3:00.51 37.51	350m: 4:13.55 36.43	
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3. Badura Victor	05	DOKiS SP "Vega" Dobrodzie	5:05.32	335
50m: 34.82 34.82	150m: 1:50.65 38.05	250m: 3:09.01 39.74	350m: 4:27.42 39.54	
100m: 1:12.60 37.78	200m: 2:29.27 38.62	300m: 3:47.88 38.87	400m: 5:05.32 37.90	
4. Wąsik Marek	06	DOKiS SP "Vega" Dobrodzie	5:21.32	288
50m: 35.49 35.49	150m: 1:56.24 40.84	250m: 3:18.86 40.83	350m: 4:41.72 41.23	
100m: 1:15.40 39.91	200m: 2:38.03 41.79	300m: 4:00.49 41.63	400m: 5:21.32 39.60	
5. Niedwiecki Roch	06	KS Start Opole	6:34.10	156
50m: 41.63 41.63	150m: 2:25.09 53.07	250m: 4:05.97 50.58	350m: 5:50.18 50.94	
100m: 1:32.02 50.39	200m: 3:15.39 50.30	300m: 4:59.24 53.27	400m: 6:34.10 43.92	

14 - 15 lat

1. Baranek Jakub	04	MOS Opole	4:25.97	508
50m: 30.56 30.56	150m: 1:39.16 34.48	250m: 2:47.20 33.77	350m: 3:54.47 33.40	
100m: 1:04.68 34.12	200m: 2:13.43 34.27	300m: 3:21.07 33.87	400m: 4:25.97 31.50	
2. Szwiec Jakub	03	UKS 5 plus 1 Opole	4:28.63	493
50m: 30.67 30.67	150m: 1:39.34 34.53	250m: 2:48.21 33.92	350m: 3:56.01 33.86	
100m: 1:04.81 34.14	200m: 2:14.29 34.95	300m: 3:22.15 33.94	400m: 4:28.63 32.62	
3. Borkowski Arkadiusz	03	DOKiS SP "Vega" Dobrodzie	4:29.01	491
50m: 30.10 30.10	150m: 1:39.09 34.72	250m: 2:48.79 34.60	350m: 3:56.15 33.85	
100m: 1:04.37 34.27	200m: 2:14.19 35.10	300m: 3:22.30 33.51	400m: 4:29.01 32.86	
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50m: 32.38 32.38	150m: 1:44.99 37.18	250m: 2:59.86 37.00	350m: 4:13.51 37.12	
100m: 1:07.81 35.43	200m: 2:22.86 37.87	300m: 3:36.39 36.53	400m: 4:49.01 35.50	
5. Adamek Mikołaj	04	KS Start Opole	5:17.56	298
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100m: 1:17.04 40.68	200m: 2:38.41 40.67	300m: 3:58.68 40.64	400m: 5:17.56 38.08	