

Letnie Mistrzostwa Okręgu Opolskiego  
Opole, 7. - 8.6.2019

Konkurencja 12  
07.06.2019 - 16:00

Mężczyźni, 400m zmienny

11 lat i starsi  
Wyniki

Top Times "Poland"	4:12.28	Mateusz Matczak	00905	Belgrade (SRB)	11.07.2009
Top Times "Opolski Okręgowy Związek Pływaków"	4:30.95'	Maciej Stachura	00107	Ostrowiec Sw.	22.05.2009

Punkty: FINA 2018

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
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11 lat i starsi

1. Marcel Guzy	01	DOKiS SP Vega Dobrodzie	<b>4:50.03</b>	594	1:04.94	1:15.95	1:22.73	1:06.41
50m: 29.51	29.51	150m: 1:43.27	38.33	250m: 3:01.77	40.88	350m: 4:17.10	33.48	
100m: 1:04.94	35.43	200m: 2:20.89	37.62	300m: 3:43.62	41.85	400m: 4:50.03	32.93	
2. Jarema Stańczyk	02	MMKS K dzierzyn-Ko le	<b>5:08.65</b>	493	1:13.11	1:20.97	1:23.97	1:10.60
50m: 33.28	33.28	150m: 1:54.40	41.29	250m: 3:15.77	41.69	350m: 4:33.87	35.82	
100m: 1:13.11	39.83	200m: 2:34.08	39.68	300m: 3:58.05	42.28	400m: 5:08.65	34.78	
3. Marco Czaja	03	UKS MOS w Opolu	<b>5:12.97</b>	472	1:17.54	1:18.69	1:25.47	1:11.27
50m: 33.89	33.89	150m: 1:57.68	40.14	250m: 3:18.73	42.50	350m: 4:36.56	34.86	
100m: 1:17.54	43.65	200m: 2:36.23	38.55	300m: 4:01.70	42.97	400m: 5:12.97	36.41	
4. Kamil Gohla	05	MMKS K dzierzyn-Ko le	<b>5:20.42</b>	440	1:13.98	1:25.14	1:30.38	1:10.92
50m: 33.28	33.28	150m: 1:57.39	43.41	250m: 3:23.30	44.18	350m: 4:45.36	35.86	
100m: 1:13.98	40.70	200m: 2:39.12	41.73	300m: 4:09.50	46.20	400m: 5:20.42	35.06	
5. Wojciech Moryl	02	MMKS K dzierzyn-Ko le	<b>5:24.75</b>	423	1:10.17	1:25.07	1:39.44	1:10.07
50m: 32.15	32.15	150m: 1:53.25	43.08	250m: 3:24.97	49.73	350m: 4:50.76	36.08	
100m: 1:10.17	38.02	200m: 2:35.24	41.99	300m: 4:14.68	49.71	400m: 5:24.75	33.99	
6. Denis Wnuk	06	UKS Junior Kluczbork	<b>6:12.88</b>	279	1:34.06	1:34.77	1:44.45	1:19.60
50m: 42.85	42.85	150m: 2:22.31	48.25	250m: 4:00.38	51.55	350m: 5:35.19	41.91	
100m: 1:34.06	51.21	200m: 3:08.83	46.52	300m: 4:53.28	52.90	400m: 6:12.88	37.69	

12 - 13 lat

1. Denis Wnuk	06	UKS Junior Kluczbork	<b>6:12.88</b>	279	1:34.06	1:34.77	1:44.45	1:19.60
50m: 42.85	42.85	150m: 2:22.31	48.25	250m: 4:00.38	51.55	350m: 5:35.19	41.91	
100m: 1:34.06	51.21	200m: 3:08.83	46.52	300m: 4:53.28	52.90	400m: 6:12.88	37.69	

14 - 15 lat

1. Kamil Gohla	05	MMKS K dzierzyn-Ko le	<b>5:20.42</b>	440	1:13.98	1:25.14	1:30.38	1:10.92
50m: 33.28	33.28	150m: 1:57.39	43.41	250m: 3:23.30	44.18	350m: 4:45.36	35.86	
100m: 1:13.98	40.70	200m: 2:39.12	41.73	300m: 4:09.50	46.20	400m: 5:20.42	35.06	

16 - 18 lat

1. Marcel Guzy	01	DOKiS SP Vega Dobrodzie	<b>4:50.03</b>	594	1:04.94	1:15.95	1:22.73	1:06.41
50m: 29.51	29.51	150m: 1:43.27	38.33	250m: 3:01.77	40.88	350m: 4:17.10	33.48	
100m: 1:04.94	35.43	200m: 2:20.89	37.62	300m: 3:43.62	41.85	400m: 4:50.03	32.93	
2. Jarema Stańczyk	02	MMKS K dzierzyn-Ko le	<b>5:08.65</b>	493	1:13.11	1:20.97	1:23.97	1:10.60
50m: 33.28	33.28	150m: 1:54.40	41.29	250m: 3:15.77	41.69	350m: 4:33.87	35.82	
100m: 1:13.11	39.83	200m: 2:34.08	39.68	300m: 3:58.05	42.28	400m: 5:08.65	34.78	
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50m: 33.89	33.89	150m: 1:57.68	40.14	250m: 3:18.73	42.50	350m: 4:36.56	34.86	
100m: 1:17.54	43.65	200m: 2:36.23	38.55	300m: 4:01.70	42.97	400m: 5:12.97	36.41	
4. Wojciech Moryl	02	MMKS K dzierzyn-Ko le	<b>5:24.75</b>	423	1:10.17	1:25.07	1:39.44	1:10.07
50m: 32.15	32.15	150m: 1:53.25	43.08	250m: 3:24.97	49.73	350m: 4:50.76	36.08	
100m: 1:10.17	38.02	200m: 2:35.24	41.99	300m: 4:14.68	49.71	400m: 5:24.75	33.99	