

Letnie Mistrzostwa Okręgu Opolskiego  
Opole, 7. - 8.6.2019

Konkurencja 19  
08.06.2019

Mężczyzn, 400m dowolny

11 lat i starsi  
Wyniki

Top Times "Poland"	3:45.71	Przemysław Stanczyk	00116	Chiba (JPN)	21.08.2007
Top Times "Opolski Okręgowy Związek P4:11.09'		Maciej Kot	00307	Oświęcim	18.07.2009

Punkty: FINA 2018

Pozycja			Rok ur.						Czas	Pkt.
<b>11 lat i starsi</b>										
1.	Marcel Guzy		01	DOKiS SP Vega Dobrodzie					<b>4:22.53</b>	589
	50m: 29.57	29.57	150m: 1:35.70	33.23	250m: 2:42.09	33.17	350m: 3:49.17	33.56		
	100m: 1:02.47	32.90	200m: 2:08.92	33.22	300m: 3:15.61	33.52	400m: 4:22.53	33.36		
2.	Jakub Szyczykowski		03	UKS MOS w Opolu					<b>4:24.93</b>	573
	50m: 30.37	30.37	150m: 1:37.54	33.67	250m: 2:45.40	33.92	350m: 3:53.47	33.33		
	100m: 1:03.87	33.50	200m: 2:11.48	33.94	300m: 3:20.14	34.74	400m: 4:24.93	31.46		
3.	Cezary Górowski		04	UKS MOS w Opolu					<b>4:58.61</b>	400
	50m: 33.06	33.06	150m: 1:48.39	38.29	250m: 3:04.94	37.94	350m: 4:22.33	38.23		
	100m: 1:10.10	37.04	200m: 2:27.00	38.61	300m: 3:44.10	39.16	400m: 4:58.61	36.28		
4.	Marek Wsik		06	DOKiS SP Vega Dobrodzie					<b>5:13.87</b>	344
	50m: 34.96	34.96	150m: 1:55.39	40.49	250m: 3:15.34	40.24	350m: 4:35.36	39.77		
	100m: 1:14.90	39.94	200m: 2:35.10	39.71	300m: 3:55.59	40.25	400m: 5:13.87	38.51		
5.	Bartosz Janicki		05	UKS MOS w Opolu					<b>5:32.40</b>	290
	50m: 34.78	34.78	150m: 1:58.97	43.42	250m: 3:25.74	43.29	350m: 4:51.84	42.74		
	100m: 1:15.55	40.77	200m: 2:42.45	43.48	300m: 4:09.10	43.36	400m: 5:32.40	40.56		
6.	Denis Hyla		07	DOKiS SP Vega Dobrodzie					<b>6:02.15</b>	224
	50m: 37.16	37.16	150m: 2:09.44	48.10	250m: 3:44.90	47.60	350m: 5:18.64	45.87		
	100m: 1:21.34	44.18	200m: 2:57.30	47.86	300m: 4:32.77	47.87	400m: 6:02.15	43.51		
7.	Igor Korpacki		05	UKS MOS w Opolu					<b>6:44.18</b>	161
	50m: 40.03	40.03	150m: 2:25.55	53.38	250m: 4:10.92	52.54	350m: 5:55.57	52.79		
	100m: 1:32.17	52.14	200m: 3:18.38	52.83	300m: 5:02.78	51.86	400m: 6:44.18	48.61		
8.	Oskar Moszyk		08	MMKS K dzierzyn-Ko le					<b>6:49.23</b>	155
	50m: 45.53	45.53	150m: 2:30.27	53.56	250m: 4:18.44	55.14	350m: 6:03.98	52.10		
	100m: 1:36.71	51.18	200m: 3:23.30	53.03	300m: 5:11.88	53.44	400m: 6:49.23	45.25		
9.	Wojciech Stec		07	UKS MOS w Opolu					<b>6:56.52</b>	147
	50m: 43.26	43.26	150m: 2:29.46	53.34	250m: 4:18.41	55.41	350m: 6:06.66	52.57		
	100m: 1:36.12	52.86	200m: 3:23.00	53.54	300m: 5:14.09	55.68	400m: 6:56.52	49.86		
10.	Paweł Gniewek		08	UKS MOS w Opolu					<b>7:12.01</b>	132
	50m: 47.18	47.18	150m: 2:37.87	54.70	250m: 4:31.41	56.26	350m: 6:21.82	54.68		
	100m: 1:43.17	55.99	200m: 3:35.15	57.28	300m: 5:27.14	55.73	400m: 7:12.01	50.19		

11 lat

1.	Oskar Moszyk		08	MMKS K dzierzyn-Ko le					<b>6:49.23</b>	155
	50m: 45.53	45.53	150m: 2:30.27	53.56	250m: 4:18.44	55.14	350m: 6:03.98	52.10		
	100m: 1:36.71	51.18	200m: 3:23.30	53.03	300m: 5:11.88	53.44	400m: 6:49.23	45.25		
2.	Paweł Gniewek		08	UKS MOS w Opolu					<b>7:12.01</b>	132
	50m: 47.18	47.18	150m: 2:37.87	54.70	250m: 4:31.41	56.26	350m: 6:21.82	54.68		
	100m: 1:43.17	55.99	200m: 3:35.15	57.28	300m: 5:27.14	55.73	400m: 7:12.01	50.19		

12 - 13 lat

1.	Marek Wsik		06	DOKiS SP Vega Dobrodzie					<b>5:13.87</b>	344
	50m: 34.96	34.96	150m: 1:55.39	40.49	250m: 3:15.34	40.24	350m: 4:35.36	39.77		
	100m: 1:14.90	39.94	200m: 2:35.10	39.71	300m: 3:55.59	40.25	400m: 5:13.87	38.51		
2.	Denis Hyla		07	DOKiS SP Vega Dobrodzie					<b>6:02.15</b>	224
	50m: 37.16	37.16	150m: 2:09.44	48.10	250m: 3:44.90	47.60	350m: 5:18.64	45.87		
	100m: 1:21.34	44.18	200m: 2:57.30	47.86	300m: 4:32.77	47.87	400m: 6:02.15	43.51		

Letnie Mistrzostwa Okręgu Opolskiego  
Opole, 7. - 8.6.2019

Konkurencja 19, Chłopców, 400m dowolny, 12 - 13 lat

Pozycja	Rok ur.						Czas	Pkt.			
3. Wojciech Stec	07 UKS MOS w Opolu						<b>6:56.52</b>	147			
50m:	43.26	43.26	150m:	2:29.46	53.34	250m:	4:18.41	55.41	350m:	6:06.66	52.57
100m:	1:36.12	52.86	200m:	3:23.00	53.54	300m:	5:14.09	55.68	400m:	6:56.52	49.86

14 - 15 lat

1. Cezary Górowski	04 UKS MOS w Opolu						<b>4:58.61</b>	400			
50m:	33.06	33.06	150m:	1:48.39	38.29	250m:	3:04.94	37.94	350m:	4:22.33	38.23
100m:	1:10.10	37.04	200m:	2:27.00	38.61	300m:	3:44.10	39.16	400m:	4:58.61	36.28
2. Bartosz Janicki	05 UKS MOS w Opolu						<b>5:32.40</b>	290			
50m:	34.78	34.78	150m:	1:58.97	43.42	250m:	3:25.74	43.29	350m:	4:51.84	42.74
100m:	1:15.55	40.77	200m:	2:42.45	43.48	300m:	4:09.10	43.36	400m:	5:32.40	40.56
3. Igor Korpacki	05 UKS MOS w Opolu						<b>6:44.18</b>	161			
50m:	40.03	40.03	150m:	2:25.55	53.38	250m:	4:10.92	52.54	350m:	5:55.57	52.79
100m:	1:32.17	52.14	200m:	3:18.38	52.83	300m:	5:02.78	51.86	400m:	6:44.18	48.61

16 - 18 lat

1. Marcel Guzy	01 DOKiS SP Vega Dobrodzie						<b>4:22.53</b>	589			
50m:	29.57	29.57	150m:	1:35.70	33.23	250m:	2:42.09	33.17	350m:	3:49.17	33.56
100m:	1:02.47	32.90	200m:	2:08.92	33.22	300m:	3:15.61	33.52	400m:	4:22.53	33.36
2. Jakub Szymczykowski	03 UKS MOS w Opolu						<b>4:24.93</b>	573			
50m:	30.37	30.37	150m:	1:37.54	33.67	250m:	2:45.40	33.92	350m:	3:53.47	33.33
100m:	1:03.87	33.50	200m:	2:11.48	33.94	300m:	3:20.14	34.74	400m:	4:24.93	31.46