

Wojewódzki Sprawdzian Wszechstronno ci Stylowej i Wytrzymała ci
Opole, 12.10.2019

Event 16
12.10.2019 - 16:40

Men, 400m Medley

13 years and older
Results

Points: FINA 2018

Rank					YB					Time	Pts	
1.	Guzy Marcel				01	DOKiS SP Vega Dobrodzien				4:47.44	549	
	50m:	30.96	30.96	150m:	1:44.59	39.12	250m:	3:02.08	40.04	350m:	4:14.68	32.99
	100m:	1:05.47	34.51	200m:	2:22.04	37.45	300m:	3:41.69	39.61	400m:	4:47.44	32.76
2.	Podgorski Patryk				03	UKS MOS w Opolu				4:56.35	501	
	50m:	32.54	32.54	150m:	1:48.79	38.06	250m:	3:08.70	43.21	350m:	4:25.14	32.93
	100m:	1:10.73	38.19	200m:	2:25.49	36.70	300m:	3:52.21	43.51	400m:	4:56.35	31.21
3.	Czaja Marco				03	UKS MOS w Opolu				4:56.45	501	
	50m:	33.47	33.47	150m:	1:52.16	37.91	250m:	3:09.95	41.33	350m:	4:24.92	34.43
	100m:	1:14.25	40.78	200m:	2:28.62	36.46	300m:	3:50.49	40.54	400m:	4:56.45	31.53
4.	Szymczykowski Jakub				03	UKS MOS w Opolu				4:57.28	497	
	50m:	29.63	29.63	150m:	1:44.40	40.92	250m:	3:07.82	44.94	350m:	4:26.25	33.98
	100m:	1:03.48	33.85	200m:	2:22.88	38.48	300m:	3:52.27	44.45	400m:	4:57.28	31.03
5.	Filozof Adam				05	MKS Park Wodny Tarnowskie Gory				5:04.58	462	
	50m:	32.42	32.42	150m:	1:51.06	40.75	250m:	3:14.09	42.29	350m:	4:30.99	34.60
	100m:	1:10.31	37.89	200m:	2:31.80	40.74	300m:	3:56.39	42.30	400m:	5:04.58	33.59
6.	Baranek Jakub				04	UKS MOS w Opolu				5:07.83	447	
	50m:	31.50	31.50	150m:	1:52.11	41.82	250m:	3:16.38	44.98	350m:	4:36.44	34.68
	100m:	1:10.29	38.79	200m:	2:31.40	39.29	300m:	4:01.76	45.38	400m:	5:07.83	31.39
7.	Gohla Kamil				05	MMKS Kedzierzyn-Kozle				5:08.12	446	
	50m:	32.64	32.64	150m:	1:53.29	42.38	250m:	3:17.25	43.76	350m:	4:34.96	35.01
	100m:	1:10.91	38.27	200m:	2:33.49	40.20	300m:	3:59.95	42.70	400m:	5:08.12	33.16
8.	Szwiec Jakub				03	UKS MOS w Opolu				5:12.23	429	
	50m:	31.61	31.61	150m:	1:52.04	41.94	250m:	3:18.42	45.64	350m:	4:39.65	34.00
	100m:	1:10.10	38.49	200m:	2:32.78	40.74	300m:	4:05.65	47.23	400m:	5:12.23	32.58
9.	Zaba Mateusz				05	UKS MOS w Opolu				5:12.94	426	
	50m:	34.57	34.57	150m:	1:55.73	41.27	250m:	3:19.17	43.31	350m:	4:39.47	36.19
	100m:	1:14.46	39.89	200m:	2:35.86	40.13	300m:	4:03.28	44.11	400m:	5:12.94	33.47
10.	Topolnicki Maksymilian				06	MMKS Kedzierzyn-Kozle				5:26.52	375	
	50m:	34.43	34.43	150m:	1:59.09	43.09	250m:	3:25.30	43.97	350m:	4:50.23	38.74
	100m:	1:16.00	41.57	200m:	2:41.33	42.24	300m:	4:11.49	46.19	400m:	5:26.52	36.29
11.	Sosnowski Oliwier				05	UKS "5 plus 1" Opole				5:39.92	332	
	50m:	36.75	36.75	150m:	2:05.13	44.90	250m:	3:38.45	49.44	350m:	5:04.39	37.98
	100m:	1:20.23	43.48	200m:	2:49.01	43.88	300m:	4:26.41	47.96	400m:	5:39.92	35.53
12.	Wasik Marek				06	DOKiS SP Vega Dobrodzien				5:42.00	326	
	50m:	38.13	38.13	150m:	2:10.26	44.79	250m:	3:40.86	46.13	350m:	5:04.87	37.40
	100m:	1:25.47	47.34	200m:	2:54.73	44.47	300m:	4:27.47	46.61	400m:	5:42.00	37.13
13.	Buczakowski Szymon				05	ULKS „Wodny Swiat”				5:43.90	321	
	50m:	35.39	35.39	150m:	2:03.56	44.99	250m:	3:37.68	49.77	350m:	5:07.47	39.76
	100m:	1:18.57	43.18	200m:	2:47.91	44.35	300m:	4:27.71	50.03	400m:	5:43.90	36.43
14.	Machura Szymon				05	MKS Park Wodny Tarnowskie Gory				5:45.42	316	
	50m:	35.45	35.45	150m:	2:06.92	46.28	250m:	3:40.73	48.11	350m:	5:08.35	38.73
	100m:	1:20.64	45.19	200m:	2:52.62	45.70	300m:	4:29.62	48.89	400m:	5:45.42	37.07
15.	Adamek Mikołaj				04	UKS MOS w Opolu				5:49.01	307	
	50m:	38.55	38.55	150m:	2:07.87	44.63	250m:	3:44.09	53.41	350m:	5:13.93	37.77
	100m:	1:23.24	44.69	200m:	2:50.68	42.81	300m:	4:36.16	52.07	400m:	5:49.01	35.08
16.	Bartoszek Jan				05	MMKS Kedzierzyn-Kozle				5:49.94	304	
	50m:	33.87	33.87	150m:	2:02.13	46.70	250m:	3:37.34	49.71	350m:	5:09.31	41.61
	100m:	1:15.43	41.56	200m:	2:47.63	45.50	300m:	4:27.70	50.36	400m:	5:49.94	40.63
17.	Gorowski Cezary				04	UKS MOS w Opolu				5:52.20	298	
	50m:	36.15	36.15	150m:	2:07.58	45.67	250m:	3:45.22	54.04	350m:	5:16.28	36.19
	100m:	1:21.91	45.76	200m:	2:51.18	43.60	300m:	4:40.09	54.87	400m:	5:52.20	35.92

Wojewódzki Sprawdzian Wszechstronno ci Stylowej i Wytrzymało ci
Opole, 12.10.2019

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Rank					YB					Time	Pts	
18.	Janicki Bartosz				05	UKS MOS w Opolu				6:02.72	273	
	50m:	40.17	40.17	150m:	2:14.09	45.61	250m:	3:49.30	51.62	350m:	5:23.89	42.16
	100m:	1:28.48	48.31	200m:	2:57.68	43.59	300m:	4:41.73	52.43	400m:	6:02.72	38.83
19.	Kalla Maksymilian				06	UKS "5 plus 1" Opole				6:13.39	250	
	50m:	39.44	39.44	150m:	2:18.90	48.71	250m:	4:00.45	54.70	350m:	5:34.95	40.65
	100m:	1:30.19	50.75	200m:	3:05.75	46.85	300m:	4:54.30	53.85	400m:	6:13.39	38.44
20.	Wnuk Denis				06	UKS Junior Kluczbork				6:18.54	240	
	50m:	46.02	46.02	150m:	2:25.74	48.53	250m:	4:08.06	54.71	350m:	5:41.89	41.21
	100m:	1:37.21	51.19	200m:	3:13.35	47.61	300m:	5:00.68	52.62	400m:	6:18.54	36.65
21.	Niedzwiecki Roch				06	Start Opole				6:24.21	230	
	50m:	44.12	44.12	150m:	2:26.31	47.89	250m:	4:02.10	50.11	350m:	5:41.16	46.86
	100m:	1:38.42	54.30	200m:	3:11.99	45.68	300m:	4:54.30	52.20	400m:	6:24.21	43.05
22.	Kuterski Szymon				06	MMKS Kedzierzyn-Kozle				6:25.31	228	
	50m:	39.97	39.97	150m:	2:18.71	48.73	250m:	4:02.62	55.72	350m:	5:41.02	44.22
	100m:	1:29.98	50.01	200m:	3:06.90	48.19	300m:	4:56.80	54.18	400m:	6:25.31	44.29
23.	Wlodarczyk Alex				06	UKS MOS w Opolu				6:51.27	187	
	50m:	44.49	44.49	150m:	2:31.48	51.50	250m:	4:21.63	58.34	350m:	6:07.56	45.98
	100m:	1:39.98	55.49	200m:	3:23.29	51.81	300m:	5:21.58	59.95	400m:	6:51.27	43.71
24.	Korpacki Igor				05	UKS MOS w Opolu				7:28.35	144	
	50m:	49.74	49.74	150m:	2:47.39	56.68	250m:	4:48.11	1:02.75	350m:	6:41.47	49.09
	100m:	1:50.71	1:00.97	200m:	3:45.36	57.97	300m:	5:52.38	1:04.27	400m:	7:28.35	46.88
DSQ	Kania Kamil				05	MMKS Kedzierzyn-Kozle						
	<i>K 1 - Pływak wykonał kopni cie delfinowe po pierwszym kopni ciu do stylu klasycznego (pierwszy ruch po starcie lub nawrocie).</i>											
DSQ	Korpacki Michal				06	UKS MOS w Opolu						
	<i>K 15 - Pływak nie dotkn ł ciany dwiema dło mi przy nawrocie lub na zako czenie wy cigu.</i>											
DSQ	Rychter Oskar				06	MKS Park Wodny Tarnowskie Gory						
	<i>M 5 - Pływak nie przeniósł ramion do przodu nad lustrem wody.</i>											
DSQ	Grzybowski Jakub				06	MMKS Kedzierzyn-Kozle						
	<i>K 15 - Pływak nie dotkn ł ciany dwiema dło mi przy nawrocie lub na zako czenie wy cigu.</i>											