

Zimowe Mistrzostwa Okręgu Opolskiego  
Strzelce Opolskie, 17. - 18.1.2020

Konkurencja 30  
18.01.2020 - 15:25

Mężczyźni, 400m zmienny

12 lat i starsi  
Wyniki

Punkty: FINA 2018

Pozycja	Rok ur.	Club	50m	100m	150m	200m	250m	300m	350m	400m	Pkt.		
<b>12 lat</b>													
DYSKW.	Oskar Moszyk	08 MMKS K dzierzyn-Ko le											
<i>M 11 - Pływak dotknął cian nierównocześnie dwiema dłońmi przy nawrocie lub na zakończenie wyścigu.</i>													
<b>13 - 14 lat</b>													
1.	Maksymilian Topolnicki	06 MMKS K dzierzyn-Ko le	33.51	33.51	1:58.45	42.44	3:22.02	43.46	4:44.27	37.68	405		
	50m:		33.51	33.51	150m:	1:58.45	42.44	250m:	3:22.02	43.46	350m:	4:44.27	37.68
	100m:	1:16.01	42.50	200m:	2:38.56	40.11	300m:	4:06.59	44.57	400m:	5:18.06	33.79	
2.	Stanisław Szczygieł	07 Start Opole	39.93	39.93	2:18.68	46.96	3:57.07	53.89	5:34.52	44.87	246		
	50m:	39.93	39.93	150m:	2:18.68	46.96	250m:	3:57.07	53.89	350m:	5:34.52	44.87	
	100m:	1:31.72	51.79	200m:	3:03.18	44.50	300m:	4:49.65	52.58	400m:	6:15.75	41.23	
3.	Filip Maczyński	07 Start Opole	41.14	41.14	2:19.46	46.65	4:00.17	54.08	5:42.89	46.27	230		
	50m:	41.14	41.14	150m:	2:19.46	46.65	250m:	4:00.17	54.08	350m:	5:42.89	46.27	
	100m:	1:32.81	51.67	200m:	3:06.09	46.63	300m:	4:56.62	56.45	400m:	6:24.12	41.23	
<b>15 - 16 lat</b>													
1.	Kamil Gohla	05 MMKS K dzierzyn-Ko le	31.06	31.06	1:48.83	41.70	3:09.60	40.80	4:23.72	33.00	507		
	50m:	31.06	31.06	150m:	1:48.83	41.70	250m:	3:09.60	40.80	350m:	4:23.72	33.00	
	100m:	1:07.13	36.07	200m:	2:28.80	39.97	300m:	3:50.72	41.12	400m:	4:55.25	31.53	
2.	Maciej Leszczyński	05 MMKS K dzierzyn-Ko le	31.32	31.32	1:51.38	41.47	3:12.53	41.18	4:33.64	34.85	447		
	50m:	31.32	31.32	150m:	1:51.38	41.47	250m:	3:12.53	41.18	350m:	4:33.64	34.85	
	100m:	1:09.91	38.59	200m:	2:31.35	39.97	300m:	3:58.79	46.26	400m:	5:07.99	34.35	
3.	Mateusz Gaba	05 UKS MOS w Opolu	34.44	34.44	1:55.53	40.44	3:18.35	43.66	4:38.78	35.62	428		
	50m:	34.44	34.44	150m:	1:55.53	40.44	250m:	3:18.35	43.66	350m:	4:38.78	35.62	
	100m:	1:15.09	40.65	200m:	2:34.69	39.16	300m:	4:03.16	44.81	400m:	5:12.34	33.56	
4.	Marcin Wróczycki	04 MMKS K dzierzyn-Ko le	33.85	33.85	1:58.73	44.91	3:28.72	45.78	4:48.33		392		
	50m:	33.85	33.85	150m:	1:58.73	44.91	250m:	3:28.72	45.78	350m:	4:48.33		
	100m:	1:13.82	39.97	200m:	2:42.94	44.21	300m:			400m:	5:21.76	33.43	
<b>17 - 19 lat</b>													
1.	Marcel Guzy	01 DOKiS SP Vega Dobrodzie	29.90	29.90	1:42.12	37.72	2:56.68	38.75	4:07.06	32.41	607		
	50m:	29.90	29.90	150m:	1:42.12	37.72	250m:	2:56.68	38.75	350m:	4:07.06	32.41	
	100m:	1:04.40	34.50	200m:	2:17.93	35.81	300m:	3:34.65	37.97	400m:	4:38.13	31.07	
2.	Patryk Podgórski	03 UKS MOS w Opolu	32.55	32.55	1:46.08	36.20	3:05.76	43.30	4:22.17	32.62	515		
	50m:	32.55	32.55	150m:	1:46.08	36.20	250m:	3:05.76	43.30	350m:	4:22.17	32.62	
	100m:	1:09.88	37.33	200m:	2:22.46	36.38	300m:	3:49.55	43.79	400m:	4:53.78	31.61	
<b>12 lat i starsi</b>													
1.	Marcel Guzy	01 DOKiS SP Vega Dobrodzie	29.90	29.90	1:42.12	37.72	2:56.68	38.75	4:07.06	32.41	607		
	50m:	29.90	29.90	150m:	1:42.12	37.72	250m:	2:56.68	38.75	350m:	4:07.06	32.41	
	100m:	1:04.40	34.50	200m:	2:17.93	35.81	300m:	3:34.65	37.97	400m:	4:38.13	31.07	
2.	Patryk Podgórski	03 UKS MOS w Opolu	32.55	32.55	1:46.08	36.20	3:05.76	43.30	4:22.17	32.62	515		
	50m:	32.55	32.55	150m:	1:46.08	36.20	250m:	3:05.76	43.30	350m:	4:22.17	32.62	
	100m:	1:09.88	37.33	200m:	2:22.46	36.38	300m:	3:49.55	43.79	400m:	4:53.78	31.61	
3.	Kamil Gohla	05 MMKS K dzierzyn-Ko le	31.06	31.06	1:48.83	41.70	3:09.60	40.80	4:23.72	33.00	507		
	50m:	31.06	31.06	150m:	1:48.83	41.70	250m:	3:09.60	40.80	350m:	4:23.72	33.00	
	100m:	1:07.13	36.07	200m:	2:28.80	39.97	300m:	3:50.72	41.12	400m:	4:55.25	31.53	
4.	Maciej Leszczyński	05 MMKS K dzierzyn-Ko le	31.32	31.32	1:51.38	41.47	3:12.53	41.18	4:33.64	34.85	447		
	50m:	31.32	31.32	150m:	1:51.38	41.47	250m:	3:12.53	41.18	350m:	4:33.64	34.85	
	100m:	1:09.91	38.59	200m:	2:31.35	39.97	300m:	3:58.79	46.26	400m:	5:07.99	34.35	

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Konkurencja 30, M czynn, 400m zmienny, 12 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.			
5.	Mateusz	aba	05	UKS MOS w Opolu				<b>5:12.34</b>	428			
	50m:	34.44	34.44	150m:	1:55.53	40.44	250m:	3:18.35	43.66	350m:	4:38.78	35.62
	100m:	1:15.09	40.65	200m:	2:34.69	39.16	300m:	4:03.16	44.81	400m:	5:12.34	33.56
6.	Maksymilian	Topolnicki	06	MMKS K dzierzyn-Ko le				<b>5:18.06</b>	405			
	50m:	33.51	33.51	150m:	1:58.45	42.44	250m:	3:22.02	43.46	350m:	4:44.27	37.68
	100m:	1:16.01	42.50	200m:	2:38.56	40.11	300m:	4:06.59	44.57	400m:	5:18.06	33.79
7.	Marcin	Wr czycki	04	MMKS K dzierzyn-Ko le				<b>5:21.76</b>	392			
	50m:	33.85	33.85	150m:	1:58.73	44.91	250m:	3:28.72	45.78	350m:	4:48.33	
	100m:	1:13.82	39.97	200m:	2:42.94	44.21	300m:			400m:	5:21.76	33.43
8.	Stanisław	Szczygieł	07	Start Opole				<b>6:15.75</b>	246			
	50m:	39.93	39.93	150m:	2:18.68	46.96	250m:	3:57.07	53.89	350m:	5:34.52	44.87
	100m:	1:31.72	51.79	200m:	3:03.18	44.50	300m:	4:49.65	52.58	400m:	6:15.75	41.23
9.	Filip	Ma czy ski	07	Start Opole				<b>6:24.12</b>	230			
	50m:	41.14	41.14	150m:	2:19.46	46.65	250m:	4:00.17	54.08	350m:	5:42.89	46.27
	100m:	1:32.81	51.67	200m:	3:06.09	46.63	300m:	4:56.62	56.45	400m:	6:24.12	41.23
DYSKW.	Oskar	Moszyk	08	MMKS K dzierzyn-Ko le								
	<i>M 11 - Pływak dotkn ł cian nierównocze nie dwiema dło mi przy nawrocie lub na zako czenie wy cigu.</i>											