

Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu
Opole, 28. - 29.11.2020

Konkurencja 25
28.11.2020 - 17:50

Mężczyźni, 400m dowolny

Open
Wyniki

Punkty: FINA 2020

Pozycja					Rok ur.					Czas	Pkt.	
Open												
1.	Mikołaj Popiel				06	Sekcja Pływacka Meduza Pajęczno				4:05.95	642	
	50m:	27.65	27.65	150m:	1:28.61	30.83	250m:	2:31.19	31.39	350m:	3:34.84	31.56
	100m:	57.78	30.13	200m:	1:59.80	31.19	300m:	3:03.28	32.09	400m:	4:05.95	31.11
2.	Jakub Piechowski				05	UKS Junior Kluczbork				4:23.16	524	
	50m:	28.71	28.71	150m:	1:34.32	33.32	250m:	2:42.59	34.26	350m:	3:51.34	34.11
	100m:	1:01.00	32.29	200m:	2:08.33	34.01	300m:	3:17.23	34.64	400m:	4:23.16	31.82
3.	Jakub Szwiec				03	UKS MOS w Opolu				4:25.19	512	
	50m:	29.80	29.80	150m:	1:36.94	34.00	250m:	2:44.79	33.90	350m:	3:52.90	34.09
	100m:	1:02.94	33.14	200m:	2:10.89	33.95	300m:	3:18.81	34.02	400m:	4:25.19	32.29
4.	Paweł Proszowski				07	MKS Park Wodny Tarnowskie Góry				4:25.82	509	
	50m:	30.01	30.01	150m:	1:37.03	33.76	250m:	2:44.55	33.76	350m:	3:52.56	33.81
	100m:	1:03.27	33.26	200m:	2:10.79	33.76	300m:	3:18.75	34.20	400m:	4:25.82	33.26
5.	Mateusz Pawlica				05	MKS Park Wodny Tarnowskie Góry				4:27.73	498	
	50m:	29.35	29.35	150m:	1:37.03	34.19	250m:	2:45.25	34.11	350m:	3:54.36	34.54
	100m:	1:02.84	33.49	200m:	2:11.14	34.11	300m:	3:19.82	34.57	400m:	4:27.73	33.37
6.	Cezary Górowski				04	UKS MOS w Opolu				4:31.53	477	
	50m:	31.00	31.00	150m:	1:39.42	34.56	250m:	2:49.51	34.98	350m:	3:58.68	34.33
	100m:	1:04.86	33.86	200m:	2:14.53	35.11	300m:	3:24.35	34.84	400m:	4:31.53	32.85
7.	Marek Wsik				06	DOKIS SP Vega Dobrodzie				4:41.92	426	
	50m:	31.06	31.06	150m:	1:42.22	36.00	250m:	2:54.46	36.04	350m:	4:06.83	36.52
	100m:	1:06.22	35.16	200m:	2:18.42	36.20	300m:	3:30.31	35.85	400m:	4:41.92	35.09
8.	Artur Munsch				08	MKS Park Wodny Tarnowskie Góry				4:44.46	415	
	50m:	32.37	32.37	150m:	1:45.63	37.07	250m:	2:57.91	35.45	350m:	4:11.38	37.06
	100m:	1:08.56	36.19	200m:	2:22.46	36.83	300m:	3:34.32	36.41	400m:	4:44.46	33.08
9.	Maciej Boryczka				07	MKS Park Wodny Tarnowskie Góry				4:48.61	397	
	50m:	32.58	32.58	150m:	1:46.71	37.10	250m:	3:00.46	37.06	350m:	4:12.54	36.17
	100m:	1:09.61	37.03	200m:	2:23.40	36.69	300m:	3:36.37	35.91	400m:	4:48.61	36.07
10.	Patryk Borysewicz				07	DELFIN Krapkowice				4:50.13	391	
	50m:	31.47	31.47	150m:	1:45.43	37.41	250m:	2:59.59	36.62	350m:	4:14.59	37.64
	100m:	1:08.02	36.55	200m:	2:22.97	37.54	300m:	3:36.95	37.36	400m:	4:50.13	35.54
11.	Kacper Wieczorek				07	MKS Park Wodny Tarnowskie Góry				5:02.47	345	
	50m:	34.65	34.65	150m:	1:51.24	38.86	250m:	3:08.25	38.42	350m:	4:24.50	38.30
	100m:	1:12.38	37.73	200m:	2:29.83	38.59	300m:	3:46.20	37.95	400m:	5:02.47	37.97
12.	Kacper Kleszczyński				07	Sekcja Pływacka Meduza Pajęczno				5:02.71	344	
	50m:	32.32	32.32	150m:	1:46.53	37.61	250m:	3:04.30	39.39	350m:	4:24.72	39.91
	100m:	1:08.92	36.60	200m:	2:24.91	38.38	300m:	3:44.81	40.51	400m:	5:02.71	37.99
13.	Stanisław Szczygieł				07	UKS MOS w Opolu				5:05.09	336	
	50m:	33.69	33.69	150m:	1:51.89	39.58	250m:	3:10.60	39.43	350m:	4:28.15	38.75
	100m:	1:12.31	38.62	200m:	2:31.17	39.28	300m:	3:49.40	38.80	400m:	5:05.09	36.94
14.	Marcel Borkowski				07	KS Neptun Widnica				5:09.63	322	
	50m:	32.11	32.11	150m:	1:48.29	39.24	250m:	3:08.67	40.04	350m:	4:30.45	40.97
	100m:	1:09.05	36.94	200m:	2:28.63	40.34	300m:	3:49.48	40.81	400m:	5:09.63	39.18

Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu
Opole, 28. - 29.11.2020

Konkurencja 25, Mężczyźni, 400m dowolny, Open

Pozycja			Rok ur.							Czas	Pkt.	
15.	Denis Hyla		07	DOKiS SP Vega Dobrodzie						5:20.01	291	
	50m:	33.93	33.93	150m:	1:56.82	42.18	250m:	3:18.31	40.57	350m:	4:40.70	41.41
	100m:	1:14.64	40.71	200m:	2:37.74	40.92	300m:	3:59.29	40.98	400m:	5:20.01	39.31
16.	Jakub Rybak		08	MKS Park Wodny Tarnowskie Góry						5:24.52	279	
	50m:	36.90	36.90	150m:	1:59.92	42.16	250m:	3:23.66	41.84	350m:	4:45.82	40.88
	100m:	1:17.76	40.86	200m:	2:41.82	41.90	300m:	4:04.94	41.28	400m:	5:24.52	38.70
17.	Dominik wirko		09	DELFIN Krapkowice						5:26.10	275	
	50m:	35.79	35.79	150m:	2:00.87	43.25	250m:	3:25.54	42.08	350m:	4:48.30	40.64
	100m:	1:17.62	41.83	200m:	2:43.46	42.59	300m:	4:07.66	42.12	400m:	5:26.10	37.80
18.	Filip Gola		08	MKS Park Wodny Tarnowskie Góry						5:33.55	257	
	50m:	38.50	38.50	150m:	2:02.28	41.81	250m:	3:27.97	42.66	350m:	4:53.59	43.28
	100m:	1:20.47	41.97	200m:	2:45.31	43.03	300m:	4:10.31	42.34	400m:	5:33.55	39.96
19.	Oskar Moszyk		08	MMKS K dzierzyn-Ko le						5:37.24	249	
	50m:	36.90	36.90	150m:	2:02.21	42.93	250m:	3:29.24	43.70	350m:	4:56.11	42.84
	100m:	1:19.28	42.38	200m:	2:45.54	43.33	300m:	4:13.27	44.03	400m:	5:37.24	41.13
20.	Dawid Bylak		08	DOKiS SP Vega Dobrodzie						5:40.46	242	
	50m:	37.48	37.48	150m:	2:06.08	44.64	250m:	3:33.89	43.37	350m:	4:59.72	43.30
	100m:	1:21.44	43.96	200m:	2:50.52	44.44	300m:	4:16.42	42.53	400m:	5:40.46	40.74
21.	Wiktor Ry		07	MKS Park Wodny Tarnowskie Góry						6:14.06	182	
	50m:	42.95	42.95	150m:	2:18.37	47.39	250m:	3:52.76	47.04	350m:	5:27.78	47.07
	100m:	1:30.98	48.03	200m:	3:05.72	47.35	300m:	4:40.71	47.95	400m:	6:14.06	46.28

11 lat

1.	Dominik wirko		09	DELFIN Krapkowice						5:26.10	275	
	50m:	35.79	35.79	150m:	2:00.87	43.25	250m:	3:25.54	42.08	350m:	4:48.30	40.64
	100m:	1:17.62	41.83	200m:	2:43.46	42.59	300m:	4:07.66	42.12	400m:	5:26.10	37.80

12 - 13 lat

1.	Paweł Proszowski		07	MKS Park Wodny Tarnowskie Góry						4:25.82	509	
	50m:	30.01	30.01	150m:	1:37.03	33.76	250m:	2:44.55	33.76	350m:	3:52.56	33.81
	100m:	1:03.27	33.26	200m:	2:10.79	33.76	300m:	3:18.75	34.20	400m:	4:25.82	33.26
2.	Artur Munsch		08	MKS Park Wodny Tarnowskie Góry						4:44.46	415	
	50m:	32.37	32.37	150m:	1:45.63	37.07	250m:	2:57.91	35.45	350m:	4:11.38	37.06
	100m:	1:08.56	36.19	200m:	2:22.46	36.83	300m:	3:34.32	36.41	400m:	4:44.46	33.08
3.	Maciej Boryczka		07	MKS Park Wodny Tarnowskie Góry						4:48.61	397	
	50m:	32.58	32.58	150m:	1:46.71	37.10	250m:	3:00.46	37.06	350m:	4:12.54	36.17
	100m:	1:09.61	37.03	200m:	2:23.40	36.69	300m:	3:36.37	35.91	400m:	4:48.61	36.07
4.	Patryk Borysewicz		07	DELFIN Krapkowice						4:50.13	391	
	50m:	31.47	31.47	150m:	1:45.43	37.41	250m:	2:59.59	36.62	350m:	4:14.59	37.64
	100m:	1:08.02	36.55	200m:	2:22.97	37.54	300m:	3:36.95	37.36	400m:	4:50.13	35.54
5.	Kacper Wieczorek		07	MKS Park Wodny Tarnowskie Góry						5:02.47	345	
	50m:	34.65	34.65	150m:	1:51.24	38.86	250m:	3:08.25	38.42	350m:	4:24.50	38.30
	100m:	1:12.38	37.73	200m:	2:29.83	38.59	300m:	3:46.20	37.95	400m:	5:02.47	37.97
6.	Kacper Kleszczy ski		07	Sekcja Pływacka Meduza Paj czno						5:02.71	344	
	50m:	32.32	32.32	150m:	1:46.53	37.61	250m:	3:04.30	39.39	350m:	4:24.72	39.91
	100m:	1:08.92	36.60	200m:	2:24.91	38.38	300m:	3:44.81	40.51	400m:	5:02.71	37.99

Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu
Opole, 28. - 29.11.2020

Konkurencja 25, Chłopców, 400m dowolny, 12 - 13 lat

Pozycja				Rok ur.					Czas	Pkt.		
7.	Stanisław Szczygieł			07	UKS MOS w Opolu				5:05.09	336		
	50m:	33.69	33.69	150m:	1:51.89	39.58	250m:	3:10.60	39.43	350m:	4:28.15	38.75
	100m:	1:12.31	38.62	200m:	2:31.17	39.28	300m:	3:49.40	38.80	400m:	5:05.09	36.94
8.	Marcel Borkowski			07	KS Neptun widnica				5:09.63	322		
	50m:	32.11	32.11	150m:	1:48.29	39.24	250m:	3:08.67	40.04	350m:	4:30.45	40.97
	100m:	1:09.05	36.94	200m:	2:28.63	40.34	300m:	3:49.48	40.81	400m:	5:09.63	39.18
9.	Denis Hyla			07	DOKiS SP Vega Dobrodzie				5:20.01	291		
	50m:	33.93	33.93	150m:	1:56.82	42.18	250m:	3:18.31	40.57	350m:	4:40.70	41.41
	100m:	1:14.64	40.71	200m:	2:37.74	40.92	300m:	3:59.29	40.98	400m:	5:20.01	39.31
10.	Jakub Rybak			08	MKS Park Wodny Tarnowskie Góry				5:24.52	279		
	50m:	36.90	36.90	150m:	1:59.92	42.16	250m:	3:23.66	41.84	350m:	4:45.82	40.88
	100m:	1:17.76	40.86	200m:	2:41.82	41.90	300m:	4:04.94	41.28	400m:	5:24.52	38.70
11.	Filip Gola			08	MKS Park Wodny Tarnowskie Góry				5:33.55	257		
	50m:	38.50	38.50	150m:	2:02.28	41.81	250m:	3:27.97	42.66	350m:	4:53.59	43.28
	100m:	1:20.47	41.97	200m:	2:45.31	43.03	300m:	4:10.31	42.34	400m:	5:33.55	39.96
12.	Oskar Moszyk			08	MMKS K dzierzyn-Ko le				5:37.24	249		
	50m:	36.90	36.90	150m:	2:02.21	42.93	250m:	3:29.24	43.70	350m:	4:56.11	42.84
	100m:	1:19.28	42.38	200m:	2:45.54	43.33	300m:	4:13.27	44.03	400m:	5:37.24	41.13
13.	Dawid Bylak			08	DOKiS SP Vega Dobrodzie				5:40.46	242		
	50m:	37.48	37.48	150m:	2:06.08	44.64	250m:	3:33.89	43.37	350m:	4:59.72	43.30
	100m:	1:21.44	43.96	200m:	2:50.52	44.44	300m:	4:16.42	42.53	400m:	5:40.46	40.74
14.	Wiktor Ry			07	MKS Park Wodny Tarnowskie Góry				6:14.06	182		
	50m:	42.95	42.95	150m:	2:18.37	47.39	250m:	3:52.76	47.04	350m:	5:27.78	47.07
	100m:	1:30.98	48.03	200m:	3:05.72	47.35	300m:	4:40.71	47.95	400m:	6:14.06	46.28

14 - 15 lat

1.	Mikołaj Popiel			06	Sekcja Pływacka Meduza Paj czno				4:05.95	642		
	50m:	27.65	27.65	150m:	1:28.61	30.83	250m:	2:31.19	31.39	350m:	3:34.84	31.56
	100m:	57.78	30.13	200m:	1:59.80	31.19	300m:	3:03.28	32.09	400m:	4:05.95	31.11
2.	Jakub Piechowski			05	UKS Junior Kluczbork				4:23.16	524		
	50m:	28.71	28.71	150m:	1:34.32	33.32	250m:	2:42.59	34.26	350m:	3:51.34	34.11
	100m:	1:01.00	32.29	200m:	2:08.33	34.01	300m:	3:17.23	34.64	400m:	4:23.16	31.82
3.	Mateusz Pawlica			05	MKS Park Wodny Tarnowskie Góry				4:27.73	498		
	50m:	29.35	29.35	150m:	1:37.03	34.19	250m:	2:45.25	34.11	350m:	3:54.36	34.54
	100m:	1:02.84	33.49	200m:	2:11.14	34.11	300m:	3:19.82	34.57	400m:	4:27.73	33.37
4.	Marek W sik			06	DOKiS SP Vega Dobrodzie				4:41.92	426		
	50m:	31.06	31.06	150m:	1:42.22	36.00	250m:	2:54.46	36.04	350m:	4:06.83	36.52
	100m:	1:06.22	35.16	200m:	2:18.42	36.20	300m:	3:30.31	35.85	400m:	4:41.92	35.09

16 - 17 lat

1.	Jakub Szwiec			03	UKS MOS w Opolu				4:25.19	512		
	50m:	29.80	29.80	150m:	1:36.94	34.00	250m:	2:44.79	33.90	350m:	3:52.90	34.09
	100m:	1:02.94	33.14	200m:	2:10.89	33.95	300m:	3:18.81	34.02	400m:	4:25.19	32.29
2.	Cezary Górowski			04	UKS MOS w Opolu				4:31.53	477		
	50m:	31.00	31.00	150m:	1:39.42	34.56	250m:	2:49.51	34.98	350m:	3:58.68	34.33
	100m:	1:04.86	33.86	200m:	2:14.53	35.11	300m:	3:24.35	34.84	400m:	4:31.53	32.85