

Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu Opole, 6. - 7.11.2021

Konkurencja 20	Mężczyzn, 400m dowolny				Open
06.11.2021 - 16:50					Wyniki
Rekord Opolszczyzny Open	4:00.38	Kempa Mikołaj	00207	Gorzów Wlkp	11.03.2017
Rekord Opolszczyzny 19 +	4:12.14	Kempa Mikołaj	00207	Bochnia	03.02.2018
Rekord Opolszczyzny 18	4:00.38	Kempa Mikołaj	00207	Gorzów Wlkp	11.03.2017
Rekord Opolszczyzny 17	4:01.18	Kempa Mikołaj	00207	Olsztyn	15.12.2016
Rekord Opolszczyzny 16	4:04.64	Kempa Mikołaj	00207	Lublin	17.12.2015
Rekord Opolszczyzny 15	4:02.18	Roman Mateusz	00107	Strzelce Opolskie	20.11.2015
Rekord Opolszczyzny 14	4:16.35	Kempa Mikołaj	00207	Kedzierzyn-Kozle	29.11.2013
Rekord Opolszczyzny 13	4:29.14	Kempa Mikołaj	00207	Oswiecim	22.12.2012
Rekord Opolszczyzny 12	4:41.06	Nowak Radosław	00407	Kedzierzyn	19.12.2009
Rekord Opolszczyzny - 11	5:11.53	Maystrenko Michał	00107	Opole	23.06.2014

Punkty: FINA 2021

Pozycja	Rok ur.				Czas	Pkt.
Open						
1. Jackowski Tomasz	02	KS Neptun widnica			4:05.23	648
50m: 27.30 27.30	150m: 1:28.19 30.82	250m: 2:30.01 30.48	350m: 3:34.28 32.37	400m: 4:05.23 30.95		
100m: 57.37 30.07	200m: 1:59.53 31.34	300m: 3:01.91 31.90				
2. Szymczykowski Jakub	03	UKS MOS w Opolu			4:10.83	605
50m: 29.38 29.38	150m: 1:33.57 32.50	250m: 2:38.80 32.13	350m: 3:41.04 30.70	400m: 4:10.83 29.79		
100m: 1:01.07 31.69	200m: 2:06.67 33.10	300m: 3:10.34 31.54				
3. Piechowski Jakub	05	UKS Junior Kluczbork			4:12.19	596
50m: 28.39 28.39	150m: 1:31.96 32.25	250m: 2:36.36 32.20	350m: 3:41.21 32.18	400m: 4:12.19 30.98		
100m: 59.71 31.32	200m: 2:04.16 32.20	300m: 3:09.03 32.67				
4. Baranek Jakub	04	UKS MOS w Opolu			4:22.76	527
50m: 29.17 29.17	150m: 1:35.27 33.52	250m: 2:42.32 33.55	350m: 3:50.47 33.90	400m: 4:22.76 32.29		
100m: 1:01.75 32.58	200m: 2:08.77 33.50	300m: 3:16.57 34.25				
5. Męćner Jakub	05	PTS "JANOSIK" Bielsko-Biała			4:24.56	516
50m: 28.59 28.59	150m: 1:33.98 33.29	250m: 2:42.77 34.52	350m: 3:51.73 34.43	400m: 4:24.56 32.83		
100m: 1:00.69 32.10	200m: 2:08.25 34.27	300m: 3:17.30 34.53				
6. Konopko Mateusz	07	LKS Jedno 32 Przyszowice			4:28.63	493
50m: 30.37 30.37	150m: 1:38.77 34.30	250m: 2:47.70 34.43	350m: 3:56.08 33.89	400m: 4:28.63 32.55		
100m: 1:04.47 34.10	200m: 2:13.27 34.50	300m: 3:22.19 34.49				
7. Wiśnik Marek	06	DOKiS SP Vega Dobrodzie			4:33.42	467
50m: 30.50 30.50	150m: 1:38.99 34.80	250m: 2:48.83 35.09	350m: 3:59.40 35.31	400m: 4:33.42 34.02		
100m: 1:04.19 33.69	200m: 2:13.74 34.75	300m: 3:24.09 35.26				
8. Borkowski Marcel	07	KS Neptun widnica			4:34.41	462
50m: 30.05 30.05	150m: 1:37.92 34.37	250m: 2:48.76 35.38	350m: 4:00.18 35.98	400m: 4:34.41 34.23		
100m: 1:03.55 33.50	200m: 2:13.38 35.46	300m: 3:24.20 35.44				
9. Górowski Cezary	04	UKS MOS w Opolu			4:37.90	445
50m: 30.49 30.49	150m: 1:39.67 34.49	250m: 2:50.55 35.93	350m: 4:01.60 35.82	400m: 4:37.90 36.30		
100m: 1:05.18 34.69	200m: 2:14.62 34.95	300m: 3:25.78 35.23				
10. Tarapata Bartłomiej	07	Start Opole			4:42.82	422
50m: 31.44 31.44	150m: 1:41.31 35.63	250m: 2:54.42 36.72	350m: 4:07.82 36.76	400m: 4:42.82 35.00		
100m: 1:05.68 34.24	200m: 2:17.70 36.39	300m: 3:31.06 36.64				
11. Rogoża Piotr	08	LKS Jedno 32 Przyszowice			4:46.34	407
50m: 32.69 32.69	150m: 1:44.94 35.52	250m: 2:58.11 36.35	350m: 4:10.81 36.44	400m: 4:46.34 35.53		
100m: 1:09.42 36.73	200m: 2:21.76 36.82	300m: 3:34.37 36.26				
12. Sobel Michał	09	LKS Jedno 32 Przyszowice			4:49.51	394
50m: 33.20 33.20	150m: 1:46.63 37.10	250m: 3:00.94 37.39	350m: 4:14.56 36.35	400m: 4:49.51 34.95		
100m: 1:09.53 36.33	200m: 2:23.55 36.92	300m: 3:38.21 37.27				

Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu Opole, 6. - 7.11.2021

Konkurencja 20, M czołowy, 400m dowolny, Open

Pozycja					Rok ur.					Czas	Pkt.	
13.	wirko Dominik				09	UKS DELFIN Krapkowice				4:49.54	393	
	50m:	31.82	31.82	150m:	1:45.36	36.95	250m:	2:59.40	37.15	350m:	4:14.12	37.19
	100m:	1:08.41	36.59	200m:	2:22.25	36.89	300m:	3:36.93	37.53	400m:	4:49.54	35.42
14.	Hyla Denis				07	DOKiS SP Vega Dobrodzie				4:50.96	388	
	50m:	30.73	30.73	150m:	1:43.35	36.98	250m:	2:58.51	37.38	350m:	4:15.50	38.87
	100m:	1:06.37	35.64	200m:	2:21.13	37.78	300m:	3:36.63	38.12	400m:	4:50.96	35.46
15.	Wróblewski Paweł				08	LKS Jedno 32 Przyszowice				4:59.06	357	
	50m:	34.19	34.19	150m:	1:48.33	37.60	250m:	3:05.05	38.54	350m:	4:22.15	38.23
	100m:	1:10.73	36.54	200m:	2:26.51	38.18	300m:	3:43.92	38.87	400m:	4:59.06	36.91
16.	Polakowski Bartłomiej				05	PTS "JANOSIK" Bielsko-Biała				5:02.50	345	
	50m:	32.80	32.80	150m:	1:47.64	38.20	250m:	3:07.46	39.86	350m:	4:25.24	38.54
	100m:	1:09.44	36.64	200m:	2:27.60	39.96	300m:	3:46.70	39.24	400m:	5:02.50	37.26
17.	Wiszniewski Tymoteusz				10	LKS Jedno 32 Przyszowice				5:04.56	338	
	50m:	33.99	33.99	150m:	1:50.63	38.24	250m:	3:08.74	39.29	350m:	4:27.13	39.18
	100m:	1:12.39	38.40	200m:	2:29.45	38.82	300m:	3:47.95	39.21	400m:	5:04.56	37.43
18.	Gohla Amadeus				09	MMKS K dzierzyn-Ko le				5:05.89	334	
	50m:	33.83	33.83	150m:	1:50.36	38.67	250m:	3:09.08	39.64	350m:	4:27.71	39.10
	100m:	1:11.69	37.86	200m:	2:29.44	39.08	300m:	3:48.61	39.53	400m:	5:05.89	38.18
19.	Wereszczy ski Igor				10	WKS I sk				5:13.39	310	
	50m:	34.94	34.94	150m:	1:54.71	40.53	250m:	3:15.65	40.72	350m:	4:35.27	39.10
	100m:	1:14.18	39.24	200m:	2:34.93	40.22	300m:	3:56.17	40.52	400m:	5:13.39	38.12
20.	Jendrusch Fabian				07	UKS DELFIN Krapkowice				5:14.01	308	
	50m:	36.34	36.34	150m:	1:57.74	41.02	250m:	3:18.67	40.16	350m:	4:38.08	39.00
	100m:	1:16.72	40.38	200m:	2:38.51	40.77	300m:	3:59.08	40.41	400m:	5:14.01	35.93
21.	Moszyk Oskar				08	MMKS K dzierzyn-Ko le				5:14.26	308	
	50m:	34.25	34.25	150m:	1:51.59	39.26	250m:	3:12.90	40.88	350m:	4:34.84	41.10
	100m:	1:12.33	38.08	200m:	2:32.02	40.43	300m:	3:53.74	40.84	400m:	5:14.26	39.42
22.	Cicho Patryk				09	KS Neptun widnica				5:16.28	302	
	50m:	34.78	34.78	150m:	1:54.23	40.19	250m:	3:14.68	40.69	350m:	4:36.45	41.34
	100m:	1:14.04	39.26	200m:	2:33.99	39.76	300m:	3:55.11	40.43	400m:	5:16.28	39.83
23.	Bylak Dawid				08	DOKiS SP Vega Dobrodzie				5:16.53	301	
	50m:	33.82	33.82	150m:	1:54.09	40.05	250m:	3:15.69	40.35	350m:	4:38.36	41.16
	100m:	1:14.04	40.22	200m:	2:35.34	41.25	300m:	3:57.20	41.51	400m:	5:16.53	38.17
24.	Dudys Dominik				02	AZS AWF Katowice				5:19.29	293	
	50m:	23.86	23.86	150m:	1:46.82	56.63	250m:	3:17.53	44.84	350m:	4:41.50	39.91
	100m:	50.19	26.33	200m:	2:32.69	45.87	300m:	4:01.59	44.06	400m:	5:19.29	37.79
25.	D bicki Marcel				10	WKS I sk				5:20.43	290	
	50m:	36.12	36.12	150m:	1:57.33	41.22	250m:	3:19.30	40.86	350m:	4:41.08	40.94
	100m:	1:16.11	39.99	200m:	2:38.44	41.11	300m:	4:00.14	40.84	400m:	5:20.43	39.35
26.	Ivantyshyn Vasyl				10	WKS I sk				5:25.60	277	
	50m:	36.13	36.13	150m:	1:59.95	42.49	250m:	3:23.81	41.72	350m:	4:46.10	40.17
	100m:	1:17.46	41.33	200m:	2:42.09	42.14	300m:	4:05.93	42.12	400m:	5:25.60	39.50
27.	Wróbel Michał				10	Uks "Aqua Team Mikołów"				5:26.91	273	
	50m:	35.90	35.90	150m:	1:59.33	42.40	250m:	3:24.87	43.23	350m:	4:48.18	41.79
	100m:	1:16.93	41.03	200m:	2:41.64	42.31	300m:	4:06.39	41.52	400m:	5:26.91	38.73
28.	Konopko Michał				10	Uks "Aqua Team Mikołów"				5:26.92	273	
	50m:	34.45	34.45	150m:	1:55.83	41.15	250m:	3:20.42	42.48	350m:	4:46.12	43.31
	100m:	1:14.68	40.23	200m:	2:37.94	42.11	300m:	4:02.81	42.39	400m:	5:26.92	40.80

Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu Opole, 6. - 7.11.2021

Konkurencja 20, M czołż, 400m dowolny, Open

Pozycja	Rok ur.	Czas	Pkt.
29. Bojdoł Bartosz	10	5:35.92	252
50m: 36.67 36.67 150m: 2:01.58 42.37 250m: 3:28.30 43.44 350m: 4:55.02 43.50			
100m: 1:19.21 42.54 200m: 2:44.86 43.28 300m: 4:11.52 43.22 400m: 5:35.92 40.90			
30. Szubert Oskar	10	5:49.33	224
50m: 39.00 39.00 150m: 2:08.66 44.96 250m: 3:39.03 45.29 350m: 5:09.60 45.04			
100m: 1:23.70 44.70 200m: 2:53.74 45.08 300m: 4:24.56 45.53 400m: 5:49.33 39.73			
31. Włoch Szymon	09	5:51.17	220
50m: 39.57 39.57 150m: 2:08.35 45.53 250m: 3:38.11 44.48 350m: 5:09.78 44.97			
100m: 1:22.82 43.25 200m: 2:53.63 45.28 300m: 4:24.81 46.70 400m: 5:51.17 41.39			
32. Tymoczko Oskar	10	6:01.92	201
50m: 38.50 38.50 150m: 2:08.98 46.93 250m: 3:44.73 47.35 350m: 5:20.94 48.67			
100m: 1:22.05 43.55 200m: 2:57.38 48.40 300m: 4:32.27 47.54 400m: 6:01.92 40.98			
33. Koza Kamil	09	6:04.60	197
50m: 37.03 37.03 150m: 2:06.52 46.32 250m: 3:42.54 47.95 350m: 5:18.39 47.39			
100m: 1:20.20 43.17 200m: 2:54.59 48.07 300m: 4:31.00 48.46 400m: 6:04.60 46.21			
34. Rola Paweł	08	6:23.68	169
50m: 41.26 41.26 150m: 2:17.62 49.08 250m: 3:59.05 51.15 350m: 5:41.04 50.75			
100m: 1:28.54 47.28 200m: 3:07.90 50.28 300m: 4:50.29 51.24 400m: 6:23.68 42.64			
DYSKW. Kwiecie Paweł	04		
<i>SW - Nieuko czenie wy cigu</i>			

11 lat

1. Wiszniowski Tymoteusz	10	5:04.56	338
50m: 33.99 33.99 150m: 1:50.63 38.24 250m: 3:08.74 39.29 350m: 4:27.13 39.18			
100m: 1:12.39 38.40 200m: 2:29.45 38.82 300m: 3:47.95 39.21 400m: 5:04.56 37.43			
2. Wereszczy ski Igor	10	5:13.39	310
50m: 34.94 34.94 150m: 1:54.71 40.53 250m: 3:15.65 40.72 350m: 4:35.27 39.10			
100m: 1:14.18 39.24 200m: 2:34.93 40.22 300m: 3:56.17 40.52 400m: 5:13.39 38.12			
3. D bicki Marcel	10	5:20.43	290
50m: 36.12 36.12 150m: 1:57.33 41.22 250m: 3:19.30 40.86 350m: 4:41.08 40.94			
100m: 1:16.11 39.99 200m: 2:38.44 41.11 300m: 4:00.14 40.84 400m: 5:20.43 39.35			
4. Ivantyshyn Vasył	10	5:25.60	277
50m: 36.13 36.13 150m: 1:59.95 42.49 250m: 3:23.81 41.72 350m: 4:46.10 40.17			
100m: 1:17.46 41.33 200m: 2:42.09 42.14 300m: 4:05.93 42.12 400m: 5:25.60 39.50			
5. Wróbel Michał	10	5:26.91	273
50m: 35.90 35.90 150m: 1:59.33 42.40 250m: 3:24.87 43.23 350m: 4:48.18 41.79			
100m: 1:16.93 41.03 200m: 2:41.64 42.31 300m: 4:06.39 41.52 400m: 5:26.91 38.73			
6. Konopko Michał	10	5:26.92	273
50m: 34.45 34.45 150m: 1:55.83 41.15 250m: 3:20.42 42.48 350m: 4:46.12 43.31			
100m: 1:14.68 40.23 200m: 2:37.94 42.11 300m: 4:02.81 42.39 400m: 5:26.92 40.80			
7. Bojdoł Bartosz	10	5:35.92	252
50m: 36.67 36.67 150m: 2:01.58 42.37 250m: 3:28.30 43.44 350m: 4:55.02 43.50			
100m: 1:19.21 42.54 200m: 2:44.86 43.28 300m: 4:11.52 43.22 400m: 5:35.92 40.90			
8. Szubert Oskar	10	5:49.33	224
50m: 39.00 39.00 150m: 2:08.66 44.96 250m: 3:39.03 45.29 350m: 5:09.60 45.04			
100m: 1:23.70 44.70 200m: 2:53.74 45.08 300m: 4:24.56 45.53 400m: 5:49.33 39.73			

Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu Opole, 6. - 7.11.2021

Konkurencja 20, Chłopców, 400m dowolny, 11 lat

Pozycja	Rok ur.					Czas	Pkt.
9. Tymoczko Oskar	10	MMKS K dzierzyn-Ko le				6:01.92	201
50m: 38.50	38.50	150m: 2:08.98	46.93	250m: 3:44.73	47.35	350m: 5:20.94	48.67
100m: 1:22.05	43.55	200m: 2:57.38	48.40	300m: 4:32.27	47.54	400m: 6:01.92	40.98

12 - 13 lat

1. ogała Piotr	08	LKS Jedno 32 Przyszowice				4:46.34	407
50m: 32.69	32.69	150m: 1:44.94	35.52	250m: 2:58.11	36.35	350m: 4:10.81	36.44
100m: 1:09.42	36.73	200m: 2:21.76	36.82	300m: 3:34.37	36.26	400m: 4:46.34	35.53
2. Sobel Michał	09	LKS Jedno 32 Przyszowice				4:49.51	394
50m: 33.20	33.20	150m: 1:46.63	37.10	250m: 3:00.94	37.39	350m: 4:14.56	36.35
100m: 1:09.53	36.33	200m: 2:23.55	36.92	300m: 3:38.21	37.27	400m: 4:49.51	34.95
3. wirko Dominik	09	UKS DELFIN Krapkowice				4:49.54	393
50m: 31.82	31.82	150m: 1:45.36	36.95	250m: 2:59.40	37.15	350m: 4:14.12	37.19
100m: 1:08.41	36.59	200m: 2:22.25	36.89	300m: 3:36.93	37.53	400m: 4:49.54	35.42
4. Wróblewski Paweł	08	LKS Jedno 32 Przyszowice				4:59.06	357
50m: 34.19	34.19	150m: 1:48.33	37.60	250m: 3:05.05	38.54	350m: 4:22.15	38.23
100m: 1:10.73	36.54	200m: 2:26.51	38.18	300m: 3:43.92	38.87	400m: 4:59.06	36.91
5. Gohla Amadeus	09	MMKS K dzierzyn-Ko le				5:05.89	334
50m: 33.83	33.83	150m: 1:50.36	38.67	250m: 3:09.08	39.64	350m: 4:27.71	39.10
100m: 1:11.69	37.86	200m: 2:29.44	39.08	300m: 3:48.61	39.53	400m: 5:05.89	38.18
6. Moszyk Oskar	08	MMKS K dzierzyn-Ko le				5:14.26	308
50m: 34.25	34.25	150m: 1:51.59	39.26	250m: 3:12.90	40.88	350m: 4:34.84	41.10
100m: 1:12.33	38.08	200m: 2:32.02	40.43	300m: 3:53.74	40.84	400m: 5:14.26	39.42
7. Cicho Patryk	09	KS Neptun widnica				5:16.28	302
50m: 34.78	34.78	150m: 1:54.23	40.19	250m: 3:14.68	40.69	350m: 4:36.45	41.34
100m: 1:14.04	39.26	200m: 2:33.99	39.76	300m: 3:55.11	40.43	400m: 5:16.28	39.83
8. Bylak Dawid	08	DOKiS SP Vega Dobrodzie				5:16.53	301
50m: 33.82	33.82	150m: 1:54.09	40.05	250m: 3:15.69	40.35	350m: 4:38.36	41.16
100m: 1:14.04	40.22	200m: 2:35.34	41.25	300m: 3:57.20	41.51	400m: 5:16.53	38.17
9. Włoch Szymon	09	DOKiS SP Vega Dobrodzie				5:51.17	220
50m: 39.57	39.57	150m: 2:08.35	45.53	250m: 3:38.11	44.48	350m: 5:09.78	44.97
100m: 1:22.82	43.25	200m: 2:53.63	45.28	300m: 4:24.81	46.70	400m: 5:51.17	41.39
10. Koza Kamil	09	DOKiS SP Vega Dobrodzie				6:04.60	197
50m: 37.03	37.03	150m: 2:06.52	46.32	250m: 3:42.54	47.95	350m: 5:18.39	47.39
100m: 1:20.20	43.17	200m: 2:54.59	48.07	300m: 4:31.00	48.46	400m: 6:04.60	46.21
11. Rola Paweł	08	MMKS K dzierzyn-Ko le				6:23.68	169
50m: 41.26	41.26	150m: 2:17.62	49.08	250m: 3:59.05	51.15	350m: 5:41.04	50.75
100m: 1:28.54	47.28	200m: 3:07.90	50.28	300m: 4:50.29	51.24	400m: 6:23.68	42.64

14 - 15 lat

1. Konopko Mateusz	07	LKS Jedno 32 Przyszowice				4:28.63	493
50m: 30.37	30.37	150m: 1:38.77	34.30	250m: 2:47.70	34.43	350m: 3:56.08	33.89
100m: 1:04.47	34.10	200m: 2:13.27	34.50	300m: 3:22.19	34.49	400m: 4:28.63	32.55
2. W sik Marek	06	DOKiS SP Vega Dobrodzie				4:33.42	467
50m: 30.50	30.50	150m: 1:38.99	34.80	250m: 2:48.83	35.09	350m: 3:59.40	35.31
100m: 1:04.19	33.69	200m: 2:13.74	34.75	300m: 3:24.09	35.26	400m: 4:33.42	34.02

Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu Opole, 6. - 7.11.2021

Konkurencja 20, Chłopców, 400m dowolny, 14 - 15 lat

Pozycja					Rok ur.					Czas	Pkt.	
3.	Borkowski Marcel				07	KS Neptun widnica				4:34.41	462	
	50m:	30.05	30.05	150m:	1:37.92	34.37	250m:	2:48.76	35.38	350m:	4:00.18	35.98
	100m:	1:03.55	33.50	200m:	2:13.38	35.46	300m:	3:24.20	35.44	400m:	4:34.41	34.23
4.	Tarapata Bartłomiej				07	Start Opole				4:42.82	422	
	50m:	31.44	31.44	150m:	1:41.31	35.63	250m:	2:54.42	36.72	350m:	4:07.82	36.76
	100m:	1:05.68	34.24	200m:	2:17.70	36.39	300m:	3:31.06	36.64	400m:	4:42.82	35.00
5.	Hyla Denis				07	DOKiS SP Vega Dobrodzie				4:50.96	388	
	50m:	30.73	30.73	150m:	1:43.35	36.98	250m:	2:58.51	37.38	350m:	4:15.50	38.87
	100m:	1:06.37	35.64	200m:	2:21.13	37.78	300m:	3:36.63	38.12	400m:	4:50.96	35.46
6.	Jendrusch Fabian				07	UKS DELFIN Krapkowice				5:14.01	308	
	50m:	36.34	36.34	150m:	1:57.74	41.02	250m:	3:18.67	40.16	350m:	4:38.08	39.00
	100m:	1:16.72	40.38	200m:	2:38.51	40.77	300m:	3:59.08	40.41	400m:	5:14.01	35.93

16 - 17 lat

1.	Piechowski Jakub				05	UKS Junior Kluczbork				4:12.19	596	
	50m:	28.39	28.39	150m:	1:31.96	32.25	250m:	2:36.36	32.20	350m:	3:41.21	32.18
	100m:	59.71	31.32	200m:	2:04.16	32.20	300m:	3:09.03	32.67	400m:	4:12.19	30.98
2.	Baranek Jakub				04	UKS MOS w Opolu				4:22.76	527	
	50m:	29.17	29.17	150m:	1:35.27	33.52	250m:	2:42.32	33.55	350m:	3:50.47	33.90
	100m:	1:01.75	32.58	200m:	2:08.77	33.50	300m:	3:16.57	34.25	400m:	4:22.76	32.29
3.	M cner Jakub				05	PTS "JANOSIK" Bielsko-Biała				4:24.56	516	
	50m:	28.59	28.59	150m:	1:33.98	33.29	250m:	2:42.77	34.52	350m:	3:51.73	34.43
	100m:	1:00.69	32.10	200m:	2:08.25	34.27	300m:	3:17.30	34.53	400m:	4:24.56	32.83
4.	Górowski Cezary				04	UKS MOS w Opolu				4:37.90	445	
	50m:	30.49	30.49	150m:	1:39.67	34.49	250m:	2:50.55	35.93	350m:	4:01.60	35.82
	100m:	1:05.18	34.69	200m:	2:14.62	34.95	300m:	3:25.78	35.23	400m:	4:37.90	36.30
5.	Polakowski Bartłomiej				05	PTS "JANOSIK" Bielsko-Biała				5:02.50	345	
	50m:	32.80	32.80	150m:	1:47.64	38.20	250m:	3:07.46	39.86	350m:	4:25.24	38.54
	100m:	1:09.44	36.64	200m:	2:27.60	39.96	300m:	3:46.70	39.24	400m:	5:02.50	37.26

DYSKW. Kwiecie Paweł 04 AZS AWF Katowice
SW - Nieuko czenie wy cigu

18 - 22 lat

1.	Jackowski Tomasz				02	KS Neptun widnica				4:05.23	648	
	50m:	27.30	27.30	150m:	1:28.19	30.82	250m:	2:30.01	30.48	350m:	3:34.28	32.37
	100m:	57.37	30.07	200m:	1:59.53	31.34	300m:	3:01.91	31.90	400m:	4:05.23	30.95
2.	Szymczykowski Jakub				03	UKS MOS w Opolu				4:10.83	605	
	50m:	29.38	29.38	150m:	1:33.57	32.50	250m:	2:38.80	32.13	350m:	3:41.04	30.70
	100m:	1:01.07	31.69	200m:	2:06.67	33.10	300m:	3:10.34	31.54	400m:	4:10.83	29.79
3.	Dudys Dominik				02	AZS AWF Katowice				5:19.29	293	
	50m:	23.86	23.86	150m:	1:46.82	56.63	250m:	3:17.53	44.84	350m:	4:41.50	39.91
	100m:	50.19	26.33	200m:	2:32.69	45.87	300m:	4:01.59	44.06	400m:	5:19.29	37.79