

Konkurencja 12

M czynn, 400m zmienny

Open

18.06.2022 - 11:10

Wyniki

Rekord Opolszczyzny	4:30.95	Stachura Maciej	00107	Ostrowiec Sw.	22.05.2009
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Punkty: FINA 2021

Pozycja	Rok ur.	Czas	Pkt.
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12 - 13 lat

1. Wróbel Michał	10	Uks "Aqua Team Mikołów"	5:51.84	332
50m: 39.00 39.00	150m: 2:10.82 45.08	250m: 3:45.89 51.80	350m: 5:17.01 40.10	
100m: 1:25.74 46.74	200m: 2:54.09 43.27	300m: 4:36.91 51.02	400m: 5:51.84 34.83	
2. Kaczmarczyk Mieszko	09	DOKiS SP Vega Dobrodzie	5:56.48	320
50m: 37.85 37.85	150m: 2:10.54 47.09	250m: 3:46.14 51.25	350m: 5:17.94 40.74	
100m: 1:23.45 45.60	200m: 2:54.89 44.35	300m: 4:37.20 51.06	400m: 5:56.48 38.54	
3. Kosiarek Mateusz	10	WKS I sk	6:20.63	262
50m: 41.23 41.23	150m: 2:19.92 47.70	250m: 4:01.04 54.73	350m: 5:40.74 42.22	
100m: 1:32.22 50.99	200m: 3:06.31 46.39	300m: 4:58.52 57.48	400m: 6:20.63 39.89	

14 lat

1. Smoszna Wiktor	08	MKS Juvenia Wrocław	5:32.90	392
50m: 35.17 35.17	150m: 2:02.38 44.04	250m: 3:32.26 48.44	350m: 4:56.89 36.50	
100m: 1:18.34 43.17	200m: 2:43.82 41.44	300m: 4:20.39 48.13	400m: 5:32.90 36.01	
2. wirko Michał	08	UKS DELFIN Krapkowice	5:35.03	385
50m: 35.38 35.38	150m: 2:02.47 44.34	250m: 3:32.86 47.51	350m: 4:59.12 38.70	
100m: 1:18.13 42.75	200m: 2:45.35 42.88	300m: 4:20.42 47.56	400m: 5:35.03 35.91	
3. Prus Adam	08	Sekcja Pływacka Meduza Paj czno	5:36.03	382
50m: 38.36 38.36	150m: 2:08.32 45.85	250m: 3:38.18 45.51	350m: 5:02.63 39.44	
100m: 1:22.47 44.11	200m: 2:52.67 44.35	300m: 4:23.19 45.01	400m: 5:36.03 33.40	
4. Wasztyl Kacper	08	UKS MOS w Opolu	5:39.44	370
50m: 34.94 34.94	150m: 2:01.97 46.46	250m: 3:31.06 44.50	350m: 5:00.66 43.43	
100m: 1:15.51 40.57	200m: 2:46.56 44.59	300m: 4:17.23 46.17	400m: 5:39.44 38.78	
5. Moszyk Oskar	08	Swim Team MOSiR K dzierzyn-Ko le	6:14.82	275
50m: 40.40 40.40	150m: 2:17.05 47.02	250m: 3:59.78 55.86	350m: 5:35.31 40.13	
100m: 1:30.03 49.63	200m: 3:03.92 46.87	300m: 4:55.18 55.40	400m: 6:14.82 39.51	

15 - 16 lat

1. W sik Marek	06	DOKiS SP Vega Dobrodzie	5:28.83	407
50m: 34.68 34.68	150m: 2:03.12 45.13	250m: 3:31.34 45.80	350m: 4:52.96 36.24	
100m: 1:17.99 43.31	200m: 2:45.54 42.42	300m: 4:16.72 45.38	400m: 5:28.83 35.87	

17 - 18 lat

1. Frankowski Miłosz	05	MKS Juvenia Wrocław	4:52.26	580
50m: 30.18 30.18	150m: 1:44.45 39.50	250m: 3:03.47 40.70	350m: 4:19.13 33.79	
100m: 1:04.95 34.77	200m: 2:22.77 38.32	300m: 3:45.34 41.87	400m: 4:52.26 33.13	
2. Gohla Kamil	05	Swim Team MOSiR K dzierzyn-Ko le	5:01.68	528
50m: 29.28 29.28	150m: 1:45.62 42.64	250m: 3:07.45 41.68	350m: 4:26.68 36.72	
100m: 1:02.98 33.70	200m: 2:25.77 40.15	300m: 3:49.96 42.51	400m: 5:01.68 35.00	
3. aba Mateusz	05	UKS MOS w Opolu	5:12.83	473
50m: 31.83 31.83	150m: 1:51.64 42.25	250m: 3:15.53 43.07	350m: 4:37.52 37.46	
100m: 1:09.39 37.56	200m: 2:32.46 40.82	300m: 4:00.06 44.53	400m: 5:12.83 35.31	

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Open

1.	Frankowski Miłosz	05	MKS Juvenia Wrocław	4:52.26	580
	50m: 30.18 30.18 150m: 1:44.45 39.50 250m: 3:03.47 40.70 350m: 4:19.13 33.79				
	100m: 1:04.95 34.77 200m: 2:22.77 38.32 300m: 3:45.34 41.87 400m: 4:52.26 33.13				
2.	Gohla Kamil	05	Swim Team MOSiR Kędzierzyn-Koźle	5:01.68	528
	50m: 29.28 29.28 150m: 1:45.62 42.64 250m: 3:07.45 41.68 350m: 4:26.68 36.72				
	100m: 1:02.98 33.70 200m: 2:25.77 40.15 300m: 3:49.96 42.51 400m: 5:01.68 35.00				
3.	Łaba Mateusz	05	UKS MOS w Opolu	5:12.83	473
	50m: 31.83 31.83 150m: 1:51.64 42.25 250m: 3:15.53 43.07 350m: 4:37.52 37.46				
	100m: 1:09.39 37.56 200m: 2:32.46 40.82 300m: 4:00.06 44.53 400m: 5:12.83 35.31				
4.	Wasiak Marek	06	DOKiS SP Vega Dobrodzie	5:28.83	407
	50m: 34.68 34.68 150m: 2:03.12 45.13 250m: 3:31.34 45.80 350m: 4:52.96 36.24				
	100m: 1:17.99 43.31 200m: 2:45.54 42.42 300m: 4:16.72 45.38 400m: 5:28.83 35.87				
5.	Smoszna Wiktor	08	MKS Juvenia Wrocław	5:32.90	392
	50m: 35.17 35.17 150m: 2:02.38 44.04 250m: 3:32.26 48.44 350m: 4:56.89 36.50				
	100m: 1:18.34 43.17 200m: 2:43.82 41.44 300m: 4:20.39 48.13 400m: 5:32.90 36.01				
6.	Wirko Michał	08	UKS DELFIN Krapkowice	5:35.03	385
	50m: 35.38 35.38 150m: 2:02.47 44.34 250m: 3:32.86 47.51 350m: 4:59.12 38.70				
	100m: 1:18.13 42.75 200m: 2:45.35 42.88 300m: 4:20.42 47.56 400m: 5:35.03 35.91				
7.	Prus Adam	08	Sekcja Pływacka Meduza Pajęczno	5:36.03	382
	50m: 38.36 38.36 150m: 2:08.32 45.85 250m: 3:38.18 45.51 350m: 5:02.63 39.44				
	100m: 1:22.47 44.11 200m: 2:52.67 44.35 300m: 4:23.19 45.01 400m: 5:36.03 33.40				
8.	Wasztyl Kacper	08	UKS MOS w Opolu	5:39.44	370
	50m: 34.94 34.94 150m: 2:01.97 46.46 250m: 3:31.06 44.50 350m: 5:00.66 43.43				
	100m: 1:15.51 40.57 200m: 2:46.56 44.59 300m: 4:17.23 46.17 400m: 5:39.44 38.78				
9.	Wróbel Michał	10	Uks "Aqua Team Mikołów"	5:51.84	332
	50m: 39.00 39.00 150m: 2:10.82 45.08 250m: 3:45.89 51.80 350m: 5:17.01 40.10				
	100m: 1:25.74 46.74 200m: 2:54.09 43.27 300m: 4:36.91 51.02 400m: 5:51.84 34.83				
10.	Kaczmarczyk Mieszko	09	DOKiS SP Vega Dobrodzie	5:56.48	320
	50m: 37.85 37.85 150m: 2:10.54 47.09 250m: 3:46.14 51.25 350m: 5:17.94 40.74				
	100m: 1:23.45 45.60 200m: 2:54.89 44.35 300m: 4:37.20 51.06 400m: 5:56.48 38.54				
11.	Moszyk Oskar	08	Swim Team MOSiR Kędzierzyn-Koźle	6:14.82	275
	50m: 40.40 40.40 150m: 2:17.05 47.02 250m: 3:59.78 55.86 350m: 5:35.31 40.13				
	100m: 1:30.03 49.63 200m: 3:03.92 46.87 300m: 4:55.18 55.40 400m: 6:14.82 39.51				
12.	Kosiarek Mateusz	10	WKS Iłsk	6:20.63	262
	50m: 41.23 41.23 150m: 2:19.92 47.70 250m: 4:01.04 54.73 350m: 5:40.74 42.22				
	100m: 1:32.22 50.99 200m: 3:06.31 46.39 300m: 4:58.52 57.48 400m: 6:20.63 39.89				