

Otwarte Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu 2022
Opole, 26. - 27.11.2022

Event 20 Men, 400m Freestyle Open Results
26.11.2022 - 16:15

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 Michal	00107	Opole	23.06.2014

Points: FINA 2022

Rank	Age	Time	Pts
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11 years and younger

1. Pretor Dawid	11	UKS DELFIN Krapkowice	6:55.79	133
50m: 45.34 45.34	150m: 2:32.30 54.04	250m: 4:21.64 55.25	350m: 6:08.00 52.15	
100m: 1:38.26 52.92	200m: 3:26.39 54.09	300m: 5:15.85 54.21	400m: 6:55.79 47.79	

DSQ Wisniewski Michal 11 UKS DELFIN Krapkowice
SW - Nieuko czenie wy cigu

12 - 13 years

1. Cwirko Dominik	13	UKS DELFIN Krapkowice	4:37.89	445
50m: 29.78 29.78	150m: 1:39.10 35.21	250m: 2:51.10 36.01	350m: 4:03.20 35.79	
100m: 1:03.89 34.11	200m: 2:15.09 35.99	300m: 3:27.41 36.31	400m: 4:37.89 34.69	
2. Tymoczko Oskar	12	Swim Team MOSiR Kedzierzyn	5:15.59	304
50m: 35.74 35.74	150m: 1:56.36 40.83	250m: 3:18.07 41.12	350m: 4:39.00 39.97	
100m: 1:15.53 39.79	200m: 2:36.95 40.59	300m: 3:59.03 40.96	400m: 5:15.59 36.59	
3. Kaczmarczyk Mieszko	13	DOKiS SP Vega Dobrodzien	5:15.97	303
50m: 35.44 35.44	150m: 1:55.22 40.13	250m: 3:15.56 40.27	350m: 4:37.89 41.40	
100m: 1:15.09 39.65	200m: 2:35.29 40.07	300m: 3:56.49 40.93	400m: 5:15.97 38.08	
4. Koza Kamil	13	DOKiS SP Vega Dobrodzien	5:18.51	295
50m: 34.38 34.38	150m: 1:55.00 40.61	250m: 3:17.94 40.49	350m: 4:39.83 40.04	
100m: 1:14.39 40.01	200m: 2:37.45 42.45	300m: 3:59.79 41.85	400m: 5:18.51 38.68	
5. Buszka Karol	12	UKS MOS w Opolu	5:37.00	249
50m: 37.48 37.48	150m: 2:04.03 43.60	250m: 3:31.75 43.48	350m: 4:57.51 43.34	
100m: 1:20.43 42.95	200m: 2:48.27 44.24	300m: 4:14.17 42.42	400m: 5:37.00 39.49	
6. Klimov Aleksandr	13	UKS DELFIN Krapkowice	5:43.12	236
50m: 34.85 34.85	150m: 2:02.73 44.98	250m: 3:32.77 45.12	350m: 5:02.50 43.64	
100m: 1:17.75 42.90	200m: 2:47.65 44.92	300m: 4:18.86 46.09	400m: 5:43.12 40.62	

DSQ Kumar Ryan 12 Stowarzyszenie Hobby Sport
SW - Nieuko czenie wy cigu

14 years

1. Moszyk Oskar	14	Swim Team MOSiR Kedzierzyn	4:44.57	414
50m: 31.62 31.62	150m: 1:43.33 36.35	250m: 2:56.36 36.68	350m: 4:09.77 36.66	
100m: 1:06.98 35.36	200m: 2:19.68 36.35	300m: 3:33.11 36.75	400m: 4:44.57 34.80	
2. Bylak Dawid	14	DOKiS SP Vega Dobrodzien	5:10.46	319
50m: 32.73 32.73	150m: 1:50.82 39.28	250m: 3:11.04 40.57	350m: 4:30.93 40.25	
100m: 1:11.54 38.81	200m: 2:30.47 39.65	300m: 3:50.68 39.64	400m: 5:10.46 39.53	

Otwarte Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu 2022
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Event 20, Men, 400m Freestyle

15 - 16 years

1.	Topolnicki Maksymilian	16	UKS MOS w Opolu	4:18.59	552
	50m: 26.87 26.87	150m: 1:31.37 32.83	250m: 2:37.04 33.23	350m: 3:44.49 33.90	
	100m: 58.54 31.67	200m: 2:03.81 32.44	300m: 3:10.59 33.55	400m: 4:18.59 34.10	
2.	Wasik Marek	16	DOKiS SP Vega Dobrodzien	4:25.07	513
	50m: 29.19 29.19	150m: 1:35.43 33.46	250m: 2:43.20 33.91	350m: 3:51.27 33.98	
	100m: 1:01.97 32.78	200m: 2:09.29 33.86	300m: 3:17.29 34.09	400m: 4:25.07 33.80	

Open

1.	Topolnicki Maksymilian	16	UKS MOS w Opolu	4:18.59	552
	50m: 26.87 26.87	150m: 1:31.37 32.83	250m: 2:37.04 33.23	350m: 3:44.49 33.90	
	100m: 58.54 31.67	200m: 2:03.81 32.44	300m: 3:10.59 33.55	400m: 4:18.59 34.10	
2.	Wasik Marek	16	DOKiS SP Vega Dobrodzien	4:25.07	513
	50m: 29.19 29.19	150m: 1:35.43 33.46	250m: 2:43.20 33.91	350m: 3:51.27 33.98	
	100m: 1:01.97 32.78	200m: 2:09.29 33.86	300m: 3:17.29 34.09	400m: 4:25.07 33.80	
3.	Cwirko Dominik	13	UKS DELFIN Krapkowice	4:37.89	445
	50m: 29.78 29.78	150m: 1:39.10 35.21	250m: 2:51.10 36.01	350m: 4:03.20 35.79	
	100m: 1:03.89 34.11	200m: 2:15.09 35.99	300m: 3:27.41 36.31	400m: 4:37.89 34.69	
4.	Prus Adam	214	SP Meduza Pajeczno	4:41.30	429
	50m: 31.77 31.77	150m: 1:42.01 35.86	250m: 2:55.48 37.12	350m: 4:08.07 35.94	
	100m: 1:06.15 34.38	200m: 2:18.36 36.35	300m: 3:32.13 36.65	400m: 4:41.30 33.23	
5.	Moszyk Oskar	14	Swim Team MOSiR Kedzierzyn	4:44.57	414
	50m: 31.62 31.62	150m: 1:43.33 36.35	250m: 2:56.36 36.68	350m: 4:09.77 36.66	
	100m: 1:06.98 35.36	200m: 2:19.68 36.35	300m: 3:33.11 36.75	400m: 4:44.57 34.80	
6.	Wrobel Michal	212	UKS "Aqua Team Mikolow"	4:54.69	373
	50m: 32.49 32.49	150m: 1:47.78 38.18	250m: 3:04.50 38.43	350m: 4:18.95 36.87	
	100m: 1:09.60 37.11	200m: 2:26.07 38.29	300m: 3:42.08 37.58	400m: 4:54.69 35.74	
7.	Bojdl Bartosz	212	UKS "Aqua Team Mikolow"	5:02.88	344
	50m: 34.03 34.03	150m: 1:50.93 38.89	250m: 3:08.32 38.90	350m: 4:25.73 38.15	
	100m: 1:12.04 38.01	200m: 2:29.42 38.49	300m: 3:47.58 39.26	400m: 5:02.88 37.15	
8.	Bylak Dawid	14	DOKiS SP Vega Dobrodzien	5:10.46	319
	50m: 32.73 32.73	150m: 1:50.82 39.28	250m: 3:11.04 40.57	350m: 4:30.93 40.25	
	100m: 1:11.54 38.81	200m: 2:30.47 39.65	300m: 3:50.68 39.64	400m: 5:10.46 39.53	
9.	Tymoczko Oskar	12	Swim Team MOSiR Kedzierzyn	5:15.59	304
	50m: 35.74 35.74	150m: 1:56.36 40.83	250m: 3:18.07 41.12	350m: 4:39.00 39.97	
	100m: 1:15.53 39.79	200m: 2:36.95 40.59	300m: 3:59.03 40.96	400m: 5:15.59 36.59	
10.	Kaczmarczyk Mieszko	13	DOKiS SP Vega Dobrodzien	5:15.97	303
	50m: 35.44 35.44	150m: 1:55.22 40.13	250m: 3:15.56 40.27	350m: 4:37.89 41.40	
	100m: 1:15.09 39.65	200m: 2:35.29 40.07	300m: 3:56.49 40.93	400m: 5:15.97 38.08	
11.	Koza Kamil	13	DOKiS SP Vega Dobrodzien	5:18.51	295
	50m: 34.38 34.38	150m: 1:55.00 40.61	250m: 3:17.94 40.49	350m: 4:39.83 40.04	
	100m: 1:14.39 40.01	200m: 2:37.45 42.45	300m: 3:59.79 41.85	400m: 5:18.51 38.68	
12.	Buszka Karol	12	UKS MOS w Opolu	5:37.00	249
	50m: 37.48 37.48	150m: 2:04.03 43.60	250m: 3:31.75 43.48	350m: 4:57.51 43.34	
	100m: 1:20.43 42.95	200m: 2:48.27 44.24	300m: 4:14.17 42.42	400m: 5:37.00 39.49	
13.	Klimov Oleksandr	13	UKS DELFIN Krapkowice	5:43.12	236
	50m: 34.85 34.85	150m: 2:02.73 44.98	250m: 3:32.77 45.12	350m: 5:02.50 43.64	
	100m: 1:17.75 42.90	200m: 2:47.65 44.92	300m: 4:18.86 46.09	400m: 5:43.12 40.62	



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Event 20, Men, 400m Freestyle, Open

Rank				Age						Time	Pts	
14.	Pretor Dawid			11	UKS DELFIN Krapkowice					6:55.79	133	
	50m:	45.34	45.34	150m:	2:32.30	54.04	250m:	4:21.64	55.25	350m:	6:08.00	52.15
	100m:	1:38.26	52.92	200m:	3:26.39	54.09	300m:	5:15.85	54.21	400m:	6:55.79	47.79
DSQ	Gasz Nikodem			212	UKS "Aqua Team Mikołow"							
	<i>SW - Nieuko czenie wy cigu</i>											
DSQ	Wisniewski Michal			11	UKS DELFIN Krapkowice							
	<i>SW - Nieuko czenie wy cigu</i>											
DSQ	Kumar Ryan			12	Stowarzyszenie Hobby Sport							
	<i>SW - Nieuko czenie wy cigu</i>											
DSQ	Smolarek Filip			212	SP Meduza Pajeczno							
	<i>SW - Nieuko czenie wy cigu</i>											