



Otwarty Wielki Finał Mini Grand Prix Opolszczyzny 2023, Opole, 17.6.2023

Event 12

Men, 400m Freestyle

Open
Results

17.06.2023 - 12:00

Rekord Opolszczyzny Open	4:11.09	Kot Maciej	00307	Oświęcim	18.07.2009
Rekord Opolszczyzny 19 +	4:20.05	Kempa Mikołaj	00207	Lodz	26.05.2018
Rekord Opolszczyzny 18	4:11.09	Kot Maciej	00307	Oświęcim	18.07.2009
Rekord Opolszczyzny 17	4:11.42	Kempa Mikołaj	00207	Opole	20.07.2016
Rekord Opolszczyzny 16	4:14.54	Kot Maciej	00307	Opole	07.07.2007
Rekord Opolszczyzny 15	4:15.12	Stanek Adam	00707	Gliwice	19.07.2014
Rekord Opolszczyzny 14	4:32.41	Stanek Adam	00707	Gorzow Wlkp	06.07.2013
Rekord Opolszczyzny 13	4:46.71	Gajewski Bartosz	00207	Oswiecim	26.06.2008
Rekord Opolszczyzny 12	5:04.66	Gajewski Bartosz	00207	Debica	30.06.2007
Rekord Opolszczyzny - 11	6:20.40	Kalmuk Kasjan	00207	Debica	05.05.2012

Points: FINA 2022

Rank	YB		Time	Pts	100m	200m	300m	400m	
12 years									
1.	Pigulevskiy Sergii	11	UKP „TORPEDA” Olesnica	5:15.20	340	1:14.48	1:23.22	1:21.99	1:15.51
	50m: 34.38	34.38	150m: 1:55.41	40.93	250m: 3:18.47	40.77	350m: 4:37.61	37.92	
	100m: 1:14.48	40.10	200m: 2:37.70	42.29	300m: 3:59.69	41.22	400m: 5:15.20	37.59	
2.	Jadczak Wojciech	11	DOKiS SP Vega Dobrodzien	5:29.94	296	1:19.32	1:24.39	1:25.26	1:20.97
	50m: 37.19	37.19	150m: 2:01.33	42.01	250m: 3:26.58	42.87	350m: 4:50.04	41.07	
	100m: 1:19.32	42.13	200m: 2:43.71	42.38	300m: 4:08.97	42.39	400m: 5:29.94	39.90	
3.	Przyklenk Tycjan	11	UKS "Gwiazda" w Olesnie	6:33.89	174	1:32.30	1:41.34	1:44.28	1:35.97
	50m: 42.87	42.87	150m: 2:23.16	50.86	250m: 4:05.38	51.74	350m: 5:49.37	51.45	
	100m: 1:32.30	49.43	200m: 3:13.64	50.48	300m: 4:57.92	52.54	400m: 6:33.89	44.52	
4.	Pretor Dawid	11	UKS DELFIN Krapkowice	6:43.52	162	1:34.63	1:44.27	1:44.88	1:39.74
	50m: 44.50	44.50	150m: 2:26.00	51.37	250m: 4:09.88	50.98	350m: 5:55.19	51.41	
	100m: 1:34.63	50.13	200m: 3:18.90	52.90	300m: 5:03.78	53.90	400m: 6:43.52	48.33	
13 years									
1.	Pisarski Kornel	10	MKS Dziewiatka Dzierzoniow	5:05.95	372	1:11.64	1:18.67	1:18.79	1:16.85
	50m: 34.43	34.43	150m: 1:50.61	38.97	250m: 3:09.84	39.53	350m: 4:28.92	39.82	
	100m: 1:11.64	37.21	200m: 2:30.31	39.70	300m: 3:49.10	39.26	400m: 5:05.95	37.03	
2.	Kary Borys	10	UKS MOS w Opolu	5:57.40	233	1:22.26	1:34.31	1:34.37	1:26.46
	50m: 37.08	37.08	150m: 2:09.52	47.26	250m: 3:43.49	46.92	350m: 5:17.03	46.09	
	100m: 1:22.26	45.18	200m: 2:56.57	47.05	300m: 4:30.94	47.45	400m: 5:57.40	40.37	
3.	Jurczynski Borys	10	UKS Kronos Strzelce Opolski	6:03.15	222	1:26.63	1:37.38	1:35.80	1:23.34
	50m: 40.86	40.86	150m: 2:14.76	48.13	250m: 3:51.99	47.98	350m: 5:27.44	47.63	
	100m: 1:26.63	45.77	200m: 3:04.01	49.25	300m: 4:39.81	47.82	400m: 6:03.15	35.71	
4.	Juraszek Bartłomiej	10	KP Aqua-Swim Nysa	6:12.71	205	1:31.91	1:38.41	1:36.73	1:25.66
	50m: 41.35	41.35	150m: 2:21.62	49.71	250m: 3:58.65	48.33	350m:		
	100m: 1:31.91	50.56	200m: 3:10.32	48.70	300m: 4:47.05	48.40	400m: 6:12.71		
14 years									
1.	Cwirko Dominik	09	UKS DELFIN Krapkowice	4:45.12	459	1:06.84	1:14.33	1:13.98	1:09.97
	50m: 31.02	31.02	150m: 1:43.52	36.68	250m: 2:57.86	36.69	350m: 4:11.31	36.16	
	100m: 1:06.84	35.82	200m: 2:21.17	37.65	300m: 3:35.15	37.29	400m: 4:45.12	33.81	
2.	Smiech Olivier	09	UKS DELFIN Krapkowice	5:25.41	309	1:18.07	1:24.28	1:24.08	1:18.98
	50m: 36.79	36.79	150m: 2:00.49	42.42	250m: 3:23.93	41.58	350m: 4:48.26	41.83	
	100m: 1:18.07	41.28	200m: 2:42.35	41.86	300m: 4:06.43	42.50	400m: 5:25.41	37.15	



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15 years and older

1. Szarek Jan	06	WKS Slask Wroclaw	4:18.21	619	1:02.32	1:06.75	1:05.30	1:03.84
50m: 29.63	29.63	150m: 1:35.81	33.49	250m: 2:41.61	32.54	350m: 3:46.51	32.14	
100m: 1:02.32	32.69	200m: 2:09.07	33.26	300m: 3:14.37	32.76	400m: 4:18.21	31.70	
2. Michniewicz Marcel	06	WKS Slask Wroclaw	4:20.87	600	1:02.90	1:06.43	1:05.92	1:05.62
50m: 30.20	30.20	150m: 1:36.22	33.32	250m: 2:41.56	32.23	350m: 3:48.16	32.91	
100m: 1:02.90	32.70	200m: 2:09.33	33.11	300m: 3:15.25	33.69	400m: 4:20.87	32.71	
3. Kowalinski Adrian	06	WKS Slask Wroclaw	4:20.93	599	1:02.60	1:06.54	1:06.46	1:05.33
50m: 29.89	29.89	150m: 1:35.70	33.10	250m: 2:42.12	32.98	350m: 3:48.86	33.26	
100m: 1:02.60	32.71	200m: 2:09.14	33.44	300m: 3:15.60	33.48	400m: 4:20.93	32.07	
4. Wasik Marek	06	DOKiS SP Vega Dobrodzien	4:42.24	474	1:06.73	1:11.67	1:12.32	1:11.52
50m: 31.13	31.13	150m: 1:42.34	35.61	250m: 2:54.41	36.01	350m: 4:07.04	36.32	
100m: 1:06.73	35.60	200m: 2:18.40	36.06	300m: 3:30.72	36.31	400m: 4:42.24	35.20	
5. Moszyk Oskar	08	Swim Team MOSiR Kedzierzy	5:01.25	389	1:09.33	1:16.57	1:18.83	1:16.52
50m: 32.70	32.70	150m: 1:47.26	37.93	250m: 3:05.19	39.29	350m: 4:23.91	39.18	
100m: 1:09.33	36.63	200m: 2:25.90	38.64	300m: 3:44.73	39.54	400m: 5:01.25	37.34	
6. Cwirko Michal	08	UKS DELFIN Krapkowice	5:03.87	379	1:10.94	1:18.77	1:19.90	1:14.26
50m: 32.70	32.70	150m: 1:50.12	39.18	250m: 3:10.01	40.30	350m: 4:27.91	38.30	
100m: 1:10.94	38.24	200m: 2:29.71	39.59	300m: 3:49.61	39.60	400m: 5:03.87	35.96	
7. Jendrusch Fabian	07	UKS DELFIN Krapkowice	5:04.14	378	1:12.12	1:18.43	1:20.80	1:12.79
50m: 34.04	34.04	150m:		250m:		350m:		
100m: 1:12.12	38.08	200m: 2:30.55		300m: 3:51.35		400m: 5:04.14		
8. Bylak Dawid	08	DOKiS SP Vega Dobrodzien	5:26.32	306	1:16.02	1:23.71	1:24.60	1:21.99
50m: 34.92	34.92	150m: 1:57.56	41.54	250m: 3:22.06	42.33	350m: 4:45.27	40.94	
100m: 1:16.02	41.10	200m: 2:39.73	42.17	300m: 4:04.33	42.27	400m: 5:26.32	41.05	
DSQ Wasztyl Kacper	08	UKS MOS w Opolu						
<i>Przepis SW10.4 oraz SW10.5</i>								