

Otwarte Mini GP Opolszczyzny 2023/2024 w pływaniu; runda 2
K dziedzin-Ko le, 5.11.2023

Konkurencja 8 05.11.2023 - 14:50	M cyczn, 400m dowolny				11 lat i starsi Wyniki
Rekord Opolszczyzny Open	4:00.38	Kempa Mikołaj	00207	Gorzow 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	Gorzow 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

Punkty: FINA 2023

Pozycja	Rok ur.				Czas	Pkt.
11 lat						
1.	Lecht Jeremiasz		12	Swim Team MOSiR K dziedzin-Ko le		5:45.33 232
	50m: 39.66	39.66	150m: 2:08.79	44.19	250m: 3:38.43	44.60
	100m: 1:24.60	44.94	200m: 2:53.83	45.04	300m: 4:22.96	44.53
					400m: 5:45.33	38.91
2.	Kubik Franciszek		12	Swim Team MOSiR K dziedzin-Ko le		5:58.48 207
	50m: 13.96	13.96	150m: 1:24.88	45.21	250m: 2:57.63	46.21
	100m: 39.67	25.71	200m: 2:11.42	46.54	300m: 3:43.40	45.77
					400m: 5:58.48	1:28.53
3.	Siewi ski Mateusz		12	UKS MOS w Opolu		6:22.39 171
	50m: 41.26	41.26	150m: 2:18.17	49.29	250m: 3:57.23	50.44
	100m: 1:28.88	47.62	200m: 3:06.79	48.62	300m: 4:46.95	49.72
					400m: 6:22.39	45.75
4.	Rudzki Aleksander		12	Swim Team MOSiR K dziedzin-Ko le		6:30.21 160
	50m: 42.79	42.79	150m: 2:22.40	50.64	250m: 4:02.40	50.12
	100m: 1:31.76	48.97	200m: 3:12.28	49.88	300m: 4:52.78	50.38
					400m: 6:30.21	46.42
5.	Rokicki Borys		12	UKS MOS w Opolu		6:30.51 160
	50m: 40.28	40.28	150m: 2:18.08	50.00	250m: 4:01.52	52.06
	100m: 1:28.08	47.80	200m: 3:09.46	51.38	300m: 4:52.91	51.39
					400m: 6:30.51	45.87
6.	Urych Wojciech		12	Swim Team MOSiR K dziedzin-Ko le		6:37.76 151
	50m: 47.77	47.77	150m: 2:32.20	53.54	250m: 4:14.58	51.85
	100m: 1:38.66	50.89	200m: 3:22.73	50.53	300m: 5:04.09	49.51
					400m: 6:37.76	44.09
7.	Nowicki Borys		12	UKS Junior Kluczbork		6:39.72 149
	50m: 44.95	44.95	150m: 2:28.33	51.86	250m: 4:09.62	49.90
	100m: 1:36.47	51.52	200m: 3:19.72	51.39	300m: 4:59.96	50.34
					400m: 6:39.72	48.63
8.	Sitarz Marek		12	UKS Junior Kluczbork		7:05.72 123
	50m: 49.49	49.49	150m: 2:38.58	55.88	250m: 4:29.85	55.82
	100m: 1:42.70	53.21	200m: 3:34.03	55.45	300m: 5:22.45	52.60
					400m: 7:05.72	51.07
9.	Mehlich Rafał		12	UKS DELFIN Krapkowice		7:20.49 111
	50m: 49.05	49.05	150m: 2:40.56	56.09	250m: 4:33.49	56.30
	100m: 1:44.47	55.42	200m: 3:37.19	56.63	300m: 5:30.90	57.41
					400m: 7:20.49	50.90
10.	Kierzkowski Adam		12	Swim Team MOSiR K dziedzin-Ko le		8:07.00 82
	50m:		150m:		250m:	350m:
	100m:		200m:		300m:	400m: 8:07.00
11.	Kucharz Michał		12	DOKiS SP Vega Dobrodzie		9:29.85 51
	50m: 58.19	58.19	150m: 3:25.94	1:13.59	250m: 5:54.83	1:14.76
	100m: 2:12.35	1:14.16	200m: 4:40.07	1:14.13	300m: 7:08.34	1:13.51
					400m: 9:29.85	1:09.56

Otwarte Mini GP Opolszczyzny 2023/2024 w pływaniu; runda 2
K dzierzyn-Ko le, 5.11.2023

Konkurencja 8, M cyczn, 400m dowolny

13 lat

1.	Steier Michał	10	Swim Team MOSiR K dzierzyn-Ko le	4:49.70	393
	50m: 32.21 32.21	150m: 1:47.00 37.70	250m: 3:02.45 37.60	350m: 4:15.57 35.90	
	100m: 1:09.30 37.09	200m: 2:24.85 37.85	300m: 3:39.67 37.22	400m: 4:49.70 34.13	
2.	Myszkiewicz Paweł	10	LKS Jedno 32 Przyszowice	4:54.06	376
	50m: 32.99 32.99	150m: 1:47.39 37.72	250m: 3:03.29 37.86	350m: 4:18.34 37.51	
	100m: 1:09.67 36.68	200m: 2:25.43 38.04	300m: 3:40.83 37.54	400m: 4:54.06 35.72	
3.	Stelmach J drzej	10	UKS Junior Kluczbork	4:55.81	369
	50m: 33.03 33.03	150m: 1:48.73 38.18	250m: 3:04.40 37.98	350m: 4:19.17 37.62	
	100m: 1:10.55 37.52	200m: 2:26.42 37.69	300m: 3:41.55 37.15	400m: 4:55.81 36.64	
4.	Łuczka Borys	10	UKS MOS w Opolu	5:10.24	320
	50m: 33.79 33.79	150m: 1:52.57 39.48	250m: 3:13.96 40.39	350m: 4:33.01 39.21	
	100m: 1:13.09 39.30	200m: 2:33.57 41.00	300m: 3:53.80 39.84	400m: 5:10.24 37.23	
5.	Łuczak Franciszek	10	UKS MOS w Opolu	5:19.60	292
	50m: 33.48 33.48	150m: 1:53.70 40.96	250m: 3:17.47 42.48	350m: 4:40.16 41.35	
	100m: 1:12.74 39.26	200m: 2:34.99 41.29	300m: 3:58.81 41.34	400m: 5:19.60 39.44	
6.	Juraszek Bartłomiej	10	KP Aqua-Swim Nysa	5:36.26	251
	50m:	150m:	250m:	350m:	
	100m:	200m:	300m:	400m: 5:36.26	
7.	Kary Borys	10	UKS MOS w Opolu	5:46.31	230
	50m: 36.40 36.40	150m: 2:04.25 45.68	250m: 3:37.66 47.28	350m: 5:02.65 40.55	
	100m: 1:18.57 42.17	200m: 2:50.38 46.13	300m: 4:22.10 44.44	400m: 5:46.31 43.66	

14 lat i starsi

1.	Topolnicki Maksymilian	06	UKS MOS w Opolu	4:12.83	591
	50m: 26.97 26.97	150m: 1:31.93 32.84	250m: 2:37.68 32.02	350m: 3:41.83 31.97	
	100m: 59.09 32.12	200m: 2:05.66 33.73	300m: 3:09.86 32.18	400m: 4:12.83 31.00	
2.	Biemek Kamil	07	UKS DELFIN Krapkowice	4:46.50	406
	50m: 32.91 32.91	150m: 1:45.24 36.22	250m: 2:58.52 36.63	350m: 4:10.45 35.25	
	100m: 1:09.02 36.11	200m: 2:21.89 36.65	300m: 3:35.20 36.68	400m: 4:46.50 36.05	
3.	Jendrusch Fabian	07	UKS DELFIN Krapkowice	4:47.75	401
	50m: 32.67 32.67	150m: 1:44.02 35.99	250m: 2:58.09 37.23	350m: 4:08.92 34.21	
	100m: 1:08.03 35.36	200m: 2:20.86 36.84	300m: 3:34.71 36.62	400m: 4:47.75 38.83	
4.	wirko Michał	08	UKS DELFIN Krapkowice	4:54.42	374
	50m: 30.84 30.84	150m: 1:43.86 37.93	250m: 3:01.49 39.02	350m: 4:18.96 38.02	
	100m: 1:05.93 35.09	200m: 2:22.47 38.61	300m: 3:40.94 39.45	400m: 4:54.42 35.46	
5.	Przybyłek Wiktor	09	UKS DELFIN Krapkowice	4:58.42	359
	50m: 31.01 31.01	150m: 1:45.50 38.20	250m: 3:04.24 39.07	350m: 4:23.60 39.35	
	100m: 1:07.30 36.29	200m: 2:25.17 39.67	300m: 3:44.25 40.01	400m: 4:58.42 34.82	
6.	Smiech Olivier	09	UKS DELFIN Krapkowice	5:09.08	323
	50m: 34.35 34.35	150m: 1:53.11 39.76	250m: 3:12.65 40.32	350m: 4:32.12 38.52	
	100m: 1:13.35 39.00	200m: 2:32.33 39.22	300m: 3:53.60 40.95	400m: 5:09.08 36.96	
7.	Całus Kacper	07	UKS ORKA Cz stochowa	5:40.68	241
	50m: 33.76 33.76	150m: 1:54.77 41.77	250m: 3:22.87 44.62	350m: 4:54.09 45.74	
	100m: 1:13.00 39.24	200m: 2:38.25 43.48	300m: 4:08.35 45.48	400m: 5:40.68 46.59	