

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2019
Nowa Ruda, 29. - 30.11.2019

Event 5
2019.11.29 - 9:24

Men, 400m Medley

11 - 50 years
Results

Points: FINA 2019

Rank			YB					Time	Pts
13 lat									
1.	DYRDA Michal		06	Koral Wroclaw				5:28.10	369
	50m:	33.38	33.38	150m:	1:56.34	41.32	250m:	3:26.13	48.92
	100m:	1:15.02	41.64	200m:	2:37.21	40.87	300m:	4:14.81	48.68
							350m:	4:53.68	38.87
							400m:	5:28.10	34.42
14 lat									
1.	FRANKOWSKI Milosz		05	Juvenia Wroclaw				5:09.09	442
	50m:	30.72	30.72	150m:	1:49.47	40.66	250m:	3:11.75	42.77
	100m:	1:08.81	38.09	200m:	2:28.98	39.51	300m:	3:55.50	43.75
							350m:	4:32.87	37.37
							400m:	5:09.09	36.22
2.	LECH Mateusz		05	Koral Wroclaw				5:24.75	381
	50m:	32.41	32.41	150m:	1:57.15	45.94	250m:	3:24.56	43.77
	100m:	1:11.21	38.80	200m:	2:40.79	43.64	300m:	4:09.87	45.31
							350m:	4:48.70	38.83
							400m:	5:24.75	36.05
3.	ORMAN Tomasz		05	Atol Olesnica				6:13.24	251
	50m:	37.03	37.03	150m:	3:02.83	47.12	250m:	4:43.23	52.06
	100m:	2:15.71	1:38.68	200m:	3:51.17	48.34	300m:	5:29.38	46.15
							350m:	6:13.24	43.86
							400m:	6:13.24	
16 lat i starsi									
1.	DEREN Kacper		98	Slask Wroclaw				4:39.47	598
	50m:	27.70	27.70	150m:	1:35.18	35.72	250m:	2:53.83	42.83
	100m:	59.46	31.76	200m:	2:11.00	35.82	300m:	3:37.19	43.36
							350m:	4:09.15	31.96
							400m:	4:39.47	30.32
2.	MOSIAK Mikolaj		03	Atol Olesnica				4:52.37	522
	50m:	29.75	29.75	150m:	1:42.17	37.80	250m:	3:01.24	41.81
	100m:	1:04.37	34.62	200m:	2:19.43	37.26	300m:	3:44.07	42.83
							350m:	4:18.62	34.55
							400m:	4:52.37	33.75
3.	KOROL Roman		03	"Aqualeader"-Cstk				4:56.93	498
	50m:	29.72	29.72	150m:	1:41.70	37.43	250m:	3:02.70	44.60
	100m:	1:04.27	34.55	200m:	2:18.10	36.40	300m:	3:47.48	44.78
							350m:	4:22.48	35.00
							400m:	4:56.93	34.45
4.	JACHYM Maciej		03	Rekin Swiebodzice				4:59.11	488
	50m:	30.32	30.32	150m:	1:43.61	38.21	250m:	3:04.06	42.90
	100m:	1:05.40	35.08	200m:	2:21.16	37.55	300m:	3:48.03	43.97
							350m:	4:24.02	35.99
							400m:	4:59.11	35.09