

Mistrzostwa Okręgu Gliwickiego Open
Gliwice, 12. - 13.11.2021

Konkurencja 15
12.11.2021 - 12:35

Mężczyźni, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2021

Pozycja			Rok ur.					Czas	Pkt.			
14 lat												
1.	Wdowiak Dominik		07	CSiR MOS w D browie Górnicej				4:47.02	547			
	50m:	29.72	29.72	150m:	1:40.57	36.74	250m:	2:57.39	41.06	350m:	4:13.87	34.95
	100m:	1:03.83	34.11	200m:	2:16.33	35.76	300m:	3:38.92	41.53	400m:	4:47.02	33.15
2.	Proszowski Paweł		07	MKS Park Wodny Tarnowskie Góry				4:47.38	545			
	50m:	30.17	30.17	150m:	1:42.05	37.07	250m:	2:59.03	40.89	350m:	4:14.69	34.22
	100m:	1:04.98	34.81	200m:	2:18.14	36.09	300m:	3:40.47	41.44	400m:	4:47.38	32.69
3.	Maroszek Alex		07	KS Górnik Radlin				5:30.85	357			
	50m:	37.44	37.44	150m:	2:06.16	42.83	250m:	3:32.97	44.72	350m:		
	100m:	1:23.33	45.89	200m:	2:48.25	42.09	300m:	4:17.89	44.92	400m:	5:30.85	
15 lat												
1.	Zawada Olaf		06	MTP Delfin Cieszyn				5:42.19	323			
	50m:	34.65	34.65	150m:	2:00.40	46.11	250m:	3:34.65	49.69	350m:	5:03.04	39.77
	100m:	1:14.29	39.64	200m:	2:44.96	44.56	300m:	4:23.27	48.62	400m:	5:42.19	39.15
16 lat												
1.	Staniszewski Bartosz		05	UKP „Ruda Gliwska”				4:31.77	644			
	50m:	28.72	28.72	150m:	1:38.33	36.00	250m:	2:52.45	39.93	350m:	4:02.92	31.07
	100m:	1:02.33	33.61	200m:	2:12.52	34.19	300m:	3:31.85	39.40	400m:	4:31.77	28.85
2.	Geisner Kamil		05	UKS Wodnik Siemianowice Gliwice				4:44.31	563			
	50m:	29.93	29.93	150m:	1:40.90	36.05	250m:	3:00.40	44.10	350m:	4:14.25	31.11
	100m:	1:04.85	34.92	200m:	2:16.30	35.40	300m:	3:43.14	42.74	400m:	4:44.31	30.06
3.	Filozof Adam		05	MKS Park Wodny Tarnowskie Góry				4:46.73	549			
	50m:	29.88	29.88	150m:	1:43.19	37.96	250m:	3:00.11	39.83	350m:	4:13.86	33.55
	100m:	1:05.23	35.35	200m:	2:20.28	37.09	300m:	3:40.31	40.20	400m:	4:46.73	32.87
4.	Chmielniak Michał		05	PTS "JANOSIK" Bielsko-Biała				5:00.12	478			
	50m:	31.44	31.44	150m:	1:48.61	40.24	250m:	3:09.27	41.06	350m:	4:26.28	34.87
	100m:	1:08.37	36.93	200m:	2:28.21	39.60	300m:	3:51.41	42.14	400m:	5:00.12	33.84
17 lat i starsi												
1.	Kuczak Adam		00	AZS AWF Katowice				4:27.74	674			
	50m:	27.77	27.77	150m:	1:34.81	34.61	250m:	2:46.35	38.55	350m:	3:56.98	32.29
	100m:	1:00.20	32.43	200m:	2:07.80	32.99	300m:	3:24.69	38.34	400m:	4:27.74	30.76
2.	Tomaszowski Michał		03	UKS Wodnik Siemianowice Gliwice				4:40.09	589			
	50m:	28.30	28.30	150m:	1:37.93	35.91	250m:	2:56.11	42.29	350m:	4:09.99	31.22
	100m:	1:02.02	33.72	200m:	2:13.82	35.89	300m:	3:38.77	42.66	400m:	4:40.09	30.10
3.	Wykręt Marcin		04	"Sikret" Gliwice				4:40.32	587			
	50m:	31.68	31.68	150m:	1:43.17	36.46	250m:	2:58.05	38.85	350m:	4:09.29	31.81
	100m:	1:06.71	35.03	200m:	2:19.20	36.03	300m:	3:37.48	39.43	400m:	4:40.32	31.03
4.	Lewicki Jakub		04	"Sikret" Gliwice				4:42.32	575			
	50m:	29.89	29.89	150m:	1:41.34	37.36	250m:	2:58.05	39.75	350m:	4:11.29	32.19
	100m:	1:03.98	34.09	200m:	2:18.30	36.96	300m:	3:39.10	41.05	400m:	4:42.32	31.03
5.	Gottschling Krzysztof		04	UKS Wodnik Siemianowice Gliwice				4:44.40	562			
	50m:	28.30	28.30	150m:	1:39.34	37.32	250m:	2:57.76	41.09	350m:	4:12.49	34.07
	100m:	1:02.02	33.72	200m:	2:16.67	37.33	300m:	3:38.42	40.66	400m:	4:44.40	31.91
6.	Goik Bartłomiej		04	CSiR MOS w D browie Górnicej				4:51.76	521			
	50m:	29.76	29.76	150m:	1:41.79	38.60	250m:	3:01.41	41.66	350m:	4:18.24	34.14
	100m:	1:03.19	33.43	200m:	2:19.75	37.96	300m:	3:44.10	42.69	400m:	4:51.76	33.52

Mistrzostwa Okręgu I śkiego Open
Gliwice, 12. - 13.11.2021

Konkurencja 15, M ężczyzn, 400m zmienny, 17 lat i starsi

Pozycja	Rok ur.								Czas	Pkt.	
7. Kapitan Kacper	04 CSiR MOS w D browie Górnicy								5:05.26	455	
50m:	29.53	29.53	150m:	1:45.90	41.83	250m:	3:10.90	43.84	350m:	4:30.32	35.84
100m:	1:04.07	34.54	200m:	2:27.06	41.16	300m:	3:54.48	43.58	400m:	5:05.26	34.94