

Mistrzostwa Okręgu Gliwickiego Open  
Gliwice, 18. - 19.11.2022

Konkurencja 15  
18.11.2022 - 12:54

Mężczyzn, 400m zmienny

14 lat i starsi  
Wyniki

Rekord 15 lat	4:12.85	Dubas Mateusz - 2018	POL	AZS AWF Katowice
Rekord 14 lat	4:12.85	Dubas Mateusz - 2018	POL	AZS AWF Katowice
Rekord 16 lat	4:20.73	Staniszewski Bartosz - 2021	POL	UKP Ruda Gliwska
Rekord 15 lat	4:26.25	Staniszewski Bartosz - 2020	POL	UKP Ruda Gliwska
Rekord 14 lat	4:32.54	Staniszewski Bartosz - 2019	POL	UKP Ruda Gliwska
Rekord Open	4:11.88	Ciasto Sebastian - 2020	POL	AZS AWF Katowice

Punkty: FINA 2022

Pozycja	Rok ur.	Czas	R.St	% popr.	FINA
<b>14 lat</b>					
1. Pinczak Mateusz	08 CSiR MOS w D browie Górnicej	<b>4:43.35</b>	+0,78	102%	569
50m: 29.85	29.85 150m: 1:39.86 36.10 250m: 2:56.22	40.35	350m: 4:11.43	33.83	
100m: 1:03.76	33.91 200m: 2:15.87 36.01 300m: 3:37.60	41.38	400m: 4:43.35	31.92	
2. Staniszewski Wiktor	08 "Sikret" Gliwice	<b>5:00.22</b>		105%	478
50m: 31.35	31.35 150m: 1:49.34 41.36 250m: 3:11.33	42.98	350m: 4:27.28	33.33	
100m: 1:07.98	36.63 200m: 2:28.35 39.01 300m: 3:53.95	42.62	400m: 5:00.22	32.94	
3. Gr dziak Oskar	08 MKS Park Wodny Tarnowskie Góry	<b>5:04.40</b>	+0,89	105%	459
50m: 32.27	32.27 150m: 1:51.98 42.50 250m: 3:14.36	41.30	350m: 4:30.65	35.70	
100m: 1:09.48	37.21 200m: 2:33.06 41.08 300m: 3:54.95	40.59	400m: 5:04.40	33.75	
4. Broczkowski Bogusz	08 UKS „Dragon” B dzin	<b>5:04.52</b>	+0,73	-	458
50m: 29.71	29.71 150m: 1:48.90 42.69 250m: 3:12.87	42.61	350m: 4:32.70	35.75	
100m: 1:06.21	36.50 200m: 2:30.26 41.36 300m: 3:56.95	44.08	400m: 5:04.52	31.82	
5. Rumian Szymon	08 MKS Park Wodny Tarnowskie Góry	<b>5:06.60</b>	+0,78	-	449
50m: 31.80	31.80 150m: 1:52.44 40.71 250m: 3:13.40	42.19	350m: 4:32.51	36.55	
100m: 1:11.73	39.93 200m: 2:31.21 38.77 300m: 3:55.96	42.56	400m: 5:06.60	34.09	
6. Kluj Wiktor	08 "Sikret" Gliwice	<b>5:18.36</b>		-	401
50m: 32.62	32.62 150m: 1:51.78 40.08 250m: 3:16.82	46.37	350m: 4:43.31	38.10	
100m: 1:11.70	39.08 200m: 2:30.45 38.67 300m: 4:05.21	48.39	400m: 5:18.36	35.05	
<b>15 lat</b>					
1. Major Erik	07 MKS Park Wodny Tarnowskie Góry	<b>4:34.39</b>		99%	626
50m: 29.93	29.93 150m: 1:40.04 36.49 250m: 2:52.47	37.00	350m: 4:03.81	32.21	
100m: 1:03.55	33.62 200m: 2:15.47 35.43 300m: 3:31.60	39.13	400m: 4:34.39	30.58	
2. Proszowski Paweł	07 MKS Park Wodny Tarnowskie Góry	<b>4:40.59</b>	+0,67	100%	586
50m: 29.39	29.39 150m: 1:40.02 36.76 250m: 2:55.90	39.95	350m: 4:09.19	33.14	
100m: 1:03.26	33.87 200m: 2:15.95 35.93 300m: 3:36.05	40.15	400m: 4:40.59	31.40	
<b>16 lat</b>					
1. Pera Marcin	06 UKS Wodnik Siemianowice Gliwskie	<b>5:10.84</b>	+0,68	-	431
50m: 30.12	30.12 150m: 1:48.31 43.53 250m: 3:13.30	44.41	350m: 4:35.38	37.07	
100m: 1:04.78	34.66 200m: 2:28.89 40.58 300m: 3:58.31	45.01	400m: 5:10.84	35.46	
2. Zawada Olaf	06 MTP Delfin Cieszyn	<b>5:47.16</b>		97%	309
50m: 36.34	36.34 150m: 2:04.57 46.59 250m: 3:41.08	51.00	350m: 5:09.82	38.60	
100m: 1:17.98	41.64 200m: 2:50.08 45.51 300m: 4:31.22	50.14	400m: 5:47.16	37.34	
<b>17 lat i starsi</b>					
1. Staniszewski Bartosz	05 UKP „Ruda Gliwska”	<b>4:21.88</b>	+0,70	99%	720
50m: 28.11	28.11 150m: 1:34.57 33.95 250m: 2:45.07	38.06	350m: 3:53.51	29.96	
100m: 1:00.62	32.51 200m: 2:07.01 32.44 300m: 3:23.55	38.48	400m: 4:21.88	28.37	
2. Wykr t Marcin	04 "Sikret" Gliwice	<b>4:44.30</b>	+0,77	94%	563
50m: 30.66	30.66 150m: 1:43.69 37.82 250m: 3:00.49	39.80	350m: 4:13.36	32.45	
100m: 1:05.87	35.21 200m: 2:20.69 37.00 300m: 3:40.91	40.42	400m: 4:44.30	30.94	
3. Lewicki Jakub	04 "Sikret" Gliwice	<b>4:45.21</b>	+0,75	92%	558
50m: 29.54	29.54 150m: 1:41.15 37.63 250m: 2:57.85	41.28	350m: 4:13.08	33.69	
100m: 1:03.52	33.98 200m: 2:16.57 35.42 300m: 3:39.39	41.54	400m: 4:45.21	32.13	
4. Filozof Adam	05 MKS Park Wodny Tarnowskie Góry	<b>4:54.77</b>		92%	505
50m: 30.87	30.87 150m: 1:46.41 39.49 250m: 3:05.63	40.36	350m: 4:21.60	35.12	
100m: 1:06.92	36.05 200m: 2:25.27 38.86 300m: 3:46.48	40.85	400m: 4:54.77	33.17	

Mistrzostwa Okręgu I śkiego Open  
Gliwice, 18. - 19.11.2022

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Konkurencja 15, M cyczny, 400m zmienny

PK	Gohla Kamil		05 Swim Team MOSiR K dzierzyn-Ko le					<b>4:44.55</b>	+0,76	96%	561	
	50m:	29.93	29.93	150m:	1:43.88	38.71	250m:	3:00.79	39.39	350m:	4:13.71	33.33
	100m:	1:05.17	35.24	200m:	2:21.40	37.52	300m:	3:40.38	39.59	400m:	4:44.55	30.84