

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

Event 12 Men, 400m Medley 13 years and older
02.06.2024 - 12:00 Results

Rekord Opolszczyzny Open	4:30.95	Stachura Maciej	00107	Ostrowiec Sw.	22.05.2009
Rekord Opolszczyzny 19 +	4:38.77	Stachura Maciej	00107	Gliwice	04.06.2010
Rekord Opolszczyzny 18	4:30.95	Stachura Maciej	00107	Ostrowiec Sw.	22.05.2009
Rekord Opolszczyzny 17	4:32.67	Stachura Maciej	00107	Ostrowiec Sw.	04.04.2008
Rekord Opolszczyzny 16	4:37.12	Kempa Mikołaj	00207	Debica	10.07.2015
Rekord Opolszczyzny 15	4:43.43	Kempa Mikołaj	00207	Gliwice	18.07.2014
Rekord Opolszczyzny 14	4:48.21	Kempa Mikołaj	00207	Gorzow Wlkp	05.07.2013
Rekord Opolszczyzny 13	5:31.88	Badura Jonasz	00407	Opole	10.06.2016

Points: AQUA 2025

Rank	YB		Time	Pts	100m	200m	300m	400m
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13 years

1. Wittig Franciszek	13	KS Rekin Swiebodzice	5:43.96	350	1:16.52	1:35.00	1:37.03	1:15.41
50m: 35.69	35.69	150m: 2:04.40	47.88	250m: 3:40.08	48.56	350m: 5:06.68	38.13	
100m: 1:16.52	40.83	200m: 2:51.52	47.12	300m: 4:28.55	48.47	400m: 5:43.96	37.28	
2. Gielata Mikolaj	13	KS Rekin Swiebodzice	5:51.91	327	1:22.54	1:31.79	1:36.39	1:21.19
50m: 36.48	36.48	150m: 2:09.62	47.08	250m: 3:41.32	46.99	350m: 5:11.83	41.11	
100m: 1:22.54	46.06	200m: 2:54.33	44.71	300m: 4:30.72	49.40	400m: 5:51.91	40.08	
3. Rigol Bartosz	13	UKS DELFIN Krapkowice	6:24.44	250	1:31.33	1:38.26	1:51.34	1:23.51
50m:		150m:		250m:	350m:			
100m: 1:31.33		200m: 3:09.59		300m: 5:00.93	400m: 6:24.44			

14 years

1. Szram Pawel	12	KS Rekin Swiebodzice	5:37.83	369	1:23.73	1:29.91	1:29.73	1:14.46
50m: 38.25	38.25	150m: 2:08.68	44.95	250m: 3:38.47	44.83	350m: 5:01.18	37.81	
100m: 1:23.73	45.48	200m: 2:53.64	44.96	300m: 4:23.37	44.90	400m: 5:37.83	36.65	
2. Jachym Julian	12	KS Rekin Swiebodzice	5:54.55	319	1:25.13	1:32.94	1:45.49	1:10.99
50m: 39.04	39.04	150m: 3:51.13	2:26.00	250m: 5:20.64	2:22.57	350m:		
100m: 1:25.13	46.09	200m: 2:58.07		300m: 4:43.56		400m: 5:54.55		
3. Szram Hubert	12	KS Rekin Swiebodzice	6:14.87	270	1:27.72	1:37.69	1:51.34	1:18.12
50m: 40.64	40.64	150m: 2:18.00	50.28	250m: 4:02.88	57.47	350m: 5:36.95	40.20	
100m: 1:27.72	47.08	200m: 3:05.41	47.41	300m: 4:56.75	53.87	400m: 6:14.87	37.92	

15 years and older

1. Jadczyk Wojciech	11	DOKiS SP Vega Dobrodzien	5:24.82	416	1:12.19	1:24.68	1:36.64	1:11.31
50m: 32.50	32.50	150m: 1:55.56	43.37	250m: 3:23.03	46.16	350m: 4:49.61	36.10	
100m: 1:12.19	39.69	200m: 2:36.87	41.31	300m: 4:13.51	50.48	400m: 5:24.82	35.21	
2. Salwa Maciej	11	KS Rekin Swiebodzice	5:53.95	321	1:22.32	1:29.58	1:43.90	1:18.15
50m: 37.68	37.68	150m: 2:08.19	45.87	250m: 3:44.53	52.63	350m: 5:16.37	40.57	
100m: 1:22.32	44.64	200m: 2:51.90	43.71	300m: 4:35.80	51.27	400m: 5:53.95	37.58	