

Mistrzostwa Okręgu Opolskiego w pływaniu
Opole, 4-5-12-2015

Event 19 Women, 400m Freestyle 11 years and older
2015-12-05 - 10:20 Results

Top Times "Opolski Okręgowy Związek P4:10.27" Zukowska Paula 00107 Szczecin 2010-12-03

Points: FINA 2015

Rank			YB			Time	Pts	
1.	Hasny Marta		98	Zryw		4:43.79	564	
	50m: 31.93	31.93	150m: 1:43.59	36.18	250m: 2:55.96	35.90	350m: 4:08.63	36.42
	100m: 1:07.41	35.48	200m: 2:20.06	36.47	300m: 3:32.21	36.25	400m: 4:43.79	35.16
2.	Spik Vanessa		02	DOKiS SP "Vega" Dobrodzien		4:56.53	494	
	50m: 32.77	32.77	150m: 1:47.74	37.76	250m: 3:03.95	38.37	350m: 4:20.00	37.91
	100m: 1:09.98	37.21	200m: 2:25.58	37.84	300m: 3:42.09	38.14	400m: 4:56.53	36.53
3.	Kaczor Natalia		01	Uks Junior Kluczbork		5:00.38	475	
	50m: 32.94	32.94	150m: 1:48.53	38.78	250m: 3:07.13	39.00	350m: 4:24.56	38.40
	100m: 1:09.75	36.81	200m: 2:28.13	39.60	300m: 3:46.16	39.03	400m: 5:00.38	35.82
4.	Smolinska Gabriela		00	MMKS Kedzierzyn-Kozle		5:03.02	463	
	50m: 32.95	32.95	150m: 1:46.95	37.48	250m: 3:04.71	39.28	350m: 4:24.57	40.12
	100m: 1:09.47	36.52	200m: 2:25.43	38.48	300m: 3:44.45	39.74	400m: 5:03.02	38.45
5.	Tkacz Aleksandra		00	MMKS Kedzierzyn-Kozle		5:12.08	424	
	50m: 33.17	33.17	150m: 1:49.34	39.22	250m: 3:09.19	39.83	350m: 4:30.90	41.15
	100m: 1:10.12	36.95	200m: 2:29.36	40.02	300m: 3:49.75	40.56	400m: 5:12.08	41.18
6.	Pawlowska Jessica		03	Uks Junior Kluczbork		5:26.53	370	
	50m: 35.64	35.64	150m: 1:59.03	42.25	250m: 3:22.90	42.14	350m: 4:46.47	41.75
	100m: 1:16.78	41.14	200m: 2:40.76	41.73	300m: 4:04.72	41.82	400m: 5:26.53	40.06
7.	Oliwa Laura		03	DOKiS SP "Vega" Dobrodzien		5:33.41	348	
	50m: 36.52	36.52	150m: 2:00.41	42.46	250m: 3:26.45	43.26	350m: 4:51.97	41.99
	100m: 1:17.95	41.43	200m: 2:43.19	42.78	300m: 4:09.98	43.53	400m: 5:33.41	41.44
8.	Reszczyńska Paulina		03	Uks Kusy Strzelce Opolskie		6:27.65	221	
	50m: 40.06	40.06	150m: 3:12.78	1:44.80	250m: 4:54.61	51.54	350m:	
	100m: 1:27.98	47.92	200m: 4:03.07	50.29	300m: 5:42.66	48.05	400m: 6:27.65	
9.	Studzinska Martyna		04	Uks Kusy Strzelce Opolskie		6:37.83	204	
	50m: 40.68	40.68	150m: 2:21.92	52.46	250m: 4:06.48	51.95	350m: 5:50.35	51.17
	100m: 1:29.46	48.78	200m: 3:14.53	52.61	300m: 4:59.18	52.70	400m: 6:37.83	47.48
10.	Misiec Julia		03	Uks Kusy Strzelce Opolskie		6:46.85	191	
	50m: 41.73	41.73	150m: 2:24.37	53.30	250m: 4:08.72	52.63	350m: 5:54.85	53.29
	100m: 1:31.07	49.34	200m: 3:16.09	51.72	300m: 5:01.56	52.84	400m: 6:46.85	52.00