

Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu
Opole, 10-12-2016

Event 23
2016-12-10 - 17:10

Women, 400m Medley

Open
Results

Rekordy Okręgu Opolskiego 4:43.75 Zukowska Paula POL Wladyslawowo 2009-01-30

Points: FINA 2016

Rank			YB					Time	Pts
Open									
1.	Skorupa Monika		99	Vega Dobrodzien				5:07.34	601
	50m:	32.27 32.27	150m:	1:49.60 38.90	250m:	3:11.23 43.81	350m:	4:31.70 37.08	
	100m:	1:10.70 38.43	200m:	2:27.42 37.82	300m:	3:54.62 43.39	400m:	5:07.34 35.64	
2.	Smetek Wiktoria SR		01	MMKS Kedzierzyn-Kozle				5:18.85	538
	50m:	34.74 34.74	150m:	1:56.22 39.84	250m:	3:20.34 44.41	350m:	4:43.42 37.99	
	100m:	1:16.38 41.64	200m:	2:35.93 39.71	300m:	4:05.43 45.09	400m:	5:18.85 35.43	
3.	Budzinska Paulina		03	MMKS Kedzierzyn-Kozle				5:40.50	442
	50m:	38.94 38.94	150m:	2:07.62 45.86	250m:	3:37.68 45.80	350m:	5:03.57 38.33	
	100m:	1:21.76 42.82	200m:	2:51.88 44.26	300m:	4:25.24 47.56	400m:	5:40.50 36.93	
4.	Oliwa Laura		03	Vega Dobrodzien				6:01.74	368
	50m:	38.41 38.41	150m:	2:10.23 47.41	250m:	3:47.29 51.01	350m:	5:22.34 40.69	
	100m:	1:22.82 44.41	200m:	2:56.28 46.05	300m:	4:41.65 54.36	400m:	6:01.74 39.40	
5.	Jagieniak Izabela		03	Zryw				6:18.30	322
	50m:	42.00 42.00	150m:	2:20.12 47.78	250m:	4:01.09 53.76	350m:	5:38.95 42.54	
	100m:	1:32.34 50.34	200m:	3:07.33 47.21	300m:	4:56.41 55.32	400m:	6:18.30 39.35	
12 - 13 years									
1.	Budzinska Paulina		03	MMKS Kedzierzyn-Kozle				5:40.50	442
	50m:	38.94 38.94	150m:	2:07.62 45.86	250m:	3:37.68 45.80	350m:	5:03.57 38.33	
	100m:	1:21.76 42.82	200m:	2:51.88 44.26	300m:	4:25.24 47.56	400m:	5:40.50 36.93	
2.	Oliwa Laura		03	Vega Dobrodzien				6:01.74	368
	50m:	38.41 38.41	150m:	2:10.23 47.41	250m:	3:47.29 51.01	350m:	5:22.34 40.69	
	100m:	1:22.82 44.41	200m:	2:56.28 46.05	300m:	4:41.65 54.36	400m:	6:01.74 39.40	
3.	Jagieniak Izabela		03	Zryw				6:18.30	322
	50m:	42.00 42.00	150m:	2:20.12 47.78	250m:	4:01.09 53.76	350m:	5:38.95 42.54	
	100m:	1:32.34 50.34	200m:	3:07.33 47.21	300m:	4:56.41 55.32	400m:	6:18.30 39.35	
14 - 15 years									
1.	Smetek Wiktoria SR		01	MMKS Kedzierzyn-Kozle				5:18.85	538
	50m:	34.74 34.74	150m:	1:56.22 39.84	250m:	3:20.34 44.41	350m:	4:43.42 37.99	
	100m:	1:16.38 41.64	200m:	2:35.93 39.71	300m:	4:05.43 45.09	400m:	5:18.85 35.43	
16 - 18 years									
1.	Skorupa Monika		99	Vega Dobrodzien				5:07.34	601
	50m:	32.27 32.27	150m:	1:49.60 38.90	250m:	3:11.23 43.81	350m:	4:31.70 37.08	
	100m:	1:10.70 38.43	200m:	2:27.42 37.82	300m:	3:54.62 43.39	400m:	5:07.34 35.64	