

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

Event 5 Women, 400m Freestyle Open Results  
2016-12-10 - 10:40

Rekordy Okręgu Opolskiego 4:10.27 Zukowska Paula POL Szczecin 2010-12-03

Points: FINA 2016

Rank			YB					Time	Pts
<b>Open</b>									
1.	Smetek Wiktoria SR		01	MMKS Kedzierzyn-Kozle				<b>4:47.75</b>	541
	50m:	32.70 32.70	150m:	1:45.00	36.56	250m:	2:58.87 36.90	350m:	4:11.78 35.83
	100m:	1:08.44 35.74	200m:	2:21.97	36.97	300m:	3:35.95 37.08	400m:	4:47.75 35.97
2.	Kaczor Natalia		01	UKS Junior Kluczbork				<b>4:53.10</b>	512
	50m:	32.48 32.48	150m:	1:46.00	37.45	250m:	4:16.58 37.95	350m:	
	100m:	1:08.55 36.07	200m:	3:38.63	1:52.63	300m:	4:53.10 36.52	400m:	4:53.10
3.	Oliwa Laura		03	Vega Dobrodzien				<b>5:13.45</b>	418
	50m:	35.27 35.27	150m:	1:54.44	40.02	250m:	3:14.53 40.48	350m:	4:34.62 39.68
	100m:	1:14.42 39.15	200m:	2:34.05	39.61	300m:	3:54.94 40.41	400m:	5:13.45 38.83
4.	Niedobitek Izabela		03	UKS Kusy Strzelce Opolskie				<b>5:35.88</b>	340
	50m:	35.61 35.61	150m:	1:57.22	41.54	250m:	3:24.52 43.76	350m:	4:54.13 45.58
	100m:	1:15.68 40.07	200m:	2:40.76	43.54	300m:	4:08.55 44.03	400m:	5:35.88 41.75
5.	Muszynska Jagoda		04	MMKS Kedzierzyn-Kozle				<b>6:03.29</b>	269
	50m:	40.35 40.35	150m:	2:11.36	45.86	250m:	3:45.52 47.15	350m:	5:19.42 47.13
	100m:	1:25.50 45.15	200m:	2:58.37	47.01	300m:	4:32.29 46.77	400m:	6:03.29 43.87
6.	Studzinska Martyna		04	UKS Kusy Strzelce Opolskie				<b>6:05.34</b>	264
	50m:	40.28 40.28	150m:	2:13.04	46.68	250m:	3:48.67 47.56	350m:	5:22.03 45.88
	100m:	1:26.36 46.08	200m:	3:01.11	48.07	300m:	4:36.15 47.48	400m:	6:05.34 43.31
7.	Smyczek Aleksandra		05	MMKS Kedzierzyn-Kozle				<b>6:23.56</b>	228
	50m:	42.82 42.82	150m:	2:22.05	49.67	250m:	4:00.58 49.52	350m:	5:36.04 46.63
	100m:	1:32.38 49.56	200m:	3:11.06	49.01	300m:	4:49.41 48.83	400m:	6:23.56 47.52
8.	Dobosiewicz Nina		05	UKS 5 plus 1 Opole				<b>6:33.32</b>	211
	50m:		150m:	2:17.20	49.02	250m:		350m:	
	100m:	1:28.18	200m:			300m:	4:53.31	400m:	6:33.32
9.	Bialon Maja		04	UKS Kusy Strzelce Opolskie				<b>6:59.20</b>	175
	50m:	44.38 44.38	150m:			250m:	4:17.65 55.01	350m:	6:06.77 53.58
	100m:		200m:	3:22.64		300m:	5:13.19 55.54	400m:	6:59.20 52.43
DSQ	Wieczorek Anna		05	Zryw					
	<i>SW - Nieuko czenie wy cigu</i>								
	50m:	42.81 42.81	150m:	2:22.09	51.36	250m:	4:07.48 53.46	350m:	5:29.61 30.88
	100m:	1:30.73 47.92	200m:	3:14.02	51.93	300m:	4:58.73 51.25	400m:	
<b>11 years</b>									
1.	Smyczek Aleksandra		05	MMKS Kedzierzyn-Kozle				<b>6:23.56</b>	228
	50m:	42.82 42.82	150m:	2:22.05	49.67	250m:	4:00.58 49.52	350m:	5:36.04 46.63
	100m:	1:32.38 49.56	200m:	3:11.06	49.01	300m:	4:49.41 48.83	400m:	6:23.56 47.52
2.	Dobosiewicz Nina		05	UKS 5 plus 1 Opole				<b>6:33.32</b>	211
	50m:		150m:	2:17.20	49.02	250m:		350m:	
	100m:	1:28.18	200m:			300m:	4:53.31	400m:	6:33.32
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12 - 13 years

1. Oliwa Laura		03	Vega Dobrodzien	<b>5:13.45</b>	418
50m: 35.27 35.27	150m: 1:54.44 40.02	250m: 3:14.53 40.48	350m: 4:34.62 39.68		
100m: 1:14.42 39.15	200m: 2:34.05 39.61	300m: 3:54.94 40.41	400m: 5:13.45 38.83		
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50m: 35.61 35.61	150m: 1:57.22 41.54	250m: 3:24.52 43.76	350m: 4:54.13 45.58		
100m: 1:15.68 40.07	200m: 2:40.76 43.54	300m: 4:08.55 44.03	400m: 5:35.88 41.75		
3. Muszynska Jagoda		04	MMKS Kedzierzyn-Kozle	<b>6:03.29</b>	269
50m: 40.35 40.35	150m: 2:11.36 45.86	250m: 3:45.52 47.15	350m: 5:19.42 47.13		
100m: 1:25.50 45.15	200m: 2:58.37 47.01	300m: 4:32.29 46.77	400m: 6:03.29 43.87		
4. Studzinska Martyna		04	UKS Kusy Strzelce Opolskie	<b>6:05.34</b>	264
50m: 40.28 40.28	150m: 2:13.04 46.68	250m: 3:48.67 47.56	350m: 5:22.03 45.88		
100m: 1:26.36 46.08	200m: 3:01.11 48.07	300m: 4:36.15 47.48	400m: 6:05.34 43.31		
5. Bialon Maja		04	UKS Kusy Strzelce Opolskie	<b>6:59.20</b>	175
50m: 44.38 44.38	150m:	250m: 4:17.65 55.01	350m: 6:06.77 53.58		
100m:	200m: 3:22.64	300m: 5:13.19 55.54	400m: 6:59.20 52.43		

14 - 15 years

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