

Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu
K dzierzyn-Ko le, 8. - 9.12.2018

Konkurencja 24
08.12.2018 - 16:50

Kobiet, 400m dowolny

Open
Wyniki

Rekord Polski Open	4:05.77	Barzycka Paulina	POL	Gorzow	26.11.2005
Rekord Polski 19 +	4:05.77	Barzycka Paulina	POL	Gorzow	26.11.2005
Rekord Polski 18	4:08.83	Kilija ska Donata	POL	Ostrowiec Sw	21.12.2013
Rekord Polski 17	4:08.41	Kilija ska Donata	POL	Ostrowiec Sw.	21.12.2012
Rekord Polski 16	4:08.04	Kilija ska Donata	POL	Poznan	17.12.2011
Rekord Polski 15	4:11.12	Kilija ska Donata	POL	Lodz	21.11.2010
Rekord Polski 14	4:14.20	Knop Aleksandra	POL	Lublin	04.03.2017
Rekord Polski 13	4:18.09	Knop Aleksandra	POL	Ostrowiec Sw	18.06.2016
Rekord Polski 12	4:34.88	Cierpiałowska Paulina	POL	Gdansk	16.06.2017

Punkty: FINA 2018

Pozycja			Rok ur.					Czas	Pkt.
Open									
1.	Rakowska Marta		06	DOKiS SP "Vega" Dobrodzie				4:39.21	592
	50m:	31.73	31.73	150m:	1:42.72	36.36	250m:	2:54.80	35.89
	100m:	1:06.36	34.63	200m:	2:18.91	36.19	300m:	3:30.66	35.86
				400m:			4:39.21	32.72	
2.	Kaczor Natalia		01	UKS Junior Kluczbork				4:39.29	592
	50m:	31.57	31.57	150m:	1:42.53	36.16	250m:	2:54.47	35.79
	100m:	1:06.37	34.80	200m:	2:18.68	36.15	300m:	3:30.58	36.11
				400m:			4:39.29	33.16	
3.	Oliwa Laura		03	DOKiS SP "Vega" Dobrodzie				4:46.15	550
	50m:	32.54	32.54	150m:	1:44.87	36.69	250m:	2:57.22	35.57
	100m:	1:08.18	35.64	200m:	2:21.65	36.78	300m:	3:34.61	37.39
				400m:			4:46.15	35.15	
4.	Chł d Zuzanna		06	MOS Opole				5:20.48	391
	50m:	33.91	33.91	150m:	1:54.69	41.02	250m:	3:18.43	41.64
	100m:	1:13.67	39.76	200m:	2:36.79	42.10	300m:	4:00.06	41.63
				400m:			5:20.48	39.65	
5.	Muszy ska Jagoda		04	MMKS K dzierzyn-Ko le				5:46.92	308
	50m:	37.83	37.83	150m:	2:04.77	44.00	250m:	3:34.77	45.09
	100m:	1:20.77	42.94	200m:	2:49.68	44.91	300m:	4:20.49	45.72
				400m:			5:46.92	41.42	
6.	Dolata Julia		07	KS Start Opole				5:47.15	308
	50m:	36.43	36.43	150m:	2:05.01	45.21	250m:	3:37.26	46.31
	100m:	1:19.80	43.37	200m:	2:50.95	45.94	300m:	4:22.31	45.05
				400m:			5:47.15	40.95	
7.	Gernand Emilia		06	UKS Gwiazda Olesno				5:47.72	306
	50m:	39.91	39.91	150m:	2:08.77	44.71	250m:	3:38.17	44.84
	100m:	1:24.06	44.15	200m:	2:53.33	44.56	300m:	4:23.13	44.96
				400m:			5:47.72	39.02	
8.	Justy ska Jagoda		07	MMKS K dzierzyn-Ko le				5:49.74	301
	50m:	37.95	37.95	150m:	2:09.00	45.80	250m:	3:39.92	45.65
	100m:	1:23.20	45.25	200m:	2:54.27	45.27	300m:	4:25.70	45.78
				400m:			5:49.74	41.36	
9.	Smyczek Aleksandra		05	MMKS K dzierzyn-Ko le				5:51.17	297
	50m:	38.18	38.18	150m:	2:07.36	45.77	250m:	3:40.25	46.78
	100m:	1:21.59	43.41	200m:	2:53.47	46.11	300m:	4:26.65	46.40
				400m:			5:51.17	39.41	
10.	Setnicka Victoria		07	KS Start Opole				6:19.11	236
	50m:	41.52	41.52	150m:	2:17.35	48.08	250m:	3:55.19	49.05
	100m:	1:29.27	47.75	200m:	3:06.14	48.79	300m:	4:44.80	49.61
				400m:			6:19.11	46.67	

11 lat i młodzi

1.	Dolata Julia		07	KS Start Opole				5:47.15	308
	50m:	36.43	36.43	150m:	2:05.01	45.21	250m:	3:37.26	46.31
	100m:	1:19.80	43.37	200m:	2:50.95	45.94	300m:	4:22.31	45.05
				400m:			5:47.15	40.95	
2.	Justy ska Jagoda		07	MMKS K dzierzyn-Ko le				5:49.74	301
	50m:	37.95	37.95	150m:	2:09.00	45.80	250m:	3:39.92	45.65
	100m:	1:23.20	45.25	200m:	2:54.27	45.27	300m:	4:25.70	45.78
				400m:			5:49.74	41.36	
3.	Setnicka Victoria		07	KS Start Opole				6:19.11	236
	50m:	41.52	41.52	150m:	2:17.35	48.08	250m:	3:55.19	49.05
	100m:	1:29.27	47.75	200m:	3:06.14	48.79	300m:	4:44.80	49.61
				400m:			6:19.11	46.67	

Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu
Kędzierzyn-Koźle, 8. - 9.12.2018

Konkurencja 24, Kobiety, 400m dowolny

12 - 13 lat

1. Rakowska Marta			06	DOKiS SP "Vega" Dobrodzie		4:39.21	592				
50m:	31.73	31.73	150m:	1:42.72	36.36	250m:	2:54.80	35.89	350m:	4:06.49	35.83
100m:	1:06.36	34.63	200m:	2:18.91	36.19	300m:	3:30.66	35.86	400m:	4:39.21	32.72
2. Chłód Zuzanna			06	MOS Opole		5:20.48	391				
50m:	33.91	33.91	150m:	1:54.69	41.02	250m:	3:18.43	41.64	350m:	4:40.83	40.77
100m:	1:13.67	39.76	200m:	2:36.79	42.10	300m:	4:00.06	41.63	400m:	5:20.48	39.65
3. Gernand Emilia			06	UKS Gwiazda Olesno		5:47.72	306				
50m:	39.91	39.91	150m:	2:08.77	44.71	250m:	3:38.17	44.84	350m:	5:08.70	45.57
100m:	1:24.06	44.15	200m:	2:53.33	44.56	300m:	4:23.13	44.96	400m:	5:47.72	39.02
4. Smyczek Aleksandra			05	MMKS Kędzierzyn-Koźle		5:51.17	297				
50m:	38.18	38.18	150m:	2:07.36	45.77	250m:	3:40.25	46.78	350m:	5:11.76	45.11
100m:	1:21.59	43.41	200m:	2:53.47	46.11	300m:	4:26.65	46.40	400m:	5:51.17	39.41

14 - 15 lat

1. Oliwa Laura			03	DOKiS SP "Vega" Dobrodzie		4:46.15	550				
50m:	32.54	32.54	150m:	1:44.87	36.69	250m:	2:57.22	35.57	350m:	4:11.00	36.39
100m:	1:08.18	35.64	200m:	2:21.65	36.78	300m:	3:34.61	37.39	400m:	4:46.15	35.15
2. Muszyńska Jagoda			04	MMKS Kędzierzyn-Koźle		5:46.92	308				
50m:	37.83	37.83	150m:	2:04.77	44.00	250m:	3:34.77	45.09	350m:	5:05.50	45.01
100m:	1:20.77	42.94	200m:	2:49.68	44.91	300m:	4:20.49	45.72	400m:	5:46.92	41.42

16 - 18 lat

1. Kaczor Natalia			01	UKS Junior Kluczbork		4:39.29	592				
50m:	31.57	31.57	150m:	1:42.53	36.16	250m:	2:54.47	35.79	350m:	4:06.13	35.55
100m:	1:06.37	34.80	200m:	2:18.68	36.15	300m:	3:30.58	36.11	400m:	4:39.29	33.16