

Wojewódzka Liga Miast Opolszczyzny Finał  
Opole, 25.5.2019

Konkurencja 5  
25.05.2019 - 10:20

Kobiet, 400m dowolny

13 lat i starsi  
Wyniki

Punkty: FINA 2018

| Pozycja               | Rok ur.               | Czas                | Pkt.                |
|-----------------------|-----------------------|---------------------|---------------------|
| <b>13 lat</b>         |                       |                     |                     |
| 1. Marta Rakowska     | 06                    | <b>4:40.27</b>      | 585                 |
| 50m: 32.44 32.44      | 150m: 1:43.27 35.80   | 250m: 2:55.25 35.99 | 350m: 4:06.74 35.81 |
| 100m: 1:07.47 35.03   | 200m: 2:19.26 35.99   | 300m: 3:30.93 35.68 | 400m: 4:40.27 33.53 |
| 2. Martyna Zaborowska | 06                    | <b>5:09.59</b>      | 434                 |
| 50m: 35.38 35.38      | 150m: 1:52.78 39.26   | 250m: 3:12.37 40.07 | 350m: 4:31.46 39.12 |
| 100m: 1:13.52 38.14   | 200m: 2:32.30 39.52   | 300m: 3:52.34 39.97 | 400m: 5:09.59 38.13 |
| 3. Liwia Biernat      | 06                    | <b>5:22.67</b>      | 383                 |
| 50m: 35.28 35.28      | 150m: 1:57.18 41.56   | 250m: 3:22.32 42.49 | 350m: 4:44.28 41.19 |
| 100m: 1:15.62 40.34   | 200m: 2:39.83 42.65   | 300m: 4:03.09 40.77 | 400m: 5:22.67 38.39 |
| 4. Paulina Kujawa     | 06                    | <b>5:31.60</b>      | 353                 |
| 50m: 36.79 36.79      | 150m: 2:01.25 42.93   | 250m: 3:27.31 43.23 | 350m: 4:51.84 42.53 |
| 100m: 1:18.32 41.53   | 200m: 2:44.08 42.83   | 300m: 4:09.31 42.00 | 400m: 5:31.60 39.76 |
| 5. Amelia Szydło      | 06                    | <b>5:31.66</b>      | 353                 |
| 50m: 35.03 35.03      | 150m: 1:58.05 42.55   | 250m: 3:25.39 44.28 | 350m: 4:53.20 43.89 |
| 100m: 1:15.50 40.47   | 200m: 2:41.11 43.06   | 300m: 4:09.31 43.92 | 400m: 5:31.66 38.46 |
| 6. Maria Gilowska     | 06                    | <b>5:47.48</b>      | 307                 |
| 50m: 38.80 38.80      | 150m: 2:07.88 45.00   | 250m: 3:37.85 45.14 | 350m: 5:06.19 43.76 |
| 100m: 1:22.88 44.08   | 200m: 2:52.71 44.83   | 300m: 4:22.43 44.58 | 400m: 5:47.48 41.29 |
| 7. Emilia Wołoszczuk  | 06                    | <b>5:49.12</b>      | 303                 |
| 50m: 38.60 38.60      | 150m: 2:07.55 45.65   | 250m: 3:37.96 45.39 | 350m: 5:07.71 45.19 |
| 100m: 1:21.90 43.30   | 200m: 2:52.57 45.02   | 300m: 4:22.52 44.56 | 400m: 5:49.12 41.41 |
| 8. Jasmina Lecht      | 06                    | <b>5:57.47</b>      | 282                 |
| 50m: 37.39 37.39      | 150m: 2:05.89 45.98   | 250m: 3:40.90 47.17 | 350m: 5:13.96 45.63 |
| 100m: 1:19.91 42.52   | 200m: 2:53.73 47.84   | 300m: 4:28.33 47.43 | 400m: 5:57.47 43.51 |
| 9. Patrycja Hołówka   | 06                    | <b>5:59.52</b>      | 277                 |
| 50m: 39.48 39.48      | 150m: 2:10.90 46.41   | 250m: 3:44.12 46.53 | 350m: 5:17.30 46.58 |
| 100m: 1:24.49 45.01   | 200m: 2:57.59 46.69   | 300m: 4:30.72 46.60 | 400m: 5:59.52 42.22 |
| 10. Aleksandra Wach   | 06                    | <b>6:05.66</b>      | 263                 |
| 50m: 39.88 39.88      | 150m: 2:58.74 1:34.32 | 250m: 4:34.98 46.44 | 350m: 6:05.66       |
| 100m: 1:24.42 44.54   | 200m: 3:48.54 49.80   | 300m: 5:18.15 43.17 | 400m: 6:05.66       |
| 11. Monika Lesik      | 06                    | <b>6:08.31</b>      | 258                 |
| 50m: 40.08 40.08      | 150m: 2:11.70 46.52   | 250m: 3:46.31 47.69 | 350m: 5:22.11 48.13 |
| 100m: 1:25.18 45.10   | 200m: 2:58.62 46.92   | 300m: 4:33.98 47.67 | 400m: 6:08.31 46.20 |
| 12. Agata Lech        | 06                    | <b>6:14.06</b>      | 246                 |
| 50m: 39.77 39.77      | 150m: 3:02.21         | 250m: 3:50.95 48.74 | 350m: 6:14.06       |
| 100m: 1:25.44 45.67   | 200m: 3:02.21         | 300m: 4:38.67 47.72 | 400m: 6:14.06       |

DYSKW. Patrycja Stępińska 06 Stowarzyszenie Hobby Sport  
*O 1 - Pływak wystartował po komendzie na miejsca i zajął ciu pozycji nieruchomej, a przed sygnałem startu.*

14 lat

|                     |                     |                     |                     |
|---------------------|---------------------|---------------------|---------------------|
| 1. Zuzanna Jonczyk  | 05                  | <b>4:53.83</b>      | 508                 |
| 50m: 33.64 33.64    | 150m: 1:48.98 38.08 | 250m: 3:04.43 37.47 | 350m: 4:18.59 36.80 |
| 100m: 1:10.90 37.26 | 200m: 2:26.96 37.98 | 300m: 3:41.79 37.36 | 400m: 4:53.83 35.24 |
| 2. Katarzyna Klama  | 05                  | <b>5:02.06</b>      | 468                 |
| 50m: 33.93 33.93    | 150m: 1:50.17 38.34 | 250m: 3:07.87 38.78 | 350m: 4:24.59 38.15 |
| 100m: 1:11.83 37.90 | 200m: 2:29.09 38.92 | 300m: 3:46.44 38.57 | 400m: 5:02.06 37.47 |
| 3. Nikola Wilk      | 05                  | <b>5:12.13</b>      | 424                 |
| 50m: 34.02 34.02    | 150m: 1:52.20 39.54 | 250m: 3:12.44 40.49 | 350m: 4:33.70 40.74 |
| 100m: 1:12.66 38.64 | 200m: 2:31.95 39.75 | 300m: 3:52.96 40.52 | 400m: 5:12.13 38.43 |

Wojewódzka Liga Miast Opolszczyzny Finał  
Opole, 25.5.2019

Konkurencja 5, Dziewcz t, 400m dowolny, 14 lat

| Pozycja |                    |               | Rok ur. |                            |       |               |       | Czas           | Pkt. |
|---------|--------------------|---------------|---------|----------------------------|-------|---------------|-------|----------------|------|
| 4.      | Julia Paj k        |               | 05      | UKS MOS w Opolu            |       |               |       | <b>5:20.72</b> | 390  |
|         | 50m:               | 36.48 36.48   | 150m:   | 1:58.33 41.29              | 250m: | 3:20.82 41.51 | 350m: | 4:42.53 40.54  |      |
|         | 100m:              | 1:17.04 40.56 | 200m:   | 2:39.31 40.98              | 300m: | 4:01.99 41.17 | 400m: | 5:20.72 38.19  |      |
| 5.      | Dominika Timler    |               | 05      | Stowarzyszenie Hobby Sport |       |               |       | <b>5:32.36</b> | 351  |
|         | 50m:               | 37.90 37.90   | 150m:   | 2:03.26 43.74              | 250m: | 3:30.38 43.96 | 350m: | 4:56.94 43.43  |      |
|         | 100m:              | 1:19.52 41.62 | 200m:   | 2:46.42 43.16              | 300m: | 4:13.51 43.13 | 400m: | 5:32.36 35.42  |      |
| 6.      | Aleksandra Smyczek |               | 05      | MMKS K dzierzyn-Ko le      |       |               |       | <b>5:49.84</b> | 301  |
|         | 50m:               | 38.48 38.48   | 150m:   | 2:07.86 44.81              | 250m: | 3:39.07 45.49 | 350m: | 5:08.45 44.35  |      |
|         | 100m:              | 1:23.05 44.57 | 200m:   | 2:53.58 45.72              | 300m: | 4:24.10 45.03 | 400m: | 5:49.84 41.39  |      |
| 7.      | Jadwiga Burzy ska  |               | 05      | MMKS K dzierzyn-Ko le      |       |               |       | <b>6:15.04</b> | 244  |
|         | 50m:               | 41.62 41.62   | 150m:   | 2:16.31 48.09              | 250m: | 3:51.23 47.44 | 350m: | 5:27.76 48.73  |      |
|         | 100m:              | 1:28.22 46.60 | 200m:   | 3:03.79 47.48              | 300m: | 4:39.03 47.80 | 400m: | 6:15.04 47.28  |      |
| 8.      | Helena Krupa       |               | 05      | UKS MOS w Opolu            |       |               |       | <b>6:23.95</b> | 227  |
|         | 50m:               | 38.90 38.90   | 150m:   | 2:13.86 48.76              | 250m: | 3:54.79 50.75 | 350m: | 5:35.84 50.52  |      |
|         | 100m:              | 1:25.10 46.20 | 200m:   | 3:04.04 50.18              | 300m: | 4:45.32 50.53 | 400m: | 6:23.95 48.11  |      |

15 lat i starsi

|     |                       |               |       |                              |       |               |       |                |     |
|-----|-----------------------|---------------|-------|------------------------------|-------|---------------|-------|----------------|-----|
| 1.  | Dominika Trentkiewicz |               | 04    | UKS MOS w Opolu              |       |               |       | <b>4:42.84</b> | 570 |
|     | 50m:                  | 32.01 32.01   | 150m: | 1:45.08 36.95                | 250m: | 2:58.06 36.25 | 350m: | 4:09.49 35.43  |     |
|     | 100m:                 | 1:08.13 36.12 | 200m: | 2:21.81 36.73                | 300m: | 3:34.06 36.00 | 400m: | 4:42.84 33.35  |     |
| 2.  | Weronika Błaszczuk    |               | 02    | UKS Junior Kluczbork         |       |               |       | <b>4:54.52</b> | 504 |
|     | 50m:                  | 33.64 33.64   | 150m: | 1:46.19 36.69                | 250m: | 3:00.64 37.46 | 350m: | 4:17.11 38.73  |     |
|     | 100m:                 | 1:09.50 35.86 | 200m: | 2:23.18 36.99                | 300m: | 3:38.38 37.74 | 400m: | 4:54.52 37.41  |     |
| 3.  | Iga Kosacka           |               | 03    | UKS MOS w Opolu              |       |               |       | <b>5:00.48</b> | 475 |
|     | 50m:                  | 35.25 35.25   | 150m: | 1:50.75 38.19                | 250m: | 3:06.68 37.81 | 350m: | 4:22.17 37.51  |     |
|     | 100m:                 | 1:12.56 37.31 | 200m: | 2:28.87 38.12                | 300m: | 3:44.66 37.98 | 400m: | 5:00.48 38.31  |     |
| 4.  | Martyna Studzi ska    |               | 04    | UKS Kronos Strzelce Opolskie |       |               |       | <b>5:22.06</b> | 386 |
|     | 50m:                  | 39.31 39.31   | 150m: | 2:11.81 47.55                | 250m: | 3:47.83 48.50 | 350m: |                |     |
|     | 100m:                 | 1:24.26 44.95 | 200m: | 2:59.33 47.52                | 300m: | 4:35.84 48.01 | 400m: | 5:22.06        |     |
| 5.  | Martyna Skr tkowska   |               | 04    | UKS MOS w Opolu              |       |               |       | <b>5:29.11</b> | 361 |
|     | 50m:                  | 36.56 36.56   | 150m: | 1:59.11 41.89                | 250m: | 3:23.72 42.36 | 350m: | 4:48.76 42.04  |     |
|     | 100m:                 | 1:17.22 40.66 | 200m: | 2:41.36 42.25                | 300m: | 4:06.72 43.00 | 400m: | 5:29.11 40.35  |     |
| 6.  | Katarzyna Klimczyk    |               | 04    | UKS MOS w Opolu              |       |               |       | <b>5:34.67</b> | 344 |
|     | 50m:                  | 37.18 37.18   | 150m: | 2:03.19 42.99                | 250m: | 3:29.90 43.47 | 350m: | 4:54.79 42.24  |     |
|     | 100m:                 | 1:20.20 43.02 | 200m: | 2:46.43 43.24                | 300m: | 4:12.55 42.65 | 400m: | 5:34.67 39.88  |     |
| 7.  | Jagoda Muszy ska      |               | 04    | MMKS K dzierzyn-Ko le        |       |               |       | <b>5:46.22</b> | 310 |
|     | 50m:                  | 38.61 38.61   | 150m: | 2:06.30 44.71                | 250m: | 3:35.52 44.29 | 350m: | 5:04.42 43.77  |     |
|     | 100m:                 | 1:21.59 42.98 | 200m: | 2:51.23 44.93                | 300m: | 4:20.65 45.13 | 400m: | 5:46.22 41.80  |     |
| 8.  | Weronika Francuz      |               | 04    | MMKS K dzierzyn-Ko le        |       |               |       | <b>5:48.23</b> | 305 |
|     | 50m:                  | 38.86 38.86   | 150m: | 2:06.72 44.65                | 250m: | 3:36.93 45.02 | 350m: | 5:07.34 44.74  |     |
|     | 100m:                 | 1:22.07 43.21 | 200m: | 2:51.91 45.19                | 300m: | 4:22.60 45.67 | 400m: | 5:48.23 40.89  |     |
| 9.  | Magdalena Tkacz       |               | 04    | MMKS K dzierzyn-Ko le        |       |               |       | <b>6:05.05</b> | 265 |
|     | 50m:                  | 40.14 40.14   | 150m: | 2:13.47 48.11                | 250m: | 3:50.13 48.17 | 350m: | 5:19.82 42.95  |     |
|     | 100m:                 | 1:25.36 45.22 | 200m: | 3:01.96 48.49                | 300m: | 4:36.87 46.74 | 400m: | 6:05.05 45.23  |     |
| 10. | Maja Puda             |               | 04    | UKS Kronos Strzelce Opolskie |       |               |       | <b>6:27.32</b> | 221 |
|     | 50m:                  | 43.48 43.48   | 150m: | 2:22.81 50.22                | 250m: | 4:02.94 49.99 | 350m: | 5:41.81 47.98  |     |
|     | 100m:                 | 1:32.59 49.11 | 200m: | 3:12.95 50.14                | 300m: | 4:53.83 50.89 | 400m: | 6:27.32 45.51  |     |