

Letnie Mistrzostwa Okręgu Opolskiego  
Opole, 7. - 8.6.2019

Konkurencja 11  
07.06.2019 - 15:50

Kobiet, 400m zmienny

11 lat i starsi  
Wyniki

|   |         |                      |       |               |            |
|---|---------|----------------------|-------|---------------|------------|
| Top Times "Poland"                            | 4:36.95 | Katarzyna Baranowska | 00116 | Beijing (CHN) | 09.08.2008 |
| Top Times "Opolski Okręgowy Związek Pływaków" | 4:50.40 | Paula Zukowska       | 00107 | Ostrowiec Sw. | 22.05.2009 |

Punkty: FINA 2018

| Pozycja | Rok ur. | Czas | Pkt. | 100m | 200m | 300m | 400m |
|---------|---------|------|------|------|------|------|------|
|---------|---------|------|------|------|------|------|------|

11 lat i starsi

|    |                      |       |                         |                |               |         |               |         |         |
|----|----------------------|-------|-------------------------|----------------|---------------|---------|---------------|---------|---------|
| 1. | Marta Rakowska       | 06    | DOKiS SP Vega Dobrodzie | <b>5:18.56</b> | 584           | 1:16.98 | 1:19.09       | 1:32.58 | 1:09.91 |
|    | 50m: 35.47           | 35.47 | 150m: 1:57.06           | 40.08          | 250m: 3:22.41 | 46.34   | 350m: 4:44.35 | 35.70   |         |
|    | 100m: 1:16.98        | 41.51 | 200m: 2:36.07           | 39.01          | 300m: 4:08.65 | 46.24   | 400m: 5:18.56 | 34.21   |         |
| 2. | Oliwia Rygiel        | 02    | UKS Junior Kluczbork    | <b>5:27.57</b> | 537           | 1:11.77 | 1:22.40       | 1:39.38 | 1:14.02 |
|    | 50m: 33.62           | 33.62 | 150m: 1:53.68           | 41.91          | 250m: 3:23.89 | 49.72   | 350m:         |         |         |
|    | 100m: 1:11.77        | 38.15 | 200m: 2:34.17           | 40.49          | 300m: 4:13.55 | 49.66   | 400m: 5:27.57 |         |         |
| 3. | Sara Jainta          | 07    | DOKiS SP Vega Dobrodzie | <b>5:52.91</b> | 429           | 1:21.94 | 1:28.38       | 1:44.90 | 1:17.69 |
|    | 50m: 37.43           | 37.43 | 150m: 2:07.17           | 45.23          | 250m: 3:42.89 | 52.57   | 350m: 5:14.04 | 38.82   |         |
|    | 100m: 1:21.94        | 44.51 | 200m: 2:50.32           | 43.15          | 300m: 4:35.22 | 52.33   | 400m: 5:52.91 | 38.87   |         |
| 4. | Weronika Błaszczuk   | 02    | UKS Junior Kluczbork    | <b>6:00.86</b> | 402           | 1:23.35 | 1:32.47       | 1:43.13 | 1:21.91 |
|    | 50m: 36.73           | 36.73 | 150m: 2:09.73           | 46.38          | 250m: 3:46.07 | 50.25   | 350m: 5:19.54 | 40.59   |         |
|    | 100m: 1:23.35        | 46.62 | 200m: 2:55.82           | 46.09          | 300m: 4:38.95 | 52.88   | 400m: 6:00.86 | 41.32   |         |
| 5. | Katarzyna Janicka    | 08    | KS Start Opole          | <b>6:42.87</b> | 289           | 1:42.00 | 1:38.71       | 1:54.77 | 1:27.39 |
|    | 50m: 45.62           | 45.62 | 150m: 2:31.72           | 49.72          | 250m: 4:17.86 | 57.15   | 350m: 5:58.81 | 43.33   |         |
|    | 100m: 1:42.00        | 56.38 | 200m: 3:20.71           | 48.99          | 300m: 5:15.48 | 57.62   | 400m: 6:42.87 | 44.06   |         |
| 6. | Zofia Bobrowska      | 07    | UKS MOS w Opolu         | <b>6:52.07</b> | 270           | 1:40.54 | 1:50.32       | 1:54.94 | 1:26.27 |
|    | 50m: 47.18           | 47.18 | 150m: 2:36.72           | 56.18          | 250m: 4:28.24 | 57.38   | 350m: 6:10.35 | 44.55   |         |
|    | 100m: 1:40.54        | 53.36 | 200m: 3:30.86           | 54.14          | 300m: 5:25.80 | 57.56   | 400m: 6:52.07 | 41.72   |         |
| 7. | Aleksandra Kochańska | 08    | MKS Juwenia Wrocław     | <b>7:04.94</b> | 246           | 1:51.80 | 1:51.10       | 1:52.61 | 1:29.43 |
|    | 50m: 53.26           | 53.26 | 150m: 2:47.67           | 55.87          | 250m: 4:37.50 | 54.60   | 350m: 6:20.90 | 45.39   |         |
|    | 100m: 1:51.80        | 58.54 | 200m: 3:42.90           | 55.23          | 300m: 5:35.51 | 58.01   | 400m: 7:04.94 | 44.04   |         |

11 lat

|    |                      |       |                     |                |               |         |               |         |         |
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|    | 50m: 45.62           | 45.62 | 150m: 2:31.72       | 49.72          | 250m: 4:17.86 | 57.15   | 350m: 5:58.81 | 43.33   |         |
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| 2. | Aleksandra Kochańska | 08    | MKS Juwenia Wrocław | <b>7:04.94</b> | 246           | 1:51.80 | 1:51.10       | 1:52.61 | 1:29.43 |
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12 - 13 lat

|    |                 |       |                         |                |               |         |               |         |         |
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| 1. | Marta Rakowska  | 06    | DOKiS SP Vega Dobrodzie | <b>5:18.56</b> | 584           | 1:16.98 | 1:19.09       | 1:32.58 | 1:09.91 |
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|    | 50m: 47.18      | 47.18 | 150m: 2:36.72           | 56.18          | 250m: 4:28.24 | 57.38   | 350m: 6:10.35 | 44.55   |         |
|    | 100m: 1:40.54   | 53.36 | 200m: 3:30.86           | 54.14          | 300m: 5:25.80 | 57.56   | 400m: 6:52.07 | 41.72   |         |

16 - 18 lat

|    |                    |       |                      |                |               |         |               |         |         |
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