

Letnie Mistrzostwa Okręgu Opolskiego
Opole, 7. - 8.6.2019

Konkurencja 18
08.06.2019

Kobiet, 400m dowolny

11 lat i starsi
Wyniki

Top Times "Poland"	4:04.23	Jedrzejczak Otylia	00114	Melbourne (AUS)	25.03.2007
Top Times "Opolski Okręgowy Związek Pływaków"	4:12.62	Zukowska Paula	00107	Doha (QAT)	09.12.2009

Punkty: FINA 2018

Pozycja			Rok ur.					Czas	Pkt.			
11 lat i starsi												
1.	Kaczor Natalia		01	UKS Junior Kluczbork				4:40.59	598			
	50m:	31.26	31.26	150m:	1:41.21	35.85	250m:	2:53.83	36.13	350m:	4:06.46	36.34
	100m:	1:05.36	34.10	200m:	2:17.70	36.49	300m:	3:30.12	36.29	400m:	4:40.59	34.13
2.	Rakowska Marta		06	DOKiS SP Vega Dobrodzie				4:47.10	558			
	50m:	32.04	32.04	150m:	1:43.73	36.43	250m:	2:57.44	37.10	350m:	4:11.54	36.68
	100m:	1:07.30	35.26	200m:	2:20.34	36.61	300m:	3:34.86	37.42	400m:	4:47.10	35.56
3.	Kłama Katarzyna		05	DOKiS SP Vega Dobrodzie				5:08.72	449			
	50m:	34.19	34.19	150m:	1:50.72	38.81	250m:	3:10.31	39.64	350m:	4:29.82	39.93
	100m:	1:11.91	37.72	200m:	2:30.67	39.95	300m:	3:49.89	39.58	400m:	5:08.72	38.90
4.	Błaszczuk Weronika		02	UKS Junior Kluczbork				5:10.63	441			
	50m:	35.33	35.33	150m:	1:54.42	39.76	250m:	3:13.94	39.90	350m:	4:33.23	39.65
	100m:	1:14.66	39.33	200m:	2:34.04	39.62	300m:	3:53.58	39.64	400m:	5:10.63	37.40
5.	Chłód Zuzanna		06	UKS MOS w Opolu				5:12.70	432			
	50m:	34.98	34.98	150m:	1:53.85	40.42	250m:	3:14.93	40.61	350m:	4:34.61	40.03
	100m:	1:13.43	38.45	200m:	2:34.32	40.47	300m:	3:54.58	39.65	400m:	5:12.70	38.09
6.	Laszczak Aleksandra		07	UKP Manta Jelcz-Laskowice				5:36.36	347			
	50m:	36.79	36.79	150m:	2:01.25	43.11	250m:	3:28.06	43.00	350m:	4:55.69	43.87
	100m:	1:18.14	41.35	200m:	2:45.06	43.81	300m:	4:11.82	43.76	400m:	5:36.36	40.67
7.	Bobrowska Zofia		07	UKS MOS w Opolu				5:59.14	285			
	50m:	40.62	40.62	150m:	2:13.58	46.99	250m:	3:47.02	46.44	350m:	5:17.46	44.20
	100m:	1:26.59	45.97	200m:	3:00.58	47.00	300m:	4:33.26	46.24	400m:	5:59.14	41.68
8.	Justyńska Jagoda		07	MMKS K dzierzyn-Kościele				6:06.22	269			
	50m:	39.81	39.81	150m:	2:13.87	47.33	250m:	3:48.65	47.58	350m:	5:21.81	45.86
	100m:	1:26.54	46.73	200m:	3:01.07	47.20	300m:	4:35.95	47.30	400m:	6:06.22	44.41
12 - 13 lat												
1.	Rakowska Marta		06	DOKiS SP Vega Dobrodzie				4:47.10	558			
	50m:	32.04	32.04	150m:	1:43.73	36.43	250m:	2:57.44	37.10	350m:	4:11.54	36.68
	100m:	1:07.30	35.26	200m:	2:20.34	36.61	300m:	3:34.86	37.42	400m:	4:47.10	35.56
2.	Chłód Zuzanna		06	UKS MOS w Opolu				5:12.70	432			
	50m:	34.98	34.98	150m:	1:53.85	40.42	250m:	3:14.93	40.61	350m:	4:34.61	40.03
	100m:	1:13.43	38.45	200m:	2:34.32	40.47	300m:	3:54.58	39.65	400m:	5:12.70	38.09
3.	Laszczak Aleksandra		07	UKP Manta Jelcz-Laskowice				5:36.36	347			
	50m:	36.79	36.79	150m:	2:01.25	43.11	250m:	3:28.06	43.00	350m:	4:55.69	43.87
	100m:	1:18.14	41.35	200m:	2:45.06	43.81	300m:	4:11.82	43.76	400m:	5:36.36	40.67
4.	Bobrowska Zofia		07	UKS MOS w Opolu				5:59.14	285			
	50m:	40.62	40.62	150m:	2:13.58	46.99	250m:	3:47.02	46.44	350m:	5:17.46	44.20
	100m:	1:26.59	45.97	200m:	3:00.58	47.00	300m:	4:33.26	46.24	400m:	5:59.14	41.68
5.	Justyńska Jagoda		07	MMKS K dzierzyn-Kościele				6:06.22	269			
	50m:	39.81	39.81	150m:	2:13.87	47.33	250m:	3:48.65	47.58	350m:	5:21.81	45.86
	100m:	1:26.54	46.73	200m:	3:01.07	47.20	300m:	4:35.95	47.30	400m:	6:06.22	44.41
14 - 15 lat												
1.	Kłama Katarzyna		05	DOKiS SP Vega Dobrodzie				5:08.72	449			
	50m:	34.19	34.19	150m:	1:50.72	38.81	250m:	3:10.31	39.64	350m:	4:29.82	39.93
	100m:	1:11.91	37.72	200m:	2:30.67	39.95	300m:	3:49.89	39.58	400m:	5:08.72	38.90

Letnie Mistrzostwa Okręgu Opolskiego
Opole, 7. - 8.6.2019

Konkurencja 18, Kobiet, 400m dowolny

16 - 18 lat

1. Kaczor Natalia			01	UKS Junior Kluczbork				4:40.59	598		
50m:	31.26	31.26	150m:	1:41.21	35.85	250m:	2:53.83	36.13	350m:	4:06.46	36.34
100m:	1:05.36	34.10	200m:	2:17.70	36.49	300m:	3:30.12	36.29	400m:	4:40.59	34.13
2. Błaszczyk Weronika			02	UKS Junior Kluczbork				5:10.63	441		
50m:	35.33	35.33	150m:	1:54.42	39.76	250m:	3:13.94	39.90	350m:	4:33.23	39.65
100m:	1:14.66	39.33	200m:	2:34.04	39.62	300m:	3:53.58	39.64	400m:	5:10.63	37.40