

Wojewódzki Sprawdzian Wszechstronno ci Stylowej i Wytrzymała ci  
Opole, 12.10.2019

Event 15  
12.10.2019 - 16:15

Women, 400m Medley

13 years and older  
Results

Points: FINA 2018

Rank			YB					Time	Pts
1.	Trentkiewicz Dominika		04	UKS MOS w Opolu				<b>5:11.42</b>	574
	50m:	32.71 32.71	150m:	1:50.64	39.26	250m:	3:14.86 46.46	350m:	4:37.04 36.83
	100m:	1:11.38 38.67	200m:	2:28.40	37.76	300m:	4:00.21 45.35	400m:	5:11.42 34.38
2.	Rakowska Marta		06	DOKiS SP Vega Dobrodzien				<b>5:15.96</b>	550
	50m:	35.51 35.51	150m:	1:56.85	40.13	250m:	3:21.43 45.21	350m:	4:41.96 35.71
	100m:	1:16.72 41.21	200m:	2:36.22	39.37	300m:	4:06.25 44.82	400m:	5:15.96 34.00
3.	Rygiel Oliwia		02	UKS Junior Kluczbork				<b>5:16.55</b>	547
	50m:	34.06 34.06	150m:	1:53.05	40.63	250m:	3:19.13 45.94	350m:	4:43.29 36.87
	100m:	1:12.42 38.36	200m:	2:33.19	40.14	300m:	4:06.42 47.29	400m:	5:16.55 33.26
4.	Kasinska Martyna		06	MKS Park Wodny Tarnowskie Gory				<b>5:46.14</b>	418
	50m:	37.65 37.65	150m:	2:06.62	42.99	250m:	3:37.75 49.05	350m:	5:07.93 40.50
	100m:	1:23.63 45.98	200m:	2:48.70	42.08	300m:	4:27.43 49.68	400m:	5:46.14 38.21
5.	Biernat Liwia		06	DELFIN Krapkowice				<b>5:49.58</b>	406
	50m:	38.02 38.02	150m:	2:10.96	44.94	250m:	3:43.22 49.28	350m:	5:13.35 40.62
	100m:	1:26.02 48.00	200m:	2:53.94	42.98	300m:	4:32.73 49.51	400m:	5:49.58 36.23
6.	Chlad Zuzanna		06	UKS MOS w Opolu				<b>5:52.06</b>	397
	50m:	39.17 39.17	150m:	2:10.75	45.78	250m:	3:46.13 50.26	350m:	5:16.09 38.84
	100m:	1:24.97 45.80	200m:	2:55.87	45.12	300m:	4:37.25 51.12	400m:	5:52.06 35.97
7.	Wilk Nikola		05	UKS Junior Kluczbork				<b>5:55.97</b>	384
	50m:	37.83 37.83	150m:	2:11.20	43.74	250m:	3:45.93 51.79	350m:	5:19.06 40.32
	100m:	1:27.46 49.63	200m:	2:54.14	42.94	300m:	4:38.74 52.81	400m:	5:55.97 36.91
8.	Szydlo Amelia		06	DELFIN Krapkowice				<b>5:57.99</b>	378
	50m:	40.47 40.47	150m:	2:16.02	45.94	250m:	3:48.40 48.39	350m:	5:18.63 41.63
	100m:	1:30.08 49.61	200m:	3:00.01	43.99	300m:	4:37.00 48.60	400m:	5:57.99 39.36
9.	Kuzaj Paulina		06	MMKS Kedzierzyn-Kozle				<b>6:02.23</b>	365
	50m:	37.04 37.04	150m:	2:06.85	47.40	250m:	3:45.92 50.17	350m:	5:22.32 41.85
	100m:	1:19.45 42.41	200m:	2:55.75	48.90	300m:	4:40.47 54.55	400m:	6:02.23 39.91
10.	Zaborowska Martyna		06	UKS MOS w Opolu				<b>6:04.60</b>	358
	50m:	39.69 39.69	150m:	2:12.73	46.25	250m:	3:50.44 53.00	350m:	5:25.87 40.58
	100m:	1:26.48 46.79	200m:	2:57.44	44.71	300m:	4:45.29 54.85	400m:	6:04.60 38.73
11.	Pajak Julia		05	UKS MOS w Opolu				<b>6:05.14</b>	356
	50m:	40.53 40.53	150m:	2:18.03	46.49	250m:	3:54.21 51.61	350m:	5:26.48 41.49
	100m:	1:31.54 51.01	200m:	3:02.60	44.57	300m:	4:44.99 50.78	400m:	6:05.14 38.66
12.	Socha Emilia		05	MKS Park Wodny Tarnowskie Gory				<b>6:05.89</b>	354
	50m:	40.73 40.73	150m:	2:18.34	46.18	250m:	3:53.60 49.39	350m:	5:26.71 41.62
	100m:	1:32.16 51.43	200m:	3:04.21	45.87	300m:	4:45.09 51.49	400m:	6:05.89 39.18
13.	Wisniewska Hanna		06	MMKS Kedzierzyn-Kozle				<b>6:30.97</b>	290
	50m:	42.57 42.57	150m:	2:23.04	50.24	250m:	4:10.77 59.02	350m:	5:51.91 43.93
	100m:	1:32.80 50.23	200m:	3:11.75	48.71	300m:	5:07.98 57.21	400m:	6:30.97 39.06
14.	Taraskiewicz Hanna		06	MMKS Kedzierzyn-Kozle				<b>6:30.98</b>	290
	50m:	41.04 41.04	150m:	2:23.41	51.57	250m:	4:07.37 53.51	350m:	5:48.63 46.42
	100m:	1:31.84 50.80	200m:	3:13.86	50.45	300m:	5:02.21 54.84	400m:	6:30.98 42.35
15.	Smyczek Aleksandra		05	MMKS Kedzierzyn-Kozle				<b>6:31.83</b>	288
	50m:	42.56 42.56	150m:	2:27.58	53.01	250m:	4:13.98 53.86	350m:	5:52.20 44.44
	100m:	1:34.57 52.01	200m:	3:20.12	52.54	300m:	5:07.76 53.78	400m:	6:31.83 39.63
16.	Lecht Jasmina		06	MMKS Kedzierzyn-Kozle				<b>6:35.58</b>	280
	50m:	43.08 43.08	150m:	2:29.99	50.51	250m:	4:13.91 53.29	350m:	5:53.69 46.34
	100m:	1:39.48 56.40	200m:	3:20.62	50.63	300m:	5:07.35 53.44	400m:	6:35.58 41.89
17.	Lech Agata		06	MMKS Kedzierzyn-Kozle				<b>6:47.13</b>	257
	50m:	43.34 43.34	150m:	2:27.88	47.45	250m:	4:15.72 1:01.41	350m:	6:04.00 46.38
	100m:	1:40.43 57.09	200m:	3:14.31	46.43	300m:	5:17.62 1:01.90	400m:	6:47.13 43.13

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Opole, 12.10.2019

Event 15, Women, 400m Medley, 13 years and older

Rank			YB					Time	Pts			
18.	Nowak Victoria		05	MKS Park Wodny Tarnowskie Gory				<b>6:48.57</b>	254			
	50m:	43.14	43.14	150m:	2:29.74	49.00	250m:	4:16.42	58.24	350m:	6:02.45	46.80
	100m:	1:40.74	57.60	200m:	3:18.18	48.44	300m:	5:15.65	59.23	400m:	6:48.57	46.12
19.	Ledniowska Julia		04	UKS Kronos Strzelce Opolskie				<b>6:50.70</b>	250			
	50m:	42.66	42.66	150m:	2:30.07	56.28	250m:	4:20.65	57.36	350m:	6:05.77	46.45
	100m:	1:33.79	51.13	200m:	3:23.29	53.22	300m:	5:19.32	58.67	400m:	6:50.70	44.93
20.	Wojciechowska Weronika		05	MMKS Kedzierzyn-Kozle				<b>7:03.82</b>	228			
	50m:	42.96	42.96	150m:	2:34.20	57.19	250m:	4:27.86	57.99	350m:	6:17.91	49.93
	100m:	1:37.01	54.05	200m:	3:29.87	55.67	300m:	5:27.98	1:00.12	400m:	7:03.82	45.91
21.	Brzyska Jagoda		06	MKS Park Wodny Tarnowskie Gory				<b>7:06.27</b>	224			
	50m:	50.01	50.01	150m:	2:46.62	52.24	250m:	4:35.43	56.98	350m:	6:20.18	47.85
	100m:	1:54.38	1:04.37	200m:	3:38.45	51.83	300m:	5:32.33	56.90	400m:	7:06.27	46.09
22.	Nazim Karolina		04	UKS MOS w Opolu				<b>7:09.28</b>	219			
	50m:	46.54	46.54	150m:	2:37.08	54.91	250m:	4:31.90	57.02	350m:	6:19.73	51.67
	100m:	1:42.17	55.63	200m:	3:34.88	57.80	300m:	5:28.06	56.16	400m:	7:09.28	49.55