

Zimowe Mistrzostwa Okręgu Opolskiego
Strzelce Opolskie, 17. - 18.1.2020

Konkurencja 24
18.01.2020 - 11:45

Kobiet, 400m dowolny

11 lat i starsi
Wyniki

Punkty: FINA 2018

Pozycja			Rok ur.					Czas	Pkt.
11 - 12 lat									
1.	Ja kowska Julia		08	MMKS K dzierzyn-Ko le				5:28.99	362
	50m:	36.00 36.00	150m:	1:59.52 42.64	250m:	3:24.32 42.78	350m:	4:48.63 41.78	
	100m:	1:16.88 40.88	200m:	2:41.54 42.02	300m:	4:06.85 42.53	400m:	5:28.99 40.36	
2.	Wawrosz Nadia		08	UMKS Jedynka Zabrze				5:36.80	337
	50m:	36.42 36.42	150m:	2:01.48 43.40	250m:	3:28.48 43.50	350m:	4:55.48 43.40	
	100m:	1:18.08 41.66	200m:	2:44.98 43.50	300m:	4:12.08 43.60	400m:	5:36.80 41.32	
3.	Fartuszy ska Weronika		08	UKS Junior Kluczbork				5:51.84	296
	50m:	40.79 40.79	150m:	2:12.11 45.99	250m:	3:43.31 44.71	350m:	5:10.32 42.26	
	100m:	1:26.12 45.33	200m:	2:58.60 46.49	300m:	4:28.06 44.75	400m:	5:51.84 41.52	
4.	Stalska Patrycja		08	KS AZS AWF Wrocław				6:05.59	263
	50m:	39.67 39.67	150m:	2:11.42 46.08	250m:	3:43.84 46.41	350m:	5:19.32 47.43	
	100m:	1:25.34 45.67	200m:	2:57.43 46.01	300m:	4:31.89 48.05	400m:	6:05.59 46.27	
13 - 14 lat									
1.	Szczepaniak Marta		06	UKS „KORAL” Wrocław				5:09.51	435
	50m:	33.25 33.25	150m:	1:49.52 39.10	250m:	3:10.00 28:30.14	350m:	4:30.36 59.83	
	100m:	1:10.42 37.17	200m:	2:29.86 40.34	300m:	3:30.53	400m:	5:09.51 39.15	
2.	Justy ska Jagoda		07	MMKS K dzierzyn-Ko le				5:21.76	387
	50m:	35.13 35.13	150m:	1:55.58 40.94	250m:	3:19.23 41.59	350m:	4:42.42 41.91	
	100m:	1:14.64 39.51	200m:	2:37.64 42.06	300m:	4:00.51 41.28	400m:	5:21.76 39.34	
3.	Setnicka Victoria		07	Start Opole				5:35.01	343
	50m:	37.36 37.36	150m:	2:01.62 42.73	250m:	3:27.63 43.04	350m:	4:53.09 42.66	
	100m:	1:18.89 41.53	200m:	2:44.59 42.97	300m:	4:10.43 42.80	400m:	5:35.01 41.92	
4.	Bobrowska Zofia		07	UKS MOS w Opolu				5:35.92	340
	50m:	37.78 37.78	150m:	2:03.62 43.56	250m:	3:29.91 42.97	350m:	4:56.31 43.07	
	100m:	1:20.06 42.28	200m:	2:46.94 43.32	300m:	4:13.24 43.33	400m:	5:35.92 39.61	
5.	Rygiel Nina		07	UKS Junior Kluczbork				5:42.15	322
	50m:	36.99 36.99	150m:	2:02.27 43.21	250m:	3:30.60 44.57	350m:	5:00.42 44.82	
	100m:	1:19.06 42.07	200m:	2:46.03 43.76	300m:	4:15.60 45.00	400m:	5:42.15 41.73	
15 - 16 lat									
1.	Smyczek Aleksandra		05	MMKS K dzierzyn-Ko le				5:54.42	289
	50m:	38.18 38.18	150m:	2:07.16 45.40	250m:	3:39.16 46.41	350m:	5:13.16 46.81	
	100m:	1:21.76 43.58	200m:	2:52.75 45.59	300m:	4:26.35 47.19	400m:	5:54.42 41.26	
11 lat i starsi									
1.	Szczepaniak Marta		06	UKS „KORAL” Wrocław				5:09.51	435
	50m:	33.25 33.25	150m:	1:49.52 39.10	250m:	3:10.00 28:30.14	350m:	4:30.36 59.83	
	100m:	1:10.42 37.17	200m:	2:29.86 40.34	300m:	3:30.53	400m:	5:09.51 39.15	
2.	Justy ska Jagoda		07	MMKS K dzierzyn-Ko le				5:21.76	387
	50m:	35.13 35.13	150m:	1:55.58 40.94	250m:	3:19.23 41.59	350m:	4:42.42 41.91	
	100m:	1:14.64 39.51	200m:	2:37.64 42.06	300m:	4:00.51 41.28	400m:	5:21.76 39.34	
3.	Ja kowska Julia		08	MMKS K dzierzyn-Ko le				5:28.99	362
	50m:	36.00 36.00	150m:	1:59.52 42.64	250m:	3:24.32 42.78	350m:	4:48.63 41.78	
	100m:	1:16.88 40.88	200m:	2:41.54 42.02	300m:	4:06.85 42.53	400m:	5:28.99 40.36	
4.	Setnicka Victoria		07	Start Opole				5:35.01	343
	50m:	37.36 37.36	150m:	2:01.62 42.73	250m:	3:27.63 43.04	350m:	4:53.09 42.66	
	100m:	1:18.89 41.53	200m:	2:44.59 42.97	300m:	4:10.43 42.80	400m:	5:35.01 41.92	

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Pozycja	Rok ur.						Czas	Pkt.	
5. Bobrowska Zofia	07	UKS MOS w Opolu						5:35.92	340
50m: 37.78	37.78	150m: 2:03.62	43.56	250m: 3:29.91	42.97	350m: 4:56.31	43.07		
100m: 1:20.06	42.28	200m: 2:46.94	43.32	300m: 4:13.24	43.33	400m: 5:35.92	39.61		
6. Wawrosz Nadia	08	UMKS Jedynka Zabrze						5:36.80	337
50m: 36.42	36.42	150m: 2:01.48	43.40	250m: 3:28.48	43.50	350m: 4:55.48	43.40		
100m: 1:18.08	41.66	200m: 2:44.98	43.50	300m: 4:12.08	43.60	400m: 5:36.80	41.32		
7. Rygiel Nina	07	UKS Junior Kluczbork						5:42.15	322
50m: 36.99	36.99	150m: 2:02.27	43.21	250m: 3:30.60	44.57	350m: 5:00.42	44.82		
100m: 1:19.06	42.07	200m: 2:46.03	43.76	300m: 4:15.60	45.00	400m: 5:42.15	41.73		
8. Fartuszyńska Weronika	08	UKS Junior Kluczbork						5:51.84	296
50m: 40.79	40.79	150m: 2:12.11	45.99	250m: 3:43.31	44.71	350m: 5:10.32	42.26		
100m: 1:26.12	45.33	200m: 2:58.60	46.49	300m: 4:28.06	44.75	400m: 5:51.84	41.52		
9. Smyczek Aleksandra	05	MMKS K dzierzyn-Kościele						5:54.42	289
50m: 38.18	38.18	150m: 2:07.16	45.40	250m: 3:39.16	46.41	350m: 5:13.16	46.81		
100m: 1:21.76	43.58	200m: 2:52.75	45.59	300m: 4:26.35	47.19	400m: 5:54.42	41.26		
10. Stalska Patrycja	08	KS AZS AWF Wrocław						6:05.59	263
50m: 39.67	39.67	150m: 2:11.42	46.08	250m: 3:43.84	46.41	350m: 5:19.32	47.43		
100m: 1:25.34	45.67	200m: 2:57.43	46.01	300m: 4:31.89	48.05	400m: 6:05.59	46.27		