

Zimowe Mistrzostwa Okręgu Opolskiego
Strzelce Opolskie, 17. - 18.1.2020

Konkurencja 29
18.01.2020 - 15:05

Kobiet, 400m zmienny

11 lat i starsi
Wyniki

Punkty: FINA 2018

Pozycja			Rok ur.					Czas	Pkt.
11 - 12 lat									
1.	Katarzyna Janicka		08	Start Opole				5:54.74	388
	50m:	41.13	41.13	150m:	2:14.42	44.25	250m:	3:47.92	49.36
	100m:	1:30.17	49.04	200m:	2:58.56	44.14	300m:	4:38.35	50.43
				350m:	5:18.45	40.10	400m:	5:54.74	36.29
2.	Zuzanna Kordek		08	MMKS K dzierzyn-Ko le				6:18.40	320
	50m:	39.07	39.07	150m:	2:15.07	47.80	250m:	3:54.81	53.40
	100m:	1:27.27	48.20	200m:	3:01.41	46.34	300m:	4:50.47	55.66
				350m:	5:36.59	46.12	400m:	6:18.40	41.81
3.	Nadia Wawrosz		08	UMKS Jedynka Zabrze				6:26.89	299
	50m:	43.25	43.25	150m:	2:23.88	48.47	250m:	4:07.88	57.32
	100m:	1:35.41	52.16	200m:	3:10.56	46.68	300m:	5:04.19	56.31
				350m:	5:45.32	41.13	400m:	6:26.89	41.57
4.	Anna wito		09	Start Opole				6:29.14	294
	50m:	46.75	46.75	150m:	2:27.97	48.72	250m:	4:09.62	53.87
	100m:	1:39.25	52.50	200m:	3:15.75	47.78	300m:	5:06.40	56.78
				350m:	5:47.37	40.97	400m:	6:29.14	41.77
13 - 14 lat									
1.	Marta Rakowska		06	DOKiS SP Vega Dobrodzie				5:04.81	613
	50m:	34.24	34.24	150m:	1:50.96	38.06	250m:	3:12.27	43.65
	100m:	1:12.90	38.66	200m:	2:28.62	37.66	300m:	3:56.32	44.05
				350m:	4:31.15	34.83	400m:	5:04.81	33.66
2.	Paulina Ku aj		06	MMKS K dzierzyn-Ko le				5:48.63	409
	50m:	36.62	36.62	150m:	2:05.13	47.88	250m:	3:39.17	48.39
	100m:	1:17.25	40.63	200m:	2:50.78	45.65	300m:	4:29.30	50.13
				350m:	5:10.52	41.22	400m:	5:48.63	38.11
3.	Julia Dolata		07	Start Opole				5:53.64	392
	50m:	37.72	37.72	150m:	2:09.41	44.88	250m:	3:41.45	49.73
	100m:	1:24.53	46.81	200m:	2:51.72	42.31	300m:	4:33.94	52.49
				350m:	5:15.74	41.80	400m:	5:53.64	37.90
4.	Natalia Skrzypczak		07	MMKS K dzierzyn-Ko le				5:54.55	389
	50m:	39.38	39.38	150m:	2:12.58	45.00	250m:	3:44.84	46.40
	100m:	1:27.58	48.20	200m:	2:58.44	45.86	300m:	4:32.22	47.38
				350m:	5:16.07	43.85	400m:	5:54.55	38.48
5.	Victoria Setnicka		07	Start Opole				6:14.73	329
	50m:	47.24	47.24	150m:	2:26.31	44.35	250m:	4:01.68	52.23
	100m:	1:41.96	54.72	200m:	3:09.45	43.14	300m:	4:54.10	52.42
				350m:	5:35.17	41.07	400m:	6:14.73	39.56
6.	Zofia Bobrowska		07	UKS MOS w Opolu				6:16.74	324
	50m:	41.09	41.09	150m:	2:19.11	50.16	250m:	4:00.09	52.61
	100m:	1:28.95	47.86	200m:	3:07.48	48.37	300m:	4:53.36	53.27
				350m:	5:36.30	42.94	400m:	6:16.74	40.44
17 - 19 lat									
1.	Wiktoria Sm tek		01	MMKS K dzierzyn-Ko le				5:14.76	556
	50m:	34.69	34.69	150m:	1:57.51	40.78	250m:	3:20.94	43.53
	100m:	1:16.73	42.04	200m:	2:37.41	39.90	300m:	4:05.87	44.93
				350m:	4:42.13	36.26	400m:	5:14.76	32.63
2.	Oliwia Rygiel		02	UKS Junior Kluczbork				5:14.95	555
	50m:	33.83	33.83	150m:	1:51.43	39.85	250m:	3:17.76	46.90
	100m:	1:11.58	37.75	200m:	2:30.86	39.43	300m:	4:04.42	46.66
				350m:	4:41.17	36.75	400m:	5:14.95	33.78
11 lat i starsi									
1.	Marta Rakowska		06	DOKiS SP Vega Dobrodzie				5:04.81	613
	50m:	34.24	34.24	150m:	1:50.96	38.06	250m:	3:12.27	43.65
	100m:	1:12.90	38.66	200m:	2:28.62	37.66	300m:	3:56.32	44.05
				350m:	4:31.15	34.83	400m:	5:04.81	33.66
2.	Wiktoria Sm tek		01	MMKS K dzierzyn-Ko le				5:14.76	556
	50m:	34.69	34.69	150m:	1:57.51	40.78	250m:	3:20.94	43.53
	100m:	1:16.73	42.04	200m:	2:37.41	39.90	300m:	4:05.87	44.93
				350m:	4:42.13	36.26	400m:	5:14.76	32.63

Zimowe Mistrzostwa Okręgu Opolskiego
Strzelce Opolskie, 17. - 18.1.2020

Konkurencja 29, Kobiety, 400m zmienny, 11 lat i starsi

Pozycja			Rok ur.						Czas	Pkt.		
3.	Oliwia Rygiel		02	UKS Junior Kluczbork				5:14.95	555			
	50m:	33.83	33.83	150m:	1:51.43	39.85	250m:	3:17.76	46.90	350m:	4:41.17	36.75
	100m:	1:11.58	37.75	200m:	2:30.86	39.43	300m:	4:04.42	46.66	400m:	5:14.95	33.78
4.	Paulina Kujaj		06	MMKS Kądzierzyn-Kościele				5:48.63	409			
	50m:	36.62	36.62	150m:	2:05.13	47.88	250m:	3:39.17	48.39	350m:	5:10.52	41.22
	100m:	1:17.25	40.63	200m:	2:50.78	45.65	300m:	4:29.30	50.13	400m:	5:48.63	38.11
5.	Julia Dolata		07	Start Opole				5:53.64	392			
	50m:	37.72	37.72	150m:	2:09.41	44.88	250m:	3:41.45	49.73	350m:	5:15.74	41.80
	100m:	1:24.53	46.81	200m:	2:51.72	42.31	300m:	4:33.94	52.49	400m:	5:53.64	37.90
6.	Natalia Skrzypczak		07	MMKS Kądzierzyn-Kościele				5:54.55	389			
	50m:	39.38	39.38	150m:	2:12.58	45.00	250m:	3:44.84	46.40	350m:	5:16.07	43.85
	100m:	1:27.58	48.20	200m:	2:58.44	45.86	300m:	4:32.22	47.38	400m:	5:54.55	38.48
7.	Katarzyna Janicka		08	Start Opole				5:54.74	388			
	50m:	41.13	41.13	150m:	2:14.42	44.25	250m:	3:47.92	49.36	350m:	5:18.45	40.10
	100m:	1:30.17	49.04	200m:	2:58.56	44.14	300m:	4:38.35	50.43	400m:	5:54.74	36.29
8.	Victoria Setnicka		07	Start Opole				6:14.73	329			
	50m:	47.24	47.24	150m:	2:26.31	44.35	250m:	4:01.68	52.23	350m:	5:35.17	41.07
	100m:	1:41.96	54.72	200m:	3:09.45	43.14	300m:	4:54.10	52.42	400m:	6:14.73	39.56
9.	Zofia Bobrowska		07	UKS MOS w Opolu				6:16.74	324			
	50m:	41.09	41.09	150m:	2:19.11	50.16	250m:	4:00.09	52.61	350m:	5:36.30	42.94
	100m:	1:28.95	47.86	200m:	3:07.48	48.37	300m:	4:53.36	53.27	400m:	6:16.74	40.44
10.	Zuzanna Kordek		08	MMKS Kądzierzyn-Kościele				6:18.40	320			
	50m:	39.07	39.07	150m:	2:15.07	47.80	250m:	3:54.81	53.40	350m:	5:36.59	46.12
	100m:	1:27.27	48.20	200m:	3:01.41	46.34	300m:	4:50.47	55.66	400m:	6:18.40	41.81
11.	Nadia Wawrosz		08	UMKS Jedynka Zabrze				6:26.89	299			
	50m:	43.25	43.25	150m:	2:23.88	48.47	250m:	4:07.88	57.32	350m:	5:45.32	41.13
	100m:	1:35.41	52.16	200m:	3:10.56	46.68	300m:	5:04.19	56.31	400m:	6:26.89	41.57
12.	Anna Wito		09	Start Opole				6:29.14	294			
	50m:	46.75	46.75	150m:	2:27.97	48.72	250m:	4:09.62	53.87	350m:	5:47.37	40.97
	100m:	1:39.25	52.50	200m:	3:15.75	47.78	300m:	5:06.40	56.78	400m:	6:29.14	41.77