

Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu
Opole, 28. - 29.11.2020

Konkurencja 24
28.11.2020 - 17:35

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2020

Pozycja					Rok ur.					Czas	Pkt.	
Open												
1.	Natalia Nikiel				06	MKS Park Wodny Tarnowskie Góry				4:43.22	563	
	50m:	32.59	32.59	150m:	1:44.35	36.20	250m:	2:56.53	36.08	350m:	4:08.17	35.62
	100m:	1:08.15	35.56	200m:	2:20.45	36.10	300m:	3:32.55	36.02	400m:	4:43.22	35.05
2.	Zuzanna Chł d				06	UKS MOS w Opolu				4:45.36	550	
	50m:	31.96	31.96	150m:	1:42.88	35.68	250m:	2:55.68	36.34	350m:	4:08.97	36.69
	100m:	1:07.20	35.24	200m:	2:19.34	36.46	300m:	3:32.28	36.60	400m:	4:45.36	36.39
3.	Maja L ga				05	KS Neptun widnica				4:48.16	534	
	50m:	32.35	32.35	150m:	1:44.69	36.72	250m:	2:58.76	37.01	350m:	4:12.91	37.05
	100m:	1:07.97	35.62	200m:	2:21.75	37.06	300m:	3:35.86	37.10	400m:	4:48.16	35.25
4.	Wiktoria Ba kowska				08	UKS MOS w Opolu				4:48.37	533	
	50m:	32.23	32.23	150m:	1:44.75	36.73	250m:	2:58.35	36.62	350m:	4:12.73	37.10
	100m:	1:08.02	35.79	200m:	2:21.73	36.98	300m:	3:35.63	37.28	400m:	4:48.37	35.64
5.	Oliwia Badura				07	DOKiS SP Vega Dobrodzie				5:00.27	472	
	50m:	34.31	34.31	150m:	1:50.51	38.02	250m:	3:07.73	38.55	350m:	4:24.57	38.63
	100m:	1:12.49	38.18	200m:	2:29.18	38.67	300m:	3:45.94	38.21	400m:	5:00.27	35.70
6.	Jagoda Gawlik				06	KS „Górnik” Sosnowiec				5:05.43	449	
	50m:	33.97	33.97	150m:	1:50.09	38.50	250m:	3:08.55	39.17	350m:	4:27.05	38.95
	100m:	1:11.59	37.62	200m:	2:29.38	39.29	300m:	3:48.10	39.55	400m:	5:05.43	38.38
7.	Kinga Kamieniarz				05	KS Neptun widnica				5:08.53	435	
	50m:	33.51	33.51	150m:	1:52.11	40.11	250m:	3:12.27	39.87	350m:	4:31.69	39.21
	100m:	1:12.00	38.49	200m:	2:32.40	40.29	300m:	3:52.48	40.21	400m:	5:08.53	36.84
8.	Aleksandra Jaros				07	KS Neptun widnica				5:14.30	412	
	50m:	34.20	34.20	150m:	1:52.53	39.43	250m:	3:12.87	39.79	350m:	4:34.91	40.75
	100m:	1:13.10	38.90	200m:	2:33.08	40.55	300m:	3:54.16	41.29	400m:	5:14.30	39.39
9.	Victoria Setnicka				07	Start Opole				5:15.48	407	
	50m:	34.87	34.87	150m:	1:54.74	40.29	250m:	3:16.18	40.61	350m:	4:37.55	40.77
	100m:	1:14.45	39.58	200m:	2:35.57	40.83	300m:	3:56.78	40.60	400m:	5:15.48	37.93
10.	Julia Ja kowska				08	MMKS K dzierzyn-Ko le				5:23.39	378	
	50m:	35.76	35.76	150m:	1:57.15	40.96	250m:	3:20.88	42.14	350m:	4:43.77	41.16
	100m:	1:16.19	40.43	200m:	2:38.74	41.59	300m:	4:02.61	41.73	400m:	5:23.39	39.62
11.	Justyna Dziemia czyk				07	MKS „Pałac Młodzie y”				5:25.25	372	
	50m:	35.35	35.35	150m:	1:55.45	40.87	250m:	3:19.85	42.70	350m:	4:44.15	41.36
	100m:	1:14.58	39.23	200m:	2:37.15	41.70	300m:	4:02.79	42.94	400m:	5:25.25	41.10
12.	Kaja Kosta czyk				09	KS Victoria Zawiercie				5:34.68	341	
	50m:	37.12	37.12	150m:	2:03.76	43.66	250m:	3:29.21	42.29	350m:	4:56.14	43.73
	100m:	1:20.10	42.98	200m:	2:46.92	43.16	300m:	4:12.41	43.20	400m:	5:34.68	38.54
11 lat												
1.	Kaja Kosta czyk				09	KS Victoria Zawiercie				5:34.68	341	
	50m:	37.12	37.12	150m:	2:03.76	43.66	250m:	3:29.21	42.29	350m:	4:56.14	43.73
	100m:	1:20.10	42.98	200m:	2:46.92	43.16	300m:	4:12.41	43.20	400m:	5:34.68	38.54

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12 - 13 lat

1. Wiktoria Ba kowska	08	UKS MOS w Opolu	4:48.37	533
50m: 32.23 32.23	150m: 1:44.75 36.73	250m: 2:58.35 36.62	350m: 4:12.73 37.10	
100m: 1:08.02 35.79	200m: 2:21.73 36.98	300m: 3:35.63 37.28	400m: 4:48.37 35.64	
2. Oliwia Badura	07	DOKiS SP Vega Dobrodzie	5:00.27	472
50m: 34.31 34.31	150m: 1:50.51 38.02	250m: 3:07.73 38.55	350m: 4:24.57 38.63	
100m: 1:12.49 38.18	200m: 2:29.18 38.67	300m: 3:45.94 38.21	400m: 5:00.27 35.70	
3. Aleksandra Jaros	07	KS Neptun widnica	5:14.30	412
50m: 34.20 34.20	150m: 1:52.53 39.43	250m: 3:12.87 39.79	350m: 4:34.91 40.75	
100m: 1:13.10 38.90	200m: 2:33.08 40.55	300m: 3:54.16 41.29	400m: 5:14.30 39.39	
4. Victoria Setnicka	07	Start Opole	5:15.48	407
50m: 34.87 34.87	150m: 1:54.74 40.29	250m: 3:16.18 40.61	350m: 4:37.55 40.77	
100m: 1:14.45 39.58	200m: 2:35.57 40.83	300m: 3:56.78 40.60	400m: 5:15.48 37.93	
5. Julia Ja kowska	08	MMKS K dzierzyn-Ko le	5:23.39	378
50m: 35.76 35.76	150m: 1:57.15 40.96	250m: 3:20.88 42.14	350m: 4:43.77 41.16	
100m: 1:16.19 40.43	200m: 2:38.74 41.59	300m: 4:02.61 41.73	400m: 5:23.39 39.62	
6. Justyna Dziemia czyk	07	MKS „Pałac Młodzie y”	5:25.25	372
50m: 35.35 35.35	150m: 1:55.45 40.87	250m: 3:19.85 42.70	350m: 4:44.15 41.36	
100m: 1:14.58 39.23	200m: 2:37.15 41.70	300m: 4:02.79 42.94	400m: 5:25.25 41.10	

14 - 15 lat

1. Natalia Nikiel	06	MKS Park Wodny Tarnowskie Góry	4:43.22	563
50m: 32.59 32.59	150m: 1:44.35 36.20	250m: 2:56.53 36.08	350m: 4:08.17 35.62	
100m: 1:08.15 35.56	200m: 2:20.45 36.10	300m: 3:32.55 36.02	400m: 4:43.22 35.05	
2. Zuzanna Chł d	06	UKS MOS w Opolu	4:45.36	550
50m: 31.96 31.96	150m: 1:42.88 35.68	250m: 2:55.68 36.34	350m: 4:08.97 36.69	
100m: 1:07.20 35.24	200m: 2:19.34 36.46	300m: 3:32.28 36.60	400m: 4:45.36 36.39	
3. Maja L ga	05	KS Neptun widnica	4:48.16	534
50m: 32.35 32.35	150m: 1:44.69 36.72	250m: 2:58.76 37.01	350m: 4:12.91 37.05	
100m: 1:07.97 35.62	200m: 2:21.75 37.06	300m: 3:35.86 37.10	400m: 4:48.16 35.25	
4. Jagoda Gawlik	06	KS „Górniki” Sosnowiec	5:05.43	449
50m: 33.97 33.97	150m: 1:50.09 38.50	250m: 3:08.55 39.17	350m: 4:27.05 38.95	
100m: 1:11.59 37.62	200m: 2:29.38 39.29	300m: 3:48.10 39.55	400m: 5:05.43 38.38	
5. Kinga Kamieniarz	05	KS Neptun widnica	5:08.53	435
50m: 33.51 33.51	150m: 1:52.11 40.11	250m: 3:12.27 39.87	350m: 4:31.69 39.21	
100m: 1:12.00 38.49	200m: 2:32.40 40.29	300m: 3:52.48 40.21	400m: 5:08.53 36.84	