

Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2021  
Opole, 12. - 13.6.2021

Konkurencja 26  
13.06.2021 - 9:30

Kobiet, 400m zmienny

11 lat i starsi  
Wyniki

Punkty: FINA 2021

Pozycja			Rok ur.							Czas	Pkt.	
<b>11 lat</b>												
1.	Gaca Izabela		10	Start Opole						<b>6:12.17</b>	366	
	50m:	42.02	42.02	150m:	2:18.42	45.16	250m:	3:57.02	53.84	350m:	5:31.02	40.93
	100m:	1:33.26	51.24	200m:	3:03.18	44.76	300m:	4:50.09	53.07	400m:	6:12.17	41.15
<b>12 - 13 lat</b>												
1.	Kordek Zuzanna		08	MMKS K dzierzyn-Ko le						<b>5:46.69</b>	453	
	50m:	34.22	34.22	150m:	2:02.65	47.33	250m:	3:36.49	50.69	350m:	5:08.94	39.71
	100m:	1:15.32	41.10	200m:	2:45.80	43.15	300m:	4:29.23	52.74	400m:	5:46.69	37.75
2.	Janicka Katarzyna		08	Start Opole						<b>6:01.60</b>	399	
	50m:	37.33	37.33	150m:	2:07.50	44.82	250m:	3:45.83	53.67	350m:	5:22.73	42.82
	100m:	1:22.68	45.35	200m:	2:52.16	44.66	300m:	4:39.91	54.08	400m:	6:01.60	38.87
3.	Kujawa Lena		09	MMKS K dzierzyn-Ko le						<b>6:06.77</b>	383	
	50m:	35.28	35.28	150m:	2:09.11	50.28	250m:	3:50.10	52.57	350m:	5:27.96	41.21
	100m:	1:18.83	43.55	200m:	2:57.53	48.42	300m:	4:46.75	56.65	400m:	6:06.77	38.81
4.	Malkus Alicja		09	UKS DELFIN Krapkowice						<b>6:09.24</b>	375	
	50m:	36.43	36.43	150m:	2:12.66	48.03	250m:	3:53.95	54.48	350m:	5:29.40	42.19
	100m:	1:24.63	48.20	200m:	2:59.47	46.81	300m:	4:47.21	53.26	400m:	6:09.24	39.84
5.	Fartuszyńska Weronika		08	UKS Junior Kluczbork						<b>6:10.27</b>	372	
	50m:	41.11	41.11	150m:	2:18.71	48.31	250m:	3:58.41	51.67	350m:	5:32.75	40.89
	100m:	1:30.40	49.29	200m:	3:06.74	48.03	300m:	4:51.86	53.45	400m:	6:10.27	37.52
<b>14 - 15 lat</b>												
1.	Rakowska Marta		06	UKS MOS w Opolu						<b>5:14.21</b>	609	
	50m:	33.57	33.57	150m:	1:54.43	41.47	250m:	3:19.02	44.24	350m:	4:40.18	36.54
	100m:	1:12.96	39.39	200m:	2:34.78	40.35	300m:	4:03.64	44.62	400m:	5:14.21	34.03
2.	Rulewska Julia		06	UKS „Ósemka" Starogard Gdański						<b>5:31.03</b>	520	
	50m:	33.96	33.96	150m:	1:59.30	45.39	250m:	3:29.28	46.07	350m:	4:54.42	38.00
	100m:	1:13.91	39.95	200m:	2:43.21	43.91	300m:	4:16.42	47.14	400m:	5:31.03	36.61
<b>OPEN</b>												
1.	Rakowska Marta		06	UKS MOS w Opolu						<b>5:14.21</b>	609	
	50m:	33.57	33.57	150m:	1:54.43	41.47	250m:	3:19.02	44.24	350m:	4:40.18	36.54
	100m:	1:12.96	39.39	200m:	2:34.78	40.35	300m:	4:03.64	44.62	400m:	5:14.21	34.03
2.	Rulewska Julia		06	UKS „Ósemka" Starogard Gdański						<b>5:31.03</b>	520	
	50m:	33.96	33.96	150m:	1:59.30	45.39	250m:	3:29.28	46.07	350m:	4:54.42	38.00
	100m:	1:13.91	39.95	200m:	2:43.21	43.91	300m:	4:16.42	47.14	400m:	5:31.03	36.61
3.	Kordek Zuzanna		08	MMKS K dzierzyn-Ko le						<b>5:46.69</b>	453	
	50m:	34.22	34.22	150m:	2:02.65	47.33	250m:	3:36.49	50.69	350m:	5:08.94	39.71
	100m:	1:15.32	41.10	200m:	2:45.80	43.15	300m:	4:29.23	52.74	400m:	5:46.69	37.75
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	50m:	37.33	37.33	150m:	2:07.50	44.82	250m:	3:45.83	53.67	350m:	5:22.73	42.82
	100m:	1:22.68	45.35	200m:	2:52.16	44.66	300m:	4:39.91	54.08	400m:	6:01.60	38.87



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Konkurencja 26, Kobiety, 400m zmienny, OPEN

Pozycja				Rok ur.						Czas	Pkt.	
5.	Kuś Lena			09	MMKS Kądzierzyn-Kościele					<b>6:06.77</b>	383	
	50m:	35.28	35.28	150m:	2:09.11	50.28	250m:	3:50.10	52.57	350m:	5:27.96	41.21
	100m:	1:18.83	43.55	200m:	2:57.53	48.42	300m:	4:46.75	56.65	400m:	6:06.77	38.81
6.	Malkusz Alicja			09	UKS DELFIN Krapkowice					<b>6:09.24</b>	375	
	50m:	36.43	36.43	150m:	2:12.66	48.03	250m:	3:53.95	54.48	350m:	5:29.40	42.19
	100m:	1:24.63	48.20	200m:	2:59.47	46.81	300m:	4:47.21	53.26	400m:	6:09.24	39.84
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	50m:	41.11	41.11	150m:	2:18.71	48.31	250m:	3:58.41	51.67	350m:	5:32.75	40.89
	100m:	1:30.40	49.29	200m:	3:06.74	48.03	300m:	4:51.86	53.45	400m:	6:10.27	37.52
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	100m:	1:33.26	51.24	200m:	3:03.18	44.76	300m:	4:50.09	53.07	400m:	6:12.17	41.15