

Konkurencja 11
06.11.2021

Kobiet, 400m zmienny

Open
Wyniki

Rekord Opolszczyzny Open	4:43.75	Zukowska Paula	00107	Wladyslawowo	30.01.2009
Rekord Opolszczyzny 19 +	4:52.55	Kamińska Aleksandra	00107	Poznan	18.12.2011
Rekord Opolszczyzny 18	4:44.66	Zukowska Paula	00107	Poznan	18.12.2011
Rekord Opolszczyzny 17	4:44.65	Zukowska Paula	00107	Opole	13.03.2010
Rekord Opolszczyzny 16	4:43.75	Zukowska Paula	00107	Wladyslawowo	30.01.2009
Rekord Opolszczyzny 15	4:51.01	Zukowska Paula	00107	Potsdam (GER)	18.10.2008
Rekord Opolszczyzny 14	4:55.37	Rakowska Marta	01507	Ostrowiec	18.12.2020
Rekord Opolszczyzny 13	5:15.96	Rakowska Marta	00407	Opole	12.10.2019
Rekord Opolszczyzny 12	5:13.09	Rakowska Marta	00407	Kedzierzyn-Kozle	09.12.2018
Rekord Opolszczyzny - 11	5:54.89	Jainta Sara	00407	Kedzierzyn-Kozle	09.12.2018

Punkty: FINA 2021

Pozycja			Rok ur.					Czas	Pkt.			
Open												
1.	Rakowska Marta		06	UKS MOS w Opolu				5:12.18	570			
	50m:	34.02	34.02	150m:	1:52.60	39.57	250m:	3:14.03	43.38	350m:	4:33.34	36.10
	100m:	1:13.03	39.01	200m:	2:30.65	38.05	300m:	3:57.24	43.21	400m:	5:12.18	38.84
2.	Jainta Sara		07	DOKiS SP Vega Dobrodzie				5:15.48	552			
	50m:	34.52	34.52	150m:	1:52.56	39.04	250m:	3:16.34	45.95	350m:	4:39.00	36.24
	100m:	1:13.52	39.00	200m:	2:30.39	37.83	300m:	4:02.76	46.42	400m:	5:15.48	36.48
3.	Mayerberg Anna		05	PTS "JANOSIK" Bielsko-Biała				5:17.18	544			
	50m:	33.22	33.22	150m:	1:56.09	42.93	250m:	3:21.12	43.60	350m:	4:42.20	36.66
	100m:	1:13.16	39.94	200m:	2:37.52	41.43	300m:	4:05.54	44.42	400m:	5:17.18	34.98
4.	Ferszt Kornelia		08	KS „Górnik” Sosnowiec				5:17.91	540			
	50m:	33.64	33.64	150m:	1:54.95	42.30	250m:	3:20.73	45.59	350m:	4:43.64	36.66
	100m:	1:12.65	39.01	200m:	2:35.14	40.19	300m:	4:06.98	46.25	400m:	5:17.91	34.27
5.	Kordek Zuzanna		08	MMKS K edzierzyn-Ko le				5:31.78	475			
	50m:	33.29	33.29	150m:	1:57.42	43.80	250m:	3:27.94	47.93	350m:	4:55.14	37.67
	100m:	1:13.62	40.33	200m:	2:40.01	42.59	300m:	4:17.47	49.53	400m:	5:31.78	36.64
6.	Jaros Aleksandra		07	KS Neptun widnica				5:33.20	469			
	50m:	33.71	33.71	150m:	1:58.59	45.55	250m:	3:28.95	46.51	350m:	4:56.90	38.72
	100m:	1:13.04	39.33	200m:	2:42.44	43.85	300m:	4:18.18	49.23	400m:	5:33.20	36.30
7.	Młotek Hanna		09	DOKiS SP Vega Dobrodzie				5:33.36	468			
	50m:	34.65	34.65	150m:	1:57.71	43.76	250m:	3:28.42	48.61	350m:	4:55.72	39.20
	100m:	1:13.95	39.30	200m:	2:39.81	42.10	300m:	4:16.52	48.10	400m:	5:33.36	37.64
8.	Janicka Katarzyna		08	Start Opole				5:42.50	432			
	50m:	36.85	36.85	150m:	2:01.56	41.53	250m:	3:32.73	49.72	350m:	5:03.66	39.89
	100m:	1:20.03	43.18	200m:	2:43.01	41.45	300m:	4:23.77	51.04	400m:	5:42.50	38.84
9.	Gorska Liliana		08	MMKS K edzierzyn-Ko le				5:43.30	429			
	50m:	36.72	36.72	150m:	2:06.40	46.13	250m:	3:36.41	45.93	350m:	5:05.44	41.00
	100m:	1:20.27	43.55	200m:	2:50.48	44.08	300m:	4:24.44	48.03	400m:	5:43.30	37.86
10.	Bogielczyk Natalia		09	KS Neptun widnica				5:50.29	403			
	50m:	38.57	38.57	150m:	2:07.54	43.53	250m:	3:42.72	51.91	350m:	5:12.36	39.09
	100m:	1:24.01	45.44	200m:	2:50.81	43.27	300m:	4:33.27	50.55	400m:	5:50.29	37.93
11.	Ciupa Ewelina		09	KP „Sukces” Chorzów				5:51.34	400			
	50m:	36.04	36.04	150m:	2:08.24	48.23	250m:	3:45.92	52.28	350m:	5:16.47	38.74
	100m:	1:20.01	43.97	200m:	2:53.64	45.40	300m:	4:37.73	51.81	400m:	5:51.34	34.87
12.	Gaca Izabela		10	UKS MOS w Opolu				6:00.59	370			
	50m:	38.31	38.31	150m:	2:10.55	44.78	250m:	3:46.95	52.92	350m:	5:20.13	40.90
	100m:	1:25.77	47.46	200m:	2:54.03	43.48	300m:	4:39.23	52.28	400m:	6:00.59	40.46

Konkurencja 11, Kobiety, 400m zmienny

11 lat

1. Gaca Izabela			10	UKS MOS w Opolu	6:00.59	370	
50m: 38.31	38.31	150m: 2:10.55	44.78	250m: 3:46.95	52.92	350m: 5:20.13	40.90
100m: 1:25.77	47.46	200m: 2:54.03	43.48	300m: 4:39.23	52.28	400m: 6:00.59	40.46

12 - 13 lat

1. Ferszt Kornelia			08	KS „Górnik” Sosnowiec	5:17.91	540	
50m: 33.64	33.64	150m: 1:54.95	42.30	250m: 3:20.73	45.59	350m: 4:43.64	36.66
100m: 1:12.65	39.01	200m: 2:35.14	40.19	300m: 4:06.98	46.25	400m: 5:17.91	34.27
2. Kordek Zuzanna			08	MMKS K dzierzyn-Ko le	5:31.78	475	
50m: 33.29	33.29	150m: 1:57.42	43.80	250m: 3:27.94	47.93	350m: 4:55.14	37.67
100m: 1:13.62	40.33	200m: 2:40.01	42.59	300m: 4:17.47	49.53	400m: 5:31.78	36.64
3. Młotek Hanna			09	DOKiS SP Vega Dobrodzie	5:33.36	468	
50m: 34.65	34.65	150m: 1:57.71	43.76	250m: 3:28.42	48.61	350m: 4:55.72	39.20
100m: 1:13.95	39.30	200m: 2:39.81	42.10	300m: 4:16.52	48.10	400m: 5:33.36	37.64
4. Janicka Katarzyna			08	Start Opole	5:42.50	432	
50m: 36.85	36.85	150m: 2:01.56	41.53	250m: 3:32.73	49.72	350m: 5:03.66	39.89
100m: 1:20.03	43.18	200m: 2:43.01	41.45	300m: 4:23.77	51.04	400m: 5:42.50	38.84
5. Gorska Liliana			08	MMKS K dzierzyn-Ko le	5:43.30	429	
50m: 36.72	36.72	150m: 2:06.40	46.13	250m: 3:36.41	45.93	350m: 5:05.44	41.00
100m: 1:20.27	43.55	200m: 2:50.48	44.08	300m: 4:24.44	48.03	400m: 5:43.30	37.86
6. Bogielczyk Natalia			09	KS Neptun widnica	5:50.29	403	
50m: 38.57	38.57	150m: 2:07.54	43.53	250m: 3:42.72	51.91	350m: 5:12.36	39.09
100m: 1:24.01	45.44	200m: 2:50.81	43.27	300m: 4:33.27	50.55	400m: 5:50.29	37.93
7. Ciupa Ewelina			09	KP „Sukces” Chorzów	5:51.34	400	
50m: 36.04	36.04	150m: 2:08.24	48.23	250m: 3:45.92	52.28	350m: 5:16.47	38.74
100m: 1:20.01	43.97	200m: 2:53.64	45.40	300m: 4:37.73	51.81	400m: 5:51.34	34.87

14 - 15 lat

1. Rakowska Marta			06	UKS MOS w Opolu	5:12.18	570	
50m: 34.02	34.02	150m: 1:52.60	39.57	250m: 3:14.03	43.38	350m: 4:33.34	36.10
100m: 1:13.03	39.01	200m: 2:30.65	38.05	300m: 3:57.24	43.21	400m: 5:12.18	38.84
2. Jainta Sara			07	DOKiS SP Vega Dobrodzie	5:15.48	552	
50m: 34.52	34.52	150m: 1:52.56	39.04	250m: 3:16.34	45.95	350m: 4:39.00	36.24
100m: 1:13.52	39.00	200m: 2:30.39	37.83	300m: 4:02.76	46.42	400m: 5:15.48	36.48
3. Jaros Aleksandra			07	KS Neptun widnica	5:33.20	469	
50m: 33.71	33.71	150m: 1:58.59	45.55	250m: 3:28.95	46.51	350m: 4:56.90	38.72
100m: 1:13.04	39.33	200m: 2:42.44	43.85	300m: 4:18.18	49.23	400m: 5:33.20	36.30

16 - 17 lat

1. Mayerberg Anna			05	PTS "JANOSIK" Bielsko-Biała	5:17.18	544	
50m: 33.22	33.22	150m: 1:56.09	42.93	250m: 3:21.12	43.60	350m: 4:42.20	36.66
100m: 1:13.16	39.94	200m: 2:37.52	41.43	300m: 4:05.54	44.42	400m: 5:17.18	34.98