

Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu Opole, 6. - 7.11.2021

Konkurencja 19

Kobiet, 400m dowolny

Open

06.11.2021 - 16:30

Wyniki

Rekord Opolszczyzny Open	4:10.27	Zukowska Paula	00107	Szczecin	03.12.2010
Rekord Opolszczyzny 19 +	4:28.04	Kamińska Aleksandra	00107	Lodz	13.11.2011
Rekord Opolszczyzny 18	4:13.49	Zukowska Paula	00107	Pulawy	19.03.2011
Rekord Opolszczyzny 17	4:10.27	Zukowska Paula	00107	Szczecin	03.12.2010
Rekord Opolszczyzny 16	4:10.52	Zukowska Paula	00107	Gorzow Wielkopolski	28.11.2009
Rekord Opolszczyzny 15	4:17.35	Zukowska Paula	00107	Gorzow Wlkp.	29.11.2008
Rekord Opolszczyzny 14	4:27.81	Rakowska Marta	01507	Ostrowiec	19.12.2020
Rekord Opolszczyzny 13	4:30.17	Rakowska Marta	00407	Oswiecim	15.06.2019
Rekord Opolszczyzny 12	4:39.21	Rakowska Marta	00407	Kedzierzyn-Kozle	08.12.2018
Rekord Opolszczyzny - 11	4:43.74	Rakowska Marta	00407	Kedzierzyn-Kozle	09.12.2017

Punkty: FINA 2021

Pozycja			Rok ur.					Czas	Pkt.			
Open												
1.	Sojka Oliwia		06	Uks "Aqua Team Mikołów"				4:38.31	593			
	50m:	31.11	31.11	150m:	1:42.27	36.09	250m:	2:54.34	36.05	350m:	4:05.66	35.43
	100m:	1:06.18	35.07	200m:	2:18.29	36.02	300m:	3:30.23	35.89	400m:	4:38.31	32.65
2.	Rączkowska Maja		07	LKS Jedno 32 Przyszowice				4:39.63	585			
	50m:	31.81	31.81	150m:	1:41.85	35.40	250m:	2:53.25	35.87	350m:	4:05.12	35.79
	100m:	1:06.45	34.64	200m:	2:17.38	35.53	300m:	3:29.33	36.08	400m:	4:39.63	34.51
3.	Mayerberg Anna		05	PTS "JANOSIK" Bielsko-Biała				4:40.37	580			
	50m:	32.08	32.08	150m:	1:44.20	36.29	250m:	2:55.56	35.38	350m:	4:06.38	35.05
	100m:	1:07.91	35.83	200m:	2:20.18	35.98	300m:	3:31.33	35.77	400m:	4:40.37	33.99
4.	Mleczek Natalia		05	LKS Jedno 32 Przyszowice				4:41.26	575			
	50m:	32.46	32.46	150m:	1:43.18	35.70	250m:	2:55.31	36.00	350m:	4:07.14	35.46
	100m:	1:07.48	35.02	200m:	2:19.31	36.13	300m:	3:31.68	36.37	400m:	4:41.26	34.12
5.	Ferszt Kornelia		08	KS „Górnik” Sosnowiec				4:42.53	567			
	50m:	32.94	32.94	150m:	1:44.49	36.19	250m:	2:56.05	35.75	350m:	4:07.79	35.96
	100m:	1:08.30	35.36	200m:	2:20.30	35.81	300m:	3:31.83	35.78	400m:	4:42.53	34.74
6.	Barkowska Wiktoria		08	UKS MOS w Opolu				4:45.19	551			
	50m:	32.35	32.35	150m:	1:43.59	35.89	250m:	2:56.60	36.58	350m:	4:09.41	36.18
	100m:	1:07.70	35.35	200m:	2:20.02	36.43	300m:	3:33.23	36.63	400m:	4:45.19	35.78
7.	Jaros Aleksandra		07	KS Neptun widnica				4:46.25	545			
	50m:	32.73	32.73	150m:	1:45.80	36.61	250m:	2:59.56	36.58	350m:	4:11.86	36.00
	100m:	1:09.19	36.46	200m:	2:22.98	37.18	300m:	3:35.86	36.30	400m:	4:46.25	34.39
8.	Jainta Sara		07	DOKiS SP Vega Dobrodzie				4:46.58	543			
	50m:	32.89	32.89	150m:	1:45.23	36.56	250m:	2:58.15	36.43	350m:	4:11.11	36.72
	100m:	1:08.67	35.78	200m:	2:21.72	36.49	300m:	3:34.39	36.24	400m:	4:46.58	35.47
9.	Kordek Zuzanna		08	MMKS Kedzierzyn-Kozle				4:48.25	534			
	50m:	32.12	32.12	150m:	1:44.87	36.84	250m:	2:59.30	37.31	350m:	4:12.38	36.50
	100m:	1:08.03	35.91	200m:	2:21.99	37.12	300m:	3:35.88	36.58	400m:	4:48.25	35.87
10.	Laga Maja		05	KS Neptun widnica				4:50.14	524			
	50m:	32.22	32.22	150m:	1:44.28	36.32	250m:	2:58.56	37.11	350m:	4:13.36	37.36
	100m:	1:07.96	35.74	200m:	2:21.45	37.17	300m:	3:36.00	37.44	400m:	4:50.14	36.78
11.	Grzybek Zofia		05	PTS "JANOSIK" Bielsko-Biała				4:57.18	487			
	50m:	34.69	34.69	150m:	1:50.06	38.21	250m:	3:05.61	37.65	350m:	4:21.32	37.89
	100m:	1:11.85	37.16	200m:	2:27.96	37.90	300m:	3:43.43	37.82	400m:	4:57.18	35.86
12.	Szolc Zuzanna		07	Uks "Aqua Team Mikołów"				4:58.16	482			
	50m:	34.20	34.20	150m:	1:48.73	37.80	250m:	3:04.31	37.90	350m:	4:20.78	38.09
	100m:	1:10.93	36.73	200m:	2:26.41	37.68	300m:	3:42.69	38.38	400m:	4:58.16	37.38

Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu Opole, 6. - 7.11.2021

Konkurencja 19, Kobiety, 400m dowolny, Open

Pozycja					Rok ur.					Czas	Pkt.	
13.	Ja kowska Julia				08	MMKS K dzierzyn-Ko le				4:58.75	480	
	50m:	32.57	32.57	150m:	1:47.25	38.01	250m:	3:04.38	38.63	350m:	4:21.15	38.44
	100m:	1:09.24	36.67	200m:	2:25.75	38.50	300m:	3:42.71	38.33	400m:	4:58.75	37.60
14.	Ciupa Ewelina				09	KP „Sukces” Chorzów				5:01.62	466	
	50m:	33.67	33.67	150m:	1:50.46	38.68	250m:	3:08.42	39.30	350m:	4:24.94	38.35
	100m:	1:11.78	38.11	200m:	2:29.12	38.66	300m:	3:46.59	38.17	400m:	5:01.62	36.68
15.	Wilk Nikola				05	UKS Junior Kluczbork				5:05.49	448	
	50m:	32.05	32.05	150m:	1:46.60	38.15	250m:	3:05.79	39.79	350m:	4:26.74	41.25
	100m:	1:08.45	36.40	200m:	2:26.00	39.40	300m:	3:45.49	39.70	400m:	5:05.49	38.75
16.	Bogielczyk Natalia				09	KS Neptun widnica				5:08.33	436	
	50m:	34.78	34.78	150m:	1:51.92	38.81	250m:	3:10.22	39.29	350m:	4:30.02	39.79
	100m:	1:13.11	38.33	200m:	2:30.93	39.01	300m:	3:50.23	40.01	400m:	5:08.33	38.31
17.	Rzepka Klara				10	Uks "Aqua Team Mikołów"				5:08.71	435	
	50m:	34.76	34.76	150m:	1:52.41	39.05	250m:	3:12.23	40.25	350m:	4:30.94	39.17
	100m:	1:13.36	38.60	200m:	2:31.98	39.57	300m:	3:51.77	39.54	400m:	5:08.71	37.77
18.	Baron Julia				07	KS Pi tka Chorzów				5:09.74	430	
	50m:	34.27	34.27	150m:	1:51.59	39.08	250m:	3:11.46	39.75	350m:	4:30.99	39.70
	100m:	1:12.51	38.24	200m:	2:31.71	40.12	300m:	3:51.29	39.83	400m:	5:09.74	38.75
19.	Fartuszy ska Weronika				08	UKS Junior Kluczbork				5:11.02	425	
	50m:	34.78	34.78	150m:	1:53.62	39.87	250m:	3:13.25	39.60	350m:	4:33.39	40.04
	100m:	1:13.75	38.97	200m:	2:33.65	40.03	300m:	3:53.35	40.10	400m:	5:11.02	37.63
20.	Maik Victoria				09	KP „Sukces” Chorzów				5:16.58	403	
	50m:	35.90	35.90	150m:	1:57.52	41.46	250m:	3:19.41	40.84	350m:	4:39.58	39.33
	100m:	1:16.06	40.16	200m:	2:38.57	41.05	300m:	4:00.25	40.84	400m:	5:16.58	37.00
21.	Berdechowska Martyna				10	WKS I sk				5:17.94	398	
	50m:	36.78	36.78	150m:	1:58.25	40.35	250m:	3:19.80	40.67	350m:	4:40.26	39.75
	100m:	1:17.90	41.12	200m:	2:39.13	40.88	300m:	4:00.51	40.71	400m:	5:17.94	37.68
22.	Ledniowska Julia				04	UKS Kronos Strzelce Opolskie				5:19.49	392	
	50m:	35.14	35.14	150m:	1:55.52	40.70	250m:	3:18.79	42.02	350m:	4:41.00	40.92
	100m:	1:14.82	39.68	200m:	2:36.77	41.25	300m:	4:00.08	41.29	400m:	5:19.49	38.49
23.	Rumin Zuzanna				09	KS „Górnik” Sosnowiec				5:31.91	350	
	50m:	36.75	36.75	150m:	2:00.92	42.73	250m:	3:25.95	42.66	350m:	4:50.84	42.83
	100m:	1:18.19	41.44	200m:	2:43.29	42.37	300m:	4:08.01	42.06	400m:	5:31.91	41.07
24.	Wrona Natalia				08	KS Neptun widnica				5:40.41	324	
	50m:	37.37	37.37	150m:	2:03.32	43.05	250m:	3:30.96	44.07	350m:	4:58.49	44.09
	100m:	1:20.27	42.90	200m:	2:46.89	43.57	300m:	4:14.40	43.44	400m:	5:40.41	41.92
25.	Rajca Matylda				10	LKS Jedno 32 Przyszowice				5:42.57	318	
	50m:	37.27	37.27	150m:	2:04.66	43.76	250m:	3:33.09		350m:	5:01.27	43.86
	100m:	1:20.90	43.63	200m:			300m:	4:17.41	44.32	400m:	5:42.57	41.30
26.	Nogaj Natalia				09	UKS DELFIN Krapkowice				6:06.68	259	
	50m:	42.68	42.68	150m:	2:17.37	46.99	250m:	3:52.18	47.16	350m:	5:24.45	45.87
	100m:	1:30.38	47.70	200m:	3:05.02	47.65	300m:	4:38.58	46.40	400m:	6:06.68	42.23
27.	Morga ska Marta				10	KP „Sukces” Chorzów				6:12.43	247	
	50m:	39.91	39.91	150m:	2:09.30	44.78	250m:	3:39.38	45.40	350m:	5:08.30	44.43
	100m:	1:24.52	44.61	200m:	2:53.98	44.68	300m:	4:23.87	44.49	400m:	6:12.43	1:04.13

Konkurencja 19, Kobiety, 400m dowolny

11 lat

1.	Rzepka Klara	10	Uks "Aqua Team Mikołów"	5:08.71	435
	50m: 34.76 34.76	150m: 1:52.41	39.05 250m: 3:12.23 40.25	350m: 4:30.94	39.17
	100m: 1:13.36 38.60	200m: 2:31.98	39.57 300m: 3:51.77 39.54	400m: 5:08.71	37.77
2.	Berdechowska Martyna	10	WKS I sk	5:17.94	398
	50m: 36.78 36.78	150m: 1:58.25	40.35 250m: 3:19.80 40.67	350m: 4:40.26	39.75
	100m: 1:17.90 41.12	200m: 2:39.13	40.88 300m: 4:00.51 40.71	400m: 5:17.94	37.68
3.	Rajca Matylda	10	LKS Jedno 32 Przyszowice	5:42.57	318
	50m: 37.27 37.27	150m: 2:04.66	43.76 250m: 3:33.09	350m: 5:01.27	43.86
	100m: 1:20.90 43.63	200m:	300m: 4:17.41 44.32	400m: 5:42.57	41.30
4.	Morga ska Marta	10	KP „Sukces” Chorzów	6:12.43	247
	50m: 39.91 39.91	150m: 2:09.30	44.78 250m: 3:39.38 45.40	350m: 5:08.30	44.43
	100m: 1:24.52 44.61	200m: 2:53.98	44.68 300m: 4:23.87 44.49	400m: 6:12.43	1:04.13

12 - 13 lat

1.	Ferszt Kornelia	08	KS „Górnik” Sosnowiec	4:42.53	567
	50m: 32.94 32.94	150m: 1:44.49	36.19 250m: 2:56.05 35.75	350m: 4:07.79	35.96
	100m: 1:08.30 35.36	200m: 2:20.30	35.81 300m: 3:31.83 35.78	400m: 4:42.53	34.74
2.	Ba kowska Wiktoria	08	UKS MOS w Opolu	4:45.19	551
	50m: 32.35 32.35	150m: 1:43.59	35.89 250m: 2:56.60 36.58	350m: 4:09.41	36.18
	100m: 1:07.70 35.35	200m: 2:20.02	36.43 300m: 3:33.23 36.63	400m: 4:45.19	35.78
3.	Kordek Zuzanna	08	MMKS K dzierzyn-Ko le	4:48.25	534
	50m: 32.12 32.12	150m: 1:44.87	36.84 250m: 2:59.30 37.31	350m: 4:12.38	36.50
	100m: 1:08.03 35.91	200m: 2:21.99	37.12 300m: 3:35.88 36.58	400m: 4:48.25	35.87
4.	Ja kowska Julia	08	MMKS K dzierzyn-Ko le	4:58.75	480
	50m: 32.57 32.57	150m: 1:47.25	38.01 250m: 3:04.38 38.63	350m: 4:21.15	38.44
	100m: 1:09.24 36.67	200m: 2:25.75	38.50 300m: 3:42.71 38.33	400m: 4:58.75	37.60
5.	Ciupa Ewelina	09	KP „Sukces” Chorzów	5:01.62	466
	50m: 33.67 33.67	150m: 1:50.46	38.68 250m: 3:08.42 39.30	350m: 4:24.94	38.35
	100m: 1:11.78 38.11	200m: 2:29.12	38.66 300m: 3:46.59 38.17	400m: 5:01.62	36.68
6.	Bogielczyk Natalia	09	KS Neptun widnica	5:08.33	436
	50m: 34.78 34.78	150m: 1:51.92	38.81 250m: 3:10.22 39.29	350m: 4:30.02	39.79
	100m: 1:13.11 38.33	200m: 2:30.93	39.01 300m: 3:50.23 40.01	400m: 5:08.33	38.31
7.	Fartuszy ska Weronika	08	UKS Junior Kluczbork	5:11.02	425
	50m: 34.78 34.78	150m: 1:53.62	39.87 250m: 3:13.25 39.60	350m: 4:33.39	40.04
	100m: 1:13.75 38.97	200m: 2:33.65	40.03 300m: 3:53.35 40.10	400m: 5:11.02	37.63
8.	Maik Victoria	09	KP „Sukces” Chorzów	5:16.58	403
	50m: 35.90 35.90	150m: 1:57.52	41.46 250m: 3:19.41 40.84	350m: 4:39.58	39.33
	100m: 1:16.06 40.16	200m: 2:38.57	41.05 300m: 4:00.25 40.84	400m: 5:16.58	37.00
9.	Rumin Zuzanna	09	KS „Górnik” Sosnowiec	5:31.91	350
	50m: 36.75 36.75	150m: 2:00.92	42.73 250m: 3:25.95 42.66	350m: 4:50.84	42.83
	100m: 1:18.19 41.44	200m: 2:43.29	42.37 300m: 4:08.01 42.06	400m: 5:31.91	41.07
10.	Wrona Natalia	08	KS Neptun widnica	5:40.41	324
	50m: 37.37 37.37	150m: 2:03.32	43.05 250m: 3:30.96 44.07	350m: 4:58.49	44.09
	100m: 1:20.27 42.90	200m: 2:46.89	43.57 300m: 4:14.40 43.44	400m: 5:40.41	41.92
11.	Nogaj Natalia	09	UKS DELFIN Krapkowice	6:06.68	259
	50m: 42.68 42.68	150m: 2:17.37	46.99 250m: 3:52.18 47.16	350m: 5:24.45	45.87
	100m: 1:30.38 47.70	200m: 3:05.02	47.65 300m: 4:38.58 46.40	400m: 6:06.68	42.23

Konkurencja 19, Kobiet, 400m dowolny

14 - 15 lat

1.	Sojka Oliwia		06	Uks "Aqua Team Mikołów"	4:38.31	593
	50m: 31.11	31.11	150m: 1:42.27	36.09	250m: 2:54.34	36.05
	100m: 1:06.18	35.07	200m: 2:18.29	36.02	300m: 3:30.23	35.89
				350m: 4:05.66	35.43	
				400m: 4:38.31	32.65	
2.	Rączkowska Maja		07	LKS Jedno 32 Przyszowice	4:39.63	585
	50m: 31.81	31.81	150m: 1:41.85	35.40	250m: 2:53.25	35.87
	100m: 1:06.45	34.64	200m: 2:17.38	35.53	300m: 3:29.33	36.08
				350m: 4:05.12	35.79	
				400m: 4:39.63	34.51	
3.	Jaros Aleksandra		07	KS Neptun widnica	4:46.25	545
	50m: 32.73	32.73	150m: 1:45.80	36.61	250m: 2:59.56	36.58
	100m: 1:09.19	36.46	200m: 2:22.98	37.18	300m: 3:35.86	36.30
				350m: 4:11.86	36.00	
				400m: 4:46.25	34.39	
4.	Jainta Sara		07	DOKiS SP Vega Dobrodzie	4:46.58	543
	50m: 32.89	32.89	150m: 1:45.23	36.56	250m: 2:58.15	36.43
	100m: 1:08.67	35.78	200m: 2:21.72	36.49	300m: 3:34.39	36.24
				350m: 4:11.11	36.72	
				400m: 4:46.58	35.47	
5.	Szolc Zuzanna		07	Uks "Aqua Team Mikołów"	4:58.16	482
	50m: 34.20	34.20	150m: 1:48.73	37.80	250m: 3:04.31	37.90
	100m: 1:10.93	36.73	200m: 2:26.41	37.68	300m: 3:42.69	38.38
				350m: 4:20.78	38.09	
				400m: 4:58.16	37.38	
6.	Baron Julia		07	KS Piłka Chorzów	5:09.74	430
	50m: 34.27	34.27	150m: 1:51.59	39.08	250m: 3:11.46	39.75
	100m: 1:12.51	38.24	200m: 2:31.71	40.12	300m: 3:51.29	39.83
				350m: 4:30.99	39.70	
				400m: 5:09.74	38.75	

16 - 17 lat

1.	Mayerberg Anna		05	PTS "JANOSIK" Bielsko-Biała	4:40.37	580
	50m: 32.08	32.08	150m: 1:44.20	36.29	250m: 2:55.56	35.38
	100m: 1:07.91	35.83	200m: 2:20.18	35.98	300m: 3:31.33	35.77
				350m: 4:06.38	35.05	
				400m: 4:40.37	33.99	
2.	Mleczek Natalia		05	LKS Jedno 32 Przyszowice	4:41.26	575
	50m: 32.46	32.46	150m: 1:43.18	35.70	250m: 2:55.31	36.00
	100m: 1:07.48	35.02	200m: 2:19.31	36.13	300m: 3:31.68	36.37
				350m: 4:07.14	35.46	
				400m: 4:41.26	34.12	
3.	Lęga Maja		05	KS Neptun widnica	4:50.14	524
	50m: 32.22	32.22	150m: 1:44.28	36.32	250m: 2:58.56	37.11
	100m: 1:07.96	35.74	200m: 2:21.45	37.17	300m: 3:36.00	37.44
				350m: 4:13.36	37.36	
				400m: 4:50.14	36.78	
4.	Grzybek Zofia		05	PTS "JANOSIK" Bielsko-Biała	4:57.18	487
	50m: 34.69	34.69	150m: 1:50.06	38.21	250m: 3:05.61	37.65
	100m: 1:11.85	37.16	200m: 2:27.96	37.90	300m: 3:43.43	37.82
				350m: 4:21.32	37.89	
				400m: 4:57.18	35.86	
5.	Wilk Nikola		05	UKS Junior Kluczbork	5:05.49	448
	50m: 32.05	32.05	150m: 1:46.60	38.15	250m: 3:05.79	39.79
	100m: 1:08.45	36.40	200m: 2:26.00	39.40	300m: 3:45.49	39.70
				350m: 4:26.74	41.25	
				400m: 5:05.49	38.75	
6.	Ledniowska Julia		04	UKS Kronos Strzelce Opolskie	5:19.49	392
	50m: 35.14	35.14	150m: 1:55.52	40.70	250m: 3:18.79	42.02
	100m: 1:14.82	39.68	200m: 2:36.77	41.25	300m: 4:00.08	41.29
				350m: 4:41.00	40.92	
				400m: 5:19.49	38.49	