

Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu
Opole, 18. - 19.6.2022

Konkurencja 11 Kobiety, 400m zmienny Open Wyniki
18.06.2022 - 11:05

Rekord Opolszczyzny 4:50.40 Zukowska Paula 00107 Ostrowiec Sw. 22.05.2009

Punkty: FINA 2021

Pozycja Rok ur. Czas Pkt.

12 - 13 lat

1.	Młotek Hanna	09	DOKiS SP Vega Dobrodzie	5:36.48	496
	50m: 34.51 34.51	150m: 1:58.52 43.11	250m: 3:30.80 50.33	350m: 4:58.19 39.71	
	100m: 1:15.41 40.90	200m: 2:40.47 41.95	300m: 4:18.48 47.68	400m: 5:36.48 38.29	
2.	Grocka Natalia	09	MKS Juvenia Wrocław	5:57.30	414
	50m: 37.83 37.83	150m: 2:11.81 45.77	250m: 3:47.41 50.95	350m: 5:18.85 38.97	
	100m: 1:26.04 48.21	200m: 2:56.46 44.65	300m: 4:39.88 52.47	400m: 5:57.30 38.45	
3.	Wi niewska Julia	10	UKS DELFIN Krapkowice	8:05.91	164
	50m: 50.58 50.58	150m: 2:59.08 1:03.13	250m: 5:09.10 1:07.44	350m: 7:10.37 56.94	
	100m: 1:55.95 1:05.37	200m: 4:01.66 1:02.58	300m: 6:13.43 1:04.33	400m: 8:05.91 55.54	
4.	Bielec Emilia	10	UKS DELFIN Krapkowice	8:22.02	149
	50m: 1:00.37 1:00.37	150m: 3:14.33 1:02.51	250m: 5:20.27 1:07.66	350m: 7:26.07 55.81	
	100m: 2:11.82 1:11.45	200m: 4:12.61 58.28	300m: 6:30.26 1:09.99	400m: 8:22.02 55.95	

14 lat

1.	Fartuszy ska Weronika	08	UKS Junior Kluczbork	5:42.80	469
	50m: 38.76 38.76	150m: 2:09.06 46.21	250m: 3:42.14 48.08	350m: 5:08.78 37.95	
	100m: 1:22.85 44.09	200m: 2:54.06 45.00	300m: 4:30.83 48.69	400m: 5:42.80 34.02	
2.	Gorska Liliana	08	Swim Team MOSiR K dzierzyn-Ko le	5:43.11	467
	50m: 37.32 37.32	150m: 2:06.06 45.32	250m: 3:36.65 46.09	350m: 5:05.88 41.85	
	100m: 1:20.74 43.42	200m: 2:50.56 44.50	300m: 4:24.03 47.38	400m: 5:43.11 37.23	

15 - 16 lat

1.	Rakowska Marta	06	DOKiS SP Vega Dobrodzie	5:14.62	606
	50m: 33.57 33.57	150m: 1:53.25 41.09	250m: 3:18.37 45.47	350m: 4:39.94 36.83	
	100m: 1:12.16 38.59	200m: 2:32.90 39.65	300m: 4:03.11 44.74	400m: 5:14.62 34.68	
2.	Skrzypczak Natalia	07	Swim Team MOSiR K dzierzyn-Ko le	5:26.93	540
	50m: 35.95 35.95	150m: 2:00.64 42.59	250m: 3:26.61 45.27	350m: 4:50.85 38.85	
	100m: 1:18.05 42.10	200m: 2:41.34 40.70	300m: 4:12.00 45.39	400m: 5:26.93 36.08	

Open

1.	Rakowska Marta	06	DOKiS SP Vega Dobrodzie	5:14.62	606
	50m: 33.57 33.57	150m: 1:53.25 41.09	250m: 3:18.37 45.47	350m: 4:39.94 36.83	
	100m: 1:12.16 38.59	200m: 2:32.90 39.65	300m: 4:03.11 44.74	400m: 5:14.62 34.68	
2.	Skrzypczak Natalia	07	Swim Team MOSiR K dzierzyn-Ko le	5:26.93	540
	50m: 35.95 35.95	150m: 2:00.64 42.59	250m: 3:26.61 45.27	350m: 4:50.85 38.85	
	100m: 1:18.05 42.10	200m: 2:41.34 40.70	300m: 4:12.00 45.39	400m: 5:26.93 36.08	
3.	Młotek Hanna	09	DOKiS SP Vega Dobrodzie	5:36.48	496
	50m: 34.51 34.51	150m: 1:58.52 43.11	250m: 3:30.80 50.33	350m: 4:58.19 39.71	
	100m: 1:15.41 40.90	200m: 2:40.47 41.95	300m: 4:18.48 47.68	400m: 5:36.48 38.29	
4.	Fartuszy ska Weronika	08	UKS Junior Kluczbork	5:42.80	469
	50m: 38.76 38.76	150m: 2:09.06 46.21	250m: 3:42.14 48.08	350m: 5:08.78 37.95	
	100m: 1:22.85 44.09	200m: 2:54.06 45.00	300m: 4:30.83 48.69	400m: 5:42.80 34.02	

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Konkurencja 11, Kobiet, 400m zmienny, Open

Pozycja				Rok ur.					Czas	Pkt.		
5.	Gorska Liliana			08	Swim Team MOSiR K	dzierzyn-Ko	le		5:43.11	467		
	50m:	37.32	37.32	150m:	2:06.06	45.32	250m:	3:36.65	46.09	350m:	5:05.88	41.85
	100m:	1:20.74	43.42	200m:	2:50.56	44.50	300m:	4:24.03	47.38	400m:	5:43.11	37.23
6.	Grocka Natalia			09	MKS Juvenia Wrocław				5:57.30	414		
	50m:	37.83	37.83	150m:	2:11.81	45.77	250m:	3:47.41	50.95	350m:	5:18.85	38.97
	100m:	1:26.04	48.21	200m:	2:56.46	44.65	300m:	4:39.88	52.47	400m:	5:57.30	38.45
7.	Wi niewska Julia			10	UKS DELFIN Krapkowice				8:05.91	164		
	50m:	50.58	50.58	150m:	2:59.08	1:03.13	250m:	5:09.10	1:07.44	350m:	7:10.37	56.94
	100m:	1:55.95	1:05.37	200m:	4:01.66	1:02.58	300m:	6:13.43	1:04.33	400m:	8:05.91	55.54
8.	Bielec Emilia			10	UKS DELFIN Krapkowice				8:22.02	149		
	50m:	1:00.37	1:00.37	150m:	3:14.33	1:02.51	250m:	5:20.27	1:07.66	350m:	7:26.07	55.81
	100m:	2:11.82	1:11.45	200m:	4:12.61	58.28	300m:	6:30.26	1:09.99	400m:	8:22.02	55.95