

Otwarte Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu 2022  
Opole, 26. - 27.11.2022

Event 11 26.11.2022 - 11:00	Women, 400m Medley				Open Results
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

Points: FINA 2022

Rank			Age					Time	Pts
<b>13 years</b>									
1.	Młotek Hanna		13	DOKiS SP Vega Dobrodzien				<b>5:16.83</b>	545
	50m:	32.18 32.18	150m:	1:49.53 39.87	250m:	3:14.68 45.60	350m:	4:39.16 38.35	
	100m:	1:09.66 37.48	200m:	2:29.08 39.55	300m:	4:00.81 46.13	400m:	5:16.83 37.67	
<b>14 years</b>									
1.	Fartuszynska Weronika		14	UKS Junior Kluczbork				<b>5:31.13</b>	478
	50m:	37.31 37.31	150m:	2:03.39 42.88	250m:	3:30.96 46.51	350m:	4:55.72 37.47	
	100m:	1:20.51 43.20	200m:	2:44.45 41.06	300m:	4:18.25 47.29	400m:	5:31.13 35.41	
2.	Gorska Liliana		14	Swim Team MOSiR Kedzierzyn-Kozle				<b>5:36.76</b>	454
	50m:	34.17 34.17	150m:	1:59.89 45.70	250m:	3:30.37 46.47	350m:	4:58.40 40.78	
	100m:	1:14.19 40.02	200m:	2:43.90 44.01	300m:	4:17.62 47.25	400m:	5:36.76 38.36	
<b>15 - 16 years</b>									
1.	Rakowska Marta		16	DOKiS SP Vega Dobrodzien				<b>5:04.88</b>	612
	50m:	31.54 31.54	150m:	1:46.68 39.23	250m:	3:09.20 44.08	350m:	4:29.82 36.26	
	100m:	1:07.45 35.91	200m:	2:25.12 38.44	300m:	3:53.56 44.36	400m:	5:04.88 35.06	
2.	Mielnik Hanna		15	UKS MOS w Opolu				<b>5:19.87</b>	530
	50m:	32.31 32.31	150m:	1:53.26 43.31	250m:	3:18.76 43.08	350m:	4:43.04 39.49	
	100m:	1:09.95 37.64	200m:	2:35.68 42.42	300m:	4:03.55 44.79	400m:	5:19.87 36.83	
<b>Open</b>									
1.	Rakowska Marta		16	DOKiS SP Vega Dobrodzien				<b>5:04.88</b>	612
	50m:	31.54 31.54	150m:	1:46.68 39.23	250m:	3:09.20 44.08	350m:	4:29.82 36.26	
	100m:	1:07.45 35.91	200m:	2:25.12 38.44	300m:	3:53.56 44.36	400m:	5:04.88 35.06	
2.	Młotek Hanna		13	DOKiS SP Vega Dobrodzien				<b>5:16.83</b>	545
	50m:	32.18 32.18	150m:	1:49.53 39.87	250m:	3:14.68 45.60	350m:	4:39.16 38.35	
	100m:	1:09.66 37.48	200m:	2:29.08 39.55	300m:	4:00.81 46.13	400m:	5:16.83 37.67	
3.	Mielnik Hanna		15	UKS MOS w Opolu				<b>5:19.87</b>	530
	50m:	32.31 32.31	150m:	1:53.26 43.31	250m:	3:18.76 43.08	350m:	4:43.04 39.49	
	100m:	1:09.95 37.64	200m:	2:35.68 42.42	300m:	4:03.55 44.79	400m:	5:19.87 36.83	
4.	Kapka Antonina		213	CSiR MOS w Dabrowie Gorniczej				<b>5:20.07</b>	529
	50m:	32.83 32.83	150m:	1:51.62 41.36	250m:	3:18.62 45.67	350m:	4:44.98 39.52	
	100m:	1:10.26 37.43	200m:	2:32.95 41.33	300m:	4:05.46 46.84	400m:	5:20.07 35.09	
5.	Fartuszynska Weronika		14	UKS Junior Kluczbork				<b>5:31.13</b>	478
	50m:	37.31 37.31	150m:	2:03.39 42.88	250m:	3:30.96 46.51	350m:	4:55.72 37.47	
	100m:	1:20.51 43.20	200m:	2:44.45 41.06	300m:	4:18.25 47.29	400m:	5:31.13 35.41	

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Event 11, Women, 400m Medley, Open

Rank			Age						Time	Pts		
6.	Gorska Liliana		14		Swim Team MOSiR Kedzierzyn-Kozle				<b>5:36.76</b>	454		
	50m:	34.17	34.17	150m:	1:59.89	45.70	250m:	3:30.37	46.47	350m:	4:58.40	40.78
	100m:	1:14.19	40.02	200m:	2:43.90	44.01	300m:	4:17.62	47.25	400m:	5:36.76	38.36
7.	Wawrzyniak Julia		215		Grupa 5Styl				<b>6:12.43</b>	336		
	50m:	37.26	37.26	150m:	2:10.16	48.29	250m:	3:48.89	52.32	350m:	5:30.32	46.37
	100m:	1:21.87	44.61	200m:	2:56.57	46.41	300m:	4:43.95	55.06	400m:	6:12.43	42.11