

Otwarte Mini GP Opolszczyzny 2023/2024 w pływaniu; runda 2  
Kędzierzyn-Koźle, 5.11.2023

Konkurencja 7  
05.11.2023 - 13:55

Kobiet, 400m dowolny

11 lat i starsi  
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	Kędzierzyn-Koźle	08.12.2018
Rekord Opolszczyzny - 11	4:43.74	Rakowska Marta	00407	Kędzierzyn-Koźle	09.12.2017

Punkty: FINA 2023

Pozycja	Rok ur.	Czas	Pkt.
<b>11 lat</b>			
1. Rączkowska Lena	12 LKS Jedno 32 Przyszowice	<b>5:06.77</b>	428
50m: 35.54 35.54	150m: 1:53.18 39.48	250m: 3:11.52 39.58	350m: 4:29.59 39.14
100m: 1:13.70 38.16	200m: 2:31.94 38.76	300m: 3:50.45 38.93	400m: 5:06.77 37.18
2. Martiszko Maja	12 Swim Team MOSiR Kędzierzyn-Koźle	<b>5:43.67</b>	304
50m: 38.00 38.00	150m: 2:06.76 45.19	250m: 3:36.61 44.54	350m: 5:06.04 44.17
100m: 1:21.57 43.57	200m: 2:52.07 45.31	300m: 4:21.87 45.26	400m: 5:43.67 37.63
3. Majka Karolina	12 Swim Team MOSiR Kędzierzyn-Koźle	<b>6:14.56</b>	235
50m: 40.37 40.37	150m: 2:14.71 48.21	250m: 3:50.86 47.71	350m: 5:25.67 46.46
100m: 1:26.50 46.13	200m: 3:03.15 48.44	300m: 4:39.21 48.35	400m: 6:14.56 48.89
4. Witek Natalia	12 UKS "GWIAZDA" w Oleśnie	<b>6:31.28</b>	206
50m: 41.66 41.66	150m: 2:22.11 51.53	250m: 4:03.78 51.17	350m: 5:45.18 50.34
100m: 1:30.58 48.92	200m: 3:12.61 50.50	300m: 4:54.84 51.06	400m: 6:31.28 46.10
5. Kopko Lena	12 Swim Team MOSiR Kędzierzyn-Koźle	<b>6:33.75</b>	202
50m: 43.22 43.22	150m: 2:22.17 50.26	250m: 4:05.16 51.96	350m: 5:40.25 44.31
100m: 1:31.91 48.69	200m: 3:13.20 51.03	300m: 4:55.94 50.78	400m: 6:33.75 53.50
6. Kwiecia Kalina	12 Swim Team MOSiR Kędzierzyn-Koźle	<b>6:58.91</b>	168
50m: 50.38 50.38	150m: 2:38.13 53.96	250m: 4:23.74 52.94	350m: 6:10.43 52.72
100m: 1:44.17 53.79	200m: 3:30.80 52.67	300m: 5:17.71 53.97	400m: 6:58.91 48.48
7. Kuchnia Aleksandra	12 UKS DELFIN Krapkowice	<b>7:00.44</b>	166
50m: 46.97 46.97	150m: 2:34.65 53.32	250m: 4:22.32 53.71	350m: 6:09.09 53.21
100m: 1:41.33 54.36	200m: 3:28.61 53.96	300m: 5:15.88 53.56	400m: 7:00.44 51.35
8. Cepak Paulina	12 UKS DELFIN Krapkowice	<b>7:00.54</b>	166
50m: 4.81 4.81	150m: 1:39.69 52.36	250m: 3:29.30 55.03	350m: 5:17.80 53.91
100m: 47.33 42.52	200m: 2:34.27 54.58	300m: 4:23.89 54.59	400m: 7:00.54 1:42.74
9. Kapłon Alicja	12 LUKS „WINNER” Zdzeszowice	<b>7:12.17</b>	153
50m: 46.80 46.80	150m: 2:35.95 54.67	250m: 4:29.18 57.13	350m: 7:12.17
100m: 1:41.28 54.48	200m: 3:32.05 56.10	300m: 5:25.85 56.67	400m: 7:12.17
10. Wanat Maja	12 UKS Kronos Strzelce Opolskie	<b>7:47.15</b>	121
50m: 48.66 48.66	150m: 2:43.59 58.43	250m: 4:44.32 1:00.03	350m: 6:40.71 58.27
100m: 1:45.16 56.50	200m: 3:44.29 1:00.70	300m: 5:42.44 58.12	400m: 7:47.15 1:06.44
11. Popanda Liwia	12 DOKiS SP Vega Dobrodzie	<b>7:55.92</b>	114
50m:	150m:	250m:	350m:
100m:	200m:	300m:	400m: 7:55.92
12. Kasprzak Emilia	12 UKS Junior Kluczbork	<b>8:12.82</b>	103
50m: 50.00 50.00	150m: 2:54.30 1:02.72	250m: 5:02.30 1:04.14	350m: 7:12.36 1:05.30
100m: 1:51.58 1:01.58	200m: 3:58.16 1:03.86	300m: 6:07.06 1:04.76	400m: 8:12.82 1:00.46

Otwarte Mini GP Opolszczyzny 2023/2024 w pływaniu; runda 2  
Kędzierzyn-Koźle, 5.11.2023

Konkurencja 7, Dziewcząt, 400m dowolny, 11 lat

Pozycja	Rok ur.	Czas	Pkt.
13. Kiesel Lena	12 DOKiS SP Vega Dobrodzie	<b>8:31.36</b>	92
50m:	150m:	250m:	350m:
100m:	200m:	300m:	400m: 8:31.36

13 lat

1. Matyjasek Olga	10 Swim Team MOSiR Kędzierzyn-Koźle	<b>5:05.01</b>	436
50m: 36.32 36.32	150m: 1:55.58 39.88	250m: 3:13.63 38.90	350m: 4:30.43 37.88
100m: 1:15.70 39.38	200m: 2:34.73 39.15	300m: 3:52.55 38.92	400m: 5:05.01 34.58
2. Piąka Emilia	10 UKS Junior Kluczbork	<b>5:31.95</b>	338
50m: 7.05 7.05	150m: 1:16.76 40.72	250m: 2:41.03 42.35	350m: 4:06.43 42.70
100m: 36.04 28.99	200m: 1:58.68 41.92	300m: 3:23.73 42.70	400m: 5:31.95 1:25.52
3. Habrych Dominika	10 UKS Junior Kluczbork	<b>5:40.04</b>	314
50m: 37.43 37.43	150m: 2:02.59 43.36	250m: 3:29.42 43.28	350m: 4:58.68 45.19
100m: 1:19.23 41.80	200m: 2:46.14 43.55	300m: 4:13.49 44.07	400m: 5:40.04 41.36
4. Makowska Emilia	10 UKS Junior Kluczbork	<b>5:51.28</b>	285
50m: 39.09 39.09	150m: 2:07.91 45.17	250m: 3:37.91 44.88	350m: 5:07.88 45.10
100m: 1:22.74 43.65	200m: 2:53.03 45.12	300m: 4:22.78 44.87	400m: 5:51.28 43.40
5. Kułak Maja	10 KP Aqua-Swim Nysa	<b>6:24.19</b>	218
50m: 40.67 40.67	150m: 2:19.07 50.22	250m: 3:59.10 50.08	350m: 5:07.88 45.10
100m: 1:28.85 48.18	200m: 3:09.02 49.95	300m: 4:48.06 48.96	400m: 6:24.19

14 lat i starsi

1. Rączkowska Maja	07 LKS Jedno 32 Przyszowice	<b>4:39.34</b>	567
50m: 31.45 31.45	150m: 1:41.24 35.33	250m: 2:52.57 35.70	350m: 4:04.52 35.81
100m: 1:05.91 34.46	200m: 2:16.87 35.63	300m: 3:28.71 36.14	400m: 4:39.34 34.82
2. Oko Anna	09 LKS Jedno 32 Przyszowice	<b>4:46.30</b>	527
50m: 31.90 31.90	150m: 1:42.97 35.91	250m: 2:56.28 36.88	350m: 4:10.34 37.02
100m: 1:07.06 35.16	200m: 2:19.40 36.43	300m: 3:33.32 37.04	400m: 4:46.30 35.96
3. Bałkowska Wiktoria	08 UKS MOS w Opolu	<b>4:49.86</b>	508
50m: 32.90 32.90	150m: 1:44.81 36.32	250m: 2:58.46 36.73	350m: 4:12.52 37.15
100m: 1:08.49 35.59	200m: 2:21.73 36.92	300m: 3:35.37 36.91	400m: 4:49.86 37.34
4. Janiecka Paulina	07 UKS MOS w Opolu	<b>4:50.08</b>	506
50m: 32.93 32.93	150m: 1:46.28 36.52	250m: 3:00.19 36.86	350m: 4:14.70 37.38
100m: 1:09.76 36.83	200m: 2:23.33 37.05	300m: 3:37.32 37.13	400m: 4:50.08 35.38
5. Chłód Zuzanna	06 UKS MOS w Opolu	<b>4:51.65</b>	498
50m: 33.49 33.49	150m: 1:46.99 37.59	250m: 3:02.21 37.47	350m: 4:16.25 36.99
100m: 1:09.40 35.91	200m: 2:24.74 37.75	300m: 3:39.26 37.05	400m: 4:51.65 35.40
6. Kujawa Lena	09 Swim Team MOSiR Kędzierzyn-Koźle	<b>4:57.71</b>	468
50m: 35.51 35.51	150m: 1:52.24 38.05	250m: 3:08.58 37.51	350m: 4:23.07 36.30
100m: 1:14.19 38.68	200m: 2:31.07 38.83	300m: 3:46.77 38.19	400m: 4:57.71 34.64
7. Polok Dominika	07 UKS MOS w Opolu	<b>4:58.25</b>	466
50m: 33.03 33.03	150m: 1:49.14 38.41	250m: 3:05.63 37.98	350m: 4:21.62 38.00
100m: 1:10.73 37.70	200m: 2:27.65 38.51	300m: 3:43.62 37.99	400m: 4:58.25 36.63
8. Mielnik Hanna	07 UKS MOS w Opolu	<b>5:02.16</b>	448
50m: 34.39 34.39	150m: 1:50.77 38.66	250m: 3:08.70 39.01	350m: 4:26.17 38.89
100m: 1:12.11 37.72	200m: 2:29.69 38.92	300m: 3:47.28 38.58	400m: 5:02.16 35.99

Otwarte Mini GP Opolszczyzny 2023/2024 w pływaniu; runda 2  
Kędzierzyn-Koźle, 5.11.2023

Konkurencja 7, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja					Rok ur.					Czas	Pkt.	
9.	Martyniszyn Maria				08	UKS Junior Kluczbork				<b>5:28.79</b>	348	
	50m:	37.02	37.02	150m:	2:00.44	42.02	250m:	3:25.10	42.40	350m:	4:48.60	40.55
	100m:	1:18.42	41.40	200m:	2:42.70	42.26	300m:	4:08.05	42.95	400m:	5:28.79	40.19
10.	Wawrzyniak Julia				07	Grupa 5Styl				<b>5:33.25</b>	334	
	50m:	34.99	34.99	150m:	1:58.61	42.70	250m:	3:25.23	43.33	350m:	4:52.75	44.28
	100m:	1:15.91	40.92	200m:	2:41.90	43.29	300m:	4:08.47	43.24	400m:	5:33.25	40.50
11.	Kurzywik Michalina				09	UKS MOS w Opolu				<b>5:44.65</b>	302	
	50m:	36.12	36.12	150m:	2:01.67	43.73	250m:	3:32.67	45.65	350m:	5:03.90	45.91
	100m:	1:17.94	41.82	200m:	2:47.02	45.35	300m:	4:17.99	45.32	400m:	5:44.65	40.75