

Otwarte Mini GP Opolszczyzny 2023/2024 w pływaniu; runda 2
Kędzierzyn-Koźle, 27.10.2024

Konkurencja 7
27.10.2024 - 12:35

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	Łódź	13.11.2011
Rekord Opolszczyzny 18	4:13.49	Zukowska Paula	00107	Puławy	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	Gorzów Wielkopolski	28.11.2009
Rekord Opolszczyzny 15	4:17.35	Zukowska Paula	00107	Gorzów 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	Oświęcim	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: AQUA 2024

Pozycja	Rok ur.				Czas	Pkt.	
11 lat							
1. Korze Adrianna	13	CSiR MOS w D browie Górniczej			5:03.36	443	
50m: 34.07	34.07	150m: 1:51.86	39.56	250m: 3:09.69	38.73	350m: 4:27.22	38.63
100m: 1:12.30	38.23	200m: 2:30.96	39.10	300m: 3:48.59	38.90	400m: 5:03.36	36.14
2. Zaworska Zofia	13	CSiR MOS w D browie Górniczej			5:22.49	368	
50m: 37.41	37.41	150m: 1:58.31	40.69	250m: 3:21.22	41.37	350m: 4:43.87	41.73
100m: 1:17.62	40.21	200m: 2:39.85	41.54	300m: 4:02.14	40.92	400m: 5:22.49	38.62
3. Onysk Michalina	13	Swim Team MOSiR Kędzierzyn-Koźle			6:00.16	264	
50m: 38.58	38.58	150m: 2:09.19	45.94	250m: 3:43.30	46.70	350m: 5:17.37	47.07
100m: 1:23.25	44.67	200m: 2:56.60	47.41	300m: 4:30.30	47.00	400m: 6:00.16	42.79
4. Wylek Alicja	13	UKS „Manta Kochłowice Ruda I ska”			6:06.44	251	
50m: 40.44	40.44	150m: 2:13.27	46.60	250m: 3:48.77	48.11	350m: 5:23.06	46.64
100m: 1:26.67	46.23	200m: 3:00.66	47.39	300m: 4:36.42	47.65	400m: 6:06.44	43.38
5. Stach Oliwia	13	UKS DELFIN Krapkowice			6:06.48	251	
50m: 42.42	42.42	150m: 2:16.37	47.89	250m: 3:49.12	44.90	350m: 5:22.54	47.23
100m: 1:28.48	46.06	200m: 3:04.22	47.85	300m: 4:35.31	46.19	400m: 6:06.48	43.94
6. Kowalska Klara	13	UKS „Manta Kochłowice Ruda I ska”			6:14.34	235	
50m: 39.85	39.85	150m: 2:15.96	50.25	250m: 3:55.61	49.03	350m: 5:31.76	48.42
100m: 1:25.71	45.86	200m: 3:06.58	50.62	300m: 4:43.34	47.73	400m: 6:14.34	42.58
7. Prysok Hanna	13	DOKiS SP Vega Dobrodzie			6:17.06	230	
50m: 43.61	43.61	150m: 2:32.97	56.22	250m: 4:23.08	55.82	350m:	
100m: 1:36.75	53.14	200m: 3:27.26	54.29	300m: 5:20.76	57.68	400m: 6:17.06	
8. Najda Jagoda	13	UKS DELFIN Krapkowice			6:43.61	188	
50m: 46.76	46.76	150m: 2:29.24	51.63	250m: 4:11.55	50.57	350m: 5:56.44	52.64
100m: 1:37.61	50.85	200m: 3:20.98	51.74	300m: 5:03.80	52.25	400m: 6:43.61	47.17
9. Donajska Maria	13	Swim Team MOSiR Kędzierzyn-Koźle			6:55.16	172	
50m: 50.97	50.97	150m:		250m: 4:57.05	1:03.54	350m:	
100m: 2:51.58	2:00.61	200m: 3:53.51		300m: 5:56.33	59.28	400m: 6:55.16	
10. Sarnecka Natasza	13	Swim Team MOSiR Kędzierzyn-Koźle			6:56.17	171	
50m: 45.91	45.91	150m: 2:30.68	53.06	250m: 4:15.94	52.50	350m: 5:56.80	48.60
100m: 1:37.62	51.71	200m: 3:23.44	52.76	300m: 5:08.20	52.26	400m: 6:56.17	59.37
11. Barszczewska Monika	13	Swim Team MOSiR Kędzierzyn-Koźle			7:04.76	161	
50m: 46.77	46.77	150m: 2:34.63	53.35	250m: 4:22.61	54.34	350m: 6:09.54	53.16
100m: 1:41.28	54.51	200m: 3:28.27	53.64	300m: 5:16.38	53.77	400m: 7:04.76	55.22
12. Pielczyk Lena	13	DOKiS SP Vega Dobrodzie			7:34.50	131	
50m: 48.36	48.36	150m: 2:42.56	58.27	250m: 4:43.50	58.93	350m: 6:38.91	56.89
100m: 1:44.29	55.93	200m: 3:44.57	1:02.01	300m: 5:42.02	58.52	400m: 7:34.50	55.59

Otwarte Mini GP Opolszczyzny 2023/2024 w pływaniu; runda 2
Kędzierzyn-Koźle, 27.10.2024

Konkurencja 7, Dziewcząt, 400m dowolny, 11 lat

Pozycja					Rok ur.					Czas	Pkt.	
13.	Fryc Emilia				13	Swim Team MOSiR Kędzierzyn-Koźle				7:35.39	131	
	50m:	46.32	46.32	150m:	2:40.54	57.02	250m:	4:37.83	59.59	350m:	6:37.75	59.75
	100m:	1:43.52	57.20	200m:	3:38.24	57.70	300m:	5:38.00	1:00.17	400m:	7:35.39	57.64
13 lat												
1.	Nosol Paulina				11	UKS DELFIN Krapkowice				4:59.53	460	
	50m:	33.22	33.22	150m:	1:47.15	37.23	250m:	3:04.16	38.88	350m:	4:21.93	38.94
	100m:	1:09.92	36.70	200m:	2:25.28	38.13	300m:	3:42.99	38.83	400m:	4:59.53	37.60
2.	Bas Lena				11	Swim Team MOSiR Kędzierzyn-Koźle				4:59.78	459	
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	4:59.78	
3.	Wylek Natalia				11	UKS „Manta Kochłowice Ruda I ska”				5:03.82	441	
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:03.82	
4.	Jdraszak Hanna				11	UKS „Manta Kochłowice Ruda I ska”				5:10.05	415	
	50m:	34.52	34.52	150m:	1:52.63	39.10	250m:	3:11.50	39.76	350m:	4:31.13	39.73
	100m:	1:13.53	39.01	200m:	2:31.74	39.11	300m:	3:51.40	39.90	400m:	5:10.05	38.92
5.	Mikołajek Adrianna				11	UKS DELFIN Krapkowice				5:11.04	411	
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:11.04	
6.	Adamiec Helena				11	DOKiS SP Vega Dobrodzie				5:13.74	400	
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:13.74	
7.	Kolanowska Zofia				11	UKS „Dragon” Bzdin				5:23.60	365	
	50m:	36.41	36.41	150m:	1:45.15	27.69	250m:	3:22.28	41.53	350m:	4:44.87	41.32
	100m:	1:17.46	41.05	200m:	2:40.75	55.60	300m:	4:03.55	41.27	400m:	5:23.60	38.73
8.	Weinert Agata				11	UKS DELFIN Krapkowice				5:29.00	347	
	50m:	38.12	38.12	150m:	2:01.74	42.14	250m:	3:26.01	42.12	350m:	4:49.46	41.67
	100m:	1:19.60	41.48	200m:	2:43.89	42.15	300m:	4:07.79	41.78	400m:	5:29.00	39.54
9.	Ledniowska Katarzyna				11	UKS Kronos Strzelce Opolskie				5:35.21	328	
	50m:	36.26	36.26	150m:	1:58.97	41.88	250m:	3:25.68	43.28	350m:	4:53.29	44.09
	100m:	1:17.09	40.83	200m:	2:42.40	43.43	300m:	4:09.20	43.52	400m:	5:35.21	41.92
10.	Gregorczyk Hanna				11	Swim Team MOSiR Kędzierzyn-Koźle				5:38.58	318	
	50m:	36.65	36.65	150m:	2:02.32	43.96	250m:	3:28.83	43.62	350m:	4:55.88	43.36
	100m:	1:18.36	41.71	200m:	2:45.21	42.89	300m:	4:12.52	43.69	400m:	5:38.58	42.70
11.	Zawalska Liliana				11	Swim Team MOSiR Kędzierzyn-Koźle				5:39.47	316	
	50m:	35.68	35.68	150m:	1:59.37	42.99	250m:	3:27.45	44.47	350m:	4:57.23	44.88
	100m:	1:16.38	40.70	200m:	2:42.98	43.61	300m:	4:12.35	44.90	400m:	5:39.47	42.24
12.	Tułaj Aleksandra				11	UKS „Manta Kochłowice Ruda I ska”				6:06.10	252	
	50m:	40.42	40.42	150m:	2:12.19	47.10	250m:	3:46.65	47.51	350m:	5:21.11	47.31
	100m:	1:25.09	44.67	200m:	2:59.14	46.95	300m:	4:33.80	47.15	400m:	6:06.10	44.99
13.	Giemza Magdalena				11	UKS Kronos Strzelce Opolskie				6:22.56	221	
	50m:	39.47	39.47	150m:	2:13.24	48.73	250m:	3:53.64	50.90	350m:	5:36.18	50.87
	100m:	1:24.51	45.04	200m:	3:02.74	49.50	300m:	4:45.31	51.67	400m:	6:22.56	46.38

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Kędzierzyn-Koźle, 27.10.2024

Konkurencja 7, Kobiety, 400m dowolny

14 lat i starsi

1.	Ciupa Ewelina	09	UKS „Manta Kochłowice Ruda I ska”	4:43.15	545
	50m: 31.55 31.55	150m: 1:42.55 35.72	250m: 2:55.24 36.52	350m: 4:08.08 36.26	
	100m: 1:06.83 35.28	200m: 2:18.72 36.17	300m: 3:31.82 36.58	400m: 4:43.15 35.07	
2.	Emerling Diana	10	Swim Team MOSiR Kędzierzyn-Koźle	4:45.89	529
	50m: 31.51 31.51	150m: 1:43.90 36.63	250m: 2:57.70 37.02	350m: 4:10.74 36.26	
	100m: 1:07.27 35.76	200m: 2:20.68 36.78	300m: 3:34.48 36.78	400m: 4:45.89 35.15	
3.	Maik Victoria	09	UKS „Manta Kochłowice Ruda I ska”	4:46.14	528
	50m: 31.88 31.88	150m: 1:43.68 36.49	250m: 2:58.10 36.84	350m: 4:10.90 36.13	
	100m: 1:07.19 35.31	200m: 2:21.26 37.58	300m: 3:34.77 36.67	400m: 4:46.14 35.24	
4.	Kozubowska Paulina	10	UKS „Manta Kochłowice Ruda I ska”	4:46.62	525
	50m: 33.29 33.29	150m: 1:45.26 36.59	250m: 2:58.24 36.56	350m: 4:11.86 36.34	
	100m: 1:08.67 35.38	200m: 2:21.68 36.42	300m: 3:35.52 37.28	400m: 4:46.62 34.76	
5.	Maik Maja	10	UKS „Manta Kochłowice Ruda I ska”	4:58.40	465
	50m: 32.47 32.47	150m: 1:45.40 37.10	250m: 3:01.89 38.74	350m: 4:20.70 39.57	
	100m: 1:08.30 35.83	200m: 2:23.15 37.75	300m: 3:41.13 39.24	400m: 4:58.40 37.70	
6.	Jäger Anna	10	UKS DELFIN Krapkowice	5:07.14	427
	50m: 35.53 35.53	150m: 1:54.63 40.17	250m: 3:13.40 39.73	350m: 4:31.53 39.06	
	100m: 1:14.46 38.93	200m: 2:33.67 39.04	300m: 3:52.47 39.07	400m: 5:07.14 35.61	
7.	Ogińska Lena	10	UKS „Manta Kochłowice Ruda I ska”	5:11.86	407
	50m: 36.02 36.02	150m: 1:54.72 39.93	250m: 3:14.91 40.30	350m: 4:32.83 38.57	
	100m: 1:14.79 38.77	200m: 2:34.61 39.89	300m: 3:54.26 39.35	400m: 5:11.86 39.03	
8.	Artwik Zuzanna	10	Akademia Sms Racibórz	5:14.91	396
	50m: 35.30 35.30	150m: 1:54.47 40.26	250m: 3:15.15 40.26	350m: 4:36.24 41.17	
	100m: 1:14.21 38.91	200m: 2:34.89 40.42	300m: 3:55.07 39.92	400m: 5:14.91 38.67	
9.	Morgaska Marta	10	UKS „Manta Kochłowice Ruda I ska”	5:15.38	394
	50m:	150m:	250m:	350m:	
	100m:	200m:	300m:	400m: 5:15.38	
10.	Ogińska Laura	10	UKS „Manta Kochłowice Ruda I ska”	5:15.89	392
	50m:	150m:	250m:	350m:	
	100m:	200m:	300m:	400m: 5:15.89	
11.	Jendrzej Klara	10	DOKiS SP Vega Dobrodzie	5:16.14	391
	50m: 36.32 36.32	150m: 1:55.88 40.03	250m: 3:17.62 41.12	350m: 4:37.00 39.75	
	100m: 1:15.85 39.53	200m: 2:36.50 40.62	300m: 3:57.25 39.63	400m: 5:16.14 39.14	
12.	Rogosz Estera	10	UKS DELFIN Krapkowice	5:26.05	357
	50m: 38.49 38.49	150m: 2:02.86 42.45	250m: 3:26.80 41.78	350m: 4:47.89 40.33	
	100m: 1:20.41 41.92	200m: 2:45.02 42.16	300m: 4:07.56 40.76	400m: 5:26.05 38.16	
13.	Habrych Dominika	10	UKS Junior Kluczbork	5:53.95	279
	50m: 38.30 38.30	150m: 2:05.21 43.90	250m: 3:35.64 45.50	350m: 5:09.33 46.93	
	100m: 1:21.31 43.01	200m: 2:50.14 44.93	300m: 4:22.40 46.76	400m: 5:53.95 44.62	
14.	Kuśak Maja	10	KP Aqua-Swim Nysa	5:56.09	274
	50m: 38.05 38.05	150m: 2:06.55 44.98	250m: 3:37.25 45.34	350m: 5:09.98 46.66	
	100m: 1:21.57 43.52	200m: 2:51.91 45.36	300m: 4:23.32 46.07	400m: 5:56.09 46.11	