



ZIMOWE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2024

mosir **OPOLSKIE**
Otwarte Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu 2024
Opole, 23. - 24.11.2024



Konkurencja 11 23.11.2024 - 11:15

Kobiet, 400m zmienny

13 lat i starsi Wyniki

Rekord Opolaczki Open	4:43.75	Zukowska Paula	00107	Władysławowo	30.01.2009
Rekord Opolaczki 19 +	4:52.55	Kamińska Aleksandra	00107	Poznań	18.12.2011
Rekord Opolaczki 18	4:44.66	Zukowska Paula	00107	Poznań	18.12.2011
Rekord Opolaczki 17	4:44.65	Zukowska Paula	00107	Opole	13.03.2010
Rekord Opolaczki 16	4:43.75	Zukowska Paula	00107	Władysławowo	30.01.2009
Rekord Opolaczki 15	4:51.01	Zukowska Paula	00107	Potsdam (GER)	18.10.2008
Rekord Opolaczki 14	4:55.37	Rakowska Marta	01507	Ostrowiec	18.12.2020
Rekord Opolaczki 13	5:15.96	Rakowska Marta	00407	Opole	12.10.2019

Punkty: AQUA 2024

Pozycja Rok ur. Czas Pkt.

Młodzik 13 lat

1. Kulka Milena	11	CSiR MOS w D. browie Górniczej	5:22.58	517
50m: 34.69 34.69	150m: 1:58.38 42.49	250m: 3:25.79 46.02	350m: 4:47.16 38.09	
100m: 1:15.89 41.20	200m: 2:39.77 41.39	300m: 4:09.07 43.28	400m: 5:22.58 35.42	
2. Nikiel Emilia	11	MKS Park Wodny Tarnowskie Góry	5:30.10	482
50m: 36.59 36.59	150m: 2:00.32 41.23	250m: 3:28.40 48.33	350m: 4:54.36 37.16	
100m: 1:19.09 42.50	200m: 2:40.07 39.75	300m: 4:17.20 48.80	400m: 5:30.10 35.74	
3. Szarek Nika	11	MTP Delfin Cieszyn	5:53.27	393
50m: 37.86 37.86	150m: 2:06.75 44.48	250m: 3:41.51 50.96	350m: 5:14.96 42.26	
100m: 1:22.27 44.41	200m: 2:50.55 43.80	300m: 4:32.70 51.19	400m: 5:53.27 38.31	
4. Sado Jagoda	11	Swim Team MOSiR K. dzierzyn-Ko. le	5:59.30	374
50m: 41.50 41.50	150m: 2:12.73 42.22	250m: 3:49.50 54.90	350m: 5:21.27 39.72	
100m: 1:30.51 49.01	200m: 2:54.60 41.87	300m: 4:41.55 52.05	400m: 5:59.30 38.03	
5. Kamińska Weronika	11	KS OSiR Bielawa	7:29.15	191
50m: 43.67 43.67	150m: 2:47.75 59.46	250m: 4:42.57 59.15	350m: 6:34.89 53.40	
100m: 1:48.29 1:04.62	200m: 3:43.42 55.67	300m: 5:41.49 58.92	400m: 7:29.15 54.26	

Junior Młodszy 14 lat

1. Matyjasek Olga	10	Swim Team MOSiR K. dzierzyn-Ko. le	5:15.10	554
50m: 32.94 32.94	150m: 1:53.39 41.14	250m: 3:18.92 45.49	350m: 4:40.72 37.02	
100m: 1:12.25 39.31	200m: 2:33.43 40.04	300m: 4:03.70 44.78	400m: 5:15.10 34.38	
2. Gaca Izabela	10	Swim Team MOSiR K. dzierzyn-Ko. le	5:20.12	529
50m: 37.43 37.43	150m: 1:58.10 36.81	250m: 3:23.30 47.43	350m: 4:45.96 36.18	
100m: 1:21.29 43.86	200m: 2:35.87 37.77	300m: 4:09.78 46.48	400m: 5:20.12 34.16	
3. Savchuk Polina	10	Sekcja Pływacka Meduza Paj. czno	5:24.12	509
50m: 36.75 36.75	150m: 2:02.12 42.94	250m: 3:27.66 44.71	350m: 4:49.46 37.21	
100m: 1:19.18 42.43	200m: 2:42.95 40.83	300m: 4:12.25 44.59	400m: 5:24.12 34.66	
4. Połe Julia	10	KS OSiR Bielawa	6:38.92	273
50m: 41.21 41.21	150m: 2:25.68 52.62	250m: 4:11.19 52.65	350m: 5:53.87 47.04	
100m: 1:33.06 51.85	200m: 3:18.54 52.86	300m: 5:06.83 55.64	400m: 6:38.92 45.05	

Junior 15-16 lat

1. Fartuszyńska Weronika	08	MKS Juwenia Wrocław	5:18.74	536
50m: 35.59 35.59	150m: 1:56.45 41.14	250m: 3:23.51 45.89	350m: 4:44.37 35.44	
100m: 1:15.31 39.72	200m: 2:37.62 41.17	300m: 4:08.93 45.42	400m: 5:18.74 34.37	

Konkurencja 11, Kobiety, 400m zmienny

Open

1.	Matyjasek Olga	10	Swim Team MOSiR K dzierzyn-Ko le	5:15.10	554
	50m: 32.94 32.94	150m: 1:53.39 41.14	250m: 3:18.92 45.49	350m: 4:40.72 37.02	
	100m: 1:12.25 39.31	200m: 2:33.43 40.04	300m: 4:03.70 44.78	400m: 5:15.10 34.38	
2.	Fartuszy ska Weronika	08	MKS Juwenia Wrocław	5:18.74	536
	50m: 35.59 35.59	150m: 1:56.45 41.14	250m: 3:23.51 45.89	350m: 4:44.37 35.44	
	100m: 1:15.31 39.72	200m: 2:37.62 41.17	300m: 4:08.93 45.42	400m: 5:18.74 34.37	
3.	Gaca Izabela	10	Swim Team MOSiR K dzierzyn-Ko le	5:20.12	529
	50m: 37.43 37.43	150m: 1:58.10 36.81	250m: 3:23.30 47.43	350m: 4:45.96 36.18	
	100m: 1:21.29 43.86	200m: 2:35.87 37.77	300m: 4:09.78 46.48	400m: 5:20.12 34.16	
4.	Kulka Milena	11	CSiR MOS w D browie Górniczej	5:22.58	517
	50m: 34.69 34.69	150m: 1:58.38 42.49	250m: 3:25.79 46.02	350m: 4:47.16 38.09	
	100m: 1:15.89 41.20	200m: 2:39.77 41.39	300m: 4:09.07 43.28	400m: 5:22.58 35.42	
5.	Savchuk Polina	10	Sekcja Pływacka Meduza Paj czno	5:24.12	509
	50m: 36.75 36.75	150m: 2:02.12 42.94	250m: 3:27.66 44.71	350m: 4:49.46 37.21	
	100m: 1:19.18 42.43	200m: 2:42.95 40.83	300m: 4:12.25 44.59	400m: 5:24.12 34.66	
6.	Nikiel Emilia	11	MKS Park Wodny Tarnowskie Góry	5:30.10	482
	50m: 36.59 36.59	150m: 2:00.32 41.23	250m: 3:28.40 48.33	350m: 4:54.36 37.16	
	100m: 1:19.09 42.50	200m: 2:40.07 39.75	300m: 4:17.20 48.80	400m: 5:30.10 35.74	
7.	Szarek Nika	11	MTP Delfin Cieszyn	5:53.27	393
	50m: 37.86 37.86	150m: 2:06.75 44.48	250m: 3:41.51 50.96	350m: 5:14.96 42.26	
	100m: 1:22.27 44.41	200m: 2:50.55 43.80	300m: 4:32.70 51.19	400m: 5:53.27 38.31	
8.	Sado Jagoda	11	Swim Team MOSiR K dzierzyn-Ko le	5:59.30	374
	50m: 41.50 41.50	150m: 2:12.73 42.22	250m: 3:49.50 54.90	350m: 5:21.27 39.72	
	100m: 1:30.51 49.01	200m: 2:54.60 41.87	300m: 4:41.55 52.05	400m: 5:59.30 38.03	
9.	Połe Julia	10	KS OSIR Bielawa	6:38.92	273
	50m: 41.21 41.21	150m: 2:25.68 52.62	250m: 4:11.19 52.65	350m: 5:53.87 47.04	
	100m: 1:33.06 51.85	200m: 3:18.54 52.86	300m: 5:06.83 55.64	400m: 6:38.92 45.05	
10.	Ka mierzak Nikola	11	KS OSIR Bielawa	7:29.15	191
	50m: 43.67 43.67	150m: 2:47.75 59.46	250m: 4:42.57 59.15	350m: 6:34.89 53.40	
	100m: 1:48.29 1:04.62	200m: 3:43.42 55.67	300m: 5:41.49 58.92	400m: 7:29.15 54.26	

OOZP Młodzik 13 lat

1.	Sado Jagoda	11	Swim Team MOSiR K dzierzyn-Ko le	5:59.30	374
	50m: 41.50 41.50	150m: 2:12.73 42.22	250m: 3:49.50 54.90	350m: 5:21.27 39.72	
	100m: 1:30.51 49.01	200m: 2:54.60 41.87	300m: 4:41.55 52.05	400m: 5:59.30 38.03	

OOZP Junior Młodszy 14 lat

1.	Matyjasek Olga	10	Swim Team MOSiR K dzierzyn-Ko le	5:15.10	554
	50m: 32.94 32.94	150m: 1:53.39 41.14	250m: 3:18.92 45.49	350m: 4:40.72 37.02	
	100m: 1:12.25 39.31	200m: 2:33.43 40.04	300m: 4:03.70 44.78	400m: 5:15.10 34.38	
2.	Gaca Izabela	10	Swim Team MOSiR K dzierzyn-Ko le	5:20.12	529
	50m: 37.43 37.43	150m: 1:58.10 36.81	250m: 3:23.30 47.43	350m: 4:45.96 36.18	
	100m: 1:21.29 43.86	200m: 2:35.87 37.77	300m: 4:09.78 46.48	400m: 5:20.12 34.16	



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Otwarte Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu 2024
Opole, 23. - 24.11.2024

Konkurencja 11, Kobiet, 400m zmienny

OOZP Open

1. Matyjasek Olga			10	Swim Team MOSiR K dzierzyn-Ko le	5:15.10	554					
50m:	32.94	32.94	150m:	1:53.39	41.14	250m:	3:18.92	45.49	350m:	4:40.72	37.02
100m:	1:12.25	39.31	200m:	2:33.43	40.04	300m:	4:03.70	44.78	400m:	5:15.10	34.38
2. Gaca Izabela			10	Swim Team MOSiR K dzierzyn-Ko le	5:20.12	529					
50m:	37.43	37.43	150m:	1:58.10	36.81	250m:	3:23.30	47.43	350m:	4:45.96	36.18
100m:	1:21.29	43.86	200m:	2:35.87	37.77	300m:	4:09.78	46.48	400m:	5:20.12	34.16
3. Sado Jagoda			11	Swim Team MOSiR K dzierzyn-Ko le	5:59.30	374					
50m:	41.50	41.50	150m:	2:12.73	42.22	250m:	3:49.50	54.90	350m:	5:21.27	39.72
100m:	1:30.51	49.01	200m:	2:54.60	41.87	300m:	4:41.55	52.05	400m:	5:59.30	38.03