

Otwarty Wielki Finał Mini Grand Prix Opolszczyzny 2023, Opole, 17.6.2023

Event 11

Women, 400m Medley

13 years and older

02.06.2024 - 11:50

Results

Rekord Opolszczyzny Open	4:50.40	Zukowska Paula	00107	Ostrowiec Sw.	22.05.2009
Rekord Opolszczyzny 19 +	4:51.69	Zukowska Paula	00107	Sabadell (ESP)	04.03.2012
Rekord Opolszczyzny 18	5:02.19	Zukowska Paula	00107	Warsaw	22.07.2011
Rekord Opolszczyzny 17	4:51.48	Zukowska Paula	00107	Gliwice	04.06.2010
Rekord Opolszczyzny 16	4:50.40	Zukowska Paula	00107	Ostrowiec Sw.	22.05.2009
Rekord Opolszczyzny 15	5:00.83	Zukowska Paula	00107	Gorzow Wlkp.	11.07.2008
Rekord Opolszczyzny 14	5:07.08	Zukowska Paula	00207	Debica	13.04.2007
Rekord Opolszczyzny 13	5:18.56	Rakowska Marta	00407	Opole	07.06.2019

Points: AQUA 2025

Rank	YB		Time	Pts	100m	200m	300m	400m	
13 years									
1.	Donajska Maria	13	Swim Team MOSiR Kedzierzy	6:41.54	285	1:32.41	1:46.29	1:51.99	1:30.85
	50m: 42.04	42.04	150m: 2:27.06	54.65	250m: 4:13.98	55.28	350m: 5:58.30	47.61	
	100m: 1:32.41	50.37	200m: 3:18.70	51.64	300m: 5:10.69	56.71	400m: 6:41.54	43.24	
14 years									
1.	Martiszko Maja	12	Swim Team MOSiR Kedzierzy	6:07.15	373	1:24.67	1:39.83	1:45.93	1:16.72
	50m: 37.23	37.23	150m: 2:15.39	50.72	250m: 3:56.16	51.66	350m: 5:29.07	38.64	
	100m: 1:24.67	47.44	200m: 3:04.50	49.11	300m: 4:50.43	54.27	400m: 6:07.15	38.08	
15 years and older									
1.	Bebas Lena	11	Swim Team MOSiR Kedzierzy	5:48.15	437	1:15.54	1:33.43	1:41.61	1:17.57
	50m:		150m:		250m:		350m:		
	100m: 1:15.54		200m: 2:48.97		300m: 4:30.58		400m: 5:48.15		
2.	Zawalska Liliana	11	Swim Team MOSiR Kedzierzy	5:52.71	421	1:21.29	1:30.69	1:35.79	1:24.94
	50m: 36.04	36.04	150m: 2:06.74	45.45	250m: 3:39.02	47.04	350m: 5:11.82	44.05	
	100m: 1:21.29	45.25	200m: 2:51.98	45.24	300m: 4:27.77	48.75	400m: 5:52.71	40.89	
3.	Koscielniak Wiktoria	11	KS Rekin Swiebodzice	6:05.55	378	1:24.70	1:35.51	1:51.08	1:14.26
	50m: 37.94	37.94	150m: 2:13.38	48.68	250m: 3:56.59	56.38	350m: 5:28.58	37.29	
	100m: 1:24.70	46.76	200m: 3:00.21	46.83	300m: 4:51.29	54.70	400m: 6:05.55	36.97	