

Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu
Opole, 18. - 19.6.2022

Event 19 Women, 400m Freestyle Open
18.06.2022 - 16:00 Results

Rekord Opolszczyzny 4:12.62 Zukowska Paula 00107 Doha (QAT) 09.12.2009

Points: FINA 2021

Rank			YB							Time	Pts
11 years and younger											
1.	Raczkowska Lena		12	LKS Jednosc 32 Przyszowice						5:51.03	305
	50m:	38.64 38.64	150m:	2:09.03	46.05	250m:	3:40.33	45.32	350m:	5:10.03	44.26
	100m:	1:22.98 44.34	200m:	2:55.01	45.98	300m:	4:25.77	45.44	400m:	5:51.03	41.00
2.	Piatkiewicz Martyna		11	KS „Gornik” Sosnowiec						5:56.67	291
	50m:	40.03 40.03	150m:	2:09.55	45.47	250m:	3:41.13	46.35	350m:	5:13.03	44.93
	100m:	1:24.08 44.05	200m:	2:54.78	45.23	300m:	4:28.10	46.97	400m:	5:56.67	43.64
3.	Rugala Hanna		11	UKS MOS w Opolu						6:01.52	279
	50m:	37.63 37.63	150m:	2:09.79	47.27	250m:	3:44.03	47.42	350m:	5:17.65	46.59
	100m:	1:22.52 44.89	200m:	2:56.61	46.82	300m:	4:31.06	47.03	400m:	6:01.52	43.87
4.	Wojt Julia		11	Swim Team MOSiR Kedzierzyn						6:26.66	228
	50m:	42.85 42.85	150m:	2:20.89	49.56	250m:	4:02.55	50.40	350m:	5:40.10	47.66
	100m:	1:31.33 48.48	200m:	3:12.15	51.26	300m:	4:52.44	49.89	400m:	6:26.66	46.56
5.	Pitus Anna		12	UKS Fala Nieporet						6:32.84	218
	50m:	42.24 42.24	150m:	2:20.70	50.02	250m:	4:01.70	50.55	350m:	5:43.65	51.39
	100m:	1:30.68 48.44	200m:	3:11.15	50.45	300m:	4:52.26	50.56	400m:	6:32.84	49.19
12 - 13 years											
1.	Rajca Matylda		10	LKS Jednosc 32 Przyszowice						5:06.33	459
	50m:	34.79 34.79	150m:	1:52.91	39.32	250m:	4:30.83	1:58.15	350m:		
	100m:	1:13.59 38.80	200m:	2:32.68	39.77	300m:	3:51.06		400m:	5:06.33	
2.	Koscielnik Kalina		09	UKP "Na Fali"						5:07.05	456
	50m:	35.97 35.97	150m:	1:56.71	39.61	250m:	3:14.78	39.08	350m:	4:31.03	37.60
	100m:	1:17.10 41.13	200m:	2:35.70	38.99	300m:	3:53.43	38.65	400m:	5:07.05	36.02
3.	Pianka Emilia		10	UKS Junior Kluczbork						5:37.54	343
	50m:	37.67 37.67	150m:	2:03.43	43.12	250m:	3:30.34	43.35	350m:	4:56.33	42.81
	100m:	1:20.31 42.64	200m:	2:46.99	43.56	300m:	4:13.52	43.18	400m:	5:37.54	41.21
4.	Rogosz Estera		10	UKS DELFIN Krapkowice						6:41.99	203
	50m:	46.11 46.11	150m:	2:30.63	52.92	250m:	4:14.65	51.88	350m:	5:55.57	50.61
	100m:	1:37.71 51.60	200m:	3:22.77	52.14	300m:	5:04.96	50.31	400m:	6:41.99	46.42
5.	Bielec Emilia		10	UKS DELFIN Krapkowice						7:07.62	169
	50m:	44.54 44.54	150m:	2:35.05	56.74	250m:	4:24.76	55.14	350m:	6:16.57	57.16
	100m:	1:38.31 53.77	200m:	3:29.62	54.57	300m:	5:19.41	54.65	400m:	7:07.62	51.05
14 years											
1.	Bankowska Wiktoria		08	UKS MOS w Opolu						4:49.39	545
	50m:	32.53 32.53	150m:	1:43.88	36.25	250m:	2:57.66	37.07	350m:	4:12.42	37.53
	100m:	1:07.63 35.10	200m:	2:20.59	36.71	300m:	3:34.89	37.23	400m:	4:49.39	36.97
2.	Fartuszynska Weronika		08	UKS Junior Kluczbork						4:56.07	509
	50m:	34.29 34.29	150m:	1:49.39	37.67	250m:	3:05.55	37.85	350m:	4:19.98	36.78
	100m:	1:11.72 37.43	200m:	2:27.70	38.31	300m:	3:43.20	37.65	400m:	4:56.07	36.09
3.	Jaskowska Julia		08	UKS MOS w Opolu						5:04.45	468
	50m:	33.60 33.60	150m:	1:50.53	39.34	250m:	3:08.79	38.62	350m:	4:27.17	38.86
	100m:	1:11.19 37.59	200m:	2:30.17	39.64	300m:	3:48.31	39.52	400m:	5:04.45	37.28

Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu
Opole, 18. - 19.6.2022

Event 19, Girls, 400m Freestyle, 14 years

Rank			YB					Time	Pts			
4.	Janicka Katarzyna		08	Start Opole				5:19.42	405			
	50m:	35.58	35.58	150m:	1:54.15	39.97	250m:	3:16.96	41.72	350m:	4:42.43	42.84
	100m:	1:14.18	38.60	200m:	2:35.24	41.09	300m:	3:59.59	42.63	400m:	5:19.42	36.99
5.	Pawlak Jagoda		08	UKS Maratonczyk Ostrow Wlkp.				5:34.16	354			
	50m:	38.31	38.31	150m:	2:03.60	42.68	250m:	3:28.78	42.21	350m:	4:53.88	42.35
	100m:	1:20.92	42.61	200m:	2:46.57	42.97	300m:	4:11.53	42.75	400m:	5:34.16	40.28
6.	Zasada Ewa		08	Klobucki KP „Delfin”				6:33.27	217			
	50m:	43.96	43.96	150m:	2:23.11	49.94	250m:	4:05.15	50.78	350m:	5:44.03	52.51
	100m:	1:33.17	49.21	200m:	3:14.37	51.26	300m:	4:51.52	46.37	400m:	6:33.27	49.24

15 - 16 years

1.	Swidnicka Kamila		06	MKS Juvenia Wroclaw				4:38.52	611			
	50m:	31.81	31.81	150m:	1:42.49	35.51	250m:	2:53.76	35.61	350m:	4:04.40	35.00
	100m:	1:06.98	35.17	200m:	2:18.15	35.66	300m:	3:29.40	35.64	400m:	4:38.52	34.12
2.	Grzesiak Oliwia		07	WKS Slask				4:42.72	585			
	50m:	31.86	31.86	150m:	1:43.16	35.90	250m:	2:55.84	36.47	350m:	4:08.35	36.29
	100m:	1:07.26	35.40	200m:	2:19.37	36.21	300m:	3:32.06	36.22	400m:	4:42.72	34.37
3.	Raczkowska Maja		07	LKS Jednosc 32 Przyszowice				4:43.28	581			
	50m:	32.29	32.29	150m:	1:43.38	35.86	250m:	2:56.15	36.52	350m:	4:08.85	36.14
	100m:	1:07.52	35.23	200m:	2:19.63	36.25	300m:	3:32.71	36.56	400m:	4:43.28	34.43
4.	Wladyczka Amelia		07	MKS Juvenia Wroclaw				4:45.34	569			
	50m:	31.73	31.73	150m:	1:43.94	36.52	250m:	2:57.61	37.06	350m:	4:10.72	36.05
	100m:	1:07.42	35.69	200m:	2:20.55	36.61	300m:	3:34.67	37.06	400m:	4:45.34	34.62
5.	Rakowska Marta		06	DOKiS SP Vega Dobrodzien				4:45.37	568			
	50m:	32.35	32.35	150m:	1:45.43	37.02	250m:	2:58.55	36.45	350m:	4:10.88	35.87
	100m:	1:08.41	36.06	200m:	2:22.10	36.67	300m:	3:35.01	36.46	400m:	4:45.37	34.49
6.	Szolc Zuzanna		07	Uks "Aqua Team Mikolow"				5:06.73	458			
	50m:	34.98	34.98	150m:	1:53.16	39.20	250m:	3:12.16	39.52	350m:	4:30.70	39.10
	100m:	1:13.96	38.98	200m:	2:32.64	39.48	300m:	3:51.60	39.44	400m:	5:06.73	36.03

17 - 18 years

1.	Zagdanska Oliwia		05	MKS Juvenia Wroclaw				4:40.34	600			
	50m:	32.61	32.61	150m:	1:42.96	35.59	250m:	2:54.43	35.96	350m:	4:05.94	35.69
	100m:	1:07.37	34.76	200m:	2:18.47	35.51	300m:	3:30.25	35.82	400m:	4:40.34	34.40
2.	Matwin Julia		05	CSiR MOS w Dabrowie Gorniczej				5:09.04	447			
	50m:	34.45	34.45	150m:	1:50.49	38.60	250m:	3:09.86	40.08	350m:	4:30.41	40.62
	100m:	1:11.89	37.44	200m:	2:29.78	39.29	300m:	3:49.79	39.93	400m:	5:09.04	38.63
3.	Ledniowska Julia		04	UKS Kronos Strzelce Opolskie				5:28.19	374			
	50m:	36.26	36.26	150m:	1:59.76	42.11	250m:	3:24.28	42.93	350m:	4:48.34	41.84
	100m:	1:17.65	41.39	200m:	2:41.35	41.59	300m:	4:06.50	42.22	400m:	5:28.19	39.85

Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu
Opole, 18. - 19.6.2022

Event 19, Women, 400m Freestyle

Open

1.	Swidnicka Kamila	06	MKS Juwenia Wroclaw	4:38.52	611
	50m: 31.81 31.81	150m: 1:42.49 35.51	250m: 2:53.76 35.61	350m: 4:04.40 35.00	
	100m: 1:06.98 35.17	200m: 2:18.15 35.66	300m: 3:29.40 35.64	400m: 4:38.52 34.12	
2.	Zagdanska Oliwia	05	MKS Juwenia Wroclaw	4:40.34	600
	50m: 32.61 32.61	150m: 1:42.96 35.59	250m: 2:54.43 35.96	350m: 4:05.94 35.69	
	100m: 1:07.37 34.76	200m: 2:18.47 35.51	300m: 3:30.25 35.82	400m: 4:40.34 34.40	
3.	Grzesiak Oliwia	07	WKS Slask	4:42.72	585
	50m: 31.86 31.86	150m: 1:43.16 35.90	250m: 2:55.84 36.47	350m: 4:08.35 36.29	
	100m: 1:07.26 35.40	200m: 2:19.37 36.21	300m: 3:32.06 36.22	400m: 4:42.72 34.37	
4.	Raczkowska Maja	07	LKS Jednosc 32 Przyszowice	4:43.28	581
	50m: 32.29 32.29	150m: 1:43.38 35.86	250m: 2:56.15 36.52	350m: 4:08.85 36.14	
	100m: 1:07.52 35.23	200m: 2:19.63 36.25	300m: 3:32.71 36.56	400m: 4:43.28 34.43	
5.	Wladyczka Amelia	07	MKS Juwenia Wroclaw	4:45.34	569
	50m: 31.73 31.73	150m: 1:43.94 36.52	250m: 2:57.61 37.06	350m: 4:10.72 36.05	
	100m: 1:07.42 35.69	200m: 2:20.55 36.61	300m: 3:34.67 37.06	400m: 4:45.34 34.62	
6.	Rakowska Marta	06	DOKiS SP Vega Dobrodzien	4:45.37	568
	50m: 32.35 32.35	150m: 1:45.43 37.02	250m: 2:58.55 36.45	350m: 4:10.88 35.87	
	100m: 1:08.41 36.06	200m: 2:22.10 36.67	300m: 3:35.01 36.46	400m: 4:45.37 34.49	
7.	Bankowska Wiktoria	08	UKS MOS w Opolu	4:49.39	545
	50m: 32.53 32.53	150m: 1:43.88 36.25	250m: 2:57.66 37.07	350m: 4:12.42 37.53	
	100m: 1:07.63 35.10	200m: 2:20.59 36.71	300m: 3:34.89 37.23	400m: 4:49.39 36.97	
8.	Fartuszynska Weronika	08	UKS Junior Kluczbork	4:56.07	509
	50m: 34.29 34.29	150m: 1:49.39 37.67	250m: 3:05.55 37.85	350m: 4:19.98 36.78	
	100m: 1:11.72 37.43	200m: 2:27.70 38.31	300m: 3:43.20 37.65	400m: 4:56.07 36.09	
9.	Jaskowska Julia	08	UKS MOS w Opolu	5:04.45	468
	50m: 33.60 33.60	150m: 1:50.53 39.34	250m: 3:08.79 38.62	350m: 4:27.17 38.86	
	100m: 1:11.19 37.59	200m: 2:30.17 39.64	300m: 3:48.31 39.52	400m: 5:04.45 37.28	
10.	Rajca Matylda	10	LKS Jednosc 32 Przyszowice	5:06.33	459
	50m: 34.79 34.79	150m: 1:52.91 39.32	250m: 4:30.83 1:58.15	350m:	
	100m: 1:13.59 38.80	200m: 2:32.68 39.77	300m: 3:51.06	400m: 5:06.33	
11.	Szolc Zuzanna	07	Uks "Aqua Team Mikolow"	5:06.73	458
	50m: 34.98 34.98	150m: 1:53.16 39.20	250m: 3:12.16 39.52	350m: 4:30.70 39.10	
	100m: 1:13.96 38.98	200m: 2:32.64 39.48	300m: 3:51.60 39.44	400m: 5:06.73 36.03	
12.	Koscielnik Kalina	09	UKP "Na Fali"	5:07.05	456
	50m: 35.97 35.97	150m: 1:56.71 39.61	250m: 3:14.78 39.08	350m: 4:31.03 37.60	
	100m: 1:17.10 41.13	200m: 2:35.70 38.99	300m: 3:53.43 38.65	400m: 5:07.05 36.02	
13.	Matwin Julia	05	CSiR MOS w Dabrowie Gorniczej	5:09.04	447
	50m: 34.45 34.45	150m: 1:50.49 38.60	250m: 3:09.86 40.08	350m: 4:30.41 40.62	
	100m: 1:11.89 37.44	200m: 2:29.78 39.29	300m: 3:49.79 39.93	400m: 5:09.04 38.63	
14.	Janicka Katarzyna	08	Start Opole	5:19.42	405
	50m: 35.58 35.58	150m: 1:54.15 39.97	250m: 3:16.96 41.72	350m: 4:42.43 42.84	
	100m: 1:14.18 38.60	200m: 2:35.24 41.09	300m: 3:59.59 42.63	400m: 5:19.42 36.99	
15.	Ledniowska Julia	04	UKS Kronos Strzelce Opolskie	5:28.19	374
	50m: 36.26 36.26	150m: 1:59.76 42.11	250m: 3:24.28 42.93	350m: 4:48.34 41.84	
	100m: 1:17.65 41.39	200m: 2:41.35 41.59	300m: 4:06.50 42.22	400m: 5:28.19 39.85	
16.	Pawlak Jagoda	08	UKS Maratonczyk Ostrow Wlkp.	5:34.16	354
	50m: 38.31 38.31	150m: 2:03.60 42.68	250m: 3:28.78 42.21	350m: 4:53.88 42.35	
	100m: 1:20.92 42.61	200m: 2:46.57 42.97	300m: 4:11.53 42.75	400m: 5:34.16 40.28	

Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu
Opole, 18. - 19.6.2022

Event 19, Women, 400m Freestyle, Open

Rank			YB					Time	Pts			
17.	Pianka Emilia		10	UKS Junior Kluczbork				5:37.54	343			
	50m:	37.67	37.67	150m:	2:03.43	43.12	250m:	3:30.34	43.35	350m:	4:56.33	42.81
	100m:	1:20.31	42.64	200m:	2:46.99	43.56	300m:	4:13.52	43.18	400m:	5:37.54	41.21
18.	Raczkowska Lena		12	LKS Jednosc 32 Przyszowice				5:51.03	305			
	50m:	38.64	38.64	150m:	2:09.03	46.05	250m:	3:40.33	45.32	350m:	5:10.03	44.26
	100m:	1:22.98	44.34	200m:	2:55.01	45.98	300m:	4:25.77	45.44	400m:	5:51.03	41.00
19.	Piatkiewicz Martyna		11	KS „Gornik” Sosnowiec				5:56.67	291			
	50m:	40.03	40.03	150m:	2:09.55	45.47	250m:	3:41.13	46.35	350m:	5:13.03	44.93
	100m:	1:24.08	44.05	200m:	2:54.78	45.23	300m:	4:28.10	46.97	400m:	5:56.67	43.64
20.	Rugala Hanna		11	UKS MOS w Opolu				6:01.52	279			
	50m:	37.63	37.63	150m:	2:09.79	47.27	250m:	3:44.03	47.42	350m:	5:17.65	46.59
	100m:	1:22.52	44.89	200m:	2:56.61	46.82	300m:	4:31.06	47.03	400m:	6:01.52	43.87
21.	Wojt Julia		11	Swim Team MOSiR Kedzierzyn				6:26.66	228			
	50m:	42.85	42.85	150m:	2:20.89	49.56	250m:	4:02.55	50.40	350m:	5:40.10	47.66
	100m:	1:31.33	48.48	200m:	3:12.15	51.26	300m:	4:52.44	49.89	400m:	6:26.66	46.56
22.	Pitus Anna		12	UKS Fala Nieporet				6:32.84	218			
	50m:	42.24	42.24	150m:	2:20.70	50.02	250m:	4:01.70	50.55	350m:	5:43.65	51.39
	100m:	1:30.68	48.44	200m:	3:11.15	50.45	300m:	4:52.26	50.56	400m:	6:32.84	49.19
23.	Zasada Ewa		08	Klobucki KP „Delfin”				6:33.27	217			
	50m:	43.96	43.96	150m:	2:23.11	49.94	250m:	4:05.15	50.78	350m:	5:44.03	52.51
	100m:	1:33.17	49.21	200m:	3:14.37	51.26	300m:	4:51.52	46.37	400m:	6:33.27	49.24
24.	Rogosz Estera		10	UKS DELFIN Krapkowice				6:41.99	203			
	50m:	46.11	46.11	150m:	2:30.63	52.92	250m:	4:14.65	51.88	350m:	5:55.57	50.61
	100m:	1:37.71	51.60	200m:	3:22.77	52.14	300m:	5:04.96	50.31	400m:	6:41.99	46.42
25.	Bielec Emilia		10	UKS DELFIN Krapkowice				7:07.62	169			
	50m:	44.54	44.54	150m:	2:35.05	56.74	250m:	4:24.76	55.14	350m:	6:16.57	57.16
	100m:	1:38.31	53.77	200m:	3:29.62	54.57	300m:	5:19.41	54.65	400m:	7:07.62	51.05