

Otwarte Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu 2022  
Opole, 26. - 27.11.2022

Event 19 Women, 400m Freestyle Open Results  
26.11.2022 - 16:00

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	Kedzierzyn-Kozle	08.12.2018
Rekord Opolszczyzny - 11	4:43.74	Rakowska Marta	00407	Kedzierzyn-Kozle	09.12.2017

Points: FINA 2022

Rank	Age	Time	Pts
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11 years and younger

1. Wojt Julia	11	Swim Team MOSiR Kedzierzyn	<b>6:08.80</b>	255
50m: 41.28 41.28	150m: 2:13.61 46.67	250m: 3:48.73 47.43	350m: 5:24.77 47.63	
100m: 1:26.94 45.66	200m: 3:01.30 47.69	300m: 4:37.14 48.41	400m: 6:08.80 44.03	

12 - 13 years

1. Emerling Diana	12	Swim Team MOSiR Kedzierzyn	<b>4:58.44</b>	481
50m: 34.15 34.15	150m: 1:51.24 38.88	250m: 3:07.85 38.26	350m: 4:23.62 37.94	
100m: 1:12.36 38.21	200m: 2:29.59 38.35	300m: 3:45.68 37.83	400m: 4:58.44 34.82	
2. Gaca Izabela	12	UKS MOS w Opolu	<b>5:00.65</b>	470
50m: 33.86 33.86	150m: 1:49.32 38.32	250m: 3:06.81 38.58	350m: 4:23.85 37.86	
100m: 1:11.00 37.14	200m: 2:28.23 38.91	300m: 3:45.99 39.18	400m: 5:00.65 36.80	
3. Jendrzej Klara	12	DOKiS SP Vega Dobrodzien	<b>5:15.89</b>	406
50m: 36.01 36.01	150m: 1:57.79 41.42	250m: 3:18.99 40.07	350m: 4:38.81 40.31	
100m: 1:16.37 40.36	200m: 2:38.92 41.13	300m: 3:58.50 39.51	400m: 5:15.89 37.08	
4. Pianka Emilia	12	UKS Junior Kluczbork	<b>5:33.65</b>	344
50m: 36.80 36.80	150m: 1:59.85 42.39	250m: 3:25.28 42.87	350m: 4:51.76 43.53	
100m: 1:17.46 40.66	200m: 2:42.41 42.56	300m: 4:08.23 42.95	400m: 5:33.65 41.89	
5. Rogosz Estera	12	UKS DELFIN Krapkowice	<b>5:55.50</b>	284
50m: 39.59 39.59	150m: 2:09.48 45.75	250m: 3:42.95 47.06	350m: 5:13.16 44.29	
100m: 1:23.73 44.14	200m: 2:55.89 46.41	300m: 4:28.87 45.92	400m: 5:55.50 42.34	
6. Jaeger Anna	12	UKS DELFIN Krapkowice	<b>6:05.02</b>	263
50m: 40.02 40.02	150m: 2:13.94 47.50	250m: 3:48.39 47.15	350m: 5:22.41 47.02	
100m: 1:26.44 46.42	200m: 3:01.24 47.30	300m: 4:35.39 47.00	400m: 6:05.02 42.61	
7. Bielec Emilia	12	UKS DELFIN Krapkowice	<b>6:18.81</b>	235
50m: 41.75 41.75	150m: 2:19.87 49.21	250m: 4:00.05 50.75	350m: 5:35.96 47.83	
100m: 1:30.66 48.91	200m: 3:09.30 49.43	300m: 4:48.13 48.08	400m: 6:18.81 42.85	

14 years

1. Fartuszynska Weronika	14	UKS Junior Kluczbork	<b>4:44.89</b>	553
50m: 32.42 32.42	150m: 1:44.05 36.65	250m: 2:56.98 36.35	350m: 4:09.91 36.70	
100m: 1:07.40 34.98	200m: 2:20.63 36.58	300m: 3:33.21 36.23	400m: 4:44.89 34.98	
2. Janicka Katarzyna	14	UKS MOS w Opolu	<b>4:53.91</b>	504
50m: 33.03 33.03	150m: 1:45.71 37.02	250m: 3:00.02 37.33	350m: 4:16.41 38.05	
100m: 1:08.69 35.66	200m: 2:22.69 36.98	300m: 3:38.36 38.34	400m: 4:53.91 37.50	

Otwarte Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu 2022  
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Event 19, Women, 400m Freestyle

15 - 16 years

1.	Jasniecka Paulina	15	UKS MOS w Opolu	<b>4:47.64</b>	537
	50m: 32.31 32.31	150m: 1:45.43 36.91	250m: 2:57.81 35.54	350m: 4:11.20 36.94	
	100m: 1:08.52 36.21	200m: 2:22.27 36.84	300m: 3:34.26 36.45	400m: 4:47.64 36.44	
2.	Marciszewska Aleksandra	15	UKS DELFIN Krapkowice	<b>6:04.79</b>	263
	50m: 40.93 40.93	150m: 2:15.65 48.32	250m: 3:49.45 47.36	350m: 5:23.87 46.21	
	100m: 1:27.33 46.40	200m: 3:02.09 46.44	300m: 4:37.66 48.21	400m: 6:04.79 40.92	

Open

1.	Fartuszynska Weronika	14	UKS Junior Kluczbork	<b>4:44.89</b>	553
	50m: 32.42 32.42	150m: 1:44.05 36.65	250m: 2:56.98 36.35	350m: 4:09.91 36.70	
	100m: 1:07.40 34.98	200m: 2:20.63 36.58	300m: 3:33.21 36.23	400m: 4:44.89 34.98	
2.	Jasniecka Paulina	15	UKS MOS w Opolu	<b>4:47.64</b>	537
	50m: 32.31 32.31	150m: 1:45.43 36.91	250m: 2:57.81 35.54	350m: 4:11.20 36.94	
	100m: 1:08.52 36.21	200m: 2:22.27 36.84	300m: 3:34.26 36.45	400m: 4:47.64 36.44	
3.	Janicka Katarzyna	14	UKS MOS w Opolu	<b>4:53.91</b>	504
	50m: 33.03 33.03	150m: 1:45.71 37.02	250m: 3:00.02 37.33	350m: 4:16.41 38.05	
	100m: 1:08.69 35.66	200m: 2:22.69 36.98	300m: 3:38.36 38.34	400m: 4:53.91 37.50	
4.	Emerling Diana	12	Swim Team MOSiR Kedzierzyn	<b>4:58.44</b>	481
	50m: 34.15 34.15	150m: 1:51.24 38.88	250m: 3:07.85 38.26	350m: 4:23.62 37.94	
	100m: 1:12.36 38.21	200m: 2:29.59 38.35	300m: 3:45.68 37.83	400m: 4:58.44 34.82	
5.	Gaca Izabela	12	UKS MOS w Opolu	<b>5:00.65</b>	470
	50m: 33.86 33.86	150m: 1:49.32 38.32	250m: 3:06.81 38.58	350m: 4:23.85 37.86	
	100m: 1:11.00 37.14	200m: 2:28.23 38.91	300m: 3:45.99 39.18	400m: 5:00.65 36.80	
6.	Rajca Matylda	212	LKS Jednosc 32 Przyszowice	<b>5:00.74</b>	470
	50m: 34.66 34.66	150m: 1:51.79 38.61	250m: 3:08.76 38.52	350m: 4:24.71 38.19	
	100m: 1:13.18 38.52	200m: 2:30.24 38.45	300m: 3:46.52 37.76	400m: 5:00.74 36.03	
7.	Jendrzej Klara	12	DOKIS SP Vega Dobrodzien	<b>5:15.89</b>	406
	50m: 36.01 36.01	150m: 1:57.79 41.42	250m: 3:18.99 40.07	350m: 4:38.81 40.31	
	100m: 1:16.37 40.36	200m: 2:38.92 41.13	300m: 3:58.50 39.51	400m: 5:15.89 37.08	
8.	Pajak Agata	211	UKS "Aqua Team Mikolow"	<b>5:18.46</b>	396
	50m: 35.77 35.77	150m: 1:57.87 41.34	250m: 3:20.49 40.60	350m: 4:41.60 40.23	
	100m: 1:16.53 40.76	200m: 2:39.89 42.02	300m: 4:01.37 40.88	400m: 5:18.46 36.86	
9.	Raczkowska Lena	210	LKS Jednosc 32 Przyszowice	<b>5:31.63</b>	350
	50m: 39.07 39.07	150m: 2:06.04 43.27	250m: 3:30.21 42.32	350m: 4:52.78 41.41	
	100m: 1:22.77 43.70	200m: 2:47.89 41.85	300m: 4:11.37 41.16	400m: 5:31.63 38.85	
10.	Stefaniw Martyna	212	SP Meduza Pajeczno	<b>5:32.85</b>	347
	50m: 38.50 38.50	150m: 2:03.21 43.18	250m: 3:30.85 42.70	350m: 4:55.79 42.14	
	100m: 1:20.03 41.53	200m: 2:48.15 44.94	300m: 4:13.65 42.80	400m: 5:32.85 37.06	
11.	Zajac Paulina	212	UKS "Aqua Team Mikolow"	<b>5:32.96</b>	346
	50m: 38.60 38.60	150m: 2:05.00 44.02	250m: 3:31.70 42.69	350m: 4:55.75 41.87	
	100m: 1:20.98 42.38	200m: 2:49.01 44.01	300m: 4:13.88 42.18	400m: 5:32.96 37.21	
12.	Pianka Emilia	12	UKS Junior Kluczbork	<b>5:33.65</b>	344
	50m: 36.80 36.80	150m: 1:59.85 42.39	250m: 3:25.28 42.87	350m: 4:51.76 43.53	
	100m: 1:17.46 40.66	200m: 2:42.41 42.56	300m: 4:08.23 42.95	400m: 5:33.65 41.89	
13.	Rogosz Estera	12	UKS DELFIN Krapkowice	<b>5:55.50</b>	284
	50m: 39.59 39.59	150m: 2:09.48 45.75	250m: 3:42.95 47.06	350m: 5:13.16 44.29	
	100m: 1:23.73 44.14	200m: 2:55.89 46.41	300m: 4:28.87 45.92	400m: 5:55.50 42.34	



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Event 19, Women, 400m Freestyle, Open

Rank					Age					Time	Pts	
14.	Marciszewska Aleksandra				15	UKS DELFIN Krapkowice				<b>6:04.79</b>	263	
	50m:	40.93	40.93	150m:	2:15.65	48.32	250m:	3:49.45	47.36	350m:	5:23.87	46.21
	100m:	1:27.33	46.40	200m:	3:02.09	46.44	300m:	4:37.66	48.21	400m:	6:04.79	40.92
15.	Jaeger Anna				12	UKS DELFIN Krapkowice				<b>6:05.02</b>	263	
	50m:	40.02	40.02	150m:	2:13.94	47.50	250m:	3:48.39	47.15	350m:	5:22.41	47.02
	100m:	1:26.44	46.42	200m:	3:01.24	47.30	300m:	4:35.39	47.00	400m:	6:05.02	42.61
16.	Wojt Julia				11	Swim Team MOSiR Kedzierzyn				<b>6:08.80</b>	255	
	50m:	41.28	41.28	150m:	2:13.61	46.67	250m:	3:48.73	47.43	350m:	5:24.77	47.63
	100m:	1:26.94	45.66	200m:	3:01.30	47.69	300m:	4:37.14	48.41	400m:	6:08.80	44.03
17.	Bielec Emilia				12	UKS DELFIN Krapkowice				<b>6:18.81</b>	235	
	50m:	41.75	41.75	150m:	2:19.87	49.21	250m:	4:00.05	50.75	350m:	5:35.96	47.83
	100m:	1:30.66	48.91	200m:	3:09.30	49.43	300m:	4:48.13	48.08	400m:	6:18.81	42.85