

Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2023
Opole, 20. - 21.5.2023Konkurencja 11
20.05.2023 - 12:15

Kobiet, 400m zmienny

Open
Wyniki

Punkty: FINA 2023

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m	
11 lat i młodszy								
1. Adamiok Martyna	12	UKS „MANTA” Kochłowice R	6:24.61	k332	1:28.45	1:37.03	1:54.08	1:25.05
50m: 41.29	41.29	150m: 2:17.21	48.76	250m: 4:03.36	57.88	350m: 5:42.33	42.77	
100m: 1:28.45	47.16	200m: 3:05.48	48.27	300m: 4:59.56	56.20	400m: 6:24.61	42.28	
2. Procz Dominika	12	UKS „MANTA” Kochłowice R	7:08.89	k239	1:54.61	1:46.45	1:55.71	1:32.12
50m: 52.13	52.13	150m: 2:49.51	54.90	250m: 4:38.21	57.15	350m: 6:24.34	47.57	
100m: 1:54.61	1:02.48	200m: 3:41.06	51.55	300m: 5:36.77	58.56	400m: 7:08.89	44.55	
12 - 13 lat								
1. Bomba Julia	11	CSiR MOS w D browie Górni	5:45.05	460	1:17.65	1:31.07	1:39.28	1:17.05
50m: 36.07	36.07	150m: 2:04.34	46.69	250m: 3:37.64	48.92	350m: 5:07.01	39.01	
100m: 1:17.65	41.58	200m: 2:48.72	44.38	300m: 4:28.00	50.36	400m: 5:45.05	38.04	
2. Paj k Agata	11	UKS Aqua Team Mikołów	5:51.26	436	1:25.30	1:28.99	1:39.97	1:17.00
50m: 38.85	38.85	150m: 2:10.43	45.13	250m: 3:44.96	50.67	350m: 5:13.35	39.09	
100m: 1:25.30	46.45	200m: 2:54.29	43.86	300m: 4:34.26	49.30	400m: 5:51.26	37.91	
3. Wyle yk Natalia	11	UKS „MANTA” Kochłowice R	6:22.51	k337	1:32.76	1:38.06	1:48.73	1:22.96
50m: 41.80	41.80	150m: 2:22.08	49.32	250m: 4:04.65	53.83	350m: 5:41.59	42.04	
100m: 1:32.76	50.96	200m: 3:10.82	48.74	300m: 4:59.55	54.90	400m: 6:22.51	40.92	
4. Bachniak Lidia	11	UKS ORKA Cz stochowa	6:34.79	307	1:33.18	1:46.93	1:41.26	1:33.42
50m: 41.96	41.96	150m: 2:28.39	55.21	250m: 4:09.48	49.37	350m: 5:48.27	46.90	
100m: 1:33.18	51.22	200m: 3:20.11	51.72	300m: 5:01.37	51.89	400m: 6:34.79	46.52	
5. Lytvyn Anastasiia	10	DUSH 2 Ivano-Frankivsk	7:01.76	251	1:43.86	1:39.85	2:15.76	1:22.29
50m: 46.97	46.97	150m: 2:34.91	51.05	250m: 4:31.13	1:07.42	350m: 6:20.59	41.12	
100m: 1:43.86	56.89	200m: 3:23.71	48.80	300m: 5:39.47	1:08.34	400m: 7:01.76	41.17	
14 lat								
1. Młotek Hanna	09	DOKiS SP Vega Dobrodzie	5:29.24	529	1:12.42	1:25.12	1:33.40	1:18.30
50m: 33.90	33.90	150m: 1:55.88	43.46	250m: 3:24.45	46.91	350m: 4:50.61	39.67	
100m: 1:12.42	38.52	200m: 2:37.54	41.66	300m: 4:10.94	46.49	400m: 5:29.24	38.63	
2. Vlasiuk Valeriia	09	SK "Elit"	5:49.14	444	1:19.87	1:34.22	1:33.37	1:21.68
50m: 37.22	37.22	150m: 2:08.48	48.61	250m: 3:40.37	46.28	350m: 5:09.23	41.77	
100m: 1:19.87	42.65	200m: 2:54.09	45.61	300m: 4:27.46	47.09	400m: 5:49.14	39.91	
3. Kloc Martyna	09	UKS „MANTA” Kochłowice R	6:17.84	k350	1:30.01	1:34.44	1:48.20	1:25.19
50m: 40.09	40.09	150m: 2:17.91	47.90	250m: 3:58.06	53.61	350m: 5:36.02	43.37	
100m: 1:30.01	49.92	200m: 3:04.45	46.54	300m: 4:52.65	54.59	400m: 6:17.84	41.82	
4. Soliany Veronika	09	DUSH 2 Ivano-Frankivsk	6:31.98	313	1:33.41	1:39.48	1:47.84	1:31.25
50m: 42.02	42.02	150m: 2:23.14	49.73	250m: 4:06.40	53.51	350m: 5:48.63	47.90	
100m: 1:33.41	51.39	200m: 3:12.89	49.75	300m: 5:00.73	54.33	400m: 6:31.98	43.35	
15 - 16 lat								
1. Skrzypczak Natalia	07	Akademia Sms Racibórz	5:19.40	579	1:13.69	1:23.14	1:30.38	1:12.19
50m: 34.49	34.49	150m: 1:55.77	42.08	250m: 3:22.78	45.95	350m: 4:44.92	37.71	
100m: 1:13.69	39.20	200m: 2:36.83	41.06	300m: 4:07.21	44.43	400m: 5:19.40	34.48	
2. Mielnik Hanna	07	UKS MOS w Opolu	5:28.78	531	1:10.75	1:32.07	1:28.08	1:17.88
50m: 32.36	32.36	150m: 1:58.11	47.36	250m: 3:25.60	42.78	350m: 4:51.76	40.86	
100m: 1:10.75	38.39	200m: 2:42.82	44.71	300m: 4:10.90	45.30	400m: 5:28.78	37.02	
3. Holovko Vladyslava	08	Akademia Sms Racibórz	5:31.10	520	1:12.98	1:27.15	1:32.70	1:18.27
50m: 32.64	32.64	150m: 1:56.84	43.86	250m: 3:25.20	45.07	350m: 4:52.23	39.40	
100m: 1:12.98	40.34	200m: 2:40.13	43.29	300m: 4:12.83	47.63	400m: 5:31.10	38.87	

Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2023
Opole, 20. - 21.5.2023

Konkurencja 11, Dziewcząt, 400m zmienny, 15 - 16 lat

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
4. Fartuszyńska Weronika	08	5:31.98	516	1:18.18	1:27.18	1:33.81	1:12.81
50m: 36.48	36.48	150m: 2:01.88	43.70	250m: 3:31.01	45.65	350m: 4:57.07	37.90
100m: 1:18.18	41.70	200m: 2:45.36	43.48	300m: 4:19.17	48.16	400m: 5:31.98	34.91
5. Gorska Liliana	08	5:47.69	449	1:15.69	1:34.22	1:36.41	1:21.37
50m: 34.99	34.99	150m: 2:03.46	47.77	250m: 3:37.81	47.90	350m: 5:08.36	42.04
100m: 1:15.69	40.70	200m: 2:49.91	46.45	300m: 4:26.32	48.51	400m: 5:47.69	39.33
6. Sittek Aleksandra	08	5:56.34	417	1:20.57	1:32.15	1:41.98	1:21.64
50m: 34.77	34.77	150m: 2:06.15	45.58	250m: 3:43.82	51.10	350m: 5:16.24	41.54
100m: 1:20.57	45.80	200m: 2:52.72	46.57	300m: 4:34.70	50.88	400m: 5:56.34	40.10

17 - 18 lat

1. Maniko Nikol	06	5:03.33	677	1:06.41	1:15.87	1:28.63	1:12.42
50m: 30.53	30.53	150m: 1:44.58	38.17	250m: 3:06.02	43.74	350m: 4:27.72	36.81
100m: 1:06.41	35.88	200m: 2:22.28	37.70	300m: 3:50.91	44.89	400m: 5:03.33	35.61
2. Tadko Wiktoria	05	5:19.73	578	1:12.61	1:21.67	1:33.83	1:11.62
50m: 33.69	33.69	150m: 1:53.93	41.32	250m: 3:21.19	46.91	350m: 4:45.08	36.97
100m: 1:12.61	38.92	200m: 2:34.28	40.35	300m: 4:08.11	46.92	400m: 5:19.73	34.65

Open

1. Maniko Nikol	06	5:03.33	677	1:06.41	1:15.87	1:28.63	1:12.42
50m: 30.53	30.53	150m: 1:44.58	38.17	250m: 3:06.02	43.74	350m: 4:27.72	36.81
100m: 1:06.41	35.88	200m: 2:22.28	37.70	300m: 3:50.91	44.89	400m: 5:03.33	35.61
2. Skrzypczak Natalia	07	5:19.40	579	1:13.69	1:23.14	1:30.38	1:12.19
50m: 34.49	34.49	150m: 1:55.77	42.08	250m: 3:22.78	45.95	350m: 4:44.92	37.71
100m: 1:13.69	39.20	200m: 2:36.83	41.06	300m: 4:07.21	44.43	400m: 5:19.40	34.48
3. Tadko Wiktoria	05	5:19.73	578	1:12.61	1:21.67	1:33.83	1:11.62
50m: 33.69	33.69	150m: 1:53.93	41.32	250m: 3:21.19	46.91	350m: 4:45.08	36.97
100m: 1:12.61	38.92	200m: 2:34.28	40.35	300m: 4:08.11	46.92	400m: 5:19.73	34.65
4. Mielnik Hanna	07	5:28.78	531	1:10.75	1:32.07	1:28.08	1:17.88
50m: 32.36	32.36	150m: 1:58.11	47.36	250m: 3:25.60	42.78	350m: 4:51.76	40.86
100m: 1:10.75	38.39	200m: 2:42.82	44.71	300m: 4:10.90	45.30	400m: 5:28.78	37.02
5. Młotek Hanna	09	5:29.24	529	1:12.42	1:25.12	1:33.40	1:18.30
50m: 33.90	33.90	150m: 1:55.88	43.46	250m: 3:24.45	46.91	350m: 4:50.61	39.67
100m: 1:12.42	38.52	200m: 2:37.54	41.66	300m: 4:10.94	46.49	400m: 5:29.24	38.63
6. Holovko Vladyslava	08	5:31.10	520	1:12.98	1:27.15	1:32.70	1:18.27
50m: 32.64	32.64	150m: 1:56.84	43.86	250m: 3:25.20	45.07	350m: 4:52.23	39.40
100m: 1:12.98	40.34	200m: 2:40.13	43.29	300m: 4:12.83	47.63	400m: 5:31.10	38.87
7. Fartuszyńska Weronika	08	5:31.98	516	1:18.18	1:27.18	1:33.81	1:12.81
50m: 36.48	36.48	150m: 2:01.88	43.70	250m: 3:31.01	45.65	350m: 4:57.07	37.90
100m: 1:18.18	41.70	200m: 2:45.36	43.48	300m: 4:19.17	48.16	400m: 5:31.98	34.91
8. Bomba Julia	11	5:45.05	460	1:17.65	1:31.07	1:39.28	1:17.05
50m: 36.07	36.07	150m: 2:04.34	46.69	250m: 3:37.64	48.92	350m: 5:07.01	39.01
100m: 1:17.65	41.58	200m: 2:48.72	44.38	300m: 4:28.00	50.36	400m: 5:45.05	38.04
9. Gorska Liliana	08	5:47.69	449	1:15.69	1:34.22	1:36.41	1:21.37
50m: 34.99	34.99	150m: 2:03.46	47.77	250m: 3:37.81	47.90	350m: 5:08.36	42.04
100m: 1:15.69	40.70	200m: 2:49.91	46.45	300m: 4:26.32	48.51	400m: 5:47.69	39.33
10. Vlasiuk Valeriia	09	5:49.14	444	1:19.87	1:34.22	1:33.37	1:21.68
50m: 37.22	37.22	150m: 2:08.48	48.61	250m: 3:40.37	46.28	350m: 5:09.23	41.77
100m: 1:19.87	42.65	200m: 2:54.09	45.61	300m: 4:27.46	47.09	400m: 5:49.14	39.91
11. Pajk Agata	11	5:51.26	436	1:25.30	1:28.99	1:39.97	1:17.00
50m: 38.85	38.85	150m: 2:10.43	45.13	250m: 3:44.96	50.67	350m: 5:13.35	39.09
100m: 1:25.30	46.45	200m: 2:54.29	43.86	300m: 4:34.26	49.30	400m: 5:51.26	37.91

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Opole, 20. - 21.5.2023

Konkurencja 11, Kobiety, 400m zmienny, Open

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m	
12. Sittek Aleksandra	08	"Sikret" Gliwice	5:56.34	417	1:20.57	1:32.15	1:41.98	1:21.64
50m: 34.77	34.77	150m: 2:06.15	45.58	250m: 3:43.82	51.10	350m: 5:16.24	41.54	
100m: 1:20.57	45.80	200m: 2:52.72	46.57	300m: 4:34.70	50.88	400m: 5:56.34	40.10	
13. Kloc Martyna	09	UKS „MANTA” Kochłowice	6:17.84	k350	1:30.01	1:34.44	1:48.20	1:25.19
50m: 40.09	40.09	150m: 2:17.91	47.90	250m: 3:58.06	53.61	350m: 5:36.02	43.37	
100m: 1:30.01	49.92	200m: 3:04.45	46.54	300m: 4:52.65	54.59	400m: 6:17.84	41.82	
14. Wylek Natalia	11	UKS „MANTA” Kochłowice	6:22.51	k337	1:32.76	1:38.06	1:48.73	1:22.96
50m: 41.80	41.80	150m: 2:22.08	49.32	250m: 4:04.65	53.83	350m: 5:41.59	42.04	
100m: 1:32.76	50.96	200m: 3:10.82	48.74	300m: 4:59.55	54.90	400m: 6:22.51	40.92	
15. Adamiok Martyna	12	UKS „MANTA” Kochłowice	6:24.61	k332	1:28.45	1:37.03	1:54.08	1:25.05
50m: 41.29	41.29	150m: 2:17.21	48.76	250m: 4:03.36	57.88	350m: 5:42.33	42.77	
100m: 1:28.45	47.16	200m: 3:05.48	48.27	300m: 4:59.56	56.20	400m: 6:24.61	42.28	
16. Soliany Veronika	09	DUSH 2 Ivano-Frankivsk	6:31.98	313	1:33.41	1:39.48	1:47.84	1:31.25
50m: 42.02	42.02	150m: 2:23.14	49.73	250m: 4:06.40	53.51	350m: 5:48.63	47.90	
100m: 1:33.41	51.39	200m: 3:12.89	49.75	300m: 5:00.73	54.33	400m: 6:31.98	43.35	
17. Bachniak Lidia	11	UKS ORKA Cz. stochowa	6:34.79	307	1:33.18	1:46.93	1:41.26	1:33.42
50m: 41.96	41.96	150m: 2:28.39	55.21	250m: 4:09.48	49.37	350m: 5:48.27	46.90	
100m: 1:33.18	51.22	200m: 3:20.11	51.72	300m: 5:01.37	51.89	400m: 6:34.79	46.52	
18. Lytvyn Anastasiia	10	DUSH 2 Ivano-Frankivsk	7:01.76	251	1:43.86	1:39.85	2:15.76	1:22.29
50m: 46.97	46.97	150m: 2:34.91	51.05	250m: 4:31.13	1:07.42	350m: 6:20.59	41.12	
100m: 1:43.86	56.89	200m: 3:23.71	48.80	300m: 5:39.47	1:08.34	400m: 7:01.76	41.17	
19. Procz Dominika	12	UKS „MANTA” Kochłowice	7:08.89	k239	1:54.61	1:46.45	1:55.71	1:32.12
50m: 52.13	52.13	150m: 2:49.51	54.90	250m: 4:38.21	57.15	350m: 6:24.34	47.57	
100m: 1:54.61	1:02.48	200m: 3:41.06	51.55	300m: 5:36.77	58.56	400m: 7:08.89	44.55	