

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

Women, 400m Medley

Open  
Results

Points: FINA 2023

Rank	YB	Time	Pts	100m	200m	300m	400m		
<b>11 years and younger</b>									
1.	Adamiok Martyna	12	UKS „MANTA” Kochłowice R	<b>6:24.61</b>	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	<b>7:08.89</b>	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	
<b>12 - 13 years</b>									
1.	Bomba Julia	11	CSiR MOS w Dabrowie Gorni	<b>5:45.05</b>	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.	Pajak Agata	11	UKS Aqua Team Mikołow	<b>5:51.26</b>	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.	Wylezyk Natalia	11	UKS „MANTA” Kochłowice R	<b>6:22.51</b>	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 Czestochowa	<b>6:34.79</b>	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	<b>7:01.76</b>	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	
<b>14 years</b>									
1.	Mlotek Hanna	09	DOKiS SP Vega Dobrodzien	<b>5:29.24</b>	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"	<b>5:49.14</b>	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	<b>6:17.84</b>	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	<b>6:31.98</b>	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	
<b>15 - 16 years</b>									
1.	Skrzypczak Natalia	07	Akademia Sms Raciborz	<b>5:19.40</b>	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	<b>5:28.78</b>	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 Raciborz	<b>5:31.10</b>	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**
**Event 11, Girls, 400m Medley, 15 - 16 years**

Rank	YB	Time	Pts	100m	200m	300m	400m
4.	Fartuszyńska Weronika 08 UKS Junior Kluczbork	<b>5:31.98</b>	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			48.16	400m: 5:31.98 34.91		
	100m: 1:18.18 41.70 200m: 2:45.36 43.48 300m: 4:19.17						
5.	Gorska Liliana 08 Swim Team MOSiR Kedzierzy	<b>5:47.69</b>	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			48.51	400m: 5:47.69 39.33		
	100m: 1:15.69 40.70 200m: 2:49.91 46.45 300m: 4:26.32						
6.	Sittek Aleksandra 08 "Sikret" Gliwice	<b>5:56.34</b>	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			50.88	400m: 5:56.34 40.10		
	100m: 1:20.57 45.80 200m: 2:52.72 46.57 300m: 4:34.70						

**17 - 18 years**

1.	Maniko Nikol 06 Na Start Uzgorod	<b>5:03.33</b>	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			44.89	400m: 5:03.33 35.61		
	100m: 1:06.41 35.88 200m: 2:22.28 37.70 300m: 3:50.91						
2.	Tadko Wiktoria 05 MKS SMS Victoria Raciborz	<b>5:19.73</b>	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			46.92	400m: 5:19.73 34.65		
	100m: 1:12.61 38.92 200m: 2:34.28 40.35 300m: 4:08.11						

**Open**

1.	Maniko Nikol 06 Na Start Uzgorod	<b>5:03.33</b>	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			44.89	400m: 5:03.33 35.61		
	100m: 1:06.41 35.88 200m: 2:22.28 37.70 300m: 3:50.91						
2.	Skrzypczak Natalia 07 Akademia Sms Raciborz	<b>5:19.40</b>	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			44.43	400m: 5:19.40 34.48		
	100m: 1:13.69 39.20 200m: 2:36.83 41.06 300m: 4:07.21						
3.	Tadko Wiktoria 05 MKS SMS Victoria Raciborz	<b>5:19.73</b>	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			46.92	400m: 5:19.73 34.65		
	100m: 1:12.61 38.92 200m: 2:34.28 40.35 300m: 4:08.11						
4.	Mielnik Hanna 07 UKS MOS w Opolu	<b>5:28.78</b>	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			45.30	400m: 5:28.78 37.02		
	100m: 1:10.75 38.39 200m: 2:42.82 44.71 300m: 4:10.90						
5.	Mlotek Hanna 09 DOKiS SP Vega Dobrodzien	<b>5:29.24</b>	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			46.49	400m: 5:29.24 38.63		
	100m: 1:12.42 38.52 200m: 2:37.54 41.66 300m: 4:10.94						
6.	Holovko Vladyslava 08 Akademia Sms Raciborz	<b>5:31.10</b>	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			47.63	400m: 5:31.10 38.87		
	100m: 1:12.98 40.34 200m: 2:40.13 43.29 300m: 4:12.83						
7.	Fartuszyńska Weronika 08 UKS Junior Kluczbork	<b>5:31.98</b>	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			48.16	400m: 5:31.98 34.91		
	100m: 1:18.18 41.70 200m: 2:45.36 43.48 300m: 4:19.17						
8.	Bomba Julia 11 CSiR MOS w Dabrowie Gorniej	<b>5:45.05</b>	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			50.36	400m: 5:45.05 38.04		
	100m: 1:17.65 41.58 200m: 2:48.72 44.38 300m: 4:28.00						
9.	Gorska Liliana 08 Swim Team MOSiR Kedzierzy	<b>5:47.69</b>	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			48.51	400m: 5:47.69 39.33		
	100m: 1:15.69 40.70 200m: 2:49.91 46.45 300m: 4:26.32						
10.	Vlasiuk Valeriia 09 SK "Elit"	<b>5:49.14</b>	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			47.09	400m: 5:49.14 39.91		
	100m: 1:19.87 42.65 200m: 2:54.09 45.61 300m: 4:27.46						
11.	Pajak Agata 11 UKS Aqua Team Mikołow	<b>5:51.26</b>	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			49.30	400m: 5:51.26 37.91		
	100m: 1:25.30 46.45 200m: 2:54.29 43.86 300m: 4:34.26						


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

## Event 11, Women, 400m Medley, Open

Rank	YB		Time		Pts	100m	200m	300m	400m
12.	Sittek Aleksandra	08	"Sikret" Gliwice	<b>5:56.34</b>	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” Kochlowice	<b>6:17.84</b>	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.	Wylezyk Natalia	11	UKS „MANTA” Kochlowice	<b>6:22.51</b>	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” Kochlowice	<b>6:24.61</b>	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.	Solianyuk Veronika	09	DUSH 2 Ivano-Frankivsk	<b>6:31.98</b>	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 Czestochowa	<b>6:34.79</b>	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	<b>7:01.76</b>	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” Kochlowice	<b>7:08.89</b>	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	