

Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2023  
Opole, 20. - 21.5.2023Event 19  
20.05.2023 - 16:25

Women, 400m Freestyle

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 R5:36.90	k345	1:19.73	1:27.15	1:27.76	1:22.26	
	50m: 36.83	36.83	150m: 2:03.68	43.95	250m: 3:31.11	44.23	350m: 4:58.14	43.50	
	100m: 1:19.73	42.90	200m: 2:46.88	43.20	300m: 4:14.64	43.53	400m: 5:36.90	38.76	
2.	Martiszko Maja	12	Swim Team MOSiR Kedzierzy	6:05.91	269	1:24.93	1:35.34	1:34.45	1:31.19
	50m: 38.99	38.99	150m: 2:12.06	47.13	250m: 3:49.11	48.84	350m: 5:22.18	47.46	
	100m: 1:24.93	45.94	200m: 3:00.27	48.21	300m: 4:34.72	45.61	400m: 6:05.91	43.73	
3.	Procz Dominika	12	UKS „MANTA” Kochłowice R6:15.83	k248	1:28.15	1:36.56	1:37.25	1:33.87	
	50m: 40.72	40.72	150m: 2:16.80	48.65	250m: 3:53.57	48.86	350m: 5:30.25	48.29	
	100m: 1:28.15	47.43	200m: 3:04.71	47.91	300m: 4:41.96	48.39	400m: 6:15.83	45.58	
4.	Mosko Lena	12	UKS „MANTA” Kochłowice R6:26.14	k229	1:29.93	1:40.02	1:40.88	1:35.31	
	50m: 40.98	40.98	150m: 2:19.87	49.94	250m: 4:00.21	50.26	350m: 5:40.39	49.56	
	100m: 1:29.93	48.95	200m: 3:09.95	50.08	300m: 4:50.83	50.62	400m: 6:26.14	45.75	
<b>12 - 13 years</b>									
1.	Rajca Matylda	10	LKS Jednocz 32 Przyszowice	4:54.77	515	1:09.30	2:32.61		
	50m: 32.81	32.81	150m: 1:46.77	37.47	250m: 3:03.47		350m: 4:19.85		
	100m: 1:09.30	36.49	200m: 3:41.91	1:55.14	300m:		400m: 4:54.77	34.92	
2.	Kozubowska Paulina	10	UKS „MANTA” Kochłowice R4:56.75	k505	1:11.72	1:16.17	1:15.51	1:13.35	
	50m: 34.64	34.64	150m: 1:49.31	37.59	250m: 3:05.37	37.48	350m: 4:20.89	37.49	
	100m: 1:11.72	37.08	200m: 2:27.89	38.58	300m: 3:43.40	38.03	400m: 4:56.75	35.86	
3.	Gaca Izabela	10	UKS MOS w Opolu	5:00.13	488	1:12.23	1:17.91	1:16.79	1:13.20
	50m: 33.83	33.83	150m: 1:51.02	38.79	250m: 3:08.28	38.14	350m: 4:24.82	37.89	
	100m: 1:12.23	38.40	200m: 2:30.14	39.12	300m: 3:46.93	38.65	400m: 5:00.13	35.31	
4.	Rzepka Klara	10	UKS Aqua Team Mikołow	5:05.93	461	1:15.46	1:17.04	1:17.76	1:15.67
	50m: 36.62	36.62	150m: 1:53.67	38.21	250m: 3:11.89	39.39	350m: 4:28.98	38.72	
	100m: 1:15.46	38.84	200m: 2:32.50	38.83	300m: 3:50.26	38.37	400m: 5:05.93	36.95	
5.	Bomba Julia	11	CSiR MOS w Dabrowie Gorni	5:06.12	460	1:13.85	1:17.72	1:17.94	1:16.61
	50m: 35.02	35.02	150m: 1:53.06	39.21	250m: 3:10.28	38.71	350m: 4:28.16	38.65	
	100m: 1:13.85	38.83	200m: 2:31.57	38.51	300m: 3:49.51	39.23	400m: 5:06.12	37.96	
6.	Emerling Diana	10	Swim Team MOSiR Kedzierzy	5:08.01	452	1:13.71	1:19.99	1:17.52	1:16.79
	50m: 34.55	34.55	150m: 1:53.47	39.76	250m: 3:12.78	39.08	350m: 4:30.62	39.40	
	100m: 1:13.71	39.16	200m: 2:33.70	40.23	300m: 3:51.22	38.44	400m: 5:08.01	37.39	
7.	Artyukh, Anastasiya	10	DUSH 9 Lwow	5:08.09	451	1:16.73	1:18.71	1:16.91	1:15.74
	50m: 36.79	36.79	150m: 1:56.01	39.28	250m: 3:14.00	38.56	350m: 4:31.01	38.66	
	100m: 1:16.73	39.94	200m: 2:35.44	39.43	300m: 3:52.35	38.35	400m: 5:08.09	37.08	
8.	Szel Zuzanna	10	MKS Dziewiatka Dzierzoniow	5:11.33	437	1:10.02	1:21.63	1:21.11	1:18.57
	50m: 32.09	32.09	150m: 1:50.95	40.93	250m: 3:12.18	40.53	350m: 4:33.38	40.62	
	100m: 1:10.02	37.93	200m: 2:31.65	40.70	300m: 3:52.76	40.58	400m: 5:11.33	37.95	
9.	Jedraszak Hanna	11	UKS „MANTA” Kochłowice R5:26.02	k381	1:16.52	1:24.61	1:24.16	1:20.73	
	50m: 35.49	35.49	150m: 1:58.61	42.09	250m: 3:23.50	42.37	350m: 4:45.90	40.61	
	100m: 1:16.52	41.03	200m: 2:41.13	42.52	300m: 4:05.29	41.79	400m: 5:26.02	40.12	
10.	Rugala Hanna	11	UKS MOS w Opolu	5:27.01	377	1:18.06	1:24.32	1:24.32	1:20.31
	50m: 36.90	36.90	150m: 2:00.03	41.97	250m: 3:24.92	42.54	350m: 4:48.72	42.02	
	100m: 1:18.06	41.16	200m: 2:42.38	42.35	300m: 4:06.70	41.78	400m: 5:27.01	38.29	
11.	Popesku Kateryna	10	SK "Elit"	5:29.65	368	1:19.51	1:26.50	1:24.60	1:19.04
	50m: 36.57	36.57	150m: 2:02.94	43.43	250m: 3:28.33	42.32	350m: 4:51.26	40.65	
	100m: 1:19.51	42.94	200m: 2:46.01	43.07	300m: 4:10.61	42.28	400m: 5:29.65	38.39	
12.	Kulikowska Anastasiia	11	SK "Elit"	5:30.79	364	1:20.42	1:26.25	1:23.71	1:20.41
	50m: 37.99	37.99	150m: 2:03.78	43.36	250m: 3:29.11	42.44	350m: 4:51.28	40.90	
	100m: 1:20.42	42.43	200m: 2:46.67	42.89	300m: 4:10.38	41.27	400m: 5:30.79	39.51	

**Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2023**  
**Opole, 20. - 21.5.2023**
**Event 19, Girls, 400m Freestyle, 12 - 13 years**

Rank	YB		Time		Pts	100m	200m	300m	400m
13.	Wylezyk Natalia	11	UKS „MANTA” Kochlowice	<b>5:34.52</b>	352	1:19.54	1:27.19	1:26.62	1:21.17
	50m: 35.68	35.68	150m: 2:03.60	44.06	250m: 3:30.44	43.71	350m: 4:54.91	41.56	
	100m: 1:19.54	43.86	200m: 2:46.73	43.13	300m: 4:13.35	42.91	400m: 5:34.52	39.61	
14.	Oginska Lena	10	UKS „MANTA” Kochlowice	<b>5:34.82</b>	351	1:19.13	1:27.42	1:26.35	1:21.92
	50m: 36.25	36.25	150m: 2:02.83	43.70	250m: 3:29.86	43.31	350m: 4:54.93	42.03	
	100m: 1:19.13	42.88	200m: 2:46.55	43.72	300m: 4:12.90	43.04	400m: 5:34.82	39.89	
15.	Lapa Daria	11	UKS ORKA Czestochowa	<b>5:36.13</b>	347	1:19.49	1:27.09	1:27.86	1:21.69
	50m: 36.91	36.91	150m: 2:03.10	43.61	250m: 3:30.27	43.69	350m: 4:58.20	43.76	
	100m: 1:19.49	42.58	200m: 2:46.58	43.48	300m: 4:14.44	44.17	400m: 5:36.13	37.93	
16.	Zajac Paulina	10	UKS Aqua Team Mikolow	<b>5:36.35</b>	347	1:20.46	1:26.05	1:26.81	1:23.03
	50m: 38.01	38.01	150m: 2:03.50	43.04	250m: 3:30.13	43.62	350m: 4:55.88	42.56	
	100m: 1:20.46	42.45	200m: 2:46.51	43.01	300m: 4:13.32	43.19	400m: 5:36.35	40.47	
17.	Oginska Laura	10	UKS „MANTA” Kochlowice	<b>5:37.29</b>	344	1:18.90	1:27.02	1:27.49	1:23.88
	50m: 36.86	36.86	150m: 2:02.14	43.24	250m: 3:29.68	43.76	350m: 4:55.82	42.41	
	100m: 1:18.90	42.04	200m: 2:45.92	43.78	300m: 4:13.41	43.73	400m: 5:37.29	41.47	
18.	Jaeger Anna	10	UKS DELFIN Krapkowice	<b>5:42.28</b>	329	1:17.87	1:29.85	1:29.78	1:24.78
	50m: 35.76	35.76	150m: 2:02.72	44.85	250m: 3:33.07	45.35	350m: 5:01.16	43.66	
	100m: 1:17.87	42.11	200m: 2:47.72	45.00	300m: 4:17.50	44.43	400m: 5:42.28	41.12	
19.	Gielza Emilia	11	UKS „MANTA” Kochlowice	<b>5:51.09</b>	305	1:21.58	1:30.52	1:32.18	1:26.81
	50m: 37.28	37.28	150m: 2:06.61	45.03	250m: 3:38.95	46.85	350m: 5:09.35	45.07	
	100m: 1:21.58	44.30	200m: 2:52.10	45.49	300m: 4:24.28	45.33	400m: 5:51.09	41.74	
20.	Rogosz Estera	10	UKS DELFIN Krapkowice	<b>5:52.45</b>	301	1:25.06	1:32.62	1:32.49	1:22.28
	50m: 40.68	40.68	150m: 2:11.32	46.26	250m: 3:43.80	46.12	350m: 5:12.63	42.46	
	100m: 1:25.06	44.38	200m: 2:57.68	46.36	300m: 4:30.17	46.37	400m: 5:52.45	39.82	
21.	Bielec Emilia	10	UKS DELFIN Krapkowice	<b>5:55.27</b>	294	1:25.31	1:34.82	1:31.51	1:23.63
	50m: 39.25	39.25	150m: 2:12.82	47.51	250m: 3:45.54	45.41	350m: 5:15.48	43.84	
	100m: 1:25.31	46.06	200m: 3:00.13	47.31	300m: 4:31.64	46.10	400m: 5:55.27	39.79	
22.	Trela Maria	11	Ognisko TKKF Szczyglowice	<b>6:08.27</b>	264	1:25.61	1:37.28	1:36.28	1:29.10
	50m: 39.74	39.74	150m: 2:13.99	48.38	250m: 3:51.19	48.30	350m: 5:25.30	46.13	
	100m: 1:25.61	45.87	200m: 3:02.89	48.90	300m: 4:39.17	47.98	400m: 6:08.27	42.97	
23.	Gawlowska Julia	11	Stowarzyszenie Hobby Sport	<b>6:10.07</b>	260	1:23.79	1:37.10	1:37.03	1:32.15
	50m: 38.23	38.23	150m: 2:11.87	48.08	250m: 3:49.79	48.90	350m: 5:26.52	48.60	
	100m: 1:23.79	45.56	200m: 3:00.89	49.02	300m: 4:37.92	48.13	400m: 6:10.07	43.55	
24.	Chmielewska Lena	10	Stowarzyszenie Hobby Sport	<b>6:10.47</b>	259	1:27.51	1:38.69	1:38.39	1:25.88
	50m: 40.37	40.37	150m: 2:16.65	49.14	250m: 3:55.05	48.85	350m: 5:30.23	45.64	
	100m: 1:27.51	47.14	200m: 3:06.20	49.55	300m: 4:44.59	49.54	400m: 6:10.47	40.24	
25.	Artwik Hanna	10	KP Aqua-Swim Nysa	<b>6:22.09</b>	236	1:35.10	1:40.54	1:36.27	1:30.18
	50m: 44.85	44.85	150m: 2:25.24	50.14	250m: 4:04.98	49.34	350m: 5:39.44	47.53	
	100m: 1:35.10	50.25	200m: 3:15.64	50.40	300m: 4:51.91	46.93	400m: 6:22.09	42.65	
26.	Malysek Olivia	11	UKS Kronos Strzelce Opolski	<b>6:43.30</b>	201	1:36.13	1:45.78	1:44.70	1:36.69
	50m: 44.72	44.72	150m: 2:29.36	53.23	250m: 4:14.18	52.27	350m: 5:58.17	51.56	
	100m: 1:36.13	51.41	200m: 3:21.91	52.55	300m: 5:06.61	52.43	400m: 6:43.30	45.13	
27.	Krukowska Wiktoria	10	Sport Active Strzelin	<b>6:49.30</b>	192	1:39.17	1:46.69	1:47.27	1:36.17
	50m: 47.12	47.12	150m: 2:31.98	52.81	250m: 4:19.51	53.65	350m: 6:05.12	51.99	
	100m: 1:39.17	52.05	200m: 3:25.86	53.88	300m: 5:13.13	53.62	400m: 6:49.30	44.18	
28.	Weinert Agata	11	UKS DELFIN Krapkowice	<b>6:49.92</b>	191	1:36.27	1:46.41	1:46.24	1:41.00
	50m: 43.21	43.21	150m: 2:29.03	52.76	250m: 4:14.55	51.87	350m: 6:00.59	51.67	
	100m: 1:36.27	53.06	200m: 3:22.68	53.65	300m: 5:08.92	54.37	400m: 6:49.92	49.33	
29.	Zieba Nicola	10	Sport Active Strzelin	<b>6:55.03</b>	184	1:42.01			
	50m: 2:36.27	2:36.27	150m: 4:26.41	2:44.40	250m:		350m:		
	100m: 1:42.01		200m:		300m:		400m: 6:55.03		
30.	Obajtek Martyna	10	Sport Active Strzelin	<b>7:04.55</b>	172	1:39.19	1:48.28	1:52.58	1:44.50
	50m: 47.13	47.13	150m: 2:33.36	54.17	250m: 4:24.17	56.70	350m: 6:14.95	54.90	
	100m: 1:39.19	52.06	200m: 3:27.47	54.11	300m: 5:20.05	55.88	400m: 7:04.55	49.60	

**Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2023**  
**Opole, 20. - 21.5.2023**
**Event 19, Girls, 400m Freestyle, 12 - 13 years**

Rank	YB		Time	Pts	100m	200m	300m	400m	
31.	Wiatrowska Julia	11	Sport Active Strzelin	<b>7:14.12</b>	161	1:43.32	1:49.95	1:51.45	1:49.40
	50m:		150m:		250m:	350m:			
	100m: 1:43.32		200m: 3:33.27		300m: 5:24.72	400m: 7:14.12			
32.	Levashova Yana	11	DUSH 2 Ivano-Frankivsk	<b>7:26.36</b>	148	1:43.84	1:53.78	1:56.10	1:52.64
	50m: 46.99	46.99	150m: 2:40.62	56.78	250m: 4:35.27	350m: 6:30.55	56.83		
	100m: 1:43.84	56.85	200m: 3:37.62	57.00	300m: 5:33.72	400m: 7:26.36	55.81		
DSQ	Zabielska Helena	11	UKS Kronos Strzelce Opolski	<b>7:21.77</b>		1:41.64	1:53.68	1:56.92	1:49.53
	<i>O 3 - Pływak nie miał kontaktu ze cian podczas nawrotu.</i>								
	50m: 47.99	47.99	150m: 2:38.31	56.67	250m:	350m:			
	100m: 1:41.64	53.65	200m: 3:35.32	57.01	300m: 5:32.24	400m: 7:21.77			

**14 years**

1.	Okon Anna	09	LKS Jednosc 32 Przyszowice	<b>4:57.18</b>	503	1:10.11	1:16.74	1:16.49	1:13.84
	50m: 33.25	33.25	150m: 1:48.66	38.55	250m: 3:05.08	350m: 4:21.54	38.20		
	100m: 1:10.11	36.86	200m: 2:26.85	38.19	300m: 3:43.34	400m: 4:57.18	35.64		
2.	Koscielnik Kalina	09	UKP "Na Fali"	<b>5:08.28</b>	450	1:15.40	1:18.88	1:19.34	1:14.66
	50m: 35.43	35.43	150m: 1:55.25	39.85	250m: 3:13.90	350m: 4:31.43	37.81		
	100m: 1:15.40	39.97	200m: 2:34.28	39.03	300m: 3:53.62	400m: 5:08.28	36.85		
3.	Gierach Maja	09	UKS „MANTA” Kochlowice	<b>5:10.49</b>	441	1:14.73	1:20.49	1:18.70	1:16.57
	50m: 35.36	35.36	150m: 1:55.49	40.76	250m: 3:15.34	350m: 4:35.62	41.70		
	100m: 1:14.73	39.37	200m: 2:35.22	39.73	300m: 3:53.92	400m: 5:10.49	34.87		
4.	Stambula Joanna	09	MKS Oceanik Ostrzeszow	<b>5:15.00</b>	422	1:11.73	1:22.01	1:22.20	1:19.06
	50m: 33.48	33.48	150m: 1:52.53	40.80	250m: 3:14.59	350m: 4:36.20	40.26		
	100m: 1:11.73	38.25	200m: 2:33.74	41.21	300m: 3:55.94	400m: 5:15.00	38.80		
5.	Kloc Tatiana	09	UKS „MANTA” Kochlowice	<b>5:15.55</b>	420	1:14.94	1:20.53	1:20.68	1:19.40
	50m: 35.18	35.18	150m: 3:15.68	2:00.74	250m:	350m:			
	100m: 1:14.94	39.76	200m: 2:35.47		300m: 3:56.15	400m: 5:15.55			
6.	Bilinska Iga	09	UKS „MANTA” Kochlowice	<b>5:18.14</b>	410	1:15.60	1:20.05	1:22.18	1:20.31
	50m: 35.45	35.45	150m: 1:55.38	39.78	250m: 3:16.46	350m: 4:39.19	41.36		
	100m: 1:15.60	40.15	200m: 2:35.65	40.27	300m: 3:57.83	400m: 5:18.14	38.95		
7.	Kloc Martyna	09	UKS „MANTA” Kochlowice	<b>5:30.56</b>	365	1:17.99	1:25.67	1:25.30	1:21.60
	50m: 36.60	36.60	150m: 2:01.14	43.15	250m: 3:26.21	350m: 4:50.98	42.02		
	100m: 1:17.99	41.39	200m: 2:43.66	42.52	300m: 4:08.96	400m: 5:30.56	39.58		
8.	Kurzywik Michalina	09	UKS MOS w Opolu	<b>5:31.35</b>	363	1:14.76	1:25.78	1:27.21	1:23.60
	50m: 35.08	35.08	150m: 1:57.54	42.78	250m: 3:23.66	350m: 4:51.34	43.59		
	100m: 1:14.76	39.68	200m: 2:40.54	43.00	300m: 4:07.75	400m: 5:31.35	40.01		
9.	Durlik Aleksandra	09	UKS KORAL Wroclaw	<b>5:34.42</b>	353	1:13.84	1:27.29	1:26.90	1:26.39
	50m: 34.11	34.11	150m: 1:57.30	43.46	250m: 3:24.79	350m: 4:51.26	43.23		
	100m: 1:13.84	39.73	200m: 2:41.13	43.83	300m: 4:08.03	400m: 5:34.42	43.16		
10.	Szlaga Liliana	09	UKS Aqua Team Mikołow	<b>5:35.05</b>	351	1:18.69	1:25.91	1:26.64	1:23.81
	50m: 37.78	37.78	150m: 2:01.07	42.38	250m: 3:27.65	350m:			
	100m: 1:18.69	40.91	200m: 2:44.60	43.53	300m: 4:11.24	400m: 5:35.05			
11.	Witan Barbara	09	Sport Active Strzelin	<b>7:06.12</b>	170	1:42.33	1:52.93	1:51.26	1:39.60
	50m: 48.17	48.17	150m: 2:37.80	55.47	250m: 4:30.79	350m: 6:19.67	53.15		
	100m: 1:42.33	54.16	200m: 3:35.26	57.46	300m: 5:26.52	400m: 7:06.12	46.45		

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

## Event 19, Women, 400m Freestyle

## 15 - 16 years

1. Raczkowska Maja	07	LKS Jednosc 32 Przyszowice	<b>4:42.90</b>	583	1:05.75	1:11.92	1:12.56	1:12.67			
50m:	31.50	31.50	150m:	1:41.54	35.79	250m:	2:53.87	36.20	350m:	4:07.06	36.83
100m:	1:05.75	34.25	200m:	2:17.67	36.13	300m:	3:30.23	36.36	400m:	4:42.90	35.84
2. Fartuszynska Weronika	08	UKS Junior Kluczbork	<b>4:48.56</b>	549	1:09.48	1:14.11	1:14.37	1:10.60			
50m:	33.17	33.17	150m:	1:46.58	37.10	250m:	3:01.08	37.49	350m:	4:14.48	36.52
100m:	1:09.48	36.31	200m:	2:23.59	37.01	300m:	3:37.96	36.88	400m:	4:48.56	34.08
3. Malahovska Polina	07	MKS SMS Victoria Raciborz	<b>4:49.26</b>	545	1:08.79	1:14.54	1:15.24	1:10.69			
50m:	32.41	32.41	150m:	1:45.91	37.12	250m:	3:00.82	37.49	350m:	4:14.85	36.28
100m:	1:08.79	36.38	200m:	2:23.33	37.42	300m:	3:38.57	37.75	400m:	4:49.26	34.41
4. Zabrzaska Kinga	07	MKS Juvenia Wroclaw	<b>4:49.88</b>	542	1:08.13	1:14.66	1:15.49	1:11.60			
50m:	31.93	31.93	150m:	1:45.81	37.68	250m:	3:00.55	37.76	350m:	4:15.23	36.95
100m:	1:08.13	36.20	200m:	2:22.79	36.98	300m:	3:38.28	37.73	400m:	4:49.88	34.65
5. Kordek Zuzanna	08	Akademia Sms Raciborz	<b>4:50.93</b>	536	1:09.90	1:14.57	1:14.73	1:11.73			
50m:	33.43	33.43	150m:	1:47.45	37.55	250m:	3:01.67	37.20	350m:	4:16.29	37.09
100m:	1:09.90	36.47	200m:	2:24.47	37.02	300m:	3:39.20	37.53	400m:	4:50.93	34.64
6. Wnuk Jessika	08	UKS Junior Kluczbork	<b>4:50.99</b>	536	1:08.69	1:14.79	1:15.39	1:12.12			
50m:	32.59	32.59	150m:	1:45.90	37.21	250m:	3:00.94	37.46	350m:	4:16.23	37.36
100m:	1:08.69	36.10	200m:	2:23.48	37.58	300m:	3:38.87	37.93	400m:	4:50.99	34.76
7. Bankowska Wiktoria	08	UKS MOS w Opolu	<b>4:52.96</b>	525	1:09.08	1:14.22	1:16.04	1:13.62			
50m:	32.85	32.85	150m:	1:46.13	37.05	250m:	3:01.30	38.00	350m:	4:16.85	37.51
100m:	1:09.08	36.23	200m:	2:23.30	37.17	300m:	3:39.34	38.04	400m:	4:52.96	36.11
8. Matyniak Sylwia	08	UKS „MANTA” Kochlowice R	<b>4:57.18</b>	503	1:11.12	1:16.06	1:16.27	1:13.73			
50m:	33.86	33.86	150m:	1:49.03	37.91	250m:	3:05.35	38.17	350m:	4:20.80	37.35
100m:	1:11.12	37.26	200m:	2:27.18	38.15	300m:	3:43.45	38.10	400m:	4:57.18	36.38
9. Włodarczyk Maja	08	UKP Manta Jelcz-Laskowice	<b>4:58.33</b>	497	1:10.87	1:17.06	1:16.21	1:14.19			
50m:	33.71	33.71	150m:	1:49.15	38.28	250m:	3:05.79	37.86	350m:	4:21.83	37.69
100m:	1:10.87	37.16	200m:	2:27.93	38.78	300m:	3:44.14	38.35	400m:	4:58.33	36.50
10. Gawronska Gabriela	07	UKP "Na Fali"	<b>5:33.43</b>	356	1:16.32	1:26.18	1:27.01	1:23.92			
50m:	35.82	35.82	150m:	1:59.04	42.72	250m:	3:25.98	43.48	350m:	4:52.62	43.11
100m:	1:16.32	40.50	200m:	2:42.50	43.46	300m:	4:09.51	43.53	400m:	5:33.43	40.81
11. Marciszewska Aleksandra	07	UKS DELFIN Krapkowice	<b>5:49.95</b>	308	1:23.72	1:31.73	1:29.67	1:24.83			
50m:	38.73	38.73	150m:	2:09.57	45.85	250m:	3:40.91	45.46	350m:		
100m:	1:23.72	44.99	200m:	2:55.45	45.88	300m:	4:25.12	44.21	400m:	5:49.95	
12. Obrocka Zuzanna	07	Sport Active Strzelin	<b>6:38.66</b>	208	1:32.76	1:42.98	1:42.61	1:40.31			
50m:	43.35	43.35	150m:	2:24.30	51.54	250m:	4:07.53	51.79	350m:	5:49.36	51.01
100m:	1:32.76	49.41	200m:	3:15.74	51.44	300m:	4:58.35	50.82	400m:	6:38.66	49.30

## 17 - 18 years

1. Tadko Wiktoria	05	MKS SMS Victoria Raciborz	<b>4:48.56</b>	549	1:08.19	1:12.31	1:15.19	1:12.87			
50m:	32.67	32.67	150m:	1:44.16	35.97	250m:	2:57.81	37.31	350m:	4:13.22	37.53
100m:	1:08.19	35.52	200m:	2:20.50	36.34	300m:	3:35.69	37.88	400m:	4:48.56	35.34
2. Gawlik Jagoda	06	KS „Gornik” Sosnowiec	<b>4:52.81</b>	526	1:08.98	1:14.02	1:15.04	1:14.77			
50m:	33.01	33.01	150m:	1:45.87	36.89	250m:	3:00.32	37.32	350m:	4:15.49	37.45
100m:	1:08.98	35.97	200m:	2:23.00	37.13	300m:	3:38.04	37.72	400m:	4:52.81	37.32
3. Krupa Helena	05	MKS SMS Victoria Raciborz	<b>5:09.85</b>	444	1:13.50	1:18.49	1:20.27	1:17.59			
50m:	35.50	35.50	150m:	1:52.74	39.24	250m:	3:11.91	39.92	350m:	4:32.47	40.21
100m:	1:13.50	38.00	200m:	2:31.99	39.25	300m:	3:52.26	40.35	400m:	5:09.85	37.38



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

## Event 19, Women, 400m Freestyle

## Open

1. Raczkowska Maja	07	LKS Jednosc 32 Przyszowice	<b>4:42.90</b>	583	1:05.75	1:11.92	1:12.56	1:12.67			
50m:	31.50	31.50	150m:	1:41.54	35.79	250m:	2:53.87	36.20	350m:	4:07.06	36.83
100m:	1:05.75	34.25	200m:	2:17.67	36.13	300m:	3:30.23	36.36	400m:	4:42.90	35.84
2. Tadko Wiktoria	05	MKS SMS Victoria Raciborz	<b>4:48.56</b>	549	1:08.19	1:12.31	1:15.19	1:12.87			
50m:	32.67	32.67	150m:	1:44.16	35.97	250m:	2:57.81	37.31	350m:	4:13.22	37.53
100m:	1:08.19	35.52	200m:	2:20.50	36.34	300m:	3:35.69	37.88	400m:	4:48.56	35.34
Fartuszynska Weronika	08	UKS Junior Kluczbork	<b>4:48.56</b>	549	1:09.48	1:14.11	1:14.37	1:10.60			
50m:	33.17	33.17	150m:	1:46.58	37.10	250m:	3:01.08	37.49	350m:	4:14.48	36.52
100m:	1:09.48	36.31	200m:	2:23.59	37.01	300m:	3:37.96	36.88	400m:	4:48.56	34.08
4. Malahovska Polina	07	MKS SMS Victoria Raciborz	<b>4:49.26</b>	545	1:08.79	1:14.54	1:15.24	1:10.69			
50m:	32.41	32.41	150m:	1:45.91	37.12	250m:	3:00.82	37.49	350m:	4:14.85	36.28
100m:	1:08.79	36.38	200m:	2:23.33	37.42	300m:	3:38.57	37.75	400m:	4:49.26	34.41
5. Zabrzaska Kinga	07	MKS Juvenia Wroclaw	<b>4:49.88</b>	542	1:08.13	1:14.66	1:15.49	1:11.60			
50m:	31.93	31.93	150m:	1:45.81	37.68	250m:	3:00.55	37.76	350m:	4:15.23	36.95
100m:	1:08.13	36.20	200m:	2:22.79	36.98	300m:	3:38.28	37.73	400m:	4:49.88	34.65
6. Kordek Zuzanna	08	Akademia Sms Raciborz	<b>4:50.93</b>	536	1:09.90	1:14.57	1:14.73	1:11.73			
50m:	33.43	33.43	150m:	1:47.45	37.55	250m:	3:01.67	37.20	350m:	4:16.29	37.09
100m:	1:09.90	36.47	200m:	2:24.47	37.02	300m:	3:39.20	37.53	400m:	4:50.93	34.64
7. Wnuk Jessika	08	UKS Junior Kluczbork	<b>4:50.99</b>	536	1:08.69	1:14.79	1:15.39	1:12.12			
50m:	32.59	32.59	150m:	1:45.90	37.21	250m:	3:00.94	37.46	350m:	4:16.23	37.36
100m:	1:08.69	36.10	200m:	2:23.48	37.58	300m:	3:38.87	37.93	400m:	4:50.99	34.76
8. Gawlik Jagoda	06	KS „Gornik” Sosnowiec	<b>4:52.81</b>	526	1:08.98	1:14.02	1:15.04	1:14.77			
50m:	33.01	33.01	150m:	1:45.87	36.89	250m:	3:00.32	37.32	350m:	4:15.49	37.45
100m:	1:08.98	35.97	200m:	2:23.00	37.13	300m:	3:38.04	37.72	400m:	4:52.81	37.32
9. Bankowska Wiktoria	08	UKS MOS w Opolu	<b>4:52.96</b>	525	1:09.08	1:14.22	1:16.04	1:13.62			
50m:	32.85	32.85	150m:	1:46.13	37.05	250m:	3:01.30	38.00	350m:	4:16.85	37.51
100m:	1:09.08	36.23	200m:	2:23.30	37.17	300m:	3:39.34	38.04	400m:	4:52.96	36.11
10. Rajca Matylida	10	LKS Jednosc 32 Przyszowice	<b>4:54.77</b>	515	1:09.30	2:32.61					
50m:	32.81	32.81	150m:	1:46.77	37.47	250m:	3:03.47		350m:	4:19.85	
100m:	1:09.30	36.49	200m:	3:41.91	1:55.14	300m:			400m:	4:54.77	34.92
11. Kozubowska Paulina	10	UKS „MANTA” Kochlowice R	<b>4:56.75</b>	505	1:11.72	1:16.17	1:15.51	1:13.35			
50m:	34.64	34.64	150m:	1:49.31	37.59	250m:	3:05.37	37.48	350m:	4:20.89	37.49
100m:	1:11.72	37.08	200m:	2:27.89	38.58	300m:	3:43.40	38.03	400m:	4:56.75	35.86
12. Okon Anna	09	LKS Jednosc 32 Przyszowice	<b>4:57.18</b>	503	1:10.11	1:16.74	1:16.49	1:13.84			
50m:	33.25	33.25	150m:	1:48.66	38.55	250m:	3:05.08	38.23	350m:	4:21.54	38.20
100m:	1:10.11	36.86	200m:	2:26.85	38.19	300m:	3:43.34	38.26	400m:	4:57.18	35.64
Matyniak Sylwia	08	UKS „MANTA” Kochlowice R	<b>4:57.18</b>	503	1:11.12	1:16.06	1:16.27	1:13.73			
50m:	33.86	33.86	150m:	1:49.03	37.91	250m:	3:05.35	38.17	350m:	4:20.80	37.35
100m:	1:11.12	37.26	200m:	2:27.18	38.15	300m:	3:43.45	38.10	400m:	4:57.18	36.38
14. Wlodarczyk Maja	08	UKP Manta Jelcz-Laskowice	<b>4:58.33</b>	497	1:10.87	1:17.06	1:16.21	1:14.19			
50m:	33.71	33.71	150m:	1:49.15	38.28	250m:	3:05.79	37.86	350m:	4:21.83	37.69
100m:	1:10.87	37.16	200m:	2:27.93	38.78	300m:	3:44.14	38.35	400m:	4:58.33	36.50
15. Gaca Izabela	10	UKS MOS w Opolu	<b>5:00.13</b>	488	1:12.23	1:17.91	1:16.79	1:13.20			
50m:	33.83	33.83	150m:	1:51.02	38.79	250m:	3:08.28	38.14	350m:	4:24.82	37.89
100m:	1:12.23	38.40	200m:	2:30.14	39.12	300m:	3:46.93	38.65	400m:	5:00.13	35.31
16. Rzepka Klara	10	UKS Aqua Team Mokolow	<b>5:05.93</b>	461	1:15.46	1:17.04	1:17.76	1:15.67			
50m:	36.62	36.62	150m:	1:53.67	38.21	250m:	3:11.89	39.39	350m:	4:28.98	38.72
100m:	1:15.46	38.84	200m:	2:32.50	38.83	300m:	3:50.26	38.37	400m:	5:05.93	36.95
17. Bomba Julia	11	CSiR MOS w Dabrowie Gorni	<b>5:06.12</b>	460	1:13.85	1:17.72	1:17.94	1:16.61			
50m:	35.02	35.02	150m:	1:53.06	39.21	250m:	3:10.28	38.71	350m:	4:28.16	38.65
100m:	1:13.85	38.83	200m:	2:31.57	38.51	300m:	3:49.51	39.23	400m:	5:06.12	37.96
18. Emerling Diana	10	Swim Team MOSiR Kedzierzy	<b>5:08.01</b>	452	1:13.71	1:19.99	1:17.52	1:16.79			
50m:	34.55	34.55	150m:	1:53.47	39.76	250m:	3:12.78	39.08	350m:	4:30.62	39.40
100m:	1:13.71	39.16	200m:	2:33.70	40.23	300m:	3:51.22	38.44	400m:	5:08.01	37.39

**Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2023**  
**Opole, 20. - 21.5.2023**
**Event 19, Women, 400m Freestyle, Open**

Rank	YB		Time		Pts	100m	200m	300m	400m
19.	Artyukh, Anastasiya	10	DUSH 9 Lwow	<b>5:08.09</b>	451	1:16.73	1:18.71	1:16.91	1:15.74
	50m: 36.79	36.79	150m: 1:56.01	39.28	250m: 3:14.00	38.56	350m: 4:31.01	38.66	
	100m: 1:16.73	39.94	200m: 2:35.44	39.43	300m: 3:52.35	38.35	400m: 5:08.09	37.08	
20.	Koscielnik Kalina	09	UKP "Na Fali"	<b>5:08.28</b>	450	1:15.40	1:18.88	1:19.34	1:14.66
	50m: 35.43	35.43	150m: 1:55.25	39.85	250m: 3:13.90	39.62	350m: 4:31.43	37.81	
	100m: 1:15.40	39.97	200m: 2:34.28	39.03	300m: 3:53.62	39.72	400m: 5:08.28	36.85	
21.	Krupa Helena	05	MKS SMS Victoria Raciborz	<b>5:09.85</b>	444	1:13.50	1:18.49	1:20.27	1:17.59
	50m: 35.50	35.50	150m: 1:52.74	39.24	250m: 3:11.91	39.92	350m: 4:32.47	40.21	
	100m: 1:13.50	38.00	200m: 2:31.99	39.25	300m: 3:52.26	40.35	400m: 5:09.85	37.38	
22.	Gierach Maja	09	UKS „MANTA” Kochlowice R	<b>5:10.49</b>	k441	1:14.73	1:20.49	1:18.70	1:16.57
	50m: 35.36	35.36	150m: 1:55.49	40.76	250m: 3:15.34	40.12	350m: 4:35.62	41.70	
	100m: 1:14.73	39.37	200m: 2:35.22	39.73	300m: 3:53.92	38.58	400m: 5:10.49	34.87	
23.	Szel Zuzanna	10	MKS Dziewiatka Dzierzoniow	<b>5:11.33</b>	437	1:10.02	1:21.63	1:21.11	1:18.57
	50m: 32.09	32.09	150m: 1:50.95	40.93	250m: 3:12.18	40.53	350m: 4:33.38	40.62	
	100m: 1:10.02	37.93	200m: 2:31.65	40.70	300m: 3:52.76	40.58	400m: 5:11.33	37.95	
24.	Stambula Joanna	09	MKS Oceanik Ostrzeszow	<b>5:15.00</b>	422	1:11.73	1:22.01	1:22.20	1:19.06
	50m: 33.48	33.48	150m: 1:52.53	40.80	250m: 3:14.59	40.85	350m: 4:36.20	40.26	
	100m: 1:11.73	38.25	200m: 2:33.74	41.21	300m: 3:55.94	41.35	400m: 5:15.00	38.80	
25.	Kloc Tatiana	09	UKS „MANTA” Kochlowice R	<b>5:15.55</b>	k420	1:14.94	1:20.53	1:20.68	1:19.40
	50m: 35.18	35.18	150m: 3:15.68	2:00.74	250m:		350m:		
	100m: 1:14.94	39.76	200m: 2:35.47		300m: 3:56.15		400m: 5:15.55		
26.	Bilinska Iga	09	UKS „MANTA” Kochlowice R	<b>5:18.14</b>	k410	1:15.60	1:20.05	1:22.18	1:20.31
	50m: 35.45	35.45	150m: 1:55.38	39.78	250m: 3:16.46	40.81	350m: 4:39.19	41.36	
	100m: 1:15.60	40.15	200m: 2:35.65	40.27	300m: 3:57.83	41.37	400m: 5:18.14	38.95	
27.	Jedraszak Hanna	11	UKS „MANTA” Kochlowice R	<b>5:26.02</b>	k381	1:16.52	1:24.61	1:24.16	1:20.73
	50m: 35.49	35.49	150m: 1:58.61	42.09	250m: 3:23.50	42.37	350m: 4:45.90	40.61	
	100m: 1:16.52	41.03	200m: 2:41.13	42.52	300m: 4:05.29	41.79	400m: 5:26.02	40.12	
28.	Rugala Hanna	11	UKS MOS w Opolu	<b>5:27.01</b>	377	1:18.06	1:24.32	1:24.32	1:20.31
	50m: 36.90	36.90	150m: 2:00.03	41.97	250m: 3:24.92	42.54	350m: 4:48.72	42.02	
	100m: 1:18.06	41.16	200m: 2:42.38	42.35	300m: 4:06.70	41.78	400m: 5:27.01	38.29	
29.	Popesku Kateryna	10	SK "Elit"	<b>5:29.65</b>	368	1:19.51	1:26.50	1:24.60	1:19.04
	50m: 36.57	36.57	150m: 2:02.94	43.43	250m: 3:28.33	42.32	350m: 4:51.26	40.65	
	100m: 1:19.51	42.94	200m: 2:46.01	43.07	300m: 4:10.61	42.28	400m: 5:29.65	38.39	
30.	Kloc Martyna	09	UKS „MANTA” Kochlowice R	<b>5:30.56</b>	k365	1:17.99	1:25.67	1:25.30	1:21.60
	50m: 36.60	36.60	150m: 2:01.14	43.15	250m: 3:26.21	42.55	350m: 4:50.98	42.02	
	100m: 1:17.99	41.39	200m: 2:43.66	42.52	300m: 4:08.96	42.75	400m: 5:30.56	39.58	
31.	Kulikowska Anastasiia	11	SK "Elit"	<b>5:30.79</b>	364	1:20.42	1:26.25	1:23.71	1:20.41
	50m: 37.99	37.99	150m: 2:03.78	43.36	250m: 3:29.11	42.44	350m: 4:51.28	40.90	
	100m: 1:20.42	42.43	200m: 2:46.67	42.89	300m: 4:10.38	41.27	400m: 5:30.79	39.51	
32.	Kurzywik Michalina	09	UKS MOS w Opolu	<b>5:31.35</b>	363	1:14.76	1:25.78	1:27.21	1:23.60
	50m: 35.08	35.08	150m: 1:57.54	42.78	250m: 3:23.66	43.12	350m: 4:51.34	43.59	
	100m: 1:14.76	39.68	200m: 2:40.54	43.00	300m: 4:07.75	44.09	400m: 5:31.35	40.01	
33.	Gawronska Gabriela	07	UKP "Na Fali"	<b>5:33.43</b>	356	1:16.32	1:26.18	1:27.01	1:23.92
	50m: 35.82	35.82	150m: 1:59.04	42.72	250m: 3:25.98	43.48	350m: 4:52.62	43.11	
	100m: 1:16.32	40.50	200m: 2:42.50	43.46	300m: 4:09.51	43.53	400m: 5:33.43	40.81	
34.	Durlik Aleksandra	09	UKS KORAL Wroclaw	<b>5:34.42</b>	353	1:13.84	1:27.29	1:26.90	1:26.39
	50m: 34.11	34.11	150m: 1:57.30	43.46	250m: 3:24.79	43.66	350m: 4:51.26	43.23	
	100m: 1:13.84	39.73	200m: 2:41.13	43.83	300m: 4:08.03	43.24	400m: 5:34.42	43.16	
35.	Wylezyk Natalia	11	UKS „MANTA” Kochlowice R	<b>5:34.52</b>	k352	1:19.54	1:27.19	1:26.62	1:21.17
	50m: 35.68	35.68	150m: 2:03.60	44.06	250m: 3:30.44	43.71	350m: 4:54.91	41.56	
	100m: 1:19.54	43.86	200m: 2:46.73	43.13	300m: 4:13.35	42.91	400m: 5:34.52	39.61	
36.	Oginska Lena	10	UKS „MANTA” Kochlowice R	<b>5:34.82</b>	k351	1:19.13	1:27.42	1:26.35	1:21.92
	50m: 36.25	36.25	150m: 2:02.83	43.70	250m: 3:29.86	43.31	350m: 4:54.93	42.03	
	100m: 1:19.13	42.88	200m: 2:46.55	43.72	300m: 4:12.90	43.04	400m: 5:34.82	39.89	

**Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2023**  
**Opole, 20. - 21.5.2023**
**Event 19, Women, 400m Freestyle, Open**

Rank	YB		Team		Time	Pts	100m	200m	300m	400m
37.	Szłaga Liliana	09	UKS Aqua Team Mikołow		<b>5:35.05</b>	351	1:18.69	1:25.91	1:26.64	1:23.81
	50m: 37.78	37.78	150m: 2:01.07	42.38	250m: 3:27.65		43.05	350m:		
	100m: 1:18.69	40.91	200m: 2:44.60	43.53	300m: 4:11.24		43.59	400m: 5:35.05		
38.	Lapa Daria	11	UKS ORKA Czestochowa		<b>5:36.13</b>	347	1:19.49	1:27.09	1:27.86	1:21.69
	50m: 36.91	36.91	150m: 2:03.10	43.61	250m: 3:30.27		43.69	350m: 4:58.20	43.76	
	100m: 1:19.49	42.58	200m: 2:46.58	43.48	300m: 4:14.44		44.17	400m: 5:36.13	37.93	
39.	Zajac Paulina	10	UKS Aqua Team Mikołow		<b>5:36.35</b>	347	1:20.46	1:26.05	1:26.81	1:23.03
	50m: 38.01	38.01	150m: 2:03.50	43.04	250m: 3:30.13		43.62	350m: 4:55.88	42.56	
	100m: 1:20.46	42.45	200m: 2:46.51	43.01	300m: 4:13.32		43.19	400m: 5:36.35	40.47	
40.	Adamiok Martyna	12	UKS „MANTA” Kochłowice R		<b>5:36.90</b>	k345	1:19.73	1:27.15	1:27.76	1:22.26
	50m: 36.83	36.83	150m: 2:03.68	43.95	250m: 3:31.11		44.23	350m: 4:58.14	43.50	
	100m: 1:19.73	42.90	200m: 2:46.88	43.20	300m: 4:14.64		43.53	400m: 5:36.90	38.76	
41.	Oginska Laura	10	UKS „MANTA” Kochłowice R		<b>5:37.29</b>	k344	1:18.90	1:27.02	1:27.49	1:23.88
	50m: 36.86	36.86	150m: 2:02.14	43.24	250m: 3:29.68		43.76	350m: 4:55.82	42.41	
	100m: 1:18.90	42.04	200m: 2:45.92	43.78	300m: 4:13.41		43.73	400m: 5:37.29	41.47	
42.	Jaeger Anna	10	UKS DELFIN Krapkowice		<b>5:42.28</b>	329	1:17.87	1:29.85	1:29.78	1:24.78
	50m: 35.76	35.76	150m: 2:02.72	44.85	250m: 3:33.07		45.35	350m: 5:01.16	43.66	
	100m: 1:17.87	42.11	200m: 2:47.72	45.00	300m: 4:17.50		44.43	400m: 5:42.28	41.12	
43.	Marciszewska Aleksandra	07	UKS DELFIN Krapkowice		<b>5:49.95</b>	308	1:23.72	1:31.73	1:29.67	1:24.83
	50m: 38.73	38.73	150m: 2:09.57	45.85	250m: 3:40.91		45.46	350m:		
	100m: 1:23.72	44.99	200m: 2:55.45	45.88	300m: 4:25.12		44.21	400m: 5:49.95		
44.	Gielza Emilia	11	UKS „MANTA” Kochłowice R		<b>5:51.09</b>	k305	1:21.58	1:30.52	1:32.18	1:26.81
	50m: 37.28	37.28	150m: 2:06.61	45.03	250m: 3:38.95		46.85	350m: 5:09.35	45.07	
	100m: 1:21.58	44.30	200m: 2:52.10	45.49	300m: 4:24.28		45.33	400m: 5:51.09	41.74	
45.	Rogosz Estera	10	UKS DELFIN Krapkowice		<b>5:52.45</b>	301	1:25.06	1:32.62	1:32.49	1:22.28
	50m: 40.68	40.68	150m: 2:11.32	46.26	250m: 3:43.80		46.12	350m: 5:12.63	42.46	
	100m: 1:25.06	44.38	200m: 2:57.68	46.36	300m: 4:30.17		46.37	400m: 5:52.45	39.82	
46.	Bielec Emilia	10	UKS DELFIN Krapkowice		<b>5:55.27</b>	294	1:25.31	1:34.82	1:31.51	1:23.63
	50m: 39.25	39.25	150m: 2:12.82	47.51	250m: 3:45.54		45.41	350m: 5:15.48	43.84	
	100m: 1:25.31	46.06	200m: 3:00.13	47.31	300m: 4:31.64		46.10	400m: 5:55.27	39.79	
47.	Martiszko Maja	12	Swim Team MOSiR Kedzierzy		<b>6:05.91</b>	269	1:24.93	1:35.34	1:34.45	1:31.19
	50m: 38.99	38.99	150m: 2:12.06	47.13	250m: 3:49.11		48.84	350m: 5:22.18	47.46	
	100m: 1:24.93	45.94	200m: 3:00.27	48.21	300m: 4:34.72		45.61	400m: 6:05.91	43.73	
48.	Trela Maria	11	Ognisko TKKF Szczygłowice		<b>6:08.27</b>	264	1:25.61	1:37.28	1:36.28	1:29.10
	50m: 39.74	39.74	150m: 2:13.99	48.38	250m: 3:51.19		48.30	350m: 5:25.30	46.13	
	100m: 1:25.61	45.87	200m: 3:02.89	48.90	300m: 4:39.17		47.98	400m: 6:08.27	42.97	
49.	Gawlowska Julia	11	Stowarzyszenie Hobby Sport		<b>6:10.07</b>	260	1:23.79	1:37.10	1:37.03	1:32.15
	50m: 38.23	38.23	150m: 2:11.87	48.08	250m: 3:49.79		48.90	350m: 5:26.52	48.60	
	100m: 1:23.79	45.56	200m: 3:00.89	49.02	300m: 4:37.92		48.13	400m: 6:10.07	43.55	
50.	Chmielewska Lena	10	Stowarzyszenie Hobby Sport		<b>6:10.47</b>	259	1:27.51	1:38.69	1:38.39	1:25.88
	50m: 40.37	40.37	150m: 2:16.65	49.14	250m: 3:55.05		48.85	350m: 5:30.23	45.64	
	100m: 1:27.51	47.14	200m: 3:06.20	49.55	300m: 4:44.59		49.54	400m: 6:10.47	40.24	
51.	Procz Dominika	12	UKS „MANTA” Kochłowice R		<b>6:15.83</b>	k248	1:28.15	1:36.56	1:37.25	1:33.87
	50m: 40.72	40.72	150m: 2:16.80	48.65	250m: 3:53.57		48.86	350m: 5:30.25	48.29	
	100m: 1:28.15	47.43	200m: 3:04.71	47.91	300m: 4:41.96		48.39	400m: 6:15.83	45.58	
52.	Artwik Hanna	10	KP Aqua-Swim Nysa		<b>6:22.09</b>	236	1:35.10	1:40.54	1:36.27	1:30.18
	50m: 44.85	44.85	150m: 2:25.24	50.14	250m: 4:04.98		49.34	350m: 5:39.44	47.53	
	100m: 1:35.10	50.25	200m: 3:15.64	50.40	300m: 4:51.91		46.93	400m: 6:22.09	42.65	
53.	Mosko Lena	12	UKS „MANTA” Kochłowice R		<b>6:26.14</b>	k229	1:29.93	1:40.02	1:40.88	1:35.31
	50m: 40.98	40.98	150m: 2:19.87	49.94	250m: 4:00.21		50.26	350m: 5:40.39	49.56	
	100m: 1:29.93	48.95	200m: 3:09.95	50.08	300m: 4:50.83		50.62	400m: 6:26.14	45.75	
54.	Obrocka Zuzanna	07	Sport Active Strzelin		<b>6:38.66</b>	208	1:32.76	1:42.98	1:42.61	1:40.31
	50m: 43.35	43.35	150m: 2:24.30	51.54	250m: 4:07.53		51.79	350m: 5:49.36	51.01	
	100m: 1:32.76	49.41	200m: 3:15.74	51.44	300m: 4:58.35		50.82	400m: 6:38.66	49.30	

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

## Event 19, Women, 400m Freestyle, Open

Rank	YB		Time	Pts	100m	200m	300m	400m	
55.	Malyszek Olivia	11	UKS Kronos Strzelce Opolski	<b>6:43.30</b>	201	1:36.13	1:45.78	1:44.70	1:36.69
	50m: 44.72	44.72	150m: 2:29.36	53.23	250m: 4:14.18	52.27	350m: 5:58.17	51.56	
	100m: 1:36.13	51.41	200m: 3:21.91	52.55	300m: 5:06.61	52.43	400m: 6:43.30	45.13	
56.	Krukowska Wiktoria	10	Sport Active Strzelin	<b>6:49.30</b>	192	1:39.17	1:46.69	1:47.27	1:36.17
	50m: 47.12	47.12	150m: 2:31.98	52.81	250m: 4:19.51	53.65	350m: 6:05.12	51.99	
	100m: 1:39.17	52.05	200m: 3:25.86	53.88	300m: 5:13.13	53.62	400m: 6:49.30	44.18	
57.	Weinert Agata	11	UKS DELFIN Krapkowice	<b>6:49.92</b>	191	1:36.27	1:46.41	1:46.24	1:41.00
	50m: 43.21	43.21	150m: 2:29.03	52.76	250m: 4:14.55	51.87	350m: 6:00.59	51.67	
	100m: 1:36.27	53.06	200m: 3:22.68	53.65	300m: 5:08.92	54.37	400m: 6:49.92	49.33	
58.	Zieba Nicola	10	Sport Active Strzelin	<b>6:55.03</b>	184	1:42.01			
	50m: 2:36.27	2:36.27	150m: 4:26.41	2:44.40	250m:	350m:			
	100m: 1:42.01		200m:		300m:	400m: 6:55.03			
59.	Obajtek Martyna	10	Sport Active Strzelin	<b>7:04.55</b>	172	1:39.19	1:48.28	1:52.58	1:44.50
	50m: 47.13	47.13	150m: 2:33.36	54.17	250m: 4:24.17	56.70	350m: 6:14.95	54.90	
	100m: 1:39.19	52.06	200m: 3:27.47	54.11	300m: 5:20.05	55.88	400m: 7:04.55	49.60	
60.	Witan Barbara	09	Sport Active Strzelin	<b>7:06.12</b>	170	1:42.33	1:52.93	1:51.26	1:39.60
	50m: 48.17	48.17	150m: 2:37.80	55.47	250m: 4:30.79	55.53	350m: 6:19.67	53.15	
	100m: 1:42.33	54.16	200m: 3:35.26	57.46	300m: 5:26.52	55.73	400m: 7:06.12	46.45	
61.	Wiatrowska Julia	11	Sport Active Strzelin	<b>7:14.12</b>	161	1:43.32	1:49.95	1:51.45	1:49.40
	50m:		150m:		250m:	350m:			
	100m: 1:43.32		200m: 3:33.27		300m: 5:24.72	400m: 7:14.12			
62.	Levashova Yana	11	DUSH 2 Ivano-Frankivsk	<b>7:26.36</b>	148	1:43.84	1:53.78	1:56.10	1:52.64
	50m: 46.99	46.99	150m: 2:40.62	56.78	250m: 4:35.27	57.65	350m: 6:30.55	56.83	
	100m: 1:43.84	56.85	200m: 3:37.62	57.00	300m: 5:33.72	58.45	400m: 7:26.36	55.81	
DSQ	Zabielska Helena	11	UKS Kronos Strzelce Opolski	<b>7:21.77</b>		1:41.64	1:53.68	1:56.92	1:49.53
	<i>O 3 - Pływak nie miał kontaktu ze cian podczas nawrotu.</i>								
	50m: 47.99	47.99	150m: 2:38.31	56.67	250m:	350m:			
	100m: 1:41.64	53.65	200m: 3:35.32	57.01	300m: 5:32.24	400m: 7:21.77			