

Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2023  
Opole, 20. - 21.5.2023Konkurencja 20  
20.05.2023 - 17:10

Mężczyźni, 400m dowolny

Open  
Wyniki

Punkty: FINA 2023

Pozycja	Rok ur.	Imię i nazwisko	Club	Wiek	Wynik	Pkt.	100m	200m	300m	400m
12 - 13 lat										
1.	10	Wiszniewski Tymoteusz	LKS Jedno 32 Przyszowice		<b>4:30.11</b>	540	1:04.18	1:09.36	1:09.12	1:07.45
		50m: 30.47			150m: 1:38.70	34.52	250m: 2:48.46	34.92	350m: 3:56.89	34.23
		100m: 1:04.18			200m: 2:13.54	34.84	300m: 3:22.66	34.20	400m: 4:30.11	33.22
2.	10	Konopko Michał	UKS Aqua Team Mikołów		<b>4:49.10</b>	441	1:08.44	1:14.25	1:14.70	1:11.71
		50m: 31.79			150m: 1:45.52	37.08	250m: 3:00.14	37.45	350m: 4:14.51	37.12
		100m: 1:08.44			200m: 2:22.69	37.17	300m: 3:37.39	37.25	400m: 4:49.10	34.59
3.	10	Oleksiuk Markiiian	UKS „Nowy Klub Pływacki”		<b>4:54.70</b>	416	1:13.40	1:15.45	1:15.70	1:10.15
		50m: 35.22			150m: 1:51.31	37.91	250m: 3:06.90	38.05	350m: 4:20.87	36.32
		100m: 1:13.40			200m: 2:28.85	37.54	300m: 3:44.55	37.65	400m: 4:54.70	33.83
4.	10	Bojdoł Bartosz	UKS Aqua Team Mikołów		<b>5:07.14</b>	367	1:13.96	1:18.65	1:19.86	1:14.67
		50m: 34.88			150m: 1:53.33	39.37	250m: 3:12.40	39.79	350m: 4:30.97	38.50
		100m: 1:13.96			200m: 2:32.61	39.28	300m: 3:52.47	40.07	400m: 5:07.14	36.17
5.	10	Witkowski Wojciech	UKS DELFIN Krapkowice		<b>5:15.09</b>	340	1:17.06	1:21.99	1:21.14	1:14.90
		50m: 36.41			150m: 1:58.11	41.05	250m: 3:20.14	41.09	350m: 4:38.42	38.23
		100m: 1:17.06			200m: 2:39.05	40.94	300m: 4:00.19	40.05	400m: 5:15.09	36.67
6.	10	Myszkiewicz Paweł	LKS Jedno 32 Przyszowice		<b>5:17.20</b>	333	1:16.54	1:23.11	1:22.18	1:15.37
		50m: 35.82			150m: 1:58.75	42.21	250m: 3:21.66	42.01	350m: 4:40.50	38.67
		100m: 1:16.54			200m: 2:39.65	40.90	300m: 4:01.83	40.17	400m: 5:17.20	36.70
7.	10	Tymoczko Oskar	Swim Team MOSiR K dzierzy		<b>5:17.80</b>	332	1:16.12	1:22.99	1:22.11	1:16.58
		50m: 35.20			150m: 1:58.28	42.16	250m: 3:20.41	41.30	350m: 4:39.64	38.42
		100m: 1:16.12			200m: 2:39.11	40.83	300m: 4:01.22	40.81	400m: 5:17.80	38.16
8.	10	Krzaka Dominik	UKS „MANTA” Kochłowice		<b>5:20.72</b>	323	1:15.53	1:21.85	1:23.46	1:19.88
		50m: 35.08			150m: 1:56.60	41.07	250m: 3:19.19	41.81	350m: 4:41.17	40.33
		100m: 1:15.53			200m: 2:37.38	40.78	300m: 4:00.84	41.65	400m: 5:20.72	39.55
9.	11	Jadczak Wojciech	DOKiS SP Vega Dobrodzie		<b>5:25.02</b>	310	1:17.98	1:23.27	1:23.01	1:20.76
		50m: 36.25			150m: 2:00.10	42.12	250m: 3:22.56	41.31	350m: 4:45.59	41.33
		100m: 1:17.98			200m: 2:41.25	41.15	300m: 4:04.26	41.70	400m: 5:25.02	39.43
	10	Buszka Karol	UKS MOS w Opolu		<b>5:25.02</b>	310	1:16.83	1:23.77	1:23.36	1:21.06
		50m: 35.67			150m: 1:58.70	41.87	250m: 3:22.52	41.92	350m: 4:45.13	41.17
		100m: 1:16.83			200m: 2:40.60	41.90	300m: 4:03.96	41.44	400m: 5:25.02	39.89
11.	11	Moiseienko Valerii	UKS „Nowy Klub Pływacki”		<b>5:26.04</b>	307	1:17.54	1:25.49	1:22.52	1:20.49
		50m: 36.66			150m: 2:00.65	43.11	250m: 3:24.98	41.95	350m: 4:46.86	41.31
		100m: 1:17.54			200m: 2:43.03	42.38	300m: 4:05.55	40.57	400m: 5:26.04	39.18
12.	11	Wi niewski Michał	UKS DELFIN Krapkowice		<b>5:36.81</b>	278	1:17.91	1:26.78	1:28.60	1:23.52
		50m: 36.10			150m: 2:01.30	43.39	250m: 3:29.21	44.52	350m: 4:55.60	42.31
		100m: 1:17.91			200m: 2:44.69	43.39	300m: 4:13.29	44.08	400m: 5:36.81	41.21
13.	10	Kumar Ryan	Stowarzyszenie Hobby Sport		<b>5:41.95</b>	266	1:19.65	1:28.87	1:29.37	1:24.06
		50m: 36.42			150m: 2:03.87	44.22	250m: 3:33.17	44.65	350m: 5:02.19	44.30
		100m: 1:19.65			200m: 2:48.52	44.65	300m: 4:17.89	44.72	400m: 5:41.95	39.76
14.	10	Kosa Wojciech	Stowarzyszenie Hobby Sport		<b>5:57.18</b>	233	1:25.01	1:33.76	1:32.97	1:25.44
		50m:			150m:		250m:		350m:	
		100m: 1:25.01			200m: 2:58.77		300m: 4:31.74		400m: 5:57.18	
15.	11	Sobkowicz Piotr	UKS „MANTA” Kochłowice		<b>5:57.73</b>	232	1:22.40	1:33.73	1:32.97	1:28.63
		50m: 37.63			150m: 2:08.58	46.18	250m: 3:42.88	46.75	350m: 5:13.97	44.87
		100m: 1:22.40			200m: 2:56.13	47.55	300m: 4:29.10	46.22	400m: 5:57.73	43.76
16.	11	Watzlaw Patryk	UKS DELFIN Krapkowice		<b>6:31.93</b>	177	1:30.58	1:40.52	1:42.46	1:38.37
		50m: 43.25			150m: 2:20.38	49.80	250m: 4:03.30	52.20	350m:	
		100m: 1:30.58			200m: 3:11.10	50.72	300m: 4:53.56	50.26	400m: 6:31.93	

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

## Konkurencja 20, Chłopców, 400m dowolny, 12 - 13 lat

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
17. Pretor Dawid	11	<b>6:53.34</b>	150	1:39.92	1:46.65	1:47.32	1:39.45
50m: 46.93	46.93	150m: 2:33.80	53.88	250m: 4:21.39	54.82	350m: 6:05.22	51.33
100m: 1:39.92	52.99	200m: 3:26.57	52.77	300m: 5:13.89	52.50	400m: 6:53.34	48.12
18. Jendrusch Dominik	11	<b>7:56.62</b>	98	1:57.06	2:04.17	2:04.37	1:51.02
50m: 54.17	54.17	150m: 2:58.20	1:01.14	250m: 5:01.92	1:00.69	350m: 7:07.16	1:01.56
100m: 1:57.06	1:02.89	200m: 4:01.23	1:03.03	300m: 6:05.60	1:03.68	400m: 7:56.62	49.46

## 14 lat

1. Wojtal Wiktor	09	<b>UKS „MANTA” Kochłowice R4:43.08</b>	<b>469</b>	1:06.68	1:13.35	1:12.84	1:10.21
50m: 31.31	31.31	150m: 1:42.93	36.25	250m: 2:56.19	36.16	350m: 4:09.51	36.64
100m: 1:06.68	35.37	200m: 2:20.03	37.10	300m: 3:32.87	36.68	400m: 4:43.08	33.57
2. wirko Dominik	09	<b>UKS DELFIN Krapkowice</b>	<b>4:43.26</b>	1:05.63	1:15.23	1:14.06	1:08.34
50m: 30.30	30.30	150m: 1:42.72	37.09	250m: 2:58.20	37.34	350m: 4:11.14	36.22
100m: 1:05.63	35.33	200m: 2:20.86	38.14	300m: 3:34.92	36.72	400m: 4:43.26	32.12
3. Preg Kajetan	09	<b>"Sikret" Gliwice</b>	<b>4:55.26</b>	1:09.27	1:15.88	1:16.17	1:13.94
50m: 32.13	32.13	150m: 1:47.34	38.07	250m: 3:03.42	38.27	350m: 4:17.99	36.67
100m: 1:09.27	37.14	200m: 2:25.15	37.81	300m: 3:41.32	37.90	400m: 4:55.26	37.27
4. Macha Bartłomiej	09	<b>UKS „MANTA” Kochłowice R4:58.19</b>	<b>401</b>	1:07.85	1:16.52	1:18.03	1:15.79
50m: 32.12	32.12	150m: 1:45.43	37.58	250m: 3:03.31	38.94	350m: 4:21.04	38.64
100m: 1:07.85	35.73	200m: 2:24.37	38.94	300m: 3:42.40	39.09	400m: 4:58.19	37.15
5. Gohla Amadeus	09	<b>Swim Team MOSiR K dzierz4:58.92</b>	<b>399</b>	1:10.38	1:16.14	1:16.99	1:15.41
50m: 33.68	33.68	150m: 1:48.24	37.86	250m: 3:05.15	38.63	350m: 4:21.92	38.41
100m: 1:10.38	36.70	200m: 2:26.52	38.28	300m: 3:43.51	38.36	400m: 4:58.92	37.00
6. Hamrol Igor	09	<b>UKS Marato czyk Ostrów Wik5:05.85</b>	<b>372</b>	1:12.13	1:19.39	1:20.10	1:14.23
50m: 33.27	33.27	150m: 1:51.78	39.65	250m: 3:11.37	39.85	350m: 4:30.55	38.93
100m: 1:12.13	38.86	200m: 2:31.52	39.74	300m: 3:51.62	40.25	400m: 5:05.85	35.30
7. Łankiewicz Odyseas	09	<b>UKS „MANTA” Kochłowice R5:06.71</b>	<b>369</b>	1:11.32	1:18.45	1:19.21	1:17.73
50m: 33.32	33.32	150m: 1:50.62	39.30	250m: 3:09.26	39.49	350m: 4:29.55	40.57
100m: 1:11.32	38.00	200m: 2:29.77	39.15	300m: 3:48.98	39.72	400m: 5:06.71	37.16
8. Smiech Olivier	09	<b>UKS DELFIN Krapkowice</b>	<b>5:15.78</b>	1:13.77	1:23.38	1:22.63	1:16.00
50m: 34.34	34.34	150m: 1:55.40	41.63	250m: 3:18.44	41.29	350m: 4:39.36	39.58
100m: 1:13.77	39.43	200m: 2:37.15	41.75	300m: 3:59.78	41.34	400m: 5:15.78	36.42
9. G bski Igor	09	<b>UKS „MANTA” Kochłowice R5:36.67</b>	<b>279</b>	1:18.44	1:27.78	1:26.70	1:23.75
50m: 36.17	36.17	150m: 2:01.63	43.19	250m: 3:29.85	43.63	350m: 4:57.74	44.82
100m: 1:18.44	42.27	200m: 2:46.22	44.59	300m: 4:12.92	43.07	400m: 5:36.67	38.93
10. Konicki Tymoteusz	09	<b>Sport Active Strzelin</b>	<b>6:40.28</b>	1:30.09	1:42.96	1:46.37	1:40.86
50m: 41.49	41.49	150m: 2:21.05	50.96	250m: 4:06.02	52.97	350m: 5:51.48	52.06
100m: 1:30.09	48.60	200m: 3:13.05	52.00	300m: 4:59.42	53.40	400m: 6:40.28	48.80

## 15 - 16 lat

1. Lunov Illia	08	<b>MKS SMS Victoria Racibórz</b>	<b>4:22.88</b>	1:02.02	1:07.56	1:07.67	1:05.63
50m: 29.20	29.20	150m: 1:36.23	34.21	250m: 2:43.67	34.09	350m: 3:51.00	33.75
100m: 1:02.02	32.82	200m: 2:09.58	33.35	300m: 3:17.25	33.58	400m: 4:22.88	31.88
2. Tarapata Bartłomiej	07	<b>"Sikret" Gliwice</b>	<b>4:36.15</b>	1:05.07	1:10.23	1:10.98	1:09.87
50m: 31.25	31.25	150m: 1:39.98	34.91	250m: 2:50.74	35.44	350m: 4:01.42	35.14
100m: 1:05.07	33.82	200m: 2:15.30	35.32	300m: 3:26.28	35.54	400m: 4:36.15	34.73
3. Ró yczka Oliwer	08	<b>UKP "Na Fali"</b>	<b>4:47.05</b>	1:06.80	1:13.93	1:15.15	1:11.17
50m: 31.45	31.45	150m: 1:43.73	36.93	250m: 2:58.51	37.78	350m: 4:12.60	36.72
100m: 1:06.80	35.35	200m: 2:20.73	37.00	300m: 3:35.88	37.37	400m: 4:47.05	34.45
4. Jendrusch Fabian	07	<b>UKS DELFIN Krapkowice</b>	<b>5:02.69</b>	1:09.18	1:17.47	1:19.38	1:16.66
50m: 32.22	32.22	150m: 1:47.66	38.48	250m: 3:06.15	39.50	350m: 4:26.20	40.17
100m: 1:09.18	36.96	200m: 2:26.65	38.99	300m: 3:46.03	39.88	400m: 5:02.69	36.49

Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2023  
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## Konkurencja 20, Chłopców, 400m dowolny, 15 - 16 lat

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m	
5. Moszyk Oskar	08	Swim Team MOSiR K dzierży	<b>5:06.04</b>	371	1:09.12	1:17.57	1:19.50	1:19.85
50m: 32.97	32.97	150m: 1:47.65	38.53	250m: 3:06.40	39.71	350m: 4:26.41	40.22	
100m: 1:09.12	36.15	200m: 2:26.69	39.04	300m: 3:46.19	39.79	400m: 5:06.04	39.63	

## 17 - 18 lat

1. Topolnicki Maksymilian	06	UKS MOS w Opolu	<b>4:23.88</b>	580	1:01.69	1:08.99	1:08.17	1:05.03
50m: 28.35	28.35	150m: 1:35.88	34.19	250m: 2:44.33	33.65	350m: 3:52.03	33.18	
100m: 1:01.69	33.34	200m: 2:10.68	34.80	300m: 3:18.85	34.52	400m: 4:23.88	31.85	
2. Piechowski Jakub	05	UKS Junior Kluczbork	<b>4:28.14</b>	552	1:02.00	1:08.67	1:09.01	1:08.46
50m: 29.03	29.03	150m: 1:36.07	34.07	250m: 2:45.09	34.42	350m: 3:54.10	34.42	
100m: 1:02.00	32.97	200m: 2:10.67	34.60	300m: 3:19.68	34.59	400m: 4:28.14	34.04	
3. Wsik Marek	06	DOKiS SP Vega Dobrodzie	<b>4:36.28</b>	505	1:04.61	1:10.93	1:11.37	1:09.37
50m: 30.72	30.72	150m: 1:40.03	35.42	250m: 2:50.89	35.35	350m: 4:02.62	35.71	
100m: 1:04.61	33.89	200m: 2:15.54	35.51	300m: 3:26.91	36.02	400m: 4:36.28	33.66	

## Open

1. Lunov Illia	08	MKS SMS Victoria Racibórz	<b>4:22.88</b>	586	1:02.02	1:07.56	1:07.67	1:05.63
50m: 29.20	29.20	150m: 1:36.23	34.21	250m: 2:43.67	34.09	350m: 3:51.00	33.75	
100m: 1:02.02	32.82	200m: 2:09.58	33.35	300m: 3:17.25	33.58	400m: 4:22.88	31.88	
2. Topolnicki Maksymilian	06	UKS MOS w Opolu	<b>4:23.88</b>	580	1:01.69	1:08.99	1:08.17	1:05.03
50m: 28.35	28.35	150m: 1:35.88	34.19	250m: 2:44.33	33.65	350m: 3:52.03	33.18	
100m: 1:01.69	33.34	200m: 2:10.68	34.80	300m: 3:18.85	34.52	400m: 4:23.88	31.85	
3. Piechowski Jakub	05	UKS Junior Kluczbork	<b>4:28.14</b>	552	1:02.00	1:08.67	1:09.01	1:08.46
50m: 29.03	29.03	150m: 1:36.07	34.07	250m: 2:45.09	34.42	350m: 3:54.10	34.42	
100m: 1:02.00	32.97	200m: 2:10.67	34.60	300m: 3:19.68	34.59	400m: 4:28.14	34.04	
4. Wiszniowski Tymoteusz	10	LKS Jedno 32 Przyszowice	<b>4:30.11</b>	540	1:04.18	1:09.36	1:09.12	1:07.45
50m: 30.47	30.47	150m: 1:38.70	34.52	250m: 2:48.46	34.92	350m: 3:56.89	34.23	
100m: 1:04.18	33.71	200m: 2:13.54	34.84	300m: 3:22.66	34.20	400m: 4:30.11	33.22	
5. Tarapata Bartłomiej	07	"Sikret" Gliwice	<b>4:36.15</b>	506	1:05.07	1:10.23	1:10.98	1:09.87
50m: 31.25	31.25	150m: 1:39.98	34.91	250m: 2:50.74	35.44	350m: 4:01.42	35.14	
100m: 1:05.07	33.82	200m: 2:15.30	35.32	300m: 3:26.28	35.54	400m: 4:36.15	34.73	
6. Wsik Marek	06	DOKiS SP Vega Dobrodzie	<b>4:36.28</b>	505	1:04.61	1:10.93	1:11.37	1:09.37
50m: 30.72	30.72	150m: 1:40.03	35.42	250m: 2:50.89	35.35	350m: 4:02.62	35.71	
100m: 1:04.61	33.89	200m: 2:15.54	35.51	300m: 3:26.91	36.02	400m: 4:36.28	33.66	
7. Wojtal Wiktor	09	UKS „MANTA” Kochłowice R	<b>4:43.08</b>	469	1:06.68	1:13.35	1:12.84	1:10.21
50m: 31.31	31.31	150m: 1:42.93	36.25	250m: 2:56.19	36.16	350m: 4:09.51	36.64	
100m: 1:06.68	35.37	200m: 2:20.03	37.10	300m: 3:32.87	36.68	400m: 4:43.08	33.57	
8. wirko Dominik	09	UKS DELFIN Krapkowice	<b>4:43.26</b>	468	1:05.63	1:15.23	1:14.06	1:08.34
50m: 30.30	30.30	150m: 1:42.72	37.09	250m: 2:58.20	37.34	350m: 4:11.14	36.22	
100m: 1:05.63	35.33	200m: 2:20.86	38.14	300m: 3:34.92	36.72	400m: 4:43.26	32.12	
9. Róyczka Oliwer	08	UKP "Na Fali"	<b>4:47.05</b>	450	1:06.80	1:13.93	1:15.15	1:11.17
50m: 31.45	31.45	150m: 1:43.73	36.93	250m: 2:58.51	37.78	350m: 4:12.60	36.72	
100m: 1:06.80	35.35	200m: 2:20.73	37.00	300m: 3:35.88	37.37	400m: 4:47.05	34.45	
10. Konopko Michał	10	UKS Aqua Team Mikołów	<b>4:49.10</b>	441	1:08.44	1:14.25	1:14.70	1:11.71
50m: 31.79	31.79	150m: 1:45.52	37.08	250m: 3:00.14	37.45	350m: 4:14.51	37.12	
100m: 1:08.44	36.65	200m: 2:22.69	37.17	300m: 3:37.39	37.25	400m: 4:49.10	34.59	
11. Oleksiuk Markiiian	10	UKS „Nowy Klub Pływacki"	<b>4:54.70</b>	416	1:13.40	1:15.45	1:15.70	1:10.15
50m: 35.22	35.22	150m: 1:51.31	37.91	250m: 3:06.90	38.05	350m: 4:20.87	36.32	
100m: 1:13.40	38.18	200m: 2:28.85	37.54	300m: 3:44.55	37.65	400m: 4:54.70	33.83	
12. Preg Kajetan	09	"Sikret" Gliwice	<b>4:55.26</b>	414	1:09.27	1:15.88	1:16.17	1:13.94
50m: 32.13	32.13	150m: 1:47.34	38.07	250m: 3:03.42	38.27	350m: 4:17.99	36.67	
100m: 1:09.27	37.14	200m: 2:25.15	37.81	300m: 3:41.32	37.90	400m: 4:55.26	37.27	

**Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2023**  
**Opole, 20. - 21.5.2023**
**Konkurencja 20, M cyczn, 400m dowolny, Open**

Pozycja	Rok ur.	Club	Czas	Pkt.	100m	200m	300m	400m
13. Macha Bartłomiej	09	UKS „MANTA” Kochłowice R	<b>4:58.19</b>	k401	1:07.85	1:16.52	1:18.03	1:15.79
50m: 32.12	32.12	150m: 1:45.43	37.58	250m: 3:03.31	38.94	350m: 4:21.04	38.64	
100m: 1:07.85	35.73	200m: 2:24.37	38.94	300m: 3:42.40	39.09	400m: 4:58.19	37.15	
14. Moryl Wojciech	02	KS AZS AGH Kraków	<b>4:58.73</b>	399	1:06.77	1:15.94	1:19.27	1:16.75
50m: 31.03	31.03	150m: 1:44.31	37.54	250m: 3:02.10	39.39	350m: 4:20.66	38.68	
100m: 1:06.77	35.74	200m: 2:22.71	38.40	300m: 3:41.98	39.88	400m: 4:58.73	38.07	
15. Gohla Amadeus	09	Swim Team MOSiR K dzierży	<b>4:58.92</b>	399	1:10.38	1:16.14	1:16.99	1:15.41
50m: 33.68	33.68	150m: 1:48.24	37.86	250m: 3:05.15	38.63	350m: 4:21.92	38.41	
100m: 1:10.38	36.70	200m: 2:26.52	38.28	300m: 3:43.51	38.36	400m: 4:58.92	37.00	
16. Jendrusch Fabian	07	UKS DELFIN Krapkowice	<b>5:02.69</b>	384	1:09.18	1:17.47	1:19.38	1:16.66
50m: 32.22	32.22	150m: 1:47.66	38.48	250m: 3:06.15	39.50	350m: 4:26.20	40.17	
100m: 1:09.18	36.96	200m: 2:26.65	38.99	300m: 3:46.03	39.88	400m: 5:02.69	36.49	
17. Hamrol Igor	09	UKS Marato czyk Ostrów Wik	<b>5:05.85</b>	372	1:12.13	1:19.39	1:20.10	1:14.23
50m: 33.27	33.27	150m: 1:51.78	39.65	250m: 3:11.37	39.85	350m: 4:30.55	38.93	
100m: 1:12.13	38.86	200m: 2:31.52	39.74	300m: 3:51.62	40.25	400m: 5:05.85	35.30	
18. Moszyk Oskar	08	Swim Team MOSiR K dzierży	<b>5:06.04</b>	371	1:09.12	1:17.57	1:19.50	1:19.85
50m: 32.97	32.97	150m: 1:47.65	38.53	250m: 3:06.40	39.71	350m: 4:26.41	40.22	
100m: 1:09.12	36.15	200m: 2:26.69	39.04	300m: 3:46.19	39.79	400m: 5:06.04	39.63	
19. Łankiewicz Odyseas	09	UKS „MANTA” Kochłowice R	<b>5:06.71</b>	k369	1:11.32	1:18.45	1:19.21	1:17.73
50m: 33.32	33.32	150m: 1:50.62	39.30	250m: 3:09.26	39.49	350m: 4:29.55	40.57	
100m: 1:11.32	38.00	200m: 2:29.77	39.15	300m: 3:48.98	39.72	400m: 5:06.71	37.16	
20. Bojdoł Bartosz	10	UKS Aqua Team Mikołów	<b>5:07.14</b>	367	1:13.96	1:18.65	1:19.86	1:14.67
50m: 34.88	34.88	150m: 1:53.33	39.37	250m: 3:12.40	39.79	350m: 4:30.97	38.50	
100m: 1:13.96	39.08	200m: 2:32.61	39.28	300m: 3:52.47	40.07	400m: 5:07.14	36.17	
21. Witkowski Wojciech	10	UKS DELFIN Krapkowice	<b>5:15.09</b>	340	1:17.06	1:21.99	1:21.14	1:14.90
50m: 36.41	36.41	150m: 1:58.11	41.05	250m: 3:20.14	41.09	350m: 4:38.42	38.23	
100m: 1:17.06	40.65	200m: 2:39.05	40.94	300m: 4:00.19	40.05	400m: 5:15.09	36.67	
22. Smiech Olivier	09	UKS DELFIN Krapkowice	<b>5:15.78</b>	338	1:13.77	1:23.38	1:22.63	1:16.00
50m: 34.34	34.34	150m: 1:55.40	41.63	250m: 3:18.44	41.29	350m: 4:39.36	39.58	
100m: 1:13.77	39.43	200m: 2:37.15	41.75	300m: 3:59.78	41.34	400m: 5:15.78	36.42	
23. Myszkiewicz Paweł	10	LKS Jedno 32 Przyszowice	<b>5:17.20</b>	333	1:16.54	1:23.11	1:22.18	1:15.37
50m: 35.82	35.82	150m: 1:58.75	42.21	250m: 3:21.66	42.01	350m: 4:40.50	38.67	
100m: 1:16.54	40.72	200m: 2:39.65	40.90	300m: 4:01.83	40.17	400m: 5:17.20	36.70	
24. Tymoczko Oskar	10	Swim Team MOSiR K dzierży	<b>5:17.80</b>	332	1:16.12	1:22.99	1:22.11	1:16.58
50m: 35.20	35.20	150m: 1:58.28	42.16	250m: 3:20.41	41.30	350m: 4:39.64	38.42	
100m: 1:16.12	40.92	200m: 2:39.11	40.83	300m: 4:01.22	40.81	400m: 5:17.80	38.16	
25. Krz kała Dominik	10	UKS „MANTA” Kochłowice R	<b>5:20.72</b>	k323	1:15.53	1:21.85	1:23.46	1:19.88
50m: 35.08	35.08	150m: 1:56.60	41.07	250m: 3:19.19	41.81	350m: 4:41.17	40.33	
100m: 1:15.53	40.45	200m: 2:37.38	40.78	300m: 4:00.84	41.65	400m: 5:20.72	39.55	
26. Jadcza Wojciech	11	DOKiS SP Vega Dobrodzie	<b>5:25.02</b>	310	1:17.98	1:23.27	1:23.01	1:20.76
50m: 36.25	36.25	150m: 2:00.10	42.12	250m: 3:22.56	41.31	350m: 4:45.59	41.33	
100m: 1:17.98	41.73	200m: 2:41.25	41.15	300m: 4:04.26	41.70	400m: 5:25.02	39.43	
Buszka Karol	10	UKS MOS w Opolu	<b>5:25.02</b>	310	1:16.83	1:23.77	1:23.36	1:21.06
50m: 35.67	35.67	150m: 1:58.70	41.87	250m: 3:22.52	41.92	350m: 4:45.13	41.17	
100m: 1:16.83	41.16	200m: 2:40.60	41.90	300m: 4:03.96	41.44	400m: 5:25.02	39.89	
28. Moiseienko Valerii	11	UKS „Nowy Klub Pływacki”	<b>5:26.04</b>	307	1:17.54	1:25.49	1:22.52	1:20.49
50m: 36.66	36.66	150m: 2:00.65	43.11	250m: 3:24.98	41.95	350m: 4:46.86	41.31	
100m: 1:17.54	40.88	200m: 2:43.03	42.38	300m: 4:05.55	40.57	400m: 5:26.04	39.18	
29. G bski Igor	09	UKS „MANTA” Kochłowice R	<b>5:36.67</b>	k279	1:18.44	1:27.78	1:26.70	1:23.75
50m: 36.17	36.17	150m: 2:01.63	43.19	250m: 3:29.85	43.63	350m: 4:57.74	44.82	
100m: 1:18.44	42.27	200m: 2:46.22	44.59	300m: 4:12.92	43.07	400m: 5:36.67	38.93	
30. Wi niewski Michał	11	UKS DELFIN Krapkowice	<b>5:36.81</b>	278	1:17.91	1:26.78	1:28.60	1:23.52
50m: 36.10	36.10	150m: 2:01.30	43.39	250m: 3:29.21	44.52	350m: 4:55.60	42.31	
100m: 1:17.91	41.81	200m: 2:44.69	43.39	300m: 4:13.29	44.08	400m: 5:36.81	41.21	

**Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2023**  
Opole, 20. - 21.5.2023**Konkurencja 20, M cyczn, 400m dowolny, Open**

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
31. Kumar Ryan	10	<b>5:41.95</b>	266	1:19.65	1:28.87	1:29.37	1:24.06
50m: 36.42	36.42	150m: 2:03.87	44.22	250m: 3:33.17	44.65	350m: 5:02.19	44.30
100m: 1:19.65	43.23	200m: 2:48.52	44.65	300m: 4:17.89	44.72	400m: 5:41.95	39.76
32. Kosa Wojciech	10	<b>5:57.18</b>	233	1:25.01	1:33.76	1:32.97	1:25.44
50m:		150m:	250m:	350m:			
100m: 1:25.01		200m: 2:58.77	300m: 4:31.74	400m: 5:57.18			
33. Sobkowicz Piotr	11	<b>5:57.73</b>	232	1:22.40	1:33.73	1:32.97	1:28.63
50m: 37.63	37.63	150m: 2:08.58	46.18	250m: 3:42.88	46.75	350m: 5:13.97	44.87
100m: 1:22.40	44.77	200m: 2:56.13	47.55	300m: 4:29.10	46.22	400m: 5:57.73	43.76
34. Watzlaw Patryk	11	<b>6:31.93</b>	177	1:30.58	1:40.52	1:42.46	1:38.37
50m: 43.25	43.25	150m: 2:20.38	49.80	250m: 4:03.30	52.20	350m:	
100m: 1:30.58	47.33	200m: 3:11.10	50.72	300m: 4:53.56	50.26	400m: 6:31.93	
35. Konicki Tymoteusz	09	<b>6:40.28</b>	166	1:30.09	1:42.96	1:46.37	1:40.86
50m: 41.49	41.49	150m: 2:21.05	50.96	250m: 4:06.02	52.97	350m: 5:51.48	52.06
100m: 1:30.09	48.60	200m: 3:13.05	52.00	300m: 4:59.42	53.40	400m: 6:40.28	48.80
36. Pretor Dawid	11	<b>6:53.34</b>	150	1:39.92	1:46.65	1:47.32	1:39.45
50m: 46.93	46.93	150m: 2:33.80	53.88	250m: 4:21.39	54.82	350m: 6:05.22	51.33
100m: 1:39.92	52.99	200m: 3:26.57	52.77	300m: 5:13.89	52.50	400m: 6:53.34	48.12
37. Jendrusch Dominik	11	<b>7:56.62</b>	98	1:57.06	2:04.17	2:04.37	1:51.02
50m: 54.17	54.17	150m: 2:58.20	1:01.14	250m: 5:01.92	1:00.69	350m: 7:07.16	1:01.56
100m: 1:57.06	1:02.89	200m: 4:01.23	1:03.03	300m: 6:05.60	1:03.68	400m: 7:56.62	49.46