

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

Men, 400m Freestyle

Open
Results

Points: FINA 2023

Rank	YB	Time	Pts	100m	200m	300m	400m
12 - 13 years							
1.	Wiszniewski Tymoteusz 10	LKS Jednosc 32 Przyszowice	4:30.11 540	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	
2.	Konopko Michal 10	UKS Aqua Team Mikolow	4:49.10 441	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	
3.	Oleksiuk Markiiian 10	UKS „Nowy Klub Plywacki”	4:54.70 416	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	
4.	Bojdol Bartosz 10	UKS Aqua Team Mikolow	5:07.14 367	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	
5.	Witkowski Wojciech 10	UKS DELFIN Krapkowice	5:15.09 340	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	
6.	Myszkiewicz Pawel 10	LKS Jednosc 32 Przyszowice	5:17.20 333	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	
7.	Tymoczko Oskar 10	Swim Team MOSiR Kedzierzy	5:17.80 332	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	
8.	Krzakala Dominik 10	UKS „MANTA” Kochlowice R	5:20.72 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	
9.	Jadczak Wojciech 11	DOKiS SP Vega Dobrodzien	5:25.02 310	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	5:25.02 310	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	
11.	Moiseienko Valerii 11	UKS „Nowy Klub Plywacki”	5:26.04 307	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	
12.	Wisniewski Michal 11	UKS DELFIN Krapkowice	5:36.81 278	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	
13.	Kumar Ryan 10	Stowarzyszenie Hobby Sport	5:41.95 266	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	
14.	Kosa Wojciech 10	Stowarzyszenie Hobby Sport	5:57.18 233	1:25.01	1:33.76	1:32.97	1:25.44
	50m: 36.10 36.10	150m: 2:01.30 43.39	250m: 3:29.21	44.52	350m: 4:55.60	42.31	
	100m: 1:25.01 41.81	200m: 2:58.77 43.39	300m: 4:13.29	44.08	400m: 5:36.81	41.21	
15.	Sobkowicz Piotr 11	UKS „MANTA” Kochlowice R	5:57.73 k232	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	
16.	Watzlaw Patryk 11	UKS DELFIN Krapkowice	6:31.93 177	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: 5:20.30	44.80	
	100m: 1:30.58 47.33	200m: 3:11.10 50.72	300m: 4:53.56	50.26	400m: 6:31.93	44.80	

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

Rank	YB		Club		Time	Pts	100m	200m	300m	400m
17.	Pretor Dawid	11	UKS DELFIN Krapkowice		6:53.34	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	UKS DELFIN Krapkowice		7:56.62	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 years

1.	Wojtal Wiktor	09	UKS „MANTA” Kochlowice R		4:43.08	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	
2.	Cwirko Dominik	09	UKS DELFIN Krapkowice		4:43.26	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	
3.	Preg Kajetan	09	"Sikret" Gliwice		4:55.26	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	
4.	Macha Bartłomiej	09	UKS „MANTA” Kochlowice R		4:58.19	401	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	Swim Team MOSiR Kedzierzy		4:58.92	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	
6.	Hamrol Igor	09	UKS Maratonczyk Ostrow Wlk		5:05.85	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	
7.	Lankiewicz Odyseas	09	UKS „MANTA” Kochlowice R		5:06.71	369	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	UKS DELFIN Krapkowice		5:15.78	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	
9.	Gebski Igor	09	UKS „MANTA” Kochlowice R		5:36.67	279	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	Sport Active Strzelin		6:40.28	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	

15 - 16 years

1.	Lunov Illia	08	MKS SMS Victoria Raciborz		4:22.88	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.	Tarapata Bartłomiej	07	"Sikret" Gliwice		4:36.15	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	
3.	Rozyczka Oliwer	08	UKP "Na Fali"		4:47.05	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	
4.	Jendrusch Fabian	07	UKS DELFIN Krapkowice		5:02.69	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	

Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2023
Opole, 20. - 21.5.2023
Event 20, Boys, 400m Freestyle, 15 - 16 years

Rank	YB		Time		Pts	100m	200m	300m	400m	
5.	Moszyk Oskar	08	Swim Team MOSiR Kedzierzy		5:06.04	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 years

1.	Topolnicki Maksymilian	06	UKS MOS w Opolu		4:23.88	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		4:28.14	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.	Wasik Marek	06	DOKiS SP Vega Dobrodzien		4:36.28	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 Raciborz		4:22.88	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		4:23.88	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		4:28.14	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.	Wiszniewski Tymoteusz	10	LKS Jednosc 32 Przyszowice		4:30.11	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		4:36.15	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.	Wasik Marek	06	DOKiS SP Vega Dobrodzien		4:36.28	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” Kochlowice R		4:43.08	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.	Cwirko Dominik	09	UKS DELFIN Krapkowice		4:43.26	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.	Rozyczka Oliwer	08	UKP "Na Fali"		4:47.05	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 Michal	10	UKS Aqua Team Mikolow		4:49.10	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”		4:54.70	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		4:55.26	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

Event 20, Men, 400m Freestyle, Open

Rank	YB	Time	Pts	100m	200m	300m	400m	
13. Macha Bartłomiej	09	UKS „MANTA” Kochłowice R	4:58.19	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 Krakow	4:58.73	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 Kedzierzy	4:58.92	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	5:02.69	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 Maratonczyk Ostrow Wlk	5:05.85	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 Kedzierzy	5:06.04	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. Lankiewicz Odysseas	09	UKS „MANTA” Kochłowice R	5:06.71	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 Mikolow	5:07.14	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	5:15.09	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	5:15.78	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 Pawel	10	LKS Jednosc 32 Przyszowice	5:17.20	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 Kedzierzy	5:17.80	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. Krzakala Dominik	10	UKS „MANTA” Kochłowice R	5:20.72	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. Jadczał Wojciech	11	DOKiS SP Vega Dobrodzien	5:25.02	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	5:25.02	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”	5:26.04	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. Gebski Igor	09	UKS „MANTA” Kochłowice R	5:36.67	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. Wisniewski Michal	11	UKS DELFIN Krapkowice	5:36.81	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

Event 20, Men, 400m Freestyle, Open

Rank	YB		Time		Pts	100m	200m	300m	400m
31. Kumar Ryan	10	Stowarzyszenie Hobby Sport		5:41.95	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	Stowarzyszenie Hobby Sport		5:57.18	233	1:25.01	1:33.76	1:32.97	1:25.44
50m: 37.63	37.63	150m: 2:08.58	46.18	250m: 3:42.88		46.75	350m: 5:13.97	44.87	
100m: 1:25.01	44.77	200m: 2:58.77	50.72	300m: 4:31.74		50.26	400m: 5:57.18	48.80	
33. Sobkowicz Piotr	11	UKS „MANTA” Kochłowice R		5:57.73	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	UKS DELFIN Krapkowice		6:31.93	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: 6:05.22	51.33	
100m: 1:30.58	47.33	200m: 3:11.10	50.72	300m: 4:53.56		50.26	400m: 6:31.93	48.80	
35. Konicki Tymoteusz	09	Sport Active Strzelin		6:40.28	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	UKS DELFIN Krapkowice		6:53.34	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	UKS DELFIN Krapkowice		7:56.62	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		