



Otwarty Wielki Finał Mini Grand Prix Opolszczyzny 2023, Opole, 17.6.2023

Konkurencja 11

Kobiet, 400m dowolny

Open
Wyniki

17.06.2023 - 11:40

Rekord Opolszczyzny Open	4:12.62	Zukowska Paula	00107	Doha (QAT)	09.12.2009
Rekord Opolszczyzny 19 +	4:20.70	Zukowska Paula	00107	Zaragoza (ESP)	17.03.2012
Rekord Opolszczyzny 18	4:17.85	Zukowska Paula	00107	Ostrowiec Sw.	21.05.2011
Rekord Opolszczyzny 17	4:20.45	Zukowska Paula	00107	Gliwice	05.06.2010
Rekord Opolszczyzny 16	4:12.62	Zukowska Paula	00107	Doha (QAT)	09.12.2009
Rekord Opolszczyzny 15	4:27.53	Stawicka Joanna	00107	Gorzow Wlkp.	12.07.2008
Rekord Opolszczyzny 14	4:38.30	Zukowska Paula	00207	Drzonkow	07.07.2007
Rekord Opolszczyzny 13	4:47.10	Rakowska Marta	00407	Opole	08.06.2019
Rekord Opolszczyzny 12	4:57.16	Rakowska Marta	00407	Lublin	17.02.2018
Rekord Opolszczyzny - 11	5:08.42	Rakowska Marta	00407	Zielona Gora - Drzonkow	25.06.2017

Punkty: FINA 2022

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
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11 lat

1. Witek Natalia	12	UKS "Gwiazda" w Ole nie	6:30.96	221	1:30.93	1:40.72	1:43.32	1:35.99
50m: 42.91	42.91	150m: 2:21.06	50.13	250m: 4:02.92	51.27	350m: 5:45.91	50.94	
100m: 1:30.93	48.02	200m: 3:11.65	50.59	300m: 4:54.97	52.05	400m: 6:30.96	45.05	

12 lat

1. Nowi ska Nina	11	UKS „Huragan" w Sosnowcu	5:25.11	384	1:20.45	1:21.76	1:22.80	1:20.10
50m: 37.95	37.95	150m: 2:02.05	41.60	250m: 3:23.95	41.74	350m: 4:44.97	39.96	
100m: 1:20.45	42.50	200m: 2:42.21	40.16	300m: 4:05.01	41.06	400m: 5:25.11	40.14	
2. Różga Nina	11	UKS „Huragan" w Sosnowcu	5:30.80	365	1:16.70	1:24.55	1:26.16	1:23.39
50m: 36.58	36.58	150m: 1:59.31	42.61	250m: 3:25.09	43.84	350m: 4:50.95	43.54	
100m: 1:16.70	40.12	200m: 2:41.25	41.94	300m: 4:07.41	42.32	400m: 5:30.80	39.85	
3. Wójcik Maja	11	UKS „Huragan" w Sosnowcu	5:35.43	350	1:19.40	1:26.24	1:25.95	1:23.84
50m: 37.57	37.57	150m: 2:02.67	43.27	250m: 3:28.48	42.84	350m: 4:54.39	42.80	
100m: 1:19.40	41.83	200m: 2:45.64	42.97	300m: 4:11.59	43.11	400m: 5:35.43	41.04	
4. Wójt Julia	11	Swim Team MOSiR K dzierzy	6:09.00	263	1:26.70	1:34.29	1:36.34	1:31.67
50m: 41.59	41.59	150m: 2:13.25	46.55	250m: 3:48.68	47.69	350m: 5:24.11	46.78	
100m: 1:26.70	45.11	200m: 3:00.99	47.74	300m: 4:37.33	48.65	400m: 6:09.00	44.89	
5. Gregorczyk Hanna	11	Swim Team MOSiR K dzierzy	6:11.06	258	1:26.56	1:35.71	1:36.01	1:32.78
50m: 40.18	40.18	150m: 2:13.42	46.86	250m: 3:50.40	48.13	350m: 5:25.64	47.36	
100m: 1:26.56	46.38	200m: 3:02.27	48.85	300m: 4:38.28	47.88	400m: 6:11.06	45.42	
6. Małysek Olivia	11	UKS Kronos Strzelce Opolski	6:54.68	185	1:35.45	1:46.45	1:48.24	1:44.54
50m: 44.35	44.35	150m: 2:28.99	53.54	250m: 4:16.19	54.29	350m: 6:02.99	52.85	
100m: 1:35.45	51.10	200m: 3:21.90	52.91	300m: 5:10.14	53.95	400m: 6:54.68	51.69	
7. Zabielska Helena	11	UKS Kronos Strzelce Opolski	7:07.53	169	1:38.99	1:50.30	1:50.83	1:47.41
50m: 45.88	45.88	150m: 2:33.94	54.95	250m: 4:23.96	54.67	350m: 6:13.44	53.32	
100m: 1:38.99	53.11	200m: 3:29.29	55.35	300m: 5:20.12	56.16	400m: 7:07.53	54.09	

13 lat

1. Rogosz Estera	10	UKS DELFIN Krapkowice	5:42.69	328	1:22.16	1:28.82	1:28.50	1:23.21
50m: 39.27	39.27	150m: 2:05.79	43.63	250m: 3:35.85	44.87	350m: 5:02.25	42.77	
100m: 1:22.16	42.89	200m: 2:50.98	45.19	300m: 4:19.48	43.63	400m: 5:42.69	40.44	
2. Bielec Emilia	10	UKS DELFIN Krapkowice	5:57.74	288	1:24.81	1:31.73	1:33.57	1:27.63
50m: 39.71	39.71	150m: 2:10.78	45.97	250m: 3:43.26	46.72	350m: 5:15.70	45.59	
100m: 1:24.81	45.10	200m: 2:56.54	45.76	300m: 4:30.11	46.85	400m: 5:57.74	42.04	
3. Artwik Hanna	10	KP Aqua-Swim Nysa	6:01.89	278	1:26.48	1:32.79	1:33.95	1:28.67
50m: 41.36	41.36	150m: 2:12.65	46.17	250m: 3:46.49	47.22	350m: 5:19.00	45.78	
100m: 1:26.48	45.12	200m: 2:59.27	46.62	300m: 4:33.22	46.73	400m: 6:01.89	42.89	



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Konkurencja 11, Kobiet, 400m dowolny

14 lat

1. Młotek Hanna	09	DOKiS SP Vega Dobrodzie	5:18.47	409	1:15.87	1:21.42	1:21.82	1:19.36
50m: 35.82	35.82	150m: 1:56.42	40.55	250m: 3:18.28	40.99	350m: 4:39.26	40.15	
100m: 1:15.87	40.05	200m: 2:37.29	40.87	300m: 3:59.11	40.83	400m: 5:18.47	39.21	
2. Cikoto Zofia	09	KS Rekin wiebodzice	5:56.03	292	1:23.87	1:32.83	1:32.99	1:26.34
50m: 39.26	39.26	150m: 2:10.49	46.62	250m: 3:43.17	46.47	350m: 5:14.33	44.64	
100m: 1:23.87	44.61	200m: 2:56.70	46.21	300m: 4:29.69	46.52	400m: 5:56.03	41.70	

15 lat i starsi

1. Władyczka Amelia	07	WKS I sk Wrocław	4:37.58	618	1:07.59	1:11.39	1:10.72	1:07.88
50m: 32.35	32.35	150m: 1:43.33	35.74	250m: 2:54.35	35.37	350m: 4:04.39	34.69	
100m: 1:07.59	35.24	200m: 2:18.98	35.65	300m: 3:29.70	35.35	400m: 4:37.58	33.19	
2. Grzesiak Oliwia	07	WKS I sk Wrocław	4:44.97	571	1:08.75	1:12.67	1:12.44	1:11.11
50m: 32.85	32.85	150m: 1:45.12	36.37	250m: 2:57.57	36.15	350m: 4:09.92	36.06	
100m: 1:08.75	35.90	200m: 2:21.42	36.30	300m: 3:33.86	36.29	400m: 4:44.97	35.05	
3. wi tek Amelia	08	WKS I sk Wrocław	4:48.43	551	1:09.02	1:13.17	1:13.50	1:12.74
50m: 33.10	33.10	150m: 1:45.29	36.27	250m: 2:58.92	36.73	350m: 4:12.79	37.10	
100m: 1:09.02	35.92	200m: 2:22.19	36.90	300m: 3:35.69	36.77	400m: 4:48.43	35.64	
4. Ja kowska Julia	08	UKS MOS w Opolu	4:48.64	549	1:11.16	1:14.39	1:13.51	1:09.58
50m: 34.00	34.00	150m: 1:48.40	37.24	250m: 3:02.72	37.17	350m: 4:14.86	35.80	
100m: 1:11.16	37.16	200m: 2:25.55	37.15	300m: 3:39.06	36.34	400m: 4:48.64	33.78	
5. Fartuszy ska Weronika	08	UKS Junior Kluczbork	4:52.31	529	1:11.67	1:14.80	1:14.17	1:11.67
50m: 34.35	34.35	150m: 1:48.94	37.27	250m: 3:03.27	36.80	350m: 4:17.17	36.53	
100m: 1:11.67	37.32	200m: 2:26.47	37.53	300m: 3:40.64	37.37	400m: 4:52.31	35.14	
6. Karczmarczyk Aleksandra	06	WKS I sk Wrocław	4:56.23	508	1:11.63	1:15.35	1:16.24	1:13.01
50m: 34.12	34.12	150m: 1:49.39	37.76	250m: 3:04.93	37.95	350m: 4:20.09	36.87	
100m: 1:11.63	37.51	200m: 2:26.98	37.59	300m: 3:43.22	38.29	400m: 4:56.23	36.14	
7. Gorska Liliana	08	Swim Team MOSiR K dzierzy	5:08.47	450	1:14.36	1:18.69	1:19.24	1:16.18
50m: 35.40	35.40	150m: 1:53.69	39.33	250m: 3:12.80	39.75	350m: 4:31.19	38.90	
100m: 1:14.36	38.96	200m: 2:33.05	39.36	300m: 3:52.29	39.49	400m: 5:08.47	37.28	
8. Ledniowska Julia	04	UKS Kronos Strzelce Opolski	5:27.33	376	1:16.65	1:24.23	1:24.99	1:21.46
50m: 36.09	36.09	150m: 1:58.47	41.82	250m: 3:23.21	42.33	350m: 4:48.09	42.22	
100m: 1:16.65	40.56	200m: 2:40.88	42.41	300m: 4:05.87	42.66	400m: 5:27.33	39.24	
9. Mielnik Hanna	07	UKS MOS w Opolu	5:32.82	358	1:14.13	1:24.20	1:26.75	1:27.74
50m: 34.02	34.02	150m: 1:55.97	41.84	250m: 3:21.26	42.93	350m: 4:49.15	44.07	
100m: 1:14.13	40.11	200m: 2:38.33	42.36	300m: 4:05.08	43.82	400m: 5:32.82	43.67	
10. Piaskowy Zuzanna	07	Stowarzyszenie Hobby Sport	5:34.13	354	1:15.18	1:27.30	1:28.17	1:23.48
50m: 34.83	34.83	150m: 1:58.80	43.62	250m: 3:26.68	44.20	350m: 4:52.92	42.27	
100m: 1:15.18	40.35	200m: 2:42.48	43.68	300m: 4:10.65	43.97	400m: 5:34.13	41.21	
11. Marciszewska Aleksandra	07	UKS DELFIN Krapkowice	6:17.17	246	1:27.39	1:36.81	1:36.79	1:36.18
50m: 40.06	40.06	150m: 2:14.18	46.79	250m: 3:52.83	48.63	350m: 5:29.11	48.12	
100m: 1:27.39	47.33	200m: 3:04.20	50.02	300m: 4:40.99	48.16	400m: 6:17.17	48.06	