



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

Event 11  
17.06.2023 - 11:40

Women, 400m Freestyle

Open  
Results

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

Points: FINA 2022

Rank	YB	Time	Pts	100m	200m	300m	400m		
<b>11 years</b>									
1.	Witek Natalia	12	UKS "Gwiazda" w Olesnie	<b>6:30.96</b>	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	

<b>12 years</b>									
1.	Nowinska Nina	11	UKS „Huragan” w Sosnowcu	<b>5:25.11</b>	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.	Rozga Nina	11	UKS „Huragan” w Sosnowcu	<b>5:30.80</b>	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.	Wojcik Maja	11	UKS „Huragan” w Sosnowcu	<b>5:35.43</b>	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.	Wojt Julia	11	Swim Team MOSiR Kedzierzy	<b>6:09.00</b>	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 Kedzierzy	<b>6:11.06</b>	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.	Malyszek Olivia	11	UKS Kronos Strzelce Opolski	<b>6:54.68</b>	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	<b>7:07.53</b>	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	

<b>13 years</b>									
1.	Rogosz Estera	10	UKS DELFIN Krapkowice	<b>5:42.69</b>	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	<b>5:57.74</b>	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	<b>6:01.89</b>	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	



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

## Event 11, Women, 400m Freestyle

### 14 years

1. Mlotek Hanna	09	DOKiS SP Vega Dobrodzien	<b>5:18.47</b>	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
100m:	1:15.87	40.05	200m:	2:37.29	40.87	300m:	3:59.11	40.83
350m:			400m:			4:39.26	40.15	
5:18.47						5:18.47	39.21	
2. Cikoto Zofia	09	KS Rekin Swiebodzice	<b>5:56.03</b>	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
100m:	1:23.87	44.61	200m:	2:56.70	46.21	300m:	4:29.69	46.52
350m:			400m:			5:14.33	44.64	
5:56.03						5:56.03	41.70	

### 15 years and older

1. Władyczka Amelia	07	WKS Slask Wroclaw	<b>4:37.58</b>	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
100m:	1:07.59	35.24	200m:	2:18.98	35.65	300m:	3:29.70	35.35
350m:			400m:			4:04.39	34.69	
4:37.58						4:37.58	33.19	
2. Grzesiak Oliwia	07	WKS Slask Wroclaw	<b>4:44.97</b>	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
100m:	1:08.75	35.90	200m:	2:21.42	36.30	300m:	3:33.86	36.29
350m:			400m:			4:09.92	36.06	
4:44.97						4:44.97	35.05	
3. Swiatek Amelia	08	WKS Slask Wroclaw	<b>4:48.43</b>	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
100m:	1:09.02	35.92	200m:	2:22.19	36.90	300m:	3:35.69	36.77
350m:			400m:			4:12.79	37.10	
4:48.43						4:48.43	35.64	
4. Jaskowska Julia	08	UKS MOS w Opolu	<b>4:48.64</b>	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
100m:	1:11.16	37.16	200m:	2:25.55	37.15	300m:	3:39.06	36.34
350m:			400m:			4:14.86	35.80	
4:48.64						4:48.64	33.78	
5. Fartuszynska Weronika	08	UKS Junior Kluczbork	<b>4:52.31</b>	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
100m:	1:11.67	37.32	200m:	2:26.47	37.53	300m:	3:40.64	37.37
350m:			400m:			4:17.17	36.53	
4:52.31						4:52.31	35.14	
6. Karczmarczyk Aleksandra	06	WKS Slask Wroclaw	<b>4:56.23</b>	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
100m:	1:11.63	37.51	200m:	2:26.98	37.59	300m:	3:43.22	38.29
350m:			400m:			4:20.09	36.87	
4:56.23						4:56.23	36.14	
7. Gorska Liliana	08	Swim Team MOSiR Kedzierzy	<b>5:08.47</b>	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
100m:	1:14.36	38.96	200m:	2:33.05	39.36	300m:	3:52.29	39.49
350m:			400m:			4:31.19	38.90	
5:08.47						5:08.47	37.28	
8. Ledniowska Julia	04	UKS Kronos Strzelce Opolski	<b>5:27.33</b>	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
100m:	1:16.65	40.56	200m:	2:40.88	42.41	300m:	4:05.87	42.66
350m:			400m:			4:48.09	42.22	
5:27.33						5:27.33	39.24	
9. Mielnik Hanna	07	UKS MOS w Opolu	<b>5:32.82</b>	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
100m:	1:14.13	40.11	200m:	2:38.33	42.36	300m:	4:05.08	43.82
350m:			400m:			4:49.15	44.07	
5:32.82						5:32.82	43.67	
10. Piaskowy Zuzanna	07	Stowarzyszenie Hobby Sport	<b>5:34.13</b>	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
100m:	1:15.18	40.35	200m:	2:42.48	43.68	300m:	4:10.65	43.97
350m:			400m:			4:52.92	42.27	
5:34.13						5:34.13	41.21	
11. Marciszewska Aleksandra	07	UKS DELFIN Krapkowice	<b>6:17.17</b>	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
100m:	1:27.39	47.33	200m:	3:04.20	50.02	300m:	4:40.99	48.16
350m:			400m:			5:29.11	48.12	
6:17.17						6:17.17	48.06	