

# LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2024

Konkurencja 11  
18.05.2024 - 12:10

Kobiet, 400m zmienny

Open  
Wyniki

Punkty: FINA 2024

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
---------	---------	------	------	------	------	------	------

## 11 lat i młodszy

1. Kwiatkowska Maria	13	KS OSIR Bielawa	<b>6:58.73</b>	255	1:39.98	1:41.57	1:57.93	1:39.25			
<i>MISTRZ OPOLSZCZYZNY</i>											
50m:	42.84	42.84	150m:	2:31.79	51.81	250m:	4:20.60	59.05	350m:	6:10.90	51.42
100m:	1:39.98	57.14	200m:	3:21.55	49.76	300m:	5:19.48	58.88	400m:	6:58.73	47.83

## 12 - 13 lat

1. Bomba Julia	11	CSiR MOS w D browie Górni	<b>5:23.59</b>	554	1:11.10	1:24.06	1:35.94	1:12.49			
<i>MISTRZ OPOLSZCZYZNY</i>											
50m:	33.03	33.03	150m:	1:53.72	42.62	250m:	3:22.60	47.44	350m:	4:47.94	36.84
100m:	1:11.10	38.07	200m:	2:35.16	41.44	300m:	4:11.10	48.50	400m:	5:23.59	35.65
2. Krawczyk Aleksandra	11	UKS „Na Fali Bytom”	<b>5:37.89</b>	487	1:16.86	1:26.49	1:38.89	1:15.65			
50m:	35.15	35.15	150m:	2:00.74	43.88	250m:	3:32.47	49.12	350m:	5:00.62	38.38
100m:	1:16.86	41.71	200m:	2:43.35	42.61	300m:	4:22.24	49.77	400m:	5:37.89	37.27
3. Paj k Agata	11	UKS Aqua Team Mikołów	<b>5:40.95</b>	474	1:18.62	1:26.26	1:38.97	1:17.10			
50m:	37.39	37.39	150m:	2:02.51	43.89	250m:	3:34.96	50.08	350m:	5:03.66	39.81
100m:	1:18.62	41.23	200m:	2:44.88	42.37	300m:	4:23.85	48.89	400m:	5:40.95	37.29
4. Nikiel Emilia	11	MKS Park Wodny Tarnowskie	<b>5:59.05</b>	406	1:26.80	1:30.82	1:43.05	1:18.38			
50m:	39.90	39.90	150m:	2:12.70	45.90	250m:	3:48.89	51.27	350m:	5:21.13	40.46
100m:	1:26.80	46.90	200m:	2:57.62	44.92	300m:	4:40.67	51.78	400m:	5:59.05	37.92
5. Sheptun Anna	11	MKS Juvenia Wrocław	<b>6:36.91</b>	300	1:41.38	1:40.39	1:46.21	1:28.93			
50m:	45.05	45.05	150m:	2:32.56	51.18	250m:	4:13.40	51.63	350m:	5:54.12	46.14
100m:	1:41.38	56.33	200m:	3:21.77	49.21	300m:	5:07.98	54.58	400m:	6:36.91	42.79
6. Klonowska Julia	11	KS Rekin wiebodzice	<b>6:40.34</b>	292	1:29.13	1:44.31	1:52.74	1:34.16			
50m:	39.86	39.86	150m:	2:21.49	52.36	250m:	4:08.37	54.93	350m:	5:54.70	48.52
100m:	1:29.13	49.27	200m:	3:13.44	51.95	300m:	5:06.18	57.81	400m:	6:40.34	45.64
7. Breitkopf Karolina	11	Swim Team MOSiR K dzierzy	<b>7:11.09</b>	234	1:55.06	1:48.97	1:47.60	1:39.46			
50m:	51.87	51.87	150m:	2:49.83	54.77	250m:	4:36.98	52.95	350m:	6:23.46	51.83
100m:	1:55.06	1:03.19	200m:	3:44.03	54.20	300m:	5:31.63	54.65	400m:	7:11.09	47.63

## 12-13 lat OZP

1. Breitkopf Karolina	11	Swim Team MOSiR K dzierzy	<b>7:11.09</b>	234	1:55.06	1:48.97	1:47.60	1:39.46			
<i>MISTRZ OZP</i>											
50m:	51.87	51.87	150m:	2:49.83	54.77	250m:	4:36.98	52.95	350m:	6:23.46	51.83
100m:	1:55.06	1:03.19	200m:	3:44.03	54.20	300m:	5:31.63	54.65	400m:	7:11.09	47.63

## 14 lat

1. Matyjasek Olga	10	Swim Team MOSiR K dzierzy	<b>5:27.04</b>	537	1:13.15	1:24.80	1:34.28	1:14.81			
<i>MISTRZ OPOLSZCZYZNY</i>											
50m:	32.58	32.58	150m:	1:55.97	42.82	250m:	3:24.66	46.71	350m:	4:50.92	38.69
100m:	1:13.15	40.57	200m:	2:37.95	41.98	300m:	4:12.23	47.57	400m:	5:27.04	36.12
2. K ska Klara	10	WKS I sk Wrocław	<b>5:54.59</b>	421	1:21.47	1:29.47	1:42.18	1:21.47			
50m:	36.76	36.76	150m:	2:07.08	45.61	250m:	3:42.01	51.07	350m:	5:14.42	41.30
100m:	1:21.47	44.71	200m:	2:50.94	43.86	300m:	4:33.12	51.11	400m:	5:54.59	40.17
3. Morga ska Marta	10	UKS „Manta Kochłowice Rud	<b>6:04.30</b>	388	1:24.63	1:37.63	1:42.53	1:19.51			
50m:	39.82	39.82	150m:	2:15.07	50.44	250m:	3:52.62	50.36	350m:	5:24.85	40.06
100m:	1:24.63	44.81	200m:	3:02.26	47.19	300m:	4:44.79	52.17	400m:	6:04.30	39.45

# LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2024

Konkurencja 11, Dziewcz t, 400m zmienny, 14 lat

Pozycja	Rok ur.	Zawodnik	Time	Pkt.	100m	200m	300m	400m
4.	10	Nielacna Olga	<b>6:30.81</b>	314	1:28.83	1:48.16	1:44.99	1:28.83
		50m: 40.26	150m: 2:25.91	57.08	250m: 4:08.76	51.77	350m: 5:49.05	47.07
		100m: 1:28.83	200m: 3:16.99	51.08	300m: 5:01.98	53.22	400m: 6:30.81	41.76
5.	10	Połe Julia	<b>6:52.58</b>	267	1:38.98	1:40.69	1:55.10	1:37.81
		50m: 43.96	150m: 2:31.36	52.38	250m: 4:17.24	57.57	350m: 6:05.03	50.26
		100m: 1:38.98	200m: 3:19.67	48.31	300m: 5:14.77	57.53	400m: 6:52.58	47.55

## 14 lat OZP

1.	10	Matyjasek Olga	<b>5:27.04</b>	537	1:13.15	1:24.80	1:34.28	1:14.81
		<i>MISTRZ OOZP</i>						
		50m: 32.58	150m: 1:55.97	42.82	250m: 3:24.66	46.71	350m: 4:50.92	38.69
		100m: 1:13.15	200m: 2:37.95	41.98	300m: 4:12.23	47.57	400m: 5:27.04	36.12

## 15 - 16 lat

1.	08	Fartuszy ska Weronika	<b>5:31.94</b>	513	1:16.86	1:25.00	1:35.11	1:14.97
		<i>MISTRZ OPOLSZCZYŻNY</i>						
		50m: 35.96	150m: 1:59.31	42.45	250m: 3:29.13	47.27	350m: 4:55.41	38.44
		100m: 1:16.86	200m: 2:41.86	42.55	300m: 4:16.97	47.84	400m: 5:31.94	36.53
2.	09	Ku aj Lena	<b>5:41.14</b>	473	1:15.76	1:30.73	1:39.53	1:15.12
		50m: 33.90	150m: 2:00.25	44.49	250m: 3:35.14	48.65	350m: 5:04.51	38.49
		100m: 1:15.76	200m: 2:46.49	46.24	300m: 4:26.02	50.88	400m: 5:41.14	36.63
3.	09	Bałow Laura	<b>5:46.25</b>	452	1:22.94	1:25.73	1:38.81	1:18.77
		50m: 37.78	150m: 2:06.09	43.15	250m: 3:36.98	48.31	350m: 5:08.27	40.79
		100m: 1:22.94	200m: 2:48.67	42.58	300m: 4:27.48	50.50	400m: 5:46.25	37.98
4.	08	Pawlak Jagoda	<b>6:31.16</b>	314	1:36.58	1:36.35	1:53.13	1:25.10
		50m: 43.96	150m: 2:25.33	48.75	250m: 4:08.77	55.84	350m: 5:51.35	45.29
		100m: 1:36.58	200m: 3:12.93	47.60	300m: 5:06.06	57.29	400m: 6:31.16	39.81

## 15-16 lat OZP

1.	08	Fartuszy ska Weronika	<b>5:31.94</b>	513	1:16.86	1:25.00	1:35.11	1:14.97
		<i>MISTRZ OOZP</i>						
		50m: 35.96	150m: 1:59.31	42.45	250m: 3:29.13	47.27	350m: 4:55.41	38.44
		100m: 1:16.86	200m: 2:41.86	42.55	300m: 4:16.97	47.84	400m: 5:31.94	36.53
2.	09	Ku aj Lena	<b>5:41.14</b>	473	1:15.76	1:30.73	1:39.53	1:15.12
		50m: 33.90	150m: 2:00.25	44.49	250m: 3:35.14	48.65	350m: 5:04.51	38.49
		100m: 1:15.76	200m: 2:46.49	46.24	300m: 4:26.02	50.88	400m: 5:41.14	36.63

## 17 - 18 lat

1.	07	Skrzypczak Natalia	<b>5:18.75</b>	580	1:12.45	1:23.06	1:29.92	1:13.32
		<i>MISTRZ OPOLSZCZYŻNY</i>						
		50m: 33.71	150m: 1:54.54	42.09	250m: 3:20.80	45.29	350m: 4:43.09	37.66
		100m: 1:12.45	200m: 2:35.51	40.97	300m: 4:05.43	44.63	400m: 5:18.75	35.66
2.	07	Mielnik Hanna	<b>5:37.13</b>	490	1:14.03	1:31.49	1:31.53	1:20.08
		50m: 33.62	150m: 2:00.73	46.70	250m: 3:31.26	45.74	350m: 4:57.60	40.55
		100m: 1:14.03	200m: 2:45.52	44.79	300m: 4:17.05	45.79	400m: 5:37.13	39.53

# LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2024

Konkurencja 11, Kobiet, 400m zmienny

17-18 lat OZP

1. Mielnik Hanna	07	AZS KU Politechniki Opolskie	<b>5:37.13</b>	490	1:14.03	1:31.49	1:31.53	1:20.08
<i>MISTRZ OZP</i>								
50m:	33.62	33.62	150m:	2:00.73	46.70	250m:	3:31.26	45.74
100m:	1:14.03	40.41	200m:	2:45.52	44.79	300m:	4:17.05	45.79
						350m:	4:57.60	40.55
						400m:	5:37.13	39.53

Open

1. Skrzypczak Natalia	07	Akademia Sms Racibórz	<b>5:18.75</b>	580	1:12.45	1:23.06	1:29.92	1:13.32
<i>MISTRZ OPOLSZCZYŻNY</i>								
50m:	33.71	33.71	150m:	1:54.54	42.09	250m:	3:20.80	45.29
100m:	1:12.45	38.74	200m:	2:35.51	40.97	300m:	4:05.43	44.63
						350m:	4:43.09	37.66
						400m:	5:18.75	35.66
2. Bomba Julia	11	CSiR MOS w D browie Górni	<b>5:23.59</b>	554	1:11.10	1:24.06	1:35.94	1:12.49
50m:	33.03	33.03	150m:	1:53.72	42.62	250m:	3:22.60	47.44
100m:	1:11.10	38.07	200m:	2:35.16	41.44	300m:	4:11.10	48.50
						350m:	4:47.94	36.84
						400m:	5:23.59	35.65
3. Matyjasek Olga	10	Swim Team MOSiR K dzierzy	<b>5:27.04</b>	537	1:13.15	1:24.80	1:34.28	1:14.81
50m:	32.58	32.58	150m:	1:55.97	42.82	250m:	3:24.66	46.71
100m:	1:13.15	40.57	200m:	2:37.95	41.98	300m:	4:12.23	47.57
						350m:	4:50.92	38.69
						400m:	5:27.04	36.12
4. Drabik Aneta	04	KP „Sukces” Chorzów	<b>5:28.83</b>	528	1:14.73	1:27.25	1:34.51	1:12.34
50m:	34.39	34.39	150m:	1:59.49	44.76	250m:	3:28.88	46.90
100m:	1:14.73	40.34	200m:	2:41.98	42.49	300m:	4:16.49	47.61
						350m:	4:53.53	37.04
						400m:	5:28.83	35.30
5. Fartuszy ska Weronika	08	UKS Junior Kluczbork	<b>5:31.94</b>	513	1:16.86	1:25.00	1:35.11	1:14.97
50m:	35.96	35.96	150m:	1:59.31	42.45	250m:	3:29.13	47.27
100m:	1:16.86	40.90	200m:	2:41.86	42.55	300m:	4:16.97	47.84
						350m:	4:55.41	38.44
						400m:	5:31.94	36.53
6. Mielnik Hanna	07	AZS KU Politechniki Opolskie	<b>5:37.13</b>	490	1:14.03	1:31.49	1:31.53	1:20.08
50m:	33.62	33.62	150m:	2:00.73	46.70	250m:	3:31.26	45.74
100m:	1:14.03	40.41	200m:	2:45.52	44.79	300m:	4:17.05	45.79
						350m:	4:57.60	40.55
						400m:	5:37.13	39.53
7. Krawczyk Aleksandra	11	UKS „Na Fali Bytom”	<b>5:37.89</b>	487	1:16.86	1:26.49	1:38.89	1:15.65
50m:	35.15	35.15	150m:	2:00.74	43.88	250m:	3:32.47	49.12
100m:	1:16.86	41.71	200m:	2:43.35	42.61	300m:	4:22.24	49.77
						350m:	5:00.62	38.38
						400m:	5:37.89	37.27
8. Paj k Agata	11	UKS Aqua Team Mikołów	<b>5:40.95</b>	474	1:18.62	1:26.26	1:38.97	1:17.10
50m:	37.39	37.39	150m:	2:02.51	43.89	250m:	3:34.96	50.08
100m:	1:18.62	41.23	200m:	2:44.88	42.37	300m:	4:23.85	48.89
						350m:	5:03.66	39.81
						400m:	5:40.95	37.29
9. Ku aj Lena	09	Swim Team MOSiR K dzierzy	<b>5:41.14</b>	473	1:15.76	1:30.73	1:39.53	1:15.12
50m:	33.90	33.90	150m:	2:00.25	44.49	250m:	3:35.14	48.65
100m:	1:15.76	41.86	200m:	2:46.49	46.24	300m:	4:26.02	50.88
						350m:	5:04.51	38.49
						400m:	5:41.14	36.63
10. Bałoz Laura	09	MKS SMS Victoria Racibórz	<b>5:46.25</b>	452	1:22.94	1:25.73	1:38.81	1:18.77
50m:	37.78	37.78	150m:	2:06.09	43.15	250m:	3:36.98	48.31
100m:	1:22.94	45.16	200m:	2:48.67	42.58	300m:	4:27.48	50.50
						350m:	5:08.27	40.79
						400m:	5:46.25	37.98
11. K ska Klara	10	WKS l sk Wrocław	<b>5:54.59</b>	421	1:21.47	1:29.47	1:42.18	1:21.47
50m:	36.76	36.76	150m:	2:07.08	45.61	250m:	3:42.01	51.07
100m:	1:21.47	44.71	200m:	2:50.94	43.86	300m:	4:33.12	51.11
						350m:	5:14.42	41.30
						400m:	5:54.59	40.17
12. Nikiel Emilia	11	MKS Park Wodny Tarnowskie	<b>5:59.05</b>	406	1:26.80	1:30.82	1:43.05	1:18.38
50m:	39.90	39.90	150m:	2:12.70	45.90	250m:	3:48.89	51.27
100m:	1:26.80	46.90	200m:	2:57.62	44.92	300m:	4:40.67	51.78
						350m:	5:21.13	40.46
						400m:	5:59.05	37.92
13. Morga ska Marta	10	UKS „Manta Kochłowice Rud	<b>6:04.30</b>	388	1:24.63	1:37.63	1:42.53	1:19.51
50m:	39.82	39.82	150m:	2:15.07	50.44	250m:	3:52.62	50.36
100m:	1:24.63	44.81	200m:	3:02.26	47.19	300m:	4:44.79	52.17
						350m:	5:24.85	40.06
						400m:	6:04.30	39.45
14. Niełacna Olga	10	Sport Active	<b>6:30.81</b>	314	1:28.83	1:48.16	1:44.99	1:28.83
50m:	40.26	40.26	150m:	2:25.91	57.08	250m:	4:08.76	51.77
100m:	1:28.83	48.57	200m:	3:16.99	51.08	300m:	5:01.98	53.22
						350m:	5:49.05	47.07
						400m:	6:30.81	41.76
15. Pawlak Jagoda	08	UKS Marato czyk Ostrów Wlk	<b>6:31.16</b>	314	1:36.58	1:36.35	1:53.13	1:25.10
50m:	43.96	43.96	150m:	2:25.33	48.75	250m:	4:08.77	55.84
100m:	1:36.58	52.62	200m:	3:12.93	47.60	300m:	5:06.06	57.29
						350m:	5:51.35	45.29
						400m:	6:31.16	39.81

# LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2024

## Konkurencja 11, Kobiet, 400m zmienny, Open

Pozycja	Rok ur.	Czas		Pkt.	100m	200m	300m	400m			
16. Sheptun Anna	11	MKS Juwenia Wrocław		<b>6:36.91</b>	300	1:41.38	1:40.39	1:46.21	1:28.93		
50m:	45.05	45.05	150m:	2:32.56	51.18	250m:	4:13.40	51.63	350m:	5:54.12	46.14
100m:	1:41.38	56.33	200m:	3:21.77	49.21	300m:	5:07.98	54.58	400m:	6:36.91	42.79
17. Klonowska Julia	11	KS Rekin wiebodzice		<b>6:40.34</b>	292	1:29.13	1:44.31	1:52.74	1:34.16		
50m:	39.86	39.86	150m:	2:21.49	52.36	250m:	4:08.37	54.93	350m:	5:54.70	48.52
100m:	1:29.13	49.27	200m:	3:13.44	51.95	300m:	5:06.18	57.81	400m:	6:40.34	45.64
18. Połe Julia	10	KS OSIR Bielawa		<b>6:52.58</b>	267	1:38.98	1:40.69	1:55.10	1:37.81		
50m:	43.96	43.96	150m:	2:31.36	52.38	250m:	4:17.24	57.57	350m:	6:05.03	50.26
100m:	1:38.98	55.02	200m:	3:19.67	48.31	300m:	5:14.77	57.53	400m:	6:52.58	47.55
19. Kwiatkowska Maria	13	KS OSIR Bielawa		<b>6:58.73</b>	255	1:39.98	1:41.57	1:57.93	1:39.25		
50m:	42.84	42.84	150m:	2:31.79	51.81	250m:	4:20.60	59.05	350m:	6:10.90	51.42
100m:	1:39.98	57.14	200m:	3:21.55	49.76	300m:	5:19.48	58.88	400m:	6:58.73	47.83
20. Breitkopf Karolina	11	Swim Team MOSiR K dzierzy		<b>7:11.09</b>	234	1:55.06	1:48.97	1:47.60	1:39.46		
50m:	51.87	51.87	150m:	2:49.83	54.77	250m:	4:36.98	52.95	350m:	6:23.46	51.83
100m:	1:55.06	1:03.19	200m:	3:44.03	54.20	300m:	5:31.63	54.65	400m:	7:11.09	47.63

## Open OZP

1. Matyjasek Olga	10	Swim Team MOSiR K dzierzy		<b>5:27.04</b>	537	1:13.15	1:24.80	1:34.28	1:14.81		
<i>MISTRZ OOZP</i>											
50m:	32.58	32.58	150m:	1:55.97	42.82	250m:	3:24.66	46.71	350m:	4:50.92	38.69
100m:	1:13.15	40.57	200m:	2:37.95	41.98	300m:	4:12.23	47.57	400m:	5:27.04	36.12
2. Fartuszy ska Weronika	08	UKS Junior Kluczbork		<b>5:31.94</b>	513	1:16.86	1:25.00	1:35.11	1:14.97		
50m:	35.96	35.96	150m:	1:59.31	42.45	250m:	3:29.13	47.27	350m:	4:55.41	38.44
100m:	1:16.86	40.90	200m:	2:41.86	42.55	300m:	4:16.97	47.84	400m:	5:31.94	36.53
3. Mielnik Hanna	07	AZS KU Politechniki Opolskie		<b>5:37.13</b>	490	1:14.03	1:31.49	1:31.53	1:20.08		
50m:	33.62	33.62	150m:	2:00.73	46.70	250m:	3:31.26	45.74	350m:	4:57.60	40.55
100m:	1:14.03	40.41	200m:	2:45.52	44.79	300m:	4:17.05	45.79	400m:	5:37.13	39.53
4. Ku aj Lena	09	Swim Team MOSiR K dzierzy		<b>5:41.14</b>	473	1:15.76	1:30.73	1:39.53	1:15.12		
50m:	33.90	33.90	150m:	2:00.25	44.49	250m:	3:35.14	48.65	350m:	5:04.51	38.49
100m:	1:15.76	41.86	200m:	2:46.49	46.24	300m:	4:26.02	50.88	400m:	5:41.14	36.63
5. Breitkopf Karolina	11	Swim Team MOSiR K dzierzy		<b>7:11.09</b>	234	1:55.06	1:48.97	1:47.60	1:39.46		
50m:	51.87	51.87	150m:	2:49.83	54.77	250m:	4:36.98	52.95	350m:	6:23.46	51.83
100m:	1:55.06	1:03.19	200m:	3:44.03	54.20	300m:	5:31.63	54.65	400m:	7:11.09	47.63