

LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2024

 Konkurencja 19
 18.05.2024 - 16:25

Kobiet, 400m dowolny

 Open
 Wyniki

Punkty: FINA 2024

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m					
11 lat i młodszy												
1.	Pecold Julia	13	KS „Górnik” Sosnowiec	5:50.06	304	1:18.95	1:28.47	1:31.46	1:31.18			
	<i>MISTRZ OPOLSZCZYZNY</i>											
	50m:	36.94	36.94	150m:	2:02.48	43.53	250m:	3:33.28	45.86	350m:	5:05.12	46.24
	100m:	1:18.95	42.01	200m:	2:47.42	44.94	300m:	4:18.88	45.60	400m:	5:50.06	44.94
2.	Glapiak Jagoda	14	AZS KU Politechniki Opolskiej	7:11.26	162	1:38.61	1:54.35	1:52.58	1:45.72			
	50m:	43.57	43.57	150m:	2:35.50	56.89	250m:	4:29.04	56.08	350m:	6:21.90	56.36
	100m:	1:38.61	55.04	200m:	3:32.96	57.46	300m:	5:25.54	56.50	400m:	7:11.26	49.36
DYSKW.	Pielczyk Lena	13	DOKiS SP Vega Dobrodzie	7:07.97	:-	1:35.56	1:50.94	1:54.28	1:47.19			
	<i>O 1 - Pływak zainicjował start przed sygnałem startu. (Czas: 17:23)</i>											
	50m:	44.15	44.15	150m:	2:30.28	54.72	250m:	4:24.77	58.27	350m:	6:17.44	56.66
	100m:	1:35.56	51.41	200m:	3:26.50	56.22	300m:	5:20.78	56.01	400m:	7:07.97	50.53
11 lat i młodszy OZP												
1.	Glapiak Jagoda	14	AZS KU Politechniki Opolskiej	7:11.26	162	1:38.61	1:54.35	1:52.58	1:45.72			
	<i>MISTRZ OZP</i>											
	50m:	43.57	43.57	150m:	2:35.50	56.89	250m:	4:29.04	56.08	350m:	6:21.90	56.36
	100m:	1:38.61	55.04	200m:	3:32.96	57.46	300m:	5:25.54	56.50	400m:	7:11.26	49.36
DYSKW.	Pielczyk Lena	13	DOKiS SP Vega Dobrodzie	7:07.97	:-	1:35.56	1:50.94	1:54.28	1:47.19			
	<i>O 1 - Pływak zainicjował start przed sygnałem startu. (Czas: 17:23)</i>											
	50m:	44.15	44.15	150m:	2:30.28	54.72	250m:	4:24.77	58.27	350m:	6:17.44	56.66
	100m:	1:35.56	51.41	200m:	3:26.50	56.22	300m:	5:20.78	56.01	400m:	7:07.97	50.53
12 - 13 lat												
1.	Bomba Julia	11	CSiR MOS w D browie Górnic	4:45.55	560	1:08.32	1:13.67	1:12.67	1:10.89			
	<i>MISTRZ OPOLSZCZYZNY</i>											
	50m:	32.66	32.66	150m:	1:44.78	36.46	250m:	2:57.96	35.97	350m:	4:10.76	36.10
	100m:	1:08.32	35.66	200m:	2:21.99	37.21	300m:	3:34.66	36.70	400m:	4:45.55	34.79
2.	Krawczyk Aleksandra	11	UKS „Na Fali Bytom”	4:48.94	540	1:09.23	1:13.89	1:14.24	1:11.58			
	50m:	32.66	32.66	150m:	1:46.12	36.89	250m:	3:00.00	36.88	350m:	4:13.81	36.45
	100m:	1:09.23	36.57	200m:	2:23.12	37.00	300m:	3:37.36	37.36	400m:	4:48.94	35.13
3.	Szlabowicz Emilia	11	WKS I sk Wrocław	5:16.31	412	1:16.76	1:22.38	1:20.63	1:16.54			
	50m:	36.07	36.07	150m:	1:57.46	40.70	250m:	3:18.66	39.52	350m:	4:39.14	39.37
	100m:	1:16.76	40.69	200m:	2:39.14	41.68	300m:	3:59.77	41.11	400m:	5:16.31	37.17
4.	Kocł ga Antonina	11	UKS Aqua Team Mikołów	5:19.12	401	1:16.20	1:22.07	1:21.72	1:19.13			
	50m:	35.26	35.26	150m:	1:57.53	41.33	250m:	3:19.27	41.00	350m:	4:40.64	40.65
	100m:	1:16.20	40.94	200m:	2:38.27	40.74	300m:	3:59.99	40.72	400m:	5:19.12	38.48
5.	Mikołajek Adrianna	11	UKS DELFIN Krapkowice	5:24.11	383	1:18.55	1:24.61	1:23.76	1:17.19			
	50m:	36.71	36.71	150m:	2:00.96	42.41	250m:	3:25.32	42.16	350m:	4:46.98	40.06
	100m:	1:18.55	41.84	200m:	2:43.16	42.20	300m:	4:06.92	41.60	400m:	5:24.11	37.13
6.	Wereszczy ska Lila	12	WKS I sk Wrocław	5:25.80	377	1:14.99	1:22.53	1:25.04	1:23.24			
	50m:	34.74	34.74	150m:	1:56.01	41.02	250m:	3:20.20	42.68	350m:	4:44.54	41.98
	100m:	1:14.99	40.25	200m:	2:37.52	41.51	300m:	4:02.56	42.36	400m:	5:25.80	41.26
7.	Bachniak Lidia	11	CSiR MOS w D browie Górnic	5:31.52	357	1:18.89	1:25.04	1:24.98	1:22.61			
	50m:	37.38	37.38	150m:	2:01.04	42.15	250m:	3:26.08	42.15	350m:		
	100m:	1:18.89	41.51	200m:	2:43.93	42.89	300m:	4:08.91	42.83	400m:	5:31.52	

LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2024

Konkurencja 19, Dziewcz t, 400m dowolny, 12 - 13 lat

Pozycja	Rok ur.	WKS	I sk	Wrocław	Czas	Pkt.	100m	200m	300m	400m		
8.	Dziubi ska-Gałkowska L.	12	WKS	I sk Wrocław	5:35.00	346	1:18.49	1:26.14	1:27.73	1:22.64		
	50m:	36.34	36.34	150m:	2:01.06	42.57	250m:	3:28.43	43.80	350m:	4:55.22	42.86
	100m:	1:18.49	42.15	200m:	2:44.63	43.57	300m:	4:12.36	43.93	400m:	5:35.00	39.78
9.	Tymi ska Adrianna	11	WKS	I sk Wrocław	5:37.86	338	1:22.39	1:27.18	1:27.38	1:20.91		
	50m:	39.10	39.10	150m:	2:06.46	44.07	250m:	3:33.85	44.28	350m:	4:58.48	41.53
	100m:	1:22.39	43.29	200m:	2:49.57	43.11	300m:	4:16.95	43.10	400m:	5:37.86	39.38
10.	Weinert Agata	11	UKS DELFIN	Krapkowice	5:38.88	335	1:22.45	1:28.39	1:27.19	1:20.85		
	50m:	39.20	39.20	150m:	2:07.00	44.55	250m:	3:34.90	44.06	350m:	4:59.57	41.54
	100m:	1:22.45	43.25	200m:	2:50.84	43.84	300m:	4:18.03	43.13	400m:	5:38.88	39.31
11.	Chudy Gabriela	11	WKS	I sk Wrocław	5:46.81	312	1:22.31	1:30.51	1:29.67	1:24.32		
	50m:	39.02	39.02	150m:	2:06.96	44.65	250m:	3:37.68	44.86	350m:	5:05.86	43.37
	100m:	1:22.31	43.29	200m:	2:52.82	45.86	300m:	4:22.49	44.81	400m:	5:46.81	40.95
12.	Danielak Antonina	11	WKS	I sk Wrocław	6:02.94	272	1:25.43	1:34.17	1:35.13	1:28.21		
	50m:	38.98	38.98	150m:	2:12.68	47.25	250m:	3:47.45	47.85	350m:	5:20.32	45.59
	100m:	1:25.43	46.45	200m:	2:59.60	46.92	300m:	4:34.73	47.28	400m:	6:02.94	42.62
13.	Zabielska Helena	11	UKS Kronos	Strzelce Opolski	6:30.05	219	1:25.34	1:41.42	1:43.81	1:39.48		
	50m:	38.75	38.75	150m:	2:14.30	48.96	250m:	3:58.53	51.77	350m:	5:41.54	50.97
	100m:	1:25.34	46.59	200m:	3:06.76	52.46	300m:	4:50.57	52.04	400m:	6:30.05	48.51
14.	Wiatrowska Julia	11	Sport Active		6:57.49	179	1:39.00	1:48.04	1:45.09	1:45.36		
	50m:	45.74	45.74	150m:	2:32.85	53.85	250m:	4:19.49	52.45	350m:	6:04.84	52.71
	100m:	1:39.00	53.26	200m:	3:27.04	54.19	300m:	5:12.13	52.64	400m:	6:57.49	52.65
DYSKW.	Sado Jagoda	11	Swim Team MOSiR K	dzierzyn-Ko le	:-(1:19.94	1:26.88	1:28.24			
	<i>O 2 - Pływak nie uko czył całego dystansu. (Czas: 17:30)</i>											
	50m:	37.30	37.30	150m:	2:03.34	43.40	250m:	3:30.33	43.51	350m:		
	100m:	1:19.94	42.64	200m:	2:46.82	43.48	300m:	4:15.06	44.73	400m:		

12-13 lat OZP

1.	Mikołajek Adrianna	11	UKS DELFIN	Krapkowice	5:24.11	383	1:18.55	1:24.61	1:23.76	1:17.19		
	<i>MISTRZ OZP</i>											
	50m:	36.71	36.71	150m:	2:00.96	42.41	250m:	3:25.32	42.16	350m:	4:46.98	40.06
	100m:	1:18.55	41.84	200m:	2:43.16	42.20	300m:	4:06.92	41.60	400m:	5:24.11	37.13
2.	Weinert Agata	11	UKS DELFIN	Krapkowice	5:38.88	335	1:22.45	1:28.39	1:27.19	1:20.85		
	50m:	39.20	39.20	150m:	2:07.00	44.55	250m:	3:34.90	44.06	350m:	4:59.57	41.54
	100m:	1:22.45	43.25	200m:	2:50.84	43.84	300m:	4:18.03	43.13	400m:	5:38.88	39.31
3.	Zabielska Helena	11	UKS Kronos	Strzelce Opolski	6:30.05	219	1:25.34	1:41.42	1:43.81	1:39.48		
	50m:	38.75	38.75	150m:	2:14.30	48.96	250m:	3:58.53	51.77	350m:	5:41.54	50.97
	100m:	1:25.34	46.59	200m:	3:06.76	52.46	300m:	4:50.57	52.04	400m:	6:30.05	48.51
DYSKW.	Sado Jagoda	11	Swim Team MOSiR K	dzierzyn-Ko le	:-(1:19.94	1:26.88	1:28.24			
	<i>O 2 - Pływak nie uko czył całego dystansu. (Czas: 17:30)</i>											
	50m:	37.30	37.30	150m:	2:03.34	43.40	250m:	3:30.33	43.51	350m:		
	100m:	1:19.94	42.64	200m:	2:46.82	43.48	300m:	4:15.06	44.73	400m:		

14 lat

1.	Gaca Izabela	10	Swim Team MOSiR K	dzierzyn-Ko le	4:48.11	545	1:09.42	1:13.29	1:14.54	1:10.86		
	<i>MISTRZ OPOLSZCZYZNY</i>											
	50m:	32.98	32.98	150m:	1:46.27	36.85	250m:	2:59.95	37.24	350m:	4:13.35	36.10
	100m:	1:09.42	36.44	200m:	2:22.71	36.44	300m:	3:37.25	37.30	400m:	4:48.11	34.76
2.	Emerling Diana	10	Swim Team MOSiR K	dzierzyn-Ko le	4:50.56	531	1:10.30	1:14.10	1:14.25	1:11.91		
	50m:	33.36	33.36	150m:	1:47.14	36.84	250m:	3:01.31	36.91	350m:	4:15.27	36.62
	100m:	1:10.30	36.94	200m:	2:24.40	37.26	300m:	3:38.65	37.34	400m:	4:50.56	35.29

LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2024

Konkurencja 19, Dziewcz t, 400m dowolny, 14 lat

Pozycja	Rok ur.	Imię i Nazwisko	Club	Time	Pkt.	100m	200m	300m	400m
3.	10	Rajca Matylda	LKS Jedno 32 Przyszowice	4:50.61	531	1:08.24	1:14.81	1:14.29	1:13.27
		50m: 32.76	150m: 1:45.69	37.45	250m: 3:00.39	37.34	350m: 4:14.07	36.73	
		100m: 1:08.24	200m: 2:23.05	37.36	300m: 3:37.34	36.95	400m: 4:50.61	36.54	
4.	10	Rzepka Klara	UKS Aqua Team Mikołów	4:58.89	488	1:10.24	1:16.28	1:16.85	1:15.52
		50m: 33.46	150m: 1:48.32	38.08	250m: 3:05.21	38.69	350m: 4:21.95	38.58	
		100m: 1:10.24	200m: 2:26.52	38.20	300m: 3:43.37	38.16	400m: 4:58.89	36.94	
5.	10	Jendrysik Paulina	KP „Sukces” Chorzów	5:04.67	461	1:11.31	1:18.97	1:19.24	1:15.15
		50m: 33.67	150m: 1:50.77	39.46	250m: 3:10.23	39.95	350m: 4:28.12	38.60	
		100m: 1:11.31	200m: 2:30.28	39.51	300m: 3:49.52	39.29	400m: 5:04.67	36.55	
6.	10	Morga ska Marta	UKS „Manta Kochłowice Rudzka”	5:15.01	417	1:15.99	1:20.12	1:20.82	1:18.08
		50m: 36.29	150m: 1:56.11	40.12	250m: 3:16.58	40.47	350m: 4:36.80	39.87	
		100m: 1:15.99	200m: 2:36.11	40.00	300m: 3:56.93	40.35	400m: 5:15.01	38.21	
7.	10	urakowska Zuzanna	Fundacja Power Swimming	5:15.37	415	1:14.55	1:19.47	1:21.47	1:19.88
		50m: 35.55	150m: 1:54.42	39.87	250m: 3:13.92	39.90	350m: 4:35.83	40.34	
		100m: 1:14.55	200m: 2:34.02	39.60	300m: 3:55.49	41.57	400m: 5:15.37	39.54	
8.	10	Maik Maja	UKS „Manta Kochłowice Rudzka”	5:16.03	413	1:15.34	1:20.72	1:22.19	1:17.78
		50m: 36.06	150m: 1:55.53	40.19	250m: 3:17.26	41.20	350m: 4:38.34	40.09	
		100m: 1:15.34	200m: 2:36.06	40.53	300m: 3:58.25	40.99	400m: 5:16.03	37.69	
9.	10	Jendrzey Klara	DOKiS SP Vega Dobrodzie	5:17.04	409	1:14.72	1:21.23	1:22.79	1:18.30
		50m: 34.62	150m: 1:55.34	40.62	250m: 3:17.46	41.51	350m: 4:38.38	39.64	
		100m: 1:14.72	200m: 2:35.95	40.61	300m: 3:58.74	41.28	400m: 5:17.04	38.66	
10.	10	Sułkowska Oliwia	UKS Junior Kluczbork	5:19.69	399	1:15.71	1:22.22	1:21.96	1:19.80
		50m: 35.80	150m: 1:56.52	40.81	250m: 3:18.95	41.02	350m: 4:41.05	41.16	
		100m: 1:15.71	200m: 2:37.93	41.41	300m: 3:59.89	40.94	400m: 5:19.69	38.64	
11.	10	Pianka Emilia	UKS Junior Kluczbork	5:19.85	398	1:15.49	1:22.48	1:23.13	1:18.75
		50m: 35.91	150m: 1:56.43	40.94	250m: 3:19.71	41.74	350m: 4:42.59	41.49	
		100m: 1:15.49	200m: 2:37.97	41.54	300m: 4:01.10	41.39	400m: 5:19.85	37.26	
12.	10	Pi tek Maja	KS „Górnik” Sosnowiec	5:20.94	394	1:17.70	1:22.33	1:22.27	1:18.64
		50m: 36.90	150m: 1:58.77	41.07	250m: 3:21.49	41.46	350m: 4:42.94	40.64	
		100m: 1:17.70	200m: 2:40.03	41.26	300m: 4:02.30	40.81	400m: 5:20.94	38.00	
13.	10	Szebysty Hanna	MKS Juvenia Wrocław	5:28.11	369	1:18.41	1:25.08	1:25.08	1:19.54
		50m: 36.93	150m: 2:00.97	42.56	250m: 3:26.43	42.94	350m: 4:49.78	41.21	
		100m: 1:18.41	200m: 2:43.49	42.52	300m: 4:08.57	42.14	400m: 5:28.11	38.33	
14.	10	Artwik Hanna	KP Aqua-Swim Nysa	5:29.81	363	1:20.73	1:25.06	1:23.86	1:20.16
		50m: 38.62	150m: 2:04.50	43.77	250m: 3:28.45	42.66	350m: 4:51.02	41.37	
		100m: 1:20.73	200m: 2:45.79	41.29	300m: 4:09.65	41.20	400m: 5:29.81	38.79	
15.	10	Bielec Emilia	UKS DELFIN Krapkowice	5:31.01	359	1:20.23	1:24.53	1:26.08	1:20.17
		50m: 37.41	150m: 2:02.47	42.24	250m: 3:27.89	43.13	350m: 4:51.71	40.87	
		100m: 1:20.23	200m: 2:44.76	42.29	300m: 4:10.84	42.95	400m: 5:31.01	39.30	
16.	10	Rogosz Estera	UKS DELFIN Krapkowice	5:32.23	355	1:19.81	1:25.81	1:24.59	1:22.02
		50m: 37.26	150m: 2:02.79	42.98	250m: 3:27.96	42.34	350m: 4:52.12	41.91	
		100m: 1:19.81	200m: 2:45.62	42.83	300m: 4:10.21	42.25	400m: 5:32.23	40.11	
17.	10	Chmielewska Lena	Stowarzyszenie Hobby Sport	5:49.89	304	1:20.97	1:30.85	1:31.97	1:26.10
		50m: 37.24	150m: 2:06.01	45.04	250m: 3:38.30	46.48	350m: 5:08.04	44.25	
		100m: 1:20.97	200m: 2:51.82	45.81	300m: 4:23.79	45.49	400m: 5:49.89	41.85	
18.	10	Makowska Emilia	UKS Junior Kluczbork	5:50.17	303	1:22.52	1:30.46	1:30.11	1:27.08
		50m: 38.66	150m: 2:07.87	45.35	250m: 3:38.51	45.53	350m: 5:06.81	43.72	
		100m: 1:22.52	200m: 2:52.98	45.11	300m: 4:23.09	44.58	400m: 5:50.17	43.36	
19.	10	Kułak Maja	KP Aqua-Swim Nysa	5:59.98	279	1:23.89	1:31.46	1:34.39	1:30.24
		50m: 40.01	150m: 2:08.65	44.76	250m: 3:42.47	47.12	350m: 5:17.54	47.80	
		100m: 1:23.89	200m: 2:55.35	46.70	300m: 4:29.74	47.27	400m: 5:59.98	42.44	
20.	10	Zi ba Nicola	Sport Active	6:00.00	279	1:23.32	1:32.56	1:34.40	1:29.72
		50m: 39.53	150m: 2:09.13	45.81	250m: 3:43.74	47.86	350m: 5:18.57	48.29	
		100m: 1:23.32	200m: 2:55.88	46.75	300m: 4:30.28	46.54	400m: 6:00.00	41.43	

LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2024

Konkurencja 19, Dziewcz t, 400m dowolny, 14 lat

Pozycja	Rok ur.	Imię i Nazwisko	Club	Czas	Pkt.	100m	200m	300m	400m
21.	10	Krukowska Wiktoria	Sport Active	6:09.01	259	1:26.28	1:35.73	1:35.40	1:31.60
		50m: 40.92	40.92	150m: 2:13.53	47.25	250m: 3:49.96	47.95	350m: 5:24.82	47.41
		100m: 1:26.28	45.36	200m: 3:02.01	48.48	300m: 4:37.41	47.45	400m: 6:09.01	44.19
22.	10	Obajtek Martyna	Sport Active	6:29.29	221	1:31.39	1:38.72	1:40.89	1:38.29
		50m: 2:20.60	2:20.60	150m: 5:41.08	4:09.69	250m:	350m:		
		100m: 1:31.39		200m: 3:10.11		300m: 4:51.00	400m: 6:29.29		

14 lat OZP

1.	10	Gaca Izabela	Swim Team MOSiR K dzierzy	4:48.11	545	1:09.42	1:13.29	1:14.54	1:10.86
		<i>MISTRZ OZP</i>							
		50m: 32.98	32.98	150m: 1:46.27	36.85	250m: 2:59.95	37.24	350m: 4:13.35	36.10
		100m: 1:09.42	36.44	200m: 2:22.71	36.44	300m: 3:37.25	37.30	400m: 4:48.11	34.76
2.	10	Emerling Diana	Swim Team MOSiR K dzierzy	4:50.56	531	1:10.30	1:14.10	1:14.25	1:11.91
		50m: 33.36	33.36	150m: 1:47.14	36.84	250m: 3:01.31	36.91	350m: 4:15.27	36.62
		100m: 1:10.30	36.94	200m: 2:24.40	37.26	300m: 3:38.65	37.34	400m: 4:50.56	35.29
3.	10	Jendrzrej Klara	DOKiS SP Vega Dobrodzie	5:17.04	409	1:14.72	1:21.23	1:22.79	1:18.30
		50m: 34.62	34.62	150m: 1:55.34	40.62	250m: 3:17.46	41.51	350m: 4:38.38	39.64
		100m: 1:14.72	40.10	200m: 2:35.95	40.61	300m: 3:58.74	41.28	400m: 5:17.04	38.66
4.	10	Sułkowska Oliwia	UKS Junior Kluczbork	5:19.69	399	1:15.71	1:22.22	1:21.96	1:19.80
		50m: 35.80	35.80	150m: 1:56.52	40.81	250m: 3:18.95	41.02	350m: 4:41.05	41.16
		100m: 1:15.71	39.91	200m: 2:37.93	41.41	300m: 3:59.89	40.94	400m: 5:19.69	38.64
5.	10	Pianka Emilia	UKS Junior Kluczbork	5:19.85	398	1:15.49	1:22.48	1:23.13	1:18.75
		50m: 35.91	35.91	150m: 1:56.43	40.94	250m: 3:19.71	41.74	350m: 4:42.59	41.49
		100m: 1:15.49	39.58	200m: 2:37.97	41.54	300m: 4:01.10	41.39	400m: 5:19.85	37.26
6.	10	Artwik Hanna	KP Aqua-Swim Nysa	5:29.81	363	1:20.73	1:25.06	1:23.86	1:20.16
		50m: 38.62	38.62	150m: 2:04.50	43.77	250m: 3:28.45	42.66	350m: 4:51.02	41.37
		100m: 1:20.73	42.11	200m: 2:45.79	41.29	300m: 4:09.65	41.20	400m: 5:29.81	38.79
7.	10	Bielec Emilia	UKS DELFIN Krapkowice	5:31.01	359	1:20.23	1:24.53	1:26.08	1:20.17
		50m: 37.41	37.41	150m: 2:02.47	42.24	250m: 3:27.89	43.13	350m: 4:51.71	40.87
		100m: 1:20.23	42.82	200m: 2:44.76	42.29	300m: 4:10.84	42.95	400m: 5:31.01	39.30
8.	10	Rogosz Estera	UKS DELFIN Krapkowice	5:32.23	355	1:19.81	1:25.81	1:24.59	1:22.02
		50m: 37.26	37.26	150m: 2:02.79	42.98	250m: 3:27.96	42.34	350m: 4:52.12	41.91
		100m: 1:19.81	42.55	200m: 2:45.62	42.83	300m: 4:10.21	42.25	400m: 5:32.23	40.11
9.	10	Chmielewska Lena	Stowarzyszenie Hobby Sport	5:49.89	304	1:20.97	1:30.85	1:31.97	1:26.10
		50m: 37.24	37.24	150m: 2:06.01	45.04	250m: 3:38.30	46.48	350m: 5:08.04	44.25
		100m: 1:20.97	43.73	200m: 2:51.82	45.81	300m: 4:23.79	45.49	400m: 5:49.89	41.85
10.	10	Makowska Emilia	UKS Junior Kluczbork	5:50.17	303	1:22.52	1:30.46	1:30.11	1:27.08
		50m: 38.66	38.66	150m: 2:07.87	45.35	250m: 3:38.51	45.53	350m: 5:06.81	43.72
		100m: 1:22.52	43.86	200m: 2:52.98	45.11	300m: 4:23.09	44.58	400m: 5:50.17	43.36
11.	10	Kulak Maja	KP Aqua-Swim Nysa	5:59.98	279	1:23.89	1:31.46	1:34.39	1:30.24
		50m: 40.01	40.01	150m: 2:08.65	44.76	250m: 3:42.47	47.12	350m: 5:17.54	47.80
		100m: 1:23.89	43.88	200m: 2:55.35	46.70	300m: 4:29.74	47.27	400m: 5:59.98	42.44

15 - 16 lat

1.	08	Ferszt Kornelia	KS „Górnik” Sosnowiec	4:42.92	575	1:08.57	1:13.44	1:12.22	1:08.69
		<i>MISTRZ OPOLSZCZYZNY</i>							
		50m: 32.59	32.59	150m: 1:45.29	36.72	250m: 2:58.11	36.10	350m: 4:09.31	35.08
		100m: 1:08.57	35.98	200m: 2:22.01	36.72	300m: 3:34.23	36.12	400m: 4:42.92	33.61
2.	09	Oko Anna	LKS Jedno 32 Przyszwice	4:45.50	560	1:07.53	1:12.71	1:13.43	1:11.83
		50m: 32.11	32.11	150m: 1:43.53	36.00	250m: 2:56.62	36.38	350m: 4:09.87	36.20
		100m: 1:07.53	35.42	200m: 2:20.24	36.71	300m: 3:33.67	37.05	400m: 4:45.50	35.63

LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2024

Konkurencja 19, Dziewcz t, 400m dowolny, 15 - 16 lat

Pozycja	Rok ur.	Imię i Nazwisko	Club	Time	Pkt.	100m	200m	300m	400m
3.	09	Ciupa Ewelina	UKS „Manta Kochłowice Rudzka”	4:46.25	555	1:07.43	1:13.72	1:13.48	1:11.62
		50m: 31.83	150m: 1:44.01	36.58	250m: 2:57.97	36.82	350m: 4:11.06	36.43	
		100m: 1:07.43	200m: 2:21.15	37.14	300m: 3:34.63	36.66	400m: 4:46.25	35.19	
4.	08	Fartuszy ska Weronika	UKS Junior Kluczbork	4:47.31	549	1:08.90	1:13.71	1:14.11	1:10.59
		50m: 33.02	150m: 1:45.80	36.90	250m: 2:59.84	37.23	350m: 4:12.99	36.27	
		100m: 1:08.90	200m: 2:22.61	36.81	300m: 3:36.72	36.88	400m: 4:47.31	34.32	
5.	08	Kordek Zuzanna	Akademia Sms Racibórz	4:47.48	548	1:09.50	1:13.66	1:14.45	1:09.87
		50m: 33.30	150m: 1:46.08	36.58	250m: 2:59.95	36.79	350m: 4:13.94	36.33	
		100m: 1:09.50	200m: 2:23.16	37.08	300m: 3:37.61	37.66	400m: 4:47.48	33.54	
6.	09	Maik Victoria	UKS „Manta Kochłowice Rudzka”	4:52.60	520	1:08.49	1:15.30	1:15.70	1:13.11
		50m: 32.50	150m: 1:45.76	37.27	250m: 3:01.85	38.06	350m: 4:17.16	37.67	
		100m: 1:08.49	200m: 2:23.79	38.03	300m: 3:39.49	37.64	400m: 4:52.60	35.44	
7.	09	Bili ska Iga	UKS „Manta Kochłowice Rudzka”	5:01.03	478	1:09.18	1:16.59	1:17.24	1:18.02
		50m: 32.62	150m: 1:47.22	38.04	250m: 3:04.45	38.68	350m: 4:22.95	39.94	
		100m: 1:09.18	200m: 2:25.77	38.55	300m: 3:43.01	38.56	400m: 5:01.03	38.08	
8.	09	R czka Weronika	UKS SMS Galicja Kraków	5:03.34	467	1:09.45	1:17.26	1:18.93	1:17.70
		50m: 33.14	150m: 1:47.71	38.26	250m: 3:06.55	39.84	350m: 4:25.55	39.91	
		100m: 1:09.45	200m: 2:26.71	39.00	300m: 3:45.64	39.09	400m: 5:03.34	37.79	
9.	08	Łuczka Natalia	CSiR MOS w D browie Górnic	5:05.73	456	1:08.93	1:18.41	1:20.86	1:17.53
		50m: 32.79	150m: 1:47.09	38.16	250m: 3:07.25	39.91	350m: 4:26.41	38.21	
		100m: 1:08.93	200m: 2:27.34	40.25	300m: 3:48.20	40.95	400m: 5:05.73	39.32	
10.	08	Włodarczyk Maja	UKP Manta Jelcz-Laskowice	5:06.31	453	1:10.68	1:17.18	1:20.02	1:18.43
		50m: 33.91	150m: 1:49.03	38.35	250m: 3:07.90	40.04	350m: 4:27.91	40.03	
		100m: 1:10.68	200m: 2:27.86	38.83	300m: 3:47.88	39.98	400m: 5:06.31	38.40	
11.	09	Mroczko Milena	Sport Active	7:45.14	129	1:47.37	2:00.79	2:01.16	1:55.82
		50m: 50.67	150m: 2:46.87	59.50	250m: 4:49.20	1:01.04	350m: 6:48.25	58.93	
		100m: 1:47.37	200m: 3:48.16	1:01.29	300m: 5:49.32	1:00.12	400m: 7:45.14	56.89	

15-16 lat OZP

1.	08	Fartuszy ska Weronika	UKS Junior Kluczbork	4:47.31	549	1:08.90	1:13.71	1:14.11	1:10.59
		<i>MISTRZ OZP</i>							
		50m: 33.02	150m: 1:45.80	36.90	250m: 2:59.84	37.23	350m: 4:12.99	36.27	
		100m: 1:08.90	200m: 2:22.61	36.81	300m: 3:36.72	36.88	400m: 4:47.31	34.32	

17 - 18 lat

1.	06	R p Apolonia	MKS Juvenia Wrocław	4:33.34	638	1:04.67	1:09.62	1:10.16	1:08.89
		<i>MISTRZ OPOLSZCZYZNY</i>							
		50m: 30.92	150m: 1:39.18	34.51	250m: 2:49.37	35.08	350m: 3:59.68	35.23	
		100m: 1:04.67	200m: 2:14.29	35.11	300m: 3:24.45	35.08	400m: 4:33.34	33.66	
2.	07	Ja niecka Paulina	AZS KU Politechniki Opolskie	4:54.37	511	1:08.62	1:14.60	1:15.12	1:16.03
		50m: 32.12	150m: 1:45.80	37.18	250m: 3:00.37	37.15	350m: 4:16.75	38.41	
		100m: 1:08.62	200m: 2:23.22	37.42	300m: 3:38.34	37.97	400m: 4:54.37	37.62	
3.	07	Guzdek Anna	Akademia Sms Racibórz	4:56.41	500	1:10.62	1:15.46	1:16.11	1:14.22
		50m: 33.73	150m: 1:48.33	37.71	250m: 3:04.13	38.05	350m: 4:19.73	37.54	
		100m: 1:10.62	200m: 2:26.08	37.75	300m: 3:42.19	38.06	400m: 4:56.41	36.68	

17-18 lat OZP

1.	07	Ja niecka Paulina	AZS KU Politechniki Opolskie	4:54.37	511	1:08.62	1:14.60	1:15.12	1:16.03
		<i>MISTRZ OZP</i>							
		50m: 32.12	150m: 1:45.80	37.18	250m: 3:00.37	37.15	350m: 4:16.75	38.41	
		100m: 1:08.62	200m: 2:23.22	37.42	300m: 3:38.34	37.97	400m: 4:54.37	37.62	

LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2024

Konkurencja 19, Kobiet, 400m dowolny

Open

1. R p Apolonia	06	MKS Juvenia Wrocław	4:33.34	638	1:04.67	1:09.62	1:10.16	1:08.89			
<i>MISTRZ OPOLSZCZYZNY</i>											
50m:	30.92	30.92	150m:	1:39.18	34.51	250m:	2:49.37	35.08	350m:	3:59.68	35.23
100m:	1:04.67	33.75	200m:	2:14.29	35.11	300m:	3:24.45	35.08	400m:	4:33.34	33.66
2. Ferszt Kornelia	08	KS „Górnik” Sosnowiec	4:42.92	575	1:08.57	1:13.44	1:12.22	1:08.69			
50m:	32.59	32.59	150m:	1:45.29	36.72	250m:	2:58.11	36.10	350m:	4:09.31	35.08
100m:	1:08.57	35.98	200m:	2:22.01	36.72	300m:	3:34.23	36.12	400m:	4:42.92	33.61
3. Oko Anna	09	LKS Jedno 32 Przystowice	4:45.50	560	1:07.53	1:12.71	1:13.43	1:11.83			
50m:	32.11	32.11	150m:	1:43.53	36.00	250m:	2:56.62	36.38	350m:	4:09.87	36.20
100m:	1:07.53	35.42	200m:	2:20.24	36.71	300m:	3:33.67	37.05	400m:	4:45.50	35.63
4. Bomba Julia	11	CSiR MOS w D browie Górni	4:45.55	560	1:08.32	1:13.67	1:12.67	1:10.89			
50m:	32.66	32.66	150m:	1:44.78	36.46	250m:	2:57.96	35.97	350m:	4:10.76	36.10
100m:	1:08.32	35.66	200m:	2:21.99	37.21	300m:	3:34.66	36.70	400m:	4:45.55	34.79
5. Ciupa Ewelina	09	UKS „Manta Kochłowice Rud	4:46.25	555	1:07.43	1:13.72	1:13.48	1:11.62			
50m:	31.83	31.83	150m:	1:44.01	36.58	250m:	2:57.97	36.82	350m:	4:11.06	36.43
100m:	1:07.43	35.60	200m:	2:21.15	37.14	300m:	3:34.63	36.66	400m:	4:46.25	35.19
6. Fartuszy ska Weronika	08	UKS Junior Kluczbork	4:47.31	549	1:08.90	1:13.71	1:14.11	1:10.59			
50m:	33.02	33.02	150m:	1:45.80	36.90	250m:	2:59.84	37.23	350m:	4:12.99	36.27
100m:	1:08.90	35.88	200m:	2:22.61	36.81	300m:	3:36.72	36.88	400m:	4:47.31	34.32
7. Kordek Zuzanna	08	Akademia Sms Racibórz	4:47.48	548	1:09.50	1:13.66	1:14.45	1:09.87			
50m:	33.30	33.30	150m:	1:46.08	36.58	250m:	2:59.95	36.79	350m:	4:13.94	36.33
100m:	1:09.50	36.20	200m:	2:23.16	37.08	300m:	3:37.61	37.66	400m:	4:47.48	33.54
8. Gaca Izabela	10	Swim Team MOSiR K dzierzy	4:48.11	545	1:09.42	1:13.29	1:14.54	1:10.86			
50m:	32.98	32.98	150m:	1:46.27	36.85	250m:	2:59.95	37.24	350m:	4:13.35	36.10
100m:	1:09.42	36.44	200m:	2:22.71	36.44	300m:	3:37.25	37.30	400m:	4:48.11	34.76
9. Krawczyk Aleksandra	11	UKS „ Na Fali Bytom”	4:48.94	540	1:09.23	1:13.89	1:14.24	1:11.58			
50m:	32.66	32.66	150m:	1:46.12	36.89	250m:	3:00.00	36.88	350m:	4:13.81	36.45
100m:	1:09.23	36.57	200m:	2:23.12	37.00	300m:	3:37.36	37.36	400m:	4:48.94	35.13
10. Emerling Diana	10	Swim Team MOSiR K dzierzy	4:50.56	531	1:10.30	1:14.10	1:14.25	1:11.91			
50m:	33.36	33.36	150m:	1:47.14	36.84	250m:	3:01.31	36.91	350m:	4:15.27	36.62
100m:	1:10.30	36.94	200m:	2:24.40	37.26	300m:	3:38.65	37.34	400m:	4:50.56	35.29
11. Rajca Matylda	10	LKS Jedno 32 Przystowice	4:50.61	531	1:08.24	1:14.81	1:14.29	1:13.27			
50m:	32.76	32.76	150m:	1:45.69	37.45	250m:	3:00.39	37.34	350m:	4:14.07	36.73
100m:	1:08.24	35.48	200m:	2:23.05	37.36	300m:	3:37.34	36.95	400m:	4:50.61	36.54
12. Drabik Aneta	04	KP „Sukces” Chorzów	4:52.22	522	1:09.12	1:14.42	1:14.98	1:13.70			
50m:	33.29	33.29	150m:	1:46.36	37.24	250m:	3:01.07	37.53	350m:	4:16.48	37.96
100m:	1:09.12	35.83	200m:	2:23.54	37.18	300m:	3:38.52	37.45	400m:	4:52.22	35.74
13. Maik Victoria	09	UKS „Manta Kochłowice Rud	4:52.60	520	1:08.49	1:15.30	1:15.70	1:13.11			
50m:	32.50	32.50	150m:	1:45.76	37.27	250m:	3:01.85	38.06	350m:	4:17.16	37.67
100m:	1:08.49	35.99	200m:	2:23.79	38.03	300m:	3:39.49	37.64	400m:	4:52.60	35.44
14. Ja niecka Paulina	07	AZS KU Politechniki Opolskie	4:54.37	511	1:08.62	1:14.60	1:15.12	1:16.03			
50m:	32.12	32.12	150m:	1:45.80	37.18	250m:	3:00.37	37.15	350m:	4:16.75	38.41
100m:	1:08.62	36.50	200m:	2:23.22	37.42	300m:	3:38.34	37.97	400m:	4:54.37	37.62
15. Guzdek Anna	07	Akademia Sms Racibórz	4:56.41	500	1:10.62	1:15.46	1:16.11	1:14.22			
50m:	33.73	33.73	150m:	1:48.33	37.71	250m:	3:04.13	38.05	350m:	4:19.73	37.54
100m:	1:10.62	36.89	200m:	2:26.08	37.75	300m:	3:42.19	38.06	400m:	4:56.41	36.68
16. Rzepka Klara	10	UKS Aqua Team Mikołów	4:58.89	488	1:10.24	1:16.28	1:16.85	1:15.52			
50m:	33.46	33.46	150m:	1:48.32	38.08	250m:	3:05.21	38.69	350m:	4:21.95	38.58
100m:	1:10.24	36.78	200m:	2:26.52	38.20	300m:	3:43.37	38.16	400m:	4:58.89	36.94
17. Bili ska Iga	09	UKS „Manta Kochłowice Rud	5:01.03	478	1:09.18	1:16.59	1:17.24	1:18.02			
50m:	32.62	32.62	150m:	1:47.22	38.04	250m:	3:04.45	38.68	350m:	4:22.95	39.94
100m:	1:09.18	36.56	200m:	2:25.77	38.55	300m:	3:43.01	38.56	400m:	5:01.03	38.08

LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2024

Konkurencja 19, Kobiety, 400m dowolny, Open

Pozycja	Rok ur.	Zas	Pkt.	100m	200m	300m	400m
18. R czka Weronika	09	UKS SMS Galicja Kraków	5:03.34 467	1:09.45	1:17.26	1:18.93	1:17.70
50m: 33.14	33.14	150m: 1:47.71	38.26	250m: 3:06.55	39.84	350m: 4:25.55	39.91
100m: 1:09.45	36.31	200m: 2:26.71	39.00	300m: 3:45.64	39.09	400m: 5:03.34	37.79
19. Jendrysik Paulina	10	KP „Sukces” Chorzów	5:04.67 461	1:11.31	1:18.97	1:19.24	1:15.15
50m: 33.67	33.67	150m: 1:50.77	39.46	250m: 3:10.23	39.95	350m: 4:28.12	38.60
100m: 1:11.31	37.64	200m: 2:30.28	39.51	300m: 3:49.52	39.29	400m: 5:04.67	36.55
20. Łuczka Natalia	08	CSiR MOS w D browie Górnic	5:05.73 456	1:08.93	1:18.41	1:20.86	1:17.53
50m: 32.79	32.79	150m: 1:47.09	38.16	250m: 3:07.25	39.91	350m: 4:26.41	38.21
100m: 1:08.93	36.14	200m: 2:27.34	40.25	300m: 3:48.20	40.95	400m: 5:05.73	39.32
21. Włodarczyk Maja	08	UKP Manta Jelcz-Laskowice	5:06.31 453	1:10.68	1:17.18	1:20.02	1:18.43
50m: 33.91	33.91	150m: 1:49.03	38.35	250m: 3:07.90	40.04	350m: 4:27.91	40.03
100m: 1:10.68	36.77	200m: 2:27.86	38.83	300m: 3:47.88	39.98	400m: 5:06.31	38.40
22. Morga ska Marta	10	UKS „Manta Kochłowice Rud	5:15.01" 417	1:15.99	1:20.12	1:20.82	1:18.08
50m: 36.29	36.29	150m: 1:56.11	40.12	250m: 3:16.58	40.47	350m: 4:36.80	39.87
100m: 1:15.99	39.70	200m: 2:36.11	40.00	300m: 3:56.93	40.35	400m: 5:15.01	38.21
23. urakowska Zuzanna	10	Fundacja Power Swimming	5:15.37 415	1:14.55	1:19.47	1:21.47	1:19.88
50m: 35.55	35.55	150m: 1:54.42	39.87	250m: 3:13.92	39.90	350m: 4:35.83	40.34
100m: 1:14.55	39.00	200m: 2:34.02	39.60	300m: 3:55.49	41.57	400m: 5:15.37	39.54
24. Maik Maja	10	UKS „Manta Kochłowice Rud	5:16.03" 413	1:15.34	1:20.72	1:22.19	1:17.78
50m: 36.06	36.06	150m: 1:55.53	40.19	250m: 3:17.26	41.20	350m: 4:38.34	40.09
100m: 1:15.34	39.28	200m: 2:36.06	40.53	300m: 3:58.25	40.99	400m: 5:16.03	37.69
25. Szlabowicz Emilia	11	WKS I sk Wrocław	5:16.31 412	1:16.76	1:22.38	1:20.63	1:16.54
50m: 36.07	36.07	150m: 1:57.46	40.70	250m: 3:18.66	39.52	350m: 4:39.14	39.37
100m: 1:16.76	40.69	200m: 2:39.14	41.68	300m: 3:59.77	41.11	400m: 5:16.31	37.17
26. Jendrzej Klara	10	DOKiS SP Vega Dobrodzie	5:17.04 409	1:14.72	1:21.23	1:22.79	1:18.30
50m: 34.62	34.62	150m: 1:55.34	40.62	250m: 3:17.46	41.51	350m: 4:38.38	39.64
100m: 1:14.72	40.10	200m: 2:35.95	40.61	300m: 3:58.74	41.28	400m: 5:17.04	38.66
27. Kocł ga Antonina	11	UKS Aqua Team Mikołów	5:19.12 401	1:16.20	1:22.07	1:21.72	1:19.13
50m: 35.26	35.26	150m: 1:57.53	41.33	250m: 3:19.27	41.00	350m: 4:40.64	40.65
100m: 1:16.20	40.94	200m: 2:38.27	40.74	300m: 3:59.99	40.72	400m: 5:19.12	38.48
28. Sułkowska Oliwia	10	UKS Junior Kluczbork	5:19.69 399	1:15.71	1:22.22	1:21.96	1:19.80
50m: 35.80	35.80	150m: 1:56.52	40.81	250m: 3:18.95	41.02	350m: 4:41.05	41.16
100m: 1:15.71	39.91	200m: 2:37.93	41.41	300m: 3:59.89	40.94	400m: 5:19.69	38.64
29. Pianka Emilia	10	UKS Junior Kluczbork	5:19.85 398	1:15.49	1:22.48	1:23.13	1:18.75
50m: 35.91	35.91	150m: 1:56.43	40.94	250m: 3:19.71	41.74	350m: 4:42.59	41.49
100m: 1:15.49	39.58	200m: 2:37.97	41.54	300m: 4:01.10	41.39	400m: 5:19.85	37.26
30. Pi tek Maja	10	KS „Górnik” Sosnowiec	5:20.94 394	1:17.70	1:22.33	1:22.27	1:18.64
50m: 36.90	36.90	150m: 1:58.77	41.07	250m: 3:21.49	41.46	350m: 4:42.94	40.64
100m: 1:17.70	40.80	200m: 2:40.03	41.26	300m: 4:02.30	40.81	400m: 5:20.94	38.00
31. Mikołajek Adrianna	11	UKS DELFIN Krapkowice	5:24.11 383	1:18.55	1:24.61	1:23.76	1:17.19
50m: 36.71	36.71	150m: 2:00.96	42.41	250m: 3:25.32	42.16	350m: 4:46.98	40.06
100m: 1:18.55	41.84	200m: 2:43.16	42.20	300m: 4:06.92	41.60	400m: 5:24.11	37.13
32. Wereszczy ska Lila	12	WKS I sk Wrocław	5:25.80 377	1:14.99	1:22.53	1:25.04	1:23.24
50m: 34.74	34.74	150m: 1:56.01	41.02	250m: 3:20.20	42.68	350m: 4:44.54	41.98
100m: 1:14.99	40.25	200m: 2:37.52	41.51	300m: 4:02.56	42.36	400m: 5:25.80	41.26
33. Szebysty Hanna	10	MKS Juvenia Wrocław	5:28.11 369	1:18.41	1:25.08	1:25.08	1:19.54
50m: 36.93	36.93	150m: 2:00.97	42.56	250m: 3:26.43	42.94	350m: 4:49.78	41.21
100m: 1:18.41	41.48	200m: 2:43.49	42.52	300m: 4:08.57	42.14	400m: 5:28.11	38.33
34. Artwik Hanna	10	KP Aqua-Swim Nysa	5:29.81 363	1:20.73	1:25.06	1:23.86	1:20.16
50m: 38.62	38.62	150m: 2:04.50	43.77	250m: 3:28.45	42.66	350m: 4:51.02	41.37
100m: 1:20.73	42.11	200m: 2:45.79	41.29	300m: 4:09.65	41.20	400m: 5:29.81	38.79
35. Bielec Emilia	10	UKS DELFIN Krapkowice	5:31.01 359	1:20.23	1:24.53	1:26.08	1:20.17
50m: 37.41	37.41	150m: 2:02.47	42.24	250m: 3:27.89	43.13	350m: 4:51.71	40.87
100m: 1:20.23	42.82	200m: 2:44.76	42.29	300m: 4:10.84	42.95	400m: 5:31.01	39.30

LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2024

Konkurencja 19, Kobiet, 400m dowolny, Open

Pozycja	Rok ur.	CSiR MOS w D	Uk	Op	Op	Op	Op	Op	Op	Op	Op	Op	Op
36. Bachniak Lidia	11	CSiR MOS w D	browie Górnice	5:31.52	357	1:18.89	1:25.04	1:24.98	1:22.61				
50m: 37.38	37.38	150m: 2:01.04	42.15	250m: 3:26.08	42.15	350m: 4:51.52							
100m: 1:18.89	41.51	200m: 2:43.93	42.89	300m: 4:08.91	42.83	400m: 5:31.52							
37. Rogosz Estera	10	UKS DELFIN	Krapkowice	5:32.23	355	1:19.81	1:25.81	1:24.59	1:22.02				
50m: 37.26	37.26	150m: 2:02.79	42.98	250m: 3:27.96	42.34	350m: 4:52.12	41.91						
100m: 1:19.81	42.55	200m: 2:45.62	42.83	300m: 4:10.21	42.25	400m: 5:32.23	40.11						
38. Dziubi ska-Gałkowska L.	12	WKS I sk	Wrocław	5:35.00	346	1:18.49	1:26.14	1:27.73	1:22.64				
50m: 36.34	36.34	150m: 2:01.06	42.57	250m: 3:28.43	43.80	350m: 4:55.22	42.86						
100m: 1:18.49	42.15	200m: 2:44.63	43.57	300m: 4:12.36	43.93	400m: 5:35.00	39.78						
39. Ty mi ska Adrianna	11	WKS I sk	Wrocław	5:37.86	338	1:22.39	1:27.18	1:27.38	1:20.91				
50m: 39.10	39.10	150m: 2:06.46	44.07	250m: 3:33.85	44.28	350m: 4:58.48	41.53						
100m: 1:22.39	43.29	200m: 2:49.57	43.11	300m: 4:16.95	43.10	400m: 5:37.86	39.38						
40. Weinert Agata	11	UKS DELFIN	Krapkowice	5:38.88	335	1:22.45	1:28.39	1:27.19	1:20.85				
50m: 39.20	39.20	150m: 2:07.00	44.55	250m: 3:34.90	44.06	350m: 4:59.57	41.54						
100m: 1:22.45	43.25	200m: 2:50.84	43.84	300m: 4:18.03	43.13	400m: 5:38.88	39.31						
41. Chudy Gabriela	11	WKS I sk	Wrocław	5:46.81	312	1:22.31	1:30.51	1:29.67	1:24.32				
50m: 39.02	39.02	150m: 2:06.96	44.65	250m: 3:37.68	44.86	350m: 5:05.86	43.37						
100m: 1:22.31	43.29	200m: 2:52.82	45.86	300m: 4:22.49	44.81	400m: 5:46.81	40.95						
42. Chmielewska Lena	10	Stowarzyszenie	Hobby Sport	5:49.89	304	1:20.97	1:30.85	1:31.97	1:26.10				
50m: 37.24	37.24	150m: 2:06.01	45.04	250m: 3:38.30	46.48	350m: 5:08.04	44.25						
100m: 1:20.97	43.73	200m: 2:51.82	45.81	300m: 4:23.79	45.49	400m: 5:49.89	41.85						
43. Pecold Julia	13	KS „Górniki”	Sosnowiec	5:50.06	304	1:18.95	1:28.47	1:31.46	1:31.18				
50m: 36.94	36.94	150m: 2:02.48	43.53	250m: 3:33.28	45.86	350m: 5:05.12	46.24						
100m: 1:18.95	42.01	200m: 2:47.42	44.94	300m: 4:18.88	45.60	400m: 5:50.06	44.94						
44. Makowska Emilia	10	UKS Junior	Kluczbork	5:50.17	303	1:22.52	1:30.46	1:30.11	1:27.08				
50m: 38.66	38.66	150m: 2:07.87	45.35	250m: 3:38.51	45.53	350m: 5:06.81	43.72						
100m: 1:22.52	43.86	200m: 2:52.98	45.11	300m: 4:23.09	44.58	400m: 5:50.17	43.36						
45. Kułak Maja	10	KP Aqua-Swim	Nysa	5:59.98	279	1:23.89	1:31.46	1:34.39	1:30.24				
50m: 40.01	40.01	150m: 2:08.65	44.76	250m: 3:42.47	47.12	350m: 5:17.54	47.80						
100m: 1:23.89	43.88	200m: 2:55.35	46.70	300m: 4:29.74	47.27	400m: 5:59.98	42.44						
46. Zi ba Nicola	10	Sport Active		6:00.00	279	1:23.32	1:32.56	1:34.40	1:29.72				
50m: 39.53	39.53	150m: 2:09.13	45.81	250m: 3:43.74	47.86	350m: 5:18.57	48.29						
100m: 1:23.32	43.79	200m: 2:55.88	46.75	300m: 4:30.28	46.54	400m: 6:00.00	41.43						
47. Danielak Antonina	11	WKS I sk	Wrocław	6:02.94	272	1:25.43	1:34.17	1:35.13	1:28.21				
50m: 38.98	38.98	150m: 2:12.68	47.25	250m: 3:47.45	47.85	350m: 5:20.32	45.59						
100m: 1:25.43	46.45	200m: 2:59.60	46.92	300m: 4:34.73	47.28	400m: 6:02.94	42.62						
48. Krukowska Wiktoria	10	Sport Active		6:09.01	259	1:26.28	1:35.73	1:35.40	1:31.60				
50m: 40.92	40.92	150m: 2:13.53	47.25	250m: 3:49.96	47.95	350m: 5:24.82	47.41						
100m: 1:26.28	45.36	200m: 3:02.01	48.48	300m: 4:37.41	47.45	400m: 6:09.01	44.19						
49. Obajtek Martyna	10	Sport Active		6:29.29	221	1:31.39	1:38.72	1:40.89	1:38.29				
50m: 2:20.60	2:20.60	150m: 5:41.08	4:09.69	250m:		350m:							
100m: 1:31.39		200m: 3:10.11		300m: 4:51.00		400m: 6:29.29							
50. Zabielska Helena	11	UKS Kronos	Strzelce Opolskie	6:30.05	219	1:25.34	1:41.42	1:43.81	1:39.48				
50m: 38.75	38.75	150m: 2:14.30	48.96	250m: 3:58.53	51.77	350m: 5:41.54	50.97						
100m: 1:25.34	46.59	200m: 3:06.76	52.46	300m: 4:50.57	52.04	400m: 6:30.05	48.51						
51. Wiatrowska Julia	11	Sport Active		6:57.49	179	1:39.00	1:48.04	1:45.09	1:45.36				
50m: 45.74	45.74	150m: 2:32.85	53.85	250m: 4:19.49	52.45	350m: 6:04.84	52.71						
100m: 1:39.00	53.26	200m: 3:27.04	54.19	300m: 5:12.13	52.64	400m: 6:57.49	52.65						
52. Głapiak Jagoda	14	AZS KU Politechniki	Opolskie	7:11.26	162	1:38.61	1:54.35	1:52.58	1:45.72				
50m: 43.57	43.57	150m: 2:35.50	56.89	250m: 4:29.04	56.08	350m: 6:21.90	56.36						
100m: 1:38.61	55.04	200m: 3:32.96	57.46	300m: 5:25.54	56.50	400m: 7:11.26	49.36						
53. Mroczko Milena	09	Sport Active		7:45.14	129	1:47.37	2:00.79	2:01.16	1:55.82				
50m: 50.67	50.67	150m: 2:46.87	59.50	250m: 4:49.20	1:01.04	350m: 6:48.25	58.93						
100m: 1:47.37	56.70	200m: 3:48.16	1:01.29	300m: 5:49.32	1:00.12	400m: 7:45.14	56.89						

LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2024

Konkurencja 19, Kobiety, 400m dowolny, Open

Pozycja	Rok ur.	Imię i nazwisko	Time	Pkt.	100m	200m	300m	400m	
DYSKW.	11	Sado Jagoda <i>O 2 - Pływak nie ukończył całego dystansu. (Czas: 17:30)</i>	Swim Team MOSiR K dzierzyn-Ko le	-(1:19.94	1:26.88	1:28.24		
		50m: 37.30	37.30	150m: 2:03.34	43.40	250m: 3:30.33	43.51	350m: 4:48.11	
		100m: 1:19.94	42.64	200m: 2:46.82	43.48	300m: 4:15.06	44.73	400m: 5:00.00	
DYSKW.	13	Pielczyk Lena <i>O 1 - Pływak zainicjował start przed sygnałem startu. (Czas: 17:23)</i>	DOKiS SP Vega Dobrodzie	7:07.97	-(1:35.56	1:50.94	1:54.28	1:47.19
		50m: 44.15	44.15	150m: 2:30.28	54.72	250m: 4:24.77	58.27	350m: 6:17.44	56.66
		100m: 1:35.56	51.41	200m: 3:26.50	56.22	300m: 5:20.78	56.01	400m: 7:07.97	50.53

Open OZP

1.	Fartuszy ska Weronika	08	UKS Junior Kluczbork	4:47.31	549	1:08.90	1:13.71	1:14.11	1:10.59
	<i>MISTRZ OOZP</i>								
	50m: 33.02	33.02	150m: 1:45.80	36.90	250m: 2:59.84	37.23	350m: 4:12.99	36.27	
	100m: 1:08.90	35.88	200m: 2:22.61	36.81	300m: 3:36.72	36.88	400m: 4:47.31	34.32	
2.	Gaca Izabela	10	Swim Team MOSiR K dzierzy	4:48.11	545	1:09.42	1:13.29	1:14.54	1:10.86
	50m: 32.98	32.98	150m: 1:46.27	36.85	250m: 2:59.95	37.24	350m: 4:13.35	36.10	
	100m: 1:09.42	36.44	200m: 2:22.71	36.44	300m: 3:37.25	37.30	400m: 4:48.11	34.76	
3.	Emerling Diana	10	Swim Team MOSiR K dzierzy	4:50.56	531	1:10.30	1:14.10	1:14.25	1:11.91
	50m: 33.36	33.36	150m: 1:47.14	36.84	250m: 3:01.31	36.91	350m: 4:15.27	36.62	
	100m: 1:10.30	36.94	200m: 2:24.40	37.26	300m: 3:38.65	37.34	400m: 4:50.56	35.29	
4.	Janiecka Paulina	07	AZS KU Politechniki Opolskie	4:54.37	511	1:08.62	1:14.60	1:15.12	1:16.03
	50m: 32.12	32.12	150m: 1:45.80	37.18	250m: 3:00.37	37.15	350m: 4:16.75	38.41	
	100m: 1:08.62	36.50	200m: 2:23.22	37.42	300m: 3:38.34	37.97	400m: 4:54.37	37.62	
5.	Jendrzey Klara	10	DOKiS SP Vega Dobrodzie	5:17.04	409	1:14.72	1:21.23	1:22.79	1:18.30
	50m: 34.62	34.62	150m: 1:55.34	40.62	250m: 3:17.46	41.51	350m: 4:38.38	39.64	
	100m: 1:14.72	40.10	200m: 2:35.95	40.61	300m: 3:58.74	41.28	400m: 5:17.04	38.66	
6.	Sułkowska Oliwia	10	UKS Junior Kluczbork	5:19.69	399	1:15.71	1:22.22	1:21.96	1:19.80
	50m: 35.80	35.80	150m: 1:56.52	40.81	250m: 3:18.95	41.02	350m: 4:41.05	41.16	
	100m: 1:15.71	39.91	200m: 2:37.93	41.41	300m: 3:59.89	40.94	400m: 5:19.69	38.64	
7.	Pianka Emilia	10	UKS Junior Kluczbork	5:19.85	398	1:15.49	1:22.48	1:23.13	1:18.75
	50m: 35.91	35.91	150m: 1:56.43	40.94	250m: 3:19.71	41.74	350m: 4:42.59	41.49	
	100m: 1:15.49	39.58	200m: 2:37.97	41.54	300m: 4:01.10	41.39	400m: 5:19.85	37.26	
8.	Mikołajek Adrianna	11	UKS DELFIN Krapkowice	5:24.11	383	1:18.55	1:24.61	1:23.76	1:17.19
	50m: 36.71	36.71	150m: 2:00.96	42.41	250m: 3:25.32	42.16	350m: 4:46.98	40.06	
	100m: 1:18.55	41.84	200m: 2:43.16	42.20	300m: 4:06.92	41.60	400m: 5:24.11	37.13	
9.	Artwik Hanna	10	KP Aqua-Swim Nysa	5:29.81	363	1:20.73	1:25.06	1:23.86	1:20.16
	50m: 38.62	38.62	150m: 2:04.50	43.77	250m: 3:28.45	42.66	350m: 4:51.02	41.37	
	100m: 1:20.73	42.11	200m: 2:45.79	41.29	300m: 4:09.65	41.20	400m: 5:29.81	38.79	
10.	Bielec Emilia	10	UKS DELFIN Krapkowice	5:31.01	359	1:20.23	1:24.53	1:26.08	1:20.17
	50m: 37.41	37.41	150m: 2:02.47	42.24	250m: 3:27.89	43.13	350m: 4:51.71	40.87	
	100m: 1:20.23	42.82	200m: 2:44.76	42.29	300m: 4:10.84	42.95	400m: 5:31.01	39.30	
11.	Rogosz Estera	10	UKS DELFIN Krapkowice	5:32.23	355	1:19.81	1:25.81	1:24.59	1:22.02
	50m: 37.26	37.26	150m: 2:02.79	42.98	250m: 3:27.96	42.34	350m: 4:52.12	41.91	
	100m: 1:19.81	42.55	200m: 2:45.62	42.83	300m: 4:10.21	42.25	400m: 5:32.23	40.11	
12.	Weinert Agata	11	UKS DELFIN Krapkowice	5:38.88	335	1:22.45	1:28.39	1:27.19	1:20.85
	50m: 39.20	39.20	150m: 2:07.00	44.55	250m: 3:34.90	44.06	350m: 4:59.57	41.54	
	100m: 1:22.45	43.25	200m: 2:50.84	43.84	300m: 4:18.03	43.13	400m: 5:38.88	39.31	
13.	Chmielewska Lena	10	Stowarzyszenie Hobby Sport	5:49.89	304	1:20.97	1:30.85	1:31.97	1:26.10
	50m: 37.24	37.24	150m: 2:06.01	45.04	250m: 3:38.30	46.48	350m: 5:08.04	44.25	
	100m: 1:20.97	43.73	200m: 2:51.82	45.81	300m: 4:23.79	45.49	400m: 5:49.89	41.85	
14.	Makowska Emilia	10	UKS Junior Kluczbork	5:50.17	303	1:22.52	1:30.46	1:30.11	1:27.08
	50m: 38.66	38.66	150m: 2:07.87	45.35	250m: 3:38.51	45.53	350m: 5:06.81	43.72	
	100m: 1:22.52	43.86	200m: 2:52.98	45.11	300m: 4:23.09	44.58	400m: 5:50.17	43.36	

LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2024

Konkurencja 19, Kobiet, 400m dowolny, Open OZP

Pozycja	Rok ur.			Czas	Pkt.	100m	200m	300m	400m		
15. Kułak Maja	10	KP Aqua-Swim Nysa		5:59.98	279	1:23.89	1:31.46	1:34.39	1:30.24		
50m:	40.01	40.01	150m:	2:08.65	44.76	250m:	3:42.47	47.12	350m:	5:17.54	47.80
100m:	1:23.89	43.88	200m:	2:55.35	46.70	300m:	4:29.74	47.27	400m:	5:59.98	42.44
16. Zabielska Helena	11	UKS Kronos Strzelce Opolski		6:30.05	219	1:25.34	1:41.42	1:43.81	1:39.48		
50m:	38.75	38.75	150m:	2:14.30	48.96	250m:	3:58.53	51.77	350m:	5:41.54	50.97
100m:	1:25.34	46.59	200m:	3:06.76	52.46	300m:	4:50.57	52.04	400m:	6:30.05	48.51
17. Glapiak Jagoda	14	AZS KU Politechniki Opolskie		7:11.26	162	1:38.61	1:54.35	1:52.58	1:45.72		
50m:	43.57	43.57	150m:	2:35.50	56.89	250m:	4:29.04	56.08	350m:	6:21.90	56.36
100m:	1:38.61	55.04	200m:	3:32.96	57.46	300m:	5:25.54	56.50	400m:	7:11.26	49.36
DYSKW. Sado Jagoda	11	Swim Team MOSiR K dzierzyn-Ko le		:-		1:19.94	1:26.88	1:28.24			
<i>O 2 - Pływak nie ukończył całego dystansu. (Czas: 17:30)</i>											
50m:	37.30	37.30	150m:	2:03.34	43.40	250m:	3:30.33	43.51	350m:		
100m:	1:19.94	42.64	200m:	2:46.82	43.48	300m:	4:15.06	44.73	400m:		
DYSKW. Pielczyk Lena	13	DOKiS SP Vega Dobrodzie		7:07.97	:-	1:35.56	1:50.94	1:54.28	1:47.19		
<i>O 1 - Pływak zainicjował start przed sygnałem startu. (Czas: 17:23)</i>											
50m:	44.15	44.15	150m:	2:30.28	54.72	250m:	4:24.77	58.27	350m:	6:17.44	56.66
100m:	1:35.56	51.41	200m:	3:26.50	56.22	300m:	5:20.78	56.01	400m:	7:07.97	50.53