

# LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2024

Event 19  
18.05.2024 - 16:25

Women, 400m Freestyle

Open  
Results

Points: FINA 2024

| Rank                        | YB   |         | Time                         | Pts            | 100m    | 200m    | 300m    | 400m    |         |
|-----------------------------|--|---------|------------------------------|----------------|---------|---------|---------|---------|---------|
| <b>11 years and younger</b> |  |         |                              |                |         |         |         |         |         |
| 1.                          | Pecold Julia   | 13      | KS „Gornik” Sosnowiec        | <b>5:50.06</b> | 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   |
|                             | 100m:  | 1:18.95 | 42.01                        | 200m:          | 2:47.42 | 44.94   | 300m:   | 4:18.88 | 45.60   |
|                             |  |         |                              |                |         |         | 350m:   | 5:05.12 | 46.24   |
|                             |  |         |                              |                |         |         | 400m:   | 5:50.06 | 44.94   |
| 2.                          | Glapiak Jagoda   | 14      | AZS KU Politechniki Opolskie | <b>7:11.26</b> | 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   |
|                             | 100m:  | 1:38.61 | 55.04                        | 200m:          | 3:32.96 | 57.46   | 300m:   | 5:25.54 | 56.50   |
|                             |  |         |                              |                |         |         | 350m:   | 6:21.90 | 56.36   |
|                             |  |         |                              |                |         |         | 400m:   | 7:11.26 | 49.36   |
| DSQ                         | Pielczyk Lena  | 13      | DOKiS SP Vega Dobrodzien     | <b>7:07.97</b> | :-(     | 1:35.56 | 1:50.94 | 1:54.28 | 1:47.19 |
|                             | <i>O 1 - Pływak zainicjował start przed sygnałem startu. (Time: 17:23)</i> |         |                              |                |         |         |         |         |         |
|                             | 50m:   | 44.15   | 44.15                        | 150m:          | 2:30.28 | 54.72   | 250m:   | 4:24.77 | 58.27   |
|                             | 100m:  | 1:35.56 | 51.41                        | 200m:          | 3:26.50 | 56.22   | 300m:   | 5:20.78 | 58.01   |
|                             |  |         |                              |                |         |         | 350m:   | 6:17.44 | 56.66   |
|                             |  |         |                              |                |         |         | 400m:   | 7:07.97 | 50.53   |
| <b>11 lat i młodszy OZP</b> |  |         |                              |                |         |         |         |         |         |
| 1.                          | Glapiak Jagoda   | 14      | AZS KU Politechniki Opolskie | <b>7:11.26</b> | 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   |
|                             | 100m:  | 1:38.61 | 55.04                        | 200m:          | 3:32.96 | 57.46   | 300m:   | 5:25.54 | 56.50   |
|                             |  |         |                              |                |         |         | 350m:   | 6:21.90 | 56.36   |
|                             |  |         |                              |                |         |         | 400m:   | 7:11.26 | 49.36   |
| DSQ                         | Pielczyk Lena  | 13      | DOKiS SP Vega Dobrodzien     | <b>7:07.97</b> | :-(     | 1:35.56 | 1:50.94 | 1:54.28 | 1:47.19 |
|                             | <i>O 1 - Pływak zainicjował start przed sygnałem startu. (Time: 17:23)</i> |         |                              |                |         |         |         |         |         |
|                             | 50m:   | 44.15   | 44.15                        | 150m:          | 2:30.28 | 54.72   | 250m:   | 4:24.77 | 58.27   |
|                             | 100m:  | 1:35.56 | 51.41                        | 200m:          | 3:26.50 | 56.22   | 300m:   | 5:20.78 | 56.01   |
|                             |  |         |                              |                |         |         | 350m:   | 6:17.44 | 56.66   |
|                             |  |         |                              |                |         |         | 400m:   | 7:07.97 | 50.53   |
| <b>12 - 13 years</b>        |  |         |                              |                |         |         |         |         |         |
| 1.                          | Bomba Julia  | 11      | CSiR MOS w Dabrowie Gorni    | <b>4:45.55</b> | 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   |
|                             | 100m:  | 1:08.32 | 35.66                        | 200m:          | 2:21.99 | 37.21   | 300m:   | 3:34.66 | 36.70   |
|                             |  |         |                              |                |         |         | 350m:   | 4:10.76 | 36.10   |
|                             |  |         |                              |                |         |         | 400m:   | 4:45.55 | 34.79   |
| 2.                          | Krawczyk Aleksandra  | 11      | UKS „Na Fali Bytom”          | <b>4:48.94</b> | 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   |
|                             | 100m:  | 1:09.23 | 36.57                        | 200m:          | 2:23.12 | 37.00   | 300m:   | 3:37.36 | 37.36   |
|                             |  |         |                              |                |         |         | 350m:   | 4:13.81 | 36.45   |
|                             |  |         |                              |                |         |         | 400m:   | 4:48.94 | 35.13   |
| 3.                          | Szlabowicz Emilia  | 11      | WKS Slask Wroclaw            | <b>5:16.31</b> | 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   |
|                             | 100m:  | 1:16.76 | 40.69                        | 200m:          | 2:39.14 | 41.68   | 300m:   | 3:59.77 | 41.11   |
|                             |  |         |                              |                |         |         | 350m:   | 4:39.14 | 39.37   |
|                             |  |         |                              |                |         |         | 400m:   | 5:16.31 | 37.17   |
| 4.                          | Koclega Antonina   | 11      | UKS Aqua Team Mikołow        | <b>5:19.12</b> | 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   |
|                             | 100m:  | 1:16.20 | 40.94                        | 200m:          | 2:38.27 | 40.74   | 300m:   | 3:59.99 | 40.72   |
|                             |  |         |                              |                |         |         | 350m:   | 4:40.64 | 40.65   |
|                             |  |         |                              |                |         |         | 400m:   | 5:19.12 | 38.48   |
| 5.                          | Mikołajek Adrianna   | 11      | UKS DELFIN Krapkowice        | <b>5:24.11</b> | 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   |
|                             | 100m:  | 1:18.55 | 41.84                        | 200m:          | 2:43.16 | 42.20   | 300m:   | 4:06.92 | 41.60   |
|                             |  |         |                              |                |         |         | 350m:   | 4:46.98 | 40.06   |
|                             |  |         |                              |                |         |         | 400m:   | 5:24.11 | 37.13   |
| 6.                          | Wereszczynska Lila   | 12      | WKS Slask Wroclaw            | <b>5:25.80</b> | 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   |
|                             | 100m:  | 1:14.99 | 40.25                        | 200m:          | 2:37.52 | 41.51   | 300m:   | 4:02.56 | 42.36   |
|                             |  |         |                              |                |         |         | 350m:   | 4:44.54 | 41.98   |
|                             |  |         |                              |                |         |         | 400m:   | 5:25.80 | 41.26   |
| 7.                          | Bachniak Lidia   | 11      | CSiR MOS w Dabrowie Gorni    | <b>5:31.52</b> | 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   |
|                             | 100m:  | 1:18.89 | 41.51                        | 200m:          | 2:43.93 | 42.89   | 300m:   | 4:08.91 | 42.83   |
|                             |  |         |                              |                |         |         | 350m:   |         |         |
|                             |  |         |                              |                |         |         | 400m:   | 5:31.52 |         |

# LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2024

## Event 19, Girls, 400m Freestyle, 12 - 13 years

| Rank | YB  | Time                             | Pts                 | 100m                | 200m    | 300m    | 400m    |
|------|---|----------------------------------|---------------------|---------------------|---------|---------|---------|
| 8.   | Dziubinska-Galkowska L. 12                                      | WKS Slask Wroclaw                | <b>5:35.00</b> 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.   | Tyminska Adrianna 11  | WKS Slask Wroclaw                | <b>5:37.86</b> 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            | <b>5:38.88</b> 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 Slask Wroclaw                | <b>5:46.81</b> 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 Slask Wroclaw                | <b>6:02.94</b> 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      | <b>6:30.05</b> 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                     | <b>6:57.49</b> 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 |         |         |         |
| DSQ  | Sado Jagoda 11  | Swim Team MOSiR Kedzierzyn-Kozle | :(                  | 1:19.94             | 1:26.88 | 1:28.24 |         |
|      | <i>O 2 - Pływak nie ukończył całego dystansu. (Time: 17:30)</i> |                                  |                     |                     |         |         |         |
|      | 50m: 37.30 37.30  | 150m: 2:03.34 43.40              | 250m: 3:30.33 43.51 | 350m: 4:47.30 44.73 |         |         |         |
|      | 100m: 1:19.94 42.64   | 200m: 2:46.82 43.48              | 300m: 4:15.06 44.73 | 400m: 5:35.00 39.78 |         |         |         |

## 12-13 lat OZP

|     |   |                                  |                     |                     |         |         |         |
|-----|---|----------------------------------|---------------------|---------------------|---------|---------|---------|
| 1.  | Mikolajek Adrianna 11   | UKS DELFIN Krapkowice            | <b>5:24.11</b> 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            | <b>5:38.88</b> 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      | <b>6:30.05</b> 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 |         |         |         |
| DSQ | Sado Jagoda 11  | Swim Team MOSiR Kedzierzyn-Kozle | :(                  | 1:19.94             | 1:26.88 | 1:28.24 |         |
|     | <i>O 2 - Pływak nie ukończył całego dystansu. (Time: 17:30)</i> |                                  |                     |                     |         |         |         |
|     | 50m: 37.30 37.30  | 150m: 2:03.34 43.40              | 250m: 3:30.33 43.51 | 350m: 4:47.30 44.73 |         |         |         |
|     | 100m: 1:19.94 42.64   | 200m: 2:46.82 43.48              | 300m: 4:15.06 44.73 | 400m: 5:35.00 39.78 |         |         |         |

## 14 years

|    |                            |                                  |                     |                     |         |         |         |
|----|----------------------------|----------------------------------|---------------------|---------------------|---------|---------|---------|
| 1. | Gaca Izabela 10            | Swim Team MOSiR Kedzierzyn-Kozle | <b>4:48.11</b> 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 Kedzierzyn-Kozle | <b>4:50.56</b> 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

## Event 19, Girls, 400m Freestyle, 14 years

| Rank | YB                 |       | Time                       |                | Pts           | 100m    | 200m          | 300m    | 400m    |
|------|--------------------|-------|----------------------------|----------------|---------------|---------|---------------|---------|---------|
| 3.   | Rajca Matylda      | 10    | LKS Jednosc 32 Przyszowice | <b>4:50.61</b> | 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   |         |
| 4.   | Rzepka Klara       | 10    | UKS Aqua Team Mikolow      | <b>4:58.89</b> | 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   |         |
| 5.   | Jendrysik Paulina  | 10    | KP „Sukces” Chorzow        | <b>5:04.67</b> | 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   |         |
| 6.   | Morganska Marta    | 10    | UKS „Manta Kochlowice Rud  | <b>5:15.01</b> | 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   |         |
| 7.   | Zurakowska Zuzanna | 10    | Fundacja Power Swimming    | <b>5:15.37</b> | 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   |         |
| 8.   | Maik Maja          | 10    | UKS „Manta Kochlowice Rud  | <b>5:16.03</b> | 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   |         |
| 9.   | Jendrzey Klara     | 10    | DOKiS SP Vega Dobrodzien   | <b>5:17.04</b> | 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   |         |
| 10.  | Sulkowska Oliwia   | 10    | UKS Junior Kluczbork       | <b>5:19.69</b> | 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   |         |
| 11.  | Pianka Emilia      | 10    | UKS Junior Kluczbork       | <b>5:19.85</b> | 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   |         |
| 12.  | Piatek Maja        | 10    | KS „Gornik” Sosnowiec      | <b>5:20.94</b> | 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   |         |
| 13.  | Szebysty Hanna     | 10    | MKS Juvenia Wroclaw        | <b>5:28.11</b> | 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   |         |
| 14.  | Artwik Hanna       | 10    | KP Aqua-Swim Nysa          | <b>5:29.81</b> | 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   |         |
| 15.  | Bielec Emilia      | 10    | UKS DELFIN Krapkowice      | <b>5:31.01</b> | 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   |         |
| 16.  | Rogosz Estera      | 10    | UKS DELFIN Krapkowice      | <b>5:32.23</b> | 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   |         |
| 17.  | Chmielewska Lena   | 10    | Stowarzyszenie Hobby Sport | <b>5:49.89</b> | 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   |         |
| 18.  | Makowska Emilia    | 10    | UKS Junior Kluczbork       | <b>5:50.17</b> | 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   |         |
| 19.  | Kulak Maja         | 10    | KP Aqua-Swim Nysa          | <b>5:59.98</b> | 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   |         |
| 20.  | Zieba Nicola       | 10    | Sport Active               | <b>6:00.00</b> | 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   |         |

# LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2024

## Event 19, Girls, 400m Freestyle, 14 years

| Rank | YB                 | Time    | Pts           | 100m           | 200m          | 300m          | 400m          |         |         |
|------|--------------------|---------|---------------|----------------|---------------|---------------|---------------|---------|---------|
| 21.  | Krukowska Wiktoria | 10      | Sport Active  | <b>6:09.01</b> | 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.  | Obajtek Martyna    | 10      | Sport Active  | <b>6:29.29</b> | 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.  | Gaca Izabela      | 10    | Swim Team MOSiR Kedzierzy  | <b>4:48.11</b> | 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.  | Emerling Diana    | 10    | Swim Team MOSiR Kedzierzy  | <b>4:50.56</b> | 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.  | Jendrzrej Klara   | 10    | DOKiS SP Vega Dobrodzien   | <b>5:17.04</b> | 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.  | Sulkowska Oliwia  | 10    | UKS Junior Kluczbork       | <b>5:19.69</b> | 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.  | Pianka Emilia     | 10    | UKS Junior Kluczbork       | <b>5:19.85</b> | 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.  | Artwik Hanna      | 10    | KP Aqua-Swim Nysa          | <b>5:29.81</b> | 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.  | Bielec Emilia     | 10    | UKS DELFIN Krapkowice      | <b>5:31.01</b> | 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.  | Rogosz Estera     | 10    | UKS DELFIN Krapkowice      | <b>5:32.23</b> | 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.  | Chmielewska Lena  | 10    | Stowarzyszenie Hobby Sport | <b>5:49.89</b> | 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. | Makowska Emilia   | 10    | UKS Junior Kluczbork       | <b>5:50.17</b> | 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. | Kulak Maja        | 10    | KP Aqua-Swim Nysa          | <b>5:59.98</b> | 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 years

|    |                            |       |                            |                |               |         |               |         |         |
|----|----------------------------|-------|----------------------------|----------------|---------------|---------|---------------|---------|---------|
| 1. | Ferszt Kornelia            | 08    | KS „Gornik” Sosnowiec      | <b>4:42.92</b> | 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. | Okon Anna                  | 09    | LKS Jednocz 32 Przyszowice | <b>4:45.50</b> | 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

## Event 19, Girls, 400m Freestyle, 15 - 16 years

| Rank | YB                    |       | Time                      |                | Pts           | 100m    | 200m          | 300m    | 400m    |
|------|-----------------------|-------|---------------------------|----------------|---------------|---------|---------------|---------|---------|
| 3.   | Ciupa Ewelina         | 09    | UKS „Manta Kochlowice Rud | <b>4:46.25</b> | a'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   |         |
| 4.   | Fartuszynska Weronika | 08    | UKS Junior Kluczbork      | <b>4:47.31</b> | 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   |         |
| 5.   | Kordek Zuzanna        | 08    | Akademia Sms Raciborz     | <b>4:47.48</b> | 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   |         |
| 6.   | Maik Victoria         | 09    | UKS „Manta Kochlowice Rud | <b>4:52.60</b> | a'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   |         |
| 7.   | Bilinska Iga          | 09    | UKS „Manta Kochlowice Rud | <b>5:01.03</b> | a'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   |         |
| 8.   | Raczka Weronika       | 09    | UKS SMS Galicja Krakow    | <b>5:03.34</b> | 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   |         |
| 9.   | Luczka Natalia        | 08    | CSiR MOS w Dabrowie Gorni | <b>5:05.73</b> | 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   |         |
| 10.  | Wlodarczyk Maja       | 08    | UKP Manta Jelcz-Laskowice | <b>5:06.31</b> | 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   |         |
| 11.  | Mroczko Milena        | 09    | Sport Active              | <b>7:45.14</b> | 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   |         |

## 15-16 lat OZP

|    |                       |       |                      |                |               |         |               |         |         |  |
|----|-----------------------|-------|----------------------|----------------|---------------|---------|---------------|---------|---------|--|
| 1. | Fartuszynska Weronika | 08    | UKS Junior Kluczbork | <b>4:47.31</b> | 549           | 1:08.90 | 1:13.71       | 1:14.11 | 1:10.59 |  |
|    | <i>MISTRZ OZP</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   |         |  |

## 17 - 18 years

|    |                            |       |                              |                |               |         |               |         |         |  |
|----|----------------------------|-------|------------------------------|----------------|---------------|---------|---------------|---------|---------|--|
| 1. | Rap Apolonia               | 06    | MKS Juvenia Wroclaw          | <b>4:33.34</b> | 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. | Jasniecka Paulina          | 07    | AZS KU Politechniki Opolskie | <b>4:54.37</b> | 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   |         |  |
| 3. | Guzdek Anna                | 07    | Akademia Sms Raciborz        | <b>4:56.41</b> | 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   |         |  |

## 17-18 lat OZP

|    |                   |       |                              |                |               |         |               |         |         |  |
|----|-------------------|-------|------------------------------|----------------|---------------|---------|---------------|---------|---------|--|
| 1. | Jasniecka Paulina | 07    | AZS KU Politechniki Opolskie | <b>4:54.37</b> | 511           | 1:08.62 | 1:14.60       | 1:15.12 | 1:16.03 |  |
|    | <i>MISTRZ OZP</i> |       |                              |                |               |         |               |         |         |  |
|    | 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   |         |  |

# LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2024

## Event 19, Women, 400m Freestyle

### Open

|                            |         |                              |                 |         |         |         |         |         |
|----------------------------|---------|------------------------------|-----------------|---------|---------|---------|---------|---------|
| 1. Rap Apolonia            | 06      | MKS Juvenia Wroclaw          | <b>4:33.34</b>  | 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   |
| 100m:                      | 1:04.67 | 33.75                        | 200m:           | 2:14.29 | 35.11   | 300m:   | 3:24.45 | 35.08   |
| 350m:                      | 3:59.68 | 35.23                        | 400m:           | 4:33.34 | 33.66   |         |         |         |
| 2. Ferszt Kornelia         | 08      | KS „Gornik” Sosnowiec        | <b>4:42.92</b>  | 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   |
| 100m:                      | 1:08.57 | 35.98                        | 200m:           | 2:22.01 | 36.72   | 300m:   | 3:34.23 | 36.12   |
| 350m:                      | 4:09.31 | 35.08                        | 400m:           | 4:42.92 | 33.61   |         |         |         |
| 3. Okon Anna               | 09      | LKS Jednosc 32 Przystowice   | <b>4:45.50</b>  | 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   |
| 100m:                      | 1:07.53 | 35.42                        | 200m:           | 2:20.24 | 36.71   | 300m:   | 3:33.67 | 37.05   |
| 350m:                      | 4:09.87 | 36.20                        | 400m:           | 4:45.50 | 35.63   |         |         |         |
| 4. Bomba Julia             | 11      | CSiR MOS w Dabrowie Gorni    | <b>4:45.55</b>  | 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   |
| 100m:                      | 1:08.32 | 35.66                        | 200m:           | 2:21.99 | 37.21   | 300m:   | 3:34.66 | 36.70   |
| 350m:                      | 4:10.76 | 36.10                        | 400m:           | 4:45.55 | 34.79   |         |         |         |
| 5. Ciupa Ewelina           | 09      | UKS „Manta Kochlowice Rud    | <b>4:46.25a</b> | 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   |
| 100m:                      | 1:07.43 | 35.60                        | 200m:           | 2:21.15 | 37.14   | 300m:   | 3:34.63 | 36.66   |
| 350m:                      | 4:11.06 | 36.43                        | 400m:           | 4:46.25 | 35.19   |         |         |         |
| 6. Fartuszynska Weronika   | 08      | UKS Junior Kluczbork         | <b>4:47.31</b>  | 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   |
| 100m:                      | 1:08.90 | 35.88                        | 200m:           | 2:22.61 | 36.81   | 300m:   | 3:36.72 | 36.88   |
| 350m:                      | 4:12.99 | 36.27                        | 400m:           | 4:47.31 | 34.32   |         |         |         |
| 7. Kordek Zuzanna          | 08      | Akademia Sms Raciborz        | <b>4:47.48</b>  | 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   |
| 100m:                      | 1:09.50 | 36.20                        | 200m:           | 2:23.16 | 37.08   | 300m:   | 3:37.61 | 37.66   |
| 350m:                      | 4:13.94 | 36.33                        | 400m:           | 4:47.48 | 33.54   |         |         |         |
| 8. Gaca Izabela            | 10      | Swim Team MOSiR Kedzierzy    | <b>4:48.11</b>  | 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   |
| 100m:                      | 1:09.42 | 36.44                        | 200m:           | 2:22.71 | 36.44   | 300m:   | 3:37.25 | 37.30   |
| 350m:                      | 4:13.35 | 36.10                        | 400m:           | 4:48.11 | 34.76   |         |         |         |
| 9. Krawczyk Aleksandra     | 11      | UKS „Na Fali Bytom”          | <b>4:48.94</b>  | 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   |
| 100m:                      | 1:09.23 | 36.57                        | 200m:           | 2:23.12 | 37.00   | 300m:   | 3:37.36 | 37.36   |
| 350m:                      | 4:13.81 | 36.45                        | 400m:           | 4:48.94 | 35.13   |         |         |         |
| 10. Emerling Diana         | 10      | Swim Team MOSiR Kedzierzy    | <b>4:50.56</b>  | 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   |
| 100m:                      | 1:10.30 | 36.94                        | 200m:           | 2:24.40 | 37.26   | 300m:   | 3:38.65 | 37.34   |
| 350m:                      | 4:15.27 | 36.62                        | 400m:           | 4:50.56 | 35.29   |         |         |         |
| 11. Rajca Matylda          | 10      | LKS Jednosc 32 Przystowice   | <b>4:50.61</b>  | 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   |
| 100m:                      | 1:08.24 | 35.48                        | 200m:           | 2:23.05 | 37.36   | 300m:   | 3:37.34 | 36.95   |
| 350m:                      | 4:14.07 | 36.73                        | 400m:           | 4:50.61 | 36.54   |         |         |         |
| 12. Drabik Aneta           | 04      | KP „Sukces” Chorzow          | <b>4:52.22</b>  | 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   |
| 100m:                      | 1:09.12 | 35.83                        | 200m:           | 2:23.54 | 37.18   | 300m:   | 3:38.52 | 37.45   |
| 350m:                      | 4:16.48 | 37.96                        | 400m:           | 4:52.22 | 35.74   |         |         |         |
| 13. Maik Victoria          | 09      | UKS „Manta Kochlowice Rud    | <b>4:52.60a</b> | 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   |
| 100m:                      | 1:08.49 | 35.99                        | 200m:           | 2:23.79 | 38.03   | 300m:   | 3:39.49 | 37.64   |
| 350m:                      | 4:17.16 | 37.67                        | 400m:           | 4:52.60 | 35.44   |         |         |         |
| 14. Jasniecka Paulina      | 07      | AZS KU Politechniki Opolskie | <b>4:54.37</b>  | 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   |
| 100m:                      | 1:08.62 | 36.50                        | 200m:           | 2:23.22 | 37.42   | 300m:   | 3:38.34 | 37.97   |
| 350m:                      | 4:16.75 | 38.41                        | 400m:           | 4:54.37 | 37.62   |         |         |         |
| 15. Guzdek Anna            | 07      | Akademia Sms Raciborz        | <b>4:56.41</b>  | 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   |
| 100m:                      | 1:10.62 | 36.89                        | 200m:           | 2:26.08 | 37.75   | 300m:   | 3:42.19 | 38.06   |
| 350m:                      | 4:19.73 | 37.54                        | 400m:           | 4:56.41 | 36.68   |         |         |         |
| 16. Rzepka Klara           | 10      | UKS Aqua Team Mikolow        | <b>4:58.89</b>  | 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   |
| 100m:                      | 1:10.24 | 36.78                        | 200m:           | 2:26.52 | 38.20   | 300m:   | 3:43.37 | 38.16   |
| 350m:                      | 4:21.95 | 38.58                        | 400m:           | 4:58.89 | 36.94   |         |         |         |
| 17. Bilinska Iga           | 09      | UKS „Manta Kochlowice Rud    | <b>5:01.03a</b> | 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   |
| 100m:                      | 1:09.18 | 36.56                        | 200m:           | 2:25.77 | 38.55   | 300m:   | 3:43.01 | 38.56   |
| 350m:                      | 4:22.95 | 39.94                        | 400m:           | 5:01.03 | 38.08   |         |         |         |

# LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2024

## Event 19, Women, 400m Freestyle, Open

| Rank | YB                 |       | Time                       | Pts            | 100m          | 200m    | 300m          | 400m    |         |
|------|--------------------|-------|----------------------------|----------------|---------------|---------|---------------|---------|---------|
| 18.  | Raczka Weronika    | 09    | UKS SMS Galicja Krakow     | <b>5:03.34</b> | 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” Chorzow        | <b>5:04.67</b> | 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.  | Luczka Natalia     | 08    | CSiR MOS w Dabrowie Gornia | <b>5:05.73</b> | 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  | <b>5:06.31</b> | 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.  | Morganska Marta    | 10    | UKS „Manta Kochlowice Rud  | <b>5:15.01</b> | a 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.  | Zurakowska Zuzanna | 10    | Fundacja Power Swimming    | <b>5:15.37</b> | 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 Kochlowice Rud  | <b>5:16.03</b> | a 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 Slask Wroclaw          | <b>5:16.31</b> | 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.  | Jendrzey Klara     | 10    | DOKiS SP Vega Dobrodzien   | <b>5:17.04</b> | 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.  | Koclega Antonina   | 11    | UKS Aqua Team Mikołow      | <b>5:19.12</b> | 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.  | Sulkowska Oliwia   | 10    | UKS Junior Kluczbork       | <b>5:19.69</b> | 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       | <b>5:19.85</b> | 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.  | Piatek Maja        | 10    | KS „Gornik” Sosnowiec      | <b>5:20.94</b> | 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      | <b>5:24.11</b> | 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.  | Wereszczynska Lila | 12    | WKS Slask Wroclaw          | <b>5:25.80</b> | 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 Wroclaw        | <b>5:28.11</b> | 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          | <b>5:29.81</b> | 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      | <b>5:31.01</b> | 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

## Event 19, Women, 400m Freestyle, Open

| Rank | YB                      | Club                             | Time           | Pts     | 100m          | 200m          | 300m          | 400m    |
|------|-------------------------|----------------------------------|----------------|---------|---------------|---------------|---------------|---------|
| 36.  | Bachniak Lidia          | 11 CSiR MOS w Dabrowie Gorniej   | <b>5:31.52</b> | 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 |         |
| 37.  | Rogosz Estera           | 10 UKS DELFIN Krapkowice         | <b>5:32.23</b> | 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.  | Dziubinska-Galkowska L. | 12 WKS Slask Wroclaw             | <b>5:35.00</b> | 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.  | Tyminska Adrianna       | 11 WKS Slask Wroclaw             | <b>5:37.86</b> | 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         | <b>5:38.88</b> | 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 Slask Wroclaw             | <b>5:46.81</b> | 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    | <b>5:49.89</b> | 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 „Gornik” Sosnowiec         | <b>5:50.06</b> | 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          | <b>5:50.17</b> | 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.  | Kulak Maja              | 10 KP Aqua-Swim Nysa             | <b>5:59.98</b> | 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.  | Zieba Nicola            | 10 Sport Active                  | <b>6:00.00</b> | 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 Slask Wroclaw             | <b>6:02.94</b> | 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                  | <b>6:09.01</b> | 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                  | <b>6:29.29</b> | 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 Opolski   | <b>6:30.05</b> | 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                  | <b>6:57.49</b> | 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.  | Glapiak Jagoda          | 14 AZS KU Politechniki Opolskiej | <b>7:11.26</b> | 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                  | <b>7:45.14</b> | 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

## Event 19, Women, 400m Freestyle, Open

| Rank   | YB               | Time                             | Pts           | 100m    | 200m          | 300m    | 400m          |
|--|------------------|----------------------------------|---------------|---------|---------------|---------|---------------|
| DSQ  | Sado Jagoda 11   | Swim Team MOSiR Kedzierzyn-Kozle | :(            | 1:19.94 | 1:26.88       | 1:28.24 |               |
| <i>O 2 - Pływak nie ukończył całego dystansu. (Time: 17:30)</i>            |                  |                                  |               |         |               |         |               |
|  | 50m: 37.30       | 37.30                            | 150m: 2:03.34 | 43.51   | 350m: 43.51   |         |               |
|  | 100m: 1:19.94    | 42.64                            | 200m: 2:46.82 | 44.73   | 400m: 44.73   |         |               |
| DSQ  | Pielczyk Lena 13 | DOKiS SP Vega Dobrodzien         | :(            | 1:35.56 | 1:50.94       | 1:54.28 | 1:47.19       |
| <i>O 1 - Pływak zainicjował start przed sygnałem startu. (Time: 17:23)</i> |                  |                                  |               |         |               |         |               |
|  | 50m: 44.15       | 44.15                            | 150m: 2:30.28 | 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 |

## Open OZP

|                    |                          |                              |                |       |               |         |               |         |
|--------------------|--------------------------|------------------------------|----------------|-------|---------------|---------|---------------|---------|
| 1.                 | Fartuszynska Weronika 08 | UKS Junior Kluczbork         | <b>4:47.31</b> | 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 Kedzierzy    | <b>4:48.11</b> | 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 Kedzierzy    | <b>4:50.56</b> | 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.                 | Jasniecka Paulina 07     | AZS KU Politechniki Opolskie | <b>4:54.37</b> | 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 Dobrodzien     | <b>5:17.04</b> | 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.                 | Sulkowska Oliwia 10      | UKS Junior Kluczbork         | <b>5:19.69</b> | 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         | <b>5:19.85</b> | 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.                 | Mikolajek Adrianna 11    | UKS DELFIN Krapkowice        | <b>5:24.11</b> | 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            | <b>5:29.81</b> | 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        | <b>5:31.01</b> | 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        | <b>5:32.23</b> | 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        | <b>5:38.88</b> | 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   | <b>5:49.89</b> | 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         | <b>5:50.17</b> | 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

## Event 19, Women, 400m Freestyle, Open OZP

| Rank | YB   |         | Time  |       | Pts                              | 100m           | 200m  | 300m    | 400m    |         |         |       |
|------|--|---------|-------|-------|----------------------------------|----------------|-------|---------|---------|---------|---------|-------|
| 15.  | Kulak Maja   |         | 10    |       | KP Aqua-Swim Nysa                | <b>5:59.98</b> | 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      | <b>6:30.05</b> | 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     | <b>7:11.26</b> | 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 |
| DSQ  | Sado Jagoda  |         | 11    |       | Swim Team MOSiR Kedzierzyn-Kozle |                | :-(   | 1:19.94 | 1:26.88 | 1:28.24 |         |       |
|      | <i>O 2 - Pływak nie ukończył całego dystansu. (Time: 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:   |         |       |
| DSQ  | Pielczyk Lena  |         | 13    |       | DOKiS SP Vega Dobrodzien         | <b>7:07.97</b> | :-(   | 1:35.56 | 1:50.94 | 1:54.28 | 1:47.19 |       |
|      | <i>O 1 - Pływak zainicjował start przed sygnałem startu. (Time: 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 |