

LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2024

 Event 20
 18.05.2024 - 17:05

Men, 400m Freestyle

 Open
 Results

Points: FINA 2024

Rank	YB		Time	Pts	100m	200m	300m	400m	
11 years and younger									
1.	Wittig Franciszek	13	KS Rekin Swiebodzice	6:33.81	174	1:30.47	1:40.80	1:41.33	1:41.21
	<i>MISTRZ OPOLSZCZYZNY</i>								
	50m:	42.50	42.50	150m:	2:20.65	50.18	250m:	4:01.89	50.62
	100m:	1:30.47	47.97	200m:	3:11.27	50.62	300m:	4:52.60	50.71
							350m:	5:43.99	51.39
							400m:	6:33.81	49.82
2.	Glapiak Antoni	14	AZS KU Politechniki Opolskie	7:17.23	127	1:47.27	1:54.27	1:54.75	1:40.94
	50m:	48.24	48.24	150m:	2:42.88	55.61	250m:	4:39.49	57.95
	100m:	1:47.27	59.03	200m:	3:41.54	58.66	300m:	5:36.29	56.80
							350m:	6:32.40	56.11
							400m:	7:17.23	44.83
11 lat i młodszy OZP									
1.	Glapiak Antoni	14	AZS KU Politechniki Opolskie	7:17.23	127	1:47.27	1:54.27	1:54.75	1:40.94
	<i>MISTRZ OZP</i>								
	50m:	48.24	48.24	150m:	2:42.88	55.61	250m:	4:39.49	57.95
	100m:	1:47.27	59.03	200m:	3:41.54	58.66	300m:	5:36.29	56.80
							350m:	6:32.40	56.11
							400m:	7:17.23	44.83
12 - 13 years									
1.	Jadczak Wojciech	11	DOKiS SP Vega Dobrodzien	4:57.01	406	1:12.29	1:17.42	1:14.57	1:12.73
	<i>MISTRZ OPOLSZCZYZNY</i>								
	50m:	33.93	33.93	150m:	1:51.66	39.37	250m:	3:07.07	37.36
	100m:	1:12.29	38.36	200m:	2:29.71	38.05	300m:	3:44.28	37.21
							350m:	4:21.73	37.45
							400m:	4:57.01	35.28
2.	Karasz Wojciech	11	UKS „Manta Kochlowice Rud	5:01.29	389	1:10.76	1:17.40	1:19.39	1:13.74
	50m:	33.26	33.26	150m:	1:49.08	38.32	250m:	3:07.63	39.47
	100m:	1:10.76	37.50	200m:	2:28.16	39.08	300m:	3:47.55	39.92
							350m:	4:24.89	37.34
							400m:	5:01.29	36.40
3.	Gawronski Mateusz	11	WKS Slask Wroclaw	5:07.44	366	1:12.06	1:18.92	1:20.35	1:16.11
	50m:	33.95	33.95	150m:	1:51.27	39.21	250m:	3:10.93	39.95
	100m:	1:12.06	38.11	200m:	2:30.98	39.71	300m:	3:51.33	40.40
							350m:	4:30.58	39.25
							400m:	5:07.44	36.86
4.	Michalik Bartosz	11	UKS Aquatica Pawlowice	5:08.69	362	1:14.25	1:18.69	1:19.29	1:16.46
	50m:	35.03	35.03	150m:	1:53.25	39.00	250m:	3:11.51	38.57
	100m:	1:14.25	39.22	200m:	2:32.94	39.69	300m:	3:52.23	40.72
							350m:	4:31.51	39.28
							400m:	5:08.69	37.18
5.	Bobyk Karol	11	WKS Slask Wroclaw	5:15.26	340	1:16.45	1:22.33	1:21.00	1:15.48
	50m:	35.59	35.59	150m:	1:58.00	41.55	250m:	3:19.51	40.73
	100m:	1:16.45	40.86	200m:	2:38.78	40.78	300m:	3:59.78	40.27
							350m:	4:39.04	39.26
							400m:	5:15.26	36.22
6.	Wrobel Filip	11	Swim Team MOSiR Kedzierzy	5:16.65	335	1:11.70	1:21.43	1:22.92	1:20.60
	50m:	32.89	32.89	150m:	1:52.01	40.31	250m:	3:14.56	41.43
	100m:	1:11.70	38.81	200m:	2:33.13	41.12	300m:	3:56.05	41.49
							350m:	4:37.79	41.74
							400m:	5:16.65	38.86
7.	Kopacz Maciej	11	WKS Slask Wroclaw	5:17.60	332	1:13.47	1:21.74	1:22.51	1:19.88
	50m:	34.60	34.60	150m:	1:54.19	40.72	250m:	3:16.64	41.43
	100m:	1:13.47	38.87	200m:	2:35.21	41.02	300m:	3:57.72	41.08
							350m:	4:38.95	41.23
							400m:	5:17.60	38.65
8.	Ryszkowski Kacper	11	MKS SMS Victoria Raciborz	5:34.98	283	1:20.00	1:28.56	1:24.13	1:22.29
	50m:	37.07	37.07	150m:	2:03.27	43.27	250m:	3:30.68	42.12
	100m:	1:20.00	42.93	200m:	2:48.56	45.29	300m:	4:12.69	42.01
							350m:	4:55.03	42.34
							400m:	5:34.98	39.95
9.	Sliwinski Gabriel	11	Swim Team MOSiR Kedzierzy	5:36.81	278	1:20.01	1:30.09	1:28.00	1:18.71
	50m:	36.95	36.95	150m:	5:00.24	3:40.23	250m:		
	100m:	1:20.01	43.06	200m:	2:50.10		300m:	4:18.10	
							350m:		
							400m:	5:36.81	
10.	Herda Igor	11	WKS Slask Wroclaw	5:38.31	275	1:19.57	1:29.95	1:29.03	1:19.76
	50m:	36.24	36.24	150m:	2:04.33	44.76	250m:	3:34.64	45.12
	100m:	1:19.57	43.33	200m:	2:49.52	45.19	300m:	4:18.55	43.91
							350m:	5:01.28	42.73
							400m:	5:38.31	37.03

LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2024

Event 20, Boys, 400m Freestyle, 12 - 13 years

Rank	YB	Time	Pts	100m	200m	300m	400m		
11.	Wisniewski Michal	11	UKS DELFIN Krapkowice	5:44.32	261	1:19.52	1:28.19	1:29.44	1:27.17
	50m: 37.15	37.15	150m: 3:32.99	2:13.47	250m: 5:02.42	2:14.71	350m:		
	100m: 1:19.52	42.37	200m: 2:47.71		300m: 4:17.15	400m: 5:44.32			
12.	Watzlaw Patryk	11	UKS DELFIN Krapkowice	5:59.80	228	1:21.20	1:32.58	1:35.95	1:30.07
	50m: 37.19	37.19	150m: 2:06.90	45.70	250m: 3:42.01	48.23	350m: 5:16.35	46.62	
	100m: 1:21.20	44.01	200m: 2:53.78	46.88	300m: 4:29.73	47.72	400m: 5:59.80	43.45	
13.	Donajski Stanislaw	11	Swim Team MOSiR Kedzierzy	6:14.58	202	1:24.24	1:35.54	1:37.46	1:37.34
	50m: 39.40	39.40	150m: 2:09.98	45.74	250m: 3:48.62	48.84	350m: 5:28.08	50.84	
	100m: 1:24.24	44.84	200m: 2:59.78	49.80	300m: 4:37.24	48.62	400m: 6:14.58	46.50	
14.	Ciszewski Bartosz	12	KS Rekin Swiebodzice	6:15.65	201	1:27.85	1:38.31	1:39.14	1:30.35
	50m: 40.21	40.21	150m: 2:17.07	49.22	250m: 3:56.11	49.95	350m: 5:34.47	49.17	
	100m: 1:27.85	47.64	200m: 3:06.16	49.09	300m: 4:45.30	49.19	400m: 6:15.65	41.18	
15.	Bem Adam	12	UKS DELFIN Krapkowice	6:36.40	171	1:32.11	1:42.43	1:43.57	1:38.29
	50m: 42.17	42.17	150m: 2:22.82	50.71	250m: 4:06.31	51.77	350m: 5:47.77	49.66	
	100m: 1:32.11	49.94	200m: 3:14.54	51.72	300m: 4:58.11	51.80	400m: 6:36.40	48.63	
16.	Jendrusch Dominik	11	UKS DELFIN Krapkowice	7:17.78	127	1:44.47	1:55.65	1:54.96	1:42.70
	50m: 49.12	49.12	150m: 2:41.79	57.32	250m: 4:37.60	57.48	350m: 6:30.80	55.72	
	100m: 1:44.47	55.35	200m: 3:40.12	58.33	300m: 5:35.08	57.48	400m: 7:17.78	46.98	

12-13 lat OZP

1.	Jadczak Wojciech	11	DOKiS SP Vega Dobrodzien	4:57.01	406	1:12.29	1:17.42	1:14.57	1:12.73
	<i>MISTRZ OZP</i>								
	50m: 33.93	33.93	150m: 1:51.66	39.37	250m: 3:07.07	37.36	350m: 4:21.73	37.45	
	100m: 1:12.29	38.36	200m: 2:29.71	38.05	300m: 3:44.28	37.21	400m: 4:57.01	35.28	
2.	Wrobel Filip	11	Swim Team MOSiR Kedzierzy	5:16.65	335	1:11.70	1:21.43	1:22.92	1:20.60
	50m: 32.89	32.89	150m: 1:52.01	40.31	250m: 3:14.56	41.43	350m: 4:37.79	41.74	
	100m: 1:11.70	38.81	200m: 2:33.13	41.12	300m: 3:56.05	41.49	400m: 5:16.65	38.86	
3.	Sliwinski Gabriel	11	Swim Team MOSiR Kedzierzy	5:36.81	278	1:20.01	1:30.09	1:28.00	1:18.71
	50m: 36.95	36.95	150m: 5:00.24	3:40.23	250m:		350m:		
	100m: 1:20.01	43.06	200m: 2:50.10		300m: 4:18.10		400m: 5:36.81		
4.	Wisniewski Michal	11	UKS DELFIN Krapkowice	5:44.32	261	1:19.52	1:28.19	1:29.44	1:27.17
	50m: 37.15	37.15	150m: 3:32.99	2:13.47	250m: 5:02.42	2:14.71	350m:		
	100m: 1:19.52	42.37	200m: 2:47.71		300m: 4:17.15	400m: 5:44.32			
5.	Watzlaw Patryk	11	UKS DELFIN Krapkowice	5:59.80	228	1:21.20	1:32.58	1:35.95	1:30.07
	50m: 37.19	37.19	150m: 2:06.90	45.70	250m: 3:42.01	48.23	350m: 5:16.35	46.62	
	100m: 1:21.20	44.01	200m: 2:53.78	46.88	300m: 4:29.73	47.72	400m: 5:59.80	43.45	
6.	Donajski Stanislaw	11	Swim Team MOSiR Kedzierzy	6:14.58	202	1:24.24	1:35.54	1:37.46	1:37.34
	50m: 39.40	39.40	150m: 2:09.98	45.74	250m: 3:48.62	48.84	350m: 5:28.08	50.84	
	100m: 1:24.24	44.84	200m: 2:59.78	49.80	300m: 4:37.24	48.62	400m: 6:14.58	46.50	
7.	Bem Adam	12	UKS DELFIN Krapkowice	6:36.40	171	1:32.11	1:42.43	1:43.57	1:38.29
	50m: 42.17	42.17	150m: 2:22.82	50.71	250m: 4:06.31	51.77	350m: 5:47.77	49.66	
	100m: 1:32.11	49.94	200m: 3:14.54	51.72	300m: 4:58.11	51.80	400m: 6:36.40	48.63	
8.	Jendrusch Dominik	11	UKS DELFIN Krapkowice	7:17.78	127	1:44.47	1:55.65	1:54.96	1:42.70
	50m: 49.12	49.12	150m: 2:41.79	57.32	250m: 4:37.60	57.48	350m: 6:30.80	55.72	
	100m: 1:44.47	55.35	200m: 3:40.12	58.33	300m: 5:35.08	57.48	400m: 7:17.78	46.98	

LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2024

Event 20, Men, 400m Freestyle

14 years

1. Konopko Michał	10	UKS Aqua Team Mikołów	4:31.81	530	1:03.08	1:09.74	1:10.94	1:08.05
<i>MISTRZ OPOLSZCZYZNY</i>								
50m:	29.85	29.85	150m:	1:37.63	34.55	250m:	2:47.99	35.17
100m:	1:03.08	33.23	200m:	2:12.82	35.19	300m:	3:23.76	35.77
350m:	3:58.43	34.67	400m:	4:31.81	33.38			
2. Gluch Piotr	10	"Sikret" Gliwice	4:35.46	509	1:04.20	1:09.97	1:11.47	1:09.82
50m:	30.36	30.36	150m:	1:38.67	34.47	250m:	2:49.12	34.95
100m:	1:04.20	33.84	200m:	2:14.17	35.50	300m:	3:25.64	36.52
350m:	4:00.97	35.33	400m:	4:35.46	34.49			
3. Grymel Krzysztof	10	KP „Sukces” Chorzów	4:55.83	411	1:10.78	1:14.84	1:16.36	1:13.85
50m:	33.92	33.92	150m:	1:47.88	37.10	250m:	3:03.49	37.87
100m:	1:10.78	36.86	200m:	2:25.62	37.74	300m:	3:41.98	38.49
350m:	4:19.64	37.66	400m:	4:55.83	36.19			
4. Tymoczko Oskar	10	Swim Team MOSiR Kedzierzy	4:56.69	408	1:10.45	1:15.93	1:17.53	1:12.78
50m:	33.23	33.23	150m:	1:48.55	38.10	250m:	3:05.35	38.97
100m:	1:10.45	37.22	200m:	2:26.38	37.83	300m:	3:43.91	38.56
350m:	4:21.46	37.55	400m:	4:56.69	35.23			
5. Witkowski Wojciech	10	UKS DELFIN Krapkowice	4:57.84	403	1:11.00	1:16.07	1:17.19	1:13.58
50m:	33.56	33.56	150m:	1:49.31	38.31	250m:	3:05.98	38.91
100m:	1:11.00	37.44	200m:	2:27.07	37.76	300m:	3:44.26	38.28
350m:	4:22.01	37.75	400m:	4:57.84	35.83			
6. Jurczynski Borys	10	UKS Kronos Strzelce Opolski	5:16.02	337	1:16.84	1:21.53	1:22.37	1:15.28
50m:	36.24	36.24	150m:	1:57.40	40.56	250m:	3:19.26	40.89
100m:	1:16.84	40.60	200m:	2:38.37	40.97	300m:	4:00.74	41.48
350m:	4:38.99	38.25	400m:	5:16.02	37.03			
7. Smolinski Jan	10	MKS Juvenia Wrocław	5:26.18	307	1:16.05	1:23.76	1:26.45	1:19.92
50m:	35.36	35.36	150m:	1:57.46	41.41	250m:	3:23.19	43.38
100m:	1:16.05	40.69	200m:	2:39.81	42.35	300m:	4:06.26	43.07
350m:	4:48.42	42.16	400m:	5:26.18	37.76			
8. Kumar Ryan	10	Stowarzyszenie Hobby Sport	5:29.59	297	1:16.64	1:26.71	1:25.44	1:20.80
50m:	35.57	35.57	150m:	2:00.04	43.40	250m:	3:26.14	42.79
100m:	1:16.64	41.07	200m:	2:43.35	43.31	300m:	4:08.79	42.65
350m:	4:50.81	42.02	400m:	5:29.59	38.78			
9. Siudak Wiktor	10	KS Rekin Swiebodzice	6:51.14	153	1:36.70	1:44.55	1:46.88	1:43.01
50m:	45.78	45.78	150m:	2:28.35	51.65	250m:		350m:
100m:	1:36.70	50.92	200m:	3:21.25	52.90	300m:	5:08.13	400m:
400m:	6:51.14							

14 lat OZP

1. Tymoczko Oskar	10	Swim Team MOSiR Kedzierzy	4:56.69	408	1:10.45	1:15.93	1:17.53	1:12.78
<i>MISTRZ OZP</i>								
50m:	33.23	33.23	150m:	1:48.55	38.10	250m:	3:05.35	38.97
100m:	1:10.45	37.22	200m:	2:26.38	37.83	300m:	3:43.91	38.56
350m:	4:21.46	37.55	400m:	4:56.69	35.23			
2. Witkowski Wojciech	10	UKS DELFIN Krapkowice	4:57.84	403	1:11.00	1:16.07	1:17.19	1:13.58
50m:	33.56	33.56	150m:	1:49.31	38.31	250m:	3:05.98	38.91
100m:	1:11.00	37.44	200m:	2:27.07	37.76	300m:	3:44.26	38.28
350m:	4:22.01	37.75	400m:	4:57.84	35.83			
3. Jurczynski Borys	10	UKS Kronos Strzelce Opolski	5:16.02	337	1:16.84	1:21.53	1:22.37	1:15.28
50m:	36.24	36.24	150m:	1:57.40	40.56	250m:	3:19.26	40.89
100m:	1:16.84	40.60	200m:	2:38.37	40.97	300m:	4:00.74	41.48
350m:	4:38.99	38.25	400m:	5:16.02	37.03			
4. Kumar Ryan	10	Stowarzyszenie Hobby Sport	5:29.59	297	1:16.64	1:26.71	1:25.44	1:20.80
50m:	35.57	35.57	150m:	2:00.04	43.40	250m:	3:26.14	42.79
100m:	1:16.64	41.07	200m:	2:43.35	43.31	300m:	4:08.79	42.65
350m:	4:50.81	42.02	400m:	5:29.59	38.78			

15 - 16 years

1. Smoszna Wiktor	08	MKS Juvenia Wrocław	4:24.79	574	1:02.88	1:07.80	1:07.44	1:06.67
<i>MISTRZ OPOLSZCZYZNY</i>								
50m:	29.26	29.26	150m:	1:36.68	33.80	250m:	2:44.25	33.57
100m:	1:02.88	33.62	200m:	2:10.68	34.00	300m:	3:18.12	33.87
350m:	3:51.85	33.73	400m:	4:24.79	32.94			
2. Cwirko Dominik	09	Akademia Sms Raciborz	4:39.71	487	1:05.88	1:11.57	1:11.79	1:10.47
50m:	30.92	30.92	150m:	1:41.18	35.30	250m:	2:53.43	35.98
100m:	1:05.88	34.96	200m:	2:17.45	36.27	300m:	3:29.24	35.81
350m:	4:04.97	35.73	400m:	4:39.71	34.74			

LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2024

Event 20, Boys, 400m Freestyle, 15 - 16 years

Rank	YB		Time		Pts	100m	200m	300m	400m
3.	Palkij Filip	09	KS „Gornik” Sosnowiec	4:55.51	413	1:10.11	1:15.19	1:16.74	1:13.47
	50m: 33.24	33.24	150m: 1:47.70	37.59	250m: 3:03.93	38.63	350m: 4:20.14	38.10	
	100m: 1:10.11	36.87	200m: 2:25.30	37.60	300m: 3:42.04	38.11	400m: 4:55.51	35.37	
4.	Lankiewicz Odyseas	09	UKS „Manta Kochlowice Rud	5:09.58	359	1:10.12	1:19.41	1:20.37	1:19.68
	50m: 32.81	32.81	150m: 1:49.18	39.06	250m: 3:10.09	40.56	350m: 4:30.68	40.78	
	100m: 1:10.12	37.31	200m: 2:29.53	40.35	300m: 3:49.90	39.81	400m: 5:09.58	38.90	
5.	Rudowicz Bartłomiej	08	UKS Maratonczyk Ostrow Wlk	5:54.63	238	1:23.79	1:31.38	1:32.26	1:27.20
	50m: 38.62	38.62	150m: 2:09.56	45.77	250m: 3:41.38	46.21	350m: 5:13.11	45.68	
	100m: 1:23.79	45.17	200m: 2:55.17	45.61	300m: 4:27.43	46.05	400m: 5:54.63	41.52	
6.	Konicki Tymoteusz	09	Sport Active	6:17.84	197	1:23.34	1:35.91	1:41.64	1:36.95
	50m: 38.33	38.33	150m: 2:09.57	46.23	250m: 5:30.72	2:31.47	350m:		
	100m: 1:23.34	45.01	200m: 2:59.25	49.68	300m: 4:40.89		400m: 6:17.84		

17 - 18 years

1.	Okon Jakub	07	MKS Juvenia Wroclaw	4:11.91	666	59.49	1:03.41	1:04.52	1:04.49
	<i>MISTRZ OPOLSZCZYZNY</i>								
	50m: 28.32	28.32	150m: 1:31.07	31.58	250m: 2:34.92	32.02	350m: 3:39.77	32.35	
	100m: 59.49	31.17	200m: 2:02.90	31.83	300m: 3:07.42	32.50	400m: 4:11.91	32.14	

Open

1.	Okon Jakub	07	MKS Juvenia Wroclaw	4:11.91	666	59.49	1:03.41	1:04.52	1:04.49
	<i>MISTRZ OPOLSZCZYZNY</i>								
	50m: 28.32	28.32	150m: 1:31.07	31.58	250m: 2:34.92	32.02	350m: 3:39.77	32.35	
	100m: 59.49	31.17	200m: 2:02.90	31.83	300m: 3:07.42	32.50	400m: 4:11.91	32.14	
2.	Smoszna Wiktor	08	MKS Juvenia Wroclaw	4:24.79	574	1:02.88	1:07.80	1:07.44	1:06.67
	50m: 29.26	29.26	150m: 1:36.68	33.80	250m: 2:44.25	33.57	350m: 3:51.85	33.73	
	100m: 1:02.88	33.62	200m: 2:10.68	34.00	300m: 3:18.12	33.87	400m: 4:24.79	32.94	
3.	Konopko Michal	10	UKS Aqua Team Mikolow	4:31.81	530	1:03.08	1:09.74	1:10.94	1:08.05
	50m: 29.85	29.85	150m: 1:37.63	34.55	250m: 2:47.99	35.17	350m: 3:58.43	34.67	
	100m: 1:03.08	33.23	200m: 2:12.82	35.19	300m: 3:23.76	35.77	400m: 4:31.81	33.38	
4.	Gluch Piotr	10	"Sikret" Gliwice	4:35.46	509	1:04.20	1:09.97	1:11.47	1:09.82
	50m: 30.36	30.36	150m: 1:38.67	34.47	250m: 2:49.12	34.95	350m: 4:00.97	35.33	
	100m: 1:04.20	33.84	200m: 2:14.17	35.50	300m: 3:25.64	36.52	400m: 4:35.46	34.49	
5.	Cwirko Dominik	09	Akademia Sms Raciborz	4:39.71	487	1:05.88	1:11.57	1:11.79	1:10.47
	50m: 30.92	30.92	150m: 1:41.18	35.30	250m: 2:53.43	35.98	350m: 4:04.97	35.73	
	100m: 1:05.88	34.96	200m: 2:17.45	36.27	300m: 3:29.24	35.81	400m: 4:39.71	34.74	
6.	Palkij Filip	09	KS „Gornik” Sosnowiec	4:55.51	413	1:10.11	1:15.19	1:16.74	1:13.47
	50m: 33.24	33.24	150m: 1:47.70	37.59	250m: 3:03.93	38.63	350m: 4:20.14	38.10	
	100m: 1:10.11	36.87	200m: 2:25.30	37.60	300m: 3:42.04	38.11	400m: 4:55.51	35.37	
7.	Grymel Krzysztof	10	KP „Sukces” Chorzow	4:55.83	411	1:10.78	1:14.84	1:16.36	1:13.85
	50m: 33.92	33.92	150m: 1:47.88	37.10	250m: 3:03.49	37.87	350m: 4:19.64	37.66	
	100m: 1:10.78	36.86	200m: 2:25.62	37.74	300m: 3:41.98	38.49	400m: 4:55.83	36.19	
8.	Tymoczko Oskar	10	Swim Team MOSiR Kedzierzy	4:56.69	408	1:10.45	1:15.93	1:17.53	1:12.78
	50m: 33.23	33.23	150m: 1:48.55	38.10	250m: 3:05.35	38.97	350m: 4:21.46	37.55	
	100m: 1:10.45	37.22	200m: 2:26.38	37.83	300m: 3:43.91	38.56	400m: 4:56.69	35.23	
9.	Jadczak Wojciech	11	DOKiS SP Vega Dobrodzien	4:57.01	406	1:12.29	1:17.42	1:14.57	1:12.73
	50m: 33.93	33.93	150m: 1:51.66	39.37	250m: 3:07.07	37.36	350m: 4:21.73	37.45	
	100m: 1:12.29	38.36	200m: 2:29.71	38.05	300m: 3:44.28	37.21	400m: 4:57.01	35.28	
10.	Witkowski Wojciech	10	UKS DELFIN Krapkowice	4:57.84	403	1:11.00	1:16.07	1:17.19	1:13.58
	50m: 33.56	33.56	150m: 1:49.31	38.31	250m: 3:05.98	38.91	350m: 4:22.01	37.75	
	100m: 1:11.00	37.44	200m: 2:27.07	37.76	300m: 3:44.26	38.28	400m: 4:57.84	35.83	

LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2024

Event 20, Men, 400m Freestyle, Open

Rank	YB		Time		Pts	100m	200m	300m	400m
11.	Karasz Wojciech	11	UKS „Manta Kochlowice Rud	5:01.29	a'389	1:10.76	1:17.40	1:19.39	1:13.74
	50m: 33.26	33.26	150m: 1:49.08	38.32	250m: 3:07.63	39.47	350m: 4:24.89	37.34	
	100m: 1:10.76	37.50	200m: 2:28.16	39.08	300m: 3:47.55	39.92	400m: 5:01.29	36.40	
12.	Gawronski Mateusz	11	WKS Slask Wroclaw	5:07.44	366	1:12.06	1:18.92	1:20.35	1:16.11
	50m: 33.95	33.95	150m: 1:51.27	39.21	250m: 3:10.93	39.95	350m: 4:30.58	39.25	
	100m: 1:12.06	38.11	200m: 2:30.98	39.71	300m: 3:51.33	40.40	400m: 5:07.44	36.86	
13.	Michalik Bartosz	11	UKS Aquatica Pawlowice	5:08.69	362	1:14.25	1:18.69	1:19.29	1:16.46
	50m: 35.03	35.03	150m: 1:53.25	39.00	250m: 3:11.51	38.57	350m: 4:31.51	39.28	
	100m: 1:14.25	39.22	200m: 2:32.94	39.69	300m: 3:52.23	40.72	400m: 5:08.69	37.18	
14.	Lankiewicz Odyses	09	UKS „Manta Kochlowice Rud	5:09.58	a'359	1:10.12	1:19.41	1:20.37	1:19.68
	50m: 32.81	32.81	150m: 1:49.18	39.06	250m: 3:10.09	40.56	350m: 4:30.68	40.78	
	100m: 1:10.12	37.31	200m: 2:29.53	40.35	300m: 3:49.90	39.81	400m: 5:09.58	38.90	
15.	Bobyk Karol	11	WKS Slask Wroclaw	5:15.26	340	1:16.45	1:22.33	1:21.00	1:15.48
	50m: 35.59	35.59	150m: 1:58.00	41.55	250m: 3:19.51	40.73	350m: 4:39.04	39.26	
	100m: 1:16.45	40.86	200m: 2:38.78	40.78	300m: 3:59.78	40.27	400m: 5:15.26	36.22	
16.	Jurczynski Borys	10	UKS Kronos Strzelce Opolski	5:16.02	337	1:16.84	1:21.53	1:22.37	1:15.28
	50m: 36.24	36.24	150m: 1:57.40	40.56	250m: 3:19.26	40.89	350m: 4:38.99	38.25	
	100m: 1:16.84	40.60	200m: 2:38.37	40.97	300m: 4:00.74	41.48	400m: 5:16.02	37.03	
17.	Wrobel Filip	11	Swim Team MOSiR Kedzierzy	5:16.65	335	1:11.70	1:21.43	1:22.92	1:20.60
	50m: 32.89	32.89	150m: 1:52.01	40.31	250m: 3:14.56	41.43	350m: 4:37.79	41.74	
	100m: 1:11.70	38.81	200m: 2:33.13	41.12	300m: 3:56.05	41.49	400m: 5:16.65	38.86	
18.	Kopacz Maciej	11	WKS Slask Wroclaw	5:17.60	332	1:13.47	1:21.74	1:22.51	1:19.88
	50m: 34.60	34.60	150m: 1:54.19	40.72	250m: 3:16.64	41.43	350m: 4:38.95	41.23	
	100m: 1:13.47	38.87	200m: 2:35.21	41.02	300m: 3:57.72	41.08	400m: 5:17.60	38.65	
19.	Smolinski Jan	10	MKS Juvenia Wroclaw	5:26.18	307	1:16.05	1:23.76	1:26.45	1:19.92
	50m: 35.36	35.36	150m: 1:57.46	41.41	250m: 3:23.19	43.38	350m: 4:48.42	42.16	
	100m: 1:16.05	40.69	200m: 2:39.81	42.35	300m: 4:06.26	43.07	400m: 5:26.18	37.76	
20.	Kumar Ryan	10	Stowarzyszenie Hobby Sport	5:29.59	297	1:16.64	1:26.71	1:25.44	1:20.80
	50m: 35.57	35.57	150m: 2:00.04	43.40	250m: 3:26.14	42.79	350m: 4:50.81	42.02	
	100m: 1:16.64	41.07	200m: 2:43.35	43.31	300m: 4:08.79	42.65	400m: 5:29.59	38.78	
21.	Ryszkowski Kacper	11	MKS SMS Victoria Raciborz	5:34.98	283	1:20.00	1:28.56	1:24.13	1:22.29
	50m: 37.07	37.07	150m: 2:03.27	43.27	250m: 3:30.68	42.12	350m: 4:55.03	42.34	
	100m: 1:20.00	42.93	200m: 2:48.56	45.29	300m: 4:12.69	42.01	400m: 5:34.98	39.95	
22.	Sliwinski Gabriel	11	Swim Team MOSiR Kedzierzy	5:36.81	278	1:20.01	1:30.09	1:28.00	1:18.71
	50m: 36.95	36.95	150m: 5:00.24	3:40.23	250m:	350m:			
	100m: 1:20.01	43.06	200m: 2:50.10		300m: 4:18.10	400m: 5:36.81			
23.	Herda Igor	11	WKS Slask Wroclaw	5:38.31	275	1:19.57	1:29.95	1:29.03	1:19.76
	50m: 36.24	36.24	150m: 2:04.33	44.76	250m: 3:34.64	45.12	350m: 5:01.28	42.73	
	100m: 1:19.57	43.33	200m: 2:49.52	45.19	300m: 4:18.55	43.91	400m: 5:38.31	37.03	
24.	Wisniewski Michal	11	UKS DELFIN Krapkowice	5:44.32	261	1:19.52	1:28.19	1:29.44	1:27.17
	50m: 37.15	37.15	150m: 3:32.99	2:13.47	250m: 5:02.42	2:14.71	350m:		
	100m: 1:19.52	42.37	200m: 2:47.71		300m: 4:17.15	400m: 5:44.32			
25.	Rudowicz Bartlomiej	08	UKS Maratonczyk Ostrow Wlk	5:54.63	238	1:23.79	1:31.38	1:32.26	1:27.20
	50m: 38.62	38.62	150m: 2:09.56	45.77	250m: 3:41.38	46.21	350m: 5:13.11	45.68	
	100m: 1:23.79	45.17	200m: 2:55.17	45.61	300m: 4:27.43	46.05	400m: 5:54.63	41.52	
26.	Watzlaw Patryk	11	UKS DELFIN Krapkowice	5:59.80	228	1:21.20	1:32.58	1:35.95	1:30.07
	50m: 37.19	37.19	150m: 2:06.90	45.70	250m: 3:42.01	48.23	350m: 5:16.35	46.62	
	100m: 1:21.20	44.01	200m: 2:53.78	46.88	300m: 4:29.73	47.72	400m: 5:59.80	43.45	
27.	Donajski Stanislaw	11	Swim Team MOSiR Kedzierzy	6:14.58	202	1:24.24	1:35.54	1:37.46	1:37.34
	50m: 39.40	39.40	150m: 2:09.98	45.74	250m: 3:48.62	48.84	350m: 5:28.08	50.84	
	100m: 1:24.24	44.84	200m: 2:59.78	49.80	300m: 4:37.24	48.62	400m: 6:14.58	46.50	
28.	Ciszewski Bartosz	12	KS Rekin Swiebodzice	6:15.65	201	1:27.85	1:38.31	1:39.14	1:30.35
	50m: 40.21	40.21	150m: 2:17.07	49.22	250m: 3:56.11	49.95	350m: 5:34.47	49.17	
	100m: 1:27.85	47.64	200m: 3:06.16	49.09	300m: 4:45.30	49.19	400m: 6:15.65	41.18	

LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2024

Event 20, Men, 400m Freestyle, Open

Rank	YB		Time	Pts	100m	200m	300m	400m	
29.	Konicki Tymoteusz	09	Sport Active	6:17.84	197	1:23.34	1:35.91	1:41.64	1:36.95
	50m: 38.33	38.33	150m: 2:09.57	46.23	250m: 5:30.72	2:31.47	350m:		
	100m: 1:23.34	45.01	200m: 2:59.25	49.68	300m: 4:40.89	400m: 6:17.84			
30.	Wittig Franciszek	13	KS Rekin Swiebodzice	6:33.81	174	1:30.47	1:40.80	1:41.33	1:41.21
	50m: 42.50	42.50	150m: 2:20.65	50.18	250m: 4:01.89	50.62	350m: 5:43.99	51.39	
	100m: 1:30.47	47.97	200m: 3:11.27	50.62	300m: 4:52.60	50.71	400m: 6:33.81	49.82	
31.	Bem Adam	12	UKS DELFIN Krapkowice	6:36.40	171	1:32.11	1:42.43	1:43.57	1:38.29
	50m: 42.17	42.17	150m: 2:22.82	50.71	250m: 4:06.31	51.77	350m: 5:47.77	49.66	
	100m: 1:32.11	49.94	200m: 3:14.54	51.72	300m: 4:58.11	51.80	400m: 6:36.40	48.63	
32.	Siudak Wiktor	10	KS Rekin Swiebodzice	6:51.14	153	1:36.70	1:44.55	1:46.88	1:43.01
	50m: 45.78	45.78	150m: 2:28.35	51.65	250m:		350m:		
	100m: 1:36.70	50.92	200m: 3:21.25	52.90	300m: 5:08.13		400m: 6:51.14		
33.	Glapiak Antoni	14	AZS KU Politechniki Opolskiej	7:17.23	127	1:47.27	1:54.27	1:54.75	1:40.94
	50m: 48.24	48.24	150m: 2:42.88	55.61	250m: 4:39.49	57.95	350m: 6:32.40	56.11	
	100m: 1:47.27	59.03	200m: 3:41.54	58.66	300m: 5:36.29	56.80	400m: 7:17.23	44.83	
34.	Jendrusch Dominik	11	UKS DELFIN Krapkowice	7:17.78	127	1:44.47	1:55.65	1:54.96	1:42.70
	50m: 49.12	49.12	150m: 2:41.79	57.32	250m: 4:37.60	57.48	350m: 6:30.80	55.72	
	100m: 1:44.47	55.35	200m: 3:40.12	58.33	300m: 5:35.08	57.48	400m: 7:17.78	46.98	

Open OZP

1.	Tymoczko Oskar	10	Swim Team MOSiR Kedzierzy	4:56.69	408	1:10.45	1:15.93	1:17.53	1:12.78
	<i>MISTRZ OZP</i>								
	50m: 33.23	33.23	150m: 1:48.55	38.10	250m: 3:05.35	38.97	350m: 4:21.46	37.55	
	100m: 1:10.45	37.22	200m: 2:26.38	37.83	300m: 3:43.91	38.56	400m: 4:56.69	35.23	
2.	Jadczak Wojciech	11	DOKiS SP Vega Dobrodzien	4:57.01	406	1:12.29	1:17.42	1:14.57	1:12.73
	50m: 33.93	33.93	150m: 1:51.66	39.37	250m: 3:07.07	37.36	350m: 4:21.73	37.45	
	100m: 1:12.29	38.36	200m: 2:29.71	38.05	300m: 3:44.28	37.21	400m: 4:57.01	35.28	
3.	Witkowski Wojciech	10	UKS DELFIN Krapkowice	4:57.84	403	1:11.00	1:16.07	1:17.19	1:13.58
	50m: 33.56	33.56	150m: 1:49.31	38.31	250m: 3:05.98	38.91	350m: 4:22.01	37.75	
	100m: 1:11.00	37.44	200m: 2:27.07	37.76	300m: 3:44.26	38.28	400m: 4:57.84	35.83	
4.	Jurczynski Borys	10	UKS Kronos Strzelce Opolski	5:16.02	337	1:16.84	1:21.53	1:22.37	1:15.28
	50m: 36.24	36.24	150m: 1:57.40	40.56	250m: 3:19.26	40.89	350m: 4:38.99	38.25	
	100m: 1:16.84	40.60	200m: 2:38.37	40.97	300m: 4:00.74	41.48	400m: 5:16.02	37.03	
5.	Wrobel Filip	11	Swim Team MOSiR Kedzierzy	5:16.65	335	1:11.70	1:21.43	1:22.92	1:20.60
	50m: 32.89	32.89	150m: 1:52.01	40.31	250m: 3:14.56	41.43	350m: 4:37.79	41.74	
	100m: 1:11.70	38.81	200m: 2:33.13	41.12	300m: 3:56.05	41.49	400m: 5:16.65	38.86	
6.	Kumar Ryan	10	Stowarzyszenie Hobby Sport	5:29.59	297	1:16.64	1:26.71	1:25.44	1:20.80
	50m: 35.57	35.57	150m: 2:00.04	43.40	250m: 3:26.14	42.79	350m: 4:50.81	42.02	
	100m: 1:16.64	41.07	200m: 2:43.35	43.31	300m: 4:08.79	42.65	400m: 5:29.59	38.78	
7.	Sliwinski Gabriel	11	Swim Team MOSiR Kedzierzy	5:36.81	278	1:20.01	1:30.09	1:28.00	1:18.71
	50m: 36.95	36.95	150m: 5:00.24	3:40.23	250m:		350m:		
	100m: 1:20.01	43.06	200m: 2:50.10		300m: 4:18.10		400m: 5:36.81		
8.	Wisniewski Michal	11	UKS DELFIN Krapkowice	5:44.32	261	1:19.52	1:28.19	1:29.44	1:27.17
	50m: 37.15	37.15	150m: 3:32.99	2:13.47	250m: 5:02.42	2:14.71	350m:		
	100m: 1:19.52	42.37	200m: 2:47.71		300m: 4:17.15		400m: 5:44.32		
9.	Watzlaw Patryk	11	UKS DELFIN Krapkowice	5:59.80	228	1:21.20	1:32.58	1:35.95	1:30.07
	50m: 37.19	37.19	150m: 2:06.90	45.70	250m: 3:42.01	48.23	350m: 5:16.35	46.62	
	100m: 1:21.20	44.01	200m: 2:53.78	46.88	300m: 4:29.73	47.72	400m: 5:59.80	43.45	
10.	Donajski Stanislaw	11	Swim Team MOSiR Kedzierzy	6:14.58	202	1:24.24	1:35.54	1:37.46	1:37.34
	50m: 39.40	39.40	150m: 2:09.98	45.74	250m: 3:48.62	48.84	350m: 5:28.08	50.84	
	100m: 1:24.24	44.84	200m: 2:59.78	49.80	300m: 4:37.24	48.62	400m: 6:14.58	46.50	
11.	Bem Adam	12	UKS DELFIN Krapkowice	6:36.40	171	1:32.11	1:42.43	1:43.57	1:38.29
	50m: 42.17	42.17	150m: 2:22.82	50.71	250m: 4:06.31	51.77	350m: 5:47.77	49.66	
	100m: 1:32.11	49.94	200m: 3:14.54	51.72	300m: 4:58.11	51.80	400m: 6:36.40	48.63	

LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2024

Event 20, Men, 400m Freestyle, Open OZP

Rank	YB		Time		Pts	100m	200m	300m	400m			
12.	Glapiak Antoni		14		AZS KU Politechniki Opolskiej	7:17.23	127	1:47.27	1:54.27	1:54.75	1:40.94	
	50m:	48.24	48.24	150m:	2:42.88	55.61	250m:	4:39.49	57.95	350m:	6:32.40	56.11
	100m:	1:47.27	59.03	200m:	3:41.54	58.66	300m:	5:36.29	56.80	400m:	7:17.23	44.83
13.	Jendrusch Dominik		11		UKS DELFIN Krapkowice	7:17.78	127	1:44.47	1:55.65	1:54.96	1:42.70	
	50m:	49.12	49.12	150m:	2:41.79	57.32	250m:	4:37.60	57.48	350m:	6:30.80	55.72
	100m:	1:44.47	55.35	200m:	3:40.12	58.33	300m:	5:35.08	57.48	400m:	7:17.78	46.98