



Zimowe Otwarte Mistrzostwa Polski w Pływaniu Osób Niepełnosprawnych - Szczecin 2023
Szczecin, 17- - 19-11-2023

Event 7
2023-11-17 - 17:45

Women, 400m Freestyle

Open
Results

Points: WPS 2023

Rank			YB			Time	Pts	
Klasa S6-S14								
1.	LINDBERG Pernilla		Sweden		4:40.93	925	S14	14684
	50m: 31.90	31.90	150m: 1:41.94	35.32	250m: 2:53.21	35.75	350m: 4:05.36	36.07
	100m: 1:06.62	34.72	200m: 2:17.46	35.52	300m: 3:29.29	36.08	400m: 4:40.93	35.57
2.	JABLONSKA Oliwia		97 Start Wroclaw		4:39.06	923	S10	8344
	50m: 32.46	32.46	150m: 1:42.75	35.46	250m: 2:53.50	35.47	350m: 4:03.84	35.16
	100m: 1:07.29	34.83	200m: 2:18.03	35.28	300m: 3:28.68	35.18	400m: 4:39.06	35.22
3.	DUSKOVA Vendula		Czechia		5:19.87	767	S8	17934
	50m: 37.61	37.61	150m: 1:56.98	39.97	250m: 3:18.35	41.10	350m: 4:40.17	40.66
	100m: 1:17.01	39.40	200m: 2:37.25	40.27	300m: 3:59.51	41.16	400m: 5:19.87	39.70
4.	BLATTNEROVA Tatiana		Slovakia		5:40.63	662	S11	22689
	50m: 36.00	36.00	150m: 1:57.60	41.46	250m: 3:25.92	44.26	350m: 4:57.17	45.39
	100m: 1:16.14	40.14	200m: 2:41.66	44.06	300m: 4:11.78	45.86	400m: 5:40.63	43.46
5.	ST CLAIRE MAITLAND Nicola		Sweden		6:03.32	553	S7	32180
	50m: 38.88	38.88	150m: 2:06.35	45.23	250m: 3:40.47	46.88	350m: 5:16.28	47.73
	100m: 1:21.12	42.24	200m: 2:53.59	47.24	300m: 4:28.55	48.08	400m: 6:03.32	47.04
6.	BORSKA Alexandra		Czechia		5:48.38	508	S8	53608
	50m: 38.98	38.98	150m: 2:06.34	44.48	250m: 3:36.49	44.60	350m: 5:05.14	44.23
	100m: 1:21.86	42.88	200m: 2:51.89	45.55	300m: 4:20.91	44.42	400m: 5:48.38	43.24
7.	KRAMER Agnes		Sweden		6:17.02	435	S7	28524
	50m: 39.77	39.77	150m: 2:13.00	47.67	250m: 3:50.58	49.38	350m: 5:29.23	49.40
	100m: 1:25.33	45.56	200m: 3:01.20	48.20	300m: 4:39.83	49.25	400m: 6:17.02	47.79
8.	BADOWSKA Nikola		07 IKS AWF Warszawa		5:45.94	427	S9	52055
	50m: 38.37	38.37	150m: 2:07.04	44.55	250m: 3:36.75	44.66	350m: 5:04.22	44.58
	100m: 1:22.49	44.12	200m: 2:52.09	45.05	300m: 4:19.64	42.89	400m: 5:45.94	41.72
9.	LINHARTOVA Eva		Czechia		5:36.20	392	S10	52871
	50m: 36.14	36.14	150m: 1:59.93	43.04	250m: 3:27.05	43.36	350m: 4:54.75	43.74
	100m: 1:16.89	40.75	200m: 2:43.69	43.76	300m: 4:11.01	43.96	400m: 5:36.20	41.45
10.	FAELTMAN Helena		Sweden		5:39.15	365	S10	55937
	50m: 37.32	37.32	150m: 1:59.06	41.34	250m: 3:25.43	43.80	350m: 4:55.25	44.85
	100m: 1:17.72	40.40	200m: 2:41.63	42.57	300m: 4:10.40	44.97	400m: 5:39.15	43.90
11.	SOLTYSIK Julia		11 WSSiRN Start Katowice		6:00.18	200	S10	
	50m: 39.97	39.97	150m: 2:09.82	45.20	250m: 3:42.94	47.41	350m: 5:16.64	46.78
	100m: 1:24.62	44.65	200m: 2:55.53	45.71	300m: 4:29.86	46.92	400m: 6:00.18	43.54
12.	BANDURA Kinga		05 IKS DSS Krakow		6:04.88	170	S10	
	50m: 39.65	39.65	150m: 2:09.32	45.55	250m: 3:43.35	47.14	350m: 5:18.71	47.46
	100m: 1:23.77	44.12	200m: 2:56.21	46.89	300m: 4:31.25	47.90	400m: 6:04.88	46.17
13.	DARGAS-MISZCZAK Monika		81 IKS AWF Warszawa		6:03.46	146	S12	
	50m: 36.67	36.67	150m: 2:05.13	46.05	250m: 3:41.34	48.19	350m: 5:17.58	47.66
	100m: 1:19.08	42.41	200m: 2:53.15	48.02	300m: 4:29.92	48.58	400m: 6:03.46	45.88
14.	STRZOP Roksana		05 WSSiRN Start Katowice		6:33.57	60	S14	
	50m: 43.18	43.18	150m: 2:21.38	50.05	250m: 4:04.29	51.72	350m: 5:45.73	50.08
	100m: 1:31.33	48.15	200m: 3:12.57	51.19	300m: 4:55.65	51.36	400m: 6:33.57	47.84
15.	COVEY Ayshia		07 WSSiRN Start Katowice		6:49.14	52	S9	
	50m: 43.71	43.71	150m: 2:23.77	51.77	250m: 4:11.27	54.45	350m: 5:59.80	54.28
	100m: 1:32.00	48.29	200m: 3:16.82	53.05	300m: 5:05.52	54.25	400m: 6:49.14	49.34
16.	LEWANDOWSKA Emilia		12 WSSiRN Start Katowice		7:38.39	8	S8	
	50m: 47.05	47.05	150m: 2:41.99	58.85	250m: 4:43.03	59.81	350m: 6:44.27	58.28
	100m: 1:43.14	56.09	200m: 3:43.22	1:01.23	300m: 5:45.99	1:02.96	400m: 7:38.39	54.12

Zimowe Otwarte Mistrzostwa Polski w Pływaniu Osób Niepełnosprawnych - Szczecin 2023
Szczecin, 17- - 19-11-2023

Event 7, Women, 400m Freestyle, Klasa S6-S14

Rank	YB						Time	Pts		
17.	JAWORSKA Natasza		00	ParaSportowi				8:05.92	S14	
	50m:	47.65 47.65	150m:	2:48.81 1:00.64	250m:	4:56.03 1:03.50	350m:	7:02.64 1:02.37		
	100m:	1:48.17 1:00.52	200m:	3:52.53 1:03.72	300m:	6:00.27 1:04.24	400m:	8:05.92 1:03.28		
	LACHOWSKA Regina		09	ParaSportowi				8:44.39	S14	
	50m:	46.25 46.25	150m:	2:51.17 1:05.62	250m:	5:06.72 1:10.45	350m:	7:38.03 1:23.24		
	100m:	1:45.55 59.30	200m:	3:56.27 1:05.10	300m:	6:14.79 1:08.07	400m:	8:44.39 1:06.36		

Mistrzostwa Polski

1.	JABLONSKA Oliwia	97	Start Wroclaw	4:39.06	923	S10	8344	
	50m:	32.46 32.46	150m:	1:42.75 35.46	250m:	2:53.50 35.47	350m:	4:03.84 35.16
	100m:	1:07.29 34.83	200m:	2:18.03 35.28	300m:	3:28.68 35.18	400m:	4:39.06 35.22
2.	BADOWSKA Nikola	07	IKS AWF Warszawa	5:45.94	427	S9	52055	
	50m:	38.37 38.37	150m:	2:07.04 44.55	250m:	3:36.75 44.66	350m:	5:04.22 44.58
	100m:	1:22.49 44.12	200m:	2:52.09 45.05	300m:	4:19.64 42.89	400m:	5:45.94 41.72
3.	SOLTYSIK Julia	11	WSSiRN Start Katowice	6:00.18	200	S10		
	50m:	39.97 39.97	150m:	2:09.82 45.20	250m:	3:42.94 47.41	350m:	5:16.64 46.78
	100m:	1:24.62 44.65	200m:	2:55.53 45.71	300m:	4:29.86 46.92	400m:	6:00.18 43.54
4.	BANDURA Kinga	05	IKS DSS Krakow	6:04.88	170	S10		
	50m:	39.65 39.65	150m:	2:09.32 45.55	250m:	3:43.35 47.14	350m:	5:18.71 47.46
	100m:	1:23.77 44.12	200m:	2:56.21 46.89	300m:	4:31.25 47.90	400m:	6:04.88 46.17
5.	DARGAS-MISZCZAK Monika	81	IKS AWF Warszawa	6:03.46	146	S12		
	50m:	36.67 36.67	150m:	2:05.13 46.05	250m:	3:41.34 48.19	350m:	5:17.58 47.66
	100m:	1:19.08 42.41	200m:	2:53.15 48.02	300m:	4:29.92 48.58	400m:	6:03.46 45.88
6.	STRZOP Roksana	05	WSSiRN Start Katowice	6:33.57	60	S14		
	50m:	43.18 43.18	150m:	2:21.38 50.05	250m:	4:04.29 51.72	350m:	5:45.73 50.08
	100m:	1:31.33 48.15	200m:	3:12.57 51.19	300m:	4:55.65 51.36	400m:	6:33.57 47.84
7.	COVEY Ayshia	07	WSSiRN Start Katowice	6:49.14	52	S9		
	50m:	43.71 43.71	150m:	2:23.77 51.77	250m:	4:11.27 54.45	350m:	5:59.80 54.28
	100m:	1:32.00 48.29	200m:	3:16.82 53.05	300m:	5:05.52 54.25	400m:	6:49.14 49.34
8.	LEWANDOWSKA Emilia	12	WSSiRN Start Katowice	7:38.39	8	S8		
	50m:	47.05 47.05	150m:	2:41.99 58.85	250m:	4:43.03 59.81	350m:	6:44.27 58.28
	100m:	1:43.14 56.09	200m:	3:43.22 1:01.23	300m:	5:45.99 1:02.96	400m:	7:38.39 54.12
9.	JAWORSKA Natasza	00	ParaSportowi	8:05.92		S14		
	50m:	47.65 47.65	150m:	2:48.81 1:00.64	250m:	4:56.03 1:03.50	350m:	7:02.64 1:02.37
	100m:	1:48.17 1:00.52	200m:	3:52.53 1:03.72	300m:	6:00.27 1:04.24	400m:	8:05.92 1:03.28
	LACHOWSKA Regina	09	ParaSportowi	8:44.39		S14		
	50m:	46.25 46.25	150m:	2:51.17 1:05.62	250m:	5:06.72 1:10.45	350m:	7:38.03 1:23.24
	100m:	1:45.55 59.30	200m:	3:56.27 1:05.10	300m:	6:14.79 1:08.07	400m:	8:44.39 1:06.36

Klasyfikacja Mi dzynarodowa

1.	LINDBERG Pernilla		Sweden	4:40.93	925	S14	14684	
	50m:	31.90 31.90	150m:	1:41.94 35.32	250m:	2:53.21 35.75	350m:	4:05.36 36.07
	100m:	1:06.62 34.72	200m:	2:17.46 35.52	300m:	3:29.29 36.08	400m:	4:40.93 35.57
2.	JABLONSKA Oliwia	97	Start Wroclaw	4:39.06	923	S10	8344	
	50m:	32.46 32.46	150m:	1:42.75 35.46	250m:	2:53.50 35.47	350m:	4:03.84 35.16
	100m:	1:07.29 34.83	200m:	2:18.03 35.28	300m:	3:28.68 35.18	400m:	4:39.06 35.22
3.	DUSKOVA Vendula		Czechia	5:19.87	767	S8	17934	
	50m:	37.61 37.61	150m:	1:56.98 39.97	250m:	3:18.35 41.10	350m:	4:40.17 40.66
	100m:	1:17.01 39.40	200m:	2:37.25 40.27	300m:	3:59.51 41.16	400m:	5:19.87 39.70

Zimowe Otwarte Mistrzostwa Polski w Pływaniu Osób Niepełnosprawnych - Szczecin 2023
Szczecin, 17- - 19-11-2023

Event 7, Women, 400m Freestyle, Klasyfikacja Mi dzynarodowa

Rank	YB		Time		Pts	
4.	BLATTNEROVA Tatiana		Slovakia		5:40.63	662 S11 22689
	50m: 36.00 36.00	150m: 1:57.60 41.46	250m: 3:25.92 44.26	350m: 4:57.17 45.39	400m: 5:40.63 43.46	
	100m: 1:16.14 40.14	200m: 2:41.66 44.06	300m: 4:11.78 45.86			
5.	ST CLAIRE MAITLAND Nicola		Sweden		6:03.32	553 S7 32180
	50m: 38.88 38.88	150m: 2:06.35 45.23	250m: 3:40.47 46.88	350m: 5:16.28 47.73	400m: 6:03.32 47.04	
	100m: 1:21.12 42.24	200m: 2:53.59 47.24	300m: 4:28.55 48.08			
6.	BORSKA Alexandra		Czechia		5:48.38	508 S8 53608
	50m: 38.98 38.98	150m: 2:06.34 44.48	250m: 3:36.49 44.60	350m: 5:05.14 44.23	400m: 5:48.38 43.24	
	100m: 1:21.86 42.88	200m: 2:51.89 45.55	300m: 4:20.91 44.42			
7.	KRAMER Agnes		Sweden		6:17.02	435 S7 28524
	50m: 39.77 39.77	150m: 2:13.00 47.67	250m: 3:50.58 49.38	350m: 5:29.23 49.40	400m: 6:17.02 47.79	
	100m: 1:25.33 45.56	200m: 3:01.20 48.20	300m: 4:39.83 49.25			
8.	BADOWSKA Nikola		07 IKS AWF Warszawa		5:45.94	427 S9 52055
	50m: 38.37 38.37	150m: 2:07.04 44.55	250m: 3:36.75 44.66	350m: 5:04.22 44.58	400m: 5:45.94 41.72	
	100m: 1:22.49 44.12	200m: 2:52.09 45.05	300m: 4:19.64 42.89			
9.	LINHARTOVA Eva		Czechia		5:36.20	392 S10 52871
	50m: 36.14 36.14	150m: 1:59.93 43.04	250m: 3:27.05 43.36	350m: 4:54.75 43.74	400m: 5:36.20 41.45	
	100m: 1:16.89 40.75	200m: 2:43.69 43.76	300m: 4:11.01 43.96			
10.	FAELTMAN Helena		Sweden		5:39.15	365 S10 55937
	50m: 37.32 37.32	150m: 1:59.06 41.34	250m: 3:25.43 43.80	350m: 4:55.25 44.85	400m: 5:39.15 43.90	
	100m: 1:17.72 40.40	200m: 2:41.63 42.57	300m: 4:10.40 44.97			

Klasa S7

1.	ST CLAIRE MAITLAND Nicola		Sweden		6:03.32	553 S7 32180
	50m: 38.88 38.88	150m: 2:06.35 45.23	250m: 3:40.47 46.88	350m: 5:16.28 47.73	400m: 6:03.32 47.04	
	100m: 1:21.12 42.24	200m: 2:53.59 47.24	300m: 4:28.55 48.08			
2.	KRAMER Agnes		Sweden		6:17.02	435 S7 28524
	50m: 39.77 39.77	150m: 2:13.00 47.67	250m: 3:50.58 49.38	350m: 5:29.23 49.40	400m: 6:17.02 47.79	
	100m: 1:25.33 45.56	200m: 3:01.20 48.20	300m: 4:39.83 49.25			

Klasa S8

1.	DUSKOVA Vendula		Czechia		5:19.87	767 S8 17934
	50m: 37.61 37.61	150m: 1:56.98 39.97	250m: 3:18.35 41.10	350m: 4:40.17 40.66	400m: 5:19.87 39.70	
	100m: 1:17.01 39.40	200m: 2:37.25 40.27	300m: 3:59.51 41.16			
2.	BORSKA Alexandra		Czechia		5:48.38	508 S8 53608
	50m: 38.98 38.98	150m: 2:06.34 44.48	250m: 3:36.49 44.60	350m: 5:05.14 44.23	400m: 5:48.38 43.24	
	100m: 1:21.86 42.88	200m: 2:51.89 45.55	300m: 4:20.91 44.42			
3.	LEWANDOWSKA Emilia		12 WSSiRN Start Katowice		7:38.39	8 S8
	50m: 47.05 47.05	150m: 2:41.99 58.85	250m: 4:43.03 59.81	350m: 6:44.27 58.28	400m: 7:38.39 54.12	
	100m: 1:43.14 56.09	200m: 3:43.22 1:01.23	300m: 5:45.99 1:02.96			

Klasa S9

1.	BADOWSKA Nikola		07 IKS AWF Warszawa		5:45.94	427 S9 52055
	50m: 38.37 38.37	150m: 2:07.04 44.55	250m: 3:36.75 44.66	350m: 5:04.22 44.58	400m: 5:45.94 41.72	
	100m: 1:22.49 44.12	200m: 2:52.09 45.05	300m: 4:19.64 42.89			
2.	COVEY Ayshia		07 WSSiRN Start Katowice		6:49.14	52 S9
	50m: 43.71 43.71	150m: 2:23.77 51.77	250m: 4:11.27 54.45	350m: 5:59.80 54.28	400m: 6:49.14 49.34	
	100m: 1:32.00 48.29	200m: 3:16.82 53.05	300m: 5:05.52 54.25			

Zimowe Otwarte Mistrzostwa Polski w Pływaniu Osób Niepełnosprawnych - Szczecin 2023
Szczecin, 17- - 19-11-2023

Event 7, Women, 400m Freestyle

Klasa S10

1.	JABLONSKA Oliwia	97	Start Wroclaw	4:39.06	923	S10	8344
	50m: 32.46 32.46	150m: 1:42.75 35.46	250m: 2:53.50 35.47	350m: 4:03.84 35.16			
	100m: 1:07.29 34.83	200m: 2:18.03 35.28	300m: 3:28.68 35.18	400m: 4:39.06 35.22			
2.	LINHARTOVA Eva		Czechia	5:36.20	392	S10	52871
	50m: 36.14 36.14	150m: 1:59.93 43.04	250m: 3:27.05 43.36	350m: 4:54.75 43.74			
	100m: 1:16.89 40.75	200m: 2:43.69 43.76	300m: 4:11.01 43.96	400m: 5:36.20 41.45			
3.	FAELTMAN Helena		Sweden	5:39.15	365	S10	55937
	50m: 37.32 37.32	150m: 1:59.06 41.34	250m: 3:25.43 43.80	350m: 4:55.25 44.85			
	100m: 1:17.72 40.40	200m: 2:41.63 42.57	300m: 4:10.40 44.97	400m: 5:39.15 43.90			
4.	SOLTYSIK Julia	11	WSSiRN Start Katowice	6:00.18	200	S10	
	50m: 39.97 39.97	150m: 2:09.82 45.20	250m: 3:42.94 47.41	350m: 5:16.64 46.78			
	100m: 1:24.62 44.65	200m: 2:55.53 45.71	300m: 4:29.86 46.92	400m: 6:00.18 43.54			
5.	BANDURA Kinga	05	IKS DSS Krakow	6:04.88	170	S10	
	50m: 39.65 39.65	150m: 2:09.32 45.55	250m: 3:43.35 47.14	350m: 5:18.71 47.46			
	100m: 1:23.77 44.12	200m: 2:56.21 46.89	300m: 4:31.25 47.90	400m: 6:04.88 46.17			

Klasa S11

1.	BLATTNEROVA Tatiana		Slovakia	5:40.63	662	S11	22689
	50m: 36.00 36.00	150m: 1:57.60 41.46	250m: 3:25.92 44.26	350m: 4:57.17 45.39			
	100m: 1:16.14 40.14	200m: 2:41.66 44.06	300m: 4:11.78 45.86	400m: 5:40.63 43.46			

Klasa S12

1.	DARGAS-MISZCZAK Monika	81	IKS AWF Warszawa	6:03.46	146	S12	
	50m: 36.67 36.67	150m: 2:05.13 46.05	250m: 3:41.34 48.19	350m: 5:17.58 47.66			
	100m: 1:19.08 42.41	200m: 2:53.15 48.02	300m: 4:29.92 48.58	400m: 6:03.46 45.88			

Klasa S14

1.	LINDBERG Pernilla		Sweden	4:40.93	925	S14	14684
	50m: 31.90 31.90	150m: 1:41.94 35.32	250m: 2:53.21 35.75	350m: 4:05.36 36.07			
	100m: 1:06.62 34.72	200m: 2:17.46 35.52	300m: 3:29.29 36.08	400m: 4:40.93 35.57			
2.	STRZOP Roksana	05	WSSiRN Start Katowice	6:33.57	60	S14	
	50m: 43.18 43.18	150m: 2:21.38 50.05	250m: 4:04.29 51.72	350m: 5:45.73 50.08			
	100m: 1:31.33 48.15	200m: 3:12.57 51.19	300m: 4:55.65 51.36	400m: 6:33.57 47.84			
3.	JAWORSKA Natasza	00	ParaSportowi	8:05.92		S14	
	50m: 47.65 47.65	150m: 2:48.81 1:00.64	250m: 4:56.03 1:03.50	350m: 7:02.64 1:02.37			
	100m: 1:48.17 1:00.52	200m: 3:52.53 1:03.72	300m: 6:00.27 1:04.24	400m: 8:05.92 1:03.28			
	LACHOWSKA Regina	09	ParaSportowi	8:44.39		S14	
	50m: 46.25 46.25	150m: 2:51.17 1:05.62	250m: 5:06.72 1:10.45	350m: 7:38.03 1:23.24			
	100m: 1:45.55 59.30	200m: 3:56.27 1:05.10	300m: 6:14.79 1:08.07	400m: 8:44.39 1:06.36			