

Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2025
Opole, 17. - 18.5.2025

Konkurencja 13
17.05.2025

Kobiet, 400m zmienny

Open
Wyniki

Rekordy Opolszczyzny Open	4:50.40	Zukowska Paula	00107	Ostrowiec Sw.	22.05.2009
Rekordy Opolszczyzny 19 +	4:51.69	Zukowska Paula	00107	Sabadell (ESP)	04.03.2012
Rekordy Opolszczyzny 18	5:02.19	Zukowska Paula	00107	Warsaw	22.07.2011
Rekordy Opolszczyzny 17	4:51.48	Zukowska Paula	00107	Gliwice	04.06.2010
Rekordy Opolszczyzny 16	4:50.40	Zukowska Paula	00107	Ostrowiec Sw.	22.05.2009
Rekordy Opolszczyzny 15	5:00.83	Zukowska Paula	00107	Gorzow Wlkp.	11.07.2008
Rekordy Opolszczyzny 14	5:07.08	Zukowska Paula	00207	Debica	13.04.2007
Rekordy Opolszczyzny 13	5:18.56	Rakowska Marta	00407	Opole	07.06.2019
Rekordy Opolszczyzny 12	5:34.84	Rakowska Marta	00407	Lublin	17.02.2018
Rekordy Opolszczyzny - 11	5:48.57	Rakowska Marta	00407	Zielona Gora - Drzonkow	25.06.2017

Punkty: AQUA 2024

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m
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11 lat i młodszy

1. Niedbalka Julia	14	UKS Victoria Kozy	6:09.15	373	1:29.28	1:39.29	1:38.98	1:21.60
50m: 41.78	41.78	150m: 2:20.47	51.19	250m: 3:57.75	49.18	350m: 5:30.16	42.61	
100m: 1:29.28	47.50	200m: 3:08.57	48.10	300m: 4:47.55	49.80	400m: 6:09.15	38.99	
2. Sojka Antonina	14	Uks Gwiazda Olesno	7:00.20	253	1:40.47	1:46.96	1:55.87	1:36.90
50m: 45.80	45.80	150m: 2:34.93	54.46	250m: 4:23.97	56.54	350m: 6:13.73	50.43	
100m: 1:40.47	54.67	200m: 3:27.43	52.50	300m: 5:23.30	59.33	400m: 7:00.20	46.47	

12 - 13 lat

1. Skubisz Liliana	12	CSiR MOS w Dąbrowie Górniczej	5:43.25	464	1:13.91	1:32.24	1:39.86	1:17.24
50m: 33.90	33.90	150m: 2:01.31	47.40	250m: 3:35.90	49.75	350m: 5:06.26	40.25	
100m: 1:13.91	40.01	200m: 2:46.15	44.84	300m: 4:26.01	50.11	400m: 5:43.25	36.99	
2. Blukacz Pola	12	UKS ORKA Częstochowa	5:51.26	433	1:18.92	1:35.11	1:36.51	1:20.72
50m: 36.30	36.30	150m: 2:08.24	49.32	250m: 3:42.11	48.08	350m: 5:11.91	41.37	
100m: 1:18.92	42.62	200m: 2:54.03	45.79	300m: 4:30.54	48.43	400m: 5:51.26	39.35	
3. Brysz Emilia	12	UKS Aqua Team Mikołów	6:02.13	395	1:27.59	1:33.57	1:43.03	1:17.94
50m: 39.71	39.71	150m: 2:14.54	46.95	250m: 3:52.40	51.24	350m: 5:24.18	39.99	
100m: 1:27.59	47.88	200m: 3:01.16	46.62	300m: 4:44.19	51.79	400m: 6:02.13	37.95	
4. Zięba Weronika	13	CSiR MOS w Dąbrowie Górniczej	6:04.10	389	1:23.46	1:34.87	1:50.03	1:15.74
50m: 37.85	37.85	150m: 2:11.25	47.79	250m: 3:53.01	54.68	350m: 5:26.35	37.99	
100m: 1:23.46	45.61	200m: 2:58.33	47.08	300m: 4:48.36	55.35	400m: 6:04.10	37.75	
5. Wojtyczka Martyna	12	UKS Aqua Team Mikołów	6:06.91	380	1:29.22	1:34.03	1:39.71	1:23.95
50m: 40.17	40.17	150m: 2:15.89	46.67	250m: 3:52.87	49.62	350m: 5:26.51	43.55	
100m: 1:29.22	49.05	200m: 3:03.25	47.36	300m: 4:42.96	50.09	400m: 6:06.91	40.40	

14 lat

1. Pająk Agata	11	UKS Aqua Team Mikołów	5:42.35	468	1:18.14	1:26.55	1:39.82	1:17.84
50m: 35.72	35.72	150m: 2:02.18	44.04	250m: 3:33.68	48.99	350m: 5:03.44	38.93	
100m: 1:18.14	42.42	200m: 2:44.69	42.51	300m: 4:24.51	50.83	400m: 5:42.35	38.91	
2. Szarek Nika	11	MTP Delfin Cieszyn	5:51.44	432	1:20.51	1:29.89	1:41.81	1:19.23
50m: 38.07	38.07	150m: 2:05.90	45.39	250m: 3:41.03	50.63	350m: 5:13.48	41.27	
100m: 1:20.51	42.44	200m: 2:50.40	44.50	300m: 4:32.21	51.18	400m: 5:51.44	37.96	
3. Nowińska Nina	11	UKS „Huragan” przy SP nr 456	6:06.01	383	1:27.42	1:36.26	1:45.70	1:16.63
50m: 36.67	36.67	150m: 2:17.06	49.64	250m: 3:56.03	52.35	350m: 5:28.37	38.99	
100m: 1:27.42	50.75	200m: 3:03.68	46.62	300m: 4:49.38	53.35	400m: 6:06.01	37.64	

Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2025
Opole, 17. - 18.5.2025

Konkurencja 13, Kobiety, 400m zmienny

15 - 16 lat

1. Gaca Izabela	10	Swim Team MOSiR Kędzierzy	5:29.28	526	1:23.69	1:18.13	1:37.10	1:10.36
50m: 39.14	39.14	150m: 2:03.38	39.69	250m: 3:30.72	48.90	350m: 4:55.13	36.21	
100m: 1:23.69	44.55	200m: 2:41.82	38.44	300m: 4:18.92	48.20	400m: 5:29.28	34.15	
2. Gubała Justyna	09	Stowarzyszenie Solne Miasto	5:50.17	437	1:22.64	1:24.91	1:43.69	1:18.93
50m: 37.16	37.16	150m: 2:05.45	42.81	250m: 3:39.09	51.54	350m: 5:10.49	39.25	
100m: 1:22.64	45.48	200m: 2:47.55	42.10	300m: 4:31.24	52.15	400m: 5:50.17	39.68	
3. Liszka Aniela	10	LKS Jedność 32 Przyszowice	5:52.15	430	1:23.58	1:32.57	1:35.40	1:20.60
50m: 37.55	37.55	150m: 2:10.13	46.55	250m: 3:41.97	45.82	350m: 5:12.88	41.33	
100m: 1:23.58	46.03	200m: 2:56.15	46.02	300m: 4:31.55	49.58	400m: 5:52.15	39.27	
4. Puk Agata	10	Ognisko TKKF Szczygłowie	6:00.83	400				
50m: 40.52	40.52	150m: 2:14.29		250m: 3:52.04		350m: 5:23.40		
100m:		200m:		300m:		400m: 6:00.83	37.43	

17 - 18 lat

1. Mielnik Hanna	07	AZS KU Politechniki Opolskie	5:37.09	490	1:13.92	1:31.77	1:31.46	1:19.94
50m: 33.85	33.85	150m: 1:59.95	46.03	250m: 3:30.81	45.12	350m: 4:58.36	41.21	
100m: 1:13.92	40.07	200m: 2:45.69	45.74	300m: 4:17.15	46.34	400m: 5:37.09	38.73	

Open

1. Gaca Izabela	10	Swim Team MOSiR Kędzierzy	5:29.28	526	1:23.69	1:18.13	1:37.10	1:10.36
50m: 39.14	39.14	150m: 2:03.38	39.69	250m: 3:30.72	48.90	350m: 4:55.13	36.21	
100m: 1:23.69	44.55	200m: 2:41.82	38.44	300m: 4:18.92	48.20	400m: 5:29.28	34.15	
2. Mielnik Hanna	07	AZS KU Politechniki Opolskie	5:37.09	490	1:13.92	1:31.77	1:31.46	1:19.94
50m: 33.85	33.85	150m: 1:59.95	46.03	250m: 3:30.81	45.12	350m: 4:58.36	41.21	
100m: 1:13.92	40.07	200m: 2:45.69	45.74	300m: 4:17.15	46.34	400m: 5:37.09	38.73	
3. Pająk Agata	11	UKS Aqua Team Mikołów	5:42.35	468	1:18.14	1:26.55	1:39.82	1:17.84
50m: 35.72	35.72	150m: 2:02.18	44.04	250m: 3:33.68	48.99	350m: 5:03.44	38.93	
100m: 1:18.14	42.42	200m: 2:44.69	42.51	300m: 4:24.51	50.83	400m: 5:42.35	38.91	
4. Skubisz Liliana	12	CSiR MOS w Dąbrowie Górni	5:43.25	464	1:13.91	1:32.24	1:39.86	1:17.24
50m: 33.90	33.90	150m: 2:01.31	47.40	250m: 3:35.90	49.75	350m: 5:06.26	40.25	
100m: 1:13.91	40.01	200m: 2:46.15	44.84	300m: 4:26.01	50.11	400m: 5:43.25	36.99	
5. Gubała Justyna	09	Stowarzyszenie Solne Miasto	5:50.17	437	1:22.64	1:24.91	1:43.69	1:18.93
50m: 37.16	37.16	150m: 2:05.45	42.81	250m: 3:39.09	51.54	350m: 5:10.49	39.25	
100m: 1:22.64	45.48	200m: 2:47.55	42.10	300m: 4:31.24	52.15	400m: 5:50.17	39.68	
6. Blukacz Pola	12	UKS ORKA Częstochowa	5:51.26	433	1:18.92	1:35.11	1:36.51	1:20.72
50m: 36.30	36.30	150m: 2:08.24	49.32	250m: 3:42.11	48.08	350m: 5:11.91	41.37	
100m: 1:18.92	42.62	200m: 2:54.03	45.79	300m: 4:30.54	48.43	400m: 5:51.26	39.35	
7. Szarek Nika	11	MTP Delfin Cieszyn	5:51.44	432	1:20.51	1:29.89	1:41.81	1:19.23
50m: 38.07	38.07	150m: 2:05.90	45.39	250m: 3:41.03	50.63	350m: 5:13.48	41.27	
100m: 1:20.51	42.44	200m: 2:50.40	44.50	300m: 4:32.21	51.18	400m: 5:51.44	37.96	
8. Liszka Aniela	10	LKS Jedność 32 Przyszowice	5:52.15	430	1:23.58	1:32.57	1:35.40	1:20.60
50m: 37.55	37.55	150m: 2:10.13	46.55	250m: 3:41.97	45.82	350m: 5:12.88	41.33	
100m: 1:23.58	46.03	200m: 2:56.15	46.02	300m: 4:31.55	49.58	400m: 5:52.15	39.27	
9. Puk Agata	10	Ognisko TKKF Szczygłowie	6:00.83	400				
50m: 40.52	40.52	150m: 2:14.29		250m: 3:52.04		350m: 5:23.40		
100m:		200m:		300m:		400m: 6:00.83	37.43	
10. Brysz Emilia	12	UKS Aqua Team Mikołów	6:02.13	395	1:27.59	1:33.57	1:43.03	1:17.94
50m: 39.71	39.71	150m: 2:14.54	46.95	250m: 3:52.40	51.24	350m: 5:24.18	39.99	
100m: 1:27.59	47.88	200m: 3:01.16	46.62	300m: 4:44.19	51.79	400m: 6:02.13	37.95	
11. Zięba Weronika	13	CSiR MOS w Dąbrowie Górni	6:04.10	389	1:23.46	1:34.87	1:50.03	1:15.74
50m: 37.85	37.85	150m: 2:11.25	47.79	250m: 3:53.01	54.68	350m: 5:26.35	37.99	
100m: 1:23.46	45.61	200m: 2:58.33	47.08	300m: 4:48.36	55.35	400m: 6:04.10	37.75	

Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2025
Opole, 17. - 18.5.2025

Konkurencja 13, Kobiet, 400m zmienny, Open

Pozycja		Rok ur.				Czas	Pkt.	100m	200m	300m	400m
12.	Nowińska Nina	11	UKS „Huragan” przy SP nr 456:06.01					1:27.42	1:36.26	1:45.70	1:16.63
	50m: 36.67	36.67	150m: 2:17.06	49.64	250m: 3:56.03			52.35	350m: 5:28.37	38.99	
	100m: 1:27.42	50.75	200m: 3:03.68	46.62	300m: 4:49.38			53.35	400m: 6:06.01	37.64	
13.	Wojtyczka Martyna	12	UKS Aqua Team Mikołów 6:06.91					1:29.22	1:34.03	1:39.71	1:23.95
	50m: 40.17	40.17	150m: 2:15.89	46.67	250m: 3:52.87			49.62	350m: 5:26.51	43.55	
	100m: 1:29.22	49.05	200m: 3:03.25	47.36	300m: 4:42.96			50.09	400m: 6:06.91	40.40	
14.	Niedbalka Julia	14	UKS Victoria Kozy 6:09.15					1:29.28	1:39.29	1:38.98	1:21.60
	50m: 41.78	41.78	150m: 2:20.47	51.19	250m: 3:57.75			49.18	350m: 5:30.16	42.61	
	100m: 1:29.28	47.50	200m: 3:08.57	48.10	300m: 4:47.55			49.80	400m: 6:09.15	38.99	
15.	Sojka Antonina	14	Uks Gwiazda Olesno 7:00.20					1:40.47	1:46.96	1:55.87	1:36.90
	50m: 45.80	45.80	150m: 2:34.93	54.46	250m: 4:23.97			56.54	350m: 6:13.73	50.43	
	100m: 1:40.47	54.67	200m: 3:27.43	52.50	300m: 5:23.30			59.33	400m: 7:00.20	46.47	

11 lat i młodszy, OOZP

1.	Sojka Antonina	14	Uks Gwiazda Olesno 7:00.20					1:40.47	1:46.96	1:55.87	1:36.90
	50m: 45.80	45.80	150m: 2:34.93	54.46	250m: 4:23.97			56.54	350m: 6:13.73	50.43	
	100m: 1:40.47	54.67	200m: 3:27.43	52.50	300m: 5:23.30			59.33	400m: 7:00.20	46.47	

15-16 lat, OOZP

1.	Gaca Izabela	10	Swim Team MOSiR Kędzierzy5:29.28					1:23.69	1:18.13	1:37.10	1:10.36
	50m: 39.14	39.14	150m: 2:03.38	39.69	250m: 3:30.72			48.90	350m: 4:55.13	36.21	
	100m: 1:23.69	44.55	200m: 2:41.82	38.44	300m: 4:18.92			48.20	400m: 5:29.28	34.15	

17-18 lat, OOZP

1.	Mielnik Hanna	07	AZS KU Politechniki Opolskiej5:37.09					1:13.92	1:31.77	1:31.46	1:19.94
	50m: 33.85	33.85	150m: 1:59.95	46.03	250m: 3:30.81			45.12	350m: 4:58.36	41.21	
	100m: 1:13.92	40.07	200m: 2:45.69	45.74	300m: 4:17.15			46.34	400m: 5:37.09	38.73	

Open, OOZP

1.	Gaca Izabela	10	Swim Team MOSiR Kędzierzy5:29.28					1:23.69	1:18.13	1:37.10	1:10.36
	50m: 39.14	39.14	150m: 2:03.38	39.69	250m: 3:30.72			48.90	350m: 4:55.13	36.21	
	100m: 1:23.69	44.55	200m: 2:41.82	38.44	300m: 4:18.92			48.20	400m: 5:29.28	34.15	
2.	Mielnik Hanna	07	AZS KU Politechniki Opolskiej5:37.09					1:13.92	1:31.77	1:31.46	1:19.94
	50m: 33.85	33.85	150m: 1:59.95	46.03	250m: 3:30.81			45.12	350m: 4:58.36	41.21	
	100m: 1:13.92	40.07	200m: 2:45.69	45.74	300m: 4:17.15			46.34	400m: 5:37.09	38.73	
3.	Sojka Antonina	14	Uks Gwiazda Olesno 7:00.20					1:40.47	1:46.96	1:55.87	1:36.90
	50m: 45.80	45.80	150m: 2:34.93	54.46	250m: 4:23.97			56.54	350m: 6:13.73	50.43	
	100m: 1:40.47	54.67	200m: 3:27.43	52.50	300m: 5:23.30			59.33	400m: 7:00.20	46.47	