



LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO 2025



Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2025

Opole, 17. - 18.5.2025

Event 14 17.05.2025

Men, 400m Medley

Open Results

Rekordy Opolszczyzny Open	4:30.95	Stachura Maciej	00107	Ostrowiec Sw.	22.05.2009
Rekordy Opolszczyzny 19 +	4:38.77	Stachura Maciej	00107	Gliwice	04.06.2010
Rekordy Opolszczyzny 18	4:30.95	Stachura Maciej	00107	Ostrowiec Sw.	22.05.2009
Rekordy Opolszczyzny 17	4:32.67	Stachura Maciej	00107	Ostrowiec Sw.	04.04.2008
Rekordy Opolszczyzny 16	4:37.12	Kempa Mikołaj	00207	Debica	10.07.2015
Rekordy Opolszczyzny 15	4:43.43	Kempa Mikołaj	00207	Gliwice	18.07.2014
Rekordy Opolszczyzny 14	4:48.21	Kempa Mikołaj	00207	Gorzow Wlkp	05.07.2013
Rekordy Opolszczyzny 13	5:31.88	Badura Jonasz	00407	Opole	10.06.2016
Rekordy Opolszczyzny 12	6:33.57	Rybol Micheal	00407	Zielona Gora - Drzonkow	25.06.2017

Points: AQUA 2024

Rank	YB	Time	Pts	100m	200m	300m	400m
11 years and younger							
1. Matuszczyk Marcel	14	CSiR MOS w Dabrowie Gorni	6:12.71 275				
50m: 39.27	39.27	150m: 2:13.13	250m: 3:54.53	350m: 5:30.22			
100m:		200m:	300m:	400m: 6:12.71	42.49		

12 - 13 years

1. Matuszczyk Mateusz	12	CSiR MOS w Dabrowie Gorni	5:46.97 341	1:20.59	1:26.57	1:40.51	1:19.30
50m: 35.05	35.05	150m: 2:03.76	43.17	250m: 3:37.18	50.02	350m: 5:08.18	40.51
100m: 1:20.59	45.54	200m: 2:47.16	43.40	300m: 4:27.67	50.49	400m: 5:46.97	38.79
2. Zasepa Jakub	13	CSiR MOS w Dabrowie Gorni	5:58.82 308	1:20.05	1:30.17	1:48.98	1:19.62
50m: 36.15	36.15	150m: 2:05.96	45.91	250m: 3:44.07	53.85	350m: 5:19.30	40.10
100m: 1:20.05	43.90	200m: 2:50.22	44.26	300m: 4:39.20	55.13	400m: 5:58.82	39.52
3. Szweblík Aleksander	12	MTP Delfin Cieszyn	6:17.54 265	1:25.18	1:41.41	1:43.89	1:27.06
50m: 38.79	38.79	150m: 2:17.33	52.15	250m: 3:58.52	51.93	350m: 5:34.01	43.53
100m: 1:25.18	46.39	200m: 3:06.59	49.26	300m: 4:50.48	51.96	400m: 6:17.54	43.53
4. Raszka Olaf	12	MTP Delfin Cieszyn	6:23.60 252	1:38.87	1:42.02	1:36.81	1:25.90
50m: 44.37	44.37	150m: 2:30.01	51.14	250m: 4:08.25	47.36	350m: 5:40.29	42.59
100m: 1:38.87	54.50	200m: 3:20.89	50.88	300m: 4:57.70	49.45	400m: 6:23.60	43.31
5. Rigol Bartosz	13	UKS DELFIN Krapkowice	6:52.16 203	1:38.15	1:47.99	1:55.65	1:30.37
50m: 43.15	43.15	150m: 2:33.70	55.55	250m: 4:23.72	57.58	350m: 6:08.19	46.40
100m: 1:38.15	55.00	200m: 3:26.14	52.44	300m: 5:21.79	58.07	400m: 6:52.16	43.97

14 years

1. Kuczmarski Zbigniew	11	MKS Ochota Warszawa	5:13.74 461	1:11.95	1:22.95	1:30.86	1:07.98
50m: 33.36	33.36	150m: 1:54.09	42.14	250m: 3:20.13	45.23	350m: 4:40.39	34.63
100m: 1:11.95	38.59	200m: 2:34.90	40.81	300m: 4:05.76	45.63	400m: 5:13.74	33.35
2. Spott Szymon	11	DOKiS SP Vega Dobrodzien	5:44.83 347	1:23.25	1:37.84	1:27.20	1:16.54
50m: 36.53	36.53	150m: 2:11.98	48.73	250m: 3:43.56	42.47	350m: 5:07.85	39.56
100m: 1:23.25	46.72	200m: 3:01.09	49.11	300m: 4:28.29	44.73	400m: 5:44.83	36.98
3. Kolodziejczyk Cezary	11	UKS Aqua Team Mikołow	6:07.28 287	1:23.03	1:37.28	1:41.00	1:25.97
50m: 37.40	37.40	150m: 2:12.20	49.17	250m: 3:50.17	49.86	350m: 5:26.21	44.90
100m: 1:23.03	45.63	200m: 3:00.31	48.11	300m: 4:41.31	51.14	400m: 6:07.28	41.07
4. Milewski Igor	11	Ognisko TKKF Szczegółowice	6:36.28 229	1:32.80	1:40.92	1:58.37	1:24.19
50m: 42.81	42.81	150m: 2:24.12	51.32	250m: 4:13.48	59.76	350m: 5:56.05	43.96
100m: 1:32.80	49.99	200m: 3:13.72	49.60	300m: 5:12.09	58.61	400m: 6:36.28	40.23

15 - 16 years

1. Krzakala Dominik	10	UKS „Manta Kochłowice Rud	5:11.98a 469	1:10.39	1:20.49	1:30.80	1:10.30
50m: 31.94	31.94	150m: 1:50.63	40.24	250m: 3:16.12	45.24	350m: 4:37.82	36.14
100m: 1:10.39	38.45	200m: 2:30.88	40.25	300m: 4:01.68	45.56	400m: 5:11.98	34.16



LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO 2025

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OPOLSKIE



Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2025

Opole, 17. - 18.5.2025

Event 14, Boys, 400m Medley, 15 - 16 years

Rank		YB		Time	Pts	100m	200m	300m	400m
2.	Dutkiewicz Miłosz	10	Sekcja Pływacka Meduza Pajęcz	5:20.22	434	1:16.50	1:25.05	1:30.39	1:08.28
	50m: 35.18	35.18	150m: 1:59.74	43.24	250m: 3:25.44	43.89	350m: 4:46.75	34.81	
	100m: 1:16.50	41.32	200m: 2:41.55	41.81	300m: 4:11.94	46.50	400m: 5:20.22	33.47	
3.	Zasada Szymon	10	Sekcja Pływacka Meduza Pajęcz	5:24.30	418	1:16.98	1:18.85	1:37.46	1:11.01
	50m: 34.03	34.03	150m: 1:56.89	39.91	250m: 3:24.44	48.61	350m: 4:49.30	36.01	
	100m: 1:16.98	42.95	200m: 2:35.83	38.94	300m: 4:13.29	48.85	400m: 5:24.30	35.00	

17 - 18 years

1.	Przystal Antonio	07	Stowarzyszenie Solne Miasto	5:03.93	507	1:06.46	1:18.80	1:28.29	1:10.38
	50m: 30.33	30.33	150m: 1:46.70	40.24	250m: 3:09.64	44.38	350m: 4:29.76	36.21	
	100m: 1:06.46	36.13	200m: 2:25.26	38.56	300m: 3:53.55	43.91	400m: 5:03.93	34.17	
2.	Prus Adam	08	Sekcja Pływacka Meduza Pajęcz	5:07.61	489	1:09.14	1:23.06	1:23.73	1:11.68
	50m: 31.86	31.86	150m: 1:51.01	41.87	250m: 3:13.19	40.99	350m: 4:33.02	37.09	
	100m: 1:09.14	37.28	200m: 2:32.20	41.19	300m: 3:55.93	42.74	400m: 5:07.61	34.59	

Open

1.	Przystal Antonio	07	Stowarzyszenie Solne Miasto	5:03.93	507	1:06.46	1:18.80	1:28.29	1:10.38
	50m: 30.33	30.33	150m: 1:46.70	40.24	250m: 3:09.64	44.38	350m: 4:29.76	36.21	
	100m: 1:06.46	36.13	200m: 2:25.26	38.56	300m: 3:53.55	43.91	400m: 5:03.93	34.17	
2.	Prus Adam	08	Sekcja Pływacka Meduza Pajęcz	5:07.61	489	1:09.14	1:23.06	1:23.73	1:11.68
	50m: 31.86	31.86	150m: 1:51.01	41.87	250m: 3:13.19	40.99	350m: 4:33.02	37.09	
	100m: 1:09.14	37.28	200m: 2:32.20	41.19	300m: 3:55.93	42.74	400m: 5:07.61	34.59	
3.	Krzakala Dominik	10	UKS „Manta Kochłowice Rud.	5:11.98	469	1:10.39	1:20.49	1:30.80	1:10.30
	50m: 31.94	31.94	150m: 1:50.63	40.24	250m: 3:16.12	45.24	350m: 4:37.82	36.14	
	100m: 1:10.39	38.45	200m: 2:30.88	40.25	300m: 4:01.68	45.56	400m: 5:11.98	34.16	
4.	Kuczmarski Zbigniew	11	MKS Ochota Warszawa	5:13.74	461	1:11.95	1:22.95	1:30.86	1:07.98
	50m: 33.36	33.36	150m: 1:54.09	42.14	250m: 3:20.13	45.23	350m: 4:40.39	34.63	
	100m: 1:11.95	38.59	200m: 2:34.90	40.81	300m: 4:05.76	45.63	400m: 5:13.74	33.35	
5.	Dutkiewicz Miłosz	10	Sekcja Pływacka Meduza Pajęcz	5:20.22	434	1:16.50	1:25.05	1:30.39	1:08.28
	50m: 35.18	35.18	150m: 1:59.74	43.24	250m: 3:25.44	43.89	350m: 4:46.75	34.81	
	100m: 1:16.50	41.32	200m: 2:41.55	41.81	300m: 4:11.94	46.50	400m: 5:20.22	33.47	
6.	Zasada Szymon	10	Sekcja Pływacka Meduza Pajęcz	5:24.30	418	1:16.98	1:18.85	1:37.46	1:11.01
	50m: 34.03	34.03	150m: 1:56.89	39.91	250m: 3:24.44	48.61	350m: 4:49.30	36.01	
	100m: 1:16.98	42.95	200m: 2:35.83	38.94	300m: 4:13.29	48.85	400m: 5:24.30	35.00	
7.	Spott Szymon	11	DOKiS SP Vega Dobroń	5:44.83	347	1:23.25	1:37.84	1:27.20	1:16.54
	50m: 36.53	36.53	150m: 2:11.98	48.73	250m: 3:43.56	42.47	350m: 5:07.85	39.56	
	100m: 1:23.25	46.72	200m: 3:01.09	49.11	300m: 4:28.29	44.73	400m: 5:44.83	36.98	
8.	Matuszczyk Mateusz	12	CSiR MOS w Dąbrowie Górniczej	5:46.97	341	1:20.59	1:26.57	1:40.51	1:19.30
	50m: 35.05	35.05	150m: 2:03.76	43.17	250m: 3:37.18	50.02	350m: 5:08.18	40.51	
	100m: 1:20.59	45.54	200m: 2:47.16	43.40	300m: 4:27.67	50.49	400m: 5:46.97	38.79	
9.	Zasada Jakub	13	CSiR MOS w Dąbrowie Górniczej	5:58.82	308	1:20.05	1:30.17	1:48.98	1:19.62
	50m: 36.15	36.15	150m: 2:05.96	45.91	250m: 3:44.07	53.85	350m: 5:19.30	40.10	
	100m: 1:20.05	43.90	200m: 2:50.22	44.26	300m: 4:39.20	55.13	400m: 5:58.82	39.52	
10.	Kolodziejczyk Cezary	11	UKS Aqua Team Mikołajów	6:07.28	287	1:23.03	1:37.28	1:41.00	1:25.97
	50m: 37.40	37.40	150m: 2:12.20	49.17	250m: 3:50.17	49.86	350m: 5:26.21	44.90	
	100m: 1:23.03	45.63	200m: 3:00.31	48.11	300m: 4:41.31	51.14	400m: 6:07.28	41.07	
11.	Matuszczyk Marcel	14	CSiR MOS w Dąbrowie Górniczej	6:12.71	275				
	50m: 39.27	39.27	150m: 2:13.13		250m: 3:54.53		350m: 5:30.22		
	100m:		200m:		300m:		400m: 6:12.71	42.49	
12.	Szweblak Aleksander	12	MTP Delfin Cieszyń	6:17.54	265	1:25.18	1:41.41	1:43.89	1:27.06
	50m: 38.79	38.79	150m: 2:17.33	52.15	250m: 3:58.52	51.93	350m: 5:34.01	43.53	
	100m: 1:25.18	46.39	200m: 3:06.59	49.26	300m: 4:50.48	51.96	400m: 6:17.54	43.53	



LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO 2025



Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2025

Opole, 17. - 18.5.2025

Event 14, Men, 400m Medley, Open

Rank		YB		Time	Pts	100m	200m	300m	400m
13.	Raszka Olaf	12	MTP Delfin Cieszyn	6:23.60	252	1:38.87	1:42.02	1:36.81	1:25.90
	50m: 44.37	44.37	150m: 2:30.01	51.14	250m: 4:08.25	47.36	350m: 5:40.29	42.59	
	100m: 1:38.87	54.50	200m: 3:20.89	50.88	300m: 4:57.70	49.45	400m: 6:23.60	43.31	
14.	Milewski Igor	11	Ognisko TKKF Szczygłowice	6:36.28	229	1:32.80	1:40.92	1:58.37	1:24.19
	50m: 42.81	42.81	150m: 2:24.12	51.32	250m: 4:13.48	59.76	350m: 5:56.05	43.96	
	100m: 1:32.80	49.99	200m: 3:13.72	49.60	300m: 5:12.09	58.61	400m: 6:36.28	40.23	
15.	Rigol Bartosz	13	UKS DELFIN Krapkowice	6:52.16	203	1:38.15	1:47.99	1:55.65	1:30.37
	50m: 43.15	43.15	150m: 2:33.70	55.55	250m: 4:23.72	57.58	350m: 6:08.19	46.40	
	100m: 1:38.15	55.00	200m: 3:26.14	52.44	300m: 5:21.79	58.07	400m: 6:52.16	43.97	

12-13 lat, OZP

1.	Rigol Bartosz	13	UKS DELFIN Krapkowice	6:52.16	203	1:38.15	1:47.99	1:55.65	1:30.37
	50m: 43.15	43.15	150m: 2:33.70	55.55	250m: 4:23.72	57.58	350m: 6:08.19	46.40	
	100m: 1:38.15	55.00	200m: 3:26.14	52.44	300m: 5:21.79	58.07	400m: 6:52.16	43.97	

14 lat, OZP

1.	Spott Szymon	11	DOKiS SP Vega Dobrodzien	5:44.83	347	1:23.25	1:37.84	1:27.20	1:16.54
	50m: 36.53	36.53	150m: 2:11.98	48.73	250m: 3:43.56	42.47	350m: 5:07.85	39.56	
	100m: 1:23.25	46.72	200m: 3:01.09	49.11	300m: 4:28.29	44.73	400m: 5:44.83	36.98	

Open, OZP

1.	Spott Szymon	11	DOKiS SP Vega Dobrodzien	5:44.83	347	1:23.25	1:37.84	1:27.20	1:16.54
	50m: 36.53	36.53	150m: 2:11.98	48.73	250m: 3:43.56	42.47	350m: 5:07.85	39.56	
	100m: 1:23.25	46.72	200m: 3:01.09	49.11	300m: 4:28.29	44.73	400m: 5:44.83	36.98	
2.	Rigol Bartosz	13	UKS DELFIN Krapkowice	6:52.16	203	1:38.15	1:47.99	1:55.65	1:30.37
	50m: 43.15	43.15	150m: 2:33.70	55.55	250m: 4:23.72	57.58	350m: 6:08.19	46.40	
	100m: 1:38.15	55.00	200m: 3:26.14	52.44	300m: 5:21.79	58.07	400m: 6:52.16	43.97	