



LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO 2025

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Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2025

Opole, 17. - 18.5.2025

Event 21

17.05.2025 - 17:10

Women, 400m Freestyle

Open

Results

Rekordy Opolszczyzny Open	4:12.62	Zukowska Paula	00107	Doha (QAT)	09.12.2009
Rekordy Opolszczyzny 19 +	4:20.70	Zukowska Paula	00107	Zaragoza (ESP)	17.03.2012
Rekordy Opolszczyzny 18	4:17.85	Zukowska Paula	00107	Ostrowiec Sw.	21.05.2011
Rekordy Opolszczyzny 17	4:20.45	Zukowska Paula	00107	Gliwice	05.06.2010
Rekordy Opolszczyzny 16	4:12.62	Zukowska Paula	00107	Doha (QAT)	09.12.2009
Rekordy Opolszczyzny 15	4:27.53	Stawicka Joanna	00107	Gorzow Wlkp.	12.07.2008
Rekordy Opolszczyzny 14	4:38.30	Zukowska Paula	00207	Drzonkow	07.07.2007
Rekordy Opolszczyzny 13	4:47.10	Rakowska Marta	00407	Opole	08.06.2019
Rekordy Opolszczyzny 12	4:57.16	Rakowska Marta	00407	Lublin	17.02.2018
Rekordy Opolszczyzny - 11	5:08.42	Rakowska Marta	00407	Zielona Gora - Drzonkow	25.06.2017

Points: AQUA 2024

Rank	YB	Time	Pts	100m	200m	300m	400m
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11 years and younger

1. Tyrna Pola	15	MTP Delfin Cieszyn	5:07.60	448	1:14.48	1:20.00	1:18.07	1:15.05
50m: 35.07	35.07	150m: 1:53.94	39.46	250m: 3:12.78	38.30	350m: 4:30.66	38.11	
100m: 1:14.48	39.41	200m: 2:34.48	40.54	300m: 3:52.55	39.77	400m: 5:07.60	36.94	
2. Niedbalka Julia	14	UKS Victoria Kozy	5:26.50	374	1:17.02	1:24.79	1:25.29	1:19.40
50m: 36.56	36.56	150m: 1:59.32	42.30	250m: 3:24.61	42.80	350m: 4:48.87	41.77	
100m: 1:17.02	40.46	200m: 2:41.81	42.49	300m: 4:07.10	42.49	400m: 5:26.50	37.63	
3. Glapiak Jagoda	14	AZS KU Politechniki Opolskie	6:10.51	256	1:31.85	1:36.97	1:35.06	1:26.63
50m: 42.14	42.14	150m: 2:20.02	48.17	250m: 3:56.22	47.40	350m: 5:29.72	45.84	
100m: 1:31.85	49.71	200m: 3:08.82	48.80	300m: 4:43.88	47.66	400m: 6:10.51	40.79	
4. Wasik Anna	14	DOKiS SP Vega Dobrodzien	6:17.86	241	1:29.19	1:37.82	1:36.85	1:34.00
50m: 40.23	40.23	150m: 2:18.13	48.94	250m: 3:55.66	48.65	350m: 5:31.95	48.09	
100m: 1:29.19	48.96	200m: 3:07.01	48.88	300m: 4:43.86	48.20	400m: 6:17.86	45.91	
5. Kempny Zofia	14	Uks "Salmo Zory"	6:18.18	241	1:29.07	1:38.93	1:39.19	1:30.99
50m: 41.21	41.21	150m: 2:17.79	48.72	250m: 3:57.21	49.21	350m: 5:36.46	49.27	
100m: 1:29.07	47.86	200m: 3:08.00	50.21	300m: 4:47.19	49.98	400m: 6:18.18	41.72	
6. Kedzior Antonina	14	UKS Aqua Team Mikołow	6:24.92	228	1:33.34	1:38.72	1:39.22	1:33.64
50m: 43.66	43.66	150m: 2:22.70	49.36	250m: 4:02.02	49.96	350m: 5:39.21	47.93	
100m: 1:33.34	49.68	200m: 3:12.06	49.36	300m: 4:51.28	49.26	400m: 6:24.92	45.71	
7. Wojtyczka Agata	14	UKS Aqua Team Mikołow	6:32.00	216	1:30.37	1:38.24	1:41.02	1:42.37
50m: 42.45	42.45	150m: 2:19.19	48.82	250m: 3:58.93	50.32	350m: 5:41.15	51.52	
100m: 1:30.37	47.92	200m: 3:08.61	49.42	300m: 4:49.63	50.70	400m: 6:32.00	50.85	
8. Sliwinska Liliana	14	UKS Aqua Team Mikołow	6:46.39	194	1:38.32	1:44.42	1:43.26	1:40.39
50m: 45.92	45.92	150m: 2:29.92	51.60	250m: 4:14.83	52.09	350m: 5:57.40	51.40	
100m: 1:38.32	52.40	200m: 3:22.74	52.82	300m: 5:06.00	51.17	400m: 6:46.39	48.99	

12 - 13 years

1. Raczkowska Lena	12	LKS Jednosc 32 Przyszowice	4:46.86	552	1:09.08	1:12.46	1:13.61	1:11.71
50m: 33.00	33.00	150m: 1:45.25	36.17	250m: 2:58.40	36.86	350m: 4:11.97	36.82	
100m: 1:09.08	36.08	200m: 2:21.54	36.29	300m: 3:35.15	36.75	400m: 4:46.86	34.89	
2. Zaworska Zofia	13	CSiR MOS w Dabrowie Gorni	5:09.22	441	1:15.12	1:19.42	1:18.86	1:15.82
50m: 35.69	35.69	150m: 1:55.30	40.18	250m: 3:14.12	39.58	350m: 4:31.76	38.36	
100m: 1:15.12	39.43	200m: 2:34.54	39.24	300m: 3:53.40	39.28	400m: 5:09.22	37.46	
3. Martiszko Maja	12	Swim Team MOSiR Kedzierzy	5:18.66	403	1:15.20	1:21.97	1:22.90	1:18.59
50m: 35.58	35.58	150m: 1:55.40	40.20	250m: 3:19.05	41.88	350m: 4:40.27	40.20	
100m: 1:15.20	39.62	200m: 2:37.17	41.77	300m: 4:00.07	41.02	400m: 5:18.66	38.39	
4. Ulaniuk Ewa	12	UKS „Manta Kochlowice Rud	5:31.97	356	1:19.55	1:26.89	1:25.44	1:20.09
50m: 36.91	36.91	150m: 2:02.87	43.32	250m: 3:29.56	43.12	350m: 4:52.69	40.81	
100m: 1:19.55	42.64	200m: 2:46.44	43.57	300m: 4:11.88	42.32	400m: 5:31.97	39.28	



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Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2025

Opole, 17. - 18.5.2025

Event 21, Girls, 400m Freestyle, 12 - 13 years

Rank		YB			Time	Pts	100m	200m	300m	400m
5.	Kuchnia Aleksandra	12	UKS DELFIN Krapkowice		5:35.19	346	1:18.24	1:26.29	1:26.18	1:24.48
	50m: 36.64	36.64	150m: 2:01.31	43.07	250m: 3:27.07		42.54	350m: 4:53.89	43.18	
	100m: 1:18.24	41.60	200m: 2:44.53	43.22	300m: 4:10.71		43.64	400m: 5:35.19	41.30	
6.	Wojtyczka Martyna	12	UKS Aqua Team Mikołow		5:41.43	327	1:21.48	1:29.08	1:28.57	1:22.30
	50m: 38.32	38.32	150m: 2:05.90	44.42	250m: 3:35.31		44.75	350m: 5:01.74	42.61	
	100m: 1:21.48	43.16	200m: 2:50.56	44.66	300m: 4:19.13		43.82	400m: 5:41.43	39.69	
7.	Jastrzebska Aneta	12	UKS Aqua Team Mikołow		5:47.36	311	1:20.24	1:30.52	1:30.17	1:26.43
	50m: 37.32	37.32	150m: 2:05.06	44.82	250m: 3:35.67		44.91	350m: 5:05.84	44.91	
	100m: 1:20.24	42.92	200m: 2:50.76	45.70	300m: 4:20.93		45.26	400m: 5:47.36	41.52	
8.	Mosko Lena	12	UKS „Manta Kochłowice Rud		5:56.23	288	1:24.80	1:31.68	1:32.31	1:27.44
	50m: 39.00	39.00	150m: 2:10.82	46.02	250m: 3:43.07		46.59	350m: 5:13.76	44.97	
	100m: 1:24.80	45.80	200m: 2:56.48	45.66	300m: 4:28.79		45.72	400m: 5:56.23	42.47	
9.	Wilczek Eliza	12	UKS Aqua Team Mikołow		6:06.47	264	1:23.30	1:35.17	1:37.01	1:30.99
	50m: 39.00	39.00	150m: 2:11.47	48.17	250m: 3:47.32		48.85	350m: 5:21.39	45.91	
	100m: 1:23.30	44.30	200m: 2:58.47	47.00	300m: 4:35.48		48.16	400m: 6:06.47	45.08	
10.	Kisiel Lena	12	DOKiS SP Vega Dobroźien		6:15.03	247	1:28.98	1:38.08	1:36.09	1:31.88
	50m: 3:55.22	3:55.22	150m: 5:29.32	4:00.34	250m:		350m:			
	100m: 1:28.98		200m: 3:07.06		300m: 4:43.15		400m: 6:15.03			
11.	Król Antonina	13	UKS Aqua Team Mikołow		6:29.44	220	1:29.88	1:40.63	1:41.69	1:37.24
	50m: 42.20	42.20	150m: 2:20.81	50.93	250m: 4:02.19		51.68	350m: 5:42.88	50.68	
	100m: 1:29.88	47.68	200m: 3:10.51	49.70	300m: 4:52.20		50.01	400m: 6:29.44	46.56	
12.	Najda Jagoda	13	UKS DELFIN Krapkowice		6:42.82	199	1:33.89	1:45.14	1:46.66	1:37.13
	50m: 44.06	44.06	150m: 2:26.55	52.66	250m: 4:12.38		53.35	350m: 5:58.77	53.08	
	100m: 1:33.89	49.83	200m: 3:19.03	52.48	300m: 5:05.69		53.31	400m: 6:42.82	44.05	
13.	Dziedzic Zofia	12	UKS Junior Kluczbork		6:57.31	179	1:38.14	1:45.47	1:50.34	1:43.36
	50m: 45.59	45.59	150m: 2:30.33	52.19	250m: 4:18.62		55.01	350m: 6:05.77	51.82	
	100m: 1:38.14	52.55	200m: 3:23.61	53.28	300m: 5:13.95		55.33	400m: 6:57.31	51.54	

14 years

1.	Rozga Nina	11	CSiR MOS w Dąbrowie Górni		4:49.91	535	1:08.22	1:13.95	1:15.31	1:12.43
	50m: 32.20	32.20	150m: 1:45.26	37.04	250m: 2:59.42		37.25	350m: 4:14.50	37.02	
	100m: 1:08.22	36.02	200m: 2:22.17	36.91	300m: 3:37.48		38.06	400m: 4:49.91	35.41	
2.	Bebas Lena	11	Swim Team MOSiR Kedzierzy		5:08.36	444	1:15.09	1:19.86	1:18.87	1:14.54
	50m: 34.72	34.72	150m: 1:55.40	40.31	250m: 3:15.00		40.05	350m: 4:31.82	38.00	
	100m: 1:15.09	40.37	200m: 2:34.95	39.55	300m: 3:53.82		38.82	400m: 5:08.36	36.54	
3.	Mikołajek Adrianna	11	UKS DELFIN Krapkowice		5:12.47	427	1:15.55	1:21.02	1:21.23	1:14.67
	50m: 36.15	36.15	150m: 1:55.92	40.37	250m: 3:17.35		40.78	350m: 4:37.65	39.85	
	100m: 1:15.55	39.40	200m: 2:36.57	40.65	300m: 3:57.80		40.45	400m: 5:12.47	34.82	
4.	Koclega Antonina	11	UKS Aqua Team Mikołow		5:23.16	386	1:17.92	1:22.08	1:23.57	1:19.59
	50m: 37.08	37.08	150m: 1:58.98	41.06	250m: 3:22.15		42.15	350m: 4:44.55	40.98	
	100m: 1:17.92	40.84	200m: 2:40.00	41.02	300m: 4:03.57		41.42	400m: 5:23.16	38.61	
5.	Wojcik Maja	11	UKS „Huragan” przy SP nr 4		5:29.94	363	1:19.92	1:25.05	1:23.93	1:21.04
	50m: 37.65	37.65	150m: 2:02.07	42.15	250m: 3:26.79		41.82	350m: 4:49.78	40.88	
	100m: 1:19.92	42.27	200m: 2:44.97	42.90	300m: 4:08.90		42.11	400m: 5:29.94	40.16	
6.	Gregorczyk Hanna	11	Swim Team MOSiR Kedzierzy		5:34.30	349	1:21.14	1:29.54	1:24.95	1:18.67
	50m: 37.35	37.35	150m: 2:05.17	44.03	250m: 3:34.36		43.68	350m: 4:56.41	40.78	
	100m: 1:21.14	43.79	200m: 2:50.68	45.51	300m: 4:15.63		41.27	400m: 5:34.30	37.89	
7.	Zabielska Helena	11	UKS Kronos Strzelce Opolski		5:35.94	343	1:19.10	1:28.26	1:27.79	1:20.79
	50m: 36.96	36.96	150m: 2:02.76	43.66	250m: 3:31.65		44.29	350m: 4:56.64	41.49	
	100m: 1:19.10	42.14	200m: 2:47.36	44.60	300m: 4:15.15		43.50	400m: 5:35.94	39.30	
8.	Mazur Maria	11	Sekcja Pływacka Meduza Paj		5:43.79	320	1:20.84	1:29.31	1:29.49	1:24.15
	50m: 36.83	36.83	150m: 2:05.13	44.29	250m: 3:35.24		45.09	350m: 5:03.39	43.75	
	100m: 1:20.84	44.01	200m: 2:50.15	45.02	300m: 4:19.64		44.40	400m: 5:43.79	40.40	



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Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2025

Opole, 17. - 18.5.2025

Event 21, Girls, 400m Freestyle, 14 years

Rank		YB		Time	Pts	100m	200m	300m	400m
9.	Rys Oliwia	11	Sekcja Pływacka Meduza Pajęcz	5:53.21	295	1:26.39	1:30.57	1:31.08	1:25.17
	50m: 40.59	40.59	150m: 2:11.73	45.34	250m: 3:42.40	45.44	350m: 5:11.06	43.02	
	100m: 1:26.39	45.80	200m: 2:56.96	45.23	300m: 4:28.04	45.64	400m: 5:53.21	42.15	
10.	Sulkowska Martyna	11	UKS Junior Kluczbork	5:54.51	292	1:23.23	1:32.16	1:33.04	1:26.08
	50m: 39.63	39.63	150m: 2:08.43	45.20	250m: 3:42.17	46.78	350m: 5:13.72	45.29	
	100m: 1:23.23	43.60	200m: 2:55.39	46.96	300m: 4:28.43	46.26	400m: 5:54.51	40.79	

15 - 16 years

1.	Okon Anna	09	LKS Jednosc 32 Przyszowice	4:37.75	608	1:05.55	1:10.90	1:11.61	1:09.69
	50m: 31.44	31.44	150m: 1:40.89	35.34	250m: 2:52.32	35.87	350m: 4:03.78	35.72	
	100m: 1:05.55	34.11	200m: 2:16.45	35.56	300m: 3:28.06	35.74	400m: 4:37.75	33.97	
2.	Maik Victoria	09	UKS „Manta Kochlowice Rud	4:46.13	556	1:07.20	1:13.22	1:13.20	1:12.51
	50m: 32.48	32.48	150m: 1:44.11	36.91	250m: 2:56.93	36.51	350m: 4:10.71	37.09	
	100m: 1:07.20	34.72	200m: 2:20.42	36.31	300m: 3:33.62	36.69	400m: 4:46.13	35.42	
3.	Ciupa Ewelina	09	UKS „Manta Kochlowice Rud	4:50.81	530	1:09.54	1:14.92	1:14.13	1:12.22
	50m: 32.81	32.81	150m: 1:47.03	37.49	250m: 3:01.87	37.41	350m: 4:14.95	36.36	
	100m: 1:09.54	36.73	200m: 2:24.46	37.43	300m: 3:38.59	36.72	400m: 4:50.81	35.86	
4.	Kuna Alina	10	Stowarzyszenie Solne Miasto	4:53.44	516	1:08.90	1:16.28	1:14.44	1:13.82
	50m: 32.41	32.41	150m: 1:46.76	37.86	250m: 3:01.87	36.69	350m: 4:17.69	38.07	
	100m: 1:08.90	36.49	200m: 2:25.18	38.42	300m: 3:39.62	37.75	400m: 4:53.44	35.75	
5.	Gaca Izabela	10	Swim Team MOSiR Kedzierzy	4:53.89	513	1:10.51	1:15.71	1:15.79	1:11.88
	50m: 33.45	33.45	150m: 1:48.45	37.94	250m: 3:04.04	37.82	350m: 4:19.15	37.14	
	100m: 1:10.51	37.06	200m: 2:26.22	37.77	300m: 3:42.01	37.97	400m: 4:53.89	34.74	
6.	Bilinska Iga	09	UKS „Manta Kochlowice Rud	4:53.93	513	1:07.59	1:15.26	1:16.60	1:14.48
	50m: 31.32	31.32	150m: 1:45.26	37.67	250m: 3:01.08	38.23	350m: 4:17.23	37.78	
	100m: 1:07.59	36.27	200m: 2:22.85	37.59	300m: 3:39.45	38.37	400m: 4:53.93	36.70	
7.	Kozubowska Paulina	10	UKS „Manta Kochlowice Rud	4:56.31	501	1:13.44	1:15.97	1:14.64	1:12.26
	50m: 35.46	35.46	150m: 1:51.59	38.15	250m: 3:06.61	37.20	350m: 4:20.54	36.49	
	100m: 1:13.44	37.98	200m: 2:29.41	37.82	300m: 3:44.05	37.44	400m: 4:56.31	35.77	
8.	Stefaniw Martyna	10	Sekcja Pływacka Meduza Pajęcz	5:00.44	480	1:12.39	1:17.69	1:15.79	1:14.57
	50m: 34.70	34.70	150m: 1:50.23	37.84	250m: 3:07.62	37.54	350m: 4:23.18	37.31	
	100m: 1:12.39	37.69	200m: 2:30.08	39.85	300m: 3:45.87	38.25	400m: 5:00.44	37.26	
9.	Savchuk Polina	10	Sekcja Pływacka Meduza Pajęcz	5:01.05	477	1:11.36	1:17.11	1:17.06	1:15.52
	50m: 34.27	34.27	150m: 1:49.59	38.23	250m: 3:07.09	38.62	350m: 4:24.37	38.84	
	100m: 1:11.36	37.09	200m: 2:28.47	38.88	300m: 3:45.53	38.44	400m: 5:01.05	36.68	
10.	Rzepka Klara	10	UKS Aqua Team Mikolow	5:04.24	463	1:12.20	1:17.50	1:17.86	1:16.68
	50m: 34.99	34.99	150m: 1:50.86	38.66	250m: 3:08.71	39.01	350m: 4:26.53	38.97	
	100m: 1:12.20	37.21	200m: 2:29.70	38.84	300m: 3:47.56	38.85	400m: 5:04.24	37.71	
11.	Maik Maja	10	UKS „Manta Kochlowice Rud	5:09.23	441	1:10.82	1:18.55	1:19.96	1:19.90
	50m: 33.70	33.70	150m: 1:49.62	38.80	250m: 3:08.98	39.61	350m: 4:29.93	40.60	
	100m: 1:10.82	37.12	200m: 2:29.37	39.75	300m: 3:49.33	40.35	400m: 5:09.23	39.30	
12.	Piecuch Julia	10	Stowarzyszenie Solne Miasto	5:10.74	434	1:13.80	1:18.03	1:19.79	1:19.12
	50m: 35.15	35.15	150m: 1:52.59	38.79	250m: 3:11.55	39.72	350m: 4:31.43	39.81	
	100m: 1:13.80	38.65	200m: 2:31.83	39.24	300m: 3:51.62	40.07	400m: 5:10.74	39.31	
13.	Osadnik Emilia	10	Kłobucki KP „Delfin”	5:11.42	431	1:09.91	1:18.20	1:21.07	1:22.24
	50m: 32.83	32.83	150m: 1:49.00	39.09	250m: 3:08.22	40.11	350m: 4:31.08	41.90	
	100m: 1:09.91	37.08	200m: 2:28.11	39.11	300m: 3:49.18	40.96	400m: 5:11.42	40.34	
14.	Rogosz Estera	10	UKS DELFIN Krapkowice	5:32.90	353	1:18.56	1:26.48	1:25.02	1:22.84
	50m: 37.24	37.24	150m: 2:01.80	43.24	250m: 3:27.90	42.86	350m: 4:53.11	43.05	
	100m: 1:18.56	41.32	200m: 2:45.04	43.24	300m: 4:10.06	42.16	400m: 5:32.90	39.79	
15.	Szewczyk Amelia	09	UKS Maratonczyk Ostrow Wlk	5:36.27	342	1:19.26	1:26.02	1:27.63	1:23.36
	50m: 37.26	37.26	150m: 2:02.04	42.78	250m: 3:29.09	43.81	350m: 4:56.40	43.49	
	100m: 1:19.26	42.00	200m: 2:45.28	43.24	300m: 4:12.91	43.82	400m: 5:36.27	39.87	



LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO 2025



Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2025

Opole, 17. - 18.5.2025

Event 21, Girls, 400m Freestyle, 15 - 16 years

Rank		YB			Time	Pts	100m	200m	300m	400m
16.	Kulak Maja	10	KP Aqua-Swim Nysa		5:46.11	314	1:21.42	1:29.83	1:30.11	1:24.75
	50m: 38.81	38.81	150m: 2:05.76	44.34	250m: 3:35.55		44.30	350m: 5:05.45	44.09	
	100m: 1:21.42	42.61	200m: 2:51.25	45.49	300m: 4:21.36		45.81	400m: 5:46.11	40.66	
17.	Milbrant Jagoda	10	UKS Aquatica Pawlowice		5:56.83	287	1:21.05	1:30.03	1:35.25	1:30.50
	50m: 37.97	37.97	150m: 2:05.45	44.40	250m: 3:38.32		47.24	350m: 5:12.17	45.84	
	100m: 1:21.05	43.08	200m: 2:51.08	45.63	300m: 4:26.33		48.01	400m: 5:56.83	44.66	

17 - 18 years

1.	Fartuszynska Weronika	08	MKS Juvenia Wroclaw		4:50.97	529	1:09.89	1:14.83	1:14.49	1:11.76
	50m: 33.50	33.50	150m: 1:47.27	37.38	250m: 3:01.83		37.11	350m: 4:16.32	37.11	
	100m: 1:09.89	36.39	200m: 2:24.72	37.45	300m: 3:39.21		37.38	400m: 4:50.97	34.65	
2.	Setnicka Victoria	07	AZS KU Politechniki Opolskie		5:44.51	318	1:19.58	1:27.70	1:30.28	1:26.95
	50m: 37.35	37.35	150m: 2:03.19	43.61	250m: 3:31.99		44.71	350m: 5:02.47	44.91	
	100m: 1:19.58	42.23	200m: 2:47.28	44.09	300m: 4:17.56		45.57	400m: 5:44.51	42.04	

Open

1.	Okon Anna	09	LKS Jednosc 32 Przyszowice		4:37.75	608	1:05.55	1:10.90	1:11.61	1:09.69
	50m: 31.44	31.44	150m: 1:40.89	35.34	250m: 2:52.32		35.87	350m: 4:03.78	35.72	
	100m: 1:05.55	34.11	200m: 2:16.45	35.56	300m: 3:28.06		35.74	400m: 4:37.75	33.97	
2.	Maik Victoria	09	UKS „Manta Kochlowice Rud		4:46.13	556	1:07.20	1:13.22	1:13.20	1:12.51
	50m: 32.48	32.48	150m: 1:44.11	36.91	250m: 2:56.93		36.51	350m: 4:10.71	37.09	
	100m: 1:07.20	34.72	200m: 2:20.42	36.31	300m: 3:33.62		36.69	400m: 4:46.13	35.42	
3.	Raczkowska Lena	12	LKS Jednosc 32 Przyszowice		4:46.86	552	1:09.08	1:12.46	1:13.61	1:11.71
	50m: 33.00	33.00	150m: 1:45.25	36.17	250m: 2:58.40		36.86	350m: 4:11.97	36.82	
	100m: 1:09.08	36.08	200m: 2:21.54	36.29	300m: 3:35.15		36.75	400m: 4:46.86	34.89	
4.	Rozga Nina	11	CSiR MOS w Dabrowie Gorni		4:49.91	535	1:08.22	1:13.95	1:15.31	1:12.43
	50m: 32.20	32.20	150m: 1:45.26	37.04	250m: 2:59.42		37.25	350m: 4:14.50	37.02	
	100m: 1:08.22	36.02	200m: 2:22.17	36.91	300m: 3:37.48		38.06	400m: 4:49.91	35.41	
5.	Ciupa Ewelina	09	UKS „Manta Kochlowice Rud		4:50.81	530	1:09.54	1:14.92	1:14.13	1:12.22
	50m: 32.81	32.81	150m: 1:47.03	37.49	250m: 3:01.87		37.41	350m: 4:14.95	36.36	
	100m: 1:09.54	36.73	200m: 2:24.46	37.43	300m: 3:38.59		36.72	400m: 4:50.81	35.86	
6.	Fartuszynska Weronika	08	MKS Juvenia Wroclaw		4:50.97	529	1:09.89	1:14.83	1:14.49	1:11.76
	50m: 33.50	33.50	150m: 1:47.27	37.38	250m: 3:01.83		37.11	350m: 4:16.32	37.11	
	100m: 1:09.89	36.39	200m: 2:24.72	37.45	300m: 3:39.21		37.38	400m: 4:50.97	34.65	
7.	Kuna Alina	10	Stowarzyszenie Solne Miasto		4:53.44	516	1:08.90	1:16.28	1:14.44	1:13.82
	50m: 32.41	32.41	150m: 1:46.76	37.86	250m: 3:01.87		36.69	350m: 4:17.69	38.07	
	100m: 1:08.90	36.49	200m: 2:25.18	38.42	300m: 3:39.62		37.75	400m: 4:53.44	35.75	
8.	Gaca Izabela	10	Swim Team MOSiR Kedzierzy		4:53.89	513	1:10.51	1:15.71	1:15.79	1:11.88
	50m: 33.45	33.45	150m: 1:48.45	37.94	250m: 3:04.04		37.82	350m: 4:19.15	37.14	
	100m: 1:10.51	37.06	200m: 2:26.22	37.77	300m: 3:42.01		37.97	400m: 4:53.89	34.74	
9.	Bilinska Iga	09	UKS „Manta Kochlowice Rud		4:53.93	513	1:07.59	1:15.26	1:16.60	1:14.48
	50m: 31.32	31.32	150m: 1:45.26	37.67	250m: 3:01.08		38.23	350m: 4:17.23	37.78	
	100m: 1:07.59	36.27	200m: 2:22.85	37.59	300m: 3:39.45		38.37	400m: 4:53.93	36.70	
10.	Kozubowska Paulina	10	UKS „Manta Kochlowice Rud		4:56.31	501	1:13.44	1:15.97	1:14.64	1:12.26
	50m: 35.46	35.46	150m: 1:51.59	38.15	250m: 3:06.61		37.20	350m: 4:20.54	36.49	
	100m: 1:13.44	37.98	200m: 2:29.41	37.82	300m: 3:44.05		37.44	400m: 4:56.31	35.77	
11.	Stefaniw Martyna	10	Sekcja Plywacka Meduza Paj		5:00.44	480	1:12.39	1:17.69	1:15.79	1:14.57
	50m: 34.70	34.70	150m: 1:50.23	37.84	250m: 3:07.62		37.54	350m: 4:23.18	37.31	
	100m: 1:12.39	37.69	200m: 2:30.08	39.85	300m: 3:45.87		38.25	400m: 5:00.44	37.26	
12.	Savchuk Polina	10	Sekcja Plywacka Meduza Paj		5:01.05	477	1:11.36	1:17.11	1:17.06	1:15.52
	50m: 34.27	34.27	150m: 1:49.59	38.23	250m: 3:07.09		38.62	350m: 4:24.37	38.84	
	100m: 1:11.36	37.09	200m: 2:28.47	38.88	300m: 3:45.53		38.44	400m: 5:01.05	36.68	



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Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2025

Opole, 17. - 18.5.2025

Event 21, Women, 400m Freestyle, Open

Rank		YB			Time	Pts	100m	200m	300m	400m
13.	Rzepka Klara	10	UKS Aqua Team Mikołow		5:04.24	463	1:12.20	1:17.50	1:17.86	1:16.68
	50m: 34.99	34.99	150m: 1:50.86	38.66	250m: 3:08.71		39.01	350m: 4:26.53	38.97	
	100m: 1:12.20	37.21	200m: 2:29.70	38.84	300m: 3:47.56		38.85	400m: 5:04.24	37.71	
14.	Tyrna Pola	15	MTP Delfin Cieszyn		5:07.60	448	1:14.48	1:20.00	1:18.07	1:15.05
	50m: 35.07	35.07	150m: 1:53.94	39.46	250m: 3:12.78		38.30	350m: 4:30.66	38.11	
	100m: 1:14.48	39.41	200m: 2:34.48	40.54	300m: 3:52.55		39.77	400m: 5:07.60	36.94	
15.	Bebas Lena	11	Swim Team MOSiR Kedzierzy		5:08.36	444	1:15.09	1:19.86	1:18.87	1:14.54
	50m: 34.72	34.72	150m: 1:55.40	40.31	250m: 3:15.00		40.05	350m: 4:31.82	38.00	
	100m: 1:15.09	40.37	200m: 2:34.95	39.55	300m: 3:53.82		38.82	400m: 5:08.36	36.54	
16.	Zaworska Zofia	13	CSiR MOS w Dąbrowie Górniczej		5:09.22	441	1:15.12	1:19.42	1:18.86	1:15.82
	50m: 35.69	35.69	150m: 1:55.30	40.18	250m: 3:14.12		39.58	350m: 4:31.76	38.36	
	100m: 1:15.12	39.43	200m: 2:34.54	39.24	300m: 3:53.40		39.28	400m: 5:09.22	37.46	
17.	Maik Maja	10	UKS „Manta Kochłowiec Rudawy Karpackie”		5:09.23	441	1:10.82	1:18.55	1:19.96	1:19.90
	50m: 33.70	33.70	150m: 1:49.62	38.80	250m: 3:08.98		39.61	350m: 4:29.93	40.60	
	100m: 1:10.82	37.12	200m: 2:29.37	39.75	300m: 3:49.33		40.35	400m: 5:09.23	39.30	
18.	Piecuch Julia	10	Stowarzyszenie Solne Miasto		5:10.74	434	1:13.80	1:18.03	1:19.79	1:19.12
	50m: 35.15	35.15	150m: 1:52.59	38.79	250m: 3:11.55		39.72	350m: 4:31.43	39.81	
	100m: 1:13.80	38.65	200m: 2:31.83	39.24	300m: 3:51.62		40.07	400m: 5:10.74	39.31	
19.	Osadnik Emilia	10	Kłobucki KP „Delfin”		5:11.42	431	1:09.91	1:18.20	1:21.07	1:22.24
	50m: 32.83	32.83	150m: 1:49.00	39.09	250m: 3:08.22		40.11	350m: 4:31.08	41.90	
	100m: 1:09.91	37.08	200m: 2:28.11	39.11	300m: 3:49.18		40.96	400m: 5:11.42	40.34	
20.	Mikołajek Adrianna	11	UKS DELFIN Krapkowice		5:12.47	427	1:15.55	1:21.02	1:21.23	1:14.67
	50m: 36.15	36.15	150m: 1:55.92	40.37	250m: 3:17.35		40.78	350m: 4:37.65	39.85	
	100m: 1:15.55	39.40	200m: 2:36.57	40.65	300m: 3:57.80		40.45	400m: 5:12.47	34.82	
21.	Martiszko Maja	12	Swim Team MOSiR Kedzierzy		5:18.66	403	1:15.20	1:21.97	1:22.90	1:18.59
	50m: 35.58	35.58	150m: 1:55.40	40.20	250m: 3:19.05		41.88	350m: 4:40.27	40.20	
	100m: 1:15.20	39.62	200m: 2:37.17	41.77	300m: 4:00.07		41.02	400m: 5:18.66	38.39	
22.	Koclega Antonina	11	UKS Aqua Team Mikołow		5:23.16	386	1:17.92	1:22.08	1:23.57	1:19.59
	50m: 37.08	37.08	150m: 1:58.98	41.06	250m: 3:22.15		42.15	350m: 4:44.55	40.98	
	100m: 1:17.92	40.84	200m: 2:40.00	41.02	300m: 4:03.57		41.42	400m: 5:23.16	38.61	
23.	Niezbalka Julia	14	UKS Victoria Kozy		5:26.50	374	1:17.02	1:24.79	1:25.29	1:19.40
	50m: 36.56	36.56	150m: 1:59.32	42.30	250m: 3:24.61		42.80	350m: 4:48.87	41.77	
	100m: 1:17.02	40.46	200m: 2:41.81	42.49	300m: 4:07.10		42.49	400m: 5:26.50	37.63	
24.	Wojcik Maja	11	UKS „Huragan” przy SP nr 455		5:29.94	363	1:19.92	1:25.05	1:23.93	1:21.04
	50m: 37.65	37.65	150m: 2:02.07	42.15	250m: 3:26.79		41.82	350m: 4:49.78	40.88	
	100m: 1:19.92	42.27	200m: 2:44.97	42.90	300m: 4:08.90		42.11	400m: 5:29.94	40.16	
25.	Ułaniuk Ewa	12	UKS „Manta Kochłowiec Rudawy Karpackie”		5:31.97	356	1:19.55	1:26.89	1:25.44	1:20.09
	50m: 36.91	36.91	150m: 2:02.87	43.32	250m: 3:29.56		43.12	350m: 4:52.69	40.81	
	100m: 1:19.55	42.64	200m: 2:46.44	43.57	300m: 4:11.88		42.32	400m: 5:31.97	39.28	
26.	Rogosz Estera	10	UKS DELFIN Krapkowice		5:32.90	353	1:18.56	1:26.48	1:25.02	1:22.84
	50m: 37.24	37.24	150m: 2:01.80	43.24	250m: 3:27.90		42.86	350m: 4:53.11	43.05	
	100m: 1:18.56	41.32	200m: 2:45.04	43.24	300m: 4:10.06		42.16	400m: 5:32.90	39.79	
27.	Gregorczyk Hanna	11	Swim Team MOSiR Kedzierzy		5:34.30	349	1:21.14	1:29.54	1:24.95	1:18.67
	50m: 37.35	37.35	150m: 2:05.17	44.03	250m: 3:34.36		43.68	350m: 4:56.41	40.78	
	100m: 1:21.14	43.79	200m: 2:50.68	45.51	300m: 4:15.63		41.27	400m: 5:34.30	37.89	
28.	Kuchnia Aleksandra	12	UKS DELFIN Krapkowice		5:35.19	346	1:18.24	1:26.29	1:26.18	1:24.48
	50m: 36.64	36.64	150m: 2:01.31	43.07	250m: 3:27.07		42.54	350m: 4:53.89	43.18	
	100m: 1:18.24	41.60	200m: 2:44.53	43.22	300m: 4:10.71		43.64	400m: 5:35.19	41.30	
29.	Zabielska Helena	11	UKS Kronos Strzelce Opolskie		5:35.94	343	1:19.10	1:28.26	1:27.79	1:20.79
	50m: 36.96	36.96	150m: 2:02.76	43.66	250m: 3:31.65		44.29	350m: 4:56.64	41.49	
	100m: 1:19.10	42.14	200m: 2:47.36	44.60	300m: 4:15.15		43.50	400m: 5:35.94	39.30	
30.	Szewczyk Amelia	09	UKS Maratonczyk Ostrow Wlkp		5:36.27	342	1:19.26	1:26.02	1:27.63	1:23.36
	50m: 37.26	37.26	150m: 2:02.04	42.78	250m: 3:29.09		43.81	350m: 4:56.40	43.49	
	100m: 1:19.26	42.00	200m: 2:45.28	43.24	300m: 4:12.91		43.82	400m: 5:36.27	39.87	



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Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2025

Opole, 17. - 18.5.2025

Event 21, Women, 400m Freestyle, Open

Rank		YB			Time	Pts	100m	200m	300m	400m
31.	Wojtyczka Martyna	12	UKS Aqua Team Mikołow	5:41.43	327		1:21.48	1:29.08	1:28.57	1:22.30
	50m: 38.32	38.32	150m: 2:05.90	44.42	250m: 3:35.31	44.75	350m: 5:01.74	42.61		
	100m: 1:21.48	43.16	200m: 2:50.56	44.66	300m: 4:19.13	43.82	400m: 5:41.43	39.69		
32.	Mazur Maria	11	Sekcja Pływacka Meduza Pajęczno	5:43.79	320		1:20.84	1:29.31	1:29.49	1:24.15
	50m: 36.83	36.83	150m: 2:05.13	44.29	250m: 3:35.24	45.09	350m: 5:03.39	43.75		
	100m: 1:20.84	44.01	200m: 2:50.15	45.02	300m: 4:19.64	44.40	400m: 5:43.79	40.40		
33.	Setnicka Victoria	07	AZS KU Politechniki Opolskiej	5:44.51	318		1:19.58	1:27.70	1:30.28	1:26.95
	50m: 37.35	37.35	150m: 2:03.19	43.61	250m: 3:31.99	44.71	350m: 5:02.47	44.91		
	100m: 1:19.58	42.23	200m: 2:47.28	44.09	300m: 4:17.56	45.57	400m: 5:44.51	42.04		
34.	Kulak Maja	10	KP Aqua-Swim Nysa	5:46.11	314		1:21.42	1:29.83	1:30.11	1:24.75
	50m: 38.81	38.81	150m: 2:05.76	44.34	250m: 3:35.55	44.30	350m: 5:05.45	44.09		
	100m: 1:21.42	42.61	200m: 2:51.25	45.49	300m: 4:21.36	45.81	400m: 5:46.11	40.66		
35.	Jastrzebska Aneta	12	UKS Aqua Team Mikołow	5:47.36	311		1:20.24	1:30.52	1:30.17	1:26.43
	50m: 37.32	37.32	150m: 2:05.06	44.82	250m: 3:35.67	44.91	350m: 5:05.84	44.91		
	100m: 1:20.24	42.92	200m: 2:50.76	45.70	300m: 4:20.93	45.26	400m: 5:47.36	41.52		
36.	Rys Oliwia	11	Sekcja Pływacka Meduza Pajęczno	5:53.21	295		1:26.39	1:30.57	1:31.08	1:25.17
	50m: 40.59	40.59	150m: 2:11.73	45.34	250m: 3:42.40	45.44	350m: 5:11.06	43.02		
	100m: 1:26.39	45.80	200m: 2:56.96	45.23	300m: 4:28.04	45.64	400m: 5:53.21	42.15		
37.	Sulkowska Martyna	11	UKS Junior Kluczbork	5:54.51	292		1:23.23	1:32.16	1:33.04	1:26.08
	50m: 39.63	39.63	150m: 2:08.43	45.20	250m: 3:42.17	46.78	350m: 5:13.72	45.29		
	100m: 1:23.23	43.60	200m: 2:55.39	46.96	300m: 4:28.43	46.26	400m: 5:54.51	40.79		
38.	Mosko Lena	12	UKS „Manta Kochłowice Rudawy Karpackie”	5:56.23	288		1:24.80	1:31.68	1:32.31	1:27.44
	50m: 39.00	39.00	150m: 2:10.82	46.02	250m: 3:43.07	46.59	350m: 5:13.76	44.97		
	100m: 1:24.80	45.80	200m: 2:56.48	45.66	300m: 4:28.79	45.72	400m: 5:56.23	42.47		
39.	Milbrant Jagoda	10	UKS Aquatica Pawłowice	5:56.83	287		1:21.05	1:30.03	1:35.25	1:30.50
	50m: 37.97	37.97	150m: 2:05.45	44.40	250m: 3:38.32	47.24	350m: 5:12.17	45.84		
	100m: 1:21.05	43.08	200m: 2:51.08	45.63	300m: 4:26.33	48.01	400m: 5:56.83	44.66		
40.	Wilczek Eliza	12	UKS Aqua Team Mikołow	6:06.47	264		1:23.30	1:35.17	1:37.01	1:30.99
	50m: 39.00	39.00	150m: 2:11.47	48.17	250m: 3:47.32	48.85	350m: 5:21.39	45.91		
	100m: 1:23.30	44.30	200m: 2:58.47	47.00	300m: 4:35.48	48.16	400m: 6:06.47	45.08		
41.	Głapiak Jagoda	14	AZS KU Politechniki Opolskiej	6:10.51	256		1:31.85	1:36.97	1:35.06	1:26.63
	50m: 42.14	42.14	150m: 2:20.02	48.17	250m: 3:56.22	47.40	350m: 5:29.72	45.84		
	100m: 1:31.85	49.71	200m: 3:08.82	48.80	300m: 4:43.88	47.66	400m: 6:10.51	40.79		
42.	Kisiel Lena	12	DOKiS SP Vega Dobrodzien	6:15.03	247		1:28.98	1:38.08	1:36.09	1:31.88
	50m: 3:55.22	3:55.22	150m: 5:29.32	4:00.34	250m:		350m:			
	100m: 1:28.98		200m: 3:07.06		300m: 4:43.15		400m: 6:15.03			
43.	Wasik Anna	14	DOKiS SP Vega Dobrodzien	6:17.86	241		1:29.19	1:37.82	1:36.85	1:34.00
	50m: 40.23	40.23	150m: 2:18.13	48.94	250m: 3:55.66	48.65	350m: 5:31.95	48.09		
	100m: 1:29.19	48.96	200m: 3:07.01	48.88	300m: 4:43.86	48.20	400m: 6:17.86	45.91		
44.	Kempny Zofia	14	Uks "Salmo Zory"	6:18.18	241		1:29.07	1:38.93	1:39.19	1:30.99
	50m: 41.21	41.21	150m: 2:17.79	48.72	250m: 3:57.21	49.21	350m: 5:36.46	49.27		
	100m: 1:29.07	47.86	200m: 3:08.00	50.21	300m: 4:47.19	49.98	400m: 6:18.18	41.72		
45.	Kedzior Antonina	14	UKS Aqua Team Mikołow	6:24.92	228		1:33.34	1:38.72	1:39.22	1:33.64
	50m: 43.66	43.66	150m: 2:22.70	49.36	250m: 4:02.02	49.96	350m: 5:39.21	47.93		
	100m: 1:33.34	49.68	200m: 3:12.06	49.36	300m: 4:51.28	49.26	400m: 6:24.92	45.71		
46.	Król Antonina	13	UKS Aqua Team Mikołow	6:29.44	220		1:29.88	1:40.63	1:41.69	1:37.24
	50m: 42.20	42.20	150m: 2:20.81	50.93	250m: 4:02.19	51.68	350m: 5:42.88	50.68		
	100m: 1:29.88	47.68	200m: 3:10.51	49.70	300m: 4:52.20	50.01	400m: 6:29.44	46.56		
47.	Wojtyczka Agata	14	UKS Aqua Team Mikołow	6:32.00	216		1:30.37	1:38.24	1:41.02	1:42.37
	50m: 42.45	42.45	150m: 2:19.19	48.82	250m: 3:58.93	50.32	350m: 5:41.15	51.52		
	100m: 1:30.37	47.92	200m: 3:08.61	49.42	300m: 4:49.63	50.70	400m: 6:32.00	50.85		
48.	Najda Jagoda	13	UKS DELFIN Krapkowice	6:42.82	199		1:33.89	1:45.14	1:46.66	1:37.13
	50m: 44.06	44.06	150m: 2:26.55	52.66	250m: 4:12.38	53.35	350m: 5:58.77	53.08		
	100m: 1:33.89	49.83	200m: 3:19.03	52.48	300m: 5:05.69	53.31	400m: 6:42.82	44.05		



LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO 2025

moSiR

OPOLSKIE

OPOLE

Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2025

Opole, 17. - 18.5.2025

Event 21, Women, 400m Freestyle, Open

Rank		YB			Time	Pts	100m	200m	300m	400m
49.	Sliwinska Liliana	14	UKS Aqua Team Mikołow		6:46.39	194	1:38.32	1:44.42	1:43.26	1:40.39
	50m: 45.92	45.92	150m: 2:29.92	51.60	250m: 4:14.83		52.09	350m: 5:57.40	51.40	
	100m: 1:38.32	52.40	200m: 3:22.74	52.82	300m: 5:06.00		51.17	400m: 6:46.39	48.99	
50.	Dziedzic Zofia	12	UKS Junior Kluczbork		6:57.31	179	1:38.14	1:45.47	1:50.34	1:43.36
	50m: 45.59	45.59	150m: 2:30.33	52.19	250m: 4:18.62		55.01	350m: 6:05.77	51.82	
	100m: 1:38.14	52.55	200m: 3:23.61	53.28	300m: 5:13.95		55.33	400m: 6:57.31	51.54	

11 lat i młodszy, OOPZ

1.	Glapiak Jagoda	14	AZS KU Politechniki Opolskiej		6:10.51	256	1:31.85	1:36.97	1:35.06	1:26.63
	50m: 42.14	42.14	150m: 2:20.02	48.17	250m: 3:56.22		47.40	350m: 5:29.72	45.84	
	100m: 1:31.85	49.71	200m: 3:08.82	48.80	300m: 4:43.88		47.66	400m: 6:10.51	40.79	
2.	Wasik Anna	14	DOKiS SP Vega Dobrodzien		6:17.86	241	1:29.19	1:37.82	1:36.85	1:34.00
	50m: 40.23	40.23	150m: 2:18.13	48.94	250m: 3:55.66		48.65	350m: 5:31.95	48.09	
	100m: 1:29.19	48.96	200m: 3:07.01	48.88	300m: 4:43.86		48.20	400m: 6:17.86	45.91	

12-13 lat, OOPZ

1.	Martiszko Maja	12	Swim Team MOSiR Kedzierzy		5:18.66	403	1:15.20	1:21.97	1:22.90	1:18.59
	50m: 35.58	35.58	150m: 1:55.40	40.20	250m: 3:19.05		41.88	350m: 4:40.27	40.20	
	100m: 1:15.20	39.62	200m: 2:37.17	41.77	300m: 4:00.07		41.02	400m: 5:18.66	38.39	
2.	Kuchnia Aleksandra	12	UKS DELFIN Krapkowice		5:35.19	346	1:18.24	1:26.29	1:26.18	1:24.48
	50m: 36.64	36.64	150m: 2:01.31	43.07	250m: 3:27.07		42.54	350m: 4:53.89	43.18	
	100m: 1:18.24	41.60	200m: 2:44.53	43.22	300m: 4:10.71		43.64	400m: 5:35.19	41.30	
3.	Kisiel Lena	12	DOKiS SP Vega Dobrodzien		6:15.03	247	1:28.98	1:38.08	1:36.09	1:31.88
	50m: 3:55.22	3:55.22	150m: 5:29.32	4:00.34	250m:		350m:			
	100m: 1:28.98		200m: 3:07.06		300m: 4:43.15		400m: 6:15.03			
4.	Najda Jagoda	13	UKS DELFIN Krapkowice		6:42.82	199	1:33.89	1:45.14	1:46.66	1:37.13
	50m: 44.06	44.06	150m: 2:26.55	52.66	250m: 4:12.38		53.35	350m: 5:58.77	53.08	
	100m: 1:33.89	49.83	200m: 3:19.03	52.48	300m: 5:05.69		53.31	400m: 6:42.82	44.05	
5.	Dziedzic Zofia	12	UKS Junior Kluczbork		6:57.31	179	1:38.14	1:45.47	1:50.34	1:43.36
	50m: 45.59	45.59	150m: 2:30.33	52.19	250m: 4:18.62		55.01	350m: 6:05.77	51.82	
	100m: 1:38.14	52.55	200m: 3:23.61	53.28	300m: 5:13.95		55.33	400m: 6:57.31	51.54	

14 lat, OOPZ

1.	Bebas Lena	11	Swim Team MOSiR Kedzierzy		5:08.36	444	1:15.09	1:19.86	1:18.87	1:14.54
	50m: 34.72	34.72	150m: 1:55.40	40.31	250m: 3:15.00		40.05	350m: 4:31.82	38.00	
	100m: 1:15.09	40.37	200m: 2:34.95	39.55	300m: 3:53.82		38.82	400m: 5:08.36	36.54	
2.	Mikolajek Adrianna	11	UKS DELFIN Krapkowice		5:12.47	427	1:15.55	1:21.02	1:21.23	1:14.67
	50m: 36.15	36.15	150m: 1:55.92	40.37	250m: 3:17.35		40.78	350m: 4:37.65	39.85	
	100m: 1:15.55	39.40	200m: 2:36.57	40.65	300m: 3:57.80		40.45	400m: 5:12.47	34.82	
3.	Gregorczyk Hanna	11	Swim Team MOSiR Kedzierzy		5:34.30	349	1:21.14	1:29.54	1:24.95	1:18.67
	50m: 37.35	37.35	150m: 2:05.17	44.03	250m: 3:34.36		43.68	350m: 4:56.41	40.78	
	100m: 1:21.14	43.79	200m: 2:50.68	45.51	300m: 4:15.63		41.27	400m: 5:34.30	37.89	
4.	Zabielska Helena	11	UKS Kronos Strzelce Opolskie		5:35.94	343	1:19.10	1:28.26	1:27.79	1:20.79
	50m: 36.96	36.96	150m: 2:02.76	43.66	250m: 3:31.65		44.29	350m: 4:56.64	41.49	
	100m: 1:19.10	42.14	200m: 2:47.36	44.60	300m: 4:15.15		43.50	400m: 5:35.94	39.30	
5.	Sulkowska Martyna	11	UKS Junior Kluczbork		5:54.51	292	1:23.23	1:32.16	1:33.04	1:26.08
	50m: 39.63	39.63	150m: 2:08.43	45.20	250m: 3:42.17		46.78	350m: 5:13.72	45.29	
	100m: 1:23.23	43.60	200m: 2:55.39	46.96	300m: 4:28.43		46.26	400m: 5:54.51	40.79	



LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO 2025



Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2025

Opole, 17. - 18.5.2025

Event 21, Women, 400m Freestyle

15-16 lat, OZP

1. Gaca Izabela	10	Swim Team MOSiR Kedzierzy	4:53.89	513	1:10.51	1:15.71	1:15.79	1:11.88
50m: 33.45	33.45	150m: 1:48.45	37.94	250m: 3:04.04	37.82	350m: 4:19.15	37.14	
100m: 1:10.51	37.06	200m: 2:26.22	37.77	300m: 3:42.01	37.97	400m: 4:53.89	34.74	
2. Rogosz Estera	10	UKS DELFIN Krapkowice	5:32.90	353	1:18.56	1:26.48	1:25.02	1:22.84
50m: 37.24	37.24	150m: 2:01.80	43.24	250m: 3:27.90	42.86	350m: 4:53.11	43.05	
100m: 1:18.56	41.32	200m: 2:45.04	43.24	300m: 4:10.06	42.16	400m: 5:32.90	39.79	
3. Kulak Maja	10	KP Aqua-Swim Nysa	5:46.11	314	1:21.42	1:29.83	1:30.11	1:24.75
50m: 38.81	38.81	150m: 2:05.76	44.34	250m: 3:35.55	44.30	350m: 5:05.45	44.09	
100m: 1:21.42	42.61	200m: 2:51.25	45.49	300m: 4:21.36	45.81	400m: 5:46.11	40.66	

17-18 lat, OZP

1. Setnicka Victoria	07	AZS KU Politechniki Opolskie	5:44.51	318	1:19.58	1:27.70	1:30.28	1:26.95
50m: 37.35	37.35	150m: 2:03.19	43.61	250m: 3:31.99	44.71	350m: 5:02.47	44.91	
100m: 1:19.58	42.23	200m: 2:47.28	44.09	300m: 4:17.56	45.57	400m: 5:44.51	42.04	

Open, OZP

1. Gaca Izabela	10	Swim Team MOSiR Kedzierzy	4:53.89	513	1:10.51	1:15.71	1:15.79	1:11.88
50m: 33.45	33.45	150m: 1:48.45	37.94	250m: 3:04.04	37.82	350m: 4:19.15	37.14	
100m: 1:10.51	37.06	200m: 2:26.22	37.77	300m: 3:42.01	37.97	400m: 4:53.89	34.74	
2. Bebas Lena	11	Swim Team MOSiR Kedzierzy	5:08.36	444	1:15.09	1:19.86	1:18.87	1:14.54
50m: 34.72	34.72	150m: 1:55.40	40.31	250m: 3:15.00	40.05	350m: 4:31.82	38.00	
100m: 1:15.09	40.37	200m: 2:34.95	39.55	300m: 3:53.82	38.82	400m: 5:08.36	36.54	
3. Mikolajek Adrianna	11	UKS DELFIN Krapkowice	5:12.47	427	1:15.55	1:21.02	1:21.23	1:14.67
50m: 36.15	36.15	150m: 1:55.92	40.37	250m: 3:17.35	40.78	350m: 4:37.65	39.85	
100m: 1:15.55	39.40	200m: 2:36.57	40.65	300m: 3:57.80	40.45	400m: 5:12.47	34.82	
4. Martiszko Maja	12	Swim Team MOSiR Kedzierzy	5:18.66	403	1:15.20	1:21.97	1:22.90	1:18.59
50m: 35.58	35.58	150m: 1:55.40	40.20	250m: 3:19.05	41.88	350m: 4:40.27	40.20	
100m: 1:15.20	39.62	200m: 2:37.17	41.77	300m: 4:00.07	41.02	400m: 5:18.66	38.39	
5. Rogosz Estera	10	UKS DELFIN Krapkowice	5:32.90	353	1:18.56	1:26.48	1:25.02	1:22.84
50m: 37.24	37.24	150m: 2:01.80	43.24	250m: 3:27.90	42.86	350m: 4:53.11	43.05	
100m: 1:18.56	41.32	200m: 2:45.04	43.24	300m: 4:10.06	42.16	400m: 5:32.90	39.79	
6. Gregorczyk Hanna	11	Swim Team MOSiR Kedzierzy	5:34.30	349	1:21.14	1:29.54	1:24.95	1:18.67
50m: 37.35	37.35	150m: 2:05.17	44.03	250m: 3:34.36	43.68	350m: 4:56.41	40.78	
100m: 1:21.14	43.79	200m: 2:50.68	45.51	300m: 4:15.63	41.27	400m: 5:34.30	37.89	
7. Kuchnia Aleksandra	12	UKS DELFIN Krapkowice	5:35.19	346	1:18.24	1:26.29	1:26.18	1:24.48
50m: 36.64	36.64	150m: 2:01.31	43.07	250m: 3:27.07	42.54	350m: 4:53.89	43.18	
100m: 1:18.24	41.60	200m: 2:44.53	43.22	300m: 4:10.71	43.64	400m: 5:35.19	41.30	
8. Zabielska Helena	11	UKS Kronos Strzelce Opolski	5:35.94	343	1:19.10	1:28.26	1:27.79	1:20.79
50m: 36.96	36.96	150m: 2:02.76	43.66	250m: 3:31.65	44.29	350m: 4:56.64	41.49	
100m: 1:19.10	42.14	200m: 2:47.36	44.60	300m: 4:15.15	43.50	400m: 5:35.94	39.30	
9. Setnicka Victoria	07	AZS KU Politechniki Opolskie	5:44.51	318	1:19.58	1:27.70	1:30.28	1:26.95
50m: 37.35	37.35	150m: 2:03.19	43.61	250m: 3:31.99	44.71	350m: 5:02.47	44.91	
100m: 1:19.58	42.23	200m: 2:47.28	44.09	300m: 4:17.56	45.57	400m: 5:44.51	42.04	
10. Kulak Maja	10	KP Aqua-Swim Nysa	5:46.11	314	1:21.42	1:29.83	1:30.11	1:24.75
50m: 38.81	38.81	150m: 2:05.76	44.34	250m: 3:35.55	44.30	350m: 5:05.45	44.09	
100m: 1:21.42	42.61	200m: 2:51.25	45.49	300m: 4:21.36	45.81	400m: 5:46.11	40.66	
11. Sulkowska Martyna	11	UKS Junior Kluczbork	5:54.51	292	1:23.23	1:32.16	1:33.04	1:26.08
50m: 39.63	39.63	150m: 2:08.43	45.20	250m: 3:42.17	46.78	350m: 5:13.72	45.29	
100m: 1:23.23	43.60	200m: 2:55.39	46.96	300m: 4:28.43	46.26	400m: 5:54.51	40.79	
12. Glapiak Jagoda	14	AZS KU Politechniki Opolskie	6:10.51	256	1:31.85	1:36.97	1:35.06	1:26.63
50m: 42.14	42.14	150m: 2:20.02	48.17	250m: 3:56.22	47.40	350m: 5:29.72	45.84	
100m: 1:31.85	49.71	200m: 3:08.82	48.80	300m: 4:43.88	47.66	400m: 6:10.51	40.79	



LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO 2025



Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2025

Opole, 17. - 18.5.2025

Event 21, Women, 400m Freestyle, Open, OOPZP

Rank		YB		Time	Pts	100m	200m	300m	400m
13.	Kisiel Lena	12	DOKiS SP Vega Dobrodzien	6:15.03	247	1:28.98	1:38.08	1:36.09	1:31.88
	50m: 3:55.22	3:55.22	150m: 5:29.32	4:00.34	250m:	350m:			
	100m: 1:28.98		200m: 3:07.06		300m: 4:43.15	400m: 6:15.03			
14.	Wasik Anna	14	DOKiS SP Vega Dobrodzien	6:17.86	241	1:29.19	1:37.82	1:36.85	1:34.00
	50m: 40.23	40.23	150m: 2:18.13	48.94	250m: 3:55.66	48.65	350m: 5:31.95	48.09	
	100m: 1:29.19	48.96	200m: 3:07.01	48.88	300m: 4:43.86	48.20	400m: 6:17.86	45.91	
15.	Najda Jagoda	13	UKS DELFIN Krapkowice	6:42.82	199	1:33.89	1:45.14	1:46.66	1:37.13
	50m: 44.06	44.06	150m: 2:26.55	52.66	250m: 4:12.38	53.35	350m: 5:58.77	53.08	
	100m: 1:33.89	49.83	200m: 3:19.03	52.48	300m: 5:05.69	53.31	400m: 6:42.82	44.05	
16.	Dziedzic Zofia	12	UKS Junior Kluczbork	6:57.31	179	1:38.14	1:45.47	1:50.34	1:43.36
	50m: 45.59	45.59	150m: 2:30.33	52.19	250m: 4:18.62	55.01	350m: 6:05.77	51.82	
	100m: 1:38.14	52.55	200m: 3:23.61	53.28	300m: 5:13.95	55.33	400m: 6:57.31	51.54	