



LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO 2025



Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2025

Opole, 17. - 18.5.2025

Event 22

Men, 400m Freestyle

Open

17.05.2025 - 17:45

Results

Rekordy Opolszczyzny Open	4:10.23	Jabłoński Bartłomiej	01207	Gliwice	15.07.2023
Rekordy Opolszczyzny 19 +	4:10.80	Wiekiera Dawid	02407	Gliwice	07.06.2024
Rekordy Opolszczyzny 18	4:11.09	Kot Maciej	00307	Oświęcim	18.07.2009
Rekordy Opolszczyzny 17	4:10.73	Jabłoński Bartłomiej	01207	Oświęcim	13.04.2024
Rekordy Opolszczyzny 16	4:10.23	Jabłoński Bartłomiej	01207	Gliwice	15.07.2023
Rekordy Opolszczyzny 15	4:15.12	Stanek Adam	00707	Gliwice	19.07.2014
Rekordy Opolszczyzny 14	4:32.41	Stanek Adam	00707	Gorzów Wlkp	06.07.2013
Rekordy Opolszczyzny 13	4:46.71	Gajewski Bartosz	00207	Oświęcim	26.06.2008
Rekordy Opolszczyzny 12	5:04.66	Gajewski Bartosz	00207	Debica	30.06.2007
Rekordy Opolszczyzny - 11	6:20.40	Kalmuk Kasjan	00207	Debica	05.05.2012

Points: AQUA 2024

Rank		YB		Time	Pts		100m	200m	300m	400m
11 years and younger										
1.	Matuszczyk Marcel	14	CSiR MOS w Dąbrowie Górniczej	5:28.07	301		1:18.09	1:24.39	1:24.67	1:20.92
	50m: 37.29	37.29	150m: 2:00.30	42.21	250m: 3:24.07	41.59	350m: 4:48.61	41.46		
	100m: 1:18.09	40.80	200m: 2:42.48	42.18	300m: 4:07.15	43.08	400m: 5:28.07	39.46		
2.	Danielewicz Aleksander	14	UKS Junior Kluczbork	6:54.06	150		1:33.75	1:47.24	1:49.32	1:43.75
	50m: 43.41	43.41	150m: 2:27.61	53.86	250m: 4:15.88	54.89	350m: 6:03.51	53.20		
	100m: 1:33.75	50.34	200m: 3:20.99	53.38	300m: 5:10.31	54.43	400m: 6:54.06	50.55		

12 - 13 years

1.	Zasepa Jakub	13	CSiR MOS w Dąbrowie Górniczej	5:05.58	373		1:10.32	1:19.44	1:19.77	1:16.05
	50m: 33.12	33.12	150m: 1:50.33	40.01	250m: 3:09.70	39.94	350m: 4:28.96	39.43		
	100m: 1:10.32	37.20	200m: 2:29.76	39.43	300m: 3:49.53	39.83	400m: 5:05.58	36.62		
2.	Oslizło Ignacy	12	UKS Junior Kluczbork	5:37.23	277		1:18.67	1:27.58	1:26.44	1:24.54
	50m: 36.87	36.87	150m: 2:02.58	43.91	250m: 3:25.00		350m: 4:44.00			
	100m: 1:18.67	41.80	200m: 2:46.25	43.67	300m: 4:12.69		400m: 5:37.23			
3.	Kubik Franciszek	12	Swim Team MOSiR Kędzierzyce	5:41.25	268		1:17.87	1:29.35	1:29.38	1:24.65
	50m: 35.90	35.90	150m: 2:02.27	44.40	250m: 3:31.80	44.58	350m: 5:00.47	43.87		
	100m: 1:17.87	41.97	200m: 2:47.22	44.95	300m: 4:16.60	44.80	400m: 5:41.25	40.78		
4.	Kocon Oskar	13	AZS KU Politechniki Opolskiej	5:54.33	239		1:26.05	1:33.62	1:31.18	1:23.48
	50m: 40.17	40.17	150m: 2:13.17	47.12	250m: 3:45.96	46.29	350m: 5:14.11	43.26		
	100m: 1:26.05	45.88	200m: 2:59.67	46.50	300m: 4:30.85	44.89	400m: 5:54.33	40.22		
5.	Rigol Bartosz	13	UKS DELFIN Krapkowice	5:55.63	236		1:24.45	1:33.31	1:34.11	1:23.76
	50m: 39.96	39.96	150m: 2:10.21	45.76	250m: 3:45.55	47.79	350m: 5:15.49	43.62		
	100m: 1:24.45	44.49	200m: 2:57.76	47.55	300m: 4:31.87	46.32	400m: 5:55.63	40.14		
6.	Bem Adam	12	UKS DELFIN Krapkowice	6:18.21	197		1:30.43	1:38.33	1:39.07	1:30.38
	50m: 40.94	40.94	150m: 2:19.04	48.61	250m: 5:35.52	2:26.76	350m: 6:18.21			
	100m: 1:30.43	49.49	200m: 3:08.76	49.72	300m: 4:47.83		400m: 6:18.21			
7.	Szczygieł Nikodem	13	AZS KU Politechniki Opolskiej	6:26.21	185		1:31.04	1:42.91	1:42.40	1:29.86
	50m: 41.12	41.12	150m: 2:22.16	51.12	250m: 4:06.17	52.22	350m: 5:42.32	45.97		
	100m: 1:31.04	49.92	200m: 3:13.95	51.79	300m: 4:56.35	50.18	400m: 6:26.21	43.89		
8.	Mehlich Rafał	12	UKS DELFIN Krapkowice	6:35.39	172		1:34.28	1:41.48	1:41.46	1:38.17
	50m: 44.77	44.77	150m: 2:24.68	50.40	250m: 4:06.85	51.09	350m: 5:47.66	50.44		
	100m: 1:34.28	49.51	200m: 3:15.76	51.08	300m: 4:57.22	50.37	400m: 6:35.39	47.73		

14 years

1.	Kuczmarski Zbigniew	11	MKS Ochota Warszawa	4:37.15	500		1:06.24	1:10.33	1:11.37	1:09.21
	50m: 31.68	31.68	150m: 1:41.36	35.12	250m: 2:52.29	35.72	350m: 4:03.13	35.19		
	100m: 1:06.24	34.56	200m: 2:16.57	35.21	300m: 3:27.94	35.65	400m: 4:37.15	34.02		
2.	Kolodziejczyk Cezary	11	UKS Aqua Team Mikołowa	5:27.72	302		1:17.71	1:25.52	1:27.21	1:17.28
	50m: 36.08	36.08	150m: 2:00.25	42.54	250m: 3:26.70	43.47	350m: 4:51.90	41.46		
	100m: 1:17.71	41.63	200m: 2:43.23	42.98	300m: 4:10.44	43.74	400m: 5:27.72	35.82		



LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO 2025

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Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2025

Opole, 17. - 18.5.2025

Event 22, Boys, 400m Freestyle, 14 years

Rank	YB			Time		Pts	100m	200m	300m	400m		
3.	Peppek Wojciech		11	UKS Aqua Team Mikolow		5:30.08	296	1:19.38	1:25.86	1:25.88	1:18.96	
	50m:	37.40	37.40	150m:	2:02.28	42.90	250m:	3:27.85	42.61	350m:	4:52.78	41.66
	100m:	1:19.38	41.98	200m:	2:45.24	42.96	300m:	4:11.12	43.27	400m:	5:30.08	37.30
4.	Kawalec Maciej		11	Plywacki Klub Sportowy "ORK5:35.46y		282	1:15.46	1:26.59	1:27.88	1:25.53		
	50m:	35.19	35.19	150m:	1:57.93	42.47	250m:	3:25.67	43.62	350m:	4:53.83	43.90
	100m:	1:15.46	40.27	200m:	2:42.05	44.12	300m:	4:09.93	44.26	400m:	5:35.46	41.63

15 - 16 years

1.	Konopko Michal	10	UKS Aqua Team Mikolow	4:27.96	553	1:01.90	1:08.83	1:09.66	1:07.57
	50m: 28.98	28.98	150m: 1:36.23	34.33	250m: 2:45.76	35.03	350m: 3:54.63	34.24	
	100m: 1:01.90	32.92	200m: 2:10.73	34.50	300m: 3:20.39	34.63	400m: 4:27.96	33.33	
2.	Rozumek Jan	09	Stowarzyszenie Solne Miasto	4:30.25	539	1:01.65	1:08.86	1:09.93	1:09.81
	50m: 29.08	29.08	150m: 1:35.97	34.32	250m: 2:45.20	34.69	350m: 3:55.85	35.41	
	100m: 1:01.65	32.57	200m: 2:10.51	34.54	300m: 3:20.44	35.24	400m: 4:30.25	34.40	
3.	Smolarek Filip	10	Sekcja Plywacka Meduza Paj	4:36.73	502	1:04.69	1:11.09	1:12.15	1:08.80
	50m: 30.95	30.95	150m: 1:40.15	35.46	250m: 2:51.76	35.98	350m: 4:02.86	34.93	
	100m: 1:04.69	33.74	200m: 2:15.78	35.63	300m: 3:27.93	36.17	400m: 4:36.73	33.87	
4.	Luczka Borys	10	AZS KU Politechniki Opolskie	4:36.88	502	1:05.68	1:11.27	1:11.59	1:08.34
	50m: 31.03	31.03	150m: 1:41.15	35.47	250m: 2:52.65	35.70	350m: 4:04.09	35.55	
	100m: 1:05.68	34.65	200m: 2:16.95	35.80	300m: 3:28.54	35.89	400m: 4:36.88	32.79	
5.	Zasada Szymon	10	Sekcja Plywacka Meduza Paj	4:37.22	500	1:05.50	1:12.36	1:11.41	1:07.95
	50m: 30.65	30.65	150m: 1:41.71	36.21	250m: 2:53.64	35.78	350m: 4:04.25	34.98	
	100m: 1:05.50	34.85	200m: 2:17.86	36.15	300m: 3:29.27	35.63	400m: 4:37.22	32.97	
6.	Kaczmarek Mateusz	10	Sekcja Plywacka Meduza Paj	4:44.06	464	1:07.12	1:13.73	1:12.96	1:10.25
	50m: 31.44	31.44	150m: 1:43.84	36.72	250m: 2:57.27	36.42	350m: 4:10.02	36.21	
	100m: 1:07.12	35.68	200m: 2:20.85	37.01	300m: 3:33.81	36.54	400m: 4:44.06	34.04	
7.	Steier Michal	10	Swim Team MOSiR Kedzierzy	4:47.60	448	1:08.72	1:14.73	1:14.00	1:10.15
	50m: 31.58	31.58	150m: 1:46.06	37.34	250m: 3:00.57	37.12	350m: 4:13.17	35.72	
	100m: 1:08.72	37.14	200m: 2:23.45	37.39	300m: 3:37.45	36.88	400m: 4:47.60	34.43	
8.	Witkowski Wojciech	10	UKS DELFIN Krapkowice	4:48.05	445	1:08.13	1:14.26	1:13.84	1:11.82
	50m: 32.37	32.37	150m: 1:45.12	36.99	250m: 2:59.25	36.86	350m: 4:13.02	36.79	
	100m: 1:08.13	35.76	200m: 2:22.39	37.27	300m: 3:36.23	36.98	400m: 4:48.05	35.03	
9.	Dutkiewicz Milosz	10	Sekcja Plywacka Meduza Paj	4:48.93	441	1:07.37	1:15.44	1:14.63	1:11.49
	50m: 31.47	31.47	150m: 1:45.25	37.88	250m: 3:00.67	37.86	350m: 4:15.17	37.73	
	100m: 1:07.37	35.90	200m: 2:22.81	37.56	300m: 3:37.44	36.77	400m: 4:48.93	33.76	
10.	Lakomy Jakub	10	Sekcja Plywacka Meduza Paj	4:53.81	420	1:07.52	1:15.71	1:16.22	1:14.36
	50m: 31.82	31.82	150m: 1:45.48	37.96	250m: 3:01.79	38.56	350m: 4:17.67	38.22	
	100m: 1:07.52	35.70	200m: 2:23.23	37.75	300m: 3:39.45	37.66	400m: 4:53.81	36.14	
11.	Jurczynski Borys	10	UKS Kronos Strzelce Opolski	5:06.04	371	1:13.24	1:19.13	1:19.06	1:14.61
	50m: 34.52	34.52	150m: 1:52.62	39.38	250m: 3:12.35	39.98	350m: 4:29.39	37.96	
	100m: 1:13.24	38.72	200m: 2:32.37	39.75	300m: 3:51.43	39.08	400m: 5:06.04	36.65	
12.	Baran Mateusz	10	KP „Sukces” Chorzow	5:25.30	309	1:15.71	1:22.86	1:25.67	1:21.06
	50m: 35.30	35.30	150m: 1:57.09	41.38	250m: 3:21.07	42.50	350m: 4:45.90	41.66	
	100m: 1:15.71	40.41	200m: 2:38.57	41.48	300m: 4:04.24	43.17	400m: 5:25.30	39.40	
13.	Kaczmarczyk Antoni	10	Klobucki KP „Delfin”	5:50.82	246	1:15.34	1:30.19	1:34.18	1:31.11
	50m: 35.31	35.31	150m: 3:32.58	2:17.24	250m:		350m:		
	100m: 1:15.34	40.03	200m: 2:45.53		300m: 4:19.71		400m: 5:50.82		
14.	Pawlowski Mikolaj	10	Klobucki KP „Delfin”	6:03.94	221	1:20.14	1:32.78	1:37.93	1:33.09
	50m: 36.77	36.77	150m: 2:06.05	45.91	250m: 3:42.12	49.20	350m: 5:19.23	48.38	
	100m: 1:20.14	43.37	200m: 2:52.92	46.87	300m: 4:30.85	48.73	400m: 6:03.94	44.71	



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Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2025

Opole, 17. - 18.5.2025

Event 22, Men, 400m Freestyle

17 - 18 years

1. Okon Jakub	07	MKS Juvenia Wrocław	4:10.08	681	1:00.03	1:02.36	1:03.56	1:04.13
50m: 28.50	28.50	150m: 1:31.03	31.00	250m: 2:33.92	31.53	350m: 3:38.09	32.14	
100m: 1:00.03	31.53	200m: 2:02.39	31.36	300m: 3:05.95	32.03	400m: 4:10.08	31.99	
2. Wolpiuk Michał	08	MUKS Gilus Gilowice	4:26.32	564	1:03.94	1:07.51	1:08.44	1:06.43
50m: 30.08	30.08	150m: 1:37.53	33.59	250m: 2:45.45	34.00	350m: 3:54.23	34.34	
100m: 1:03.94	33.86	200m: 2:11.45	33.92	300m: 3:19.89	34.44	400m: 4:26.32	32.09	
3. Glowacki Jan	08	CSiR MOS w Dąbrowie Górniczej	4:34.62	514	1:04.95	1:10.83	1:11.37	1:07.47
50m: 30.10	30.10	150m: 1:40.23	35.28	250m: 2:51.56	35.78	350m: 4:01.96	34.81	
100m: 1:04.95	34.85	200m: 2:15.78	35.55	300m: 3:27.15	35.59	400m: 4:34.62	32.66	
4. Rudowicz Bartłomiej	08	UKS Maratonczyk Ostrow Wlkp.	5:11.28	353	1:15.33	1:19.76	1:19.58	1:16.61
50m: 35.59	35.59	150m: 1:54.89	39.56	250m: 3:14.76	39.67	350m: 4:33.75	39.08	
100m: 1:15.33	39.74	200m: 2:35.09	40.20	300m: 3:54.67	39.91	400m: 5:11.28	37.53	
5. Cherevko Markiyan	08	AZS KU Politechniki Opolskiej	5:35.42	282	1:17.85	1:25.94	1:25.63	1:26.00
50m: 35.90	35.90	150m: 2:00.34	42.49	250m: 3:27.01	43.22	350m: 4:51.28	37.53	
100m: 1:17.85	41.95	200m: 2:43.79	43.45	300m: 4:09.42	42.41	400m: 5:35.42		

Open

1. Okon Jakub	07	MKS Juvenia Wrocław	4:10.08	681	1:00.03	1:02.36	1:03.56	1:04.13
50m: 28.50	28.50	150m: 1:31.03	31.00	250m: 2:33.92	31.53	350m: 3:38.09	32.14	
100m: 1:00.03	31.53	200m: 2:02.39	31.36	300m: 3:05.95	32.03	400m: 4:10.08	31.99	
2. Wolpiuk Michał	08	MUKS Gilus Gilowice	4:26.32	564	1:03.94	1:07.51	1:08.44	1:06.43
50m: 30.08	30.08	150m: 1:37.53	33.59	250m: 2:45.45	34.00	350m: 3:54.23	34.34	
100m: 1:03.94	33.86	200m: 2:11.45	33.92	300m: 3:19.89	34.44	400m: 4:26.32	32.09	
3. Konopko Michał	10	UKS Aqua Team Mikołowa	4:27.96	553	1:01.90	1:08.83	1:09.66	1:07.57
50m: 28.98	28.98	150m: 1:36.23	34.33	250m: 2:45.76	35.03	350m: 3:54.63	34.24	
100m: 1:01.90	32.92	200m: 2:10.73	34.50	300m: 3:20.39	34.63	400m: 4:27.96	33.33	
4. Rozumek Jan	09	Stowarzyszenie Solne Miasto	4:30.25	539	1:01.65	1:08.86	1:09.93	1:09.81
50m: 29.08	29.08	150m: 1:35.97	34.32	250m: 2:45.20	34.69	350m: 3:55.85	35.41	
100m: 1:01.65	32.57	200m: 2:10.51	34.54	300m: 3:20.44	35.24	400m: 4:30.25	34.40	
5. Glowacki Jan	08	CSiR MOS w Dąbrowie Górniczej	4:34.62	514	1:04.95	1:10.83	1:11.37	1:07.47
50m: 30.10	30.10	150m: 1:40.23	35.28	250m: 2:51.56	35.78	350m: 4:01.96	34.81	
100m: 1:04.95	34.85	200m: 2:15.78	35.55	300m: 3:27.15	35.59	400m: 4:34.62	32.66	
6. Smolarek Filip	10	Sekcja Pływacka Meduza Pajęczno	4:36.73	502	1:04.69	1:11.09	1:12.15	1:08.80
50m: 30.95	30.95	150m: 1:40.15	35.46	250m: 2:51.76	35.98	350m: 4:02.86	34.93	
100m: 1:04.69	33.74	200m: 2:15.78	35.63	300m: 3:27.93	36.17	400m: 4:36.73	33.87	
7. Luczka Borys	10	AZS KU Politechniki Opolskiej	4:36.88	502	1:05.68	1:11.27	1:11.59	1:08.34
50m: 31.03	31.03	150m: 1:41.15	35.47	250m: 2:52.65	35.70	350m: 4:04.09	35.55	
100m: 1:05.68	34.65	200m: 2:16.95	35.80	300m: 3:28.54	35.89	400m: 4:36.88	32.79	
8. Kuczmarski Zbigniew	11	MKS Ochota Warszawa	4:37.15	500	1:06.24	1:10.33	1:11.37	1:09.21
50m: 31.68	31.68	150m: 1:41.36	35.12	250m: 2:52.29	35.72	350m: 4:03.13	35.19	
100m: 1:06.24	34.56	200m: 2:16.57	35.21	300m: 3:27.94	35.65	400m: 4:37.15	34.02	
9. Zasada Szymon	10	Sekcja Pływacka Meduza Pajęczno	4:37.22	500	1:05.50	1:12.36	1:11.41	1:07.95
50m: 30.65	30.65	150m: 1:41.71	36.21	250m: 2:53.64	35.78	350m: 4:04.25	34.98	
100m: 1:05.50	34.85	200m: 2:17.86	36.15	300m: 3:29.27	35.63	400m: 4:37.22	32.97	
10. Kaczmarski Mateusz	10	Sekcja Pływacka Meduza Pajęczno	4:44.06	464	1:07.12	1:13.73	1:12.96	1:10.25
50m: 31.44	31.44	150m: 1:43.84	36.72	250m: 2:57.27	36.42	350m: 4:10.02	36.21	
100m: 1:07.12	35.68	200m: 2:20.85	37.01	300m: 3:33.81	36.54	400m: 4:44.06	34.04	
11. Steier Michał	10	Swim Team MOSiR Kędzierzyca	4:47.60	448	1:08.72	1:14.73	1:14.00	1:10.15
50m: 31.58	31.58	150m: 1:46.06	37.34	250m: 3:00.57	37.12	350m: 4:13.17	35.72	
100m: 1:08.72	37.14	200m: 2:23.45	37.39	300m: 3:37.45	36.88	400m: 4:47.60	34.43	
12. Witkowski Wojciech	10	UKS DELFIN Krapkowice	4:48.05	445	1:08.13	1:14.26	1:13.84	1:11.82
50m: 32.37	32.37	150m: 1:45.12	36.99	250m: 2:59.25	36.86	350m: 4:13.02	36.79	
100m: 1:08.13	35.76	200m: 2:22.39	37.27	300m: 3:36.23	36.98	400m: 4:48.05	35.03	



LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO 2025

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OPOLE

Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2025

Opole, 17. - 18.5.2025

Event 22, Men, 400m Freestyle, Open

Rank	YB				Time	Pts	100m	200m	300m	400m
13.	Dutkiewicz Milosz	10	Sekcja Pływacka Meduza Pajęczno		4:48.93	441	1:07.37	1:15.44	1:14.63	1:11.49
	50m: 31.47	31.47	150m: 1:45.25	37.88	250m: 3:00.67		37.86	350m: 4:15.17	37.73	
	100m: 1:07.37	35.90	200m: 2:22.81	37.56	300m: 3:37.44		36.77	400m: 4:48.93	33.76	
14.	Lakomy Jakub	10	Sekcja Pływacka Meduza Pajęczno		4:53.81	420	1:07.52	1:15.71	1:16.22	1:14.36
	50m: 31.82	31.82	150m: 1:45.48	37.96	250m: 3:01.79		38.56	350m: 4:17.67	38.22	
	100m: 1:07.52	35.70	200m: 2:23.23	37.75	300m: 3:39.45		37.66	400m: 4:53.81	36.14	
15.	Smetek Rafal	06	Swim Team MOSiR Kedzierzy		5:01.58	388	1:07.70	1:15.52	1:18.98	1:19.38
	50m: 31.60	31.60	150m: 1:44.89	37.19	250m: 3:02.66		39.44	350m: 4:22.06	39.86	
	100m: 1:07.70	36.10	200m: 2:23.22	38.33	300m: 3:42.20		39.54	400m: 5:01.58	39.52	
16.	Zasepa Jakub	13	CSiR MOS w Dabrowie Gorniej		5:05.58	373	1:10.32	1:19.44	1:19.77	1:16.05
	50m: 33.12	33.12	150m: 1:50.33	40.01	250m: 3:09.70		39.94	350m: 4:28.96	39.43	
	100m: 1:10.32	37.20	200m: 2:29.76	39.43	300m: 3:49.53		39.83	400m: 5:05.58	36.62	
17.	Jurczynski Borys	10	UKS Kronos Strzelce Opolski		5:06.04	371	1:13.24	1:19.13	1:19.06	1:14.61
	50m: 34.52	34.52	150m: 1:52.62	39.38	250m: 3:12.35		39.98	350m: 4:29.39	37.96	
	100m: 1:13.24	38.72	200m: 2:32.37	39.75	300m: 3:51.43		39.08	400m: 5:06.04	36.65	
18.	Rudowicz Bartlomiej	08	UKS Maratonczyk Ostrow Wlkp.		5:11.28	353	1:15.33	1:19.76	1:19.58	1:16.61
	50m: 35.59	35.59	150m: 1:54.89	39.56	250m: 3:14.76		39.67	350m: 4:33.75	39.08	
	100m: 1:15.33	39.74	200m: 2:35.09	40.20	300m: 3:54.67		39.91	400m: 5:11.28	37.53	
19.	Baran Mateusz	10	KP „Sukces” Chorzow		5:25.30	309	1:15.71	1:22.86	1:25.67	1:21.06
	50m: 35.30	35.30	150m: 1:57.09	41.38	250m: 3:21.07		42.50	350m: 4:45.90	41.66	
	100m: 1:15.71	40.41	200m: 2:38.57	41.48	300m: 4:04.24		43.17	400m: 5:25.30	39.40	
20.	Kolodziejczyk Cezary	11	UKS Aqua Team Mikolow		5:27.72	302	1:17.71	1:25.52	1:27.21	1:17.28
	50m: 36.08	36.08	150m: 2:00.25	42.54	250m: 3:26.70		43.47	350m: 4:51.90	41.46	
	100m: 1:17.71	41.63	200m: 2:43.23	42.98	300m: 4:10.44		43.74	400m: 5:27.72	35.82	
21.	Matuszczyk Marcel	14	CSiR MOS w Dabrowie Gorniej		5:28.07	301	1:18.09	1:24.39	1:24.67	1:20.92
	50m: 37.29	37.29	150m: 2:00.30	42.21	250m: 3:24.07		41.59	350m: 4:48.61	41.46	
	100m: 1:18.09	40.80	200m: 2:42.48	42.18	300m: 4:07.15		43.08	400m: 5:28.07	39.46	
22.	Pepek Wojciech	11	UKS Aqua Team Mikolow		5:30.08	296	1:19.38	1:25.86	1:25.88	1:18.96
	50m: 37.40	37.40	150m: 2:02.28	42.90	250m: 3:27.85		42.61	350m: 4:52.78	41.66	
	100m: 1:19.38	41.98	200m: 2:45.24	42.96	300m: 4:11.12		43.27	400m: 5:30.08	37.30	
23.	Cherevko Markiyan	08	AZS KU Politechniki Opolskiej		5:35.42	282	1:17.85	1:25.94	1:25.63	1:26.00
	50m: 35.90	35.90	150m: 2:00.34	42.49	250m: 3:27.01		43.22	350m:		
	100m: 1:17.85	41.95	200m: 2:43.79	43.45	300m: 4:09.42		42.41	400m: 5:35.42		
24.	Kawalec Maciej	11	Pływacki Klub Sportowy "ORKA"		5:35.46	282	1:15.46	1:26.59	1:27.88	1:25.53
	50m: 35.19	35.19	150m: 1:57.93	42.47	250m: 3:25.67		43.62	350m: 4:53.83	43.90	
	100m: 1:15.46	40.27	200m: 2:42.05	44.12	300m: 4:09.93		44.26	400m: 5:35.46	41.63	
25.	Oslizlo Ignacy	12	UKS Junior Kluczbork		5:37.23	277	1:18.67	1:27.58	1:26.44	1:24.54
	50m: 36.87	36.87	150m: 2:02.58	43.91	250m:		350m:			
	100m: 1:18.67	41.80	200m: 2:46.25	43.67	300m: 4:12.69		400m: 5:37.23			
26.	Kubik Franciszek	12	Swim Team MOSiR Kedzierzy		5:41.25	268	1:17.87	1:29.35	1:29.38	1:24.65
	50m: 35.90	35.90	150m: 2:02.27	44.40	250m: 3:31.80		44.58	350m: 5:00.47	43.87	
	100m: 1:17.87	41.97	200m: 2:47.22	44.95	300m: 4:16.60		44.80	400m: 5:41.25	40.78	
27.	Kaczmarczyk Antoni	10	Kłobucki KP „Delfin"		5:50.82	246	1:15.34	1:30.19	1:34.18	1:31.11
	50m: 35.31	35.31	150m: 3:32.58	2:17.24	250m:		350m:			
	100m: 1:15.34	40.03	200m: 2:45.53		300m: 4:19.71		400m: 5:50.82			
28.	Kocon Oskar	13	AZS KU Politechniki Opolskiej		5:54.33	239	1:26.05	1:33.62	1:31.18	1:23.48
	50m: 40.17	40.17	150m: 2:13.17	47.12	250m: 3:45.96		46.29	350m: 5:14.11	43.26	
	100m: 1:26.05	45.88	200m: 2:59.67	46.50	300m: 4:30.85		44.89	400m: 5:54.33	40.22	
29.	Rigol Bartosz	13	UKS DELFIN Krapkowice		5:55.63	236	1:24.45	1:33.31	1:34.11	1:23.76
	50m: 39.96	39.96	150m: 2:10.21	45.76	250m: 3:45.55		47.79	350m: 5:15.49	43.62	
	100m: 1:24.45	44.49	200m: 2:57.76	47.55	300m: 4:31.87		46.32	400m: 5:55.63	40.14	
30.	Pawlowski Mikolaj	10	Kłobucki KP „Delfin"		6:03.94	221	1:20.14	1:32.78	1:37.93	1:33.09
	50m: 36.77	36.77	150m: 2:06.05	45.91	250m: 3:42.12		49.20	350m: 5:19.23	48.38	
	100m: 1:20.14	43.37	200m: 2:52.92	46.87	300m: 4:30.85		48.73	400m: 6:03.94	44.71	



LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO 2025

moSiR

OPOLSKIE

OPOLE

Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2025

Opole, 17. - 18.5.2025

Event 22, Men, 400m Freestyle, Open

Rank		YB			Time	Pts		100m	200m	300m	400m
31.	Bem Adam	12	UKS DELFIN Krapkowice	6:18.21	197			1:30.43	1:38.33	1:39.07	1:30.38
	50m:	40.94	40.94	150m:	2:19.04	48.61	250m:	5:35.52	2:26.76	350m:	
	100m:	1:30.43	49.49	200m:	3:08.76	49.72	300m:	4:47.83		400m:	6:18.21
32.	Szczygiel Nikodem	13	AZS KU Politechniki Opolskiej	6:26.21	185			1:31.04	1:42.91	1:42.40	1:29.86
	50m:	41.12	41.12	150m:	2:22.16	51.12	250m:	4:06.17	52.22	350m:	5:42.32
	100m:	1:31.04	49.92	200m:	3:13.95	51.79	300m:	4:56.35	50.18	400m:	6:26.21
33.	Mehlich Rafal	12	UKS DELFIN Krapkowice	6:35.39	172			1:34.28	1:41.48	1:41.46	1:38.17
	50m:	44.77	44.77	150m:	2:24.68	50.40	250m:	4:06.85	51.09	350m:	5:47.66
	100m:	1:34.28	49.51	200m:	3:15.76	51.08	300m:	4:57.22	50.37	400m:	6:35.39
34.	Danielewicz Aleksander	14	UKS Junior Kluczbork	6:54.06	150			1:33.75	1:47.24	1:49.32	1:43.75
	50m:	43.41	43.41	150m:	2:27.61	53.86	250m:	4:15.88	54.89	350m:	6:03.51
	100m:	1:33.75	50.34	200m:	3:20.99	53.38	300m:	5:10.31	54.43	400m:	6:54.06

11 lat i młodszy, OZP

1.	Danielewicz Aleksander	14	UKS Junior Kluczbork	6:54.06	150			1:33.75	1:47.24	1:49.32	1:43.75
	50m:	43.41	43.41	150m:	2:27.61	53.86	250m:	4:15.88	54.89	350m:	6:03.51
	100m:	1:33.75	50.34	200m:	3:20.99	53.38	300m:	5:10.31	54.43	400m:	6:54.06

12-13 lat, OZP

1.	Oslizlo Ignacy	12	UKS Junior Kluczbork	5:37.23	277			1:18.67	1:27.58	1:26.44	1:24.54
	50m:	36.87	36.87	150m:	2:02.58	43.91	250m:		350m:		
	100m:	1:18.67	41.80	200m:	2:46.25	43.67	300m:	4:12.69		400m:	5:37.23
2.	Kubik Franciszek	12	Swim Team MOSiR Kedzierzy	5:41.25	268			1:17.87	1:29.35	1:29.38	1:24.65
	50m:	35.90	35.90	150m:	2:02.27	44.40	250m:	3:31.80	44.58	350m:	5:00.47
	100m:	1:17.87	41.97	200m:	2:47.22	44.95	300m:	4:16.60	44.80	400m:	5:41.25
3.	Kocon Oskar	13	AZS KU Politechniki Opolskiej	5:54.33	239			1:26.05	1:33.62	1:31.18	1:23.48
	50m:	40.17	40.17	150m:	2:13.17	47.12	250m:	3:45.96	46.29	350m:	5:14.11
	100m:	1:26.05	45.88	200m:	2:59.67	46.50	300m:	4:30.85	44.89	400m:	5:54.33
4.	Rigol Bartosz	13	UKS DELFIN Krapkowice	5:55.63	236			1:24.45	1:33.31	1:34.11	1:23.76
	50m:	39.96	39.96	150m:	2:10.21	45.76	250m:	3:45.55	47.79	350m:	5:15.49
	100m:	1:24.45	44.49	200m:	2:57.76	47.55	300m:	4:31.87	46.32	400m:	5:55.63
5.	Bem Adam	12	UKS DELFIN Krapkowice	6:18.21	197			1:30.43	1:38.33	1:39.07	1:30.38
	50m:	40.94	40.94	150m:	2:19.04	48.61	250m:	5:35.52	2:26.76	350m:	
	100m:	1:30.43	49.49	200m:	3:08.76	49.72	300m:	4:47.83		400m:	6:18.21
6.	Szczygiel Nikodem	13	AZS KU Politechniki Opolskiej	6:26.21	185			1:31.04	1:42.91	1:42.40	1:29.86
	50m:	41.12	41.12	150m:	2:22.16	51.12	250m:	4:06.17	52.22	350m:	5:42.32
	100m:	1:31.04	49.92	200m:	3:13.95	51.79	300m:	4:56.35	50.18	400m:	6:26.21
7.	Mehlich Rafal	12	UKS DELFIN Krapkowice	6:35.39	172			1:34.28	1:41.48	1:41.46	1:38.17
	50m:	44.77	44.77	150m:	2:24.68	50.40	250m:	4:06.85	51.09	350m:	5:47.66
	100m:	1:34.28	49.51	200m:	3:15.76	51.08	300m:	4:57.22	50.37	400m:	6:35.39

15-16 lat, OZP

1.	Luczka Borys	10	AZS KU Politechniki Opolskiej	4:36.88	502			1:05.68	1:11.27	1:11.59	1:08.34
	50m:	31.03	31.03	150m:	1:41.15	35.47	250m:	2:52.65	35.70	350m:	4:04.09
	100m:	1:05.68	34.65	200m:	2:16.95	35.80	300m:	3:28.54	35.89	400m:	4:36.88
2.	Steier Michał	10	Swim Team MOSiR Kedzierzy	4:47.60	448			1:08.72	1:14.73	1:14.00	1:10.15
	50m:	31.58	31.58	150m:	1:46.06	37.34	250m:	3:00.57	37.12	350m:	4:13.17
	100m:	1:08.72	37.14	200m:	2:23.45	37.39	300m:	3:37.45	36.88	400m:	4:47.60
3.	Witkowski Wojciech	10	UKS DELFIN Krapkowice	4:48.05	445			1:08.13	1:14.26	1:13.84	1:11.82
	50m:	32.37	32.37	150m:	1:45.12	36.99	250m:	2:59.25	36.86	350m:	4:13.02
	100m:	1:08.13	35.76	200m:	2:22.39	37.27	300m:	3:36.23	36.98	400m:	4:48.05



LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO 2025



Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2025

Opole, 17. - 18.5.2025

Event 22, Boys, 400m Freestyle, 15-16 lat, OOSP

Rank		YB		Time	Pts	100m	200m	300m	400m
4.	Jurczynski Borys	10	UKS Kronos Strzelce Opolskie	5:06.04	371	1:13.24	1:19.13	1:19.06	1:14.61
	50m: 34.52	34.52	150m: 1:52.62	39.38	250m: 3:12.35	39.98	350m: 4:29.39	37.96	
	100m: 1:13.24	38.72	200m: 2:32.37	39.75	300m: 3:51.43	39.08	400m: 5:06.04	36.65	

17-18 lat, OOSP

1.	Cherevko Markiyan	08	AZS KU Politechniki Opolskie	5:35.42	282	1:17.85	1:25.94	1:25.63	1:26.00
	50m: 35.90	35.90	150m: 2:00.34	42.49	250m: 3:27.01	43.22	350m:		
	100m: 1:17.85	41.95	200m: 2:43.79	43.45	300m: 4:09.42	42.41	400m: 5:35.42		

Open, OOSP

1.	Luczka Borys	10	AZS KU Politechniki Opolskie	4:36.88	502	1:05.68	1:11.27	1:11.59	1:08.34
	50m: 31.03	31.03	150m: 1:41.15	35.47	250m: 2:52.65	35.70	350m: 4:04.09	35.55	
	100m: 1:05.68	34.65	200m: 2:16.95	35.80	300m: 3:28.54	35.89	400m: 4:36.88	32.79	
2.	Steier Michal	10	Swim Team MOSiR Kedzierzy	4:47.60	448	1:08.72	1:14.73	1:14.00	1:10.15
	50m: 31.58	31.58	150m: 1:46.06	37.34	250m: 3:00.57	37.12	350m: 4:13.17	35.72	
	100m: 1:08.72	37.14	200m: 2:23.45	37.39	300m: 3:37.45	36.88	400m: 4:47.60	34.43	
3.	Witkowski Wojciech	10	UKS DELFIN Krapkowice	4:48.05	445	1:08.13	1:14.26	1:13.84	1:11.82
	50m: 32.37	32.37	150m: 1:45.12	36.99	250m: 2:59.25	36.86	350m: 4:13.02	36.79	
	100m: 1:08.13	35.76	200m: 2:22.39	37.27	300m: 3:36.23	36.98	400m: 4:48.05	35.03	
4.	Smetek Rafal	06	Swim Team MOSiR Kedzierzy	5:01.58	388	1:07.70	1:15.52	1:18.98	1:19.38
	50m: 31.60	31.60	150m: 1:44.89	37.19	250m: 3:02.66	39.44	350m: 4:22.06	39.86	
	100m: 1:07.70	36.10	200m: 2:23.22	38.33	300m: 3:42.20	39.54	400m: 5:01.58	39.52	
5.	Jurczynski Borys	10	UKS Kronos Strzelce Opolskie	5:06.04	371	1:13.24	1:19.13	1:19.06	1:14.61
	50m: 34.52	34.52	150m: 1:52.62	39.38	250m: 3:12.35	39.98	350m: 4:29.39	37.96	
	100m: 1:13.24	38.72	200m: 2:32.37	39.75	300m: 3:51.43	39.08	400m: 5:06.04	36.65	
6.	Cherevko Markiyan	08	AZS KU Politechniki Opolskie	5:35.42	282	1:17.85	1:25.94	1:25.63	1:26.00
	50m: 35.90	35.90	150m: 2:00.34	42.49	250m: 3:27.01	43.22	350m:		
	100m: 1:17.85	41.95	200m: 2:43.79	43.45	300m: 4:09.42	42.41	400m: 5:35.42		
7.	Oslizlo Ignacy	12	UKS Junior Kluczbork	5:37.23	277	1:18.67	1:27.58	1:26.44	1:24.54
	50m: 36.87	36.87	150m: 2:02.58	43.91	250m:		350m:		
	100m: 1:18.67	41.80	200m: 2:46.25	43.67	300m: 4:12.69		400m: 5:37.23		
8.	Kubik Franciszek	12	Swim Team MOSiR Kedzierzy	5:41.25	268	1:17.87	1:29.35	1:29.38	1:24.65
	50m: 35.90	35.90	150m: 2:02.27	44.40	250m: 3:31.80	44.58	350m: 5:00.47	43.87	
	100m: 1:17.87	41.97	200m: 2:47.22	44.95	300m: 4:16.60	44.80	400m: 5:41.25	40.78	
9.	Kocon Oskar	13	AZS KU Politechniki Opolskie	5:54.33	239	1:26.05	1:33.62	1:31.18	1:23.48
	50m: 40.17	40.17	150m: 2:13.17	47.12	250m: 3:45.96	46.29	350m: 5:14.11	43.26	
	100m: 1:26.05	45.88	200m: 2:59.67	46.50	300m: 4:30.85	44.89	400m: 5:54.33	40.22	
10.	Rigol Bartosz	13	UKS DELFIN Krapkowice	5:55.63	236	1:24.45	1:33.31	1:34.11	1:23.76
	50m: 39.96	39.96	150m: 2:10.21	45.76	250m: 3:45.55	47.79	350m: 5:15.49	43.62	
	100m: 1:24.45	44.49	200m: 2:57.76	47.55	300m: 4:31.87	46.32	400m: 5:55.63	40.14	
11.	Bem Adam	12	UKS DELFIN Krapkowice	6:18.21	197	1:30.43	1:38.33	1:39.07	1:30.38
	50m: 40.94	40.94	150m: 2:19.04	48.61	250m: 5:35.52	2:26.76	350m:		
	100m: 1:30.43	49.49	200m: 3:08.76	49.72	300m: 4:47.83		400m: 6:18.21		
12.	Szczygiel Nikodem	13	AZS KU Politechniki Opolskie	6:26.21	185	1:31.04	1:42.91	1:42.40	1:29.86
	50m: 41.12	41.12	150m: 2:22.16	51.12	250m: 4:06.17	52.22	350m: 5:42.32	45.97	
	100m: 1:31.04	49.92	200m: 3:13.95	51.79	300m: 4:56.35	50.18	400m: 6:26.21	43.89	
13.	Mehlich Rafal	12	UKS DELFIN Krapkowice	6:35.39	172	1:34.28	1:41.48	1:41.46	1:38.17
	50m: 44.77	44.77	150m: 2:24.68	50.40	250m: 4:06.85	51.09	350m: 5:47.66	50.44	
	100m: 1:34.28	49.51	200m: 3:15.76	51.08	300m: 4:57.22	50.37	400m: 6:35.39	47.73	
14.	Danielewicz Aleksander	14	UKS Junior Kluczbork	6:54.06	150	1:33.75	1:47.24	1:49.32	1:43.75
	50m: 43.41	43.41	150m: 2:27.61	53.86	250m: 4:15.88	54.89	350m: 6:03.51	53.20	
	100m: 1:33.75	50.34	200m: 3:20.99	53.38	300m: 5:10.31	54.43	400m: 6:54.06	50.55	