

Opole, 25.10.2025

Konkurencja 8

25.10.2025 - 12:00

Kobiet, 400m dowolny

11 lat i starsi

Wyniki

Rekord Opolszczyzny Open	4:10.27	Zukowska Paula	00107	Szczecin	03.12.2010
Rekord Opolszczyzny 19 +	4:28.04	Kamińska Aleksandra	00107	Łódź	13.11.2011
Rekord Opolszczyzny 18	4:13.49	Zukowska Paula	00107	Puławy	19.03.2011
Rekord Opolszczyzny 17	4:10.27	Zukowska Paula	00107	Szczecin	03.12.2010
Rekord Opolszczyzny 16	4:10.52	Zukowska Paula	00107	Gorzów Wielkopolski	28.11.2009
Rekord Opolszczyzny 15	4:17.35	Zukowska Paula	00107	Gorzów Wlkp.	29.11.2008
Rekord Opolszczyzny 14	4:27.81	Rakowska Marta	01507	Ostrowiec	19.12.2020
Rekord Opolszczyzny 13	4:30.17	Rakowska Marta	00407	Oświęcim	15.06.2019
Rekord Opolszczyzny 12	4:39.21	Rakowska Marta	00407	Kędzierzyn-Koźle	08.12.2018
Rekord Opolszczyzny - 11	4:43.74	Rakowska Marta	00407	Kędzierzyn-Koźle	09.12.2017

Punkty: AQUA 2025

Pozycja

Rok ur.

Czas

Pkt.

11 lat

1.	Niedbalka Julia	14	UKS Victoria Kozy	5:14.54	392
	50m: 36.29 36.29	150m: 1:55.76 40.08	250m: 3:16.48 40.17	350m: 4:37.64 40.47	
	100m: 1:15.68 39.39	200m: 2:36.31 40.55	300m: 3:57.17 40.69	400m: 5:14.54 36.90	
2.	Włodarska Jagoda	14	MUKS Gilus Gilowice	5:41.70	305
	50m: 35.74 35.74	150m: 2:01.42 43.85	250m: 3:29.36 43.28	350m: 4:57.06 43.03	
	100m: 1:17.57 41.83	200m: 2:46.08 44.66	300m: 4:14.03 44.67	400m: 5:41.70 44.64	
3.	Wąsik Anna	14	DOKIS SP Vega Dobrodzień	5:44.83	297
	50m: 39.62 39.62	150m: 2:07.28 44.47	250m: 3:35.63 44.14	350m: 5:03.61 43.85	
	100m: 1:22.81 43.19	200m: 2:51.49 44.21	300m: 4:19.76 44.13	400m: 5:44.83 41.22	
4.	Obajtek Helena	14	KS Rekin Świebodzice	5:50.89	282
	50m: 39.59 39.59	150m: 2:09.15 44.97	250m: 3:40.14 45.73	350m: 5:09.03 44.02	
	100m: 1:24.18 44.59	200m: 2:54.41 45.26	300m: 4:25.01 44.87	400m: 5:50.89 41.86	
5.	Gorek Martyna	14	UKS DELFIN Krapkowice	5:50.90	282
	50m: 39.58 39.58	150m: 2:10.53 45.81	250m: 3:41.55 45.29	350m: 5:10.44 44.24	
	100m: 1:24.72 45.14	200m: 2:56.26 45.73	300m: 4:26.20 44.65	400m: 5:50.90 40.46	
6.	Salwa Maja	14	KS Rekin Świebodzice	5:54.75	273
	50m: 37.78 37.78	150m: 2:07.42 44.60	250m: 3:39.95 46.58	350m: 5:11.08 45.55	
	100m: 1:22.82 45.04	200m: 2:53.37 45.95	300m: 4:25.53 45.58	400m: 5:54.75 43.67	
7.	Sojka Antonina	14	Uks Gwiazda Olesno	5:59.24	263
	50m: 41.15 41.15	150m: 2:14.04 47.07	250m: 3:47.37 46.22	350m: 5:20.83 46.63	
	100m: 1:26.97 45.82	200m: 3:01.15 47.11	300m: 4:34.20 46.83	400m: 5:59.24 38.41	
8.	Kornatowska Iga	14	Swim Team MOSiR Kędzierzyn-Koźle	6:05.23	250
	50m: 39.90 39.90	150m: 2:13.26 47.24	250m: 3:48.26 46.70	350m: 5:23.71 47.43	
	100m: 1:26.02 46.12	200m: 3:01.56 48.30	300m: 4:36.28 48.02	400m: 6:05.23 41.52	
9.	Wagilewicz Lena	14	KS Rekin Świebodzice	6:08.67	243
	50m: 40.01 40.01	150m: 2:12.92 46.62	250m: 3:49.58 48.37	350m: 5:26.48 48.83	
	100m: 1:26.30 46.29	200m: 3:01.21 48.29	300m: 4:37.65 48.07	400m: 6:08.67 42.19	
10.	Surma Lena	14	KP „Sukces” Chorzów	6:09.04	242
	50m: 41.72 41.72	150m: 2:15.95 48.11	250m: 3:50.20 48.21	350m: 5:25.44 47.92	
	100m: 1:27.84 46.12	200m: 3:01.99 46.04	300m: 4:37.52 47.32	400m: 6:09.04 43.60	
11.	Fryc Julia	14	Swim Team MOSiR Kędzierzyn-Koźle	6:11.72	237
	50m: 41.28 41.28	150m: 2:16.66 48.49	250m: 3:54.43 48.12	350m: 5:29.08 47.32	
	100m: 1:28.17 46.89	200m: 3:06.31 49.65	300m: 4:41.76 47.33	400m: 6:11.72 42.64	
12.	Głapiak Jagoda	14	AZS KU Politechniki Opolskiej	6:15.70	230
	50m: 42.59 42.59	150m: 2:20.55 48.80	250m: 3:55.12 47.86	350m: 5:29.71 47.02	
	100m: 1:31.75 49.16	200m: 3:07.26 46.71	300m: 4:42.69 47.57	400m: 6:15.70 45.99	

Opole, 25.10.2025

Konkurencja 8, Dziewcząt, 400m dowolny, 11 lat

Pozycja				Rok ur.				Czas	Pkt.
13.	Tupko Julia			14	AZS KU Politechniki Opolskiej			6:15.97	229
	50m:	41.77	41.77	150m:	2:16.57	47.99	250m:	3:51.80	48.23
	100m:	1:28.58	46.81	200m:	3:03.72	47.15	300m:	4:39.89	47.85
14.	Małecka Ewa			14	MUKS Gilus Gilowice			6:16.66	228
	50m:	40.47	40.47	150m:	2:11.29	46.42	250m:	3:49.38	49.24
	100m:	1:24.87	44.40	200m:	2:59.80	48.51	300m:	4:38.59	48.83
15.	Sitek Antonina			14	Swim Team MOSiR Kędzierzyn-Koźle			6:17.99	226
	50m:	41.12	41.12	150m:	2:17.24	48.90	250m:	3:52.90	50.89
	100m:	1:28.34	47.22	200m:	3:05.92	48.68	300m:	4:40.26	46.84
16.	Jabłońska Hanna			14	Stowarzyszenie Hobby Sport			6:45.52	183
	50m:	44.32	44.32	150m:	2:25.47	51.23	250m:	4:10.45	52.56
	100m:	1:34.24	49.92	200m:	3:17.85	52.38	300m:	5:03.00	49.96
17.	Mendelska Amelia			14	Stowarzyszenie Hobby Sport			6:48.56	178
	50m:	45.87	45.87	150m:	2:31.54	54.02	250m:	4:18.03	50.33
	100m:	1:37.52	51.65	200m:	3:24.49	52.95	300m:	5:09.90	48.33
18.	Francuz Liliana			14	Swim Team MOSiR Kędzierzyn-Koźle			6:52.26	174
	50m:	44.12	44.12	150m:	2:29.39	53.17	250m:	4:14.67	53.59
	100m:	1:36.22	52.10	200m:	3:22.20	52.81	300m:	5:07.27	51.40
19.	Jęczmienny Kamila			14	Swim Team MOSiR Kędzierzyn-Koźle			7:01.33	163
	50m:	46.18	46.18	150m:	2:34.86	54.12	250m:	4:23.00	53.61
	100m:	1:40.74	54.56	200m:	3:28.87	54.01	300m:	5:18.49	49.23
20.	Wysocka Helena			14	Swim Team MOSiR Kędzierzyn-Koźle			7:01.60	162
	50m:	45.71	45.71	150m:	2:34.85	55.41	250m:	4:25.51	52.95
	100m:	1:39.44	53.73	200m:	3:29.67	54.82	300m:	5:20.07	48.58
21.	Kuterska Jagoda			14	Swim Team MOSiR Kędzierzyn-Koźle			7:04.73	159
	50m:	43.31	43.31	150m:	2:25.26	52.38	250m:	4:15.23	56.92
	100m:	1:32.88	49.57	200m:	3:19.97	54.71	300m:	5:11.01	56.80
22.	Swaczyna Lena			14	Swim Team MOSiR Kędzierzyn-Koźle			7:21.09	142
	50m:	50.03	50.03	150m:	2:43.02	58.10	250m:	4:36.40	56.07
	100m:	1:44.92	54.89	200m:	3:39.13	56.11	300m:	5:32.21	52.81
23.	Pokora Weronika			14	Swim Team MOSiR Kędzierzyn-Koźle			7:37.19	127
	50m:	51.04	51.04	150m:	2:48.35	59.96	250m:	4:46.75	58.90
	100m:	1:48.39	57.35	200m:	3:48.57	1:00.22	300m:	5:47.25	51.04
24.	Bejno Lena			14	Swim Team MOSiR Kędzierzyn-Koźle			7:46.31	120
	50m:	46.80	46.80	150m:	2:39.61	57.96	250m:	4:35.23	57.22
	100m:	1:41.65	54.85	200m:	3:37.14	57.53	300m:	5:32.80	1:16.29
25.	Ćwikła Maja			14	Swim Team MOSiR Kędzierzyn-Koźle			7:48.41	118
	50m:	48.12	48.12	150m:	2:43.28	58.45	250m:	4:40.52	1:12.23
	100m:	1:44.83	56.71	200m:	3:41.99	58.71	300m:	5:39.48	56.70

13 lat

1.	Martiszko Maja			12	Swim Team MOSiR Kędzierzyn-Koźle			5:07.81	418
	50m:	33.58	33.58	150m:	1:49.43	38.65	250m:	3:09.27	40.43
	100m:	1:10.78	37.20	200m:	2:29.46	40.03	300m:	3:50.36	37.02
2.	Kuchnia Aleksandra			12	UKS DELFIN Krapkowice			5:25.76	353
	50m:	34.71	34.71	150m:	1:55.38	41.62	250m:	3:19.39	42.55
	100m:	1:13.76	39.05	200m:	2:36.95	41.57	300m:	4:02.24	40.97

Opole, 25.10.2025

Konkurencja 8, Dziewcząt, 400m dowolny, 13 lat

Pozycja	Rok ur.										Czas	Pkt.
3.	Mazurkiewicz Blanka				12	UKS "Dwójeczka" Częstochowa					5:45.51	295
	50m:	36.60	36.60	150m:	2:04.73	44.67	250m:	3:35.28	45.17	350m:	5:04.09	43.76
	100m:	1:20.06	43.46	200m:	2:50.11	45.38	300m:	4:20.33	45.05	400m:	5:45.51	41.42
4.	Kopko Lena				12	Swim Team MOSiR Kędzierzyn-Koźle					5:59.62	262
	50m:	40.73	40.73	150m:	2:12.22	46.62	250m:	3:46.06	47.12	350m:	5:19.18	45.54
	100m:	1:25.60	44.87	200m:	2:58.94	46.72	300m:	4:33.64	47.58	400m:	5:59.62	40.44
5.	Dziamara Amelia				12	Stowarzyszenie Hobby Sport					6:26.03	212
	50m:	41.74	41.74	150m:	2:18.50	49.51	250m:	3:57.53	49.56	350m:	5:37.30	49.69
	100m:	1:28.99	47.25	200m:	3:07.97	49.47	300m:	4:47.61	50.08	400m:	6:26.03	48.73

14 lat i starsi

1.	Nosol Paulina			11	AZS KU Politechniki Opolskiej					4:49.06	505	
	50m:	31.46	31.46	150m:	1:44.12	36.93	250m:	2:58.82	37.57	350m:	4:13.32	36.99
	100m:	1:07.19	35.73	200m:	2:21.25	37.13	300m:	3:36.33	37.51	400m:	4:49.06	35.74
2.	Bębas Lena			11	Swim Team MOSiR Kędzierzyn-Koźle					4:54.51	477	
	50m:	32.86	32.86	150m:	1:47.16	37.19	250m:	3:02.24	37.63	350m:	4:17.18	37.58
	100m:	1:09.97	37.11	200m:	2:24.61	37.45	300m:	3:39.60	37.36	400m:	4:54.51	37.33
3.	Gaca Izabela			10	Swim Team MOSiR Kędzierzyn-Koźle					4:57.49	463	
	50m:	33.84	33.84	150m:	1:49.33	38.04	250m:	3:04.59	37.73	350m:	4:21.17	38.28
	100m:	1:11.29	37.45	200m:	2:26.86	37.53	300m:	3:42.89	38.30	400m:	4:57.49	36.32
4.	Mikołajek Adrianna			11	UKS DELFIN Krapkowice					5:05.95	426	
	50m:	34.05	34.05	150m:	1:50.10	38.86	250m:	3:09.41	39.61	350m:	4:28.27	39.47
	100m:	1:11.24	37.19	200m:	2:29.80	39.70	300m:	3:48.80	39.39	400m:	5:05.95	37.68
5.	Weinert Agata			11	UKS DELFIN Krapkowice					5:08.41	416	
	50m:	35.12	35.12	150m:	1:52.99	39.20	250m:	3:12.53	40.06	350m:	4:31.74	39.46
	100m:	1:13.79	38.67	200m:	2:32.47	39.48	300m:	3:52.28	39.75	400m:	5:08.41	36.67
6.	Truszkowska Ada			11	Aquapark Strzelin					5:23.76	359	
	50m:	35.88	35.88	150m:	1:56.49	40.53	250m:	3:19.34	42.14	350m:	4:44.31	42.94
	100m:	1:15.96	40.08	200m:	2:37.20	40.71	300m:	4:01.37	42.03	400m:	5:23.76	39.45
7.	Gregorczyk Hanna			11	Swim Team MOSiR Kędzierzyn-Koźle					5:25.50	353	
	50m:	33.46	33.46	150m:	1:54.71	41.61	250m:	3:19.96	42.73	350m:	4:45.64	42.01
	100m:	1:13.10	39.64	200m:	2:37.23	42.52	300m:	4:03.63	43.67	400m:	5:25.50	39.86
8.	Zawalska Liliana			11	Swim Team MOSiR Kędzierzyn-Koźle					5:30.48	338	
	50m:	35.42	35.42	150m:	1:58.72	42.03	250m:	3:24.12	43.21	350m:	4:49.66	42.75
	100m:	1:16.69	41.27	200m:	2:40.91	42.19	300m:	4:06.91	42.79	400m:	5:30.48	40.82
9.	Ledniowska Katarzyna			11	UKS Kronos Strzelce Opolskie					5:31.39	335	
	50m:	36.81	36.81	150m:	2:01.17	42.72	250m:	3:26.52	42.83	350m:	4:52.24	42.97
	100m:	1:18.45	41.64	200m:	2:43.69	42.52	300m:	4:09.27	42.75	400m:	5:31.39	39.15
10.	Kurzywik Michalina			09	AZS KU Politechniki Opolskiej					5:32.72	331	
	50m:	35.93	35.93	150m:	1:59.12	42.09	250m:	3:24.70	42.80	350m:	4:50.93	42.90
	100m:	1:17.03	41.10	200m:	2:41.90	42.78	300m:	4:08.03	43.33	400m:	5:32.72	41.79
11.	Kulak Natasza			11	KS Rekin Świebodzice					5:34.98	324	
	50m:	35.88	35.88	150m:	1:59.27	43.32	250m:	3:25.39	43.28	350m:	4:52.52	42.67
	100m:	1:15.95	40.07	200m:	2:42.11	42.84	300m:	4:09.85	44.46	400m:	5:34.98	42.46
12.	Jaśniecka Emilia			09	AZS KU Politechniki Opolskiej					5:35.60	322	
	50m:	36.04	36.04	150m:	1:59.74	42.26	250m:	3:28.77	44.80	350m:	4:55.54	43.51
	100m:	1:17.48	41.44	200m:	2:43.97	44.23	300m:	4:12.03	43.26	400m:	5:35.60	40.06

Opole, 25.10.2025

Konkurencja 8, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja	Rok ur.										Czas	Pkt.
13.	Cepak Maja				11	UKS DELFIN Krapkowice					5:37.29	318
	50m:	35.59	35.59	150m:	2:00.57	43.78	250m:	3:29.16	45.14	350m:	4:55.08	42.74
	100m:	1:16.79	41.20	200m:	2:44.02	43.45	300m:	4:12.34	43.18	400m:	5:37.29	42.21
14.	Kozmowska Anna				10	KS Rekin Świebodzice					5:39.49	311
	50m:	37.68	37.68	150m:	2:02.49	43.03	250m:	3:30.69	44.47	350m:	4:58.49	43.31
	100m:	1:19.46	41.78	200m:	2:46.22	43.73	300m:	4:15.18	44.49	400m:	5:39.49	41.00
15.	Iwan Emilia				11	AZS KU Politechniki Opolskiej					5:39.82	311
	50m:	38.58	38.58	150m:	2:06.72	44.69	250m:	3:35.22	43.80	350m:	5:01.68	42.61
	100m:	1:22.03	43.45	200m:	2:51.42	44.70	300m:	4:19.07	43.85	400m:	5:39.82	38.14
16.	Kułak Maja				10	KP Aqua-Swim Nysa					5:42.31	304
	50m:	38.45	38.45	150m:	2:05.79	44.82	250m:	3:34.65	44.04	350m:	5:02.20	43.57
	100m:	1:20.97	42.52	200m:	2:50.61	44.82	300m:	4:18.63	43.98	400m:	5:42.31	40.11
17.	Giemza Magdalena				11	UKS Kronos Strzelce Opolskie					5:53.82	275
	50m:	37.96	37.96	150m:	2:07.20	45.31	250m:	3:38.50	46.25	350m:	5:10.58	45.73
	100m:	1:21.89	43.93	200m:	2:52.25	45.05	300m:	4:24.85	46.35	400m:	5:53.82	43.24