



ZIMOWE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2025

mosir **OPOLSKIE**
Otwarte Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu 2025
Opole, 22. - 23.11.2025



Konkurencja 16 22.11.2025 - 15:45

Kobiet, 400m dowolny

Open Wyniki

Rekord Opolszczyzny Open	4:10.27	Zukowska Paula	00107	Szczecin	03.12.2010
Rekord Opolszczyzny 19 +	4:28.04	Kamińska Aleksandra	00107	Lodz	13.11.2011
Rekord Opolszczyzny 18	4:13.49	Zukowska Paula	00107	Pulawy	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	Gorzow Wielkopolski	28.11.2009
Rekord Opolszczyzny 15	4:17.35	Zukowska Paula	00107	Gorzow 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	Oswiecim	15.06.2019
Rekord Opolszczyzny 12	4:39.21	Rakowska Marta	00407	Kedzierzyn-Kozle	08.12.2018
Rekord Opolszczyzny - 11	4:43.74	Rakowska Marta	00407	Kedzierzyn-Kozle	09.12.2017

Punkty: AQUA 2025

Pozycja Rok ur. Czas Pkt.

Dzieci 11 lat i młodszy

1. Gorek Martyna	14	UKS DELFIN Krapkowice	5:39.25	312
50m: 38.89 38.89	150m: 2:06.64 43.84	250m: 3:34.58 43.38	350m: 5:00.52 42.36	
100m: 1:22.80 43.91	200m: 2:51.20 44.56	300m: 4:18.16 43.58	400m: 5:39.25 38.73	
2. Kędzior Antonina	14	UKS Aqua Team Mikołów	5:41.25	307
50m: 39.62 39.62	150m: 2:07.03 44.03	250m: 3:33.99 43.34	350m: 5:01.03 43.55	
100m: 1:23.00 43.38	200m: 2:50.65 43.62	300m: 4:17.48 43.49	400m: 5:41.25 40.22	
3. Wojtyczka Agata	14	UKS Aqua Team Mikołów	5:48.42	288
50m: 40.45 40.45	150m: 2:08.05 43.92	250m: 3:36.87 44.54	350m: 5:06.32 44.33	
100m: 1:24.13 43.68	200m: 2:52.33 44.28	300m: 4:21.99 45.12	400m: 5:48.42 42.10	
4. Sojka Antonina	14	Uks Gwiazda Olesno	5:49.40	286
50m: 39.24 39.24	150m: 2:07.65 44.75	250m: 3:38.85 45.35	350m: 5:08.74 43.73	
100m: 1:22.90 43.66	200m: 2:53.50 45.85	300m: 4:25.01 46.16	400m: 5:49.40 40.66	
5. Wąsik Anna	14	DOKiS SP Vega Dobrodzień	5:53.95	275
50m: 39.55 39.55	150m: 2:09.51 45.39	250m: 3:39.68 44.70	350m: 5:10.61 46.40	
100m: 1:24.12 44.57	200m: 2:54.98 45.47	300m: 4:24.21 44.53	400m: 5:53.95 43.34	
6. Rudnik Lilianna	15	DOKiS SP Vega Dobrodzień	5:58.55	264
50m: 41.75 41.75	150m: 2:12.56 45.22	250m: 3:43.30 45.27	350m: 5:16.62 47.88	
100m: 1:27.34 45.59	200m: 2:58.03 45.47	300m: 4:28.74 45.44	400m: 5:58.55 41.93	
7. Śliwińska Liliana	14	UKS Aqua Team Mikołów	6:10.88	239
50m: 40.33 40.33	150m: 2:13.05 46.94	250m: 3:47.05 46.73	350m: 5:24.79 49.14	
100m: 1:26.11 45.78	200m: 3:00.32 47.27	300m: 4:35.65 48.60	400m: 6:10.88 46.09	

Młodzik 12-13 lat

1. Martiszko Maja	12	Swim Team MOSiR Kędzierzyn-Koźle	5:05.30	428
50m: 33.40 33.40	150m: 1:51.23 39.96	250m: 3:10.71 39.70	350m: 4:29.97 39.56	
100m: 1:11.27 37.87	200m: 2:31.01 39.78	300m: 3:50.41 39.70	400m: 5:05.30 35.33	
2. Nowicka Lena	13	KP „Sukces” Chorzów	5:11.40	404
50m: 35.93 35.93	150m: 1:54.80 39.41	250m: 3:14.95 40.04	350m: 4:33.88 38.98	
100m: 1:15.39 39.46	200m: 2:34.91 40.11	300m: 3:54.90 39.95	400m: 5:11.40 37.52	
3. Ulaniuk Ewa	12	UKS „Manta Kochłowice Ruda Śląska”	5:20.55	370
50m: 36.31 36.31	150m: 1:57.35 40.83	250m: 3:20.66 41.88	350m: 4:42.46 41.05	
100m: 1:16.52 40.21	200m: 2:38.78 41.43	300m: 4:01.41 40.75	400m: 5:20.55 38.09	
4. Cepak Paulina	12	UKS DELFIN Krapkowice	5:21.94	365
50m: 35.70 35.70	150m: 1:57.53 41.36	250m: 3:21.21 41.91	350m: 4:43.65 41.13	
100m: 1:16.17 40.47	200m: 2:39.30 41.77	300m: 4:02.52 41.31	400m: 5:21.94 38.29	





ZIMOWE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2025

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Otwarte Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu 2025
Opole, 22. - 23.11.2025



Konkurencja 16, Dziewcząt, 400m dowolny, Młodzik 12-13 lat

Pozycja	Rok ur.										Czas	Pkt.
5.	Moško Lena				12	UKS „Manta Kochłowice Ruda Śląska"					5:30.33	338
	50m:	36.72	36.72	150m:	2:00.37	42.15	250m:	3:26.02	42.81	350m:	4:51.30	42.22
	100m:	1:18.22	41.50	200m:	2:43.21	42.84	300m:	4:09.08	43.06	400m:	5:30.33	39.03
6.	Stach Oliwia				13	UKS DELFIN Krapkowice					5:48.24	289
	50m:	37.82	37.82	150m:	2:07.11	45.37	250m:	3:37.93	45.04	350m:	5:06.95	43.46
	100m:	1:21.74	43.92	200m:	2:52.89	45.78	300m:	4:23.49	45.56	400m:	5:48.24	41.29
7.	Król Antonina				13	UKS Aqua Team Mikołów					5:55.01	272
	50m:	37.37	37.37	150m:	2:07.76	46.43	250m:	3:38.84	46.00	350m:	5:07.30	42.85
	100m:	1:21.33	43.96	200m:	2:52.84	45.08	300m:	4:24.45	45.61	400m:	5:55.01	47.71
8.	Donajska Maria				13	Swim Team MOSiR Kędzierzyn-Koźle					6:06.77	247
	50m:	39.94	39.94	150m:	2:12.86	47.63	250m:	3:47.33	46.82	350m:	5:22.18	46.83
	100m:	1:25.23	45.29	200m:	3:00.51	47.65	300m:	4:35.35	48.02	400m:	6:06.77	44.59
9.	Kisiel Lena				12	DOKiS SP Vega Dobrodzień					6:14.43	232
	50m:	41.60	41.60	150m:	5:30.85	4:01.29	250m:			350m:		
	100m:	1:29.56	47.96	200m:	6:14.57	43.72	300m:			400m:	6:14.43	
10.	Krawiec Lena				12	KU AZS Politechniki Opolskiej					6:15.49	230
	50m:	38.54	38.54	150m:	2:12.36	48.31	250m:	3:48.35	48.50	350m:	5:29.13	50.41
	100m:	1:24.05	45.51	200m:	2:59.85	47.49	300m:	4:38.72	50.37	400m:	6:15.49	46.36

Junior Młodszy 14 lat

1.	Bębas Lena				11	Swim Team MOSiR Kędzierzyn-Koźle				4:50.52	497	
	50m:	32.14	32.14	150m:	1:43.97	35.92	250m:	2:56.87	36.81	350m:	4:13.06	38.51
	100m:	1:08.05	35.91	200m:	2:20.06	36.09	300m:	3:34.55	37.68	400m:	4:50.52	37.46
2.	Mikołajek Adrianna				11	UKS DELFIN Krapkowice				5:04.78	431	
	50m:	35.61	35.61	150m:	1:54.23	39.81	250m:	3:13.70	39.51	350m:	4:30.91	38.36
	100m:	1:14.42	38.81	200m:	2:34.19	39.96	300m:	3:52.55	38.85	400m:	5:04.78	33.87
3.	Gawłowska Julia				11	Stowarzyszenie Hobby Sport				5:17.63	380	
	50m:	35.30	35.30	150m:	1:54.76	40.15	250m:	3:17.24	41.39	350m:	4:39.69	41.25
	100m:	1:14.61	39.31	200m:	2:35.85	41.09	300m:	3:58.44	41.20	400m:	5:17.63	37.94
4.	Gregorczyk Hanna				11	Swim Team MOSiR Kędzierzyn-Koźle				5:27.82	346	
	50m:	34.40	34.40	150m:	1:57.23	42.32	250m:	3:23.12	43.34	350m:	4:48.37	42.24
	100m:	1:14.91	40.51	200m:	2:39.78	42.55	300m:	4:06.13	43.01	400m:	5:27.82	39.45
5.	Szczęść Emilia				11	Uks Gwiazda Olesno				5:54.59	273	
	50m:	39.97	39.97	150m:	2:11.85	46.07	250m:	3:42.43	44.94	350m:	5:12.92	45.81
	100m:	1:25.78	45.81	200m:	2:57.49	45.64	300m:	4:27.11	44.68	400m:	5:54.59	41.67

Junior 15-16 lat

1.	Rogosz Estera				10	UKS DELFIN Krapkowice				5:19.73	373	
	50m:	36.44	36.44	150m:	1:57.69	41.50	250m:	3:20.02	41.47	350m:	4:41.24	40.30
	100m:	1:16.19	39.75	200m:	2:38.55	40.86	300m:	4:00.94	40.92	400m:	5:19.73	38.49
2.	Kurzywik Michalina				09	KU AZS Politechniki Opolskiej				5:30.63	337	
	50m:	35.97	35.97	150m:	1:57.71	41.83	250m:	3:23.99	43.30	350m:	4:50.64	43.40
	100m:	1:15.88	39.91	200m:	2:40.69	42.98	300m:	4:07.24	43.25	400m:	5:30.63	39.99
3.	Kułak Maja				10	KP Aqua-Swim Nysa				5:46.87	292	
	50m:	39.07	39.07	150m:	2:08.23	45.33	250m:	3:38.25	44.76	350m:	5:06.52	43.98
	100m:	1:22.90	43.83	200m:	2:53.49	45.26	300m:	4:22.54	44.29	400m:	5:46.87	40.35





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Opole, 22. - 23.11.2025



Konkurencja 16, Kobiety, 400m dowolny

Junior Starszy 17-18 lat

1. Fartuszyńska Weronika	08	MKS Juvenia Wrocław	4:36.45	577
50m: 31.26 31.26	150m: 1:41.72 35.48	250m: 2:51.99 34.84	350m: 4:02.72 35.46	
100m: 1:06.24 34.98	200m: 2:17.15 35.43	300m: 3:27.26 35.27	400m: 4:36.45 33.73	
2. Setnicka Victoria	07	KU AZS Politechniki Opolskiej	5:55.62	271
50m: 37.86 37.86	150m: 2:05.05 44.53	250m: 3:37.24 46.18	350m: 5:09.75 46.24	
100m: 1:20.52 42.66	200m: 2:51.06 46.01	300m: 4:23.51 46.27	400m: 5:55.62 45.87	

Open

1. Fartuszyńska Weronika	08	MKS Juvenia Wrocław	4:36.45	577
50m: 31.26 31.26	150m: 1:41.72 35.48	250m: 2:51.99 34.84	350m: 4:02.72 35.46	
100m: 1:06.24 34.98	200m: 2:17.15 35.43	300m: 3:27.26 35.27	400m: 4:36.45 33.73	
2. Bębas Lena	11	Swim Team MOSiR Kędzierzyn-Koźle	4:50.52	497
50m: 32.14 32.14	150m: 1:43.97 35.92	250m: 2:56.87 36.81	350m: 4:13.06 38.51	
100m: 1:08.05 35.91	200m: 2:20.06 36.09	300m: 3:34.55 37.68	400m: 4:50.52 37.46	
3. Mikołajek Adrianna	11	UKS DELFIN Krapkowice	5:04.78	431
50m: 35.61 35.61	150m: 1:54.23 39.81	250m: 3:13.70 39.51	350m: 4:30.91 38.36	
100m: 1:14.42 38.81	200m: 2:34.19 39.96	300m: 3:52.55 38.85	400m: 5:04.78 33.87	
4. Martiszko Maja	12	Swim Team MOSiR Kędzierzyn-Koźle	5:05.30	428
50m: 33.40 33.40	150m: 1:51.23 39.96	250m: 3:10.71 39.70	350m: 4:29.97 39.56	
100m: 1:11.27 37.87	200m: 2:31.01 39.78	300m: 3:50.41 39.70	400m: 5:05.30 35.33	
5. Nowicka Lena	13	KP „Sukces” Chorzów	5:11.40	404
50m: 35.93 35.93	150m: 1:54.80 39.41	250m: 3:14.95 40.04	350m: 4:33.88 38.98	
100m: 1:15.39 39.46	200m: 2:34.91 40.11	300m: 3:54.90 39.95	400m: 5:11.40 37.52	
6. Gawłowska Julia	11	Stowarzyszenie Hobby Sport	5:17.63	380
50m: 35.30 35.30	150m: 1:54.76 40.15	250m: 3:17.24 41.39	350m: 4:39.69 41.25	
100m: 1:14.61 39.31	200m: 2:35.85 41.09	300m: 3:58.44 41.20	400m: 5:17.63 37.94	
7. Rogosz Estera	10	UKS DELFIN Krapkowice	5:19.73	373
50m: 36.44 36.44	150m: 1:57.69 41.50	250m: 3:20.02 41.47	350m: 4:41.24 40.30	
100m: 1:16.19 39.75	200m: 2:38.55 40.86	300m: 4:00.94 40.92	400m: 5:19.73 38.49	
8. Ulaniuk Ewa	12	UKS „Manta Kochłowice Ruda Śląska”	5:20.55	370
50m: 36.31 36.31	150m: 1:57.35 40.83	250m: 3:20.66 41.88	350m: 4:42.46 41.05	
100m: 1:16.52 40.21	200m: 2:38.78 41.43	300m: 4:01.41 40.75	400m: 5:20.55 38.09	
9. Cepak Paulina	12	UKS DELFIN Krapkowice	5:21.94	365
50m: 35.70 35.70	150m: 1:57.53 41.36	250m: 3:21.21 41.91	350m: 4:43.65 41.13	
100m: 1:16.17 40.47	200m: 2:39.30 41.77	300m: 4:02.52 41.31	400m: 5:21.94 38.29	
10. Gregorczyk Hanna	11	Swim Team MOSiR Kędzierzyn-Koźle	5:27.82	346
50m: 34.40 34.40	150m: 1:57.23 42.32	250m: 3:23.12 43.34	350m: 4:48.37 42.24	
100m: 1:14.91 40.51	200m: 2:39.78 42.55	300m: 4:06.13 43.01	400m: 5:27.82 39.45	
11. Moško Lena	12	UKS „Manta Kochłowice Ruda Śląska”	5:30.33	338
50m: 36.72 36.72	150m: 2:00.37 42.15	250m: 3:26.02 42.81	350m: 4:51.30 42.22	
100m: 1:18.22 41.50	200m: 2:43.21 42.84	300m: 4:09.08 43.06	400m: 5:30.33 39.03	
12. Kurzywik Michalina	09	KU AZS Politechniki Opolskiej	5:30.63	337
50m: 35.97 35.97	150m: 1:57.71 41.83	250m: 3:23.99 43.30	350m: 4:50.64 43.40	
100m: 1:15.88 39.91	200m: 2:40.69 42.98	300m: 4:07.24 43.25	400m: 5:30.63 39.99	
13. Gorek Martyna	14	UKS DELFIN Krapkowice	5:39.25	312
50m: 38.89 38.89	150m: 2:06.64 43.84	250m: 3:34.58 43.38	350m: 5:00.52 42.36	
100m: 1:22.80 43.91	200m: 2:51.20 44.56	300m: 4:18.16 43.58	400m: 5:39.25 38.73	





ZIMOWE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2025

mośir **OPOLSKIE**
Otwarte Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu 2025
Opole, 22. - 23.11.2025



Konkurencja 16, Kobiety, 400m dowolny, Open

Pozycja	Rok ur.								Czas		Pkt.	
14.	Kędzior Antonina			14	UKS Aqua Team Mikołów					5:41.25	307	
	50m:	39.62	39.62	150m:	2:07.03	44.03	250m:	3:33.99	43.34	350m:	5:01.03	43.55
	100m:	1:23.00	43.38	200m:	2:50.65	43.62	300m:	4:17.48	43.49	400m:	5:41.25	40.22
15.	Kułak Maja			10	KP Aqua-Swim Nysa					5:46.87	292	
	50m:	39.07	39.07	150m:	2:08.23	45.33	250m:	3:38.25	44.76	350m:	5:06.52	43.98
	100m:	1:22.90	43.83	200m:	2:53.49	45.26	300m:	4:22.54	44.29	400m:	5:46.87	40.35
16.	Stach Oliwia			13	UKS DELFIN Krapkowice					5:48.24	289	
	50m:	37.82	37.82	150m:	2:07.11	45.37	250m:	3:37.93	45.04	350m:	5:06.95	43.46
	100m:	1:21.74	43.92	200m:	2:52.89	45.78	300m:	4:23.49	45.56	400m:	5:48.24	41.29
17.	Wojtyczka Agata			14	UKS Aqua Team Mikołów					5:48.42	288	
	50m:	40.45	40.45	150m:	2:08.05	43.92	250m:	3:36.87	44.54	350m:	5:06.32	44.33
	100m:	1:24.13	43.68	200m:	2:52.33	44.28	300m:	4:21.99	45.12	400m:	5:48.42	42.10
18.	Sojka Antonina			14	Uks Gwiazda Olesno					5:49.40	286	
	50m:	39.24	39.24	150m:	2:07.65	44.75	250m:	3:38.85	45.35	350m:	5:08.74	43.73
	100m:	1:22.90	43.66	200m:	2:53.50	45.85	300m:	4:25.01	46.16	400m:	5:49.40	40.66
19.	Wąsik Anna			14	DOKiS SP Vega Dobrodzień					5:53.95	275	
	50m:	39.55	39.55	150m:	2:09.51	45.39	250m:	3:39.68	44.70	350m:	5:10.61	46.40
	100m:	1:24.12	44.57	200m:	2:54.98	45.47	300m:	4:24.21	44.53	400m:	5:53.95	43.34
20.	Szczęść Emilia			11	Uks Gwiazda Olesno					5:54.59	273	
	50m:	39.97	39.97	150m:	2:11.85	46.07	250m:	3:42.43	44.94	350m:	5:12.92	45.81
	100m:	1:25.78	45.81	200m:	2:57.49	45.64	300m:	4:27.11	44.68	400m:	5:54.59	41.67
21.	Król Antonina			13	UKS Aqua Team Mikołów					5:55.01	272	
	50m:	37.37	37.37	150m:	2:07.76	46.43	250m:	3:38.84	46.00	350m:	5:07.30	42.85
	100m:	1:21.33	43.96	200m:	2:52.84	45.08	300m:	4:24.45	45.61	400m:	5:55.01	47.71
22.	Setnicka Victoria			07	KU AZS Politechniki Opolskiej					5:55.62	271	
	50m:	37.86	37.86	150m:	2:05.05	44.53	250m:	3:37.24	46.18	350m:	5:09.75	46.24
	100m:	1:20.52	42.66	200m:	2:51.06	46.01	300m:	4:23.51	46.27	400m:	5:55.62	45.87
23.	Rudnik Lilianna			15	DOKiS SP Vega Dobrodzień					5:58.55	264	
	50m:	41.75	41.75	150m:	2:12.56	45.22	250m:	3:43.30	45.27	350m:	5:16.62	47.88
	100m:	1:27.34	45.59	200m:	2:58.03	45.47	300m:	4:28.74	45.44	400m:	5:58.55	41.93
24.	Donajska Maria			13	Swim Team MOSiR Kędzierzyn-Koźle					6:06.77	247	
	50m:	39.94	39.94	150m:	2:12.86	47.63	250m:	3:47.33	46.82	350m:	5:22.18	46.83
	100m:	1:25.23	45.29	200m:	3:00.51	47.65	300m:	4:35.35	48.02	400m:	6:06.77	44.59
25.	Śliwińska Liliana			14	UKS Aqua Team Mikołów					6:10.88	239	
	50m:	40.33	40.33	150m:	2:13.05	46.94	250m:	3:47.05	46.73	350m:	5:24.79	49.14
	100m:	1:26.11	45.78	200m:	3:00.32	47.27	300m:	4:35.65	48.60	400m:	6:10.88	46.09
26.	Kisiel Lena			12	DOKiS SP Vega Dobrodzień					6:14.43	232	
	50m:	41.60	41.60	150m:	5:30.85	4:01.29	250m:			350m:		
	100m:	1:29.56	47.96	200m:	6:14.57	43.72	300m:			400m:	6:14.43	
27.	Krawiec Lena			12	KU AZS Politechniki Opolskiej					6:15.49	230	
	50m:	38.54	38.54	150m:	2:12.36	48.31	250m:	3:48.35	48.50	350m:	5:29.13	50.41
	100m:	1:24.05	45.51	200m:	2:59.85	47.49	300m:	4:38.72	50.37	400m:	6:15.49	46.36

Konkurencja 16, Kobiet, 400m dowolny

OOZP Dzieci 11 lat i młodszy

1.	Gorek Martyna				14	UKS DELFIN Krapkowice				5:39.25	312	
	50m:	38.89	38.89	150m:	2:06.64	43.84	250m:	3:34.58	43.38	350m:	5:00.52	42.36
	100m:	1:22.80	43.91	200m:	2:51.20	44.56	300m:	4:18.16	43.58	400m:	5:39.25	38.73
2.	Sojka Antonina				14	Uks Gwiazda Olesno				5:49.40	286	
	50m:	39.24	39.24	150m:	2:07.65	44.75	250m:	3:38.85	45.35	350m:	5:08.74	43.73
	100m:	1:22.90	43.66	200m:	2:53.50	45.85	300m:	4:25.01	46.16	400m:	5:49.40	40.66
3.	Wąsik Anna				14	DOKiS SP Vega Dobrodzień				5:53.95	275	
	50m:	39.55	39.55	150m:	2:09.51	45.39	250m:	3:39.68	44.70	350m:	5:10.61	46.40
	100m:	1:24.12	44.57	200m:	2:54.98	45.47	300m:	4:24.21	44.53	400m:	5:53.95	43.34
4.	Rudnik Lilianna				15	DOKiS SP Vega Dobrodzień				5:58.55	264	
	50m:	41.75	41.75	150m:	2:12.56	45.22	250m:	3:43.30	45.27	350m:	5:16.62	47.88
	100m:	1:27.34	45.59	200m:	2:58.03	45.47	300m:	4:28.74	45.44	400m:	5:58.55	41.93

OOZP Młodzik 12-13 lat

1.	Martiszko Maja			12	Swim Team MOSiR Kędzierzyn-Koźle					5:05.30	428	
	50m:	33.40	33.40	150m:	1:51.23	39.96	250m:	3:10.71	39.70	350m:	4:29.97	39.56
	100m:	1:11.27	37.87	200m:	2:31.01	39.78	300m:	3:50.41	39.70	400m:	5:05.30	35.33
2.	Cepak Paulina			12	UKS DELFIN Krapkowice					5:21.94	365	
	50m:	35.70	35.70	150m:	1:57.53	41.36	250m:	3:21.21	41.91	350m:	4:43.65	41.13
	100m:	1:16.17	40.47	200m:	2:39.30	41.77	300m:	4:02.52	41.31	400m:	5:21.94	38.29
3.	Stach Oliwia			13	UKS DELFIN Krapkowice					5:48.24	289	
	50m:	37.82	37.82	150m:	2:07.11	45.37	250m:	3:37.93	45.04	350m:	5:06.95	43.46
	100m:	1:21.74	43.92	200m:	2:52.89	45.78	300m:	4:23.49	45.56	400m:	5:48.24	41.29
4.	Donajska Maria			13	Swim Team MOSiR Kędzierzyn-Koźle					6:06.77	247	
	50m:	39.94	39.94	150m:	2:12.86	47.63	250m:	3:47.33	46.82	350m:	5:22.18	46.83
	100m:	1:25.23	45.29	200m:	3:00.51	47.65	300m:	4:35.35	48.02	400m:	6:06.77	44.59
5.	Kisiel Lena			12	DOKiS SP Vega Dobrodzień					6:14.43	232	
	50m:	41.60	41.60	150m:	5:30.85	4:01.29	250m:			350m:		
	100m:	1:29.56	47.96	200m:	6:14.57	43.72	300m:			400m:	6:14.43	
6.	Krawiec Lena			12	KU AZS Politechniki Opolskiej					6:15.49	230	
	50m:	38.54	38.54	150m:	2:12.36	48.31	250m:	3:48.35	48.50	350m:	5:29.13	50.41
	100m:	1:24.05	45.51	200m:	2:59.85	47.49	300m:	4:38.72	50.37	400m:	6:15.49	46.36

OOZP Junior Młodszy 14 lat

1.	Bębas Lena				11	Swim Team MOSiR Kędzierzyn-Koźle					4:50.52	497
	50m:	32.14	32.14	150m:	1:43.97	35.92	250m:	2:56.87	36.81	350m:	4:13.06	38.51
	100m:	1:08.05	35.91	200m:	2:20.06	36.09	300m:	3:34.55	37.68	400m:	4:50.52	37.46
2.	Mikołajek Adrianna				11	UKS DELFIN Krapkowice					5:04.78	431
	50m:	35.61	35.61	150m:	1:54.23	39.81	250m:	3:13.70	39.51	350m:	4:30.91	38.36
	100m:	1:14.42	38.81	200m:	2:34.19	39.96	300m:	3:52.55	38.85	400m:	5:04.78	33.87
3.	Gawłowska Julia				11	Stowarzyszenie Hobby Sport					5:17.63	380
	50m:	35.30	35.30	150m:	1:54.76	40.15	250m:	3:17.24	41.39	350m:	4:39.69	41.25
	100m:	1:14.61	39.31	200m:	2:35.85	41.09	300m:	3:58.44	41.20	400m:	5:17.63	37.94
4.	Gregorczyk Hanna				11	Swim Team MOSiR Kędzierzyn-Koźle					5:27.82	346
	50m:	34.40	34.40	150m:	1:57.23	42.32	250m:	3:23.12	43.34	350m:	4:48.37	42.24
	100m:	1:14.91	40.51	200m:	2:39.78	42.55	300m:	4:06.13	43.01	400m:	5:27.82	39.45

Konkurencja 16, Dziewcząt, 400m dowolny, OZP Junior Młodszy 14 lat

Pozycja	Rok ur.									Czas	Pkt.
5. Szczęść Emilia	11 Uks Gwiazda Olesno									5:54.59	273
50m:	39.97	39.97	150m:	2:11.85	46.07	250m:	3:42.43	44.94	350m:	5:12.92	45.81
100m:	1:25.78	45.81	200m:	2:57.49	45.64	300m:	4:27.11	44.68	400m:	5:54.59	41.67

OOZP Junior 15-16 lat

1.	Rogosz Estera				10	UKS DELFIN Krapkowice				5:19.73	373	
	50m:	36.44	36.44	150m:	1:57.69	41.50	250m:	3:20.02	41.47	350m:	4:41.24	40.30
	100m:	1:16.19	39.75	200m:	2:38.55	40.86	300m:	4:00.94	40.92	400m:	5:19.73	38.49
2.	Kurzywilk Michalina				09	KU AZS Politechniki Opolskiej				5:30.63	337	
	50m:	35.97	35.97	150m:	1:57.71	41.83	250m:	3:23.99	43.30	350m:	4:50.64	43.40
	100m:	1:15.88	39.91	200m:	2:40.69	42.98	300m:	4:07.24	43.25	400m:	5:30.63	39.99
3.	Kułak Maja				10	KP Aqua-Swim Nysa				5:46.87	292	
	50m:	39.07	39.07	150m:	2:08.23	45.33	250m:	3:38.25	44.76	350m:	5:06.52	43.98
	100m:	1:22.90	43.83	200m:	2:53.49	45.26	300m:	4:22.54	44.29	400m:	5:46.87	40.35

OOZP Junior Starszy 17-18 lat

1. Setnicka Victoria	07 KU AZS Politechniki Opolskiej								5:55.62	271	
50m:	37.86	37.86	150m:	2:05.05	44.53	250m:	3:37.24	46.18	350m:	5:09.75	46.24
100m:	1:20.52	42.66	200m:	2:51.06	46.01	300m:	4:23.51	46.27	400m:	5:55.62	45.87

OOZP Open

1.	Bębas Lena				11	Swim Team MOSiR Kędzierzyn-Koźle					4:50.52	497
	50m:	32.14	32.14	150m:	1:43.97	35.92	250m:	2:56.87	36.81	350m:	4:13.06	38.51
	100m:	1:08.05	35.91	200m:	2:20.06	36.09	300m:	3:34.55	37.68	400m:	4:50.52	37.46
2.	Mikołajek Adrianna				11	UKS DELFIN Krapkowice					5:04.78	431
	50m:	35.61	35.61	150m:	1:54.23	39.81	250m:	3:13.70	39.51	350m:	4:30.91	38.36
	100m:	1:14.42	38.81	200m:	2:34.19	39.96	300m:	3:52.55	38.85	400m:	5:04.78	33.87
3.	Martiszko Maja				12	Swim Team MOSiR Kędzierzyn-Koźle					5:05.30	428
	50m:	33.40	33.40	150m:	1:51.23	39.96	250m:	3:10.71	39.70	350m:	4:29.97	39.56
	100m:	1:11.27	37.87	200m:	2:31.01	39.78	300m:	3:50.41	39.70	400m:	5:05.30	35.33
4.	Gawłowska Julia				11	Stowarzyszenie Hobby Sport					5:17.63	380
	50m:	35.30	35.30	150m:	1:54.76	40.15	250m:	3:17.24	41.39	350m:	4:39.69	41.25
	100m:	1:14.61	39.31	200m:	2:35.85	41.09	300m:	3:58.44	41.20	400m:	5:17.63	37.94
5.	Rogosz Estera				10	UKS DELFIN Krapkowice					5:19.73	373
	50m:	36.44	36.44	150m:	1:57.69	41.50	250m:	3:20.02	41.47	350m:	4:41.24	40.30
	100m:	1:16.19	39.75	200m:	2:38.55	40.86	300m:	4:00.94	40.92	400m:	5:19.73	38.49
6.	Cepak Paulina				12	UKS DELFIN Krapkowice					5:21.94	365
	50m:	35.70	35.70	150m:	1:57.53	41.36	250m:	3:21.21	41.91	350m:	4:43.65	41.13
	100m:	1:16.17	40.47	200m:	2:39.30	41.77	300m:	4:02.52	41.31	400m:	5:21.94	38.29
7.	Gregorczyk Hanna				11	Swim Team MOSiR Kędzierzyn-Koźle					5:27.82	346
	50m:	34.40	34.40	150m:	1:57.23	42.32	250m:	3:23.12	43.34	350m:	4:48.37	42.24
	100m:	1:14.91	40.51	200m:	2:39.78	42.55	300m:	4:06.13	43.01	400m:	5:27.82	39.45
8.	Kurzywilk Michalina				09	KU AZS Politechniki Opolskiej					5:30.63	337
	50m:	35.97	35.97	150m:	1:57.71	41.83	250m:	3:23.99	43.30	350m:	4:50.64	43.40
	100m:	1:15.88	39.91	200m:	2:40.69	42.98	300m:	4:07.24	43.25	400m:	5:30.63	39.99



ZIMOWE MISTRZOSTWA OKRĘGU OPOLSKIEGO W PŁYWANIU 2025



Otwarte Zimowe Mistrzostwa Okręgu Opolskiego w Pływaniu 2025
Opole, 22. - 23.11.2025

Konkurencja 16, Kobiety, 400m dowolny, OZP Open

Pozycja	Rok ur.								Czas		Pkt.	
9.	Gorek Martyna			14	UKS DELFIN Krapkowice					5:39.25	312	
	50m:	38.89	38.89	150m:	2:06.64	43.84	250m:	3:34.58	43.38	350m:	5:00.52	42.36
	100m:	1:22.80	43.91	200m:	2:51.20	44.56	300m:	4:18.16	43.58	400m:	5:39.25	38.73
10.	Kułak Maja			10	KP Aqua-Swim Nysa					5:46.87	292	
	50m:	39.07	39.07	150m:	2:08.23	45.33	250m:	3:38.25	44.76	350m:	5:06.52	43.98
	100m:	1:22.90	43.83	200m:	2:53.49	45.26	300m:	4:22.54	44.29	400m:	5:46.87	40.35
11.	Stach Oliwia			13	UKS DELFIN Krapkowice					5:48.24	289	
	50m:	37.82	37.82	150m:	2:07.11	45.37	250m:	3:37.93	45.04	350m:	5:06.95	43.46
	100m:	1:21.74	43.92	200m:	2:52.89	45.78	300m:	4:23.49	45.56	400m:	5:48.24	41.29
12.	Sojka Antonina			14	Uks Gwiazda Olesno					5:49.40	286	
	50m:	39.24	39.24	150m:	2:07.65	44.75	250m:	3:38.85	45.35	350m:	5:08.74	43.73
	100m:	1:22.90	43.66	200m:	2:53.50	45.85	300m:	4:25.01	46.16	400m:	5:49.40	40.66
13.	Wąsik Anna			14	DOKiS SP Vega Dobrodzień					5:53.95	275	
	50m:	39.55	39.55	150m:	2:09.51	45.39	250m:	3:39.68	44.70	350m:	5:10.61	46.40
	100m:	1:24.12	44.57	200m:	2:54.98	45.47	300m:	4:24.21	44.53	400m:	5:53.95	43.34
14.	Szczęść Emilia			11	Uks Gwiazda Olesno					5:54.59	273	
	50m:	39.97	39.97	150m:	2:11.85	46.07	250m:	3:42.43	44.94	350m:	5:12.92	45.81
	100m:	1:25.78	45.81	200m:	2:57.49	45.64	300m:	4:27.11	44.68	400m:	5:54.59	41.67
15.	Setnicka Victoria			07	KU AZS Politechniki Opolskiej					5:55.62	271	
	50m:	37.86	37.86	150m:	2:05.05	44.53	250m:	3:37.24	46.18	350m:	5:09.75	46.24
	100m:	1:20.52	42.66	200m:	2:51.06	46.01	300m:	4:23.51	46.27	400m:	5:55.62	45.87
16.	Rudnik Lilianna			15	DOKiS SP Vega Dobrodzień					5:58.55	264	
	50m:	41.75	41.75	150m:	2:12.56	45.22	250m:	3:43.30	45.27	350m:	5:16.62	47.88
	100m:	1:27.34	45.59	200m:	2:58.03	45.47	300m:	4:28.74	45.44	400m:	5:58.55	41.93
17.	Donajska Maria			13	Swim Team MOSiR Kędzierzyn-Koźle					6:06.77	247	
	50m:	39.94	39.94	150m:	2:12.86	47.63	250m:	3:47.33	46.82	350m:	5:22.18	46.83
	100m:	1:25.23	45.29	200m:	3:00.51	47.65	300m:	4:35.35	48.02	400m:	6:06.77	44.59
18.	Kisiel Lena			12	DOKiS SP Vega Dobrodzień					6:14.43	232	
	50m:	41.60	41.60	150m:	5:30.85	4:01.29	250m:			350m:		
	100m:	1:29.56	47.96	200m:	6:14.57	43.72	300m:			400m:	6:14.43	
19.	Krawiec Lena			12	KU AZS Politechniki Opolskiej					6:15.49	230	
	50m:	38.54	38.54	150m:	2:12.36	48.31	250m:	3:48.35	48.50	350m:	5:29.13	50.41
	100m:	1:24.05	45.51	200m:	2:59.85	47.49	300m:	4:38.72	50.37	400m:	6:15.49	46.36