



LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO 2026



Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2026
Opole, 9. - 10.5.2026

Event 13

Women, 400m Medley

Open Results

09.05.2026 - 11:55

Rekordy Opolszczyzny Open	4:50.40	Zukowska Paula	00107	Ostrowiec Sw.	22.05.2009
Rekordy Opolszczyzny 19 +	4:51.69	Zukowska Paula	00107	Sabadell (ESP)	04.03.2012
Rekordy Opolszczyzny 18	5:02.19	Zukowska Paula	00107	Warsaw	22.07.2011
Rekordy Opolszczyzny 17	4:51.48	Zukowska Paula	00107	Gliwice	04.06.2010
Rekordy Opolszczyzny 16	4:50.40	Zukowska Paula	00107	Ostrowiec Sw.	22.05.2009
Rekordy Opolszczyzny 15	5:00.83	Zukowska Paula	00107	Gorzow Wlkp.	11.07.2008
Rekordy Opolszczyzny 14	5:07.08	Zukowska Paula	00207	Debica	13.04.2007
Rekordy Opolszczyzny 13	5:18.56	Rakowska Marta	00407	Opole	07.06.2019
Rekordy Opolszczyzny 12	5:34.84	Rakowska Marta	00407	Lublin	17.02.2018
Rekordy Opolszczyzny - 11	5:48.57	Rakowska Marta	00407	Zielona Gora - Drzonkow	25.06.2017

Points: AQUA 2026

Rank	YB		Time	Pts	100m	200m	300m	400m	
11 years and younger									
1.	Sadowska Maria	16	"KS Michalowo"	8:38.90	131	1:59.92	2:02.35	2:36.36	2:00.27
	50m: 53.26	53.26	150m: 3:00.46	1:00.54	250m: 5:18.92	1:16.65	350m: 7:39.32	1:00.69	
	100m: 1:59.92	1:06.66	200m: 4:02.27	1:01.81	300m: 6:38.63	1:19.71	400m: 8:38.90	59.58	

12 - 13 years

1.	Malczok Liwia	13	Akademia Sms Raciborz	6:00.68	390	1:22.79	1:37.61	1:39.07	1:21.21
	50m: 37.15	37.15	150m: 2:12.34	49.55	250m: 3:50.34	49.94	350m: 5:22.81	43.34	
	100m: 1:22.79	45.64	200m: 3:00.40	48.06	300m: 4:39.47	49.13	400m: 6:00.68	37.87	
2.	Mahrburg Izabela	13	Sekcja Plywacka Meduza Paję	6:28.22	313	1:32.47	1:39.10	1:48.41	1:28.24
	50m: 42.33	42.33	150m: 2:23.05	50.58	250m: 4:04.92	53.35	350m: 5:45.22	45.24	
	100m: 1:32.47	50.14	200m: 3:11.57	48.52	300m: 4:59.98	55.06	400m: 6:28.22	43.00	
3.	Strzeszewska Emilia	13	"KS Michalowo"	7:28.85	202	1:54.36	1:53.27	2:02.29	1:38.93
	50m:		150m:		250m:	350m:			
	100m: 1:54.36		200m: 3:47.63		300m: 5:49.92	400m: 7:28.85			
4.	Beldyga Anastazja	13	"KS Michalowo"	8:10.89	154	1:56.34	2:07.04	2:18.57	1:48.94
	50m: 53.80	53.80	150m: 3:01.43	1:05.09	250m: 5:13.00	1:09.62	350m: 7:17.87	55.92	
	100m: 1:56.34	1:02.54	200m: 4:03.38	1:01.95	300m: 6:21.95	1:08.95	400m: 8:10.89	53.02	

15 - 16 years

1.	Bysiec Jagoda	11	CSiR MOS w Dabrowie Gorni	5:45.34	444	1:13.44	1:30.61	1:42.25	1:19.04
	50m: 34.11	34.11	150m: 1:59.85	46.41	250m: 3:35.44	51.39	350m: 5:06.77	40.47	
	100m: 1:13.44	39.33	200m: 2:44.05	44.20	300m: 4:26.30	50.86	400m: 5:45.34	38.57	
2.	Wylezyk Natalia	11	UKS „Manta Kochlowice Rud	5:52.10	419	1:20.40	1:30.87	1:39.26	1:21.57
	50m: 36.87	36.87	150m: 2:06.67	46.27	250m: 3:40.04	48.77	350m: 5:12.48	41.95	
	100m: 1:20.40	43.53	200m: 2:51.27	44.60	300m: 4:30.53	50.49	400m: 5:52.10	39.62	
3.	Zawalska Liliana	11	Swim Team MOSiR Kedzierzy	5:58.48	397	1:20.66	1:34.46	1:37.15	1:26.21
	50m: 35.89	35.89	150m: 2:08.92	48.26	250m: 3:42.84	47.72	350m: 5:16.95	44.68	
	100m: 1:20.66	44.77	200m: 2:55.12	46.20	300m: 4:32.27	49.43	400m: 5:58.48	41.53	
4.	Ochental Maria	10	"KS Michalowo"	7:30.29	200	1:51.02	1:51.20	2:07.85	1:40.22
	50m: 48.35	48.35	150m: 4:45.63	2:54.61	250m: 6:41.05	2:58.83	350m:		
	100m: 1:51.02	1:02.67	200m: 3:42.22		300m: 5:50.07	400m: 7:30.29			
5.	Jarmacewicz Maja	10	"KS Michalowo"	8:04.47	161	1:59.34	2:15.37	2:07.82	1:41.94
	50m: 54.93	54.93	150m: 3:07.99	1:08.65	250m: 5:17.49	1:02.78	350m: 7:15.90	53.37	
	100m: 1:59.34	1:04.41	200m: 4:14.71	1:06.72	300m: 6:22.53	1:05.04	400m: 8:04.47	48.57	



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Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2026
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Event 13, Women, 400m Medley

Open

1. Drabik Aneta	04	MKS MOS Katowice	5:33.79	492	1:14.00	1:28.56	1:35.96	1:15.27			
50m:	33.94	33.94	150m:	1:59.24	45.24	250m:	3:30.06	47.50	350m:	4:56.77	38.25
100m:	1:14.00	40.06	200m:	2:42.56	43.32	300m:	4:18.52	48.46	400m:	5:33.79	37.02
2. Bysiec Jagoda	11	CSiR MOS w Dabrowie Gornia	5:45.34	444	1:13.44	1:30.61	1:42.25	1:19.04			
50m:	34.11	34.11	150m:	1:59.85	46.41	250m:	3:35.44	51.39	350m:	5:06.77	40.47
100m:	1:13.44	39.33	200m:	2:44.05	44.20	300m:	4:26.30	50.86	400m:	5:45.34	38.57
3. Wylezyk Natalia	11	UKS „Manta Kochlowice Rud	5:52.10a	419	1:20.40	1:30.87	1:39.26	1:21.57			
50m:	36.87	36.87	150m:	2:06.67	46.27	250m:	3:40.04	48.77	350m:	5:12.48	41.95
100m:	1:20.40	43.53	200m:	2:51.27	44.60	300m:	4:30.53	50.49	400m:	5:52.10	39.62
4. Zawalska Liliana	11	Swim Team MOSiR Kedzierzy	5:58.48	397	1:20.66	1:34.46	1:37.15	1:26.21			
50m:	35.89	35.89	150m:	2:08.92	48.26	250m:	3:42.84	47.72	350m:	5:16.95	44.68
100m:	1:20.66	44.77	200m:	2:55.12	46.20	300m:	4:32.27	49.43	400m:	5:58.48	41.53
5. Malczok Liwia	13	Akademia Sms Raciborz	6:00.68	390	1:22.79	1:37.61	1:39.07	1:21.21			
50m:	37.15	37.15	150m:	2:12.34	49.55	250m:	3:50.34	49.94	350m:	5:22.81	43.34
100m:	1:22.79	45.64	200m:	3:00.40	48.06	300m:	4:39.47	49.13	400m:	6:00.68	37.87
6. Mahrburg Izabela	13	Sekcja Plywacka Meduza Paj	6:28.22	313	1:32.47	1:39.10	1:48.41	1:28.24			
50m:	42.33	42.33	150m:	2:23.05	50.58	250m:	4:04.92	53.35	350m:	5:45.22	45.24
100m:	1:32.47	50.14	200m:	3:11.57	48.52	300m:	4:59.98	55.06	400m:	6:28.22	43.00
7. Strzeszewska Emilia	13	"KS Michalowo"	7:28.85	202	1:54.36	1:53.27	2:02.29	1:38.93			
50m:		150m:		250m:		350m:					
100m:	1:54.36	200m:	3:47.63	300m:	5:49.92	400m:	7:28.85				
8. Ochental Maria	10	"KS Michalowo"	7:30.29	200	1:51.02	1:51.20	2:07.85	1:40.22			
50m:	48.35	48.35	150m:	4:45.63	2:54.61	250m:	6:41.05	2:58.83	350m:		
100m:	1:51.02	1:02.67	200m:	3:42.22		300m:	5:50.07		400m:	7:30.29	
9. Jarmacewicz Maja	10	"KS Michalowo"	8:04.47	161	1:59.34	2:15.37	2:07.82	1:41.94			
50m:	54.93	54.93	150m:	3:07.99	1:08.65	250m:	5:17.49	1:02.78	350m:	7:15.90	53.37
100m:	1:59.34	1:04.41	200m:	4:14.71	1:06.72	300m:	6:22.53	1:05.04	400m:	8:04.47	48.57
10. Beldyga Anastazja	13	"KS Michalowo"	8:10.89	154	1:56.34	2:07.04	2:18.57	1:48.94			
50m:	53.80	53.80	150m:	3:01.43	1:05.09	250m:	5:13.00	1:09.62	350m:	7:17.87	55.92
100m:	1:56.34	1:02.54	200m:	4:03.38	1:01.95	300m:	6:21.95	1:08.95	400m:	8:10.89	53.02
11. Sadowska Maria	16	"KS Michalowo"	8:38.90	131	1:59.92	2:02.35	2:36.36	2:00.27			
50m:	53.26	53.26	150m:	3:00.46	1:00.54	250m:	5:18.92	1:16.65	350m:	7:39.32	1:00.69
100m:	1:59.92	1:06.66	200m:	4:02.27	1:01.81	300m:	6:38.63	1:19.71	400m:	8:38.90	59.58

15-16 lat, OOZP

1. Zawalska Liliana	11	Swim Team MOSiR Kedzierzy	5:58.48	397	1:20.66	1:34.46	1:37.15	1:26.21			
50m:	35.89	35.89	150m:	2:08.92	48.26	250m:	3:42.84	47.72	350m:	5:16.95	44.68
100m:	1:20.66	44.77	200m:	2:55.12	46.20	300m:	4:32.27	49.43	400m:	5:58.48	41.53

Open, OOZP

1. Zawalska Liliana	11	Swim Team MOSiR Kedzierzy	5:58.48	397	1:20.66	1:34.46	1:37.15	1:26.21			
50m:	35.89	35.89	150m:	2:08.92	48.26	250m:	3:42.84	47.72	350m:	5:16.95	44.68
100m:	1:20.66	44.77	200m:	2:55.12	46.20	300m:	4:32.27	49.43	400m:	5:58.48	41.53