



LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO 2026



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

Konkurencja 14
09.05.2026 - 12:05

M czynn, 400m zmienny

Open
Wyniki

Rekordy Opolszczyzny Open	4:30.95	Stachura Maciej	00107	Ostrowiec Sw.	22.05.2009
Rekordy Opolszczyzny 19 +	4:38.77	Stachura Maciej	00107	Gliwice	04.06.2010
Rekordy Opolszczyzny 18	4:30.95	Stachura Maciej	00107	Ostrowiec Sw.	22.05.2009
Rekordy Opolszczyzny 17	4:32.67	Stachura Maciej	00107	Ostrowiec Sw.	04.04.2008
Rekordy Opolszczyzny 16	4:37.12	Kempa Mikołaj	00207	Debica	10.07.2015
Rekordy Opolszczyzny 15	4:43.43	Kempa Mikołaj	00207	Gliwice	18.07.2014
Rekordy Opolszczyzny 14	4:48.21	Kempa Mikołaj	00207	Gorzow Wlkp	05.07.2013
Rekordy Opolszczyzny 13	5:31.88	Badura Jonasz	00407	Opole	10.06.2016
Rekordy Opolszczyzny 12	6:33.57	Rybol Micheal	00407	Zielona Gora - Drzonkow	25.06.2017

Punkty: AQUA 2026

Pozycja Rok ur. Czas Pkt. 100m 200m 300m 400m

11 lat i młodsi

1. Szlachciuk Antoni	15	"KS Michałowo"	7:49.60	137	1:52.69	2:00.01	2:15.08	1:41.82
50m: 52.23	52.23	150m: 2:52.69	1:00.00	250m: 4:59.64	1:06.94	350m: 6:58.42	50.64	
100m: 1:52.69	1:00.46	200m: 3:52.70	1:00.01	300m: 6:07.78	1:08.14	400m: 7:49.60	51.18	

12 - 13 lat

1. Urbas Feliks	13	Akademia Sms Racibórz	5:40.43	361	1:23.15	1:25.98	1:33.31	1:17.99
50m: 38.62	38.62	150m: 2:06.92	43.77	250m: 3:35.37	46.24	350m: 5:03.93	41.49	
100m: 1:23.15	44.53	200m: 2:49.13	42.21	300m: 4:22.44	47.07	400m: 5:40.43	36.50	
2. Matuszczyk Marcel	14	CSiR MOS w D browie Górnic	5:50.76	330	1:23.00	1:31.91	1:40.66	1:15.19
50m: 38.04	38.04	150m: 2:09.30	46.30	250m: 3:45.55	50.64	350m: 5:14.66	39.09	
100m: 1:23.00	44.96	200m: 2:54.91	45.61	300m: 4:35.57	50.02	400m: 5:50.76	36.10	

14 lat

1. Pr dki Karol	12	Toru ski MKS CHAMPIONS	5:16.21	451	1:15.18	1:20.22	1:29.20	1:11.61
50m: 34.00	34.00	150m: 1:55.28	40.10	250m: 3:18.77	43.37	350m: 4:41.13	36.53	
100m: 1:15.18	41.18	200m: 2:35.40	40.12	300m: 4:04.60	45.83	400m: 5:16.21	35.08	
2. Raszka Olaf	12	MTP Delfin Cieszyn	6:07.50	287	1:30.98	1:39.38	1:36.66	1:20.48
50m: 40.86	40.86	150m: 2:21.72	50.74	250m: 3:57.45	47.09	350m: 5:27.92	40.90	
100m: 1:30.98	50.12	200m: 3:10.36	48.64	300m: 4:47.02	49.57	400m: 6:07.50	39.58	

15 - 16 lat

1. Krz kała Dominik	10	UKS „Manta Kochłowice Rud	5:09.08"	482	1:06.13	1:22.48	1:30.20	1:10.27
50m: 29.96	29.96	150m: 1:46.74	40.61	250m: 3:11.87	43.26	350m: 4:34.40	35.59	
100m: 1:06.13	36.17	200m: 2:28.61	41.87	300m: 3:58.81	46.94	400m: 5:09.08	34.68	
2. Sobkowicz Piotr	11	UKS „Manta Kochłowice Rud	5:28.20"	403	1:19.91	1:24.65	1:28.94	1:14.70
50m: 35.44	35.44	150m: 2:03.27	43.36	250m: 3:29.32	44.76	350m: 4:51.51	38.01	
100m: 1:19.91	44.47	200m: 2:44.56	41.29	300m: 4:13.50	44.18	400m: 5:28.20	36.69	
3. Cie lik Jan	11	Akademia Sms Racibórz	5:32.18	389	1:23.89	1:23.14	1:30.42	1:14.73
50m:		150m:		250m:		350m:		
100m: 1:23.89		200m: 2:47.03		300m: 4:17.45		400m: 5:32.18		
4. Spott Szymon	11	DOKiS SP Vega Dobrodzie	5:33.57	384	1:19.84	1:32.50	1:26.87	1:14.36
50m: 35.30	35.30	150m: 2:07.47	47.63	250m: 3:35.04	42.70	350m: 4:57.66	38.45	
100m: 1:19.84	44.54	200m: 2:52.34	44.87	300m: 4:19.21	44.17	400m: 5:33.57	35.91	



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OPOLSKIE

OPOLE

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Opole, 9. - 10.5.2026

Konkurencja 14, M cyczn, 400m zmienny

Open

1. Krz kała Dominik	10	UKS „Manta Kochłowice Rudzka”	5:09.08	482	1:06.13	1:22.48	1:30.20	1:10.27			
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100m:	1:15.18	41.18	200m:	2:35.40	40.12	300m:	4:04.60	45.83	400m:	5:16.21	35.08
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50m:	35.44	35.44	150m:	2:03.27	43.36	250m:	3:29.32	44.76	350m:	4:51.51	38.01
100m:	1:19.91	44.47	200m:	2:44.56	41.29	300m:	4:13.50	44.18	400m:	5:28.20	36.69
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50m:		150m:		250m:		350m:					
100m:	1:23.89	200m:	2:47.03	300m:	4:17.45	400m:	5:32.18				
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50m:	38.04	38.04	150m:	2:09.30	46.30	250m:	3:45.55	50.64	350m:	5:14.66	39.09
100m:	1:23.00	44.96	200m:	2:54.91	45.61	300m:	4:35.57	50.02	400m:	5:50.76	36.10
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100m:	1:30.98	50.12	200m:	3:10.36	48.64	300m:	4:47.02	49.57	400m:	6:07.50	39.58
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100m:	1:52.69	1:00.46	200m:	3:52.70	1:00.01	300m:	6:07.78	1:08.14	400m:	7:49.60	51.18

15-16 lat, OOZP

1. Spott Szymon	11	DOKiS SP Vega Dobrodzie	5:33.57	384	1:19.84	1:32.50	1:26.87	1:14.36			
50m:	35.30	35.30	150m:	2:07.47	47.63	250m:	3:35.04	42.70	350m:	4:57.66	38.45
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