



LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO 2026

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OPOLSKIE



Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2026

Opole, 9. - 10.5.2026

Konkurencja 21
09.05.2026 - 17:15

Kobiet, 400m dowolny

Open
Wyniki

Rekordy Opolszczyzny Open	4:12.62	Zukowska Paula	00107	Doha (QAT)	09.12.2009
Rekordy Opolszczyzny 19 +	4:20.70	Zukowska Paula	00107	Zaragoza (ESP)	17.03.2012
Rekordy Opolszczyzny 18	4:17.85	Zukowska Paula	00107	Ostrowiec Sw.	21.05.2011
Rekordy Opolszczyzny 17	4:20.45	Zukowska Paula	00107	Gliwice	05.06.2010
Rekordy Opolszczyzny 16	4:12.62	Zukowska Paula	00107	Doha (QAT)	09.12.2009
Rekordy Opolszczyzny 15	4:27.53	Stawicka Joanna	00107	Gorzow Wlkp.	12.07.2008
Rekordy Opolszczyzny 14	4:38.30	Zukowska Paula	00207	Drzonkow	07.07.2007
Rekordy Opolszczyzny 13	4:47.10	Rakowska Marta	00407	Opole	08.06.2019
Rekordy Opolszczyzny 12	4:57.16	Rakowska Marta	00407	Lublin	17.02.2018
Rekordy Opolszczyzny - 11	5:08.42	Rakowska Marta	00407	Zielona Gora - Drzonkow	25.06.2017

Punkty: AQUA 2026

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

11 lat i młodszy

1. Tyrna Pola	15	MTP Delfin Cieszyn	4:52.05	515	1:10.20	1:15.56	1:13.77	1:12.52
50m: 33.49	33.49	150m: 1:47.81	37.61	250m: 3:02.93	37.17	350m: 4:16.75	37.22	
100m: 1:10.20	36.71	200m: 2:25.76	37.95	300m: 3:39.53	36.60	400m: 4:52.05	35.30	
2. Ładziak Mia	15	MKP Szczecin	6:10.12	253	1:26.76	1:37.17	1:35.39	1:30.80
50m: 39.60	39.60	150m: 2:15.79	49.03	250m: 3:51.95	48.02	350m: 5:26.38	47.06	
100m: 1:26.76	47.16	200m: 3:03.93	48.14	300m: 4:39.32	47.37	400m: 6:10.12	43.74	

12 - 13 lat

1. Nowicka Lena	13	KP „Sukces” Chorzów	5:11.23	425	1:12.64	1:20.12	1:20.80	1:17.67
50m: 34.17	34.17	150m: 1:52.44	39.80	250m: 3:13.72	40.96	350m: 4:33.83	40.27	
100m: 1:12.64	38.47	200m: 2:32.76	40.32	300m: 3:53.56	39.84	400m: 5:11.23	37.40	
2. Plura Wiktoria	13	Akademia Sms Racibórz	5:20.19	391	1:16.48	1:23.18	1:23.15	1:17.38
50m: 36.17	36.17	150m: 1:58.00	41.52	250m: 3:21.16	41.50	350m: 4:42.49	39.68	
100m: 1:16.48	40.31	200m: 2:39.66	41.66	300m: 4:02.81	41.65	400m: 5:20.19	37.70	
3. Nowicka Iga	13	Akademia Sms Racibórz	5:20.52	390	1:17.24	1:22.14	1:22.57	1:18.57
50m: 36.29	36.29	150m: 1:57.94	40.70	250m: 3:20.52	41.14	350m: 4:42.00	40.05	
100m: 1:17.24	40.95	200m: 2:39.38	41.44	300m: 4:01.95	41.43	400m: 5:20.52	38.52	
4. Kleczewska Alicja	13	Sekcja Pływacka Meduza Paj	5:40.81	324	1:22.38	1:28.43	1:28.78	1:21.22
50m: 38.76	38.76	150m: 2:06.61	44.23	250m: 3:35.51	44.70	350m: 5:01.43	41.84	
100m: 1:22.38	43.62	200m: 2:50.81	44.20	300m: 4:19.59	44.08	400m: 5:40.81	39.38	
5. Kowalska Klara	13	UKS „Manta Kochłowice Rud.	5:48.04	304	1:22.05	1:30.74	1:32.16	1:23.09
50m:		150m:		250m:		350m:		
100m: 1:22.05		200m: 2:52.79		300m: 4:24.95		400m: 5:48.04		
6. Kłosowska Maria	13	KS Posnania Pozna	5:52.49	293	1:23.01	1:31.33	1:31.09	1:27.06
50m: 38.80	38.80	150m: 2:08.47	45.46	250m: 3:40.07	45.73	350m: 5:10.82	45.39	
100m: 1:23.01	44.21	200m: 2:54.34	45.87	300m: 4:25.43	45.36	400m: 5:52.49	41.67	
7. Mazur Anna	13	UKS „Manta Kochłowice Rud.	5:57.02	282	1:25.39	1:34.04	1:32.76	1:24.83
50m: 40.48	40.48	150m: 2:12.52	47.13	250m: 3:46.95	47.52	350m: 5:16.08	43.89	
100m: 1:25.39	44.91	200m: 2:59.43	46.91	300m: 4:32.19	45.24	400m: 5:57.02	40.94	
8. Jarmacewicz Kamila	14	"KS Michałowo"	6:50.94	185	1:30.66	1:46.85	1:48.12	1:45.31
50m: 41.28	41.28	150m: 2:23.16	52.50	250m: 6:00.07	2:42.56	350m:		
100m: 1:30.66	49.38	200m: 3:17.51	54.35	300m: 5:05.63		400m: 6:50.94		
9. Kolmajer Katarzyna	14	UKS DELFIN Krapkowice	7:33.16	138	3:43.27	1:57.98		
50m: 48.91	48.91	150m: 2:44.80		250m: 4:41.66		350m: 6:40.24		
100m: 3:43.27	2:54.36	200m: 5:41.25	2:56.45	300m:		400m: 7:33.16	52.92	



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Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2026

Opole, 9. - 10.5.2026

Konkurencja 21, Kobiet, 400m dowolny

14 lat

1. Skubisz Liliana	12	CSiR MOS w D browie Górnic	4:46.99	543	1:08.74	1:12.56	1:13.60	1:12.09			
50m:	32.98	32.98	150m:	1:44.96	36.22	250m:	2:57.82	36.52	350m:	4:11.55	36.65
100m:	1:08.74	35.76	200m:	2:21.30	36.34	300m:	3:34.90	37.08	400m:	4:46.99	35.44
2. Sosnowska Agata	12	Toru ski MKS CHAMPIONS	4:47.43	540	1:08.73	1:13.81	1:13.69	1:11.20			
50m:	32.78	32.78	150m:	1:45.96	37.23	250m:	2:58.94	36.40	350m:	4:12.35	36.12
100m:	1:08.73	35.95	200m:	2:22.54	36.58	300m:	3:36.23	37.29	400m:	4:47.43	35.08
3. Wereszczy ska Lila	12	WKS I sk	4:55.45	497	1:09.38	1:15.99	1:16.59	1:13.49			
50m:	32.56	32.56	150m:	1:47.25	37.87	250m:	3:04.08	38.71	350m:	4:19.55	37.59
100m:	1:09.38	36.82	200m:	2:25.37	38.12	300m:	3:41.96	37.88	400m:	4:55.45	35.90
4. Jastrzebska Aneta	12	UKS Aqua Team Mikołów	5:19.91	392	1:13.08	1:22.21	1:23.61	1:21.01			
50m:	33.81	33.81	150m:	1:54.02	40.94	250m:	3:16.89	41.60	350m:	4:40.27	41.37
100m:	1:13.08	39.27	200m:	2:35.29	41.27	300m:	3:58.90	42.01	400m:	5:19.91	39.64
5. Ulaniu Ewa	12	UKS „Manta Kochłowice Rudz	5:23.50	379	1:15.12	1:24.60	1:24.44	1:19.34			
50m:	34.76	34.76	150m:	1:57.48	42.36	250m:	3:21.70	41.98	350m:	4:45.01	40.85
100m:	1:15.12	40.36	200m:	2:39.72	42.24	300m:	4:04.16	42.46	400m:	5:23.50	38.49
6. Kowalska Dominika	12	LKS „Opocznianka"	5:28.56	362	1:16.79	1:24.64	1:24.87	1:22.26			
50m:	35.41	35.41	150m:	1:59.31	42.52	250m:	3:23.86	42.43	350m:	4:47.56	41.26
100m:	1:16.79	41.38	200m:	2:41.43	42.12	300m:	4:06.30	42.44	400m:	5:28.56	41.00

15 - 16 lat

1. B bas Lena	11	Swim Team MOSiR K dzierzy	4:59.42	478	1:13.23	1:16.62	1:15.60	1:13.97			
50m:	34.66	34.66	150m:	1:51.28	38.05	250m:	3:07.62	37.77	350m:	4:22.70	37.25
100m:	1:13.23	38.57	200m:	2:29.85	38.57	300m:	3:45.45	37.83	400m:	4:59.42	36.72
2. Maik Maja	10	UKS „Manta Kochłowice Rudz	5:02.74	462	1:11.27	1:16.96	1:17.87	1:16.64			
50m:	33.95	33.95	150m:	1:49.82	38.55	250m:	3:06.56	38.33	350m:	4:24.45	38.35
100m:	1:11.27	37.32	200m:	2:28.23	38.41	300m:	3:46.10	39.54	400m:	5:02.74	38.29
3. urakowska Zuzanna	10	KS SWIM-ART Wrocław	5:05.14	452	1:10.92	1:17.04	1:19.11	1:18.07			
50m:	33.80	33.80	150m:	1:48.72	37.80	250m:	3:07.26	39.30	350m:	4:26.89	39.82
100m:	1:10.92	37.12	200m:	2:27.96	39.24	300m:	3:47.07	39.81	400m:	5:05.14	38.25
4. Bysiec Jagoda	11	CSiR MOS w D browie Górnic	5:09.29	434	1:12.12	1:18.63	1:19.64	1:18.90			
50m:	34.19	34.19	150m:	1:51.29	39.17	250m:	3:10.47	39.72	350m:	4:30.31	39.92
100m:	1:12.12	37.93	200m:	2:30.75	39.46	300m:	3:50.39	39.92	400m:	5:09.29	38.98
5. Artwik Hanna	10	Akademia Sms Racibórz	5:10.46	429	1:13.62	1:19.53	1:19.81	1:17.50			
50m:	35.39	35.39	150m:	1:53.16	39.54	250m:	3:12.95	39.80	350m:	4:32.34	39.38
100m:	1:13.62	38.23	200m:	2:33.15	39.99	300m:	3:52.96	40.01	400m:	5:10.46	38.12
6. Savchuk Polina	10	Sekcja Pływacka Meduza Paj	5:13.90	415	1:12.04	1:19.28	1:21.45	1:21.13			
50m:			150m:			250m:		350m:			
100m:	1:12.04		200m:	2:31.32		300m:	3:52.77	400m:	5:13.90		
7. Rogosz Estera	10	UKS DELFIN Krapkowice	5:32.52	349	1:18.38	1:26.18	1:26.03	1:21.93			
50m:	37.01	37.01	150m:	2:01.92	43.54	250m:	3:28.16	43.60	350m:	4:53.69	43.10
100m:	1:18.38	41.37	200m:	2:44.56	42.64	300m:	4:10.59	42.43	400m:	5:32.52	38.83
8. Tułaj Aleksandra	11	UKS „Manta Kochłowice Rudz	5:34.34	343	1:19.53	1:26.37	1:25.88	1:22.56			
50m:	37.42	37.42	150m:	2:02.75	43.22	250m:	3:29.23	43.33	350m:	4:53.24	41.46
100m:	1:19.53	42.11	200m:	2:45.90	43.15	300m:	4:11.78	42.55	400m:	5:34.34	41.10
9. Jankowska Martyna	10	UKS Marato czyk Ostrów Wlk	5:47.82	305	1:19.86	1:29.56	1:32.36	1:26.04			
50m:	37.30	37.30	150m:	2:03.93	44.07	250m:	3:35.02	45.60	350m:	5:06.32	44.54
100m:	1:19.86	42.56	200m:	2:49.42	45.49	300m:	4:21.78	46.76	400m:	5:47.82	41.50
10. Fyda Maja	10	UKS „Manta Kochłowice Rudz	5:53.75	290	1:24.06	1:31.20	1:30.20	1:28.29			
50m:	39.79	39.79	150m:	2:09.53	45.47	250m:	3:40.16	44.90	350m:	5:10.20	44.74
100m:	1:24.06	44.27	200m:	2:55.26	45.73	300m:	4:25.46	45.30	400m:	5:53.75	43.55
11. Kułak Maja	10	KP Aqua-Swim Nysa	5:54.78	287	1:21.44	1:31.36	1:33.23	1:28.75			
50m:	38.36	38.36	150m:	2:06.80	45.36	250m:	3:39.61	46.81	350m:	5:11.65	45.62
100m:	1:21.44	43.08	200m:	2:52.80	46.00	300m:	4:26.03	46.42	400m:	5:54.78	43.13



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Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2026

Opole, 9. - 10.5.2026

Konkurencja 21, Kobiet, 400m dowolny

17 - 18 lat

1. Jakubczyk Natalia	08	CSiR MOS w D browie Górnic	4:37.95	598	1:07.77	1:10.14	1:10.98	1:09.06			
50m:	32.70	32.70	150m:	1:42.78	35.01	250m:	2:53.36	35.45	350m:	4:04.29	35.40
100m:	1:07.77	35.07	200m:	2:17.91	35.13	300m:	3:28.89	35.53	400m:	4:37.95	33.66
2. Maik Victoria	09	UKS „Manta Kochłowice Rud	4:52.06	515	1:09.03	1:14.99	1:15.06	1:12.98			
50m:	33.14	33.14	150m:	1:46.29	37.26	250m:	3:01.54	37.52	350m:	4:16.50	37.42
100m:	1:09.03	35.89	200m:	2:24.02	37.73	300m:	3:39.08	37.54	400m:	4:52.06	35.56
3. Pawlak Jagoda	08	UKS Marato czyk Ostrów Wlk	5:38.08	332	1:17.19	1:25.30	1:27.05	1:28.54			
50m:		150m:		250m:		350m:					
100m:	1:17.19	200m:	2:42.49	300m:	4:09.54	400m:	5:38.08				
4. Kurzywik Michalina	09	AZS KU Politechniki Opolskie	5:45.99	310	1:19.34	1:30.29	1:30.87	1:25.49			
50m:	36.49	36.49	150m:	2:03.93	44.59	250m:	3:34.78	45.15	350m:	5:05.53	45.03
100m:	1:19.34	42.85	200m:	2:49.63	45.70	300m:	4:20.50	45.72	400m:	5:45.99	40.46

Open

1. Jakubczyk Natalia	08	CSiR MOS w D browie Górnic	4:37.95	598	1:07.77	1:10.14	1:10.98	1:09.06			
50m:	32.70	32.70	150m:	1:42.78	35.01	250m:	2:53.36	35.45	350m:	4:04.29	35.40
100m:	1:07.77	35.07	200m:	2:17.91	35.13	300m:	3:28.89	35.53	400m:	4:37.95	33.66
2. Skubisz Liliana	12	CSiR MOS w D browie Górnic	4:46.99	543	1:08.74	1:12.56	1:13.60	1:12.09			
50m:	32.98	32.98	150m:	1:44.96	36.22	250m:	2:57.82	36.52	350m:	4:11.55	36.65
100m:	1:08.74	35.76	200m:	2:21.30	36.34	300m:	3:34.90	37.08	400m:	4:46.99	35.44
3. Sosnowska Agata	12	Toru ski MKS CHAMPIONS	4:47.43	540	1:08.73	1:13.81	1:13.69	1:11.20			
50m:	32.78	32.78	150m:	1:45.96	37.23	250m:	2:58.94	36.40	350m:	4:12.35	36.12
100m:	1:08.73	35.95	200m:	2:22.54	36.58	300m:	3:36.23	37.29	400m:	4:47.43	35.08
4. Tyrna Pola	15	MTP Delfin Cieszyn	4:52.05	515	1:10.20	1:15.56	1:13.77	1:12.52			
50m:	33.49	33.49	150m:	1:47.81	37.61	250m:	3:02.93	37.17	350m:	4:16.75	37.22
100m:	1:10.20	36.71	200m:	2:25.76	37.95	300m:	3:39.53	36.60	400m:	4:52.05	35.30
5. Maik Victoria	09	UKS „Manta Kochłowice Rud	4:52.06	515	1:09.03	1:14.99	1:15.06	1:12.98			
50m:	33.14	33.14	150m:	1:46.29	37.26	250m:	3:01.54	37.52	350m:	4:16.50	37.42
100m:	1:09.03	35.89	200m:	2:24.02	37.73	300m:	3:39.08	37.54	400m:	4:52.06	35.56
6. Wereszczy ska Lila	12	WKS I sk	4:55.45	497	1:09.38	1:15.99	1:16.59	1:13.49			
50m:	32.56	32.56	150m:	1:47.25	37.87	250m:	3:04.08	38.71	350m:	4:19.55	37.59
100m:	1:09.38	36.82	200m:	2:25.37	38.12	300m:	3:41.96	37.88	400m:	4:55.45	35.90
7. B bas Lena	11	Swim Team MOSiR K dzierzy	4:59.42	478	1:13.23	1:16.62	1:15.60	1:13.97			
50m:	34.66	34.66	150m:	1:51.28	38.05	250m:	3:07.62	37.77	350m:	4:22.70	37.25
100m:	1:13.23	38.57	200m:	2:29.85	38.57	300m:	3:45.45	37.83	400m:	4:59.42	36.72
8. Maik Maja	10	UKS „Manta Kochłowice Rud	5:02.74	462	1:11.27	1:16.96	1:17.87	1:16.64			
50m:	33.95	33.95	150m:	1:49.82	38.55	250m:	3:06.56	38.33	350m:	4:24.45	38.35
100m:	1:11.27	37.32	200m:	2:28.23	38.41	300m:	3:46.10	39.54	400m:	5:02.74	38.29
9. urakowska Zuzanna	10	KS SWIM-ART Wrocław	5:05.14	452	1:10.92	1:17.04	1:19.11	1:18.07			
50m:	33.80	33.80	150m:	1:48.72	37.80	250m:	3:07.26	39.30	350m:	4:26.89	39.82
100m:	1:10.92	37.12	200m:	2:27.96	39.24	300m:	3:47.07	39.81	400m:	5:05.14	38.25
10. Bysiec Jagoda	11	CSiR MOS w D browie Górnic	5:09.29	434	1:12.12	1:18.63	1:19.64	1:18.90			
50m:	34.19	34.19	150m:	1:51.29	39.17	250m:	3:10.47	39.72	350m:	4:30.31	39.92
100m:	1:12.12	37.93	200m:	2:30.75	39.46	300m:	3:50.39	39.92	400m:	5:09.29	38.98
11. Artwik Hanna	10	Akademia Sms Racibórz	5:10.46	429	1:13.62	1:19.53	1:19.81	1:17.50			
50m:	35.39	35.39	150m:	1:53.16	39.54	250m:	3:12.95	39.80	350m:	4:32.34	39.38
100m:	1:13.62	38.23	200m:	2:33.15	39.99	300m:	3:52.96	40.01	400m:	5:10.46	38.12
12. Nowicka Lena	13	KP „Sukces” Chorzów	5:11.23	425	1:12.64	1:20.12	1:20.80	1:17.67			
50m:	34.17	34.17	150m:	1:52.44	39.80	250m:	3:13.72	40.96	350m:	4:33.83	40.27
100m:	1:12.64	38.47	200m:	2:32.76	40.32	300m:	3:53.56	39.84	400m:	5:11.23	37.40
13. Savchuk Polina	10	Sekcja Pływacka Meduza Paj	5:13.90	415	1:12.04	1:19.28	1:21.45	1:21.13			
50m:		150m:		250m:		350m:					
100m:	1:12.04	200m:	2:31.32	300m:	3:52.77	400m:	5:13.90				



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Otwarte Letnie Mistrzostwa Okręgu Opolskiego w Pływaniu 2026

Opole, 9. - 10.5.2026

Konkurencja 21, Kobiet, 400m dowolny, Open

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
14. Jastrzebska Aneta	12	5:19.91	392	1:13.08	1:22.21	1:23.61	1:21.01
50m: 33.81	33.81	150m: 1:54.02	40.94	250m: 3:16.89	41.60	350m: 4:40.27	41.37
100m: 1:13.08	39.27	200m: 2:35.29	41.27	300m: 3:58.90	42.01	400m: 5:19.91	39.64
15. Plura Wiktoria	13	5:20.19	391	1:16.48	1:23.18	1:23.15	1:17.38
50m: 36.17	36.17	150m: 1:58.00	41.52	250m: 3:21.16	41.50	350m: 4:42.49	39.68
100m: 1:16.48	40.31	200m: 2:39.66	41.66	300m: 4:02.81	41.65	400m: 5:20.19	37.70
16. Nowińska Iga	13	5:20.52	390	1:17.24	1:22.14	1:22.57	1:18.57
50m: 36.29	36.29	150m: 1:57.94	40.70	250m: 3:20.52	41.14	350m: 4:42.00	40.05
100m: 1:17.24	40.95	200m: 2:39.38	41.44	300m: 4:01.95	41.43	400m: 5:20.52	38.52
17. Ulaniuk Ewa	12	5:23.50	379	1:15.12	1:24.60	1:24.44	1:19.34
50m: 34.76	34.76	150m: 1:57.48	42.36	250m: 3:21.70	41.98	350m: 4:45.01	40.85
100m: 1:15.12	40.36	200m: 2:39.72	42.24	300m: 4:04.16	42.46	400m: 5:23.50	38.49
18. Kowalska Dominika	12	5:28.56	362	1:16.79	1:24.64	1:24.87	1:22.26
50m: 35.41	35.41	150m: 1:59.31	42.52	250m: 3:23.86	42.43	350m: 4:47.56	41.26
100m: 1:16.79	41.38	200m: 2:41.43	42.12	300m: 4:06.30	42.44	400m: 5:28.56	41.00
19. Rogosz Estera	10	5:32.52	349	1:18.38	1:26.18	1:26.03	1:21.93
50m: 37.01	37.01	150m: 2:01.92	43.54	250m: 3:28.16	43.60	350m: 4:53.69	43.10
100m: 1:18.38	41.37	200m: 2:44.56	42.64	300m: 4:10.59	42.43	400m: 5:32.52	38.83
20. Tułaj Aleksandra	11	5:34.34	343	1:19.53	1:26.37	1:25.88	1:22.56
50m: 37.42	37.42	150m: 2:02.75	43.22	250m: 3:29.23	43.33	350m: 4:53.24	41.46
100m: 1:19.53	42.11	200m: 2:45.90	43.15	300m: 4:11.78	42.55	400m: 5:34.34	41.10
21. Pawlak Jagoda	08	5:38.08	332	1:17.19	1:25.30	1:27.05	1:28.54
50m:		150m:		250m:	350m:		
100m: 1:17.19		200m: 2:42.49		300m: 4:09.54	400m: 5:38.08		
22. Kleczewska Alicja	13	5:40.81	324	1:22.38	1:28.43	1:28.78	1:21.22
50m: 38.76	38.76	150m: 2:06.61	44.23	250m: 3:35.51	44.70	350m: 5:01.43	41.84
100m: 1:22.38	43.62	200m: 2:50.81	44.20	300m: 4:19.59	44.08	400m: 5:40.81	39.38
23. Kurzywik Michalina	09	5:45.99	310	1:19.34	1:30.29	1:30.87	1:25.49
50m: 36.49	36.49	150m: 2:03.93	44.59	250m: 3:34.78	45.15	350m: 5:05.53	45.03
100m: 1:19.34	42.85	200m: 2:49.63	45.70	300m: 4:20.50	45.72	400m: 5:45.99	40.46
24. Jankowska Martyna	10	5:47.82	305	1:19.86	1:29.56	1:32.36	1:26.04
50m: 37.30	37.30	150m: 2:03.93	44.07	250m: 3:35.02	45.60	350m: 5:06.32	44.54
100m: 1:19.86	42.56	200m: 2:49.42	45.49	300m: 4:21.78	46.76	400m: 5:47.82	41.50
25. Kowalska Klara	13	5:48.04	304	1:22.05	1:30.74	1:32.16	1:23.09
50m:		150m:		250m:	350m:		
100m: 1:22.05		200m: 2:52.79		300m: 4:24.95	400m: 5:48.04		
26. Kłosowska Maria	13	5:52.49	293	1:23.01	1:31.33	1:31.09	1:27.06
50m: 38.80	38.80	150m: 2:08.47	45.46	250m: 3:40.07	45.73	350m: 5:10.82	45.39
100m: 1:23.01	44.21	200m: 2:54.34	45.87	300m: 4:25.43	45.36	400m: 5:52.49	41.67
27. Fyda Maja	10	5:53.75	290	1:24.06	1:31.20	1:30.20	1:28.29
50m: 39.79	39.79	150m: 2:09.53	45.47	250m: 3:40.16	44.90	350m: 5:10.20	44.74
100m: 1:24.06	44.27	200m: 2:55.26	45.73	300m: 4:25.46	45.30	400m: 5:53.75	43.55
28. Kułak Maja	10	5:54.78	287	1:21.44	1:31.36	1:33.23	1:28.75
50m: 38.36	38.36	150m: 2:06.80	45.36	250m: 3:39.61	46.81	350m: 5:11.65	45.62
100m: 1:21.44	43.08	200m: 2:52.80	46.00	300m: 4:26.03	46.42	400m: 5:54.78	43.13
29. Mazur Anna	13	5:57.02	282	1:25.39	1:34.04	1:32.76	1:24.83
50m: 40.48	40.48	150m: 2:12.52	47.13	250m: 3:46.95	47.52	350m: 5:16.08	43.89
100m: 1:25.39	44.91	200m: 2:59.43	46.91	300m: 4:32.19	45.24	400m: 5:57.02	40.94
30. Ładziak Mia	15	6:10.12	253	1:26.76	1:37.17	1:35.39	1:30.80
50m: 39.60	39.60	150m: 2:15.79	49.03	250m: 3:51.95	48.02	350m: 5:26.38	47.06
100m: 1:26.76	47.16	200m: 3:03.93	48.14	300m: 4:39.32	47.37	400m: 6:10.12	43.74
31. Jarmacewicz Kamila	14	6:50.94	185	1:30.66	1:46.85	1:48.12	1:45.31
50m: 41.28	41.28	150m: 2:23.16	52.50	250m: 6:00.07	2:42.56	350m:	
100m: 1:30.66	49.38	200m: 3:17.51	54.35	300m: 5:05.63		400m: 6:50.94	



LETNIE MISTRZOSTWA OKRĘGU OPOLSKIEGO 2026



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

Konkurencja 21, Kobiet, 400m dowolny, Open

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
32. Kolmajer Katarzyna	14	7:33.16	138	3:43.27	1:57.98		
50m: 48.91	48.91	150m: 2:44.80	250m: 4:41.66	350m: 6:40.24			
100m: 3:43.27	2:54.36	200m: 5:41.25	300m:	400m: 7:33.16	52.92		

12-13 lat, OOZP

1. Kolmajer Katarzyna	14	7:33.16	138	3:43.27	1:57.98		
50m: 48.91	48.91	150m: 2:44.80	250m: 4:41.66	350m: 6:40.24			
100m: 3:43.27	2:54.36	200m: 5:41.25	300m:	400m: 7:33.16	52.92		

15-16 lat, OOZP

1. B bas Lena	11	4:59.42	478	1:13.23	1:16.62	1:15.60	1:13.97
50m: 34.66	34.66	150m: 1:51.28	250m: 3:07.62	37.77	350m: 4:22.70	37.25	
100m: 1:13.23	38.57	200m: 2:29.85	300m: 3:45.45	37.83	400m: 4:59.42	36.72	
2. Rogosz Estera	10	5:32.52	349	1:18.38	1:26.18	1:26.03	1:21.93
50m: 37.01	37.01	150m: 2:01.92	250m: 3:28.16	43.60	350m: 4:53.69	43.10	
100m: 1:18.38	41.37	200m: 2:44.56	300m: 4:10.59	42.43	400m: 5:32.52	38.83	
3. Kułak Maja	10	5:54.78	287	1:21.44	1:31.36	1:33.23	1:28.75
50m: 38.36	38.36	150m: 2:06.80	250m: 3:39.61	46.81	350m: 5:11.65	45.62	
100m: 1:21.44	43.08	200m: 2:52.80	300m: 4:26.03	46.42	400m: 5:54.78	43.13	

17-18 lat, OOZP

1. Kurzywik Michalina	09	5:45.99	310	1:19.34	1:30.29	1:30.87	1:25.49
50m: 36.49	36.49	150m: 2:03.93	250m: 3:34.78	45.15	350m: 5:05.53	45.03	
100m: 1:19.34	42.85	200m: 2:49.63	300m: 4:20.50	45.72	400m: 5:45.99	40.46	

Open, OOZP

1. B bas Lena	11	4:59.42	478	1:13.23	1:16.62	1:15.60	1:13.97
50m: 34.66	34.66	150m: 1:51.28	250m: 3:07.62	37.77	350m: 4:22.70	37.25	
100m: 1:13.23	38.57	200m: 2:29.85	300m: 3:45.45	37.83	400m: 4:59.42	36.72	
2. Rogosz Estera	10	5:32.52	349	1:18.38	1:26.18	1:26.03	1:21.93
50m: 37.01	37.01	150m: 2:01.92	250m: 3:28.16	43.60	350m: 4:53.69	43.10	
100m: 1:18.38	41.37	200m: 2:44.56	300m: 4:10.59	42.43	400m: 5:32.52	38.83	
3. Kurzywik Michalina	09	5:45.99	310	1:19.34	1:30.29	1:30.87	1:25.49
50m: 36.49	36.49	150m: 2:03.93	250m: 3:34.78	45.15	350m: 5:05.53	45.03	
100m: 1:19.34	42.85	200m: 2:49.63	300m: 4:20.50	45.72	400m: 5:45.99	40.46	
4. Kułak Maja	10	5:54.78	287	1:21.44	1:31.36	1:33.23	1:28.75
50m: 38.36	38.36	150m: 2:06.80	250m: 3:39.61	46.81	350m: 5:11.65	45.62	
100m: 1:21.44	43.08	200m: 2:52.80	300m: 4:26.03	46.42	400m: 5:54.78	43.13	
5. Kolmajer Katarzyna	14	7:33.16	138	3:43.27	1:57.98		
50m: 48.91	48.91	150m: 2:44.80	250m: 4:41.66	350m: 6:40.24			
100m: 3:43.27	2:54.36	200m: 5:41.25	300m:	400m: 7:33.16	52.92		