

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

Event 21  
09.05.2026 - 17:15

Women, 400m Freestyle

Open  
Results

|                           |         |                 |       |                         |            |
|---------------------------|---------|-----------------|-------|-------------------------|------------|
| 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 |

Points: AQUA 2026

| Rank                        | YB                 |         | Time                        | Pts            | 100m          | 200m    | 300m          | 400m    |         |
|-----------------------------|--------------------|---------|-----------------------------|----------------|---------------|---------|---------------|---------|---------|
| <b>11 years and younger</b> |                    |         |                             |                |               |         |               |         |         |
| 1.                          | Tyrna Pola         | 15      | MTP Delfin Cieszyn          | <b>4:52.05</b> | 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.                          | Ladziak Mia        | 15      | MKP Szczecin                | <b>6:10.12</b> | 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   |         |
| <b>12 - 13 years</b>        |                    |         |                             |                |               |         |               |         |         |
| 1.                          | Nowicka Lena       | 13      | KP „Sukces” Chorzow         | <b>5:11.23</b> | 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 Raciborz       | <b>5:20.19</b> | 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.                          | Nowinska Iga       | 13      | Akademia Sms Raciborz       | <b>5:20.52</b> | 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 Plywacka Meduza Paję | <b>5:40.81</b> | 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 Kochlowice Rud   | <b>5:48.04</b> | 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.                          | Klosowska Maria    | 13      | KS Posnania Poznan          | <b>5:52.49</b> | 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 Kochlowice Rud   | <b>5:57.02</b> | 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 Michalowo"              | <b>6:50.94</b> | 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       | <b>7:33.16</b> | 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   |         |

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

Event 21, Women, 400m Freestyle

14 years

|                       |         |                           |                |         |         |         |         |         |
|-----------------------|---------|---------------------------|----------------|---------|---------|---------|---------|---------|
| 1. Skubisz Liliana    | 12      | CSiR MOS w Dabrowie Gorni | <b>4:46.99</b> | 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   |
| 100m:                 | 1:08.74 | 35.76                     | 200m:          | 2:21.30 | 36.34   | 300m:   | 3:34.90 | 37.08   |
| 350m:                 |         |                           | 400m:          |         |         |         |         | 36.65   |
| 350m:                 |         |                           | 400m:          |         |         |         |         | 35.44   |
| 2. Sosnowska Agata    | 12      | Torunski MKS CHAMPIONS    | <b>4:47.43</b> | 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   |
| 100m:                 | 1:08.73 | 35.95                     | 200m:          | 2:22.54 | 36.58   | 300m:   | 3:36.23 | 37.29   |
| 350m:                 |         |                           | 400m:          |         |         |         |         | 36.12   |
| 350m:                 |         |                           | 400m:          |         |         |         |         | 35.08   |
| 3. Wereszczynska Lila | 12      | WKS Slask                 | <b>4:55.45</b> | 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   |
| 100m:                 | 1:09.38 | 36.82                     | 200m:          | 2:25.37 | 38.12   | 300m:   | 3:41.96 | 37.88   |
| 350m:                 |         |                           | 400m:          |         |         |         |         | 37.59   |
| 350m:                 |         |                           | 400m:          |         |         |         |         | 35.90   |
| 4. Jastrzebska Aneta  | 12      | UKS Aqua Team Mikolow     | <b>5:19.91</b> | 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   |
| 100m:                 | 1:13.08 | 39.27                     | 200m:          | 2:35.29 | 41.27   | 300m:   | 3:58.90 | 42.01   |
| 350m:                 |         |                           | 400m:          |         |         |         |         | 41.37   |
| 350m:                 |         |                           | 400m:          |         |         |         |         | 39.64   |
| 5. Ulaniuk Ewa        | 12      | UKS „Manta Kochlowice Rud | <b>5:23.50</b> | 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   |
| 100m:                 | 1:15.12 | 40.36                     | 200m:          | 2:39.72 | 42.24   | 300m:   | 4:04.16 | 42.46   |
| 350m:                 |         |                           | 400m:          |         |         |         |         | 40.85   |
| 350m:                 |         |                           | 400m:          |         |         |         |         | 38.49   |
| 6. Kowalska Dominika  | 12      | LKS „Opocznianka"         | <b>5:28.56</b> | 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   |
| 100m:                 | 1:16.79 | 41.38                     | 200m:          | 2:41.43 | 42.12   | 300m:   | 4:06.30 | 42.44   |
| 350m:                 |         |                           | 400m:          |         |         |         |         | 41.26   |
| 350m:                 |         |                           | 400m:          |         |         |         |         | 41.00   |

15 - 16 years

|                       |         |                            |                |         |         |         |         |         |
|-----------------------|---------|----------------------------|----------------|---------|---------|---------|---------|---------|
| 1. Bebas Lena         | 11      | Swim Team MOSiR Kedzierzy  | <b>4:59.42</b> | 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   |
| 100m:                 | 1:13.23 | 38.57                      | 200m:          | 2:29.85 | 38.57   | 300m:   | 3:45.45 | 37.83   |
| 350m:                 |         |                            | 400m:          |         |         |         |         | 37.25   |
| 350m:                 |         |                            | 400m:          |         |         |         |         | 36.72   |
| 2. Maik Maja          | 10      | UKS „Manta Kochlowice Rud  | <b>5:02.74</b> | 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   |
| 100m:                 | 1:11.27 | 37.32                      | 200m:          | 2:28.23 | 38.41   | 300m:   | 3:46.10 | 39.54   |
| 350m:                 |         |                            | 400m:          |         |         |         |         | 38.35   |
| 350m:                 |         |                            | 400m:          |         |         |         |         | 38.29   |
| 3. Zurakowska Zuzanna | 10      | KS SWIM-ART Wroclaw        | <b>5:05.14</b> | 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   |
| 100m:                 | 1:10.92 | 37.12                      | 200m:          | 2:27.96 | 39.24   | 300m:   | 3:47.07 | 39.81   |
| 350m:                 |         |                            | 400m:          |         |         |         |         | 39.82   |
| 350m:                 |         |                            | 400m:          |         |         |         |         | 38.25   |
| 4. Bysiec Jagoda      | 11      | CSiR MOS w Dabrowie Gorni  | <b>5:09.29</b> | 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   |
| 100m:                 | 1:12.12 | 37.93                      | 200m:          | 2:30.75 | 39.46   | 300m:   | 3:50.39 | 39.92   |
| 350m:                 |         |                            | 400m:          |         |         |         |         | 39.98   |
| 350m:                 |         |                            | 400m:          |         |         |         |         | 38.98   |
| 5. Artwik Hanna       | 10      | Akademia Sms Raciborz      | <b>5:10.46</b> | 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   |
| 100m:                 | 1:13.62 | 38.23                      | 200m:          | 2:33.15 | 39.99   | 300m:   | 3:52.96 | 40.01   |
| 350m:                 |         |                            | 400m:          |         |         |         |         | 39.38   |
| 350m:                 |         |                            | 400m:          |         |         |         |         | 38.12   |
| 6. Savchuk Polina     | 10      | Sekcja Plywacka Meduza Paj | <b>5:13.90</b> | 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:   |
| 350m:                 |         |                            | 400m:          |         |         |         |         | 5:13.90 |
| 350m:                 |         |                            | 400m:          |         |         |         |         |         |
| 7. Rogosz Estera      | 10      | UKS DELFIN Krapkowice      | <b>5:32.52</b> | 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   |
| 100m:                 | 1:18.38 | 41.37                      | 200m:          | 2:44.56 | 42.64   | 300m:   | 4:10.59 | 42.43   |
| 350m:                 |         |                            | 400m:          |         |         |         |         | 43.10   |
| 350m:                 |         |                            | 400m:          |         |         |         |         | 38.83   |
| 8. Tulaj Aleksandra   | 11      | UKS „Manta Kochlowice Rud  | <b>5:34.34</b> | 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   |
| 100m:                 | 1:19.53 | 42.11                      | 200m:          | 2:45.90 | 43.15   | 300m:   | 4:11.78 | 42.55   |
| 350m:                 |         |                            | 400m:          |         |         |         |         | 41.46   |
| 350m:                 |         |                            | 400m:          |         |         |         |         | 41.10   |
| 9. Jankowska Martyna  | 10      | UKS Maratonczyk Ostrow Wlk | <b>5:47.82</b> | 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   |
| 100m:                 | 1:19.86 | 42.56                      | 200m:          | 2:49.42 | 45.49   | 300m:   | 4:21.78 | 46.76   |
| 350m:                 |         |                            | 400m:          |         |         |         |         | 44.54   |
| 350m:                 |         |                            | 400m:          |         |         |         |         | 41.50   |
| 10. Fyda Maja         | 10      | UKS „Manta Kochlowice Rud  | <b>5:53.75</b> | 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   |
| 100m:                 | 1:24.06 | 44.27                      | 200m:          | 2:55.26 | 45.73   | 300m:   | 4:25.46 | 45.30   |
| 350m:                 |         |                            | 400m:          |         |         |         |         | 44.74   |
| 350m:                 |         |                            | 400m:          |         |         |         |         | 43.55   |
| 11. Kulak Maja        | 10      | KP Aqua-Swim Nysa          | <b>5:54.78</b> | 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   |
| 100m:                 | 1:21.44 | 43.08                      | 200m:          | 2:52.80 | 46.00   | 300m:   | 4:26.03 | 46.42   |
| 350m:                 |         |                            | 400m:          |         |         |         |         | 45.62   |
| 350m:                 |         |                            | 400m:          |         |         |         |         | 43.13   |

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

Event 21, Women, 400m Freestyle

17 - 18 years

|                       |         |                              |                 |         |         |         |         |         |
|-----------------------|---------|------------------------------|-----------------|---------|---------|---------|---------|---------|
| 1. Jakubczyk Natalia  | 08      | CSiR MOS w Dabrowie Gorni    | <b>4:37.95</b>  | 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   |
| 100m:                 | 1:07.77 | 35.07                        | 200m:           | 2:17.91 | 35.13   | 300m:   | 3:28.89 | 35.53   |
|                       |         |                              |                 |         |         | 350m:   | 4:04.29 | 35.40   |
|                       |         |                              |                 |         |         | 400m:   | 4:37.95 | 33.66   |
| 2. Maik Victoria      | 09      | UKS „Manta Kochlowice Rud    | <b>4:52.06a</b> | 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   |
| 100m:                 | 1:09.03 | 35.89                        | 200m:           | 2:24.02 | 37.73   | 300m:   | 3:39.08 | 37.54   |
|                       |         |                              |                 |         |         | 350m:   | 4:16.50 | 37.42   |
|                       |         |                              |                 |         |         | 400m:   | 4:52.06 | 35.56   |
| 3. Pawlak Jagoda      | 08      | UKS Maratonczyk Ostrow Wlk   | <b>5:38.08</b>  | 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 | <b>5:45.99</b>  | 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   |
| 100m:                 | 1:19.34 | 42.85                        | 200m:           | 2:49.63 | 45.70   | 300m:   | 4:20.50 | 45.72   |
|                       |         |                              |                 |         |         | 350m:   | 5:05.53 | 45.03   |
|                       |         |                              |                 |         |         | 400m:   | 5:45.99 | 40.46   |

Open

|                       |         |                            |                 |         |         |         |         |         |
|-----------------------|---------|----------------------------|-----------------|---------|---------|---------|---------|---------|
| 1. Jakubczyk Natalia  | 08      | CSiR MOS w Dabrowie Gorni  | <b>4:37.95</b>  | 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   |
| 100m:                 | 1:07.77 | 35.07                      | 200m:           | 2:17.91 | 35.13   | 300m:   | 3:28.89 | 35.53   |
|                       |         |                            |                 |         |         | 350m:   | 4:04.29 | 35.40   |
|                       |         |                            |                 |         |         | 400m:   | 4:37.95 | 33.66   |
| 2. Skubisz Liliana    | 12      | CSiR MOS w Dabrowie Gorni  | <b>4:46.99</b>  | 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   |
| 100m:                 | 1:08.74 | 35.76                      | 200m:           | 2:21.30 | 36.34   | 300m:   | 3:34.90 | 37.08   |
|                       |         |                            |                 |         |         | 350m:   | 4:11.55 | 36.65   |
|                       |         |                            |                 |         |         | 400m:   | 4:46.99 | 35.44   |
| 3. Sosnowska Agata    | 12      | Torunski MKS CHAMPIONS     | <b>4:47.43</b>  | 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   |
| 100m:                 | 1:08.73 | 35.95                      | 200m:           | 2:22.54 | 36.58   | 300m:   | 3:36.23 | 37.29   |
|                       |         |                            |                 |         |         | 350m:   | 4:12.35 | 36.12   |
|                       |         |                            |                 |         |         | 400m:   | 4:47.43 | 35.08   |
| 4. Tyrna Pola         | 15      | MTP Delfin Cieszyn         | <b>4:52.05</b>  | 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   |
| 100m:                 | 1:10.20 | 36.71                      | 200m:           | 2:25.76 | 37.95   | 300m:   | 3:39.53 | 36.60   |
|                       |         |                            |                 |         |         | 350m:   | 4:16.75 | 37.22   |
|                       |         |                            |                 |         |         | 400m:   | 4:52.05 | 35.30   |
| 5. Maik Victoria      | 09      | UKS „Manta Kochlowice Rud  | <b>4:52.06a</b> | 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   |
| 100m:                 | 1:09.03 | 35.89                      | 200m:           | 2:24.02 | 37.73   | 300m:   | 3:39.08 | 37.54   |
|                       |         |                            |                 |         |         | 350m:   | 4:16.50 | 37.42   |
|                       |         |                            |                 |         |         | 400m:   | 4:52.06 | 35.56   |
| 6. Wereszczynska Lila | 12      | WKS Slask                  | <b>4:55.45</b>  | 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   |
| 100m:                 | 1:09.38 | 36.82                      | 200m:           | 2:25.37 | 38.12   | 300m:   | 3:41.96 | 37.88   |
|                       |         |                            |                 |         |         | 350m:   | 4:19.55 | 37.59   |
|                       |         |                            |                 |         |         | 400m:   | 4:55.45 | 35.90   |
| 7. Bebas Lena         | 11      | Swim Team MOSiR Kedzierzy  | <b>4:59.42</b>  | 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   |
| 100m:                 | 1:13.23 | 38.57                      | 200m:           | 2:29.85 | 38.57   | 300m:   | 3:45.45 | 37.83   |
|                       |         |                            |                 |         |         | 350m:   | 4:22.70 | 37.25   |
|                       |         |                            |                 |         |         | 400m:   | 4:59.42 | 36.72   |
| 8. Maik Maja          | 10      | UKS „Manta Kochlowice Rud  | <b>5:02.74a</b> | 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   |
| 100m:                 | 1:11.27 | 37.32                      | 200m:           | 2:28.23 | 38.41   | 300m:   | 3:46.10 | 39.54   |
|                       |         |                            |                 |         |         | 350m:   | 4:24.45 | 38.35   |
|                       |         |                            |                 |         |         | 400m:   | 5:02.74 | 38.29   |
| 9. Zurakowska Zuzanna | 10      | KS SWIM-ART Wroclaw        | <b>5:05.14</b>  | 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   |
| 100m:                 | 1:10.92 | 37.12                      | 200m:           | 2:27.96 | 39.24   | 300m:   | 3:47.07 | 39.81   |
|                       |         |                            |                 |         |         | 350m:   | 4:26.89 | 39.82   |
|                       |         |                            |                 |         |         | 400m:   | 5:05.14 | 38.25   |
| 10. Bysiec Jagoda     | 11      | CSiR MOS w Dabrowie Gorni  | <b>5:09.29</b>  | 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   |
| 100m:                 | 1:12.12 | 37.93                      | 200m:           | 2:30.75 | 39.46   | 300m:   | 3:50.39 | 39.92   |
|                       |         |                            |                 |         |         | 350m:   | 4:30.31 | 39.92   |
|                       |         |                            |                 |         |         | 400m:   | 5:09.29 | 38.98   |
| 11. Artwik Hanna      | 10      | Akademia Sms Raciborz      | <b>5:10.46</b>  | 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   |
| 100m:                 | 1:13.62 | 38.23                      | 200m:           | 2:33.15 | 39.99   | 300m:   | 3:52.96 | 40.01   |
|                       |         |                            |                 |         |         | 350m:   | 4:32.34 | 39.38   |
|                       |         |                            |                 |         |         | 400m:   | 5:10.46 | 38.12   |
| 12. Nowicka Lena      | 13      | KP „Sukces" Chorzow        | <b>5:11.23</b>  | 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   |
| 100m:                 | 1:12.64 | 38.47                      | 200m:           | 2:32.76 | 40.32   | 300m:   | 3:53.56 | 39.84   |
|                       |         |                            |                 |         |         | 350m:   | 4:33.83 | 40.27   |
|                       |         |                            |                 |         |         | 400m:   | 5:11.23 | 37.40   |
| 13. Savchuk Polina    | 10      | Sekcja Plywacka Meduza Paj | <b>5:13.90</b>  | 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 |         |

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

Event 21, Women, 400m Freestyle, Open

| Rank | YB                 |       | Time                         |       | Pts             | 100m    | 200m          | 300m    | 400m    |         |
|------|--------------------|-------|------------------------------|-------|-----------------|---------|---------------|---------|---------|---------|
| 14.  | Jastrzebska Aneta  | 12    | UKS Aqua Team Mikolow        |       | <b>5:19.91</b>  | 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    | Akademia Sms Raciborz        |       | <b>5:20.19</b>  | 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.  | Nowinska Iga       | 13    | Akademia Sms Raciborz        |       | <b>5:20.52</b>  | 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    | UKS „Manta Kochlowice Rud    |       | <b>5:23.50a</b> | 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    | LKS „Opocznianka"            |       | <b>5:28.56</b>  | 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    | UKS DELFIN Krapkowice        |       | <b>5:32.52</b>  | 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.  | Tulaj Aleksandra   | 11    | UKS „Manta Kochlowice Rud    |       | <b>5:34.34a</b> | 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    | UKS Maratonczyk Ostrow Wlk   |       | <b>5:38.08</b>  | 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.  | Kleczevska Alicja  | 13    | Sekcja Plywacka Meduza Paj   |       | <b>5:40.81</b>  | 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    | AZS KU Politechniki Opolskie |       | <b>5:45.99</b>  | 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    | UKS Maratonczyk Ostrow Wlk   |       | <b>5:47.82</b>  | 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    | UKS „Manta Kochlowice Rud    |       | <b>5:48.04a</b> | 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.  | Klosowska Maria    | 13    | KS Posnania Poznan           |       | <b>5:52.49</b>  | 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    | UKS „Manta Kochlowice Rud    |       | <b>5:53.75a</b> | 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.  | Kulak Maja         | 10    | KP Aqua-Swim Nysa            |       | <b>5:54.78</b>  | 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    | UKS „Manta Kochlowice Rud    |       | <b>5:57.02a</b> | 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.  | Ladziak Mia        | 15    | MKP Szczecin                 |       | <b>6:10.12</b>  | 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    | "KS Michalowo"               |       | <b>6:50.94</b>  | 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 |         |         |         |

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

Event 21, Women, 400m Freestyle, Open

| Rank | YB                 |         |                       |       | Time           | Pts     | 100m    | 200m    | 300m    | 400m  |
|------|--------------------|---------|-----------------------|-------|----------------|---------|---------|---------|---------|-------|
| 32.  | Kolmajer Katarzyna | 14      | UKS DELFIN Krapkowice |       | <b>7:33.16</b> | 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 |

12-13 lat, OOZP

|    |                    |         |                       |       |                |         |         |         |         |       |
|----|--------------------|---------|-----------------------|-------|----------------|---------|---------|---------|---------|-------|
| 1. | Kolmajer Katarzyna | 14      | UKS DELFIN Krapkowice |       | <b>7:33.16</b> | 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 |

15-16 lat, OOZP

|    |               |         |                           |       |                |       |         |         |         |         |         |       |
|----|---------------|---------|---------------------------|-------|----------------|-------|---------|---------|---------|---------|---------|-------|
| 1. | Bebas Lena    | 11      | Swim Team MOSiR Kedzierzy |       | <b>4:59.42</b> | 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. | Rogosz Estera | 10      | UKS DELFIN Krapkowice     |       | <b>5:32.52</b> | 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 |
| 3. | Kulak Maja    | 10      | KP Aqua-Swim Nysa         |       | <b>5:54.78</b> | 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 |

17-18 lat, OOZP

|    |                    |         |                              |       |                |       |         |         |         |         |         |       |
|----|--------------------|---------|------------------------------|-------|----------------|-------|---------|---------|---------|---------|---------|-------|
| 1. | Kurzywik Michalina | 09      | AZS KU Politechniki Opolskie |       | <b>5:45.99</b> | 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, OOZP

|    |                    |         |                              |       |                |         |         |         |         |         |         |       |
|----|--------------------|---------|------------------------------|-------|----------------|---------|---------|---------|---------|---------|---------|-------|
| 1. | Bebas Lena         | 11      | Swim Team MOSiR Kedzierzy    |       | <b>4:59.42</b> | 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. | Rogosz Estera      | 10      | UKS DELFIN Krapkowice        |       | <b>5:32.52</b> | 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 |
| 3. | Kurzywik Michalina | 09      | AZS KU Politechniki Opolskie |       | <b>5:45.99</b> | 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 |
| 4. | Kulak Maja         | 10      | KP Aqua-Swim Nysa            |       | <b>5:54.78</b> | 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 |
| 5. | Kolmajer Katarzyna | 14      | UKS DELFIN Krapkowice        |       | <b>7:33.16</b> | 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   |         |       |