Opole, 24.10.2026

Konkurencja 8 — Kobiet, 400m dowolny — 11 lat i starsi
24.10.2026 - 12:10 — Wyniki

Punkty: AQUA 2026

Pozycja				Rok ur.					Czas	Pkt.
11 lat										
1.	Rudnik Lilianna			15	DOKiS SP Vega Dobrodzień				**5:20.57**	370
	50m:	37.77	37.77	150m:	1:58.68	40.33	250m:	3:21.24	41.33	350m:	4:43.31	40.68
	100m:	1:18.35	40.58	200m:	2:39.91	41.23	300m:	4:02.63	41.39	400m:	5:20.57	37.26
2.	Pałys Kinga			15	"Sikret" Gliwice				**5:34.99**	324
	50m:	36.57	36.57	150m:	1:57.89	41.03	250m:	3:25.02	44.43	350m:	4:53.53	43.24
	100m:	1:16.86	40.29	200m:	2:40.59	42.70	300m:	4:10.29	45.27	400m:	5:34.99	41.46
3.	Cielniaszek Liliana			15	Swim Team MOSiR Kędzierzyn-Koźle				**5:58.59**	264
	50m:	40.82	40.82	150m:	2:13.32	47.26	250m:	3:46.29	47.18	350m:	5:17.87	44.67
	100m:	1:26.06	45.24	200m:	2:59.11	45.79	300m:	4:33.20	46.91	400m:	5:58.59	40.72
4.	Labus Marlena			15	Uks Gwiazda Olesno				**6:01.41**	258
	50m:	39.84	39.84	150m:	2:09.83	45.81	250m:	3:44.13	46.83	350m:	5:18.92	47.74
	100m:	1:24.02	44.18	200m:	2:57.30	47.47	300m:	4:31.18	47.05	400m:	6:01.41	42.49
5.	Wasilkowska Zofia			15	AZS KU Politechniki Opolskiej				**6:07.00**	246
	50m:	38.90	38.90	150m:	2:11.50	47.16	250m:	3:47.75	48.19	350m:	5:23.48	47.33
	100m:	1:24.34	45.44	200m:	2:59.56	48.06	300m:	4:36.15	48.40	400m:	6:07.00	43.52
6.	Basista Łucja			15	KS Rekin Świebodzice				**6:24.98**	213
	50m:	44.79	44.79	150m:	2:22.72	50.21	250m:	4:02.77	49.56	350m:	5:40.03	48.56
	100m:	1:32.51	47.72	200m:	3:13.21	50.49	300m:	4:51.47	48.70	400m:	6:24.98	44.95
7.	Białoń Barbara			15	KS Rekin Świebodzice				**6:29.74**	206
	50m:	45.34	45.34	150m:	2:23.89	49.55	250m:	4:04.70	50.47	350m:	5:43.53	48.56
	100m:	1:34.34	49.00	200m:	3:14.23	50.34	300m:	4:54.97	50.27	400m:	6:29.74	46.21
8.	Zawada Katarzyna			15	Swim Team MOSiR Kędzierzyn-Koźle				**6:36.49**	195
	50m:	42.42	42.42	150m:	2:24.36	52.65	250m:	4:11.19	53.40	350m:	5:53.42	50.47
	100m:	1:31.71	49.29	200m:	3:17.79	53.43	300m:	5:02.95	51.76	400m:	6:36.49	43.07
9.	Seń Maja			15	Swim Team MOSiR Kędzierzyn-Koźle				**6:38.16**	193
	50m:	44.75	44.75	150m:	2:25.33	50.78	250m:	4:09.80	51.61	350m:	5:49.23	50.22
	100m:	1:34.55	49.80	200m:	3:18.19	52.86	300m:	4:59.01	49.21	400m:	6:38.16	48.93
10.	Garba Lilia			15	KS Rekin Świebodzice				**6:38.21**	193
	50m:	43.56	43.56	150m:	2:24.85	50.84	250m:	4:07.90	52.05	350m:	5:51.14	51.13
	100m:	1:34.01	50.45	200m:	3:15.85	51.00	300m:	5:00.01	52.11	400m:	6:38.21	47.07
11.	Chmielowiec Amelia			15	Swim Team MOSiR Kędzierzyn-Koźle				**6:40.53**	189
	50m:	44.10	44.10	150m:	2:24.94	51.26	250m:	4:09.57	52.25	350m:	5:52.34	50.91
	100m:	1:33.68	49.58	200m:	3:17.32	52.38	300m:	5:01.43	51.86	400m:	6:40.53	48.19
12.	Galus Zuzanna			15	AZS KU Politechniki Opolskiej				**6:44.73**	184
	50m:	46.70	46.70	150m:	2:29.55	52.10	250m:	4:14.79	52.05	350m:	5:59.01	51.88
	100m:	1:37.45	50.75	200m:	3:22.74	53.19	300m:	5:07.13	52.34	400m:	6:44.73	45.72
13.	Szewczyk Lena			15	Swim Team MOSiR Kędzierzyn-Koźle				**6:47.17**	180
	50m:	44.45	44.45	150m:	2:28.29	52.09	250m:	4:14.74	53.75	350m:	6:00.24	52.26
	100m:	1:36.20	51.75	200m:	3:20.99	52.70	300m:	5:07.98	53.24	400m:	6:47.17	46.93
14.	Mazur Amelia			15	UKS Junior Kluczbork				**6:49.07**	178
	50m:	44.13	44.13	150m:	2:28.78	53.86	250m:	4:17.01	53.98	350m:	6:01.70	50.25
	100m:	1:34.92	50.79	200m:	3:23.03	54.25	300m:	5:11.45	54.44	400m:	6:49.07	47.37

OPOLSKIE
Współfinansowane przez Samorząd Województwa Opolskiego
OPOLSKIE

Opole, 24.10.2026

Konkurencja 8, Dziewcząt, 400m dowolny, 11 lat

Pozycja		Rok ur.			Czas	Pkt.
15.	Haładus Nela	15	Swim Team MOSiR Kędzierzyn-Koźle		**6:52.58**	173
	50m: 49.88 49.88 150m: 2:36.08 52.62 250m: 4:20.36 51.91 350m: 6:04.39 51.14					
	100m: 1:43.46 53.58 200m: 3:28.45 52.37 300m: 5:13.25 52.89 400m: 6:52.58 48.19					
16.	Zochniak Hanna	15	AZS KU Politechniki Opolskiej		**6:57.74**	167
	50m: 46.51 46.51 150m: 2:30.20 51.74 250m: 4:18.49 52.95 350m: 6:06.19 53.30					
	100m: 1:38.46 51.95 200m: 3:25.54 55.34 300m: 5:12.89 54.40 400m: 6:57.74 51.55					
17.	Drobny Antonina	15	Swim Team MOSiR Kędzierzyn-Koźle		**7:04.91**	159
	50m: 49.27 49.27 150m: 2:36.57 54.43 250m: 4:26.18 54.99 350m: 6:15.62 54.69					
	100m: 1:42.14 52.87 200m: 3:31.19 54.62 300m: 5:20.93 54.75 400m: 7:04.91 49.29					
18.	Kołaczyńska Maja	15	Swim Team MOSiR Kędzierzyn-Koźle		**7:07.29**	156
	50m: 45.21 45.21 150m: 2:32.19 54.45 250m: 4:23.02 56.10 350m: 6:16.09 56.41					
	100m: 1:37.74 52.53 200m: 3:26.92 54.73 300m: 5:19.68 56.66 400m: 7:07.29 51.20					
19.	Śledź Emilia	15	UKS Kronos Strzelce Opolskie		**7:25.52**	138
	50m: 45.79 45.79 150m: 2:36.90 56.79 250m: 4:31.62 57.94 350m: 6:33.23 1:00.69					
	100m: 1:40.11 54.32 200m: 3:33.68 56.78 300m: 5:32.54 1:00.92 400m: 7:25.52 52.29					
20.	Chudzik Hanna	15	Swim Team MOSiR Kędzierzyn-Koźle		**7:28.05**	135
	50m: 48.74 48.74 150m: 2:47.07 59.17 250m: 4:40.27 57.91 350m: 6:36.02 57.65					
	100m: 1:47.90 59.16 200m: 3:42.36 55.29 300m: 5:38.37 58.10 400m: 7:28.05 52.03					
21.	Bonk Wiktoria	15	DOKiS SP Vega Dobrodzień		**7:32.60**	131
	50m: 50.62 50.62 150m: 2:45.77 58.00 250m: 4:45.17 59.99 350m: 6:42.05 58.19					
	100m: 1:47.77 57.15 200m: 3:45.18 59.41 300m: 5:43.86 58.69 400m: 7:32.60 50.55					
22.	Banach Gaja	15	Swim Team MOSiR Kędzierzyn-Koźle		**7:36.63**	128
	50m: 48.21 48.21 150m: 2:42.87 57.82 250m: 4:42.76 1:00.01 350m: 6:40.35 57.38					
	100m: 1:45.05 56.84 200m: 3:42.75 59.88 300m: 5:42.97 1:00.21 400m: 7:36.63 56.28					

13 lat

1.	Jadwiżak Magdalena	13	Niagara Jedynka Wolsztyn		**4:59.43**	454
	50m: 32.72 32.72 150m: 1:48.34 37.68 250m: 3:06.39 39.41 350m: 4:23.53 38.85					
	100m: 1:10.66 37.94 200m: 2:26.98 38.64 300m: 3:44.68 38.29 400m: 4:59.43 35.90					
2.	Nowicka Lena	13	KP ,,Sukces" Chorzów		**5:02.68**	440
	50m: 31.64 31.64 150m: 1:48.14 39.51 250m: 3:08.00 39.76 350m: 4:26.75 40.27					
	100m: 1:08.63 36.99 200m: 2:28.24 40.10 300m: 3:46.48 38.48 400m: 5:02.68 35.93					
3.	Cichosz Maja	13	UKS Junior Kluczbork		**5:39.06**	313
	50m: 38.08 38.08 150m: 2:05.39 44.11 250m: 3:33.10 43.45 350m: 5:01.34 43.47					
	100m: 1:21.28 43.20 200m: 2:49.65 44.26 300m: 4:17.87 44.77 400m: 5:39.06 37.72					
4.	Ledniowska Aneta	13	UKS Kronos Strzelce Opolskie		**5:46.67**	292
	50m: 40.31 40.31 150m: 2:07.72 44.15 250m: 3:37.01 44.75 350m: 5:04.89 43.39					
	100m: 1:23.57 43.26 200m: 2:52.26 44.54 300m: 4:21.50 44.49 400m: 5:46.67 41.78					
5.	Onysk Michalina	13	Swim Team MOSiR Kędzierzyn-Koźle		**5:55.77**	271
	50m: 38.14 38.14 150m: 2:08.72 46.45 250m: 3:42.04 46.58 350m: 5:13.73 45.73					
	100m: 1:22.27 44.13 200m: 2:55.46 46.74 300m: 4:28.00 45.96 400m: 5:55.77 42.04					
6.	Fryc Emilia	13	Swim Team MOSiR Kędzierzyn-Koźle		**6:56.47**	168
	50m: 44.94 44.94 150m: 2:30.48 53.29 250m: 4:18.36 54.64 350m: 6:05.12 53.20					
	100m: 1:37.19 52.25 200m: 3:23.72 53.24 300m: 5:11.92 53.56 400m: 6:56.47 51.35					
7.	Klin Hanna	13	UKS DELFIN Krapkowice		**7:05.98**	157
	50m: 43.56 43.56 150m: 2:29.74 53.76 250m: 4:21.37 55.79 350m: 6:12.29 55.13					
	100m: 1:35.98 52.42 200m: 3:25.58 55.84 300m: 5:17.16 55.79 400m: 7:05.98 53.69					

OPOLSKIE
Współfinansowane przez Samorząd Województwa Opolskiego
OPOLSKIE

Opole, 24.10.2026

Konkurencja 8, Kobiet, 400m dowolny

14 lat i starsi

1.	Rugała Hanna				11	AZS KU Politechniki Opolskiej							**5:00.09**	451
	50m:	29.97	29.97	150m:	1:40.10	35.89	250m:	2:59.67	43.52	350m:	4:21.82	39.85		
	100m:	1:04.21	34.24	200m:	2:16.15	36.05	300m:	3:41.97	42.30	400m:	5:00.09	38.27		
2.	Biełous Lena				12	KS Rekin Świebodzice							**5:04.74**	431
	50m:	33.80	33.80	150m:	1:49.73	38.60	250m:	3:08.44	39.76	350m:	4:27.71	39.57		
	100m:	1:11.13	37.33	200m:	2:28.68	38.95	300m:	3:48.14	39.70	400m:	5:04.74	37.03		
3.	Jäger Anna				10	UKS DELFIN Krapkowice							**5:06.10**	425
	50m:	34.18	34.18	150m:	1:51.69	39.55	250m:	3:10.45	39.60	350m:	4:29.61	40.17		
	100m:	1:12.14	37.96	200m:	2:30.85	39.16	300m:	3:49.44	38.99	400m:	5:06.10	36.49		
4.	Nosol Paulina				11	AZS KU Politechniki Opolskiej							**5:07.86**	418
	50m:	29.12	29.12	150m:	1:36.03	34.50	250m:	2:57.65	44.35	350m:	4:25.75	43.97		
	100m:	1:01.53	32.41	200m:	2:13.30	37.27	300m:	3:41.78	44.13	400m:	5:07.86	42.11		
5.	Weinert Agata				11	UKS DELFIN Krapkowice							**5:14.81**	391
	50m:	35.60	35.60	150m:	1:56.86	40.77	250m:	3:18.09	40.21	350m:	4:38.11	39.43		
	100m:	1:16.09	40.49	200m:	2:37.88	41.02	300m:	3:58.68	40.59	400m:	5:14.81	36.70		
6.	Mikołajek Adrianna				11	AZS KU Politechniki Opolskiej							**5:15.12**	390
	50m:	30.45	30.45	150m:	1:42.42	37.23	250m:	3:07.84	44.86	350m:	4:35.70	43.33		
	100m:	1:05.19	34.74	200m:	2:22.98	40.56	300m:	3:52.37	44.53	400m:	5:15.12	39.42		
7.	Cepak Paulina				12	AZS KU Politechniki Opolskiej							**5:16.25**	385
	50m:	32.74	32.74	150m:	1:50.77	39.87	250m:	3:13.27	41.47	350m:	4:36.62	42.00		
	100m:	1:10.90	38.16	200m:	2:31.80	41.03	300m:	3:54.62	41.35	400m:	5:16.25	39.63		
8.	Martiszko Maja				12	Swim Team MOSiR Kędzierzyn-Koźle							**5:18.09**	379
	50m:	34.75	34.75	150m:	1:54.96	41.01	250m:	3:17.45	41.28	350m:	4:39.77	40.89		
	100m:	1:13.95	39.20	200m:	2:36.17	41.21	300m:	3:58.88	41.43	400m:	5:18.09	38.32		
9.	Żupa Agata				12	MUKS Gilus Gilowice							**5:30.97**	336
	50m:	33.41	33.41	150m:	1:55.84	42.30	250m:	3:23.33	44.59	350m:	4:50.87	43.39		
	100m:	1:13.54	40.13	200m:	2:38.74	42.90	300m:	4:07.48	44.15	400m:	5:30.97	40.10		
10.	Śpiączka Zuzanna				12	Niagara Jedynka Wolsztyn							**5:34.02**	327
	50m:	34.73	34.73	150m:	1:59.10	42.83	250m:	3:25.49	43.50	350m:	4:53.78	43.91		
	100m:	1:16.27	41.54	200m:	2:41.99	42.89	300m:	4:09.87	44.38	400m:	5:34.02	40.24		
11.	Kurzywilk Michalina				09	AZS KU Politechniki Opolskiej							**5:39.80**	311
	50m:	36.41	36.41	150m:	2:00.65	42.56	250m:	3:27.90	43.91	350m:	4:57.92	45.29		
	100m:	1:18.09	41.68	200m:	2:43.99	43.34	300m:	4:12.63	44.73	400m:	5:39.80	41.88		
12.	Krawiec Lena				12	AZS KU Politechniki Opolskiej							**5:41.34**	306
	50m:	33.68	33.68	150m:	1:57.09	43.47	250m:	3:27.26	46.24	350m:	4:59.03	46.04		
	100m:	1:13.62	39.94	200m:	2:41.02	43.93	300m:	4:12.99	45.73	400m:	5:41.34	42.31		
13.	Stec Natalia				11	KS Rekin Świebodzice							**5:41.91**	305
	50m:	36.01	36.01	150m:	2:00.73	43.40	250m:	3:29.17	44.33	350m:	4:59.84	45.60		
	100m:	1:17.33	41.32	200m:	2:44.84	44.11	300m:	4:14.24	45.07	400m:	5:41.91	42.07		
14.	Zabielska Helena				11	UKS Kronos Strzelce Opolskie							**5:47.33**	291
	50m:	36.28	36.28	150m:	2:03.31	44.34	250m:	3:34.33	46.19	350m:	5:04.87	43.91		
	100m:	1:18.97	42.69	200m:	2:48.14	44.83	300m:	4:20.96	46.63	400m:	5:47.33	42.46		
15.	Dobrochowska Julia				10	KS Rekin Świebodzice							**5:52.03**	279
	50m:	37.62	37.62	150m:	2:05.15	44.35	250m:	3:36.65	45.50	350m:				
	100m:	1:20.80	43.18	200m:	2:51.15	46.00	300m:	5:52.24	2:15.59	400m:	5:52.03			

OPOLSKIE
Współfinansowane przez Samorząd Województwa Opolskiego
OPOLSKIE

Opole, 24.10.2026

Konkurencja 8, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja		Rok ur.		Czas	Pkt.
16.	Kopko Lena	12	Swim Team MOSiR Kędzierzyn-Koźle	**6:04.58**	251
	50m: 40.34 40.34	150m: 2:12.31 46.40	250m: 3:47.28 47.81	350m: 5:21.70 47.33	
	100m: 1:25.91 45.57	200m: 2:59.47 47.16	300m: 4:34.37 47.09	400m: 6:04.58 42.88	
17.	Niespodzińska Arleta	11	UKS DELFIN Krapkowice	**6:56.46**	168
	50m: 45.18 45.18	150m: 2:30.66 54.43	250m: 4:18.97 53.91	350m: 6:08.53 54.35	
	100m: 1:36.23 51.05	200m: 3:25.06 54.40	300m: 5:14.18 55.21	400m: 6:56.46 47.93	

OPOLSKIE
Współfinansowane przez Samorząd Województwa Opolskiego
OPOLSKIE