



Zimowe Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach.
Kościerzyna, 7- - 8-12-2024

Konkurencja 10
2024-12-07 - 12:23

Kobiet, 400m Bifins

Open
Wyniki

Rekordy Polski_25m_pletwa Open	3:53.77	PRENTKA Weronika	Kościerzyna	2018-01-01
Rekordy Polski_25m_pletwa 16 - 17	3:58.21	SZELUGA Wiktoria	Olecko	2018-01-01
Rekordy Polski_25m_pletwa 14 - 15	4:02.20	JESIOŁOWSKA Inez	Kościerzyna	2019-06-01
Rekordy Polski_25m_pletwa 12 - 13	4:09.56	CHMIELEWSKA ALEKSANDRA	OLECKO	2019-09-01
Rekordy Polski_25m_pletwa 7 - 11	4:35.37	GÓRKA Zofia	POL Chodzie	2024-11-24

Punkty:

Pozycja	Rok ur.	Czas	Pkt.
KAT. Open			
1. OKO Anna	09	3:58.40	
<i>Rekord Polski</i>			
50m: 26.37 26.37	150m: 1:25.70 30.26	250m: 2:26.81 30.75	350m: 3:28.61 30.97
100m: 55.44 29.07	200m: 1:56.06 30.36	300m: 2:57.64 30.83	400m: 3:58.40 29.79
2. SZALAST Karolina	05	4:02.92	+ 4.52
50m: 26.80 26.80	150m: 1:26.66 30.48	250m: 2:28.12 30.96	350m: 3:31.84 32.09
100m: 56.18 29.38	200m: 1:57.16 30.50	300m: 2:59.75 31.63	400m: 4:02.92 31.08
3. GWAJ Julia	04	4:08.13	+ 9.73
50m: 27.03 27.03	150m: 1:27.88 30.76	250m: 2:31.21 31.87	350m: 3:35.84 32.48
100m: 57.12 30.09	200m: 1:59.34 31.46	300m: 3:03.36 32.15	400m: 4:08.13 32.29
4. PEEK Dominika	10	4:08.35	+ 9.95
50m: 27.39 27.39	150m: 1:30.40 31.79	250m: 2:34.11 31.75	350m: 3:37.69 31.86
100m: 58.61 31.22	200m: 2:02.36 31.96	300m: 3:05.83 31.72	400m: 4:08.35 30.66
5. PIETRAS Maria	07	4:10.73	+ 12.33
50m: 27.31 27.31	150m: 1:28.49 31.52	250m: 2:33.75 33.02	350m: 3:40.03 33.30
100m: 56.97 29.66	200m: 2:00.73 32.24	300m: 3:06.73 32.98	400m: 4:10.73 30.70
6. REDLIN Anna	08	4:11.49	+ 13.09
50m: 27.60 27.60	150m: 1:29.71 31.70	250m: 2:35.23 33.02	350m: 3:40.55 32.59
100m: 58.01 30.41	200m: 2:02.21 32.50	300m: 3:07.96 32.73	400m: 4:11.49 30.94
7. LISZKA Aniela	10	4:11.50	+ 13.10
50m: 27.68 27.68	150m: 1:30.21 32.03	250m: 2:35.21 32.60	350m: 3:40.50 32.91
100m: 58.18 30.50	200m: 2:02.61 32.40	300m: 3:07.59 32.38	400m: 4:11.50 31.00
8. SULKOWSKA Hanna	11	4:14.02	+ 15.62
50m: 28.48 28.48	150m: 1:32.79 32.44	250m: 2:37.18 32.62	350m: 3:42.16 32.45
100m: 1:00.35 31.87	200m: 2:04.56 31.77	300m: 3:09.71 32.53	400m: 4:14.02 31.86
9. PODPORA Marta	06	4:14.15	+ 15.75
50m: 27.43 27.43	150m: 1:29.15 31.47	250m: 2:33.42 32.29	350m: 3:41.38 33.98
100m: 57.68 30.25	200m: 2:01.13 31.98	300m: 3:07.40 33.98	400m: 4:14.15 32.77
10. KOZŁOWSKA Laura	11	4:17.15	+ 18.75
50m: 28.57 28.57	150m: 1:34.13 33.00	250m: 2:39.12 31.76	350m: 3:44.67 33.22
100m: 1:01.13 32.56	200m: 2:07.36 33.23	300m: 3:11.45 32.33	400m: 4:17.15 32.48
11. ŁADO Natalia	10	4:17.63	+ 19.23
50m: 28.59 28.59	150m: 1:32.47 31.96	250m: 2:37.23 32.68	350m: 3:44.17 34.05
100m: 1:00.51 31.92	200m: 2:04.55 32.08	300m: 3:10.12 32.89	400m: 4:17.63 33.46
12. BLOK Sandra	09	4:19.27	+ 20.87
50m: 27.65 27.65	150m: 1:30.76 32.32	250m: 2:37.61 33.62	350m: 3:45.65 34.22
100m: 58.44 30.79	200m: 2:03.99 33.23	300m: 3:11.43 33.82	400m: 4:19.27 33.62
13. GRELA Agata	10	4:22.66	+ 24.26
50m: 28.76 28.76	150m: 1:33.50 32.89	250m: 2:42.28 34.51	350m: 3:50.63 34.18
100m: 1:00.61 31.85	200m: 2:07.77 34.27	300m: 3:16.45 34.17	400m: 4:22.66 32.03
14. GRE Julia	04	4:22.97	+ 24.57
50m: 28.35 28.35	150m: 1:34.09 33.61	250m: 2:42.00 33.88	350m: 3:50.25 34.13
100m: 1:00.48 32.13	200m: 2:08.12 34.03	300m: 3:16.12 34.12	400m: 4:22.97 32.72



Zimowe Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach.
Kościerzyna, 7- - 8-12-2024

Konkurencja 10, Kobiet, 400m Bifins, KAT. Open

Pozycja			Rok ur.						Czas	Pkt.		
15.	TARTANUS Nina		07	UKS Tri-Sea Mewa Władysławowo	4:24.04				+ 25.64			
	50m:	29.27	29.27	150m:	1:34.94	33.59	250m:	2:42.84	34.00	350m:	3:50.66	34.04
	100m:	1:01.35	32.08	200m:	2:08.84	33.90	300m:	3:16.62	33.78	400m:	4:24.04	33.38
16.	WIRKO Izabela		10	UKS Tri-Sea Mewa Władysławowo	4:25.08				+ 26.68			
	50m:	29.48	29.48	150m:	1:36.82	34.44	250m:	2:46.57	34.57	350m:	3:55.36	33.64
	100m:	1:02.38	32.90	200m:	2:12.00	35.18	300m:	3:21.72	35.15	400m:	4:25.08	29.72
17.	OBERMAN Zuzanna		08	UKP Polonia Warszawa	4:25.18				+ 26.78			
	50m:	27.64	27.64	150m:	1:32.65	33.77	250m:	2:42.62	35.02	350m:	3:52.26	34.67
	100m:	58.88	31.24	200m:	2:07.60	34.95	300m:	3:17.59	34.97	400m:	4:25.18	32.92
18.	BRESKA Helena		08	UKS Manta Kościerzyna	4:27.10				+ 28.70			
	50m:	27.70	27.70	150m:	1:32.50	33.37	250m:	2:42.99	35.25	350m:	3:53.84	35.12
	100m:	59.13	31.43	200m:	2:07.74	35.24	300m:	3:18.72	35.73	400m:	4:27.10	33.26
19.	GNIEDZIEJKO Julia		12	UKS Amfiprion Olecko	4:28.57				+ 30.17			
	50m:	28.94	28.94	150m:	1:36.45	34.89	250m:	2:46.94	34.79	350m:	3:57.94	35.99
	100m:	1:01.56	32.62	200m:	2:12.15	35.70	300m:	3:21.95	35.01	400m:	4:28.57	30.63
20.	KASZKIEL Martyna		09	UKS Amfiprion Olecko	4:29.82				+ 31.42			
	50m:	30.24	30.24	150m:	1:38.37	34.64	250m:	2:48.80	35.12	350m:	3:57.64	33.81
	100m:	1:03.73	33.49	200m:	2:13.68	35.31	300m:	3:23.83	35.03	400m:	4:29.82	32.18
21.	GAJEWSKA Amelia		09	UKS Amfiprion Olecko	4:32.90				+ 34.50			
	50m:	29.92	29.92	150m:	1:37.48	34.77	250m:	2:49.10	36.15	350m:	3:59.44	34.76
	100m:	1:02.71	32.79	200m:	2:12.95	35.47	300m:	3:24.68	35.58	400m:	4:32.90	33.46
22.	UKOWICZ Estera		11	UKS Tri-Sea Mewa Władysławowo	4:35.22				+ 36.82			
	50m:	29.42	29.42	150m:	1:38.82	35.09	250m:	2:50.90	36.07	350m:	4:01.41	34.90
	100m:	1:03.73	34.31	200m:	2:14.83	36.01	300m:	3:26.51	35.61	400m:	4:35.22	33.81
23.	KAISER Nadia		09	UKS Manta Kościerzyna	4:37.12				+ 38.72			
	50m:	31.64	31.64	150m:	1:41.24	35.61	250m:	2:53.60	36.45	350m:	4:03.46	34.82
	100m:	1:05.63	33.99	200m:	2:17.15	35.91	300m:	3:28.64	35.04	400m:	4:37.12	33.66
24.	NARKOWICZ Iga		08	UKS Tri-Sea Mewa Władysławowo	4:37.29				+ 38.89			
	50m:	29.53	29.53	150m:	1:38.68	35.51	250m:	2:50.03	35.50	350m:	4:02.64	36.38
	100m:	1:03.17	33.64	200m:	2:14.53	35.85	300m:	3:26.26	36.23	400m:	4:37.29	34.65
25.	IRACKA Zuzanna		12	Laguna 24 Toru	4:37.97				+ 39.57			
	50m:	30.31	30.31	150m:	1:38.43	34.84	250m:	2:50.45	36.26	350m:	4:03.13	36.32
	100m:	1:03.59	33.28	200m:	2:14.19	35.76	300m:	3:26.81	36.36	400m:	4:37.97	34.84
26.	BIDA Klaudia		07	KS Aqua Sport Kościerzyna	4:38.68				+ 40.28			
	50m:	28.56	28.56	150m:	1:38.64	36.25	250m:	2:52.51	37.07	350m:	4:04.76	35.32
	100m:	1:02.39	33.83	200m:	2:15.44	36.80	300m:	3:29.44	36.93	400m:	4:38.68	33.92
27.	TRYTEK Antonina		10	UKS Tri-Sea Mewa Władysławowo	4:38.76				+ 40.36			
	50m:	29.67	29.67	150m:	1:38.89	35.51	250m:	2:51.45	36.18	350m:	4:03.37	35.95
	100m:	1:03.38	33.71	200m:	2:15.27	36.38	300m:	3:27.42	35.97	400m:	4:38.76	35.39
28.	TARNOWSKA Anna		08	KS Aqua Sport Kościerzyna	4:43.81				+ 45.41			
	50m:	27.68	27.68	150m:	1:37.24	36.46	250m:	2:52.84	38.16	350m:	4:08.15	37.83
	100m:	1:00.78	33.10	200m:	2:14.68	37.44	300m:	3:30.32	37.48	400m:	4:43.81	35.66
29.	PROCHOWICZ Hanna		11	MUKS Piorun Gołdap	4:44.55				+ 46.15			
	50m:	31.62	31.62	150m:	1:41.73	35.68	250m:	2:55.08	36.53	350m:	4:08.91	36.31
	100m:	1:06.05	34.43	200m:	2:18.55	36.82	300m:	3:32.60	37.52	400m:	4:44.55	35.64
30.	SZYMA SKA Amelia		09	UKS Manta Kościerzyna	4:51.50				+ 53.10			
	50m:	31.26	31.26	150m:	1:44.81	38.19	250m:	2:59.93	36.48	350m:	4:14.47	36.03
	100m:	1:06.62	35.36	200m:	2:23.45	38.64	300m:	3:38.44	38.51	400m:	4:51.50	37.03
31.	SZAJKOWSKA Aleksandra		11	UKS Tri-Sea Mewa Władysławowo	4:53.19				+ 54.79			
	50m:	30.40	30.40	150m:	1:42.52	37.21	250m:	2:58.08	37.96	350m:	4:15.43	38.46
	100m:	1:05.31	34.91	200m:	2:20.12	37.60	300m:	3:36.97	38.89	400m:	4:53.19	37.76



Zimowe Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach.
Kościerzyna, 7- - 8-12-2024

Konkurencja 10, Kobiety, 400m Bifins, KAT. Open

Pozycja				Rok ur.					Czas	Pkt.		
32.	KREFT Alicja			11	UKS Delfin Władysławowo				4:53.99	+ 55.59		
	50m:	31.23	31.23	150m:	1:44.21	37.76	250m:	3:00.19	37.81	350m:	4:17.86	39.03
	100m:	1:06.45	35.22	200m:	2:22.38	38.17	300m:	3:38.83	38.64	400m:	4:53.99	36.13
33.	KUTELA Michalina			08	UKS Manta Kościerzyna				4:54.17	+ 55.77		
	50m:	31.83	31.83	150m:	1:43.62	36.72	250m:	2:59.83	38.49	350m:	4:17.57	38.61
	100m:	1:06.90	35.07	200m:	2:21.34	37.72	300m:	3:38.96	39.13	400m:	4:54.17	36.60
34.	BUKWA Blanka			12	MUKS Piorun Gołdap				4:54.38	+ 55.98		
	50m:	32.60	32.60	150m:	1:46.89	38.06	250m:	3:02.88	37.76	350m:	4:19.05	38.14
	100m:	1:08.83	36.23	200m:	2:25.12	38.23	300m:	3:40.91	38.03	400m:	4:54.38	35.33
35.	DEPTUŁA Julia			12	MUKS Piorun Gołdap				4:55.43	+ 57.03		
	50m:	32.29	32.29	150m:	1:47.00	37.62	250m:	3:02.86	37.43	350m:	4:19.26	38.11
	100m:	1:09.38	37.09	200m:	2:25.43	38.43	300m:	3:41.15	38.29	400m:	4:55.43	36.17
36.	DAWIDOWICZ Lena			10	UKS Manta Kościerzyna				4:55.61	+ 57.21		
	50m:	30.56	30.56	150m:	1:44.02	37.47	250m:	3:01.53	39.08	350m:	4:18.42	37.93
	100m:	1:06.55	35.99	200m:	2:22.45	38.43	300m:	3:40.49	38.96	400m:	4:55.61	37.19
37.	KUCHARSKA Nina			11	KS Aqua Sport Kościerzyna				4:57.09	+ 58.69		
	50m:	32.21	32.21	150m:	1:47.55	38.30	250m:	3:05.90	39.32	350m:	4:22.32	37.29
	100m:	1:09.25	37.04	200m:	2:26.58	39.03	300m:	3:45.03	39.13	400m:	4:57.09	34.77
38.	NIEMCZYK Zuzanna			11	UKS Manta Kościerzyna				5:00.53	+ 1:02.13		
	50m:	33.56	33.56	150m:	1:49.51	37.37	250m:	3:08.01	38.68	350m:	4:24.12	37.88
	100m:	1:12.14	38.58	200m:	2:29.33	39.82	300m:	3:46.24	38.23	400m:	5:00.53	36.41
39.	PARCHEM Małgorzata			10	UKS Tri-Sea Mewa Władysławowo				5:04.51	+ 1:06.11		
	50m:	32.01	32.01	150m:	1:50.73	40.19	250m:	3:11.42	41.53	350m:	4:29.76	38.84
	100m:	1:10.54	38.53	200m:	2:29.89	39.16	300m:	3:50.92	39.50	400m:	5:04.51	34.75
40.	BAREŁKOWSKA Blanka			09	UKS Manta Kościerzyna				5:14.62	+ 1:16.22		
	50m:	34.05	34.05	150m:	1:50.99	39.21	250m:	3:13.14	41.16	350m:	4:33.82	38.83
	100m:	1:11.78	37.73	200m:	2:31.98	40.99	300m:	3:54.99	41.85	400m:	5:14.62	40.80
41.	BOBKOWSKA Aida			12	UKS Tri-Sea Mewa Władysławowo				5:26.04	+ 1:27.64		
	50m:	35.83	35.83	150m:	2:00.37	42.65	250m:	3:24.46	41.75	350m:	4:48.03	40.76
	100m:	1:17.72	41.89	200m:	2:42.71	42.34	300m:	4:07.27	42.81	400m:	5:26.04	38.01
42.	KLONOWSKA Klementyna			12	KS Aqua Sport Kościerzyna				5:33.31	+ 1:34.91		
	50m:	36.22	36.22	150m:	2:03.77	45.08	250m:	3:34.01	44.77	350m:	4:58.37	39.60
	100m:	1:18.69	42.47	200m:	2:49.24	45.47	300m:	4:18.77	44.76	400m:	5:33.31	34.94
DYSKW.	OKROJ Magda			11	UKS Manta Kościerzyna				5:24.77	+ 1:26.37		
	- Przekroczenie 15 m.											
	50m:	35.13	35.13	150m:	1:57.52	41.84	250m:	3:23.88	41.97	350m:	4:46.77	40.93
	100m:	1:15.68	40.55	200m:	2:41.91	44.39	300m:	4:05.84	41.96	400m:	5:24.77	38.00

KAT. B

1.	PIETRAS Maria			07	Delfinek Chodzie				4:10.73			
	50m:	27.31	27.31	150m:	1:28.49	31.52	250m:	2:33.75	33.02	350m:	3:40.03	33.30
	100m:	56.97	29.66	200m:	2:00.73	32.24	300m:	3:06.73	32.98	400m:	4:10.73	30.70
2.	REDLIN Anna			08	UKS Tri-Sea Mewa Władysławowo				4:11.49	+ 0.76		
	50m:	27.60	27.60	150m:	1:29.71	31.70	250m:	2:35.23	33.02	350m:	3:40.55	32.59
	100m:	58.01	30.41	200m:	2:02.21	32.50	300m:	3:07.96	32.73	400m:	4:11.49	30.94
3.	TARTANUS Nina			07	UKS Tri-Sea Mewa Władysławowo				4:24.04	+ 13.31		
	50m:	29.27	29.27	150m:	1:34.94	33.59	250m:	2:42.84	34.00	350m:	3:50.66	34.04
	100m:	1:01.35	32.08	200m:	2:08.84	33.90	300m:	3:16.62	33.78	400m:	4:24.04	33.38
4.	OBERMAN Zuzanna			08	UKP Polonia Warszawa				4:25.18	+ 14.45		
	50m:	27.64	27.64	150m:	1:32.65	33.77	250m:	2:42.62	35.02	350m:	3:52.26	34.67
	100m:	58.88	31.24	200m:	2:07.60	34.95	300m:	3:17.59	34.97	400m:	4:25.18	32.92



Zimowe Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach.
Kościerzyna, 7- - 8-12-2024

Konkurencja 10, Dziewcz t, 400m Bifins, KAT. B

Pozycja			Rok ur.						Czas	Pkt.		
5.	BRESKA Helena		08	UKS Manta Kościerzyna					4:27.10	+ 16.37		
	50m:	27.70	27.70	150m:	1:32.50	33.37	250m:	2:42.99	35.25	350m:	3:53.84	35.12
	100m:	59.13	31.43	200m:	2:07.74	35.24	300m:	3:18.72	35.73	400m:	4:27.10	33.26
6.	NARKOWICZ Iga		08	UKS Tri-Sea Mewa Władysławowo					4:37.29	+ 26.56		
	50m:	29.53	29.53	150m:	1:38.68	35.51	250m:	2:50.03	35.50	350m:	4:02.64	36.38
	100m:	1:03.17	33.64	200m:	2:14.53	35.85	300m:	3:26.26	36.23	400m:	4:37.29	34.65
7.	BIDA Klaudia		07	KS Aqua Sport Kościerzyna					4:38.68	+ 27.95		
	50m:	28.56	28.56	150m:	1:38.64	36.25	250m:	2:52.51	37.07	350m:	4:04.76	35.32
	100m:	1:02.39	33.83	200m:	2:15.44	36.80	300m:	3:29.44	36.93	400m:	4:38.68	33.92
8.	TARNOWSKA Anna		08	KS Aqua Sport Kościerzyna					4:43.81	+ 33.08		
	50m:	27.68	27.68	150m:	1:37.24	36.46	250m:	2:52.84	38.16	350m:	4:08.15	37.83
	100m:	1:00.78	33.10	200m:	2:14.68	37.44	300m:	3:30.32	37.48	400m:	4:43.81	35.66
9.	KUTELA Michałina		08	UKS Manta Kościerzyna					4:54.17	+ 43.44		
	50m:	31.83	31.83	150m:	1:43.62	36.72	250m:	2:59.83	38.49	350m:	4:17.57	38.61
	100m:	1:06.90	35.07	200m:	2:21.34	37.72	300m:	3:38.96	39.13	400m:	4:54.17	36.60

KAT. C

1.	OKO Anna		09	KS Nautilus-Jastrzbie					3:58.40			
	<i>Rekord Polski</i>											
	50m:	26.37	26.37	150m:	1:25.70	30.26	250m:	2:26.81	30.75	350m:	3:28.61	30.97
	100m:	55.44	29.07	200m:	1:56.06	30.36	300m:	2:57.64	30.83	400m:	3:58.40	29.79
2.	PEEK Dominika		10	KS Aqua Sport Kościerzyna					4:08.35	+ 9.95		
	50m:	27.39	27.39	150m:	1:30.40	31.79	250m:	2:34.11	31.75	350m:	3:37.69	31.86
	100m:	58.61	31.22	200m:	2:02.36	31.96	300m:	3:05.83	31.72	400m:	4:08.35	30.66
3.	LISZKA Anieli		10	KS Nautilus-Jastrzbie					4:11.50	+ 13.10		
	50m:	27.68	27.68	150m:	1:30.21	32.03	250m:	2:35.21	32.60	350m:	3:40.50	32.91
	100m:	58.18	30.50	200m:	2:02.61	32.40	300m:	3:07.59	32.38	400m:	4:11.50	31.00
4.	ŁADO Natalia		10	UKS Rekin SP50 Wrocław					4:17.63	+ 19.23		
	50m:	28.59	28.59	150m:	1:32.47	31.96	250m:	2:37.23	32.68	350m:	3:44.17	34.05
	100m:	1:00.51	31.92	200m:	2:04.55	32.08	300m:	3:10.12	32.89	400m:	4:17.63	33.46
5.	BLOK Sandra		09	KS Aqua Sport Kościerzyna					4:19.27	+ 20.87		
	50m:	27.65	27.65	150m:	1:30.76	32.32	250m:	2:37.61	33.62	350m:	3:45.65	34.22
	100m:	58.44	30.79	200m:	2:03.99	33.23	300m:	3:11.43	33.82	400m:	4:19.27	33.62
6.	GRELA Agata		10	Delfinek Chodzie					4:22.66	+ 24.26		
	50m:	28.76	28.76	150m:	1:33.50	32.89	250m:	2:42.28	34.51	350m:	3:50.63	34.18
	100m:	1:00.61	31.85	200m:	2:07.77	34.27	300m:	3:16.45	34.17	400m:	4:22.66	32.03
7.	WIRKO Izabela		10	UKS Tri-Sea Mewa Władysławowo					4:25.08	+ 26.68		
	50m:	29.48	29.48	150m:	1:36.82	34.44	250m:	2:46.57	34.57	350m:	3:55.36	33.64
	100m:	1:02.38	32.90	200m:	2:12.00	35.18	300m:	3:21.72	35.15	400m:	4:25.08	29.72
8.	KASZKIEL Martyna		09	UKS Amfiprion Olecko					4:29.82	+ 31.42		
	50m:	30.24	30.24	150m:	1:38.37	34.64	250m:	2:48.80	35.12	350m:	3:57.64	33.81
	100m:	1:03.73	33.49	200m:	2:13.68	35.31	300m:	3:23.83	35.03	400m:	4:29.82	32.18
9.	GAJEWSKA Amelia		09	UKS Amfiprion Olecko					4:32.90	+ 34.50		
	50m:	29.92	29.92	150m:	1:37.48	34.77	250m:	2:49.10	36.15	350m:	3:59.44	34.76
	100m:	1:02.71	32.79	200m:	2:12.95	35.47	300m:	3:24.68	35.58	400m:	4:32.90	33.46
10.	KAISER Nadia		09	UKS Manta Kościerzyna					4:37.12	+ 38.72		
	50m:	31.64	31.64	150m:	1:41.24	35.61	250m:	2:53.60	36.45	350m:	4:03.46	34.82
	100m:	1:05.63	33.99	200m:	2:17.15	35.91	300m:	3:28.64	35.04	400m:	4:37.12	33.66
11.	TRYTEK Antonina		10	UKS Tri-Sea Mewa Władysławowo					4:38.76	+ 40.36		
	50m:	29.67	29.67	150m:	1:38.89	35.51	250m:	2:51.45	36.18	350m:	4:03.37	35.95
	100m:	1:03.38	33.71	200m:	2:15.27	36.38	300m:	3:27.42	35.97	400m:	4:38.76	35.39



Zimowe Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach.
Kościerzyna, 7- - 8-12-2024

Konkurencja 10, Dziewcz t, 400m Bifins, KAT. C

Pozycja	Rok ur.	Czas	Pkt.
12. SZYMA SKA Amelia	09	4:51.50	+ 53.10
50m: 31.26 31.26	150m: 1:44.81 38.19	250m: 2:59.93 36.48	350m: 4:14.47 36.03
100m: 1:06.62 35.36	200m: 2:23.45 38.64	300m: 3:38.44 38.51	400m: 4:51.50 37.03
13. DAWIDOWICZ Lena	10	4:55.61	+ 57.21
50m: 30.56 30.56	150m: 1:44.02 37.47	250m: 3:01.53 39.08	350m: 4:18.42 37.93
100m: 1:06.55 35.99	200m: 2:22.45 38.43	300m: 3:40.49 38.96	400m: 4:55.61 37.19
14. PARCHEM Małgorzata	10	5:04.51	+ 1:06.11
50m: 32.01 32.01	150m: 1:50.73 40.19	250m: 3:11.42 41.53	350m: 4:29.76 38.84
100m: 1:10.54 38.53	200m: 2:29.89 39.16	300m: 3:50.92 39.50	400m: 5:04.51 34.75
15. BAREŁKOWSKA Blanka	09	5:14.62	+ 1:16.22
50m: 34.05 34.05	150m: 1:50.99 39.21	250m: 3:13.14 41.16	350m: 4:33.82 38.83
100m: 1:11.78 37.73	200m: 2:31.98 40.99	300m: 3:54.99 41.85	400m: 5:14.62 40.80

KAT. D

1. SULKOWSKA Hanna	11	4:14.02	
50m: 28.48 28.48	150m: 1:32.79 32.44	250m: 2:37.18 32.62	350m: 3:42.16 32.45
100m: 1:00.35 31.87	200m: 2:04.56 31.77	300m: 3:09.71 32.53	400m: 4:14.02 31.86
2. KOZŁOWSKA Laura	11	4:17.15	+ 3.13
50m: 28.57 28.57	150m: 1:34.13 33.00	250m: 2:39.12 31.76	350m: 3:44.67 33.22
100m: 1:01.13 32.56	200m: 2:07.36 33.23	300m: 3:11.45 32.33	400m: 4:17.15 32.48
3. GNIEDZIEJKO Julia	12	4:28.57	+ 14.55
50m: 28.94 28.94	150m: 1:36.45 34.89	250m: 2:46.94 34.79	350m: 3:57.94 35.99
100m: 1:01.56 32.62	200m: 2:12.15 35.70	300m: 3:21.95 35.01	400m: 4:28.57 30.63
4. UKOWICZ Estera	11	4:35.22	+ 21.20
50m: 29.42 29.42	150m: 1:38.82 35.09	250m: 2:50.90 36.07	350m: 4:01.41 34.90
100m: 1:03.73 34.31	200m: 2:14.83 36.01	300m: 3:26.51 35.61	400m: 4:35.22 33.81
5. IRACKA Zuzanna	12	4:37.97	+ 23.95
50m: 30.31 30.31	150m: 1:38.43 34.84	250m: 2:50.45 36.26	350m: 4:03.13 36.32
100m: 1:03.59 33.28	200m: 2:14.19 35.76	300m: 3:26.81 36.36	400m: 4:37.97 34.84
6. PROCHOWICZ Hanna	11	4:44.55	+ 30.53
50m: 31.62 31.62	150m: 1:41.73 35.68	250m: 2:55.08 36.53	350m: 4:08.91 36.31
100m: 1:06.05 34.43	200m: 2:18.55 36.82	300m: 3:32.60 37.52	400m: 4:44.55 35.64
7. SZAJKOWSKA Aleksandra	11	4:53.19	+ 39.17
50m: 30.40 30.40	150m: 1:42.52 37.21	250m: 2:58.08 37.96	350m: 4:15.43 38.46
100m: 1:05.31 34.91	200m: 2:20.12 37.60	300m: 3:36.97 38.89	400m: 4:53.19 37.76
8. KREFT Alicja	11	4:53.99	+ 39.97
50m: 31.23 31.23	150m: 1:44.21 37.76	250m: 3:00.19 37.81	350m: 4:17.86 39.03
100m: 1:06.45 35.22	200m: 2:22.38 38.17	300m: 3:38.83 38.64	400m: 4:53.99 36.13
9. BUKWA Blanka	12	4:54.38	+ 40.36
50m: 32.60 32.60	150m: 1:46.89 38.06	250m: 3:02.88 37.76	350m: 4:19.05 38.14
100m: 1:08.83 36.23	200m: 2:25.12 38.23	300m: 3:40.91 38.03	400m: 4:54.38 35.33
10. DEPTUŁA Julia	12	4:55.43	+ 41.41
50m: 32.29 32.29	150m: 1:47.00 37.62	250m: 3:02.86 37.43	350m: 4:19.26 38.11
100m: 1:09.38 37.09	200m: 2:25.43 38.43	300m: 3:41.15 38.29	400m: 4:55.43 36.17
11. KUCHARSKA Nina	11	4:57.09	+ 43.07
50m: 32.21 32.21	150m: 1:47.55 38.30	250m: 3:05.90 39.32	350m: 4:22.32 37.29
100m: 1:09.25 37.04	200m: 2:26.58 39.03	300m: 3:45.03 39.13	400m: 4:57.09 34.77
12. NIEMCZYK Zuzanna	11	5:00.53	+ 46.51
50m: 33.56 33.56	150m: 1:49.51 37.37	250m: 3:08.01 38.68	350m: 4:24.12 37.88
100m: 1:12.14 38.58	200m: 2:29.33 39.82	300m: 3:46.24 38.23	400m: 5:00.53 36.41



Zimowe Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach.
Kościerzyna, 7- - 8-12-2024

Konkurencja 10, Dziewcz t, 400m Bifins, KAT. D

Pozycja				Rok ur.					Czas	Pkt.		
13.	BOBKOWSKA Aida			12	UKS Tri-Sea Mewa Władysławowo				5:26.04	+ 1:12.02		
	50m:	35.83	35.83	150m:	2:00.37	42.65	250m:	3:24.46	41.75	350m:	4:48.03	40.76
	100m:	1:17.72	41.89	200m:	2:42.71	42.34	300m:	4:07.27	42.81	400m:	5:26.04	38.01
14.	KLONOWSKA Klementyna			12	KS Aqua Sport Kościerzyna				5:33.31	+ 1:19.29		
	50m:	36.22	36.22	150m:	2:03.77	45.08	250m:	3:34.01	44.77	350m:	4:58.37	39.60
	100m:	1:18.69	42.47	200m:	2:49.24	45.47	300m:	4:18.77	44.76	400m:	5:33.31	34.94
DYSKW.	OKROJ Magda			11	UKS Manta Kościerzyna				5:24.77	+ 1:10.75		
	- Przekroczenie 15 m.											
	50m:	35.13	35.13	150m:	1:57.52	41.84	250m:	3:23.88	41.97	350m:	4:46.77	40.93
	100m:	1:15.68	40.55	200m:	2:41.91	44.39	300m:	4:05.84	41.96	400m:	5:24.77	38.00