



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

Konkurencja 24
2024-12-07 - 18:30

Kobiet, 400m Surface

Open
Wyniki

Rekordy Polski_25m_pletwa Open	3:22.60	TRUSZCZY SKA Katarzyna	Hodmezovasarhely	2011-08-02
Rekordy Polski_25m_pletwa 16 - 17	3:24.91	TRUSZCZY SKA Katarzyna	Bari	2007-08-03
Rekordy Polski_25m_pletwa 14 - 15	3:30.02	TRUSZCZY SKA KATARZYNA	Ostrowiec wi tokrzyski	2005-08-01
Rekordy Polski_25m_pletwa 12 - 13	3:49.19	RZEPKA ZUZANNA	Olsztyn	2014-05-01
Rekordy Polski_25m_pletwa 7 - 11	4:11.83	POLAK Justyna	Toru	2003-11-15

Punkty:

Pozycja		Rok ur.						Czas	Pkt.
KAT. Open									
1.	SARNA Joanna	96	UKS Rekin SP50 Wrocław	3:41.63					
	50m: 24.06 24.06	150m: 1:18.19 27.74	250m: 2:15.11 28.71	350m: 3:13.67 29.12					
	100m: 50.45 26.39	200m: 1:46.40 28.21	300m: 2:44.55 29.44	400m: 3:41.63 27.96					
2.	SZYBALSKA Ania	08	UKS Manta Kościerzyna	3:52.69	+ 11.06				
	50m: 26.04 26.04	150m: 1:23.55 28.98	250m: 2:22.40 29.78	350m: 3:23.20 30.86					
	100m: 54.57 28.53	200m: 1:52.62 29.07	300m: 2:52.34 29.94	400m: 3:52.69 29.49					
3.	TUSK Weronika	05	UKS Tri-Sea Mewa Władysławowo	3:55.49	+ 13.86				
	50m: 25.59 25.59	150m: 1:24.03 29.89	250m: 2:24.64 30.02	350m: 3:25.87 30.43					
	100m: 54.14 28.55	200m: 1:54.62 30.59	300m: 2:55.44 30.80	400m: 3:55.49 29.62					
4.	ROZIEL Natasza	08	UKS Rekin SP50 Wrocław	3:59.88	+ 18.25				
	50m: 26.80 26.80	150m: 1:24.67 29.35	250m: 2:26.38 30.90	350m: 3:27.50 30.52					
	100m: 55.32 28.52	200m: 1:55.48 30.81	300m: 2:56.98 30.60	400m: 3:59.88 32.38					
5.	BLOK Sandra	09	KS Aqua Sport Kościerzyna	4:02.31	+ 20.68				
	50m: 26.06 26.06	150m: 1:24.66 29.82	250m: 2:27.14 31.63	350m: 3:31.12 32.20					
	100m: 54.84 28.78	200m: 1:55.51 30.85	300m: 2:58.92 31.78	400m: 4:02.31 31.19					
6.	KASPRZYK Wiktoria	09	Delfinek Chodzie	4:06.94	+ 25.31				
	50m: 26.25 26.25	150m: 1:26.89 31.13	250m: 2:30.81 31.92	350m: 3:34.92 32.48					
	100m: 55.76 29.51	200m: 1:58.89 32.00	300m: 3:02.44 31.63	400m: 4:06.94 32.02					
7.	GUZI SKA Olga	06	UKS Manta Kościerzyna	4:08.63	+ 27.00				
	50m: 26.36 26.36	150m: 1:25.34 30.40	250m: 2:30.14 32.93	350m: 3:36.73 33.70					
	100m: 54.94 28.58	200m: 1:57.21 31.87	300m: 3:03.03 32.89	400m: 4:08.63 31.90					
8.	NASZKIEWICZ Inga	09	MUKS Piorun Gołdap	4:11.69	+ 30.06				
	50m: 26.70 26.70	150m: 1:29.05 32.17	250m: 2:33.97 32.19	350m: 3:38.90 32.27					
	100m: 56.88 30.18	200m: 2:01.78 32.73	300m: 3:06.63 32.66	400m: 4:11.69 32.79					
9.	STRUCK Anna	08	UKS Tri-Sea Mewa Władysławowo	4:14.08	+ 32.45				
	50m: 26.95 26.95	150m: 1:29.09 32.40	250m: 2:36.76 33.75	350m: 3:43.72 33.51					
	100m: 56.69 29.74	200m: 2:03.01 33.92	300m: 3:10.21 33.45	400m: 4:14.08 30.36					
10.	MASIANIS Maja	11	UKS Amfiprion Olecko	4:14.80	+ 33.17				
	50m: 28.20 28.20	150m: 1:31.53 32.49	250m: 2:38.44 33.63	350m: 3:44.90 33.38					
	100m: 59.04 30.84	200m: 2:04.81 33.28	300m: 3:11.52 33.08	400m: 4:14.80 29.90					
11.	WITKOWSKA Amelia	12	Laguna 24 Toru	4:15.67	+ 34.04				
	50m: 29.12 29.12	150m: 1:32.92 32.55	250m: 2:38.09 32.86	350m: 3:43.70 32.83					
	100m: 1:00.37 31.25	200m: 2:05.23 32.31	300m: 3:10.87 32.78	400m: 4:15.67 31.97					
12.	LELLEK Wiktoria	09	KS Aqua Sport Kościerzyna	4:15.74	+ 34.11				
	50m: 26.45 26.45	150m: 1:28.70 32.12	250m: 2:36.99 34.55	350m: 3:44.84 33.88					
	100m: 56.58 30.13	200m: 2:02.44 33.74	300m: 3:10.96 33.97	400m: 4:15.74 30.90					
13.	ZARACH Monika	11	KS Aqua Sport Kościerzyna	4:19.02	+ 37.39				
	50m: 27.77 27.77	150m: 1:33.83 33.11	250m: 2:40.94 33.59	350m: 3:47.90 33.38					
	100m: 1:00.72 32.95	200m: 2:07.35 33.52	300m: 3:14.52 33.58	400m: 4:19.02 31.12					
14.	PALUSIAK Natalia	10	Laguna 24 Toru	4:19.19	+ 37.56				
	50m: 27.07 27.07	150m: 1:30.86 33.28	250m: 2:38.51 34.25	350m: 3:45.85 33.38					
	100m: 57.58 30.51	200m: 2:04.26 33.40	300m: 3:12.47 33.96	400m: 4:19.19 33.34					



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

Konkurencja 24, Kobiety, 400m Surface, KAT. Open

Pozycja	Rok ur.	Czas	Pkt.
15. TURZY SKA Alicja	07 UKS Delfin Władysławowo	4:21.43	+ 39.80
50m: 27.82 27.82	150m: 1:31.87 33.02	250m: 2:40.81 34.30	350m: 3:50.14 34.55
100m: 58.85 31.03	200m: 2:06.51 34.64	300m: 3:15.59 34.78	400m: 4:21.43 31.29
16. MARKIEWICZ Monika	11 UKS Tri-Sea Mewa Władysławowo	4:27.00	+ 45.37
50m: 29.30 29.30	150m: 1:34.91 34.48	250m: 2:46.11 36.39	350m: 3:55.38 33.80
100m: 1:00.43 31.13	200m: 2:09.72 34.81	300m: 3:21.58 35.47	400m: 4:27.00 31.62
17. GRELA Agata	10 Delfinek Chodzie	4:27.47	+ 45.84
50m: 29.00 29.00	150m: 1:33.51 32.72	250m: 2:40.58 34.01	350m: 3:49.56 36.24
100m: 1:00.79 31.79	200m: 2:06.57 33.06	300m: 3:13.32 32.74	400m: 4:27.47 37.91
18. REJNO Tamara	12 UKS Rekin SP50 Wrocław	4:33.86	+ 52.23
50m: 30.91 30.91	150m: 1:39.05 34.70	250m: 2:48.31 33.17	350m: 3:58.55 35.61
100m: 1:04.35 33.44	200m: 2:15.14 36.09	300m: 3:22.94 34.63	400m: 4:33.86 35.31
19. KUCHARSKA Nina	11 KS Aqua Sport Kościerzyna	4:41.00	+ 59.37
50m: 29.67 29.67	150m: 1:38.33 35.07	250m: 2:50.17 36.02	350m: 4:03.81 36.69
100m: 1:03.26 33.59	200m: 2:14.15 35.82	300m: 3:27.12 36.95	400m: 4:41.00 37.19

KAT. B

1. SZYBALSKA Ania	08 UKS Manta Kościerzyna	3:52.69	
50m: 26.04 26.04	150m: 1:23.55 28.98	250m: 2:22.40 29.78	350m: 3:23.20 30.86
100m: 54.57 28.53	200m: 1:52.62 29.07	300m: 2:52.34 29.94	400m: 3:52.69 29.49
2. ROZIEL Natasza	08 UKS Rekin SP50 Wrocław	3:59.88	+ 7.19
50m: 26.80 26.80	150m: 1:24.67 29.35	250m: 2:26.38 30.90	350m: 3:27.50 30.52
100m: 55.32 28.52	200m: 1:55.48 30.81	300m: 2:56.98 30.60	400m: 3:59.88 32.38
3. STRUCK Anna	08 UKS Tri-Sea Mewa Władysławowo	4:14.08	+ 21.39
50m: 26.95 26.95	150m: 1:29.09 32.40	250m: 2:36.76 33.75	350m: 3:43.72 33.51
100m: 56.69 29.74	200m: 2:03.01 33.92	300m: 3:10.21 33.45	400m: 4:14.08 30.36
4. TURZY SKA Alicja	07 UKS Delfin Władysławowo	4:21.43	+ 28.74
50m: 27.82 27.82	150m: 1:31.87 33.02	250m: 2:40.81 34.30	350m: 3:50.14 34.55
100m: 58.85 31.03	200m: 2:06.51 34.64	300m: 3:15.59 34.78	400m: 4:21.43 31.29

KAT. C

1. BLOK Sandra	09 KS Aqua Sport Kościerzyna	4:02.31	
50m: 26.06 26.06	150m: 1:24.66 29.82	250m: 2:27.14 31.63	350m: 3:31.12 32.20
100m: 54.84 28.78	200m: 1:55.51 30.85	300m: 2:58.92 31.78	400m: 4:02.31 31.19
2. KASPRZYK Wiktoria	09 Delfinek Chodzie	4:06.94	+ 4.63
50m: 26.25 26.25	150m: 1:26.89 31.13	250m: 2:30.81 31.92	350m: 3:34.92 32.48
100m: 55.76 29.51	200m: 1:58.89 32.00	300m: 3:02.44 31.63	400m: 4:06.94 32.02
3. NASZKIEWICZ Inga	09 MUKS Piorun Gołdap	4:11.69	+ 9.38
50m: 26.70 26.70	150m: 1:29.05 32.17	250m: 2:33.97 32.19	350m: 3:38.90 32.27
100m: 56.88 30.18	200m: 2:01.78 32.73	300m: 3:06.63 32.66	400m: 4:11.69 32.79
4. LELLEK Wiktoria	09 KS Aqua Sport Kościerzyna	4:15.74	+ 13.43
50m: 26.45 26.45	150m: 1:28.70 32.12	250m: 2:36.99 34.55	350m: 3:44.84 33.88
100m: 56.58 30.13	200m: 2:02.44 33.74	300m: 3:10.96 33.97	400m: 4:15.74 30.90
5. PALUSIAK Natalia	10 Laguna 24 Toru	4:19.19	+ 16.88
50m: 27.07 27.07	150m: 1:30.86 33.28	250m: 2:38.51 34.25	350m: 3:45.85 33.38
100m: 57.58 30.51	200m: 2:04.26 33.40	300m: 3:12.47 33.96	400m: 4:19.19 33.34
6. GRELA Agata	10 Delfinek Chodzie	4:27.47	+ 25.16
50m: 29.00 29.00	150m: 1:33.51 32.72	250m: 2:40.58 34.01	350m: 3:49.56 36.24
100m: 1:00.79 31.79	200m: 2:06.57 33.06	300m: 3:13.32 32.74	400m: 4:27.47 37.91



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

Konkurencja 24, Kobiet, 400m Surface

KAT. D

1. MASIANIS Maja	11	UKS Amfiprion Olecko	4:14.80	
50m: 28.20 28.20	150m: 1:31.53 32.49	250m: 2:38.44 33.63	350m: 3:44.90 33.38	
100m: 59.04 30.84	200m: 2:04.81 33.28	300m: 3:11.52 33.08	400m: 4:14.80 29.90	
2. WITKOWSKA Amelia	12	Laguna 24 Toru	4:15.67	+ 0.87
50m: 29.12 29.12	150m: 1:32.92 32.55	250m: 2:38.09 32.86	350m: 3:43.70 32.83	
100m: 1:00.37 31.25	200m: 2:05.23 32.31	300m: 3:10.87 32.78	400m: 4:15.67 31.97	
3. ZARACH Monika	11	KS Aqua Sport Kościerzyna	4:19.02	+ 4.22
50m: 27.77 27.77	150m: 1:33.83 33.11	250m: 2:40.94 33.59	350m: 3:47.90 33.38	
100m: 1:00.72 32.95	200m: 2:07.35 33.52	300m: 3:14.52 33.58	400m: 4:19.02 31.12	
4. MARKIEWICZ Monika	11	UKS Tri-Sea Mewa Władysławowo	4:27.00	+ 12.20
50m: 29.30 29.30	150m: 1:34.91 34.48	250m: 2:46.11 36.39	350m: 3:55.38 33.80	
100m: 1:00.43 31.13	200m: 2:09.72 34.81	300m: 3:21.58 35.47	400m: 4:27.00 31.62	
5. REJNO Tamara	12	UKS Rekin SP50 Wrocław	4:33.86	+ 19.06
50m: 30.91 30.91	150m: 1:39.05 34.70	250m: 2:48.31 33.17	350m: 3:58.55 35.61	
100m: 1:04.35 33.44	200m: 2:15.14 36.09	300m: 3:22.94 34.63	400m: 4:33.86 35.31	
6. KUCHARSKA Nina	11	KS Aqua Sport Kościerzyna	4:41.00	+ 26.20
50m: 29.67 29.67	150m: 1:38.33 35.07	250m: 2:50.17 36.02	350m: 4:03.81 36.69	
100m: 1:03.26 33.59	200m: 2:14.15 35.82	300m: 3:27.12 36.95	400m: 4:41.00 37.19	