



II Runda Klubowego Pucharu Polski w pływaniu w płetwach  
Ko cierzyna, 5- - 6-4-2025

Konkurencja 32

Kobiet, 400m Bifins

12 lat i starsi

2025-04-06 - 12:19

Wyniki

Rekordy Polski_25m_pletwa Open	3:53.77	PRENTKA Weronika	Ko cierzyna	2018-01-01
Rekordy Polski_25m_pletwa 16 - 17	3:58.21	SZELUGA Wiktoria	Olecko	2018-01-01
Rekordy Polski_25m_pletwa 14 - 15	3:58.40	OKO Anna	POL Ko cierzyna	2024-12-07
Rekordy Polski_25m_pletwa 12 - 13	4:09.56	CHMIELEWSKA ALEKSANDRA	OLECKO	2019-09-01

Punkty:

Pozycja		Rok ur.						Czas	Pkt.
<b>KAT. D</b>									
1.	GÓRKA Zofia	13	UKS Rekin Wrocław SP50					<b>4:22.93</b>	
	50m: 29.75 29.75	150m: 1:36.21 33.70	250m: 2:44.34 33.26	350m: 3:51.79 33.87					
	100m: 1:02.51 32.76	200m: 2:11.08 34.87	300m: 3:17.92 33.58	400m: 4:22.93 31.14					
2.	GNIEDZIEJKO Julia	12	UKS Amfiprion Olecko					<b>4:25.98</b>	+ 3.05
	50m: 27.95 27.95	150m: 1:31.92 33.03	250m: 2:41.14 34.93	350m: 3:53.15 35.75					
	100m: 58.89 30.94	200m: 2:06.21 34.29	300m: 3:17.40 36.26	400m: 4:25.98 32.83					
3.	BORYS Maja	13	UKS Amfiprion Olecko					<b>4:28.73</b>	+ 5.80
	50m: 30.13 30.13	150m: 1:37.79 34.37	250m: 2:48.06 35.57	350m: 3:57.76 34.62					
	100m: 1:03.42 33.29	200m: 2:12.49 34.70	300m: 3:23.14 35.08	400m: 4:28.73 30.97					
4.	IRACKA Zuzanna	12	Laguna 24 Toru					<b>4:33.40</b>	+ 10.47
	50m: 29.90 29.90	150m: 1:37.19 34.14	250m: 2:47.51 35.38	350m: 3:59.10 35.84					
	100m: 1:03.05 33.15	200m: 2:12.13 34.94	300m: 3:23.26 35.75	400m: 4:33.40 34.30					
5.	DEPTUŁA Julia	12	MUKS Piorun Gołdap					<b>4:43.99</b>	+ 21.06
	50m: 32.51 32.51	150m: 1:45.13 36.60	250m: 2:58.09 36.36	350m: 4:10.54 35.79					
	100m: 1:08.53 36.02	200m: 2:21.73 36.60	300m: 3:34.75 36.66	400m: 4:43.99 33.45					
6.	BOBKOWSKA Aida	12	UKS Tri-Sea Mewa Władysławowo					<b>4:44.79</b>	+ 21.86
	50m: 32.50 32.50	150m: 1:45.48 35.83	250m: 2:58.42 35.61	350m: 4:11.09 36.28					
	100m: 1:09.65 37.15	200m: 2:22.81 37.33	300m: 3:34.81 36.39	400m: 4:44.79 33.70					
7.	BUKWA Blanka	12	MUKS Piorun Gołdap					<b>4:47.21</b>	+ 24.28
	50m: 32.01 32.01	150m: 1:46.10 37.51	250m: 2:59.32 36.84	350m: 4:11.24 35.41					
	100m: 1:08.59 36.58	200m: 2:22.48 36.38	300m: 3:35.83 36.51	400m: 4:47.21 35.97					
8.	MAGIEREK Milena	12	KS Nautilus-Jastrz bie					<b>4:54.35</b>	+ 31.42
	50m: 32.33 32.33	150m: 1:47.47 37.94	250m: 3:02.88 38.04	350m: 4:18.51 37.85					
	100m: 1:09.53 37.20	200m: 2:24.84 37.37	300m: 3:40.66 37.78	400m: 4:54.35 35.84					
9.	POBŁOCKA Zuzanna	13	UKS Manta Ko cierzyna					<b>5:14.19</b>	+ 51.26
	50m: 36.78 36.78	150m: 1:55.36 39.69	250m: 3:15.33 39.89	350m: 4:35.46 40.19					
	100m: 1:15.67 38.89	200m: 2:35.44 40.08	300m: 3:55.27 39.94	400m: 5:14.19 38.73					
<b>KAT. C</b>									
1.	KOZŁOWSKA Laura	11	MUKS Piorun Gołdap					<b>4:05.16</b>	
	50m: 27.96 27.96	150m: 1:31.05 31.70	250m: 2:33.56 30.78	350m: 3:35.88 31.07					
	100m: 59.35 31.39	200m: 2:02.78 31.73	300m: 3:04.81 31.25	400m: 4:05.16 29.28					
2.	UKOWICZ Estera	11	UKS Tri-Sea Mewa Władysławowo					<b>4:31.62</b>	+ 26.46
	50m: 31.03 31.03	150m: 1:39.24 34.94	250m: 2:50.03 35.53	350m: 3:59.93 34.72					
	100m: 1:04.30 33.27	200m: 2:14.50 35.26	300m: 3:25.21 35.18	400m: 4:31.62 31.69					
3.	DAWIDOWICZ Lena	10	UKS Manta Ko cierzyna					<b>4:33.09</b>	+ 27.93
	50m: 30.76 30.76	150m: 1:39.37 35.05	250m: 2:50.38 35.67	350m: 4:00.98 34.98					
	100m: 1:04.32 33.56	200m: 2:14.71 35.34	300m: 3:26.00 35.62	400m: 4:33.09 32.11					
4.	KUCHARSKA Nina	11	UKS Manta Ko cierzyna					<b>4:42.49</b>	+ 37.33
	50m: 30.54 30.54	150m: 1:42.21 36.00	250m: 2:56.35 37.21	350m: 4:08.56 35.84					
	100m: 1:06.21 35.67	200m: 2:19.14 36.93	300m: 3:32.72 36.37	400m: 4:42.49 33.93					
5.	SZAJKOWSKA Aleksandra	11	UKS Tri-Sea Mewa Władysławowo					<b>4:53.56</b>	+ 48.40
	50m: 32.58 32.58	150m: 1:45.54 37.44	250m: 3:00.65 37.58	350m: 4:16.16 38.01					
	100m: 1:08.10 35.52	200m: 2:23.07 37.53	300m: 3:38.15 37.50	400m: 4:53.56 37.40					



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Ko cierzyna, 5- - 6-4-2025

Konkurencja 32, Dziewcz t, 400m Bifins, KAT. C

Pozycja		Rok ur.							Czas	Pkt.
6.	NIEMCZYK Zuzanna	11	UKS Manta Ko cierzyna						<b>4:58.20</b>	+ 53.04
	50m: 32.14 32.14	150m: 1:45.62	36.99	250m: 3:02.66	38.99	350m: 4:21.78	39.47			
	100m: 1:08.63 36.49	200m: 2:23.67	38.05	300m: 3:42.31	39.65	400m: 4:58.20	36.42			
7.	P CAK Aleksandra	11	UKS Amfiprion Olecko						<b>4:58.28</b>	+ 53.12
	50m: 33.25 33.25	150m: 1:47.93	38.18	250m: 3:06.08	39.27	350m: 4:23.17	38.18			
	100m: 1:09.75 36.50	200m: 2:26.81	38.88	300m: 3:44.99	38.91	400m: 4:58.28	35.11			
8.	OKROJ Magda	11	UKS Manta Ko cierzyna						<b>4:58.42</b>	+ 53.26
	50m: 31.90 31.90	150m: 1:46.62	38.04	250m: 3:04.95	39.39	350m: 4:25.60	40.09			
	100m: 1:08.58 36.68	200m: 2:25.56	38.94	300m: 3:45.51	40.56	400m: 4:58.42	32.82			
9.	PARCHEM Małgorzata	10	UKS Tri-Sea Mewa Władysławowo						<b>4:58.72</b>	+ 53.56
	50m: 31.61 31.61	150m: 1:46.51	38.05	250m: 3:04.14	38.92	350m: 4:22.32	38.72			
	100m: 1:08.46 36.85	200m: 2:25.22	38.71	300m: 3:43.60	39.46	400m: 4:58.72	36.40			

KAT. B

1.	REDLIN Anna	08	UKS Tri-Sea Mewa Władysławowo						<b>4:09.57</b>	
	50m: 27.30 27.30	150m: 1:28.82	31.33	250m: 2:33.86	32.70	350m: 3:38.74	32.43			
	100m: 57.49 30.19	200m: 2:01.16	32.34	300m: 3:06.31	32.45	400m: 4:09.57	30.83			
2.	BLOK Sandra	09	KS Aqua Sport Ko cierzyna						<b>4:15.10</b>	+ 5.53
	50m: 27.78 27.78	150m: 1:30.10	31.91	250m: 2:35.60	33.00	350m: 3:42.24	33.39			
	100m: 58.19 30.41	200m: 2:02.60	32.50	300m: 3:08.85	33.25	400m: 4:15.10	32.86			
3.	ORNOWSKA Zuzanna	08	UKP Polonia Warszawa						<b>4:17.48</b>	+ 7.91
	50m: 27.47 27.47	150m: 1:33.02	33.12	250m: 2:39.50	33.29	350m: 3:46.01	32.96			
	100m: 59.90 32.43	200m: 2:06.21	33.19	300m: 3:13.05	33.55	400m: 4:17.48	31.47			
4.	NARKOWICZ Iga	08	UKS Delfin Jastarnia						<b>4:26.85</b>	+ 17.28
	50m: 29.36 29.36	150m: 1:36.23	34.23	250m: 2:45.08	34.40	350m: 3:54.22	34.55			
	100m: 1:02.00 32.64	200m: 2:10.68	34.45	300m: 3:19.67	34.59	400m: 4:26.85	32.63			
	BRESKA Helena	08	UKS Manta Ko cierzyna						<b>4:26.85</b>	+ 17.28
	50m: 28.14 28.14	150m: 1:33.00	33.43	250m: 2:43.08	34.93	350m: 3:53.17	34.54			
	100m: 59.57 31.43	200m: 2:08.15	35.15	300m: 3:18.63	35.55	400m: 4:26.85	33.68			
6.	KAISER Nadia	09	UKS Manta Ko cierzyna						<b>4:32.58</b>	+ 23.01
	50m: 30.07 30.07	150m: 1:37.87	34.78	250m: 2:49.15	36.28	350m: 4:00.88	35.55			
	100m: 1:03.09 33.02	200m: 2:12.87	35.00	300m: 3:25.33	36.18	400m: 4:32.58	31.70			
7.	STELMACH Zofia	08	KS Nautilus-Jastrz bie						<b>4:45.88</b>	+ 36.31
	50m: 31.30 31.30	150m: 1:41.72	36.07	250m: 2:57.48	38.18	350m: 4:11.29	35.98			
	100m: 1:05.65 34.35	200m: 2:19.30	37.58	300m: 3:35.31	37.83	400m: 4:45.88	34.59			
8.	SZYMA SKA Amelia	09	UKS Manta Ko cierzyna						<b>4:48.57</b>	+ 39.00
	50m: 31.05 31.05	150m: 1:42.98	36.95	250m: 2:58.32	37.37	350m: 4:14.46	38.21			
	100m: 1:06.03 34.98	200m: 2:20.95	37.97	300m: 3:36.25	37.93	400m: 4:48.57	34.11			
9.	DUDZI SKA Anna	08	UKS Tri-Sea Mewa Władysławowo						<b>4:58.78</b>	+ 49.21
	50m: 34.48 34.48	150m: 1:49.94	38.20	250m: 3:06.10	38.08	350m: 4:22.59	38.15			
	100m: 1:11.74 37.26	200m: 2:28.02	38.08	300m: 3:44.44	38.34	400m: 4:58.78	36.19			