



Zimowe Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach.  
Kościerzyna, 13- - 14-12-2025

Konkurencja 10  
2025-12-13 - 11:18

Kobiet, 400m Bifins

Open  
Wyniki

Punkty: PP 2025

| Pozycja   | Rok ur.           |         |       |       |                           |       |       |         |       |         | Czas    | Pkt.    |
|-----------|-------------------|---------|-------|-------|---------------------------|-------|-------|---------|-------|---------|---------|---------|
| KAT. Open |                   |         |       |       |                           |       |       |         |       |         |         |         |
| 1.        | SZALAST Karolina  |         |       | 05    | UKS Tri-Sea Mewa          |       |       |         |       | 4:03.50 | 885     |         |
|           | 50m:              | 26.92   | 26.92 | 150m: | 1:26.27                   | 30.21 | 250m: | 2:28.30 | 31.18 | 350m:   | 3:32.27 | 32.21   |
|           | 100m:             | 56.06   | 29.14 | 200m: | 1:57.12                   | 30.85 | 300m: | 3:00.06 | 31.76 | 400m:   | 4:03.50 | 31.23   |
| 2.        | PIETRAS Maria     |         |       | 07    | Delfinek Chodzież         |       |       |         |       | 4:05.80 | 860     | + 2.30  |
|           | 50m:              | 27.13   | 27.13 | 150m: | 1:27.63                   | 30.55 | 250m: | 2:30.15 | 31.38 | 350m:   | 3:34.58 | 32.24   |
|           | 100m:             | 57.08   | 29.95 | 200m: | 1:58.77                   | 31.14 | 300m: | 3:02.34 | 32.19 | 400m:   | 4:05.80 | 31.22   |
| 3.        | ŁADOŚ Natalia     |         |       | 10    | KS Gengars Wrocław        |       |       |         |       | 4:06.01 | 910     | + 2.51  |
|           | 50m:              | 27.71   | 27.71 | 150m: | 1:29.00                   | 30.86 | 250m: | 2:30.97 | 31.07 | 350m:   | 3:34.03 | 31.71   |
|           | 100m:             | 58.14   | 30.43 | 200m: | 1:59.90                   | 30.90 | 300m: | 3:02.32 | 31.35 | 400m:   | 4:06.01 | 31.98   |
| 4.        | KOZŁOWSKA Laura   |         |       | 11    | Piorun Gołdap             |       |       |         |       | 4:08.20 | 886     | + 4.70  |
|           | 50m:              | 27.65   | 27.65 | 150m: | 1:29.90                   | 31.73 | 250m: | 2:32.61 | 31.18 | 350m:   | 3:36.19 | 31.95   |
|           | 100m:             | 58.17   | 30.52 | 200m: | 2:01.43                   | 31.53 | 300m: | 3:04.24 | 31.63 | 400m:   | 4:08.20 | 32.01   |
| 5.        | SULKOWSKA Hanna   |         |       | 11    | UKS Delfin Władysławowo   |       |       |         |       | 4:08.23 | 886     | + 4.73  |
|           | 50m:              | 27.57   | 27.57 | 150m: | 1:29.53                   | 31.65 | 250m: | 2:33.32 | 32.01 | 350m:   | 3:37.18 | 31.48   |
|           | 100m:             | 57.88   | 30.31 | 200m: | 2:01.31                   | 31.78 | 300m: | 3:05.70 | 32.38 | 400m:   | 4:08.23 | 31.05   |
| 6.        | REDLIN Anna       |         |       | 08    | UKS Tri-Sea Mewa          |       |       |         |       | 4:10.24 | 863     | + 6.74  |
|           | 50m:              | 27.80   | 27.80 | 150m: | 1:29.67                   | 31.23 | 250m: | 2:34.39 | 32.44 | 350m:   | 3:39.61 | 32.60   |
|           | 100m:             | 58.44   | 30.64 | 200m: | 2:01.95                   | 32.28 | 300m: | 3:07.01 | 32.62 | 400m:   | 4:10.24 | 30.63   |
| 7.        | BLOK Sandra       |         |       | 09    | KS Aqua Sport Kościerzyna |       |       |         |       | 4:12.83 | 836     | + 9.33  |
|           | 50m:              | 27.20   | 27.20 | 150m: | 1:28.37                   | 31.67 | 250m: | 2:33.83 | 33.06 | 350m:   | 3:40.71 | 33.32   |
|           | 100m:             | 56.70   | 29.50 | 200m: | 2:00.77                   | 32.40 | 300m: | 3:07.39 | 33.56 | 400m:   | 4:12.83 | 32.12   |
| 8.        | MAZIEJUK Weronika |         |       | 11    | UKS Amfiprion Olecko      |       |       |         |       | 4:13.83 | 828     | + 10.33 |
|           | 50m:              | 28.37   | 28.37 | 150m: | 1:32.54                   | 32.82 | 250m: | 2:38.10 | 32.45 | 350m:   | 3:43.24 | 32.64   |
|           | 100m:             | 59.72   | 31.35 | 200m: | 2:05.65                   | 33.11 | 300m: | 3:10.60 | 32.50 | 400m:   | 4:13.83 | 30.59   |
| 9.        | GÓRKA Zofia       |         |       | 13    | UKS Rekin Wrocław SP50    |       |       |         |       | 4:13.98 | 949     | + 10.48 |
|           | 50m:              | 28.85   | 28.85 | 150m: | 1:32.93                   | 31.83 | 250m: | 2:38.08 | 32.13 | 350m:   | 3:43.62 | 32.61   |
|           | 100m:             | 1:01.10 | 32.25 | 200m: | 2:05.95                   | 33.02 | 300m: | 3:11.01 | 32.93 | 400m:   | 4:13.98 | 30.36   |
| 10.       | TUSK Weronika     |         |       | 05    | UKS Tri-Sea Mewa          |       |       |         |       | 4:14.61 | 774     | + 11.11 |
|           | 50m:              | 28.28   | 28.28 | 150m: | 1:33.00                   | 32.76 | 250m: | 2:38.62 | 32.57 | 350m:   | 3:43.37 | 32.09   |
|           | 100m:             | 1:00.24 | 31.96 | 200m: | 2:06.05                   | 33.05 | 300m: | 3:11.28 | 32.66 | 400m:   | 4:14.61 | 31.24   |
| 11.       | BORYS Maja        |         |       | 13    | UKS Amfiprion Olecko      |       |       |         |       | 4:16.58 | 920     | + 13.08 |
|           | 50m:              | 28.88   | 28.88 | 150m: | 1:34.42                   | 32.76 | 250m: | 2:42.40 | 34.08 | 350m:   | 3:46.88 | 31.49   |
|           | 100m:             | 1:01.66 | 32.78 | 200m: | 2:08.32                   | 33.90 | 300m: | 3:15.39 | 32.99 | 400m:   | 4:16.58 | 29.70   |
| 12.       | KASZKIEL Martyna  |         |       | 09    | UKS Amfiprion Olecko      |       |       |         |       | 4:20.09 | 768     | + 16.59 |
|           | 50m:              | 28.96   | 28.96 | 150m: | 1:33.66                   | 32.81 | 250m: | 2:40.32 | 33.35 | 350m:   | 3:47.98 | 33.84   |
|           | 100m:             | 1:00.85 | 31.89 | 200m: | 2:06.97                   | 33.31 | 300m: | 3:14.14 | 33.82 | 400m:   | 4:20.09 | 32.11   |
| 13.       | BRESKA Helena     |         |       | 08    | UKS Manta Kościerzyna     |       |       |         |       | 4:22.86 | 744     | + 19.36 |
|           | 50m:              | 28.87   | 28.87 | 150m: | 1:32.14                   | 32.36 | 250m: | 2:39.58 | 34.12 | 350m:   | 3:49.12 | 34.57   |
|           | 100m:             | 59.78   | 30.91 | 200m: | 2:05.46                   | 33.32 | 300m: | 3:14.55 | 34.97 | 400m:   | 4:22.86 | 33.74   |
| 14.       | GNIEDZIEJKO Julia |         |       | 12    | UKS Amfiprion Olecko      |       |       |         |       | 4:22.88 | 856     | + 19.38 |
|           | 50m:              | 27.97   | 27.97 | 150m: | 1:33.15                   | 33.41 | 250m: | 2:41.20 | 33.86 | 350m:   | 3:49.00 | 33.66   |
|           | 100m:             | 59.74   | 31.77 | 200m: | 2:07.34                   | 34.19 | 300m: | 3:15.34 | 34.14 | 400m:   | 4:22.88 | 33.88   |
| 15.       | OBERMAN Zuzanna   |         |       | 08    | Piorun Gołdap             |       |       |         |       | 4:27.06 | 710     | + 23.56 |
|           | 50m:              | 30.05   | 30.05 | 150m: | 1:38.97                   | 35.21 | 250m: | 2:48.34 | 34.14 | 350m:   | 3:55.28 | 33.45   |
|           | 100m:             | 1:03.76 | 33.71 | 200m: | 2:14.20                   | 35.23 | 300m: | 3:21.83 | 33.49 | 400m:   | 4:27.06 | 31.78   |
| 16.       | GAJEWSKA Amelia   |         |       | 09    | UKS Amfiprion Olecko      |       |       |         |       | 4:27.33 | 708     | + 23.83 |
|           | 50m:              | 29.28   | 29.28 | 150m: | 1:36.21                   | 34.18 | 250m: | 2:45.45 | 34.41 | 350m:   | 3:55.48 | 34.91   |
|           | 100m:             | 1:02.03 | 32.75 | 200m: | 2:11.04                   | 34.83 | 300m: | 3:20.57 | 35.12 | 400m:   | 4:27.33 | 31.85   |



Zimowe Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach.  
Kościerzyna, 13- - 14-12-2025

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

| Pozycja                 | Rok ur.       |       |               |                           |               |       |  |         | Czas |              | Pkt. |
|-------------------------|---------------|-------|---------------|---------------------------|---------------|-------|--|---------|------|--------------|------|
| 17. BOBKOWSKA Aida      |               |       | 12            | UKS Tri-Sea Mewa          |               |       |  | 4:29.75 |      | 792 + 26.25  |      |
| 50m: 30.63 30.63        | 150m: 1:39.50 | 34.93 | 250m: 2:50.88 | 35.72                     | 350m: 3:56.76 | 31.80 |  |         |      |              |      |
| 100m: 1:04.57 33.94     | 200m: 2:15.16 | 35.66 | 300m: 3:24.96 | 34.08                     | 400m: 4:29.75 | 32.99 |  |         |      |              |      |
| 18. ŻUKOWICZ Estera     |               |       | 11            | UKS Tri-Sea Mewa          |               |       |  | 4:31.67 |      | 676 + 28.17  |      |
| 50m: 29.99 29.99        | 150m: 1:38.51 | 34.90 | 250m: 2:49.54 | 35.38                     | 350m: 3:59.61 | 34.78 |  |         |      |              |      |
| 100m: 1:03.61 33.62     | 200m: 2:14.16 | 35.65 | 300m: 3:24.83 | 35.29                     | 400m: 4:31.67 | 32.06 |  |         |      |              |      |
| 19. GRELA Agata         |               |       | 10            | Delfinek Chodzież         |               |       |  | 4:31.89 |      | 674 + 28.39  |      |
| 50m: 30.66 30.66        | 150m: 1:39.49 | 34.87 | 250m: 2:51.07 | 36.29                     | 350m: 4:00.30 | 34.11 |  |         |      |              |      |
| 100m: 1:04.62 33.96     | 200m: 2:14.78 | 35.29 | 300m: 3:26.19 | 35.12                     | 400m: 4:31.89 | 31.59 |  |         |      |              |      |
| 20. REPIŃSKA Weronika   |               |       | 08            | UKS Manta Kościerzyna     |               |       |  | 4:32.25 |      | 670 + 28.75  |      |
| 50m: 31.30 31.30        | 150m: 1:39.28 | 34.64 | 250m: 2:50.54 | 35.55                     | 350m: 3:59.69 | 34.36 |  |         |      |              |      |
| 100m: 1:04.64 33.34     | 200m: 2:14.99 | 35.71 | 300m: 3:25.33 | 34.79                     | 400m: 4:32.25 | 32.56 |  |         |      |              |      |
| 21. NARKOWICZ Iga       |               |       | 08            | UKS Delfin Jastarnia      |               |       |  | 4:34.37 |      | 654 + 30.87  |      |
| 50m: 29.78 29.78        | 150m: 1:40.08 | 35.82 | 250m: 2:52.47 | 36.20                     | 350m: 3:58.13 | 31.13 |  |         |      |              |      |
| 100m: 1:04.26 34.48     | 200m: 2:16.27 | 36.19 | 300m: 3:27.00 | 34.53                     | 400m: 4:34.37 | 36.24 |  |         |      |              |      |
| 22. IRACKA Zuzanna      |               |       | 12            | Laguna 24 Toruń           |               |       |  | 4:37.97 |      | 724 + 34.47  |      |
| 50m: 31.26 31.26        | 150m: 1:41.28 | 35.81 | 250m: 2:52.59 | 35.46                     | 350m: 4:04.18 | 36.05 |  |         |      |              |      |
| 100m: 1:05.47 34.21     | 200m: 2:17.13 | 35.85 | 300m: 3:28.13 | 35.54                     | 400m: 4:37.97 | 33.79 |  |         |      |              |      |
| 23. DAWIDOWICZ Lena     |               |       | 10            | UKS Tri-Sea Mewa          |               |       |  | 4:41.26 |      | 609 + 37.76  |      |
| 50m: 30.10 30.10        | 150m: 1:39.75 | 35.53 | 250m: 2:52.33 | 36.50                     | 350m: 4:05.68 | 36.57 |  |         |      |              |      |
| 100m: 1:04.22 34.12     | 200m: 2:15.83 | 36.08 | 300m: 3:29.11 | 36.78                     | 400m: 4:41.26 | 35.58 |  |         |      |              |      |
| 24. BOSZKE Żaneta       |               |       | 12            | UKS Tri-Sea Mewa          |               |       |  | 4:43.64 |      | 681 + 40.14  |      |
| 50m: 31.20 31.20        | 150m: 1:41.23 | 35.56 | 250m: 2:54.85 | 36.65                     | 350m: 4:09.58 | 36.84 |  |         |      |              |      |
| 100m: 1:05.67 34.47     | 200m: 2:18.20 | 36.97 | 300m: 3:32.74 | 37.89                     | 400m: 4:43.64 | 34.06 |  |         |      |              |      |
| 25. DUDZIŃSKA Anna      |               |       | 08            | UKS Tri-Sea Mewa          |               |       |  | 4:47.49 |      | 569 + 43.99  |      |
| 50m: 31.46 31.46        | 150m: 1:41.72 | 35.53 | 250m: 2:54.12 | 36.32                     | 350m: 4:09.08 | 37.66 |  |         |      |              |      |
| 100m: 1:06.19 34.73     | 200m: 2:17.80 | 36.08 | 300m: 3:31.42 | 37.30                     | 400m: 4:47.49 | 38.41 |  |         |      |              |      |
| MUŻA Ewa                |               |       | 13            | UKS Tri-Sea Mewa          |               |       |  | 4:47.49 |      | 654 + 43.99  |      |
| 50m: 31.95 31.95        | 150m: 1:44.35 | 36.85 | 250m: 2:59.41 | 37.60                     | 350m: 4:13.37 | 36.59 |  |         |      |              |      |
| 100m: 1:07.50 35.55     | 200m: 2:21.81 | 37.46 | 300m: 3:36.78 | 37.37                     | 400m: 4:47.49 | 34.12 |  |         |      |              |      |
| 27. TELEGO Liwia        |               |       | 11            | UKS Rekin Wrocław SP50    |               |       |  | 4:47.75 |      | 569 + 44.25  |      |
| 50m: 30.15 30.15        | 150m: 1:40.92 | 36.26 | 250m: 2:55.22 | 37.35                     | 350m: 4:10.97 | 37.49 |  |         |      |              |      |
| 100m: 1:04.66 34.51     | 200m: 2:17.87 | 36.95 | 300m: 3:33.48 | 38.26                     | 400m: 4:47.75 | 36.78 |  |         |      |              |      |
| 28. PEĆCAK Aleksandra   |               |       | 11            | UKS Amfiprion Olecko      |               |       |  | 4:56.25 |      | 521 + 52.75  |      |
| 50m: 30.29 30.29        | 150m: 1:43.73 | 38.15 | 250m: 3:00.77 | 38.83                     | 350m: 4:19.93 | 39.46 |  |         |      |              |      |
| 100m: 1:05.58 35.29     | 200m: 2:21.94 | 38.21 | 300m: 3:40.47 | 39.70                     | 400m: 4:56.25 | 36.32 |  |         |      |              |      |
| 29. NIEMCZYK Zuzanna    |               |       | 11            | UKS Manta Kościerzyna     |               |       |  | 4:56.80 |      | 518 + 53.30  |      |
| 50m: 31.65 31.65        | 150m: 1:42.08 | 36.53 | 250m: 2:58.81 | 38.65                     | 350m: 4:18.91 | 39.82 |  |         |      |              |      |
| 100m: 1:05.55 33.90     | 200m: 2:20.16 | 38.08 | 300m: 3:39.09 | 40.28                     | 400m: 4:56.80 | 37.89 |  |         |      |              |      |
| 30. KAMIŃSKA Aleksandra |               |       | 13            | KS Aqua Sport Kościerzyna |               |       |  | 5:04.81 |      | 549+ 1:01.31 |      |
| 50m: 33.48 33.48        | 150m: 1:52.41 | 40.95 | 250m: 3:13.43 | 40.00                     | 350m: 4:29.88 | 36.85 |  |         |      |              |      |
| 100m: 1:11.46 37.98     | 200m: 2:33.43 | 41.02 | 300m: 3:53.03 | 39.60                     | 400m: 5:04.81 | 34.93 |  |         |      |              |      |
| 31. TUSK Nikola         |               |       | 09            | UKS Tri-Sea Mewa          |               |       |  | 6:04.52 |      | 279+ 2:01.02 |      |
| 50m: 46.66 46.66        | 150m: 2:15.81 | 45.71 | 250m: 3:52.96 | 47.07                     | 350m:         |       |  |         |      |              |      |
| 100m: 1:30.10 43.44     | 200m: 3:05.89 | 50.08 | 300m: 4:40.01 | 47.05                     | 400m: 6:04.52 |       |  |         |      |              |      |



Zimowe Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach.  
Kościerzyna, 13- - 14-12-2025

Konkurencja 10, Kobiety, 400m Bifins

KAT. B

|     |                     |               |                           |                     |      |         |
|-----|---------------------|---------------|---------------------------|---------------------|------|---------|
| 1.  | REDLIN Anna         | 08            | UKS Tri-Sea Mewa          | <b>4:10.24</b>      | 863  |         |
|     | 50m: 27.80 27.80    | 150m: 1:29.67 | 31.23 250m: 2:34.39 32.44 | 350m: 3:39.61 32.60 |      |         |
|     | 100m: 58.44 30.64   | 200m: 2:01.95 | 32.28 300m: 3:07.01 32.62 | 400m: 4:10.24 30.63 |      |         |
| 2.  | BLOK Sandra         | 09            | KS Aqua Sport Kościerzyna | <b>4:12.83</b>      | 836  | + 2.59  |
|     | 50m: 27.20 27.20    | 150m: 1:28.37 | 31.67 250m: 2:33.83 33.06 | 350m: 3:40.71 33.32 |      |         |
|     | 100m: 56.70 29.50   | 200m: 2:00.77 | 32.40 300m: 3:07.39 33.56 | 400m: 4:12.83 32.12 |      |         |
| 3.  | KASZKIEL Martyna    | 09            | UKS Amfiprion Olecko      | <b>4:20.09</b>      | 768  | + 9.85  |
|     | 50m: 28.96 28.96    | 150m: 1:33.66 | 32.81 250m: 2:40.32 33.35 | 350m: 3:47.98 33.84 |      |         |
|     | 100m: 1:00.85 31.89 | 200m: 2:06.97 | 33.31 300m: 3:14.14 33.82 | 400m: 4:20.09 32.11 |      |         |
| 4.  | BRESKA Helena       | 08            | UKS Manta Kościerzyna     | <b>4:22.86</b>      | 744  | + 12.62 |
|     | 50m: 28.87 28.87    | 150m: 1:32.14 | 32.36 250m: 2:39.58 34.12 | 350m: 3:49.12 34.57 |      |         |
|     | 100m: 59.78 30.91   | 200m: 2:05.46 | 33.32 300m: 3:14.55 34.97 | 400m: 4:22.86 33.74 |      |         |
| 5.  | OBERMAN Zuzanna     | 08            | Piorun Gołdap             | <b>4:27.06</b>      | 710  | + 16.82 |
|     | 50m: 30.05 30.05    | 150m: 1:38.97 | 35.21 250m: 2:48.34 34.14 | 350m: 3:55.28 33.45 |      |         |
|     | 100m: 1:03.76 33.71 | 200m: 2:14.20 | 35.23 300m: 3:21.83 33.49 | 400m: 4:27.06 31.78 |      |         |
| 6.  | GAJEWSKA Amelia     | 09            | UKS Amfiprion Olecko      | <b>4:27.33</b>      | 708  | + 17.09 |
|     | 50m: 29.28 29.28    | 150m: 1:36.21 | 34.18 250m: 2:45.45 34.41 | 350m: 3:55.48 34.91 |      |         |
|     | 100m: 1:02.03 32.75 | 200m: 2:11.04 | 34.83 300m: 3:20.57 35.12 | 400m: 4:27.33 31.85 |      |         |
| 7.  | REPIŃSKA Weronika   | 08            | UKS Manta Kościerzyna     | <b>4:32.25</b>      | 670  | + 22.01 |
|     | 50m: 31.30 31.30    | 150m: 1:39.28 | 34.64 250m: 2:50.54 35.55 | 350m: 3:59.69 34.36 |      |         |
|     | 100m: 1:04.64 33.34 | 200m: 2:14.99 | 35.71 300m: 3:25.33 34.79 | 400m: 4:32.25 32.56 |      |         |
| 8.  | NARKOWICZ Iga       | 08            | UKS Delfin Jastarnia      | <b>4:34.37</b>      | 654  | + 24.13 |
|     | 50m: 29.78 29.78    | 150m: 1:40.08 | 35.82 250m: 2:52.47 36.20 | 350m: 3:58.13 31.13 |      |         |
|     | 100m: 1:04.26 34.48 | 200m: 2:16.27 | 36.19 300m: 3:27.00 34.53 | 400m: 4:34.37 36.24 |      |         |
| 9.  | DUDZIŃSKA Anna      | 08            | UKS Tri-Sea Mewa          | <b>4:47.49</b>      | 569  | + 37.25 |
|     | 50m: 31.46 31.46    | 150m: 1:41.72 | 35.53 250m: 2:54.12 36.32 | 350m: 4:09.08 37.66 |      |         |
|     | 100m: 1:06.19 34.73 | 200m: 2:17.80 | 36.08 300m: 3:31.42 37.30 | 400m: 4:47.49 38.41 |      |         |
| 10. | TUSK Nikola         | 09            | UKS Tri-Sea Mewa          | <b>6:04.52</b>      | 279+ | 1:54.28 |
|     | 50m: 46.66 46.66    | 150m: 2:15.81 | 45.71 250m: 3:52.96 47.07 | 350m:               |      |         |
|     | 100m: 1:30.10 43.44 | 200m: 3:05.89 | 50.08 300m: 4:40.01 47.05 | 400m: 6:04.52       |      |         |

KAT. C

|    |                     |               |                           |                     |     |         |
|----|---------------------|---------------|---------------------------|---------------------|-----|---------|
| 1. | ŁADOŚ Natalia       | 10            | KS Gengars Wrocław        | <b>4:06.01</b>      | 910 |         |
|    | 50m: 27.71 27.71    | 150m: 1:29.00 | 30.86 250m: 2:30.97 31.07 | 350m: 3:34.03 31.71 |     |         |
|    | 100m: 58.14 30.43   | 200m: 1:59.90 | 30.90 300m: 3:02.32 31.35 | 400m: 4:06.01 31.98 |     |         |
| 2. | KOZŁOWSKA Laura     | 11            | Piorun Gołdap             | <b>4:08.20</b>      | 886 | + 2.19  |
|    | 50m: 27.65 27.65    | 150m: 1:29.90 | 31.73 250m: 2:32.61 31.18 | 350m: 3:36.19 31.95 |     |         |
|    | 100m: 58.17 30.52   | 200m: 2:01.43 | 31.53 300m: 3:04.24 31.63 | 400m: 4:08.20 32.01 |     |         |
| 3. | SULKOWSKA Hanna     | 11            | UKS Delfin Władysławowo   | <b>4:08.23</b>      | 886 | + 2.22  |
|    | 50m: 27.57 27.57    | 150m: 1:29.53 | 31.65 250m: 2:33.32 32.01 | 350m: 3:37.18 31.48 |     |         |
|    | 100m: 57.88 30.31   | 200m: 2:01.31 | 31.78 300m: 3:05.70 32.38 | 400m: 4:08.23 31.05 |     |         |
| 4. | MAZIEJUK Weronika   | 11            | UKS Amfiprion Olecko      | <b>4:13.83</b>      | 828 | + 7.82  |
|    | 50m: 28.37 28.37    | 150m: 1:32.54 | 32.82 250m: 2:38.10 32.45 | 350m: 3:43.24 32.64 |     |         |
|    | 100m: 59.72 31.35   | 200m: 2:05.65 | 33.11 300m: 3:10.60 32.50 | 400m: 4:13.83 30.59 |     |         |
| 5. | ŻUKOWICZ Estera     | 11            | UKS Tri-Sea Mewa          | <b>4:31.67</b>      | 676 | + 25.66 |
|    | 50m: 29.99 29.99    | 150m: 1:38.51 | 34.90 250m: 2:49.54 35.38 | 350m: 3:59.61 34.78 |     |         |
|    | 100m: 1:03.61 33.62 | 200m: 2:14.16 | 35.65 300m: 3:24.83 35.29 | 400m: 4:31.67 32.06 |     |         |
| 6. | GRELA Agata         | 10            | Delfinek Chodzież         | <b>4:31.89</b>      | 674 | + 25.88 |
|    | 50m: 30.66 30.66    | 150m: 1:39.49 | 34.87 250m: 2:51.07 36.29 | 350m: 4:00.30 34.11 |     |         |
|    | 100m: 1:04.62 33.96 | 200m: 2:14.78 | 35.29 300m: 3:26.19 35.12 | 400m: 4:31.89 31.59 |     |         |



Zimowe Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach.  
Kościerzyna, 13- - 14-12-2025

Konkurencja 10, Dziewcząt, 400m Bifins, KAT. C

| Pozycja              | Rok ur.                   |       |       |         |       |       |         |       | Czas    | Pkt.        |       |
|----------------------|---------------------------|-------|-------|---------|-------|-------|---------|-------|---------|-------------|-------|
| 7. DAWIDOWICZ Lena   | 10 UKS Tri-Sea Mewa       |       |       |         |       |       |         |       | 4:41.26 | 609 + 35.25 |       |
| 50m:                 | 30.10                     | 30.10 | 150m: | 1:39.75 | 35.53 | 250m: | 2:52.33 | 36.50 | 350m:   | 4:05.68     | 36.57 |
| 100m:                | 1:04.22                   | 34.12 | 200m: | 2:15.83 | 36.08 | 300m: | 3:29.11 | 36.78 | 400m:   | 4:41.26     | 35.58 |
| 8. TELEGO Liwia      | 11 UKS Rekin Wrocław SP50 |       |       |         |       |       |         |       | 4:47.75 | 569 + 41.74 |       |
| 50m:                 | 30.15                     | 30.15 | 150m: | 1:40.92 | 36.26 | 250m: | 2:55.22 | 37.35 | 350m:   | 4:10.97     | 37.49 |
| 100m:                | 1:04.66                   | 34.51 | 200m: | 2:17.87 | 36.95 | 300m: | 3:33.48 | 38.26 | 400m:   | 4:47.75     | 36.78 |
| 9. PEĆCAK Aleksandra | 11 UKS Amfiprion Olecko   |       |       |         |       |       |         |       | 4:56.25 | 521 + 50.24 |       |
| 50m:                 | 30.29                     | 30.29 | 150m: | 1:43.73 | 38.15 | 250m: | 3:00.77 | 38.83 | 350m:   | 4:19.93     | 39.46 |
| 100m:                | 1:05.58                   | 35.29 | 200m: | 2:21.94 | 38.21 | 300m: | 3:40.47 | 39.70 | 400m:   | 4:56.25     | 36.32 |
| 10. NIEMCZYK Zuzanna | 11 UKS Manta Kościerzyna  |       |       |         |       |       |         |       | 4:56.80 | 518 + 50.79 |       |
| 50m:                 | 31.65                     | 31.65 | 150m: | 1:42.08 | 36.53 | 250m: | 2:58.81 | 38.65 | 350m:   | 4:18.91     | 39.82 |
| 100m:                | 1:05.55                   | 33.90 | 200m: | 2:20.16 | 38.08 | 300m: | 3:39.09 | 40.28 | 400m:   | 4:56.80     | 37.89 |

KAT. D

|                        |         |                           |       |         |                |       |         |       |       |         |       |
|------------------------|---------|---------------------------|-------|---------|----------------|-------|---------|-------|-------|---------|-------|
| 1. GÓRKA Zofia         | 13      | UKS Rekin Wrocław SP50    |       |         | <b>4:13.98</b> | 949   |         |       |       |         |       |
| 50m:                   | 28.85   | 28.85                     | 150m: | 1:32.93 | 31.83          | 250m: | 2:38.08 | 32.13 | 350m: | 3:43.62 | 32.61 |
| 100m:                  | 1:01.10 | 32.25                     | 200m: | 2:05.95 | 33.02          | 300m: | 3:11.01 | 32.93 | 400m: | 4:13.98 | 30.36 |
| 2. BORYS Maja          | 13      | UKS Amfiprion Olecko      |       |         | <b>4:16.58</b> | 920   | + 2.60  |       |       |         |       |
| 50m:                   | 28.88   | 28.88                     | 150m: | 1:34.42 | 32.76          | 250m: | 2:42.40 | 34.08 | 350m: | 3:46.88 | 31.49 |
| 100m:                  | 1:01.66 | 32.78                     | 200m: | 2:08.32 | 33.90          | 300m: | 3:15.39 | 32.99 | 400m: | 4:16.58 | 29.70 |
| 3. GNIEDZIEJKO Julia   | 12      | UKS Amfiprion Olecko      |       |         | <b>4:22.88</b> | 856   | + 8.90  |       |       |         |       |
| 50m:                   | 27.97   | 27.97                     | 150m: | 1:33.15 | 33.41          | 250m: | 2:41.20 | 33.86 | 350m: | 3:49.00 | 33.66 |
| 100m:                  | 59.74   | 31.77                     | 200m: | 2:07.34 | 34.19          | 300m: | 3:15.34 | 34.14 | 400m: | 4:22.88 | 33.88 |
| 4. BOBKOWSKA Aida      | 12      | UKS Tri-Sea Mewa          |       |         | <b>4:29.75</b> | 792   | + 15.77 |       |       |         |       |
| 50m:                   | 30.63   | 30.63                     | 150m: | 1:39.50 | 34.93          | 250m: | 2:50.88 | 35.72 | 350m: | 3:56.76 | 31.80 |
| 100m:                  | 1:04.57 | 33.94                     | 200m: | 2:15.16 | 35.66          | 300m: | 3:24.96 | 34.08 | 400m: | 4:29.75 | 32.99 |
| 5. IRACKA Zuzanna      | 12      | Laguna 24 Toruń           |       |         | <b>4:37.97</b> | 724   | + 23.99 |       |       |         |       |
| 50m:                   | 31.26   | 31.26                     | 150m: | 1:41.28 | 35.81          | 250m: | 2:52.59 | 35.46 | 350m: | 4:04.18 | 36.05 |
| 100m:                  | 1:05.47 | 34.21                     | 200m: | 2:17.13 | 35.85          | 300m: | 3:28.13 | 35.54 | 400m: | 4:37.97 | 33.79 |
| 6. BOSZKE Żaneta       | 12      | UKS Tri-Sea Mewa          |       |         | <b>4:43.64</b> | 681   | + 29.66 |       |       |         |       |
| 50m:                   | 31.20   | 31.20                     | 150m: | 1:41.23 | 35.56          | 250m: | 2:54.85 | 36.65 | 350m: | 4:09.58 | 36.84 |
| 100m:                  | 1:05.67 | 34.47                     | 200m: | 2:18.20 | 36.97          | 300m: | 3:32.74 | 37.89 | 400m: | 4:43.64 | 34.06 |
| 7. MUŻA Ewa            | 13      | UKS Tri-Sea Mewa          |       |         | <b>4:47.49</b> | 654   | + 33.51 |       |       |         |       |
| 50m:                   | 31.95   | 31.95                     | 150m: | 1:44.35 | 36.85          | 250m: | 2:59.41 | 37.60 | 350m: | 4:13.37 | 36.59 |
| 100m:                  | 1:07.50 | 35.55                     | 200m: | 2:21.81 | 37.46          | 300m: | 3:36.78 | 37.37 | 400m: | 4:47.49 | 34.12 |
| 8. KAMIŃSKA Aleksandra | 13      | KS Aqua Sport Kościerzyna |       |         | <b>5:04.81</b> | 549   | + 50.83 |       |       |         |       |
| 50m:                   | 33.48   | 33.48                     | 150m: | 1:52.41 | 40.95          | 250m: | 3:13.43 | 40.00 | 350m: | 4:29.88 | 36.85 |
| 100m:                  | 1:11.46 | 37.98                     | 200m: | 2:33.43 | 41.02          | 300m: | 3:53.03 | 39.60 | 400m: | 5:04.81 | 34.93 |