



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

Konkurencja 41
2025-12-14 - 11:30

Kobiet, 400m Surface

Open
Wyniki

Punkty: PP 2025

Pozycja	Rok ur.										Czas	Pkt.
KAT. Open												
1.	SZYBALSKA Ania			08	UKS Manta Kościerzyna					3:41.32	794	
	50m:	25.07	25.07	150m:	1:20.26	28.14	250m:	2:17.27	28.47	350m:	3:13.99	27.99
	100m:	52.12	27.05	200m:	1:48.80	28.54	300m:	2:46.00	28.73	400m:	3:41.32	27.33
2.	KASPRZYK Wiktoria			09	Delfinek Chodzież					3:45.58	750	+ 4.26
	50m:	25.13	25.13	150m:	1:22.65	29.41	250m:	2:22.12	29.74	350m:	3:20.07	27.76
	100m:	53.24	28.11	200m:	1:52.38	29.73	300m:	2:52.31	30.19	400m:	3:45.58	25.51
3.	SARNA Joanna			96	KS Gengars Wrocław					3:45.66	724	+ 4.34
	50m:	24.00	24.00	150m:	1:17.29	27.35	250m:	2:14.85	29.33	350m:	3:14.72	30.06
	100m:	49.94	25.94	200m:	1:45.52	28.23	300m:	2:44.66	29.81	400m:	3:45.66	30.94
4.	TUSK Weronika			05	UKS Tri-Sea Mewa					3:55.93	633	+ 14.61
	50m:	25.88	25.88	150m:	1:24.32	29.66	250m:	2:24.78	30.27	350m:	3:26.15	30.77
	100m:	54.66	28.78	200m:	1:54.51	30.19	300m:	2:55.38	30.60	400m:	3:55.93	29.78
5.	BLOK Sandra			09	KS Aqua Sport Kościerzyna					3:57.85	639	+ 16.53
	50m:	25.52	25.52	150m:	1:24.36	30.10	250m:	2:27.07	31.15	350m:	3:28.90	30.42
	100m:	54.26	28.74	200m:	1:55.92	31.56	300m:	2:58.48	31.41	400m:	3:57.85	28.95
6.	JOPP Matylda			99	KS Gengars Wrocław					4:00.16	600	+ 18.84
	50m:	26.83	26.83	150m:	1:27.63	31.00	250m:	2:29.68	30.90	350m:	3:30.84	30.51
	100m:	56.63	29.80	200m:	1:58.78	31.15	300m:	3:00.33	30.65	400m:	4:00.16	29.32
7.	GĘBCZYŃSKA Hanna			10	KS Nautilus-Jastrzębie					4:03.84	639	+ 22.52
	50m:	25.89	25.89	150m:	1:25.93	30.68	250m:	2:28.55	31.53	350m:	3:32.24	31.74
	100m:	55.25	29.36	200m:	1:57.02	31.09	300m:	3:00.50	31.95	400m:	4:03.84	31.60
8.	REJNO Tamara			12	UKS Rekin Wrocław SP50					4:04.83	820	+ 23.51
	50m:	27.86	27.86	150m:	1:27.59	29.91	250m:	2:30.29	31.43	350m:	3:33.92	31.59
	100m:	57.68	29.82	200m:	1:58.86	31.27	300m:	3:02.33	32.04	400m:	4:04.83	30.91
9.	NASZKIEWICZ Inga			09	Piorun Gołdap					4:05.38	582	+ 24.06
	50m:	26.57	26.57	150m:	1:28.25	32.06	250m:	2:31.75	31.99	350m:	3:35.00	31.20
	100m:	56.19	29.62	200m:	1:59.76	31.51	300m:	3:03.80	32.05	400m:	4:05.38	30.38
10.	WITKOWSKA Amelia			12	Laguna 24 Toruń					4:08.98	780	+ 27.66
	50m:	25.69	25.69	150m:	1:27.27	31.79	250m:	2:32.11	32.47	350m:	3:37.80	32.68
	100m:	55.48	29.79	200m:	1:59.64	32.37	300m:	3:05.12	33.01	400m:	4:08.98	31.18
11.	MASIANIS Maja			11	UKS Amfiprion Olecko					4:10.20	591	+ 28.88
	50m:	26.99	26.99	150m:	1:27.86	30.83	250m:	2:32.36	32.22	350m:	3:34.21	29.93
	100m:	57.03	30.04	200m:	2:00.14	32.28	300m:	3:04.28	31.92	400m:	4:10.20	35.99
12.	STRUCK Anna			08	UKS Tri-Sea Mewa					4:10.45	548	+ 29.13
	50m:	25.92	25.92	150m:	1:27.18	32.08	250m:	2:33.71	33.39	350m:	3:40.91	33.55
	100m:	55.10	29.18	200m:	2:00.32	33.14	300m:	3:07.36	33.65	400m:	4:10.45	29.54
13.	BORYS Natasza			13	UKS Amfiprion Olecko					4:10.69	764	+ 29.37
	50m:	26.65	26.65	150m:	1:28.81	31.72	250m:	2:35.41	33.10	350m:	3:41.80	33.16
	100m:	57.09	30.44	200m:	2:02.31	33.50	300m:	3:08.64	33.23	400m:	4:10.69	28.89
14.	KUCHARSKA Nina			11	UKS Manta Kościerzyna					4:14.48	562	+ 33.16
	50m:	27.74	27.74	150m:	1:29.42	31.60	250m:	2:33.05	31.96	350m:	3:36.98	31.64
	100m:	57.82	30.08	200m:	2:01.09	31.67	300m:	3:05.34	32.29	400m:	4:14.48	37.50
15.	KATOLIK Paula			09	UKS Tri-Sea Mewa					4:15.79	514	+ 34.47
	50m:	28.17	28.17	150m:	1:30.66	32.03	250m:	2:36.44	33.01	350m:	3:44.12	33.97
	100m:	58.63	30.46	200m:	2:03.43	32.77	300m:	3:10.15	33.71	400m:	4:15.79	31.67
16.	LELLEK Kaja			13	UKS Manta Kościerzyna					4:16.38	714	+ 35.06
	50m:	29.46	29.46	150m:	1:35.04	33.24	250m:	2:41.58	33.35	350m:	3:46.80	32.00
	100m:	1:01.80	32.34	200m:	2:08.23	33.19	300m:	3:14.80	33.22	400m:	4:16.38	29.58



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

Konkurencja 41, Kobiety, 400m Surface, KAT. Open

Pozycja	Rok ur.								Czas		Pkt.
17. PALUSIAK Natalia	10 Laguna 24 Toruń								4:17.96		540 + 36.64
50m:	29.27	29.27	150m:	1:33.01	32.75	250m:	2:39.54	33.21	350m:	3:45.74	33.01
100m:	1:00.26	30.99	200m:	2:06.33	33.32	300m:	3:12.73	33.19	400m:	4:17.96	32.22
18. KAISER Nadia	09 UKS Manta Kościerzyna								4:23.53		470 + 42.21
50m:	27.89	27.89	150m:	1:32.56	33.41	250m:	2:41.37	34.52	350m:	3:51.23	35.00
100m:	59.15	31.26	200m:	2:06.85	34.29	300m:	3:16.23	34.86	400m:	4:23.53	32.30
19. ZARACH Monika	11 KS Aqua Sport Kościerzyna								4:25.13		497 + 43.81
50m:	27.47	27.47	150m:	1:33.71	34.19	250m:	2:43.28	35.07	350m:	3:53.00	34.86
100m:	59.52	32.05	200m:	2:08.21	34.50	300m:	3:18.14	34.86	400m:	4:25.13	32.13
20. PALCZAK Milena	09 UKS Rekin Wrocław SP50								4:26.26		456 + 44.94
50m:	27.22	27.22	150m:	1:31.34	33.20	250m:	2:40.90	35.22	350m:	3:51.64	35.15
100m:	58.14	30.92	200m:	2:05.68	34.34	300m:	3:16.49	35.59	400m:	4:26.26	34.62
21. FREDA Amelia	13 KS Aqua Sport Kościerzyna								4:42.58		53+ 1:01.26
50m:	30.59	30.59	150m:	1:41.56	35.98	250m:	2:56.59	37.71	350m:	4:08.99	35.34
100m:	1:05.58	34.99	200m:	2:18.88	37.32	300m:	3:33.65	37.06	400m:	4:42.58	33.59
NIE UK. SZCZYGIEŁ Weronika	08 UKS Rekin Wrocław SP50										

KAT. B

1.	SZYBALSKA Ania			08	UKS Manta Kościerzyna					3:41.32	794	
	50m:	25.07	25.07	150m:	1:20.26	28.14	250m:	2:17.27	28.47	350m:	3:13.99	27.99
	100m:	52.12	27.05	200m:	1:48.80	28.54	300m:	2:46.00	28.73	400m:	3:41.32	27.33
2.	KASPRZYK Wiktoria			09	Delfinek Chodzież					3:45.58	750	+ 4.26
	50m:	25.13	25.13	150m:	1:22.65	29.41	250m:	2:22.12	29.74	350m:	3:20.07	27.76
	100m:	53.24	28.11	200m:	1:52.38	29.73	300m:	2:52.31	30.19	400m:	3:45.58	25.51
3.	BLOK Sandra			09	KS Aqua Sport Kościerzyna					3:57.85	639	+ 16.53
	50m:	25.52	25.52	150m:	1:24.36	30.10	250m:	2:27.07	31.15	350m:	3:28.90	30.42
	100m:	54.26	28.74	200m:	1:55.92	31.56	300m:	2:58.48	31.41	400m:	3:57.85	28.95
4.	NASZKIEWICZ Inga			09	Piorun Gołdap					4:05.38	582	+ 24.06
	50m:	26.57	26.57	150m:	1:28.25	32.06	250m:	2:31.75	31.99	350m:	3:35.00	31.20
	100m:	56.19	29.62	200m:	1:59.76	31.51	300m:	3:03.80	32.05	400m:	4:05.38	30.38
5.	STRUCK Anna			08	UKS Tri-Sea Mewa					4:10.45	548	+ 29.13
	50m:	25.92	25.92	150m:	1:27.18	32.08	250m:	2:33.71	33.39	350m:	3:40.91	33.55
	100m:	55.10	29.18	200m:	2:00.32	33.14	300m:	3:07.36	33.65	400m:	4:10.45	29.54
6.	KATOLIK Paula			09	UKS Tri-Sea Mewa					4:15.79	514	+ 34.47
	50m:	28.17	28.17	150m:	1:30.66	32.03	250m:	2:36.44	33.01	350m:	3:44.12	33.97
	100m:	58.63	30.46	200m:	2:03.43	32.77	300m:	3:10.15	33.71	400m:	4:15.79	31.67
7.	KAISER Nadia			09	UKS Manta Kościerzyna					4:23.53	470	+ 42.21
	50m:	27.89	27.89	150m:	1:32.56	33.41	250m:	2:41.37	34.52	350m:	3:51.23	35.00
	100m:	59.15	31.26	200m:	2:06.85	34.29	300m:	3:16.23	34.86	400m:	4:23.53	32.30
8.	PALCZAK Milena			09	UKS Rekin Wrocław SP50					4:26.26	456	+ 44.94
	50m:	27.22	27.22	150m:	1:31.34	33.20	250m:	2:40.90	35.22	350m:	3:51.64	35.15
	100m:	58.14	30.92	200m:	2:05.68	34.34	300m:	3:16.49	35.59	400m:	4:26.26	34.62
NIE UK.	SZCZYGIEŁ Weronika			08	UKS Rekin Wrocław SP50							

KAT. C

1.	GĘBCZYŃSKA Hanna				10	KS Nautilus-Jastrzębie				4:03.84	639	
	50m:	25.89	25.89	150m:	1:25.93	30.68	250m:	2:28.55	31.53	350m:	3:32.24	31.74
	100m:	55.25	29.36	200m:	1:57.02	31.09	300m:	3:00.50	31.95	400m:	4:03.84	31.60
2.	MASIANIS Maja				11	UKS Amfiprion Olecko				4:10.20	591	+ 6.36
	50m:	26.99	26.99	150m:	1:27.86	30.83	250m:	2:32.36	32.22	350m:	3:34.21	29.93
	100m:	57.03	30.04	200m:	2:00.14	32.28	300m:	3:04.28	31.92	400m:	4:10.20	35.99



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

Konkurencja 41, Dziewcząt, 400m Surface, KAT. C

Pozycja	Rok ur.								Czas	Pkt.		
3.	KUCHARSKA Nina			11	UKS Manta Kościerzyna				4:14.48	562 + 10.64		
	50m:	27.74	27.74	150m:	1:29.42	31.60	250m:	2:33.05	31.96	350m:	3:36.98	31.64
	100m:	57.82	30.08	200m:	2:01.09	31.67	300m:	3:05.34	32.29	400m:	4:14.48	37.50
4.	PALUSIAK Natalia			10	Laguna 24 Toruń				4:17.96	540 + 14.12		
	50m:	29.27	29.27	150m:	1:33.01	32.75	250m:	2:39.54	33.21	350m:	3:45.74	33.01
	100m:	1:00.26	30.99	200m:	2:06.33	33.32	300m:	3:12.73	33.19	400m:	4:17.96	32.22
5.	ZARACH Monika			11	KS Aqua Sport Kościerzyna				4:25.13	497 + 21.29		
	50m:	27.47	27.47	150m:	1:33.71	34.19	250m:	2:43.28	35.07	350m:	3:53.00	34.86
	100m:	59.52	32.05	200m:	2:08.21	34.50	300m:	3:18.14	34.86	400m:	4:25.13	32.13

KAT. D

1.	REJNO Tamara				12	UKS Rekin Wrocław SP50				4:04.83	820	
	50m:	27.86	27.86	150m:	1:27.59	29.91	250m:	2:30.29	31.43	350m:	3:33.92	31.59
	100m:	57.68	29.82	200m:	1:58.86	31.27	300m:	3:02.33	32.04	400m:	4:04.83	30.91
2.	WITKOWSKA Amelia				12	Laguna 24 Toruń				4:08.98	780	+ 4.15
	50m:	25.69	25.69	150m:	1:27.27	31.79	250m:	2:32.11	32.47	350m:	3:37.80	32.68
	100m:	55.48	29.79	200m:	1:59.64	32.37	300m:	3:05.12	33.01	400m:	4:08.98	31.18
3.	BORYS Natasza				13	UKS Amfiprion Olecko				4:10.69	764	+ 5.86
	50m:	26.65	26.65	150m:	1:28.81	31.72	250m:	2:35.41	33.10	350m:	3:41.80	33.16
	100m:	57.09	30.44	200m:	2:02.31	33.50	300m:	3:08.64	33.23	400m:	4:10.69	28.89
4.	LELLEK Kaja				13	UKS Manta Kościerzyna				4:16.38	714	+ 11.55
	50m:	29.46	29.46	150m:	1:35.04	33.24	250m:	2:41.58	33.35	350m:	3:46.80	32.00
	100m:	1:01.80	32.34	200m:	2:08.23	33.19	300m:	3:14.80	33.22	400m:	4:16.38	29.58
5.	FREDA Amelia				13	KS Aqua Sport Kościerzyna				4:42.58	534	+ 37.75
	50m:	30.59	30.59	150m:	1:41.56	35.98	250m:	2:56.59	37.71	350m:	4:08.99	35.34
	100m:	1:05.58	34.99	200m:	2:18.88	37.32	300m:	3:33.65	37.06	400m:	4:42.58	33.59