

Konkurencja 6
2026-03-21 - 11:31

Kobiet, 400m Bifins

12 lat i starsi
Wyniki

Rekord Open Baltic Cup 4:06.21 SZALAST Karolina POL Olsztyn 2025-03-08

Punkty: PP 2026 CMAS

Pozycja	Rok ur.	Czas	Pkt.
KAT. Open			
1. SULKOWSKA Hanna	11	4:03.79	782
50m: 26.34 26.34	150m: 45.65	250m: 2:30.62 31.57	350m: 3:33.75 31.67
100m:	200m: 1:59.05 1:13.40	300m: 3:02.08 31.46	400m: 4:03.79 30.04
2. SZALAST Karolina	05	4:05.98	761
50m: 27.50 27.50	150m: 1:28.23 30.89	250m: 2:31.35 31.61	350m: 3:35.29 31.97
100m: 57.34 29.84	200m: 1:59.74 31.51	300m: 3:03.32 31.97	400m: 4:05.98 30.69
3. RYŠAVÁ Nela	11	4:08.40	739
50m: 27.65 27.65	150m: 41.32	250m: 2:32.84 32.12	350m: 3:26.52 21.48
100m:	200m: 2:00.72 1:19.40	300m: 3:05.04 32.20	400m: 4:08.40 41.88
4. BUBLITZ Tessa	08	4:09.30	731
50m: 27.38 27.38	150m: 1:30.58 32.14	250m: 2:35.54 32.85	350m: 3:39.31 31.46
100m: 58.44 31.06	200m: 2:02.69 32.11	300m: 3:07.85 32.31	400m: 4:09.30 29.99
5. KOZŁOWSKA Laura	11	4:10.22	723
50m: 28.18 28.18	150m: 1:33.93 33.19	250m: 2:38.67 31.84	350m: 3:41.85 31.44
100m: 1:00.74 32.56	200m: 2:06.83 32.90	300m: 3:10.41 31.74	400m: 4:10.22 28.37
6. PEEK Dominika	10	4:10.82	718
50m: 27.32 27.32	150m: 1:30.91 32.54	250m: 2:36.67 32.79	350m: 3:41.90 32.34
100m: 58.37 31.05	200m: 2:03.88 32.97	300m: 3:09.56 32.89	400m: 4:10.82 28.92
7. MAZIEJUK Weronika	11	4:11.32	714
50m: 27.77 27.77	150m: 1:30.94 32.47	250m: 2:36.81 32.25	350m: 3:40.67 31.64
100m: 58.47 30.70	200m: 2:04.56 33.62	300m: 3:09.03 32.22	400m: 4:11.32 30.65
8. ŁADO Natalia	10	4:11.90	709
50m: 28.30 28.30	150m: 1:31.86 31.99	250m: 2:36.63 32.42	350m: 3:40.46 31.55
100m: 59.87 31.57	200m: 2:04.21 32.35	300m: 3:08.91 32.28	400m: 4:11.90 31.44
9. REDLIN Anna	08	4:13.72	694
50m: 28.96 28.96	150m: 1:32.06 32.20	250m: 2:38.25 33.10	350m: 3:43.58 32.14
100m: 59.86 30.90	200m: 2:05.15 33.09	300m: 3:11.44 33.19	400m: 4:13.72 30.14
10. PIETRAS Maria	07	4:17.64	662
50m: 27.58 27.58	150m: 1:30.77 32.32	250m: 2:38.69 33.91	350m: 3:46.89 34.18
100m: 58.45 30.87	200m: 2:04.78 34.01	300m: 3:12.71 34.02	400m: 4:17.64 30.75
11. BLOK Sandra	09	4:17.79	661
50m: 28.19 28.19	150m: 1:30.43 31.91	250m: 2:37.28 33.57	350m: 3:44.58 33.64
100m: 58.52 30.33	200m: 2:03.71 33.28	300m: 3:10.94 33.66	400m: 4:17.79 33.21
12. GÓRKA Zofia	13	4:18.60	655
50m: 28.08 28.08	150m: 1:32.48 33.09	250m: 2:40.21 33.36	350m: 3:47.19 33.37
100m: 59.39 31.31	200m: 2:06.85 34.37	300m: 3:13.82 33.61	400m: 4:18.60 31.41
13. BOBKOWSKA Aida	12	4:22.75	625
50m: 28.84 28.84	150m: 1:36.22 34.15	250m: 2:44.82 34.40	350m: 3:50.73 31.91
100m: 1:02.07 33.23	200m: 2:10.42 34.20	300m: 3:18.82 34.00	400m: 4:22.75 32.02
14. GRELA Agata	10	4:22.89	624
50m: 30.16 30.16	150m: 1:36.70 33.84	250m: 2:45.09 34.63	350m: 3:52.10 32.75
100m: 1:02.86 32.70	200m: 2:10.46 33.76	300m: 3:19.35 34.26	400m: 4:22.89 30.79
15. KASZKIEL Martyna	09	4:23.37	620
50m: 29.79 29.79	150m: 1:36.45 34.14	250m: 2:45.04 34.35	350m: 3:52.19 33.24
100m: 1:02.31 32.52	200m: 2:10.69 34.24	300m: 3:18.95 33.91	400m: 4:23.37 31.18
16. ROZIEL Nina	14	4:26.33	600
50m: 28.11 28.11	150m: 1:33.95 34.19	250m: 2:43.91 35.56	350m: 3:52.68 33.67
100m: 59.76 31.65	200m: 2:08.35 34.40	300m: 3:19.01 35.10	400m: 4:26.33 33.65

Konkurencja 6, Kobiet, 400m Bifins, KAT. Open

Pozycja					Rok ur.					Czas	Pkt.	
17.	UKOWICZ Estera				11	UKS Tri-Sea Mewa Władysławowo				4:27.28	593	
	50m:	29.13	29.13	150m:	1:21.60	19.02	250m:	1:36.88	350m:	2:44.84	33.91	
	100m:	1:02.58	33.45	200m:			300m:	2:10.93	34.05	400m:	4:27.28	1:42.44
18.	HEMPLER Alena				10	Berliner TSC e.V.				4:27.72	590	
	50m:	27.83	27.83	150m:	1:34.37	34.37	250m:	2:45.44	35.52	350m:	3:55.49	34.64
	100m:	1:00.00	32.17	200m:	2:09.92	35.55	300m:	3:20.85	35.41	400m:	4:27.72	32.23
19.	J DRO Zuzanna				11	UKS Rekin Wrocław SP50				4:27.81	590	
	50m:	30.26	30.26	150m:	1:39.72	35.26	250m:	2:48.64	34.21	350m:	3:56.19	33.64
	100m:	1:04.46	34.20	200m:	2:14.43	34.71	300m:	3:22.55	33.91	400m:	4:27.81	31.62
20.	GNIEDZIEJKO Julia				12	UKS Amfiprion Olecko				4:30.81	570	
	50m:	26.19	26.19	150m:	1:31.70	34.52	250m:	2:44.52	36.30	350m:	3:56.70	35.82
	100m:	57.18	30.99	200m:	2:08.22	36.52	300m:	3:20.88	36.36	400m:	4:30.81	34.11
21.	DUDZI SKA Anna				08	UKS Tri-Sea Mewa Władysławowo				4:31.70	565	
	50m:	30.61	30.61	150m:	1:38.04	34.40	250m:	2:48.54	35.46	350m:	3:59.10	35.00
	100m:	1:03.64	33.03	200m:	2:13.08	35.04	300m:	3:24.10	35.56	400m:	4:31.70	32.60
22.	WIRKO Izabela				10	UKS Tri-Sea Mewa Władysławowo				4:34.28	549	
	50m:	29.04	29.04	150m:	1:37.77	35.27	250m:	2:51.08	36.52	350m:	4:03.71	35.33
	100m:	1:02.50	33.46	200m:	2:14.56	36.79	300m:	3:28.38	37.30	400m:	4:34.28	30.57
23.	GAJEWSKA Amelia				09	UKS Amfiprion Olecko				4:34.88	545	
	50m:	30.26	30.26	150m:	1:38.90	35.44	250m:	2:51.63	36.85	350m:	4:03.16	35.27
	100m:	1:03.46	33.20	200m:	2:14.78	35.88	300m:	3:27.89	36.26	400m:	4:34.88	31.72
24.	DAWIDOWICZ Lena				10	UKS Tri-Sea Mewa Władysławowo				4:36.66	535	
	50m:	30.15	30.15	150m:	1:40.34	35.47	250m:	2:52.40	35.66	350m:	4:04.46	35.51
	100m:	1:04.87	34.72	200m:	2:16.74	36.40	300m:	3:28.95	36.55	400m:	4:36.66	32.20
25.	BOSZKE aneta				12	UKS Tri-Sea Mewa Władysławowo				4:40.45	513	
	50m:	33.37	33.37	150m:	1:42.93	35.72	250m:	2:55.77	36.41	350m:	4:07.88	35.61
	100m:	1:07.21	33.84	200m:	2:19.36	36.43	300m:	3:32.27	36.50	400m:	4:40.45	32.57
26.	PASZKIEWICZ Alicja				12	Laguna 24 Toru				4:44.56	492	
	50m:	28.57	28.57	150m:	1:39.71	36.47	250m:	2:53.75	37.12	350m:	4:07.75	36.94
	100m:	1:03.24	34.67	200m:	2:16.63	36.92	300m:	3:30.81	37.06	400m:	4:44.56	36.81
27.	TELEGO Liwia				11	UKS Rekin Wrocław SP50				4:45.97	484	
	50m:	29.81	29.81	150m:	1:38.52	35.28	250m:	2:51.91	37.27	350m:	4:08.53	38.99
	100m:	1:03.24	33.43	200m:	2:14.64	36.12	300m:	3:29.54	37.63	400m:	4:45.97	37.44
28.	MU A Ewa				13	UKS Tri-Sea Mewa Władysławowo				4:54.75	442	
	50m:	34.25	34.25	150m:	1:48.23	38.08	250m:	3:05.18	38.27	350m:	4:19.69	35.88
	100m:	1:10.15	35.90	200m:	2:26.91	38.68	300m:	3:43.81	38.63	400m:	4:54.75	35.06
29.	MITCHELL Lotte				13	Berliner TSC e.V.				4:56.19	436	
	50m:	31.81	31.81	150m:	1:48.65	39.25	250m:	3:06.73	38.78	350m:	4:23.05	37.27
	100m:	1:09.40	37.59	200m:	2:27.95	39.30	300m:	3:45.78	39.05	400m:	4:56.19	33.14
30.	CZAJA Maja				10	UKS Delfin Władysławowo				4:59.33	422	
	50m:	33.63	33.63	150m:	1:48.58	38.28	250m:	3:05.42	37.82	350m:	4:22.05	37.94
	100m:	1:10.30	36.67	200m:	2:27.60	39.02	300m:	3:44.11	38.69	400m:	4:59.33	37.28
31.	DETLAUF Zofia				14	UKS Tri-Sea Mewa Władysławowo				5:00.41	418	
	50m:	32.86	32.86	150m:	1:52.38	40.12	250m:	3:12.47	40.61	350m:	4:28.76	37.00
	100m:	1:12.26	39.40	200m:	2:31.86	39.48	300m:	3:51.76	39.29	400m:	5:00.41	31.65
32.	CARELLA Mia				13	KS Aqua Sport Ko cierzyna				5:01.26	414	
	50m:	33.42	33.42	150m:	1:52.30	39.59	250m:	3:12.49	40.88	350m:	4:29.53	37.90
	100m:	1:12.71	39.29	200m:	2:31.61	39.31	300m:	3:51.63	39.14	400m:	5:01.26	31.73
33.	LISAKOWSKA Zofia				14	UKS Delfin Jastarnia				5:04.57	401	
	50m:	34.53	34.53	150m:	1:51.62	39.50	250m:	3:12.31	39.80	350m:	4:31.78	39.45
	100m:	1:12.12	37.59	200m:	2:32.51	40.89	300m:	3:52.33	40.02	400m:	5:04.57	32.79

Konkurencja 6, Kobiet, 400m Bifins, KAT. Open

Pozycja	Rok ur.							Czas	Pkt.
34. OKROJ Magdalena	11	UKS Manta Ko cierzyna						5:07.70	389
		50m: 35.34	35.34	150m: 1:51.36	38.62	250m: 3:11.64	40.20	350m: 4:30.65	39.19
		100m: 1:12.74	37.40	200m: 2:31.44	40.08	300m: 3:51.46	39.82	400m: 5:07.70	37.05

KAT. B

1. PEEK Dominika	10	KS Aqua Sport Ko cierzyna						4:10.82	718
		50m: 27.32	27.32	150m: 1:30.91	32.54	250m: 2:36.67	32.79	350m: 3:41.90	32.34
		100m: 58.37	31.05	200m: 2:03.88	32.97	300m: 3:09.56	32.89	400m: 4:10.82	28.92
2. ŁADO Natalia	10	KS Gengars Wrocław						4:11.90	709
		50m: 28.30	28.30	150m: 1:31.86	31.99	250m: 2:36.63	32.42	350m: 3:40.46	31.55
		100m: 59.87	31.57	200m: 2:04.21	32.35	300m: 3:08.91	32.28	400m: 4:11.90	31.44
3. BLOK Sandra	09	KS Aqua Sport Ko cierzyna						4:17.79	661
		50m: 28.19	28.19	150m: 1:30.43	31.91	250m: 2:37.28	33.57	350m: 3:44.58	33.64
		100m: 58.52	30.33	200m: 2:03.71	33.28	300m: 3:10.94	33.66	400m: 4:17.79	33.21
4. GRELA Agata	10	Delfinek Chodzie						4:22.89	624
		50m: 30.16	30.16	150m: 1:36.70	33.84	250m: 2:45.09	34.63	350m: 3:52.10	32.75
		100m: 1:02.86	32.70	200m: 2:10.46	33.76	300m: 3:19.35	34.26	400m: 4:22.89	30.79
5. KASZKIEL Martyna	09	UKS Amfiprion Olecko						4:23.37	620
		50m: 29.79	29.79	150m: 1:36.45	34.14	250m: 2:45.04	34.35	350m: 3:52.19	33.24
		100m: 1:02.31	32.52	200m: 2:10.69	34.24	300m: 3:18.95	33.91	400m: 4:23.37	31.18
6. HEMPLER Alena	10	Berliner TSC e.V.						4:27.72	590
		50m: 27.83	27.83	150m: 1:34.37	34.37	250m: 2:45.44	35.52	350m: 3:55.49	34.64
		100m: 1:00.00	32.17	200m: 2:09.92	35.55	300m: 3:20.85	35.41	400m: 4:27.72	32.23
7. WIRKO Izabela	10	UKS Tri-Sea Mewa Władysławowo						4:34.28	549
		50m: 29.04	29.04	150m: 1:37.77	35.27	250m: 2:51.08	36.52	350m: 4:03.71	35.33
		100m: 1:02.50	33.46	200m: 2:14.56	36.79	300m: 3:28.38	37.30	400m: 4:34.28	30.57
8. GAJEWSKA Amelia	09	UKS Amfiprion Olecko						4:34.88	545
		50m: 30.26	30.26	150m: 1:38.90	35.44	250m: 2:51.63	36.85	350m: 4:03.16	35.27
		100m: 1:03.46	33.20	200m: 2:14.78	35.88	300m: 3:27.89	36.26	400m: 4:34.88	31.72
9. DAWIDOWICZ Lena	10	UKS Tri-Sea Mewa Władysławowo						4:36.66	535
		50m: 30.15	30.15	150m: 1:40.34	35.47	250m: 2:52.40	35.66	350m: 4:04.46	35.51
		100m: 1:04.87	34.72	200m: 2:16.74	36.40	300m: 3:28.95	36.55	400m: 4:36.66	32.20
10. CZAJA Maja	10	UKS Delfin Władysławowo						4:59.33	422
		50m: 33.63	33.63	150m: 1:48.58	38.28	250m: 3:05.42	37.82	350m: 4:22.05	37.94
		100m: 1:10.30	36.67	200m: 2:27.60	39.02	300m: 3:44.11	38.69	400m: 4:59.33	37.28

KAT. C

1. SULKOWSKA Hanna	11	UKS Delfin Władysławowo						4:03.79	782
		50m: 26.34	26.34	150m: 45.65		250m: 2:30.62	31.57	350m: 3:33.75	31.67
		100m:		200m: 1:59.05	1:13.40	300m: 3:02.08	31.46	400m: 4:03.79	30.04
2. RYŠAVÁ Nela	11	Fast Fins Cz						4:08.40	739
		50m: 27.65	27.65	150m: 41.32		250m: 2:32.84	32.12	350m: 3:26.52	21.48
		100m:		200m: 2:00.72	1:19.40	300m: 3:05.04	32.20	400m: 4:08.40	41.88
3. KOZŁOWSKA Laura	11	MUKS Piorun Gołdap						4:10.22	723
		50m: 28.18	28.18	150m: 1:33.93	33.19	250m: 2:38.67	31.84	350m: 3:41.85	31.44
		100m: 1:00.74	32.56	200m: 2:06.83	32.90	300m: 3:10.41	31.74	400m: 4:10.22	28.37
4. MAZIEJUK Weronika	11	UKS Amfiprion Olecko						4:11.32	714
		50m: 27.77	27.77	150m: 1:30.94	32.47	250m: 2:36.81	32.25	350m: 3:40.67	31.64
		100m: 58.47	30.70	200m: 2:04.56	33.62	300m: 3:09.03	32.22	400m: 4:11.32	30.65
5. BOBKOWSKA Aida	12	UKS Tri-Sea Mewa Władysławowo						4:22.75	625
		50m: 28.84	28.84	150m: 1:36.22	34.15	250m: 2:44.82	34.40	350m: 3:50.73	31.91
		100m: 1:02.07	33.23	200m: 2:10.42	34.20	300m: 3:18.82	34.00	400m: 4:22.75	32.02

Konkurencja 6, Dziewcz t, 400m Bifins, KAT. C

Pozycja					Rok ur.					Czas	Pkt.
6.	UKOWICZ Estera				11	UKS Tri-Sea Mewa Władysławowo				4:27.28	593
	50m:	29.13	29.13	150m:	1:21.60	19.02	250m:	1:36.88	350m:	2:44.84	33.91
	100m:	1:02.58	33.45	200m:			300m:	2:10.93	400m:	4:27.28	1:42.44
7.	J DRO Zuzanna				11	UKS Rekin Wrocław SP50				4:27.81	590
	50m:	30.26	30.26	150m:	1:39.72	35.26	250m:	2:48.64	350m:	3:56.19	33.64
	100m:	1:04.46	34.20	200m:	2:14.43	34.71	300m:	3:22.55	400m:	4:27.81	31.62
8.	GNIEDZIEJKO Julia				12	UKS Amfiprion Olecko				4:30.81	570
	50m:	26.19	26.19	150m:	1:31.70	34.52	250m:	2:44.52	350m:	3:56.70	35.82
	100m:	57.18	30.99	200m:	2:08.22	36.52	300m:	3:20.88	400m:	4:30.81	34.11
9.	BOSZKE aneta				12	UKS Tri-Sea Mewa Władysławowo				4:40.45	513
	50m:	33.37	33.37	150m:	1:42.93	35.72	250m:	2:55.77	350m:	4:07.88	35.61
	100m:	1:07.21	33.84	200m:	2:19.36	36.43	300m:	3:32.27	400m:	4:40.45	32.57
10.	PASZKIEWICZ Alicja				12	Laguna 24 Toru				4:44.56	492
	50m:	28.57	28.57	150m:	1:39.71	36.47	250m:	2:53.75	350m:	4:07.75	36.94
	100m:	1:03.24	34.67	200m:	2:16.63	36.92	300m:	3:30.81	400m:	4:44.56	36.81
11.	TELEGO Liwia				11	UKS Rekin Wrocław SP50				4:45.97	484
	50m:	29.81	29.81	150m:	1:38.52	35.28	250m:	2:51.91	350m:	4:08.53	38.99
	100m:	1:03.24	33.43	200m:	2:14.64	36.12	300m:	3:29.54	400m:	4:45.97	37.44
12.	OKROJ Magdalena				11	UKS Manta Ko cierzyna				5:07.70	389
	50m:	35.34	35.34	150m:	1:51.36	38.62	250m:	3:11.64	350m:	4:30.65	39.19
	100m:	1:12.74	37.40	200m:	2:31.44	40.08	300m:	3:51.46	400m:	5:07.70	37.05

KAT. D

1.	GÓRKA Zofia				13	UKS Rekin Wrocław SP50				4:18.60	655
	50m:	28.08	28.08	150m:	1:32.48	33.09	250m:	2:40.21	350m:	3:47.19	33.37
	100m:	59.39	31.31	200m:	2:06.85	34.37	300m:	3:13.82	400m:	4:18.60	31.41
2.	ROZIEL Nina				14	UKS Rekin Wrocław SP50				4:26.33	600
	50m:	28.11	28.11	150m:	1:33.95	34.19	250m:	2:43.91	350m:	3:52.68	33.67
	100m:	59.76	31.65	200m:	2:08.35	34.40	300m:	3:19.01	400m:	4:26.33	33.65
3.	MU A Ewa				13	UKS Tri-Sea Mewa Władysławowo				4:54.75	442
	50m:	34.25	34.25	150m:	1:48.23	38.08	250m:	3:05.18	350m:	4:19.69	35.88
	100m:	1:10.15	35.90	200m:	2:26.91	38.68	300m:	3:43.81	400m:	4:54.75	35.06
4.	MITCHELL Lotte				13	Berliner TSC e.V.				4:56.19	436
	50m:	31.81	31.81	150m:	1:48.65	39.25	250m:	3:06.73	350m:	4:23.05	37.27
	100m:	1:09.40	37.59	200m:	2:27.95	39.30	300m:	3:45.78	400m:	4:56.19	33.14
5.	DETTLAFF Zofia				14	UKS Tri-Sea Mewa Władysławowo				5:00.41	418
	50m:	32.86	32.86	150m:	1:52.38	40.12	250m:	3:12.47	350m:	4:28.76	37.00
	100m:	1:12.26	39.40	200m:	2:31.86	39.48	300m:	3:51.76	400m:	5:00.41	31.65
6.	CARELLA Mia				13	KS Aqua Sport Ko cierzyna				5:01.26	414
	50m:	33.42	33.42	150m:	1:52.30	39.59	250m:	3:12.49	350m:	4:29.53	37.90
	100m:	1:12.71	39.29	200m:	2:31.61	39.31	300m:	3:51.63	400m:	5:01.26	31.73
7.	LISAKOWSKA Zofia				14	UKS Delfin Jastarnia				5:04.57	401
	50m:	34.53	34.53	150m:	1:51.62	39.50	250m:	3:12.31	350m:	4:31.78	39.45
	100m:	1:12.12	37.59	200m:	2:32.51	40.89	300m:	3:52.33	400m:	5:04.57	32.79