

Event 6 Women, 400m Bifins 12 years and older
2026-03-21 - 11:31 Results

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

Points: PP 2026 CMAS

Rank	YB			Time			Pts
KAT. Open							
1.	SULKOWSKA Hanna	11	UKS Delfin Wladyslawowo	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: 100m:	200m: 1:59.05 1:13.40	300m: 3:02.08 31.46	400m: 4:03.79	30.04		
2.	SZALAST Karolina	05	UKS Tri-Sea Mewa Wladyslawowo	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.	RYSAVA 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: 100m:	200m: 2:00.72 1:19.40	300m: 3:05.04 32.20	400m: 4:08.40	41.88		
4.	BUBLITZ Tessa	08	Berliner TSC e.V.	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.	KOZLOWSKA Laura	11	MUKS Piorun Goldap	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	KS Aqua Sport Koscierzyna	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	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		
8.	LADOS Natalia	10	KS Gengars Wroclaw	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	UKS Tri-Sea Mewa Wladyslawowo	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	Delfinek Chodziej	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	KS Aqua Sport Koscierzyna	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.	GORKA Zofia	13	UKS Rekin Wroclaw SP50	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	UKS Tri-Sea Mewa Wladyslawowo	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	Delfinek Chodziej	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	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		
16.	ROZIEL Nina	14	UKS Rekin Wroclaw SP50	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		

Event 6, Women, 400m Bifins, KAT. Open

Rank					YB					Time	Pts	
17.	ZUKOWICZ Estera				11	UKS Tri-Sea Mewa Wladyslawowo				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.	JEDRO Zuzanna				11	UKS Rekin Wroclaw 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.	DUDZINSKA Anna				08	UKS Tri-Sea Mewa Wladyslawowo				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.	CWIRKO Izabela				10	UKS Tri-Sea Mewa Wladyslawowo				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 Wladyslawowo				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 Zaneta				12	UKS Tri-Sea Mewa Wladyslawowo				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 Torun				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 Wroclaw 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.	MUZA Ewa				13	UKS Tri-Sea Mewa Wladyslawowo				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 Wladyslawowo				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 Wladyslawowo				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 Koscierzyna				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

Event 6, Women, 400m Bifins, KAT. Open

Rank			YB					Time	Pts		
34.	OKROJ Magdalena		11	UKS Manta Koscierzyna				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 Koscierzyna				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.	LADOS Natalia		10	KS Gengars Wroclaw				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 Koscierzyna				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 Chodziej				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.	HEMLER 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.	CWIRKO Izabela		10	UKS Tri-Sea Mewa Wladyslawowo				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 Wladyslawowo				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 Wladyslawowo				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 Wladyslawowo				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.	RYSAVA 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.	KOZLOWSKA Laura		11	MUKS Piorun Goldap				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 Wladyslawowo				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

Event 6, Girls, 400m Bifins, KAT. C

Rank					YB					Time	Pts
6.	ZUKOWICZ Estera				11	UKS Tri-Sea Mewa Wladyslawowo				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.	JEDRO Zuzanna				11	UKS Rekin Wroclaw 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 Zaneta				12	UKS Tri-Sea Mewa Wladyslawowo				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 Torun				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 Wroclaw 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 Koscierzyna				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.	GORKA Zofia				13	UKS Rekin Wroclaw 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 Wroclaw 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.	MUZA Ewa				13	UKS Tri-Sea Mewa Wladyslawowo				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 Wladyslawowo				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 Koscierzyna				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