

Letnie Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach.
Szczecin, 16- - 17-5-2026

Konkurencja 16
2026-05-16 - 12:54

Kobiet, 400m Surface

12 lat i starsi
Wyniki

Punkty: PP 2026 CMAS

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
KAT. Open							
1. SZYBALSKA Ania	08	UKS Manta Ko cierzyna	3:41.60 649	50.86	56.38	57.55	56.81
50m:		150m:	250m:	350m:			
100m: 50.86		200m: 1:47.24	300m: 2:44.79	400m: 3:41.60			
2. KONKEL Viktoria	14	UKS Tri-Sea Mewa Władysław	3:53.75 55+ 12.15	55.34	1:00.91	1:01.94	55.56
50m:		150m:	250m:	350m:			
100m: 55.34		200m: 1:56.25	300m: 2:58.19	400m: 3:53.75			
3. ROZIEL Nina	14	UKS Rekin Wrocław SP50	3:53.95 55+ 12.35	55.65	1:00.08	1:01.14	57.08
50m:		150m:	250m:	350m:			
100m: 55.65		200m: 1:55.73	300m: 2:56.87	400m: 3:53.95			
4. LELLEK Kaja	13	UKS Manta Ko cierzyna	3:57.84 52+ 16.24	56.45	1:01.45	1:02.11	57.83
50m:		150m:	250m:	350m:			
100m: 56.45		200m: 1:57.90	300m: 3:00.01	400m: 3:57.84			
5. G BCZY SKA Hanna	10	KS Nautilus-Jastrzbie	3:57.96 52+ 16.36	54.38	1:01.19	1:02.48	59.91
50m:		150m:	250m:	350m:			
100m: 54.38		200m: 1:55.57	300m: 2:58.05	400m: 3:57.96			
6. GIERLACH Nina	12	UKS Rekin Wrocław SP50	3:59.03 51+ 17.43	56.51	1:01.30	1:01.95	59.27
50m:		150m:	250m:	350m:			
100m: 56.51		200m: 1:57.81	300m: 2:59.76	400m: 3:59.03			
7. KAISER Nadia	09	UKS Manta Ko cierzyna	4:00.58 50+ 18.98	56.17	1:01.85	1:02.79	59.77
50m:		150m:	250m:	350m:			
100m: 56.17		200m: 1:58.02	300m: 3:00.81	400m: 4:00.58			
8. TUSK Weronika	05	UKS Tri-Sea Mewa Władysław	4:04.34 48+ 22.74	55.98	1:01.74	1:03.31	1:03.31
50m:		150m:	250m:	350m:			
100m: 55.98		200m: 1:57.72	300m: 3:01.03	400m: 4:04.34			
9. JOPP Matylda	99	KS Gengars Wrocław	4:06.19 47+ 24.59	56.57	1:02.55	1:04.39	1:02.68
50m:		150m:	250m:	350m:			
100m: 56.57		200m: 1:59.12	300m: 3:03.51	400m: 4:06.19			
10. WITKOWSKA Amelia	12	Laguna 24 Toru	4:08.83 45+ 27.23	56.68	1:04.49	1:06.10	1:01.56
50m:		150m:	250m:	350m:			
100m: 56.68		200m: 2:01.17	300m: 3:07.27	400m: 4:08.83			
11. KUCHARSKA Nina	11	UKS Manta Ko cierzyna	4:09.30 45+ 27.70	57.22	1:04.19	1:05.64	1:02.25
50m:		150m:	250m:	350m:			
100m: 57.22		200m: 2:01.41	300m: 3:07.05	400m: 4:09.30			
12. GRELA Agata	10	Delfinek Chodzie	4:15.47 42+ 33.87	57.33	1:04.07	1:07.34	1:06.73
50m:		150m:	250m:	350m:			
100m: 57.33		200m: 2:01.40	300m: 3:08.74	400m: 4:15.47			
13. KATOLIK Paula	09	UKS Tri-Sea Mewa Władysław	4:16.94 41+ 35.34	59.40	1:04.82	1:07.59	1:05.13
50m:		150m:	250m:	350m:			
100m: 59.40		200m: 2:04.22	300m: 3:11.81	400m: 4:16.94			
14. PALUSIAK Natalia	10	Laguna 24 Toru	4:18.06 41+ 36.46	1:01.76	1:06.77	1:08.52	1:01.01
50m:		150m:	250m:	350m:			
100m: 1:01.76		200m: 2:08.53	300m: 3:17.05	400m: 4:18.06			
15. MADALI SKA Aleksandra	13	UKS Tri-Sea Mewa Władysław	4:20.41 40+ 38.81	1:00.79	1:05.85	1:09.16	1:04.61
50m:		150m:	250m:	350m:			
100m: 1:00.79		200m: 2:06.64	300m: 3:15.80	400m: 4:20.41			
16. KAMI SKA Aleksandra	13	KS Aqua Sport Ko cierzyna	4:20.99 39+ 39.39	1:03.70	1:09.05	1:07.08	1:01.16
50m:		150m:	250m:	350m:			
100m: 1:03.70		200m: 2:12.75	300m: 3:19.83	400m: 4:20.99			
17. PALCZAK Milena	09	UKS Rekin Wrocław SP50	4:23.07 38+ 41.47	1:01.94	1:06.85	1:08.61	1:05.67
50m:		150m:	250m:	350m:			
100m: 1:01.94		200m: 2:08.79	300m: 3:17.40	400m: 4:23.07			

Letnie Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach.
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Konkurencja 16, Kobiet, 400m Surface, KAT. Open

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m		
18. FREDA Amelia	13	KS Aqua Sport Ko	4:27.20	37+	45.60	1:06.05	1:10.88	1:09.33	1:00.94
50m:		150m:	250m:	350m:					
100m: 1:06.05		200m: 2:16.93	300m: 3:26.26	400m: 4:27.20					
19. SMARUJ Inez	14	Delfinek Chodzie	4:30.61	35+	49.01	1:08.12	1:09.28	1:10.84	1:02.37
50m:		150m:	250m:	350m:					
100m: 1:08.12		200m: 2:17.40	300m: 3:28.24	400m: 4:30.61					
20. KLINKOSZ Florentyna	13	UKS Manta Ko	4:36.95	33+	55.35	1:06.88	1:11.54	1:12.20	1:06.33
50m:		150m:	250m:	350m:					
100m: 1:06.88		200m: 2:18.42	300m: 3:30.62	400m: 4:36.95					
21. MAJEWSKA Iga	12	Delfinek Chodzie	4:45.30	34	1:03.70	1:04.66	1:13.15	1:16.63	1:10.86
50m:		150m:	250m:	350m:					
100m: 1:04.66		200m: 2:17.81	300m: 3:34.44	400m: 4:45.30					
22. CABAŁA Natalia	10	KS Nautilus-Jastrz bie	4:47.11	32	1:05.51	1:05.59	1:13.43	1:15.18	1:12.91
50m:		150m:	250m:	350m:					
100m: 1:05.59		200m: 2:19.02	300m: 3:34.20	400m: 4:47.11					
DYSKW. BORYS Natasza	13	UKS Amfiprion Olecko	4:07.76	31	26.16	56.65	1:05.10	1:06.28	59.73
- Przekroczenie 15 m.		150m:	250m:	350m:					
50m:		200m: 2:01.75	300m: 3:08.03	400m: 4:07.76					
100m: 56.65									
NIE UK. REJNO Tamara	12	UKS Rekin Wrocław SP50			58.49	1:04.97	2:37.09		
50m:		150m:	250m:	350m:					
100m: 58.49		200m: 2:03.46	300m: 4:40.55	400m:					

KAT. B

1. G BCZY SKA Hanna	10	KS Nautilus-Jastrz bie	3:57.96	524	54.38	1:01.19	1:02.48	59.91	
50m:		150m:	250m:	350m:					
100m: 54.38		200m: 1:55.57	300m: 2:58.05	400m: 3:57.96					
2. KAISER Nadia	09	UKS Manta Ko	4:00.58	507+	2.62	56.17	1:01.85	1:02.79	59.77
50m:		150m:	250m:	350m:					
100m: 56.17		200m: 1:58.02	300m: 3:00.81	400m: 4:00.58					
3. GRELA Agata	10	Delfinek Chodzie	4:15.47	42+	17.51	57.33	1:04.07	1:07.34	1:06.73
50m:		150m:	250m:	350m:					
100m: 57.33		200m: 2:01.40	300m: 3:08.74	400m: 4:15.47					
4. KATOLIK Paula	09	UKS Tri-Sea Mewa Władysław	4:16.94	41+	18.98	59.40	1:04.82	1:07.59	1:05.13
50m:		150m:	250m:	350m:					
100m: 59.40		200m: 2:04.22	300m: 3:11.81	400m: 4:16.94					
5. PALUSIAK Natalia	10	Laguna 24 Toru	4:18.06	41+	20.10	1:01.76	1:06.77	1:08.52	1:01.01
50m:		150m:	250m:	350m:					
100m: 1:01.76		200m: 2:08.53	300m: 3:17.05	400m: 4:18.06					
6. PALCZAK Milena	09	UKS Rekin Wrocław SP50	4:23.07	38+	25.11	1:01.94	1:06.85	1:08.61	1:05.67
50m:		150m:	250m:	350m:					
100m: 1:01.94		200m: 2:08.79	300m: 3:17.40	400m: 4:23.07					
7. CABAŁA Natalia	10	KS Nautilus-Jastrz bie	4:47.11	29+	49.15	1:05.59	1:13.43	1:15.18	1:12.91
50m:		150m:	250m:	350m:					
100m: 1:05.59		200m: 2:19.02	300m: 3:34.20	400m: 4:47.11					

KAT. C

1. GIERLACH Nina	12	UKS Rekin Wrocław SP50	3:59.03	517	56.51	1:01.30	1:01.95	59.27	
50m:		150m:	250m:	350m:					
100m: 56.51		200m: 1:57.81	300m: 2:59.76	400m: 3:59.03					
2. WITKOWSKA Amelia	12	Laguna 24 Toru	4:08.83	458+	9.80	56.68	1:04.49	1:06.10	1:01.56
50m:		150m:	250m:	350m:					
100m: 56.68		200m: 2:01.17	300m: 3:07.27	400m: 4:08.83					

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Konkurencja 16, Dziewcz t, 400m Surface, KAT. C

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
3. KUCHARSKA Nina	11	4:09.30	45+ 10.27	57.22	1:04.19	1:05.64	1:02.25
50m:	150m:	250m:	350m:				
100m: 57.22	200m: 2:01.41	300m: 3:07.05	400m: 4:09.30				
4. MAJEWSKA Iga	12	4:45.30	30+ 46.27	1:04.66	1:13.15	1:16.63	1:10.86
50m:	150m:	250m:	350m:				
100m: 1:04.66	200m: 2:17.81	300m: 3:34.44	400m: 4:45.30				
NIE UK. REJNO Tamara	12			58.49	1:04.97	2:37.09	
50m:	150m:	250m:	350m:				
100m: 58.49	200m: 2:03.46	300m: 4:40.55	400m:				

KAT. D

1. KONKEL Viktoria	14	3:53.75	553	55.34	1:00.91	1:01.94	55.56
50m:	150m:	250m:	350m:				
100m: 55.34	200m: 1:56.25	300m: 2:58.19	400m: 3:53.75				
2. ROZIEL Nina	14	3:53.95	551+ 0.20	55.65	1:00.08	1:01.14	57.08
50m:	150m:	250m:	350m:				
100m: 55.65	200m: 1:55.73	300m: 2:56.87	400m: 3:53.95				
3. LELLEK Kaja	13	3:57.84	525+ 4.09	56.45	1:01.45	1:02.11	57.83
50m:	150m:	250m:	350m:				
100m: 56.45	200m: 1:57.90	300m: 3:00.01	400m: 3:57.84				
4. MADALI SKA Aleksandra	13	4:20.41	40+ 26.66	1:00.79	1:05.85	1:09.16	1:04.61
50m:	150m:	250m:	350m:				
100m: 1:00.79	200m: 2:06.64	300m: 3:15.80	400m: 4:20.41				
5. KAMI SKA Aleksandra	13	4:20.99	39+ 27.24	1:03.70	1:09.05	1:07.08	1:01.16
50m:	150m:	250m:	350m:				
100m: 1:03.70	200m: 2:12.75	300m: 3:19.83	400m: 4:20.99				
6. FREDA Amelia	13	4:27.20	37+ 33.45	1:06.05	1:10.88	1:09.33	1:00.94
50m:	150m:	250m:	350m:				
100m: 1:06.05	200m: 2:16.93	300m: 3:26.26	400m: 4:27.20				
7. SMARUJ Inez	14	4:30.61	35+ 36.86	1:08.12	1:09.28	1:10.84	1:02.37
50m:	150m:	250m:	350m:				
100m: 1:08.12	200m: 2:17.40	300m: 3:28.24	400m: 4:30.61				
8. KLINKOSZ Florentyna	13	4:36.95	33+ 43.20	1:06.88	1:11.54	1:12.20	1:06.33
50m:	150m:	250m:	350m:				
100m: 1:06.88	200m: 2:18.42	300m: 3:30.62	400m: 4:36.95				
DYSKW. BORYS Natasza	13	4:07.76	+ 14.01	56.65	1:05.10	1:06.28	59.73
- Przekroczenie 15 m.							
50m:	150m:	250m:	350m:				
100m: 56.65	200m: 2:01.75	300m: 3:08.03	400m: 4:07.76				