



79. PZLA Mistrzostwa Polski U20

WŁOCLAWEK, 25-27 lipca 2025



Wyniki konkurencji-międzcasy

4x400 metrów K U20

| | | | | | |
|--------------------|-----------------|------------------------|----------|----------------|----------|
| Rekord Świata(U20) | 3:27.60 | UNITED STATES | USA | Grosseto (ITA) | 04-07-18 |
| Rekord Europy(U20) | 3:28.39 | GERMAN DEMOCRATIC RE | GDR | Sudbury (CAN) | 88-07-31 |
| Rekord Polski(U20) | 3:42.30 | Klub - Skra | Warszawa | Warszawa | 99-09-04 |
| Rekord Polski(U20) | 3:32.63 | Reprezentacja - POLSKA | POL | Rieti (ITA) | 13-07-21 |
| Min. ME U20(U20) | śr=54.80 | | | Tampere (FIN) | 25-08-07 |

| Miejsce | Tor | Numer | Imię i nazwisko | Data ur. | Klub (woj) | Reakcja | Wynik |
|---------|-----|-------|-----------------|----------|------------|---------|-------|
|---------|-----|-------|-----------------|----------|------------|---------|-------|

| 1zm | 2zm | 3zm | 4zm | | | | |
|-----|-----|-----|-----|--|--|--|--|
|-----|-----|-----|-----|--|--|--|--|

Bieg 1/2

Start: 25-07-27 14:22:59

| | | | | | | | | |
|----------|---|-------------------|-----------------------|-------------------|----------------------------|-------|----------------|----|
| 1 | 4 | 416 | | | KKL Stal Stalowa Wola(PK) | 0.204 | 3:51.26 | 15 |
| | | 422 | Paulina ZAWÓŁ | 07-06-14 | | | | |
| | | 419 | Blanka MACHAJ | 07-10-11 | | | | |
| | | 421 | Monika ZARĘBA | 07-06-27 | | | | |
| | | 416 | Kornelia BUTRYN | 06-09-14 | | | | |
| | | 59.01 (59.01) | 1:58.13 (59.12) | 2:56.41 (58.29) | 3:51.26 (54.85)" | | | |
| 2 | 5 | 534 | | | MKS MOS Katowice(SL) | 0.295 | 3:52.19 | 12 |
| | | 530 | Gabriela KACZMAREK | 07-06-29 | | | | |
| | | 529 | Daniela JURKA | 07-07-04 | | | | |
| | | 532 | Małdalena SŁOMSKA | 06-03-03 | | | | |
| | | 534 | Michalina THAMM | 07-04-18 | | | | |
| | | 59.09 (59.09) | 1:56.61 (57.52) | 2:54.57 (57.97) | 3:52.19 (57.62)" | | | |
| 3 | 6 | 364 | | | WKS Wawel Kraków(MA) | 0.225 | 3:53.21 | 10 |
| | | 367 | Jasmine KANAKANTI | 07-08-30 | | | | |
| | | 368 | Aleksandra KOWALIŃSKA | 06-07-13 | | | | |
| | | 370 | Julia SADKIEWICZ | 07-11-01 | | | | |
| | | 364 | Karolina GAWIN | 07-02-01 | | | | |
| | | 55.81 (55.81) | 1:54.93 (59.12) | 2:55.20 (1:00.28) | 3:53.21 (58.01)" | | | |
| 4 | 7 | 222 | | | UKS Czempion Bełchatów(LD) | 0.289 | 3:56.99 | 9 |
| | | 223 | Anna OLCZYK | 07-02-09 | | | | |
| | | 225 | Amelia ZOCHNIAK | 07-11-11 | | | | |
| | | 224 | Roksana ZAŁĘCZNA | 07-04-25 | | | | |
| | | 222 | Małgorzata DOMAGAŁA | 07-03-24 | | | | |
| | | 1:00.21 (1:00.21) | 1:57.94 (57.73) | 2:58.63 (1:00.69) | 3:56.99 (58.37)" | | | |
| 5 | 8 | 65 | | | BKS Bydgoszcz(KP) | 0.322 | 4:03.98 | 4 |
| | | 60 | Jałoda EJSYMONT | 07-11-28 | | | | |
| | | 63 | Julia MIRECKA | 06-06-04 | | | | |
| | | 62 | Julia KOSK | 06-07-15 | | | | |
| | | 65 | Maja ZBIELESKA | 07-02-21 | | | | |
| | | 1:00.87 (1:00.87) | 2:03.43 (1:02.56) | 3:06.71 (1:03.28) | 4:03.98 (57.28)" | | | |



4x400 metrów K U20

| | | | | | |
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| Rekord Europy(U20) | 3:28.39 | GERMAN DEMOCRATIC RE | GDR | Sudbury (CAN) | 88-07-31 |
| Rekord Polski(U20) | 3:42.30 | Klub - Skra Warszawa | | Warszawa | 99-09-04 |
| Rekord Polski(U20) | 3:32.63 | Reprezentacja - POLSKA | POL | Rieti (ITA) | 13-07-21 |
| Min. ME U20(U20) | śr=54.80 | | | Tampere (FIN) | 25-08-07 |

| Miejsce | Tor | Numer | Imię i nazwisko | Data ur. | Klub (woj) | Reakcja | Wynik |
|---------|-----|-------|-----------------|----------|------------|---------|-------|
|---------|-----|-------|-----------------|----------|------------|---------|-------|

| 1zm | 2zm | 3zm | 4zm | | | | |
|-----|-----|-----|-----|--|--|--|--|
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Bieg 2/2

Start: 25-07-27 14:32:27

| | | | | | | | |
|---|---|-----|--|--|-------------------------|-------|----------------|
| 1 | 7 | 464 | | | KS AZS AWFIS Gdańsk(PM) | 0.229 | 3:58.79 |
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8

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|-----|--------------------|----------|
| 465 | Marta KRÓLAK | 06-11-23 |
| 462 | Maria DADCI | 07-04-07 |
| 469 | Malina WYSZKOWSKA | 06-12-10 |
| 464 | Martyna KACZKOWSKA | 06-09-24 |

58.25 (58.25) 2:01.47 (1:03.22) 3:03.12 (1:01.65) 3:58.79 (55.67)"

| | | | | | | | |
|---|---|---|--|--|------------------------|-------|----------------|
| 2 | 5 | 4 | | | KS AZS AWF Wrocław(DS) | 0.298 | 4:00.07 |
|---|---|---|--|--|------------------------|-------|----------------|

6

| | | |
|---|----------------|----------|
| 5 | Antonina NOWAK | 06-11-28 |
| 8 | Bianka WALKÓW | 07-06-18 |
| 7 | Julia SZYMSKA | 06-03-21 |
| 4 | Natalia GIL | 07-03-29 |

1:11.05 (1:11.05) 1:58.98 (47.93) 2:59.35 (1:00.37) 4:00.07 (1:00.73)"

| | | | | | | | |
|---|---|-----|--|--|--------------------------|-------|----------------|
| 3 | 6 | 575 | | | TL Pogoń Ruda Śląska(SL) | 0.270 | 4:13.19 |
|---|---|-----|--|--|--------------------------|-------|----------------|

2

| | | |
|-----|-------------------|----------|
| 570 | Nicola BEDNAREK | 07-10-06 |
| 574 | Amelia KSINIEWICZ | 07-07-26 |
| 571 | Zuzanna CZYŻ | 06-01-03 |
| 575 | Maria PUŁAWSKA | 07-08-21 |

1:04.72 (1:04.72) 2:08.65 (1:03.93) 3:14.52 (1:05.88) 4:13.19 (58.67)"

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|---|---|-----|--|--|------------------|-------|----------------|
| 4 | 4 | 719 | | | KMS Szczecin(ZP) | 0.276 | 4:21.97 |
|---|---|-----|--|--|------------------|-------|----------------|

| | | |
|-----|-------------------|----------|
| 724 | Hanna LITWINIUK | 06-04-30 |
| 722 | Lena KLEBIEKO | 06-09-10 |
| 725 | Julia MATECKA | 06-10-27 |
| 719 | Martyna DĄBKOWSKA | 06-08-19 |

1:08.60 (1:08.60) 2:12.41 (1:03.81) 3:19.47 (1:07.06) 4:21.97 (1:02.50)"

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|---|---|-----|--|--|-------------------------|-------|----------------|
| 5 | 8 | 631 | | | LUKS Orkan Września(WP) | 0.418 | 4:27.21 |
|---|---|-----|--|--|-------------------------|-------|----------------|

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|-----|------------------|----------|
| 619 | Julia BIADAŁA | 07-04-21 |
| 623 | Paulina MENCH | 07-06-07 |
| 624 | Zuzanna MICHALAK | 06-12-29 |
| 631 | Nikola URBANIAK | 07-05-07 |

1:04.29 (1:04.29) 2:10.23 (1:05.94) 3:20.77 (1:10.54) 4:27.21 (1:06.44)"