

III runda Klubowego Pucharu Polski w pływaniu w płetwach
Toru , 15. - 16.10.2016

Konkurencja 19
16.10.2016 - 9:36

Kobiet, 400m.SF

Open
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.
11 lat i młodszy									
1.	KILISZEWSKA, Sonia		06	KS Nautilus Jastrz bie				4:46.74	
	50m:	29.81 29.81	150m:	1:42.64	38.05	250m:	2:57.19 37.40	350m:	4:13.63 38.65
	100m:	1:04.59 34.78	200m:	2:19.79	37.15	300m:	3:34.98 37.79	400m:	4:46.74 33.11
2.	JANKA, Maria		05	UKS Delfinek SP1 Chodzie				4:56.61	
	50m:	30.95 30.95	150m:	1:44.08	37.63	250m:	3:00.12 37.90	350m:	4:17.66 39.18
	100m:	1:06.45 35.50	200m:	2:22.22	38.14	300m:	3:38.48 38.36	400m:	4:56.61 38.95
3.	OSZKIEL, Tatiana		06	KS Nautilus Jastrz bie				5:00.39	
	50m:	31.80 31.80	150m:	1:48.37	39.11	250m:	3:06.71 39.59	350m:	4:26.91 39.40
	100m:	1:09.26 37.46	200m:	2:27.12	38.75	300m:	3:47.51 40.80	400m:	5:00.39 33.48
4.	SOBEK, Iga		06	GKP NEPTUN Gda sk				5:18.50	
	50m:	33.05 33.05	150m:	1:54.45	41.44	250m:	3:19.95 43.27	350m:	4:38.94 40.02
	100m:	1:13.01 39.96	200m:	2:36.68	42.23	300m:	3:58.92 38.97	400m:	5:18.50 39.56
5.	KLASA, Kinga		07	UKS Wodniacy Garczyn				6:06.87	
	50m:	40.43 40.43	150m:	2:10.03	43.88	250m:	3:45.19 47.71	350m:	5:19.70 46.95
	100m:	1:26.15 45.72	200m:	2:57.48	47.45	300m:	4:32.75 47.56	400m:	6:06.87 47.17
12 - 13 lat									
1.	GRONOWSKA, Agata		03	Laguna 24 Toru				4:01.22	
	50m:	26.02 26.02	150m:	1:25.41	30.71	250m:	2:27.73 31.24	350m:	3:31.20 31.79
	100m:	54.70 28.68	200m:	1:56.49	31.08	300m:	2:59.41 31.68	400m:	4:01.22 30.02
2.	DREGER, Maria		04	UKS Delfinek SP1 Chodzie				4:24.21	
	50m:	31.13 31.13	150m:	1:38.06	33.62	250m:	2:46.47 33.85	350m:	3:54.14 33.82
	100m:	1:04.44 33.31	200m:	2:12.62	34.56	300m:	3:20.32 33.85	400m:	4:24.21 30.07
3.	WOLNIEWICZ, Weronika		04	UKS Delfinek SP1 Chodzie				4:25.17	
	50m:	29.87 29.87	150m:	1:34.93	33.08	250m:	2:43.29 34.54	350m:	3:51.11 33.40
	100m:	1:01.85 31.98	200m:	2:08.75	33.82	300m:	3:17.71 34.42	400m:	4:25.17 34.06
4.	OSZKIEL, Wiktoria		04	KS Nautilus Jastrz bie				4:26.59	
	50m:	29.20 29.20	150m:	1:35.65	33.94	250m:	2:44.80 33.82	350m:	3:54.66 39.47
	100m:	1:01.71 32.51	200m:	2:10.98	35.33	300m:	3:15.19 30.39	400m:	4:26.59 31.93
5.	MACIAK, Natalia		03	UKS Wodniacy Garczyn				5:20.99	
	50m:	32.40 32.40	150m:	1:51.98	41.69	250m:	3:17.83 43.61	350m:	4:43.12 43.18
	100m:	1:10.29 37.89	200m:	2:34.22	42.24	300m:	3:59.94 42.11	400m:	5:20.99 37.87
6.	ŁAPUCKA, Ewa		04	OSN AMFIPRION Olecko				5:26.19	
	50m:	32.51 32.51	150m:	1:55.44	41.93	250m:	3:19.24 41.99	350m:	4:41.19 38.45
	100m:	1:13.51 41.00	200m:	2:37.25	41.81	300m:	4:02.74 43.50	400m:	5:26.19 45.00
14 - 15 lat									
1.	NOWAK, Julia		01	UKS Delfinek SP1 Chodzie				3:51.81	
	50m:	24.84 24.84	150m:	1:22.45	29.62	250m:	2:22.84 30.07	350m:	3:22.83 29.77
	100m:	52.83 27.99	200m:	1:52.77	30.32	300m:	2:53.06 30.22	400m:	3:51.81 28.98
2.	PŁA I SKA, Wiktoria		01	OSN AMFIPRION Olecko				3:57.17	
	50m:	24.77 24.77	150m:	1:23.98	30.25	250m:	2:25.69 30.99	350m:	3:27.53 30.60
	100m:	53.73 28.96	200m:	1:54.70	30.72	300m:	2:56.93 31.24	400m:	3:57.17 29.64
3.	DEMSKA, Zuzanna		02	Laguna 24 Toru				3:59.99	
	50m:	26.29 26.29	150m:	1:24.87	29.90	250m:	2:27.22 30.55	350m:	3:29.49 31.09
	100m:	54.97 28.68	200m:	1:56.67	31.80	300m:	2:58.40 31.18	400m:	3:59.99 30.50
4.	GOSTKOWSKA, Marta		01	UKS Delfin Jastarnia				4:48.23	
	50m:	30.70 30.70	150m:	1:41.67	36.63	250m:	2:58.45 38.82	350m:	4:13.42 37.12
	100m:	1:05.04 34.34	200m:	2:19.63	37.96	300m:	3:36.30 37.85	400m:	4:48.23 34.81

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Konkurencja 19, Dziewcz t, 400m.SF, 14 - 15 lat

Pozycja			Rok ur.					Czas	Pkt.
5.	SACZKO, Wiktoria		02	UKS Delfin Jastarnia				5:03.63	
	50m:	31.26 31.26	150m:	1:46.84 38.61	250m:	3:05.58 39.40	350m:	4:24.77 39.76	
	100m:	1:08.23 36.97	200m:	2:26.18 39.34	300m:	3:45.01 39.43	400m:	5:03.63 38.86	

16 - 17 lat

1.	RETTIG, Agata		00	UKS Delfinek SP1 Chodzie				3:34.52	
	50m:	23.71 23.71	150m:	1:16.46 27.18	250m:	2:12.24 27.96	350m:	3:08.24 27.84	
	100m:	49.28 25.57	200m:	1:44.28 27.82	300m:	2:40.40 28.16	400m:	3:34.52 26.28	
2.	JAGIELSKA, Agata		99	Laguna 24 Toru				3:53.52	
	50m:	24.77 24.77	150m:	1:22.20 29.39	250m:	2:22.94 30.26	350m:	3:24.26 30.91	
	100m:	52.81 28.04	200m:	1:52.68 30.48	300m:	2:53.35 30.41	400m:	3:53.52 29.26	
3.	STRACHANOWSKA, Helena		99	UKS Delfin Jastarnia				4:06.10	
	50m:	26.36 26.36	150m:	1:28.33 31.94	250m:	2:33.52 32.57	350m:	3:37.47 32.04	
	100m:	56.39 30.03	200m:	2:00.95 32.62	300m:	3:05.43 31.91	400m:	4:06.10 28.63	

18 lat i starsi

1.	PRENTKA, Weronika		97	UKS Delfinek SP1 Chodzie				3:36.41	
	50m:	22.89 22.89	150m:	1:15.10 26.82	250m:	2:11.36 28.36	350m:	3:08.53 28.54	
	100m:	48.28 25.39	200m:	1:43.00 27.90	300m:	2:39.99 28.63	400m:	3:36.41 27.88	
2.	LENARCZYK, Wiktoria		97	GKP NEPTUN Gda sk				5:02.74	
	50m:	31.58 31.58	150m:	1:44.90 37.80	250m:	3:04.36 40.12	350m:	4:25.38 41.43	
	100m:	1:07.10 35.52	200m:	2:24.24 39.34	300m:	3:43.95 39.59	400m:	5:02.74 37.36	
PK	MAŁACHOWSKA, Kinga		99	UKS Delfinek SP1 Chodzie				3:56.49	
	50m:	22.45 22.45	150m:	1:17.23 28.60	250m:	2:19.22 31.53	350m:	3:23.90 33.11	
	100m:	48.63 26.18	200m:	1:47.69 30.46	300m:	2:50.79 31.57	400m:	3:56.49 32.59	