

IV runda Klubowego Pucharu Polski w pływaniu w płetwach  
Toru , 14. - 15.10.2017

Konkurencja 19  
15.10.2017

Kobiet, 400m.SF

Open  
Wyniki

Punkty: FINA 2017

Pozycja			Rok ur.					Czas	Pkt.
<b>11 lat i młodszy</b>									
1.	KILISZEWSKA, Sonia		06	KS Nautilus Jastrz bie-Zdrój				<b>4:38.81</b>	
	50m:	29.52 29.52	150m:	1:40.35	35.97	250m:	2:52.42 34.76	350m:	4:06.06 36.52
	100m:	1:04.38 34.86	200m:	2:17.66	37.31	300m:	3:29.54 37.12	400m:	4:38.81 32.75
2.	NECEL, Maja		06	UKS Delfin WLADYSLAWOWO				<b>4:52.19</b>	
	50m:	31.71 31.71	150m:	1:44.85	37.40	250m:	3:01.04 38.59	350m:	4:18.13 38.73
	100m:	1:07.45 35.74	200m:	2:22.45	37.60	300m:	3:39.40 38.36	400m:	4:52.19 34.06
3.	BUKOWI SKA, Aleksandra		06	UKS Delfinek SP1 Chodzie				<b>4:56.74</b>	
	50m:	33.17 33.17	150m:	1:47.52	38.09	250m:	3:03.45 37.82	350m:	4:20.10 37.82
	100m:	1:09.43 36.26	200m:	2:25.63	38.11	300m:	3:42.28 38.83	400m:	4:56.74 36.64
4.	JANKOWSKA, Anita		06	UKS Delfinek SP1 Chodzie				<b>4:57.96</b>	
	50m:	32.40 32.40	150m:	1:49.57	39.05	250m:	3:06.68 38.42	350m:	4:20.52 36.42
	100m:	1:10.52 38.12	200m:	2:28.26	38.69	300m:	3:44.10 37.42	400m:	4:57.96 37.44
5.	GUZI SKA, Olga		06	UKS MANTA Ko cierzna				<b>5:06.50</b>	
	50m:	32.35 32.35	150m:	1:47.58	38.01	250m:	3:07.28 39.37	350m:	4:27.20 41.21
	100m:	1:09.57 37.22	200m:	2:27.91	40.33	300m:	3:45.99 38.71	400m:	5:06.50 39.30
6.	KLASA, Kinga		07	UKS Wodniacy Garczyn				<b>5:06.68</b>	
	50m:	33.67 33.67	150m:	1:49.46	38.32	250m:	3:07.68 39.53	350m:	4:27.55 39.18
	100m:	1:11.14 37.47	200m:	2:28.15	38.69	300m:	3:48.37 40.69	400m:	5:06.68 39.13
7.	GEMBIAK, Natalia		07	UKS Delfinek SP1 Chodzie				<b>5:31.06</b>	
	50m:	34.35 34.35	150m:	1:55.67	41.75	250m:	3:24.30 45.08	350m:	4:49.62 42.19
	100m:	1:13.92 39.57	200m:	2:39.22	43.55	300m:	4:07.43 43.13	400m:	5:31.06 41.44
<b>12 - 13 lat</b>									
1.	OSZKIEL, Wiktoria		04	KS Nautilus Jastrz bie-Zdrój				<b>4:02.76</b>	
	50m:	26.31 26.31	150m:	1:25.46	30.48	250m:	2:28.44 31.84	350m:	3:32.00 31.07
	100m:	54.98 28.67	200m:	1:56.60	31.14	300m:	3:00.93 32.49	400m:	4:02.76 30.76
2.	WOLNIEWICZ, Weronika		04	UKS Delfinek SP1 Chodzie				<b>4:03.58</b>	
	50m:	26.04 26.04	150m:	1:25.27	30.53	250m:	2:28.85 31.94	350m:	3:32.97 31.54
	100m:	54.74 28.70	200m:	1:56.91	31.64	300m:	3:01.43 32.58	400m:	4:03.58 30.61
3.	DREGER, Maria		04	UKS Delfinek SP1 Chodzie				<b>4:09.69</b>	
	50m:	28.96 28.96	150m:	1:32.17	32.63	250m:	2:37.62 32.95	350m:	3:41.55 31.91
	100m:	59.54 30.58	200m:	2:04.67	32.50	300m:	3:09.64 32.02	400m:	4:09.69 28.14
4.	IWANOWSKA, Julia		04	KS Laguna 24 Toru				<b>4:09.98</b>	
	50m:	28.41 28.41	150m:	1:29.23	31.17	250m:	2:34.45 33.00	350m:	3:39.34 31.58
	100m:	58.06 29.65	200m:	2:01.45	32.22	300m:	3:07.76 33.31	400m:	4:09.98 30.64
5.	RANISZEWSKA, Maja		05	KS Laguna 24 Toru				<b>5:02.35</b>	
	50m:	31.47 31.47	150m:	1:45.86	38.55	250m:	3:06.13 40.21	350m:	4:25.70 40.62
	100m:	1:07.31 35.84	200m:	2:25.92	40.06	300m:	3:45.08 38.95	400m:	5:02.35 36.65
<b>14 - 15 lat</b>									
1.	GRONOWSKA, Agata		03	KS Laguna 24 Toru				<b>4:06.93</b>	
	50m:	26.58 26.58	150m:	1:27.15	30.95	250m:	2:30.63 32.06	350m:	3:35.91 32.67
	100m:	56.20 29.62	200m:	1:58.57	31.42	300m:	3:03.24 32.61	400m:	4:06.93 31.02
2.	KIEDROWSKA, Julia		02	UKS MANTA Ko cierzna				<b>4:18.78</b>	
	50m:	28.77 28.77	150m:	1:32.82	32.30	250m:	2:38.92 33.11	350m:	3:46.28 33.45
	100m:	1:00.52 31.75	200m:	2:05.81	32.99	300m:	3:12.83 33.91	400m:	4:18.78 32.50
3.	POKWICKA, Magorzata		02	KS Laguna 24 Toru				<b>4:21.23</b>	
	50m:	29.34 29.34	150m:	1:33.48	32.83	250m:	2:41.23 34.09	350m:	3:49.62 34.12
	100m:	1:00.65 31.31	200m:	2:07.14	33.66	300m:	3:15.50 34.27	400m:	4:21.23 31.61

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

Pozycja			Rok ur.					Czas	Pkt.			
4.	SZWICHTENBERG, Wiktoria		03	UKS MANTA Ko cierzna				<b>4:39.41</b>				
	50m:	30.60	30.60	150m:	1:40.41	36.01	250m:	2:54.68	37.54	350m:	4:07.36	35.85
	100m:	1:04.40	33.80	200m:	2:17.14	36.73	300m:	3:31.51	36.83	400m:	4:39.41	32.05

16 - 17 lat

1.	NOWAK, Julia		01	UKS Delfinek SP1 Chodzie				<b>3:46.35</b>				
	50m:	24.96	24.96	150m:	1:21.19	28.91	250m:	2:19.06	28.64	350m:	3:17.44	29.51
	100m:	52.28	27.32	200m:	1:50.42	29.23	300m:	2:47.93	28.87	400m:	3:46.35	28.91
2.	PŁAZI SKA, Wiktoria		01	Amfiprion Olecko				<b>3:52.14</b>				
	50m:	25.14	25.14	150m:	1:21.62	28.61	250m:	2:20.95	29.73	350m:	3:21.99	30.66
	100m:	53.01	27.87	200m:	1:51.22	29.60	300m:	2:51.33	30.38	400m:	3:52.14	30.15
3.	SZELUGA, Wiktoria		01	Mtp Kormoran Olsztyn				<b>4:17.57</b>				
	50m:	29.40	29.40	150m:	1:32.64	32.35	250m:	2:38.37	33.04	350m:	3:44.73	33.27
	100m:	1:00.29	30.89	200m:	2:05.33	32.69	300m:	3:11.46	33.09	400m:	4:17.57	32.84

18 lat i starsi

1.	JAGIELSKA, Agata		99	KS Laguna 24 Toru				<b>3:54.42</b>				
	50m:	24.73	24.73	150m:	1:22.01	29.32	250m:	2:22.66	30.10	350m:	3:24.73	30.80
	100m:	52.69	27.96	200m:	1:52.56	30.55	300m:	2:53.93	31.27	400m:	3:54.42	29.69
2.	STRACHANOWSKA, Helena		99	Uks Delfin Jastarnia				<b>4:13.41</b>				
	50m:	27.95	27.95	150m:	1:31.26	32.21	250m:	2:36.76	33.00	350m:	3:43.83	33.48
	100m:	59.05	31.10	200m:	2:03.76	32.50	300m:	3:10.35	33.59	400m:	4:13.41	29.58