

Klubowy Puchar Polski w pływaniu w płetwach - III runda  
Władysławowo, 13- - 14-5-2017

Konkurencja 21  
2017-05-14 - 11:03

Kobiet, 400 m SF

Open  
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.
<b>KAT. E</b>									
1.	KILISZEWSKA Sonia		06	KS Nautilus Jastrz bie				<b>4:31.82</b>	
	50m:	28.41 28.41	150m:	1:37.16 35.17	250m:	2:48.76 35.67	350m:	4:00.90 36.35	
	100m:	1:01.99 33.58	200m:	2:13.09 35.93	300m:	3:24.55 35.79	400m:	4:31.82 30.92	
2.	OSZKIEL Tatiana		06	KS Nautilus Jastrz bie				<b>4:35.14</b>	
	50m:	29.22 29.22	150m:	1:39.39 36.19	250m:	2:51.75 36.44	350m:	4:04.07 35.76	
	100m:	1:03.20 33.98	200m:	2:15.31 35.92	300m:	3:28.31 36.56	400m:	4:35.14 31.07	
3.	NECEL Maja		06	UKS Delfin Wladyslawowo				<b>4:50.88</b>	
	50m:	30.95 30.95	150m:	1:44.03 37.17	250m:	3:00.66 38.92	350m:	4:15.97 37.16	
	100m:	1:06.86 35.91	200m:	2:21.74 37.71	300m:	3:38.81 38.15	400m:	4:50.88 34.91	
4.	JANKOWSKA Anita		06	UKS DELFINEK SP1 Chodzie				<b>4:54.96</b>	
	50m:	33.94 33.94	150m:	1:50.34 38.30	250m:	3:05.07 37.37	350m:	4:18.97 36.84	
	100m:	1:12.04 38.10	200m:	2:27.70 37.36	300m:	3:42.13 37.06	400m:	4:54.96 35.99	
5.	KRAINSKA Judyta		06	KS Laguna 24 Toru				<b>4:56.67</b>	
	50m:	32.80 32.80	150m:	1:48.92 38.51	250m:	3:05.39 38.40	350m:	4:20.33 38.44	
	100m:	1:10.41 37.61	200m:	2:26.99 38.07	300m:	3:41.89 36.50	400m:	4:56.67 36.34	
<b>KAT. D</b>									
1.	OSZKIEL Wiktoria		04	KS Nautilus Jastrz bie				<b>4:03.30</b>	
	50m:	26.35 26.35	150m:	1:27.58 31.87	250m:	2:31.57 32.35	350m:	3:35.41 31.87	
	100m:	55.71 29.36	200m:	1:59.22 31.64	300m:	3:03.54 31.97	400m:	4:03.30 27.89	
2.	WOLNIEWICZ Weronika		04	UKS DELFINEK SP1 Chodzie				<b>4:04.77</b>	
	50m:	26.81 26.81	150m:	1:27.81 31.52	250m:	2:31.89 32.27	350m:	3:35.15 31.30	
	100m:	56.29 29.48	200m:	1:59.62 31.81	300m:	3:03.85 31.96	400m:	4:04.77 29.62	
3.	DREGER Maria		04	UKS DELFINEK SP1 Chodzie				<b>4:09.22</b>	
	50m:	28.29 28.29	150m:	1:31.33 32.04	250m:	2:36.15 32.41	350m:	3:40.09 31.83	
	100m:	59.29 31.00	200m:	2:03.74 32.41	300m:	3:08.26 32.11	400m:	4:09.22 29.13	
4.	JANKA Maria		05	UKS DELFINEK SP1 Chodzie				<b>4:25.15</b>	
	50m:	28.18 28.18	150m:	1:33.90 33.54	250m:	2:43.13 34.93	350m:	3:52.85 34.71	
	100m:	1:00.36 32.18	200m:	2:08.20 34.30	300m:	3:18.14 35.01	400m:	4:25.15 32.30	
5.	RANISZEWSKA Maja		05	KS Laguna 24 Toru				<b>4:50.38</b>	
	50m:	29.77 29.77	150m:	1:40.84 36.50	250m:	2:55.01 36.52	350m:	4:06.78 35.19	
	100m:	1:04.34 34.57	200m:	2:18.49 37.65	300m:	3:31.59 36.58	400m:	4:50.38 43.60	
6.	TUSK Weronika		05	UKS Delfin Wladyslawowo				<b>5:05.62</b>	
	50m:	32.23 32.23	150m:	1:48.16 39.14	250m:	3:08.40 40.25	350m:	4:28.87 41.49	
	100m:	1:09.02 36.79	200m:	2:28.15 39.99	300m:	3:47.38 38.98	400m:	5:05.62 36.75	
7.	ŁAPUCKA Ewa		04	OSN Amfiprion Olecko				<b>5:06.95</b>	
	50m:	30.24 30.24	150m:	1:49.63 40.36	250m:	3:09.31 39.34	350m:	4:28.72 39.08	
	100m:	1:09.27 39.03	200m:	2:29.97 40.34	300m:	3:49.64 40.33	400m:	5:06.95 38.23	
8.	KOPYCKA Karolina		04	UKS Tryton Olecko				<b>5:30.33</b>	
	50m:	32.75 32.75	150m:	1:56.67 44.84	250m:	3:26.27 44.76	350m:	4:50.45 39.68	
	100m:		200m:	2:41.51 44.84	300m:	4:10.77 44.50	400m:	5:30.33 39.88	
<b>KAT. C</b>									
1.	GRONOWSKA Agata		03	KS Laguna 24 Toru				<b>4:05.11</b>	
	50m:	25.80 25.80	150m:	1:26.06 31.03	250m:	2:30.64 32.13	350m:	3:35.50 32.29	
	100m:	55.03 29.23	200m:	1:58.51 32.45	300m:	3:03.21 32.57	400m:	4:05.11 29.61	
2.	POKWICKA Małgorzata		02	KS Laguna 24 Toru				<b>4:19.57</b>	
	50m:	27.91 27.91	150m:	1:31.91 33.03	250m:	2:40.18 34.52	350m:	3:48.58 33.93	
	100m:	58.88 30.97	200m:	2:05.66 33.75	300m:	3:14.65 34.47	400m:	4:19.57 30.99	

Klubowy Puchar Polski w pływaniu w płetwach - III runda  
Władysławowo, 13- - 14-5-2017

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Konkurencja 21, Kobiet, 400 m SF

KAT. B

1. NOWAK Julia			01	UKS DELFINEK SP1 Chodzie				<b>3:48.40</b>		
50m:	24.98	24.98	150m:	1:21.47	28.73	250m:	2:20.00	29.31	350m:	3:19.44 29.71
100m:	52.74	27.76	200m:	1:50.69	29.22	300m:	2:49.73	29.73	400m:	3:48.40 28.96

KAT. A

1. TRUSZCZY SKA Katarzyna			90	Meduza Toru					<b>3:36.28</b>	
50m:	24.58	24.58	150m:	1:17.50	26.72	250m:	2:12.88	28.11	350m:	3:08.75 27.91
100m:	50.78	26.20	200m:	1:44.77	27.27	300m:	2:40.84	27.96	400m:	3:36.28 27.53
2. STRACHANOWSKA Helena			99	UKS Delfin Jastarnia					<b>4:03.48</b>	
50m:	26.23	26.23	150m:	1:27.40	31.43	250m:	2:31.53	32.03	350m:	3:35.21 31.42
100m:	55.97	29.74	200m:	1:59.50	32.10	300m:	3:03.79	32.26	400m:	4:03.48 28.27
3. RZEWUSKA Ada			97	UKS Aurus Ursynow					<b>4:58.90</b>	
50m:	29.68	29.68	150m:	1:41.95	37.95	250m:	3:01.70	40.39	350m:	4:21.52 39.60
100m:	1:04.00	34.32	200m:	2:21.31	39.36	300m:	3:41.92	40.22	400m:	4:58.90 37.38