

Klubowy Puchar Polski w pływaniu w płetwach - II runda
Ko cierzyna, 7- - 8-4-2018

Konkurencja 11
2018-04-07 - 17:07

Kobiet, 400m BF

Open
Wyniki

Punkty: FINA 2016

Pozycja					Rok ur.					Czas	Pkt.	
KAT. E												
1.	GEMBIAK Natalia				07	UKS Delfinek SP1 Chodzie				5:06.62		
	50m:	32.46	32.46	150m:	1:52.42	41.83	250m:	3:13.19	40.69	350m:	4:25.29	34.07
	100m:	1:10.59	38.13	200m:	2:32.50	40.08	300m:	3:51.22	38.03	400m:	5:06.62	41.33
2.	SIÓDZIAK Jolanta				07	Laguna 24 Toru				5:12.65		
	50m:	34.54	34.54	150m:	1:54.03	41.31	250m:	3:16.35	41.23	350m:	4:35.44	39.70
	100m:	1:12.72	38.18	200m:	2:35.12	41.09	300m:	3:55.74	39.39	400m:	5:12.65	37.21
3.	KLASA Kinga				07	UKS Wodniacy Garczyn				5:33.63		
	50m:	34.59	34.59	150m:	1:56.62	42.82	250m:	3:24.74	44.31	350m:	4:52.12	43.45
	100m:	1:13.80	39.21	200m:	2:40.43	43.81	300m:	4:08.67	43.93	400m:	5:33.63	41.51
KAT. D												
1.	NECEL Maja				06	UKS Delfin Wladyslawowo				4:28.43		
	50m:	29.60	29.60	150m:	1:38.57	34.81	250m:	2:48.37	35.50	350m:	3:57.95	34.25
	100m:	1:03.76	34.16	200m:	2:12.87	34.30	300m:	3:23.70	35.33	400m:	4:28.43	30.48
2.	BILI SKA Nikola				05	UKS Rekin Wrocław				4:29.57		
	50m:	31.27	31.27	150m:	1:41.02	35.23	250m:	2:50.70	34.77	350m:	3:59.83	34.57
	100m:	1:05.79	34.52	200m:	2:15.93	34.91	300m:	3:25.26	34.56	400m:	4:29.57	29.74
3.	KRAINSKA Judyta				06	Laguna 24 Toru				4:31.53		
	50m:	30.22	30.22	150m:	1:39.47	35.25	250m:	2:51.35	35.45	350m:	4:00.71	34.36
	100m:	1:04.22	34.00	200m:	2:15.90	36.43	300m:	3:26.35	35.00	400m:	4:31.53	30.82
4.	SOBEK Iga				06	GKP Neptun Gda sk				4:32.22		
	50m:	30.30	30.30	150m:	1:39.49	35.47	250m:	2:50.44	35.41	350m:	3:59.65	34.39
	100m:	1:04.02	33.72	200m:	2:15.03	35.54	300m:	3:25.26	34.82	400m:	4:32.22	32.57
5.	SERAFIN Anna				05	UKS Delfinek SP1 Chodzie				4:47.56		
	50m:	30.62	30.62	150m:	1:42.53	36.64	250m:	2:59.51	38.93	350m:	4:14.42	36.08
	100m:	1:05.89	35.27	200m:	2:20.58	38.05	300m:	3:38.34	38.83	400m:	4:47.56	33.14
6.	NECEL Izabela				06	UKS Delfin Wladyslawowo				4:56.52		
	50m:	32.18	32.18	150m:	1:47.59	37.99	250m:	3:04.63	38.67	350m:	4:21.74	38.61
	100m:	1:09.60	37.42	200m:	2:25.96	38.37	300m:	3:43.13	38.50	400m:	4:56.52	34.78
7.	BUKOWI SKA Aleksandra				06	UKS Delfinek SP1 Chodzie				4:57.15		
	50m:	30.94	30.94	150m:	1:45.44	38.87	250m:	3:03.11	37.91	350m:	4:22.46	39.90
	100m:	1:06.57	35.63	200m:	2:25.20	39.76	300m:	3:42.56	39.45	400m:	4:57.15	34.69
8.	CIERZNIAKOWSKA Oliwia				05	Laguna 24 Toru				4:58.16		
	50m:	30.97	30.97	150m:	1:45.25	38.47	250m:	3:04.18	39.71	350m:	4:23.63	39.41
	100m:	1:06.78	35.81	200m:	2:24.47	39.22	300m:	3:44.22	40.04	400m:	4:58.16	34.53
9.	JANKOWSKA Anita				06	UKS Delfinek SP1 Chodzie				5:06.58		
	50m:	34.01	34.01	150m:	1:53.00	40.28	250m:	3:13.07	40.11	350m:	4:30.70	39.21
	100m:	1:12.72	38.71	200m:	2:32.96	39.96	300m:	3:51.49	38.42	400m:	5:06.58	35.88
10.	FREDA Daria				06	UKS Wodniacy Garczyn				5:50.47		
	50m:	35.36	35.36	150m:	2:03.12	45.12	250m:	3:37.64	47.81	350m:	5:08.73	44.91
	100m:	1:18.00	42.64	200m:	2:49.83	46.71	300m:	4:23.82	46.18	400m:	5:50.47	41.74
11.	BUMBUL Martyna				06	UKS BŁYSKAWICA SP 39 Gdynia				6:10.13		
	50m:	37.46	37.46	150m:	2:09.30	47.63	250m:	3:47.46	49.05	350m:	5:24.16	47.53
	100m:	1:21.67	44.21	200m:	2:58.41	49.11	300m:	4:36.63	49.17	400m:	6:10.13	45.97

Klubowy Puchar Polski w pływaniu w płetwach - II runda
Ko cierzyna, 7- - 8-4-2018

Konkurencja 11, Kobiet, 400m BF

KAT. C

1.	SIKORA Balbina	04	KS Nautilus Jastrz bie	4:12.25
	50m: 26.62 26.62	150m: 1:30.23	32.46 250m: 2:36.28	33.02 350m: 3:40.94
	100m: 57.77 31.15	200m: 2:03.26	33.03 300m: 3:08.89	32.61 400m: 4:12.25
32.05				31.31
2.	GRONOWSKA Agata	03	Laguna 24 Toru	4:31.17
	50m: 30.62 30.62	150m: 1:39.76	34.82 250m: 2:49.49	34.77 350m: 3:58.74
	100m: 1:04.94 34.32	200m: 2:14.72	34.96 300m: 3:23.97	34.48 400m: 4:31.17
34.77				32.43
3.	WŁODARCZYK Weronika	03	UKS Delfin Władysławowo	4:44.56
	50m: 32.84 32.84	150m: 1:42.70	35.58 250m: 2:54.86	36.57 350m: 4:09.26
	100m: 1:07.12 34.28	200m: 2:18.29	35.59 300m: 3:32.39	37.53 400m: 4:44.56
36.87				35.30
4.	KRYZEL Wiktoria	04	UKS Wodniacy Garczyn	5:03.73
	50m: 29.34 29.34	150m: 1:43.76	38.38 250m: 3:04.29	40.74 350m: 4:25.56
	100m: 1:05.38 36.04	200m: 2:23.55	39.79 300m: 3:43.84	39.55 400m: 5:03.73
41.72				38.17
5.	ZAŁUCKA Amelia	04	UKS Wodniacy Garczyn	5:15.39
	50m: 33.14 33.14	150m: 1:52.64	40.92 250m: 3:14.89	41.26 350m: 4:37.04
	100m: 1:11.72 38.58	200m: 2:33.63	40.99 300m: 3:56.46	41.57 400m: 5:15.39
40.58				38.35

KAT. B

1.	SZELUGA Wiktoria	01	MTP Kormoran Olsztyn	3:58.21
	<i>Rekord Polski</i>			
	50m: 26.76 26.76	150m: 1:25.64	29.81 250m: 2:25.96	30.28 350m: 3:27.73
	100m: 55.83 29.07	200m: 1:55.68	30.04 300m: 2:56.96	31.00 400m: 3:58.21
30.77				30.48
2.	NOWAK Julia	01	UKS Delfinek SP1 Chodzie	4:07.91
	50m: 26.61 26.61	150m: 1:26.60	30.53 250m: 2:29.04	31.36 350m: 3:31.75
	100m: 56.07 29.46	200m: 1:57.68	31.08 300m: 3:00.71	31.67 400m: 4:07.91
31.04				36.16
3.	LEWANDOWSKA Magdalena	02	UKS BŁYSKAWICA SP 39 Gdynia	4:14.52
	50m: 27.84 27.84	150m: 1:31.64	32.63 250m: 2:36.79	32.47 350m: 3:42.55
	100m: 59.01 31.17	200m: 2:04.32	32.68 300m: 3:09.96	33.17 400m: 4:14.52
32.59				31.97
4.	LUBECKA-GODLEWSKA Apolonia	02	OSN Amfiprion Olecko	4:22.09
	50m: 28.20 28.20	150m: 1:32.21	32.91 250m: 2:39.81	34.05 350m: 3:49.06
	100m: 59.30 31.10	200m: 2:05.76	33.55 300m: 3:14.22	34.41 400m: 4:22.09
34.84				33.03
5.	CZARNOLEWSKA Maja	02	UKS Delfinek SP1 Chodzie	4:24.83
	50m: 26.87 26.87	150m: 1:32.08	33.98 250m: 2:41.64	35.29 350m: 3:52.17
	100m: 58.10 31.23	200m: 2:06.35	34.27 300m: 3:16.82	35.18 400m: 4:24.83
35.35				32.66
6.	RUSAK Anna	02	UKS Delfin Władysławowo	4:31.52
	50m: 29.63 29.63	150m: 1:38.17	34.98 250m: 2:48.13	34.52 350m: 3:57.98
	100m: 1:03.19 33.56	200m: 2:13.61	35.44 300m: 3:22.94	34.81 400m: 4:31.52
35.04				33.54
7.	POKWICKA Małgorzata	02	Laguna 24 Toru	4:35.23
	50m: 33.02 33.02	150m: 1:41.91	34.88 250m: 2:53.18	35.52 350m: 4:02.81
	100m: 1:07.03 34.01	200m: 2:17.66	35.75 300m: 3:28.36	35.18 400m: 4:35.23
34.45				32.42
8.	SACZKO Wiktoria	02	UKS Delfin Władysławowo	4:37.85
	50m: 29.11 29.11	150m: 1:37.93	35.34 250m: 2:50.66	36.47 350m: 4:03.82
	100m: 1:02.59 33.48	200m: 2:14.19	36.26 300m: 3:27.19	36.53 400m: 4:37.85
36.63				34.03
9.	GOSTKOWSKA Marta	01	UKS Delfin Jastarnia	4:46.19
	50m: 31.81 31.81	150m: 1:41.30	35.39 250m: 2:53.88	36.53 350m: 4:08.46
	100m: 1:05.91 34.10	200m: 2:17.35	36.05 300m: 3:30.94	37.06 400m: 4:46.19
37.52				37.73
10.	MAJEWSKA Magdalena	02	UKS MANTA Ko cierzyna	4:47.26
	50m: 29.90 29.90	150m: 1:42.96	37.73 250m: 2:58.99	37.49 350m: 4:13.23
	100m: 1:05.23 35.33	200m: 2:21.50	38.54 300m: 3:37.23	38.24 400m: 4:47.26
36.00				34.03
11.	WA NIEWSKA Amelia	02	UKS Rekin Wrocław	4:50.44
	50m: 28.98 28.98	150m: 1:37.85	36.33 250m: 2:55.99	39.61 350m: 4:15.15
	100m: 1:01.52 32.54	200m: 2:16.38	38.53 300m: 3:35.63	39.64 400m: 4:50.44
39.52				35.29

Klubowy Puchar Polski w pływaniu w płetwach - II runda
Ko cierzyna, 7- - 8-4-2018

Konkurencja 11, Kobiet, 400m BF, KAT. B

Pozycja			Rok ur.				Czas		Pkt.
12.	RUSAK Małgorzata		02 UKS Delfin Władysławowo				5:05.75		
	50m:	31.65 31.65	150m:	1:48.11 39.51	250m:	3:06.87 39.24	350m:	4:25.54 39.93	
	100m:	1:08.60 36.95	200m:	2:27.63 39.52	300m:	3:45.61 38.74	400m:	5:05.75 40.21	

KAT. A

1.	PRENTKA Weronika		97 CityZen Pozna				3:53.77		
	<i>Rekord Polski</i>								
	50m:	26.07 26.07	150m:	1:25.93 30.73	250m:	2:26.84 30.06	350m:	3:26.41 29.29	
	100m:	55.20 29.13	200m:	1:56.78 30.85	300m:	2:57.12 30.28	400m:	3:53.77 27.36	
2.	CHODYNA Kinga		00 OSN Amfiprion Olecko				4:02.12		
	50m:	27.32 27.32	150m:	1:27.08 30.37	250m:	2:29.45 30.99	350m:	3:30.79 30.80	
	100m:	56.71 29.39	200m:	1:58.46 31.38	300m:	2:59.99 30.54	400m:	4:02.12 31.33	
3.	TRUSZCZY SKA-GZYL Katarzyna		90 Meduza Toru				4:07.37		
	50m:	27.34 27.34	150m:	1:27.29 30.29	250m:	2:30.13 31.82	350m:	3:35.47 32.71	
	100m:	57.00 29.66	200m:	1:58.31 31.02	300m:	3:02.76 32.63	400m:	4:07.37 31.90	
4.	STRUCK Agata		95 UKS Delfin Jastarnia				4:22.70		
	50m:	27.17 27.17	150m:	1:30.98 33.01	250m:	2:41.81 34.39	350m:	3:49.42 33.55	
	100m:	57.97 30.80	200m:	2:07.42 36.44	300m:	3:15.87 34.06	400m:	4:22.70 33.28	
5.	ZIELI SKA Natalia		95 Laguna 24 Toru				4:43.71		
	50m:	30.84 30.84	150m:	1:39.63 35.21	250m:	2:53.39 37.24	350m:	4:07.38 36.85	
	100m:	1:04.42 33.58	200m:	2:16.15 36.52	300m:	3:30.53 37.14	400m:	4:43.71 36.33	
6.	P KALA Agnieszka		97 UKS BŁYSKAWICA SP 39 Gdynia				4:52.31		
	50m:	31.89 31.89	150m:	1:43.54 36.66	250m:	2:58.80 37.82	350m:	4:15.28 38.06	
	100m:	1:06.88 34.99	200m:	2:20.98 37.44	300m:	3:37.22 38.42	400m:	4:52.31 37.03	