

V RUNDA KLUBOWEGO PUCHARU POLSKI W PŁYWANIU W PŁETWACH
Chodzie , 23- - 24-11-2019

Konkurencja 23
2019-11-24 - 10:36

Kobiet, 400m SF

Open
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.	
KAT. E										
1.	PANUSZKO Lidia		10	OSN Amfiprion Olecko				4:51.09		
	50m:	31.25 31.25	150m:	1:44.38	36.93	250m:	3:00.01	38.12	350m:	4:17.19 38.90
	100m:	1:07.45 36.20	200m:	2:21.89	37.51	300m:	3:38.29	38.28	400m:	4:51.09 33.90
2.	BACZY SKA Amelia		09	UKS Delfinek Chodzie				5:04.27		
	50m:	32.65 32.65	150m:	1:50.13	39.82	250m:	3:09.67	40.43	350m:	4:30.15 40.80
	100m:	1:10.31 37.66	200m:	2:29.24	39.11	300m:	3:49.35	39.68	400m:	5:04.27 34.12
3.	DEMSKA Julia		08	Laguna 24 Toru				5:09.97		
	50m:	30.24 30.24	150m:	1:41.16	37.07	250m:	2:58.90	39.73	350m:	4:14.90 37.83
	100m:	1:04.09 33.85	200m:	2:19.17	38.01	300m:	3:37.07	38.17	400m:	5:09.97 55.07
4.	ZARACH Monika		11	UKS Wodniacy Garczyn				7:31.24		
	50m:	45.64 45.64	150m:	2:43.17	56.24	250m:	4:41.35	58.52	350m:	6:41.21 58.33
	100m:	1:46.93 1:01.29	200m:	3:42.83	59.66	300m:	5:42.88	1:01.53	400m:	7:31.24 50.03
NIE UK.	TARNOWSKA Anna		08	UKS Wodniacy Garczyn				3:59.42		
	50m:	30.73 30.73	150m:	1:40.12	35.44	250m:	2:53.30	36.55	350m:	3:47.33 18.53
	100m:	1:04.68 33.95	200m:	2:16.75	36.63	300m:	3:28.80	35.50	400m:	3:59.42 12.09
NIE UK.	BESTRY Oliwia		08	Laguna 24 Toru				4:39.61		
	50m:	30.75 30.75	150m:			250m:			350m:	4:22.47 18.64
	100m:		200m:	2:16.21		300m:	4:03.83		400m:	4:39.61 17.14
KAT. D										
1.	BUKOWI SKA Aleksandra		06	UKS Delfinek Chodzie				3:53.23		
	50m:	26.67 26.67	150m:	1:25.67	29.23	250m:	2:25.14	29.16	350m:	3:24.66 29.72
	100m:	56.44 29.77	200m:	1:55.98	30.31	300m:	2:54.94	29.80	400m:	3:53.23 28.57
2.	GUZI SKA Olga		06	UKS Manta Ko cierzyna				4:11.35		
	50m:	26.87 26.87	150m:	1:28.85	31.93	250m:	2:33.14	32.35	350m:	3:39.44 33.39
	100m:	56.92 30.05	200m:	2:00.79	31.94	300m:	3:06.05	32.91	400m:	4:11.35 31.91
3.	STRZ PKA Olga		07	UKS Delfinek Chodzie				4:18.58		
	50m:	27.49 27.49	150m:	1:29.93	31.98	250m:	2:36.79	33.72	350m:	3:46.15 34.79
	100m:	57.95 30.46	200m:	2:03.07	33.14	300m:	3:11.36	34.57	400m:	4:18.58 32.43
4.	NOWAKOWSKA Nikola		07	UKS Delfinek Chodzie				4:29.86		
	50m:	28.80 28.80	150m:	1:35.00	33.71	250m:	2:45.49	34.93	350m:	3:55.94 35.10
	100m:	1:01.29 32.49	200m:	2:10.56	35.56	300m:	3:20.84	35.35	400m:	4:29.86 33.92
5.	JANKOWSKA Anita		06	UKS Delfinek Chodzie				4:30.25		
	50m:	30.01 30.01	150m:	1:37.95	34.77	250m:	2:47.83	34.59	350m:	3:57.62 34.94
	100m:	1:03.18 33.17	200m:	2:13.24	35.29	300m:	3:22.68	34.85	400m:	4:30.25 32.63
6.	KOHNKE Nicole		07	UKS Delfin Jastarnia				5:07.83		
	50m:	31.92 31.92	150m:	1:47.99	39.84	250m:	3:11.29	41.21	350m:	4:33.48 41.01
	100m:	1:08.15 36.23	200m:	2:30.08	42.09	300m:	3:52.47	41.18	400m:	5:07.83 34.35
7.	BIDA Klaudia		07	UKS Wodniacy Garczyn				5:11.39		
	50m:	35.20 35.20	150m:	1:53.26	39.30	250m:	3:14.27	39.69	350m:	4:33.87 39.92
	100m:	1:13.96 38.76	200m:	2:34.58	41.32	300m:	3:53.95	39.68	400m:	5:11.39 37.52
8.	MAZUREK Oliwia		07	UKS Delfin Jastarnia				5:48.07		
	50m:		150m:			250m:	2:58.41		350m:	
	100m:		200m:			300m:			400m:	5:48.07

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KAT. C

1.	OSZKIEL Wiktoria	04	KS Nautilus Jastrz bie	3:52.43
	50m: 25.77 25.77	150m: 1:22.48 28.74	250m: 2:21.65 29.75	350m: 3:22.49 30.78
	100m: 53.74 27.97	200m: 1:51.90 29.42	300m: 2:51.71 30.06	400m: 3:52.43 29.94
2.	WOLNIEWICZ Weronika	04	UKS Delfinek Chodzie	3:59.23
	50m: 26.04 26.04	150m: 1:22.97 29.44	250m: 2:23.49 30.82	350m: 3:27.12 32.24
	100m: 53.53 27.49	200m: 1:52.67 29.70	300m: 2:54.88 31.39	400m: 3:59.23 32.11
3.	DREGER Maria	04	UKS Delfinek Chodzie	4:09.79
	50m: 29.22 29.22	150m: 1:32.27 31.81	250m: 2:35.97 31.85	350m: 3:39.63 31.27
	100m: 1:00.46 31.24	200m: 2:04.12 31.85	300m: 3:08.36 32.39	400m: 4:09.79 30.16
4.	JANICKA Wiktoria	05	UKS Delfinek Chodzie	4:16.12
	50m: 26.34 26.34	150m: 1:28.21 32.15	250m: 2:36.10 34.15	350m: 3:44.44 34.58
	100m: 56.06 29.72	200m: 2:01.95 33.74	300m: 3:09.86 33.76	400m: 4:16.12 31.68

KAT. B

1.	SIERAKOWSKA Karolina	02	Laguna 24 Toru	3:51.62
	50m: 25.52 25.52	150m: 1:21.21 28.77	250m: 2:21.19 30.45	350m: 3:23.16 30.86
	100m: 52.44 26.92	200m: 1:50.74 29.53	300m: 2:52.30 31.11	400m: 3:51.62 28.46
2.	POKWICKA Małgorzata	02	Laguna 24 Toru	4:03.40
	50m: 27.52 27.52	150m: 1:27.71 30.64	250m: 2:30.50 31.59	350m: 3:32.93 31.39
	100m: 57.07 29.55	200m: 1:58.91 31.20	300m: 3:01.54 31.04	400m: 4:03.40 30.47
3.	KREFT Michalina	02	UKS Manta Ko cierzyna	4:05.50
	50m: 26.79 26.79	150m: 1:27.52 31.23	250m: 2:31.23 31.96	350m: 3:36.25 32.57
	100m: 56.29 29.50	200m: 1:59.27 31.75	300m: 3:03.68 32.45	400m: 4:05.50 29.25

KAT. A

1.	TRUSZCZY SKA-GZYL Katarzyna	90	UKS Tri-Sea Mewa Władysławowo	3:39.57
	50m: 24.80 24.80	150m: 1:18.72 27.36	250m: 2:14.93 28.34	350m: 3:12.22 28.68
	100m: 51.36 26.56	200m: 1:46.59 27.87	300m: 2:43.54 28.61	400m: 3:39.57 27.35
2.	STRUCK Agata	95	UKS Delfin Jastarnia	3:41.45
	50m: 25.38 25.38	150m: 1:20.31 27.73	250m: 2:17.47 28.68	350m: 3:14.38 28.39
	100m: 52.58 27.20	200m: 1:48.79 28.48	300m: 2:45.99 28.52	400m: 3:41.45 27.07
3.	KASZKIEL Aleksandra	01	OSN Amfiprion Olecko	3:48.45
	50m: 24.64 24.64	150m: 1:19.93 28.27	250m: 2:18.24 28.87	350m: 3:19.66 30.88
	100m: 51.66 27.02	200m: 1:49.37 29.44	300m: 2:48.78 30.54	400m: 3:48.45 28.79