

III Runda Klubowego Pucharu Polski w pływaniu w płetwach
Kościerzyna, 30- - 31-10-2021

Konkurencja 11
2021-10-30 - 16:21

Kobiet, 400m BF

Open
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.						Czas	Pkt.
KAT. E										
1.	BIELECKA Kornelia		10	UKS Delfinek Chodzież					4:56.66	
	50m: 32.51 32.51	150m: 1:49.31	39.50	250m: 3:05.34	36.36	350m: 4:21.65	38.53			
	100m: 1:09.81 37.30	200m: 2:28.98	39.67	300m: 3:43.12	37.78	400m: 4:56.66	35.01			
2.	KOZŁOWSKA Laura		11	MUKS PIORUN Gołdap					5:05.86	
	50m: 32.31 32.31	150m: 1:49.42	39.36	250m: 3:08.10	39.17	350m: 4:27.34	40.02			
	100m: 1:10.06 37.75	200m: 2:28.93	39.51	300m: 3:47.32	39.22	400m: 5:05.86	38.52			
3.	JAROCKA Karolina		10	MUKS PIORUN Gołdap					5:21.18	
	50m: 33.90 33.90	150m: 1:54.71	41.73	250m: 3:18.51	41.94	350m: 4:40.38	40.70			
	100m: 1:12.98 39.08	200m: 2:36.57	41.86	300m: 3:59.68	41.17	400m: 5:21.18	40.80			
4.	MILBRANT Jagoda		10	KS Nautilus Jastrzębie					5:30.07	
	50m: 35.86 35.86	150m: 1:59.10	42.89	250m: 3:24.73	42.98	350m: 4:50.10	42.00			
	100m: 1:16.21 40.35	200m: 2:41.75	42.65	300m: 4:08.10	43.37	400m: 5:30.07	39.97			
5.	PROCHOWICZ Hanna		11	MUKS PIORUN Gołdap					5:45.27	
	50m: 35.53 35.53	150m: 2:03.43	45.36	250m: 3:32.60	43.90	350m: 5:02.67	45.42			
	100m: 1:18.07 42.54	200m: 2:48.70	45.27	300m: 4:17.25	44.65	400m: 5:45.27	42.60			
6.	GOLIWAŚ Marika		10	UKS Manta Kościerzyna					6:04.63	
	50m: 36.22 36.22	150m: 2:06.67	47.41	250m: 3:42.45	48.42	350m: 5:20.32	50.14			
	100m: 1:19.26 43.04	200m: 2:54.03	47.36	300m: 4:30.18	47.73	400m: 6:04.63	44.31			

KAT. D

1.	NARKOWICZ Iga		08	UKS Delfin Jstarnia					4:23.06	
	50m: 28.11 28.11	150m: 1:34.78	34.08	250m: 2:43.75	34.67	350m: 3:52.00	33.48			
	100m: 1:00.70 32.59	200m: 2:09.08	34.30	300m: 3:18.52	34.77	400m: 4:23.06	31.06			
2.	REDLIN Anna		08	UKS Tri-Sea Mewa Władysławowo					4:36.73	
	50m: 29.95 29.95	150m: 1:40.35	36.24	250m: 2:54.22	36.90	350m: 4:05.37	34.49			
	100m: 1:04.11 34.16	200m: 2:17.32	36.97	300m: 3:30.88	36.66	400m: 4:36.73	31.36			
3.	BRESKA Helena		08	UKS Manta Kościerzyna					4:41.31	
	50m: 30.55 30.55	150m: 1:38.91	35.04	250m: 2:52.69	37.71	350m: 4:05.31	35.72			
	100m: 1:03.87 33.32	200m: 2:14.98	36.07	300m: 3:29.59	36.90	400m: 4:41.31	36.00			
4.	SZYBALSKA Anna		08	UKS Wodniacy Garczyn					4:50.24	
	50m: 31.81 31.81	150m: 1:43.88	36.63	250m: 2:59.38	38.22	350m: 4:13.98	37.36			
	100m: 1:07.25 35.44	200m: 2:21.16	37.28	300m: 3:36.62	37.24	400m: 4:50.24	36.26			
5.	KOLIŃSKA Julia		08	UKS Manta Kościerzyna					5:11.09	
	50m: 32.30 32.30	150m: 1:48.41	39.06	250m: 3:08.80	40.50	350m: 4:30.46	40.75			
	100m: 1:09.35 37.05	200m: 2:28.30	39.89	300m: 3:49.71	40.91	400m: 5:11.09	40.63			
6.	KUTELA Michałina		08	UKS Manta Kościerzyna					5:15.23	
	50m: 33.11 33.11	150m: 1:50.28	40.20	250m: 3:13.99	42.37	350m: 4:38.62	41.89			
	100m: 1:10.08 36.97	200m: 2:31.62	41.34	300m: 3:56.73	42.74	400m: 5:15.23	36.61			
7.	PEEK Zuzanna		08	UKS Wodniacy Garczyn					5:32.22	
	50m: 38.41 38.41	150m: 2:02.56	42.90	250m: 3:29.13	43.03	350m: 4:53.65	41.17			
	100m: 1:19.66 41.25	200m: 2:46.10	43.54	300m: 4:12.48	43.35	400m: 5:32.22	38.57			
8.	NOWAKOWSKA Julianna		09	UKS Manta Kościerzyna					5:37.52	
	50m: 35.59 35.59	150m: 2:01.70	44.28	250m: 3:28.41	43.58	350m: 4:52.49	40.87			
	100m: 1:17.42 41.83	200m: 2:44.83	43.13	300m: 4:11.62	43.21	400m: 5:37.52	45.03			
9.	RANIEWICZ Laura		09	UKS Delfinek Chodzież					5:51.37	
	50m: 33.74 33.74	150m: 2:01.86	45.64	250m: 3:32.91	46.27	350m: 5:05.01	47.78			
	100m: 1:16.22 42.48	200m: 2:46.64	44.78	300m: 4:17.23	44.32	400m: 5:51.37	46.36			

III Runda Klubowego Pucharu Polski w pływaniu w płetwach
Kościerzyna, 30- - 31-10-2021

Konkurencja 11, Kobiet, 400m BF

KAT. C

1.	TARTANUS Nina	07	UKS Tri-Sea Mewa Władysławowo	4:15.60	
	50m: 28.35 28.35	150m: 1:31.60 32.05	250m: 2:36.79 32.96	350m: 3:43.28 33.27	
	100m: 59.55 31.20	200m: 2:03.83 32.23	300m: 3:10.01 33.22	400m: 4:15.60 32.32	
2.	PIETRAS Maria	07	UKS Delfinek Chodzież	4:21.05	
	50m: 27.67 27.67	150m: 1:34.01 33.98	250m: 2:42.87 34.59	350m: 3:50.09 32.96	
	100m: 1:00.03 32.36	200m: 2:08.28 34.27	300m: 3:17.13 34.26	400m: 4:21.05 30.96	
3.	GEMBIAK Natalia	07	UKS Delfinek Chodzież	4:22.44	
	50m: 28.74 28.74	150m: 1:33.14 32.96	250m: 2:41.16 34.09	350m: 3:50.24 34.12	
	100m: 1:00.18 31.44	200m: 2:07.07 33.93	300m: 3:16.12 34.96	400m: 4:22.44 32.20	
4.	BYSTRON Konstancja	06	UKS Manta Kościerzyna	4:25.67	
	50m: 28.25 28.25	150m: 1:33.71 33.17	250m: 2:42.62 34.70	350m: 3:53.35 35.45	
	100m: 1:00.54 32.29	200m: 2:07.92 34.21	300m: 3:17.90 35.28	400m: 4:25.67 32.32	
5.	STRZEPKA Olga	07	UKS Delfinek Chodzież	4:35.67	
	50m: 32.19 32.19	150m: 1:41.66 35.08	250m: 2:52.99 35.69	350m: 4:02.68 34.53	
	100m: 1:06.58 34.39	200m: 2:17.30 35.64	300m: 3:28.15 35.16	400m: 4:35.67 32.99	
6.	KOHNKE Nicole	07	UKS Delfin Jstarnia	4:42.73	
	50m: 32.97 32.97	150m: 1:45.61 36.53	250m: 2:58.29 36.45	350m: 4:09.47 35.61	
	100m: 1:09.08 36.11	200m: 2:21.84 36.23	300m: 3:33.86 35.57	400m: 4:42.73 33.26	
7.	DETTLAFF Agnieszka	07	UKS Tri-Sea Mewa Władysławowo	4:46.31	
	50m: 31.38 31.38	150m: 1:46.00 37.69	250m: 2:59.27 36.29	350m: 4:12.17 36.10	
	100m: 1:08.31 36.93	200m: 2:22.98 36.98	300m: 3:36.07 36.80	400m: 4:46.31 34.14	
8.	GÓRALCZYK Iga	07	UKS Wodniacy Garczyn	5:10.10	
	50m: 35.21 35.21	150m: 1:53.58 39.94	250m: 3:13.86 40.55	350m: 4:32.34 39.07	
	100m: 1:13.64 38.43	200m: 2:33.31 39.73	300m: 3:53.27 39.41	400m: 5:10.10 37.76	
9.	MAZUREK Oliwia	07	UKS Delfin Jstarnia	5:18.18	
	50m: 33.26 33.26	150m: 1:53.35 41.07	250m: 3:14.87 40.97	350m: 4:37.58 41.34	
	100m: 1:12.28 39.02	200m: 2:33.90 40.55	300m: 3:56.24 41.37	400m: 5:18.18 40.60	
10.	OSTROWSKA Maja	07	UKS Wodniacy Garczyn	5:50.15	
	50m: 36.95 36.95	150m: 2:03.90 45.34	250m: 3:35.38 45.56	350m: 5:05.01 43.76	
	100m: 1:18.56 41.61	200m: 2:49.82 45.92	300m: 4:21.25 45.87	400m: 5:50.15 45.14	

KAT. B

1.	GREŃ Julia	04	UKS Manta Kościerzyna	4:05.09	
	50m: 26.60 26.60	150m: 1:28.45 31.52	250m: 2:31.89 31.37	350m: 3:35.28 31.19	
	100m: 56.93 30.33	200m: 2:00.52 32.07	300m: 3:04.09 32.20	400m: 4:05.09 29.81	
2.	SZALAST Karolina	05	Tri - Team Rumia	4:06.30	
	50m: 28.19 28.19	150m: 1:29.93 31.40	250m: 2:33.64 32.11	350m: 3:36.63 31.23	
	100m: 58.53 30.34	200m: 2:01.53 31.60	300m: 3:05.40 31.76	400m: 4:06.30 29.67	
3.	DUDEK Antonina	05	UKS Delfinek Chodzież	4:08.28	
	50m: 28.02 28.02	150m: 1:31.34 31.89	250m: 2:35.36 32.13	350m: 3:38.16 31.03	
	100m: 59.45 31.43	200m: 2:03.23 31.89	300m: 3:07.13 31.77	400m: 4:08.28 30.12	
4.	TUSK Weronika	05	UKS Tri-Sea Mewa Władysławowo	4:25.99	
	50m: 29.46 29.46	150m: 1:36.32 34.12	250m: 2:45.17 34.22	350m: 3:52.52 33.85	
	100m: 1:02.20 32.74	200m: 2:10.95 34.63	300m: 3:18.67 33.50	400m: 4:25.99 33.47	
5.	DĄBROWSKA Marietta	05	UKS Tri-Sea Mewa Władysławowo	4:43.55	
	50m: 29.82 29.82	150m: 1:37.95 34.81	250m: 2:52.70 37.77	350m: 4:08.10 37.33	
	100m: 1:03.14 33.32	200m: 2:14.93 36.98	300m: 3:30.77 38.07	400m: 4:43.55 35.45	

KAT. A

1.	HUMERCZYK Marta	02	UKS Delfinek Chodzież	4:28.74	
	50m: 30.38 30.38	150m: 1:38.93 34.36	250m: 2:48.11 34.39	350m: 3:56.62 34.27	
	100m: 1:04.57 34.19	200m: 2:13.72 34.79	300m: 3:22.35 34.24	400m: 4:28.74 32.12	