

I Runda Klubowego Pucharu Polski w pływaniu w płetwach
Chodzie , 12 - 13-3-2022

Konkurencja 9
2022-03-12 - 16:25

Kobiet, 400m BF

Open
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.	
KAT. E										
1.	KOZŁOWSKA Laura		11	MUKS Piorun Gołdap				4:58.80		
	50m:	30.58 30.58	150m:	1:43.62	37.40	250m:	3:01.66	39.06	350m:	4:20.14 39.40
	100m:	1:06.22 35.64	200m:	2:22.60	38.98	300m:	3:40.74	39.08	400m:	4:58.80 38.66
2.	PROCHOWICZ Hanna		11	MUKS Piorun Gołdap				5:19.34		
	50m:		150m:			250m:			350m:	
	100m:		200m:			300m:			400m:	5:19.34
3.	NAMIOTKO Hanna		11	MUKS Piorun Gołdap				5:21.24		
	50m:	33.29 33.29	150m:	2:33.75	1:21.64	250m:			350m:	
	100m:	1:12.11 38.82	200m:			300m:			400m:	5:21.24
4.	KORDOWSKA Rozalia		12	Laguna 24 Toru				6:16.28		
	50m:	39.76 39.76	150m:	2:16.07	48.79	250m:	4:44.86	1:39.39	350m:	5:35.47 6.60
	100m:	1:27.28 47.52	200m:	3:05.47	49.40	300m:	5:28.87	44.01	400m:	6:16.28 40.81
5.	WITKOWSKA Amelia		12	Laguna 24 Toru				6:58.51		
	50m:	43.97 43.97	150m:	2:28.15	52.68	250m:	4:19.42	56.20	350m:	
	100m:	1:35.47 51.50	200m:	3:23.22	55.07	300m:	5:15.10	55.68	400m:	6:58.51
NIE UK.	IRACKA Zuzanna		12	Laguna 24 Toru				5:20.48		
	50m:	39.54 39.54	150m:	2:11.00	46.81	250m:	3:46.56	49.23	350m:	
	100m:	1:24.19 44.65	200m:	2:57.33	46.33	300m:			400m:	5:20.48
KAT. D										
1.	NASZKIEWICZ Inga		09	MUKS Piorun Gołdap				4:34.45		
	50m:	29.56 29.56	150m:	1:38.21	34.86	250m:	2:48.79	35.24	350m:	3:59.69 35.75
	100m:	1:03.35 33.79	200m:	2:13.55	35.34	300m:	3:23.94	35.15	400m:	4:34.45 34.76
2.	BIELECKA Kornelia		10	UKS Delfinek Chodzie				4:42.72		
	50m:		150m:			250m:			350m:	
	100m:		200m:			300m:			400m:	4:42.72
3.	ZAŁACHOWSKA Daria		09	UKS Delfinek Chodzie				4:42.89		
	50m:	30.95 30.95	150m:	1:42.54	36.77	250m:	2:55.39	36.64	350m:	4:08.41 36.40
	100m:	1:05.77 34.82	200m:	2:18.75	36.21	300m:	3:32.01	36.62	400m:	4:42.89 34.48
4.	TRYTEK Antonina		10	UKS Delfin Jastarnia				4:45.44		
	50m:	30.26 30.26	150m:	1:41.37	36.07	250m:	2:56.03	37.79	350m:	4:11.03 37.10
	100m:	1:05.30 35.04	200m:	2:18.24	36.87	300m:	3:33.93	37.90	400m:	4:45.44 34.41
5.	KO LAREK Kinga		09	UKS Delfinek Chodzie				5:28.72		
	50m:	34.69 34.69	150m:			250m:			350m:	4:47.44
	100m:		200m:			300m:			400m:	5:28.72 41.28
6.	CHMIELEWSKA Lena		09	UKS MANTA Ko cierzyna				5:36.33		
	50m:	36.13 36.13	150m:	1:59.51	43.18	250m:	3:26.19	43.78	350m:	4:54.21 44.71
	100m:	1:16.33 40.20	200m:	2:42.41	42.90	300m:	4:09.50	43.31	400m:	5:36.33 42.12
KAT. C										
1.	TARTANUS Nina		07	UKS Tri-Sea Mewa Władysławowo				4:12.28		
	50m:	28.45 28.45	150m:	1:31.39		250m:			350m:	3:40.69
	100m:		200m:			300m:			400m:	4:12.28 31.59
2.	PIETRAS Maria		07	UKS Delfinek Chodzie				4:15.38		
	50m:	1:00.26 1:00.26	150m:			250m:			350m:	3:46.44
	100m:		200m:	2:08.39		300m:			400m:	4:15.38 28.94
3.	DUDEK Krzysztofa		08	UKS Delfinek Chodzie				4:16.45		
	50m:	29.72 29.72	150m:	1:34.25	32.08	250m:	2:40.60	32.90	350m:	3:46.21 32.53
	100m:	1:02.17 32.45	200m:	2:07.70	33.45	300m:	3:13.68	33.08	400m:	4:16.45 30.24

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Konkurencja 9, Dziewcz t, 400m BF, KAT. C

Pozycja			Rok ur.					Czas	Pkt.			
4.	NARKOWICZ Iga		08	UKS Delfin Jastarnia				4:17.44				
	50m:	28.52	28.52	150m:	1:35.42	33.81	250m:	2:42.48	33.31	350m:	3:47.44	32.11
	100m:	1:01.61	33.09	200m:	2:09.17	33.75	300m:	3:15.33	32.85	400m:	4:17.44	30.00
5.	TURZY SKA Alicja		07	UKS Delfin Jastarnia				4:32.57				
	50m:	29.61	29.61	150m:	1:37.70	35.00	250m:	2:47.25	35.47	350m:	3:56.78	35.70
	100m:	1:02.70	33.09	200m:	2:11.78	34.08	300m:	3:21.08	33.83	400m:	4:32.57	35.79
6.	BRESKA Helena		08	UKS MANTA Ko cierzyna				4:34.88				
	50m:	29.85	29.85	150m:	1:36.21	34.74	250m:	2:49.53	35.98	350m:	4:01.95	36.74
	100m:	1:01.47	31.62	200m:	2:13.55	37.34	300m:	3:25.21	35.68	400m:	4:34.88	32.93
7.	STRZ PKA Olga		07	UKS Delfinek Chodzie				4:38.67				
	50m:	31.12	31.12	150m:	1:40.02	35.04	250m:	2:52.39	36.08	350m:	4:04.89	36.06
	100m:	1:04.98	33.86	200m:	2:16.31	36.29	300m:	3:28.83	36.44	400m:	4:38.67	33.78
8.	GÓRALCZYK Iga		07	KS Aqua Sport				4:48.22				
	50m:			150m:	1:44.50	24.18	250m:	2:58.85	37.21	350m:	4:12.53	36.50
	100m:	1:20.32		200m:	2:21.64	37.14	300m:	3:36.03	37.18	400m:	4:48.22	35.69
9.	BIDA Klaudia		07	KS Aqua Sport				4:52.39				
	50m:	31.32	31.32	150m:	1:43.79	36.44	250m:	2:58.92	37.76	350m:	4:14.89	38.02
	100m:	1:07.35	36.03	200m:	2:21.16	37.37	300m:	3:36.87	37.95	400m:	4:52.39	37.50
10.	STELMACH Zofia		08	KS Nautilus Jastrz bie Zdrój				4:57.40				
	50m:	30.71	30.71	150m:	1:44.86	38.71	250m:	3:02.27	37.99	350m:	4:20.52	39.51
	100m:	1:06.15	35.44	200m:	2:24.28	39.42	300m:	3:41.01	38.74	400m:	4:57.40	36.88
11.	KUTELA Michalina		08	UKS MANTA Ko cierzyna				5:02.09				
	50m:	32.36	32.36	150m:			250m:			350m:	4:22.21	
	100m:	1:07.37	35.01	200m:	2:23.10		300m:			400m:	5:02.09	39.88
12.	SZYŁKIEWICZ Nina		08	Amfiprion Olecko				5:06.70				
	50m:	32.02	32.02	150m:	1:49.14	39.29	250m:	3:49.54	1:20.95	350m:	4:29.72	
	100m:	1:09.85	37.83	200m:	2:28.59	39.45	300m:			400m:	5:06.70	36.98

KAT. B

1.	TUSK Weronika		05	UKS Tri-Sea Mewa Władysławowo				4:19.51				
	50m:	29.40	29.40	150m:	2:08.90	1:06.82	250m:	3:13.55	32.36	350m:		
	100m:	1:02.08	32.68	200m:	2:41.19	32.29	300m:	3:46.89	33.34	400m:	4:19.51	
2.	D BROWSKA Marietta		05	UKS Tri-Sea Mewa Władysławowo				4:40.09				
	50m:	29.75	29.75	150m:	1:38.91	35.56	250m:	2:52.41	36.94	350m:	4:05.11	35.93
	100m:	1:03.35	33.60	200m:	2:15.47	36.56	300m:	3:29.18	36.77	400m:	4:40.09	34.98

KAT. A

1.	PRENTKA Weronika		97	Laguna 24 Toru				4:06.44				
	50m:	26.98	26.98	150m:	1:30.25	32.00	250m:	2:35.00	32.40	350m:	3:36.68	30.08
	100m:	58.25	31.27	200m:	2:02.60	32.35	300m:	3:06.60	31.60	400m:	4:06.44	29.76
2.	GRE Julia		04	UKS MANTA Ko cierzyna				4:09.58				
	50m:	27.21	27.21	150m:	2:02.58	1:04.26	250m:			350m:	3:38.87	31.84
	100m:	58.32	31.11	200m:	2:34.99	32.41	300m:	3:07.03		400m:	4:09.58	30.71
3.	SZEJNER Julia		04	UKS Delfinek Chodzie				4:24.91				
	50m:	27.40	27.40	150m:	1:32.02	33.68	250m:	2:41.52	35.12	350m:	3:51.21	34.29
	100m:	58.34	30.94	200m:	2:06.40	34.38	300m:	3:16.92	35.40	400m:	4:24.91	33.70
4.	HUMERCZYK Marta		02	UKS Delfinek Chodzie				4:27.78				
	50m:	28.88	28.88	150m:	1:36.89	34.79	250m:	2:47.60	35.24	350m:	3:56.29	33.86
	100m:	1:02.10	33.22	200m:	2:12.36	35.47	300m:	3:22.43	34.83	400m:	4:27.78	31.49