

II Runda Klubowego Pucharu Polski w pływaniu w płetwach
Ko cierzyna, 16- - 17-6-2022

Konkurencja 11
2022-06-16 - 18:10

Kobiet, 400m Surface

7 lat i starsi
Wyniki

Rekordy Polski_25m_pletwa Open	3:22.60	TRUSZCZY SKA Katarzyna								
Rekordy Polski_25m_pletwa 16 - 17	3:24.91	TRUSZCZY SKA Katarzyna								
Rekordy Polski_25m_pletwa 14 - 15	3:30.02	TRUSZCZY SKA KATARZYNA								
Rekordy Polski_25m_pletwa 12 - 13	3:49.19	RZEPKA ZUZANNA								
Rekordy Polski_25m_pletwa 7 - 11	4:11.83	POLAK Justyna						Toru		2003-11-15

Punkty: PP 2022

Pozycja			Rok ur.					Czas	Pkt.			
KAT. E												
1.	ZARACH	Monika	11	KS Aqua Sport Ko cierzyna					5:31.42	438		
	50m:	38.15	38.15	150m:	2:02.75	43.14	250m:	3:28.15	41.85	350m:	4:52.61	43.44
	100m:	1:19.61	41.46	200m:	2:46.30	43.55	300m:	4:09.17	41.02	400m:	5:31.42	38.81
KAT. D												
1.	TYMOSHENKO	Anastasiia	09	UKS Delfinek Chodzie					4:21.28	674		
	50m:	28.21	28.21	150m:	1:34.47	33.60	250m:	2:42.23	34.41	350m:	3:51.12	34.01
	100m:	1:00.87	32.66	200m:	2:07.82	33.35	300m:	3:17.11	34.88	400m:	4:21.28	30.16
2.	BACZY	SKA Amelia	09	UKS Delfinek Chodzie					4:28.45	622		
	50m:	29.03	29.03	150m:	1:35.38	34.30	250m:	2:44.49	34.71	350m:	3:55.06	35.51
	100m:	1:01.08	32.05	200m:	2:09.78	34.40	300m:	3:19.55	35.06	400m:	4:28.45	33.39
3.	PALUSIAK	Natalia	10	Laguna 24 Toru					5:26.42	346		
	50m:	33.01	33.01	150m:	1:56.61	43.87	250m:	3:24.54	44.07	350m:	4:50.08	42.95
	100m:	1:12.74	39.73	200m:	2:40.47	43.86	300m:	4:07.13	42.59	400m:	5:26.42	36.34
KAT. C												
1.	KOHNKE	Nicole	07	UKS Delfin Jastarnia					4:10.29	590		
	50m:	27.49	27.49	150m:	1:29.05	31.46	250m:	2:34.59	32.81	350m:	3:39.96	32.22
	100m:	57.59	30.10	200m:	2:01.78	32.73	300m:	3:07.74	33.15	400m:	4:10.29	30.33
2.	SZYBALSKA	Anna	08	KS Aqua Sport Ko cierzyna					4:12.94	572		
	50m:	27.31	27.31	150m:	1:29.94	32.05	250m:	2:35.39	32.73	350m:	3:41.52	32.60
	100m:	57.89	30.58	200m:	2:02.66	32.72	300m:	3:08.92	33.53	400m:	4:12.94	31.42
3.	TURZY	SKA Alicja	07	UKS Delfin Jastarnia					4:22.33	513		
	50m:	28.20	28.20	150m:	1:33.46	33.84	250m:	2:41.82	34.17	350m:	3:50.66	33.73
	100m:	59.62	31.42	200m:	2:07.65	34.19	300m:	3:16.93	35.11	400m:	4:22.33	31.67
4.	BIDA	Klaudia	07	KS Aqua Sport Ko cierzyna					4:30.23	469		
	50m:	29.84	29.84	150m:	1:37.28	34.39	250m:	2:46.12	34.56	350m:	3:55.92	34.98
	100m:	1:02.89	33.05	200m:	2:11.56	34.28	300m:	3:20.94	34.82	400m:	4:30.23	34.31
5.	STRUCK	Anna	08	UKS Delfin Jastarnia					4:38.45	429		
	50m:	28.79	28.79	150m:	1:36.90	35.37	250m:	2:51.33	37.55	350m:	4:05.26	36.51
	100m:	1:01.53	32.74	200m:	2:13.78	36.88	300m:	3:28.75	37.42	400m:	4:38.45	33.19
KAT. B												
1.	TUSK	Weronika	05	UKS Tri-Sea Władysławowo					3:59.08	629		
	50m:	26.60	26.60	150m:	1:25.28	29.64	250m:	2:26.96	30.84	350m:	3:28.99	30.51
	100m:	55.64	29.04	200m:	1:56.12	30.84	300m:	2:58.48	31.52	400m:	3:59.08	30.09
2.	GUZI	SKA Olga	06	UKS Manta Ko cierzyna					4:03.99	592		
	50m:	26.90	26.90	150m:	1:26.73	30.51	250m:	2:29.43	31.89	350m:	3:32.81	31.71
	100m:	56.22	29.32	200m:	1:57.54	30.81	300m:	3:01.10	31.67	400m:	4:03.99	31.18
KAT. A												
1.	TRUSZCZY	SKA-GZYL Katarzyna	90	UKS Tri-Sea Władysławowo					4:04.01	572		
	50m:	27.20	27.20	150m:	1:25.62	29.54	250m:	2:28.28	31.83	350m:	3:32.66	32.17
	100m:	56.08	28.88	200m:	1:56.45	30.83	300m:	3:00.49	32.21	400m:	4:04.01	31.35