

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

Konkurencja 9 Kobiet, 400m Bifins 7 lat i starsi
2022-06-16 - 16:48 Wyniki

Rekordy Polski_25m_pletwa Open	3:53.77	PRENTKA Weronika		
Rekordy Polski_25m_pletwa 16 - 17	3:58.21	SZELUGA Wiktoria		
Rekordy Polski_25m_pletwa 14 - 15	4:02.20	JESIOŁOWSKA Inez		
Rekordy Polski_25m_pletwa 12 - 13	4:09.56	CHMIELEWSKA ALEKSANDRA		
Rekordy Polski_25m_pletwa 7 - 11	4:43.27	CHMIELEWSKA Aleksandra	Chodzie	2017-06-15

Punkty: PP 2022

Pozycja Rok ur. Czas Pkt.

KAT. E

1. KOZŁOWSKA Laura	11	MUKS PIORUN Gołdap	4:54.02	894
50m: 31.24 31.24	150m: 1:46.07 38.47	250m: 3:00.40 37.21	350m: 4:17.53 38.91	
100m: 1:07.60 36.36	200m: 2:23.19 37.12	300m: 3:38.62 38.22	400m: 4:54.02 36.49	
2. PROCHOWICZ Hanna	11	MUKS PIORUN Gołdap	5:10.71	757
50m: 33.67 33.67	150m: 1:52.51 38.59	250m: 3:12.04 39.38	350m: 4:33.87 39.71	
100m: 1:13.92 40.25	200m: 2:32.66 40.15	300m: 3:54.16 42.12	400m: 5:10.71 36.84	
3. IRACKA Zuzanna	12	Laguna 24 Toru	5:29.83	633
50m: 36.74 36.74	150m: 1:59.86 43.33	250m: 3:23.64 41.82	350m: 4:44.78 38.27	
100m: 1:16.53 39.79	200m: 2:41.82 41.96	300m: 4:06.51 42.87	400m: 5:29.83 45.05	

KAT. D

1. BIELECKA Kornelia	10	UKS Delfinek Chodzie	4:34.11	754
50m: 30.89 30.89	150m: 1:39.59 33.89	250m: 2:51.77 36.92	350m: 4:03.28 35.11	
100m: 1:05.70 34.81	200m: 2:14.85 35.26	300m: 3:28.17 36.40	400m: 4:34.11 30.83	
2. NASZKIEWICZ Inga	09	MUKS PIORUN Gołdap	4:36.88	732
50m: 29.62 29.62	150m: 1:38.30 34.91	250m: 2:48.92 35.62	350m: 3:59.74 35.12	
100m: 1:03.39 33.77	200m: 2:13.30 35.00	300m: 3:24.62 35.70	400m: 4:36.88 37.14	
3. TRYTEK Antonina	10	UKS Delfin Jastarnia	4:40.18	706
50m: 32.38 32.38	150m: 1:43.76 35.95	250m: 2:56.23 35.86	350m: 4:08.23 34.99	
100m: 1:07.81 35.43	200m: 2:20.37 36.61	300m: 3:33.24 37.01	400m: 4:40.18 31.95	
4. ZAŁACHOWSKA Daria	09	UKS Delfinek Chodzie	4:40.67	702
50m: 31.99 31.99	150m: 1:42.98 35.82	250m: 2:55.68 36.17	350m: 4:07.96 36.05	
100m: 1:07.16 35.17	200m: 2:19.51 36.53	300m: 3:31.91 36.23	400m: 4:40.67 32.71	
5. OSTROWSKA Marta	10	UKS Wodniacy Garczyn	4:57.66	589
50m: 33.32 33.32	150m: 1:49.15 38.70	250m: 3:07.85 39.27	350m: 4:22.71 36.95	
100m: 1:10.45 37.13	200m: 2:28.58 39.43	300m: 3:45.76 37.91	400m: 4:57.66 34.95	
6. PEEK Dominika	10	UKS Wodniacy Garczyn	5:03.08	558
50m: 35.51 35.51	150m: 1:52.10 39.15	250m: 3:10.76 39.19	350m: 4:27.36 37.76	
100m: 1:12.95 37.44	200m: 2:31.57 39.47	300m: 3:49.60 38.84	400m: 5:03.08 35.72	
7. BŁAWAT Marcelina	09	UKS Wodniacy Garczyn	5:06.32	540
50m: 33.37 33.37	150m: 1:49.23 39.02	250m: 3:08.46 39.42	350m: 4:27.87 39.22	
100m: 1:10.21 36.84	200m: 2:29.04 39.81	300m: 3:48.65 40.19	400m: 5:06.32 38.45	
8. RANIEWICZ Laura	09	UKS Delfinek Chodzie	5:18.86	479
50m: 34.75 34.75	150m: 1:53.07 40.33	250m: 3:17.02 42.12	350m: 4:41.26 42.46	
100m: 1:12.74 37.99	200m: 2:34.90 41.83	300m: 3:58.80 41.78	400m: 5:18.86 37.60	
9. BLOK Sandra	09	UKS Wodniacy Garczyn	5:23.35	459
50m: 35.56 35.56	150m: 1:54.10 40.14	250m: 3:18.14 42.04	350m: 4:44.43 43.60	
100m: 1:13.96 38.40	200m: 2:36.10 42.00	300m: 4:00.83 42.69	400m: 5:23.35 38.92	

II Runda Klubowego Pucharu Polski w pływaniu w płetwach
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Konkurencja 9, Kobiet, 400m Bifins

KAT. C

1. TARTANUS Nina	07	UKS Tri-Sea Władysławowo	4:19.05	757
50m: 28.66 28.66	150m: 1:32.72 32.26	250m: 2:38.35 33.20	350m: 3:46.00 33.66	
100m: 1:00.46 31.80	200m: 2:05.15 32.43	300m: 3:12.34 33.99	400m: 4:19.05 33.05	
2. PIETRAS Maria	07	UKS Delfinek Chodzie	4:19.06	757
50m: 27.16 27.16	150m: 1:34.45 34.47	250m: 2:43.24 33.98	350m: 3:49.53 33.01	
100m: 59.98 32.82	200m: 2:09.26 34.81	300m: 3:16.52 33.28	400m: 4:19.06 29.53	
3. DUDEK Krzysztofa	08	UKS Delfinek Chodzie	4:21.46	736
50m: 30.94 30.94	150m: 1:37.61 33.14	250m: 2:44.79 33.18	350m: 3:50.15 32.27	
100m: 1:04.47 33.53	200m: 2:11.61 34.00	300m: 3:17.88 33.09	400m: 4:21.46 31.31	
4. BRESKA Helena	08	UKS Manta Ko cierzyna	4:26.78	693
50m: 29.80 29.80	150m: 1:36.72 34.28	250m: 2:45.82 34.32	350m: 3:54.38 34.28	
100m: 1:02.44 32.64	200m: 2:11.50 34.78	300m: 3:20.10 34.28	400m: 4:26.78 32.40	
5. NARKOWICZ Iga	08	UKS Delfin Jastarnia	4:28.05	683
50m: 30.48 30.48	150m: 1:39.60 34.57	250m: 2:47.91 33.63	350m: 3:56.49 34.20	
100m: 1:05.03 34.55	200m: 2:14.28 34.68	300m: 3:22.29 34.38	400m: 4:28.05 31.56	
6. REDLIN Anna	08	UKS Delfin Jastarnia	4:29.06	676
50m: 29.33 29.33	150m: 1:38.06 35.63	250m: 2:49.00 35.00	350m: 3:57.65 33.73	
100m: 1:02.43 33.10	200m: 2:14.00 35.94	300m: 3:23.92 34.92	400m: 4:29.06 31.41	
7. BIDA Klaudia	07	KS Aqua Sport Ko cierzyna	4:39.68	602
50m: 28.85 28.85	150m: 1:36.32 34.88	250m: 2:48.57 36.66	350m: 4:03.22 37.42	
100m: 1:01.44 32.59	200m: 2:11.91 35.59	300m: 3:25.80 37.23	400m: 4:39.68 36.46	
8. GÓRALCZYK Iga	07	KS Aqua Sport Ko cierzyna	4:40.29	598
50m: 31.02 31.02	150m: 1:41.05 35.70	250m: 2:53.71 36.63	350m: 4:06.38 36.33	
100m: 1:05.35 34.33	200m: 2:17.08 36.03	300m: 3:30.05 36.34	400m: 4:40.29 33.91	
9. KUTELA Michalina	08	UKS Manta Ko cierzyna	4:53.35	521
50m: 31.05 31.05	150m: 1:42.94 36.69	250m: 2:59.84 38.47	350m: 4:17.28 38.53	
100m: 1:06.25 35.20	200m: 2:21.37 38.43	300m: 3:38.75 38.91	400m: 4:53.35 36.07	

KAT. B

1. D BROWSKA Marietta	06	UKS Tri-Sea Władysławowo	4:35.32	647
50m: 29.45 29.45	150m: 1:37.36 34.64	250m: 2:48.92 36.05	350m: 4:01.53 36.09	
100m: 1:02.72 33.27	200m: 2:12.87 35.51	300m: 3:25.44 36.52	400m: 4:35.32 33.79	

KAT. A

1. PRENTKA Weronika	97	Laguna 24 Toru	4:09.53	822
50m: 28.06 28.06	150m: 1:31.71 31.83	250m: 2:36.09 32.10	350m: 3:39.19 31.18	
100m: 59.88 31.82	200m: 2:03.99 32.28	300m: 3:08.01 31.92	400m: 4:09.53 30.34	
2. GRE Julia	04	UKS Manta Ko cierzyna	4:10.62	811
50m: 28.04 28.04	150m: 1:32.10 32.36	250m: 2:36.56 32.07	350m: 3:40.98 31.90	
100m: 59.74 31.70	200m: 2:04.49 32.39	300m: 3:09.08 32.52	400m: 4:10.62 29.64	
3. TRUSZCZY SKA-GZYL Katarzyna	90	UKS Tri-Sea Władysławowo	4:25.68	681
50m: 29.41 29.41	150m: 1:34.44 33.19	250m: 2:42.70 34.12	350m: 3:52.18 34.79	
100m: 1:01.25 31.84	200m: 2:08.58 34.14	300m: 3:17.39 34.69	400m: 4:25.68 33.50	
4. SZEJNER Julia	04	UKS Delfinek Chodzie	4:32.85	628
50m: 29.40 29.40	150m: 1:36.54 34.74	250m: 2:47.58 35.39	350m: 3:58.37 35.12	
100m: 1:01.80 32.40	200m: 2:12.19 35.65	300m: 3:23.25 35.67	400m: 4:32.85 34.48	