I Runda Klubowego Pucharu Polski w pływaniu w płetwach
Kościerzyna, 11- - 12-3-2023

Konkurencja 11 | Kobiet, 400m Surface | 7 lat i starsi
2023-03-11 - 19:13 | Wyniki

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

Punkty: PP 2022

| Pozycja | | Rok ur. | | Czas | Pkt. | |
|---|---|---|---|---|---|---|
| **KAT. E** | | | | | | |
| 1. | LELLEK Kaja | 13 | KS Aqua Sport Kościerzyna | **5:34.81** | 221 | |
| | 50m: 35.82 35.82 150m: 1:59.59 43.17 250m: 3:29.06 45.42 350m: 4:56.90 42.98 | | | | | |
| | 100m: 1:16.42 40.60 200m: 2:43.64 44.05 300m: 4:13.92 44.86 400m: 5:34.81 37.91 | | | | | |
| **KAT. D** | | | | | | |
| 1. | BIELECKA Kornelia | 10 | Delfinek Chodzież | **4:13.09** | 512 | |
| | 50m: 26.96 26.96 150m: 1:29.44 31.61 250m: 2:35.84 33.56 350m: 3:41.97 32.67 | | | | | |
| | 100m: 57.83 30.87 200m: 2:02.28 32.84 300m: 3:09.30 33.46 400m: 4:13.09 31.12 | | | | | |
| 2. | KUCHARSKA Nina | 11 | KS Aqua Sport Kościerzyna | **5:00.69** | 305 | + 47.60 |
| | 50m: 31.38 31.38 150m: 1:47.95 39.27 250m: 3:05.54 38.92 350m: 4:26.54 41.25 | | | | | |
| | 100m: 1:08.68 37.30 200m: 2:26.62 38.67 300m: 3:45.29 39.75 400m: 5:00.69 34.15 | | | | | |
| 3. | ZARACH Monika | 11 | KS Aqua Sport Kościerzyna | **5:03.69** | 296 | + 50.60 |
| | 50m: 32.71 32.71 150m: 1:49.49 39.13 250m: 3:07.80 39.35 350m: 4:27.19 39.57 | | | | | |
| | 100m: 1:10.36 37.65 200m: 2:28.45 38.96 300m: 3:47.62 39.82 400m: 5:03.69 36.50 | | | | | |
| **KAT. C** | | | | | | |
| 1. | SZYBALSKA Anna | 08 | KS Aqua Sport Kościerzyna | **4:05.49** | 562 | |
| | 50m: 27.18 27.18 150m: 1:29.04 31.62 250m: 2:32.83 32.16 350m: 3:35.68 30.71 | | | | | |
| | 100m: 57.42 30.24 200m: 2:00.67 31.63 300m: 3:04.97 32.14 400m: 4:05.49 29.81 | | | | | |
| 2. | BESTRY Olivia | 08 | Laguna 24 Toruń | **4:28.66** | 428 | + 23.17 |
| | 50m: 28.24 28.24 150m: 1:32.74 32.97 250m: 2:43.45 36.27 350m: 3:55.08 35.86 | | | | | |
| | 100m: 59.77 31.53 200m: 2:07.18 34.44 300m: 3:19.22 35.77 400m: 4:28.66 33.58 | | | | | |
| DYSKW. | TYMOSHENKO Anastasiia | 09 | Laguna 24 Toruń | **4:07.18** | | + 1.69 |
| | *- Przedwczesny start* | | | | | |
| | 50m: 26.06 26.06 150m: 1:29.01 32.30 250m: 2:33.65 32.10 350m: 3:37.50 32.11 | | | | | |
| | 100m: 56.71 30.65 200m: 2:01.55 32.54 300m: 3:05.39 31.74 400m: 4:07.18 29.68 | | | | | |
| **KAT. B** | | | | | | |
| 1. | KOHNKE Nicole | 07 | UKS Delfin Jastarnia | **4:07.11** | 551 | |
| | 50m: 27.85 27.85 150m: 1:29.52 31.51 250m: 2:34.72 32.70 350m: 3:37.63 31.05 | | | | | |
| | 100m: 58.01 30.16 200m: 2:02.02 32.50 300m: 3:06.58 31.86 400m: 4:07.11 29.48 | | | | | |
| 2. | GUZIŃSKA Olga | 06 | UKS Manta Kościerzyna | **4:11.72** | 521 | + 4.61 |
| | 50m: 26.35 26.35 150m: 1:26.52 30.98 250m: 2:32.22 33.16 350m: 3:39.60 33.64 | | | | | |
| | 100m: 55.54 29.19 200m: 1:59.06 32.54 300m: 3:05.96 33.74 400m: 4:11.72 32.12 | | | | | |
| 3. | BIDA Klaudia | 07 | KS Aqua Sport Kościerzyna | **4:17.93** | 484 | + 10.82 |
| | 50m: 27.70 27.70 150m: 1:31.31 32.73 250m: 2:37.91 33.58 350m: 3:45.09 33.81 | | | | | |
| | 100m: 58.58 30.88 200m: 2:04.33 33.02 300m: 3:11.28 33.37 400m: 4:17.93 32.84 | | | | | |
| **KAT. A** | | | | | | |
| 1. | KRASNOKUTSKA Viktoriia | 05 | Delfinek Chodzież | **3:38.31** | 799 | |
| | 50m: 23.90 23.90 150m: 1:18.01 27.72 250m: 2:14.62 28.64 350m: 3:11.77 28.31 | | | | | |
| | 100m: 50.29 26.39 200m: 1:45.98 27.97 300m: 2:43.46 28.84 400m: 3:38.31 26.54 | | | | | |
| 2. | TUSK Weronika | 05 | UKS Tri-Sea Mewa Władysławowo | **3:59.01** | 609 | + 20.70 |
| | 50m: 26.57 26.57 150m: 1:25.09 29.95 250m: 2:25.75 30.19 350m: 3:28.78 31.87 | | | | | |
| | 100m: 55.14 28.57 200m: 1:55.56 30.47 300m: 2:56.91 31.16 400m: 3:59.01 30.23 | | | | | |

## Konkurencja 11, Kobiet, 400m Surface, KAT. A

| Pozycja | | Rok ur. | | Czas | Pkt. | |
|---|---|---|---|---|---|---|
| 3. | JOPP Matylda | 99 | Laguna 24 Toruń | **4:05.57** | 561 | + 27.26 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 27.37 | 27.37 | 150m: | 1:29.52 | 31.84 | 250m: | 2:33.49 | 31.86 | 350m: | 3:36.20 | 31.47 |
| 100m: | 57.68 | 30.31 | 200m: | 2:01.63 | 32.11 | 300m: | 3:04.73 | 31.24 | 400m: | 4:05.57 | 29.37 |