

III Runda Klubowego Pucharu Polski w pływaniu w płetwach  
Chodzie , 10 - 11-6-2023

Konkurencja 11

Kobiet, 400m Surface

7 lat i starsi

2023-06-10 - 18:23

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.
<b>KAT. E</b>									
1.	IRACKA Zuzanna		12	Laguna 24 Toru				<b>4:59.03</b>	311
	50m:	31.49	31.49	150m:	1:45.99	38.32	250m:	3:02.87	38.37
	100m:	1:07.67	36.18	200m:	2:24.50	38.51	300m:	3:41.69	38.82
							350m:	4:19.97	38.28
							400m:	4:59.03	39.06
2.	REJNO Tamara		12	UKS Rekin Wrocław				<b>5:27.00</b>	237 + 27.97
	50m:	33.25	33.25	150m:			250m:		
	100m:			200m:			300m:		
							350m:	5:27.00	
							400m:		
3.	WITKOWSKA Amelia		12	Laguna 24 Toru				<b>5:27.59</b>	236 + 28.56
	50m:			150m:			250m:	3:20.64	
	100m:			200m:			300m:		
							350m:	4:45.84	
							400m:	5:27.59	41.75

**KAT. D**

1.	PANUSZKO Lidia		10	OSN Amfiprion Olecko				<b>4:16.74</b>	491
	50m:	29.10	29.10	150m:	1:33.53	32.49	250m:	2:40.68	33.73
	100m:	1:01.04	31.94	200m:	2:06.95	33.42	300m:	3:14.70	34.02
							350m:	3:47.50	32.80
							400m:	4:16.74	29.24
2.	W GRZYN Natalia		10	Delfinek Chodzie				<b>4:34.79</b>	400 + 18.05
	50m:	31.56	31.56	150m:	1:40.84	35.47	250m:	2:52.18	35.24
	100m:	1:05.37	33.81	200m:	2:16.94	36.10	300m:	3:27.73	35.55
							350m:	4:02.28	34.55
							400m:	4:34.79	32.51
3.	CABAŁA Natalia		10	KS Nautilus Jastrz bie				<b>4:35.09</b>	399 + 18.35
	50m:	31.16	31.16	150m:	1:39.97	34.22	250m:	2:51.48	35.90
	100m:	1:05.75	34.59	200m:	2:15.58	35.61	300m:		
							350m:	4:35.09	
4.	PALUSIAK Natalia		10	Laguna 24 Toru				<b>4:44.55</b>	360 + 27.81
	50m:	30.02	30.02	150m:	1:39.62	35.87	250m:	2:54.62	37.33
	100m:	1:03.75	33.73	200m:	2:17.29	37.67	300m:	3:33.10	38.48
							350m:	4:09.97	36.87
							400m:	4:44.55	34.58
5.	ZARACH Monika		11	KS Aqua Sport Ko cierzyna				<b>4:49.48</b>	342 + 32.74
	50m:			150m:	1:44.98		250m:	3:00.54	37.73
	100m:			200m:	2:22.81	37.83	300m:	3:38.17	37.63
							350m:		
							400m:	4:49.48	

**KAT. C**

1.	SZYBALSKA Anna		08	KS Aqua Sport Ko cierzyna				<b>4:03.69</b>	574
	50m:	26.10	26.10	150m:	1:26.18	30.96	250m:	2:29.19	32.03
	100m:	55.22	29.12	200m:	1:57.16	30.98	300m:	3:01.24	32.05
							350m:	3:33.17	31.93
							400m:	4:03.69	30.52
2.	TYMOSHENKO Anastasiia		09	Laguna 24 Toru				<b>4:14.87</b>	502 + 11.18
	50m:	27.16	27.16	150m:	1:29.76	31.62	250m:	2:35.26	32.85
	100m:	58.14	30.98	200m:	2:02.41	32.65	300m:	3:08.63	33.37
							350m:	3:41.46	32.83
							400m:	4:14.87	33.41
3.	TARNOWSKA Anna		08	KS Aqua Sport Ko cierzyna				<b>4:23.67</b>	453 + 19.98
	50m:	28.00	28.00	150m:	1:32.46	32.72	250m:	2:40.86	34.72
	100m:	59.74	31.74	200m:	2:06.14	33.68	300m:	3:15.59	34.73
							350m:	3:49.72	34.13
							400m:	4:23.67	33.95

**KAT. B**

1.	GUZI SKA Olga		06	UKS Manta Ko cierzyna				<b>3:57.86</b>	617
	50m:	26.20	26.20	150m:	1:24.43	29.84	250m:	2:25.49	31.00
	100m:	54.59	28.39	200m:	1:54.49	30.06	300m:	2:56.03	30.54
							350m:	3:27.31	31.28
							400m:	3:57.86	30.55
2.	STRZ PKA Olga		07	Delfinek Chodzie				<b>4:08.47</b>	542 + 10.61
	50m:	27.77	27.77	150m:	1:30.01	31.53	250m:	2:32.65	31.27
	100m:	58.48	30.71	200m:	2:01.38	31.37	300m:	3:04.73	32.08
							350m:	3:36.31	31.58
							400m:	4:08.47	32.16

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Konkurencja 11, Kobiet, 400m Surface, KAT. B

Pozycja			Rok ur.					Czas	Pkt.
3.	KOHNKE Nicole		07	UKS Delfin Jastarnia				<b>4:12.44</b>	516 + 14.58
	50m:	28.91 28.91	150m:	1:31.90 31.85	250m:	2:34.04 30.91	350m:		
	100m:	1:00.05 31.14	200m:	2:03.13 31.23	300m:	3:05.30 31.26	400m:	4:12.44	
4.	BIDA Klaudia		07	KS Aqua Sport Kościerzyna				<b>4:27.32</b>	435 + 29.46
	50m:	28.37 28.37	150m:	1:35.05 33.80	250m:	2:44.29 34.80	350m:	3:54.06 35.26	
	100m:	1:01.25 32.88	200m:	2:09.49 34.44	300m:	3:18.80 34.51	400m:	4:27.32 33.26	

KAT. A

1.	KRASNOKUTSKA Viktoriia		05	Delfinek Chodzie				<b>3:26.59</b>	943
	50m:	23.99 23.99	150m:	1:15.10 26.24	250m:	2:08.46 27.00	350m:	3:01.55 26.62	
	100m:	48.86 24.87	200m:	1:41.46 26.36	300m:	2:34.93 26.47	400m:	3:26.59 25.04	
2.	SARNA Joanna		96	UKS Rekin Wrocław				<b>3:46.74</b>	713 + 20.15
	50m:	24.62 24.62	150m:		250m:		350m:		
	100m:		200m:	1:47.90	300m:		400m:	3:46.74	
3.	TRUSZCZY SKA-GZYL Katarzyna		90	UKS Tri-Sea Mewa Władysławowo				<b>3:48.38</b>	698 + 21.79
	50m:	25.87 25.87	150m:	1:21.03 27.87	250m:	2:18.96 29.17	350m:	3:18.83 30.13	
	100m:	53.16 27.29	200m:	1:49.79 28.76	300m:	2:48.70 29.74	400m:	3:48.38 29.55	
4.	TUSK Weronika		05	UKS Tri-Sea Mewa Władysławowo				<b>3:58.22</b>	615 + 31.63
	50m:	25.89 25.89	150m:	1:23.49 29.69	250m:	2:24.85 31.25	350m:	3:27.70 31.88	
	100m:	53.80 27.91	200m:	1:53.60 30.11	300m:	2:55.82 30.97	400m:	3:58.22 30.52	
5.	RANISZEWSKA Maja		05	Laguna 24 Toru				<b>4:43.27</b>	365+ 1:16.68
	50m:	29.41 29.41	150m:	1:35.18 33.72	250m:		350m:		
	100m:	1:01.46 32.05	200m:	2:11.06 35.88	300m:		400m:	4:43.27	