

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

Konkurencja 9

Kobiet, 400m Bifins

7 lat i starsi

2023-06-10 - 17:07

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.
<b>KAT. E</b>										
1.	IRACKA Zuzanna	12	Laguna 24 Toru						<b>4:41.06</b>	575
	<i>Rekord Polski</i>									
	50m: 31.10 31.10		150m: 2:15.88		250m: 3:28.22	36.17	350m:			
	100m:		200m: 2:52.05	36.17	300m: 4:04.25	36.03	400m:	4:41.06		
2.	CHOCIANOWICZ Joanna	12	MUKS PIORUN Gołdap						<b>4:57.60</b>	484 + 16.54
	50m:		150m:		250m:		350m:			
	100m:		200m:		300m:		400m:	4:57.60		
3.	GÓRKA Zofia	13	UKS Rekin Wrocław						<b>5:16.86</b>	401 + 35.80
	50m: 34.61 34.61		150m: 1:52.09	39.79	250m: 3:14.32	41.34	350m:	4:36.87	40.95	
	100m: 1:12.30 37.69		200m: 2:32.98	40.89	300m: 3:55.92	41.60	400m:	5:16.86	39.99	
4.	BUKWA Blanka	12	MUKS PIORUN Gołdap						<b>5:36.55</b>	335 + 55.49
	50m: 34.45 34.45		150m: 2:41.80	45.06	250m: 4:09.14	43.70	350m:			
	100m: 1:56.74 1:22.29		200m: 3:25.44	43.64	300m: 4:55.63	46.49	400m:	5:36.55		
5.	DEPTUŁA Julia	12	MUKS PIORUN Gołdap						<b>5:49.20</b>	30(+ 1:08.14
	50m: 36.06 36.06		150m: 2:04.76	45.71	250m: 3:36.14	45.71	350m:	5:06.51	44.42	
	100m: 1:19.05 42.99		200m: 2:50.43	45.67	300m: 4:22.09	45.95	400m:	5:49.20	42.69	
<b>KAT. D</b>										
1.	WIRKO Izabela	10	OSN Amfiprion Olecko						<b>4:24.58</b>	689
	50m: 29.61 29.61		150m: 1:38.29	34.85	250m: 2:48.56	34.88	350m:	3:54.32	32.42	
	100m: 1:03.44 33.83		200m: 2:13.68	35.39	300m: 3:21.90	33.34	400m:	4:24.58	30.26	
2.	TRYTEK Antonina	10	UKS Delfin Jastarnia						<b>4:32.27</b>	632 + 7.69
	50m:		150m:		250m:		350m:			
	100m: 1:04.39		200m:		300m:		400m:	4:32.27		
3.	KOZŁOWSKA Laura	11	MUKS PIORUN Gołdap						<b>4:42.13</b>	568 + 17.55
	50m:		150m:		250m:		350m:			
	100m:		200m:		300m:		400m:	4:42.13		
4.	SZYMANOWSKA Wiktoria	10	Delfinek Chodzie						<b>5:10.51</b>	426 + 45.93
	50m: 32.61 32.61		150m: 1:49.52	39.18	250m: 3:09.39	40.50	350m:	4:31.38	40.88	
	100m: 1:10.34 37.73		200m: 2:28.89	39.37	300m: 3:50.50	41.11	400m:	5:10.51	39.13	
<b>KAT. C</b>										
1.	DUDEK Krzysztofa	08	Delfinek Chodzie						<b>4:20.80</b>	720
	50m: 31.57 31.57		150m: 1:38.94	33.47	250m: 2:45.48	32.65	350m:	3:50.02	32.35	
	100m: 1:05.47 33.90		200m: 2:12.83	33.89	300m: 3:17.67	32.19	400m:	4:20.80	30.78	
2.	REDLIN Anna	08	UKS Delfin Jastarnia						<b>4:22.51</b>	706 + 1.71
	50m: 28.26 28.26		150m: 1:32.70	32.98	250m: 2:40.83	34.13	350m:	3:49.76	34.39	
	100m: 59.72 31.46		200m: 2:06.70	34.00	300m: 3:15.37	34.54	400m:	4:22.51	32.75	
3.	NARKOWICZ Iga	08	UKS Delfin Jastarnia						<b>4:32.29</b>	632 + 11.49
	50m: 30.03 30.03		150m: 1:40.54	35.91	250m: 2:50.60	35.11	350m:	3:59.57	34.00	
	100m: 1:04.63 34.60		200m: 2:15.49	34.95	300m: 3:25.57	34.97	400m:	4:32.29	32.72	
4.	RANIEWICZ Laura	09	Delfinek Chodzie						<b>4:48.23</b>	533 + 27.43
	50m: 31.30 31.30		150m: 1:44.16	37.77	250m: 3:00.52	37.75	350m:	4:15.64	37.30	
	100m: 1:06.39 35.09		200m: 2:22.77	38.61	300m: 3:38.34	37.82	400m:	4:48.23	32.59	

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

Pozycja			Rok ur.					Czas	Pkt.
5.	STRUCK Anna		08	UKS Delfin Jastarnia				<b>4:50.93</b>	518 + 30.13
	50m:		150m:	250m:	350m:	400m:	4:15.26	36.66	
	100m:	1:06.07	200m:	300m:	3:38.60	400m:	4:50.93	35.67	
6.	ZAŁACHOWSKA Daria		09	Delfinek Chodzie				<b>4:52.87</b>	508 + 32.07
	50m:	30.60 30.60	150m:	1:42.54 36.71	250m:	3:00.19 38.78	350m:	4:18.05 38.52	
	100m:	1:05.83 35.23	200m:	2:21.41 38.87	300m:	3:39.53 39.34	400m:	4:52.87 34.82	
7.	WITTBRODT Maria		09	UKS Delfin Władysławowo				<b>5:40.16</b>	32+ 1:19.36
	50m:	34.79 34.79	150m:	2:01.13 44.72	250m:	3:32.41 45.86	350m:	5:01.31 44.87	
	100m:	1:16.41 41.62	200m:	2:46.55 45.42	300m:	4:16.44 44.03	400m:	5:40.16 38.85	
8.	NOWAKOWSKA Julianna		09	UKS Manta Ko cierzyna				<b>5:40.83</b>	32+ 1:20.03
	50m:	37.56 37.56	150m:	2:05.22 44.31	250m:	3:33.62 44.36	350m:	5:00.82 44.37	
	100m:	1:20.91 43.35	200m:	2:49.26 44.04	300m:	4:16.45 42.83	400m:	5:40.83 40.01	
DYSKW.	BRESKA Helena		08	UKS Manta Ko cierzyna				<b>5:12.93</b>	+ 52.13
	50m:		150m:	1:34.57 33.20	250m:		350m:	3:55.30	
	100m:	1:01.37	200m:		300m:		400m:	5:12.93 1:17.63	

KAT. B

1.	PIETRAS Maria		07	Delfinek Chodzie				<b>4:09.59</b>	821
	50m:	28.80 28.80	150m:	1:32.97 31.65	250m:	2:36.96 31.93	350m:	3:40.29 31.63	
	100m:	1:01.32 32.52	200m:	2:05.03 32.06	300m:	3:08.66 31.70	400m:	4:09.59 29.30	
2.	TARTANUS Nina		07	UKS Tri-Sea Mewa Władysławowo				<b>4:09.75</b>	820 + 0.16
	50m:	28.31 28.31	150m:		250m:		350m:		
	100m:	59.92 31.61	200m:		300m:		400m:	4:09.75	
3.	TURZY SKA Alicja		07	UKS Delfin Władysławowo				<b>4:50.42</b>	521 + 40.83
	50m:	32.31 32.31	150m:	1:47.29 37.87	250m:	3:03.34 37.73	350m:	4:17.59 36.18	
	100m:	1:09.42 37.11	200m:	2:25.61 38.32	300m:	3:41.41 38.07	400m:	4:50.42 32.83	

KAT. A

1.	DUDEK Antonina		05	Delfinek Chodzie				<b>3:58.56</b>	940
	50m:	26.75 26.75	150m:	1:28.04 31.44	250m:	2:31.22 30.99	350m:	3:31.66 29.44	
	100m:	56.60 29.85	200m:	2:00.23 32.19	300m:	3:02.22 31.00	400m:	3:58.56 26.90	
2.	GRE Julia		04	UKS Manta Ko cierzyna				<b>4:06.28</b>	855 + 7.72
	50m:	28.71 28.71	150m:	1:32.00 31.72	250m:	2:34.91 31.19	350m:		
	100m:		200m:	2:03.72 31.72	300m:	3:06.30 31.39	400m:	4:06.28	
3.	GORYS Magdalena		04	KS Nautilus Jastrz bie				<b>4:38.98</b>	588 + 40.42
	50m:	30.38 30.38	150m:		250m:	2:54.01 35.46	350m:		
	100m:	1:05.20 34.82	200m:	2:18.55	300m:	3:29.74 35.73	400m:	4:38.98	