

OKR GOWE ZAWODY W PŁYWANIU W PŁETWACH  
Ko cierzyna, 14-10-2023

Konkurencja 15  
2023-10-14 - 18:46

Kobiet, 400m Surface

6 lat i starsi  
Wyniki

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

Punkty: PP 2023

Pozycja			Rok ur.					Czas	Pkt.			
<b>KAT. E</b>												
1.	<b>LELLEK Kaja</b>		13	<b>KS Aqua Sport Ko cierzyna</b>				<b>5:05.10</b>	292			
	50m:	35.17	35.17	150m:	1:54.69	39.80	250m:	3:15.84	39.40	350m:	4:33.10	37.77
	100m:	1:14.89	39.72	200m:	2:36.44	41.75	300m:	3:55.33	39.49	400m:	5:05.10	32.00

<b>KAT. D</b>												
1.	<b>KUCHARSKA Nina</b>		11	<b>KS Aqua Sport Ko cierzyna</b>				<b>5:00.62</b>	306			
	50m:	31.44	31.44	150m:	1:44.95	38.01	250m:	3:02.45	39.26	350m:	4:26.74	42.66
	100m:	1:06.94	35.50	200m:	2:23.19	38.24	300m:	3:44.08	41.63	400m:	5:00.62	33.88

<b>KAT. C</b>												
1.	<b>NARKOWICZ Iga</b>		08	<b>UKS Delfin Jastarnia</b>				<b>4:14.77</b>	502			
	50m:	27.62	27.62	150m:	1:32.34	33.02	250m:	2:37.82	32.83	350m:	3:43.83	32.23
	100m:	59.32	31.70	200m:	2:04.99	32.65	300m:	3:11.60	33.78	400m:	4:14.77	30.94
2.	<b>BLOK Sandra</b>		09	<b>KS Aqua Sport Ko cierzyna</b>				<b>4:29.48</b>	424			
	50m:	30.48	30.48	150m:	1:36.62	33.43	250m:	2:45.62	34.77	350m:	3:55.25	35.11
	100m:	1:03.19	32.71	200m:	2:10.85	34.23	300m:	3:20.14	34.52	400m:	4:29.48	34.23
3.	<b>STRUCK Anna</b>		08	<b>UKS Delfin Jastarnia</b>				<b>4:54.76</b>	324			
	50m:	29.93	29.93	150m:	1:41.74	37.43	250m:	3:00.44	40.22	350m:	4:19.68	39.50
	100m:	1:04.31	34.38	200m:	2:20.22	38.48	300m:	3:40.18	39.74	400m:	4:54.76	35.08

<b>Open</b>												
1.	<b>TUSK Weronika</b>		05	<b>UKS Tri-Sea Mewa Władysławowo</b>				<b>3:53.43</b>	653			
	50m:	25.75	25.75	150m:	1:23.12	29.38	250m:	2:23.82	30.54	350m:	3:24.50	30.00
	100m:	53.74	27.99	200m:	1:53.28	30.16	300m:	2:54.50	30.68	400m:	3:53.43	28.93
2.	<b>GUZI SKA Olga</b>		06	<b>UKS Manta Ko cierzyna</b>				<b>3:55.99</b>	632			
	50m:	25.89	25.89	150m:	1:23.13	29.28	250m:	2:23.78	30.61	350m:	3:25.92	30.93
	100m:	53.85	27.96	200m:	1:53.17	30.04	300m:	2:54.99	31.21	400m:	3:55.99	30.07
3.	<b>BIDA Klaudia</b>		07	<b>KS Aqua Sport Ko cierzyna</b>				<b>4:42.50</b>	368			
	50m:	28.84	28.84	150m:	1:35.18	34.35	250m:	2:44.99	35.13	350m:	3:54.91	34.68
	100m:	1:00.83	31.99	200m:	2:09.86	34.68	300m:	3:20.23	35.24	400m:	4:42.50	47.59