

V Runda Klubowego Pucharu Polski w pływaniu w płetwach
Ko cierzyna, 28- - 29-10-2023

Konkurencja 11

Kobiet, 400m Surface

7 lat i starsi

2023-10-28 - 18:44

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 2023

Pozycja		Rok ur.							Czas	Pkt.	
KAT. E											
1.	LELLEK Kaja	13	KS Aqua Sport Ko cierzyna						4:52.38	332	
	50m: 34.38 34.38	150m: 1:51.26	38.36	250m: 3:05.15	37.02	350m: 4:16.29	35.26				
	100m: 1:12.90 38.52	200m: 2:28.13	36.87	300m: 3:41.03	35.88	400m: 4:52.38	36.09				
2.	WITKOWSKA Amelia	12	Laguna 24 Toru						4:56.21	319 + 3.83	
	50m: 30.30 30.30	150m: 1:43.60	37.40	250m: 3:02.02	39.08	350m: 4:19.12	37.61				
	100m: 1:06.20 35.90	200m: 2:22.94	39.34	300m: 3:41.51	39.49	400m: 4:56.21	37.09				
3.	IRACKA Zuzanna	12	Laguna 24 Toru						5:09.75	279 + 17.37	
	50m: 32.55 32.55	150m: 1:47.61	39.26	250m: 3:06.64	39.39	350m: 4:28.44	41.43				
	100m: 1:08.35 35.80	200m: 2:27.25	39.64	300m: 3:47.01	40.37	400m: 5:09.75	41.31				
4.	REJNO Tamara	12	UKS Rekin Wrocław						5:26.41	239 + 34.03	
	50m: 34.77 34.77	150m: 1:55.63	42.31	250m: 3:21.05	42.95	350m: 4:46.86	42.09				
	100m: 1:13.32 38.55	200m: 2:38.10	42.47	300m: 4:04.77	43.72	400m: 5:26.41	39.55				

KAT. D

1.	PANUSZKO Lidia	10	Amfiprion Olecko						4:11.66	521
	50m: 27.35 27.35	150m: 1:32.02	32.80	250m: 2:37.57	32.94	350m: 3:42.56	31.83			
	100m: 59.22 31.87	200m: 2:04.63	32.61	300m: 3:10.73	33.16	400m: 4:11.66	29.10			
2.	OSTROWSKA Marta	10	KS Aqua Sport Ko cierzyna						4:32.44	411 + 20.78
	50m: 31.14 31.14	150m: 1:38.88	34.32	250m: 2:50.85	36.03	350m: 4:01.63	35.46			
	100m: 1:04.56 33.42	200m: 2:14.82	35.94	300m: 3:26.17	35.32	400m: 4:32.44	30.81			
3.	W GRZYN Natalia	10	Delfinek Chodzie						4:34.42	402 + 22.76
	50m: 31.58 31.58	150m: 1:41.34	35.19	250m: 2:52.86	35.87	350m: 4:02.27	34.51			
	100m: 1:06.15 34.57	200m: 2:16.99	35.65	300m: 3:27.76	34.90	400m: 4:34.42	32.15			
4.	CABAŁA Natalia	10	KS Nautilus Jastrz bie-Zdrój						4:36.88	391 + 25.22
	50m: 30.19 30.19	150m: 1:39.21	35.34	250m: 2:52.27	36.93	350m: 4:03.28	34.49			
	100m: 1:03.87 33.68	200m: 2:15.34	36.13	300m: 3:28.79	36.52	400m: 4:36.88	33.60			
5.	KUCHARSKA Nina	11	KS Aqua Sport Ko cierzyna						4:52.46	332 + 40.80
	50m: 35.00 35.00	150m: 1:47.69	36.61	250m: 3:05.45	38.37	350m: 4:20.11	35.68			
	100m: 1:11.08 36.08	200m: 2:27.08	39.39	300m: 3:44.43	38.98	400m: 4:52.46	32.35			

KAT. C

1.	SZYBALSKA Anna	08	KS Aqua Sport Ko cierzyna						3:58.95	609
	50m: 25.46 25.46	150m: 1:22.47	29.22	250m: 2:24.25	31.52	350m: 3:28.01	31.86			
	100m: 53.25 27.79	200m: 1:52.73	30.26	300m: 2:56.15	31.90	400m: 3:58.95	30.94			
2.	TYMOSHENKO Anastasiia	09	Laguna 24 Toru						4:08.40	542 + 9.45
	50m: 27.35 27.35	150m: 1:28.73	30.76	250m: 2:33.07	32.26	350m: 3:36.86	31.46			
	100m: 57.97 30.62	200m: 2:00.81	32.08	300m: 3:05.40	32.33	400m: 4:08.40	31.54			
3.	BLOK Sandra	09	KS Aqua Sport Ko cierzyna						4:24.38	450 + 25.43
	50m: 28.76 28.76	150m: 1:33.19	32.35	250m: 2:41.15	34.40	350m: 3:50.45	34.53			
	100m: 1:00.84 32.08	200m: 2:06.75	33.56	300m: 3:15.92	34.77	400m: 4:24.38	33.93			
4.	STRUCK Anna	08	UKS Delfin Jastarnia						4:32.75	409 + 33.80
	50m: 27.70 27.70	150m: 1:34.64	35.10	250m: 2:48.35	37.73	350m: 4:01.62	35.89			
	100m: 59.54 31.84	200m: 2:10.62	35.98	300m: 3:25.73	37.38	400m: 4:32.75	31.13			

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Konkurencja 11, Kobiet, 400m Surface

KAT. B

1.	GUZI SKA Olga		06	UKS MANTA Ko cierzyna		3:58.69	611					
	50m:	24.77	24.77	150m:	1:22.05	29.80	250m:	2:24.01	31.36	350m:	3:27.70	31.74
	100m:	52.25	27.48	200m:	1:52.65	30.60	300m:	2:55.96	31.95	400m:	3:58.69	30.99
2.	STRZ PKA Olga		07	Delfinek Chodzie		4:03.72	574	+ 5.03				
	50m:	27.22	27.22	150m:	1:27.41	30.46	250m:	2:30.30	31.62	350m:	3:34.47	32.18
	100m:	56.95	29.73	200m:	1:58.68	31.27	300m:	3:02.29	31.99	400m:	4:03.72	29.25
3.	KOHNKE Nicole		07	UKS Delfin Jastarnia		4:04.11	571	+ 5.42				
	50m:	26.98	26.98	150m:	1:26.59	30.28	250m:	2:29.04	31.71	350m:	3:33.60	32.06
	100m:	56.31	29.33	200m:	1:57.33	30.74	300m:	3:01.54	32.50	400m:	4:04.11	30.51
4.	BIDA Klaudia		07	KS Aqua Sport Ko cierzyna		4:27.23	435	+ 28.54				
	50m:	28.01	28.01	150m:	1:34.28	34.25	250m:	2:44.06	35.01	350m:	3:53.71	34.80
	100m:	1:00.03	32.02	200m:	2:09.05	34.77	300m:	3:18.91	34.85	400m:	4:27.23	33.52

KAT. A

1.	TUSK Weronika		05	UKS Tri-Sea Mewa Władysławowo		3:50.21	681					
	50m:	25.65	25.65	150m:	1:22.89	29.31	250m:	2:21.56	28.97	350m:	3:21.22	29.96
	100m:	53.58	27.93	200m:	1:52.59	29.70	300m:	2:51.26	29.70	400m:	3:50.21	28.99