

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

Konkurencja 9

Kobiet, 400m Bifins

7 lat i starsi

2023-10-28 - 17:27

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 2023

Pozycja	Rok ur.	Czas	Pkt.
KAT. E			
1. IRACKA Zuzanna	12	Laguna 24 Toru	4:48.04 534
50m: 30.85 30.85	150m: 1:42.07 36.50	250m: 2:57.21 37.98	350m: 4:08.01 33.46
100m: 1:05.57 34.72	200m: 2:19.23 37.16	300m: 3:34.55 37.34	400m: 4:48.04 40.03
2. CHOCIANOWICZ Joanna	12	MUKS PIORUN Gołdap	5:09.77 429 + 21.73
50m: 32.10 32.10	150m: 1:47.67 38.39	250m: 3:12.92 41.49	350m: 4:33.36 39.52
100m: 1:09.28 37.18	200m: 2:31.43 43.76	300m: 3:53.84 40.92	400m: 5:09.77 36.41
3. BUKWA Blanka	12	MUKS PIORUN Gołdap	5:19.89 390 + 31.85
50m: 34.73 34.73	150m: 1:51.74 40.00	250m: 3:15.92 42.34	350m: 4:41.04 41.99
100m: 1:11.74 37.01	200m: 2:33.58 41.84	300m: 3:59.05 43.13	400m: 5:19.89 38.85
4. GÓRKA Zofia	13	UKS Rekin Wrocław	5:23.73 376 + 35.69
50m: 34.44 34.44	150m: 1:55.84 41.88	250m: 3:22.46 43.05	350m: 4:46.00 41.05
100m: 1:13.96 39.52	200m: 2:39.41 43.57	300m: 4:04.95 42.49	400m: 5:23.73 37.73
5. DEPTUŁA Julia	12	MUKS PIORUN Gołdap	5:23.78 376 + 35.74
50m: 35.36 35.36	150m: 1:58.25 42.12	250m: 3:22.84 42.22	350m: 4:45.62 40.97
100m: 1:16.13 40.77	200m: 2:40.62 42.37	300m: 4:04.65 41.81	400m: 5:23.78 38.16
6. PEPLI SKA Magdalena	12	KS Aqua Sport Ko cierzyna	6:16.29 236+ 1:28.25
50m: 39.62 39.62	150m: 2:11.33 47.76	250m: 3:48.41 49.13	350m:
100m: 1:23.57 43.95	200m: 2:59.28 47.95	300m: 4:39.17 50.76	400m: 6:16.29

KAT. D

1. KOZŁOWSKA Laura	11	MUKS PIORUN Gołdap	4:28.11 662
50m: 28.70 28.70	150m: 1:36.57 34.62	250m: 2:46.76 34.54	350m: 3:54.90 33.70
100m: 1:01.95 33.25	200m: 2:12.22 35.65	300m: 3:21.20 34.44	400m: 4:28.11 33.21
2. TRYTEK Antonina	10	UKS Delfin Jastarnia	4:31.32 639 + 3.21
50m: 28.77 28.77	150m: 1:34.33 33.82	250m: 2:45.69 35.88	350m: 3:57.23 34.91
100m: 1:00.51 31.74	200m: 2:09.81 35.48	300m: 3:22.32 36.63	400m: 4:31.32 34.09
3. PALUSIAK Natalia	10	Laguna 24 Toru	4:48.61 531 + 20.50
50m: 31.44 31.44	150m: 1:44.66 37.40	250m: 3:01.45 38.73	350m: 4:13.26 34.00
100m: 1:07.26 35.82	200m: 2:22.72 38.06	300m: 3:39.26 37.81	400m: 4:48.61 35.35
4. NIEMCZYK Zuzanna	11	UKS MANTA Ko cierzyna	6:03.23 266+ 1:35.12
50m: 36.78 36.78	150m: 2:01.36 42.94	250m: 3:30.08 44.68	350m: 4:54.23 40.74
100m: 1:18.42 41.64	200m: 2:45.40 44.04	300m: 4:13.49 43.41	400m: 6:03.23 1:09.00

NIE UK. NIEMCZYK Wiktoria	10	UKS MANTA Ko cierzyna	4:59.42 + 31.31
50m: 36.44 36.44	150m: 1:56.04 41.42	250m: 3:25.14 44.94	350m: 4:52.45 43.21
100m: 1:14.62 38.18	200m: 2:40.20 44.16	300m: 4:09.24 44.10	400m: 4:59.42 6.97

KAT. C

1. DUDEK Krzysztofa	08	Delfinek Chodzie	4:16.64 755
50m: 29.25 29.25	150m: 1:32.33 31.75	250m: 2:35.77 31.85	350m: 3:37.91 30.24
100m: 1:00.58 31.33	200m: 2:03.92 31.59	300m: 3:07.67 31.90	400m: 4:16.64 38.73
2. REDLIN Anna	08	UKS Delfin Jastarnia	4:21.73 712 + 5.09
50m: 27.04 27.04	150m: 1:30.36 32.66	250m: 2:39.96 34.92	350m: 3:48.86 33.88
100m: 57.70 30.66	200m: 2:05.04 34.68	300m: 3:14.98 35.02	400m: 4:21.73 32.87
3. NARKOWICZ Iga	08	UKS Delfin Jastarnia	4:28.01 663 + 11.37
50m: 29.69 29.69	150m: 1:37.32 34.35	250m: 2:46.80 34.66	350m: 3:55.43 33.96
100m: 1:02.97 33.28	200m: 2:12.14 34.82	300m: 3:21.47 34.67	400m: 4:28.01 32.58

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

Pozycja			Rok ur.					Czas	Pkt.
4.	BRESKA Helena		08	UKS MANTA Ko cierzyna				4:28.63	659 + 11.99
	50m:	29.04 29.04	150m:	1:36.22 34.88	250m:	2:45.92 34.72	350m:	3:55.48 34.78	
	100m:	1:01.34 32.30	200m:	2:11.20 34.98	300m:	3:20.70 34.78	400m:	4:28.63 33.15	
5.	STELMACH Zofia		08	KS Nautilus Jastrz bie-Zdrój				4:45.12	551 + 28.48
	50m:	29.68 29.68	150m:	1:38.07 35.10	250m:	2:51.52 36.90	350m:	4:08.35 38.61	
	100m:	1:02.97 33.29	200m:	2:14.62 36.55	300m:	3:29.74 38.22	400m:	4:45.12 36.77	
6.	PEEK Zuzanna		08	KS Aqua Sport Ko cierzyna				4:45.50	548 + 28.86
	50m:	30.95 30.95	150m:	1:42.76 36.14	250m:	2:55.76 37.22	350m:	4:09.12 36.43	
	100m:	1:06.62 35.67	200m:	2:18.54 35.78	300m:	3:32.69 36.93	400m:	4:45.50 36.38	
7.	ZAŁACHOWSKA Daria		09	Delfinek Chodzie				4:56.96	487 + 40.32
	50m:	30.81 30.81	150m:	1:43.60 37.40	250m:	3:00.41 38.74	350m:	4:19.67 39.34	
	100m:	1:06.20 35.39	200m:	2:21.67 38.07	300m:	3:40.33 39.92	400m:	4:56.96 37.29	
8.	REPI SKA Weronika		08	UKS MANTA Ko cierzyna				5:04.87	450 + 48.23
	50m:	35.23 35.23	150m:	1:54.61 39.77	250m:	3:14.86 39.62	350m:	4:30.82 37.14	
	100m:	1:14.84 39.61	200m:	2:35.24 40.63	300m:	3:53.68 38.82	400m:	5:04.87 34.05	
9.	SZYMA SKA Amelia		09	UKS MANTA Ko cierzyna				5:18.04	397+ 1:01.40
	50m:	35.82 35.82	150m:	1:56.64 40.64	250m:	3:18.70 40.78	350m:	4:39.84 40.64	
	100m:	1:16.00 40.18	200m:	2:37.92 41.28	300m:	3:59.20 40.50	400m:	5:18.04 38.20	
10.	BAREŁKOWSKA Blanka		09	UKS MANTA Ko cierzyna				5:24.95	372+ 1:08.31
	50m:	37.33 37.33	150m:	1:59.94 41.94	250m:	3:23.76 41.89	350m:	4:46.58 41.34	
	100m:	1:18.00 40.67	200m:	2:41.87 41.93	300m:	4:05.24 41.48	400m:	5:24.95 38.37	
11.	PIRCH Malwina		09	UKS MANTA Ko cierzyna				5:27.11	364+ 1:10.47
	50m:	36.89 36.89	150m:	2:01.48 43.04	250m:	3:28.88 43.24	350m:	4:49.22 41.16	
	100m:	1:18.44 41.55	200m:	2:45.64 44.16	300m:	4:08.06 39.18	400m:	5:27.11 37.89	

KAT. B

1.	PIETRAS Maria		07	Delfinek Chodzie				4:10.00	817
	50m:	28.95 28.95	150m:	1:32.30 32.00	250m:	2:35.17 31.34	350m:	3:38.83 31.36	
	100m:	1:00.30 31.35	200m:	2:03.83 31.53	300m:	3:07.47 32.30	400m:	4:10.00 31.17	
2.	TARTANUS Nina		07	UKS Tri-Sea Mewa Władysławowo				4:21.79	712 + 11.79
	50m:	28.47 28.47	150m:	1:40.44 38.55	250m:	2:44.18 31.40	350m:	3:49.10 32.47	
	100m:	1:01.89 33.42	200m:	2:12.78 32.34	300m:	3:16.63 32.45	400m:	4:21.79 32.69	
3.	SOBEK Iga		06	Amfiprion Olecko				4:30.64	644 + 20.64
	50m:	30.16 30.16	150m:	1:38.21 34.64	250m:	2:47.63 34.29	350m:	3:57.09 34.73	
	100m:	1:03.57 33.41	200m:	2:13.34 35.13	300m:	3:22.36 34.73	400m:	4:30.64 33.55	

KAT. A

1.	GRE Julia		04	UKS MANTA Ko cierzyna				4:17.87	745
	50m:	27.95 27.95	150m:	1:32.03 32.72	250m:	2:39.27 33.93	350m:	3:46.24 33.51	
	100m:	59.31 31.36	200m:	2:05.34 33.31	300m:	3:12.73 33.46	400m:	4:17.87 31.63	
2.	GORYS Magdalena		04	KS Nautilus Jastrz bie-Zdrój				4:29.20	654 + 11.33
	50m:	29.39 29.39	150m:	1:36.44 34.24	250m:	2:46.68 35.02	350m:	3:56.09 34.72	
	100m:	1:02.20 32.81	200m:	2:11.66 35.22	300m:	3:21.37 34.69	400m:	4:29.20 33.11	