

Zimowe Mistrzostwa Polski Juniorów i Seniorów w pływaniu w płetwach
Cetniewo, 11 - 12-11-2023

Konkurencja 44
2023-11-12 - 13:08

Kobiet, 400m Surface

14 lat i starsi
Wyniki

Punkty: PP 2023

Pozycja	Rok ur.	Czas	Pkt.
KAT. C			
1. SZYBALSKA Anna	08	3:58.23	615
50m: 26.14 26.14	150m: 1:24.94 29.82	250m: 2:26.07 30.90	350m: 3:29.10 31.70
100m: 55.12 28.98	200m: 1:55.17 30.23	300m: 2:57.40 31.33	400m: 3:58.23 29.13
2. PEEK Zuzanna	08	4:09.58	534 + 11.35
50m: 26.41 26.41	150m: 1:28.32 31.84	250m: 2:33.72 33.20	350m: 3:38.90 32.23
100m: 56.48 30.07	200m: 2:00.52 32.20	300m: 3:06.67 32.95	400m: 4:09.58 30.68
3. STRUCK Anna	08	4:20.27	471 + 22.04
50m: 28.97 28.97	150m: 1:33.91 33.68	250m: 2:43.12 34.69	350m: 3:50.83 33.58
100m: 1:00.23 31.26	200m: 2:08.43 34.52	300m: 3:17.25 34.13	400m: 4:20.27 29.44
4. BLOK Sandra	09	4:23.93	452 + 25.70
50m: 29.44 29.44	150m: 1:34.98 33.59	250m: 2:43.05 33.85	350m: 3:50.93 33.83
100m: 1:01.39 31.95	200m: 2:09.20 34.22	300m: 3:17.10 34.05	400m: 4:23.93 33.00
5. STELMACH Zofia	08	4:24.77	448 + 26.54
50m: 27.65 27.65	150m: 1:34.31 34.71	250m: 2:42.06 33.80	350m: 3:51.47 34.03
100m: 59.60 31.95	200m: 2:08.26 33.95	300m: 3:17.44 35.38	400m: 4:24.77 33.30
KAT. B			
1. GUZI SKA Olga	06	3:56.15	631
50m: 24.76 24.76	150m: 1:21.29 29.20	250m: 2:22.55 31.00	350m: 3:25.23 31.54
100m: 52.09 27.33	200m: 1:51.55 30.26	300m: 2:53.69 31.14	400m: 3:56.15 30.92
2. KOHNKE Nicole	07	4:07.93	545 + 11.78
50m: 27.65 27.65	150m: 1:29.06 31.34	250m: 2:33.46 32.59	350m: 3:38.01 32.07
100m: 57.72 30.07	200m: 2:00.87 31.81	300m: 3:05.94 32.48	400m: 4:07.93 29.92
3. FREDA Daria	06	4:17.71	485 + 21.56
50m: 27.06 27.06	150m: 1:31.56 33.15	250m: 2:39.55 33.95	350m: 3:46.31 33.06
100m: 58.41 31.35	200m: 2:05.60 34.04	300m: 3:13.25 33.70	400m: 4:17.71 31.40
4. GÓRALCZYK Iga	07	4:28.23	430 + 32.08
50m: 30.10 30.10	150m: 1:36.79 33.79	250m: 2:46.30 34.92	350m: 3:56.06 34.99
100m: 1:03.00 32.90	200m: 2:11.38 34.59	300m: 3:21.07 34.77	400m: 4:28.23 32.17
KAT. Open			
1. TUSK Weronika	05	3:45.57	724
50m: 25.51 25.51	150m: 1:21.60 28.41	250m: 2:19.22 28.59	350m: 3:17.67 29.12
100m: 53.19 27.68	200m: 1:50.63 29.03	300m: 2:48.55 29.33	400m: 3:45.57 27.90
2. SARNA Joanna	96	3:51.49	670 + 5.92
50m: 24.66 24.66	150m: 1:19.87 28.23	250m: 2:19.74 30.36	350m: 3:21.11 30.53
100m: 51.64 26.98	200m: 1:49.38 29.51	300m: 2:50.58 30.84	400m: 3:51.49 30.38
3. GUZI SKA Olga	06	3:56.15	631 + 10.58
50m: 24.76 24.76	150m: 1:21.29 29.20	250m: 2:22.55 31.00	350m: 3:25.23 31.54
100m: 52.09 27.33	200m: 1:51.55 30.26	300m: 2:53.69 31.14	400m: 3:56.15 30.92
4. BISZEWSKA Gabriela	05	3:56.50	628 + 10.93
50m: 25.75 25.75	150m: 1:24.94 30.35	250m: 2:28.04 31.42	350m: 3:29.20 30.31
100m: 54.59 28.84	200m: 1:56.62 31.68	300m: 2:58.89 30.85	400m: 3:56.50 27.30
5. SZYBALSKA Anna	08	3:58.23	615 + 12.66
50m: 26.14 26.14	150m: 1:24.94 29.82	250m: 2:26.07 30.90	350m: 3:29.10 31.70
100m: 55.12 28.98	200m: 1:55.17 30.23	300m: 2:57.40 31.33	400m: 3:58.23 29.13



Zimowe Mistrzostwa Polski Juniorów i Seniorów w pływaniu w płetwach
Cetniewo, 11 - 12-11-2023

Konkurencja 44, Kobiet, 400m Surface, KAT. Open

Pozycja	Rok ur.								Czas	Pkt.	
6. KOHNKE Nicole	07 UKS Delfin Jastarnia								4:07.93	545 + 22.36	
50m:	27.65	27.65	150m:	1:29.06	31.34	250m:	2:33.46	32.59	350m:	3:38.01	32.07
100m:	57.72	30.07	200m:	2:00.87	31.81	300m:	3:05.94	32.48	400m:	4:07.93	29.92
7. PEEK Zuzanna	08 KS Aqua Sport Ko cierzyna								4:09.58	534 + 24.01	
50m:	26.41	26.41	150m:	1:28.32	31.84	250m:	2:33.72	33.20	350m:	3:38.90	32.23
100m:	56.48	30.07	200m:	2:00.52	32.20	300m:	3:06.67	32.95	400m:	4:09.58	30.68
8. FREDA Daria	06 KS Aqua Sport Ko cierzyna								4:17.71	485 + 32.14	
50m:	27.06	27.06	150m:	1:31.56	33.15	250m:	2:39.55	33.95	350m:	3:46.31	33.06
100m:	58.41	31.35	200m:	2:05.60	34.04	300m:	3:13.25	33.70	400m:	4:17.71	31.40
9. STRUCK Anna	08 UKS Delfin Jastarnia								4:20.27	471 + 34.70	
50m:	28.97	28.97	150m:	1:33.91	33.68	250m:	2:43.12	34.69	350m:	3:50.83	33.58
100m:	1:00.23	31.26	200m:	2:08.43	34.52	300m:	3:17.25	34.13	400m:	4:20.27	29.44
10. BLOK Sandra	09 KS Aqua Sport Ko cierzyna								4:23.93	452 + 38.36	
50m:	29.44	29.44	150m:	1:34.98	33.59	250m:	2:43.05	33.85	350m:	3:50.93	33.83
100m:	1:01.39	31.95	200m:	2:09.20	34.22	300m:	3:17.10	34.05	400m:	4:23.93	33.00
11. STELMACH Zofia	08 KS Nautilus Jastrz bie-Zdrój								4:24.77	448 + 39.20	
50m:	27.65	27.65	150m:	1:34.31	34.71	250m:	2:42.06	33.80	350m:	3:51.47	34.03
100m:	59.60	31.95	200m:	2:08.26	33.95	300m:	3:17.44	35.38	400m:	4:24.77	33.30
12. GÓRALCZYK Iga	07 KS Aqua Sport Ko cierzyna								4:28.23	430 + 42.66	
50m:	30.10	30.10	150m:	1:36.79	33.79	250m:	2:46.30	34.92	350m:	3:56.06	34.99
100m:	1:03.00	32.90	200m:	2:11.38	34.59	300m:	3:21.07	34.77	400m:	4:28.23	32.17
PK TYMOSHENKO Anastasiia	09 Laguna 24 Toru								4:17.50	487	
50m:	28.53	28.53	150m:	1:34.70	33.48	250m:	2:41.03	33.29	350m:	3:46.96	33.30
100m:	1:01.22	32.69	200m:	2:07.74	33.04	300m:	3:13.66	32.63	400m:	4:17.50	30.54