

I Runda Klubowego Pucharu Polski w pływaniu w płetwach
Ko cierzyna, 9- - 10-3-2024

Konkurencja 11

Kobiet, 400m Surface

7 lat i starsi

2024-03-09 - 18:39

Wyniki

Rekordy Polski_25m_pletwa Open	3:22.60	TRUSZCZY SKA Katarzyna	Hodmezovasarhely	2011-08-02
Rekordy Polski_25m_pletwa 16 - 17	3:24.91	TRUSZCZY SKA Katarzyna	Bari	2007-08-03
Rekordy Polski_25m_pletwa 14 - 15	3:30.02	TRUSZCZY SKA KATARZYNA	Ostrowiec wi tokrzyski	2005-08-01
Rekordy Polski_25m_pletwa 12 - 13	3:49.19	RZEPKA ZUZANNA	Olsztyn	2014-05-01
Rekordy Polski_25m_pletwa 7 - 11	4:11.83	POLAK Justyna	Toru	2003-11-15

Punkty: PP 2024

Pozycja			Rok ur.					Czas	Pkt.			
KAT. E												
1.	LELLEK Kaja		13	KS Aqua Sport Ko cierzyna				4:22.80	458			
	50m:	32.63	32.63	150m:	1:41.01	34.79	250m:	2:48.55	33.87	350m:	3:53.45	31.66
	100m:	1:06.22	33.59	200m:	2:14.68	33.67	300m:	3:21.79	33.24	400m:	4:22.80	29.35
2.	FREDA Amelia		13	KS Aqua Sport Ko cierzyna				5:40.51	21(+ 1:17.71)			
	50m:	35.70	35.70	150m:	2:01.16	44.87	250m:	3:30.58	43.64	350m:	5:01.06	43.94
	100m:	1:16.29	40.59	200m:	2:46.94	45.78	300m:	4:17.12	46.54	400m:	5:40.51	39.45
KAT. D												
1.	MASIANIS Maja		11	UKS Amfiprion Olecko				4:29.50	424			
	50m:	29.60	29.60	150m:	1:37.75	34.16	250m:	2:48.37	35.36	350m:	3:57.03	34.09
	100m:	1:03.59	33.99	200m:	2:13.01	35.26	300m:	3:22.94	34.57	400m:	4:29.50	32.47
2.	WITKOWSKA Amelia		12	Laguna 24 Toru				4:31.95	413 + 2.45			
	50m:	30.14	30.14	150m:	1:38.46	35.10	250m:	2:47.85	34.05	350m:	3:54.42	32.59
	100m:	1:03.36	33.22	200m:	2:13.80	35.34	300m:	3:21.83	33.98	400m:	4:31.95	37.53
3.	REJNO Tamara		12	UKS Rekin Wrocław				4:50.88	337 + 21.38			
	50m:	32.11	32.11	150m:	1:45.42	37.11	250m:	3:02.37	38.75	350m:	4:17.80	36.07
	100m:	1:08.31	36.20	200m:	2:23.62	38.20	300m:	3:41.73	39.36	400m:	4:50.88	33.08
NIE UK.	KUCHARSKA Nina		11	KS Aqua Sport Ko cierzyna								
	50m:	29.68	29.68	150m:	1:38.41	35.28	250m:	2:49.35	34.77	350m:		
	100m:	1:03.13	33.45	200m:	2:14.58	36.17	300m:	3:28.10	38.75	400m:		
KAT. C												
1.	BLOK Sandra		09	KS Aqua Sport Ko cierzyna				4:26.81	437			
	50m:	29.39	29.39	150m:	1:34.01	33.38	250m:	2:42.68	34.74	350m:	3:51.88	34.84
	100m:	1:00.63	31.24	200m:	2:07.94	33.93	300m:	3:17.04	34.36	400m:	4:26.81	34.93
2.	CABAŁA Natalia		10	KS Nautilus-Jastrz bie				4:41.21	373 + 14.40			
	50m:	30.67	30.67	150m:	1:40.90	36.34	250m:	2:54.77	37.30	350m:	4:08.32	36.47
	100m:	1:04.56	33.89	200m:	2:17.47	36.57	300m:	3:31.85	37.08	400m:	4:41.21	32.89
KAT. B												
1.	SZYBALSKA Anna		08	KS Aqua Sport Ko cierzyna				4:01.65	589			
	50m:	26.05	26.05	150m:	1:25.66	30.46	250m:	2:28.17	31.54	350m:	3:31.26	31.14
	100m:	55.20	29.15	200m:	1:56.63	30.97	300m:	3:00.12	31.95	400m:	4:01.65	30.39
2.	KOHNKE Nicole		07	UKS Delfin Jastarnia				4:11.26	524 + 9.61			
	50m:	28.64	28.64	150m:	1:30.79	31.41	250m:	2:35.85	33.02	350m:	3:41.63	32.65
	100m:	59.38	30.74	200m:	2:02.83	32.04	300m:	3:08.98	33.13	400m:	4:11.26	29.63
3.	TARNOWSKA Anna		08	KS Aqua Sport Ko cierzyna				4:13.28	511 + 11.63			
	50m:	25.14	25.14	150m:	1:26.71	32.14	250m:	2:34.35	34.30	350m:	3:41.91	33.58
	100m:	54.57	29.43	200m:	2:00.05	33.34	300m:	3:08.33	33.98	400m:	4:13.28	31.37
4.	BIDA Klaudia		07	KS Aqua Sport Ko cierzyna				4:29.74	423 + 28.09			
	50m:	28.47	28.47	150m:	1:35.41	34.66	250m:	2:45.33	35.09	350m:	3:54.95	35.08
	100m:	1:00.75	32.28	200m:	2:10.24	34.83	300m:	3:19.87	34.54	400m:	4:29.74	34.79

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Konkurencja 11, Kobiet, 400m Surface

KAT. A

1.	KRASNOKUTSKA Viktoriia	05	Delfinek Chodzie	3:31.22	882
	50m: 23.79 23.79	150m: 1:15.43	26.36 250m: 2:09.75 27.73	350m: 3:05.16	27.98
	100m: 49.07 25.28	200m: 1:42.02	26.59 300m: 2:37.18 27.43	400m: 3:31.22	26.06
2.	TUSK Weronika	05	UKS Tri-Sea Mewa Władysławowo	3:52.27	663 + 21.05
	50m: 26.39 26.39	150m: 1:24.21	29.38 250m: 2:23.31 29.29	350m: 3:22.63	29.61
	100m: 54.83 28.44	200m: 1:54.02	29.81 300m: 2:53.02 29.71	400m: 3:52.27	29.64
3.	GUZI SKA Olga	06	UKS Manta Ko cierzyna	3:56.07	632 + 24.85
	50m: 26.15 26.15	150m: 1:22.53	28.75 250m: 2:22.94 30.67	350m: 3:25.42	31.21
	100m: 53.78 27.63	200m: 1:52.27	29.74 300m: 2:54.21 31.27	400m: 3:56.07	30.65