

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

Konkurencja 12 M cyczn, 400m Surface 7 lat i starsi  
2024-03-09 - 18:59 Wyniki

Rekordy Polski_25m_pletwa Open	2:59.35	DRA BA Filip	POL	Cetniewo	2023-11-12
Rekordy Polski_25m_pletwa 16 - 17	3:10.31	PIETRAS Kamil		Ko cierzyna	2022-01-01
Rekordy Polski_25m_pletwa 14 - 15	3:12.03	WINIARSKI Adrian		KO CIERZYNA	2007-08-03
Rekordy Polski_25m_pletwa 12 - 13	3:20.75	MAJEWSKI Wojciech		Toru	2003-11-15
Rekordy Polski_25m_pletwa 7 - 11	4:01.14	GOLI SKI Patryk		Pozna	2008-10-25

Punkty: PP 2024

Pozycja Rok ur. Czas Pkt.

KAT. E

1. SZEWCZUK Leon	13	UKS Rekin Wrocław	<b>4:46.61</b>	245
50m: 30.73 30.73	150m: 1:43.66	37.85	250m: 2:57.14	36.56
100m: 1:05.81 35.08	200m: 2:20.58	36.92	300m: 3:34.42	37.28
			350m: 4:11.33	36.91
			400m: 4:46.61	35.28

KAT. D

1. MAKOWSKI Aleksander	11	Laguna 24 Toru	<b>4:36.38</b>	273
50m: 29.57 29.57	150m: 1:40.36	36.14	250m: 2:53.20	36.21
100m: 1:04.22 34.65	200m: 2:16.99	36.63	300m: 3:29.12	35.92
			350m: 4:04.49	35.37
			400m: 4:36.38	31.89

KAT. C

1. KONKEL Albert	10	UKS Tri-Sea Mewa Władysławowo	<b>3:42.51</b>	523
50m: 25.22 25.22	150m: 1:19.49	27.52	250m: 2:16.03	28.25
100m: 51.97 26.75	200m: 1:47.78	28.29	300m: 2:45.09	29.06
			350m: 3:15.34	30.25
			400m: 3:42.51	27.17
2. KROPIDŁOWSKI Szymon	09	UKS Manta Ko cierzyna	<b>3:55.61</b>	441 + 13.10
50m: 24.87 24.87	150m: 1:23.46	29.90	250m: 2:24.32	31.09
100m: 53.56 28.69	200m: 1:53.23	29.77	300m: 2:55.83	31.51
			350m: 3:26.57	30.74
			400m: 3:55.61	29.04
3. SZEWCZYK Jakub	09	UKS Rekin Wrocław	<b>4:18.05</b>	335 + 35.54
50m: 25.35 25.35	150m: 1:30.18	33.39	250m: 2:37.21	32.92
100m: 56.79 31.44	200m: 2:04.29	34.11	300m: 3:11.15	33.94
			350m: 3:45.60	34.45
			400m: 4:18.05	32.45

KAT. B

1. MARKIEWICZ Karol	07	UKS Tri-Sea Mewa Władysławowo	<b>3:23.74</b>	682
50m: 22.56 22.56	150m: 1:11.81	24.91	250m: 2:02.61	25.58
100m: 46.90 24.34	200m: 1:37.03	25.22	300m: 2:28.92	26.31
			350m: 2:56.24	27.32
			400m: 3:23.74	27.50
2. TABASZEWSKI Szymon	08	UKS Rekin Wrocław	<b>4:02.14</b>	406 + 38.40
50m: 25.24 25.24	150m: 1:25.97	31.29	250m: 2:29.49	31.44
100m: 54.68 29.44	200m: 1:58.05	32.08	300m: 3:00.54	31.05
			350m: 3:32.69	32.15
			400m: 4:02.14	29.45

KAT. A

1. DRA BA Filip	02	UKS Tri-Sea Mewa Władysławowo	<b>3:01.52</b>	964
50m: 21.74 21.74	150m: 1:07.00	22.35	250m: 1:52.71	22.87
100m: 44.65 22.91	200m: 1:29.84	22.84	300m: 2:16.09	23.38
			350m: 2:38.87	22.78
			400m: 3:01.52	22.65
2. PIETRAS Kamil	05	Delfinek Chodzie	<b>3:12.18</b>	812 + 10.66
50m: 21.90 21.90	150m: 1:07.87	23.11	250m: 1:56.59	24.71
100m: 44.76 22.86	200m: 1:31.88	24.01	300m: 2:21.93	25.34
			350m: 2:47.28	25.35
			400m: 3:12.18	24.90
3. DRAMI SKI Michał	99	UKS Tri-Sea Mewa Władysławowo	<b>3:18.20</b>	740 + 16.68
50m: 22.58 22.58	150m: 1:11.60	24.65	250m: 2:02.13	25.28
100m: 46.95 24.37	200m: 1:36.85	25.25	300m: 2:27.67	25.54
			350m: 2:53.22	25.55
			400m: 3:18.20	24.98