

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

Konkurencja 9

Kobiet, 400m Bifins

7 lat i starsi

2024-03-09 - 16:48

Wyniki

Rekordy Polski_25m_pletwa Open	3:53.77	PRENTKA Weronika	Ko cierzyna	2018-01-01
Rekordy Polski_25m_pletwa 16 - 17	3:58.21	SZELUGA Wiktoria	Olecko	2018-01-01
Rekordy Polski_25m_pletwa 14 - 15	4:02.20	JESIOŁOWSKA Inez	Ko cierzyna	2019-06-01
Rekordy Polski_25m_pletwa 12 - 13	4:09.56	CHMIELEWSKA ALEKSANDRA	OLECKO	2019-09-01
Rekordy Polski_25m_pletwa 7 - 11	4:41.06	IRACKA Zuzanna	Chodzie	2023-06-10

Punkty: PP 2024

Pozycja			Rok ur.					Czas	Pkt.	
KAT. E										
1.	GÓRKA Zofia		13	UKS Rekin Wrocław				4:59.52	475	
	50m:	32.16 32.16	150m:	1:48.20	39.01	250m:	3:06.54	39.61	350m:	4:24.45 39.51
	100m:	1:09.19 37.03	200m:	2:26.93	38.73	300m:	3:44.94	38.40	400m:	4:59.52 35.07
2.	CZERNICKA Maja		13	MUKS Piorun Gołdap				5:09.60	430 + 10.08	
	50m:	32.56 32.56	150m:	1:51.63	40.30	250m:	3:12.04	40.21	350m:	4:32.97 39.98
	100m:	1:11.33 38.77	200m:	2:31.83	40.20	300m:	3:52.99	40.95	400m:	5:09.60 36.63
3.	RADZISZEWSKA Zuzanna		13	MUKS Piorun Gołdap				5:29.46	357 + 29.94	
	50m:	36.51 36.51	150m:	2:00.01	42.71	250m:	3:25.74	42.95	350m:	4:50.92 41.75
	100m:	1:17.30 40.79	200m:	2:42.79	42.78	300m:	4:09.17	43.43	400m:	5:29.46 38.54
4.	POBŁOCKA Zuzanna		13	UKS Manta Ko cierzyna				5:37.63	331 + 38.11	
	50m:	36.56 36.56	150m:	2:00.98	43.16	250m:			350m:	4:55.26 42.37
	100m:	1:17.82 41.26	200m:	2:44.14	43.16	300m:	4:12.89		400m:	5:37.63 42.37
5.	KHRYPKO Zlata		13	MKP Szczecin				5:40.79	322 + 41.27	
	50m:	35.95 35.95	150m:	2:00.01	42.91	250m:	3:29.91	47.57	350m:	4:57.84 43.94
	100m:	1:17.10 41.15	200m:	2:42.34	42.33	300m:	4:13.90	43.99	400m:	5:40.79 42.95
6.	DUBYK Iryna		14	UKS Tri-Sea Mewa Władysławowo				5:43.72	314 + 44.20	
	50m:	36.67 36.67	150m:	2:03.53	44.64	250m:	3:30.92	42.94	350m:	4:58.20 42.10
	100m:	1:18.89 42.22	200m:	2:47.98	44.45	300m:	4:16.10	45.18	400m:	5:43.72 45.52
7.	MARKIEWICZ Marta		13	UKS Tri-Sea Mewa Władysławowo				5:44.83	311 + 45.31	
	50m:	34.72 34.72	150m:	2:04.60	45.46	250m:	3:33.82	43.83	350m:	5:00.99 42.87
	100m:	1:19.14 44.42	200m:	2:49.99	45.39	300m:	4:18.12	44.30	400m:	5:44.83 43.84
8.	CARELLA Mia		13	KS Aqua Sport Ko cierzyna				6:01.36	27(+ 1:01.84)	
	50m:	38.75 38.75	150m:	2:10.57	47.59	250m:	3:46.18	49.26	350m:	5:20.25 46.90
	100m:	1:22.98 44.23	200m:	2:56.92	46.35	300m:	4:33.35	47.17	400m:	6:01.36 41.11

KAT. D

1.	KOZŁOWSKA Laura		11	MUKS Piorun Gołdap				4:19.15	734	
	50m:	29.40 29.40	150m:	1:36.49	33.89	250m:	2:42.25	31.62	350m:	3:47.20 32.59
	100m:	1:02.60 33.20	200m:	2:10.63	34.14	300m:	3:14.61	32.36	400m:	4:19.15 31.95
2.	ADAMSKA Nika		11	MKP Szczecin				4:28.87	657 + 9.72	
	50m:	32.09 32.09	150m:	1:38.32	33.56	250m:	2:46.84	34.66	350m:	3:55.74 34.37
	100m:	1:04.76 32.67	200m:	2:12.18	33.86	300m:	3:21.37	34.53	400m:	4:28.87 33.13
3.	IRACKA Zuzanna		12	Laguna 24 Toru				4:42.05	569 + 22.90	
	50m:	31.62 31.62	150m:	1:42.20	35.64	250m:	2:54.40	36.23	350m:	4:07.18 36.21
	100m:	1:06.56 34.94	200m:	2:18.17	35.97	300m:	3:30.97	36.57	400m:	4:42.05 34.87
4.	PROCHOWICZ Hanna		11	MUKS Piorun Gołdap				4:44.65	553 + 25.50	
	50m:	31.05 31.05	150m:	1:41.48	36.05	250m:	2:55.08	36.50	350m:	4:08.98 37.17
	100m:	1:05.43 34.38	200m:	2:18.58	37.10	300m:	3:31.81	36.73	400m:	4:44.65 35.67
5.	CHOCIANOWICZ Joanna		12	MUKS Piorun Gołdap				4:50.78	519 + 31.63	
	50m:	31.54 31.54	150m:	1:44.14	37.12	250m:	3:00.23	38.60	350m:	4:15.16 37.55
	100m:	1:07.02 35.48	200m:	2:21.63	37.49	300m:	3:37.61	37.38	400m:	4:50.78 35.62
6.	GNIEDZIEJKO Julia		12	UKS Amfiprion Olecko				5:03.40	457 + 44.25	
	50m:	33.22 33.22	150m:	1:48.38	39.38	250m:	3:05.98	38.39	350m:	4:24.19 38.29
	100m:	1:09.00 35.78	200m:	2:27.59	39.21	300m:	3:45.90	39.92	400m:	5:03.40 39.21

I Runda Klubowego Pucharu Polski w pływaniu w płetwach
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Konkurencja 9, Dziewcz t, 400m Bifins, KAT. D

Pozycja	Rok ur.	Czas	Pkt.
7. GRIMM Lena	12	5:09.42	431 + 50.27
50m: 34.28 34.28	150m: 1:54.07 40.64	250m: 3:12.40 38.08	350m: 4:34.20 40.49
100m: 1:13.43 39.15	200m: 2:34.32 40.25	300m: 3:53.71 41.31	400m: 5:09.42 35.22
8. SZAJKOWSKA Aleksandra	11	5:12.18	419 + 53.03
50m: 31.98 31.98	150m: 1:48.19 39.16	250m: 3:08.94 40.81	350m: 4:31.37 41.66
100m: 1:09.03 37.05	200m: 2:28.13 39.94	300m: 3:49.71 40.77	400m: 5:12.18 40.81
9. KWATYRA Hanna	11	5:15.09	408 + 55.94
50m: 35.49 35.49	150m: 1:55.19 40.08	250m: 3:14.48 39.73	350m: 4:35.72 40.15
100m: 1:15.11 39.62	200m: 2:34.75 39.56	300m: 3:55.57 41.09	400m: 5:15.09 39.37
10. UKOWICZ Estera	11	5:17.91	397 + 58.76
50m: 35.63 35.63	150m: 1:57.23 41.93	250m: 3:18.68 40.99	350m:
100m: 1:15.30 39.67	200m: 2:37.69 40.46	300m: 3:59.98 41.30	400m: 5:17.91
11. BUKWA Blanka	12	5:18.17	396 + 59.02
50m: 34.42 34.42	150m: 1:55.00 41.27	250m: 3:17.97 41.53	350m: 4:41.00 41.29
100m: 1:13.73 39.31	200m: 2:36.44 41.44	300m: 3:59.71 41.74	400m: 5:18.17 37.17
12. P CAK Aleksandra	11	5:23.32	377+ 1:04.17
50m: 34.14 34.14	150m: 1:55.02 41.88	250m: 3:19.09 42.07	350m: 4:42.03 41.83
100m: 1:13.14 39.00	200m: 2:37.02 42.00	300m: 4:00.20 41.11	400m: 5:23.32 41.29
13. DEPTUŁA Julia	12	5:28.20	361+ 1:09.05
50m: 36.04 36.04	150m: 2:00.04 42.90	250m: 3:24.30 42.06	350m: 4:49.07 41.49
100m: 1:17.14 41.10	200m: 2:42.24 42.20	300m: 4:07.58 43.28	400m: 5:28.20 39.13
14. PEPLI SKA Magdalena	12	6:04.33	264+ 1:45.18
50m: 40.05 40.05	150m:	250m: 3:48.17	350m: 5:22.10
100m:	200m:	300m:	400m: 6:04.33 42.23
DYSKW. OKRÓJ Magdalena - <i>Przedwczesny start</i>	11	5:51.18	+ 1:32.03
50m: 38.09 38.09	150m: 2:04.30 43.08	250m: 3:35.05 44.56	350m: 5:06.25 44.30
100m: 1:21.22 43.13	200m: 2:50.49 46.19	300m: 4:21.95 46.90	400m: 5:51.18 44.93

KAT. C

1. WIRKO Izabela	10	4:20.30	724
50m: 28.98 28.98	150m: 1:36.59 33.94	250m: 2:45.22 34.13	350m: 3:50.52 32.34
100m: 1:02.65 33.67	200m: 2:11.09 34.50	300m: 3:18.18 32.96	400m: 4:20.30 29.78
2. BLOK Sandra	09	4:20.39	723 + 0.09
50m: 27.85 27.85	150m: 1:30.57 32.37	250m: 2:37.14 33.43	350m: 3:45.74 34.60
100m: 58.20 30.35	200m: 2:03.71 33.14	300m: 3:11.14 34.00	400m: 4:20.39 34.65
3. ŁADO Natalia	10	4:22.29	707 + 1.99
50m: 29.40 29.40	150m: 1:35.33 33.22	250m: 2:42.30 33.50	350m: 3:49.99 33.72
100m: 1:02.11 32.71	200m: 2:08.80 33.47	300m: 3:16.27 33.97	400m: 4:22.29 32.30
4. TRYTEK Antonina	10	4:35.17	613 + 14.87
50m: 30.26 30.26	150m: 1:37.61 34.71	250m: 2:49.10 35.90	350m: 4:01.27 35.50
100m: 1:02.90 32.64	200m: 2:13.20 35.59	300m: 3:25.77 36.67	400m: 4:35.17 33.90
5. NASZKIEWICZ Inga	09	4:40.18	580 + 19.88
50m: 29.65 29.65	150m: 1:38.32 35.31	250m: 2:50.69 36.53	350m: 4:04.22 36.81
100m: 1:03.01 33.36	200m: 2:14.16 35.84	300m: 3:27.41 36.72	400m: 4:40.18 35.96
6. PALUSIAK Natalia	10	4:40.22	580 + 19.92
50m: 31.38 31.38	150m: 1:41.79 35.78	250m: 2:55.62 36.88	350m: 4:08.12 35.68
100m: 1:06.01 34.63	200m: 2:18.74 36.95	300m: 3:32.44 36.82	400m: 4:40.22 32.10
7. YWICKA Nadia	09	4:54.79	498 + 34.49
50m: 31.79 31.79	150m: 1:45.75 37.75	250m: 3:01.96 37.63	350m: 4:17.94 37.81
100m: 1:08.00 36.21	200m: 2:24.33 38.58	300m: 3:40.13 38.17	400m: 4:54.79 36.85
8. SZYMA SKA Amelia	09	5:19.64	391 + 59.34
50m: 34.77 34.77	150m: 1:54.67 40.34	250m: 3:17.43 41.47	350m: 4:39.90 41.60
100m: 1:14.33 39.56	200m: 2:35.96 41.29	300m: 3:58.30 40.87	400m: 5:19.64 39.74

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

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

Pozycja			Rok ur.					Czas	Pkt.
9.	BAREŁKOWSKA Blanka		09	UKS Manta Ko cierzyna				5:22.68	38(+ 1:02.38)
	50m:	36.30 36.30	150m:	1:58.28	41.66	250m:	3:22.73 42.17	350m:	4:45.31 41.42
	100m:	1:16.62 40.32	200m:	2:40.56	42.28	300m:	4:03.89 41.16	400m:	5:22.68 37.37
10.	PIRCH Malwina		09	UKS Manta Ko cierzyna				5:23.45	37(+ 1:03.15)
	50m:	34.75 34.75	150m:	1:56.18	41.65	250m:	3:19.97 41.95	350m:	4:44.59 42.17
	100m:	1:14.53 39.78	200m:	2:38.02	41.84	300m:	4:02.42 42.45	400m:	5:23.45 38.86
11.	DAWIDOWICZ Lena		10	UKS Manta Ko cierzyna				5:34.18	34(+ 1:13.88)
	50m:	33.45 33.45	150m:	1:58.70	43.91	250m:	3:23.22 43.41	350m:	4:51.55 43.96
	100m:	1:14.79 41.34	200m:	2:39.81	41.11	300m:	4:07.59 44.37	400m:	5:34.18 42.63
12.	CZAJA Maja		10	UKS Delfin Władysławowo				5:38.86	32(+ 1:18.56)
	50m:	34.34 34.34	150m:	2:01.08	44.98	250m:	3:29.40 43.85	350m:	4:59.36 44.46
	100m:	1:16.10 41.76	200m:	2:45.55	44.47	300m:	4:14.90 45.50	400m:	5:38.86 39.50
13.	PARCHEM Małgorzata		10	UKS Delfin Władysławowo				5:46.85	30(+ 1:26.55)
	50m:	37.10 37.10	150m:	2:06.17	45.08	250m:	3:39.30 46.74	350m:	5:09.77 45.65
	100m:	1:21.09 43.99	200m:	2:52.56	46.39	300m:	4:24.12 44.82	400m:	5:46.85 37.08
14.	BROWARCZYK Julia		10	UKS Delfin Władysławowo				6:02.69	26(+ 1:42.39)
	50m:	41.18 41.18	150m:	2:11.94	46.15	250m:	3:48.31 48.37	350m:	5:19.72 42.86
	100m:	1:25.79 44.61	200m:	2:59.94	48.00	300m:	4:36.86 48.55	400m:	6:02.69 42.97

KAT. B

1.	PIETRAS Maria		07	Delfinek Chodzie				4:10.15	816
	50m:	29.40 29.40	150m:	1:33.13	31.48	250m:	2:36.28 30.46	350m:	3:39.64 31.85
	100m:	1:01.65 32.25	200m:	2:05.82	32.69	300m:	3:07.79 31.51	400m:	4:10.15 30.51
2.	DUDEK Krzysztofa		08	Delfinek Chodzie				4:15.02	770 + 4.87
	50m:	30.04 30.04	150m:	1:34.16	32.10	250m:	2:38.31 32.12	350m:	3:42.78 32.61
	100m:	1:02.06 32.02	200m:	2:06.19	32.03	300m:	3:10.17 31.86	400m:	4:15.02 32.24
3.	TARTANUS Nina		07	UKS Tri-Sea Mewa Władysławowo				4:17.33	749 + 7.18
	50m:	29.13 29.13	150m:	1:34.78	33.26	250m:	2:40.47 32.85	350m:	3:45.48 32.57
	100m:	1:01.52 32.39	200m:	2:07.62	32.84	300m:	3:12.91 32.44	400m:	4:17.33 31.85
4.	BRESKA Helena		08	UKS Manta Ko cierzyna				4:26.08	678 + 15.93
	50m:	29.35 29.35	150m:	1:34.48	33.73	250m:	2:43.74 34.07	350m:	3:52.20 34.18
	100m:	1:00.75 31.40	200m:	2:09.67	35.19	300m:	3:18.02 34.28	400m:	4:26.08 33.88
5.	REPI SKA Weronika		08	UKS Manta Ko cierzyna				4:35.02	614 + 24.87
	50m:	31.82 31.82	150m:	1:40.66	34.15	250m:	2:51.89 35.08	350m:	4:01.93 34.43
	100m:	1:06.51 34.69	200m:	2:16.81	36.15	300m:	3:27.50 35.61	400m:	4:35.02 33.09

KAT. A

1.	FREDA Daria		06	KS Aqua Sport Ko cierzyna				4:37.22	599
	50m:	29.69 29.69	150m:	1:39.96	35.56	250m:	2:51.68 35.79	350m:	4:03.88 35.87
	100m:	1:04.40 34.71	200m:	2:15.89	35.93	300m:	3:28.01 36.33	400m:	4:37.22 33.34