



II Runda Klubowego Pucharu Polski w pływaniu w płetwach
Toru , 1- - 2-6-2024

Konkurencja 11

Kobiet, 400m Surface

7 lat i starsi

2024-06-01 - 16:43

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	Olstyn	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	Aqua Sport Ko cierzyna						4:32.32	411
	50m: 32.15 32.15	150m: 1:43.29	36.13	250m: 2:54.26	34.96	350m: 4:02.29	33.51			
	100m: 1:07.16 35.01	200m: 2:19.30	36.01	300m: 3:28.78	34.52	400m: 4:32.32	30.03			
2.	ROZIEL Nina	14	UKS Rekin Wrocław						5:17.00	261 + 44.68
	50m: 36.10 36.10	150m: 1:59.04	41.24	250m: 3:22.44	41.62	350m: 4:42.05	39.40			
	100m: 1:17.80 41.70	200m: 2:40.82	41.78	300m: 4:02.65	40.21	400m: 5:17.00	34.95			
3.	BIAŁOSKÓRSKA Hanna	15	UKS Rekin Wrocław						5:19.39	255 + 47.07
	50m: 37.83 37.83	150m: 2:01.02	42.54	250m: 3:24.41	42.09	350m:				
	100m: 1:18.48 40.65	200m: 2:42.32	41.30	300m: 4:44.25	1:19.84	400m: 5:19.39				
4.	FREDA Amelia	13	Aqua Sport Ko cierzyna						5:29.72	231 + 57.40
	50m: 35.16 35.16	150m: 2:41.69	42.45	250m: 4:07.72	42.89	350m:				
	100m: 1:59.24 1:24.08	200m: 3:24.83	43.14	300m: 4:50.35	42.63	400m: 5:29.72				
KAT. D										
1.	MASIANIS Maja	11	UKS Amfiprion Olecko						4:22.45	460
	50m: 30.13 30.13	150m: 1:35.64	32.81	250m: 2:43.89	34.21	350m: 3:51.61	33.63			
	100m: 1:02.83 32.70	200m: 2:09.68	34.04	300m: 3:17.98	34.09	400m: 4:22.45	30.84			
2.	WITKOWSKA Amelia	12	Laguna 24 Toru						4:22.47	459 + 0.02
	50m: 29.61 29.61	150m: 1:36.45	34.22	250m: 2:44.29	33.92	350m: 3:50.94	33.29			
	100m: 1:02.23 32.62	200m: 2:10.37	33.92	300m: 3:17.65	33.36	400m: 4:22.47	31.53			
3.	MARKIEWICZ Monika	11	Tri-Sea Mewa Władysławowo						4:36.00	395 + 13.55
	50m: 28.99 28.99	150m: 1:37.22	36.15	250m: 2:49.14	35.81	350m: 4:03.14	37.11			
	100m: 1:01.07 32.08	200m: 2:13.33	36.11	300m: 3:26.03	36.89	400m: 4:36.00	32.86			
4.	KUCHARSKA Nina	11	Aqua Sport Ko cierzyna						4:39.67	380 + 17.22
	50m: 30.24 30.24	150m: 1:38.10	34.66	250m: 2:52.06	38.56	350m: 4:05.45	37.06			
	100m: 1:03.44 33.20	200m: 2:13.50	35.40	300m: 3:28.39	36.33	400m: 4:39.67	34.22			
5.	REJNO Tamara	12	UKS Rekin Wrocław						4:51.10	337 + 28.65
	50m: 31.60 31.60	150m: 1:44.65	37.85	250m: 2:59.37	37.71	350m: 4:17.06	39.65			
	100m: 1:06.80 35.20	200m: 2:21.66	37.01	300m: 3:37.41	38.04	400m: 4:51.10	34.04			
KAT. C										
1.	ŁADO Natalia	10	UKS Rekin Wrocław						4:10.23	530
	50m: 27.56 27.56	150m: 1:30.46	31.92	250m: 2:34.53	31.71	350m: 3:38.55	31.47			
	100m: 58.54 30.98	200m: 2:02.82	32.36	300m: 3:07.08	32.55	400m: 4:10.23	31.68			
2.	G BCZY SKA Hanna	10	Nautilus Jastrz bie						4:11.94	520 + 1.71
	50m: 27.80 27.80	150m: 1:31.56	32.30	250m: 2:37.56	32.81	350m: 3:42.88	32.07			
	100m: 59.26 31.46	200m: 2:04.75	33.19	300m: 3:10.81	33.25	400m: 4:11.94	29.06			
3.	PALUSIAK Natalia	10	Laguna 24 Toru						4:14.44	504 + 4.21
	50m: 28.61 28.61	150m: 1:33.46	33.56	250m: 2:40.52	32.57	350m: 3:45.11	31.65			
	100m: 59.90 31.29	200m: 2:07.95	34.49	300m: 3:13.46	32.94	400m: 4:14.44	29.33			



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Konkurencja 11, Dziewcz t, 400m Surface, KAT. C

Pozycja			Rok ur.					Czas	Pkt.
4.	NASZKIEWICZ Inga		09	Piorun Gołdap				4:28.06	431 + 17.83
	50m: 28.32	28.32	150m: 1:34.38	33.67	250m: 2:43.32	34.65	350m: 3:53.78	34.93	
	100m: 1:00.71	32.39	200m: 2:08.67	34.29	300m: 3:18.85	35.53	400m: 4:28.06	34.28	
5.	W GRZYN Natalia		10	Delfinek Chodzie				4:30.72	419 + 20.49
	50m: 30.68	30.68	150m: 1:38.72	34.46	250m: 2:48.96	35.35	350m: 3:58.66	34.73	
	100m: 1:04.26	33.58	200m: 2:13.61	34.89	300m: 3:23.93	34.97	400m: 4:30.72	32.06	
6.	CABAŁA Natalia		10	Nautilus Jastrz bie				4:44.45	361 + 34.22
	50m: 32.10	32.10	150m: 1:42.89	36.17	250m: 2:56.89	37.06	350m: 4:10.27	36.35	
	100m: 1:06.72	34.62	200m: 2:19.83	36.94	300m: 3:33.92	37.03	400m: 4:44.45	34.18	

KAT. B

1.	KOHNKE Nicole		07	Tri-Sea Mewa Władysławowo				4:06.71	553
	50m: 29.27	29.27	150m: 1:32.18	31.59	250m: 2:35.23	31.17	350m: 3:36.57	30.54	
	100m: 1:00.59	31.32	200m: 2:04.06	31.88	300m: 3:06.03	30.80	400m: 4:06.71	30.14	
2.	STRUCK Anna		08	Tri-Sea Mewa Władysławowo				4:09.93	532 + 3.22
	50m: 27.73	27.73	150m: 1:31.15	32.11	250m: 2:37.76	33.21	350m: 3:41.22	30.93	
	100m: 59.04	31.31	200m: 2:04.55	33.40	300m: 3:10.29	32.53	400m: 4:09.93	28.71	

KAT. A

1.	TUSK Weronika		05	Tri-Sea Mewa Władysławowo				3:53.72	651
	50m: 27.11	27.11	150m: 1:25.14	28.91	250m: 2:24.03	29.42	350m: 3:24.26	30.09	
	100m: 56.23	29.12	200m: 1:54.61	29.47	300m: 2:54.17	30.14	400m: 3:53.72	29.46	
2.	GUZI SKA Olga		06	UKS Manta Ko cierzyna				3:59.15	608 + 5.43
	50m: 27.98	27.98	150m: 1:26.16	29.24	250m: 2:26.45	30.33	350m: 3:28.73	31.53	
	100m: 56.92	28.94	200m: 1:56.12	29.96	300m: 2:57.20	30.75	400m: 3:59.15	30.42	