

III RUNDA KPP W PŁYWANIU W PŁETWACH  
Pozna , 12- - 13-10-2013

Konkurencja 8  
2013-10-12 - 15:20

Kobiet, 400 m PP

14 lat i starsi  
Wyniki

Punkty: FINA 2013

Pozycja			Rok ur.					Czas	Pkt.	
<b>14 - 15 lat</b>										
1.	MAŁACHOWSKA, Kinga		99	UKS Delfinek Chodzie				<b>3:57.51</b>		
	50m:	26.21 26.21	150m:	1:25.70	30.16	250m:	2:26.16	29.70	350m:	3:28.16 31.08
	100m:	55.54 29.33	200m:	1:56.46	30.76	300m:	2:57.08	30.92	400m:	3:57.51 29.35
2.	STRACHANOWSKA, Helena		99	UKS Delfin Jastarnia				<b>3:58.72</b>		
	50m:	25.63 25.63	150m:	1:24.02	29.86	250m:	2:25.69	30.98	350m:	3:28.86 31.40
	100m:	54.16 28.53	200m:	1:54.71	30.69	300m:	2:57.46	31.77	400m:	3:58.72 29.86
3.	KASPEREK, Aleksandra		98	KS Nautilus Jastrz bie				<b>4:00.29</b>		
	50m:	27.02 27.02	150m:	1:27.73	30.16	250m:	2:30.99	32.15	350m:	3:32.79 30.40
	100m:	57.57 30.55	200m:	1:58.84	31.11	300m:	3:02.39	31.40	400m:	4:00.29 27.50
4.	KOZANKIEWICZ, Weronika		99	Laguna 24 Toru				<b>4:01.24</b>		
	50m:	26.54 26.54	150m:	1:26.94	30.87	250m:	2:29.44	31.59	350m:	3:31.22 30.72
	100m:	56.07 29.53	200m:	1:57.85	30.91	300m:	3:00.50	31.06	400m:	4:01.24 30.02
5.	PISARCZYK, Amelia		98	KS Nautilus Jastrz bie				<b>4:02.26</b>		
	50m:	26.89 26.89	150m:	1:27.96	30.80	250m:	2:30.79	31.30	350m:	3:33.35 31.14
	100m:	57.16 30.27	200m:	1:59.49	31.53	300m:	3:02.21	31.42	400m:	4:02.26 28.91
6.	JAGIELSKA, Agata		99	Laguna 24 Toru				<b>4:06.09</b>		
	50m:	26.57 26.57	150m:	1:27.38	31.09	250m:	2:31.33	32.24	350m:	3:35.34 32.07
	100m:	56.29 29.72	200m:	1:59.09	31.71	300m:	3:03.27	31.94	400m:	4:06.09 30.75
7.	NOWACKA, Patrycja		99	UKS Delfin Jastarnia				<b>4:19.12</b>		
	50m:	28.25 28.25	150m:	1:31.86	32.81	250m:	2:38.90	34.03	350m:	3:46.86 33.51
	100m:	59.05 30.80	200m:	2:04.87	33.01	300m:	3:13.35	34.45	400m:	4:19.12 32.26
8.	MAŁACHOWSKA, Julia		99	UKS Delfinek Chodzie				<b>4:20.06</b>		
	50m:	26.06 26.06	150m:	1:27.22	31.02	250m:	2:34.40	33.97	350m:	3:45.40 35.83
	100m:	56.20 30.14	200m:	2:00.43	33.21	300m:	3:09.57	35.17	400m:	4:20.06 34.66
9.	LEONIUK, Oliwia		99	KS Nautilus Jastrz bie				<b>4:24.42</b>		
	50m:	27.57 27.57	150m:	1:32.03	33.11	250m:	2:41.25	34.89	350m:	3:51.65 35.17
	100m:	58.92 31.35	200m:	2:06.36	34.33	300m:	3:16.48	35.23	400m:	4:24.42 32.77
10.	KOHNKE, Julia		99	UKS Delfin Jastarnia				<b>4:28.67</b>		
	50m:	29.64 29.64	150m:	1:37.27	34.73	250m:	2:47.74	35.34	350m:	3:56.99 34.12
	100m:	1:02.54 32.90	200m:	2:12.40	35.13	300m:	3:22.87	35.13	400m:	4:28.67 31.68
11.	RUMOCCA, Natalia		99	Laguna 24 Toru				<b>4:28.69</b>		
	50m:	28.50 28.50	150m:	1:36.09	35.13	250m:	2:46.08	35.03	350m:	3:57.09 35.42
	100m:	1:00.96 32.46	200m:	2:11.05	34.96	300m:	3:21.67	35.59	400m:	4:28.69 31.60
12.	R KAWEK, Daria		99	Laguna 24 Toru				<b>4:33.93</b>		
	50m:	29.83 29.83	150m:	1:36.58	34.35	250m:	2:47.80	35.99	350m:	3:59.37 35.67
	100m:	1:02.23 32.40	200m:	2:11.81	35.23	300m:	3:23.70	35.90	400m:	4:33.93 34.56
13.	SZYMA SKA, Anna		99	W.M. Bars Gorzów				<b>4:44.37</b>		
	50m:	29.15 29.15	150m:	1:41.00	36.94	250m:	2:55.41	37.55	350m:	4:10.17 37.86
	100m:	1:04.06 34.91	200m:	2:17.86	36.86	300m:	3:32.31	36.90	400m:	4:44.37 34.20
14.	SOSI SKA, Aleksandra		98	UKS City Zen Pozna				<b>4:48.35</b>		
	50m:	28.06 28.06	150m:	1:31.78	32.89	250m:	2:49.04	35.92	350m:	4:07.44 38.37
	100m:	58.89 30.83	200m:	2:13.12	41.34	300m:	3:29.07	40.03	400m:	4:48.35 40.91
15.	GRALKA, Julia		99	UKS PCM Manta Ko cierzyna				<b>6:02.23</b>		
	50m:	35.31 35.31	150m:	2:04.29	46.58	250m:	3:39.28	48.27	350m:	5:16.64 49.50
	100m:	1:17.71 42.40	200m:	2:51.01	46.72	300m:	4:27.14	47.86	400m:	6:02.23 45.59

III RUNDA KPP W PŁYWANIU W PŁETWACH  
Pozna , 12- - 13-10-2013

Konkurencja 8, Kobiet, 400 m PP

16 - 17 lat

1.	DEMSKA, Michalina	96	Laguna 24 Toru	<b>3:40.02</b>
	50m: 24.35 24.35	150m: 1:17.42 27.28	250m: 2:13.80 28.15	350m: 3:11.56 29.00
	100m: 50.14 25.79	200m: 1:45.65 28.23	300m: 2:42.56 28.76	400m: 3:40.02 28.46
2.	PRENTKA, Weronika	97	UKS City Zen Pozna	<b>3:46.85</b>
	50m: 23.29 23.29	150m: 1:17.80 27.43	250m: 2:15.68 28.53	350m: 3:15.98 29.37
	100m: 50.37 27.08	200m: 1:47.15 29.35	300m: 2:46.61 30.93	400m: 3:46.85 30.87
3.	ZALEWSKA, Marzena	96	Laguna 24 Toru	<b>3:58.02</b>
	50m: 25.82 25.82	150m: 1:23.64 29.59	250m: 2:24.87 30.79	350m: 3:26.73 31.25
	100m: 54.05 28.23	200m: 1:54.08 30.44	300m: 2:55.48 30.61	400m: 3:58.02 31.29
4.	OSIADACZ, Anna	97	KS Nautilus Jastrz bie	<b>4:13.25</b>
	50m: 24.88 24.88	150m: 1:25.05 31.27	250m: 2:31.07 33.32	350m: 3:39.68 34.50
	100m: 53.78 28.90	200m: 1:57.75 32.70	300m: 3:05.18 34.11	400m: 4:13.25 33.57
5.	NIR, Małgorzata	97	W.M. Bars Gorzów	<b>4:49.35</b>
	50m: 29.97 29.97	150m: 1:41.81 37.04	250m: 2:58.04 38.27	350m: 4:13.78 38.14
	100m: 1:04.77 34.80	200m: 2:19.77 37.96	300m: 3:35.64 37.60	400m: 4:49.35 35.57
6.	CZARNOLEWSKA, Anna	97	UKS Delfinek Chodzie	<b>5:03.27</b>
	50m: 31.39 31.39	150m: 1:44.85 38.47	250m: 3:03.84 39.78	350m: 4:24.50 40.55
	100m: 1:06.38 34.99	200m: 2:24.06 39.21	300m: 3:43.95 40.11	400m: 5:03.27 38.77

18 lat i starsi

1.	TRUSZCZY SKA, Katarzyna	90	Laguna 24 Toru	<b>3:35.48</b>
	50m: 24.65 24.65	150m: 1:16.53 26.24	250m: 2:11.29 27.81	350m: 3:07.66 28.15
	100m: 50.29 25.64	200m: 1:43.48 26.95	300m: 2:39.51 28.22	400m: 3:35.48 27.82
2.	NIEDZIELSKA, Olga	95	KS Nautilus Jastrz bie	<b>3:48.62</b>
	50m: 24.43 24.43	150m: 1:18.79 27.57	250m: 2:15.90 28.74	350m: 3:14.61 29.22
	100m: 51.22 26.79	200m: 1:47.16 28.37	300m: 2:45.39 29.49	400m: 3:48.62 34.01
3.	KOT, Ewelina	88	Orka Bytom	<b>4:14.19</b>
	50m: 27.49 27.49	150m: 1:28.89 31.53	250m: 2:34.43 32.93	350m: 3:41.81 33.62
	100m: 57.36 29.87	200m: 2:01.50 32.61	300m: 3:08.19 33.76	400m: 4:14.19 32.38
4.	DRESLEWSKA, Anna	94	Neptun Gda sk	<b>5:07.93</b>
	50m: 31.90 31.90	150m: 1:48.79 39.54	250m: 3:10.72 41.80	350m: 4:24.50 40.55
	100m: 1:09.25 37.35	200m: 2:28.92 40.13	300m: 3:50.81 40.09	400m: 5:07.93