

Mistrzostwa Polski w pływaniu w płetwach kat. E i D
Chodzie , 3- - 4-6-2017

Konkurencja 21 Dziewcz t, 400 m BF 13 lat i młodszy
2017-06-04 - 9:36 Wyniki

Rekord Polski kat. D 4:34.11 Laura SKÓRA Olsztyn 2017-04-16

Pozycja			Rok ur.					Czas				
12 - 13 lat												
1.	Balbina SIKORA		04	KS NAUTILUS Jastrz bie			4:18.76				-	
	50m:	28.40	28.40	150m:	1:31.99	32.97	250m:	2:40.39	34.34	350m:	3:48.32	33.92
	100m:	59.02	30.62	200m:	2:06.05	34.06	300m:	3:14.40	34.01	400m:	4:18.76	30.44
2.	Inez JESIOŁOWSKA		04	UKS DELFINEK SP1 Chodzie			4:24.55				-	
	50m:	28.25	28.25	150m:	1:34.92	34.53	250m:	2:44.20	34.58	350m:	3:52.12	33.76
	100m:	1:00.39	32.14	200m:	2:09.62	34.70	300m:	3:18.36	34.16	400m:	4:24.55	32.43
3.	Julia IWANOWSKA		04	LAGUNA 24 Toru			4:25.49				-	
	50m:	28.96	28.96	150m:	1:33.81	33.91	250m:	2:43.53	35.13	350m:	3:52.81	35.01
	100m:	59.90	30.94	200m:	2:08.40	34.59	300m:	3:17.80	34.27	400m:	4:25.49	32.68
4.	Laura SKÓRA		04	UKS DELFINEK SP1 Chodzie			4:26.73				-	
	50m:	30.80	30.80	150m:	1:38.69	34.13	250m:	2:48.20	34.39	350m:	3:55.68	33.32
	100m:	1:04.56	33.76	200m:	2:13.81	35.12	300m:	3:22.36	34.16	400m:	4:26.73	31.05
5.	Weronika WOLNIEWICZ		04	UKS DELFINEK SP1 Chodzie			4:28.43				-	
	50m:	29.88	29.88	150m:	1:38.21	34.67	250m:	2:48.31	35.11	350m:	3:55.70	33.22
	100m:	1:03.54	33.66	200m:	2:13.20	34.99	300m:	3:22.48	34.17	400m:	4:28.43	32.73
6.	Magdalena GORYS		04	KS NAUTILUS Jastrz bie			4:32.63				-	
	50m:	30.24	30.24	150m:	1:37.97	34.67	250m:	2:46.42	34.52	350m:	3:58.40	35.96
	100m:	1:03.30	33.06	200m:	2:11.90	33.93	300m:	3:22.44	36.02	400m:	4:32.63	34.23
7.	Emilia PACYNA		04	KS NAUTILUS Jastrz bie			4:32.93				-	
	50m:	31.92	31.92	150m:	1:44.65	36.55	250m:	2:55.15	34.39	350m:	4:02.51	33.52
	100m:	1:08.10	36.18	200m:	2:20.76	36.11	300m:	3:28.99	33.84	400m:	4:32.93	30.42
8.	Nikola BILI SKA		05	UKS REKIN Wrocław			4:36.19				-	
	50m:	33.07	33.07	150m:	1:45.73	36.57	250m:	2:57.19	35.33	350m:	4:04.75	33.46
	100m:	1:09.16	36.09	200m:	2:21.86	36.13	300m:	3:31.29	34.10	400m:	4:36.19	31.44
9.	Maria DREGER		04	UKS DELFINEK SP1 Chodzie			4:45.26				-	
	50m:	31.00	31.00	150m:	1:45.03	38.00	250m:	3:00.80	37.64	350m:	4:14.48	35.84
	100m:	1:07.03	36.03	200m:	2:23.16	38.13	300m:	3:38.64	37.84	400m:	4:45.26	30.78
10.	Julia SZEJNER		04	UKS DELFINEK SP1 Chodzie			4:47.65				-	
	50m:	32.52	32.52	150m:	1:45.18	36.98	250m:	3:00.54	38.00	350m:	4:12.79	35.73
	100m:	1:08.20	35.68	200m:	2:22.54	37.36	300m:	3:37.06	36.52	400m:	4:47.65	34.86
11.	Weronika TUSK		05	UKS DELFIN Władysławowo			4:58.83				-	
	50m:	32.09	32.09	150m:	1:47.13	38.12	250m:	3:04.84	38.38	350m:	4:22.72	39.34
	100m:	1:09.01	36.92	200m:	2:26.46	39.33	300m:	3:43.38	38.54	400m:	4:58.83	36.11
12.	Ewa ŁAPUCKA		04	OSN AMFIPRION Olecko			5:12.49				-	
	50m:	32.85	32.85	150m:	1:51.17	39.91	250m:	3:12.88	41.53	350m:	4:34.21	40.77
	100m:	1:11.26	38.41	200m:	2:31.35	40.18	300m:	3:53.44	40.56	400m:	5:12.49	38.28

11 lat i młodszy

1.	Aleksandra CHMIELEWSKA		06	OSN AMFIPRION Olecko			4:43.27				-	
	50m:	30.87	30.87	150m:	1:40.46	36.00	250m:	2:55.19	37.26	350m:	4:09.22	36.84
	100m:	1:04.46	33.59	200m:	2:17.93	37.47	300m:	3:32.38	37.19	400m:	4:43.27	34.05
2.	Sonia KILISZEWSKA		06	KS NAUTILUS Jastrz bie			4:49.03				-	
	50m:	30.42	30.42	150m:	1:44.26	37.13	250m:	2:59.36	37.98	350m:	4:15.67	37.86
	100m:	1:07.13	36.71	200m:	2:21.38	37.12	300m:	3:37.81	38.45	400m:	4:49.03	33.36
3.	Maja NECEL		06	UKS DELFIN Władysławowo			4:52.00				-	
	50m:	32.28	32.28	150m:	1:46.25	37.47	250m:	3:02.83	37.94	350m:	4:18.11	37.08
	100m:	1:08.78	36.50	200m:	2:24.89	38.64	300m:	3:41.03	38.20	400m:	4:52.00	33.89
4.	Tatiana OSZKIEL		06	KS NAUTILUS Jastrz bie			4:53.62				-	
	50m:	31.94	31.94	150m:	1:46.46	37.80	250m:	3:03.61	38.89	350m:	4:20.09	37.41
	100m:	1:08.66	36.72	200m:	2:24.72	38.26	300m:	3:42.68	39.07	400m:	4:53.62	33.53

Mistrzostwa Polski w pływaniu w płetwach kat. E i D
Chodzie , 3- - 4-6-2017

Konkurencja 21, Dziewcz t, 400 m BF, 11 lat i młods

Pozycja			Rok ur.					Czas	
5.	Anita JANKOWSKA		06	UKS DELFINEK SP1 Chodzie				5:15.79	-
	50m:	33.31	33.31	150m:	1:55.47	41.86	250m:	3:16.57	40.16
	100m:	1:13.61	40.30	200m:	2:36.41	40.94	300m:	3:56.71	40.14
							350m:	4:37.18	40.47
							400m:	5:15.79	38.61
6.	Izabela NECEL		06	UKS DELFIN Władysławowo				5:17.10	-
	50m:	35.64	35.64	150m:	1:56.52	40.62	250m:	3:18.39	41.49
	100m:	1:15.90	40.26	200m:	2:36.90	40.38	300m:	3:59.87	41.48
							350m:	4:40.37	40.50
							400m:	5:17.10	36.73
7.	Nadia KREFT		06	UKS MANTA Ko cierzyna				5:26.94	-
	50m:	34.53	34.53	150m:	1:57.87	41.81	250m:	3:21.86	40.94
	100m:	1:16.06	41.53	200m:	2:40.92	43.05	300m:	4:06.21	44.35
							350m:	4:46.97	40.76
							400m:	5:26.94	39.97
8.	Maria SCHUTZ		06	UKS WODNIACY Garczyn				6:08.71	-
	50m:	44.23	44.23	150m:	2:18.36	48.22	250m:	3:53.33	47.45
	100m:	1:30.14	45.91	200m:	3:05.88	47.52	300m:	4:41.29	47.96
							350m:	5:27.66	46.37
							400m:	6:08.71	41.05