



ZIMOWE MISTRZOSTWA POLSKI W PŁYWANIU W PŁETWACH  
Jastrzbie Zdrój, 26. - 27.11.2022

Konkurencja 23  
27.11.2022

Kobiet, 400m Bifins

Open  
Wyniki

Pozycja		Rok ur.			Czas	
<b>11 lat i młodszy</b>						
1.	KOZŁOWSKA Laura	11	MUKS PIORUN Gołdap		<b>4:43.90</b>	
	50m: 31.95 31.95	150m: 1:44.38	36.85	250m: 2:57.84	36.44	350m: 4:09.34 35.55
	100m: 1:07.53 35.58	200m: 2:21.40	37.02	300m: 3:33.79	35.95	400m: 4:43.90 34.56
2.	PROCHOWICZ Hanna	11	MUKS PIORUN Gołdap		<b>5:04.65</b>	
	50m: 33.52 33.52	150m: 1:51.46	39.88	250m: 3:09.66	39.00	350m: 4:28.81 39.47
	100m: 1:11.58 38.06	200m: 2:30.66	39.20	300m: 3:49.34	39.68	400m: 5:04.65 35.84
3.	KUCHARSKA Nina	11	Uks Wodniacy Garczyn		<b>5:30.32</b>	
	50m: 35.31 35.31	150m: 1:58.06	42.42	250m: 3:24.63	42.63	350m: 4:52.24 44.21
	100m: 1:15.64 40.33	200m: 2:42.00	43.94	300m: 4:08.03	43.40	400m: 5:30.32 38.08
DYSKW.	IRACKA Zuzanna	12	Laguna 24 Toru		<b>5:17.04</b>	
	(Czas: 12:43), :-(					
	50m: 35.99 35.99	150m: 1:55.02	40.23	250m: 3:16.61	40.91	350m: 4:39.13 41.53
	100m: 1:14.79 38.80	200m: 2:35.70	40.68	300m: 3:57.60	40.99	400m: 5:17.04 37.91
<b>12 - 13 lat</b>						
1.	OKO Anna	09	KS Nautilus Jastrzbie Zdrój		<b>4:20.79</b>	
	50m: 28.22 28.22	150m: 1:32.37	32.57	250m: 2:40.08	34.10	350m: 3:48.23 33.83
	100m: 59.80 31.58	200m: 2:05.98	33.61	300m: 3:14.40	34.32	400m: 4:20.79 32.56
2.	BIELECKA Kornelia	10	UKS Delfinek Chodzie		<b>4:33.70</b>	
	50m: 31.14 31.14	150m: 1:39.91	34.43	250m: 2:50.64	36.05	350m: 4:00.22 33.80
	100m: 1:05.48 34.34	200m: 2:14.59	34.68	300m: 3:26.42	35.78	400m: 4:33.70 33.48
3.	NASZKIEWICZ Inga	09	MUKS PIORUN Gołdap		<b>4:36.91</b>	
	50m: 29.84 29.84	150m: 1:38.39	34.81	250m: 2:51.45	36.90	350m: 4:02.78 35.67
	100m: 1:03.58 33.74	200m: 2:14.55	36.16	300m: 3:27.11	35.66	400m: 4:36.91 34.13
4.	TRYTEK Antonina	10	Uks Delfin Jastarnia		<b>4:42.10</b>	
	50m: 31.60 31.60	150m: 1:44.36	36.79	250m: 2:58.88	36.64	350m: 4:10.34 35.05
	100m: 1:07.57 35.97	200m: 2:22.24	37.88	300m: 3:35.29	36.41	400m: 4:42.10 31.76
5.	G BCZY SKA Hanna	10	KS Nautilus Jastrzbie Zdrój		<b>4:46.68</b>	
	50m: 32.06 32.06	150m: 1:46.84	37.95	250m: 3:01.72	37.43	350m: 4:14.33 35.55
	100m: 1:08.89 36.83	200m: 2:24.29	37.45	300m: 3:38.78	37.06	400m: 4:46.68 32.35
6.	ZAŁACHOWSKA Daria	09	UKS Delfinek Chodzie		<b>4:49.99</b>	
	50m: 32.53 32.53	150m: 1:46.90	37.97	250m: 3:02.64	37.78	350m: 4:16.43 36.47
	100m: 1:08.93 36.40	200m: 2:24.86	37.96	300m: 3:39.96	37.32	400m: 4:49.99 33.56

SZULC WOJCIECH

Obsługa Zawodów Pływackich SYSTEM Colorado Time Systems  
Pomiar czasu elektronicznego / SPLASH Meet Manager  
Rejestracja VIDEO Live

793 252 566

Splash Meet Manager, 11.74191

Registered to Polish Swimming Federation

27.11.2022 12:44 - Strona 1



ZIMOWE MISTRZOSTWA POLSKI W PŁYWANIU W PŁETWACH  
Jastrzbie Zdrój, 26. - 27.11.2022

Konkurencja 23, Kobiet, 400m Bifins

14 - 15 lat

1. DUDEK Krzysztofa	08	UKS Delfinek Chodzie	<b>4:12.71</b>
50m: 29.57 29.57	150m: 1:33.93 32.73	250m: 2:38.63 32.16	350m: 3:43.55 32.36
100m: 1:01.20 31.63	200m: 2:06.47 32.54	300m: 3:11.19 32.56	400m: 4:12.71 29.16
2. TARTANUS Nina	07	UKS Tri-Sea Mewa Władysławowo	<b>4:13.07</b>
50m: 28.18 28.18	150m: 1:31.22 31.90	250m: 2:35.84 32.20	350m: 3:41.66 32.70
100m: 59.32 31.14	200m: 2:03.64 32.42	300m: 3:08.96 33.12	400m: 4:13.07 31.41
3. PIETRAS Maria	07	UKS Delfinek Chodzie	<b>4:21.04</b>
50m: 27.61 27.61	150m: 1:31.76 33.06	250m: 2:38.81 33.26	350m: 3:43.49 31.27
100m: 58.70 31.09	200m: 2:05.55 33.79	300m: 3:12.22 33.41	400m: 4:21.04 37.55
4. REDLIN Anna	08	Uks Delfin Jastarnia	<b>4:21.65</b>
50m: 28.40 28.40	150m: 1:34.27 34.02	250m: 2:42.68 34.34	350m: 3:50.22 33.50
100m: 1:00.25 31.85	200m: 2:08.34 34.07	300m: 3:16.72 34.04	400m: 4:21.65 31.43
5. BRESKA Helena	08	UKS Manta Ko cierzyna	<b>4:28.72</b>
50m: 29.69 29.69	150m: 1:34.72 33.36	250m: 2:44.67 35.39	350m: 3:54.94 34.32
100m: 1:01.36 31.67	200m: 2:09.28 34.56	300m: 3:20.62 35.95	400m: 4:28.72 33.78
6. NARKOWICZ Iga	08	Uks Delfin Jastarnia	<b>4:30.90</b>
50m: 30.22 30.22	150m: 1:39.57 35.02	250m: 2:50.25 35.09	350m: 3:59.13 34.38
100m: 1:04.55 34.33	200m: 2:15.16 35.59	300m: 3:24.75 34.50	400m: 4:30.90 31.77
7. STRZ PKA Olga	07	UKS Delfinek Chodzie	<b>4:35.25</b>
50m: 29.48 29.48	150m: 1:35.86 33.92	250m: 2:48.38 36.65	350m: 4:02.51 36.91
100m: 1:01.94 32.46	200m: 2:11.73 35.87	300m: 3:25.60 37.22	400m: 4:35.25 32.74
8. KORTH Martyna	08	Uks Delfin Jastarnia	<b>4:57.28</b>
50m: 35.02 35.02	150m: 1:50.16 38.68	250m: 3:08.81 39.25	350m: 4:25.57 37.93
100m: 1:11.48 36.46	200m: 2:29.56 39.40	300m: 3:47.64 38.83	400m: 4:57.28 31.71
NIE UK. RACZKOWSKA Maja	07	KS Nautilus Jastrzbie Zdrój	
50m: 28.04 28.04	150m: 1:31.38 32.31	250m:	350m:
100m: 59.07 31.03	200m: 2:03.96 32.58	300m:	400m:

18 lat i starsi

1. GRE Julia	04	UKS Manta Ko cierzyna	<b>4:08.28</b>
50m: 26.84 26.84	150m: 1:29.38 32.12	250m: 2:32.97 31.57	350m: 3:37.38 32.10
100m: 57.26 30.42	200m: 2:01.40 32.02	300m: 3:05.28 32.31	400m: 4:08.28 30.90
2. HUMERCZYK Marta	02	UKS Delfinek Chodzie	<b>4:31.16</b>
50m: 30.09 30.09	150m: 1:37.53 34.01	250m: 2:47.50 35.35	350m: 3:58.45 35.59
100m: 1:03.52 33.43	200m: 2:12.15 34.62	300m: 3:22.86 35.36	400m: 4:31.16 32.71