

Mistrzostwa Polski Seniorów i Juniorów gr. B i C w pływaniu w płetwach
Gliwice, 20- - 21-6-2015

Konkurencja 14
2015-06-20 - 18:25

Kobiet, 400 PP

Open
Wyniki

Rekord Polski Open	3:22.60	TRUSZCZY	SKA KATARZYNA	TORU	CZYK Toru	2011-08-01
Rekord Polski - 15	3:30.02	TRUSZCZY	SKA KATARZYNA	TORU	CZYK Toru	2005-08-01
Rekord Polski - 17	3:24.91	TRUSZCZY	SKA KATARZYNA	TORU	CZYK Toru	2007-08-01

Punkty: FINA 2014

Pozycja	Rok ur.	Czas	Pkt.
Kat. C			
1. Rzepka Zuzanna	01	3:46.65	
50m: 24.88 24.88	150m: 1:21.76 29.18	250m: 2:20.56 29.48	350m: 3:19.21 29.15
100m: 52.58 27.70	200m: 1:51.08 29.32	300m: 2:50.06 29.50	400m: 3:46.65 27.44
2. Rettig Agata	00	3:58.97	
50m: 25.17 25.17	150m: 1:24.76 30.84	250m: 2:27.97 31.10	350m: 3:29.50 30.18
100m: 53.92 28.75	200m: 1:56.87 32.11	300m: 2:59.32 31.35	400m: 3:58.97 29.47
3. Nowak Julia	01	4:02.72	
50m: 26.12 26.12	150m: 1:27.16 31.32	250m: 2:29.73 31.37	350m: 3:33.04 31.78
100m: 55.84 29.72	200m: 1:58.36 31.20	300m: 3:01.26 31.53	400m: 4:02.72 29.68
4. Płazi ska Wiktoria	01	4:07.75	
50m: 26.37 26.37	150m: 1:28.90 32.17	250m: 2:33.54 32.32	350m: 3:37.57 32.21
100m: 56.73 30.36	200m: 2:01.22 32.32	300m: 3:05.36 31.82	400m: 4:07.75 30.18
5. Gronkwska Agata	03	4:20.69	
50m: 30.03 30.03	150m: 1:36.13 33.14	250m: 2:43.36 33.83	350m: 3:49.46 32.94
100m: 1:02.99 32.96	200m: 2:09.53 33.40	300m: 3:16.52 33.16	400m: 4:20.69 31.23
6. Kloc Natalia	01	4:30.28	
50m: 29.81 29.81	150m: 1:38.09 34.49	250m: 2:48.82 35.55	350m: 3:58.81 35.13
100m: 1:03.60 33.79	200m: 2:13.27 35.18	300m: 3:23.68 34.86	400m: 4:30.28 31.47
7. Gostkowska Marta	01	4:48.45	
50m: 32.04 32.04	150m: 1:43.29 36.35	250m: 2:58.64 38.22	350m: 4:13.80 37.80
100m: 1:06.94 34.90	200m: 2:20.42 37.13	300m: 3:36.00 37.36	400m: 4:48.45 34.65
8. Łapucka Julia	01	5:03.15	
50m: 31.47 31.47	150m: 1:45.47 38.11	250m: 3:05.73 40.63	350m: 4:27.41 40.62
100m: 1:07.36 35.89	200m: 2:25.10 39.63	300m: 3:46.79 41.06	400m: 5:03.15 35.74
9. Lewandowska Zofia	01	5:04.51	
50m: 33.48 33.48	150m: 1:49.02 37.59	250m: 3:07.38 39.19	350m: 4:27.78 40.76
100m: 1:11.43 37.95	200m: 2:28.19 39.17	300m: 3:47.02 39.64	400m: 5:04.51 36.73
DYSKW. Sierakowska Karolina	02	4:46.87	
<i>Przekroczony 15m</i>			
50m: 30.97 30.97	150m: 1:44.04 39.00	250m: 2:59.11 37.68	350m: 4:12.55 36.31
100m: 1:05.04 34.07	200m: 2:21.43 37.39	300m: 3:36.24 37.13	400m: 4:46.87 34.32

Kat. B

1. Kasperek Aleksandra	98	3:45.08	
50m: 24.77 24.77	150m: 1:20.71 28.79	250m: 2:19.78 29.53	350m: 3:18.47 29.07
100m: 51.92 27.15	200m: 1:50.25 29.54	300m: 2:49.40 29.62	400m: 3:45.08 26.61
2. Rzepka Zuzanna	01	3:46.65	
50m: 24.88 24.88	150m: 1:21.76 29.18	250m: 2:20.56 29.48	350m: 3:19.21 29.15
100m: 52.58 27.70	200m: 1:51.08 29.32	300m: 2:50.06 29.50	400m: 3:46.65 27.44
3. Rettig Agata	00	3:58.97	
50m: 25.17 25.17	150m: 1:24.76 30.84	250m: 2:27.97 31.10	350m: 3:29.50 30.18
100m: 53.92 28.75	200m: 1:56.87 32.11	300m: 2:59.32 31.35	400m: 3:58.97 29.47
4. Strachanowska Helena	99	4:01.49	
50m: 26.63 26.63	150m: 1:27.12 30.72	250m: 2:30.62 31.63	350m: 3:32.26 30.51
100m: 56.40 29.77	200m: 1:58.99 31.87	300m: 3:01.75 31.13	400m: 4:01.49 29.23
5. Nowak Julia	01	4:02.72	
50m: 26.12 26.12	150m: 1:27.16 31.32	250m: 2:29.73 31.37	350m: 3:33.04 31.78
100m: 55.84 29.72	200m: 1:58.36 31.20	300m: 3:01.26 31.53	400m: 4:02.72 29.68

Mistrzostwa Polski Seniorów i Juniorów gr. B i C w pływaniu w płetwach
Gliwice, 20- - 21-6-2015

Konkurencja 14, Kobiet, 400 PP, Kat. B

Pozycja			Rok ur.					Czas	Pkt.
6.	Jagielska Agata		99	Laguna 24 Toru				4:03.18	
	50m:	25.56 25.56	150m:	1:27.17 31.21	250m:	2:30.99 31.99	350m:	3:34.15 31.53	
	100m:	55.96 30.40	200m:	1:59.00 31.83	300m:	3:02.62 31.63	400m:	4:03.18 29.03	
7.	Płazi ska Wiktoria		01	Oleckie Stowarzyszenie Nurkowe				4:07.75	
	50m:	26.37 26.37	150m:	1:28.90 32.17	250m:	2:33.54 32.32	350m:	3:37.57 32.21	
	100m:	56.73 30.36	200m:	2:01.22 32.32	300m:	3:05.36 31.82	400m:	4:07.75 30.18	
8.	Kasprzak Wiktoria		99	Oleckie Stowarzyszenie Nurkowe				4:19.66	
	50m:	29.58 29.58	150m:	1:35.10 33.20	250m:	2:42.56 33.82	350m:	3:49.57 33.32	
	100m:	1:01.90 32.32	200m:	2:08.74 33.64	300m:	3:16.25 33.69	400m:	4:19.66 30.09	
9.	Gronkwska Agata		03	Laguna 24 Toru				4:20.69	
	50m:	30.03 30.03	150m:	1:36.13 33.14	250m:	2:43.36 33.83	350m:	3:49.46 32.94	
	100m:	1:02.99 32.96	200m:	2:09.53 33.40	300m:	3:16.52 33.16	400m:	4:20.69 31.23	
10.	Kloc Natalia		01	Uks Rekin Wrocław				4:30.28	
	50m:	29.81 29.81	150m:	1:38.09 34.49	250m:	2:48.82 35.55	350m:	3:58.81 35.13	
	100m:	1:03.60 33.79	200m:	2:13.27 35.18	300m:	3:23.68 34.86	400m:	4:30.28 31.47	
11.	Szyma ska Anna		99	W.M."Bars"Gorzów				4:33.03	
	50m:	29.10 29.10	150m:	1:35.92 34.31	250m:	2:47.71 35.65	350m:	3:59.49 35.55	
	100m:	1:01.61 32.51	200m:	2:12.06 36.14	300m:	3:23.94 36.23	400m:	4:33.03 33.54	
12.	Gostkowska Marta		01	Uks Delfin Jastarnia				4:48.45	
	50m:	32.04 32.04	150m:	1:43.29 36.35	250m:	2:58.64 38.22	350m:	4:13.80 37.80	
	100m:	1:06.94 34.90	200m:	2:20.42 37.13	300m:	3:36.00 37.36	400m:	4:48.45 34.65	
13.	Wojciechowska Marcela		98	Oleckie Stowarzyszenie Nurkowe				4:58.23	
	50m:	31.90 31.90	150m:	1:46.11 38.38	250m:	3:05.23 39.68	350m:	4:21.58 38.08	
	100m:	1:07.73 35.83	200m:	2:25.55 39.44	300m:	3:43.50 38.27	400m:	4:58.23 36.65	
14.	Łapucka Julia		01	Oleckie Stowarzyszenie Nurkowe				5:03.15	
	50m:	31.47 31.47	150m:	1:45.47 38.11	250m:	3:05.73 40.63	350m:	4:27.41 40.62	
	100m:	1:07.36 35.89	200m:	2:25.10 39.63	300m:	3:46.79 41.06	400m:	5:03.15 35.74	
15.	Lewandowska Zofia		01	Laguna 24 Toru				5:04.51	
	50m:	33.48 33.48	150m:	1:49.02 37.59	250m:	3:07.38 39.19	350m:	4:27.78 40.76	
	100m:	1:11.43 37.95	200m:	2:28.19 39.17	300m:	3:47.02 39.64	400m:	5:04.51 36.73	
DYSKW.	Sierakowska Karolina		02	Laguna 24 Toru				4:46.87	
	<i>Przekroczony 15m</i>								
	50m:	30.97 30.97	150m:	1:44.04 39.00	250m:	2:59.11 37.68	350m:	4:12.55 36.31	
	100m:	1:05.04 34.07	200m:	2:21.43 37.39	300m:	3:36.24 37.13	400m:	4:46.87 34.32	

Kat. A

1.	Truszcz ska Katarzyna		90	MKP Toru czyk Toru				3:28.34	
	50m:	24.21 24.21	150m:	1:15.95 26.19	250m:	2:09.32 26.81	350m:	3:03.16 26.97	
	100m:	49.76 25.55	200m:	1:42.51 26.56	300m:	2:36.19 26.87	400m:	3:28.34 25.18	
2.	Struck Agata		95	Uks Delfin Jastarnia				3:43.89	
	50m:	24.80 24.80	150m:	1:19.79 27.82	250m:	2:18.26 29.56	350m:	3:16.97 29.26	
	100m:	51.97 27.17	200m:	1:48.70 28.91	300m:	2:47.71 29.45	400m:	3:43.89 26.92	
3.	Kasperek Aleksandra		98	KS Nautilus				3:45.08	
	50m:	24.77 24.77	150m:	1:20.71 28.79	250m:	2:19.78 29.53	350m:	3:18.47 29.07	
	100m:	51.92 27.15	200m:	1:50.25 29.54	300m:	2:49.40 29.62	400m:	3:45.08 26.61	
4.	Rzepka Zuzanna		01	KS Nautilus				3:46.65	
	50m:	24.88 24.88	150m:	1:21.76 29.18	250m:	2:20.56 29.48	350m:	3:19.21 29.15	
	100m:	52.58 27.70	200m:	1:51.08 29.32	300m:	2:50.06 29.50	400m:	3:46.65 27.44	
5.	Rettig Agata		00	UKS Delfinek 1 Chodzie				3:58.97	
	50m:	25.17 25.17	150m:	1:24.76 30.84	250m:	2:27.97 31.10	350m:	3:29.50 30.18	
	100m:	53.92 28.75	200m:	1:56.87 32.11	300m:	2:59.32 31.35	400m:	3:58.97 29.47	
6.	Strachanowska Helena		99	Uks Delfin Jastarnia				4:01.49	
	50m:	26.63 26.63	150m:	1:27.12 30.72	250m:	2:30.62 31.63	350m:	3:32.26 30.51	
	100m:	56.40 29.77	200m:	1:58.99 31.87	300m:	3:01.75 31.13	400m:	4:01.49 29.23	

Mistrzostwa Polski Seniorów i Juniorów gr. B i C w pływaniu w płetwach
Gliwice, 20- - 21-6-2015

Konkurencja 14, Kobiet, 400 PP, Kat. A

Pozycja			Rok ur.					Czas	Pkt.
7.	Nowak Julia		01	UKS Delfinek 1 Chodzie				4:02.72	
	50m:	26.12 26.12	150m:	1:27.16 31.32	250m:	2:29.73 31.37	350m:	3:33.04 31.78	
	100m:	55.84 29.72	200m:	1:58.36 31.20	300m:	3:01.26 31.53	400m:	4:02.72 29.68	
8.	Jagielska Agata		99	Laguna 24 Toru				4:03.18	
	50m:	25.56 25.56	150m:	1:27.17 31.21	250m:	2:30.99 31.99	350m:	3:34.15 31.53	
	100m:	55.96 30.40	200m:	1:59.00 31.83	300m:	3:02.62 31.63	400m:	4:03.18 29.03	
9.	Płazi ska Wiktoria		01	Oleckie Stowarzyszenie Nurkowe				4:07.75	
	50m:	26.37 26.37	150m:	1:28.90 32.17	250m:	2:33.54 32.32	350m:	3:37.57 32.21	
	100m:	56.73 30.36	200m:	2:01.22 32.32	300m:	3:05.36 31.82	400m:	4:07.75 30.18	
10.	Burak Martyna		97	Laguna 24 Toru				4:14.47	
	50m:	27.12 27.12	150m:	1:29.95 32.53	250m:	2:35.97 33.81	350m:	3:41.90 32.75	
	100m:	57.42 30.30	200m:	2:02.16 32.21	300m:	3:09.15 33.18	400m:	4:14.47 32.57	
11.	Kasprzak Wiktoria		99	Oleckie Stowarzyszenie Nurkowe				4:19.66	
	50m:	29.58 29.58	150m:	1:35.10 33.20	250m:	2:42.56 33.82	350m:	3:49.57 33.32	
	100m:	1:01.90 32.32	200m:	2:08.74 33.64	300m:	3:16.25 33.69	400m:	4:19.66 30.09	
12.	Gronkwska Agata		03	Laguna 24 Toru				4:20.69	
	50m:	30.03 30.03	150m:	1:36.13 33.14	250m:	2:43.36 33.83	350m:	3:49.46 32.94	
	100m:	1:02.99 32.96	200m:	2:09.53 33.40	300m:	3:16.52 33.16	400m:	4:20.69 31.23	
13.	Kloc Natalia		01	Uks Rekin Wrocław				4:30.28	
	50m:	29.81 29.81	150m:	1:38.09 34.49	250m:	2:48.82 35.55	350m:	3:58.81 35.13	
	100m:	1:03.60 33.79	200m:	2:13.27 35.18	300m:	3:23.68 34.86	400m:	4:30.28 31.47	
14.	Szyma ska Anna		99	W.M."Bars"Gorzów				4:33.03	
	50m:	29.10 29.10	150m:	1:35.92 34.31	250m:	2:47.71 35.65	350m:	3:59.49 35.55	
	100m:	1:01.61 32.51	200m:	2:12.06 36.14	300m:	3:23.94 36.23	400m:	4:33.03 33.54	
15.	Gostkowska Marta		01	Uks Delfin Jastarnia				4:48.45	
	50m:	32.04 32.04	150m:	1:43.29 36.35	250m:	2:58.64 38.22	350m:	4:13.80 37.80	
	100m:	1:06.94 34.90	200m:	2:20.42 37.13	300m:	3:36.00 37.36	400m:	4:48.45 34.65	
16.	Wojciechowska Marcela		98	Oleckie Stowarzyszenie Nurkowe				4:58.23	
	50m:	31.90 31.90	150m:	1:46.11 38.38	250m:	3:05.23 39.68	350m:	4:21.58 38.08	
	100m:	1:07.73 35.83	200m:	2:25.55 39.44	300m:	3:43.50 38.27	400m:	4:58.23 36.65	
17.	Łapucka Julia		01	Oleckie Stowarzyszenie Nurkowe				5:03.15	
	50m:	31.47 31.47	150m:	1:45.47 38.11	250m:	3:05.73 40.63	350m:	4:27.41 40.62	
	100m:	1:07.36 35.89	200m:	2:25.10 39.63	300m:	3:46.79 41.06	400m:	5:03.15 35.74	
18.	Lewandowska Zofia		01	Laguna 24 Toru				5:04.51	
	50m:	33.48 33.48	150m:	1:49.02 37.59	250m:	3:07.38 39.19	350m:	4:27.78 40.76	
	100m:	1:11.43 37.95	200m:	2:28.19 39.17	300m:	3:47.02 39.64	400m:	5:04.51 36.73	
DYSKW.	Sierakowska Karolina		02	Laguna 24 Toru				4:46.87	
	<i>Przekroczony 15m</i>								
	50m:	30.97 30.97	150m:	1:44.04 39.00	250m:	2:59.11 37.68	350m:	4:12.55 36.31	
	100m:	1:05.04 34.07	200m:	2:21.43 37.39	300m:	3:36.24 37.13	400m:	4:46.87 34.32	