

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

Konkurencja 6 Kobiet, 400 PW Open Wyniki  
2015-06-20 - 12:55

Rekord Polski Open	3:13.41	TRUSZCZY SKA KATARZYNA	KS LAGUNA 24 Toru	2013-08-01
Rekord Polski - 15	3:42.89	KABELIS ALEKSANDRA	WKS FLOTA Gdynia	2007-07-01
Rekord Polski - 17	3:32.85	HINZ NATALIE	KS LAGUNA 24 Toru	2006-07-01

Punkty: FINA 2014

Pozycja Rok ur. Czas Pkt.

Kat. C

1. Rettig Agata	00	UKS Delfinek 1 Chodzie	<b>4:12.31</b>
50m: 29.87 29.87	150m: 1:29.92 30.84	250m: 2:35.35 33.17	350m: 3:40.65 32.59
100m: 59.08 29.21	200m: 2:02.18 32.26	300m: 3:08.06 32.71	400m: 4:12.31 31.66

Kat. B

1. Kozankiewicz Weronika	99	Laguna 24 Toru	<b>4:07.32</b>
50m: 25.97 25.97	150m: 1:25.81 31.36	250m: 2:30.89 32.66	350m: 3:35.61 32.35
100m: 54.45 28.48	200m: 1:58.23 32.42	300m: 3:03.26 32.37	400m: 4:07.32 31.71
2. Rettig Agata	00	UKS Delfinek 1 Chodzie	<b>4:12.31</b>
50m: 29.87 29.87	150m: 1:29.92 30.84	250m: 2:35.35 33.17	350m: 3:40.65 32.59
100m: 59.08 29.21	200m: 2:02.18 32.26	300m: 3:08.06 32.71	400m: 4:12.31 31.66
3. Kohnke Julia	99	Uks Delfin Jastarnia	<b>4:20.56</b>
50m: 29.07 29.07	150m: 1:33.18 33.71	250m: 2:39.37 33.18	350m: 3:47.01 33.61
100m: 59.47 30.40	200m: 2:06.19 33.01	300m: 3:13.40 34.03	400m: 4:20.56 33.55

Kat. C

1. Truszczyska Katarzyna	90	MKP Toru czyk Toru	<b>3:16.90</b>
50m: 22.82 22.82	150m: 1:11.02 24.46	250m: 2:01.56 25.17	350m: 2:52.70 25.74
100m: 46.56 23.74	200m: 1:36.39 25.37	300m: 2:26.96 25.40	400m: 3:16.90 24.20
2. Kozankiewicz Weronika	99	Laguna 24 Toru	<b>4:07.32</b>
50m: 25.97 25.97	150m: 1:25.81 31.36	250m: 2:30.89 32.66	350m: 3:35.61 32.35
100m: 54.45 28.48	200m: 1:58.23 32.42	300m: 3:03.26 32.37	400m: 4:07.32 31.71
3. Rettig Agata	00	UKS Delfinek 1 Chodzie	<b>4:12.31</b>
50m: 29.87 29.87	150m: 1:29.92 30.84	250m: 2:35.35 33.17	350m: 3:40.65 32.59
100m: 59.08 29.21	200m: 2:02.18 32.26	300m: 3:08.06 32.71	400m: 4:12.31 31.66
4. Kohnke Julia	99	Uks Delfin Jastarnia	<b>4:20.56</b>
50m: 29.07 29.07	150m: 1:33.18 33.71	250m: 2:39.37 33.18	350m: 3:47.01 33.61
100m: 59.47 30.40	200m: 2:06.19 33.01	300m: 3:13.40 34.03	400m: 4:20.56 33.55