

# Mistrzostwa Polski Seniorów i Juniorów gr. B i C w pływaniu w pletwach.



Konkurencja 14  
04.06.2016 - 18:25

Kobiet, 400 PP

Open  
Wyniki

Rekord Polski Open	3:22.60	TRUSZCZY	SKA KATARZYNA	TORU	CZYK Toru	01.08.2011
Rekord Polski - 15	3:30.02	TRUSZCZY	SKA KATARZYNA	TORU	CZYK Toru	01.08.2005
Rekord Polski - 17	3:24.91	TRUSZCZY	SKA KATARZYNA	TORU	CZYK Toru	01.08.2007

Punkty: FINA 2014

Pozycja	Rok ur.	Czas	Pkt.
<b>Kat. C</b>			
1. Płazi ska Wiktoria	01	Osn Amfiprion Olecko	<b>3:52.23</b>
50m: 24.96 24.96	150m: 1:22.23 29.26	250m: 2:21.77 29.93	350m: 3:22.63 30.41
100m: 52.97 28.01	200m: 1:51.84 29.61	300m: 2:52.22 30.45	400m: 3:52.23 29.60
2. Nowak Julia	01	UKS Delfinek Chodzie	<b>3:59.13</b>
50m: 25.29 25.29	150m: 1:25.26 30.73	250m: 2:27.48 31.03	350m: 3:29.50 31.06
100m: 54.53 29.24	200m: 1:56.45 31.19	300m: 2:58.44 30.96	400m: 3:59.13 29.63
3. Kloc Natalia	01	Uks Rekin Wrocław	<b>4:22.35</b>
50m: 28.04 28.04	150m: 1:32.11 33.32	250m: 2:41.63 34.90	350m: 3:50.56 34.92
100m: 58.79 30.75	200m: 2:06.73 34.62	300m: 3:15.64 34.01	400m: 4:22.35 31.79
4. Saczko Wiktoria	02	Uks Delfin Jastarnia	<b>5:24.72</b>
50m: 34.04 34.04	150m: 1:55.82 41.92	250m: 3:21.88 42.98	350m: 4:46.53 41.31
100m: 1:13.90 39.86	200m: 2:38.90 43.08	300m: 4:05.22 43.34	400m: 5:24.72 38.19
DYSKW. Rzepka Zuzanna	01	KS Nautilus	<b>3:34.72</b>
<i>Przekroczenie 15 m</i>			
50m: 24.63 24.63	150m: 1:16.99 26.42	250m: 2:12.61 27.90	350m: 3:09.27 28.02
100m: 50.57 25.94	200m: 1:44.71 27.72	300m: 2:41.25 28.64	400m: 3:34.72 25.45

**Kat. B**

1. Rettig Agata	00	UKS Delfinek Chodzie	<b>3:40.88</b>
50m: 24.23 24.23	150m: 1:20.56 28.81	250m: 2:18.56 28.77	350m: 3:14.76 27.81
100m: 51.75 27.52	200m: 1:49.79 29.23	300m: 2:46.95 28.39	400m: 3:40.88 26.12
2. Płazi ska Wiktoria	01	Osn Amfiprion Olecko	<b>3:52.23</b>
50m: 24.96 24.96	150m: 1:22.23 29.26	250m: 2:21.77 29.93	350m: 3:22.63 30.41
100m: 52.97 28.01	200m: 1:51.84 29.61	300m: 2:52.22 30.45	400m: 3:52.23 29.60
3. Jagielska Agata	99	K.S. Laguna 24 Toru	<b>3:55.00</b>
50m: 25.76 25.76	150m: 1:24.48 29.74	250m: 2:25.21 29.94	350m: 3:27.18 31.10
100m: 54.74 28.98	200m: 1:55.27 30.79	300m: 2:56.08 30.87	400m: 3:55.00 27.82
4. Strachanowska Helena	99	Uks Delfin Jastarnia	<b>3:56.61</b>
50m: 26.74 26.74	150m: 1:27.01 30.26	250m: 2:29.71 31.30	350m: 3:30.14 29.03
100m: 56.75 30.01	200m: 1:58.41 31.40	300m: 3:01.11 31.40	400m: 3:56.61 26.47
5. Jopp Matylda	99	Uks Rekin Wrocław	<b>3:56.84</b>
50m: 25.42 25.42	150m: 1:24.54 30.73	250m: 2:26.96 31.43	350m: 3:28.18 30.35
100m: 53.81 28.39	200m: 1:55.53 30.99	300m: 2:57.83 30.87	400m: 3:56.84 28.66
6. Nowak Julia	01	UKS Delfinek Chodzie	<b>3:59.13</b>
50m: 25.29 25.29	150m: 1:25.26 30.73	250m: 2:27.48 31.03	350m: 3:29.50 31.06
100m: 54.53 29.24	200m: 1:56.45 31.19	300m: 2:58.44 30.96	400m: 3:59.13 29.63
7. Wasilewicz Julia	00	Wielkopolski Klub Sportowy	<b>4:22.22</b>
50m: 25.60 25.60	150m: 1:27.23 32.29	250m: 2:36.94 35.58	350m: 3:48.14 35.75
100m: 54.94 29.34	200m: 2:01.36 34.13	300m: 3:12.39 35.45	400m: 4:22.22 34.08
8. Kloc Natalia	01	Uks Rekin Wrocław	<b>4:22.35</b>
50m: 28.04 28.04	150m: 1:32.11 33.32	250m: 2:41.63 34.90	350m: 3:50.56 34.92
100m: 58.79 30.75	200m: 2:06.73 34.62	300m: 3:15.64 34.01	400m: 4:22.35 31.79
9. Saczko Wiktoria	02	Uks Delfin Jastarnia	<b>5:24.72</b>
50m: 34.04 34.04	150m: 1:55.82 41.92	250m: 3:21.88 42.98	350m: 4:46.53 41.31
100m: 1:13.90 39.86	200m: 2:38.90 43.08	300m: 4:05.22 43.34	400m: 5:24.72 38.19

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## Konkurencja 14, Kobiet, 400 PP, Kat. B

Pozycja			Rok ur.					Czas	Pkt.			
DYSKW.	Rzepka Zuzanna		01	KS Nautilus				<b>3:34.72</b>				
	<i>Przekroczenie 15 m</i>											
	50m:	24.63	24.63	150m:	1:16.99	26.42	250m:	2:12.61	27.90	350m:	3:09.27	28.02
	100m:	50.57	25.94	200m:	1:44.71	27.72	300m:	2:41.25	28.64	400m:	3:34.72	25.45

## Kat. A

1.	Truszczyska Katarzyna		90	Toru czyk Toru						<b>3:30.64</b>		
	50m:	24.17	24.17	150m:	1:15.45	25.99	250m:	2:09.22	27.10	350m:	3:04.10	27.46
	100m:	49.46	25.29	200m:	1:42.12	26.67	300m:	2:36.64	27.42	400m:	3:30.64	26.54
2.	Struck Agata		95	Uks Delfin Jastarnia						<b>3:34.59</b>		
	50m:	24.10	24.10	150m:	1:16.94	26.63	250m:	2:12.41	27.98	350m:	3:08.71	27.83
	100m:	50.31	26.21	200m:	1:44.43	27.49	300m:	2:40.88	28.47	400m:	3:34.59	25.88
3.	Rettig Agata		00	UKS Delfinek Chodzie						<b>3:40.88</b>		
	50m:	24.23	24.23	150m:	1:20.56	28.81	250m:	2:18.56	28.77	350m:	3:14.76	27.81
	100m:	51.75	27.52	200m:	1:49.79	29.23	300m:	2:46.95	28.39	400m:	3:40.88	26.12
4.	Płazi ska Wiktoria		01	Osn Amfiprion Olecko						<b>3:52.23</b>		
	50m:	24.96	24.96	150m:	1:22.23	29.26	250m:	2:21.77	29.93	350m:	3:22.63	30.41
	100m:	52.97	28.01	200m:	1:51.84	29.61	300m:	2:52.22	30.45	400m:	3:52.23	29.60
5.	Jagielska Agata		99	K.S. Laguna 24 Toru						<b>3:55.00</b>		
	50m:	25.76	25.76	150m:	1:24.48	29.74	250m:	2:25.21	29.94	350m:	3:27.18	31.10
	100m:	54.74	28.98	200m:	1:55.27	30.79	300m:	2:56.08	30.87	400m:	3:55.00	27.82
6.	Strachanowska Helena		99	Uks Delfin Jastarnia						<b>3:56.61</b>		
	50m:	26.74	26.74	150m:	1:27.01	30.26	250m:	2:29.71	31.30	350m:	3:30.14	29.03
	100m:	56.75	30.01	200m:	1:58.41	31.40	300m:	3:01.11	31.40	400m:	3:56.61	26.47
7.	Jopp Matylda		99	Uks Rekin Wrocław						<b>3:56.84</b>		
	50m:	25.42	25.42	150m:	1:24.54	30.73	250m:	2:26.96	31.43	350m:	3:28.18	30.35
	100m:	53.81	28.39	200m:	1:55.53	30.99	300m:	2:57.83	30.87	400m:	3:56.84	28.66
8.	Nowak Julia		01	UKS Delfinek Chodzie						<b>3:59.13</b>		
	50m:	25.29	25.29	150m:	1:25.26	30.73	250m:	2:27.48	31.03	350m:	3:29.50	31.06
	100m:	54.53	29.24	200m:	1:56.45	31.19	300m:	2:58.44	30.96	400m:	3:59.13	29.63
9.	Wasilewicz Julia		00	Wielkopolski Klub Sportowy						<b>4:22.22</b>		
	50m:	25.60	25.60	150m:	1:27.23	32.29	250m:	2:36.94	35.58	350m:	3:48.14	35.75
	100m:	54.94	29.34	200m:	2:01.36	34.13	300m:	3:12.39	35.45	400m:	4:22.22	34.08
10.	Kloc Natalia		01	Uks Rekin Wrocław						<b>4:22.35</b>		
	50m:	28.04	28.04	150m:	1:32.11	33.32	250m:	2:41.63	34.90	350m:	3:50.56	34.92
	100m:	58.79	30.75	200m:	2:06.73	34.62	300m:	3:15.64	34.01	400m:	4:22.35	31.79
11.	Wojciechowska Marcela		98	Osn Amfiprion Olecko						<b>4:57.28</b>		
	50m:	32.21	32.21	150m:	1:48.07	39.53	250m:	3:06.79	38.84	350m:	4:23.99	36.98
	100m:	1:08.54	36.33	200m:	2:27.95	39.88	300m:	3:47.01	40.22	400m:	4:57.28	33.29
12.	Saczko Wiktoria		02	Uks Delfin Jastarnia						<b>5:24.72</b>		
	50m:	34.04	34.04	150m:	1:55.82	41.92	250m:	3:21.88	42.98	350m:	4:46.53	41.31
	100m:	1:13.90	39.86	200m:	2:38.90	43.08	300m:	4:05.22	43.34	400m:	5:24.72	38.19
DYSKW.	Rzepka Zuzanna		01	KS Nautilus				<b>3:34.72</b>				
	<i>Przekroczenie 15 m</i>											
	50m:	24.63	24.63	150m:	1:16.99	26.42	250m:	2:12.61	27.90	350m:	3:09.27	28.02
	100m:	50.57	25.94	200m:	1:44.71	27.72	300m:	2:41.25	28.64	400m:	3:34.72	25.45