

Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach  
5-6 czerwiec 2021 Gliwice

Konkurencja 17  
05.06.2021 - 19:09

Kobiet, 400 PP

Open  
Wyniki

Punkty: FINA 2018

Pozycja			Rok ur.					Czas	Pkt.			
<b>Open</b>												
1.	Truszczyska-Gzyl Katarzyna		90	UKS Tri-Sea Mewa Władysławowo				<b>3:39.27</b>				
	50m:	24.70	24.70	150m:	1:18.56	27.51	250m:	2:16.25	29.02	350m:	3:13.51	28.44
	100m:	51.05	26.35	200m:	1:47.23	28.67	300m:	2:45.07	28.82	400m:	3:39.27	25.76
2.	Struck Agata		95	Uks Delfin Jastarnia				<b>3:40.67</b>				
	50m:	24.76	24.76	150m:	1:19.10	27.43	250m:	2:16.93	29.31	350m:	3:14.44	28.46
	100m:	51.67	26.91	200m:	1:47.62	28.52	300m:	2:45.98	29.05	400m:	3:40.67	26.23
3.	Biszewska Gabriela		05	IKS Herkules				<b>3:54.26</b>				
	50m:	25.80	25.80	150m:	1:24.77	30.27	250m:	2:26.39	31.27	350m:	3:26.94	29.86
	100m:	54.50	28.70	200m:	1:55.12	30.35	300m:	2:57.08	30.69	400m:	3:54.26	27.32
4.	Bukowiska Aleksandra		06	UKS Delfinek Chodzie				<b>3:54.88</b>				
	50m:	26.14	26.14	150m:	1:24.47	29.46	250m:	2:24.56	29.85	350m:	3:25.39	30.17
	100m:	55.01	28.87	200m:	1:54.71	30.24	300m:	2:55.22	30.66	400m:	3:54.88	29.49
5.	Pietraszak Michalina		06	UKS Delfinek Chodzie				<b>4:05.26</b>				
	50m:	27.09	27.09	150m:	1:28.75	31.46	250m:	2:32.75	32.40	350m:	3:36.07	31.96
	100m:	57.29	30.20	200m:	2:00.35	31.60	300m:	3:04.11	31.36	400m:	4:05.26	29.19
6.	Nowakowska Nikola		07	UKS Delfinek Chodzie				<b>4:07.45</b>				
	50m:	26.30	26.30	150m:	1:29.38	32.45	250m:	2:34.28	32.33	350m:	3:38.84	32.44
	100m:	56.93	30.63	200m:	2:01.95	32.57	300m:	3:06.40	32.12	400m:	4:07.45	28.61
7.	Kohnke Nicole		07	Uks Delfin Jastarnia				<b>4:11.01</b>				
	50m:	30.65	30.65	150m:	1:35.09	32.23	250m:	2:39.02	31.90	350m:	3:41.96	31.68
	100m:	1:02.86	32.21	200m:	2:07.12	32.03	300m:	3:10.28	31.26	400m:	4:11.01	29.05
8.	Guziska Olga		06	UKS Manta Ko cierzyna				<b>4:13.16</b>				
	50m:	27.36	27.36	150m:	1:30.11	32.17	250m:	2:35.87	32.73	350m:	3:41.71	33.10
	100m:	57.94	30.58	200m:	2:03.14	33.03	300m:	3:08.61	32.74	400m:	4:13.16	31.45
9.	Turzyska Alicja		07	Uks Delfin Jastarnia				<b>4:13.85</b>				
	50m:	29.76	29.76	150m:	1:34.12	32.58	250m:	2:39.46	33.08	350m:	3:43.69	31.36
	100m:	1:01.54	31.78	200m:	2:06.38	32.26	300m:	3:12.33	32.87	400m:	4:13.85	30.16
10.	Bestry Olivia		08	Laguna 24 Toru				<b>4:26.93</b>				
	50m:	28.43	28.43	150m:	1:32.48	32.97	250m:	2:42.49	34.84	350m:	3:53.46	34.91
	100m:	59.51	31.08	200m:	2:07.65	35.17	300m:	3:18.55	36.06	400m:	4:26.93	33.47
11.	Raniszevska Maja		05	Laguna 24 Toru				<b>4:27.91</b>				
	50m:	28.65	28.65	150m:	1:32.80	32.91	250m:	2:42.86	34.61	350m:	3:54.12	35.49
	100m:	59.89	31.24	200m:	2:08.25	35.45	300m:	3:18.63	35.77	400m:	4:27.91	33.79
12.	Baczyska Amelia		09	UKS Delfinek Chodzie				<b>4:29.23</b>				
	50m:	29.23	29.23	150m:	1:38.10	35.22	250m:	2:49.94	35.94	350m:	3:58.36	33.08
	100m:	1:02.88	33.65	200m:	2:14.00	35.90	300m:	3:25.28	35.34	400m:	4:29.23	30.87
13.	Narkowicz Iga		08	Uks Delfin Jastarnia				<b>4:36.07</b>				
	50m:	28.31	28.31	150m:	1:37.15	35.17	250m:	2:51.12	37.17	350m:	4:03.10	35.99
	100m:	1:01.98	33.67	200m:	2:13.95	36.80	300m:	3:27.11	35.99	400m:	4:36.07	32.97
14.	Palczak Milena		09	UKS Rekin Wrocław				<b>4:37.38</b>				
	50m:	31.27	31.27	150m:	1:41.55	35.84	250m:	2:53.49	35.90	350m:	4:04.83	35.48
	100m:	1:05.71	34.44	200m:	2:17.59	36.04	300m:	3:29.35	35.86	400m:	4:37.38	32.55
15.	Panuszko Lidia		10	OSN Amfiprion Olecko				<b>4:39.78</b>				
	50m:	28.30	28.30	150m:	1:36.32	35.01	250m:	2:50.93	37.35	350m:	4:05.71	36.52
	100m:	1:01.31	33.01	200m:	2:13.58	37.26	300m:	3:29.19	38.26	400m:	4:39.78	34.07
16.	Drobiszewska Nikola		08	OSN Amfiprion Olecko				<b>4:58.58</b>				
	50m:	32.37	32.37	150m:	1:48.54	39.00	250m:	3:07.44	38.87	350m:	4:24.04	37.83
	100m:	1:09.54	37.17	200m:	2:28.57	40.03	300m:	3:46.21	38.77	400m:	4:58.58	34.54
17.	Bielecka Kornelia		10	UKS Delfinek Chodzie				<b>5:05.04</b>				
	50m:	32.36	32.36	150m:	1:49.57	39.93	250m:	3:10.71	40.75	350m:	4:29.33	39.01
	100m:	1:09.64	37.28	200m:	2:29.96	40.39	300m:	3:50.32	39.61	400m:	5:05.04	35.71

Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach  
5-6 czerwiec 2021 Gliwice

Konkurencja 17, Kobiet, 400 PP

Rocznik 2004 - 2005

1. Biszewska Gabriela	05	IKS Herkules	<b>3:54.26</b>
50m: 25.80 25.80	150m: 1:24.77	30.27 250m: 2:26.39	31.27 350m: 3:26.94
100m: 54.50 28.70	200m: 1:55.12	30.35 300m: 2:57.08	30.69 400m: 3:54.26
29.86			27.32
2. Raniszewska Maja	05	Laguna 24 Toru	<b>4:27.91</b>
50m: 28.65 28.65	150m: 1:32.80	32.91 250m: 2:42.86	34.61 350m: 3:54.12
100m: 59.89 31.24	200m: 2:08.25	35.45 300m: 3:18.63	35.77 400m: 4:27.91
35.49			33.79

Rocznik 2006 - 2007

1. Bukowska Aleksandra	06	UKS Delfinek Chodzie	<b>3:54.88</b>
50m: 26.14 26.14	150m: 1:24.47	29.46 250m: 2:24.56	29.85 350m: 3:25.39
100m: 55.01 28.87	200m: 1:54.71	30.24 300m: 2:55.22	30.66 400m: 3:54.88
30.17			29.49
2. Pietraszak Michalina	06	UKS Delfinek Chodzie	<b>4:05.26</b>
50m: 27.09 27.09	150m: 1:28.75	31.46 250m: 2:32.75	32.40 350m: 3:36.07
100m: 57.29 30.20	200m: 2:00.35	31.60 300m: 3:04.11	31.36 400m: 4:05.26
31.96			29.19
3. Nowakowska Nikola	07	UKS Delfinek Chodzie	<b>4:07.45</b>
50m: 26.30 26.30	150m: 1:29.38	32.45 250m: 2:34.28	32.33 350m: 3:38.84
100m: 56.93 30.63	200m: 2:01.95	32.57 300m: 3:06.40	32.12 400m: 4:07.45
32.44			28.61
4. Kohnke Nicole	07	Uks Delfin Jastarnia	<b>4:11.01</b>
50m: 30.65 30.65	150m: 1:35.09	32.23 250m: 2:39.02	31.90 350m: 3:41.96
100m: 1:02.86 32.21	200m: 2:07.12	32.03 300m: 3:10.28	31.26 400m: 4:11.01
31.68			29.05
5. Guzińska Olga	06	UKS Manta Kościerzyna	<b>4:13.16</b>
50m: 27.36 27.36	150m: 1:30.11	32.17 250m: 2:35.87	32.73 350m: 3:41.71
100m: 57.94 30.58	200m: 2:03.14	33.03 300m: 3:08.61	32.74 400m: 4:13.16
33.10			31.45
6. Turzyńska Alicja	07	Uks Delfin Jastarnia	<b>4:13.85</b>
50m: 29.76 29.76	150m: 1:34.12	32.58 250m: 2:39.46	33.08 350m: 3:43.69
100m: 1:01.54 31.78	200m: 2:06.38	32.26 300m: 3:12.33	32.87 400m: 4:13.85
31.36			30.16

Rocznik 2008 - 2009

1. Bestry Olivia	08	Laguna 24 Toru	<b>4:26.93</b>
50m: 28.43 28.43	150m: 1:32.48	32.97 250m: 2:42.49	34.84 350m: 3:53.46
100m: 59.51 31.08	200m: 2:07.65	35.17 300m: 3:18.55	36.06 400m: 4:26.93
34.91			33.47
2. Baczyńska Amelia	09	UKS Delfinek Chodzie	<b>4:29.23</b>
50m: 29.23 29.23	150m: 1:38.10	35.22 250m: 2:49.94	35.94 350m: 3:58.36
100m: 1:02.88 33.65	200m: 2:14.00	35.90 300m: 3:25.28	35.34 400m: 4:29.23
33.08			30.87
3. Narkowicz Iga	08	Uks Delfin Jastarnia	<b>4:36.07</b>
50m: 28.31 28.31	150m: 1:37.15	35.17 250m: 2:51.12	37.17 350m: 4:03.10
100m: 1:01.98 33.67	200m: 2:13.95	36.80 300m: 3:27.11	35.99 400m: 4:36.07
35.99			32.97
4. Palczak Milena	09	UKS Rekin Wrocław	<b>4:37.38</b>
50m: 31.27 31.27	150m: 1:41.55	35.84 250m: 2:53.49	35.90 350m: 4:04.83
100m: 1:05.71 34.44	200m: 2:17.59	36.04 300m: 3:29.35	35.86 400m: 4:37.38
35.48			32.55
5. Drobiszewska Nikola	08	OSN Amfiprion Olecko	<b>4:58.58</b>
50m: 32.37 32.37	150m: 1:48.54	39.00 250m: 3:07.44	38.87 350m: 4:24.04
100m: 1:09.54 37.17	200m: 2:28.57	40.03 300m: 3:46.21	38.77 400m: 4:58.58
37.83			34.54

2010 i młodszy

1. Panuszko Lidia	10	OSN Amfiprion Olecko	<b>4:39.78</b>
50m: 28.30 28.30	150m: 1:36.32	35.01 250m: 2:50.93	37.35 350m: 4:05.71
100m: 1:01.31 33.01	200m: 2:13.58	37.26 300m: 3:29.19	38.26 400m: 4:39.78
36.52			34.07
2. Bielecka Kornelia	10	UKS Delfinek Chodzie	<b>5:05.04</b>
50m: 32.36 32.36	150m: 1:49.57	39.93 250m: 3:10.71	40.75 350m: 4:29.33
100m: 1:09.64 37.28	200m: 2:29.96	40.39 300m: 3:50.32	39.61 400m: 5:05.04
39.01			35.71