

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

Konkurencja 22
06.06.2021 - 10:28

Kobiet, 400 BF

Open
Wyniki

Punkty: FINA 2018

Pozycja			Rok ur.					Czas	Pkt.
Open									
1.	Chmielewska Aleksandra		06	IKS Herkules				3:56.17	
	50m:	28.14 28.14	150m:	1:26.48 29.15	250m:	2:26.37 30.13	350m:	3:26.91 30.47	
	100m:	57.33 29.19	200m:	1:56.24 29.76	300m:	2:56.44 30.07	400m:	3:56.17 29.26	
2.	Gwaj Julia		04	IKS Herkules				4:05.65	
	50m:	27.85 27.85	150m:	1:31.12 32.03	250m:	2:35.06 31.72	350m:	3:36.27 30.01	
	100m:	59.09 31.24	200m:	2:03.34 32.22	300m:	3:06.26 31.20	400m:	4:05.65 29.38	
3.	Gre Julia		04	UKS Manta Ko cierzyna				4:08.13	
	50m:	26.96 26.96	150m:	1:28.64 31.44	250m:	2:33.66 32.72	350m:	3:38.22 32.03	
	100m:	57.20 30.24	200m:	2:00.94 32.30	300m:	3:06.19 32.53	400m:	4:08.13 29.91	
4.	Sikora Balbina		04	UKS Manta Ko cierzyna				4:09.86	
	50m:	28.73 28.73	150m:	1:31.54 31.89	250m:	2:36.99 32.78	350m:	3:40.51 31.23	
	100m:	59.65 30.92	200m:	2:04.21 32.67	300m:	3:09.28 32.29	400m:	4:09.86 29.35	
5.	Tartanus Nina		07	UKS Tri-Sea Mewa Władysławowo				4:20.97	
	50m:	29.30 29.30	150m:	1:34.16 32.58	250m:	2:40.96 33.36	350m:	3:48.08 33.48	
	100m:	1:01.58 32.28	200m:	2:07.60 33.44	300m:	3:14.60 33.64	400m:	4:20.97 32.89	
6.	Tusk Weronika		05	UKS Tri-Sea Mewa Władysławowo				4:29.76	
	50m:	32.31 32.31	150m:	1:41.83 34.66	250m:	2:51.76 34.68	350m:	3:59.04 33.46	
	100m:	1:07.17 34.86	200m:	2:17.08 35.25	300m:	3:25.58 33.82	400m:	4:29.76 30.72	
7.	Gembiak Natalia		07	UKS Delfinek Chodzie				4:29.80	
	50m:	31.17 31.17	150m:	1:40.52	250m:	2:51.77	350m:	4:01.04 33.80	
	100m:		200m:		300m:	3:27.24 35.47	400m:	4:29.80 28.76	
8.	Strz pka Olga		07	UKS Delfinek Chodzie				4:32.51	
	50m:	31.52 31.52	150m:	1:41.20 35.11	250m:	2:52.69 35.63	350m:	4:02.25 34.04	
	100m:	1:06.09 34.57	200m:	2:17.06 35.86	300m:	3:28.21 35.52	400m:	4:32.51 30.26	
9.	Chodyna Kinga		01	OSN Amfiprion Olecko				4:32.60	
	50m:	29.15 29.15	150m:	1:35.19 33.60	250m:	2:45.44 35.45	350m:	3:57.48 36.53	
	100m:	1:01.59 32.44	200m:	2:09.99 34.80	300m:	3:20.95 35.51	400m:	4:32.60 35.12	
10.	Łapucka Ewa		04	OSN Amfiprion Olecko				4:34.89	
	50m:	27.40 27.40	150m:	1:37.33 35.58	250m:	2:50.76 36.61	350m:	4:02.14 35.43	
	100m:	1:01.75 34.35	200m:	2:14.15 36.82	300m:	3:26.71 35.95	400m:	4:34.89 32.75	
11.	Dudek Krzysztofa		08	UKS Delfinek Chodzie				4:36.43	
	50m:	33.25 33.25	150m:	1:45.52 35.72	250m:	2:56.04 34.46	350m:	4:04.10 34.20	
	100m:	1:09.80 36.55	200m:	2:21.58 36.06	300m:	3:29.90 33.86	400m:	4:36.43 32.33	
12.	Narkowicz Iga		08	Uks Delfin Jastarnia				4:39.42	
	50m:	30.12 30.12	150m:	1:41.95 36.81	250m:	2:56.31 37.16	350m:	4:07.17 34.62	
	100m:	1:05.14 35.02	200m:	2:19.15 37.20	300m:	3:32.55 36.24	400m:	4:39.42 32.25	
13.	Kohnke Nicole		07	Uks Delfin Jastarnia				4:44.40	
	50m:	32.80 32.80	150m:	1:44.84 36.68	250m:	2:58.69 37.11	350m:	4:11.05 35.71	
	100m:	1:08.16 35.36	200m:	2:21.58 36.74	300m:	3:35.34 36.65	400m:	4:44.40 33.35	
14.	Naszkiewicz Inga		09	MUKS PIORUN Gołdap				4:45.38	
	50m:	30.97 30.97	150m:	1:44.47 37.25	250m:	2:57.31 36.38	350m:	4:11.01 36.63	
	100m:	1:07.22 36.25	200m:	2:20.93 36.46	300m:	3:34.38 37.07	400m:	4:45.38 34.37	
15.	Turzy ska Alicja		07	Uks Delfin Jastarnia				4:46.57	
	50m:	32.73 32.73	150m:	1:47.53 37.62	250m:	3:01.79 35.80	350m:	4:13.69 34.91	
	100m:	1:09.91 37.18	200m:	2:25.99 38.46	300m:	3:38.78 36.99	400m:	4:46.57 32.88	
16.	Załachowska Daria		09	UKS Delfinek Chodzie				4:49.79	
	50m:	31.94 31.94	150m:	1:46.55 37.98	250m:	3:03.91 38.63	350m:	4:16.84 35.08	
	100m:	1:08.57 36.63	200m:	2:25.28 38.73	300m:	3:41.76 37.85	400m:	4:49.79 32.95	
17.	Dettlaff Agnieszka		07	UKS Tri-Sea Mewa Władysławowo				4:50.10	
	50m:	33.35 33.35	150m:	1:49.33 37.96	250m:	3:05.79 37.69	350m:	4:17.33 35.65	
	100m:	1:11.37 38.02	200m:	2:28.10 38.77	300m:	3:41.68 35.89	400m:	4:50.10 32.77	

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

Konkurencja 22, Kobiet, 400 BF, Open

Pozycja			Rok ur.					Czas	Pkt.
18.	Koli ska Julia		08	UKS Manta Ko	cierzyna		5:00.20		
	50m:	31.47 31.47	150m:	1:45.93 38.28	250m:	3:04.23 38.87	350m:	4:23.21 39.29	
	100m:	1:07.65 36.18	200m:	2:25.36 39.43	300m:	3:43.92 39.69	400m:	5:00.20 36.99	
19.	Cieszy ska Dagmara		10	UKS Manta Ko	cierzyna		5:00.80		
	50m:	33.13 33.13	150m:	1:51.15 38.60	250m:	3:09.76 39.51	350m:	4:24.91 36.75	
	100m:	1:12.55 39.42	200m:	2:30.25 39.10	300m:	3:48.16 38.40	400m:	5:00.80 35.89	
20.	Palczak Milena		09	UKS Rekin Wrocław			5:01.68		
	50m:	33.61 33.61	150m:	1:50.46 39.00	250m:	3:09.83 39.98	350m:	4:28.31 39.16	
	100m:	1:11.46 37.85	200m:	2:29.85 39.39	300m:	3:49.15 39.32	400m:	5:01.68 33.37	
21.	Szyłkiewicz Nina		08	OSN Amfiprion Olecko			5:07.77		
	50m:	32.51 32.51	150m:	1:49.74 39.25	250m:	3:10.89 40.35	350m:	4:31.13 40.29	
	100m:	1:10.49 37.98	200m:	2:30.54 40.80	300m:	3:50.84 39.95	400m:	5:07.77 36.64	
22.	Małki ska Celestyna		06	UKS Manta Ko	cierzyna		5:10.51		
	50m:	30.96 30.96	150m:	1:46.77 39.52	250m:	3:08.43 40.97	350m:	4:31.70 41.53	
	100m:	1:07.25 36.29	200m:	2:27.46 40.69	300m:	3:50.17 41.74	400m:	5:10.51 38.81	
23.	Bielecka Kornelia		10	UKS Delfinek Chodzie			5:16.51		
	50m:	35.94 35.94	150m:	1:58.86 42.52	250m:	3:24.94 42.93	350m:	4:43.44 38.07	
	100m:	1:16.34 40.40	200m:	2:42.01 43.15	300m:	4:05.37 40.43	400m:	5:16.51 33.07	
24.	Kozłowska Laura		11	MUKS PIORUN Gołdap			5:16.96		
	50m:	33.42 33.42	150m:	1:52.51 40.60	250m:	3:16.17 41.28	350m:	4:38.31 41.31	
	100m:	1:11.91 38.49	200m:	2:34.89 42.38	300m:	3:57.00 40.83	400m:	5:16.96 38.65	
25.	Chmielewska Lena		09	UKS Manta Ko	cierzyna		5:22.66		
	50m:	34.62 34.62	150m:	1:55.15 41.89	250m:	3:18.99 40.70	350m:	4:44.23 42.46	
	100m:	1:13.26 38.64	200m:	2:38.29 43.14	300m:	4:01.77 42.78	400m:	5:22.66 38.43	
26.	Prochowicz Hanna		11	MUKS PIORUN Gołdap			5:35.70		
	50m:	35.03 35.03	150m:	1:59.45 43.62	250m:	3:26.36 43.00	350m:	4:54.83 42.39	
	100m:	1:15.83 40.80	200m:	2:43.36 43.91	300m:	4:12.44 46.08	400m:	5:35.70 40.87	
27.	Kreft Alicja		11	UKS "Delfin" Władysławowo			5:41.05		
	50m:	34.56 34.56	150m:	1:59.57 43.67	250m:	3:29.98 45.55	350m:	4:58.82 44.94	
	100m:	1:15.90 41.34	200m:	2:44.43 44.86	300m:	4:13.88 43.90	400m:	5:41.05 42.23	

Rocznik 2004 - 2005

1.	Gwaj Julia		04	IKS Herkules			4:05.65	
	50m:	27.85 27.85	150m:	1:31.12 32.03	250m:	2:35.06 31.72	350m:	3:36.27 30.01
	100m:	59.09 31.24	200m:	2:03.34 32.22	300m:	3:06.26 31.20	400m:	4:05.65 29.38
2.	Gre Julia		04	UKS Manta Ko	cierzyna		4:08.13	
	50m:	26.96 26.96	150m:	1:28.64 31.44	250m:	2:33.66 32.72	350m:	3:38.22 32.03
	100m:	57.20 30.24	200m:	2:00.94 32.30	300m:	3:06.19 32.53	400m:	4:08.13 29.91
3.	Sikora Balbina		04	UKS Manta Ko	cierzyna		4:09.86	
	50m:	28.73 28.73	150m:	1:31.54 31.89	250m:	2:36.99 32.78	350m:	3:40.51 31.23
	100m:	59.65 30.92	200m:	2:04.21 32.67	300m:	3:09.28 32.29	400m:	4:09.86 29.35
4.	Tusk Weronika		05	UKS Tri-Sea Mewa Władysławowo			4:29.76	
	50m:	32.31 32.31	150m:	1:41.83 34.66	250m:	2:51.76 34.68	350m:	3:59.04 33.46
	100m:	1:07.17 34.86	200m:	2:17.08 35.25	300m:	3:25.58 33.82	400m:	4:29.76 30.72
5.	Łapucka Ewa		04	OSN Amfiprion Olecko			4:34.89	
	50m:	27.40 27.40	150m:	1:37.33 35.58	250m:	2:50.76 36.61	350m:	4:02.14 35.43
	100m:	1:01.75 34.35	200m:	2:14.15 36.82	300m:	3:26.71 35.95	400m:	4:34.89 32.75

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

Konkurencja 22, Kobiet, 400 BF

Rocznik 2006 - 2007

1.	Chmielewska Aleksandra		06	IKS Herkules		3:56.17
	50m: 28.14	28.14	150m: 1:26.48	29.15	250m: 2:26.37	30.13
	100m: 57.33	29.19	200m: 1:56.24	29.76	300m: 2:56.44	30.07
					350m: 3:26.91	30.47
					400m: 3:56.17	29.26
2.	Tartanus Nina		07	UKS Tri-Sea Mewa Władysławowo		4:20.97
	50m: 29.30	29.30	150m: 1:34.16	32.58	250m: 2:40.96	33.36
	100m: 1:01.58	32.28	200m: 2:07.60	33.44	300m: 3:14.60	33.64
					350m: 3:48.08	33.48
					400m: 4:20.97	32.89
3.	Gembiak Natalia		07	UKS Delfinek Chodzie		4:29.80
	50m: 31.17	31.17	150m: 1:40.52		250m: 2:51.77	
	100m:		200m:		300m: 3:27.24	35.47
					350m: 4:01.04	33.80
					400m: 4:29.80	28.76
4.	Strz pka Olga		07	UKS Delfinek Chodzie		4:32.51
	50m: 31.52	31.52	150m: 1:41.20	35.11	250m: 2:52.69	35.63
	100m: 1:06.09	34.57	200m: 2:17.06	35.86	300m: 3:28.21	35.52
					350m: 4:02.25	34.04
					400m: 4:32.51	30.26
5.	Kohnke Nicole		07	Uks Delfin Jastarnia		4:44.40
	50m: 32.80	32.80	150m: 1:44.84	36.68	250m: 2:58.69	37.11
	100m: 1:08.16	35.36	200m: 2:21.58	36.74	300m: 3:35.34	36.65
					350m: 4:11.05	35.71
					400m: 4:44.40	33.35
6.	Turzy ska Alicja		07	Uks Delfin Jastarnia		4:46.57
	50m: 32.73	32.73	150m: 1:47.53	37.62	250m: 3:01.79	35.80
	100m: 1:09.91	37.18	200m: 2:25.99	38.46	300m: 3:38.78	36.99
					350m: 4:13.69	34.91
					400m: 4:46.57	32.88
7.	Detlaff Agnieszka		07	UKS Tri-Sea Mewa Władysławowo		4:50.10
	50m: 33.35	33.35	150m: 1:49.33	37.96	250m: 3:05.79	37.69
	100m: 1:11.37	38.02	200m: 2:28.10	38.77	300m: 3:41.68	35.89
					350m: 4:17.33	35.65
					400m: 4:50.10	32.77
8.	Małki ska Celestyna		06	UKS Manta Ko cierzyna		5:10.51
	50m: 30.96	30.96	150m: 1:46.77	39.52	250m: 3:08.43	40.97
	100m: 1:07.25	36.29	200m: 2:27.46	40.69	300m: 3:50.17	41.74
					350m: 4:31.70	41.53
					400m: 5:10.51	38.81

Rocznik 2008 - 2009

1.	Dudek Krzysztofa		08	UKS Delfinek Chodzie		4:36.43
	50m: 33.25	33.25	150m: 1:45.52	35.72	250m: 2:56.04	34.46
	100m: 1:09.80	36.55	200m: 2:21.58	36.06	300m: 3:29.90	33.86
					350m: 4:04.10	34.20
					400m: 4:36.43	32.33
2.	Narkowicz Iga		08	Uks Delfin Jastarnia		4:39.42
	50m: 30.12	30.12	150m: 1:41.95	36.81	250m: 2:56.31	37.16
	100m: 1:05.14	35.02	200m: 2:19.15	37.20	300m: 3:32.55	36.24
					350m: 4:07.17	34.62
					400m: 4:39.42	32.25
3.	Naszkiewicz Inga		09	MUKS PIORUN Gołdap		4:45.38
	50m: 30.97	30.97	150m: 1:44.47	37.25	250m: 2:57.31	36.38
	100m: 1:07.22	36.25	200m: 2:20.93	36.46	300m: 3:34.38	37.07
					350m: 4:11.01	36.63
					400m: 4:45.38	34.37
4.	Załachowska Daria		09	UKS Delfinek Chodzie		4:49.79
	50m: 31.94	31.94	150m: 1:46.55	37.98	250m: 3:03.91	38.63
	100m: 1:08.57	36.63	200m: 2:25.28	38.73	300m: 3:41.76	37.85
					350m: 4:16.84	35.08
					400m: 4:49.79	32.95
5.	Koli ska Julia		08	UKS Manta Ko cierzyna		5:00.20
	50m: 31.47	31.47	150m: 1:45.93	38.28	250m: 3:04.23	38.87
	100m: 1:07.65	36.18	200m: 2:25.36	39.43	300m: 3:43.92	39.69
					350m: 4:23.21	39.29
					400m: 5:00.20	36.99
6.	Palczak Milena		09	UKS Rekin Wrocław		5:01.68
	50m: 33.61	33.61	150m: 1:50.46	39.00	250m: 3:09.83	39.98
	100m: 1:11.46	37.85	200m: 2:29.85	39.39	300m: 3:49.15	39.32
					350m: 4:28.31	39.16
					400m: 5:01.68	33.37
7.	Szyłkiewicz Nina		08	OSN Amfiprion Olecko		5:07.77
	50m: 32.51	32.51	150m: 1:49.74	39.25	250m: 3:10.89	40.35
	100m: 1:10.49	37.98	200m: 2:30.54	40.80	300m: 3:50.84	39.95
					350m: 4:31.13	40.29
					400m: 5:07.77	36.64
8.	Chmielewska Lena		09	UKS Manta Ko cierzyna		5:22.66
	50m: 34.62	34.62	150m: 1:55.15	41.89	250m: 3:18.99	40.70
	100m: 1:13.26	38.64	200m: 2:38.29	43.14	300m: 4:01.77	42.78
					350m: 4:44.23	42.46
					400m: 5:22.66	38.43

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

Konkurencja 22, Kobiet, 400 BF

2010 i młodszy

1. Cieszyńska Dagmara	10	UKS Manta Kościerzyna	5:00.80
50m: 33.13 33.13	150m: 1:51.15 38.60	250m: 3:09.76 39.51	350m: 4:24.91 36.75
100m: 1:12.55 39.42	200m: 2:30.25 39.10	300m: 3:48.16 38.40	400m: 5:00.80 35.89
2. Bielecka Kornelia	10	UKS Delfinek Chodzie	5:16.51
50m: 35.94 35.94	150m: 1:58.86 42.52	250m: 3:24.94 42.93	350m: 4:43.44 38.07
100m: 1:16.34 40.40	200m: 2:42.01 43.15	300m: 4:05.37 40.43	400m: 5:16.51 33.07
3. Kozłowska Laura	11	MUKS PIORUN Gołdap	5:16.96
50m: 33.42 33.42	150m: 1:52.51 40.60	250m: 3:16.17 41.28	350m: 4:38.31 41.31
100m: 1:11.91 38.49	200m: 2:34.89 42.38	300m: 3:57.00 40.83	400m: 5:16.96 38.65
4. Prochowicz Hanna	11	MUKS PIORUN Gołdap	5:35.70
50m: 35.03 35.03	150m: 1:59.45 43.62	250m: 3:26.36 43.00	350m: 4:54.83 42.39
100m: 1:15.83 40.80	200m: 2:43.36 43.91	300m: 4:12.44 46.08	400m: 5:35.70 40.87
5. Kreft Alicja	11	UKS "Delfin" Władysławowo	5:41.05
50m: 34.56 34.56	150m: 1:59.57 43.67	250m: 3:29.98 45.55	350m: 4:58.82 44.94
100m: 1:15.90 41.34	200m: 2:44.43 44.86	300m: 4:13.88 43.90	400m: 5:41.05 42.23