

Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach
Gliwice, 7. - 8.5.2022

Konkurencja 30
07.05.2022 - 19:45

Kobiet, 400m Surface

Open
Wyniki

Punkty: Table 1000

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m	
Open									
1.	JESIOŁOWSKA Inez	04	UKS Delfinek Chodzie	3:50.48	579	52.24	59.06	1:00.52	58.66
	50m:	24.43	24.43	150m:	1:21.63	29.39	250m:	2:21.42	30.12
	100m:	52.24	27.81	200m:	1:51.30	29.67	300m:	2:51.82	30.40
							350m:	3:22.05	30.23
							400m:	3:50.48	28.43
2.	BISZEWSKA Gabriela	05	IKS Herkules Suwałki	3:58.22	524	54.75	1:02.03	1:02.15	59.29
	50m:	26.36	26.36	150m:	1:25.51	30.76	250m:	2:27.94	31.16
	100m:	54.75	28.39	200m:	1:56.78	31.27	300m:	2:58.93	30.99
							350m:	3:29.57	30.64
							400m:	3:58.22	28.65
3.	TUSK Weronika	05	UKS Tri - Sea Mewa Władysław	3:59.50	516	56.65	1:00.37	1:01.91	1:00.57
	50m:	27.30	27.30	150m:	1:26.41	29.76	250m:	2:27.84	30.82
	100m:	56.65	29.35	200m:	1:57.02	30.61	300m:	2:58.93	31.09
							350m:	3:29.77	30.84
							400m:	3:59.50	29.73
4.	TRUSZCZY SKA-GZYL K90		UKS Tri - Sea Mewa Władysław	4:00.49	510	55.22	1:00.84	1:03.45	1:00.98
	50m:	26.42	26.42	150m:	1:24.96	29.74	250m:	2:27.67	31.61
	100m:	55.22	28.80	200m:	1:56.06	31.10	300m:	2:59.51	31.84
							350m:	3:30.73	31.22
							400m:	4:00.49	29.76
5.	STRZ PKA Olga	07	UKS Delfinek Chodzie	4:01.93	501	56.83	1:02.56	1:03.82	58.72
	50m:	27.04	27.04	150m:	1:27.61	30.78	250m:	2:31.29	31.90
	100m:	56.83	29.79	200m:	1:59.39	31.78	300m:	3:03.21	31.92
							350m:	3:34.15	30.94
							400m:	4:01.93	27.78
6.	GUZI SKA Olga	06	UKS Manta Ko cierzyna	4:03.45	491	55.17	1:02.26	1:03.79	1:02.23
	50m:	26.09	26.09	150m:	1:25.87	30.70	250m:	2:29.20	31.77
	100m:	55.17	29.08	200m:	1:57.43	31.56	300m:	3:01.22	32.02
							350m:	3:33.31	32.09
							400m:	4:03.45	30.14
7.	KOHNKE Nicole	07	UKS Delfin Jastarnia	4:04.23	487	59.27	1:02.86	1:02.21	59.89
	50m:	28.32	28.32	150m:	1:30.78	31.51	250m:	2:33.49	31.36
	100m:	59.27	30.95	200m:	2:02.13	31.35	300m:	3:04.34	30.85
							350m:	3:35.45	31.11
							400m:	4:04.23	28.78
8.	NARKOWICZ Iga	08	UKS Delfin Jastarnia	4:07.14	470	57.17	1:05.07	1:02.95	1:01.95
	50m:	26.13	26.13	150m:	1:30.21	33.04	250m:	2:34.05	31.81
	100m:	57.17	31.04	200m:	2:02.24	32.03	300m:	3:05.19	31.14
							350m:	3:37.01	31.82
							400m:	4:07.14	30.13
9.	SZYBALSKA Anna	08	KS Aqua Sport Ko cierzyna	4:10.28	452	58.61	1:04.67	1:05.08	1:01.92
	50m:	27.76	27.76	150m:	1:30.91	32.30	250m:	2:35.90	32.62
	100m:	58.61	30.85	200m:	2:03.28	32.37	300m:	3:08.36	32.46
							350m:	3:40.14	31.78
							400m:	4:10.28	30.14
10.	BESTRY Olivia	08	Laguna 24 Toru	4:16.09	422	59.34	1:06.00	1:07.79	1:02.96
	50m:	28.22	28.22	150m:	1:32.62	33.28	250m:	2:40.14	34.80
	100m:	59.34	31.12	200m:	2:05.34	32.72	300m:	3:13.13	32.99
							350m:	3:46.27	33.14
							400m:	4:16.09	29.82
11.	SIERAKOWSKA Karolina	02	Laguna 24 Toru	4:18.46	411	58.02	1:04.70	1:07.66	1:08.08
	50m:	27.51	27.51	150m:	1:29.88	31.86	250m:	2:36.66	33.94
	100m:	58.02	30.51	200m:	2:02.72	32.84	300m:	3:10.38	33.72
							350m:	3:45.36	34.98
							400m:	4:18.46	33.10
12.	BIDA Klaudia	07	KS Aqua Sport Ko cierzyna	4:26.24	376	1:01.77	1:07.56	1:09.38	1:07.53
	50m:	29.16	29.16	150m:	1:34.96	33.19	250m:	2:43.91	34.58
	100m:	1:01.77	32.61	200m:	2:09.33	34.37	300m:	3:18.71	34.80
							350m:	3:52.52	33.81
							400m:	4:26.24	33.72
13.	SADOWA Oliwia	08	UKS Rekin Wrocław	4:37.37	332	1:02.73	1:11.47	1:13.08	1:10.09
	50m:	29.26	29.26	150m:	1:38.03	35.30	250m:	2:50.73	36.53
	100m:	1:02.73	33.47	200m:	2:14.20	36.17	300m:	3:27.28	36.55
							350m:	4:02.85	35.57
							400m:	4:37.37	34.52
14.	STRUCK Anna	08	UKS Delfin Jastarnia	4:40.86	320	1:01.81	1:13.93	1:15.29	1:09.83
	50m:	29.32	29.32	150m:	1:38.49	36.68	250m:	2:53.45	37.71
	100m:	1:01.81	32.49	200m:	2:15.74	37.25	300m:	3:31.03	37.58
							350m:	4:07.98	36.95
							400m:	4:40.86	32.88

Rocznik 2005 - 2006

1.	BISZEWSKA Gabriela	05	IKS Herkules Suwałki	3:58.22	524	54.75	1:02.03	1:02.15	59.29
	50m:	26.36	26.36	150m:	1:25.51	30.76	250m:	2:27.94	31.16
	100m:	54.75	28.39	200m:	1:56.78	31.27	300m:	2:58.93	30.99
							350m:	3:29.57	30.64
							400m:	3:58.22	28.65
2.	TUSK Weronika	05	UKS Tri - Sea Mewa Władysław	3:59.50	516	56.65	1:00.37	1:01.91	1:00.57
	50m:	27.30	27.30	150m:	1:26.41	29.76	250m:	2:27.84	30.82
	100m:	56.65	29.35	200m:	1:57.02	30.61	300m:	2:58.93	31.09
							350m:	3:29.77	30.84
							400m:	3:59.50	29.73
3.	GUZI SKA Olga	06	UKS Manta Ko cierzyna	4:03.45	491	55.17	1:02.26	1:03.79	1:02.23
	50m:	26.09	26.09	150m:	1:25.87	30.70	250m:	2:29.20	31.77
	100m:	55.17	29.08	200m:	1:57.43	31.56	300m:	3:01.22	32.02
							350m:	3:33.31	32.09
							400m:	4:03.45	30.14

Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach
Gliwice, 7. - 8.5.2022

Konkurencja 30, Kobiet, 400m Surface

Rocznik 2007 - 2008

1. STRZ PKA Olga	07	UKS Delfinek Chodzie	4:01.93	501	56.83	1:02.56	1:03.82	58.72
50m: 27.04	27.04	150m: 1:27.61	30.78	250m: 2:31.29	31.90	350m: 3:34.15	30.94	
100m: 56.83	29.79	200m: 1:59.39	31.78	300m: 3:03.21	31.92	400m: 4:01.93	27.78	
2. KOHNKE Nicole	07	UKS Delfin Jastarnia	4:04.23	487	59.27	1:02.86	1:02.21	59.89
50m: 28.32	28.32	150m: 1:30.78	31.51	250m: 2:33.49	31.36	350m: 3:35.45	31.11	
100m: 59.27	30.95	200m: 2:02.13	31.35	300m: 3:04.34	30.85	400m: 4:04.23	28.78	
3. NARKOWICZ Iga	08	UKS Delfin Jastarnia	4:07.14	470	57.17	1:05.07	1:02.95	1:01.95
50m: 26.13	26.13	150m: 1:30.21	33.04	250m: 2:34.05	31.81	350m: 3:37.01	31.82	
100m: 57.17	31.04	200m: 2:02.24	32.03	300m: 3:05.19	31.14	400m: 4:07.14	30.13	
4. SZYBALSKA Anna	08	KS Aqua Sport Ko cierzyna	4:10.28	452	58.61	1:04.67	1:05.08	1:01.92
50m: 27.76	27.76	150m: 1:30.91	32.30	250m: 2:35.90	32.62	350m: 3:40.14	31.78	
100m: 58.61	30.85	200m: 2:03.28	32.37	300m: 3:08.36	32.46	400m: 4:10.28	30.14	
5. BESTRY Olivia	08	Laguna 24 Toru	4:16.09	422	59.34	1:06.00	1:07.79	1:02.96
50m: 28.22	28.22	150m: 1:32.62	33.28	250m: 2:40.14	34.80	350m: 3:46.27	33.14	
100m: 59.34	31.12	200m: 2:05.34	32.72	300m: 3:13.13	32.99	400m: 4:16.09	29.82	
6. BIDA Klaudia	07	KS Aqua Sport Ko cierzyna	4:26.24	376	1:01.77	1:07.56	1:09.38	1:07.53
50m: 29.16	29.16	150m: 1:34.96	33.19	250m: 2:43.91	34.58	350m: 3:52.52	33.81	
100m: 1:01.77	32.61	200m: 2:09.33	34.37	300m: 3:18.71	34.80	400m: 4:26.24	33.72	
7. SADOWA Oliwia	08	UKS Rekin Wroclaw	4:37.37	332	1:02.73	1:11.47	1:13.08	1:10.09
50m: 29.26	29.26	150m: 1:38.03	35.30	250m: 2:50.73	36.53	350m: 4:02.85	35.57	
100m: 1:02.73	33.47	200m: 2:14.20	36.17	300m: 3:27.28	36.55	400m: 4:37.37	34.52	
8. STRUCK Anna	08	UKS Delfin Jastarnia	4:40.86	320	1:01.81	1:13.93	1:15.29	1:09.83
50m: 29.32	29.32	150m: 1:38.49	36.68	250m: 2:53.45	37.71	350m: 4:07.98	36.95	
100m: 1:01.81	32.49	200m: 2:15.74	37.25	300m: 3:31.03	37.58	400m: 4:40.86	32.88	