

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

Konkurencja 32
07.05.2022 - 20:14

Dziewcz t, 400m Surface

2009 i młodszy
Wyniki

Punkty: Table 1000

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m	
Rocznik 2009 - 2010									
1.	PANUSZKO Lidia	10	OSN Amfiprion LOK Olecko	4:20.89	399	1:03.06	1:09.42	1:08.05	1:00.36
	50m: 29.56	29.56	150m: 1:37.87	34.81	250m: 2:46.95	34.47	350m: 3:52.34	31.81	
	100m: 1:03.06	33.50	200m: 2:12.48	34.61	300m: 3:20.53	33.58	400m: 4:20.89	28.55	
2.	BACZY SKA Amelia	09	UKS Delfinek Chodzie	4:25.36	379	1:02.81	1:10.41	1:09.08	1:03.06
	50m: 29.27	29.27	150m: 1:37.80	34.99	250m: 2:48.38	35.16	350m: 3:56.51	34.21	
	100m: 1:02.81	33.54	200m: 2:13.22	35.42	300m: 3:22.30	33.92	400m: 4:25.36	28.85	
3.	BIELECKA Kornelia	10	UKS Delfinek Chodzie	4:31.02	356	1:03.91	1:10.57	1:10.90	1:05.64
	50m: 30.40	30.40	150m: 1:39.42	35.51	250m: 2:49.99	35.51	350m: 4:00.21	34.83	
	100m: 1:03.91	33.51	200m: 2:14.48	35.06	300m: 3:25.38	35.39	400m: 4:31.02	30.81	
4.	LELLEK Wiktoria	09	KS Aqua Sport Ko cierzyna	4:47.86	297	1:07.93	1:14.87	1:16.45	1:08.61
	50m: 31.77	31.77	150m: 1:45.11	37.18	250m: 3:00.86	38.06	350m: 4:16.65	37.40	
	100m: 1:07.93	36.16	200m: 2:22.80	37.69	300m: 3:39.25	38.39	400m: 4:47.86	31.21	
5.	PALCZAK Milena	09	UKS Rekin Wroclaw	4:49.78	291	1:06.24	1:13.56	1:16.06	1:13.92
	50m: 31.17	31.17	150m: 1:42.55	36.31	250m: 2:57.46	37.66	350m: 4:13.99	38.13	
	100m: 1:06.24	35.07	200m: 2:19.80	37.25	300m: 3:35.86	38.40	400m: 4:49.78	35.79	
6.	OSTROWSKA Marta	10	UKS Wodniacy Garczyn	5:14.85	227	1:11.06	1:20.74	1:22.10	1:20.95
	50m: 33.61	33.61	150m: 1:50.56	39.50	250m: 3:12.87	41.07	350m: 4:35.95	42.05	
	100m: 1:11.06	37.45	200m: 2:31.80	41.24	300m: 3:53.90	41.03	400m: 5:14.85	38.90	
7.	PEEK Dominika	10	UKS Wodniacy Garczyn	5:16.12	224	1:16.75	1:23.30	1:24.37	1:11.70
	50m: 36.65	36.65	150m: 1:58.91	42.16	250m: 3:23.19	43.14	350m: 4:42.92	38.50	
	100m: 1:16.75	40.10	200m: 2:40.05	41.14	300m: 4:04.42	41.23	400m: 5:16.12	33.20	
8.	W GRZYN Natalia	10	UKS Delfinek Chodzie	5:22.37	212	1:13.32	1:24.22	1:23.59	1:21.24
	50m: 34.07	34.07	150m: 1:55.01	41.69	250m: 3:20.35	42.81	350m: 4:43.93	42.80	
	100m: 1:13.32	39.25	200m: 2:37.54	42.53	300m: 4:01.13	40.78	400m: 5:22.37	38.44	
2011 i młodszy									
1.	IRACKA Zuzanna	12	Laguna 24 Toru	5:49.43	166	1:18.38	1:32.51	1:33.10	1:25.44
	50m: 34.47	34.47	150m: 2:02.89	44.51	250m: 3:37.18	46.29	350m: 5:07.43	43.44	
	100m: 1:18.38	43.91	200m: 2:50.89	48.00	300m: 4:23.99	46.81	400m: 5:49.43	42.00	
2.	ZARACH Monika	11	KS Aqua Sport Ko cierzyna	6:02.97	148	1:29.75	1:33.61	1:34.54	1:25.07
	50m: 42.20	42.20	150m: 2:17.06	47.31	250m: 3:50.70	47.34	350m: 5:23.48	45.58	
	100m: 1:29.75	47.55	200m: 3:03.36	46.30	300m: 4:37.90	47.20	400m: 6:02.97	39.49	