

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

Konkurencja 37
08.05.2022 - 10:09

Kobiet, 400m Bifins

Open
Wyniki

Punkty: Table 1000

Pozycja	Rok ur.	Zczas	Pkt.	100m	200m	300m	400m		
Open									
1.	CHMIELEWSKA Aleksandra	06	IKS Herkules Suwałki	3:58.51	836	57.89	1:00.62	1:01.23	58.77
	50m:	28.42	28.42	150m:	1:28.10	30.21	250m:	2:29.30	30.79
	100m:	57.89	29.47	200m:	1:58.51	30.41	300m:	2:59.74	30.44
	350m:								30.85
	400m:								27.92
2.	GWAJ Julia	04	IKS Herkules Suwałki	4:03.07	789	59.76	1:02.53	1:00.65	1:00.13
	50m:	28.48	28.48	150m:	1:31.21	31.45	250m:	2:32.46	30.17
	100m:	59.76	31.28	200m:	2:02.29	31.08	300m:	3:02.94	30.48
	350m:								30.79
	400m:								29.34
3.	GRE Julia	03	UKS Manta Ko cierzyna	4:09.61	729	58.69	1:04.37	1:05.31	1:01.24
	50m:	27.65	27.65	150m:	1:30.26	31.57	250m:	2:35.56	32.50
	100m:	58.69	31.04	200m:	2:03.06	32.80	300m:	3:08.37	32.81
	350m:								32.04
	400m:								29.20
4.	PRENTKA Weronika	97	Laguna 24 Toru	4:13.45	696	59.49	1:05.25	1:06.02	1:02.69
	50m:	28.23	28.23	150m:	1:31.91	32.42	250m:	2:38.01	33.27
	100m:	59.49	31.26	200m:	2:04.74	32.83	300m:	3:10.76	32.75
	350m:								32.15
	400m:								30.54
5.	TARTANUS Nina	07	UKS Tri - Sea Mewa Władysław	4:16.76	670	1:01.03	1:04.71	1:06.13	1:04.89
	50m:	28.78	28.78	150m:	1:33.19	32.16	250m:	2:39.09	33.35
	100m:	1:01.03	32.25	200m:	2:05.74	32.55	300m:	3:11.87	32.78
	350m:								32.74
	400m:								32.15
6.	TUSK Weronika	05	UKS Tri - Sea Mewa Władysław	4:21.18	636	1:00.86	1:05.85	1:07.57	1:06.90
	50m:	29.10	29.10	150m:	1:33.38	32.52	250m:	2:40.00	33.29
	100m:	1:00.86	31.76	200m:	2:06.71	33.33	300m:	3:14.28	34.28
	350m:								34.53
	400m:								32.37
7.	NARKOWICZ Iga	08	UKS Delfin Jastarnia	4:23.55	619	1:03.01	1:09.46	1:08.19	1:02.89
	50m:	29.29	29.29	150m:	1:37.63	34.62	250m:	2:46.78	34.31
	100m:	1:03.01	33.72	200m:	2:12.47	34.84	300m:	3:20.66	33.88
	350m:								32.92
	400m:								29.97
8.	PIETRAS Maria	07	UKS Delfinek Chodzie	4:25.37	607	1:01.65	1:09.36	1:09.76	1:04.60
	50m:	29.85	29.85	150m:	1:36.17	34.52	250m:	2:45.72	34.71
	100m:	1:01.65	31.80	200m:	2:11.01	34.84	300m:	3:20.77	35.05
	350m:								34.07
	400m:								30.53
9.	DUDEK Krzysztofa	08	UKS Delfinek Chodzie	4:26.67	598	1:04.40	1:08.66	1:09.51	1:04.10
	50m:	30.96	30.96	150m:	1:38.45	34.05	250m:	2:47.58	34.52
	100m:	1:04.40	33.44	200m:	2:13.06	34.61	300m:	3:22.57	34.99
	350m:								33.70
	400m:								30.40
10.	BYSTRON Konstancja	06	UKS Manta Ko cierzyna	4:32.73	559	1:03.53	1:11.12	1:11.81	1:06.27
	50m:	29.62	29.62	150m:	1:38.83	35.30	250m:	2:51.30	36.65
	100m:	1:03.53	33.91	200m:	2:14.65	35.82	300m:	3:26.46	35.16
	350m:								35.43
	400m:								30.84
11.	REDLIN Anna	08	UKS Tri - Sea Mewa Władysław	4:32.99	557	1:03.64	1:12.43	1:11.95	1:04.97
	50m:	29.99	29.99	150m:	1:39.61	35.97	250m:	2:52.54	36.47
	100m:	1:03.64	33.65	200m:	2:16.07	36.46	300m:	3:28.02	35.48
	350m:								33.48
	400m:								31.49
12.	KOWALSKA Aleksandra	04	KS Nautilus Jastrzębie	4:35.39	543	1:02.18	1:09.91	1:12.08	1:11.22
	50m:	29.58	29.58	150m:	1:36.70	34.52	250m:	2:47.91	35.82
	100m:	1:02.18	32.60	200m:	2:12.09	35.39	300m:	3:24.17	36.26
	350m:								36.37
	400m:								34.85
13.	BRESKA Helena	08	UKS Manta Ko cierzyna	4:35.69	541	1:04.86	1:12.01	1:11.46	1:07.36
	50m:	30.87	30.87	150m:	1:40.00	35.14	250m:	2:52.23	35.36
	100m:	1:04.86	33.99	200m:	2:16.87	36.87	300m:	3:28.33	36.10
	350m:								34.48
	400m:								32.88
14.	BIDA Klaudia	07	KS Aqua Sport Ko cierzyna	4:45.66	486	1:05.54	1:12.91	1:14.18	1:13.03
	50m:	31.29	31.29	150m:	1:41.98	36.44	250m:	2:55.08	36.63
	100m:	1:05.54	34.25	200m:	2:18.45	36.47	300m:	3:32.63	37.55
	350m:								37.85
	400m:								35.18
15.	KUTELA Michałina	08	UKS Manta Ko cierzyna	4:49.92	465	1:08.08	1:15.34	1:15.55	1:10.95
	50m:	32.27	32.27	150m:	1:45.87	37.79	250m:	3:01.00	37.58
	100m:	1:08.08	35.81	200m:	2:23.42	37.55	300m:	3:38.97	37.97
	350m:								37.79
	400m:								33.16
16.	PEEK Zuzanna	08	KS Aqua Sport Ko cierzyna	4:51.25	459	1:10.83	1:14.24	1:15.57	1:10.61
	50m:	34.56	34.56	150m:	1:48.10	37.27	250m:	3:03.17	38.10
	100m:	1:10.83	36.27	200m:	2:25.07	36.97	300m:	3:40.64	37.47
	350m:								38.04
	400m:								32.57
17.	KORTH Martyna	08	UKS Delfin Jastarnia	5:03.06	407	1:12.57	1:21.66	1:19.30	1:09.53
	50m:	33.90	33.90	150m:	1:53.27	40.70	250m:	3:14.67	40.44
	100m:	1:12.57	38.67	200m:	2:34.23	40.96	300m:	3:53.53	38.86
	350m:								37.34
	400m:								32.19

Rocznik 2005 - 2006

1.	CHMIELEWSKA Aleksandra	06	IKS Herkules Suwałki	3:58.51	836	57.89	1:00.62	1:01.23	58.77
	50m:	28.42	28.42	150m:	1:28.10	30.21	250m:	2:29.30	30.79
	100m:	57.89	29.47	200m:	1:58.51	30.41	300m:	2:59.74	30.44
	350m:								30.85
	400m:								27.92

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Gliwice, 7. - 8.5.2022

Konkurencja 37, Kobiet, 400m Bifins, Roczniak 2005 - 2006

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m				
2. TUSK Weronika	05	UKS Tri - Sea Mewa Władysław	4:21.18	636	1:00.86	1:05.85	1:07.57	1:06.90			
50m:	29.10	29.10	150m:	1:33.38	32.52	250m:	2:40.00	33.29	350m:	3:48.81	34.53
100m:	1:00.86	31.76	200m:	2:06.71	33.33	300m:	3:14.28	34.28	400m:	4:21.18	32.37
3. BYSTRON Konstancja	06	UKS Manta Ko cierzyna	4:32.73	559	1:03.53	1:11.12	1:11.81	1:06.27			
50m:	29.62	29.62	150m:	1:38.83	35.30	250m:	2:51.30	36.65	350m:	4:01.89	35.43
100m:	1:03.53	33.91	200m:	2:14.65	35.82	300m:	3:26.46	35.16	400m:	4:32.73	30.84

Roczniak 2007 - 2008

1. TARTANUS Nina	07	UKS Tri - Sea Mewa Władysław	4:16.76	670	1:01.03	1:04.71	1:06.13	1:04.89			
50m:	28.78	28.78	150m:	1:33.19	32.16	250m:	2:39.09	33.35	350m:	3:44.61	32.74
100m:	1:01.03	32.25	200m:	2:05.74	32.55	300m:	3:11.87	32.78	400m:	4:16.76	32.15
2. NARKOWICZ Iga	08	UKS Delfin Jastarnia	4:23.55	619	1:03.01	1:09.46	1:08.19	1:02.89			
50m:	29.29	29.29	150m:	1:37.63	34.62	250m:	2:46.78	34.31	350m:	3:53.58	32.92
100m:	1:03.01	33.72	200m:	2:12.47	34.84	300m:	3:20.66	33.88	400m:	4:23.55	29.97
3. PIETRAS Maria	07	UKS Delfinek Chodzie	4:25.37	607	1:01.65	1:09.36	1:09.76	1:04.60			
50m:	29.85	29.85	150m:	1:36.17	34.52	250m:	2:45.72	34.71	350m:	3:54.84	34.07
100m:	1:01.65	31.80	200m:	2:11.01	34.84	300m:	3:20.77	35.05	400m:	4:25.37	30.53
4. DUDEK Krzysztofa	08	UKS Delfinek Chodzie	4:26.67	598	1:04.40	1:08.66	1:09.51	1:04.10			
50m:	30.96	30.96	150m:	1:38.45	34.05	250m:	2:47.58	34.52	350m:	3:56.27	33.70
100m:	1:04.40	33.44	200m:	2:13.06	34.61	300m:	3:22.57	34.99	400m:	4:26.67	30.40
5. REDLIN Anna	08	UKS Tri - Sea Mewa Władysław	4:32.99	557	1:03.64	1:12.43	1:11.95	1:04.97			
50m:	29.99	29.99	150m:	1:39.61	35.97	250m:	2:52.54	36.47	350m:	4:01.50	33.48
100m:	1:03.64	33.65	200m:	2:16.07	36.46	300m:	3:28.02	35.48	400m:	4:32.99	31.49
6. BRESKA Helena	08	UKS Manta Ko cierzyna	4:35.69	541	1:04.86	1:12.01	1:11.46	1:07.36			
50m:	30.87	30.87	150m:	1:40.00	35.14	250m:	2:52.23	35.36	350m:	4:02.81	34.48
100m:	1:04.86	33.99	200m:	2:16.87	36.87	300m:	3:28.33	36.10	400m:	4:35.69	32.88
7. BIDA Klaudia	07	KS Aqua Sport Ko cierzyna	4:45.66	486	1:05.54	1:12.91	1:14.18	1:13.03			
50m:	31.29	31.29	150m:	1:41.98	36.44	250m:	2:55.08	36.63	350m:	4:10.48	37.85
100m:	1:05.54	34.25	200m:	2:18.45	36.47	300m:	3:32.63	37.55	400m:	4:45.66	35.18
8. KUTELA Michalina	08	UKS Manta Ko cierzyna	4:49.92	465	1:08.08	1:15.34	1:15.55	1:10.95			
50m:	32.27	32.27	150m:	1:45.87	37.79	250m:	3:01.00	37.58	350m:	4:16.76	37.79
100m:	1:08.08	35.81	200m:	2:23.42	37.55	300m:	3:38.97	37.97	400m:	4:49.92	33.16
9. PEEK Zuzanna	08	KS Aqua Sport Ko cierzyna	4:51.25	459	1:10.83	1:14.24	1:15.57	1:10.61			
50m:	34.56	34.56	150m:	1:48.10	37.27	250m:	3:03.17	38.10	350m:	4:18.68	38.04
100m:	1:10.83	36.27	200m:	2:25.07	36.97	300m:	3:40.64	37.47	400m:	4:51.25	32.57
10. KORTH Martyna	08	UKS Delfin Jastarnia	5:03.06	407	1:12.57	1:21.66	1:19.30	1:09.53			
50m:	33.90	33.90	150m:	1:53.27	40.70	250m:	3:14.67	40.44	350m:	4:30.87	37.34
100m:	1:12.57	38.67	200m:	2:34.23	40.96	300m:	3:53.53	38.86	400m:	5:03.06	32.19