

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

Konkurencja 39
08.05.2022 - 10:52

Dziewcz t, 400m Bifins

2009 i młodszy
Wyniki

Punkty: Table 1000

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m	
Rocznik 2009 - 2010									
1.	NASZKIEWICZ Inga	09	MUKS PIORUN Gołdap	4:44.38	493	1:06.73	1:13.79	1:14.48	1:09.38
	50m: 30.94	30.94	150m: 1:43.32	36.59	250m: 2:57.67	37.15	350m: 4:11.14	36.14	
	100m: 1:06.73	35.79	200m: 2:20.52	37.20	300m: 3:35.00	37.33	400m: 4:44.38	33.24	
2.	BIELECKA Kornelia	10	UKS Delfinek Chodzie	4:45.76	486	1:10.15	1:12.49	1:15.67	1:07.45
	50m: 33.30	33.30	150m: 1:46.07	35.92	250m: 3:01.25	38.61	350m: 4:14.05	35.74	
	100m: 1:10.15	36.85	200m: 2:22.64	36.57	300m: 3:38.31	37.06	400m: 4:45.76	31.71	
3.	TRYTEK Antonina	10	UKS Delfin Jastarnia	4:47.65	476	1:08.54	1:14.97	1:15.19	1:08.95
	50m: 31.92	31.92	150m: 1:45.64	37.10	250m: 3:00.99	37.48	350m: 4:14.08	35.38	
	100m: 1:08.54	36.62	200m: 2:23.51	37.87	300m: 3:38.70	37.71	400m: 4:47.65	33.57	
4.	ZAŁACHOWSKA Daria	09	UKS Delfinek Chodzie	4:48.22	474	1:08.67	1:15.06	1:15.07	1:09.42
	50m: 32.47	32.47	150m: 1:46.32	37.65	250m: 3:01.50	37.77	350m: 4:14.80	36.00	
	100m: 1:08.67	36.20	200m: 2:23.73	37.41	300m: 3:38.80	37.30	400m: 4:48.22	33.42	
5.	RANIEWICZ Laura	09	UKS Delfinek Chodzie	5:14.63	364	1:17.26	1:20.96	1:21.48	1:14.93
	50m: 36.90	36.90	150m: 1:57.52	40.26	250m: 3:19.08	40.86	350m:		
	100m: 1:17.26	40.36	200m: 2:38.22	40.70	300m: 3:59.70	40.62	400m: 5:14.63		
6.	MILBRANT Jagoda	10	KS Nautilus Jastrz bie	5:15.77	360	1:17.87	1:23.76	1:19.00	1:15.14
	50m: 36.80	36.80	150m: 1:58.95	41.08	250m: 3:19.81	38.18	350m: 4:41.66	41.03	
	100m: 1:17.87	41.07	200m: 2:41.63	42.68	300m: 4:00.63	40.82	400m: 5:15.77	34.11	
7.	JULIANNIA Nowakowska	09	UKS Manta Ko cierzyna	5:36.10	299	1:20.99	1:25.07	1:26.53	1:23.51
	50m: 38.39	38.39	150m: 2:04.85	43.86	250m: 3:29.88	43.82	350m: 4:56.17	43.58	
	100m: 1:20.99	42.60	200m: 2:46.06	41.21	300m: 4:12.59	42.71	400m: 5:36.10	39.93	
2011 i młodszy									
1.	KOZŁOWSKA Laura	11	MUKS PIORUN Gołdap	5:02.82	408	1:09.56	1:17.81	1:18.14	1:17.31
	50m: 31.84	31.84	150m: 1:48.80	39.24	250m: 3:06.33	38.96	350m: 4:24.99	39.48	
	100m: 1:09.56	37.72	200m: 2:27.37	38.57	300m: 3:45.51	39.18	400m: 5:02.82	37.83	
2.	NAMIOTKO Hanna	11	MUKS PIORUN Gołdap	5:06.09	395	1:13.03	1:19.67	1:18.43	1:14.96
	50m: 34.46	34.46	150m: 1:52.27	39.24	250m: 3:12.16	39.46	350m: 4:28.90	37.77	
	100m: 1:13.03	38.57	200m: 2:32.70	40.43	300m: 3:51.13	38.97	400m: 5:06.09	37.19	
3.	PROCHOWICZ Hanna	11	MUKS PIORUN Gołdap	5:13.40	368	1:13.31	1:22.15	1:20.44	1:17.50
	50m: 33.96	33.96	150m: 1:54.70	41.39	250m: 3:14.83	39.37	350m: 4:36.00	40.10	
	100m: 1:13.31	39.35	200m: 2:35.46	40.76	300m: 3:55.90	41.07	400m: 5:13.40	37.40	
4.	IRACKA Zuzanna	12	Laguna 24 Toru	5:22.70	337	1:15.12	1:26.30	1:21.76	1:19.52
	50m: 36.16	36.16	150m: 1:59.01	43.89	250m: 3:21.12	39.70	350m: 4:44.82	41.64	
	100m: 1:15.12	38.96	200m: 2:41.42	42.41	300m: 4:03.18	42.06	400m: 5:22.70	37.88	