

Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach  
Gliwice, 1. - 2.4.2023

Konkurencja 2  
01.04.2023 - 10:11

Kobiet, 400 PW

Open  
Wyniki

Punkty:

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
<b>Open</b>							
1.	TRUSZCZY SKA-GZYL K90	UKS Tri-Sea Mewa Władysław	<b>3:44.27</b>	48.94	56.54	59.04	59.75
	50m: 23.82 23.82	150m: 1:16.31 27.37	250m: 2:14.90	29.42	350m: 3:14.69	30.17	
	100m: 48.94 25.12	200m: 1:45.48 29.17	300m: 2:44.52	29.62	400m: 3:44.27	29.58	
2.	SIERAKOWSKA Karolina 02	Laguna 24 Toru	<b>4:03.47</b>	53.45	1:00.41	1:05.47	1:04.14
	50m: 25.63 25.63	150m: 1:23.12 29.67	250m: 2:26.36	32.50	350m: 3:32.99	33.66	
	100m: 53.45 27.82	200m: 1:53.86 30.74	300m: 2:59.33	32.97	400m: 4:03.47	30.48	
3.	GRE Julia 04	UKS Manta Ko cierzyna	<b>4:04.78</b>	54.35	1:02.11	1:06.59	1:01.73
	50m: 25.84 25.84	150m: 1:24.54 30.19	250m: 2:29.32	32.86	350m: 3:35.66	32.61	
	100m: 54.35 28.51	200m: 1:56.46 31.92	300m: 3:03.05	33.73	400m: 4:04.78	29.12	
4.	TUSK Weronika 05	UKS Tri-Sea Mewa Władysław	<b>4:34.69</b>	1:03.80	1:07.73	1:10.27	1:12.89
	50m: 30.02 30.02	150m: 1:37.28 33.48	250m: 2:46.37	34.84	350m: 3:57.22	35.42	
	100m: 1:03.80 33.78	200m: 2:11.53 34.25	300m: 3:21.80	35.43	400m: 4:34.69	37.47	
5.	RANISZEWSKA Maja 05	Laguna 24 Toru	<b>4:34.94</b>	1:01.22	1:10.64	1:11.93	1:11.15
	50m: 28.44 28.44	150m: 1:36.41 35.19	250m: 2:47.36	35.50	350m: 4:01.29	37.50	
	100m: 1:01.22 32.78	200m: 2:11.86 35.45	300m: 3:23.79	36.43	400m: 4:34.94	33.65	
6.	GÓRALCZYK Iga 07	KS Aqua Sport Ko cierzyna	<b>4:56.23</b>	1:08.26	1:14.87	1:17.24	1:15.86
	50m: 32.89 32.89	150m: 1:45.46 37.20	250m: 3:03.08	39.95	350m: 4:19.02	38.65	
	100m: 1:08.26 35.37	200m: 2:23.13 37.67	300m: 3:40.37	37.29	400m: 4:56.23	37.21	
7.	PEEK Zuzanna 08	KS Aqua Sport Ko cierzyna	<b>5:44.08</b>	1:16.67	1:27.97	1:31.03	1:28.41
	50m: 36.35 36.35	150m: 2:00.07 43.40	250m: 3:29.79	45.15	350m: 5:01.19	45.52	
	100m: 1:16.67 40.32	200m: 2:44.64 44.57	300m: 4:15.67	45.88	400m: 5:44.08	42.89	

Rocznik 2006 - 2007

1.	GÓRALCZYK Iga 07	KS Aqua Sport Ko cierzyna	<b>4:56.23</b>	1:08.26	1:14.87	1:17.24	1:15.86
	50m: 32.89 32.89	150m: 1:45.46 37.20	250m: 3:03.08	39.95	350m: 4:19.02	38.65	
	100m: 1:08.26 35.37	200m: 2:23.13 37.67	300m: 3:40.37	37.29	400m: 4:56.23	37.21	

Rocznik 2008 - 2009

1.	PEEK Zuzanna 08	KS Aqua Sport Ko cierzyna	<b>5:44.08</b>	1:16.67	1:27.97	1:31.03	1:28.41
	50m: 36.35 36.35	150m: 2:00.07 43.40	250m: 3:29.79	45.15	350m: 5:01.19	45.52	
	100m: 1:16.67 40.32	200m: 2:44.64 44.57	300m: 4:15.67	45.88	400m: 5:44.08	42.89	

PK	KRASNOKUTSKA Viktoriia05	Delfinek Chodzie	<b>3:27.05</b>	47.60	51.75	54.39	53.31
	50m: 22.75 22.75	150m: 1:12.69 25.09	250m: 2:06.36	27.01	350m: 3:01.22	27.48	
	100m: 47.60 24.85	200m: 1:39.35 26.66	300m: 2:33.74	27.38	400m: 3:27.05	25.83	

PK	TYMOSHENKO Anastasiia09	Laguna 24 Toru	<b>4:00.72</b>	55.09	1:02.68	1:05.66	57.29
	50m: 26.15 26.15	150m: 1:26.00 30.91	250m: 2:30.58	32.81	350m: 3:34.56	31.13	
	100m: 55.09 28.94	200m: 1:57.77 31.77	300m: 3:03.43	32.85	400m: 4:00.72	26.16	