

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

Konkurencja 37
02.04.2023 - 10:29

Kobiet, 400 BF

Open
Wyniki

Punkty:

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m	
Open								
1.	UKOWSKA Paula	92	UKS Tri-Sea Mewa Władysław	4:01.63	1:01.82	1:02.71	1:00.56	56.54
	50m: 29.42	29.42	150m: 1:33.51	31.69	250m: 2:34.79	30.26	350m: 3:34.03	28.94
	100m: 1:01.82	32.40	200m: 2:04.53	31.02	300m: 3:05.09	30.30	400m: 4:01.63	27.60
2.	CHMIELEWSKA A.	06	Delfinek Chodzie	4:03.15	1:01.82	1:02.32	1:00.38	58.63
	50m: 30.12	30.12	150m: 1:33.41	31.59	250m: 2:34.29	30.15	350m: 3:34.99	30.47
	100m: 1:01.82	31.70	200m: 2:04.14	30.73	300m: 3:04.52	30.23	400m: 4:03.15	28.16
3.	GRE Julia	04	UKS Manta Ko cierzyna	4:10.85	1:00.20	1:03.03	1:04.56	1:03.06
	50m: 28.81	28.81	150m: 1:31.83	31.63	250m: 2:35.21	31.98	350m: 3:39.81	32.02
	100m: 1:00.20	31.39	200m: 2:03.23	31.40	300m: 3:07.79	32.58	400m: 4:10.85	31.04
4.	GWAJ Julia	04	IKS Herkules Suwałki	4:11.28	1:01.91	1:05.10	1:03.63	1:00.64
	50m: 29.12	29.12	150m: 1:34.55	32.64	250m: 2:38.59	31.58	350m: 3:42.17	31.53
	100m: 1:01.91	32.79	200m: 2:07.01	32.46	300m: 3:10.64	32.05	400m: 4:11.28	29.11
5.	BISZEWSKA Gabriela	05	IKS Herkules Suwałki	4:12.60	1:01.81	1:05.39	1:04.76	1:00.64
	50m: 29.44	29.44	150m: 1:34.66	32.85	250m: 2:39.35	32.15	350m: 3:43.84	31.88
	100m: 1:01.81	32.37	200m: 2:07.20	32.54	300m: 3:11.96	32.61	400m: 4:12.60	28.76
6.	TARTANUS Nina	07	UKS Tri-Sea Mewa Władysław	4:18.91	1:00.26	1:04.82	1:06.40	1:07.43
	50m: 28.55	28.55	150m: 1:32.19	31.93	250m: 2:37.85	32.77	350m: 3:45.22	33.74
	100m: 1:00.26	31.71	200m: 2:05.08	32.89	300m: 3:11.48	33.63	400m: 4:18.91	33.69
7.	OKO Anna	09	KS Nautilus Jastrz bie-Zdrój	4:19.66	1:01.02	1:07.40	1:07.10	1:04.14
	50m: 1:34.84	1:34.84	150m: 2:42.15	1:41.13	250m: 3:49.01	1:40.59	350m:	
	100m: 1:01.02		200m: 2:08.42		300m: 3:15.52		400m: 4:19.66	
8.	PIETRAS Maria	07	Delfinek Chodzie	4:19.93	1:01.67	1:09.63	1:07.61	1:01.02
	50m: 28.83	28.83	150m: 1:36.45	34.78	250m: 2:45.04	33.74	350m: 3:50.92	32.01
	100m: 1:01.67	32.84	200m: 2:11.30	34.85	300m: 3:18.91	33.87	400m: 4:19.93	29.01
9.	DUDEK Krzysztofa	08	Delfinek Chodzie	4:20.78	1:03.71	1:06.14	1:06.24	1:04.69
	50m: 30.84	30.84	150m: 1:36.02	32.31	250m: 2:42.70	32.85	350m: 3:48.88	32.79
	100m: 1:03.71	32.87	200m: 2:09.85	33.83	300m: 3:16.09	33.39	400m: 4:20.78	31.90
10.	REDLIN Anna	08	Uks Delfin Jastarnia	4:23.97	1:00.23	1:08.29	1:09.58	1:05.87
	50m: 28.16	28.16	150m: 1:33.68	33.45	250m: 2:43.78	35.26	350m: 3:51.71	33.61
	100m: 1:00.23	32.07	200m: 2:08.52	34.84	300m: 3:18.10	34.32	400m: 4:23.97	32.26
11.	BRESKA Helena	08	UKS Manta Ko cierzyna	4:27.24	1:02.41	1:09.91	1:08.65	1:06.27
	50m: 29.01	29.01	150m: 1:36.55	34.14	250m: 2:46.75	34.43	350m: 3:54.45	33.48
	100m: 1:02.41	33.40	200m: 2:12.32	35.77	300m: 3:20.97	34.22	400m: 4:27.24	32.79
12.	NARKOWICZ Iga	08	Uks Delfin Jastarnia	4:34.51	1:06.32	1:12.17	1:10.29	1:05.73
	50m: 31.22	31.22	150m: 1:42.40	36.08	250m: 2:54.03	35.54	350m: 4:02.94	34.16
	100m: 1:06.32	35.10	200m: 2:18.49	36.09	300m: 3:28.78	34.75	400m: 4:34.51	31.57
13.	HATALSKA Natalia	03	OSN Amfiprion Olecko	4:36.21	1:02.74	1:10.81	1:12.03	1:10.63
	50m: 29.65	29.65	150m: 1:37.39	34.65	250m: 2:49.51	35.96	350m: 4:02.44	36.86
	100m: 1:02.74	33.09	200m: 2:13.55	36.16	300m: 3:25.58	36.07	400m: 4:36.21	33.77
14.	ŁAPUCKA Ewa	04	OSN Amfiprion Olecko	4:44.55	1:02.73	1:13.66	1:15.14	1:13.02
	50m: 29.09	29.09	150m: 1:38.90	36.17	250m: 2:53.72	37.33	350m: 4:09.96	38.43
	100m: 1:02.73	33.64	200m: 2:16.39	37.49	300m: 3:31.53	37.81	400m: 4:44.55	34.59
15.	NASZKIEWICZ Inga	09	MUKS PIORUN Gołdap	4:48.44	1:06.42	1:15.73	1:14.60	1:11.69
	50m: 30.78	30.78	150m: 1:44.22	37.80	250m: 2:59.01	36.86	350m: 4:13.54	36.79
	100m: 1:06.42	35.64	200m: 2:22.15	37.93	300m: 3:36.75	37.74	400m: 4:48.44	34.90
16.	GORYS Magdalena	04	KS Nautilus Jastrz bie-Zdrój	5:01.65	1:06.04	1:17.13	1:19.80	1:18.68
	50m: 30.73	30.73	150m: 1:43.71	37.67	250m: 3:02.97	39.80	350m: 4:22.30	39.33
	100m: 1:06.04	35.31	200m: 2:23.17	39.46	300m: 3:42.97	40.00	400m: 5:01.65	39.35
17.	RANIEWICZ Laura	09	Delfinek Chodzie	5:06.46	1:11.96	1:20.33	1:20.79	1:13.38
	50m: 33.82	33.82	150m: 1:51.51	39.55	250m: 3:13.18	40.89	350m: 4:32.33	39.25
	100m: 1:11.96	38.14	200m: 2:32.29	40.78	300m: 3:53.08	39.90	400m: 5:06.46	34.13
NIE UK.	R CZKOWSKA Maja	07	KS Nautilus Jastrz bie-Zdrój		1:01.28	1:05.87		
	50m: 29.44	29.44	150m: 1:34.04	32.76	250m: 2:42.46	35.31	350m:	
	100m: 1:01.28	31.84	200m: 2:07.15	33.11	300m:		400m:	

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

Konkurencja 37, Kobiet, 400 BF

Rocznik 2006 - 2007

1. CHMIELEWSKA A.	06	Delfinek Chodzie	4:03.15	1:01.82	1:02.32	1:00.38	58.63
50m: 30.12	30.12	150m: 1:33.41	31.59	250m: 2:34.29	30.15	350m: 3:34.99	30.47
100m: 1:01.82	31.70	200m: 2:04.14	30.73	300m: 3:04.52	30.23	400m: 4:03.15	28.16
2. TARTANUS Nina	07	UKS Tri-Sea Mewa Władysław	4:18.91	1:00.26	1:04.82	1:06.40	1:07.43
50m: 28.55	28.55	150m: 1:32.19	31.93	250m: 2:37.85	32.77	350m: 3:45.22	33.74
100m: 1:00.26	31.71	200m: 2:05.08	32.89	300m: 3:11.48	33.63	400m: 4:18.91	33.69
3. PIETRAS Maria	07	Delfinek Chodzie	4:19.93	1:01.67	1:09.63	1:07.61	1:01.02
50m: 28.83	28.83	150m: 1:36.45	34.78	250m: 2:45.04	33.74	350m: 3:50.92	32.01
100m: 1:01.67	32.84	200m: 2:11.30	34.85	300m: 3:18.91	33.87	400m: 4:19.93	29.01
NIE UK. R CZKOWSKA Maja	07	KS Nautilus Jastrz bie-Zdrój		1:01.28	1:05.87		
50m: 29.44	29.44	150m: 1:34.04	32.76	250m: 2:42.46	35.31	350m:	
100m: 1:01.28	31.84	200m: 2:07.15	33.11	300m:		400m:	

Rocznik 2008 - 2009

1. OKO Anna	09	KS Nautilus Jastrz bie-Zdrój	4:19.66	1:01.02	1:07.40	1:07.10	1:04.14
50m: 1:34.84	1:34.84	150m: 2:42.15	1:41.13	250m: 3:49.01	1:40.59	350m:	
100m: 1:01.02		200m: 2:08.42		300m: 3:15.52		400m: 4:19.66	
2. DUDEK Krzysztofa	08	Delfinek Chodzie	4:20.78	1:03.71	1:06.14	1:06.24	1:04.69
50m: 30.84	30.84	150m: 1:36.02	32.31	250m: 2:42.70	32.85	350m: 3:48.88	32.79
100m: 1:03.71	32.87	200m: 2:09.85	33.83	300m: 3:16.09	33.39	400m: 4:20.78	31.90
3. REDLIN Anna	08	Uks Delfin Jastarnia	4:23.97	1:00.23	1:08.29	1:09.58	1:05.87
50m: 28.16	28.16	150m: 1:33.68	33.45	250m: 2:43.78	35.26	350m: 3:51.71	33.61
100m: 1:00.23	32.07	200m: 2:08.52	34.84	300m: 3:18.10	34.32	400m: 4:23.97	32.26
4. BRESKA Helena	08	UKS Manta Ko cierzyna	4:27.24	1:02.41	1:09.91	1:08.65	1:06.27
50m: 29.01	29.01	150m: 1:36.55	34.14	250m: 2:46.75	34.43	350m: 3:54.45	33.48
100m: 1:02.41	33.40	200m: 2:12.32	35.77	300m: 3:20.97	34.22	400m: 4:27.24	32.79
5. NARKOWICZ Iga	08	Uks Delfin Jastarnia	4:34.51	1:06.32	1:12.17	1:10.29	1:05.73
50m: 31.22	31.22	150m: 1:42.40	36.08	250m: 2:54.03	35.54	350m: 4:02.94	34.16
100m: 1:06.32	35.10	200m: 2:18.49	36.09	300m: 3:28.78	34.75	400m: 4:34.51	31.57
6. NASZKIEWICZ Inga	09	MUKS PIORUN Gołdap	4:48.44	1:06.42	1:15.73	1:14.60	1:11.69
50m: 30.78	30.78	150m: 1:44.22	37.80	250m: 2:59.01	36.86	350m: 4:13.54	36.79
100m: 1:06.42	35.64	200m: 2:22.15	37.93	300m: 3:36.75	37.74	400m: 4:48.44	34.90
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50m: 33.82	33.82	150m: 1:51.51	39.55	250m: 3:13.18	40.89	350m: 4:32.33	39.25
100m: 1:11.96	38.14	200m: 2:32.29	40.78	300m: 3:53.08	39.90	400m: 5:06.46	34.13