

Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach.
Gliwice, 11. - 12.5.2024

Konkurencja 27
11.05.2024 - 17:40

Kobiet, 400m Surface A-D

Open
Wyniki

Punkty: Table 1000

Pozycja	Wiek		Czas	Pkt.	100m	200m	300m	400m
Open								
1.	TUSK Weronika	19	UKS Tri-Sea Mewa Władysław	3:52.66	53.94	59.22	59.94	59.56
	50m: 25.90	25.90	150m: 1:23.33	29.39	250m: 2:22.99	29.83	350m: 3:23.73	30.63
	100m: 53.94	28.04	200m: 1:53.16	29.83	300m: 2:53.10	30.11	400m: 3:52.66	28.93
2.	ŁADO Natalia	14	UKS Rekin Wrocław	4:01.84	58.89	1:02.59	1:01.97	58.39
	50m: 27.78	27.78	150m: 49.65		250m: 2:32.62	31.14	350m: 3:34.26	30.81
	100m: 58.89	31.11	200m: 2:01.48	1:11.83	300m: 3:03.45	30.83	400m: 4:01.84	27.58
3.	GUZI SKA Olga	18	UKS Manta Ko cierzyna	4:02.59	54.22	1:01.44	1:04.31	1:02.62
	50m: 26.11	26.11	150m: 1:24.28	30.06	250m: 2:27.84	32.18	350m: 3:32.29	32.32
	100m: 54.22	28.11	200m: 1:55.66	31.38	300m: 2:59.97	32.13	400m: 4:02.59	30.30
4.	SZYBALSKA Anna	16	KS Aqua Sport Ko cierzyna	4:08.42	57.18	1:03.82	1:05.13	1:02.29
	50m: 27.09	27.09	150m: 1:28.91	31.73	250m: 2:34.03	33.03	350m: 3:38.00	31.87
	100m: 57.18	30.09	200m: 2:01.00	32.09	300m: 3:06.13	32.10	400m: 4:08.42	30.42
5.	KOHNKE Nicole	17	UKS Tri-Sea Mewa Władysław	4:12.21	1:01.10	1:05.62	1:04.88	1:00.61
	50m: 29.53	29.53	150m: 1:33.36	32.26	250m: 2:38.90	32.18	350m: 3:43.09	31.49
	100m: 1:01.10	31.57	200m: 2:06.72	33.36	300m: 3:11.60	32.70	400m: 4:12.21	29.12
6.	MASIANIS Maja	13	UKS Amfiprion Olecko	4:23.55	1:02.44	1:07.83	1:08.02	1:05.26
	50m: 29.96	29.96	150m: 1:36.06	33.62	250m: 2:44.90	34.63	350m: 3:52.61	34.32
	100m: 1:02.44	32.48	200m: 2:10.27	34.21	300m: 3:18.29	33.39	400m: 4:23.55	30.94
7.	PALUSIAK Natalia	14	Laguna 24 Toru	4:25.39	1:06.09	1:09.51	1:07.68	1:02.11
	50m: 31.68	31.68	150m: 1:40.70	34.61	250m: 2:49.02	33.42	350m: 3:55.06	31.78
	100m: 1:06.09	34.41	200m: 2:15.60	34.90	300m: 3:23.28	34.26	400m: 4:25.39	30.33
8.	OSTROWSKA Marta	14	KS Aqua Sport Ko cierzyna	4:28.29	1:04.14	1:08.47	1:08.87	1:06.81
	50m: 31.44	31.44	150m: 1:38.33	34.19	250m: 2:46.96	34.35	350m: 3:55.68	34.20
	100m: 1:04.14	32.70	200m: 2:12.61	34.28	300m: 3:21.48	34.52	400m: 4:28.29	32.61
9.	W GRZYN Natalia	14	Delfinek Chodzie	4:30.49	1:03.52	1:11.28	1:10.82	1:04.87
	50m: 29.95	29.95	150m: 1:38.85	35.33	250m: 2:50.35	35.55	350m: 3:59.89	34.27
	100m: 1:03.52	33.57	200m: 2:14.80	35.95	300m: 3:25.62	35.27	400m: 4:30.49	30.60
10.	WITKOWSKA Amelia	12	Laguna 24 Toru	4:31.77	1:06.64	1:09.76	1:09.83	1:05.54
	50m: 31.47	31.47	150m: 1:41.43	34.79	250m: 2:51.92	35.52	350m: 4:00.64	34.41
	100m: 1:06.64	35.17	200m: 2:16.40	34.97	300m: 3:26.23	34.31	400m: 4:31.77	31.13
11.	REJNO Tamara	12	UKS Rekin Wrocław	4:35.49	1:06.22	1:10.45	1:11.93	1:06.89
	50m: 30.71	30.71	150m: 1:40.29	34.07	250m: 2:51.67	35.00	350m: 4:03.65	35.05
	100m: 1:06.22	35.51	200m: 2:16.67	36.38	300m: 3:28.60	36.93	400m: 4:35.49	31.84
12.	NASZKIEWICZ Inga	15	MUKS PIORUN Gołdap	4:35.52	1:02.48	1:11.70	1:13.05	1:08.29
	50m: 28.95	28.95	150m: 1:38.10	35.62	250m: 2:50.59	36.41	350m: 4:02.62	35.39
	100m: 1:02.48	33.53	200m: 2:14.18	36.08	300m: 3:27.23	36.64	400m: 4:35.52	32.90
13.	KUCHARSKA Nina	13	KS Aqua Sport Ko cierzyna	4:36.31	1:03.40	1:09.96	1:06.88	1:16.07
	50m: 30.20	30.20	150m: 1:38.04	34.64	250m: 2:48.03	34.67	350m: 4:02.69	42.45
	100m: 1:03.40	33.20	200m: 2:13.36	35.32	300m: 3:20.24	32.21	400m: 4:36.31	33.62
14.	MARKIEWICZ Monika	13	UKS Tri-Sea Mewa Władysław	4:40.21	1:06.80	1:12.21	1:14.75	1:06.45
	50m: 31.60	31.60	150m: 1:43.18	36.38	250m: 2:57.09	38.08	350m: 4:09.00	35.24
	100m: 1:06.80	35.20	200m: 2:19.01	35.83	300m: 3:33.76	36.67	400m: 4:40.21	31.21
15.	KORDOWSKA Rozalia	12	Laguna 24 Toru	5:39.23	1:16.32	1:25.31	1:30.51	1:27.09
	50m: 36.25	36.25	150m: 1:58.05	41.73	250m: 3:25.75	44.12	350m: 4:56.68	44.54
	100m: 1:16.32	40.07	200m: 2:41.63	43.58	300m: 4:12.14	46.39	400m: 5:39.23	42.55
16.	BOBKOWSKA Aida	12	UKS Tri-Sea Mewa Władysław	6:15.90	1:22.66	1:39.68	1:38.58	1:34.98
	50m: 36.59	36.59	150m: 2:12.64	49.98	250m: 3:52.21	49.87	350m: 5:31.78	50.86
	100m: 1:22.66	46.07	200m: 3:02.34	49.70	300m: 4:40.92	48.71	400m: 6:15.90	44.12

Kat. C

1.	ŁADO Natalia	14	UKS Rekin Wrocław	4:01.84	58.89	1:02.59	1:01.97	58.39
	50m: 27.78	27.78	150m: 49.65		250m: 2:32.62	31.14	350m: 3:34.26	30.81
	100m: 58.89	31.11	200m: 2:01.48	1:11.83	300m: 3:03.45	30.83	400m: 4:01.84	27.58
2.	PALUSIAK Natalia	14	Laguna 24 Toru	4:25.39	1:06.09	1:09.51	1:07.68	1:02.11
	50m: 31.68	31.68	150m: 1:40.70	34.61	250m: 2:49.02	33.42	350m: 3:55.06	31.78
	100m: 1:06.09	34.41	200m: 2:15.60	34.90	300m: 3:23.28	34.26	400m: 4:25.39	30.33

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Konkurencja 27, Dziewcz t, 400m Surface A-D, Kat. C

Pozycja	Wiek		Czas	Pkt.	100m	200m	300m	400m
3. OSTROWSKA Marta	14	KS Aqua Sport Ko cierzyna	4:28.29		1:04.14	1:08.47	1:08.87	1:06.81
50m:	31.44	31.44	150m:	1:38.33	34.19	250m:	2:46.96	34.35
100m:	1:04.14	32.70	200m:	2:12.61	34.28	300m:	3:21.48	34.52
350m:			350m:	3:55.68	34.20	400m:	4:28.29	32.61
4. W GRZYN Natalia	14	Delfinek Chodzie	4:30.49		1:03.52	1:11.28	1:10.82	1:04.87
50m:	29.95	29.95	150m:	1:38.85	35.33	250m:	2:50.35	35.55
100m:	1:03.52	33.57	200m:	2:14.80	35.95	300m:	3:25.62	35.27
350m:			350m:	3:59.89	34.27	400m:	4:30.49	30.60
5. NASZKIEWICZ Inga	15	MUKS PIORUN Gołdap	4:35.52		1:02.48	1:11.70	1:13.05	1:08.29
50m:	28.95	28.95	150m:	1:38.10	35.62	250m:	2:50.59	36.41
100m:	1:02.48	33.53	200m:	2:14.18	36.08	300m:	3:27.23	36.64
350m:			350m:	4:02.62	35.39	400m:	4:35.52	32.90

Kat. D

1. MASIANIS Maja	13	UKS Amfiprion Olecko	4:23.55		1:02.44	1:07.83	1:08.02	1:05.26
50m:	29.96	29.96	150m:	1:36.06	33.62	250m:	2:44.90	34.63
100m:	1:02.44	32.48	200m:	2:10.27	34.21	300m:	3:18.29	33.39
350m:			350m:	3:52.61	34.32	400m:	4:23.55	30.94
2. WITKOWSKA Amelia	12	Laguna 24 Toru	4:31.77		1:06.64	1:09.76	1:09.83	1:05.54
50m:	31.47	31.47	150m:	1:41.43	34.79	250m:	2:51.92	35.52
100m:	1:06.64	35.17	200m:	2:16.40	34.97	300m:	3:26.23	34.31
350m:			350m:	4:00.64	34.41	400m:	4:31.77	31.13
3. REJNO Tamara	12	UKS Rekin Wrocław	4:35.49		1:06.22	1:10.45	1:11.93	1:06.89
50m:	30.71	30.71	150m:	1:40.29	34.07	250m:	2:51.67	35.00
100m:	1:06.22	35.51	200m:	2:16.67	36.38	300m:	3:28.60	36.93
350m:			350m:	4:03.65	35.05	400m:	4:35.49	31.84
4. KUCHARSKA Nina	13	KS Aqua Sport Ko cierzyna	4:36.31		1:03.40	1:09.96	1:06.88	1:16.07
50m:	30.20	30.20	150m:	1:38.04	34.64	250m:	2:48.03	34.67
100m:	1:03.40	33.20	200m:	2:13.36	35.32	300m:	3:20.24	32.21
350m:			350m:	4:02.69	42.45	400m:	4:36.31	33.62
5. MARKIEWICZ Monika	13	UKS Tri-Sea Mewa Władysław	4:40.21		1:06.80	1:12.21	1:14.75	1:06.45
50m:	31.60	31.60	150m:	1:43.18	36.38	250m:	2:57.09	38.08
100m:	1:06.80	35.20	200m:	2:19.01	35.83	300m:	3:33.76	36.67
350m:			350m:	4:09.00	35.24	400m:	4:40.21	31.21
6. KORDOWSKA Rozalia	12	Laguna 24 Toru	5:39.23		1:16.32	1:25.31	1:30.51	1:27.09
50m:	36.25	36.25	150m:	1:58.05	41.73	250m:	3:25.75	44.12
100m:	1:16.32	40.07	200m:	2:41.63	43.58	300m:	4:12.14	46.39
350m:			350m:	4:56.68	44.54	400m:	5:39.23	42.55
7. BOBKOWSKA Aida	12	UKS Tri-Sea Mewa Władysław	6:15.90		1:22.66	1:39.68	1:38.58	1:34.98
50m:	36.59	36.59	150m:	2:12.64	49.98	250m:	3:52.21	49.87
100m:	1:22.66	46.07	200m:	3:02.34	49.70	300m:	4:40.92	48.71
350m:			350m:	5:31.78	50.86	400m:	6:15.90	44.12