

I Runda Klubowego Pucharu Polski w pływaniu w płetwach
Chodzie , 12- - 13-3-2022

Konkurencja 11
2022-03-12 - 18:15

Kobiet, 400m SF

Open
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.
KAT. D									
1.	PANUSZKO Lidia		10	Amfiprion Olecko				4:20.83	
	50m:	28.84 28.84	150m:	1:35.53 33.96	250m:	2:43.69 34.22	350m:	3:51.31 33.62	
	100m:	1:01.57 32.73	200m:	2:09.47 33.94	300m:	3:17.69 34.00	400m:	4:20.83 29.52	
2.	BACZY SKA Amelia		09	UKS Delfinek Chodzie				4:20.89	
	50m:	28.35 28.35	150m:	1:35.16 34.18	250m:	2:43.61 34.02	350m:	3:52.08 34.17	
	100m:	1:00.98 32.63	200m:	2:09.59 34.43	300m:	3:17.91 34.30	400m:	4:20.89 28.81	
3.	PALCZAK Milena		09	UKS Rekin Wrocław				4:42.45	
	50m:	31.31 31.31	150m:	1:41.44 35.33	250m:	2:53.83 36.51	350m:	4:07.28 37.08	
	100m:	1:06.11 34.80	200m:	2:17.32 35.88	300m:	3:30.20 36.37	400m:	4:42.45 35.17	
KAT. C									
1.	BESTRY Olivia		08	Laguna 24 Toru				4:14.61	
	50m:		150m:	1:30.42 32.34	250m:		350m:		
	100m:	58.08	200m:		300m:		400m:	4:14.61	
2.	SZYBALSKA Anna		08	KS Aqua Sport				4:17.50	
	50m:	28.71 28.71	150m:	1:32.29 32.41	250m:	2:38.83 33.21	350m:	3:45.66 33.43	
	100m:	59.88 31.17	200m:	2:05.62 33.33	300m:	3:12.23 33.40	400m:	4:17.50 31.84	
3.	STRZ PKA Olga		07	UKS Delfinek Chodzie				4:17.63	
	50m:	28.44 28.44	150m:	1:34.00 33.27	250m:	2:41.21 33.32	350m:	3:47.73 33.16	
	100m:	1:00.73 32.29	200m:	2:07.89 33.89	300m:	3:14.57 33.36	400m:	4:17.63 29.90	
4.	KOHNKE Nicole		07	UKS Delfin Jastarnia				4:18.76	
	50m:	28.83 28.83	150m:	2:42.72 33.50	250m:		350m:		
	100m:		200m:	3:16.22 33.50	300m:		400m:	4:18.76	
5.	NARKOWICZ Iga		08	UKS Delfin Jastarnia				4:19.92	
	50m:	27.52 27.52	150m:	1:31.73 33.13	250m:	2:39.52 34.33	350m:	3:47.58 34.05	
	100m:	58.60 31.08	200m:	2:05.19 33.46	300m:	3:13.53 34.01	400m:	4:19.92 32.34	
6.	BIDA Klaudia		07	KS Aqua Sport				5:12.61	
	50m:	36.05 36.05	150m:	1:52.94 39.15	250m:	3:12.98 39.41	350m:		
	100m:	1:13.79 37.74	200m:	2:33.57 40.63	300m:	3:53.05 40.07	400m:	5:12.61	
7.	PEEK Zuzanna		08	KS Aqua Sport				5:17.57	
	50m:	35.63 35.63	150m:	1:55.57 41.25	250m:	3:19.49 43.18	350m:	4:41.34 40.37	
	100m:	1:14.32 38.69	200m:	2:36.31 40.74	300m:	4:00.97 41.48	400m:	5:17.57 36.23	
KAT. B									
1.	GUZI SKA Olga		06	UKS MANTA Ko cierzyna				4:04.95	
	50m:	26.82 26.82	150m:	1:26.34 30.35	250m:	2:29.30 31.80	350m:	3:33.70 32.12	
	100m:	55.99 29.17	200m:	1:57.50 31.16	300m:	3:01.58 32.28	400m:	4:04.95 31.25	
2.	TUSK Weronika		05	UKS Tri-Sea Mewa Władysławowo				4:18.32	
	50m:	28.37 28.37	150m:	1:33.43 33.91	250m:	3:48.73 1:06.33	350m:		
	100m:	59.52 31.15	200m:	2:42.40 1:08.97	300m:		400m:	4:18.32	
3.	RANISZEWSKA Maja		05	Laguna 24 Toru				4:18.53	
	50m:	27.25 27.25	150m:	1:29.39 31.82	250m:	2:37.71 34.45	350m:	3:47.84 34.45	
	100m:	57.57 30.32	200m:	2:03.26 33.87	300m:	3:13.39 35.68	400m:	4:18.53 30.69	
4.	FREDA Daria		06	KS Aqua Sport				4:39.94	
	50m:	30.28 30.28	150m:	1:39.84 35.43	250m:	2:52.65 36.57	350m:	4:05.74 36.15	
	100m:	1:04.41 34.13	200m:	2:16.08 36.24	300m:	3:29.59 36.94	400m:	4:39.94 34.20	

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KAT. A

1.	JESIOŁOWSKA Inez		04	UKS Delfinek Chodzie				3:49.90				
	50m:	24.21	24.21	150m:	1:19.89	28.99	250m:	2:20.49	30.09	350m:	3:21.46	30.37
	100m:	50.90	26.69	200m:	1:50.40	30.51	300m:	2:51.09	30.60	400m:	3:49.90	28.44