

I Runda Klubowego Pucharu Polski w pływaniu w płetwach  
Władysławowo, 15- - 16-2-2025

Konkurencja 18  
2025-02-15 - 16:01

Kobiet, 400m Surface

12 lat i starsi  
Wyniki

Rekordy Polski_25m_pletwa Open	3:22.60	TRUSZCZY SKA Katarzyna	Hodmezovasarhely	2011-08-02
Rekordy Polski_25m_pletwa 16 - 17	3:24.91	TRUSZCZY SKA Katarzyna	Bari	2007-08-03
Rekordy Polski_25m_pletwa 14 - 15	3:30.02	TRUSZCZY SKA KATARZYNA	Ostrowiec wi tokrzyski	2005-08-01
Rekordy Polski_25m_pletwa 12 - 13	3:49.19	RZEPKA ZUZANNA	Olsztyn	2014-05-01

Punkty: PP 2025

Pozycja			Rok ur.					Czas	Pkt.		
<b>KAT. D</b>											
1.	WITKOWSKA Amelia		12	Laguna 24 Toru				<b>4:25.48</b>	643		
	50m:	28.70 28.70	150m:	1:34.03	33.60	250m:	2:43.49	35.14	350m:	3:52.06	33.84
	100m:	1:00.43 31.73	200m:	2:08.35	34.32	300m:	3:18.22	34.73	400m:	4:25.48	33.42
2.	REJNO Tamara		12	UKS Rekin Wrocław SP50				<b>4:25.51</b>	643	+ 0.03	
	50m:	28.88 28.88	150m:	1:35.99	33.90	250m:	2:43.30	32.31	350m:	3:52.66	34.76
	100m:	1:02.09 33.21	200m:	2:10.99	35.00	300m:	3:17.90	34.60	400m:	4:25.51	32.85
3.	LELLEK Kaja		13	KS Aqua Sport Ko cierzyna				<b>4:32.92</b>	592	+ 7.44	
	50m:	30.86 30.86	150m:	1:40.50	35.92	250m:	2:52.00	35.85	350m:	4:01.19	33.88
	100m:	1:04.58 33.72	200m:	2:16.15	35.65	300m:	3:27.31	35.31	400m:	4:32.92	31.73
<b>KAT. C</b>											
1.	MASIANIS Maja		11	UKS Amfiprion Olecko				<b>4:11.93</b>	579		
	50m:	27.31 27.31	150m:	1:29.06	31.78	250m:	2:35.77	33.39	350m:	3:41.89	32.84
	100m:	57.28 29.97	200m:	2:02.38	33.32	300m:	3:09.05	33.28	400m:	4:11.93	30.04
2.	PALUSIAK Natalia		10	Laguna 24 Toru				<b>4:24.05</b>	503	+ 12.12	
	50m:	29.75 29.75	150m:	1:37.03	34.58	250m:	2:45.44	34.43	350m:	3:52.25	32.89
	100m:	1:02.45 32.70	200m:	2:11.01	33.98	300m:	3:19.36	33.92	400m:	4:24.05	31.80
3.	CABAŁA Natalia		10	KS Nautilus-Jastrz bie				<b>4:29.05</b>	476	+ 17.12	
	50m:	29.58 29.58	150m:	1:36.05	34.35	250m:	2:46.34	35.47	350m:	3:57.05	35.36
	100m:	1:01.70 32.12	200m:	2:10.87	34.82	300m:	3:21.69	35.35	400m:	4:29.05	32.00
4.	KUCHARSKA Nina		11	UKS Manta Ko cierzyna				<b>4:30.80</b>	466	+ 18.87	
	50m:	27.50 27.50	150m:	1:32.63	33.24	250m:	2:43.23	36.03	350m:	3:54.45	36.15
	100m:	59.39 31.89	200m:	2:07.20	34.57	300m:	3:18.30	35.07	400m:	4:30.80	36.35
<b>KAT. B</b>											
1.	SZYBALSKA Ania		08	UKS Manta Ko cierzyna				<b>3:56.50</b>	650		
	50m:	24.85 24.85	150m:	1:21.26	28.87	250m:	2:22.09	30.97	350m:	3:25.68	32.04
	100m:	52.39 27.54	200m:	1:51.12	29.86	300m:	2:53.64	31.55	400m:	3:56.50	30.82
2.	ROZIEL Natasza		08	UKS Rekin Wrocław SP50				<b>4:03.27</b>	598	+ 6.77	
	50m:	26.17 26.17	150m:	1:24.21	29.66	250m:	2:26.61	31.64	350m:	3:32.00	32.75
	100m:	54.55 28.38	200m:	1:54.97	30.76	300m:	2:59.25	32.64	400m:	4:03.27	31.27
3.	BLOK Sandra		09	KS Aqua Sport Ko cierzyna				<b>4:05.51</b>	581	+ 9.01	
	50m:	26.38 26.38	150m:	1:25.31	30.10	250m:	2:29.10	32.12	350m:	3:33.75	32.50
	100m:	55.21 28.83	200m:	1:56.98	31.67	300m:	3:01.25	32.15	400m:	4:05.51	31.76
4.	NASZKIEWICZ I Inga		09	MUKS Piorun Gołdap				<b>4:11.18</b>	543	+ 14.68	
	50m:	27.05 27.05	150m:	1:29.68	32.18	250m:	2:36.13	33.06	350m:	3:40.60	32.00
	100m:	57.50 30.45	200m:	2:03.07	33.39	300m:	3:08.60	32.47	400m:	4:11.18	30.58
5.	STRUCK Anna		08	UKS Tri-Sea Mewa Władysławowo				<b>4:11.45</b>	541	+ 14.95	
	50m:	26.50 26.50	150m:	1:28.81	32.19	250m:	2:34.11	32.29	350m:	3:41.17	33.71
	100m:	56.62 30.12	200m:	2:01.82	33.01	300m:	3:07.46	33.35	400m:	4:11.45	30.28

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Konkurencja 18, Dziewcz t, 400m Surface, KAT. B

Pozycja				Rok ur.					Czas	Pkt.		
6.	LELLEK Wiktoria			09	KS Aqua Sport Ko	cierzyna			<b>4:11.69</b>	540 + 15.19		
	50m:	26.21	26.21	150m:	1:25.92	30.87	250m:	2:32.20	33.43	350m:	3:41.22	35.17
	100m:	55.05	28.84	200m:	1:58.77	32.85	300m:	3:06.05	33.85	400m:	4:11.69	30.47
7.	KATOLIK Paula			09	UKS Tri-Sea Mewa	Władysławowo			<b>4:23.85</b>	468 + 27.35		
	50m:	27.75	27.75	150m:	1:32.35	34.32	250m:	2:41.76	35.45	350m:	3:51.85	35.36
	100m:	58.03	30.28	200m:	2:06.31	33.96	300m:	3:16.49	34.73	400m:	4:23.85	32.00
8.	KAISER Nadia			09	UKS Manta Ko	cierzyna			<b>4:27.97</b>	447 + 31.47		
	50m:	31.12	31.12	150m:	1:36.95	34.56	250m:	2:47.31	35.41	350m:	3:56.57	34.44
	100m:	1:02.39	31.27	200m:	2:11.90	34.95	300m:	3:22.13	34.82	400m:	4:27.97	31.40

KAT. A

1.	TUSK Weronika			05	UKS Tri-Sea Mewa	Władysławowo			<b>3:50.13</b>	682		
	50m:	25.41	25.41	150m:	1:22.04	29.11	250m:	2:21.26	29.73	350m:	3:20.84	29.83
	100m:	52.93	27.52	200m:	1:51.53	29.49	300m:	2:51.01	29.75	400m:	3:50.13	29.29