



II Runda Klubowego Pucharu Polski w pływaniu w płetwach
Ko cierzyna, 5- - 6-4-2025

Konkurencja 36 Kobiet, 400m Surface 12 lat i starsi
2025-04-06 - 13:42 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:

Pozycja	Rok ur.	Czas	Pkt.
KAT. D			
1. WITKOWSKA Amelia	12	Laguna 24 Toru	4:07.83
50m: 26.97 26.97	150m: 1:28.09 31.28	250m: 2:32.43 32.52	350m: 3:36.49 31.98
100m: 56.81 29.84	200m: 1:59.91 31.82	300m: 3:04.51 32.08	400m: 4:07.83 31.34
2. REJNO Tamara	12	UKS Rekin Wrocław SP50	4:15.33 + 7.50
50m: 28.47 28.47	150m: 1:31.07 31.89	250m: 2:36.44 32.46	350m: 3:44.75 33.95
100m: 59.18 30.71	200m: 2:03.98 32.91	300m: 3:10.80 34.36	400m: 4:15.33 30.58
3. LELEK Kaja	13	UKS Manta Ko cierzyna	4:17.59 + 9.76
50m: 30.35 30.35	150m: 1:35.41 32.59	250m: 2:41.64 32.81	350m: 3:47.32 33.32
100m: 1:02.82 32.47	200m: 2:08.83 33.42	300m: 3:14.00 32.36	400m: 4:17.59 30.27
4. IRACKA Zuzanna	12	Laguna 24 Toru	4:44.18 + 36.35
50m: 29.50 29.50	150m: 1:37.54 35.41	250m: 2:16.66 3.76	350m: 3:33.26 40.73
100m: 1:02.13 32.63	200m: 2:12.90 35.36	300m: 2:52.53 35.87	400m: 4:44.18 1:10.92

KAT. C

1. G BCZY SKA Hanna	10	KS Nautilus-Jastrz bie	4:02.57
50m: 27.00 27.00	150m: 1:26.77 30.06	250m: 2:29.97 31.74	350m: 3:33.56 31.59
100m: 56.71 29.71	200m: 1:58.23 31.46	300m: 3:01.97 32.00	400m: 4:02.57 29.01
2. ŁADO Natalia	10	UKS Rekin Wrocław SP50	4:04.20 + 1.63
50m: 26.30 26.30	150m: 1:26.81 30.91	250m: 2:29.50 31.47	350m: 3:33.44 31.75
100m: 55.90 29.60	200m: 1:58.03 31.22	300m: 3:01.69 32.19	400m: 4:04.20 30.76
3. PALUSIAK Natalia	10	Laguna 24 Toru	4:17.15 + 14.58
50m: 29.27 29.27	150m: 1:33.12 32.43	250m: 2:39.73 33.42	350m: 3:45.51 32.21
100m: 1:00.69 31.42	200m: 2:06.31 33.19	300m: 3:13.30 33.57	400m: 4:17.15 31.64
4. CABAŁA Natalia	10	KS Nautilus-Jastrz bie	4:29.87 + 27.30
50m: 29.65 29.65	150m: 1:36.97 34.99	250m: 2:47.50 35.50	350m: 3:57.13 34.67
100m: 1:01.98 32.33	200m: 2:12.00 35.03	300m: 3:22.46 34.96	400m: 4:29.87 32.74

KAT. B

1. ROZIEL Natasza	08	UKS Rekin Wrocław SP50	3:52.31
50m: 26.73 26.73	150m: 1:23.94 28.69	250m: 2:23.58 29.92	350m: 3:24.07 30.16
100m: 55.25 28.52	200m: 1:53.66 29.72	300m: 2:53.91 30.33	400m: 3:52.31 28.24
2. BLOK Sandra	09	KS Aqua Sport Ko cierzyna	3:58.20 + 5.89
50m: 26.66 26.66	150m: 1:24.63 29.26	250m: 2:25.18 30.48	350m: 3:27.63 31.39
100m: 55.37 28.71	200m: 1:54.70 30.07	300m: 2:56.24 31.06	400m: 3:58.20 30.57
3. NASZKIEWICZ Inga	09	MUKS Piorun Gołdap	4:05.58 + 13.27
50m: 27.16 27.16	150m: 1:28.01 31.06	250m: 2:31.68 31.52	350m: 3:35.16 31.37
100m: 56.95 29.79	200m: 2:00.16 32.15	300m: 3:03.79 32.11	400m: 4:05.58 30.42
4. KATOLIK Paula	09	UKS Tri-Sea Mewa Władysławowo	4:15.08 + 22.77
50m: 28.38 28.38	150m: 1:31.01 32.03	250m: 2:37.85 33.43	350m: 3:44.50 33.21
100m: 58.98 30.60	200m: 2:04.42 33.41	300m: 3:11.29 33.44	400m: 4:15.08 30.58
5. KAISER Nadia	09	UKS Manta Ko cierzyna	4:19.03 + 26.72
50m: 28.32 28.32	150m: 1:32.56 33.10	250m: 2:40.78 33.93	350m: 3:47.64 33.72
100m: 59.46 31.14	200m: 2:06.85 34.29	300m: 3:13.92 33.14	400m: 4:19.03 31.39



II Runda Klubowego Pucharu Polski w pływaniu w płetwach
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Konkurencja 36, Kobiet, 400m Surface

KAT. A

1.	TUSK Weronika			05	UKS Tri-Sea Mewa Władysławowo				3:52.14			
	50m:	25.47	25.47	150m:	1:22.66	29.02	250m:	2:22.70	30.25	350m:	3:23.26	30.16
	100m:	53.64	28.17	200m:	1:52.45	29.79	300m:	2:53.10	30.40	400m:	3:52.14	28.88
2.	BIDA Klaudia			07	KS Aqua Sport Ko cierzyna				4:20.43	+ 28.29		
	50m:	27.02	27.02	150m:	1:31.73	33.19	250m:	2:39.43	34.03	350m:	3:47.42	34.15
	100m:	58.54	31.52	200m:	2:05.40	33.67	300m:	3:13.27	33.84	400m:	4:20.43	33.01