

III Runda Klubowego Pucharu Polski w pływaniu w płetwach
Toruń, 31-5- - 1-6-2025

Konkurencja 18

Kobiet, 400m Surface

12 lat i starsi

2025-05-31 - 17:17

Wyniki

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

Punkt: PP 2025

Pozycja

Rok ur.

Czas

Pkt.

KAT. D

1. WITKOWSKA Amelia	12	Laguna 24 Toruń	4:01.46	855
50m: 26.51 26.51	150m: 1:25.51	29.84 250m: 2:26.11	30.56 350m: 3:30.31	32.37
100m: 55.67 29.16	200m: 1:55.55	30.04 300m: 2:57.94	31.83 400m: 4:01.46	31.15
2. REJNO Tamara	12	UKS Rekin Wrocław SP50	4:17.31	707 + 15.85
50m: 28.80 28.80	150m: 1:32.89	32.54 250m: 2:39.25	32.55 350m: 3:46.04	33.03
100m: 1:00.35 31.55	200m: 2:06.70	33.81 300m: 3:13.01	33.76 400m: 4:17.31	31.27
3. LELLEK Kaja	13	UKS Manta Kościerzyna	4:19.47	689 + 18.01
50m: 30.16 30.16	150m: 1:35.78	33.15 250m: 2:42.83	34.06 350m: 3:48.92	32.77
100m: 1:02.63 32.47	200m: 2:08.77	32.99 300m: 3:16.15	33.32 400m: 4:19.47	30.55

KAT. C

1. GĘBCZYŃSKA Hanna	10	KS Nautilus-Jastrzębie	3:59.95	671
50m: 26.95 26.95	150m: 1:26.79	30.68 250m: 2:29.63	31.49 350m: 3:32.01	31.17
100m: 56.11 29.16	200m: 1:58.14	31.35 300m: 3:00.84	31.21 400m: 3:59.95	27.94
2. KUCHARSKA Nina	11	UKS Manta Kościerzyna	4:13.93	566 + 13.98
50m: 28.03 28.03	150m: 1:30.73	32.06 250m: 2:37.02	33.45 350m: 3:43.01	32.30
100m: 58.67 30.64	200m: 2:03.57	32.84 300m: 3:10.71	33.69 400m: 4:13.93	30.92
3. ZARACH Monika	11	KS Aqua Sport Kościerzyna	4:15.71	554 + 15.76
50m: 26.99 26.99	150m: 1:30.02	32.27 250m: 2:36.03	33.25 350m: 3:43.85	33.93
100m: 57.75 30.76	200m: 2:02.78	32.76 300m: 3:09.92	33.89 400m: 4:15.71	31.86
4. PALUSIAK Natalia	10	Laguna 24 Toruń	4:19.36	531 + 19.41
50m: 29.52 29.52	150m: 1:35.48	32.98 250m: 2:42.91	33.82 350m: 3:47.87	32.01
100m: 1:02.50 32.98	200m: 2:09.09	33.61 300m: 3:15.86	32.95 400m: 4:19.36	31.49
5. CABAŁA Natalia	10	KS Nautilus-Jastrzębie	4:35.15	445 + 35.20
50m: 30.95 30.95	150m: 1:39.45	34.58 250m: 2:50.50	35.45 350m: 4:01.49	35.23
100m: 1:04.87 33.92	200m: 2:15.05	35.60 300m: 3:26.26	35.76 400m: 4:35.15	33.66

KAT. B

1. SZYBALSKA Ania	08	UKS Manta Kościerzyna	3:47.45	731
50m: 25.42 25.42	150m: 1:22.57	28.91 250m: 2:20.02	28.85 350m: 3:18.72	29.55
100m: 53.66 28.24	200m: 1:51.17	28.60 300m: 2:49.17	29.15 400m: 3:47.45	28.73
2. BLOK Sandra	09	KS Aqua Sport Kościerzyna	4:02.10	606 + 14.65
50m: 26.18 26.18	150m: 1:25.56	30.52 250m: 2:27.78	31.19 350m: 3:31.02	31.73
100m: 55.04 28.86	200m: 1:56.59	31.03 300m: 2:59.29	31.51 400m: 4:02.10	31.08
3. STRUCK Anna	08	UKS Tri-Sea Mewa Władysławowo	4:08.51	561 + 21.06
50m: 27.59 27.59	150m: 1:31.07	32.46 250m: 2:36.16	32.54 350m: 3:39.29	30.64
100m: 58.61 31.02	200m: 2:03.62	32.55 300m: 3:08.65	32.49 400m: 4:08.51	29.22
4. KATOLIK Paula	09	UKS Tri-Sea Mewa Władysławowo	4:12.39	535 + 24.94
50m: 28.84 28.84	150m: 1:32.37	32.42 250m: 2:37.90	33.07 350m: 3:43.09	32.02
100m: 59.95 31.11	200m: 2:04.83	32.46 300m: 3:11.07	33.17 400m: 4:12.39	29.30
5. KAISER Nadia	09	UKS Manta Kościerzyna	4:22.91	473 + 35.46
50m: 28.99 28.99	150m: 1:34.57	33.72 250m: 2:42.78	34.82 350m: 3:50.01	33.15
100m: 1:00.85 31.86	200m: 2:07.96	33.39 300m: 3:16.86	34.08 400m: 4:22.91	32.90

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KAT. A

1.	TUSK Weronika				05	UKS Tri-Sea Mewa Władysławowo				3:54.47	645	
	50m:	25.70	25.70	150m:	1:23.20	29.35	250m:	2:22.68	29.82	350m:	3:24.20	30.98
	100m:	53.85	28.15	200m:	1:52.86	29.66	300m:	2:53.22	30.54	400m:	3:54.47	30.27