

Mistrzostwa Polski Seniorów i Juniorów gr. B i C w pływaniu w pletwach.



Konkurencja 4
26.05.2018 - 11:25

Kobiet, 400 BF

Open
Wyniki

Punkty: FINA 2018

Pozycja	Rok ur.	Czas	Pkt.
Open			
1. Chodyna Kinga <i>Rekord Polski Seniorów</i>	00 Oleckie Stowarzyszenie Nurkowe	3:56.89	
50m: 27.25 27.25 150m: 1:26.78 30.33 250m: 2:27.63 30.75 350m: 3:28.61 30.12	100m: 56.45 29.20 200m: 1:56.88 30.10 300m: 2:58.49 30.86 400m: 3:56.89 28.28		
2. Prentka Weronika	97 Cityzen Pozna	3:57.49	
50m: 26.87 26.87 150m: 1:25.27 29.61 250m: 2:25.92 30.65 350m: 3:27.74 30.55	100m: 55.66 28.79 200m: 1:55.27 30.00 300m: 2:57.19 31.27 400m: 3:57.49 29.75		
3. Sikora Balbina	04 KS Nautilus Jastrz bie	4:11.27	
50m: 27.07 27.07 150m: 1:28.36 31.68 250m: 2:33.56 32.80 350m: 3:39.88 33.08	100m: 56.68 29.61 200m: 2:00.76 32.40 300m: 3:06.80 33.24 400m: 4:11.27 31.39		
4. Teresko Anna	97 Tryton Olecko	4:14.34	
50m: 28.44 28.44 150m: 1:31.39 32.46 250m: 2:38.35 32.78 350m: 3:43.31 32.19	100m: 58.93 30.49 200m: 2:05.57 34.18 300m: 3:11.12 32.77 400m: 4:14.34 31.03		
5. Lubecka - Godlewska Apolonia	02 Oleckie Stowarzyszenie Nurkowe	4:23.84	
50m: 29.44 29.44 150m: 1:34.23 33.20 250m: 2:42.36 33.98 350m: 3:51.89 34.64	100m: 1:01.03 31.59 200m: 2:08.38 34.15 300m: 3:17.25 34.89 400m: 4:23.84 31.95		
6. Wolniewicz Weronika	04 Uks Delfinek Sp1 Chodzie	4:25.46	
50m: 30.59 30.59 150m: 1:36.03 33.34 250m: 2:44.50 34.56 350m: 3:52.78 34.23	100m: 1:02.69 32.10 200m: 2:09.94 33.91 300m: 3:18.55 34.05 400m: 4:25.46 32.68		
7. Dreger Maria	04 Uks Delfinek Sp1 Chodzie	4:29.90	
50m: 30.15 30.15 150m: 1:38.58 34.68 250m: 2:50.76 35.47 350m: 3:58.90 33.03	100m: 1:03.90 33.75 200m: 2:15.29 36.71 300m: 3:25.87 35.11 400m: 4:29.90 31.00		
8. Grylewicz Zuzanna	02 UKS Rekin Wrocław	4:35.93	
50m: 29.36 29.36 150m: 1:37.15 34.64 250m: 2:49.48 36.45 350m: 4:01.62 35.65	100m: 1:02.51 33.15 200m: 2:13.03 35.88 300m: 3:25.97 36.49 400m: 4:35.93 34.31		
9. Gronowska Agata	03 Ks Laguna 24 Torun	4:37.22	
50m: 31.77 31.77 150m: 1:42.60 35.79 250m: 2:54.59 35.75 350m: 4:04.38 34.53	100m: 1:06.81 35.04 200m: 2:18.84 36.24 300m: 3:29.85 35.26 400m: 4:37.22 32.84		
10. Włodarczyk Weronika	03 Uks Delfin Władysławowo	4:39.40	
50m: 31.44 31.44 150m: 1:42.20 35.81 250m: 2:53.78 36.11 350m: 4:05.87 35.59	100m: 1:06.39 34.95 200m: 2:17.67 35.47 300m: 3:30.28 36.50 400m: 4:39.40 33.53		
11. Szejner Julia	04 Uks Delfinek Sp1 Chodzie	4:43.59	
50m: 31.04 31.04 150m: 1:43.15 37.24 250m: 2:59.29 37.41 350m: 4:11.65 34.86	100m: 1:05.91 34.87 200m: 2:21.88 38.73 300m: 3:36.79 37.50 400m: 4:43.59 31.94		
12. Pacyna Emilia	04 KS Nautilus Jastrz bie	4:43.83	
50m: 31.51 31.51 150m: 1:44.60 37.34 250m: 2:59.30 37.62 350m: 4:10.83 34.95	100m: 1:07.26 35.75 200m: 2:21.68 37.08 300m: 3:35.88 36.58 400m: 4:43.83 33.00		
13. Pokwicka Małgorzata	02 Ks Laguna 24 Torun	4:44.86	
50m: 33.84 33.84 150m: 1:45.82 36.49 250m: 4:10.69 1:48.79 350m:	100m: 1:09.33 35.49 200m: 2:21.90 36.08 300m: 3:33.94 400m: 4:44.86		
DYSKW. Szeluga Wiktoria <i>(Czas: 12:03), Przedwczesny start</i>	01 MTP KORMORAN Olsztyn	3:59.32	
50m: 27.26 27.26 150m: 1:26.74 30.09 250m: 2:27.92 30.72 350m: 3:29.19 30.47	100m: 56.65 29.39 200m: 1:57.20 30.46 300m: 2:58.72 30.80 400m: 3:59.32 30.13		

Mistrzostwa Polski Seniorów i Juniorów gr. B i C w pływaniu w pletwach.



Konkurencja 4, Kobiet, 400 BF

17 lat i młodsi

1.	Sikora Balbina	04	KS Nautilus Jastrz bie	4:11.27
	50m: 27.07 27.07	150m: 1:28.36 31.68	250m: 2:33.56 32.80	350m: 3:39.88 33.08
	100m: 56.68 29.61	200m: 2:00.76 32.40	300m: 3:06.80 33.24	400m: 4:11.27 31.39
2.	Lubecka - Godlewska Apolonia	02	Oleckie Stowarzyszenie Nurkowe	4:23.84
	50m: 29.44 29.44	150m: 1:34.23 33.20	250m: 2:42.36 33.98	350m: 3:51.89 34.64
	100m: 1:01.03 31.59	200m: 2:08.38 34.15	300m: 3:17.25 34.89	400m: 4:23.84 31.95
3.	Wolniewicz Weronika	04	Uks Delfinek Sp1 Chodzie	4:25.46
	50m: 30.59 30.59	150m: 1:36.03 33.34	250m: 2:44.50 34.56	350m: 3:52.78 34.23
	100m: 1:02.69 32.10	200m: 2:09.94 33.91	300m: 3:18.55 34.05	400m: 4:25.46 32.68
4.	Dreger Maria	04	Uks Delfinek Sp1 Chodzie	4:29.90
	50m: 30.15 30.15	150m: 1:38.58 34.68	250m: 2:50.76 35.47	350m: 3:58.90 33.03
	100m: 1:03.90 33.75	200m: 2:15.29 36.71	300m: 3:25.87 35.11	400m: 4:29.90 31.00
5.	Grylewicz Zuzanna	02	UKS Rekin Wrocław	4:35.93
	50m: 29.36 29.36	150m: 1:37.15 34.64	250m: 2:49.48 36.45	350m: 4:01.62 35.65
	100m: 1:02.51 33.15	200m: 2:13.03 35.88	300m: 3:25.97 36.49	400m: 4:35.93 34.31
6.	Gronowska Agata	03	Ks Laguna 24 Torun	4:37.22
	50m: 31.77 31.77	150m: 1:42.60 35.79	250m: 2:54.59 35.75	350m: 4:04.38 34.53
	100m: 1:06.81 35.04	200m: 2:18.84 36.24	300m: 3:29.85 35.26	400m: 4:37.22 32.84
7.	Włodarczyk Weronika	03	Uks Delfin Władysławowo	4:39.40
	50m: 31.44 31.44	150m: 1:42.20 35.81	250m: 2:53.78 36.11	350m: 4:05.87 35.59
	100m: 1:06.39 34.95	200m: 2:17.67 35.47	300m: 3:30.28 36.50	400m: 4:39.40 33.53
8.	Szejner Julia	04	Uks Delfinek Sp1 Chodzie	4:43.59
	50m: 31.04 31.04	150m: 1:43.15 37.24	250m: 2:59.29 37.41	350m: 4:11.65 34.86
	100m: 1:05.91 34.87	200m: 2:21.88 38.73	300m: 3:36.79 37.50	400m: 4:43.59 31.94
9.	Pacyna Emilia	04	KS Nautilus Jastrz bie	4:43.83
	50m: 31.51 31.51	150m: 1:44.60 37.34	250m: 2:59.30 37.62	350m: 4:10.83 34.95
	100m: 1:07.26 35.75	200m: 2:21.68 37.08	300m: 3:35.88 36.58	400m: 4:43.83 33.00
10.	Pokwicka Małgorzata	02	Ks Laguna 24 Torun	4:44.86
	50m: 33.84 33.84	150m: 1:45.82 36.49	250m: 4:10.69 1:48.79	350m:
	100m: 1:09.33 35.49	200m: 2:21.90 36.08	300m: 3:33.94	400m: 4:44.86
DYSKW.	Szeluga Wiktoria	01	MTP KORMORAN Olsztyn	3:59.32
	(Czas: 12:03), Przedwczesny start			
	50m: 27.26 27.26	150m: 1:26.74 30.09	250m: 2:27.92 30.72	350m: 3:29.19 30.47
	100m: 56.65 29.39	200m: 1:57.20 30.46	300m: 2:58.72 30.80	400m: 3:59.32 30.13

15 lat i młodsi

1.	Sikora Balbina	04	KS Nautilus Jastrz bie	4:11.27
	50m: 27.07 27.07	150m: 1:28.36 31.68	250m: 2:33.56 32.80	350m: 3:39.88 33.08
	100m: 56.68 29.61	200m: 2:00.76 32.40	300m: 3:06.80 33.24	400m: 4:11.27 31.39
2.	Wolniewicz Weronika	04	Uks Delfinek Sp1 Chodzie	4:25.46
	50m: 30.59 30.59	150m: 1:36.03 33.34	250m: 2:44.50 34.56	350m: 3:52.78 34.23
	100m: 1:02.69 32.10	200m: 2:09.94 33.91	300m: 3:18.55 34.05	400m: 4:25.46 32.68
3.	Dreger Maria	04	Uks Delfinek Sp1 Chodzie	4:29.90
	50m: 30.15 30.15	150m: 1:38.58 34.68	250m: 2:50.76 35.47	350m: 3:58.90 33.03
	100m: 1:03.90 33.75	200m: 2:15.29 36.71	300m: 3:25.87 35.11	400m: 4:29.90 31.00
4.	Gronowska Agata	03	Ks Laguna 24 Torun	4:37.22
	50m: 31.77 31.77	150m: 1:42.60 35.79	250m: 2:54.59 35.75	350m: 4:04.38 34.53
	100m: 1:06.81 35.04	200m: 2:18.84 36.24	300m: 3:29.85 35.26	400m: 4:37.22 32.84
5.	Włodarczyk Weronika	03	Uks Delfin Władysławowo	4:39.40
	50m: 31.44 31.44	150m: 1:42.20 35.81	250m: 2:53.78 36.11	350m: 4:05.87 35.59
	100m: 1:06.39 34.95	200m: 2:17.67 35.47	300m: 3:30.28 36.50	400m: 4:39.40 33.53

Mistrzostwa Polski Seniorów i Juniorów gr. B i C w pływaniu w pletwach.



Konkurencja 4, Dziewcz t, 400 BF, 15 lat i młodszy

Pozycja			Rok ur.					Czas	Pkt.			
6.	Szejner Julia		04	Uks Delfinek Sp1 Chodzie				4:43.59				
	50m:	31.04	31.04	150m:	1:43.15	37.24	250m:	2:59.29	37.41	350m:	4:11.65	34.86
	100m:	1:05.91	34.87	200m:	2:21.88	38.73	300m:	3:36.79	37.50	400m:	4:43.59	31.94
7.	Pacyna Emilia		04	KS Nautilus Jastrz bie				4:43.83				
	50m:	31.51	31.51	150m:	1:44.60	37.34	250m:	2:59.30	37.62	350m:	4:10.83	34.95
	100m:	1:07.26	35.75	200m:	2:21.68	37.08	300m:	3:35.88	36.58	400m:	4:43.83	33.00