

Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach
Gliwice, 1. - 2.4.2023

Konkurencja 30
01.04.2023 - 18:22

Kobiet, 400 PP

Open
Wyniki

Punkty:

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
Open							
1.	TRUSZCZY SKA-GZYL K90	UKS Tri-Sea Mewa Władysław	3:53.93	54.13	58.81	1:01.00	59.99
	50m: 26.18 26.18	150m: 1:23.17 29.04	250m: 2:23.57	30.63	350m: 3:24.25	30.31	
	100m: 54.13 27.95	200m: 1:52.94 29.77	300m: 2:53.94	30.37	400m: 3:53.93	29.68	
2.	BISZEWSKA Gabriela 05	IKS Herkules Suwałki	3:58.14	55.76	1:00.68	1:02.59	59.11
	50m: 27.19 27.19	150m: 1:25.51 29.75	250m: 2:28.12	31.68	350m: 3:29.44	30.41	
	100m: 55.76 28.57	200m: 1:56.44 30.93	300m: 2:59.03	30.91	400m: 3:58.14	28.70	
3.	KOHNKE Nicole 07	Uks Delfin Jastarnia	4:05.21	59.49	1:03.35	1:02.77	59.60
	50m: 28.29 28.29	150m: 1:31.11 31.62	250m: 2:33.94	31.10	350m: 3:36.04	30.43	
	100m: 59.49 31.20	200m: 2:02.84 31.73	300m: 3:05.61	31.67	400m: 4:05.21	29.17	
4.	JOPP Matylda 99	Laguna 24 Toru	4:07.04	58.05	1:05.12	1:04.20	59.67
	50m: 27.29 27.29	150m: 1:30.17 32.12	250m: 2:35.43	32.26	350m: 3:38.77	31.40	
	100m: 58.05 30.76	200m: 2:03.17 33.00	300m: 3:07.37	31.94	400m: 4:07.04	28.27	
5.	SZYBALSKA Anna 08	KS Aqua Sport Ko cierzyna	4:07.31	59.11	1:03.46	1:03.46	1:01.28
	50m: 27.96 27.96	150m: 1:30.53 31.42	250m: 2:34.29	31.72	350m: 3:37.91	31.88	
	100m: 59.11 31.15	200m: 2:02.57 32.04	300m: 3:06.03	31.74	400m: 4:07.31	29.40	
6.	GUZI SKA Olga 06	UKS Manta Ko cierzyna	4:09.53	56.04	1:03.11	1:06.10	1:04.28
	50m: 26.58 26.58	150m: 1:26.59 30.55	250m: 2:32.40	33.25	350m: 3:38.40	33.15	
	100m: 56.04 29.46	200m: 1:59.15 32.56	300m: 3:05.25	32.85	400m: 4:09.53	31.13	
7.	STRZ PKA Olga 07	Delfinek Chodzie	4:10.19	57.62	1:04.38	1:06.60	1:01.59
	50m: 27.35 27.35	150m: 1:29.37 31.75	250m: 2:35.25	33.25	350m: 3:40.77	32.17	
	100m: 57.62 30.27	200m: 2:02.00 32.63	300m: 3:08.60	33.35	400m: 4:10.19	29.42	
8.	TUSK Weronika 05	UKS Tri-Sea Mewa Władysław	4:11.84	56.75	1:04.73	1:06.38	1:03.98
	50m: 26.68 26.68	150m: 1:28.42 31.67	250m: 2:34.70	33.22	350m: 3:40.50	32.64	
	100m: 56.75 30.07	200m: 2:01.48 33.06	300m: 3:07.86	33.16	400m: 4:11.84	31.34	
9.	SIERAKOWSKA Karolina 02	Laguna 24 Toru	4:13.31	57.49	1:04.67	1:08.73	1:02.42
	50m: 27.46 27.46	150m: 1:29.19 31.70	250m: 2:36.42	34.26	350m: 3:44.11	33.22	
	100m: 57.49 30.03	200m: 2:02.16 32.97	300m: 3:10.89	34.47	400m: 4:13.31	29.20	
10.	NARKOWICZ Iga 08	Uks Delfin Jastarnia	4:17.30	59.56	1:06.19	1:06.46	1:05.09
	50m: 27.53 27.53	150m: 1:32.85 33.29	250m: 2:39.08	33.33	350m: 3:45.40	33.19	
	100m: 59.56 32.03	200m: 2:05.75 32.90	300m: 3:12.21	33.13	400m: 4:17.30	31.90	
11.	LELLEK Wiktoria 09	KS Aqua Sport Ko cierzyna	4:19.67	1:00.23	1:06.19	1:09.12	1:04.13
	50m: 28.80 28.80	150m: 1:32.46 32.23	250m: 2:41.27	34.85	350m: 3:49.11	33.57	
	100m: 1:00.23 31.43	200m: 2:06.42 33.96	300m: 3:15.54	34.27	400m: 4:19.67	30.56	
12.	BIDA Klaudia 07	KS Aqua Sport Ko cierzyna	4:28.25	1:02.75	1:08.32	1:09.54	1:07.64
	50m: 30.27 30.27	150m: 1:36.60 33.85	250m: 2:45.79	34.72	350m: 3:54.90	34.29	
	100m: 1:02.75 32.48	200m: 2:11.07 34.47	300m: 3:20.61	34.82	400m: 4:28.25	33.35	
13.	PEEK Zuzanna 08	KS Aqua Sport Ko cierzyna	4:36.35	1:04.14	1:10.46	1:11.47	1:10.28
	50m: 30.45 30.45	150m: 1:39.40 35.26	250m: 2:49.67	35.07	350m: 4:00.87	34.80	
	100m: 1:04.14 33.69	200m: 2:14.60 35.20	300m: 3:26.07	36.40	400m: 4:36.35	35.48	
14.	PALCZAK Milena 09	UKS Rekin Wrocław	4:48.38	1:06.51	1:13.44	1:14.52	1:13.91
	50m: 31.76 31.76	150m: 1:43.02 36.51	250m: 2:57.11	37.16	350m: 4:12.25	37.78	
	100m: 1:06.51 34.75	200m: 2:19.95 36.93	300m: 3:34.47	37.36	400m: 4:48.38	36.13	

Rocznik 2006 - 2007

1.	KOHNKE Nicole 07	Uks Delfin Jastarnia	4:05.21	59.49	1:03.35	1:02.77	59.60
	50m: 28.29 28.29	150m: 1:31.11 31.62	250m: 2:33.94	31.10	350m: 3:36.04	30.43	
	100m: 59.49 31.20	200m: 2:02.84 31.73	300m: 3:05.61	31.67	400m: 4:05.21	29.17	
2.	GUZI SKA Olga 06	UKS Manta Ko cierzyna	4:09.53	56.04	1:03.11	1:06.10	1:04.28
	50m: 26.58 26.58	150m: 1:26.59 30.55	250m: 2:32.40	33.25	350m: 3:38.40	33.15	
	100m: 56.04 29.46	200m: 1:59.15 32.56	300m: 3:05.25	32.85	400m: 4:09.53	31.13	
3.	STRZ PKA Olga 07	Delfinek Chodzie	4:10.19	57.62	1:04.38	1:06.60	1:01.59
	50m: 27.35 27.35	150m: 1:29.37 31.75	250m: 2:35.25	33.25	350m: 3:40.77	32.17	
	100m: 57.62 30.27	200m: 2:02.00 32.63	300m: 3:08.60	33.35	400m: 4:10.19	29.42	
4.	BIDA Klaudia 07	KS Aqua Sport Ko cierzyna	4:28.25	1:02.75	1:08.32	1:09.54	1:07.64
	50m: 30.27 30.27	150m: 1:36.60 33.85	250m: 2:45.79	34.72	350m: 3:54.90	34.29	
	100m: 1:02.75 32.48	200m: 2:11.07 34.47	300m: 3:20.61	34.82	400m: 4:28.25	33.35	

Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach
Gliwice, 1. - 2.4.2023

Konkurencja 30, Kobiet, 400 PP

Rocznik 2008 - 2009

1. SZYBALSKA Anna	08	KS Aqua Sport Ko	cierzyna	4:07.31	59.11	1:03.46	1:03.46	1:01.28
50m: 27.96	27.96	150m: 1:30.53	31.42	250m: 2:34.29	31.72	350m: 3:37.91	31.88	
100m: 59.11	31.15	200m: 2:02.57	32.04	300m: 3:06.03	31.74	400m: 4:07.31	29.40	
2. NARKOWICZ Iga	08	Uks Delfin Jastarnia		4:17.30	59.56	1:06.19	1:06.46	1:05.09
50m: 27.53	27.53	150m: 1:32.85	33.29	250m: 2:39.08	33.33	350m: 3:45.40	33.19	
100m: 59.56	32.03	200m: 2:05.75	32.90	300m: 3:12.21	33.13	400m: 4:17.30	31.90	
3. LELLEK Wiktoria	09	KS Aqua Sport Ko	cierzyna	4:19.67	1:00.23	1:06.19	1:09.12	1:04.13
50m: 28.80	28.80	150m: 1:32.46	32.23	250m: 2:41.27	34.85	350m: 3:49.11	33.57	
100m: 1:00.23	31.43	200m: 2:06.42	33.96	300m: 3:15.54	34.27	400m: 4:19.67	30.56	
4. PEEK Zuzanna	08	KS Aqua Sport Ko	cierzyna	4:36.35	1:04.14	1:10.46	1:11.47	1:10.28
50m: 30.45	30.45	150m: 1:39.40	35.26	250m: 2:49.67	35.07	350m: 4:00.87	34.80	
100m: 1:04.14	33.69	200m: 2:14.60	35.20	300m: 3:26.07	36.40	400m: 4:36.35	35.48	
5. PALCZAK Milena	09	UKS Rekin Wrocław		4:48.38	1:06.51	1:13.44	1:14.52	1:13.91
50m: 31.76	31.76	150m: 1:43.02	36.51	250m: 2:57.11	37.16	350m: 4:12.25	37.78	
100m: 1:06.51	34.75	200m: 2:19.95	36.93	300m: 3:34.47	37.36	400m: 4:48.38	36.13	
PK TYMOSHENKO Anastasiia	09	Laguna 24 Toru		4:11.03	59.33	1:05.27	1:05.36	1:01.07
50m: 27.93	27.93	150m: 1:31.57	32.24	250m: 2:37.10	32.50	350m: 3:42.17	32.21	
100m: 59.33	31.40	200m: 2:04.60	33.03	300m: 3:09.96	32.86	400m: 4:11.03	28.86	