

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

Konkurencja 39  
02.04.2023 - 11:13

Dziewcz t, 400 BF

2010 i młodszy  
Wyniki

Punkty:

Pozycja	Rok ur.	Zas Pkt.	100m	200m	300m	400m		
<b>Rocznik 2010 - 2011</b>								
1.	WIRKO Izabela	10 OSN Amfiprion Olecko	<b>4:30.72</b>	1:04.93	1:12.11	1:10.49	1:03.19	
	50m: 30.44	30.44	150m: 1:41.24	36.31	250m: 2:52.81	35.77	350m: 4:01.11	33.58
	100m: 1:04.93	34.49	200m: 2:17.04	35.80	300m: 3:27.53	34.72	400m: 4:30.72	29.61
2.	BIELECKA Kornelia	10 Delfinek Chodzie	<b>4:34.44</b>	1:08.93	1:10.22	1:08.19	1:07.10	
	50m: 31.77	31.77	150m: 1:43.81	34.88	250m: 2:52.42	33.27	350m: 4:02.35	35.01
	100m: 1:08.93	37.16	200m: 2:19.15	35.34	300m: 3:27.34	34.92	400m: 4:34.44	32.09
3.	TRYTEK Antonina	10 Uks Delfin Jastarnia	<b>4:37.89</b>	1:06.21	1:12.18	1:13.81	1:05.69	
	50m: 31.14	31.14	150m: 1:42.26	36.05	250m: 2:55.39	37.00	350m: 4:06.25	34.05
	100m: 1:06.21	35.07	200m: 2:18.39	36.13	300m: 3:32.20	36.81	400m: 4:37.89	31.64
4.	KOZŁOWSKA Laura	11 MUKS PIORUN Gołdap	<b>4:44.83</b>	1:06.24	1:13.52	1:14.00	1:11.07	
	50m: 31.02	31.02	150m: 1:42.85	36.61	250m: 2:56.77	37.01	350m: 4:10.63	36.87
	100m: 1:06.24	35.22	200m: 2:19.76	36.91	300m: 3:33.76	36.99	400m: 4:44.83	34.20
5.	G BCZY SKA Hanna	10 KS Nautilus Jastrz bie-Zdró	<b>4:52.17</b>	1:10.08	1:15.41	1:15.97	1:10.71	
	50m: 32.80	32.80	150m: 1:48.02	37.94	250m: 3:03.50	38.01	350m: 4:19.19	37.73
	100m: 1:10.08	37.28	200m: 2:25.49	37.47	300m: 3:41.46	37.96	400m: 4:52.17	32.98
6.	PALUSIAK Natalia	10 Laguna 24 Toru	<b>4:56.92</b>	1:14.31	1:17.50	1:17.32	1:07.79	
	50m: 35.29	35.29	150m: 1:51.87	37.56	250m: 3:09.85	38.04	350m: 4:25.08	35.95
	100m: 1:14.31	39.02	200m: 2:31.81	39.94	300m: 3:49.13	39.28	400m: 4:56.92	31.84
7.	PROCHOWICZ Hanna	11 MUKS PIORUN Gołdap	<b>4:59.44</b>	1:10.48	1:18.89	1:18.33	1:11.74	
	50m: 32.98	32.98	150m: 1:48.98	38.50	250m: 3:07.46	38.09	350m: 4:24.97	37.27
	100m: 1:10.48	37.50	200m: 2:29.37	40.39	300m: 3:47.70	40.24	400m: 4:59.44	34.47
<b>2012 i młodszy</b>								
1.	IRACKA Zuzanna	12 Laguna 24 Toru	<b>4:53.43</b>	1:10.38	1:16.05	1:15.37	1:11.63	
	50m: 33.17	33.17	150m: 1:48.89	38.51	250m: 3:04.30	37.87	350m: 4:19.29	37.49
	100m: 1:10.38	37.21	200m: 2:26.43	37.54	300m: 3:41.80	37.50	400m: 4:53.43	34.14
2.	MAGIEREK Milena	12 KS Nautilus Jastrz bie-Zdró	<b>4:59.90</b>	1:11.16	1:19.01	1:17.63	1:12.10	
	50m: 33.14	33.14	150m: 1:50.38	39.22	250m: 3:08.75	38.58	350m: 4:24.49	36.69
	100m: 1:11.16	38.02	200m: 2:30.17	39.79	300m: 3:47.80	39.05	400m: 4:59.90	35.41
3.	DEPTUŁA Julia	12 MUKS PIORUN Gołdap	<b>5:49.23</b>	1:20.26	1:32.39	1:31.11	1:25.47	
	50m: 37.43	37.43	150m: 2:06.68	46.42	250m: 3:37.76	45.11	350m: 5:08.91	45.15
	100m: 1:20.26	42.83	200m: 2:52.65	45.97	300m: 4:23.76	46.00	400m: 5:49.23	40.32
4.	BUJNOWSKA Kamila	12 MUKS PIORUN Gołdap	<b>6:12.90</b>	1:27.39	1:36.67	1:34.75	1:34.09	
	50m: 40.43	40.43	150m: 2:14.33	46.94	250m: 3:51.14	47.08	350m: 5:28.18	49.37
	100m: 1:27.39	46.96	200m: 3:04.06	49.73	300m: 4:38.81	47.67	400m: 6:12.90	44.72
DYSKW.	CHOCIANOWICZ Joanna	12 MUKS PIORUN Gołdap	<b>5:08.87</b>	1:10.60	1:22.03	1:20.08	1:16.16	
	<i>(Czas: 10:50), przedwczesny start</i>							
	50m: 32.59	32.59	150m: 1:50.27	39.67	250m: 3:12.89	40.26	350m: 4:32.56	39.85
	100m: 1:10.60	38.01	200m: 2:32.63	42.36	300m: 3:52.71	39.82	400m: 5:08.87	36.31