



III Runda Klubowego Pucharu Polski w Pływaniu w Płetwach  
Jastrzębie - Zdrój, 12. - 13.10.2024



Konkurencja 18  
12.10.2024 - 16:18

Kobiet, 400m Surface

2012 i starsi  
Wyniki

RP Open	3:22.60	KATARZYNA TRUSZCZY SKA,	02.08.2011
RPB	3:24.91	KATARZYNA TRUSZCZY SKA,	03.08.2007
RPC	3:30.02	KATARZYNA TRUSZCZY SKA,	01.08.2005
RPD	3:49.19	ZUZANNA PRENTKA,	01.05.2014

Punkty: KPP 1000

Pozycja	Rok ur.	Czas	Pkt.
<b>Kat. D</b>			
1. WITKOWSKA, Amelia	12	Laguna 24 Toru	<b>4:26.02</b> 442
50m: 28.78 28.78	150m: 1:36.55 34.81	250m: 2:46.77 34.77	350m: 3:55.89 34.39
100m: 1:01.74 32.96	200m: 2:12.00 35.45	300m: 3:21.50 34.73	400m: 4:26.02 30.13
2. MASIANIS, Maja	11	UKS Amfiprion Olecko	<b>4:26.12</b> 441
50m: 28.15 28.15	150m: 1:33.34 33.55	250m: 2:44.97 35.95	350m: 3:55.22 34.49
100m: 59.79 31.64	200m: 2:09.02 35.68	300m: 3:20.73 35.76	400m: 4:26.12 30.90
3. KUCHARSKA, Nina	11	KS Aqua Sport Ko cierzyna	<b>4:32.05</b> 413
50m: 28.61 28.61	150m: 1:35.13 34.55	250m: 2:46.29 35.92	350m: 3:58.36 35.99
100m: 1:00.58 31.97	200m: 2:10.37 35.24	300m: 3:22.37 36.08	400m: 4:32.05 33.69
NIE UK. REJNO, Tamara	12	Uks Rekin Wrocław	
50m: 30.11 30.11	150m: 1:50.61 43.09	250m:	350m:
100m: 1:07.52 37.41	200m:	300m:	400m:

**Kat. C**

1. G BCZY SKA, Hanna	10	KS Nautilus Jastrz bie	<b>4:05.02</b> 565
50m: 26.84 26.84	150m: 1:28.00 31.19	250m: 2:31.04 31.58	350m: 3:35.36 32.50
100m: 56.81 29.97	200m: 1:59.46 31.46	300m: 3:02.86 31.82	400m: 4:05.02 29.66
2. NASZKIEWICZ, Inga	09	MUKS PIORUN Gołdap	<b>4:15.06</b> 501
50m: 27.73 27.73	150m: 1:30.31 32.06	250m: 2:37.12 33.33	350m: 3:43.12 32.73
100m: 58.25 30.52	200m: 2:03.79 33.48	300m: 3:10.39 33.27	400m: 4:15.06 31.94
3. PALUSIAK, Natalia	10	Laguna 24 Toru	<b>4:15.76</b> 497
50m: 28.49 28.49	150m: 1:33.00 32.64	250m: 2:40.01 33.55	350m: 3:46.19 32.58
100m: 1:00.36 31.87	200m: 2:06.46 33.46	300m: 3:13.61 33.60	400m: 4:15.76 29.57
4. BLOK, Sandra	09	KS Aqua Sport Ko cierzyna	<b>4:19.52</b> 476
50m: 28.03 28.03	150m: 1:32.06 33.07	250m: 2:39.17 33.74	350m: 3:46.37 33.48
100m: 58.99 30.96	200m: 2:05.43 33.37	300m: 3:12.89 33.72	400m: 4:19.52 33.15
5. CABAŁA, Natalia	10	KS Nautilus Jastrz bie	<b>4:41.72</b> 372
50m: 30.10 30.10	150m: 1:38.85 35.39	250m: 2:52.28 37.10	350m: 4:06.54 36.89
100m: 1:03.46 33.36	200m: 2:15.18 36.33	300m: 3:29.65 37.37	400m: 4:41.72 35.18

**Kat. B**

1. STRUCK, Anna	08	UKS Tri-Sea Mewa Władysławowo	<b>4:15.16</b> 501
50m: 27.53 27.53	150m: 1:31.11 32.50	250m: 2:38.95 34.34	350m: 3:45.14 32.61
100m: 58.61 31.08	200m: 2:04.61 33.50	300m: 3:12.53 33.58	400m: 4:15.16 30.02
2. ROZIEL, Natasza	08	Uks Rekin Wrocław	<b>4:25.46</b> 445
50m: 28.51 28.51	150m: 1:34.02 34.27	250m: 2:43.39 34.48	350m: 3:53.19 34.70
100m: 59.75 31.24	200m: 2:08.91 34.89	300m: 3:18.49 35.10	400m: 4:25.46 32.27
3. BIDA, Klaudia	07	KS Aqua Sport Ko cierzyna	<b>4:27.54</b> 434
50m: 27.88 27.88	150m: 1:33.59 33.53	250m: 2:43.24 35.19	350m: 3:53.02 34.87
100m: 1:00.06 32.18	200m: 2:08.05 34.46	300m: 3:18.15 34.91	400m: 4:27.54 34.52

**Kat. A**

1. TUSK, Weronika	05	UKS Tri-Sea Mewa Władysławowo	<b>3:50.36</b> 680
50m: 25.70 25.70	150m: 1:22.57 28.79	250m: 2:21.74 29.58	350m: 3:21.53 29.77
100m: 53.78 28.08	200m: 1:52.16 29.59	300m: 2:51.76 30.02	400m: 3:50.36 28.83