



Liga SMS 2021/2022 - II Runda
Ostrowiec wi tokrzyski, 13-14.05.2022

Konkurencja 12
13.05.2022 - 17:41

M czyzn, 400m zmienny

Open
Wyniki

Punkty: FINA 2022

Pozycja				Rok ur.					Czas	Pkt.
1.	PIELA Michał			04	SMS O wi cim				4:31.46	724
	50m: 30.44	30.44	150m: 1:38.89	34.84	250m: 2:51.27	38.02	350m: 3:59.25	31.94		
	100m: 1:04.05	33.61	200m: 2:13.25	34.36	300m: 3:27.31	36.04	400m: 4:31.46	32.21		
2.	ADAMCZYK Jan			03	SMS Lublin				4:32.53	716
	50m: 29.17	29.17	150m: 1:38.28	36.21	250m: 2:52.92	38.33	350m: 4:03.50	30.90		
	100m: 1:02.07	32.90	200m: 2:14.59	36.31	300m: 3:32.60	39.68	400m: 4:32.53	29.03		
3.	ZUBIK Jan			03	SMS Warszawa Konwiktorska				4:33.66	707
	50m: 27.23	27.23	150m: 1:34.94	35.95	250m: 2:48.36	39.03	350m: 4:01.56	33.37		
	100m: 58.99	31.76	200m: 2:09.33	34.39	300m: 3:28.19	39.83	400m: 4:33.66	32.10		
4.	KAPAŁA Bartosz			06	SMS Olsztyn				4:38.55	670
	50m: 30.38	30.38	150m: 1:40.06	36.22	250m: 2:57.01	41.66	350m: 4:08.67	31.33		
	100m: 1:03.84	33.46	200m: 2:15.35	35.29	300m: 3:37.34	40.33	400m: 4:38.55	29.88		
5.	STASZAK Wiktor			04	SMS Wrocław				4:39.78	662
	50m: 30.72	30.72	150m: 1:40.10	36.57	250m: 2:56.96	38.52	350m: 4:09.12	33.01		
	100m: 1:03.53	32.81	200m: 2:18.44	38.34	300m: 3:36.11	39.15	400m: 4:39.78	30.66		
6.	KAPAŁA Szymon			03	SMS Olsztyn				4:40.24	658
	50m: 30.17	30.17	150m: 1:41.93	37.43	250m: 2:59.37	41.94	350m: 4:11.87	29.97		
	100m: 1:04.50	34.33	200m: 2:17.43	35.50	300m: 3:41.90	42.53	400m: 4:40.24	28.37		
7.	PI TKA Hubert			04	SMS Szczecin				4:40.63	656
	50m: 29.94	29.94	150m: 1:40.02	38.38	250m: 2:56.92	40.38	350m: 4:09.90	32.59		
	100m: 1:01.64	31.70	200m: 2:16.54	36.52	300m: 3:37.31	40.39	400m: 4:40.63	30.73		
8.	MRÓZ Adam			03	SMS Lublin				4:41.64	648
	50m: 29.69	29.69	150m: 1:38.92	37.02	250m: 2:55.97	40.96	350m: 4:08.81	32.95		
	100m: 1:01.90	32.21	200m: 2:15.01	36.09	300m: 3:35.86	39.89	400m: 4:41.64	32.83		
9.	KORONA Kacper			03	SMS Szczecin				4:44.92	626
	50m: 28.73	28.73	150m: 1:39.94	38.50	250m: 2:58.12	40.89	350m: 4:12.50	33.21		
	100m: 1:01.44	32.71	200m: 2:17.23	37.29	300m: 3:39.29	41.17	400m: 4:44.92	32.42		
10.	RADKIEWICZ Kajetan			05	SMS Ostrowiec				4:45.90	620
	50m: 29.28	29.28	150m: 1:40.70	36.95	250m: 2:59.02	41.84	350m: 4:14.08	32.00		
	100m: 1:03.75	34.47	200m: 2:17.18	36.48	300m: 3:42.08	43.06	400m: 4:45.90	31.82		
11.	KOSI SKI Filip			04	SMS Warszawa Bielany				4:46.08	619
	50m: 29.79	29.79	150m: 1:39.05	37.29	250m: 2:57.93	43.99	350m: 4:13.84	34.05		
	100m: 1:01.76	31.97	200m: 2:13.94	34.89	300m: 3:39.79	41.86	400m: 4:46.08	32.24		
12.	KOWOLIK Alex			04	SMS O wi cim				4:47.80	608
	50m: 29.06	29.06	150m: 1:42.17	40.63	250m: 3:02.21	42.05	350m: 4:16.66	31.80		
	100m: 1:01.54	32.48	200m: 2:20.16	37.99	300m: 3:44.86	42.65	400m: 4:47.80	31.14		
13.	NOWACKI Bła ej			05	SMS Lublin				4:50.79	589
	50m: 31.39	31.39	150m: 1:43.62	38.67	250m: 3:02.55	40.41	350m: 4:16.96	33.62		
	100m: 1:04.95	33.56	200m: 2:22.14	38.52	300m: 3:43.34	40.79	400m: 4:50.79	33.83		
14.	DZIERKACZ Igor			05	SMS Warszawa Bielany				4:51.36	586
	50m: 29.51	29.51	150m: 1:43.36	39.82	250m: 3:04.44	42.31	350m: 4:19.71	31.92		
	100m: 1:03.54	34.03	200m: 2:22.13	38.77	300m: 3:47.79	43.35	400m: 4:51.36	31.65		
15.	PORWIK Kacper			06	SMS O wi cim				4:51.56	584
	50m: 30.06	30.06	150m: 1:44.26	38.38	250m: 3:03.32	40.69	350m: 4:18.63	34.62		
	100m: 1:05.88	35.82	200m: 2:22.63	38.37	300m: 3:44.01	40.69	400m: 4:51.56	32.93		
16.	GOHLA Kamil			05	SMS Racibórz				4:53.85	571
	50m: 30.18	30.18	150m: 1:45.04	41.68	250m: 3:06.06	41.29	350m: 4:22.58	35.44		
	100m: 1:03.36	33.18	200m: 2:24.77	39.73	300m: 3:47.14	41.08	400m: 4:53.85	31.27		



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Pozycja				Rok ur.					Czas	Pkt.		
17.	DUBIEL Wiktor			06	SMS Gda sk				4:55.56	561		
	50m:	31.39	31.39	150m:	1:44.21	37.40	250m:	3:04.56	43.12	350m:	4:21.75	34.51
	100m:	1:06.81	35.42	200m:	2:21.44	37.23	300m:	3:47.24	42.68	400m:	4:55.56	33.81
18.	OLEWNICZAK Maciej			05	SMS Warszawa Konwiktorska				4:56.31	557		
	50m:	28.78	28.78	150m:	1:43.33	40.64	250m:	3:05.08	42.22	350m:	4:23.17	33.87
	100m:	1:02.69	33.91	200m:	2:22.86	39.53	300m:	3:49.30	44.22	400m:	4:56.31	33.14
19.	FALARZ Mateusz			05	SMS Zielona Góra				4:56.36	557		
	50m:	28.38	28.38	150m:	1:43.69	42.61	250m:	3:06.95	41.99	350m:	4:23.13	35.49
	100m:	1:01.08	32.70	200m:	2:24.96	41.27	300m:	3:47.64	40.69	400m:	4:56.36	33.23
20.	BRYG Bartosz			04	SMS Kraków				4:58.62	544		
	50m:	30.35	30.35	150m:	1:48.18	43.05	250m:	3:08.53	39.20	350m:	4:23.35	35.62
	100m:	1:05.13	34.78	200m:	2:29.33	41.15	300m:	3:47.73	39.20	400m:	4:58.62	35.27
21.	SOBIECHOWSKI Kajetan			06	SMS Zielona Góra				4:58.74	543		
	50m:	29.96	29.96	150m:	1:45.86	41.29	250m:	3:09.79	44.12	350m:	4:27.97	33.12
	100m:	1:04.57	34.61	200m:	2:25.67	39.81	300m:	3:54.85	45.06	400m:	4:58.74	30.77
22.	SZYMA SKI Igor			05	SMS Bydgoszcz				5:00.35	535		
	50m:	31.14	31.14	150m:	1:46.78	40.63	250m:	3:06.24	38.10	350m:	4:24.42	37.34
	100m:	1:06.15	35.01	200m:	2:28.14	41.36	300m:	3:47.08	40.84	400m:	5:00.35	35.93
23.	CALI SKI Marcin			04	SMS Wrocław				5:03.81	517		
	50m:	29.98	29.98	150m:	1:47.30	42.18	250m:	3:11.10	44.91	350m:	4:30.26	33.15
	100m:	1:05.12	35.14	200m:	2:26.19	38.89	300m:	3:57.11	46.01	400m:	5:03.81	33.55
24.	CHABOWSKI Nathaniel			06	SMS Gda sk				5:05.41	508		
	50m:	31.70	31.70	150m:	1:48.69	40.56	250m:	3:13.36	45.10	350m:	4:32.79	33.59
	100m:	1:08.13	36.43	200m:	2:28.26	39.57	300m:	3:59.20	45.84	400m:	5:05.41	32.62
25.	HA DEREK Mateusz			06	SMS Kraków				5:07.42	499		
	50m:	31.48	31.48	150m:	1:46.88	40.60	250m:	3:11.06	45.13	350m:	4:32.52	36.76
	100m:	1:06.28	34.80	200m:	2:25.93	39.05	300m:	3:55.76	44.70	400m:	5:07.42	34.90
26.	KUNICKI Maksymilian			07	SMS Racibórz				5:09.21	490		
	50m:	31.73	31.73	150m:	1:52.84	43.45	250m:	3:16.14	42.25	350m:	4:35.20	35.77
	100m:	1:09.39	37.66	200m:	2:33.89	41.05	300m:	3:59.43	43.29	400m:	5:09.21	34.01
27.	KNOPP Jarosław			04	SMS Bydgoszcz				5:09.76	487		
	50m:	29.50	29.50	150m:	1:44.80	40.19	250m:	3:10.52	45.68	350m:	4:33.36	36.79
	100m:	1:04.61	35.11	200m:	2:24.84	40.04	300m:	3:56.57	46.05	400m:	5:09.76	36.40
28.	SIEMBIDA Adam			04	SMS Ostrowiec				5:16.69	456		
	50m:	31.61	31.61	150m:	1:53.84	42.68	250m:	3:18.71	41.67	350m:	4:39.41	37.46
	100m:	1:11.16	39.55	200m:	2:37.04	43.20	300m:	4:01.95	43.24	400m:	5:16.69	37.28
29.	KOWALI SKI Adrian			06	SMS Gorzów Wielkopolski				5:22.84	430		
	50m:	32.04	32.04	150m:	1:53.51	44.41	250m:	3:25.13	48.41	350m:	4:49.34	35.30
	100m:	1:09.10	37.06	200m:	2:36.72	43.21	300m:	4:14.04	48.91	400m:	5:22.84	33.50
30.	SE Jakub			05	SMS Gorzów Wielkopolski				5:36.34	381		
	50m:	34.04	34.04	150m:	1:58.79	45.55	250m:	3:30.88	46.95	350m:	4:57.34	40.36
	100m:	1:13.24	39.20	200m:	2:43.93	45.14	300m:	4:16.98	46.10	400m:	5:36.34	39.00
DYSKW.	GWÓ D Kacper			03	SMS Kraków				5:19.17			
	<i>K16 - Pływak dotkn ł cian nierównocze nie dwiema dło mi przy nawrocie lub na zako czenie wy cigu.</i>											
	50m:	29.90	29.90	150m:	1:52.22	46.61	250m:	3:16.66	41.04	350m:	4:41.23	40.46
	100m:	1:05.61	35.71	200m:	2:35.62	43.40	300m:	4:00.77	44.11	400m:	5:19.17	37.94