

2020 Liga Szkół Mistrzostwa Sportowego - I runda  
Lublin, 26. - 27.11.2020

Konkurencja 11  
26.11.2020 - 18:56

Kobiet, 400m zmienny

Open  
Wyniki

Punkty: FINA 2020

| Pozycja |                        |               | Wiek  |                           |       |       |               | Czas           | Pkt.          |       |
|---------|------------------------|---------------|-------|---------------------------|-------|-------|---------------|----------------|---------------|-------|
| 1.      | FAMUŁOK Zuzanna        |               | 17    | SMS O wi cim              |       |       |               | <b>4:43.29</b> | 763           | 31,00 |
|         | 50m:                   | 30.63 30.63   | 150m: | 1:41.26                   | 36.30 | 250m: | 2:57.21 39.44 | 350m:          | 4:10.87 33.76 |       |
|         | 100m:                  | 1:04.96 34.33 | 200m: | 2:17.77                   | 36.51 | 300m: | 3:37.11 39.90 | 400m:          | 4:43.29 32.42 |       |
| 2.      | HERASIMOWICZ Zuzanna   |               | 18    | SMS Warszawa Bielany      |       |       |               | <b>4:47.13</b> | 733           | 29,00 |
|         | 50m:                   | 31.98 31.98   | 150m: | 1:42.66                   | 34.55 | 250m: | 2:57.83 40.96 | 350m:          | 4:13.26 33.30 |       |
|         | 100m:                  | 1:08.11 36.13 | 200m: | 2:16.87                   | 34.21 | 300m: | 3:39.96 42.13 | 400m:          | 4:47.13 33.87 |       |
| 3.      | KLUSEK Aleksandra      |               | 15    | SMS Warszawa Konwiktorska |       |       |               | <b>4:53.93</b> | 683           | 28,00 |
|         | 50m:                   | 31.52 31.52   | 150m: | 1:44.07                   | 37.09 | 250m: | 3:04.52 42.47 | 350m:          | 4:21.86 33.59 |       |
|         | 100m:                  | 1:06.98 35.46 | 200m: | 2:22.05                   | 37.98 | 300m: | 3:48.27 43.75 | 400m:          | 4:53.93 32.07 |       |
| 4.      | TARASIEWICZ Klaudia    |               | 16    | SMS Warszawa Konwiktorska |       |       |               | <b>4:55.75</b> | 671           | 27,00 |
|         | 50m:                   | 32.07 32.07   | 150m: | 1:45.80                   | 37.21 | 250m: | 3:07.99 44.75 | 350m:          | 4:24.74 31.38 |       |
|         | 100m:                  | 1:08.59 36.52 | 200m: | 2:23.24                   | 37.44 | 300m: | 3:53.36 45.37 | 400m:          | 4:55.75 31.01 |       |
| 5.      | NOWAK Zuzanna          |               | 18    | SMS O wi cim              |       |       |               | <b>4:55.97</b> | 669           | 26,00 |
|         | 50m:                   | 31.47 31.47   | 150m: | 1:45.57                   | 38.16 | 250m: | 3:05.67 42.03 | 350m:          | 4:23.04 34.27 |       |
|         | 100m:                  | 1:07.41 35.94 | 200m: | 2:23.64                   | 38.07 | 300m: | 3:48.77 43.10 | 400m:          | 4:55.97 32.93 |       |
| 6.      | BURDYN Dominika        |               | 15    | SMS Lublin                |       |       |               | <b>5:00.83</b> | 637           | 25,00 |
|         | 50m:                   | 30.87 30.87   | 150m: | 1:44.95                   | 37.91 | 250m: | 3:07.20 43.97 | 350m:          | 4:27.33 35.51 |       |
|         | 100m:                  | 1:07.04 36.17 | 200m: | 2:23.23                   | 38.28 | 300m: | 3:51.82 44.62 | 400m:          | 5:00.83 33.50 |       |
| 7.      | KAMI SKA Anna          |               | 17    | SMS Bydgoszcz             |       |       |               | <b>5:01.04</b> | 636           | 24,00 |
|         | 50m:                   | 33.39 33.39   | 150m: | 1:47.93                   | 37.17 | 250m: | 3:08.70 43.20 | 350m:          | 4:27.35 35.71 |       |
|         | 100m:                  | 1:10.76 37.37 | 200m: | 2:25.50                   | 37.57 | 300m: | 3:51.64 42.94 | 400m:          | 5:01.04 33.69 |       |
| 8.      | MO D AN Milena         |               | 17    | SMS Szczecin              |       |       |               | <b>5:02.93</b> | 624           | 23,00 |
|         | 50m:                   | 31.21 31.21   | 150m: | 1:46.86                   | 38.88 | 250m: | 3:08.18 42.63 | 350m:          | 4:28.59 35.21 |       |
|         | 100m:                  | 1:07.98 36.77 | 200m: | 2:25.55                   | 38.69 | 300m: | 3:53.38 45.20 | 400m:          | 5:02.93 34.34 |       |
| 9.      | BIERNAT Oliwia         |               | 17    | SMS Kraków                |       |       |               | <b>5:03.01</b> | 624           | 22,00 |
|         | 50m:                   | 30.92 30.92   | 150m: | 1:45.67                   | 38.30 | 250m: | 3:05.95 42.43 | 350m:          | 4:26.92 37.83 |       |
|         | 100m:                  | 1:07.37 36.45 | 200m: | 2:23.52                   | 37.85 | 300m: | 3:49.09 43.14 | 400m:          | 5:03.01 36.09 |       |
| 10.     | PAROL Olga             |               | 15    | SMS Gda sk                |       |       |               | <b>5:03.77</b> | 619           | 21,00 |
|         | 50m:                   | 32.22 32.22   | 150m: | 1:48.00                   | 38.78 | 250m: | 3:09.46 43.83 | 350m:          | 4:29.96 36.43 |       |
|         | 100m:                  | 1:09.22 37.00 | 200m: | 2:25.63                   | 37.63 | 300m: | 3:53.53 44.07 | 400m:          | 5:03.77 33.81 |       |
| 11.     | CIOCH-GRADZIK Wiktoria |               | 17    | SMS Lublin                |       |       |               | <b>5:04.17</b> | 616           | 20,00 |
|         | 50m:                   | 31.01 31.01   | 150m: | 1:46.21                   | 40.06 | 250m: | 3:08.99 42.86 | 350m:          | 4:29.04 35.56 |       |
|         | 100m:                  | 1:06.15 35.14 | 200m: | 2:26.13                   | 39.92 | 300m: | 3:53.48 44.49 | 400m:          | 5:04.17 35.13 |       |
| 12.     | MAKSYMOWICZ Nina       |               | 15    | SMS Warszawa Bielany      |       |       |               | <b>5:04.74</b> | 613           | 19,00 |
|         | 50m:                   | 31.51 31.51   | 150m: | 1:48.25                   | 38.82 | 250m: | 3:09.97 41.28 | 350m:          | 4:31.42 35.65 |       |
|         | 100m:                  | 1:09.43 37.92 | 200m: | 2:28.69                   | 40.44 | 300m: | 3:55.77 45.80 | 400m:          | 5:04.74 33.32 |       |
| 13.     | GANCARZ Julia          |               | 17    | SMS Wrocław               |       |       |               | <b>5:06.43</b> | 603           | 18,00 |
|         | 50m:                   | 31.54 31.54   | 150m: | 1:47.76                   | 39.63 | 250m: | 3:11.64 44.75 | 350m:          | 4:32.83 35.28 |       |
|         | 100m:                  | 1:08.13 36.59 | 200m: | 2:26.89                   | 39.13 | 300m: | 3:57.55 45.91 | 400m:          | 5:06.43 33.60 |       |
| 14.     | SOBIAK Zuzanna         |               | 18    | SMS Wrocław               |       |       |               | <b>5:06.62</b> | 602           | 17,00 |
|         | 50m:                   | 31.34 31.34   | 150m: | 1:47.13                   | 38.91 | 250m: | 3:10.53 45.22 | 350m:          | 4:31.78 35.93 |       |
|         | 100m:                  | 1:08.22 36.88 | 200m: | 2:25.31                   | 38.18 | 300m: | 3:55.85 45.32 | 400m:          | 5:06.62 34.84 |       |
| 15.     | WILCZEWSKA Aleksandra  |               | 18    | SMS Lublin                |       |       |               | <b>5:08.09</b> | 593           | -     |
|         | 50m:                   | 33.52 33.52   | 150m: | 1:49.07                   | 38.33 | 250m: | 3:12.38 45.20 | 350m:          | 4:32.67 35.64 |       |
|         | 100m:                  | 1:10.74 37.22 | 200m: | 2:27.18                   | 38.11 | 300m: | 3:57.03 44.65 | 400m:          | 5:08.09 35.42 |       |
| 16.     | MODRZEJEWSKA Magdalena |               | 18    | SMS Racibórz              |       |       |               | <b>5:10.60</b> | 579           | 16,00 |
|         | 50m:                   | 31.91 31.91   | 150m: | 1:48.51                   | 38.65 | 250m: | 3:11.25 45.45 | 350m:          | 4:34.73 37.76 |       |
|         | 100m:                  | 1:09.86 37.95 | 200m: | 2:25.80                   | 37.29 | 300m: | 3:56.97 45.72 | 400m:          | 5:10.60 35.87 |       |
| 17.     | TŁOCZEK Wiktoria       |               | 15    | SMS Gda sk                |       |       |               | <b>5:11.26</b> | 575           | 15,00 |
|         | 50m:                   | 31.57 31.57   | 150m: | 1:51.35                   | 41.28 | 250m: | 3:14.81 43.25 | 350m:          | 4:35.28 36.94 |       |
|         | 100m:                  | 1:10.07 38.50 | 200m: | 2:31.56                   | 40.21 | 300m: | 3:58.34 43.53 | 400m:          | 5:11.26 35.98 |       |

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Konkurencja 11, Kobiet, 400m zmienny, Open

| Pozycja |  |            | Wiek  |       |                       |       |       |         |       | Czas           | Pkt.    |       |
|---------|--|------------|-------|-------|-----------------------|-------|-------|---------|-------|----------------|---------|-------|
| 18.     | MARCZAK  | Marta      | 16    | SMS   | Kraków                |       |       |         |       | <b>5:11.80</b> | 572     | 14,00 |
|         | 50m:   | 33.64      | 33.64 | 150m: | 1:50.68               | 41.20 | 250m: | 3:14.01 | 44.85 | 350m:          | 4:37.12 | 36.02 |
|         | 100m:  | 1:09.48    | 35.84 | 200m: | 2:29.16               | 38.48 | 300m: | 4:01.10 | 47.09 | 400m:          | 5:11.80 | 34.68 |
| 19.     | KASPROWICZ   | Marta      | 17    | SMS   | Racibórz              |       |       |         |       | <b>5:11.97</b> | 571     | 13,00 |
|         | 50m:   | 33.07      | 33.07 | 150m: | 1:52.37               | 41.45 | 250m: | 3:18.75 | 45.86 | 350m:          | 4:39.00 | 34.75 |
|         | 100m:  | 1:10.92    | 37.85 | 200m: | 2:32.89               | 40.52 | 300m: | 4:04.25 | 45.50 | 400m:          | 5:11.97 | 32.97 |
| 20.     | CICHA  | Aleksandra | 15    | SMS   | Kraków                |       |       |         |       | <b>5:12.04</b> | 571     | -     |
|         | 50m:   | 32.75      | 32.75 | 150m: | 1:48.79               | 38.68 | 250m: | 3:12.43 | 44.99 | 350m:          | 4:35.81 | 36.94 |
|         | 100m:  | 1:10.11    | 37.36 | 200m: | 2:27.44               | 38.65 | 300m: | 3:58.87 | 46.44 | 400m:          | 5:12.04 | 36.23 |
| 21.     | ZMIERCZAK  | Natalia    | 17    | SMS   | Olsztyn               |       |       |         |       | <b>5:14.47</b> | 558     | 12,00 |
|         | 50m:   | 32.98      | 32.98 | 150m: | 1:53.36               | 41.73 | 250m: | 3:20.17 | 46.51 | 350m:          | 4:41.52 | 34.68 |
|         | 100m:  | 1:11.63    | 38.65 | 200m: | 2:33.66               | 40.30 | 300m: | 4:06.84 | 46.67 | 400m:          | 5:14.47 | 32.95 |
| 22.     | OFMAN  | Julia      | 16    | SMS   | Ostrowiec             |       |       |         |       | <b>5:15.26</b> | 554     | 11,00 |
|         | 50m:   | 33.16      | 33.16 | 150m: | 1:57.17               | 41.39 | 250m: | 3:20.53 | 41.35 | 350m:          | 4:39.76 | 37.11 |
|         | 100m:  | 1:15.78    | 42.62 | 200m: | 2:39.18               | 42.01 | 300m: | 4:02.65 | 42.12 | 400m:          | 5:15.26 | 35.50 |
| 23.     | SZYSZKO  | Karolina   | 17    | SMS   | Warszawa Konwiktorska |       |       |         |       | <b>5:15.44</b> | 553     | -     |
|         | 50m:   | 31.81      | 31.81 | 150m: | 1:46.42               | 39.07 | 250m: | 3:12.78 | 47.00 | 350m:          | 4:37.15 | 38.14 |
|         | 100m:  | 1:07.35    | 35.54 | 200m: | 2:25.78               | 39.36 | 300m: | 3:59.01 | 46.23 | 400m:          | 5:15.44 | 38.29 |
| 24.     | GLI SKA  | Oliwia     | 13    | SMS   | Zielona Góra          |       |       |         |       | <b>5:16.50</b> | 547     | 10,00 |
|         | 50m:   | 33.74      | 33.74 | 150m: | 1:53.98               | 39.71 | 250m: | 3:18.69 | 45.79 | 350m:          | 4:42.28 | 38.31 |
|         | 100m:  | 1:14.27    | 40.53 | 200m: | 2:32.90               | 38.92 | 300m: | 4:03.97 | 45.28 | 400m:          | 5:16.50 | 34.22 |
| 25.     | PITY SKA   | Klara      | 14    | SMS   | Wrocław               |       |       |         |       | <b>5:17.13</b> | 544     | -     |
|         | 50m:   | 33.08      | 33.08 | 150m: | 1:50.47               | 39.01 | 250m: | 3:17.30 | 46.02 | 350m:          | 4:40.48 | 37.17 |
|         | 100m:  | 1:11.46    | 38.38 | 200m: | 2:31.28               | 40.81 | 300m: | 4:03.31 | 46.01 | 400m:          | 5:17.13 | 36.65 |
| 26.     | MORITZ   | Marcelina  | 15    | SMS   | Bydgoszcz             |       |       |         |       | <b>5:27.97</b> | 492     | 9,00  |
|         | 50m:   | 33.32      | 33.32 | 150m: | 1:53.05               | 41.42 | 250m: | 3:19.99 | 44.83 | 350m:          | 4:47.08 | 40.68 |
|         | 100m:  | 1:11.63    | 38.31 | 200m: | 2:35.16               | 42.11 | 300m: | 4:06.40 | 46.41 | 400m:          | 5:27.97 | 40.89 |
| 27.     | OSZMIA SKA   | Julia      | 16    | SMS   | Gorzów Wielkopolski   |       |       |         |       | <b>5:29.84</b> | 483     | 8,00  |
|         | 50m:   | 33.72      | 33.72 | 150m: | 1:57.84               | 43.37 | 250m: | 3:24.24 | 43.49 | 350m:          | 4:51.59 | 41.92 |
|         | 100m:  | 1:14.47    | 40.75 | 200m: | 2:40.75               | 42.91 | 300m: | 4:09.67 | 45.43 | 400m:          | 5:29.84 | 38.25 |
| 28.     | STACHOWIAK   | Mia        | 15    | SMS   | Pozna                 |       |       |         |       | <b>5:31.73</b> | 475     | 7,00  |
|         | 50m:   | 33.91      | 33.91 | 150m: | 1:58.61               | 45.04 | 250m: | 3:28.93 | 47.51 | 350m:          | 4:56.00 | 38.71 |
|         | 100m:  | 1:13.57    | 39.66 | 200m: | 2:41.42               | 42.81 | 300m: | 4:17.29 | 48.36 | 400m:          | 5:31.73 | 35.73 |
| 29.     | SOSNÓWKA   | Oliwia     | 15    | SMS   | Ostrowiec             |       |       |         |       | <b>5:37.96</b> | 449     | 6,00  |
|         | 50m:   | 34.53      | 34.53 | 150m: | 2:00.15               | 46.23 | 250m: | 3:31.78 | 46.90 | 350m:          | 5:00.14 | 40.01 |
|         | 100m:  | 1:13.92    | 39.39 | 200m: | 2:44.88               | 44.73 | 300m: | 4:20.13 | 48.35 | 400m:          | 5:37.96 | 37.82 |
| 30.     | GRELA  | Amelia     | 14    | SMS   | Zielona Góra          |       |       |         |       | <b>5:38.57</b> | 447     | 5,00  |
|         | 50m:   | 34.42      | 34.42 | 150m: | 1:59.40               | 46.02 | 250m: | 3:30.90 | 49.41 | 350m:          | 5:01.78 | 40.75 |
|         | 100m:  | 1:13.38    | 38.96 | 200m: | 2:41.49               | 42.09 | 300m: | 4:21.03 | 50.13 | 400m:          | 5:38.57 | 36.79 |
| 31.     | GOSPODAREK   | Dominika   | 13    | SMS   | Gorzów Wielkopolski   |       |       |         |       | <b>5:42.65</b> | 431     | 4,00  |
|         | 50m:   | 35.67      | 35.67 | 150m: | 2:01.30               | 41.90 | 250m: | 3:33.66 | 48.34 | 350m:          | 5:03.78 | 39.72 |
|         | 100m:  | 1:19.40    | 43.73 | 200m: | 2:45.32               | 44.02 | 300m: | 4:24.06 | 50.40 | 400m:          | 5:42.65 | 38.87 |
| 32.     | PILARSKA   | Natalia    | 17    | SMS   | Pozna                 |       |       |         |       | <b>5:53.28</b> | 393     | 3,00  |
|         | 50m:   | 39.63      | 39.63 | 150m: | 2:09.76               | 43.62 | 250m: | 3:43.30 | 50.26 | 350m:          | 5:13.45 | 40.31 |
|         | 100m:  | 1:26.14    | 46.51 | 200m: | 2:53.04               | 43.28 | 300m: | 4:33.14 | 49.84 | 400m:          | 5:53.28 | 39.83 |
| DYSKW.  | MAŁOLEPSZA   | Weronika   | 13    | SMS   | Szczecin              |       |       |         |       |                |         | -     |
|         | <i>G4 - Pływak wykonał w niej ni jedno poci gni cie ramieniem (lub obydwoma ramionami równocze nie) w pozycji na piersiach w trakcie wykonywania nawrotu</i> |            |       |       |                       |       |       |         |       |                |         |       |
| PK      | JUDA   | Aleksandra | 14    | SMS   | O wi cim              |       |       |         |       | <b>5:12.50</b> | 568     | -     |
|         | 50m:   |            |       | 150m: | 1:48.50               | 40.10 | 250m: | 3:13.08 | 43.45 | 350m:          | 4:35.97 | 38.04 |
|         | 100m:  | 1:08.40    |       | 200m: | 2:29.63               | 41.13 | 300m: | 3:57.93 | 44.85 | 400m:          | 5:12.50 | 36.53 |