

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

Konkurencja 12 M czyzn, 400m zmienny Open Wyniki
26.11.2020 - 19:13

Punkty: FINA 2020

Pozycja			Wiek					Czas	Pkt.	
1.	JA KIEWICZ Adrian		18	SMS Warszawa Bielany				4:24.53	699	31,00
	50m:	28.10 28.10	150m:	1:33.74	33.82	250m:	2:46.13	38.51	350m:	3:55.35 30.23
	100m:	59.92 31.82	200m:	2:07.62	33.88	300m:	3:25.12	38.99	400m:	4:24.53 29.18
2.	ADAMCZYK Jan		17	SMS Lublin				4:26.87	681	29,00
	50m:	28.47 28.47	150m:	1:36.21	35.11	250m:	2:49.08	39.00	350m:	3:57.82 30.07
	100m:	1:01.10 32.63	200m:	2:10.08	33.87	300m:	3:27.75	38.67	400m:	4:26.87 29.05
3.	DOBRINDT Mikołaj		17	SMS Bydgoszcz				4:27.07	679	28,00
	50m:	28.07 28.07	150m:	1:35.43	34.69	250m:	2:45.44	36.33	350m:	3:54.93 32.05
	100m:	1:00.74 32.67	200m:	2:09.11	33.68	300m:	3:22.88	37.44	400m:	4:27.07 32.14
4.	POPIOŁEK Dawid		18	SMS Lublin				4:27.39	677	27,00
	50m:	27.90 27.90	150m:	1:33.29	34.11	250m:	2:46.05	38.44	350m:	3:56.59 30.85
	100m:	59.18 31.28	200m:	2:07.61	34.32	300m:	3:25.74	39.69	400m:	4:27.39 30.80
5.	PIELA Michał		16	SMS O wi cim				4:27.54	676	26,00
	50m:	29.27 29.27	150m:	1:37.31	35.57	250m:	2:50.90	37.52	350m:	3:57.70 29.82
	100m:	1:01.74 32.47	200m:	2:13.38	36.07	300m:	3:27.88	36.98	400m:	4:27.54 29.84
6.	KORONA Kacper		17	SMS Szczecin				4:28.32	670	25,00
	50m:	27.99 27.99	150m:	1:33.97	34.53	250m:	2:46.93	38.32	350m:	3:58.13 31.84
	100m:	59.44 31.45	200m:	2:08.61	34.64	300m:	3:26.29	39.36	400m:	4:28.32 30.19
7.	SYNOWIEC Mikołaj		18	SMS Kraków				4:28.60	668	24,00
	50m:	28.63 28.63	150m:	1:35.13	33.56	250m:	2:47.82	38.69	350m:	3:58.31 31.38
	100m:	1:01.57 32.94	200m:	2:09.13	34.00	300m:	3:26.93	39.11	400m:	4:28.60 30.29
8.	BLACHURA Oskar		18	SMS O wi cim				4:31.92	643	23,00
	50m:	29.01 29.01	150m:	1:37.04	35.47	250m:	2:50.64	37.21	350m:	4:00.68 31.67
	100m:	1:01.57 32.56	200m:	2:13.43	36.39	300m:	3:29.01	38.37	400m:	4:31.92 31.24
9.	RAJCA Wiktor		18	SMS Ostrowiec				4:32.92	636	22,00
	50m:	29.54 29.54	150m:	1:37.03	34.54	250m:	2:50.11	38.50	350m:	4:02.10 32.58
	100m:	1:02.49 32.95	200m:	2:11.61	34.58	300m:	3:29.52	39.41	400m:	4:32.92 30.82
10.	MRÓZ Adam		17	SMS Lublin				4:33.53	632	-
	50m:	28.61 28.61	150m:	1:36.86	35.23	250m:	2:49.58	37.57	350m:	4:01.28 32.49
	100m:	1:01.63 33.02	200m:	2:12.01	35.15	300m:	3:28.79	39.21	400m:	4:33.53 32.25
11.	KAPAŁA Szymon		17	SMS Olsztyn				4:34.32	627	21,00
	50m:	29.54 29.54	150m:	1:38.54	35.88	250m:	2:53.35	39.51	350m:	4:04.36 30.93
	100m:	1:02.66 33.12	200m:	2:13.84	35.30	300m:	3:33.43	40.08	400m:	4:34.32 29.96
12.	PITY SKI Wiktor		17	SMS Wrocław				4:34.48	626	20,00
	50m:	28.14 28.14	150m:	1:36.11	35.07	250m:	2:49.14	38.99	350m:	4:02.11 33.25
	100m:	1:01.04 32.90	200m:	2:10.15	34.04	300m:	3:28.86	39.72	400m:	4:34.48 32.37
13.	ANTCZAK Bartosz		17	SMS Warszawa Bielany				4:35.25	620	19,00
	50m:	27.47 27.47	150m:	1:34.63	34.67	250m:	2:48.48	39.22	350m:	4:02.61 33.50
	100m:	59.96 32.49	200m:	2:09.26	34.63	300m:	3:29.11	40.63	400m:	4:35.25 32.64
14.	MATYJASEK Maciej		18	SMS Racibórz				4:36.78	610	18,00
	50m:	28.16 28.16	150m:	1:37.06	36.95	250m:	2:53.00	39.95	350m:	4:06.21 32.82
	100m:	1:00.11 31.95	200m:	2:13.05	35.99	300m:	3:33.39	40.39	400m:	4:36.78 30.57
15.	LEWICKI Filip		17	SMS Kraków				4:37.00	609	17,00
	50m:	28.63 28.63	150m:	1:38.09	36.23	250m:	2:53.32	39.74	350m:	4:05.67 32.00
	100m:	1:01.86 33.23	200m:	2:13.58	35.49	300m:	3:33.67	40.35	400m:	4:37.00 31.33
16.	KOWOLIK Alex		16	SMS O wi cim				4:37.69	604	-
	50m:	28.18 28.18	150m:	1:38.17	37.53	250m:	2:53.40	39.63	350m:	4:06.37 32.42
	100m:	1:00.64 32.46	200m:	2:13.77	35.60	300m:	3:33.95	40.55	400m:	4:37.69 31.32
17.	OLEWNICZAK Maciej		15	SMS Warszawa Konwiktorska				4:38.08	602	16,00
	50m:	28.57 28.57	150m:	1:38.23	35.60	250m:	2:53.62	38.19	350m:	4:06.35 32.36
	100m:	1:02.63 34.06	200m:	2:15.43	37.20	300m:	3:33.99	40.37	400m:	4:38.08 31.73

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Pozycja			Wiek							Czas	Pkt.	
18.	KRZYSZTY	SKI Jan	18	SMS Kraków						4:38.39	600	-
	50m:	29.14	29.14	150m:	1:38.42	36.57	250m:	2:54.08	40.18	350m:	4:07.63	32.94
	100m:	1:01.85	32.71	200m:	2:13.90	35.48	300m:	3:34.69	40.61	400m:	4:38.39	30.76
19.	SKOLASI	SKI Jakub	15	SMS Pozna						4:38.77	597	15,00
	50m:	29.56	29.56	150m:	1:39.51	36.03	250m:	2:54.38	37.20	350m:	4:07.23	32.95
	100m:	1:03.48	33.92	200m:	2:17.18	37.67	300m:	3:34.28	39.90	400m:	4:38.77	31.54
20.	BIELAWA	Dominik	18	SMS Ostrowiec						4:39.42	593	14,00
	50m:	28.52	28.52	150m:	1:41.02	38.55	250m:	2:57.20	38.89	350m:	4:07.96	32.36
	100m:	1:02.47	33.95	200m:	2:18.31	37.29	300m:	3:35.60	38.40	400m:	4:39.42	31.46
21.	OSZUTOWSKI	Adam	18	SMS Bydgoszcz						4:39.87	590	13,00
	50m:	28.10	28.10	150m:	1:39.62	38.73	250m:	2:55.08	37.28	350m:	4:07.96	34.59
	100m:	1:00.89	32.79	200m:	2:17.80	38.18	300m:	3:33.37	38.29	400m:	4:39.87	31.91
22.	ŁUPI	SKI Mateusz	15	SMS Warszawa Konwiktorska						4:41.08	582	12,00
	50m:	28.45	28.45	150m:	1:39.27	37.09	250m:	2:55.37	38.65	350m:	4:09.37	33.76
	100m:	1:02.18	33.73	200m:	2:16.72	37.45	300m:	3:35.61	40.24	400m:	4:41.08	31.71
23.	MY	LIWIEC Bartosz	16	SMS Szczecin						4:43.94	565	11,00
	50m:	29.06	29.06	150m:	1:39.27	36.43	250m:	2:57.73	42.09	350m:	4:13.82	31.53
	100m:	1:02.84	33.78	200m:	2:15.64	36.37	300m:	3:42.29	44.56	400m:	4:43.94	30.12
24.	NOWACKI	Błażej	15	SMS Gdańsk						4:44.42	562	10,00
	50m:	30.40	30.40	150m:	1:41.96	35.51	250m:	2:57.84	40.20	350m:	4:11.83	32.87
	100m:	1:06.45	36.05	200m:	2:17.64	35.68	300m:	3:38.96	41.12	400m:	4:44.42	32.59
25.	FALARZ	Mateusz	15	SMS Zielona Góra						4:45.37	557	9,00
	50m:	29.47	29.47	150m:	1:41.90	38.47	250m:	2:58.44	39.51	350m:	4:13.08	34.52
	100m:	1:03.43	33.96	200m:	2:18.93	37.03	300m:	3:38.56	40.12	400m:	4:45.37	32.29
26.	ZAREMBA	Adam	15	SMS Wrocław						4:46.17	552	8,00
	50m:	29.78	29.78	150m:	1:43.80	39.44	250m:	3:01.61	39.69	350m:	4:17.88	34.55
	100m:	1:04.36	34.58	200m:	2:21.92	38.12	300m:	3:43.33	41.72	400m:	4:46.17	28.29
27.	KUCHARCZYK	Paweł	15	SMS Warszawa Konwiktorska						4:46.84	548	-
	50m:	28.60	28.60	150m:	1:42.85	39.54	250m:	3:00.85	36.97	350m:	4:14.40	34.86
	100m:	1:03.31	34.71	200m:	2:23.88	41.03	300m:	3:39.54	38.69	400m:	4:46.84	32.44
28.	KUBIAK	Norbert	18	SMS Pozna						4:48.63	538	7,00
	50m:	29.78	29.78	150m:	1:40.45	36.80	250m:	2:58.40	40.66	350m:	4:14.43	34.11
	100m:	1:03.65	33.87	200m:	2:17.74	37.29	300m:	3:40.32	41.92	400m:	4:48.63	34.20
29.	WO	NIAK Piotr	15	SMS Olsztyn						4:49.09	535	6,00
	50m:	30.54	30.54	150m:	1:43.04	37.57	250m:	3:03.00	43.34	350m:	4:18.23	32.16
	100m:	1:05.47	34.93	200m:	2:19.66	36.62	300m:	3:46.07	43.07	400m:	4:49.09	30.86
30.	GOHLA	Kamil	15	SMS Racibórz						4:49.78	532	5,00
	50m:	29.94	29.94	150m:	1:44.00	40.41	250m:	3:03.13	39.85	350m:	4:17.77	34.46
	100m:	1:03.59	33.65	200m:	2:23.28	39.28	300m:	3:43.31	40.18	400m:	4:49.78	32.01
31.	BUBAK	Dawid	18	SMS Racibórz						4:50.03	530	-
	50m:	30.12	30.12	150m:	1:43.84	38.92	250m:	2:59.70	37.22	350m:	4:15.72	37.35
	100m:	1:04.92	34.80	200m:	2:22.48	38.64	300m:	3:38.37	38.67	400m:	4:50.03	34.31
32.	SZCZEPANOWSKI	Jakub	18	SMS Gorzów Wielkopolski						4:53.72	510	4,00
	50m:	29.08	29.08	150m:	1:44.71	39.78	250m:	3:03.33	40.53	350m:	4:19.09	33.80
	100m:	1:04.93	35.85	200m:	2:22.80	38.09	300m:	3:45.29	41.96	400m:	4:53.72	34.63
33.	BAWOLSKI	Kornel	16	SMS Zielona Góra						4:56.97	494	3,00
	50m:	29.14	29.14	150m:	1:43.36	40.29	250m:	3:06.54	43.53	350m:	4:23.50	34.90
	100m:	1:03.07	33.93	200m:	2:23.01	39.65	300m:	3:48.60	42.06	400m:	4:56.97	33.47
34.	SROKA	Błażej	15	SMS Gdańsk						4:58.92	484	2,00
	50m:	31.14	31.14	150m:	1:44.06	37.46	250m:	3:03.23	41.81	350m:	4:23.19	34.95
	100m:	1:06.60	35.46	200m:	2:21.42	37.36	300m:	3:48.24	45.01	400m:	4:58.92	35.73
35.	FILIPIAK	Maciej	14	SMS Gdańsk						4:59.84	480	-
	50m:	30.93	30.93	150m:	1:49.09	41.28	250m:	3:09.79	40.32	350m:	4:26.75	34.45
	100m:	1:07.81	36.88	200m:	2:29.47	40.38	300m:	3:52.30	42.51	400m:	4:59.84	33.09

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Pozycja				Wiek					Czas	Pkt.			
36.	SE	Jakub		15	SMS Gorzów Wielkopolski				5:11.76	427	1,00		
		50m:	31.96	31.96	150m:	1:49.64	40.93	250m:	3:15.07	44.60	350m:	4:36.46	37.33
		100m:	1:08.71	36.75	200m:	2:30.47	40.83	300m:	3:59.13	44.06	400m:	5:11.76	35.30
DYSKW.	TOMASZEWSKI	Piotr		15	SMS Lublin								-
					<i>M7 - Pływak wykonał naprzemienne lub nierównoczesne ruchy nóg</i>								
DYSKW.	SZCZYGIEŁ	David		18	SMS O wi cim								-
					<i>K14 - Pływak wykonał kopni cie nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie lub nawrocie)</i>								
DYSKW.	CALI	SKI Marcin		16	SMS Wrocław								-
					<i>K15 - Pływak nie dotkn ł ciany dwiema dło mi przy nawrocie lub na zako czenie wy cigu</i>								