

2023 Liga Szkół Mistrzostwa Sportowego - II runda
Lublin, 10. - 11.3.2023

Konkurencja 11
10.03.2023 - 17:41

Kobiet, 400m zmienny

Open
Wyniki

Rekord Polski Open	4:36.95	BARANOWSKA Katarzyna	00116	Beijing (CHN)	09.08.2008
Rekord Polski 19 - 23	4:36.95	BARANOWSKA Katarzyna	00116	Beijing (CHN)	09.08.2008
Rekord Polski 18	4:43.39	BARANOWSKA Katarzyna	00116	Debica	20.05.2005
Rekord Polski 17	4:45.13	SZCZEPANIAK Karolina	00114	Rome (ITA)	02.08.2009
Rekord Polski 16	4:45.38	KNOP Aleksandra	01605	Łódź	25.05.2018
Rekord Polski 15	4:45.38	KNOP Aleksandra	01605	Łódź	25.05.2018
Rekord Polski 14	4:52.05	KNOP Aleksandra	01605	Lublin	19.05.2017

Punkty: FINA 2023

Pozycja			Wiek				Czas				Pkt.		
1.	TARASIEWICZ Klaudia		19				SMS Szczecin				5:00.01	699	29,00
	50m:	31.91	31.91	150m:	1:46.78	39.00	250m:	3:10.66	45.80	350m:	4:29.18	33.50	
	100m:	1:07.78	35.87	200m:	2:24.86	38.08	300m:	3:55.68	45.02	400m:	5:00.01	30.83	
2.	JUDA Aleksandra		17				SMS O wi cim				5:00.11	699	27,00
	50m:	31.17	31.17	150m:	1:46.03	39.48	250m:	3:07.49	42.84	350m:	4:25.69	35.74	
	100m:	1:06.55	35.38	200m:	2:24.65	38.62	300m:	3:49.95	42.46	400m:	5:00.11	34.42	
3.	LECHOWSKA Magdalena		17				SMS Wrocław				5:03.76	674	26,00
	50m:	31.39	31.39	150m:	1:47.16	39.25	250m:	3:08.33	42.18	350m:	4:28.63	36.57	
	100m:	1:07.91	36.52	200m:	2:26.15	38.99	300m:	3:52.06	43.73	400m:	5:03.76	35.13	
4.	GLI SKA Oliwia		16				SMS Zielona Góra				5:04.53	669	25,00
	50m:	33.10	33.10	150m:	1:48.64	38.53	250m:	3:09.93	44.11	350m:	4:30.06	35.48	
	100m:	1:10.11	37.01	200m:	2:25.82	37.18	300m:	3:54.58	44.65	400m:	5:04.53	34.47	
5.	PRZYBYLSKA Oliwia		16				SMS Lublin				5:10.99	628	24,00
	50m:	32.55	32.55	150m:	1:52.42	41.44	250m:	3:15.38	43.35	350m:	4:35.10	36.60	
	100m:	1:10.98	38.43	200m:	2:32.03	39.61	300m:	3:58.50	43.12	400m:	5:10.99	35.89	
6.	POPPE Marta		16				SMS Lublin				5:15.65	600	23,00
	50m:	32.77	32.77	150m:	1:53.15	41.35	250m:	3:19.02	45.35	350m:	4:41.84	35.66	
	100m:	1:11.80	39.03	200m:	2:33.67	40.52	300m:	4:06.18	47.16	400m:	5:15.65	33.81	
7.	SŁABOSZ Emilia		18				SMS O wi cim				5:15.77	600	22,00
	50m:	32.84	32.84	150m:	1:51.93	41.46	250m:	3:18.35	46.16	350m:	4:41.27	35.71	
	100m:	1:10.47	37.63	200m:	2:32.19	40.26	300m:	4:05.56	47.21	400m:	5:15.77	34.50	
8.	B TKOWSKA Zuzanna		17				SMS Kraków				5:16.36	596	21,00
	50m:	32.60	32.60	150m:	1:52.10	41.87	250m:	3:16.50	44.73	350m:	4:40.13	38.59	
	100m:	1:10.23	37.63	200m:	2:31.77	39.67	300m:	4:01.54	45.04	400m:	5:16.36	36.23	
9.	TADKO Wiktoria		18				SMS Racibórz				5:19.27	580	20,00
	50m:	33.67	33.67	150m:	1:54.92	42.36	250m:	3:21.41	46.52	350m:	4:44.47	36.30	
	100m:	1:12.56	38.89	200m:	2:34.89	39.97	300m:	4:08.17	46.76	400m:	5:19.27	34.80	
10.	JACH Tamara		17				SMS Wrocław				5:19.86	577	19,00
	50m:	32.86	32.86	150m:	1:54.18	42.27	250m:	3:21.18	45.05	350m:	4:45.17	37.82	
	100m:	1:11.91	39.05	200m:	2:36.13	41.95	300m:	4:07.35	46.17	400m:	5:19.86	34.69	
11.	MARCINIAK Aleksandra		16				SMS Kraków				5:20.38	574	18,00
	50m:	32.92	32.92	150m:	1:53.40	43.12	250m:	3:20.64	45.50	350m:	4:44.15	37.52	
	100m:	1:10.28	37.36	200m:	2:35.14	41.74	300m:	4:06.63	45.99	400m:	5:20.38	36.23	
12.	DU KO Julia		16				SMS Ostrowiec				5:23.18	559	17,00
	50m:	32.41	32.41	150m:	1:53.44	44.95	250m:	3:24.20	46.52	350m:	4:47.79	37.51	
	100m:	1:08.49	36.08	200m:	2:37.68	44.24	300m:	4:10.28	46.08	400m:	5:23.18	35.39	
13.	MAKSYMOWICZ Nina		18				SMS Warszawa Bielany				5:24.57	552	16,00
	50m:	34.10	34.10	150m:	1:55.78	43.25	250m:	3:24.26	45.69	350m:	4:50.38	39.26	
	100m:	1:12.53	38.43	200m:	2:38.57	42.79	300m:	4:11.12	46.86	400m:	5:24.57	34.19	
14.	MLA Viktoria		16				SMS O wi cim				5:25.19	549	-
	50m:	32.32	32.32	150m:	1:52.99	43.12	250m:	3:20.41	46.02	350m:	4:47.70	40.03	
	100m:	1:09.87	37.55	200m:	2:34.39	41.40	300m:	4:07.67	47.26	400m:	5:25.19	37.49	
15.	SOBIECKA Małgorzata		17				SMS Warszawa Konwiktorska				5:26.40	543	15,00
	50m:	32.33	32.33	150m:	1:54.32	43.61	250m:	3:23.72	47.59	350m:	4:49.95	38.66	
	100m:	1:10.71	38.38	200m:	2:36.13	41.81	300m:	4:11.29	47.57	400m:	5:26.40	36.45	

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Pozycja				Wiek					Czas	Pkt.		
16.	TUPALSKA Oliwia			18	SMS Lublin				5:28.39	533	-	
	50m:	32.40	32.40	150m:	1:52.37	41.08	250m:	3:22.32	49.78	350m:	4:50.56	39.07
	100m:	1:11.29	38.89	200m:	2:32.54	40.17	300m:	4:11.49	49.17	400m:	5:28.39	37.83
17.	ZI BA Anastazja			18	SMS Bydgoszcz				5:28.73	531	14,00	
	50m:	33.01	33.01	150m:	1:54.78	44.23	250m:	3:24.17	45.63	350m:	4:51.24	39.98
	100m:	1:10.55	37.54	200m:	2:38.54	43.76	300m:	4:11.26	47.09	400m:	5:28.73	37.49
18.	WO AKOWSKA Zofia			16	SMS Lublin				5:33.31	510	-	
	50m:	37.82	37.82	150m:	2:05.10	41.87	250m:	3:31.89	44.58	350m:	4:56.69	38.76
	100m:	1:23.23	45.41	200m:	2:47.31	42.21	300m:	4:17.93	46.04	400m:	5:33.31	36.62
19.	KAMPCZYK Paulina			17	SMS Racibórz				5:33.40	509	13,00	
	50m:	36.60	36.60	150m:	2:02.58	44.67	250m:	3:31.21	44.83	350m:	4:56.39	39.42
	100m:	1:17.91	41.31	200m:	2:46.38	43.80	300m:	4:16.97	45.76	400m:	5:33.40	37.01
20.	MAŁOLEPSZA Weronika			16	SMS Szczecin				5:34.87	503	12,00	
	50m:	36.25	36.25	150m:	2:03.94	44.10	250m:	3:35.79	48.82	350m:	4:59.96	36.57
	100m:	1:19.84	43.59	200m:	2:46.97	43.03	300m:	4:23.39	47.60	400m:	5:34.87	34.91
21.	KAROLCZAK Pola			17	SMS Bydgoszcz				5:38.63	486	11,00	
	50m:	33.44	33.44	150m:	1:58.15	43.92	250m:	3:28.26	46.85	350m:	4:57.68	41.87
	100m:	1:14.23	40.79	200m:	2:41.41	43.26	300m:	4:15.81	47.55	400m:	5:38.63	40.95
22.	WISZNIEWSKA Zuzanna			17	SMS Warszawa Konwiktorska				5:39.18	484	10,00	
	50m:	35.53	35.53	150m:	2:01.76	42.77	250m:	3:31.12	48.61	350m:	5:00.32	39.63
	100m:	1:18.99	43.46	200m:	2:42.51	40.75	300m:	4:20.69	49.57	400m:	5:39.18	38.86
23.	MAKSYMOWICZ Nadia			18	SMS Warszawa Bielany				5:42.48	470	9,00	
	50m:	34.92	34.92	150m:	2:00.02	44.10	250m:	3:32.72	49.50	350m:	5:04.08	39.99
	100m:	1:15.92	41.00	200m:	2:43.22	43.20	300m:	4:24.09	51.37	400m:	5:42.48	38.40
24.	CHOJNACKA Kinga			17	SMS Olsztyn				5:44.28	463	8,00	
	50m:	36.38	36.38	150m:	2:08.98	49.11	250m:	3:41.63	45.48	350m:	5:06.38	38.97
	100m:	1:19.87	43.49	200m:	2:56.15	47.17	300m:	4:27.41	45.78	400m:	5:44.28	37.90
25.	SOSNÓWKA Milena			16	SMS Ostrowiec				5:48.95	444	7,00	
	50m:	35.00	35.00	150m:	2:02.82	46.33	250m:	3:39.18	51.83	350m:	5:11.35	39.15
	100m:	1:16.49	41.49	200m:	2:47.35	44.53	300m:	4:32.20	53.02	400m:	5:48.95	37.60
26.	JABŁO SKA Natalia			15	SMS Olsztyn				5:49.84	441	6,00	
	50m:	36.80	36.80	150m:	2:07.92	46.48	250m:	3:42.72	49.74	350m:	5:11.38	39.22
	100m:	1:21.44	44.64	200m:	2:52.98	45.06	300m:	4:32.16	49.44	400m:	5:49.84	38.46