

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

Konkurencja 12  
10.03.2023 - 18:01

M czyzn, 400m zmienny

Open  
Wyniki

Rekord Polski Open	4:12.28	MATCZAK Mateusz	00905	Belgrade (SRB)	11.07.2009
Rekord Polski 19 - 23	4:12.28	MATCZAK Mateusz	00905	Belgrade (SRB)	11.07.2009
Rekord Polski 18	4:18.40	MATCZAK Mateusz	00905	Antwerp (BEL)	22.07.2007
Rekord Polski 17	4:20.27	MATCZAK Mateusz	00905	Palma de Mallorca (ESP)	06.07.2006
Rekord Polski 16	4:26.91	KĄŁUSOWSKI Jan	00905	Ostrowiec Sw	15.07.2016
Rekord Polski 15	4:30.55	KĄŁUSOWSKI Jan	00905	Ostrowiec Sw	10.07.2015
Rekord Polski 14	4:39.38	SOBEK Nikodem	02303	Berlin (GER)	16.12.2016

Punkty: FINA 2023

Pozycja			Wiek				Czas				Pkt.		
1.	PIELA Michał		19	SMS O wi cim				<b>4:32.81</b>				714	29,00
	50m:	28.81 28.81	150m:	1:37.78	36.02	250m:	2:50.62	37.75	350m:	4:01.99	33.24		
	100m:	1:01.76 32.95	200m:	2:12.87	35.09	300m:	3:28.75	38.13	400m:	4:32.81	30.82		
2.	POPIEL Mikołaj		17	SMS Lublin				<b>4:33.12</b>				711	27,00
	50m:	28.03 28.03	150m:	1:36.69	35.47	250m:	2:51.03	39.79	350m:	4:03.17	32.44		
	100m:	1:01.22 33.19	200m:	2:11.24	34.55	300m:	3:30.73	39.70	400m:	4:33.12	29.95		
3.	KAPAŁA Bartosz		17	SMS Olsztyn				<b>4:37.42</b>				679	26,00
	50m:	30.18 30.18	150m:	1:39.41	35.76	250m:	2:54.33	40.28	350m:	4:06.73	31.73		
	100m:	1:03.65 33.47	200m:	2:14.05	34.64	300m:	3:35.00	40.67	400m:	4:37.42	30.69		
4.	KOWOLIK Alex		19	SMS O wi cim				<b>4:39.59</b>				663	25,00
	50m:	29.03 29.03	150m:	1:39.04	37.63	250m:	2:55.62	40.85	350m:	4:09.70	32.75		
	100m:	1:01.41 32.38	200m:	2:14.77	35.73	300m:	3:36.95	41.33	400m:	4:39.59	29.89		
5.	NOWACKI Bła ej		18	SMS Lublin				<b>4:41.18</b>				652	24,00
	50m:	28.79 28.79	150m:	1:40.02	38.39	250m:	2:55.76	38.35	350m:	4:08.83	32.74		
	100m:	1:01.63 32.84	200m:	2:17.41	37.39	300m:	3:36.09	40.33	400m:	4:41.18	32.35		
6.	KOZŁOWSKI Igor		18	SMS Lublin				<b>4:42.02</b>				646	-
	50m:	29.18 29.18	150m:	1:39.48	37.06	250m:	2:57.53	41.34	350m:	4:11.53	32.80		
	100m:	1:02.42 33.24	200m:	2:16.19	36.71	300m:	3:38.73	41.20	400m:	4:42.02	30.49		
7.	KOSI SKI Filip		19	SMS Warszawa Bielany				<b>4:46.01</b>				619	23,00
	50m:	28.03 28.03	150m:	1:38.57	37.48	250m:	2:57.33	43.03	350m:	4:13.93	33.51		
	100m:	1:01.09 33.06	200m:	2:14.30	35.73	300m:	3:40.42	43.09	400m:	4:46.01	32.08		
8.	WI NIEWSKI Wiktor		16	SMS O wi cim				<b>4:47.22</b>				611	-
	50m:	29.98 29.98	150m:	1:43.83	39.85	250m:	3:02.64	39.63	350m:	4:15.80	33.02		
	100m:	1:03.98 34.00	200m:	2:23.01	39.18	300m:	3:42.78	40.14	400m:	4:47.22	31.42		
9.	CZOGAŁA Grzegorz		16	SMS Warszawa Bielany				<b>4:47.31</b>				611	22,00
	50m:	29.36 29.36	150m:	1:41.68	39.10	250m:	3:00.82	40.22	350m:	4:14.62	34.54		
	100m:	1:02.58 33.22	200m:	2:20.60	38.92	300m:	3:40.08	39.26	400m:	4:47.31	32.69		
10.	DZIERKACZ Igor		18	SMS Warszawa Bielany				<b>4:48.54</b>				603	-
	50m:	29.18 29.18	150m:	1:42.44	40.86	250m:	3:03.93	41.61	350m:	4:17.23	31.46		
	100m:	1:01.58 32.40	200m:	2:22.32	39.88	300m:	3:45.77	41.84	400m:	4:48.54	31.31		
11.	SROKA Bła ej		18	SMS Gda sk				<b>4:49.21</b>				599	21,00
	50m:	29.43 29.43	150m:	1:41.71	37.70	250m:	2:59.10	41.81	350m:	4:14.87	34.31		
	100m:	1:04.01 34.58	200m:	2:17.29	35.58	300m:	3:40.56	41.46	400m:	4:49.21	34.34		
12.	RADKIEWICZ Kajetan		18	SMS Ostrowiec				<b>4:49.35</b>				598	20,00
	50m:	30.28 30.28	150m:	1:44.47	38.68	250m:	3:04.51	42.64	350m:	4:19.99	33.07		
	100m:	1:05.79 35.51	200m:	2:21.87	37.40	300m:	3:46.92	42.41	400m:	4:49.35	29.36		
13.	STASZAK Wiktor		19	SMS Wrocław				<b>4:50.05</b>				594	19,00
	50m:	29.65 29.65	150m:	1:40.89	37.14	250m:	2:59.40	41.64	350m:	4:16.17	35.41		
	100m:	1:03.75 34.10	200m:	2:17.76	36.87	300m:	3:40.76	41.36	400m:	4:50.05	33.88		
14.	KUNICKI Maksymilian		16	SMS Racibórz				<b>4:51.79</b>				583	18,00
	50m:	29.74 29.74	150m:	1:43.78	39.54	250m:	3:02.84	40.24	350m:	4:18.57	34.32		
	100m:	1:04.24 34.50	200m:	2:22.60	38.82	300m:	3:44.25	41.41	400m:	4:51.79	33.22		
15.	OLEWNICZAK Maciej		18	SMS Warszawa Konwiktorska				<b>4:52.12</b>				581	17,00
	50m:	29.58 29.58	150m:	1:45.31	40.99	250m:	3:07.88	42.41	350m:	4:22.44	31.80		
	100m:	1:04.32 34.74	200m:	2:25.47	40.16	300m:	3:50.64	42.76	400m:	4:52.12	29.68		

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Pozycja			Wiek					Czas	Pkt.			
16.	PI TKA	Hubert	19	SMS Szczecin				<b>4:52.19</b>	581	16,00		
	50m:	30.09	30.09	150m:	1:44.07	40.21	250m:	3:04.16	42.23	350m:	4:20.99	33.76
	100m:	1:03.86	33.77	200m:	2:21.93	37.86	300m:	3:47.23	43.07	400m:	4:52.19	31.20
17.	GNACZY	SKI Michał	16	SMS Szczecin				<b>4:52.31</b>	580	15,00		
	50m:	32.71	32.71	150m:	1:49.18	39.08	250m:	3:08.06	41.41	350m:	4:22.07	32.17
	100m:	1:10.10	37.39	200m:	2:26.65	37.47	300m:	3:49.90	41.84	400m:	4:52.31	30.24
18.	LUCOW	Jan	17	SMS Warszawa Konwiktorska				<b>4:52.81</b>	577	14,00		
	50m:	30.51	30.51	150m:	1:43.41	37.34	250m:	3:01.64	41.25	350m:	4:19.17	34.62
	100m:	1:06.07	35.56	200m:	2:20.39	36.98	300m:	3:44.55	42.91	400m:	4:52.81	33.64
19.	BRYG	Bartosz	19	SMS Kraków				<b>4:53.47</b>	573	13,00		
	50m:	29.49	29.49	150m:	1:45.18	41.25	250m:	3:03.03	38.02	350m:	4:18.77	36.24
	100m:	1:03.93	34.44	200m:	2:25.01	39.83	300m:	3:42.53	39.50	400m:	4:53.47	34.70
20.	GOHLA	Kamil	18	SMS Racibórz				<b>4:55.79</b>	560	12,00		
	50m:	29.52	29.52	150m:	1:44.72	40.78	250m:	3:05.32	41.47	350m:	4:22.87	35.60
	100m:	1:03.94	34.42	200m:	2:23.85	39.13	300m:	3:47.27	41.95	400m:	4:55.79	32.92
21.	RADZIKOWSKI	Szymon	15	SMS Wrocław				<b>4:58.73</b>	543	11,00		
	50m:	31.73	31.73	150m:	1:48.81	40.05	250m:	3:08.53	40.31	350m:	4:24.88	34.78
	100m:	1:08.76	37.03	200m:	2:28.22	39.41	300m:	3:50.10	41.57	400m:	4:58.73	33.85
22.	ŁOJEWSKI	Adam	16	SMS Olsztyn				<b>4:59.37</b>	540	10,00		
	50m:	30.45	30.45	150m:	1:44.10	38.61	250m:	3:05.66	43.77	350m:	4:25.51	34.94
	100m:	1:05.49	35.04	200m:	2:21.89	37.79	300m:	3:50.57	44.91	400m:	4:59.37	33.86
23.	JOACHIMOWICZ	Patryk	15	SMS Lublin				<b>4:59.98</b>	537	-		
	50m:	29.96	29.96	150m:	1:43.93	38.75	250m:	3:05.00	43.25	350m:	4:25.02	34.94
	100m:	1:05.18	35.22	200m:	2:21.75	37.82	300m:	3:50.08	45.08	400m:	4:59.98	34.96
24.	SZYMA	SKI Igor	18	SMS Bydgoszcz				<b>5:01.16</b>	530	9,00		
	50m:	30.97	30.97	150m:	1:49.41	41.84	250m:	3:09.37	38.79	350m:	4:26.16	36.98
	100m:	1:07.57	36.60	200m:	2:30.58	41.17	300m:	3:49.18	39.81	400m:	5:01.16	35.00
25.	SIKORA	Cyprian	16	SMS Ostrowiec				<b>5:01.67</b>	528	8,00		
	50m:	30.85	30.85	150m:	1:46.00	39.00	250m:	3:09.10	45.40	350m:	4:29.64	35.88
	100m:	1:07.00	36.15	200m:	2:23.70	37.70	300m:	3:53.76	44.66	400m:	5:01.67	32.03
26.	WIECZORKOWSKI	Nikodem	19	SMS Szczecin				<b>5:04.69</b>	512	-		
	50m:	32.78	32.78	150m:	1:51.31	40.39	250m:	3:13.42	43.66	350m:	4:31.91	34.22
	100m:	1:10.92	38.14	200m:	2:29.76	38.45	300m:	3:57.69	44.27	400m:	5:04.69	32.78
27.	LITEWSKI	Mikołaj	19	SMS Warszawa Konwiktorska				<b>5:05.74</b>	507	-		
	50m:	30.27	30.27	150m:	1:46.93	41.59	250m:	3:10.26	42.66	350m:	4:31.30	37.21
	100m:	1:05.34	35.07	200m:	2:27.60	40.67	300m:	3:54.09	43.83	400m:	5:05.74	34.44
28.	DYDA	Artur	15	SMS Kraków				<b>5:12.95</b>	473	7,00		
	50m:	30.78	30.78	150m:	1:47.03	39.14	250m:	3:12.35	47.26	350m:	4:37.37	37.05
	100m:	1:07.89	37.11	200m:	2:25.09	38.06	300m:	4:00.32	47.97	400m:	5:12.95	35.58
29.	WIELGOSZ	Borys	16	SMS Bydgoszcz				<b>5:16.33</b>	458	6,00		
	50m:	31.10	31.10	150m:	1:51.63	43.85	250m:	3:16.26	44.67	350m:	4:41.03	38.93
	100m:	1:07.78	36.68	200m:	2:31.59	39.96	300m:	4:02.10	45.84	400m:	5:16.33	35.30