

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

Konkurencja 20 11.03.2023 - 9:45	M czyzn, 400m dowolny					Open Wyniki
Rekord Polski Open	3:45.71	STANCZYK Przemyslaw	00116	Chiba (JPN)		21.08.2007
Rekord Polski 19 - 23	3:45.71	STANCZYK Przemyslaw	00116	Chiba (JPN)		21.08.2007
Rekord Polski 18	3:49.21	WOJDAK Wojciech		Dordrecht (NED)		09.07.2014
Rekord Polski 17	3:51.80	WOJDAK Wojciech	03106	Poznan		10.07.2013
Rekord Polski 16	3:56.29	DASZKIEWICZ Michał	01006	Lublin		11.07.2019
Rekord Polski 15	4:00.04	DASZKIEWICZ Michał	01006	Oswiecim		14.07.2018
Rekord Polski 14	4:07.63	ORLICZ Filip	05114	Olsztyn		09.07.2016

Punkty: FINA 2023

Pozycja					Wiek					Czas	Pkt.	
1.	HEBEL Maciej				18	SMS Lublin				<b>4:00.48</b>	766	29,00
	50m:	28.06	28.06	150m:	1:29.41	30.70	250m:	2:29.76	30.23	350m:	3:31.11	30.76
	100m:	58.71	30.65	200m:	1:59.53	30.12	300m:	3:00.35	30.59	400m:	4:00.48	29.37
2.	KAPAŁA Bartosz				17	SMS Olsztyn				<b>4:01.47</b>	756	27,00
	50m:	28.25	28.25	150m:	1:29.22	30.43	250m:	2:30.70	30.67	350m:	3:31.59	30.22
	100m:	58.79	30.54	200m:	2:00.03	30.81	300m:	3:01.37	30.67	400m:	4:01.47	29.88
3.	RADKIEWICZ Kajetan				18	SMS Ostrowiec				<b>4:05.72</b>	718	26,00
	50m:	28.63	28.63	150m:	1:31.92	31.81	250m:	2:34.93	31.36	350m:	3:36.55	30.71
	100m:	1:00.11	31.48	200m:	2:03.57	31.65	300m:	3:05.84	30.91	400m:	4:05.72	29.17
4.	WO NIAK Piotr				18	SMS Olsztyn				<b>4:05.86</b>	717	25,00
	50m:	28.53	28.53	150m:	1:30.76	31.30	250m:	2:33.83	31.58	350m:	3:36.90	31.43
	100m:	59.46	30.93	200m:	2:02.25	31.49	300m:	3:05.47	31.64	400m:	4:05.86	28.96
5.	KOSI SKI Filip				19	SMS Warszawa Bielany				<b>4:06.77</b>	709	24,00
	50m:	28.33	28.33	150m:	1:30.92	31.58	250m:	2:33.01	31.10	350m:	3:36.73	32.41
	100m:	59.34	31.01	200m:	2:01.91	30.99	300m:	3:04.32	31.31	400m:	4:06.77	30.04
6.	RYNKIEWICZ Jakub				18	SMS Lublin				<b>4:08.04</b>	698	23,00
	50m:	27.50	27.50	150m:	1:30.12	31.61	250m:	2:33.63	31.79	350m:	3:37.81	31.92
	100m:	58.51	31.01	200m:	2:01.84	31.72	300m:	3:05.89	32.26	400m:	4:08.04	30.23
7.	KOWOLIK Alex				19	SMS O wi cim				<b>4:08.52</b>	694	22,00
	50m:	29.01	29.01	150m:	1:32.38	31.86	250m:	2:35.99	31.84	350m:	3:38.24	30.61
	100m:	1:00.52	31.51	200m:	2:04.15	31.77	300m:	3:07.63	31.64	400m:	4:08.52	30.28
8.	ZAREMBA Adam				18	SMS Wrocław				<b>4:08.99</b>	690	21,00
	50m:	28.18	28.18	150m:	1:31.11	32.04	250m:	2:35.17	31.73	350m:	3:39.04	32.04
	100m:	59.07	30.89	200m:	2:03.44	32.33	300m:	3:07.00	31.83	400m:	4:08.99	29.95
9.	DRABCZYK Krystian				19	SMS O wi cim				<b>4:09.25</b>	688	20,00
	50m:	28.92	28.92	150m:	1:31.68	31.79	250m:	2:35.37	31.84	350m:	3:38.62	31.57
	100m:	59.89	30.97	200m:	2:03.53	31.85	300m:	3:07.05	31.68	400m:	4:09.25	30.63
10.	MIENICKI Rafał				17	SMS Warszawa Bielany				<b>4:10.54</b>	677	19,00
	50m:	29.64	29.64	150m:	1:33.52	31.82	250m:	2:36.75	31.42	350m:	3:40.09	31.30
	100m:	1:01.70	32.06	200m:	2:05.33	31.81	300m:	3:08.79	32.04	400m:	4:10.54	30.45
11.	PI TKA Miłosz				16	SMS Szczecin				<b>4:12.11</b>	665	18,00
	50m:	29.11	29.11	150m:	1:33.14	32.16	250m:	2:37.48	32.18	350m:	3:41.35	32.01
	100m:	1:00.98	31.87	200m:	2:05.30	32.16	300m:	3:09.34	31.86	400m:	4:12.11	30.76
12.	GNACZY SKI Michał				16	SMS Szczecin				<b>4:12.58</b>	661	17,00
	50m:	28.88	28.88	150m:	1:32.66	32.20	250m:	2:37.31	32.36	350m:	3:41.95	32.08
	100m:	1:00.46	31.58	200m:	2:04.95	32.29	300m:	3:09.87	32.56	400m:	4:12.58	30.63
13.	PONIEWA Oliwier				16	SMS Lublin				<b>4:14.11</b>	649	-
	50m:	29.06	29.06	150m:	1:32.45	31.86	250m:	2:36.92	32.43	350m:	3:42.82	32.97
	100m:	1:00.59	31.53	200m:	2:04.49	32.04	300m:	3:09.85	32.93	400m:	4:14.11	31.29
14.	BELZYT Maksymilian				18	SMS Gda sk				<b>4:14.69</b>	645	16,00
	50m:	27.98	27.98	150m:	1:30.39	31.68	250m:	2:34.80	32.36	350m:	3:40.27	32.67
	100m:	58.71	30.73	200m:	2:02.44	32.05	300m:	3:07.60	32.80	400m:	4:14.69	34.42
15.	CHAŁAT Wojciech				19	SMS Lublin				<b>4:14.70</b>	645	-
	50m:	28.71	28.71	150m:	1:31.66	32.23	250m:	2:36.89	32.86	350m:	3:43.38	33.39
	100m:	59.43	30.72	200m:	2:04.03	32.37	300m:	3:09.99	33.10	400m:	4:14.70	31.32

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Konkurencja 20, M czyzn, 400m dowolny, Open

Pozycja					Wiek					Czas	Pkt.	
16.	GO CI	SKI Jakub			18	SMS Kraków				<b>4:16.57</b>	631	15,00
	50m:	29.75	29.75	150m:	1:35.18	32.86	250m:	2:41.13	32.97	350m:	3:46.23	31.53
	100m:	1:02.32	32.57	200m:	2:08.16	32.98	300m:	3:14.70	33.57	400m:	4:16.57	30.34
17.	BANIA	Karol			18	SMS Bydgoszcz				<b>4:19.44</b>	610	14,00
	50m:	29.13	29.13	150m:	1:33.38	32.47	250m:	2:39.83	33.18	350m:	3:46.69	33.52
	100m:	1:00.91	31.78	200m:	2:06.65	33.27	300m:	3:13.17	33.34	400m:	4:19.44	32.75
18.	RYSTWEJ	Maksymilian			17	SMS Warszawa Bielany				<b>4:19.86</b>	607	-
	50m:	29.53	29.53	150m:	1:35.24	33.19	250m:	2:41.73	33.40	350m:	3:48.54	33.33
	100m:	1:02.05	32.52	200m:	2:08.33	33.09	300m:	3:15.21	33.48	400m:	4:19.86	31.32
19.	BIE	KOWSKI Mateusz			15	SMS Gda sk				<b>4:20.81</b>	600	13,00
	50m:	29.71	29.71	150m:	1:35.41	33.58	250m:	2:42.25	33.71	350m:	3:48.88	33.25
	100m:	1:01.83	32.12	200m:	2:08.54	33.13	300m:	3:15.63	33.38	400m:	4:20.81	31.93
20.	ZGODA	Szymon			15	SMS Warszawa Konwiktorska				<b>4:21.83</b>	593	12,00
	50m:	29.87	29.87	150m:	1:36.61	33.30	250m:	2:41.99	32.77	350m:	3:49.53	33.80
	100m:	1:03.31	33.44	200m:	2:09.22	32.61	300m:	3:15.73	33.74	400m:	4:21.83	32.30
21.	REDZI	SKI VEL RYDZY	SKI Mateusz	16	SMS Warszawa Konwiktorska					<b>4:22.97</b>	586	11,00
	50m:	30.02	30.02	150m:	1:35.87	33.33	250m:	2:43.39	33.71	350m:	3:50.46	33.40
	100m:	1:02.54	32.52	200m:	2:09.68	33.81	300m:	3:17.06	33.67	400m:	4:22.97	32.51
22.	SIKORA	Cyprian			16	SMS Ostrowiec				<b>4:23.47</b>	582	10,00
	50m:	30.28	30.28	150m:	1:37.89	34.02	250m:	2:45.27	33.19	350m:	3:51.92	33.58
	100m:	1:03.87	33.59	200m:	2:12.08	34.19	300m:	3:18.34	33.07	400m:	4:23.47	31.55
23.	MICHNIEWICZ	Marcel			17	SMS Wrocław				<b>4:23.81</b>	580	9,00
	50m:	30.19	30.19	150m:	1:37.43	33.74	250m:	2:43.95	33.03	350m:	3:51.41	34.35
	100m:	1:03.69	33.50	200m:	2:10.92	33.49	300m:	3:17.06	33.11	400m:	4:23.81	32.40
24.	KRASKA	Mateusz			16	SMS Kraków				<b>4:24.18</b>	578	8,00
	50m:	30.01	30.01	150m:	1:36.73	33.55	250m:	2:44.22	33.87	350m:	3:52.28	34.07
	100m:	1:03.18	33.17	200m:	2:10.35	33.62	300m:	3:18.21	33.99	400m:	4:24.18	31.90
25.	BEKIER	Wiktor			15	SMS O wi cim				<b>4:24.95</b>	573	-
	50m:	29.61	29.61	150m:	1:35.97	34.00	250m:	2:44.09	34.00	350m:	3:52.73	34.56
	100m:	1:01.97	32.36	200m:	2:10.09	34.12	300m:	3:18.17	34.08	400m:	4:24.95	32.22
26.	PIECHOWSKI	Jakub			18	SMS Racibórz				<b>4:25.36</b>	570	7,00
	50m:	28.83	28.83	150m:	1:34.94	33.39	250m:	2:42.74	33.92	350m:	3:51.12	34.18
	100m:	1:01.55	32.72	200m:	2:08.82	33.88	300m:	3:16.94	34.20	400m:	4:25.36	34.24
27.	WIERASZKA	Bartosz			16	SMS Zielona Góra				<b>4:26.72</b>	561	6,00
	50m:	30.93	30.93	150m:	1:39.32	34.24	250m:	2:47.69	33.60	350m:	3:55.20	33.61
	100m:	1:05.08	34.15	200m:	2:14.09	34.77	300m:	3:21.59	33.90	400m:	4:26.72	31.52
28.	KOWALI	SKI Adrian			17	SMS Wrocław				<b>4:26.90</b>	560	-
	50m:	29.47	29.47	150m:	1:34.18	32.77	250m:	2:41.91	34.19	350m:	3:52.00	35.20
	100m:	1:01.41	31.94	200m:	2:07.72	33.54	300m:	3:16.80	34.89	400m:	4:26.90	34.90
29.	OSZCZAK	Norbert			19	SMS Kraków				<b>4:28.98</b>	547	-
	50m:	30.27	30.27	150m:	1:38.04	34.49	250m:	2:46.72	34.54	350m:	3:55.34	34.37
	100m:	1:03.55	33.28	200m:	2:12.18	34.14	300m:	3:20.97	34.25	400m:	4:28.98	33.64
30.	GOHLA	Kamil			18	SMS Racibórz				<b>4:30.80</b>	536	5,00
	50m:	30.49	30.49	150m:	1:39.08	34.62	250m:	2:49.31	34.68	350m:	3:58.04	34.17
	100m:	1:04.46	33.97	200m:	2:14.63	35.55	300m:	3:23.87	34.56	400m:	4:30.80	32.76
31.	LE	NIEWSKI Wiktor			17	SMS Warszawa Konwiktorska				<b>4:32.44</b>	527	-
	50m:	30.72	30.72	150m:	1:39.65	34.82	250m:	2:49.86	35.35	350m:	4:00.05	34.56
	100m:	1:04.83	34.11	200m:	2:14.51	34.86	300m:	3:25.49	35.63	400m:	4:32.44	32.39
32.	PARADOWSKI	Michał			17	SMS Gorzów Wielkopolski				<b>4:33.31</b>	522	4,00
	50m:	30.54	30.54	150m:	1:41.47	35.59	250m:	2:52.50	35.08	350m:	4:01.65	33.92
	100m:	1:05.88	35.34	200m:	2:17.42	35.95	300m:	3:27.73	35.23	400m:	4:33.31	31.66
33.	SOKOŁOWSKI	Franciszek			17	SMS Olsztyn				<b>4:34.30</b>	516	-
	50m:	31.62	31.62	150m:	1:41.37	35.32	250m:	2:50.99	34.64	350m:	4:00.84	35.01
	100m:	1:06.05	34.43	200m:	2:16.35	34.98	300m:	3:25.83	34.84	400m:	4:34.30	33.46

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Konkurencja 20, M czynn, 400m dowolny, Open

Pozycja			Wiek				Czas		Pkt.		
34.	FILIPIAK Mateusz		16	SMS Bydgoszcz			<b>4:36.85</b>	502	3,00		
	50m:	31.02 31.02	150m:	1:41.05	35.45	250m:	2:52.19	35.44	350m:	4:02.95	35.44
	100m:	1:05.60 34.58	200m:	2:16.75	35.70	300m:	3:27.51	35.32	400m:	4:36.85	33.90
35.	ROZMIAREK Mateusz		17	SMS Gorzów Wielkopolski			<b>4:38.89</b>	491	2,00		
	50m:	30.48 30.48	150m:	1:40.07	35.59	250m:	2:51.83	36.06	350m:	4:04.15	36.02
	100m:	1:04.48 34.00	200m:	2:15.77	35.70	300m:	3:28.13	36.30	400m:	4:38.89	34.74
36.	STARO Filip		15	SMS Gdańsk			<b>4:40.06</b>	485	-		
	50m:	31.73 31.73	150m:	1:42.59	35.93	250m:	2:54.59	35.97	350m:	4:05.22	35.41
	100m:	1:06.66 34.93	200m:	2:18.62	36.03	300m:	3:29.81	35.22	400m:	4:40.06	34.84
37.	LECH Karol		17	SMS Gorzów Wielkopolski			<b>5:08.53</b>	362	-		
	50m:	31.92 31.92	150m:	1:48.88	39.43	250m:	3:08.69	40.18	350m:	4:29.74	41.07
	100m:	1:09.45 37.53	200m:	2:28.51	39.63	300m:	3:48.67	39.98	400m:	5:08.53	38.79
PK	CHARKOT Krzysztof		15	SMS Lublin			<b>4:20.53</b>	602	-		
	50m:	28.63 28.63	150m:	1:33.56	32.96	250m:	2:40.51	33.60	350m:	3:48.10	33.81
	100m:	1:00.60 31.97	200m:	2:06.91	33.35	300m:	3:14.29	33.78	400m:	4:20.53	32.43
PK	WASILEWSKI Mateusz		15	SMS Lublin			<b>4:23.25</b>	584	-		
	50m:	28.96 28.96	150m:	1:34.63	33.22	250m:	2:41.84	33.86	350m:	3:50.58	34.31
	100m:	1:01.41 32.45	200m:	2:07.98	33.35	300m:	3:16.27	34.43	400m:	4:23.25	32.67
PK	FRONCZEK Miłosz		15	SMS Lublin			<b>4:41.78</b>	476	-		
	50m:	31.53 31.53	150m:	1:39.86	34.65	250m:	2:51.66	36.07	350m:	4:05.62	37.36
	100m:	1:05.21 33.68	200m:	2:15.59	35.73	300m:	3:28.26	36.60	400m:	4:41.78	36.16