

Liga Szkół Mistrzostw Sportowego I Runda  
Gorzów Wlkp., 30-11- - 1-12-2018

Konkurencja 11  
2018-11-30 - 17:49

Kobiet, 400m zmienny

18 lat i młodszy  
Wyniki

Punkty: FINA 2018

Pozycja			Rok ur.					Czas	Pkt.	
1.	PARADOWSKA Kinga SB		01	SMS Bydgoszcz				<b>4:48.73</b>	721	31,00
	50m:	30.86 30.86	150m:	1:43.95	37.70	250m:	3:00.79	38.71	350m:	4:15.66 34.04
	100m:	1:06.25 35.39	200m:	2:22.08	38.13	300m:	3:41.62	40.83	400m:	4:48.73 33.07
2.	MARGULA Weronika		00	SMS Szczecin				<b>4:53.64</b>	685	29,00
	50m:	31.76 31.76	150m:	1:44.38	36.65	250m:	3:04.80	43.63	350m:	4:21.93 33.57
	100m:	1:07.73 35.97	200m:	2:21.17	36.79	300m:	3:48.36	43.56	400m:	4:53.64 31.71
3.	WILCZEWSKA Aleksandra		02	SMS Lublin				<b>4:55.35</b>	673	28,00
	50m:	31.85 31.85	150m:	1:44.77	37.03	250m:	3:04.62	43.33	350m:	4:21.47 35.22
	100m:	1:07.74 35.89	200m:	2:21.29	36.52	300m:	3:46.25	41.63	400m:	4:55.35 33.88
4.	NOWAK Zuzanna SO		02	SMS O wi cim				<b>4:58.30</b>	654	27,00
	50m:	31.31 31.31	150m:	1:46.46	38.57	250m:	3:08.19	42.83	350m:	4:26.71 34.20
	100m:	1:07.89 36.58	200m:	2:25.36	38.90	300m:	3:52.51	44.32	400m:	4:58.30 31.59
5.	CYNARSKA Weronika		03	SMS Warszawa				<b>4:58.46</b>	653	26,00
	50m:	32.67 32.67	150m:	1:48.52	37.69	250m:	3:09.53	42.95	350m:	4:26.60 33.73
	100m:	1:10.83 38.16	200m:	2:26.58	38.06	300m:	3:52.87	43.34	400m:	4:58.46 31.86
6.	SM TEK Wiktoria SR		01	SMS Racibórz				<b>4:59.10</b>	648	25,00
	50m:	32.94 32.94	150m:	1:49.79	38.15	250m:	3:09.07	40.72	350m:	4:26.04 35.10
	100m:	1:11.64 38.70	200m:	2:28.35	38.56	300m:	3:50.94	41.87	400m:	4:59.10 33.06
7.	PROCHOWNIK Martyna		02	SMS Lublin				<b>4:59.93</b>	643	24,00
	50m:	31.66 31.66	150m:	1:46.00	37.88	250m:	3:07.31	42.73	350m:	4:25.92 34.31
	100m:	1:08.12 36.46	200m:	2:24.58	38.58	300m:	3:51.61	44.30	400m:	4:59.93 34.01
8.	CYGAN Julia		04	SMS Bydgoszcz				<b>5:00.90</b>	637	23,00
	50m:	33.06 33.06	150m:	1:50.93	39.32	250m:	3:10.26	40.88	350m:	4:27.35 35.18
	100m:	1:11.61 38.55	200m:	2:29.38	38.45	300m:	3:52.17	41.91	400m:	5:00.90 33.55
9.	MIŁEK Marcelina		02	SMS Kraków				<b>5:01.64</b>	632	22,00
	50m:	32.82 32.82	150m:	1:47.47	38.13	250m:	3:08.53	43.16	350m:	4:27.73 35.29
	100m:	1:09.34 36.52	200m:	2:25.37	37.90	300m:	3:52.44	43.91	400m:	5:01.64 33.91
10.	KEMPA Anna SO		01	SMS O wi cim				<b>5:02.15</b>	629	21,00
	50m:	32.76 32.76	150m:	1:50.13	39.90	250m:	3:08.96	39.92	350m:	4:26.96 36.61
	100m:	1:10.23 37.47	200m:	2:29.04	38.91	300m:	3:50.35	41.39	400m:	5:02.15 35.19
11.	KOZANECKA Katarzyna		01	SMS Pozna				<b>5:04.08</b>	617	20,00
	50m:	32.49 32.49	150m:	1:50.91	39.33	250m:	3:11.46	40.69	350m:	4:30.04 35.82
	100m:	1:11.58 39.09	200m:	2:30.77	39.86	300m:	3:54.22	42.76	400m:	5:04.08 34.04
12.	SOBIAK Zuzanna		02	SMS Wrocław				<b>5:04.31</b>	616	19,00
	50m:	31.35 31.35	150m:	1:46.52	38.26	250m:	3:09.23	44.93	350m:	4:30.02 35.59
	100m:	1:08.26 36.91	200m:	2:24.30	37.78	300m:	3:54.43	45.20	400m:	5:04.31 34.29
13.	BARYŁA Julia		00	SMS Szczecin				<b>5:04.48</b>	615	18,00
	50m:	33.39 33.39	150m:	1:51.38	39.90	250m:	3:13.02	42.26	350m:	4:32.03 35.25
	100m:	1:11.48 38.09	200m:	2:30.76	39.38	300m:	3:56.78	43.76	400m:	5:04.48 32.45
14.	CYNARSKA Natalia		03	SMS Warszawa				<b>5:04.96</b>	612	17,00
	50m:	32.90 32.90	150m:	1:48.36	37.32	250m:	3:08.98	43.24	350m:	4:29.58 35.26
	100m:	1:11.04 38.14	200m:	2:25.74	37.38	300m:	3:54.32	45.34	400m:	5:04.96 35.38
15.	BANACZKOWSKA Aleksandra		02	SMS Lublin				<b>5:08.45</b>	591	-
	50m:	34.18 34.18	150m:	1:52.45	38.84	250m:	3:13.29	40.60	350m:	4:31.42 36.42
	100m:	1:13.61 39.43	200m:	2:32.69	40.24	300m:	3:55.00	41.71	400m:	5:08.45 37.03
16.	JASZCZUK Ewa SOL		02	SMS Olsztyn				<b>5:09.07</b>	588	16,00
	50m:	33.61 33.61	150m:	1:51.45	41.40	250m:	3:18.29	45.71	350m:	4:36.67 33.17
	100m:	1:10.05 36.44	200m:	2:32.58	41.13	300m:	4:03.50	45.21	400m:	5:09.07 32.40
17.	PAROL Olga		05	SMS Szczecin				<b>5:09.27</b>	586	-
	50m:	32.26 32.26	150m:	1:51.57	40.59	250m:	3:15.01	43.70	350m:	4:34.88 36.14
	100m:	1:10.98 38.72	200m:	2:31.31	39.74	300m:	3:58.74	43.73	400m:	5:09.27 34.39

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Pozycja			Rok ur.					Czas	Pkt.	
18.	HOLAK Marta SB		01	SMS Bydgoszcz				<b>5:09.53</b>	585	-
	50m: 31.65	31.65	150m: 1:47.67	39.45	250m: 3:12.77	45.39	350m: 4:34.67	36.08		
	100m: 1:08.22	36.57	200m: 2:27.38	39.71	300m: 3:58.59	45.82	400m: 5:09.53	34.86		
19.	ZAR BA-PARADOWSKA Julia		02	SMS Bielany Warszawa				<b>5:10.25</b>	581	15,00
	50m: 32.26	32.26	150m: 1:48.64	39.81	250m: 3:13.94	46.00	350m: 4:34.90	35.66		
	100m: 1:08.83	36.57	200m: 2:27.94	39.30	300m: 3:59.24	45.30	400m: 5:10.25	35.35		
20.	KURASI SKA Oliwia SOc		02	SMS Ostrowiec w.				<b>5:11.30</b>	575	14,00
	50m: 34.12	34.12	150m: 1:51.59	39.20	250m: 3:14.70	43.91	350m: 4:36.24	36.76		
	100m: 1:12.39	38.27	200m: 2:30.79	39.20	300m: 3:59.48	44.78	400m: 5:11.30	35.06		
21.	TASAK Aleksandra		03	SMS Kraków				<b>5:11.88</b>	572	13,00
	50m: 31.14	31.14	150m: 1:47.18	39.15	250m: 3:10.25	44.19	350m: 4:35.14	37.86		
	100m: 1:08.03	36.89	200m: 2:26.06	38.88	300m: 3:57.28	47.03	400m: 5:11.88	36.74		
22.	MAJEWSKA Weronika SR		01	SMS Racibórz				<b>5:15.15</b>	554	12,00
	50m: 33.18	33.18	150m: 1:51.18	39.52	250m: 3:16.69	46.13	350m: 4:40.12	36.92		
	100m: 1:11.66	38.48	200m: 2:30.56	39.38	300m: 4:03.20	46.51	400m: 5:15.15	35.03		
23.	KULIK Wiktoria SOL		03	SMS Olsztyn				<b>5:15.44</b>	553	11,00
	50m: 33.68	33.68	150m: 1:54.30	41.92	250m: 3:20.37	46.00	350m: 4:41.37	35.50		
	100m: 1:12.38	38.70	200m: 2:34.37	40.07	300m: 4:05.87	45.50	400m: 5:15.44	34.07		
24.	SZPIEGOWSKA Wiktoria		02	SMS Wrocław				<b>5:16.27</b>	548	10,00
	50m: 33.42	33.42	150m: 1:53.50	41.34	250m: 3:17.98	45.20	350m: 4:41.45	36.62		
	100m: 1:12.16	38.74	200m: 2:32.78	39.28	300m: 4:04.83	46.85	400m: 5:16.27	34.82		
25.	WECKWERT Iga		04	SMS Gda sk				<b>5:17.23</b>	543	9,00
	50m: 34.13	34.13	150m: 1:54.85	41.11	250m: 3:19.17	43.17	350m: 4:40.02	36.81		
	100m: 1:13.74	39.61	200m: 2:36.00	41.15	300m: 4:03.21	44.04	400m: 5:17.23	37.21		
26.	BADZIAN Natalia		03	SMS Warszawa				<b>5:17.51</b>	542	-
	50m: 32.32	32.32	150m: 1:50.91	41.18	250m: 3:16.61	45.11	350m: 4:41.08	37.88		
	100m: 1:09.73	37.41	200m: 2:31.50	40.59	300m: 4:03.20	46.59	400m: 5:17.51	36.43		
27.	DACH Wiktoria		03	SMS Kraków				<b>5:17.96</b>	540	-
	50m: 31.34	31.34	150m: 1:49.47	41.31	250m: 3:14.36	44.11	350m: 4:39.68	39.30		
	100m: 1:08.16	36.82	200m: 2:30.25	40.78	300m: 4:00.38	46.02	400m: 5:17.96	38.28		
28.	ZIENTARSKA Karolina		02	SMS Bielany Warszawa				<b>5:20.78</b>	525	8,00
	50m: 33.39	33.39	150m: 1:55.88	42.42	250m: 3:22.61	45.03	350m: 4:44.25	38.11		
	100m: 1:13.46	40.07	200m: 2:37.58	41.70	300m: 4:06.14	43.53	400m: 5:20.78	36.53		
29.	MODRZEJEWSKA Magdalena SR		02	SMS Racibórz				<b>5:20.90</b>	525	-
	50m: 34.23	34.23	150m: 1:52.95	39.59	250m: 3:17.75	46.82	350m: 4:43.95	39.09		
	100m: 1:13.36	39.13	200m: 2:30.93	37.98	300m: 4:04.86	47.11	400m: 5:20.90	36.95		
30.	KUROPATWA Weronika		01	SMS Gda sk				<b>5:23.80</b>	511	7,00
	50m: 36.17	36.17	150m: 1:58.33	40.38	250m: 3:24.75	46.04	350m: 4:48.30	37.70		
	100m: 1:17.95	41.78	200m: 2:38.71	40.38	300m: 4:10.60	45.85	400m: 5:23.80	35.50		
31.	WITEK Aleksandra		03	SMS Gda sk				<b>5:26.25</b>	499	-
	50m: 35.23	35.23	150m: 1:56.20	41.26	250m: 3:24.22	46.22	350m: 4:48.78	36.99		
	100m: 1:14.94	39.71	200m: 2:38.00	41.80	300m: 4:11.79	47.57	400m: 5:26.25	37.47		
32.	SZAFRA SKA Malwina SOc		06	SMS Ostrowiec w.				<b>5:39.35</b>	444	6,00
	50m: 34.73	34.73	150m: 1:58.91	43.48	250m: 3:31.58	49.21	350m: 5:01.16	39.73		
	100m: 1:15.43	40.70	200m: 2:42.37	43.46	300m: 4:21.43	49.85	400m: 5:39.35	38.19		
33.	ROGALKA Joanna		02	SMS Pozna				<b>5:41.39</b>	436	5,00
	50m: 37.04	37.04	150m: 2:02.86	42.17	250m: 3:34.89	50.96	350m: 5:03.75	38.65		
	100m: 1:20.69	43.65	200m: 2:43.93	41.07	300m: 4:25.10	50.21	400m: 5:41.39	37.64		
34.	KOWALSKA Nina		05	SMS Gorzów Wlkp.				<b>5:45.43</b>	421	4,00
	50m: 39.18	39.18	150m: 2:07.84	43.16	250m: 3:38.20	47.66	350m: 5:06.79	40.18		
	100m: 1:24.68	45.50	200m: 2:50.54	42.70	300m: 4:26.61	48.41	400m: 5:45.43	38.64		
35.	HAJDUK Julia		05	SMS Gorzów Wlkp.				<b>5:55.30</b>	387	3,00
	50m: 38.64	38.64	150m: 2:09.04	45.44	250m: 3:44.19	49.31	350m: 5:11.39	35.85		
	100m: 1:23.60	44.96	200m: 2:54.88	45.84	300m: 4:35.54	51.35	400m: 5:55.30	43.91		

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Konkurencja 11, Kobiet, 400m zmienny, 18 lat i młodszy

Pozycja				Rok ur.					Czas	Pkt.		
36.	KOMOR Agata			05	SMS Gorzów Wlkp.				<b>6:00.69</b>	369	-	
	50m:	38.89	38.89	150m:	2:12.72	45.42	250m:	3:48.05	48.32	350m:	5:19.86	41.15
	100m:	1:27.30	48.41	200m:	2:59.73	47.01	300m:	4:38.71	50.66	400m:	6:00.69	40.83