

Liga SMS II runda
Zielona Góra - Drzonków, 28. - 29.5.2021

Konkurencja 19
29.05.2021 - 9:30

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2021

Pozycja	Rok ur.			Czas Pkt. Dru				100m	200m	300m	400m	
1.	TARASIEWICZ Klaudia	04	SMS Warszawa Konwiktors	4:24.42	71531,00	1:03.07	1:07.32	1:07.11	06.42			
	50m:	30.38	30.38	150m:	1:36.63	33.56	250m:	2:44.09	33.70	350m:	3:52.14	34.14
	100m:	1:03.07	32.69	200m:	2:10.39	33.76	300m:	3:18.00	33.91	400m:	4:24.42	32.28
2.	KRASZEWSKA Martyna	05	SMS Olsztyn	4:26.31	70029,00	1:05.06	1:08.25	1:07.11	05.23			
	50m:	31.13	31.13	150m:	1:39.07	34.01	250m:	2:46.75	33.44	350m:	3:54.52	33.44
	100m:	1:05.06	33.93	200m:	2:13.31	34.24	300m:	3:21.08	34.33	400m:	4:26.31	31.79
3.	KOWALSKA Klara	05	SMS Lublin	4:30.96	66428,00	1:05.84	1:08.74	1:08.11	08.32			
	50m:	31.73	31.73	150m:	1:40.27	34.43	250m:	2:48.32	33.74	350m:	3:56.94	34.30
	100m:	1:05.84	34.11	200m:	2:14.58	34.31	300m:	3:22.64	34.32	400m:	4:30.96	34.02
4.	ZIELI SKA Daria	03	SMS Warszawa Konwiktors	4:33.96	64327,00	1:05.28	1:09.36	1:10.11	08.95			
	50m:	31.47	31.47	150m:	1:39.78	34.50	250m:	2:49.79	35.15	350m:	4:00.28	35.27
	100m:	1:05.28	33.81	200m:	2:14.64	34.86	300m:	3:25.01	35.22	400m:	4:33.96	33.68
5.	MO D AN Milena	03	SMS Szczecin	4:34.18	64126,00	1:05.31	1:09.07	1:10.11	09.75			
	50m:	31.75	31.75	150m:	1:39.81	34.50	250m:	2:49.18	34.80	350m:	3:59.62	35.19
	100m:	1:05.31	33.56	200m:	2:14.38	34.57	300m:	3:24.43	35.25	400m:	4:34.18	34.56
6.	LALA Nadia	04	SMS O wi cim	4:34.74	63725,00	1:06.03	1:10.99	1:11.11	06.71			
	50m:	31.44	31.44	150m:	1:41.22	35.19	250m:	2:52.37	35.35	350m:	4:02.55	34.52
	100m:	1:06.03	34.59	200m:	2:17.02	35.80	300m:	3:28.03	35.66	400m:	4:34.74	32.19
7.	GORCZYCA Gabriela	06	SMS Kraków	4:35.97	62924,00	1:06.94	1:10.84	1:10.11	07.70			
	50m:	31.91	31.91	150m:	1:42.09	35.15	250m:	2:53.13	35.35	350m:	4:03.04	34.77
	100m:	1:06.94	35.03	200m:	2:17.78	35.69	300m:	3:28.27	35.14	400m:	4:35.97	32.93
8.	HELLAK Emilia	03	SMS Wrocław	4:36.01	62823,00	1:05.37	1:09.75	1:10.11	10.66			
	50m:	31.54	31.54	150m:	1:40.15	34.78	250m:	2:50.17	35.05	350m:	4:00.74	35.39
	100m:	1:05.37	33.83	200m:	2:15.12	34.97	300m:	3:25.35	35.18	400m:	4:36.01	35.27
9.	CIOCH-GRADZIK Wiktoria	03	SMS Lublin	4:36.19	62722,00	1:06.61	1:10.66	1:10.11	08.08			
	50m:	31.83	31.83	150m:	1:41.75	35.14	250m:	2:52.51	35.24	350m:	4:02.64	34.53
	100m:	1:06.61	34.78	200m:	2:17.27	35.52	300m:	3:28.11	35.60	400m:	4:36.19	33.55
10.	WIKTOROWICZ Patrycja	04	SMS Racibórz	4:36.37	62621,00	1:07.38	1:11.33	1:10.11	07.50			
	50m:	32.29	32.29	150m:	1:43.11	35.73	250m:	2:53.75	35.04	350m:	4:03.90	35.03
	100m:	1:07.38	35.09	200m:	2:18.71	35.60	300m:	3:28.87	35.12	400m:	4:36.37	32.47
11.	SIWKO Natalia	04	SMS Lublin	4:36.79	623 -	1:07.02	1:10.58	1:10.11	08.86			
	50m:	31.92	31.92	150m:	1:42.25	35.23	250m:	2:52.61	35.01	350m:	4:03.06	35.13
	100m:	1:07.02	35.10	200m:	2:17.60	35.35	300m:	3:27.93	35.32	400m:	4:36.79	33.73
12.	ŁUCZAK Dominika	02	SMS Zielona Góra	4:36.95	62220,00	1:06.15	1:10.15	1:10.11	09.92			
	50m:	31.95	31.95	150m:	1:41.16	35.01	250m:	2:51.66	35.36	350m:	4:02.43	35.40
	100m:	1:06.15	34.20	200m:	2:16.30	35.14	300m:	3:27.03	35.37	400m:	4:36.95	34.52
13.	SOBIAK Zuzanna	02	SMS Wrocław	4:37.57	61819,00	1:06.32	1:10.96	1:10.11	09.69			
	50m:	32.06	32.06	150m:	1:41.96	35.64	250m:	2:52.60	35.32	350m:	4:03.21	35.33
	100m:	1:06.32	34.26	200m:	2:17.28	35.32	300m:	3:27.88	35.28	400m:	4:37.57	34.36
14.	GANCARZ Julia	03	SMS Wrocław	4:37.65	617 -	1:06.68	1:10.48	1:10.11	09.88			
	50m:	32.27	32.27	150m:	1:41.77	35.09	250m:	2:52.41	35.25	350m:	4:03.45	35.68
	100m:	1:06.68	34.41	200m:	2:17.16	35.39	300m:	3:27.77	35.36	400m:	4:37.65	34.20
15.	KAWKA Nina	03	SMS Warszawa Bielany	4:37.70	61718,00	1:06.18	1:11.59	1:11.11	08.48			
	50m:	31.18	31.18	150m:	1:41.94	35.76	250m:	2:53.37	35.60	350m:	4:04.01	34.79
	100m:	1:06.18	35.00	200m:	2:17.77	35.83	300m:	3:29.22	35.85	400m:	4:37.70	33.69
16.	WALCZAK Barbara	06	SMS Warszawa Bielany	4:38.53	61117,00	1:06.37	1:10.73	1:11.11	09.96			
	50m:	31.41	31.41	150m:	1:41.41	35.04	250m:	2:52.72	35.62	350m:	4:04.69	36.12
	100m:	1:06.37	34.96	200m:	2:17.10	35.69	300m:	3:28.57	35.85	400m:	4:38.53	33.84
17.	GÓRSKA Zofia	05	SMS Warszawa Konwiktors	4:38.67	610 -	1:06.13	1:10.63	1:11.11	10.50			
	50m:	31.87	31.87	150m:	1:41.41	35.28	250m:	2:52.41	35.65	350m:	4:04.28	36.11
	100m:	1:06.13	34.26	200m:	2:16.76	35.35	300m:	3:28.17	35.76	400m:	4:38.67	34.39
18.	SZCZEPA SKA Maria	03	SMS Pozna	4:39.51	60516,00	1:06.05	1:11.71	1:11.11	10.06			
	50m:	31.67	31.67	150m:	1:42.04	35.99	250m:	2:53.67	35.91	350m:	4:05.59	36.14
	100m:	1:06.05	34.38	200m:	2:17.76	35.72	300m:	3:29.45	35.78	400m:	4:39.51	33.92
19.	MALARZ Maja	04	SMS Kraków	4:39.60	60414,50	1:06.50	1:12.36	1:12.11	08.00			
	50m:	31.67	31.67	150m:	1:42.57	36.07	250m:	2:54.89	36.03	350m:	4:06.59	34.99
	100m:	1:06.50	34.83	200m:	2:18.86	36.29	300m:	3:31.60	36.71	400m:	4:39.60	33.01
	SŁABOSZ Emilia	05	SMS O wi cim	4:39.60	60414,50	1:06.31	1:11.05	1:12.11	09.88			
	50m:	31.67	31.67	150m:	1:41.68	35.37	250m:	2:53.64	36.28	350m:	4:05.79	36.07
	100m:	1:06.31	34.64	200m:	2:17.36	35.68	300m:	3:29.72	36.08	400m:	4:39.60	33.81

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Konkurencja 19, Kobiet, 400m dowolny, Open

Pozycja	Rok ur.		Czas		Pkt.	Dru	100m	200m	300m	400m	
21. FIGAS Alicja	04	SMS Szczecin	4:40.21	600	13,00		1:06.26	1:11.17	1:11.11	1:11.52	
50m:	31.72	31.72	150m:	1:41.61	35.35	250m:	2:52.84	35.41	350m:	4:04.47	35.78
100m:	1:06.26	34.54	200m:	2:17.43	35.82	300m:	3:28.69	35.85	400m:	4:40.21	35.74
22. MOLENDĄ Dominika	03	SMS Gda sk	4:40.36	599	12,00		1:07.55	1:11.69	1:11.11	1:09.57	
50m:	32.58	32.58	150m:	1:43.43	35.88	250m:	2:54.86	35.62	350m:	4:06.41	35.62
100m:	1:07.55	34.97	200m:	2:19.24	35.81	300m:	3:30.79	35.93	400m:	4:40.36	33.95
23. PIEPIÓRKA Martyna	03	SMS Gda sk	4:41.28	594	11,00		1:06.92	1:11.36	1:11.11	1:11.07	
50m:	32.15	32.15	150m:	1:42.63	35.71	250m:	2:54.31	36.03	350m:	4:06.71	36.50
100m:	1:06.92	34.77	200m:	2:18.28	35.65	300m:	3:30.21	35.90	400m:	4:41.28	34.57
24. KOWALCZYK Katarzyna	05	SMS Szczecin	4:44.61	573	-		1:07.71	1:12.09	1:12.11	1:11.93	
50m:	32.63	32.63	150m:	1:43.58	35.87	250m:	2:56.08	36.28	350m:	4:09.18	36.50
100m:	1:07.71	35.08	200m:	2:19.80	36.22	300m:	3:32.68	36.60	400m:	4:44.61	35.43
25. KARWOWSKA Wiktoria	04	SMS Lublin	4:45.46	568	-		1:06.76	1:11.90	1:12.11	1:14.09	
50m:	32.00	32.00	150m:	1:42.92	36.16	250m:	2:55.11	36.45	350m:	4:08.65	37.28
100m:	1:06.76	34.76	200m:	2:18.66	35.74	300m:	3:31.37	36.26	400m:	4:45.46	36.81
26. MAZUR Zuzanna	05	SMS Gorzów Wielkopolski	4:45.92	565	10,00		1:08.19	1:13.69	1:13.11	1:10.20	
50m:	32.32	32.32	150m:	1:44.97	36.78	250m:	2:58.60	36.72	350m:	4:11.98	36.26
100m:	1:08.19	35.87	200m:	2:21.88	36.91	300m:	3:35.72	37.12	400m:	4:45.92	33.94
27. CZECHYRA Agata	03	SMS Pozna	4:45.95	565	9,00		1:09.83	1:13.94	1:12.11	1:10.00	
50m:	33.13	33.13	150m:	1:47.20	37.37	250m:	3:00.04	36.27	350m:	4:12.10	36.15
100m:	1:09.83	36.70	200m:	2:23.77	36.57	300m:	3:35.95	35.91	400m:	4:45.95	33.85
28. ZAREMBIK Katarzyna	02	SMS Racibórz	4:47.56	556	8,00		1:08.37	1:14.00	1:14.11	1:10.35	
50m:	32.58	32.58	150m:	1:45.14	36.77	250m:	2:59.77	37.40	350m:	4:13.33	36.12
100m:	1:08.37	35.79	200m:	2:22.37	37.23	300m:	3:37.21	37.44	400m:	4:47.56	34.23
29. SZAFRA SKA Malwina	06	SMS Ostrowiec w.	4:49.76	543	7,00		1:07.16	1:13.23	1:15.11	1:13.39	
50m:	31.97	31.97	150m:	1:44.05	36.89	250m:	2:58.19	37.80	350m:	4:14.54	38.17
100m:	1:07.16	35.19	200m:	2:20.39	36.34	300m:	3:36.37	38.18	400m:	4:49.76	35.22
30. JAWORSKA Wiktoria	05	SMS Bydgoszcz	4:58.31	498	6,00		1:08.47	1:15.81	1:17.11	1:16.87	
50m:	32.39	32.39	150m:	1:46.31	37.84	250m:	3:02.64	38.36	350m:	4:20.55	39.11
100m:	1:08.47	36.08	200m:	2:24.28	37.97	300m:	3:41.44	38.80	400m:	4:58.31	37.76
31. SIEDLEWSKA Marcelina	07	SMS Gda sk	4:58.92	495	-		1:10.81	1:15.94	1:16.11	1:15.35	
50m:	33.84	33.84	150m:	1:48.51	37.70	250m:	3:05.43	38.68	350m:	4:22.66	39.09
100m:	1:10.81	36.97	200m:	2:26.75	38.24	300m:	3:43.57	38.14	400m:	4:58.92	36.26
32. KALKOWSKA Julia	05	SMS Bydgoszcz	5:00.81	485	5,00		1:09.42	1:16.25	1:18.11	1:16.73	
50m:	32.94	32.94	150m:	1:47.06	37.64	250m:	3:04.65	38.98	350m:	4:23.13	39.05
100m:	1:09.42	36.48	200m:	2:25.67	38.61	300m:	3:44.08	39.43	400m:	5:00.81	37.68
33. KLIMIUK Zuzanna	05	SMS Gorzów Wielkopolski	5:01.75	481	4,00		1:09.66	1:16.28	1:18.11	1:17.20	
50m:	33.22	33.22	150m:	1:47.38	37.72	250m:	3:05.17	39.23	350m:	4:23.88	39.33
100m:	1:09.66	36.44	200m:	2:25.94	38.56	300m:	3:44.55	39.38	400m:	5:01.75	37.87
34. SADOWSKA Dominika	04	SMS Bydgoszcz	5:01.90	480	-		1:10.57	1:18.65	1:18.11	1:14.24	
50m:	33.26	33.26	150m:	1:49.74	39.17	250m:	3:08.23	39.01	350m:	4:26.30	38.64
100m:	1:10.57	37.31	200m:	2:29.22	39.48	300m:	3:47.66	39.43	400m:	5:01.90	35.60
35. SOSNÓWKA Oliwia	05	SMS Ostrowiec w.	5:06.44	459	3,00		1:13.48	1:18.64	1:17.11	1:16.89	
50m:	35.42	35.42	150m:	1:52.75	39.27	250m:	3:11.13	39.01	350m:	4:28.43	38.88
100m:	1:13.48	38.06	200m:	2:32.12	39.37	300m:	3:49.55	38.42	400m:	5:06.44	38.01
36. GR ZKA Roksana	06	SMS Zielona Góra	5:16.81	415	2,00		1:11.65	1:19.94	1:23.11	1:22.17	
50m:	33.98	33.98	150m:	1:51.39	39.74	250m:	3:13.21	41.62	350m:	4:36.48	41.84
100m:	1:11.65	37.67	200m:	2:31.59	40.20	300m:	3:54.64	41.43	400m:	5:16.81	40.33
37. WORONIECKA Emilia	05	SMS Bydgoszcz	5:21.31	398	-		1:13.74	1:21.96	1:24.11	1:21.45	
50m:	35.41	35.41	150m:	1:54.56	40.82	250m:	3:17.70	42.00	350m:	4:40.65	40.79
100m:	1:13.74	38.33	200m:	2:35.70	41.14	300m:	3:59.86	42.16	400m:	5:21.31	40.66