

Liga Szkół Mistrzostwa Sportowego w Pływaniu Runda I
Racibórz, 28- - 29-11-2014

Konkurencja 34
2014-11-29 - 17:45

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2013

Pozycja			Rok ur.							Czas	Pkt.
1.	Orczykowska, Wioletta SK		97	SMS Kraków						4:18.93	746
	50m:	30.72 30.72	150m:	1:36.93	33.38	250m:	2:43.91	33.39	350m:	3:48.50	31.94
	100m:	1:03.55 32.83	200m:	2:10.52	33.59	300m:	3:16.56	32.65	400m:	4:18.93	30.43
2.	Kunka, Kamila SO		96	SMS O wi cim						4:19.06	745
	50m:	30.51 30.51	150m:	1:37.14	33.72	250m:	2:43.16	32.74	350m:	3:48.51	32.57
	100m:	1:03.42 32.91	200m:	2:10.42	33.28	300m:	3:15.94	32.78	400m:	4:19.06	30.55
3.	Borkowska, Lucyna		97	SMS Zielona Góra						4:23.15	710
	50m:	31.29 31.29	150m:	1:37.99	33.62	250m:	2:44.88	33.46	350m:	3:50.98	33.02
	100m:	1:04.37 33.08	200m:	2:11.42	33.43	300m:	3:17.96	33.08	400m:	4:23.15	32.17
4.	Nita, Anna		97	SMS Wrocław						4:23.94	704
	50m:	30.89 30.89	150m:	1:37.66	33.39	250m:	2:44.64	33.18	350m:	3:51.38	33.29
	100m:	1:04.27 33.38	200m:	2:11.46	33.80	300m:	3:18.09	33.45	400m:	4:23.94	32.56
5.	Roman, Magdalena SWwa		99	SMS Warszawa						4:24.15	702
	50m:	29.65 29.65	150m:	1:34.86	32.70	250m:	2:41.85	33.66	350m:	3:50.27	34.43
	100m:	1:02.16 32.51	200m:	2:08.19	33.33	300m:	3:15.84	33.99	400m:	4:24.15	33.88
6.	Nowak, Julia		97	SMS Wrocław						4:25.26	693
	50m:	31.43 31.43	150m:	1:38.38	33.29	250m:	2:46.34	33.90	350m:	3:53.20	33.17
	100m:	1:05.09 33.66	200m:	2:12.44	34.06	300m:	3:20.03	33.69	400m:	4:25.26	32.06
7.	Margula, Weronika		00	SMS Szczecin						4:28.22	671
	50m:	31.24 31.24	150m:	1:38.36	33.51	250m:	2:46.31	34.06	350m:	3:54.73	34.12
	100m:	1:04.85 33.61	200m:	2:12.25	33.89	300m:	3:20.61	34.30	400m:	4:28.22	33.49
8.	Kasperek, Katarzyna Ssz		96	SMS Szczecin						4:29.21	663
	50m:	31.03 31.03	150m:	1:38.53	33.91	250m:	2:47.06	34.18	350m:	3:55.80	34.57
	100m:	1:04.62 33.59	200m:	2:12.88	34.35	300m:	3:21.23	34.17	400m:	4:29.21	33.41
9.	Musioł, Wiktoria SO		98	SMS O wi cim						4:30.04	657
	50m:	30.77 30.77	150m:	1:39.22	34.52	250m:	2:48.84	34.49	350m:	3:57.95	34.31
	100m:	1:04.70 33.93	200m:	2:14.35	35.13	300m:	3:23.64	34.80	400m:	4:30.04	32.09
10.	Bakuniak, Hanna Ssz		96	SMS Szczecin						4:30.27	656
	50m:	31.28 31.28	150m:	1:38.71	33.58	250m:	2:47.38	34.75	350m:	3:57.09	34.80
	100m:	1:05.13 33.85	200m:	2:12.63	33.92	300m:	3:22.29	34.91	400m:	4:30.27	33.18
11.	Szatanek, Julia		99	SMS Szczecin						4:30.72	652
	50m:	31.35 31.35	150m:	1:39.56	33.87	250m:	2:48.16	34.47	350m:	3:57.60	34.53
	100m:	1:05.69 34.34	200m:	2:13.69	34.13	300m:	3:23.07	34.91	400m:	4:30.72	33.12
12.	Sproska, Magdalena SK		97	SMS Kraków						4:32.49	640
	50m:	31.43 31.43	150m:	1:39.77	34.82	250m:	2:49.35	34.70	350m:	3:59.16	34.58
	100m:	1:04.95 33.52	200m:	2:14.65	34.88	300m:	3:24.58	35.23	400m:	4:32.49	33.33
13.	Gruszczyska, Aleksandra SO		98	SMS O wi cim						4:32.90	637
	50m:	31.24 31.24	150m:	1:39.24	34.41	250m:	2:49.11	35.01	350m:	3:58.81	34.79
	100m:	1:04.83 33.59	200m:	2:14.10	34.86	300m:	3:24.02	34.91	400m:	4:32.90	34.09
14.	Gawlicka, Maja		98	SMS Zielona Góra						4:33.36	634
	50m:	31.72 31.72	150m:	1:40.62	34.77	250m:	2:50.10	34.77	350m:	4:00.08	35.01
	100m:	1:05.85 34.13	200m:	2:15.33	34.71	300m:	3:25.07	34.97	400m:	4:33.36	33.28
15.	Szczyrbak, Kornelia SO		96	SMS O wi cim						4:35.80	617
	50m:	31.92 31.92	150m:	1:39.96	34.53	250m:	2:49.69	34.84	350m:	4:00.86	35.83
	100m:	1:05.43 33.51	200m:	2:14.85	34.89	300m:	3:25.03	35.34	400m:	4:35.80	34.94
16.	Pankowska, Wiktoria SO		98	SMS O wi cim						4:37.00	609
	50m:	31.70 31.70	150m:	1:41.51	35.15	250m:	2:51.56	34.75	350m:	4:02.67	35.49
	100m:	1:06.36 34.66	200m:	2:16.81	35.30	300m:	3:27.18	35.62	400m:	4:37.00	34.33
17.	Ulatowska, Alicja SO		96	SMS O wi cim						4:37.01	609
	50m:	31.57 31.57	150m:	1:41.11	35.04	250m:	2:51.07	34.99	350m:	4:02.49	36.11
	100m:	1:06.07 34.50	200m:	2:16.08	34.97	300m:	3:26.38	35.31	400m:	4:37.01	34.52

Liga Szkół Mistrzostwa Sportowego w Pływaniu Runda I
Racibórz, 28- - 29-11-2014

Konkurencja 34, Kobiet, 400m dowolny, Open

Pozycja			Rok ur.				Czas		Pkt.
18.	Haczkiewicz, Paulina		97	SMS Wrocław			4:37.37	607	
	50m:	30.99 30.99	150m:	1:40.12	34.89	250m:	2:50.26	35.09	
	100m:	1:05.23 34.24	200m:	2:15.17	35.05	300m:	3:25.96	35.70	
						350m:	4:02.04	36.08	
						400m:	4:37.37	35.33	
19.	Lewandowska, Paulina SO		96	SMS O wi cim			4:37.89	603	
	50m:	32.06 32.06	150m:	1:43.31	35.74	250m:	2:53.88	35.32	
	100m:	1:07.57 35.51	200m:	2:18.56	35.25	300m:	3:28.78	34.90	
						350m:	4:03.83	35.05	
						400m:	4:37.89	34.06	
20.	Oleba, Małgorzata SSZ		98	SMS Szczecin			4:38.82	597	
	50m:	32.92 32.92	150m:	1:43.73	35.50	250m:	2:54.04	35.01	
	100m:	1:08.23 35.31	200m:	2:19.03	35.30	300m:	3:29.10	35.06	
						350m:	4:04.46	35.36	
						400m:	4:38.82	34.36	
21.	Janiszewska, Dominika SWwa		99	SMS Warszawa			4:39.10	595	
	50m:	31.14 31.14	150m:	1:39.88	34.75	250m:	2:51.61	35.75	
	100m:	1:05.13 33.99	200m:	2:15.86	35.98	300m:	3:27.44	35.83	
						350m:	4:03.38	35.94	
						400m:	4:39.10	35.72	
22.	Szafra ska, Julia SOc		00	SMS Ostrowiec w			4:39.56	592	
	50m:	31.53 31.53	150m:	1:42.07	35.52	250m:	2:53.10	35.46	
	100m:	1:06.55 35.02	200m:	2:17.64	35.57	300m:	3:29.20	36.10	
						350m:	4:04.81	35.61	
						400m:	4:39.56	34.75	
23.	Zaj c, Oliwia		98	SMS Wrocław			4:40.85	584	
	50m:	32.58 32.58	150m:	1:43.44	35.78	250m:	2:54.99	35.69	
	100m:	1:07.66 35.08	200m:	2:19.30	35.86	300m:	3:30.74	35.75	
						350m:	4:06.23	35.49	
						400m:	4:40.85	34.62	
24.	Leszczy ska, Klaudia Julia SO		99	SMS O wi cim			4:41.52	580	
	50m:	31.91 31.91	150m:	1:42.27	35.92	250m:	2:54.65	36.14	
	100m:	1:06.35 34.44	200m:	2:18.51	36.24	300m:	3:30.72	36.07	
						350m:	4:06.41	35.69	
						400m:	4:41.52	35.11	
25.	Słupek, Roksana		99	SMS Bydgoszcz			4:43.20	570	
	50m:	31.26 31.26	150m:	1:41.69	35.68	250m:	2:53.67	35.93	
	100m:	1:06.01 34.75	200m:	2:17.74	36.05	300m:	3:30.22	36.55	
						350m:	4:06.75	36.53	
						400m:	4:43.20	36.45	
26.	wi tek, Zuzanna SR		99	SMS Racibórz			4:43.50	568	
	50m:	33.32 33.32	150m:	1:44.66	36.00	250m:	2:57.40	36.35	
	100m:	1:08.66 35.34	200m:	2:21.05	36.39	300m:	3:33.70	36.30	
						350m:	4:09.81	36.11	
						400m:	4:43.50	33.69	
27.	Koral, Julia SR		98	SMS Racibórz			4:43.63	567	
	50m:	32.11 32.11	150m:	1:44.73	36.41	250m:	2:57.64	36.47	
	100m:	1:08.32 36.21	200m:	2:21.17	36.44	300m:	3:33.72	36.08	
						350m:	4:09.49	35.77	
						400m:	4:43.63	34.14	
28.	Wróbel, Angelika		97	SMS Wrocław			4:44.98	559	
	50m:	32.22 32.22	150m:	1:43.49	35.74	250m:	2:56.41	36.44	
	100m:	1:07.75 35.53	200m:	2:19.97	36.48	300m:	3:33.05	36.64	
						350m:	4:09.57	36.52	
						400m:	4:44.98	35.41	
29.	Mycak, Katarzyna SO		98	SMS O wi cim			4:50.83	526	
	50m:	32.83 32.83	150m:	1:46.17	37.08	250m:	3:00.48	37.25	
	100m:	1:09.09 36.26	200m:	2:23.23	37.06	300m:	3:37.59	37.11	
						350m:	4:14.58	36.99	
						400m:	4:50.83	36.25	
30.	Słowikowska, Agnieszka SR		01	SMS Racibórz			5:24.30	379	
	50m:	36.16 36.16	150m:	1:58.78	41.56	250m:	3:21.78	41.65	
	100m:	1:17.22 41.06	200m:	2:40.13	41.35	300m:	4:03.59	41.81	
						350m:	4:45.59	42.00	
						400m:	5:24.30	38.71	