

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

Konkurencja 35
2014-11-29 - 18:15

M czynn, 400m dowolny

Open
Wyniki

Punkty: FINA 2013

Pozycja			Rok ur.					Czas	Pkt.		
1.	Wojdak, Wojciech SO		96	SMS O wi cim				3:51.51	770		
	50m:	26.99 26.99	150m:	1:25.58	29.28	250m:	2:23.59	28.96	350m:	3:22.33	29.47
	100m:	56.30 29.31	200m:	1:54.63	29.05	300m:	2:52.86	29.27	400m:	3:51.51	29.18
2.	Ku wik, Maciej		96	SMS Wrocław				3:53.93	746		
	50m:	27.53 27.53	150m:	1:26.31	29.42	250m:	2:25.31	29.56	350m:	3:24.84	29.70
	100m:	56.89 29.36	200m:	1:55.75	29.44	300m:	2:55.14	29.83	400m:	3:53.93	29.09
3.	Kołodziejski, Filip		96	SMS Zielona Góra				3:56.18	725		
	50m:	27.78 27.78	150m:	1:28.80	30.29	250m:	2:29.11	30.01	350m:	3:27.61	28.58
	100m:	58.51 30.73	200m:	1:59.10	30.30	300m:	2:59.03	29.92	400m:	3:56.18	28.57
4.	Jaszczak, Wiktor		97	SMS Wrocław				3:58.06	708		
	50m:	28.53 28.53	150m:	1:29.69	30.52	250m:	2:29.94	30.16	350m:	3:29.50	29.80
	100m:	59.17 30.64	200m:	1:59.78	30.09	300m:	2:59.70	29.76	400m:	3:58.06	28.56
5.	Ksi ek, Sebastian SOc		96	SMS Ostrowiec w				4:01.88	675		
	50m:	28.04 28.04	150m:	1:28.26	30.44	250m:			350m:	2:29.24	
	100m:	57.82 29.78	200m:	1:58.65	30.39	300m:			400m:	4:01.88	1:32.64
6.	Ciesielski, Filip		96	SMS Bydgoszcz				4:04.02	658		
	50m:	28.13 28.13	150m:	1:29.94	31.18	250m:	2:32.34	31.51	350m:	3:34.31	30.43
	100m:	58.76 30.63	200m:	2:00.83	30.89	300m:	3:03.88	31.54	400m:	4:04.02	29.71
7.	Dobrzy ski, Tomasz SWwa		98	SMS Warszawa				4:05.86	643		
	50m:	28.45 28.45	150m:	1:30.86	31.24	250m:	2:33.83	31.11	350m:	3:36.37	31.20
	100m:	59.62 31.17	200m:	2:02.72	31.86	300m:	3:05.17	31.34	400m:	4:05.86	29.49
8.	Ulatowski, Wojciech SO		98	SMS O wi cim				4:06.09	641		
	50m:	28.71 28.71	150m:	1:30.94	31.13	250m:	2:33.96	31.33	350m:	3:36.52	30.83
	100m:	59.81 31.10	200m:	2:02.63	31.69	300m:	3:05.69	31.73	400m:	4:06.09	29.57
9.	Goleniec, Łukasz SO		97	SMS O wi cim				4:06.30	639		
	50m:	29.03 29.03	150m:	1:31.36	31.18	250m:	2:34.11	31.32	350m:	3:36.55	30.91
	100m:	1:00.18 31.15	200m:	2:02.79	31.43	300m:	3:05.64	31.53	400m:	4:06.30	29.75
10.	Staniszewski, Adam SSZ		97	SMS Szczecin				4:06.55	638		
	50m:	29.25 29.25	150m:	1:31.64	30.90	250m:	2:33.89	31.34	350m:	3:36.50	31.15
	100m:	1:00.74 31.49	200m:	2:02.55	30.91	300m:	3:05.35	31.46	400m:	4:06.55	30.05
11.	Litwa, Krzysztof SK		96	SMS Kraków				4:06.87	635		
	50m:	28.37 28.37	150m:	1:30.36	31.30	250m:	2:33.97	31.82	350m:	3:37.18	31.37
	100m:	59.06 30.69	200m:	2:02.15	31.79	300m:	3:05.81	31.84	400m:	4:06.87	29.69
12.	Choda , Alan		98	SMS Olsztyn				4:07.45	631		
	50m:	28.22 28.22	150m:	1:29.93	30.95	250m:	2:32.75	31.35	350m:	3:36.37	31.81
	100m:	58.98 30.76	200m:	2:01.40	31.47	300m:	3:04.56	31.81	400m:	4:07.45	31.08
	Ko cielak, Adam Sp		96	SMS Pozna				4:07.45	631		
	50m:	27.97 27.97	150m:	1:29.36	30.97	250m:	2:32.96	31.77	350m:	3:37.00	32.16
	100m:	58.39 30.42	200m:	2:01.19	31.83	300m:	3:04.84	31.88	400m:	4:07.45	30.45
14.	Popis, Emil SR		98	SMS Racibórz				4:10.59	607		
	50m:	29.02 29.02	150m:	1:33.23	32.39	250m:	2:38.37	32.48	350m:	3:41.76	31.07
	100m:	1:00.84 31.82	200m:	2:05.89	32.66	300m:	3:10.69	32.32	400m:	4:10.59	28.83
15.	Kiełczewski, Amadeusz		00	SMS Wrocław				4:10.83	605		
	50m:	27.32 27.32	150m:	1:30.08	31.93	250m:	2:34.76	32.45	350m:	3:40.17	32.67
	100m:	58.15 30.83	200m:	2:02.31	32.23	300m:	3:07.50	32.74	400m:	4:10.83	30.66
16.	Lechowicz, Filip SO		97	SMS O wi cim				4:11.03	604		
	50m:	29.31 29.31	150m:	1:33.29	32.16	250m:	2:36.77	31.78	350m:	3:40.66	31.93
	100m:	1:01.13 31.82	200m:	2:04.99	31.70	300m:	3:08.73	31.96	400m:	4:11.03	30.37
	Rój, Konrad SSZ		98	SMS Szczecin				4:11.03	604		
	50m:	29.26 29.26	150m:	1:32.39	31.58	250m:	2:36.74	32.20	350m:	3:40.74	31.93
	100m:	1:00.81 31.55	200m:	2:04.54	32.15	300m:	3:08.81	32.07	400m:	4:11.03	30.29

Liga Szkół Mistrzostwa Sportowego w Pływaniu Runda I
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Konkurencja 35, M czynn, 400m dowolny, Open

Pozycja			Rok ur.						Czas	Pkt.
18.	Lelek, Mateusz		96	SMS Warszawa				4:11.98	597	
	50m: 28.87	28.87	150m: 1:31.64	31.66	250m: 2:35.56	31.98	350m: 3:40.59	32.31		
	100m: 59.98	31.11	200m: 2:03.58	31.94	300m: 3:08.28	32.72	400m: 4:11.98	31.39		
19.	Ruszkowski, Kacper SO		97	SMS O wi cim				4:12.35	595	
	50m: 29.11	29.11	150m: 1:32.13	31.70	250m: 2:36.86	32.43	350m: 3:41.57	32.25		
	100m: 1:00.43	31.32	200m: 2:04.43	32.30	300m: 3:09.32	32.46	400m: 4:12.35	30.78		
20.	Kempa, Mikołaj SO		99	SMS O wi cim				4:12.52	593	
	50m: 29.45	29.45	150m: 1:33.93	32.49	250m: 2:38.22	32.00	350m: 3:42.46	31.34		
	100m: 1:01.44	31.99	200m: 2:06.22	32.29	300m: 3:11.12	32.90	400m: 4:12.52	30.06		
21.	Ławnik, Jakub		99	SMS Wrocław				4:13.31	588	
	50m: 29.15	29.15	150m: 1:33.16	32.32	250m: 2:36.81	31.80	350m: 3:42.55	32.86		
	100m: 1:00.84	31.69	200m: 2:05.01	31.85	300m: 3:09.69	32.88	400m: 4:13.31	30.76		
22.	Kubot, Szymon		97	SMS Zielona Góra				4:14.23	581	
	50m: 29.53	29.53	150m: 1:33.99	32.51	250m: 2:38.14	31.88	350m: 3:42.62	32.04		
	100m: 1:01.48	31.95	200m: 2:06.26	32.27	300m: 3:10.58	32.44	400m: 4:14.23	31.61		
23.	Kuczma, J drzej		98	SMS Wrocław				4:14.32	581	
	50m: 29.72	29.72	150m: 1:34.18	32.56	250m: 2:38.34	32.20	350m: 3:42.68	31.86		
	100m: 1:01.62	31.90	200m: 2:06.14	31.96	300m: 3:10.82	32.48	400m: 4:14.32	31.64		
24.	Szczepa ski, Kacper		99	SMS Bydgoszcz				4:14.47	580	
	50m: 28.42	28.42	150m: 1:32.66	32.06	250m: 2:36.70	31.39	350m: 3:41.66	32.92		
	100m: 1:00.60	32.18	200m: 2:05.31	32.65	300m: 3:08.74	32.04	400m: 4:14.47	32.81		
25.	Hojda, Bartek SO		98	SMS O wi cim				4:14.61	579	
	50m: 29.46	29.46	150m: 1:33.74	32.72	250m: 2:38.50	32.42	350m: 3:43.52	32.58		
	100m: 1:01.02	31.56	200m: 2:06.08	32.34	300m: 3:10.94	32.44	400m: 4:14.61	31.09		
26.	Michta, Kacper SOc		00	SMS Ostrowiec w				4:14.85	577	
	50m: 29.55	29.55	150m: 1:34.05	32.52	250m: 2:39.01	32.17	350m: 3:43.88	32.30		
	100m: 1:01.53	31.98	200m: 2:06.84	32.79	300m: 3:11.58	32.57	400m: 4:14.85	30.97		
27.	Marczuk, Szymon SO		99	SMS O wi cim				4:16.01	569	
	50m: 29.40	29.40	150m: 1:34.31	32.23	250m: 2:39.56	32.45	350m: 3:45.78	33.10		
	100m: 1:02.08	32.68	200m: 2:07.11	32.80	300m: 3:12.68	33.12	400m: 4:16.01	30.23		
28.	Horąta, Damian Sp		96	SMS Pozna				4:17.45	560	
	50m: 30.03	30.03	150m: 1:34.95	32.40	250m: 2:40.47	32.92	350m: 3:45.77	32.48		
	100m: 1:02.55	32.52	200m: 2:07.55	32.60	300m: 3:13.29	32.82	400m: 4:17.45	31.68		
29.	Wasiuk, Jakub SO		99	SMS O wi cim				4:19.11	549	
	50m: 29.13	29.13	150m: 1:33.99	32.65	250m: 2:40.01	32.97	350m: 3:46.49	33.33		
	100m: 1:01.34	32.21	200m: 2:07.04	33.05	300m: 3:13.16	33.15	400m: 4:19.11	32.62		
30.	Jarmuła, Miłosz SK		98	SMS Kraków				4:19.56	546	
	50m: 28.92	28.92	150m: 1:32.84	32.36	250m: 2:38.96	33.26	350m: 3:46.75	34.02		
	100m: 1:00.48	31.56	200m: 2:05.70	32.86	300m: 3:12.73	33.77	400m: 4:19.56	32.81		
31.	Grabarczyk, Olaf SR		98	SMS Racibórz				4:21.22	536	
	50m: 29.35	29.35	150m: 1:34.50	33.19	250m: 2:41.47	33.52	350m: 3:48.82	33.81		
	100m: 1:01.31	31.96	200m: 2:07.95	33.45	300m: 3:15.01	33.54	400m: 4:21.22	32.40		
32.	Grzyski, Mateusz		98	SMS Wrocław				4:21.72	533	
	50m: 28.50	28.50	150m: 1:34.24	33.42	250m: 2:41.65	33.75	350m: 3:49.19	33.61		
	100m: 1:00.82	32.32	200m: 2:07.90	33.66	300m: 3:15.58	33.93	400m: 4:21.72	32.53		
33.	Potocki, Daniel		98	SMS Wrocław				4:23.60	522	
	50m: 27.95	27.95	150m: 1:33.06	33.20	250m: 2:41.36	34.48	350m: 3:50.86	34.84		
	100m: 59.86	31.91	200m: 2:06.88	33.82	300m: 3:16.02	34.66	400m: 4:23.60	32.74		
34.	Błaszczak, Michał SR		98	SMS Racibórz				4:23.85	520	
	50m: 29.04	29.04	150m: 1:35.57	33.73	250m: 2:43.61	33.54	350m: 3:51.08	33.71		
	100m: 1:01.84	32.80	200m: 2:10.07	34.50	300m: 3:17.37	33.76	400m: 4:23.85	32.77		
35.	Dutkowiak, Wojciech		00	SMS Wrocław				4:24.93	514	
	50m: 29.64	29.64	150m: 1:36.32	33.72	250m: 2:44.51	33.92	350m: 3:52.60	34.03		
	100m: 1:02.60	32.96	200m: 2:10.59	34.27	300m: 3:18.57	34.06	400m: 4:24.93	32.33		

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Pozycja			Rok ur.				Czas		Pkt.
36.	D browski, Patryk		00	SMS Wrocław		4:26.60		504	
	50m: 30.44	30.44	150m: 1:38.68	34.11	250m: 2:46.27	33.56	350m: 3:54.37	33.62	
	100m: 1:04.57	34.13	200m: 2:12.71	34.03	300m: 3:20.75	34.48	400m: 4:26.60	32.23	
37.	Girul, Radosław		01	SMS Wrocław		4:26.71		503	
	50m: 30.89	30.89	150m: 1:37.95	33.70	250m: 2:45.71	33.84	350m: 3:54.18	34.07	
	100m: 1:04.25	33.36	200m: 2:11.87	33.92	300m: 3:20.11	34.40	400m: 4:26.71	32.53	
38.	Ła , Wiktor		00	SMS Wrocław		4:26.72		503	
	50m: 30.76	30.76	150m: 1:38.99	34.42	250m: 2:47.04	33.87	350m: 3:55.28	34.20	
	100m: 1:04.57	33.81	200m: 2:13.17	34.18	300m: 3:21.08	34.04	400m: 4:26.72	31.44	
39.	Kolanowski, Wiktor		99	SMS Kraków		4:27.41		500	
	50m: 30.36	30.36	150m: 1:39.73	35.61	250m: 2:47.40	34.22	350m: 3:56.75	34.55	
	100m: 1:04.12	33.76	200m: 2:13.18	33.45	300m: 3:22.20	34.80	400m: 4:27.41	30.66	
40.	Winiarski, Mateusz SK		99	SMS Kraków		4:27.90		497	
	50m: 29.03	29.03	150m: 1:36.68	34.22	250m: 2:45.86	34.91	350m: 3:55.29	34.88	
	100m: 1:02.46	33.43	200m: 2:10.95	34.27	300m: 3:20.41	34.55	400m: 4:27.90	32.61	
41.	Dominiak, Kacper		00	SMS Wrocław		4:29.78		486	
	50m: 30.90	30.90	150m: 1:39.40	34.68	250m: 2:48.77	34.47	350m: 3:57.75	34.52	
	100m: 1:04.72	33.82	200m: 2:14.30	34.90	300m: 3:23.23	34.46	400m: 4:29.78	32.03	
42.	Hano, Grzegorz		00	SMS Wrocław		4:32.43		472	
	50m: 30.26	30.26	150m: 1:37.45	33.85	250m: 2:46.98	35.02	350m: 3:57.96	35.41	
	100m: 1:03.60	33.34	200m: 2:11.96	34.51	300m: 3:22.55	35.57	400m: 4:32.43	34.47	
43.	Pinkosz, Mateusz		98	SMS Wrocław		4:39.46		438	
	50m: 30.06	30.06	150m: 1:40.44	35.94	250m: 2:54.33	37.20	350m: 4:07.16	35.57	
	100m: 1:04.50	34.44	200m: 2:17.13	36.69	300m: 3:31.59	37.26	400m: 4:39.46	32.30	
44.	Bobowiec, Maksymilian		01	SMS Wrocław		4:39.50		437	
	50m: 31.59	31.59	150m: 1:42.87	36.22	250m: 2:54.28	35.88	350m: 4:04.49	34.99	
	100m: 1:06.65	35.06	200m: 2:18.40	35.53	300m: 3:29.50	35.22	400m: 4:39.50	35.01	
PK	Kaczmarek, Marcin		94	MKP Szczecin		3:54.83		738	
	50m: 27.45	27.45	150m: 1:27.49	30.17	250m: 2:26.84	29.47	350m: 3:26.47	29.74	
	100m: 57.32	29.87	200m: 1:57.37	29.88	300m: 2:56.73	29.89	400m: 3:54.83	28.36	
PK	Klich, Kacper		94	WKS I sk Wrocław		3:55.46		732	
	50m: 27.89	27.89	150m: 1:27.98	30.17	250m: 2:27.39	29.53	350m: 3:26.96	29.83	
	100m: 57.81	29.92	200m: 1:57.86	29.88	300m: 2:57.13	29.74	400m: 3:55.46	28.50	
PK	Sawrymowicz, Mateusz		87	MKP Szczecin		3:58.90		701	
	50m: 28.40	28.40	150m: 1:28.91	30.24	250m: 2:29.07	30.00	350m: 3:29.54	30.21	
	100m: 58.67	30.27	200m: 1:59.07	30.16	300m: 2:59.33	30.26	400m: 3:58.90	29.36	
PK	Zoniuk, Maciej		94	WKS I sk Wrocław		3:59.01		700	
	50m: 27.68	27.68	150m: 1:27.17	29.88	250m: 2:28.28	30.75	350m: 3:28.80	30.31	
	100m: 57.29	29.61	200m: 1:57.53	30.36	300m: 2:58.49	30.21	400m: 3:59.01	30.21	
PK	Jura, Maciej		96	SMS Wrocław		3:59.70		694	
	50m: 28.89	28.89	150m: 1:29.86	30.59	250m: 2:31.51	30.74	350m: 3:32.29	30.00	
	100m: 59.27	30.38	200m: 2:00.77	30.91	300m: 3:02.29	30.78	400m: 3:59.70	27.41	
PK	Kubkowski, Bartłomiej		95	WKS I sk Wrocław		4:15.68		572	
	50m: 29.59	29.59	150m: 1:33.54	32.29	250m: 2:38.54	32.24	350m: 3:43.28	32.27	
	100m: 1:01.25	31.66	200m: 2:06.30	32.76	300m: 3:11.01	32.47	400m: 4:15.68	32.40	