

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

Konkurencja 9  
2014-11-28 - 17:45

Kobiet, 400m zmienny

Open  
Wyniki

Punkty: FINA 2013

Pozycja			Rok ur.					Czas	Pkt.
1.	Sie czyk, Jowita SK		97	SMS Kraków				<b>4:51.55</b>	717
	50m:	30.35 30.35	150m:	1:42.14	36.52	250m:	2:59.97 41.46	350m:	4:17.21 35.46
	100m:	1:05.62 35.27	200m:	2:18.51	36.37	300m:	3:41.75 41.78	400m:	4:51.55 34.34
2.	Magner, Agata SK		97	SMS Kraków				<b>4:53.96</b>	700
	50m:	32.06 32.06	150m:	1:44.95	36.42	250m:	3:03.30 43.15	350m:	4:21.66 34.30
	100m:	1:08.53 36.47	200m:	2:20.15	35.20	300m:	3:47.36 44.06	400m:	4:53.96 32.30
3.	Zbrojewska, Michalina SSZ		96	SMS Szczecin				<b>4:54.88</b>	693
	50m:	31.45 31.45	150m:	1:46.98	38.91	250m:	3:05.88 40.48	350m:	4:21.69 35.08
	100m:	1:08.07 36.62	200m:	2:25.40	38.42	300m:	3:46.61 40.73	400m:	4:54.88 33.19
4.	Gus, Julia		99	SMS Bydgoszcz				<b>4:55.46</b>	689
	50m:	31.48 31.48	150m:	1:45.23	37.50	250m:	3:04.53 41.94	350m:	4:22.47 35.23
	100m:	1:07.73 36.25	200m:	2:22.59	37.36	300m:	3:47.24 42.71	400m:	4:55.46 32.99
5.	Kunka, Kamila SO		96	SMS O wi cim				<b>4:56.69</b>	681
	50m:	31.96 31.96	150m:	1:46.08	37.06	250m:	3:05.41 43.18	350m:	4:23.96 34.06
	100m:	1:09.02 37.06	200m:	2:22.23	36.15	300m:	3:49.90 44.49	400m:	4:56.69 32.73
6.	Kasperek, Katarzyna Ssz		96	SMS Szczecin				<b>4:58.88</b>	666
	50m:	32.16 32.16	150m:	1:47.82	39.64	250m:	3:08.59 42.73	350m:	4:26.04 34.54
	100m:	1:08.18 36.02	200m:	2:25.86	38.04	300m:	3:51.50 42.91	400m:	4:58.88 32.84
7.	Paj k, Liliana SO		99	SMS O wi cim				<b>5:01.96</b>	646
	50m:	33.31 33.31	150m:	1:48.16	37.15	250m:	3:07.78 42.74	350m:	4:27.22 35.64
	100m:	1:11.01 37.70	200m:	2:25.04	36.88	300m:	3:51.58 43.80	400m:	5:01.96 34.74
8.	Nienakłowska, Natalia		96	SMS Wrocław				<b>5:02.17</b>	644
	50m:	32.56 32.56	150m:	1:46.74	37.33	250m:	3:08.41 43.88	350m:	4:27.42 35.34
	100m:	1:09.41 36.85	200m:	2:24.53	37.79	300m:	3:52.08 43.67	400m:	5:02.17 34.75
9.	Nita, Anna		97	SMS Wrocław				<b>5:02.62</b>	641
	50m:	32.92 32.92	150m:	1:48.89	39.05	250m:	3:11.25 44.09	350m:	4:29.95 33.82
	100m:	1:09.84 36.92	200m:	2:27.16	38.27	300m:	3:56.13 44.88	400m:	5:02.62 32.67
10.	Mendowska, Paulina Sp		97	SMS Pozna				<b>5:07.01</b>	614
	50m:	32.45 32.45	150m:	1:47.70	38.88	250m:	3:09.88 43.35	350m:	4:30.24 36.56
	100m:	1:08.82 36.37	200m:	2:26.53	38.83	300m:	3:53.68 43.80	400m:	5:07.01 36.77
11.	Mendyk, Adrianna SO		98	SMS O wi cim				<b>5:09.03</b>	602
	50m:	32.10 32.10	150m:	1:48.82	39.32	250m:	3:11.70 43.87	350m:	4:34.13 37.26
	100m:	1:09.50 37.40	200m:	2:27.83	39.01	300m:	3:56.87 45.17	400m:	5:09.03 34.90
12.	Filipek, Jagoda		99	SMS Wrocław				<b>5:09.16</b>	601
	50m:	32.64 32.64	150m:	1:49.05	39.33	250m:	3:12.19 44.32	350m:	4:32.64 35.73
	100m:	1:09.72 37.08	200m:	2:27.87	38.82	300m:	3:56.91 44.72	400m:	5:09.16 36.52
13.	Janiszewska, Dominika SWwa		99	SMS Warszawa				<b>5:10.88</b>	592
	50m:	31.63 31.63	150m:	1:49.05	41.13	250m:	3:13.02 43.32	350m:	4:35.21 36.79
	100m:	1:07.92 36.29	200m:	2:29.70	40.65	300m:	3:58.42 45.40	400m:	5:10.88 35.67
14.	Margula, Weronika		00	SMS Szczecin				<b>5:14.04</b>	574
	50m:	33.04 33.04	150m:	1:50.96	38.95	250m:	3:16.51 46.91	350m:	4:39.53 36.22
	100m:	1:12.01 38.97	200m:	2:29.60	38.64	300m:	4:03.31 46.80	400m:	5:14.04 34.51
15.	Trafas, Kornelia Sp		99	SMS Pozna				<b>5:16.04</b>	563
	50m:	32.70 32.70	150m:	1:51.67	40.44	250m:	3:17.37 45.77	350m:	4:41.22 37.38
	100m:	1:11.23 38.53	200m:	2:31.60	39.93	300m:	4:03.84 46.47	400m:	5:16.04 34.82
16.	Wosicka, Wiktoria SSz		98	SMS Szczecin				<b>5:17.53</b>	555
	50m:	32.98 32.98	150m:	1:49.53	38.91	250m:	3:14.54 46.62	350m:	4:40.16 38.81
	100m:	1:10.62 37.64	200m:	2:27.92	38.39	300m:	4:01.35 46.81	400m:	5:17.53 37.37
17.	Pisarek, Justyna SO		00	SMS O wi cim				<b>5:19.06</b>	547
	50m:	34.11 34.11	150m:	1:53.90	41.35	250m:	3:19.27 44.92	350m:	4:42.59 37.36
	100m:	1:12.55 38.44	200m:	2:34.35	40.45	300m:	4:05.23 45.96	400m:	5:19.06 36.47

Liga Szkół Mistrzostwa Sportowego w Pływaniu Runda I  
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Pozycja			Rok ur.					Czas	Pkt.			
18.	Szafra ska, Julia	SOc	00	SMS Ostrowiec w				<b>5:19.63</b>	544			
	50m:	33.30	33.30	150m:	1:53.47	39.83	250m:	3:20.55	47.86	350m:	4:44.97	36.86
	100m:	1:13.64	40.34	200m:	2:32.69	39.22	300m:	4:08.11	47.56	400m:	5:19.63	34.66
19.	Nagórska, Monika		97	SMS Bydgoszcz				<b>5:20.73</b>	539			
	50m:	34.17	34.17	150m:	1:56.82	42.06	250m:	3:23.50	44.54	350m:	4:46.13	37.17
	100m:	1:14.76	40.59	200m:	2:38.96	42.14	300m:	4:08.96	45.46	400m:	5:20.73	34.60
20.	Koral, Julia	SR	98	SMS Racibórz				<b>5:20.80</b>	538			
	50m:	35.57	35.57	150m:	1:57.94	40.81	250m:	3:23.31	44.55	350m:	4:45.71	36.98
	100m:	1:17.13	41.56	200m:	2:38.76	40.82	300m:	4:08.73	45.42	400m:	5:20.80	35.09
21.	Bajura, Marta	SR	98	SMS Racibórz				<b>5:21.05</b>	537			
	50m:	36.76	36.76	150m:	2:00.61	40.54	250m:	3:24.62	44.41	350m:	4:45.69	35.77
	100m:	1:20.07	43.31	200m:	2:40.21	39.60	300m:	4:09.92	45.30	400m:	5:21.05	35.36
22.	Helbing, Justyna	SK	97	SMS Kraków				<b>5:22.39</b>	530			
	50m:	33.39	33.39	150m:	1:53.25	41.37	250m:	3:19.32	45.18	350m:	4:44.64	38.51
	100m:	1:11.88	38.49	200m:	2:34.14	40.89	300m:	4:06.13	46.81	400m:	5:22.39	37.75
23.	Gasin, Nadia	SG	98	SMS Gda sk				<b>5:29.58</b>	496			
	50m:	36.89	36.89	150m:	2:02.59	42.33	250m:	3:28.44	44.49	350m:	4:51.77	38.55
	100m:	1:20.26	43.37	200m:	2:43.95	41.36	300m:	4:13.22	44.78	400m:	5:29.58	37.81
24.	Kuropatwa, Weronika		01	SMS Gda sk				<b>5:40.07</b>	452			
	50m:	38.64	38.64	150m:	2:04.92	40.17	250m:	3:34.11	49.11	350m:	5:02.01	40.17
	100m:	1:24.75	46.11	200m:	2:45.00	40.08	300m:	4:21.84	47.73	400m:	5:40.07	38.06
NIE UK.	Kotowicz, Anna		98	SMS Olsztyn								
	50m:	31.98	31.98	150m:	1:52.05	42.18	250m:			350m:		
	100m:	1:09.87	37.89	200m:			300m:			400m:		
NIE UK.	Łosak, Wiktoria	SK	98	SMS Kraków								
	50m:	37.06	37.06	150m:			250m:			350m:		
	100m:			200m:			300m:			400m:		