



Liga Szkół Mistrzostwa Sportowego Runda I  
O wi cim, 16 - 17/12/2021



Konkurencja 11  
16/12/2021 - 17:38

Kobiet, 400m zmienny

14 lat i starsi  
Wyniki

Punkty: FINA 2021

Pozycja	Rok ur.	Czas	Pkt.	Dru .
1. Famulok Zuzanna	03 SMS O wi cim	<b>4:45.54</b>	745	29,00
50m: 30.00 30.00	150m: 1:40.91 37.02	250m: 2:58.21 40.48	350m: 4:13.07 33.88	
100m: 1:03.89 33.89	200m: 2:17.73 36.82	300m: 3:39.19 40.98	400m: 4:45.54 32.47	
2. Mo d an Milena	03 SMS Szczecin	<b>4:53.04</b>	689	27,00
50m: 30.53 30.53	150m: 1:44.46 39.13	250m: 3:04.16 41.55	350m: 4:20.31 33.79	
100m: 1:05.33 34.80	200m: 2:22.61 38.15	300m: 3:46.52 42.36	400m: 4:53.04 32.73	
3. Tarasiewicz Klaudia	04 SMS Szczecin	<b>4:54.49</b>	679	26,00
50m: 31.34 31.34	150m: 1:43.87 36.80	250m: 3:04.25 44.12	350m: 4:22.08 33.18	
100m: 1:07.07 35.73	200m: 2:20.13 36.26	300m: 3:48.90 44.65	400m: 4:54.49 32.41	
4. Kowalska Klara	05 SMS Lublin	<b>4:55.39</b>	673	25,00
50m: 29.92 29.92	150m: 1:41.62 37.48	250m: 3:03.10 45.03	350m: 4:22.86 34.09	
100m: 1:04.14 34.22	200m: 2:18.07 36.45	300m: 3:48.77 45.67	400m: 4:55.39 32.53	
5. Lechowska Magdalena	06 SMS Wrocław	<b>4:56.91</b>	663	24,00
50m: 31.11 31.11	150m: 1:46.16 38.56	250m: 3:05.91 41.96	350m: 4:24.05 35.29	
100m: 1:07.60 36.49	200m: 2:23.95 37.79	300m: 3:48.76 42.85	400m: 4:56.91 32.86	
6. Kami ska Anna	03 SMS Bydgoszcz	<b>4:56.92</b>	663	23,00
50m: 31.23 31.23	150m: 1:47.69 39.65	250m: 3:07.88 42.68	350m: 4:24.91 34.55	
100m: 1:08.04 36.81	200m: 2:25.20 37.51	300m: 3:50.36 42.48	400m: 4:56.92 32.01	
7. Juda Aleksandra	06 SMS O wi cim	<b>4:57.44</b>	659	22,00
50m: 31.45 31.45	150m: 1:44.54 37.40	250m: 3:04.32 42.46	350m: 4:23.57 36.12	
100m: 1:07.14 35.69	200m: 2:21.86 37.32	300m: 3:47.45 43.13	400m: 4:57.44 33.87	
8. Cioch-Gradzik Wiktoria	03 SMS Lublin	<b>4:58.81</b>	650	21,00
50m: 31.64 31.64	150m: 1:46.38 39.35	250m: 3:08.78 43.35	350m: 4:26.11 33.67	
100m: 1:07.03 35.39	200m: 2:25.43 39.05	300m: 3:52.44 43.66	400m: 4:58.81 32.70	
9. Biernat Oliwia	03 SMS Kraków	<b>4:58.99</b>	649	20,00
50m: 31.89 31.89	150m: 1:46.11 37.96	250m: 3:05.71 42.42	350m: 4:24.96 35.70	
100m: 1:08.15 36.26	200m: 2:23.29 37.18	300m: 3:49.26 43.55	400m: 4:58.99 34.03	
10. Wilk Anna	06 SMS O wi cim	<b>5:00.56</b>	639	-
50m: 32.32 32.32	150m: 1:49.84 40.04	250m: 3:10.80 41.97	350m: 4:27.33 34.66	
100m: 1:09.80 37.48	200m: 2:28.83 38.99	300m: 3:52.67 41.87	400m: 5:00.56 33.23	
11. Maksymowicz Nina	05 SMS Warszawa Bielany	<b>5:03.89</b>	618	19,00
50m: 32.38 32.38	150m: 1:48.09 39.42	250m: 3:09.54 42.00	350m: 4:30.14 36.06	
100m: 1:08.67 36.29	200m: 2:27.54 39.45	300m: 3:54.08 44.54	400m: 5:03.89 33.75	
12. Słabosz Emilia	05 SMS O wi cim	<b>5:04.42</b>	615	-
50m: 31.65 31.65	150m: 1:47.65 38.67	250m: 3:08.92 43.53	350m: 4:29.64 35.86	
100m: 1:08.98 37.33	200m: 2:25.39 37.74	300m: 3:53.78 44.86	400m: 5:04.42 34.78	
13. Sobczak Zofia	06 SMS Warszawa Bielany	<b>5:05.58</b>	608	18,00
50m: 30.71 30.71	150m: 1:48.80 41.71	250m: 3:09.25 40.23	350m: 4:29.15 37.86	
100m: 1:07.09 36.38	200m: 2:29.02 40.22	300m: 3:51.29 42.04	400m: 5:05.58 36.43	
14. Burdyn Dominika	05 SMS Lublin	<b>5:05.71</b>	607	-
50m: 31.74 31.74	150m: 1:46.19 37.79	250m: 3:09.82 45.16	350m: 4:31.73 36.18	
100m: 1:08.40 36.66	200m: 2:24.66 38.47	300m: 3:55.55 45.73	400m: 5:05.71 33.98	
15. Zmierczak Natalia	03 SMS Olsztyn	<b>5:05.72</b>	607	17,00
50m: 31.81 31.81	150m: 1:49.68 40.35	250m: 3:12.14 43.25	350m: 4:31.73 34.74	
100m: 1:09.33 37.52	200m: 2:28.89 39.21	300m: 3:56.99 44.85	400m: 5:05.72 33.99	
16. Tupalska Oliwia	05 SMS Warszawa Konwiktorska	<b>5:06.41</b>	603	16,00
50m: 30.99 30.99	150m: 1:48.32 39.86	250m: 3:11.03 44.11	350m: 4:31.92 36.14	
100m: 1:08.46 37.47	200m: 2:26.92 38.60	300m: 3:55.78 44.75	400m: 5:06.41 34.49	





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Konkurencja 11, Kobiet, 400m zmienny, 14 lat i starsi

Pozycja	Rok ur.	Czas	Pkt.	Dru .
17. Król Gabriela	06 SMS Warszawa Konwiktorska	<b>5:08.45</b>	591	15,00
50m: 31.66 31.66	150m: 1:48.28 39.51	250m: 3:11.78 44.71	350m: 4:34.25 37.00	
100m: 1:08.77 37.11	200m: 2:27.07 38.79	300m: 3:57.25 45.47	400m: 5:08.45 34.20	
18. Parol Olga	05 SMS Gda sk	<b>5:08.59</b>	590	14,00
50m: 32.51 32.51	150m: 1:49.90 39.64	250m: 3:13.15 44.71	350m: 4:34.45 36.51	
100m: 1:10.26 37.75	200m: 2:28.44 38.54	300m: 3:57.94 44.79	400m: 5:08.59 34.14	
19. Hermanowska Natalia	04 SMS Warszawa Bielany	<b>5:08.82</b>	589	-
50m: 30.88 30.88	150m: 1:48.03 41.69	250m: 3:11.39 42.67	350m: 4:33.16 37.63	
100m: 1:06.34 35.46	200m: 2:28.72 40.69	300m: 3:55.53 44.14	400m: 5:08.82 35.66	
20. Gli ska Oliwia	07 SMS Zielona Góra	<b>5:09.80</b>	583	13,00
50m:	150m:	250m:	350m:	
100m:	200m:	300m:	400m: 5:09.80	
21. Zi ba Anastazja	05 SMS Bydgoszcz	<b>5:10.66</b>	579	12,00
50m: 31.93 31.93	150m: 1:49.80 40.56	250m: 3:13.86 44.49	350m: 4:35.77 36.52	
100m: 1:09.24 37.31	200m: 2:29.37 39.57	300m: 3:59.25 45.39	400m: 5:10.66 34.89	
22. Tadko Wiktoria	05 SMS Racibórz	<b>5:11.06</b>	576	11,00
50m: 33.56 33.56	150m: 1:53.01 40.87	250m: 3:16.14 43.71	350m: 4:36.83 36.81	
100m: 1:12.14 38.58	200m: 2:32.43 39.42	300m: 4:00.02 43.88	400m: 5:11.06 34.23	
23. Pity ska Klara	06 SMS Wrocław	<b>5:11.19</b>	576	10,00
50m: 31.64 31.64	150m: 1:50.02 40.13	250m: 3:14.79 44.63	350m: 4:36.11 35.68	
100m: 1:09.89 38.25	200m: 2:30.16 40.14	300m: 4:00.43 45.64	400m: 5:11.19 35.08	
24. Szargiej Aleksandra	06 SMS Gda sk	<b>5:13.75</b>	562	9,00
50m: 33.48 33.48	150m: 1:53.47 39.23	250m: 3:18.13 46.33	350m: 4:40.41 35.75	
100m: 1:14.24 40.76	200m: 2:31.80 38.33	300m: 4:04.66 46.53	400m: 5:13.75 33.34	
25. Cicha Aleksandra	05 SMS Kraków	<b>5:17.69</b>	541	8,00
50m: 33.83 33.83	150m: 1:50.97 38.57	250m: 3:16.22 47.11	350m: 4:41.23 37.00	
100m: 1:12.40 38.57	200m: 2:29.11 38.14	300m: 4:04.23 48.01	400m: 5:17.69 36.46	
26. Karolczak Pola	06 SMS Bydgoszcz	<b>5:26.49</b>	498	-
50m: 33.20 33.20	150m: 1:55.16 41.91	250m: 3:21.01 44.63	350m: 4:46.91 40.42	
100m: 1:13.25 40.05	200m: 2:36.38 41.22	300m: 4:06.49 45.48	400m: 5:26.49 39.58	
27. Bałdyga Kamila	06 SMS Olsztyn	<b>5:27.62</b>	493	7,00
50m: 33.86 33.86	150m: 1:57.28 42.85	250m: 3:26.14 47.62	350m: 4:51.89 37.29	
100m: 1:14.43 40.57	200m: 2:38.52 41.24	300m: 4:14.60 48.46	400m: 5:27.62 35.73	
28. Moritz Marcelina	05 SMS Bydgoszcz	<b>5:29.30</b>	486	-
50m: 33.76 33.76	150m: 1:56.11 43.90	250m: 3:25.08 45.86	350m: 4:50.47 39.30	
100m: 1:12.21 38.45	200m: 2:39.22 43.11	300m: 4:11.17 46.09	400m: 5:29.30 38.83	
29. Aleksandrowicz Hanna	06 SMS Szczecin	<b>5:36.85</b>	454	-
50m: 33.52 33.52	150m: 1:55.28 42.55	250m: 3:28.04 49.62	350m: 4:58.88 40.22	
100m: 1:12.73 39.21	200m: 2:38.42 43.14	300m: 4:18.66 50.62	400m: 5:36.85 37.97	
30. Sosnowka Oliwia	05 SMS Ostrowiec	<b>5:39.60</b>	443	6,00
50m: 34.58 34.58	150m: 2:00.76 47.09	250m: 3:34.69 47.81	350m: 5:02.62 40.10	
100m: 1:13.67 39.09	200m: 2:46.88 46.12	300m: 4:22.52 47.83	400m: 5:39.60 36.98	
31. Kampczyk Paulina	06 SMS Racibórz	<b>5:40.44</b>	440	5,00
50m: 36.22 36.22	150m: 2:05.73 47.00	250m: 3:37.49 46.34	350m: 5:02.91 39.03	
100m: 1:18.73 42.51	200m: 2:51.15 45.42	300m: 4:23.88 46.39	400m: 5:40.44 37.53	
32. Grela Amelia	06 SMS Zielona Góra	<b>5:41.21</b>	437	4,00
50m: 34.97 34.97	150m: 2:01.73 45.22	250m: 3:35.14 49.66	350m: 5:06.30 40.92	
100m: 1:16.51 41.54	200m: 2:45.48 43.75	300m: 4:25.38 50.24	400m: 5:41.21 34.91	
33. Kowalska Oliwia	05 SMS Gorzów Wlkp.	<b>5:43.67</b>	427	3,00
50m: 37.35 37.35	150m: 2:08.66 46.09	250m: 3:37.16 44.89	350m: 5:04.08 41.53	
100m: 1:22.57 45.22	200m: 2:52.27 43.61	300m: 4:22.55 45.39	400m: 5:43.67 39.59	





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O wi cim, 16 - 17/12/2021



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Pozycja	Rok ur.	Czas	Pkt.	Dru .
DYSKW. B tkowska Zuzanna	06 SMS Kraków			-
<i>M7 - Pływak wykonał naprzemienne lub nierównoczesne ruchy nóg. (Czas: 18:27)</i>				

