



Konkurencja 19
16/12/2022 - 9:23

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2022

Pozycja			Rok ur.					Czas	Pkt.	Dru .		
1.	Kowalska Klara		05	SMS Lublin				4:11.55	804	29,00		
	50m:	29.28	29.28	150m:	1:33.89	32.41	250m:	2:37.79	31.59	350m:	3:41.20	31.78
	100m:	1:01.48	32.20	200m:	2:06.20	32.31	300m:	3:09.42	31.63	400m:	4:11.55	30.35
2.	Tarasiewicz Klaudia		04	SMS Szczecin				4:14.11	780	27,00		
	50m:	29.38	29.38	150m:	1:33.45	32.13	250m:	2:37.10	31.28	350m:	3:42.07	32.51
	100m:	1:01.32	31.94	200m:	2:05.82	32.37	300m:	3:09.56	32.46	400m:	4:14.11	32.04
3.	Figas Alicja		04	SMS Szczecin				4:27.69	667	26,00		
	50m:	30.99	30.99	150m:	1:38.41	34.08	250m:	2:46.51	33.97	350m:	3:54.39	33.93
	100m:	1:04.33	33.34	200m:	2:12.54	34.13	300m:	3:20.46	33.95	400m:	4:27.69	33.30
4.	Wiktorowicz Patrycja		04	SMS Racibórz				4:27.72	667	25,00		
	50m:	30.81	30.81	150m:	1:38.87	34.38	250m:	2:46.85	33.97	350m:	3:54.64	33.96
	100m:	1:04.49	33.68	200m:	2:12.88	34.01	300m:	3:20.68	33.83	400m:	4:27.72	33.08
5.	Słabosz Emilia		05	SMS O wi cim				4:28.66	660	24,00		
	50m:	30.23	30.23	150m:	1:38.21	34.18	250m:	2:46.95	34.31	350m:	3:55.93	34.22
	100m:	1:04.03	33.80	200m:	2:12.64	34.43	300m:	3:21.71	34.76	400m:	4:28.66	32.73
6.	Walczak Barbara		06	SMS Warszawa Bielany				4:28.79	659	23,00		
	50m:	31.34	31.34	150m:	1:39.27	34.29	250m:	2:47.69	34.16	350m:	3:56.68	34.38
	100m:	1:04.98	33.64	200m:	2:13.53	34.26	300m:	3:22.30	34.61	400m:	4:28.79	32.11
7.	Bocian Roksana		04	SMS O wi cim				4:28.89	658	22,00		
	50m:	31.43	31.43	150m:	1:39.24	33.99	250m:	2:48.06	34.36	350m:	3:56.89	34.18
	100m:	1:05.25	33.82	200m:	2:13.70	34.46	300m:	3:22.71	34.65	400m:	4:28.89	32.00
8.	Siwko Natalia		04	SMS Lublin				4:30.73	645	21,00		
	50m:	30.64	30.64	150m:	1:38.75	34.14	250m:	2:47.57	34.41	350m:	3:56.68	34.47
	100m:	1:04.61	33.97	200m:	2:13.16	34.41	300m:	3:22.21	34.64	400m:	4:30.73	34.05
9.	Gorczyca Gabriela		06	SMS Kraków				4:32.11	635	20,00		
	50m:	30.40	30.40	150m:	1:38.27	34.18	250m:	2:48.11	35.00	350m:	3:58.00	34.89
	100m:	1:04.09	33.69	200m:	2:13.11	34.84	300m:	3:23.11	35.00	400m:	4:32.11	34.11
10.	Łazarz Milena		06	SMS O wi cim				4:32.28	634	-		
	50m:	30.01	30.01	150m:	1:38.16	34.80	250m:	2:48.57	35.16	350m:	3:58.93	34.85
	100m:	1:03.36	33.35	200m:	2:13.41	35.25	300m:	3:24.08	35.51	400m:	4:32.28	33.35
11.	Wiernicka Julia		07	SMS Kraków				4:32.79	630	19,00		
	50m:	31.37	31.37	150m:	1:40.24	34.70	250m:	2:50.55	35.25	350m:	4:00.18	35.07
	100m:	1:05.54	34.17	200m:	2:15.30	35.06	300m:	3:25.11	34.56	400m:	4:32.79	32.61
12.	Próba Oliwia		06	SMS Warszawa Bielany				4:32.91	629	18,00		
	50m:	31.58	31.58	150m:	1:41.42	35.35	250m:	2:52.23	35.23	350m:	4:00.51	33.77
	100m:	1:06.07	34.49	200m:	2:17.00	35.58	300m:	3:26.74	34.51	400m:	4:32.91	32.40
13.	Lechowska Magdalena		06	SMS Wrocław				4:33.11	628	17,00		
	50m:	30.80	30.80	150m:	1:39.15	34.45	250m:	2:48.95	34.88	350m:	3:58.85	34.96
	100m:	1:04.70	33.90	200m:	2:14.07	34.92	300m:	3:23.89	34.94	400m:	4:33.11	34.26
14.	Jach Tamara		06	SMS Wrocław				4:34.06	621	16,00		
	50m:	31.27	31.27	150m:	1:40.60	35.13	250m:	2:50.28	34.88	350m:	3:59.93	34.67
	100m:	1:05.47	34.20	200m:	2:15.40	34.80	300m:	3:25.26	34.98	400m:	4:34.06	34.13
15.	Kusion Judyta		06	SMS O wi cim				4:34.88	616	-		
	50m:	31.40	31.40	150m:	1:40.41	34.66	250m:	2:50.26	35.02	350m:	4:00.01	34.83
	100m:	1:05.75	34.35	200m:	2:15.24	34.83	300m:	3:25.18	34.92	400m:	4:34.88	34.87
16.	Poppe Marta		07	SMS Lublin				4:35.97	608	-		
	50m:	31.47	31.47	150m:	1:40.21	34.62	250m:	2:50.44	35.20	350m:	4:01.21	35.35
	100m:	1:05.59	34.12	200m:	2:15.24	35.03	300m:	3:25.86	35.42	400m:	4:35.97	34.76





Liga Szkół Mistrzostwa Sportowego Runda I
O wi cim, 15 - 16/12/2022



Konkurencja 19, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja	Rok ur.	Czas	Pkt.	Dru .
17. Maksymowicz Nina	05 SMS Warszawa Bielany	4:36.81	603	-
50m: 31.72 31.72	150m: 1:41.14 34.99	250m: 2:51.80 35.52	350m: 4:03.03 35.36	
100m: 1:06.15 34.43	200m: 2:16.28 35.14	300m: 3:27.67 35.87	400m: 4:36.81 33.78	
18. Szargiej Aleksandra	06 SMS Gda sk	4:36.90	602	15,00
50m: 31.31 31.31	150m: 1:40.92 35.15	250m: 2:51.63 35.28	350m: 4:03.03 35.64	
100m: 1:05.77 34.46	200m: 2:16.35 35.43	300m: 3:27.39 35.76	400m: 4:36.90 33.87	
19. Mazur Zuzanna	05 SMS Gorzów Wielkopolski	4:37.01	602	14,00
50m: 31.19 31.19	150m: 1:40.91 35.53	250m: 2:52.33 35.97	350m: 4:03.50 35.33	
100m: 1:05.38 34.19	200m: 2:16.36 35.45	300m: 3:28.17 35.84	400m: 4:37.01 33.51	
20. Grzesiak Oliwia	07 SMS Wrocław	4:37.72	597	-
50m: 31.31 31.31	150m: 1:41.29 35.18	250m: 2:52.28 35.70	350m: 4:03.47 35.27	
100m: 1:06.11 34.80	200m: 2:16.58 35.29	300m: 3:28.20 35.92	400m: 4:37.72 34.25	
21. Siedlewska Marcelina	07 SMS Warszawa Konwiktorska	4:39.38	586	13,00
50m: 31.32 31.32	150m: 1:42.32 35.50	250m: 2:54.16 36.08	350m: 4:06.76 36.40	
100m: 1:06.82 35.50	200m: 2:18.08 35.76	300m: 3:30.36 36.20	400m: 4:39.38 32.62	
22. Chmielewska Aleksandra	06 SMS Gda sk	4:39.75	584	12,00
50m: 32.73 32.73	150m: 1:43.86 35.99	250m: 2:54.96 34.99	350m: 4:04.93 35.27	
100m: 1:07.87 35.14	200m: 2:19.97 36.11	300m: 3:29.66 34.70	400m: 4:39.75 34.82	
23. Szafranska Malwina	06 SMS Ostrowiec w.	4:40.11	582	11,00
50m: 31.21 31.21	150m: 1:41.70 35.51	250m: 2:53.68 36.02	350m: 4:06.67 36.73	
100m: 1:06.19 34.98	200m: 2:17.66 35.96	300m: 3:29.94 36.26	400m: 4:40.11 33.44	
24. Wrona Maria	08 SMS O wi cim	4:40.91	577	-
50m: 32.25 32.25	150m: 1:42.41 35.39	250m: 2:53.75 35.81	350m: 4:05.75 36.05	
100m: 1:07.02 34.77	200m: 2:17.94 35.53	300m: 3:29.70 35.95	400m: 4:40.91 35.16	
25. Tadko Wiktoria	05 SMS Racibórz	4:42.33	568	10,00
50m: 32.75 32.75	150m: 1:44.01 35.79	250m: 2:55.83 36.01	350m: 4:07.61 35.87	
100m: 1:08.22 35.47	200m: 2:19.82 35.81	300m: 3:31.74 35.91	400m: 4:42.33 34.72	
26. Jaworska Wiktoria	05 SMS Bydgoszcz	4:45.33	551	9,00
50m: 31.89 31.89	150m: 1:43.61 36.27	250m: 2:57.02 36.75	350m: 4:11.19 37.07	
100m: 1:07.34 35.45	200m: 2:20.27 36.66	300m: 3:34.12 37.10	400m: 4:45.33 34.14	
27. Wiszniewska Zuzanna	06 SMS Warszawa Konwiktorska	4:45.36	550	8,00
50m: 30.56 30.56	150m: 1:41.29 35.90	250m: 2:54.58 36.68	350m: 4:08.49 37.11	
100m: 1:05.39 34.83	200m: 2:17.90 36.61	300m: 3:31.38 36.80	400m: 4:45.36 36.87	
28. Orum Melissa	04 SMS Bydgoszcz	4:45.89	547	7,00
50m: 32.17 32.17	150m: 1:43.71 36.37	250m: 2:57.09 36.84	350m: 4:10.91 36.84	
100m: 1:07.34 35.17	200m: 2:20.25 36.54	300m: 3:34.07 36.98	400m: 4:45.89 34.98	
29. Cicha Aleksandra	05 SMS Kraków	4:46.39	544	-
50m: 32.92 32.92	150m: 1:45.06 36.33	250m: 2:57.73 36.63	350m: 4:10.75 36.43	
100m: 1:08.73 35.81	200m: 2:21.10 36.04	300m: 3:34.32 36.59	400m: 4:46.39 35.64	
30. wi tek Amelia	08 SMS Wrocław	4:46.83	542	-
50m: 31.77 31.77	150m: 1:43.23 36.11	250m: 2:56.60 36.67	350m: 4:09.86 37.08	
100m: 1:07.12 35.35	200m: 2:19.93 36.70	300m: 3:32.78 36.18	400m: 4:46.83 36.97	
31. Celi ska Małgorzata	06 SMS Ostrowiec w.	4:49.26	528	6,00
50m: 31.33 31.33	150m: 1:43.05 36.17	250m: 2:56.50 37.16	350m: 4:12.11 37.80	
100m: 1:06.88 35.55	200m: 2:19.34 36.29	300m: 3:34.31 37.81	400m: 4:49.26 37.15	
32. Grzech Maja	08 SMS Gda sk	4:51.64	516	-
50m: 32.95 32.95	150m: 1:46.67 37.30	250m: 3:01.37 37.55	350m: 4:16.30 37.82	
100m: 1:09.37 36.42	200m: 2:23.82 37.15	300m: 3:38.48 37.11	400m: 4:51.64 35.34	
33. Sosnowka Oliwia	05 SMS Ostrowiec w.	4:59.18	477	-
50m: 33.76 33.76	150m: 1:48.75 38.06	250m: 3:05.75 37.91	350m: 4:22.47 38.70	
100m: 1:10.69 36.93	200m: 2:27.84 39.09	300m: 3:43.77 38.02	400m: 4:59.18 36.71	





Konkurencja 19, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.	Dru .		
34.	Bałyga Kamila		06	SMS Olsztyn				5:00.47	471	5,00		
	50m:	32.98	32.98	150m:	1:47.37	37.94	250m:	3:04.25	38.20	350m:	4:22.25	39.10
	100m:	1:09.43	36.45	200m:	2:26.05	38.68	300m:	3:43.15	38.90	400m:	5:00.47	38.22
35.	Stanko Khrystyna		08	SMS Bydgoszcz				5:02.07	464	-		
	50m:	32.78	32.78	150m:	1:48.64	38.63	250m:	3:06.91	38.73	350m:	4:24.99	38.82
	100m:	1:10.01	37.23	200m:	2:28.18	39.54	300m:	3:46.17	39.26	400m:	5:02.07	37.08
PK	Sowa Barbara		07	SMS O wi cim				4:38.92	589	-		
	50m:	31.81	31.81	150m:	1:41.94	35.40	250m:	2:52.65	35.40	350m:	4:04.34	35.95
	100m:	1:06.54	34.73	200m:	2:17.25	35.31	300m:	3:28.39	35.74	400m:	4:38.92	34.58
PK	Dra yk Wiktoria		07	SMS O wi cim				4:39.13	588	-		
	50m:	32.20	32.20	150m:	1:42.83	35.37	250m:	2:53.84	35.44	350m:	4:05.52	35.56
	100m:	1:07.46	35.26	200m:	2:18.40	35.57	300m:	3:29.96	36.12	400m:	4:39.13	33.61
PK	Bondarenko Anna		07	SMS O wi cim				4:45.51	549	-		
	50m:	32.97	32.97	150m:	1:45.17	36.04	250m:	2:57.80	36.14	350m:	4:10.51	36.50
	100m:	1:09.13	36.16	200m:	2:21.66	36.49	300m:	3:34.01	36.21	400m:	4:45.51	35.00
PK	Kershkova Gloriia		08	SMS O wi cim				4:57.17	487	-		
	50m:	32.64	32.64	150m:	1:44.79	36.81	250m:	3:01.24	38.67	350m:	4:19.09	39.03
	100m:	1:07.98	35.34	200m:	2:22.57	37.78	300m:	3:40.06	38.82	400m:	4:57.17	38.08

