



Liga Szkół Mistrzostwa Sportowego Runda I  
Kraków, 20. - 21.10.2023



Konkurencja 19  
21.10.2023 - 9:25

Kobiet, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2023

Pozycja	Rok	ur.	Czas	Pkt.	Dru .		
1. Kowalska Klara	05	SMS Lublin	<b>4:16.28</b>	735	29,00		
50m: 29.12	29.12	150m: 1:33.60	32.47	250m: 2:38.39	32.16	350m: 3:43.75	32.80
100m: 1:01.13	32.01	200m: 2:06.23	32.63	300m: 3:10.95	32.56	400m: 4:16.28	32.53
2. Reszko Lena	09	SMS Warszawa Konwiktorska	<b>4:25.76</b>	659	27,00		
50m: 30.92	30.92	150m: 1:39.09	34.22	250m: 2:46.80	33.65	350m: 3:53.87	33.37
100m: 1:04.87	33.95	200m: 2:13.15	34.06	300m: 3:20.50	33.70	400m: 4:25.76	31.89
3. Walczak Barbara	06	SMS Warszawa Bielany	<b>4:26.00</b>	657	26,00		
50m: 29.84	29.84	150m: 1:35.94	33.50	250m: 2:43.96	34.10	350m: 3:52.48	34.31
100m: 1:02.44	32.60	200m: 2:09.86	33.92	300m: 3:18.17	34.21	400m: 4:26.00	33.52
4. Kusion Judyta	06	SMS O wi cim	<b>4:27.05</b>	649	25,00		
50m: 30.90	30.90	150m: 1:38.38	34.04	250m: 2:46.46	34.03	350m: 3:54.66	33.84
100m: 1:04.34	33.44	200m: 2:12.43	34.05	300m: 3:20.82	34.36	400m: 4:27.05	32.39
5. Kondrasiuk Zofia	08	SMS Szczecin	<b>4:27.22</b>	648	24,00		
50m: 30.97	30.97	150m: 1:38.67	33.99	250m: 2:46.84	33.90	350m: 3:54.83	33.95
100m: 1:04.68	33.71	200m: 2:12.94	34.27	300m: 3:20.88	34.04	400m: 4:27.22	32.39
6. Poppe Marta	07	SMS Lublin	<b>4:27.31</b>	647	23,00		
50m: 31.30	31.30	150m: 1:38.82	33.99	250m: 2:47.00	33.99	350m: 3:54.90	33.67
100m: 1:04.83	33.53	200m: 2:13.01	34.19	300m: 3:21.23	34.23	400m: 4:27.31	32.41
7. Łakoma Maria	08	SMS Kraków	<b>4:27.56</b>	646	22,00		
50m: 30.64	30.64	150m: 1:38.26	33.80	250m: 2:46.43	34.16	350m: 3:54.83	34.05
100m: 1:04.46	33.82	200m: 2:12.27	34.01	300m: 3:20.78	34.35	400m: 4:27.56	32.73
8. Wilk Anna	06	SMS O wi cim	<b>4:28.19</b>	641	21,00		
50m: 30.78	30.78	150m: 1:38.48	34.16	250m: 2:47.31	34.23	350m: 3:55.62	33.86
100m: 1:04.32	33.54	200m: 2:13.08	34.60	300m: 3:21.76	34.45	400m: 4:28.19	32.57
9. Władyczka Amelia	07	SMS Wrocław	<b>4:28.64</b>	638	20,00		
50m: 30.47	30.47	150m: 1:37.53	33.88	250m: 2:46.06	34.13	350m: 3:55.28	34.51
100m: 1:03.65	33.18	200m: 2:11.93	34.40	300m: 3:20.77	34.71	400m: 4:28.64	33.36
10. Małolepsza Weronika	07	SMS Szczecin	<b>4:31.12</b>	620	19,00		
50m: 30.97	30.97	150m: 1:38.68	34.44	250m: 2:48.19	34.58	350m: 3:57.98	34.65
100m: 1:04.24	33.27	200m: 2:13.61	34.93	300m: 3:23.33	35.14	400m: 4:31.12	33.14
11. Du ko Julia	07	SMS Ostrowiec w.	<b>4:31.51</b>	618	18,00		
50m: 31.16	31.16	150m: 1:39.53	34.46	250m: 2:47.87	33.95	350m: 3:57.38	34.60
100m: 1:05.07	33.91	200m: 2:13.92	34.39	300m: 3:22.78	34.91	400m: 4:31.51	34.13
12. Kot Emilia	07	SMS Zielona Góra	<b>4:31.63</b>	617	17,00		
50m: 31.26	31.26	150m: 1:40.65	35.03	250m: 2:49.58	34.58	350m: 3:58.17	34.16
100m: 1:05.62	34.36	200m: 2:15.00	34.35	300m: 3:24.01	34.43	400m: 4:31.63	33.46
13. Grzesiak Oliwia	07	SMS Wrocław	<b>4:32.67</b>	610	16,00		
50m: 31.46	31.46	150m: 1:40.21	34.58	250m: 2:49.73	34.75	350m: 3:58.92	34.48
100m: 1:05.63	34.17	200m: 2:14.98	34.77	300m: 3:24.44	34.71	400m: 4:32.67	33.75
14. Polak Iga	09	SMS O wi cim	<b>4:32.68</b>	610	-		
50m: 30.69	30.69	150m: 1:38.58	34.07	250m: 2:48.08	35.03	350m: 3:58.82	35.22
100m: 1:04.51	33.82	200m: 2:13.05	34.47	300m: 3:23.60	35.52	400m: 4:32.68	33.86
15. Kuczmar Zuzanna	07	SMS Warszawa Konwiktorska	<b>4:32.94</b>	608	15,00		
50m: 30.83	30.83	150m: 1:39.44	34.70	250m: 2:49.52	35.32	350m: 3:59.43	34.39
100m: 1:04.74	33.91	200m: 2:14.20	34.76	300m: 3:25.04	35.52	400m: 4:32.94	33.51
16. Wiernicka Julia	07	SMS Lublin	<b>4:34.46</b>	598	-		
50m: 31.56	31.56	150m: 1:40.08	34.42	250m: 2:49.87	34.84	350m: 4:00.13	35.14
100m: 1:05.66	34.10	200m: 2:15.03	34.95	300m: 3:24.99	35.12	400m: 4:34.46	34.33

Obsługa zawodów: SMS SwimArt My lenice

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21.10.2023 9:56 - Strona 1





Liga Szkół Mistrzostwa Sportowego Runda I  
Kraków, 20. - 21.10.2023



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

Pozycja			Rok ur.					Czas	Pkt.	Dru .		
17.	Gorczyca Gabriela		06	SMS Kraków				<b>4:34.80</b>	596	14,00		
	50m:	31.40	31.40	150m:	1:39.62	34.33	250m:	2:49.53	35.08	350m:	4:00.12	35.35
	100m:	1:05.29	33.89	200m:	2:14.45	34.83	300m:	3:24.77	35.24	400m:	4:34.80	34.68
18.	Jach Tamara		06	SMS Wrocław				<b>4:34.93</b>	595	-		
	50m:	32.26	32.26	150m:	1:42.96	35.50	250m:	2:53.46	34.94	350m:	4:02.25	33.99
	100m:	1:07.46	35.20	200m:	2:18.52	35.56	300m:	3:28.26	34.80	400m:	4:34.93	32.68
19.	Karkocha Gabriela		09	SMS O wi cim				<b>4:35.37</b>	592	-		
	50m:	31.70	31.70	150m:	1:39.79	34.39	250m:	2:49.31	35.14	350m:	4:00.60	35.74
	100m:	1:05.40	33.70	200m:	2:14.17	34.38	300m:	3:24.86	35.55	400m:	4:35.37	34.77
20.	Próba Oliwia		06	SMS Warszawa Bielany				<b>4:35.77</b>	590	13,00		
	50m:	32.03	32.03	150m:	1:42.79	35.60	250m:	2:53.38	34.83	350m:	4:02.55	34.45
	100m:	1:07.19	35.16	200m:	2:18.55	35.76	300m:	3:28.10	34.72	400m:	4:35.77	33.22
21.	Wegner Julia		09	SMS Gorzów Wielkopolski				<b>4:36.26</b>	586	12,00		
	50m:	30.58	30.58	150m:	1:39.40	35.20	250m:	2:51.46	35.76	350m:	4:02.99	35.39
	100m:	1:04.20	33.62	200m:	2:15.70	36.30	300m:	3:27.60	36.14	400m:	4:36.26	33.27
22.	wi tek Amelia		08	SMS Wrocław				<b>4:38.33</b>	573	-		
	50m:	32.31	32.31	150m:	1:42.69	35.62	250m:	2:53.67	35.42	350m:	4:03.89	34.80
	100m:	1:07.07	34.76	200m:	2:18.25	35.56	300m:	3:29.09	35.42	400m:	4:38.33	34.44
23.	Długopolska Nikola		09	SMS Kraków				<b>4:39.34</b>	567	-		
	50m:	31.43	31.43	150m:	1:41.59	35.59	250m:	2:53.47	35.62	350m:	4:04.36	35.60
	100m:	1:06.00	34.57	200m:	2:17.85	36.26	300m:	3:28.76	35.29	400m:	4:39.34	34.98
24.	Tadko Wiktoria		05	SMS Racibórz				<b>4:39.38</b>	567	11,00		
	50m:	31.97	31.97	150m:	1:42.62	35.75	250m:	2:54.18	35.61	350m:	4:05.36	35.56
	100m:	1:06.87	34.90	200m:	2:18.57	35.95	300m:	3:29.80	35.62	400m:	4:39.38	34.02
25.	Jałowiecka Gabriela		08	SMS Kraków				<b>4:39.82</b>	564	-		
	50m:	31.59	31.59	150m:	1:41.29	35.24	250m:	2:52.33	35.68	350m:	4:04.29	36.48
	100m:	1:06.05	34.46	200m:	2:16.65	35.36	300m:	3:27.81	35.48	400m:	4:39.82	35.53
26.	Kordek Zuzanna		08	SMS Racibórz				<b>4:40.02</b>	563	10,00		
	50m:	31.73	31.73	150m:	1:41.36	35.32	250m:	2:52.98	35.71	350m:	4:04.81	36.07
	100m:	1:06.04	34.31	200m:	2:17.27	35.91	300m:	3:28.74	35.76	400m:	4:40.02	35.21
27.	Celi ska Małgorzata		06	SMS Ostrowiec w.				<b>4:41.63</b>	553	9,00		
	50m:	32.53	32.53	150m:	1:43.70	35.41	250m:	2:54.74	35.45	350m:	4:07.39	36.19
	100m:	1:08.29	35.76	200m:	2:19.29	35.59	300m:	3:31.20	36.46	400m:	4:41.63	34.24
28.	Mazurek Dagmara		09	SMS Lublin				<b>4:41.89</b>	552	-		
	50m:	32.28	32.28	150m:	1:42.30	35.30	250m:	2:54.06	36.02	350m:	4:06.63	36.18
	100m:	1:07.00	34.72	200m:	2:18.04	35.74	300m:	3:30.45	36.39	400m:	4:41.89	35.26
29.	Grzech Maja		08	SMS Gda sk				<b>4:43.67</b>	542	8,00		
	50m:	31.88	31.88	150m:	1:42.93	35.94	250m:	2:55.18	36.07	350m:	4:08.20	36.70
	100m:	1:06.99	35.11	200m:	2:19.11	36.18	300m:	3:31.50	36.32	400m:	4:43.67	35.47
30.	Jabło ska Natalia		08	SMS Olsztyn				<b>4:45.17</b>	533	7,00		
	50m:	32.70	32.70	150m:	1:45.03	36.64	250m:	2:57.27	35.26	350m:	4:09.92	36.33
	100m:	1:08.39	35.69	200m:	2:22.01	36.98	300m:	3:33.59	36.32	400m:	4:45.17	35.25
31.	Gli ska Oliwia		07	SMS Zielona Góra				<b>4:46.57</b>	525	6,00		
	50m:	33.04	33.04	150m:	1:44.86	36.52	250m:	2:58.00	36.43	350m:	4:10.58	36.28
	100m:	1:08.34	35.30	200m:	2:21.57	36.71	300m:	3:34.30	36.30	400m:	4:46.57	35.99
32.	Szczepanik Nikola		09	SMS Gorzów Wielkopolski				<b>4:50.70</b>	503	5,00		
	50m:	32.56	32.56	150m:	1:46.25	36.90	250m:	3:01.82	37.64	350m:	4:16.47	37.14
	100m:	1:09.35	36.79	200m:	2:24.18	37.93	300m:	3:39.33	37.51	400m:	4:50.70	34.23
33.	Stanko Khrystyna		08	SMS Bydgoszcz				<b>4:54.29</b>	485	4,00		
	50m:	32.66	32.66	150m:	1:45.62	37.00	250m:	3:00.64	37.74	350m:	4:17.28	38.52
	100m:	1:08.62	35.96	200m:	2:22.90	37.28	300m:	3:38.76	38.12	400m:	4:54.29	37.01

Obsługa zawodów: SMS SwimArt My lenice

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Splash Meet Manager, 11.77730

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21.10.2023 9:56 - Strona 2





Liga Szkół Mistrzostwa Sportowego Runda I  
Kraków, 20. - 21.10.2023



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

Pozycja			Rok ur.						Czas	Pkt.	Dru .	
34.	Jaworska Wiktoria		05	SMS Bydgoszcz					<b>4:55.49</b>	479	3,00	
	50m:	32.86	32.86	150m:	1:46.57	37.44	250m:	3:02.77	37.92	350m:	4:19.05	37.93
	100m:	1:09.13	36.27	200m:	2:24.85	38.28	300m:	3:41.12	38.35	400m:	4:55.49	36.44
35.	Sosnówka Milena		07	SMS Ostrowiec w.					<b>4:57.19</b>	471	-	
	50m:	32.47	32.47	150m:	1:45.75	36.87	250m:	3:02.09	38.63	350m:	4:18.96	38.40
	100m:	1:08.88	36.41	200m:	2:23.46	37.71	300m:	3:40.56	38.47	400m:	4:57.19	38.23
36.	Sosnówka Oliwia		05	SMS Ostrowiec w.					<b>4:58.14</b>	466	-	
	50m:	35.02	35.02	150m:	1:49.96	37.60	250m:	3:05.74	37.63	350m:	4:21.10	37.81
	100m:	1:12.36	37.34	200m:	2:28.11	38.15	300m:	3:43.29	37.55	400m:	4:58.14	37.04
37.	Belzyt Maja		08	SMS Gda sk					<b>5:02.04</b>	449	2,00	
	50m:	34.39	34.39	150m:	1:51.62	39.57	250m:	3:08.98	38.46	350m:	4:25.85	37.88
	100m:	1:12.05	37.66	200m:	2:30.52	38.90	300m:	3:47.97	38.99	400m:	5:02.04	36.19
PK	Malkusz Alicja		09	SMS Kraków					<b>5:01.55</b>	451	-	
	50m:	34.05	34.05	150m:	1:51.23	39.21	250m:	3:08.18	38.67	350m:	4:25.28	38.50
	100m:	1:12.02	37.97	200m:	2:29.51	38.28	300m:	3:46.78	38.60	400m:	5:01.55	36.27