



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



Konkurencja 20  
21.10.2023 - 9:52

M czynzn, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2023

Pozycja	Rok ur.	Czas	Pkt.	Dru .
1. Rynkiewicz Jakub	05 SMS Lublin	<b>3:53.13</b>	754	29,00
50m: 26.51 26.51	150m: 1:25.69 29.87	250m: 2:25.35 29.51	350m: 3:25.39 29.90	29.90
100m: 55.82 29.31	200m: 1:55.84 30.15	300m: 2:55.49 30.14	400m: 3:53.13 27.74	27.74
2. Wo niak Piotr	05 SMS Olsztyn	<b>3:53.79</b>	748	27,00
50m: 27.40 27.40	150m: 1:26.65 29.83	250m: 2:26.45 29.75	350m: 3:26.39 29.95	29.95
100m: 56.82 29.42	200m: 1:56.70 30.05	300m: 2:56.44 29.99	400m: 3:53.79 27.40	27.40
3. Kapała Bartosz	06 SMS Olsztyn	<b>3:53.80</b>	748	26,00
50m: 26.83 26.83	150m: 1:26.10 29.77	250m: 2:25.87 29.94	350m: 3:25.46 29.69	29.69
100m: 56.33 29.50	200m: 1:55.93 29.83	300m: 2:55.77 29.90	400m: 3:53.80 28.34	28.34
4. Staniszewski Bartosz	05 SMS Szczecin	<b>3:55.63</b>	730	25,00
50m: 26.78 26.78	150m: 1:26.51 30.20	250m: 2:27.28 30.43	350m: 3:27.90 29.75	29.75
100m: 56.31 29.53	200m: 1:56.85 30.34	300m: 2:58.15 30.87	400m: 3:55.63 27.73	27.73
5. Radkiewicz Kajetan	05 SMS Ostrowiec w.	<b>3:56.27</b>	724	24,00
50m: 27.41 27.41	150m: 1:27.22 30.05	250m: 2:27.51 30.03	350m: 3:27.58 29.51	29.51
100m: 57.17 29.76	200m: 1:57.48 30.26	300m: 2:58.07 30.56	400m: 3:56.27 28.69	28.69
6. Kozłowski Igor	05 SMS Lublin	<b>3:57.67</b>	712	23,00
50m: 26.93 26.93	150m: 1:26.36 29.93	250m: 2:26.95 30.14	350m: 3:28.22 30.71	30.71
100m: 56.43 29.50	200m: 1:56.81 30.45	300m: 2:57.51 30.56	400m: 3:57.67 29.45	29.45
7. Gnaczy ski Michał	07 SMS Szczecin	<b>3:58.36</b>	706	22,00
50m: 27.93 27.93	150m: 1:28.36 30.35	250m: 2:28.98 30.13	350m: 3:29.61 30.32	30.32
100m: 58.01 30.08	200m: 1:58.85 30.49	300m: 2:59.29 30.31	400m: 3:58.36 28.75	28.75
8. Mienicki Rafał	06 SMS Warszawa Bielany	<b>4:01.43</b>	679	21,00
50m: 27.24 27.24	150m: 1:27.57 30.39	250m: 2:29.52 31.20	350m: 3:31.41 30.73	30.73
100m: 57.18 29.94	200m: 1:58.32 30.75	300m: 3:00.68 31.16	400m: 4:01.43 30.02	30.02
9. aczek Hubert	08 SMS Lublin	<b>4:03.27</b>	664	-
50m: 27.88 27.88	150m: 1:29.77 31.06	250m: 2:32.57 31.20	350m: 3:34.48 30.46	30.46
100m: 58.71 30.83	200m: 2:01.37 31.60	300m: 3:04.02 31.45	400m: 4:03.27 28.79	28.79
10. Jabło ski Bartłomiej	07 SMS Racibórz	<b>4:04.35</b>	655	20,00
50m: 28.02 28.02	150m: 1:30.00 31.02	250m: 2:32.27 31.16	350m: 3:34.44 30.83	30.83
100m: 58.98 30.96	200m: 2:01.11 31.11	300m: 3:03.61 31.34	400m: 4:04.35 29.91	29.91
11. Pi tka Miłosz	07 SMS Szczecin	<b>4:04.67</b>	652	-
50m: 28.47 28.47	150m: 1:30.45 31.28	250m: 2:32.69 31.09	350m: 3:34.51 30.77	30.77
100m: 59.17 30.70	200m: 2:01.60 31.15	300m: 3:03.74 31.05	400m: 4:04.67 30.16	30.16
12. Duda Kacper	05 SMS Kraków	<b>4:04.94</b>	650	19,00
50m: 27.29 27.29	150m: 1:28.89 31.23	250m: 2:32.94 31.96	350m: 3:35.78 31.20	31.20
100m: 57.66 30.37	200m: 2:00.98 32.09	300m: 3:04.58 31.64	400m: 4:04.94 29.16	29.16
13. Bie kowski Mateusz	08 SMS Gda sk	<b>4:05.54</b>	645	18,00
50m: 27.54 27.54	150m: 1:30.15 31.72	250m: 2:32.65 31.37	350m: 3:36.31 31.82	31.82
100m: 58.43 30.89	200m: 2:01.28 31.13	300m: 3:04.49 31.84	400m: 4:05.54 29.23	29.23
14. Belzyt Maksymilian	05 SMS Gda sk	<b>4:05.56</b>	645	17,00
50m: 28.52 28.52	150m: 1:30.99 31.92	250m: 2:34.21 31.42	350m: 3:35.81 30.44	30.44
100m: 59.07 30.55	200m: 2:02.79 31.80	300m: 3:05.37 31.16	400m: 4:05.56 29.75	29.75
15. Wi niewski Wiktor	07 SMS O wi cim	<b>4:06.73</b>	636	16,00
50m: 28.70 28.70	150m: 1:30.99 31.43	250m: 2:34.03 31.52	350m: 3:36.92 31.37	31.37
100m: 59.56 30.86	200m: 2:02.51 31.52	300m: 3:05.55 31.52	400m: 4:06.73 29.81	29.81
16. Go ci ski Jakub	05 SMS Kraków	<b>4:08.47</b>	623	15,00
50m: 28.73 28.73	150m: 1:30.98 31.26	250m: 2:34.59 31.72	350m: 3:37.54 31.02	31.02
100m: 59.72 30.99	200m: 2:02.87 31.89	300m: 3:06.52 31.93	400m: 4:08.47 30.93	30.93

Obsługa zawodów: SMS SwimArt My lenice

www.swimart.pl

e-mail: zawody@swimart.pl

Splash Meet Manager, 11.77730

Registered to Polish Swimming Federation

21.10.2023 10:24 - Strona 1





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Konkurencja 20, M czynn, 400m dowolny, 14 lat i starsi

Pozycja	Rok ur.	Czas	Pkt.	Dru .
17. Kraska Mateusz	07 SMS Lublin	<b>4:09.41</b>	616	-
50m: 28.39 28.39	150m: 1:30.94 31.52	250m: 2:34.45 31.83	350m: 3:38.59 32.05	
100m: 59.42 31.03	200m: 2:02.62 31.68	300m: 3:06.54 32.09	400m: 4:09.41 30.82	
18. Sikora Cyprian	07 SMS Ostrowiec w.	<b>4:09.79</b>	613	14,00
50m: 28.24 28.24	150m: 1:31.28 31.73	250m: 2:35.08 31.66	350m: 3:39.46 32.39	
100m: 59.55 31.31	200m: 2:03.42 32.14	300m: 3:07.07 31.99	400m: 4:09.79 30.33	
19. Cembala Karol	05 SMS O wi cim	<b>4:10.16</b>	610	13,00
50m: 28.65 28.65	150m: 1:31.79 31.52	250m: 2:34.94 31.46	350m: 3:38.60 31.89	
100m: 1:00.27 31.62	200m: 2:03.48 31.69	300m: 3:06.71 31.77	400m: 4:10.16 31.56	
20. Wieraszka Bartosz	07 SMS Zielona Góra	<b>4:10.31</b>	609	12,00
50m: 28.58 28.58	150m: 1:32.66 31.97	250m: 2:36.06 31.41	350m: 3:39.60 32.12	
100m: 1:00.69 32.11	200m: 2:04.65 31.99	300m: 3:07.48 31.42	400m: 4:10.31 30.71	
21. Polkowski Piotr	08 SMS Warszawa Konwiktorska	<b>4:11.80</b>	598	11,00
50m: 28.10 28.10	150m: 1:32.57 32.53	250m: 2:37.98 32.58	350m: 3:41.10 30.88	
100m: 1:00.04 31.94	200m: 2:05.40 32.83	300m: 3:10.22 32.24	400m: 4:11.80 30.70	
22. Piotrowski Kacper	07 SMS Warszawa Bielany	<b>4:12.48</b>	594	10,00
50m: 27.94 27.94	150m: 1:31.04 31.68	250m: 3:07.38 1:04.70	350m:	
100m: 59.36 31.42	200m: 2:02.68 31.64	300m: 4:12.48 1:05.10	400m: 4:12.48	
23. Zgoda Szymon	08 SMS Warszawa Konwiktorska	<b>4:12.76</b>	592	9,00
50m: 28.09 28.09	150m: 1:30.94 31.62	250m: 2:34.83 32.07	350m: 3:40.67 32.76	
100m: 59.32 31.23	200m: 2:02.76 31.82	300m: 3:07.91 33.08	400m: 4:12.76 32.09	
24. Str k Krystian	08 SMS O wi cim	<b>4:15.42</b>	573	-
50m: 28.04 28.04	150m: 1:33.27 33.25	250m: 2:38.52 32.73	350m: 3:43.98 32.66	
100m: 1:00.02 31.98	200m: 2:05.79 32.52	300m: 3:11.32 32.80	400m: 4:15.42 31.44	
25. Paradowski Michał	06 SMS Gorzów Wielkopolski	<b>4:15.55</b>	572	8,00
50m: 28.38 28.38	150m: 1:32.77 32.44	250m: 2:37.47 32.15	350m: 3:43.69 32.96	
100m: 1:00.33 31.95	200m: 2:05.32 32.55	300m: 3:10.73 33.26	400m: 4:15.55 31.86	
26. Chabowski Nathaniel	06 SMS Gda sk	<b>4:17.48</b>	560	-
50m: 28.42 28.42	150m: 1:32.46 32.44	250m: 2:38.52 32.88	350m: 3:45.88 33.52	
100m: 1:00.02 31.60	200m: 2:05.64 33.18	300m: 3:12.36 33.84	400m: 4:17.48 31.60	
27. Rystwej Maksymilian	06 SMS Warszawa Bielany	<b>4:18.50</b>	553	-
50m: 27.91 27.91	150m: 1:31.15 31.97	250m: 2:37.20 33.28	350m: 3:44.81 33.94	
100m: 59.18 31.27	200m: 2:03.92 32.77	300m: 3:10.87 33.67	400m: 4:18.50 33.69	
28. Jarek Oskar	06 SMS O wi cim	<b>4:18.52</b>	553	-
50m: 28.98 28.98	150m: 1:33.51 32.73	250m: 2:39.81 33.30	350m: 3:46.26 33.47	
100m: 1:00.78 31.80	200m: 2:06.51 33.00	300m: 3:12.79 32.98	400m: 4:18.52 32.26	
29. Michniewicz Marcel	06 SMS Wrocław	<b>4:20.68</b>	539	7,00
50m: 29.18 29.18	150m: 1:34.16 32.63	250m: 2:40.57 33.27	350m: 3:47.51 33.59	
100m: 1:01.53 32.35	200m: 2:07.30 33.14	300m: 3:13.92 33.35	400m: 4:20.68 33.17	
30. Le niewski Wiktor	06 SMS Warszawa Konwiktorska	<b>4:22.18</b>	530	-
50m: 29.17 29.17	150m: 1:34.62 33.28	250m: 2:41.45 33.34	350m: 3:49.10 33.65	
100m: 1:01.34 32.17	200m: 2:08.11 33.49	300m: 3:15.45 34.00	400m: 4:22.18 33.08	
31. Ł dka Gabriel	08 SMS Kraków	<b>4:23.14</b>	524	-
50m: 29.61 29.61	150m: 1:36.11 33.80	250m: 2:44.45 33.99	350m: 3:52.20 33.72	
100m: 1:02.31 32.70	200m: 2:10.46 34.35	300m: 3:18.48 34.03	400m: 4:23.14 30.94	
32. Rolnicki Maksymilian	08 SMS Kraków	<b>4:24.08</b>	519	-
50m: 29.94 29.94	150m: 1:36.49 33.84	250m: 2:45.05 34.18	350m: 3:52.65 33.53	
100m: 1:02.65 32.71	200m: 2:10.87 34.38	300m: 3:19.12 34.07	400m: 4:24.08 31.43	
Kozdrowski Maciej	07 SMS Wrocław	<b>4:24.08</b>	519	6,00
50m: 29.17 29.17	150m: 1:34.94 33.48	250m: 2:43.30 34.14	350m: 3:52.29 34.44	
100m: 1:01.46 32.29	200m: 2:09.16 34.22	300m: 3:17.85 34.55	400m: 4:24.08 31.79	

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Konkurencja 20, M czynn, 400m dowolny, 14 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.	Dru .	
34.	B k Filip			08	SMS Gda sk				<b>4:25.19</b>	512	-	
	50m:	28.29	28.29	150m:	1:33.84	33.31	250m:	2:42.05	34.33	350m:	3:51.19	34.77
	100m:	1:00.53	32.24	200m:	2:07.72	33.88	300m:	3:16.42	34.37	400m:	4:25.19	34.00
35.	wirko Dominik			09	SMS Racibórz				<b>4:26.42</b>	505	5,00	
	50m:	29.41	29.41	150m:	1:36.76	34.38	250m:	2:46.00	34.47	350m:	3:54.41	33.59
	100m:	1:02.38	32.97	200m:	2:11.53	34.77	300m:	3:20.82	34.82	400m:	4:26.42	32.01
36.	Sylwestrowicz Wiktor			07	SMS Bydgoszcz				<b>4:27.37</b>	500	4,00	
	50m:			150m:	1:36.49		250m:	2:44.63		350m:		
	100m:			200m:			300m:			400m:	4:27.37	
37.	Michalski Maksymilian			09	SMS Bydgoszcz				<b>4:29.95</b>	486	3,00	
	50m:	29.15	29.15	150m:	1:37.44	34.54	250m:	2:47.22	35.03	350m:	3:56.56	34.69
	100m:	1:02.90	33.75	200m:	2:12.19	34.75	300m:	3:21.87	34.65	400m:	4:29.95	33.39
38.	Tobiszewski Mikołaj			08	SMS Ostrowiec w.				<b>4:40.96</b>	431	-	
	50m:	30.96	30.96	150m:	1:40.08	35.32	250m:	2:52.63	36.37	350m:	4:06.15	36.65
	100m:	1:04.76	33.80	200m:	2:16.26	36.18	300m:	3:29.50	36.87	400m:	4:40.96	34.81