



Liga Szkół Mistrzostwa Sportowego - II runda  
Lublin, 22. - 23.3.2024

Konkurencja 12  
22.03.2024 - 17:48

M czyzn, 400m zmienny

Open  
Wyniki

Punkty: FINA 2024

Pozycja			Wiek					Czas	Pkt.		
1.	POPIEL Mikołaj		18	SMS Lublin				<b>4:33.16</b>	699	27,00	
	50m:	27.46 27.46	150m:	1:35.46	35.51	250m:	2:50.86	39.06	350m:	4:03.32	32.62
	100m:	59.95 32.49	200m:	2:11.80	36.34	300m:	3:30.70	39.84	400m:	4:33.16	29.84
2.	KAPAŁA Bartosz		18	SMS Olsztyn				<b>4:33.40</b>	697	25,00	
	50m:		150m:			250m:			350m:		
	100m:		200m:			300m:			400m:	4:33.40	
3.	KOZŁOWSKI Igor		19	SMS Lublin				<b>4:39.65</b>	652	24,00	
	50m:	28.65 28.65	150m:	1:40.23	37.58	250m:	2:57.14	40.90	350m:	4:10.79	33.86
	100m:	1:02.65 34.00	200m:	2:16.24	36.01	300m:	3:36.93	39.79	400m:	4:39.65	28.86
4.	PORWIK Kacper		18	SMS O wi cim				<b>4:39.71</b>	651	23,00	
	50m:	29.19 29.19	150m:	1:40.11	36.29	250m:	2:56.34	40.24	350m:	4:08.78	32.69
	100m:	1:03.82 34.63	200m:	2:16.10	35.99	300m:	3:36.09	39.75	400m:	4:39.71	30.93
5.	KRY Radosław		17	SMS Szczecin				<b>4:39.90</b>	650	22,00	
	50m:	29.70 29.70	150m:	1:40.41	36.70	250m:	2:56.38	39.67	350m:	4:09.14	32.75
	100m:	1:03.71 34.01	200m:	2:16.71	36.30	300m:	3:36.39	40.01	400m:	4:39.90	30.76
6.	STANISZEWSKI Bartosz		19	SMS Szczecin				<b>4:41.44</b>	639	21,00	
	50m:	29.44 29.44	150m:	1:42.10	38.59	250m:	3:00.39	41.96	350m:		
	100m:	1:03.51 34.07	200m:	2:18.43	36.33	300m:	3:42.61	42.22	400m:	4:41.44	
7.	JOACHIMOWICZ Patryk		16	SMS Lublin				<b>4:43.01</b>	629	-	
	50m:	28.46 28.46	150m:	1:39.92	37.22	250m:	2:57.58	41.37	350m:	4:10.98	32.89
	100m:	1:02.70 34.24	200m:	2:16.21	36.29	300m:	3:38.09	40.51	400m:	4:43.01	32.03
8.	WI NIEWSKI Wiktor		17	SMS O wi cim				<b>4:44.73</b>	617	20,00	
	50m:	29.49 29.49	150m:	1:41.77	38.94	250m:	2:59.99	40.11	350m:	4:13.54	33.46
	100m:	1:02.83 33.34	200m:	2:19.88	38.11	300m:	3:40.08	40.09	400m:	4:44.73	31.19
9.	SUCHA SKI Filip		19	SMS Ostrowiec				<b>4:45.40</b>	613	19,00	
	50m:	28.95 28.95	150m:	1:39.88	37.01	250m:	2:59.99	44.66	350m:	4:14.73	31.21
	100m:	1:02.87 33.92	200m:	2:15.33	35.45	300m:	3:43.52	43.53	400m:	4:45.40	30.67
10.	RADZIKOWSKI Szymon		16	SMS Wrocław				<b>4:48.72</b>	592	18,00	
	50m:	30.05 30.05	150m:	1:44.88	38.14	250m:	3:02.94	41.10	350m:		
	100m:	1:06.74 36.69	200m:	2:21.84	36.96	300m:	3:44.31	41.37	400m:	4:48.72	
11.	ZIELI SKI Szymon		15	SMS Szczecin				<b>4:49.78</b>	586	-	
	50m:	29.45 29.45	150m:	1:43.94	39.19	250m:	3:03.34	41.03	350m:	4:18.30	31.91
	100m:	1:04.75 35.30	200m:	2:22.31	38.37	300m:	3:46.39	43.05	400m:	4:49.78	31.48
12.	KANIA Kamil		19	SMS O wi cim				<b>4:51.79</b>	574	-	
	50m:	31.47 31.47	150m:	1:47.34	40.18	250m:	3:06.15	39.48	350m:	4:19.28	33.74
	100m:	1:07.16 35.69	200m:	2:26.67	39.33	300m:	3:45.54	39.39	400m:	4:51.79	32.51
13.	SHYPIN Aliaksandr		17	SMS Warszawa Bielany				<b>4:52.44</b>	570	17,00	
	50m:	30.13 30.13	150m:	1:44.34	38.47	250m:	3:03.47	42.25	350m:	4:20.76	34.54
	100m:	1:05.87 35.74	200m:	2:21.22	36.88	300m:	3:46.22	42.75	400m:	4:52.44	31.68
14.	CZOGAŁA Grzegorz		17	SMS Warszawa Bielany				<b>4:53.68</b>	563	16,00	
	50m:	28.98 28.98	150m:	1:41.51	39.15	250m:	3:00.04	40.02	350m:	4:17.67	36.08
	100m:	1:02.36 33.38	200m:	2:20.02	38.51	300m:	3:41.59	41.55	400m:	4:53.68	36.01
15.	TARASIEWICZ Piotr		15	SMS Warszawa Konwiktorska				<b>4:54.30</b>	559	15,00	
	50m:	30.73 30.73	150m:	1:47.92	40.50	250m:	3:06.22	39.96	350m:	4:21.10	34.03
	100m:	1:07.42 36.69	200m:	2:26.26	38.34	300m:	3:47.07	40.85	400m:	4:54.30	33.20
16.	RACHWAŁ Patryk		16	SMS Kraków				<b>4:54.53</b>	558	14,00	
	50m:	30.01 30.01	150m:	1:42.81	38.61	250m:	3:04.74	44.22	350m:	4:23.48	34.00
	100m:	1:04.20 34.19	200m:	2:20.52	37.71	300m:	3:49.48	44.74	400m:	4:54.53	31.05



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Pozycja			Wiek				Czas	Pkt.	
17.	STEFA	SKI Leon	17	SMS Warszawa Bielany	<b>4:57.08</b>	543	-		
	50m:	29.17 29.17	150m:	1:42.15 38.03	250m:	3:01.35 41.04	350m:	4:20.46 36.46	
	100m:	1:04.12 34.95	200m:	2:20.31 38.16	300m:	3:44.00 42.65	400m:	4:57.08 36.62	
18.	SIKORA	Cyprian	17	SMS Ostrowiec	<b>4:57.16</b>	543	13,00		
	50m:	30.11 30.11	150m:	1:46.29 40.59	250m:	3:08.59 43.43	350m:	4:26.91 34.37	
	100m:	1:05.70 35.59	200m:	2:25.16 38.87	300m:	3:52.54 43.95	400m:	4:57.16 30.25	
19.	ŁOJEWSKI	Adam	17	SMS Olsztyn	<b>4:57.34</b>	542	12,00		
	50m:	30.77 30.77	150m:	1:45.15 38.44	250m:	3:06.35 43.31	350m:	4:24.65 34.79	
	100m:	1:06.71 35.94	200m:	2:23.04 37.89	300m:	3:49.86 43.51	400m:	4:57.34 32.69	
20.	MARYJOWSKI	Marcin	15	SMS Wrocław	<b>5:01.17</b>	522	11,00		
	50m:	30.86 30.86	150m:	1:47.14 40.42	250m:	3:09.99 43.44	350m:	4:28.13 34.83	
	100m:	1:06.72 35.86	200m:	2:26.55 39.41	300m:	3:53.30 43.31	400m:	5:01.17 33.04	
21.	SKRZYPIEC	Szymon	17	SMS Racibórz	<b>5:01.83</b>	518	10,00		
	50m:	29.88 29.88	150m:	1:43.76 38.08	250m:	3:03.37 41.17	350m:	4:24.21 37.25	
	100m:	1:05.68 35.80	200m:	2:22.20 38.44	300m:	3:46.96 43.59	400m:	5:01.83 37.62	
22.	DUBIEL	Wiktor	18	SMS Gdańsk	<b>5:03.61</b>	509	9,00		
	50m:	30.41 30.41	150m:	1:46.51 39.88	250m:	3:09.31 45.36	350m:	4:29.74 35.44	
	100m:	1:06.63 36.22	200m:	2:23.95 37.44	300m:	3:54.30 44.99	400m:	5:03.61 33.87	
23.	LUCOW	Jan	18	SMS Warszawa Konwiktorska	<b>5:05.86</b>	498	8,00		
	50m:	31.57 31.57	150m:	1:47.13 38.64	250m:	3:08.48 44.38	350m:	4:30.73 36.78	
	100m:	1:08.49 36.92	200m:	2:24.10 36.97	300m:	3:53.95 45.47	400m:	5:05.86 35.13	
24.	BALCEROWICZ	Ryszard	16	SMS Gdańsk	<b>5:07.73</b>	489	7,00		
	50m:	32.22 32.22	150m:	1:49.78 41.94	250m:	3:12.90 42.42	350m:	4:33.28 37.19	
	100m:	1:07.84 35.62	200m:	2:30.48 40.70	300m:	3:56.09 43.19	400m:	5:07.73 34.45	
25.	DYDA	Artur	16	SMS Kraków	<b>5:12.41</b>	467	6,00		
	50m:	31.25 31.25	150m:		250m:	3:13.13 45.82	350m:	4:36.77 36.89	
	100m:	1:08.23 36.98	200m:	2:27.31	300m:	3:59.88 46.75	400m:	5:12.41 35.64	
26.	WIELGOSZ	Borys	17	SMS Bydgoszcz	<b>5:15.75</b>	453	5,00		
	50m:	31.03 31.03	150m:	1:50.49 42.93	250m:	3:17.76 47.18	350m:	4:41.23 37.68	
	100m:	1:07.56 36.53	200m:	2:30.58 40.09	300m:	4:03.55 45.79	400m:	5:15.75 34.52	
27.	ŁAWRYNOWICZ	Kacper	15	SMS Bydgoszcz	<b>5:20.97</b>	431	4,00		
	50m:	30.65 30.65	150m:	1:51.81 45.04	250m:	3:17.72 44.20	350m:		
	100m:	1:06.77 36.12	200m:	2:33.52 41.71	300m:	4:02.21 44.49	400m:	5:20.97	