



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

Konkurencja 19
23.03.2024 - 9:21

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2024

Pozycja					Wiek					Czas	Pkt.	
1.	KOWALSKA Klara				19	SMS Lublin				4:23.39	713	27,00
	50m:	30.11	30.11	150m:	1:36.76	33.58	250m:	2:43.58	33.19	350m:	3:50.66	33.57
	100m:	1:03.18	33.07	200m:	2:10.39	33.63	300m:	3:17.09	33.51	400m:	4:23.39	32.73
2.	SOBCZAK Zofia				18	SMS Warszawa Bielany				4:29.06	669	25,00
	50m:	30.09	30.09	150m:	1:37.18	33.67	250m:	2:45.26	33.89	350m:	3:54.91	34.81
	100m:	1:03.51	33.42	200m:	2:11.37	34.19	300m:	3:20.10	34.84	400m:	4:29.06	34.15
3.	POPPE Marta				17	SMS Lublin				4:31.20	653	24,00
	50m:	31.36	31.36	150m:	1:38.94	33.93	250m:	2:47.49	34.39	350m:	3:57.21	34.82
	100m:	1:05.01	33.65	200m:	2:13.10	34.16	300m:	3:22.39	34.90	400m:	4:31.20	33.99
4.	KONDRASIUK Zofia				16	SMS Szczecin				4:32.86	641	23,00
	50m:	31.73	31.73	150m:	1:41.14	34.87	250m:	2:50.18	34.07	350m:	3:59.13	34.42
	100m:	1:06.27	34.54	200m:	2:16.11	34.97	300m:	3:24.71	34.53	400m:	4:32.86	33.73
5.	POLAK Iga				15	SMS O wi cim				4:33.99	634	22,00
	50m:	31.28	31.28	150m:	1:40.65	34.92	250m:	2:50.91	34.88	350m:	4:00.74	34.78
	100m:	1:05.73	34.45	200m:	2:16.03	35.38	300m:	3:25.96	35.05	400m:	4:33.99	33.25
6.	WILK Anna				18	SMS O wi cim				4:34.35	631	21,00
	50m:	31.25	31.25	150m:	1:40.77	35.04	250m:	2:51.20	35.05	350m:	4:01.10	34.71
	100m:	1:05.73	34.48	200m:	2:16.15	35.38	300m:	3:26.39	35.19	400m:	4:34.35	33.25
7.	KUSION Judyta				18	SMS O wi cim				4:34.81	628	-
	50m:	31.42	31.42	150m:	1:41.29	35.16	250m:	2:51.53	34.90	350m:	4:01.77	35.06
	100m:	1:06.13	34.71	200m:	2:16.63	35.34	300m:	3:26.71	35.18	400m:	4:34.81	33.04
8.	GO CI SKA Gabriela				15	SMS Kraków				4:35.37	624	20,00
	50m:	32.08	32.08	150m:	1:42.78	35.68	250m:	2:53.70	35.30	350m:	4:03.01	34.13
	100m:	1:07.10	35.02	200m:	2:18.40	35.62	300m:	3:28.88	35.18	400m:	4:35.37	32.36
9.	KUCZMAR Zuzanna				17	SMS Warszawa Konwiktorska				4:36.43	617	19,00
	50m:	30.39	30.39	150m:	1:39.18	34.77	250m:	2:50.32	35.59	350m:	4:01.78	35.66
	100m:	1:04.41	34.02	200m:	2:14.73	35.55	300m:	3:26.12	35.80	400m:	4:36.43	34.65
10.	WŁADYCZKA Amelia				17	SMS Wrocław				4:37.14	612	18,00
	50m:	30.60	30.60	150m:	1:38.82	34.48	250m:	2:49.89	35.30	350m:	4:01.98	35.91
	100m:	1:04.34	33.74	200m:	2:14.59	35.77	300m:	3:26.07	36.18	400m:	4:37.14	35.16
11.	ŁAKOMA Maria				16	SMS Kraków				4:37.33	611	17,00
	50m:	32.88	32.88	150m:	1:42.99	35.49	250m:	2:53.92	35.49	350m:	4:03.98	34.71
	100m:	1:07.50	34.62	200m:	2:18.43	35.44	300m:	3:29.27	35.35	400m:	4:37.33	33.35
12.	MAŁOLEPSZA Weronika				17	SMS Szczecin				4:37.95	607	16,00
	50m:	31.89	31.89	150m:	1:41.80	35.44	250m:	2:53.14	35.75	350m:	4:04.73	35.81
	100m:	1:06.36	34.47	200m:	2:17.39	35.59	300m:	3:28.92	35.78	400m:	4:37.95	33.22
13.	SOWA Barbara				17	SMS O wi cim				4:38.37	604	-
	50m:	31.75	31.75	150m:	1:42.21	35.46	250m:	2:54.04	35.80	350m:	4:04.57	34.88
	100m:	1:06.75	35.00	200m:	2:18.24	36.03	300m:	3:29.69	35.65	400m:	4:38.37	33.80
14.	WALCZAK Barbara				18	SMS Warszawa Bielany				4:39.52	597	15,00
	50m:	30.61	30.61	150m:	1:39.38	34.88	250m:	2:50.86	36.03	350m:	4:03.88	36.59
	100m:	1:04.50	33.89	200m:	2:14.83	35.45	300m:	3:27.29	36.43	400m:	4:39.52	35.64
15.	TADKO Wiktoria				19	SMS Racibórz				4:41.11	587	14,00
	50m:	31.42	31.42	150m:	1:41.98	35.84	250m:	2:54.47	36.25	350m:	4:06.59	35.89
	100m:	1:06.14	34.72	200m:	2:18.22	36.24	300m:	3:30.70	36.23	400m:	4:41.11	34.52
16.	KAZANOWSKA Klaudia				16	SMS Lublin				4:42.25	579	-
	50m:	31.60	31.60	150m:	1:42.46	36.23	250m:	2:55.22	36.54	350m:	4:07.42	36.02
	100m:	1:06.23	34.63	200m:	2:18.68	36.22	300m:	3:31.40	36.18	400m:	4:42.25	34.83



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Pozycja			Wiek					Czas	Pkt.	
17.	JA	KOWSKA Julia	16	SMS Racibórz				4:42.57	578	13,00
	50m:	32.24 32.24	150m:	1:43.24 35.77	250m:	2:54.94 35.92	350m:	4:07.52 36.20		
	100m:	1:07.47 35.23	200m:	2:19.02 35.78	300m:	3:31.32 36.38	400m:	4:42.57 35.05		
18.	MAZUREK	Dagmara	15	SMS Lublin				4:44.00	569	-
	50m:	31.23 31.23	150m:	1:41.87 35.91	250m:	2:54.69 36.61	350m:	4:07.96 36.38		
	100m:	1:05.96 34.73	200m:	2:18.08 36.21	300m:	3:31.58 36.89	400m:	4:44.00 36.04		
19.	DU	KO Julia	17	SMS Ostrowiec				4:44.61	565	12,00
	50m:	32.89 32.89	150m:	1:43.86 35.75	250m:	2:55.36 35.68	350m:	4:08.26 36.81		
	100m:	1:08.11 35.22	200m:	2:19.68 35.82	300m:	3:31.45 36.09	400m:	4:44.61 36.35		
20.	PRÓBA	Oliwia	18	SMS Warszawa Bielany				4:45.73	559	-
	50m:	33.53 33.53	150m:		250m:	3:00.15 36.37	350m:	4:12.79 36.03		
	100m:	1:09.56 36.03	200m:	2:23.78	300m:	3:36.76 36.61	400m:	4:45.73 32.94		
21.	RESZKO	Lena	15	SMS Warszawa Konwiktorska				4:46.39	555	11,00
	50m:	32.12 32.12	150m:	1:44.64 36.53	250m:	2:57.75 36.26	350m:	4:10.59 35.97		
	100m:	1:08.11 35.99	200m:	2:21.49 36.85	300m:	3:34.62 36.87	400m:	4:46.39 35.80		
22.	BAKUN	Maja	17	SMS Warszawa Bielany				4:46.51	554	-
	50m:	31.96 31.96	150m:	1:43.58 36.93	250m:	2:57.91 37.54	350m:	4:12.22 36.73		
	100m:	1:06.65 34.69	200m:	2:20.37 36.79	300m:	3:35.49 37.58	400m:	4:46.51 34.29		
23.	CHMIELEWSKA	Aleksandra	18	SMS Gda sk				4:48.08	545	10,00
	50m:	32.29 32.29	150m:	1:43.02 35.71	250m:	2:54.97 35.88	350m:	4:10.35 38.16		
	100m:	1:07.31 35.02	200m:	2:19.09 36.07	300m:	3:32.19 37.22	400m:	4:48.08 37.73		
24.	JĄŁOWIECKA	Gabriela	16	SMS Kraków				4:48.74	541	-
	50m:	32.57 32.57	150m:	1:46.58 37.21	250m:	3:00.46 36.41	350m:	4:13.14 36.32		
	100m:	1:09.37 36.80	200m:	2:24.05 37.47	300m:	3:36.82 36.36	400m:	4:48.74 35.60		
25.	WI	TEK Amelia	16	SMS Wrocław				4:49.44	537	9,00
	50m:	32.80 32.80	150m:	1:44.58 36.16	250m:	2:57.92 37.06	350m:	4:12.99 37.96		
	100m:	1:08.42 35.62	200m:	2:20.86 36.28	300m:	3:35.03 37.11	400m:	4:49.44 36.45		
26.	GRZECH	Maja	16	SMS Gda sk				4:50.35	532	8,00
	50m:	32.55 32.55	150m:	1:45.14 36.62	250m:	2:59.52 37.26	350m:	4:14.87 37.66		
	100m:	1:08.52 35.97	200m:	2:22.26 37.12	300m:	3:37.21 37.69	400m:	4:50.35 35.48		
27.	LETKIEWICZ	Zuzanna	16	SMS Zielona Góra				4:51.18	528	7,00
	50m:	34.25 34.25	150m:	1:48.77 37.95	250m:	3:03.21 36.93	350m:	4:16.59 36.21		
	100m:	1:10.82 36.57	200m:	2:26.28 37.51	300m:	3:40.38 37.17	400m:	4:51.18 34.59		
28.	DŁUGOPOLSKA	Nikola	15	SMS Kraków				4:52.39	521	-
	50m:	32.60 32.60	150m:	1:45.97 37.00	250m:	3:00.88 37.44	350m:	4:16.40 37.46		
	100m:	1:08.97 36.37	200m:	2:23.44 37.47	300m:	3:38.94 38.06	400m:	4:52.39 35.99		
29.	NOWAK	Izabela	16	SMS Warszawa Konwiktorska				4:53.69	514	-
	50m:	32.51 32.51	150m:	1:45.85 37.03	250m:	3:01.01 37.74	350m:	4:17.01 37.81		
	100m:	1:08.82 36.31	200m:	2:23.27 37.42	300m:	3:39.20 38.19	400m:	4:53.69 36.68		
30.	JABŁO	SKA Natalia	16	SMS Olsztyn				4:57.97	492	6,00
	50m:	33.69 33.69	150m:	1:47.41 36.96	250m:	3:03.03 37.85	350m:	4:19.86 38.63		
	100m:	1:10.45 36.76	200m:	2:25.18 37.77	300m:	3:41.23 38.20	400m:	4:57.97 38.11		
31.	BELZYT	Maja	16	SMS Gda sk				4:59.36	486	-
	50m:	34.27 34.27	150m:		250m:	3:08.28 38.68	350m:			
	100m:	1:12.01 37.74	200m:	2:29.60	300m:	3:46.60 38.32	400m:	4:59.36		
32.	CELI	SKA Małgorzata	18	SMS Ostrowiec				5:03.61	465	5,00
	50m:	33.35 33.35	150m:	1:47.21 37.23	250m:		350m:	4:24.30 39.82		
	100m:	1:09.98 36.63	200m:	2:25.61 38.40	300m:	3:44.48	400m:	5:03.61 39.31		
33.	STANKO	Khrystyna	16	SMS Bydgoszcz				5:06.97	450	4,00
	50m:	34.55 34.55	150m:	1:52.28 39.44	250m:	3:09.86 38.45	350m:	4:28.58 39.25		
	100m:	1:12.84 38.29	200m:	2:31.41 39.13	300m:	3:49.33 39.47	400m:	5:06.97 38.39		



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Pozycja			Wiek					Czas	Pkt.			
34.	WARSI SKA Julia		17	SMS Bydgoszcz				5:07.96	446	3,00		
	50m:	34.72	34.72	150m:	1:53.52	39.78	250m:	3:12.38	39.66	350m:	4:31.33	39.04
	100m:	1:13.74	39.02	200m:	2:32.72	39.20	300m:	3:52.29	39.91	400m:	5:07.96	36.63
35.	GRABOWSKA Aleksandra		17	SMS Bydgoszcz				5:19.77	398	-		
	50m:	34.93	34.93	150m:	1:56.81	40.92	250m:	3:20.00	41.63	350m:	4:42.24	40.30
	100m:	1:15.89	40.96	200m:	2:38.37	41.56	300m:	4:01.94	41.94	400m:	5:19.77	37.53
36.	ZDUNIAK Ewa		15	SMS Olsztyn				5:25.58	377	2,00		
	50m:	35.98	35.98	150m:	1:57.48	41.11	250m:	3:20.28	41.56	350m:	4:44.28	42.33
	100m:	1:16.37	40.39	200m:	2:38.72	41.24	300m:	4:01.95	41.67	400m:	5:25.58	41.30
PK	KARKOCHA Gabriela		15	SMS O wi cim				4:38.86	601	-		
	50m:	32.31	32.31	150m:	1:41.92	35.24	250m:	2:53.00	35.59	350m:	4:04.15	35.50
	100m:	1:06.68	34.37	200m:	2:17.41	35.49	300m:	3:28.65	35.65	400m:	4:38.86	34.71