



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

Konkurencja 20
23.03.2024 - 9:44

M czyzn, 400m dowolny

Open
Wyniki

Punkty: FINA 2024

Pozycja	Wiek		Czas		Pkt.	Open
1. KAPAŁA Bartosz	18	SMS Olsztyn	3:59.58	775	27,00	
50m:	150m:	250m:	350m:			
100m:	200m:	300m:	400m:			
2. STANISZEWSKI Bartosz	19	SMS Szczecin	4:00.21	768	25,00	
50m: 28.10 28.10	150m: 1:29.20 30.74	250m: 2:30.89 31.03	350m: 3:32.97 30.76			
100m: 58.46 30.36	200m: 1:59.86 30.66	300m: 3:02.21 31.32	400m: 4:00.21 27.24			
3. RYNKIEWICZ Jakub	19	SMS Lublin	4:01.10	760	24,00	
50m: 27.53 27.53	150m: 1:29.05 31.44	250m: 2:30.47 30.88	350m: 3:32.33 31.12			
100m: 57.61 30.08	200m: 1:59.59 30.54	300m: 3:01.21 30.74	400m: 4:01.10 28.77			
4. GNACZY SKI Michał	17	SMS Szczecin	4:01.42	757	23,00	
50m: 28.56 28.56	150m: 1:30.45 31.30	250m: 2:32.11 30.69	350m: 3:33.32 30.63			
100m: 59.15 30.59	200m: 2:01.42 30.97	300m: 3:02.69 30.58	400m: 4:01.42 28.10			
5. RADKIEWICZ Kajetan	19	SMS Ostrowiec	4:02.66	745	22,00	
50m: 28.17 28.17	150m: 1:30.51 31.33	250m: 2:32.81 30.86	350m: 3:33.72 30.20			
100m: 59.18 31.01	200m: 2:01.95 31.44	300m: 3:03.52 30.71	400m: 4:02.66 28.94			
6. WO NIAK Piotr	19	SMS Olsztyn	4:03.13	741	21,00	
50m:	150m:	250m:	350m:			
100m:	200m:	300m:	400m:			
7. KOZŁOWSKI Igor	19	SMS Lublin	4:03.94	734	20,00	
50m: 28.10 28.10	150m: 1:31.10 31.70	250m: 2:33.82 31.37	350m: 3:35.13 30.60			
100m: 59.40 31.30	200m: 2:02.45 31.35	300m: 3:04.53 30.71	400m: 4:03.94 28.81			
8. ACZEK Hubert	16	SMS Lublin	4:07.86	699	-	
50m: 27.88 27.88	150m: 1:30.93 31.88	250m: 2:33.94 31.13	350m: 3:37.50 31.62			
100m: 59.05 31.17	200m: 2:02.81 31.88	300m: 3:05.88 31.94	400m: 4:07.86 30.36			
9. MIENICKI Rafał	18	SMS Warszawa Bielany	4:08.39	695	19,00	
50m: 28.28 28.28	150m: 1:31.25 31.72	250m: 2:35.32 32.18	350m: 3:38.96 31.35			
100m: 59.53 31.25	200m: 2:03.14 31.89	300m: 3:07.61 32.29	400m: 4:08.39 29.43			
10. DUDA Kacper	19	SMS Kraków	4:10.37	679	18,00	
50m: 28.91 28.91	150m: 1:31.86 31.89	250m: 2:36.44 32.12	350m: 3:40.92 31.66			
100m: 59.97 31.06	200m: 2:04.32 32.46	300m: 3:09.26 32.82	400m: 4:10.37 29.45			
11. PI TKA Miłosz	17	SMS Szczecin	4:10.93	674	-	
50m: 28.72 28.72	150m: 1:32.43 31.88	250m: 2:35.98 31.77	350m: 3:39.92 31.94			
100m: 1:00.55 31.83	200m: 2:04.21 31.78	300m: 3:07.98 32.00	400m: 4:10.93 31.01			
12. BIE KOWSKI Mateusz	16	SMS Gdańsk	4:12.36	663	17,00	
50m: 28.45 28.45	150m: 1:32.58 32.48	250m: 2:37.83 32.55	350m: 3:43.01 32.34			
100m: 1:00.10 31.65	200m: 2:05.28 32.70	300m: 3:10.67 32.84	400m: 4:12.36 29.35			
13. PONIEWA Oliwier	17	SMS Lublin	4:12.58	661	-	
50m: 28.49 28.49	150m: 1:30.77 31.92	250m: 2:36.18 33.19	350m: 3:41.23 32.54			
100m: 58.85 30.36	200m: 2:02.99 32.22	300m: 3:08.69 32.51	400m: 4:12.58 31.35			
14. ZGODA Szymon	16	SMS Warszawa Konwiktorska	4:14.71	644	16,00	
50m: 28.94 28.94	150m: 1:33.85 32.87	250m: 2:38.48 32.23	350m: 3:43.55 32.31			
100m: 1:00.98 32.04	200m: 2:06.25 32.40	300m: 3:11.24 32.76	400m: 4:14.71 31.16			
15. SIKORA Cyprian	17	SMS Ostrowiec	4:16.00	635	15,00	
50m: 28.95 28.95	150m: 1:32.98 32.47	250m: 2:39.00 32.86	350m: 3:45.21 32.88			
100m: 1:00.51 31.56	200m: 2:06.14 33.16	300m: 3:12.33 33.33	400m: 4:16.00 30.79			
16. WI NIEWSKI Wiktor	17	SMS Olsztyn	4:16.20	633	14,00	
50m: 29.19 29.19	150m: 1:33.50 32.38	250m: 2:39.34 32.80	350m: 3:45.43 32.91			
100m: 1:01.12 31.93	200m: 2:06.54 33.04	300m: 3:12.52 33.18	400m: 4:16.20 30.77			



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Pozycja		Wiek						Czas	Pkt.	
17.	CEMBALA Karol	19	SMS O wi cim					4:17.99	620	13,00
	50m: 28.97 28.97	150m: 1:34.54	32.90	250m: 2:39.74	32.30	350m: 3:46.02	33.51			
	100m: 1:01.64 32.67	200m: 2:07.44	32.90	300m: 3:12.51	32.77	400m: 4:17.99	31.97			
18.	JABŁO SKI Bartłomiej	17	SMS Racibórz					4:18.04	620	12,00
	50m: 28.30 28.30	150m: 1:32.76	32.65	250m: 2:39.08	33.09	350m: 3:46.07	33.44			
	100m: 1:00.11 31.81	200m: 2:05.99	33.23	300m: 3:12.63	33.55	400m: 4:18.04	31.97			
19.	GO CI SKI Jakub	19	SMS Kraków					4:18.67	615	11,00
	50m: 30.20 30.20	150m: 1:35.79	33.12	250m: 2:42.42	33.38	350m: 3:48.10	31.99			
	100m: 1:02.67 32.47	200m: 2:09.04	33.25	300m: 3:16.11	33.69	400m: 4:18.67	30.57			
20.	POLKOWSKI Piotr	16	SMS Warszawa Konwiktorska					4:19.05	613	10,00
	50m: 29.39 29.39	150m: 1:35.98	33.46	250m: 2:42.52	33.19	350m: 3:48.13	32.37			
	100m: 1:02.52 33.13	200m: 2:09.33	33.35	300m: 3:15.76	33.24	400m: 4:19.05	30.92			
21.	SZEL EK Alan	15	SMS Szczecin					4:19.46	610	-
	50m: 29.62 29.62	150m: 1:36.06	33.48	250m: 2:42.44	32.76	350m: 3:48.68	32.77			
	100m: 1:02.58 32.96	200m: 2:09.68	33.62	300m: 3:15.91	33.47	400m: 4:19.46	30.78			
22.	JAREK Oskar	18	SMS O wi cim					4:19.50	609	-
	50m: 29.21 29.21	150m: 1:35.32	33.37	250m: 2:41.70	33.24	350m: 3:48.08	33.07			
	100m: 1:01.95 32.74	200m: 2:08.46	33.14	300m: 3:15.01	33.31	400m: 4:19.50	31.42			
23.	RYSTWEJ Maksymilian	18	SMS Warszawa Bielany					4:23.57	582	9,00
	50m: 29.65 29.65	150m: 1:36.14	33.68	250m: 2:42.72	33.24	350m:				
	100m: 1:02.46 32.81	200m: 2:09.48	33.34	300m: 3:16.29	33.57	400m: 4:23.57				
24.	Ł DKA Gabriel	16	SMS Kraków					4:24.60	575	-
	50m: 29.74 29.74	150m: 1:36.71	33.88	250m: 2:45.49	34.35	350m: 3:53.08	33.25			
	100m: 1:02.83 33.09	200m: 2:11.14	34.43	300m: 3:19.83	34.34	400m: 4:24.60	31.52			
25.	KOWALI SKI Adrian	18	SMS Wrocław					4:25.62	568	8,00
	50m: 29.60 29.60	150m: 1:35.60	33.43	250m: 2:43.78	34.09	350m: 3:52.35	34.16			
	100m: 1:02.17 32.57	200m: 2:09.69	34.09	300m: 3:18.19	34.41	400m: 4:25.62	33.27			
26.	PIOTROWSKI Kacper	17	SMS Warszawa Bielany					4:26.32	564	-
	50m: 29.16 29.16	150m: 1:37.01	34.68	250m: 2:44.84	33.82	350m: 3:53.08	34.35			
	100m: 1:02.33 33.17	200m: 2:11.02	34.01	300m: 3:18.73	33.89	400m: 4:26.32	33.24			
27.	FILIPIAK Mateusz	17	SMS Bydgoszcz					4:27.53	556	7,00
	50m: 29.94 29.94	150m: 1:36.97	33.87	250m: 2:44.67	33.80	350m: 3:53.98	34.92			
	100m: 1:03.10 33.16	200m: 2:10.87	33.90	300m: 3:19.06	34.39	400m: 4:27.53	33.55			
28.	STR K Krystian	16	SMS O wi cim					4:28.12	552	-
	50m: 28.99 28.99	150m: 1:35.20	33.66	250m: 2:43.53	34.29	350m: 3:53.93	35.66			
	100m: 1:01.54 32.55	200m: 2:09.24	34.04	300m: 3:18.27	34.74	400m: 4:28.12	34.19			
29.	LE NIEWSKI Wiktor	18	SMS Warszawa Konwiktorska					4:29.67	543	-
	50m: 30.15 30.15	150m: 1:37.71	34.30	250m: 2:46.91	34.28	350m: 3:56.70	34.74			
	100m: 1:03.41 33.26	200m: 2:12.63	34.92	300m: 3:21.96	35.05	400m: 4:29.67	32.97			
30.	KONIECZNY Witold	16	SMS Gda sk					4:30.16	540	6,00
	50m: 30.39 30.39	150m: 1:38.83	34.61	250m: 2:48.10	34.14	350m: 3:57.87	34.80			
	100m: 1:04.22 33.83	200m: 2:13.96	35.13	300m: 3:23.07	34.97	400m: 4:30.16	32.29			
31.	SYLWESTROWICZ Wiktor	17	SMS Bydgoszcz					4:31.33	533	5,00
	50m: 30.99 30.99	150m: 1:40.22	35.63	250m:		350m: 3:59.26	34.67			
	100m: 1:04.59 33.60	200m: 2:14.65	34.43	300m: 3:24.59		400m: 4:31.33	32.07			
32.	CHABOWSKI Nathaniel	18	SMS Gda sk					4:32.91	524	-
	50m: 30.15 30.15	150m: 1:39.78	35.06	250m: 2:49.34	34.79	350m: 3:59.23	34.48			
	100m: 1:04.72 34.57	200m: 2:14.55	34.77	300m: 3:24.75	35.41	400m: 4:32.91	33.68			
33.	MICHALSKI Maksymilian	15	SMS Bydgoszcz					4:32.93	524	-
	50m: 30.29 30.29	150m: 1:40.93	35.56	250m: 2:51.47	35.10	350m: 4:01.42	34.66			
	100m: 1:05.37 35.08	200m: 2:16.37	35.44	300m: 3:26.76	35.29	400m: 4:32.93	31.51			



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Konkurencja 20, M czynn, 400m dowolny, Open

Pozycja		Wiek						Czas	Pkt.	
34.	KOZDROWSKI Maciej	17	SMS Wrocław					4:34.10	517	4,00
	50m: 29.72 29.72	150m: 1:38.18	34.57	250m: 2:48.28	35.07	350m: 4:00.17	36.15			
	100m: 1:03.61 33.89	200m: 2:13.21	35.03	300m: 3:24.02	35.74	400m: 4:34.10	33.93			
35.	WIRKO Dominik	15	SMS Racibórz					4:35.13	511	3,00
	50m: 29.25 29.25	150m: 1:38.09	35.11	250m: 2:49.23	35.20	350m: 4:00.37	35.40			
	100m: 1:02.98 33.73	200m: 2:14.03	35.94	300m: 3:24.97	35.74	400m: 4:35.13	34.76			
36.	GEBAUER Wolfgang	16	SMS Olsztyn					4:35.62	509	-
	50m: 31.64 31.64	150m: 1:41.18	34.90	250m: 2:51.67	34.72	350m: 4:01.97	34.91			
	100m: 1:06.28 34.64	200m: 2:16.95	35.77	300m: 3:27.06	35.39	400m: 4:35.62	33.65			
37.	D BSKI Antoni	15	SMS Ostrowiec					4:40.48	483	-
	50m: 30.71 30.71	150m: 1:40.68	35.24	250m: 2:51.67	34.52	350m: 4:04.90	36.70			
	100m: 1:05.44 34.73	200m: 2:17.15	36.47	300m: 3:28.20	36.53	400m: 4:40.48	35.58			
38.	STARO Filip	16	SMS Gdańsk					4:40.83	481	-
	50m: 31.68 31.68	150m: 1:42.68	35.61	250m: 2:54.77	36.10	350m: 4:06.11	35.67			
	100m: 1:07.07 35.39	200m: 2:18.67	35.99	300m: 3:30.44	35.67	400m: 4:40.83	34.72			
39.	SMAL Michał	16	SMS Bydgoszcz					4:45.18	459	-
	50m: 28.85 28.85	150m: 1:39.41	36.38	250m: 2:54.37	37.90	350m: 4:08.98	37.59			
	100m: 1:03.03 34.18	200m: 2:16.47	37.06	300m: 3:31.39	37.02	400m: 4:45.18	36.20			
40.	TOBISZEWSKI Mikołaj	16	SMS Ostrowiec					4:53.48	421	-
	50m: 31.43 31.43	150m: 1:45.34	37.79	250m: 3:01.03	37.51	350m: 4:17.22	38.11			
	100m: 1:07.55 36.12	200m: 2:23.52	38.18	300m: 3:39.11	38.08	400m: 4:53.48	36.26			
PK	KRASKA Mateusz	17	SMS Lublin					4:13.28	655	-
	50m: 28.83 28.83	150m: 1:32.22	32.02	250m: 2:36.53	31.88	350m: 3:41.75	32.45			
	100m: 1:00.20 31.37	200m: 2:04.65	32.43	300m: 3:09.30	32.77	400m: 4:13.28	31.53			
PK	WÓJCIK Remigiusz	15	SMS Lublin					4:14.36	647	-
	50m: 27.92 27.92	150m: 1:31.65	32.34	250m: 2:37.06	32.89	350m: 3:43.55	33.39			
	100m: 59.31 31.39	200m: 2:04.17	32.52	300m: 3:10.16	33.10	400m: 4:14.36	30.81			
PK	CHARKOT Krzysztof	16	SMS Lublin					4:14.40	647	-
	50m: 28.55 28.55	150m: 1:31.97	32.25	250m: 2:37.45	32.83	350m: 3:43.40	32.89			
	100m: 59.72 31.17	200m: 2:04.62	32.65	300m: 3:10.51	33.06	400m: 4:14.40	31.00			
PK	WASILEWSKI Mateusz	16	SMS Lublin					4:18.88	614	-
	50m: 28.77 28.77	150m: 1:33.54	32.89	250m: 2:40.13	33.48	350m: 3:47.30	33.88			
	100m: 1:00.65 31.88	200m: 2:06.65	33.11	300m: 3:13.42	33.29	400m: 4:18.88	31.58			
PK	FRONCZEK Błażej	15	SMS Lublin					4:36.99	501	-
	50m: 30.37 30.37	150m: 1:40.08	34.96	250m: 2:50.97	35.66	350m: 4:02.16	35.52			
	100m: 1:05.12 34.75	200m: 2:15.31	35.23	300m: 3:26.64	35.67	400m: 4:36.99	34.83			