



Liga Szkół Mistrzostwa Sportowego - II runda  
Lublin, 28. - 29.3.2025

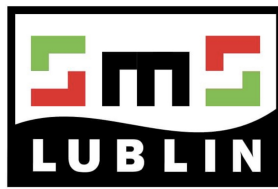
Konkurencja 16  
29.03.2025 - 9:09

Kobiet, 400m dowolny

Open  
Wyniki

Punkty: AQUA 2025

Pozycja					Wiek					Czas	Pkt.	CR
1.	DUDA Natalia				15	SMS Szczecin				<b>4:25.59</b>	696	+0,71
	50m:	31.50	31.50	150m:	1:39.21	34.04	250m:	2:47.66	34.17	350m:	3:53.76	32.21
	100m:	1:05.17	33.67	200m:	2:13.49	34.28	300m:	3:21.55	33.89	400m:	4:25.59	31.83
2.	POLAK Iga				16	SMS O wi cim				<b>4:26.98</b>	685	+0,74
	50m:	31.21	31.21	150m:	1:38.86	33.97	250m:	2:46.96	33.98	350m:	3:54.61	33.76
	100m:	1:04.89	33.68	200m:	2:12.98	34.12	300m:	3:20.85	33.89	400m:	4:26.98	32.37
3.	PIEKARSKA Natalia				19	SMS Olsztyn				<b>4:30.38</b>	659	+0,73
	50m:	31.38	31.38	150m:	1:38.93	34.05	250m:	2:47.28	34.29	350m:	3:56.06	34.61
	100m:	1:04.88	33.50	200m:	2:12.99	34.06	300m:	3:21.45	34.17	400m:	4:30.38	34.32
4.	WŁADYCZKA Amelia				18	SMS Wrocław				<b>4:32.24</b>	646	+0,79
	50m:	31.24	31.24	150m:	1:39.96	34.71	250m:	2:49.33	34.71	350m:	3:58.42	34.40
	100m:	1:05.25	34.01	200m:	2:14.62	34.66	300m:	3:24.02	34.69	400m:	4:32.24	33.82
5.	WIERNICKA Julia				18	SMS Lublin				<b>4:32.34</b>	645	+0,86
	50m:	31.43	31.43	150m:	1:39.91	34.34	250m:	2:49.35	34.88	350m:	3:59.23	34.88
	100m:	1:05.57	34.14	200m:	2:14.47	34.56	300m:	3:24.35	35.00	400m:	4:32.34	33.11
6.	MAŁOLEPSZA Weronika				18	SMS Szczecin				<b>4:32.41</b>	645	+0,65
	50m:	30.99	30.99	150m:	1:38.31	33.99	250m:	2:48.25	35.00	350m:	3:59.25	35.41
	100m:	1:04.32	33.33	200m:	2:13.25	34.94	300m:	3:23.84	35.59	400m:	4:32.41	33.16
7.	POPPE Marta				18	SMS Lublin				<b>4:32.77</b>	642	+0,79
	50m:	32.16	32.16	150m:	1:40.64	34.32	250m:	2:50.04	34.77	350m:	3:59.50	34.73
	100m:	1:06.32	34.16	200m:	2:15.27	34.63	300m:	3:24.77	34.73	400m:	4:32.77	33.27
8.	KUCZMAR Zuzanna				18	SMS Warszawa Konwiktorska				<b>4:34.08</b>	633	+0,72
	50m:	31.09	31.09	150m:	1:39.18	34.73	250m:	2:49.25	34.87	350m:	3:59.06	35.03
	100m:	1:04.45	33.36	200m:	2:14.38	35.20	300m:	3:24.03	34.78	400m:	4:34.08	35.02
9.	ŁAKOMA Maria				17	SMS Kraków				<b>4:34.89</b>	627	+0,77
	50m:	31.76	31.76	150m:	1:41.95	35.52	250m:	2:51.91	34.84	350m:	4:01.51	34.44
	100m:	1:06.43	34.67	200m:	2:17.07	35.12	300m:	3:27.07	35.16	400m:	4:34.89	33.38
10.	RESZKO Lena				16	SMS Warszawa Konwiktorska				<b>4:35.40</b>	624	+0,79
	50m:	31.30	31.30	150m:	1:41.06	35.33	250m:	2:51.79	35.24	350m:	4:01.54	34.63
	100m:	1:05.73	34.43	200m:	2:16.55	35.49	300m:	3:26.91	35.12	400m:	4:35.40	33.86
11.	CHMIELEWSKA Aleksandra				19	SMS Gdańsk				<b>4:35.93</b>	620	+0,85
	50m:	32.86	32.86	150m:	1:42.75	35.16	250m:	2:52.60	34.84	350m:	4:02.67	34.93
	100m:	1:07.59	34.73	200m:	2:17.76	35.01	300m:	3:27.74	35.14	400m:	4:35.93	33.26
12.	MARKIEWICZ Weronika				18	SMS Warszawa Bielany				<b>4:37.06</b>	613	+0,62
	50m:	29.91	29.91	150m:	1:38.03	34.53	250m:	2:49.28	35.64	350m:	4:01.88	36.07
	100m:	1:03.50	33.59	200m:	2:13.64	35.61	300m:	3:25.81	36.53	400m:	4:37.06	35.18
13.	KAZANOWSKA Klaudia				17	SMS Lublin				<b>4:39.09</b>	599	+0,75
	50m:	32.63	32.63	150m:	1:43.24	35.38	250m:	2:53.77	35.43	350m:	4:04.42	35.73
	100m:	1:07.86	35.23	200m:	2:18.34	35.10	300m:	3:28.69	34.92	400m:	4:39.09	34.67
14.	WILK Anna				19	SMS O wi cim				<b>4:41.81</b>	582	+0,74
	50m:	32.05	32.05	150m:	1:42.58	35.41	250m:	2:54.35	35.91	350m:	4:07.10	36.16
	100m:	1:07.17	35.12	200m:	2:18.44	35.86	300m:	3:30.94	36.59	400m:	4:41.81	34.71
15.	GO CI SKA Gabriela				16	SMS Kraków				<b>4:41.83</b>	582	+0,75
	50m:	31.60	31.60	150m:	1:42.29	35.40	250m:	2:54.20	35.80	350m:	4:07.39	36.48
	100m:	1:06.89	35.29	200m:	2:18.40	36.11	300m:	3:30.91	36.71	400m:	4:41.83	34.44
16.	WI TEK Amelia				17	SMS Wrocław				<b>4:45.17</b>	562	+0,74
	50m:	32.23	32.23	150m:	1:43.31	36.12	250m:	2:57.00	36.96	350m:	4:10.24	36.90
	100m:	1:07.19	34.96	200m:	2:20.04	36.73	300m:	3:33.34	36.34	400m:	4:45.17	34.93



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Pozycja			Wiek			Czas	Pkt.	CR
17.	GRZECH Maja	17	SMS Gda sk	<b>4:45.95</b>	557	+0,74		
	50m: 33.13 33.13	150m: 1:44.85 36.22	250m: 2:57.98 36.86	350m: 4:11.71 36.66				
	100m: 1:08.63 35.50	200m: 2:21.12 36.27	300m: 3:35.05 37.07	400m: 4:45.95 34.24				
18.	WRONA Maria	17	SMS Lublin	<b>4:46.24</b>	556	+0,74		
	50m: 33.10 33.10	150m: 1:44.76 36.25	250m: 2:57.56 36.55	350m: 4:10.56 36.46				
	100m: 1:08.51 35.41	200m: 2:21.01 36.25	300m: 3:34.10 36.54	400m: 4:46.24 35.68				
19.	BAKUN Maja	18	SMS Warszawa Bielany	<b>4:47.50</b>	548	+0,70		
	50m: 32.44 32.44	150m: 1:45.18 36.57	250m: 3:00.27 37.38	350m: 4:13.18 36.18				
	100m: 1:08.61 36.17	200m: 2:22.89 37.71	300m: 3:37.00 36.73	400m: 4:47.50 34.32				
20.	KURYSIA Anna	18	SMS O wi cim	<b>4:48.05</b>	545	+0,66		
	50m: 33.07 33.07	150m: 1:45.34 36.50	250m: 2:59.18 37.10	350m: 4:12.70 36.90				
	100m: 1:08.84 35.77	200m: 2:22.08 36.74	300m: 3:35.80 36.62	400m: 4:48.05 35.35				
21.	ZIELI SKA Małgorzata	17	SMS Gda sk	<b>4:52.78</b>	519	+0,69		
	50m: 32.47 32.47	150m: 1:44.71 36.82	250m: 2:59.07 37.48	350m: 4:15.12 38.30				
	100m: 1:07.89 35.42	200m: 2:21.59 36.88	300m: 3:36.82 37.75	400m: 4:52.78 37.66				
22.	DŁUGOPOLSKA Nikola	16	SMS Kraków	<b>4:52.87</b>	519	+0,73		
	50m: 32.72 32.72	150m: 1:46.57 37.26	250m: 3:01.20 37.37	350m: 4:16.32 37.64				
	100m: 1:09.31 36.59	200m: 2:23.83 37.26	300m: 3:38.68 37.48	400m: 4:52.87 36.55				
23.	DU KO Julia	18	SMS Ostrowiec	<b>4:53.91</b>	513	+0,76		
	50m: 33.21 33.21	150m: 1:47.59 37.33	250m: 3:02.95 37.55	350m: 4:17.74 37.30				
	100m: 1:10.26 37.05	200m: 2:25.40 37.81	300m: 3:40.44 37.49	400m: 4:53.91 36.17				
24.	SOSNÓWKA Milena	18	SMS Ostrowiec	<b>5:00.19</b>	482	+0,72		
	50m: 32.85 32.85	150m: 1:47.64 37.79	250m: 3:04.98 38.89	350m: 4:22.23 38.61				
	100m: 1:09.85 37.00	200m: 2:26.09 38.45	300m: 3:43.62 38.64	400m: 5:00.19 37.96				
25.	KAMPCZYK Paulina	19	SMS Racibórz	<b>5:01.89</b>	473	+0,68		
	50m: 34.21 34.21	150m: 1:49.61 38.15	250m: 3:07.12 38.74	350m: 4:24.51 38.66				
	100m: 1:11.46 37.25	200m: 2:28.38 38.77	300m: 3:45.85 38.73	400m: 5:01.89 37.38				
26.	GUZDEK Anna	18	SMS Racibórz	<b>5:06.73</b>	451	+0,65		
	50m: 34.19 34.19	150m: 1:51.59 39.67	250m: 3:10.36 39.35	350m: 4:28.75 39.22				
	100m: 1:11.92 37.73	200m: 2:31.01 39.42	300m: 3:49.53 39.17	400m: 5:06.73 37.98				
27.	KULI SKA Weronika	17	SMS Bydgoszcz	<b>5:19.28</b>	400	+0,71		
	50m: 35.33 35.33	150m: 1:55.35 40.78	250m: 3:18.57 41.70	350m: 4:41.15 41.20				
	100m: 1:14.57 39.24	200m: 2:36.87 41.52	300m: 3:59.95 41.38	400m: 5:19.28 38.13				
28.	GRABOWSKA Aleksandra	18	SMS Bydgoszcz	<b>5:23.78</b>	384	+0,71		
	50m: 34.76 34.76	150m: 1:56.66 42.05	250m: 3:22.63 43.06	350m: 4:44.72 40.73				
	100m: 1:14.61 39.85	200m: 2:39.57 42.91	300m: 4:03.99 41.36	400m: 5:23.78 39.06				
PK	JAŁOWIECKA Gabriela	17	SMS Lublin	<b>4:40.70</b>	589	+0,82		
	50m: 30.79 30.79	150m: 1:41.19 35.27	250m: 2:52.67 35.83	350m: 4:05.02 36.09				
	100m: 1:05.92 35.13	200m: 2:16.84 35.65	300m: 3:28.93 36.26	400m: 4:40.70 35.68				
PK	PASTUSZUK Zuzanna	15	SMS Lublin	<b>4:51.51</b>	526	+0,73		
	50m: 32.91 32.91	150m: 1:47.03 37.35	250m: 3:01.73 37.72	350m: 4:15.87 36.90				
	100m: 1:09.68 36.77	200m: 2:24.01 36.98	300m: 3:38.97 37.24	400m: 4:51.51 35.64				