



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

Konkurencja 3
28.03.2025 - 16:11

Kobiet, 400m zmienny

Open
Wyniki

Punkty: AQUA 2025

Pozycja			Wiek					Czas	Pkt.	CR	
1.	PRZYBYLSKA Oliwia		18	SMS Lublin				4:58.59	694	+0,78	
	50m:	32.46 32.46	150m:	1:47.85	37.62	250m:	3:05.92	41.38	350m:	4:23.73	34.76
	100m:	1:10.23 37.77	200m:	2:24.54	36.69	300m:	3:48.97	43.05	400m:	4:58.59	34.86
2.	SMURZY SKA Julia		19	SMS Kraków				5:04.91	651	+0,72	
	50m:	31.90 31.90	150m:	1:48.06	38.93	250m:	3:09.51	43.96	350m:	4:29.75	35.31
	100m:	1:09.13 37.23	200m:	2:25.55	37.49	300m:	3:54.44	44.93	400m:	5:04.91	35.16
3.	GLI SKA Oliwia		18	SMS Zielona Góra				5:06.77	640	+0,76	
	50m:	32.47 32.47	150m:	1:48.14	38.67	250m:	3:11.58	44.76	350m:	4:32.09	36.53
	100m:	1:09.47 37.00	200m:	2:26.82	38.68	300m:	3:55.56	43.98	400m:	5:06.77	34.68
4.	PIEKARSKA Natalia		19	SMS Olsztyn				5:06.82	639	+0,73	
	50m:	33.33 33.33	150m:	1:50.46	40.28	250m:	3:15.84	45.69	350m:	4:34.52	33.76
	100m:	1:10.18 36.85	200m:	2:30.15	39.69	300m:	4:00.76	44.92	400m:	5:06.82	32.30
5.	MILANCEJ EI bieta		16	SMS Warszawa Konwiktorska				5:11.99	608	+0,71	
	50m:	33.08 33.08	150m:	1:53.70	42.47	250m:	3:18.10	43.24	350m:	4:37.36	35.73
	100m:	1:11.23 38.15	200m:	2:34.86	41.16	300m:	4:01.63	43.53	400m:	5:11.99	34.63
6.	DUDA Natalia		15	SMS Szczecin				5:12.20	607	+0,80	
	50m:	33.33 33.33	150m:	1:54.53	42.40	250m:	3:20.29	45.69	350m:	4:39.53	33.67
	100m:	1:12.13 38.80	200m:	2:34.60	40.07	300m:	4:05.86	45.57	400m:	5:12.20	32.67
7.	WO AKOWSKA Zofia		18	SMS Lublin				5:13.23	601	+0,77	
	50m:	34.19 34.19	150m:	1:56.56	41.33	250m:	3:18.81	41.44	350m:	4:37.84	36.05
	100m:	1:15.23 41.04	200m:	2:37.37	40.81	300m:	4:01.79	42.98	400m:	5:13.23	35.39
8.	GAWELKO Zuzanna		19	SMS Lublin				5:13.55	599	+0,69	
	50m:	30.88 30.88	150m:	1:47.38	41.10	250m:	3:13.72	45.89	350m:	4:38.15	37.39
	100m:	1:06.28 35.40	200m:	2:27.83	40.45	300m:	4:00.76	47.04	400m:	5:13.55	35.40
9.	KUCZMAR Aleksandra		16	SMS Warszawa Konwiktorska				5:14.06	596	+0,63	
	50m:	32.85 32.85	150m:	1:51.96	40.57	250m:	3:17.19	45.57	350m:	4:39.66	35.94
	100m:	1:11.39 38.54	200m:	2:31.62	39.66	300m:	4:03.72	46.53	400m:	5:14.06	34.40
10.	WILK Anna		19	SMS O wi cim				5:14.66	593	+0,80	
	50m:	33.31 33.31	150m:	1:53.55	41.95	250m:	3:19.43	44.04	350m:	4:39.88	36.30
	100m:	1:11.60 38.29	200m:	2:35.39	41.84	300m:	4:03.58	44.15	400m:	5:14.66	34.78
11.	WIECZOREK Michalina		16	SMS O wi cim				5:18.21	573	+0,75	
	50m:	33.12 33.12	150m:	1:52.64	41.58	250m:	3:19.68	46.27	350m:	4:42.97	35.90
	100m:	1:11.06 37.94	200m:	2:33.41	40.77	300m:	4:07.07	47.39	400m:	5:18.21	35.24
12.	NOWACKA Emilia		15	SMS Kraków				5:20.12	563	+0,69	
	50m:	34.49 34.49	150m:	1:55.62	42.32	250m:	3:22.52	44.57	350m:	4:44.15	37.42
	100m:	1:13.30 38.81	200m:	2:37.95	42.33	300m:	4:06.73	44.21	400m:	5:20.12	35.97
13.	SKROK Julia		18	SMS Wrocław				5:23.14	547	+0,73	
	50m:	32.71 32.71	150m:	1:56.19	44.36	250m:	3:23.57	44.93	350m:	4:47.20	38.95
	100m:	1:11.83 39.12	200m:	2:38.64	42.45	300m:	4:08.25	44.68	400m:	5:23.14	35.94
14.	BADURA Oliwia		18	SMS Warszawa Bielany				5:23.47	545	+0,84	
	50m:	34.27 34.27	150m:	1:57.20	42.09	250m:	3:23.46	44.64	350m:	4:46.86	37.35
	100m:	1:15.11 40.84	200m:	2:38.82	41.62	300m:	4:09.51	46.05	400m:	5:23.47	36.61
15.	SKRZYPCZAK Natalia		18	SMS Racibórz				5:24.00	543	+0,81	
	50m:	33.53 33.53	150m:	1:53.91	41.77	250m:	3:21.57	46.34	350m:	4:46.47	38.64
	100m:	1:12.14 38.61	200m:	2:35.23	41.32	300m:	4:07.83	46.26	400m:	5:24.00	37.53
16.	MAŁOLEPSZA Weronika		18	SMS Szczecin				5:24.01	543	+0,65	
	50m:	34.49 34.49	150m:	1:56.61	42.29	250m:	3:27.42	47.50	350m:	4:50.85	35.21
	100m:	1:14.32 39.83	200m:	2:39.92	43.31	300m:	4:15.64	48.22	400m:	5:24.01	33.16



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Pozycja			Wiek					Czas	Pkt.	CR
17.	PI TEK Nadia		15	SMS Wrocław				5:25.65	535	+0,79
	50m: 33.76	33.76	150m: 1:58.43	44.70	250m: 3:26.34	44.09	350m: 4:49.24	37.66		
	100m: 1:13.73	39.97	200m: 2:42.25	43.82	300m: 4:11.58	45.24	400m: 5:25.65	36.41		
18.	JURCZUK Weronika		17	SMS Warszawa Bielany				5:31.14	508	+0,77
	50m: 33.81	33.81	150m: 1:56.23	42.81	250m: 3:27.07	48.26	350m: 4:53.72	38.39		
	100m: 1:13.42	39.61	200m: 2:38.81	42.58	300m: 4:15.33	48.26	400m: 5:31.14	37.42		
19.	MARCINIAK Aleksandra		18	SMS Kraków				5:32.89	500	+0,73
	50m: 32.37	32.37	150m: 1:53.68	43.87	250m: 3:24.29	47.94	350m: 4:53.05	40.40		
	100m: 1:09.81	37.44	200m: 2:36.35	42.67	300m: 4:12.65	48.36	400m: 5:32.89	39.84		
20.	LEWANDOWSKA Julia		15	SMS Bydgoszcz				5:33.62	497	+0,75
	50m: 35.05	35.05	150m: 2:00.40	42.21	250m: 3:29.21	46.40	350m: 4:55.08	39.29		
	100m: 1:18.19	43.14	200m: 2:42.81	42.41	300m: 4:15.79	46.58	400m: 5:33.62	38.54		
21.	CHMIELEWSKA Aleksandra		19	SMS Gdańsk				5:35.56	489	+0,83
	50m: 32.99	32.99	150m: 1:54.46	41.21	250m: 3:26.58	52.03	350m: 4:58.11	38.56		
	100m: 1:13.25	40.26	200m: 2:34.55	40.09	300m: 4:19.55	52.97	400m: 5:35.56	37.45		
22.	KUBIE Pola		15	SMS Racibórz				6:06.72	374	+0,71
	50m: 37.69	37.69	150m: 2:11.41	47.84	250m: 3:48.84	50.59	350m: 5:24.44	45.66		
	100m: 1:23.57	45.88	200m: 2:58.25	46.84	300m: 4:38.78	49.94	400m: 6:06.72	42.28		
DYSKW.	KARPOWICZ Olivia		16	SMS Ostrowiec						
	<i>K14 - Pływak wykonał kopniak motylkowy ku dołowi (z wyjściem jednym ruchem po starcie lub nawrocie) - 7.5</i>									