



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

Konkurencja 4
28.03.2025 - 16:30

M czyzn, 400m zmienny

Open
Wyniki

Punkty: AQUA 2025

Pozycja			Wiek					Czas	Pkt.	CR	
1.	POPIEL Mikołaj		19	SMS Lublin				4:32.35	705	+0,68	
	50m:	27.71 27.71	150m:	1:35.25	35.17	250m:	2:49.84	39.91	350m:	4:02.00	32.45
	100m:	1:00.08 32.37	200m:	2:09.93	34.68	300m:	3:29.55	39.71	400m:	4:32.35	30.35
2.	CZERWONKA Jan		17	SMS Lublin				4:38.50	660	+0,68	
	50m:	29.22 29.22	150m:	1:41.64	38.45	250m:	2:58.13	39.31	350m:	4:09.06	32.12
	100m:	1:03.19 33.97	200m:	2:18.82	37.18	300m:	3:36.94	38.81	400m:	4:38.50	29.44
3.	KRY Radosław		18	SMS Szczecin				4:38.65	659	+0,71	
	50m:	29.35 29.35	150m:	1:38.75	36.33	250m:	2:54.49	40.19	350m:	4:07.72	32.52
	100m:	1:02.42 33.07	200m:	2:14.30	35.55	300m:	3:35.20	40.71	400m:	4:38.65	30.93
4.	ŁUSZCZY SKI Krzysztof		17	SMS Gda sk				4:40.27	647	+0,72	
	50m:	28.51 28.51	150m:	1:39.20	37.02	250m:	2:55.94	41.21	350m:	4:10.98	32.92
	100m:	1:02.18 33.67	200m:	2:14.73	35.53	300m:	3:38.06	42.12	400m:	4:40.27	29.29
5.	TARASIEWICZ Piotr		16	SMS Warszawa Konwiktorska				4:43.46	626	+0,63	
	50m:	29.02 29.02	150m:	1:40.57	38.18	250m:	2:57.70	40.25	350m:	4:11.16	32.49
	100m:	1:02.39 33.37	200m:	2:17.45	36.88	300m:	3:38.67	40.97	400m:	4:43.46	32.30
6.	NOWACKI Mieszko		16	SMS Lublin				4:47.88	597	+0,66	
	50m:	29.62 29.62	150m:	1:40.19	35.10	250m:	2:57.51	42.89	350m:	4:14.95	33.78
	100m:	1:05.09 35.47	200m:	2:14.62	34.43	300m:	3:41.17	43.66	400m:	4:47.88	32.93
7.	PORWIK Kacper		19	SMS O wi cim				4:48.76	592	+0,81	
	50m:	29.77 29.77	150m:	1:43.33	38.07	250m:	3:01.33	40.21	350m:	4:16.65	33.95
	100m:	1:05.26 35.49	200m:	2:21.12	37.79	300m:	3:42.70	41.37	400m:	4:48.76	32.11
8.	ZIELI SKI Szymon		16	SMS Szczecin				4:48.86	591	+0,70	
	50m:	29.41 29.41	150m:	1:42.20	38.28	250m:	3:00.16	40.97	350m:	4:16.74	34.36
	100m:	1:03.92 34.51	200m:	2:19.19	36.99	300m:	3:42.38	42.22	400m:	4:48.86	32.12
9.	RADZIKOWSKI Szymon		17	SMS Wrocław				4:48.88	591	+0,77	
	50m:	28.26 28.26	150m:	1:38.16	36.28	250m:	2:56.13	41.47	350m:	4:14.44	36.36
	100m:	1:01.88 33.62	200m:	2:14.66	36.50	300m:	3:38.08	41.95	400m:	4:48.88	34.44
10.	MARYJOWSKI Marcin		16	SMS Wrocław				4:49.06	590	+0,66	
	50m:	29.27 29.27	150m:	1:41.38	38.74	250m:	3:00.17	41.50	350m:	4:16.85	34.15
	100m:	1:02.64 33.37	200m:	2:18.67	37.29	300m:	3:42.70	42.53	400m:	4:49.06	32.21
11.	BORY Wojciech		16	SMS O wi cim				4:52.68	568	+0,64	
	50m:	29.26 29.26	150m:	1:42.75	38.62	250m:	3:01.17	41.03	350m:	4:18.29	36.07
	100m:	1:04.13 34.87	200m:	2:20.14	37.39	300m:	3:42.22	41.05	400m:	4:52.68	34.39
12.	YAROSHENKO Alexander		15	SMS Warszawa Bielany				4:55.59	552	+0,71	
	50m:	30.05 30.05	150m:	1:47.27	40.18	250m:	3:05.35	39.09	350m:	4:22.00	36.04
	100m:	1:07.09 37.04	200m:	2:26.26	38.99	300m:	3:45.96	40.61	400m:	4:55.59	33.59
13.	STEFA SKI Leon		18	SMS Warszawa Bielany				4:55.97	550	+0,73	
	50m:	30.95 30.95	150m:	1:46.41	39.77	250m:	3:06.30	40.56	350m:	4:22.43	34.66
	100m:	1:06.64 35.69	200m:	2:25.74	39.33	300m:	3:47.77	41.47	400m:	4:55.97	33.54
14.	RACHWAŁ Patryk		17	SMS Kraków				4:56.05	549	+0,73	
	50m:	29.44 29.44	150m:	1:44.52	39.89	250m:	3:06.58	43.62	350m:	4:25.18	34.15
	100m:	1:04.63 35.19	200m:	2:22.96	38.44	300m:	3:51.03	44.45	400m:	4:56.05	30.87
15.	ŁOJEWSKI Adam		18	SMS Olsztyn				4:57.35	542	+0,73	
	50m:	29.98 29.98	150m:	1:43.58	38.80	250m:	3:04.60	42.88	350m:	4:23.74	35.02
	100m:	1:04.78 34.80	200m:	2:21.72	38.14	300m:	3:48.72	44.12	400m:	4:57.35	33.61
16.	ŁAWRYNOWICZ Kacper		16	SMS Bydgoszcz				4:59.12	532	+0,73	
	50m:	31.02 31.02	150m:	1:47.40	40.96	250m:	3:08.08	41.42	350m:	4:25.15	35.98
	100m:	1:06.44 35.42	200m:	2:26.66	39.26	300m:	3:49.17	41.09	400m:	4:59.12	33.97



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

Konkurencja 4, M czyzn, 400m zmienny, Open

Pozycja			Wiek					Czas	Pkt.	CR
17.	STR K Krystian		17	SMS O wi cim				4:59.40	531	+0,68
	50m: 30.09	30.09	150m: 1:43.98	38.54	250m: 3:05.39	43.15	350m: 4:25.23	35.57		
	100m: 1:05.44	35.35	200m: 2:22.24	38.26	300m: 3:49.66	44.27	400m: 4:59.40	34.17		
18.	D BSKI Antoni		16	SMS Ostrowiec				4:59.85	528	+0,72
	50m: 30.52	30.52	150m: 1:43.99	38.81	250m: 3:07.08	44.72	350m: 4:26.62	34.56		
	100m: 1:05.18	34.66	200m: 2:22.36	38.37	300m: 3:52.06	44.98	400m: 4:59.85	33.23		
19.	DZIEDZIC Karol		15	SMS Kraków				5:00.79	524	+0,70
	50m: 30.22	30.22	150m: 1:47.56	40.25	250m: 3:09.73	41.12	350m: 4:27.12	34.56		
	100m: 1:07.31	37.09	200m: 2:28.61	41.05	300m: 3:52.56	42.83	400m: 5:00.79	33.67		
20.	POTRZEBOWSKI Franciszek		16	SMS Warszawa Konwiktorska				5:02.13	517	+0,75
	50m: 29.27	29.27	150m: 1:46.65	43.16	250m: 3:09.62	41.66	350m: 4:28.49	35.48		
	100m: 1:03.49	34.22	200m: 2:27.96	41.31	300m: 3:53.01	43.39	400m: 5:02.13	33.64		
21.	BALCEROWICZ Ryszard		17	SMS Gda sk				5:02.77	513	+0,67
	50m: 30.78	30.78	150m: 1:45.05	39.47	250m: 3:08.17	43.04	350m: 4:27.97	35.87		
	100m: 1:05.58	34.80	200m: 2:25.13	40.08	300m: 3:52.10	43.93	400m: 5:02.77	34.80		
22.	SYNOWIEC Szymon		15	SMS Kraków				5:03.82	508	+0,81
	50m: 29.45	29.45	150m: 1:45.80	40.85	250m: 3:09.14	44.45	350m: 4:28.99	35.05		
	100m: 1:04.95	35.50	200m: 2:24.69	38.89	300m: 3:53.94	44.80	400m: 5:03.82	34.83		
23.	KRAWCZUK Aleksander		16	SMS Bydgoszcz				5:05.19	501	+0,64
	50m: 30.08	30.08	150m: 1:48.05	41.49	250m: 3:09.67	41.93	350m: 4:29.65	37.92		
	100m: 1:06.56	36.48	200m: 2:27.74	39.69	300m: 3:51.73	42.06	400m: 5:05.19	35.54		
DYSKW.	KLONOWSKI Mikołaj		18	SMS Bydgoszcz						

M1 - Pływak nie złamał powierzchni wody głow przed lub na lini 15 m po starcie lub nawrocie - 8.5