



Liga Szkół Mistrzostwa Sportowego - II runda
Lublin, 7. - 8.3.2026

Konkurencja 16
08.03.2026 - 9:09

Kobiet, 400m dowolny

Open
Wyniki

Punkty: AQUA 2025

Pozycja	Wiek								Czas	Pkt.	CR
1. DUDA Natalia	16	SMS Szczecin							4:25.56	696	
50m: 31.56 31.56	150m: 1:39.09 33.90	250m: 2:46.71 33.56	350m: 3:53.36 32.97	100m: 1:05.19 33.63	200m: 2:13.15 34.06	300m: 3:20.39 33.68	400m: 4:25.56 32.20				
2. RESZKO Lena	17	SMS Warszawa Konwiktorska							4:27.44	681	+0.79
50m: 31.08 31.08	150m: 1:38.68 34.02	250m: 2:46.58 33.63	350m: 3:54.17 33.38	100m: 1:04.66 33.58	200m: 2:12.95 34.27	300m: 3:20.79 34.21	400m: 4:27.44 33.27				
3. POLAK Iga	17	SMS O wi cim							4:27.79	679	+0.80
50m: 31.27 31.27	150m: 1:38.81 34.22	250m: 2:47.28 34.10	350m: 3:55.40 33.92	100m: 1:04.59 33.32	200m: 2:13.18 34.37	300m: 3:21.48 34.20	400m: 4:27.79 32.39				
4. KUCZMAR Zuzanna	19	SMS Warszawa Konwiktorska							4:31.14	654	+0.81
50m: 31.30 31.30	150m: 1:39.42 34.23	250m: 2:47.82 34.27	350m: 3:56.76 34.48	100m: 1:05.19 33.89	200m: 2:13.55 34.13	300m: 3:22.28 34.46	400m: 4:31.14 34.38				
5. PIETUCH Antonina	16	SMS Warszawa Bielany							4:32.79	642	+0.84
50m: 31.03 31.03	150m: 1:39.63 34.62	250m: 2:48.58 34.08	350m: 3:58.94 34.75	100m: 1:05.01 33.98	200m: 2:14.50 34.87	300m: 3:24.19 35.61	400m: 4:32.79 33.85				
6. MAŁOLEPSZA Weronika	19	SMS Szczecin							4:33.08	640	+0.67
50m: 32.23 32.23	150m: 1:39.75 33.93	250m: 2:48.41 34.13	350m: 3:58.84 35.18	100m: 1:05.82 33.59	200m: 2:14.28 34.53	300m: 3:23.66 35.25	400m: 4:33.08 34.24				
7. ŁAKOMA Maria	18	SMS Kraków							4:33.50	637	+0.90
50m: 31.97 31.97	150m: 1:41.04 34.56	250m: 2:49.81 34.49	350m: 3:59.47 34.70	100m: 1:06.48 34.51	200m: 2:15.32 34.28	300m: 3:24.77 34.96	400m: 4:33.50 34.03				
8. POPPE Marta	19	SMS Lublin							4:36.76	615	+0.60
50m: 31.39 31.39	150m: 1:39.95 34.82	250m: 2:50.65 35.75	350m: 4:01.96 35.23	100m: 1:05.13 33.74	200m: 2:14.90 34.95	300m: 3:26.73 36.08	400m: 4:36.76 34.80				
9. JAŁOWIECKA Gabriela	18	SMS Lublin							4:37.36	611	+0.82
50m: 30.69 30.69	150m: 1:39.30 34.72	250m: 2:50.20 35.55	350m: 4:01.84 35.85	100m: 1:04.58 33.89	200m: 2:14.65 35.35	300m: 3:25.99 35.79	400m: 4:37.36 35.52				
10. KWIATKOWSKA Rozalia	17	SMS Bydgoszcz							4:38.17	605	+0.63
50m: 31.16 31.16	150m: 1:41.49 35.86	250m: 2:52.18 35.39	350m: 4:03.60 35.55	100m: 1:05.63 34.47	200m: 2:16.79 35.30	300m: 3:28.05 35.87	400m: 4:38.17 34.57				
11. WIERNICKA Julia	19	SMS Kraków							4:40.81	588	+0.86
50m: 31.66 31.66	150m: 1:40.90 34.91	250m: 2:52.36 35.83	350m: 4:05.09 36.37	100m: 1:05.99 34.33	200m: 2:16.53 35.63	300m: 3:28.72 36.36	400m: 4:40.81 35.72				
12. KAZANOWSKA Klaudia	18	SMS Lublin							4:43.23	573	+0.82
50m: 31.81 31.81	150m: 1:42.43 35.72	250m: 2:54.44 36.38	350m: 4:07.94 37.35	100m: 1:06.71 34.90	200m: 2:18.06 35.63	300m: 3:30.59 36.15	400m: 4:43.23 35.29				
13. WIECZOREK Michalina	17	SMS O wi cim							4:43.40	572	+0.70
50m: 31.84 31.84	150m: 1:42.26 35.50	250m: 2:54.78 36.36	350m: 4:07.67 36.41	100m: 1:06.76 34.92	200m: 2:18.42 36.16	300m: 3:31.26 36.48	400m: 4:43.40 35.73				
14. MARKIEWICZ Weronika	19	SMS Warszawa Bielany							4:43.70	571	+0.69
50m: 31.50 31.50	150m: 1:42.68 36.20	250m: 2:55.99 36.60	350m: 4:09.10 36.34	100m: 1:06.48 34.98	200m: 2:19.39 36.71	300m: 3:32.76 36.77	400m: 4:43.70 34.60				
15. PASTUSZUK Zuzanna	16	SMS Lublin							4:45.08	562	+0.76
50m: 31.81 31.81	150m: 1:42.95 35.88	250m: 2:56.04 36.63	350m: 4:09.61 36.74	100m: 1:07.07 35.26	200m: 2:19.41 36.46	300m: 3:32.87 36.83	400m: 4:45.08 35.47				
16. CZECHMA SKA Antonina	16	SMS Warszawa Konwiktorska							4:47.32	549	+0.85
50m: 31.58 31.58	150m: 1:42.95 35.98	250m: 2:56.38 36.16	350m: 4:11.67 37.74	100m: 1:06.97 35.39	200m: 2:20.22 37.27	300m: 3:33.93 37.55	400m: 4:47.32 35.65				



Liga Szkół Mistrzostwa Sportowego - II runda
Lublin, 7. - 8.3.2026

Konkurencja 16, Kobiet, 400m dowolny, Open

Pozycja					Wiek					Czas	Pkt.	CR
17.	TOMASZEWSKA Maria				18	SMS Wrocław				4:48.06	545	+0.77
	50m:	32.89	32.89	150m:	1:45.86	37.09	250m:	3:00.12	37.00	350m:	4:13.11	36.26
	100m:	1:08.77	35.88	200m:	2:23.12	37.26	300m:	3:36.85	36.73	400m:	4:48.06	34.95
18.	WŁADYCZKA Amelia				19	SMS Wrocław				4:49.21	539	+0.83
	50m:	32.54	32.54	150m:	1:44.52	36.53	250m:	2:57.76	36.91	350m:	4:12.38	37.41
	100m:	1:07.99	35.45	200m:	2:20.85	36.33	300m:	3:34.97	37.21	400m:	4:49.21	36.83
19.	SOWA Barbara				19	SMS O wi cim				4:50.92	529	+0.71
	50m:	32.90	32.90	150m:	1:45.94	37.21	250m:	3:00.35	37.42	350m:	4:14.86	37.16
	100m:	1:08.73	35.83	200m:	2:22.93	36.99	300m:	3:37.70	37.35	400m:	4:50.92	36.06
20.	WALCZYK Hanna				16	SMS Bydgoszcz				4:51.21	528	+0.79
	50m:	32.60	32.60	150m:	1:45.55	37.02	250m:	3:00.21	37.63	350m:	4:14.90	37.03
	100m:	1:08.53	35.93	200m:	2:22.58	37.03	300m:	3:37.87	37.66	400m:	4:51.21	36.31
21.	GIL Laura				17	SMS Ostrowiec				4:54.27	511	+0.82
	50m:	32.80	32.80	150m:	1:47.79	37.68	250m:	3:03.72	37.73	350m:	4:18.97	37.22
	100m:	1:10.11	37.31	200m:	2:25.99	38.20	300m:	3:41.75	38.03	400m:	4:54.27	35.30
22.	RACHWAŁ Olga				16	SMS Kraków				4:54.46	510	+0.75
	50m:	33.86	33.86	150m:	1:47.16	37.32	250m:	3:02.61	37.75	350m:	4:18.44	38.03
	100m:	1:09.84	35.98	200m:	2:24.86	37.70	300m:	3:40.41	37.80	400m:	4:54.46	36.02
23.	GRZECH Maja				18	SMS Gda sk				4:56.41	500	+0.81
	50m:	33.42	33.42	150m:	1:46.76	37.34	250m:	3:03.38	38.65	350m:	4:20.71	38.82
	100m:	1:09.42	36.00	200m:	2:24.73	37.97	300m:	3:41.89	38.51	400m:	4:56.41	35.70
24.	BAKUN Maja				19	SMS Warszawa Bielany				4:57.01	497	+0.70
	50m:	32.31	32.31	150m:	1:47.18	38.03	250m:	3:04.81	38.98	350m:	4:21.46	38.14
	100m:	1:09.15	36.84	200m:	2:25.83	38.65	300m:	3:43.32	38.51	400m:	4:57.01	35.55
25.	WI TEK Amelia				18	SMS Wrocław				4:57.34	496	+0.94
	50m:	32.86	32.86	150m:	1:46.09	37.28	250m:	3:02.14	38.34	350m:	4:19.45	38.73
	100m:	1:08.81	35.95	200m:	2:23.80	37.71	300m:	3:40.72	38.58	400m:	4:57.34	37.89
26.	KORDEK Zuzanna				18	SMS Racibórz				5:06.07	454	+0.80
	50m:	34.78	34.78	150m:	1:51.50	39.06	250m:	3:09.93	38.75	350m:	4:28.90	38.40
	100m:	1:12.44	37.66	200m:	2:31.18	39.68	300m:	3:50.50	40.57	400m:	5:06.07	37.17
27.	DUBIEL Liliana				16	SMS Gda sk				5:07.34	449	+0.77
	50m:	34.14	34.14	150m:	1:52.65	39.84	250m:	3:12.48	39.74	350m:	4:30.51	38.70
	100m:	1:12.81	38.67	200m:	2:32.74	40.09	300m:	3:51.81	39.33	400m:	5:07.34	36.83
28.	ARTWIK Hanna				16	SMS Racibórz				5:11.59	431	+0.92
	50m:	35.75	35.75	150m:	1:53.72	39.81	250m:	3:13.44	40.29	350m:	4:33.82	40.08
	100m:	1:13.91	38.16	200m:	2:33.15	39.43	300m:	3:53.74	40.30	400m:	5:11.59	37.77
29.	UK Hanna				16	SMS Pozna				5:11.65	430	+0.77
	50m:	35.00	35.00	150m:	1:52.45	39.16	250m:	3:12.81	40.51	350m:	4:32.92	39.68
	100m:	1:13.29	38.29	200m:	2:32.30	39.85	300m:	3:53.24	40.43	400m:	5:11.65	38.73
30.	GRAMALA Zofia				17	SMS Pozna				5:12.02	429	+0.75
	50m:	34.68	34.68	150m:	1:52.69	39.27	250m:	3:12.97	39.97	350m:	4:33.37	40.49
	100m:	1:13.42	38.74	200m:	2:33.00	40.31	300m:	3:52.88	39.91	400m:	5:12.02	38.65
PK	CZOPEK Lena				16	SMS Lublin				4:45.79	558	+0.75
	50m:	32.55	32.55	150m:	1:43.83	36.08	250m:	2:56.80	36.75	350m:	4:10.27	36.78
	100m:	1:07.75	35.20	200m:	2:20.05	36.22	300m:	3:33.49	36.69	400m:	4:45.79	35.52
PK	WRONA Maria				18	SMS Lublin				4:54.61	509	+0.78
	50m:	33.98	33.98	150m:	1:47.29	37.19	250m:	3:02.47	37.77	350m:	4:17.71	37.71
	100m:	1:10.10	36.12	200m:	2:24.70	37.41	300m:	3:40.00	37.53	400m:	4:54.61	36.90



Liga Szkół Mistrzostwa Sportowego - II runda
Lublin, 7. - 8.3.2026

Konkurencja 16, Kobiet, 400m dowolny

Pozycja				Wiek						Czas	Pkt.	CR
PK	KIERO	SKA Maryla		15	SMS Lublin					5:03.49	466	+0.86
	50m:	32.97	32.97	150m:	1:47.70	38.33	250m:	3:06.18	39.53	350m:	4:25.45	40.13
	100m:	1:09.37	36.40	200m:	2:26.65	38.95	300m:	3:45.32	39.14	400m:	5:03.49	38.04