

Memoria<sup>3</sup> Henryka Kosakowskiego  
Janów Lubelski, 28.3.2009

Konkurencja 14  
2009-03-28 - 12:31

Mężczyzn, 400m dowolny

12 lat i starsi  
Wyniki

Punkty: FINA 2008

Pozycja					Wiek					Czas	Pkt.	
1.	DUBIEL Adam				16	MTP Lublinianka				<b>4:06.39</b>	691	
	50m:	28.15	28.15	150m:	1:29.47	31.03	250m:	2:32.44	31.58	350m:	3:35.75	31.89
	100m:	58.44	30.29	200m:	2:00.86	31.39	300m:	3:03.86	31.42	400m:	4:06.39	30.64
2.	KOTOWICZ Jan				18	MTP Lublinianka				<b>4:13.38</b>	636	
	50m:	28.95	28.95	150m:	1:33.56	32.49	250m:	2:37.69	31.83	350m:	3:41.44	32.16
	100m:	1:01.07	32.12	200m:	2:05.86	32.30	300m:	3:09.28	31.59	400m:	4:13.38	31.94
3.	UKOWSKI Maciej				16	UKS Orka Zamocœæ				<b>4:14.16</b>	630	
	50m:	28.56	28.56	150m:	1:31.19	31.57	250m:	2:36.41	32.90	350m:	3:42.57	32.98
	100m:	59.62	31.06	200m:	2:03.51	32.32	300m:	3:09.59	33.18	400m:	4:14.16	31.59
4.	BULAK Micha <sup>3</sup>				17	UKS Orka Zamocœæ				<b>4:14.50</b>	627	
	50m:	28.45	28.45	150m:	1:32.17	32.06	250m:	2:36.95	32.56	350m:	3:42.40	32.66
	100m:	1:00.11	31.66	200m:	2:04.39	32.22	300m:	3:09.74	32.79	400m:	4:14.50	32.10
5.	HAŁACZKIEWICZ Pawe <sup>3</sup>				16	KS Wis <sup>3</sup> a Pu <sup>3</sup> awy				<b>4:15.64</b>	619	
	50m:	28.57	28.57	150m:	1:32.64	32.78	250m:	2:38.66	33.05	350m:	3:43.98	32.54
	100m:	59.86	31.29	200m:	2:05.61	32.97	300m:	3:11.44	32.78	400m:	4:15.64	31.66
6.	BIADUŃ Adrian				16	MTP Lublinianka				<b>4:25.68</b>	551	
	50m:	29.76	29.76	150m:	1:36.22	33.68	250m:	2:44.86	34.40	350m:	3:53.66	34.41
	100m:	1:02.54	32.78	200m:	2:10.46	34.24	300m:	3:19.25	34.39	400m:	4:25.68	32.02
7.	JACNIACKI Mateusz				16	Fala Kracœnik				<b>4:28.48</b>	534	
	50m:	29.90	29.90	150m:	1:37.56	33.80	250m:	2:46.13	34.20	350m:	3:54.68	34.34
	100m:	1:03.76	33.86	200m:	2:11.93	34.37	300m:	3:20.34	34.21	400m:	4:28.48	33.80
8.	SZOSTAK Micha <sup>3</sup>				15	UKS Orka Zamocœæ				<b>4:29.74</b>	527	
	50m:	30.09	30.09	150m:	1:37.58	33.96	250m:	2:46.63	34.67	350m:	3:56.24	34.83
	100m:	1:03.62	33.53	200m:	2:11.96	34.38	300m:	3:21.41	34.78	400m:	4:29.74	33.50
9.	BOŶYM Adam				15	KP Avia Œwidnik				<b>4:30.79</b>	521	
	50m:	30.60	30.60	150m:	1:39.45	34.57	250m:	2:48.11	34.02	350m:	3:56.98	34.10
	100m:	1:04.88	34.28	200m:	2:14.09	34.64	300m:	3:22.88	34.77	400m:	4:30.79	33.81
10.	SKÓRSKI Jakub				15	KP Avia Œwidnik				<b>4:35.32</b>	495	
	50m:	32.38	32.38	150m:	1:40.11	35.37	250m:	2:51.21	35.63	350m:	4:02.31	35.41
	100m:	1:04.74	32.36	200m:	2:15.58	35.47	300m:	3:26.90	35.69	400m:	4:35.32	33.01
11.	HOŁUB Jan				13	KP Avia Œwidnik				<b>4:39.08</b>	476	
	50m:	32.68	32.68	150m:	1:44.14	35.81	250m:	2:56.25	35.41	350m:	4:07.72	35.19
	100m:	1:08.33	35.65	200m:	2:20.84	36.70	300m:	3:32.53	36.28	400m:	4:39.08	31.36
12.	GOLEŃ Filip				13	Fala Kracœnik				<b>4:41.33</b>	464	
	50m:	32.64	32.64	150m:	1:44.25	35.98	250m:	2:56.47	36.21	350m:	4:07.69	35.57
	100m:	1:08.27	35.63	200m:	2:20.26	36.01	300m:	3:32.12	35.65	400m:	4:41.33	33.64
13.	GWIAZDA Micha <sup>3</sup>				15	UKS Skarpa Lublin				<b>4:42.49</b>	459	
	50m:	32.28	32.28	150m:	1:44.31	36.36	250m:	2:56.74	36.47	350m:	4:08.75	36.11
	100m:	1:07.95	35.67	200m:	2:20.27	35.96	300m:	3:32.64	35.90	400m:	4:42.49	33.74
14.	MAZUR Andrzej				14	KP Avia Œwidnik				<b>4:50.97</b>	420	
	50m:	32.24	32.24	150m:	1:46.14	37.52	250m:	3:02.19	38.72	350m:	4:15.49	36.93
	100m:	1:08.62	36.38	200m:	2:23.47	37.33	300m:	3:38.56	36.37	400m:	4:50.97	35.48
15.	SOROKA Krzysztof				13	MTP Lublinianka				<b>5:03.08</b>	371	
	50m:	34.15	34.15	150m:	1:50.59	38.03	250m:	3:07.27	38.52	350m:	4:25.56	39.47
	100m:	1:12.56	38.41	200m:	2:28.75	38.16	300m:	3:46.09	38.82	400m:	5:03.08	37.52
16.	SOLA Kornel				12	Fala Kracœnik				<b>5:06.15</b>	360	
	50m:	35.38	35.38	150m:	1:52.22	38.58	250m:	3:09.81	38.69	350m:	4:28.48	38.95
	100m:	1:13.64	38.26	200m:	2:31.12	38.90	300m:	3:49.53	39.72	400m:	5:06.15	37.67
17.	KOZIEŁ Przemysław				15	KS Wis <sup>3</sup> a Pu <sup>3</sup> awy				<b>5:08.99</b>	350	
	50m:	34.46	34.46	150m:	1:52.07	39.61	250m:	3:11.44	39.36	350m:	4:31.14	39.65
	100m:	1:12.46	38.00	200m:	2:32.08	40.01	300m:	3:51.49	40.05	400m:	5:08.99	37.85

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Pozycja	Wiek						Czas	Pkt.			
18. CZERNIEC Filip	13						UKS Skarpa Lublin	<b>5:09.71</b>	348		
50m:	34.31	34.31	150m:	1:52.69	39.31	250m:	3:13.08	40.12	350m:	4:32.76	39.92
100m:	1:13.38	39.07	200m:	2:32.96	40.27	300m:	3:52.84	39.76	400m:	5:09.71	36.95
19. BRZUCE Micha <sup>3</sup>	12						UKS Orka Zamocœæ	<b>5:14.09</b>	334		
50m:	34.87	34.87	150m:	1:53.64	39.88	250m:	3:14.99	40.81	350m:	4:35.79	39.70
100m:	1:13.76	38.89	200m:	2:34.18	40.54	300m:	3:56.09	41.10	400m:	5:14.09	38.30
20. ADAMCZYK Hubert	12						UKS Orka Zamocœæ	<b>5:34.24</b>	277		
50m:	37.11	37.11	150m:	2:01.37	42.59	250m:	3:28.03	43.22	350m:	4:53.35	43.00
100m:	1:18.78	41.67	200m:	2:44.81	43.44	300m:	4:10.35	42.32	400m:	5:34.24	40.89
21. RADWAŃSKI Igor	12						UKS Orka Zamocœæ	<b>5:35.25</b>	274		
50m:	36.28	36.28	150m:	1:59.37	42.58	250m:	3:26.73	43.87	350m:	4:33.87	23.29
100m:	1:16.79	40.51	200m:	2:42.86	43.49	300m:	4:10.58	43.85	400m:	5:35.25	1:01.38
NIE UK. MARZEWSKI Robert	14						KP Avia Œwidnik				