

Memoria³ Kosakowskiego 2010
Janów Lubelski, 27.3.2010

Konkurencja 14
27.3.10 - 12:49

Mężczyzn, 400m dowolny

12 lat i starsi
Wyniki

Punkty: FINA 2009

Pozycja			Rok ur.					Czas	Pkt.			
1.	BULAK Micha ³		92	Orka Zamoceæ				4:25.00	542			
	50m:	30.46	30.46	150m:	1:38.07	33.98	250m:	2:46.76	33.91	350m:	3:54.44	33.68
	100m:	1:04.09	33.63	200m:	2:12.85	34.78	300m:	3:20.76	34.00	400m:	4:25.00	30.56
2.	HOŁUB Jan		96	Avia Ćwidnik				4:25.28	541			
	50m:	30.24	30.24	150m:	1:38.14	33.80	250m:	2:46.14	33.57	350m:	3:53.58	32.75
	100m:	1:04.34	34.10	200m:	2:12.57	34.43	300m:	3:20.83	34.69	400m:	4:25.28	31.70
3.	BOŶYM Adam		94	Avia Ćwidnik				4:25.42	540			
	50m:	31.24	31.24	150m:	1:39.16	33.90	250m:	2:46.92	33.64	350m:	3:53.08	33.53
	100m:	1:05.26	34.02	200m:	2:13.28	34.12	300m:	3:19.55	32.63	400m:	4:25.42	32.34
4.	SKÓRSKI Jakub		94	Avia Ćwidnik				4:26.24	535			
	50m:	30.28	30.28	150m:	1:38.09	34.21	250m:	2:46.48	34.39	350m:	3:54.26	33.48
	100m:	1:03.88	33.60	200m:	2:12.09	34.00	300m:	3:20.78	34.30	400m:	4:26.24	31.98
5.	SZOSTAK Micha ³		94	Orka Zamoceæ				4:33.15	495			
	50m:	30.16	30.16	150m:	1:38.81	34.43	250m:	2:47.74	34.50	350m:	3:58.49	35.80
	100m:	1:04.38	34.22	200m:	2:13.24	34.43	300m:	3:22.69	34.95	400m:	4:33.15	34.66
6.	LEONARCIK Kuba		94	Wis ³ a Pu ³ awy				4:34.14	490			
	50m:	28.81	28.81	150m:	1:37.72	35.40	250m:	2:47.89	38.33	350m:	3:59.80	35.56
	100m:	1:02.32	33.51	200m:	2:09.56	31.84	300m:	3:24.24	36.35	400m:	4:34.14	34.34
7.	MAZUR Andrzej		95	Avia Ćwidnik				4:34.95	486			
	50m:	30.46	30.46	150m:	1:39.84	35.03	250m:	2:50.86	35.50	350m:	4:01.39	35.13
	100m:	1:04.81	34.35	200m:	2:15.36	35.52	300m:	3:26.26	35.40	400m:	4:34.95	33.56
8.	PIÓRO Filip		94	Salos Kielce				4:38.09	469			
	50m:	30.74	30.74	150m:	1:41.56	36.00	250m:	2:52.74	36.38	350m:	4:03.91	35.37
	100m:	1:05.56	34.82	200m:	2:16.36	34.80	300m:	3:28.54	35.80	400m:	4:38.09	34.18
9.	SZYMULA Kamil		96	Avia Ćwidnik				4:38.14	469			
	50m:	30.77	30.77	150m:	1:41.46	35.92	250m:	2:53.87	36.48	350m:	4:05.36	34.99
	100m:	1:05.54	34.77	200m:	2:17.39	35.93	300m:	3:30.37	36.50	400m:	4:38.14	32.78
10.	GOLEŃ Filip		96	Fala Kracœnik				4:41.46	453			
	50m:	31.55	31.55	150m:	1:43.27	36.12	250m:	2:55.75	35.98	350m:	4:07.55	35.64
	100m:	1:07.15	35.60	200m:	2:19.77	36.50	300m:	3:31.91	36.16	400m:	4:41.46	33.91
11.	RUTKOWSKI Krzysztof		96	Lublinianka				4:42.22	449			
	50m:	31.50	31.50	150m:	1:42.54	36.20	250m:	2:55.18	36.50	350m:	4:07.41	36.03
	100m:	1:06.34	34.84	200m:	2:18.68	36.14	300m:	3:31.38	36.20	400m:	4:42.22	34.81
12.	GRELA Marcin		95	Avia Ćwidnik				4:44.68	437			
	50m:	31.69	31.69	150m:	1:44.54	37.03	250m:	2:58.38	37.00	350m:	4:10.94	36.18
	100m:	1:07.51	35.82	200m:	2:21.38	36.84	300m:	3:34.76	36.38	400m:	4:44.68	33.74
13.	BISZKONT Damian		96	Avia Ćwidnik				4:46.72	428			
	50m:	32.24	32.24	150m:	1:46.12	37.60	250m:	2:59.06	36.52	350m:	4:11.24	36.06
	100m:	1:08.52	36.28	200m:	2:22.54	36.42	300m:	3:35.18	36.12	400m:	4:46.72	35.48
14.	ZAKRZEWSKI Jakub		96	Wis ³ a Pu ³ awy				4:51.76	406			
	50m:	31.65	31.65	150m:	1:45.69	37.35	250m:	3:01.72	38.60	350m:	4:14.54	36.33
	100m:	1:08.34	36.69	200m:	2:23.12	37.43	300m:	3:38.21	36.49	400m:	4:51.76	37.22
15.	MARZEWSKI Robert		95	Avia Ćwidnik				4:52.71	402			
	50m:	31.64	31.64	150m:	1:46.15	37.72	250m:	3:00.85	37.66	350m:	4:15.58	37.47
	100m:	1:08.43	36.79	200m:	2:23.19	37.04	300m:	3:38.11	37.26	400m:	4:52.71	37.13
16.	SOLA Kornel		97	Fala Kracœnik				4:56.13	389			
	50m:	33.45	33.45	150m:	1:47.86	37.71	250m:	3:02.92	37.83	350m:	4:18.89	38.33
	100m:	1:10.15	36.70	200m:	2:25.09	37.23	300m:	3:40.56	37.64	400m:	4:56.13	37.24
17.	BARTUZI Patryk		96	Wis ³ a Pu ³ awy				5:03.76	360			
	50m:	32.76	32.76	150m:	1:49.76	38.90	250m:	3:07.57	38.98	350m:	4:26.31	39.34
	100m:	1:10.86	38.10	200m:	2:28.59	38.83	300m:	3:46.97	39.40	400m:	5:03.76	37.45

Memoria³ Kosakowskiego 2010
Janów Lubelski, 27.3.2010

Konkurencja 14, Mężczyzn, 400m dowolny, 12 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.		
18.	URBANIAK Przemysław		98	Wisła Puławy				5:10.00	339		
	50m:	33.73 33.73	150m:	1:50.52	39.18	250m:	3:11.46	40.12	350m:	4:31.84	40.20
	100m:	1:11.34 37.61	200m:	2:31.34	40.82	300m:	3:51.64	40.18	400m:	5:10.00	38.16
19.	MUDA Paweł		98	Lublinianka				5:11.96	332		
	50m:	35.99 35.99	150m:	1:55.84	39.94	250m:	3:15.56	39.78	350m:	4:33.75	38.50
	100m:	1:15.90 39.91	200m:	2:35.78	39.94	300m:	3:55.25	39.69	400m:	5:11.96	38.21
20.	BUJAK Kacper		98	Lublinianka				5:13.34	328		
	50m:	35.66 35.66	150m:	1:55.32	43.48	250m:	3:15.08	39.74	350m:	4:35.30	40.06
	100m:	1:11.84 36.18	200m:	2:35.34	40.02	300m:	3:55.24	40.16	400m:	5:13.34	38.04
21.	LIS Patryk		98	Avia Œwidnik				5:16.08	320		
	50m:	36.08 36.08	150m:	1:57.53	40.66	250m:	3:19.07	40.99	350m:	4:38.91	39.50
	100m:	1:16.87 40.79	200m:	2:38.08	40.55	300m:	3:59.41	40.34	400m:	5:16.08	37.17
22.	ZAPALSKI Konrad		98	Fala Kracœnik				5:19.28	310		
	50m:	36.55 36.55	150m:	1:58.09	41.00	250m:	3:19.43	40.19	350m:	4:38.79	38.67
	100m:	1:17.09 40.54	200m:	2:39.24	41.15	300m:	4:00.12	40.69	400m:	5:19.28	40.49
23.	KUROWSKI Olaf		97	Lublinianka				5:19.41	310		
	50m:	35.07 35.07	150m:	1:56.58	40.99	250m:	3:19.09	41.33	350m:	4:41.78	41.50
	100m:	1:15.59 40.52	200m:	2:37.76	41.18	300m:	4:00.28	41.19	400m:	5:19.41	37.63
24.	JANKOWSKI Mikołaj		98	Delfinek Łuków				5:19.55	309		
	50m:	35.57 35.57	150m:	1:55.28	40.00	250m:	3:15.26	39.91	350m:	4:36.25	40.09
	100m:	1:15.28 39.71	200m:	2:35.35	40.07	300m:	3:56.16	40.90	400m:	5:19.55	43.30
25.	MISIARZ Adrian		98	Sparta Biłgoraj				5:24.12	296		
	50m:	38.12 38.12	150m:	1:57.54	41.43	250m:	3:19.60	40.74	350m:	4:43.11	41.98
	100m:	1:16.11 37.99	200m:	2:38.86	41.32	300m:	4:01.13	41.53	400m:	5:24.12	41.01
26.	PRZEGON Michał		98	Orka Zamocœœ				5:24.60	295		
	50m:	34.17 34.17	150m:	1:55.99	41.44	250m:	3:18.76	41.67	350m:	4:43.55	42.91
	100m:	1:14.55 40.38	200m:	2:37.09	41.10	300m:	4:00.64	41.88	400m:	5:24.60	41.05
27.	CZERNIAK Konrad		98	Lublinianka				5:58.44	219		
	50m:	39.54 39.54	150m:	2:11.15	46.06	250m:	3:42.65	46.71	350m:	5:13.82	44.94
	100m:	1:25.09 45.55	200m:	2:55.94	44.79	300m:	4:28.88	46.23	400m:	5:58.44	44.62
28.	PRZYBYLSKI Jakub		98	Sparta Biłgoraj				6:09.08	201		
	50m:	40.26 40.26	150m:	2:14.82	47.69	250m:	3:51.76	48.83	350m:	5:25.11	46.46
	100m:	1:27.13 46.87	200m:	3:02.93	48.11	300m:	4:38.65	46.89	400m:	6:09.08	43.97
29.	PAWŒZKA Michał		98	Sparta Biłgoraj				6:17.38	188		
	50m:	40.54 40.54	150m:	2:19.43	49.62	250m:	3:53.82	45.73	350m:	5:33.14	49.00
	100m:	1:29.81 49.27	200m:	3:08.09	48.66	300m:	4:44.14	50.32	400m:	6:17.38	44.24
30.	BIELAK Arkadiusz		98	Sparta Biłgoraj				6:34.08	165		
	50m:	44.28 44.28	150m:	2:21.91	49.50	250m:	4:03.72	32.04	350m:	54:54.67	50:00.05
	100m:	1:32.41 48.13	200m:	3:31.68	1:09.77	300m:	4:54.62	50.90	400m:	6:34.08	