

2016 Memoriał Henryka Kosakowskiego
Lublin, 13- - 14-2-2016

Konkurencja 11
2016-02-13 - 11:50

Kobiet, 400m zmienny

10 lat i starsi
Wyniki

Rek Polski Seniorów	4:36.95	BARANOWSKA Katarzyna	00116	Beijing (CHN)	2008-08-09
Rek Okr gu Lub Seniorów	4:54.69	SIE CZYK Jowita	00903	Olsztyn	2014-06-06

Punkty: FINA 2015

Pozycja	Wiek		Czas	Pkt.
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10 - 11 lat

1. AMILKIEWICZ Aleksandra	11	Olimpia Lublin		5:58.91	418	
50m: 39.10 39.10	150m: 2:11.03	46.66	250m: 3:48.24	51.88	350m: 5:19.93	40.10
100m: 1:24.37 45.27	200m: 2:56.36	45.33	300m: 4:39.83	51.59	400m: 5:58.91	38.98

12 - 13 lat

1. BADZIAN Natalia	13	Muszelka Warszawa		5:27.93	548	
50m: 33.59 33.59	150m: 1:59.03	44.93	250m: 3:28.76	47.18	350m: 4:53.21	36.34
100m: 1:14.10 40.51	200m: 2:41.58	42.55	300m: 4:16.87	48.11	400m: 5:27.93	34.72
2. CYNARSKA Natalia						
50m: 36.30 36.30	150m: 2:00.60	42.49	250m: 3:30.00	47.86	350m: 4:56.25	38.06
100m: 1:18.11 41.81	200m: 2:42.14	41.54	300m: 4:18.19	48.19	400m: 5:33.45	37.20
3. NOWAK Zofia						
50m: 34.29 34.29	150m: 2:00.61	47.00	250m: 3:36.92	50.79	350m: 5:05.83	38.27
100m: 1:13.61 39.32	200m: 2:46.13	45.52	300m: 4:27.56	50.64	400m: 5:44.74	38.91
4. GAZDA Małgorzata						
50m: 38.20 38.20	150m: 2:09.65	43.12	250m: 3:41.90	49.69	350m: 5:12.48	40.41
100m: 1:26.53 48.33	200m: 2:52.21	42.56	300m: 4:32.07	50.17	400m: 5:51.13	38.65

14 - 15 lat

1. MAZURKIEWICZ Barbara	15	IKS Konstancin		5:22.44	576	
50m: 31.41 31.41	150m: 1:51.27	43.09	250m: 3:20.34	46.72	350m: 4:45.91	38.86
100m: 1:08.18 36.77	200m: 2:33.62	42.35	300m: 4:07.05	46.71	400m: 5:22.44	36.53
2. WILCZEWSKA Aleksandra						
50m: 36.28 36.28	150m: 2:00.44	41.56	250m: 3:27.35	47.33	350m: 4:53.12	37.77
100m: 1:18.88 42.60	200m: 2:40.02	39.58	300m: 4:15.35	48.00	400m: 5:28.08	34.96
3. ŁYSAKOWSKA Julia						
50m: 34.54 34.54	150m: 1:57.24	42.86	250m: 3:26.40	49.43	350m: 4:53.54	37.78
100m: 1:14.38 39.84	200m: 2:36.97	39.73	300m: 4:15.76	49.36	400m: 5:28.73	35.19
4. ZIENTARSKA Karolina						
50m: 37.37 37.37	150m: 2:07.37	43.65	250m: 3:39.07	49.00	350m: 5:09.21	41.03
100m: 1:23.72 46.35	200m: 2:50.07	42.70	300m: 4:28.18	49.11	400m: 5:48.43	39.22
5. JASIORSKA Aleksandra						
50m: 39.25 39.25	150m:		250m:		350m: 5:12.43	39.38
100m: 1:14.03 34.78	200m: 2:56.27		300m: 4:33.05		400m: 5:51.42	38.99
6. BUCO Anna						
50m: 40.76 40.76	150m: 2:13.92	43.47	250m: 3:49.60	52.29	350m: 5:26.40	42.51
100m: 1:30.45 49.69	200m: 2:57.31	43.39	300m: 4:43.89	54.29	400m: 6:08.54	42.14

NIE UK. BUGAŁA Martyna	14	Lublinianka			
50m: 38.16 38.16	150m:		250m:		350m:
100m: 1:23.49 45.33	200m:		300m:		400m:

16 - 17 lat

1. ADAMCZYK Julia	17	AZS UMCS Lublin		5:02.39	699	
50m: 32.24 32.24	150m: 1:48.38	39.14	250m: 3:10.01	43.60	350m: 4:28.31	35.61
100m: 1:09.24 37.00	200m: 2:26.41	38.03	300m: 3:52.70	42.69	400m: 5:02.39	34.08
2. OSINIĄK Ewa						
50m: 32.80 32.80	150m: 1:52.20	41.33	250m: 3:15.82	43.80	350m: 4:34.91	35.11
100m: 1:10.87 38.07	200m: 2:32.02	39.82	300m: 3:59.80	43.98	400m: 5:09.18	34.27

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Lublin, 13- - 14-2-2016

Konkurencja 11, Kobiet, 400m zmienny, 16 - 17 lat

Pozycja			Wiek							Czas	Pkt.
3.	MIKOŁAJEK Aleksandra		16	Avia	widnik					5:36.84	506
	50m:	34.10 34.10	150m:	2:00.33	45.57	250m:	3:30.58	46.02	350m:	4:57.64	39.91
	100m:	1:14.76 40.66	200m:	2:44.56	44.23	300m:	4:17.73	47.15	400m:	5:36.84	39.20
OPEN											
1.	ADAMCZYK Julia		17	AZS UMCS	Lublin					5:02.39	699
	50m:	32.24 32.24	150m:	1:48.38	39.14	250m:	3:10.01	43.60	350m:	4:28.31	35.61
	100m:	1:09.24 37.00	200m:	2:26.41	38.03	300m:	3:52.70	42.69	400m:	5:02.39	34.08
2.	OSINIAK Ewa		16	Olimpijczyk 23	Lublin					5:09.18	654
	50m:	32.80 32.80	150m:	1:52.20	41.33	250m:	3:15.82	43.80	350m:	4:34.91	35.11
	100m:	1:10.87 38.07	200m:	2:32.02	39.82	300m:	3:59.80	43.98	400m:	5:09.18	34.27
3.	KARPISZ Milena		19	Pi tka	Konstantynów Łódzki					5:12.36	634
	50m:	35.18 35.18	150m:	1:57.30	42.55	250m:	3:21.03	42.85	350m:	4:38.97	34.47
	100m:	1:14.75 39.57	200m:	2:38.18	40.88	300m:	4:04.50	43.47	400m:	5:12.36	33.39
4.	MAZURKIEWICZ Barbara		15	IKS	Konstancin					5:22.44	576
	50m:	31.41 31.41	150m:	1:51.27	43.09	250m:	3:20.34	46.72	350m:	4:45.91	38.86
	100m:	1:08.18 36.77	200m:	2:33.62	42.35	300m:	4:07.05	46.71	400m:	5:22.44	36.53
5.	WOJCIECHOWSKA Joanna		18	Orlik	Lublin					5:27.76	549
	50m:	36.28 36.28	150m:	2:04.05	43.64	250m:	3:32.14	45.62	350m:	4:54.98	36.08
	100m:	1:20.41 44.13	200m:	2:46.52	42.47	300m:	4:18.90	46.76	400m:	5:27.76	32.78
6.	BADZIAN Natalia		13	Muszelka	Warszawa					5:27.93	548
	50m:	33.59 33.59	150m:	1:59.03	44.93	250m:	3:28.76	47.18	350m:	4:53.21	36.34
	100m:	1:14.10 40.51	200m:	2:41.58	42.55	300m:	4:16.87	48.11	400m:	5:27.93	34.72
7.	WILCZEWSKA Aleksandra		14	Olimpia	Lublin					5:28.08	547
	50m:	36.28 36.28	150m:	2:00.44	41.56	250m:	3:27.35	47.33	350m:	4:53.12	37.77
	100m:	1:18.88 42.60	200m:	2:40.02	39.58	300m:	4:15.35	48.00	400m:	5:28.08	34.96
8.	ŁYSAKOWSKA Julia		15	AZS UMCS	Lublin					5:28.73	544
	50m:	34.54 34.54	150m:	1:57.24	42.86	250m:	3:26.40	49.43	350m:	4:53.54	37.78
	100m:	1:14.38 39.84	200m:	2:36.97	39.73	300m:	4:15.76	49.36	400m:	5:28.73	35.19
9.	CYNARSKA Natalia		13	Muszelka	Warszawa					5:33.45	521
	50m:	36.30 36.30	150m:	2:00.60	42.49	250m:	3:30.00	47.86	350m:	4:56.25	38.06
	100m:	1:18.11 41.81	200m:	2:42.14	41.54	300m:	4:18.19	48.19	400m:	5:33.45	37.20
10.	MIKOŁAJEK Aleksandra		16	Avia	widnik					5:36.84	506
	50m:	34.10 34.10	150m:	2:00.33	45.57	250m:	3:30.58	46.02	350m:	4:57.64	39.91
	100m:	1:14.76 40.66	200m:	2:44.56	44.23	300m:	4:17.73	47.15	400m:	5:36.84	39.20
11.	NOWAK Zofia		13	Muszelka	Warszawa					5:44.74	472
	50m:	34.29 34.29	150m:	2:00.61	47.00	250m:	3:36.92	50.79	350m:	5:05.83	38.27
	100m:	1:13.61 39.32	200m:	2:46.13	45.52	300m:	4:27.56	50.64	400m:	5:44.74	38.91
12.	ZIENTARSKA Karolina		14	IKS	Konstancin					5:48.43	457
	50m:	37.37 37.37	150m:	2:07.37	43.65	250m:	3:39.07	49.00	350m:	5:09.21	41.03
	100m:	1:23.72 46.35	200m:	2:50.07	42.70	300m:	4:28.18	49.11	400m:	5:48.43	39.22
13.	GAZDA Małgorzata		12	Olimpijczyk 23	Lublin					5:51.13	446
	50m:	38.20 38.20	150m:	2:09.65	43.12	250m:	3:41.90	49.69	350m:	5:12.48	40.41
	100m:	1:26.53 48.33	200m:	2:52.21	42.56	300m:	4:32.07	50.17	400m:	5:51.13	38.65
14.	JASIORSKA Aleksandra		14	Muszelka	Warszawa					5:51.42	445
	50m:	39.25 39.25	150m:			250m:			350m:	5:12.43	39.38
	100m:	1:14.03 34.78	200m:	2:56.27		300m:	4:33.05		400m:	5:51.42	38.99
15.	AMILKIEWICZ Aleksandra		11	Olimpia	Lublin					5:58.91	418
	50m:	39.10 39.10	150m:	2:11.03	46.66	250m:	3:48.24	51.88	350m:	5:19.93	40.10
	100m:	1:24.37 45.27	200m:	2:56.36	45.33	300m:	4:39.83	51.59	400m:	5:58.91	38.98
16.	BUCO Anna		14	Fala Kra	nik					6:08.54	386
	50m:	40.76 40.76	150m:	2:13.92	43.47	250m:	3:49.60	52.29	350m:	5:26.40	42.51
	100m:	1:30.45 49.69	200m:	2:57.31	43.39	300m:	4:43.89	54.29	400m:	6:08.54	42.14

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Konkurencja 11, Kobiet, 400m zmienny, OPEN

Pozycja				Wiek			Czas	Pkt.
NIE UK.	BUGAŁA	Martyna		14	Lublinianka			
	50m:	38.16	38.16		150m:		250m:	
	100m:	1:23.49	45.33		200m:		300m:	
							350m:	
							400m:	