

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

Konkurencja 12 M czyzn, 400m zmienny 10 lat i starsi
2016-02-13 - 12:07 Wyniki

Rek Polski Seniorów 4:12.28 MATCZAK Mateusz 00905 Belgrade (SRB) 2009-07-11
Rek Okr gu Lub Seniorów 4:25.01 WITKOWSKI Jan 01003 Oswiecim 2012-07-18

Punkty: FINA 2015

Pozycja			Wiek					Czas	Pkt.	
10 - 12 lat										
1.	CHMIELEWSKI Michał		12	Muszelka Warszawa				5:41.27	364	
	50m:	35.12 35.12	150m:	1:59.14	41.20	250m:	3:33.41	53.14	350m:	5:03.77 36.60
	100m:	1:17.94 42.82	200m:	2:40.27	41.13	300m:	4:27.17	53.76	400m:	5:41.27 37.50

13 - 14 lat

1.	JA KIEWICZ Adrian		14	Muszelka Warszawa				4:54.99	564	
	50m:	30.16 30.16	150m:	1:43.51	38.80	250m:	3:05.21	43.48	350m:	4:23.12 33.56
	100m:	1:04.71 34.55	200m:	2:21.73	38.22	300m:	3:49.56	44.35	400m:	4:54.99 31.87
2.	SOBEK Nikodem		14	Olimpijczyk 23 Lublin				4:56.46	556	
	50m:	31.50 31.50	150m:	1:45.65	37.32	250m:	3:06.55	43.71	350m:	4:24.04 33.90
	100m:	1:08.33 36.83	200m:	2:22.84	37.19	300m:	3:50.14	43.59	400m:	4:56.46 32.42
3.	RABAN Maciej		14	IKS Konstancin				5:04.14	515	
	50m:	30.76 30.76	150m:	1:46.77	39.51	250m:	3:09.72	44.59	350m:	4:30.06 34.52
	100m:	1:07.26 36.50	200m:	2:25.13	38.36	300m:	3:55.54	45.82	400m:	5:04.14 34.08
4.	DOŁOWY Grzegorz		14	Muszelka Warszawa				5:15.24	462	
	50m:	31.98 31.98	150m:	1:50.33	41.88	250m:	3:18.15	47.86	350m:	4:42.29 35.61
	100m:	1:08.45 36.47	200m:	2:30.29	39.96	300m:	4:06.68	48.53	400m:	5:15.24 32.95
5.	SIEKACZY SKI Artur		14	Fala Kra nik				5:21.83	434	
	50m:	33.78 33.78	150m:	1:54.31	40.37	250m:	3:21.54	47.44	350m:	4:45.69 37.23
	100m:	1:13.94 40.16	200m:	2:34.10	39.79	300m:	4:08.46	46.92	400m:	5:21.83 36.14
6.	RUTA Kamil		14	Muszelka Warszawa				5:22.08	433	
	50m:	33.54 33.54	150m:	1:54.11	40.17	250m:	3:22.27	48.31	350m:	4:47.42 35.62
	100m:	1:13.94 40.40	200m:	2:33.96	39.85	300m:	4:11.80	49.53	400m:	5:22.08 34.66
7.	RODKIEWICZ Radosław		13	Muszelka Warszawa				5:28.31	409	
	50m:		150m:	1:57.72	42.62	250m:	3:27.06	48.42	350m:	4:51.87 35.88
	100m:	1:15.10	200m:	2:38.64	40.92	300m:	4:15.99	48.93	400m:	5:28.31 36.44
8.	UŁANOWICZ Piotr		13	Lublinianka				5:37.58	376	
	50m:	35.30 35.30	150m:	2:01.54	43.68	250m:	3:31.38	46.97	350m:	4:59.24 40.28
	100m:	1:17.86 42.56	200m:	2:44.41	42.87	300m:	4:18.96	47.58	400m:	5:37.58 38.34
9.	SWOJNÓG Igor		13	Park Wodnu Tarnowskie Góry				5:49.08	340	
	50m:	35.19 35.19	150m:	2:04.18	46.70	250m:	3:40.76	52.64	350m:	5:12.53 37.86
	100m:	1:17.48 42.29	200m:	2:48.12	43.94	300m:	4:34.67	53.91	400m:	5:49.08 36.55

15 - 16 lat

1.	MASIAK Mateusz		16	Fala Kra nik				5:32.14	395	
	50m:	32.43 32.43	150m:	1:55.99	43.48	250m:	3:26.74	49.20	350m:	4:55.26 39.30
	100m:	1:12.51 40.08	200m:	2:37.54	41.55	300m:	4:15.96	49.22	400m:	5:32.14 36.88

17 - 18 lat

1.	PECYNA Maciej		17	IKS Konstancin				4:47.15	612	
	50m:	29.63 29.63	150m:	1:40.78	37.08	250m:	2:58.68	40.86	350m:	4:13.45 33.72
	100m:	1:03.70 34.07	200m:	2:17.82	37.04	300m:	3:39.73	41.05	400m:	4:47.15 33.70
2.	BRYŁA Kamil		17	AZS UMCS Lublin				4:57.92	548	
	50m:	30.92 30.92	150m:	1:46.42	39.05	250m:	3:09.24	45.14	350m:	4:26.64 32.92
	100m:	1:07.37 36.45	200m:	2:24.10	37.68	300m:	3:53.72	44.48	400m:	4:57.92 31.28

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

Konkurencja 12, M czyzn, 400m zmienny

OPEN

1.	PECYNA Maciej		17	IKS Konstancin		4:47.15	612	
	50m: 29.63	29.63	150m: 1:40.78	37.08	250m: 2:58.68	40.86	350m: 4:13.45	33.72
	100m: 1:03.70	34.07	200m: 2:17.82	37.04	300m: 3:39.73	41.05	400m: 4:47.15	33.70
2.	JA KIEWICZ Adrian		14	Muszelka Warszawa		4:54.99	564	
	50m: 30.16	30.16	150m: 1:43.51	38.80	250m: 3:05.21	43.48	350m: 4:23.12	33.56
	100m: 1:04.71	34.55	200m: 2:21.73	38.22	300m: 3:49.56	44.35	400m: 4:54.99	31.87
3.	SOBEK Nikodem		14	Olimpijczyk 23 Lublin		4:56.46	556	
	50m: 31.50	31.50	150m: 1:45.65	37.32	250m: 3:06.55	43.71	350m: 4:24.04	33.90
	100m: 1:08.33	36.83	200m: 2:22.84	37.19	300m: 3:50.14	43.59	400m: 4:56.46	32.42
4.	BRYŁA Kamil		17	AZS UMCS Lublin		4:57.92	548	
	50m: 30.92	30.92	150m: 1:46.42	39.05	250m: 3:09.24	45.14	350m: 4:26.64	32.92
	100m: 1:07.37	36.45	200m: 2:24.10	37.68	300m: 3:53.72	44.48	400m: 4:57.92	31.28
5.	RABAN Maciej		14	IKS Konstancin		5:04.14	515	
	50m: 30.76	30.76	150m: 1:46.77	39.51	250m: 3:09.72	44.59	350m: 4:30.06	34.52
	100m: 1:07.26	36.50	200m: 2:25.13	38.36	300m: 3:55.54	45.82	400m: 5:04.14	34.08
6.	SZUTKO Mateusz		19	AZS AWF Biała Podlaska		5:04.40	514	
	50m: 29.07	29.07	150m: 1:41.53	38.59	250m: 3:06.89	46.51	350m: 4:28.79	35.60
	100m: 1:02.94	33.87	200m: 2:20.38	38.85	300m: 3:53.19	46.30	400m: 5:04.40	35.61
7.	DOŁOWY Grzegorz		14	Muszelka Warszawa		5:15.24	462	
	50m: 31.98	31.98	150m: 1:50.33	41.88	250m: 3:18.15	47.86	350m: 4:42.29	35.61
	100m: 1:08.45	36.47	200m: 2:30.29	39.96	300m: 4:06.68	48.53	400m: 5:15.24	32.95
8.	SIEKACZY SKI Artur		14	Fala Kra nik		5:21.83	434	
	50m: 33.78	33.78	150m: 1:54.31	40.37	250m: 3:21.54	47.44	350m: 4:45.69	37.23
	100m: 1:13.94	40.16	200m: 2:34.10	39.79	300m: 4:08.46	46.92	400m: 5:21.83	36.14
9.	RUTA Kamil		14	Muszelka Warszawa		5:22.08	433	
	50m: 33.54	33.54	150m: 1:54.11	40.17	250m: 3:22.27	48.31	350m: 4:47.42	35.62
	100m: 1:13.94	40.40	200m: 2:33.96	39.85	300m: 4:11.80	49.53	400m: 5:22.08	34.66
10.	RODKIEWICZ Radosław		13	Muszelka Warszawa		5:28.31	409	
	50m:		150m: 1:57.72	42.62	250m: 3:27.06	48.42	350m: 4:51.87	35.88
	100m: 1:15.10		200m: 2:38.64	40.92	300m: 4:15.99	48.93	400m: 5:28.31	36.44
11.	MASIAK Mateusz		16	Fala Kra nik		5:32.14	395	
	50m: 32.43	32.43	150m: 1:55.99	43.48	250m: 3:26.74	49.20	350m: 4:55.26	39.30
	100m: 1:12.51	40.08	200m: 2:37.54	41.55	300m: 4:15.96	49.22	400m: 5:32.14	36.88
12.	UŁANOWICZ Piotr		13	Lublinianka		5:37.58	376	
	50m: 35.30	35.30	150m: 2:01.54	43.68	250m: 3:31.38	46.97	350m: 4:59.24	40.28
	100m: 1:17.86	42.56	200m: 2:44.41	42.87	300m: 4:18.96	47.58	400m: 5:37.58	38.34
13.	CHMIELEWSKI Michał		12	Muszelka Warszawa		5:41.27	364	
	50m: 35.12	35.12	150m: 1:59.14	41.20	250m: 3:33.41	53.14	350m: 5:03.77	36.60
	100m: 1:17.94	42.82	200m: 2:40.27	41.13	300m: 4:27.17	53.76	400m: 5:41.27	37.50
14.	SWOJNÓG Igor		13	Park Wodnu Tarnowskie Góry		5:49.08	340	
	50m: 35.19	35.19	150m: 2:04.18	46.70	250m: 3:40.76	52.64	350m: 5:12.53	37.86
	100m: 1:17.48	42.29	200m: 2:48.12	43.94	300m: 4:34.67	53.91	400m: 5:49.08	36.55