



2017 Memoriał Henryka Kosakowskiego
Lublin, 11- - 12-2-2017

Konkurencja 11
2017-02-11 - 12:16

Kobiet, 400m zmienny

10 lat i starsi
Wyniki

Rekord LOZP 4:52.72 ADAMCZYK Julia Lublin 2016-07-19

Punkty: FINA 2016

Pozycja			Wiek			Czas	Pkt.
12 - 13 lat							
1.	GAZDA Małgorzata		13	Olimpijczyk 23 Lublin		5:25.63	560
	50m: 35.85 35.85	150m: 1:59.62 41.71		250m: 3:25.61 45.60	350m: 4:49.56 37.92		
	100m: 1:17.91 42.06	200m: 2:40.01 40.39		300m: 4:11.64 46.03	400m: 5:25.63 36.07		
2.	AMILKIEWICZ Aleksandra		12	Olimpia Lublin		5:35.61	511
	50m: 35.56 35.56	150m: 1:59.67 43.87		250m: 3:29.68 47.57	350m: 4:57.27 39.44		
	100m: 1:15.80 40.24	200m: 2:42.11 42.44		300m: 4:17.83 48.15	400m: 5:35.61 38.34		
3.	DRAGAN Julia		13	Olimpia Lublin		5:42.82	480
	50m: 37.49 37.49	150m: 2:07.66 46.32		250m: 3:38.81 46.74	350m: 5:05.11 39.51		
	100m: 1:21.34 43.85	200m: 2:52.07 44.41		300m: 4:25.60 46.79	400m: 5:42.82 37.71		
4.	JANUSZKO Patrycja		13	IKS Konstancin		5:46.76	463
	50m: 33.71 33.71	150m: 2:03.17 48.36		250m: 3:37.84 48.00	350m: 5:07.63 42.15		
	100m: 1:14.81 41.10	200m: 2:49.84 46.67		300m: 4:25.48 47.64	400m: 5:46.76 39.13		
5.	DWOJAK Wiktoria		13	Olimpia Lublin		5:55.42	430
	50m: 39.14 39.14	150m: 2:12.33 45.02		250m: 3:46.66 52.01	350m: 5:17.33 39.49		
	100m: 1:27.31 48.17	200m: 2:54.65 42.32		300m: 4:37.84 51.18	400m: 5:55.42 38.09		
6.	CATI Lidia		13	Polna Warszawa		6:25.97	336
	50m: 42.58 42.58	150m: 2:21.17 48.05		250m: 4:04.00 56.34	350m: 5:44.20 43.35		
	100m: 1:33.12 50.54	200m: 3:07.66 46.49		300m: 5:00.85 56.85	400m: 6:25.97 41.77		
14 - 15 lat							
1.	WILCZEWSKA Aleksandra		15	Olimpia Lublin		5:10.76	644
	50m: 34.08 34.08	150m: 1:53.04 39.88		250m: 3:15.61 44.41	350m: 4:36.19 35.88		
	100m: 1:13.16 39.08	200m: 2:31.20 38.16		300m: 4:00.31 44.70	400m: 5:10.76 34.57		
2.	CYNARSKA Natalia		14	Muszelka Warszawa		5:15.29	617
	50m: 35.02 35.02	150m: 1:52.55 39.03		250m: 3:18.03 46.26	350m: 4:39.09 36.01		
	100m: 1:13.52 38.50	200m: 2:31.77 39.22		300m: 4:03.08 45.05	400m: 5:15.29 36.20		
3.	BADZIAN Natalia		14	Muszelka Warszawa		5:32.36	526
	50m: 34.51 34.51	150m: 1:58.47 44.36		250m: 3:30.20 48.87	350m: 4:56.21 37.15		
	100m: 1:14.11 39.60	200m: 2:41.33 42.86		300m: 4:19.06 48.86	400m: 5:32.36 36.15		
4.	LUTKIEWICZ Gabriela		14	Wisła Puławy		5:35.36	512
	50m: 34.14 34.14	150m: 1:57.10 43.32		250m: 3:27.77 49.03	350m: 4:56.88 39.31		
	100m: 1:13.78 39.64	200m: 2:38.74 41.64		300m: 4:17.57 49.80	400m: 5:35.36 38.48		
5.	ZIEMACKA Julia		14	Muszelka Warszawa		5:51.43	445
	50m: 36.96 36.96	150m: 2:03.48 43.05		250m: 3:39.64 55.03	350m: 5:13.27 38.75		
	100m: 1:20.43 43.47	200m: 2:44.61 41.13		300m: 4:34.52 54.88	400m: 5:51.43 38.16		
6.	BORKOWSKA Anna		15	Salos Cortile Kielce		5:57.44	423
	50m: 37.41 37.41	150m: 2:10.16 48.44		250m: 3:44.97 47.11	350m: 5:17.58 42.35		
	100m: 1:21.72 44.31	200m: 2:57.86 47.70		300m: 4:35.23 50.26	400m: 5:57.44 39.86		
7.	DERKACH Yelyzaveta		14	Rivne Ukraina		6:00.42	413
	50m: 37.44 37.44	150m: 2:07.53 45.28		250m: 3:47.83 54.24	350m: 5:22.26 40.83		
	100m: 1:22.25 44.81	200m: 2:53.59 46.06		300m: 4:41.43 53.60	400m: 6:00.42 38.16		
8.	SHYLOVETS Daryna		14	Rivne Ukraina		6:15.61	364
	50m: 40.13 40.13	150m: 2:18.79 48.16		250m: 3:58.41 53.80	350m: 5:34.25 42.25		
	100m: 1:30.63 50.50	200m: 3:04.61 45.82		300m: 4:52.00 53.59	400m: 6:15.61 41.36		



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Konkurencja 11, Kobiet, 400m zmienny

14 - 17 lat

1.	WILCZEWSKA Aleksandra	15	Olimpia Lublin	5:10.76	644
	50m: 34.08 34.08	150m: 1:53.04 39.88	250m: 3:15.61 44.41	350m: 4:36.19 35.88	
	100m: 1:13.16 39.08	200m: 2:31.20 38.16	300m: 4:00.31 44.70	400m: 5:10.76 34.57	
2.	CYNARSKA Natalia	14	Muszelka Warszawa	5:15.29	617
	50m: 35.02 35.02	150m: 1:52.55 39.03	250m: 3:18.03 46.26	350m: 4:39.09 36.01	
	100m: 1:13.52 38.50	200m: 2:31.77 39.22	300m: 4:03.08 45.05	400m: 5:15.29 36.20	
3.	COCHÓR Izabela	16	Ostrobramska Warszawa	5:17.79	602
	50m: 32.39 32.39	150m: 1:52.90 40.98	250m: 3:17.40 44.94	350m: 4:41.04 37.88	
	100m: 1:11.92 39.53	200m: 2:32.46 39.56	300m: 4:03.16 45.76	400m: 5:17.79 36.75	
4.	OSINIAK Ewa SL	17	AZS UMCS Lublin	5:18.01	601
	50m: 32.45 32.45	150m: 1:51.61 40.63	250m: 3:18.06 46.64	350m: 4:41.42 37.07	
	100m: 1:10.98 38.53	200m: 2:31.42 39.81	300m: 4:04.35 46.29	400m: 5:18.01 36.59	
5.	TOMO Martyna	17	Skarpa Lublin	5:29.54	540
	50m: 35.06 35.06	150m: 1:57.70 43.49	250m: 3:28.27 47.82	350m: 4:53.68 37.84	
	100m: 1:14.21 39.15	200m: 2:40.45 42.75	300m: 4:15.84 47.57	400m: 5:29.54 35.86	
6.	BADZIAN Natalia	14	Muszelka Warszawa	5:32.36	526
	50m: 34.51 34.51	150m: 1:58.47 44.36	250m: 3:30.20 48.87	350m: 4:56.21 37.15	
	100m: 1:14.11 39.60	200m: 2:41.33 42.86	300m: 4:19.06 48.86	400m: 5:32.36 36.15	
7.	LUTKIEWICZ Gabriela	14	Wisła Puławy	5:35.36	512
	50m: 34.14 34.14	150m: 1:57.10 43.32	250m: 3:27.77 49.03	350m: 4:56.88 39.31	
	100m: 1:13.78 39.64	200m: 2:38.74 41.64	300m: 4:17.57 49.80	400m: 5:35.36 38.48	
8.	ZIEMACKA Julia	14	Muszelka Warszawa	5:51.43	445
	50m: 36.96 36.96	150m: 2:03.48 43.05	250m: 3:39.64 55.03	350m: 5:13.27 38.75	
	100m: 1:20.43 43.47	200m: 2:44.61 41.13	300m: 4:34.52 54.88	400m: 5:51.43 38.16	
9.	BORKOWSKA Anna	15	Salos Cortile Kielce	5:57.44	423
	50m: 37.41 37.41	150m: 2:10.16 48.44	250m: 3:44.97 47.11	350m: 5:17.58 42.35	
	100m: 1:21.72 44.31	200m: 2:57.86 47.70	300m: 4:35.23 50.26	400m: 5:57.44 39.86	
10.	DERKACH Yelyzaveta	14	Rivne Ukraina	6:00.42	413
	50m: 37.44 37.44	150m: 2:07.53 45.28	250m: 3:47.83 54.24	350m: 5:22.26 40.83	
	100m: 1:22.25 44.81	200m: 2:53.59 46.06	300m: 4:41.43 53.60	400m: 6:00.42 38.16	
11.	SHYLOVETS Daryna	14	Rivne Ukraina	6:15.61	364
	50m: 40.13 40.13	150m: 2:18.79 48.16	250m: 3:58.41 53.80	350m: 5:34.25 42.25	
	100m: 1:30.63 50.50	200m: 3:04.61 45.82	300m: 4:52.00 53.59	400m: 6:15.61 41.36	

OPEN

1.	ADAMCZYK Julia SL	18	AZS UMCS Lublin	4:57.22	736
	50m: 32.13 32.13	150m: 1:46.73 38.24	250m: 3:06.27 42.03	350m: 4:23.33 35.13	
	100m: 1:08.49 36.36	200m: 2:24.24 37.51	300m: 3:48.20 41.93	400m: 4:57.22 33.89	
2.	SAMUŁA Wiktoria SL	18	AZS UMCS Lublin	5:05.36	679
	50m: 32.22 32.22	150m: 1:51.08 41.80	250m: 3:11.75 41.20	350m: 4:30.00 36.40	
	100m: 1:09.28 37.06	200m: 2:30.55 39.47	300m: 3:53.60 41.85	400m: 5:05.36 35.36	
3.	WILCZEWSKA Aleksandra	15	Olimpia Lublin	5:10.76	644
	50m: 34.08 34.08	150m: 1:53.04 39.88	250m: 3:15.61 44.41	350m: 4:36.19 35.88	
	100m: 1:13.16 39.08	200m: 2:31.20 38.16	300m: 4:00.31 44.70	400m: 5:10.76 34.57	
4.	PROCHOWNIK Olimpia SL	18	AZS UMCS Lublin	5:14.84	619
	50m: 32.86 32.86	150m: 1:54.87 43.96	250m: 3:20.18 42.98	350m: 4:39.61 35.88	
	100m: 1:10.91 38.05	200m: 2:37.20 42.33	300m: 4:03.73 43.55	400m: 5:14.84 35.23	
5.	CYNARSKA Natalia	14	Muszelka Warszawa	5:15.29	617
	50m: 35.02 35.02	150m: 1:52.55 39.03	250m: 3:18.03 46.26	350m: 4:39.09 36.01	
	100m: 1:13.52 38.50	200m: 2:31.77 39.22	300m: 4:03.08 45.05	400m: 5:15.29 36.20	
6.	COCHÓR Izabela	16	Ostrobramska Warszawa	5:17.79	602
	50m: 32.39 32.39	150m: 1:52.90 40.98	250m: 3:17.40 44.94	350m: 4:41.04 37.88	
	100m: 1:11.92 39.53	200m: 2:32.46 39.56	300m: 4:03.16 45.76	400m: 5:17.79 36.75	



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Konkurencja 11, Kobiety, 400m zmienny, OPEN

Pozycja			Wiek					Czas	Pkt.		
7.	OSINIAK Ewa SL		17	AZS UMCS Lublin				5:18.01	601		
	50m:	32.45 32.45	150m:	1:51.61	40.63	250m:	3:18.06	46.64	350m:	4:41.42	37.07
	100m:	1:10.98 38.53	200m:	2:31.42	39.81	300m:	4:04.35	46.29	400m:	5:18.01	36.59
8.	GAZDA Małgorzata		13	Olimpijczyk 23 Lublin				5:25.63	560		
	50m:	35.85 35.85	150m:	1:59.62	41.71	250m:	3:25.61	45.60	350m:	4:49.56	37.92
	100m:	1:17.91 42.06	200m:	2:40.01	40.39	300m:	4:11.64	46.03	400m:	5:25.63	36.07
9.	TOMO Martyna		17	Skarpa Lublin				5:29.54	540		
	50m:	35.06 35.06	150m:	1:57.70	43.49	250m:	3:28.27	47.82	350m:	4:53.68	37.84
	100m:	1:14.21 39.15	200m:	2:40.45	42.75	300m:	4:15.84	47.57	400m:	5:29.54	35.86
10.	BADZIAN Natalia		14	Muszelka Warszawa				5:32.36	526		
	50m:	34.51 34.51	150m:	1:58.47	44.36	250m:	3:30.20	48.87	350m:	4:56.21	37.15
	100m:	1:14.11 39.60	200m:	2:41.33	42.86	300m:	4:19.06	48.86	400m:	5:32.36	36.15
11.	LUTKIEWICZ Gabriela		14	Wisła Puławy				5:35.36	512		
	50m:	34.14 34.14	150m:	1:57.10	43.32	250m:	3:27.77	49.03	350m:	4:56.88	39.31
	100m:	1:13.78 39.64	200m:	2:38.74	41.64	300m:	4:17.57	49.80	400m:	5:35.36	38.48
12.	AMILKIEWICZ Aleksandra		12	Olimpia Lublin				5:35.61	511		
	50m:	35.56 35.56	150m:	1:59.67	43.87	250m:	3:29.68	47.57	350m:	4:57.27	39.44
	100m:	1:15.80 40.24	200m:	2:42.11	42.44	300m:	4:17.83	48.15	400m:	5:35.61	38.34
13.	DRAGAN Julia		13	Olimpia Lublin				5:42.82	480		
	50m:	37.49 37.49	150m:	2:07.66	46.32	250m:	3:38.81	46.74	350m:	5:05.11	39.51
	100m:	1:21.34 43.85	200m:	2:52.07	44.41	300m:	4:25.60	46.79	400m:	5:42.82	37.71
14.	JANUSZKO Patrycja		13	IKS Konstancin				5:46.76	463		
	50m:	33.71 33.71	150m:	2:03.17	48.36	250m:	3:37.84	48.00	350m:	5:07.63	42.15
	100m:	1:14.81 41.10	200m:	2:49.84	46.67	300m:	4:25.48	47.64	400m:	5:46.76	39.13
15.	ZIEMACKA Julia		14	Muszelka Warszawa				5:51.43	445		
	50m:	36.96 36.96	150m:	2:03.48	43.05	250m:	3:39.64	55.03	350m:	5:13.27	38.75
	100m:	1:20.43 43.47	200m:	2:44.61	41.13	300m:	4:34.52	54.88	400m:	5:51.43	38.16
16.	DWOJAK Wiktoria		13	Olimpia Lublin				5:55.42	430		
	50m:	39.14 39.14	150m:	2:12.33	45.02	250m:	3:46.66	52.01	350m:	5:17.33	39.49
	100m:	1:27.31 48.17	200m:	2:54.65	42.32	300m:	4:37.84	51.18	400m:	5:55.42	38.09
17.	BORKOWSKA Anna		15	Salos Cortile Kielce				5:57.44	423		
	50m:	37.41 37.41	150m:	2:10.16	48.44	250m:	3:44.97	47.11	350m:	5:17.58	42.35
	100m:	1:21.72 44.31	200m:	2:57.86	47.70	300m:	4:35.23	50.26	400m:	5:57.44	39.86
18.	DERKACH Yelyzaveta		14	Rivne Ukraina				6:00.42	413		
	50m:	37.44 37.44	150m:	2:07.53	45.28	250m:	3:47.83	54.24	350m:	5:22.26	40.83
	100m:	1:22.25 44.81	200m:	2:53.59	46.06	300m:	4:41.43	53.60	400m:	6:00.42	38.16
19.	SHYLOVETS Daryna		14	Rivne Ukraina				6:15.61	364		
	50m:	40.13 40.13	150m:	2:18.79	48.16	250m:	3:58.41	53.80	350m:	5:34.25	42.25
	100m:	1:30.63 50.50	200m:	3:04.61	45.82	300m:	4:52.00	53.59	400m:	6:15.61	41.36
20.	CATI Lidia		13	Polna Warszawa				6:25.97	336		
	50m:	42.58 42.58	150m:	2:21.17	48.05	250m:	4:04.00	56.34	350m:	5:44.20	43.35
	100m:	1:33.12 50.54	200m:	3:07.66	46.49	300m:	5:00.85	56.85	400m:	6:25.97	41.77