

2018 Memoriał Henryka Kosakowskiego  
Lublin, 17.2.2018

Konkurencja 27  
17.02.2018 - 17:29

Kobiet, 400m zmienny

12 lat i starsi  
Wyniki

Punkty: Rudolph Table 2017

Pozycja			Wiek					Czas	Pkt.	
<b>MŁODZIK</b>										
1.	AMILKIEWICZ Aleksandra		13	Olimpia Lublin				<b>5:18.42</b>	14,4	
	50m:	34.27 34.27	150m:	1:53.66	40.96	250m:	3:18.92	45.18	350m:	4:41.80 37.34
	100m:	1:12.70 38.43	200m:	2:33.74	40.08	300m:	4:04.46	45.54	400m:	5:18.42 36.62
2.	RAKOWSKA Marta		12	Vega Dobrodzie				<b>5:34.84</b>	14,1	
	50m:	38.57 38.57	150m:	2:03.98	43.87	250m:	3:35.08	49.02	350m:	4:59.48 36.16
	100m:	1:20.11 41.54	200m:	2:46.06	42.08	300m:	4:23.32	48.24	400m:	5:34.84 35.36
3.	JONCZYK Zuzanna		13	Vega Dobrodzie				<b>5:48.05</b>	7,9	
	50m:	39.89 39.89	150m:	2:10.11	44.81	250m:	3:42.50	48.45	350m:	5:10.36 39.95
	100m:	1:25.30 45.41	200m:	2:54.05	43.94	300m:	4:30.41	47.91	400m:	5:48.05 37.69
4.	SOSNÓWKA Oliwia		13	Fala Kra nik				<b>5:56.64</b>	6,0	
	50m:	38.16 38.16	150m:	2:10.01	47.88	250m:	3:44.34	47.90	350m:	5:16.66 42.67
	100m:	1:22.13 43.97	200m:	2:56.44	46.43	300m:	4:33.99	49.65	400m:	5:56.64 39.98
5.	WILK Anna		12	Fala Kra nik				<b>6:01.13</b>	8,6	
	50m:	40.63 40.63	150m:	2:17.94	47.57	250m:	3:51.75	48.67	350m:	5:22.04 42.30
	100m:	1:30.37 49.74	200m:	3:03.08	45.14	300m:	4:39.74	47.99	400m:	6:01.13 39.09
6.	KOWALSKA Zuzanna		13	Olimpijczyk 23 Lublin				<b>6:10.21</b>	3,0	
	50m:	38.95 38.95	150m:	2:13.48	49.25	250m:	3:51.91	50.38	350m:	5:27.76 45.09
	100m:	1:24.23 45.28	200m:	3:01.53	48.05	300m:	4:42.67	50.76	400m:	6:10.21 42.45
<b>EYOF</b>										
1.	CYNARSKA Natalia		15	Polonia Warszawa				<b>5:05.54</b>	14,8	
	50m:	33.79 33.79	150m:	1:51.13	38.22	250m:	3:13.44	44.10	350m:	4:32.80 35.04
	100m:	1:12.91 39.12	200m:	2:29.34	38.21	300m:	3:57.76	44.32	400m:	5:05.54 32.74
2.	CYNARSKA Weronika		15	Polonia Warszawa				<b>5:06.99</b>	14,5	
	50m:	32.50 32.50	150m:	1:51.48	40.54	250m:	3:15.06	43.65	350m:	4:33.18 35.53
	100m:	1:10.94 38.44	200m:	2:31.41	39.93	300m:	3:57.65	42.59	400m:	5:06.99 33.81
3.	ZIELI SKA Daria		15	Polonia Warszawa				<b>5:21.23</b>	11,2	
	50m:	32.04 32.04	150m:	1:53.14	43.33	250m:	3:22.39	46.30	350m:	4:45.54 35.88
	100m:	1:09.81 37.77	200m:	2:36.09	42.95	300m:	4:09.66	47.27	400m:	5:21.23 35.69
4.	DRAGAN Julia		14	Olimpia Lublin				<b>5:24.71</b>	11,5	
	50m:	34.97 34.97	150m:	2:00.58	43.48	250m:	3:27.27	44.32	350m:	4:48.77 37.60
	100m:	1:17.10 42.13	200m:	2:42.95	42.37	300m:	4:11.17	43.90	400m:	5:24.71 35.94
5.	LUTKIEWICZ Gabriela		15	Wisła Puławy				<b>5:31.62</b>	8,8	
	50m:	33.83 33.83	150m:	1:55.20	42.31	250m:	3:26.31	49.01	350m:	4:54.49 38.32
	100m:	1:12.89 39.06	200m:	2:37.30	42.10	300m:	4:16.17	49.86	400m:	5:31.62 37.13
6.	OLIWA Laura		15	Vega Dobrodzie				<b>5:38.48</b>	7,3	
	50m:	36.24 36.24	150m:	2:02.63	43.81	250m:	3:35.19	50.60	350m:	5:01.51 36.26
	100m:	1:18.82 42.58	200m:	2:44.59	41.96	300m:	4:25.25	50.06	400m:	5:38.48 36.97
7.	KOŁODZIEJCZYK Oliwia		15	Olimpia Lublin				<b>5:41.32</b>	6,6	
	50m:	35.43 35.43	150m:	2:03.03	45.87	250m:	3:37.57	48.99	350m:	5:06.23 38.63
	100m:	1:17.16 41.73	200m:	2:48.58	45.55	300m:	4:27.60	50.03	400m:	5:41.32 35.09

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MEJ

1.	RUTKOWSKA Agnieszka	17	Skalar Słupsk	<b>5:00.61</b>	14,9
	50m: 33.17 33.17	150m: 1:51.21	39.78	250m: 3:11.08	41.70
	100m: 1:11.43 38.26	200m: 2:29.38	38.17	300m: 3:52.78	41.70
				350m: 4:27.35	34.57
				400m: 5:00.61	33.26
2.	CYNARSKA Natalia	15	Polonia Warszawa	<b>5:05.54</b>	14,8
	50m: 33.79 33.79	150m: 1:51.13	38.22	250m: 3:13.44	44.10
	100m: 1:12.91 39.12	200m: 2:29.34	38.21	300m: 3:57.76	44.32
				350m: 4:32.80	35.04
				400m: 5:05.54	32.74
3.	WILCZEWSKA Aleksandra	16	Olimpia Lublin	<b>5:06.34</b>	13,7
	50m: 33.15 33.15	150m: 1:50.60	39.74	250m: 3:12.42	43.78
	100m: 1:10.86 37.71	200m: 2:28.64	38.04	300m: 3:56.53	44.11
				350m: 4:32.26	35.73
				400m: 5:06.34	34.08
4.	CYNARSKA Weronika	15	Polonia Warszawa	<b>5:06.99</b>	14,5
	50m: 32.50 32.50	150m: 1:51.48	40.54	250m: 3:15.06	43.65
	100m: 1:10.94 38.44	200m: 2:31.41	39.93	300m: 3:57.65	42.59
				350m: 4:33.18	35.53
				400m: 5:06.99	33.81
5.	CERLICH Oliwia	16	Ikar Mielec	<b>5:17.26</b>	11,1
	50m: 34.72 34.72	150m: 1:55.93	41.79	250m: 3:21.89	45.39
	100m: 1:14.14 39.42	200m: 2:36.50	40.57	300m: 4:07.67	45.78
				350m: 4:42.78	35.11
				400m: 5:17.26	34.48
6.	ZIELI SKA Daria	15	Polonia Warszawa	<b>5:21.23</b>	11,2
	50m: 32.04 32.04	150m: 1:53.14	43.33	250m: 3:22.39	46.30
	100m: 1:09.81 37.77	200m: 2:36.09	42.95	300m: 4:09.66	47.27
				350m: 4:45.54	35.88
				400m: 5:21.23	35.69
7.	DRAGAN Julia	14	Olimpia Lublin	<b>5:24.71</b>	11,5
	50m: 34.97 34.97	150m: 2:00.58	43.48	250m: 3:27.27	44.32
	100m: 1:17.10 42.13	200m: 2:42.95	42.37	300m: 4:11.17	43.90
				350m: 4:48.77	37.60
				400m: 5:24.71	35.94
8.	LUTKIEWICZ Gabriela	15	Wisła Puławy	<b>5:31.62</b>	8,8
	50m: 33.83 33.83	150m: 1:55.20	42.31	250m: 3:26.31	49.01
	100m: 1:12.89 39.06	200m: 2:37.30	42.10	300m: 4:16.17	49.86
				350m: 4:54.49	38.32
				400m: 5:31.62	37.13
9.	OLIWA Laura	15	Vega Dobrodzie	<b>5:38.48</b>	7,3
	50m: 36.24 36.24	150m: 2:02.63	43.81	250m: 3:35.19	50.60
	100m: 1:18.82 42.58	200m: 2:44.59	41.96	300m: 4:25.25	50.06
				350m: 5:01.51	36.26
				400m: 5:38.48	36.97
10.	KOŁODZIEJCZYK Oliwia	15	Olimpia Lublin	<b>5:41.32</b>	6,6
	50m: 35.43 35.43	150m: 2:03.03	45.87	250m: 3:37.57	48.99
	100m: 1:17.16 41.73	200m: 2:48.58	45.55	300m: 4:27.60	50.03
				350m: 5:06.23	38.63
				400m: 5:41.32	35.09
11.	BUCO Anna	16	Fala Kra nik	<b>5:52.30</b>	3,0
	50m: 38.67 38.67	150m: 2:07.43	43.29	250m: 3:40.50	50.31
	100m: 1:24.14 45.47	200m: 2:50.19	42.76	300m: 4:32.42	51.92
				350m: 5:12.90	40.48
				400m: 5:52.30	39.40

OPEN

1.	RUTKOWSKA Agnieszka	17	Skalar Słupsk	<b>5:00.61</b>	14,9
	50m: 33.17 33.17	150m: 1:51.21	39.78	250m: 3:11.08	41.70
	100m: 1:11.43 38.26	200m: 2:29.38	38.17	300m: 3:52.78	41.70
				350m: 4:27.35	34.57
				400m: 5:00.61	33.26
2.	ADAMCZYK Julia SL	19	AZS UMCS Lublin	<b>5:03.67</b>	13,1
	50m: 32.28 32.28	150m: 1:49.24	39.56	250m: 3:10.58	42.83
	100m: 1:09.68 37.40	200m: 2:27.75	38.51	300m: 3:54.16	43.58
				350m: 4:29.39	35.23
				400m: 5:03.67	34.28
3.	CYNARSKA Natalia	15	Polonia Warszawa	<b>5:05.54</b>	14,8
	50m: 33.79 33.79	150m: 1:51.13	38.22	250m: 3:13.44	44.10
	100m: 1:12.91 39.12	200m: 2:29.34	38.21	300m: 3:57.76	44.32
				350m: 4:32.80	35.04
				400m: 5:05.54	32.74
4.	WILCZEWSKA Aleksandra	16	Olimpia Lublin	<b>5:06.34</b>	13,7
	50m: 33.15 33.15	150m: 1:50.60	39.74	250m: 3:12.42	43.78
	100m: 1:10.86 37.71	200m: 2:28.64	38.04	300m: 3:56.53	44.11
				350m: 4:32.26	35.73
				400m: 5:06.34	34.08
5.	CYNARSKA Weronika	15	Polonia Warszawa	<b>5:06.99</b>	14,5
	50m: 32.50 32.50	150m: 1:51.48	40.54	250m: 3:15.06	43.65
	100m: 1:10.94 38.44	200m: 2:31.41	39.93	300m: 3:57.65	42.59
				350m: 4:33.18	35.53
				400m: 5:06.99	33.81

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Konkurencja 27, Kobiety, 400m zmienny, OPEN

Pozycja			Wiek				Czas				Pkt.	
6.	CERLICH Oliwia		16				Ikar Mielec				<b>5:17.26</b>	11,1
	50m:	34.72 34.72	150m:	1:55.93 41.79	250m:	3:21.89 45.39	350m:	4:42.78 35.11				
	100m:	1:14.14 39.42	200m:	2:36.50 40.57	300m:	4:07.67 45.78	400m:	5:17.26 34.48				
7.	AMILKIEWICZ Aleksandra		13				Olimpia Lublin				<b>5:18.42</b>	14,4
	50m:	34.27 34.27	150m:	1:53.66 40.96	250m:	3:18.92 45.18	350m:	4:41.80 37.34				
	100m:	1:12.70 38.43	200m:	2:33.74 40.08	300m:	4:04.46 45.54	400m:	5:18.42 36.62				
8.	ZIELI SKA Daria		15				Polonia Warszawa				<b>5:21.23</b>	11,2
	50m:	32.04 32.04	150m:	1:53.14 43.33	250m:	3:22.39 46.30	350m:	4:45.54 35.88				
	100m:	1:09.81 37.77	200m:	2:36.09 42.95	300m:	4:09.66 47.27	400m:	5:21.23 35.69				
9.	PROCHOWNIK Olimpia		19				AZS UMCS Lublin				<b>5:22.50</b>	8,7
	50m:	34.08 34.08	150m:	1:56.91 44.19	250m:	3:23.82 44.18	350m:	4:45.83 38.30				
	100m:	1:12.72 38.64	200m:	2:39.64 42.73	300m:	4:07.53 43.71	400m:	5:22.50 36.67				
10.	DRAGAN Julia		14				Olimpia Lublin				<b>5:24.71</b>	11,5
	50m:	34.97 34.97	150m:	2:00.58 43.48	250m:	3:27.27 44.32	350m:	4:48.77 37.60				
	100m:	1:17.10 42.13	200m:	2:42.95 42.37	300m:	4:11.17 43.90	400m:	5:24.71 35.94				
11.	LUTKIEWICZ Gabriela		15				Wisła Puławy				<b>5:31.62</b>	8,8
	50m:	33.83 33.83	150m:	1:55.20 42.31	250m:	3:26.31 49.01	350m:	4:54.49 38.32				
	100m:	1:12.89 39.06	200m:	2:37.30 42.10	300m:	4:16.17 49.86	400m:	5:31.62 37.13				
12.	RAKOWSKA Marta		12				Vega Dobrodzie				<b>5:34.84</b>	14,1
	50m:	38.57 38.57	150m:	2:03.98 43.87	250m:	3:35.08 49.02	350m:	4:59.48 36.16				
	100m:	1:20.11 41.54	200m:	2:46.06 42.08	300m:	4:23.32 48.24	400m:	5:34.84 35.36				
13.	OLIWA Laura		15				Vega Dobrodzie				<b>5:38.48</b>	7,3
	50m:	36.24 36.24	150m:	2:02.63 43.81	250m:	3:35.19 50.60	350m:	5:01.51 36.26				
	100m:	1:18.82 42.58	200m:	2:44.59 41.96	300m:	4:25.25 50.06	400m:	5:38.48 36.97				
14.	KOŁODZIEJCZYK Oliwia		15				Olimpia Lublin				<b>5:41.32</b>	6,6
	50m:	35.43 35.43	150m:	2:03.03 45.87	250m:	3:37.57 48.99	350m:	5:06.23 38.63				
	100m:	1:17.16 41.73	200m:	2:48.58 45.55	300m:	4:27.60 50.03	400m:	5:41.32 35.09				
15.	JONCZYK Zuzanna		13				Vega Dobrodzie				<b>5:48.05</b>	7,9
	50m:	39.89 39.89	150m:	2:10.11 44.81	250m:	3:42.50 48.45	350m:	5:10.36 39.95				
	100m:	1:25.30 45.41	200m:	2:54.05 43.94	300m:	4:30.41 47.91	400m:	5:48.05 37.69				
16.	BUCO Anna		16				Fala Kra nik				<b>5:52.30</b>	3,0
	50m:	38.67 38.67	150m:	2:07.43 43.29	250m:	3:40.50 50.31	350m:	5:12.90 40.48				
	100m:	1:24.14 45.47	200m:	2:50.19 42.76	300m:	4:32.42 51.92	400m:	5:52.30 39.40				
17.	SOSNÓWKA Oliwia		13				Fala Kra nik				<b>5:56.64</b>	6,0
	50m:	38.16 38.16	150m:	2:10.01 47.88	250m:	3:44.34 47.90	350m:	5:16.66 42.67				
	100m:	1:22.13 43.97	200m:	2:56.44 46.43	300m:	4:33.99 49.65	400m:	5:56.64 39.98				
18.	WILK Anna		12				Fala Kra nik				<b>6:01.13</b>	8,6
	50m:	40.63 40.63	150m:	2:17.94 47.57	250m:	3:51.75 48.67	350m:	5:22.04 42.30				
	100m:	1:30.37 49.74	200m:	3:03.08 45.14	300m:	4:39.74 47.99	400m:	6:01.13 39.09				
19.	KOWALSKA Zuzanna		13				Olimpijczyk 23 Lublin				<b>6:10.21</b>	3,0
	50m:	38.95 38.95	150m:	2:13.48 49.25	250m:	3:51.91 50.38	350m:	5:27.76 45.09				
	100m:	1:24.23 45.28	200m:	3:01.53 48.05	300m:	4:42.67 50.76	400m:	6:10.21 42.45				