

2018 Memoriał Henryka Kosakowskiego  
Lublin, 17.2.2018

Konkurencja 28  
17.02.2018 - 17:42

M czyzn, 400m zmienny

12 lat i starsi  
Wyniki

Punkty: Rudolph Table 2017

Pozycja			Wiek					Czas	Pkt.
<b>MŁODZIK/JUNIOR MŁODSZY</b>									
1.	CHMIELEWSKI Krzysztof		14	Muszelka Warszawa				<b>4:50.59</b>	15,8
	50m: 30.45 30.45	150m: 1:41.97		36.60	250m: 3:02.72	44.93	350m: 4:20.34	32.50	
	100m: 1:05.37 34.92	200m: 2:17.79		35.82	300m: 3:47.84	45.12	400m: 4:50.59	30.25	
2.	CHMIELEWSKI Michał		14	Muszelka Warszawa				<b>4:56.74</b>	14,4
	50m: 31.12 31.12	150m: 1:42.67		35.96	250m: 3:05.15	46.56	350m: 4:25.05	33.30	
	100m: 1:06.71 35.59	200m: 2:18.59		35.92	300m: 3:51.75	46.60	400m: 4:56.74	31.69	
3.	BEDNAREK Przemysław		14	Muszelka Warszawa				<b>5:16.78</b>	9,6
	50m: 33.60 33.60	150m: 1:53.26		40.74	250m: 3:20.02	47.32	350m: 4:43.08	35.16	
	100m: 1:12.52 38.92	200m: 2:32.70		39.44	300m: 4:07.92	47.90	400m: 5:16.78	33.70	
4.	ZUZANIUK Igor		14	Olimpia Lublin				<b>5:25.09</b>	7,6
	50m: 35.36 35.36	150m: 2:01.40		42.22	250m: 3:26.47	44.40	350m: 4:49.76	37.86	
	100m: 1:19.18 43.82	200m: 2:42.07		40.67	300m: 4:11.90	45.43	400m: 5:25.09	35.33	

**EYOF**

1.	JA KIEWICZ Adrian		16	Muszelka Warszawa				<b>4:48.46</b>	13,2
	50m: 29.72 29.72	150m: 1:39.88		37.39	250m: 3:00.00	43.69	350m: 4:17.39	33.34	
	100m: 1:02.49 32.77	200m: 2:16.31		36.43	300m: 3:44.05	44.05	400m: 4:48.46	31.07	
2.	ZUBIK Jan		15	Polonia Warszawa				<b>4:57.40</b>	12,5
	50m: 31.93 31.93	150m: 1:48.04		38.54	250m: 3:06.40	42.62	350m: 4:25.82	34.73	
	100m: 1:09.50 37.57	200m: 2:23.78		35.74	300m: 3:51.09	44.69	400m: 4:57.40	31.58	
3.	ANTCZAK Bartosz		15	Polonia Warszawa				<b>5:00.07</b>	11,8
	50m: 30.53 30.53	150m: 1:46.24		39.48	250m: 3:08.09	43.40	350m: 4:26.80	35.21	
	100m: 1:06.76 36.23	200m: 2:24.69		38.45	300m: 3:51.59	43.50	400m: 5:00.07	33.27	
4.	RUTA Kamil		16	Muszelka Warszawa				<b>5:00.25</b>	10,2
	50m: 31.19 31.19	150m: 1:47.16		39.42	250m: 3:09.87	43.72	350m: 4:27.63	33.28	
	100m: 1:07.74 36.55	200m: 2:26.15		38.99	300m: 3:54.35	44.48	400m: 5:00.25	32.62	
5.	RODKIEWICZ Radosław		15	Muszelka Warszawa				<b>5:01.05</b>	11,6
	50m: 32.64 32.64	150m: 1:48.95		38.35	250m: 3:11.23	45.32	350m: 4:29.56	32.95	
	100m: 1:10.60 37.96	200m: 2:25.91		36.96	300m: 3:56.61	45.38	400m: 5:01.05	31.49	
6.	MRÓZ Adam		15	Olimpijczyk 23 Lublin				<b>5:01.41</b>	11,5
	50m: 31.43 31.43	150m: 1:48.73		40.85	250m: 3:11.48	42.88	350m: 4:29.65	34.93	
	100m: 1:07.88 36.45	200m: 2:28.60		39.87	300m: 3:54.72	43.24	400m: 5:01.41	31.76	
7.	DOŁOWY Grzegorz		16	Muszelka Warszawa				<b>5:02.46</b>	9,7
	50m: 31.53 31.53	150m: 1:47.05		39.55	250m: 3:11.87	45.56	350m: 4:31.08	33.25	
	100m: 1:07.50 35.97	200m: 2:26.31		39.26	300m: 3:57.83	45.96	400m: 5:02.46	31.38	
8.	POPIOŁEK Dawid		16	Skarpa Lublin				<b>5:07.89</b>	8,3
	50m: 31.11 31.11	150m: 1:49.88		41.69	250m: 3:17.10	46.61	350m: 4:36.96	33.19	
	100m: 1:08.19 37.08	200m: 2:30.49		40.61	300m: 4:03.77	46.67	400m: 5:07.89	30.93	
9.	ZARYCHTA Marcel		15	Olimpia Lublin				<b>5:12.08</b>	8,9
	50m: 32.95 32.95	150m: 1:52.38		40.70	250m: 3:18.42	46.48	350m: 4:39.47	34.07	
	100m: 1:11.68 38.73	200m: 2:31.94		39.56	300m: 4:05.40	46.98	400m: 5:12.08	32.61	
10.	ROGUSKI Mateusz		15	Muszelka Warszawa				<b>5:17.11</b>	7,7
	50m: 33.24 33.24	150m: 1:49.22		40.88	250m: 3:16.98	47.88	350m: 4:41.66	36.65	
	100m: 1:08.34 35.10	200m: 2:29.10		39.88	300m: 4:05.01	48.03	400m: 5:17.11	35.45	

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Konkurencja 28, M czyzn, 400m zmienny

MEJ

1.	OLLER Krzysztof SL	18	Kormoran Olsztyn	<b>4:40.20</b>	13,6
	50m: 29.89 29.89	150m: 1:42.43	38.67	250m: 2:58.90	41.10
	100m: 1:03.76 33.87	200m: 2:17.80	35.37	300m: 3:38.83	39.93
				350m: 4:10.68	31.85
				400m: 4:40.20	29.52
2.	BORKOWSKI Kacper SL	18	AZS UMCS Lublin	<b>4:41.89</b>	13,2
	50m: 30.25 30.25	150m: 1:42.07	38.01	250m: 2:59.86	40.42
	100m: 1:04.06 33.81	200m: 2:19.44	37.37	300m: 3:40.59	40.73
				350m: 4:11.63	31.04
				400m: 4:41.89	30.26
3.	CERLICH Maksymilian	18	Ikar Mielec	<b>4:42.58</b>	13,0
	50m: 29.87 29.87	150m: 1:42.47	37.96	250m: 2:59.36	39.61
	100m: 1:04.51 34.64	200m: 2:19.75	37.28	300m: 3:39.27	39.91
				350m: 4:11.75	32.48
				400m: 4:42.58	30.83
4.	JA KIEWICZ Adrian	16	Muszelka Warszawa	<b>4:48.46</b>	13,2
	50m: 29.72 29.72	150m: 1:39.88	37.39	250m: 3:00.00	43.69
	100m: 1:02.49 32.77	200m: 2:16.31	36.43	300m: 3:44.05	44.05
				350m: 4:17.39	33.34
				400m: 4:48.46	31.07
5.	GUZY Marcel	17	Vega Dobrodzie	<b>4:50.44</b>	11,7
	50m: 30.92 30.92	150m: 1:44.61	38.56	250m: 3:02.39	40.61
	100m: 1:06.05 35.13	200m: 2:21.78	37.17	300m: 3:43.00	40.61
				350m: 4:17.38	34.38
				400m: 4:50.44	33.06
6.	WALCZYSCO Jakub SL	18	AZS UMCS Lublin	<b>4:56.27</b>	9,6
	50m: 31.50 31.50	150m: 1:47.11	38.35	250m: 3:06.33	41.76
	100m: 1:08.76 37.26	200m: 2:24.57	37.46	300m: 3:49.64	43.31
				350m: 4:22.76	33.12
				400m: 4:56.27	33.51
7.	ZUBIK Jan	15	Polonia Warszawa	<b>4:57.40</b>	12,5
	50m: 31.93 31.93	150m: 1:48.04	38.54	250m: 3:06.40	42.62
	100m: 1:09.50 37.57	200m: 2:23.78	35.74	300m: 3:51.09	44.69
				350m: 4:25.82	34.73
				400m: 4:57.40	31.58
8.	ANTCZAK Bartosz	15	Polonia Warszawa	<b>5:00.07</b>	11,8
	50m: 30.53 30.53	150m: 1:46.24	39.48	250m: 3:08.09	43.40
	100m: 1:06.76 36.23	200m: 2:24.69	38.45	300m: 3:51.59	43.50
				350m: 4:26.80	35.21
				400m: 5:00.07	33.27
9.	RUTA Kamil	16	Muszelka Warszawa	<b>5:00.25</b>	10,2
	50m: 31.19 31.19	150m: 1:47.16	39.42	250m: 3:09.87	43.72
	100m: 1:07.74 36.55	200m: 2:26.15	38.99	300m: 3:54.35	44.48
				350m: 4:27.63	33.28
				400m: 5:00.25	32.62
10.	RODKIEWICZ Radosław	15	Muszelka Warszawa	<b>5:01.05</b>	11,6
	50m: 32.64 32.64	150m: 1:48.95	38.35	250m: 3:11.23	45.32
	100m: 1:10.60 37.96	200m: 2:25.91	36.96	300m: 3:56.61	45.38
				350m: 4:29.56	32.95
				400m: 5:01.05	31.49
11.	MRÓZ Adam	15	Olimpijczyk 23 Lublin	<b>5:01.41</b>	11,5
	50m: 31.43 31.43	150m: 1:48.73	40.85	250m: 3:11.48	42.88
	100m: 1:07.88 36.45	200m: 2:28.60	39.87	300m: 3:54.72	43.24
				350m: 4:29.65	34.93
				400m: 5:01.41	31.76
12.	DOŁOWY Grzegorz	16	Muszelka Warszawa	<b>5:02.46</b>	9,7
	50m: 31.53 31.53	150m: 1:47.05	39.55	250m: 3:11.87	45.56
	100m: 1:07.50 35.97	200m: 2:26.31	39.26	300m: 3:57.83	45.96
				350m: 4:31.08	33.25
				400m: 5:02.46	31.38
13.	POPIOŁEK Dawid	16	Skarpa Lublin	<b>5:07.89</b>	8,3
	50m: 31.11 31.11	150m: 1:49.88	41.69	250m: 3:17.10	46.61
	100m: 1:08.19 37.08	200m: 2:30.49	40.61	300m: 4:03.77	46.67
				350m: 4:36.96	33.19
				400m: 5:07.89	30.93
14.	WO NIAK Kamil	17	Wisła Puławy	<b>5:07.92</b>	7,4
	50m: 30.94 30.94	150m: 1:50.58	43.30	250m: 3:15.82	43.99
	100m: 1:07.28 36.34	200m: 2:31.83	41.25	300m: 4:00.47	44.65
				350m: 4:35.87	35.40
				400m: 5:07.92	32.05
15.	ZARYCHTA Marcel	15	Olimpia Lublin	<b>5:12.08</b>	8,9
	50m: 32.95 32.95	150m: 1:52.38	40.70	250m: 3:18.42	46.48
	100m: 1:11.68 38.73	200m: 2:31.94	39.56	300m: 4:05.40	46.98
				350m: 4:39.47	34.07
				400m: 5:12.08	32.61
16.	ROGUSKI Mateusz	15	Muszelka Warszawa	<b>5:17.11</b>	7,7
	50m: 33.24 33.24	150m: 1:49.22	40.88	250m: 3:16.98	47.88
	100m: 1:08.34 35.10	200m: 2:29.10	39.88	300m: 4:05.01	48.03
				350m: 4:41.66	36.65
				400m: 5:17.11	35.45

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Konkurencja 28, M czyzn, 400m zmienny

OPEN

1.	OLLER Krzysztof SL	18	Kormoran Olsztyn	<b>4:40.20</b>	13,6
	50m: 29.89 29.89	150m: 1:42.43	38.67	250m: 2:58.90	41.10
	100m: 1:03.76 33.87	200m: 2:17.80	35.37	300m: 3:38.83	39.93
				350m: 4:10.68	31.85
				400m: 4:40.20	29.52
2.	BORKOWSKI Kacper SL	18	AZS UMCS Lublin	<b>4:41.89</b>	13,2
	50m: 30.25 30.25	150m: 1:42.07	38.01	250m: 2:59.86	40.42
	100m: 1:04.06 33.81	200m: 2:19.44	37.37	300m: 3:40.59	40.73
				350m: 4:11.63	31.04
				400m: 4:41.89	30.26
3.	CERLICH Maksymilian	18	Ikar Mielec	<b>4:42.58</b>	13,0
	50m: 29.87 29.87	150m: 1:42.47	37.96	250m: 2:59.36	39.61
	100m: 1:04.51 34.64	200m: 2:19.75	37.28	300m: 3:39.27	39.91
				350m: 4:11.75	32.48
				400m: 4:42.58	30.83
4.	JA KIEWICZ Adrian	16	Muszelka Warszawa	<b>4:48.46</b>	13,2
	50m: 29.72 29.72	150m: 1:39.88	37.39	250m: 3:00.00	43.69
	100m: 1:02.49 32.77	200m: 2:16.31	36.43	300m: 3:44.05	44.05
				350m: 4:17.39	33.34
				400m: 4:48.46	31.07
5.	GUZY Marcel	17	Vega Dobrodzie	<b>4:50.44</b>	11,7
	50m: 30.92 30.92	150m: 1:44.61	38.56	250m: 3:02.39	40.61
	100m: 1:06.05 35.13	200m: 2:21.78	37.17	300m: 3:43.00	40.61
				350m: 4:17.38	34.38
				400m: 4:50.44	33.06
6.	CHMIELEWSKI Krzysztof	14	Muszelka Warszawa	<b>4:50.59</b>	15,8
	50m: 30.45 30.45	150m: 1:41.97	36.60	250m: 3:02.72	44.93
	100m: 1:05.37 34.92	200m: 2:17.79	35.82	300m: 3:47.84	45.12
				350m: 4:20.34	32.50
				400m: 4:50.59	30.25
7.	WALCZYNSKO Jakub SL	18	AZS UMCS Lublin	<b>4:56.27</b>	9,6
	50m: 31.50 31.50	150m: 1:47.11	38.35	250m: 3:06.33	41.76
	100m: 1:08.76 37.26	200m: 2:24.57	37.46	300m: 3:49.64	43.31
				350m: 4:22.76	33.12
				400m: 4:56.27	33.51
8.	CHMIELEWSKI Michał	14	Muszelka Warszawa	<b>4:56.74</b>	14,4
	50m: 31.12 31.12	150m: 1:42.67	35.96	250m: 3:05.15	46.56
	100m: 1:06.71 35.59	200m: 2:18.59	35.92	300m: 3:51.75	46.60
				350m: 4:25.05	33.30
				400m: 4:56.74	31.69
9.	ZUBIK Jan	15	Polonia Warszawa	<b>4:57.40</b>	12,5
	50m: 31.93 31.93	150m: 1:48.04	38.54	250m: 3:06.40	42.62
	100m: 1:09.50 37.57	200m: 2:23.78	35.74	300m: 3:51.09	44.69
				350m: 4:25.82	34.73
				400m: 4:57.40	31.58
10.	ANTCZAK Bartosz	15	Polonia Warszawa	<b>5:00.07</b>	11,8
	50m: 30.53 30.53	150m: 1:46.24	39.48	250m: 3:08.09	43.40
	100m: 1:06.76 36.23	200m: 2:24.69	38.45	300m: 3:51.59	43.50
				350m: 4:26.80	35.21
				400m: 5:00.07	33.27
11.	RUTA Kamil	16	Muszelka Warszawa	<b>5:00.25</b>	10,2
	50m: 31.19 31.19	150m: 1:47.16	39.42	250m: 3:09.87	43.72
	100m: 1:07.74 36.55	200m: 2:26.15	38.99	300m: 3:54.35	44.48
				350m: 4:27.63	33.28
				400m: 5:00.25	32.62
12.	RODKIEWICZ Radosław	15	Muszelka Warszawa	<b>5:01.05</b>	11,6
	50m: 32.64 32.64	150m: 1:48.95	38.35	250m: 3:11.23	45.32
	100m: 1:10.60 37.96	200m: 2:25.91	36.96	300m: 3:56.61	45.38
				350m: 4:29.56	32.95
				400m: 5:01.05	31.49
13.	MRÓZ Adam	15	Olimpijczyk 23 Lublin	<b>5:01.41</b>	11,5
	50m: 31.43 31.43	150m: 1:48.73	40.85	250m: 3:11.48	42.88
	100m: 1:07.88 36.45	200m: 2:28.60	39.87	300m: 3:54.72	43.24
				350m: 4:29.65	34.93
				400m: 5:01.41	31.76
14.	DOŁOWY Grzegorz	16	Muszelka Warszawa	<b>5:02.46</b>	9,7
	50m: 31.53 31.53	150m: 1:47.05	39.55	250m: 3:11.87	45.56
	100m: 1:07.50 35.97	200m: 2:26.31	39.26	300m: 3:57.83	45.96
				350m: 4:31.08	33.25
				400m: 5:02.46	31.38
15.	POPIOŁEK Dawid	16	Skarpa Lublin	<b>5:07.89</b>	8,3
	50m: 31.11 31.11	150m: 1:49.88	41.69	250m: 3:17.10	46.61
	100m: 1:08.19 37.08	200m: 2:30.49	40.61	300m: 4:03.77	46.67
				350m: 4:36.96	33.19
				400m: 5:07.89	30.93
16.	WO NIAK Kamil	17	Wisła Puławy	<b>5:07.92</b>	7,4
	50m: 30.94 30.94	150m: 1:50.58	43.30	250m: 3:15.82	43.99
	100m: 1:07.28 36.34	200m: 2:31.83	41.25	300m: 4:00.47	44.65
				350m: 4:35.87	35.40
				400m: 5:07.92	32.05
17.	ZARYCHTA Marcel	15	Olimpia Lublin	<b>5:12.08</b>	8,9
	50m: 32.95 32.95	150m: 1:52.38	40.70	250m: 3:18.42	46.48
	100m: 1:11.68 38.73	200m: 2:31.94	39.56	300m: 4:05.40	46.98
				350m: 4:39.47	34.07
				400m: 5:12.08	32.61

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Lublin, 17.2.2018

Konkurencja 28, M czyzn, 400m zmienny, OPEN

Pozycja					Wiek					Czas	Pkt.	
18.	<b>BEDNAREK Przemysław</b>				14	<b>Muszelka Warszawa</b>				<b>5:16.78</b>	<b>9,6</b>	
	50m:	33.60	33.60	150m:	1:53.26	40.74	250m:	3:20.02	47.32	350m:	4:43.08	35.16
	100m:	1:12.52	38.92	200m:	2:32.70	39.44	300m:	4:07.92	47.90	400m:	5:16.78	33.70
19.	<b>ROGUSKI Mateusz</b>				15	<b>Muszelka Warszawa</b>				<b>5:17.11</b>	<b>7,7</b>	
	50m:	33.24	33.24	150m:	1:49.22	40.88	250m:	3:16.98	47.88	350m:	4:41.66	36.65
	100m:	1:08.34	35.10	200m:	2:29.10	39.88	300m:	4:05.01	48.03	400m:	5:17.11	35.45
20.	<b>ZUZANIUK Igor</b>				14	<b>Olimpia Lublin</b>				<b>5:25.09</b>	<b>7,6</b>	
	50m:	35.36	35.36	150m:	2:01.40	42.22	250m:	3:26.47	44.40	350m:	4:49.76	37.86
	100m:	1:19.18	43.82	200m:	2:42.07	40.67	300m:	4:11.90	45.43	400m:	5:25.09	35.33