

2019 Memoriał Henryka Kosakowskiego
Lublin, 2.3.2019

Konkurencja 28
02.03.2019 - 17:15

M czynn, 400m zmienny

12 lat i starsi
Wyniki

Punkty: FINA 2019

Pozycja			Wiek					Czas	Pkt.	
MŁODZIK/JUNIOR MŁODSZY										
1.	WRO	SKI Szymon	13	KS Olimpia Lublin					5:52.15	331
	50m:	36.47 36.47	150m:	2:06.42 45.49	250m:	3:43.53 52.38	350m:	5:14.61 39.18		
	100m:	1:20.93 44.46	200m:	2:51.15 44.73	300m:	4:35.43 51.90	400m:	5:52.15 37.54		
2.	MICHAŁEK	Krzysztof	13	MTP Lublinianka					6:17.32	269
	50m:	40.83 40.83	150m:	2:20.17 50.26	250m:	4:01.85 54.54	350m:	5:37.99 41.16		
	100m:	1:29.91 49.08	200m:	3:07.31 47.14	300m:	4:56.83 54.98	400m:	6:17.32 39.33		
EYOF										
1.	ANTCZAK	Bartosz	16	UKP Polonia Warszawa					4:46.61	615
	50m:	28.93 28.93	150m:	1:41.22 38.40	250m:	2:58.81 40.74	350m:	4:14.36 33.98		
	100m:	1:02.82 33.89	200m:	2:18.07 36.85	300m:	3:40.38 41.57	400m:	4:46.61 32.25		
2.	ZUBIK	Jan	16	UKP Polonia Warszawa					5:00.28	535
	50m:	30.01 30.01	150m:	1:44.91 39.37	250m:	3:08.37 45.02	350m:	4:26.87 33.66		
	100m:	1:05.54 35.53	200m:	2:23.35 38.44	300m:	3:53.21 44.84	400m:	5:00.28 33.41		
3.	CHOŁ Y	SKI Nikodem	16	UKS Olimpijczyk 23 Lublin					5:08.47	493
	50m:	30.11 30.11	150m:	1:47.52 41.62	250m:	3:13.21 46.32	350m:	4:34.27 35.33		
	100m:	1:05.90 35.79	200m:	2:26.89 39.37	300m:	3:58.94 45.73	400m:	5:08.47 34.20		
4.	MICHALAK	Piotr	16	UKP Polonia Warszawa					5:10.43	484
	50m:	31.25 31.25	150m:	1:49.38 42.21	250m:	3:14.04 45.36	350m:	4:35.49 34.57		
	100m:	1:07.17 35.92	200m:	2:28.68 39.30	300m:	4:00.92 46.88	400m:	5:10.43 34.94		
5.	KASPERSKI	Patryk	16	UKP Fala Kra nik					5:13.97	468
	50m:	33.36 33.36	150m:	1:52.55 39.81	250m:	3:17.35 46.37	350m:	4:40.11 35.69		
	100m:	1:12.74 39.38	200m:	2:30.98 38.43	300m:	4:04.42 47.07	400m:	5:13.97 33.86		
MEJ										
1.	POPIOŁEK	Dawid	17	KU AZS UMCS Lublin					4:48.55	603
	50m:	29.70 29.70	150m:	1:42.51 37.75	250m:	3:01.92 42.26	350m:	4:16.82 33.01		
	100m:	1:04.76 35.06	200m:	2:19.66 37.15	300m:	3:43.81 41.89	400m:	4:48.55 31.73		
2.	SIEKACZY	SKI Artur	17	UKP Fala Kra nik					4:51.76	583
	50m:	30.12 30.12	150m:	1:42.93 38.03	250m:	3:03.00 44.26	350m:	4:20.55 33.21		
	100m:	1:04.90 34.78	200m:	2:18.74 35.81	300m:	3:47.34 44.34	400m:	4:51.76 31.21		
3.	GUZY	Marcel	18	DOKiS SP Vega Dobrodzie					4:52.76	577
	50m:	30.72 30.72	150m:	1:44.80 38.64	250m:	3:03.58 40.49	350m:	4:18.90 34.75		
	100m:	1:06.16 35.44	200m:	2:23.09 38.29	300m:	3:44.15 40.57	400m:	4:52.76 33.86		
4.	SAGAN	Jakub	17	UKS Skarpa Lublin					5:02.02	526
	50m:	32.21 32.21	150m:	1:49.51 37.75	250m:	3:10.76 44.41	350m:	4:29.11 33.85		
	100m:	1:11.76 39.55	200m:	2:26.35 36.84	300m:	3:55.26 44.50	400m:	5:02.02 32.91		
5.	BO EK	Filip	17	UKP Fala Kra nik					5:21.90	434
	50m:	32.23 32.23	150m:	1:52.71 41.16	250m:	3:21.55 48.71	350m:	4:45.79 35.90		
	100m:	1:11.55 39.32	200m:	2:32.84 40.13	300m:	4:09.89 48.34	400m:	5:21.90 36.11		
6.	KARAKULA	Michał	17	KS Neptun Sokołów Podl.					5:34.04	388
	50m:	33.48 33.48	150m:	1:57.37 43.91	250m:	3:28.46 48.16	350m:	4:57.10 39.61		
	100m:	1:13.46 39.98	200m:	2:40.30 42.93	300m:	4:17.49 49.03	400m:	5:34.04 36.94		

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Konkurencja 28, M czyzn, 400m zmienny

OPEN

1.	OLLER Krzysztof	19	KU AZS UMCS Lublin	4:37.62	677
	50m: 29.26 29.26	150m: 1:39.86	37.44	250m: 2:55.39	40.52
	100m: 1:02.42 33.16	200m: 2:14.87	35.01	300m: 3:35.67	40.28
				350m: 4:07.34	31.67
				400m: 4:37.62	30.28
2.	CERLICH Maksymilian	19	MKS Ikar Mielec	4:42.60	642
	50m: 30.03 30.03	150m: 1:42.28	37.99	250m: 2:58.31	39.60
	100m: 1:04.29 34.26	200m: 2:18.71	36.43	300m: 3:38.35	40.04
				350m: 4:11.69	33.34
				400m: 4:42.60	30.91
3.	KEMPA Mikołaj	20	KU AZS UMCS Lublin	4:43.77	634
	50m: 29.05 29.05	150m: 1:42.97	40.05	250m: 3:00.01	38.62
	100m: 1:02.92 33.87	200m: 2:21.39	38.42	300m: 3:39.76	39.75
				350m: 4:13.45	33.69
				400m: 4:43.77	30.32
4.	ANTCZAK Bartosz	16	UKP Polonia Warszawa	4:46.61	615
	50m: 28.93 28.93	150m: 1:41.22	38.40	250m: 2:58.81	40.74
	100m: 1:02.82 33.89	200m: 2:18.07	36.85	300m: 3:40.38	41.57
				350m: 4:14.36	33.98
				400m: 4:46.61	32.25
5.	POPIOŁEK Dawid	17	KU AZS UMCS Lublin	4:48.55	603
	50m: 29.70 29.70	150m: 1:42.51	37.75	250m: 3:01.92	42.26
	100m: 1:04.76 35.06	200m: 2:19.66	37.15	300m: 3:43.81	41.89
				350m: 4:16.82	33.01
				400m: 4:48.55	31.73
6.	SIEKACZY SKI Artur	17	UKP Fala Kra nik	4:51.76	583
	50m: 30.12 30.12	150m: 1:42.93	38.03	250m: 3:03.00	44.26
	100m: 1:04.90 34.78	200m: 2:18.74	35.81	300m: 3:47.34	44.34
				350m: 4:20.55	33.21
				400m: 4:51.76	31.21
7.	GUZY Marcel	18	DOKiS SP Vega Dobrodzie	4:52.76	577
	50m: 30.72 30.72	150m: 1:44.80	38.64	250m: 3:03.58	40.49
	100m: 1:06.16 35.44	200m: 2:23.09	38.29	300m: 3:44.15	40.57
				350m: 4:18.90	34.75
				400m: 4:52.76	33.86
8.	ROGUSKI Bartłomiej	26	AZS AWF Warszawa	5:00.16	536
	50m: 33.09 33.09	150m: 1:55.15	44.10	250m: 3:14.72	38.46
	100m: 1:11.05 37.96	200m: 2:36.26	41.11	300m: 3:52.61	37.89
				350m: 4:27.56	34.95
				400m: 5:00.16	32.60
9.	ZUBIK Jan	16	UKP Polonia Warszawa	5:00.28	535
	50m: 30.01 30.01	150m: 1:44.91	39.37	250m: 3:08.37	45.02
	100m: 1:05.54 35.53	200m: 2:23.35	38.44	300m: 3:53.21	44.84
				350m: 4:26.87	33.66
				400m: 5:00.28	33.41
10.	SAGAN Jakub	17	UKS Skarpa Lublin	5:02.02	526
	50m: 32.21 32.21	150m: 1:49.51	37.75	250m: 3:10.76	44.41
	100m: 1:11.76 39.55	200m: 2:26.35	36.84	300m: 3:55.26	44.50
				350m: 4:29.11	33.85
				400m: 5:02.02	32.91
11.	CHOŁ Y SKI Nikodem	16	UKS Olimpijczyk 23 Lublin	5:08.47	493
	50m: 30.11 30.11	150m: 1:47.52	41.62	250m: 3:13.21	46.32
	100m: 1:05.90 35.79	200m: 2:26.89	39.37	300m: 3:58.94	45.73
				350m: 4:34.27	35.33
				400m: 5:08.47	34.20
12.	MICHALAK Piotr	16	UKP Polonia Warszawa	5:10.43	484
	50m: 31.25 31.25	150m: 1:49.38	42.21	250m: 3:14.04	45.36
	100m: 1:07.17 35.92	200m: 2:28.68	39.30	300m: 4:00.92	46.88
				350m: 4:35.49	34.57
				400m: 5:10.43	34.94
13.	KASPERSKI Patryk	16	UKP Fala Kra nik	5:13.97	468
	50m: 33.36 33.36	150m: 1:52.55	39.81	250m: 3:17.35	46.37
	100m: 1:12.74 39.38	200m: 2:30.98	38.43	300m: 4:04.42	47.07
				350m: 4:40.11	35.69
				400m: 5:13.97	33.86
14.	BO EK Filip	17	UKP Fala Kra nik	5:21.90	434
	50m: 32.23 32.23	150m: 1:52.71	41.16	250m: 3:21.55	48.71
	100m: 1:11.55 39.32	200m: 2:32.84	40.13	300m: 4:09.89	48.34
				350m: 4:45.79	35.90
				400m: 5:21.90	36.11
15.	KARAKULA Michał	17	KS Neptun Sokołów Podl.	5:34.04	388
	50m: 33.48 33.48	150m: 1:57.37	43.91	250m: 3:28.46	48.16
	100m: 1:13.46 39.98	200m: 2:40.30	42.93	300m: 4:17.49	49.03
				350m: 4:57.10	39.61
				400m: 5:34.04	36.94
16.	WRO SKI Szymon	13	KS Olimpia Lublin	5:52.15	331
	50m: 36.47 36.47	150m: 2:06.42	45.49	250m: 3:43.53	52.38
	100m: 1:20.93 44.46	200m: 2:51.15	44.73	300m: 4:35.43	51.90
				350m: 5:14.61	39.18
				400m: 5:52.15	37.54
17.	MICHAŁEK Krzysztof	13	MTP Lublinianka	6:17.32	269
	50m: 40.83 40.83	150m: 2:20.17	50.26	250m: 4:01.85	54.54
	100m: 1:29.91 49.08	200m: 3:07.31	47.14	300m: 4:56.83	54.98
				350m: 5:37.99	41.16
				400m: 6:17.32	39.33