

2019 Memoriał Henryka Kosakowskiego
Lublin, 2.3.2019

Konkurencja 5
02.03.2019 - 9:43

Kobiet, 400m dowolny

12 lat i starsi
Wyniki

Punkty: FINA 2019

Pozycja			Wiek					Czas	Pkt.
MŁODZIK									
1.	WILK Anna		13	UKP Fala Kra	nik		4:53.09	525	
	50m:	33.32	33.32	150m:	1:47.49	37.33	250m:	3:01.94	36.76
	100m:	1:10.16	36.84	200m:	2:25.18	37.69	300m:	3:40.51	38.57
				350m:	4:17.90		37.39		
				400m:	4:53.09		35.19		
2.	MACHULAK Milena		13	UKP Fala Kra	nik		5:03.71	471	
	50m:	34.54	34.54	150m:	1:50.13	38.54	250m:	3:08.31	39.17
	100m:	1:11.59	37.05	200m:	2:29.14	39.01	300m:	3:47.65	39.34
				350m:	4:26.62		38.97		
				400m:	5:03.71		37.09		
3.	SZAFRA SKA Malwina		13	KS KSZO Ostrowiec	w.		5:05.65	463	
	50m:	34.16	34.16	150m:	1:49.44	38.38	250m:	3:08.81	39.79
	100m:	1:11.06	36.90	200m:	2:29.02	39.58	300m:	3:48.53	39.72
				350m:	4:27.68		39.15		
				400m:	5:05.65		37.97		
4.	SOŁTYSZEWSKA Alicja		13	MKS Juwenia Białystok			5:14.94	423	
	50m:	35.79	35.79	150m:	1:55.34	39.87	250m:	3:14.98	39.62
	100m:	1:15.47	39.68	200m:	2:35.36	40.02	300m:	3:55.46	40.48
				350m:	4:35.48		40.02		
				400m:	5:14.94		39.46		
5.	MITRUS Karolina		13	MTP Lublinianka			6:04.18	273	
	50m:	38.83	38.83	150m:	2:09.66	46.67	250m:	3:44.74	48.48
	100m:	1:22.99	44.16	200m:	2:56.26	46.60	300m:	4:33.00	48.26
				350m:	5:19.71		46.71		
				400m:	6:04.18		44.47		
6.	DZIWULSKA Amelia		12	WUKS SP 30 Lublin			6:32.86	218	
	50m:	41.53	41.53	150m:			250m:		350m:
	100m:	1:27.75	46.22	200m:	3:11.00		300m:	4:54.92	400m:
									6:32.86
EYOF									
1.	TARASIEWICZ Klaudia		15	UKP Polonia Warszawa			4:27.70	689	
	50m:	31.62	31.62	150m:	1:38.63	33.81	250m:	2:46.27	33.45
	100m:	1:04.82	33.20	200m:	2:12.82	34.19	300m:	3:20.32	34.05
				350m:	3:54.22		33.90		
				400m:	4:27.70		33.48		
2.	DRAGAN Julia		15	KS Olimpia Lublin			4:50.87	537	
	50m:	31.88	31.88	150m:	1:44.76	37.05	250m:	3:00.33	37.92
	100m:	1:07.71	35.83	200m:	2:22.41	37.65	300m:	3:37.63	37.30
				350m:	4:15.01		37.38		
				400m:	4:50.87		35.86		
3.	SIWKO Natalia		15	KS Olimpia Lublin			4:55.02	514	
	50m:	33.50	33.50	150m:	1:49.13	38.34	250m:	3:04.54	37.73
	100m:	1:10.79	37.29	200m:	2:26.81	37.68	300m:	3:41.80	37.26
				350m:	4:18.83		37.03		
				400m:	4:55.02		36.19		
4.	KIERAGA Patrycja		15	KS Olimpia Lublin			5:07.86	453	
	50m:	35.47	35.47	150m:	1:53.00	39.22	250m:	3:11.24	37.52
	100m:	1:13.78	38.31	200m:	2:33.72	40.72	300m:	3:50.23	38.99
				350m:	4:29.39		39.16		
				400m:	5:07.86		38.47		
MEJ									
1.	CYNARSKA Weronika		16	UKP Polonia Warszawa			4:32.87	650	
	50m:	31.12	31.12	150m:	1:38.59	34.02	250m:	2:47.84	34.96
	100m:	1:04.57	33.45	200m:	2:12.88	34.29	300m:	3:23.50	35.66
				350m:	3:59.13		35.63		
				400m:	4:32.87		33.74		
2.	SZEWCZYK Zofia		17	UKP Fala Kra	nik		4:41.09	595	
	50m:	32.69	32.69	150m:	1:43.10	35.41	250m:	2:54.23	35.44
	100m:	1:07.69	35.00	200m:	2:18.79	35.69	300m:	3:30.18	35.95
				350m:	4:06.06		35.88		
				400m:	4:41.09		35.03		
3.	KOŁODZIEJCZYK Oliwia		16	KS Olimpia Lublin			4:54.88	515	
	50m:	32.88	32.88	150m:	1:46.75	37.76	250m:	3:02.36	38.03
	100m:	1:08.99	36.11	200m:	2:24.33	37.58	300m:	3:40.81	38.45
				350m:	4:19.16		38.35		
				400m:	4:54.88		35.72		
4.	B BEN Nina		16	KS Olimpia Lublin			5:08.49	450	
	50m:	34.24	34.24	150m:	1:50.09	39.04	250m:	3:09.74	39.99
	100m:	1:11.05	36.81	200m:	2:29.75	39.66	300m:	3:49.58	39.84
				350m:	4:29.59		40.01		
				400m:	5:08.49		38.90		
5.	SZYNAL Amelia		16	UKS Skarpa Lublin			5:13.09	430	
	50m:	36.11	36.11	150m:	1:55.50	40.11	250m:	3:14.94	39.68
	100m:	1:15.39	39.28	200m:	2:35.26	39.76	300m:	3:55.04	40.10
				350m:	4:34.41		39.37		
				400m:	5:13.09		38.68		

2019 Memoriał Henryka Kosakowskiego
Lublin, 2.3.2019

Konkurencja 5, Kobiet, 400m dowolny

OPEN

1.	UKOWSKA Paula	26	KU AZS UMCS Lublin	4:26.95	694
	50m: 31.63 31.63	150m: 1:40.04	34.31	250m: 2:47.43	33.62
	100m: 1:05.73 34.10	200m: 2:13.81	33.77	300m: 3:20.88	33.45
				350m: 3:54.16	33.28
				400m: 4:26.95	32.79
2.	TARASIEWICZ Klaudia	15	UKP Polonia Warszawa	4:27.70	689
	50m: 31.62 31.62	150m: 1:38.63	33.81	250m: 2:46.27	33.45
	100m: 1:04.82 33.20	200m: 2:12.82	34.19	300m: 3:20.32	34.05
				350m: 3:54.22	33.90
				400m: 4:27.70	33.48
3.	ANDRZEJEWSKA Kamila	20	KU AZS UMCS Lublin	4:30.28	669
	50m: 32.00 32.00	150m: 1:40.75	34.41	250m: 2:48.78	33.73
	100m: 1:06.34 34.34	200m: 2:15.05	34.30	300m: 3:22.47	33.69
				350m: 3:56.66	34.19
				400m: 4:30.28	33.62
4.	CYNARSKA Weronika	16	UKP Polonia Warszawa	4:32.87	650
	50m: 31.12 31.12	150m: 1:38.59	34.02	250m: 2:47.84	34.96
	100m: 1:04.57 33.45	200m: 2:12.88	34.29	300m: 3:23.50	35.66
				350m: 3:59.13	35.63
				400m: 4:32.87	33.74
5.	ŁYSAKOWSKA Julia	18	KU AZS UMCS Lublin	4:35.68	631
	50m: 32.51 32.51	150m: 1:41.81	34.76	250m: 2:51.54	35.09
	100m: 1:07.05 34.54	200m: 2:16.45	34.64	300m: 3:26.45	34.91
				350m: 4:01.81	35.36
				400m: 4:35.68	33.87
6.	SZEWCZYK Zofia	17	UKP Fala Kra nik	4:41.09	595
	50m: 32.69 32.69	150m: 1:43.10	35.41	250m: 2:54.23	35.44
	100m: 1:07.69 35.00	200m: 2:18.79	35.69	300m: 3:30.18	35.95
				350m: 4:06.06	35.88
				400m: 4:41.09	35.03
7.	RABINIAK Zuzanna	18	KU AZS UMCS Lublin	4:41.62	591
	50m: 32.01 32.01	150m: 1:42.08	35.32	250m: 2:52.84	35.49
	100m: 1:06.76 34.75	200m: 2:17.35	35.27	300m: 3:29.29	36.45
				350m: 4:05.80	36.51
				400m: 4:41.62	35.82
8.	DRAGAN Julia	15	KS Olimpia Lublin	4:50.87	537
	50m: 31.88 31.88	150m: 1:44.76	37.05	250m: 3:00.33	37.92
	100m: 1:07.71 35.83	200m: 2:22.41	37.65	300m: 3:37.63	37.30
				350m: 4:15.01	37.38
				400m: 4:50.87	35.86
9.	WILK Anna	13	UKP Fala Kra nik	4:53.09	525
	50m: 33.32 33.32	150m: 1:47.49	37.33	250m: 3:01.94	36.76
	100m: 1:10.16 36.84	200m: 2:25.18	37.69	300m: 3:40.51	38.57
				350m: 4:17.90	37.39
				400m: 4:53.09	35.19
10.	KOŁODZIEJCZYK Oliwia	16	KS Olimpia Lublin	4:54.88	515
	50m: 32.88 32.88	150m: 1:46.75	37.76	250m: 3:02.36	38.03
	100m: 1:08.99 36.11	200m: 2:24.33	37.58	300m: 3:40.81	38.45
				350m: 4:19.16	38.35
				400m: 4:54.88	35.72
11.	SIWKO Natalia	15	KS Olimpia Lublin	4:55.02	514
	50m: 33.50 33.50	150m: 1:49.13	38.34	250m: 3:04.54	37.73
	100m: 1:10.79 37.29	200m: 2:26.81	37.68	300m: 3:41.80	37.26
				350m: 4:18.83	37.03
				400m: 4:55.02	36.19
12.	MACHULAK Milena	13	UKP Fala Kra nik	5:03.71	471
	50m: 34.54 34.54	150m: 1:50.13	38.54	250m: 3:08.31	39.17
	100m: 1:11.59 37.05	200m: 2:29.14	39.01	300m: 3:47.65	39.34
				350m: 4:26.62	38.97
				400m: 5:03.71	37.09
13.	SZAFRA SKA Malwina	13	KS KSZO Ostrowiec w.	5:05.65	463
	50m: 34.16 34.16	150m: 1:49.44	38.38	250m: 3:08.81	39.79
	100m: 1:11.06 36.90	200m: 2:29.02	39.58	300m: 3:48.53	39.72
				350m: 4:27.68	39.15
				400m: 5:05.65	37.97
14.	KIERAGA Patrycja	15	KS Olimpia Lublin	5:07.86	453
	50m: 35.47 35.47	150m: 1:53.00	39.22	250m: 3:11.24	37.52
	100m: 1:13.78 38.31	200m: 2:33.72	40.72	300m: 3:50.23	38.99
				350m: 4:29.39	39.16
				400m: 5:07.86	38.47
15.	B BEN Nina	16	KS Olimpia Lublin	5:08.49	450
	50m: 34.24 34.24	150m: 1:50.09	39.04	250m: 3:09.74	39.99
	100m: 1:11.05 36.81	200m: 2:29.75	39.66	300m: 3:49.58	39.84
				350m: 4:29.59	40.01
				400m: 5:08.49	38.90
16.	SZYNAL Amelia	16	UKS Skarpa Lublin	5:13.09	430
	50m: 36.11 36.11	150m: 1:55.50	40.11	250m: 3:14.94	39.68
	100m: 1:15.39 39.28	200m: 2:35.26	39.76	300m: 3:55.04	40.10
				350m: 4:34.41	39.37
				400m: 5:13.09	38.68
17.	SOŁTYSZEWSKA Alicja	13	MKS Juwenia Białystok	5:14.94	423
	50m: 35.79 35.79	150m: 1:55.34	39.87	250m: 3:14.98	39.62
	100m: 1:15.47 39.68	200m: 2:35.36	40.02	300m: 3:55.46	40.48
				350m: 4:35.48	40.02
				400m: 5:14.94	39.46
18.	MITRUS Karolina	13	MTP Lublinianka	6:04.18	273
	50m: 38.83 38.83	150m: 2:09.66	46.67	250m: 3:44.74	48.48
	100m: 1:22.99 44.16	200m: 2:56.26	46.60	300m: 4:33.00	48.26
				350m: 5:19.71	46.71
				400m: 6:04.18	44.47

2019 Memoriał Henryka Kosakowskiego
Lublin, 2.3.2019

Konkurencja 5, Kobiet, 400m dowolny, OPEN

Pozycja				Wiek				Czas	Pkt.
19.	DZIWULSKA Amelia			12	WUKS SP 30 Lublin			6:32.86	218
	50m:	41.53	41.53	150m:		250m:		350m:	
	100m:	1:27.75	46.22	200m:	3:11.00	300m:	4:54.92	400m:	6:32.86