

2019 Główne Mistrzostwa Województwa Lubelskiego  
Lublin, 22. - 23.6.2019

Konkurencja 20  
22.06.2019 - 16:48

M czynn, 400m dowolny

12 lat i starsi  
Wyniki

Rekord Polski Open	3:45.71	STANCZYK Przemysław	POL	Chiba (JPN)	21.08.2007
Rekord Polski 19 - 23	3:45.71	STANCZYK Przemysław	POL	Chiba (JPN)	21.08.2007
Rekord Polski 18	3:49.21	WOJDAK Wojciech	POL	Dordrecht (NED)	09.07.2014
Rekord Polski 17	3:51.80	WOJDAK Wojciech	POL	Poznan	10.07.2013
Rekord Polski 16	3:56.47	KĄŁU Y SKI Antoni	POL	Hodmezovasarhely (HUN)	12.12.2015
Rekord Polski 15	4:00.04	DASZKIEWICZ Michał	POL	Oswiecim	14.07.2018
Rekord Polski 14	4:07.63	ORLICZ Filip	POL	Olsztyn	09.07.2016
Rekord LOZP	3:50.57	WITKOWSKI Jan	POL	London (GBR)	16.05.2016

Punkty: FINA 2019

Pozycja			Wiek				Czas		Pkt.
<b>MŁODZIK</b>									
1.	PASZKOWSKI Błażej		13	UKP Fala Krańnik		<b>4:46.85</b>		451	
	50m:	33.02 33.02	150m:	1:46.88 37.14	250m:	3:00.63 36.45	350m:	4:13.06 36.32	
	100m:	1:09.74 36.72	200m:	2:24.18 37.30	300m:	3:36.74 36.11	400m:	4:46.85 33.79	
2.	WÓJCIK Rafał		13	UKP Fala Krańnik		<b>4:56.79</b>		407	
	50m:	33.34 33.34	150m:	1:48.86 38.36	250m:	3:05.01 37.92	350m:	4:20.41 37.67	
	100m:	1:10.50 37.16	200m:	2:27.09 38.23	300m:	3:42.74 37.73	400m:	4:56.79 36.38	
3.	SIEKACZY SKI Wojciech		12	UKP Fala Krańnik		<b>5:04.14</b>		378	
	50m:	34.69 34.69	150m:	1:53.98 39.87	250m:	3:12.76 39.07	350m:	4:29.32 38.35	
	100m:	1:14.11 39.42	200m:	2:33.69 39.71	300m:	3:50.97 38.21	400m:	5:04.14 34.82	
4.	WYSMULSKI Nicholas		13	KS OLIMPIA Lublin		<b>5:04.87</b>		376	
	50m:	35.05 35.05	150m:	1:52.78 39.48	250m:	3:11.60 39.34	350m:	4:29.67 38.98	
	100m:	1:13.30 38.25	200m:	2:32.26 39.48	300m:	3:50.69 39.09	400m:	5:04.87 35.20	
5.	BUCO Paweł		12	UKP Fala Krańnik		<b>5:05.18</b>		374	
	50m:	34.83 34.83	150m:	1:54.76 40.48	250m:	3:12.95 38.34	350m:	4:30.33 38.33	
	100m:	1:14.28 39.45	200m:	2:34.61 39.85	300m:	3:52.00 39.05	400m:	5:05.18 34.85	
6.	WROSKI Szymon		13	KS OLIMPIA Lublin		<b>5:06.96</b>		368	
	50m:	34.03 34.03	150m:	1:51.98 39.94	250m:	3:12.17 40.06	350m:	4:30.80 39.01	
	100m:	1:12.04 38.01	200m:	2:32.11 40.13	300m:	3:51.79 39.62	400m:	5:06.96 36.16	
7.	PIETRO Przemysław		12	UKS Olimpijczyk 23		<b>5:07.91</b>		365	
	50m:	33.59 33.59	150m:	1:52.65 39.99	250m:	3:12.56 39.67	350m:	4:30.22 38.61	
	100m:	1:12.66 39.07	200m:	2:32.89 40.24	300m:	3:51.61 39.05	400m:	5:07.91 37.69	
8.	PONIEWA Oliwier		12	KS OLIMPIA Lublin		<b>5:08.77</b>		362	
	50m:	36.40 36.40	150m:	1:56.03 39.30	250m:	3:16.00 39.86	350m:	4:33.39 37.81	
	100m:	1:16.73 40.33	200m:	2:36.14 40.11	300m:	3:55.58 39.58	400m:	5:08.77 35.38	
9.	MICHĄŁEK Krzysztof		13	MTP „Lublinianka”		<b>5:10.97</b>		354	
	50m:	34.02 34.02	150m:	1:52.26 40.18	250m:	3:13.77 40.68	350m:	4:33.73 39.34	
	100m:	1:12.08 38.06	200m:	2:33.09 40.83	300m:	3:54.39 40.62	400m:	5:10.97 37.24	
10.	CZECZKO Michał		13	KP AVIA widnik		<b>5:22.40</b>		318	
	50m:	35.54 35.54	150m:	1:56.30 40.71	250m:	3:18.45 41.61	350m:	4:41.18 41.55	
	100m:	1:15.59 40.05	200m:	2:36.84 40.54	300m:	3:59.63 41.18	400m:	5:22.40 41.22	
11.	KROPORNICKI Michał		13	UKS „ORKA” Zamo		<b>5:25.04</b>		310	
	50m:	34.38 34.38	150m:	1:55.98 41.63	250m:	3:20.64 43.14	350m:	4:44.71 42.19	
	100m:	1:14.35 39.97	200m:	2:37.50 41.52	300m:	4:02.52 41.88	400m:	5:25.04 40.33	
12.	LIPI SKI Szymon		12	UKP Bychawa		<b>6:21.91</b>		191	
	50m:	39.28 39.28	150m:	2:14.61 48.36	250m:	3:53.43 48.74	350m:	5:33.11 49.30	
	100m:	1:26.25 46.97	200m:	3:04.69 50.08	300m:	4:43.81 50.38	400m:	6:21.91 48.80	
13.	BANIAK Igor		12	UKS „ORKA” Zamo		<b>6:23.29</b>		189	
	50m:	40.64 40.64	150m:	2:15.92 48.54	250m:	3:57.41 51.32	350m:	5:36.93 50.14	
	100m:	1:27.38 46.74	200m:	3:06.09 50.17	300m:	4:46.79 49.38	400m:	6:23.29 46.36	

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Konkurencja 20, M czyzn, 400m dowolny

JUNIOR MŁODSZY

1.	KUBINIEC Mikołaj	15	Uks Skarpa Lublin	<b>4:30.91</b>	536
	50m: 30.66 30.66	150m: 1:38.87 34.55	250m: 2:48.10 34.68	350m: 3:57.99 34.94	
	100m: 1:04.32 33.66	200m: 2:13.42 34.55	300m: 3:23.05 34.95	400m: 4:30.91 32.92	
2.	LEWTAK Szymon	15	KS OLIMPIA Lublin	<b>4:31.01</b>	535
	50m: 30.58 30.58	150m: 1:39.07 34.64	250m: 2:48.68 34.41	350m: 3:57.76 34.24	
	100m: 1:04.43 33.85	200m: 2:14.27 35.20	300m: 3:23.52 34.84	400m: 4:31.01 33.25	
3.	MUZYKA Igor	14	UKS „SWIM10” Puławy	<b>4:40.41</b>	483
	50m: 29.99 29.99	150m: 1:40.44 36.46	250m: 2:52.28 36.25	350m: 4:05.43 36.86	
	100m: 1:03.98 33.99	200m: 2:16.03 35.59	300m: 3:28.57 36.29	400m: 4:40.41 34.98	
4.	CHAŁAT Wojciech	15	Uks Skarpa Lublin	<b>4:43.06</b>	469
	50m: 32.32 32.32	150m: 1:44.15 36.68	250m: 2:56.98 36.30	350m: 4:08.89 35.30	
	100m: 1:07.47 35.15	200m: 2:20.68 36.53	300m: 3:33.59 36.61	400m: 4:43.06 34.17	
5.	MAZGA Oskar	15	UKP Fala Kra nik	<b>4:44.92</b>	460
	50m: 30.57 30.57	150m: 1:40.07 35.25	250m: 2:53.72 37.02	350m: 4:09.02 37.33	
	100m: 1:04.82 34.25	200m: 2:16.70 36.63	300m: 3:31.69 37.97	400m: 4:44.92 35.90	
6.	SUCHA SKI Filip	14	Uks 51	<b>4:49.28</b>	440
	50m: 32.88 32.88	150m: 1:46.51 37.27	250m: 3:01.18 37.23	350m: 4:14.78 36.38	
	100m: 1:09.24 36.36	200m: 2:23.95 37.44	300m: 3:38.40 37.22	400m: 4:49.28 34.50	

OPEN

1.	CHAŁAT Stanisław	20	KU AZS UMCS Lublin	<b>4:05.65</b>	719
	50m: 28.74 28.74	150m: 1:31.48 31.80	250m: 2:34.16 31.26	350m: 3:35.96 30.83	
	100m: 59.68 30.94	200m: 2:02.90 31.42	300m: 3:05.13 30.97	400m: 4:05.65 29.69	
2.	SZCZERBA Adam	17	KU AZS UMCS Lublin	<b>4:07.21</b>	705
	50m: 28.54 28.54	150m: 1:31.23 31.38	250m: 2:33.97 31.10	350m: 3:36.69 31.23	
	100m: 59.85 31.31	200m: 2:02.87 31.64	300m: 3:05.46 31.49	400m: 4:07.21 30.52	
3.	MAŁYSKA Bartosz	20	KU AZS UMCS Lublin	<b>4:10.53</b>	677
	50m: 28.83 28.83	150m: 1:31.57 31.61	250m: 2:34.80 31.54	350m: 3:39.15 32.01	
	100m: 59.96 31.13	200m: 2:03.26 31.69	300m: 3:07.14 32.34	400m: 4:10.53 31.38	
4.	JAKIMIAK Jakub	16	KS Narwał Mi dzyrzec Podl.	<b>4:10.69</b>	676
	50m: 28.90 28.90	150m: 1:32.83 31.88	250m: 2:37.40 32.14	350m: 3:41.21 31.92	
	100m: 1:00.95 32.05	200m: 2:05.26 32.43	300m: 3:09.29 31.89	400m: 4:10.69 29.48	
5.	KONCKI Bartłomiej	18	KS „Wisła” Puławy	<b>4:11.72</b>	668
	50m: 29.55 29.55	150m: 1:34.60 32.82	250m: 2:38.40 31.88	350m: 3:41.35 31.22	
	100m: 1:01.78 32.23	200m: 2:06.52 31.92	300m: 3:10.13 31.73	400m: 4:11.72 30.37	
6.	KRZYKAŁA Emil	18	KP AVIA widnik	<b>4:12.18</b>	664
	50m: 28.89 28.89	150m: 1:34.15 32.77	250m: 2:39.34 32.12	350m: 3:42.93 31.45	
	100m: 1:01.38 32.49	200m: 2:07.22 33.07	300m: 3:11.48 32.14	400m: 4:12.18 29.25	
7.	SOBIESZUK Kacper	17	KU AZS UMCS Lublin	<b>4:15.33</b>	640
	50m: 29.35 29.35	150m: 1:34.56 32.90	250m: 2:39.16 32.24	350m: 3:44.06 32.51	
	100m: 1:01.66 32.31	200m: 2:06.92 32.36	300m: 3:11.55 32.39	400m: 4:15.33 31.27	
8.	MRÓZ Adam	16	UKS Olimpijczyk 23	<b>4:19.23</b>	611
	50m: 29.24 29.24	150m: 1:35.33 33.32	250m: 2:41.40 32.37	350m: 3:47.40 32.92	
	100m: 1:02.01 32.77	200m: 2:09.03 33.70	300m: 3:14.48 33.08	400m: 4:19.23 31.83	
9.	JANICZUK Patryk	17	MUKS Lider Chełm	<b>4:20.23</b>	604
	50m: 29.25 29.25	150m: 1:35.99 33.47	250m: 2:42.41 33.10	350m: 3:48.57 32.79	
	100m: 1:02.52 33.27	200m: 2:09.31 33.32	300m: 3:15.78 33.37	400m: 4:20.23 31.66	
10.	CHYRCHAŁA Rafał	17	UKS „ORKA” Zamo	<b>4:20.25</b>	604
	50m: 29.74 29.74	150m: 1:35.89 33.31	250m: 2:43.06 33.45	350m: 3:49.27 32.92	
	100m: 1:02.58 32.84	200m: 2:09.61 33.72	300m: 3:16.35 33.29	400m: 4:20.25 30.98	
11.	WO NIAK Kamil	18	KS „Wisła” Puławy	<b>4:21.50</b>	596
	50m: 30.07 30.07	150m: 1:36.11 33.45	250m: 2:43.76 34.10	350m: 3:50.95 33.47	
	100m: 1:02.66 32.59	200m: 2:09.66 33.55	300m: 3:17.48 33.72	400m: 4:21.50 30.55	

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Pozycja					Wiek					Czas	Pkt.	
12.	SIEKACZY SKI Artur				17	UKP Fala Kra nik				<b>4:26.00</b>	566	
	50m:	29.50	29.50	150m:	1:36.76	33.77	250m:	2:45.55	34.61	350m:	3:53.03	33.64
	100m:	1:02.99	33.49	200m:	2:10.94	34.18	300m:	3:19.39	33.84	400m:	4:26.00	32.97
13.	POPIOŁEK Dawid				17	KU AZS UMCS Lublin				<b>4:26.98</b>	560	
	50m:	30.69	30.69	150m:	1:38.75	34.55	250m:	2:47.28	34.18	350m:	3:54.67	33.75
	100m:	1:04.20	33.51	200m:	2:13.10	34.35	300m:	3:20.92	33.64	400m:	4:26.98	32.31
14.	ADAMCZYK Jan				16	UKS Olimpijczyk 23				<b>4:26.99</b>	560	
	50m:	30.59	30.59	150m:	1:37.60	34.02	250m:	2:46.12	34.17	350m:	3:53.78	33.70
	100m:	1:03.58	32.99	200m:	2:11.95	34.35	300m:	3:20.08	33.96	400m:	4:26.99	33.21
15.	NOWAK Jan				17	KU AZS UMCS Lublin				<b>4:27.12</b>	559	
	50m:	30.77	30.77	150m:	1:38.47	34.14	250m:	2:46.94	34.33	350m:	3:55.47	34.27
	100m:	1:04.33	33.56	200m:	2:12.61	34.14	300m:	3:21.20	34.26	400m:	4:27.12	31.65
16.	KASPERSKI Patryk				16	UKP Fala Kra nik				<b>4:28.49</b>	550	
	50m:	30.69	30.69	150m:	1:38.62	34.25	250m:	2:47.22	34.12	350m:	3:55.31	33.64
	100m:	1:04.37	33.68	200m:	2:13.10	34.48	300m:	3:21.67	34.45	400m:	4:28.49	33.18
17.	KUBINIEC Mikołaj				15	Uks Skarpa Lublin				<b>4:30.91</b>	536	
	50m:	30.66	30.66	150m:	1:38.87	34.55	250m:	2:48.10	34.68	350m:	3:57.99	34.94
	100m:	1:04.32	33.66	200m:	2:13.42	34.55	300m:	3:23.05	34.95	400m:	4:30.91	32.92
18.	LEWTAK Szymon				15	KS OLIMPIA Lublin				<b>4:31.01</b>	535	
	50m:	30.58	30.58	150m:	1:39.07	34.64	250m:	2:48.68	34.41	350m:	3:57.76	34.24
	100m:	1:04.43	33.85	200m:	2:14.27	35.20	300m:	3:23.52	34.84	400m:	4:31.01	33.25
19.	WI Mateusz				16	UKS Olimpijczyk 23				<b>4:35.42</b>	510	
	50m:	30.53	30.53	150m:	1:40.23	35.48	250m:	2:51.42	35.65	350m:	4:01.74	34.72
	100m:	1:04.75	34.22	200m:	2:15.77	35.54	300m:	3:27.02	35.60	400m:	4:35.42	33.68
20.	POGODA Filip				16	UKS Olimpijczyk 23				<b>4:36.58</b>	503	
	50m:	30.32	30.32	150m:	1:38.51	34.60	250m:	2:48.66	35.21	350m:	4:00.09	36.29
	100m:	1:03.91	33.59	200m:	2:13.45	34.94	300m:	3:23.80	35.14	400m:	4:36.58	36.49
21.	BORSUK Piotr				16	UKP Fala Kra nik				<b>4:37.99</b>	496	
	50m:	29.67	29.67	150m:	1:39.80	35.72	250m:	2:51.62	35.73	350m:	4:03.19	35.66
	100m:	1:04.08	34.41	200m:	2:15.89	36.09	300m:	3:27.53	35.91	400m:	4:37.99	34.80
22.	MUZYKA Igor				14	UKS „SWIM10” Puławy				<b>4:40.41</b>	483	
	50m:	29.99	29.99	150m:	1:40.44	36.46	250m:	2:52.28	36.25	350m:	4:05.43	36.86
	100m:	1:03.98	33.99	200m:	2:16.03	35.59	300m:	3:28.57	36.29	400m:	4:40.41	34.98
23.	CHAŁAT Wojciech				15	Uks Skarpa Lublin				<b>4:43.06</b>	469	
	50m:	32.32	32.32	150m:	1:44.15	36.68	250m:	2:56.98	36.30	350m:	4:08.89	35.30
	100m:	1:07.47	35.15	200m:	2:20.68	36.53	300m:	3:33.59	36.61	400m:	4:43.06	34.17
24.	MIAZGA Oskar				15	UKP Fala Kra nik				<b>4:44.92</b>	460	
	50m:	30.57	30.57	150m:	1:40.07	35.25	250m:	2:53.72	37.02	350m:	4:09.02	37.33
	100m:	1:04.82	34.25	200m:	2:16.70	36.63	300m:	3:31.69	37.97	400m:	4:44.92	35.90
25.	SZULIERZ Michał				18	KP AVIA widnik				<b>4:46.47</b>	453	
	50m:	30.42	30.42	150m:	1:40.80	35.78	250m:	2:56.16	38.33	350m:	4:10.42	37.93
	100m:	1:05.02	34.60	200m:	2:17.83	37.03	300m:	3:32.49	36.33	400m:	4:46.47	36.05
26.	PASZKOWSKI Bła ej				13	UKP Fala Kra nik				<b>4:46.85</b>	451	
	50m:	33.02	33.02	150m:	1:46.88	37.14	250m:	3:00.63	36.45	350m:	4:13.06	36.32
	100m:	1:09.74	36.72	200m:	2:24.18	37.30	300m:	3:36.74	36.11	400m:	4:46.85	33.79
27.	SUCHA SKI Filip				14	Uks 51				<b>4:49.28</b>	440	
	50m:	32.88	32.88	150m:	1:46.51	37.27	250m:	3:01.18	37.23	350m:	4:14.78	36.38
	100m:	1:09.24	36.36	200m:	2:23.95	37.44	300m:	3:38.40	37.22	400m:	4:49.28	34.50
28.	WÓJCIK Rafał				13	UKP Fala Kra nik				<b>4:56.79</b>	407	
	50m:	33.34	33.34	150m:	1:48.86	38.36	250m:	3:05.01	37.92	350m:	4:20.41	37.67
	100m:	1:10.50	37.16	200m:	2:27.09	38.23	300m:	3:42.74	37.73	400m:	4:56.79	36.38
29.	SIEKACZY SKI Wojciech				12	UKP Fala Kra nik				<b>5:04.14</b>	378	
	50m:	34.69	34.69	150m:	1:53.98	39.87	250m:	3:12.76	39.07	350m:	4:29.32	38.35
	100m:	1:14.11	39.42	200m:	2:33.69	39.71	300m:	3:50.97	38.21	400m:	5:04.14	34.82

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Konkurencja 20, M czyzn, 400m dowolny, OPEN

Pozycja			Wiek				Czas	Pkt.
30.	WYSMULSKI	Nicholai	13	KS OLIMPIA Lublin			<b>5:04.87</b>	376
	50m:	35.05 35.05	150m:	1:52.78 39.48	250m:	3:11.60 39.34	350m:	4:29.67 38.98
	100m:	1:13.30 38.25	200m:	2:32.26 39.48	300m:	3:50.69 39.09	400m:	5:04.87 35.20
31.	BUCO	Paweł	12	UKP Fala Kra nik			<b>5:05.18</b>	374
	50m:	34.83 34.83	150m:	1:54.76 40.48	250m:	3:12.95 38.34	350m:	4:30.33 38.33
	100m:	1:14.28 39.45	200m:	2:34.61 39.85	300m:	3:52.00 39.05	400m:	5:05.18 34.85
32.	WRO SKI	Szymon	13	KS OLIMPIA Lublin			<b>5:06.96</b>	368
	50m:	34.03 34.03	150m:	1:51.98 39.94	250m:	3:12.17 40.06	350m:	4:30.80 39.01
	100m:	1:12.04 38.01	200m:	2:32.11 40.13	300m:	3:51.79 39.62	400m:	5:06.96 36.16
33.	PIETRO	Przemysław	12	UKS Olimpijczyk 23			<b>5:07.91</b>	365
	50m:	33.59 33.59	150m:	1:52.65 39.99	250m:	3:12.56 39.67	350m:	4:30.22 38.61
	100m:	1:12.66 39.07	200m:	2:32.89 40.24	300m:	3:51.61 39.05	400m:	5:07.91 37.69
34.	PONIEWA	Oliwier	12	KS OLIMPIA Lublin			<b>5:08.77</b>	362
	50m:	36.40 36.40	150m:	1:56.03 39.30	250m:	3:16.00 39.86	350m:	4:33.39 37.81
	100m:	1:16.73 40.33	200m:	2:36.14 40.11	300m:	3:55.58 39.58	400m:	5:08.77 35.38
35.	MICHAŁEK	Krzysztof	13	MTP „Lublinianka”			<b>5:10.97</b>	354
	50m:	34.02 34.02	150m:	1:52.26 40.18	250m:	3:13.77 40.68	350m:	4:33.73 39.34
	100m:	1:12.08 38.06	200m:	2:33.09 40.83	300m:	3:54.39 40.62	400m:	5:10.97 37.24
36.	CZECZKO	Michał	13	KP AVIA widnik			<b>5:22.40</b>	318
	50m:	35.54 35.54	150m:	1:56.30 40.71	250m:	3:18.45 41.61	350m:	4:41.18 41.55
	100m:	1:15.59 40.05	200m:	2:36.84 40.54	300m:	3:59.63 41.18	400m:	5:22.40 41.22
37.	KROPORNICKI	Michał	13	UKS „ORKA” Zamo			<b>5:25.04</b>	310
	50m:	34.38 34.38	150m:	1:55.98 41.63	250m:	3:20.64 43.14	350m:	4:44.71 42.19
	100m:	1:14.35 39.97	200m:	2:37.50 41.52	300m:	4:02.52 41.88	400m:	5:25.04 40.33
38.	LIPI SKI	Szymon	12	UKP Bychawa			<b>6:21.91</b>	191
	50m:	39.28 39.28	150m:	2:14.61 48.36	250m:	3:53.43 48.74	350m:	5:33.11 49.30
	100m:	1:26.25 46.97	200m:	3:04.69 50.08	300m:	4:43.81 50.38	400m:	6:21.91 48.80
39.	BANIAK	Igor	12	UKS „ORKA” Zamo			<b>6:23.29</b>	189
	50m:	40.64 40.64	150m:	2:15.92 48.54	250m:	3:57.41 51.32	350m:	5:36.93 50.14
	100m:	1:27.38 46.74	200m:	3:06.09 50.17	300m:	4:46.79 49.38	400m:	6:23.29 46.36
PK	MIENICKI	Rafał	13	UKS 48 Warszawa ródmie cie			<b>4:29.77</b>	542
	50m:	30.06 30.06	150m:	1:37.76 34.33	250m:	2:45.83 34.47	350m:	3:55.42 34.57
	100m:	1:03.43 33.37	200m:	2:11.36 33.60	300m:	3:20.85 35.02	400m:	4:29.77 34.35
PK	RÓ ALSKI	Marcin	15	St. Lok. SALOS Cortile Kielce			<b>4:42.74</b>	471
	50m:	31.79 31.79	150m:	1:43.34 36.49	250m:	2:56.77 36.64	350m:	4:08.93 35.71
	100m:	1:06.85 35.06	200m:	2:20.13 36.79	300m:	3:33.22 36.45	400m:	4:42.74 33.81