

2020 Zimowe Mistrzostwa Województwa Lubelskiego
Lublin, 8. - 9.2.2020

Konkurencja 12
08.02.2020 - 12:10

M czynn, 400m zmienny

12 lat i starsi
Wyniki

Rekord Polski Open	4:12.28	MATCZAK Mateusz	00905	Belgrade (SRB)	11.07.2009
Rekord Polski 19 - 23	4:12.28	MATCZAK Mateusz	00905	Belgrade (SRB)	11.07.2009
Rekord Polski 18	4:18.40	MATCZAK Mateusz	00905	Antwerp (BEL)	22.07.2007
Rekord Polski 17	4:20.27	MATCZAK Mateusz	00905	Palma de Mallorca (ESP)	06.07.2006
Rekord Polski 16	4:26.91	KĄŁUSOWSKI Jan	00905	Ostrowiec Sw	15.07.2016
Rekord Polski 15	4:30.55	KĄŁUSOWSKI Jan	00905	Ostrowiec Sw	10.07.2015
Rekord Polski 14	4:39.38	SOBEK Nikodem	02303	Berlin (GER)	16.12.2016
Rekord LOZP	4:19.87	WITKOWSKI Jan	01003	Szczecin	28.05.2016

Punkty: FINA 2020

Pozycja Wiek Czas Pkt.

MŁODZIK

1. BURY Paweł	13	RWKS Sparta Biłgoraj	5:34.05	388
50m: 33.26 33.26	150m: 1:58.42 44.12	250m: 3:29.68 48.25	350m: 4:57.37 39.55	
100m: 1:14.30 41.04	200m: 2:41.43 43.01	300m: 4:17.82 48.14	400m: 5:34.05 36.68	
2. PIEKARU Michał	13	KP AVIA widnik	5:49.54	339
50m: 34.68 34.68	150m: 2:04.98 46.09	250m: 3:39.97 50.36	350m:	
100m: 1:18.89 44.21	200m: 2:49.61 44.63	300m: 4:31.07 51.10	400m: 5:49.54	
3. TAMA-PONIATOWSKI Miłosz	13	KS OLIMPIA Lublin	7:18.46	171
50m: 45.59 45.59	150m: 2:39.28 53.81	250m: 4:32.93 58.48	350m:	
100m: 1:45.47 59.88	200m: 3:34.45 55.17	300m: 5:33.70 1:00.77	400m: 7:18.46	

JUNIOR MŁODSZY

1. WRO SKI Szymon	14	KS OLIMPIA Lublin	5:33.88	389
50m: 33.93 33.93	150m: 1:59.84 43.93	250m: 3:32.53 48.81	350m: 4:58.27 37.43	
100m: 1:15.91 41.98	200m: 2:43.72 43.88	300m: 4:20.84 48.31	400m: 5:33.88 35.61	
2. WÓJCIK Rafał	14	UKP Fala Kra nik	5:36.87	379
50m: 34.45 34.45	150m: 1:59.57 45.56	250m: 3:33.74 51.86	350m: 5:01.92 36.61	
100m: 1:14.01 39.56	200m: 2:41.88 42.31	300m: 4:25.31 51.57	400m: 5:36.87 34.95	
3. BŁASZCZYK Damian	14	RWKS Sparta Biłgoraj	5:42.09	362
50m: 34.88 34.88	150m:	250m: 3:37.25 49.94	350m: 5:05.16 40.22	
100m: 1:16.47 41.59	200m: 2:47.31	300m: 4:24.94 47.69	400m: 5:42.09 36.93	
4. CZECZKO Michał	14	KP AVIA widnik	5:55.98	321
50m: 36.15 36.15	150m: 2:07.46 47.90	250m: 3:44.54 52.33	350m: 5:16.84 38.94	
100m: 1:19.56 43.41	200m: 2:52.21 44.75	300m: 4:37.90 53.36	400m: 5:55.98 39.14	

OPEN

1. MRÓZ Adam	17	KU AZS UMCS Lublin	4:43.21	638
50m: 29.36 29.36	150m: 1:40.94 37.65	250m: 2:56.86 38.82	350m: 4:11.33 34.37	
100m: 1:03.29 33.93	200m: 2:18.04 37.10	300m: 3:36.96 40.10	400m: 4:43.21 31.88	
2. ZACHARZY SKI Norbert	17	KU AZS UMCS Lublin	4:44.08	632
50m: 30.41 30.41	150m: 1:43.36 39.15	250m: 3:01.79 40.71	350m: 4:13.28 32.94	
100m: 1:04.21 33.80	200m: 2:21.08 37.72	300m: 3:40.34 38.55	400m: 4:44.08 30.80	
3. KEMPA Mikołaj	21	KU AZS UMCS Lublin	4:52.83	577
50m: 29.19 29.19	150m: 1:41.91 38.73	250m: 3:01.77 41.75	350m: 4:19.16 34.85	
100m: 1:03.18 33.99	200m: 2:20.02 38.11	300m: 3:44.31 42.54	400m: 4:52.83 33.67	
4. ZUZANIUK Igor	16	KS OLIMPIA Lublin	4:59.68	538
50m: 30.47 30.47	150m: 1:46.48 39.90	250m: 3:07.14 42.45	350m: 4:26.18 35.67	
100m: 1:06.58 36.11	200m: 2:24.69 38.21	300m: 3:50.51 43.37	400m: 4:59.68 33.50	
5. WRO SKI Szymon	14	KS OLIMPIA Lublin	5:33.88	389
50m: 33.93 33.93	150m: 1:59.84 43.93	250m: 3:32.53 48.81	350m: 4:58.27 37.43	
100m: 1:15.91 41.98	200m: 2:43.72 43.88	300m: 4:20.84 48.31	400m: 5:33.88 35.61	
6. BURY Paweł	13	RWKS Sparta Biłgoraj	5:34.05	388
50m: 33.26 33.26	150m: 1:58.42 44.12	250m: 3:29.68 48.25	350m: 4:57.37 39.55	
100m: 1:14.30 41.04	200m: 2:41.43 43.01	300m: 4:17.82 48.14	400m: 5:34.05 36.68	

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Pozycja			Wiek					Czas	Pkt.		
7.	WÓJCIK Rafał		14	UKP Fala Kra nik				5:36.87	379		
	50m:	34.45 34.45	150m:	1:59.57	45.56	250m:	3:33.74	51.86	350m:	5:01.92	36.61
	100m:	1:14.01 39.56	200m:	2:41.88	42.31	300m:	4:25.31	51.57	400m:	5:36.87	34.95
8.	BŁASZCZYK Damian		14	RWKS Sparta Biłgoraj				5:42.09	362		
	50m:	34.88 34.88	150m:			250m:	3:37.25	49.94	350m:	5:05.16	40.22
	100m:	1:16.47 41.59	200m:	2:47.31		300m:	4:24.94	47.69	400m:	5:42.09	36.93
9.	PIEKARU Michał		13	KP AVIA widnik				5:49.54	339		
	50m:	34.68 34.68	150m:	2:04.98	46.09	250m:	3:39.97	50.36	350m:		
	100m:	1:18.89 44.21	200m:	2:49.61	44.63	300m:	4:31.07	51.10	400m:	5:49.54	
10.	CZECZKO Michał		14	KP AVIA widnik				5:55.98	321		
	50m:	36.15 36.15	150m:	2:07.46	47.90	250m:	3:44.54	52.33	350m:	5:16.84	38.94
	100m:	1:19.56 43.41	200m:	2:52.21	44.75	300m:	4:37.90	53.36	400m:	5:55.98	39.14
11.	TAMA-PONIATOWSKI Miłosz		13	KS OLIMPIA Lublin				7:18.46	171		
	50m:	45.59 45.59	150m:	2:39.28	53.81	250m:	4:32.93	58.48	350m:		
	100m:	1:45.47 59.88	200m:	3:34.45	55.17	300m:	5:33.70	1:00.77	400m:	7:18.46	