

2020 Memoriał Henryka Kosakowskiego  
Lublin, 21. - 22.2.2020

Konkurencja 27  
22.02.2020 - 11:44

Kobiet, 400m zmienny

14 lat i starsi  
Wyniki

Rekord LOZP 4:48.63 ZUKOWSKA Paula 03103 Olsztyn 15.05.2019

Punkty: FINA 2020

Pozycja			Wiek					Czas	Pkt.
<b>JUNIOR MŁODSZY</b>									
1.	TARASIEWICZ Klaudia		16	UKP „Polonia Warszawa”				<b>5:06.94</b>	653
	50m: 32.36	32.36	150m: 1:49.77	40.01	250m: 3:14.36	45.76	350m: 4:34.84	33.96	
	100m: 1:09.76	37.40	200m: 2:28.60	38.83	300m: 4:00.88	46.52	400m: 5:06.94	32.10	
2.	BEDNARZ Julia		16	UKS „ORKA” Zamo				<b>5:07.57</b>	649
	50m: 32.17	32.17	150m: 1:50.72	41.03	250m: 3:14.30	43.18	350m: 4:33.31	36.02	
	100m: 1:09.69	37.52	200m: 2:31.12	40.40	300m: 3:57.29	42.99	400m: 5:07.57	34.26	
3.	RAKOWSKA Marta		14	DOKiS SP Vega Dobrodzie				<b>5:15.18</b>	603
	50m: 34.11	34.11	150m: 1:54.02	40.04	250m: 3:18.70	45.59	350m: 4:40.28	36.30	
	100m: 1:13.98	39.87	200m: 2:33.11	39.09	300m: 4:03.98	45.28	400m: 5:15.18	34.90	
4.	SŁABOSZ Emilia		15	MKP „Wodnik 29” Tychy				<b>5:21.83</b>	566
	50m: 33.26	33.26	150m: 1:53.84	40.94	250m: 3:20.02	46.27	350m: 4:46.51	38.47	
	100m: 1:12.90	39.64	200m: 2:33.75	39.91	300m: 4:08.04	48.02	400m: 5:21.83	35.32	
5.	SIOMA Zuzanna		16	UKS „ORKA” Zamo				<b>5:27.18</b>	539
	50m: 34.64	34.64	150m: 1:57.19	42.39	250m: 3:23.95	46.32	350m: 4:49.51	38.39	
	100m: 1:14.80	40.16	200m: 2:37.63	40.44	300m: 4:11.12	47.17	400m: 5:27.18	37.67	
6.	WARCHAŁOWSKA Paulina		15	KU AZS UMCS Lublin				<b>5:27.60</b>	537
	50m: 34.09	34.09	150m: 1:54.47	41.56	250m: 3:25.27	49.78	350m: 4:51.44	37.46	
	100m: 1:12.91	38.82	200m: 2:35.49	41.02	300m: 4:13.98	48.71	400m: 5:27.60	36.16	
7.	MALEC Klaudia		16	UKS „ORKA” Zamo				<b>5:30.18</b>	524
	50m: 34.34	34.34	150m: 1:57.33	42.51	250m: 3:26.77	47.37	350m: 4:52.04	38.49	
	100m: 1:14.82	40.48	200m: 2:39.40	42.07	300m: 4:13.55	46.78	400m: 5:30.18	38.14	
8.	DUZOWSKA Martyna		14	Akademia Pływania Gda sk				<b>5:34.32</b>	505
	50m: 33.16	33.16	150m: 1:54.80	43.13	250m: 3:26.75	49.29	350m: 4:56.40	40.03	
	100m: 1:11.67	38.51	200m: 2:37.46	42.66	300m: 4:16.37	49.62	400m: 5:34.32	37.92	
9.	JASIK Nikola		14	KS „Wisła” Puławy				<b>5:34.87</b>	503
	50m: 34.31	34.31	150m: 1:59.99	45.16	250m: 3:31.59	48.19	350m: 4:58.18	38.94	
	100m: 1:14.83	40.52	200m: 2:43.40	43.41	300m: 4:19.24	47.65	400m: 5:34.87	36.69	
10.	BRACH Oliwia		16	UKP „Polonia Warszawa”				<b>5:45.52</b>	458
	50m: 35.17	35.17	150m: 2:04.48	47.34	250m: 3:36.79	46.95	350m: 5:07.77	41.31	
	100m: 1:17.14	41.97	200m: 2:49.84	45.36	300m: 4:26.46	49.67	400m: 5:45.52	37.75	
11.	KO CIOŁEK Otylia		14	UKS Olimpijczyk 23				<b>5:47.84</b>	449
	50m: 37.24	37.24	150m: 2:04.52	45.96	250m: 3:37.41	48.47	350m: 5:08.83	41.34	
	100m: 1:18.56	41.32	200m: 2:48.94	44.42	300m: 4:27.49	50.08	400m: 5:47.84	39.01	
12.	MITRUS Karolina		14	MTP „Lublinianka”				<b>6:05.56</b>	386
	50m: 35.91	35.91	150m: 2:09.98	49.25	250m: 3:50.79	53.73	350m: 5:25.15	41.40	
	100m: 1:20.73	44.82	200m: 2:57.06	47.08	300m: 4:43.75	52.96	400m: 6:05.56	40.41	
13.	BOBROWSKA Joanna		14	Mi dzyszkolny UKS „Olimpijczyk” Suwałki				<b>6:09.79</b>	373
	50m: 38.38	38.38	150m: 2:11.85	48.96	250m: 3:51.52	52.47	350m: 5:28.53	43.28	
	100m: 1:22.89	44.51	200m: 2:59.05	47.20	300m: 4:45.25	53.73	400m: 6:09.79	41.26	

**JUNIOR**

1.	CIOCH-GRADZIK Wiktoria		17	KU AZS UMCS Lublin				<b>5:15.32</b>	602
	50m: 32.68	32.68	150m: 1:51.93	41.78	250m: 3:18.07	44.96	350m: 4:39.88	36.83	
	100m: 1:10.15	37.47	200m: 2:33.11	41.18	300m: 4:03.05	44.98	400m: 5:15.32	35.44	
2.	KOŁODZIEJCZYK Oliwia		17	KU AZS UMCS Lublin				<b>5:34.45</b>	505
	50m: 34.66	34.66	150m: 1:59.58	44.43	250m: 3:30.60	48.30	350m: 4:58.77	38.40	
	100m: 1:15.15	40.49	200m: 2:42.30	42.72	300m: 4:20.37	49.77	400m: 5:34.45	35.68	

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OPEN

1.	TARASIEWICZ Klaudia	16	UKP „Polonia Warszawa”	<b>5:06.94</b>	653
	50m: 32.36 32.36	150m: 1:49.77	40.01 250m: 3:14.36 45.76	350m: 4:34.84	33.96
	100m: 1:09.76 37.40	200m: 2:28.60	38.83 300m: 4:00.88 46.52	400m: 5:06.94	32.10
2.	BEDNARZ Julia	16	UKS „ORKA” Zamo	<b>5:07.57</b>	649
	50m: 32.17 32.17	150m: 1:50.72	41.03 250m: 3:14.30 43.18	350m: 4:33.31	36.02
	100m: 1:09.69 37.52	200m: 2:31.12	40.40 300m: 3:57.29 42.99	400m: 5:07.57	34.26
3.	RAKOWSKA Marta	14	DOKiS SP Vega Dobrodzie	<b>5:15.18</b>	603
	50m: 34.11 34.11	150m: 1:54.02	40.04 250m: 3:18.70 45.59	350m: 4:40.28	36.30
	100m: 1:13.98 39.87	200m: 2:33.11	39.09 300m: 4:03.98 45.28	400m: 5:15.18	34.90
4.	CIOCH-GRADZIK Wiktoria	17	KU AZS UMCS Lublin	<b>5:15.32</b>	602
	50m: 32.68 32.68	150m: 1:51.93	41.78 250m: 3:18.07 44.96	350m: 4:39.88	36.83
	100m: 1:10.15 37.47	200m: 2:33.11	41.18 300m: 4:03.05 44.98	400m: 5:15.32	35.44
5.	SŁABOSZ Emilia	15	MKP „Wodnik 29” Tychy	<b>5:21.83</b>	566
	50m: 33.26 33.26	150m: 1:53.84	40.94 250m: 3:20.02 46.27	350m: 4:46.51	38.47
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	50m: 34.64 34.64	150m: 1:57.19	42.39 250m: 3:23.95 46.32	350m: 4:49.51	38.39
	100m: 1:14.80 40.16	200m: 2:37.63	40.44 300m: 4:11.12 47.17	400m: 5:27.18	37.67
7.	WARCHAŁOWSKA Paulina	15	KU AZS UMCS Lublin	<b>5:27.60</b>	537
	50m: 34.09 34.09	150m: 1:54.47	41.56 250m: 3:25.27 49.78	350m: 4:51.44	37.46
	100m: 1:12.91 38.82	200m: 2:35.49	41.02 300m: 4:13.98 48.71	400m: 5:27.60	36.16
8.	MALEC Klaudia	16	UKS „ORKA” Zamo	<b>5:30.18</b>	524
	50m: 34.34 34.34	150m: 1:57.33	42.51 250m: 3:26.77 47.37	350m: 4:52.04	38.49
	100m: 1:14.82 40.48	200m: 2:39.40	42.07 300m: 4:13.55 46.78	400m: 5:30.18	38.14
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	50m: 33.16 33.16	150m: 1:54.80	43.13 250m: 3:26.75 49.29	350m: 4:56.40	40.03
	100m: 1:11.67 38.51	200m: 2:37.46	42.66 300m: 4:16.37 49.62	400m: 5:34.32	37.92
10.	KOŁODZIEJCZYK Oliwia	17	KU AZS UMCS Lublin	<b>5:34.45</b>	505
	50m: 34.66 34.66	150m: 1:59.58	44.43 250m: 3:30.60 48.30	350m: 4:58.77	38.40
	100m: 1:15.15 40.49	200m: 2:42.30	42.72 300m: 4:20.37 49.77	400m: 5:34.45	35.68
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	50m: 34.31 34.31	150m: 1:59.99	45.16 250m: 3:31.59 48.19	350m: 4:58.18	38.94
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	50m: 35.17 35.17	150m: 2:04.48	47.34 250m: 3:36.79 46.95	350m: 5:07.77	41.31
	100m: 1:17.14 41.97	200m: 2:49.84	45.36 300m: 4:26.46 49.67	400m: 5:45.52	37.75
13.	KO CIOŁEK Otylia	14	UKS Olimpijczyk 23	<b>5:47.84</b>	449
	50m: 37.24 37.24	150m: 2:04.52	45.96 250m: 3:37.41 48.47	350m: 5:08.83	41.34
	100m: 1:18.56 41.32	200m: 2:48.94	44.42 300m: 4:27.49 50.08	400m: 5:47.84	39.01
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	50m: 35.91 35.91	150m: 2:09.98	49.25 250m: 3:50.79 53.73	350m: 5:25.15	41.40
	100m: 1:20.73 44.82	200m: 2:57.06	47.08 300m: 4:43.75 52.96	400m: 6:05.56	40.41
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	50m: 38.38 38.38	150m: 2:11.85	48.96 250m: 3:51.52 52.47	350m: 5:28.53	43.28
	100m: 1:22.89 44.51	200m: 2:59.05	47.20 300m: 4:45.25 53.73	400m: 6:09.79	41.26