

2020 Memoriał Henryka Kosakowskiego
Lublin, 21. - 22.2.2020

Konkurencja 28	M czyzn, 400m zmienny				14 lat i starsi
22.02.2020 - 11:57					Wyniki
Rekord LOZP	4:19.87	WITKOWSKI Jan	01003	Szczecin	28.05.2016
Punkty: FINA 2020					

Pozycja			Wiek					Czas	Pkt.
JUNIOR MŁODSZY									
1.	BOLEK Stanisław		15	UKP „Polonia Warszawa”				5:05.84	506
	50m: 31.68	31.68	150m: 1:49.48	39.70	250m: 3:12.83	44.71	350m: 4:32.82	34.11	
	100m: 1:09.78	38.10	200m: 2:28.12	38.64	300m: 3:58.71	45.88	400m: 5:05.84	33.02	
2.	JARZ B Tymoteusz		14	UKP Gryf D bica				5:07.47	498
	50m: 30.63	30.63	150m: 1:47.35	38.71	250m: 3:11.91	46.07	350m: 4:33.51	35.63	
	100m: 1:08.64	38.01	200m: 2:25.84	38.49	300m: 3:57.88	45.97	400m: 5:07.47	33.96	
3.	WISTAK Miłosz		14	UKP Gryf D bica				5:38.14	374
	50m: 35.16	35.16	150m: 2:01.93	44.70	250m: 3:33.99	48.47	350m: 5:01.41	38.80	
	100m: 1:17.23	42.07	200m: 2:45.52	43.59	300m: 4:22.61	48.62	400m: 5:38.14	36.73	

JUNIOR

1.	ANTCZAK Bartosz		17	UKP „Polonia Warszawa”				4:51.31	586
	50m: 29.28	29.28	150m: 1:42.15	38.56	250m: 3:00.20	40.78	350m: 4:17.85	35.80	
	100m: 1:03.59	34.31	200m: 2:19.42	37.27	300m: 3:42.05	41.85	400m: 4:51.31	33.46	
2.	POPRAWA - JAKUBAS Jakub		18	MKP „Wodnik 29” Tychy				5:03.34	519
	50m: 31.50	31.50	150m: 1:48.74	39.59	250m: 3:11.51	43.08	350m: 4:31.94	37.33	
	100m: 1:09.15	37.65	200m: 2:28.43	39.69	300m: 3:54.61	43.10	400m: 5:03.34	31.40	
3.	MACIOSZEK Maksymilian		17	UKP „Polonia Warszawa”				5:04.04	515
	50m: 31.28	31.28	150m: 1:49.69	40.52	250m: 3:12.62	43.70	350m: 4:31.08	34.79	
	100m: 1:09.17	37.89	200m: 2:28.92	39.23	300m: 3:56.29	43.67	400m: 5:04.04	32.96	

OPEN

1.	GUZY Marcel		19	DOKiS SP Vega Dobrodzie				4:45.09	625
	50m: 30.30	30.30	150m: 1:42.42	37.41	250m: 2:59.17	40.05	350m: 4:12.32	33.83	
	100m: 1:05.01	34.71	200m: 2:19.12	36.70	300m: 3:38.49	39.32	400m: 4:45.09	32.77	
2.	JAWORSKI Norbert		22	KU AZS UMCS Lublin				4:45.40	623
	50m: 29.75	29.75	150m: 1:44.06	39.16	250m: 3:00.62	39.18	350m: 4:13.99	34.90	
	100m: 1:04.90	35.15	200m: 2:21.44	37.38	300m: 3:39.09	38.47	400m: 4:45.40	31.41	
3.	ANTCZAK Bartosz		17	UKP „Polonia Warszawa”				4:51.31	586
	50m: 29.28	29.28	150m: 1:42.15	38.56	250m: 3:00.20	40.78	350m: 4:17.85	35.80	
	100m: 1:03.59	34.31	200m: 2:19.42	37.27	300m: 3:42.05	41.85	400m: 4:51.31	33.46	
4.	POPRAWA - JAKUBAS Jakub		18	MKP „Wodnik 29” Tychy				5:03.34	519
	50m: 31.50	31.50	150m: 1:48.74	39.59	250m: 3:11.51	43.08	350m: 4:31.94	37.33	
	100m: 1:09.15	37.65	200m: 2:28.43	39.69	300m: 3:54.61	43.10	400m: 5:03.34	31.40	
5.	MACIOSZEK Maksymilian		17	UKP „Polonia Warszawa”				5:04.04	515
	50m: 31.28	31.28	150m: 1:49.69	40.52	250m: 3:12.62	43.70	350m: 4:31.08	34.79	
	100m: 1:09.17	37.89	200m: 2:28.92	39.23	300m: 3:56.29	43.67	400m: 5:04.04	32.96	
6.	BOLEK Stanisław		15	UKP „Polonia Warszawa”				5:05.84	506
	50m: 31.68	31.68	150m: 1:49.48	39.70	250m: 3:12.83	44.71	350m: 4:32.82	34.11	
	100m: 1:09.78	38.10	200m: 2:28.12	38.64	300m: 3:58.71	45.88	400m: 5:05.84	33.02	
7.	JARZ B Tymoteusz		14	UKP Gryf D bica				5:07.47	498
	50m: 30.63	30.63	150m: 1:47.35	38.71	250m: 3:11.91	46.07	350m: 4:33.51	35.63	
	100m: 1:08.64	38.01	200m: 2:25.84	38.49	300m: 3:57.88	45.97	400m: 5:07.47	33.96	
8.	WISTAK Miłosz		14	UKP Gryf D bica				5:38.14	374
	50m: 35.16	35.16	150m: 2:01.93	44.70	250m: 3:33.99	48.47	350m: 5:01.41	38.80	
	100m: 1:17.23	42.07	200m: 2:45.52	43.59	300m: 4:22.61	48.62	400m: 5:38.14	36.73	