

2020 Memoriał Henryka Kosakowskiego
Lublin, 21. - 22.2.2020

Konkurencja 5
21.02.2020 - 16:23

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Rekord LOZP 4:18.01 BARZYCKA Paulina 01403 Ostrowiec Sw. 05.04.2008

Punkty: FINA 2020

Pozycja			Wiek					Czas	Pkt.
JUNIOR MŁODSZY									
1.	TARASIEWICZ Klaudia		16	UKP „Polonia Warszawa”				4:24.52	714
	50m:	30.82 30.82	150m:	1:37.99 33.91	250m:	2:43.84 32.88	350m:	3:51.25 33.74	
	100m:	1:04.08 33.26	200m:	2:10.96 32.97	300m:	3:17.51 33.67	400m:	4:24.52 33.27	
2.	BEDNARZ Julia		16	UKS „ORKA” Zamo				4:36.40	626
	50m:	32.01 32.01	150m:	1:41.28 34.99	250m:	2:51.47 35.18	350m:	4:02.14 35.29	
	100m:	1:06.29 34.28	200m:	2:16.29 35.01	300m:	3:26.85 35.38	400m:	4:36.40 34.26	
3.	SIWKO Natalia		16	KU AZS UMCS Lublin				4:41.02	595
	50m:	31.99 31.99	150m:	1:42.89 35.89	250m:	2:54.50 35.83	350m:	4:06.32 35.69	
	100m:	1:07.00 35.01	200m:	2:18.67 35.78	300m:	3:30.63 36.13	400m:	4:41.02 34.70	
4.	RAKOWSKA Marta		14	DOKiS SP Vega Dobrodzie				4:43.11	582
	50m:	32.00 32.00	150m:	1:43.06 36.01	250m:	2:55.63 36.35	350m:	4:08.29 36.11	
	100m:	1:07.05 35.05	200m:	2:19.28 36.22	300m:	3:32.18 36.55	400m:	4:43.11 34.82	
5.	KRÓL Gabriela		14	KS „Wisła” Puławy				4:43.32	581
	50m:	32.25 32.25	150m:	1:42.67 35.45	250m:	2:56.14 36.43	350m:	4:09.33 36.72	
	100m:	1:07.22 34.97	200m:	2:19.71 37.04	300m:	3:32.61 36.47	400m:	4:43.32 33.99	
6.	SŁABOSZ Emilia		15	MKP „Wodnik 29” Tychy				4:44.68	573
	50m:	31.81 31.81	150m:	1:43.97 36.32	250m:	2:56.96 36.46	350m:	4:10.01 36.18	
	100m:	1:07.65 35.84	200m:	2:20.50 36.53	300m:	3:33.83 36.87	400m:	4:44.68 34.67	
7.	SZREDZI SKA Gabriela		16	UKP „Polonia Warszawa”				4:46.21	563
	50m:	31.89 31.89	150m:	1:43.46 36.28	250m:	2:56.87 36.60	350m:	4:10.62 36.91	
	100m:	1:07.18 35.29	200m:	2:20.27 36.81	300m:	3:33.71 36.84	400m:	4:46.21 35.59	
8.	BRACH Oliwia		16	UKP „Polonia Warszawa”				4:51.32	534
	50m:	33.79 33.79	150m:	1:47.91 37.14	250m:	3:02.25 37.04	350m:	4:16.93 37.10	
	100m:	1:10.77 36.98	200m:	2:25.21 37.30	300m:	3:39.83 37.58	400m:	4:51.32 34.39	
9.	ROMANIUK Matylda		16	UKP „Polonia Warszawa”				4:57.69	501
	50m:	33.23 33.23	150m:	1:49.24 38.57	250m:	3:05.77 38.29	350m:	4:21.23 37.28	
	100m:	1:10.67 37.44	200m:	2:27.48 38.24	300m:	3:43.95 38.18	400m:	4:57.69 36.46	
10.	GAJCY Natalia		15	UKP „Polonia Warszawa”				4:58.35	497
	50m:	33.35 33.35	150m:	1:48.85 38.33	250m:	3:04.36 38.10	350m:	4:21.56 38.06	
	100m:	1:10.52 37.17	200m:	2:26.26 37.41	300m:	3:43.50 39.14	400m:	4:58.35 36.79	
11.	JASIK Nikola		14	KS „Wisła” Puławy				4:58.52	496
	50m:	33.45 33.45	150m:	1:49.09 38.25	250m:	3:06.47 38.93	350m:	4:22.89 37.91	
	100m:	1:10.84 37.39	200m:	2:27.54 38.45	300m:	3:44.98 38.51	400m:	4:58.52 35.63	
12.	KUBECKA Dominika		14	UKP „Ruda I ska”				5:06.84	457
	50m:	34.75 34.75	150m:	1:51.66 38.76	250m:	3:10.88 39.46	350m:	4:29.54 38.90	
	100m:	1:12.90 38.15	200m:	2:31.42 39.76	300m:	3:50.64 39.76	400m:	5:06.84 37.30	
13.	W GRZYNOWICZ Martyna		14	Mi dzyszkolny UKS „Olimpijczyk” Suwałki				5:08.31	451
	50m:	31.88 31.88	150m:	1:49.04 38.83	250m:	3:08.63 39.94	350m:	4:29.60 40.35	
	100m:	1:10.21 38.33	200m:	2:28.69 39.65	300m:	3:49.25 40.62	400m:	5:08.31 38.71	
14.	NAKLICKA Izabela		14	UKS „ORKA” Zamo				5:09.17	447
	50m:	34.74 34.74	150m:	1:53.94 40.63	250m:	3:14.30 40.26	350m:	4:33.34 38.98	
	100m:	1:13.31 38.57	200m:	2:34.04 40.10	300m:	3:54.36 40.06	400m:	5:09.17 35.83	
15.	SOŁTYSZEWSKA Alicja		14	MKS Juvenia Białystok				5:14.56	424
	50m:	33.26 33.26	150m:	1:51.46 40.14	250m:	3:13.12 41.08	350m:	4:35.41 41.32	
	100m:	1:11.32 38.06	200m:	2:32.04 40.58	300m:	3:54.09 40.97	400m:	5:14.56 39.15	
16.	D BROWSKA Aleksandra		14	Mi dzyszkolny UKS „Olimpijczyk” Suwałki				5:14.83	423
	50m:	34.45 34.45	150m:	1:54.31 40.42	250m:	3:14.85 40.38	350m:	4:36.66 40.50	
	100m:	1:13.89 39.44	200m:	2:34.47 40.16	300m:	3:56.16 41.31	400m:	5:14.83 38.17	
17.	WRÓBLEWSKA Klaudia		16	UKP „Polonia Warszawa”				5:16.22	418
	50m:	35.19 35.19	150m:	1:53.63 40.03	250m:	3:15.25 40.94	350m:	4:37.16 40.12	
	100m:	1:13.60 38.41	200m:	2:34.31 40.68	300m:	3:57.04 41.79	400m:	5:16.22 39.06	

2020 Memoriał Henryka Kosakowskiego
Lublin, 21. - 22.2.2020

Konkurencja 5, Dziewcz t, 400m dowolny, JUNIOR MŁODSZY

Pozycja			Wiek				Czas				Pkt.
18.	MITUŁA Magdalena	16	KS OLIMPIA Lublin					5:19.25	406		
	50m: 35.58 35.58	150m: 1:56.54	40.86	250m: 3:18.45	40.95	350m: 4:39.89	40.48				
	100m: 1:15.68 40.10	200m: 2:37.50	40.96	300m: 3:59.41	40.96	400m: 5:19.25	39.36				
19.	RZ P Sylwia	16	KP Płetwał Mława					5:19.38	405		
	50m: 35.79 35.79	150m: 1:55.52	40.63	250m: 3:16.76	40.40	350m: 4:39.38	41.15				
	100m: 1:14.89 39.10	200m: 2:36.36	40.84	300m: 3:58.23	41.47	400m: 5:19.38	40.00				
20.	ODWA NA Aleksandra	14	Toru Multisport Team					5:27.85	375		
	50m: 35.08 35.08	150m: 1:57.01	41.96	250m: 3:21.61	41.97	350m: 4:47.88	42.59				
	100m: 1:15.05 39.97	200m: 2:39.64	42.63	300m: 4:05.29	43.68	400m: 5:27.85	39.97				
21.	KIERAGA Emilia	14	MTP „Lublinianka”					5:28.39	373		
	50m: 33.77 33.77	150m: 1:55.03	41.32	250m: 3:20.41	43.37	350m: 4:47.63	43.03				
	100m: 1:13.71 39.94	200m: 2:37.04	42.01	300m: 4:04.60	44.19	400m: 5:28.39	40.76				
22.	CIEPIELEWSKA Oliwia	14	KS „Wisła” Puławy					5:30.07	367		
	50m: 37.70 37.70	150m: 2:01.49	42.21	250m: 3:28.01	43.66	350m: 4:53.55	41.52				
	100m: 1:19.28 41.58	200m: 2:44.35	42.86	300m: 4:12.03	44.02	400m: 5:30.07	36.52				
23.	WAŁACH Emilia	16	Uks 51					5:30.88	364		
	50m: 35.81 35.81	150m: 1:58.64	41.80	250m: 3:23.15	42.60	350m: 4:49.59	43.13				
	100m: 1:16.84 41.03	200m: 2:40.55	41.91	300m: 4:06.46	43.31	400m: 5:30.88	41.29				

JUNIOR

1.	SZEWCZYK Zofia	18	UKP Fala Kra nik					4:33.62	645
	50m: 31.91 31.91	150m: 1:42.02	35.44	250m: 2:52.15	34.82	350m: 4:01.06	34.06		
	100m: 1:06.58 34.67	200m: 2:17.33	35.31	300m: 3:27.00	34.85	400m: 4:33.62	32.56		
2.	CIOCH-GRADZIK Wiktoria	17	KU AZS UMCS Lublin					4:33.82	643
	50m: 31.36 31.36	150m: 1:40.48	34.99	250m: 2:50.23	34.94	350m: 4:00.13	34.94		
	100m: 1:05.49 34.13	200m: 2:15.29	34.81	300m: 3:25.19	34.96	400m: 4:33.82	33.69		
3.	KOŁODZIEJCZYK Oliwia	17	KU AZS UMCS Lublin					4:50.94	536
	50m: 33.60 33.60	150m: 1:46.84	37.13	250m: 3:01.28	37.95	350m: 4:16.18	37.13		
	100m: 1:09.71 36.11	200m: 2:23.33	36.49	300m: 3:39.05	37.77	400m: 4:50.94	34.76		
4.	BUGAŁA Martyna	18	Uks Skarpa Lublin					4:53.62	522
	50m: 33.60 33.60	150m: 1:47.72	37.55	250m: 3:02.52	37.19	350m: 4:17.33	37.13		
	100m: 1:10.17 36.57	200m: 2:25.33	37.61	300m: 3:40.20	37.68	400m: 4:53.62	36.29		

OPEN

1.	UKOWSKA Paula	27	KU AZS UMCS Lublin					4:22.08	734
	50m: 30.68 30.68	150m: 1:38.13	34.10	250m: 2:44.82	32.85	350m: 3:49.88	32.40		
	100m: 1:04.03 33.35	200m: 2:11.97	33.84	300m: 3:17.48	32.66	400m: 4:22.08	32.20		
2.	TARASIEWICZ Klaudia	16	UKP „Polonia Warszawa”					4:24.52	714
	50m: 30.82 30.82	150m: 1:37.99	33.91	250m: 2:43.84	32.88	350m: 3:51.25	33.74		
	100m: 1:04.08 33.26	200m: 2:10.96	32.97	300m: 3:17.51	33.67	400m: 4:24.52	33.27		
3.	SZEWCZYK Zofia	18	UKP Fala Kra nik					4:33.62	645
	50m: 31.91 31.91	150m: 1:42.02	35.44	250m: 2:52.15	34.82	350m: 4:01.06	34.06		
	100m: 1:06.58 34.67	200m: 2:17.33	35.31	300m: 3:27.00	34.85	400m: 4:33.62	32.56		
4.	CIOCH-GRADZIK Wiktoria	17	KU AZS UMCS Lublin					4:33.82	643
	50m: 31.36 31.36	150m: 1:40.48	34.99	250m: 2:50.23	34.94	350m: 4:00.13	34.94		
	100m: 1:05.49 34.13	200m: 2:15.29	34.81	300m: 3:25.19	34.96	400m: 4:33.82	33.69		
5.	BEDNARZ Julia	16	UKS „ORKA” Zamo					4:36.40	626
	50m: 32.01 32.01	150m: 1:41.28	34.99	250m: 2:51.47	35.18	350m: 4:02.14	35.29		
	100m: 1:06.29 34.28	200m: 2:16.29	35.01	300m: 3:26.85	35.38	400m: 4:36.40	34.26		
6.	SIWKO Natalia	16	KU AZS UMCS Lublin					4:41.02	595
	50m: 31.99 31.99	150m: 1:42.89	35.89	250m: 2:54.50	35.83	350m: 4:06.32	35.69		
	100m: 1:07.00 35.01	200m: 2:18.67	35.78	300m: 3:30.63	36.13	400m: 4:41.02	34.70		
7.	ŁYSAKOWSKA Julia	19	KU AZS UMCS Lublin					4:42.74	584
	50m: 32.33 32.33	150m: 1:42.75	35.65	250m: 2:54.32	35.86	350m: 4:06.83	36.61		
	100m: 1:07.10 34.77	200m: 2:18.46	35.71	300m: 3:30.22	35.90	400m: 4:42.74	35.91		

2020 Memoriał Henryka Kosakowskiego
Lublin, 21. - 22.2.2020

Konkurencja 5, Kobiety, 400m dowolny, OPEN

Pozycja			Wiek					Czas	Pkt.
8.	RAKOWSKA Marta		14	DOKiS SP Vega Dobrodzie				4:43.11	582
	50m:	32.00 32.00	150m:	1:43.06	36.01	250m:	2:55.63 36.35	350m:	4:08.29 36.11
	100m:	1:07.05 35.05	200m:	2:19.28	36.22	300m:	3:32.18 36.55	400m:	4:43.11 34.82
9.	KRÓL Gabriela		14	KS „Wisła” Puławy				4:43.32	581
	50m:	32.25 32.25	150m:	1:42.67	35.45	250m:	2:56.14 36.43	350m:	4:09.33 36.72
	100m:	1:07.22 34.97	200m:	2:19.71	37.04	300m:	3:32.61 36.47	400m:	4:43.32 33.99
10.	SŁABOSZ Emilia		15	MKP „Wodnik 29” Tychy				4:44.68	573
	50m:	31.81 31.81	150m:	1:43.97	36.32	250m:	2:56.96 36.46	350m:	4:10.01 36.18
	100m:	1:07.65 35.84	200m:	2:20.50	36.53	300m:	3:33.83 36.87	400m:	4:44.68 34.67
11.	SZREDZI SKA Gabriela		16	UKP „Polonia Warszawa”				4:46.21	563
	50m:	31.89 31.89	150m:	1:43.46	36.28	250m:	2:56.87 36.60	350m:	4:10.62 36.91
	100m:	1:07.18 35.29	200m:	2:20.27	36.81	300m:	3:33.71 36.84	400m:	4:46.21 35.59
12.	KOŁODZIEJCZYK Oliwia		17	KU AZS UMCS Lublin				4:50.94	536
	50m:	33.60 33.60	150m:	1:46.84	37.13	250m:	3:01.28 37.95	350m:	4:16.18 37.13
	100m:	1:09.71 36.11	200m:	2:23.33	36.49	300m:	3:39.05 37.77	400m:	4:50.94 34.76
13.	BRACH Oliwia		16	UKP „Polonia Warszawa”				4:51.32	534
	50m:	33.79 33.79	150m:	1:47.91	37.14	250m:	3:02.25 37.04	350m:	4:16.93 37.10
	100m:	1:10.77 36.98	200m:	2:25.21	37.30	300m:	3:39.83 37.58	400m:	4:51.32 34.39
14.	BUGAŁA Martyna		18	Uks Skarpa Lublin				4:53.62	522
	50m:	33.60 33.60	150m:	1:47.72	37.55	250m:	3:02.52 37.19	350m:	4:17.33 37.13
	100m:	1:10.17 36.57	200m:	2:25.33	37.61	300m:	3:40.20 37.68	400m:	4:53.62 36.29
15.	ROMANIUK Matylda		16	UKP „Polonia Warszawa”				4:57.69	501
	50m:	33.23 33.23	150m:	1:49.24	38.57	250m:	3:05.77 38.29	350m:	4:21.23 37.28
	100m:	1:10.67 37.44	200m:	2:27.48	38.24	300m:	3:43.95 38.18	400m:	4:57.69 36.46
16.	GAJCY Natalia		15	UKP „Polonia Warszawa”				4:58.35	497
	50m:	33.35 33.35	150m:	1:48.85	38.33	250m:	3:04.36 38.10	350m:	4:21.56 38.06
	100m:	1:10.52 37.17	200m:	2:26.26	37.41	300m:	3:43.50 39.14	400m:	4:58.35 36.79
17.	JASIK Nikola		14	KS „Wisła” Puławy				4:58.52	496
	50m:	33.45 33.45	150m:	1:49.09	38.25	250m:	3:06.47 38.93	350m:	4:22.89 37.91
	100m:	1:10.84 37.39	200m:	2:27.54	38.45	300m:	3:44.98 38.51	400m:	4:58.52 35.63
18.	KUBECKA Dominika		14	UKP „Ruda I ska”				5:06.84	457
	50m:	34.75 34.75	150m:	1:51.66	38.76	250m:	3:10.88 39.46	350m:	4:29.54 38.90
	100m:	1:12.90 38.15	200m:	2:31.42	39.76	300m:	3:50.64 39.76	400m:	5:06.84 37.30
19.	W GRZYNOWICZ Martyna		14	Mi dzyszkolny UKS „Olimpijczyk” Suwałki				5:08.31	451
	50m:	31.88 31.88	150m:	1:49.04	38.83	250m:	3:08.63 39.94	350m:	4:29.60 40.35
	100m:	1:10.21 38.33	200m:	2:28.69	39.65	300m:	3:49.25 40.62	400m:	5:08.31 38.71
20.	NAKLICKA Izabela		14	UKS „ORKA” Zamość				5:09.17	447
	50m:	34.74 34.74	150m:	1:53.94	40.63	250m:	3:14.30 40.26	350m:	4:33.34 38.98
	100m:	1:13.31 38.57	200m:	2:34.04	40.10	300m:	3:54.36 40.06	400m:	5:09.17 35.83
21.	SOŁTYSZEWSKA Alicja		14	MKS Juvenia Białystok				5:14.56	424
	50m:	33.26 33.26	150m:	1:51.46	40.14	250m:	3:13.12 41.08	350m:	4:35.41 41.32
	100m:	1:11.32 38.06	200m:	2:32.04	40.58	300m:	3:54.09 40.97	400m:	5:14.56 39.15
22.	D BROWSKA Aleksandra		14	Mi dzyszkolny UKS „Olimpijczyk” Suwałki				5:14.83	423
	50m:	34.45 34.45	150m:	1:54.31	40.42	250m:	3:14.85 40.38	350m:	4:36.66 40.50
	100m:	1:13.89 39.44	200m:	2:34.47	40.16	300m:	3:56.16 41.31	400m:	5:14.83 38.17
23.	WRÓBLEWSKA Klaudia		16	UKP „Polonia Warszawa”				5:16.22	418
	50m:	35.19 35.19	150m:	1:53.63	40.03	250m:	3:15.25 40.94	350m:	4:37.16 40.12
	100m:	1:13.60 38.41	200m:	2:34.31	40.68	300m:	3:57.04 41.79	400m:	5:16.22 39.06
24.	MITUŁA Magdalena		16	KS OLIMPIA Lublin				5:19.25	406
	50m:	35.58 35.58	150m:	1:56.54	40.86	250m:	3:18.45 40.95	350m:	4:39.89 40.48
	100m:	1:15.68 40.10	200m:	2:37.50	40.96	300m:	3:59.41 40.96	400m:	5:19.25 39.36
25.	RZ P Sylwia		16	KP Płetwał Mława				5:19.38	405
	50m:	35.79 35.79	150m:	1:55.52	40.63	250m:	3:16.76 40.40	350m:	4:39.38 41.15
	100m:	1:14.89 39.10	200m:	2:36.36	40.84	300m:	3:58.23 41.47	400m:	5:19.38 40.00

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Lublin, 21. - 22.2.2020

Konkurencja 5, Kobiet, 400m dowolny, OPEN

Pozycja				Wiek				Czas		Pkt.
26.	ODWA NA Aleksandra		14	Toru	Multisport Team			5:27.85	375	
	50m: 35.08	35.08	150m: 1:57.01	41.96	250m: 3:21.61	41.97	350m: 4:47.88	42.59		
	100m: 1:15.05	39.97	200m: 2:39.64	42.63	300m: 4:05.29	43.68	400m: 5:27.85	39.97		
27.	KIERAGA Emilia		14	MTP „Lublinianka”				5:28.39	373	
	50m: 33.77	33.77	150m: 1:55.03	41.32	250m: 3:20.41	43.37	350m: 4:47.63	43.03		
	100m: 1:13.71	39.94	200m: 2:37.04	42.01	300m: 4:04.60	44.19	400m: 5:28.39	40.76		
28.	CIEPIELEWSKA Oliwia		14	KS „Wisła” Puławy				5:30.07	367	
	50m: 37.70	37.70	150m: 2:01.49	42.21	250m: 3:28.01	43.66	350m: 4:53.55	41.52		
	100m: 1:19.28	41.58	200m: 2:44.35	42.86	300m: 4:12.03	44.02	400m: 5:30.07	36.52		
29.	WAŁACH Emilia		16	Uks 51				5:30.88	364	
	50m: 35.81	35.81	150m: 1:58.64	41.80	250m: 3:23.15	42.60	350m: 4:49.59	43.13		
	100m: 1:16.84	41.03	200m: 2:40.55	41.91	300m: 4:06.46	43.31	400m: 5:30.88	41.29		