

2020 Memoriał Henryka Kosakowskiego  
Lublin, 21. - 22.2.2020

Konkurencja 6 M czyzn, 400m dowolny 14 lat i starsi  
21.02.2020 - 16:41 Wyniki

Rekord LOZP 3:50.57 WITKOWSKI Jan 01003 London (GBR) 16.05.2016

Punkty: FINA 2020

Pozycja			Wiek					Czas	Pkt.
<b>JUNIOR MŁODSZY</b>									
1.	KALKAN Jakub		16	LKS Jedno	32 Przyszowice		<b>4:12.92</b>	658	
	50m: 29.45	29.45	150m: 1:34.79	32.83	250m: 2:39.54	31.96	350m: 3:43.28	31.83	
	100m: 1:01.96	32.51	200m: 2:07.58	32.79	300m: 3:11.45	31.91	400m: 4:12.92	29.64	
2.	MATUSZEWSKI Krzysztof		16	UKP „Polonia Warszawa”			<b>4:13.18</b>	656	
	50m: 28.65	28.65	150m: 1:33.53	32.77	250m: 2:38.56	32.06	350m: 3:43.60	32.37	
	100m: 1:00.76	32.11	200m: 2:06.50	32.97	300m: 3:11.23	32.67	400m: 4:13.18	29.58	
3.	HORODY SKI Antoni		16	UKP Gryf D bica			<b>4:25.76</b>	567	
	50m: 29.92	29.92	150m: 1:36.37	33.81	250m: 2:44.85	34.58	350m:		
	100m: 1:02.56	32.64	200m: 2:10.27	33.90	300m: 3:19.00	34.15	400m: 4:25.76		
4.	CHAŁAT Wojciech		16	KU AZS UMCS Lublin			<b>4:33.25</b>	522	
	50m: 30.85	30.85	150m: 1:39.46	34.84	250m: 2:49.93	35.30	350m: 3:59.37	34.56	
	100m: 1:04.62	33.77	200m: 2:14.63	35.17	300m: 3:24.81	34.88	400m: 4:33.25	33.88	
5.	DEPA Mateusz		16	KS Posnania Pozna			<b>4:39.10</b>	490	
	50m: 30.38	30.38	150m: 1:39.79	35.23	250m: 2:51.82	35.91	350m: 4:04.43	36.48	
	100m: 1:04.56	34.18	200m: 2:15.91	36.12	300m: 3:27.95	36.13	400m: 4:39.10	34.67	
6.	KALISZEWSKI Adrian		16	KP Płetwal Mława			<b>4:40.67</b>	482	
	50m: 31.56	31.56	150m: 1:43.89	36.44	250m: 2:57.30	36.70	350m: 4:08.39	34.87	
	100m: 1:07.45	35.89	200m: 2:20.60	36.71	300m: 3:33.52	36.22	400m: 4:40.67	32.28	
7.	LUPA Olaf		14	UKS „ORKA” Zamo			<b>4:41.31</b>	478	
	50m: 31.64	31.64	150m: 1:42.55	36.17	250m: 2:54.55	35.91	350m: 4:06.79	35.80	
	100m: 1:06.38	34.74	200m: 2:18.64	36.09	300m: 3:30.99	36.44	400m: 4:41.31	34.52	
8.	ZIELI SKI Michał		14	Mi dzyszkołny UKS „Olimpijczyk” Suwałki			<b>5:08.90</b>	361	
	50m:		150m:		250m:		350m: 4:31.33	40.96	
	100m: 1:11.43		200m: 2:29.76		300m: 3:50.37		400m: 5:08.90	37.57	
9.	PRÓSI SKI Jakub		15	KP Płetwal Mława			<b>5:11.45</b>	352	
	50m: 33.62	33.62	150m: 1:51.50	40.08	250m: 3:14.21	41.74	350m: 4:37.35	41.17	
	100m: 1:11.42	37.80	200m: 2:32.47	40.97	300m: 3:56.18	41.97	400m: 5:11.45	34.10	
10.	CZECZKO Michał		14	KP AVIA widnik			<b>5:12.69</b>	348	
	50m: 35.02	35.02	150m: 1:54.16	40.32	250m: 3:15.06	40.12	350m: 4:34.62	39.15	
	100m: 1:13.84	38.82	200m: 2:34.94	40.78	300m: 3:55.47	40.41	400m: 5:12.69	38.07	
11.	DANIEL Andre		14	KS OLIMPIA Lublin			<b>5:35.37</b>	282	
	50m: 36.69	36.69	150m: 2:05.20	44.82	250m: 3:31.17	43.01	350m: 4:54.92	41.39	
	100m: 1:20.38	43.69	200m: 2:48.16	42.96	300m: 4:13.53	42.36	400m: 5:35.37	40.45	
12.	LEDZI SKI Jan		14	KP Płetwal Mława			<b>5:42.32</b>	265	
	50m: 36.57	36.57	150m: 2:01.00	43.27	250m: 3:29.35	44.27	350m: 5:00.12	44.85	
	100m: 1:17.73	41.16	200m: 2:45.08	44.08	300m: 4:15.27	45.92	400m: 5:42.32	42.20	

**JUNIOR**

1.	POPIOŁEK Dawid		18	KU AZS UMCS Lublin			<b>4:15.98</b>	635	
	50m: 29.49	29.49	150m: 1:34.78	32.87	250m: 2:40.30	32.76	350m: 3:44.66	32.33	
	100m: 1:01.91	32.42	200m: 2:07.54	32.76	300m: 3:12.33	32.03	400m: 4:15.98	31.32	
2.	KASPERSKI Patryk		17	UKP Fala Kra nik			<b>4:19.28</b>	611	
	50m: 29.54	29.54	150m: 1:35.14	33.17	250m: 2:41.33	32.94	350m: 3:47.59	33.06	
	100m: 1:01.97	32.43	200m: 2:08.39	33.25	300m: 3:14.53	33.20	400m: 4:19.28	31.69	
3.	ROGUSKI Mateusz		17	UKP „Polonia Warszawa”			<b>4:21.59</b>	595	
	50m: 29.71	29.71	150m: 1:35.18	33.07	250m: 2:41.64	33.27	350m: 3:48.92	33.89	
	100m: 1:02.11	32.40	200m: 2:08.37	33.19	300m: 3:15.03	33.39	400m: 4:21.59	32.67	
4.	NOWAK Jan		18	KU AZS UMCS Lublin			<b>4:22.82</b>	587	
	50m: 29.47	29.47	150m: 1:35.26	33.32	250m: 2:42.88	33.75	350m: 3:51.38	34.41	
	100m: 1:01.94	32.47	200m: 2:09.13	33.87	300m: 3:16.97	34.09	400m: 4:22.82	31.44	

2020 Memoriał Henryka Kosakowskiego  
Lublin, 21. - 22.2.2020

Konkurencja 6, Chłopców, 400m dowolny, JUNIOR

Pozycja			Wiek					Czas	Pkt.
5.	POPRAWA - JAKUBAS Jakub		18	MKP „Wodnik 29” Tychy				<b>4:38.59</b>	492
	50m:	31.00 31.00	150m:	1:42.62	35.84	250m:	2:53.36 35.22	350m:	4:04.37 35.77
	100m:	1:06.78 35.78	200m:	2:18.14	35.52	300m:	3:28.60 35.24	400m:	4:38.59 34.22
6.	CZERNIAK Jarosław		17	Uks 51				<b>4:50.07</b>	436
	50m:	31.98 31.98	150m:	1:44.17	36.46	250m:	2:58.58 37.31	350m:	4:13.17 37.27
	100m:	1:07.71 35.73	200m:	2:21.27	37.10	300m:	3:35.90 37.32	400m:	4:50.07 36.90
7.	SITNIK Jakub		17	UKS Delfin Garwolin				<b>4:58.29</b>	401
	50m:	33.78 33.78	150m:	1:48.76	37.87	250m:	3:05.13 38.08	350m:	4:22.57 38.59
	100m:	1:10.89 37.11	200m:	2:27.05	38.29	300m:	3:43.98 38.85	400m:	4:58.29 35.72

OPEN

1.	KALKAN Jakub		16	LKS Jedno 32 Przyszowice				<b>4:12.92</b>	658
	50m:	29.45 29.45	150m:	1:34.79	32.83	250m:	2:39.54 31.96	350m:	3:43.28 31.83
	100m:	1:01.96 32.51	200m:	2:07.58	32.79	300m:	3:11.45 31.91	400m:	4:12.92 29.64
2.	MATUSZEWSKI Krzysztof		16	UKP „Polonia Warszawa”				<b>4:13.18</b>	656
	50m:	28.65 28.65	150m:	1:33.53	32.77	250m:	2:38.56 32.06	350m:	3:43.60 32.37
	100m:	1:00.76 32.11	200m:	2:06.50	32.97	300m:	3:11.23 32.67	400m:	4:13.18 29.58
3.	POPIOŁEK Dawid		18	KU AZS UMCS Lublin				<b>4:15.98</b>	635
	50m:	29.49 29.49	150m:	1:34.78	32.87	250m:	2:40.30 32.76	350m:	3:44.66 32.33
	100m:	1:01.91 32.42	200m:	2:07.54	32.76	300m:	3:12.33 32.03	400m:	4:15.98 31.32
4.	KASPERSKI Patryk		17	UKP Fala Kra nik				<b>4:19.28</b>	611
	50m:	29.54 29.54	150m:	1:35.14	33.17	250m:	2:41.33 32.94	350m:	3:47.59 33.06
	100m:	1:01.97 32.43	200m:	2:08.39	33.25	300m:	3:14.53 33.20	400m:	4:19.28 31.69
5.	ROGUSKI Mateusz		17	UKP „Polonia Warszawa”				<b>4:21.59</b>	595
	50m:	29.71 29.71	150m:	1:35.18	33.07	250m:	2:41.64 33.27	350m:	3:48.92 33.89
	100m:	1:02.11 32.40	200m:	2:08.37	33.19	300m:	3:15.03 33.39	400m:	4:21.59 32.67
6.	NOWAK Jan		18	KU AZS UMCS Lublin				<b>4:22.82</b>	587
	50m:	29.47 29.47	150m:	1:35.26	33.32	250m:	2:42.88 33.75	350m:	3:51.38 34.41
	100m:	1:01.94 32.47	200m:	2:09.13	33.87	300m:	3:16.97 34.09	400m:	4:22.82 31.44
7.	HORODY SKI Antoni		16	UKP Gryf D bica				<b>4:25.76</b>	567
	50m:	29.92 29.92	150m:	1:36.37	33.81	250m:	2:44.85 34.58	350m:	
	100m:	1:02.56 32.64	200m:	2:10.27	33.90	300m:	3:19.00 34.15	400m:	4:25.76
8.	CHAŁAT Wojciech		16	KU AZS UMCS Lublin				<b>4:33.25</b>	522
	50m:	30.85 30.85	150m:	1:39.46	34.84	250m:	2:49.93 35.30	350m:	3:59.37 34.56
	100m:	1:04.62 33.77	200m:	2:14.63	35.17	300m:	3:24.81 34.88	400m:	4:33.25 33.88
9.	POPRAWA - JAKUBAS Jakub		18	MKP „Wodnik 29” Tychy				<b>4:38.59</b>	492
	50m:	31.00 31.00	150m:	1:42.62	35.84	250m:	2:53.36 35.22	350m:	4:04.37 35.77
	100m:	1:06.78 35.78	200m:	2:18.14	35.52	300m:	3:28.60 35.24	400m:	4:38.59 34.22
10.	DEPA Mateusz		16	KS Posenania Pozna				<b>4:39.10</b>	490
	50m:	30.38 30.38	150m:	1:39.79	35.23	250m:	2:51.82 35.91	350m:	4:04.43 36.48
	100m:	1:04.56 34.18	200m:	2:15.91	36.12	300m:	3:27.95 36.13	400m:	4:39.10 34.67
11.	KALISZEWSKI Adrian		16	KP Płetwal Mława				<b>4:40.67</b>	482
	50m:	31.56 31.56	150m:	1:43.89	36.44	250m:	2:57.30 36.70	350m:	4:08.39 34.87
	100m:	1:07.45 35.89	200m:	2:20.60	36.71	300m:	3:33.52 36.22	400m:	4:40.67 32.28
12.	LUPA Olaf		14	UKS „ORKA” Zamo				<b>4:41.31</b>	478
	50m:	31.64 31.64	150m:	1:42.55	36.17	250m:	2:54.55 35.91	350m:	4:06.79 35.80
	100m:	1:06.38 34.74	200m:	2:18.64	36.09	300m:	3:30.99 36.44	400m:	4:41.31 34.52
13.	CZERNIAK Jarosław		17	Uks 51				<b>4:50.07</b>	436
	50m:	31.98 31.98	150m:	1:44.17	36.46	250m:	2:58.58 37.31	350m:	4:13.17 37.27
	100m:	1:07.71 35.73	200m:	2:21.27	37.10	300m:	3:35.90 37.32	400m:	4:50.07 36.90
14.	SITNIK Jakub		17	UKS Delfin Garwolin				<b>4:58.29</b>	401
	50m:	33.78 33.78	150m:	1:48.76	37.87	250m:	3:05.13 38.08	350m:	4:22.57 38.59
	100m:	1:10.89 37.11	200m:	2:27.05	38.29	300m:	3:43.98 38.85	400m:	4:58.29 35.72

2020 Memoriał Henryka Kosakowskiego  
Lublin, 21. - 22.2.2020

Konkurencja 6, M cyczn, 400m dowolny, OPEN

Pozycja			Wiek					Czas	Pkt.
15.	ZIELI	SKI Michał	14	Mi dzyszkołny UKS „Olimpijczyk” Suwałki				<b>5:08.90</b>	361
	50m:		150m:	250m:		350m:	4:31.33	40.96	
	100m:	1:11.43	200m:	300m:	3:50.37	400m:	5:08.90	37.57	
16.	PRÓSI	SKI Jakub	15	KP Płetwał Mława				<b>5:11.45</b>	352
	50m:	33.62 33.62	150m:	40.08 250m:	3:14.21 41.74	350m:	4:37.35	41.17	
	100m:	1:11.42 37.80	200m:	40.97 300m:	3:56.18 41.97	400m:	5:11.45	34.10	
17.	CZECZKO	Michał	14	KP AVIA widnik				<b>5:12.69</b>	348
	50m:	35.02 35.02	150m:	40.32 250m:	3:15.06 40.12	350m:	4:34.62	39.15	
	100m:	1:13.84 38.82	200m:	40.78 300m:	3:55.47 40.41	400m:	5:12.69	38.07	
18.	DANIEL	Andre	14	KS OLIMPIA Lublin				<b>5:35.37</b>	282
	50m:	36.69 36.69	150m:	44.82 250m:	3:31.17 43.01	350m:	4:54.92	41.39	
	100m:	1:20.38 43.69	200m:	42.96 300m:	4:13.53 42.36	400m:	5:35.37	40.45	
19.	LEDZI	SKI Jan	14	KP Płetwał Mława				<b>5:42.32</b>	265
	50m:	36.57 36.57	150m:	43.27 250m:	3:29.35 44.27	350m:	5:00.12	44.85	
	100m:	1:17.73 41.16	200m:	44.08 300m:	4:15.27 45.92	400m:	5:42.32	42.20	