

2020 Puchar KU AZS UMCS Lublin
Lublin, 5.9.2020

Konkurencja 30
05.09.2020 - 17:10

M czynn, 400m zmienny

13 lat i starsi
Wyniki

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

Punkty: Rudolph Table 2019

Pozycja Wiek Czas Pkt.

13 - 14 lat

1. LARY Jerzy	14	IUKS „Muszelka” Warszawa	4:52.29	15,2
50m: 30.18 30.18	150m: 1:43.67 39.08	250m: 3:04.93 42.67	350m: 4:20.92 32.50	
100m: 1:04.59 34.41	200m: 2:22.26 38.59	300m: 3:48.42 43.49	400m: 4:52.29 31.37	
2. MIŁKOWSKI Mikołaj	13	UKS 48 Warszawa ródnie cie	5:01.37	15,2
50m: 32.14 32.14	150m: 1:46.31 37.58	250m: 3:06.66 42.79	350m: 4:26.46 36.66	
100m: 1:08.73 36.59	200m: 2:23.87 37.56	300m: 3:49.80 43.14	400m: 5:01.37 34.91	
3. ŁUKAWSKI Tomasz	13	UKS 48 Warszawa ródnie cie	5:46.90	4,8
50m: 35.79 35.79	150m: 2:04.92 45.20	250m: 3:40.23 50.16	350m: 5:08.99 38.88	
100m: 1:19.72 43.93	200m: 2:50.07 45.15	300m: 4:30.11 49.88	400m: 5:46.90 37.91	

15 - 16 lat

1. CHMIELEWSKI Krzysztof	16	IUKS „Muszelka” Warszawa	4:41.73	14,8
50m: 30.42 30.42	150m: 1:40.46 37.04	250m: 2:58.13 42.11	350m: 4:11.48 31.97	
100m: 1:03.42 33.00	200m: 2:16.02 35.56	300m: 3:39.51 41.38	400m: 4:41.73 30.25	
2. CHMIELEWSKI Michał	16	IUKS „Muszelka” Warszawa	4:42.01	14,7
50m: 28.75 28.75	150m: 1:37.69 35.62	250m: 2:55.20 43.13	350m: 4:11.49 31.34	
100m: 1:02.07 33.32	200m: 2:12.07 34.38	300m: 3:40.15 44.95	400m: 4:42.01 30.52	
3. POGODA Krzysztof	15	MKS Jedyńka Łód	5:00.04	11,8
50m: 31.73 31.73	150m: 1:45.00 37.44	250m: 3:05.43 42.51	350m: 4:25.06 35.43	
100m: 1:07.56 35.83	200m: 2:22.92 37.92	300m: 3:49.63 44.20	400m: 5:00.04 34.98	
4. KUBINIEC Mikołaj	16	KU AZS UMCS Lublin	5:02.40	9,6
50m: 32.20 32.20	150m: 1:49.83 41.36	250m: 3:12.53 42.58	350m: 4:29.93 34.40	
100m: 1:08.47 36.27	200m: 2:29.95 40.12	300m: 3:55.53 43.00	400m: 5:02.40 32.47	
5. OLEWNICZAK Maciej	15	UKP „Polonia Warszawa”	5:03.76	10,9
50m: 32.08 32.08	150m: 1:48.03 40.61	250m: 3:11.35 43.66	350m: 4:30.54 35.10	
100m: 1:07.42 35.34	200m: 2:27.69 39.66	300m: 3:55.44 44.09	400m: 5:03.76 33.22	
6. TOMASZEWSKI Piotr	15	KU AZS UMCS Lublin	5:04.15	10,8
50m: 30.80 30.80	150m: 1:48.07 41.13	250m: 3:10.81 42.20	350m: 4:30.59 35.88	
100m: 1:06.94 36.14	200m: 2:28.61 40.54	300m: 3:54.71 43.90	400m: 5:04.15 33.56	
7. KUCHARCZYK Paweł	15	UKP „Polonia Warszawa”	5:06.61	10,2
50m: 32.12 32.12	150m: 1:52.12 45.24	250m: 3:15.16 39.52	350m: 4:33.60 37.20	
100m: 1:06.88 34.76	200m: 2:35.64 43.52	300m: 3:56.40 41.24	400m: 5:06.61 33.01	
8. NOWACKI Błażej	15	UKS abianka Gdańsk	5:08.90	9,6
50m: 33.05 33.05	150m: 1:51.69 38.27	250m: 3:14.39 42.97	350m: 4:34.83 34.51	
100m: 1:13.42 40.37	200m: 2:31.42 39.73	300m: 4:00.32 45.93	400m: 5:08.90 34.07	

OPEN

1. URYNIUK Paweł	17	UKS G-8 Bielany Warszawa	4:39.21	14,5
50m: 28.38 28.38	150m: 1:37.26 36.70	250m: 2:53.16 39.90	350m: 4:07.68 33.00	
100m: 1:00.56 32.18	200m: 2:13.26 36.00	300m: 3:34.68 41.52	400m: 4:39.21 31.53	
2. CHMIELEWSKI Krzysztof	16	IUKS „Muszelka” Warszawa	4:41.73	14,8
50m: 30.42 30.42	150m: 1:40.46 37.04	250m: 2:58.13 42.11	350m: 4:11.48 31.97	
100m: 1:03.42 33.00	200m: 2:16.02 35.56	300m: 3:39.51 41.38	400m: 4:41.73 30.25	

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Konkurencja 30, M czynn, 400m zmienny, OPEN

Pozycja					Wiek					Czas	Pkt.	
3.	CHMIELEWSKI Michał				16	IUKS „Muszelka” Warszawa				4:42.01	14,7	
	50m:	28.75	28.75	150m:	1:37.69	35.62	250m:	2:55.20	43.13	350m:	4:11.49	31.34
	100m:	1:02.07	33.32	200m:	2:12.07	34.38	300m:	3:40.15	44.95	400m:	4:42.01	30.52
4.	ZUBIK Jan				17	UKP „Polonia Warszawa”				4:47.85	12,3	
	50m:	29.81	29.81	150m:	1:39.39	37.94	250m:	3:00.64	44.55	350m:	4:16.08	32.25
	100m:	1:01.45	31.64	200m:	2:16.09	36.70	300m:	3:43.83	43.19	400m:	4:47.85	31.77
5.	MRÓZ Adam				17	KU AZS UMCS Lublin				4:48.58	12,1	
	50m:	29.19	29.19	150m:	1:42.38	38.48	250m:	3:00.65	40.04	350m:	4:15.39	32.57
	100m:	1:03.90	34.71	200m:	2:20.61	38.23	300m:	3:42.82	42.17	400m:	4:48.58	33.19
6.	LARY Jerzy				14	IUKS „Muszelka” Warszawa				4:52.29	15,2	
	50m:	30.18	30.18	150m:	1:43.67	39.08	250m:	3:04.93	42.67	350m:	4:20.92	32.50
	100m:	1:04.59	34.41	200m:	2:22.26	38.59	300m:	3:48.42	43.49	400m:	4:52.29	31.37
7.	ZACHARZY SKI Norbert				17	KU AZS UMCS Lublin				4:56.63	10,1	
	50m:	29.09	29.09	150m:	1:44.15	39.98	250m:	3:03.55	40.08	350m:	4:21.30	36.56
	100m:	1:04.17	35.08	200m:	2:23.47	39.32	300m:	3:44.74	41.19	400m:	4:56.63	35.33
8.	POGODA Krzysztof				15	MKS Jedyńka Łódź				5:00.04	11,8	
	50m:	31.73	31.73	150m:	1:45.00	37.44	250m:	3:05.43	42.51	350m:	4:25.06	35.43
	100m:	1:07.56	35.83	200m:	2:22.92	37.92	300m:	3:49.63	44.20	400m:	5:00.04	34.98
9.	MIŁKOWSKI Mikołaj				13	UKS 48 Warszawa ródnie cie				5:01.37	15,2	
	50m:	32.14	32.14	150m:	1:46.31	37.58	250m:	3:06.66	42.79	350m:	4:26.46	36.66
	100m:	1:08.73	36.59	200m:	2:23.87	37.56	300m:	3:49.80	43.14	400m:	5:01.37	34.91
10.	KUBINIEC Mikołaj				16	KU AZS UMCS Lublin				5:02.40	9,6	
	50m:	32.20	32.20	150m:	1:49.83	41.36	250m:	3:12.53	42.58	350m:	4:29.93	34.40
	100m:	1:08.47	36.27	200m:	2:29.95	40.12	300m:	3:55.53	43.00	400m:	5:02.40	32.47
11.	OLEWNICZAK Maciej				15	UKP „Polonia Warszawa”				5:03.76	10,9	
	50m:	32.08	32.08	150m:	1:48.03	40.61	250m:	3:11.35	43.66	350m:	4:30.54	35.10
	100m:	1:07.42	35.34	200m:	2:27.69	39.66	300m:	3:55.44	44.09	400m:	5:03.76	33.22
12.	POPIOŁEK Dawid				18	KU AZS UMCS Lublin				5:03.85	7,5	
	50m:	31.51	31.51	150m:	1:49.35	41.79	250m:	3:14.56	45.94	350m:	4:32.15	34.50
	100m:	1:07.56	36.05	200m:	2:28.62	39.27	300m:	3:57.65	43.09	400m:	5:03.85	31.70
13.	TOMASZEWSKI Piotr				15	KU AZS UMCS Lublin				5:04.15	10,8	
	50m:	30.80	30.80	150m:	1:48.07	41.13	250m:	3:10.81	42.20	350m:	4:30.59	35.88
	100m:	1:06.94	36.14	200m:	2:28.61	40.54	300m:	3:54.71	43.90	400m:	5:04.15	33.56
14.	KUCHARCZYK Paweł				15	UKP „Polonia Warszawa”				5:06.61	10,2	
	50m:	32.12	32.12	150m:	1:52.12	45.24	250m:	3:15.16	39.52	350m:	4:33.60	37.20
	100m:	1:06.88	34.76	200m:	2:35.64	43.52	300m:	3:56.40	41.24	400m:	5:06.61	33.01
15.	NOWACKI Błażej				15	UKS abianka Gdańsk				5:08.90	9,6	
	50m:	33.05	33.05	150m:	1:51.69	38.27	250m:	3:14.39	42.97	350m:	4:34.83	34.51
	100m:	1:13.42	40.37	200m:	2:31.42	39.73	300m:	4:00.32	45.93	400m:	5:08.90	34.07
16.	ŁUKAWSKI Tomasz				13	UKS 48 Warszawa ródnie cie				5:46.90	4,8	
	50m:	35.79	35.79	150m:	2:04.92	45.20	250m:	3:40.23	50.16	350m:	5:08.99	38.88
	100m:	1:19.72	43.93	200m:	2:50.07	45.15	300m:	4:30.11	49.88	400m:	5:46.90	37.91
PK	KOBAK Nataniel				12	RWKS Sparta Biłgoraj				5:54.59	7,3	
	50m:	37.07	37.07	150m:	2:08.17	47.91	250m:	3:44.09	50.05	350m:	5:16.79	42.08
	100m:	1:20.26	43.19	200m:	2:54.04	45.87	300m:	4:34.71	50.62	400m:	5:54.59	37.80