

2020 Puchar KU AZS UMCS Lublin  
Lublin, 5.9.2020

Konkurencja 6  
05.09.2020 - 11:04

M czynn, 400m dowolny

13 lat i starsi  
Wyniki

Rekord Polski Open	3:45.71	STANCZYK Przemysław	POL	Chiba (JPN)	21.08.2007
Rekord Polski 19 - 23	3:45.71	STANCZYK Przemysław	POL	Chiba (JPN)	21.08.2007
Rekord Polski 18	3:49.21	WOJDAK Wojciech	POL	Dordrecht (NED)	09.07.2014
Rekord Polski 17	3:51.80	WOJDAK Wojciech	POL	Poznan (POL)	10.07.2013
Rekord Polski 16	3:56.47	KĄŁU Y SKI Antoni	POL	Hodmezovasarhely (HUN)	12.12.2015
Rekord Polski 15	4:00.04	DASZKIEWICZ Michał	POL	Oswiecim (POL)	14.07.2018
Rekord Polski 14	4:07.63	ORLICZ Filip	POL	Olsztyn (POL)	09.07.2016
Rekord LOZP	3:50.57	WITKOWSKI Jan	01003	London (GBR)	16.05.2016

Punkty: Rudolph Table 2019

Pozycja Wiek Czas Pkt.

13 - 14 lat

1. LARY Jerzy	14	IUKS „Muszelka” Warszawa	<b>4:10.31</b>	17,9
50m: 28.92 28.92	150m: 1:31.26 31.28	250m: 2:35.24 31.85	350m: 3:39.16 31.92	
100m: 59.98 31.06	200m: 2:03.39 32.13	300m: 3:07.24 32.00	400m: 4:10.31 31.15	
2. PONIEWA Oliwier	13	KS OLIMPIA Lublin	<b>4:44.18</b>	11,1
50m: 32.56 32.56	150m: 1:45.74 36.97	250m: 2:59.66 37.48	350m: 4:12.41 35.48	
100m: 1:08.77 36.21	200m: 2:22.18 36.44	300m: 3:36.93 37.27	400m: 4:44.18 31.77	
3. KOZAK Jan	14	KS OLIMPIA Lublin	<b>4:45.47</b>	8,5
50m: 32.41 32.41	150m: 1:44.87 36.88	250m: 2:58.19 36.75	350m: 4:11.81 36.56	
100m: 1:07.99 35.58	200m: 2:21.44 36.57	300m: 3:35.25 37.06	400m: 4:45.47 33.66	
4. CHOLEWA Wojciech	14	Solne Miasto SP. zo.o	<b>4:48.96</b>	7,6
50m: 30.83 30.83	150m: 1:42.22 36.20	250m: 2:56.24 37.20	350m: 4:12.19 37.71	
100m: 1:06.02 35.19	200m: 2:19.04 36.82	300m: 3:34.48 38.24	400m: 4:48.96 36.77	
5. MICHAŁEK Krzysztof	14	MTP „Lublinianka”	<b>4:58.40</b>	5,0
50m: 31.45 31.45	150m: 1:45.12 37.76	250m: 3:01.59 38.87	350m: 4:20.36 38.81	
100m: 1:07.36 35.91	200m: 2:22.72 37.60	300m: 3:41.55 39.96	400m: 4:58.40 38.04	
6. DOBRZA SKI Marcel	14	UKS Olimpijczyk 23	<b>5:26.07</b>	
50m: 33.42 33.42	150m: 1:55.58 42.77	250m: 3:22.57 42.72	350m: 4:46.89 40.99	
100m: 1:12.81 39.39	200m: 2:39.85 44.27	300m: 4:05.90 43.33	400m: 5:26.07 39.18	

15 - 16 lat

1. MUZYKA Igor	15	KS „Wisła” Puławy	<b>4:31.78</b>	9,9
50m: 31.17 31.17	150m: 1:38.78 34.31	250m: 2:47.82 35.04	350m: 3:57.97 34.59	
100m: 1:04.47 33.30	200m: 2:12.78 34.00	300m: 3:23.38 35.56	400m: 4:31.78 33.81	
2. BEDNAREK Przemysław	16	UKS G-8 Bielany Warszawa	<b>4:32.84</b>	8,6
50m: 29.05 29.05	150m: 1:33.39 32.98	250m: 2:43.17 35.24	350m: 3:56.03 36.65	
100m: 1:00.41 31.36	200m: 2:07.93 34.54	300m: 3:19.38 36.21	400m: 4:32.84 36.81	
3. LEWTAK Szymon	16	KU AZS UMCS Lublin	<b>4:35.50</b>	7,9
50m: 30.42 30.42	150m: 1:39.24 35.19	250m: 2:50.82 35.67	350m: 4:02.72 36.14	
100m: 1:04.05 33.63	200m: 2:15.15 35.91	300m: 3:26.58 35.76	400m: 4:35.50 32.78	
4. CHAŁAT Wojciech	16	KU AZS UMCS Lublin	<b>4:35.81</b>	7,8
50m: 30.06 30.06	150m: 1:39.09 35.19	250m: 2:50.27 35.32	350m: 4:01.52 35.52	
100m: 1:03.90 33.84	200m: 2:14.95 35.86	300m: 3:26.00 35.73	400m: 4:35.81 34.29	
5. WENERSKI Eryk	15	UKP „Polonia Warszawa”	<b>4:40.87</b>	7,4
50m: 30.08 30.08	150m: 1:38.93 34.99	250m: 2:50.51 36.11	350m: 4:04.15 37.29	
100m: 1:03.94 33.86	200m: 2:14.40 35.47	300m: 3:26.86 36.35	400m: 4:40.87 36.72	

OPEN

1. LARY Jerzy	14	IUKS „Muszelka” Warszawa	<b>4:10.31</b>	17,9
50m: 28.92 28.92	150m: 1:31.26 31.28	250m: 2:35.24 31.85	350m: 3:39.16 31.92	
100m: 59.98 31.06	200m: 2:03.39 32.13	300m: 3:07.24 32.00	400m: 4:10.31 31.15	
2. CHODULSKI Jakub	20	KU AZS UMCS Lublin	<b>4:11.32</b>	10,7
50m: 29.33 29.33	150m: 1:33.55 32.40	250m: 2:37.98 32.19	350m: 3:41.52 31.61	
100m: 1:01.15 31.82	200m: 2:05.79 32.24	300m: 3:09.91 31.93	400m: 4:11.32 29.80	

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Konkurencja 6, M czynn, 400m dowolny, OPEN

Pozycja			Wiek					Czas	Pkt.
3.	KASPERSKI Patryk		17	UKP Fala Kra nik				<b>4:17.52</b>	11,8
	50m:	29.42 29.42	150m:	1:34.52	32.70	250m:	2:40.76 32.90	350m:	3:46.56 32.62
	100m:	1:01.82 32.40	200m:	2:07.86	33.34	300m:	3:13.94 33.18	400m:	4:17.52 30.96
4.	RODKIEWICZ Radosław		17	IUKS „Muszelka” Warszawa				<b>4:17.97</b>	11,7
	50m:	29.21 29.21	150m:	1:34.09	32.74	250m:	2:39.29 32.51	350m:	3:45.80 33.45
	100m:	1:01.35 32.14	200m:	2:06.78	32.69	300m:	3:12.35 33.06	400m:	4:17.97 32.17
5.	POPIOŁEK Dawid		18	KU AZS UMCS Lublin				<b>4:23.86</b>	8,9
	50m:	29.43 29.43	150m:	1:35.24	33.23	250m:	2:43.61 34.75	350m:	3:51.21 33.62
	100m:	1:02.01 32.58	200m:	2:08.86	33.62	300m:	3:17.59 33.98	400m:	4:23.86 32.65
6.	ROGUSKI Mateusz		17	UKP „Polonia Warszawa”				<b>4:25.44</b>	9,6
	50m:	29.37 29.37	150m:	1:34.60	33.07	250m:	2:42.18 33.81	350m:	3:51.35 34.70
	100m:	1:01.53 32.16	200m:	2:08.37	33.77	300m:	3:16.65 34.47	400m:	4:25.44 34.09
7.	MUZYKA Igor		15	KS „Wisła” Puławy				<b>4:31.78</b>	9,9
	50m:	31.17 31.17	150m:	1:38.78	34.31	250m:	2:47.82 35.04	350m:	3:57.97 34.59
	100m:	1:04.47 33.30	200m:	2:12.78	34.00	300m:	3:23.38 35.56	400m:	4:31.78 33.81
8.	BEDNAREK Przemysław		16	UKS G-8 Bielany Warszawa				<b>4:32.84</b>	8,6
	50m:	29.05 29.05	150m:	1:33.39	32.98	250m:	2:43.17 35.24	350m:	3:56.03 36.65
	100m:	1:00.41 31.36	200m:	2:07.93	34.54	300m:	3:19.38 36.21	400m:	4:32.84 36.81
9.	LEWTAK Szymon		16	KU AZS UMCS Lublin				<b>4:35.50</b>	7,9
	50m:	30.42 30.42	150m:	1:39.24	35.19	250m:	2:50.82 35.67	350m:	4:02.72 36.14
	100m:	1:04.05 33.63	200m:	2:15.15	35.91	300m:	3:26.58 35.76	400m:	4:35.50 32.78
10.	CHAŁAT Wojciech		16	KU AZS UMCS Lublin				<b>4:35.81</b>	7,8
	50m:	30.06 30.06	150m:	1:39.09	35.19	250m:	2:50.27 35.32	350m:	4:01.52 35.52
	100m:	1:03.90 33.84	200m:	2:14.95	35.86	300m:	3:26.00 35.73	400m:	4:35.81 34.29
11.	WENERSKI Eryk		15	UKP „Polonia Warszawa”				<b>4:40.87</b>	7,4
	50m:	30.08 30.08	150m:	1:38.93	34.99	250m:	2:50.51 36.11	350m:	4:04.15 37.29
	100m:	1:03.94 33.86	200m:	2:14.40	35.47	300m:	3:26.86 36.35	400m:	4:40.87 36.72
12.	PONIEWA Oliwier		13	KS OLIMPIA Lublin				<b>4:44.18</b>	11,1
	50m:	32.56 32.56	150m:	1:45.74	36.97	250m:	2:59.66 37.48	350m:	4:12.41 35.48
	100m:	1:08.77 36.21	200m:	2:22.18	36.44	300m:	3:36.93 37.27	400m:	4:44.18 31.77
13.	KOZAK Jan		14	KS OLIMPIA Lublin				<b>4:45.47</b>	8,5
	50m:	32.41 32.41	150m:	1:44.87	36.88	250m:	2:58.19 36.75	350m:	4:11.81 36.56
	100m:	1:07.99 35.58	200m:	2:21.44	36.57	300m:	3:35.25 37.06	400m:	4:45.47 33.66
14.	CHOLEWA Wojciech		14	Solne Miasto SP. zo.o				<b>4:48.96</b>	7,6
	50m:	30.83 30.83	150m:	1:42.22	36.20	250m:	2:56.24 37.20	350m:	4:12.19 37.71
	100m:	1:06.02 35.19	200m:	2:19.04	36.82	300m:	3:34.48 38.24	400m:	4:48.96 36.77
15.	MICHAŁEK Krzysztof		14	MTP „Lublinianka”				<b>4:58.40</b>	5,0
	50m:	31.45 31.45	150m:	1:45.12	37.76	250m:	3:01.59 38.87	350m:	4:20.36 38.81
	100m:	1:07.36 35.91	200m:	2:22.72	37.60	300m:	3:41.55 39.96	400m:	4:58.40 38.04
16.	DOBRZA SKI Marcel		14	UKS Olimpijczyk 23				<b>5:26.07</b>	
	50m:	33.42 33.42	150m:	1:55.58	42.77	250m:	3:22.57 42.72	350m:	4:46.89 40.99
	100m:	1:12.81 39.39	200m:	2:39.85	44.27	300m:	4:05.90 43.33	400m:	5:26.07 39.18
PK	KOBAK Nataniel		12	RWKS Sparta Biłgoraj				<b>5:16.26</b>	5,6
	50m:	33.09 33.09	150m:	1:52.85	40.32	250m:	3:15.45 41.55	350m:	4:38.35 41.40
	100m:	1:12.53 39.44	200m:	2:33.90	41.05	300m:	3:56.95 41.50	400m:	5:16.26 37.91