

2021 Memoriał Henryka Kosakowskiego
Lublin, 26.6.2021

Event 30 Men, 400m Medley 12 years and older
26.06.2021 - 17:09 Results

Rekord LOZP 4:19.87 WITKOWSKI Jan 01003 Szczecin 28.05.2016

Points: FINA 2021

Rank			Age					Time	Pts
MŁODZIK									
1.	FRONCZEK Milosz		13	KU AZS UMCS Lublin				6:14.63	275
	50m:	42.01 42.01	150m:	2:22.96 46.95	250m:	4:06.36 55.30	350m:	5:39.30 40.17	
	100m:	1:36.01 54.00	200m:	3:11.06 48.10	300m:	4:59.13 52.77	400m:	6:14.63 35.33	
2.	SKOCZYLAS Bartosz		12	KU AZS UMCS Lublin				6:14.72	275
	50m:	42.34 42.34	150m:	2:23.03 48.95	250m:	4:03.97 53.29	350m:	5:38.39 39.96	
	100m:	1:34.08 51.74	200m:	3:10.68 47.65	300m:	4:58.43 54.46	400m:	6:14.72 36.33	
JUNIOR									
1.	MROZ Adam		18	KU AZS UMCS Lublin				4:38.59	670
	50m:	29.09 29.09	150m:	1:39.24 36.67	250m:	2:54.45 39.47	350m:	4:06.65 33.09	
	100m:	1:02.57 33.48	200m:	2:14.98 35.74	300m:	3:33.56 39.11	400m:	4:38.59 31.94	
2.	KOZAK Jan		15	KS „OLIMPIA” Lublin				5:38.70	373
	50m:	31.64 31.64	150m:	1:58.87 49.81	250m:	3:35.08 49.01	350m:	5:03.69 39.39	
	100m:	1:09.06 37.42	200m:	2:46.07 47.20	300m:	4:24.30 49.22	400m:	5:38.70 35.01	
3.	SZESZEL Tomasz		14	MKS Juvenia Bialystok				5:39.32	371
	50m:	35.66 35.66	150m:	2:06.25 47.87	250m:	3:38.20 45.80	350m:	5:04.57 39.09	
	100m:	1:18.38 42.72	200m:	2:52.40 46.15	300m:	4:25.48 47.28	400m:	5:39.32 34.75	
OPEN									
1.	MROZ Adam		18	KU AZS UMCS Lublin				4:38.59	670
	50m:	29.09 29.09	150m:	1:39.24 36.67	250m:	2:54.45 39.47	350m:	4:06.65 33.09	
	100m:	1:02.57 33.48	200m:	2:14.98 35.74	300m:	3:33.56 39.11	400m:	4:38.59 31.94	
2.	RADZIKOWSKI Henry		19	KU AZS UMCS Lublin				4:48.73	602
	50m:	30.52 30.52	150m:	1:42.84 38.08	250m:	3:01.83 43.01	350m:	4:17.58 32.00	
	100m:	1:04.76 34.24	200m:	2:18.82 35.98	300m:	3:45.58 43.75	400m:	4:48.73 31.15	
3.	KOZAK Jan		15	KS „OLIMPIA” Lublin				5:38.70	373
	50m:	31.64 31.64	150m:	1:58.87 49.81	250m:	3:35.08 49.01	350m:	5:03.69 39.39	
	100m:	1:09.06 37.42	200m:	2:46.07 47.20	300m:	4:24.30 49.22	400m:	5:38.70 35.01	
4.	SZESZEL Tomasz		14	MKS Juvenia Bialystok				5:39.32	371
	50m:	35.66 35.66	150m:	2:06.25 47.87	250m:	3:38.20 45.80	350m:	5:04.57 39.09	
	100m:	1:18.38 42.72	200m:	2:52.40 46.15	300m:	4:25.48 47.28	400m:	5:39.32 34.75	
5.	FRONCZEK Milosz		13	KU AZS UMCS Lublin				6:14.63	275
	50m:	42.01 42.01	150m:	2:22.96 46.95	250m:	4:06.36 55.30	350m:	5:39.30 40.17	
	100m:	1:36.01 54.00	200m:	3:11.06 48.10	300m:	4:59.13 52.77	400m:	6:14.63 35.33	
6.	SKOCZYLAS Bartosz		12	KU AZS UMCS Lublin				6:14.72	275
	50m:	42.34 42.34	150m:	2:23.03 48.95	250m:	4:03.97 53.29	350m:	5:38.39 39.96	
	100m:	1:34.08 51.74	200m:	3:10.68 47.65	300m:	4:58.43 54.46	400m:	6:14.72 36.33	