

2022 Memoriał Henryka Kosakowskiego  
Lublin, 12.2.2022Konkurencja 30  
12.02.2022 - 17:24

M czyzn, 400m zmienny

12 lat i starsi  
Wyniki

Rekord LOZP 4:19.87 WITKOWSKI Jan 01003 Szczecin 28.05.2016

Punkty: Rudolph Table 2020

Pozycja			Wiek						Czas	Pkt.		
<b>JUNIOR</b>												
1.	POPIEL Mikołaj		16		SP Meduza Paj czno				<b>4:39.78</b>	15,1		
	50m:	28.55	28.55	150m:	1:40.50	38.20	250m:	2:57.61	40.53	350m:	4:10.33	32.38
	100m:	1:02.30	33.75	200m:	2:17.08	36.58	300m:	3:37.95	40.34	400m:	4:39.78	29.45
2.	WÓJCIK Rafał		16		UKP Fala Kra nik				<b>5:06.19</b>	8,6		
	50m:	31.38	31.38	150m:	1:48.16	41.25	250m:	3:12.94	45.60	350m:	4:33.10	34.77
	100m:	1:06.91	35.53	200m:	2:27.34	39.18	300m:	3:58.33	45.39	400m:	5:06.19	33.09
3.	BUCO Paweł		15		UKP Fala Kra nik				<b>5:16.59</b>	7,7		
	50m:	33.81	33.81	150m:	1:56.60	42.34	250m:	3:21.64	45.83	350m:	4:42.71	35.23
	100m:	1:14.26	40.45	200m:	2:35.81	39.21	300m:	4:07.48	45.84	400m:	5:16.59	33.88
4.	DZI GIELEWSKI Dawid		15		UKP Fala Kra nik				<b>5:36.11</b>	3,0		
	50m:	34.97	34.97	150m:	2:02.14	46.97	250m:	3:31.75	45.79	350m:	4:58.87	41.68
	100m:	1:15.17	40.20	200m:	2:45.96	43.82	300m:	4:17.19	45.44	400m:	5:36.11	37.24

OPEN

1.	POPIEL Mikołaj		16		SP Meduza Paj czno				<b>4:39.78</b>	15,1		
	50m:	28.55	28.55	150m:	1:40.50	38.20	250m:	2:57.61	40.53	350m:	4:10.33	32.38
	100m:	1:02.30	33.75	200m:	2:17.08	36.58	300m:	3:37.95	40.34	400m:	4:39.78	29.45
2.	SZWEDZKI Jakub		22		MKS Trójka Łód				<b>5:01.11</b>	6,3		
	50m:	32.30	32.30	150m:	1:51.28	40.90	250m:	3:11.81	42.03	350m:	4:29.35	34.68
	100m:	1:10.38	38.08	200m:	2:29.78	38.50	300m:	3:54.67	42.86	400m:	5:01.11	31.76
3.	WÓJCIK Rafał		16		UKP Fala Kra nik				<b>5:06.19</b>	8,6		
	50m:	31.38	31.38	150m:	1:48.16	41.25	250m:	3:12.94	45.60	350m:	4:33.10	34.77
	100m:	1:06.91	35.53	200m:	2:27.34	39.18	300m:	3:58.33	45.39	400m:	5:06.19	33.09
4.	BUCO Paweł		15		UKP Fala Kra nik				<b>5:16.59</b>	7,7		
	50m:	33.81	33.81	150m:	1:56.60	42.34	250m:	3:21.64	45.83	350m:	4:42.71	35.23
	100m:	1:14.26	40.45	200m:	2:35.81	39.21	300m:	4:07.48	45.84	400m:	5:16.59	33.88
5.	DZI GIELEWSKI Dawid		15		UKP Fala Kra nik				<b>5:36.11</b>	3,0		
	50m:	34.97	34.97	150m:	2:02.14	46.97	250m:	3:31.75	45.79	350m:	4:58.87	41.68
	100m:	1:15.17	40.20	200m:	2:45.96	43.82	300m:	4:17.19	45.44	400m:	5:36.11	37.24