

2022 Memoriał Henryka Kosakowskiego
Lublin, 12.2.2022

Konkurencja 6

M cyczn, 400m dowolny

12 lat i starsi

12.02.2022 - 10:06

Wyniki

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

Punkty: FINA 2021

Pozycja			Wiek			Czas	Pkt.
MŁODZIK							
1.	SAWKA Tymoteusz		13	MKS AVIA widnik		4:52.14	427
	50m: 31.86 31.86	150m: 1:45.82 37.55		250m: 3:00.48 37.48	350m: 4:16.11 37.97		
	100m: 1:08.27 36.41	200m: 2:23.00 37.18		300m: 3:38.14 37.66	400m: 4:52.14 36.03		
2.	SKOCZYLAS Bartosz		13	KU AZS UMCS Lublin		5:13.78	344
	50m: 33.63 33.63	150m: 1:54.01 40.19		250m: 3:14.73 40.35	350m: 4:35.64 40.19		
	100m: 1:13.82 40.19	200m: 2:34.38 40.37		300m: 3:55.45 40.72	400m: 5:13.78 38.14		
3.	SOBEK Antoni		12	UKS Olimpijczyk 23		5:31.87	291
	50m: 37.08 37.08	150m: 2:02.51 42.95		250m: 3:27.20 42.46	350m: 4:52.55 42.44		
	100m: 1:19.56 42.48	200m: 2:44.74 42.23		300m: 4:10.11 42.91	400m: 5:31.87 39.32		
4.	WŁOCH Szymon		13	DOKiS SP Vega Dobrodzie		5:45.38	258
	50m: 37.71 37.71	150m: 2:04.70 44.34		250m: 3:36.58 46.80	350m: 5:03.96 43.30		
	100m: 1:20.36 42.65	200m: 2:49.78 45.08		300m: 4:20.66 44.08	400m: 5:45.38 41.42		
5.	BONDYRA Paweł		13	UKS „ORKA” Zamo		5:48.56	251
	50m: 39.41 39.41	150m: 2:07.57 44.76		250m: 3:36.61 44.94	350m: 5:05.99 44.64		
	100m: 1:22.81 43.40	200m: 2:51.67 44.10		300m: 4:21.35 44.74	400m: 5:48.56 42.57		
6.	KAHAN Stanisław		13	UKS „ORKA” Zamo		6:10.92	208
	50m: 38.36 38.36	150m: 2:14.36 48.26		250m: 3:51.33 48.73	350m: 5:27.10 47.80		
	100m: 1:26.10 47.74	200m: 3:02.60 48.24		300m: 4:39.30 47.97	400m: 6:10.92 43.82		

JUNIOR

1.	RYNKIEWICZ Jakub		17	KU AZS UMCS Lublin		4:07.65	701
	50m: 29.09 29.09	150m: 1:33.01 32.16		250m: 2:35.52 30.08	350m: 3:37.47 31.00		
	100m: 1:00.85 31.76	200m: 2:05.44 32.43		300m: 3:06.47 30.95	400m: 4:07.65 30.18		
2.	POPIEL Mikołaj		16	SP Meduza Paj czno		4:11.35	671
	50m: 29.27 29.27	150m: 1:33.10 32.13		250m: 2:36.38 30.67	350m: 3:40.45 31.50		
	100m: 1:00.97 31.70	200m: 2:05.71 32.61		300m: 3:08.95 32.57	400m: 4:11.35 30.90		
3.	HEBEL Maciej		17	KU AZS UMCS Lublin		4:12.32	663
	50m: 29.07 29.07	150m: 1:33.40 32.27		250m: 2:37.09 31.23	350m: 3:41.10 32.09		
	100m: 1:01.13 32.06	200m: 2:05.86 32.46		300m: 3:09.01 31.92	400m: 4:12.32 31.22		
4.	KOZŁOWSKI Igor		17	KU AZS UMCS Lublin		4:13.56	653
	50m: 28.55 28.55	150m: 1:32.79 32.57		250m: 2:38.19 32.95	350m: 3:43.20 32.02		
	100m: 1:00.22 31.67	200m: 2:05.24 32.45		300m: 3:11.18 32.99	400m: 4:13.56 30.36		
5.	WÓJCIK Rafał		16	UKP Fala Kra nik		4:18.08	620
	50m: 29.94 29.94	150m: 1:35.59 33.19		250m: 2:41.54 33.12	350m: 3:46.53 32.29		
	100m: 1:02.40 32.46	200m: 2:08.42 32.83		300m: 3:14.24 32.70	400m: 4:18.08 31.55		
6.	PIETRO Przemysław		15	KU AZS UMCS Lublin		4:19.60	609
	50m: 29.73 29.73	150m: 1:34.96 32.55		250m: 2:41.36 33.34	350m: 3:47.32 32.77		
	100m: 1:02.41 32.68	200m: 2:08.02 33.06		300m: 3:14.55 33.19	400m: 4:19.60 32.28		
7.	NOWACKI Bła ej		17	KU AZS UMCS Lublin		4:22.80	587
	50m: 29.75 29.75	150m: 1:37.44 33.96		250m: 2:45.30 33.75	350m: 3:51.28 32.20		
	100m: 1:03.48 33.73	200m: 2:11.55 34.11		300m: 3:19.08 33.78	400m: 4:22.80 31.52		
8.	PONIEWA Oliwier		15	UKS SP5 Swim		4:24.09	578
	50m: 30.81 30.81	150m: 1:37.57 33.79		250m: 2:45.74 34.33	350m: 3:53.12 32.87		
	100m: 1:03.78 32.97	200m: 2:11.41 33.84		300m: 3:20.25 34.51	400m: 4:24.09 30.97		

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Konkurencja 6, Chłopców, 400m dowolny, JUNIOR

Pozycja			Wiek					Czas	Pkt.
9.	CHAŁAT Wojciech		18	KU AZS UMCS Lublin				4:24.42	576
	50m:	30.14 30.14	150m:	1:37.67 34.37	250m:	2:45.14 33.83	350m:	3:53.24 34.02	
	100m:	1:03.30 33.16	200m:	2:11.31 33.64	300m:	3:19.22 34.08	400m:	4:24.42 31.18	
10.	LED Maciej		17	KU AZS UMCS Lublin				4:36.62	503
	50m:	30.54 30.54	150m:	1:39.83 34.74	250m:	2:50.24 35.06	350m:	4:01.38 35.86	
	100m:	1:05.09 34.55	200m:	2:15.18 35.35	300m:	3:25.52 35.28	400m:	4:36.62 35.24	
11.	CHARKOT Krzysztof		14	UKS „ORKA” Zamo				4:37.23	500
	50m:	31.50 31.50	150m:	1:42.24 35.83	250m:	2:54.16 36.02	350m:	4:05.75 35.23	
	100m:	1:06.41 34.91	200m:	2:18.14 35.90	300m:	3:30.52 36.36	400m:	4:37.23 31.48	
12.	MICHAŁEK Krzysztof		16	MTP „Lublinianka”				4:37.33	499
	50m:	30.55 30.55	150m:	1:40.42 35.42	250m:	2:53.58 36.94	350m:	4:06.33 36.12	
	100m:	1:05.00 34.45	200m:	2:16.64 36.22	300m:	3:30.21 36.63	400m:	4:37.33 31.00	
13.	FRONCZEK Miłosz		14	KU AZS UMCS Lublin				5:04.46	377
	50m:	33.93 33.93	150m:	1:51.15 39.33	250m:	3:09.24 39.27	350m:	4:27.83 39.40	
	100m:	1:11.82 37.89	200m:	2:29.97 38.82	300m:	3:48.43 39.19	400m:	5:04.46 36.63	
14.	GO CI SKI Jakub		15	UKS 51 Lublin				5:05.96	372
	50m:	32.38 32.38	150m:	1:50.06 39.33	250m:	3:09.86 39.97	350m:	4:29.07 38.50	
	100m:	1:10.73 38.35	200m:	2:29.89 39.83	300m:	3:50.57 40.71	400m:	5:05.96 36.89	
15.	SIUDA Jeremi		14	KU AZS UMCS Lublin				5:28.39	300
	50m:	34.45 34.45	150m:	1:57.12 42.61	250m:	3:22.19 43.35	350m:	4:48.48 43.75	
	100m:	1:14.51 40.06	200m:	2:38.84 41.72	300m:	4:04.73 42.54	400m:	5:28.39 39.91	

OPEN

1.	RYNKIEWICZ Jakub		17	KU AZS UMCS Lublin				4:07.65	701
	50m:	29.09 29.09	150m:	1:33.01 32.16	250m:	2:35.52 30.08	350m:	3:37.47 31.00	
	100m:	1:00.85 31.76	200m:	2:05.44 32.43	300m:	3:06.47 30.95	400m:	4:07.65 30.18	
2.	POPIEL Mikołaj		16	SP Meduza Paj czno				4:11.35	671
	50m:	29.27 29.27	150m:	1:33.10 32.13	250m:	2:36.38 30.67	350m:	3:40.45 31.50	
	100m:	1:00.97 31.70	200m:	2:05.71 32.61	300m:	3:08.95 32.57	400m:	4:11.35 30.90	
3.	HEBEL Maciej		17	KU AZS UMCS Lublin				4:12.32	663
	50m:	29.07 29.07	150m:	1:33.40 32.27	250m:	2:37.09 31.23	350m:	3:41.10 32.09	
	100m:	1:01.13 32.06	200m:	2:05.86 32.46	300m:	3:09.01 31.92	400m:	4:12.32 31.22	
4.	KOZŁOWSKI Igor		17	KU AZS UMCS Lublin				4:13.56	653
	50m:	28.55 28.55	150m:	1:32.79 32.57	250m:	2:38.19 32.95	350m:	3:43.20 32.02	
	100m:	1:00.22 31.67	200m:	2:05.24 32.45	300m:	3:11.18 32.99	400m:	4:13.56 30.36	
5.	WÓJCIK Rafał		16	UKP Fala Kra nik				4:18.08	620
	50m:	29.94 29.94	150m:	1:35.59 33.19	250m:	2:41.54 33.12	350m:	3:46.53 32.29	
	100m:	1:02.40 32.46	200m:	2:08.42 32.83	300m:	3:14.24 32.70	400m:	4:18.08 31.55	
6.	PIETRO Przemysław		15	KU AZS UMCS Lublin				4:19.60	609
	50m:	29.73 29.73	150m:	1:34.96 32.55	250m:	2:41.36 33.34	350m:	3:47.32 32.77	
	100m:	1:02.41 32.68	200m:	2:08.02 33.06	300m:	3:14.55 33.19	400m:	4:19.60 32.28	
7.	NOWACKI Bła ej		17	KU AZS UMCS Lublin				4:22.80	587
	50m:	29.75 29.75	150m:	1:37.44 33.96	250m:	2:45.30 33.75	350m:	3:51.28 32.20	
	100m:	1:03.48 33.73	200m:	2:11.55 34.11	300m:	3:19.08 33.78	400m:	4:22.80 31.52	
8.	PONIEWA Oliwier		15	UKS SP5 Swim				4:24.09	578
	50m:	30.81 30.81	150m:	1:37.57 33.79	250m:	2:45.74 34.33	350m:	3:53.12 32.87	
	100m:	1:03.78 32.97	200m:	2:11.41 33.84	300m:	3:20.25 34.51	400m:	4:24.09 30.97	
9.	POPIOŁEK Dawid		20	KU AZS UMCS Lublin				4:24.40	576
	50m:	30.37 30.37	150m:	1:37.99 34.33	250m:	2:45.31 33.92	350m:	3:52.08 33.74	
	100m:	1:03.66 33.29	200m:	2:11.39 33.40	300m:	3:18.34 33.03	400m:	4:24.40 32.32	

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Lublin, 12.2.2022

Konkurencja 6, M czyzn, 400m dowolny, OPEN

Pozycja			Wiek					Czas	Pkt.
10.	CHAŁAT Wojciech		18	KU AZS UMCS Lublin				4:24.42	576
	50m:	30.14 30.14	150m:	1:37.67 34.37	250m:	2:45.14 33.83	350m:	3:53.24 34.02	
	100m:	1:03.30 33.16	200m:	2:11.31 33.64	300m:	3:19.22 34.08	400m:	4:24.42 31.18	
11.	LED Maciej		17	KU AZS UMCS Lublin				4:36.62	503
	50m:	30.54 30.54	150m:	1:39.83 34.74	250m:	2:50.24 35.06	350m:	4:01.38 35.86	
	100m:	1:05.09 34.55	200m:	2:15.18 35.35	300m:	3:25.52 35.28	400m:	4:36.62 35.24	
12.	CHARKOT Krzysztof		14	UKS „ORKA” Zamo				4:37.23	500
	50m:	31.50 31.50	150m:	1:42.24 35.83	250m:	2:54.16 36.02	350m:	4:05.75 35.23	
	100m:	1:06.41 34.91	200m:	2:18.14 35.90	300m:	3:30.52 36.36	400m:	4:37.23 31.48	
13.	MICHAŁEK Krzysztof		16	MTP „Lublinianka”				4:37.33	499
	50m:	30.55 30.55	150m:	1:40.42 35.42	250m:	2:53.58 36.94	350m:	4:06.33 36.12	
	100m:	1:05.00 34.45	200m:	2:16.64 36.22	300m:	3:30.21 36.63	400m:	4:37.33 31.00	
14.	SAWKA Tymoteusz		13	MKS AVIA widnik				4:52.14	427
	50m:	31.86 31.86	150m:	1:45.82 37.55	250m:	3:00.48 37.48	350m:	4:16.11 37.97	
	100m:	1:08.27 36.41	200m:	2:23.00 37.18	300m:	3:38.14 37.66	400m:	4:52.14 36.03	
15.	FRONCZEK Miłosz		14	KU AZS UMCS Lublin				5:04.46	377
	50m:	33.93 33.93	150m:	1:51.15 39.33	250m:	3:09.24 39.27	350m:	4:27.83 39.40	
	100m:	1:11.82 37.89	200m:	2:29.97 38.82	300m:	3:48.43 39.19	400m:	5:04.46 36.63	
16.	GO CI SKI Jakub		15	UKS 51 Lublin				5:05.96	372
	50m:	32.38 32.38	150m:	1:50.06 39.33	250m:	3:09.86 39.97	350m:	4:29.07 38.50	
	100m:	1:10.73 38.35	200m:	2:29.89 39.83	300m:	3:50.57 40.71	400m:	5:05.96 36.89	
17.	SKOCZYLAS Bartosz		13	KU AZS UMCS Lublin				5:13.78	344
	50m:	33.63 33.63	150m:	1:54.01 40.19	250m:	3:14.73 40.35	350m:	4:35.64 40.19	
	100m:	1:13.82 40.19	200m:	2:34.38 40.37	300m:	3:55.45 40.72	400m:	5:13.78 38.14	
18.	SIUDA Jeremi		14	KU AZS UMCS Lublin				5:28.39	300
	50m:	34.45 34.45	150m:	1:57.12 42.61	250m:	3:22.19 43.35	350m:	4:48.48 43.75	
	100m:	1:14.51 40.06	200m:	2:38.84 41.72	300m:	4:04.73 42.54	400m:	5:28.39 39.91	
19.	SOBEK Antoni		12	UKS Olimpijczyk 23				5:31.87	291
	50m:	37.08 37.08	150m:	2:02.51 42.95	250m:	3:27.20 42.46	350m:	4:52.55 42.44	
	100m:	1:19.56 42.48	200m:	2:44.74 42.23	300m:	4:10.11 42.91	400m:	5:31.87 39.32	
20.	WŁOCH Szymon		13	DOKiS SP Vega Dobrodzie				5:45.38	258
	50m:	37.71 37.71	150m:	2:04.70 44.34	250m:	3:36.58 46.80	350m:	5:03.96 43.30	
	100m:	1:20.36 42.65	200m:	2:49.78 45.08	300m:	4:20.66 44.08	400m:	5:45.38 41.42	
21.	BONDYRA Paweł		13	UKS „ORKA” Zamo				5:48.56	251
	50m:	39.41 39.41	150m:	2:07.57 44.76	250m:	3:36.61 44.94	350m:	5:05.99 44.64	
	100m:	1:22.81 43.40	200m:	2:51.67 44.10	300m:	4:21.35 44.74	400m:	5:48.56 42.57	
22.	KAHAN Stanisław		13	UKS „ORKA” Zamo				6:10.92	208
	50m:	38.36 38.36	150m:	2:14.36 48.26	250m:	3:51.33 48.73	350m:	5:27.10 47.80	
	100m:	1:26.10 47.74	200m:	3:02.60 48.24	300m:	4:39.30 47.97	400m:	6:10.92 43.82	