

2023 Memoriał Henryka Kosakowskiego  
Lublin, 20.5.2023Konkurencja 30 M czyzn, 400m zmienny 13 lat i starsi  
20.05.2023 - 16:32 Wyniki

Rekord LOZP 4:19.87 WITKOWSKI Jan 01003 Szczecin 28.05.2016

Punkty: Rudolph Table 2023

Pozycja Wiek Czas Pkt.

## KAT C - 13-14 lat

1. NOWACKI Mieszko	14	UKS Olimpijczyk 23	<b>5:18.93</b>	8,8
50m: 32.03 32.03	150m: 1:51.43 41.97	250m: 3:20.05 47.80	350m: 4:44.05 36.39	
100m: 1:09.46 37.43	200m: 2:32.25 40.82	300m: 4:07.66 47.61	400m: 5:18.93 34.88	
2. LESZKOWICZ Hubert	13	UKS „ORKA” Zamo	<b>6:47.40</b>	
50m: 41.37 41.37	150m: 2:29.14 54.66	250m: 4:18.34 56.52	350m: 6:00.65 47.69	
100m: 1:34.48 53.11	200m: 3:21.82 52.68	300m: 5:12.96 54.62	400m: 6:47.40 46.75	

## KAT B - 15-16 lat

1. JOACHIMOWICZ Patryk	15	KU AZS UMCS Lublin	<b>4:52.17</b>	13,4
50m: 30.33 30.33	150m: 1:44.01 37.95	250m: 3:03.90 41.99	350m: 4:19.64 33.46	
100m: 1:06.06 35.73	200m: 2:21.91 37.90	300m: 3:46.18 42.28	400m: 4:52.17 32.53	

## KAT A - OPEN

1. POPIEL Mikołaj	17	KU AZS UMCS Lublin	<b>4:32.20</b>	16,2
50m: 28.86 28.86	150m: 1:38.29 36.63	250m: 2:52.11 38.48	350m: 4:04.35 32.52	
100m: 1:01.66 32.80	200m: 2:13.63 35.34	300m: 3:31.83 39.72	400m: 4:32.20 27.85	
2. MRÓZ Adam	20	KU AZS UMCS Lublin	<b>4:32.21</b>	13,7
50m: 29.32 29.32	150m: 1:38.99 36.40	250m: 2:52.92 38.68	350m: 4:03.69 32.53	
100m: 1:02.59 33.27	200m: 2:14.24 35.25	300m: 3:31.16 38.24	400m: 4:32.21 28.52	
3. JOACHIMOWICZ Patryk	15	KU AZS UMCS Lublin	<b>4:52.17</b>	13,4
50m: 30.33 30.33	150m: 1:44.01 37.95	250m: 3:03.90 41.99	350m: 4:19.64 33.46	
100m: 1:06.06 35.73	200m: 2:21.91 37.90	300m: 3:46.18 42.28	400m: 4:52.17 32.53	
4. NOWACKI Błażej	18	KU AZS UMCS Lublin	<b>4:52.28</b>	10,3
50m: 30.36 30.36	150m: 1:48.11 41.23	250m: 3:08.68 41.08	350m: 4:22.63 32.30	
100m: 1:06.88 36.52	200m: 2:27.60 39.49	300m: 3:50.33 41.65	400m: 4:52.28 29.65	
5. KOZŁOWSKI Igor	18	KU AZS UMCS Lublin	<b>4:53.60</b>	9,9
50m: 31.13 31.13	150m: 1:47.23 40.20	250m: 3:07.22 41.14	350m: 4:22.90 33.27	
100m: 1:07.03 35.90	200m: 2:26.08 38.85	300m: 3:49.63 42.41	400m: 4:53.60 30.70	
6. NOWACKI Mieszko	14	UKS Olimpijczyk 23	<b>5:18.93</b>	8,8
50m: 32.03 32.03	150m: 1:51.43 41.97	250m: 3:20.05 47.80	350m: 4:44.05 36.39	
100m: 1:09.46 37.43	200m: 2:32.25 40.82	300m: 4:07.66 47.61	400m: 5:18.93 34.88	
7. LESZKOWICZ Hubert	13	UKS „ORKA” Zamo	<b>6:47.40</b>	
50m: 41.37 41.37	150m: 2:29.14 54.66	250m: 4:18.34 56.52	350m: 6:00.65 47.69	
100m: 1:34.48 53.11	200m: 3:21.82 52.68	300m: 5:12.96 54.62	400m: 6:47.40 46.75	