

2023 Memoriał Henryka Kosakowskiego  
Lublin, 20.5.2023Konkurencja 5  
20.05.2023 - 9:27  
Kobiet, 400m dowolny  
13 lat i starsi  
Wyniki

Rekord LOZP 4:18.01 BARZYCKA Paulina 01403 Ostrowiec Sw. 05.04.2008

Punkty: Rudolph Table 2023

Pozycja Wiek Czas Pkt.

## KAT C - 13-14 lat

1. MAZUREK Dagmara	14	UKS Olimpijczyk 23	<b>4:58.27</b>	8,1
50m: 32.74 32.74	150m: 1:46.52 37.54	250m: 3:03.42 38.81	350m: 4:20.84 38.58	
100m: 1:08.98 36.24	200m: 2:24.61 38.09	300m: 3:42.26 38.84	400m: 4:58.27 37.43	
2. CZOPEK Lena	13	UKS Olimpijczyk 23	<b>5:06.82</b>	7,7
50m: 34.37 34.37	150m: 1:52.26 39.43	250m: 3:13.19 40.20	350m: 4:31.44 38.58	
100m: 1:12.83 38.46	200m: 2:32.99 40.73	300m: 3:52.86 39.67	400m: 5:06.82 35.38	
3. GORDZIEJKO Joanna	13	MTP „Lublinianka”	<b>5:12.80</b>	6,2
50m: 34.93 34.93	150m: 1:54.73 40.13	250m: 3:15.32 39.67	350m: 4:34.64 39.13	
100m: 1:14.60 39.67	200m: 2:35.65 40.92	300m: 3:55.51 40.19	400m: 5:12.80 38.16	
4. SUROWIEC Emilia	13	UKP Fala Kra nik	<b>5:14.54</b>	5,8
50m: 34.92 34.92	150m: 1:55.18 40.41	250m: 3:16.71 40.87	350m: 4:36.58 39.57	
100m: 1:14.77 39.85	200m: 2:35.84 40.66	300m: 3:57.01 40.30	400m: 5:14.54 37.96	
5. SZUSTAK Lena	13	KS Barakuda Mi sk Mazowiecki	<b>5:29.83</b>	2,0
50m: 36.52 36.52	150m: 1:58.16 41.46	250m: 3:23.36 42.83	350m: 4:48.32 42.15	
100m: 1:16.70 40.18	200m: 2:40.53 42.37	300m: 4:06.17 42.81	400m: 5:29.83 41.51	
6. BONDYRA Zuzanna	13	UKS „ORKA” Zamo	<b>5:37.24</b>	
50m: 38.06 38.06	150m: 2:02.63 43.41	250m: 3:30.31 44.18	350m: 4:57.04 43.35	
100m: 1:19.22 41.16	200m: 2:46.13 43.50	300m: 4:13.69 43.38	400m: 5:37.24 40.20	
7. DZIEWANOWSKA Nikola	13	UKS Delfin Garwolin	<b>5:45.27</b>	
50m: 39.49 39.49	150m: 2:08.91 45.10	250m: 3:39.70 45.56	350m: 5:06.38 41.87	
100m: 1:23.81 44.32	200m: 2:54.14 45.23	300m: 4:24.51 44.81	400m: 5:45.27 38.89	
8. MAZUREK Martyna	14	MTP „Lublinianka”	<b>6:00.76</b>	
50m: 37.98 37.98	150m: 2:08.64 46.59	250m: 3:43.18 48.68	350m: 5:16.75 46.53	
100m: 1:22.05 44.07	200m: 2:54.50 45.86	300m: 4:30.22 47.04	400m: 6:00.76 44.01	

## KAT B - 15-16 lat

1. WIERNICKA Julia	16	KU AZS UMCS Lublin	<b>4:38.82</b>	11,1
50m: 31.55 31.55	150m: 1:40.83 35.21	250m: 2:51.65 35.86	350m: 4:03.64 36.30	
100m: 1:05.62 34.07	200m: 2:15.79 34.96	300m: 3:27.34 35.69	400m: 4:38.82 35.18	
2. POPPE Marta	16	KU AZS UMCS Lublin	<b>4:44.38</b>	9,7
50m: 32.16 32.16	150m: 1:43.22 35.78	250m: 2:55.40 36.18	350m: 4:08.70 36.76	
100m: 1:07.44 35.28	200m: 2:19.22 36.00	300m: 3:31.94 36.54	400m: 4:44.38 35.68	
3. BATYRA Julia	15	Uks Skarpa Lublin	<b>4:55.93</b>	7,4
50m: 33.37 33.37	150m: 1:46.84 37.46	250m: 3:02.40 37.62	350m: 4:18.73 38.10	
100m: 1:09.38 36.01	200m: 2:24.78 37.94	300m: 3:40.63 38.23	400m: 4:55.93 37.20	
4. RYKHLINSKA Anastasiia	16	KS „OLIMPIA” Lublin	<b>5:03.05</b>	4,7
50m: 33.31 33.31	150m: 1:49.30 38.48	250m: 3:06.52 39.12	350m: 4:24.93 39.30	
100m: 1:10.82 37.51	200m: 2:27.40 38.10	300m: 3:45.63 39.11	400m: 5:03.05 38.12	
5. PR CIK Amelia	15	UKP Bychawa	<b>5:18.94</b>	1,3
50m: 34.73 34.73	150m: 1:54.42 40.70	250m: 3:16.34 41.40	350m: 4:38.98 41.22	
100m: 1:13.72 38.99	200m: 2:34.94 40.52	300m: 3:57.76 41.42	400m: 5:18.94 39.96	
6. FR CZEK Łucja	15	UKP Bychawa	<b>5:35.68</b>	
50m: 35.63 35.63	150m: 2:00.75 43.69	250m: 3:28.43 43.78	350m: 4:55.57 43.43	
100m: 1:17.06 41.43	200m: 2:44.65 43.90	300m: 4:12.14 43.71	400m: 5:35.68 40.11	

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## Konkurencja 5, Dziewcz t, 400m dowolny, KAT B - 15-16 lat

Pozycja			Wiek					Czas	Pkt.
7.	SZKODA Michalina		15	UKS SP5 Swim				<b>5:35.80</b>	
	50m:	35.33 35.33	150m:	1:59.17 42.08	250m:	3:26.30 43.62	350m:	4:53.35 43.16	
	100m:	1:17.09 41.76	200m:	2:42.68 43.51	300m:	4:10.19 43.89	400m:	5:35.80 42.45	
8.	PORADA Karolina		16	KP Orlik Przeworsk				<b>6:13.33</b>	
	50m:	41.72 41.72	150m:	2:14.52 47.70	250m:	3:51.56 49.12	350m:	5:28.53 48.61	
	100m:	1:26.82 45.10	200m:	3:02.44 47.92	300m:	4:39.92 48.36	400m:	6:13.33 44.80	

## KAT A - OPEN

1.	PIEKARSKA Natalia		17	UKS 190 Łód				<b>4:25.92</b>	14,3
	50m:	30.42 30.42	150m:	1:37.48 34.00	250m:	2:45.37 33.91	350m:	3:53.28 33.82	
	100m:	1:03.48 33.06	200m:	2:11.46 33.98	300m:	3:19.46 34.09	400m:	4:25.92 32.64	
2.	UKOWSKA Paula		30	KU AZS UMCS Lublin				<b>4:30.09</b>	11,7
	50m:	31.93 31.93	150m:	1:40.87 34.56	250m:	2:48.90 33.82	350m:	3:56.33 33.79	
	100m:	1:06.31 34.38	200m:	2:15.08 34.21	300m:	3:22.54 33.64	400m:	4:30.09 33.76	
3.	WIERNICKA Julia		16	KU AZS UMCS Lublin				<b>4:38.82</b>	11,1
	50m:	31.55 31.55	150m:	1:40.83 35.21	250m:	2:51.65 35.86	350m:	4:03.64 36.30	
	100m:	1:05.62 34.07	200m:	2:15.79 34.96	300m:	3:27.34 35.69	400m:	4:38.82 35.18	
4.	GAWEŁKO Zuzanna		17	KU AZS UMCS Lublin				<b>4:41.93</b>	10,1
	50m:	32.28 32.28	150m:	1:43.08 35.95	250m:	2:54.27 35.59	350m:	4:06.38 36.04	
	100m:	1:07.13 34.85	200m:	2:18.68 35.60	300m:	3:30.34 36.07	400m:	4:41.93 35.55	
5.	POPPE Marta		16	KU AZS UMCS Lublin				<b>4:44.38</b>	9,7
	50m:	32.16 32.16	150m:	1:43.22 35.78	250m:	2:55.40 36.18	350m:	4:08.70 36.76	
	100m:	1:07.44 35.28	200m:	2:19.22 36.00	300m:	3:31.94 36.54	400m:	4:44.38 35.68	
6.	BATYRA Julia		15	Uks Skarpa Lublin				<b>4:55.93</b>	7,4
	50m:	33.37 33.37	150m:	1:46.84 37.46	250m:	3:02.40 37.62	350m:	4:18.73 38.10	
	100m:	1:09.38 36.01	200m:	2:24.78 37.94	300m:	3:40.63 38.23	400m:	4:55.93 37.20	
7.	MAZUREK Dagmara		14	UKS Olimpijczyk 23				<b>4:58.27</b>	8,1
	50m:	32.74 32.74	150m:	1:46.52 37.54	250m:	3:03.42 38.81	350m:	4:20.84 38.58	
	100m:	1:08.98 36.24	200m:	2:24.61 38.09	300m:	3:42.26 38.84	400m:	4:58.27 37.43	
8.	RYKHLINSKA Anastasiia		16	KS „OLIMPIA" Lublin				<b>5:03.05</b>	4,7
	50m:	33.31 33.31	150m:	1:49.30 38.48	250m:	3:06.52 39.12	350m:	4:24.93 39.30	
	100m:	1:10.82 37.51	200m:	2:27.40 38.10	300m:	3:45.63 39.11	400m:	5:03.05 38.12	
9.	CZOPEK Lena		13	UKS Olimpijczyk 23				<b>5:06.82</b>	7,7
	50m:	34.37 34.37	150m:	1:52.26 39.43	250m:	3:13.19 40.20	350m:	4:31.44 38.58	
	100m:	1:12.83 38.46	200m:	2:32.99 40.73	300m:	3:52.86 39.67	400m:	5:06.82 35.38	
10.	GORDZIEJKO Joanna		13	MTP „Lublinianka"				<b>5:12.80</b>	6,2
	50m:	34.93 34.93	150m:	1:54.73 40.13	250m:	3:15.32 39.67	350m:	4:34.64 39.13	
	100m:	1:14.60 39.67	200m:	2:35.65 40.92	300m:	3:55.51 40.19	400m:	5:12.80 38.16	
11.	SUROWIEC Emilia		13	UKP Fala Kra nik				<b>5:14.54</b>	5,8
	50m:	34.92 34.92	150m:	1:55.18 40.41	250m:	3:16.71 40.87	350m:	4:36.58 39.57	
	100m:	1:14.77 39.85	200m:	2:35.84 40.66	300m:	3:57.01 40.30	400m:	5:14.54 37.96	
12.	PR CIK Amelia		15	UKP Bychawa				<b>5:18.94</b>	1,3
	50m:	34.73 34.73	150m:	1:54.42 40.70	250m:	3:16.34 41.40	350m:	4:38.98 41.22	
	100m:	1:13.72 38.99	200m:	2:34.94 40.52	300m:	3:57.76 41.42	400m:	5:18.94 39.96	
13.	SZUSTAK Lena		13	KS Barakuda Mi sk Mazowiecki				<b>5:29.83</b>	2,0
	50m:	36.52 36.52	150m:	1:58.16 41.46	250m:	3:23.36 42.83	350m:	4:48.32 42.15	
	100m:	1:16.70 40.18	200m:	2:40.53 42.37	300m:	4:06.17 42.81	400m:	5:29.83 41.51	
14.	FR CZEK Łucja		15	UKP Bychawa				<b>5:35.68</b>	
	50m:	35.63 35.63	150m:	2:00.75 43.69	250m:	3:28.43 43.78	350m:	4:55.57 43.43	
	100m:	1:17.06 41.43	200m:	2:44.65 43.90	300m:	4:12.14 43.71	400m:	5:35.68 40.11	

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## Konkurencja 5, Kobiet, 400m dowolny, KAT A - OPEN

Pozycja			Wiek				Czas		Pkt.
15.	SZKODA Michalina		15	UKS SP5 Swim		<b>5:35.80</b>			
	50m:	35.33 35.33	150m:	1:59.17 42.08	250m:	3:26.30 43.62	350m:	4:53.35 43.16	
	100m:	1:17.09 41.76	200m:	2:42.68 43.51	300m:	4:10.19 43.89	400m:	5:35.80 42.45	
16.	BONDYRA Zuzanna		13	UKS „ORKA” Zamo		<b>5:37.24</b>			
	50m:	38.06 38.06	150m:	2:02.63 43.41	250m:	3:30.31 44.18	350m:	4:57.04 43.35	
	100m:	1:19.22 41.16	200m:	2:46.13 43.50	300m:	4:13.69 43.38	400m:	5:37.24 40.20	
17.	DZIEWANOWSKA Nikola		13	UKS Delfin Garwolin		<b>5:45.27</b>			
	50m:	39.49 39.49	150m:	2:08.91 45.10	250m:	3:39.70 45.56	350m:	5:06.38 41.87	
	100m:	1:23.81 44.32	200m:	2:54.14 45.23	300m:	4:24.51 44.81	400m:	5:45.27 38.89	
18.	MAZUREK Martyna		14	MTP „Lublinianka”		<b>6:00.76</b>			
	50m:	37.98 37.98	150m:	2:08.64 46.59	250m:	3:43.18 48.68	350m:	5:16.75 46.53	
	100m:	1:22.05 44.07	200m:	2:54.50 45.86	300m:	4:30.22 47.04	400m:	6:00.76 44.01	
19.	PORADA Karolina		16	KP Orlik Przeworsk		<b>6:13.33</b>			
	50m:	41.72 41.72	150m:	2:14.52 47.70	250m:	3:51.56 49.12	350m:	5:28.53 48.61	
	100m:	1:26.82 45.10	200m:	3:02.44 47.92	300m:	4:39.92 48.36	400m:	6:13.33 44.80	