

2023 Memoriał Henryka Kosakowskiego
Lublin, 20.5.2023Konkurencja 6
20.05.2023 - 9:41

M czynn, 400m dowolny

13 lat i starsi
Wyniki

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

Punkty: Rudolph Table 2023

| Pozycja | | | Wiek | | | Czas | Pkt. |
|--------------------------|---------------------|---------------------|------|------------------------------|---------------------|----------------|------|
| KAT C - 13-14 lat | | | | | | | |
| 1. | JONCZAK Marcel | | 14 | RWKS Sparta Biłgoraj | | 4:41.24 | 9,5 |
| | 50m: 30.89 30.89 | 150m: 1:40.85 35.68 | | 250m: 2:54.22 37.30 | 350m: 4:07.22 35.70 | | |
| | 100m: 1:05.17 34.28 | 200m: 2:16.92 36.07 | | 300m: 3:31.52 37.30 | 400m: 4:41.24 34.02 | | |
| 2. | SKOCZYLAS Bartosz | | 14 | KU AZS UMCS Lublin | | 4:46.17 | 8,2 |
| | 50m: 31.35 31.35 | 150m: 1:44.33 36.72 | | 250m: 2:57.84 36.85 | 350m: 4:11.43 36.86 | | |
| | 100m: 1:07.61 36.26 | 200m: 2:20.99 36.66 | | 300m: 3:34.57 36.73 | 400m: 4:46.17 34.74 | | |
| 3. | FRONCZEK Błażej | | 14 | KU AZS UMCS Lublin | | 4:49.85 | 7,2 |
| | 50m: 31.58 31.58 | 150m: 1:46.16 38.07 | | 250m: 3:00.84 38.04 | 350m: 4:14.79 36.71 | | |
| | 100m: 1:08.09 36.51 | 200m: 2:22.80 36.64 | | 300m: 3:38.08 37.24 | 400m: 4:49.85 35.06 | | |
| 4. | K DZIERA Maciej | | 13 | UKS „ORKA” Zamo | | 4:53.73 | 8,4 |
| | 50m: 31.11 31.11 | 150m: 1:45.21 37.41 | | 250m: 3:01.27 38.13 | 350m: 4:19.25 39.02 | | |
| | 100m: 1:07.80 36.69 | 200m: 2:23.14 37.93 | | 300m: 3:40.23 38.96 | 400m: 4:53.73 34.48 | | |
| 5. | SZANIAWSKI Hubert | | 14 | UKS Delfin Garwolin | | 4:55.03 | 5,8 |
| | 50m: 30.04 30.04 | 150m: 1:43.55 37.49 | | 250m: 3:01.50 39.13 | 350m: 4:17.65 37.84 | | |
| | 100m: 1:06.06 36.02 | 200m: 2:22.37 38.82 | | 300m: 3:39.81 38.31 | 400m: 4:55.03 37.38 | | |
| 6. | SOBEK Antoni | | 13 | UKS Olimpijczyk 23 | | 5:13.40 | 3,2 |
| | 50m: 33.81 33.81 | 150m: 1:51.54 39.37 | | 250m: 3:12.67 40.49 | 350m: 4:34.45 41.16 | | |
| | 100m: 1:12.17 38.36 | 200m: 2:32.18 40.64 | | 300m: 3:53.29 40.62 | 400m: 5:13.40 38.95 | | |
| 7. | ACZEK Gabriel | | 14 | KS Barakuda Mi sk Mazowiecki | | 5:24.68 | |
| | 50m: 33.83 33.83 | 150m: 1:53.38 40.99 | | 250m: 3:18.30 42.92 | 350m: 4:45.07 43.52 | | |
| | 100m: 1:12.39 38.56 | 200m: 2:35.38 42.00 | | 300m: 4:01.55 43.25 | 400m: 5:24.68 39.61 | | |
| 8. | KAHAN Stanisław | | 14 | UKS „ORKA” Zamo | | 5:34.92 | |
| | 50m: 35.35 35.35 | 150m: 1:58.79 43.17 | | 250m: 3:27.05 44.26 | 350m: 4:54.08 43.34 | | |
| | 100m: 1:15.62 40.27 | 200m: 2:42.79 44.00 | | 300m: 4:10.74 43.69 | 400m: 5:34.92 40.84 | | |
| 9. | ADAMCZYK Antoni | | 13 | UKS „ORKA” Zamo | | 5:46.11 | |
| | 50m: 34.66 34.66 | 150m: 1:59.67 44.34 | | 250m: 3:31.07 46.35 | 350m: 5:03.11 46.16 | | |
| | 100m: 1:15.33 40.67 | 200m: 2:44.72 45.05 | | 300m: 4:16.95 45.88 | 400m: 5:46.11 43.00 | | |
| 10. | WOŁOSZYN Maciej | | 14 | UKS „ORKA” Zamo | | 5:55.31 | |
| | 50m: 38.17 38.17 | 150m: 2:07.65 46.35 | | 250m: 3:40.63 46.55 | 350m: 5:12.54 44.67 | | |
| | 100m: 1:21.30 43.13 | 200m: 2:54.08 46.43 | | 300m: 4:27.87 47.24 | 400m: 5:55.31 42.77 | | |
| 11. | MAZUR Alan | | 14 | UKS „ORKA” Zamo | | 6:04.23 | |
| | 50m: 39.30 39.30 | 150m: 2:13.02 48.26 | | 250m: 3:47.96 47.50 | 350m: 5:22.14 46.85 | | |
| | 100m: 1:24.76 45.46 | 200m: 3:00.46 47.44 | | 300m: 4:35.29 47.33 | 400m: 6:04.23 42.09 | | |

KAT B - 15-16 lat

| | | | | | | | |
|----|---------------------|---------------------|----|---------------------|---------------------|----------------|------|
| 1. | PONIEWA Oliwier | | 16 | KU AZS UMCS Lublin | | 4:14.56 | 13,2 |
| | 50m: 29.04 29.04 | 150m: 1:32.43 32.01 | | 250m: 2:37.73 33.01 | 350m: 3:43.32 33.14 | | |
| | 100m: 1:00.42 31.38 | 200m: 2:04.72 32.29 | | 300m: 3:10.18 32.45 | 400m: 4:14.56 31.24 | | |
| 2. | CHARKOT Krzysztof | | 15 | UKS „ORKA” Zamo | | 4:19.03 | 13,2 |
| | 50m: 29.62 29.62 | 150m: 1:34.94 33.02 | | 250m: 2:41.54 33.40 | 350m: 3:48.04 33.32 | | |
| | 100m: 1:01.92 32.30 | 200m: 2:08.14 33.20 | | 300m: 3:14.72 33.18 | 400m: 4:19.03 30.99 | | |
| 3. | WASILEWSKI Mateusz | | 15 | KU AZS UMCS Lublin | | 4:25.93 | 11,3 |
| | 50m: 30.04 30.04 | 150m: 1:36.57 33.79 | | 250m: 2:44.83 34.31 | 350m: 3:53.36 33.97 | | |
| | 100m: 1:02.78 32.74 | 200m: 2:10.52 33.95 | | 300m: 3:19.39 34.56 | 400m: 4:25.93 32.57 | | |

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Lublin, 20.5.2023

Konkurencja 6, Chłopców, 400m dowolny, KAT B - 15-16 lat

| Pozycja | | | Wiek | | | | | Czas | Pkt. | | | |
|---------|-----------------|-------------|-------|--------------------|---------|-------|---------|----------------|-------|---------|---------|-------|
| 4. | FRONCZEK Miłosz | | 15 | KU AZS UMCS Lublin | | | | 4:35.95 | 8,5 | | | |
| | 50m: | 31.27 31.27 | 150m: | 1:40.85 | 35.35 | 250m: | 2:51.46 | 35.56 | 350m: | 4:02.23 | 35.38 | |
| | 100m: | 1:05.50 | 34.23 | 200m: | 2:15.90 | 35.05 | 300m: | 3:26.85 | 35.39 | 400m: | 4:35.95 | 33.72 |

KAT A - OPEN

| | | | | | | | | | | | |
|-----|--------------------|---------------|-------|----------------------|-------|-------|---------|----------------|-------|---------|-------|
| 1. | RYNKIEWICZ Jakub | | 18 | KU AZS UMCS Lublin | | | | 4:03.92 | 14,4 | | |
| | 50m: | 27.79 27.79 | 150m: | 1:29.48 | 30.72 | 250m: | 2:31.52 | 30.83 | 350m: | 3:34.10 | 31.35 |
| | 100m: | 58.76 30.97 | 200m: | 2:00.69 | 31.21 | 300m: | 3:02.75 | 31.23 | 400m: | 4:03.92 | 29.82 |
| 2. | HEBEL Maciej | | 18 | KU AZS UMCS Lublin | | | | 4:04.30 | 14,3 | | |
| | 50m: | 28.66 28.66 | 150m: | 1:31.84 | 31.76 | 250m: | 2:34.26 | 31.01 | 350m: | 3:35.31 | 30.30 |
| | 100m: | 1:00.08 31.42 | 200m: | 2:03.25 | 31.41 | 300m: | 3:05.01 | 30.75 | 400m: | 4:04.30 | 28.99 |
| 3. | KOZŁOWSKI Igor | | 18 | KU AZS UMCS Lublin | | | | 4:05.49 | 14,0 | | |
| | 50m: | 28.25 28.25 | 150m: | 1:31.06 | 31.65 | 250m: | 2:34.45 | 31.81 | 350m: | 3:36.09 | 30.85 |
| | 100m: | 59.41 31.16 | 200m: | 2:02.64 | 31.58 | 300m: | 3:05.24 | 30.79 | 400m: | 4:05.49 | 29.40 |
| 4. | ZDYBEL Adam | | 18 | KS Delfin Gdynia | | | | 4:06.68 | 13,6 | | |
| | 50m: | 28.67 28.67 | 150m: | 1:32.23 | 32.24 | 250m: | 2:35.43 | 31.76 | 350m: | 3:37.40 | 30.89 |
| | 100m: | 59.99 31.32 | 200m: | 2:03.67 | 31.44 | 300m: | 3:06.51 | 31.08 | 400m: | 4:06.68 | 29.28 |
| 5. | MRÓZ Adam | | 20 | KU AZS UMCS Lublin | | | | 4:12.42 | 9,9 | | |
| | 50m: | 28.70 28.70 | 150m: | 1:32.05 | 32.08 | 250m: | 2:35.49 | 31.39 | 350m: | 3:40.06 | 32.33 |
| | 100m: | 59.97 31.27 | 200m: | 2:04.10 | 32.05 | 300m: | 3:07.73 | 32.24 | 400m: | 4:12.42 | 32.36 |
| 6. | PONIEWA Oliwier | | 16 | KU AZS UMCS Lublin | | | | 4:14.56 | 13,2 | | |
| | 50m: | 29.04 29.04 | 150m: | 1:32.43 | 32.01 | 250m: | 2:37.73 | 33.01 | 350m: | 3:43.32 | 33.14 |
| | 100m: | 1:00.42 31.38 | 200m: | 2:04.72 | 32.29 | 300m: | 3:10.18 | 32.45 | 400m: | 4:14.56 | 31.24 |
| 7. | PŁOSZKA Kacper | | 18 | MKS Jedyńka Łódź | | | | 4:16.64 | 10,8 | | |
| | 50m: | 29.24 29.24 | 150m: | 1:32.86 | 32.26 | 250m: | 2:36.52 | 31.83 | 350m: | 3:35.65 | 26.34 |
| | 100m: | 1:00.60 31.36 | 200m: | 2:04.69 | 31.83 | 300m: | 3:09.31 | 32.79 | 400m: | 4:16.64 | 40.99 |
| 8. | CHARKOT Krzysztof | | 15 | UKS „ORKA” Zamość | | | | 4:19.03 | 13,2 | | |
| | 50m: | 29.62 29.62 | 150m: | 1:34.94 | 33.02 | 250m: | 2:41.54 | 33.40 | 350m: | 3:48.04 | 33.32 |
| | 100m: | 1:01.92 32.30 | 200m: | 2:08.14 | 33.20 | 300m: | 3:14.72 | 33.18 | 400m: | 4:19.03 | 30.99 |
| 9. | WASILEWSKI Mateusz | | 15 | KU AZS UMCS Lublin | | | | 4:25.93 | 11,3 | | |
| | 50m: | 30.04 30.04 | 150m: | 1:36.57 | 33.79 | 250m: | 2:44.83 | 34.31 | 350m: | 3:53.36 | 33.97 |
| | 100m: | 1:02.78 32.74 | 200m: | 2:10.52 | 33.95 | 300m: | 3:19.39 | 34.56 | 400m: | 4:25.93 | 32.57 |
| 10. | CHOLEWA Wojciech | | 17 | KU AZS UMCS Lublin | | | | 4:26.34 | 9,1 | | |
| | 50m: | 29.86 29.86 | 150m: | 1:35.66 | 33.21 | 250m: | 2:43.31 | 33.59 | 350m: | 3:52.31 | 34.19 |
| | 100m: | 1:02.45 32.59 | 200m: | 2:09.72 | 34.06 | 300m: | 3:18.12 | 34.81 | 400m: | 4:26.34 | 34.03 |
| 11. | FRONCZEK Miłosz | | 15 | KU AZS UMCS Lublin | | | | 4:35.95 | 8,5 | | |
| | 50m: | 31.27 31.27 | 150m: | 1:40.85 | 35.35 | 250m: | 2:51.46 | 35.56 | 350m: | 4:02.23 | 35.38 |
| | 100m: | 1:05.50 34.23 | 200m: | 2:15.90 | 35.05 | 300m: | 3:26.85 | 35.39 | 400m: | 4:35.95 | 33.72 |
| 12. | JONCZAK Marcel | | 14 | RWKS Sparta Biłgoraj | | | | 4:41.24 | 9,5 | | |
| | 50m: | 30.89 30.89 | 150m: | 1:40.85 | 35.68 | 250m: | 2:54.22 | 37.30 | 350m: | 4:07.22 | 35.70 |
| | 100m: | 1:05.17 34.28 | 200m: | 2:16.92 | 36.07 | 300m: | 3:31.52 | 37.30 | 400m: | 4:41.24 | 34.02 |
| 13. | SKOCZYLAŚ Bartosz | | 14 | KU AZS UMCS Lublin | | | | 4:46.17 | 8,2 | | |
| | 50m: | 31.35 31.35 | 150m: | 1:44.33 | 36.72 | 250m: | 2:57.84 | 36.85 | 350m: | 4:11.43 | 36.86 |
| | 100m: | 1:07.61 36.26 | 200m: | 2:20.99 | 36.66 | 300m: | 3:34.57 | 36.73 | 400m: | 4:46.17 | 34.74 |
| 14. | CZECZKO Michał | | 17 | MKS AVIA widnik | | | | 4:49.80 | 2,4 | | |
| | 50m: | 32.16 32.16 | 150m: | 1:43.95 | 36.31 | 250m: | 2:57.63 | 36.80 | 350m: | 4:12.37 | 37.51 |
| | 100m: | 1:07.64 35.48 | 200m: | 2:20.83 | 36.88 | 300m: | 3:34.86 | 37.23 | 400m: | 4:49.80 | 37.43 |
| 15. | FRONCZEK Błażej | | 14 | KU AZS UMCS Lublin | | | | 4:49.85 | 7,2 | | |
| | 50m: | 31.58 31.58 | 150m: | 1:46.16 | 38.07 | 250m: | 3:00.84 | 38.04 | 350m: | 4:14.79 | 36.71 |
| | 100m: | 1:08.09 36.51 | 200m: | 2:22.80 | 36.64 | 300m: | 3:38.08 | 37.24 | 400m: | 4:49.85 | 35.06 |

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Lublin, 20.5.2023

Konkurencja 6, M czyzn, 400m dowolny, KAT A - OPEN

| Pozycja | | | Wiek | | | | Czas | | | | Pkt. |
|---------|---|---------------------|---------------|------------------------------|---------------|-------|----------------|-------|--|--|------|
| 16. | K | DZIERA Maciej | 13 | UKS „ORKA” Zamo | | | 4:53.73 | | | | 8,4 |
| | | 50m: 31.11 31.11 | 150m: 1:45.21 | 37.41 | 250m: 3:01.27 | 38.13 | 350m: 4:19.25 | 39.02 | | | |
| | | 100m: 1:07.80 36.69 | 200m: 2:23.14 | 37.93 | 300m: 3:40.23 | 38.96 | 400m: 4:53.73 | 34.48 | | | |
| 17. | | SZANIAWSKI Hubert | 14 | UKS Delfin Garwolin | | | 4:55.03 | | | | 5,8 |
| | | 50m: 30.04 30.04 | 150m: 1:43.55 | 37.49 | 250m: 3:01.50 | 39.13 | 350m: 4:17.65 | 37.84 | | | |
| | | 100m: 1:06.06 36.02 | 200m: 2:22.37 | 38.82 | 300m: 3:39.81 | 38.31 | 400m: 4:55.03 | 37.38 | | | |
| 18. | | SOBEK Antoni | 13 | UKS Olimpijczyk 23 | | | 5:13.40 | | | | 3,2 |
| | | 50m: 33.81 33.81 | 150m: 1:51.54 | 39.37 | 250m: 3:12.67 | 40.49 | 350m: 4:34.45 | 41.16 | | | |
| | | 100m: 1:12.17 38.36 | 200m: 2:32.18 | 40.64 | 300m: 3:53.29 | 40.62 | 400m: 5:13.40 | 38.95 | | | |
| 19. | | ACZEK Gabriel | 14 | KS Barakuda Mi sk Mazowiecki | | | 5:24.68 | | | | |
| | | 50m: 33.83 33.83 | 150m: 1:53.38 | 40.99 | 250m: 3:18.30 | 42.92 | 350m: 4:45.07 | 43.52 | | | |
| | | 100m: 1:12.39 38.56 | 200m: 2:35.38 | 42.00 | 300m: 4:01.55 | 43.25 | 400m: 5:24.68 | 39.61 | | | |
| 20. | | KAHAN Stanisław | 14 | UKS „ORKA” Zamo | | | 5:34.92 | | | | |
| | | 50m: 35.35 35.35 | 150m: 1:58.79 | 43.17 | 250m: 3:27.05 | 44.26 | 350m: 4:54.08 | 43.34 | | | |
| | | 100m: 1:15.62 40.27 | 200m: 2:42.79 | 44.00 | 300m: 4:10.74 | 43.69 | 400m: 5:34.92 | 40.84 | | | |
| 21. | | ADAMCZYK Antoni | 13 | UKS „ORKA” Zamo | | | 5:46.11 | | | | |
| | | 50m: 34.66 34.66 | 150m: 1:59.67 | 44.34 | 250m: 3:31.07 | 46.35 | 350m: 5:03.11 | 46.16 | | | |
| | | 100m: 1:15.33 40.67 | 200m: 2:44.72 | 45.05 | 300m: 4:16.95 | 45.88 | 400m: 5:46.11 | 43.00 | | | |
| 22. | | WOŁOSZYN Maciej | 14 | UKS „ORKA” Zamo | | | 5:55.31 | | | | |
| | | 50m: 38.17 38.17 | 150m: 2:07.65 | 46.35 | 250m: 3:40.63 | 46.55 | 350m: 5:12.54 | 44.67 | | | |
| | | 100m: 1:21.30 43.13 | 200m: 2:54.08 | 46.43 | 300m: 4:27.87 | 47.24 | 400m: 5:55.31 | 42.77 | | | |
| 23. | | MAZUR Alan | 14 | UKS „ORKA” Zamo | | | 6:04.23 | | | | |
| | | 50m: 39.30 39.30 | 150m: 2:13.02 | 48.26 | 250m: 3:47.96 | 47.50 | 350m: 5:22.14 | 46.85 | | | |
| | | 100m: 1:24.76 45.46 | 200m: 3:00.46 | 47.44 | 300m: 4:35.29 | 47.33 | 400m: 6:04.23 | 42.09 | | | |