

2023 Główny Mistrzostwa Województwa Lubelskiego
Lublin, 24. - 25.6.2023

Konkurencja 15 M czyzn, 400m dowolny 12 lat i starsi
24.06.2023 - 15:38 Wyniki

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

Punkty: FINA 2023

Pozycja			Wiek					Czas	Pkt.
MŁODZIK									
1.	K	DZIERA Maciej	13	UKS „ORKA” Zamo				4:46.68	452
		50m: 31.29 31.29	150m: 1:43.89	36.57	250m: 2:57.94	37.02	350m: 4:11.73	36.36	
		100m: 1:07.32 36.03	200m: 2:20.92	37.03	300m: 3:35.37	37.43	400m: 4:46.68	34.95	
2.		JABŁO SKI Maciej	13	MKS AVIA widnik				5:00.00	394
		50m: 33.75 33.75	150m: 1:51.17	39.15	250m: 3:09.00	38.71	350m: 4:24.88	37.88	
		100m: 1:12.02 38.27	200m: 2:30.29	39.12	300m: 3:47.00	38.00	400m: 5:00.00	35.12	
3.		ZAMECKI Aleksander	13	KU AZS UMCS Lublin				5:03.47	381
		50m: 33.56 33.56	150m: 1:51.31	39.10	250m: 3:09.54	38.88	350m: 4:27.39	38.39	
		100m: 1:12.21 38.65	200m: 2:30.66	39.35	300m: 3:49.00	39.46	400m: 5:03.47	36.08	
4.		SOBEK Antoni	13	UKS Olimpijczyk 23				5:06.59	369
		50m: 33.60 33.60	150m: 1:51.21	39.47	250m: 3:10.12	39.75	350m: 4:29.10	39.26	
		100m: 1:11.74 38.14	200m: 2:30.37	39.16	300m: 3:49.84	39.72	400m: 5:06.59	37.49	
5.		WRONKA Adam	13	KS „Wisła” Puławy				5:07.81	365
		50m: 34.58 34.58	150m: 1:54.05	39.96	250m: 3:13.15	39.50	350m: 4:31.65	38.87	
		100m: 1:14.09 39.51	200m: 2:33.65	39.60	300m: 3:52.78	39.63	400m: 5:07.81	36.16	
6.		PAWLIKOWSKI Karol	12	MTP „Lublinianka”				5:14.48	342
		50m: 35.07 35.07	150m: 1:55.40	40.24	250m: 3:17.36	40.39	350m: 4:36.83	38.69	
		100m: 1:15.16 40.09	200m: 2:36.97	41.57	300m: 3:58.14	40.78	400m: 5:14.48	37.65	
7.		CIRKA Joachim	13	MKS AVIA widnik				5:17.34	333
		50m: 34.62 34.62	150m: 1:55.74	40.86	250m: 3:19.04	42.02	350m: 4:39.69	40.65	
		100m: 1:14.88 40.26	200m: 2:37.02	41.28	300m: 3:59.04	40.00	400m: 5:17.34	37.65	
8.		RUBAJ Szymon	13	MKS AVIA widnik				5:24.91	310
		50m: 36.37 36.37	150m: 1:58.22	40.85	250m: 3:22.84	42.55	350m: 4:46.05	41.73	
		100m: 1:17.37 41.00	200m: 2:40.29	42.07	300m: 4:04.32	41.48	400m: 5:24.91	38.86	
9.		POPIOŁEK Ksawery	12	UKS Szkoła Pływania 23 Lublin				5:34.83	283
		50m: 36.87 36.87	150m: 2:01.88	42.95	250m: 3:28.29	43.24	350m: 4:54.18	42.32	
		100m: 1:18.93 42.06	200m: 2:45.05	43.17	300m: 4:11.86	43.57	400m: 5:34.83	40.65	
10.		PAWLIK Nikodem	12	UKS Szkoła Pływania 23 Lublin				5:36.44	279
		50m: 36.98 36.98	150m: 2:03.15	43.62	250m: 3:30.59	43.36	350m: 4:55.98	41.71	
		100m: 1:19.53 42.55	200m: 2:47.23	44.08	300m: 4:14.27	43.68	400m: 5:36.44	40.46	
11.		ADAMCZYK Antoni	13	UKS „ORKA” Zamo				5:41.96	266
		50m: 34.68 34.68	150m: 1:57.77	42.84	250m: 3:27.90	45.89	350m: 4:59.08	45.39	
		100m: 1:14.93 40.25	200m: 2:42.01	44.24	300m: 4:13.69	45.79	400m: 5:41.96	42.88	
12.		UDALOV Vladyslav	12	KS AZS AWF Biała Podlaska				5:42.97	264
		50m: 37.33 37.33	150m: 2:05.32	44.85	250m: 3:35.08	45.57	350m: 5:03.33	43.90	
		100m: 1:20.47 43.14	200m: 2:49.51	44.19	300m: 4:19.43	44.35	400m: 5:42.97	39.64	
13.		JAROSI SKI Jakub	13	UKS SP5 Swim				5:43.73	262
		50m: 37.52 37.52	150m: 2:05.08	44.65	250m: 3:35.12	45.85	350m: 5:03.44	43.70	
		100m: 1:20.43 42.91	200m: 2:49.27	44.19	300m: 4:19.74	44.62	400m: 5:43.73	40.29	
14.		KAHAN Aleksander	12	UKS „ORKA” Zamo				5:59.50	229
		50m: 37.99 37.99	150m: 2:10.17	46.54	250m: 3:43.96	46.92	350m: 5:16.23	46.12	
		100m: 1:23.63 45.64	200m: 2:57.04	46.87	300m: 4:30.11	46.15	400m: 5:59.50	43.27	
15.		ALEKSANDROV Illia	12	MTP „Lublinianka”				6:12.17	206
		50m: 37.76 37.76	150m: 2:11.77	48.06	250m: 3:48.49	48.52	350m: 5:25.60	49.14	
		100m: 1:23.71 45.95	200m: 2:59.97	48.20	300m: 4:36.46	47.97	400m: 6:12.17	46.57	
16.		BOMAZIUK Eldar	12	KS „Wisła” Puławy				6:16.61	199
		50m: 39.17 39.17	150m: 2:15.18	48.85	250m: 3:53.06	49.28	350m: 5:30.99	48.49	
		100m: 1:26.33 47.16	200m: 3:03.78	48.60	300m: 4:42.50	49.44	400m: 6:16.61	45.62	

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Lublin, 24. - 25.6.2023

Konkurencja 15, Chłopców, 400m dowolny, MŁODZIK

Pozycja			Wiek				Czas				Pkt.	
17.	BUSNIUK Nikita		12				UKS Szkoła Pływania 23 Lublin				6:24.38	187
	50m:	41.79	41.79	150m:	2:22.43	51.07	250m:	4:03.47	50.27	350m:	5:40.84	48.00
	100m:	1:31.36	49.57	200m:	3:13.20	50.77	300m:	4:52.84	49.37	400m:	6:24.38	43.54

JUNIOR MŁODSZY

1.	NOWACKI Mieszko		14				UKS Olimpijczyk 23				4:35.50	509
	50m:	31.61	31.61	150m:	1:40.94	35.22	250m:	2:52.11	35.43	350m:	4:02.05	34.56
	100m:	1:05.72	34.11	200m:	2:16.68	35.74	300m:	3:27.49	35.38	400m:	4:35.50	33.45
2.	FRONCZEK Miłosz		15				KU AZS UMCS Lublin				4:36.07	506
	50m:	31.48	31.48	150m:	1:41.26	35.05	250m:	2:52.41	35.56	350m:	4:02.71	35.03
	100m:	1:06.21	34.73	200m:	2:16.85	35.59	300m:	3:27.68	35.27	400m:	4:36.07	33.36
3.	SAWKA Tymoteusz		14				MKS AVIA widnik				4:42.01	475
	50m:	31.60	31.60	150m:	1:44.16	36.37	250m:	2:57.23	36.20	350m:	4:09.23	35.97
	100m:	1:07.79	36.19	200m:	2:21.03	36.87	300m:	3:33.26	36.03	400m:	4:42.01	32.78
4.	SKOCZYLAŚ Bartosz		14				KU AZS UMCS Lublin				4:42.98	470
	50m:	32.01	32.01	150m:	1:43.72	35.85	250m:	2:56.64	36.33	350m:	4:08.91	35.92
	100m:	1:07.87	35.86	200m:	2:20.31	36.59	300m:	3:32.99	36.35	400m:	4:42.98	34.07
5.	KUROMSKI Konstanty		15				MKS AVIA widnik				5:01.07	390
	50m:	34.16	34.16	150m:	1:51.52	38.68	250m:	3:09.72	38.59	350m:	4:26.40	37.63
	100m:	1:12.84	38.68	200m:	2:31.13	39.61	300m:	3:48.77	39.05	400m:	5:01.07	34.67
6.	CZECHOWSKI Ernest		14				LUKS Orlik				5:13.97	344
	50m:	35.53	35.53	150m:	1:54.63	39.62	250m:	3:13.11	38.98	350m:	4:35.09	40.67
	100m:	1:15.01	39.48	200m:	2:34.13	39.50	300m:	3:54.42	41.31	400m:	5:13.97	38.88
7.	KAHAN Stanisław		14				UKS „ORKA” Zamo				5:31.40	292
	50m:	37.56	37.56	150m:	2:03.33	43.55	250m:	3:28.18	42.65	350m:	4:53.42	43.19
	100m:	1:19.78	42.22	200m:	2:45.53	42.20	300m:	4:10.23	42.05	400m:	5:31.40	37.98
8.	GRABOWSKI Igor		14				UKS Olimpijczyk 23				5:41.33	268
	50m:	38.36	38.36	150m:	2:05.17	44.06	250m:	3:34.14	44.33	350m:	5:01.01	42.41
	100m:	1:21.11	42.75	200m:	2:49.81	44.64	300m:	4:18.60	44.46	400m:	5:41.33	40.32
9.	WOŁOSZYŃ Maciej		14				UKS „ORKA” Zamo				6:08.01	213
	50m:	38.51	38.51	150m:	2:10.96	47.61	250m:	3:46.59	47.87	350m:	5:23.32	47.59
	100m:	1:23.35	44.84	200m:	2:58.72	47.76	300m:	4:35.73	49.14	400m:	6:08.01	44.69

OPEN

1.	CHAŁAT Wojciech		19				KU AZS UMCS Lublin				4:17.23	626
	50m:	30.47	30.47	150m:	1:35.85	32.87	250m:	2:41.38	32.73	350m:	3:46.51	32.39
	100m:	1:02.98	32.51	200m:	2:08.65	32.80	300m:	3:14.12	32.74	400m:	4:17.23	30.72
2.	WÓJCIK Rafał		17				UKP Fala Kra nik				4:18.86	614
	50m:	30.30	30.30	150m:	1:36.13	33.13	250m:	2:42.30	33.16	350m:	3:48.19	32.73
	100m:	1:03.00	32.70	200m:	2:09.14	33.01	300m:	3:15.46	33.16	400m:	4:18.86	30.67
3.	NOWACKI Mieszko		14				UKS Olimpijczyk 23				4:35.50	509
	50m:	31.61	31.61	150m:	1:40.94	35.22	250m:	2:52.11	35.43	350m:	4:02.05	34.56
	100m:	1:05.72	34.11	200m:	2:16.68	35.74	300m:	3:27.49	35.38	400m:	4:35.50	33.45
4.	FRONCZEK Miłosz		15				KU AZS UMCS Lublin				4:36.07	506
	50m:	31.48	31.48	150m:	1:41.26	35.05	250m:	2:52.41	35.56	350m:	4:02.71	35.03
	100m:	1:06.21	34.73	200m:	2:16.85	35.59	300m:	3:27.68	35.27	400m:	4:36.07	33.36
5.	SAWKA Tymoteusz		14				MKS AVIA widnik				4:42.01	475
	50m:	31.60	31.60	150m:	1:44.16	36.37	250m:	2:57.23	36.20	350m:	4:09.23	35.97
	100m:	1:07.79	36.19	200m:	2:21.03	36.87	300m:	3:33.26	36.03	400m:	4:42.01	32.78
6.	SKOCZYLAŚ Bartosz		14				KU AZS UMCS Lublin				4:42.98	470
	50m:	32.01	32.01	150m:	1:43.72	35.85	250m:	2:56.64	36.33	350m:	4:08.91	35.92
	100m:	1:07.87	35.86	200m:	2:20.31	36.59	300m:	3:32.99	36.35	400m:	4:42.98	34.07

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Konkurencja 15, M czyzn, 400m dowolny, OPEN

Pozycja			Wiek					Czas	Pkt.
7.	K	DZIERA Maciej	13	UKS „ORKA” Zamo			4:46.68	452	
		50m: 31.29 31.29	150m: 1:43.89	36.57	250m: 2:57.94	37.02	350m: 4:11.73	36.36	
		100m: 1:07.32 36.03	200m: 2:20.92	37.03	300m: 3:35.37	37.43	400m: 4:46.68	34.95	
8.	JABŁO	SKI Maciej	13	MKS AVIA widnik			5:00.00	394	
		50m: 33.75 33.75	150m: 1:51.17	39.15	250m: 3:09.00	38.71	350m: 4:24.88	37.88	
		100m: 1:12.02 38.27	200m: 2:30.29	39.12	300m: 3:47.00	38.00	400m: 5:00.00	35.12	
9.	KUROMSKI	Konstanty	15	MKS AVIA widnik			5:01.07	390	
		50m: 34.16 34.16	150m: 1:51.52	38.68	250m: 3:09.72	38.59	350m: 4:26.40	37.63	
		100m: 1:12.84 38.68	200m: 2:31.13	39.61	300m: 3:48.77	39.05	400m: 5:01.07	34.67	
10.	ZAMECKI	Aleksander	13	KU AZS UMCS Lublin			5:03.47	381	
		50m: 33.56 33.56	150m: 1:51.31	39.10	250m: 3:09.54	38.88	350m: 4:27.39	38.39	
		100m: 1:12.21 38.65	200m: 2:30.66	39.35	300m: 3:49.00	39.46	400m: 5:03.47	36.08	
11.	SOBEK	Antoni	13	UKS Olimpijczyk 23			5:06.59	369	
		50m: 33.60 33.60	150m: 1:51.21	39.47	250m: 3:10.12	39.75	350m: 4:29.10	39.26	
		100m: 1:11.74 38.14	200m: 2:30.37	39.16	300m: 3:49.84	39.72	400m: 5:06.59	37.49	
12.	WRONKA	Adam	13	KS „Wisła” Puławy			5:07.81	365	
		50m: 34.58 34.58	150m: 1:54.05	39.96	250m: 3:13.15	39.50	350m: 4:31.65	38.87	
		100m: 1:14.09 39.51	200m: 2:33.65	39.60	300m: 3:52.78	39.63	400m: 5:07.81	36.16	
13.	CZECHOWSKI	Ernest	14	LUKS Orlik			5:13.97	344	
		50m: 35.53 35.53	150m: 1:54.63	39.62	250m: 3:13.11	38.98	350m: 4:35.09	40.67	
		100m: 1:15.01 39.48	200m: 2:34.13	39.50	300m: 3:54.42	41.31	400m: 5:13.97	38.88	
14.	PAWLIKOWSKI	Karol	12	MTP „Lublinianka”			5:14.48	342	
		50m: 35.07 35.07	150m: 1:55.40	40.24	250m: 3:17.36	40.39	350m: 4:36.83	38.69	
		100m: 1:15.16 40.09	200m: 2:36.97	41.57	300m: 3:58.14	40.78	400m: 5:14.48	37.65	
15.	CIRKA	Joachim	13	MKS AVIA widnik			5:17.34	333	
		50m: 34.62 34.62	150m: 1:55.74	40.86	250m: 3:19.04	42.02	350m: 4:39.69	40.65	
		100m: 1:14.88 40.26	200m: 2:37.02	41.28	300m: 3:59.04	40.00	400m: 5:17.34	37.65	
16.	RUBAJ	Szymon	13	MKS AVIA widnik			5:24.91	310	
		50m: 36.37 36.37	150m: 1:58.22	40.85	250m: 3:22.84	42.55	350m: 4:46.05	41.73	
		100m: 1:17.37 41.00	200m: 2:40.29	42.07	300m: 4:04.32	41.48	400m: 5:24.91	38.86	
17.	KAHAN	Stanisław	14	UKS „ORKA” Zamo			5:31.40	292	
		50m: 37.56 37.56	150m: 2:03.33	43.55	250m: 3:28.18	42.65	350m: 4:53.42	43.19	
		100m: 1:19.78 42.22	200m: 2:45.53	42.20	300m: 4:10.23	42.05	400m: 5:31.40	37.98	
18.	POPIOŁEK	Ksawery	12	UKS Szkoła Pływania 23 Lublin			5:34.83	283	
		50m: 36.87 36.87	150m: 2:01.88	42.95	250m: 3:28.29	43.24	350m: 4:54.18	42.32	
		100m: 1:18.93 42.06	200m: 2:45.05	43.17	300m: 4:11.86	43.57	400m: 5:34.83	40.65	
19.	PAWLIK	Nikodem	12	UKS Szkoła Pływania 23 Lublin			5:36.44	279	
		50m: 36.98 36.98	150m: 2:03.15	43.62	250m: 3:30.59	43.36	350m: 4:55.98	41.71	
		100m: 1:19.53 42.55	200m: 2:47.23	44.08	300m: 4:14.27	43.68	400m: 5:36.44	40.46	
20.	GRABOWSKI	Igor	14	UKS Olimpijczyk 23			5:41.33	268	
		50m: 38.36 38.36	150m: 2:05.17	44.06	250m: 3:34.14	44.33	350m: 5:01.01	42.41	
		100m: 1:21.11 42.75	200m: 2:49.81	44.64	300m: 4:18.60	44.46	400m: 5:41.33	40.32	
21.	ADAMCZYK	Antoni	13	UKS „ORKA” Zamo			5:41.96	266	
		50m: 34.68 34.68	150m: 1:57.77	42.84	250m: 3:27.90	45.89	350m: 4:59.08	45.39	
		100m: 1:14.93 40.25	200m: 2:42.01	44.24	300m: 4:13.69	45.79	400m: 5:41.96	42.88	
22.	UDALOV	Vladyslav	12	KS AZS AWF Biała Podlaska			5:42.97	264	
		50m: 37.33 37.33	150m: 2:05.32	44.85	250m: 3:35.08	45.57	350m: 5:03.33	43.90	
		100m: 1:20.47 43.14	200m: 2:49.51	44.19	300m: 4:19.43	44.35	400m: 5:42.97	39.64	
23.	JAROSI	SKI Jakub	13	UKS SP5 Swim			5:43.73	262	
		50m: 37.52 37.52	150m: 2:05.08	44.65	250m: 3:35.12	45.85	350m: 5:03.44	43.70	
		100m: 1:20.43 42.91	200m: 2:49.27	44.19	300m: 4:19.74	44.62	400m: 5:43.73	40.29	
24.	KAHAN	Aleksander	12	UKS „ORKA” Zamo			5:59.50	229	
		50m: 37.99 37.99	150m: 2:10.17	46.54	250m: 3:43.96	46.92	350m: 5:16.23	46.12	
		100m: 1:23.63 45.64	200m: 2:57.04	46.87	300m: 4:30.11	46.15	400m: 5:59.50	43.27	

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Pozycja			Wiek						Czas	Pkt.
25.	WOŁOZYN Maciej		14		UKS „ORKA” Zamo				6:08.01	213
	50m:	38.51 38.51	150m:	2:10.96 47.61	250m:	3:46.59 47.87	350m:	5:23.32 47.59		
	100m:	1:23.35 44.84	200m:	2:58.72 47.76	300m:	4:35.73 49.14	400m:	6:08.01 44.69		
26.	ALEKSANDROV Illia		12		MTP „Lublinianka”				6:12.17	206
	50m:	37.76 37.76	150m:	2:11.77 48.06	250m:	3:48.49 48.52	350m:	5:25.60 49.14		
	100m:	1:23.71 45.95	200m:	2:59.97 48.20	300m:	4:36.46 47.97	400m:	6:12.17 46.57		
27.	BOMAZIUK Eldar		12		KS „Wisła” Puławy				6:16.61	199
	50m:	39.17 39.17	150m:	2:15.18 48.85	250m:	3:53.06 49.28	350m:	5:30.99 48.49		
	100m:	1:26.33 47.16	200m:	3:03.78 48.60	300m:	4:42.50 49.44	400m:	6:16.61 45.62		
28.	BUSNIUK Nikita		12		UKS Szkoła Pływania 23 Lublin				6:24.38	187
	50m:	41.79 41.79	150m:	2:22.43 51.07	250m:	4:03.47 50.27	350m:	5:40.84 48.00		
	100m:	1:31.36 49.57	200m:	3:13.20 50.77	300m:	4:52.84 49.37	400m:	6:24.38 43.54		
PK	WI CKOWSKI Piotr		17		UKS Delfin Garwolin				4:52.85	424
	50m:	31.80 31.80	150m:	1:46.23 38.03	250m:	3:02.35 38.06	350m:	4:17.75 37.50		
	100m:	1:08.20 36.40	200m:	2:24.29 38.06	300m:	3:40.25 37.90	400m:	4:52.85 35.10		
PK	CIOŁEK Dawid		14		UKS 48 Warszawa ródmi cie				4:55.93	411
	50m:	32.27 32.27	150m:	1:46.81 38.50	250m:	3:02.86 38.36	350m:	4:19.40 38.65		
	100m:	1:08.31 36.04	200m:	2:24.50 37.69	300m:	3:40.75 37.89	400m:	4:55.93 36.53		