

Mistrzostwa Województwa Lubelskiego
Lublin, 7. - 8.10.2023

Konkurencja 14
07.10.2023 - 15:17

M czyzn, 400m dowolny

12 lat i starsi
Wyniki

Punkty: FINA 2022

Pozycja			Wiek						Czas	Pkt.
12 - 13 lat										
1.	K	DZIERA Maciej	13	UKS "ORKA" Zamo					4:40.61	432
		50m: 30.14 30.14	150m: 1:40.38	35.90	250m: 2:52.78	36.53	350m: 4:05.49	35.71		
		100m: 1:04.48 34.34	200m: 2:16.25	35.87	300m: 3:29.78	37.00	400m: 4:40.61	35.12		
2.	JABŁO	SKI Maciej	13	MKS AVIA widnik					4:51.97	384
		50m: 32.18 32.18	150m: 1:46.00	37.41	250m: 3:01.74	37.69	350m: 4:16.46	37.39		
		100m: 1:08.59 36.41	200m: 2:24.05	38.05	300m: 3:39.07	37.33	400m: 4:51.97	35.51		
3.	PAWLIKOWSKI	Karol	12	MTP "Lublinianka"					4:52.97	380
		50m: 33.07 33.07	150m: 1:47.71	37.66	250m: 3:03.91	37.65	350m: 4:18.11	37.34		
		100m: 1:10.05 36.98	200m: 2:26.26	38.55	300m: 3:40.77	36.86	400m: 4:52.97	34.86		
4.	ZAMECKI	Aleksander	13	KU AZS UMCS Lublin					4:56.15	368
		50m: 32.42 32.42	150m: 1:47.17	37.68	250m: 3:04.07	38.36	350m: 4:19.93	37.94		
		100m: 1:09.49 37.07	200m: 2:25.71	38.54	300m: 3:41.99	37.92	400m: 4:56.15	36.22		
5.	WITEK	Franciszek	12	UKS Szkoła Pływania 23 Lublin					4:57.54	363
		50m: 32.54 32.54	150m: 1:47.85	38.64	250m: 3:05.66	38.49	350m: 4:22.01	38.19		
		100m: 1:09.21 36.67	200m: 2:27.17	39.32	300m: 3:43.82	38.16	400m: 4:57.54	35.53		
6.	WRONKA	Adam	13	KS "Wisła" Puławy					5:01.57	348
		50m: 34.66 34.66	150m: 1:51.63	38.30	250m: 3:08.42	38.14	350m: 4:25.39	38.14		
		100m: 1:13.33 38.67	200m: 2:30.28	38.65	300m: 3:47.25	38.83	400m: 5:01.57	36.18		
7.	SOBEK	Antoni	13	UKS Olimpijczyk 23					5:05.63	334
		50m: 33.46 33.46	150m: 1:50.40	38.86	250m: 3:08.67	38.92	350m: 4:27.52	39.84		
		100m: 1:11.54 38.08	200m: 2:29.75	39.35	300m: 3:47.68	39.01	400m: 5:05.63	38.11		
8.	RUDAWSKI	Franciszek	12	MTP "Lublinianka"					5:11.50	316
		50m: 34.09 34.09	150m: 1:53.75	40.74	250m: 3:16.13	41.27	350m: 4:34.93	38.05		
		100m: 1:13.01 38.92	200m: 2:34.86	41.11	300m: 3:56.88	40.75	400m: 5:11.50	36.57		
9.	POPIOŁEK	Ksawery	12	UKS Szkoła Pływania 23 Lublin					5:18.57	295
		50m: 34.64 34.64	150m: 1:54.29	40.29	250m: 3:15.83	40.42	350m: 4:38.91	41.83		
		100m: 1:14.00 39.36	200m: 2:35.41	41.12	300m: 3:57.08	41.25	400m: 5:18.57	39.66		
10.	RYBAK	Anatol	12	MTP "Lublinianka"					5:20.10	291
		50m: 36.41 36.41	150m: 1:57.32	41.33	250m: 3:19.36	41.36	350m: 4:41.04	40.60		
		100m: 1:15.99 39.58	200m: 2:38.00	40.68	300m: 4:00.44	41.08	400m: 5:20.10	39.06		
11.	ADAMCZYK	Antoni	13	UKS "ORKA" Zamo					5:22.35	285
		50m: 33.72 33.72	150m: 1:52.92	40.72	250m: 3:16.00	41.78	350m: 4:41.61	43.02		
		100m: 1:12.20 38.48	200m: 2:34.22	41.30	300m: 3:58.59	42.59	400m: 5:22.35	40.74		
12.	RUBAJ	Szymon	13	MKS AVIA widnik					5:22.49	285
		50m: 37.07 37.07	150m: 1:59.32	41.26	250m: 3:21.75	40.84	350m: 4:44.62	40.53		
		100m: 1:18.06 40.99	200m: 2:40.91	41.59	300m: 4:04.09	42.34	400m: 5:22.49	37.87		
13.	PAWLIK	Nikodem	12	UKS Szkoła Pływania 23 Lublin					5:29.16	268
		50m: 35.57 35.57	150m: 1:59.29	42.64	250m: 3:22.22	40.77	350m: 4:47.94	42.83		
		100m: 1:16.65 41.08	200m: 2:41.45	42.16	300m: 4:05.11	42.89	400m: 5:29.16	41.22		
14.	NOWAKOWSKI	Oskar	12	UKS Szkoła Pływania 23 Lublin					5:29.98	266
		50m: 37.35 37.35	150m: 2:00.15	42.33	250m: 3:24.62	42.73	350m: 4:50.16	42.23		
		100m: 1:17.82 40.47	200m: 2:41.89	41.74	300m: 4:07.93	43.31	400m: 5:29.98	39.82		
15.	KRÓL	Grzegorz	12	UKS 51 Lublin					5:30.87	263
		50m: 35.76 35.76	150m: 1:56.74	41.53	250m: 3:20.99	42.57	350m: 4:47.94	43.95		
		100m: 1:15.21 39.45	200m: 2:38.42	41.68	300m: 4:03.99	43.00	400m: 5:30.87	42.93		
16.	SZMIT	Paweł	12	UKS SP5 Swim					5:31.37	262
		50m: 36.82 36.82	150m: 1:59.17	41.87	250m: 3:24.22	42.21	350m: 4:49.90	43.73		
		100m: 1:17.30 40.48	200m: 2:42.01	42.84	300m: 4:06.17	41.95	400m: 5:31.37	41.47		
17.	JAROSI	SKI Jakub	13	UKS SP5 Swim					5:34.74	254
		50m: 37.52 37.52	150m: 2:02.12	43.13	250m: 3:27.55	42.28	350m: 4:53.97	43.53		
		100m: 1:18.99 41.47	200m: 2:45.27	43.15	300m: 4:10.44	42.89	400m: 5:34.74	40.77		

Mistrzostwa Województwa Lubelskiego
Lublin, 7. - 8.10.2023

Konkurencja 14, Chłopców, 400m dowolny, 12 - 13 lat

Pozycja			Wiek					Czas	Pkt.
18.	ROMANIUK	Mikołaj	13	KU AZS UMCS Lublin				5:40.99	241
	50m:	36.29 36.29	150m:	2:01.54	43.15	250m:	3:29.03 43.92	350m:	4:54.22 41.51
	100m:	1:18.39 42.10	200m:	2:45.11	43.57	300m:	4:12.71 43.68	400m:	5:40.99 46.77
19.	KAHAN	Aleksander	12	UKS "ORKA" Zamo				5:50.13	222
	50m:	37.16 37.16	150m:	2:07.41	45.38	250m:	3:38.59 45.53	350m:	5:08.97 44.93
	100m:	1:22.03 44.87	200m:	2:53.06	45.65	300m:	4:24.04 45.45	400m:	5:50.13 41.16
20.	BUSNIUK	Nikita	12	UKS Szkoła Pływania 23 Lublin				5:54.86	213
	50m:	39.07 39.07	150m:	2:11.51	46.34	250m:	3:42.38 45.45	350m:	5:13.05 44.83
	100m:	1:25.17 46.10	200m:	2:56.93	45.42	300m:	4:28.22 45.84	400m:	5:54.86 41.81
21.	ALEKSANDROV	Illia	12	MTP "Lublinianka"				6:02.27	201
	50m:	37.98 37.98	150m:	2:09.73	46.86	250m:	3:45.47 48.01	350m:	5:18.84 46.04
	100m:	1:22.87 44.89	200m:	2:57.46	47.73	300m:	4:32.80 47.33	400m:	6:02.27 43.43
22.	ZIREBIEC	Kajetan	12	KU AZS UMCS Lublin				6:04.18	197
	50m:	40.55 40.55	150m:	2:13.27	47.24	250m:	3:47.15 47.40	350m:	5:20.43 46.01
	100m:	1:26.03 45.48	200m:	2:59.75	46.48	300m:	4:34.42 47.27	400m:	6:04.18 43.75
23.	KONACHOWICZ	Jan	12	KU AZS UMCS Lublin				6:20.82	173
	50m:	41.22 41.22	150m:	2:20.89	50.30	250m:	4:01.22 50.50	350m:	5:36.93 47.68
	100m:	1:30.59 49.37	200m:	3:10.72	49.83	300m:	4:49.25 48.03	400m:	6:20.82 43.89

14 - 15 lat

1.	ACZEK	Hubert	15	KS "Wisła" Puławy				4:03.19	664
	50m:	27.49 27.49	150m:	1:29.44	31.10	250m:	2:32.16 31.40	350m:	3:34.30 30.72
	100m:	58.34 30.85	200m:	2:00.76	31.32	300m:	3:03.58 31.42	400m:	4:03.19 28.89
2.	CHARKOT	Krzysztof	15	KU AZS UMCS Lublin				4:10.07	611
	50m:	28.50 28.50	150m:	1:31.89	31.88	250m:	2:35.94 31.95	350m:	3:40.17 32.13
	100m:	1:00.01 31.51	200m:	2:03.99	32.10	300m:	3:08.04 32.10	400m:	4:10.07 29.90
3.	WASILEWSKI	Mateusz	15	KU AZS UMCS Lublin				4:15.79	571
	50m:	28.65 28.65	150m:	1:32.65	32.25	250m:	2:38.03 32.83	350m:	3:44.29 33.06
	100m:	1:00.40 31.75	200m:	2:05.20	32.55	300m:	3:11.23 33.20	400m:	4:15.79 31.50
4.	WÓJCIK	Remigiusz	14	KU AZS UMCS Lublin				4:17.89	557
	50m:	29.12 29.12	150m:	1:34.55	33.00	250m:	2:40.67 33.26	350m:	3:47.44 32.94
	100m:	1:01.55 32.43	200m:	2:07.41	32.86	300m:	3:14.50 33.83	400m:	4:17.89 30.45
5.	NOWACKI	Mieszko	14	KU AZS UMCS Lublin				4:22.95	525
	50m:	30.62 30.62	150m:	1:37.45	33.52	250m:	2:44.14 33.11	350m:	3:50.71 33.37
	100m:	1:03.93 33.31	200m:	2:11.03	33.58	300m:	3:17.34 33.20	400m:	4:22.95 32.24
6.	FRONCZEK	Miłosz	15	KU AZS UMCS Lublin				4:24.44	517
	50m:	30.35 30.35	150m:	1:37.80	34.10	250m:	2:45.43 33.63	350m:	3:52.17 33.28
	100m:	1:03.70 33.35	200m:	2:11.80	34.00	300m:	3:18.89 33.46	400m:	4:24.44 32.27
7.	RUDAWSKI	Cezary	14	KU AZS UMCS Lublin				4:29.14	490
	50m:	30.12 30.12	150m:	1:38.39	34.57	250m:	2:47.99 34.62	350m:	3:57.00 34.40
	100m:	1:03.82 33.70	200m:	2:13.37	34.98	300m:	3:22.60 34.61	400m:	4:29.14 32.14
8.	SAWKA	Tymoteusz	14	MKS AVIA widnik				4:30.03	485
	50m:	30.21 30.21	150m:	1:39.91	34.93	250m:	2:49.75 34.75	350m:	3:58.21 33.75
	100m:	1:04.98 34.77	200m:	2:15.00	35.09	300m:	3:24.46 34.71	400m:	4:30.03 31.82
9.	SKOCZYLAS	Bartosz	14	KU AZS UMCS Lublin				4:31.09	479
	50m:	30.71 30.71	150m:	1:40.39	35.11	250m:	2:50.20 34.85	350m:	3:58.96 33.94
	100m:	1:05.28 34.57	200m:	2:15.35	34.96	300m:	3:25.02 34.82	400m:	4:31.09 32.13
10.	FRONCZEK	Błażej	14	KU AZS UMCS Lublin				4:32.19	474
	50m:	30.93 30.93	150m:	1:40.43	34.99	250m:	2:50.52 35.01	350m:	3:58.96 33.80
	100m:	1:05.44 34.51	200m:	2:15.51	35.08	300m:	3:25.16 34.64	400m:	4:32.19 33.23
11.	BARABAN	Damian	15	KS "Wisła" Puławy				5:04.65	338
	50m:	32.35 32.35	150m:	1:49.21	39.23	250m:	3:07.81 39.47	350m:	4:25.92 39.24
	100m:	1:09.98 37.63	200m:	2:28.34	39.13	300m:	3:46.68 38.87	400m:	5:04.65 38.73

Mistrzostwa Województwa Lubelskiego
Lublin, 7. - 8.10.2023

Konkurencja 14, Chłopców, 400m dowolny, 14 - 15 lat

Pozycja			Wiek						Czas	Pkt.
12.	KAHAN Stanisław		14				UKS "ORKA" Zamo		5:09.53	322
	50m:	35.42 35.42	150m:	1:54.66	40.08	250m:	3:13.84	39.05	350m:	4:31.64 38.46
	100m:	1:14.58 39.16	200m:	2:34.79	40.13	300m:	3:53.18	39.34	400m:	5:09.53 37.89

12 lat i starsi

1.	RYNKIEWICZ Jakub		18				KU AZS UMCS Lublin		3:53.32	752
	50m:	26.79 26.79	150m:	1:25.56	29.39	250m:	2:25.04	29.32	350m:	3:25.28 30.01
	100m:	56.17 29.38	200m:	1:55.72	30.16	300m:	2:55.27	30.23	400m:	3:53.32 28.04
2.	KOZŁOWSKI Igor		18				KU AZS UMCS Lublin		3:55.13	735
	50m:	27.20 27.20	150m:	1:27.82	30.17	250m:	2:27.62	29.72	350m:	3:26.76 29.52
	100m:	57.65 30.45	200m:	1:57.90	30.08	300m:	2:57.24	29.62	400m:	3:55.13 28.37
3.	PIETRO Przemysław		16				KU AZS UMCS Lublin		4:02.22	672
	50m:	27.86 27.86	150m:	1:29.31	30.88	250m:	2:31.09	30.80	350m:	3:33.29 31.08
	100m:	58.43 30.57	200m:	2:00.29	30.98	300m:	3:02.21	31.12	400m:	4:02.22 28.93
4.	ACZEK Hubert		15				KS "Wisła" Puławy		4:03.19	664
	50m:	27.49 27.49	150m:	1:29.44	31.10	250m:	2:32.16	31.40	350m:	3:34.30 30.72
	100m:	58.34 30.85	200m:	2:00.76	31.32	300m:	3:03.58	31.42	400m:	4:03.19 28.89
5.	PONIEWA Oliwier		16				KU AZS UMCS Lublin		4:07.32	632
	50m:	28.90 28.90	150m:	1:31.83	31.61	250m:	2:34.98	31.53	350m:	3:38.02 31.52
	100m:	1:00.22 31.32	200m:	2:03.45	31.62	300m:	3:06.50	31.52	400m:	4:07.32 29.30
6.	KRASKA Mateusz		16				KU AZS UMCS Lublin		4:07.79	628
	50m:	28.86 28.86	150m:	1:32.28	31.83	250m:	2:36.09	31.73	350m:	3:38.44 31.03
	100m:	1:00.45 31.59	200m:	2:04.36	32.08	300m:	3:07.41	31.32	400m:	4:07.79 29.35
7.	TOMASZEWSKI Piotr		18				KU AZS UMCS Lublin		4:08.19	625
	50m:	28.06 28.06	150m:	1:31.24	31.73	250m:	2:35.22	32.09	350m:	3:38.38 30.96
	100m:	59.51 31.45	200m:	2:03.13	31.89	300m:	3:07.42	32.20	400m:	4:08.19 29.81
8.	CHARKOT Krzysztof		15				KU AZS UMCS Lublin		4:10.07	611
	50m:	28.50 28.50	150m:	1:31.89	31.88	250m:	2:35.94	31.95	350m:	3:40.17 32.13
	100m:	1:00.01 31.51	200m:	2:03.99	32.10	300m:	3:08.04	32.10	400m:	4:10.07 29.90
9.	CHAŁAT Wojciech		19				KU AZS UMCS Lublin		4:14.74	578
	50m:	28.99 28.99	150m:	1:33.13	32.48	250m:	2:38.32	32.74	350m:	3:43.00 32.48
	100m:	1:00.65 31.66	200m:	2:05.58	32.45	300m:	3:10.52	32.20	400m:	4:14.74 31.74
10.	WASILEWSKI Mateusz		15				KU AZS UMCS Lublin		4:15.79	571
	50m:	28.65 28.65	150m:	1:32.65	32.25	250m:	2:38.03	32.83	350m:	3:44.29 33.06
	100m:	1:00.40 31.75	200m:	2:05.20	32.55	300m:	3:11.23	33.20	400m:	4:15.79 31.50
11.	WÓJCIK Remigiusz		14				KU AZS UMCS Lublin		4:17.89	557
	50m:	29.12 29.12	150m:	1:34.55	33.00	250m:	2:40.67	33.26	350m:	3:47.44 32.94
	100m:	1:01.55 32.43	200m:	2:07.41	32.86	300m:	3:14.50	33.83	400m:	4:17.89 30.45
12.	NOWACKI Mieszko		14				KU AZS UMCS Lublin		4:22.95	525
	50m:	30.62 30.62	150m:	1:37.45	33.52	250m:	2:44.14	33.11	350m:	3:50.71 33.37
	100m:	1:03.93 33.31	200m:	2:11.03	33.58	300m:	3:17.34	33.20	400m:	4:22.95 32.24
13.	FRONCZEK Miłosz		15				KU AZS UMCS Lublin		4:24.44	517
	50m:	30.35 30.35	150m:	1:37.80	34.10	250m:	2:45.43	33.63	350m:	3:52.17 33.28
	100m:	1:03.70 33.35	200m:	2:11.80	34.00	300m:	3:18.89	33.46	400m:	4:24.44 32.27
14.	RUDAWSKI Cezary		14				KU AZS UMCS Lublin		4:29.14	490
	50m:	30.12 30.12	150m:	1:38.39	34.57	250m:	2:47.99	34.62	350m:	3:57.00 34.40
	100m:	1:03.82 33.70	200m:	2:13.37	34.98	300m:	3:22.60	34.61	400m:	4:29.14 32.14
15.	SAWKA Tymoteusz		14				MKS AVIA widnik		4:30.03	485
	50m:	30.21 30.21	150m:	1:39.91	34.93	250m:	2:49.75	34.75	350m:	3:58.21 33.75
	100m:	1:04.98 34.77	200m:	2:15.00	35.09	300m:	3:24.46	34.71	400m:	4:30.03 31.82
16.	SKOCZYŁAS Bartosz		14				KU AZS UMCS Lublin		4:31.09	479
	50m:	30.71 30.71	150m:	1:40.39	35.11	250m:	2:50.20	34.85	350m:	3:58.96 33.94
	100m:	1:05.28 34.57	200m:	2:15.35	34.96	300m:	3:25.02	34.82	400m:	4:31.09 32.13

Mistrzostwa Województwa Lubelskiego
Lublin, 7. - 8.10.2023

Konkurencja 14, M czyzn, 400m dowolny, 12 lat i starsi

Pozycja			Wiek					Czas	Pkt.
17.	FRONCZEK Błażej	14	KU AZS UMCS Lublin					4:32.19	474
	50m: 30.93 30.93	150m: 1:40.43	34.99	250m: 2:50.52	35.01	350m: 3:58.96	33.80		
	100m: 1:05.44 34.51	200m: 2:15.51	35.08	300m: 3:25.16	34.64	400m: 4:32.19	33.23		
18.	K DZIERA Maciej	13	UKS "ORKA" Zamo					4:40.61	432
	50m: 30.14 30.14	150m: 1:40.38	35.90	250m: 2:52.78	36.53	350m: 4:05.49	35.71		
	100m: 1:04.48 34.34	200m: 2:16.25	35.87	300m: 3:29.78	37.00	400m: 4:40.61	35.12		
19.	JABŁO SKI Maciej	13	MKS AVIA widnik					4:51.97	384
	50m: 32.18 32.18	150m: 1:46.00	37.41	250m: 3:01.74	37.69	350m: 4:16.46	37.39		
	100m: 1:08.59 36.41	200m: 2:24.05	38.05	300m: 3:39.07	37.33	400m: 4:51.97	35.51		
20.	PAWLIKOWSKI Karol	12	MTP "Lublinianka"					4:52.97	380
	50m: 33.07 33.07	150m: 1:47.71	37.66	250m: 3:03.91	37.65	350m: 4:18.11	37.34		
	100m: 1:10.05 36.98	200m: 2:26.26	38.55	300m: 3:40.77	36.86	400m: 4:52.97	34.86		
21.	ZAMECKI Aleksander	13	KU AZS UMCS Lublin					4:56.15	368
	50m: 32.42 32.42	150m: 1:47.17	37.68	250m: 3:04.07	38.36	350m: 4:19.93	37.94		
	100m: 1:09.49 37.07	200m: 2:25.71	38.54	300m: 3:41.99	37.92	400m: 4:56.15	36.22		
22.	WITEK Franciszek	12	UKS Szkoła Pływania 23 Lublin					4:57.54	363
	50m: 32.54 32.54	150m: 1:47.85	38.64	250m: 3:05.66	38.49	350m: 4:22.01	38.19		
	100m: 1:09.21 36.67	200m: 2:27.17	39.32	300m: 3:43.82	38.16	400m: 4:57.54	35.53		
23.	WRONKA Adam	13	KS "Wisła" Puławy					5:01.57	348
	50m: 34.66 34.66	150m: 1:51.63	38.30	250m: 3:08.42	38.14	350m: 4:25.39	38.14		
	100m: 1:13.33 38.67	200m: 2:30.28	38.65	300m: 3:47.25	38.83	400m: 5:01.57	36.18		
24.	BARABAN Damian	15	KS "Wisła" Puławy					5:04.65	338
	50m: 32.35 32.35	150m: 1:49.21	39.23	250m: 3:07.81	39.47	350m: 4:25.92	39.24		
	100m: 1:09.98 37.63	200m: 2:28.34	39.13	300m: 3:46.68	38.87	400m: 5:04.65	38.73		
25.	SOBEK Antoni	13	UKS Olimpijczyk 23					5:05.63	334
	50m: 33.46 33.46	150m: 1:50.40	38.86	250m: 3:08.67	38.92	350m: 4:27.52	39.84		
	100m: 1:11.54 38.08	200m: 2:29.75	39.35	300m: 3:47.68	39.01	400m: 5:05.63	38.11		
26.	KAHAN Stanisław	14	UKS "ORKA" Zamo					5:09.53	322
	50m: 35.42 35.42	150m: 1:54.66	40.08	250m: 3:13.84	39.05	350m: 4:31.64	38.46		
	100m: 1:14.58 39.16	200m: 2:34.79	40.13	300m: 3:53.18	39.34	400m: 5:09.53	37.89		
27.	RUDAWSKI Franciszek	12	MTP "Lublinianka"					5:11.50	316
	50m: 34.09 34.09	150m: 1:53.75	40.74	250m: 3:16.13	41.27	350m: 4:34.93	38.05		
	100m: 1:13.01 38.92	200m: 2:34.86	41.11	300m: 3:56.88	40.75	400m: 5:11.50	36.57		
28.	POPIOŁEK Ksawery	12	UKS Szkoła Pływania 23 Lublin					5:18.57	295
	50m: 34.64 34.64	150m: 1:54.29	40.29	250m: 3:15.83	40.42	350m: 4:38.91	41.83		
	100m: 1:14.00 39.36	200m: 2:35.41	41.12	300m: 3:57.08	41.25	400m: 5:18.57	39.66		
29.	RYBAK Anatol	12	MTP "Lublinianka"					5:20.10	291
	50m: 36.41 36.41	150m: 1:57.32	41.33	250m: 3:19.36	41.36	350m: 4:41.04	40.60		
	100m: 1:15.99 39.58	200m: 2:38.00	40.68	300m: 4:00.44	41.08	400m: 5:20.10	39.06		
30.	ADAMCZYK Antoni	13	UKS "ORKA" Zamo					5:22.35	285
	50m: 33.72 33.72	150m: 1:52.92	40.72	250m: 3:16.00	41.78	350m: 4:41.61	43.02		
	100m: 1:12.20 38.48	200m: 2:34.22	41.30	300m: 3:58.59	42.59	400m: 5:22.35	40.74		
31.	RUBAJ Szymon	13	MKS AVIA widnik					5:22.49	285
	50m: 37.07 37.07	150m: 1:59.32	41.26	250m: 3:21.75	40.84	350m: 4:44.62	40.53		
	100m: 1:18.06 40.99	200m: 2:40.91	41.59	300m: 4:04.09	42.34	400m: 5:22.49	37.87		
32.	PAWLIK Nikodem	12	UKS Szkoła Pływania 23 Lublin					5:29.16	268
	50m: 35.57 35.57	150m: 1:59.29	42.64	250m: 3:22.22	40.77	350m: 4:47.94	42.83		
	100m: 1:16.65 41.08	200m: 2:41.45	42.16	300m: 4:05.11	42.89	400m: 5:29.16	41.22		
33.	NOWAKOWSKI Oskar	12	UKS Szkoła Pływania 23 Lublin					5:29.98	266
	50m: 37.35 37.35	150m: 2:00.15	42.33	250m: 3:24.62	42.73	350m: 4:50.16	42.23		
	100m: 1:17.82 40.47	200m: 2:41.89	41.74	300m: 4:07.93	43.31	400m: 5:29.98	39.82		
34.	KRÓL Grzegorz	12	UKS 51 Lublin					5:30.87	263
	50m: 35.76 35.76	150m: 1:56.74	41.53	250m: 3:20.99	42.57	350m: 4:47.94	43.95		
	100m: 1:15.21 39.45	200m: 2:38.42	41.68	300m: 4:03.99	43.00	400m: 5:30.87	42.93		

Mistrzostwa Województwa Lubelskiego
Lublin, 7. - 8.10.2023

Konkurencja 14, M czyzn, 400m dowolny, 12 lat i starsi

Pozycja					Wiek					Czas	Pkt.	
35.	SZMIT Paweł				12	UKS SP5 Swim				5:31.37	262	
	50m:	36.82	36.82	150m:	1:59.17	41.87	250m:	3:24.22	42.21	350m:	4:49.90	43.73
	100m:	1:17.30	40.48	200m:	2:42.01	42.84	300m:	4:06.17	41.95	400m:	5:31.37	41.47
36.	JAROSI SKI Jakub				13	UKS SP5 Swim				5:34.74	254	
	50m:	37.52	37.52	150m:	2:02.12	43.13	250m:	3:27.55	42.28	350m:	4:53.97	43.53
	100m:	1:18.99	41.47	200m:	2:45.27	43.15	300m:	4:10.44	42.89	400m:	5:34.74	40.77
37.	ROMANIUK Mikołaj				13	KU AZS UMCS Lublin				5:40.99	241	
	50m:	36.29	36.29	150m:	2:01.54	43.15	250m:	3:29.03	43.92	350m:	4:54.22	41.51
	100m:	1:18.39	42.10	200m:	2:45.11	43.57	300m:	4:12.71	43.68	400m:	5:40.99	46.77
38.	KAHAN Aleksander				12	UKS "ORKA" Zamo				5:50.13	222	
	50m:	37.16	37.16	150m:	2:07.41	45.38	250m:	3:38.59	45.53	350m:	5:08.97	44.93
	100m:	1:22.03	44.87	200m:	2:53.06	45.65	300m:	4:24.04	45.45	400m:	5:50.13	41.16
39.	BUSNIUK Nikita				12	UKS Szkoła Pływania 23 Lublin				5:54.86	213	
	50m:	39.07	39.07	150m:	2:11.51	46.34	250m:	3:42.38	45.45	350m:	5:13.05	44.83
	100m:	1:25.17	46.10	200m:	2:56.93	45.42	300m:	4:28.22	45.84	400m:	5:54.86	41.81
40.	ALEKSANDROV Illia				12	MTP "Lublinianka"				6:02.27	201	
	50m:	37.98	37.98	150m:	2:09.73	46.86	250m:	3:45.47	48.01	350m:	5:18.84	46.04
	100m:	1:22.87	44.89	200m:	2:57.46	47.73	300m:	4:32.80	47.33	400m:	6:02.27	43.43
41.	ZIREBIEC Kajetan				12	KU AZS UMCS Lublin				6:04.18	197	
	50m:	40.55	40.55	150m:	2:13.27	47.24	250m:	3:47.15	47.40	350m:	5:20.43	46.01
	100m:	1:26.03	45.48	200m:	2:59.75	46.48	300m:	4:34.42	47.27	400m:	6:04.18	43.75
42.	KONACHOWICZ Jan				12	KU AZS UMCS Lublin				6:20.82	173	
	50m:	41.22	41.22	150m:	2:20.89	50.30	250m:	4:01.22	50.50	350m:	5:36.93	47.68
	100m:	1:30.59	49.37	200m:	3:10.72	49.83	300m:	4:49.25	48.03	400m:	6:20.82	43.89
PK	REDZI SKI VEL RYDZY SKI Mateusz16					KU AZS UMCS Lublin				4:03.69	660	
	50m:	27.83	27.83	150m:	1:29.95	31.26	250m:	2:32.37	31.35	350m:	3:34.39	30.65
	100m:	58.69	30.86	200m:	2:01.02	31.07	300m:	3:03.74	31.37	400m:	4:03.69	29.30
PK	ZGODA Szymon				15	UKP "Polonia Warszawa"				4:19.13	549	
	50m:	30.35	30.35	150m:	1:36.66	32.97	250m:	2:41.92	32.70	350m:	3:47.08	32.37
	100m:	1:03.69	33.34	200m:	2:09.22	32.56	300m:	3:14.71	32.79	400m:	4:19.13	32.05
PK	L ZAK Kamil				15	UKP "Polonia Warszawa"				4:30.19	484	
	50m:	30.03	30.03	150m:	1:38.29	34.59	250m:	2:48.10	35.05	350m:	3:56.89	34.36
	100m:	1:03.70	33.67	200m:	2:13.05	34.76	300m:	3:22.53	34.43	400m:	4:30.19	33.30
PK	FEDASZ Alan				15	UKP "Polonia Warszawa"				4:30.67	482	
	50m:	30.30	30.30	150m:	1:37.99	34.14	250m:	2:47.12	34.58	350m:	3:57.34	35.34
	100m:	1:03.85	33.55	200m:	2:12.54	34.55	300m:	3:22.00	34.88	400m:	4:30.67	33.33