

Memoriał Henryka Kosakowskiego i Witolda Ruzikowskiego
Lublin, 18.5.2024

Konkurencja 30
18.05.2024 - 16:53

M czynn, 400m zmienny

13 lat i starsi
Wyniki

| | | | | | |
|------------------|---------|----------------|-------|--------------|------------|
| Rekord LOZP Open | 4:19.87 | WITKOWSKI Jan | 01003 | Szczecin | 28.05.2016 |
| Rekord LOZP 19 + | 4:19.87 | WITKOWSKI Jan | 01003 | Szczecin | 28.05.2016 |
| Rekord LOZP 18 | 4:25.01 | WITKOWSKI Jan | 01003 | Oswiecim | 18.07.2012 |
| Rekord LOZP 17 | 4:28.77 | POPIEL Mikołaj | 03103 | Olsztyn | 27.04.2023 |
| Rekord LOZP 16 | 4:34.48 | CERTA Maciej | 00603 | Gorzow Wlkp. | 30.11.2007 |
| Rekord LOZP 15 | 4:38.80 | SOBEK Nikodem | 02503 | Lublin | 14.07.2017 |
| Rekord LOZP 14 | 4:39.38 | SOBEK Nikodem | 02303 | Berlin (GER) | 16.12.2016 |
| Rekord LOZP 13 | 4:58.51 | SOBEK Nikodem | 02303 | Berlin (GER) | 18.12.2015 |

Punkty: FINA 2024

| Pozycja | | | Wiek | | | Czas | Pkt. |
|---------|--|--|------|--|--|------|------|
|---------|--|--|------|--|--|------|------|

13 - 14 lat

| | | | | | |
|----|---------------------|---------------------|---------------------------|---------------------|-----|
| 1. | JABŁO SKI Maciej | 14 | MKS AVIA widnik | 5:23.70 | 420 |
| | 50m: 35.54 35.54 | 150m: 1:57.11 42.36 | 250m: 3:23.89 46.35 | 350m: 4:47.79 38.63 | |
| | 100m: 1:14.75 39.21 | 200m: 2:37.54 40.43 | 300m: 4:09.16 45.27 | 400m: 5:23.70 35.91 | |
| 2. | BARTNIK Hubert | 14 | UKS „Wodnik Krasnystaw” | 5:31.62 | 391 |
| | 50m: 33.50 33.50 | 150m: 1:57.95 44.79 | 250m: 3:27.40 46.43 | 350m: 4:55.06 41.05 | |
| | 100m: 1:13.16 39.66 | 200m: 2:40.97 43.02 | 300m: 4:14.01 46.61 | 400m: 5:31.62 36.56 | |
| 3. | CZERWI SKI Jakub | 14 | UKS „ORKA” Zamo | 5:34.92 | 379 |
| | 50m: 36.40 36.40 | 150m: 2:03.20 43.48 | 250m: 3:36.10 50.20 | 350m: 5:02.46 36.75 | |
| | 100m: 1:19.72 43.32 | 200m: 2:45.90 42.70 | 300m: 4:25.71 49.61 | 400m: 5:34.92 32.46 | |
| 4. | WRONKA Adam | 14 | KS „Wisła” Puławy | 5:35.72 | 376 |
| | 50m: 35.05 35.05 | 150m: 2:00.65 44.76 | 250m: 3:32.32 50.05 | 350m: 4:59.52 37.22 | |
| | 100m: 1:15.89 40.84 | 200m: 2:42.27 41.62 | 300m: 4:22.30 49.98 | 400m: 5:35.72 36.20 | |
| 5. | NOWICKI Filip | 14 | KU AZS UMCS Lublin | 5:39.56 | 364 |
| | 50m: 33.87 33.87 | 150m: 2:02.95 47.01 | 250m: 3:36.77 48.10 | 350m: 5:02.90 37.89 | |
| | 100m: 1:15.94 42.07 | 200m: 2:48.67 45.72 | 300m: 4:25.01 48.24 | 400m: 5:39.56 36.66 | |
| 6. | FERENS Mikołaj | 14 | UKS „ORKA” Zamo | 5:46.93 | 341 |
| | 50m: 36.07 36.07 | 150m: 2:04.50 44.97 | 250m: 3:38.43 49.53 | 350m: 5:08.43 40.14 | |
| | 100m: 1:19.53 43.46 | 200m: 2:48.90 44.40 | 300m: 4:28.29 49.86 | 400m: 5:46.93 38.50 | |
| 7. | ADAMCZYK Antoni | 14 | UKS „ORKA” Zamo | 5:58.82 | 308 |
| | 50m: 34.15 34.15 | 150m: 2:03.65 48.19 | 250m: 3:41.95 52.49 | 350m: 5:19.35 43.55 | |
| | 100m: 1:15.46 41.31 | 200m: 2:49.46 45.81 | 300m: 4:35.80 53.85 | 400m: 5:58.82 39.47 | |
| 8. | LESZKOWICZ Hubert | 14 | UKS „ORKA” Zamo | 6:01.16 | 302 |
| | 50m: 38.17 38.17 | 150m: 2:12.83 48.58 | 250m: 3:49.72 49.96 | 350m: 5:21.72 41.44 | |
| | 100m: 1:24.25 46.08 | 200m: 2:59.76 46.93 | 300m: 4:40.28 50.56 | 400m: 6:01.16 39.44 | |
| 9. | UDALOV Vladyslav | 13 | KS AZS AWF Biała Podlaska | 6:30.31 | 239 |
| | 50m: 39.92 39.92 | 150m: 2:20.10 50.21 | 250m: 4:06.88 57.15 | 350m: 5:50.19 45.11 | |
| | 100m: 1:29.89 49.97 | 200m: 3:09.73 49.63 | 300m: 5:05.08 58.20 | 400m: 6:30.31 40.12 | |

15 - 16 lat

| | | | | | |
|----|---------------------|---------------------|---------------------------|---------------------|-----|
| 1. | ACZEK Hubert | 16 | KS „Wisła” Puławy | 4:47.41 | 600 |
| | 50m: 28.72 28.72 | 150m: 1:42.77 39.47 | 250m: 3:01.09 41.77 | 350m: 4:16.24 32.13 | |
| | 100m: 1:03.30 34.58 | 200m: 2:19.32 36.55 | 300m: 3:44.11 43.02 | 400m: 4:47.41 31.17 | |
| 2. | JOACHIMOWICZ Patryk | 16 | KU AZS UMCS Lublin | 4:59.12 | 532 |
| | 50m: 30.42 30.42 | 150m: 1:45.63 39.29 | 250m: 3:06.24 42.84 | 350m: 4:24.84 35.58 | |
| | 100m: 1:06.34 35.92 | 200m: 2:23.40 37.77 | 300m: 3:49.26 43.02 | 400m: 4:59.12 34.28 | |
| 3. | TWORKOWSKI Michał | 16 | KU AZS UMCS Lublin | 5:03.28 | 511 |
| | 50m: 31.78 31.78 | 150m: 1:52.17 41.84 | 250m: 3:12.04 40.40 | 350m: 4:29.08 35.58 | |
| | 100m: 1:10.33 38.55 | 200m: 2:31.64 39.47 | 300m: 3:53.50 41.46 | 400m: 5:03.28 34.20 | |
| 4. | WASILEWSKI Mateusz | 16 | KU AZS UMCS Lublin | 5:11.46 | 471 |
| | 50m: 32.27 32.27 | 150m: 1:53.35 42.28 | 250m: 3:19.03 45.06 | 350m: 4:39.10 34.96 | |
| | 100m: 1:11.07 38.80 | 200m: 2:33.97 40.62 | 300m: 4:04.14 45.11 | 400m: 5:11.46 32.36 | |
| 5. | ZIELI SKI Maciej | 15 | KS AZS AWF Biała Podlaska | 5:42.59 | 354 |
| | 50m: 35.81 35.81 | 150m: 2:05.13 45.32 | 250m: 3:37.11 47.74 | 350m: 5:05.60 40.97 | |
| | 100m: 1:19.81 44.00 | 200m: 2:49.37 44.24 | 300m: 4:24.63 47.52 | 400m: 5:42.59 36.99 | |

Memoriał Henryka Kosakowskiego i Witolda Ruzikowskiego
Lublin, 18.5.2024

Konkurencja 30, Chłopców, 400m zmienny, 15 - 16 lat

| Pozycja | | | Wiek | | | | Czas | | Pkt. | | |
|---------|--|---------------|-------------|---------|-------|---------------------------|-------------------------|----------------|----------------|---------|-------|
| 6. | KRAKOWIAK Dawid | | 16 | | | | UKS SP5 Swim | | 6:09.38 | 282 | |
| | 50m: | 36.21 36.21 | 150m: | 2:09.57 | 51.79 | 250m: | 3:52.01 | 51.95 | 350m: | 5:27.42 | 43.33 |
| | 100m: | 1:17.78 41.57 | 200m: | 3:00.06 | 50.49 | 300m: | 4:44.09 | 52.08 | 400m: | 6:09.38 | 41.96 |
| DYSKW. | BARABAN Damian | | 16 | | | | KS „Wisła” Puławy | | | | |
| | <i>O1 - Pływak zainicjował start przed sygnałem startu - 4.4</i> | | | | | | | | | | |
| OPEN | | | | | | | | | | | |
| 1. | NOWACKI Błażej | | 19 | | | | KU AZS UMCS Lublin | | 4:43.23 | 627 | |
| | 50m: | 28.45 28.45 | 150m: | 1:40.45 | 38.62 | 250m: | 2:57.79 | 39.86 | 350m: | 4:11.23 | 32.83 |
| | 100m: | 1:01.83 33.38 | 200m: | 2:17.93 | 37.48 | 300m: | 3:38.40 | 40.61 | 400m: | 4:43.23 | 32.00 |
| 2. | ACZEK Hubert | | 16 | | | | KS „Wisła” Puławy | | 4:47.41 | 600 | |
| | 50m: | 28.72 28.72 | 150m: | 1:42.77 | 39.47 | 250m: | 3:01.09 | 41.77 | 350m: | 4:16.24 | 32.13 |
| | 100m: | 1:03.30 34.58 | 200m: | 2:19.32 | 36.55 | 300m: | 3:44.11 | 43.02 | 400m: | 4:47.41 | 31.17 |
| 3. | REDZI SKI | VEL RYDZY | SKI Mateusz | 17 | | | KU AZS UMCS Lublin | | 4:49.92 | 585 | |
| | 50m: | 30.13 30.13 | 150m: | 1:45.51 | 39.48 | 250m: | 3:04.82 | 41.03 | 350m: | 4:19.08 | 32.78 |
| | 100m: | 1:06.03 35.90 | 200m: | 2:23.79 | 38.28 | 300m: | 3:46.30 | 41.48 | 400m: | 4:49.92 | 30.84 |
| 4. | JOACHIMOWICZ Patryk | | 16 | | | | KU AZS UMCS Lublin | | 4:59.12 | 532 | |
| | 50m: | 30.42 30.42 | 150m: | 1:45.63 | 39.29 | 250m: | 3:06.24 | 42.84 | 350m: | 4:24.84 | 35.58 |
| | 100m: | 1:06.34 35.92 | 200m: | 2:23.40 | 37.77 | 300m: | 3:49.26 | 43.02 | 400m: | 4:59.12 | 34.28 |
| 5. | TWORKOWSKI Michał | | 16 | | | | KU AZS UMCS Lublin | | 5:03.28 | 511 | |
| | 50m: | 31.78 31.78 | 150m: | 1:52.17 | 41.84 | 250m: | 3:12.04 | 40.40 | 350m: | 4:29.08 | 35.58 |
| | 100m: | 1:10.33 38.55 | 200m: | 2:31.64 | 39.47 | 300m: | 3:53.50 | 41.46 | 400m: | 5:03.28 | 34.20 |
| 6. | WASILEWSKI Mateusz | | 16 | | | | KU AZS UMCS Lublin | | 5:11.46 | 471 | |
| | 50m: | 32.27 32.27 | 150m: | 1:53.35 | 42.28 | 250m: | 3:19.03 | 45.06 | 350m: | 4:39.10 | 34.96 |
| | 100m: | 1:11.07 38.80 | 200m: | 2:33.97 | 40.62 | 300m: | 4:04.14 | 45.11 | 400m: | 5:11.46 | 32.36 |
| 7. | KOZAK Jan | | 18 | | | | UKS SP5 Swim | | 5:21.31 | 429 | |
| | 50m: | 33.00 33.00 | 150m: | 1:55.77 | 44.09 | 250m: | 3:21.89 | 42.91 | 350m: | 4:45.33 | 39.46 |
| | 100m: | 1:11.68 38.68 | 200m: | 2:38.98 | 43.21 | 300m: | 4:05.87 | 43.98 | 400m: | 5:21.31 | 35.98 |
| 8. | JABŁO SKI | Maciej | 14 | | | MKS AVIA widnik | | 5:23.70 | 420 | | |
| | 50m: | 35.54 35.54 | 150m: | 1:57.11 | 42.36 | 250m: | 3:23.89 | 46.35 | 350m: | 4:47.79 | 38.63 |
| | 100m: | 1:14.75 39.21 | 200m: | 2:37.54 | 40.43 | 300m: | 4:09.16 | 45.27 | 400m: | 5:23.70 | 35.91 |
| 9. | BARTNIK Hubert | | 14 | | | | UKS „Wodnik Krasnystaw” | | 5:31.62 | 391 | |
| | 50m: | 33.50 33.50 | 150m: | 1:57.95 | 44.79 | 250m: | 3:27.40 | 46.43 | 350m: | 4:55.06 | 41.05 |
| | 100m: | 1:13.16 39.66 | 200m: | 2:40.97 | 43.02 | 300m: | 4:14.01 | 46.61 | 400m: | 5:31.62 | 36.56 |
| 10. | CZERWI SKI | Jakub | 14 | | | UKS „ORKA” Zamo | | 5:34.92 | 379 | | |
| | 50m: | 36.40 36.40 | 150m: | 2:03.20 | 43.48 | 250m: | 3:36.10 | 50.20 | 350m: | 5:02.46 | 36.75 |
| | 100m: | 1:19.72 43.32 | 200m: | 2:45.90 | 42.70 | 300m: | 4:25.71 | 49.61 | 400m: | 5:34.92 | 32.46 |
| 11. | WRONKA Adam | | 14 | | | | KS „Wisła” Puławy | | 5:35.72 | 376 | |
| | 50m: | 35.05 35.05 | 150m: | 2:00.65 | 44.76 | 250m: | 3:32.32 | 50.05 | 350m: | 4:59.52 | 37.22 |
| | 100m: | 1:15.89 40.84 | 200m: | 2:42.27 | 41.62 | 300m: | 4:22.30 | 49.98 | 400m: | 5:35.72 | 36.20 |
| 12. | NOWICKI Filip | | 14 | | | | KU AZS UMCS Lublin | | 5:39.56 | 364 | |
| | 50m: | 33.87 33.87 | 150m: | 2:02.95 | 47.01 | 250m: | 3:36.77 | 48.10 | 350m: | 5:02.90 | 37.89 |
| | 100m: | 1:15.94 42.07 | 200m: | 2:48.67 | 45.72 | 300m: | 4:25.01 | 48.24 | 400m: | 5:39.56 | 36.66 |
| 13. | ZIELI SKI | Maciej | 15 | | | KS AZS AWF Biała Podlaska | | 5:42.59 | 354 | | |
| | 50m: | 35.81 35.81 | 150m: | 2:05.13 | 45.32 | 250m: | 3:37.11 | 47.74 | 350m: | 5:05.60 | 40.97 |
| | 100m: | 1:19.81 44.00 | 200m: | 2:49.37 | 44.24 | 300m: | 4:24.63 | 47.52 | 400m: | 5:42.59 | 36.99 |
| 14. | FERENS Mikołaj | | 14 | | | | UKS „ORKA” Zamo | | 5:46.93 | 341 | |
| | 50m: | 36.07 36.07 | 150m: | 2:04.50 | 44.97 | 250m: | 3:38.43 | 49.53 | 350m: | 5:08.43 | 40.14 |
| | 100m: | 1:19.53 43.46 | 200m: | 2:48.90 | 44.40 | 300m: | 4:28.29 | 49.86 | 400m: | 5:46.93 | 38.50 |
| 15. | ADAMCZYK Antoni | | 14 | | | | UKS „ORKA” Zamo | | 5:58.82 | 308 | |
| | 50m: | 34.15 34.15 | 150m: | 2:03.65 | 48.19 | 250m: | 3:41.95 | 52.49 | 350m: | 5:19.35 | 43.55 |
| | 100m: | 1:15.46 41.31 | 200m: | 2:49.46 | 45.81 | 300m: | 4:35.80 | 53.85 | 400m: | 5:58.82 | 39.47 |

Memoriał Henryka Kosakowskiego i Witolda Ruzikowskiego
Lublin, 18.5.2024

Konkurencja 30, M czynn, 400m zmienny, OPEN

| Pozycja | | Wiek | | | | | | Czas | Pkt. |
|---------|--|---------------|---------------------------|---------------|-------|---------------|-------|----------------|------|
| 16. | LESZKOWICZ Hubert | 14 | UKS „ORKA” Zamo | | | | | 6:01.16 | 302 |
| | 50m: 38.17 38.17 | 150m: 2:12.83 | 48.58 | 250m: 3:49.72 | 49.96 | 350m: 5:21.72 | 41.44 | | |
| | 100m: 1:24.25 46.08 | 200m: 2:59.76 | 46.93 | 300m: 4:40.28 | 50.56 | 400m: 6:01.16 | 39.44 | | |
| 17. | KRAKOWIAK Dawid | 16 | UKS SP5 Swim | | | | | 6:09.38 | 282 |
| | 50m: 36.21 36.21 | 150m: 2:09.57 | 51.79 | 250m: 3:52.01 | 51.95 | 350m: 5:27.42 | 43.33 | | |
| | 100m: 1:17.78 41.57 | 200m: 3:00.06 | 50.49 | 300m: 4:44.09 | 52.08 | 400m: 6:09.38 | 41.96 | | |
| 18. | UDALOV Vladyslav | 13 | KS AZS AWF Biała Podlaska | | | | | 6:30.31 | 239 |
| | 50m: 39.92 39.92 | 150m: 2:20.10 | 50.21 | 250m: 4:06.88 | 57.15 | 350m: 5:50.19 | 45.11 | | |
| | 100m: 1:29.89 49.97 | 200m: 3:09.73 | 49.63 | 300m: 5:05.08 | 58.20 | 400m: 6:30.31 | 40.12 | | |
| DYSKW. | BARABAN Damian | 16 | KS „Wisła” Puławy | | | | | | |
| | <i>O1 - Pływak zainicjował start przed sygnałem startu - 4.4</i> | | | | | | | | |