

Memoriał Henryka Kosakowskiego i Witolda Ruzikowskiego  
Lublin, 18.5.2024

Konkurencja 5  
18.05.2024 - 9:28

Kobiet, 400m dowolny

13 lat i starsi  
Wyniki

Rekord LOZP Open	4:17.84	KOWALSKA Klara	03103	Belgrade (SRB)	09.07.2023
Rekord LOZP 19 +	4:18.01	BARZYCKA Paulina	01403	Ostrowiec Sw.	05.04.2008
Rekord LOZP 18	4:17.84	KOWALSKA Klara	03103	Belgrade (SRB)	09.07.2023
Rekord LOZP 17	4:19.24	GEORGES Daniela	01403	Mission Viejo (USA)	27.06.2014
Rekord LOZP 16	4:22.12	KOWALSKA Klara	03103	Warsaw	17.07.2021
Rekord LOZP 15	4:25.12	GEORGES Daniela	01403	Mission Viejo (USA)	20.04.2012
Rekord LOZP 14	4:29.93	SADŁO Kamila	00303	Oswiecim	05.07.2008
Rekord LOZP 13	4:40.12	RUDAWSKA Adrianna	00503	Gorzow Wlkp.	04.07.2009

Punkty: FINA 2024

Pozycja			Wiek				Czas		Pkt.
<b>13 - 14 lat</b>									
1.	GORDZIEJKO Joanna		14	MTP „Lublinianka”		<b>4:54.76</b>		509	
	50m:	33.43 33.43	150m:	1:47.44 36.93	250m:	3:02.15 37.97	350m:	4:17.71 37.30	
	100m:	1:10.51 37.08	200m:	2:24.18 36.74	300m:	3:40.41 38.26	400m:	4:54.76 37.05	
2.	CZOPEK Lena		14	UKS Olimpijczyk 23		<b>4:57.99</b>		492	
	50m:	34.15 34.15	150m:	1:49.04 38.09	250m:	3:05.32 38.72	350m:	4:21.98 38.37	
	100m:	1:10.95 36.80	200m:	2:26.60 37.56	300m:	3:43.61 38.29	400m:	4:57.99 36.01	
3.	TATARA Patrycja		13	MKS AVIA widnik		<b>5:08.69</b>		443	
	50m:	34.42 34.42	150m:	1:52.18 39.59	250m:	3:11.44 39.41	350m:	4:30.59 39.17	
	100m:	1:12.59 38.17	200m:	2:32.03 39.85	300m:	3:51.42 39.98	400m:	5:08.69 38.10	
4.	BONDYRA Zuzanna		14	UKS „ORKA” Zamo		<b>5:14.59</b>		418	
	50m:	35.51 35.51	150m:	1:55.03 40.59	250m:	3:15.83 40.44	350m:	4:36.31 40.14	
	100m:	1:14.44 38.93	200m:	2:35.39 40.36	300m:	3:56.17 40.34	400m:	5:14.59 38.28	
5.	WÓJCIK Agata		14	KU AZS UMCS Lublin		<b>5:18.31</b>		404	
	50m:	35.01 35.01	150m:	1:55.17 41.40	250m:	3:17.53 40.08	350m:	4:40.04 40.45	
	100m:	1:13.77 38.76	200m:	2:37.45 42.28	300m:	3:59.59 42.06	400m:	5:18.31 38.27	
6.	WÓJTOWICZ Lena		13	KU AZS UMCS Lublin		<b>5:45.85</b>		315	
	50m:	37.66 37.66	150m:	2:04.42 44.36	250m:	3:33.06 44.31	350m:	5:03.22 45.42	
	100m:	1:20.06 42.40	200m:	2:48.75 44.33	300m:	4:17.80 44.74	400m:	5:45.85 42.63	
7.	FRONCZEK Łucja		13	KU AZS UMCS Lublin		<b>5:48.48</b>		308	
	50m:	37.52 37.52	150m:	2:04.47 44.14	250m:	3:34.42 44.87	350m:	5:05.30 45.23	
	100m:	1:20.33 42.81	200m:	2:49.55 45.08	300m:	4:20.07 45.65	400m:	5:48.48 43.18	
8.	KOZIOŁ Wiktoria		13	MTP „Lublinianka”		<b>5:48.81</b>		307	
	50m:	36.92 36.92	150m:	2:04.07 44.47	250m:	3:34.80 45.39	350m:	5:06.44 46.22	
	100m:	1:19.60 42.68	200m:	2:49.41 45.34	300m:	4:20.22 45.42	400m:	5:48.81 42.37	
9.	BROGOWSKA Maria		14	UKS „ORKA” Zamo		<b>5:50.59</b>		302	
	50m:	38.66 38.66	150m:	2:07.72 45.25	250m:	3:38.29 45.75	350m:	5:09.69 45.56	
	100m:	1:22.47 43.81	200m:	2:52.54 44.82	300m:	4:24.13 45.84	400m:	5:50.59 40.90	
10.	KUDYK Magdalena		13	UKS „ORKA” Zamo		<b>5:53.90</b>		294	
	50m:	38.35 38.35	150m:	2:08.53 45.94	250m:	3:39.54 45.58	350m:	5:11.27 46.02	
	100m:	1:22.59 44.24	200m:	2:53.96 45.43	300m:	4:25.25 45.71	400m:	5:53.90 42.63	
11.	SZEWCZAK Weronika		14	Uks Skarpa Lublin		<b>6:07.03</b>		263	
	50m:	42.05 42.05	150m:	2:14.18 46.03	250m:	3:48.05 47.98	350m:	5:23.19 47.28	
	100m:	1:28.15 46.10	200m:	3:00.07 45.89	300m:	4:35.91 47.86	400m:	6:07.03 43.84	
12.	FURDAK Liliana		14	KS Prestige Rzeszów		<b>6:30.91</b>		218	
	50m:	39.09 39.09	150m:	2:15.56 50.64	250m:	4:01.08 52.90	350m:	5:44.20 51.87	
	100m:	1:24.92 45.83	200m:	3:08.18 52.62	300m:	4:52.33 51.25	400m:	6:30.91 46.71	

15 - 16 lat

1.	MUCHA Martyna		15	UKS „ORKA” Zamo		<b>5:20.23</b>		397	
	50m:	34.40 34.40	150m:	1:54.52 41.51	250m:	3:17.48 42.02	350m:	4:42.00 42.12	
	100m:	1:13.01 38.61	200m:	2:35.46 40.94	300m:	3:59.88 42.40	400m:	5:20.23 38.23	
2.	MAZUREK Martyna		15	MTP „Lublinianka”		<b>5:39.86</b>		332	
	50m:	37.07 37.07	150m:	2:03.73 44.19	250m:	3:32.05 44.24	350m:	4:58.79 42.79	
	100m:	1:19.54 42.47	200m:	2:47.81 44.08	300m:	4:16.00 43.95	400m:	5:39.86 41.07	

Memoriał Henryka Kosakowskiego i Witolda Ruzikowskiego  
Lublin, 18.5.2024

Konkurencja 5, Kobiet, 400m dowolny

OPEN

1.	WIERNICKA Julia	17	KU AZS UMCS Lublin	<b>4:38.20</b>	605
	50m: 32.61 32.61	150m: 1:42.77 34.96	250m: 2:53.09 35.06	350m: 4:03.22 35.03	
	100m: 1:07.81 35.20	200m: 2:18.03 35.26	300m: 3:28.19 35.10	400m: 4:38.20 34.98	
2.	PRZYBYLSKA Oliwia	17	KU AZS UMCS Lublin	<b>4:39.80</b>	595
	50m: 32.77 32.77	150m: 1:42.77 35.01	250m: 2:53.35 35.33	350m: 4:04.46 35.40	
	100m: 1:07.76 34.99	200m: 2:18.02 35.25	300m: 3:29.06 35.71	400m: 4:39.80 35.34	
3.	GAWĘŁKO Zuzanna	18	KU AZS UMCS Lublin	<b>4:41.18</b>	586
	50m: 33.28 33.28	150m: 1:44.76 36.10	250m: 2:56.40 35.86	350m: 4:07.94 35.64	
	100m: 1:08.66 35.38	200m: 2:20.54 35.78	300m: 3:32.30 35.90	400m: 4:41.18 33.24	
4.	POPPE Marta	17	KU AZS UMCS Lublin	<b>4:41.24</b>	586
	50m: 32.45 32.45	150m: 1:43.71 35.59	250m: 2:55.77 36.11	350m: 4:07.62 35.93	
	100m: 1:08.12 35.67	200m: 2:19.66 35.95	300m: 3:31.69 35.92	400m: 4:41.24 33.62	
5.	WO AKOWSKA Zofia	17	KU AZS UMCS Lublin	<b>4:47.37</b>	549
	50m: 32.51 32.51	150m: 1:44.18 36.20	250m: 2:56.77 36.35	350m: 4:10.43 36.96	
	100m: 1:07.98 35.47	200m: 2:20.42 36.24	300m: 3:33.47 36.70	400m: 4:47.37 36.94	
6.	GORDZIEJKO Joanna	14	MTP „Lublinianka”	<b>4:54.76</b>	509
	50m: 33.43 33.43	150m: 1:47.44 36.93	250m: 3:02.15 37.97	350m: 4:17.71 37.30	
	100m: 1:10.51 37.08	200m: 2:24.18 36.74	300m: 3:40.41 38.26	400m: 4:54.76 37.05	
7.	CZOPEK Lena	14	UKS Olimpijczyk 23	<b>4:57.99</b>	492
	50m: 34.15 34.15	150m: 1:49.04 38.09	250m: 3:05.32 38.72	350m: 4:21.98 38.37	
	100m: 1:10.95 36.80	200m: 2:26.60 37.56	300m: 3:43.61 38.29	400m: 4:57.99 36.01	
8.	ADAMOWSKA Nadia	17	KU AZS UMCS Lublin	<b>5:08.41</b>	444
	50m: 35.20 35.20	150m: 1:53.13 39.34	250m: 3:12.40 39.43	350m: 4:31.86 39.22	
	100m: 1:13.79 38.59	200m: 2:32.97 39.84	300m: 3:52.64 40.24	400m: 5:08.41 36.55	
9.	TATARA Patrycja	13	MKS AVIA widnik	<b>5:08.69</b>	443
	50m: 34.42 34.42	150m: 1:52.18 39.59	250m: 3:11.44 39.41	350m: 4:30.59 39.17	
	100m: 1:12.59 38.17	200m: 2:32.03 39.85	300m: 3:51.42 39.98	400m: 5:08.69 38.10	
10.	BONDYRA Zuzanna	14	UKS „ORKA” Zamo	<b>5:14.59</b>	418
	50m: 35.51 35.51	150m: 1:55.03 40.59	250m: 3:15.83 40.44	350m: 4:36.31 40.14	
	100m: 1:14.44 38.93	200m: 2:35.39 40.36	300m: 3:56.17 40.34	400m: 5:14.59 38.28	
11.	WÓJCIK Agata	14	KU AZS UMCS Lublin	<b>5:18.31</b>	404
	50m: 35.01 35.01	150m: 1:55.17 41.40	250m: 3:17.53 40.08	350m: 4:40.04 40.45	
	100m: 1:13.77 38.76	200m: 2:37.45 42.28	300m: 3:59.59 42.06	400m: 5:18.31 38.27	
12.	MUCHA Martyna	15	UKS „ORKA” Zamo	<b>5:20.23</b>	397
	50m: 34.40 34.40	150m: 1:54.52 41.51	250m: 3:17.48 42.02	350m: 4:42.00 42.12	
	100m: 1:13.01 38.61	200m: 2:35.46 40.94	300m: 3:59.88 42.40	400m: 5:20.23 38.23	
13.	MAZUREK Martyna	15	MTP „Lublinianka”	<b>5:39.86</b>	332
	50m: 37.07 37.07	150m: 2:03.73 44.19	250m: 3:32.05 44.24	350m: 4:58.79 42.79	
	100m: 1:19.54 42.47	200m: 2:47.81 44.08	300m: 4:16.00 43.95	400m: 5:39.86 41.07	
14.	WÓJTOWICZ Lena	13	KU AZS UMCS Lublin	<b>5:45.85</b>	315
	50m: 37.66 37.66	150m: 2:04.42 44.36	250m: 3:33.06 44.31	350m: 5:03.22 45.42	
	100m: 1:20.06 42.40	200m: 2:48.75 44.33	300m: 4:17.80 44.74	400m: 5:45.85 42.63	
15.	FRONCZEK Łucja	13	KU AZS UMCS Lublin	<b>5:48.48</b>	308
	50m: 37.52 37.52	150m: 2:04.47 44.14	250m: 3:34.42 44.87	350m: 5:05.30 45.23	
	100m: 1:20.33 42.81	200m: 2:49.55 45.08	300m: 4:20.07 45.65	400m: 5:48.48 43.18	
16.	KOZIOŁ Wiktoria	13	MTP „Lublinianka”	<b>5:48.81</b>	307
	50m: 36.92 36.92	150m: 2:04.07 44.47	250m: 3:34.80 45.39	350m: 5:06.44 46.22	
	100m: 1:19.60 42.68	200m: 2:49.41 45.34	300m: 4:20.22 45.42	400m: 5:48.81 42.37	
17.	BROGOWSKA Maria	14	UKS „ORKA” Zamo	<b>5:50.59</b>	302
	50m: 38.66 38.66	150m: 2:07.72 45.25	250m: 3:38.29 45.75	350m: 5:09.69 45.56	
	100m: 1:22.47 43.81	200m: 2:52.54 44.82	300m: 4:24.13 45.84	400m: 5:50.59 40.90	
18.	HRYNISHYNA Mariia	20	KS „OLIMPIA” Lublin	<b>5:51.22</b>	301
	50m: 40.06 40.06	150m: 2:11.02 44.80	250m: 3:39.34 43.95	350m: 5:09.59 44.88	
	100m: 1:26.22 46.16	200m: 2:55.39 44.37	300m: 4:24.71 45.37	400m: 5:51.22 41.63	

Memoriał Henryka Kosakowskiego i Witolda Ruzikowskiego  
Lublin, 18.5.2024

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Konkurencja 5, Kobiet, 400m dowolny, OPEN

Pozycja			Wiek				Czas		Pkt.
19.	KUDYK Magdalena		13	UKS „ORKA” Zamo				<b>5:53.90</b>	294
	50m:	38.35 38.35	150m:	2:08.53 45.94	250m:	3:39.54 45.58	350m:	5:11.27 46.02	
	100m:	1:22.59 44.24	200m:	2:53.96 45.43	300m:	4:25.25 45.71	400m:	5:53.90 42.63	
20.	SZEWCZAK Weronika		14	Uks Skarpa Lublin				<b>6:07.03</b>	263
	50m:	42.05 42.05	150m:	2:14.18 46.03	250m:	3:48.05 47.98	350m:	5:23.19 47.28	
	100m:	1:28.15 46.10	200m:	3:00.07 45.89	300m:	4:35.91 47.86	400m:	6:07.03 43.84	
21.	FURDAK Liliana		14	KS Prestige Rzeszów				<b>6:30.91</b>	218
	50m:	39.09 39.09	150m:	2:15.56 50.64	250m:	4:01.08 52.90	350m:	5:44.20 51.87	
	100m:	1:24.92 45.83	200m:	3:08.18 52.62	300m:	4:52.33 51.25	400m:	6:30.91 46.71	