

Memoriał Henryka Kosakowskiego i Witolda Ruzikowskiego  
Lublin, 18.5.2024

Konkurencja 6  
18.05.2024 - 9:47

Mężczyźni, 400m dowolny

13 lat i starsi  
Wyniki

Rekord LOZP Open	3:50.57	WITKOWSKI Jan	01003	London (GBR)	16.05.2016
Rekord LOZP 19 +	3:50.57	WITKOWSKI Jan	01003	London (GBR)	16.05.2016
Rekord LOZP 18	3:57.56	WITKOWSKI Jan	01003	Ostrowiec Sw.	02.06.2012
Rekord LOZP 17	3:59.00	HEBEL Maciej	03103	Oswiecim	21.07.2022
Rekord LOZP 16	4:02.81	KLIZA Mateusz	00303	Gorzow Wlkp.	10.07.2010
Rekord LOZP 15	4:06.84	ACZEK Hubert	00603	Lublin	15.07.2023
Rekord LOZP 14	4:11.78	HOLUB Jan	00303	Debica	03.07.2010
Rekord LOZP 13	4:29.39	WIAK Jakub	00503	Oswiecim	26.06.2008

Punkty: FINA 2024

Pozycja	Wiek		Czas		Pkt.
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13 - 14 lat

1. SZOREK Igor	14	KU AZS UMCS Lublin	<b>4:41.17</b>	479
50m: 31.30 31.30	150m: 1:41.65 35.73	250m: 2:54.53 36.38	350m: 4:08.03 37.00	
100m: 1:05.92 34.62	200m: 2:18.15 36.50	300m: 3:31.03 36.50	400m: 4:41.17 33.14	
2. JABŁO SKI Maciej	14	MKS AVIA widnik	<b>4:51.17</b>	431
50m: 31.70 31.70	150m: 1:45.00 37.69	250m: 3:00.03 37.47	350m: 4:15.10 37.36	
100m: 1:07.31 35.61	200m: 2:22.56 37.56	300m: 3:37.74 37.71	400m: 4:51.17 36.07	
3. SOBEK Antoni	14	UKS Olimpijczyk 23	<b>4:52.67</b>	425
50m: 32.45 32.45	150m: 1:46.62 37.33	250m: 3:01.75 37.84	350m: 4:17.40 38.21	
100m: 1:09.29 36.84	200m: 2:23.91 37.29	300m: 3:39.19 37.44	400m: 4:52.67 35.27	
4. PIZO Gabriel	14	MKS AVIA widnik	<b>5:06.34</b>	370
50m: 34.80 34.80	150m: 1:52.74 39.15	250m: 3:11.77 39.20	350m: 4:30.55 39.13	
100m: 1:13.59 38.79	200m: 2:32.57 39.83	300m: 3:51.42 39.65	400m: 5:06.34 35.79	
5. ADAMCZYK Antoni	14	UKS „ORKA” Zamo	<b>5:08.69</b>	362
50m: 34.70 34.70	150m: 1:53.14 39.83	250m: 3:13.94 40.36	350m: 4:33.44 39.40	
100m: 1:13.31 38.61	200m: 2:33.58 40.44	300m: 3:54.04 40.10	400m: 5:08.69 35.25	
6. RYBAK Anatol	13	MTP „Lublinianka”	<b>5:16.48</b>	336
50m: 34.15 34.15	150m: 1:54.12 40.95	250m: 3:15.25 40.35	350m: 4:37.66 40.93	
100m: 1:13.17 39.02	200m: 2:34.90 40.78	300m: 3:56.73 41.48	400m: 5:16.48 38.82	
7. UDALOV Vladyslav	13	KS AZS AWF Biała Podlaska	<b>5:22.86</b>	316
50m: 35.33 35.33	150m: 1:58.45 42.41	250m: 3:22.58 42.80	350m: 4:47.67 42.35	
100m: 1:16.04 40.71	200m: 2:39.78 41.33	300m: 4:05.32 42.74	400m: 5:22.86 35.19	
8. KAHAN Aleksander	13	UKS „ORKA” Zamo	<b>5:30.40</b>	295
50m: 37.33 37.33	150m: 2:02.26 42.42	250m: 3:27.88 42.93	350m: 4:52.02 41.81	
100m: 1:19.84 42.51	200m: 2:44.95 42.69	300m: 4:10.21 42.33	400m: 5:30.40 38.38	
9. STEFANIAK Szymon	13	KU AZS UMCS Lublin	<b>5:34.21</b>	285
50m: 35.71 35.71	150m: 1:58.91 41.38	250m: 3:25.55 43.52	350m: 4:53.90 44.81	
100m: 1:17.53 41.82	200m: 2:42.03 43.12	300m: 4:09.09 43.54	400m: 5:34.21 40.31	

15 - 16 lat

1. ACZEK Hubert	16	KS „Wisła” Puławy	<b>4:15.56</b>	638
50m: 28.60 28.60	150m: 1:33.92 33.11	250m: 2:40.32 33.45	350m: 3:45.77 32.55	
100m: 1:00.81 32.21	200m: 2:06.87 32.95	300m: 3:13.22 32.90	400m: 4:15.56 29.79	
2. WASILEWSKI Mateusz	16	KU AZS UMCS Lublin	<b>4:20.91</b>	600
50m: 29.37 29.37	150m: 1:34.43 33.05	250m: 2:41.23 33.77	350m: 3:48.61 33.99	
100m: 1:01.38 32.01	200m: 2:07.46 33.03	300m: 3:14.62 33.39	400m: 4:20.91 32.30	
3. SKOCZYLAS Bartosz	15	KU AZS UMCS Lublin	<b>4:32.98</b>	523
50m: 30.58 30.58	150m: 1:39.26 34.77	250m: 2:49.89 35.43	350m: 4:00.68 35.44	
100m: 1:04.49 33.91	200m: 2:14.46 35.20	300m: 3:25.24 35.35	400m: 4:32.98 32.30	
4. TWORKOWSKI Michał	16	KU AZS UMCS Lublin	<b>4:33.26</b>	522
50m: 31.41 31.41	150m: 1:41.07 34.81	250m: 2:51.40 35.20	350m: 4:00.44 34.24	
100m: 1:06.26 34.85	200m: 2:16.20 35.13	300m: 3:26.20 34.80	400m: 4:33.26 32.82	
5. FRONCZEK Błażej	15	KU AZS UMCS Lublin	<b>4:37.76</b>	497
50m: 31.11 31.11	150m: 1:40.50 35.11	250m: 2:52.35 36.29	350m: 4:03.62 34.99	
100m: 1:05.39 34.28	200m: 2:16.06 35.56	300m: 3:28.63 36.28	400m: 4:37.76 34.14	

Memoriał Henryka Kosakowskiego i Witolda Ruzikowskiego  
Lublin, 18.5.2024

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

Pozycja			Wiek					Czas	Pkt.
6.	SIUDA Jeremi		16	KU AZS UMCS Lublin			<b>4:48.99</b>	441	
	50m: 31.77	31.77	150m: 1:43.40	36.05	250m: 2:57.59	37.05	350m: 4:12.87	37.68	
	100m: 1:07.35	35.58	200m: 2:20.54	37.14	300m: 3:35.19	37.60	400m: 4:48.99	36.12	
7.	KUROMSKI Konstanty		16	MKS AVIA widnik			<b>5:00.48</b>	392	
	50m: 32.55	32.55	150m: 1:48.20	38.85	250m: 3:04.18	38.17	350m: 4:21.72	38.01	
	100m: 1:09.35	36.80	200m: 2:26.01	37.81	300m: 3:43.71	39.53	400m: 5:00.48	38.76	
8.	KAHAN Stanisław		15	UKS „ORKA” Zamo			<b>5:08.70</b>	362	
	50m: 34.02	34.02	150m: 1:52.88	40.06	250m: 3:14.09	40.36	350m: 4:33.92	40.15	
	100m: 1:12.82	38.80	200m: 2:33.73	40.85	300m: 3:53.77	39.68	400m: 5:08.70	34.78	
<b>OPEN</b>									
1.	ACZEK Hubert		16	KS „Wisła” Puławy			<b>4:15.56</b>	638	
	50m: 28.60	28.60	150m: 1:33.92	33.11	250m: 2:40.32	33.45	350m: 3:45.77	32.55	
	100m: 1:00.81	32.21	200m: 2:06.87	32.95	300m: 3:13.22	32.90	400m: 4:15.56	29.79	
2.	REDZI SKI VEL RYDZY SKI Mateusz	17	16	KU AZS UMCS Lublin			<b>4:15.69</b>	637	
	50m: 29.16	29.16	150m: 1:34.46	33.31	250m: 2:40.30	33.27	350m: 3:45.96	32.54	
	100m: 1:01.15	31.99	200m: 2:07.03	32.57	300m: 3:13.42	33.12	400m: 4:15.69	29.73	
3.	WASILEWSKI Mateusz		16	KU AZS UMCS Lublin			<b>4:20.91</b>	600	
	50m: 29.37	29.37	150m: 1:34.43	33.05	250m: 2:41.23	33.77	350m: 3:48.61	33.99	
	100m: 1:01.38	32.01	200m: 2:07.46	33.03	300m: 3:14.62	33.39	400m: 4:20.91	32.30	
4.	SKOCZYLAS Bartosz		15	KU AZS UMCS Lublin			<b>4:32.98</b>	523	
	50m: 30.58	30.58	150m: 1:39.26	34.77	250m: 2:49.89	35.43	350m: 4:00.68	35.44	
	100m: 1:04.49	33.91	200m: 2:14.46	35.20	300m: 3:25.24	35.35	400m: 4:32.98	32.30	
5.	TWORKOWSKI Michał		16	KU AZS UMCS Lublin			<b>4:33.26</b>	522	
	50m: 31.41	31.41	150m: 1:41.07	34.81	250m: 2:51.40	35.20	350m: 4:00.44	34.24	
	100m: 1:06.26	34.85	200m: 2:16.20	35.13	300m: 3:26.20	34.80	400m: 4:33.26	32.82	
6.	FRONCZEK Błażej		15	KU AZS UMCS Lublin			<b>4:37.76</b>	497	
	50m: 31.11	31.11	150m: 1:40.50	35.11	250m: 2:52.35	36.29	350m: 4:03.62	34.99	
	100m: 1:05.39	34.28	200m: 2:16.06	35.56	300m: 3:28.63	36.28	400m: 4:37.76	34.14	
7.	SZOREK Igor		14	KU AZS UMCS Lublin			<b>4:41.17</b>	479	
	50m: 31.30	31.30	150m: 1:41.65	35.73	250m: 2:54.53	36.38	350m: 4:08.03	37.00	
	100m: 1:05.92	34.62	200m: 2:18.15	36.50	300m: 3:31.03	36.50	400m: 4:41.17	33.14	
8.	SIUDA Jeremi		16	KU AZS UMCS Lublin			<b>4:48.99</b>	441	
	50m: 31.77	31.77	150m: 1:43.40	36.05	250m: 2:57.59	37.05	350m: 4:12.87	37.68	
	100m: 1:07.35	35.58	200m: 2:20.54	37.14	300m: 3:35.19	37.60	400m: 4:48.99	36.12	
9.	JABŁO SKI Maciej		14	MKS AVIA widnik			<b>4:51.17</b>	431	
	50m: 31.70	31.70	150m: 1:45.00	37.69	250m: 3:00.03	37.47	350m: 4:15.10	37.36	
	100m: 1:07.31	35.61	200m: 2:22.56	37.56	300m: 3:37.74	37.71	400m: 4:51.17	36.07	
10.	SOBEK Antoni		14	UKS Olimpijczyk 23			<b>4:52.67</b>	425	
	50m: 32.45	32.45	150m: 1:46.62	37.33	250m: 3:01.75	37.84	350m: 4:17.40	38.21	
	100m: 1:09.29	36.84	200m: 2:23.91	37.29	300m: 3:39.19	37.44	400m: 4:52.67	35.27	
11.	KUROMSKI Konstanty		16	MKS AVIA widnik			<b>5:00.48</b>	392	
	50m: 32.55	32.55	150m: 1:48.20	38.85	250m: 3:04.18	38.17	350m: 4:21.72	38.01	
	100m: 1:09.35	36.80	200m: 2:26.01	37.81	300m: 3:43.71	39.53	400m: 5:00.48	38.76	
12.	PIZO Gabriel		14	MKS AVIA widnik			<b>5:06.34</b>	370	
	50m: 34.80	34.80	150m: 1:52.74	39.15	250m: 3:11.77	39.20	350m: 4:30.55	39.13	
	100m: 1:13.59	38.79	200m: 2:32.57	39.83	300m: 3:51.42	39.65	400m: 5:06.34	35.79	
13.	ADAMCZYK Antoni		14	UKS „ORKA” Zamo			<b>5:08.69</b>	362	
	50m: 34.70	34.70	150m: 1:53.14	39.83	250m: 3:13.94	40.36	350m: 4:33.44	39.40	
	100m: 1:13.31	38.61	200m: 2:33.58	40.44	300m: 3:54.04	40.10	400m: 5:08.69	35.25	
14.	KAHAN Stanisław		15	UKS „ORKA” Zamo			<b>5:08.70</b>	362	
	50m: 34.02	34.02	150m: 1:52.88	40.06	250m: 3:14.09	40.36	350m: 4:33.92	40.15	
	100m: 1:12.82	38.80	200m: 2:33.73	40.85	300m: 3:53.77	39.68	400m: 5:08.70	34.78	

Memoriał Henryka Kosakowskiego i Witolda Ruzikowskiego  
Lublin, 18.5.2024

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Konkurencja 6, M czynn, 400m dowolny, OPEN

Pozycja			Wiek				Czas		Pkt.
15.	RYBAK Anatol		13	MTP „Lublinianka”				<b>5:16.48</b>	336
	50m:	34.15 34.15	150m:	1:54.12 40.95	250m:	3:15.25 40.35	350m:	4:37.66 40.93	
	100m:	1:13.17 39.02	200m:	2:34.90 40.78	300m:	3:56.73 41.48	400m:	5:16.48 38.82	
16.	UDALOV Vladyslav		13	KS AZS AWF Biała Podlaska				<b>5:22.86</b>	316
	50m:	35.33 35.33	150m:	1:58.45 42.41	250m:	3:22.58 42.80	350m:	4:47.67 42.35	
	100m:	1:16.04 40.71	200m:	2:39.78 41.33	300m:	4:05.32 42.74	400m:	5:22.86 35.19	
17.	KAHAN Aleksander		13	UKS „ORKA” Zamo				<b>5:30.40</b>	295
	50m:	37.33 37.33	150m:	2:02.26 42.42	250m:	3:27.88 42.93	350m:	4:52.02 41.81	
	100m:	1:19.84 42.51	200m:	2:44.95 42.69	300m:	4:10.21 42.33	400m:	5:30.40 38.38	
18.	STEFANIAK Szymon		13	KU AZS UMCS Lublin				<b>5:34.21</b>	285
	50m:	35.71 35.71	150m:	1:58.91 41.38	250m:	3:25.55 43.52	350m:	4:53.90 44.81	
	100m:	1:17.53 41.82	200m:	2:42.03 43.12	300m:	4:09.09 43.54	400m:	5:34.21 40.31	