

Memoriał Henryka Kosakowskiego i Witolda Ruzikowskiego
Lublin, 24.5.2025

Konkurencja 3
24.05.2025 - 9:19

Kobiet, 400m dowolny

13 lat i starsi
Wyniki

Rekord Polski Open	4:04.23	JEDRZEJCZAK Otylia	00114	Melbourne (AUS)	25.03.2007
Rekord Polski 19 - 23	4:05.84	JEDRZEJCZAK Otylia	00114	Budapeszt (HUN)	03.08.2006
Rekord Polski 18	4:12.62	ŻUKOWSKA Paula	00107	Doha (QAT)	09.12.2009
Rekord Polski 17	4:12.62	ŻUKOWSKA Paula	00107	Doha (QAT)	09.12.2009
Rekord Polski 16	4:12.62	ŻUKOWSKA Paula	00107	Doha (QAT)	09.12.2009
Rekord Polski 15	4:16.14	KNOP Aleksandra	01605	Lodz	26.05.2018
Rekord Polski 14	4:16.54	KILIJAŃSKA Donata	00612	Tampere (FIN)	20.07.2009
Rekord LOZP Open	4:17.84	KOWALSKA Klara	03103	Belgrade (SRB)	09.07.2023
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: AQUA 2025

Pozycja	Wiek	Czas	Pkt.	CR
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KATEGORIA A

1. TATARA Patrycja	14	MKS AVIA Świdnik	4:58.44	490	+0,70
50m: 33.35 33.35	150m: 1:48.94 38.28	250m: 3:06.21 38.45	350m: 4:22.35 38.10		
100m: 1:10.66 37.31	200m: 2:27.76 38.82	300m: 3:44.25 38.04	400m: 4:58.44 36.09		
2. MAJCHER Hanna	13	RWKS Sparta Biłgoraj	5:15.54	415	+0,73
50m: 36.33 36.33	150m: 1:57.70 41.34	250m: 3:18.74 40.25	350m: 4:39.46 40.02		
100m: 1:16.36 40.03	200m: 2:38.49 40.79	300m: 3:59.44 40.70	400m: 5:15.54 36.08		
3. ZHULKOVA Hanna	13	UKS SP5 Swim Lublin	5:22.04	390	+0,80
50m: 35.81 35.81	150m: 1:56.59 41.10	250m: 3:20.39 41.95	350m: 4:44.16 42.00		
100m: 1:15.49 39.68	200m: 2:38.44 41.85	300m: 4:02.16 41.77	400m: 5:22.04 37.88		
4. RZUCIDŁO Gabriela	13	KU AZS UMCS Lublin	5:43.44	321	+0,78
50m: 37.59 37.59	150m: 2:04.64 44.40	250m: 3:34.89 45.87	350m: 5:02.48 43.45		
100m: 1:20.24 42.65	200m: 2:49.02 44.38	300m: 4:19.03 44.14	400m: 5:43.44 40.96		
5. OLEKSIUK Natalia	14	KU AZS UMCS Lublin	5:44.50	318	+0,71
50m: 37.36 37.36	150m: 2:03.96 43.91	250m: 3:34.12 45.77	350m: 5:03.00 43.99		
100m: 1:20.05 42.69	200m: 2:48.35 44.39	300m: 4:19.01 44.89	400m: 5:44.50 41.50		
6. WRZEŚNIEWSKA Amelia	13	UKS Olimpijczyk 23	5:46.12	314	+0,76
50m: 37.83 37.83	150m: 2:05.05 44.59	250m: 3:36.43 46.30	350m: 5:07.23 45.73		
100m: 1:20.46 42.63	200m: 2:50.13 45.08	300m: 4:21.50 45.07	400m: 5:46.12 38.89		
7. RĘBEK Wiktoria	13	UKS Olimpijczyk 23	6:02.37	274	+0,80
50m: 39.07 39.07	150m: 2:08.63 46.09	250m: 3:43.46 47.64	350m: 5:18.19 46.96		
100m: 1:22.54 43.47	200m: 2:55.82 47.19	300m: 4:31.23 47.77	400m: 6:02.37 44.18		
8. JARECKA Agnieszka	13	MTP „Lublinianka"	6:23.94	230	+0,77
50m: 43.62 43.62	150m: 2:23.19 50.08	250m: 4:04.69 50.49	350m: 5:40.67 46.50		
100m: 1:33.11 49.49	200m: 3:14.20 51.01	300m: 4:54.17 49.48	400m: 6:23.94 43.27		
9. GRUBA Gabriela	13	Uks Skarpa Lublin	6:42.87	199	+0,70
50m: 42.48 42.48	150m: 2:25.73 53.29	250m: 4:10.86 52.51	350m: 5:54.29 51.53		
100m: 1:32.44 49.96	200m: 3:18.35 52.62	300m: 5:02.76 51.90	400m: 6:42.87 48.58		
10. RAK Wiktoria	13	KU AZS UMCS Lublin	6:44.44	197	+0,79
50m: 43.04 43.04	150m: 2:26.50 51.60	250m: 4:11.03 51.69	350m: 5:53.23 50.39		
100m: 1:34.90 51.86	200m: 3:19.34 52.84	300m: 5:02.84 51.81	400m: 6:44.44 51.21		

KATEGORIA B

1. PASTUSZUK Zuzanna	15	KU AZS UMCS Lublin	4:49.59	536	+0,72
50m: 32.80 32.80	150m: 1:45.67 36.85	250m: 2:59.97 37.42	350m: 4:13.95 36.65		
100m: 1:08.82 36.02	200m: 2:22.55 36.88	300m: 3:37.30 37.33	400m: 4:49.59 35.64		
2. CZOPEK Lena	15	KU AZS UMCS Lublin	4:50.43	532	+0,74
50m: 33.32 33.32	150m: 1:47.04 37.31	250m: 3:01.57 37.44	350m: 4:15.89 37.28		
100m: 1:09.73 36.41	200m: 2:24.13 37.09	300m: 3:38.61 37.04	400m: 4:50.43 34.54		

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Lublin, 24.5.2025

Konkurencja 3, Dziewcząt, 400m dowolny, KATEGORIA B

Pozycja	Wiek				Czas				Pkt.	CR
3. SZABAŁA Antonina	16	KU AZS UMCS Lublin				4:50.45	532	+0,70		
50m: 33.20 33.20	150m: 1:48.40	37.58	250m: 3:02.89	36.52	350m: 4:16.06	36.44				
100m: 1:10.82 37.62	200m: 2:26.37	37.97	300m: 3:39.62	36.73	400m: 4:50.45	34.39				
4. GORDZIEJKO Joanna	15	MTP „Lublinianka”				4:57.58	494	+0,77		
50m: 33.24 33.24	150m: 1:47.68	37.81	250m: 3:04.37	38.09	350m: 4:21.05	38.41				
100m: 1:09.87 36.63	200m: 2:26.28	38.60	300m: 3:42.64	38.27	400m: 4:57.58	36.53				
5. WÓJCIK Agata	15	KU AZS UMCS Lublin				5:10.70	434	+0,79		
50m: 33.33 33.33	150m: 1:51.20	39.75	250m: 3:11.93	39.78	350m: 4:32.30	39.33				
100m: 1:11.45 38.12	200m: 2:32.15	40.95	300m: 3:52.97	41.04	400m: 5:10.70	38.40				

OPEN

1. WIERNICKA Julia	18	KU AZS UMCS Lublin				4:31.54	651	+0,79		
50m: 31.71 31.71	150m: 1:39.72	34.19	250m: 2:48.68	34.43	350m: 3:57.60	34.42				
100m: 1:05.53 33.82	200m: 2:14.25	34.53	300m: 3:23.18	34.50	400m: 4:31.54	33.94				
2. POPPE Marta	18	KU AZS UMCS Lublin				4:33.02	640	+0,76		
50m: 31.73 31.73	150m: 1:39.80	34.18	250m: 2:49.29	34.85	350m: 3:58.71	34.58				
100m: 1:05.62 33.89	200m: 2:14.44	34.64	300m: 3:24.13	34.84	400m: 4:33.02	34.31				
3. KAZANOWSKA Klaudia	17	KU AZS UMCS Lublin				4:39.72	595	+0,78		
50m: 32.58 32.58	150m: 1:43.06	35.39	250m: 2:53.33	35.18	350m: 4:04.20	35.59				
100m: 1:07.67 35.09	200m: 2:18.15	35.09	300m: 3:28.61	35.28	400m: 4:39.72	35.52				
4. PRZYBYLSKA Oliwia	18	KU AZS UMCS Lublin				4:43.09	574	+0,94		
50m: 32.40 32.40	150m: 1:42.42	35.62	250m: 2:54.14	36.00	350m: 4:06.73	36.31				
100m: 1:06.80 34.40	200m: 2:18.14	35.72	300m: 3:30.42	36.28	400m: 4:43.09	36.36				
5. WOŹAKOWSKA Zofia	18	KU AZS UMCS Lublin				4:47.49	548	+0,73		
50m: 32.58 32.58	150m: 1:43.35	35.57	250m: 2:56.09	36.79	350m: 4:10.32	37.35				
100m: 1:07.78 35.20	200m: 2:19.30	35.95	300m: 3:32.97	36.88	400m: 4:47.49	37.17				
6. PASTUSZUK Zuzanna	15	KU AZS UMCS Lublin				4:49.59	536	+0,72		
50m: 32.80 32.80	150m: 1:45.67	36.85	250m: 2:59.97	37.42	350m: 4:13.95	36.65				
100m: 1:08.82 36.02	200m: 2:22.55	36.88	300m: 3:37.30	37.33	400m: 4:49.59	35.64				
7. CZOPEK Lena	15	KU AZS UMCS Lublin				4:50.43	532	+0,74		
50m: 33.32 33.32	150m: 1:47.04	37.31	250m: 3:01.57	37.44	350m: 4:15.89	37.28				
100m: 1:09.73 36.41	200m: 2:24.13	37.09	300m: 3:38.61	37.04	400m: 4:50.43	34.54				
8. SZABAŁA Antonina	16	KU AZS UMCS Lublin				4:50.45	532	+0,70		
50m: 33.20 33.20	150m: 1:48.40	37.58	250m: 3:02.89	36.52	350m: 4:16.06	36.44				
100m: 1:10.82 37.62	200m: 2:26.37	37.97	300m: 3:39.62	36.73	400m: 4:50.45	34.39				
9. RYKHLINSKA Anastasiia	18	KS „OLIMPIA” Lublin				4:50.46	532	+0,72		
50m: 33.13 33.13	150m: 1:45.89	36.66	250m: 2:59.65	37.28	350m: 4:14.68	37.49				
100m: 1:09.23 36.10	200m: 2:22.37	36.48	300m: 3:37.19	37.54	400m: 4:50.46	35.78				
10. STUKOVA Yevheniia	17	KS „OLIMPIA” Lublin				4:51.02	529	+0,77		
50m: 33.88 33.88	150m: 1:46.74	36.67	250m: 3:00.67	37.24	350m: 4:15.69	37.29				
100m: 1:10.07 36.19	200m: 2:23.43	36.69	300m: 3:38.40	37.73	400m: 4:51.02	35.33				
11. JAŁOWIECKA Gabriela	17	KU AZS UMCS Lublin				4:51.14	528	+0,83		
50m: 32.36 32.36	150m: 1:46.39	37.46	250m: 3:00.82	37.44	350m: 4:14.79	36.65				
100m: 1:08.93 36.57	200m: 2:23.38	36.99	300m: 3:38.14	37.32	400m: 4:51.14	36.35				
12. GORDZIEJKO Joanna	15	MTP „Lublinianka”				4:57.58	494	+0,77		
50m: 33.24 33.24	150m: 1:47.68	37.81	250m: 3:04.37	38.09	350m: 4:21.05	38.41				
100m: 1:09.87 36.63	200m: 2:26.28	38.60	300m: 3:42.64	38.27	400m: 4:57.58	36.53				
13. TATARA Patrycja	14	MKS AVIA Świdnik				4:58.44	490	+0,70		
50m: 33.35 33.35	150m: 1:48.94	38.28	250m: 3:06.21	38.45	350m: 4:22.35	38.10				
100m: 1:10.66 37.31	200m: 2:27.76	38.82	300m: 3:44.25	38.04	400m: 4:58.44	36.09				
14. WÓJCIK Agata	15	KU AZS UMCS Lublin				5:10.70	434	+0,79		
50m: 33.33 33.33	150m: 1:51.20	39.75	250m: 3:11.93	39.78	350m: 4:32.30	39.33				
100m: 1:11.45 38.12	200m: 2:32.15	40.95	300m: 3:52.97	41.04	400m: 5:10.70	38.40				

Memoriał Henryka Kosakowskiego i Witolda Ruzikowskiego
Lublin, 24.5.2025

Konkurencja 3, Kobiety, 400m dowolny, OPEN

Pozycja				Wiek						Czas	Pkt.	CR
15.	MAJCHER Hanna			13	RWKS Sparta Biłgoraj				5:15.54	415	+0,73	
	50m:	36.33	36.33	150m:	1:57.70	41.34	250m:	3:18.74	40.25	350m:	4:39.46	40.02
	100m:	1:16.36	40.03	200m:	2:38.49	40.79	300m:	3:59.44	40.70	400m:	5:15.54	36.08
16.	ZHULKOVA Hanna			13	UKS SP5 Swim Lublin				5:22.04	390	+0,80	
	50m:	35.81	35.81	150m:	1:56.59	41.10	250m:	3:20.39	41.95	350m:	4:44.16	42.00
	100m:	1:15.49	39.68	200m:	2:38.44	41.85	300m:	4:02.16	41.77	400m:	5:22.04	37.88
17.	RZUCIDŁO Gabriela			13	KU AZS UMCS Lublin				5:43.44	321	+0,78	
	50m:	37.59	37.59	150m:	2:04.64	44.40	250m:	3:34.89	45.87	350m:	5:02.48	43.45
	100m:	1:20.24	42.65	200m:	2:49.02	44.38	300m:	4:19.03	44.14	400m:	5:43.44	40.96
18.	OLEKSIUK Natalia			14	KU AZS UMCS Lublin				5:44.50	318	+0,71	
	50m:	37.36	37.36	150m:	2:03.96	43.91	250m:	3:34.12	45.77	350m:	5:03.00	43.99
	100m:	1:20.05	42.69	200m:	2:48.35	44.39	300m:	4:19.01	44.89	400m:	5:44.50	41.50
19.	WRZEŚNIEWSKA Amelia			13	UKS Olimpijczyk 23				5:46.12	314	+0,76	
	50m:	37.83	37.83	150m:	2:05.05	44.59	250m:	3:36.43	46.30	350m:	5:07.23	45.73
	100m:	1:20.46	42.63	200m:	2:50.13	45.08	300m:	4:21.50	45.07	400m:	5:46.12	38.89
20.	RĘBEK Wiktoria			13	UKS Olimpijczyk 23				6:02.37	274	+0,80	
	50m:	39.07	39.07	150m:	2:08.63	46.09	250m:	3:43.46	47.64	350m:	5:18.19	46.96
	100m:	1:22.54	43.47	200m:	2:55.82	47.19	300m:	4:31.23	47.77	400m:	6:02.37	44.18
21.	JARECKA Agnieszka			13	MTP „Lublinianka"				6:23.94	230	+0,77	
	50m:	43.62	43.62	150m:	2:23.19	50.08	250m:	4:04.69	50.49	350m:	5:40.67	46.50
	100m:	1:33.11	49.49	200m:	3:14.20	51.01	300m:	4:54.17	49.48	400m:	6:23.94	43.27
22.	GRUBA Gabriela			13	Uks Skarpa Lublin				6:42.87	199	+0,70	
	50m:	42.48	42.48	150m:	2:25.73	53.29	250m:	4:10.86	52.51	350m:	5:54.29	51.53
	100m:	1:32.44	49.96	200m:	3:18.35	52.62	300m:	5:02.76	51.90	400m:	6:42.87	48.58
23.	RAK Wiktoria			13	KU AZS UMCS Lublin				6:44.44	197	+0,79	
	50m:	43.04	43.04	150m:	2:26.50	51.60	250m:	4:11.03	51.69	350m:	5:53.23	50.39
	100m:	1:34.90	51.86	200m:	3:19.34	52.84	300m:	5:02.84	51.81	400m:	6:44.44	51.21