

Memoriał Henryka Kosakowskiego i Witolda Ruzikowskiego  
Lublin, 16.5.2026

Konkurencja 30  
16.05.2026 - 16:55

M czyzn, 400m zmienny

13 lat i starsi  
Wyniki

Rekord LOZP Open	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 Wilkp.	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: AQUA 2026

Pozycja Wiek Czas Pkt. CR

13 - 14 lat

1. KOSOWSKI Bartosz	14	UKS Olimpijczyk 23	<b>5:15.53</b>	453	
50m: 32.22 32.22	150m: 1:51.99 40.98	250m: 3:16.70 44.44	350m: 4:39.98 36.86		
100m: 1:11.01 38.79	200m: 2:32.26 40.27	300m: 4:03.12 46.42	400m: 5:15.53 35.55		
2. DANYLUK Piotr	14	MKS AVIA widnik	<b>5:22.07</b>	426	+0,77
50m: 32.57 32.57	150m: 1:56.12 44.66	250m: 3:24.56 46.14	350m: 4:47.65 36.79		
100m: 1:11.46 38.89	200m: 2:38.42 42.30	300m: 4:10.86 46.30	400m: 5:22.07 34.42		
3. STA CZYK Maciej	14	KU AZS UMCS Lublin	<b>5:30.36</b>	395	+0,78
50m: 31.94 31.94	150m: 1:54.66 45.05	250m: 3:26.02 49.58	350m: 4:53.47 38.13		
100m: 1:09.61 37.67	200m: 2:36.44 41.78	300m: 4:15.34 49.32	400m: 5:30.36 36.89		
4. ZI BA Ignacy	14	KS OLIMPIA Lublin	<b>5:34.82</b>	379	+0,56
50m: 34.00 34.00	150m: 2:01.20 45.58	250m: 3:33.12 47.68	350m: 4:58.47 37.55		
100m: 1:15.62 41.62	200m: 2:45.44 44.24	300m: 4:20.92 47.80	400m: 5:34.82 36.35		
5. WRÓBEL Filip	14	KP Strzałka Puławy	<b>5:42.76</b>	354	
50m: 35.30 35.30	150m: 2:01.69 46.96	250m: 3:35.37 48.56	350m: 5:04.59 40.26		
100m: 1:14.73 39.43	200m: 2:46.81 45.12	300m: 4:24.33 48.96	400m: 5:42.76 38.17		
6. SZCZUCHNIAK Mateusz	14	KS OLIMPIA Lublin	<b>6:11.59</b>	277	
50m: 39.85 39.85	150m: 2:12.97 48.09	250m: 3:53.42 53.77	350m: 5:30.03 42.97		
100m: 1:24.88 45.03	200m: 2:59.65 46.68	300m: 4:47.06 53.64	400m: 6:11.59 41.56		

15 - 16 lat

1. JABŁO SKI Maciej	16	MKS AVIA widnik	<b>4:56.97</b>	544	+0,72
50m: 30.73 30.73	150m: 1:45.63 39.81	250m: 3:08.06 44.63	350m: 4:23.85 34.63		
100m: 1:05.82 35.09	200m: 2:23.43 37.80	300m: 3:49.22 41.16	400m: 4:56.97 33.12		
2. BAŁA AK Stanisław	15	KU AZS UMCS Lublin	<b>5:02.81</b>	513	
50m: 33.04 33.04	150m: 1:50.98 41.55	250m: 3:12.84 41.44	350m: 4:29.46 34.75		
100m: 1:09.43 36.39	200m: 2:31.40 40.42	300m: 3:54.71 41.87	400m: 5:02.81 33.35		
3. RATAJ Damian	15	UKP Fala Kra nik	<b>5:26.03</b>	411	+0,73
50m: 35.25 35.25	150m: 1:59.03 40.29	250m: 3:26.34 48.74	350m: 4:50.57 35.81		
100m: 1:18.74 43.49	200m: 2:37.60 38.57	300m: 4:14.76 48.42	400m: 5:26.03 35.46		
4. WITKOWSKI Tymon	16	KS AZS AWF Biała Podlaska	<b>5:28.76</b>	401	
50m: 34.96 34.96	150m: 2:01.57 46.07	250m: 3:28.16 43.12	350m: 4:50.70 39.85		
100m: 1:15.50 40.54	200m: 2:45.04 43.47	300m: 4:10.85 42.69	400m: 5:28.76 38.06		
5. CUCH Mikołaj	15	KS AZS AWF Biała Podlaska	<b>5:43.64</b>	351	+0,75
50m: 35.49 35.49	150m: 2:05.03 48.50	250m: 3:38.11 44.99	350m: 5:05.09 41.04		
100m: 1:16.53 41.04	200m: 2:53.12 48.09	300m: 4:24.05 45.94	400m: 5:43.64 38.55		

17 lat i starsi

1. MARYJOWSKI Marcin	17	KU AZS UMCS Lublin	<b>4:52.32</b>	570	+0,63
50m: 29.82 29.82	150m: 1:44.00 39.43	250m: 3:03.28 42.35	350m: 4:19.68 34.45		
100m: 1:04.57 34.75	200m: 2:20.93 36.93	300m: 3:45.23 41.95	400m: 4:52.32 32.64		
PK ZASADA Szymon	16	SP Meduza Paj czno	<b>4:57.51</b>	541	+0,78
50m: 29.88 29.88	150m: 1:43.74 38.70	250m: 3:05.71 44.90	350m: 4:25.53 33.78		
100m: 1:05.04 35.16	200m: 2:20.81 37.07	300m: 3:51.75 46.04	400m: 4:57.51 31.98		