

Memoriał Henryka Kosakowskiego i Witolda Ruzikowskiego
Lublin, 16.5.2026

Konkurencja 4 M czynn, 400m dowolny 13 lat i starsi
16.05.2026 - 9:39 Wyniki

Rekord LOZP Open	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	HOŁUB Jan	00303	Debica	03.07.2010
Rekord LOZP 13	4:29.39	WIAK Jakub	00503	Oswiecim	26.06.2008

Punkty: AQUA 2026

Pozycja Wiek Czas Pkt. CR

13 - 14 lat

1.	KOSOWSKI Bartosz	14	UKS Olimpijczyk 23	4:31.10	534	
	50m: 31.24 31.24	150m: 1:40.05 34.98	250m: 2:50.44 35.10	350m: 3:59.33 34.16		
	100m: 1:05.07 33.83	200m: 2:15.34 35.29	300m: 3:25.17 34.73	400m: 4:31.10 31.77		
2.	DANYLUK Piotr	14	MKS AVIA widnik	4:38.06	495	+0,74
	50m: 31.90 31.90	150m: 1:41.67 35.54	250m: 2:52.08 35.65	350m: 4:04.16 36.42		
	100m: 1:06.13 34.23	200m: 2:16.43 34.76	300m: 3:27.74 35.66	400m: 4:38.06 33.90		
3.	SATKOWSKI Jakub	14	Uks Skarpa Lublin	4:49.14	440	+0,79
	50m: 32.94 32.94	150m: 1:45.22 36.48	250m: 3:00.21 37.39	350m: 4:14.28 36.78		
	100m: 1:08.74 35.80	200m: 2:22.82 37.60	300m: 3:37.50 37.29	400m: 4:49.14 34.86		
4.	GRODECKI Feliks	13	KS OLIMPIA Lublin	4:57.23	405	
	50m: 33.40 33.40	150m: 1:49.87 39.07	250m: 3:06.01 37.49	350m: 4:21.48 37.44		
	100m: 1:10.80 37.40	200m: 2:28.52 38.65	300m: 3:44.04 38.03	400m: 4:57.23 35.75		
5.	WRÓBEL Filip	14	KP Strzałka Puławy	5:02.18	385	+0,74
	50m: 33.57 33.57	150m: 1:50.01 38.67	250m: 3:08.09 39.23	350m: 4:25.60 38.62		
	100m: 1:11.34 37.77	200m: 2:28.86 38.85	300m: 3:46.98 38.89	400m: 5:02.18 36.58		
6.	DOBROWOLSKI Brunon	14	UKP Fala Kra nik	5:20.59	322	
	50m: 34.20 34.20	150m: 1:56.29 42.26	250m: 3:19.50 41.16	350m: 4:41.83 40.84		
	100m: 1:14.03 39.83	200m: 2:38.34 42.05	300m: 4:00.99 41.49	400m: 5:20.59 38.76		
7.	MATACZ Wiktor	14	UKP Fala Kra nik	5:20.94	321	+0,75
	50m: 35.57 35.57	150m: 1:56.57 41.00	250m: 3:19.67 41.58	350m: 4:42.64 40.72		
	100m: 1:15.57 40.00	200m: 2:38.09 41.52	300m: 4:01.92 42.25	400m: 5:20.94 38.30		
8.	JEREMICZ Miłosz	14	UKS Szkoła Pływania 23 Lublin	5:26.31	306	+0,71
	50m: 33.65 33.65	150m: 1:55.57 41.70	250m: 3:21.33 43.74	350m: 4:46.20 41.79		
	100m: 1:13.87 40.22	200m: 2:37.59 42.02	300m: 4:04.41 43.08	400m: 5:26.31 40.11		
9.	SZCZUCHNIAK Mateusz	14	KS OLIMPIA Lublin	5:30.01	296	+0,77
	50m: 36.21 36.21	150m: 2:00.58 42.61	250m: 3:25.47 42.02	350m: 4:52.15 42.93		
	100m: 1:17.97 41.76	200m: 2:43.45 42.87	300m: 4:09.22 43.75	400m: 5:30.01 37.86		
10.	PIETRAS J drzej	14	KU AZS UMCS Lublin	5:31.50	292	
	50m: 36.00 36.00	150m: 2:01.28 43.46	250m: 3:25.79 41.87	350m: 4:51.28 43.11		
	100m: 1:17.82 41.82	200m: 2:43.92 42.64	300m: 4:08.17 42.38	400m: 5:31.50 40.22		
11.	SZTORC Kacper	13	KU AZS UMCS Lublin	5:39.89	271	+0,81
	50m: 36.53 36.53	150m: 2:02.25 43.83	250m: 3:30.50 45.02	350m: 4:58.15 44.18		
	100m: 1:18.42 41.89	200m: 2:45.48 43.23	300m: 4:13.97 43.47	400m: 5:39.89 41.74		
12.	NASKIEWICZ Konstanty	13	RWKS Sparta Biłgoraj	5:46.27	256	
	50m: 37.46 37.46	150m: 2:07.03 45.64	250m: 3:37.38 45.45	350m: 5:07.02 44.00		
	100m: 1:21.39 43.93	200m: 2:51.93 44.90	300m: 4:23.02 45.64	400m: 5:46.27 39.25		
13.	ZDUNEK Józef	13	KU AZS UMCS Lublin	5:46.34	256	+0,68
	50m: 38.35 38.35	150m: 2:07.14 45.77	250m: 3:37.89 45.76	350m: 5:07.12 43.43		
	100m: 1:21.37 43.02	200m: 2:52.13 44.99	300m: 4:23.69 45.80	400m: 5:46.34 39.22		

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Lublin, 16.5.2026

Konkurencja 4, M czynn, 400m dowolny

15 - 16 lat

1.	JABŁO SKI Maciej	16	MKS AVIA widnik	4:23.78	579	+0,71
	50m: 30.81 30.81	150m: 1:36.75 32.71	250m: 2:43.63 33.86	350m: 3:51.34 34.08		
	100m: 1:04.04 33.23	200m: 2:09.77 33.02	300m: 3:17.26 33.63	400m: 4:23.78 32.44		
2.	BAŁA AK Stanisław	15	KU AZS UMCS Lublin	4:25.56	568	+0,72
	50m: 30.90 30.90	150m: 1:37.91 34.13	250m: 2:45.37 34.01	350m: 3:52.99 33.95		
	100m: 1:03.78 32.88	200m: 2:11.36 33.45	300m: 3:19.04 33.67	400m: 4:25.56 32.57		
3.	CHAŁAT Adam	16	KU AZS UMCS Lublin	4:31.80	530	+0,77
	50m: 31.58 31.58	150m: 1:40.16 34.67	250m: 2:49.29 34.96	350m: 3:58.52 34.16		
	100m: 1:05.49 33.91	200m: 2:14.33 34.17	300m: 3:24.36 35.07	400m: 4:31.80 33.28		
4.	DUBAS Filip	16	KU AZS UMCS Lublin	4:31.91	529	
	50m: 30.73 30.73	150m: 1:39.54 35.05	250m: 2:50.10 35.64	350m: 3:59.88 34.96		
	100m: 1:04.49 33.76	200m: 2:14.46 34.92	300m: 3:24.92 34.82	400m: 4:31.91 32.03		
5.	KRÓLIKOWSKI Mateusz	16	MKS IKAR Stal Mielec	4:34.60	513	+0,56
	50m: 30.60 30.60	150m: 1:39.57 34.84	250m: 2:50.32 35.69	350m: 4:01.90 35.61		
	100m: 1:04.73 34.13	200m: 2:14.63 35.06	300m: 3:26.29 35.97	400m: 4:34.60 32.70		
6.	KOWAL Mateusz	15	MTP Lublinianka	4:44.54	461	+0,76
	50m: 32.72 32.72	150m: 1:44.37 36.01	250m: 2:56.61 35.97	350m: 4:09.37 36.38		
	100m: 1:08.36 35.64	200m: 2:20.64 36.27	300m: 3:32.99 36.38	400m: 4:44.54 35.17		
7.	PIZO Gabriel	16	MKS AVIA widnik	4:48.52	443	+0,85
	50m: 31.62 31.62	150m: 1:43.69 36.03	250m: 2:57.72 36.79	350m: 4:12.66 38.00		
	100m: 1:07.66 36.04	200m: 2:20.93 37.24	300m: 3:34.66 36.94	400m: 4:48.52 35.86		
8.	TARKOWSKI Michał	16	MKS AVIA widnik	4:48.62	442	+0,86
	50m: 33.04 33.04	150m: 1:44.83 36.45	250m: 2:59.38 37.40	350m: 4:14.23 37.43		
	100m: 1:08.38 35.34	200m: 2:21.98 37.15	300m: 3:36.80 37.42	400m: 4:48.62 34.39		
9.	UDALOV Vladyslav	15	KS AZS AWF Biała Podlaska	4:51.64	429	
	50m: 32.01 32.01	150m: 1:44.47 36.65	250m: 2:58.58 37.09	350m: 4:15.07 38.06		
	100m: 1:07.82 35.81	200m: 2:21.49 37.02	300m: 3:37.01 38.43	400m: 4:51.64 36.57		
10.	WOJCIESZYN Mateusz	15	UKS SP5 Swim Lublin	4:53.08	422	
	50m: 33.33 33.33	150m: 1:50.09 39.01	250m: 3:05.49 37.63	350m: 4:20.08 36.51		
	100m: 1:11.08 37.75	200m: 2:27.86 37.77	300m: 3:43.57 38.08	400m: 4:53.08 33.00		
11.	RYBAK Anatol	15	MTP Lublinianka	4:53.40	421	+0,69
	50m: 30.56 30.56	150m: 1:42.46 37.74	250m: 2:58.35 37.99	350m: 4:15.40 38.85		
	100m: 1:04.72 34.16	200m: 2:20.36 37.90	300m: 3:36.55 38.20	400m: 4:53.40 38.00		
12.	CUCH Mikołaj	15	KS AZS AWF Biała Podlaska	5:04.39	377	+0,73
	50m: 31.58 31.58	150m: 1:46.40 38.59	250m: 3:07.03 40.74	350m: 4:26.46 38.63		
	100m: 1:07.81 36.23	200m: 2:26.29 39.89	300m: 3:47.83 40.80	400m: 5:04.39 37.93		
13.	G SIOR Ryszard	16	UKS Olimpijczyk 23	5:30.65	294	+0,85
	50m: 35.37 35.37	150m: 1:58.07 42.64	250m: 3:25.45 43.46	350m: 4:50.12 42.07		
	100m: 1:15.43 40.06	200m: 2:41.99 43.92	300m: 4:08.05 42.60	400m: 5:30.65 40.53		

17 lat i starsi

1.	NOWACKI Mieszko	17	KU AZS UMCS Lublin	4:06.17	713	+0,69
	50m: 28.40 28.40	150m: 1:29.64 31.06	250m: 2:32.46 31.75	350m: 3:35.99 31.83		
	100m: 58.58 30.18	200m: 2:00.71 31.07	300m: 3:04.16 31.70	400m: 4:06.17 30.18		
2.	JÓ WIAK Tymoteusz	18	KU AZS UMCS Lublin	4:11.78	666	+0,78
	50m: 28.56 28.56	150m: 1:30.64 31.74	250m: 2:33.83 31.99	350m: 3:38.01 32.90		
	100m: 58.90 30.34	200m: 2:01.84 31.20	300m: 3:05.11 31.28	400m: 4:11.78 33.77		
3.	ACZEK Hubert	18	KU AZS UMCS Lublin	4:12.04	664	
	50m: 28.51 28.51	150m: 1:31.36 31.38	250m: 2:35.34 32.04	350m: 3:40.04 31.80		
	100m: 59.98 31.47	200m: 2:03.30 31.94	300m: 3:08.24 32.90	400m: 4:12.04 32.00		
4.	KRASKA Mateusz	19	KU AZS UMCS Lublin	4:14.29	647	+0,57
	50m: 28.97 28.97	150m: 1:32.84 32.50	250m: 2:38.33 32.70	350m: 3:43.46 32.20		
	100m: 1:00.34 31.37	200m: 2:05.63 32.79	300m: 3:11.26 32.93	400m: 4:14.29 30.83		

Memoriał Henryka Kosakowskiego i Witolda Ruzikowskiego
Lublin, 16.5.2026

Konkurencja 4, M czyn, 400m dowolny, 17 lat i starsi

Pozycja			Wiek				Czas	Pkt.	CR
5.	SKOCZYLAS Bartosz		17	KU AZS UMCS Lublin		4:14.88	642	+0,73	
	50m:	29.05 29.05	150m:	1:33.82 32.70	250m:	2:39.45 32.85	350m:	3:44.37 32.13	
	100m:	1:01.12 32.07	200m:	2:06.60 32.78	300m:	3:12.24 32.79	400m:	4:14.88 30.51	
6.	MARYJOWSKI Marcin		17	KU AZS UMCS Lublin		4:18.74	614	+0,75	
	50m:	29.39 29.39	150m:	1:33.58 32.27	250m:	2:39.28 32.95	350m:	3:46.19 33.14	
	100m:	1:01.31 31.92	200m:	2:06.33 32.75	300m:	3:13.05 33.77	400m:	4:18.74 32.55	
7.	LIPI SKI Cezary		54	Masters Avia widnik		5:17.08	333	+0,70	
	50m:	35.68 35.68	150m:	1:52.99 39.28	250m:	3:14.45 41.42	350m:	4:36.87 42.04	
	100m:	1:13.71 38.03	200m:	2:33.03 40.04	300m:	3:54.83 40.38	400m:	5:17.08 40.21	
PK	RYNKIEWICZ Jakub		21	KU AZS UMCS Lublin		4:16.97	627	+0,69	
	50m:	28.53 28.53	150m:	1:32.91 33.37	250m:	2:39.49 33.54	350m:	3:45.42 33.30	
	100m:	59.54 31.01	200m:	2:05.95 33.04	300m:	3:12.12 32.63	400m:	4:16.97 31.55	
PK	ZASADA Szymon		16	SP Meduza Paj czno		4:19.05	612	+0,73	
	50m:	29.61 29.61	150m:	1:34.23 32.71	250m:	2:39.89 32.99	350m:	3:46.28 33.18	
	100m:	1:01.52 31.91	200m:	2:06.90 32.67	300m:	3:13.10 33.21	400m:	4:19.05 32.77	