



Zimowe Mistrzostwa Okręgu Podkarpackiego w pływaniu 2017
Dębica, 2. - 3.12.2017

Konkurencja 20
02.12.2017 - 17:05

Mężczyźni, 400m dowolny

12 lat i starsi
Wyniki

Punkty: FINA 2017

Pozycja			Rok ur.					Czas	Pkt.			
12 lat												
1.	UCZEK Paweł		05	MKS IKAR Mielec				4:52.47	382			
	50m:	32.73	32.73	150m:	1:46.48	37.34	250m:	3:01.35	37.44	350m:	4:15.92	37.25
	100m:	1:09.14	36.41	200m:	2:23.91	37.43	300m:	3:38.67	37.32	400m:	4:52.47	36.55
2.	RYNKIEWICZ Jakub		05	KP SOKÓŁ Rzeszów				5:05.28	336			
	50m:	32.75	32.75	150m:	1:51.60	40.02	250m:	3:10.38	39.49	350m:	4:29.04	38.53
	100m:	1:11.58	38.83	200m:	2:30.89	39.29	300m:	3:50.51	40.13	400m:	5:05.28	36.24
3.	WILK Jakub		05	UKS FREGATA Kolbuszowa				5:24.48	279			
	50m:	35.10	35.10	150m:	1:57.76	41.38	250m:	3:21.88	41.50	350m:	4:45.77	41.39
	100m:	1:16.38	41.28	200m:	2:40.38	42.62	300m:	4:04.38	42.50	400m:	5:24.48	38.71
4.	LUBA Jakub		05	CSTR Strzyków				5:59.40	205			
	50m:	42.09	42.09	150m:	2:14.51	46.19	250m:	3:47.12	46.20	350m:	5:19.33	45.32
	100m:	1:28.32	46.23	200m:	3:00.92	46.41	300m:	4:34.01	46.89	400m:	5:59.40	40.07
5.	SZARO Łukasz		05	CSTR Strzyków				6:07.01	193			
	50m:	42.11	42.11	150m:	2:16.95	47.75	250m:	3:51.72	47.08	350m:	5:23.76	46.02
	100m:	1:29.20	47.09	200m:	3:04.64	47.69	300m:	4:37.74	46.02	400m:	6:07.01	43.25
13 lat												
1.	HORODY SKI Antoni		04	UKP GRYF Dębica				4:38.26	443			
	50m:	29.96	29.96	150m:	1:40.20	35.30	250m:	2:51.64	36.14	350m:	4:03.30	35.84
	100m:	1:04.90	34.94	200m:	2:15.50	35.30	300m:	3:27.46	35.82	400m:	4:38.26	34.96
2.	MARCINEK Liberto		04	MKS IKAR Mielec				5:06.48	332			
	50m:	33.51	33.51	150m:	1:50.87	38.83	250m:	3:10.00	38.68	350m:	4:28.37	38.53
	100m:	1:12.04	38.53	200m:	2:31.32	40.45	300m:	3:49.84	39.84	400m:	5:06.48	38.11
3.	ZIMA Igor		04	MKP BOBRY Dębica				5:07.31	329			
	50m:	34.09	34.09	150m:	1:53.03	40.01	250m:	3:13.06	39.71	350m:	4:29.96	38.54
	100m:	1:13.02	38.93	200m:	2:33.35	40.32	300m:	3:51.42	38.36	400m:	5:07.31	37.35
4.	OSTROWSKI Hubert		04	MKS IKAR Mielec				5:29.28	267			
	50m:	35.30	35.30	150m:	1:59.47	42.81	250m:	3:23.06	41.68	350m:	4:47.49	41.68
	100m:	1:16.66	41.36	200m:	2:41.38	41.91	300m:	4:05.81	42.75	400m:	5:29.28	41.79
5.	BIENIA Maciej		04	KP SOKÓŁ Rzeszów				5:32.70	259			
	50m:	36.66	36.66	150m:	2:00.02	42.49	250m:	3:24.91	42.17	350m:	4:49.49	42.51
	100m:	1:17.53	40.87	200m:	2:42.74	42.72	300m:	4:06.98	42.07	400m:	5:32.70	43.21
6.	KARWOWSKI Maksymilian		04	UKS AQUARIUS Lesko				5:43.62	235			
	50m:	35.78	35.78	150m:	1:58.58	42.14	250m:	3:23.16	42.09	350m:	4:48.45	42.50
	100m:	1:16.44	40.66	200m:	2:41.07	42.49	300m:	4:05.95	42.79	400m:	5:43.62	55.17
14 lat												
1.	WARZECHA Wiktor		03	MKS IKAR Mielec				4:31.35	478			
	50m:	30.62	30.62	150m:	1:39.40	34.51	250m:	2:48.55	34.34	350m:	3:57.71	34.68
	100m:	1:04.89	34.27	200m:	2:14.21	34.81	300m:	3:23.03	34.48	400m:	4:31.35	33.64
2.	GU CIORA Maciej		03	UKS DELFIN Tamnibrzeg				4:56.53	366			
	50m:	32.07	32.07	150m:	1:46.88	37.92	250m:	3:03.88	38.89	350m:	4:21.03	37.81
	100m:	1:08.96	36.89	200m:	2:24.99	38.11	300m:	3:43.22	39.34	400m:	4:56.53	35.50
3.	CHABIOR Dawid		03	KS Swim2win Krosno				5:11.15	317			
	50m:	33.39	33.39	150m:	1:52.70	39.84	250m:	3:12.43	38.99	350m:	4:33.41	40.79
	100m:	1:12.86	39.47	200m:	2:33.44	40.74	300m:	3:52.62	40.19	400m:	5:11.15	37.74



Zimowe Mistrzostwa Okręgu Podkarpackiego w pływaniu 2017
Dębica, 2. - 3.12.2017

Konkurencja 20, Chłopców, 400m dowolny, 14 lat

Pozycja	Rok ur.	Czas	Pkt.
NIE UK. SZAGANIEC Mikołaj	03 KP DELFIN Horyniec Z.		

15 lat i starsi

1. CERLICH Maksymilian SMS	00	MKS IKAR Mielec	4:10.14	610		
50m: 28.29 28.29	150m: 1:31.10	31.36	250m: 2:34.61	31.88	350m: 3:39.06	32.21
100m: 59.74 31.45	200m: 2:02.73	31.63	300m: 3:06.85	32.24	400m: 4:10.14	31.08
2. MAGDA Patryk	02	MKS IKAR Mielec	4:17.98	556		
50m: 30.08 30.08	150m: 1:36.13	33.18	250m: 2:40.91	32.22	350m: 3:46.08	32.71
100m: 1:02.95 32.87	200m: 2:08.69	32.56	300m: 3:13.37	32.46	400m: 4:17.98	31.90
3. KAŁU A Jakub	02	MKP BOBRY Dębica	4:22.03	531		
50m: 29.95 29.95	150m: 1:36.06	33.12	250m: 2:41.82	32.75	350m: 3:49.08	33.72
100m: 1:02.94 32.99	200m: 2:09.07	33.01	300m: 3:15.36	33.54	400m: 4:22.03	32.95
4. NARÓG Nikodem	02	PIRANIE SOSiR Nowa Dębica	4:47.14	403		
50m: 30.27 30.27	150m: 1:40.33	35.92	250m: 2:53.71	36.97	350m: 4:09.94	38.11
100m: 1:04.41 34.14	200m: 2:16.74	36.41	300m: 3:31.83	38.12	400m: 4:47.14	37.20
5. BEREZAK Gabriel	02	MKS IKAR Mielec	4:50.22	391		
50m: 33.33 33.33	150m: 1:46.27	36.78	250m: 2:59.43	36.59	350m: 4:14.29	37.56
100m: 1:09.49 36.16	200m: 2:22.84	36.57	300m: 3:36.73	37.30	400m: 4:50.22	35.93
6. DZIECHCIARZ Błażej	02	KP DELFIN Horyniec Z.	6:06.51	194		
50m: 36.67 36.67	150m: 2:04.70	45.59	250m: 3:40.33	48.58	350m: 5:21.55	51.91
100m: 1:19.11 42.44	200m: 2:51.75	47.05	300m: 4:29.64	49.31	400m: 6:06.51	44.96