

I AQUATHLON RZESZÓW 2018
Rzeszów, 10.03.2018

Konkurencja 1
10.03.2018 - 9:00
100m dowolny K8 (Kobiety8-9 lat) i M8 (M czy ni 8-9 lat) Wyniki

Punkty: FINA 2017

Pozycja	Rok ur.		Czas	Pkt.	50m	100m
1.	10	Giorre Sport Team	1:40.38	89	46.41	53.97
2.	09	NIEZRZESZENI	1:45.67	111		
3.	09	NIEZRZESZENI	1:54.20	88	52.48	1:01.72
4.	09	SWIM TRI Rzeszów	1:57.36	81	54.39	1:02.97
5.	09	TS Akwedukt Kielce	2:13.39	55		
6.	09	GB SPORT	2:36.51	23	1:30.43	1:06.08
7.	09	SWIM TRI Rzeszów	3:03.22	14	1:00.70	2:02.52

Konkurencja 2
10.03.2018 - 9:05
200m dowolny 10 - 13 lat Wyniki

Punkty: FINA 2017

Pozycja	Rok ur.		Czas	Pkt.	50m	100m	150m	200m
K10 (Kobiety10-11 lat) i M10 (M czy ni 10-11 lat)								
1.	07	SP Nr40 Gdynia	2:35.92	258	35.81	40.62	40.92	38.57
2.	07	Iron Dragon Triathlon Team	2:53.62	187	39.43	44.51	45.82	43.86
3.	07	Iron Dragon Triathlon Team	3:02.54	161	39.71	47.02	49.78	46.03
4.	07	UKS 51	3:04.27	217	41.13	48.57	48.39	46.18
5.	07	SWIM TRI Rzeszów	3:04.69	155	40.24	47.14	49.16	48.15
6.	07	Iron Dragon Triathlon Team	3:07.41	206	42.66	49.43	50.67	44.65
7.	08	Iron Dragon Triathlon Team	3:07.68	148	42.45	48.58	49.18	47.47
8.	07	Iron Dragon Triathlon Team	3:09.65	143	42.48	49.17	49.63	48.37
9.	07	Iron Dragon Triathlon Team	3:10.84	141	42.00	48.69	51.14	49.01
10.	07	Giorre Sport Team	3:11.49	139	41.61	48.99	50.64	50.25
11.	08	Swim2win Krosno	3:11.93	192	42.29	51.65	50.82	47.17
12.	08	Iron Dragon Triathlon Team	3:12.83	136	43.17	49.98	51.04	48.64
13.	07	SWIM TRI Rzeszów	3:44.88	86	46.16	1:00.89	1:00.25	57.58
14.	07	SWIM TRI Rzeszów	4:29.26	50	57.62	1:07.27	1:13.94	1:10.43

Pozycja	Rok ur.		Czas	Pkt.	50m	100m	150m	200m
K12 (Kobiety12-13 lat) i M12 (M czy ni 12-13 lat)								
1.	05	UKS 51	2:22.23	341	33.15	35.90	36.94	36.24
2.	05	Iron Dragon Triathlon Team	2:27.29	307	33.18	37.13	38.79	38.19
3.	06	KP SOKÓŁ Rzeszów	2:36.42	355	35.83	40.26	41.40	38.93
4.	06	UKS 51	2:37.87	345	34.62	40.09	42.54	40.62
5.	05	TRIATHLON YMCA Kraków	2:39.15	243	34.59	38.86	42.59	43.11
6.	05	TRIATHLON YMCA Kraków	2:40.68	327	35.24	40.66	43.48	41.30
7.	06	Iron Dragon Triathlon Team	2:42.02	230	36.11	41.13	43.12	41.66
8.	06	UKS 51	2:42.26	318	35.99	41.36	42.71	42.20
9.	05	TS Akwedukt Kielce	2:48.69	204	37.41	43.24	45.43	42.61
10.	05	Iron Dragon Triathlon Team	2:53.16	188	38.83	44.37	46.77	43.19
11.	06	Iron Dragon Triathlon Team	2:54.60	184	39.54	45.11	46.10	43.85
12.	05	TS Akwedukt Kielce	2:56.69	246	40.37	46.69	47.00	42.63
13.	06	TS Akwedukt Kielce	2:57.07	176	40.84	47.04	45.44	43.75
14.	06	KP SOKÓŁ Rzeszów	3:02.09	225	40.06	48.36	48.31	45.36
15.	06	TS Akwedukt Kielce	3:02.29	161	39.92	46.73	48.04	47.60
16.	06	TS Akwedukt Kielce	3:03.23	159	40.81	47.37	48.49	46.56
17.	06	Iron Dragon Triathlon Team	3:07.10	207	43.05	49.56	50.05	44.44
18.	05	TS Akwedukt Kielce	3:08.27	203	42.01	47.93	49.44	48.89
19.	05	KP ORKA Przemyśl	3:18.53	173	43.80	50.59	54.66	49.48
20.	05	TS Akwedukt Kielce	3:20.41	121	41.99	50.28	54.69	53.45
21.	06	NIEZRZESZENI	3:23.75	116	41.07	51.49	57.98	53.21
22.	06	TS Akwedukt Kielce	3:25.63	112	47.76	53.28	53.26	51.33
23.	06	KS BARAKUDA Mi sk Maz	3:31.76	103	48.62	55.61	54.24	53.29

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Konkurencja 2, Wszystkie, 200m dowolny, K12 (Kobiety 12-13 lat) i M12 (Mężczyźni 12-13 lat)

Pozycja	Rok ur.	Czas	Pkt.	50m	100m	150m	200m
24. BIE KOWSKA, Wiktoria	05	SWIM TRI Rzeszów	4:09.49	87	46.55	1:10.79	
25. CYNK, Jakub	06	SWIM TRI Rzeszów	4:16.62	58	55.96	1:08.33	1:06.70 1:05.63
26. PESZEK, Marcelina	06	NIEZRZESZENI	4:39.82	62	58.55	1:09.49	1:16.33 1:15.45

Konkurencja 3
10.03.2018 - 9:45
400m dowolny K14 (Młodziczki 14-15 lat) i M14 (Młodzicy 14-15 lat)
Wyniki

Punkty: FINA 2017

Pozycja	Rok ur.	Czas	Pkt.
1. SZCZEPANIK, Szymon	03	KP SOKÓŁ Rzeszów	4:37.19 448
50m: 31.15 31.15	150m: 1:42.67 36.10	250m: 2:52.60 34.61	350m: 4:03.77 35.57
100m: 1:06.57 35.42	200m: 2:17.99 35.32	300m: 3:28.20 35.60	400m: 4:37.19 33.42
2. POLSKI, Mateusz	04	UKS 51	4:46.18 407
50m: 32.08 32.08	150m: 1:43.34 36.37	250m: 2:55.98 36.24	350m: 4:10.39 37.29
100m: 1:06.97 34.89	200m: 2:19.74 36.40	300m: 3:33.10 37.12	400m: 4:46.18 35.79
3. GAWRON, Amelia	03	KP SOKÓŁ Rzeszów	4:59.45 480
50m: 33.41 33.41	150m: 1:47.66 37.93	250m: 3:04.91 39.18	350m: 4:23.37 39.14
100m: 1:09.73 36.32	200m: 2:25.73 38.07	300m: 3:44.23 39.32	400m: 4:59.45 36.08
4. STEFANOWSKI, Maciej	04	Iron Dragon Triathlon Team	5:11.37 316
50m: 34.71 34.71	150m: 1:54.10 40.47	250m: 3:15.55 40.72	350m: 4:35.60 39.54
100m: 1:13.63 38.92	200m: 2:34.83 40.73	300m: 3:56.06 40.51	400m: 5:11.37 35.77
5. PŁUSA, Maks	04	Iron Dragon Triathlon Team	5:12.52 313
50m: 35.15 35.15	150m: 1:55.24 39.84	250m: 3:15.79 40.31	350m: 4:35.81 39.89
100m: 1:15.40 40.25	200m: 2:35.48 40.24	300m: 3:55.92 40.13	400m: 5:12.52 36.71
6. MADEJ, Maja	03	PŁYWAK Bochnia	5:12.90 421
50m: 35.60 35.60	150m: 1:54.83 40.17	250m: 3:15.77 40.43	350m: 4:35.90 39.94
100m: 1:14.66 39.06	200m: 2:35.34 40.51	300m: 3:55.96 40.19	400m: 5:12.90 37.00
7. OBUCHOWICZ, Natasza	03	GOS Raszyn	5:15.44 410
50m: 33.46 33.46	150m: 1:50.35 39.10	250m: 3:11.43 40.85	350m: 4:34.48 41.71
100m: 1:11.25 37.79	200m: 2:30.58 40.23	300m: 3:52.77 41.34	400m: 5:15.44 40.96
8. WAŁACH, Emilia	04	UKS 51	5:21.64 387
50m: 35.26 35.26	150m: 1:55.43 40.57	250m: 3:17.68 41.42	350m: 4:40.75 41.44
100m: 1:14.86 39.60	200m: 2:36.26 40.83	300m: 3:59.31 41.63	400m: 5:21.64 40.89
9. MŁYŃNARSKA, Józefina	03	TRIATHLON YMCA Kraków	5:22.74 383
50m: 36.54 36.54	150m: 1:58.94 40.78	250m: 3:21.40 41.25	350m: 4:43.51 41.08
100m: 1:18.16 41.62	200m: 2:40.15 41.21	300m: 4:02.43 41.03	400m: 5:22.74 39.23
10. BIENIA, Maciej	04	KP SOKÓŁ Rzeszów	5:30.10 265
50m: 35.55 35.55	150m: 1:57.54 42.15	250m: 3:22.29 42.53	350m: 4:49.24 43.52
100m: 1:15.39 39.84	200m: 2:39.76 42.22	300m: 4:05.72 43.43	400m: 5:30.10 40.86
11. MASZKOWSKI, Jakub	04	UKS 51	5:36.78 250
50m: 36.92 36.92	150m: 2:01.20 42.62	250m: 3:27.72 43.35	350m: 4:55.60 44.80
100m: 1:18.58 41.66	200m: 2:44.37 43.17	300m: 4:10.80 43.08	400m: 5:36.78 41.18
12. WRÓBEL, Wiktoria	04	KS BARAKUDA Mi sk Mazowiecki	5:39.04 330
50m: 34.50 34.50	150m: 1:59.39 43.90	250m: 3:28.17 44.62	350m: 4:57.79 44.42
100m: 1:15.49 40.99	200m: 2:43.55 44.16	300m: 4:13.37 45.20	400m: 5:39.04 41.25
13. GRELA, Amelia	03	Iron Dragon Triathlon Team	5:52.07 295
50m: 36.95 36.95	150m: 2:03.48 44.19	250m: 3:36.48 47.26	350m: 5:08.81 46.25
100m: 1:19.29 42.34	200m: 2:49.22 45.74	300m: 4:22.56 46.08	400m: 5:52.07 43.26
14. JASZCZUK, Jan	04	Iron Dragon Triathlon Team	6:11.90 185
50m: 38.95 38.95	150m: 2:10.77 47.22	250m: 3:48.05 49.06	350m: 5:26.78 49.76
100m: 1:23.55 44.60	200m: 2:58.99 48.22	300m: 4:37.02 48.97	400m: 6:11.90 45.12

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Konkurencja 3, Wszystkie, 400m dowolny, K14 (Młodziczki14-15 lat) i M14 (Młodzicy 14-15 la

Pozycja			Rok ur.					Czas	Pkt.
15.	SIERADZAN, Olga		03	TS Akwedukt Kielce				6:15.15	244
	50m:	38.96 38.96	150m:	2:12.60	49.80	250m:	3:52.76 49.68	350m:	5:30.91 48.88
	100m:	1:22.80 43.84	200m:	3:03.08	50.48	300m:	4:42.03 49.27	400m:	6:15.15 44.24
16.	CHMURA, Anastazja		03	NIEZRZESZENI				7:01.47	172
	50m:	42.04 42.04	150m:	2:26.50	54.34	250m:	4:18.34 56.58	350m:	6:11.01 56.07
	100m:	1:32.16 50.12	200m:	3:21.76	55.26	300m:	5:14.94 56.60	400m:	7:01.47 50.46
17.	WIERZBICKA, Łucja		04	Triathlon Siedlce Club				8:10.10	109
	50m:	47.81 47.81	150m:	2:45.47	1:01.49	250m:	4:57.59 1:05.74	350m:	7:07.46 1:02.99
	100m:	1:43.98 56.17	200m:	3:51.85	1:06.38	300m:	6:04.47 1:06.88	400m:	8:10.10 1:02.64
18.	KOBIERNIK, Bartosz		04	SWIM TRI Rzeszów				8:31.08	71
	50m:	50.13 50.13	150m:	2:54.98	1:04.58	250m:	5:08.81 1:07.46	350m:	7:25.14 1:08.19
	100m:	1:50.40 1:00.27	200m:	4:01.35	1:06.37	300m:	6:16.95 1:08.14	400m:	8:31.08 1:05.94

Konkurencja 4

10.03.2018 - 10:15

600m dowolny

K16 (J. mł. 16-17 lat) i M16 (J. mł. 16-17 lat)

Wyniki

Punkty: FINA 2017

Pozycja			Rok ur.					Czas	Pkt.
1.	MARCZAK, Radosław		02	KS BARAKUDA Mi sk Mazowiecki				7:05.20	
	50m:	31.30 31.30	200m:	2:16.06	34.70	350m:	4:03.11 36.10	500m:	5:52.72 36.64
	100m:	1:06.69 35.39	250m:	2:51.54	35.48	400m:	4:40.38 37.27	550m:	6:29.18 36.46
	150m:	1:41.36 34.67	300m:	3:27.01	35.47	450m:	5:16.08 35.70	600m:	7:05.20 36.02
2.	BUGAŁA, Martyna		02	UKS 51				7:38.45	
	50m:	33.86 33.86	200m:	2:26.87	38.13	350m:	4:23.85 39.19	500m:	6:23.12 39.92
	100m:	1:10.70 36.84	250m:	3:05.70	38.83	400m:	5:03.33 39.48	550m:	7:02.36 39.24
	150m:	1:48.74 38.04	300m:	3:44.66	38.96	450m:	5:43.20 39.87	600m:	7:38.45 36.09
3.	MACIASZEK, Rafał		02	MKP BOBRY D bica				7:38.77	
	50m:	33.40 33.40	200m:	2:28.17	38.79	350m:	4:26.34 39.68	500m:	6:23.72 38.82
	100m:	1:10.91 37.51	250m:	3:07.64	39.47	400m:	5:06.07 39.73	550m:	7:02.69 38.97
	150m:	1:49.38 38.47	300m:	3:46.66	39.02	450m:	5:44.90 38.83	600m:	7:38.77 36.08
4.	WICHA, Karolina		01	TS Akwedukt Kielce				7:39.34	
	50m:	33.06 33.06	200m:	2:27.13	38.44	350m:	4:23.90 39.09	500m:	6:23.01 39.90
	100m:	1:10.46 37.40	250m:	3:05.90	38.77	400m:	5:03.38 39.48	550m:	7:02.39 39.38
	150m:	1:48.69 38.23	300m:	3:44.81	38.91	450m:	5:43.11 39.73	600m:	7:39.34 36.95
5.	MAJEWSKI, Wojciech		01	NIEZRZESZENI				7:53.41	
	50m:	31.06 31.06	200m:	2:20.72	37.81	350m:	4:20.62 40.72	500m:	6:25.04 42.33
	100m:	1:06.32 35.26	250m:	2:59.81	39.09	400m:	5:01.56 40.94	550m:	7:09.13 44.09
	150m:	1:42.91 36.59	300m:	3:39.90	40.09	450m:	5:42.71 41.15	600m:	7:53.41 44.28
6.	ZYCH, Natalia		01	UKS 51				7:56.41	
	50m:	35.12 35.12	200m:	2:32.02	39.62	350m:	4:32.68 40.64	500m:	6:35.07 40.96
	100m:	1:13.42 38.30	250m:	3:11.79	39.77	400m:	5:13.33 40.65	550m:	7:15.98 40.91
	150m:	1:52.40 38.98	300m:	3:52.04	40.25	450m:	5:54.11 40.78	600m:	7:56.41 40.43
7.	SZCZE NIAK, Eryk		01	TS Akwedukt Kielce				8:18.83	
	50m:	36.03 36.03	200m:	2:38.55	42.14	350m:	4:46.01 42.15	500m:	6:55.65 43.27
	100m:	1:15.35 39.32	250m:	3:21.13	42.58	400m:	5:29.44 43.43	550m:	7:37.44 41.79
	150m:	1:56.41 41.06	300m:	4:03.86	42.73	450m:	6:12.38 42.94	600m:	8:18.83 41.39
8.	R KAWEK, Bartosz		02	Triathlon Siedlce Club				8:21.23	
	50m:	32.21 32.21	200m:	2:33.84	42.53	350m:	4:44.22 43.55	500m:	6:56.09 43.34
	100m:	1:10.21 38.00	250m:	3:16.90	43.06	400m:	5:28.15 43.93	550m:	7:40.00 43.91
	150m:	1:51.31 41.10	300m:	4:00.67	43.77	450m:	6:12.75 44.60	600m:	8:21.23 41.23
9.	SZUMIEC, Dominik		02	Jasielskie Stowarzyszenie Cykl				8:27.59	
	50m:	32.08 32.08	200m:	2:35.38	43.37	350m:	4:49.28 45.05	500m:	7:03.01 44.62
	100m:	1:10.27 38.19	250m:	3:19.38	44.00	400m:	5:33.87 44.59	550m:	7:45.69 42.68
	150m:	1:52.01 41.74	300m:	4:04.23	44.85	450m:	6:18.39 44.52	600m:	8:27.59 41.90

I AQUATHLON RZESZÓW 2018
Rzeszów, 10.03.2018

Konkurencja 4, Wszystkie, 600m dowolny, K16 (J. mł. 16-17 lat) i M16 (J. mł. 16-17 lat)

Pozycja			Rok ur.					Czas	Pkt.
10.	KŁOS, Bartłomiej		02	SWIM TRI Rzeszów				11:54.28	
	50m:	35.89 35.89	200m:	3:28.45		350m:	6:44.85	500m:	10:56.87 1:04.47
	100m:		250m:	4:32.92 1:04.47		400m:	8:54.82 2:09.97	550m:	
	150m:		300m:			450m:	9:52.40 57.58	600m:	11:54.28

Konkurencja 5

800m dowolny

K Open i M Open

10.03.2018 - 10:40

Wyniki

Punkty: FINA 2017

Pozycja			Rok ur.					Czas	Pkt.
1.	ZDUN, Konrad		95	UKS 9 Kalisz				9:38.86	449
	100m:	1:07.03 1:07.03	300m:	3:31.52 1:12.50		500m:	5:59.13 1:14.01	700m:	8:27.32 1:13.93
	200m:	2:19.02 1:11.99	400m:	4:45.12 1:13.60		600m:	7:13.39 1:14.26	800m:	9:38.86 1:11.54
2.	SIKORA, Marta		00	TRIATHLON YMCA Kraków				9:53.23	527
	100m:	1:09.61 1:09.61	300m:	3:38.62 1:14.77		500m:	6:09.02 1:15.38	700m:	8:39.45 1:15.57
	200m:	2:23.85 1:14.24	400m:	4:53.64 1:15.02		600m:	7:23.88 1:14.86	800m:	9:53.23 1:13.78
3.	COMBIK, Marcin		94	TRIATHLON YMCA Kraków				10:30.83	347
	100m:	1:12.12 1:12.12	300m:	3:48.56 1:18.75		500m:	6:29.74 1:20.38	700m:	9:12.10 1:21.25
	200m:	2:29.81 1:17.69	400m:	5:09.36 1:20.80		600m:	7:50.85 1:21.11	800m:	10:30.83 1:18.73
4.	LIPOWSKA, Małgorzata		95	TRIATHLON YMCA Kraków				10:48.10	404
	100m:	1:18.37 1:18.37	300m:	3:58.84 1:20.17		500m:	6:42.94 1:22.98	700m:	9:28.97 1:23.04
	200m:	2:38.67 1:20.30	400m:	5:19.96 1:21.12		600m:	8:05.93 1:22.99	800m:	10:48.10 1:19.13
5.	RADZIKOWSKI, Mateusz		99	UKS 51				10:57.00	307
	100m:	1:12.96 1:12.96	300m:	3:56.01 1:23.07		500m:	6:43.08 1:23.41	700m:	9:32.11 1:25.31
	200m:	2:32.94 1:19.98	400m:	5:19.67 1:23.66		600m:	8:06.80 1:23.72	800m:	10:57.00 1:24.89
6.	GNAT, Patryk		99	TS Akwedukt Kielce				11:23.40	273
	100m:	1:14.26 1:14.26	300m:	3:59.29 1:24.79		500m:	6:54.49 1:28.49	700m:	9:55.38 1:30.66
	200m:	2:34.50 1:20.24	400m:	5:26.00 1:26.71		600m:	8:24.72 1:30.23	800m:	11:23.40 1:28.02

Konkurencja 6

500m dowolny

16 lat i starsi

10.03.2018 - 11:05

Wyniki

Punkty: FINA 2017

Pozycja			Rok ur.					Czas	Pkt.
KAG (K. amatorki) i MAG (M. amatorzy) 16-39 lat									
1.	TUTIK, Dmytro		97	NIEZRZESZENI				6:23.76	
	50m:	32.94 32.94	200m:	2:26.16 38.73		350m:	4:26.64 40.48	500m:	6:23.76 36.03
	100m:	1:09.36 36.42	250m:	3:06.07 39.91		400m:	5:07.10 40.46		
	150m:	1:47.43 38.07	300m:	3:46.16 40.09		450m:	5:47.73 40.63		
2.	TANOVSKIY, Maksym		99	NIEZRZESZENI				6:24.36	
	50m:	33.22 33.22	200m:	2:27.85 39.30		350m:	4:27.12 40.27	500m:	6:24.36 36.38
	100m:	1:09.94 36.72	250m:	3:07.18 39.33		400m:	5:07.89 40.77		
	150m:	1:48.55 38.61	300m:	3:46.85 39.67		450m:	5:47.98 40.09		
3.	KRAVCHENKO, Vitalina		97	SWIM TRI Rzeszów				7:08.01	
	50m:	36.71 36.71	200m:	2:45.32 44.05		350m:	4:58.70 44.57	500m:	7:08.01 41.07
	100m:	1:17.94 41.23	250m:	3:29.38 44.06		400m:	5:42.93 44.23		
	150m:	2:01.27 43.33	300m:	4:14.13 44.75		450m:	6:26.94 44.01		
4.	HORODECKI, Krzysztof		79	Trenigo/GB SPORT				7:19.59	
	50m:	38.91 38.91	200m:	2:51.48 45.24		350m:	5:07.48 45.25	500m:	7:19.59 42.05
	100m:	1:21.83 42.92	250m:	3:36.67 45.19		400m:	5:52.19 44.71		
	150m:	2:06.24 44.41	300m:	4:22.23 45.56		450m:	6:37.54 45.35		

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Konkurencja 6, Wszystkie, 500m dowolny, KAG (K. amatorki) i MAG (M. amatorzy) 16-39 lat

Pozycja			Rok ur.				Czas	Pkt.
5.	JANIAK, Paweł		80 Triathlon Siedlce Club				7:57.47	
	50m:	40.39 40.39	200m:	2:59.01 48.21	350m:	5:27.42 50.16	500m:	7:57.47 49.11
	100m:	1:24.10 43.71	250m:	3:47.91 48.90	400m:	6:17.23 49.81		
	150m:	2:10.80 46.70	300m:	4:37.26 49.35	450m:	7:08.36 51.13		
6.	CEJUDO ALBA, Raul		93 VIC ETB				8:20.27	
	50m:	41.38 41.38	200m:	3:08.60 51.62	350m:	5:46.56 53.03	500m:	8:20.27 47.44
	100m:	1:27.70 46.32	250m:	4:00.72 52.12	400m:	6:40.14 53.58		
	150m:	2:16.98 49.28	300m:	4:53.53 52.81	450m:	7:32.83 52.69		
7.	RZESZUTEK, Misiek		87 GB SPORT / Supercoral.PI				8:32.65	
	50m:	43.16 43.16	200m:	3:10.99 51.27	350m:	5:49.72 53.67	500m:	8:32.65 53.16
	100m:	1:29.71 46.55	250m:	4:03.34 52.35	400m:	6:44.23 54.51		
	150m:	2:19.72 50.01	300m:	4:56.05 52.71	450m:	7:39.49 55.26		
8.	NOWAK, Jakub		90 SWIM TRI Rzeszów				9:04.32	
	50m:	45.59 45.59	200m:	3:26.45 56.17	350m:	6:16.49 56.47	500m:	9:04.32 53.45
	100m:	1:35.96 50.37	250m:	4:23.43 56.98	400m:	7:13.56 57.07		
	150m:	2:30.28 54.32	300m:	5:20.02 56.59	450m:	8:10.87 57.31		
9.	CHROBAK, Robert		82 SWIM TRI Rzeszów				9:09.22	
	50m:	42.11 42.11	200m:	3:18.94 56.78	350m:	6:14.17 58.85	500m:	9:09.22 54.63
	100m:	1:29.34 47.23	250m:	4:17.26 58.32	400m:	7:14.10 59.93		
	150m:	2:22.16 52.82	300m:	5:15.32 58.06	450m:	8:14.59 1:00.49		
10.	BANA , Łukasz		83 GB SPORT				9:12.31	
	50m:	42.89 42.89	200m:	3:17.73 55.36	350m:	6:14.64 59.00	500m:	9:12.31 58.05
	100m:	1:31.95 49.06	250m:	4:16.00 58.27	400m:	7:13.97 59.33		
	150m:	2:22.37 50.42	300m:	5:15.64 59.64	450m:	8:14.26 1:00.29		
11.	JURKIEWICZ, Marek		82 NIEZRZESZENI				9:37.42	
	50m:	43.83 43.83	200m:	3:33.55 59.70	350m:	6:35.74 1:02.41	500m:	9:37.42 59.72
	100m:	1:35.96 52.13	250m:	4:32.48 58.93	400m:	7:36.30 1:00.56		
	150m:	2:33.85 57.89	300m:	5:33.33 1:00.85	450m:	8:37.70 1:01.40		
12.	URYGA, Kinga		83 NIEZRZESZENI				9:53.40	
	50m:	50.14 50.14	200m:	3:49.03 1:01.75	350m:	6:53.64 1:02.76	500m:	9:53.40 55.76
	100m:	1:46.86 56.72	250m:	4:50.65 1:01.62	400m:	7:55.79 1:02.15		
	150m:	2:47.28 1:00.42	300m:	5:50.88 1:00.23	450m:	8:57.64 1:01.85		
13.	CADER, Mikołaj		83 NIEZRZESZENI				10:04.24	
	50m:	49.24 49.24	200m:	3:43.60 1:00.80	350m:	6:50.82 1:03.52	500m:	10:04.24 1:08.71
	100m:	1:44.31 55.07	250m:	4:45.31 1:01.71	400m:	7:52.22 1:01.40		
	150m:	2:42.80 58.49	300m:	5:47.30 1:01.99	450m:	8:55.53 1:03.31		
14.	PUSTELAK, Szymon		99 NIEZRZESZENI				10:20.46	
	50m:	45.73 45.73	200m:	3:41.18 1:02.39	350m:	6:57.35 1:08.75	500m:	10:20.46 1:06.37
	100m:	1:38.09 52.36	250m:	4:44.70 1:03.52	400m:	8:05.94 1:08.59		
	150m:	2:38.79 1:00.70	300m:	5:48.60 1:03.90	450m:	9:14.09 1:08.15		
15.	CIOŁKOWSKI, Wiktor		02 JK Kotwica Tarnobrzeg				10:47.61	
	50m:	45.98 45.98	200m:	3:47.64 1:07.41	350m:	7:24.09 1:08.65	500m:	10:47.61 1:07.19
	100m:	1:40.54 54.56	250m:	5:03.88 1:16.24	400m:			
	150m:	2:40.23 59.69	300m:	6:15.44 1:11.56	450m:	9:40.42		
16.	KMIECIK, Paweł		88 AKADEMIA Triathlonu Jarosław				11:01.94	
	50m:	47.28 47.28	200m:	3:40.29 1:00.42	350m:	6:46.44 1:02.50	500m:	11:01.94 2:07.75
	100m:	1:41.77 54.49	250m:	4:41.83 1:01.54	400m:	7:50.26 1:03.82		
	150m:	2:39.87 58.10	300m:	5:43.94 1:02.11	450m:	8:54.19 1:03.93		
17.	SZCZEPANIK, Barbara		84 NIEZRZESZENI				12:39.32	
	50m:	1:05.40 1:05.40	200m:	4:52.81 1:19.10	350m:	8:50.83 1:18.61	500m:	12:39.32 1:13.95
	100m:	2:18.31 1:12.91	250m:	6:11.65 1:18.84	400m:	10:09.40 1:18.57		
	150m:	3:33.71 1:15.40	300m:	7:32.22 1:20.57	450m:	11:25.37 1:15.97		

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Konkurencja 6, 500m dowolny

KAG (K. weteranki) i MAG (M. weterani) 40+ lat

1.	FAFF, Mariusz	63	SWIM TRI Rzeszów	6:40.42
	50m: 33.72 33.72	200m: 2:32.80	41.22 350m: 4:37.80	41.26 500m: 6:40.42
	100m: 1:11.75 38.03	250m: 3:14.75	41.95 400m: 5:19.31	41.51 39.45
	150m: 1:51.58 39.83	300m: 3:56.54	41.79 450m: 6:00.97	41.66
2.	JARO , Tomasz	71	AKADEMIA Triathlonu Jarosław	7:30.24
	50m: 38.42 38.42	200m: 2:52.49	45.43 350m: 5:12.09	47.07 500m: 7:30.24
	100m: 1:22.15 43.73	250m: 3:38.98	46.49 400m: 5:59.59	47.50 44.43
	150m: 2:07.06 44.91	300m: 4:25.02	46.04 450m: 6:45.81	46.22
3.	KLACZKOWSKI, Sebastian	76	Giorre Sport Team	8:10.82
	50m: 40.61 40.61	200m: 3:10.37	51.37 350m: 5:45.50	51.91 500m: 8:10.82
	100m: 1:27.81 47.20	250m: 4:01.74	51.85 400m: 6:36.10	50.60 44.70
	150m: 2:07.06 44.91	300m: 4:53.59	51.85 450m: 7:26.12	50.02
4.	RACHWAŁ - CHMURA, Magdalena	78	NIEZRZESZENI	9:05.90
	50m: 44.90 44.90	200m: 3:26.05	56.12 350m: 6:16.65	56.93 500m: 9:05.90
	100m: 1:35.05 50.15	250m: 4:22.56	56.51 400m: 7:14.16	57.51 56.72
	150m: 2:29.93 54.88	300m: 5:19.72	57.16 450m: 8:09.18	55.02
5.	TWOREK, Anita	69	AKADEMIA Triathlonu Jarosław	9:16.24
	50m: 56.19 56.19	200m: 4:05.80	1:05.07 350m: 7:13.81	1:01.99 500m: 9:16.24
	100m: 1:57.48 1:01.29	250m: 5:09.74	1:03.94 400m: 8:15.96	1:02.15
	150m: 3:00.73 1:03.25	300m: 6:11.82	1:02.08 450m: 9:16.24	1:00.28
6.	CZEKIRDA, Paweł	77	PAWCIUS TEAM Le ajsk	9:16.44
	50m: 52.83 52.83	200m: 3:36.81	54.97 350m: 6:32.87	58.04 500m: 9:16.44
	100m: 1:46.97 54.14	250m: 4:36.04	59.23 400m: 7:29.38	56.51 50.58
	150m: 2:41.84 54.87	300m: 5:34.83	58.79 450m: 8:25.86	56.48
7.	RADOMI SKI, Tomasz	74	KS BARAKUDA Mi sk Mazowiecki	9:24.14
	50m: 44.01 44.01	200m: 3:30.15	58.02 350m: 6:27.57	59.01 500m: 9:24.14
	100m: 1:35.36 51.35	250m: 4:29.97	59.82 400m: 7:27.50	59.93 57.56
	150m: 2:32.13 56.77	300m: 5:28.56	58.59 450m: 8:26.58	59.08
8.	CZY OWSKI, Wojciech	65	NIEZRZESZENI	9:26.96
	50m: 42.84 42.84	200m: 3:29.22	59.52 350m: 6:29.79	1:01.14 500m: 9:26.96
	100m: 1:33.65 50.81	250m: 4:28.67	59.45 400m: 7:32.68	1:02.89 54.08
	150m: 2:29.70 56.05	300m: 5:28.65	59.98 450m: 8:32.88	1:00.20
9.	GLI SKA, Anna	76	NIEZRZESZENI	9:41.07
	50m: 44.70 44.70	200m: 3:33.51	59.17 350m: 6:35.69	1:01.37 500m: 9:41.07
	100m: 1:36.69 51.99	250m: 4:33.84	1:00.33 400m: 7:38.72	1:03.03 58.83
	150m: 2:34.34 57.65	300m: 5:34.32	1:00.48 450m: 8:42.24	1:03.52
10.	WRÓBEL, Marcin	73	KS BARAKUDA Mi sk Mazowiecki	10:16.68
	50m: 54.71 54.71	200m: 4:02.80	1:04.07 350m: 7:10.54	1:02.69 500m: 10:16.68
	100m: 1:55.38 1:00.67	250m: 5:05.65	1:02.85 400m: 8:12.52	1:01.98 1:02.40
	150m: 2:58.73 1:03.35	300m: 6:07.85	1:02.20 450m: 9:14.28	1:01.76
11.	HULBÓJ, Jan	71	SP 13	10:33.09
	50m: 50.12 50.12	200m: 3:54.10	1:04.90 350m: 7:15.89	1:08.12 500m: 10:33.09
	100m: 1:47.78 57.66	250m: 5:00.19	1:06.09 400m: 8:23.94	1:08.05 1:02.90
	150m: 2:49.20 1:01.42	300m: 6:07.77	1:07.58 450m: 9:30.19	1:06.25
12.	PESZEK, Anna	70	NIEZRZESZENI	11:09.00
	50m: 54.34 54.34	200m: 4:19.17	1:12.58 350m: 7:45.21	1:09.55 500m: 11:09.00
	100m: 1:58.04 1:03.70	250m: 5:26.90	1:07.73 400m: 8:54.30	1:09.09 1:05.16
	150m: 3:06.59 1:08.55	300m: 6:35.66	1:08.76 450m: 10:03.84	1:09.54
13.	STOPA, Marcin	75	Urząd Miasta Rzeszowa	11:52.48
	50m: 1:05.06 1:05.06	200m: 4:38.50	1:11.71 350m: 8:17.06	1:14.01 500m: 11:52.48
	100m: 2:15.01 1:09.95	250m: 5:50.23	1:11.73 400m: 9:28.91	1:11.85 1:10.75
	150m: 3:26.79 1:11.78	300m: 7:03.05	1:12.82 450m: 10:41.73	1:12.82

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Konkurencja 6, Wszystkie, 500m dowolny, KAG (K. weteranki) i MAG (M. weterani) 40+ lat

Pozycja			Rok ur.				Czas	Pkt.
14.	GRELA, Rafał		76	NIEZRZESZENI			13:09.51	
	50m:	59.09	59.09	200m:		350m:	8:56.46	500m: 13:09.51
	100m:	2:11.79	1:12.70	250m:	6:10.84	400m:	11:49.07	2:52.61
	150m:	3:29.00	1:17.21	300m:		450m:		