



Letnie Mistrzostwa Okręgu Podkarpackiego w pływaniu
Dębica, 23. - 24.6.2018

Konkurencja 12
23.06.2018 - 12:53

Mężczyźni, 400m zmienny

13 lat i starsi
Wyniki

Punkty: FINA 2017

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m
13 lat								
1.	05	UCZEK Paweł MKS IKAR Mielec <i>Rekord Okręgu Podkarpackiego (wg. SwimRankings)</i>	5:28.99	407	1:18.11	1:20.80	1:36.39	1:13.69
		50m: 1:18.11	150m: 2:38.91	250m: 4:15.30	350m: 5:28.99			
		100m: 1:18.11	200m: 2:38.91	300m: 4:15.30	400m: 5:28.99			
2.	05	SZCZ CH Mikołaj KP SOKÓŁ Rzeszów	5:55.10	323	1:29.74	1:34.93	1:36.50	1:13.93
		50m: 1:29.74	150m: 3:04.67	250m: 4:41.17	350m: 5:55.10			
		100m: 1:29.74	200m: 3:04.67	300m: 4:41.17	400m: 5:55.10			
3.	05	WA NY Bartłomiej KP DELFIN Horyniec Zdrj.	7:44.74	144	1:53.74	2:01.23	2:16.73	1:33.04
		50m: 1:53.74	150m: 3:54.97	250m: 6:11.70	350m: 7:44.74			
		100m: 1:53.74	200m: 3:54.97	300m: 6:11.70	400m: 7:44.74			
14 lat								
1.	04	MARCINEK Liberto MKS IKAR Mielec	5:40.87	366	1:22.02	1:20.23	1:40.74	1:17.88
		50m: 1:22.02	150m: 2:42.25	250m: 4:22.99	350m: 5:40.87			
		100m: 1:22.02	200m: 2:42.25	300m: 4:22.99	400m: 5:40.87			
2.	04	KARWOWSKI Maksymilian UKS AQUARIUS Lesko	6:08.66	289	1:25.77	1:37.63	1:41.36	1:23.90
		50m: 1:25.77	150m: 3:03.40	250m: 4:44.76	350m: 6:08.66			
		100m: 1:25.77	200m: 3:03.40	300m: 4:44.76	400m: 6:08.66			
3.	04	BIENIA Maciej KP SOKÓŁ Rzeszów	6:26.15	251	1:40.41	1:36.39	1:47.84	1:21.51
		50m: 1:40.41	150m: 3:16.80	250m: 5:04.64	350m: 6:26.15			
		100m: 1:40.41	200m: 3:16.80	300m: 5:04.64	400m: 6:26.15			
15 lat i starsi								
1.	00	CERLICH Maksymilian MKS IKAR Mielec	4:45.44	623	1:06.06	1:15.61	1:20.48	1:03.29
		50m: 1:06.06	150m: 2:21.67	250m: 3:42.15	350m: 4:45.44			
		100m: 1:06.06	200m: 2:21.67	300m: 3:42.15	400m: 4:45.44			
2.	02	KSI NICKI Dawid MKS IKAR Mielec	4:55.12	564	1:09.95	1:21.37	1:19.81	1:03.99
		50m: 1:09.95	150m: 2:31.32	250m: 3:51.13	350m: 4:55.12			
		100m: 1:09.95	200m: 2:31.32	300m: 3:51.13	400m: 4:55.12			
3.	00	WOZNIAK Kamil UKS FREGATA Kolbuszowa	5:03.16	520	1:08.07	1:21.19	1:25.10	1:08.80
		50m: 1:08.07	150m: 2:29.26	250m: 3:54.36	350m: 5:03.16			
		100m: 1:08.07	200m: 2:29.26	300m: 3:54.36	400m: 5:03.16			
4.	02	MAGDA Patryk MKS IKAR Mielec	5:20.33	441	1:13.25	1:22.42	1:34.44	1:10.22
		50m: 1:13.25	150m: 2:35.67	250m: 4:10.11	350m: 5:20.33			
		100m: 1:13.25	200m: 2:35.67	300m: 4:10.11	400m: 5:20.33			
5.	03	SZCZEPANIK Szymon KP SOKÓŁ Rzeszów	5:23.81	427	1:17.11	1:23.46	1:27.04	1:16.20
		50m: 1:17.11	150m: 2:40.57	250m: 4:07.61	350m: 5:23.81			
		100m: 1:17.11	200m: 2:40.57	300m: 4:07.61	400m: 5:23.81			
6.	03	HAŁUCHA Jakub KP DELFIN Horyniec Zdrj.	7:19.45	170	1:30.88	1:58.22	2:08.96	1:41.39
		50m: 1:30.88	150m: 3:29.10	250m: 5:38.06	350m: 7:19.45			
		100m: 1:30.88	200m: 3:29.10	300m: 5:38.06	400m: 7:19.45			
PK	01	MALEC Mikołaj MKS TRÓJKA Łódź	4:45.54	622	1:07.12	1:14.23	1:22.48	1:01.71
		50m: 1:07.12	150m: 2:21.35	250m: 3:43.83	350m: 4:45.54			
		100m: 1:07.12	200m: 2:21.35	300m: 3:43.83	400m: 4:45.54			
PK	01	ADAMCZAK Jakub UKS SHARK Rudna	4:53.55	573	1:07.70	1:17.65	1:23.07	1:05.13
		50m: 1:07.70	150m: 2:25.35	250m: 3:48.42	350m: 4:53.55			
		100m: 1:07.70	200m: 2:25.35	300m: 3:48.42	400m: 4:53.55			