



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

Konkurencja 20  
23.06.2018 - 16:21

Mężczyźni, 400m dowolny

12 lat i starsi  
Wyniki

Punkty: FINA 2017

| Pozycja            | Rok ur. | Czas Pkt.                                 | 100m    | 200m          | 300m    | 400m    |
|--------------------|---------|---|---------|---------------|---------|---------|
| <b>12 lat</b>      |         |   |         |               |         |         |
| 1. WÓJCIK Szczepan | 06      | UKS FREGATA Kolbuszowa <b>5:10.54</b> 355 | 1:14.61 | 1:19.91       | 1:20.74 | 1:15.28 |
| 50m:               |         | 150m:                                     |         | 350m:         |         |         |
| 100m: 1:14.61      |         | 200m: 2:34.52                             |         | 400m: 5:10.54 |         |         |
| 2. STANISZ Maciej  | 06      | MKS IKAR Mielec <b>5:34.46</b> 284        | 1:17.47 | 1:23.99       | 1:26.67 | 1:26.33 |
| 50m:               |         | 150m:                                     |         | 350m:         |         |         |
| 100m: 1:17.47      |         | 200m: 2:41.46                             |         | 400m: 5:34.46 |         |         |
| 3. RZEMIE Karol    | 06      | UKS FREGATA Kolbuszowa <b>5:59.00</b> 230 | 1:24.96 | 1:32.19       | 1:32.89 | 1:28.96 |
| 50m:               |         | 150m:                                     |         | 350m:         |         |         |
| 100m: 1:24.96      |         | 200m: 2:57.15                             |         | 400m: 5:59.00 |         |         |
| 4. OCHALIK Filip   | 06      | MKS IKAR Mielec <b>6:00.61</b> 227        | 1:23.49 | 1:34.77       | 1:35.29 | 1:27.06 |
| 50m:               |         | 150m:                                     |         | 350m:         |         |         |
| 100m: 1:23.49      |         | 200m: 2:58.26                             |         | 400m: 6:00.61 |         |         |
| 5. CAPAŁA Michał   | 06      | SP MOTYL MOSIR Stalowa <b>6:03.92</b> 221 | 1:26.69 | 1:33.32       | 1:34.01 | 1:29.90 |
| 50m:               |         | 150m:                                     |         | 350m:         |         |         |
| 100m: 1:26.69      |         | 200m: 3:00.01                             |         | 400m: 6:03.92 |         |         |

**13 lat**

|                     |    |   |         |               |         |         |
|---------------------|----|---|---------|---------------|---------|---------|
| 1. UCZEK Paweł      | 05 | MKS IKAR Mielec <b>4:51.76</b> 429          | 1:09.11 | 1:14.40       | 1:15.37 | 1:12.88 |
| 50m:                |    | 150m:                                       |         | 350m:         |         |         |
| 100m: 1:09.11       |    | 200m: 2:23.51                               |         | 400m: 4:51.76 |         |         |
| 2. SZCZACH Mikołaj  | 05 | KP SOKÓŁ Rzeszów <b>5:00.73</b> 391         | 1:10.83 | 1:16.60       | 1:17.61 | 1:15.69 |
| 50m:                |    | 150m:                                       |         | 350m:         |         |         |
| 100m: 1:10.83       |    | 200m: 2:27.43                               |         | 400m: 5:00.73 |         |         |
| 3. SKULSKI Szymon   | 05 | UKS DELFIN Tarnobrzeg <b>5:07.13</b> 367    | 1:12.40 | 1:20.01       | 1:20.28 | 1:14.44 |
| 50m:                |    | 150m:                                       |         | 350m:         |         |         |
| 100m: 1:12.40       |    | 200m: 2:32.41                               |         | 400m: 5:07.13 |         |         |
| 4. CZERNICKI Hubert | 05 | KP SOKÓŁ Rzeszów <b>5:09.59</b> 359         | 1:11.73 | 1:20.08       | 1:20.25 | 1:17.53 |
| 50m:                |    | 150m:                                       |         | 350m:         |         |         |
| 100m: 1:11.73       |    | 200m: 2:31.81                               |         | 400m: 5:09.59 |         |         |
| 5. STACHOWICZ Kamil | 05 | MOSIR WODNIK Krosno <b>5:44.20</b> 261      | 1:22.93 | 1:29.18       | 1:29.42 | 1:22.67 |
| 50m:                |    | 150m:                                       |         | 350m:         |         |         |
| 100m: 1:22.93       |    | 200m: 2:52.11                               |         | 400m: 5:44.20 |         |         |
| 6. SZARO Łukasz     | 05 | CSTR Strzyżów <b>5:54.35</b> 239            | 1:25.79 | 1:31.84       | 1:32.11 | 1:24.61 |
| 50m:                |    | 150m:                                       |         | 350m:         |         |         |
| 100m: 1:25.79       |    | 200m: 2:57.63                               |         | 400m: 5:54.35 |         |         |
| 7. LUBA Jakub       | 05 | CSTR Strzyżów <b>5:57.09</b> 234            | 1:25.83 | 1:31.00       | 1:32.09 | 1:28.17 |
| 50m:                |    | 150m:                                       |         | 350m:         |         |         |
| 100m: 1:25.83       |    | 200m: 2:56.83                               |         | 400m: 5:57.09 |         |         |
| 8. WANNY Bartłomiej | 05 | KP DELFIN Horyniec Zdrj. <b>6:30.33</b> 179 | 1:31.62 | 1:39.32       | 1:41.83 | 1:37.56 |
| 50m:                |    | 150m:                                       |         | 350m:         |         |         |
| 100m: 1:31.62       |    | 200m: 3:10.94                               |         | 400m: 6:30.33 |         |         |

**14 lat**

|                     |    |                                     |         |               |         |         |
|---------------------|----|-------------------------------------|---------|---------------|---------|---------|
| 1. HORODYSKI Antoni | 04 | UKP GRYF Dębica <b>5:04.19</b> 378  | 1:11.75 | 1:18.91       | 1:18.01 | 1:15.52 |
| 50m:                |    | 150m:                               |         | 350m:         |         |         |
| 100m: 1:11.75       |    | 200m: 2:30.66                       |         | 400m: 5:04.19 |         |         |
| 2. BIENIA Maciej    | 04 | KP SOKÓŁ Rzeszów <b>5:41.40</b> 267 | 1:22.30 | 1:28.72       | 1:28.10 | 1:22.28 |
| 50m:                |    | 150m:                               |         | 350m:         |         |         |
| 100m: 1:22.30       |    | 200m: 2:51.02                       |         | 400m: 5:41.40 |         |         |



Letnie Mistrzostwa Okręgu Podkarpackiego w pływaniu  
D bica, 23. - 24.6.2018

Konkurencja 20, Mężczyźni, 400m dowolny

15 lat i starsi

|                        |    |                          |                |     |               |         |         |         |
|------------------------|----|--------------------------|----------------|-----|---------------|---------|---------|---------|
| 1. CERLICH Maksymilian | 00 | MKS IKAR Mielec          | <b>4:20.04</b> | 606 | 1:01.04       | 1:05.78 | 1:07.23 | 1:05.99 |
| 50m:                   |    | 150m:                    | 250m:          |     | 350m:         |         |         |         |
| 100m: 1:01.04          |    | 200m: 2:06.82            | 300m: 3:14.05  |     | 400m: 4:20.04 |         |         |         |
| 2. KSI NICKI Dawid     | 02 | MKS IKAR Mielec          | <b>4:24.77</b> | 574 | 1:05.27       | 1:08.85 | 1:06.87 | 1:03.78 |
| 50m:                   |    | 150m:                    | 250m:          |     | 350m:         |         |         |         |
| 100m: 1:05.27          |    | 200m: 2:14.12            | 300m: 3:20.99  |     | 400m: 4:24.77 |         |         |         |
| 3. WOZNIAK Kamil       | 00 | UKS FREGATA Kolbuszowa   | <b>4:29.14</b> | 546 | 1:01.21       | 1:07.72 | 1:10.26 | 1:09.95 |
| 50m:                   |    | 150m:                    | 250m:          |     | 350m:         |         |         |         |
| 100m: 1:01.21          |    | 200m: 2:08.93            | 300m: 3:19.19  |     | 400m: 4:29.14 |         |         |         |
| 4. KAŁU A Jakub        | 02 | UKP GRYF D bica          | <b>4:39.34</b> | 488 | 1:07.54       | 1:09.71 | 1:11.82 | 1:10.27 |
| 50m:                   |    | 150m:                    | 250m:          |     | 350m:         |         |         |         |
| 100m: 1:07.54          |    | 200m: 2:17.25            | 300m: 3:29.07  |     | 400m: 4:39.34 |         |         |         |
| 5. NARÓG Nikodem       | 02 | PIRANIE SOSiR Nowa D.    | <b>4:50.33</b> | 435 | 1:07.79       | 1:16.09 | 1:17.79 | 1:08.66 |
| 50m:                   |    | 150m:                    | 250m:          |     | 350m:         |         |         |         |
| 100m: 1:07.79          |    | 200m: 2:23.88            | 300m: 3:41.67  |     | 400m: 4:50.33 |         |         |         |
| 6. CHABIOR Dawid       | 03 | KS Swim2win Krosno       | <b>5:02.24</b> | 386 | 1:10.93       | 1:18.51 | 1:18.08 | 1:14.72 |
| 50m:                   |    | 150m:                    | 250m:          |     | 350m:         |         |         |         |
| 100m: 1:10.93          |    | 200m: 2:29.44            | 300m: 3:47.52  |     | 400m: 5:02.24 |         |         |         |
| 7. MAGDA Patryk        | 02 | MKS IKAR Mielec          | <b>5:17.05</b> | 334 | 1:16.01       | 1:23.34 | 1:22.46 | 1:15.24 |
| 50m:                   |    | 150m:                    | 250m:          |     | 350m:         |         |         |         |
| 100m: 1:16.01          |    | 200m: 2:39.35            | 300m: 4:01.81  |     | 400m: 5:17.05 |         |         |         |
| 8. KRZYCH Wiktor       | 02 | KP DELFIN Horyniec Zdrj. | <b>6:08.54</b> | 212 | 1:21.98       | 1:34.69 | 1:38.85 | 1:33.02 |
| 50m:                   |    | 150m:                    | 250m:          |     | 350m:         |         |         |         |
| 100m: 1:21.98          |    | 200m: 2:56.67            | 300m: 4:35.52  |     | 400m: 6:08.54 |         |         |         |
| PK WO NY Wiktor        | 01 | UKS SHARK Rudna          | <b>4:24.31</b> | 577 | 1:04.09       | 1:06.86 | 1:07.10 | 1:06.26 |
| 50m:                   |    | 150m:                    | 250m:          |     | 350m:         |         |         |         |
| 100m: 1:04.09          |    | 200m: 2:10.95            | 300m: 3:18.05  |     | 400m: 4:24.31 |         |         |         |
| PK LISIK Kacper        | 03 | UKS SHARK Rudna          | <b>4:44.34</b> | 463 | 1:06.88       | 1:12.98 | 1:13.67 | 1:10.81 |
| 50m:                   |    | 150m:                    | 250m:          |     | 350m:         |         |         |         |
| 100m: 1:06.88          |    | 200m: 2:19.86            | 300m: 3:33.53  |     | 400m: 4:44.34 |         |         |         |
| PK GU CIN Eryk         | 01 | UKS SHARK Rudna          | <b>4:47.61</b> | 447 | 1:07.30       | 1:13.33 | 1:13.59 | 1:13.39 |
| 50m:                   |    | 150m:                    | 250m:          |     | 350m:         |         |         |         |
| 100m: 1:07.30          |    | 200m: 2:20.63            | 300m: 3:34.22  |     | 400m: 4:47.61 |         |         |         |
| PK WALAT Sebastian     | 03 | UKS PIRANIA Targówek     | <b>4:49.05</b> | 441 | 1:08.37       | 1:15.37 | 1:14.93 | 1:10.38 |
| 50m:                   |    | 150m:                    | 250m:          |     | 350m:         |         |         |         |
| 100m: 1:08.37          |    | 200m: 2:23.74            | 300m: 3:38.67  |     | 400m: 4:49.05 |         |         |         |
| PK KRAWCZYK Dominik    | 04 | UKS ALFA Bukowno         | <b>4:54.02</b> | 419 | 1:07.62       | 1:16.20 | 1:16.40 | 1:13.80 |
| 50m:                   |    | 150m:                    | 250m:          |     | 350m:         |         |         |         |
| 100m: 1:07.62          |    | 200m: 2:23.82            | 300m: 3:40.22  |     | 400m: 4:54.02 |         |         |         |
| PK TYNOR Kacper        | 06 | KS FALA Niepołomice      | <b>5:42.95</b> | 264 | 1:23.81       | 1:27.43 | 1:27.68 | 1:24.03 |
| 50m:                   |    | 150m:                    | 250m:          |     | 350m:         |         |         |         |
| 100m: 1:23.81          |    | 200m: 2:51.24            | 300m: 4:18.92  |     | 400m: 5:42.95 |         |         |         |