

Zimowe Mistrzostwa Okręgu Podkarpackiego 2018 w pływaniu
Sanok, 1. - 2.12.2018

Konkurencja 20 Mężczyzn, 400m dowolny 12 lat i starsi
01.12.2018 - 17:04 Wyniki

Rekord POZP Open (wg Swimrankings) 3:59.07 YBURA Kornel 00308 Lublin 17.12.2015

Punkty: FINA 2018

Pozycja	Rok ur.	Czas	Pkt.
12 lat			
1. JARZ B Tymoteusz	06 UKP GRYF D bica	4:38.00	445
<i>Wynik Lepszy od Rekordu POZP 12 lat (Swimrankings)</i>			
50m: 30.73 30.73	150m: 1:41.45 35.65	250m: 2:53.16 36.28	350m: 4:03.96 35.39
100m: 1:05.80 35.07	200m: 2:16.88 35.43	300m: 3:28.57 35.41	400m: 4:38.00 34.04
2. NIEZNA SKI Michał	06 UKS AQUARIUS Lesko	4:56.75	365
50m: 16.01 16.01	150m: 1:47.76 37.93	250m: 3:04.16 38.66	350m: 4:19.06 36.68
100m: 1:09.83 53.82	200m: 2:25.50 37.74	300m: 3:42.38 38.22	400m: 4:56.75 37.69
3. WÓJCIK Szczepan	06 UKS FREGATA Kolbuszowa	4:59.68	355
50m: 33.22 33.22	150m: 1:47.33 37.61	250m: 3:05.16 39.38	350m: 4:23.69 38.87
100m: 1:09.72 36.50	200m: 2:25.78 38.45	300m: 3:44.82 39.66	400m: 4:59.68 35.99
4. JASZCZOR Oskar	06 KS Swim2Win Krosno	5:05.21	336
50m: 36.29 36.29	150m: 1:55.33 40.05	250m: 3:11.79 37.65	350m: 4:28.13 37.92
100m: 1:15.28 38.99	200m: 2:34.14 38.81	300m: 3:50.21 38.42	400m: 5:05.21 37.08
5. STANISZ Maciej	06 MKS IKAR Mielec	5:06.14	333
50m: 34.99 34.99	150m: 1:51.88 38.46	250m: 3:09.52 38.95	350m: 4:28.10 39.25
100m: 1:13.42 38.43	200m: 2:30.57 38.69	300m: 3:48.85 39.33	400m: 5:06.14 38.04
6. DACZKOWSKI Radosław	06 MKP BOBRY D bica	5:09.05	323
50m: 35.04 35.04	150m: 1:53.09 39.42	250m: 3:11.61 39.43	350m: 4:30.72 39.68
100m: 1:13.67 38.63	200m: 2:32.18 39.09	300m: 3:51.04 39.43	400m: 5:09.05 38.33
7. JACH Przemysław	06 MKS IKAR Mielec	5:23.01	283
50m: 35.57 35.57	150m: 1:56.57 41.30	250m: 3:18.49 41.25	350m: 4:42.38 41.92
100m: 1:15.27 39.70	200m: 2:37.24 40.67	300m: 4:00.46 41.97	400m: 5:23.01 40.63
8. CAPAŁA Michał	06 SP MOTYL MOSiR Stalowa Wola	5:36.09	251
50m: 36.93 36.93	150m: 2:02.75 44.21	250m: 3:28.19 43.20	350m: 4:53.76 42.12
100m: 1:18.54 41.61	200m: 2:44.99 42.24	300m: 4:11.64 43.45	400m: 5:36.09 42.33
9. OCHALIK Filip	06 MKS IKAR Mielec	5:39.91	243
50m: 37.70 37.70	150m: 2:05.78 44.65	250m: 3:33.75 43.99	350m: 5:00.30 42.81
100m: 1:21.13 43.43	200m: 2:49.76 43.98	300m: 4:17.49 43.74	400m: 5:39.91 39.61
10. WISTAK Miłosz	06 UKP GRYF D bica	5:43.33	236
50m: 38.81 38.81	150m: 2:05.81 43.71	250m: 3:35.09 44.83	350m: 5:02.49 43.20
100m: 1:22.10 43.29	200m: 2:50.26 44.45	300m: 4:19.29 44.20	400m: 5:43.33 40.84

13 lat

1. RYNKIEWICZ Jakub	05 KP SOKÓŁ Rzeszów	4:28.70	492
<i>Wynik Lepszy od Rekordu POZP 13 lat (Swimrankings)</i>			
50m: 30.23 30.23	150m: 1:39.76 35.02	250m: 2:48.99 34.23	350m: 3:57.74 33.99
100m: 1:04.74 34.51	200m: 2:14.76 35.00	300m: 3:23.75 34.76	400m: 4:28.70 30.96
2. UCZEK Paweł	05 MKS IKAR Mielec	4:38.65	441
50m: 31.61 31.61	150m: 1:42.54 35.57	250m: 2:53.76 35.40	350m: 4:05.26 35.56
100m: 1:06.97 35.36	200m: 2:18.36 35.82	300m: 3:29.70 35.94	400m: 4:38.65 33.39
3. SZCZĄCH Mikołaj	05 KP SOKÓŁ Rzeszów	4:41.67	427
50m: 32.26 32.26	150m: 1:42.69 35.50	250m: 2:54.52 36.07	350m: 4:06.60 36.14
100m: 1:07.19 34.93	200m: 2:18.45 35.76	300m: 3:30.46 35.94	400m: 4:41.67 35.07

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Konkurencja 20, Chłopców, 400m dowolny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.		
4.	WOJNAR Tymoteusz		05	KP SOKÓŁ Rzeszów				4:52.75	381		
	50m:	31.96 31.96	150m:	1:45.73	37.16	250m:	3:00.44	37.29	350m:	4:15.95	37.98
	100m:	1:08.57 36.61	200m:	2:23.15	37.42	300m:	3:37.97	37.53	400m:	4:52.75	36.80
5.	LUBA Jakub		05	CSTIR Strzyków				5:37.69	248		
	50m:	39.73 39.73	150m:	2:05.51	43.38	250m:	3:32.80	44.01	350m:	4:59.24	43.30
	100m:	1:22.13 42.40	200m:	2:48.79	43.28	300m:	4:15.94	43.14	400m:	5:37.69	38.45
6.	SOBOLEWSKI Przemysław		05	KP SOKÓŁ Rzeszów				5:50.88	221		
	50m:	37.88 37.88	150m:	2:06.09	44.67	250m:	3:37.64	45.64	350m:	5:07.86	44.77
	100m:	1:21.42 43.54	200m:	2:52.00	45.91	300m:	4:23.09	45.45	400m:	5:50.88	43.02
7.	ZIEMNIAK Damian		05	KP SOKÓŁ Rzeszów				5:59.22	206		
	50m:	38.88 38.88	150m:	2:08.65	45.18	250m:	3:41.50	46.63	350m:	5:14.00	46.20
	100m:	1:23.47 44.59	200m:	2:54.87	46.22	300m:	4:27.80	46.30	400m:	5:59.22	45.22
8.	WA NY Bartłomiej		05	KP DELFIN Horyniec Z.				6:10.20	188		
	50m:	39.00 39.00	150m:	2:13.41	47.80	250m:	3:50.60	49.16	350m:	5:26.58	47.66
	100m:	1:25.61 46.61	200m:	3:01.44	48.03	300m:	4:38.92	48.32	400m:	6:10.20	43.62

14 lat

1.	YŁA Robert		04	UKP GRYF D bica				4:38.14	444		
	50m:	31.86 31.86	150m:	1:43.87	36.81	250m:	2:54.45	35.16	350m:	4:05.13	35.46
	100m:	1:07.06 35.20	200m:	2:19.29	35.42	300m:	3:29.67	35.22	400m:	4:38.14	33.01
2.	MARCINEK Liberto		04	MKS IKAR Mielec				4:48.43	398		
	50m:	32.66 32.66	150m:	1:46.85	37.56	250m:	3:00.15	36.21	350m:	4:13.79	36.82
	100m:	1:09.29 36.63	200m:	2:23.94	37.09	300m:	3:36.97	36.82	400m:	4:48.43	34.64
3.	ZIMA Igor		04	UKP GRYF D bica				5:00.03	354		
	50m:	32.94 32.94	150m:	1:48.11	38.41	250m:	3:03.47	37.84	350m:	4:17.63	35.34
	100m:	1:09.70 36.76	200m:	2:25.63	37.52	300m:	3:42.29	38.82	400m:	5:00.03	42.40
4.	BIENIA Maciej		04	KP SOKÓŁ Rzeszów				5:14.35	307		
	50m:	35.20 35.20	150m:	1:53.92	39.93	250m:	3:14.32	40.27	350m:	4:35.46	40.41
	100m:	1:13.99 38.79	200m:	2:34.05	40.13	300m:	3:55.05	40.73	400m:	5:14.35	38.89

15 lat i starsi

1.	CERLICH Maksymilian SMS		00	MKS IKAR Mielec				4:06.64	637		
	50m:	28.62 28.62	150m:	1:30.47	30.92	250m:	2:33.02	31.35	350m:	3:36.14	31.52
	100m:	59.55 30.93	200m:	2:01.67	31.20	300m:	3:04.62	31.60	400m:	4:06.64	30.50
2.	KSI NICKI Dawid SMS		02	MKS IKAR Mielec				4:11.98	597		
	50m:	29.62 29.62	150m:	1:34.27	32.38	250m:	2:38.00	31.76	350m:	3:41.29	31.61
	100m:	1:01.89 32.27	200m:	2:06.24	31.97	300m:	3:09.68	31.68	400m:	4:11.98	30.69
3.	WOZNIAK Kamil		00	UKS FREGATA Kolbuszowa				4:22.36	529		
	50m:	29.69 29.69	150m:	1:34.57	32.34	250m:	2:41.37	33.44	350m:	3:50.26	34.57
	100m:	1:02.23 32.54	200m:	2:07.93	33.36	300m:	3:15.69	34.32	400m:	4:22.36	32.10
4.	KAŁU A Jakub SL		02	UKP GRYF D bica				4:22.87	526		
	50m:	30.01 30.01	150m:	1:36.89	33.73	250m:	2:44.77	33.95	350m:	3:51.66	33.24
	100m:	1:03.16 33.15	200m:	2:10.82	33.93	300m:	3:18.42	33.65	400m:	4:22.87	31.21
5.	NARÓG Nikodem		02	PIRANIE SOSIR Nowa D ba				4:28.85	492		
	50m:	29.94 29.94	150m:	1:36.38	33.46	250m:	2:45.21	34.35	350m:	3:55.87	35.40
	100m:	1:02.92 32.98	200m:	2:10.86	34.48	300m:	3:20.47	35.26	400m:	4:28.85	32.98
6.	CHABIOR Dawid		03	KS Swim2Win Krosno				4:48.36	398		
	50m:	32.75 32.75	150m:	1:46.11	37.11	250m:	2:59.77	36.99	350m:	4:14.73	37.69
	100m:	1:09.00 36.25	200m:	2:22.78	36.67	300m:	3:37.04	37.27	400m:	4:48.36	33.63

Zimowe Mistrzostwa Okręgu Podkarpackiego 2018 w pływaniu
Sanok, 1. - 2.12.2018

Konkurencja 20, Mężczyzn, 400m dowolny, 15 lat i starsi

Pozycja			Rok ur.						Czas	Pkt.		
7.	SZAGANIEC Mikołaj		03	KP DELFIN Horyniec Z.				5:26.28	275			
	50m:	34.26	34.26	150m:	1:57.07	42.36	250m:	3:24.30	43.78	350m:	4:49.89	42.68
	100m:	1:14.71	40.45	200m:	2:40.52	43.45	300m:	4:07.21	42.91	400m:	5:26.28	36.39