



Zimowe Mistrzostwa Okręgu Podkarpackiego 2019 w pływaniu
D bica, 16. - 17.11.2019

Konkurencja 20
16.11.2019 - 16:07

M czynn, 400m dowolny

12 lat i starsi
Wyniki

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

Punkty: FINA 2019

Pozycja			Rok ur.					Czas	Pkt.		
12 lat											
1.	SKOWRO	SKI Braian	07	UKS FREGATA Kolbuszowa				4:58.33	360		
	50m:	35.11 35.11	150m:	1:51.93	38.17	250m:	3:08.90	38.12	350m:	4:24.09	37.35
	100m:	1:13.76 38.65	200m:	2:30.78	38.85	300m:	3:46.74	37.84	400m:	4:58.33	34.24
2.	WÓJCIK	Mikołaj	07	UKS FREGATA Kolbuszowa				5:04.47	338		
	50m:	35.92 35.92	150m:	1:53.47	38.23	250m:	3:11.26	39.49	350m:	4:28.23	38.48
	100m:	1:15.24 39.32	200m:	2:31.77	38.30	300m:	3:49.75	38.49	400m:	5:04.47	36.24
3.	SERWI	SKI Kacper	07	KP SOKÓŁ Rzeszów				5:16.96	300		
	50m:	35.89 35.89	150m:	1:54.42	39.39	250m:	3:15.23	40.80	350m:	4:37.25	40.25
	100m:	1:15.03 39.14	200m:	2:34.43	40.01	300m:	3:57.00	41.77	400m:	5:16.96	39.71
4.	MARCINEK	Alvaro	07	MKS IKAR Mielec				5:21.39	288		
	50m:	36.62 36.62	150m:	1:59.61	41.40	250m:	3:21.21	41.02	350m:	4:43.42	41.06
	100m:	1:18.21 41.59	200m:	2:40.19	40.58	300m:	4:02.36	41.15	400m:	5:21.39	37.97
5.	OCHALIK	Adrian	07	MKS IKAR Mielec				5:23.72	281		
	50m:	37.07 37.07	150m:	2:00.14	41.80	250m:	3:21.51	41.16	350m:	4:44.26	41.22
	100m:	1:18.34 41.27	200m:	2:40.35	40.21	300m:	4:03.04	41.53	400m:	5:23.72	39.46
6.	GERLACH	Jakub	07	UKS DELFINEK Ustrzyki D.				6:05.35	196		
	50m:	37.94 37.94	150m:	2:11.02	47.73	250m:	3:44.70	47.33	350m:	5:17.13	45.33
	100m:	1:23.29 45.35	200m:	2:57.37	46.35	300m:	4:31.80	47.10	400m:	6:05.35	48.22
13 lat											
1.	JARZ	B Tymoteusz	06	UKP GRYF D bica				4:28.33	494		
	50m:	30.34 30.34	150m:	1:38.04	34.31	250m:	2:47.04	35.03	350m:	3:55.75	33.90
	100m:	1:03.73 33.39	200m:	2:12.01	33.97	300m:	3:21.85	34.81	400m:	4:28.33	32.58
2.	WÓJCIK	Szczepan	06	UKS FREGATA Kolbuszowa				4:40.66	432		
	50m:	31.82 31.82	150m:	1:43.39	35.61	250m:	2:54.21	35.30	350m:	4:05.98	35.99
	100m:	1:07.78 35.96	200m:	2:18.91	35.52	300m:	3:29.99	35.78	400m:	4:40.66	34.68
3.	STANISZ	Maciej	06	MKS IKAR Mielec				5:08.30	326		
	50m:	33.96 33.96	150m:	1:50.92	39.12	250m:	3:09.11	39.28	350m:	4:28.65	39.96
	100m:	1:11.80 37.84	200m:	2:29.83	38.91	300m:	3:48.69	39.58	400m:	5:08.30	39.65
4.	SZOSTAK	Michał	06	UKS FREGATA Kolbuszowa				5:09.16	323		
	50m:	35.14 35.14	150m:	1:53.81	40.04	250m:	3:13.95	39.96	350m:	4:32.64	38.88
	100m:	1:13.77 38.63	200m:	2:33.99	40.18	300m:	3:53.76	39.81	400m:	5:09.16	36.52
5.	OCHALIK	Filip	06	MKS IKAR Mielec				5:20.37	290		
	50m:	34.81 34.81	150m:	1:53.32	39.59	250m:	3:13.53	40.16	350m:	4:38.96	41.63
	100m:	1:13.73 38.92	200m:	2:33.37	40.05	300m:	3:57.33	43.80	400m:	5:20.37	41.41
6.	SZCZEPAN	Piotr	06	UKS DELFIN Tarnobrzeg				5:26.97	273		
	50m:	35.93 35.93	150m:	1:56.89	41.03	250m:	3:22.02	43.32	350m:	4:47.26	42.92
	100m:	1:15.86 39.93	200m:	2:38.70	41.81	300m:	4:04.34	42.32	400m:	5:26.97	39.71



Zimowe Mistrzostwa Okręgu Podkarpackiego 2019 w pływaniu
Dębica, 16. - 17.11.2019

Konkurencja 20, Mężczyźni, 400m dowolny

14 lat

1.	RYNKIEWICZ Jakub	05	KP SOKÓŁ Rzeszów	4:12.29	595
	<i>Wynik Lepszy od Rekordu POZP 14 lat (Swimrankings)</i>				
	50m: 27.95 27.95	150m: 1:32.44 32.50	250m: 2:37.63 32.80	350m: 3:41.86 31.60	
	100m: 59.94 31.99	200m: 2:04.83 32.39	300m: 3:10.26 32.63	400m: 4:12.29 30.43	
2.	SZCZACH Mikołaj	05	KP SOKÓŁ Rzeszów	4:35.94	455
	50m: 30.56 30.56	150m: 1:38.98 34.65	250m: 2:49.54 35.31	350m: 3:59.99 35.87	
	100m: 1:04.33 33.77	200m: 2:14.23 35.25	300m: 3:24.12 34.58	400m: 4:35.94 35.95	
3.	UCZEK Paweł	05	MKS IKAR Mielec	4:40.09	435
	50m: 31.47 31.47	150m: 1:43.95 36.56	250m: 2:55.53 35.62	350m: 4:06.85 35.27	
	100m: 1:07.39 35.92	200m: 2:19.91 35.96	300m: 3:31.58 36.05	400m: 4:40.09 33.24	
4.	STACHOWICZ Kamil	05	MOSiR WODNIK Krosno	4:57.44	363
	50m: 32.97 32.97	150m: 1:49.94 38.79	250m: 3:07.31 38.93	350m: 4:23.23 36.86	
	100m: 1:11.15 38.18	200m: 2:28.38 38.44	300m: 3:46.37 39.06	400m: 4:57.44 34.21	
5.	SOBOLEWSKI Przemysław	05	KP SOKÓŁ Rzeszów	5:37.40	248
	50m: 36.17 36.17	150m: 2:00.80 43.27	250m: 3:28.65 44.24	350m: 4:56.17 43.59	
	100m: 1:17.53 41.36	200m: 2:44.41 43.61	300m: 4:12.58 43.93	400m: 5:37.40 41.23	
6.	WAJNART Bartłomiej	05	KP DELFIN Horyniec Z.	6:13.49	183
	50m: 41.60 41.60	150m: 2:18.66 49.22	250m: 3:57.11 49.09	350m: 5:31.29 45.34	
	100m: 1:29.44 47.84	200m: 3:08.02 49.36	300m: 4:45.95 48.84	400m: 6:13.49 42.20	

15 lat i starsi

1.	HORODYSKI Antoni	04	UKP GRYF Dębica	4:16.86	564
	50m: 28.84 28.84	150m: 1:34.06 33.17	250m: 2:40.45 33.23	350m: 3:47.14 33.40	
	100m: 1:00.89 32.05	200m: 2:07.22 33.16	300m: 3:13.74 33.29	400m: 4:16.86 29.72	
2.	MAGDA Patryk	02	MKS IKAR Mielec	4:17.19	562
	50m: 30.09 30.09	150m: 1:36.14 33.12	250m: 2:41.46 32.04	350m: 3:47.31 33.00	
	100m: 1:03.02 32.93	200m: 2:09.42 33.28	300m: 3:14.31 32.85	400m: 4:17.19 29.88	
3.	KAŁUŻA Jakub	02	UKP GRYF Dębica	4:27.68	498
	50m: 29.87 29.87	150m: 1:35.99 33.42	250m: 2:42.79 33.63	350m: 3:54.19 36.09	
	100m: 1:02.57 32.70	200m: 2:09.16 33.17	300m: 3:18.10 35.31	400m: 4:27.68 33.49	
4.	SZKLARZ Mateusz	04	UKS DELFIN Tarnobrzeg	4:36.18	453
	50m: 30.32 30.32	150m: 1:41.84 36.20	250m: 2:53.68 35.37	350m: 4:03.61 34.96	
	100m: 1:05.64 35.32	200m: 2:18.31 36.47	300m: 3:28.65 34.97	400m: 4:36.18 32.57	
5.	MARCINEK Liberto	04	MKS IKAR Mielec	4:39.86	436
	50m: 31.17 31.17	150m: 1:43.09 36.19	250m: 2:55.89 36.79	350m: 4:06.82 35.46	
	100m: 1:06.90 35.73	200m: 2:19.10 36.01	300m: 3:31.36 35.47	400m: 4:39.86 33.04	
6.	BIENIA Maciej	04	KP SOKÓŁ Rzeszów	5:08.91	324
	50m: 33.63 33.63	150m: 1:50.68 39.39	250m: 3:10.53 40.08	350m: 4:30.65 40.03	
	100m: 1:11.29 37.66	200m: 2:30.45 39.77	300m: 3:50.62 40.09	400m: 5:08.91 38.26	