

Zimowe Mistrzostwa Okręgu Podkarpackiego 2020 w pływaniu
Sanok, 14. - 15.11.2020

Konkurencja 20 Mężczyzn, 400m dowolny 12 lat i starsi
14.11.2020 - 16:03 Wyniki

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

Punkty: FINA 2020

Pozycja			Rok ur.					Czas	Pkt.		
12 lat											
1.	WOYTERSKI Alan		08	MKS IKAR Mielec				5:31.79	261		
	50m:	37.69 37.69	150m:	2:03.16	42.84	250m:	3:28.62	43.05	350m:	4:52.89	41.79
	100m:	1:20.32 42.63	200m:	2:45.57	42.41	300m:	4:11.10	42.48	400m:	5:31.79	38.90
2.	BARA SKI Michał		08	MKS IKAR Mielec				5:39.59	244		
	50m:	38.64 38.64	150m:	2:03.56	43.16	250m:	3:32.30	44.10	350m:	4:59.57	43.73
	100m:	1:20.40 41.76	200m:	2:48.20	44.64	300m:	4:15.84	43.54	400m:	5:39.59	40.02
3.	P CAK Przemysław		08	UKP GRYF D bica				6:06.48	194		
	50m:	39.49 39.49	150m:	2:10.64	46.71	250m:	3:47.13	48.15	350m:	5:22.55	47.16
	100m:	1:23.93 44.44	200m:	2:58.98	48.34	300m:	4:35.39	48.26	400m:	6:06.48	43.93
4.	CIE KIEWICZ Miłosz		08	KP SOKÓŁ Rzeszów				6:14.02	182		
	50m:	40.51 40.51	150m:	2:12.46	47.00	250m:	3:48.87	48.23	350m:	5:26.46	49.41
	100m:	1:25.46 44.95	200m:	3:00.64	48.18	300m:	4:37.05	48.18	400m:	6:14.02	47.56
13 lat											
1.	SKOWRO SKI Braian		07	UKS FREGATA Kolbuszowa				4:46.48	406		
	50m:	32.57 32.57	150m:	1:45.99	36.87	250m:	2:58.91	36.66	350m:	4:12.58	36.48
	100m:	1:09.12 36.55	200m:	2:22.25	36.26	300m:	3:36.10	37.19	400m:	4:46.48	33.90
2.	MARCINEK Alvaro		07	MKS IKAR Mielec				4:52.18	383		
	50m:	32.81 32.81	150m:	1:48.64	38.31	250m:	3:05.01	37.99	350m:	4:18.56	36.06
	100m:	1:10.33 37.52	200m:	2:27.02	38.38	300m:	3:42.50	37.49	400m:	4:52.18	33.62
3.	WÓJCIK Mikołaj		07	UKS FREGATA Kolbuszowa				4:56.26	367		
	50m:	33.34 33.34	150m:	1:49.58	37.71	250m:	3:05.34	38.24	350m:	4:21.77	38.69
	100m:	1:11.87 38.53	200m:	2:27.10	37.52	300m:	3:43.08	37.74	400m:	4:56.26	34.49
4.	SERWI SKI Kacper		07	KP SOKÓŁ Rzeszów				5:04.41	338		
	50m:	33.35 33.35	150m:	1:50.03	39.05	250m:	3:07.02	38.54	350m:	4:25.73	39.14
	100m:	1:10.98 37.63	200m:	2:28.48	38.45	300m:	3:46.59	39.57	400m:	5:04.41	38.68
5.	SIBIGA Karol		07	UKP GRYF D bica				5:46.35	230		
	50m:	37.06 37.06	150m:	2:03.79	43.53	250m:	3:34.08	45.11	350m:	5:04.31	45.23
	100m:	1:20.26 43.20	200m:	2:48.97	45.18	300m:	4:19.08	45.00	400m:	5:46.35	42.04
6.	GERLACH Jakub		07	UKS DELFINEK Ustrzyki D.				5:57.99	208		
	50m:	38.61 38.61	150m:	2:08.09	45.29	250m:	3:41.27	46.77	350m:	5:13.31	45.77
	100m:	1:22.80 44.19	200m:	2:54.50	46.41	300m:	4:27.54	46.27	400m:	5:57.99	44.68
14 lat											
1.	WÓJCIK Szczepan		06	UKS FREGATA Kolbuszowa				4:38.72	441		
	50m:	30.30 30.30	150m:	1:40.73	35.74	250m:	2:52.24	35.73	350m:	4:03.45	35.88
	100m:	1:04.99 34.69	200m:	2:16.51	35.78	300m:	3:27.57	35.33	400m:	4:38.72	35.27
2.	SZCZEPAN Piotr		06	UKS DELFIN Tarnobrzeg				5:02.59	345		
	50m:	31.99 31.99	150m:	1:47.69	38.97	250m:	3:06.84	40.17	350m:	4:26.34	39.47
	100m:	1:08.72 36.73	200m:	2:26.67	38.98	300m:	3:46.87	40.03	400m:	5:02.59	36.25

Zimowe Mistrzostwa Okręgu Podkarpackiego 2020 w pływaniu
Sanok, 14. - 15.11.2020

Konkurencja 20, Mężczyźni, 400m dowolny

15 lat i starsi

1.	HORODY SKI Antoni	04	UKP GRYF D bica	4:16.26	568
	50m: 29.05 29.05	150m: 1:34.11 32.62	250m: 2:38.63 32.12	350m: 3:43.79 32.44	
	100m: 1:01.49 32.44	200m: 2:06.51 32.40	300m: 3:11.35 32.72	400m: 4:16.26 32.47	
2.	MAGDA Patryk	02	MKS IKAR Mielec	4:19.42	547
	50m: 29.53 29.53	150m: 1:34.73 32.60	250m: 2:40.58 32.89	350m: 3:47.04 32.95	
	100m: 1:02.13 32.60	200m: 2:07.69 32.96	300m: 3:14.09 33.51	400m: 4:19.42 32.38	
3.	NARÓG Nikodem	02	UKS DELFIN Tarnobrzeg	4:23.36	523
	50m: 30.09 30.09	150m: 1:37.05 33.47	250m: 2:44.44 33.84	350m: 3:50.61 32.90	
	100m: 1:03.58 33.49	200m: 2:10.60 33.55	300m: 3:17.71 33.27	400m: 4:23.36 32.75	
4.	STACHOWICZ Kamil	05	KS Swim2Win Krosno	4:39.50	437
	50m: 30.69 30.69	150m: 1:41.04 35.92	250m: 2:54.13 36.78	350m: 4:06.59 35.95	
	100m: 1:05.12 34.43	200m: 2:17.35 36.31	300m: 3:30.64 36.51	400m: 4:39.50 32.91	
5.	MARCINEK Liberto	04	MKS IKAR Mielec	4:51.60	385
	50m: 32.31 32.31	150m: 1:46.42 37.03	250m: 3:00.75 36.88	350m: 4:15.77 37.17	
	100m: 1:09.39 37.08	200m: 2:23.87 37.45	300m: 3:38.60 37.85	400m: 4:51.60 35.83	
6.	BIENIA Maciej	04	KP SOKÓŁ Rzeszów	4:56.21	367
	50m: 31.97 31.97	150m: 1:46.32 38.01	250m: 3:03.16 38.34	350m: 4:19.75 37.42	
	100m: 1:08.31 36.34	200m: 2:24.82 38.50	300m: 3:42.33 39.17	400m: 4:56.21 36.46	