

IV Aquathlon Rzeszów 2021, Grand Prix Polskiego Związku Triathlonu w Aquathlonie
Rzeszów, 28.03.2021

1 - Niedziela, 28 Marzec 2021

28.03.2021 - 8:30

Konkurencja 1 50m dowolny Dzieci I (K7, M7)
28.03.2021 - 8:50 Wyniki

Punkty: FINA 2020

| Pozycja | Rok ur. | | Czas | Pkt. |
|---------|---------|------------------|----------------|------|
| 1. | 14 | Dotsport | 1:13.42 | 20 |
| 2. | 14 | Swim Tri Rzeszów | 1:21.47 | 15 |
| 3. | 13 | GB Sport | 1:24.45 | 20 |
| 4. | 14 | Niezrzeszony | 1:40.39 | 8 |

Konkurencja 2 100m dowolny Dzieci II (K9, M9)
28.03.2021 - 8:54 Wyniki

Punkty: FINA 2020

| Pozycja | Rok ur. | | Czas | Pkt. | 50m | 100m |
|---------|---------|---------------------------------------|----------------|------|-----|------|
| 1. | 11 | Błysk Jarosław | 1:17.02 | 277 | | |
| 2. | 11 | Swim Tri Rzeszów | 1:41.08 | 122 | | |
| 3. | 12 | Swim Tri Rzeszów | 1:48.99 | 98 | | |
| 4. | 12 | Szkoła Podstawowa Nr 17 w Tarnobrzegu | 1:56.35 | 80 | | |
| 5. | 12 | Sportwise | 2:03.65 | 48 | | |
| 6. | 12 | Sportwise | 2:11.37 | 55 | | |
| 7. | 12 | Swim Tri Rzeszów | 2:19.48 | 33 | | |
| 8. | 12 | Swim Tri Rzeszów | 2:19.79 | 33 | | |

Konkurencja 3 200m dowolny Młodzi (K11, M11)
28.03.2021 - 9:01 Wyniki

Punkty: FINA 2020

| Pozycja | Rok ur. | | Czas | Pkt. | 50m | 100m | 150m | 200m |
|---------|---------|----------------------------------|----------------|------|-----|------|------|------|
| 1. | 09 | Szkoła Podstawowa nr 20 | 2:27.94 | 415 | | | | |
| 2. | 10 | Sportwise | 2:31.24 | 283 | | | | |
| 3. | 09 | Sportwise | 2:33.99 | 368 | | | | |
| 4. | 09 | UKS 51 Lublin | 2:38.19 | 247 | | | | |
| 5. | 10 | Giorre Sport Team | 2:48.54 | 204 | | | | |
| 6. | 09 | KP Orlik Przeworsk | 3:02.38 | 221 | | | | |
| 7. | 10 | UKS 51 Lublin | 3:08.41 | 201 | | | | |
| 8. | 10 | Sportwise | 3:08.51 | 146 | | | | |
| 9. | 10 | Stowarzyszenie Fregata Głogowska | 3:09.08 | 145 | | | | |
| 10. | 09 | KS Barakuda Miasto Mazowieckie | 3:09.57 | 197 | | | | |
| 11. | 10 | Sportwise | 3:13.94 | 134 | | | | |
| 12. | 09 | Litwin Triathlon Elite | 3:14.66 | 182 | | | | |
| 13. | 10 | UKS 51 Lublin | 3:15.53 | 180 | | | | |
| 14. | 10 | Błysk Jarosław | 3:17.21 | 175 | | | | |
| 15. | 10 | Sportwise | 3:23.25 | 160 | | | | |
| 16. | 10 | Błysk Jarosław | 3:36.73 | 132 | | | | |
| 17. | 10 | Swim Tri Rzeszów | 3:38.20 | 94 | | | | |
| 18. | 10 | Sportwise | 3:52.64 | 77 | | | | |
| 19. | 10 | Swim Tri Rzeszów | 3:54.77 | 104 | | | | |
| 20. | 10 | Sportwise | 3:58.14 | 99 | | | | |
| 21. | 09 | GB Sport | 4:05.75 | 66 | | | | |
| 22. | 10 | Głogovia Głogów Małopolski | 4:17.65 | 57 | | | | |
| 23. | 10 | Błysk Jarosław | 4:33.01 | 48 | | | | |

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Konkurencja 4
28.03.2021 - 10:00

400m dowolny

Młodzicy (K13, M13)
Wyniki

Punkty: FINA 2020

| Pozycja | Rok ur. | Czas | Pkt. |
|--|------------------------------------|--------------------|------|
| 1. ANTOSIK, Kacper 50m: 150m: 100m: 200m: | 07 UKS G-8 Bielany | 4:31.32 4:31.32 | 478 |
| 2. CICH, Kinga 50m: 150m: 100m: 200m: | 07 RWKS Sparta Biłgoraj | 4:51.95 4:51.95 | 514 |
| 3. SKUDLIK, Michalina 50m: 150m: 100m: 200m: | 07 UKS MANTA Kochłowice Ruda I ska | 4:54.19 4:54.19 | 502 |
| 4. GO CI SKI, Jakub 50m: 150m: 100m: 200m: | 07 UKS 51 Lublin | 4:56.47 4:56.47 | 366 |
| 5. ZAWADZKI, Mikołaj 50m: 150m: 100m: 200m: | 07 MUKS Pi tnastka Bydgoszcz | 4:56.73 4:56.73 | 365 |
| 6. WAWRO, Jakub 50m: 150m: 100m: 200m: | 07 UKP Kmita Zabierzów | 5:03.36 5:03.36 | 342 |
| 7. ŁASTOWIECKA, Karolina 50m: 150m: 100m: 200m: | 07 KS Barakuda Mi sk Mazowiecki | 5:10.38 5:10.38 | 428 |
| 8. KAZANOWSKA, Klaudia 50m: 150m: 100m: 200m: | 08 UKS 51 Lublin | 5:11.10 5:11.10 | 425 |
| 9. DAWIEC, Teodor 50m: 150m: 100m: 200m: | 07 UKP Kmita Zabierzów | 5:12.17 5:12.17 | 314 |
| 10. OPANASIUK, Vitalij 50m: 150m: 100m: 200m: | 08 UKP Kmita Zabierzów | 5:20.29 5:20.29 | 291 |
| 11. SZYLBERG, Anna 50m: 150m: 100m: 200m: | 08 KS Barakuda Mi sk Mazowiecki | 5:34.80 5:34.80 | 341 |
| 12. BARON, Julia 50m: 150m: 100m: 200m: | 07 KRS Triathlon D browa Górnicza | 5:34.88 5:34.88 | 340 |
| 13. NIEZGODA, Aleksandra 50m: 150m: 100m: 200m: | 07 UKS 51 Lublin | 5:38.07 5:38.07 | 331 |
| 14. SARNA, Maksymilian 50m: 150m: 100m: 200m: | 07 Swim Tri Rzeszów | 5:42.05 5:42.05 | 238 |
| 15. DAWIEC, Tymoteusz 50m: 150m: 100m: 200m: | 08 UKP Kmita Zabierzów | 5:45.79 5:45.79 | 231 |
| 16. KLACZKOWSKI, Borys 50m: 150m: 100m: 200m: | 07 Giorre Sport Team | 5:50.99 5:50.99 | 221 |

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Konkurencja 4, Wszystkie, 400m dowolny, Młodzicy (K13, M13)

| Pozycja | Rok ur. | Czas | Pkt. |
|--------------------------------|--|----------------|-------|
| 17. OLSZEWSKI, Eryk | 07 UKP Kmita Zabierzów | 5:55.34 | 213 |
| 50m: | 150m: | 250m: | 350m: |
| 100m: | 200m: | 300m: | 400m: |
| 18. RUSEK, Filip | 08 UKP Kmita Zabierzów | 5:55.46 | 212 |
| 50m: | 150m: | 250m: | 350m: |
| 100m: | 200m: | 300m: | 400m: |
| 19. ZAWADKA, Mateusz | 08 KS Barakuda Mi sk Mazowiecki | 6:03.42 | 199 |
| 50m: | 150m: | 250m: | 350m: |
| 100m: | 200m: | 300m: | 400m: |
| 20. PI TNIK, Franciszek | 08 SMS Jarosław / AZS Jarosław | 6:04.72 | 197 |
| 50m: | 150m: | 250m: | 350m: |
| 100m: | 200m: | 300m: | 400m: |
| 21. EBEREK, Martyna | 07 KS Barakuda Mi sk Mazowiecki | 6:06.78 | 259 |
| 50m: | 150m: | 250m: | 350m: |
| 100m: | 200m: | 300m: | 400m: |
| 22. WYPYCH, Milena | 07 Iron Dragon Triathlon | 6:14.20 | 244 |
| 50m: | 150m: | 250m: | 350m: |
| 100m: | 200m: | 300m: | 400m: |
| 23. GAJECKI, Filip | 08 Głogovia Głogów Małopolski | 6:14.30 | 182 |
| 50m: | 150m: | 250m: | 350m: |
| 100m: | 200m: | 300m: | 400m: |
| 24. WÓJTOWICZ, Eliza | 07 Swim Tri Rzeszów | 6:17.21 | 238 |
| 50m: | 150m: | 250m: | 350m: |
| 100m: | 200m: | 300m: | 400m: |
| 25. ADAMSKI, Stanisław | 07 Stowarzyszenie Społeczna Inicjatywa | 6:17.80 | 177 |
| 50m: | 150m: | 250m: | 350m: |
| 100m: | 200m: | 300m: | 400m: |
| 26. ROCZON, Jagoda | 07 UKS 51 Lublin | 6:26.89 | 221 |
| 50m: | 150m: | 250m: | 350m: |
| 100m: | 200m: | 300m: | 400m: |
| 27. SOKÓŁ, Przemysław | 08 Swim Tri Rzeszów | 6:38.68 | 150 |
| 50m: | 150m: | 250m: | 350m: |
| 100m: | 200m: | 300m: | 400m: |
| 28. KUKUCZ-LEGIE , Maksymilian | 08 Sportwise | 6:56.80 | 132 |
| 50m: | 150m: | 250m: | 350m: |
| 100m: | 200m: | 300m: | 400m: |
| 29. KAŁOWSKA, Emilia | 07 KS Barakuda Mi sk Mazowiecki | 7:09.78 | 161 |
| 50m: | 150m: | 250m: | 350m: |
| 100m: | 200m: | 300m: | 400m: |
| 30. SUROWIEC, Maciej | 08 Sportwise | 7:35.15 | 101 |
| 50m: | 150m: | 250m: | 350m: |
| 100m: | 200m: | 300m: | 400m: |
| 31. PESZT, Michał | 08 Sportwise | 8:14.07 | 79 |
| 50m: | 150m: | 250m: | 350m: |
| 100m: | 200m: | 300m: | 400m: |

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Konkurencja 5
28.03.2021 - 10:50

400m dowolny

Juniorzy młodsi (K15, M15)
Wyniki

Punkty: FINA 2020

| Pozycja | Rok ur. | Czas | Pkt. |
|---|---------------------------------|--------------------------|------|
| 1. KOŁODY SKI, Dawid 50m: 150m: 100m: 200m: | 04 Litwin Triathlon Elite | 4:23.55 400m: 4:23.55 | 522 |
| 2. POLSKI, Mateusz 50m: 150m: 100m: 200m: | 04 UKS 51 Lublin | 4:24.81 400m: 4:24.81 | 514 |
| 3. CHACHULSKI, Antoni 50m: 150m: 100m: 200m: | 05 Litwin Triathlon Elite | 4:54.36 400m: 4:54.36 | 374 |
| 4. WAŁACH, Emilia 50m: 150m: 100m: 200m: | 04 UKS 51 Lublin | 5:04.88 400m: 5:04.88 | 451 |
| 5. MLECZEK, Natalia 50m: 150m: 100m: 200m: | 05 Niezrzeszony | 5:11.98 400m: 5:11.98 | 421 |
| 6. MASZKOWSKI, Jakub 50m: 150m: 100m: 200m: | 04 UKS 51 Lublin | 5:15.98 400m: 5:15.98 | 303 |
| 7. SAWICKI, Michał 50m: 150m: 100m: 200m: | 04 Litwin Triathlon Elite | 5:19.02 400m: 5:19.02 | 294 |
| 8. KIJAK, Martyna 50m: 150m: 100m: 200m: | 04 Niezrzeszony | 5:36.47 400m: 5:36.47 | 336 |
| 9. GÓRSKA, Amelia 50m: 150m: 100m: 200m: | 06 Litwin Triathlon Elite | 5:38.97 400m: 5:38.97 | 328 |
| 10. ROJEK, Przemysław 50m: 150m: 100m: 200m: | 05 KS Barakuda Mi sk Mazowiecki | 6:06.66 400m: 6:06.66 | 193 |
| 11. BILSKA, Alicja 50m: 150m: 100m: 200m: | 04 Swim Tri Rzeszów | 6:15.33 400m: 6:15.33 | 242 |
| 12. VOINALOVYCH, Yurii 50m: 150m: 100m: 200m: | 06 Sportwise | 6:16.80 400m: 6:16.80 | 178 |
| 13. CYNK, Jakub 50m: 150m: 100m: 200m: | 06 Swim Tri Rzeszów | 6:17.22 400m: 6:17.22 | 178 |
| 14. PA DZIOCH, Kacper 50m: 150m: 100m: 200m: | 05 KS Barakuda Mi sk Mazowiecki | 6:17.29 400m: 6:17.29 | 178 |
| 15. PIÓRO, Mateusz 50m: 150m: 100m: 200m: | 06 KS Barakuda Mi sk Mazowiecki | 6:19.98 400m: 6:19.98 | 174 |
| 16. KOZDRA SKI, Kacper 50m: 150m: 100m: 200m: | 06 Swim Tri Rzeszów | 6:27.68 400m: 6:27.68 | 164 |

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Konkurencja 5, Wszystkie, 400m dowolny, Juniorzy młodsi (K15, M15)

| Pozycja | Rok ur. | Czas | Pkt. |
|---|--|---------------------|------|
| 17. PAJA, Tomasz 50m: 150m: 100m: | 04 UKS IKAR Głogów Małopolski 250m: 300m: | 350m: 400m: 6:44.02 | 144 |
| 18. HOJNOR, Helena 50m: 150m: 100m: | 06 Litwin Triathlon Elite 250m: 300m: | 350m: 400m: 6:48.16 | 188 |
| 19. PAJA, Szymon 50m: 150m: 100m: | 04 UKS IKAR Głogów Małopolski 250m: 300m: | 350m: 400m: 6:50.80 | 137 |
| 20. STYK, Julia 50m: 150m: 100m: | 04 Szymanowski Triathlon Team 250m: 300m: | 350m: 400m: 7:07.11 | 164 |
| 21. BEDNARZ, Krystian 50m: 150m: 100m: | 05 Niezrzeszony 250m: 300m: | 350m: 400m: 7:09.71 | 120 |

Konkurencja 6

28.03.2021 - 11:40

800m dowolny

18 lat i starsi
Wyniki

Punkty: FINA 2020

| Pozycja | Rok ur. | Czas | Pkt. |
|--|---|----------------------|------|
| 1. HANF, Szymon 100m: 300m: 200m: 400m: | 03 KS Korona Kraków 500m: 600m: | 700m: 800m: 8:49.62 | 586 |
| 2. KOZACZKIEWICZ, Marcel 100m: 300m: 200m: 400m: | 03 Litwin Triathlon Elite 500m: 600m: | 700m: 800m: 9:28.56 | 474 |
| 3. TYCZY SKI, Jacek 100m: 300m: 200m: 400m: | 96 Trinergy / U J drusia Triclub 500m: 600m: | 700m: 800m: 9:47.12 | 430 |
| 4. MIELKE, Dawid 100m: 300m: 200m: 400m: | 02 Niezrzeszony 500m: 600m: | 700m: 800m: 9:47.83 | 429 |
| 5. WILANOWSKI, Jakub 100m: 300m: 200m: 400m: | 02 TKKF Triathlon D browa Górnicza 500m: 600m: | 700m: 800m: 9:53.38 | 417 |
| 6. DA KOWSKI, Dominik 100m: 300m: 200m: 400m: | 00 Litwin Triathlon Elite 500m: 600m: | 700m: 800m: 9:55.13 | 413 |
| 7. CZERNIAK, Jarosław 100m: 300m: 200m: 400m: | 03 UKS 51 Lublin 500m: 600m: | 700m: 800m: 10:11.29 | 381 |
| 8. WOJAKIEWICZ, Matylda 100m: 300m: 200m: 400m: | 03 Litwin Triathlon Elite 500m: 600m: | 700m: 800m: 10:14.99 | 473 |
| 9. WISTERSKA, Julia 100m: 300m: 200m: 400m: | 03 Litwin Triathlon Elite 500m: 600m: | 700m: 800m: 10:50.13 | 400 |
| 10. SZARACZY SKA, Zuzanna 100m: 300m: 200m: 400m: | 03 Litwin Triathlon Elite 500m: 600m: | 700m: 800m: 11:01.60 | 380 |

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Konkurencja 6, Wszystkie, 800m dowolny, 18 lat i starsi

| Pozycja | Rok ur. | Czas | Pkt. |
|-----------------------|---------------------------|-----------------|----------------|
| 11. PRUCHNIK, Roksana | 03 Litwin Triathlon Elite | 11:15.03 | 358 |
| 100m: | 300m: | 500m: | 700m: |
| 200m: | 400m: | 600m: | 800m: 11:15.03 |

Konkurencja 7 500m dowolny 18 lat i starsi
28.03.2021 - 12:15 Wyniki

Punkty: FINA 2020

| Pozycja | Rok ur. | Czas | Pkt. |
|-----------------------|------------------------------------|----------------|---------------|
| K AG18, M AG18 | | | |
| 1. SKUDLIK, Marta | 01 UKS Manta Kochłowice Ruda I ska | 7:08.07 | |
| 50m: | 200m: | 350m: | 500m: 7:08.07 |
| 100m: | 250m: | 400m: | |
| 150m: | 300m: | 450m: | |
| 2. SKUDLIK, Magdalena | 99 UKS Manta Kochłowice Ruda I ska | 7:26.71 | |
| 50m: | 200m: | 350m: | 500m: 7:26.71 |
| 100m: | 250m: | 400m: | |
| 150m: | 300m: | 450m: | |
| 3. WOZIWOZKI, Filip | 01 Litwin Triathlon Elite | 7:31.74 | |
| 50m: | 200m: | 350m: | 500m: 7:31.74 |
| 100m: | 250m: | 400m: | |
| 150m: | 300m: | 450m: | |
| 4. MARUSIAK, Piotr | 84 Triathlon Jarosław | 7:44.67 | |
| 50m: | 200m: | 350m: | 500m: 7:44.67 |
| 100m: | 250m: | 400m: | |
| 150m: | 300m: | 450m: | |
| 5. IRZE SKI, Michał | 84 Swim Tri Rzeszów | 8:15.60 | |
| 50m: | 200m: | 350m: | 500m: 8:15.60 |
| 100m: | 250m: | 400m: | |
| 150m: | 300m: | 450m: | |
| 6. OPIELAK, Wiktoria | 03 Szymanowski Triathlon Team | 8:23.82 | |
| 50m: | 200m: | 350m: | 500m: 8:23.82 |
| 100m: | 250m: | 400m: | |
| 150m: | 300m: | 450m: | |
| 7. M CIK, Mateusz | 95 Szymanowski Triathlon Team | 8:28.07 | |
| 50m: | 200m: | 350m: | 500m: 8:28.07 |
| 100m: | 250m: | 400m: | |
| 150m: | 300m: | 450m: | |
| 8. BILSKA, Julia | 01 Swim Tri Rzeszów | 9:03.53 | |
| 50m: | 200m: | 350m: | 500m: 9:03.53 |
| 100m: | 250m: | 400m: | |
| 150m: | 300m: | 450m: | |
| 9. WAWER, Karolina | 02 KS Barakuda Mi sk Mazowiecki | 9:08.63 | |
| 50m: | 200m: | 350m: | 500m: 9:08.63 |
| 100m: | 250m: | 400m: | |
| 150m: | 300m: | 450m: | |
| 10. BANA , Łukasz | 83 GB Sport | 9:09.71 | |
| 50m: | 200m: | 350m: | 500m: 9:09.71 |
| 100m: | 250m: | 400m: | |
| 150m: | 300m: | 450m: | |
| 11. ROGOWSKI, Mateusz | 82 KS Prestige Rzeszów | 9:13.41 | |
| 50m: | 200m: | 350m: | 500m: 9:13.41 |
| 100m: | 250m: | 400m: | |
| 150m: | 300m: | 450m: | |

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Konkurencja 7, Wszystkie, 500m dowolny, K AG18, M AG18

| Pozycja | Rok ur. | Czas | Pkt. |
|---------------------|------------------------------|-----------------|----------------|
| 12. JAUMIE , Łukasz | 92 Niezrzeszony | 9:25.37 | |
| 50m: | 200m: | 350m: | 500m: 9:25.37 |
| 100m: | 250m: | 400m: | |
| 150m: | 300m: | 450m: | |
| 13. DROGO , Łukasz | 90 Lubelska Grupa Triathlonu | 10:30.56 | |
| 50m: | 200m: | 350m: | 500m: 10:30.56 |
| 100m: | 250m: | 400m: | |
| 150m: | 300m: | 450m: | |

K AG40, M AG40

| | | | |
|---------------------------------|------------------------------------|-----------------|----------------|
| 1. KOSMOWSKI, Michał | 80 Dotsport / Trinergy | 7:01.01 | |
| 50m: | 200m: | 350m: | 500m: 7:01.01 |
| 100m: | 250m: | 400m: | |
| 150m: | 300m: | 450m: | |
| 2. BURY, Marek | 75 Swim Tri Rzeszów | 8:16.36 | |
| 50m: | 200m: | 350m: | 500m: 8:16.36 |
| 100m: | 250m: | 400m: | |
| 150m: | 300m: | 450m: | |
| 3. PESZT, Marek | 81 Sportwise | 8:36.26 | |
| 50m: | 200m: | 350m: | 500m: 8:36.26 |
| 100m: | 250m: | 400m: | |
| 150m: | 300m: | 450m: | |
| 4. ŁUKASZCZYK, Marcin | 79 Herba Triathlon Team | 8:38.54 | |
| 50m: | 200m: | 350m: | 500m: 8:38.54 |
| 100m: | 250m: | 400m: | |
| 150m: | 300m: | 450m: | |
| 5. RACHWAŁ CHMURA, Magdalena | 78 Fala Ropczyce | 8:43.16 | |
| 50m: | 200m: | 350m: | 500m: 8:43.16 |
| 100m: | 250m: | 400m: | |
| 150m: | 300m: | 450m: | |
| 6. SKUDLIK, Tomasz | 74 UKS Manta Kochłowice Ruda I ska | 8:43.99 | |
| 50m: | 200m: | 350m: | 500m: 8:43.99 |
| 100m: | 250m: | 400m: | |
| 150m: | 300m: | 450m: | |
| 7. HARPULA, Łukasz | 75 Swim Tri Rzeszów | 9:00.23 | |
| 50m: | 200m: | 350m: | 500m: 9:00.23 |
| 100m: | 250m: | 400m: | |
| 150m: | 300m: | 450m: | |
| 8. PITURA, Eliza | 76 Szymanowski Triathlon Team | 9:18.62 | |
| 50m: | 200m: | 350m: | 500m: 9:18.62 |
| 100m: | 250m: | 400m: | |
| 150m: | 300m: | 450m: | |
| 9. KRAWCZYK - BIELECKA, Dagmara | 78 Szymanowski Triathlon Team | 9:19.53 | |
| 50m: | 200m: | 350m: | 500m: 9:19.53 |
| 100m: | 250m: | 400m: | |
| 150m: | 300m: | 450m: | |
| 10. JONKISZ, Marcin | 79 AirSwimmers | 9:45.48 | |
| 50m: | 200m: | 350m: | 500m: 9:45.48 |
| 100m: | 250m: | 400m: | |
| 150m: | 300m: | 450m: | |
| 11. BIELECKI, Mirmił | 75 Szymanowski Triathlon Team | 10:19.63 | |
| 50m: | 200m: | 350m: | 500m: 10:19.63 |
| 100m: | 250m: | 400m: | |
| 150m: | 300m: | 450m: | |

Konkurencja 7, 500m dowolny

K AG50, M AG50

| | | | |
|----------------------|-------|-----------------------|-----------------|
| 1. JAWIE , Krzysztof | 71 | Korona Kraków Masters | 7:18.06 |
| 50m: | 200m: | 350m: | 500m: 7:18.06 |
| 100m: | 250m: | 400m: | |
| 150m: | 300m: | 450m: | |
| 2. SONDEJ, Wiesław | 62 | SDEY Yoga | 10:38.21 |
| 50m: | 200m: | 350m: | 500m: 10:38.21 |
| 100m: | 250m: | 400m: | |
| 150m: | 300m: | 450m: | |