

Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
D bica, 30-31.10.2021

Konkurencja 20
30.10.2021 - 16:02

Mężczyzn, 400m dowolny

12 lat i starsi
Wyniki

Punkty: FINA 2021

Pozycja			Rok ur.					Czas	Pkt.
12 lat									
1.	MAJEWSKI Igor		09	UKS DELFIN Tarnobrzeg				4:50.26	391
	50m:	33.86 33.86	150m:	1:46.71 36.45	250m:	3:00.95 37.31	350m:	4:15.38 36.52	
	100m:	1:10.26 36.40	200m:	2:23.64 36.93	300m:	3:38.86 37.91	400m:	4:50.26 34.88	
2.	SZYMA SKI Konrad		09	UKS DELFIN Tarnobrzeg				6:10.65	187
	50m:	42.04 42.04	150m:	2:14.75 45.91	250m:	3:48.27 47.25	350m:	5:23.52 47.73	
	100m:	1:28.84 46.80	200m:	3:01.02 46.27	300m:	4:35.79 47.52	400m:	6:10.65 47.13	
13 lat									
1.	SKWARA Bartłomiej		08	UKS DELFIN Tarnobrzeg				4:54.48	374
	50m:	32.81 32.81	150m:	1:46.28 37.22	250m:	3:02.11 38.19	350m:	4:18.49 38.04	
	100m:	1:09.06 36.25	200m:	2:23.92 37.64	300m:	3:40.45 38.34	400m:	4:54.48 35.99	
2.	PAZDRO Antoni		08	MKS IKAR Mielec				4:59.37	356
	50m:	32.57 32.57	150m:	1:46.49 37.47	250m:	3:03.18 38.80	350m:	4:20.94 39.22	
	100m:	1:09.02 36.45	200m:	2:24.38 37.89	300m:	3:41.72 38.54	400m:	4:59.37 38.43	
3.	AMBROSZKO Gabriel		08	SP MOTYL MOSiR Stalowa Wola				5:16.03	302
	50m:	33.50 33.50	150m:	1:51.17 39.65	250m:	3:13.23 40.92	350m:	4:35.82 41.92	
	100m:	1:11.52 38.02	200m:	2:32.31 41.14	300m:	3:53.90 40.67	400m:	5:16.03 40.21	
4.	LIS Jakub		08	KP SOKÓŁ Rzeszów				5:31.84	261
	50m:	34.32 34.32	150m:	1:58.21 43.34	250m:	3:24.73 43.73	350m:	4:52.48 44.77	
	100m:	1:14.87 40.55	200m:	2:41.00 42.79	300m:	4:07.71 42.98	400m:	5:31.84 39.36	
5.	SZKLARZ Ksawier		08	UKS DELFIN Tarnobrzeg				6:06.17	194
	50m:	39.36 39.36	150m:	2:13.13 47.82	250m:	3:46.29 46.79	350m:	5:21.04 47.14	
	100m:	1:25.31 45.95	200m:	2:59.50 46.37	300m:	4:33.90 47.61	400m:	6:06.17 45.13	
6.	BŁASIAK Nikodem		08	UKS DELFIN Tarnobrzeg				6:26.06	166
	50m:	38.89 38.89	150m:		250m:	3:56.96 50.53	350m:	5:35.58 47.26	
	100m:	1:26.21 47.32	200m:	3:06.43	300m:	4:48.32 51.36	400m:	6:26.06 50.48	
14 lat									
1.	OCHALIK Adrian		07	MKS IKAR Mielec				4:35.82	455
	50m:	30.47 30.47	150m:	1:39.61 34.91	250m:	2:49.76 34.54	350m:	4:01.32 35.84	
	100m:	1:04.70 34.23	200m:	2:15.22 35.61	300m:	3:25.48 35.72	400m:	4:35.82 34.50	
2.	WÓJCIK Mikołaj		07	UKS FREGATA Kolbuszowa				4:36.50	452
	50m:	31.03 31.03	150m:	1:41.30 34.82	250m:	2:51.79 35.58	350m:	4:02.57 34.84	
	100m:	1:06.48 35.45	200m:	2:16.21 34.91	300m:	3:27.73 35.94	400m:	4:36.50 33.93	
3.	MARCINEK Alvaro		07	MKS IKAR Mielec				4:37.68	446
	50m:	30.81 30.81	150m:	1:41.09 35.80	250m:	2:53.32 36.09	350m:	4:04.77 35.63	
	100m:	1:05.29 34.48	200m:	2:17.23 36.14	300m:	3:29.14 35.82	400m:	4:37.68 32.91	
4.	SKOWRO SKI Braian		07	UKS FREGATA Kolbuszowa				4:38.14	444
	50m:	31.04 31.04	150m:	1:42.33 35.69	250m:	2:54.05 35.61	350m:	4:05.72 35.68	
	100m:	1:06.64 35.60	200m:	2:18.44 36.11	300m:	3:30.04 35.99	400m:	4:38.14 32.42	
5.	WI CEK Kacper		07	UKS FREGATA Kolbuszowa				4:44.67	414
	50m:	30.75 30.75	150m:	1:41.79 36.01	250m:	2:55.84 37.08	350m:	4:09.22 36.80	
	100m:	1:05.78 35.03	200m:	2:18.76 36.97	300m:	3:32.42 36.58	400m:	4:44.67 35.45	
6.	SIBIGA Karol		07	UKS FENIKS D bica				5:07.83	327
	50m:	32.82 32.82	150m:	1:50.03 39.44	250m:	3:11.23 40.70	350m:	4:30.19 38.93	
	100m:	1:10.59 37.77	200m:	2:30.53 40.50	300m:	3:51.26 40.03	400m:	5:07.83 37.64	
7.	ZAJ C Damian		07	UKS HETMAN Tarnobrzeg				5:18.64	295
	50m:	33.84 33.84	150m:	1:54.66 41.44	250m:	3:17.32 41.45	350m:	4:39.48 40.55	
	100m:	1:13.22 39.38	200m:	2:35.87 41.21	300m:	3:58.93 41.61	400m:	5:18.64 39.16	

Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
D bica, 30-31.10.2021

Konkurencja 20, M czynn, 400m dowolny

15 lat i starsi

1.	HORODY SKI Antoni	04	UKS FENIKS D bica	4:14.85	577	
	50m: 29.20 29.20	150m: 1:33.88	32.61 250m: 2:39.22	32.80	350m: 3:44.42	32.56
	100m: 1:01.27 32.07	200m: 2:06.42	32.54 300m: 3:11.86	32.64	400m: 4:14.85	30.43
2.	PROCNAŁ Adam	04	SP MOTYL MOSiR Stalowa Wola	4:17.53	559	
	50m: 28.56 28.56	150m: 1:33.24	32.67 250m: 2:39.56	33.24	350m: 3:46.04	32.95
	100m: 1:00.57 32.01	200m: 2:06.32	33.08 300m: 3:13.09	33.53	400m: 4:17.53	31.49
3.	CHOLEWA Wojciech	06	UKS FENIKS D bica	4:19.36	548	
	50m: 29.92 29.92	150m: 1:34.81	32.57 250m: 2:40.38	32.75	350m: 3:46.94	32.89
	100m: 1:02.24 32.32	200m: 2:07.63	32.82 300m: 3:14.05	33.67	400m: 4:19.36	32.42
4.	WISTAK Miłosz	06	UKS FENIKS D bica	4:32.78	471	
	50m: 31.33 31.33	150m: 1:41.41	35.19 250m: 2:51.26	34.76	350m: 3:59.99	33.92
	100m: 1:06.22 34.89	200m: 2:16.50	35.09 300m: 3:26.07	34.81	400m: 4:32.78	32.79
5.	STACHOWICZ Kamil	05	KS Swim2Win Krosno	4:35.52	457	
	50m: 30.36 30.36	150m: 1:40.15	35.26 250m: 2:52.22	35.93	350m: 4:02.92	34.96
	100m: 1:04.89 34.53	200m: 2:16.29	36.14 300m: 3:27.96	35.74	400m: 4:35.52	32.60
PK	HERBUT Oskar	06	SSKSiT GŁOSATOR Kraków	4:28.75	492	
	50m: 30.75 30.75	150m: 1:37.95	33.73 250m: 2:46.47	34.22	350m: 3:55.72	34.42
	100m: 1:04.22 33.47	200m: 2:12.25	34.30 300m: 3:21.30	34.83	400m: 4:28.75	33.03