



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Długość basenu, 30-31.10.2021

1 - BLOK I

30.10.2021 - 10:00

Konkurencja 1

Kobiet, 50m dowolny

12 lat i starsi

30.10.2021 - 10:00

Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | | Czas | Pkt. |
|---------|---------|---|--------------|------|
| 12 lat | | | | |
| 1. | 09 | DOMAGAŁA Katarzyna KP SOKÓŁ Rzeszów | 30.58 | 421 |
| 2. | 09 | URBANEK Zuzanna MUKP FALA Ropczyce | 31.11 | 400 |
| 3. | 09 | KOZAK Agata SP MOTYL MOSiR Stalowa Wola | 32.95 | 337 |
| 4. | 09 | DRZYSTEK Milena KP ORLIK Przeworsk | 33.07 | 333 |
| 5. | 09 | ZAJDEL Oliwia KS Swim2Win Krosno | 33.39 | 323 |
| 6. | 09 | CZELU NIAK Emilia KP SOKÓŁ Rzeszów | 33.44 | 322 |
| 7. | 09 | SZKLARZ Oliwia UKS FREGATA Kolbuszowa | 34.01 | 306 |
| 8. | 09 | MICHO SKA Maja MKS IKAR Mielec | 34.14 | 302 |
| 9. | 09 | STACHYRAK Julia UKS DELFINEK Ustrzyki Dolne | 34.74 | 287 |
| 10. | 09 | KOLEV Julia PIRANIE SOSiR Nowa Długość | 34.80 | 286 |
| 11. | 09 | WÓJCIK Izabela UKS HETMAN Tarnobrzeg | 35.43 | 271 |
| 12. | 09 | RACHALSKA Maja MKS Sanok | 35.50 | 269 |
| 13. | 09 | WRONOWSKA Amelia UKS DELFINEK Ustrzyki Dolne | 35.85 | 261 |
| 14. | 09 | MATUŁA Alicja KS PESTIGE Rzeszów | 36.21 | 253 |
| 15. | 09 | GRZESIAK Kalina MKS Sanok | 36.85 | 240 |
| 16. | 09 | WILK Weronika UKS DELFINEK Ustrzyki Dolne | 37.00 | 238 |
| 17. | 09 | SZCZEPANIK Zuzanna UKS FENIKS Długość | 37.26 | 233 |
| 18. | 09 | HOMA Oliwia KP SOKÓŁ Rzeszów | 38.34 | 213 |
| 19. | 09 | BŁA OWSKA Martyna UKS SP AQUARIUS Lesko | 39.69 | 192 |
| 20. | 09 | MADEJ Maja UKS DELFINEK Ustrzyki Dolne | 39.90 | 189 |
| 21. | 09 | WACHTA Iga UKS DELFINEK Ustrzyki Dolne | 39.97 | 188 |
| 22. | 09 | POLAK Lena UKS DELFINEK Ustrzyki Dolne | 40.88 | 176 |
| 23. | 09 | STÓJ Oliwia UKS DELFINEK Ustrzyki Dolne | 41.42 | 169 |
| DYSKW. | 09 | BRO SKA-UCZE Maja MKS Sanok | | |
| | | O5 | | |
| 13 lat | | | | |
| 1. | 08 | LACHOWSKA Gabriela MKS IKAR Mielec | 28.83 | 503 |
| 2. | 08 | GAJDA Martyna UKS FENIKS Długość | 29.48 | 470 |
| 3. | 08 | WACŁAW Maja KP SOKÓŁ Rzeszów | 29.77 | 456 |
| 4. | 08 | MAZUR Alicja UKS FENIKS Długość | 30.15 | 439 |
| 5. | 08 | OLKO Emilia SP MOTYL MOSiR Stalowa Wola | 30.38 | 429 |
| 6. | 08 | CWYNAR Natalia KP SOKÓŁ Rzeszów | 30.79 | 413 |
| 7. | 08 | BEREZAK Milena MKS IKAR Mielec | 30.84 | 411 |
| 8. | 08 | BOICETTA Blanka MKS IKAR Mielec | 31.32 | 392 |
| 9. | 08 | SOJKA Aleksandra UKP GRYF Długość | 31.63 | 380 |
| 10. | 08 | ZYGMUNT Zuzanna UKS FENIKS Długość | 31.65 | 380 |
| 11. | 08 | JURY Aleksandra UKS HETMAN Tarnobrzeg | 31.92 | 370 |
| 12. | 08 | STARZEC Karolina UKS FENIKS Długość | 32.20 | 361 |
| 13. | 08 | RAMSKA Milena Akademia Aqua Sport | 32.57 | 348 |
| 14. | 08 | BAJOR Dominika KP SOKÓŁ Rzeszów | 33.22 | 328 |
| 15. | 08 | OBŁÓJ Zuzanna KS Swim2Win Krosno | 33.54 | 319 |
| 16. | 08 | PIEPRZAK Klaudia UKS FENIKS Długość | 33.99 | 307 |
| 17. | 08 | FRANCZYK Oliwia MUKP FALA Ropczyce | 34.01 | 306 |
| 18. | 08 | KRUCZEK Agata UKS FREGATA Kolbuszowa | 36.00 | 258 |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Dębica, 30-31.10.2021

Konkurencja 1, Dziewcząt, 50m dowolny, 13 lat

| Pozycja | Rok ur. | | Czas | Pkt. |
|----------------------------|---------|-----------------------------|--------------|------|
| 19. REGIEC Roksana | 08 | PIRANIE SOSiR Nowa Dębica | 36.23 | 253 |
| 20. PRZYBYŁA Nela | 08 | UKS DELFINEK Ustrzyki Dolne | 38.06 | 218 |
| 21. WIERZBICKA Laura | 08 | UKS FOXBALL Rzeszów | 40.87 | 176 |
| 22. NOWAK Honorata | 08 | UKS FOXBALL Rzeszów | 41.34 | 170 |
| DYSKW. ZOŁOTAR Hanna 01 | 08 | UKS FENIKS Dębica | | |

14 lat

| | | | | |
|------------------------|----|-----------------------------|--------------|-----|
| 1. SZOPA Natalia | 07 | UKP GRYF Dębica | 27.44 | 583 |
| 2. STRACH Klaudia | 07 | UKS HETMAN Tarnobrzeg | 29.57 | 466 |
| 3. RZESZOWIAK Natalia | 07 | UKS DELFIN Tarnobrzeg | 30.90 | 408 |
| 4. KORPANTY Aleksandra | 07 | KS Swim2Win Krosno | 31.16 | 398 |
| 5. WOJNIAK Kornelia | 07 | UKS FREGATA Kolbuszowa | 31.47 | 386 |
| 6. STARCZEWSKA Kaja | 07 | KS Swim2Win Krosno | 31.65 | 380 |
| 7. DWORAK Anna | 07 | AZS SMS Jarosław | 31.78 | 375 |
| 8. SZKLARZ Julia | 07 | UKS FREGATA Kolbuszowa | 32.15 | 362 |
| 9. GNATEK Lea | 07 | UKS SP AQUARIUS Lesko | 32.69 | 345 |
| 10. JANCZY Julia | 07 | UKS DELFINEK Ustrzyki Dolne | 33.62 | 317 |
| 11. PIKORSKA Katarzyna | 07 | KS Swim2Win Krosno | 34.98 | 281 |
| 12. PRZYWARA Milena | 07 | MUKP FALA Ropczyce | 35.36 | 272 |
| 13. KAWCZAK Karolina | 07 | UKS DELFINEK Ustrzyki Dolne | 41.33 | 170 |

15 lat i starsi

| | | | | |
|------------------------------|----|-----------------------------|--------------|-----|
| 1. FARA Katarzyna | 95 | UKS FENIKS Dębica | 26.44 | 652 |
| 2. WILCZYŃSKA Joanna | 02 | UKS FENIKS Dębica | 26.96 | 615 |
| 3. SZCZUDŁO Gabriela | 05 | UKS FENIKS Dębica | 27.28 | 593 |
| 4. CYRAN Julia | 06 | KP SOKÓŁ Rzeszów | 28.15 | 540 |
| 5. KALAMARZ Wiktoria | 06 | SP MOTYL MOSiR Stalowa Wola | 30.29 | 433 |
| 6. LEWONOWSKA Kaina | 06 | AZS SMS Jarosław | 31.10 | 400 |
| 7. TROJAN Oliwia | 06 | UKS FENIKS Dębica | 31.79 | 375 |
| 8. SKOWROŃSKA Wiktoria | 02 | UKS FREGATA Kolbuszowa | 31.98 | 368 |
| 9. MŁYNNARCZYK Kamila | 06 | UKS FOXBALL Rzeszów | 38.70 | 208 |
| DYSKW. PAWEŁEK Zuzanna 01 | 06 | KP SOKÓŁ Rzeszów | | |
| DYSKW. JASKOT Joanna 01 | 05 | UKS FENIKS Dębica | | |
| PK ZABAWA Emilia | 07 | UKS SP 8 Chrzanów | 30.85 | 410 |
| PK KUBICKA Gabriela | 09 | SSKSiT GLOSATOR Kraków | 31.12 | 400 |
| PK WALIGÓRA Aleksandra | 09 | UKS SP 8 Chrzanów | 33.67 | 315 |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Długość: 30-31.10.2021

Konkurencja 2
30.10.2021 - 10:14

Mężczyźni, 50m dowolny

12 lat i starsi
Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | | Czas | Pkt. |
|---------|---------|--|--------------|------|
| 12 lat | | | | |
| 1. | 09 | RADZIWI SKI Mateusz KS Swim2Win Krosno | 27.84 | 379 |
| 2. | 09 | BLACHA Kamil SP MOTYL MOSiR Stalowa Wola | 30.85 | 279 |
| 3. | 09 | MALEC Maciej UKS DELFINEK Ustrzyki Dolne | 31.18 | 270 |
| 4. | 09 | HAŁKA Jakub MKS IKAR Mielec | 32.64 | 235 |
| 5. | 09 | GIERULA Karol UKS SP AQUARIUS Lesko | 32.98 | 228 |
| 6. | 09 | BUNDYRA Mikołaj MKS IKAR Mielec | 33.54 | 217 |
| 7. | 09 | SZYMA SKI Konrad UKS DELFIN Tarnobrzeg | 35.10 | 189 |
| 8. | 09 | SURMAN Miłosz MUKP FALA Ropczyce | 35.12 | 189 |
| 9. | 09 | BEDNARZ Kamil SP MOTYL MOSiR Stalowa Wola | 39.20 | 136 |
| 10. | 09 | MARZEC Antoni UKS DELFINEK Ustrzyki Dolne | 40.47 | 123 |
| 11. | 09 | ZI TEK Olaf UKS SP AQUARIUS Lesko | 40.51 | 123 |
| 12. | 09 | PLEBAN Miłosz Akademia Aqua Sport | 40.66 | 121 |
| 13. | 09 | SZEWC Artur UKS FENIKS D bica | 41.54 | 114 |
| 14. | 09 | KAŁU A Michał UKP GRYP D bica | 43.94 | 96 |
| DYSKW. | 09 | MAJEWSKI Igor UKS DELFIN Tarnobrzeg | | |
| | | O1 | | |
| 13 lat | | | | |
| 1. | 08 | JASZCZOR Igor KS Swim2Win Krosno | 27.89 | 377 |
| 2. | 08 | PAZDRO Antoni MKS IKAR Mielec | 28.32 | 360 |
| 3. | 08 | GINALSKI Paweł KS Swim2Win Krosno | 28.81 | 342 |
| 4. | 08 | KANTY Dawid SP MOTYL MOSiR Stalowa Wola | 28.98 | 336 |
| 5. | 08 | WÓJCIK Antoni KP SOKÓŁ Rzeszów | 29.03 | 334 |
| 6. | 08 | LIS Jakub KP SOKÓŁ Rzeszów | 29.55 | 317 |
| 7. | 08 | ZASUWA Mateusz UKS HETMAN Tarnobrzeg | 30.24 | 296 |
| 8. | 08 | MENDYKA Miłosz AZS SMS Jarosław | 30.66 | 284 |
| 9. | 08 | AMBROSZKO Gabriel SP MOTYL MOSiR Stalowa Wola | 30.79 | 280 |
| 10. | 08 | BŁAJDA Aleks AZS SMS Jarosław | 31.33 | 266 |
| 11. | 08 | CIE KIEWICZ Miłosz KP SOKÓŁ Rzeszów | 32.56 | 237 |
| 12. | 08 | GAJECKI Filip KS Swim2Win Krosno | 32.74 | 233 |
| 13. | 08 | OLEJARKA Kacper KP ORLIK Przeworsk | 33.57 | 216 |
| 14. | 08 | CZOCHARA Mikołaj MUKP FALA Ropczyce | 34.15 | 205 |
| 15. | 08 | SADRAKUŁA Miłosz KP SOKÓŁ Rzeszów | 34.74 | 195 |
| 16. | 08 | SZKLARZ Ksawier UKS DELFIN Tarnobrzeg | 35.32 | 185 |
| 17. | 08 | LENIART Jakub UKS HETMAN Tarnobrzeg | 35.37 | 185 |
| DYSKW. | 08 | LENCZOWSKI Antoni UKS FENIKS D bica | | |
| | | O1 | | |
| 14 lat | | | | |
| 1. | 07 | OCHALIK Adrian MKS IKAR Mielec | 25.64 | 486 |
| 2. | 07 | GRABOWSKI Maksymilian UKS HETMAN Tarnobrzeg | 26.18 | 456 |
| 3. | 07 | GIL AMADOR Kornel AZS SMS Jarosław | 27.12 | 410 |
| 4. | 07 | WI CEK Kacper UKS FREGATA Kolbuszowa | 27.54 | 392 |
| 5. | 07 | MARCINEK Alvaro MKS IKAR Mielec | 27.67 | 386 |
| 6. | 07 | SIBIGA Karol UKS FENIKS D bica | 28.65 | 348 |
| 7. | 07 | SIWARSKI Marcin UKS SP AQUARIUS Lesko | 28.87 | 340 |



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

Konkurencja 2, Chłopców, 50m dowolny, 14 lat

| Pozycja | Rok ur. | | Czas | Pkt. |
|---------|---------|---|--------------|------|
| 8. | 07 | GARBULI SKI Jan UKS FENIKS D bica | 29.12 | 331 |
| 9. | 07 | MROZEK Paweł UKS SP AQUARIUS Lesko | 29.37 | 323 |
| 10. | 07 | GERLACH Jakub UKS DELFINEK Ustrzyki Dolne | 30.10 | 300 |
| 11. | 07 | GONDEK Bartosz AZS SMS Jarosław | 30.40 | 291 |
| 12. | 07 | PAWLAK Jan UKS DELFIN Tarnobrzeg | 30.58 | 286 |
| 13. | 07 | TABAKA Marcin UKS FREGATA Kolbuszowa | 30.74 | 282 |
| 14. | 07 | PRZESZŁOWSKI Sebastian AZS SMS Jarosław | 30.85 | 279 |
| 15. | 07 | MATUŁA Karol UKS FREGATA Kolbuszowa | 31.64 | 258 |
| 16. | 07 | RABIEJ Jan UKS FOXBALL Rzeszów | 31.83 | 254 |
| 17. | 07 | CZECH Jakub UKS HETMAN Tarnobrzeg | 33.69 | 214 |
| 18. | 07 | SZMYD Łukasz UKS DELFINEK Ustrzyki Dolne | 33.92 | 209 |
| 19. | 07 | KILAR Korneliusz AZS SMS Jarosław | 34.10 | 206 |

15 lat i starsi

| | | | | |
|-----|----|--|--------------|-----|
| 1. | 03 | LIWA Michał MUKP FALA Ropczyce | 23.69 | 616 |
| 2. | 04 | HORODY SKI Antoni UKS FENIKS D bica | 24.03 | 590 |
| 3. | 04 | TARASEK Wiktor UKS FENIKS D bica | 24.74 | 541 |
| 4. | 04 | STROJEK Mikołaj KS Swim2Win Krosno | 24.95 | 527 |
| 5. | 06 | LENCZOWSKI Jakub UKS FENIKS D bica | 25.13 | 516 |
| 6. | 03 | SZCZEPANIK Szymon KP SOKÓŁ Rzeszów | 25.35 | 502 |
| 7. | 04 | BIAŁEK Piotr KS Swim2Win Krosno | 25.72 | 481 |
| 8. | 05 | STACHOWICZ Kamil KS Swim2Win Krosno | 25.90 | 471 |
| 9. | 06 | JASZCZOR Oskar KS Swim2Win Krosno | 25.98 | 467 |
| 10. | 05 | CZERNICKI Hubert KP SOKÓŁ Rzeszów | 26.43 | 443 |
| 11. | 06 | HRYNISZYN Igor SP MOTYL MOSiR Stalowa Wola | 26.60 | 435 |
| 12. | 04 | BOCHE SKI Wiktor UKS FENIKS D bica | 26.98 | 417 |
| 13. | 06 | DACZKOWSKI Radosław UKS FENIKS D bica | 27.14 | 409 |
| 14. | 06 | KAWUZA Szymon KP SOKÓŁ Rzeszów | 27.18 | 408 |
| 15. | 06 | KALITA Jakub UKS DELFIN Tarnobrzeg | 27.29 | 403 |
| 16. | 04 | YŁA Robert UKS FENIKS D bica | 27.47 | 395 |
| 17. | 06 | OLEKSA Paweł SP MOTYL MOSiR Stalowa Wola | 27.67 | 386 |
| 18. | 02 | KOCZYNASZ Daniel UKS FOXBALL Rzeszów | 27.69 | 385 |
| 19. | 03 | NOWAK Kacper UKS FOXBALL Rzeszów | 27.84 | 379 |
| 20. | 04 | BIENIA Maciej KP SOKÓŁ Rzeszów | 27.86 | 378 |
| 21. | 06 | ŁAB D Oskar UKS HETMAN Tarnobrzeg | 27.96 | 374 |
| 22. | 04 | MAZUR Bartosz UKP GRYF D bica | 27.97 | 374 |
| 23. | 06 | NOWAK Maksym SP MOTYL MOSiR Stalowa Wola | 28.15 | 367 |
| 24. | 06 | SZCZEPAN Piotr UKS DELFIN Tarnobrzeg | 28.43 | 356 |
| 25. | 05 | MIARA Jakub KP ORLIK Przeworsk | 29.15 | 330 |
| 26. | 05 | TASIOR Seweryn KP SOKÓŁ Rzeszów | 30.53 | 287 |
| 27. | 05 | BEDNARZ Krystian KS PESTIGE Rzeszów | 30.84 | 279 |
| 28. | 05 | WARCHOŁ Igor UKS FENIKS D bica | 32.00 | 250 |
| 29. | 06 | GEBALI Akram AZS SMS Jarosław | 33.24 | 223 |
| 30. | 06 | WOJEWÓDKA Dominik UKS SP AQUARIUS Lesko | 33.42 | 219 |
| 31. | 06 | BIELECKI Hubert UKS FREGATA Kolbuszowa | 33.51 | 217 |
| 32. | 05 | SZCZYGIEŁ Bartosz UKS FOXBALL Rzeszów | 36.25 | 172 |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Długość basenu, 30-31.10.2021

Konkurencja 3
30.10.2021 - 10:28

Kobiet, 50m klasyczny

12 lat i starsi
Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | | Czas | Pkt. |
|---------------|---------|--|--------------|------|
| 12 lat | | | | |
| 1. | 09 | DOMAGAŁA Katarzyna KP SOKÓŁ Rzeszów | 37.22 | 451 |
| 2. | 09 | FTARA Maja MKS IKAR Mielec | 38.68 | 402 |
| 3. | 09 | KOZAK Agata SP MOTYL MOSiR Stalowa Wola | 42.26 | 308 |
| 4. | 09 | MI KIEWICZ Zuzanna MKS IKAR Mielec | 42.35 | 306 |
| 5. | 09 | MACIELAK Wiktoria PIRANIE SOSiR Nowa Długość basenu | 42.57 | 301 |
| 6. | 09 | SZMYD Karolina UKS DELFINEK Ustrzyki Dolne | 43.44 | 284 |
| 7. | 09 | ZAJDEL Oliwia KS Swim2Win Krosno | 43.57 | 281 |
| 8. | 09 | AUGUSTYNIAK Kaja UKS DELFIN Tarnobrzeg | 43.69 | 279 |
| 9. | 09 | CZELUŃSKA Emilia KP SOKÓŁ Rzeszów | 45.12 | 253 |
| 10. | 09 | WÓJCIK Izabela UKS HETMAN Tarnobrzeg | 45.36 | 249 |
| 11. | 09 | MICHOŁA Maja MKS IKAR Mielec | 45.45 | 248 |
| 12. | 09 | STACHYRAK Julia UKS DELFINEK Ustrzyki Dolne | 45.56 | 246 |
| 13. | 09 | HOMA Oliwia KP SOKÓŁ Rzeszów | 49.64 | 190 |
| 14. | 09 | WACHTA Iga UKS DELFINEK Ustrzyki Dolne | 49.95 | 186 |
| 15. | 09 | POLAK Lena UKS DELFINEK Ustrzyki Dolne | 51.84 | 167 |
| 16. | 09 | BŁAŻOWSKA Martyna UKS SP AQUARIUS Lesko | 54.67 | 142 |
| DYSKW. | 09 | BROSIŃSKA Maja MKS Sanok | | |
| | | <i>K15</i> | | |
| 13 lat | | | | |
| 1. | 08 | WACŁAW Maja KP SOKÓŁ Rzeszów | 36.81 | 467 |
| 2. | 08 | RABAN Blanka UKP GRYF Długość basenu | 37.50 | 441 |
| 3. | 08 | POKRZYWA Julia KS Swim2Win Krosno | 38.90 | 395 |
| 4. | 08 | MI SIK Jagoda KS Swim2Win Krosno | 39.14 | 388 |
| 5. | 08 | CWYNAR Natalia KP SOKÓŁ Rzeszów | 39.44 | 379 |
| 6. | 08 | OLKO Emilia SP MOTYL MOSiR Stalowa Wola | 39.46 | 379 |
| 7. | 08 | SŁABIK Nadia KS Swim2Win Krosno | 40.61 | 347 |
| 8. | 08 | GŁOGOWSKA Zuzanna MKS IKAR Mielec | 41.30 | 330 |
| 9. | 08 | PAZDYK Martyna UKS FENIKS Długość basenu | 42.33 | 307 |
| 10. | 08 | JANUSZ Anna UKS FREGATA Kolbuszowa | 45.02 | 255 |
| 11. | 08 | REGIEC Roksana PIRANIE SOSiR Nowa Długość basenu | 45.31 | 250 |
| 12. | 08 | KOŁPSKA Michałina KP ORLIK Przeworsk | 45.74 | 243 |
| 13. | 08 | PRZYBYŁA Nela UKS DELFINEK Ustrzyki Dolne | 48.74 | 201 |
| DYSKW. | 08 | KOJDER Jagoda KP ORLIK Przeworsk | | |
| | | <i>O1</i> | | |
| 14 lat | | | | |
| 1. | 07 | SZOPA Natalia UKP GRYF Długość basenu | 33.57 | 615 |
| 2. | 07 | GAWEŁ Izabela KP SOKÓŁ Rzeszów | 35.56 | 518 |
| 3. | 07 | WRONA Zuzanna UKS DELFINEK Ustrzyki Dolne | 40.27 | 356 |
| 4. | 07 | NOWAK Jagoda UKS FENIKS Długość basenu | 40.30 | 355 |
| 5. | 07 | SZEWIC Milena UKS FREGATA Kolbuszowa | 40.81 | 342 |
| 6. | 07 | BRZĘK Gabriela UKS FOXBALL Rzeszów | 53.27 | 154 |
| 7. | 07 | KAWCZAK Karolina UKS DELFINEK Ustrzyki Dolne | 56.46 | 129 |
| DYSKW. | 07 | GNATEK Lea UKS SP AQUARIUS Lesko | | |
| | | <i>K15</i> | | |



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

Konkurencja 3, Kobiety, 50m klasyczny

15 lat i starsi

| | | | | | |
|----|-------------------|----|-----------------------------|--------------|-----|
| 1. | KULAGA Dominika | 97 | UKS FENIKS D bica | 33.68 | 609 |
| 2. | FARA Katarzyna | 95 | UKS FENIKS D bica | 35.21 | 533 |
| 3. | ROWI SKA Patrycja | 06 | UKS FENIKS D bica | 37.98 | 425 |
| 4. | KALAMARZ Wiktoria | 06 | SP MOTYL MOSiR Stalowa Wola | 38.77 | 399 |
| 5. | MA NICKA Martyna | 06 | UKS FENIKS D bica | 38.96 | 393 |
| 6. | LE NIOWSKA Kaina | 06 | AZS SMS Jarosław | 40.53 | 349 |
| 7. | JASKOT Joanna | 05 | UKS FENIKS D bica | 40.81 | 342 |

Konkurencja 4

30.10.2021 - 10:37

Mężczyźni, 50m klasyczny

12 lat i starsi

Wyniki

Punkty: FINA 2021

| Pozycja | | Rok ur. | | Czas | Pkt. |
|---------|---------------------|---------|-----------------------------|--------------|------|
| 12 lat | | | | | |
| 1. | STROJEK Tymoteusz | 09 | KS Swim2Win Krosno | 35.35 | 364 |
| 2. | RADZIWI SKI Mateusz | 09 | KS Swim2Win Krosno | 35.48 | 360 |
| 3. | SŁOMA Karol | 09 | KP ORLIK Przeworsk | 40.09 | 249 |
| 4. | BAJER Nikodem | 09 | UKS DELFIN Tarnobrzeg | 43.49 | 195 |
| 5. | LE O Tymoteusz | 09 | UKS DELFIN Tarnobrzeg | 44.25 | 185 |
| 6. | HAŁKA Jakub | 09 | MKS IKAR Mielec | 45.84 | 167 |
| 7. | BUNDYRA Mikołaj | 09 | MKS IKAR Mielec | 46.63 | 158 |
| 8. | IWANICKI Adam | 09 | UKS DELFINEK Ustrzyki Dolne | 47.06 | 154 |
| 9. | BEDNARZ Kamil | 09 | SP MOTYL MOSiR Stalowa Wola | 48.49 | 141 |
| 10. | PLEBAN Miłosz | 09 | Akademia Aqua Sport | 49.05 | 136 |
| 11. | ZI TEK Olaf | 09 | UKS SP AQUARIUS Lesko | 57.61 | 84 |
| DYSKW. | MARZEC Antoni | 09 | UKS DELFINEK Ustrzyki Dolne | | |
| | K2 | | | | |
| 13 lat | | | | | |
| 1. | GINALSKI Paweł | 08 | KS Swim2Win Krosno | 32.34 | 475 |
| 2. | WÓJCIK Antoni | 08 | KP SOKÓŁ Rzeszów | 32.44 | 471 |
| 3. | JASZCZOR Igor | 08 | KS Swim2Win Krosno | 36.95 | 319 |
| 4. | KURO Gabriel | 08 | KS Swim2Win Krosno | 38.82 | 275 |
| 5. | ZASUWA Mateusz | 08 | UKS HETMAN Tarnobrzeg | 39.59 | 259 |
| 6. | OLEJARKA Kacper | 08 | KP ORLIK Przeworsk | 39.70 | 257 |
| 7. | SADRAKUŁA Miłosz | 08 | KP SOKÓŁ Rzeszów | 39.89 | 253 |
| 8. | GAJECKI Filip | 08 | KS Swim2Win Krosno | 41.31 | 228 |
| 9. | MENDYKA Miłosz | 08 | AZS SMS Jarosław | 41.34 | 227 |
| 10. | CZOCHARA Mikołaj | 08 | MUKP FALA Ropczyce | 45.45 | 171 |
| 14 lat | | | | | |
| 1. | WILK Mikołaj | 07 | MKS IKAR Mielec | 31.69 | 505 |
| 2. | GŁAZ Karol | 07 | MKS IKAR Mielec | 32.59 | 465 |
| 3. | SKOWRO SKI Braian | 07 | UKS FREGATA Kolbuszowa | 33.51 | 427 |
| 4. | WI CEK Kacper | 07 | UKS FREGATA Kolbuszowa | 35.72 | 353 |
| 5. | GARBULI SKI Jan | 07 | UKS FENIKS D bica | 36.12 | 341 |
| 6. | GONDEK Bartosz | 07 | AZS SMS Jarosław | 36.18 | 339 |
| 7. | GIL AMADOR Kornel | 07 | AZS SMS Jarosław | 38.18 | 289 |
| 8. | CZECH Jakub | 07 | UKS HETMAN Tarnobrzeg | 39.63 | 258 |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Dębica, 30-31.10.2021

Konkurencja 4, Chłopców, 50m klasyczny, 14 lat

| Pozycja | Rok ur. | Time | Pkt. |
|----------------------------|--------------------------------|--------------|------|
| 9. MROZEK Paweł | 07 UKS SP AQUARIUS Lesko | 40.01 | 251 |
| 10. SZMYD Łukasz | 07 UKS DELFINEK Ustrzyki Dolne | 40.69 | 238 |
| 11. PRZESZŁOWSKI Sebastian | 07 AZS SMS Jarosław | 41.06 | 232 |
| 12. KILAR Korneliusz | 07 AZS SMS Jarosław | 44.28 | 185 |

15 lat i starsi

| | | | |
|----------------------------|--------------------------------|--------------|-----|
| 1. GINALSKI Michał | 04 KS Swim2Win Krosno | 30.54 | 565 |
| 2. LENCZOWSKI Jakub | 06 UKS FENIKS Dębica | 30.92 | 544 |
| 3. SZCZEPANIK Szymon | 03 KP SOKÓŁ Rzeszów | 31.76 | 502 |
| 4. HRYNISZYN Igor | 06 SP MOTYL MOSiR Stalowa Wola | 31.85 | 498 |
| 5. BIAŁEK Piotr | 04 KS Swim2Win Krosno | 32.07 | 488 |
| 6. BOCHESKI Wiktor | 04 UKS FENIKS Dębica | 32.43 | 472 |
| 7. SZCZUDŁO Przemysław | 04 UKS FENIKS Dębica | 32.71 | 459 |
| 8. CUDECKI Igor | 06 UKS FENIKS Dębica | 32.85 | 454 |
| 9. BLICHAZ Wiktor | 06 UKS FREGATA Kolbuszowa | 34.07 | 407 |
| 10. MIARA Jakub | 05 KP ORLIK Przeworsk | 37.88 | 296 |
| 11. TASIOR Seweryn | 05 KP SOKÓŁ Rzeszów | 38.27 | 287 |
| 12. BEDNARZ Krystian | 05 KS PESTIGE Rzeszów | 39.65 | 258 |
| 13. GEBALI Akram | 06 AZS SMS Jarosław | 42.14 | 215 |
| 14. SZCZYGIEŁ Bartosz | 05 UKS FOXBALL Rzeszów | 43.47 | 195 |
| 15. WOJEWÓDKA Dominik | 06 UKS SP AQUARIUS Lesko | 45.59 | 169 |
| DYSKW. GUZIK Mikołaj 01 | 06 UKS FENIKS Dębica | | |
| PK HERBUT Oskar | 06 SSKSiT GLOSATOR Kraków | 35.10 | 372 |

Konkurencja 5

30.10.2021 - 10:48

Punkty: FINA 2021

Kobiet, 100m motylkowy

12 lat i starsi

Wyniki

| Pozycja | Rok ur. | Time | Pkt. | 50m | 100m |
|-----------------------|--------------------------------|----------------|------|-------|-------|
| 12 lat | | | | | |
| 1. GROCHALA Nikola | 09 UKS FREGATA Kolbuszowa | 1:18.12 | 341 | 35.92 | 42.20 |
| 2. GOSKA Paulina | 09 MKS IKAR Mielec | 1:20.42 | 313 | 37.06 | 43.36 |
| 3. CZELUŃ NIAK Emilia | 09 KP SOKÓŁ Rzeszów | 1:33.57 | 198 | 42.93 | 50.64 |
| 4. KOLEV Julia | 09 PIRANIE SOSiR Nowa Dębica | 1:34.60 | 192 | 45.89 | 48.71 |
| 5. SZMYD Karolina | 09 UKS DELFINEK Ustrzyki Dolne | 1:44.19 | 143 | 46.78 | 57.41 |
| 6. WILK Weronika | 09 UKS DELFINEK Ustrzyki Dolne | 1:44.50 | 142 | 47.07 | 57.43 |
| 13 lat | | | | | |
| 1. MIŁOŚĆ Jagoda | 08 KS Swim2Win Krosno | 1:14.75 | 389 | 35.05 | 39.70 |
| 2. BOICETTA Blanka | 08 MKS IKAR Mielec | 1:23.97 | 275 | 37.16 | 46.81 |
| 3. SOJKA Aleksandra | 08 UKP GRYF Dębica | 1:26.55 | 251 | 40.28 | 46.27 |
| 4. FRANCZYK Oliwia | 08 MUKP FALA Ropczyce | 1:28.60 | 234 | 39.25 | 49.35 |
| 5. KOJDER Jagoda | 08 KP ORLIK Przeworsk | 1:43.64 | 146 | 46.25 | 57.39 |



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

Konkurencja 5, Kobiety, 100m motylkowy

14 lat

| | | | | | | | |
|----|-----------------|----|-----------------------|----------------|-----|-------|-------|
| 1. | KOZIOŁ Gabriela | 07 | UKS FENIKS D bica | 1:13.61 | 408 | 32.09 | 41.52 |
| 2. | LIPI SKA Julia | 07 | UKS FENIKS D bica | 1:15.32 | 381 | 35.51 | 39.81 |
| 3. | STRACH Klaudia | 07 | UKS HETMAN Tarnobrzeg | 1:16.58 | 362 | 35.92 | 40.66 |
| 4. | GNATEK Lea | 07 | UKS SP AQUARIUS Lesko | 1:30.66 | 218 | 40.59 | 50.07 |

15 lat i starsi

| | | | | | | | |
|----|--------------------|----|--------------------|----------------|-----|-------|-------|
| 1. | TROJNACKA Oliwia | 05 | MKS IKAR Mielec | 1:04.71 | 601 | 30.91 | 33.80 |
| | NIEMIEC Aleksandra | 97 | MUKP FALA Ropczyce | 1:04.71 | 601 | 29.98 | 34.73 |
| 3. | R ANY Wiktoria | 02 | UKP GRYF D bica | 1:10.98 | 455 | 32.41 | 38.57 |
| PK | ZABAWA Emilia | 07 | UKS SP 8 Chrzanów | 1:09.81 | 478 | 32.66 | 37.15 |

Konkurencja 6

M czyzn, 100m motylkowy

12 lat i starsi

30.10.2021 - 10:55

Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | | Czas | Pkt. | 50m | 100m | |
|-----------------|---------------------|----|-----------------------------|----------------|-----|-------|-------|
| 12 lat | | | | | | | |
| 1. | TRZNADEL Szymon | 09 | KP SOKÓŁ Rzeszów | 1:12.65 | 284 | 34.79 | 37.86 |
| 2. | MAJEWSKI Igor | 09 | UKS DELFIN Tarnobrzeg | 1:16.98 | 239 | 36.05 | 40.93 |
| 3. | GIERULA Karol | 09 | UKS SP AQUARIUS Lesko | 1:29.68 | 151 | 39.78 | 49.90 |
| 4. | FLIS Marcin | 09 | PIRANIE SOSiR Nowa D ba | 1:40.50 | 107 | 45.93 | 54.57 |
| 13 lat | | | | | | | |
| 1. | SKWARA Bartłomiej | 08 | UKS DELFIN Tarnobrzeg | 1:10.62 | 309 | 32.28 | 38.34 |
| 2. | PAZDRO Antoni | 08 | MKS IKAR Mielec | 1:19.62 | 216 | 36.63 | 42.99 |
| 3. | KOPE Maciej | 08 | PIRANIE SOSiR Nowa D ba | 1:20.24 | 211 | 36.78 | 43.46 |
| 4. | CIE KIEWICZ Miłosz | 08 | KP SOKÓŁ Rzeszów | 1:29.41 | 152 | 39.63 | 49.78 |
| 5. | BAJ Maciej | 08 | KP ORLIK Przeworsk | 1:32.38 | 138 | 40.81 | 51.57 |
| 14 lat | | | | | | | |
| 1. | WÓJCIK Mikołaj | 07 | UKS FREGATA Kolbuszowa | 1:03.43 | 427 | 29.45 | 33.98 |
| 2. | WILK Mikołaj | 07 | MKS IKAR Mielec | 1:04.47 | 407 | 30.19 | 34.28 |
| 3. | GŁAZ Karol | 07 | MKS IKAR Mielec | 1:07.80 | 349 | 32.11 | 35.69 |
| 4. | SIWARSKI Marcin | 07 | UKS SP AQUARIUS Lesko | 1:12.50 | 286 | 33.95 | 38.55 |
| 5. | TABAKA Marcin | 07 | UKS FREGATA Kolbuszowa | 1:23.02 | 190 | 36.59 | 46.43 |
| 15 lat i starsi | | | | | | | |
| 1. | LIWA Michał | 03 | MUKP FALA Ropczyce | 58.46 | 545 | 26.98 | 31.48 |
| 2. | PROCNAŁ Adam | 04 | SP MOTYL MOSiR Stalowa Wola | 59.59 | 515 | 28.52 | 31.07 |
| 3. | CHOMA Maksym | 06 | UKS FENIKS D bica | 1:00.78 | 485 | 27.57 | 33.21 |
| 4. | NIEZNA SKI Michał | 06 | UKS FENIKS D bica | 1:00.89 | 483 | 27.59 | 33.30 |
| 5. | CHOLEWA Wojciech | 06 | UKS FENIKS D bica | 1:01.04 | 479 | 28.46 | 32.58 |
| 6. | PUZIO Michał | 03 | PIRANIE SOSiR Nowa D ba | 1:01.99 | 457 | 28.60 | 33.39 |
| 7. | TARASEK Wiktor | 04 | UKS FENIKS D bica | 1:02.01 | 457 | 28.73 | 33.28 |
| 8. | PACŁAWSKI Jakub | 00 | Akademia Aqua Sport | 1:02.10 | 455 | 28.48 | 33.62 |
| 9. | JASZCZOR Oskar | 06 | KS Swim2Win Krosno | 1:03.75 | 421 | 29.80 | 33.95 |
| 10. | KORDJAK Dawid | 06 | UKS FENIKS D bica | 1:04.15 | 413 | 30.90 | 33.25 |
| 11. | WÓJCIK Szczepan | 06 | UKS FREGATA Kolbuszowa | 1:06.06 | 378 | 30.09 | 35.97 |
| 12. | DACZKOWSKI Radosław | 06 | UKS FENIKS D bica | 1:08.78 | 335 | 31.49 | 37.29 |
| 13. | YŁA Robert | 04 | UKS FENIKS D bica | 1:10.46 | 311 | 30.89 | 39.57 |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Długość basenu, 30-31.10.2021

Konkurencja 6, Mężczyźni, 100m motylkowy, 15 lat i starsi

| Pozycja | Rok ur. | Czas | Pkt. | 50m | 100m |
|-----------------------|--------------------------|----------------|------|-------|-------|
| 14. SNOBKOWSKI Marcin | 05 UKS HETMAN Tarnobrzeg | 1:19.44 | 217 | 35.62 | 43.82 |

Konkurencja 7

30.10.2021 - 11:04

Kobiet, 200m dowolny

12 lat i starsi

Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | Czas | Pkt. | 50m | 100m | 150m | 200m |
|------------------------|-----------------------------|----------------|------|-------|-------|-------|-------|
| 12 lat | | | | | | | |
| 1. DOMAGAŁA Katarzyna | 09 KP SOKÓŁ Rzeszów | 2:28.00 | 415 | 32.39 | 36.84 | 39.21 | 39.56 |
| 2. FTARA Maja | 09 MKS IKAR Mielec | 2:32.05 | 383 | 33.30 | 38.23 | 40.46 | 40.06 |
| 3. WÓJCIK Izabela | 09 UKS HETMAN Tarnobrzeg | 2:51.99 | 264 | 39.95 | 44.37 | 45.68 | 41.99 |
| 4. SZCZEPANIK Zuzanna | 09 UKS FENIKS D bica | 3:15.26 | 180 | 42.05 | 50.48 | 52.81 | 49.92 |
| 5. MADEJ Maja | 09 UKS DELFINEK Ustrzyki Dc | 3:21.77 | 163 | 44.69 | 52.18 | 53.78 | 51.12 |
| 6. BŁA OWSKA Martyna | 09 UKS SP AQUARIUS Lesko | 3:27.92 | 149 | 45.55 | 53.31 | 55.05 | 54.01 |
| 7. STÓJ Oliwia | 09 UKS DELFINEK Ustrzyki Dc | 3:29.91 | 145 | 42.08 | 54.83 | 57.54 | 55.46 |
| 13 lat | | | | | | | |
| 1. GAJDA Martyna | 08 UKS FENIKS D bica | 2:19.62 | 494 | 31.06 | 35.53 | 37.25 | 35.78 |
| 2. GŁOGOWSKA Zuzanna | 08 MKS IKAR Mielec | 2:32.05 | 383 | 34.38 | 39.75 | 39.51 | 38.41 |
| 3. WACŁAW Maja | 08 KP SOKÓŁ Rzeszów | 2:33.21 | 374 | 34.86 | 40.98 | 41.13 | 36.24 |
| 4. PAZDYK Martyna | 08 UKS FENIKS D bica | 2:33.99 | 368 | 35.22 | 39.76 | 39.56 | 39.45 |
| 5. JURY Aleksandra | 08 UKS HETMAN Tarnobrzeg | 2:34.05 | 368 | 35.28 | 40.45 | 40.33 | 37.99 |
| 6. R ANY Blanka | 08 UKP GRYF D bica | 2:34.32 | 366 | 35.55 | 38.80 | 41.38 | 38.59 |
| 7. STARZEC Karolina | 08 UKS FENIKS D bica | 2:36.98 | 348 | 35.90 | 40.29 | 41.01 | 39.78 |
| 8. ZOŁOTAR Hanna | 08 UKS FENIKS D bica | 2:46.33 | 292 | 38.22 | 43.20 | 42.89 | 42.02 |
| 9. BAJOR Dominika | 08 KP SOKÓŁ Rzeszów | 2:57.13 | 242 | 38.36 | 46.06 | 49.13 | 43.58 |
| 10. JANUSZ Anna | 08 UKS FREGATA Kolbuszowa | 3:07.80 | 203 | 39.57 | 46.85 | 51.37 | 50.01 |
| 11. K PSKA Michalina | 08 KP ORLIK Przeworsk | 3:27.65 | 150 | 44.64 | 53.34 | | |
| 14 lat | | | | | | | |
| 1. SZOPA Natalia | 07 UKP GRYF D bica | 2:11.80 | 588 | 30.23 | 34.27 | 34.35 | 32.95 |
| 2. WO NIAK Kornelia | 07 UKS FREGATA Kolbuszowa | 2:30.27 | 396 | 35.25 | 38.56 | 39.38 | 37.08 |
| 3. SZEWC Milena | 07 UKS FREGATA Kolbuszowa | 2:31.88 | 384 | 35.86 | 39.26 | 39.50 | 37.26 |
| 4. SZKLARZ Julia | 07 UKS FREGATA Kolbuszowa | 2:37.63 | 343 | 36.09 | 40.86 | 41.29 | 39.39 |
| 5. DWORAK Anna | 07 AZS SMS Jarosław | 2:46.15 | 293 | 35.51 | 41.90 | 45.01 | 43.73 |
| 6. PRZYWARA Milena | 07 MUKP FALA Ropczyce | 2:59.48 | 232 | 38.96 | 45.13 | 48.18 | 47.21 |
| 15 lat i starsi | | | | | | | |
| 1. SZCZUDŁO Gabriela | 05 UKS FENIKS D bica | 2:13.60 | 564 | 31.16 | 33.69 | 34.60 | 34.15 |
| 2. WI TEK Joanna | 02 UKS FENIKS D bica | 2:14.11 | 558 | 29.60 | 33.79 | 35.28 | 35.44 |
| 3. STACHOWICZ Ilona | 05 KS Swim2Win Krosno | 2:14.38 | 554 | 31.07 | 34.12 | 35.46 | 33.73 |
| 4. PAWEŁEK Zuzanna | 06 KP SOKÓŁ Rzeszów | 2:20.74 | 483 | 32.52 | 35.20 | 36.94 | 36.08 |
| 5. SKOWRO SKA Wiktoria | 02 UKS FREGATA Kolbuszowa | 2:32.86 | 377 | 35.22 | 39.06 | 39.54 | 39.04 |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Długość basenu, 30-31.10.2021

Konkurencja 8
30.10.2021 - 11:20

Mężczyźni, 200m dowolny

12 lat i starsi
Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | | Czas | Pkt. | 50m | 100m | 150m | 200m | |
|------------------------|------------------------|----|--------------------------|----------------|-----|-------|-------|-------|-------|
| 12 lat | | | | | | | | | |
| 1. | MAJEWSKI Igor | 09 | UKS DELFIN Tarnobrzeg | 2:18.78 | 367 | 32.28 | 35.76 | 36.81 | 33.93 |
| 2. | MALEC Maciej | 09 | UKS DELFINEK Ustrzyki Dc | 2:33.52 | 271 | 33.73 | 38.95 | 41.00 | 39.84 |
| 3. | SŁOMA Karol | 09 | KP ORLIK Przeworsk | 2:40.95 | 235 | 35.71 | 41.54 | 43.15 | 40.55 |
| 4. | BLACHA Kamil | 09 | SP MOTYL MOSiR Stalowa | 2:51.52 | 194 | 38.58 | 44.70 | 46.17 | 42.07 |
| 5. | GIERULA Karol | 09 | UKS SP AQUARIUS Lesko | 3:00.79 | 166 | 42.02 | 47.19 | 48.20 | 43.38 |
| 6. | ZI TEK Olaf | 09 | UKS SP AQUARIUS Lesko | 3:35.65 | 97 | 46.08 | 55.20 | 57.56 | 56.81 |
| 13 lat | | | | | | | | | |
| 1. | SKWARA Bartłomiej | 08 | UKS DELFIN Tarnobrzeg | 2:17.06 | 381 | 31.30 | 34.87 | 35.77 | 35.12 |
| 2. | AMBROSZKO Gabriel | 08 | SP MOTYL MOSiR Stalowa | 2:31.64 | 281 | 32.69 | 38.71 | 40.94 | 39.30 |
| 3. | LIS Jakub | 08 | KP SOKÓŁ Rzeszów | 2:36.47 | 256 | 34.41 | 40.47 | 42.97 | 38.62 |
| 4. | MENDYKA Miłosz | 08 | AZS SMS Jarosław | 2:37.70 | 250 | 35.25 | 40.17 | 41.70 | 40.58 |
| 5. | BŁAJDA Aleks | 08 | AZS SMS Jarosław | 2:38.59 | 246 | 35.38 | 40.30 | 42.27 | 40.64 |
| 6. | CIE KIEWICZ Miłosz | 08 | KP SOKÓŁ Rzeszów | 2:45.67 | 215 | 36.02 | 43.67 | 44.64 | 41.34 |
| 7. | BAJ Maciej | 08 | KP ORLIK Przeworsk | 2:48.62 | 204 | 37.74 | 43.20 | 45.28 | 42.40 |
| 8. | SZKLARZ Ksawier | 08 | UKS DELFIN Tarnobrzeg | 2:52.80 | 190 | 38.87 | 45.45 | 45.99 | 42.49 |
| 9. | BŁASIAK Nikodem | 08 | UKS DELFIN Tarnobrzeg | 2:53.48 | 187 | 38.42 | 45.08 | 46.73 | 43.25 |
| 10. | OLEJARKA Kacper | 08 | KP ORLIK Przeworsk | 2:59.85 | 168 | 37.64 | 47.97 | 48.00 | 46.24 |
| 14 lat | | | | | | | | | |
| 1. | MARCINEK Alvaro | 07 | MKS IKAR Mielec | 2:12.33 | 423 | 30.80 | 34.56 | 34.74 | 32.23 |
| 2. | WI CEK Kacper | 07 | UKS FREGATA Kolbuszowa | 2:13.07 | 416 | 30.16 | 33.83 | 35.26 | 33.82 |
| 3. | GRABOWSKI Maksymilian | 07 | UKS HETMAN Tarnobrzeg | 2:13.71 | 410 | 30.36 | 34.19 | 35.91 | 33.25 |
| 4. | SKOWROSKI Braian | 07 | UKS FREGATA Kolbuszowa | 2:13.74 | 410 | 31.04 | 34.62 | 34.92 | 33.16 |
| 5. | SIBIGA Karol | 07 | UKS FENIKS D bica | 2:19.93 | 358 | 31.68 | 35.97 | 37.10 | 35.18 |
| 6. | GIL AMADOR Kornel | 07 | AZS SMS Jarosław | 2:21.35 | 347 | 31.21 | 35.51 | 39.37 | 35.26 |
| 7. | SIWARSKI Marcin | 07 | UKS SP AQUARIUS Lesko | 2:21.68 | 345 | 31.00 | 36.04 | 37.92 | 36.72 |
| 8. | ZAJC Damian | 07 | UKS HETMAN Tarnobrzeg | 2:25.47 | 318 | 31.22 | 36.09 | 39.73 | 38.43 |
| 9. | GONDEK Bartosz | 07 | AZS SMS Jarosław | 2:32.75 | 275 | 33.60 | 39.23 | 41.04 | 38.88 |
| 10. | MROZEK Paweł | 07 | UKS SP AQUARIUS Lesko | 2:34.08 | 268 | 34.32 | 39.49 | 40.97 | 39.30 |
| 11. | PRZESZŁOWSKI Sebastian | 07 | AZS SMS Jarosław | 2:37.61 | 250 | 35.11 | 39.69 | 41.92 | 40.89 |
| 12. | GERLACH Jakub | 07 | UKS DELFINEK Ustrzyki Dc | 2:39.24 | 243 | 34.70 | 40.54 | 42.65 | 41.35 |
| 13. | KILAR Korneliusz | 07 | AZS SMS Jarosław | 2:45.03 | 218 | 36.98 | 42.29 | 43.79 | 41.97 |
| 15 lat i starsi | | | | | | | | | |
| 1. | HORODYSKI Antoni | 04 | UKS FENIKS D bica | 1:58.61 | 588 | 27.47 | 29.98 | 30.87 | 30.29 |
| 2. | PROCNAŁ Adam | 04 | SP MOTYL MOSiR Stalowa | 2:00.46 | 561 | 28.25 | 30.87 | 30.88 | 30.46 |
| 3. | NIEZNA SKI Michał | 06 | UKS FENIKS D bica | 2:03.89 | 516 | 28.96 | 31.22 | 31.84 | 31.87 |
| 4. | STACHOWICZ Kamil | 05 | KS Swim2Win Krosno | 2:06.77 | 481 | 28.92 | 32.55 | 33.35 | 31.95 |
| 5. | WISTAK Miłosz | 06 | UKS FENIKS D bica | 2:08.30 | 464 | 29.51 | 33.19 | 33.40 | 32.20 |
| 6. | OLEKSA Paweł | 06 | SP MOTYL MOSiR Stalowa | 2:16.82 | 383 | 31.04 | 34.39 | 35.73 | 35.66 |
| 7. | BLICHARZ Wiktor | 06 | UKS FREGATA Kolbuszowa | 2:18.44 | 369 | 31.49 | 35.83 | 37.03 | 34.09 |
| 8. | SZCZEPAN Piotr | 06 | UKS DELFIN Tarnobrzeg | 2:21.41 | 346 | 30.03 | 36.49 | 39.20 | 35.69 |
| 9. | MIARA Jakub | 05 | KP ORLIK Przeworsk | 2:39.81 | 240 | 35.16 | 41.11 | 43.05 | 40.49 |
| 10. | GEBALI Akram | 06 | AZS SMS Jarosław | 2:49.95 | 199 | 37.12 | 43.52 | 45.44 | 43.87 |
| 11. | WOJEWÓDKA Dominik | 06 | UKS SP AQUARIUS Lesko | 3:00.30 | 167 | 38.70 | 47.02 | 48.55 | 46.03 |
| 12. | BIELECKI Hubert | 06 | UKS FREGATA Kolbuszowa | 3:01.29 | 164 | 38.24 | 44.35 | 43.04 | 55.66 |
| PK | HERBUT Oskar | 06 | SSKSIT GLOSATOR Kraków | 2:06.29 | 487 | 29.41 | 32.26 | 32.81 | 31.81 |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Dziewczęta, 30-31.10.2021

Konkurencja 9
30.10.2021 - 11:42

Kobiet, 200m grzbietowy

12 lat i starsi
Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | | Czas | Pkt. | 50m | 100m | 150m | 200m | | |
|---------|------------|-------------|------|-------------------------|----------------|------|-------|-------|-------|-------|
| 12 lat | | | | | | | | | | |
| 1. | G | SKA Paulina | 09 | MKS IKAR Mielec | 2:34.61 | 455 | 36.79 | 40.06 | 40.20 | 37.56 |
| 2. | URBANEK | Zuzanna | 09 | MUKP FALA Ropczyce | 2:41.03 | 402 | 37.32 | 41.94 | 43.04 | 38.73 |
| 3. | DRZYSTEK | Milena | 09 | KP ORLIK Przeworsk | 2:49.91 | 343 | 38.16 | 43.00 | 45.81 | 42.94 |
| 4. | SZKLARZ | Oliwia | 09 | UKS FREGATA Kolbuszowa | 2:54.95 | 314 | 41.33 | 44.91 | 45.88 | 42.83 |
| 5. | MI KIEWICZ | Zuzanna | 09 | MKS IKAR Mielec | 2:56.30 | 307 | 41.08 | 45.10 | 45.85 | 44.27 |
| 6. | MACIELAK | Wiktoria | 09 | PIRANIE SOSiR Nowa D | 3:11.46 | 239 | 42.75 | 48.84 | | |
| 7. | MATUŁA | Alicja | 09 | KS PESTIGE Rzeszów | 3:12.75 | 234 | 45.46 | 50.01 | 50.37 | 46.91 |
| 8. | RACHALSKA | Maja | 09 | MKS Sanok | 3:20.53 | 208 | 44.57 | 50.83 | 53.79 | 51.34 |
| 9. | WRONOWSKA | Amelia | 09 | UKS DELFINEK Ustrzyki D | 3:22.62 | 202 | 45.35 | 51.89 | 53.88 | 51.50 |

13 lat

| | | | | | | | | | | |
|----|-----------|------------|----|---------------------|----------------|-----|---------|-------|-------|-------|
| 1. | BEREZAK | Milena | 08 | MKS IKAR Mielec | 2:34.10 | 459 | 37.29 | 39.74 | 40.07 | 37.00 |
| 2. | LACHOWSKA | Gabriela | 08 | MKS IKAR Mielec | 2:41.52 | 399 | 37.36 | 40.71 | 42.74 | 40.71 |
| 3. | MI SIK | Jagoda | 08 | KS Swim2Win Krosno | 2:44.05 | 381 | 40.45 | 42.12 | 41.94 | 39.54 |
| 4. | POKRZYWA | Julia | 08 | KS Swim2Win Krosno | 2:48.17 | 353 | 40.82 | 43.46 | 42.46 | 41.43 |
| 5. | CWYNAR | Natalia | 08 | KP SOKÓŁ Rzeszów | 2:50.66 | 338 | 40.51 | 44.90 | 44.47 | 40.78 |
| 6. | ZYGMUNT | Zuzanna | 08 | UKS FENIKS D bica | 2:52.70 | 326 | 39.94 | 43.46 | 46.21 | 43.09 |
| 7. | OBLÓJ | Zuzanna | 08 | KS Swim2Win Krosno | 2:54.13 | 318 | 41.19 | 45.59 | 45.00 | 42.35 |
| 8. | SOJKA | Aleksandra | 08 | UKP GRYF D bica | 2:54.46 | 316 | 1:25.48 | | | 43.62 |
| 9. | RAMSKA | Milena | 08 | Akademia Aqua Sport | 2:59.51 | 290 | 42.32 | 45.98 | 47.21 | 44.00 |

14 lat

| | | | | | | | | | | |
|----|------------|----------|----|-------------------------|----------------|-----|-------|-------|-------|-------|
| 1. | KOZIOŁ | Gabriela | 07 | UKS FENIKS D bica | 2:32.81 | 471 | 34.59 | 38.57 | 40.17 | 39.48 |
| 2. | STRACH | Klaudia | 07 | UKS HETMAN Tarnobrzeg | 2:49.61 | 344 | 38.85 | 43.84 | 45.38 | 41.54 |
| 3. | RZESZOWIAK | Natalia | 07 | UKS DELFIN Tarnobrzeg | 3:03.72 | 271 | 42.21 | 45.71 | 48.21 | 47.59 |
| 4. | JANCZY | Julia | 07 | UKS DELFINEK Ustrzyki D | 3:09.99 | 245 | 44.65 | | | 46.12 |

15 lat i starsi

| | | | | | | | | | | |
|----|------------|----------|----|--------------------|----------------|-----|-------|-------|-------|-------|
| 1. | MALEC | Wiktoria | 03 | MKS IKAR Mielec | 2:15.47 | 676 | 31.50 | 34.07 | 35.18 | 34.72 |
| 2. | STACHOWICZ | Ilona | 05 | KS Swim2Win Krosno | 2:27.87 | 520 | 34.76 | 36.89 | 38.99 | 37.23 |
| 3. | CYRAN | Julia | 06 | KP SOKÓŁ Rzeszów | 2:28.06 | 518 | 34.45 | 37.86 | 39.06 | 36.69 |
| 4. | TROJNACKA | Oliwia | 05 | MKS IKAR Mielec | 2:38.16 | 425 | 37.32 | 40.25 | 40.70 | 39.89 |
| 5. | TROJAN | Oliwia | 06 | UKS FENIKS D bica | 2:42.37 | 393 | 37.56 | 41.50 | 42.31 | 41.00 |

| | | | | | | | | | | |
|----|---------|----------|----|------------------------|----------------|-----|-------|-------|-------|-------|
| PK | KUBICKA | Gabriela | 09 | SSKSIT GLOSATOR Kraków | 2:41.90 | 396 | 38.25 | 40.66 | 42.64 | 40.35 |
|----|---------|----------|----|------------------------|----------------|-----|-------|-------|-------|-------|

Konkurencja 10
30.10.2021 - 11:58

Mężczyzn, 200m grzbietowy

12 lat i starsi
Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | | Czas | Pkt. | 50m | 100m | 150m | 200m | | |
|---------|----------|-----------|------|-------------------------|----------------|------|-------|-------|-------|-------|
| 12 lat | | | | | | | | | | |
| 1. | STROJEK | Tymoteusz | 09 | KS Swim2Win Krosno | 2:31.05 | 341 | 35.19 | 38.66 | 39.48 | 37.72 |
| 2. | TRZNADEL | Szymon | 09 | KP SOKÓŁ Rzeszów | 2:32.97 | 329 | 35.99 | 38.84 | 39.94 | 38.20 |
| 3. | HAŁKA | Jakub | 09 | MKS IKAR Mielec | 2:49.25 | 243 | 41.49 | 43.30 | 43.80 | 40.66 |
| 4. | BUNDYRA | Mikołaj | 09 | MKS IKAR Mielec | 3:03.37 | 191 | 44.44 | 46.22 | | |
| 5. | IWANICKI | Adam | 09 | UKS DELFINEK Ustrzyki D | 3:10.56 | 170 | 46.03 | 48.85 | 48.55 | 47.13 |
| 6. | FLIS | Marcin | 09 | PIRANIE SOSiR Nowa D | 3:28.41 | 130 | 48.72 | 54.17 | 54.61 | 50.91 |



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

Konkurencja 10, Mężczyzn, 200m grzbietowy

13 lat

| | | | | | | | | |
|--------------------|----|---------------------------|----------------|-----|-------|---------|-------|-------|
| 1. KANTY Dawid | 08 | SP MOTYL MOSiR Stalowa | 2:37.90 | 299 | 36.11 | 40.04 | 41.16 | 40.59 |
| 2. KURO Gabriel | 08 | KS Swim2Win Krosno | 2:40.62 | 284 | 38.06 | 41.43 | 41.02 | 40.11 |
| 3. KOPE Maciej | 08 | PIRANIE SOSiR Nowa D bica | 2:50.30 | 238 | 39.97 | 1:27.93 | | |
| 4. D BROWSKI Jakub | 08 | UKS DELFIN Tarnobrzeg | 2:57.24 | 211 | 40.83 | 44.59 | 46.73 | 45.09 |

14 lat

| | | | | | | | | |
|----------------------|----|------------------------|----------------|-----|-------|-------|-------|-------|
| 1. OCHALIK Adrian | 07 | MKS IKAR Mielec | 2:14.92 | 479 | 32.37 | 34.49 | 34.57 | 33.49 |
| 2. SIWARSKI Marcin | 07 | UKS SP AQUARIUS Lesko | 2:42.12 | 276 | 38.06 | 40.54 | | |
| 3. ZAJ C Damian | 07 | UKS HETMAN Tarnobrzeg | 2:46.61 | 254 | 40.72 | 41.52 | 43.04 | 41.33 |
| 4. MATUŁA Karol | 07 | UKS FREGATA Kolbuszowa | 2:52.14 | 231 | 40.54 | 43.51 | 44.36 | 43.73 |
| 5. LUBERA Bartłomiej | 07 | UKS HETMAN Tarnobrzeg | 2:53.45 | 225 | 41.06 | 45.21 | 44.66 | 42.52 |

15 lat i starsi

| | | | | | | | | |
|---------------------|----|---------------------------|----------------|-----|-------|-------|-------|-------|
| 1. CHOMA Maksym | 06 | UKS FENIKS D bica | 2:11.65 | 516 | 30.87 | 33.72 | 34.40 | 32.66 |
| 2. JARZ B Tymoteusz | 06 | UKS FENIKS D bica | 2:11.77 | 515 | 30.57 | 34.17 | 34.41 | 32.62 |
| 3. CZERNICKI Hubert | 05 | KP SOKÓŁ Rzeszów | 2:18.58 | 442 | 30.33 | 33.96 | 36.69 | 37.60 |
| 4. PUZIO Michał | 03 | PIRANIE SOSiR Nowa D bica | 2:19.66 | 432 | 31.80 | 34.98 | 37.13 | 35.75 |
| 5. NOWAK Maksym | 06 | SP MOTYL MOSiR Stalowa | 2:20.37 | 426 | 31.94 | 36.07 | 36.39 | 35.97 |
| 6. STACHOWICZ Kamil | 05 | KS Swim2Win Krosno | 2:22.71 | 405 | 32.90 | 36.13 | 37.18 | 36.50 |
| 7. MAZUR Bartosz | 04 | UKP GRYF D bica | 2:25.11 | 385 | 32.99 | 36.19 | 38.22 | 37.71 |
| 8. KALITA Jakub | 06 | UKS DELFIN Tarnobrzeg | 2:36.20 | 309 | 36.05 | 41.61 | 40.48 | 38.06 |

Konkurencja 11

Kobiet, 400m zmienny

13 lat i starsi

30.10.2021 - 12:10

Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | Czas | Pkt. |
|-----------------------|---------|----------------|-------|
| 13 lat | | | |
| 1. GAJDA Martyna | 08 | 5:34.86 | 462 |
| 50m: 37.29 | 37.29 | 150m: 2:02.83 | 42.35 |
| 100m: 1:20.48 | 43.19 | 200m: 2:45.86 | 43.03 |
| | | 250m: 3:32.98 | 47.12 |
| | | 300m: 4:20.29 | 47.31 |
| | | 350m: 4:58.06 | 37.77 |
| | | 400m: 5:34.86 | 36.80 |
| 2. MAZUR Alicja | 08 | 6:13.66 | 332 |
| 50m: 37.35 | 37.35 | 150m: 2:13.17 | 48.79 |
| 100m: 1:24.38 | 47.03 | 200m: 3:01.70 | 48.53 |
| | | 250m: 3:52.03 | 50.33 |
| | | 300m: 4:44.05 | 52.02 |
| | | 350m: 5:30.54 | 46.49 |
| | | 400m: 6:13.66 | 43.12 |
| 14 lat | | | |
| 1. SZOPA Natalia | 07 | 5:22.52 | 517 |
| 50m: 35.97 | 35.97 | 150m: 2:03.28 | 43.47 |
| 100m: 1:19.81 | 43.84 | 200m: 2:44.30 | 41.02 |
| | | 250m: 3:28.19 | 43.89 |
| | | 300m: 4:13.12 | 44.93 |
| | | 350m: 4:49.65 | 36.53 |
| | | 400m: 5:22.52 | 32.87 |
| 2. KOZIOŁ Gabriela | 07 | 5:29.14 | 486 |
| 50m: 35.32 | 35.32 | 150m: 1:59.87 | 42.46 |
| 100m: 1:17.41 | 42.09 | 200m: 2:41.62 | 41.75 |
| | | 250m: 3:27.11 | 45.49 |
| | | 300m: 4:14.23 | 47.12 |
| | | 350m: 4:53.47 | 39.24 |
| | | 400m: 5:29.14 | 35.67 |
| DYSKW. LIPI SKA Julia | 07 | | |
| K15 | | | |
| 50m: 36.34 | 36.34 | 150m: 1:59.39 | 42.86 |
| 100m: 1:16.53 | 40.19 | 200m: 2:41.41 | 42.02 |
| | | 250m: 3:25.30 | 43.89 |
| | | 300m: 4:10.30 | 45.00 |
| | | 350m: 4:50.85 | 40.55 |
| | | 400m: | |



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

Konkurencja 11, Kobiety, 400m zmienny

15 lat i starsi

| | | | | |
|---------------------|---------------------|---------------------|---------------------|-----|
| 1. PAWEŁEK Zuzanna | 06 | KP SOKÓŁ Rzeszów | 5:40.80 | 438 |
| 50m: 35.24 35.24 | 150m: 2:01.75 44.61 | 250m: 3:36.17 50.32 | 350m: 5:04.29 37.04 | |
| 100m: 1:17.14 41.90 | 200m: 2:45.85 44.10 | 300m: 4:27.25 51.08 | 400m: 5:40.80 36.51 | |
| 2. MA NICKA Martyna | 06 | UKS FENIKS D bica | 5:47.66 | 413 |
| 50m: 38.07 38.07 | 150m: 2:08.18 44.50 | 250m: 3:38.90 47.08 | 350m: 5:07.27 41.06 | |
| 100m: 1:23.68 45.61 | 200m: 2:51.82 43.64 | 300m: 4:26.21 47.31 | 400m: 5:47.66 40.39 | |

Konkurencja 12
30.10.2021 - 12:17

Mężczyźni, 400m zmienny

13 lat i starsi
Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | Czas | Pkt. |
|--------------------------|---------------------|------------------------|---------------------|
| 13 lat | | | |
| 1. SKWARA Bartłomiej | 08 | UKS DELFIN Tarnobrzeg | 5:57.26 283 |
| 50m: 40.07 40.07 | 150m: 2:15.11 47.48 | 250m: 3:50.86 48.99 | 350m: 5:18.62 38.32 |
| 100m: 1:27.63 47.56 | 200m: 3:01.87 46.76 | 300m: 4:40.30 49.44 | 400m: 5:57.26 38.64 |
| 14 lat | | | |
| 1. WILK Mikołaj | 07 | MKS IKAR Mielec | 4:57.08 493 |
| 50m: 32.58 32.58 | 150m: 1:49.58 40.22 | 250m: 3:08.20 38.99 | 350m: 4:22.83 35.21 |
| 100m: 1:09.36 36.78 | 200m: 2:29.21 39.63 | 300m: 3:47.62 39.42 | 400m: 4:57.08 34.25 |
| 2. WÓJCIK Mikołaj | 07 | UKS FREGATA Kolbuszowa | 5:03.33 463 |
| 50m: 31.05 31.05 | 150m: 1:48.22 39.26 | 250m: 3:12.00 43.65 | 350m: 4:29.78 34.33 |
| 100m: 1:08.96 37.91 | 200m: 2:28.35 40.13 | 300m: 3:55.45 43.45 | 400m: 5:03.33 33.55 |
| 3. GŁAZ Karol | 07 | MKS IKAR Mielec | 5:07.39 445 |
| 50m: 33.77 33.77 | 150m: 1:55.65 41.77 | 250m: 3:14.40 38.81 | 350m: 4:31.55 36.80 |
| 100m: 1:13.88 40.11 | 200m: 2:35.59 39.94 | 300m: 3:54.75 40.35 | 400m: 5:07.39 35.84 |
| 4. SKOWROSKI Braian | 07 | UKS FREGATA Kolbuszowa | 5:12.53 424 |
| 50m: 33.92 33.92 | 150m: 1:54.33 41.35 | 250m: 3:17.49 43.10 | 350m: 4:38.05 37.18 |
| 100m: 1:12.98 39.06 | 200m: 2:34.39 40.06 | 300m: 4:00.87 43.38 | 400m: 5:12.53 34.48 |
| 15 lat i starsi | | | |
| 1. CHOLEWA Wojciech | 06 | UKS FENIKS D bica | 4:46.67 549 |
| 50m: 31.06 31.06 | 150m: 1:43.51 37.14 | 250m: 3:00.25 40.45 | 350m: 4:14.03 32.83 |
| 100m: 1:06.37 35.31 | 200m: 2:19.80 36.29 | 300m: 3:41.20 40.95 | 400m: 4:46.67 32.64 |
| 2. JARZĘBOWSKI Tymoteusz | 06 | UKS FENIKS D bica | 4:49.35 534 |
| 50m: 31.25 31.25 | 150m: 1:44.57 36.72 | 250m: 3:01.53 41.03 | 350m: 4:16.67 33.54 |
| 100m: 1:07.85 36.60 | 200m: 2:20.50 35.93 | 300m: 3:43.13 41.60 | 400m: 4:49.35 32.68 |
| 3. WÓJCIK Szczepan | 06 | UKS FREGATA Kolbuszowa | 4:59.19 483 |
| 50m: 32.01 32.01 | 150m: 1:47.23 38.25 | 250m: 3:08.46 42.71 | 350m: 4:25.95 35.01 |
| 100m: 1:08.98 36.97 | 200m: 2:25.75 38.52 | 300m: 3:50.94 42.48 | 400m: 4:59.19 33.24 |
| 4. WISTAK Miłosz | 06 | UKS FENIKS D bica | 5:06.23 450 |
| 50m: 31.44 31.44 | 150m: 1:48.90 40.69 | 250m: 3:11.80 43.46 | 350m: 4:31.34 35.88 |
| 100m: 1:08.21 36.77 | 200m: 2:28.34 39.44 | 300m: 3:55.46 43.66 | 400m: 5:06.23 34.89 |



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

Konkurencja 13
30.10.2021 - 12:29

Kobiet, 4 x 50m zmienny

Open
Wyniki

Punkty: FINA 2021

| Pozycja | | | | | Czas | Pkt. | |
|---------|-------------------------|----|---------------------|-------------------|--------------------|------|------|
| 1. | UKS FENIKS D bica 1 | | UKS FENIKS D bica | | 1:57.32 | 664 | |
| | FARA Katarzyna | 95 | 28.90 | WI TEK Joanna | 02 | 0.00 | |
| | KULAGA Dominika | 97 | 0.00 | 33.11 | SZCZUDŁO Gabriela | 05 | 0.00 |
| 2. | MKS IKAR Mielec 1 | | MKS IKAR Mielec | | 2:08.81 | 502 | |
| | MALEC Wiktoria | 03 | 30.86 | TROJNACKA Oliwia | 05 | 0.00 | |
| | FTARA Maja | 09 | 0.00 | 38.76 | LACHOWSKA Gabriela | 08 | 0.00 |
| 3. | KP SOKÓŁ Rzeszów 1 | | KP SOKÓŁ Rzeszów | | 2:09.06 | 499 | |
| | CYRAN Julia | 06 | 31.78 | PAWEŁEK Zuzanna | 06 | 0.00 | |
| | GAWEŁ Izabela | 07 | 0.00 | 35.20 | WACŁAW Maja | 08 | 0.00 |
| 4. | UKS FENIKS D bica 2 | | UKS FENIKS D bica | | 2:12.75 | 458 | |
| | KOZIOŁ Gabriela | 07 | 32.50 | MAZUR Alicja | 08 | 0.00 | |
| | ROWI SKA Patrycja | 06 | 0.00 | 37.32 | GAJDA Martyna | 08 | 0.00 |
| 5. | UKS FENIKS D bica 3 | | UKS FENIKS D bica | | 2:20.08 | 390 | |
| | TROJAN Oliwia | 06 | 36.26 | LIPI SKA Julia | 07 | 0.00 | |
| | MA NICKA Martyna | 06 | 0.00 | 38.55 | PAZDYK Martyna | 08 | 0.00 |
| 6. | UKS FENIKS D bica 4 | | UKS FENIKS D bica | | 2:22.09 | 374 | |
| | NOWAK Jagoda | 07 | 37.96 | ZYGMUNT Zuzanna | 08 | 0.00 | |
| | JASKOT Joanna | 05 | 0.00 | 39.40 | SZARANIEC Patrycja | 04 | 0.00 |
| 7. | KP SOKÓŁ Rzeszów 2 | | KP SOKÓŁ Rzeszów | | 2:23.79 | 360 | |
| | CWYNAR Natalia | 08 | 35.38 | CZELU NIAK Emilia | 09 | 0.00 | |
| | DOMAGAŁA Katarzyna | 09 | 0.00 | 36.65 | BAJOR Dominika | 08 | 0.00 |
| 8. | UKS FOXBALL Rzeszów 1 | | UKS FOXBALL Rzeszów | | 3:06.43 | 165 | |
| | MŁYNARCZYK Kamila | 06 | 44.76 | NOWAK Honorata | 08 | 0.00 | |
| | BRZ K Gabriela | 07 | 0.00 | 51.52 | WIERZBICKA Laura | 08 | 0.00 |
| DYSKW. | UKP GRYF D bica 1 S3 | | UKP GRYF D bica | | | | |
| | SOJKA Aleksandra | 08 | 36.66 | R ANY Blanka | 08 | 0.00 | |
| | R ANY Wiktoria | 02 | 0.00 | 31.90 | SZOPA Natalia | 07 | 0.00 |

Konkurencja 14
30.10.2021 - 12:33

M czyzn, 4 x 50m zmienny

Open
Wyniki

Punkty: FINA 2021

| Pozycja | | | | | Czas | Pkt. | |
|---------|----------------------|----|--------------------|-------------------|-------------------|------|-------|
| 1. | UKS FENIKS D bica 1 | | UKS FENIKS D bica | | 1:48.73 | 575 | |
| | JARZ B Tymoteusz | 06 | 28.54 | NIEZNA SKI Michał | 06 | 0.00 | |
| | LENCZOWSKI Jakub | 06 | 0.00 | 30.07 | HORODY SKI Antoni | 04 | 0.00 |
| 2. | UKS FENIKS D bica 2 | | UKS FENIKS D bica | | 1:51.26 | 537 | |
| | CHOMA Maksym | 06 | 28.37 | TARASEK Wiktor | 04 | 0.00 | |
| | GUZIK Mikołaj | 06 | 0.00 | 31.53 | CHOLEWA Wojciech | 06 | 0.00 |
| 3. | KS Swim2Win Krosno 1 | | KS Swim2Win Krosno | | 1:51.51 | 533 | |
| | STROJEK Mikołaj | 04 | 29.13 | JASZCZOR Oskar | 06 | 0.00 | |
| | GINALSKI Michał | 04 | 0.00 | 57.38 | BIAŁEK Piotr | 04 | +0,07 |
| 4. | MKS IKAR Mielec 1 | | MKS IKAR Mielec | | 1:56.91 | 462 | |
| | OCHALIK Adrian | 07 | 29.23 | WILK Mikołaj | 07 | 0.00 | |
| | GŁAZ Karol | 07 | 0.00 | 32.56 | MARCINEK Alvaro | 07 | 0.00 |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Długość basenu, 30-31.10.2021

Konkurencja 14, Mężczyźni, 4 x 50m zmienny, Open

| Pozycja | | | | | Czas | Pkt. |
|---------|-------------------------|----|-----------------------|------------------------|----------------|------|
| 5. | KP SOKÓŁ Rzeszów 1 | | KP SOKÓŁ Rzeszów | | 1:57.20 | 459 |
| | CZERNICKI Hubert | 05 | 30.24 | KAWUZA Szymon | 06 | 0.00 |
| | SZCZEPANIK Szymon | 03 | 0.00 | BIENIA Maciej | 04 | 0.00 |
| 6. | UKS FENIKS D bica 3 | | UKS FENIKS D bica | | 1:58.36 | 446 |
| | WISTAK Miłosz | 06 | 31.32 | DACZKOWSKI Radosław | 06 | 0.00 |
| | BOCHEŃSKI Wiktor | 04 | 0.00 | CUDECKI Igor | 06 | 0.00 |
| 7. | UKS FENIKS D bica 4 | | UKS FENIKS D bica | | 2:07.64 | 355 |
| | SIBIGA Karol | 07 | 36.98 | KORDJAK Dawid | 06 | 0.00 |
| | SZCZUDŁO Przemysław | 04 | 0.00 | GARBULIŃSKI Jan | 07 | 0.00 |
| 8. | UKS DELFIN Tarnobrzeg 1 | | UKS DELFIN Tarnobrzeg | | 2:10.76 | 330 |
| | KALITA Jakub | 06 | 32.10 | SZCZEPAN Piotr | 06 | 0.00 |
| | SKWARA Bartłomiej | 08 | 0.00 | MAJEWSKI Igor | 09 | 0.00 |
| 9. | KP SOKÓŁ Rzeszów 2 | | KP SOKÓŁ Rzeszów | | 2:11.52 | 325 |
| | TRZNADEL Szymon | 09 | 34.26 | CIEŃKIEWICZ Miłosz | 08 | 0.00 |
| | WÓJCIK Antoni | 08 | 0.00 | LIS Jakub | 08 | 0.00 |
| 10. | AZS SMS Jarosław 1 | | AZS SMS Jarosław | | 2:13.70 | 309 |
| | MENDYKA Miłosz | 08 | 36.15 | PRZESZŁOWSKI Sebastian | 07 | 0.00 |
| | GONDEK Bartosz | 07 | 0.00 | GIL AMADOR Kornel | 07 | 0.00 |
| 11. | UKS FOXBALL Rzeszów 1 | | UKS FOXBALL Rzeszów | | 2:19.67 | 271 |
| | KOCZYNASZ Daniel | 02 | 33.15 | NOWAK Kacper | 03 | 0.00 |
| | SZCZYGIEŁ Bartosz | 05 | 0.00 | RABIEJ Jan | 07 | 0.00 |
| 12. | UKS SP AQUARIUS Lesko 1 | | UKS SP AQUARIUS Lesko | | 2:24.78 | 243 |
| | GIERULA Karol | 09 | 40.90 | SIWARSKI Marcin | 07 | 0.00 |
| | MROZEK Paweł | 07 | 0.00 | WOJEWÓDKA Dominik | 06 | 0.00 |

2 - BLOK II

30.10.2021 - 15:00

Konkurencja 15
30.10.2021 - 15:00

Kobiet, 50m motylkowy

12 lat i starsi
Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | | Czas | Pkt. |
|---------|---------|-----------------------------------|--------------|------|
| 12 lat | | | | |
| 1. | 09 | MUKP FALA Ropczyce | 34.09 | 365 |
| 2. | 09 | UKS FREGATA Kolbuszowa | 34.61 | 349 |
| 3. | 09 | MKS IKAR Mielec | 35.13 | 334 |
| 4. | 09 | KP ORLIK Przeworsk | 36.78 | 291 |
| 5. | 09 | PIRANIE SOSIR Nowa Długość basenu | 37.39 | 277 |
| 6. | 09 | KP SOKÓŁ Rzeszów | 38.21 | 259 |
| 7. | 09 | UKS DELFINEK Ustrzyki Dolne | 41.91 | 196 |
| 8. | 09 | MKS Sanok | 44.12 | 168 |
| 9. | 09 | KS PESTIGE Rzeszów | 44.27 | 167 |
| 10. | 09 | UKS DELFINEK Ustrzyki Dolne | 44.66 | 162 |
| 11. | 09 | KP SOKÓŁ Rzeszów | 46.23 | 146 |
| 12. | 09 | UKS DELFINEK Ustrzyki Dolne | 48.73 | 125 |
| 13. | 09 | UKS DELFINEK Ustrzyki Dolne | 51.29 | 107 |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Długość basenu, 30-31.10.2021

Konkurencja 15, Kobiety, 50m motylkowy

13 lat

| | | | | | |
|-----|------------------|----|-------------------------|--------------|-----|
| 1. | MI SIK Jagoda | 08 | KS Swim2Win Krosno | 31.70 | 454 |
| 2. | WACŁAW Maja | 08 | KP SOKÓŁ Rzeszów | 33.89 | 372 |
| 3. | MAZUR Alicja | 08 | UKS FENIKS D bica | 34.40 | 355 |
| 4. | ZYGMUNT Zuzanna | 08 | UKS FENIKS D bica | 34.61 | 349 |
| 5. | SOJKA Aleksandra | 08 | UKP GRYF D bica | 35.16 | 333 |
| 6. | BOICETTA Blanka | 08 | MKS IKAR Mielec | 35.66 | 319 |
| 7. | SŁABIK Nadia | 08 | KS Swim2Win Krosno | 36.69 | 293 |
| 8. | ZOŁOTAR Hanna | 08 | UKS FENIKS D bica | 37.24 | 280 |
| 9. | JURY Aleksandra | 08 | UKS HETMAN Tarnobrzeg | 37.50 | 274 |
| 10. | FRANCZYK Oliwia | 08 | MUKP FALA Ropczyce | 37.79 | 268 |
| 11. | KRUCZEK Agata | 08 | UKS FREGATA Kolbuszowa | 40.68 | 215 |
| 12. | BAJOR Dominika | 08 | KP SOKÓŁ Rzeszów | 41.35 | 204 |
| 13. | REGIEC Roksana | 08 | PIRANIE SOSiR Nowa D ba | 43.53 | 175 |
| 14. | KOJDER Jagoda | 08 | KP ORLIK Przeworsk | 45.17 | 157 |
| 15. | NOWAK Honorata | 08 | UKS FOXBALL Rzeszów | 53.09 | 96 |

14 lat

| | | | | | |
|----|------------------|----|-----------------------------|--------------|-----|
| 1. | KOZIOŁ Gabriela | 07 | UKS FENIKS D bica | 32.16 | 435 |
| 2. | STRACH Klaudia | 07 | UKS HETMAN Tarnobrzeg | 32.80 | 410 |
| 3. | SZEWIC Milena | 07 | UKS FREGATA Kolbuszowa | 35.93 | 312 |
| 4. | PIKO Katarzyna | 07 | KS Swim2Win Krosno | 37.13 | 283 |
| 5. | WRONA Zuzanna | 07 | UKS DELFINEK Ustrzyki Dolne | 37.81 | 268 |
| 6. | KAWCZAK Karolina | 07 | UKS DELFINEK Ustrzyki Dolne | 48.76 | 125 |

15 lat i starsi

| | | | | | |
|----|-------------------|----|-----------------------------|--------------|-----|
| 1. | WI TEK Joanna | 02 | UKS FENIKS D bica | 27.95 | 663 |
| 2. | FARA Katarzyna | 95 | UKS FENIKS D bica | 28.10 | 653 |
| 3. | SZCZUDŁO Gabriela | 05 | UKS FENIKS D bica | 29.65 | 555 |
| 4. | TROJNACKA Oliwia | 05 | MKS IKAR Mielec | 30.35 | 518 |
| 5. | RANY Wiktoria | 02 | UKP GRYF D bica | 31.55 | 461 |
| 6. | PAWEŁEK Zuzanna | 06 | KP SOKÓŁ Rzeszów | 33.51 | 385 |
| 7. | KALAMARZ Wiktoria | 06 | SP MOTYL MOSiR Stalowa Wola | 34.87 | 341 |
| 8. | ROWI SKA Patrycja | 06 | UKS FENIKS D bica | 35.60 | 321 |
| 9. | JASKOT Joanna | 05 | UKS FENIKS D bica | 35.75 | 317 |
| PK | ZABAWA Emilia | 07 | UKS SP 8 Chrzanów | 31.72 | 454 |

Konkurencja 16
30.10.2021 - 15:09

Punkty: FINA 2021

Mężczyźni, 50m motylkowy

12 lat i starsi
Wyniki

| Pozycja | Rok ur. | | Czas | Pkt. |
|---------|---------|-----------------------------|--------------|------|
| 12 lat | | | | |
| 1. | 09 | KP SOKÓŁ Rzeszów | 32.92 | 288 |
| 2. | 09 | KP ORLIK Przeworsk | 35.60 | 228 |
| 3. | 09 | UKS DELFINEK Ustrzyki Dolne | 36.91 | 204 |
| 4. | 09 | SP MOTYL MOSiR Stalowa Wola | 39.34 | 168 |
| 5. | 09 | MKS IKAR Mielec | 39.93 | 161 |
| 6. | 09 | PIRANIE SOSiR Nowa D ba | 40.30 | 157 |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Długość basenu, 30-31.10.2021

Konkurencja 16, Chłopców, 50m motylkowy, 12 lat

| Pozycja | Rok ur. | Czas | Pkt. |
|------------------|------------------------|--------------|------|
| 7. PLEBAN Miłosz | 09 Akademia Aqua Sport | 51.31 | 76 |

13 lat

| | | | |
|-----------------------|--------------------------------|--------------|-----|
| 1. GINALSKI Paweł | 08 KS Swim2Win Krosno | 30.27 | 370 |
| 2. PAZDRO Antoni | 08 MKS IKAR Mielec | 33.44 | 275 |
| 3. AMBROSZKO Gabriel | 08 SP MOTYL MOSiR Stalowa Wola | 34.00 | 261 |
| 4. CIE KIEWICZ Miłosz | 08 KP SOKÓŁ Rzeszów | 34.97 | 240 |
| 5. BŁAJDA Aleks | 08 AZS SMS Jarosław | 35.42 | 231 |
| 6. ZASUWA Mateusz | 08 UKS HETMAN Tarnobrzeg | 36.01 | 220 |
| 7. MENDYKA Miłosz | 08 AZS SMS Jarosław | 38.13 | 185 |
| 8. BAJ Maciej | 08 KP ORLIK Przeworsk | 39.45 | 167 |
| 9. CZOCHARA Mikołaj | 08 MUKP FALA Ropczyce | 40.44 | 155 |

14 lat

| | | | |
|----------------------------|--------------------------------|--------------|-----|
| 1. WILK Mikołaj | 07 MKS IKAR Mielec | 28.04 | 466 |
| 2. WI CEK Kacper | 07 UKS FREGATA Kolbuszowa | 29.84 | 387 |
| 3. GRABOWSKI Maksymilian | 07 UKS HETMAN Tarnobrzeg | 30.22 | 372 |
| 4. GIL AMADOR Kornel | 07 AZS SMS Jarosław | 30.25 | 371 |
| 5. GŁAZ Karol | 07 MKS IKAR Mielec | 30.56 | 360 |
| 6. MARCINEK Alvaro | 07 MKS IKAR Mielec | 31.65 | 324 |
| 7. GERLACH Jakub | 07 UKS DELFINEK Ustrzyki Dolne | 33.86 | 265 |
| 8. ZAJ C Damian | 07 UKS HETMAN Tarnobrzeg | 33.93 | 263 |
| 9. TABAKA Marcin | 07 UKS FREGATA Kolbuszowa | 34.21 | 256 |
| 10. RABIEJ Jan | 07 UKS FOXBALL Rzeszów | 34.75 | 245 |
| 11. PRZESZŁOWSKI Sebastian | 07 AZS SMS Jarosław | 34.89 | 242 |
| 12. GONDEK Bartosz | 07 AZS SMS Jarosław | 35.49 | 230 |
| 13. PAWLAK Jan | 07 UKS DELFIN Tarnobrzeg | 35.58 | 228 |
| 14. KILAR Korneliusz | 07 AZS SMS Jarosław | 40.41 | 155 |
| 15. SZMYD Łukasz | 07 UKS DELFINEK Ustrzyki Dolne | 42.55 | 133 |

15 lat i starsi

| | | | |
|-------------------------|--------------------------------|--------------|-----|
| 1. TARASEK Wiktor | 04 UKS FENIKS D bica | 26.29 | 566 |
| 2. NIEZNA SKI Michał | 06 UKS FENIKS D bica | 26.83 | 532 |
| 3. CHOMA Maksym | 06 UKS FENIKS D bica | 27.48 | 495 |
| 4. PROCNAL Adam | 04 SP MOTYL MOSiR Stalowa Wola | 27.50 | 494 |
| 5. JASZCZOR Oskar | 06 KS Swim2Win Krosno | 28.03 | 467 |
| 6. CZERNICKI Hubert | 05 KP SOKÓŁ Rzeszów | 28.10 | 463 |
| 7. PACŁAWSKI Jakub | 00 Akademia Aqua Sport | 28.72 | 434 |
| 8. HRYNISZYN Igor | 06 SP MOTYL MOSiR Stalowa Wola | 29.04 | 420 |
| 9. DACZKOWSKI Radosław | 06 UKS FENIKS D bica | 29.26 | 410 |
| 10. CUDECKI Igor | 06 UKS FENIKS D bica | 29.33 | 407 |
| 11. KORDJAK Dawid | 06 UKS FENIKS D bica | 29.67 | 393 |
| 12. OLEKSA Paweł | 06 SP MOTYL MOSiR Stalowa Wola | 29.82 | 388 |
| 13. MAZUR Bartosz | 04 UKP GRYF D bica | 29.89 | 385 |
| 14. SZCZUDŁO Przemysław | 04 UKS FENIKS D bica | 30.07 | 378 |
| 15. NOWAK Kacper | 03 UKS FOXBALL Rzeszów | 30.22 | 372 |
| 16. KALITA Jakub | 06 UKS DELFIN Tarnobrzeg | 30.53 | 361 |
| 17. ŁAB D Oskar | 06 UKS HETMAN Tarnobrzeg | 31.09 | 342 |
| 18. KOCZYNASZ Daniel | 02 UKS FOXBALL Rzeszów | 31.33 | 334 |
| 19. KAWUZA Szymon | 06 KP SOKÓŁ Rzeszów | 31.51 | 328 |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Długość: 30-31.10.2021

Konkurencja 16, Mężczyźni, 50m motylkowy, 15 lat i starsi

| Pozycja | Rok ur. | Czas | Pkt. |
|-------------------------|---------------------------|--------------|------|
| 20. SZCZEPAN Piotr | 06 UKS DELFIN Tarnobrzeg | 31.96 | 315 |
| 21. BIENIA Maciej | 04 KP SOKÓŁ Rzeszów | 32.04 | 312 |
| 22. MIARA Jakub | 05 KP ORLIK Przeworsk | 32.37 | 303 |
| 23. SZPILMAN Bartłomiej | 04 UKS FENIKS D bica | 32.65 | 295 |
| 24. BEDNARZ Krystian | 05 KS PESTIGE Rzeszów | 33.12 | 283 |
| 25. WARCHOŁ Igor | 05 UKS FENIKS D bica | 36.11 | 218 |
| 26. TASIOR Seweryn | 05 KP SOKÓŁ Rzeszów | 36.54 | 210 |
| 27. GEBALI Akram | 06 AZS SMS Jarosław | 41.20 | 147 |
| PK HERBUT Oskar | 06 SSKSiT GLOSATOR Kraków | 30.95 | 347 |

Konkurencja 17

30.10.2021 - 15:20

Kobiet, 50m grzbietowy

12 lat i starsi
Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | Czas | Pkt. |
|-----------------------|--------------------------------|--------------|------|
| 12 lat | | | |
| 1. G SKA Paulina | 09 MKS IKAR Mielec | 34.17 | 420 |
| 2. URBANEK Zuzanna | 09 MUKP FALA Ropczyce | 34.18 | 420 |
| 3. FTARA Maja | 09 MKS IKAR Mielec | 34.20 | 419 |
| 4. DRZYSTEK Milena | 09 KP ORLIK Przeworsk | 36.12 | 356 |
| 5. MICHO SKA Maja | 09 MKS IKAR Mielec | 38.38 | 296 |
| 6. MACIELAK Wiktoria | 09 PIRANIE SOSiR Nowa D bica | 38.65 | 290 |
| 7. RACHALSKA Maja | 09 MKS Sanok | 39.03 | 282 |
| 8. MI KIEWICZ Zuzanna | 09 MKS IKAR Mielec | 39.06 | 281 |
| 9. SZKLARZ Oliwia | 09 UKS FREGATA Kolbuszowa | 39.18 | 278 |
| 10. WRONOWSKA Amelia | 09 UKS DELFINEK Ustrzyki Dolne | 41.28 | 238 |
| 11. MATUŁA Alicja | 09 KS PESTIGE Rzeszów | 42.04 | 225 |
| 12. POLAK Lena | 09 UKS DELFINEK Ustrzyki Dolne | 43.55 | 203 |
| 13. HOMA Oliwia | 09 KP SOKÓŁ Rzeszów | 44.20 | 194 |
| 14. WÓJCIK Izabela | 09 UKS HETMAN Tarnobrzeg | 44.25 | 193 |
| 15. GRZESIAK Kalina | 09 MKS Sanok | 45.03 | 183 |
| 16. WACHTA Iga | 09 UKS DELFINEK Ustrzyki Dolne | 46.48 | 167 |
| 17. STÓJ Oliwia | 09 UKS DELFINEK Ustrzyki Dolne | 51.74 | 121 |

13 lat

| | | | |
|-----------------------|--------------------------------|--------------|-----|
| 1. LACHOWSKA Gabriela | 08 MKS IKAR Mielec | 33.28 | 455 |
| 2. BEREZAK Milena | 08 MKS IKAR Mielec | 34.45 | 410 |
| 3. MI SIK Jagoda | 08 KS Swim2Win Krosno | 34.78 | 398 |
| 4. CWYNAR Natalia | 08 KP SOKÓŁ Rzeszów | 35.54 | 373 |
| 5. WACŁAW Maja | 08 KP SOKÓŁ Rzeszów | 35.92 | 362 |
| 6. POKRZYWA Julia | 08 KS Swim2Win Krosno | 36.12 | 356 |
| 7. OLKO Emilia | 08 SP MOTYL MOSiR Stalowa Wola | 36.28 | 351 |
| 8. SOJKA Aleksandra | 08 UKP GRYF D bica | 36.66 | 340 |
| 9. OBŁÓJ Zuzanna | 08 KS Swim2Win Krosno | 38.79 | 287 |
| 10. FRANCZYK Oliwia | 08 MUKP FALA Ropczyce | 38.94 | 284 |
| 11. PIEPRZAK Klaudia | 08 UKS FENIKS D bica | 39.31 | 276 |
| 12. PRZYBYŁA Nela | 08 UKS DELFINEK Ustrzyki Dolne | 43.69 | 201 |
| 13. K PSKA Michalina | 08 KP ORLIK Przeworsk | 45.60 | 176 |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Długość basenu, 30-31.10.2021

Konkurencja 17, Kobiety, 50m grzbietowy

14 lat

| | | | | | |
|-----|---------------------|----|-----------------------------|--------------|-----|
| 1. | KOZIOŁ Gabriela | 07 | UKS FENIKS Dębica | 32.54 | 486 |
| 2. | STRACH Klaudia | 07 | UKS HETMAN Tarnobrzeg | 35.07 | 388 |
| 3. | KORPANTY Aleksandra | 07 | KS Swim2Win Krosno | 36.35 | 349 |
| 4. | RZESZOWIAK Natalia | 07 | UKS DELFIN Tarnobrzeg | 36.69 | 339 |
| 5. | STARCZEWSKA Kaja | 07 | KS Swim2Win Krosno | 36.70 | 339 |
| 6. | DWORAK Anna | 07 | AZS SMS Jarosław | 37.30 | 323 |
| 7. | SZKLARZ Julia | 07 | UKS FREGATA Kolbuszowa | 37.31 | 323 |
| 8. | NOWAK Jagoda | 07 | UKS FENIKS Dębica | 37.68 | 313 |
| 9. | PIKO Katarzyna | 07 | KS Swim2Win Krosno | 39.32 | 275 |
| 10. | JANCZY Julia | 07 | UKS DELFINEK Ustrzyki Dolne | 39.49 | 272 |
| 11. | KAWCZAK Karolina | 07 | UKS DELFINEK Ustrzyki Dolne | 49.22 | 140 |
| 12. | BRZEK Gabriela | 07 | UKS FOXBALL Rzeszów | 51.77 | 120 |

15 lat i starsi

| | | | | | |
|----|---------------------|----|------------------------|--------------|-----|
| 1. | FARA Katarzyna | 95 | UKS FENIKS Dębica | 29.00 | 687 |
| 2. | KULAGA Dominika | 97 | UKS FENIKS Dębica | 29.02 | 686 |
| 3. | CYRAN Julia | 06 | KP SOKÓŁ Rzeszów | 31.63 | 530 |
| 4. | STACHOWICZ Ilona | 05 | KS Swim2Win Krosno | 32.48 | 489 |
| 5. | TROJAN Oliwia | 06 | UKS FENIKS Dębica | 36.18 | 354 |
| 6. | LEONOWSKA Kaina | 06 | AZS SMS Jarosław | 39.30 | 276 |
| PK | KUBICKA Gabriela | 09 | SSKSIT GLOSATOR Kraków | 34.47 | 409 |
| PK | WALIGÓRA Aleksandra | 09 | UKS SP 8 Chrzanów | 38.45 | 295 |

Konkurencja 18

30.10.2021 - 15:31

Mężczyźni, 50m grzbietowy

12 lat i starsi
Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | | Czas | Pkt. | |
|---------|-------------------|----|-----------------------------|--------------|-----|
| 12 lat | | | | | |
| 1. | STROJEK Tymoteusz | 09 | KS Swim2Win Krosno | 32.14 | 330 |
| 2. | TRZNADEL Szymon | 09 | KP SOKÓŁ Rzeszów | 32.49 | 319 |
| 3. | HAŁKA Jakub | 09 | MKS IKAR Mielec | 37.42 | 209 |
| 4. | BLACHA Kamil | 09 | SP MOTYL MOSiR Stalowa Wola | 39.31 | 180 |
| 5. | BUNDYRA Mikołaj | 09 | MKS IKAR Mielec | 40.49 | 165 |
| 6. | SURMAN Miłosz | 09 | MUKP FALA Ropczyce | 40.64 | 163 |
| 7. | IWANICKI Adam | 09 | UKS DELFINEK Ustrzyki Dolne | 40.97 | 159 |
| 8. | BEDNARZ Kamil | 09 | SP MOTYL MOSiR Stalowa Wola | 43.68 | 131 |
| 9. | SZEWC Artur | 09 | UKS FENIKS Dębica | 49.07 | 92 |
| 10. | MARZEC Antoni | 09 | UKS DELFINEK Ustrzyki Dolne | 52.11 | 77 |

13 lat

| | | | | | |
|----|----------------|----|-----------------------------|--------------|-----|
| 1. | JASZCZOR Igor | 08 | KS Swim2Win Krosno | 32.85 | 309 |
| 2. | KOPE Maciej | 08 | PIRANIE SOSiR Nowa Dębica | 33.47 | 292 |
| 3. | KANTY Dawid | 08 | SP MOTYL MOSiR Stalowa Wola | 33.72 | 286 |
| 4. | KURO Gabriel | 08 | KS Swim2Win Krosno | 35.10 | 253 |
| 5. | BŁAJDA Aleks | 08 | AZS SMS Jarosław | 36.09 | 233 |
| 6. | MENDYKA Miłosz | 08 | AZS SMS Jarosław | 36.55 | 224 |
| 7. | LIS Jakub | 08 | KP SOKÓŁ Rzeszów | 36.77 | 220 |



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

Konkurencja 18, Chłopców, 50m grzbietowy, 13 lat

| Pozycja | Rok ur. | Czas | Pkt. |
|--------------------|--------------------------|--------------|------|
| 8. D BROWSKI Jakub | 08 UKS DELFIN Tarnobrzeg | 37.51 | 207 |
| 9. LENIART Jakub | 08 UKS HETMAN Tarnobrzeg | 41.93 | 148 |

14 lat

| | | | |
|---------------------------|---------------------------|--------------|-----|
| 1. OCHALIK Adrian | 07 MKS IKAR Mielec | 29.20 | 440 |
| 2. GRABOWSKI Maksymilian | 07 UKS HETMAN Tarnobrzeg | 31.29 | 358 |
| 3. GARBULI SKI Jan | 07 UKS FENIKS D bica | 33.17 | 300 |
| 4. GIL AMADOR Kornel | 07 AZS SMS Jarosław | 34.10 | 276 |
| 5. PAWLAK Jan | 07 UKS DELFIN Tarnobrzeg | 36.26 | 230 |
| 6. MATUŁA Karol | 07 UKS FREGATA Kolbuszowa | 36.43 | 226 |
| 7. PRZESZŁOWSKI Sebastian | 07 AZS SMS Jarosław | 36.81 | 219 |
| 8. GONDEK Bartosz | 07 AZS SMS Jarosław | 36.95 | 217 |
| 9. KILAR Korneliusz | 07 AZS SMS Jarosław | 39.54 | 177 |

15 lat i starsi

| | | | |
|-------------------------|--------------------------------|--------------|-----|
| 1. LIWA Michał | 03 MUKP FALA Ropczyce | 26.64 | 580 |
| 2. PUZIO Michał | 03 PIRANIE SOSiR Nowa D ba | 28.16 | 491 |
| 3. JARZ B Tymoteusz | 06 UKS FENIKS D bica | 28.20 | 489 |
| 4. STROJEK Mikołaj | 04 KS Swim2Win Krosno | 28.53 | 472 |
| 5. CHOMA Maksym | 06 UKS FENIKS D bica | 28.58 | 469 |
| 6. CZERNICKI Hubert | 05 KP SOKÓŁ Rzeszów | 29.02 | 448 |
| 7. SZCZEPANIK Szymon | 03 KP SOKÓŁ Rzeszów | 29.14 | 443 |
| 8. NOWAK Maksym | 06 SP MOTYL MOSiR Stalowa Wola | 29.96 | 407 |
| 9. STACHOWICZ Kamil | 05 KS Swim2Win Krosno | 30.37 | 391 |
| 10. WÓJCIK Szczepan | 06 UKS FREGATA Kolbuszowa | 30.79 | 375 |
| 11. KALITA Jakub | 06 UKS DELFIN Tarnobrzeg | 31.57 | 348 |
| 12. MAZUR Bartosz | 04 UKP GRYF D bica | 31.68 | 345 |
| 13. BOCHE SKI Wiktor | 04 UKS FENIKS D bica | 32.29 | 325 |
| 14. SZPILMAN Bartłomiej | 04 UKS FENIKS D bica | 32.66 | 314 |
| 15. KAWUZA Szymon | 06 KP SOKÓŁ Rzeszów | 33.59 | 289 |
| 16. BIENIA Maciej | 04 KP SOKÓŁ Rzeszów | 33.89 | 281 |
| 17. ŁAB D Oskar | 06 UKS HETMAN Tarnobrzeg | 35.10 | 253 |
| 18. SNOPKOWSKI Marcin | 05 UKS HETMAN Tarnobrzeg | 35.40 | 247 |
| 19. TASIOR Seweryn | 05 KP SOKÓŁ Rzeszów | 38.28 | 195 |
| 20. BIELECKI Hubert | 06 UKS FREGATA Kolbuszowa | 39.30 | 180 |
| 21. GEBALI Akram | 06 AZS SMS Jarosław | 40.92 | 160 |

Konkurencja 19
30.10.2021 - 15:42

Kobiet, 400m dowolny

12 lat i starsi
Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | Czas | Pkt. |
|-----------------------|---------------------------|---------------------|---------------------|
| 12 lat | | | |
| 1. DOMAGAŁA Katarzyna | 09 KP SOKÓŁ Rzeszów | 5:11.75 | 422 |
| 50m: 35.83 35.83 | 150m: 1:53.95 39.37 | 250m: 3:13.11 39.42 | 350m: 4:32.88 39.70 |
| 100m: 1:14.58 38.75 | 200m: 2:33.69 39.74 | 300m: 3:53.18 40.07 | 400m: 5:11.75 38.87 |
| 2. GROCHAŁA Nikola | 09 UKS FREGATA Kolbuszowa | 5:34.13 | 343 |
| 50m: 37.28 37.28 | 150m: 2:01.93 43.50 | 250m: 3:28.88 43.50 | 350m: 4:54.56 43.52 |
| 100m: 1:18.43 41.15 | 200m: 2:45.38 43.45 | 300m: 4:11.04 42.16 | 400m: 5:34.13 39.57 |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Dębica, 30-31.10.2021

Konkurencja 19, Dziewcząt, 400m dowolny, 12 lat

| Pozycja | | | Rok ur. | | | | | Czas | Pkt. | | | |
|---------|-----------------|---------|---------|-----------------------------|---------|-------|-------|----------------|-------|-------|---------|-------|
| 3. | SZKLARZ Oliwia | | 09 | UKS FREGATA Kolbuszowa | | | | 5:40.56 | 324 | | | |
| | 50m: | 37.70 | 37.70 | 150m: | 2:05.48 | 44.66 | 250m: | 3:34.50 | 44.56 | 350m: | 4:58.98 | 40.87 |
| | 100m: | 1:20.82 | 43.12 | 200m: | 2:49.94 | 44.46 | 300m: | 4:18.11 | 43.61 | 400m: | 5:40.56 | 41.58 |
| 4. | WILK Weronika | | 09 | UKS DELFINEK Ustrzyki Dolne | | | | 6:25.85 | 222 | | | |
| | 50m: | 39.90 | 39.90 | 150m: | 2:16.59 | 50.60 | 250m: | 3:58.14 | 50.24 | 350m: | 5:38.58 | 50.51 |
| | 100m: | 1:25.99 | 46.09 | 200m: | 3:07.90 | 51.31 | 300m: | 4:48.07 | 49.93 | 400m: | 6:25.85 | 47.27 |
| 5. | STACHYRAK Julia | | 09 | UKS DELFINEK Ustrzyki Dolne | | | | 6:44.68 | 193 | | | |
| | 50m: | 40.64 | 40.64 | 150m: | 2:18.97 | 50.15 | 250m: | 4:01.53 | 51.76 | 350m: | 5:46.66 | 52.22 |
| | 100m: | 1:28.82 | 48.18 | 200m: | 3:09.77 | 50.80 | 300m: | 4:54.44 | 52.91 | 400m: | 6:44.68 | 58.02 |

13 lat

| | | | | | | | | | | | | |
|----|-------------------|---------|-------|-------------------|---------|-------|-------|----------------|-------|-------|---------|-------|
| 1. | GAJDA Martyna | | 08 | UKS FENIKS Dębica | | | | 4:55.03 | 498 | | | |
| | 50m: | 32.85 | 32.85 | 150m: | 1:48.96 | 38.22 | 250m: | 3:05.47 | 38.34 | 350m: | 4:20.00 | 36.22 |
| | 100m: | 1:10.74 | 37.89 | 200m: | 2:27.13 | 38.17 | 300m: | 3:43.78 | 38.31 | 400m: | 4:55.03 | 35.03 |
| 2. | BEREZAK Milena | | 08 | MKS IKAR Mielec | | | | 5:05.94 | 446 | | | |
| | 50m: | 36.78 | 36.78 | 150m: | 1:56.41 | 39.61 | 250m: | 3:14.75 | 38.91 | 350m: | 4:31.87 | 38.09 |
| | 100m: | 1:16.80 | 40.02 | 200m: | 2:35.84 | 39.43 | 300m: | 3:53.78 | 39.03 | 400m: | 5:05.94 | 34.07 |
| 3. | GŁOGOWSKA Zuzanna | | 08 | MKS IKAR Mielec | | | | 5:20.62 | 388 | | | |
| | 50m: | 36.26 | 36.26 | 150m: | 1:57.55 | 40.67 | 250m: | 3:19.25 | 41.15 | 350m: | 4:42.20 | 41.53 |
| | 100m: | 1:16.88 | 40.62 | 200m: | 2:38.10 | 40.55 | 300m: | 4:00.67 | 41.42 | 400m: | 5:20.62 | 38.42 |
| 4. | PAZDYK Martyna | | 08 | UKS FENIKS Dębica | | | | 5:28.06 | 362 | | | |
| | 50m: | 37.38 | 37.38 | 150m: | 2:00.55 | 41.88 | 250m: | 3:25.96 | 41.62 | 350m: | 4:50.38 | 41.80 |
| | 100m: | 1:18.67 | 41.29 | 200m: | 2:44.34 | 43.79 | 300m: | 4:08.58 | 42.62 | 400m: | 5:28.06 | 37.68 |
| 5. | ZYGMUNT Zuzanna | | 08 | UKS FENIKS Dębica | | | | 5:34.17 | 343 | | | |
| | 50m: | 36.04 | 36.04 | 150m: | 1:56.86 | 41.29 | 250m: | 3:22.93 | 43.79 | 350m: | 4:51.91 | 44.52 |
| | 100m: | 1:15.57 | 39.53 | 200m: | 2:39.14 | 42.28 | 300m: | 4:07.39 | 44.46 | 400m: | 5:34.17 | 42.26 |
| 6. | STARZEC Karolina | | 08 | UKS FENIKS Dębica | | | | 5:40.77 | 323 | | | |
| | 50m: | 38.07 | 38.07 | 150m: | 2:04.74 | 43.25 | 250m: | 3:33.08 | 44.16 | 350m: | 5:00.71 | 43.63 |
| | 100m: | 1:21.49 | 43.42 | 200m: | 2:48.92 | 44.18 | 300m: | 4:17.08 | 44.00 | 400m: | 5:40.77 | 40.06 |

14 lat

| | | | | | | | | | | | | |
|----|------------------|---------|-------|-----------------------------|---------|-------|-------|----------------|-------|-------|---------|-------|
| 1. | SZOPA Natalia | | 07 | UKP GRYF Dębica | | | | 4:37.46 | 599 | | | |
| | 50m: | 31.32 | 31.32 | 150m: | 1:42.91 | 36.20 | 250m: | 2:54.82 | 35.59 | 350m: | 4:04.44 | 34.92 |
| | 100m: | 1:06.71 | 35.39 | 200m: | 2:19.23 | 36.32 | 300m: | 3:29.52 | 34.70 | 400m: | 4:37.46 | 33.02 |
| 2. | LIPI SKA Julia | | 07 | UKS FENIKS Dębica | | | | 5:02.85 | 460 | | | |
| | 50m: | 35.19 | 35.19 | 150m: | 1:51.84 | 38.29 | 250m: | 3:09.21 | 38.16 | 350m: | 4:25.38 | 38.15 |
| | 100m: | 1:13.55 | 38.36 | 200m: | 2:31.05 | 39.21 | 300m: | 3:47.23 | 38.02 | 400m: | 5:02.85 | 37.47 |
| 3. | WO NIAK Kornelia | | 07 | UKS FREGATA Kolbuszowa | | | | 5:18.96 | 394 | | | |
| | 50m: | 36.23 | 36.23 | 150m: | 1:56.57 | 40.51 | 250m: | 3:18.62 | 41.00 | 350m: | 4:41.07 | 41.30 |
| | 100m: | 1:16.06 | 39.83 | 200m: | 2:37.62 | 41.05 | 300m: | 3:59.77 | 41.15 | 400m: | 5:18.96 | 37.89 |
| 4. | JANCZY Julia | | 07 | UKS DELFINEK Ustrzyki Dolne | | | | 5:51.57 | 294 | | | |
| | 50m: | 38.01 | 38.01 | 150m: | 2:06.71 | 45.22 | 250m: | 3:38.33 | 46.29 | 350m: | 5:10.23 | 45.83 |
| | 100m: | 1:21.49 | 43.48 | 200m: | 2:52.04 | 45.33 | 300m: | 4:24.40 | 46.07 | 400m: | 5:51.57 | 41.34 |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Długość, 30-31.10.2021

Konkurencja 19, Kobiety, 400m dowolny

15 lat i starsi

| | | | | | |
|----|---------------------|---------------|------------------------|----------------|-------|
| 1. | STACHOWICZ Ilona | 05 | KS Swim2Win Krosno | 4:44.85 | 553 |
| | 50m: 32.33 32.33 | 150m: 1:44.39 | 36.70 | 250m: 2:58.53 | 36.99 |
| | 100m: 1:07.69 35.36 | 200m: 2:21.54 | 37.15 | 300m: 3:34.48 | 35.95 |
| | | | | 350m: 4:10.93 | 36.45 |
| | | | | 400m: 4:44.85 | 33.92 |
| 2. | MALEC Wiktoria | 03 | MKS IKAR Mielec | 4:45.09 | 552 |
| | 50m: 31.56 31.56 | 150m: 1:43.32 | 36.13 | 250m: 2:56.61 | 36.88 |
| | 100m: 1:07.19 35.63 | 200m: 2:19.73 | 36.41 | 300m: 3:33.51 | 36.90 |
| | | | | 350m: 4:10.23 | 36.72 |
| | | | | 400m: 4:45.09 | 34.86 |
| 3. | NIEMIEC Aleksandra | 97 | MUKP FALA Ropczyce | 4:45.35 | 550 |
| | 50m: 31.46 31.46 | 150m: 1:42.29 | 35.94 | 250m: 2:55.86 | 36.74 |
| | 100m: 1:06.35 34.89 | 200m: 2:19.12 | 36.83 | 300m: 3:32.86 | 37.00 |
| | | | | 350m: 4:09.41 | 36.55 |
| | | | | 400m: 4:45.35 | 35.94 |
| 4. | PAWEŁEK Zuzanna | 06 | KP SOKÓŁ Rzeszów | 5:04.42 | 453 |
| | 50m: 34.10 34.10 | 150m: 1:50.41 | 38.76 | 250m: 3:08.87 | 39.39 |
| | 100m: 1:11.65 37.55 | 200m: 2:29.48 | 39.07 | 300m: 3:48.73 | 39.86 |
| | | | | 350m: 4:27.11 | 38.38 |
| | | | | 400m: 5:04.42 | 37.31 |
| 5. | TROJNACKA Oliwia | 05 | MKS IKAR Mielec | 5:18.77 | 395 |
| | 50m: 36.40 36.40 | 150m: 1:57.91 | 41.38 | 250m: 3:19.21 | 40.80 |
| | 100m: 1:16.53 40.13 | 200m: 2:38.41 | 40.50 | 300m: 3:59.89 | 40.68 |
| | | | | 350m: 4:40.77 | 40.88 |
| | | | | 400m: 5:18.77 | 38.00 |
| 6. | SKOWRO SKA Wiktoria | 02 | UKS FREGATA Kolbuszowa | 5:28.23 | 361 |
| | 50m: 36.65 36.65 | 150m: 1:58.44 | 41.38 | 250m: 3:21.76 | 41.95 |
| | 100m: 1:17.06 40.41 | 200m: 2:39.81 | 41.37 | 300m: 4:03.78 | 42.02 |
| | | | | 350m: 4:45.65 | 41.87 |
| | | | | 400m: 5:28.23 | 42.58 |
| PK | KUBICKA Gabriela | 09 | SSKSit GLOSATOR Kraków | 5:20.99 | 387 |
| | 50m: 35.27 35.27 | 150m: 1:57.47 | 41.62 | 250m: 3:19.57 | 41.23 |
| | 100m: 1:15.85 40.58 | 200m: 2:38.34 | 40.87 | 300m: 4:02.31 | 42.74 |
| | | | | 350m: 4:42.89 | 40.58 |
| | | | | 400m: 5:20.99 | 38.10 |

Konkurencja 20
30.10.2021 - 16:02

Mężczyźni, 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 |
| | 100m: 1:10.26 36.40 | 200m: 2:23.64 | 36.93 | 300m: 3:38.86 | 37.91 |
| | | | | 350m: 4:15.38 | 36.52 |
| | | | | 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 |
| | 100m: 1:28.84 46.80 | 200m: 3:01.02 | 46.27 | 300m: 4:35.79 | 47.52 |
| | | | | 350m: 5:23.52 | 47.73 |
| | | | | 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 |
| | 100m: 1:09.06 36.25 | 200m: 2:23.92 | 37.64 | 300m: 3:40.45 | 38.34 |
| | | | | 350m: 4:18.49 | 38.04 |
| | | | | 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 |
| | 100m: 1:09.02 36.45 | 200m: 2:24.38 | 37.89 | 300m: 3:41.72 | 38.54 |
| | | | | 350m: 4:20.94 | 39.22 |
| | | | | 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 |
| | 100m: 1:11.52 38.02 | 200m: 2:32.31 | 41.14 | 300m: 3:53.90 | 40.67 |
| | | | | 350m: 4:35.82 | 41.92 |
| | | | | 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 |
| | 100m: 1:14.87 40.55 | 200m: 2:41.00 | 42.79 | 300m: 4:07.71 | 42.98 |
| | | | | 350m: 4:52.48 | 44.77 |
| | | | | 400m: 5:31.84 | 39.36 |



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

Konkurencja 20, Chłopców, 400m dowolny, 13 lat

| Pozycja | | Rok ur. | | | | | | Czas | Pkt. |
|---------|---------------------|---------------|-----------------------|---------------|-------|---------------|--|----------------|------|
| 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. | SKOWROSKI 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. | WIŁKACZ 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. | ZAJAC 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 | |

15 lat i starsi

| | | | | | | | | | |
|----|---------------------|---------------|-----------------------------|---------------|-------|---------------|--|----------------|-----|
| 1. | HORODYSKI 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. | PROCNAL 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 GLOSATOR 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 | |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Długość basenu, 30-31.10.2021

Konkurencja 21
30.10.2021 - 16:22

Kobiet, 100m klasyczny

12 lat i starsi
Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | | Czas | Pkt. | 50m | 100m |
|------------------------|---------|--------------------|----------------|------|-------|---------|
| 12 lat | | | | | | |
| 1. | 09 | FTARA Maja | 1:23.96 | 409 | 39.94 | 44.02 |
| 2. | 09 | DOMAGAŁA Katarzyna | 1:24.72 | 398 | 38.99 | 45.73 |
| 3. | 09 | KOZAK Agata | 1:31.45 | 317 | 24.29 | 1:07.16 |
| 4. | 09 | MI KIEWICZ Zuzanna | 1:32.31 | 308 | 42.68 | 49.63 |
| 5. | 09 | ZAJDEL Oliwia | 1:32.85 | 302 | 45.43 | 47.42 |
| 6. | 09 | MICHO SKA Maja | 1:35.37 | 279 | 45.62 | 49.75 |
| 7. | 09 | CZELU NIAK Emilia | 1:35.82 | 275 | 45.39 | 50.43 |
| 8. | 09 | AUGUSTYNIAK Kaja | 1:37.03 | 265 | 46.06 | 50.97 |
| 9. | 09 | SZMYD Karolina | 1:37.62 | 260 | 46.52 | 51.10 |
| 10. | 09 | STACHYRAK Julia | 1:38.73 | 251 | 47.57 | 51.16 |
| 11. | 09 | MACIELAK Wiktoria | 1:41.00 | 235 | 47.22 | 53.78 |
| 12. | 09 | WRONOWSKA Amelia | 1:45.21 | 208 | 50.47 | 54.74 |
| 13. | 09 | HOMA Oliwia | 1:49.60 | 184 | 51.18 | 58.42 |
| 14. | 09 | POLAK Lena | 1:49.62 | 184 | 52.77 | 56.85 |
| 15. | 09 | WACHTA Iga | 1:51.90 | 173 | 52.01 | 59.89 |
| 16. | 09 | MADEJ Maja | 1:52.46 | 170 | 53.09 | 59.37 |
| 13 lat | | | | | | |
| 1. | 08 | WACŁAW Maja | 1:24.43 | 402 | 40.59 | 43.84 |
| 2. | 08 | R ANY Blanka | 1:24.55 | 401 | 40.15 | 44.40 |
| 3. | 08 | POKRZYWA Julia | 1:24.85 | 396 | 39.91 | 44.94 |
| 4. | 08 | OLKO Emilia | 1:26.53 | 374 | 40.83 | 45.70 |
| 5. | 08 | SŁABIK Nadia | 1:29.43 | 339 | 42.39 | 47.04 |
| 6. | 08 | CWYNAR Natalia | 1:29.97 | 332 | 41.81 | 48.16 |
| 7. | 08 | GŁOGOWSKA Zuzanna | 1:31.59 | 315 | 42.98 | 48.61 |
| 8. | 08 | BOICETTA Blanka | 1:34.33 | 288 | 44.73 | 49.60 |
| 9. | 08 | PAZDYK Martyna | 1:35.45 | 278 | 45.23 | 50.22 |
| 10. | 08 | RAMSKA Milena | 1:37.74 | 259 | 47.45 | 50.29 |
| 11. | 08 | K PSKA Michalina | 1:42.89 | 222 | 48.73 | 54.16 |
| 12. | 08 | KOJDER Jagoda | 1:44.63 | 211 | 49.29 | 55.34 |
| 13. | 08 | KRUCZEK Agata | 1:44.72 | 211 | 48.78 | 55.94 |
| 14. | 08 | PRZYBYŁA Nela | 1:49.07 | 186 | 51.14 | 57.93 |
| DYSKW. | 08 | JANUSZ Anna | | | 46.50 | |
| K15 | | | | | | |
| 14 lat | | | | | | |
| 1. | 07 | SZOPA Natalia | 1:15.57 | 561 | 35.29 | 40.28 |
| 2. | 07 | GAWEŁ Izabela | 1:18.88 | 494 | 37.18 | 41.70 |
| 3. | 07 | NOWAK Jagoda | 1:29.78 | 335 | 41.41 | 48.37 |
| 4. | 07 | WRONA Zuzanna | 1:33.11 | 300 | 42.56 | 50.55 |
| 15 lat i starsi | | | | | | |
| 1. | 02 | R ANY Wiktoria | 1:21.26 | 451 | 38.49 | 42.77 |
| 2. | 06 | ROWI SKA Patrycja | 1:22.19 | 436 | 39.57 | 42.62 |
| 3. | 06 | MA NICKA Martyna | 1:23.12 | 422 | 39.34 | 43.78 |
| 4. | 05 | SZCZUDŁO Gabriela | 1:23.72 | 413 | 39.22 | 44.50 |
| 5. | 06 | KALAMARZ Wiktoria | 1:24.75 | 398 | 39.68 | 45.07 |
| 6. | 06 | LE NIOWSKA Kaina | 1:30.33 | 329 | 42.22 | 48.11 |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Długość basenu, 30-31.10.2021

Konkurencja 22
30.10.2021 - 16:37

Mężczyźni, 100m klasyczny

12 lat i starsi
Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | | Czas | Pkt. | 50m | 100m | | |
|------------------------|---------|------------------------|------|-----------------------------|----------------|------|-------|-------|
| 12 lat | | | | | | | | |
| 1. | | RADZIWI SKI Mateusz | 09 | KS Swim2Win Krosno | 1:19.94 | 331 | 37.86 | 42.08 |
| 2. | | STROJEK Tymoteusz | 09 | KS Swim2Win Krosno | 1:20.12 | 329 | 37.39 | 42.73 |
| 3. | | SŁOMA Karol | 09 | KP ORLIK Przeworsk | 1:27.18 | 255 | 42.70 | 44.48 |
| 4. | | LE O Tymoteusz | 09 | UKS DELFIN Tarnobrzeg | 1:35.52 | 194 | 46.51 | 49.01 |
| 5. | | BAJER Nikodem | 09 | UKS DELFIN Tarnobrzeg | 1:36.91 | 186 | 46.45 | 50.46 |
| 6. | | HAŁKA Jakub | 09 | MKS IKAR Mielec | 1:38.95 | 174 | 47.07 | 51.88 |
| 7. | | BUNDYRA Mikołaj | 09 | MKS IKAR Mielec | 1:42.65 | 156 | 48.36 | 54.29 |
| 8. | | PLEBAN Miłosz | 09 | Akademia Aqua Sport | 1:43.41 | 153 | 50.29 | 53.12 |
| 9. | | BEDNARZ Kamil | 09 | SP MOTYL MOSiR Stalowa Wola | 1:44.57 | 148 | 50.35 | 54.22 |
| 10. | | IWANICKI Adam | 09 | UKS DELFINEK Ustrzyki Dolne | 1:44.63 | 147 | 49.80 | 54.83 |
| 13 lat | | | | | | | | |
| 1. | | GINALSKI Paweł | 08 | KS Swim2Win Krosno | 1:10.53 | 483 | 33.08 | 37.45 |
| 2. | | WÓJCIK Antoni | 08 | KP SOKÓŁ Rzeszów | 1:12.91 | 437 | 34.29 | 38.62 |
| 3. | | KURO Gabriel | 08 | KS Swim2Win Krosno | 1:23.16 | 294 | 38.94 | 44.22 |
| 4. | | ZASUWA Mateusz | 08 | UKS HETMAN Tarnobrzeg | 1:24.51 | 280 | 40.43 | 44.08 |
| 5. | | OLEJARKA Kacper | 08 | KP ORLIK Przeworsk | 1:27.86 | 249 | 41.26 | 46.60 |
| 6. | | SADRAKUŁA Miłosz | 08 | KP SOKÓŁ Rzeszów | 1:28.38 | 245 | 42.83 | 45.55 |
| 7. | | GAJECKI Filip | 08 | KS Swim2Win Krosno | 1:30.69 | 227 | 42.96 | 47.73 |
| DYSKW. | | MENDYKA Miłosz | 08 | AZS SMS Jarosław | | | 42.41 | |
| | | K16 | | | | | | |
| 14 lat | | | | | | | | |
| 1. | | WILK Mikołaj | 07 | MKS IKAR Mielec | 1:07.60 | 548 | 32.45 | 35.15 |
| 2. | | GŁAZ Karol | 07 | MKS IKAR Mielec | 1:10.43 | 485 | 33.42 | 37.01 |
| 3. | | SKOWRO SKI Braian | 07 | UKS FREGATA Kolbuszowa | 1:13.66 | 424 | 35.40 | 38.26 |
| 4. | | GARBULI SKI Jan | 07 | UKS FENIKS D bica | 1:18.18 | 354 | 36.65 | 41.53 |
| 5. | | GONDEK Bartosz | 07 | AZS SMS Jarosław | 1:24.99 | 276 | 38.38 | 46.61 |
| 6. | | GIL AMADOR Kornel | 07 | AZS SMS Jarosław | 1:27.48 | 253 | 39.94 | 47.54 |
| 7. | | SZMYD Łukasz | 07 | UKS DELFINEK Ustrzyki Dolne | 1:30.23 | 230 | 42.69 | 47.54 |
| 8. | | PRZESZŁOWSKI Sebastian | 07 | AZS SMS Jarosław | 1:34.78 | 199 | 41.75 | 53.03 |
| 9. | | KILAR Korneliusz | 07 | AZS SMS Jarosław | 1:39.82 | 170 | 46.58 | 53.24 |
| 15 lat i starsi | | | | | | | | |
| 1. | | LENCZOWSKI Jakub | 06 | UKS FENIKS D bica | 1:05.97 | 590 | 31.66 | 34.31 |
| 2. | | GINALSKI Michał | 04 | KS Swim2Win Krosno | 1:06.61 | 573 | 31.31 | 35.30 |
| 3. | | GUZIK Mikołaj | 06 | UKS FENIKS D bica | 1:10.28 | 488 | 32.72 | 37.56 |
| 4. | | CUDECKI Igor | 06 | UKS FENIKS D bica | 1:10.83 | 476 | 33.94 | 36.89 |
| 5. | | HRYNISZYN Igor | 06 | SP MOTYL MOSiR Stalowa Wola | 1:11.00 | 473 | 33.48 | 37.52 |
| 6. | | BIAŁEK Piotr | 04 | KS Swim2Win Krosno | 1:11.13 | 470 | 33.39 | 37.74 |
| 7. | | PUZIO Michał | 03 | PIRANIE SOSiR Nowa D ba | 1:11.26 | 468 | 33.82 | 37.44 |
| 8. | | SZCZEPANIK Szymon | 03 | KP SOKÓŁ Rzeszów | 1:11.37 | 466 | 34.83 | 36.54 |
| 9. | | SZCZUDŁO Przemysław | 04 | UKS FENIKS D bica | 1:11.54 | 462 | 34.75 | 36.79 |
| 10. | | BLICHAZ Wiktor | 06 | UKS FREGATA Kolbuszowa | 1:16.93 | 372 | 35.82 | 41.11 |
| 11. | | ŁĄB D Oskar | 06 | UKS HETMAN Tarnobrzeg | 1:24.16 | 284 | 39.26 | 44.90 |
| 12. | | MIARA Jakub | 05 | KP ORLIK Przeworsk | 1:26.00 | 266 | 41.27 | 44.73 |
| 13. | | BEDNARZ Krystian | 05 | KS PESTIGE Rzeszów | 1:27.72 | 251 | 40.96 | 46.76 |
| 14. | | GEBALI Akram | 06 | AZS SMS Jarosław | 1:35.13 | 196 | 43.14 | 51.99 |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Długość basenu, 30-31.10.2021

Konkurencja 22, Mężczyźni, 100m klasyczny

PK HERBUT Oskar 06 SSKSiT GLOSATOR Kraków 1:16.95 371 37.28 39.67

Konkurencja 23

30.10.2021 - 16:51

Kobiet, 200m zmienny

12 lat i starsi

Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | Czas | Pkt. | 50m | 100m | 150m | 200m |
|---------|---------|------|------|-----|------|------|------|
|---------|---------|------|------|-----|------|------|------|

12 lat

| | | | | | | | | |
|----------------------|----|------------------------|---------|-----|-------|-------|-------|-------|
| 1. G SKA Paulina | 09 | MKS IKAR Mielec | 2:45.56 | 398 | 38.77 | 40.62 | 49.34 | 36.83 |
| 2. GROCHALA Nikola | 09 | UKS FREGATA Kolbuszowa | 2:54.71 | 339 | 38.22 | 45.25 | 50.72 | 40.52 |
| 3. CZELU NIAK Emilia | 09 | KP SOKÓŁ Rzeszów | 3:02.59 | 297 | 42.42 | 46.76 | 52.72 | 40.69 |
| 4. KOLEV Julia | 09 | PIRANIE SOSiR Nowa D | 3:18.65 | 230 | 43.07 | 54.67 | 57.13 | 43.78 |

13 lat

| | | | | | | | | |
|-------------------|----|----------------------|---------|-----|-------|-------|-------|-------|
| 1. GAJDA Martyna | 08 | UKS FENIKS D bica | 2:37.10 | 466 | 36.70 | 41.50 | 44.85 | 34.05 |
| 2. BEREZAK Milena | 08 | MKS IKAR Mielec | 2:41.62 | 428 | 36.51 | 40.83 | 48.81 | 35.47 |
| 3. MAZUR Alicja | 08 | UKS FENIKS D bica | 2:48.05 | 381 | 35.80 | 43.49 | 49.54 | 39.22 |
| 4. WACŁAW Maja | 08 | KP SOKÓŁ Rzeszów | 2:48.69 | 376 | 37.12 | 45.74 | 50.50 | 35.33 |
| 5. R ANY Blanka | 08 | UKP GRYF D bica | 2:52.97 | 349 | 38.66 | 46.30 | 47.95 | 40.06 |
| 6. CWYNAR Natalia | 08 | KP SOKÓŁ Rzeszów | 2:56.50 | 329 | 41.03 | 45.04 | 50.03 | 40.40 |
| 7. BAJOR Dominika | 08 | KP SOKÓŁ Rzeszów | 3:16.32 | 239 | 46.40 | 51.54 | 57.90 | 40.48 |
| 8. REGIEC Roksana | 08 | PIRANIE SOSiR Nowa D | 3:19.44 | 228 | 44.68 | 50.02 | 58.39 | 46.35 |

14 lat

| | | | | | | | | |
|--------------------|----|------------------------|---------|-----|-------|-------|-------|-------|
| 1. KOZIOŁ Gabriela | 07 | UKS FENIKS D bica | 2:37.93 | 459 | 32.77 | 40.74 | 46.95 | 37.47 |
| 2. LIPI SKA Julia | 07 | UKS FENIKS D bica | 2:41.67 | 428 | 35.14 | 42.03 | 45.84 | 38.66 |
| 3. SZEWC Milena | 07 | UKS FREGATA Kolbuszowa | 2:47.59 | 384 | 36.63 | 45.52 | 46.14 | 39.30 |
| 4. SZKLARZ Julia | 07 | UKS FREGATA Kolbuszowa | 3:00.21 | 309 | 39.52 | 45.78 | 53.93 | 40.98 |

15 lat i starsi

| | | | | | | | | |
|---------------------|----|--------------------|---------|-----|-------|-------|-------|-------|
| 1. MALEC Wiktoria | 03 | MKS IKAR Mielec | 2:27.83 | 560 | 31.80 | 35.97 | 45.36 | 34.70 |
| 2. CYRAN Julia | 06 | KP SOKÓŁ Rzeszów | 2:31.01 | 525 | 34.60 | 37.81 | 44.41 | 34.19 |
| 3. STACHOWICZ Ilona | 05 | KS Swim2Win Krosno | 2:36.47 | 472 | 33.83 | 39.87 | 47.69 | 35.08 |
| 4. MA NICKA Martyna | 06 | UKS FENIKS D bica | 2:44.36 | 407 | 37.00 | 43.20 | 46.78 | 37.38 |
| 5. PAWEŁEK Zuzanna | 06 | KP SOKÓŁ Rzeszów | 2:47.52 | 384 | 35.09 | 42.79 | 52.14 | 37.50 |

Konkurencja 24

30.10.2021 - 17:02

Mężczyźni, 200m zmienny

12 lat i starsi

Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | Czas | Pkt. | 50m | 100m | 150m | 200m |
|---------|---------|------|------|-----|------|------|------|
|---------|---------|------|------|-----|------|------|------|

12 lat

| | | | | | | | | |
|------------------|----|-------------------------|---------|-----|-------|-------|-------|-------|
| 1. MAJEWSKI Igor | 09 | UKS DELFIN Tarnobrzeg | 2:42.12 | 309 | 38.19 | 41.83 | 46.49 | 35.61 |
| 2. MALEC Maciej | 09 | UKS DELFINEK Ustrzyki D | 3:00.26 | 224 | 39.22 | 46.50 | 55.63 | 38.91 |
| 3. FLIS Marcin | 09 | PIRANIE SOSiR Nowa D | 3:25.19 | 152 | 46.02 | 52.30 | 59.56 | 47.31 |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Długość basenu, 30-31.10.2021

Konkurencja 24, Mężczyźni, 200m zmienny

13 lat

| | | | | | | | | |
|-----------------------|----|------------------------|----------------|-----|-------|-------|-------|-------|
| 1. GINALSKI Paweł | 08 | KS Swim2Win Krosno | 2:31.35 | 380 | 33.86 | 42.39 | 40.29 | 34.81 |
| 2. SKWARA Bartłomiej | 08 | UKS DELFIN Tarnobrzeg | 2:35.74 | 348 | 33.46 | 41.19 | 45.87 | 35.22 |
| 3. WÓJCIK Antoni | 08 | KP SOKÓŁ Rzeszów | 2:39.97 | 321 | 37.49 | 44.33 | 41.23 | 36.92 |
| 4. KANTY Dawid | 08 | SP MOTYL MOSiR Stalowa | 2:40.88 | 316 | 34.70 | 39.85 | 49.46 | 36.87 |
| 5. PAZDRO Antoni | 08 | MKS IKAR Mielec | 2:45.77 | 289 | 36.93 | 39.58 | 54.02 | 35.24 |
| 6. KOPE Maciej | 08 | PIRANIE SOSiR Nowa D | 2:53.78 | 251 | 37.39 | 42.54 | 54.61 | 39.24 |
| 7. SADRAKUŁA Miłosz | 08 | KP SOKÓŁ Rzeszów | 3:04.91 | 208 | 40.73 | 51.67 | 49.34 | 43.17 |
| 8. CIE KIEWICZ Miłosz | 08 | KP SOKÓŁ Rzeszów | 3:06.56 | 202 | 42.38 | 48.44 | 54.14 | 41.60 |
| 9. BAJ Maciej | 08 | KP ORLIK Przeworsk | 3:08.55 | 196 | 43.04 | 47.70 | 54.94 | 42.87 |

14 lat

| | | | | | | | | |
|---------------------|----|-------------------------|----------------|-----|-------|-------|-------|-------|
| 1. GŁAZ Karol | 07 | MKS IKAR Mielec | 2:24.38 | 437 | 32.36 | 38.18 | 39.73 | 34.11 |
| 2. SKOWROSKI Braian | 07 | UKS FREGATA Kolbuszowa | 2:27.17 | 413 | 32.74 | 39.52 | 41.35 | 33.56 |
| 3. WÓJCIK Mikołaj | 07 | UKS FREGATA Kolbuszowa | 2:30.47 | 386 | 30.96 | 41.59 | 46.37 | 31.55 |
| 4. GERLACH Jakub | 07 | UKS DELFINEK Ustrzyki D | 3:01.24 | 221 | 39.81 | 47.42 | 52.85 | 41.16 |

15 lat i starsi

| | | | | | | | | |
|----------------------|----|---------------------------|----------------|-----|-------|-------|-------|-------|
| 1. JARZĘB Tymoteusz | 06 | UKS FENIKS Długość basenu | 2:12.99 | 560 | 28.63 | 33.48 | 38.76 | 32.12 |
| 2. CHOLEWA Wojciech | 06 | UKS FENIKS Długość basenu | 2:14.97 | 535 | 28.65 | 35.64 | 40.17 | 30.51 |
| 3. PROCNAŁ Adam | 04 | SP MOTYL MOSiR Stalowa | 2:15.12 | 534 | 28.58 | 35.99 | 39.48 | 31.07 |
| 4. GINALSKI Michał | 04 | KS Swim2Win Krosno | 2:19.29 | 487 | 30.45 | 36.56 | 37.33 | 34.95 |
| 5. NIEZNA SKI Michał | 06 | UKS FENIKS Długość basenu | 2:21.10 | 469 | 29.12 | 36.07 | 44.17 | 31.74 |
| 6. WÓJCIK Szczepan | 06 | UKS FREGATA Kolbuszowa | 2:21.20 | 468 | 31.17 | 37.32 | 41.65 | 31.06 |
| 7. WISTAK Miłosz | 06 | UKS FENIKS Długość basenu | 2:22.84 | 452 | 30.36 | 37.38 | 42.54 | 32.56 |
| 8. CZERNICKI Hubert | 05 | KP SOKÓŁ Rzeszów | 2:26.96 | 415 | 29.46 | 34.95 | 47.00 | 35.55 |
| 9. KORDJAK Dawid | 06 | UKS FENIKS Długość basenu | 2:27.08 | 414 | 31.23 | 39.13 | 42.68 | 34.04 |
| 10. PAĆLAWSKI Jakub | 00 | Akademia Aqua Sport | 2:30.41 | 387 | 31.38 | 38.91 | 45.70 | 34.42 |
| 11. MAZUR Bartosz | 04 | UKP GRYF Długość basenu | 2:34.93 | 354 | 32.59 | 37.05 | 47.38 | 37.91 |

Konkurencja 25
30.10.2021 - 17:18

Kobiet, 4 x 100m dowolny

Open
Wyniki

Punkty: FINA 2021

Pozycja

| | | | | | Czas | Pkt. |
|----|-----------------------------|-------|---------------------------|--------------------|----------------|-------|
| 1. | UKS FENIKS Długość basenu 1 | | UKS FENIKS Długość basenu | | 4:01.07 | 628 |
| | FARA Katarzyna | 27.89 | 58.69 | KOZIOŁ Gabriela | 0.00 | 30.63 |
| | WI TEK Joanna | 0.00 | 27.74 | SZCZUDŁO Gabriela | 0.00 | 27.72 |
| 2. | MKS IKAR Mielec 1 | | MKS IKAR Mielec | | 4:22.81 | 485 |
| | MALEC Wiktoria | 29.67 | 1:02.68 | TROJNACKA Oliwia | 0.00 | 31.12 |
| | FTARA Maja | 0.00 | 32.83 | LACHOWSKA Gabriela | 0.00 | 30.93 |
| 3. | KP SOKÓŁ Rzeszów 1 | | KP SOKÓŁ Rzeszów | | 4:26.72 | 464 |
| | DOMAGAŁA Katarzyna | 32.70 | 1:09.71 | PAWEŁEK Zuzanna | 0.00 | 31.72 |
| | WACŁAW Maja | 0.00 | 30.71 | CYRAN Julia | 0.00 | 29.65 |
| 4. | UKS FENIKS Długość basenu 2 | | UKS FENIKS Długość basenu | | 4:30.33 | 445 |
| | MAZUR Alicja | 33.48 | 1:10.46 | GAJDA Martyna | 0.00 | 31.11 |
| | LIPI SKA Julia | 0.00 | 32.11 | PAZDYK Martyna | 0.00 | 31.70 |
| 5. | UKS FENIKS Długość basenu 3 | | UKS FENIKS Długość basenu | | 4:46.08 | 376 |
| | ZYGMUNT Zuzanna | 34.54 | 1:14.21 | ROWI SKA Patrycja | 0.00 | 34.33 |
| | STARZEC Karolina | 0.00 | 34.24 | MA NICKA Martyna | +0,12 | 33.72 |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Długość, 30-31.10.2021

Konkurencja 26
30.10.2021 - 17:23

Mężczyźni, 4 x 100m dowolny

Open
Wyniki

Punkty: FINA 2021

| Pozycja | | | | | | Czas | Pkt. |
|---------|----------------------|------|-------|--------------------|------|----------------|---------|
| 1. | UKS FENIKS D bica 1 | | | UKS FENIKS D bica | | 3:38.67 | 586 |
| | TARASEK Wiktor | | 27.13 | JARZ B Tymoteusz | 0.00 | 25.73 | 55.21 |
| | NIEZNA SKI Michał | 0.00 | 25.91 | HORODY SKI Antoni | 0.00 | 24.90 | 51.99 |
| 2. | UKS FENIKS D bica 2 | | | UKS FENIKS D bica | | 3:46.39 | 528 |
| | LENCZOWSKI Jakub | | 26.45 | CHOLEWA Wojciech | 0.00 | 27.41 | 57.76 |
| | CHOMA Maksym | 0.00 | 26.31 | WISTAK Miłosz | 0.00 | 27.21 | 57.76 |
| 3. | KS Swim2Win Krosno 1 | | | KS Swim2Win Krosno | | 3:47.82 | 518 |
| | STACHOWICZ Kamil | | 27.01 | GINALSKI Michał | 0.00 | 27.13 | 57.48 |
| | BIAŁEK Piotr | 0.00 | 27.03 | STROJEK Mikołaj | 0.00 | 26.54 | 55.59 |
| 4. | MKS IKAR Mielec 1 | | | MKS IKAR Mielec | | 3:57.01 | 460 |
| | OCHALIK Adrian | | 27.14 | GŁAZ Karol | 0.00 | 29.80 | 1:01.93 |
| | WILK Mikołaj | 0.00 | 27.79 | MARCINEK Alvaro | 0.00 | 28.32 | 1:00.04 |
| 5. | UKS FENIKS D bica 3 | | | UKS FENIKS D bica | | 4:01.63 | 434 |
| | BOCHE SKI Wiktor | | 28.73 | CUDECKI Igor | 0.00 | 27.69 | 58.74 |
| | GUZIK Mikołaj | 0.00 | 28.33 | KORDJAK Dawid | 0.00 | 29.62 | 1:01.11 |
| 6. | KP SOKÓŁ Rzeszów 1 | | | KP SOKÓŁ Rzeszów | | 4:18.00 | 357 |
| | WÓJCIK Antoni | | 32.46 | CZERNICKI Hubert | 0.00 | 28.55 | 59.76 |
| | LIS Jakub | 0.00 | 33.01 | SZCZEPANIK Szymon | 0.00 | 27.37 | 1:00.51 |

3 - BLOK III

31.10.2021 - 10:00

Konkurencja 27
31.10.2021 - 10:00

Kobiet, 200m motylkowy

12 lat i starsi
Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | | Czas | Pkt. | 50m | 100m | 150m | 200m | |
|-----------------|---------|--------------------|------------------------|----------------|-----|-------|-------|-------|-------|
| 12 lat | | | | | | | | | |
| 1. | 09 | GROCHALA Nikola | UKS FREGATA Kolbuszowa | 3:03.64 | 276 | 41.42 | 46.48 | 48.75 | 46.99 |
| 2. | 09 | KOLEV Julia | PIRANIE SOSiR Nowa D | 3:40.12 | 160 | 46.68 | 56.36 | 59.83 | 57.25 |
| 13 lat | | | | | | | | | |
| 1. | 08 | MAZUR Alicja | UKS FENIKS D bica | 3:08.90 | 253 | 40.53 | 46.36 | 51.15 | 50.86 |
| 2. | 08 | SOJKA Aleksandra | UKP GRYF D bica | 3:15.17 | 230 | 43.57 | 51.66 | 52.53 | 47.41 |
| 3. | 08 | FRANCZYK Oliwia | MUKP FALA Ropczyce | 3:16.70 | 224 | 41.62 | 51.19 | 55.44 | 48.45 |
| 14 lat | | | | | | | | | |
| 1. | 07 | LIPI SKA Julia | UKS FENIKS D bica | 2:46.96 | 367 | 37.40 | 43.85 | 43.63 | 42.08 |
| 15 lat i starsi | | | | | | | | | |
| 1. | 05 | TROJNACKA Oliwia | MKS IKAR Mielec | 2:23.68 | 576 | 32.57 | 37.20 | 37.41 | 36.50 |
| 2. | 97 | NIEMIEC Aleksandra | MUKP FALA Ropczyce | 2:28.08 | 527 | 33.02 | 36.67 | 38.64 | 39.75 |
| 3. | 06 | PAWEŁEK Zuzanna | KP SOKÓŁ Rzeszów | 2:49.50 | 351 | 36.54 | 43.48 | 45.69 | 43.79 |
| | 07 | PK ZABAWA Emilia | UKS SP 8 Chrzanów | 2:38.14 | 432 | 34.07 | 40.09 | 42.39 | 41.59 |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Długość basenu, 30-31.10.2021

Konkurencja 28
31.10.2021 - 10:07

Mężczyźni, 200m motylkowy

12 lat i starsi
Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | | Czas | Pkt. | 50m | 100m | 150m | 200m | |
|-----------------|--------------------|----|--------------------------|----------------|-----|-------|-------|---------|---------|
| 12 lat | | | | | | | | | |
| 1. | MAJEWSKI Igor | 09 | UKS DELFIN Tarnobrzeg | 2:47.46 | 270 | 37.01 | 42.90 | 43.85 | 43.70 |
| 2. | TRZNADEL Szymon | 09 | KP SOKÓŁ Rzeszów | 2:51.19 | 252 | 37.74 | 42.56 | 45.35 | 45.54 |
| 3. | MALEC Maciej | 09 | UKS DELFINEK Ustrzyki Dc | 3:20.24 | 157 | 41.54 | 51.23 | 53.38 | 54.09 |
| 13 lat | | | | | | | | | |
| 1. | SKWARA Bartłomiej | 08 | UKS DELFIN Tarnobrzeg | 2:43.00 | 292 | 35.33 | 41.67 | 41.61 | 44.39 |
| 2. | CIE KIEWICZ Miłosz | 08 | KP SOKÓŁ Rzeszów | 3:23.14 | 151 | 43.09 | 53.14 | 55.05 | 51.86 |
| 3. | PI TNIK Franciszek | 08 | BŁYSK Jarosław | 3:41.14 | 117 | 44.00 | 53.97 | 1:02.32 | 1:00.85 |
| 4. | BAJ Maciej | 08 | KP ORLIK Przeworsk | 3:43.02 | 114 | 44.41 | 55.89 | 1:00.43 | 1:02.29 |
| 14 lat | | | | | | | | | |
| 1. | WÓJCIK Mikołaj | 07 | UKS FREGATA Kolbuszowa | 2:28.42 | 387 | 31.62 | 37.43 | 40.00 | 39.37 |
| 15 lat i starsi | | | | | | | | | |
| 1. | PROCNAŁ Adam | 04 | SP MOTYL MOSiR Stalowa | 2:12.14 | 549 | 30.14 | 33.70 | 34.43 | 33.87 |
| 2. | CHOLEWA Wojciech | 06 | UKS FENIKS D bica | 2:19.32 | 468 | 30.93 | 35.15 | 35.82 | 37.42 |
| 3. | WISTAK Miłosz | 06 | UKS FENIKS D bica | 2:22.04 | 442 | 31.41 | 36.25 | 37.09 | 37.29 |
| 4. | KORDJAK Dawid | 06 | UKS FENIKS D bica | 2:22.30 | 440 | 31.79 | 36.06 | 37.39 | 37.06 |

Konkurencja 29
31.10.2021 - 10:15

Kobiety, 100m dowolny

12 lat i starsi
Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | | Czas | Pkt. | 50m | 100m | |
|---------|--------------------|----|-----------------------------|----------------|-----|-------|-------|
| 12 lat | | | | | | | |
| 1. | DOMAGAŁA Katarzyna | 09 | KP SOKÓŁ Rzeszów | 1:08.72 | 390 | 32.94 | 35.78 |
| 2. | FTARA Maja | 09 | MKS IKAR Mielec | 1:09.20 | 382 | 32.90 | 36.30 |
| 3. | ZAJDEL Oliwia | 09 | KS Swim2Win Krosno | 1:12.93 | 327 | 34.31 | 38.62 |
| 4. | KOZAK Agata | 09 | SP MOTYL MOSiR Stalowa Wola | 1:13.07 | 325 | 35.13 | 37.94 |
| 5. | MACIELAK Wiktoria | 09 | PIRANIE SOSiR Nowa D ba | 1:13.67 | 317 | 34.66 | 39.01 |
| 6. | SZKLARZ Oliwia | 09 | UKS FREGATA Kolbuszowa | 1:14.20 | 310 | 35.98 | 38.22 |
| 7. | DRZYSTEK Milena | 09 | KP ORLIK Przeworsk | 1:14.45 | 307 | 35.10 | 39.35 |
| 8. | MI KIEWICZ Zuzanna | 09 | MKS IKAR Mielec | 1:18.24 | 264 | 36.07 | 42.17 |
| 9. | STACHYRAK Julia | 09 | UKS DELFINEK Ustrzyki Dolne | 1:20.38 | 244 | 37.96 | 42.42 |
| 10. | WRONOWSKA Amelia | 09 | UKS DELFINEK Ustrzyki Dolne | 1:23.04 | 221 | 38.24 | 44.80 |
| 11. | SZCZEPANIK Zuzanna | 09 | UKS FENIKS D bica | 1:25.61 | 202 | 39.97 | 45.64 |
| 12. | WILK Weronika | 09 | UKS DELFINEK Ustrzyki Dolne | 1:26.02 | 199 | 41.07 | 44.95 |
| 13. | MADEJ Maja | 09 | UKS DELFINEK Ustrzyki Dolne | 1:29.12 | 179 | 40.80 | 48.32 |
| 14. | HOMA Oliwia | 09 | KP SOKÓŁ Rzeszów | 1:29.13 | 179 | 40.31 | 48.82 |
| 15. | WACHTA Iga | 09 | UKS DELFINEK Ustrzyki Dolne | 1:29.62 | 176 | 41.79 | 47.83 |
| 16. | POLAK Lena | 09 | UKS DELFINEK Ustrzyki Dolne | 1:32.30 | 161 | 43.33 | 48.97 |
| 17. | STÓJ Oliwia | 09 | UKS DELFINEK Ustrzyki Dolne | 1:34.27 | 151 | 43.09 | 51.18 |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Długość, 30-31.10.2021

Konkurencja 29, Kobiety, 100m dowolny

13 lat

| | | | | | | | |
|-----|--------------------|----|-----------------------------|----------------|-----|-------|-------|
| 1. | GAJDA Martyna | 08 | UKS FENIKS Długość | 1:03.72 | 490 | 30.75 | 32.97 |
| 2. | WACŁAW Maja | 08 | KP SOKÓŁ Rzeszów | 1:06.49 | 431 | 30.70 | 35.79 |
| 3. | LACHOWSKA Gabriela | 08 | MKS IKAR Mielec | 1:06.50 | 431 | 31.56 | 34.94 |
| 4. | OLKO Emilia | 08 | SP MOTYL MOSiR Stalowa Wola | 1:07.31 | 416 | 32.47 | 34.84 |
| 5. | PAZDYK Martyna | 08 | UKS FENIKS Długość | 1:08.71 | 391 | 33.04 | 35.67 |
| 6. | BEREZAK Milena | 08 | MKS IKAR Mielec | 1:09.22 | 382 | 34.24 | 34.98 |
| 7. | CWYNAR Natalia | 08 | KP SOKÓŁ Rzeszów | 1:09.37 | 380 | 33.42 | 35.95 |
| 8. | BOICETTA Blanka | 08 | MKS IKAR Mielec | 1:10.26 | 365 | 34.36 | 35.90 |
| 9. | GŁOGOWSKA Zuzanna | 08 | MKS IKAR Mielec | 1:10.33 | 364 | 33.08 | 37.25 |
| 10. | ZYGMUNT Zuzanna | 08 | UKS FENIKS Długość | 1:10.85 | 356 | 33.95 | 36.90 |
| 11. | STARZEC Karolina | 08 | UKS FENIKS Długość | 1:11.07 | 353 | 34.22 | 36.85 |
| 12. | RAMSKA Milena | 08 | Akademia Aqua Sport | 1:12.09 | 338 | 35.12 | 36.97 |
| 13. | ZOŁOTAR Hanna | 08 | UKS FENIKS Długość | 1:13.80 | 315 | 35.52 | 38.28 |
| 14. | OBŁÓJ Zuzanna | 08 | KS Swim2Win Krosno | 1:14.78 | 303 | 34.77 | 40.01 |
| 15. | BAJOR Dominika | 08 | KP SOKÓŁ Rzeszów | 1:15.58 | 293 | 35.50 | 40.08 |
| 16. | KRUCZEK Agata | 08 | UKS FREGATA Kolbuszowa | 1:20.81 | 240 | 37.02 | 43.79 |
| 17. | PRZYBYŁA Nela | 08 | UKS DELFINEK Ustrzyki Dolne | 1:27.97 | 186 | 42.35 | 45.62 |

14 lat

| | | | | | | | |
|----|---------------------|----|-----------------------------|----------------|-----|-------|-------|
| 1. | SZOPA Natalia | 07 | UKP GRYF Długość | 1:00.85 | 563 | 28.77 | 32.08 |
| 2. | WO NIAK Kornelia | 07 | UKS FREGATA Kolbuszowa | 1:08.87 | 388 | 33.37 | 35.50 |
| 3. | KORPANTY Aleksandra | 07 | KS Swim2Win Krosno | 1:09.33 | 380 | 32.86 | 36.47 |
| 4. | STARCZEWSKA Kaja | 07 | KS Swim2Win Krosno | 1:09.38 | 379 | 33.69 | 35.69 |
| 5. | RZESZOWIAK Natalia | 07 | UKS DELFIN Tarnobrzeg | 1:10.62 | 360 | 33.23 | 37.39 |
| 6. | SZKLARZ Julia | 07 | UKS FREGATA Kolbuszowa | 1:13.71 | 316 | 35.82 | 37.89 |
| 7. | JANCZY Julia | 07 | UKS DELFINEK Ustrzyki Dolne | 1:15.23 | 298 | 36.11 | 39.12 |
| 8. | WRONA Zuzanna | 07 | UKS DELFINEK Ustrzyki Dolne | 1:16.78 | 280 | 34.99 | 41.79 |
| 9. | KAWCZAK Karolina | 07 | UKS DELFINEK Ustrzyki Dolne | 1:28.85 | 180 | 42.30 | 46.55 |

15 lat i starsi

| | | | | | | | |
|----|---------------------|----|------------------------|----------------|-----|-------|-------|
| 1. | WI TEK Joanna | 02 | UKS FENIKS Długość | 58.03 | 649 | 27.42 | 30.61 |
| 2. | SZCZUDŁO Gabriela | 05 | UKS FENIKS Długość | 1:00.08 | 585 | 27.77 | 32.31 |
| 3. | STACHOWICZ Ilona | 05 | KS Swim2Win Krosno | 1:03.24 | 501 | 29.84 | 33.40 |
| 4. | CYRAN Julia | 06 | KP SOKÓŁ Rzeszów | 1:03.54 | 494 | 29.99 | 33.55 |
| 5. | SKOWRO SKA Wiktoria | 02 | UKS FREGATA Kolbuszowa | 1:09.63 | 375 | 33.00 | 36.63 |
| 6. | TROJAN Oliwia | 06 | UKS FENIKS Długość | 1:10.98 | 354 | 33.71 | 37.27 |
| 7. | JASKOT Joanna | 05 | UKS FENIKS Długość | 1:13.36 | 321 | 34.35 | 39.01 |
| 8. | MŁYNARCZYK Kamila | 06 | UKS FOXBALL Rzeszów | 1:29.77 | 175 | 40.97 | 48.80 |
| PK | WALIGÓRA Aleksandra | 09 | UKS SP 8 Chrzanów | 1:15.25 | 297 | 36.08 | 39.17 |

Konkurencja 30
31.10.2021 - 10:30

Punkty: FINA 2021

Mężczyźni, 100m dowolny

12 lat i starsi
Wyniki

| Pozycja | Rok ur. | | Czas | Pkt. | 50m | 100m | |
|---------|---------------------|----|-----------------------------|----------------|-----|-------|-------|
| 12 lat | | | | | | | |
| 1. | RADZIWI SKI Mateusz | 09 | KS Swim2Win Krosno | 1:03.28 | 358 | 30.06 | 33.22 |
| 2. | MALEC Maciej | 09 | UKS DELFINEK Ustrzyki Dolne | 1:10.04 | 264 | 32.74 | 37.30 |
| 3. | SŁOMA Karol | 09 | KP ORLIK Przeworsk | 1:11.74 | 245 | 35.19 | 36.55 |
| 4. | HAŁKA Jakub | 09 | MKS IKAR Mielec | 1:13.71 | 226 | 35.21 | 38.50 |
| 5. | BLACHA Kamil | 09 | SP MOTYL MOSiR Stalowa Wola | 1:13.84 | 225 | 35.02 | 38.82 |
| 6. | SZYMA SKI Konrad | 09 | UKS DELFIN Tarnobrzeg | 1:17.31 | 196 | 35.76 | 41.55 |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Długość, 30-31.10.2021

Konkurencja 30, Chłopców, 100m dowolny, 12 lat

| Pozycja | Rok ur. | Czas | Pkt. | 50m | 100m |
|------------------|--------------------------------|----------------|------|-------|-------|
| 7. MARZEC Antoni | 09 UKS DELFINEK Ustrzyki Dolne | 1:32.48 | 114 | 42.89 | 49.59 |

13 lat

| | | | | | |
|-----------------------|--------------------------------|----------------|-----|-------|-------|
| 1. JASZCZOR Igor | 08 KS Swim2Win Krosno | 1:03.48 | 354 | 29.78 | 33.70 |
| 2. PAZDRO Antoni | 08 MKS IKAR Mielec | 1:03.51 | 354 | 29.88 | 33.63 |
| 3. LIS Jakub | 08 KP SOKÓŁ Rzeszów | 1:06.95 | 302 | 31.10 | 35.85 |
| AMBROSZKO Gabriel | 08 SP MOTYL MOSiR Stalowa Wola | 1:06.95 | 302 | 31.55 | 35.40 |
| 5. PI TNIK Franciszek | 08 BŁYSK Jarosław | 1:11.29 | 250 | 34.31 | 36.98 |
| 6. GAJECKI Filip | 08 KS Swim2Win Krosno | 1:13.25 | 230 | 35.31 | 37.94 |
| 7. OLEJARKA Kacper | 08 KP ORLIK Przeworsk | 1:14.12 | 222 | 34.90 | 39.22 |
| 8. SZKLARZ Ksawier | 08 UKS DELFIN Tarnobrzeg | 1:14.74 | 217 | 35.24 | 39.50 |
| 9. SADRAKUŁA Miłosz | 08 KP SOKÓŁ Rzeszów | 1:15.19 | 213 | 35.86 | 39.33 |
| 10. CZOCHARA Mikołaj | 08 MUKP FALA Ropczyce | 1:15.95 | 207 | 36.19 | 39.76 |

14 lat

| | | | | | |
|--------------------|--------------------------------|----------------|-----|-------|-------|
| 1. OCHALIK Adrian | 07 MKS IKAR Mielec | 57.20 | 484 | 27.02 | 30.18 |
| 2. WI CEK Kacper | 07 UKS FREGATA Kolbuszowa | 1:00.13 | 417 | 28.61 | 31.52 |
| 3. MARCINEK Alvaro | 07 MKS IKAR Mielec | 1:00.40 | 411 | 28.48 | 31.92 |
| 4. SIBIGA Karol | 07 UKS FENIKS D bica | 1:03.65 | 351 | 29.76 | 33.89 |
| 5. TABAKA Marcin | 07 UKS FREGATA Kolbuszowa | 1:07.85 | 290 | 32.32 | 35.53 |
| 6. GERLACH Jakub | 07 UKS DELFINEK Ustrzyki Dolne | 1:08.32 | 284 | 32.27 | 36.05 |
| 7. PAWLAK Jan | 07 UKS DELFIN Tarnobrzeg | 1:08.47 | 282 | 33.31 | 35.16 |
| 8. SZMYD Łukasz | 07 UKS DELFINEK Ustrzyki Dolne | 1:20.39 | 174 | 36.61 | 43.78 |

15 lat i starsi

| | | | | | |
|-------------------------|--------------------------------|----------------|-----|-------|-------|
| 1. LIWA Michał | 03 MUKP FALA Ropczyce | 51.63 | 659 | 24.67 | 26.96 |
| 2. HORODY SKI Antoni | 04 UKS FENIKS D bica | 52.57 | 624 | 25.15 | 27.42 |
| 3. LENCZOWSKI Jakub | 06 UKS FENIKS D bica | 55.41 | 533 | 26.32 | 29.09 |
| 4. STROJEK Mikołaj | 04 KS Swim2Win Krosno | 55.68 | 525 | 26.71 | 28.97 |
| 5. NIEZNA SKI Michał | 06 UKS FENIKS D bica | 56.02 | 516 | 26.75 | 29.27 |
| 6. TARASEK Wiktor | 04 UKS FENIKS D bica | 56.30 | 508 | 26.62 | 29.68 |
| 7. JASZCZOR Oskar | 06 KS Swim2Win Krosno | 56.78 | 495 | 27.26 | 29.52 |
| 8. BIAŁEK Piotr | 04 KS Swim2Win Krosno | 56.81 | 495 | 27.04 | 29.77 |
| 9. STACHOWICZ Kamil | 05 KS Swim2Win Krosno | 57.64 | 473 | 27.16 | 30.48 |
| 10. DACZKOWSKI Radosław | 06 UKS FENIKS D bica | 1:00.01 | 419 | 28.50 | 31.51 |
| KALITA Jakub | 06 UKS DELFIN Tarnobrzeg | 1:00.01 | 419 | 28.23 | 31.78 |
| 12. OLEKSA Paweł | 06 SP MOTYL MOSiR Stalowa Wola | 1:00.50 | 409 | 29.31 | 31.19 |
| 13. BOCHE SKI Wiktor | 04 UKS FENIKS D bica | 1:01.47 | 390 | 29.92 | 31.55 |
| 14. SZCZEPAN Piotr | 06 UKS DELFIN Tarnobrzeg | 1:01.64 | 387 | 29.25 | 32.39 |
| 15. BIENIA Maciej | 04 KP SOKÓŁ Rzeszów | 1:01.73 | 385 | 28.89 | 32.84 |
| 16. KOCZYNASZ Daniel | 02 UKS FOXBALL Rzeszów | 1:02.42 | 373 | 29.20 | 33.22 |
| 17. KAWUZA Szymon | 06 KP SOKÓŁ Rzeszów | 1:02.84 | 365 | 30.40 | 32.44 |
| 18. YŁA Robert | 04 UKS FENIKS D bica | 1:05.13 | 328 | 29.32 | 35.81 |
| 19. BEDNARZ Krystian | 05 KS PESTIGE Rzeszów | 1:09.14 | 274 | 33.84 | 35.30 |
| 20. BIELECKI Hubert | 06 UKS FREGATA Kolbuszowa | 1:16.02 | 206 | 36.42 | 39.60 |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Długość basenu, 30-31.10.2021

Konkurencja 31
31.10.2021 - 10:43

Kobiet, 100m grzbietowy

12 lat i starsi
Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | | Czas | Pkt. | 50m | 100m | | |
|------------------------|---------|---------------------|------|-----------------------------------|----------------|------|-------|-------|
| 12 lat | | | | | | | | |
| 1. | G | SKA Paulina | 09 | MKS IKAR Mielec | 1:12.48 | 434 | 35.84 | 36.64 |
| 2. | | URBANEK Zuzanna | 09 | MUKP FALA Ropczyce | 1:12.52 | 433 | 35.65 | 36.87 |
| 3. | | DRZYSTEK Milena | 09 | KP ORLIK Przeworsk | 1:18.60 | 340 | 38.17 | 40.43 |
| 4. | | SZKLARZ Oliwia | 09 | UKS FREGATA Kolbuszowa | 1:24.65 | 272 | 41.87 | 42.78 |
| 5. | MI | KIEWICZ Zuzanna | 09 | MKS IKAR Mielec | 1:24.94 | 269 | 41.23 | 43.71 |
| 6. | | AK Maja | 09 | PIRANIE SOSiR Nowa Długość basenu | 1:27.97 | 242 | 42.80 | 45.17 |
| 7. | | MATUŁA Alicja | 09 | KS PESTIGE Rzeszów | 1:29.40 | 231 | 44.77 | 44.63 |
| 8. | | MACIELAK Wiktoria | 09 | PIRANIE SOSiR Nowa Długość basenu | 1:29.49 | 230 | 43.58 | 45.91 |
| 9. | | WRONOWSKA Amelia | 09 | UKS DELFINEK Ustrzyki Dolne | 1:31.84 | 213 | 44.32 | 47.52 |
| 10. | | HOMA Oliwia | 09 | KP SOKÓŁ Rzeszów | 1:37.12 | 180 | 46.17 | 50.95 |
| 11. | | POLAK Lena | 09 | UKS DELFINEK Ustrzyki Dolne | 1:37.83 | 176 | 45.26 | 52.57 |
| 12. | | WACHTA Iga | 09 | UKS DELFINEK Ustrzyki Dolne | 1:42.24 | 154 | 48.79 | 53.45 |
| 13. | | STÓJ Oliwia | 09 | UKS DELFINEK Ustrzyki Dolne | 1:50.14 | 123 | 51.23 | 58.91 |
| 13 lat | | | | | | | | |
| 1. | | BEREZAK Milena | 08 | MKS IKAR Mielec | 1:12.88 | 427 | 36.02 | 36.86 |
| 2. | MI | SIK Jagoda | 08 | KS Swim2Win Krosno | 1:14.40 | 401 | 36.48 | 37.92 |
| 3. | | LACHOWSKA Gabriela | 08 | MKS IKAR Mielec | 1:14.81 | 395 | 36.17 | 38.64 |
| 4. | | SOJKA Aleksandra | 08 | UKP GRYF Długość basenu | 1:18.73 | 338 | 38.18 | 40.55 |
| 5. | | POKRZYWA Julia | 08 | KS Swim2Win Krosno | 1:18.89 | 336 | 38.09 | 40.80 |
| 6. | | CWYNAR Natalia | 08 | KP SOKÓŁ Rzeszów | 1:19.36 | 330 | 38.20 | 41.16 |
| 7. | | RAMSKA Milena | 08 | Akademia Aqua Sport | 1:20.24 | 320 | 39.49 | 40.75 |
| 8. | | OBŁÓJ Zuzanna | 08 | KS Swim2Win Krosno | 1:23.39 | 285 | 40.94 | 42.45 |
| 9. | | FRANCZYK Oliwia | 08 | MUKP FALA Ropczyce | 1:24.88 | 270 | 40.63 | 44.25 |
| 10. | | REGIEC Roksana | 08 | PIRANIE SOSiR Nowa Długość basenu | 1:32.85 | 206 | 46.02 | 46.83 |
| 11. | | KOJDER Jagoda | 08 | KP ORLIK Przeworsk | 1:36.74 | 182 | 46.39 | 50.35 |
| 12. | K | PSKA Michalina | 08 | KP ORLIK Przeworsk | 1:40.53 | 162 | 48.33 | 52.20 |
| 14 lat | | | | | | | | |
| 1. | | KOZIOŁ Gabriela | 07 | UKS FENIKS Długość basenu | 1:13.41 | 418 | 34.60 | 38.81 |
| 2. | | KORPANTY Aleksandra | 07 | KS Swim2Win Krosno | 1:19.96 | 323 | 38.94 | 41.02 |
| 3. | | STARCZEWSKA Kaja | 07 | KS Swim2Win Krosno | 1:20.91 | 312 | 39.78 | 41.13 |
| 4. | | SZKLARZ Julia | 07 | UKS FREGATA Kolbuszowa | 1:21.07 | 310 | 39.24 | 41.83 |
| 5. | | RZESZOWIAK Natalia | 07 | UKS DELFIN Tarnobrzeg | 1:23.26 | 286 | 40.98 | 42.28 |
| 6. | | JANCZY Julia | 07 | UKS DELFINEK Ustrzyki Dolne | 1:28.86 | 235 | 44.12 | 44.74 |
| 15 lat i starsi | | | | | | | | |
| 1. | | KULAGA Dominika | 97 | UKS FENIKS Długość basenu | 1:02.97 | 662 | 30.58 | 32.39 |
| 2. | | MALEC Wiktoria | 03 | MKS IKAR Mielec | 1:05.46 | 589 | 31.66 | 33.80 |
| 3. | | CYRAN Julia | 06 | KP SOKÓŁ Rzeszów | 1:08.27 | 519 | 33.73 | 34.54 |
| 4. | | STACHOWICZ Ilona | 05 | KS Swim2Win Krosno | 1:09.79 | 486 | 33.39 | 36.40 |
| 5. | | TROJAN Oliwia | 06 | UKS FENIKS Długość basenu | 1:16.46 | 369 | 37.07 | 39.39 |
| PK | | WALIGÓRA Aleksandra | 09 | UKS SP 8 Chrzanów | 1:23.53 | 283 | 40.30 | 43.23 |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Długość basenu, 30-31.10.2021

Konkurencja 32
31.10.2021 - 10:55

Mężczyźni, 100m grzbietowy

12 lat i starsi
Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | | Czas | Pkt. | 50m | 100m | |
|------------------------|---------------------|----|-----------------------------------|----------------|-----|-------|---------|
| 12 lat | | | | | | | |
| 1. | STROJEK Tymoteusz | 09 | KS Swim2Win Krosno | 1:09.56 | 335 | 33.69 | 35.87 |
| 2. | TRZNADEL Szymon | 09 | KP SOKÓŁ Rzeszów | 1:09.81 | 331 | 34.66 | 35.15 |
| 3. | HAŁKA Jakub | 09 | MKS IKAR Mielec | 1:20.08 | 219 | 39.08 | 41.00 |
| 4. | BUNDYRA Mikołaj | 09 | MKS IKAR Mielec | 1:26.54 | 174 | 42.72 | 43.82 |
| 5. | BLACHA Kamil | 09 | SP MOTYL MOSiR Stalowa Wola | 1:26.59 | 173 | 42.20 | 44.39 |
| 6. | IWANICKI Adam | 09 | UKS DELFINEK Ustrzyki Dolne | 1:28.32 | 163 | 42.50 | 45.82 |
| 7. | BEDNARZ Kamil | 09 | SP MOTYL MOSiR Stalowa Wola | 1:35.75 | 128 | 45.56 | 50.19 |
| 8. | MARZEC Antoni | 09 | UKS DELFINEK Ustrzyki Dolne | 1:57.67 | 69 | 57.08 | 1:00.59 |
| 13 lat | | | | | | | |
| 1. | KANTY Dawid | 08 | SP MOTYL MOSiR Stalowa Wola | 1:12.70 | 293 | 34.85 | 37.85 |
| 2. | JASZCZOR Igor | 08 | KS Swim2Win Krosno | 1:12.85 | 291 | 34.91 | 37.94 |
| 3. | KURO Gabriel | 08 | KS Swim2Win Krosno | 1:14.96 | 268 | 36.48 | 38.48 |
| 4. | KOPE Maciej | 08 | PIRANIE SOSiR Nowa Długość basenu | 1:15.57 | 261 | 36.83 | 38.74 |
| 5. | D BROWSKI Jakub | 08 | UKS DELFIN Tarnobrzeg | 1:20.28 | 218 | 38.33 | 41.95 |
| 6. | LIS Jakub | 08 | KP SOKÓŁ Rzeszów | 1:23.52 | 193 | 40.08 | 43.44 |
| 7. | BŁASIAK Nikodem | 08 | UKS DELFIN Tarnobrzeg | 1:30.02 | 154 | 44.18 | 45.84 |
| 14 lat | | | | | | | |
| 1. | OCHALIK Adrian | 07 | MKS IKAR Mielec | 1:02.66 | 458 | 30.31 | 32.35 |
| 2. | MATUŁA Karol | 07 | UKS FREGATA Kolbuszowa | 1:18.97 | 229 | | |
| 15 lat i starsi | | | | | | | |
| 1. | CHOMA Maksym | 06 | UKS FENIKS Długość basenu | 59.90 | 525 | 28.92 | 30.98 |
| 2. | JARZĘB Tymoteusz | 06 | UKS FENIKS Długość basenu | 1:00.64 | 506 | 29.11 | 31.53 |
| 3. | PUZIO Michał | 03 | PIRANIE SOSiR Nowa Długość basenu | 1:00.93 | 499 | 28.95 | 31.98 |
| 4. | STROJEK Mikołaj | 04 | KS Swim2Win Krosno | 1:04.09 | 428 | 30.51 | 33.58 |
| 5. | WÓJCIK Szczepan | 06 | UKS FREGATA Kolbuszowa | 1:04.79 | 415 | 31.55 | 33.24 |
| 6. | NOWAK Maksym | 06 | SP MOTYL MOSiR Stalowa Wola | 1:04.95 | 412 | 31.42 | 33.53 |
| 7. | STACHOWICZ Kamil | 05 | KS Swim2Win Krosno | 1:05.36 | 404 | 30.98 | 34.38 |
| 8. | MAZUR Bartosz | 04 | UKP GRYF Długość basenu | 1:08.12 | 357 | 32.10 | 36.02 |
| 9. | SZPILMAN Bartłomiej | 04 | UKS FENIKS Długość basenu | 1:13.84 | 280 | 35.67 | 38.17 |
| 10. | BIELECKI Hubert | 06 | UKS FREGATA Kolbuszowa | 1:26.39 | 175 | 42.93 | 43.46 |

Konkurencja 33
31.10.2021 - 11:05

Kobiety, 200m klasyczny

12 lat i starsi
Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | | Czas | Pkt. | 50m | 100m | 150m | 200m | |
|---------------|--------------------|----|--------------------------------------|----------------|-----|-------|-------|-------|-------|
| 12 lat | | | | | | | | | |
| 1. | FTARA Maja | 09 | MKS IKAR Mielec | 3:02.49 | 400 | 40.75 | 45.79 | 47.74 | 48.21 |
| 2. | DOMAGAŁA Katarzyna | 09 | KP SOKÓŁ Rzeszów | 3:03.13 | 396 | 41.47 | 45.90 | 47.23 | 48.53 |
| 3. | KOZAK Agata | 09 | SP MOTYL MOSiR Stalowa Wola | 3:18.84 | 309 | 45.24 | 50.96 | 52.37 | 50.27 |
| 4. | SZMYD Karolina | 09 | UKS DELFINEK Ustrzyki Długość basenu | 3:24.42 | 285 | 45.40 | 51.72 | 53.76 | 53.54 |
| 5. | CZELUŃ NIAK Emilia | 09 | KP SOKÓŁ Rzeszów | 3:27.08 | 274 | 47.22 | 53.70 | 54.42 | 51.74 |
| 6. | STACHYRAK Julia | 09 | UKS DELFINEK Ustrzyki Długość basenu | 3:34.71 | 246 | 48.00 | 55.66 | 54.88 | 56.17 |
| NIE UK. | AUGUSTYNIAK Kaja | 09 | UKS DELFIN Tarnobrzeg | | | | | | |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Dębica, 30-31.10.2021

Konkurencja 33, Kobiety, 200m klasyczny

13 lat

| | | | | | | | | |
|-----------------------|----|------------------------|----------------|-----|-------|-------|-------|-------|
| 1. GAJDA Martyna | 08 | UKS FENIKS Dębica | 2:53.41 | 467 | 40.82 | 43.91 | 46.02 | 42.66 |
| 2. RĄBY Blanka | 08 | UKP GRYF Dębica | 3:03.69 | 393 | 41.38 | 46.49 | 49.40 | 46.42 |
| 3. WACŁAW Maja | 08 | KP SOKÓŁ Rzeszów | 3:11.22 | 348 | 42.79 | 51.52 | 50.24 | 46.67 |
| 4. SŁABIK Nadia | 08 | KS Swim2Win Krosno | 3:12.14 | 343 | 43.24 | 48.60 | 50.28 | 50.02 |
| 5. CWYNAR Natalia | 08 | KP SOKÓŁ Rzeszów | 3:21.19 | 299 | 43.58 | 52.08 | 54.23 | 51.30 |
| 6. KŁYPSKA Michałina | 08 | KP ORLIK Przeworsk | 3:38.08 | 234 | 49.30 | 56.52 | 58.00 | 54.26 |
| 7. JANUSZ Anna | 08 | UKS FREGATA Kolbuszowa | 3:40.02 | 228 | 46.45 | 54.16 | 59.82 | 59.59 |
| DYSKW. POKRZYWA Julia | 08 | KS Swim2Win Krosno | | | 41.91 | 47.08 | 48.69 | |
| K16 | | | | | | | | |

14 lat

| | | | | | | | | |
|-------------------|----|------------------------|----------------|-----|-------|-------|-------|-------|
| 1. SZOPA Natalia | 07 | UKP GRYF Dębica | 2:46.72 | 525 | 37.36 | 42.58 | 43.65 | 43.13 |
| 2. GAWEŁ Izabela | 07 | KP SOKÓŁ Rzeszów | 2:50.86 | 488 | 38.26 | 43.67 | 45.76 | 43.17 |
| 3. LIPIŃSKA Julia | 07 | UKS FENIKS Dębica | 2:55.25 | 452 | 39.63 | 44.46 | 45.94 | 45.22 |
| 4. SZEWC Milena | 07 | UKS FREGATA Kolbuszowa | 3:07.85 | 367 | 43.23 | 50.10 | 47.15 | 47.37 |
| 5. NOWAK Jagoda | 07 | UKS FENIKS Dębica | 3:10.06 | 354 | 42.07 | 49.94 | 49.76 | 48.29 |

15 lat i starsi

| | | | | | | | | |
|----------------------|----|-------------------|----------------|-----|-------|-------|-------|-------|
| 1. CYRAN Julia | 06 | KP SOKÓŁ Rzeszów | 2:52.06 | 478 | 39.89 | 44.66 | 44.44 | 43.07 |
| 2. ROWIŃSKA Patrycja | 06 | UKS FENIKS Dębica | 2:54.46 | 458 | 39.97 | 45.32 | 45.24 | 43.93 |
| 3. MAJNICKA Martyna | 06 | UKS FENIKS Dębica | 2:57.25 | 437 | 39.88 | 44.93 | 46.09 | 46.35 |

Konkurencja 34

31.10.2021 - 11:21

Mężczyźni, 200m klasyczny

12 lat i starsi

Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | | Czas | Pkt. | 50m | 100m | 150m | 200m |
|-------------------------|---------|-------------------------------|----------------|------|-------|-------|---------|-------|
| 12 lat | | | | | | | | |
| 1. STROJEK Tymoteusz | 09 | KS Swim2Win Krosno | 2:56.88 | 313 | 40.60 | 45.74 | 47.55 | 42.99 |
| 2. RADZIWIŃSKI Mateusz | 09 | KS Swim2Win Krosno | 2:57.57 | 309 | 40.14 | 45.97 | 46.68 | 44.78 |
| 3. SŁOMA Karol | 09 | KP ORLIK Przeworsk | 3:05.38 | 272 | 42.60 | 47.07 | 49.39 | 46.32 |
| 4. LEON Tymoteusz | 09 | UKS DELFIN Tarnobrzeg | 3:24.21 | 203 | 48.85 | 53.48 | 52.61 | 49.27 |
| 5. BAJER Nikodem | 09 | UKS DELFIN Tarnobrzeg | 3:28.80 | 190 | 46.64 | 53.46 | 55.36 | 53.34 |
| 6. PLEBAN Miłosz | 09 | Akademia Aqua Sport | 3:41.11 | 160 | 51.14 | 56.70 | 57.88 | 55.39 |
| 7. IWANICKI Adam | 09 | UKS DELFINEK Ustrzyki Dębskie | 3:45.43 | 151 | 52.06 | 57.71 | 58.73 | 56.93 |
| 8. BEDNARZ Kamil | 09 | SP MOTYL MOSiR Stalowa | 3:51.79 | 139 | 50.62 | 59.58 | 1:02.28 | 59.31 |
| 13 lat | | | | | | | | |
| 1. GINAŁSKI Paweł | 08 | KS Swim2Win Krosno | 2:34.77 | 467 | 36.00 | 39.32 | 40.23 | 39.22 |
| 2. WÓJCIK Antoni | 08 | KP SOKÓŁ Rzeszów | 2:45.03 | 386 | 39.09 | 42.76 | 42.76 | 40.42 |
| 3. KURO Gabriel | 08 | KS Swim2Win Krosno | 2:59.37 | 300 | 41.29 | 46.41 | 46.76 | 44.91 |
| 4. OLEJARKA Kacper | 08 | KP ORLIK Przeworsk | 3:07.29 | 264 | 42.24 | 47.99 | 50.06 | 47.00 |
| 5. PIETNICKI Franciszek | 08 | BŁYSK Jarosław | 3:09.95 | 253 | 42.94 | 48.79 | 48.91 | 49.31 |
| 6. SADRAKUŁA Miłosz | 08 | KP SOKÓŁ Rzeszów | 3:14.81 | 234 | 41.85 | 49.98 | 51.32 | 51.66 |
| 14 lat | | | | | | | | |
| 1. WILK Mikołaj | 07 | MKS IKAR Mielec | 2:26.82 | 548 | 33.62 | 37.27 | 37.71 | 38.22 |
| 2. GŁAZ Karol | 07 | MKS IKAR Mielec | 2:32.82 | 486 | 34.65 | 39.06 | 39.64 | 39.47 |
| 3. SKOWROŃSKI Braian | 07 | UKS FREGATA Kolbuszowa | 2:38.92 | 432 | 35.53 | 41.63 | 41.78 | 39.98 |
| 4. GARBULIŃSKI Jan | 07 | UKS FENIKS Dębica | 2:50.98 | 347 | 37.31 | 43.72 | 44.49 | 45.46 |
| 5. SZMYD Łukasz | 07 | UKS DELFINEK Ustrzyki Dębskie | 3:17.39 | 225 | 43.23 | 49.24 | 51.84 | 53.08 |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Długość, 30-31.10.2021

Konkurencja 34, Mężczyźni, 200m klasyczny

15 lat i starsi

| | | | | | | | | | |
|----|---------------------|----|------------------------|----------------|-----|-------|-------|-------|-------|
| 1. | LENCZOWSKI Jakub | 06 | UKS FENIKS Długość | 2:25.79 | 559 | 34.01 | 37.10 | 37.60 | 37.08 |
| 2. | GINALSKI Michał | 04 | KS Swim2Win Krosno | 2:25.98 | 557 | 33.53 | 37.54 | 38.30 | 36.61 |
| 3. | SZCZUDŁO Przemysław | 04 | UKS FENIKS Długość | 2:34.93 | 466 | 36.53 | 38.82 | 38.98 | 40.60 |
| 4. | GUZIK Mikołaj | 06 | UKS FENIKS Długość | 2:35.73 | 459 | 33.38 | 38.64 | 41.50 | 42.21 |
| 5. | HRYNISZYN Igor | 06 | SP MOTYL MOSiR Stalowa | 2:36.01 | 456 | 33.98 | 40.32 | 41.21 | 40.50 |
| 6. | CUDECKI Igor | 06 | UKS FENIKS Długość | 2:38.80 | 433 | 35.35 | 40.01 | 41.34 | 42.10 |
| 7. | BLICHARZ Wiktor | 06 | UKS FREGATA Kolbuszowa | 2:45.72 | 381 | 36.78 | 42.46 | 43.62 | 42.86 |

Konkurencja 35

31.10.2021 - 11:38

Kobiet, 100m zmienny

12 lat i starsi

Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | | Czas | Pkt. | 50m | 100m |
|---------|---------|--------------------|----------------|------|-------|-------|
| 12 lat | | | | | | |
| 1. | 09 | FTARA Maja | 1:16.23 | 407 | 35.43 | 40.80 |
| 2. | 09 | G SKA Paulina | 1:18.06 | 379 | 35.79 | 42.27 |
| 3. | 09 | DOMAGAŁA Katarzyna | 1:19.75 | 355 | 38.38 | 41.37 |
| 4. | 09 | GROCHALA Nikola | 1:21.62 | 331 | 38.22 | 43.40 |
| 5. | 09 | DRZYSTEK Milena | 1:23.16 | 313 | 35.67 | 47.49 |
| 6. | 09 | CZELU NIAK Emilia | 1:23.69 | 307 | 39.92 | 43.77 |
| 7. | 09 | KOLEV Julia | 1:28.35 | 261 | 40.52 | 47.83 |
| 8. | 09 | SZMYD Karolina | 1:30.42 | 244 | 43.92 | 46.50 |
| 9. | 09 | AK Maja | 1:30.54 | 243 | 41.58 | 48.96 |
| 10. | 09 | MATUŁA Alicja | 1:31.50 | 235 | 44.25 | 47.25 |
| 11. | 09 | WILK Weronika | 1:34.87 | 211 | 44.59 | 50.28 |
| 13 lat | | | | | | |
| 1. | 08 | MI SIK Jagoda | 1:13.73 | 450 | 34.35 | 39.38 |
| 2. | 08 | GAJDA Martyna | 1:15.43 | 420 | 35.87 | 39.56 |
| 3. | 08 | OLKO Emilia | 1:17.33 | 390 | 36.12 | 41.21 |
| 4. | 08 | MAZUR Alicja | 1:17.50 | 387 | 36.25 | 41.25 |
| 5. | 08 | WACŁAW Maja | 1:18.45 | 373 | 37.31 | 41.14 |
| 6. | 08 | BOICETTA Blanka | 1:19.81 | 354 | 37.36 | 42.45 |
| 7. | 08 | R ANY Blanka | 1:20.24 | 349 | 38.57 | 41.67 |
| 8. | 08 | ZYGMUNT Zuzanna | 1:20.42 | 346 | 37.07 | 43.35 |
| 9. | 08 | RAMSKA Milena | 1:25.92 | 284 | 40.56 | 45.36 |
| 10. | 08 | BAJOR Dominika | 1:28.28 | 262 | 41.07 | 47.21 |
| 11. | 08 | REGIEC Roksana | 1:30.02 | 247 | 42.88 | 47.14 |
| 12. | 08 | KRUCZEK Agata | 1:31.52 | 235 | 42.65 | 48.87 |
| 13. | 08 | KOJDER Jagoda | 1:36.91 | 198 | 44.46 | 52.45 |
| 14 lat | | | | | | |
| 1. | 07 | SZOPA Natalia | 1:09.42 | 539 | 33.70 | 35.72 |
| 2. | 07 | KOZIOŁ Gabriela | 1:13.33 | 457 | 33.76 | 39.57 |
| 3. | 07 | LIPI SKA Julia | 1:16.32 | 405 | 36.63 | 39.69 |
| 4. | 07 | STARCZEWSKA Kaja | 1:19.71 | 356 | 37.43 | 42.28 |
| 5. | 07 | KAWCZAK Karolina | 1:44.13 | 159 | 48.24 | 55.89 |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Długość, 30-31.10.2021

Konkurencja 35, Kobiety, 100m zmienny

15 lat i starsi

| | | | | | | | |
|----|-------------------|----|--------------------|----------------|-----|-------|-------|
| 1. | FARA Katarzyna | 95 | UKS FENIKS Długość | 1:05.68 | 636 | 29.36 | 36.32 |
| 2. | WI TEK Joanna | 02 | UKS FENIKS Długość | 1:08.72 | 556 | 29.73 | 38.99 |
| 3. | SZCZUDŁO Gabriela | 05 | UKS FENIKS Długość | 1:09.16 | 545 | 30.97 | 38.19 |
| 4. | CYRAN Julia | 06 | KP SOKÓŁ Rzeszów | 1:12.19 | 479 | 33.12 | 39.07 |
| 5. | MA NICKA Martyna | 06 | UKS FENIKS Długość | 1:19.25 | 362 | 37.02 | 42.23 |
| 6. | PAWEŁEK Zuzanna | 06 | KP SOKÓŁ Rzeszów | 1:19.67 | 356 | 35.91 | 43.76 |
| 7. | ROWI SKA Patrycja | 06 | UKS FENIKS Długość | 1:20.01 | 352 | 40.68 | 39.33 |
| PK | URBANEK Zuzanna | 09 | MUKP FALA Ropczyce | 1:20.00 | 352 | 35.68 | 44.32 |

Konkurencja 36

31.10.2021 - 11:49

Mężczyźni, 100m zmienny

12 lat i starsi

Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | Czas | Pkt. | 50m | 100m | | |
|---------|---------------------|------|-----------------------------|----------------|------|-------|-------|
| 12 lat | | | | | | | |
| 1. | RADZIWI SKI Mateusz | 09 | KS Swim2Win Krosno | 1:12.71 | 311 | 34.15 | 38.56 |
| 2. | STROJEK Tymoteusz | 09 | KS Swim2Win Krosno | 1:12.91 | 308 | 33.83 | 39.08 |
| 3. | MAJEWSKI Igor | 09 | UKS DELFIN Tarnobrzeg | 1:14.12 | 293 | 34.62 | 39.50 |
| 4. | SŁOMA Karol | 09 | KP ORLIK Przeworsk | 1:20.73 | 227 | 38.24 | 42.49 |
| 5. | HAŁKA Jakub | 09 | MKS IKAR Mielec | 1:26.37 | 185 | 39.91 | 46.46 |
| 6. | BUNDYRA Mikołaj | 09 | MKS IKAR Mielec | 1:27.97 | 175 | 41.26 | 46.71 |
| 7. | PLEBAN Miłosz | 09 | Akademia Aqua Sport | 1:43.17 | 108 | 49.56 | 53.61 |
| 13 lat | | | | | | | |
| 1. | GINALSKI Paweł | 08 | KS Swim2Win Krosno | 1:08.27 | 376 | 33.67 | 34.60 |
| 2. | WÓJCIK Antoni | 08 | KP SOKÓŁ Rzeszów | 1:11.91 | 321 | 35.39 | 36.52 |
| 3. | KANTY Dawid | 08 | SP MOTYL MOSiR Stalowa Wola | 1:13.65 | 299 | 34.02 | 39.63 |
| 4. | JASZCZOR Igor | 08 | KS Swim2Win Krosno | 1:13.67 | 299 | 35.69 | 37.98 |
| 5. | PAZDRO Antoni | 08 | MKS IKAR Mielec | 1:15.55 | 277 | 33.76 | 41.79 |
| 6. | KOPE Maciej | 08 | PIRANIE SOSiR Nowa Długość | 1:19.66 | 236 | 35.99 | 43.67 |
| 7. | CIE KIEWICZ Miłosz | 08 | KP SOKÓŁ Rzeszów | 1:23.20 | 207 | 38.90 | 44.30 |
| 8. | OLEJARKA Kacper | 08 | KP ORLIK Przeworsk | 1:23.75 | 203 | 40.87 | 42.88 |
| 9. | BŁASIAK Nikodem | 08 | UKS DELFIN Tarnobrzeg | 1:24.02 | 201 | 40.61 | 43.41 |
| 10. | SADRAKUŁA Miłosz | 08 | KP SOKÓŁ Rzeszów | 1:24.25 | 200 | 41.78 | 42.47 |
| 11. | PI TNIAK Franciszek | 08 | BŁYSK Jarosław | 1:25.07 | 194 | 41.78 | 43.29 |
| 12. | BAJ Maciej | 08 | KP ORLIK Przeworsk | 1:28.07 | 175 | 41.41 | 46.66 |
| 14 lat | | | | | | | |
| 1. | WILK Mikołaj | 07 | MKS IKAR Mielec | 1:04.43 | 447 | 30.46 | 33.97 |
| 2. | GŁAZ Karol | 07 | MKS IKAR Mielec | 1:07.77 | 384 | 32.40 | 35.37 |
| 3. | OCHALIK Adrian | 07 | MKS IKAR Mielec | 1:07.89 | 382 | 29.98 | 37.91 |
| 4. | WI CEK Kacper | 07 | UKS FREGATA Kolbuszowa | 1:08.06 | 379 | 31.74 | 36.32 |
| 5. | GARBULI SKI Jan | 07 | UKS FENIKS Długość | 1:12.67 | 311 | 34.56 | 38.11 |
| 6. | SIBIGA Karol | 07 | UKS FENIKS Długość | 1:17.54 | 256 | 37.21 | 40.33 |
| 7. | TABAKA Marcin | 07 | UKS FREGATA Kolbuszowa | 1:17.78 | 254 | 35.46 | 42.32 |
| 8. | MATUŁA Karol | 07 | UKS FREGATA Kolbuszowa | 1:20.19 | 232 | 36.30 | 43.89 |
| 9. | GERLACH Jakub | 07 | UKS DELFINEK Ustrzyki Dolne | 1:22.72 | 211 | 39.05 | 43.67 |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Długość basenu, 30-31.10.2021

Konkurencja 36, Mężczyzn, 100m zmienny

15 lat i starsi

| | | | | | | | |
|--------|----------------------|----|-----------------------------|----------------|-----|-------|-------|
| 1. | LIWA Michał | 03 | MUKP FALA Ropczyce | 59.53 | 567 | 26.59 | 32.94 |
| 2. | JARZĘBIA B Tymoteusz | 06 | UKS FENIKS Dębica | 1:01.62 | 511 | 27.67 | 33.95 |
| 3. | GINAŁSKI Michał | 04 | KS Swim2Win Krosno | 1:02.07 | 500 | 29.61 | 32.46 |
| 4. | PUZIO Michał | 03 | PIRANIE SOSiR Nowa Dębica | 1:02.16 | 498 | 27.91 | 34.25 |
| 5. | PROCNAŁ Adam | 04 | SP MOTYL MOSiR Stalowa Wola | 1:02.52 | 489 | 28.74 | 33.78 |
| 6. | LENCZOWSKI Jakub | 06 | UKS FENIKS Dębica | 1:02.62 | 487 | 28.79 | 33.83 |
| 7. | CHOMA Maksym | 06 | UKS FENIKS Dębica | 1:03.66 | 463 | 28.09 | 35.57 |
| 8. | NIEZNAJSKI Michał | 06 | UKS FENIKS Dębica | 1:03.68 | 463 | 29.01 | 34.67 |
| 9. | CHOLEWA Wojciech | 06 | UKS FENIKS Dębica | 1:03.87 | 459 | 29.61 | 34.26 |
| 10. | BIĄŁEK Piotr | 04 | KS Swim2Win Krosno | 1:06.68 | 403 | 31.23 | 35.45 |
| 11. | NOWAK Maksym | 06 | SP MOTYL MOSiR Stalowa Wola | 1:07.51 | 388 | 31.28 | 36.23 |
| 12. | WISTAK Miłosz | 06 | UKS FENIKS Dębica | 1:07.74 | 385 | 30.89 | 36.85 |
| 13. | GUZIK Mikołaj | 06 | UKS FENIKS Dębica | 1:09.28 | 359 | 34.80 | 34.48 |
| 14. | KORDJAK Dawid | 06 | UKS FENIKS Dębica | 1:09.56 | 355 | 32.67 | 36.89 |
| 15. | OLEKSA Paweł | 06 | SP MOTYL MOSiR Stalowa Wola | 1:09.66 | 354 | 33.12 | 36.54 |
| 16. | KALITA Jakub | 06 | UKS DELFIN Tarnobrzeg | 1:09.67 | 353 | 32.61 | 37.06 |
| 17. | BLICHAŁZ Wiktor | 06 | UKS FREGATA Kolbuszowa | 1:10.70 | 338 | 33.91 | 36.79 |
| 18. | MAZUR Bartosz | 04 | UKP GRYF Dębica | 1:11.02 | 334 | | |
| 19. | KOCZYNASZ Daniel | 02 | UKS FOXBALL Rzeszów | 1:11.22 | 331 | 32.29 | 38.93 |
| 20. | BEDNARZ Krystian | 05 | KS PESTIGE Rzeszów | 1:19.09 | 241 | 38.30 | 40.79 |
| DYSKW. | SZCZEPAN Piotr | 06 | UKS DELFIN Tarnobrzeg | | | 34.22 | |

Z3/G8

Konkurencja 37
31.10.2021 - 12:04

Kobiet, 800m dowolny

13 lat i starsi
Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | Czas | Pkt. | | |
|---------------|-----------------------|-----------------------|-----------------------------|------------------------|-----|
| 13 lat | | | | | |
| 1. | BEREZAK Milena | 08 | MKS IKAR Mielec | 10:03.00 | 502 |
| | 100m: 1:13.90 1:13.90 | 300m: 3:46.10 1:15.82 | 500m: 6:19.11 1:16.34 | 700m: 8:51.30 1:15.47 | |
| | 200m: 2:30.28 1:16.38 | 400m: 5:02.77 1:16.67 | 600m: 7:35.83 1:16.72 | 800m: 10:03.00 1:11.70 | |
| 2. | GAJDA Martyna | 08 | UKS FENIKS Dębica | 10:04.03 | 499 |
| | 100m: 1:11.54 1:11.54 | 300m: 3:45.50 1:16.78 | 500m: 6:19.89 1:16.52 | 700m: 8:52.44 1:15.32 | |
| | 200m: 2:28.72 1:17.18 | 400m: 5:03.37 1:17.87 | 600m: 7:37.12 1:17.23 | 800m: 10:04.03 1:11.59 | |
| 3. | GŁOGOWSKA Zuzanna | 08 | MKS IKAR Mielec | 11:02.38 | 378 |
| | 100m: 1:16.13 1:16.13 | 300m: 4:01.78 1:23.03 | 500m: 6:49.64 1:24.79 | 700m: 9:41.48 1:26.02 | |
| | 200m: 2:38.75 1:22.62 | 400m: 5:24.85 1:23.07 | 600m: 8:15.46 1:25.82 | 800m: 11:02.38 1:20.90 | |
| 4. | PAZDYK Martyna | 08 | UKS FENIKS Dębica | 11:19.58 | 350 |
| | 100m: 1:17.80 1:17.80 | 300m: 4:08.92 1:25.06 | 500m: 7:03.24 1:26.11 | 700m: 9:56.07 1:27.08 | |
| | 200m: 2:43.86 1:26.06 | 400m: 5:37.13 1:28.21 | 600m: 8:28.99 1:25.75 | 800m: 11:19.58 1:23.51 | |
| 5. | SŁABIK Nadia | 08 | KS Swim2Win Krosno | 11:25.43 | 342 |
| | 100m: 1:19.84 1:19.84 | 300m: 4:13.32 1:26.64 | 500m: 7:08.52 1:27.76 | 700m: 10:03.48 1:27.38 | |
| | 200m: 2:46.68 1:26.84 | 400m: 5:40.76 1:27.44 | 600m: 8:36.10 1:27.58 | 800m: 11:25.43 1:21.95 | |
| 6. | STARZEC Karolina | 08 | UKS FENIKS Dębica | 11:46.24 | 312 |
| | 100m: 1:22.01 1:22.01 | 300m: 4:20.27 1:30.09 | 500m: 7:22.86 1:31.75 | 700m: 10:21.10 1:27.68 | |
| | 200m: 2:50.18 1:28.17 | 400m: 5:51.11 1:30.84 | 600m: 8:53.42 1:30.56 | 800m: 11:46.24 1:25.14 | |
| 7. | PRZYBYŁA Nela | 08 | UKS DELFINEK Ustrzyki Dolne | 14:56.43 | 152 |
| | 100m: 1:37.00 1:37.00 | 300m: 5:24.63 1:55.05 | 500m: 9:19.36 1:57.11 | 700m: 13:09.34 1:53.37 | |
| | 200m: 3:29.58 1:52.58 | 400m: 7:22.25 1:57.62 | 600m: 11:15.97 1:56.61 | 800m: 14:56.43 1:47.09 | |



Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Długość, 30-31.10.2021

Konkurencja 37, Kobiety, 800m dowolny

14 lat

| | | | | | |
|----|-----------------------|-----------------------|------------------------|------------------------|-----|
| 1. | SZOPA Natalia | 07 | UKP GRYF D bica | 9:36.97 | 573 |
| | 100m: 1:05.81 1:05.81 | 300m: 3:33.34 1:13.84 | 500m: 6:00.39 1:13.66 | 700m: 8:28.41 1:12.99 | |
| | 200m: 2:19.50 1:13.69 | 400m: 4:46.73 1:13.39 | 600m: 7:15.42 1:15.03 | 800m: 9:36.97 1:08.56 | |
| 2. | WO NIAK Kornelia | 07 | UKS FREGATA Kolbuszowa | 11:06.42 | 372 |
| | 100m: 1:17.77 1:17.77 | 300m: 4:06.94 1:24.29 | 500m: 6:55.30 1:24.30 | 700m: 9:44.44 1:24.59 | |
| | 200m: 2:42.65 1:24.88 | 400m: 5:31.00 1:24.06 | 600m: 8:19.85 1:24.55 | 800m: 11:06.42 1:21.98 | |

15 lat i starsi

| | | | | | |
|----|-----------------------|-----------------------|------------------------|------------------------|-----|
| 1. | MALEC Wiktoria | 03 | MKS IKAR Mielec | 9:52.03 | 530 |
| | 100m: 1:07.34 1:07.34 | 300m: 3:34.83 1:14.50 | 500m: 6:06.32 1:16.07 | 700m: 8:39.03 1:16.12 | |
| | 200m: 2:20.33 1:12.99 | 400m: 4:50.25 1:15.42 | 600m: 7:22.91 1:16.59 | 800m: 9:52.03 1:13.00 | |
| 2. | STACHOWICZ Ilona | 05 | KS Swim2Win Krosno | 10:07.61 | 490 |
| | 100m: 1:08.22 1:08.22 | 300m: 3:42.28 1:18.24 | 500m: 6:18.81 1:18.81 | 700m: 8:53.29 1:16.28 | |
| | 200m: 2:24.04 1:15.82 | 400m: 5:00.00 1:17.72 | 600m: 7:37.01 1:18.20 | 800m: 10:07.61 1:14.32 | |
| 3. | SKOWRO SKA Wiktoria | 02 | UKS FREGATA Kolbuszowa | 11:22.78 | 346 |
| | 100m: 1:19.10 1:19.10 | 300m: 4:11.53 1:26.63 | 500m: 7:04.38 1:26.62 | 700m: 9:58.41 1:27.10 | |
| | 200m: 2:44.90 1:25.80 | 400m: 5:37.76 1:26.23 | 600m: 8:31.31 1:26.93 | 800m: 11:22.78 1:24.37 | |

Konkurencja 38
31.10.2021 - 12:29

Mężczyźni, 1500m dowolny

13 lat i starsi
Wyniki

Punkty: FINA 2021

| Pozycja | Rok ur. | Czas | Pkt. | | |
|---------|-----------------------|------------------------|-----------------------------|-------------------------|-----|
| 13 lat | | | | | |
| 1. | SKWARA Bartłomiej | 08 | UKS DELFIN Tarnobrzeg | 19:25.02 | 385 |
| | 100m: 1:12.04 1:12.04 | 500m: 6:24.47 1:18.43 | 900m: 11:38.36 1:18.56 | 1300m: 16:53.53 1:18.92 | |
| | 200m: 2:29.97 1:17.93 | 600m: 7:42.96 1:18.49 | 1000m: 12:57.31 1:18.95 | 1400m: 18:12.12 1:18.59 | |
| | 300m: 3:48.15 1:18.18 | 700m: 9:01.23 1:18.27 | 1100m: 14:15.93 1:18.62 | 1500m: 19:25.02 1:12.90 | |
| | 400m: 5:06.04 1:17.89 | 800m: 10:19.80 1:18.57 | 1200m: 15:34.61 1:18.68 | | |
| 2. | AMBROSZKO Gabriel | 08 | SP MOTYL MOSiR Stalowa Wola | 20:54.76 | 308 |
| | 100m: 1:15.01 1:15.01 | 500m: 6:53.09 1:26.91 | 900m: 12:32.18 1:25.36 | 1300m: 18:11.82 1:25.64 | |
| | 200m: 2:37.49 1:22.48 | 600m: 8:17.93 1:24.84 | 1000m: 13:57.05 1:24.87 | 1400m: 19:35.62 1:23.80 | |
| | 300m: 4:01.07 1:23.58 | 700m: 9:43.03 1:25.10 | 1100m: 15:20.96 1:23.91 | 1500m: 20:54.76 1:19.14 | |
| | 400m: 5:26.18 1:25.11 | 800m: 11:06.82 1:23.79 | 1200m: 16:46.18 1:25.22 | | |
| 3. | PI TNIK Franciszek | 08 | BŁYSK Jarosław | 22:52.81 | 235 |
| | 100m: 1:23.76 1:23.76 | 500m: 7:33.81 1:32.43 | 900m: 13:50.01 1:34.82 | 1300m: 19:59.20 1:30.86 | |
| | 200m: 2:55.30 1:31.54 | 600m: 9:08.13 1:34.32 | 1000m: 15:22.54 1:32.53 | 1400m: 21:28.37 1:29.17 | |
| | 300m: 4:27.95 1:32.65 | 700m: 10:42.46 1:34.33 | 1100m: 16:56.13 1:33.59 | 1500m: 22:52.81 1:24.44 | |
| | 400m: 6:01.38 1:33.43 | 800m: 12:15.19 1:32.73 | 1200m: 18:28.34 1:32.21 | | |
| 14 lat | | | | | |
| 1. | WÓJCIK Mikołaj | 07 | UKS FREGATA Kolbuszowa | 18:05.13 | 477 |
| | 100m: 1:08.42 1:08.42 | 500m: 5:57.25 1:12.27 | 900m: 10:48.54 1:12.79 | 1300m: 15:41.24 1:13.35 | |
| | 200m: 2:21.45 1:13.03 | 600m: 7:09.61 1:12.36 | 1000m: 12:01.40 1:12.86 | 1400m: 16:54.96 1:13.72 | |
| | 300m: 3:33.18 1:11.73 | 700m: 8:22.79 1:13.18 | 1100m: 13:14.95 1:13.55 | 1500m: 18:05.13 1:10.17 | |
| | 400m: 4:44.98 1:11.80 | 800m: 9:35.75 1:12.96 | 1200m: 14:27.89 1:12.94 | | |
| 2. | MARCINEK Alvaro | 07 | MKS IKAR Mielec | 18:12.97 | 467 |
| | 100m: 1:07.65 1:07.65 | 500m: 6:00.18 1:13.80 | 900m: 10:53.09 1:14.09 | 1300m: 15:50.46 1:14.42 | |
| | 200m: 2:20.43 1:12.78 | 600m: 7:12.91 1:12.73 | 1000m: 12:07.65 1:14.56 | 1400m: 17:04.90 1:14.44 | |
| | 300m: 3:32.94 1:12.51 | 700m: 8:25.77 1:12.86 | 1100m: 13:21.57 1:13.92 | 1500m: 18:12.97 1:08.07 | |
| | 400m: 4:46.38 1:13.44 | 800m: 9:39.00 1:13.23 | 1200m: 14:36.04 1:14.47 | | |



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

Konkurencja 38, Chłopców, 1500m dowolny, 14 lat

| Pozycja | Rok ur. | Czas | Pkt. |
|-----------------------|---------------------------|-------------------------|-------------------------|
| 3. SKOWRO SKI Braian | 07 UKS FREGATA Kolbuszowa | 18:32.51 | 442 |
| 100m: 1:07.84 1:07.84 | 500m: 6:00.30 1:13.84 | 900m: 10:58.93 1:15.06 | 1300m: 16:03.94 1:16.46 |
| 200m: 2:20.09 1:12.25 | 600m: 7:13.60 1:13.30 | 1000m: 12:14.58 1:15.65 | 1400m: 17:20.16 1:16.22 |
| 300m: 3:32.78 1:12.69 | 700m: 8:27.85 1:14.25 | 1100m: 13:30.51 1:15.93 | 1500m: 18:32.51 1:12.35 |
| 400m: 4:46.46 1:13.68 | 800m: 9:43.87 1:16.02 | 1200m: 14:47.48 1:16.97 | |

15 lat i starsi

| | | | |
|-----------------------|---------------------------|-------------------------|-------------------------|
| 1. JARZ B Tymoteusz | 06 UKS FENIKS D bica | 17:05.37 | 565 |
| 100m: 1:05.42 1:05.42 | 500m: 5:44.57 1:09.82 | 900m: 10:22.10 1:09.15 | 1300m: 14:53.11 1:07.33 |
| 200m: 2:14.72 1:09.30 | 600m: 6:54.26 1:09.69 | 1000m: 11:29.94 1:07.84 | 1400m: 16:00.30 1:07.19 |
| 300m: 3:25.10 1:10.38 | 700m: 8:03.65 1:09.39 | 1100m: 12:38.00 1:08.06 | 1500m: 17:05.37 1:05.07 |
| 400m: 4:34.75 1:09.65 | 800m: 9:12.95 1:09.30 | 1200m: 13:45.78 1:07.78 | |
| 2. WÓJCIK Szczepan | 06 UKS FREGATA Kolbuszowa | 17:52.04 | 495 |
| 100m: 1:06.31 1:06.31 | 500m: 5:53.06 1:13.00 | 900m: 10:43.00 1:12.64 | 1300m: 15:30.28 1:11.84 |
| 200m: 2:16.55 1:10.24 | 600m: 7:05.12 1:12.06 | 1000m: 11:55.01 1:12.01 | 1400m: 16:42.38 1:12.10 |
| 300m: 3:28.12 1:11.57 | 700m: 8:17.79 1:12.67 | 1100m: 13:07.77 1:12.76 | 1500m: 17:52.04 1:09.66 |
| 400m: 4:40.06 1:11.94 | 800m: 9:30.36 1:12.57 | 1200m: 14:18.44 1:10.67 | |

Konkurencja 39

31.10.2021 - 12:49

Kobiet, 4 x 100m zmienny

Open
Wyniki

Punkty: FINA 2021

| Pozycja | Czas | Pkt. |
|--------------------------------|------------------------------|---------|
| 1. UKS FENIKS D bica 1 | 4:24.59 | 611 |
| KULAGA Dominika 29.89 1:02.41 | WI TEK Joanna 0.00 28.50 | 1:02.90 |
| ROWI SKA Patrycja 0.00 38.43 | FARA Katarzyna 0.00 27.30 | 58.49 |
| 2. UKS FENIKS D bica 2 | 4:46.25 | 482 |
| KOZIOŁ Gabriela 34.09 1:11.65 | SZCZUDŁO Gabriela 0.00 30.07 | 1:04.70 |
| MA NICKA Martyna 0.00 40.01 | GAJDA Martyna 0.00 30.49 | 1:04.46 |
| 3. KP SOKÓŁ Rzeszów 1 | 4:53.44 | 447 |
| CYRAN Julia 33.61 1:09.75 | PAWEŁEK Zuzanna 0.00 35.18 | 1:16.18 |
| GAWEŁ Izabela 0.00 36.45 | WACŁAW Maja 0.00 30.37 | 1:07.39 |
| 4. MKS IKAR Mielec 1 | 4:56.99 | 432 |
| BEREZAK Milena 35.97 1:13.87 | TROJNACKA Oliwia 0.00 30.95 | 1:06.65 |
| FTARA Maja 0.00 41.07 | G SKA Paulina 0.00 33.03 | 1:08.02 |
| 5. UKS FENIKS D bica 3 | 5:15.74 | 359 |
| TROJAN Oliwia 37.51 | MAZUR Alicja 0.00 36.98 | 1:22.21 |
| LIPÍ SKA Julia 0.00 | PAZDYK Martyna 0.00 34.14 | 1:12.66 |
| 6. UKS FENIKS D bica 4 | 5:29.67 | 315 |
| STARZEC Karolina 42.06 1:26.96 | ZYGMUNT Zuzanna 0.00 35.76 | 1:20.88 |
| NOWAK Jagoda 0.00 40.44 | ZOŁOTAR Hanna 0.00 35.02 | 1:12.09 |



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

Konkurencja 40
31.10.2021 - 12:55

M czyzn, 4 x 100m zmienny

Open
Wyniki

Punkty: FINA 2021

| Pozycja | | | | | Czas | Pkt. |
|---------|---------------------------|-------|---------|---------------------|----------------|---------|
| 1. | UKS FENIKS D bica 1 | | | UKS FENIKS D bica | 3:58.38 | 583 |
| | CHOMA Maksym | 29.43 | 1:00.66 | NIEZNA SKI Michał | 0.00 | 27.35 |
| | LENCZOWSKI Jakub | 0.00 | 30.07 | HORODY SKI Antoni | 0.00 | 25.07 |
| | | | | | | 59.94 |
| | | | | | | 52.78 |
| 2. | KS Swim2Win Krosno 1 | | | KS Swim2Win Krosno | 4:07.02 | 524 |
| | STACHOWICZ Kamil | 30.62 | 1:03.53 | JASZCZOR Oskar | 0.00 | 28.08 |
| | GINALSKI Michał | 0.00 | 30.79 | STROJEK Mikołaj | 0.00 | 25.96 |
| | | | | | | 1:02.58 |
| | | | | | | 54.88 |
| 3. | UKS FENIKS D bica 2 | | | UKS FENIKS D bica | 4:11.13 | 498 |
| | JARZ B Tymoteusz | 30.04 | 1:03.02 | CHOLEWA Wojciech | 0.00 | 28.20 |
| | GUZIK Mikołaj | 0.00 | 32.64 | TARASEK Wiktor | 0.00 | 26.44 |
| | | | | | | 1:01.37 |
| | | | | | | 55.38 |
| 4. | MKS IKAR Mielec 1 | | | MKS IKAR Mielec | 4:18.20 | 458 |
| | OCHALIK Adrian | 30.70 | 1:03.48 | WILK Mikołaj | 0.00 | 29.75 |
| | GŁAZ Karol | 0.00 | 33.46 | MARCINEK Alvaro | 0.00 | 28.47 |
| | | | | | | 1:03.82 |
| | | | | | | 59.76 |
| 5. | UKS FENIKS D bica 3 | | | UKS FENIKS D bica | 4:28.35 | 408 |
| | WISTAK Miłosz | 32.86 | 1:08.09 | KORDJAK Dawid | 0.00 | 30.50 |
| | CUDECKI Igor | 0.00 | 33.35 | GARBULI SKI Jan | 0.00 | 29.99 |
| | | | | | | 1:04.70 |
| | | | | | | 1:03.64 |
| 6. | KP SOKÓŁ Rzeszów 1 | | | KP SOKÓŁ Rzeszów | 5:03.43 | 282 |
| | TRZNADEL Szymon | 35.17 | 1:11.98 | CIE KIEWICZ Miłosz | 0.00 | 37.08 |
| | WÓJCIK Antoni | 0.00 | 34.97 | LIS Jakub | 0.00 | 31.17 |
| | | | | | | 1:28.45 |
| | | | | | | 1:08.87 |
| DYSKW. | UKS FENIKS D bica 4 S1 | | | UKS FENIKS D bica | | |
| | SZPILMAN Bartłomiej | 33.44 | 1:11.76 | DACZKOWSKI Radosław | 0.00 | 30.49 |
| | SZCZUDŁO Przemysław | 0.00 | 33.58 | SIBIGA Karol | 0.00 | 30.42 |
| | | | | | | 1:08.76 |