



Zimowe Mistrzostwa Okręgu Podkarpackiego 2022 w pływaniu
D bica, 19- - 20-11-2022

Konkurencja 20
2022-11-19 - 16:23

M czynn, 400m dowolny

12 lat i starsi
Wyniki

Punkty: FINA 2022

Pozycja	Rok ur.	Czas	Pkt.
12 lat			
1. SIWIEC Ksawery	10	5:16.20	302
50m: 33.92 33.92	150m: 1:51.80 39.80	250m: 3:13.36 40.68	350m: 4:37.48 42.02
100m: 1:12.00 38.08	200m: 2:32.68 40.88	300m: 3:55.46 42.10	400m: 5:16.20 38.72
2. FTARAS Apostolos	10	5:21.16	288
50m: 35.52 35.52	150m: 1:56.83 40.70	250m: 3:18.30 40.71	350m: 4:41.15 41.77
100m: 1:16.13 40.61	200m: 2:37.59 40.76	300m: 3:59.38 41.08	400m: 5:21.16 40.01
3. J DRUSZEWSKI Nikodem	10	5:30.87	263
50m: 38.77 38.77	150m: 2:03.42 42.87	250m: 3:28.42 42.48	350m: 4:51.99 40.65
100m: 1:20.55 41.78	200m: 2:45.94 42.52	300m: 4:11.34 42.92	400m: 5:30.87 38.88
4. FEDAK Michał	10	5:41.53	240
50m: 39.46 39.46	150m: 2:07.25 44.19	250m: 3:35.33 43.80	350m: 5:00.93 42.21
100m: 1:23.06 43.60	200m: 2:51.53 44.28	300m: 4:18.72 43.39	400m: 5:41.53 40.60
5. GAWLE Olivier	10	5:49.11	224
50m: 37.95 37.95	150m: 2:06.39 44.68	250m: 3:35.38 44.40	350m: 5:04.60 44.73
100m: 1:21.71 43.76	200m: 2:50.98 44.59	300m: 4:19.87 44.49	400m: 5:49.11 44.51
6. MUCIEK Hubert	10	5:53.03	217
50m: 38.93 38.93	150m: 2:09.62 46.49	250m: 3:38.64 44.93	350m: 5:10.28 46.61
100m: 1:23.13 44.20	200m: 2:53.71 44.09	300m: 4:23.67 45.03	400m: 5:53.03 42.75
7. KRYSZTIAN Jakub	10	5:55.68	212
50m: 37.85 37.85	150m: 2:07.89 45.73	250m: 3:41.17 46.75	350m: 5:13.82 46.01
100m: 1:22.16 44.31	200m: 2:54.42 46.53	300m: 4:27.81 46.64	400m: 5:55.68 41.86
8. KOZIOŁ Bartłomiej	10	5:57.87	208
50m: 39.08 39.08	150m: 2:09.08 45.99	250m: 3:42.34 47.04	350m: 5:15.17 46.14
100m: 1:23.09 44.01	200m: 2:55.30 46.22	300m: 4:29.03 46.69	400m: 5:57.87 42.70
9. PEŁKA Kacper	10	6:10.35	188
50m: 40.05 40.05	150m: 2:13.94 48.16	250m: 3:51.60 50.23	350m: 5:24.94 45.59
100m: 1:25.78 45.73	200m: 3:01.37 47.43	300m: 4:39.35 47.75	400m: 6:10.35 45.41
10. MAZURKIEWICZ Marcel	10	6:12.22	185
50m: 42.30 42.30	150m: 2:16.66 47.62	250m: 3:52.22 47.43	350m: 5:26.26 46.81
100m: 1:29.04 46.74	200m: 3:04.79 48.13	300m: 4:39.45 47.23	400m: 6:12.22 45.96
11. DOMINO Julian	10	6:20.31	173
50m: 39.86 39.86	150m: 2:16.25 48.82	250m: 3:56.47 50.24	350m: 5:35.08 48.81
100m: 1:27.43 47.57	200m: 3:06.23 49.98	300m: 4:46.27 49.80	400m: 6:20.31 45.23
12. PASIONEK Mikołaj	10	6:28.82	162
50m: 42.00 42.00	150m: 2:17.29 48.88	250m: 3:57.82 50.58	350m: 5:40.20 51.20
100m: 1:28.41 46.41	200m: 3:07.24 49.95	300m: 4:49.00 51.18	400m: 6:28.82 48.62

13 lat

1. MAJEWSKI Igor	09	4:24.84	514
50m: 30.33 30.33	150m: 1:36.82 33.30	250m: 2:44.56 33.70	350m: 3:52.67 33.84
100m: 1:03.52 33.19	200m: 2:10.86 34.04	300m: 3:18.83 34.27	400m: 4:24.84 32.17
2. TRZNADEL Szymon	09	4:42.25	425
50m: 31.74 31.74	150m: 1:41.25 35.47	250m: 2:55.14 36.99	350m: 4:07.74 35.43
100m: 1:05.78 34.04	200m: 2:18.15 36.90	300m: 3:32.31 37.17	400m: 4:42.25 34.51



Zimowe Mistrzostwa Okręgu Podkarpackiego 2022 w pływaniu
D bica, 19- - 20-11-2022

Konkurencja 20, Chłopców, 400m dowolny, 13 lat

Pozycja	Rok ur.	Czas	Pkt.
3. MALEC Maciej	09	4:58.63	359
50m: 33.23 33.23	150m: 1:49.75 38.81	250m: 3:06.41 38.61	350m: 4:23.03 37.84
100m: 1:10.94 37.71	200m: 2:27.80 38.05	300m: 3:45.19 38.78	400m: 4:58.63 35.60
4. RODZYNSKYI Mykhaila	09	4:59.52	355
50m: 32.05 32.05	150m: 1:45.57 38.19	250m: 3:03.38 39.09	350m: 4:21.25 38.57
100m: 1:07.38 35.33	200m: 2:24.29 38.72	300m: 3:42.68 39.30	400m: 4:59.52 38.27
5. SZYMA SKI Konrad	09	5:18.36	296
50m: 35.48 35.48	150m: 1:55.51 40.31	250m: 3:17.17 40.69	350m: 4:39.20 41.22
100m: 1:15.20 39.72	200m: 2:36.48 40.97	300m: 3:57.98 40.81	400m: 5:18.36 39.16
6. MIARA Piotr	09	5:37.83	247
50m: 39.22 39.22	150m: 2:06.42 44.34	250m: 3:32.12 43.22	350m: 4:57.81 42.10
100m: 1:22.08 42.86	200m: 2:48.90 42.48	300m: 4:15.71 43.59	400m: 5:37.83 40.02

14 lat

1. JAWORSKI Krzysztof	08	4:39.26	439
50m: 32.16 32.16	150m: 1:42.40 35.44	250m: 2:53.86 35.82	350m: 4:02.42 32.72
100m: 1:06.96 34.80	200m: 2:18.04 35.64	300m: 3:29.70 35.84	400m: 4:39.26 36.84
2. SKWARA Bartłomiej	08	4:45.09	412
50m: 31.44 31.44	150m: 1:42.14 36.04	250m: 2:54.94 36.48	350m: 4:09.00 36.94
100m: 1:06.10 34.66	200m: 2:18.46 36.32	300m: 3:32.06 37.12	400m: 4:45.09 36.09
3. O GA Ignacy	08	4:45.26	411
50m: 30.70 30.70	150m: 1:38.82 33.47	250m: 2:54.05 37.51	350m: 4:05.39 34.50
100m: 1:05.35 34.65	200m: 2:16.54 37.72	300m: 3:30.89 36.84	400m: 4:45.26 39.87
4. MENDYKA Miłosz	08	4:55.48	370
50m: 32.02 32.02	150m: 1:45.40 37.77	250m: 3:03.03 39.08	350m: 4:20.02 37.66
100m: 1:07.63 35.61	200m: 2:23.95 38.55	300m: 3:42.36 39.33	400m: 4:55.48 35.46
5. SZKLARZ Ksawier	08	4:58.93	357
50m: 34.05 34.05	150m: 1:50.22 38.64	250m: 3:06.99 38.55	350m: 4:23.63 38.29
100m: 1:11.58 37.53	200m: 2:28.44 38.22	300m: 3:45.34 38.35	400m: 4:58.93 35.30
6. LIS Jakub	08	5:05.59	335
50m: 34.44 34.44	150m: 1:51.04 38.68	250m: 3:09.74 39.33	350m: 4:30.14 41.02
100m: 1:12.36 37.92	200m: 2:30.41 39.37	300m: 3:49.12 39.38	400m: 5:05.59 35.45
7. AMBROSZKO Gabriel	08	5:07.32	329
50m: 33.16 33.16	150m: 1:51.06 39.62	250m: 3:10.64 39.83	350m: 4:30.67 40.13
100m: 1:11.44 38.28	200m: 2:30.81 39.75	300m: 3:50.54 39.90	400m: 5:07.32 36.65

15 lat i starsi

1. CHOLEWA Wojciech	06	4:10.70	606
50m: 29.58 29.58	150m: 1:33.18 32.05	250m: 2:36.46 31.39	350m: 3:39.83 31.68
100m: 1:01.13 31.55	200m: 2:05.07 31.89	300m: 3:08.15 31.69	400m: 4:10.70 30.87
2. WISTAK Miłosz	06	4:16.93	563
50m: 30.21 30.21	150m: 1:35.41 32.87	250m: 2:41.47 33.12	350m: 3:46.72 32.72
100m: 1:02.54 32.33	200m: 2:08.35 32.94	300m: 3:14.00 32.53	400m: 4:16.93 30.21
3. WÓJCIK Szczepan	06	4:20.61	540
50m: 29.45 29.45	150m: 1:34.01 32.21	250m: 2:41.35 33.91	350m: 3:47.81 33.40
100m: 1:01.80 32.35	200m: 2:07.44 33.43	300m: 3:14.41 33.06	400m: 4:20.61 32.80
4. WÓJCIK Mikołaj	07	4:30.43	483
50m: 31.12 31.12	150m: 1:40.14 34.98	250m: 2:49.03 34.16	350m: 3:57.17 33.98
100m: 1:05.16 34.04	200m: 2:14.87 34.73	300m: 3:23.19 34.16	400m: 4:30.43 33.26



Zimowe Mistrzostwa Okręgu Podkarpackiego 2022 w pływaniu
Dębica, 19- - 20-11-2022

Konkurencja 20, Mężczyźni, 400m dowolny, 15 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.		
5.	STACHOWICZ Kamil			05	KS Swim2Win Krosno				4:39.20	439		
	50m:	30.25	30.25	150m:	1:39.65	35.51	250m:	2:51.40	35.96	350m:	4:04.11	36.49
	100m:	1:04.14	33.89	200m:	2:15.44	35.79	300m:	3:27.62	36.22	400m:	4:39.20	35.09
6.	OCHALIK Adrian			07	MKS IKAR Stal Mielec				4:44.71	414		
	50m:	30.68	30.68	150m:	1:42.51	36.73	250m:	2:56.84	37.20	350m:	4:10.29	36.72
	100m:	1:05.78	35.10	200m:	2:19.64	37.13	300m:	3:33.57	36.73	400m:	4:44.71	34.42
7.	SIBIGA Karol			07	UKS FENIKS Dębica				4:59.53	355		
	50m:	32.82	32.82	150m:	1:48.66	37.99	250m:	3:05.41	38.89	350m:	4:22.37	38.64
	100m:	1:10.67	37.85	200m:	2:26.52	37.86	300m:	3:43.73	38.32	400m:	4:59.53	37.16