

VI Aquathlon Rzeszów 2023, Grand Prix Polskiego Związku Triathlonu w Aquathlonie  
Rzeszów, 19-3-2023

Konkurencja 7 400m dowolny 18 lat i starsi  
2023-03-19 - 11:29 Wyniki

Punkty: FINA 2023

Pozycja	Rok ur.	Czas	Pkt.
<b>K AG18, M AG18</b>			
1. BRZÓSKA Jakub <i>Fal + 5 sec</i>	93 TS Akwedukt Kielce	<b>4:43.97</b>	
50m: 30.12 30.12 150m: 1:39.62 35.47 250m: 2:53.07 36.97 350m: 4:07.17 36.94 100m: 1:04.15 34.03 200m: 2:16.10 36.48 300m: 3:30.23 37.16 400m: 4:43.97 36.80			
2. SKOP Stanisław	90 Niezrzeszeni	<b>5:29.08</b>	
50m: 32.32 32.32 150m: 1:47.96 39.13 250m: 3:13.27 43.37 350m: 4:44.06 45.70 100m: 1:08.83 36.51 200m: 2:29.90 41.94 300m: 3:58.36 45.09 400m: 5:29.08 45.02			
3. PA DZIOCH Kacper	05 KS Barakuda Mi sk Mazowiecki	<b>5:35.11</b>	
50m: 34.67 34.67 150m: 1:58.10 42.56 250m: 3:25.31 43.73 350m: 4:53.04 43.98 100m: 1:15.54 40.87 200m: 2:41.58 43.48 300m: 4:09.06 43.75 400m: 5:35.11 42.07			
4. KAMI SKI Dominik	98 Niezrzeszeni	<b>6:12.00</b>	
50m: 37.97 37.97 150m: 2:07.38 46.16 250m: 3:44.74 48.93 350m: 5:22.99 49.01 100m: 1:21.22 43.25 200m: 2:55.81 48.43 300m: 4:33.98 49.24 400m: 6:12.00 49.01			
5. ROJEK Przemysław	05 KS Barakuda Mi sk Mazowiecki	<b>6:18.35</b>	
50m: 36.66 36.66 150m: 2:08.30 47.24 250m: 3:47.42 49.87 350m: 5:29.64 51.34 100m: 1:21.06 44.40 200m: 2:57.55 49.25 300m: 4:38.30 50.88 400m: 6:18.35 48.71			
6. IRZE SKI Michał	84 SWIM TRI Rzeszów	<b>6:30.65</b>	
50m: 38.58 38.58 150m: 2:13.58 49.79 250m: 3:57.09 52.10 350m: 5:40.89 52.36 100m: 1:23.79 45.21 200m: 3:04.99 51.41 300m: 4:48.53 51.44 400m: 6:30.65 49.76			
7. BAŁUT Piotr	93 STYROBUD Rzeszów	<b>6:33.99</b>	
50m: 43.88 43.88 150m: 2:23.21 50.07 250m: 4:05.78 51.55 350m: 5:45.54 49.23 100m: 1:33.14 49.26 200m: 3:14.23 51.02 300m: 4:56.31 50.53 400m: 6:33.99 48.45			
8. TRZECIAK Mariusz	86 Niezrzeszeni	<b>6:39.02</b>	
50m: 39.47 39.47 150m: 2:16.24 50.72 250m: 4:00.68 52.60 350m: 5:48.99 54.53 100m: 1:25.52 46.05 200m: 3:08.08 51.84 300m: 4:54.46 53.78 400m: 6:39.02 50.03			
9. SIKORA Joanna	93 KS Pointer	<b>6:41.62</b>	
50m: 41.57 41.57 150m: 2:20.02 50.89 250m: 4:04.57 52.40 350m: 5:50.50 53.00 100m: 1:29.13 47.56 200m: 3:12.17 52.15 300m: 4:57.50 52.93 400m: 6:41.62 51.12			
10. CHMURA Anastazja	03 FALA Ropczyce	<b>7:17.79</b>	
50m: 46.71 46.71 150m: 2:38.38 56.96 250m: 4:31.39 55.89 350m: 6:24.23 56.26 100m: 1:41.42 54.71 200m: 3:35.50 57.12 300m: 5:27.97 56.58 400m: 7:17.79 53.56			
<b>K AG40, M AG40</b>			
1. GOGACZ Sebastian	76 UKS Trójka Puławy	<b>5:10.52</b>	
50m: 36.30 36.30 150m: 1:54.81 39.07 250m: 3:13.37 39.39 350m: 4:32.58 39.75 100m: 1:15.74 39.44 200m: 2:33.98 39.17 300m: 3:52.83 39.46 400m: 5:10.52 37.94			
2. SIERADZAN Przemysław	77 TS Akwedukt Kielce	<b>6:09.16</b>	
50m: 44.68 44.68 150m: 2:16.95 46.49 250m: 3:50.46 46.59 350m: 5:24.34 46.98 100m: 1:30.46 45.78 200m: 3:03.87 46.92 300m: 4:37.36 46.90 400m: 6:09.16 44.82			
3. MACH Tomasz	76 Szymanowski Triathlon Team	<b>6:22.20</b>	
50m: 43.78 43.78 150m: 2:18.45 48.39 250m: 3:56.20 49.16 350m: 5:35.06 49.37 100m: 1:30.06 46.28 200m: 3:07.04 48.59 300m: 4:45.69 49.49 400m: 6:22.20 47.14			
4. ŁUKASZCZYK Piotr	82 Herba Triathlon Biłgoraj	<b>6:46.98</b>	
50m: 47.67 47.67 150m: 2:27.18 50.83 250m: 4:11.26 51.94 350m: 5:58.35 54.73 100m: 1:36.35 48.68 200m: 3:19.32 52.14 300m: 5:03.62 52.36 400m: 6:46.98 48.63			
5. BANA Łukasz	83 SWIM TRI Rzeszów	<b>6:47.58</b>	
50m: 45.05 45.05 150m: 2:25.10 50.99 250m: 4:08.25 52.08 350m: 5:54.32 52.89 100m: 1:34.11 49.06 200m: 3:16.17 51.07 300m: 5:01.43 53.18 400m: 6:47.58 53.26			

VI Aquathlon Rzeszów 2023, Grand Prix Polskiego Związku Triathlonu w Aquathlonie  
Rzeszów, 19-3-2023

Konkurencja 7, Wszystkie, 400m dowolny, K AG40, M AG40

Pozycja				Rok ur.					Czas	Pkt.		
6.	ŁUKASZCZYK Marcin			79	Herba Triathlon Biłgoraj				<b>6:48.35</b>			
	50m:	43.51	43.51	150m:	2:23.65	51.97	250m:	4:10.65	53.48	350m:	5:57.92	53.39
	100m:	1:31.68	48.17	200m:	3:17.17	53.52	300m:	5:04.53	53.88	400m:	6:48.35	50.43
7.	MISZTAŁ Piotr			76	TS Akwedukt Kielce				<b>6:49.18</b>			
	50m:	43.37	43.37	150m:	2:24.28	51.72	250m:	4:09.04	52.75	350m:	5:56.14	52.70
	100m:	1:32.56	49.19	200m:	3:16.29	52.01	300m:	5:03.44	54.40	400m:	6:49.18	53.04
8.	RAJTAR Krzysztof			76	TriWise				<b>6:50.06</b>			
	50m:	45.46	45.46	150m:	2:25.67	51.71	250m:	4:10.80	52.78	350m:	5:57.91	53.98
	100m:	1:33.96	48.50	200m:	3:18.02	52.35	300m:	5:03.93	53.13	400m:	6:50.06	52.15
9.	ROGOWSKI Mateusz			82	KS Prestige Rzeszów				<b>6:52.80</b>			
	50m:	44.10	44.10	150m:	2:28.90	53.38	250m:	4:16.85	53.71	350m:	6:05.12	53.53
	100m:	1:35.52	51.42	200m:	3:23.14	54.24	300m:	5:11.59	54.74	400m:	6:52.80	47.68
10.	RACHWAŁ CHMURA Magdalena			78	FALA Ropczyce				<b>6:55.95</b>			
	50m:	45.47	45.47	150m:	2:27.77	52.89	250m:	4:16.89	54.06	350m:	6:04.35	53.81
	100m:	1:34.88	49.41	200m:	3:22.83	55.06	300m:	5:10.54	53.65	400m:	6:55.95	51.60
11.	GÓD Wojtek			74	TS Akwedukt Kielce				<b>7:34.16</b>			
	50m:	48.39	48.39	150m:	2:39.23	55.64	250m:	4:40.14	1:00.10	350m:	6:38.21	59.39
	100m:	1:43.59	55.20	200m:	3:40.04	1:00.81	300m:	5:38.82	58.68	400m:	7:34.16	55.95
12.	GAJDA Marcin			78	Niezrzeszeni				<b>7:37.03</b>			
	50m:	44.09	44.09	150m:	2:32.62	57.84	250m:	4:33.10	1:01.12	350m:	6:37.77	1:02.55
	100m:	1:34.78	50.69	200m:	3:31.98	59.36	300m:	5:35.22	1:02.12	400m:	7:37.03	59.26
13.	PITURA Eliza			76	Szymanowski Triathlon Team				<b>7:40.55</b>			
	50m:	51.37	51.37	150m:	2:47.38	56.62	250m:	4:47.75	59.65	350m:	6:44.54	58.03
	100m:	1:50.76	59.39	200m:	3:48.10	1:00.72	300m:	5:46.51	58.76	400m:	7:40.55	56.01
14.	KUKLA Łukasz			81	TS Akwedukt Kielce				<b>7:51.86</b>			
	50m:	54.72	54.72	150m:	2:50.16	1:00.13	250m:	4:50.48	1:00.29	350m:	6:53.60	1:00.48
	100m:	1:50.03	55.31	200m:	3:50.19	1:00.03	300m:	5:53.12	1:02.64	400m:	7:51.86	58.26
15.	KUCZY SKI Rafał			83	SWIM TRI Rzeszów				<b>7:51.97</b>			
	50m:	42.35	42.35	150m:	2:37.58	1:01.28	250m:	4:43.84	1:03.24	350m:	6:53.37	1:05.91
	100m:	1:36.30	53.95	200m:	3:40.60	1:03.02	300m:	5:47.46	1:03.62	400m:	7:51.97	58.60
16.	ŁUKASZCZYK Joanna			79	Herba Triathlon Biłgoraj				<b>10:01.21</b>			
	50m:	1:06.61	1:06.61	150m:	3:33.83	1:14.34	250m:	6:09.01	1:18.26	350m:	8:43.34	1:16.81
	100m:	2:19.49	1:12.88	200m:	4:50.75	1:16.92	300m:	7:26.53	1:17.52	400m:	10:01.21	1:17.87

K AG50, M AG50

1.	CHYLI SKI Adam				KP SUKCES Chorzów				<b>5:44.63</b>			
	50m:	35.56	35.56	150m:	1:57.73	42.53	250m:	3:27.22	45.38	350m:	4:59.98	46.71
	100m:	1:15.20	39.64	200m:	2:41.84	44.11	300m:	4:13.27	46.05	400m:	5:44.63	44.65
2.	SONDEJ Wiesław			62	Ironman				<b>8:18.04</b>			
	50m:	51.93	51.93	150m:	2:58.10	1:04.04	250m:	5:07.44	1:04.80	350m:	7:16.95	1:05.18
	100m:	1:54.06	1:02.13	200m:	4:02.64	1:04.54	300m:	6:11.77	1:04.33	400m:	8:18.04	1:01.09
3.	ZAJC Izabela			73	SportWise Kraków				<b>8:56.81</b>			
	50m:	1:02.92	1:02.92	150m:	3:19.34	1:08.74	250m:	5:39.39	1:10.40	350m:	7:55.11	1:08.90
	100m:	2:10.60	1:07.68	200m:	4:28.99	1:09.65	300m:	6:46.21	1:06.82	400m:	8:56.81	1:01.70
4.	WROSKI Marek			60	Herba Triathlon Biłgoraj				<b>10:17.50</b>			
	50m:	1:02.25	1:02.25	150m:	3:42.32	1:22.22	250m:	6:25.76	1:21.32	350m:	9:05.60	1:19.11
	100m:	2:20.10	1:17.85	200m:	5:04.44	1:22.12	300m:	7:46.49	1:20.73	400m:	10:17.50	1:11.90