



Podkarpacka Liga Pływacka Dzieci 11-12 lat - 3 edycja wiosna 2023
Rzeszów, 6-5-2023

Konkurencja 16
2023-05-06 - 15:16

Chłopców, 400m dowolny

12 lat
Wyniki

Punkty: FINA 2022

Pozycja			Rok ur.					Czas	Pkt.
1.	BORKOWSKI Albert		11	UKS DELFIN Tarnobrzeg				4:52.98	380
	50m:	33.14 33.14	150m:	1:46.93	36.66	250m:	3:00.95 37.17	350m:	4:16.84 37.92
	100m:	1:10.27 37.13	200m:	2:23.78	36.85	300m:	3:38.92 37.97	400m:	4:52.98 36.14
2.	LASEK Tomasz		11	KS Swim2Win Krosno				5:26.96	273
	50m:	38.60 38.60	150m:	2:01.86	42.01	250m:	3:25.80 41.72	350m:	4:48.95 41.68
	100m:	1:19.85 41.25	200m:	2:44.08	42.22	300m:	4:07.27 41.47	400m:	5:26.96 38.01
3.	TABOR Beniamin		11	Stow. Sportowe PROSWIM				5:35.87	252
	50m:	38.02 38.02	150m:	2:03.86	43.50	250m:	3:30.33 42.36	350m:	4:55.75 42.18
	100m:	1:20.36 42.34	200m:	2:47.97	44.11	300m:	4:13.57 43.24	400m:	5:35.87 40.12
4.	ZAWADZKI Tymon		11	KP ORLIK Przeworsk				5:40.81	241
	50m:	36.38 36.38	150m:	2:00.79	43.39	250m:	3:28.88 44.42	350m:	4:58.08 44.75
	100m:	1:17.40 41.02	200m:	2:44.46	43.67	300m:	4:13.33 44.45	400m:	5:40.81 42.73
5.	BIJO Jan		11	Akademia Aqua Sport				5:56.41	211
	50m:	40.26 40.26	150m:	2:12.15	46.31	250m:	3:45.03 46.32	350m:	5:15.25 44.91
	100m:	1:25.84 45.58	200m:	2:58.71	46.56	300m:	4:30.34 45.31	400m:	5:56.41 41.16
6.	BABICZ Jan		11	UKP GRYF D bica				5:58.50	207
	50m:	38.64 38.64	150m:	2:09.81	46.08	250m:	3:42.80 46.40	350m:	5:14.34 45.50
	100m:	1:23.73 45.09	200m:	2:56.40	46.59	300m:	4:28.84 46.04	400m:	5:58.50 44.16
7.	WÓJCIK Ignacy		11	UKS FENIKS D bica				6:08.02	191
	50m:	39.84 39.84	150m:	2:14.36	48.66	250m:	3:51.44 49.09	350m:	5:25.88 46.71
	100m:	1:25.70 45.86	200m:	3:02.35	47.99	300m:	4:39.17 47.73	400m:	6:08.02 42.14
8.	IWANICKI Nikodem		11	UKS DELFINEK Ustrzyki Dolne				6:08.80	190
	50m:	40.70 40.70	150m:	2:13.37	47.05	250m:	3:50.48 48.78	350m:	5:25.46 47.48
	100m:	1:26.32 45.62	200m:	3:01.70	48.33	300m:	4:37.98 47.50	400m:	6:08.80 43.34
9.	ORŁOWSKI Łukasz		11	UKS AQUARIUS Lesko				6:10.23	188
	50m:	40.24 40.24	150m:	2:13.17	47.12	250m:	3:49.64 48.05	350m:	5:25.81 47.38
	100m:	1:26.05 45.81	200m:	3:01.59	48.42	300m:	4:38.43 48.79	400m:	6:10.23 44.42
10.	TYMOCZEK Nikodem		11	KP ORLIK Przeworsk				6:11.98	185
	50m:	41.19 41.19	150m:	2:15.39	47.65	250m:	3:51.83 48.20	350m:	5:27.69 47.48
	100m:	1:27.74 46.55	200m:	3:03.63	48.24	300m:	4:40.21 48.38	400m:	6:11.98 44.29
11.	ZWADOWSKI Hubert		11	UKS DELFIN Tarnobrzeg				6:20.04	174
	50m:	39.98 39.98	150m:	2:15.85	49.25	250m:	3:54.67 49.33	350m:	5:34.13 49.15
	100m:	1:26.60 46.62	200m:	3:05.34	49.49	300m:	4:44.98 50.31	400m:	6:20.04 45.91
12.	BLACHA Wiktor		11	UKS FENIKS D bica				6:22.34	171
	50m:	40.51 40.51	150m:	2:18.23	49.95	250m:	3:59.99 51.25	350m:	5:38.03 46.92
	100m:	1:28.28 47.77	200m:	3:08.74	50.51	300m:	4:51.11 51.12	400m:	6:22.34 44.31
13.	LIGNOS Stylianos		11	UKP GRYF D bica				6:23.92	168
	50m:	44.55 44.55	150m:	2:23.50	49.59	250m:	4:01.71 48.65	350m:	5:37.97 47.15
	100m:	1:33.91 49.36	200m:	3:13.06	49.56	300m:	4:50.82 49.11	400m:	6:23.92 45.95
14.	MIREK Fabian		11	AZS PWSTE Jarosław				6:24.75	167
	50m:	41.02 41.02	150m:	2:19.62	50.16	250m:	4:00.32 50.30	350m:	5:41.80 50.41
	100m:	1:29.46 48.44	200m:	3:10.02	50.40	300m:	4:51.39 51.07	400m:	6:24.75 42.95
15.	KARO Michał		11	KP SOKÓŁ Rzeszów				6:25.46	166
	50m:	44.22 44.22	150m:	2:20.47	48.96	250m:	4:00.10 50.12	350m:	5:40.43 49.85
	100m:	1:31.51 47.29	200m:	3:09.98	49.51	300m:	4:50.58 50.48	400m:	6:25.46 45.03
16.	RYBAK Szymon		11	MKS IKAR Stal Mielec				6:26.34	165
	50m:	44.92 44.92	150m:	2:23.73	49.59	250m:	4:03.46 49.60	350m:	5:42.14 48.50
	100m:	1:34.14 49.22	200m:	3:13.86	50.13	300m:	4:53.64 50.18	400m:	6:26.34 44.20
17.	TRZPIS Olaf		11	MKS IKAR Stal Mielec				6:27.32	164
	50m:	43.52 43.52	150m:	2:21.39	48.87	250m:	4:02.52 50.27	350m:	5:42.96 49.61
	100m:	1:32.52 49.00	200m:	3:12.25	50.86	300m:	4:53.35 50.83	400m:	6:27.32 44.36



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Pozycja		Rok ur.						Czas	Pkt.
18.	CHOCHOROWSKI Radosław	11	KP SOKÓŁ Rzeszów					6:39.53	149
	50m: 43.70 43.70	150m: 2:23.99	50.39	250m: 4:07.23	52.03	350m: 5:51.44	52.12		
	100m: 1:33.60 49.90	200m: 3:15.20	51.21	300m: 4:59.32	52.09	400m: 6:39.53	48.09		
19.	KUKULSKI Artur	11	MKS IKAR Stal Mielec					7:08.20	121
	50m: 49.26 49.26	150m: 2:39.94	55.26	250m: 4:28.52	54.43	350m: 6:16.70	53.48		
	100m: 1:44.68 55.42	200m: 3:34.09	54.15	300m: 5:23.22	54.70	400m: 7:08.20	51.50		
20.	KNYCH Filip	11	MUKP FALA Ropczyce					7:17.53	114
	50m: 47.60 47.60	150m: 2:38.59	57.38	250m: 4:33.79	57.46	350m: 6:26.28	55.09		
	100m: 1:41.21 53.61	200m: 3:36.33	57.74	300m: 5:31.19	57.40	400m: 7:17.53	51.25		
21.	WÓJCIK Franciszek	11	UKS FENIKS D bica					8:07.05	82
	50m: 49.01 49.01	150m: 2:51.93	1:03.54	250m: 4:58.48	1:05.37	350m: 7:06.23	1:03.32		
	100m: 1:48.39 59.38	200m: 3:53.11	1:01.18	300m: 6:02.91	1:04.43	400m: 8:07.05	1:00.82		
22.	RUSIN Konrad	11	UKS FENIKS D bica					8:32.83	70
	50m: 50.93 50.93	150m: 2:58.91	1:05.40	250m: 5:11.69	1:09.09	350m: 7:24.73	1:08.05		
	100m: 1:53.51 1:02.58	200m: 4:02.60	1:03.69	300m: 6:16.68	1:04.99	400m: 8:32.83	1:08.10		