



Letnie Mistrzostwa Okręgu Podkarpackiego
Dębica, 10-11-6-2023

Konkurencja 22
2023-06-10 - 16:18

Mężczyzn, 400m dowolny

12 lat i starsi
Wyniki

Punkty: FINA 2023

| Pozycja | Rok ur. | | Czas | Pkt. | 100m | 200m | 300m | 400m |
|-------------------------|---------|-------------------------------|----------------|------|---------------|---------|---------|---------|
| 12 lat | | | | | | | | |
| 1. BORKOWSKI Albert | 11 | UKS DELFIN Tarnobrzeg | 4:57.82 | 403 | 1:10.91 | 1:15.68 | 1:16.95 | 1:14.28 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:10.91 | | 200m: 2:26.59 | 300m: 3:43.54 | | 400m: 4:57.82 | | | |
| 2. LASEK Tomasz | 11 | KS Swim2Win Krosno | 5:38.84 | 273 | 1:21.54 | 1:26.96 | 1:26.81 | 1:23.53 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:21.54 | | 200m: 2:48.50 | 300m: 4:15.31 | | 400m: 5:38.84 | | | |
| 3. TRZPIS Olaf | 11 | MKS IKAR Stal Mielec | 6:22.95 | 189 | 1:31.31 | 1:37.40 | 1:39.36 | 1:34.88 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:31.31 | | 200m: 3:08.71 | 300m: 4:48.07 | | 400m: 6:22.95 | | | |
| 4. ORŁOWSKI Łukasz | 11 | UKS SP AQUARIUS Lesko | 6:42.57 | 163 | 1:33.88 | 1:42.97 | 1:45.00 | 1:40.72 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:33.88 | | 200m: 3:16.85 | 300m: 5:01.85 | | 400m: 6:42.57 | | | |
| 5. CHOCHOROWSKI R. | 11 | KP SOKÓŁ Rzeszów | 6:45.82 | 159 | 1:36.43 | 1:45.77 | 1:47.08 | 1:36.54 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:36.43 | | 200m: 3:22.20 | 300m: 5:09.28 | | 400m: 6:45.82 | | | |
| 6. KUKULSKI Artur | 11 | MKS IKAR Stal Mielec | 7:20.21 | 124 | 1:45.30 | 1:53.73 | 1:53.76 | 1:47.42 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:45.30 | | 200m: 3:39.03 | 300m: 5:32.79 | | 400m: 7:20.21 | | | |
| 13 lat | | | | | | | | |
| 1. SUDER Jacek | 10 | UKS DELFINEK Ustrzyki Dębskie | 5:11.27 | 353 | | | | |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: | | 200m: | 300m: | | 400m: 5:11.27 | | | |
| 2. SIWIEC Ksawery | 10 | PIRANIE SOSiR Nowa Dębica | 5:16.98 | 334 | 1:12.48 | 1:20.17 | 1:24.29 | 1:20.04 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:12.48 | | 200m: 2:32.65 | 300m: 3:56.94 | | 400m: 5:16.98 | | | |
| 3. GAJEWSKI Mateusz | 10 | UKS DELFIN Tarnobrzeg | 5:21.58 | 320 | 1:17.27 | 1:24.43 | 1:23.87 | 1:16.01 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:17.27 | | 200m: 2:41.70 | 300m: 4:05.57 | | 400m: 5:21.58 | | | |
| 4. J DRUSZEWSKI Nikodem | 10 | UKS FREGATA Kolbuszowa | 5:26.43 | 306 | 1:19.95 | 1:23.36 | 1:23.83 | 1:19.29 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:19.95 | | 200m: 2:43.31 | 300m: 4:07.14 | | 400m: 5:26.43 | | | |
| 5. KRASKA Nikodem | 10 | UKS DELFIN Tarnobrzeg | 5:30.75 | 294 | 1:17.46 | 1:25.63 | 1:27.23 | 1:20.43 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:17.46 | | 200m: 2:43.09 | 300m: 4:10.32 | | 400m: 5:30.75 | | | |
| 6. KRYSZTIAN Jakub | 10 | Stow. Sportowe PROSWIM | 5:47.35 | 254 | 1:19.65 | 1:30.53 | 1:30.99 | 1:26.18 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:19.65 | | 200m: 2:50.18 | 300m: 4:21.17 | | 400m: 5:47.35 | | | |
| 7. SYGUT Jakub | 10 | UKS DELFINEK Ustrzyki Dębskie | 5:49.19 | 250 | 1:20.24 | 1:30.11 | 1:33.53 | 1:25.31 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:20.24 | | 200m: 2:50.35 | 300m: 4:23.88 | | 400m: 5:49.19 | | | |
| 8. PEŁKA Kacper | 10 | UKS DELFIN Tarnobrzeg | 5:51.40 | 245 | 1:22.98 | 1:29.36 | 1:30.17 | 1:28.89 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:22.98 | | 200m: 2:52.34 | 300m: 4:22.51 | | 400m: 5:51.40 | | | |
| 9. KOZIOŁ Bartłomiej | 10 | UKS DELFIN Tarnobrzeg | 6:10.76 | 209 | 1:23.22 | 1:36.66 | 1:37.91 | 1:32.97 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:23.22 | | 200m: 2:59.88 | 300m: 4:37.79 | | 400m: 6:10.76 | | | |



Letnie Mistrzostwa Okręgu Podkarpackiego
Dębica, 10-11-6-2023

Konkurencja 22, Mężczyźni, 400m dowolny

14 lat

| | | | | | | | | |
|---------------------|----|-----------------------|----------------|-----|---------------|---------|---------|---------|
| 1. MAJEWSKI Igor | 09 | UKS DELFIN Tarnobrzeg | 4:27.15 | 559 | 1:05.44 | 1:07.83 | 1:08.32 | 1:05.56 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:05.44 | | 200m: 2:13.27 | 300m: 3:21.59 | | 400m: 4:27.15 | | | |
| 2. TRZNADEL Szymon | 09 | KP SOKÓŁ Rzeszów | 4:48.02 | 446 | 1:07.75 | 1:14.32 | 1:14.27 | 1:11.68 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:07.75 | | 200m: 2:22.07 | 300m: 3:36.34 | | 400m: 4:48.02 | | | |
| 3. SZYMAŃSKI Konrad | 09 | UKS DELFIN Tarnobrzeg | 5:33.32 | 287 | 1:19.52 | 1:25.56 | 1:26.16 | 1:22.08 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:19.52 | | 200m: 2:45.08 | 300m: 4:11.24 | | 400m: 5:33.32 | | | |

15 lat i starsi

| | | | | | | | | |
|-----------------------|----|-----------------------------|----------------|-----|---------------|---------|---------|---------|
| 1. WISTAK Miłosz | 06 | UKS FENIKS Dębica | 4:29.46 | 544 | 1:05.49 | 1:09.25 | 1:09.57 | 1:05.15 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:05.49 | | 200m: 2:14.74 | 300m: 3:24.31 | | 400m: 4:29.46 | | | |
| 2. WÓJCIK Szczepan | 06 | UKS FREGATA Kolbuszowa | 4:33.89 | 518 | 1:05.60 | 1:10.47 | 1:09.48 | 1:08.34 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:05.60 | | 200m: 2:16.07 | 300m: 3:25.55 | | 400m: 4:33.89 | | | |
| 3. OGA Ignacy | 08 | UKS FENIKS Dębica | 4:42.04 | 475 | 1:05.81 | 1:12.12 | 1:13.89 | 1:10.22 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:05.81 | | 200m: 2:17.93 | 300m: 3:31.82 | | 400m: 4:42.04 | | | |
| 4. STANISZ Maciej | 06 | MKS IKAR Stal Mielec | 4:50.36 | 435 | 1:07.80 | 1:13.74 | 1:14.28 | 1:14.54 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:07.80 | | 200m: 2:21.54 | 300m: 3:35.82 | | 400m: 4:50.36 | | | |
| 5. JAWORSKI Krzysztof | 08 | Akademia Aqua Sport | 4:53.22 | 422 | 1:08.78 | 1:14.46 | 1:16.02 | 1:13.96 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:08.78 | | 200m: 2:23.24 | 300m: 3:39.26 | | 400m: 4:53.22 | | | |
| 6. SKWARA Bartłomiej | 08 | UKS DELFIN Tarnobrzeg | 4:56.93 | 407 | 1:10.28 | 1:15.60 | 1:16.29 | 1:14.76 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:10.28 | | 200m: 2:25.88 | 300m: 3:42.17 | | 400m: 4:56.93 | | | |
| 7. LIS Jakub | 08 | KP SOKÓŁ Rzeszów | 4:57.52 | 404 | 1:09.60 | 1:16.41 | 1:18.45 | 1:13.06 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:09.60 | | 200m: 2:26.01 | 300m: 3:44.46 | | 400m: 4:57.52 | | | |
| 8. AMBROSZKO Gabriel | 08 | SP Motyl MOSiR Stalowa Wola | 5:18.16 | 330 | 1:13.13 | 1:22.08 | 1:22.76 | 1:20.19 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:13.13 | | 200m: 2:35.21 | 300m: 3:57.97 | | 400m: 5:18.16 | | | |
| 9. SZKLARZ Ksawier | 08 | UKS DELFIN Tarnobrzeg | 5:18.32 | 330 | 1:13.97 | 1:22.82 | 1:22.92 | 1:18.61 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:13.97 | | 200m: 2:36.79 | 300m: 3:59.71 | | 400m: 5:18.32 | | | |
| PK DZIEDZIC Michał | 09 | UKS ORKA Luba | 4:25.67 | 568 | 1:02.43 | 1:09.10 | 1:08.42 | 1:05.72 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:02.43 | | 200m: 2:11.53 | 300m: 3:19.95 | | 400m: 4:25.67 | | | |
| PK SELDER Krystian | 07 | MKS TRÓJKA Łódź | 4:25.88 | 567 | 1:05.26 | 1:09.08 | 1:07.38 | 1:04.16 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:05.26 | | 200m: 2:14.34 | 300m: 3:21.72 | | 400m: 4:25.88 | | | |