

Zimowe Mistrzostwa Okręgu Podkarpackiego 2023 w pływaniu
Mielec, 18. - 19.11.2023

Konkurencja 20
18.11.2023 - 16:16

Mężczyźni, 400m dowolny

12 lat i starsi
Wyniki

Punkty: FINA 2023

Pozycja			Rok ur.					Czas	Pkt.		
12 lat											
1.	BORKOWSKI Albert		11	UKS DELFIN Tarnobrzeg				4:41.48	428		
	50m:	31.47 31.47	150m:	1:40.76	35.24	250m:	2:52.84	36.22	350m:	4:06.80	37.01
	100m:	1:05.52 34.05	200m:	2:16.62	35.86	300m:	3:29.79	36.95	400m:	4:41.48	34.68
2.	ZAWADZKI Tymon		11	KP ORLIK Przeworsk				5:23.13	283		
	50m:	35.92 35.92	150m:	1:56.28	40.73	250m:	3:19.20	41.58	350m:	4:42.25	41.80
	100m:	1:15.55 39.63	200m:	2:37.62	41.34	300m:	4:00.45	41.25	400m:	5:23.13	40.88
3.	LASEK Tomasz		11	KS Swim2Win Krosno				5:29.03	268		
	50m:	37.11 37.11	150m:	2:01.64	42.92	250m:	3:26.82	43.29	350m:	4:50.11	41.20
	100m:	1:18.72 41.61	200m:	2:43.53	41.89	300m:	4:08.91	42.09	400m:	5:29.03	38.92
4.	ORŁOWSKI Łukasz		11	UKS SP AQUARIUS Lesko				6:02.27	201		
	50m:	38.69 38.69	150m:	2:08.70	45.07	250m:	3:41.92	47.52	350m:	5:16.87	46.87
	100m:	1:23.63 44.94	200m:	2:54.40	45.70	300m:	4:30.00	48.08	400m:	6:02.27	45.40
5.	RYBAK Szymon		11	MKS IKAR Stal Mielec				6:20.35	173		
	50m:	42.67 42.67	150m:	2:17.37	47.92	250m:	3:56.30	49.52	350m:	5:35.81	49.57
	100m:	1:29.45 46.78	200m:	3:06.78	49.41	300m:	4:46.24	49.94	400m:	6:20.35	44.54
6.	KARO Michał		11	KP SOKÓŁ Rzeszów				6:28.68	162		
	50m:	41.95 41.95	150m:	2:20.26	49.62	250m:	4:01.02		350m:	5:42.69	51.32
	100m:	1:30.64 48.69	200m:			300m:	4:51.37	50.35	400m:	6:28.68	45.99
7.	HYJEK Nikodem		11	MKS IKAR Stal Mielec				6:30.56	160		
	50m:	41.57 41.57	150m:	2:20.27	49.67	250m:	4:01.60	51.32	350m:	5:44.77	50.82
	100m:	1:30.60 49.03	200m:	3:10.28	50.01	300m:	4:53.95	52.35	400m:	6:30.56	45.79
13 lat											
1.	SIWIEC Ksawery		10	PIRANIE SOSiR Nowa D ba				4:42.02	426		
	50m:	31.46 31.46	150m:	1:40.94	35.40	250m:	2:53.13	36.46	350m:	4:07.15	37.14
	100m:	1:05.54 34.08	200m:	2:16.67	35.73	300m:	3:30.01	36.88	400m:	4:42.02	34.87
2.	GAJEWSKI Mateusz		10	UKS DELFIN Tarnobrzeg				4:52.90	380		
	50m:	32.52 32.52	150m:	1:47.02	37.56	250m:	3:01.28	37.37	350m:	4:17.14	37.65
	100m:	1:09.46 36.94	200m:	2:23.91	36.89	300m:	3:39.49	38.21	400m:	4:52.90	35.76
3.	SUDER Jacek		10	UKS DELFINEK Ustrzyki Dolne				4:52.94	380		
	50m:	32.49 32.49	150m:	1:46.09	37.51	250m:	3:01.83	38.32	350m:	4:17.02	37.76
	100m:	1:08.58 36.09	200m:	2:23.51	37.42	300m:	3:39.26	37.43	400m:	4:52.94	35.92
4.	SPANDŁOWSKI Oliwier		10	MKS IKAR Stal Mielec				4:57.58	362		
	50m:	32.52 32.52	150m:	1:46.37	37.41	250m:	3:02.92	38.58	350m:	4:20.27	38.58
	100m:	1:08.96 36.44	200m:	2:24.34	37.97	300m:	3:41.69	38.77	400m:	4:57.58	37.31
5.	J DRUSZEWSKI Nikodem		10	UKS FREGATA Kolbuszowa				5:04.83	337		
	50m:	33.73 33.73	150m:	1:50.76	39.11	250m:	3:08.66	38.93	350m:	4:26.98	38.82
	100m:	1:11.65 37.92	200m:	2:29.73	38.97	300m:	3:48.16	39.50	400m:	5:04.83	37.85
6.	FEDAK Michał		10	UKS SP AQUARIUS Lesko				5:10.41	319		
	50m:	35.09 35.09	150m:	1:53.69	39.62	250m:	3:15.05	40.70	350m:	4:35.44	39.92
	100m:	1:14.07 38.98	200m:	2:34.35	40.66	300m:	3:55.52	40.47	400m:	5:10.41	34.97
7.	KRASKA Nikodem		10	UKS DELFIN Tarnobrzeg				5:11.71	315		
	50m:	35.25 35.25	150m:	1:54.63	40.25	250m:	3:15.94	39.95	350m:	4:34.99	39.50
	100m:	1:14.38 39.13	200m:	2:35.99	41.36	300m:	3:55.49	39.55	400m:	5:11.71	36.72

Zimowe Mistrzostwa Okręgu Podkarpackiego 2023 w pływaniu
Mielec, 18. - 19.11.2023

Konkurencja 20, Chłopców, 400m dowolny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.
8.	MICHNO Michał		10	KSW Stal Rzeszów				5:12.00	314
	50m:	34.45 34.45	150m:	1:54.21 41.41	250m:	3:16.96 41.00	350m:	4:36.48 38.54	
	100m:	1:12.80 38.35	200m:	2:35.96 41.75	300m:	3:57.94 40.98	400m:	5:12.00 35.52	
9.	KRYSTIAN Jakub		10	Stow. Sportowe PROSWIM				5:28.64	269
	50m:	36.88 36.88	150m:	2:01.06 42.67	250m:	3:28.39 43.72	350m:	4:52.44 41.10	
	100m:	1:18.39 41.51	200m:	2:44.67 43.61	300m:	4:11.34 42.95	400m:	5:28.64 36.20	
10.	PEŁKA Kacper		10	UKS DELFIN Tarnobrzeg				5:31.36	262
	50m:	36.81 36.81	150m:	2:00.07 41.83	250m:	3:25.59 42.72	350m:	4:52.09 43.23	
	100m:	1:18.24 41.43	200m:	2:42.87 42.80	300m:	4:08.86 43.27	400m:	5:31.36 39.27	
11.	SYGUT Jakub		10	UKS DELFINEK Ustrzyki Dolne				5:36.43	251
	50m:	35.78 35.78	150m:	2:02.70 44.12	250m:	3:28.30 42.74	350m:	4:55.28 43.08	
	100m:	1:18.58 42.80	200m:	2:45.56 42.86	300m:	4:12.20 43.90	400m:	5:36.43 41.15	
12.	WALERIANOWICZ Alan		10	AZS PWSTE Jarosław				5:38.64	246
	50m:	37.02 37.02	150m:		250m:	3:26.64	350m:	4:51.29 41.55	
	100m:		200m:		300m:	4:09.74 43.10	400m:	5:38.64 47.35	
13.	MAZURKIEWICZ Marcel		10	AZS PWSTE Jarosław				5:42.02	238
	50m:	37.74 37.74	150m:	2:05.44 44.39	250m:	3:34.24 44.37	350m:	5:01.78 42.50	
	100m:	1:21.05 43.31	200m:	2:49.87 44.43	300m:	4:19.28 45.04	400m:	5:42.02 40.24	
14.	KOZIOŁ Bartłomiej		10	UKS DELFIN Tarnobrzeg				5:42.88	237
	50m:	36.89 36.89	150m:	2:04.26 44.50	250m:	3:34.22 45.26	350m:	5:03.49 43.93	
	100m:	1:19.76 42.87	200m:	2:48.96 44.70	300m:	4:19.56 45.34	400m:	5:42.88 39.39	
15.	MUCIEK Szymon		10	MKS IKAR Stal Mielec				5:49.15	224
	50m:	38.85 38.85	150m:	2:07.27 44.40	250m:	3:35.91 44.07	350m:	5:08.57 46.13	
	100m:	1:22.87 44.02	200m:	2:51.84 44.57	300m:	4:22.44 46.53	400m:	5:49.15 40.58	
16.	CZUBIK Jan		10	KSW Stal Rzeszów				6:05.47	195
	50m:	38.18 38.18	150m:	2:08.65 47.02	250m:	3:44.07 47.54	350m:	5:20.09 47.21	
	100m:	1:21.63 43.45	200m:	2:56.53 47.88	300m:	4:32.88 48.81	400m:	6:05.47 45.38	

14 lat

1.	MAJEWSKI Igor		09	UKS DELFIN Tarnobrzeg				4:14.18	582
	50m:	29.63 29.63	150m:	1:34.84 32.39	250m:	2:39.61 32.20	350m:	3:43.37 31.55	
	100m:	1:02.45 32.82	200m:	2:07.41 32.57	300m:	3:11.82 32.21	400m:	4:14.18 30.81	
2.	MALEC Maciej		09	UKS SP AQUARIUS Lesko				4:55.69	369
	50m:	32.11 32.11	150m:	1:45.31 37.35	250m:	3:01.22 37.97	350m:	4:17.84 38.42	
	100m:	1:07.96 35.85	200m:	2:23.25 37.94	300m:	3:39.42 38.20	400m:	4:55.69 37.85	
3.	SZYMA SKI Konrad		09	UKS DELFIN Tarnobrzeg				5:07.11	330
	50m:	34.06 34.06	150m:	1:49.78 38.38	250m:	3:09.26 39.96	350m:	4:29.22 40.04	
	100m:	1:11.40 37.34	200m:	2:29.30 39.52	300m:	3:49.18 39.92	400m:	5:07.11 37.89	
4.	IWANICKI Adam		09	UKS DELFINEK Ustrzyki Dolne				5:40.83	241
	50m:	36.98 36.98	150m:	2:02.77 43.20	250m:	3:29.30 43.33	350m:	4:59.15 45.83	
	100m:	1:19.57 42.59	200m:	2:45.97 43.20	300m:	4:13.32 44.02	400m:	5:40.83 41.68	

15 lat i starsi

1.	JO CZYK Patryk		07	UKS FENIKS D bica				4:17.50	560
	50m:	30.94 30.94	150m:	1:37.04 33.26	250m:	2:42.77 32.84	350m:	3:47.78 32.08	
	100m:	1:03.78 32.84	200m:	2:09.93 32.89	300m:	3:15.70 32.93	400m:	4:17.50 29.72	
2.	JARZ B Tymoteusz		06	UKS FENIKS D bica				4:18.22	555
	50m:	30.16 30.16	150m:	1:35.93 32.71	250m:	2:42.26 33.04	350m:	3:47.85 32.59	
	100m:	1:03.22 33.06	200m:	2:09.22 33.29	300m:	3:15.26 33.00	400m:	4:18.22 30.37	

Zimowe Mistrzostwa Okręgu Podkarpackiego 2023 w pływaniu
Mielec, 18. - 19.11.2023

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

Pozycja			Rok ur.					Czas	Pkt.			
3.	NOWAK Maksym		06	SP MOTYL MOSiR Stalowa Wola				4:19.86	544			
	50m:	30.42	30.42	150m:	1:37.19	33.41	250m:	2:43.94	33.07	350m:	3:49.38	32.55
	100m:	1:03.78	33.36	200m:	2:10.87	33.68	300m:	3:16.83	32.89	400m:	4:19.86	30.48
4.	WISTAK Miłosz		06	UKS FENIKS D bica				4:20.27	542			
	50m:	30.06	30.06	150m:	1:35.59	32.75	250m:	2:42.43	33.45	350m:	3:49.93	33.87
	100m:	1:02.84	32.78	200m:	2:08.98	33.39	300m:	3:16.06	33.63	400m:	4:20.27	30.34
5.	WÓJCIK Mikołaj		07	UKS FREGATA Kolbuszowa				4:23.88	520			
	50m:	30.84	30.84	150m:	1:38.26	33.85	250m:	2:45.56	33.65	350m:	3:51.95	32.98
	100m:	1:04.41	33.57	200m:	2:11.91	33.65	300m:	3:18.97	33.41	400m:	4:23.88	31.93
6.	OGA Ignacy		08	UKS FENIKS D bica				4:24.74	515			
	50m:	28.98	28.98	150m:	1:35.54	33.59	250m:	2:43.95	34.27	350m:	3:53.74	34.85
	100m:	1:01.95	32.97	200m:	2:09.68	34.14	300m:	3:18.89	34.94	400m:	4:24.74	31.00
7.	JAWORSKI Krzysztof		08	Akademia Aqua Sport				4:25.02	513			
	50m:	30.46	30.46	150m:	1:37.85	34.12	250m:	2:45.57	33.97	350m:	3:52.92	33.50
	100m:	1:03.73	33.27	200m:	2:11.60	33.75	300m:	3:19.42	33.85	400m:	4:25.02	32.10
8.	STANISZ Maciej		06	MKS IKAR Stal Mielec				4:31.75	476			
	50m:	30.92	30.92	150m:	1:39.25	34.57	250m:	2:48.71	34.56	350m:	3:57.78	34.82
	100m:	1:04.68	33.76	200m:	2:14.15	34.90	300m:	3:22.96	34.25	400m:	4:31.75	33.97
9.	SERWI SKI Kacper		07	Stow. Sportowe SWIM TRI Rzeszów				4:35.15	459			
	50m:	31.09	31.09	150m:	1:40.34	34.96	250m:	2:49.72	34.58	350m:	4:00.74	35.31
	100m:	1:05.38	34.29	200m:	2:15.14	34.80	300m:	3:25.43	35.71	400m:	4:35.15	34.41
10.	SIWARSKI Marcin		07	UKS DELFINEK Ustrzyki Dolne				4:47.60	401			
	50m:	32.76	32.76	150m:	1:46.42	37.33	250m:	3:01.01	37.04	350m:	4:13.64	35.79
	100m:	1:09.09	36.33	200m:	2:23.97	37.55	300m:	3:37.85	36.84	400m:	4:47.60	33.96