

VII Aquathlon Rzeszów 2024, Grand Prix Polskiego Związku Triathlonu w Aquathlonie
Rzeszów, 24.03.2024

Konkurencja 7
2024-03-24 - 10:55

400m dowolny

18 lat i starsi
Wyniki

Punkty: FINA 2024

Pozycja			Rok ur.			Czas	Pkt.	
K AG18, M AG18								
1.	MAJOS Paulina		96	TM Iron Team		5:03.82		
	50m: 33.55	33.55	150m: 1:48.59	38.17	250m: 3:07.57	40.03	350m: 4:26.44	39.68
	100m: 1:10.42	36.87	200m: 2:27.54	38.95	300m: 3:46.76	39.19	400m: 5:03.82	37.38
2.	BRZYSKI Maciej		85	B3T		5:14.84		
	50m: 33.67	33.67	150m: 1:48.43	38.18	250m: 3:10.54	42.54	350m: 4:34.11	41.93
	100m: 1:10.25	36.58	200m: 2:28.00	39.57	300m: 3:52.18	41.64	400m: 5:14.84	40.73
3.	ZAJ C Jakub		04	Niezrzeszeni		6:02.88		
	50m: 42.33	42.33	150m: 2:06.81	45.94	250m: 3:40.94	47.67	350m: 5:16.59	47.48
	100m: 1:20.87	38.54	200m: 2:53.27	46.46	300m: 4:29.11	48.17	400m: 6:02.88	46.29
4.	KAMI SKI Dominik		98	B3T		6:11.43		
	50m: 40.50	40.50	150m: 2:08.98	46.52	250m: 3:45.03	48.40	350m: 5:23.58	49.58
	100m: 1:22.46	41.96	200m: 2:56.63	47.65	300m: 4:34.00	48.97	400m: 6:11.43	47.85
5.	PA KO Paweł		94	SWIM Tri Rzeszów		6:20.00		
	50m: 41.59	41.59	150m: 2:14.66	48.01	250m: 3:51.95	48.65	350m: 5:31.99	48.26
	100m: 1:26.65	45.06	200m: 3:03.30	48.64	300m: 4:43.73	51.78	400m: 6:20.00	48.01
6.	BAŁUT Piotr		93	STYROBUD		6:26.81		
	50m: 43.17	43.17	150m: 2:19.19	49.58	250m: 3:56.75	48.98	350m: 5:38.63	50.87
	100m: 1:29.61	46.44	200m: 3:07.77	48.58	300m: 4:47.76	51.01	400m: 6:26.81	48.18
7.	BILSKA Alicja		04	Niezrzeszeni		6:39.84		
	50m: 39.34	39.34	150m: 2:15.46	50.21	250m: 4:00.09	53.01	350m: 5:47.48	53.76
	100m: 1:25.25	45.91	200m: 3:07.08	51.62	300m: 4:53.72	53.63	400m: 6:39.84	52.36
8.	BILSKA Julia		01	Niezrzeszeni		7:31.99		
	50m: 1:37.40	1:37.40	150m: 3:32.26	58.36	250m: 5:32.06	1:00.26	350m:	
	100m: 2:33.90	56.50	200m: 4:31.80	59.54	300m: 6:31.77	59.71	400m: 7:31.99	
9.	SKOWRO SKI Patryk		96	SWIM Tri Rzeszów		8:11.26		
	50m: 57.76	57.76	150m: 2:57.51	1:02.58	250m: 5:03.65	1:03.43	350m: 7:09.70	1:03.23
	100m: 1:54.93	57.17	200m: 4:00.22	1:02.71	300m: 6:06.47	1:02.82	400m: 8:11.26	1:01.56
10.	SKREPTAN Wojciech		95	Niezrzeszeni		8:35.22		
	50m: 56.49	56.49	150m: 3:02.40	1:04.34	250m: 5:14.28	1:06.97	350m: 7:29.49	1:07.36
	100m: 1:58.06	1:01.57	200m: 4:07.31	1:04.91	300m: 6:22.13	1:07.85	400m: 8:35.22	1:05.73
K AG40, M AG40								
1.	IRZE SKI Michał		84	SWIM Tri Rzeszów		6:16.21		
	50m: 41.08	41.08	150m: 2:14.65	47.53	250m: 3:51.35	48.61	350m: 5:30.73	49.72
	100m: 1:27.12	46.04	200m: 3:02.74	48.09	300m: 4:41.01	49.66	400m: 6:16.21	45.48
2.	BANA Łukasz		83	SWIM Tri Rzeszów		6:29.53		
	50m: 42.57	42.57	150m: 2:16.88	48.52	250m: 3:56.93	50.35	350m: 5:40.16	51.40
	100m: 1:28.36	45.79	200m: 3:06.58	49.70	300m: 4:48.76	51.83	400m: 6:29.53	49.37
3.	ŁUKASZCZYK Piotr		82	Herba Triathlon Team Biłgoraj		6:41.68		
	50m: 42.33	42.33	150m: 2:21.77	50.49	250m: 4:04.82	51.81	350m: 5:49.78	52.62
	100m: 1:31.28	48.95	200m: 3:13.01	51.24	300m: 4:57.16	52.34	400m: 6:41.68	51.90
4.	ROGOWSKI Mateusz		82	KS Prestige Rzeszów		6:50.04		
	50m: 42.19	42.19	150m: 2:26.31	53.75	250m: 4:16.04	55.00	350m: 6:03.47	51.84
	100m: 1:32.56	50.37	200m: 3:21.04	54.73	300m: 5:11.63	55.59	400m: 6:50.04	46.57
5.	ZIEMIA SKI Grzegorz		84	mcp team		6:54.41		
	50m: 39.60	39.60	150m: 2:19.76	52.57	250m: 4:08.82	55.19	350m: 5:59.49	55.99
	100m: 1:27.19	47.59	200m: 3:13.63	53.87	300m: 5:03.50	54.68	400m: 6:54.41	54.92

VII Aquathlon Rzeszów 2024, Grand Prix Polskiego Związku Triathlonu w Aquathlonie
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Konkurencja 7, Wszystkie, 400m dowolny, K AG40, M AG40

Pozycja			Rok ur.						Czas	Pkt.		
6.	LIWI	SKI Rafał	77	TS Akwedukt Kielce				7:03.38				
	50m:	43.29	43.29	150m:	2:26.72	54.37	250m:	4:15.32	54.84	350m:	6:07.32	56.60
	100m:	1:32.35	49.06	200m:	3:20.48	53.76	300m:	5:10.72	55.40	400m:	7:03.38	56.06
7.	WYPCHŁO	Łukasz	78	Niezrzeszeni				7:04.15				
	50m:	43.78	43.78	150m:	2:33.68	57.02	250m:	4:23.61	54.50	350m:	6:12.22	53.90
	100m:	1:36.66	52.88	200m:	3:29.11	55.43	300m:	5:18.32	54.71	400m:	7:04.15	51.93
8.	PESZT	Marek	81	SportWise				7:05.80				
	50m:	47.31	47.31	150m:	2:33.55	54.72	250m:	4:24.28	55.68	350m:	6:14.55	54.00
	100m:	1:38.83	51.52	200m:	3:28.60	55.05	300m:	5:20.55	56.27	400m:	7:05.80	51.25
9.	RACHWAŁ	CHMURA Magdalena	78	MUKP FALA Ropczyce				7:10.94				
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	7:10.94	
10.	GAJDA	Marcin	78	SWIM Tri Rzeszów				7:13.51				
	50m:	41.50	41.50	150m:	2:25.16	53.91	250m:	4:19.79	57.56	350m:	6:17.24	58.80
	100m:	1:31.25	49.75	200m:	3:22.23	57.07	300m:	5:18.44	58.65	400m:	7:13.51	56.27
11.	PELIWO	Agnieszka	84	Kmita Zabierzów				7:54.08				
	50m:	50.62	50.62	150m:	2:52.30	1:01.26	250m:	4:55.57	1:01.54	350m:	6:56.52	59.41
	100m:	1:51.04	1:00.42	200m:	3:54.03	1:01.73	300m:	5:57.11	1:01.54	400m:	7:54.08	57.56
12.	IRZE	SKA Małgorzata	84	SWIM Tri Rzeszów				8:47.92				
	50m:	54.95	54.95	150m:	3:05.72	1:07.26	250m:	5:23.41	1:07.94	350m:	7:41.52	1:09.82
	100m:	1:58.46	1:03.51	200m:	4:15.47	1:09.75	300m:	6:31.70	1:08.29	400m:	8:47.92	1:06.40
13.	SWEENEY	Keith	83	SWIM Tri Rzeszów				9:24.58				
	50m:	46.94	46.94	150m:	3:09.51	1:20.43	250m:	5:36.78	1:14.39	350m:	8:15.79	1:19.06
	100m:	1:49.08	1:02.14	200m:	4:22.39	1:12.88	300m:	6:56.73	1:19.95	400m:	9:24.58	1:08.79
14.	WADOWSKA-DUDEK	Dorota	80	Kmita Zabierzów				9:38.46				
	50m:	51.28	51.28	150m:	3:22.25	1:06.01	250m:	5:52.99	1:16.56	350m:	8:24.26	1:15.25
	100m:	2:16.24	1:24.96	200m:	4:36.43	1:14.18	300m:	7:09.01	1:16.02	400m:	9:38.46	1:14.20

K AG50, M AG50

1.	SZAFRAN	Dariusz	73	Lubelska Grupa Triathlonu				8:03.06				
	50m:	48.32	48.32	150m:	2:43.77	59.95	250m:	4:51.82	1:04.51	350m:	7:02.76	1:06.19
	100m:	1:43.82	55.50	200m:	3:47.31	1:03.54	300m:	5:56.57	1:04.75	400m:	8:03.06	1:00.30
2.	SONDEJ	Wiesław	62	Endorfina				8:07.89				
	50m:	49.41	49.41	150m:	2:55.68	1:04.03	250m:	5:02.22	1:03.35	350m:	7:08.87	1:04.27
	100m:	1:51.65	1:02.24	200m:	3:58.87	1:03.19	300m:	6:04.60	1:02.38	400m:	8:07.89	59.02
3.	ZAJ	C Izabela	73	SportWise				8:20.77				
	50m:	54.58	54.58	150m:	3:00.95	1:04.68	250m:	5:08.49	1:03.81	350m:	7:15.95	1:03.94
	100m:	1:56.27	1:01.69	200m:	4:04.68	1:03.73	300m:	6:12.01	1:03.52	400m:	8:20.77	1:04.82