



Letnie Mistrzostwa Okręgu Podkarpackiego  
Dębica, 08-09.06.2024

Konkurencja 22  
08.06.2024 - 16:20

Mężczyźni, 400m dowolny

12 lat i starsi  
Wyniki

Punkty: FINA 2024

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m
<b>12 lat</b>								
1. TURBAK Bartosz	12	UKS DELFIN Tarnobrzeg	<b>5:28.96</b>	299	1:15.63	1:26.83	1:24.47	1:22.03
50m:		150m:	250m:			350m:		
100m: 1:15.63		200m: 2:42.46	300m: 4:06.93			400m: 5:28.96		
2. SAK Dominik	12	UKS FENIKS Dębica	<b>5:41.34</b>	267				
50m:		150m:	250m:		350m:			
100m:		200m:	300m:		400m: 5:41.34			
3. KIERYŚ Franciszek	12	MKS IKAR STAL Mielec	<b>5:47.38</b>	254	1:20.68	1:29.98	1:31.20	1:25.52
50m:		150m:	250m:			350m:		
100m: 1:20.68		200m: 2:50.66	300m: 4:21.86			400m: 5:47.38		
4. FAFF Wojciech	12	Stow. Sportowe PROSWIM	<b>5:50.85</b>	246	1:22.16	1:29.92	1:31.50	1:27.27
50m:		150m:	250m:			350m:		
100m: 1:22.16		200m: 2:52.08	300m: 4:23.58			400m: 5:50.85		
5. DRÓD Borys	12	MKS IKAR STAL Mielec	<b>6:16.61</b>	199	1:28.40	1:39.91	1:37.67	1:30.63
50m:		150m:	250m:			350m:		
100m: 1:28.40		200m: 3:08.31	300m: 4:45.98			400m: 6:16.61		
6. CHORZ PA Gabriel	12	MKS IKAR STAL Mielec	<b>6:53.92</b>	150	1:31.71	1:47.71	1:48.77	1:45.73
50m:		150m:	250m:			350m:		
100m: 1:31.71		200m: 3:19.42	300m: 5:08.19			400m: 6:53.92		
7. BOCHE SKI Hubert	12	UKS FENIKS Dębica	<b>6:56.19</b>	147	1:39.68	1:50.23	1:46.89	1:39.39
50m:		150m:	250m:			350m:		
100m: 1:39.68		200m: 3:29.91	300m: 5:16.80			400m: 6:56.19		
8. GAWLIK Cyprian	12	UKS FENIKS Dębica	<b>6:56.24</b>	147	1:34.86	1:48.49	1:51.66	1:41.23
50m:		150m:	250m:			350m:		
100m: 1:34.86		200m: 3:23.35	300m: 5:15.01			400m: 6:56.24		
9. HOVHANNISYAN Armen	12	UKS FENIKS Dębica	<b>7:53.18</b>	100	1:46.45	2:01.93	2:04.60	2:00.20
50m:		150m:	250m:			350m:		
100m: 1:46.45		200m: 3:48.38	300m: 5:52.98			400m: 7:53.18		
<b>13 lat</b>								
1. BORKOWSKI Albert	11	UKS DELFIN Tarnobrzeg	<b>4:41.37</b>	478	1:07.81	1:10.52	1:11.81	1:11.23
50m:		150m:	250m:			350m:		
100m: 1:07.81		200m: 2:18.33	300m: 3:30.14			400m: 4:41.37		
2. ZAWADZKI Tymon	11	KP ORLIK Przeworsk	<b>5:20.15</b>	324	1:14.10	1:21.72	1:22.77	1:21.56
50m:		150m:	250m:			350m:		
100m: 1:14.10		200m: 2:35.82	300m: 3:58.59			400m: 5:20.15		
3. INDYK Mateusz	11	UKS SP AQUARIUS Lesko	<b>6:00.12</b>	228	1:20.97	1:34.07	1:35.73	1:29.35
50m:		150m:	250m:			350m:		
100m: 1:20.97		200m: 2:55.04	300m: 4:30.77			400m: 6:00.12		
4. CHOCHOROWSKI R.	11	KP SOKÓŁ Rzeszów	<b>6:16.43</b>	199	1:29.43	1:40.08	1:38.53	1:28.39
50m:		150m:	250m:			350m:		
100m: 1:29.43		200m: 3:09.51	300m: 4:48.04			400m: 6:16.43		
5. BABICZ Jan	11	UKP GRYF Dębica	<b>6:18.80</b>	196	1:28.41	1:38.41	1:38.94	1:33.04
50m:		150m:	250m:			350m:		
100m: 1:28.41		200m: 3:06.82	300m: 4:45.76			400m: 6:18.80		



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14 lat

1. GAJEWSKI Mateusz	10	UKS DELFIN Tarnobrzeg	<b>4:41.51</b>	477	1:05.82	1:12.03	1:12.95	1:10.71
50m:		150m:	250m:		350m:			
100m: 1:05.82		200m: 2:17.85	300m: 3:30.80		400m: 4:41.51			
2. SUDER Jacek	10	UKS FENIKS Dębica	<b>4:49.74</b>	438	1:09.17	1:14.36	1:15.25	1:10.96
50m:		150m:	250m:		350m:			
100m: 1:09.17		200m: 2:23.53	300m: 3:38.78		400m: 4:49.74			
3. SIWIEC Ksawery	10	PIRANIE SOSiR Nowa Dębica	<b>4:51.97</b>	428	1:07.15	1:12.97	1:16.24	1:15.61
50m:		150m:	250m:		350m:			
100m: 1:07.15		200m: 2:20.12	300m: 3:36.36		400m: 4:51.97			
4. J DRUSZEWSKI Nikodem	10	UKS FREGATA Kolbuszowa	<b>5:11.62</b>	352	1:13.16	1:19.28	1:20.08	1:19.10
50m:		150m:	250m:		350m:			
100m: 1:13.16		200m: 2:32.44	300m: 3:52.52		400m: 5:11.62			
5. SPANDŁOWSKI Oliwier	10	MKS IKAR STAL Mielec	<b>5:15.83</b>	338	1:13.39	1:20.91	1:22.50	1:19.03
50m:		150m:	250m:		350m:			
100m: 1:13.39		200m: 2:34.30	300m: 3:56.80		400m: 5:15.83			
6. FEDAK Michał	10	UKS SP AQUARIUS Lesko	<b>5:24.71</b>	311	1:17.56	1:23.94	1:23.39	1:19.82
50m:		150m:	250m:		350m:			
100m: 1:17.56		200m: 2:41.50	300m: 4:04.89		400m: 5:24.71			
7. ŁUKASIK Szymon	10	MKS IKAR STAL Mielec	<b>5:26.54</b>	306	1:16.80	1:25.20	1:24.08	1:20.46
50m:		150m:	250m:		350m:			
100m: 1:16.80		200m: 2:42.00	300m: 4:06.08		400m: 5:26.54			
8. KOZIOŁ Bartłomiej	10	UKS DELFIN Tarnobrzeg	<b>5:57.15</b>	233	1:19.45	1:32.17	1:35.32	1:30.21
50m:		150m:	250m:		350m:			
100m: 1:19.45		200m: 2:51.62	300m: 4:26.94		400m: 5:57.15			

15 lat i starsi

1. WISTAK Miłosz	06	UKS FENIKS Dębica	<b>4:34.35</b>	516	1:05.49	1:10.24	1:11.09	1:07.53
50m:		150m:	250m:		350m:			
100m: 1:05.49		200m: 2:15.73	300m: 3:26.82		400m: 4:34.35			
2. JAWORSKI Krzysztof	08	UKS Aqua Sport	<b>4:34.84</b>	513	1:05.78	1:10.63	1:12.04	1:06.39
50m:		150m:	250m:		350m:			
100m: 1:05.78		200m: 2:16.41	300m: 3:28.45		400m: 4:34.84			
3. WÓJCIK Mikołaj	07	UKS FREGATA Kolbuszowa	<b>4:40.96</b>	480	1:07.17	1:12.71	1:11.87	1:09.21
50m:		150m:	250m:		350m:			
100m: 1:07.17		200m: 2:19.88	300m: 3:31.75		400m: 4:40.96			
4. LIS Jakub	08	KP SOKÓŁ Rzeszów	<b>4:41.41</b>	478	1:06.66	1:12.94	1:13.10	1:08.71
50m:		150m:	250m:		350m:			
100m: 1:06.66		200m: 2:19.60	300m: 3:32.70		400m: 4:41.41			
5. SZYMA SKI Konrad	09	UKS DELFIN Tarnobrzeg	<b>5:14.49</b>	342	1:11.78	1:20.85	1:21.71	1:20.15
50m:		150m:	250m:		350m:			
100m: 1:11.78		200m: 2:32.63	300m: 3:54.34		400m: 5:14.49			
PK GOGACZ Sebastian	76	UKS TRÓJKA Puławy	<b>5:15.43</b>	339	1:14.70	1:19.94	1:21.02	1:19.77
50m:		150m:	250m:		350m:			
100m: 1:14.70		200m: 2:34.64	300m: 3:55.66		400m: 5:15.43			