

Mistrzostwa Województwa Lubelskiego w Pływaniu Długodystansowym  
Lublin, 2.3.2024

Event 9  
02.03.2024

Men, 5000m Freestyle

14 years and older  
Results

ME Seniorów - Belgrad (Serbia) Open: 54:30.00 / M Juniorów 14-15 lat - Alghero (Włochy) 14 - 15: 59:00.00 / M Juniorów 16-17 lat - Alghero (Włochy) 16 - 17: 57:00.00 / M Juniorów 18-19 lat - Alghero (Włochy) 18 - 19: 55:00.00 / ME Juniorów 14-15 lat - Eilat (Izrael) 14 - 15: 1:00:00.00 / ME Juniorów 16-17 lat - Eilat (Izrael) 16 - 17: 58:00.00 / ME Juniorów 18-19 lat - Eilat (Izrael) 18 - 19: 56:00.00

Points: FINA 2024

Rank	Name		Age	Club	Time	Pts
1.	MROZ Adam		21	KU AZS UMCS Lublin	<b>53:56.84</b>	721
	<i>minimum ME Seniorów</i>					
	100m:	1:01.70	1:01.70	1400m:	14:46.55	1:03.55
	200m:	2:04.91	1:03.21	1500m:	15:50.42	1:03.87
	300m:	3:08.38	1:03.47	1600m:	16:54.59	1:04.17
	400m:	4:12.12	1:03.74	1700m:	17:58.82	1:04.23
	500m:	5:15.85	1:03.73	1800m:	19:03.10	1:04.28
	600m:	6:19.07	1:03.22	1900m:	20:07.08	1:03.98
	700m:	7:22.38	1:03.31	2000m:	21:10.97	1:03.89
	800m:	8:25.74	1:03.36	2100m:	22:15.55	1:04.58
	900m:	9:29.03	1:03.29	2200m:	23:20.61	1:05.06
	1000m:	10:32.47	1:03.44	2300m:	24:26.21	1:05.60
	1100m:	11:35.84	1:03.37	2400m:	25:31.58	1:05.37
	1200m:	12:39.46	1:03.62	2500m:	26:36.31	1:04.73
	1300m:	13:43.00	1:03.54	2600m:	27:41.16	1:04.85
				2700m:	28:46.53	1:05.37
				2800m:	29:51.44	1:04.91
				2900m:	30:56.74	1:05.30
				3000m:	32:02.21	1:05.47
				3100m:	33:07.66	1:05.45
				3200m:	34:12.86	1:05.20
				3300m:	35:18.07	1:05.21
				3400m:	36:23.51	1:05.44
				3500m:	37:29.12	1:05.61
				3600m:	38:34.93	1:05.81
				3700m:	39:40.96	1:06.03
				3800m:	40:46.48	1:05.52
				3900m:	41:51.73	1:05.25
				4000m:	42:56.54	1:04.81
				4100m:	44:00.82	1:04.28
				4200m:	45:07.07	1:06.25
				4300m:	46:13.32	1:06.25
				4400m:	47:19.29	1:05.97
				4500m:	48:25.75	1:06.46
				4600m:	49:32.06	1:06.31
				4700m:	50:38.23	1:06.17
				4800m:	51:45.91	1:07.68
				4900m:	52:54.16	1:08.25
				5000m:	53:56.84	1:02.68
2.	PONIEWAZ Oliwier		17	KU AZS UMCS Lublin	<b>56:47.20</b>	618
	<i>minimum ME Juniorów, minimum M Juniorów</i>					
	100m:	1:02.89	1:02.89	1400m:	15:33.76	1:07.71
	200m:	2:08.27	1:05.38	1500m:	16:40.93	1:07.17
	300m:	3:15.65	1:07.38	1600m:	17:48.14	1:07.21
	400m:	4:22.60	1:06.95	1700m:	18:54.56	1:06.42
	500m:	5:29.46	1:06.86	1800m:	20:01.45	1:06.89
	600m:	6:36.33	1:06.87	1900m:	21:08.56	1:07.11
	700m:	7:43.38	1:07.05	2000m:	22:15.95	1:07.39
	800m:	8:50.41	1:07.03	2100m:	23:23.74	1:07.79
	900m:	9:57.77	1:07.36	2200m:	24:31.96	1:08.22
	1000m:	11:04.58	1:06.81	2300m:	25:39.93	1:07.97
	1100m:	12:11.63	1:07.05	2400m:	26:47.13	1:07.20
	1200m:	13:18.50	1:06.87	2500m:	27:55.85	1:08.72
	1300m:	14:26.05	1:07.55	2600m:	29:04.44	1:08.59
				2700m:	30:12.39	1:07.95
				2800m:	31:21.35	1:08.96
				2900m:	32:30.46	1:09.11
				3000m:	33:39.23	1:08.77
				3100m:	34:47.42	1:08.19
				3200m:	35:56.22	1:08.80
				3300m:	37:05.26	1:09.04
				3400m:	38:13.68	1:08.42
				3500m:	39:23.74	1:10.06
				3600m:	40:33.05	1:09.31
				3700m:	41:42.53	1:09.48
				3800m:	42:52.70	1:10.17
				3900m:	44:03.24	1:10.54
				4000m:	45:14.15	1:10.91
				4100m:	46:24.55	1:10.40
				4200m:	47:34.69	1:10.14
				4300m:	48:44.79	1:10.10
				4400m:	49:54.36	1:09.57
				4500m:	51:03.44	1:09.08
				4600m:	52:13.51	1:10.07
				4700m:	53:23.15	1:09.64
				4800m:	54:32.35	1:09.20
				4900m:	55:42.18	1:09.83
				5000m:	56:47.20	1:05.02
3.	KRASKA Mateusz		17	KU AZS UMCS Lublin	<b>57:09.91</b>	606
	<i>minimum ME Juniorów</i>					
	100m:			1400m:	15:43.71	1:08.21
	200m:			1500m:	16:52.26	1:08.55
	300m:			1600m:	18:01.33	1:09.07
	400m:			1700m:	19:10.74	1:09.41
	500m:			1800m:	20:19.86	1:09.12
	600m:	6:41.05		1900m:	21:29.46	1:09.60
	700m:	7:48.16	1:07.11	2000m:	22:38.43	1:08.97
	800m:	8:55.82	1:07.66	2100m:	23:47.36	1:08.93
	900m:	10:03.31	1:07.49	2200m:	24:56.47	1:09.11
	1000m:	11:11.05	1:07.74	2300m:	26:05.24	1:08.77
	1100m:	12:18.76	1:07.71	2400m:	27:13.36	1:08.12
	1200m:	13:27.05	1:08.29	2500m:	28:21.82	1:08.46
	1300m:	14:35.50	1:08.45	2600m:	29:30.54	1:08.72
				2700m:	30:39.07	1:08.53
				2800m:	31:47.77	1:08.70
				2900m:	32:56.39	1:08.62
				3000m:	34:04.94	1:08.55
				3100m:	35:13.32	1:08.38
				3200m:	36:22.24	1:08.92
				3300m:	37:31.08	1:08.84
				3400m:	38:39.86	1:08.78
				3500m:	39:49.08	1:09.22
				3600m:	40:58.00	1:08.92
				3700m:	42:07.33	1:09.33
				3800m:	43:16.66	1:09.33
				3900m:	44:25.91	1:09.25
				4000m:	45:35.80	1:09.89
				4100m:	46:45.27	1:09.47
				4200m:	47:55.55	1:10.28
				4300m:	49:05.50	1:09.95
				4400m:	50:15.79	1:10.29
				4500m:	51:25.19	1:09.40
				4600m:	52:35.69	1:10.50
				4700m:	53:45.43	1:09.74
				4800m:	54:54.40	1:08.97
				4900m:	56:03.17	1:08.77
				5000m:	57:09.91	1:06.74



Mistrzostwa Województwa Lubelskiego w Pływaniu Długodystansowym  
Lublin, 2.3.2024

Event 9, Men, 5000m Freestyle, 14 years and older

Rank			Age				Time		Pts			
4.	WOJCIK Remigiusz		15		KU AZS UMCS Lublin		<b>57:41.70</b>		590			
	<i>minimum ME Juniorów, minimum M Juniorów</i>											
	100m:	1:03.19	1:03.19	1400m:	16:05.42	1:09.50	2700m:	31:05.62	1:09.49	4000m:	46:08.46	1:10.14
	200m:	2:10.66	1:07.47	1500m:	17:15.15	1:09.73	2800m:	32:15.31	1:09.69	4100m:	47:17.91	1:09.45
	300m:	3:19.37	1:08.71	1600m:	18:25.40	1:10.25	2900m:	33:25.20	1:09.89	4200m:	48:27.65	1:09.74
	400m:	4:29.58	1:10.21	1700m:	19:34.95	1:09.55	3000m:	34:34.98	1:09.78	4300m:	49:37.84	1:10.19
	500m:	5:39.68	1:10.10	1800m:	20:43.72	1:08.77	3100m:	35:44.90	1:09.92	4400m:	50:48.19	1:10.35
	600m:	6:49.45	1:09.77	1900m:	21:53.15	1:09.43	3200m:	36:54.58	1:09.68	4500m:	51:58.64	1:10.45
	700m:	7:58.32	1:08.87	2000m:	23:01.32	1:08.17	3300m:	38:04.32	1:09.74	4600m:	53:08.56	1:09.92
	800m:	9:08.02	1:09.70	2100m:	24:10.40	1:09.08	3400m:	39:13.02	1:08.70	4700m:	54:18.43	1:09.87
	900m:	10:17.53	1:09.51	2200m:	25:19.14	1:08.74	3500m:	40:22.21	1:09.19	4800m:	55:28.08	1:09.65
	1000m:	11:27.58	1:10.05	2300m:	26:27.87	1:08.73	3600m:	41:30.95	1:08.74	4900m:	56:37.76	1:09.68
	1100m:	12:36.83	1:09.25	2400m:	27:37.23	1:09.36	3700m:	42:39.51	1:08.56	5000m:	57:41.70	1:03.94
	1200m:	13:46.56	1:09.73	2500m:	28:46.70	1:09.47	3800m:	43:48.95	1:09.44			
	1300m:	14:55.92	1:09.36	2600m:	29:56.13	1:09.43	3900m:	44:58.32	1:09.37			
5.	NOWACKI Mieszko		15		KU AZS UMCS Lublin		<b>58:08.02</b>		576			
	<i>minimum ME Juniorów, minimum M Juniorów</i>											
	100m:	1:04.33	1:04.33	1400m:	16:02.61	1:09.68	2700m:	31:04.02	1:09.41	4000m:	46:16.17	1:11.07
	200m:	2:12.14	1:07.81	1500m:	17:11.89	1:09.28	2800m:	32:13.22	1:09.20	4100m:	47:28.56	1:12.39
	300m:	3:20.64	1:08.50	1600m:	18:21.57	1:09.68	2900m:	33:23.73	1:10.51	4200m:	48:40.38	1:11.82
	400m:	4:29.93	1:09.29	1700m:	19:30.49	1:08.92	3000m:	34:33.31	1:09.58	4300m:	49:51.92	1:11.54
	500m:	5:38.99	1:09.06	1800m:	20:39.37	1:08.88	3100m:	35:43.47	1:10.16	4400m:	51:03.76	1:11.84
	600m:	6:48.18	1:09.19	1900m:	21:48.95	1:09.58	3200m:	36:53.51	1:10.04	4500m:	52:15.13	1:11.37
	700m:	7:56.49	1:08.31	2000m:	22:58.17	1:09.22	3300m:	38:03.21	1:09.70	4600m:	53:27.66	1:12.53
	800m:	9:05.71	1:09.22	2100m:	24:07.83	1:09.66	3400m:	39:13.58	1:10.37	4700m:	54:38.09	1:10.43
	900m:	10:15.46	1:09.75	2200m:	25:17.33	1:09.50	3500m:	40:23.61	1:10.03	4800m:	55:50.14	1:12.05
	1000m:	11:24.52	1:09.06	2300m:	26:26.70	1:09.37	3600m:	41:33.79	1:10.18	4900m:	57:01.83	1:11.69
	1100m:	12:34.11	1:09.59	2400m:	27:35.92	1:09.22	3700m:	42:43.58	1:09.79	5000m:	58:08.02	1:06.19
	1200m:	13:43.74	1:09.63	2500m:	28:45.49	1:09.57	3800m:	43:54.03	1:10.45			
	1300m:	14:52.93	1:09.19	2600m:	29:54.61	1:09.12	3900m:	45:05.10	1:11.07			
6.	SKOCZYLAS Bartosz		15		KU AZS UMCS Lublin		<b>1:00:41.47</b>		506			
	100m:	1:07.93	1:07.93	1400m:	16:52.48	1:12.60	2700m:	32:43.82	1:14.09	4000m:	48:32.17	1:12.82
	200m:	2:19.54	1:11.61	1500m:	18:05.48	1:13.00	2800m:	33:57.53	1:13.71	4100m:	49:45.39	1:13.22
	300m:	3:31.37	1:11.83	1600m:	19:18.31	1:12.83	2900m:	35:10.86	1:13.33	4200m:	50:58.39	1:13.00
	400m:	4:44.52	1:13.15	1700m:	20:30.85	1:12.54	3000m:	36:23.45	1:12.59	4300m:	52:11.45	1:13.06
	500m:	5:57.82	1:13.30	1800m:	21:43.62	1:12.77	3100m:	37:36.68	1:13.23	4400m:	53:25.07	1:13.62
	600m:	7:10.79	1:12.97	1900m:	22:56.43	1:12.81	3200m:	38:49.48	1:12.80	4500m:	54:38.94	1:13.87
	700m:	8:22.72	1:11.93	2000m:	24:09.44	1:13.01	3300m:	40:02.29	1:12.81	4600m:	55:52.57	1:13.63
	800m:	9:35.91	1:13.19	2100m:	25:22.29	1:12.85	3400m:	41:15.09	1:12.80	4700m:	57:06.09	1:13.52
	900m:	10:48.71	1:12.80	2200m:	26:35.65	1:13.36	3500m:	42:27.49	1:12.40	4800m:	58:19.17	1:13.08
	1000m:	12:01.95	1:13.24	2300m:	27:48.88	1:13.23	3600m:	43:40.76	1:13.27	4900m:	59:31.01	1:11.84
	1100m:	13:14.12	1:12.17	2400m:	29:02.46	1:13.58	3700m:	44:53.66	1:12.90	5000m:	1:00:41.47	1:10.46
	1200m:	14:27.07	1:12.95	2500m:	30:16.19	1:13.73	3800m:	46:06.46	1:12.80			
	1300m:	15:39.88	1:12.81	2600m:	31:29.73	1:13.54	3900m:	47:19.35	1:12.89			
7.	BARABAN Damian		16		KS „Wisła” Pulawy		<b>1:12:57.37</b>		291			
	100m:	1:08.98	1:08.98	1400m:	19:42.38	1:27.84	2700m:	39:05.76	1:30.59	4000m:	58:23.28	1:29.55
	200m:	2:26.68	1:17.70	1500m:	21:11.46	1:29.08	2800m:	40:34.74	1:28.98	4100m:	59:53.59	1:30.31
	300m:	3:48.47	1:21.79	1600m:	22:40.31	1:28.85	2900m:	42:03.99	1:29.25	4200m:	1:01:20.39	1:26.80
	400m:	5:11.74	1:23.27	1700m:	24:08.42	1:28.11	3000m:	43:33.51	1:29.52	4300m:	1:02:49.05	1:28.66
	500m:	6:36.91	1:25.17	1800m:	25:36.95	1:28.53	3100m:	45:03.47	1:29.96	4400m:	1:04:14.70	1:25.65
	600m:	8:03.03	1:26.12	1900m:	27:06.35	1:29.40	3200m:	46:33.86	1:30.39	4500m:	1:05:41.35	1:26.65
	700m:	9:29.30	1:26.27	2000m:	28:35.33	1:28.98	3300m:	48:05.12	1:31.26	4600m:	1:07:08.07	1:26.72
	800m:	10:56.91	1:27.61	2100m:	30:04.89	1:29.56	3400m:	49:34.55	1:29.43	4700m:	1:08:35.66	1:27.59
	900m:	12:24.33	1:27.42	2200m:	31:34.69	1:29.80	3500m:	51:02.20	1:27.65	4800m:	1:10:03.38	1:27.72
	1000m:	13:51.95	1:27.62	2300m:	33:05.31	1:30.62	3600m:	52:28.65	1:26.45	4900m:	1:11:30.63	1:27.25
	1100m:	15:21.85	1:29.90	2400m:	34:34.57	1:29.26	3700m:	53:56.52	1:27.87	5000m:	1:12:57.37	1:26.74
	1200m:	16:46.78	1:24.93	2500m:	36:04.64	1:30.07	3800m:					
	1300m:	18:14.54	1:27.76	2600m:	37:35.17	1:30.53	3900m:	56:53.73				

Mistrzostwa Województwa Lubelskiego w Pływaniu Długodystansowym  
Lublin, 2.3.2024

## Event 9, Men, 5000m Freestyle, 14 years and older

Rank		Age			Time	Pts		
DNF	CHARKOT Krzysztof	16	KU AZS UMCS Lublin					
DNF	RYNKIEWICZ Jakub	19	KU AZS UMCS Lublin					
EXH	KAPALA Bartosz	18	MTP Kormoran Olsztyn		<b>53:28.11</b>	<b>741</b>		
	<i>minimum ME Seniorów, minimum ME Juniorów, minimum M Juniorów</i>							
	100m: 1:02.30	1:02.30	1400m: 14:51.99	1:04.19	2700m: 28:54.21	1:04.06	4000m: 42:55.01	1:03.58
	200m: 2:06.21	1:03.91	1500m: 15:56.30	1:04.31	2800m: 29:58.58	1:04.37	4100m: 43:58.11	1:03.10
	300m: 3:10.27	1:04.06	1600m: 17:01.18	1:04.88	2900m: 31:03.27	1:04.69	4200m: 45:01.22	1:03.11
	400m: 4:14.33	1:04.06	1700m: 18:05.80	1:04.62	3000m: 32:09.51	1:06.24	4300m: 46:04.38	1:03.16
	500m: 5:17.90	1:03.57	1800m: 19:10.96	1:05.16	3100m: 33:14.08	1:04.57	4400m: 47:07.88	1:03.50
	600m: 6:21.46	1:03.56	1900m: 20:15.93	1:04.97	3200m: 34:19.18	1:05.10	4500m: 48:11.13	1:03.25
	700m: 7:25.24	1:03.78	2000m: 21:20.80	1:04.87	3300m: 35:23.33	1:04.15	4600m: 49:14.36	1:03.23
	800m: 8:29.11	1:03.87	2100m: 22:25.77	1:04.97	3400m: 36:28.55	1:05.22	4700m: 50:17.77	1:03.41
	900m: 9:32.71	1:03.60	2200m: 23:30.71	1:04.94	3500m: 37:32.28	1:03.73	4800m: 51:21.22	1:03.45
	1000m: 10:36.21	1:03.50	2300m: 24:35.65	1:04.94	3600m: 38:37.11	1:04.83	4900m: 52:24.33	1:03.11
	1100m: 11:39.90	1:03.69	2400m: 25:40.68	1:05.03	3700m: 39:41.48	1:04.37	5000m: 53:28.11	1:03.78
	1200m: 12:43.68	1:03.78	2500m: 26:45.71	1:05.03	3800m: 40:46.28	1:04.80		
	1300m: 13:47.80	1:04.12	2600m: 27:50.15	1:04.44	3900m: 41:51.43	1:05.15		
EXH	WOZNIAK Piotr	19	MTP Kormoran Olsztyn		<b>53:37.99</b>	<b>734</b>		
	<i>minimum ME Seniorów, minimum ME Juniorów, minimum M Juniorów</i>							
	100m: 1:01.73	1:01.73	1400m: 14:51.79	1:03.98	2700m: 28:53.57	1:04.50	4000m: 42:55.83	1:04.55
	200m: 2:05.12	1:03.39	1500m: 15:56.20	1:04.41	2800m: 29:58.35	1:04.78	4100m: 43:59.61	1:03.78
	300m: 3:08.87	1:03.75	1600m: 17:00.95	1:04.75	2900m: 31:03.25	1:04.90	4200m: 45:03.46	1:03.85
	400m: 4:12.51	1:03.64	1700m: 18:05.67	1:04.72	3000m: 32:08.48	1:05.23	4300m: 46:07.86	1:04.40
	500m: 5:16.39	1:03.88	1800m: 19:10.63	1:04.96	3100m: 33:13.59	1:05.11	4400m: 47:12.13	1:04.27
	600m: 6:20.03	1:03.64	1900m: 20:15.69	1:05.06	3200m: 34:18.24	1:04.65	4500m: 48:17.35	1:05.22
	700m: 7:23.69	1:03.66	2000m: 21:20.86	1:05.17	3300m: 35:22.64	1:04.40	4600m: 49:22.17	1:04.82
	800m: 8:27.45	1:03.76	2100m: 22:25.70	1:04.84	3400m: 36:27.00	1:04.36	4700m: 50:27.07	1:04.90
	900m: 9:31.17	1:03.72	2200m: 23:30.56	1:04.86	3500m: 37:31.39	1:04.39	4800m: 51:32.27	1:05.20
	1000m: 10:35.25	1:04.08	2300m: 24:35.60	1:05.04	3600m: 38:36.12	1:04.73	4900m: 52:37.55	1:05.28
	1100m: 11:39.34	1:04.09	2400m: 25:40.46	1:04.86	3700m: 39:41.18	1:05.06	5000m: 53:37.99	1:00.44
	1200m: 12:43.53	1:04.19	2500m: 26:44.93	1:04.47	3800m: 40:46.39	1:05.21		
	1300m: 13:47.81	1:04.28	2600m: 27:49.07	1:04.14	3900m: 41:51.28	1:04.89		
EXH	LARYS Jerzy	18	IUKS „Muszelka” Warszawa		<b>55:17.87</b>	<b>670</b>		
	<i>minimum ME Juniorów</i>							
	100m: 1:00.14	1:00.14	1400m: 15:00.27	1:05.94	2700m: 29:29.17	1:06.90	4000m: 44:04.16	1:06.85
	200m: 2:03.58	1:03.44	1500m: 16:06.45	1:06.18	2800m: 30:36.77	1:07.60	4100m: 45:11.02	1:06.86
	300m: 3:06.98	1:03.40	1600m: 17:12.55	1:06.10	2900m: 31:43.19	1:06.42	4200m: 46:19.34	1:08.32
	400m: 4:10.52	1:03.54	1700m: 18:18.67	1:06.12	3000m: 32:51.43	1:08.24	4300m: 47:27.71	1:08.37
	500m: 5:14.61	1:04.09	1800m: 19:25.17	1:06.50	3100m: 33:59.79	1:08.36	4400m: 48:34.63	1:06.92
	600m: 6:18.89	1:04.28	1900m: 20:31.70	1:06.53	3200m: 35:07.88	1:08.09	4500m: 49:42.29	1:07.66
	700m: 7:23.39	1:04.50	2000m: 21:38.23	1:06.53	3300m: 36:15.43	1:07.55	4600m: 50:50.81	1:08.52
	800m: 8:28.08	1:04.69	2100m: 22:45.52	1:07.29	3400m: 37:22.19	1:06.76	4700m: 51:56.19	1:05.38
	900m: 9:33.05	1:04.97	2200m: 23:52.98	1:07.46	3500m: 38:29.61	1:07.42	4800m: 53:04.61	1:08.42
	1000m: 10:38.30	1:05.25	2300m: 25:00.77	1:07.79	3600m: 39:36.43	1:06.82	4900m: 54:11.48	1:06.87
	1100m: 11:43.52	1:05.22	2400m: 26:08.05	1:07.28	3700m: 40:43.16	1:06.73	5000m: 55:17.87	1:06.39
	1200m: 12:48.89	1:05.37	2500m: 27:15.27	1:07.22	3800m: 41:50.72	1:07.56		
	1300m: 13:54.33	1:05.44	2600m: 28:22.27	1:07.00	3900m: 42:57.31	1:06.59		
EXH	SOKOŁOWSKI Franciszek	18	MTP Kormoran Olsztyn		<b>57:34.00</b>	<b>593</b>		
	100m: 1:04.43	1:04.43	1200m: 13:30.96	1:09.00	2300m: 26:05.08	1:07.03	3400m: 38:47.52	1:10.35
	200m: 2:11.65	1:07.22	1300m: 14:39.33	1:08.37	2400m: 27:14.43	1:09.35	3500m: 39:56.81	1:09.29
	300m: 3:18.90	1:07.25	1400m: 15:48.18	1:08.85	2500m: 28:23.21	1:08.78	3600m: 41:06.36	1:09.55
	400m: 4:25.96	1:07.06	1500m: 16:56.33	1:08.15	2600m: 29:32.08	1:08.87	3700m: 42:17.98	1:11.62
	500m: 5:32.96	1:07.00	1600m: 18:04.74	1:08.41	2700m: 30:41.11	1:09.03	3800m: 43:28.44	1:10.46
	600m: 6:40.49	1:07.53	1700m: 19:13.71	1:08.97	2800m: 31:51.32	1:10.21	3900m: 44:38.22	1:09.78
	700m: 7:47.68	1:07.19	1800m: 20:22.99	1:09.28	2900m: 33:00.00	1:08.68	4000m: 45:49.71	1:11.49
	800m: 8:56.27	1:08.59	1900m: 21:32.12	1:09.13	3000m: 34:09.45	1:09.45	4100m: 47:00.00	1:10.29
	900m: 10:04.58	1:08.31	2000m: 22:40.82	1:08.70	3100m: 35:18.04	1:08.59	4200m: 48:12.06	1:12.06
	1000m: 11:12.99	1:08.41	2100m: 23:50.08	1:09.26	3200m: 36:28.27	1:10.23	4300m: 49:23.63	1:11.57
	1100m: 12:21.96	1:08.97	2200m: 24:58.05	1:07.97	3300m: 37:37.17	1:08.90	4400m: 50:34.18	1:10.55

Mistrzostwa Województwa Lubelskiego w Pływaniu Długodystansowym  
Lublin, 2.3.2024

Event 9, Men, 5000m Freestyle

Rank	Age						Time	Pts
	4500m: 51:45.21	1:11.03	4700m: 54:05.02	1:08.68	4900m: 56:25.63	1:11.19		
	4600m: 52:56.34	1:11.13	4800m: 55:14.44	1:09.42	5000m: 57:34.00	1:08.37		
<b>EXH</b>	<b>WIRASZKA Piotr</b>	<b>15</b>	<b>UKS „GIM 92 Ursynow”</b>		<b>58:42.11</b>	<b>560</b>		
	<i>minimum ME Juniorów, minimum M Juniorów</i>							
	100m: 1:03.53	1:03.53	1400m: 16:07.36	1:10.52	2700m: 31:23.82	1:10.58	4000m: 46:54.44 1:11.80	
	200m: 2:10.53	1:07.00	1500m: 17:18.08	1:10.72	2800m: 32:34.94	1:11.12	4100m: 48:05.95 1:11.51	
	300m: 3:18.37	1:07.84	1600m: 18:28.69	1:10.61	2900m: 33:46.86	1:11.92	4200m: 49:17.26 1:11.31	
	400m: 4:26.67	1:08.30	1700m: 19:39.19	1:10.50	3000m: 34:57.99	1:11.13	4300m: 50:28.51 1:11.25	
	500m: 5:36.19	1:09.52	1800m: 20:49.60	1:10.41	3100m: 36:09.63	1:11.64	4400m: 51:40.16 1:11.65	
	600m: 6:45.71	1:09.52	1900m: 22:00.10	1:10.50	3200m: 37:20.30	1:10.67	4500m: 52:51.60 1:11.44	
	700m: 7:55.37	1:09.66	2000m: 23:10.22	1:10.12	3300m: 38:32.63	1:12.33	4600m: 54:02.99 1:11.39	
	800m: 9:05.88	1:10.51	2100m: 24:20.66	1:10.44	3400m: 39:43.36	1:10.73	4700m: 55:13.57 1:10.58	
	900m: 10:15.45	1:09.57	2200m: 25:30.66	1:10.00	3500m: 40:55.14	1:11.78	4800m: 56:24.02 1:10.45	
	1000m: 11:25.83	1:10.38	2300m: 26:40.96	1:10.30	3600m: 42:06.49	1:11.35	4900m: 57:34.00 1:09.98	
	1100m: 12:35.98	1:10.15	2400m: 27:52.08	1:11.12	3700m: 43:18.24	1:11.75	5000m: 58:42.11 1:08.11	
	1200m: 13:46.71	1:10.73	2500m: 29:03.02	1:10.94	3800m: 44:30.33	1:12.09		
	1300m: 14:56.84	1:10.13	2600m: 30:13.24	1:10.22	3900m: 45:42.64	1:12.31		
<b>EXH</b>	<b>FEDASZ Alan</b>	<b>16</b>	<b>UKP „Polonia Warszawa”</b>		<b>1:01:53.09</b>	<b>478</b>		
	100m: 1:09.25	1:09.25	1400m: 16:59.94	1:13.76	2700m: 33:02.50	1:14.97	4000m: 49:20.60 1:15.35	
	200m: 2:22.13	1:12.88	1500m: 18:13.96	1:14.02	2800m: 34:17.00	1:14.50	4100m: 50:36.55 1:15.95	
	300m: 3:34.90	1:12.77	1600m: 19:28.21	1:14.25	2900m: 35:32.23	1:15.23	4200m: 51:52.30 1:15.75	
	400m: 4:47.57	1:12.67	1700m: 20:41.96	1:13.75	3000m: 36:47.34	1:15.11	4300m: 53:07.99 1:15.69	
	500m: 6:00.58	1:13.01	1800m: 21:56.36	1:14.40	3100m: 38:02.65	1:15.31	4400m: 54:23.74 1:15.75	
	600m: 7:13.56	1:12.98	1900m: 23:10.45	1:14.09	3200m: 39:18.35	1:15.70	4500m: 55:39.74 1:16.00	
	700m: 8:26.00	1:12.44	2000m: 24:24.59	1:14.14	3300m: 40:33.57	1:15.22	4600m: 56:55.62 1:15.88	
	800m: 9:39.56	1:13.56	2100m: 25:38.30	1:13.71	3400m: 41:49.41	1:15.84	4700m: 58:10.68 1:15.06	
	900m: 10:52.12	1:12.56	2200m: 26:51.85	1:13.55	3500m: 43:03.12	1:13.71	4800m: 59:25.90 1:15.22	
	1000m: 12:05.20	1:13.08	2300m: 28:06.29	1:14.44	3600m: 44:18.72	1:15.60	4900m: 1:00:40.62 1:14.72	
	1100m: 13:18.44	1:13.24	2400m: 29:20.33	1:14.04	3700m: 45:34.18	1:15.46	5000m: 1:01:53.09 1:12.47	
	1200m: 14:31.80	1:13.36	2500m: 30:34.21	1:13.88	3800m: 46:50.12	1:15.94		
	1300m: 15:46.18	1:14.38	2600m: 31:47.53	1:13.32	3900m: 48:05.25	1:15.13		
<b>EXH</b>	<b>GEBAUER Wolfgang</b>	<b>16</b>	<b>MTP Kormoran Olsztyn</b>		<b>1:02:39.35</b>	<b>460</b>		
	100m: 1:09.65	1:09.65	1400m: 16:53.95	1:13.11	2700m: 33:04.40	1:16.84	4000m: 49:55.67 1:19.39	
	200m: 2:21.16	1:11.51	1500m: 18:07.10	1:13.15	2800m: 34:20.98	1:16.58	4100m: 51:13.75 1:18.08	
	300m: 3:32.86	1:11.70	1600m: 19:19.99	1:12.89	2900m: 35:39.23	1:18.25	4200m: 52:33.11 1:19.36	
	400m: 4:45.44	1:12.58	1700m: 20:33.44	1:13.45	3000m: 36:55.79	1:16.56	4300m: 53:49.53 1:16.42	
	500m: 5:58.51	1:13.07	1800m: 21:47.75	1:14.31	3100m: 38:12.78	1:16.99	4400m: 55:05.87 1:16.34	
	600m: 7:10.95	1:12.44	1900m: 23:01.85	1:14.10	3200m: 39:30.12	1:17.34	4500m: 56:22.80 1:16.93	
	700m: 8:23.96	1:13.01	2000m: 24:15.18	1:13.33	3300m: 40:47.23	1:17.11	4600m: 57:38.99 1:16.19	
	800m: 9:36.16	1:12.20	2100m: 25:30.28	1:15.10	3400m: 42:04.65	1:17.42	4700m: 58:56.02 1:17.03	
	900m: 10:49.20	1:13.04	2200m: 26:45.05	1:14.77	3500m: 43:23.42	1:18.77	4800m: 1:00:11.58 1:15.56	
	1000m: 12:02.28	1:13.08	2300m: 28:00.16	1:15.11	3600m: 44:41.35	1:17.93	4900m: 1:01:26.98 1:15.40	
	1100m: 13:15.16	1:12.88	2400m: 29:15.14	1:14.98	3700m: 46:00.99	1:19.64	5000m: 1:02:39.35 1:12.37	
	1200m: 14:27.87	1:12.71	2500m: 30:31.13	1:15.99	3800m: 47:18.80	1:17.81		
	1300m: 15:40.84	1:12.97	2600m: 31:47.56	1:16.43	3900m: 48:36.28	1:17.48		
<b>EXH</b>	<b>SLEZAK Kamil</b>	<b>16</b>	<b>UKP „Polonia Warszawa”</b>		<b>1:06:20.99</b>	<b>387</b>		
	100m: 1:09.27	1:09.27	1400m: 17:53.24	1:17.87	2700m: 35:12.94	1:19.45	4000m: 52:56.02 1:22.18	
	200m: 2:23.87	1:14.60	1500m: 19:12.40	1:19.16	2800m: 36:35.41	1:22.47	4100m: 54:18.81 1:22.79	
	300m: 3:39.93	1:16.06	1600m: 20:31.33	1:18.93	2900m: 37:55.03	1:19.62	4200m: 55:40.49 1:21.68	
	400m: 4:57.08	1:17.15	1700m: 21:50.87	1:19.54	3000m: 39:16.72	1:21.69	4300m: 57:00.36 1:19.87	
	500m: 6:13.37	1:16.29	1800m:		3100m: 40:37.36	1:20.64	4400m: 58:20.58 1:20.22	
	600m: 7:30.83	1:17.46	1900m: 24:28.42		3200m: 41:58.75	1:21.39	4500m: 59:41.29 1:20.71	
	700m: 8:48.30	1:17.47	2000m: 25:48.73	1:20.31	3300m: 43:20.00	1:21.25	4600m: 1:01:01.49 1:20.20	
	800m: 10:06.24	1:17.94	2100m: 27:09.45	1:20.72	3400m: 44:43.11	1:23.11	4700m: 1:02:20.00 1:18.51	
	900m: 11:23.27	1:17.03	2200m: 28:29.27	1:19.82	3500m: 46:04.28	1:21.17	4800m: 1:03:41.00 1:21.00	
	1000m: 12:40.49	1:17.22	2300m: 29:50.39	1:21.12	3600m: 47:26.47	1:22.19	4900m: 1:05:02.00 1:21.00	
	1100m: 13:58.55	1:18.06	2400m: 31:11.24	1:20.85	3700m: 48:49.69	1:23.22	5000m: 1:06:20.99 1:18.99	
	1200m: 15:16.93	1:18.38	2500m: 32:31.34	1:20.10	3800m: 50:11.37	1:21.68		
	1300m: 16:35.37	1:18.44	2600m: 33:53.49	1:22.15	3900m: 51:33.84	1:22.47		