

Zimowe Mistrzostwa Okręgu Podkarpackiego 2024 w pływaniu
Mielec, 23. - 24.11.2024

Konkurencja 19
23.11.2024 - 16:12

Mężczyzn, 400m dowolny

12 lat i starsi
Wyniki

Punkty: AQUA 2024

Pozycja			Rok ur.					Czas	Pkt.
12 lat									
1.	SAK Dominik		12	UKS FENIKS D bica				5:13.42	310
	50m:	34.08 34.08	150m:	1:52.89 39.77	250m:	3:14.19 40.71	350m:	4:36.35 40.83	
	100m:	1:13.12 39.04	200m:	2:33.48 40.59	300m:	3:55.52 41.33	400m:	5:13.42 37.07	
2.	FAFF Wojciech		12	Stow. Sportowe PROSWIM				5:16.42	301
	50m:	34.79 34.79	150m:	1:53.58 40.02	250m:	3:15.12 41.11	350m:	4:37.22 40.98	
	100m:	1:13.56 38.77	200m:	2:34.01 40.43	300m:	3:56.24 41.12	400m:	5:16.42 39.20	
3.	MICHENKO Mateusz		12	UKS SP AQUARIUS Lesko				5:58.86	206
	50m:	38.06 38.06	150m:	2:08.08 45.15	250m:	3:41.20 46.94	350m:	5:13.65 46.09	
	100m:	1:22.93 44.87	200m:	2:54.26 46.18	300m:	4:27.56 46.36	400m:	5:58.86 45.21	
4.	GAWLIK Cyprian		12	UKS FENIKS D bica				6:13.23	183
	50m:	40.95 40.95	150m:	2:14.95 48.14	250m:	3:52.12 48.29	350m:	5:28.36 47.94	
	100m:	1:26.81 45.86	200m:	3:03.83 48.88	300m:	4:40.42 48.30	400m:	6:13.23 44.87	
13 lat									
1.	BORKOWSKI Albert		11	UKS DELFIN Tarnobrzeg				4:25.65	510
	50m:	30.70 30.70	150m:	1:37.37 33.50	250m:	2:45.37 34.12	350m:	3:53.71 34.14	
	100m:	1:03.87 33.17	200m:	2:11.25 33.88	300m:	3:19.57 34.20	400m:	4:25.65 31.94	
2.	TABOR Beniamin		11	SP Motyl MOSiR Stalowa Wola				5:05.90	334
	50m:	32.46 32.46	150m:	1:47.91 38.50	250m:	3:07.64 39.86	350m:	4:28.16 40.38	
	100m:	1:09.41 36.95	200m:	2:27.78 39.87	300m:	3:47.78 40.14	400m:	5:05.90 37.74	
3.	ZAWADZKI Tymon		11	KP ORLIK Przeworsk				5:07.49	328
	50m:	34.08 34.08	150m:	1:50.65 38.81	250m:	3:09.81 39.54	350m:	4:29.04 39.59	
	100m:	1:11.84 37.76	200m:	2:30.27 39.62	300m:	3:49.45 39.64	400m:	5:07.49 38.45	
4.	ORŁOWSKI Łukasz		11	UKS SP AQUARIUS Lesko				5:26.20	275
	50m:	36.19 36.19	150m:	1:57.26 41.28	250m:	3:21.79 42.06	350m:	4:47.39 42.73	
	100m:	1:15.98 39.79	200m:	2:39.73 42.47	300m:	4:04.66 42.87	400m:	5:26.20 38.81	
5.	INDYK Mateusz		11	UKS SP AQUARIUS Lesko				5:52.09	219
	50m:	37.18 37.18	150m:	2:06.88 45.75	250m:	3:38.92 45.96	350m:	5:09.65 45.23	
	100m:	1:21.13 43.95	200m:	2:52.96 46.08	300m:	4:24.42 45.50	400m:	5:52.09 42.44	
14 lat									
1.	GAJEWSKI Mateusz		10	UKS DELFIN Tarnobrzeg				4:20.23	542
	50m:	29.75 29.75	150m:	1:36.22 33.31	250m:	2:43.18 33.51	350m:	3:49.28 32.74	
	100m:	1:02.91 33.16	200m:	2:09.67 33.45	300m:	3:16.54 33.36	400m:	4:20.23 30.95	
2.	SUDER Jacek		10	UKS FENIKS D bica				4:34.84	460
	50m:	31.32 31.32	150m:	1:39.71 34.01	250m:	2:50.21 35.05	350m:	4:00.60 36.84	
	100m:	1:05.70 34.38	200m:	2:15.16 35.45	300m:	3:23.76 33.55	400m:	4:34.84 34.24	
3.	SPANDŁOWSKI Oliwier		10	MKS IKAR Stal Mielec				4:45.95	408
	50m:	31.41 31.41	150m:	1:41.70 35.57	250m:	2:54.91 36.97	350m:	4:09.67 37.53	
	100m:	1:06.13 34.72	200m:	2:17.94 36.24	300m:	3:32.14 37.23	400m:	4:45.95 36.28	
4.	SIWIEC Ksawery		10	UKS FENIKS D bica				4:46.32	407
	50m:	32.41 32.41	150m:	1:42.91 35.69	250m:	2:56.54 36.83	350m:	4:11.32 37.67	
	100m:	1:07.22 34.81	200m:	2:19.71 36.80	300m:	3:33.65 37.11	400m:	4:46.32 35.00	
5.	FEDAK Michał		10	UKS SP AQUARIUS Lesko				4:58.30	360
	50m:	33.58 33.58	150m:	1:51.23 39.11	250m:	3:07.91 38.18	350m:	4:22.72 38.10	
	100m:	1:12.12 38.54	200m:	2:29.73 38.50	300m:	3:44.62 36.71	400m:	4:58.30 35.58	
6.	MICHNO Michał		10	KSW Stal Rzeszów				5:00.74	351
	50m:	34.14 34.14	150m:	1:51.10 38.94	250m:	3:09.40 39.45	350m:	4:25.60 37.68	
	100m:	1:12.16 38.02	200m:	2:29.95 38.85	300m:	3:47.92 38.52	400m:	5:00.74 35.14	

Zimowe Mistrzostwa Okręgu Podkarpackiego 2024 w pływaniu
Mielec, 23. - 24.11.2024

Konkurencja 19, Chłopców, 400m dowolny, 14 lat

Pozycja			Rok ur.					Czas	Pkt.			
7.	ŁUKASIK Szymon		10	MKS IKAR Stal Mielec				5:02.67	344			
	50m:	31.53	31.53	150m:	1:45.11	37.62	250m:	3:02.91	38.91	350m:	4:24.19	41.11
	100m:	1:07.49	35.96	200m:	2:24.00	38.89	300m:	3:43.08	40.17	400m:	5:02.67	38.48
8.	KRÓLIKOWSKI Mateusz		10	Stow. Sportowe PROSWIM				5:07.77	327			
	50m:	31.08	31.08	150m:	1:43.48	37.73	250m:	3:04.11	40.14	350m:	4:26.68	42.19
	100m:	1:05.75	34.67	200m:	2:23.97	40.49	300m:	3:44.49	40.38	400m:	5:07.77	41.09
9.	GAWLE Olivier		10	UKP GRYF D bica				5:18.87	294			
	50m:	35.09	35.09	150m:	1:55.56	40.57	250m:	3:17.85	41.16	350m:	4:39.86	41.23
	100m:	1:14.99	39.90	200m:	2:36.69	41.13	300m:	3:58.63	40.78	400m:	5:18.87	39.01
10.	KIPA Bartosz		10	MUKP FALA Ropczyce				5:20.20	291			
	50m:	35.14	35.14	150m:	1:55.16	40.60	250m:	3:17.17	40.84	350m:	4:37.99	40.65
	100m:	1:14.56	39.42	200m:	2:36.33	41.17	300m:	3:57.34	40.17	400m:	5:20.20	42.21

15 lat i starsi

1.	MALEC Mikołaj		01	UKS FENIKS D bica				4:04.22	656			
	50m:	28.46	28.46	150m:	1:29.63	30.64	250m:	2:31.94	31.08	350m:	3:35.12	31.42
	100m:	58.99	30.53	200m:	2:00.86	31.23	300m:	3:03.70	31.76	400m:	4:04.22	29.10
2.	MAJEWSKI Igor		09	UKS DELFIN Tarnobrzeg				4:11.99	597			
	50m:	29.02	29.02	150m:	1:32.62	32.11	250m:	2:36.43	31.97	350m:	3:41.86	32.91
	100m:	1:00.51	31.49	200m:	2:04.46	31.84	300m:	3:08.95	32.52	400m:	4:11.99	30.13
3.	PYTLOWANY Hubert		08	KP SOKÓŁ Rzeszów				4:20.33	541			
	50m:	29.80	29.80	150m:	1:34.69	32.63	250m:	2:41.17	33.25	350m:	3:47.98	33.37
	100m:	1:02.06	32.26	200m:	2:07.92	33.23	300m:	3:14.61	33.44	400m:	4:20.33	32.35
4.	JAWORSKI Krzysztof		08	UKS Aqua Sport				4:25.67	509			
	50m:	30.43	30.43	150m:	1:37.79	34.01	250m:	2:46.97	34.69	350m:	3:54.24	33.03
	100m:	1:03.78	33.35	200m:	2:12.28	34.49	300m:	3:21.21	34.24	400m:	4:25.67	31.43
5.	SKWARA Bartłomiej		08	UKS DELFIN Tarnobrzeg				4:26.34	506			
	50m:	31.03	31.03	150m:	1:37.78	33.62	250m:	2:45.01	33.39	350m:	3:52.99	34.00
	100m:	1:04.16	33.13	200m:	2:11.62	33.84	300m:	3:18.99	33.98	400m:	4:26.34	33.35
6.	SIWARSKI Marcin		07	UKS DELFINEK Ustrzyki Dolne				4:40.64	432			
	50m:	30.88	30.88	150m:	1:40.61	35.15	250m:	2:52.53	36.06	350m:	4:05.49	36.65
	100m:	1:05.46	34.58	200m:	2:16.47	35.86	300m:	3:28.84	36.31	400m:	4:40.64	35.15
7.	LIS Jakub		08	KP SOKÓŁ Rzeszów				4:41.70	427			
	50m:	31.54	31.54	150m:	1:41.21	35.68	250m:	2:54.51	36.87	350m:	4:08.48	36.81
	100m:	1:05.53	33.99	200m:	2:17.64	36.43	300m:	3:31.67	37.16	400m:	4:41.70	33.22
8.	SZYMA SKI Konrad		09	UKS DELFIN Tarnobrzeg				4:46.15	408			
	50m:	32.24	32.24	150m:	1:43.01	35.61	250m:	2:56.23	37.08	350m:	4:10.82	37.26
	100m:	1:07.40	35.16	200m:	2:19.15	36.14	300m:	3:33.56	37.33	400m:	4:46.15	35.33
9.	SKÓRA Patryk		08	MUKP FALA Ropczyce				5:36.83	250			
	50m:	35.86	35.86	150m:	1:58.09	41.94	250m:	3:25.58	44.12	350m:	4:53.14	43.49
	100m:	1:16.15	40.29	200m:	2:41.46	43.37	300m:	4:09.65	44.07	400m:	5:36.83	43.69
10.	DZIUSZY SKI Mikołaj		07	UKS FOXBALL Rzeszów				6:00.77	203			
	50m:	36.78	36.78	150m:	2:08.25	45.68	250m:	3:42.14	47.72	350m:	5:16.40	47.13
	100m:	1:22.57	45.79	200m:	2:54.42	46.17	300m:	4:29.27	47.13	400m:	6:00.77	44.37
PK	GOGACZ Sebastian		76	UKS TRÓJKA Puławy				5:06.41	332			
	50m:	34.72	34.72	150m:	1:51.14	38.61	250m:	3:08.80	39.39	350m:	4:27.68	39.55
	100m:	1:12.53	37.81	200m:	2:29.41	38.27	300m:	3:48.13	39.33	400m:	5:06.41	38.73