

VIII Aquathlon Rzeszów 2025, Grand Prix Polskiego Związku Triathlonu w Aquathlonie
Rzeszów, 23.3.2025

Konkurencja 7
23.03.2025 - 10:00

400m dowolny

18 lat i starsi
Wyniki

Punkty: AQUA 2025

Pozycja			Rok ur.			Czas	Pkt.	
K AG18, M AG18								
1.	MROZEK Robert		87	Mrozek Tri team		5:08.50		
	50m: 35.42	35.42	150m: 1:54.30	39.37	250m: 3:10.71	38.20	350m: 4:28.80	39.39
	100m: 1:14.93	39.51	200m: 2:32.51	38.21	300m: 3:49.41	38.70	400m: 5:08.50	39.70
2.	BARTU Maria		05	UKP Kmita Zabierzów		5:12.49		
	50m: 35.31	35.31	150m: 1:53.55	39.51	250m: 3:13.05	39.83	350m: 4:33.27	39.99
	100m: 1:14.04	38.73	200m: 2:33.22	39.67	300m: 3:53.28	40.23	400m: 5:12.49	39.22
3.	KULA Mikołaj		02	Niezrzeszony		5:38.72		
	50m: 34.61	34.61	150m: 1:55.04	41.76	250m: 3:23.26	43.95	350m: 4:53.36	45.10
	100m: 1:13.28	38.67	200m: 2:39.31	44.27	300m: 4:08.26	45.00	400m: 5:38.72	45.36
4.	ZAJ C Jakub		04	Niezrzeszony		5:57.75		
	50m: 36.47	36.47	150m: 2:03.77	44.92	250m: 3:37.99	47.52	350m: 5:12.50	47.49
	100m: 1:18.85	42.38	200m: 2:50.47	46.70	300m: 4:25.01	47.02	400m: 5:57.75	45.25
5.	BILSKA Alicja		04	Niezrzeszony		6:41.77		
	50m: 38.04	38.04	150m: 2:12.68	49.60	250m: 3:59.98	54.54	350m: 5:48.71	54.13
	100m: 1:23.08	45.04	200m: 3:05.44	52.76	300m: 4:54.58	54.60	400m: 6:41.77	53.06
6.	MACH Dariusz		86	KS Prestige Rzeszów		6:45.05		
	50m: 37.65	37.65	150m: 2:14.65	51.43	250m: 4:03.81	54.82	350m: 5:54.40	55.03
	100m: 1:23.22	45.57	200m: 3:08.99	54.34	300m: 4:59.37	55.56	400m: 6:45.05	50.65
7.	SKOWRO SKI Patryk		96	Swim Tri Rzeszów		6:57.70		
	50m: 48.07	48.07	150m: 2:32.73	52.88	250m: 4:20.08	53.61	350m: 6:06.23	53.23
	100m: 1:39.85	51.78	200m: 3:26.47	53.74	300m: 5:13.00	52.92	400m: 6:57.70	51.47
8.	LEWANDOWSKI Szymon		07	Lubelska Grupa Triathlonu		7:03.70		
	50m: 40.43	40.43	150m: 2:23.57	55.19	250m: 4:15.70	55.44	350m: 6:07.30	55.38
	100m: 1:28.38	47.95	200m: 3:20.26	56.69	300m: 5:11.92	56.22	400m: 7:03.70	56.40
9.	PR DKI Krzysztof		95	Swim Tri Rzeszów		7:17.34		
	50m: 43.20	43.20	150m: 2:26.39	55.39	250m: 4:24.60	1:00.28	350m: 6:22.11	59.55
	100m: 1:31.00	47.80	200m: 3:24.32	57.93	300m: 5:22.56	57.96	400m: 7:17.34	55.23
10.	KONAR Bartosz		96	InFlow Rzeszów		7:43.47		
	50m: 38.48	38.48	150m: 2:25.56	58.06	250m: 4:30.29	1:04.51	350m: 6:42.20	1:05.92
	100m: 1:27.50	49.02	200m: 3:25.78	1:00.22	300m: 5:36.28	1:05.99	400m: 7:43.47	1:01.27
K AG40, M AG40								
1.	MAZUREK Marcin		80	UKS Olimpijczyk 23 Lublin		5:12.10		
	50m: 32.78	32.78	150m: 1:49.34	38.88	250m: 3:09.44	39.89	350m: 4:31.01	41.06
	100m: 1:10.46	37.68	200m: 2:29.55	40.21	300m: 3:49.95	40.51	400m: 5:12.10	41.09
2.	CHYLI SKI Adam		76	KP Sukces Chorzów		5:51.40		
	50m: 36.70	36.70	150m: 1:59.87	42.95	250m: 3:31.14	45.78	350m: 5:05.48	47.45
	100m: 1:16.92	40.22	200m: 2:45.36	45.49	300m: 4:18.03	46.89	400m: 5:51.40	45.92
3.	IRZE SKI Michał		84	Swim Tri Rzeszów		6:13.62		
	50m: 39.92	39.92	150m: 2:10.56	46.30	250m: 3:46.84	48.59	350m: 5:25.35	49.30
	100m: 1:24.26	44.34	200m: 2:58.25	47.69	300m: 4:36.05	49.21	400m: 6:13.62	48.27
4.	ŁUKASZCZYK Piotr		82	Triathlon Team Biłgoraj		6:54.66		
	50m: 41.74	41.74	150m: 2:20.95	51.38	250m: 4:08.38	53.93	350m: 5:59.53	55.71
	100m: 1:29.57	47.83	200m: 3:14.45	53.50	300m: 5:03.82	55.44	400m: 6:54.66	55.13
5.	ROGOWSKI Mateusz		82	KS Prestige Rzeszów		7:20.00		
	50m: 46.36	46.36	150m: 2:36.11	56.70	250m: 4:30.80	57.99	350m: 6:27.04	57.40
	100m: 1:39.41	53.05	200m: 3:32.81	56.70	300m: 5:29.64	58.84	400m: 7:20.00	52.96

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Konkurencja 7, Wszystkie, 400m dowolny, K AG40, M AG40

Pozycja			Rok ur.					Czas	Pkt.			
6.	WI CŁAW Agnieszka		82	TriWise				8:20.00				
	50m:	53.98	53.98	150m:	2:58.76	1:05.44	250m:	5:08.37	1:05.09	350m:	7:17.12	1:04.50
	100m:	1:53.32	59.34	200m:	4:03.28	1:04.52	300m:	6:12.62	1:04.25	400m:	8:20.00	1:02.88
7.	SWEENEY Keith		83	Swim Tri Rzeszów				8:34.01				
	50m:	49.89	49.89	150m:	2:56.97	1:05.85	250m:	5:15.02	1:09.37	350m:	7:30.41	1:07.27
	100m:	1:51.12	1:01.23	200m:	4:05.65	1:08.68	300m:	6:23.14	1:08.12	400m:	8:34.01	1:03.60

K AG50, M AG50

1.	GONDEK Janusz		73	Gondek Swim				6:54.96				
	50m:	45.13	45.13	150m:	2:27.98	53.72	250m:	4:16.68	54.94	350m:	6:06.46	54.82
	100m:	1:34.26	49.13	200m:	3:21.74	53.76	300m:	5:11.64	54.96	400m:	6:54.96	48.50
2.	LEWANDOWSKI Piotr		72	Lubelska Grupa Triathlonu				7:00.66				
	50m:	40.42	40.42	150m:	2:19.00	52.11	250m:	4:08.54	56.05	350m:	6:02.68	57.53
	100m:	1:26.89	46.47	200m:	3:12.49	53.49	300m:	5:05.15	56.61	400m:	7:00.66	57.98
3.	HORSZCZARUK Jacek		67	Jo in z Ba in				7:06.33				
	50m:	50.28	50.28	150m:	2:36.14	53.49	250m:	4:25.15	54.44	350m:	6:14.19	54.69
	100m:	1:42.65	52.37	200m:	3:30.71	54.57	300m:	5:19.50	54.35	400m:	7:06.33	52.14
4.	SZAFRAN Dariusz		73	Lubelska Grupa Triathlonu				7:37.57				
	50m:	45.19	45.19	150m:	2:34.06	56.53	250m:	4:32.82	1:00.03	350m:	6:36.19	1:02.07
	100m:	1:37.53	52.34	200m:	3:32.79	58.73	300m:	5:34.12	1:01.30	400m:	7:37.57	1:01.38