

Zimowe Mistrzostwa Okręgu Podkarpackiego 2025 w pływaniu  
Mielec, 22-23.11.2025

Konkurencja 19  
22.11.2025 - 16:10

Mężczyzn, 400m dowolny

12 lat i starsi  
Wyniki

Punkty: AQUA 2025

| Pozycja | Rok ur.             |         |       |       |                        |       |       |         |       |         | Czas    | Pkt.  |
|---------|---------------------|---------|-------|-------|------------------------|-------|-------|---------|-------|---------|---------|-------|
| 12 lat  |                     |         |       |       |                        |       |       |         |       |         |         |       |
| 1.      | WRÓBEL Filip        |         |       | 13    | UKS Aqua Sport         |       |       |         |       | 4:57.70 | 362     |       |
|         | 50m:                | 33.79   | 33.79 | 150m: | 1:49.80                | 38.31 | 250m: | 3:07.72 | 39.34 | 350m:   | 4:22.45 | 37.23 |
|         | 100m:               | 1:11.49 | 37.70 | 200m: | 2:28.38                | 38.58 | 300m: | 3:45.22 | 37.50 | 400m:   | 4:57.70 | 35.25 |
| 2.      | JAREMA Antoni       |         |       | 13    | UKS SP AQUARIUS Lesko  |       |       |         |       | 5:21.21 | 288     |       |
|         | 50m:                | 36.01   | 36.01 | 150m: | 1:58.53                | 41.77 | 250m: | 3:20.19 | 40.96 | 350m:   | 4:43.04 | 41.48 |
|         | 100m:               | 1:16.76 | 40.75 | 200m: | 2:39.23                | 40.70 | 300m: | 4:01.56 | 41.37 | 400m:   | 5:21.21 | 38.17 |
| 3.      | SZELIGA Vincent     |         |       | 13    | UKS SP AQUARIUS Lesko  |       |       |         |       | 5:26.19 | 275     |       |
|         | 50m:                | 35.83   | 35.83 | 150m: | 1:56.74                | 40.65 | 250m: | 3:20.78 | 42.47 | 350m:   | 4:45.10 | 41.79 |
|         | 100m:               | 1:16.09 | 40.26 | 200m: | 2:38.31                | 41.57 | 300m: | 4:03.31 | 42.53 | 400m:   | 5:26.19 | 41.09 |
| 4.      | SZALA Wiktor        |         |       | 13    | KP SOKÓŁ Rzeszów       |       |       |         |       | 5:31.79 | 261     |       |
|         | 50m:                | 35.90   | 35.90 | 150m: | 2:02.43                | 44.05 | 250m: | 3:30.21 | 43.54 | 350m:   | 4:54.11 | 40.89 |
|         | 100m:               | 1:18.38 | 42.48 | 200m: | 2:46.67                | 44.24 | 300m: | 4:13.22 | 43.01 | 400m:   | 5:31.79 | 37.68 |
| 5.      | BAJ Jan             |         |       | 13    | KP Orlik Przeworsk     |       |       |         |       | 5:44.61 | 233     |       |
|         | 50m:                | 38.53   | 38.53 | 150m: | 2:09.10                | 44.95 | 250m: | 3:36.94 | 43.36 | 350m:   | 5:04.67 | 43.33 |
|         | 100m:               | 1:24.15 | 45.62 | 200m: | 2:53.58                | 44.48 | 300m: | 4:21.34 | 44.40 | 400m:   | 5:44.61 | 39.94 |
| 6.      | KUPŚ Rafał          |         |       | 13    | MUKP FALA Ropczyce     |       |       |         |       | 5:47.85 | 227     |       |
|         | 50m:                | 37.43   | 37.43 | 150m: | 2:05.77                | 45.73 | 250m: | 3:36.90 | 45.65 | 350m:   | 5:08.31 | 45.49 |
|         | 100m:               | 1:20.04 | 42.61 | 200m: | 2:51.25                | 45.48 | 300m: | 4:22.82 | 45.92 | 400m:   | 5:47.85 | 39.54 |
| 7.      | ZAWADZKI Jakub      |         |       | 13    | UKS SP AQUARIUS Lesko  |       |       |         |       | 5:51.30 | 220     |       |
|         | 50m:                | 40.43   | 40.43 | 150m: | 2:11.65                | 45.45 | 250m: | 3:41.76 | 44.79 | 350m:   | 5:11.01 | 43.45 |
|         | 100m:               | 1:26.20 | 45.77 | 200m: | 2:56.97                | 45.32 | 300m: | 4:27.56 | 45.80 | 400m:   | 5:51.30 | 40.29 |
| 13 lat  |                     |         |       |       |                        |       |       |         |       |         |         |       |
| 1.      | FAFF Wojciech       |         |       | 12    | Stow. Sportowe PROSWIM |       |       |         |       | 4:52.21 | 383     |       |
|         | 50m:                | 32.16   | 32.16 | 150m: | 1:44.17                | 36.39 | 250m: | 2:58.92 | 37.62 | 350m:   | 4:14.92 | 38.19 |
|         | 100m:               | 1:07.78 | 35.62 | 200m: | 2:21.30                | 37.13 | 300m: | 3:36.73 | 37.81 | 400m:   | 4:52.21 | 37.29 |
| 2.      | PIEPRZAK Jakub      |         |       | 12    | MUKP FALA Ropczyce     |       |       |         |       | 5:09.22 | 323     |       |
|         | 50m:                | 31.93   | 31.93 | 150m: | 1:48.11                | 39.62 | 250m: | 3:10.74 | 41.83 | 350m:   | 4:32.57 | 40.50 |
|         | 100m:               | 1:08.49 | 36.56 | 200m: | 2:28.91                | 40.80 | 300m: | 3:52.07 | 41.33 | 400m:   | 5:09.22 | 36.65 |
| 3.      | PRZYBYŁOWICZ Antoni |         |       | 12    | UKS FENIKS Dębica      |       |       |         |       | 5:33.58 | 257     |       |
|         | 50m:                | 36.79   | 36.79 | 150m: | 2:02.55                | 44.04 | 250m: | 3:29.91 | 43.92 | 350m:   | 4:55.29 | 41.79 |
|         | 100m:               | 1:18.51 | 41.72 | 200m: | 2:45.99                | 43.44 | 300m: | 4:13.50 | 43.59 | 400m:   | 5:33.58 | 38.29 |
| 4.      | DRÓŻDŻ Borys        |         |       | 12    | MKS IKAR Stal Mielec   |       |       |         |       | 5:40.76 | 241     |       |
|         | 50m:                | 36.03   | 36.03 | 150m: | 2:02.97                | 44.26 | 250m: | 3:30.37 | 44.09 | 350m:   | 4:59.01 | 44.56 |
|         | 100m:               | 1:18.71 | 42.68 | 200m: | 2:46.28                | 43.31 | 300m: | 4:14.45 | 44.08 | 400m:   | 5:40.76 | 41.75 |
| 5.      | BEDNARZ Szczepan    |         |       | 12    | UKS SP AQUARIUS Lesko  |       |       |         |       | 5:48.13 | 226     |       |
|         | 50m:                | 37.66   | 37.66 | 150m: | 2:05.79                | 44.59 | 250m: | 3:35.22 | 44.73 | 350m:   | 5:05.19 | 44.47 |
|         | 100m:               | 1:21.20 | 43.54 | 200m: | 2:50.49                | 44.70 | 300m: | 4:20.72 | 45.50 | 400m:   | 5:48.13 | 42.94 |
| 6.      | DZIADOSZ Aleksander |         |       | 12    | UKS FENIKS Dębica      |       |       |         |       | 6:05.57 | 195     |       |
|         | 50m:                | 39.28   | 39.28 | 150m: | 2:10.33                | 47.30 | 250m: | 3:45.65 | 48.00 | 350m:   | 5:21.78 | 47.79 |
|         | 100m:               | 1:23.03 | 43.75 | 200m: | 2:57.65                | 47.32 | 300m: | 4:33.99 | 48.34 | 400m:   | 6:05.57 | 43.79 |
| 7.      | KAMIŃSKI Miron      |         |       | 12    | MKS IKAR Stal Mielec   |       |       |         |       | 6:07.68 | 192     |       |
|         | 50m:                | 36.36   | 36.36 | 150m: | 2:07.38                | 46.67 | 250m: | 3:43.83 | 48.69 | 350m:   | 5:21.37 | 49.22 |
|         | 100m:               | 1:20.71 | 44.35 | 200m: | 2:55.14                | 47.76 | 300m: | 4:32.15 | 48.32 | 400m:   | 6:07.68 | 46.31 |

Zimowe Mistrzostwa Okręgu Podkarpackiego 2025 w pływaniu  
Mielec, 22-23.11.2025

Konkurencja 19, Chłopców, 400m dowolny, 13 lat

| Pozycja | Rok ur.           |         |       |       |                   |       |       |         | Czas           | Pkt.  |         |       |
|---------|-------------------|---------|-------|-------|-------------------|-------|-------|---------|----------------|-------|---------|-------|
| 8.      | RZEŹNIK Jeremiasz |         |       | 12    | UKS FENIKS Dębica |       |       |         | <b>6:14.56</b> | 181   |         |       |
|         | 50m:              | 38.10   | 38.10 | 150m: | 2:11.82           | 47.87 | 250m: | 3:48.71 | 48.30          | 350m: | 5:25.85 | 48.46 |
|         | 100m:             | 1:23.95 | 45.85 | 200m: | 3:00.41           | 48.59 | 300m: | 4:37.39 | 48.68          | 400m: | 6:14.56 | 48.71 |

14 lat

|    |                  |         |       |       |                        |       |       |         |       |                |         |       |
|----|------------------|---------|-------|-------|------------------------|-------|-------|---------|-------|----------------|---------|-------|
| 1. | BORKOWSKI Albert |         |       | 11    | UKS DELFIN Tarnobrzeg  |       |       |         |       | <b>4:07.19</b> | 633     |       |
|    | 50m:             | 28.63   | 28.63 | 150m: | 1:30.63                | 31.19 | 250m: | 2:33.45 | 31.65 | 350m:          | 3:37.09 | 31.78 |
|    | 100m:            | 59.44   | 30.81 | 200m: | 2:01.80                | 31.17 | 300m: | 3:05.31 | 31.86 | 400m:          | 4:07.19 | 30.10 |
| 2. | LASEK Tomasz     |         |       | 11    | KS Swim2Win Krosno     |       |       |         |       | <b>4:39.76</b> | 436     |       |
|    | 50m:             | 31.75   | 31.75 | 150m: | 1:42.17                | 35.16 | 250m: | 2:53.14 | 35.83 | 350m:          | 4:05.32 | 36.05 |
|    | 100m:            | 1:07.01 | 35.26 | 200m: | 2:17.31                | 35.14 | 300m: | 3:29.27 | 36.13 | 400m:          | 4:39.76 | 34.44 |
| 3. | GRUCELA Jakub    |         |       | 11    | KP SOKÓŁ Rzeszów       |       |       |         |       | <b>4:56.43</b> | 367     |       |
|    | 50m:             | 32.73   | 32.73 | 150m: | 1:48.30                | 37.99 | 250m: | 3:03.06 | 37.96 | 350m:          | 4:19.48 | 37.97 |
|    | 100m:            | 1:10.31 | 37.58 | 200m: | 2:25.10                | 36.80 | 300m: | 3:41.51 | 38.45 | 400m:          | 4:56.43 | 36.95 |
| 4. | ORŁOWSKI Łukasz  |         |       | 11    | UKS SP AQUARIUS Lesko  |       |       |         |       | <b>5:09.09</b> | 323     |       |
|    | 50m:             | 35.10   | 35.10 | 150m: | 1:52.40                | 39.15 | 250m: | 3:11.36 | 39.65 | 350m:          | 4:31.13 | 40.02 |
|    | 100m:            | 1:13.25 | 38.15 | 200m: | 2:31.71                | 39.31 | 300m: | 3:51.11 | 39.75 | 400m:          | 5:09.09 | 37.96 |
| 5. | PĘCAK Mikołaj    |         |       | 11    | Stow. Sportowe PROSWIM |       |       |         |       | <b>6:01.95</b> | 201     |       |
|    | 50m:             | 38.37   | 38.37 | 150m: | 2:10.44                | 47.22 | 250m: | 3:44.99 | 47.14 | 350m:          | 5:18.76 | 46.10 |
|    | 100m:            | 1:23.22 | 44.85 | 200m: | 2:57.85                | 47.41 | 300m: | 4:32.66 | 47.67 | 400m:          | 6:01.95 | 43.19 |

15 - 16 lat

|    |                     |         |       |       |                       |       |       |         |       |                |         |       |
|----|---------------------|---------|-------|-------|-----------------------|-------|-------|---------|-------|----------------|---------|-------|
| 1. | GAJEWSKI Mateusz    |         |       | 10    | UKS DELFIN Tarnobrzeg |       |       |         |       | <b>4:21.43</b> | 535     |       |
|    | 50m:                | 29.59   | 29.59 | 150m: | 1:35.94               | 33.73 | 250m: | 2:44.00 | 33.97 | 350m:          | 3:51.48 | 33.70 |
|    | 100m:               | 1:02.21 | 32.62 | 200m: | 2:10.03               | 34.09 | 300m: | 3:17.78 | 33.78 | 400m:          | 4:21.43 | 29.95 |
| 2. | KRÓLIKOWSKI Mateusz |         |       | 10    | MKS IKAR Stal Mielec  |       |       |         |       | <b>4:26.18</b> | 507     |       |
|    | 50m:                | 31.00   | 31.00 | 150m: | 1:39.37               | 34.20 | 250m: | 2:48.45 | 34.68 | 350m:          | 3:55.01 | 32.37 |
|    | 100m:               | 1:05.17 | 34.17 | 200m: | 2:13.77               | 34.40 | 300m: | 3:22.64 | 34.19 | 400m:          | 4:26.18 | 31.17 |
| 3. | RODZYNSKYI Mykhailo |         |       | 09    | KP SOKÓŁ Rzeszów      |       |       |         |       | <b>4:30.38</b> | 483     |       |
|    | 50m:                | 28.98   | 28.98 | 150m: | 1:36.08               | 34.32 | 250m: | 2:46.92 | 35.91 | 350m:          | 3:58.87 | 36.10 |
|    | 100m:               | 1:01.76 | 32.78 | 200m: | 2:11.01               | 34.93 | 300m: | 3:22.77 | 35.85 | 400m:          | 4:30.38 | 31.51 |
| 4. | FEDAK Michał        |         |       | 10    | UKS SP AQUARIUS Lesko |       |       |         |       | <b>4:41.92</b> | 426     |       |
|    | 50m:                | 31.26   | 31.26 | 150m: | 1:41.37               | 35.96 | 250m: | 2:54.99 | 36.98 | 350m:          | 4:09.03 | 36.57 |
|    | 100m:               | 1:05.41 | 34.15 | 200m: | 2:18.01               | 36.64 | 300m: | 3:32.46 | 37.47 | 400m:          | 4:41.92 | 32.89 |
| 5. | KIPA Bartosz        |         |       | 10    | MUKP FALA Ropczyce    |       |       |         |       | <b>5:08.69</b> | 325     |       |
|    | 50m:                | 33.30   | 33.30 | 150m: | 1:50.53               | 39.42 | 250m: | 3:11.92 | 41.58 | 350m:          | 4:32.12 | 39.08 |
|    | 100m:               | 1:11.11 | 37.81 | 200m: | 2:30.34               | 39.81 | 300m: | 3:53.04 | 41.12 | 400m:          | 5:08.69 | 36.57 |

17 lat i starsi

|    |                    |         |       |       |                             |       |       |         |       |                |         |       |
|----|--------------------|---------|-------|-------|-----------------------------|-------|-------|---------|-------|----------------|---------|-------|
| 1. | JOŃCZYK Patryk     |         |       | 07    | UKS FENIKS Dębica           |       |       |         |       | <b>4:11.63</b> | 600     |       |
|    | 50m:               | 28.91   | 28.91 | 150m: | 1:33.21                     | 32.09 | 250m: | 2:37.01 | 31.86 | 350m:          | 3:41.40 | 32.08 |
|    | 100m:              | 1:01.12 | 32.21 | 200m: | 2:05.15                     | 31.94 | 300m: | 3:09.32 | 32.31 | 400m:          | 4:11.63 | 30.23 |
| 2. | JAWORSKI Krzysztof |         |       | 08    | UKS Aqua Sport              |       |       |         |       | <b>4:23.10</b> | 525     |       |
|    | 50m:               | 30.15   | 30.15 | 150m: | 1:37.00                     | 33.69 | 250m: | 2:45.84 | 34.43 | 350m:          | 3:52.31 | 32.56 |
|    | 100m:              | 1:03.31 | 33.16 | 200m: | 2:11.41                     | 34.41 | 300m: | 3:19.75 | 33.91 | 400m:          | 4:23.10 | 30.79 |
| 3. | SIWARSKI Marcin    |         |       | 07    | UKS DELFINEK Ustrzyki Dolne |       |       |         |       | <b>4:26.00</b> | 508     |       |
|    | 50m:               | 30.56   | 30.56 | 150m: | 1:38.97                     | 34.36 | 250m: | 2:47.57 | 34.21 | 350m:          | 3:55.04 | 33.46 |
|    | 100m:              | 1:04.61 | 34.05 | 200m: | 2:13.36                     | 34.39 | 300m: | 3:21.58 | 34.01 | 400m:          | 4:26.00 | 30.96 |

Zimowe Mistrzostwa Okręgu Podkarpackiego 2025 w pływaniu  
Mielec, 22-23.11.2025

Konkurencja 19, Mężczyzn, 400m dowolny, 17 lat i starsi

| Pozycja | Rok ur.          |         |       |       |                        |       |       |         |       | Czas    | Pkt.    |       |
|---------|------------------|---------|-------|-------|------------------------|-------|-------|---------|-------|---------|---------|-------|
| 4.      | LIS Jakub        |         |       | 08    | KP SOKÓŁ Rzeszów       |       |       |         |       | 4:28.81 | 492     |       |
|         | 50m:             | 29.90   | 29.90 | 150m: | 1:37.64                | 34.64 | 250m: | 2:47.37 | 34.97 | 350m:   | 3:56.55 | 34.44 |
|         | 100m:            | 1:03.00 | 33.10 | 200m: | 2:12.40                | 34.76 | 300m: | 3:22.11 | 34.74 | 400m:   | 4:28.81 | 32.26 |
| 5.      | OKOŃ Wojciech    |         |       | 08    | Stow. Sportowe PROSWIM |       |       |         |       | 5:39.79 | 243     |       |
|         | 50m:             | 33.21   | 33.21 | 150m: | 1:54.46                | 42.28 | 250m: | 3:22.75 | 44.50 | 350m:   | 4:55.63 | 46.32 |
|         | 100m:            | 1:12.18 | 38.97 | 200m: | 2:38.25                | 43.79 | 300m: | 4:09.31 | 46.56 | 400m:   | 5:39.79 | 44.16 |
| PK      | GOGACZ Sebastian |         |       | 76    | UKS Trójka Puławy      |       |       |         |       | 5:03.92 | 340     |       |
|         | 50m:             | 34.25   | 34.25 | 150m: | 1:49.92                | 38.45 | 250m: | 3:07.84 | 38.92 | 350m:   | 4:25.33 | 38.67 |
|         | 100m:            | 1:11.47 | 37.22 | 200m: | 2:28.92                | 39.00 | 300m: | 3:46.66 | 38.82 | 400m:   | 5:03.92 | 38.59 |