



Puchar Polski Masters Tychy 2017
Tychy, 25- - 26-3-2017

Konkurencja 34
2017-03-26 - 12:45

M czyzn, 400m dowolny

20 lat i starsi
Wyniki

Pozycja			Wiek					Czas	
0: 20 - 24 lat									
1.	APTEWICZ Arkadiusz		24	Swimmers St. Pływackie				4:19.55	
	50m:	30.46 30.46	150m:	1:35.51 32.71	250m:	2:40.66 32.39	350m:	3:46.88 33.27	
	100m:	1:02.80 32.34	200m:	2:08.27 32.76	300m:	3:13.61 32.95	400m:	4:19.55 32.67	
2.	MAJERCZAK Mateusz		24	MKS Pałac Młodzie y Katowice				4:35.24	
	50m:	31.67 31.67	150m:	1:41.64 35.63	250m:	2:51.28 34.60	350m:	4:01.88 35.25	
	100m:	1:06.01 34.34	200m:	2:16.68 35.04	300m:	3:26.63 35.35	400m:	4:35.24 33.36	
A: 25 - 29 lat									
1.	ROZUM Marek		28	KPMG Polska				7:52.01	
	50m:	39.92 39.92	150m:	2:32.15 59.76	250m:	4:39.59 1:04.19	350m:	6:51.24 1:06.31	
	100m:	1:32.39 52.47	200m:	3:35.40 1:03.25	300m:	5:44.93 1:05.34	400m:	7:52.01 1:00.77	
C: 35 - 39 lat									
1.	KACZMAREK Stanisław		38	KS WARTA Pozna				4:23.43	
	50m:	30.71 30.71	150m:	1:37.06 33.36	250m:	2:44.49 33.52	350m:	3:50.89 33.02	
	100m:	1:03.70 32.99	200m:	2:10.97 33.91	300m:	3:17.87 33.38	400m:	4:23.43 32.54	
2.	DYGA Bła ej		36	Sikret Gliwice				6:35.91	
	50m:	41.18 41.18	150m:	2:18.73 50.22	250m:	4:02.00 51.77	350m:	5:46.98 52.18	
	100m:	1:28.51 47.33	200m:	3:10.23 51.50	300m:	4:54.80 52.80	400m:	6:35.91 48.93	
D: 40 - 44 lat									
1.	WIKŁA Grzegorz		43	TKKF Koszalin Masters				5:20.01	
	50m:	35.99 35.99	150m:	1:57.28 41.53	250m:	3:20.08 41.56	350m:	4:41.33 39.89	
	100m:	1:15.75 39.76	200m:	2:38.52 41.24	300m:	4:01.44 41.36	400m:	5:20.01 38.68	
2.	DONIEC Tomasz		43	MASTERS WISŁA Kraków				6:31.47	
	50m:	41.81 41.81	150m:	2:20.34 50.52	250m:	4:05.04 51.86	350m:	5:45.77 49.07	
	100m:	1:29.82 48.01	200m:	3:13.18 52.84	300m:	4:56.70 51.66	400m:	6:31.47 45.70	
3.	BEDNAREK Arkadiusz		44	Sikret Gliwice				6:45.78	
	50m:	41.68 41.68	150m:	2:20.49 51.40	250m:	4:06.41 53.14	350m:	5:54.60 54.41	
	100m:	1:29.09 47.41	200m:	3:13.27 52.78	300m:	5:00.19 53.78	400m:	6:45.78 51.18	
E: 45 - 49 lat									
1.	MATYSZCZAK Jacek		47	TS OLIMPIA Pozna				5:23.62	
	50m:	34.44 34.44	150m:	1:54.80 41.04	250m:	3:18.20 41.79	350m:	4:42.83 42.18	
	100m:	1:13.76 39.32	200m:	2:36.41 41.61	300m:	4:00.65 42.45	400m:	5:23.62 40.79	
F: 50 - 54 lat									
1.	SKOCZYŁAS Tomasz		51	UKS WODNIK 29 Katowice				5:10.49	
	50m:	34.69 34.69	150m:	1:51.69 39.51	250m:	3:12.51 40.59	350m:	4:32.27 39.02	
	100m:	1:12.18 37.49	200m:	2:31.92 40.23	300m:	3:53.25 40.74	400m:	5:10.49 38.22	
2.	CHOŁDA Krzysztof		53	KORONA MASTERS Kraków				5:39.10	
	50m:	36.52 36.52	150m:	2:01.47 43.65	250m:	3:29.19 44.17	350m:	4:57.02 43.90	
	100m:	1:17.82 41.30	200m:	2:45.02 43.55	300m:	4:13.12 43.93	400m:	5:39.10 42.08	



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Konkurencja 34, M czynn, 400m dowolny, F: 50 - 54 lat

Pozycja			Wiek					Czas		
3.	ZADRO NY Jarosław		51	KORONA MASTERS Kraków			5:57.59			
	50m: 40.16	40.16	150m: 2:07.32	44.05	250m: 3:39.33	46.61	350m: 5:12.96	46.79		
	100m: 1:23.27	43.11	200m: 2:52.72	45.40	300m: 4:26.17	46.84	400m: 5:57.59	44.63		
4.	THIEM Jacek		54	KS WARTA Poznań			6:01.36			
	50m: 42.07	42.07	150m: 2:15.47	47.17	250m: 3:49.21	46.46	350m: 5:20.37	44.85		
	100m: 1:28.30	46.23	200m: 3:02.75	47.28	300m: 4:35.52	46.31	400m: 6:01.36	40.99		
5.	OGRODNIK Bogusław		52	Niezrzeszeni			6:41.61			
	50m: 41.25	41.25	150m: 2:20.46	51.16	250m: 4:06.12	52.84	350m: 5:53.47	53.38		
	100m: 1:29.30	48.05	200m: 3:13.28	52.82	300m: 5:00.09	53.97	400m: 6:41.61	48.14		

G: 55 - 59 lat

1.	SZYMIK Piotr		57	WODNIK Siemianowice I skie			6:02.05		
	50m: 40.44	40.44	150m: 2:12.82	47.03	250m: 3:46.35	46.38	350m: 5:18.83	45.97	
	100m: 1:25.79	45.35	200m: 2:59.97	47.15	300m: 4:32.86	46.51	400m: 6:02.05	43.22	

H: 60 - 64 lat

1.	PIETRASZEWSKI Zbigniew		62	TS OLIMPIA Poznań			6:02.67		
	50m: 41.99	41.99	150m: 2:14.76	46.83	250m: 3:47.84	46.18	350m: 5:20.16	45.76	
	100m: 1:27.93	45.94	200m: 3:01.66	46.90	300m: 4:34.40	46.56	400m: 6:02.67	42.51	
2.	MR. LASOWY Marian		62	KP STILON Gorzów Masters			7:26.35		
	50m: 48.09	48.09	150m: 2:41.88	57.82	250m: 4:37.81	57.80	350m: 6:33.65	57.79	
	100m: 1:44.06	55.97	200m: 3:40.01	58.13	300m: 5:35.86	58.05	400m: 7:26.35	52.70	

J: 70 - 74 lat

1.	MLECZKO Andrzej		70	KORONA MASTERS Kraków			6:54.05		
	50m: 45.58	45.58	150m: 2:25.61	50.87	250m: 4:11.55	53.16	350m: 6:02.76	55.57	
	100m: 1:34.74	49.16	200m: 3:18.39	52.78	300m: 5:07.19	55.64	400m: 6:54.05	51.29	

K: 75 - 79 lat

1.	WAGA Stanisław		77	KORONA MASTERS Kraków			8:27.35		
	50m: 59.30	59.30	150m: 3:10.24	1:05.65	250m: 5:21.41	1:05.51	350m: 7:29.48	1:04.34	
	100m: 2:04.59	1:05.29	200m: 4:15.90	1:05.66	300m: 6:25.14	1:03.73	400m: 8:27.35	57.87	