

Puchar Polski Masters Tychy 2018
Tychy, 24. - 25.3.2018

Konkurencja 34
25.03.2018 - 12:05

M czyzn, 400m dowolny

20 lat i starsi
Wyniki

Punkty: DSV Masters 16

Pozycja			Rok ur.					Czas	Pkt.	
A: 25 - 29 lat										
1.	SZRAMKA Przemysław		93	SIKRET Gliwice				6:32.35	241	
	50m:	39.70 39.70	150m:	2:17.00	50.53	250m:	4:01.02	53.04	350m:	5:45.55 52.15
	100m:	1:26.47 46.77	200m:	3:07.98	50.98	300m:	4:53.40	52.38	400m:	6:32.35 46.80
C: 35 - 39 lat										
1.	KACZMAREK Stanisław		79	KS WARTA Pozna				4:22.59	786	
	50m:	30.82 30.82	150m:	1:37.40	33.52	250m:	2:44.42	33.56	350m:	3:50.79 33.21
	100m:	1:03.88 33.06	200m:	2:10.86	33.46	300m:	3:17.58	33.16	400m:	4:22.59 31.80
2.	ISALSKI Przemysław		82	KS WARTA Pozna				4:33.78	693	
	50m:	31.90 31.90	150m:	1:41.54	35.10	250m:	2:50.99	34.45	350m:	3:59.16 34.26
	100m:	1:06.44 34.54	200m:	2:16.54	35.00	300m:	3:24.90	33.91	400m:	4:33.78 34.62
D: 40 - 44 lat										
1.	SARNA Tomasz		75	SWIM TRI Rzeszów				4:59.01	521	
	50m:	30.95 30.95	150m:	1:43.73	37.25	250m:	3:01.31	39.35	350m:	4:21.46 39.94
	100m:	1:06.48 35.53	200m:	2:21.96	38.23	300m:	3:41.52	40.21	400m:	4:59.01 37.55
2.	WIKŁA Grzegorz		74	TKKF Koszalin Masters				5:08.49	474	
	50m:	36.89 36.89	150m:	1:54.72	39.11	250m:	3:13.54	39.14	350m:	4:31.30 38.60
	100m:	1:15.61 38.72	200m:	2:34.40	39.68	300m:	3:52.70	39.16	400m:	5:08.49 37.19
3.	GOGACZ Sebastian		76	MKP BOBRY D bica				5:09.90	468	
	50m:	36.20 36.20	150m:	1:54.32	38.62	250m:	3:12.55	39.16	350m:	4:31.26 39.47
	100m:	1:15.70 39.50	200m:	2:33.39	39.07	300m:	3:51.79	39.24	400m:	5:09.90 38.64
4.	CHYLI SKI Adam		76	Niezrzeszeni				5:44.62	340	
	50m:	36.23 36.23	150m:	1:58.79	42.03	250m:	3:25.70	44.59	350m:	4:57.30 46.17
	100m:	1:16.76 40.53	200m:	2:41.11	42.32	300m:	4:11.13	45.43	400m:	5:44.62 47.32
5.	DONIEC Tomasz		74	MASTERS WISŁA Kraków				6:45.02	209	
	50m:	45.41 45.41	150m:	2:29.38	52.15	250m:	4:14.76	53.21	350m:	5:58.90 53.02
	100m:	1:37.23 51.82	200m:	3:21.55	52.17	300m:	5:05.88	51.12	400m:	6:45.02 46.12
E: 45 - 49 lat										
1.	BERWECKI Arkadiusz		73	Motyl MOSiR Senior Stalowa Wol				4:30.26	753	
	50m:	31.46 31.46	150m:	1:38.93	33.83	250m:	2:47.69	34.37	350m:	3:56.83 34.71
	100m:	1:05.10 33.64	200m:	2:13.32	34.39	300m:	3:22.12	34.43	400m:	4:30.26 33.43
2.	MATYSZCZAK Jacek		70	TS OLIMPIA Pozna				5:35.57	393	
	50m:	35.66 35.66	150m:	1:56.41	41.27	250m:	3:23.82	44.31	350m:	4:53.37 44.65
	100m:	1:15.14 39.48	200m:	2:39.51	43.10	300m:	4:08.72	44.90	400m:	5:35.57 42.20
F: 50 - 54 lat										
1.	JANYGA Dariusz		66	KS WARTA Pozna				5:06.60	613	
	50m:	35.69 35.69	150m:	1:52.85	38.88	250m:	3:11.43	39.55	350m:	4:29.47 38.94
	100m:	1:13.97 38.28	200m:	2:31.88	39.03	300m:	3:50.53	39.10	400m:	5:06.60 37.13
2.	SKOCZYLAS Tomasz		66	UKS WODNIK 29 Katowice				5:20.30	537	
	50m:	35.67 35.67	150m:	1:53.93	40.02	250m:	3:15.28	40.91	350m:	4:38.26 41.96
	100m:	1:13.91 38.24	200m:	2:34.37	40.44	300m:	3:56.30	41.02	400m:	5:20.30 42.04

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

Pozycja			Rok ur.					Czas	Pkt.
3.	ZADRO NY Jaroslaw		66	KORONA Kraków Masters				6:05.06	363
	50m: 39.86	39.86	150m: 2:08.52	44.93	250m: 3:42.24	47.40	350m: 5:17.96	48.01	
	100m: 1:23.59	43.73	200m: 2:54.84	46.32	300m: 4:29.95	47.71	400m: 6:05.06	47.10	
4.	NAWROCKI Sergiusz		67	UKS WODNIK 29 Katowice				6:25.16	309
	50m: 40.75	40.75	150m: 2:15.67	49.13	250m: 3:55.24	49.68	350m: 5:35.46	49.90	
	100m: 1:26.54	45.79	200m: 3:05.56	49.89	300m: 4:45.56	50.32	400m: 6:25.16	49.70	

G: 55 - 59 lat

1.	SZYMIK Piotr		60	UKS WODNIK Siemianowice laski				5:51.90	523
	50m: 38.92	38.92	150m: 2:06.09	44.58	250m: 3:36.68	45.17	350m: 5:08.07	45.78	
	100m: 1:21.51	42.59	200m: 2:51.51	45.42	300m: 4:22.29	45.61	400m: 5:51.90	43.83	
2.	MROZI SKI Jerzy		59	UKS WODNIK 29 Katowice				6:02.42	479
	50m: 37.80	37.80	150m: 2:03.24	43.97	250m: 3:37.04	47.49	350m: 5:12.77	47.82	
	100m: 1:19.27	41.47	200m: 2:49.55	46.31	300m: 4:24.95	47.91	400m: 6:02.42	49.65	

H: 60 - 64 lat

1.	TWARDYSKO Stanisław		56	SIKRET Gliwice				6:46.19	383
	50m: 42.84	42.84	150m: 2:22.27	51.29	250m: 4:06.49	52.85	350m: 5:54.46	53.69	
	100m: 1:30.98	48.14	200m: 3:13.64	51.37	300m: 5:00.77	54.28	400m: 6:46.19	51.73	
2.	LASOWY Marian		55	KS STILON Gorzów Wlkp.				6:52.33	366
	50m: 45.95	45.95	150m: 2:31.65	53.22	250m: 4:17.53	52.56	350m: 6:02.97	52.67	
	100m: 1:38.43	52.48	200m: 3:24.97	53.32	300m: 5:10.30	52.77	400m: 6:52.33	49.36	

I: 65 - 69 lat

1.	HEMBA Petro		52	MSC Euro-Lviv				6:10.20	571
	50m: 42.11	42.11	150m: 2:14.53	47.34	250m: 3:48.32	47.19	350m: 5:22.63	47.15	
	100m: 1:27.19	45.08	200m: 3:01.13	46.60	300m: 4:35.48	47.16	400m: 6:10.20	47.57	
2.	CIECIOR Jerzy		53	Rydultowska Akademia Aktywnego				6:36.68	464
	50m: 44.69	44.69	150m: 2:23.97	50.08	250m: 4:05.12	50.41	350m: 5:45.06	49.17	
	100m: 1:33.89	49.20	200m: 3:14.71	50.74	300m: 4:55.89	50.77	400m: 6:36.68	51.62	

L: 80 lat i starsi

1.	L Y SKI Jan		31	AZS AWF Katowice				11:43.02	258
	50m: 1:17.67	1:17.67	150m: 4:21.36	1:31.68	250m: 7:18.73	1:27.24	350m: 10:17.78	1:27.18	
	100m: 2:49.68	1:32.01	200m: 5:51.49	1:30.13	300m: 8:50.60	1:31.87	400m: 11:43.02	1:25.24	